

Renfrew Park

Recreation Guide

Winter 2026

Community Centre

Swimming Pool

Fitness Centre

Winter 2026 Registration Dates

Community Centre

Online/In Person

Sun Nov 23, 9:00am

Phone In

Sun Nov 23, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Dec 16, 7:00pm

Mosaic Salmon Tile

by lead artist Yoko Tomita (Still Moon Arts Society)
and Renfrew-Collingwood Community members and artists
Funded by the Neighbourhood Matching Fund - City of Vancouver



Annual Pool Maintenance (closure)

February 23-March 15, 2026



www.renfrewcc.com | 604 257-8388
2929 East 22nd Avenue, Vancouver BC, V5M 2Y3
Jointly operated by the Vancouver Board of Parks and Recreation
and the Renfrew Park Community Association



Centre Information

Centre Hours of Operation

Centre Office

January 5-March 29

Monday-Friday 9:00am-9:30pm
Saturday-Sunday 9:00am-4:45pm

Community Centre

January 5-March 29

Monday-Friday 9:00am-10:00pm
Saturday-Sunday 9:00am-5:00pm

Community Centre Holiday and Special Hours

Monday December 22-Sunday January 4 Closed
Monday February 16 Closed, Family Day Event 2-4pm

Please see **page 30** for Pool and Fitness Holiday and Special Hours



Contact Information

Address

2929 East 22nd Avenue, Vancouver BC, V5M 2Y3

Phone

Centre Office (604) 257-8388 ext 1
Fax (604) 257-8392

Email

Centre Email renfrewcc@vancouver.ca
Rental Inquiries renfrew.rentals@vancouver.ca
Birthday Party Inquiries renfrewparkbirthday@vancouver.ca
Swimming Pool Aquatic Leaders renfrew.al@vancouver.ca

Staff

Andy Teoh Community Recreation Supervisor
Nick Fong Recreation Programmer
Abhinav Menon Pool Programmer
Starla Bayley Community Youth Worker
TJ Elias Program Assistant III - Seniors
Marni McMullen, Kieran Sherestan Program Assistant III
Monica Kochhar Recreation Facility Clerk
Nina Jones Head Cashier
Elizabeth Casacang Child Care Manager

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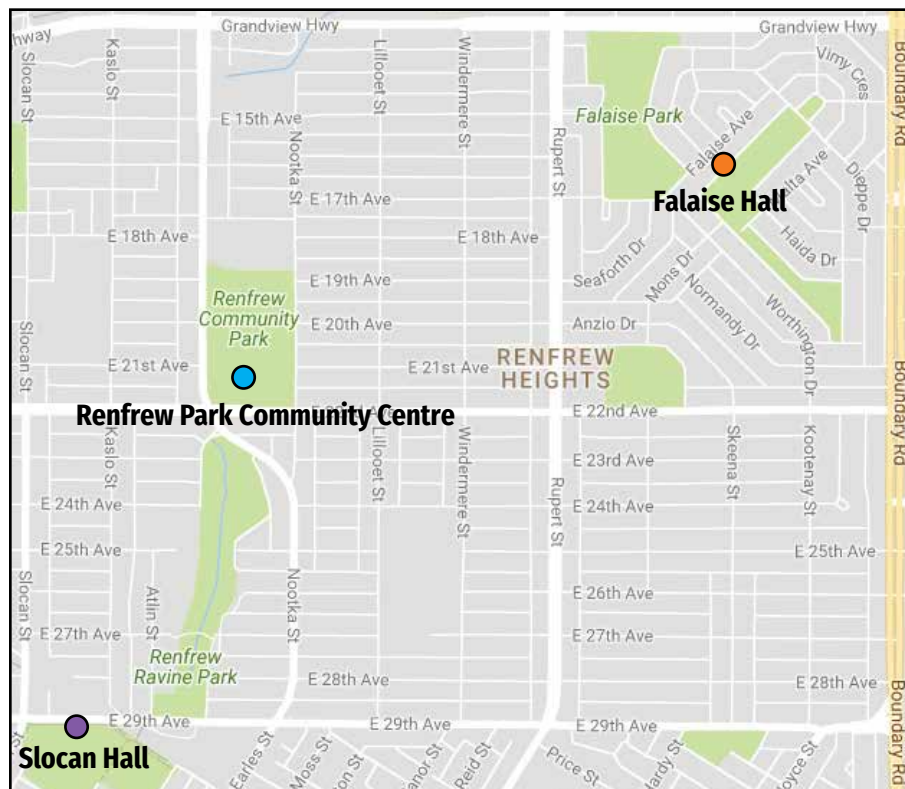
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● Renfrew Park Community Centre

● Falaise Community Hall

● Slocan Community Hall

2929 East 22nd Avenue

3434 Falaise Avenue

2750 East 29th Avenue

3 Easy Ways to Register...

Online

Starts **Sunday, November 23 at 9:00am**



Register online at <http://vanrec.ca>

Pay by Visa, MasterCard or American Express.

In Person

Starts **Sunday, November 23 at 9:00am**



Registration in person continues during office hours. You can pay by cash, credit card or debit card. Please bring your OneCard to speed up registration.

By Phone

Starts **Sunday, November 23 at 10:00am**



(604) 257-8388 ext 1

Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course number/s ready.

Payment Methods

Online/Phone In



In Person



Cheques made payable to **City of Vancouver**
Please note \$35 charge for NSF cheques.

Personal Information Protection

In the course of providing programs and services, the Renfrew Park Community Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer, at (604) 257-8388 or contact the Front Desk.

...connect with us on Social Media!

facebook.com/renfrewparkcc

twitter.com/renfrewparkcc

instagram.com/renfrewparkcc



Renfrew Park Community Centre
acknowledges the financial assistance of
the Province of British Columbia

Registration Policy

- Registrations are non-transferable to another program or person.
- NSF cheques will have a \$35 fee.
- Programs that do not reach minimum enrollment may be cancelled.

Cancellation, Transfers and Refunds

- Requests must be made through the Renfrew Park Community Centre office during our hours of operation.
- Please see page 2 for centre hours of operation.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by debit card, you will be required to bring in your debit card to receive your refund.
- If paid by cash or cheque, refund can be issued back by cheque.
- Alternatively, a pro-rated credit for the remaining class(es) may be transferred to your registration account for future program registration use.
- All refunds are subject to an administration fee (fees vary based on program, see below).
- *For medical reasons:*
 - Please inform the office as soon as possible and a one time exception may be possible. Dated medical notes may also be required.

Programs

Notice given prior to the program start date

- A \$5 administration fee, per person, per program will be charged

Notice given on or after the program start date and prior to third class

- A \$5 administration fee, per person, per program will be charged
- A pro-rated refund will be given as of the date of notification, regardless of class start time.
- Withdraw/refund requests must be made no later than 2 days prior to the third class. After this time, withdraw/refund requests will not be accepted.

1 to 3 Session Activities/Workshops

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 days prior to the start date of the activity. After this time, withdraw/refund requests will not be accepted.
- Badminton Court Rental refunds see p. 28.

Weekly Camp & Licensed Preschool Camp Programs

- All requests are subject to \$15 administration fee per person, per week.
- Withdraw/refund requests must be made no later than 14 days prior to the start date of each camp. After this time, withdraw/refund requests will not be accepted.

Bus Trips/Special Luncheons

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 business days prior to the start date. After this time, withdraw/refund requests will not be accepted.

Special Events/Community Lunch Program

- Withdraw/refund requests made at least 3 days prior to the date of the event will be eligible for a 50% refund.
- After this time, withdraw/refund requests will not be accepted.

Birthday Parties

- Notice given 3 weeks prior to party date: \$25 administration fee applied.
- Notice given less than 3 weeks prior to the party date: \$50 administration fee applied.
- Notice given less than 1 week prior to party date: no refund will be provided.

Room Rentals and Licensed Child Care

- Please contact the Renfrew Park Community Centre office or online for details.

Renfrew Park Community Association (RPCA)



President's Message

On behalf of the Board and staff at Renfrew Park Community Centre, I'm delighted to welcome you back for our Winter 2026 season. We are grateful to gather, play, and connect on the unceded, ancestral territories of the xʷməθkʷəy̓əm (Musqueam Indian Band), Skwxwú7mesh Úxwumixw (Squamish Nation), and sel̓ilwílth (Tsleil-Waututh Nation).

We hope everyone is ready for a new year with renewed energy and community spirit. Our winter lineup is full of wonderful opportunities to connect, learn, and celebrate together. Highlights include our **Lunar New Year celebration on February 7**, **Family Day festivities on February 16**, and a **creative Métis Dot Painting workshop on March 28**. Families can also take part in our **Parent and Child Online Safety classes on February 3**, an important and timely resource for parents and kids alike.

For our younger participants, we're offering **Spring Break Day Camps from March 16–27**, as well as **Leadership and Job Readiness Camps** designed to help youth build confidence and new skills. Our seniors' workshops continue to bring people together for learning, laughter, and connection, while our community lunches and cooking programs remain a delicious way to meet neighbours and try something new. And don't forget about **early registration for our Easter Eggstravaganza on April 4!**

We're also excited to share that a new digital readerboard has been installed on Renfrew Street! Keep an eye out for the latest community updates, event reminders, and program highlights as you pass by.

As always, our team is here to support and welcome you. Whether you're joining a class, volunteering, or simply stopping by to visit, we're so glad you're part of the Renfrew Park community.

Here's to an active and inspiring winter season ahead.

Warmest regards,

Anthony Mehnert, Renfrew Park Community Association President
board@renfrewcc.com

RPCA Board of Directors

2024-2025

President	Anthony Mehnert
1st Vice President	Henry Lee
2nd Vice President	Sari Lundberg
Treasurer	Julienne Liang
Secretary	Judy Egerton
Past President	Albert Lee
Members at Large	Chris Bayliss, Paul Cheng, Barbara Leung, Fay Lin, David Ng, Emily Tsang, Kepler Rotheisler, Gayle Uthoff

Renfrew Park Community Centre is jointly operated by the Vancouver Board of Parks & Recreation and the Renfrew Park Community Association. If you would like to become more involved in the direction of the centre, email: board@renfrewcc.com

RPCA Memberships

September 1, 2025-August 31, 2026

The Renfrew Park Community Association (RPCA) is vital to the operation of the facilities and programs at Renfrew Park Community Centre.

Benefits of Association Membership:

- Contributing to our ability to offer affordable recreation programming.
- Ability to influence the implementation of programs and services provided by RPCA.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.

Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard.

If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration. For games room, piano practice and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Renfrew Trojans Football	Andrew vancouvertrojans.net
Still Moon Arts	Carmen https://stillmoonarts.ca/

...did you know

The RPCA is a not-for-profit group that applies for grant funding that helps to offer programming at low costs!

Renfrew Park Community Association (RPCA)

VOLUNTEER WITH THE BOARD

Powered by committed volunteers, the RPCA is the non-profit working in partnership with the Vancouver Parks Board to make this centre amazing!

Build skills & community connections while contributing by:

- Joining one of our committees
- Participating in organizing & executing of one of our stellar events
- **Running for a position on the Board of Directors**



For more info email us at board@renfrewcc.com

Be a part of the good
in your neighbourhood!
Join the RPCA

FREE RPCA Membership

- Ability to influence the implementation of programs and services provided by RPCA.
- Contributing to our ability to offer affordable recreation programming.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.



Mission Statement

We aim to assist in developing and fostering community spirit and involvement and to work closely with the other groups in the Renfrew-Collingwood Neighbourhood. We aim to provide cultural, intellectual, and physical activities through affordable recreation and leisure.

Communicable Disease Health & Safety Practices

NOTE: The nature of the activities are such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV2, which causes the disease COVID-19

Communicable Disease Health & Safety Practices

- Participants are required to comply with the current orders of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of the Common Cold, Influenza, COVID-19, or other infectious respiratory disease before attending the facility.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the community centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.



YOUR RENFREW LIBRARY

Renfrew Branch
Phone 604.257.8705

Discover more
at VPL.ca



Programs Highlights



LUNAR NEW YEAR
SAT. FEB 7TH
12-3PM

Come join and celebrate the Year of the Horse with us! It will be an afternoon of cultural displays, crafts, food and refreshments.

Please register early as there are a limited number of seats.

Activity #592532
\$7/person
All Ages



FAMILY DAY
Mon. Feb. 16th
2:00pm - 4:00pm
#534242
\$2/child (under 8yrs)
Free for adults accompanying children

Celebrate BC Family Day! Come Join us for an afternoon of family fun. We'll have games, crafts, face painting, balloon animals, concession and a bouncy castle. **All children under the age of 8yrs must be accompanied by and adult (19+yrs)**



MINI POP-UP RECYCLING EVENT

When: Sat Feb 14, 2026 Where: Renfrew Park CC
10am-1pm Room 110

Questions: reduce.waste@vancouver.ca
For accepted items and event details scan the QR code or visit: vancouver.ca/recycling-pop-up

 CITY OF VANCOUVER



BeaYOUtiful FOUNDATION
9-12yrs
CONFIDENCE PROJECT

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary youth across Canada. Our newly revised confidence program includes topics focused on media literacy, body positivity, building healthy friendships, obtaining a growth mindset, goal setting and recognizing safe spaces all in an inclusive and non-judgmental environment. Sessions include one-on-one mentorship with inspiring women from the community, creating dream boards, making friendship bracelets, artistic expression and more! This program is FREE for female and non-binary identifying youth ages 9-12 years of age.

BeaYOUtiful Foundation is a registered Canadian Charity.

Tuesday Feb 10-Mar 10
591523 6:00pm-7:30pm
Free



MÉTIS DOT ART WORKSHOP

19+ YRS

PARTICIPANTS WILL LEARN ABOUT THE CULTURAL MEDICINE OF MÉTIS DOT ART, A FORM OF ART WHICH REPRESENTS THE MÉTIS BEADWORK OUR ANCESTORS ARE WELL KNOWN FOR AND BEING RECOGNIZED AS "THE FLOWER PEOPLES".

KELLY POITRAS PROVIDES AN OPPORTUNITY FOR LEARNING THE MÉTIS CULTURE AND TRADITIONS WHILE TEACHING GROUNDING TECHNIQUES AND CONFIDENCE IN A SAFE SPACE. MÉTIS DOT ART ALSO REPRESENTS A FORM OF TOUCH THERAPY AS THE PAINTED DOTS ARE RAISED AND PROVIDES COMFORT WHEN YOU RUN YOUR FINGERS OVER THEM. PAINTS, TRAYS, AND TOOLS WILL BE PROVIDED. AS WELL AS EXAMPLES FOR THE GROUP TO HAVE A VISUAL GUIDE TO HELP. PARTICIPANTS WILL PAINT A LEATHER KEYCHAIN THEY CAN BRING HOME!

SATURDAY MARCH 28TH 11:00AM - 1:00PM
\$15.00/PERSON - ACTIVITY #594930

KEEPING KIDS SAFE ONLINE

Keeping Kids Safe Online is a 60-minute interactive workshop designed to help parents, caregivers, and service providers to better understand how to help children stay safe online. This presentation is split into three sections: Online Exploitation – overview, App Literacy – learning how to safely navigate today's most popular apps, and How to Talk About It- how to have these difficult conversations with your children/clients and what to discuss. One parent can register and both parents can attend. This workshop is being scheduled at the same time as the Pre-Teen & Teen workshop called Safer Spaces, which will be covering the same topic. Small fee is to cover snacks and beverages for both groups.

Tuesday February 3 | 20+yrs | 590480 | 6:30pm-7:30pm | \$10/parent(s)

SAFER SPACES - YOUTH WORKSHOP

Safer Spaces is a 60-minute interactive workshop designed specifically for youth to better understand how to stay safe when using apps, social media, and gaming platforms. We discuss and define online sexual exploitation in an age appropriate way and cover topics such as digital footprints & permanency, red flags of luring and grooming, sextortion, intimate image sharing and safety tips. Workshops meet key learning outcomes as set by the BC Ministry of Education.

Tuesday February 3 | 10-15yrs | 590481 | 6:30pm-7:30pm | Free



**Children
of the Street**

EASTER EGGSTRAVAGANZA

SAT. APRIL 4TH

12-3PM

Event space will be available for a drop in if space permits. Egg hunt will occur in room 110 at your designated time slot. Event space will be open from 12-3pm. There will be face painting, crafts, games and our famous Egg Hunt. Come and enjoy the entire event. Children less than 8yrs must be accompanied by an adult. Limited number of tickets available. Please enjoy the event space before or after the event!

12:15PM-12:45PM - #592534

1:00PM-1:30PM - #592535

1:45PM-2:15PM - #592536

2:30PM-3:00PM - #592537

**\$7/participating child
(Ages 10 and under)**



RENFREW PARK PRESCHOOL



APRIL 20, 2026 4PM TO 8PM

**RENFREW PARK COMMUNITY CENTRE
2929 EAST 22ND AVENUE, VANCOUVER, BC
ROOMS 011 AND 010**



- LICENSED PRESCHOOL, PLAY BASED CURRICULUM
- COME VISIT OUR CLASSROOMS
- MEET OUR TEACHERS
- BRING YOUR CHILD AND YOUR QUESTIONS
- ACTIVITIES WILL BE SET UP FOR CHILDREN

For more information, please contact
childcaremanager@renfrewcc.com/604-654-0793

Preschool

Dance

1st Jazz and Dance Sing Musical Theatre

3-5yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn 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.

Mon	Jan 12-Mar 9	No session Feb 16
596594	9:30am-10:15am	\$116/8 sess

1st Ballet Time

3-5yrs

Illuma Studios

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. No previous experience required. All genders preferred dress code: ballet attire (bodysuit, white leggings / black tights, ballet flats); hair: short, ballet bun or ponytail. Otherwise, comfortable tight top and bottom (legging / tights / yoga shorts) to allow for posture correction; and socks.

Mon	Jan 12-Mar 9	No session Feb 16
596593	10:15am-11:00am	\$116/8 sess

1st Tumble, Flex and Dance

3-5yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students can showcase their acro skills! No previous experience required.

Mon	Jan 12-Mar 9	No session Feb 16
596595	11:00am-11:45am	\$116/8 sess

1st Urban Dance Hip Hop

3-5yrs

Illuma Studios

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Mon	Jan 12-Mar 9	No session Feb 16
596596	11:45am-12:30pm	\$116/8 sess

Dance-A-Story

3-5yrs

Vancouver Performing Stars

In this enchanted class for preschoolers, dancers will learn graceful movements and dance steps inspired by the stories they know and love. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create an end-of-term performance for parents. Bring your costumes and get ready to shine! Students must be able to attend class on their own. Visit performingstars.ca for more information.

Sun	Jan 11-Mar 8	No session Feb 15
591533	10:00am-10:45am	\$132/8 sess

Mini Hip Hop

3-5yrs

Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! For more details, visit www.performingstars.ca.

Sun	Jan 11-Mar 8	No session Feb 15
591534	10:45am-11:30am	\$132/8 sess

Mini Ballet

3-5yrs

Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information.

Sun	Jan 11-Mar 8	No session Feb 15
591535	11:30am-12:15pm	\$132/8 sess

DANCEPL3Y Preschool

3-5yrs

The Play Brigade

The DANCEPL3Y Preschool program focuses on the development of physical literacy and Fundamental Movement Skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging story lines that take them around the world as they develop musicality, social skills and confidence with movement!

Sat	Jan 10-Mar 14	No session Feb 7, 14
594027	9:15am-10:00am	\$128/8 sess

Specialty Camps

VPS Dance Camp: Moana Ballet Camp

3-4yrs

Vancouver Performing Stars

Join Moana on a magical ocean adventure! Little dancers will explore beautiful ballet movements as they dance like the waves, twirl like the wind, and discover their inner wayfinder. While building confidence and making friends, dancers will bring Moana's story to life through graceful movement. On the final day, watch your little voyager shine in an adorable showcase performance! For more information, visit www.performingstars.ca.

Mon-Fri	Mar 23-27	
591544	9:45am-11:00am	\$91/week

Music

Kelly Kirby - Preschool Piano

4.5-5yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is \$25 and payable at registration. Parent participation is required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

Kelly Kirby I

Sun	Jan 11-Mar 15	No session Feb 15
594130	2:15pm-3:00pm	\$106/9 sess

Kelly Kirby II

Pre-Req: Kelly Kirby I

Sun	Jan 11-Mar 15	No session Feb 15
594128	1:30pm-2:15pm	\$106/9 sess

Sun	Jan 11-Mar 15	No session Feb 15
594129	3:00pm-3:45pm	\$106/9 sess

Kelly Kirby Private Lessons

Sun	Jan 11-Mar 15	No session Feb 15
594131	3:45pm-4:05pm	\$124/9 sess

Sun	Jan 11-Mar 15	No session Feb 15
594132	4:05pm-4:25pm	\$124/9 sess

Sun	Jan 11-Mar 15	No session Feb 15
594133	4:25pm-4:45pm	\$124/9 sess

Yoga

YOGAPL3Y Preschool

3-5yrs

The Play Brigade

With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Weekly themes combine traditional yoga poses (Asana) with FUN activities, games & music and include a balance between mindfulness and movement. Please bring a yoga mat for this program.

Sat	Jan 10-Mar 14	No session Feb 7, 14
594028	10:00am-10:45am	\$128/8 sess

Education

Giggle and Grow Cantonese Adventures

3-5yrs

Kathy Leung

Embark on a captivating linguistic journey with Giggle & Grow Cantonese Adventures! Our program is designed to guide children through the enchanting world of Cantonese language acquisition, skillfully blending play and education at every turn. Led by experienced educators, we venture beyond conventional methods, offering enchanting storytelling and game sessions that spark young imaginations. With hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum ensures a positive and enjoyable learning experience for your little ones! Please note that materials fees are non-refundable after the child's first class.

Sun	Jan 11-Mar 15	No session Feb 15
594013	10:00am-11:00am	\$181/9 sess

Sun	Jan 11-Mar 15	No session Feb 15
594014	11:15am-12:15pm	\$181/9 sess

123, ABCs - Phonics & Math

4-6yrs

Olivia Lee

Ready, set, go! Get ready for school with this introductory class to basic phonics and math. We will learn how to print, recognize and sound letters and numbers in an interactive and fun environment. Recommended for Preschool and Kindergarten students.

Sat	Jan 10-Mar 14	No session Feb 7
595313	9:15am-10:00am	\$54/9 sess

Sat	Jan 10-Mar 14	No session Feb 7
595314	10:00am-10:45am	\$54/9 sess

Sat	Jan 10-Mar 14	No session Feb 7
595315	10:45am-11:30am	\$54/9 sess



Preschool

Sports

Rhythmic Gymnastics

Olympia Rhythmic Gymnastics

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

4-6yrs

Indoor Soccer

Mohsen Hatamian

4-6yrs

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed 595907	Jan 7-Mar 11 4:00pm-4:45pm	\$120/10 sess
Sat 595910	Jan 10-Mar 14 1:40pm-2:25pm	\$120/10 sess

Sat 594124	Jan 10-Mar 14 9:15am-10:00am	\$97.50/10 sess
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BIRTHDAY PARTIES

RECOMMENDED FOR CHILDREN AGED 0-7

BASIC PARTY PACKAGE (2 LEADERS) - \$200

PARTY ADD ONS:

ENTERTAINER - \$90

BOUNCY CASTLE - \$95

FULL PACKAGE COMBO - \$365



SATURDAY OR SUNDAY

2:00PM-4:00PM

REGISTRATION:

ONLINE (WWW.VANREC.CA)

OR IN PERSON

TECHNICAL SAFETY BC LICENSE NUMBER: LAM0207577

Licensed Preschool 2025-2026



Our program fosters independence, self-help skills, cooperation, and positive social interactions. Each day is a learning experience, with structured and non-structured activities to prepare children for elementary school.

Activities include free play (sand and water play, playdough, dress-up, puzzles, manipulatives), arts & crafts, circle/story time, and physical activities (neighborhood walks, trail walks, playground time).

We provide an environment for optimal social, emotional, physical, and intellectual development for children aged 3-5 years. Children must be toilet trained and of age during the registration month.

Visit www.renfrewcc.com for more information

Program Details: The following prices are for September 2025-June 2026.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$78/month
2 days	Tue/Thu	12:00pm-2:30pm	\$78/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$117/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$117/month
5 days	Mon-Fri	8:30am-11:00am	\$195/month
5 days	Mon-Fri	12:00pm-2:30pm	\$195/month

**Monthly fees are subject to change;
Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

**To be put on our waitlist: please register in activity #578808
or contact: childcaremanager@renfrewcc.com**

For more information:
Phone: 604-257-8391, or Email: renfrew.preschool@vancouver.ca

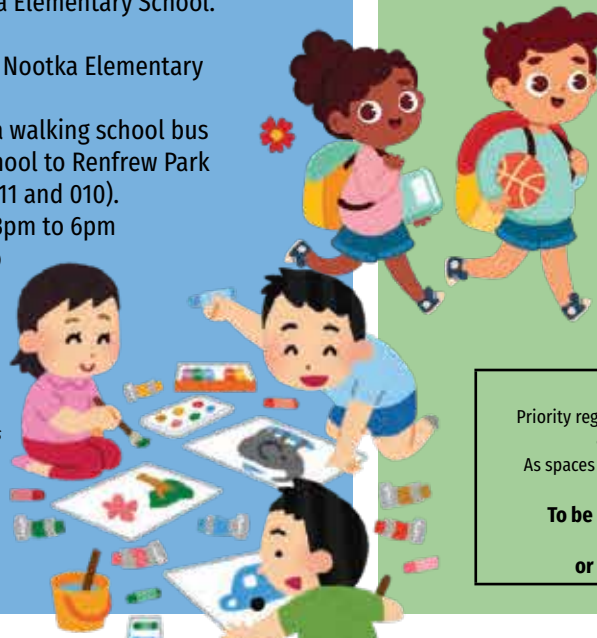
Licensed Out of School Care 2025-2026

Renfrew Park Community Association is excited to offer a Licensed Out of School Care program. Our Licensed Out of School Care program offers After School Care for children 5 to 12 years old for children attending Nootka Elementary School.

- Children are picked up from Nootka Elementary School at 3pm
- Children will be walked via a walking school bus from Nootka Elementary School to Renfrew Park Community Centre (rooms 011 and 010).
- Hours are Mon to Fri, from 3pm to 6pm
- Operates September 2025 to June 2026
- Monthly fees:
 - \$346.15 (Grade 1-7)
 - \$243.65 (Kindergarten)

**Monthly Fees are subject to change; c
Pricing is made possible by Government of BC's
Child Care Fee Reduction initiative*

Visit www.renfrewcc.com for more information



Our program offers a variety of activities, including:

- Outdoor play and nature walks
- Free play, exploration, and structured activities
- Individual and small group activities
- Active and quiet time

For more information:
**Phone: 604-257-8391, or
Email: outofschoolcare@renfrewcc.com**

Our Program is currently FULL.

Priority registration is given to siblings enrolled in Out of School Care as well as to children enrolled in our Preschool.
As spaces become available, we will contact families on our waitlist

**To be put on the waitlist, please visit www.vanrec.ca,
register in activity #517787
or contact: childcaremanager@renfrewcc.com**

Day Camps

Spring Break Day Camp

6-12yrs

Day Camp Staff

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on out trips throughout the week. Please note: Activities will be held indoors and outdoors. Please dress accordingly. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Mon-Fri 590621	Mar 16-20 9:00am-3:00pm	\$150/5 day week
Mon-Fri 590622	Mar 23-27 9:00am-3:00pm	\$150/5 day week

Leadership Day Camp / Camp

My First Job - Workplace Preparation

10-14yrs

Starla Bayley

Camp is held at **Sunrise Hall**, 1950 Windermere Street

This intensive week will help to prepare those that are looking for their first job or those that are just starting to build their working career. Learn about your rights under the Employment Standards Act and Worksafe BC. Work on your interview skills and have hands on practice. Gain access to valuable training for your foodsafe and first aid certificates. Some days may be longer than posted - as some training requires 8 hours vs. the 6 hours posted. A working email address will be required and some work from home will need to be completed prior to camp starting.

If you would like more information please email the
Community Youth Worker at starla.bayley@vancouver.ca
Support for this program has been provided by the:
Building Safer Communities Grant

Mon-Fri 590478	Mar 16-20 9:00am-3:00pm	\$100/5 day week
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Environmental Leadership RENFREW

9-13yrs

Starla Bayley

Welcome to this fun week of learning and leadership. Join the leaders on outdoor adventures and environmental learning. Go for hikes, swimming and relevant workshops to help you gain a better understanding of how you interact with the world around you. Be prepared to be outdoors most days - inside activities will be limited to poor weather days and specific workshops.

Mon-Fri 590479	Mar 23-27 9:00am-3:00pm	\$150/5 day week
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Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- Please have children please keep electronic devices at home, or in their bags unless it is an emergency.
- Ensure your child has a backpack with lunch, snacks, water bottle, sunscreen, and other appropriate clothing

Specialty Camps

VPS Dance Camp: K-Pop

5-8yrs

Vancouver Performing Stars

Enter the high-stakes world of K-Pop Demon Hunters at this action-packed dance camp! Together, dancers will train in hip hop, jazz, ballet, and contemporary styles, learning explosive choreography inspired by K-Pop's biggest songs and supernatural adventures. On the final day, watch your dancer shine in a thrilling showcase performance. With high-energy routines and a celebration of teamwork and power, this camp is pure magic! For more information, visit www.performingstars.ca.

Mon-Fri 591546	Mar 23-27 11:30am-4:30pm	\$250/5 day week
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Ace Academy - Badminton Camp

Gabriel Ip

Beginner

7-12yrs

Participants will learn and build the fundamental skills needed to play badminton with confidence. The program will focus on improving footwork, coordination, clearing, net drop shots, and serving techniques, with an introduction to smashing. Basic gameplay concepts will also be introduced and adapted to each participant's experience level.

Mon-Fri 591620	Mar 16-20 9:15am-10:10am	\$85/5 day week
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Intermediate

8-16yrs

This class is designed to help participants elevate their game to the next level. Students will develop advanced skills, refine their footwork, and strengthen their strategies and competitive mindset for both singles and doubles play.

Mon-Fri 591611	Mar 16-20 10:30am-11:25am	\$85/5 day week
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Finish Strong Basketball Grassroots Camps

9-11yrs

David Knight

Welcome to Finish Strong Basketball where we believe "It's not how you start, it's how you FINISH!" "Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court! Please note basketballs can be provided, but it is recommended that participants bring their own basketballs. T-Shirt is included.

Boys Grassroots

9-11yrs

Mon-Fri 593369	Mar 23-27 9:30am-10:30am	\$100/5 day week
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Girls Grassroots

9-12yrs

Mon-Fri 593368	Mar 23-27 10:45am-11:45am	\$100/5 day week
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Refund Policy

- Withdraw/refund requests must be made no later than 14 open business days prior to the start of the course.
- All requests are subject to \$15 administration fee per person, per weekly program.

Dance

1-Active Ballet Time with Strength and Stretch

6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

Sun	Jan 11-Mar 15	
596590	2:00pm-3:00pm	\$167.50/10 sess

1-Active Dance Sing Musical Theatre

6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

Sun	Jan 11-Mar 15	
596591	1:00pm-2:00pm	\$167.50/10 sess

Extended Session

Fri	Jan 9-Mar 13	
596597	4:30pm-5:45pm	\$210/10 sess

1-Active Tumble, Flex and Dance

6-12yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. No previous experience required.

Sun	Jan 11-Mar 15	
596592	3:00pm-4:00pm	\$167.50/10 sess

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler

6-17yrs

Illuma Studio

Sampling from Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes!

6-9yrs

Fri	Jan 9-Mar 13	
596598	5:45pm-6:45pm	\$167.50/10 sess

10-17yrs

Fri	Jan 9-Mar 13	
596599	6:45pm-7:45pm	\$167.50/10 sess

Junior Ballet

5-7yrs

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information.

Sun	Jan 11-Mar 8	No session Feb 15
591536	12:15pm-1:00pm	\$132/8 sess

Junior Hip Hop

5-7yrs

Vancouver Performing Stars

Show off your style! In this fun and energetic hip hop class, dancers will level up their skills while learning creative choreography set to their favorite beats. Your child will build coordination, flexibility, confidence, and a love for dance - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca.

Sun	Jan 11-Mar 8	No session Oct 12
591537	1:00pm-1:45pm	\$132/8 sess

DANCEPL3Y Kids

6-8yrs

The Play Brigade

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and 'play' with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

Sat	Jan 10-Mar 14	No session Feb 7, 14
594026	10:45am-11:30am	\$128/8 sess

Baking and Cooking

Little Chefs

6-12yrs

Alison Chau

Learn how to make delicious and healthy snacks and lunches in our kitchen and eat your creations.

6-8yrs

Sun	Jan 11-Mar 15	No session Feb 15
594104	9:45am-11:00am	\$108/9 sess

9-12yrs

Sun	Jan 11-Mar 15	No session Feb 15
594105	11:15am-12:30pm	\$108/9 sess

Music

Piano - Private Lessons

6+yrs

Private classes are tailored to the student's needs. Participants may be required to purchase piano books based on instructor recommendation.

Fiona Wen		Jan 9-Mar 13		\$190/10 sess	
594825	4:00pm-4:30pm	594830	6:30pm-7:00pm		
594826	4:30pm-5:00pm	594831	7:00pm-7:30pm		
594827	5:00pm-5:30pm	594832	7:30pm-8:00pm		
594828	5:30pm-6:00pm	594833	8:00pm-8:30pm		
594829	6:00pm-6:30pm				

Jacqueline Li		Jan 10-Mar 14		\$190/10 sess	
594834	9:15am-9:45am	594841	1:15pm-1:45pm		
594835	9:45am-10:15am	594842	1:45pm-2:15pm		
594836	10:15am-10:45am	594843	2:15pm-2:45pm		
594837	10:45am-11:15am	594844	2:45pm-3:15pm		
594838	11:15am-11:45am	594845	3:15pm-3:45pm		
594839	11:45am-12:15pm	594846	3:45pm-4:15pm		
594840	12:45pm-1:15pm	594847	4:15pm-4:45pm		

Dale Capistrano		Jan 11-Mar 15		\$190/10 sess	
594848	9:15am-9:45am	594855	1:15pm-1:45pm		
594849	9:45am-10:15am	594856	1:45pm-2:15pm		
594850	10:15am-10:45am	594857	2:15pm-2:45pm		
594851	10:45am-11:15am	594858	2:45pm-3:15pm		
594852	11:15am-11:45am	594859	3:15pm-3:45pm		
594853	11:45am-12:15pm	594860	3:45pm-4:15pm		
594854	12:45pm-1:15pm	594861	4:15pm-4:45pm		

Singing - Private Lessons

9+yrs

Gina Morel

Learn to Sing! Enjoy private singing lessons in a safe and supportive environment. No experience is necessary and all levels are welcome. Learn how to use your voice with healthy vocal techniques and express yourself through singing a wide variety of musical styles including Pop, Classical, Musical Theatre and Opera. RCM examination preparation available.

Tue		Jan 6-Mar 10		\$300/10 sess	
594797	5:00pm-5:30pm	594801	7:10pm-7:40pm		
594798	5:30pm-6:00pm	594802	7:40pm-8:10pm		
594799	6:00pm-6:30pm	594803	8:10pm-8:40pm		
594800	6:30pm-7:00pm	594804	8:40pm-9:10pm		

Guitar - Private Lessons

7-16yrs

Eden Nerada

Learn and fine tune your guitar skills at your own pace. Students will be guided through a series of lessons to develop their skills. Guitars are provided for lessons or bring your own guitar. Participants may also be required to purchase guitar books based on instructor recommendation

Thu		Jan 8-Mar 12		\$215/10 sess	
594815	3:30pm-4:00pm	594820	6:30pm-7:00pm		
594816	4:00pm-4:30pm	594821	7:00pm-7:30pm		
594817	4:30pm-5:00pm	594822	7:30pm-8:00pm		
594818	5:00pm-5:30pm	594823	8:00pm-8:30pm		
594819	5:30pm-6:00pm	594824	8:30pm-9:00pm		

Violin - Private Lessons

7-12yrs

Shamel Zraik

Students will learn the basics of playing violin in a private one on one setting. Instruments will be available for lessons or bring your own instrument. Lesson material will be provided or, participants may also be required to purchase violin books based on instructor recommendation.

Mon		Jan 5-Dec 8		No session Feb 16 \$171/9 sess	
594789	5:30pm-6:00pm	594793	7:30pm-8:00pm		
594790	6:00pm-6:30pm	594794	8:00pm-8:30pm		
594791	6:30pm-7:00pm	594795	8:30pm-9:00pm		
594792	7:00pm-7:30pm	594796	9:00pm-9:30pm		

Drum - Private Lessons

6-12yrs

Samuel Alexis George Delgado

Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Lesson material will be provided, or, participants may also be required to purchase drum books based on instructor recommendation. Lessons are 30 minutes in long.

Wed		Jan 7-Mar 11		\$160/10 sess	
594805	3:20pm-3:50pm	594810	6:15pm-6:45pm		
594806	3:55pm-4:25pm	594811	6:50pm-7:20pm		
594807	4:30pm-5:00pm	594812	7:25pm-7:55pm		
594808	5:05pm-5:35pm	594813	8:00pm-8:30pm		
594809	5:40pm-6:10pm	594814	8:35pm-9:05pm		

Sports

Ace Academy - Badminton Lessons

Gabriel Ip

Beginner

7-12yrs

Participants will learn and build the fundamental skills needed to play badminton with confidence. The program will focus on improving footwork, coordination, clearing, net drop shots, and serving techniques, with an introduction to smashing. Basic gameplay concepts will also be introduced and adapted to each participant's experience level.

Set 1			
Sun	Jan 11-Feb 8		
591609	9:30am-10:25am		\$85/5 sess
Sun	Jan 11-Feb 8		
591610	10:30am-11:25am		\$85/5 sess
Tue	Jan 6-Feb 3		
591606	4:00pm-4:55pm		\$85/5 sess
Tue	Jan 6-Feb 3		
591607	5:00pm-5:55pm		\$85/5 sess
Set 2			
Sun	Feb 15-Mar 15		
591615	9:30am-10:25am		\$85/5 sess
Sun	Feb 15-Mar 15		
591616	10:30am-11:25am		\$85/5 sess
Tue	Feb 10-Mar 10		
591612	4:00pm-4:55pm		\$85/5 sess
Tue	Feb 10-Mar 10		
591613	5:00pm-5:55pm		\$85/5 sess

Intermediate

8-16yrs

This class is designed to help participants elevate their game to the next level. Students will develop advanced skills, refine their footwork, and strengthen their strategies and competitive mindset for both singles and doubles play.

Set 1			
Sun	Jan 11-Feb 8		
591626	11:30am-12:25pm		\$85/5 sess
Tue	Jan 6-Feb 3		
591608	6:00pm-6:55pm		\$85/5 sess
Set 2			
Sun	Feb 15-Mar 15		
591617	11:30am-12:25pm		\$85/5 sess
Tue	Feb 10-Mar 10		
591614	6:00pm-6:55pm		\$85/7 sess

Instructor Bio: Gabriel Ip

Greetings! I've been a badminton enthusiast since I was in elementary school and first picked up a racquet. My passion is to help others realize their full potential, and build self-confidence in the game. I especially enjoy teaching those skills I missed being taught at a young age that I felt would have improved my competitive gameplay. I was fortunate enough to have the opportunity to learn everything I know from one of BC's top coaches at Hollyburn and have competed against some of the provinces and country's best and would love to share my learnings with future students here!



Finish Strong Basketball - Boys & Girls

9-16yrs

David Knight

"Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence.

Boys			
Grassroots			
Thu	Jan 15-Mar 5		9-11yrs
593365	4:15pm-5:15pm		\$100/8 sess
Girls			
Grassroots			
Mon	Jan 12-Mar 9		9-11yrs
593364	4:15pm-5:15pm		No session Feb 16 \$90/8 sess

...Programs fill up quickly!
Register early to avoid disappointment

Children

Sports

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

6-8yrs

Wed	Jan 7-Mar 11	
595908	4:50pm-5:50pm	\$140/10 sess

Sat	Jan 10-Mar 14	
595911	2:30pm-3:30pm	\$140/10 sess

9-12yrs

Wed	Jan 7-Mar 11	
595909	5:55pm-6:55pm	\$140/10 sess

Sat	Jan 10-Mar 14	
595912	3:35pm-4:35pm	\$140/10 sess

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

Rhythmic Gymnastics is a beautiful combination of gymnastics and ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

6-8yrs

Sat	Jan 10-Mar 14	
594125	10:00am-11:00am	\$107.50/10 sess

8-16yrs

Sat	Jan 10-Mar 14	
594126	11:00am-12:00pm	\$107.50/10 sess

Martial Arts

prices do not include tax if applicable

Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. They will gain confidence, and improve both physically and mentally through Karate in a friendly, supportive and safe environment. Additional fees are required for uniform/equipment and Karate BC Membership.

Tue Thu	Jan 6-Mar 19	
596513	6:30pm-7:30pm	\$198/22 sess

Art

Basic Drawing

8-12yrs

TBA Instructor

The instructor will teach drawing techniques and principles of design using graphite and charcoal on paper. Learning about the basics doesn't have to be boring; in these sessions we will encourage your child's artistic expression through creative drawing exercises!

Sat	Jan 17-Mar 14	
596579	1:00pm-2:00pm	\$108/9 sess

Watercolour

8-12yrs

TBA Instructor

Students will explore advanced techniques like glazing, wet-on-wet blending, and fine detail work. Learn to create depth, atmosphere, and movement while experimenting with color and composition. Ideal for artists looking to refine their skills and develop personal style!

Sat	Jan 17-Mar 14	
596581	2:00pm-3:00pm	\$126/9 sess

Mixed Media

8-12yrs

TBA Instructor

Combine drawing with painting and learn new techniques to create expressive mixed media art. Materials included: graphite pencils, charcoal, watercolour, pastels, paper and more!

Sat	Jan 17-Mar 14	
596580	3:00pm-4:00pm	\$126/9 sess

Origami

8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models!

Valentines		
Sat	Feb 14	
595595	3:30pm-4:30pm	\$15/person



...Please note our programs are subject to change at anytime without notice.

call the Community Centre (604-257-8388 ext 1) if you have any questions

Education

Little Bookworms - Reading and Writing

6-7yrs

Nicole Ng

We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat	Jan 10-Mar 14	No session Feb 7
595316	12:00pm-1:00pm	\$58.50/9 sess

Mini Mathletes

6-7yrs

Nicole Ng

We will focus on counting, simple addition, subtraction and other math concepts to begin your mathlete's training in the world of numbers. Recommended for Kindergarten and Grade 1 students.

Sat	Jan 10-Mar 14	No session Feb 7
595318	1:00pm-2:00pm	\$58.50/9 sess

Mathventures - Math

8-10yrs

Nicole Ng

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. Recommended for Grades 3-5 students.

Sat	Jan 10-Mar 14	No session Feb 7
595317	2:00pm-3:00pm	\$58.50/9 sess

Chess Lessons

6-12yrs

Enrichmind Academy

The Fun Chess Program is a beginner-level course designed for children (age 6-12) with little to no prior experience in chess. Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions. In addition to learning chess strategies, students will develop good sportsmanship and learn to be respectful in competitive environments.

Level 1: Fun Chess

For those without any Chess experience

Wed	Jan 14-Mar 11	
594597	4:00pm-5:00pm	\$81/9 sess

Level 2: Pre-foundation

For children who have completed Fun Chess or have some experience playing chess.

Wed	Jan 14-Mar 11	
594598	5:15pm-6:15pm	\$134.10/9 sess

Red Cross Babysitting Training

11-17yrs

First Aid Hero

Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), yoga mat, medium sized doll or stuffed animal, plenty of water and snacks.

Sun	Mar 22	
595075	9:15am-4:45pm	\$80/person

Rubik's Cube For Beginners - Private Lessons

8-12yrs

Diedre Sportak

Unlock the mystery of the Rubik's Cube! Join us for a hands-on beginner's Rubik's cube workshop. Over the 2 50-minute sessions, you will learn the beginner's method for solving a Rubik's cube. Resources are included to help you practice at home and then show off your skills! A Rubik's Cube can be provided for use during the lesson. Semi-private lessons are available for an additional \$25 session. So bring a friend or learn as a family! Special requests for ages 6-7 are available, but must have a parent/guardian enroll as a semi-private lesson. Sign up today and let's start solving together!

Sat	Jan 10-17	\$110/2 sess
596684	10:00am-10:50am	+\$50 for a semi-private
Sat	Jan 10-17	\$110/2 sess
596685	11:00am-11:50am	+\$50 for a semi-private
Sat	Jan 24-31	\$110/2 sess
596686	10:00am-10:50am	+\$50 for a semi-private
Sat	Jan 24-31	\$110/2 sess
596687	10:00am-10:50am	+\$50 for a semi-private

Rubik's Cube Kids Social Club

7-12yrs

Diedre Sportak

Hone your cubing skills and connect with new friends! The Rubik's Cube Kids Social Club is designed for kids aged 8-12 who love all things cubing. Participants must already know how to solve a 3x3 Rubik's Cube, and bring their own cube. Some cube covers, timers and mats are provided for use within program time, but participants are also welcome to bring their own equipment. Sign up today and let's solve together!

Sat	Feb 7-14	
596688	10:00am-11:30am	\$30/2 sess

Mandarin Lessons - Go Chinese

6-12yrs

Vicky Hsu

The immersive teaching methods improve children's Mandarin speaking skills based on a serious book called "Go Chinese".

Your children will thrive with us because our students will:

- have plenty of time to practice speaking Mandarin
- Teach in small classes and receive more personalized care from teachers
- Have fun learning in groups and pairs with peers
- Have the opportunity to interact with classmates to build friendships and practice Mandarin.

Please note: There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Go Chinese Book 1

Thu	Jan 15-Mar 12	
595322	3:40pm-4:40pm	\$136/9 sess

Go Chinese Book 2

For returning students with Vicky.

Thu	Jan 15-Mar 12	
595323	4:45pm-5:45pm	\$136/9 sess

Pre-Teen/Youth

Youth Council

Note: No program on all VSB School Breaks (Winter and Spring)
If you have any questions about the program, please email:
starla.bayley@vancouver.ca

Junior Youth Council

10-12yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization over the school year. On top of all this, we will have several workshops and special presentations to provide a well-rounded experience.

Please note: reference letters for mini schools will only be provided to those who have attended a minimum of one full year of Junior Youth Council in previous years.

Thu	Jan 8-Mar 12	No session Feb 12
590473	4:00pm-5:15pm	Free

Senior Youth Council

13-17yrs

Starla Bayley

Senior Youth Council is run by the selected executive council with support from the Community Youth Worker. Working with your peers the group will be responsible for choosing and supporting a philanthropic organization, supporting and volunteering for community centres events and planning activities for the participants of the council. In addition, special presentations and workshops will help to round out the whole experience of youth council.

Thu	Jan 8-Mar 12	No session Feb 12
590474	5:30pm-7:00pm	Free

Sports

Open Gym

9-18yrs

Will Choi

You will need to check in with a OneCard scanner at the Youth Workers desk in the Computer Lab and receive a wristband before heading into the gym.

Pre-Teen		9-13yrs
Fri	Jan 9-Mar 27	
590476	4:05pm-5:05pm	Free with OneCard
Teen		11-18yrs
Fri	Jan 9-Mar 27	
590477	5:05pm-9:45pm	Free with OneCard

Youth Leadership Camps (9-14yrs)

see p.12

Social

Pre-Teen & Teen Social

9-14yrs

Jesse Woolverton & Emily Nguyen

Bring friends or make friends and enjoy different activities every week. Be ready to go ice-skating, swimming, the movies and more. All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking or taking public transit when necessary.

Fri	Jan 9-Mar 13	No session Feb 13
590472	5:30pm-9:30pm	\$108/9 sess

Friday Teen Social

14-17yrs

Harshita Unnikrishnan

Come Join the Games Room Host for some social activities with your peers.

Fri	7:00pm-9:30pm	Free
593645	Jan 16	Origami
593649	Jan 30	Cinnamon Rolls
593651	Feb 6	Switch Tournaments
593653	Feb 20	Campfire Painting
593654	Mar 6	Sugar Cookies

Games Room

10-18yrs

Games room is just for youth on FRIDAYS! You will have access to the internet with our computers, you can play pool, foosball, ping-pong, and more. OneCard scan in will be required with the Youth Worker in the Computer Lab. If you have any questions about the program, please email: starla.bayley@vancouver.ca

Fri	Jan 9-Mar 27	Free with OneCard
590475	3:00pm-9:30pm	



Renfrew acknowledges the generous contributions of Kids Up Front Canada

...Online Safety Classes for Parents and Children

...Confidence Project

see p.7

Games Area and Table Tennis



Equipment Rental Fee

All Ages

Valid for:

- Use of Games Room Equipment: Billiards, Foosball, (table tennis excluded)
- Sports equipment for Renfrew Programs

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2025-Aug 31, 2026

Games Area

6+yrs

Come and play Foosball or Billiards. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please see centre office for detailed drop-in times. An annual community centre Equipment Rental Pass required for all participants who wish to use the games area. Please bring your "Equipment Rental Fee" pass with you. *No session on Stat Holidays*

Mon-Thu	3:30pm-9:55pm
Sat	12:00pm-4:55pm
Sun	12:00pm-4:55pm

Jan 5-Mar 26
Jan 10-Mar 28
Jan 11-Mar 29

Private Table Tennis Bookings

All Ages

All bookings are to be made on the SAME DAY, on a first come first served basis, in person or by phone (604 257-8388, ext 1) after **10:30am**. One 30 minute booking per pass with a maximum of 4 persons each booking. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase. Please note equipment is not supplied. *No session on Stat Holidays*.

Mon-Thu	Jan 5-Mar 29
595354	Room 108 6:00pm-9:30pm
	Room 010 7:15pm-9:45pm

\$11.43/month pass
\$4.29/30 minutes drop-in

Table Tennis for Seniors

55+yrs

Kathy Jang

Come and play Table Tennis. We will have a maximum of 10 players registered for these morning sessions. This is a non-instructional program. No drop-ins permitted. Please bring your "Equipment Rental Pass" with you.

Mon Wed Fri	Jan 5-Mar 30
589307	9:00am-11:45am

No session Feb 16
Free with Equipment Rental Pass



...Renfrew has rooms available for rent!

email renfrew.rentals@vancouver.ca for more information



Room 110, 2640sq ft, starting at \$47/hr



Gymnasium, 6000sq ft, starting at \$52/hr

Dance

Line Dance ABC

19+yrs

Lisa (Baby) Blair

Join for an exciting dance session that blends fun, fitness, and great music! Enjoy Line Dance and Modern Dance to the lively beats of Latin, Disco, and Country music, including styles like Cha Cha, Waltz, Samba, Tango, Jive, and Rumba. Lessons are available in English, Mandarin, and Cantonese.

Tue	Jan 6-Mar 24	
596508	1:30pm-3:30pm	\$36/12 sess \$3.57+tax/drop-in, if space

Belly Dance for Beginners

19+yrs

Adalat Dance Company

This low-impact introductory course promises to be fun while developing coordination, rhythm and muscle tone with percussive and fluid movements set to ethnic music. This class is suited for everybody and every body type. Comfortable clothes or workout wear recommended. The dance movements in this workshop will involve the following: arms moving in a circular and wavy motion. Hips moving in a circular motion and there will be limited back and forth leg and feet movement.

Mon	Jan 12-Mar 16	No session Feb 16
595945	4:00pm-5:00pm	Adult - \$90/9 sess Senior - \$72/9 sess \$12+tax/adult, \$9.75+tax/senior drop-in, if space

Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

Line Dancing is a great way to exercise your body and mind while meeting new friends. This program is for intermediate level dancers. Class instruction is in Cantonese.

Sun	Jan 11-Mar 29	
594607	10:00am-12:00pm	\$36/12 sess \$3.57+tax/drop-in, if space

Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

This group dances to a variety of songs. Come join us for this fun filled program, while having a good workout and meeting new people! Program is taught in Cantonese. English translation may be available.

Mon	Jan 5-Mar 23	No session Feb 16
594604	11:00am-12:30pm	\$24.75/11 sess \$2.62+tax/drop-in, if space

Line Dance Fitness

55+yrs

Linda Dee

Come join us for this fun filled, physical, mental and emotional wellness exercise. Dance your way to a healthy lifestyle. Program is taught in English.

Thu	Jan 8-Mar 26	
594618	1:30pm-3:00pm	\$27/12 sess \$2.62+tax/drop-in, if space

Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

This group dances to primarily Chinese music. Class is taught in Chinese.

Wed	Jan 7-Mar 25	
596733	12:30pm-2:30pm	\$36/12 sess \$3.57+tax/drop-in, if space

Chinese Classical Dance

55+yrs

Vue Joan Ng

The dances include many forms with beautiful music and graceful movements. It is a great way to enjoy music, exercise your body and learn Chinese culture in a group. Some dance experience required.

Wed	Jan 7-Mar 18	
594612	12:45pm-2:45pm	\$33/11 sess

Ballroom Dance Social

55+yrs

Siu Lau (Sue Chee) Chong

Have fun, meet new friends and dance. This is a non instructional program. Singles welcome.

Mon	Jan 5-Mar 23	No session Feb 16
595592	12:45pm-2:45pm	\$13.64/11 sess \$1.90+tax/drop-in, if space

Thu	Jan 8-Mar 26	
595591	11:15am-1:15pm	\$14.88/12 sess \$1.90+tax/drop-in, if space

Sequence Dance

19+yrs

May A. M. Wong

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

Thu	Jan 8-Mar 26	
595593	9:10am-11:10am	\$36/12 sess \$3.10+tax/drop-in, if space

Hula Along for Health

55+yrs

Ingrid Guo

The exercises and gentle moves of the Hula Dance can improve strength, flexibility, balance and coordination, even when seated. Exercise both the mind and the body!

Thu	Jan 15-Mar 19	
595357	2:00pm-3:00pm	\$20/10 sess

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance Sampler

19+yrs

Illuma Studio

Come experience a variety of exciting dance styles including KPOP, Jazz Funk, Hip Hop and other Urban Dance styles! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Meet friends, have fun, and rise to a new challenge! No previous experience required.

Fri	Jan 9-Mar 13	
596600	7:45pm-9:00pm	\$210/10 sess

Cooking and Baking

Breaking Fry Bread with Kanattio - Cooking and Conversation

19+yrs

Come learn the history of Fry Bread on Turtle Island and make a fresh batch of your own! Enjoy with a variety of toppings alongside traditional and foraged teas. A perfect way to spend a cold January afternoon.

Wed	Jan 28	
595187	1:00pm-3:00pm	Free, pre-registration is required

Happy New Year Dumplings with Lisa Hao

19+yrs

Lisa Hao

Come make traditional Chinese dumplings with Lisa Hao! These succulent steamed dumplings are filled with juicy pork, tender vegetables, and fragrant aromatics like ginger and Chinese chives. Pork alternatives are available up to one week in advance!

Wed	Feb 25	
595022	1:00pm-3:00pm	\$15/person

Hummus and Naan with Savan

19+yrs

Savan Ahmed

Come and make your own naan bread and creamy hummus with Savan! Sample some at Renfrew and bring the rest home to share with your loved ones... or keep to yourself! Chai Tea will be served alongside this workshop.

Wed	Mar 25	
595023	1:00pm-3:00pm	\$15/person

French Cuisine with Valentin - French Comfort Food

19+yrs

Valentin Camosseto

A cozy and delicious introduction to classic French comfort dishes that are perfect for winter evenings. Participants will learn step-by-step techniques while cooking hearty, traditional meals in a relaxed and friendly atmosphere.

Mon	Feb 2-9	
595185	6:00pm-8:00pm	\$42.50/2 sess

French Cuisine with Valentin - Baking and Desserts

19+yrs

Valentin Camosseto

A sweet and hands-on class where participants can discover the joy of French and European-style desserts. Each session focuses on easy techniques that can be recreated at home with simple ingredients.

Sat	Mar 2-9	
595186	6:00pm-8:00pm	\$42.50/2 sess

Community Lunch Program

All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8388 ext 1 to confirm).



Registration for Community Lunch Program open on the first Friday of the month for up to and including the following month.

Fri	Jan 9-Mar 27		
0-18yrs:	\$6.19+tax		
19+yrs:	\$7.62+tax		12:00pm-1:00pm
591634	Jan 9	591640	Feb 20
591635	Jan 16	591641	Feb 27
591636	Jan 23	591642	Mar 6
591637	Jan 30	591643	Mar 13
591638	Feb 6	591644	Mar 20
591639	Feb 13	591647	Mar 27

Note: see page 3 for Refund Policy

Community Kitchens

Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's Community Kitchen for 2SLGBTQIA+ adults! For this special dinner session, children are welcome to attend with their caretakers. For children's registration, and any other information, please contact Marni McMullen at marni.mcmullen@vancouver.ca or call (604) 257-8389.

Wed	Feb 18	
593213	5:30pm-8:00pm	Free

Renfrew Community Kitchen

All Ages

Are you looking to cook and eat with other families? Are you excited about sharing culture and learning new skills? Then Renfrew's Family Kitchen is the right program for you! These are child friendly events, but there is no formal childcare provided. This program prioritizes community members who are enrolled in the Leisure Access Program. Enrollment is done through email or over the phone. Please contact marni.mcmullen@vancouver.ca or call (604) 257-8389.

Wed	Mar 4	
593223	5:30pm-8:00pm	Free

Fitness, Health and Wellness



Jump Rope HIIT

Allison Goldberg

19+yrs

Level up your cardio routine with this one-hour Jump Rope HIIT class. This high-energy session pairs basic jump rope skills and strength training for a full-body, high-intensity interval workout using only a jump rope. Suitable for all fitness levels and first-timers. Build endurance, strength, coordination, and confidence. Jump ropes are provided—just bring your energy and a water bottle!

Free Trial

pre-registration is required

Mon Jan 12
594914 11:00am-11:50am

Mon Jan 26-Mar 9
594915 9:30am-11:00am
No session Feb 16
\$60/6 sess
\$12+tax/drop-in if space

Foot Care Clinic

Nancy KF Lee

55+yrs

Note: Registration must be done one day prior to appointment date

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Please bring a large towel and request a tax deductible receipt from the foot care nurse.

Sat Jan 17 \$47/30 min sess

594876 12:00pm-12:30pm 594880 2:00pm-2:30pm

594877 12:30pm-1:00pm 594811 2:30pm-3:00pm

594878 1:00pm-1:30pm 594882 3:00pm-3:30pm

594879 1:30pm-2:00pm 594883 3:30pm-4:00pm

Sat Feb 21 \$47/30 min sess

594884 12:00pm-12:30pm 594888 2:00pm-2:30pm

594885 12:30pm-1:00pm 594889 2:30pm-3:00pm

594886 1:00pm-1:30pm 594890 3:00pm-3:30pm

594887 1:30pm-2:00pm 594891 3:30pm-4:00pm

Sat Mar 21 \$47/30 min sess

594892 12:00pm-12:30pm 594896 2:00pm-2:30pm

594893 12:30pm-1:00pm 594897 2:30pm-3:00pm

594894 1:00pm-1:30pm 594898 3:00pm-3:30pm

594895 1:30pm-2:00pm 594899 3:30pm-4:00pm

Mobility and Stretching for Seniors

Chin Ho Yeh

55+yrs

This class is taught in Mandarin or Cantonese. Immerse yourself in the graceful movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed Jan 7-Mar 18
596507 9:30am-11:00am
\$33/11 sess
\$2.38+tax/drop-in if space

Osteofit

Berdjis Bahrami

55+yrs

This class focuses on improving strength, posture, balance and agility through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Tue Jan 6-Feb 10
590943 10:00am-10:55am
\$34.50/6 sess
\$6.67/drop-in if space

Tue Feb 17-Mar 24
590944 10:00am-10:55am
\$34.50/6 sess
\$6.67/drop-in if space

Martial Arts

Tai Chi and Health Qigong

Lai Chun Cheung

19+yrs

The art of Health Qigong and Tai Chi has enhanced the health of many people. It is now clinically proven that internal organs, exterior muscle joints and mental focus can be significantly strengthened through practice of these arts. Suitable for people of all ages.

Mon Jan 12-Mar 16
594873 9:05am-10:05am
No session Feb 16
\$63/9 sess
\$7+tax/drop-in if space

Tai Chi - Yang Style

Arsenio Chua

19+yrs

Explore Tai Chi Yang Style in our beginner program, emphasizing fundamental hand and foot techniques for improved balance, flexibility and inner calm.

Wed Jan 14-Mar 18
594921 7:30pm-9:00pm
No session Mar 4
\$90/9 sess
\$12+tax/drop-in if space

Tai Chi Health and Exercise Group

Eddie K.K. Tang, Benny Lai

55+yrs

This program will be led in Cantonese and English. This time is dedicated for practice only, no instruction is provided. Program times: 7:45am-9:00am (Tue/Fri), 7:30am-9:00am (Mon/Wed/Thu).

Mon-Fri Jan 5-Mar 27
594920 7:30am-9:00am
No session Feb 16
\$26.55/59 sess

Karate - Adult

Alan Chan Karate BC

19+yrs

We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. We also focus on the application of techniques in real life self-defense situations. Additional fees are required for Uniform/Equipment and Karate BC Membership.

Tue Thu Jan 6-Mar 19
596512 7:30pm-9:00pm
\$220/22 sess

Art

Chinese Calligraphy

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

Advanced - For returning students

Mon	Jan 5-Mar 9	No session Feb 9, 16
591511	10:00am-12:00pm	\$84/8 sess

Wed	Jan 7-Mar 11	No session Feb 11, 18
591510	10:00am-12:00pm	\$84/8 sess

All Levels

Fri	Jan 9-Mar 13	No session Feb 13, 20
591512	10:00am-12:00pm	\$84/8 sess



Chinese Painting

55+yrs

Kevin Au

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

Tue	Jan 6-Mar 24	
596720	9:45am-11:45am	\$114/12 sess

Thu	Jan 8-Mar 26	
596721	9:45am-11:45pm	\$114/12 sess

Renfrew Art Group

19+yrs

Yoko Tomita

Learn acrylic painting at your own pace. Together we will discover your artistic style in a fun, supportive and non-judgmental environment. Release your hidden passion for painting in this inclusive group.

Wed	Jan 28-Mar 18	
594924	10:00am-12:00pm	\$56/8 sess \$7.75+tax/drop-in if space

Acrylic Workshop - Matisse Inspired

Chloe Greenberg

19+yrs

Unlike your typical paint night, this workshop blends learning with creating! First, practice the fundamentals of acrylics to build confidence. Then, bring it all together as you paint your very own Matisse Inspired artwork to take home. Ideal for beginners or anyone seeking to refine their skills and connect with the community.

Mon	Feb 2	
595151	5:30pm-8:00pm	\$55/person

Watercolour Paint Night - Valentines Day Bookmarks

Chloe Greenberg

19+yrs

Join this beginner-level watercolour workshop to create your very own Valentine's Day bookmarks! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included, but you are welcome to bring your own.

Mon	Mar 23	
595150	5:30pm-8:00pm	\$55/person

Learn more at www.chloegreenberg.com

Basic Drawing, Sketching, Watercolour

19+yrs

Yoko Tomita

Learn fundamental drawing techniques, sketching skills, and watercolor painting basics. Perfect for beginners, this hands-on course nurtures creativity and builds confidence in a relaxed, supportive environment. Participants should bring their own sketchbook, HB pencil, 3H pencil, 3B pencil, 6B pencil and eraser.

Thu	Jan 29-Mar 19	
594923	10:00am-12:00pm	\$72/8 sess

Japanese Flower Arranging

19+yrs

Aggie Chan

Aggie will teach you how to do silk or fresh flower arranging. You will make one interesting and fashionable arrangement each session. Materials are provided.

Thu	Jan 22-Feb 12	
595159	2:00pm-4:00pm	\$40/4 sess

Thu	Feb 19-Mar 12	
595160	2:00pm-4:00pm	\$40/4 sess

...Programs fill up quickly!
Register early to avoid disappointment

Yoga and Pilates

Hatha Yoga

Hisae McMichael

We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Sat 594925	Jan 10-Feb 14 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 594926	Feb 21-Mar 28 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess

Seniors Yoga for Flexibility and Strength

Bill Mercer

55+yrs

The class is designed specifically for seniors seeking improved mobility, balance, and muscle tone. Our gentle yoga routines focus on enhancing flexibility and building strength at a comfortable pace.

Mon 595605	Jan 12-Feb 9 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Mon 595606	Feb 23-Mar 23 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 595607	Jan 15-Feb 19 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 595608	Feb 26-Mar 26 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space

Yoga for Brain Health

Kiran Rampuri

55+yrs

Participants will activate and balance brain's energy, reduce stress, and improve focus & concentration to prevent brain related health issues. Each session will focus on techniques to boost neuroplasticity, enhance memory and support emotional wellbeing. All levels are welcome!

Fri 591215	Jan 16-30 10:30am-11:45am	\$30/3 sess \$12+tax/drop-in if space.
Fri 591216	Feb 6-27 10:30am-11:45am	\$40/4 sess \$12+tax/drop-in if space.
Fri 591217	Mar 6-27 10:30am-11:45am	\$40/4 sess \$12+tax/drop-in if space.

Vinyasa Yoga

Kate Nguyen

19+yrs

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. The Vinyasa style includes warm-up poses; Sun Salutation; standing poses; balancing poses; back/forward bend poses/hip opening; inversion/core; cool down; Savasana.

Sat 595388	Jan 10-Feb 7 3:30pm-4:30pm	\$30/5 sess \$6.66+tax/drop-in if space
Sat 595393	Feb 28-Mar 28 3:30pm-4:30pm	\$30/5 sess \$6.66+tax/drop-in if space
Sun 595389	Jan 11-Feb 8 9:30am-10:30am	\$30/5 sess \$6.66+tax/drop-in if space
Sun 595391	Mar 1-29 9:30am-10:30am	\$30/5 sess \$6.66+tax/drop-in if space
Sun 595390	Jan 11-Feb 8 11:00am-12:00pm	\$30/5 sess \$6.66+tax/drop-in if space
Sun 595391	Mar 1-29 11:00am-12:00pm	\$30/5 sess \$6.66+tax/drop-in if space

Colour Energy Yoga

Li Na Chow

19+yrs

Colour Energy Yoga class consists of breathing, meditation, stretching and lifeline massages. It decreases tiredness and pressure while increasing blood circulation to get rid of toxins in the body. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

Wed 595942	Jan 7-Feb 11 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space
Wed 595943	Feb 18-Mar 25 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space

Pilates

Tracey Clark

19+yrs

This class begins with breath and stillness, to calm and balance the nervous system, softening the outer body in order to sense the inner body, our fluid center or core. We then progress into the structure of Pilates to train and strengthen the core so we move more fluidly from our center.

Mon 595461	Jan 5-Feb 9 7:15pm-8:15pm	\$72/6 sess \$14.29+tax/drop-in if space.
Mon 595462	Mar 2-23 7:15pm-8:15pm	\$48/4 sess \$14.29+tax/drop-in if space.

Social

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Jan 6-Mar 24	Pre-registration required
590818	11:00am-12:00pm	Free with OneCard

Book Club

55+yrs

Janet Hodgson

This Book Club is a well established group that enjoys meeting monthly to have lively discussions. We jointly choose from book sets offered by Vancouver Public Library and try to cover a diverse selection of genres.

Tue	Sep-Jun	2nd Tuesday of the month
577634	12:00pm-1:30pm	Free, Pre-registration is required

Chinese Social Group in Cantonese

55+yrs

Albert Lee

Join us for talks, workshops, parties and other interesting activities. Mandarin speaking seniors are welcome. Non refundable annual fee.

Fri	Sep 5-Aug 28	
577636	2:00pm-3:30pm	\$8.57/Yearly

Music and Singing

Karaoke

55+yrs

Sing and have fun! If you have some Karaoke music please bring it along. Music is permitted at the discretion of the karaoke volunteer.

In Chinese:		<i>Siu Lau (Sue Chee) Chong</i>
Fri	Jan 9-Mar 20	
594207	12:15pm-2:45pm	\$5.50/11 sess

...Private Singing Lessons
see page 14

Education and Technology

Fun Japanese for Beginners

19+yrs

Machie Matsuno

This is a fun, beginner-level Japanese class for anyone interested in Japanese language and culture. Through games, songs, and interactive activities, participants will learn basic Japanese words, phrases, and expressions used in daily life. No prior experience is necessary.

Wed	Jan 14-Mar 18	
595913	7:00pm-8:00pm	\$100/10 sess

Mandarin Lessons - Let's Learn Mandarin

19+yrs

Vicky Hsu

We have developed Mandarin learning materials for adult learners with minimal proficiency from different fields. The content of the materials incorporates basic daily conversation for adults. This lesson is also designed for TOCFL Level Novice. **Please note:** There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Sat	Jan 14-Mar 12	
595324	6:00pm-7:00pm	\$100/9 sess

Seniors Technology Classes

55+yrs

*Mary Leung***Google Drive**

Learn about the popular cloud storage app. What is the Google Drive? How do I keep track of my cloud storage? What should I be aware of when sharing content on the cloud?

Classes taught in Cantonese/Mandarin		
Sat	Feb 21-28	
596702	9:30am-11:00am	\$12/person

Classes taught in English		
Sat	Feb 21-28	
596703	11:15am-12:45pm	\$12/person

Chat GPT

Introduction to ChatGPT for seniors on Different Devices. What is it? How does it work? And how can seniors utilize it?

Classes taught in Cantonese/Mandarin		
Sat	Mar 7-14	
596704	9:30am-11:00am	\$12/person

Classes taught in English		
Sat	Mar 7-14	
596705	11:15am-12:45pm	\$12/person

Digital Camera Photography

Explore creativity and capture memories in our seniors' digital photography class—learn easy techniques using simple point-and-shoot cameras. Fun, friendly learning! Cameras will be provided

Classes taught in Cantonese/Mandarin		
Sat	Mar 21-28	
596707	9:30am-11:00am	\$12/person

Classes taught in English		
Sat	Mar 21-28	
596708	11:15am-12:45pm	\$12/person

Adult and Senior

prices do not include tax

Aerobics

Hi-Lo Aerobics

19+yrs

Sharon Chan

Participants are encouraged to work at their own pace. Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work, and stretch and relaxation.

Tue	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
590639	Jan 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
590641	Feb 3-24	Adult - \$20/4 sess Senior - \$13/4 sess
590756	Mar 3-10	Adult - \$10/2 sess Senior - \$6.50/2 sess
Thu	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
590796	Jan 8-29	Adult - \$20/4 sess Senior - \$13/4 sess
590798	Feb 5-26	Adult - \$20/4 sess Senior - \$13/4 sess
590801	Mar 5-12	Adult - \$10/2 sess Senior - \$6.50/2 sess

Total Body Conditioning Aerobics

19+yrs

Denisse Hernandez

Participants are encouraged to work at their own pace. "Total Body Conditioning" is a total body workout integrating both strength and cardio. This class mixes plyometrics, circuit training, weights and bands.

Thu	6:45pm-7:40pm	\$6/Adult, \$3.75/Senior for drop-in, if space
590860	Jan 8-29	Adult - \$20/4 sess Senior - \$13/4 sess
590862	Feb 5-26	Adult - \$20/4 sess Senior - \$13/4 sess
590864	Mar 5-26	Adult - \$20/4 sess Senior - \$13/4 sess

Total Fitness Aerobics

40+yrs

Sharon Chan

Participants are encouraged to work at their own pace. Total Fitness is a mild to moderate class for people starting fitness activities and seniors. It has warm-up, aerobic, cool down, stretch and strength components.

Fri	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
590805	Jan 9-30	Adult - \$20/4 sess Senior - \$13/4 sess
590808	Feb 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
590810	Mar 6-13	Adult - \$10/2 sess Senior - \$6.50/2 sess

Zumba

Zumba

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Zumba is a fusion of Latin and International music--dance themes creating a dynamic, effective fitness system! It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are designed for any fitness level.

Mon	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
592277	Jan 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
592283	Feb 2-23	No session Feb 16 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
592284	Mar 2-23	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
592279	Jan 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
592286	Feb 4-25	Adult - \$23/4 sess Senior - \$15/5 sess
592287	Mar 4-11	Adult - \$11.50/2 sess Senior - \$7.50/2 sess
Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
592282	Jan 7-28	Adult - \$23/4 sess Senior - \$15/4 sess
592288	Feb 4-25	Adult - \$23/4 sess Senior - \$15/4 sess
592290	Mar 4-11	Adult - \$11.50/2 sess Senior - \$7.50/2 sess

Zumba Toning

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Lightweight maraca-like Toning Sticks (or light weights) enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Mon	6:00pm-6:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
592931	Jan 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
592932	Feb 2-23	No session Feb 16 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
592933	Mar 2-23	Adult - \$23/4 sess Senior - \$15/4 sess

Workshops

Pre-registration required for free workshops

Intro to Yoga for Brain Health

19+yrs

Kiran Rampuri

This program is an introductory Class that will focus on enhancing cognitive health through controlled breath work, movement and relaxation techniques. Participants will learn about the connection between yoga poses, breathing exercises, and brain health, supported by scientific research. For registered sessions in Jan, Feb and Mar see **p. 24**

Fri	Jan 9	
591214	10:30am-11:45am	\$5/person

Hearing Health

55+yrs

Ears to You

Join us for a presentation on hearing health. Discussion topics will include how the ear works, effects of untreated hearing loss, social and interpersonal effects on every day, technology changes through history, and more. Free in-person hearing screenings will be offered the following week.

Wed	Jan 7	
590946	10:00am-11:30am	Free

Mobile Hearing Clinic*Ears to You*

Tue	Jan 13	
590949	9:00am-9:30am	Free
590950	9:30am-10:00am	Free
590951	10:00am-10:30am	Free
590952	10:45am-11:15am	Free
590953	11:15am-11:45am	Free

Prevention of Racquet Sport Injuries

55+yrs

Collingwood Physio

Love tennis, pickleball, badminton, or squash? Join us for an engaging community workshop designed to help you stay active, strong, and injury-free on the court! Led by Registered Physiotherapist Keane Leung of Collingwood Physiotherapy, this session will cover common racquet sport injuries—like tennis elbow, shoulder strain, and ankle sprains—and practical strategies to prevent them. Learn proper warm-up techniques, strength and mobility exercises, and equipment tips tailored to your sport. Whether you're a beginner or a seasoned player, you'll leave with the knowledge and tools to keep your game—and your body—in top shape.

Mon	Jan 19	
595864	6:00pm-7:30pm	Free

Pelvic Floor Health Workshop

19+yrs

Flo Physio

Pelvic floor physiotherapy is an area of physio that looks at the health and function of pelvic floor muscles. These muscles form a sling at the bottom of the pelvis and help support our internal organs. In this presentation we will be covering some common conditions, what to expect at a pelvic floor appointment, and some tips and exercises to keeping the pelvic floor healthy.

Fri	Jan 23	
595193	10:00am-11:30am	Free

Safety in the Home

55+yrs

COSCO Seniors Health And Wellness Institute Society

This workshop provides detailed checklists of potential dangers both outside the home and in every room indoors. Fire hazards, medications and childproofing your home are reviewed. Safety devices and tips for effective renovations are also provided.

Fri	Jan 30	
592643	10:00am-11:30am	Free

VPL - Apps for Lifelong Learning

55+yrs

VPL Librarian

Want to learn something new? Vancouver Public Library staff will lead you through some of the many free apps available with your library card. From technology skills, to crafts and graphic design, or learning a language, there is something for everyone at www.vpl.ca

Fri	Feb 6	
590945	10:00am-11:30am	Free

Nutrition & Arthritis

55+yrs

OASIS Vancouver Coastal Health

During this session you will learn about the impact of diet on arthritis, nutrients that can help and strategies for healthy eating. OASIS is an education program that helps people with arthritis self-manage their condition. This session is led by Vancouver Coastal Health Dietitian.

Fri	Feb 13	
592622	10:00am-11:30am	Free

Hand Arthritis

55+yrs

OASIS Vancouver Coastal Health

Class will focus on specific strategies for hand arthritis management, including joint protection, exercise and pain management. OASIS is an education program that helps people with arthritis self-manage their condition. This session is led by Vancouver Coastal Health Occupational Therapist.

Fri	Feb 27	
592628	10:00am-11:30am	Free

Falls Prevention

55+yrs

COSCO Seniors Health And Wellness Institute Society

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended.

Fri	Mar 13	
592646	10:00am-11:30am	Free

Sports

Drop-in Sports Procedures

- Programs are cancelled on stat holidays and for Special Events.
- Minimum of 4 (Badminton, Pickleball, Foamball) and 2 (Basketball) drop-in spaces will be available 30 minutes before the start of the program on a first come, first serve basis.
- Drop-ins must register in person no earlier than 15 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 10 minutes to arrive for their programs. After that time, spots may be sold to drop-in participants.
- All times include setup and take down of equipment.
- Please, no spectators in sports programs. (This ensures the safety of instructors and participants)
- Some equipment may be available for borrow. Equipment Rental Pass is required

Badminton

19+yrs

Enjoy recreational badminton.

Mon 589214	Jan 5-Mar 23 1:00pm-2:55pm	No session Feb 16 Adult - \$49.50/11 sess Senior - \$38.50/11 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Tue 589215	Jan 6-Mar 24 8:00pm-9:55pm	Adult - \$54/12 sess Senior - \$42/12 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Wed 589217	Jan 7-Mar 25 1:00pm-2:55pm	Adult - \$54/12 sess Senior - \$42/12 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space

Pickleball

19+yrs

Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 589125	Jan 5-Mar 23 8:00pm-9:55pm	No session Feb 16 Adult - \$49.50/11 sess Senior - \$38.50/11 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
55+yrs		
Tue 589126	Jan 6-Mar 24 1:00pm-2:55pm	\$42/12 sess \$4.20+tax/drop-in if space
Thu 589143	Jan 8-Mar 12 10:45am-12:40pm	\$35/10 sess \$4.20+tax/drop-in if space
Thu 589145	Jan 8-Mar 26 1:00pm-2:55pm	\$42/12 sess \$4.20+tax/drop-in if space

Basketball

19+yrs

Enjoy recreational basketball.

Sun 589089	Jan 11-Mar 29 3:00pm-4:55pm	\$54/12 sess \$5.40+tax/drop-in if space
Wed 589087	Jan 7-Mar 25 8:00pm-9:55pm	\$54/12 sess \$5.40+tax/drop-in if space

Foamball Tennis

55+yrs

A fun, indoor game based on tennis. A good workout with minimal joint strain.

Fri 589191	Jan 9-Mar 27 1:00pm-2:55pm	\$24/12 sess \$2.40+tax/drop-in if space
Tue 589189	Jan 6-Mar 24 10:45am-12:40pm	\$22/11 sess \$2.40+tax/drop-in if space

Carpet Bowling Club

55+yrs

Come learn and enjoy a game of Carpet Bowling. A game in which wooden balls are pitched toward a white ball (the jack). Tea is served.

Tue 581529	Sep 9-Aug 25 11:00am-1:00pm	\$7.61/year
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Badminton Court Rentals

All Ages

- Each court rental is for 55 minutes
- At least 1 adult must be present at each booking
- Booking court for instructional purposes is not permitted
- Please be respectful to players before and after your booking
- Maximum 8 people/court
- Partial refund given for cancellations with more than two business days notice at the RPCC office. No refunds thereafter.
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Jan 8-Mar 26 \$13.33/court
Sun	9:30am-2:30pm	Jan 11-Mar 29 \$13.33/court

Fitness Centre Hours of Operation

January 5 - March 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm

Note: Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.
See **page 30** for special hours of operation

General Information



When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Proper footwear is required at all times. Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

Note: The minimum age to use the Fitness Centre is 13 years old.

Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98

Fitness Centre Orientations

13+yrs

Book your 30-minute orientation with one of our fitness center staff. During your orientation, you will be shown how to set up the cardio equipment and strength training machines with basic exercises, and proper technique. You must complete a PARQ, and Consent and Release Form prior to the orientation. If you are under the age of 18, these forms must be signed by a parent or guardian.

Note: The one-time orientation is included with your single paid admission or valid flexi-pass.



Fitness Centre Equipment

- Treadmills - 4
- Upright Bike - 1
- Cross Trainers - 4
- Stair Climber - 1
- Recumbent Bike - 2
- Keiser Bike - 1
- Incline Bench - 3 (adjustable)
- Flat Bench
- 5lb - 90lb Dumbbells
- Leg Press
- Pec Fly/Rear Deltoid
- Seated Leg Curl
- Assisted Dip Chin
- Dual Adjustable Pulley - 2
- Smith Machine
- Half Rack
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid

Fitness Classes

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including; warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises.

Note: A completed Par-Q and Consent & Release are required.
Maximum 3 registered. Registration is required.
Fee is a Fitness Centre drop-in admission, valid Flexi-pass or Usage pass.

Fitness for Women

Admission fee required

Fri 589718	Jan 9-30 3:00pm-4:00pm
Fri 589719	Feb 6-27 3:00pm-4:00pm
Fri 589720	Mar 6-27 3:00pm-4:00pm

Fitness for Older Adults

Admission fee required

Wed 589715	Jan 7-28 3:00pm-4:00pm
Wed 589716	Feb 4-25 3:00pm-4:00pm
Wed 589717	Mar 4-25 3:00pm-4:00pm

Swimming Pool

Annual Pool Maintenance (closure)

February 23-March 15

Pool and Fitness Hours of Operation

Pool and Fitness admissions are available until 15 minutes prior to the Pool and Fitness Centre closing.

Swimming Pool

January 5 - February 23

Monday-Friday..... 6:30am-9:30pm
Saturday-Sunday..... 9:00am-5:00pm

Fitness Centre

January 5 - March 29

Monday-Friday..... 6:30am-9:30pm
Saturday-Sunday..... 9:00am-5:00pm

Pool and Fitness Holiday and Special Hours

Monday February 16 1:00pm-5:00pm

Note: Hours are subject to change

OneCard

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

Leisure Access Policy

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of one's ability to pay. For information contact your nearest Community Centre office.

Flexipass Information

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



Swimming Lesson Registration

Note: Swimming Lesson Registration begins on
Tuesday December 16 @ 7:00pm

These guidelines try to provide equal opportunities for participation in our swim lesson programs.

- Please bring your current Lifesaving Society Swim for Life progress card or progress memo when registering
- If you are unsure of what level to register in, please come to a Public Swim session and ask at the Pool Front Desk to have a "Free" assessment prior to registering
- Class programming is based on demand, time constraints and pool space
- All program fees must be paid at the time of registration. In-person payment methods include: Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable

Vancouver Park Board Online Registration and Reservation System

How to Register Online:

- Go to vanrec.ca to update or create your account.

Do you currently have an online account and have forgotten your password? To reset your password:

- Click "Sign In", select "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Never registered online before?

- Click "Sign In" or "Create an Account" to set up your profile and password prior to registration start time.

Note: Call to inquire if there is space available
or if more classes have been added.

Classes are subject to cancellation if minimum enrollment is not met

Swimming Lesson Refund Policy

Full refund will be given if cancellation notice is received five or more days before the start of the program. If cancellation notice is received one to four days before the start of the program, participant can either transfer to a future lesson set, if available, or refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first program date (class/lesson), and five or more days before the second program date (class/lesson), refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second program date (class/lesson), refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second scheduled date of the program.

Fees for one or two-day programs (private lessons) are non-refundable.



Winter 2026 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday December 16 at 7:00pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Set 1	Jan 5-Feb 9 6 lessons	Jan 6-Feb 17 7 lessons	Jan 7-Feb 18 7 lessons	Jan 8-Feb 19 7 lessons	Jan 9-Feb 20 7 lessons	Jan 10-Feb 21 7 lessons	Jan 11-Feb 22 7 lessons

Swim Lesson Pricing - Mondays Only

Lesson fees are from 2025, 2026 fees are pending

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (60 mins)	Swimmer 7-9 (75 mins)		Adults (60 mins)	
				Child	Youth	Youth/Senior	Adult
6	n/a	n/a	\$49.68	n/a	n/a	\$97.32	\$139.08

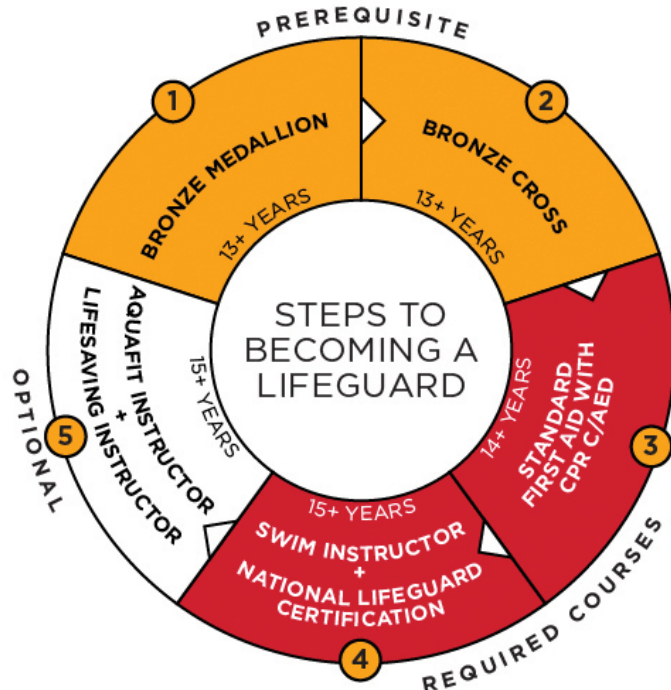
Swim Lesson Pricing - Tuesday-Sunday Only

Lesson fees are from 2025, 2026 fees are pending

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (45 mins)	Swimmer 7-9 (60 mins)		Adults (45 mins)	
				Child	Youth	Youth/Senior	Adult
7	\$56.91	\$46.34	\$57.96	\$92.68	\$113.54	\$70.98	\$86.94

Note: All Lesson set fees posted before tax and will include a \$4.30 badge fee

Vancouver Aquatics Academy



Private Lessons

All Ages

Private and Semi-Private Registration are now available online

Open to all ages and abilities. All lessons are 30 minutes. Pre-registration is required. Private lessons are for 1 person. Semi-private lessons are for 2 people minimum with similar swimming abilities. A third participant can be added upon request for additional fees. Please contact the Aquatic Programmer for more information - 604-257-8397

Under 14yrs	First person	\$40.60/lesson
	Semi-private add on	\$16.24/lesson
14yrs and older	First person	\$40.60+GST/lesson
	Semi-private add on	\$16.24+GST/lesson



Speciality Aquatics Courses

All Ages

Due to staffing challenges, Stroke Improvement, Junior Lifeguard Club, and Bronze courses will be put on hold during this time.

For inquiries about our Adapted lessons, please contact
AdaptedAquatics@vancouver.ca

Please visit vanrec.ca and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information

Swimming Pool Schedule

January 5 - February 22

Annual Pool Maintenance (closure)

February 23-March 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (2-3 lanes for length swim) 6:30am-9:30am					Please Note: Pool schedule is subject to change	Weekend Lessons (1 lane for length swim) 10:30am-2:30pm
					Lengths (2-3 lanes for length swim) 9:00am-10:15am	
Group Lessons (2 lanes for length swim) 10:00am-11:30am						
Lengths (2-3 lanes for length swim) 12:00pm-1:30pm						
Public Swim (1-2 lanes for length swim) 1:30pm-3:30pm						
Group Lessons (1 lane for length swim) 4:00pm-8:00pm						
Public Swim (1-2 lanes for length swim) 8:00pm-9:30pm					Public Swim (1-2 lanes for length swim) 2:30pm-5:00pm	

Session Descriptions

Public Swim (1-2 lanes for lengths)	Recreational swim for all ages. 1-2 lanes available for lengths swim.
Lengths (2-3 lanes available)	Continuous lengths swim for all ages. Lanes (25m) are designated for specific speeds.
Group Lessons (1 lane available)	Main pool is reserved for School Board or internal lesson programs and can include external rental groups during these times. Only 1 lane available for public length swimming.
Weekend Lessons (1 lane available)	Internal lesson programs only during this time. Only 1 lane available for public length swimming.

Pool Temperature: 28 degrees
Pool Length: 25 metres
Lockers: Please bring your own padlock



Pool Admission Fees (2025)

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Children 5-12yrs	\$3.97	\$35.73	\$32.08	\$86.61	\$277.13
Preschool (0-4yrs)	FREE				
Family	at child rate	Minimum 2 people: \$7.94. \$3.97/additional member. Valid for 1-2 adults of same household and their children (5-18 years). All family members must be present at the time of admission			
Admission Policy	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				