

Hillcrest Community Centre Recreation Guide Spring & Summer 2026

CENTRE PROGRAM

Registration starts
THURSDAY
MARCH 12 at 7pm

SUMMER DAY CAMP

Registration starts
WEDNESDAY
APRIL 8 at 7pm

**WE'RE HIRING
SUMMER LEADERS!**

See pg. 68 for details.



vancouver.ca/hillcrestrec

hillcrestcommunitycentre.com

HILLCREST CENTRE - AQUATIC | RINK | FITNESS | COMMUNITY



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Message from Ken Charko, the President of the Riley Park Hillcrest Community Association

To our Riley Park Hillcrest Community

Spring and summer are full of energy, and we are excited to welcome you back to Hillcrest Community Centre for another season of engaging programs, day camps, and versatile rental spaces for your events and celebrations. Whether you're planning a birthday party, a community gathering, or looking for fun and learning opportunities for your children, Hillcrest has something for everyone.

We encourage you to explore our new newsletter, now available on the Association website, to stay informed about program updates, special events, and important announcements. Early registration is recommended to secure your spot in popular programs and camps this season.

The Board of the RPHCA has also secured with the City of Vancouver three hours of free parking for all patrons. Please remember to register your free parking time at the designated points inside the Centre. Starting with the fourth hour, standard parking fees apply. We continue to advocate for your needs and convenience, especially as Vancouver prepares to host FIFA games this year. Due to these games, there will be no traditional Summer Festival this year, but we are excited to bring you a variety of other community events throughout the year. We invite all members to participate and stay engaged as we celebrate and connect as a community in new ways.

Our rental rooms remain a flexible option for families and community groups, complemented by staff support to make your event planning easier. Combined with our wide range of programs and day camps, there are endless opportunities for learning, creativity, and active play this spring and summer. We look forward to seeing you at Hillcrest—let's make this season one full of growth, connection, and memorable moments!

Warm regards,



Sincerely,

Ken Charko, President,
Riley Park Hillcrest Community Association
4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4
he/him (*xe/xem/xys)





Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC V5Y 2M4
Centre, Pool & Rink.....604-257-8680
Fax604-257-8639

Hours of Operation



www.vancouver.ca/parks-recreation-culture/recreation-facility-hours.aspx



[@rileyparkhillcrestcc](https://www.instagram.com/rileyparkhillcrestcc)



Riley Park Hillcrest Community Association (RPHCA)

Riley Park Hillcrest Community Association
Email.....RPHCA@vancouver.ca

The RPHCA is a partner with the Vancouver Park Board in the delivery of community programs at the Hillcrest Centre. The RPHCA is also an important voice of the local community providing an integral piece in the overall development of programs and activities offered at the centre. In addition, as advocates within the community, the Hillcrest Centre welcomes the opportunity to connect with other local members and organizations through the RPHCA, which ensures we remain relevant to the wider community needs.

Membership

Membership in the RPHCA gives the local community and users a say in the governance of the association, providing members with a voice and voting rights at the Annual General Meeting. Annual membership is valid from September 1st to August 31st.

- Family \$15.00
- Adult \$10.00
- Senior/Youth/Child \$5.00

Memberships can be purchased at the front desk.

Spring & Summer 2026

Registration Dates

community centre programs

Online, In-person & Phone-in at 7pm
Thursday, March 12

hillcrestcommunitycentre.com

Citywide Day Camp Registration
Wednesday, April 8 at 7pm

swim lessons

Online, In-person & Phone-in at 7pm
Spring 2026: Tuesday, March 17

Summer 2026: Tuesday, June 23
vancouver.ca/hillcrestpool

skate lessons

Online, In-person & Phone-in at 7pm
Spring Set 1: Thursday, March 26

Spring Set 2: Thursday May 14
Summer Set 1: Thursday, June 25

vancouver.ca/hillcrestrink

Financial Assistance

Discounts are available to LAP (Leisure Access Program) members at time of registration. Patrons that qualify for the Vancouver Park Board's LAP receive a 50% discount on registration of select community centre programs, with a limit of one program per person per season. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins.

Leisure Access

Park Board discount admission cards are available for individuals and families on limited income. Please check out the Leisure Access Program website at www.vancouver.ca/leisureaccess for more information.

How to Register

For Hillcrest Centre Programs



ONLINE at vanrec.ca



BY PHONE: 604-257-8680



IN PERSON: At our front desk

*Payment: Cash, debit card, Visa or Mastercard.
a maximum of two families can be registered by one person at a time.*



Refunds for Community Centre Programs

- Full refunds will be provided for any cancelled or altered Community Centre programs.
- Refund requests must be made at least 48 hours prior to the 2nd class. Refunds are prorated. No refunds thereafter.
- For one-day sessions, private music lessons, and week-long programs (such as day camps), refund requests must be made at least 7 days prior to start of program. No refunds thereafter.
- A \$4.00 administration fee for each program will be charged for all refunds within these guidelines.
- Refunds for payment made by cheque may take up to 14 days to process.

Refunds and Cancellations for Park Board Programs

- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.



Hillcrest Centre Fees and Passes 2026* Rink, Pool & Fitness Centre

Single Visit Drop-in Fees

Type	Price
Adult(19-64 years)	\$7.93
Youth(13-18 years)	\$5.55
Child(5-12 years)	\$3.97
Senior(65+ years)	\$5.55
Toddler under 5 with an adult	FREE

Flexipass

Flexipass gives you 1, 3 or 12-month access to Park Board and participating Association fitness centres, swimming pools, and ice rinks. Some conditions apply.

If you need to adjust, correct or refund your Flexipass, bring it to the facility where you purchased it.

10-visit passes

Save money on 10 visits to Vancouver Park Board and participating Association fitness centres, swimming pools, and ice rinks.

10-Visit Pass Fees

Type	10 visits
Adult(19-64 years)	\$71.37
Youth(13-18 years)	\$49.95
Child(5-12 years)	\$35.73
Senior(65+ years)	\$49.95
Toddler under 5 with an adult	FREE

Pool Special Rates

Family: \$3.97/person (minimum charge \$7.94), 1-2 adults of the same household and their children 5-18 years.

Rink Special Rates

Discount Skate: Half price admission during applicable times.

Family: \$3.97/person (minimum charge \$7.94), 1-2 adults of the same household and their children, 5-18 years.

Monthly Pass(Flexipass) Fees

Type	1 month	3 month	12 month
Adult(19-64 years)	\$64.15	\$173.21	\$554.26
Youth(13-18 years)	\$44.91	\$121.25	\$387.98
Child(5-12 years)	\$32.08	\$86.61	\$277.13
Senior(65+ years)	\$44.91	\$121.25	\$387.98

**Prices subject to change. Applicable taxes apply.*

Planning a birthday party, meeting or private sports play? We have a space that meets your needs!

► Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25.71+GST per hour with a minimum of 2 hours regardless of the duration of the rental.

► Music Royalty Fees

Rentals that play pre-recorded music are subject to fees dependent on group size and activity.

► Set-up and Take Down

Set-up, take down and clean-up are the responsibility of the renter. This includes tables, chairs, decorations, food, etc. are to be stored/cleared out of the room at the end of the rental.

► Cancellations

Cancellation requests must be received in writing or by email to rphca@vancouver.ca. All transfers and cancellation requests MUST be in person, over the phone or delivered in writing to rphca@vancouver.ca.

► Refund policy

Minimum of 14 days notice prior to your rental date, you will receive a refund of fees paid, less a \$25.00 administrative fee. Refunds of rental fees will not be issued for event cancellations received less than 14 days prior to the event

Search, view, and reserve online by visiting vanrec.ca.

Hillcrest Centre Room Rental Information and Rates

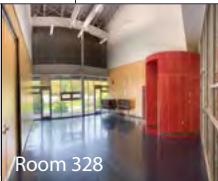
Room Name	Seated Capacity	Dimension (approx.)	Square Footage	Features	Room Rate
Multipurpose 320	24	15 x 33	538	Natural lighting, kitchen, balcony	\$45/hour
Multipurpose 328	40	29 x 33	958	Natural lighting, balcony	\$45/hour
Arts & Crafts	32	24 x 33	815	Natural lighting, sink, balcony	\$45/hour
Gymnasium (Full) Sport	N/A	106 x 71	7579	Full sized gymnasium	\$65/hour
Gymnasium (2/3)	N/A	71 x 71	5076	2/3 sized	\$45/hour
Gymnasium (1/3)	N/A	35 x 71	2502	1/3 sized	\$35/hour



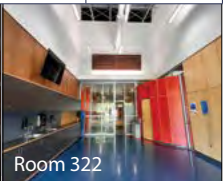
Room 320



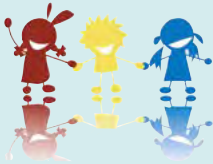
Gymnasium



Room 328



Room 322



Riley Park Preschool

3-5 years | Michelle Noel

Riley Park is an inclusive centre licensed by the Provincial Government's Community Care Facilities Licensed Board. Our preschool has professional, experienced and dedicated staff utilizing a wide variety of equipment and program supplies allowing for quality activities in a safe and secure environment. We combine both 3 & 4 year old children in our classes. This combination provides for a wide range of individual abilities within the preschool classroom, proven to be beneficial for all children. Staff plan for the range of individual differences found in any group of children.

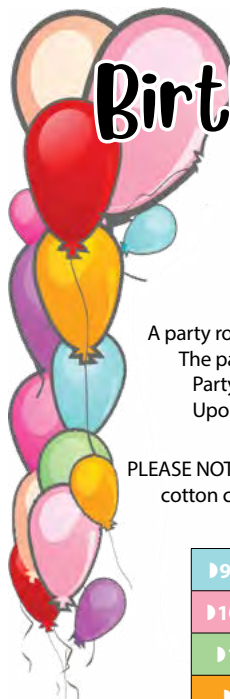
Combining the age groups allows for peer tutoring and modeling by the four year olds who are able and eager to demonstrate their preschool experience. We believe that a child's social, emotional, cognitive and physical skill can develop to their full potential in a high quality Early Childhood Educational setting. We believe that a high quality setting includes:

- **Warm, nurturing and caring staff**
- **A rich and stimulating environment**
- **A predictable yet flexible daily routine**
- **Ongoing communication between a child's parents & our staff**

Subsidy: All fees must be paid in full prior to Affordable Childcare Benefit Approval.

If you have any questions regarding registration or subsidy please contact Michelle Noel at 604-257-8652. michelle.noel@vancouver.ca





Birthday Party with Gym

Sundays from April 12-June 14

\$305/party

(2-12 yrs) | Hillcrest Party Leader

Run, play and celebrate your birthday with us!

Book early as availability is limited.

A party room for 2 hours and access to a Gym with toys for 45 minutes of the party.

The party room will be decorated with streamers, balloons and table cloths.

Party leaders will be available to assist with preparation and supervision.

Upon registration, please complete the Gym Birthday Registration Form.

The form will be emailed to you once you've registered.

PLEASE NOTE: At this time we can only provide one additional service (balloon twisting, cotton candy or popcorn machine) for an added fee. Bouncy Castles, third party contractors and other major set up is NOT permitted.

▶ 9:30 AM-11:30 AM Gym & Room 320 Max 20 Guests

▶ 10:45 AM-12:45 AM Gym & Room 322 Max 30 Guests

▶ 12:00 PM-2:00 PM Gym & Room 320 Max 20 Guests

▶ 1:15 PM-3:15 PM Gym & Room 322 Max 30 Guest

View
available
dates and
register
online

Prince Edward Park Playground and Spray Park

Join us at the spray park to cool off!

*Our staff will be on site during the times listed, for crafts games
and other exciting activities.*

**Hope to see
you there!**

Monday to Friday

July 2-August 28 from 12:00-5:00 PM

Closed Statutory Holidays & Rainy Days

Schedule subject to change

Located @

Prince Edward
and E22nd Ave

ARTS

►Dance with Me

(1-2 yrs) | **Vancouver Performing Stars**

Let your little one discover the joy of dance! These interactive parent-child classes blend movement basics, singing, and partner dance to create a fun-filled experience. Jive and bond together as your child explores rhythm and movement. Parent/Caregiver Participant required. Visit performingstars.ca for more info. No class May 16.

Sa	9:15 AM-9:45 AM	Apr 11-Jun 13	
\$140/9 sess			606609
Sa	9:45 AM-10:30 AM	Apr 11-Jun 13	
\$149/9 sess			606612
W	9:15 AM-10:00 AM	Apr 15-Jun 17	
\$165/10 sess			606611



►Art and Music with Sun Rey

(1-3 yrs) | **Sun Rey Han**

Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in if space available \$21.

W	9:45 AM-10:30 AM	Apr 15-Jun 10	
\$156/9 sess			604395
W	10:45 AM-11:30 AM	Apr 15-Jun 10	
\$156/9 sess			604398
W	11:45 AM-12:30 PM	Apr 15-Jun 10	
\$156/9 sess			604400

►Art is Fun

(3-5 yrs) | **Sun Rey Han**

Have fun with Origami, clay modeling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-along and storytelling. Drop-in if space available. Drop-in \$23

W	1:00 PM-2:00 PM	Apr 15-Jun 10	
\$163/9 sess			604401

►Colour Your Ideas:

Art Knowledge & Creativity

(4-6 yrs) | **Selina Hsiao**

Colour Your Ideas is a series of creative art lessons that focus on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. Drop-in fee: \$30. No class Aug 2.

Sa	10:00 AM-10:45 AM	May 23-Jun 27	
\$150/6 sess			603682
Su	10:00 AM-10:45 AM	Jul 05-Aug 23	
\$175/7 sess			604887

►Jump into Music

(0-4 yrs) | **Monica Lee**

This one of a kind music and movement program engages, educates, and entertains parent and child while on a musical journey through different styles and cultures. Research based curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring 24 genres/culture over a two year period. Our classes inspire creativity and build confidence in little ones six months to four years old. The instructor will provide everything needed for class. Siblings attend at a 25% discount (but must register in person) and children under 6 months attend free with a registered sibling. Drop-in \$22, space permitting including two spots over a fully registered class.

Th	9:30 AM-10:20 AM	Apr 9-Jun 11	
\$200/10 sess			609706
Th	10:30 AM-11:20 AM	Apr 9-Jun 11	
\$200/10 sess			609708
Th	11:30 AM-12:20 PM	Apr 9-Jun 11	
\$200/10 sess			609710

►Junior Stars Musical Theatre

(5-7 yrs) | **Vancouver Performing Stars**

Dance and sing along to your favourite show tunes! Your young performer will develop rhythm, characterization, coordination, and musicality through movement and song. Sing with confidence, while learning fun choreography and the acting skills of a star!

Th	5:15 PM-6:00 PM	Apr 16-Jun 18	
\$165/10 sess			606671

▶Mini Ballet

(3-4 yrs) | Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit www.performingstars.ca for more information. No class May 16.

(4 yrs only)

Sa 11:15 AM-12:00 PM Apr 11-Jun 13
\$149/9 sess 606616

(3-4 yrs)

Sa 1:00 PM-1:45 PM Apr 11-Jun 13
\$149/9 sess 606619



▶Mini Hip Hop

(3-5 yrs) | Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! For more details, visit www.performingstars.ca. No Class May 18.

M 3:15 PM-4:00 PM Apr 13-Jun 15
\$149/9 sess 606601

W 10:00 AM-10:45 AM Apr 15-Jun 17
\$165/10 sess 606603

▶Mini Stars Musical Theatre

(3-5 yrs) | Vancouver Performing Stars

Dance and sing along to their favourite show tunes! Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate on their own.

Th 4:30 PM-5:15 PM Apr 16-Jun 18
\$165/10 sess 606669

▶Performing Princesses

(3-5 yrs) | Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe! Children will be immersed in the magical stories they love as they sing and dance to their favourite princess songs. Ballet and basic dance technique will compliment the class to help your little star improve their coordination and confidence. Costumes are welcome and a presentation for families will take place on the last day of class. Visit www.performingstars.ca for more information.

W 10:45 AM-11:30 AM Apr 15-Jun 17
\$165/10 sess 606613



▶Tiny Ballet

(3-3 yrs) | Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit www.performingstars.ca for more information. No class May 16.

Sa 10:30 AM-11:15 AM Apr 11-Jun 13
\$149/9 sess 606615

▶Uke and Me

(3-5 yrs) | Musical Expressions

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. This program is facilitated by a Musical Expressions instructor. No class May 16 and June 13.

Sa 9:30 AM-10:00 AM Apr 11-Jun 27
\$162.5/10 sess 610112

ARTS CONT'D

► Zumbini®

(0-5 yrs) | Maayan Amitov

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true 360° experience, with live classes and the Zumbini Time interactive TV show on BabyFirst TV. In this session we will be doing 'No Way! Jose'. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling. Drop in \$22 (space permitting).

F	11:15 AM-12:00 PM	Apr 17-Jun 12
\$180/9 sess		606406
F	12:00 PM-12:45 PM	Apr 17-Jun 12
\$180/9 sess		606412

SOCIAL



► Parent and Tot Gym

(0-5 yrs) | Christine Lashin

An opportunity for your child to socialize with other children and to play with a variety of equipment. Parent/Caregiver participation and supervision is required. Great for rainy days! This program is drop-in, registration is not necessary. Drop-in \$4.00. Children under 6 months are free. No class Apr 3, Apr 6 and May 18.

MWF	10:45 AM-12:15 PM	Mar 30-Jun 19
\$4/drop-in		603692

SPORTS

► Sportball Junior

(1-2 yrs) | Sportball Vancouver

This 45-minute program is a perfect introduction to Sportball. Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

F	9:30 AM-10:15 AM	Apr 10-May 15
\$108/6 sess		605319
F	9:30 AM-10:15 AM	May 22-Jun 26
\$108/6 sess		605323

► High 5 Sports - Floor Hockey

(3-5 yrs) | Hai Doan

This program reimagines physical literacy through the fast-paced excitement of floor hockey! With every pass, stickhandling move, and goal, kids dive into the action, building coordination, teamwork, and confidence in a high-energy environment. Floor hockey becomes the perfect gateway to discovering the joy of movement and the thrill of play. No Class May 18.

M	1:45 PM-2:45 PM	Apr 13-Jun 22
\$250/10 sess		609320
W	1:45 PM-2:45 PM	Apr 15-Jun 17
\$250/10 sess		609323

► High 5 Sports - Indoor Soccer

(3-5 yrs) | Hai Doan

This program focuses on developing physical literacy through the exciting and dynamic world of soccer! From dribbling and passing to scoring thrilling goals, it introduces children to the joy of the beautiful game while building essential motor skills, coordination, and teamwork. No Class May 18.

M	12:45 PM-1:45 PM	Apr 13-Jun 22
\$250/10 sess		609319
W	12:45 PM-1:45 PM	Apr 15-Jun 17
\$250/10 sess		609322
Th	11:15 AM-12:00 PM	Apr 16-Jun 18
\$250/10 sess		609327

High 5 Sports - Parent and Tot

(2-3 yrs) | Hai Doan

Join us for an exciting adventure where your child can discover the joy of movement and the magic of play! Our program is designed to spark a lifelong love for being active, nurturing your child's physical literacy in a fun and engaging way. With your participation, we'll create unforgettable moments of play and learning together. Let's embark on this journey towards a healthier, happier future for you little one! Parent/Caregiver Participation required.

Th 10:30 AM-11:15 AM Apr 16-Jun 18
\$250/10 sess **609325**

Parent and Tot Tennis Indoor

(4-6 yrs) | Juan Carlos Maldonado

This is a fun relaxed environment for all toddler participants. It gives them the opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learn to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Parent/caregiver participation is required. Only child registration is required. No Class May 16 and June 13.

Sa 9:15 AM-10:00 AM Apr 18-Jun 27
\$247.5/9 sess **608844**

Sportball Indoor Floor Hockey

Sportball Vancouver

Sportball Indoor Floor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

(4-6 yrs)

Tu 3:30 PM-4:30 PM Apr 7-May 12
\$108/6 sess **605300**

Tu 3:30 PM-4:30 PM May 19-Jun 23
\$108/6 sess **605301**

(6-9 yrs)

Tu 4:30 PM-5:30 PM Apr 7-May 12
\$108/6 sess **605303**

Tu 4:30 PM-5:30 PM May 19-Jun 23
\$108/6 sess **605304**

Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Tu 11:15 AM-12:15 PM Apr 7-May 12
\$108/6 sess **605297**

Tu 11:15 AM-12:15 PM May 19-Jun 23
\$108/6 sess **605299**



Sportball Multi-Sport Parent and Tot

(2-3 yrs) | Sportball Vancouver

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sport programs. Parent & Child programs teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. Classes are conducted once a week in 45-minute sessions - just the right length of time for active little minds and bodies.

Tu 10:30 AM-11:15 AM Apr 7-May 12
\$108/6 sess **605295**

Tu 10:30 AM-11:15 AM May 19-Jun 23
\$108/6 sess **605296**

F 10:15 AM-11:00 AM Apr 10-May 15
\$108/6 sess **605324**

F 10:15 AM-11:00 AM May 22-Jun 26
\$108/6 sess **605326**

SPORTS CONT'D

▶ Sportball Outdoor Soccer

Sportball Vancouver

Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine; and for safety reasons we ask that ONE parent stay at the field while remaining in a socially distant proximity to other parents. Programs are held outdoor; on the north field behind the preschool room and community centre. No class May 16 and Aug 1.

(3-5 yrs)

Th	5:45 PM-6:45 PM	May 7-Jun 25
\$144/8 sess		605317
Sa	2:00 PM-3:00 PM	May 2-Jun 20
\$144/7 sess		605346
Th	5:45 PM-6:45 PM	Jul 2-Aug 20
\$144/8 sess		605369
Sa	2:00 PM-3:00 PM	Jul 4-Aug 22
\$126/7 sess		605381

(5-7 yrs)

Th	6:45 PM-7:45 PM	May 7-Jun 25
\$144/8 sess		605318
Sa	1:00 PM-2:00 PM	May 2-Jun 20
\$126/7 sess		605343
Th	6:45 PM-7:45 PM	Jul 2-Aug 20
\$144/8 sess		605375
Sa	1:00 PM-2:00 PM	Jul 4-Aug 22
\$126/7 sess		605379

▶ Sportball Outdoor T-Ball

(3-5 yrs) | Sportball Vancouver

Big League Fun! Sportball T-Ball / Baseball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Classes take place outdoors rain or shine and for safety reasons we ask that ONE parent stay at the field while remaining in a socially distant proximity to other parents. Camps are held outdoor; on the field behind the preschool room and community centre. No class May 17 and Aug 1

Su	10:15 AM-11:15 AM	May 03-Jun 21
\$126/7 sess		605354
Sa	10:45 AM-11:45 AM	Jul 04-Aug 22
\$126/7 sess		605385

▶ Sportball Outdoor Soccer

Parent and Tot

(2-3 yrs) | Sportball Vancouver

Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors and are rain or shine. Program are held outdoor; on the north field behind the preschool room and community centre. No class May 16.

Th	5:00 PM-5:45 PM	May 07-Jun 25
\$144/8 sess		605311
Sa	3:00 PM-3:45 PM	May 02-Jun 20
\$126/7 sess		605352
Th	5:00 PM-5:45 PM	Jul 02-Aug 20
\$144/8 sess		605366

▶ Sportball Outdoor T-Ball

Parent and Tot

(2-3 yrs) | Sportball Vancouver

Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes take place outdoors, and are rain or shine. Camps are held outdoor; on the field behind the preschool room and community centre. No class May 17 and Aug 1

Su	9:30 AM-10:15 AM	May 3-Jun 21
\$126/7 sess		605353
Sa	10:00 AM-10:45 AM	Jul 4-Aug 22
\$126/7 sess		605384

ARTS

Advanced Architecture for Kids
(8-13 yrs) | **Petit Architect Design For Kids Ltd.**

Take your creativity to the next level with Advanced Architecture for Kids, a more advanced version of Design & Architecture for Kids. Perfect for students who love building, designing, and problem-solving. Young architects will practice advanced skills such as creating scaled floor plans, learning about sections and elevations, and experimenting with innovative building methods through detailed 2D architectural drawings and 3D model-making projects. By tackling more complex projects, students will strengthen critical thinking skills and gain confidence in expressing their creative ideas just like professional architects. As this is an advanced class, prior experience with our classes or similar is expected. All supplies provided and students will bring home their models.

Tu 5:30 PM-6:45 PM Apr 14-Jun 2
\$240/8 sess **606372**



Artists, Architects and Engineers
(7-12 yrs) | **Carolina Andrade**

Join Small Creative Lab for a journey full of colour, shapes and imagination. In our creative adventures kids will explore the amazing worlds of famous artists, architects and engineers from around the globe while diving into hands-on creative activities - drawing, sculpting, building and designing in both 2D and 3D. Every class and term is a brand-new adventure, packed with exciting projects that strengthen fine motor skills (precise movements like cutting, drawing, colouring, coordination, etc), and help develop neural connections that light up the creative part of the brain. All supplies will be provided - just bring curiosity!

W 5:30 PM-6:30 PM Apr 1-Jun 10
\$270/11 sess **604456**

Colour Your Ideas:
Art Knowledge & Creativity

(7-11 yrs) | **Selinna Hsiao**

Colour Your Ideas is a series of creative art lessons that focus on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. Drop-in fee: \$30 (space permitting). No class Aug 2.

Sa 11:00 AM-12:00 PM May 23-Jun 27
\$150/6 sess **603683**
Su 11:00 AM-12:00 PM Jul 5-Aug 23
\$175/7 sess **604888**

Design and Architecture for Kids
(7-12 yrs) | **Petit Architect Design For Kids Ltd.**

Embark on a journey of architectural discovery with our engaging and playful hands-on classes! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. Projects change every session so students can keep building with us! All supplies provided and students will bring home their models.

Tu 4:00 PM-5:15 PM Apr 14-Jun 2
\$240/8 sess **606370**

Draw Like an Architect for Kids and Youth

(7-17 yrs) | **Mohammad Reza Atashzad**

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Supplies are not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$39 (space permitting). No class Aug 3.

M 4:15 PM-6:15 PM Jul 6-Aug 24
\$210/7 sess **608210**

Click on the **BLUE LINKS**
to view programs online
and to register.

ARTS CONT'D

Drawing and Painting for Kids and Youth

(7-17 yrs) | **Mohammad Reza Atashzad**

In this class, students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Supplies list available on receipt.

See www.atashzad.com for more information. Drop in \$27 (space permitting). No class May 18.

M	3:30 PM-5:00 PM	Apr 13-Jun 22
		608187
\$220/10 sess		
Tu	4:15 PM-6:15 PM	Jul 7-Aug 25
		608189
\$240/8 sess		

DANCE

Intermediate Hip Hop

(7-10 yrs) | **Vancouver Performing Stars**

Join other passionate dancers in this fun and energetic hip hop class where dancers will level up their skills while learning creative choreography set to their favorite beats.

Together, the class will develop the confidence and strength that define dynamic performers - then shine in a special showcase for families on the final day! Learn more at

www.performingstars.ca. No Class May 18.

M	4:45 PM-5:30 PM	Apr 13-Jun 15
		606607
\$149/9 sess		

Junior Ballet

(5-7 yrs) | **Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca. No class May 16.

Sa	12:15 PM-1:00 PM	Apr 11-Jun 13
		606608
\$149/9 sess		

Junior Hip Hop

(5-6 yrs) | **Vancouver Performing Stars**

Show off your style! In this fun and energetic hip hop class, young 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. No Class May 18.

M	4:00 PM-4:45 PM	Apr 13-Jun 15
		606605
\$149/9 sess		

Active KPOP / Jazz Funk / Hip Hop - Spanish Bilingual

(7-14 yrs) | **ILLUMA Studio**

Learn a variety of dance such as KPOP, 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! Class will be taught in Spanish and English. Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. No class June 13.

Sa	12:00 PM-1:00 PM	Apr 11-Jun 20
		609160
\$160/10 sess		

Asian Pop / KPOP / Jazz Funk / Hip Hop Sampler

ILLUMA Studio

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. No class June 13.

(6-12 yrs)

Sa	11:00 AM-12:00 PM	Apr 11-Jun 20
		609161
\$160/10 sess		

(10-15 yrs)

Sa	10:00 AM-11:00 AM	Apr 11-Jun 20
		609162
\$160/10 sess		

Senior Stars Musical Theatre

(8-12 yrs) | Vancouver Performing Stars

Dance and sing along to your favourite show tunes! Your young performer will build confidence and stage presence as they bring musical theatre to life in the studio, developing rhythm, characterization, coordination, and musicality. Sing with confidence, while learning fun choreography, and the acting skills of a star! Visit www.performingstars.ca for more information.

Th 3:45 PM-4:30 PM Apr 16-Jun 18
\$165/10 sess **606668**



WEDO 1 Robotics

(6-12 yrs) | Tomorrow's Playground

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! For beginners or returning students .WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects and may include introduction to Lego Spike, prime.

Tu 4:00 PM-5:30 PM Apr 14-May 05
\$110/4 sess **609349**

WEDO 1 Robotics and Ev3

(6-12 yrs) | Tomorrow's Playground

The LEGO Ev3 and WEDO 2.0 system provides an exciting experience into the world of Robotics! Ev3 and WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities.

Tu 4:00 PM-5:30 PM May 12-Jun 2
\$110/4 sess **609350**

Young Commander Chess - Int/Adv

(8-13 yrs) | Joe Soliven

INTERMEDIATE/ADVANCED: anyone proficient with pins, forks, outpost, overload, and other chess tactics and advanced strategies. As school academics in a game, and leadership training model - playing chess and being smart are inter-connected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Knighted with a Commander (leader) self-image in a friends-learning-together classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. No class June 17.

W 5:20 PM-6:30 PM Apr 15-Jun 24
\$150/10 sess **607602**

EDUCATION

Red Cross Babysitting Course

(11-16 yrs) | First Aid Pro

The Babysitting Course refreshed and revised, now has a greater emphasis on First Aid skills. The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. Comes with a course manual and certificate of completion from the Canadian Red Cross. Please bring a nut free lunch, snacks, water bottle and a teddy or doll to practice with.

Sa	9:30 AM-4:30 PM	Apr 25
\$75/1 sess		606269
Sa	9:30 AM-4:30 PM	May 9
\$75/1 sess		606270
Sa	9:30 AM-4:30 PM	Jun 20
\$75/1 sess		606271
Sa	9:30 AM-4:30 PM	Jul 18
\$75/1 sess		606272
Sa	9:30 AM-4:30 PM	Aug 29
\$75/1 sess		606273

EDUCATION CONT'D

► Young Commander Chess - Novice/Starter

(6-12 yrs) | Joe Soliven

NOVICE/NEWBIE: anyone new or with limited knowledge of chess-art basics: moves, captures, checkmates, special moves, notation, etc. As school academics in a game, and leadership training model - playing chess and being smart are inter-connected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Knighted with a Commander (leader) self-image in a friends-learning-together classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. No class June 17.

W 4:00 PM-5:10 PM Apr 15-Jun 24
\$150/10 sess [607601](#)

► Journey Basketball Grassroots

(8-12 yrs) | Journey Basketball Association

Journey Basketball provides organized, skill-appropriate basketball programs for children and youth of all ability levels. Our programs help participants build strong fundamentals and a deeper understanding of the game through skill development and small-sided games. We aim to support each player's growth while emphasizing the importance of hard work, confidence, and respect both on and off the court. No class May 16 and 23.

(8-11 yrs) | Journey Basketball Association

Sa 4:00 PM-5:00 PM Apr 11-Jun 06
\$140/7 sess [609208](#)

(9-12 yrs)

Tu 4:30 PM-5:30 PM Apr 07-Jun 16
\$154/11 sess [609205](#)

SPORTS

► Future Bounce Basketball League

(8-11 yrs) | Future Bounce Athletic Association

Future Bounce Basketball is Vancouver's first female-run and female-focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Games! Games! Games! Each week players will be divided into different teams and will play games. No class May 16 and June 13.

Gr. 4-6

Sa 12:15 PM-1:35 PM Apr 11-Jun 20
\$144/9 sess [606249](#)

Gr. 7-9

Sa 1:40 PM-3:05 PM Apr 11-Jun 20
\$144/9 sess [606251](#)

Gr. 6-8

Th 5:00 PM-7:00 PM Jul 02-Aug 13
\$175/7 sess [609209](#)



► Journey Basketball JR Ballers

(6-8 yrs) | Journey Basketball Association

Designed to provide children & youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect.

Tu 3:30 PM-4:30 PM Apr 07-Jun 16
\$154/11 sess [609206](#)

Sa 3:05 PM-3:55 PM Apr 11-Jun 06
\$140/7 sess [609207](#)

Junior Tennis Indoor

(9-13 yrs) | Juan Carlos Maldonado

This children's intermediate/advanced class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play. Please bring your own racquet and water to the courts. No Class May 16 and June 13.

Th	4:45 PM-5:45 PM	Apr 16-Jun 25
\$302.5/11 sess		608842
Sa	11:00 AM-12:00 PM	Apr 18-Jun 27
\$247.5/9 sess		608846

Mini Tennis Indoor

(6-8 yrs) | Juan Carlos Maldonado

This children's beginners class is an introduction to tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. Please bring your own racquet and water to the courts. No Class May 16 and June 13.

Th	3:45 PM-4:45 PM	Apr 16-Jun 25
\$302.5/11 sess		608841
Sa	10:00 AM-11:00 AM	Apr 18-Jun 27
\$247.5/9 sess		608845



Outdoor Tennis Future Stars

(8-13 yrs) | Juan Carlos Maldonado

The goal of this class is to develop the skills such as biomechanically efficient technique, footwork speed and agility, endurance, mental toughness, strategy, serve, return of serve and help them perform at their best. Rating of Green Dot Ball Level. Please bring your own racquet and water to the courts. No class May 16 and 23.

Sa	10:00 AM-12:00 PM	May 2-Jun 27
\$175/7 sess		608851

PRO-D DAY

Design Your Dream Playground with Petit Architect

(7-12 yrs) | Petit Architect Design For Kids Ltd.

Unleash your creativity and become a playground designer for a day! In this hands-on STEAM camp will explore the exciting world of architecture and urban planning by designing their very own dream playground. By the end of the day, each camper will leave with a model of their unique playground and a new appreciation for how design shapes the spaces we play in. No experience needed, just imagination and a love for fun!

M	9:15 AM-3:00 PM	Apr 20
\$115/1 sess		606384



Explorers Pro-D Day Camp - April 20

(6-12 yrs) | Day Camp Staff

Each Pro-D Day Camp will be filled with fun and exciting activities to keep your child moving and engaged during this time out of school. Please pack nut-free snacks, lunch, a bottle of water and dress appropriately for the weather. A welcome e-mail will be sent to families, along with consent forms, one-week prior with detailed information for the program. For the safety of your child, a Parent/Guardian Consent Form must be completed. Children will not be permitted in the program until the completed form is received. To be eligible for registration, your child must be 6 years of age and have already completed kindergarten. IMPORTANT NOTE: All day camp programs will not be accepting waitlists. Registration is available on a first-come, first-served basis only. If the program is full, please check back for future openings.

M	9:30 AM-3:30 PM	Apr 20
\$45/1 sess		604789



Preschool Explorers Summer Day Camp 3-5 yrs

Explorers Preschool Summer Camp is a licensed preschool camp pack full of fun.

Circle time, story time, arts and craft and outdoor play.

Please bring a nut-free snack, cap or wide-brim hat, and sun screen.

Please note participants can only register for the AM OR PM session for each week, they cannot attend both sessions.

Week	Dates	Cost	AM Class 9:15-11:45 AM	PM Class 12:45-3:15 PM
1	Jul 6-10	\$154/week	609654	609674
2	Jul 13-17	\$154/week	609660	609676
3	Jul 20-24	\$154/week	609661	609677
4	Jul 27-31	\$154/week	609662	609678
5	Aug 4-7	\$123/week	609663	609680
6	Aug 10-14	\$154/week	609665	609681
7	Aug 17-21	\$154/week	609668	609682
8	Aug 24-28	\$154/week	609669	609683

Preschool Summer Day Camps

Please note that for all camps we will not be accepting waitlists. Registration is available on a first come, first served basis only. Please check back for future openings if a program is full.

DANCE

►Mini Dance Camp - Let it Go

(3-5 yrs) | **Vancouver Performing Stars**
In this enchanted week, dancers explore movement and various dance styles inspired by the Frozen world. Through storytime, creative play, and choreography, dancers build coordination and create a sweet end-of-week performance

www.performingstars.ca

M-F 9:15 AM-10:45 AM Jul 27-Jul 31
\$109/5 sess **606779**

►Mini Dance Camp - Super Paws

(3-5 yrs) | **Vancouver Performing Stars**
Join us for a week where super kitty and paw patrol heroes unleash their inner power! Dancers learn paw-some moves, build teamwork through fun training games, and create a thrilling end-of-week rescue mission showcase. www.performingstars.ca

M-F 9:15 AM-10:45 AM Jul 20-Jul 24
\$109/5 sess **606777**

►Mini Musical Camp - Pinkatastic

(3-5 yrs) | **Vancouver Performing Stars**
Step into a world of pinkalicious song and dance as performers create through playful musical theatre adventures filled with sparkle, creativity, friendship, and confidence in this high-energy camp.

www.performingstars.ca

M-F 9:15 AM-10:45 AM Jul 13-Jul 17
\$109/5 sess **606776**

►Mini Performance Camp - Bluey Bash

(3-5 yrs) | **Vancouver Performing Stars**
Join us for a week of comedy and magic as mini performers bring Bluey to life through song and dance! In this waggle-tastic week, our energetic instructors will keep the music, movement, and make-believe rolling all day long. Performers will learn musical numbers and playful dance routines inspired by favourite Bluey moments. Designed to build confidence through imaginative theatre games, and work together to create an end-of-week showcase. www.performingstars.ca

M-F 9:15 AM-10:45 AM Aug 10-Aug 14
\$109/5 sess **606784**

►Mini Performance Camp - Royal Fun

(3-5 yrs) | **Vancouver Performing Stars**
Step into Sofia's enchanted kingdom where mini performers sing, act, and dance through princess stories, and choreography while building confidence and working together on a magical end-of-week performance.

Tu-F 9:15 AM-10:45 AM Aug 4-Aug 7
\$87/4 sess **606781**

►Peppa's Playhouse Camp

(3-5 yrs) | **Vancouver Performing Stars**
Join VPS for a week of splashing, singing, and playful muddy-puddle adventures in Peppa's world. Dance, make music, and act out favorite stories, ending with a joyful in-studio performance for families. www.performingstars.ca

M-F 9:15 AM-10:45 AM Jul 6-Jul 10
\$109/5 sess **606775**

SPORTS

►Sportball Multisport Camp

(3-5 yrs) | **Sportball Vancouver**
Introduce your child to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more!

M-F 10:30 AM-12:00 PM Jul 27-Jul 31
\$115/5 sess **609303**

Tu-F 10:30 AM-12:00 PM Aug 4-Aug 7
\$92/4 sess **609310**

►Sportball Outdoor Multisport Camp

Sportball Vancouver
Sportball's action-packed multisport camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more! Please bring a nut free snack, a labelled water bottle, sunscreen and a hat.

(3-5 yrs)
M-F 10:30 AM-12:00 PM Jul 13-Jul 17
\$115/5 sess **609523**

M-F 10:30 AM-12:00 PM Jul 20-Jul 24
\$115/5 sess **609526**

M-F 10:30 AM-12:00 PM Aug 17-Aug 21
\$115/5 sess **609527**

M-F 10:30 AM-12:00 PM Aug 24-Aug 28
\$115/5 sess **609530**

Children's Summer Day Camps

Please note that for all camps we will not be accepting waitlists. Registration is available on a first come, first served basis only. Please check back for future openings if a program is full.

PERFORMING ARTS

► Musical Camp - Defy Gravity

(6-12 yrs) | **Vancouver Performing Stars**

Let's defy gravity with theatre friends as young performers discover the magic of Oz through song and dance! In this spellbinding week, instructors will make every musical moment both magical and empowering. Aspiring artists will learn musical numbers inspired by themes of friendship and finding your true self, build confidence through theatrical character development, and work together to create an enchanting end-of-week performance. www.performingstars.ca.

M-F 11:00 AM-5:00 PM Jul 27-Jul 31
\$360/5 sess [606763](http://www.performingstars.ca)

► Musical Camp - Family Magic

(6-10 yrs) | **Vancouver Performing Stars**

Celebrate Encanto-inspired music, movement, and storytelling as campers sing, act, and dance with colourful choreography, expressive scenes, and joyful rhythms in a high-energy musical theatre camp. www.performingstars.ca.

M-F 11:00 AM-5:00 PM Jul 06-Jul 10
\$360/5 sess [606757](http://www.performingstars.ca)

► Musical Camp - Frozen

(6-10 yrs) | **Vancouver Performing Stars**

In this enchanted musical theatre camp, performers sing, act, and dance to create a frozen-inspired production. Through choreography, scene work, and song, campers will build confidence and present a magical end-of-week showcase. www.performingstars.ca.

M-F 11:00 AM-5:00 PM Aug 10-Aug 14
\$360/5 sess [606767](http://www.performingstars.ca)

► Musical Camp - Seuss

(6-10 yrs) | **Vancouver Performing Stars**

Step into a whimsical world of rhyme and rhythm as dancers sing, act, and move through playful musical theatre adventures inspired by silly stories, bold characters, and imaginative, high-energy Seuss-style fun. www.performingstars.ca.

M-F 11:00 AM-5:00 PM Jul 13-Jul 17
\$360/5 sess [606759](http://www.performingstars.ca)



► Musical Camp - Wicked Wonderland

(7-12 yrs) | **Vancouver Performing Stars**

Step into a twisted Descendants world where performers sing, act, and perform bold choreography and songs inspired by the royal rebels drama with spellbinding musical numbers in a high-energy end-of-week performance. www.performingstars.ca.

M-F 10:00 AM-4:00 PM Aug 17-Aug 21
\$360/5 sess [606770](http://www.performingstars.ca)

► Dance Camp - KPop

(6-10 yrs) | **Vancouver Performing Stars**

Dancers dive into high-energy K-Pop choreography and idol performance style. Inspired by global pop sensations, campers build strength, musicality, and stage presence as they work together to create an end-of-week performance. www.performingstars.ca.

Tu-F 11:00 AM-5:00 PM Aug 4-Aug 7
\$288/4 sess [606764](http://www.performingstars.ca)

► Dance Camp - Pop Era

(7-12 yrs) | **Vancouver Performing Stars**

Step into the spotlight at this high-energy dance camp inspired by Taylor's top hits! Dancers learn expressive choreography, performance skills, and confidence while dancing with new friends in the studio. www.performingstars.ca.

M-F 11:00 AM-5:00 PM Jul 20-Jul 24
\$360/5 sess [606760](http://www.performingstars.ca)

DESIGN

Architecture Around the World Camp

(7-12 yrs) | **Petit Architect Design For Kids Ltd.**

Embark on a global building adventure! In this immersive, week-long STEAM camp, kids will explore the fascinating world of vernacular and traditional architecture. Each day, campers will discover how communities around the world have designed homes using local materials, clever techniques, and sustainable practice, then bring those designs to life with their own hands. By the end of the week, each camper will have a collection of traditional home models and a new appreciation for how architecture reflects culture, climate, and creativity. No experience needed, just bring your curiosity and love for hands-on building! No class July 1.

M Tu Th F	9:15 AM-3:00 PM	Jun 29-Jul 03	607061
\$375/4 sess			
Tu-F	9:15 AM-3:00 PM	Aug 04-Aug 07	607079
\$375/4 sess			
M-F	9:15 AM-3:00 PM	Aug 24-Aug 28	607088
\$450/5 sess			



Beautiful Boutiques Architecture Camp

(7-12 yrs) | **Petit Architect Design For Kids Ltd.**

Design Your Dream Store! Ever dreamed of owning your own store? In this exciting week-long camp, young designers will dive into the world of retail design with Petit Architect! Campers will explore the creative process of designing a boutique from start to finish, whether it's a cozy bookstore, a whimsical candy shop, a trendy shoe store, or a luxurious skincare boutique.

M-F	9:15 AM-3:00 PM	Jul 20-Jul 24	607074
\$450/5 sess			
M-F	9:15 AM-3:00 PM	Jul 27-Jul 31	607077
\$450/5 sess			

Dream House Architect Camp

(7-12 yrs) | **Petit Architect Design For Kids Ltd.**

Design & Build Your Perfect Home! Imagine designing a home that's 100% you, from the cozy bedroom to the ultimate game room, a chef's kitchen, or even a secret hideout! In this hands-on, week-long camp with Petit Architect, kids will become architects, interior designers, and builders as they create their dream house from the ground up.

M-F	9:15 AM-3:00 PM	Jul 13-Jul 17	607071
\$490/5 sess			
M-F	9:15 AM-3:00 PM	Aug 17-Aug 21	607087
\$490/5 sess			



Happy City Architecture Camp

(7-12 yrs) | **Petit Architect Design For Kids Ltd.**

What makes a city happy? In this imaginative STEAM camp, kids will become urban planners and architects for a week, designing their own Happy City, a place where people, nature, and fun come together!

M-F	9:15 AM-3:00 PM	Jul 6-Jul 10	607069
\$450/5 sess			
M-F	9:15 AM-3:00 PM	Aug 10-Aug 14	607086
\$450/5 sess			

BYTE CAMP

Byte Camp - 2D Animation on Tablet

(9-12 yrs) | **Byte Camp**

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills and principles to make their characters really come alive on the screen. Amaze your friends with the story you can draw in just a week!

M-F	9:00 AM-4:00 PM	Aug 10-Aug 14	603384
\$410/5 sess			

BYTE CAMP CONT'D

Byte Camp - 2D Video Game Design

(11-14 yrs) | Byte Camp

Learn how to build a 2D game from the ground up using Godot, an awesome free platform for coding and launching games (think Python, but way more fun!) This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

M-F 9:00 AM-4:00 PM Jul 20-Jul 24
\$410/5 sess [603381](#)

Byte Camp - 3D Video Game Design

(11-14 yrs) | Byte Camp

Create your own 3D Video Game! Invent your own digital world levels, adventures and quests using Godot, a great (& free) 3D Game Maker. Learn the most important 3D game design skills in the early part of the week and then use those new skills to create your own game by the end of the week! The final project is a game you can access and play online. Byte Camp's 3D Animation course is a prerequisite.

M-F 9:00 AM-4:00 PM Aug 17-Aug 21
\$410/5 sess [603385](#)

Byte Camp - Foundations in AI

(11-14 yrs) | Byte Camp

AI is taking over the world. Learn how computers think, how to think like computers, and how to make the computers think like us. This camp will explore the basics of AI and give students an opportunity to build and train their own bots as they compete with other bots in simulated competitions.

M-F 9:00 AM-4:00 PM Jul 27-Jul 31
\$410/5 sess [603382](#)

Byte Camp - Graphic Design and Printing

(11-14 yrs) | Byte Camp

Learn how fun and easy it can be to design and fabricate your very own Pinterest-worthy stickers, badges, cards, and more! Students will learn how to design original digital artwork and print and cut out their art with a precision die cutter. Wow your friends and family when you take home your amazing new creations every day!

M-F 9:00 AM-4:00 PM Jul 6-Jul 10
\$410/5 sess [603378](#)



Byte Camp - Introduction to Coding

(9-12 yrs) | Byte Camp

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online. No class July 1.

M Tu Th F 9:00 AM-4:00 PM Jun 29-Jul 3
\$355/4 sess [603377](#)

Byte Camp - Introduction to Coding Level 2

(9-12 yrs) | Byte Camp

Level-Up your coding and artwork skills in this fun and challenging camp. Students will take on advanced character movements and level design to make characters, levels and gameplay that are entirely unique. The final project is a game that you can access and play or proudly share with friends online. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended as a prerequisite.

M-F 9:00 AM-4:00 PM Aug 24-Aug 28
\$410/5 sess [603386](#)

Click on the **BLUE LINKS**
to view programs online
and to register.

Byte Camp - Music Video Production

(9-12 yrs) | Byte Camp

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords, and melodies so that your song will sound awesome. Experiment with video, special effects, and TikTok style editing techniques to make your own video as cool as your tune.

M-F 9:00 AM-4:00 PM Jul 13-Jul 17
\$410/5 sess **603379**

Byte Camp - Python Coding Level 1

(11-14 yrs) | Byte Camp

Learn Python coding! Master basic coding concepts like variables, loops, and conditionals, and see your creativity come to life with hands-on exercises. The final project? A Python-based program you can proudly share with friends and keep as a fun and functional creation to showcase your coding journey!

Tu-F 9:00 AM-4:00 PM Aug 4-Aug 7
\$355/4 sess **603383**

Lego Robotics 1

(6-12 yrs) | Tomorrow's Playground

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! For beginners or returning students .WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects and may include introduction to Lego Spike, prime.

M-F 12:30 PM-2:30 PM Jul 13-Jul 17
\$175/5 sess **609353**
M-F 12:30 PM-2:30 PM Aug 10-Aug 14
\$175/5 sess **609354**



Young Commander Chess - Int/Adv - Day Camp

(6-12 yrs) | Joe Soliven

INTERMEDIATE/ADVANCED: anyone proficient with pins, forks, outpost, overload, and other chess tactics and advanced strategies. As school academics in a game and leadership training model - playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Clothed with a Commander (leader) self-image in a friends-learning-together classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. Instructor's Mission Statement: Strategies now, leader tomorrow.

M-F 2:20 PM-3:30 PM Jul 27-Jul 31
\$75/5 sess **607606**
M-F 2:20 PM-3:30 PM Aug 24-Aug 28
\$75/5 sess **607607**

EDUCATIONAL

Lego Brick Animation

(6-12 yrs) | Tomorrow's Playground

Bring your movie-making ideas to life by creating your own stop-motion Brick Animation mini movie, using LEGO elements! Students will create a mini-movie using a huge variety of LEGO sets including Star Wars, LEGO Friends, LEGO City, and many more themes! In a fun and supportive environment, students will learn the basic techniques of Brick Animation with LEGO Movie Maker Software, including movement, timing, effects, editing, voice overs, and more

M-F 10:00 AM-12:00 PM Jul 13-Jul 17
\$175/5 sess **609351**
M-F 10:00 AM-12:00 PM Aug 10-Aug 14
\$175/5 sess **609352**

EDUCATION CONT'D

► Young Commander Chess - Novice/Newbie - Day Camp

(6-12 yrs) | Joe Soliven

NOVICE/NEWBIE: anyone new or with limited knowledge of chess-art basics: moves, captures, checkmates, special moves, notation, etc.; As school academics in a game and leadership training model - playing chess and being smart are inter-connected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Clothed with a Commander (leader) self-image in a friends-learning-together classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. Instructor's Mission Statement: Strategies now, leader tomorrow.

M-F	1:00 PM-2:10 PM	Jul 27-Jul 31	
\$75/5 sess			607604
M-F	1:00 PM-2:10 PM	Aug 24-Aug 28	
\$75/5 sess			607605



► High 5 Sports

Hai Doan

At our camp, young athletes will embark on a journey of discovery, skill-building, and fun-filled experiences in a safe and supportive environment. From soccer to basketball, tennis to hockey, our coaches will guide campers through a variety of sports activities designed to enhance coordination, teamwork, and confidence. Through interactive drills, games, and friendly competitions, children will not only develop their athletic abilities but also learn valuable life skills such as sportsmanship, resilience, and cooperation. With an emphasis of fostering a love for physical activity and healthy habits, our sports camp promises an unforgettable summer of growth, friendship, and endless fun! Please bring a nut free snack and a labelled water bottle.

Indoor Hockey Camp

(5-8 yrs)

M-F	9:00 AM-12:00 PM	Jul 20-Jul 24	
\$280/5 sess			609331

(6-9 yrs)

M-F	1:00 PM-4:00 PM	Jul 6-Jul 10	
\$280/5 sess			609332

M-F	1:00 PM-4:00 PM	Jul 13-Jul 17	
\$280/5 sess			609333

Indoor Soccer Camp

(5-8 yrs)

M-F	9:00 AM-12:00 PM	Jul 13-Jul 17	
\$280/5 sess			609330

(6-9 yrs)

M-F	1:00 PM-4:00 PM	Jul 20-Jul 24	
\$280/5 sess			609334

Multi Sport Camp

(5-8 yrs)

M-F	9:00 AM-12:00 PM	Aug 10-Aug 14	
\$280/5 sess			613328

Soccer/Floor Hockey Camp

(6-9 yrs)

M-F	1:00 PM-4:00 PM	Aug 10-Aug 14	
\$280/5 sess			613330

MULTI-SPORTS

► Sportball Multisport Camp

(5-8 yrs) | Sportball Vancouver

Sportball's action-packed multisport camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more!

M-F	1:00 PM-4:00 PM	Jul 27-Jul 31	
\$230/5 sess			609312
Tu-F	1:00 PM-4:00 PM	Aug 04-Aug 07	
\$184/4 sess			609313

► Sportball Outdoor Multisport Camp

(5-8 yrs) | Sportball Vancouver

Sportball's action-packed multisport camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more! Please bring a nut free snack, a labelled water bottle, sunscreen and a hat.

M-F	1:00 PM-4:00 PM	Jul 13-Jul 17	
\$230/5 sess			609531
M-F	1:00 PM-4:00 PM	Jul 20-Jul 23	
\$230/5 sess			609533
M-F	1:00 PM-4:00 PM	Aug 17-Aug 21	
\$230/5 sess			609534
M-F	1:00 PM-4:00 PM	Aug 24-Aug 28	
\$230/5 sess			609536

► High 5 Sports - Multi Sport Camp

(5-8 yrs) | Hai Doan

At our camp, young athletes will embark on a journey of discovery, skill-building, and fun-filled experiences in a safe and supportive environment. From soccer to basketball, tennis to hockey, our coaches will guide campers through a variety of sports activities designed to enhance coordination, teamwork, and confidence. Through interactive drills, games, and friendly competitions, children will not only develop their athletic abilities but also learn valuable life skills such as sportsmanship, resilience, and cooperation. With an emphasis of fostering a love for physical activity and healthy habits, our sports camp promises an unforgettable summer of growth, friendship, and endless fun! Please bring a nut free snack and a labelled water bottle.

M-F 9:00 AM-12:00 PM Jul 6-Jul 10
\$280/5 sess **609329**



► Sportball Outdoor Soccer

(5-8 yrs) | Sportball Vancouver

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Camps are held outdoor; on the north field behind the preschool room and community centre.

M-F 1:00 PM-4:00 PM Aug 10-Aug 14
\$230/5 sess **609314**

M-F 10:30 AM-12:00 PM Aug 10-Aug 14
\$115/5 sess **609315**

BASKETBALL

► Future Bounce Summer Camp

Future Bounce Athletic Association

Future Bounce Basketball is Vancouver's first female run and female focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Each week of practice will consist of a unique set of high level training to help you take your game to the next level. This program is designed for players of all skill levels.

(7-10 yrs) | Gr 3-5

M-F 9:00 AM-12:00 PM Jul 6-Jul 10
\$190/5 sess **609210**

(11-15 yrs) | Gr 6-9

M-F 9:00 AM-12:00 PM Jul 20-Jul 24
\$190/5 sess **609212**

(7-10 yrs) | Gr 3-5

Tu-F 9:00 AM-12:00 PM Aug 4-Aug 7
\$152/4 sess **609214**

► Journey Basketball -

Summer Camp Grassroots

(9-12 yrs) | Journey Basketball Association

Journey Basketball camps are designed to provide children & youth of all abilities with organized and skill appropriate basketball training. We aim to help them develop their skills as basketball players while also showing them the importance of hard work, the power of confidence and the value of respect. Join our camp this winter if you'd like to further your basketball skills!

M-F 10:00 AM-11:30 AM Jul 13-Jul 17
\$100/5 sess **609226**

M-F 10:00 AM-11:30 AM Jul 27-Jul 31
\$100/5 sess **609234**

M-F 10:00 AM-11:30 AM Aug 10-Aug 14
\$100/5 sess **609235**

Click on the **BLUE LINKS**
to view programs online
and to register.

TENNIS

► Art of Tennis Summer Camp

(6-12 yrs) | Juan Carlos Maldonado

Join us The Art of tennis, in a all-day children's camp filled with the essentials of creative art and self-motivating sport. The day is broken down into morning and afternoon events, which allow the child to be part of an all-day activity program. The program is based upon physical activity in the morning with the game of tennis, and continues with a creative art and games program in the afternoon. Tennis intro: 9am-midday. Students will participate in fun group-based physical activity that will allow them to learn tennis. Creative Arts: 1pm-3:30. The program's aim is to further develop children's creativity with a series of creative group projects. The goal of the program is to allow the children to explore and exercise their creativity while learning practical life skills, such as working in groups, as well as developing their own concepts and ideas for individual art projects. In celebration of our ten-year anniversary a t-shirt will be provided to all participants of this program. Meet at Queen Elizabeth Tennis Courts and pick up at Riley Park. Bring your own racquet.

M-F	9:00 AM-3:30 PM	Jul 6-Jul 10	608860
M-F	9:00 AM-3:30 PM	Jul 13-Jul 17	608862
M-F	9:00 AM-3:30 PM	Jul 20-Jul 24	608863
M-F	9:00 AM-3:30 PM	Jul 27-Jul 31	608864
Tu-F	9:00 AM-3:30 PM	Aug 4-Aug 7	608865
M-F	9:00 AM-3:30 PM	Aug 10-Aug 14	608866
M-F	9:00 AM-3:30 PM	Aug 17-Aug 21	608869
M-F	9:00 AM-3:30 PM	Aug 24-Aug 28	608870



► Future Stars Tennis Half Day Summer Camp

(8-13 yrs) | Juan Carlos Maldonado

The goal of this class is to develop the skills such as biomechanically efficient technique, footwork speed and agility, endurance, mental toughness, strategy, serve, return of serve and help them perform at their best. Rating of Green Dot Ball Level. Please bring your own racquet and water to the courts.

M-F	9:00 AM-12:00 PM	Jul 6-Jul 10	608872
M-F	9:00 AM-12:00 PM	Jul 13-Jul 17	608874
M-F	9:00 AM-12:00 PM	Jul 20-Jul 24	608875
M-F	9:00 AM-12:00 PM	Jul 27-Jul 31	608876
Tu-F	9:00 AM-12:00 PM	Aug 4-Aug 7	608877
M-F	9:00 AM-12:00 PM	Aug 10-Aug 14	608879
M-F	9:00 AM-12:00 PM	Aug 17-Aug 21	608880
M-F	9:00 AM-12:00 PM	Aug 24-Aug 28	608881

Click on the **BLUE LINKS**
to view programs online
and to register.

ULTIMATE FRISBEE

▶ Elevate Ultimate Frisbee Camp

Elevate Ultimate Academy

Elevate Ultimate focuses on building confidence and teaching values such as sportsmanship, personal accountability, and open-mindedness, through the Sport and Spirit of Ultimate Frisbee. Our FUN summer camps will focus on teaching athletes the FUNdamentals of Ultimate including throwing and catching all through small-sided games. No session July 1.

All Levels

(7-10 yrs)

M Tu Th F	9:00 AM-3:00 PM	Jun 29-Jul 03	
	\$280/4 sess		604226
M-F	9:00 AM-3:00 PM	Jul 6-Jul 10	
	\$350/5 sess		604243
Tu-F	9:00 AM-3:00 PM	Aug 4-Aug 7	
	\$280/4 sess		604247
M-F	9:00 AM-3:00 PM	Aug 17-Aug 21	
	\$350/5 sess		604249

(10-14 yrs)

M-F	9:00 AM-3:00 PM	Jul 13-Jul 17	
	\$350/5 sess		604244
M-F	9:00 AM-3:00 PM	Aug 24-Aug 28	
	\$350/5 sess		604250

Intermediate/Advanced

(10-14 yrs)

M-F	9:00 AM-3:00 PM	Jul 20-Jul 24	
	\$350/5 sess		604245
M-F	9:00 AM-3:00 PM	Jul 27-Jul 31	
	\$350/5 sess		604246
M-F	9:00 AM-3:00 PM	Aug 10-Aug 14	
	\$350/5 sess		604248

VOLLEYBALL

▶ Smash Volleyball

Skills & Games Camp

(9-12 yrs) | SMASH VOLLEYBALL

Bump, Set, Smash! Run by Smash Volleyball, a half-day camp for beginner and intermediate volleyball players of all genders. Run by experienced coaches, kids will learn all the basic skills and positions for indoor volleyball using age appropriate balls and court sizes with 50% skills and 50% games.

M-F	2:30 PM-4:30 PM	Jul 06-Jul 10	
	\$250/5 sess		607610

▶ Smash Volleyball

Skills & Games Camp

(9-12 yrs) | SMASH VOLLEYBALL

Bump, Set, Smash! Run by Smash Volleyball, a half-day camp for beginner and intermediate volleyball players of all genders. Run by experienced coaches, kids will learn all the basic skills and positions for indoor volleyball using age appropriate balls and court sizes with 50% skills and 50% games.

Tu-F	2:30 PM-4:30 PM	Aug 04-Aug 07	
	\$200/4 sess		607614

PICKLEBALL



▶ Westcoast Pickleball

Academy Summer Camp

Westcoast Pickleball Academy

Westcoast Pickleball Academy is a summer camp designed for children to learn and build their foundational knowledge of pickleball. In addition to learning fundamental skills, such as proper grip and swing technique, students will also learn how to serve, drive, dink, and volley. Students will gain a new technical skill set, grow their fundamental movement skills, build connections, all while having fun and learning to play pickleball!

(8-10 yrs)

M-F	2:30 PM-4:30 PM	Jul 13-Jul 17	
	\$280/5 sess		609278
M-F	2:30 PM-4:30 PM	Jul 20-Jul 24	
	\$280/5 sess		609279

(11-13 yrs)

M-F	2:30 PM-4:30 PM	Jul 27-Jul 31	
	\$280/5 sess		609281
M-F	2:30 PM-4:30 PM	Aug 10-Aug 14	
	\$280/5 sess		609282

Explorers Summer Day Camps



9:30 AM-3:30 PM

IMPORTANT NOTES: All day camp programs will not be accepting waitlists.

Registration is available on a first-come, first-served basis only.

If the program is full, please check back for future openings.

To be eligible for registration, your child must be at least 6 years of age by the end of the calendar year, and will have completed kindergarten and be eligible for grade 1 in the coming school year.

Week	Dates	Before Camp Care* 8:30-9:30 AM	Junior Camp (6-8yrs) 9:30-3:30 PM	Senior Camp (9-12yrs) 9:30-3:30 PM	After Camp Care 3:30-5:30 PM	Youth Leadership Camp (12-14yrs) 9:30-3:30 PM
1	Jul 6-10	606284	607842	607854	607801	607824
2	Jul 13-17	606450	607847	607855	607802	607825
3	Jul 20-24	606451	607848	607856	607803	807826
4	Jul 27-31	606452	607849	607857	607805	807827
5	Aug 4-7	606453	607850	607858	607806	807828
6	Aug 10-14	606455	607851	607859	607810	807829
7	Aug 17-21	606457	607852	607860	607812	807830
8	Aug 24-28	606458	607853	607861	607817	807831

Fees	Before Camp Care	Junior Camp	Senior Camp	After Camp Care	Youth Leadership Camp
5 day weeks	\$50.00	\$225.00	\$225.00	\$80.00	\$275.00
4 day weeks	\$40.00	\$180.00	\$180.00	\$64.00	\$220.00

**PLEASE NOTE: Before & After Camp Care is only available for registered Junior and Senior Campers for the same week. Not available for Youth Leadership Camp participants or other contracted camps at the centre. Please pack additional snacks for your child's extended care.*

Led by the Explorers Day Camp Leaders, join us this summer at Hillcrest for an action-packed week of indoor and outdoor activities including group games, arts and crafts, sports, and out-trips. Explore local and regional parks and weekly out-trip destinations while learning something new! For Youth Leadership Camp, weekly activities will focus on developing various life skills such as self-confidence, teamwork, communication, volunteerism, goal-setting, and much more!

Each day will be filled with exciting activities to keep your child engaged throughout the summer. This program will be located at the Vancouver Curling Club. Activity calendars and consent forms, along with camp expectations and guidelines will be shared at least one week before the first day of camp. Please ensure we have an up-to-date email address on your account to receive this information.

This is a recreational day camp program with a staff to participant ratio of 1:10. Should your child require additional support from leaders, we appreciate more information prior to their participation to ensure a successful summer day camp experience.

Please contact the Hillcrest Community Youth Worker - sally.chan@vancouver.ca with more details. Additional documents will be required for any child attending the program with a 1:1 support worker.

EASTER FAMILY CARNIVAL

(0-10 yrs) | Hillcrest Youth Council



Saturday
April 4

Ready for some
egg-citing Easter fun?

1-3 PM

607780
\$8/1 sess

Join us at Hillcrest for family friendly activities including arts & crafts, carnival games, and a bouncy castle. Registration is required (\$8/child).

Adult supervision is required for the duration of the event. Activities in this event are made possible by the Hillcrest Youth Council.

Important Note: No waitlist will be available for this special event. If the activity is full, please check back for future openings.

Become A Youth Volunteer At Hillcrest!

- Are you between the ages of 14-18?
- Want to meet new friends and try something different?
- Join our fantastic group of dedicated youth volunteers and make a difference in your community!
- Volunteer opportunities include assisting in our various children's programs, day camps, skating lessons, special events, birthday parties and more.

Register for the next Volunteer Orientation

Sat April 11 1:00 PM-3:00 PM

FREE #604811

Anyone interested in volunteering over the summer months (new and existing volunteers)

MUST also attend the...

Summer Youth Volunteer Orientation

Wed Jun 17 4:00 PM-7:00 PM

FREE #604884

- * For youth ages 14-18 yrs
- * Give back to your community
- * Learn & develop your leadership skills
- * Build your resume & gain volunteer hours
- * Become eligible for the Hillcrest Youth Leadership Scholarship



- Pick up a Volunteer Application Form at Hillcrest, or download it here:

hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf

- All new volunteers will be required to attend a mandatory volunteer orientation – see date/time above for the next session.

Questions? Contact our Community Youth Worker – sally.chan@vancouver.ca.

Meet Sally, our Community Youth Worker!



Hi everyone!

My name is Sally and I'm the Community Youth Worker at Hillcrest! Youth play such an important part in the community, so please don't be shy and come by the Hillcrest Youth Office to say hello! If you have any questions about volunteering, looking for youth resources, or have an awesome program idea - be sure to let me or any of the Youth Staff know.

We're here to make Hillcrest a better place!

You can also reach me by e-mail: Sally.Chan@vancouver.ca

Games Room Drop-in

The Games Room is available for drop-in during scheduled times.

To drop-in and use the Games Room, please check-in with a staff during the designated time and pay a fee (if applicable). Pool table and table tennis equipment is available for loan. Please note: the Family Drop-In time is specifically for adults along with children. Schedule may change unexpectedly to accommodate programs and user groups.

Drop-in Schedule April to June 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Programs					Family All Ages 9:00-4:00pm FREE	
Pre-teen/Youth (8-18 yrs) 3:30-6:00pm FREE			Friday Youth Night (12-18 yrs) 3:30-8:30pm FREE			
Adult (19+ yrs) 6:00-8:15pm \$5/month						

Games Room Drop-in - Youth (8-18 yrs) | No Instructor

This free designated Games Room drop-in time is for pre-teens and youth ages 8-18. Come by afterschool and check out the Games Room with your friends! We have a pool table, table tennis, and foosball available! Please ask a staff member for equipment. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

M Tu W Th	3:30 PM-6:00 PM	Apr 01-Jun 25
M Tu W Th	4:15 PM-6:00 PM	Jun 29-Sep 03

Games Room Drop-In - Friday Youth Night

(13-18 yrs) | Youth Leader

Welcome to Friday Youth Extravaganza! A free weekly drop-in for youth ages 13-18 to come and hang out at the Hillcrest every Friday night! Bring your friends and play pool, table tennis, board games, and video games! Get to know the Youth Staff and share what you'd like to see - we'll try to make it happen! No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

F	3:30 PM-8:30 PM	Apr 10-Jun 26
F	4:15 PM-8:30 PM	Jul 03-Sep 04

GAMES ROOM CONT'D

Games Room Drop-In - Family

(All Ages) | No Instructor

Games Room is available for families (children along with their parents) to drop-in for free. Note: Games Room drop-in schedule may be subject to change without notice due to programming needs. Please contact the Program Assistant's Desk for up-to-date status.

[VIEW ONLINE](#) **FREE**

Su Sa	9:00 AM-4:00 PM	Apr 04-Jun 28
Su Sa	9:00 AM-4:00 PM	Jul 04-Sep 06



SOCIAL

Friday Youth Cooking Club

(13-18 yrs) | Youth Leader

Join us every Friday at Hillcrest to test out different food dishes and recipes, just for fun! Whether it's baking or cooking, youth are invited to share the latest trendy recipes and give it try. No prior kitchen skills necessary - just come with an appetite and be open to trying something new! Please notify staff of any food allergies or dietary restrictions.

F	6:00 PM-8:00 PM	Apr 17-Jun 12
\$45/9 sess		604803

Youth Hip Hop Dance Drop-In

(13-18 yrs) | Youth Leader

This free drop-in is for youth ages 13-18 who are interested in hip-hop dance and want to practice in our Dance Studio. All skill levels welcome - whether you're a beginner or already choreographing away, this is an inclusive space for all dancers to share, learn, and have fun! No registration necessary. Please check-in with a Youth Staff upon arrival. No session on statutory holidays.

[VIEW ONLINE](#) **FREE**

F	3:30 PM-6:00 PM	Apr 10-Jun 26
F	5:15 PM-6:15 PM	Jul 03-Sep 04

Youth-Led Education

Check out the following free and low-cost introductory programs led by talented high school youth volunteers!

Due to limited spaces, please only register if you can attend all session.

GirlsCANCompute: Math Club

(10-13 yrs) | Youth Leader

Do you have an interest for math? Want to join the competitive world of math contests? Join our new youth-led program for Girls+! We will prepare for the following contests that may be offered at your school: Canadian Math Kangaroo, Mathematica Contests (Pythagoras for Grade 6 and Euler for Grade 7) and Gauss 7. Participation in the above contests is at your own discretion. Please bring your own writing tools. No session May 7.

Th	4:00 PM-5:00 PM	Apr 09-Jun 04
FREE		604825

STEM Thrivers - Intro for Kids

(8-11 yrs) | Youth Leader

The STEM Thrivers Program offers the opportunity for children ages 8-11 to explore diverse STEM concepts through combining their passions for science and art while having fun! Participants will be able to develop enriched problem-solving, critical thinking, and innovation skills by engaging in our interactive lessons and fun activities.

Join us weekly to showcase your creativity and experience fun engineering design challenges!

Sa	10:00 AM-11:30 AM	Apr 11-May 30
\$24/8 sess		604832

Young Finance Collective

(10-13 yrs) | Youth Leader

The Young Finance Collective (YFC) is a youth-led program that offers pre-teens ages 10-13 the opportunity to learn about practical financial and business skills not often taught in school. Students will build skills in budgeting, saving, and smart decision-making while developing confidence and positive money habits. In each session, students will complete fun challenges and apply financial concepts to real-life situations, preparing them for a program-end entrepreneurship marketplace (to be confirmed). Join YFC today!

Tu	5:00 PM-6:00 PM	Apr 14-Jun 02
FREE		607873

SPORTS

▶Pre-teen & Youth Basketball Drop-In (12-18 yrs) | Youth Leader

Dribble and shoot! An after school favourite, this free basketball drop-in is for pre-teens & youth (ages 12-18) to come and play basketball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

M	3:30 PM-5:30 PM	Apr 13-Jun 22
M	4:45 PM-6:45 PM	Jul 06-Aug 31

▶Pre-teen & Youth Volleyball Drop-In (12-18 yrs) | Youth Leader

Bump, set, spike! An after school favourite, this free volleyball drop-in is for pre-teens & youth (ages 12-18) to come and play volleyball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

W	3:30 PM-5:30 PM	Apr 01-Jun 24
W	4:45 PM-6:45 PM	Jul 08-Sep 02

▶Friday Youth Badminton Drop-In (13-18 yrs) | Youth Leader

Come play a friendly match of badminton Friday after school! This free badminton drop-in is for youth (ages 13-18) with 3 courts available. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. Please bring your own racket - limited spare rackets will be available for loan. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

F	3:30 PM-5:00 PM	Apr 10-Jun 26
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▶Friday Youth Basketball Drop-In (13-18 yrs) | Youth Leader

Dribble and shoot! A Friday afternoon favourite, this free basketball drop-in is for youth (ages 13-18) to come and play basketball in a relaxed setting. Any player of any skill level is welcome to come and participate. No registration necessary. Be sure to sign-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

F	5:15 PM-6:45 PM	Apr 10-Jun 26
F	4:45 PM-6:30 PM	Jul 03-Sep 04

Sports Drop-in Schedule

Youth Sports Drop-in Schedule
No drop-in's on statutory holidays

	Monday	Wednesday	Friday
APRIL-JUNE	<p>Pre-teen/Youth Basketball (12-18 yrs) 3:30-5:30pm</p>	<p>Pre-teen/Youth Volleyball (12-18 yrs) 3:30-5:30pm</p>	<p>Youth Badminton (13-18 yrs) 3:30-5:00pm</p> <p>Youth Basketball (13-18 yrs) 5:15-6:45pm</p> <p>Youth Volleyball (13-18 yrs) 7:00-8:30pm</p>
JULY-AUGUST	<p>Pre-teen/Youth Basketball (12-18 yrs) 4:45-6:45pm</p>	<p>Pre-teen/Youth Volleyball (12-18 yrs) 4:45-6:45pm</p>	<p>Youth Basketball (13-18 yrs) 4:45-6:30pm</p> <p>Youth Volleyball (13-18 yrs) 6:45-8:30pm</p>

SPORTS CONT'D

► Friday Youth Volleyball Drop-In

(13-18 yrs) | Youth Leader

Bump, serve, volley! A Friday-night favourite, this free-drop in is for youth (ages 13-18) to come and play volleyball in a relaxed setting. Any player of any skill level is welcome to come and participate. Two volleyball courts will be set-up. No registration necessary. Please check-in with a Youth Staff upon arrival. No drop-in sessions on statutory holidays.

[VIEW ONLINE](#) **FREE**

F	7:00 PM-8:30 PM	Apr 10-Jun 26
F	6:45 PM-8:30 PM	Jul 03-Sep 04

► Youth Dragon Boat Team

(13-18 yrs) | Youth Leader

Our Youth Dragon Boat Team continues to recruit new paddlers for the 2026 season! Join our team on Saturday afternoons for weekly practices at Dragon Zone, located at Creekside Community Centre. Registration fee includes race registration, boat/equipment rentals, coaching, and a team jersey. Youth participants are to meet at Dragon Zone on practice days. The team will be participating in two races this season on May 2 and May 30. This team is in collaboration with youth from Hillcrest and Kensington Community Centres. For more info, please contact the Hillcrest Centre Community Youth Worker: sally.chan@vancouver.ca.

Sa	3:00 PM-5:00 PM	Jan 17-May 30
\$100/youth		586693



ADAPTED ACCESS

► Freestyle - Adapted Youth Program

(13-18 yrs) | Youth Leader

Freestyle is an adaptive youth-driven social program. This program is designed for 13-18 year olds with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the youth suggest! A completed out-trip waiver/consent form must be returned prior to participation. ****NEW PARTICIPANTS** - Please book a pre-registration interview for in-take. Contact the Hillcrest Community Youth Worker at sally.chan@vancouver.ca for more info.

F	4:00 PM-6:00 PM	Apr 17-Jun 12
\$162/9 sess		604790

► Frontier - Adapted Young Adult Program

(19-25 yrs) | Youth Leader

Frontier is an adaptive young-adult-driven social program. This program is designed for 19-25 year old young adults with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the young adults suggest! A completed out-trip waiver/consent form must be returned prior to participation. ****NEW PARTICIPANTS** - Please book a pre-registration interview for in-take. Contact the Hillcrest Community Youth Worker at sally.chan@vancouver.ca for more info.

F	6:30 PM-8:30 PM	Apr 17-Jun 12
\$216/9 sess		604797



Follow Hillcrest Youth Programs on **Instagram** @hillcrestccyouth for the latest updates!

YOUTH LEADERSHIP

► Hillcrest Youth Council

(14-18 yrs) | Youth Leader

The Hillcrest Youth Council is a group of dedicated high school youth (ages 14-18) who are interested in developing their leadership skills and to give back to their community. Examples of youth-led projects include starting new initiatives in the neighbourhood and supporting special events in the community centre. If you are looking to be apart of a fun, positive group in making meaningful impact in your neighbourhood, come and join us! Participants will be able to earn volunteer service hours for their community contribution. PRE-REQUISITES ARE REQUIRED. PLEASE ONLY REGISTER IF YOU HAVE COMPLETED THE FOLLOWING: Submitted a Youth Volunteer Application Form and attended a Hillcrest Youth Volunteer Orientation. If not, please look-up "Hillcrest Youth Volunteer Orientation" in the activity search and register for the next available session. Those who have not completed the above, or those who miss 3 or more meetings without notice will be withdrawn from the program automatically.

F 4:00 PM-5:30 PM

Apr 10-Jun 19

FREE

604817

► Youth Volunteer Orientation

(14-18 yrs) | Community Youth Worker

Want to become a volunteer and give back to your community? Sign-up for this orientation to become a volunteer for Hillcrest Community Centre programs and special events! We will cover important information including volunteer responsibilities, expectations, safety procedures, and have a chance to sign up for upcoming volunteer shifts. We accept youth volunteers ages 14-18 to help with assisting in our programs and keep the fun going with all our participants! THIS ORIENTATION IS FOR NEW VOLUNTEERS ONLY - RETURNING VOLUNTEERS WILL NOT NEED TO ATTEND AGAIN. A Youth Volunteer Application Form must be completed and returned back to Hillcrest Centre prior to attending this mandatory volunteer orientation. Please note: Youth who are 16 and older will be required to complete a Police Information Check prior to becoming a volunteer - please contact the Community Youth Worker at sally.chan@vancouver.ca for further instructions.

Sa 1:00 PM-3:00 PM

Apr 11

FREE

604811

► Youth Volunteer Orientation – Summer Programs

(14-18 yrs) | Community Youth Worker

We accept youth volunteers ages 14-18 to help with assisting our programs and keep the fun going with all our participants! This orientation is specifically for youth volunteers who are interested in volunteering in our summer programs at Hillcrest Centre including (but not limited to): Explorers Summer Day Camp, Playground Program (@ Prince Edward Park), Swim & Skate Camp, and other children's day camp programs. All volunteers (new and returning) must attend this orientation to be eligible for shifts over the summer. FOR NEW VOLUNTEERS: A Youth Volunteer Application Form must be completed and returned back to Hillcrest Centre prior to attending this mandatory volunteer orientation. Please note: Youth who are 16 and older will be required to complete a Police Information Check prior to becoming a volunteer - please contact the Community Youth Worker at sally.chan@vancouver.ca for further instructions.

W 4:00 PM-7:30 PM

Jun 17

FREE

604884



The graphic features a silhouette of a crowd with raised hands above a sign that reads "Youth Week British Columbia • May 1-7". Below the sign is a large QR code. At the bottom, text says "Scan the QR code to find FREE Youth Week events near you!". The entire graphic is set against a bright orange background.



Join the Hillcrest Explorers Day Camp Team!

Riley Park Hillcrest Community Association (RPHCA) is seeking energetic, enthusiastic and responsible individuals to assist in the planning and implementation of our summer day camp programs for ages 6-14!

Competitive wages

Multiple full-time seasonal positions available

Develop new career-related skills

Build leadership and become a role model to children and youth

Be a part of a fantastic supportive team

Explore the city on fun and exciting out-trips

Requirements:

- Minimum completion of Grade 11; some post-secondary education or training in a related field is an asset
- Must have previous experience volunteering or working with large groups of children, preferably in a day camp setting
- Employment is subject to successful clearance of a Police Information Check including vulnerable sector search

Positions are sponsored by the Canada Summer Jobs Grant and requires the candidate to be between the ages of 16-30 years old, be a Canadian citizen or permanent resident, and legally entitled to work in Canada.

For more information, view current job postings and to apply, please visit www.hillcrestcommunitycentre.com/about-the-association/job-openings/

MUSIC – ALL AGES

►Guitar/Ukulele - Private Lessons

(5+ yrs) | Musical Expressions

We offer private guitar, and ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve beginners all the way to tomorrow's prodigies. All participants must bring their own instruments, books/music they have been using, binder, notebook and writing tools (pencils, eraser and pencil crayons). If you don't have any music books, the instructor will assess and let you know which ones to purchase after your first lesson. Classes are 30 minute sessions.

Guitar/Ukulele - Private Lessons

VIEW ONLINE

Th	3:30 PM-8:30 PM	Apr 2-Jun 25
\$422.5/13 sess		
Th	3:30 PM-8:30 PM	Jul 2-Jul 30
\$162.5/5 sess		
Th	3:30 PM-8:30 PM	Aug 06-Aug 27
\$130/4 sess		

Guitar/Ukulele/Drums - Private Lessons

VIEW ONLINE

Sa	11:15 AM-4:45 PM	Apr 11-Jun 27
\$357.5/11 sess		
Sa	9:00 AM-2:00 PM	Jul 4-Jul 25
\$130/4 sess		

610297

►Piano - Private Lessons Seniors

(55+ yrs) | Jennifer Lee

These 30 minute basic private lessons are meant for seniors who want to start or refresh their skills with the piano. Participants may be required to purchase piano books based on instructor recommendation. No class May 18. Classes available in 30 minute sessions.

M	9:30 AM-2:30 PM	Apr 13-Jun 8
\$128/8 sess		

605238-607656

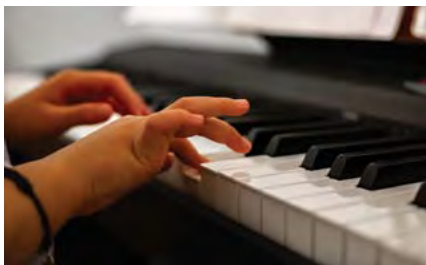
►Piano - Private Lessons

(5+ yrs) | Musical Expressions

Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately and ordered through teachers. Visit www.musicaexpressions.ca for more info. No class May 17.

Su	9:30 AM-4:30 PM	Apr 12-Jun 21
\$325/10 sess		
M	3:30 PM-8:30 PM	Apr 13-Jun 22
\$325/10 sess		
M	3:30 PM-8:30 PM	Jul 6-Jul 27
\$130/4 sess		
M	3:30 PM-8:30 PM	Aug 10-Aug 24
\$97.5/3 sess		
Su	9:30 AM-4:30 PM	Jul 5-Jul 26
\$130/4 sess		
Su	9:30 AM-4:30 PM	Aug 9-Aug 23
\$97.5/3 sess		

VIEW ONLINE



Music Lessons Schedule

All private music programs are 30 minutes sessions.

Monday	Thursday	Friday	Saturday	Sunday
Piano Lessons (5+yrs) 3:30-8:30pm	Guitar/ Ukulele (5+yrs) 3:30-8:30pm	Violin Lessons (6+yrs) 3:30-8:30pm	Piano Lessons (5+yrs) 9:30-4:00pm	Guitar/ Ukulele/ Drums Lessons (5+yrs) 9:30-12:30pm

MUSIC – ALL AGES CONT'D

Ukulele Groups

(19+ yrs) | Musical Expressions

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). This program is facilitated by a Musical Expressions instructor. No class May 16 and June 13.

Sa 10:15 AM-11:00 AM Apr 11-Jun 27
\$180/10 sess [610116](#)



Private Violin Lessons

(6+ yrs) | Ali Nourbakhsh

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Preparation for the Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized. Ali Nourbakhsh has taught violin to students of all ages and levels at several music institutes for over 23 years. In addition to teaching, he has also been a writer of more than 70 articles about Violin techniques, Violin practicing, and principals of playing Violin. Ali looks forward to sharing his love of the instrument and music to students young and old.

F 3:30 PM-8:30 PM Apr 10-Jun 26
\$780/12 sess
F 3:30 PM-8:30 PM Jul 3-Aug 28
\$585/9 sess [VIEW ONLINE](#)

Martial Arts Programs

For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. Children will not be permitted in the program until the completed form is received.



Axe Capoeira

Julie Ali

This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop in \$20 (space permitting). No class June 7.

Super Mini Kids (2-4 yrs)

Su	11:00 AM-11:45 AM	Apr 5-May 10
\$108/6 sess		608327
Su	11:00 AM-11:45 AM	May 17-Jun 28
\$108/6 sess		608331
Su	11:00 AM-11:45 AM	Jul 5-Aug 23
\$144/8 sess		608334

Mini Kids (5-7 yrs)

Su	11:45 AM-12:30 PM	Apr 5-May 10
\$108/6 sess		608335
Su	11:45 AM-12:30 PM	May 17-Jun 28
\$108/6 sess		608336
Su	11:45 AM-12:30 PM	Jul 5-Aug 23
\$144/8 sess		608337

Youth and Adult (8+ yrs)

Su	12:45 PM-1:45 PM	Apr 5-May 10
\$108/6 sess		608338
Su	12:45 PM-1:45 PM	May 17-Jun 28
\$108/6 sess		608339
Su	12:45 PM-1:45 PM	Jul 5-Aug 23
\$144/8 sess		608340

▶Tae Kwon Do

(5-18 yrs) | Dragon Temple

Join us to learn Korean martial arts and have fun! Participants will learn Tae Kwon Do, the most powerful kickboxing art, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional \$100 cost (mandatory) for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional costs for the belt promotion test. For more info, please call 604-321-3454. No class May 18 and Aug 3.

W	5:30 PM-6:20 PM	Apr 1-Jun 24	604451
\$260/13 sess			
M	5:30 PM-6:20 PM	Apr 13-Jun 29	604449
\$220/11 sess			
M	5:30 PM-6:20 PM	Jul 6-Aug 31	604450
\$160/8 sess			
W	5:30 PM-6:20 PM	Jul 8-Aug 26	604452
\$160/8 sess			

▶Strikewell Youth Boxing - Level 1 Foundations - Non Contact

(12-18 yrs) | Strikewell Boxing

A fun and engaging introduction to boxing. Youth will learn proper stance, footwork, basic punches and defense while improving coordination, fitness and confidence. All sessions are non-contact and focus on skill development in a safe environment with head coach Henry from Strikewell Boxing. Drop in \$22 (space permitting). No class June 13.

Sa	12:00 PM-1:00 PM	Apr 11-Jun 27	604905
\$201/11 sess			
Sa	12:00 PM-1:00 PM	Jul 11-Aug 29	604907
\$146/8 sess			

▶Strikewell Youth Boxing - Level 2 Progressions - Non Contact

(12-18 yrs) | Strikewell Boxing

For youth ready to build on their skills. This class focuses on more advanced combinations, movement and partner drills to sharpen technique and develop discipline. All sessions are non-contact, emphasizing control and precision with head coach Henry from Strikewell Boxing. Drop in \$22 (space permitting). For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. Children will not be permitted in the program until the completed form is received.

F	6:15 PM-7:15 PM	Apr 10-Jun 26	604900
\$220/12 sess			
F	6:15 PM-7:15 PM	Jul 10-Aug 28	604902
\$146/8 sess			

▶Strikewell Adult Boxing - Level 1 Foundations - Non Contact

(19+ yrs) | Strikewell Boxing

This class covers essential techniques including stance, footwork, punches and defense while improving overall fitness and confidence in a supportive setting. Classes are non-contact, making it perfect for beginners taught by head coach Henry from Strikewell Boxing. Drop in \$24 (space permitting). No class June 13.

Sa	1:15 PM-2:30 PM	Apr 11-Jun 27	604911
\$220/11 sess			
Sa	1:15 PM-2:30 PM	Jul 11-Aug 29	604914
\$160/8 sess			



▶Strikewell Adult Boxing - Level 2 Progressions - Non Contact

(19+ yrs) | Strikewell Boxing

Learn advanced drills, refined technique and sharper movement. This class focuses on improving combinations, timing and conditioning to take your skills to the next level. All sessions are non-contact, with a focus on technical growth and conditioning with head coach Henry from Strikewell Boxing. Drop in \$24 (space permitting).

F	7:30 PM-8:30 PM	Apr 10-Jun 26	604903
\$240/12 sess			
F	7:30 PM-8:30 PM	Jul 10-Aug 28	604904
\$160/8 sess			

▶Ryukyu Kobudo -

Weapons Tradition of Okinawa

(19+ yrs) | Mario Mckenna

Ryukyu Kobudo is the classical weapon tradition of Okinawa including the bo, sai, tonfa and a variety of other weapons. Students will learn the fundamental postures, deflections, strikes, solo forms, and two-person sets for each weapon. Students registration with Karate BC is required.

Su	2:30 PM-4:30 PM	Apr 5-Jun 28	608286
\$156/13 sess			

ART

► Acrylic Painting

(19+ yrs) | **Mohammad Reza Atashzad**

Relax and enjoy acrylics as an expressive, vibrant medium. Learn brush control and a range of techniques: blending, glazing, lifting, wet-on-wet, and working over dry to create textures and confident brushwork. We'll focus on beautiful landscapes, flowers, and figures. Supplies are not included; a supply list is provided upon registration. Visit: www.atashzad.com. Drop in \$35 (space permitting). No class May 26 and Aug 3.

Tu	10:30 AM-12:30 PM	Apr 7-Jun 23
		608196
\$330/11 sess		
M	6:30 PM-8:30 PM	Jul 6-Aug 24
		608207
\$210/7 sess		

► Drawing Landscapes, Flowers and Figures

(19+ yrs) | **Mohammad Reza Atashzad**

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supplies are not included, supply list available upon registration. See www.atashzad.com for more information. Drop in \$27 (space permitting). No class May 18.

M	5:00 PM-6:30 PM	Apr 13-Jun 22
		608191
\$220/10 sess		

► Watercolour Painting

(19+ yrs) | **Mohammad Reza Atashzad**

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting, techniques and studies of nature (flowers). Supplies not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$35 (space permitting). No class May 18.

M	6:30 PM-8:30 PM	Apr 13-Jun 22
		608192
\$300/10 sess		
Tu	6:30 PM-8:30 PM	Jul 7-Aug 25
		608194
\$240/8 sess		

DANCE

► Contemporary Dance Intro & Improvisation

(19+ yrs) | **Miriam Esquitin**

Contemporary dance and improvisation class for those with no or little previous dance experience. Class consists of 75 minutes of progressive technique training and 45 minutes of improvisation and performance preparation. Register to participate in our performances throughout the year. Class is accompanied by a live musician. For more info, visit polymerdance.com. Drop-in available only for the 75 minute technique portion of the class. Drop-in \$23.54. No class May 17.

Su	10:30 AM-12:30 PM	Apr 12-Jun 21
		605977
\$200.96/10 sess		

► International Line Dance w/ Ewena - Beginner to Improver

(19+ yrs) | **Ewena Chow**

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Line dancing is exactly what its name implies: people dancing in lines to music. Its choreographed dances with a repeating series of steps. Basic line dances focus on movements of the legs and feet, and some of arms and hands. Its easy to learn. Come to join us! Drop in \$8 (space permitting). No class Aug 1.

Sa	3:30 PM-5:00 PM	Apr 11-Jun 27
		606510
\$84/12 sess		
Sa	3:30 PM-5:00 PM	Jul 4-Aug 29
		606511
\$56/8 sess		

► International Line Dancing w/ Regina - Beginner Plus

(19+ yrs) | **Regina Chen**

Come dance to a variety of styles and popular music! For dancers who have line danced for some time and have a strong knowledge of steps and terminology. The dances will have interesting combinations, step patterns and movements. Drop in \$10 (space permitting).

F	11:45 AM-1:15 PM	Apr 10-Jun 26
		611817
\$84/12 sess		

International Line Dancing
w/ Regina - Improver/Intermediate
(19+ yrs) | Regina Chen

Dancers who have line danced for some time and who have a strong knowledge of steps and terminology. Able to pick up beginner and improver dances without any trouble. The dances will have interesting combinations, step patterns and movements. Dance to a variety of styles and popular music. Instruction in English. Drop in \$10 (space permitting).

F 1:30 PM-3:00 PM Apr 10-Jun 26
\$84/12 sess **611818**

FITNESS & HEALTH



EDUCATION

Baby Sign Language
(19+ yrs) | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. For babies newborn to 24 months with only one parent/caregiver. Please bring a mat or blanket to sit on. For more info visit www.intoyoga.ca.

Registration required, no drop-in.
M 11:30 AM-12:15 PM Apr 13-May 11
\$77/5 sess **603367**

Exploring Coffee: Brewing Methods
(19+ yrs) | Claire Chan

Brewing Methods: 1 coffee, 3 brewing methods. This workshop will be geared towards learning how different brewing methods affect the taste of the coffee. We will be trying 1 coffee brewed three different ways (kalita, origami and cafec flower dripper). There'll be time for questions, tasting, swapping ideas/thoughts. If you have been wondering why different cafes use different brewing methods or which method to buy for your own set up, this'll be a fun way to get to taste and compare notes with fellow coffee enthusiasts. All supplies are included in the cost.

Sa 2:00 PM-4:00 PM Jun 27
\$35/1 sess **605991**

Ageless Training

(19+ yrs) | Monika Schoenenberger

Ageless training is a solution to living with less pain, more vitality, and a true solution to a better life. It will give you methods of movement to achieve more energy, functionality, flexibility, mobility and strength. This method is easy to follow, a few tools like a Bender Ball TM, gliding disc, massage ball and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. All levels of fitness can benefit from this workout. Drop-in \$13. No class May 18.

Set One
Tu 6:15 PM-7:30 PM Apr 7-May 12
\$75/6 sess **608354**

Set Two
Tu 6:15 PM-7:30 PM May 19-Jun 30
\$87.5/7 sess **608356**

Two Sets
Tu 6:15 PM-7:30 PM Apr 7-Jun 30
\$130/13 sess **608353**

Set One
M 1:00 PM-2:15 PM Apr 13-May 11
\$62.5/5 sess **608368**

Set Two
M 1:00 PM-2:15 PM May 25-Jun 29
\$75/6 sess **608370**

Two Sets
M 1:00 PM-2:15 PM Apr 13-Jun 29
\$110/11 sess **608358**

Set One
Tu 6:15 PM-7:30 PM Jul 7-Jul 28
\$50/4 sess **608413**

Set Two
Tu 6:15 PM-7:30 PM Aug 4-Aug 25
\$50/4 sess **608414**

Two Sets
Tu 6:15 PM-7:30 PM Jul 7-Aug 25
\$80/8 sess **608412**

FITNESS & HEALTH CONT'D

►Body Balance - Core and More

(19+ yrs) | Diane Menzes

Train your core muscles to work in harmony in this non-cardio, pilates influenced core strength and more class. This mat class will integrate components of a full body workout focusing on core-strength through the use of hand weights & body weight exercises. Build strength, stability and endurance in the muscles that support your core and increase lean muscle mass to take on the physiological demands of real life activity. Modifications are provided to accommodate different abilities and limitations. All levels welcome. Drop in \$7.20 (space permitting). No class May 18.

M	9:15 AM-10:15 AM	Apr 27-Jun 22	
\$52/8 sess			608167
W	9:15 AM-10:15 AM	Apr 29-Jun 24	
\$58.5/9 sess			608168

►CIRCL Mobility

(19+ yrs) | Monika Schoenenberger

Based on the science of functional movement, CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises to help your students move better, longer. Set to a soundtrack of healing tones and sound frequencies to help your mind focus and release stress. Drop-in \$5.72

Set One

W	8:30 PM-9:00 PM	Apr 1-May 13	
\$35/7 sess			608373

Set Two

W	8:30 PM-9:00 PM	May 20-Jun 24	
\$30/6 sess			608374

Two Sets

W	8:30 PM-9:00 PM	Apr 1-Jun 24	
\$52/13 sess			608371

Set One

W	8:30 PM-9:00 PM	Jul 8-Jul 29	
\$20/4 sess			608416

Set Two

W	8:30 PM-9:00 PM	Aug 5-Aug 26	
\$20/4 sess			608417

Two Sets

W	8:30 PM-9:00 PM	Jul 8-Aug 26	
\$32/8 sess			608415

►Flow Yoga

(19+ yrs) | Into Yoga

This class incorporates Hatha postures in a vinyasa (flow) style, designed to bring about an inner connection and calm. Focus on the breath allows the student to let go of tension and anxiety, and helps with re-connecting to the body on a more profound level. At the same time, the body is stretched, toned, and massaged, releasing trapped toxins in the tissues and increasing energy levels. It will be your time to relax, become more present and connect to yourself. For info visit www.intoyoga.ca. Drop-in \$18 (space permitting). No class Aug 3.

M	6:45 PM-7:45 PM	Apr 13-May 11	
\$77/5 sess			603371
M	6:45 PM-7:45 PM	May 25-Jun 29	
\$92/6 sess			603372
M	6:45 PM-7:45 PM	Jul 6-Aug 31	
\$123/8 sess			603373



►Jump Rope Remix

(19+ yrs) | Jacqueline Alexander

Remix your cardio routine with just a jump rope. Musically driven classes taught by Jumping Jacqz, Jump Rope Coach, NASM-certified Group Fitness Instructor, and cofounder of the Jump Rope Vancouver community. Jump Rope Remix is a signature, rhythm-first jump rope class format designed to help people of all skipping experiences build cardio, coordination, and confidence while jumping to the beat. This 55-min class is taught for all levels in a supportive environment that meets you where you're at, with plenty of breaks! Bring your own jump rope or borrow one for class. Skill progressions, fun jump rope combos, and skills you unlock in class and can take anywhere. Jump in and remix cardio with us! Drop in \$19 (space permitting).

Th	11:30 AM-12:30 PM	Apr 2-Jun 18	
\$180/12 sess			610864
Sa	2:00 PM-3:00 PM	Apr 11-Jun 20	
\$165/11 sess			612260

►Pilates

(19+ yrs) | Into Yoga

Participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. Bring a mat to class. For more info visit www.intoyoga.ca. Drop-in \$18 (space permitting).

Th	6:30 PM-7:30 PM	Apr 9-May 14	
\$92/6 sess			603374
Th	6:30 PM-7:30 PM	May 21-Jun 25	
\$92/6 sess			603375
Th	6:30 PM-7:30 PM	Jul 9-Aug 27	
\$123/8 sess			603376

►Strong HIIT Conditioning

(19+ yrs) | Monika Schoenenberger

This is a high-intensity interval workout combining cardio and strength training that will improve your fitness level whether you're a newbie or a seasoned fitness enthusiast. Be prepared to sweat, work hard and get stronger. Drop-in \$12 (space permitting).

Set One

W	7:20 PM-8:20 PM	Apr 1-May 13	
\$77/7 sess			608380

Set Two

W	7:20 PM-8:20 PM	May 20-Jun 24	
\$66/6 sess			608382

Two Sets

W	7:20 PM-8:20 PM	Apr 1-Jun 24	
\$114.4/13 sess			608376

Set One

W	7:20 PM-8:20 PM	Jul 8-Jul 29	
\$44/4 sess			608419

Set Two

W	7:20 PM-8:20 PM	Aug 5-Aug 26	
\$44/4 sess			608420

Two Sets

W	7:20 PM-8:20 PM	Jul 8-Aug 26	
\$70.4/8 sess			608418



►Tai Chi 108 Yang Style - All Levels

(19+ yrs) | Michael Blackburn

Learn the traditional 108 posture Yang style. Qigong and tuishou (push hands) are also explored. Tai Chi is a meditative martial art which improves breathing, balance and flexibility. Michael is a patient and passionate teacher with over 30 years experience. All levels, beginners welcome. Drop-in \$14 (space permitting).

Tu	7:00 PM-9:00 PM	Apr 7-Jun 23	
\$132/12 sess			603348



►Yoga and Qi Gong

(19+ yrs) | Jenny Soares

This class combines Yoga and Qigong and will be conducted mainly in English. Cantonese or simple Mandarin can also be accommodated when needed. Yin and Yang Yoga focus on gentle and deep stretches to increase muscle strength and flexibility as well as poses to improve postures, core strength and stability. Yoga poses for Back and Sciatica Pain Relief with modifications, assistance and consultation when needed. Meditation and breathing techniques will also be incorporated. Gentle movements are integrated through Qigong and yoga. Engaging in this class will bring a more heightened awareness to your body and mind as well as knowledge of major organs functions and benefits. Simple movements are easy to follow for both beginners and intermediate adults and seniors. Join us to experience a gentle and calming transformation. Drop-in \$13 (space permitting).

Th	10:05 AM-11:15 AM	Apr 9-Jun 18	
\$110/11 sess			604151

FITNESS AND HEALTH CONT'D

► Yoga Made for Runners

(19+ yrs) | Mike Dennison

Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breath deeply. For more info, visit

www.yogamadeforrunners.com. Appropriate

for everyone, from first timers to experienced practitioners. Drop-in \$20 (space permitting). No class May 18 and Aug 3.

M	5:30 PM-6:45 PM	Apr 13-Jun 22
		606072
\$150/10 sess		
M	5:30 PM-6:45 PM	Jul 13-Aug 24
		610907
\$90/9 sess		

► Yoga4Stiff Guys

(18+ yrs) | Yoga4Stiff People

Brand new to yoga or looking for a refresher of the yoga basics? This Yoga4Stiff Guys introductory series is designed just for you. Poses are demonstrated, broken down and instructed in easy sequential steps to set the foundation of your practice from the ground up. Our classes are not men's only classes but do focus on the needs of the male body in practice with an emphasis on poses to open hips, quadriceps, hamstrings and lower back. Drop in \$16 (space permitting).

All Levels

Th	7:45 PM-8:45 PM	Apr 9-May 21
		607487
\$98/7 sess		
Th	7:45 PM-8:45 PM	May 28-Jun 25
		607488
\$70/5 sess		
Th	7:45 PM-8:45 PM	Jul 9-Jul 30
		607489
\$56/4 sess		

The Basics

Tu	7:45 PM-8:45 PM	Apr 7-May 19
		607484
\$98/7 sess		
Tu	7:45 PM-8:45 PM	May 26-Jun 30
		607485
\$84/6 sess		
Tu	7:45 PM-8:45 PM	Jul 7-Jul 28
		607486
\$56/4 sess		



► Yogalates

(19+ yrs) | Into Yoga

Yogalates is a form of exercise that draws inspiration from Yoga and Pilates for a stronger mind body connection. The class will be structured with elements of Yoga & Pilates woven into the class. Yogalates offers benefits such as increased strength and mobility, while improving posture, stress level and overall well-being. For more info visit www.intoyoga.ca.

Drop-in \$18 (space permitting). No class Aug 2.

Su	9:15 AM-10:15 AM	Apr 12-May 10
		603368
\$77/5 sess		
Su	9:15 AM-10:15 AM	May 24-Jun 28
		603369
\$92/6 sess		
Su	9:15 AM-10:15 AM	Jul 12-Aug 30
		603370
\$108/7 sess		



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/park-board-pride

►Zumba

(19+ yrs) | **Monika Schoenenberger**

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$12. No class May 18.

Set One

M	8:00 PM-9:00 PM	Apr 13-May 11
\$55/5 sess		608386

Set Two

M	8:00 PM-9:00 PM	May 25-Jun 29
\$66/6 sess		608387

Two Sets

M	8:00 PM-9:00 PM	Apr 13-Jun 29
\$96.8/11 sess		608385



►Zumba / Zumba Toning

(19+ yrs) | **Monika Schoenenberger**

This one hour workout will combine 30 minutes of the infectious, feel-happy dance fitness workout we all love with another 30 minutes where we add the Zumba Toning sticks to the mix. With these maraca-style hand-weights we add upper body strengthening and toning moves and throw in some squats and lunges here and there for good measure. Combined we have a full hour of dancing fun to all the spicy rhythms from around the world, but especially your Latin hots like Salsa, Cumbia, Merengue and Reggaeton. No experience necessary, just show up, sweat, shake and have fun!! Drop-in \$12.

Set One

Th	6:15 PM-7:15 PM	Apr 2-May 14
\$77/7 sess		608390

Set Two

Th	6:15 PM-7:15 PM	May 21-Jun 25
\$66/6 sess		608391

Two Sets

Th	6:15 PM-7:15 PM	Apr 2-Jun 25
\$114.4/13 sess		608388

Set One

Th	6:15 PM-7:15 PM	Jul 2-Jul 30
\$55/5 sess		608422

Set Two

Th	6:15 PM-7:15 PM	Aug 6-Aug 27
\$55/4 sess		608423

Two Sets

Th	6:15 PM-7:15 PM	Jul 2-Aug 27
\$79.2/9 sess		608421

►Zumba Outdoor

(19+ yrs) | **Monika Schoenenberger**

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11.43. No class Aug 3. Class meets at the Riley Park Plaza.

Set One

M	7:00 PM-8:00 PM	Jul 6-Jul 27
\$44/4 sess		608428

Set Two

M	7:00 PM-8:00 PM	Aug 10-Aug 24
\$33/3 sess		608429

Two Sets

M	7:00 PM-8:00 PM	Jul 6-Aug 24
\$61.6/7 sess		608427

Click on the **BLUE LINKS**
to view programs online
and to register.

Sports Programs

NEW REGISTRATION PROCESS FOR DROP IN VOLLEYBALL, PICKLEBALL, BASKETBALL AND BADMINTON PROGRAMS!

Registration opens at 12:00pm 3 days in advance of the program date. Registration is available online, and by phone. We encourage those with access to technology to register online. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

Adult Outdoor Tennis Beginner (19+ yrs) | Juan Carlos Maldonado

The beginner classes provide a way for adults to learn the basic skills of the game in a welcoming non-competitive environment. Players who have completed the beginner course and feel ready for more advanced coaching can move into the intermediate & advanced programs. Please bring your own racquet and water to the courts. Lessons are held at the Queen Elizabeth Tennis Courts. No class May 18.

MW	6:00 PM-7:00 PM	May 4-May 27
\$192.5/7 sess		608741
MW	6:00 PM-7:00 PM	Jun 1-Jun 24
\$220/8 sess		608747
MW	6:00 PM-7:00 PM	Jul 6-Jul 29
\$220/8 sess		608749
MW	6:00 PM-7:00 PM	Aug 10-Aug 26
\$165/6 sess		608751

Adult Outdoor Tennis Intermediate (19+ yrs) | Juan Carlos Maldonado

This course is designed for adults who want to further refine the fundamental skills of tennis. This class focuses more on development of basic technique with footwork and long rally game lessons. Lessons are held at Queen Elizabeth Tennis Courts, not Hillcrest Centre. No class May 18

MW	7:00 PM-8:00 PM	May 4-May 27
\$192.5/7 sess		608759
MW	7:00 PM-8:00 PM	Jun 1-Jun 24
\$220/8 sess		608761
MW	7:00 PM-8:00 PM	Jul 6-Jul 29
\$220/8 sess		608762
MW	7:00 PM-8:00 PM	Aug 10-Aug 26
\$165/6 sess		608763

Adult Outdoor Tennis Advance (19+ yrs) | Juan Carlos Maldonado

This course is designed for adults who want to further refine the fundamental skills of tennis. This class focuses more on development of basic technique with footwork and long rally game lessons. Lessons are held at Queen Elizabeth Tennis Courts.

Th	6:00 PM-8:00 PM	May 7-May 28
\$200/4 sess		608766
Th	6:00 PM-8:00 PM	Jun 4-Jun 25
\$200/4 sess		608768
Th	6:00 PM-8:00 PM	Jul 9-Jul 30
\$200/4 sess		608771
Th	6:00 PM-8:00 PM	Aug 6-Aug 27
\$200/4 sess		608773

Games Room & Table Tennis Pass (19+ yrs)

The Games Room and Table Tennis Pass allows users to participate in social recreational activities, such as the Games Room and Table Tennis drop-in sessions. Fees allows for maintenance and replacement of equipment so we can continue to offer these services at minimal costs to the public. For the Games Room and Table Tennis drop-in schedule, please pick up a schedule at the front desk. Schedule may be changed without prior notice. \$4.76/calendar month, non-refundable, non-prorated.

April	May	June	July	August
M-Th 6:00-8:00pm \$4.76/month 604530	M-Th 6:00-8:00pm \$4.76/month 604532	M-Th 6:00-8:00pm \$4.76/month 604534	M-Th 6:00-8:00pm \$4.76/month 604538	M-Th 6:00-8:00pm \$4.76/month 604540

►Badminton

(19+ yrs) | No Instructor

Please bring your own racquet and shuttles.

Register to guarantee a spot.

Su	11:00 AM-12:30 PM	Apr 5-Jun 28
\$6.19/1 sess		607005-607018
M	7:30 PM-9:00 PM	Apr 13-Jun 29
\$6.19/1 sess		607020-607030
Su	11:00 AM-12:30 PM	Jul 5-Aug 30
\$6.19/1 sess		609423-609432

►Badminton Court Rental

(16+ yrs) | No Instructor

Reserve your own badminton court for guaranteed fun for up to four players. Each registration is a booking for one court. Courts are booked individually by day and are 1.5 hours in length.

Su	1:00 PM-2:30 PM	Jul 5-Aug 30
\$20/1 sess		609433-609441
Sa	3:00 PM-4:30 PM	Jul 4- Aug 29
\$20/1 sess		609442-609452
Sa	9:30 AM-11:00 AM	May 16
\$20/1 sess		609461-609465

►Basketball - Full Court

(19+ yrs) | No Instructor

Playing on our pro-ball size court is a challenge...are you up to it? Fast moving quality play is expected and your stamina, skills and sportsmanship will make it a great night. With a max. of three teams of 6 you will have time to play and catch your breath.

To allow for equal play for all participants we have a 2 games on; 1 game off rule.

Tu	7:30 PM-9:00 PM	Apr 7-Aug 25
\$6.19/1 sess		604204-604225

►Basketball - Half Court

(19+ yrs) | No Instructor

Basketball is bigger than ever at the Hillcrest gymnasium. Maximum 24 spots for play.

Th	7:30 PM-9:00 PM	Apr 2-Aug 27
\$6.19/1 sess		604495-604522

►Indoor Tennis Beginner

(19+ yrs) | Juan Carlos Maldonado

The beginner classes provide a way for adults to learn the basic skills of the game in a welcoming non-competitive environment. Players who have completed the beginner course and feel ready for more advanced coaching can move into the intermediate & advanced programs. Please bring your own racquet and water to the courts.

Su	12:45 PM-1:45 PM	Apr 19-Jun 28
\$302.5/11 sess		608727

►Indoor Tennis Intermediate

(19+ yrs) | Juan Carlos Maldonado

This course is designed for adults who want to further refine the fundamental skills of tennis. This class focuses more on development of basic technique with footwork and long rally game lessons.

Su	1:45 PM-2:45 PM	Apr 19-Jun 28
\$302.5/11 sess		608729

►Pickleball - Mixed Levels Play

(19+ yrs) | No Instructor

This game is played by 2 or 4 people on a badminton-sized court. No experience necessary, all skill levels and abilities welcome. This is a registered one day session, no drop ins.

Su	9:15 AM-10:45 AM	Apr 5-Aug 30
\$6.19/1 sess		606541-607001



►Pickleball Lesson:

From Basic to Novice Play

(19+ yrs) | Richard Lee

A step by step class that takes you from learning fundamental strokes and rules to confidently rallying, serving, and playing real games with partners.

F	9:00 AM-10:45 AM	Apr 10-Apr 24
\$90/3 sess		609149
F	10:45 AM-12:30 PM	Apr 10-Apr 24
\$90/3 sess		609151

►Pickleball Lesson:

Intermediate 3.25+

(19+ yrs) | Richard Lee

For 3.25+ players ready to move beyond just keeping the ball in play, this class builds consistency, confidence at the kitchen, and smarter doubles decisions in every rally.

F	9:00 AM-10:45 AM	May 1-May 22
\$120/4 sess		609152
F	10:45 AM-12:30 PM	May 1-May 22
\$120/4 sess		609153

SPORTS CONT'D

► Pickleball Lessons - Stage 1 - Learn to Play

(19+ yrs) | **Mona Lee**

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis & table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. Learn the foundation of the game. Proper grip, basic rules, scoring and court positioning from a Certified Pickleball Instructor. You will be able to hit the ball correctly and move safely and efficiently around the court. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	1:15 PM-3:15 PM	Apr 1-Apr 29	604823
W	1:15 PM-3:15 PM	May 6-May 27	604824
W	1:15 PM-3:15 PM	Jun 3-Jun 24	604826
\$140/5 sess			
\$112/4 sess			

► Pickleball Lessons - Stage 2 - Beat the Bangers

(19+ yrs) | **Mona Lee**

For players who have ideally completed Stage 1: Learn to Play. Tired of opponents blasting the ball at you? In this class, you'll learn how to beat bangers by pushing them back, blocking, resetting & use smart placement to turn their power against them. You'll learn the right skills to stay calm under pressure- no matter how hard they hit. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Jun 3-Jun 24	604822
\$112/4 sess			



► Pickleball Lessons - Stage 2 - Skills and Drills

(19+ yrs) | **Mona Lee**

For players who have ideally completed Learn to Play & Next Level. If you would like to improve your game, drilling is important. Drilling the same shot over and over again trains your muscle memory - the more you do it, the better you'll get. You'll learn a new skill, how to drill properly and then we'll incorporate what we learned into a game! Every week you will work on a different shot. All equipment provided.

W	11:15 AM-1:00 PM	May 6-May 27	604820
\$112/4 sess			



► Pickleball Lessons - Stage 2 - Tune In to Win

(19+ yrs) | **Mona Lee**

We are going to make elevating your game FUN! We'll tune into 4 Pickleball jingles to help you improve your game. Catchy cues for smarter play. It is not necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Apr 1-Apr 29	604818
\$140/5 sess			

► Pickleball Lessons - Stage 2/3 - Drill Till you Drop

(19+ yrs) | **Mona Lee**

Looking to sharpen your skills? The best way to improve your game is through fun, focused & consistent drills. Grab your spot for this exclusive drill session & practice the right drills, the right way! It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	9:15 AM-11:15 AM	Apr 1-Apr 29	604813
\$140/5 sess			

**► Pickleball Lessons -
Stage 2/3 - Drive Drop Drip**

(19+ yrs) | **Mona Lee**

Take the guesswork out of your 3rd shot. This class teaches you how to mix power & touch using drives, drops, & drips to safely transition to the kitchen. Learn how to control points with confidence. It is NOT necessary to purchase a paddle for this class. Paddles, balls & equipment will be provided.

W 9:15 AM-11:15 AM Jun 3-Jun 24
\$112/4 sess **604816**

**► Pickleball Lessons -
Stage 2/3 - MLP Style Pickleball**

(19+ yrs) | **Mona Lee**

Fast. Competitive. Addictive. Play pickleball using MLP rally scoring, where every rally counts. Expect quick games, lots of action, & strategies that reward consistency, teamwork, & smart decision-making. We'll cover better serves, returns, transition play & kitchen control. It is NOT necessary to purchase a paddle for this class. Paddles, balls & equipment will be provided.

W 9:15 AM-11:15 AM May 6-May 27
\$112/4 sess **604815**



**► Pickleball: Instructional Round
Robin Games for the Novice**

(19+ yrs) | **Richard Lee**

A fast paced, competitive game session where emerging players test their skills, rotate partners, and, with coach-guided feedback on positioning, shot selection, and scoring. Push your consistency and strategy under real match pressure.

F 9:00 AM-10:45 AM Jun 26
\$30/1 sess **609154**
F 10:45 AM-12:30 PM Jun 26
\$30/1 sess **609155**

**► Outdoor Pickleball Lessons:
Seeking 3.0 Squad**

(19+ yrs) | **Richard Lee**

A high attention, 60 minute session that sharpens your consistency, serves, and third shots through focused drills, personalized coaching, and competitive game play designed to accelerate your jump to 3.5. Lessons are held outdoors at Queen Elizabeth Pickleball Courts.

W F 9:15 AM-10:15 AM Jul 3-Jul 29
\$320/8 sess **609965**
W F 9:15 AM-10:15 AM Aug 7-Aug 26
\$240/6 sess **609967**

**► Outdoor Pickleball Lessons:
Seeking 3.5 Squad**

(19+ yrs) | **Richard Lee**

An intensive, 60 minute high performance session where serious players refine advanced third shots, net aggression, and tactical doubles patterns with targeted feedback and game based pressure drills to push toward 4.0 play. Lessons are held outdoors at Queen Elizabeth Pickleball Courts.

W F 10:30 AM-11:30 AM Jul 3-Jul 29
\$320/8 sess **609973**
W F 10:30 AM-11:30 AM Aug 7-Aug 26
\$240/6 sess **609975**

► Volleyball - Intermediate

(19+ yrs) | **No Instructor**

Players must be able to maintain strong rallies, serves and understand positioning and team play. This is not an instructional program and there is friendly, recreational competition where players are expected to maintain consistent rallies.

W 7:15 PM-8:45 PM Apr 1-Aug 26
\$6.19/1 sess **605252-605271**



DANCE

Ballroom Dance for Seniors

(50+ yrs) | **Non Instructional**

Come with your friends or meet new ones and dance together. A dance partner is not required. Non-instructional social dance.

Registration recommended as limited spots available. Drop-in \$3.10.

F 1:00 PM-3:00 PM Apr 10-Jun 19
\$27.5/11 sess **604265**

Seniors Social Dance

(50+ yrs) | **Agnes (Wai Chun) Lee**

Come with your friends or meet new ones and dance together. A dance partner is not required. Non-instructional social dance.

Registration recommended as limited spots available. Drop-in \$3.10.

Su 3:00 PM-5:00 PM Apr 5-Jun 21
\$30/12 sess **605528**
Su 3:00 PM-5:00 PM Jul 5-Aug 30
\$22.5/9 sess **605529**

Seniors Social Line Dance w/ Agnes

(50+ yrs) | **Agnes Lo**

Come with your friends or meet new ones and dance! Registration recommended as limited spots available. Drop-in \$3.57 (space permitting).

Beginner

Tu 1:00 PM-2:30 PM Apr 7-Jun 23
\$36/12 sess **603344**

Beginner Plus

Th 1:00 PM-2:30 PM Apr 9-Jun 25
\$36/12 sess **603345**

Traditional Chinese Dance

(50+ yrs) | **Helen Zhou**

Traditional Chinese Dance for beginners. Facilitated in Chinese. Drop-in \$2.86 (space permitting).

Tu 11:00 AM-12:30 PM Apr 21-Jun 23
\$25/10 sess **607404**
Su 2:30 PM-4:30 PM Jul 5-Aug 23
\$20/8 sess **608079**

EDUCATION

Piano - Private Lessons Seniors

(55+ yrs) | **Jennifer Lee**

These 30 minute basic private lessons are meant for seniors who want to start or refresh their skills with the piano. Participants may be required to purchase piano books based on instructor recommendation. No class May 18. Classes available in 30 minute sessions

M 9:30 AM-2:30 PM Apr 13-Jun 8
\$128/8 sess **605238-607656**

FITNESS & HEALTH



Bootcamp for Older Adults

(50+ yrs) | **Kate Lee**

Specifically designed for older adults, this boot camp uses intervals, drills and resistance to improve your cardio, strength, balance agility and more. Special attention on strengthening the muscles supporting your joints, helping you move more comfortably and feel more confident. Instructor Kate Lee is a BCRPA registered Personal Trainer and Group Fitness Leader. Drop-in \$13.50.

Th 9:00 AM-10:00 AM Apr 2-May 14
\$80.5/7 sess **606573**
Tu 9:00 AM-10:00 AM Apr 7-May 12
\$69/6 sess **606571**
Tu 9:00 AM-10:00 AM Jun 16-Jun 23
\$23/2 sess **606572**
Th 9:00 AM-10:00 AM Jun 18-Jun 25
\$23/2 sess **606574**

Footcare Clinic

(50+ yrs) | Francine Johnson

Foot and toenail health is essential for our overall health, especially for people with fungal nails, other foot issues, and diabetes. Treatments may include management of calluses, corns, fungal nails, thickened or deformed nails, ingrown toenails, and care for diabetic feet. A detailed foot assessment and healthy foot education is also provided. Please no wounds. All supplies are medical grade and conform to the highest level of BC Standards for Cleaning and Sterilization. Sessions are 45 minutes in length

W	10:30 AM-3:00 PM	May 13
\$62/1 sess		609193-609198
W	10:30 AM-3:00 PM	Jul 15
\$62/1 sess		609199-609204

Fun Exercise for Parkinson's

(19+ yrs) | Debbie Shum

This hour will incorporate Parkinson's Disease specific moves that are building blocks for everyday movements. The exercises will help improve mobility, posture and balance for everyday life, developed by Dr. Becky Farley. Drop-in \$11. No class Apr 6.

MW	11:00 AM-12:00 PM	Mar 30-May 13
\$113.75/13 sess		603664
MW	11:00 AM-12:00 PM	May 20-Jun 29
\$105/12 sess		603666



Social Tai Chi - Yang 108 Style

(55+ yrs) | David Wong

Join us for some easy and relaxing Tai Chi! This is a social group that covers the Yang 108 Style. No formal instruction will be provided, however we have a volunteer instructor that can assist with your form. This is a fun social setting! Drop-in \$3.33. No class May 18.

M	9:30 AM-10:45 AM	Apr 13-Jun 22
\$27.5/10 sess		605239
Tu	9:30 AM-10:45 AM	Apr 7-Jun 23
\$33/12 sess		605240
Th	9:30 AM-10:45 AM	Apr 9-Jun 25
\$33/12 sess		605241



Minds in Motion

(19+ yrs) | Edouard Beaudry

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. You may bring a water bottle. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee.

W	1:30 PM-3:00 PM	Apr 1-May 06
\$48/12 sess		603346
W	1:30 PM-3:00 PM	May 20-Jun 24
\$48/12 sess		603347

FITNESS & HEALTH CONT'D

► Zumba Gold (Beginner)

(19+ yrs) | **Monika Schoenenberger**

Zumba Gold for the beginner targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Drop-in \$12.

Set One

F	9:15 AM-10:15 AM	Apr 10-May 15
\$60/6 sess		608399

Set Two

F	9:15 AM-10:15 AM	May 22-Jun 26
\$60/6 sess		608401

Two Sets

F	9:15 AM-10:15 AM	Apr 10-Jun 26
\$96/12 sess		608393

► Zumba Gold (Beginner) Outdoor

(19+ yrs) | **Monika Schoenenberger**

Zumba Gold for the beginner targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Drop-in \$10.48. Class meets at the Riley Park Plaza.

Set One

F	9:30 AM-10:30 AM	Jul 3-Jul 31
\$50/5 sess		608425

Set Two

F	9:30 AM-10:30 AM	Aug 7-Aug 28
\$40/4 sess		608426

Two Sets

F	9:30 AM-10:30 AM	Jul 3-Aug 28
\$72/9 sess		608424



SOCIAL

► Karaoke Drop-In

(50+ yrs) | **William Chou**

Come with your friends or meet new ones and sing songs together. Prior singing experience recommended. Please bring your own karaoke VCD/DVD. All languages are welcome.

Tu	12:00 PM-3:00 PM	Apr 7-Jun 23
\$3/12 sess		604454

► Hot Lunch

(50+ yrs) | **Teresa Chan**

Enjoy a delicious hot lunch served with tea, coffee, and a dessert. Space is limited and advance registration is recommended to confirm your spot. This event is sponsored by the Blue Parrot Cafe.

Th	12:00 PM-1:30 PM	Apr 23
\$9/1 sess		608348
Th	12:00 PM-1:30 PM	May 21
\$9/1 sess		608349

►Pancake Brunch

(50+ yrs) | Teresa Chan

Come and enjoy hot pancakes fresh off the griddle served with butter, syrup, berries and whipped cream! A selection of seasonal fruit, coffee, tea and orange juice will be served. Space is limited and advance registration is recommended to confirm your spot. This event is sponsored by the Blue Parrot Cafe.

Th	10:45 AM-12:15 PM	Apr 9
\$5/1 sess		608344
Th	10:45 AM-12:15 PM	May 14
\$5/1 sess		608345
Th	10:45 AM-12:15 PM	Jun 4
\$5/1 sess		608346

►SUCCESS Senior Knitting Group

(55+ yrs) | May Keung

Gathering and meeting some new friends with Chinese immigrants (Seniors 55+), Social activities including a celebration of holidays and festivals, and arts & crafts. Feel free to contact S.U.C.C.E.S.S. 604-408-7274 ext.1088 for more details.

W	11:00 AM-2:00 PM	Apr 1-Jun 24
FREE		604833



SPORTS

►Badminton - Seniors

(50+ yrs) | No Instructor

Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 1:05pm will have their spot given away for the afternoon. There are 12 registered spots and 4 additional drop-in spots. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$4.29 (space permitting).

Th	1:00 PM-3:00 PM	Apr 2-Jun 25
\$49.53/13 sess		604528
Sa	1:00 PM-2:30 PM	Jul 4-Aug 29
\$36/9 sess		605244



►Pickleball - Seniors Mixed Level Play

(50+ yrs) | No Instructor

This game is played by 2 or 4 people on a badminton-sized court. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Please bring your own paddle and ball. 3 courts available. Registration opens at 12:00pm 3 days in advance of the program date. Registration is available online, and by phone. We encourage those with access to technology to register online. Registration closes online 15 minutes before program start time. In person and phone in registration will be accepted until the program is full. Registered spaces are non-transferable. Refund requests will be accepted until 15 minute before program start time.

M	1:00 PM-3:00 PM	Apr 13- Jun 22
\$4.05/1 sess		607618-607627
Tu	1:00 PM-3:00 PM	Apr 7- Jun 23
\$4.05/1 sess		607628-607647

PARK BOARD PRIDE

Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/park-board-pride





START CURLING

TRY CURLING
1 HOUR / WITH INSTRUCTORS

GROUP RENTAL
2 HOURS / GREAT FOR PARTIES

YOUTH CURLING
AGES 5-18

LEARN TO CURL
5 WEEKS OF CLASSES AND GAMES

MORE OPTIONS
& LOCATIONS ONLINE



SIGN UP / BOOK ONLINE AT VANCURL.COM



YOUR LIBRARY AT HILLCREST

Terry Salman Branch
Phone 604.665.3964

Discover more at VPL.ca



Prince Edward Park Playground and Spray Park

Join us at the spray park to cool off!

Our staff will be on site during the times listed, for crafts games and other exciting activities.

Hope to see
you there!

Monday to Friday
July 2-August 28 from 12:00-5:00 PM
Closed Statutory Holidays & Rainy Days
Schedule subject to change

Located @
Prince Edward
and E22nd Ave



**LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE**
NEIGHBOUR HELPING NEIGHBOUR

2026 Spring/Summer programs at Riley Park

Join us at Riley Park (50 E 30th Ave) for our gardening work parties, programs, workshops, and events. Visit www.rileyparkgarden.org or www.lmnhs.bc.ca for more information.

Guided Garden Work Parties

March through November

All ages and experiences are welcome.

- Community Garden — 10 AM–12 PM on Wednesdays and Sundays
- Learning Garden — 10 AM–12 PM on Sundays
- Rain Garden — 10 AM–12 PM on Tuesdays

Nature Exploration Program

10 AM–12 PM on Thursdays starting March 12

A program for parents and their children 0-5 years of age providing guided nature exploration experiences.

Tomato Festival

10 AM–2 PM on September 12

Celebrate all things tomato at a family fun event with seasonal samples from local farmers, kids' activities and more.

Apple Days

10 AM–12 PM on September 26 and October 31

Two days celebrating apples with sampling seasonal varieties, pressing apple juice, making apple cider vinegar, learning to make apple chips, kids' activities, and more.



Check out the Riley Park events calendar for an updated view of our programs throughout the year!





All Bodies Community Recreation and Fitness Group (ABC) at Hillcrest Spring 2026



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

To participate use an **ABC Drop in**, **ABC 10 pass** usages card or an **ABC Flexipass** which includes access to the **ABC** group activities and the Vancouver Park Board's pools, ice rinks and fitness centres.

To help us track attendance please register on the ABC program master roster. LAP discount is applicable. For more information contact Kate Lee kate.lee@vancouver.ca

Master roster 607203

▷ABC - Active & Strong

(19+ yrs)

Active and Strong - An ABC core program. Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment.

Tu 10:15am-11:15am Apr 07-Jun 23

ABC dropin, 10 pass or ABC Flexipass LAP **607203**

▷ABC - Active & Strong

(19+ yrs)

Active and Strong - An ABC core program. Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment.

Th 10:15am-11:15am Apr 09-Jun 25

ABC dropin, 10 pass or ABC Flexipass LAP **607203**

▷ABC - Cycle Introduction to Indoor

(19+ yrs)

ABC Specialty Program - Introduction to Indoor Cycling - seasonal registration, drop ins space permitting Intimidated when you think of indoor cycling? Join us for an introduction to indoor cycling. Ride, Resist and Stretch. Starting with 20 minutes on the bike and gradually increasing the time as your endurance improves.

Th 6:00pm-7:00pm Apr 09-Jun 25

\$66.36/12 sess **607177**

▷ABC - Cycle Introduction to Indoor

(19-0 yrs)

ABC Specialty Program - Introduction to Indoor Cycling - seasonal registration, drop ins space permitting Intimidated when you think of indoor cycling? Join us for an introduction to indoor cycling. Ride, Resist and Stretch. Starting with 20 minutes on the bike and gradually increasing the time as your endurance improves.

Tu 6:00pm-7:00pm Apr 07-Jun 23

\$66.36/12 sess **607179**

ABC - Hip & Knee Strength and Mobility

(19+ yrs)

Hip & Knee Strength and Mobility **Specialty Program - Registration Required **Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, Email kate.lee@vancouver.ca

Tu 11:30am-12:30pm Apr 07-Jun 23
\$66.36/12 sess **607196**

ABC - Stand Strong and Balance - (19+ yrs)

Stand Strong and Balance - Registration Required - ABC Specialty Program We welcome your walking aids. A workout for the wise. Want to be active but want to be safe? Join us to build your strength and confidence in standing and walking. Practice your balance in a safe space.

Tu 12:45pm-2:15pm Apr 07-Jun 23
\$66.36/12 sess **607608**

ABC - Stand Strong and Balance (19+ yrs)

Stand Strong and Balance - Registration Required - ABC Specialty Program We welcome your walking aids. A workout for the wise. Want to be active but want to be safe? Join us to build your strength and confidence in standing and walking. Practice your balance in a safe space.

Th 12:45pm-2:15pm Apr 09-Jun 25
\$66.36/12 sess **607208**

ABC - Free Wksp - Knit2gether (18+ yrs)

ABC Knit2gether with Janet Haines Home knitter extraordinaire. New to knitting? Experienced knitter looking to connect with others? Maybe somewhere in between. Either way this knitting club is for you. Come learn a new skill, practice your craft or get help with a project. All are welcome, no experience necessary. Supplies not included.

M 6:00pm-7:30pm Apr 13-Jun 22
FREE **607182**

ABC - Free Workshop - Nutrition and Arthritis (18+ yrs)

Nutrition and Arthritis Learn about the impact of diet on arthritis, nutrients that can help and strategies for healthy eating. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered

W 10:00am-12:00pm Apr 08-Apr 08
FREE **607184**



ABC - Hip & Knee Strength and Mobility

(19+ yrs)

Hip & Knee Strength and Mobility**Specialty Program - Registration Required **Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, Email kate.lee@vancouver.ca

Th 11:30am-12:30pm Apr 09-Jun 25
\$66.36/12 sess **607195**

Click on the **BLUE LINKS**
to view programs online
and to register.

ABC FITNESS GROUP CONT'D

ABC - Free Workshop - Gardening with Arthritis

(18+ yrs)

Gardening and Arthritis Learn how to garden with Arthritis Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered Nurse

W 10:00am-11:00am Apr 15-Apr 15
FREE 607185

ABC - Free Workshop - Early prep for joint replacement

(18+ yrs)

Early Prep for Joint Replacement Surgery. Learn more about the surgery and ways to prepare for your surgery through exercise, managing your pain effectively and setting up your home. This class is intended for people who are 3 months or further away from joint replacement surgery. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered

W 10:00am-11:30am Apr 29-Apr 29
FREE 607187



ABC - Free Workshop - Managing Hand Arthritis

(18+ yrs)

Managing Hand Arthritis Learn specific strategies for managing hand Arthritis including joint protection, exercise and pain management. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered Nurse

W 10:00am-11:30am May 06-May 06
FREE 607188

ABC - Free Workshop - Managing Hip and Knee Arthritis

(18+ yrs)

Managing Hip and Knee Arthritis - Learn about arthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered Nurse

W 10:00am-11:30am Apr 22-Apr 22
FREE 607186

For more information about these and other ABC program information about, schedules changes, and program updates scan here or contact

kate.lee@vancouver.ca



Vancouver Board of Parks and Recreation and Vancouver Coastal Health Partnership Program

▶ABC - Free Workshop - Managing Foot/Ankle Osteoarthritis

(18+ yrs)

Managing Foot/Ankle Osteoarthritis Learn specific strategies including joint protection, exercise and pain management. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered Nurse

W 10:00am-11:30am May 13-May 13
FREE [607189](#)

▶ABC - Free workshop Supplements and Arthritis

(18+ yrs)

Supplements and Arthritis This class focuses on vitamins, minerals, herbs, probiotics, and "natural supplements" for arthritis. Learn about the safety, quality, and dosages of supplements, how they interact with medications and side effects. Classes taught by a Vancouver Coastal Health OASIS Educator - a Physiotherapist, Occupational therapist Dietitian or Registered Nurse

W 10:00am-11:30am May 20-May 20
FREE [607190](#)



ABC is dedicated to working in partnership with Indigenous communities to co-create culturally safe and responsive wellness initiatives.

We aim to create spaces where everyone feels seen, supported, and empowered to move in ways that respect their needs.

We honour their enduring connection to this land, and we commit to walking forward in a good way.

▶ABC - Indigenous Women - Stronger Together

(19+ yrs)

Indigenous Women Stronger Together - Group Workout together with other First Nation, Metis, & Inuit women in a culturally supportive fitness environment designed for better health, strength and function. Learn easy to follow exercises in a guided group setting using various unison formats and equipment. It's always OK to choose not to do an exercise if it doesn't feel right for you. Running behind? Don't let that stop you, even 10 minutes makes a difference. Join us when you can.

Tu 6:00pm-7:15pm Apr 07-Jun 23
ABC dropin, 10 pass, ABC Flexipass, LAP [607200](#)

▶ABC - Indigenous Soccer - Revitalizing Orca

(19+ yrs)

Indigenous Soccer - Revitalizing Orca Society Welcoming those returning or new to soccer - come and play with other First Nation, Metis, Inuit and others in a culturally supportive sport environment. Running behind? Don't let that stop you, join us when you can.

M 5:45pm-7:00pm Apr 07-Jun 22
ABC dropin, 10 pass, ABC Flexipass, LAP [607198](#)

▶ABC - Indigenous Women/Youth Basketball

(18+ yrs)

Indigenous Women's Basketball Play basket ball with other First Nation, Metis, & Inuit women in a culturally supportive sport for recreation environment.

Th 6:00pm-7:15pm Apr 09-Jun 25
ABC dropin, 10 pass, ABC Flexipass, LAP [607201](#)

▶ABC - Indigenous Woman Wellness

(19+ yrs)

Indigenous Women Wellness Meet with other First Nation, Metis, & Inuit women in a culturally supportive community environment, Workshops and Activity TBA* Program is free but please register.

Th 6:00pm-7:30pm Apr 09-Jun 25
ABC dropin, 10 pass, ABC Flexipass, LAP [607199](#)



Fitness Centre Programs



Go to vancouver.ca/parks-recreation-culture/hillcrest-fitness-centre for all Hillcrest Fitness Centre info and hours.

Our Equipment Includes:

- Concept II Rowers
- Sci Fit Recumbents
- Cybex Arc Trainers
- Keiser Upright Bikes
- Life Fitness Machines
- Hammer Strength
- Elliptical Cross Trainers
- FREE Weights & Benches
- TRX Functional Training Base
- Accessible Stretch Table
- Treadmills
- Power Mill
- Upright Bikes
- Recumbent Bikes
- Plyo Boxes
- LAT X Octane

Fitness Centre Consultations

We offer FREE fitness consultations!

Call ahead to book up to 3 sessions with our highly trained Fitness Centre staff. FREE with drop-in admission or included with your pass. In your first session, learn how to use the equipment, get a personalized fitness program, and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your fitness program.

Indoor Cycling Classes

Drop-ins \$7.93 | 10 visit pass \$71.37

Tuesday	Wednesday	Friday	Sunday
Cycle Fit 9:30am-10:30am	CycleXpress 6:30am-7:15am	CycleXpress 6:30am-7:15am	Cycle Fit 10:00am-11:00am

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate and support you in each 1 hour session.

Small Group Personal Training

Sign up for group personal training

Try out our new small group personal training and enjoy the same intimate coaching experience as a personal training session but at a reduced cost. A small group can include you and 2-3 of your friends/family members which can be very powerful in helping you stay on track when trying to attain your fitness goals. Training as a group provides a comfortable support system where you can encourage one another and foster some healthy competition!

PROGRAM	PRIVATE	SEMI PRIVATE	SMALL GROUP
1 Session	\$65.98	\$98.93	\$138.78
3 Sessions	\$182.83	\$274.29	\$376.70
5 Sessions	\$294.07	\$452.85	\$545.18
10 Sessions	\$527.90	\$841.00	\$991.22

Prices subject to change.

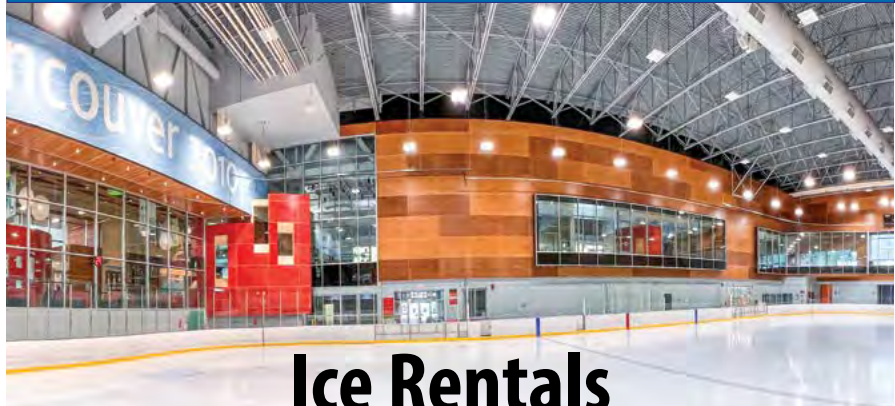


Ice Rink Schedule

March 30-June 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skating Lessons 9:45am-2:00pm	Parent & Preschool 9:30-11:00am	Stick, Puck & Ring 1030am-12:00pm	50 & Better Skate 10:00-11:30am	Stick, Puck, & Ring 12:00-1:30pm	50 & Better Skate 10:00-11:30am	Public Skate 3:15-5:00pm
Public Skate 2:15-3:45pm	Discount Skate 11:15am-12:45pm	Public Hockey 12:15-1:45pm	Public Figure Skating 11:45am-1:15pm	40+ Hockey 1:45-3:15pm	Public Hockey 11:45-1:15pm	Public Skate 5:15-6:45pm
			Skating Lessons 3:45-5:45pm		Discount Skate 3:30-5:00pm	
			Public Skate 6:00-7:30pm			
			Adult Skating Lessons 7:45-8:30pm		Para Ice Hockey Int/Adv Scrim 8:00-9:15pm	
Rink Admission Pass Rates See page 6. <i>Program subject to change</i>						

7 year olds and younger must be accompanied by a parent or guardian. Schedule subject to change.



Ice Rentals

Go to vancouver.ca/rink-rentals to find more information.
Look under 'before you book'.

A rental request can be submitted for birthday parties, hockey rentals and group events online-use or create your Park Board online account to do this and follow the instructions closely.

After your request is complete, an email providing further instructions will follow.



Skating Lessons

Register online for skating lessons and sessions

- Spring Set 1 is opening Thursday, March 26 @ 7pm
- Spring Set 2 is opening Thursday, May 14 @ 7pm
- Summer Set 1 is opening Thursday, June 25 @ 7pm



Go to vanrec.ca for Hillcrest Rink Skating Lesson information.

Associated Groups

Riley Park Figure Skating Club

Learn to skate with the Riley Park Figure Skating Club which is taught by Skate Canada certified coaches. For more information, visit our website at www.rpfsc.ca

Vancouver Ringette

Looking for a fast-paced, inclusive team sport? Vancouver Ringette welcomes players of all genders ages 4 and up to join our fun, supportive community. Learn to skate, build confidence, and enjoy the excitement of playing ringette! For more information visit www.vancouverringette.ca or email vraregistrar@gmail.com.

Vancouver Thunderbird Minor Hockey

Vancouver Thunderbirds provides opportunities for youth to be involved in Canada's most popular sport. We aim to provide an unparalleled hockey experience for our Thunderbird players and members. Programming and skill development is offered for ages 4 through 20. For more information, visit our website at www.vancouverbirds.ca/registration or email thunderbirds@vancouverbirds.ca

Vancouver Female Ice Hockey Association

Vancouver's only female hockey association since 1972. We offer recreational and competitive non-contact ice hockey in a fun and safe environment for girls ages 5-20. Teams practice and play home games at Vancouver-area arenas. Beginners through advanced welcome. For more information visit www.vfiha.com

Hillcrest Aquatic Centre



Facility Closed March 30 – April 26 for Annual Maintenance

Pool Schedule

Go to: vancouver.ca/parks-recreation-culture/hillcrest-aquatic-centre.aspx

Plan Your Visit

What you need to know before you arrive: Pool Admission & Pass Rates

- Capacity at the pool is limited and demand is high so you may need to wait to enter.
- Please see page 6.

Drop-ins

- All session times are drop in with the exception of Aquafit.

Main Pool Closed

- Bulkhead Move
- Monday-Friday closed 9:00am to 9:30am
- Saturday-Sunday closed 8:30am to 9:00am

Aquafit

Please go to: vancouver.ca/parks-recreation-culture/hillcrest-aquatic-centre.aspx

Swim Assessments / Lesson Level

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

For more information about the Lifesaving Society Lessons, please refer to [page 66](#) or check our website at www.vancouver.ca/swimminglessons.



Outdoor Pool*

Open daily from June 15-September 7

11:00am-7:00pm

*Pool schedule is dependent on weather conditions, air temperature, daylight hours and attendance. Please call Hillcrest Community Centre to confirm operating hours.

SWIM FOR LIFE

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities.

Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family.



Parent and Tot

Ages 4 months – 3 years

Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months, or 2-3 years.

- ▶ Jellyfish (4-12 months)
- ▶ Goldfish (12-24 months)
- ▶ Seahorse (2-3 years)



Swimming Lesson Registration

▶ Online, in-person & phone-in at 7pm

▶ **Spring 2026**
Tuesday, March 17

▶ **Summer 2026**
Tuesday, June 23

Preschool Program

Ages 3 – 5 years

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



Swimmer Program

Swimmer 1 - 6

Ages 5 – 14 years

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

Swimmer 7 - 9 (Canadian Swim Patrol)

Ages 8 – 15 years

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



Bronze Program



Bronze Medallion

Prerequisite: Bronze Star or 13 years

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



Bronze Cross

Prerequisite: Bronze Medallion

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

Adult & Teen Program

Ages 13 years +

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

► Unsure of What Level to Register In?

Please check our website for more details on the specific levels

vancouver.ca/swimminglessons



If you are still unsure of what level to register in, or it has been more than 6 months, please contact your local pool about having a swim assessment with an instructor.

Private / Semi Private Swim Lessons

Ages 3 years +

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

National Lifeguard Pool (NL Pool)

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

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



Vancouver Aquatics Academy

This is a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles. This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills. For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard.





Join the Hillcrest Explorers Day Camp Team!

Riley Park Hillcrest Community Association (RPHCA) is seeking energetic, enthusiastic and responsible individuals to assist in the planning and implementation of our summer day camp programs for ages 6-14!

Competitive wages

Multiple full-time seasonal positions available

Develop new career-related skills

Build leadership and become a role model to children and youth

Be a part of a fantastic supportive team

Explore the city on fun and exciting out-trips

Requirements:

- Minimum completion of Grade 11; some post-secondary education or training in a related field is an asset
- Must have previous experience volunteering or working with large groups of children, preferably in a day camp setting
- Employment is subject to successful clearance of a Police Information Check including vulnerable sector search

Positions are sponsored by the Canada Summer Jobs Grant and requires the candidate to be between the ages of 16-30 years old, be a Canadian citizen or permanent resident, and legally entitled to work in Canada.

For more information, view current job postings and to apply, please visit www.hillcrestcommunitycentre.com/about-the-association/job-openings/



Hillcrest Community Centre
4575 Clancy Loranger Way Vancouver, BC | V5Y 2M4
604-257-8680 ext. 1

