



STRATHCONA
COMMUNITY CENTRE

We take care of each other

WINTER/SPRING 2023 RECREATION GUIDE



The Strathcona Community Centre is grateful to live, work and play on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.

Registration begins **December 10, 2022 @ 9:00AM** for Winter/Spring programs

www.strathconacc.ca

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





STRATHCONA COMMUNITY CENTRE

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Board of Directors

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

Message from the SCCA Board

This past year was an exciting one for Strathcona Community Centre! We celebrated our 50th Anniversary, launched many new programs, and welcomed more of our community back to the centre in 2022.

The year ahead looks to be much of the same, with our vibrant centre full of programming. From adult ballet to Chinese calligraphy, chess club to toddler gymnastics, seniors Tai Chi to programs for newcomers, licensed child care and food security programs, we are continually working hard to offer programs that are relevant and accessible for everyone in our community. If there are programs you would like to see, let us know – strathconacc@gmail.com

Finally, we are thrilled to share our new mural – Cycles – on the north wall of the centre. Created by Indigenous artists Bracken Corlett, Ocean Hyland, Atheana Picha and Kelsey Sparrow, we are so happy to have this beautiful art in our community. To learn more about the mural, check out the inside back cover of this guide.

Strathcona Recreation Subsidy

Everyone should have access to recreation.

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

The Strathcona Recreation Subsidy offers the following benefits:

25% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs

50% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

75% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs
- Private lessons

Terms and conditions are subject to change.

BOARD MEMBERS WANTED



DO YOU

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

FIND OUT MORE
strathconacc@gmail.com

JOIN OUR BOARD!

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

Centre Hours

Mon-Fri 9:00AM - 9:00PM
Sat 9:00AM - 5:00PM
Sun 10:00AM - 2:00PM
Dec 19-23/
Dec 28-31 9:00AM - 5:00PM
Dec 24 9:00AM - 1:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
Sat 9:00AM - 4:30PM
Sun 10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, 27 CLOSED
Jan 1, 2 CLOSED
Feb 20 CLOSED
Apr 7 & 10 CLOSED
May 22 CLOSED
July 1 & 3 CLOSED

Membership

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

Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board programs and services offered at its pools, rinks, participating fitness centres and community centres.

Program Information

Taxes not included in listed program fees. See program details for holiday weekend cancellations.

Want to Volunteer?

Please contact strathcc@vancouver.ca to find out how you can get involved in programs, events, and activities at the Strathcona Community Centre.

Our Mission Statement

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

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**Day Camp
Registration: May 13
please see page 11**

How to Register: Winter/Spring Registration Opens Saturday December 10 @ 9:00AM

Online
[vancouver.ca/
strathconarec](http://vancouver.ca/strathconarec)

By Phone
604-713-1838

In Person
601 Keefer St.
Vancouver V6A 3V8

General Information

Payment

All programs, rentals and drop-in fees include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payable to the "City of Vancouver". There is a \$35 service fee on any returned cheques or declined credit card payments.

Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

Cancellation

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

Refund Policy


Requests made more than 48 hours prior to the first class will receive a refund in full. Requests after this time will receive a pro-rated refund based on the number of sessions passed.
Day Camp refund policy – please see page 11.

Personal Information Protection



Any personal information the Strathcona Community Centre Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.

Contact Us

601 Keefer St., Vancouver, BC V6A 3V8
Phone: 604-713-1838 | Fax: 604-713-1848

 Strathcona Community Centre Association
 [instagram.com/strathcc](https://www.instagram.com/strathcc)

www.strathconacc.ca
strathcc@vancouver.ca

 @strathcentre
 Strathcona CC

Strathcona Community Preschool

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

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 40 children ages 3-5 years through to kindergarten entry.

Program Details

The following prices are for 2022-2023. Prices are subject to change

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

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

Affordable Childcare Benefit information is available at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-youngchildren/child-care-funding/child-care-benefit>

Strathcona Licensed Child Care waitlist closed
from Nov 1, 2022 – Feb 1, 2023



Strathcona Licensed Child Care

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

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

During the school year, SLC operates after school care for 174 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

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

Strathcona Licensed Child Care waitlist closed
from Nov 1, 2022 – Feb 1, 2023

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

Affordable Childcare Benefit information is available at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-youngchildren/child-care-funding/child-care-benefit>



Social

Caregiver and Tot Playtime

0-3 yrs | Strathcona Staff

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! This is a great way to meet your neighbors and make new friends! Drop-in program only; spaces are limited. Drop-in \$1.50. No class Feb 20, Mar 13-24, Apr 7, 10, & May 22.

* M/W/F Jan 4-Mar 31 430277	10:30 AM-12:00 PM \$1.50/drop-in
* M/W/F Apr 3-Jun 30 430487	10:30 AM-12:00 PM \$1.50/drop-in



Arts

NEW! Kids Music Jam for Toddlers

2-5 yrs | Diego Kohl

A class for young children to explore and learn about a variety of instruments and rhythms. Led by musician and educator Diego Kohl who brings with him years of experience teaching and playing world music, classical music and jazz. This class will include singing and lots of rhythm and fun. Parent participation required. Drop in \$13, space permitting. No class on Feb 20 & May 22.

* M Jan 16-Mar 6 430302	10:00 AM-10:45 AM \$70/7 sess
* M Jan 16-Mar 6 430303	11:00 AM-11:45 AM \$70/7 sess
* M Apr 17-Jun 12 430512	10:00 AM-10:45 AM \$80/8 sess
* M Apr 17-Jun 12 430513	11:00 AM-11:45 AM \$80/8 sess

* **Winter 2023 Programs**
January – March

* **Spring 2023 Programs**
April – June

DANCEPL3Y Preschool (Early Years Dance, Music & Movement)

3-5 yrs | DANCEPL3Y Vancouver

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

* W Jan 11 430291	2:15 PM-3:00 PM FREE TRIAL/1 sess
* W Jan 18-Mar 8 430289	2:15 PM-3:00 PM \$80/8 sess
* W Apr 12 430501	2:15 PM-3:00 PM FREE TRIAL/1 sess
* W Apr 19-Jun 7 430499	2:15 PM-3:00 PM \$80/8 sess

NEW! Little Ballerinas

3-5 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com

* Sa Jan 14 433489	10:15 AM-11:00 AM FREE TRIAL/1 sess
* Sa Jan 21-Mar 11 430371	10:15 AM-11:00 AM \$88/8 sess
* Sa Apr 15-Jun 17 430581	10:15 AM-11:00 AM \$110/10 sess

Mini Hip Hop Breakers

3-5 yrs | Endorphin Rush Dance And Fitness

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

* Sa Jan 14 433494	11:00 AM-11:45 AM FREE TRIAL/1 sess
* Sa Jan 21-Mar 11 430372	11:00 AM-11:45 AM \$88/8 sess
* Sa Apr 15-Jun 17 430582	11:00 AM-11:45 AM \$110/10 sess

Sports

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. It will also give you a chance to socialize and be a part of a supportive group of parents. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit www.bearfeetgymnastics.com. Parent participation is required. No class Feb 19 & May 21.

* Su Jan 15-Mar 12	10:30 AM-11:15 AM
430262	\$88/8 sess
* Su Apr 16-Jun 18	10:30 AM-11:15 AM
430472	\$99/9 sess

Rainbow Bear Gymnastics

3-5 yrs | Bear Feet Gymnastics

Through the use of creative circuits the children will have the opportunity to learn and practice new gymnastic skills with the support of their coach! This class will encourage the children to develop their attention span as well as their spatial/body awareness and will no doubt get strong as a bear! This class provides a great mix of play and skill building all rolled into one. We focus on fundamentals of gymnastics in this high energy super engaging class! The children will enjoy warm up games, circuits and creative strength building exercises all disguised as play! Parent participation mandatory. For more info, please visit www.bearfeetgymnastics.com. No class Feb 19 & May 21.

* Su Jan 15-Mar 12	11:30 AM-12:15 PM
430376	\$88/8 sess
* Su Apr 16-Jun 18	11:30 AM-12:15 PM
430587	\$99/9 sess

Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. No class Feb 19 & Apr 9.

* Su Jan 15-Mar 12	10:15 AM-11:00 AM
430383	\$120/8 sess
* Su Apr 2-May 14	10:15 AM-11:00 AM
430594	\$90/6 sess
* Su May 28-Jun 25	10:15 AM-11:00 AM
430595	\$75/5 sess

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class on Feb 19 & Apr 9.

* Su Jan 15-Mar 12	11:00 AM-12:00 PM
430381	\$120/8 sess
* Su Apr 2-May 14	11:00 AM-12:00 PM
430592	\$90/6 sess
* Su May 28-Jun 25	11:00 AM-12:00 PM
430593	\$75/5 sess

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

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

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Special Events

Family Day Pajama Party!

All Ages

Join us for our Family Day Pajama Party Event! This event will feature Parent & Tot toys, arts & crafts, face painting, & other activities for the whole family to enjoy! Snuggle up with your family to watch a movie with your loved ones in your comfiest pajamas!

* M Feb 20	10:30 AM-12:30 PM
430477	Free



Art

Afterschool Cooking for Kids

9-12 yrs | Food Security Staff

Join our staff in exploring the wonderful world of cooking! Learn new cooking and kitchen skills. Recipes will include making pizza, baking and delicious recipes that kids love to cook, and eat. No experience required!

* Tu Jan 10-Mar 7 430260	3:15 PM-5:15 PM \$81/9 sess
* F Apr 14-Jun 9 430470	3:15 PM-5:15 PM \$81/9 sess

NEW! Cartooning & Creativity!

5-15yrs | Devan Dirocco

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? Comics? Video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class May 21.

5-10yrs

* Su Feb 5-Mar 12 430279	10:30 AM-11:30 AM \$54/6 sess
* Su Apr 16-Jun 18 430489	10:30 AM-11:30 AM \$81/9 sess

10-15 yrs

* Su Feb 5-Mar 12 430278	11:45 AM-12:45 PM \$54/6 sess
* Su Apr 16-Jun 18 430488	11:45 AM-12:45 PM \$81/9 sess

DANCEPL3Y Kids (Early Years Dance, Music & Mvmt)

6-12 yrs | DANCEPL3Y Vancouver

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

6-8 yrs

* W Jan 18-Mar 8 430285	3:10 PM-4:10 PM \$80/8 sess
* W Apr 19-Jun 7 430495	3:10 PM-4:10 PM \$80/8 sess

9-12 yrs

* W Jan 18-Mar 8 430287	4:15 PM-5:15 PM \$80/8 sess
* W Apr 19-Jun 7 430497	4:15 PM-5:15 PM \$80/8 sess

Hip Hop Dance

5-8 yrs | Endorphin Rush Dance And Fitness

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

* Sa Jan 14 433556	11:45 AM-12:45 PM FREE TRIAL/1 sess
* Sa Jan 21-Mar 11 430301	11:45 AM-12:45 PM \$88/8 sess
* Sa Apr 15-Jun 17 430511	11:45 AM-12:45 PM \$110/10 sess

NEW! Capoeira

8-15 yrs | Cam Melvin

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Besides all the fun, students will learn basic capoeira movements and how to coordinate movements with a partner, plus basic Brazilian Portuguese vocabulary, the history of slavery in Brazil, and the philosophical basis for capoeira through song and discussion. Not only will students develop their strength, balance, hand-eye coordination, rhythm, language skills, and a stronger appreciation for other cultures, they will also grow in empathy and self-confidence. Drop-in if space available at \$9.50. No class Feb 20 & May 22.

* M Jan 16-Mar 13 437562	5:00 PM-6:00 PM \$64/8 sess
* M Apr 17-Jun 19 437762	5:00 PM-6:00 PM \$72/9 sess

* Winter 2023 Programs
January – March

* Spring 2023 Programs
April – June

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Open Stage Program

9-12 yrs | Arts Umbrella

Open to Strathcona Elementary students in Grades 4-7. Students should have an interest in acting. Students should eat a snack prior to coming to the program. Students should eat a snack prior to coming to the program. Snacks will not be provided at this time. Students should bring a filled water bottle. Be curious, be bold, and be yourself. Students will explore a variety of age-appropriate acting tools and techniques such as the relationship between the physical body and character. The Arts Umbrella Open Stage program is a perfect way to develop imagination, creativity, self-confidence, and empathy in a fun and expressive way.

Dates:

Fall: Oct 4-Dec 6, 2022

Winter: Jan 10-Mar 7, 2023

Spring: Mar 28-Jun 6, 2023

Tuesday

Tu Oct 4-Jun 6 3:15 PM-5:00 PM
422951 Free/30 sess

Thursday

Th Oct 6-Jun 8 3:15 PM-5:00 PM
422952 Free/30 sess



Day Camp

Pro-D Day Camp

5-12 yrs | Day Camp Leaders

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

* M Jan 16
430373

9:00 AM-3:00 PM
\$25/1 sess

* F Feb 17
430374

9:00 AM-3:00 PM
\$25/1 sess

* M Apr 24
430375

9:00 AM-3:00 PM
\$25/1 sess

Spring Break Day Camp

5-12 yrs | Day Camp Leaders

Come and join our day camp staff team for an exciting Spring Break program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must be currently in Kindergarten and turning 6 years old by December 31, 2023 to attend day camp. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

Week 1

* M-F Mar 13-17
430414

9:00 AM-4:00 PM
\$125/5 sess

Week 2

* M-F Mar 20-24
430415

9:00 AM-4:00 PM
\$125/5 sess



Basketball Camp

6-12 yrs | Josh K.

Looking for your child to improve their skills in basketball and at the same time have fun doing it? Enroll in basketball camp and have fun practicing the fundamentals and playing various games involving: passing, shooting, dribbling, rebounding. Elements such as sportsmanship and team play will be greatly emphasized.

Please note: children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

6-9 yrs

* M-F Mar 13-17	10:15 PM-12:15 PM
436901	\$50/5 sess

10-12 yrs

* M-F Mar 13-17	12:30 PM-2:30 PM
436903	\$50/5 sess

NEW! Volleyball Camp

8-13 yrs | Chloe H.

Introduce your child to the sport of Volleyball! They will learn how to play the sport and the fundamentals such as bumping and setting. They will play mini games and have lots of fun. Elements such as sportsmanship and team play will be greatly emphasized.

* M-F Mar 20-24	10:15 PM-12:15 PM
436904	\$50/5 sess

NEW! Tennis Camp

6-12 yrs | Wilson T.

Participate in this innovative program and develop tennis fundamentals with Wilson and his team of trained coaches. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet. Location: Strathcona Park.

If the weather does not cooperate, classes will be in the gymnasium at Strathcona Community Centre.

6-9 yrs

* M-F Mar 20-24	1:00 PM-3:00 PM
437544	\$140/5 sess

10-13 yrs

* M-F Mar 20-24	1:00 PM-3:00 PM
437545	\$140/5 sess

NEW! Ready, Set, Play! Preschool Camp

3-5 yrs | Dancepl3y

Come join us for a fun week of movement, art, empowerment and reflection! Ready, Set, Play! This program is a combination of physical activities and classroom activities. Physical activities will include dance and yoga. Classroom activities will include arts and crafts, story time and more!

* M-F Mar 13-17	9:30 AM-10:45 AM
437582	\$75/5 sess

* M-F Mar 20-24	1:00 PM-3:00 PM
437585	\$75/5 sess

NEW! Ready, Set, Play! Kids Camp

6-12 yrs | Dancepl3y

Come join us for a fun week of movement, art, empowerment and reflection! Ready, Set, Play! Camps are created by certified teachers who use the BC Curriculum to create fun and engaging activities! This program is a combination of physical activities and classroom activities. Physical activities will include dance and yoga. Classroom activities will include arts and crafts, story time and more!

* M-F Mar 13-17	11:00 AM-1:00 PM
437583	\$120/5 sess

NEW! YOGAPL3Y Camp

6-12 yrs | Dancepl3y

YOGAPL3Y Kids is a physical literacy, mindfulness & social-emotional learning program where kids PLAY with yoga poses, movement and breath. Participants build flexibility, strength, balance, coordination and focus. Kids get active through a variety of fun & interactive yoga & mindfulness activities that allow them to develop self-regulation strategies, as well as positive social interactions as they discover connections with themselves, others and the world.

* M-F Mar 20-24	11:00 AM-1:00 PM
437586	\$120/5 sess

STRATHCONA COMMUNITY CENTRE

AGES 5-12
YRS OLD

SUPERSHINE
SUMMER
DAY CAMP



5-12 yrs | Supershine Summer Day Camp Staff Team

Come and join our summer day camp staff team for an exciting summer program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

Time: 9:00 AM – 4:00 PM

Week	Activity #	Dates	Cost
1	432237	Jul 4-7*	\$100
2	432238	Jul 10-14	\$125
3	432239	Jul 17-Jul 21	\$125
4	432240	Jul 24-Jul 28	\$125
5	432241	Jul 31-Aug 4	\$125
6	432242	Aug 8-11*	\$100
7	432243	Aug 14-18	\$125
8	432244	Aug 21-25	\$125

*4 day week

Registration Process

May 13, 2023 @ 9:00AM

- Registration will only be available in-person starting at 9am. Phone-in registration will start at 1pm.
- Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2023 to attend Summer Day Camp.

Supershine Summer Day Camp Refund Policy

Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

Education

Red Cross Babysitting Training

11-17 yrs | First Aid Hero

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

* Sa Mar 4	9:15 AM-4:15 PM
430378	\$65/1 sess
* Sa Jun 3	9:15 AM-4:15 PM
430589	\$65/1 sess

Fitness & Health

Yoga Buggy for Kids!

5-9 yrs | The Yoga Buggy

Join The Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, storytelling, and dance. We are so excited to play Yoga with you!

5-6 yrs	
* W Jan 18-Mar 8	3:30 PM-4:00 PM
430418	\$64/8 sess
* W Apr 12-Jun 14	3:30 PM-4:00 PM
430629	\$80/10 sess
7-9 yrs	
* W Jan 18-Mar 8	4:05 PM-4:50 PM
430420	\$64/8 sess
* W Apr 12-Jun 14	4:05 PM-4:50 PM
430631	\$80/10 sess

Sports

NEW! Strathcona Basketball – Competitive League Play

Grades 6-7 Boys | Jadon K.

Reigniting Strathcona's Competitive basketball team for Spring 2023! We aim to empower Grade 6 & 7 boys through the sport; teaching skills, good habits and life skills through basketball. Consisting of one weekend practice on Sundays from 2:15pm-3:45pm and games on Saturdays after 3pm at Jericho Hill Centre Gym through the RBL League. Strathcona Elementary children and children living in the V6A will have a 2 week priority to sign up, beginning Feb 25 in-person. The rest of the general public can register on Mar 11, if spots are still available.

Grades 6-7 Boys	
* Su Apr 2-Jun 18	2:15 PM-3:45 PM
438517	\$132/season

Strathcona Basketball

An introductory, skills and fun-based approach to the game of basketball for grades K-12. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. Strathcona Elementary children and children living in the V6A will have a 1 week priority to sign up beginning Dec 3 in person. The rest of the general public will register on Dec 10. No class Apr 22.

Grades K-2 Coed	
* Sa Jan 7-Mar 18	9:05 AM-10:05 AM
430390	\$33/11 sess
* Sa Apr 1-Jun 17	9:05 AM-10:05 AM
430601	\$33/11 sess
Grades 3-5 Coed	
* Sa Jan 7-Mar 18	10:10 AM-11:10 AM
430387	\$33/11 sess
* Sa Apr 1-Jun 17	10:10 AM-11:10 AM
430598	\$33/11 sess
Grades 6-8 Boys	
* Sa Jan 7-Mar 18	11:15 AM-12:15 PM
430388	\$33/11 sess
* Sa Apr 1-Jun 17	11:15 AM-12:15 PM
430599	\$33/11 sess
Grades 6-8 Girls	
* Sa Jan 7-Mar 18	11:15 AM-12:15 PM
430389	\$33/11 sess
* Sa Apr 1-Jun 17	11:15 AM-12:15 PM
430600	\$33/11 sess
Grades 9-12 Boys	
* Sa Jan 7-Mar 18	12:20 PM-1:20 PM
430391	\$33/11 sess
* Sa Apr 1-Jun 17	12:20 PM-1:20 PM
430602	\$33/11 sess
Grades 9-12 Girls	
* Sa Jan 7-Mar 18	12:20 PM-1:20 PM
430392	\$33/11 sess
* Sa Apr 1-Jun 17	12:20 PM-1:20 PM
430603	\$33/11 sess

Tennis Lessons: Basics

5-12 yrs | Wilson Tan

Learn the basics of how to rally. Develop skills important to tennis through games in an open skills environment. You will learn about basic skills and competencies to play tennis. Suitable for first-timers those new to tennis. Our ambition is to help you rally 6-10+ balls consecutively. No class Feb 18, April 22, & May 20.

5-6 yrs

* Sa Jan 14-Mar 11	1:30 PM-2:45 PM
430403	\$120/8 sess
* Sa Apr 15-Jun 17	1:30 PM-2:45 PM
430614	\$120/8 sess

7-9 yrs

* Sa Jan 14-Mar 11	1:30 PM-2:45 PM
430404	\$120/8 sess
* Sa Apr 15-Jun 17	1:30 PM-2:45 PM
430615	\$120/8 sess

10-12 yrs

* Sa Jan 14-Mar 11	1:30 PM-2:45 PM
430402	\$120/8 sess
* Sa Apr 15-Jun 17	1:30 PM-2:45 PM
430613	\$120/8 sess

Kung Fu: Choy Lee Fut

8-18 yrs | Matthew & Amy

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. This class will be combined with the Adult class. Children can drop-in for \$5.

* M/W Jan 4-Mar 29	6:30 PM-7:30 PM
430304	\$5/drop-in
* M/W Apr 3-Jun 28	6:30 PM-7:30 PM
430514	\$5/drop-in

Music

Private Piano Lessons

5+ yrs | Christina & Alicia

For Piano Lessons Only:

WINTER REGISTRATION DATE: Dec 10, 2022

SPRING REGISTRATION DATE: Mar 11, 2023

Students who were registered in Fall 2022 will have priority over Winter & Spring 2023 registration. On the registration dates listed above for each season, if spots have not been filled, they will be available and open to the public for registration.

Please note: If the spot you want is full, please register to put yourself on the waitlist for that season. Waitlist will not be carried over to the following season.

Alicia 30 minute sessions:

* Sat Feb 11-Mar 11	\$77.50/5 sess	9:05am-4:40pm
* Sat Apr 22-Jun 17	\$139.50/9 sess	9:05am-4:40pm

Christina 30 minute sessions:

* Sat Jan 14-Mar 11	\$139.50/9 sess	9:05am-4:30pm
* Sat Apr 22-Jun 17	\$139.50/9 sess	9:05am-4:30pm
* Mon Jan 9-Mar 6	\$124/8 sess	3:15pm-7:50pm
* Mon Apr 3-Jun 12	\$139.50/9 sess	3:15pm-7:50pm
* Wed Jan 11-Mar 8	\$139.50/9 sess	3:15pm-7:50pm
* Wed Apr 5-Jun 14	\$170.50/11 sess	3:15pm-7:50pm
* Fri Jan 13-Mar 10	\$139.50/9 sess	2:30pm-6:30pm
* Fri Apr 21-Jun 16	\$139.50/9 sess	2:30pm-6:30pm



Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for \$15.

For Ukulele/Guitar Only:

WINTER REGISTRATION DATE: Dec 10, 2022

SPRING REGISTRATION DATE: Mar 11, 2023

* Sa Jan 7-Mar 18	\$220/11 sess
3:00 PM-3:30 PM	430405
3:30 PM-4:00 PM	430406
4:00 PM-4:30 PM	430407
4:30 PM-5:00 PM	430408
* Sa Apr 1-Jun 17	\$240/12 sess
3:00 PM-3:30 PM	430616
3:30 PM-4:00 PM	430617
4:00 PM-4:30 PM	430618
4:30 PM-5:00 PM	430619

CAP-C (Community Action Program for Children)

The Community Action Program for Children (Cap-C) program is designed for low-income families with children ages 6 and under. Financial contribution from Public Health Agency of Canada in agreement with the Province of BC. Please register in person or phone at 604.713.1838. For more information, please visit: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/community-action-program-children-capc.html>



Government
of Canada

Gouvernement
du Canada

Baby & Me Time

0-18 months

To introduce parents to a simple and natural approach where they can develop a closer bond with their young children (0 to 3 yrs) through songs, rhymes, and stories together. Spaces are limited to 1 adult and 1 child to register per family. No class Mar 15 & 22.

❄️ W Jan 11-Mar 29 1:30 PM-2:00 PM
430268 Free/10 sess
❄️ W Apr 5-Jun 7 1:30 PM-2:00 PM
430478 Free/10 sess

Children Painting

4-6 yrs

Painting allows children to express their creativity and have fun while doing it. Through participation, they can increase their hand-eye coordination and concentration as well. No class Mar 13 & 20.

❄️ M Jan 30-Mar 27 3:15 PM-4:15 PM
430270 Free/6 sess
❄️ M Apr 24-Jun 12 3:15 PM-4:15 PM
430480 Free/7 sess

English Conversation for New Immigrants

19-50 yrs

Informal conversation in a group setting to improve parents' English speaking & understanding. The content will cover practical everyday subjects and group led topics.

❄️ M Apr 17-Jun 12 1:15 PM-2:45 PM
430481 Free/8 sess

Family Drop-In

All Ages

To connect with families and to promote healthy family & community life as well. Parents/caregivers with their young children (age 0-4 yrs) come together to have fun & support. It's a child friendly environment where toys, puzzles, books & crafts are provided.

No class Mar 16 & 23.
❄️ Th Jan 12-Mar 30 10:30 AM-12:00 PM
430272 Free/10 sess
❄️ Th Apr 13-Jun 15 10:30 AM-12:00 PM
430482 Free/10 sess

Children Art

4-6 yrs

This class will help develop children's capacities for thinking and creative expression through participation. No class Mar 14 & 21.

❄️ Tu Jan 31-Mar 28 3:15 PM-4:15 PM
430269 Free/7 sess
❄️ Tu Apr 11-Jun 13 3:15 PM-4:15 PM
430479 Free/10 sess

Parenting Workshop

19-50 yrs

A source of support for parents and offer an opportunity to share parenting experience as well as to develop a greater understanding of child development.

❄️ Tu Jan 31/Feb 28/Mar 28 11:00 AM-12:00 PM
430276 Free/3 sess
❄️ Tu Apr 25/May 30 11:00 AM-12:00 PM
430486 Free/2 sess

Moving Stories for Moms

19-50 yrs

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

❄️ Tu Feb 7-21 1:30 PM-2:30 PM
430274 Free/3 sess
❄️ Tu Apr 11-Jun 13 1:30 PM-2:30 PM
430484 Free/10 sess

Food & Culture

19+ yrs

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes. Childminding is available, taking place in Activity Room.

❄️ Tu Feb 7-21 12:15 PM-1:15 PM
430273 Free/3 sess
❄️ Tu Apr 11-Jun 13 12:15 PM-1:15 PM
430483 Free/10 sess

Music Band Wagon

2.5-4 yrs

This program provides parents & young children (ages 2.5-4 yrs) with a wide variety of activities such as music & movements, toys & games during sessions with the music instructor. No class Mar 15 & 22.

❄️ W Jan 11-Mar 29 1:45 PM-2:30 PM
430275 Free/10 sess
❄️ W Apr 5-Jun 7 1:45 PM-2:30 PM
430485 Free/10 sess

Strathcona Police Judo Jrs.

12-15 yrs

Strathcona Youth Judo Club is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors.

Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo. All 12-15yrs youth welcome! For more information contact 604-713-1851.

- * W Feb 8-Mar 29 5:00 PM-6:30 PM
430397 Free with Registration/8 sess
- * W May 10-Jun 28 5:00 PM-6:30 PM
430608 Free with Registration/8 sess

Youth Lounge

9-18 yrs | Youth Leader

Got some free time after school and looking for somewhere to hang out? Come by our youth lounge to relax, socialize, and play some games. We've got Ping-Pong, pool, foosball, and an assortment of games. No class Feb 20.


- * M-F Jan 3-Mar 31 3:30 PM-8:30 PM
430423 Free with Registration
- * M-F Apr 3-Jun 30 3:30 PM-8:30 PM
430634 Free with Registration


Youth Gym

9-18 yrs | Youth Leaders

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest.

- * F Jan 6-Mar 31 3:30 PM-8:30 PM
430422 Free/13 sess
- * F Apr 14-Jun 30 3:30 PM-8:30 PM
430633 Free/12 sess

 **Winter 2023 Programs**
January – March

 **Spring 2023 Programs**
April – June

NEW! Strathcona Jr Youth Council

Gr. 5-7 | Youth Leader

Do you want to make a difference in your community? Strathcona Jr. Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact the front desk at 604.713.1838.

- * Tu Jan 17-Mar 28 3:00 PM-4:30 PM
430396 Free with Registration
- * Tu Apr 11-Jun 20 3:00 PM-4:30 PM
430607 Free with Registration

NEW! Strathcona Youth Council

12-18 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact the front desk at 604.713.1838.

- * Sa Jan 21-Mar 25 10:30 AM-12:00 PM
434795 Free with Registration
- * Sa Apr 8-Jun 24 10:30 AM-12:00 PM
434797 Free with Registration

NEW! Breaking into Photography: Fundamentals and Strategies to turn passion into a career!

13-18 yrs | Cam Corrado

In this 2 day class, you will learn basic foundations and methods that will give you some insight into turning your passion for photography into a job. You will acquire the fundamentals including camera techniques and what to look for when editing your photos to help enhance your skills. Furthermore, you will learn the important skills that aren't usually included in a photography course. Acquire insight on how to navigate the trials and tribulations that come with a career as a photographer based on real world experiences.

You will be learning from photographer and creative Cam Corrado. Born and raised in Vancouver, he spent the beginning of his childhood in the downtown eastside. He found a passion for the craft when entering the 8th grade and made it his goal to turn it into a career by the time he was 16. With no formal Post Secondary education, he has developed his craft and is completely self taught.

He has been fortunate enough to work with the likes of several athletes and musical artists, consistently working in Los Angeles and Toronto. Some of these people include musical artists Drake, Record producer WondaGurl, Gunna, 6lack, Destroy Lonely, Elias Pettersson of the Vancouver Canucks, and professional boxer Ryan Garcia just to name a few. He has also worked with larger corporations including Nike and Adidas. For more info, check out his website: www.crrdo.com
* Sa Apr 29 & May 6 2:15 PM-3:45 PM
438834 \$39/2 day workshop

Youth Adventure Day Camp

12-16 yrs | Camp Leaders

We're excited to have our youth leadership camp for 2023 for youth ages 12-18! This exciting camp will allow pre-teens to develop and grow their leadership skills! With a youth-driven focus, leaders will engage and partake in fun activities and initiatives throughout the lower mainland and our local area. More information to come in our Summer 2023 guide!



Games Room Schedule						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Strathcona Jr Youth Council Gr. 5-7 3:00-4:30PM	Youth Leadership Program Gr. 8-9 3:30-5:00PM	Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Strathcona Youth Council Gr. 8-12 10:30 AM-12:00PM	
Youth Drop-in Gr. 8-12 4:30-7:30PM			Youth Drop-in Gr. 8-12 4:30-7:30PM	Youth Drop-in Gr. 8-12 4:30-8:30PM		

Please note: Schedule subject to change

Youth Programs & Open Gym Schedule						
*Please connect with the youth worker if you are interested in signing up for volunteer opportunities. Volunteer opportunities include helping out with after school kids programs on Tuesdays and Wednesdays.						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Volunteer Opportunity Gr. 10-12 3:30-5:00PM	Volunteer Opportunity Gr. 10-12 3:30-5:00PM	Volleyball Gr. 8-12 5:00-6:30PM	Pre-teen Basketball Gr. 5-7 3:00-4:30PM	Strathcona Youth Council Gr. 8-12 10:30 AM-12:00PM	
				Basketball Gr. 8-12 4:30-8:30PM		

Please note: Schedule subject to change

PARENTAL/GUARDIAN RESPONSIBILITY: According to provincial guidelines, all children under the age of 9 are required to have parental/guardian 16 years or older supervision when not attending a registered Strathcona program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Strathcona are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as programs have ended.

2022/2023

STRATHCONA YOUTH COUNCIL!

FOR GRADE 8 - 12!

- VOLUNTEER OPPORTUNITIES FOR VARIOUS SPECIAL EVENTS
- MAKE NEW FRIENDS
- FUN WEEKLY ACTIVITIES
- BUILD OPPORTUNITIES FOR EMPLOYMENT
- AND MORE!!!

your help means a lot!



MEETINGS ARE...



**EVERY
SATURDAY
10:30AM -
11:30AM**

IF YOU ARE INTERESTED...
PLEASE MESSAGE US ON INSTAGRAM



Education

Women's Personal Safety Team Workshop

19+ yrs | VPD Female Officers

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.

☀️ Th Apr 27
430627

6:00 PM-8:00 PM
Free/1 sess

NEW! Adult Chess Club

19+ yrs | Glenn Haftner

Want to learn how to play chess or are you looking to improve your skills or are you wanting to have a match with other Chess enthusiasts? Come join Glenn Haftner, who will help and improve your skills as a chess player. The group meets biweekly. \$2/drop-in. Meets Bi-Weekly

☀️ Th Jan 12-Mar 23
430257

6:30 PM-8:00 PM
\$2/drop-in/6 sess

☀️ Th Apr 6-Jun 29
430467

6:30 PM-8:00 PM
\$2/drop-in/7 sess



Caterpillar Bookbinding

19+ yrs | Suzan Lee

Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/ centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover book pop! No prior experience is necessary. All materials and tools are provided.

☀️ Su Feb 12
430280

10:30 AM-1:30 PM
\$53/1 sess

Medieval Bookbinding

19+ yrs | Suzan Lee

Many of the bound books during the medieval period had a practical business purpose: to record profits. Medieval merchants travelled far and wide, so their account books had to endure plenty of wear and tear. Run out of pages? No problem! You can remove old pages and add fresh ones. Whether it's for sketching, journaling or traveling, your medieval-style book will make a lasting companion for you or a gift. No prior experience is necessary. All tools and materials will be supplied.

☀️ Su Apr 16
430520

10:30 AM-1:30 PM
\$53/1 sess

Learning through Literacy

19+ yrs | Capilano University English For Academic Purposes

This program is a successful collaboration of the Lord Strathcona Elementary School, the Strathcona Community Centre, the Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills participants will be introduced to many resources and services in their community! Please note the following dates, class will take place online: Jan 26, Feb 23, Mar 30. No class Mar 16 & 23. Registration for this program takes place through Capilano University. Please contact Vilien Chen at vchen@capilano.ca for further information.

☀️ Th Jan 5-Mar 30
430309

9:30 AM-12:30 PM
Free/11 sess

☀️ Th Apr 6-Jun 15
430519

9:30 AM-12:30 PM
Free/11 sess

Income Tax Clinic

19+ yrs | CVITP Volunteers

This free community volunteer run income tax clinic is for low income individuals and families. Please bring last years notice of assessment/tax return, T4s and Government-issued ID to the tax clinic. Must make an appointment. If you are coming with another family member, please register in the timeslot following yours. This class is registration only. Drop-ins will not be allowed.

☀️ Fri Mar 10/17/24/31

☀️ Fri Apr 14/21/28
9:30 AM-10:00 AM
10:00 AM-10:30 AM
10:30 AM-11:00 AM
11:00 AM-11:30 AM
11:30 AM-12:00 PM

NEW! Cooking Class: Kurdish Pickles with Parwen!

19+ yrs | Parwen

Come and join Parwen to make authentic Kurdish style vegetable pickles! Perfect for every meal. Everyone will be able to take a jar home with them!

* Th Mar 9	5:30 PM-7:30 PM	
434679		\$8/1 sess
* Th May 11	5:30 PM-7:30 PM	
434680		\$8/1 sess

NEW! Cooking Class: Mexican Chilaquiles with Chef Antonio!

19+ yrs | Chef Antonio

Learn to make the traditional Mexican brunch dish, Chilaquiles, Guadalajara style. Make a rich sauce from scratch, guided by Chef Antonio and create all the delicious sides and trimmings that complete this authentic Mexican cooking experience!

* Tu Feb 21	6:30 PM-8:30 PM	
434676		\$8/1 sess

* **Winter 2023 Programs**
January – March

* **Spring 2023 Programs**
April – June

Everyone should have access to recreation

Subsidies are available for
Strathcona residents facing
financial barriers.

See page 2.

Fitness & Health

Adult Ballet for Beginners

19+ yrs | Endorphin Rush Dance & Fitness

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop in \$14.00, if space permits.

* F Jan 13	5:30 PM-6:30 PM	
430256		FREE TRIAL/1 sess
* F Jan 20-Mar 24	5:30 PM-6:30 PM	
430255		\$110/10 sess
* F Apr 14	5:30 PM-6:30 PM	
430466		FREE TRIAL/1 sess
* F Apr 21-Jun 23	5:30 PM-6:30 PM	
430465		\$110/10 sess

NEW! Capoeira

16+ yrs | Cam Melvin

Capoeira is a unique and exciting Afro-Brazilian martial art combining dance, music, and history with self defense and acrobatics. Classes will include learning and practicing movements with a partner as well as learning about capoeira's cultural roots and basic Brazilian Portuguese vocabulary, songs, and percussion rhythms. No matter what your fitness level, you will grow your strength, endurance, balance, rhythm, and coordination. Drop-in if space available at \$11.50. No class Feb 20 & May 22.

* M Jan 16-Mar 13	6:15 PM-7:30 PM	
437565		\$80/8 sess
* M Apr 17-Jun 19	6:15 PM-7:30 PM	
437763		\$90/9 sess

Contemporary Line Dance

19+ yrs | Irene Loo

This modern line dance class incorporates contemporary music and dance steps including Cha Cha, Tango, Rumba, Waltz, Mambo, Salsa, Cumbia, Hustle, Twist, Disco, Jitterbug and Electric Slide. Drop-in \$4.76, if space permits. No class May 27 and June 3.

* Sa Jan 14-Mar 25	1:45 PM-3:15 PM	
430282		\$38.50/11 sess
* Sa Apr 8-Jun 17	1:45 PM-3:15 PM	
430492		\$31.50/9 sess

Pilates

19+ yrs | Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. Please bring your own mat. Drop in \$16, if space permits. For more info, visit www.intoyoga.ca

* W Jan 11-Feb 15	7:00 PM-8:00 PM	
430369		\$87/6 sess
* W Feb 22-Mar 29	7:00 PM-8:00 PM	
433571		\$87/6 sess
* W Apr 12-May 17	7:00 PM-8:00 PM	
430579		\$87/6 sess
* W May 24-Jun 28	7:00 PM-8:00 PM	
430580		\$87/6 sess

Vinyasa Flow Yoga

19+ yrs | Lucia Woolgar

This is an all levels vinyasa flow yoga class where we will laugh, play, and move our wonderful bodies! We will work on meditation, breathing, and play around with some fun yoga postures and sequences. Our bodies will get a chance to build core strength, improve balance and get a cardio boost. Never tried yoga before? No need to worry as we will guide you step by step with helpful cueing and encouragement. This class can be as relaxing or challenging as you would like to make it. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Let's have some fun! Please bring your own yoga mat to class. Please bring any other equipment such as blocks or blankets to better support your body during our yoga practice. Drop-in \$11.43, space permitting.

* Th Jan 12-Feb 16	7:00 PM-8:15 PM
430410	\$57/6 sess
* Th Feb 23-Mar 30	7:00 PM-8:15 PM
430411	\$57/6 sess
* Th Apr 6-May 11	7:00 PM-8:15 PM
430621	\$57/6 sess
* Th May 18-Jun 22	7:00 PM-8:15 PM
430622	\$57/6 sess

Zumba

19+ yrs | Edie Chang

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11.00, if space permits.

* Tu Jan 10-Feb 14	7:00 PM-8:00 PM
430425	\$54/6 sess
* Tu Feb 21-Mar 28	7:00 PM-8:00 PM
430427	\$54/6 sess
* Sa Jan 7-Feb 11	10:00 AM-11:00 AM
430426	\$54/6 sess
* Sa Feb 18-Mar 25	10:00 AM-11:00 AM
430428	\$54/6 sess
* Tu Apr 11-May 16	7:00 PM-8:00 PM
430636	\$54/6 sess
* Tu May 23-Jun 27	7:00 PM-8:00 PM
430638	\$54/6 sess
* Sa Apr 8-May 13	10:00 AM-11:00 AM
430637	\$54/6 sess
* Sa May 20-Jun 24	10:00 AM-11:00 AM
430639	\$54/6 sess

Martial Arts

Aikido for Men and Women

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. Space permitting, \$15 drop-in. No class Feb 18, May 20 and June 10.

* Sa Jan 14-Mar 25	11:30 AM-1:00 PM
430261	\$100/10 sess
* Sa Apr 15-Jun 24	11:30 AM-1:00 PM
430471	\$90/9 sess

Kung Fu: Choy Lee Fut

19+ yrs | Matthew & Amy

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. Children can join at a reduced rate. All levels and new participants welcome! Drop in \$6.67, if space permits. No class Feb 20, Apr 10 & May 22.

* M/W Jan 4-30	6:30 PM-8:30 PM
430305	\$56/8 sess
* M/W Feb 1-27	6:30 PM-8:30 PM
430306	\$49/7 sess
* M/W Mar 1-29	6:30 PM-8:30 PM
430307	\$63/9 sess
* M/W Apr 3-26	6:30 PM-8:30 PM
430515	\$49/7 sess
* M/W May 1-31	6:30 PM-8:30 PM
430516	\$63/9 sess
* M/W Jun 5-28	6:30 PM-8:30 PM
430517	\$56/8 sess



Sports

Adult Tennis Lessons

19+ yrs | Wilson Tan

Suitable for beginners and novice seeking to learn basics of successful rallying - Expectations to consecutively rally 30-50 balls with a partner. Basic understanding of volleys and serving. Our programs take Progressive Tennis in an open skills environment, allowing developments important to improving your tennis.

You will learn about basic skills and competencies to play tennis. No class Feb 19 & May 21.

* Su Jan 15-29 430258	10:00 AM-11:45 AM \$131.25/3 sess
* Su Feb 5-26 434619	10:00 AM-11:45 AM \$131.25/3 sess
* Su Mar 5-26 434620	10:00 AM-11:45 AM \$175/4 sess
* Su Apr 16-30 430468	10:00 AM-11:45 AM \$131.25/3 sess
* Su May 7-28 430469	10:00 AM-11:45 AM \$131.25/3 sess
* Su Jun 4-25 434626	10:00 AM-11:45 AM \$175/4 sess

Volleyball - Adult Recreation Play

19+ yrs | Non-Instructional

Bump, set, spike and meet new people while enjoying some friendly, non-competitive games of recreational volleyball. Registered participants must check in at the front desk in person by 7:05pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play.

Drop-in \$5.00, space permitting. No class Apr 19.

* W Jan 4-Mar 29 430412	7:00 PM-8:45 PM \$58.5/13 sess
* W Apr 5-Jun 28 430623	7:00 PM-8:45 PM \$54/12 sess

Badminton: Drop-In

5+ yrs | Non-Instructional

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

* Sa Jan 7-Mar 25 430264	3:15 PM-4:45 PM \$5/Drop-in
* Sa Apr 1-Jun 24 430474	3:15 PM-4:45 PM \$5/Drop-in

Pickleball - All Levels - Recreation

19+ yrs | Non-Instructional

Pickleball is a combination of Ping-Pong, tennis, and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, space permitting. No class Apr 19.

* W Jan 4-Mar 29 430367	5:15 PM-6:30 PM \$61.88/13 sess
* W Apr 5-Jun 28 430577	5:15 PM-6:30 PM \$57.12/12 sess

Table Tennis - Drop-In

19+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. Drop-In to play for \$1 each visit. No class Mar 15 & 22.

* W Jan 4-Mar 29 430400	9:30 AM-11:30 AM \$1/Drop-in
* W Apr 5-Jun 28 430611	9:30 AM-11:30 AM \$1/Drop-in
* Sa Jan 7-Mar 25 430399	9:30 AM-11:30 AM \$1/Drop-in
* Sa Apr 1-Jun 24 430610	9:30 AM-11:30 AM \$1/Drop-in



Basketball - Recreation

19+ yrs | Non-Instructional

Recreational co-ed basketball with limited spaces. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, space permitting. No class Apr 18.

* Tu Jan 3-Mar 28	7:15 PM-8:45 PM
430265	\$48.75/13 sess
* Tu Apr 4-Jun 27	7:15 PM-8:45 PM
430475	\$45/12 sess
* Su Jan 8-Mar 26	12:10 PM-2:00 PM
430266	\$51/12 sess
* Su Apr 2-Jun 25	12:10 PM-2:00 PM
430476	\$55.25/13 sess

Children

NEW! Strathcona Basketball – Competitive League Play

Grades 6-7 Boys | Jadon K.

Reigniting Strathcona's Competitive basketball team for Spring 2023! We aim to empower Grade 6 & 7 boys through the sport; teaching skills, good habits and life skills through basketball. Consisting of one weekend practice on Sundays from 2:15pm-3:45pm and games on Saturdays after 3pm at Jericho Hill Centre Gym through the RBL League.

Strathcona Elementary children and children living in the V6A will have a 2 week priority to sign up, beginning Feb 25 in-person. The rest of the general public can register on Mar 11, if spots are still available.

Grades 6-7 Boys

* Su Apr 2-Jun 18	2:15 PM-3:45 PM
438517	\$132/season

STRATHCONA
Hoop-A-Thon

April 22nd
Time: TBA

Hoop-a-thon is an Annual fundraiser at Strathcona CC. Kids and Youth in the Strathcona Basketball program have 60 seconds to make as many free throws as possible and pledges are made per basket. Funds raised by our Strathcona Basketball participants will go back into our program to continue to make our program affordable.

Strathcona Community Food Security Programs

Follow us on Instagram/Facebook or check out our website and the community bulletin board inside the community centre for upcoming food skills workshop and volunteer opportunities!

Strathcona Backpack Program

The Backpack Program is a service for household with dependants 18 or under, who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, and dry goods as per donation. Forms to apply are at the front desk of the Strathcona Community Centre or on Friday's at the Strathcona Backpack Program. Closed on Stat holiday: April 7.

Strathcona Breakfast Program

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



Wintertime Cooking Connections (Community Kitchen)

19+ yrs | Lorraine Holubowich

Cooking Connections is a fun, social and enriching program. New and experienced cooks are welcome. Together we will choose our themes for each class and everyone will have an opportunity to contribute. For our last session on Wednesday, March 22, we will gather by the fire at the Strathcona Community Gardens Eco house to share a winter borscht, and board games.

🌟 W Jan 11-Mar 15 11:00 AM-2:00 PM
434613 Free/8 sess

Strawberry U-Pick

5+ yrs | Lorraine Holubowich

Join us on an out-trip to pick fresh strawberries at Emma Lea Farm in the beautiful country setting of Westham Island in Delta. List of things to bring: Personal picnic lunches, cash or credit card to pay for an Ice-cream shop treat (optional) and berries (price includes container from Emma Lea Farm). Bring personal clothing and footwear items suited to the weather. Please meet at the Community Centre at 9:00am sharp to fill out your trip waiver forms.

Boarding the bus: 9:20 AM
Departure: 9:30 AM
Return by: 4:00 PM
🌟 Tu Jun 20 11:00 AM-2:00 PM
434616 Free/1 sess
🌟 Tu Jun 27 11:00 AM-2:00 PM
434618 Free/1 sess

NEW! Cooking Class: Kurdish Pickles with Parwen!

19+ yrs | Parwen

Come and join Parwen to make authentic Kurdish style vegetable pickles! Perfect for every meal. Everyone will be able to take a jar home with them!

🌟 Th Mar 9 5:30 PM-7:30 PM
434679 \$8/1 sess
🌟 Th May 11 5:30 PM-7:30 PM
434680 \$8/1 sess

NEW! Cooking Class: Mexican Chilaquiles with Chef Antonio!

19+ yrs | Chef Antonio

Learn to make the traditional Mexican brunch dish, Chilaquiles, Guadalajara style. Make a rich sauce from scratch, guided by Chef Antonio and create all the delicious sides and trimmings that complete this authentic Mexican cooking experience!

🌟 Tu Feb 21 6:30 PM-8:30 PM
434676 \$8/1 sess

Older Adults

Fitness & Health

NEW! Seniors Full Body Workout

50+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards Seniors looking to improve their strength.

* W Jan 18-Feb 15 434184	11:30 AM-12:30 PM \$37.5/5 sess
* W Feb 22-Mar 15 434185	11:30 AM-12:30 PM \$30/4 sess
* W Apr 5-May 10 434186	11:30 AM-12:30 PM \$45/6 sess
* W May 17-Jun 14 434187	11:30 AM-12:30 PM \$37.50/5 sess

Seniors Tai Chi

50+ yrs | Volunteer Instructor

Join us for some easy and relaxing exercise. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop great mobility and balance. No experience necessary! No class Feb 20, Apr 7, 10, & May 22.

* M/Tu/W/Th/F Jan 4-Mar 31 433182	9:00 AM-10:30 AM Free with Registration
* M/Tu/W/Th/F Apr 3-Jun 30 430590	9:00 AM-10:30 AM Free with Registration

Education

Chinese Calligraphy (Friday)

19+ yrs | Wai Yin Lau

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

* F Jan 13-Mar 31 430281	9:30 AM-11:30 AM \$30/12 sess
* F Apr 14-Jun 30 430491	9:30 AM-11:30 AM \$30/12 sess



Wellness Program

50+ yrs | Anne Yue

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

* Tu Jan 3-Mar 28 430413	10:00 AM-12:00 PM Free with Registration
* Tu Apr 4-Jun 27 430624	10:00 AM-12:00 PM Free with Registration



Wu's Tai Chi

50+ yrs | David Ho

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

* Tu Jan 10-Mar 28 430417	10:45 AM-11:45 AM Free with Registration
* Tu Apr 4-Jun 27 430628	10:45 AM-11:45 AM Free with Registration

Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs

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

* Th Jan 5-Mar 30 430394	10:00 AM-12:30 PM Free/13 sess
* Th Apr 6-Jun 29 430605	10:00 AM-12:30 PM Free/13 sess

Social

Senior Social Luncheons

50+ yrs

Have a social lunch together where you can meet new people and chat over a nutritious meal. Please purchase tickets in advance as space is limited.

* W Jan 18 – Chinese New Year 430297	11:30 AM-1:00 PM \$11.43/Lunch
* W Feb 15 430296	11:30 AM-1:00 PM \$9.52/Lunch
* W Mar 15 430295	11:30 AM-1:00 PM \$9.52/Lunch
* W Apr 19 430294	11:30 AM-1:00 PM \$9.52/Lunch
* W May 10 430507	11:30 AM-1:00 PM \$9.52/Lunch
* W May 31 430506	11:30 AM-1:00 PM \$9.52/Lunch
* W Jun 21 – Summer Solstice 430505	11:30 AM-1:00 PM \$11.43/Lunch

Welcome to the Strathcona Fitness Centre!

Fitness Centre Hours

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Dec 19-23/Dec 28-31 9:00AM - 4:30PM
 Dec 24 9:00AM - 12:30PM

Holiday Closures

Dec 25, 26, 27 CLOSED
 Jan 1, 2 CLOSED
 Feb 20 CLOSED
 Apr 7 & 10 CLOSED
 May 22 CLOSED
 July 1 & 3 CLOSED

Information

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

Fitness Consultations

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

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$6.66	\$4.66	\$4.66
1 Month	\$51.28	\$35.90	\$35.90
3 Month	\$138.46	\$96.92	\$96.92
12 Month	\$443.06	\$310.14	\$310.14
10 Visit Usage Pass	\$57.28	\$40.10	\$40.10
Prices do not include GST. Prices subject to change without notice.			

Personal Training/Semi Personal & Small Group Training

You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Whether you are a beginner, over coming a plateau, rehabilitating from an injury or looking for a sport-specific workout, our Trainers will work with you to develop a customized plan designed to meet your goals.

Please visit <https://vancouver.ca/parks-recreation-culture/personal-training.aspx> to register and for more information.

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$55.40	\$83.08	\$116.53
3	\$153.52	\$230.32	\$312.11
5	\$246.92	\$380.25	\$457.78
10	\$443.27	\$706.18	\$832.31
Prices do not include GST. Prices subject to change without notice.			



Room Rentals

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

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	\$65.00	\$85.00 2 hours minimum
Seniors Room – 48'x28'	80	60	\$45.00	\$70.00
Activity Room – 34'x28'	40	30	\$40.00	\$65.00
Community Room – 34'x28'	30	20	\$35.00	\$60.00
DIGITAL EQUIPMENT – For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	\$25.00			



GYMNASIUM



SENIORS ROOM



ACTIVITY ROOM

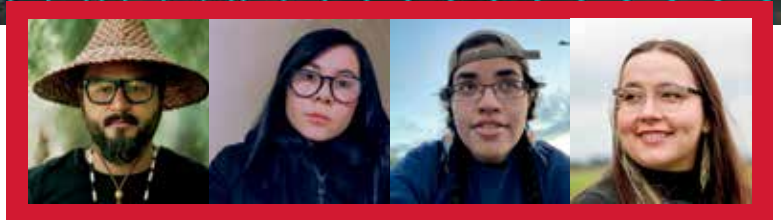


COMMUNITY ROOM

STRATHCONA COMMUNITY MURAL



THE MURAL ARTISTS



Bracken Hanuse Corlett, Ocean Hyland, Atheana Picha & Kelsey Sparrow

We are so pleased to share with you our new North wall mural - Cycles. Four Indigenous artists, Bracken Hanuse Corlett, Ocean Hyland, Atheana Picha and Kelsey Sparrow, designed and created this mural. Strathcona Community Centre Association worked in partnership with the Vancouver School Board, with support from the Park Board Youth Programs and Decolonization Arts and Culture Dept. and the project was funded in part through the Communities and Artists Shifting Culture Grant (COV).

Through this mural project, respected artists and cultural vision holders have communicated sense of historical place, respect for Indigenous symbolism and the opportunity to connect Strathcona history to present cultural identity for every child in our community. This mural begins a conversation of transformation connecting cycles - in salmon, in seasons - and how Indigenous People on the Coast have interacted with the elements in these cycles. The transformation metaphor is meant to inspire youth and offer a visual symbol of hope, challenge and change.

This unique partnership comes together in acknowledgement that local Indigenous peoples have thousands of years of living history at the Strathcona School site. Today children and youth are supported by a community safety net consisting of childcare, education and community programs that support health and well-being. All partners understand that authentic service to community means living in the truth of the colonial harm institutions have inflicted on Indigenous peoples and in the knowledge that these unceded territories of the Tsleil Waututh, Squamish, and Musqueam peoples has never been reconciled.

We would like to thank the artists and their painting team for gifting this beautiful work of art to our community.

Family Day Pajama Party!



FEBRUARY 20

10:30AM - 12:30PM

All Ages

Free

No Registration Required



Join us for our free Family Day Pajama Party Event!
 This event will feature Parent & Tot toys, arts & crafts, face painting & other activities for the whole family to enjoy! Snuggle up with your family to watch a movie with your loved ones in your comfiest pajamas!

STRATHCONA COMMUNITY CENTRE

SPRING BREAK DAY CAMP

COME AND JOIN OUR DAY CAMP STAFF TEAM FOR AN EXCITING SPRING BREAK PROGRAM THAT INCLUDES ARTS & CRAFTS, NEIGHBOURHOOD ADVENTURES, OUT-TRIPS, AND MORE!
 9:00AM - 4:00PM

WEEK	DATES	COST	ACTIVITY #
1	MAR 13-17	\$125	430414
2	MAR 20-24	\$125	430415



STRATHCONA COMMUNITY CENTRE

AGES 5-12 YRS

SUPERSHINE SUMMER DAY CAMP

WEEK	DATES	COST
1	JULY 4-7*	\$100
2	JULY 10-14	\$125
3	JULY 17-21	\$125
4	JULY 24-28	\$125
5	JULY 31-AUG 4	\$125
6	AUG 8-11*	\$100
7	AUG 14-18	\$125
8	AUG 21-25	\$125

9:00AM-4:00PM

COME AND JOIN OUR SUMMER DAY CAMP TEAM FOR AN EXCITING SUMMER PROGRAM THAT INCLUDES ARTS & CRAFTS, NEIGHBOURHOOD ADVENTURES, OUT-TRIPS, AND MORE!

*4 day week