

Hillcrest Community Centre Recreation Guide



Registration starts
THURSDAY
MARCH 13
at 7pm

**WE'RE HIRING
SUMMER LEADERS!**
See pg. 38 for details.

Spring & Summer 2025

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vancouver.ca/hillcrestec

hillcrestcommunitycentre.com

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

To our Riley Park Hillcrest Community

As we step into a new season, I am filled with excitement and gratitude for the vibrant community that continues to make Hillcrest Community Centre a beacon of connection and opportunity.

First and foremost, I extend my heartfelt thanks to our dedicated staff, whose tireless efforts ensure that Hillcrest remains a welcoming and dynamic space for all. To our newly elected Board of Directors, comprised of competent professionals and community-focused volunteers, your leadership and commitment guide us toward achieving our shared vision. A special acknowledgment goes to our youth volunteers, whose energy and dedication inspire us all. And, of course, thank you to our patrons, whose enthusiasm and participation bring our programs and events to life.

This year, we are honored to host the Wheelchair Curling events as part of the 2025 Invictus Games on Sunday, February 9, 2025. Wheelchair Curling highlights the resilience and tactical brilliance of its participants, and we are proud to welcome these remarkable athletes to Hillcrest Recreation Centre.

Family Day on Monday, February 17, was a wonderful celebration! Thank you to everyone who joined us for an afternoon of free ice skating, courtesy of Riley Park Hillcrest Community Association. We also appreciate the Blue Parrot Cafe for providing refreshments. It was a fantastic opportunity to create lasting family memories

Looking ahead, we are thrilled to announce our biggest event of the season—the Summer Festival, tentatively scheduled for June 21. As Vancouver's Best Community Centre, as voted by Georgia Straight readers once again, we take pride in hosting this family-friendly celebration.

I am also delighted to share that the Riley Park Hillcrest Community Association is sponsoring two youth scholarships this year. These scholarships recognize young individuals who contribute to our community through volunteer work, embodying the spirit of service and leadership that we hold dear.

Please be aware of upcoming parking challenges at Hillcrest. Vancouver Canadians are upgrading the Nat Bailey Stadium, with work taking place from

7 a.m. to 8 p.m. on weekdays, excluding public holidays. Construction is anticipated to finish by February 2026. During this time, sections of the parking lot will be intermittently closed. Please observe all site signage and give yourself extra time to find parking.

Finally, I encourage everyone to stay connected with us through our website and social media platforms for updates on our programs, events, and opportunities to get involved. Your support is what makes Hillcrest the heart of our community, and we look forward to welcoming you to our exciting spring and summer lineup.

Thank you for your continued enthusiasm and participation. Together, we make Hillcrest not just a place, but a community.



Sincerely,

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





Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC V5Y 2M4
Centre, Pool & Rink604-257-8680
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
EmailRPHCA@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 2025

Registration Dates

community centre programs

**Online, In-person & Phone-in at 7pm
Thursday, March 13**

hillcrestcommunitycentre.com

swim lessons

**Online, In-person & Phone-in at 7pm
Spring 2025: Tuesday, March 18
Summer 2025: Tuesday, June 24**

vancouver.ca/hillcrestpool

skate lessons

**Online, In-person & Phone-in at 7pm
Spring Set 1: Thursday March 27
Spring Set 2: Thursday May 15**

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.

Refunds and Cancellations for Park Board Programs

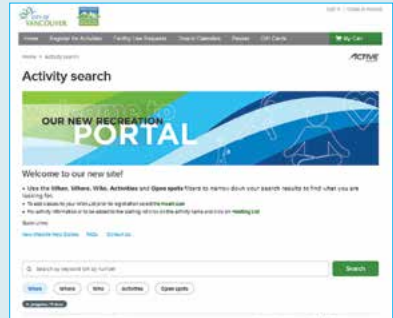
- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.

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.



Hillcrest Centre Fees and Passes 2025* 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 recreation.vancouver.ca.

Hillcrest Centre Room Rental Information and Rates

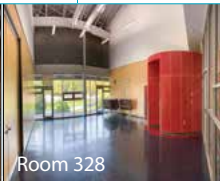
Room Name	Seated Capacity	Dimension (approx.)	Square Footage	Features	Room Rate
Multipurpose 320	24	15 x 33	538	Natural lighting, kitchen, balcony	\$45/hour
Multipurpose 328	40	29 x 33	958	Natural lighting, balcony	\$45/hour
Arts & Crafts	32	24 x 33	815	Natural lighting, sink, balcony	\$45/hour
Gymnasium (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



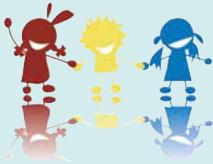
Gymnasium



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

Fees*	9:00-11:30am Morning Class	12:15-2:45pm Afternoon Class	Registration Fee Non-refundable
MWF	\$161/month		\$110
Tu Th	\$115/month		\$80
Tu Th		\$115/month	\$80
WF		\$115/month	\$80

*Fees subject to change.





Birthday Party with Gym

Sundays, April 6-June 15 \$305/party

(2-13 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, birthday banner and table cloths.

Party leaders will be available to assist with preparation and supervision. Upon registration, please complete the Gym Birthday Registration Form.

To obtain this form please email: hillcrest.party@vancouver.ca.

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 and other major set up is not permitted. (No parties May 4).

▶ 9:30 AM-11:30 AM	Gym & Room 320 Max 20 Guests	View available dates and register online
▶ 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	

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 29 from 12:00-5:00 PM
Closed Statutory Holidays & Rainy Days

Located @
Prince Edward
and E22nd Ave

ARTS

▶ Art and Music with Sun Rey

(1-3 yrs) | Sun Rey Han

This is a wonderful way to introduce your child to art and music. 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 \$20.

W	10:00 AM-10:45 AM	Apr 23-Jun 11	
\$138/8 sess			546252
W	11:00 AM-11:45 AM	Apr 23-Jun 11	
\$138/8 sess			546253



▶ 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 \$23.00.

W	1:00 PM-2:00 PM	Apr 23-Jun 11	
\$168/8 sess			546254

▶ Dance with Me

(1-2 yrs) | Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory. www.performingstars.ca No Class

April 19, 21, May 17 & 19

Sa	9:15 AM-9:45 AM	Apr 05-Jun 14	
\$135/9 sess			547343
Sa	9:45 AM-10:30 AM	Apr 05-Jun 14	
\$144/9 sess			547344
W	9:15 AM-10:00 AM	Apr 09-Jun 11	
\$160/10 sess			547345
M	9:15 AM-10:00 AM	Apr 07-Jun 16	
\$144/9 sess			547346

▶ Dance A Story

(3-5 yrs) | Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories of Moana as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. www.performingstars.ca No Class

April 21 & May 19

M	11:45 AM-12:30 PM	Apr 07-Jun 16	
\$135/9 sess			547486

▶ 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 10-Jun 12	
\$200/10 sess			547331
Th	10:30 AM-11:20 AM	Apr 10-Jun 12	
\$200/10 sess			547332
Th	11:30 AM-12:20 PM	Apr 10-Jun 12	
\$200/10 sess			547333

▶ 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	4:30 PM-5:15 PM	Apr 10-Jun 12	
\$160/10 sess			547494

▶Mini Ballet

(3-4 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. Child must be able to attend class alone. No

Class April 19 & May 17

Sa	1:00 PM-1:45 PM	Apr 05-Jun 14
\$144/9 sess		547375
Sa	11:15 AM-12:00 PM	Apr 05-Jun 14
\$144/9 sess		547376
M	10:15 AM-11:00 AM	Apr 07-Jun 16
\$144/9 sess		547377
W	11:00 AM-11:45 AM	Apr 09-Jun 11
\$160/10 sess		547444

▶Mini Hip Hop

(3-4 yrs) | Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Clean indoor runners or socks please. www.performingstars.ca. No

Class April 19 & May 17

Sa	1:45 PM-2:30 PM	Apr 05-Jun 14
\$144/9 sess		547452
M	11:00 AM-11:45 AM	Apr 07-Jun 16
\$144/9 sess		547462
M	3:15 PM-4:00 PM	Apr 07-Jun 16
\$144/9 sess		547469
W	10:15 AM-11:00 AM	Apr 09-Jun 11
\$160/10 sess		547480

▶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.

W	11:45 AM-12:30 PM	Apr 09-Jun 11
\$160/10 sess		547492
Th	3:45 PM-4:30 PM	Apr 10-Jun 12
\$160/10 sess		547493

▶Tiny Ballet

(3-3 yrs) | Vancouver Performing Stars

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. Child must be able to attend class alone. www.performingstars.ca. No Class April 19 & May 17

Sa	10:30 AM-11:15 AM	Apr 05-Jun 14
\$144/9 sess		547362



▶Zumbini®

(0-4 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		
F	11:30 AM-12:15 PM	Apr 25-Jun 6
\$195/9 sess		552581
F	12:30 PM-11:15 AM	Apr 25-Jun 6
\$195/9 sess		552583

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.

MWF	10:45 AM-12:15 PM	Apr 02-Jun 20
\$4/32 sess		546256

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

SPORTS

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 April 19, May 17 & June 14.

Sa 9:15 AM-10:00 AM Apr 12-Jun 28
\$225/9 sess [550226](#)

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 08-Jun 10
\$180/10 sess [546857](#)

(6-9 yrs)

Tu 4:30 PM-5:30 PM Apr 08-Jun 10
\$180/10 sess [546858](#)

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. No Class Apr 18 & May 9.

F 9:30 AM-10:15 AM Apr 11-Jun 06
\$126/7 sess [547079](#)

Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Introduces 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 08-Jun 10
\$180/10 sess [546856](#)

Sportball Multi-Sport Parent and Tot

(2-3 yrs) | Sportball Vancouver -

Parent/Caregiver Participation required.

Tu 10:30 AM-11:15 AM Apr 08-Jun 10
\$180/10 sess [546854](#)

F 10:15 AM-11:00 AM Apr 11-Jun 06
\$126/7 sess [547101](#)

Sportball Outdoor Soccer

| 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. 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. No class May 17/Camps are held outdoor; on the north field behind the preschool room and community centre.

(3-5 yrs)

Sa 2:00 PM-3:00 PM May 03-Jun 21
\$126/7 sess [547151](#)

Th 5:45 PM-6:45 PM Jul 03-Aug 21
\$144/8 sess [553587](#)

(4-6 yrs)

Sa 1:00 PM-2:00 PM Jul 05-Aug 23
\$126/7 sess [553645](#)

(5-7 yrs)

Sa 1:00 PM-2:00 PM May 03-Jun 21
\$126/7 sess [547137](#)

Th 6:45 PM-7:45 PM Jul 03-Aug 21
\$144/8 sess [553603](#)

(6-9 yrs)

Sa 2:00 PM-3:00 PM Jul 05-Aug 23
\$126/7 sess [553647](#)

⚽ Sportball Outdoor Soccer

Parent and Tot

(2-3 yrs) | Sportball Vancouver - Parent/Caregiver Participation required.

Sa	3:00 PM-3:45 PM	May 03-Jun 21
		547152
Th	5:00 PM-5:45 PM	Jul 03-Aug 21
		553585



⚽ 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.

Su	10:15 AM-11:15 AM	May 04-Jun 22
		547201
Sa	10:45 AM-11:45 AM	Jul 05-Aug 23
		553613

⚽ Sportball Outdoor T-Ball

Parent and Tot

(2-3 yrs) | Sportball Vancouver - Parent/Caregiver Participation required.

Su	9:30 AM-10:15 AM	May 04-Jun 22
		547157
Sa	10:00 AM-10:45 AM	Jul 05-Aug 23
		553609

⚽ Sports with Coach Hai - 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 April 21 & May 19

M	1:45 PM-2:45 PM	Apr 07-Jun 16
		549205
W	1:45 PM-2:45 PM	Apr 09-Jun 11
		549207

⚽ Sports with Coach Hai - 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 April 21 & May 19

M	12:45 PM-1:45 PM	Apr 07-Jun 16
		549202
W	12:45 PM-1:45 PM	Apr 09-Jun 11
		549206
Th	11:15 AM-12:00 PM	Apr 10-Jun 12
		549213
Tu	5:45 PM-6:45 PM	Jul 08-Aug 05
		553462

⚽ Sports with Coach Hai -

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 10-Jun 12
		549210
Tu	5:00 PM-5:45 PM	Jul 08-Aug 05
		553460

ARTS



► Colour Your Ideas.

Creative Drawing & Collage!

(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. *Bring your coloured pencils set of 12 colours! Additional materials will be prepared by the instructor for each class. Drop-in fee: \$30.

Instructor's website: selinnahsiao.com Class April 19 & May 17

Sa	10:00 AM-11:00 AM	Apr 05-May 31
		546257
\$175/7 sess		
Sa	11:15 AM-12:15 PM	Apr 05-May 31
		546258
\$175/9 sess		

► Design and Architecture for Kids

(6-9 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. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making? just like real architects in the making!

Tu	4:00 PM-5:15 PM	Apr 01-May 27
		546826
\$254/9 sess		
Tu	5:30 PM-6:45 PM	Apr 01-May 27
		546827
\$254/9 sess		

► 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 \$42 (space permitting). No class April 21, May 19 and Aug 4.

M	3:30 PM-5:30 PM	Apr 07-Jun 30
		5363/11 sess
\$363/11 sess		
M	5:30 PM-7:00 PM	Jul 07-Aug 25
		553446
\$175/7 sess		



DANCE

► Active Urban Dance Hip Hop

(6-12 yrs) | **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. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout!

Sa	11:00 AM-12:00 PM	Apr 12-Jun 07
		5112/7 sess
\$112/7 sess		
		551105

►Afrobeats, Latin, Bachata, Reggaeton Dance

(9-17 yrs) | **ILLUMA Studio**

Come experience a variety of exciting dance styles including Afrobeats, Latin, Bachata, Reggaeton, Urban Dance (Locking, Popping, House, Lite Feet, Hip Hop). Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout!

Sa 12:00 PM-1:00 PM Apr 12-Jun 07
\$112/7 sess **551113**

►Artists, Architects NEW and Engineers

(6-12 yrs) | **Carolina Andrade**

We are going to explore artists, architects and engineers around the world! Come, create and innovate while we learn about different art and architectures! Join us to spark your inner artist and planner! We will explore 2D techniques and 3D hands-on models that you can bring home! All supplies will be provided. Children and youth will enjoy using their creativity! We are Small Creative Lab!

W 5:30 PM-6:30 PM Apr 09-Jun 11
\$250/10 sess **550087**

►Junior Ballet 5-7 yrs

(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 April 19 & May 17

Sa 12:15 PM-1:00 PM Apr 05-Jun 14
\$144/9 sess **547374**

►Junior Hip Hop

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

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. www.performingstars.ca. No Class April 19, 21, May 17 & 19.

M 4:00 PM-4:45 PM Apr 07-Jun 16
\$144/9 sess **547489**
Sa 2:30 PM-3:15 PM Apr 05-Jun 14
\$144/9 sess **547490**



►Senior Hip Hop

(8-12 yrs) | **Vancouver Performing Stars**

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. www.performingstars.ca No Class April 21 & May 19

M 4:45 PM-5:30 PM Apr 07-Jun 16
\$144/9 sess **547491**

►Senior Stars Musical Theatre

(8-12 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 10-Jun 12
\$160/10 sess **547495**

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

EDUCATION

EFK: After-School Engineering Club - Modern Space Mission wi

(8-12 yrs) | **Engineering For Kids Vancouver**

Welcome to the EFK After-School Club! In this offering, our students work together to unleash their imagination, as you tinker and invent a variety of mechanical gadgets! Each week, children will learn new concepts and engineering-related vocabulary and complete exciting, hands-on engineering challenges following EFK's Engineering Design Process.

Th 3:45 PM-5:45 PM Apr 17-Jun 19
\$360/10 sess [550229](#)

EFK: Chem Kids

(4-6 yrs) | **Engineering For Kids Vancouver**

Spark your child's curiosity and ignite their passion for science with an unforgettable journey through the captivating world of chemical engineering. Through playful activities and creative experiments, students will unravel the mysteries of matter. From fizzing chemical reactions to dazzling color changes, they'll delight in the magic of transformation as they learn about atoms, molecules, and the forces that drive these reactions. Learning about chemical engineering has never been more fun! No Class on May 17 & June 14

Sa 2:00 PM-3:00 PM Apr 26-Jun 21
\$152.25/7 sess [550224](#)

EFK: Software Engineering: Get Wired with Makey Makey

(8-12 yrs) | **Engineering For Kids Vancouver**

Imagine designing a piano using celery or a creating a custom digital training program. Now, envision playing video games using just your body, a bit of wire and your own imagination. In our hardware engineering program, students engineer their own customized video game controllers using a Makey Makey device and materials that can be found in just about any kitchen. Through application of circuitry, acoustical engineering and video game design, students discover new ways to interact with technology, all while creating unique designs in a fun collaborative environment. No Class on May 17 & June 14

Sa 3:15 PM-4:45 PM Apr 26-Jun 21
\$262.5/7 sess [550227](#)

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.

Course Content:

How to be responsible and demonstrate leadership
How to make good decisions and manage difficult behaviors

Information on children's developmental stages, and specific strategies for each stage.

How to feed, diaper, dress, and play with children and babies

How to recognize and prevent unsafe situations, make safe choices and promote safe behaviors and first aid skills

The business of babysitting 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 12
\$75/1 sess		546828
Sa	9:30 AM-4:30 PM	May 10
\$75/1 sess		546829
Sa	9:30 AM-4:30 PM	Jun 07
\$75/1 sess		546830
Sa	9:30 AM-4:30 PM	Jul 12
\$75/1 sess		546841
Sa	9:30 AM-4:30 PM	Aug 23
\$75/1 sess		546843

WEDO 1 Robotics

(6-11 yrs) | **Tomorrow's Playground**

Exciting and Fun introduction to Robotics with Lego® Education WeDo 1 software. In this exciting STEM-based program, students will develop their skills in science, technology, engineering, and mathematics. Using LEGO elements, teams of students will build various robots featuring a working motor, sensors, and gears, and then program their models using block coding, and engage in fun theme-based activities!

Tu 4:00 PM-5:30 PM Apr 08-Apr 29
\$100/4 sess [546814](#)

WEDO 2 Robotics

(6-12 yrs) | Tomorrow's Playground

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! 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 and returning students will be given new projects. This class includes an introduction to the EV3 Mindstorms System. All equipment is provided.

Tu 4:00 PM-5:30 PM May 06-May 27
\$100/4 sess **546815**



Young Commander Chess

(6-12 yrs) | Joe Soliven

Intermediate/Advance: 6-12 yrs old; anyone with knowledge of chess tactics and combinations. As a school academic in a game, 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. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting checkmate. Chess provides a mental armor, commander (leader) and self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

Intermediate

W 5:20 PM-6:30 PM Apr 16-Jun 25
\$165/11 sess **546801**

Novice/Starter

W 4:00 PM-5:10 PM Apr 16-Jun 25
\$165/11 sess **546798**

SPORTS



Future Bounce Basketball League

| Future Bounce Athletics

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 April 19, May 17 & June 14

(8-11 yrs)

Sa 12:15 PM-1:35 PM Apr 05-Jun 21
\$117/9 sess **546259**

(12-15 yrs)

Sa 1:40 PM-3:05 PM Apr 05-Jun 21
\$117/9 sess **546270**

(12-14 yrs)

Th 5:00 PM-7:00 PM Jul 3-Aug 7
\$120/6 sess **557095**



Journey Basketball Grassroots

Journey Basketball

Journey Basketball is 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.

(6-8 yrs) | JR Ballers

Tu 3:30 PM-4:30 PM Apr 08-Jun 17
\$154/11 sess **546316**

Sa 3:15 PM-4:00 PM Apr 12-Jun 21
\$112/8 sess **546334**

(9-12 yrs) Female identifying

Tu 4:30 PM-5:30 PM Apr 08-Jun 17
\$154/11 sess **546311**

(9-12 yrs) Male identifying

Sa 4:00 PM-5:00 PM Apr 12-Jun 21
\$146.25/11 sess **546338**

SPORTS CONT'D

► Journey Community Summer League

(6-8 yrs) | Journey Basketball Association

At Journey Basketball, we strive to make organized basketball programs as accessible as possible. By partnering with local community centers like Hillcrest, we can provide youth with an affordable, high-quality basketball experience while fostering community engagement and the love of the game. Each participants will be divided into separate teams to encourage game play and a better understanding of the game.

Registration includes a reversible Journey jersey.

Sa	3:00 PM-4:00 PM	Jul 05-Jul 26	
\$100/4 sess			553663
Sa	4:00 PM-5:00 PM	Jul 05-Jul 26	
\$100/4 sess			553666

► 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 April 19, May 17 & June 14.

Th	4:45 PM-5:45 PM	Apr 24-Jun 26	
\$250/10 sess			550223
Sa	11:00 AM-12:00 PM	Apr 12-Jun 28	
\$225/9 sess			550231

► 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.

Th	3:45 PM-4:45 PM	Apr 24-Jun 26	
\$250/10 sess			550209
Sa	10:00 AM-11:00 AM	Apr 12-Jun 28	
\$225/9 sess			550230

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

► Outdoor Tennis Future Stars

(8-13 yrs) | Juan Carlos Maldonado

No class May 17 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.

Sa	10:00 AM-12:00 PM	May 03-Jun 28	
\$200/8 sess			550232



PRO-D DAY

► Explorers Pro-D Day Camp - Apr 28

(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 28	
\$42/1 sess			547734



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

Week	Dates	Cost	AM Class 9:15-11:45 AM	PM Class 12:45-3:15 PM
1	Jul 2-4	\$90/week	553891	553890
2	Jul 7-11	\$150/week	553889	553898
3	Jul 14-18	\$150/week	553892	553899
4	Jul 21-25	\$150/week	553893	553900
5	Jul 28-Aug 1	\$150/week	553894	553901
6	Aug 5-8	\$120/week	553895	553902
7	Aug 11-15	\$150/week	553895	553903
8	Aug 18-22	\$150/week	553897	553904

Preschool Summer Day Camps

Please note that for all camps we will not be accepting waitlists. Registration is available on a first-come-first-serve basis only. Please check back for future openings.

DANCE

► Ballet Camp - Frozen

(3-5 yrs) | [Vancouver Performing Stars](http://www.performingstars.ca)

In this enchanted week for preschoolers, tiny dancers will learn graceful movements and simple ballet steps inspired by snowflakes and royal sisters. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create a sweet end-of-week "Royal Ballet" performance for parents. Bring your tutu and get ready to sparkle! www.performingstars.ca

Tu W Th F 9:15 AM-10:45 AM Aug 05-Aug 08
\$88/4 sess **550242**

► Dance A Story Ballet Camp - Sofia the First

(3-5 yrs) | [Vancouver Performing Stars](http://www.performingstars.ca)

Step into a royal world of enchantment and grace! Aspiring dancers will explore ballet, jazz, and hip-hop styles while building confidence, coordination, and unforgettable memories. On the final day, dancers will enchant parents with a dazzling performance inspired by the magical kingdom of Sofia the First!

www.performingstars.ca

M Tu W Th F 9:15 AM-10:45 AM Jul 14-Jul 18
\$109/5 sess **550235**

► Mini Dance Camp

(3-5 yrs) | [Vancouver Performing Stars](http://www.performingstars.ca)

Join us for Super Kitties Dance Camp, where young heroes unleash their inner feline powers! In this action-packed week, dancers will learn paw-some moves, practice teamwork through training games, and work together to create a spectacular end-of-week rescue mission showcase. No superhero experience needed? just bring your enthusiasm and get ready to save the day through dance!

[Super Kitties](http://www.performingstars.ca)

M Tu W Th F 9:15 AM-10:45 AM Jul 21-Jul 25
\$109/5 sess **550238**

[Bluey Bash](http://www.performingstars.ca)

M Tu W Th F 9:15 AM-10:45 AM Jul 28-Aug 01
\$109/5 sess **550240**

► Mini Musical Camp

(3-5 yrs) | [Vancouver Performing Stars](http://www.performingstars.ca)

In this enchanting musical week for preschoolers, mini performers will sing their hearts out and dance to all their favourite frozen songs. VPS Instructors will keep the magic flowing through movement, developing the confidence to deliver lines and sing. We will work together to create a sweet end-of-week performance for parents. Bring your dresses and get ready to sparkle!

www.performingstars.ca

[Peppa's Playhouse](http://www.performingstars.ca)

M Tu W Th F 9:15 AM-10:45 AM Jul 07-Jul 11
\$109/5 sess **550234**

[Frozen](http://www.performingstars.ca)

M Tu W Th F 9:15 AM-10:45 AM Aug 11-Aug 15
\$109/5 sess **550245**



SPORTS

Fun Art of Gymnastics Camp

(4-6 yrs) | Bing Zhao

This camp combines Artistic Gymnastics dance, rhythmic apparatus, physical fitness and games to improve participants flexibility, coordination, balance, posture, strength and self-confidence.

We use artistic gymnastics to inspire creative thinking and create a free hands routine that the children will be proud of! 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.

M Tu W Th F	1:30 PM-2:30 PM	Jul 21-Jul 25
	\$125/5 sess	549785
M Tu W Th F	1:30 PM-2:30 PM	Jul 28-Aug 01
	\$125/5 sess	549790
Tu W Th F	1:30 PM-2:30 PM	Aug 05-Aug 08
	\$100/4 sess	549791



High 5 Sports – Day Camps with Coach Hai

| Coach Hai

Welcome to our exciting sports camp tailored At our camps, 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, a labelled water bottle, sunscreen and a hat.

High 5 Sports - Learn To Play Camp

(3-5 yrs) |

M Tu W Th F	9:00 AM-10:30 AM	Jul 21-Jul 25
	\$150/5 sess	551628
M Tu W Th F	10:30 AM-12:00 PM	Jul 21-Jul 25
	\$150/5 sess	551629

Sportball Multisport Camp

(3-5 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.

W Th F	9:15 AM-10:45 AM	Jul 02-Jul 04
	\$69/3 sess	553951
M Tu W Th F	9:15 AM-10:45 AM	Jul 07-Jul 11
	\$115/5 sess	553905
M Tu W Th F	9:15 AM-10:45 AM	Jul 14-Jul 18
	\$115/5 sess	553906
M Tu W Th F	9:15 AM-10:45 AM	Jul 21-Jul 25
	\$115/5 sess	553907
M Tu W Th F	9:15 AM-10:45 AM	Jul 28-Aug 01
	\$115/5 sess	553908
Tu W Th F	9:15 AM-10:45 AM	Aug 05-Aug 08
	\$92/4 sess	553909
M Tu W Th F	9:15 AM-10:45 AM	Aug 11-Aug 15
	\$115/5 sess	553910
M Tu W Th F	9:15 AM-10:45 AM	Aug 18-Aug 22
	\$115/5 sess	553911
M Tu W Th F	9:15 AM-10:45 AM	Aug 25-Aug 29
	\$115/5 sess	553912

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-serve basis only. Please check back for future openings.

PERFORMING ARTS

Arts in Motion Day Camp

(6-11 yrs) | Musical Expressions

Join us for a week of full day programs, rich with creativity and fun. Children will be exploring their musical, artistic and active sides. Through the week, participants will be engaged in singing, playing, movement, creating & self-expression via different activities: Group Ukulele, Rhythmic learning, Art Time (hands-on activities making art through various mediums ? will be able to take home things they make including instruments) & Drum Time (a fusion of movement, singing, African drumming & Taiko drumming.) There is a performance on the last day to showcase all the things they have learnt and done during the camp week between 2-3pm. There is an additional \$25 for instrument making and arts and crafts materials.

WThF	9:00 AM-3:00 PM	Jul 02-Jul 04
\$273/3 sess		550542
MTuWThF	9:00 AM-3:00 PM	Jul 07-Jul 11
\$455/5 sess		550540
MTuWThF	9:00 AM-3:00 PM	Jul 14-Jul 18
\$455/5 sess		550541
MTuWThF	9:00 AM-3:00 PM	Aug 18-Aug 22
\$455/5 sess		550543

Dance Daycamp

(6-10 yrs) | Vancouver Performing Stars

In this wickedly fun week of dance, young eccentrics will embrace their delightful dark side by learning intricate choreography in a variety of styles and work together to create a hauntingly beautiful end-of-week performance that would make Wednesday proud. All are welcome, from the peculiar to the particularly strange

www.performingstars.ca

Addams Family

MTuWThF	11:00 AM-5:00 PM	Aug 05-Aug 08
\$264/4 sess		550244

In My Dance Era

MTuWThF	11:00 AM-5:00 PM	Jul 21-Jul 25
\$330/5 sess		550239

Sing

MTuWThF	11:00 AM-5:00 PM	Jul 14-Jul 18
\$330/5 sess		550236

Musical Camp

Vancouver Performing Stars

Feeling blue is a happy place in this song and dance camp with friends! In this fun-filled week, instructors will make every musical moment both fun and empowering. Aspiring theater stars will learn high-energy musical numbers and dance choreography as they build confidence through theatrical character development, and work together to create a dynamic end-of-week performance. www.performingstars.ca

Smurfs | (6-10 yrs)

MTuWThF	11:00 AM-5:00 PM	Aug 11-Aug 15
\$330/5 sess		550246

Wicked | (7-12 yrs)

MTuWThF	11:00 AM-5:00 PM	Jul 28-Aug 01
\$330/5 sess		550241

Wish | (6-10 yrs)

MTuWThF	11:00 AM-5:00 PM	Jul 07-Jul 11
\$330/5 sess		550233



DESIGN

Design to Dine Architecture Camp

(7-14 yrs) | Petit Architect Design For Kids Ltd.

Create a food experience that speaks to the senses! Learn how to design a restaurant that entertains and offers up a tasty local meal. In this class we will develop a playful restaurant concept, learn about responsible design, create a menu, draw a floorplan, and build a 3D model. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

MTuWThF	9:30 AM-3:00 PM	Jul 14-Jul 18
\$430/5 sess		549771

MTuWThF	9:30 AM-3:00 PM	Aug 11-Aug 15
\$430/5 sess		549780

► Design Your Dream House

Architecture Camp

(7-14 yrs) | **Petit Architect Design For Kids Ltd.**

Design and build your very own home! Decorate walls and floors, build your own furniture and décor, and bring your house to life using real materials by the end of the week! In this camp we will explore the interior design of a home, room by room. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

M Tu W Th F	9:30 AM-3:00 PM	Jul 21-Jul 25	
\$460/5 sess			549774
M Tu W Th F	9:30 AM-3:00 PM	Aug 18-Aug 22	
\$460/5 sess			549782

► Green Cities Architecture Camp

(7-14 yrs) | **Petit Architect Design For Kids Ltd.**

Learn what a green city is and explore the relationship between architecture, urban design, and the environment. Using creative problem solving, we will create 2D architectural drawings and build 3D models of buildings that respect the environment around us. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

M Tu W Th F	9:30 AM-3:00 PM	Jul 07-Jul 11	
\$430/5 sess			549759
M Tu W Th F	9:30 AM-3:00 PM	Jul 28-Aug 01	
\$430/5 sess			549776
M Tu W Th F	9:30 AM-3:00 PM	Aug 25-Aug 29	
\$430/5 sess			549783

► Vancouver Landmarks

Architecture Camp

(7-14 yrs) | **Petit Architect Design For Kids Ltd.**

Discover Vancouver architectural landmarks and their famous architects. From Science World's geodesic dome, to skyscrapers with podiums, students will create architectural 2D drawings and build 3D models of our city's iconic buildings. With Petit Architect, children will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch, and water bottle. Dress for the weather, bring sunscreen and hats.

W Th F	9:30 AM-3:00 PM	Jul 02-Jul 04	
\$258/3 sess			549764
Tu W Th F	9:30 AM-3:00 PM	Aug 05-Aug 08	
\$344/4 sess			549778

EDUCATIONAL

► Young Commander Chess - Day Camp - Beginner/Novice

(6-12 yrs) | **Joe Soliven**

As a school academic in a game, 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. Joining in this world of tactics and strategies, kids get trained in life skills and goal setting: checkmate! Chess provides a mental armor commander whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Open to children with limited knowledge of chess-art basics. Chess folder kit included. Instructor's Mission Statement: Strategies now, leader tomorrow.

M Tu W Th F	9:30 AM-10:40 AM	Jul 21-Jul 25	
\$100/5 sess			549177
M Tu W Th F	10:40 AM-11:50 AM	Jul 21-Jul 21	
\$100/1 sess			549185
Tu W Th F	9:30 AM-10:40 AM	Aug 05-Aug 08	
\$80/4 sess			549187
Tu W Th F	10:40 AM-11:50 AM	Aug 05-Aug 08	
\$80/4 sess			549189

GYMNASTICS

► Fun Art of Gymnastics Camp

(6-11 yrs) | **Bing Zhao**

This camp combines Artistic Gymnastics dance, rhythmic apparatus, physical fitness and games to improve participants flexibility, coordination, balance, posture, strength and self-confidence. We use artistic gymnastics to inspire creative thinking and create a free hands routine that the children will be proud of!

M Tu W Th F	2:30 PM-4:00 PM	Jul 21-Jul 25	
\$187.5/5 sess			549786
M Tu W Th F	2:30 PM-4:00 PM	Jul 28-Aug 01	
\$187.5/5 sess			549792
Tu W Th F	2:30 PM-4:00 PM	Aug 05-Aug 08	
\$150/4 sess			549793

MULTI-SPORT

High 5 Sports – Day Camps with Coach Hai



Welcome to our exciting sports camp tailored At our camps, 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, a labelled water bottle, sunscreen and a hat.

High 5 Sports – Learn to Play Camp

(5-8 yrs)
W Th F 9:00 AM-12:00 PM Jul 02-Jul 04
\$162/3 sess [551621](#)

(6-9 yrs)
W Th F 1:00 PM-4:00 PM Jul 02-Jul 04
\$162/3 sess [553168](#)

High 5 Sports - Floor Hockey Camp

(5-8 yrs)
M Tu W Th F 9:00 AM-12:00 PM Jul 14-Jul 18
\$260/5 sess [551625](#)

High 5 Sports - Indoor Soccer Camp

(5-8 yrs)
M Tu W Th F 9:00 AM-12:00 PM Jul 07-Jul 11
\$260/5 sess [551490](#)
M Tu W Th F 9:00 AM-12:00 PM Jul 28-Aug 01
\$260/5 sess [551692](#)
Tu W Th F 9:00 AM-10:30 AM Aug 05-Aug 08
\$120/4 sess [551714](#)
Tu W Th F 10:30 AM-12:00 PM Aug 05-Aug 08
\$120/4 sess [551730](#)
M Tu W Th F 9:00 AM-12:00 PM Aug 25-Aug 29
\$260/5 sess [551712](#)

High 5 Sports - Indoor Soccer Camp/Floor Hockey

(6-9 yrs) |
M Tu W Th F 1:00 PM-4:00 PM Jul 07-Jul 11
\$260/5 sess [553169](#)
M Tu W Th F 1:00 PM-4:00 PM Jul 14-Jul 18
\$260/5 sess [553170](#)
M Tu W Th F 1:00 PM-4:00 PM Aug 25-Aug 29
\$260/5 sess [553171](#)



High 5 Sports - Learn To Play Camp

(6-9 yrs)
W Th F 1:00 PM-4:00 PM Jul 02-Jul 04
\$162/3 sess [553168](#)

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! Camps are held outdoor; on the north field behind the preschool room and community centre. Please bring a nut free snack, a labelled water bottle, sunscreen and a hat.
W Th F 12:30 PM-3:30 PM Jul 02-Jul 04
\$138/3 sess [553914](#)
M Tu W Th F 12:30 PM-3:30 PM Jul 07-Jul 11
\$230/5 sess [553913](#)
M Tu W Th F 12:30 PM-3:30 PM Jul 21-Jul 25
\$230/5 sess [553915](#)
M Tu W Th F 12:30 PM-3:30 PM Jul 14-Jul 18
\$230/5 sess [553947](#)
M Tu W Th F 12:30 PM-3:30 PM Jul 28-Aug 01
\$230/5 sess [553916](#)
Tu W Th F 12:30 PM-3:30 PM Aug 05-Aug 08
\$184/4 sess [553917](#)
M Tu W Th F 12:30 PM-3:30 PM Aug 11-Aug 15
\$230/5 sess [553918](#)
M Tu W Th F 12:30 PM-3:30 PM Aug 18-Aug 22
\$230/5 sess [553919](#)
M Tu W Th F 12:30 PM-3:30 PM Aug 25-Aug 29
\$230/5 sess [553920](#)

BASKETBALL

Future Bounce Summer Camp

Future Bounce Athletics 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 camps 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.

Grade 1-3 (6-8 yrs)
 M Tu W Th F 9:00 AM-10:00 AM Jul 21-Jul 25
 \$60/5 sess **550893**

Grade 3-6 (7-10 yrs)
 Tu W Th F 9:00 AM-10:25 AM Aug 05-Aug 08
 \$58/4 sess **551534**

Grade 4-7 (9-13 yrs)
 M Tu W Th F 9:00 AM-10:25 AM Jul 07-Jul 11
 \$72.5/5 sess **550889**
 M Tu W Th F 10:10 AM-12:00 PM Jul 21-Jul 25
 \$100/5 sess **550896**

Grade 7-9 (11-13 yrs)
 Tu W Th F 10:30 AM-12:00 PM Aug 05-Aug 08
 \$68/4 sess **551543**

Grade 8-10 (13-16 yrs)
 M Tu W Th F 10:30 AM-12:00 PM Jul 07-Jul 11
 \$85/5 sess **550892**

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.

M Tu W Th F 12:15 PM-2:15 PM Jul 07-Jul 11
 \$150/5 sess **549163**
 M Tu W Th F 12:15 PM-2:15 PM Jul 14-Jul 18
 \$150/5 sess **549164**
 M Tu W Th F 12:15 PM-2:15 PM Jul 21-Jul 25
 \$150/5 sess **549165**
 M Tu W Th F 12:15 PM-2:15 PM Jul 28-Aug 01
 \$150/5 sess **549167**

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 combination of tennis and art will let your child explore their inner strength. 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. This class is an introduction to the game of tennis. Students will participate in fun group-based physical activity that will allow them to learn tennis. Creative Arts: 1pm-3:30pm 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.

M Tu W Th F 9:00 AM-3:30 PM Jul 07-Jul 11
 \$375/5 sess **550920**
 M Tu W Th F 9:00 AM-3:30 PM Jul 14-Jul 18
 \$375/5 sess **553809**
 M Tu W Th F 9:00 AM-3:30 PM Jul 21-Jul 25
 \$375/5 sess **553848**
 M Tu W Th F 9:00 AM-3:30 PM Jul 28-Aug 01
 \$375/5 sess **553850**
 Tu W Th F 9:00 AM-3:30 PM Aug 05-Aug 08
 \$300/4 sess **553852**
 M Tu W Th F 9:00 AM-3:30 PM Aug 11-Aug 15
 \$375/5 sess **553853**
 M Tu W Th F 9:00 AM-3:30 PM Aug 18-Aug 22
 \$375/5 sess **553854**
 W Th F 9:00 AM-3:30 PM Jul 02-Jul 04
 \$225/3 sess **553884**

TENNIS CONT'D

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.

W Th F	9:00 AM-12:00 PM	Jul 02-Jul 04	
\$210/3 sess			553885
M Tu W Th F	9:00 AM-12:00 PM	Jul 07-Jul 11	
\$350/5 sess			550952
M Tu W Th F	9:00 AM-12:00 PM	Jul 14-Jul 18	
\$350/5 sess			553855
M Tu W Th F	9:00 AM-12:00 PM	Jul 21-Jul 25	
\$350/5 sess			553856
M Tu W Th F	9:00 AM-12:00 PM	Jul 28-Aug 01	
\$350/5 sess			553857
Tu W Th F	9:00 AM-12:00 PM	Aug 05-Aug 08	
\$280/4 sess			553858
M Tu W Th F	9:00 AM-12:00 PM	Aug 11-Aug 15	
\$350/5 sess			553859
M Tu W Th F	9:00 AM-12:00 PM	Aug 18-Aug 22	
\$350/5 sess			553860

Junior Tennis Summer Camp

(9-13 yrs) | Juan Carlos Maldonado

This 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. Class is 1 hour and 30 minutes. Please bring your own racquet and water to the courts. Meet at Queen Elizabeth Tennis Courts. Please bring your own racquet and water to the courts.

M Tu W Th F	9:00 AM-10:30 AM	Jul 07-Jul 11	
\$195/5 sess			550945
M Tu W Th F	9:00 AM-10:30 AM	Jul 14-Jul 18	
\$195/5 sess			553868
M Tu W Th F	9:00 AM-10:30 AM	Jul 21-Jul 25	
\$195/5 sess			553869
M Tu W Th F	9:00 AM-10:30 AM	Jul 28-Aug 01	
\$195/5 sess			553870
Tu W Th F	9:00 AM-10:30 AM	Aug 05-Aug 08	
\$156/4 sess			553871
M Tu W Th F	9:00 AM-10:30 AM	Aug 11-Aug 15	
\$195/5 sess			553872
M Tu W Th F	9:00 AM-10:30 AM	Aug 18-Aug 22	
\$195/5 sess			553874
W Th F	9:00 AM-10:30 AM	Jul 02-Jul 04	
\$117/3 sess			553886

Junior Tennis Summer Camp - Level 2 (9-13 yrs) | Juan Carlos Maldonado

W Th F	10:30 AM-12:00 PM	Jul 02-Jul 04	
\$117/3 sess			553887
M Tu W Th F	10:30 AM-12:00 PM	Jul 07-Jul 11	
\$195/5 sess			550950
M Tu W Th F	10:30 AM-12:00 PM	Jul 14-Jul 18	
\$195/5 sess			553877
M Tu W Th F	10:30 AM-12:00 PM	Jul 21-Jul 25	
\$195/5 sess			553878
M Tu W Th F	10:30 AM-12:00 PM	Jul 28-Aug 01	
\$195/5 sess			553879
Tu W Th F	10:30 AM-12:00 PM	Aug 05-Aug 08	
\$156/4 sess			553880
M Tu W Th F	10:30 AM-12:00 PM	Aug 11-Aug 15	
\$195/5 sess			553882
M Tu W Th F	10:30 AM-12:00 PM	Aug 18-Aug 22	
\$195/5 sess			553883



Mini Tennis Summer Camp

(6-8 yrs) | Juan Carlos Maldonado

This class is an introduction to tennis for children. Students are introduced to basic Forehand and Backhand while developing hand - eye coordination through a variety of fun games and activities. Meet at Queen Elizabeth Tennis Courts.

W Th F	9:00 AM-10:30 AM	Jul 02-Jul 04	
\$117/3 sess			553888
M Tu W Th F	9:00 AM-10:30 AM	Jul 07-Jul 11	
\$195/5 sess			550936
M Tu W Th F	9:00 AM-10:30 AM	Jul 14-Jul 18	
\$195/5 sess			553862
M Tu W Th F	9:00 AM-10:30 AM	Jul 21-Jul 25	
\$195/5 sess			553863
M Tu W Th F	9:00 AM-10:30 AM	Jul 28-Aug 01	
\$195/5 sess			553864
Tu W Th F	9:00 AM-10:30 AM	Aug 05-Aug 08	
\$156/4 sess			553865
M Tu W Th F	9:00 AM-10:30 AM	Aug 11-Aug 15	
\$195/5 sess			553866
M Tu W Th F	9:00 AM-10:30 AM	Aug 18-Aug 22	
\$195/5 sess			553867

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.

(7-10 yrs) | All Levels

M Tu W Th F	9:00 AM-3:00 PM	Jul 07-Jul 11	
\$330/5 sess			550660
M Tu W Th F	9:00 AM-3:00 PM	Jul 28-Aug 01	
\$330/5 sess			550679
M Tu W Th F	9:00 AM-3:00 PM	Aug 18-Aug 22	
\$330/5 sess			550683

(10-14 yrs) | All Levels

M Tu W Th F	9:00 AM-3:00 PM	Jul 14-Jul 18	
\$330/5 sess			550661
Tu W Th F	9:00 AM-3:00 PM	Aug 05-Aug 08	
\$265/4 sess			550680
M Tu W Th F	9:00 AM-3:00 PM	Aug 25-Aug 29	
\$330/5 sess			550684

(10-14 yrs) | Intermediate / Advanced

W Th F	9:00 AM-3:00 PM	Jul 02-Jul 04	
\$198/3 sess			550612
M Tu W Th F	9:00 AM-3:00 PM	Jul 21-Jul 25	
\$330/5 sess			550675
M Tu W Th F	9:00 AM-3:00 PM	Aug 11-Aug 15	
\$330/5 sess			550682

VOLLEYBALL

► Smash Volleyball Development 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 Tu W Th F	2:30 PM-4:30 PM	Jul 07-Jul 11	
\$250/5 sess			552116
Tu W Th F	2:30 PM-4:30 PM	Aug 05-Aug 08	
\$200/4 sess			552127

PICKLEBALL

► Westcoast Pickleball Academy Summer Camp

(8-10 yrs) | 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! Westcoast Pickleball Academy strives to provide the best environment for students to learn and develop dynamic pickleball skills, emphasizing techniques and tactics for success on the court.

M Tu W Th F	2:30 PM-4:30 PM	Jul 14-Jul 18	
\$250/5 sess			553671
M Tu W Th F	2:30 PM-4:30 PM	Jul 21-Jul 25	
\$250/5 sess			553686
M Tu W Th F	2:30 PM-4:30 PM	Jul 28-Aug 01	
\$250/5 sess			553687

BYTE CAMP

► Byte Camp - Graphic Design & Printing (11-14 yrs) | Byte Camp

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!

W Th F	9:00 AM-4:00 PM	Jul 02-Jul 04	
\$300/3 sess			548933

► 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!) 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 Tu W Th F	9:00 AM-4:00 PM	Jul 07-Jul 11	
\$395/5 sess			549032

BYTE CAMP CONT'D

Byte Camp - Claymation Movie Production

(9-12 yrs) | Byte Camp

Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

M Tu W Th F 9:00 AM-4:00 PM Jul 14-Jul 18
\$395/5 sess **549042**

Byte Camp - 2D Animation on Tablet Camp

(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 to make their characters really come alive on the screen.

Principles like Squash & Stretch, Anticipation and Exaggeration will be introduced in fun lessons and students will produce their own animated short films by the end of the week.

M Tu W Th F 9:00 AM-4:00 PM Jul 28-Aug 01
\$395/5 sess **549079**

Byte Camp - 3D Animation Camp

(11-14 yrs) | Byte Camp

Dreaming of a career with PIXAR? Ever wonder how those awesome 3D animated movies like Shrek, Toy Story and Frozen are made? Spend the week learning how by modeling, animating and telling your own stories in 3D. You'll use Blender, a wonderful (& free!) 3D software, to design characters that jump off the screen and then make them come alive by adding voices, soundtracks and completing a group-made short film.

M Tu W Th F 9:00 AM-4:00 PM Jul 21-Jul 25
\$395/5 sess **549058**

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.

Tu W Th F 9:00 AM-4:00 PM Aug 05-Aug 08
\$316/4 sess **549100**

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 Tu W Th F 9:00 AM-4:00 PM Aug 11-Aug 15
\$395/5 sess **549115**

Byte Camp - Music Video Production

(11-14 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 Tu W Th F 9:00 AM-4:00 PM Aug 18-Aug 22
\$395/5 sess **549117**

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.

M Tu W Th F 9:00 AM-4:00 PM Aug 25-Aug 29
\$395/5 sess **549125**

ENGINEERING FOR KIDS

EFK Camp: 3D Printing with Minecraft Creations

(8-12 yrs) | Engineering For Kids Vancouver
 3D printing and Minecraft both represent boundless opportunity for creating even our wildest of ideas! In 3D Printing: Minecraft Creations, students will explore the basic concepts of 3D printing and computer-aided design, or CAD, to bring their most awesome Minecraft creation to life! Students will take their Minecraft design out of the world of Minecraft and learn how to extrude it into a 3D model that can then be modified to be printed in 3D. Participants of this program are eligible to sign up for EFK Camp: Late Pick-up
 M Tu W Th F 9:00 AM-3:00 PM Jul 07-Jul 11
 \$420/5 sess **550210**



EFK Camp : Space Martian Engineering Expedition

(6-12 yrs) | Engineering For Kids Vancouver
 Explore the wonders of Mars through the fascinating world of engineering, from mechanical marvels to aerospace wonders. Through hands-on challenges, students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they'll apply creativity, problem-solving, and EFK's Engineering Design process to tackle practical engineering problems inspired by NASA's groundbreaking missions. Get ready to build, create, and collaborate, as we empower the next generation of engineers to shape the future of space exploration! Participants of this program are eligible to sign up for EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.
 M Tu W Th F 9:00 AM-3:00 PM Jul 14-Jul 18
 \$420/5 sess **550211**

EFK Camp: Build 'n' Bash

(6-12 yrs) | Engineering For Kids Vancouver
 Discover how civil engineers build strong structures... and what it takes to make them break! Students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you've made. Join us for a week of smashing innovation and engineering excitement! Participants of this program are eligible to sign up for EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.
 M Tu W Th F 9:00 AM-3:00 PM Jul 21-Jul 25
 \$420/5 sess **550212**

EFK Camp: Chemical Engineering: Mix It Up!

(6-12 yrs) | Engineering For Kids Vancouver
 During the Chemical Engineering classes, students use the Engineering Design Process to design, create, test, and refine various mixtures and solutions with different chemical properties. They develop solutions to clean up an oil spill, synthesize their own rocket fuel, and investigate the secrets behind color pigmentation. Participants of this program are eligible to sign up for EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.
 M Tu W Th F 9:00 AM-3:00 PM Aug 11-Aug 15
 \$420/5 sess **550216**

EFK Camp: Master Machines

(8-12 yrs) | Engineering For Kids Vancouver
 Gear up for an exciting week of mechanical engineering! In this camp, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage. Participants of this program are eligible to sign up for EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.
 Tu W Th F 9:00 AM-3:00 PM Aug 05-Aug 08
 \$336/4 sess **550215**

ENGINEERING FOR KIDS CONT'D

EFK Camp: World Game Engineering

(6-12 yrs) | **Engineering For Kids Vancouver**

The competition is heating up with the Engineering For Kids World Games! In this program, students will compete for the gold as they take on exciting engineering challenges related to the greatest athletic competitions. Students will explore a wide variety of science and engineering concepts related to various athletic events while applying EFK's Engineering Design Process. Get ready to step up to the podium as we declare victory in inspiring the next generation of engineers! Participants of this program are eligible to sign up for EFK Camp: Late Pick-up (3:00-4:00pm). Please search and register for these offerings separately.

M Tu W Th F 9:00 AM-3:00 PM Jul 28-Aug 01
\$420/5 sess **550214**

EFK Camp: Late Pick Up

(6-12 yrs) | **Engineering For Kids Vancouver**

Children taking part in EFK Camps can register for late pickup for the same week. Supervised activities may include free play, group games, and/or mini-STEM projects, depending on number of participants and interest of the group. Community centre and EFK are not responsible for children not registered in the late pickup programs and left unattended in the facility. Please pack additional snacks for your child and dress appropriately for the weather.

M Tu W Th F	3:00 PM-4:00 PM	Jul 07-Jul 11
		550217
M Tu W Th F	3:00 PM-4:00 PM	Jul 14-Jul 18
		550218
M Tu W Th F	3:00 PM-4:00 PM	Jul 21-Jul 25
		550219
M Tu W Th F	3:00 PM-4:00 PM	Jul 28-Aug 01
		550220
Tu W Th F	3:00 PM-4:00 PM	Aug 05-Aug 08
		550221
M Tu W Th F	3:00 PM-4:00 PM	Aug 11-Aug 15
		550222

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

ANIMATION & ROBOTICS

Brick Animation Camp

(6-11 yrs) | **Tomorrow's Playground**

Children create their very own stop-motion Brick Animation using LEGO® elements. Students learn the basic techniques of Brick Animation with LEGO® Movie Maker, including movement, timing, effects, editing, voice-overs, and more! In a fun and supportive environment students create a short LEGO® Brick Animation mini-movie using our LEGO® sets such as Star Wars, Friends, City and more! Or they can bring their own favourite LEGO® from home!

M Tu W Th F 10:00 AM-12:00 PM Jul 28-Aug 01
\$175/5 sess **550072**



WEDO Robotics Camp

(6-11 yrs) | **Tomorrow's Playground**

Exciting and Fun introduction to Robotics with Lego® Education WeDo software. In this exciting STEM-based program, students will develop their skills in science, technology, engineering, and mathematics. Using LEGO elements, teams of students will build various robots featuring a working motor, sensors, and gears, and then program their models using block coding, and engage in fun theme-based activities!

WEDO 1 Robotics Camp

M Tu W Th F	12:30 PM-2:30 PM	Jul 28-Aug 01
		549193
M Tu W Th F	12:00 PM-2:00 PM	Aug 18-Aug 22
		550075

WEDO 2 Robotics Camp

M Tu W Th F	3:00 PM-5:00 PM	Jul 28-Aug 01
		550074
M Tu W Th F	2:30 PM-4:30 PM	Aug 18-Aug 22
		550077

2025 Explorers Summer Day Camp

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, will have completed kindergarten and be eligible for grade 1 in the coming school year.

Week	Dates	Before Camp Care 8:30-9:30am	Junior Camp (6-8yrs)	Senior Camp (9-12yrs)	After Camp Care 3:30-5:30pm	Youth Leadership Camp (12-14yrs)
1	Jul 2-5	547791	550237	550353	547790	551783
2	Jul 7-11	550267	550323	550355	550286	551795
3	Jul 14-18	550270	550334	550356	550288	551797
4	Jul 21-25	550271	550335	550357	550289	551798
5	Jul 28-Aug 1	550272	550337	550358	550290	551799
6	Aug 5-8	550273	550338	550359	550291	551801
7	Aug 11-15	550274	550339	550360	550292	551803
8	Aug 18-22	550276	550340	550361	550293	551805
Fees						
Fees	Before Camp Care	Junior Camp	Senior Camp	After Camp Care	Youth Leadership Camp	
5 day weeks	\$50.00	\$210.00	\$210.00	\$75.00	\$240.00	
4 day weeks	\$40.00	\$168.00	\$168.00	\$60.00	\$192.00	
3 day weeks	\$30.00	\$126.00	\$126.00	\$45.00	\$144.00	
*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						

► Explorers Summer Day Camp

(6-14 yrs) | Day Camp Staff

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. Activity calendars and consent forms, along with camp expectations and guidelines will be shared at least one week before camp. Please ensure we have an up-to-date e-mail address 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 camp experience. Please contact sally.chan@vancouver.ca with more details.

► Explorers Supported Summer Camp

(6-12 yrs) | Day Camp Staff

Hillcrest Centre is 1 of 4 available Supported Day Camp sites across the city. Supported Day Camps provide children with different needs the opportunity to participate in a typical recreational day camp with children their own age. Day Camp Leaders and Support Staff modify activities and encourage children to participate to the best of their abilities. The focus of this day camp is to help children have fun with their peers. Additional Support Staff are available to float between campers who are registered in a Supported Day Camp. For more information and for a registration application, please contact access.services@vancouver.ca or call 604-718-8270.

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.**

- * 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.
- To sign up for the next volunteer orientation – see page 36-37 for more information.

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Programs					Family All Ages 9:00-4:00pm FREE	
Pre-teen/Youth (8-18 yrs) 3:30-5:45pm 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

Pre-teen/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.

MTuWTh	3:30 PM-5:45 PM	Mar 31-Jun 26	FREE
MTuWTh	4:15 PM-5:45 PM	Jun 30-Aug 28	FREE

Games Room Drop-In

Friday Youth Night (13-18 yrs) | Youth Leader

Welcome to Friday Youth Extravaganza! A free weekly drop-in for youth 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! For more information, contact the Community Youth Worker at sally.chan@vancouver.ca. drop-in sessions on statutory holidays.

F	3:30 PM-8:30 PM	Apr 04-Jun 27	FREE
F	4:15 PM-8:30 PM	Jul 04-Aug 29	FREE

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.

Su Sa 9:00 AM-4:00 PM Apr 05-Aug 31 FREE

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! No session on April 18. Please notify staff of any food allergies or dietary restrictions.

F 6:00 PM-8:00 PM Apr 11-Jun 13
\$27/9 sess [547752](#)

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.

F 3:30 PM-6:00 PM Apr 04-Jun 27
F 5:15 PM-6:15 PM Jul 04-Aug 29
FREE

SPORTS

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.

M 3:30 PM-5:30 PM Mar 31-Jun 23
W 4:45 PM-7:00 PM Jun 30-Aug 25
FREE

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.

W 3:30 PM-5:30 PM Apr 02-Jun 25
M 4:45 PM-7:00 PM Jul 02-Aug 27
FREE

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.

F 3:30 PM-5:00 PM Apr 04-Jun 27
FREE



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.

F 5:15 PM-6:45 PM Apr 04-Jun 27
 F 5:00 PM-6:30 PM Jul 04-Aug 29

FREE



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.

F 7:00 PM-8:30 PM Apr 04-Jun 27
 F 6:30 PM-8:30 PM Jul 04-Aug 29

FREE



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



Sports Drop-in Schedule

April to June

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

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. For more information and to book a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca.

F 4:00 PM-6:00 PM Apr 25-Jun 13
\$144/8 sess **547727**

► 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. For more information and to schedule a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca.

F 6:30 PM-8:30 PM Apr 25-Jun 13
\$192/8 sess **547732**

YOUTH LEADERSHIP



► Hillcrest Youth Volunteer Orientation

(14-18 yrs) | Youth Leader

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 - available for download here: <https://hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf>. 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 05
FREE **547737**



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

►Hillcrest Summer Volunteer Orientation

(14-18 yrs) | Youth Leader

We accept youth volunteers ages 14-18 to help with assisting our programs and keep the fun going with all our participants throughout the summer! This orientation is specifically for youth volunteers who are interested in volunteering in our summer programs at Hillcrest Centre including: Explorers Summer Day Camp, Playground Program (@ Prince Edward Park), and Swim & Skate Camp. 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 - available for download here: <https://hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf>.

IMPORTANT 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-7:00 PM Jun 18
FREE 547745

►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. PLEASE ONLY REGISTER IF YOU ARE AN EXISTING HILLCREST VOLUNTEER. For more information, please contact the Community Youth Worker at sally.chan@vancouver.ca.

F 4:00 PM-5:30 PM Apr 04-Jun 20
FREE 547755

BC YOUTH WEEK

"BC Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun filled interaction and a celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province."

<https://www.bcyouthweek.com/>

To stay up to date on Vancouver City Wide youth week events please follow [@cwycvancouver](https://www.instagram.com/cwycvancouver) on instagram. For local events please chat with your Community Youth Worker.



Youth Week Movie Night

(13-18 yrs)

This FREE event is in collaboration with all Vancouver community centre youth programs - youth between the ages of 13-18 from all neighbourhoods are welcome!

Registration is required. No drop-in's will be permitted. Want a say on which movie to feature? Keep an eye out on Instagram @ hillcrestccyouth for your chance to vote for your favourite! A concession will be available for popcorn, drinks, and other snacks for purchase.

DOORS OPEN @ 7:00pm | MOVIE STARTS @ 8:00pm. Spaces are first come, first served - please register early to avoid disappointment! Questions? Contact the Hillcrest Community Youth Worker - sally.chan@vancouver.ca.

Friday May 2, 7:00 PM-10:00 PM
FREE 550213



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 Drum - Private Lessons [VIEW ONLINE](#)

(5yrs and up) | Musical Expressions

Have you always wanted to learn an instrument? We offer private guitar, ukulele, or even drum lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All participants must bring their own instruments except for drum but must bring your own drum sticks, 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.

Guitar, Ukulele - Private Lessons

Th	3:30 PM-8:00 PM	Apr 3-Jun 26	\$422.50/13 sess
Th	3:30 PM-8:00 PM	Jul 3-Jul 24	\$130/4 sess
Th	3:30 PM-8:00 PM	Aug 7-Aug 28	\$130/4 sess

Guitar, Ukulele Drum - Private Lessons

Su	9:30 PM-12:30 PM	Apr 6 Jun 29	\$375.50/11 sess
Su	9:30 PM-12:30 PM	Jul 6-Jul 27	\$130/4 sess
Su	9:30 PM-12:30 PM	Aug 10-Aug 24	\$97.50/3 sess

▶Piano - Private Lessons [VIEW ONLINE](#)

(5yrs and up) | 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.

M	3:30 PM-8:30PM	Apr 7-Jun 23	\$325.00/10 sess
M	3:30 PM-8:30PM	Jul 7-Jul 28	\$130/4 sess
M	3:30 PM-8:30PM	Aug 11-Aug 25	\$97.50/3 sess
Sa	9:30 AM-4:00 PM	Apr 5-Jun 28	\$357.50/11 sess
Sa	9:30 AM-4:00 PM	Jul 5-Jul 24	\$130/4 sess
Sa	9:30 AM-4:00 PM	Aug 9-Aug 23	\$97.50/3 sess

▶Violin - Private Lessons [VIEW ONLINE](#)

(6yrs and up) | Ali Noubakhsh

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Lessons are 60 minutes duration.

F	3:30 PM-8:30 PM	Apr 4 May 16	\$348/6 sess
F	3:30 PM-8:30 PM	May 23-Jun 20	\$290/5 sess
F	3:30 PM-8:30 PM	Jul 4-Aug 22	\$464/8 sess

Music Lessons Schedule

All private music programs are 30 minutes sessions.

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

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.

► 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 \$70 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 Apr 21, May 19 and Aug 4.

M	5:30 PM-6:20 PM	Apr 7-Jun 23
		545936
W	5:30 PM-6:20 PM	Apr 2-Jun 25
		545938
M	5:30 PM-6:20 PM	Jul 7-Aug 25
		545944
W	5:30 PM-6:20 PM	Jul 2-Aug 27
		545940

► Strikewell Boxing - Youth Non Contact

(12-18 yrs) | **Strikewell Boxing**

Introducing youth boxing to Hillcrest Community Centre! Strikewell Boxing proudly presents a dynamic non-contact program for youth. Join us in developing essential motor skills, enhancing physical fitness, fostering teamwork, and instilling lifelong healthy habits. Led by our experienced Boxing Canada Certified coach, participants will learn the foundational elements of boxing in a safe and supportive environment. Empower the next generation with Strikewell Boxing where fitness meets fun and personal growth! Drop in \$22 (space permitting).

Free Trial Class

F	6:15 PM-7:15 PM	Apr 11
Free		546230

Ongoing

F	6:15 PM-7:15 PM	Apr 25-Jun 27
		546232
F	6:15 PM-7:15 PM	Jul 4-Aug 22
		546235

► Strikewell Boxing - Adult Group Fitness

(19+ yrs) | **Strikewell Boxing**

Introducing Strikewell Boxing, a beginner friendly non-contact program at Hillcrest Community Center. Elevate your fitness through dynamic workouts, camaraderie, and mental fortitude. Our Boxing Canada Certified coach leads engaging sessions through "The Sweet Science". Strikewell is more than a workout; it's a community-driven journey fostering strength. Punch, sweat, and grow together? experience fitness with us. Join for fun, connection, and empowerment. Drop in \$24 (space permitting).

Free Trial Class

F	7:30 PM-8:30 PM	Apr 11
Free		546229

Ongoing

F	7:30 PM-8:30 PM	Apr 25-Jun 27
		546231
F	7:30 PM-8:30 PM	Jul 4-Aug 22
		546233

► 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 6-Jun 22
		545974

► 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 Apr 21 and May 19.

M	9:30 AM-10:45 AM	Apr 7-Jun 23
		547365
Tu	9:30 AM-10:45 AM	Apr 1-Jun 24
		547369
Th	9:30 AM-10:45 AM	Apr 3-Jun 26
		547372

MARTIAL ARTS

▶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).

Super Mini Kids (2-4 yrs)

Su	1:30 PM-2:00 PM	Apr 6-May 11	
\$108/6 sess			551410
Su	1:30 PM-2:00 PM	May 18-Jun 22	
\$108/6 sess			551413
Su	1:30 PM-2:00 PM	Jul 6-Aug 24	
\$144/8 sess			552250

Mini Kids (5-7 yrs)

Su	12:45 PM-1:30 PM	Apr 6-May 11	
\$108/6 sess			551392
Su	12:45 PM-1:30 PM	May 18-Jun 22	
\$108/6 sess			551402
Su	12:45 PM-1:30 PM	Jul 6-Aug 24	
\$144/8 sess			552246

Youth and Adult (8+ yrs)

Su	11:30 AM-12:30 PM	Apr 6-May 11	
\$108/6 sess			551405
Su	11:30 AM-12:30 PM	May 18-Jun 22	
\$108/6 sess			551408
Su	11:30 AM-12:30 PM	Jul 6-Aug 24	
\$144/8 sess			552251

ART

▶Acrylic Painting

(19+ yrs) | Mohammad Reza Atashzad

Relax and enjoy with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. Supplies are not included. Supply list available on receipt. See www.atashzad.com for more information. Drop in \$42 (space permitting). No class April 21 and May 19.

M	11:00 AM-1:00 PM	Apr 7-May 26	
\$198/6 sess			551150
M	11:00 AM-1:00 PM	Jun 2-Jun 30	
\$165/5 sess			551155

▶Drawing and Painting

(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 landscapes, still lives, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. Supplies not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$42 (space permitting). No class April 21, May 19 and Aug 4.

M	5:30 PM-7:30 PM	Apr 7-May 26	
\$198/6 sess			551191
M	5:30 PM-7:30 PM	Jun 2-Jun 30	
\$165/5 sess			551193
M	7:00 PM-8:45 PM	Jul 7-Aug 25	
\$210/7 sess			553447

▶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 \$42 (space permitting). No class April 21 and May 19.

M	1:30 PM-3:30 PM	Apr 7-May 26	
\$198/6 sess			551161
M	1:30 PM-3:30 PM	Jun 2-Jun 30	
\$165/5 sess			551165

▶Self-Discovery with Origami

(18+ yrs) | Aura M

Express yourself with origami, folding paper into artful objects, to improve your dexterity, mindfulness, and self-confidence. Learn to fold and design your own food, clothes, plants, and more! Beginners at origami are welcome; step-by-step guidance is given. Relax-- the focus is not on perfection but making progress and appreciating your own pace and creativity. Talking about your art is encouraged at the end. Program fee includes all materials. Drop in \$14 (space permitting).

F	1:00 PM-2:00 PM	May 2-Jun 20	
\$96/8 sess			549849

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. Learn more at polymerdance.com. Drop-in available only for the 75 minute technique portion of the class. Drop-in \$23.15. No class May 18.

Su 10:30 AM-12:30 PM Apr 27-Jun 29
\$177.81/9 sess **550474**

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, with more advanced dances including the arms and hands. Its easy to learn. Come to join us! Drop in \$8 (space permitting). No class Apr 19.

Sa 3:30 PM-5:00 PM Apr 5-Jun 21
\$77/11 sess **547997**
Sa 3:30 PM-5:00 PM Jul 5-Aug 23
\$56/8 sess **547998**

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). No class April 18.

F 11:45 AM-1:15 PM Apr 4-Jun 27
\$84/12 sess **550475**

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). No class April 18.
F 1:30 PM-3:00 PM Apr 4-Jun 27
\$84/12 sess **550476**

EDUCATION

Baby Sign Language

(19+ yrs) | **Into Yoga**

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. No class Apr 21 and May 19.

M 11:30 AM-12:15 PM Apr 14-May 26
\$77/5 sess **546030**

Womens Personal Safety Team Workshop

(19+ yrs) | **VPD**

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:40pm to fill out forms before the start of workshop.

Tu 6:00 PM-8:00 PM Jun 24
Free **552783**

FITNESS AND HEALTH

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™, 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 \$10.48. No class Apr 21 and May 19.

Set One

M 1:00 PM-2:00 PM Apr 14-May 12
\$36/4 sess **546579**

Set Two

M 1:00 PM-2:00 PM May 26-Jun 23
\$45/5 sess **546581**

Two Sets

M 1:00 PM-2:00 PM Apr 14-Jun 23
\$64.8/9 sess **546584**

Set One

Tu 6:30 PM-7:30 PM Apr 15-May 13
\$45/5 sess **546578**

Set Two

Tu 6:30 PM-7:30 PM May 20-Jun 24
\$54/6 sess **546580**

Two Sets

Tu 6:30 PM-7:30 PM Apr 15-Jun 24
\$79.2/11 sess **546583**

Set One

Tu 6:30 PM-7:30 PM Jul 08-Jul 29
\$36/4 sess **546637**

Set Two

Tu 6:30 PM-7:30 PM Aug 5-Aug 26
\$36/4 sess **546638**

Two Sets

Tu 6:30 PM-7:30 PM Jul 8-Aug 26
\$57.6/8 sess **546639**

Beginner Yoga

(19+ yrs) | **Into Yoga**

Beginner Yoga is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. For more info visit www.intoyoga.ca. Drop-in \$18 (space permitting). No class Apr 20 and Aug 3.

Su	9:15 AM-10:15 AM	Apr 6-May 11	\$77/5 sess 546003
Su	9:15 AM-10:15 AM	May 25-Jun 29	\$92/6 sess 546004
Su	9:15 AM-10:15 AM	Jul 6-Aug 24	\$108/7 sess 546005

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 & more class. This mat & stability ball class will integrate components of a full body workout focusing on core-strength through the use of stability balls, 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 19.

M	9:15 AM-10:15 AM	Apr 28-Jun 23	\$52/8 sess 549934
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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 April 23.

W	9:15 AM-10:15 AM	Apr 16-Jun 25	\$65/10 sess 549935
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FITNESS AND HEALTH CONT'D

►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 16-May 14
\$25/5 sess		546589

Set Two

W	8:30 PM-9:00 PM	May 21-Jun 25
\$30/6 sess		546590

Two Sets

W	8:30 PM-9:00 PM	Apr 16-Jun 25
\$44/11 sess		546591

Set One

W	8:30 PM-9:00 PM	Jul 2-Jul 30
\$25/5 sess		546640

Set Two

W	8:30 PM-9:00 PM	Aug 6-Aug 27
\$20/4 sess		546641

Two Sets

W	8:30 PM-9:00 PM	Jul 2-Aug 27
\$36/9 sess		546642

►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 more info visit www.intoyoga.ca. Drop-in \$18 (space permitting). No class Apr 21 and Aug 4.

M	6:45 PM-7:45 PM	Apr 7-May 12
\$77/5 sess		546027

M	6:45 PM-7:45 PM	May 26-Jun 30
\$92/6 sess		546028

M	6:45 PM-7:45 PM	Jul 7-Aug 25
\$108/7 sess		546029

►Moving Better - Restoring the Core (19+ yrs) | Tania Clarke

This restorative movement workshop designed by Tania Clarke (Move Deeply Wellness) combines somatic movement, restorative yoga and functional dynamic exercise techniques to help you relieve persistent tension throughout the core, and better understand your own biomechanics. You will learn how to release tension with efficient methods that can easily be practiced at home. Included with each workshop are online video classes emailed to you afterwards to help you maintain your own home practice. If you have stuck tension that just won't go away, these techniques can be the key to keeping your body tuned up and feeling great. For all levels, but you should be comfortable lying on a yoga mat. Returning students will have an opportunity to review and build their practice - there's always something new to learn!

Su	1:30 PM-3:30 PM	May 25
\$45/1 sess		548014

►Moving Better - Restoring the Feet, Legs and Hips (19+ yrs) | Tania Clarke

This restorative movement workshop designed by Tania Clarke (Move Deeply Wellness) combines somatic movement, restorative yoga and functional dynamic exercise techniques to help you relieve persistent tension throughout the feet, hips and legs, and better understand your own biomechanics. You will learn how to release tension with efficient methods that can easily be practiced at home. Included with each workshop are online video classes emailed to you afterwards to help you maintain your own home practice. If you have stuck tension that just won't go away, these techniques can be the key to keeping your body tuned up and feeling great. For all levels, but you should be comfortable lying on a yoga mat. Returning students will have an opportunity to review and build their practice - there's always something new to learn!

Su	1:30 PM-3:30 PM	Apr 27
\$45/1 sess		548012

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

▮Pilates

(19+ yrs) | Into Yoga

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 info visit www.intoyoga.ca.

Drop-in \$18 (space permitting).

Th	6:30 PM-7:30 PM	Apr 10-May 15	546215
Th	6:30 PM-7:30 PM	May 22-Jun 26	546218
Th	6:30 PM-7:30 PM	Jul 10-Aug 28	546219

▮Stretch and More

(19+ yrs) | Christine Joe

A low to medium impact fitness class which consists of two parts of workouts. The first half is exercises with progressive movements by using one single fitness equipment and or multiple equipments to enhance full body strength, muscular balance and stability. Then followed by thirty minutes of mat stretching to lengthen and elongate muscle groups to enhance their flexibility and elasticity to improve posture, reduce tension, and stress. Drop in \$7.20 (space permitting). No class Apr 18 and May 9.

F	10:30 AM-11:30 AM	Apr 4-Jun 27	545978
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▮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 1-Jun 24	545970
Tu	7:00 PM-9:00 PM	Jul 8-Jul 29	545972

▮Strong Nation

(19+ yrs) | Monika Schoenenberger

This powered by Zumba program revolutionizes high-intensity interval workouts as you know them, combining strong, upbeat rhythms with powerful, high-intensity cardio and strength conditioning moves to ratchet your fitness potential up a notch. Optimize your workout and make every minute count as you push beyond your limits. Discover the athlete within you, feel the force and get fit! Drop-in \$11.43.

Set One

W	7:20 PM-8:20 PM	Apr 16-May 14	546592
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Set Two

W	7:20 PM-8:20 PM	May 21-Jun 25	546593
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Two Sets

W	7:20 PM-8:20 PM	Apr 16-Jun 25	546594
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Set One

W	7:20 PM-8:20 PM	Jul 2-Jul 30	546643
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Set Two

W	7:20 PM-8:20 PM	Aug 6-Aug 27	546644
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Two Sets

W	7:20 PM-8:20 PM	Jul 2-Aug 27	546645
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▮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. Meditation and breathing techniques will also be incorporated. Gentle movements are integrated through Qigong and yoga. Deep breathing allows the Qi to flow freely, resulting in a release of stress and calming of the mind, improving the immune system and general well-being. 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 \$12 (space permitting).

Th	10:05 AM-11:15 AM	Apr 3-Jun 12	545995
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PARK BOARD PRIDE

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



FITNESS AND HEALTH CONT'D

►Yoga for Self Care

(19+ yrs) | **Rosaria Faust**

This gentle class will combine yoga, Qi Gong and meditation to relax and energize the body, and focus the mind. Through movement and breath we will release tension to allow energy to flow through the body. We will tone and strengthen muscles, improve balance, and access greater range of movement. This class for beginners/intermediate adults and seniors will increase your sense of well-being, improve your immune system and help you to age gracefully. Drop-in \$15 (space permitting). No class Apr 22.

Tu	10:00 AM-11:15 AM	Apr 8-Jun 10	
\$117/9 sess			549385

►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 Apr 21, May 19 and Aug 4.

M	5:30 PM-6:45 PM	Apr 7-Jun 23	
\$164/10 sess			546132
M	5:30 PM-6:45 PM	Jul 7-Aug 25	
\$115/7 sess			546133

►Yoga4Stiff Guys - All Levels

(18+ yrs) | **Yoga4Stiff People**

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).

Th	7:45 PM-8:45 PM	Apr 3-May 15	
\$98/7 sess			546225
Th	7:45 PM-8:45 PM	May 22-Jun 26	
\$84/6 sess			546226
Th	7:45 PM-8:45 PM	Jul 3-Jul 31	
\$70/5 sess			546227

►Yoga4Stiff Guys - The Basics

(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).

Tu	7:45 PM-8:45 PM	Apr 1-May 13	
\$98/7 sess			546222
Tu	7:45 PM-8:45 PM	May 20-Jun 24	
\$84/6 sess			546223
Tu	7:45 PM-8:45 PM	Jul 8-Jul 29	
\$56/4 sess			546224



►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 \$11.43. No class Apr 21 and May 19.

Set One

M	8:00 PM-9:00 PM	Apr 14-May 12	
\$40/4 sess			546595

Set Two

M	8:00 PM-9:00 PM	May 26-Jun 23	
\$50/5 sess			546596

Two Sets

M	8:00 PM-9:00 PM	Apr 14-Jun 23	
\$72/9 sess			546597



► 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 \$11.43.

Set One			
Th	6:15 PM-7:15 PM	Apr 17-May 15	546605
Set Two			
Th	6:15 PM-7:15 PM	May 22-Jun 26	546606
Two Sets			
Th	6:15 PM-7:15 PM	Apr 17-Jun 26	546608
Set One			
Th	6:15 PM-7:15 PM	Jul 3-Jul 31	546646
Set Two			
Th	6:15 PM-7:15 PM	Aug 7-Aug 28	546647
Two Sets			
Th	6:15 PM-7:15 PM	Jul 3-Aug 28	546648

► 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. Class meets at the Riley Park Plaza.

Set One			
M	7:00 PM-8:00 PM	Jul 7-Jul 28	546652
Set Two			
M	7:00 PM-8:00 PM	Aug 11-Aug 25	546653
Two Sets			
M	7:00 PM-8:00 PM	Jul 7-Aug 25	546654

► 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 \$11.43. No class Apr 21 and May 19.

Set One			
M	8:00 PM-9:00 PM	Apr 14-May 12	546595
Set Two			
M	8:00 PM-9:00 PM	May 26-Jun 23	546596
Two Sets			
M	8:00 PM-9:00 PM	Apr 14-Jun 23	546597

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

SOCIAL

► Games Room and Table Tennis Pass (19+ yrs) | No Instructor

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 allow 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.

M-Th	6:00 PM-8:00 PM	Apr
\$4.76/17 sess		546141
M-Th	6:00 PM-8:00 PM	May
\$4.76/16 sess		546142
M-Th	6:00 PM-8:00 PM	Jun
\$4.76/16 sess		546144
M-Th	6:00 PM-8:00 PM	Jul
\$4.76/18 sess		546145
M-Th	6:00 PM-8:00 PM	Aug
\$4.76/15 sess		546146



Hillcrest at Riley Park

Summer Festival

Saturday, June 21
11:00am-3:00pm

Free for
All Ages

- ENTERTAINMENT
- COMMUNITY GROUPS
- CARNIVAL – THEMED ACTIVITIES
- CONCESSION
- MUSIC
- FOOD
- GAMES AND SO MUCH MORE!

Sports Programs

****NOTE NEW REGISTRATION PROCESS FOR DROP IN VOLLEYBALL AND PICKLEBALL****

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.

SPORTS

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 08-May 29	
\$200/4 sess			551325
Th	6:00 PM-8:00 PM	Jun 5-Jun 26	
\$200/4 sess			551326
Th	6:00 PM-8:00 PM	Jul 3-Jul 31	
\$250/5 sess			551327
Th	6:00 PM-8:00 PM	Aug 7-Aug 28	
\$250/4 sess			551328

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. Please bring your own racquet and water to the courts. Lessons are held at the Queen Elizabeth Tennis Courts. No class May 19.

MW	6:00 PM-7:00 PM	May 5-May 28	
\$192.5/7 sess			551314
MW	6:00 PM-7:00 PM	Jun 2-Jun 25	
\$220/8 sess			551315
MW	6:00 PM-7:00 PM	Jul 7-Jul 30	
\$220/8 sess			551316
MW	6:00 PM-7:00 PM	Aug 6-Aug 27	
\$192.5/7 sess			551317

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 19.

MW	7:00 PM-8:00 PM	May 5-May 28	
\$192.5/7 sess			551319
MW	7:00 PM-8:00 PM	Jun 2-Jun 25	
\$220/8 sess			551322
MW	7:00 PM-8:00 PM	Jul 7-Jul 30	
\$220/8 sess			551323
MW	7:00 PM-8:00 PM	Aug 6-Aug 27	
\$192.5/7 sess			551324
Sa	10:00 AM-11:30 AM	Jul 05-Jul 26	
\$150/4 sess			551337
Sa	10:00 AM-11:30 AM	Aug 09-Aug 30	
\$150/4 sess			551341

Badminton

(19+ yrs) | No Instructor

6 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 7:35pm will have their spot given away for the evening. There are 24 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 \$7.14 (space permitting). No class Apr 21, May 19 and Aug 4.

M	7:30 PM-9:00 PM	Apr 7-Jun 30	
\$68.09/11 sess			546671
M	7:30 PM-9:00 PM	Jul 7-Aug 25	
\$43.33/7 sess			546673

Badminton

(19+ yrs) | No Instructor

3 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 11:05am 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 \$7.14 (space permitting).

Su	11:00 AM-12:30 PM	Apr 6-Jun 29	
\$80.47/13 sess			546678
Su	11:00 AM-12:30 PM	Jul 6-Aug 31	
\$55.71/9 sess			546679

SPORTS CONT'D

Badminton Court Rental

(16+ yrs) | No Instructor

Reserve your own badminton court for guaranteed fun for up to four players. There are three courts available for play each day. Each registration is a booking for one court.

Su	12:45 PM-2:15 PM	Apr 6, 13, 20
\$20/1 sess		550547-550549

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. As this is a busy program we will have a waitlist. Any registered participant who is not present by 7:35PM will have their spot given away for the evening. Maximum 18 participants, drop-in available if space permits. Drop-in \$7.14.

Tu	7:30 PM-9:00 PM	Apr 1-Jun 17
\$74.28/12 sess		546666
Tu	7:30 PM-9:00 PM	Jul 8-Aug 26
\$49.52/8 sess		546667

Basketball - Half Court

(19+ yrs) | No Instructor

Basketball is bigger than ever at the Hillcrest gymnasium. Register for all sessions to guarantee your spot. Any registered participant who is not present by 7:35PM will have their spot given away for the evening. Maximum 18 registered spots and 6 additional spots reserved for drop-ins. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$7.14.

Th	7:30 PM-9:00 PM	Apr 3-Jun 26
\$80.47/13 sess		546668
Th	7:30 PM-9:00 PM	Jul 3-Aug 28
\$55.71/9 sess		546669

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 27-Jun 29
\$275/10 sess		550545

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.

Th	6:00 PM-7:00 PM	Apr 24-Jun 19
\$247.5/9 sess		550544
Su	1:45 PM-2:45 PM	Apr 27-Jun 29
\$275/10 sess		550546

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. **NOTE NEW REGISTRATION PROCESS** 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.

W	7:15 PM-8:45 PM	Apr 2-Jun 25
\$6.19/1 sess		550136-550487
W	7:15 PM-8:45 PM	Jul 2-Aug 27
\$6.19/1 sess		550488-550496

PARK BOARD PRIDE

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



PICKLEBALL

▷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. ****NOTE NEW REGISTRATION PROCESS**** 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.

Su	9:15 AM-10:45 AM	Apr 6-Jun 29
\$6.19/1 sess		548790-550509
Su	9:15 AM-10:45 AM	Jul 6-Aug 31
\$6.19/1 sess		550510-550519

▷Pickleball Lesson: Round Robin

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

You're in for an adrenaline-pumping, skill-boosting 2-hour session that'll take your game to the next level. This isn't your average Round Robin - it's a thrilling pickleball adventure designed to challenge and excite. For players in the 2.75 to 3.25 level; that high novice to lower intermediate player. Your Round Robin will look like this: Mystery Partner Scramble: Feel the rush as you pair up with a surprise partner for each game! Dynamic Duo Domination: Team up and stay together! Skill-Level Showdown: Test your mettle against players at your level! Each format is carefully crafted to sharpen your adaptability, boost your communication, elevate your strategic thinking, and amplify your overall performance. No class Apr 18.

F	9:00 AM-11:00 AM	Apr 4-May 2
\$120/4 sess		546758
F	9:00 AM-11:00 AM	May 9-May 30
\$120/4 sess		546760
F	9:00 AM-11:00 AM	Jun 6-Jun 27
\$120/4 sess		546761

▷Pickleball Lesson: Unorthodox Skills and Drills

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

Join us for an exhilarating class that will push your boundaries and introduce you to game-changing techniques rarely taught in traditional lessons! For players in the 2.75 to 3.25 level; that high novice to lower intermediate player. In this dynamic session, we'll dive deep into the following cutting-edge skills:**Late-Ball Mastery:** Learn to handle those tricky late-arriving shots with confidence and precision. **Dynamic Volleying:** Say goodbye to static net play! We'll teach you the art of moving while volleying. **Aggressive Returns:** Discover the power of running through your returns. **Two-Handed Backhand Power:** Unlock the potential of the two-handed backhands. **Hit the Five:** 5 is the magic number to remember in order to become better. No class Apr 18.

F	11:00 AM-12:30 PM	Apr 4-May 2
\$120/4 sess		546762
F	11:00 AM-12:30 PM	May 9-May 30
\$120/4 sess		546763
F	11:00 AM-12:30 PM	Jun 6-Jun 27
\$120/4 sess		546764

▷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. Paddles, balls & all equipment will be provided. All you need is your water bottle! If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W	1:15 PM-3:15 PM	Apr 2-Apr 30
\$140/5 sess		546901
W	1:15 PM-3:15 PM	May 7-May 28
\$112/4 sess		546902
W	1:15 PM-3:15 PM	Jun 4-Jun 25
\$112/4 sess		546903

PICKLEBALL CONT'D

►Pickleball Lessons - Stage 2 - Skills and Drills

(19+ yrs) | [Mona Lee](#)

This class is the next progression from those who completed Stage 1: Learn to Play lesson. This course is designed for beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by a Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W 11:15 AM-1:00 PM May 7-May 28
\$112/4 sess [546897](#)



►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 5 pickleball jingles to help you improve your game! Paddles, balls & all equipment will be provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W 11:15 AM-1:00 PM Apr 2-Apr 30
\$140/5 sess [546894](#)
W 11:15 AM-1:00 PM Jun 4-Jun 25
\$112/4 sess [546899](#)

►Pickleball Lessons - Stage 3 - Eliminating Unforced Errors

(19+ yrs) | [Mona Lee](#)

For players who have ideally completed STAGE 1 & 2 and would like to work on the mental side of the game. What are unforced errors in Pickleball? Unforced errors are faults made on easy and playable shots that give points to your opponents without earning them. Some examples are hitting the ball out of bounds, hitting the net, or hitting the ball too softly. We will evaluate each unforced error and learn what happened and how to eliminate that error when you missed a serve, return, groundstroke, volley, or dink shot. Paddles, balls & all equipment provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W 9:15 AM-11:15 AM Jun 4-Jun 25
\$112/4 sess [546893](#)

►Pickleball Lessons - Stage 3 - How to Beat Bangers

(19+ yrs) | [Mona Lee](#)

For players who have ideally completed Stage 1: Learn to Play. This course is designed for players looking for a higher level of competition. You will learn how to beat bangers by pushing them back, blocking their volleys, keeping the ball low, and learning how to spin the ball. This course is taught by a Certified Pickleball Instructor. Paddles, balls & all equipment provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W 9:15 AM-11:15 AM Apr 2-Apr 30
\$140/5 sess [546891](#)

►Pickleball Lessons - Stage 3 - Spin it and Win it

(19+ yrs) | [Mona Lee](#)

Adding spin can help you control the ball better and make shots that curve, drop, or jump in unpredictable ways. What better way to win than making it hard for your opponent to return the ball! Not only will we learn how to spin the ball, but we'll focus on footwork, shot selection, and court positioning. Paddles, balls & equipment provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers.

W 9:15 AM-11:15 AM May 7-May 28
\$112/4 sess [546892](#)

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. No class Apr 18.

F 1:00 PM-3:00 PM Apr 4-Jun 27
\$30/12 sess **548479**



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 6-Jun 22
\$30/12 sess **545980**

Su 3:00 PM-5:00 PM Jul 6-Aug 24
\$20/8 sess **545981**

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 1-Jun 24
\$39/13 sess **549886**

Beginner Plus

Th 1:00 PM-2:30 PM Apr 3-Jun 26
\$39/13 sess **549888**

FITNESS AND 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.

Tu 9:00 AM-10:00 AM Apr 8-Jun 24
\$138/12 sess **551294**

Th 9:00 AM-10:00 AM Apr 10-Jun 26
\$138/12 sess **551295**

Breathing Exercise For Longevity

(40+ yrs) | Sum Hung

Join Master Hung to learn simple deep breathing techniques that rejuvenate the body. Deep breathing helps optimize how oxygen enters and is utilized by the body, replenishing all the cells and organs with improved function. Combined with controlling the breath, you will learn gentle, relaxing, chair-based upper body exercises to help improve blood circulation, manage stress and neck, upper shoulders and lower back pain.

*Cantonese with English translation.

Th 2:15 PM-3:15 PM Apr 3-Jun 26
\$32.5/13 sess **546140**

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 21.

MW 11:00 AM-12:00 PM Apr 2-May 14
\$105/12 sess **546884**

MW 11:00 AM-12:00 PM May 21-Jun 25
\$96.25/11 sess **546885**

FITNESS AND HEALTH CONT'D

►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 2-May 7	
\$48/12 sess		551120	
W	1:30 PM-3:00 PM	May 21-Jun 25	
\$48/12 sess		551123	

►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 4-Jul 25	
\$36/4 sess		546649	

Set Two

F	9:30 AM-10:30 AM	Aug 1-Aug 29	
\$45/5 sess		546650	

Two Sets

F	9:30 AM-10:30 AM	Jul 4-Aug 29	
\$64.8/9 sess		546651	

►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 \$10.48.

Set One

F	9:15 AM-10:15 AM	Apr 25-May 23	
\$45/5 sess		546631	

Set Two

F	9:15 AM-10:15 AM	May 30-Jun 27	
\$45/5 sess		546632	

Two Sets

F	9:15 AM-10:15 AM	Apr 25-Jun 27	
\$72/10 sess		546633	

Set One

Tu	5:20 PM-6:20 PM	Apr 15-May 13	
\$45/5 sess		546634	

Set Two

Tu	5:20 PM-6:20 PM	May 20-Jun 24	
\$54/6 sess		546635	

Two Sets

Tu	5:20 PM-6:20 PM	Apr 15-Jun 24	
\$79.2/11 sess		546636	

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 1-Jun 24	
\$3/13 sess		546661	

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 17
\$9/1 sess		548496
Th	12:00 PM-1:30 PM	May 15
\$9/1 sess		548497



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 3
\$5/1 sess		548490
Th	10:45 AM-12:15 PM	May 1
\$5/1 sess		548491
Th	10:45 AM-12:15 PM	May 29
\$5/1 sess		548492

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 2-Jun 25
Free		545962

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. 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 3-Jun 26
\$49.53/13 sess		546662
Sa	1:00 PM-2:30 PM	Jul 5-Aug 30
\$34.29/9 sess		546663

Pickleball

****NOTE NEW REGISTRATION PROCESS FOR DROP IN PICKLEBALL****

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.

Pickleball - Seniors Mixed Level Play (19+ 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.

M	1:00 PM-3:00 PM	Apr 7-Jun 30
\$3.81/1 sess		550144-550736
Tu	1:00 PM-3:00 PM	Apr 1-Jun 24
\$3.81/1 sess		550147-550755



START CURLING AT HILLCREST

TRY CURLING



One Hour with equipment and coaching.

EVENT RENTALS



Great for team building or parties!

YOUTH PROGRAMS



Little Rocks, Juniors & Teens. Ages 5-20.

LEARN TO CURL



Five weeks of instruction and games.

SIGN UP/BOOK ONLINE AT VANCURL.COM



YOUR LIBRARY AT HILLCREST

Terry Salman Branch
Phone 604.665.3964

Discover more at VPL.ca



Easter Eggstravaganza (0-9 yrs)

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 program is full, please check back for future openings.

Saturday April 19, 1:00 PM-3:00 PM

\$8/child 549758



**Friday May 2,
7:00 PM-10:00 PM
FREE 550213**

Youth Week Movie Night (13-18 yrs)

This FREE event is in collaboration with all Vancouver community centre youth programs. Youth from all neighbourhoods are welcome!

Registration is required.

No drop-in's will be permitted. Want a say on which movie to feature? Keep an eye out on Instagram @hillcrestccyouth for your chance to vote for your favourite! A concession will be available for popcorn, drinks, and other snacks for purchase.

DOORS OPEN @ 7:00pm | MOVIE STARTS @ 8:00pm. Spaces are first come, first served - please register early to avoid disappointment! Questions? Contact the Hillcrest Community Youth Worker - sally.chan@vancouver.ca.



All Bodies Community Recreation and Fitness Group at Hillcrest Spring 2025



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.

You can participate in **ABC** core programs by registering on the seasonal “Master Roster”, and paying with one of the following methods:

- *Purchase an **ABC** flexipass (providing access to the Vancouver Park Board’s arenas, pools and fitness centres);
- *Purchase an **ABC** 10 visit usage card (good for 10 classes); or
- *Purchase an **ABC** Drop-in

***Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster.**

Active and Strong

(19+ yrs) | **ABC Instructor**

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.

Tue/Thu Apr 8-Jun 26 10:15 AM-11:15 PM (GYM)
549527 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Adapted Pickleball

(19+ yrs) | **ABC Volunteer**

ABC Core Program by invitation - for people with physical disabilities wanting to play this exciting new sport - a variation on traditional pickleball allowing extra time to set up and return the ball. Come out and give it a try.

Email kate.lee@vancouver.ca for your invitation.
Thu Apr 10-Jun 26 6:15 PM-7:15 PM (Gym)
549527 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Indigenous Women Strength and Wellness

(19+ yrs) | **ABC Instructor**

ABC Specialty Program-Enjoy various activities and workouts in a culturally supportive environment designed for better health and function. Learn easy to follow exercises for major muscle groups using various equipment and body-weight. Collaborate and choose other activities like line dancing and foam rolling. No class May 8, June 12.

Strength

Tue Apr 8-Jun 17 6:00 PM-7:00 PM (GYM)

Wellness

Thu Apr 10-Jun 5 6:00 PM-7:00 PM (320)
549527

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 Specialty Programs

(Require additional & specific Registration)

Hip & Knee Strength and Mobility

(19+ yrs) | ABC Instructor

ABC Specialty Program - 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.

No Class May 8, June 12, 19

Tue Apr 8-Jun 24 11:30 AM-12:30 PM (Rm 328)
549521 Adult: \$95.16/12 sess
Senior: \$66.36/12 sess

Thu Apr 10-Jun 5 11:30 AM-12:30 PM (Rm 328)
549520 Adult: \$71.37/9 sess
Senior: \$49.77/9 sess

TBD

(19+ yrs) | ABC Instructor

ABC program.

Mon Apr 7-Jun 23 5:45 PM-6:45 PM (GYM)
549527 ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



Stand Strong and Balance

(19+ yrs) | ABC Instructor

ABC Specialty Program-A workout for the wise-Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Meet your classmates, stay for tea. Class size is limited. No Class May 8, June 12, 19.

Tue Apr 8-Jun 24 12:45 PM-1:45 PM (Rm 328)
549534 Adult: \$95.16/12 sess
Senior: \$66.36/12 sess

Thu Apr 10-Jun 5 12:45 PM-1:45 PM (Rm 328)
534489 Adult: \$71.37/9 sess
Senior: \$49.77/9 sess

Introduction to Indoor Cycling

(19+ yrs) | ABC Instructor

ABC Specialty Program-Are you intimidated when you think of indoor cycling? Try our 20-20-20 Ride-Resist and Stretch workout that includes setting up your bike, learning about cycling & exercise technique, intensity and finishing with a well deserved stretch. Not just for beginners this class is also suitable for maintenance and recovery. Register by the month-ABC drop ins space permitting

Tue 6:00 PM-7:00 PM (Cycle Studio)
Apr 549494 Adult: \$31.72/4 sess
Senior: \$22.12/4 sess

May 549495 Adult: \$31.72/4 sess
Senior: \$22.12/4 sess

Jun 549496 Adult: \$23.79/3 sess
Senior: \$16.59/3 sess

Thu 6:00 PM-7:00 PM (Cycle Studio)
Apr 549491 Adult: \$23.79/3 sess
Senior: \$16.59/3 sess

May 549492 Adult: \$39.65/5 sess
Senior: \$27.65/5 sess

Jun 549493 Adult: \$23.79/3 sess
Senior: \$16.59/3 sess

Sat 6:00 PM-7:00 PM (Cycle Studio)
Apr 549488 Adult: \$15.86/2 sess
Senior: \$11.06/2 sess

May 549489 Adult: \$31.72/4 sess
Senior: \$22.12/4 sess

Jun 549490 Adult: \$23.79/3 sess
Senior: \$16.59/3 sess

ABC Free Workshops

Knit2Gether (19+ yrs)

New to knitting, experienced but looking to connect with others? Or maybe somewhere in between. Either way this knitting group is for you. Come learn a new skill, practice your craft or get help with a project. Meeting 2nd and 4th All are welcome, no experience necessary.

Instructor: Janet Haines

Mon Apr 14-Jun 23 6:00 PM (Rm 322)
549501 Free

PARK BOARD PRIDE

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



ABC Recreation and Fitness Group

April 7 – July 27

Online will commence April 14

For all ABC programs please register first on the master roster 549524

An ABC Flexipass gives you access to ABC Core Programs, fitness centres, swimming pools, and ice rinks throughout the city

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Unison Circuit Online 9:15-10:15am	Balance Core Strength Online 11:00am-12:00pm	Unison Circuit Online 9:15-10:15am	Roll Stretch Recover Online 11am-12pm	<i>Online classes are currently complimentary, to attend join our elist & get zoom links and program updates. Ask kate.lee@vancouver.ca</i>	
Strength & Core Mt Pleasant 9:00-10:00am	Active & Strong Hillcrest 10:15-11:15am		Active & Strong Hillcrest 10:15-11:15am		Active & Strong Douglas 10:00-11:00am
Active & Strong Trout 11:00-12:00pm		Active & Strong Trout 11:00-12:00pm		Active & Strong Trout 11:00-12:00pm	Recumbent Circuit Kensington 11:30-12:30pm Invitation only
Walk/Strong Balance Kensington 3:30-4:30 pm	Free Workshops Mount Pleasant 1:00-2:30ish pm Register by topic	Qi Gong Kensington 11:30-12:30pm			
Introduction to Walking Soccer Douglas Park 2:00-3:30pm		Walk Strong & Balance Kensington 2:15-3:15pm			
TBD Hillcrest 5:45-6:45pm	Recumbent Kensington 5:00-6:00pm Invitation only	Introduction to Walking Soccer Douglas Park 2:45-3:45pm	Recumbent Kensington 5:00-6:00pm Invitation only	Yoga & Relaxation Kensington 5:30-6:45pm	
Free Workshops Hillcrest 6:00-7:30pm Register by topic	Strength & Core Kensington 6:00-7:00pm	TBD Douglas Park 6:00-7:00pm	Strength & Core Kensington 6:00-7:00pm		
			Adapted Pickleball Invitation only Hillcrest 6:15-7:15pm		
HILLCREST	TROUT LAKE	FALSE CREEK	KENSINGTON	DOUGLAS PARK	MOUNT PLEASANT

Online classes are currently complimentary, to attend join our elist

It is always OK to choose not to do an exercise if it doesn't feel right for you – ABC respects you know your body best.

Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.



ABC Recreation and Fitness Group Specialty Programs

April 7 – July 27

Online will commence April 14

Requires specific and Master Roster 549524 registration



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sehatmand te Taqatvar In Punjabi & Hindi Kensington 11:00am-12:00pm Reg - 549473	Hip & Knee Hillcrest 11:30am-12:30pm Reg-549521	Sehatmand te Taqatvar In Punjabi & Hindi Sunset 11:15am-12:15pm Reg - 549479	Hip & Knee Hillcrest 11:30am-12:30pm Reg-549520		Cycle Intro Hillcrest 10:00-11:00am Reg Monthly Drop in if space
Hip & Knee False Creek 1:00-2:00pm Reg-549518	Stand/Strong Balance Hillcrest 12:45-1:45pm Reg-549534	Hip & Knee False Creek 1:00-2:00pm Reg-549522	Stand/Strong Balance Hillcrest 12:45-1:45pm Reg-549533		
GLA:D Canada Creekside 2:00-3:00pm set 1 Reg-549517 3:30-4:30pm set 2 Reg-557554	Hip & Knee 2STDG Contact Kate	Stand/Strong Balance Kensington 1:00-2:00 pm Reg-549535	GLA:D Canada Creekside 2:00-3:00pm set 1 Reg-549517 3:30-4:30pm set 2 Reg-557554		
Hip & Knee Kensington 5:00-6:00pm Reg-549519	Indigenous Women Strong Hillcrest 6:00-7:15pm Reg-549524		Indigenous Women Wellness Hillcrest 6:15-7:15pm Reg-549523	Learn to Play Sledge Hockey 5:15-6:40pm Reg Weekly	
	Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop In if space		Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop in if space		Scan for more information about ABC programs, schedule change & updates
HILLCREST	SUNSET	FALSE CREEK	KENSINGTON	CREEKSIDE	MOUNT PLEASANT

No classes stat holidays or stat weekends

ABC welcomes every body but some activities may be more suitable than others

For more information please contact kate.lee@vancouver.ca



Fitness Centre Programs



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

Our Equipment Includes:

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

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 \$7.41 | 10 visit pass \$66.69

Monday	Tuesday	Wednesday	Sunday
CycleXpress 6:30am-7:15am	Cycle Fit 9:30am-10:30am	CycleXpress 6:30am-7:15am	Cycle Fit 10:00am-11:00am
Schedule subject to change.		Cycle Fit 6:00pm-7:00pm	

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	\$371.70
5 Sessions	\$294.07	\$452.85	\$545.18
10 Sessions	\$527.90	\$841.00	\$991.22

Prices subject to change.

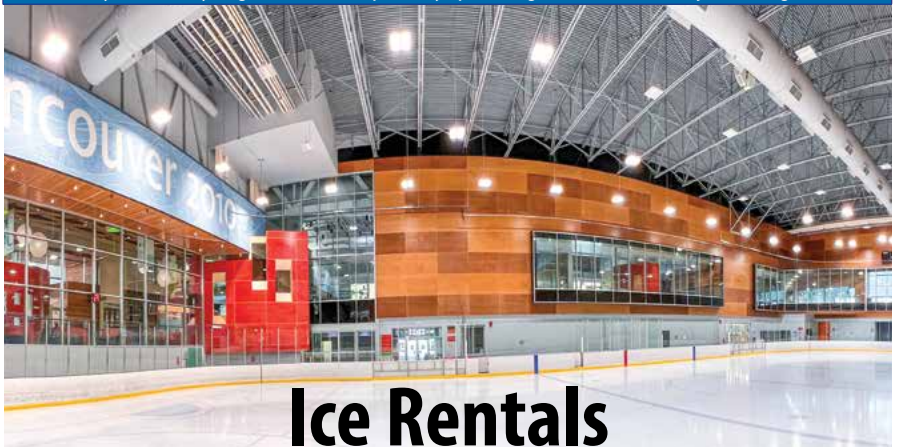


Ice Rink Schedule

April 1-June 30

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

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 27 @ 7pm
- Spring Set 2 is opening Thursday, May 15 @ 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

Our league invites girls and boys age 4 years and up to join our association to develop skating skills and have fun playing ringette. For more information go to www.vancouverringette.ca or www.cometryringette.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 May 5-June 29 for Annual Maintenance

Pool Schedule

Go to: vancouver.ca/parks-recreation-culture/hillcrest-pool-hours-location.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-pool-hours-location.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 30-September 1

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
vanrec.ca

▶ **Spring 2025**
Tuesday, March 18

▶ **Summer 2025:**
Tuesday, June 24

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 7 – 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.



Easter Eggstravaaganza

(0-9 yrs)

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 program is full, please check back for future openings.

Saturday April 19, 1:00 PM-3:00 PM
\$8/child 549758



Youth Week Movie Night

(13-18 yrs)

This FREE event is in collaboration with all Vancouver community centre youth programs. Youth from all neighbourhoods are welcome! Registration is required. No drop-in's will be permitted. Want a say on which movie to feature? Keep an eye out on Instagram @ hillcrestccyouth for your chance to vote for your favourite! A concession will be available for popcorn, drinks, and other snacks for purchase. DOORS OPEN @ 7:00pm | MOVIE STARTS @ 8:00pm. Spaces are first come, first served - please register early to avoid disappointment! Questions? Contact the Hillcrest Community Youth Worker -

sally.chan@vancouver.ca

Friday May 2, 7:00 PM-10:00 PM

FREE 550213

Hillcrest at Riley Park

Summer Festival

Saturday, June 21
11:00am-3:00pm

Free for All Ages

- ENTERTAINMENT • COMMUNITY GROUPS • CARNIVAL – THEMED ACTIVITIES
- CONCESSION • MUSIC • FOOD • GAMES AND SO MUCH MORE!



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

