



STRATHCONA
COMMUNITY CENTRE

We take care of each other

SUMMER 2026 RECREATION GUIDE



SUMMER REGISTRATION BEGINS: Jun 6, 2026 @ 9am

601 Keefer Street, Vancouver, BC, V6A 3V8 | 604-713-1838 | strathcc@vancouver.ca | www.strathconacc.ca

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





Mission Statement

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

Board of Directors

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

Membership

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

Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board registered programs and services. Applications for Leisure Access Cards are available at our front office or at vancouverparks.ca. For you or your family to qualify for the Leisure Access Card program, you must be a Vancouver resident and have a family income from all sources below the income guidelines of the application form. For more information, contact the front desk or visit www.vancouver.ca/leisureaccess.

- Childcare, food programs, workshops & private lessons are excluded from the LAP discount.

Message from the SCCA Board

We're looking forward to another summer in Strathcona! From morning Tai Chi to day camps for children, youth and seniors, to evening fitness classes, there are fun things happening throughout the summer at Strathcona Centre. As usual, some programs like Zumba move outside to MacLean Park to take advantage of the great weather. Our playground team will also be in MacLean Park on weekdays all summer long with activities and crafts for kids.

Supershine day camp and childcare keep things busy during summer weekdays, and our Summer Cruisers senior's program will once again take local seniors to activities around the Lower Mainland and beyond. The Summer Heat Youth Leadership camp also runs a few days a week for youth 13-18 years old. This is a great way for older youth to build connections and have fun around the city with their peers. While some of our food programs pause for the summer, the food team will be keeping busy with community kitchens and canning workshops.

Whether you're a longtime Strathcona resident or new to the area, our summer programs are designed to bring the community together while keeping neighbours active and connected through the best months of the year.

As always, our programming team does an excellent job introducing new programs which eventually become old favourites. We are always looking for new program ideas and want to hear from our community. Let us know what programs you would like to see at Strathcona Community Centre. Send your ideas to strathconacc@gmail.com.

Contact Us

601 Keefer St.,
Vancouver, BC V6A 3V8

Phone: 604-713-1838

Fax: 604-713-1848

strathcc@vancouver.ca

www.strathconacc.ca

 Strathcona Community Centre Association

 [instagram.com/strathcc](https://www.instagram.com/strathcc)

 @strathcentre

 Strathcona CC

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

Terms and conditions are subject to change.

75% Subsidy Includes:

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

Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs and workshops
- Private lessons

Hours of Operation

Centre Hours

Mon-Fri 9:00AM - 9:00PM
 Sat 9:00AM - 5:00PM
 Sun 10:00AM - 2:00PM
 Aug 31-Sep 4 9:00AM - 4:45PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Aug 31-Sep 4 9:00AM - 4:15PM

Holiday Closures

July 1 CLOSED
 Aug 3 CLOSED
 Sep 7 CLOSED

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**Day Camp
Registration: Please
see page 6 for dates**

How to Register:

Summer Registration Opens

Saturday June 6 @ 9:00AM



In Person

601 Keefer St.
Vancouver V6A 3V8



By Phone

604-713-1838



Online

vancouver.ca/
strathconarec

General Information

Payment

All programs, rentals and drop-in fees **do not** include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payable to the "City of Vancouver". There is a \$35 service fee on any returned cheques or declined credit card payments.

Registering Late

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

Changes & Cancellations

All programs are subject to change at any time. We reserve the right to cancel a program at any time due to insufficient enrolment. Full refunds will be issued for all programs cancelled by the Community Centre.

Making All Recreation S.A.F.E.

The Vancouver Park Board's commitment is to create welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

Refund Policy

All programs are subject to change or cancellation at any time due to unforeseen circumstances. Missed classes are not refundable.

- Refund requests made more than 48 business hours prior to the first class will receive a refund in full. Business days are deemed Mon-Fri.
- Refund requests made after this time will receive a pro-rated refund based on the number of sessions passed.

Day Camp Refund Policy:

- Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.

Privacy Policy

Any personal information you provide to us is collected, used and disclosed in accordance with the Freedom of Information & Protection of Privacy Act (FOIPPA) and/or the Personal Information Protection Act (PIPA). The information will only be used for the purpose of administering recreation programs, informing you of our services and benefits and for statistical purposes.

Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

Licensed Child Care

Strathcona Community Preschool

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

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 20 children ages 3-5 years through to kindergarten entry.

Program Details				
<i>The following prices are for 2025-2026. Prices are subject to change</i>				
Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:00 AM-12:00 PM	\$140

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

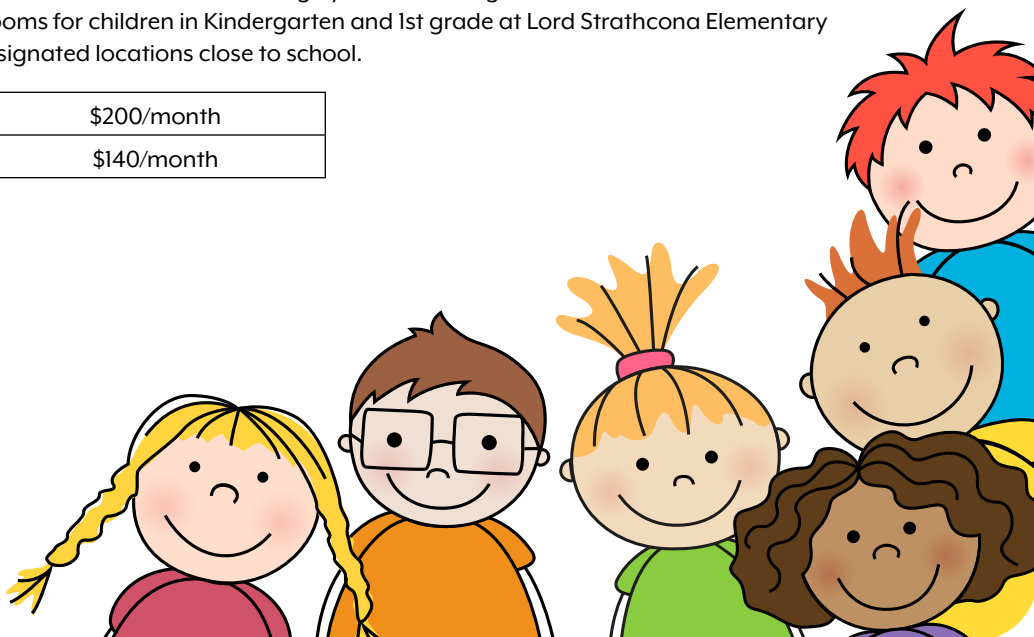
Strathcona Licensed Child Care

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

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

During the school year, SLC operates after school care for roughly 200 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

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



We'll See You in September!



Social

Playtime for Tots!

Our playtime for tots will take a break this summer and will return on Wednesday September 9th. Please look out for our Fall 2026 brochure in mid August for more information. Have a great summer!

Arts

Mini Hip Hop

3-5 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.
Sa Jul 4-Aug 22 11:00 AM-11:45 AM
621423 \$96/8 sess

Little Ballerinas

3-5 yrs | Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com.
Sa Jul 4-Aug 22 10:15 AM-11:00 AM
621422 \$96/8 sess

Jazz/Ballet Fusion

3-5 yrs | Endorphin Rush Dance

In this program, children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. We hope to have a showcase during the last session for families. More information www.KirbySnellDance.com.
Sa Jul 4-Aug 22 11:45 AM-12:30 PM
623460 \$96/8 sess

Fitness & Health

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with co-operative 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!
Su Jul 5-Aug 23 11:00 AM-12:00 PM
621458 \$119/7 sess

Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, 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.
Su Jul 5-Aug 23 10:15 AM-11:00 AM
621460 \$119/7 sess

Specialty Camps

Fairytail Remix Dance Camp

NEW!

4-6 yrs | Endorphin Rush Dance

Classic fairytales meet movement and imagination in Fairytale Remix. Young dancers bring princes, princesses, heroes, and magical creatures to life through ballet and jazz-inspired movement. This camp encourages creativity, listening skills, and confidence while introducing basic dance technique in a fun and engaging way. More info: www.KirbySnellDance.com
M-F Jul 27-31 9:15 AM-10:30 AM
623461 \$109/5 sess

Mini Hip Hop Playground

NEW!

4-6 yrs | Endorphin Rush Dance

Hip Hop Playground is an energetic introduction to hip hop dance. Dancers learn foundational grooves, rhythm, and short choreography combinations while building confidence and musicality. This camp balances structure and creativity, making it ideal for dancers who love high-energy movement and modern music. More info: www.KirbySnellDance.com
M-F Jul 27-31 10:45 AM-12:00 PM
623462 \$109/5 sess

Supershine Summer Day Camp

Supershine Summer Day Camp

5-13 yrs | Supershine Summer Day Camp Staff

Come and join our summer day camp staff team for an exciting summer program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2026 to attend. 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. No class July 1 & Aug 3.

Time: 9:00 AM – 4:00 PM

REGISTRATION DATES

NEW!

**City Wide Day Camp
Registration Dates:**

In-person: Apr 8, 2026 @ 7pm

Online: Apr 8, 2026 @ 7pm

Phone in: Apr 9, 2026 @ 10am

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.



WEEKS	DATES	COST	ACTIVITY # (5-7 YRS)	ACTIVITY # (8-10 YRS)	ACTIVITY # (10-13 YRS)
WEEK 1*	Jun 29-Jul 3	\$112	586163	586171	586155
WEEK 2	Jul 6-10	\$140	586164	586172	586156
WEEK 3	Jul 13-17	\$140	586165	586173	586157
WEEK 4	Jul 20-24	\$140	586166	586174	586451
WEEK 5	Jul 27-31	\$140	586167	586175	586453
WEEK 6*	Aug 4-7	\$112	586168	586176	586456
WEEK 7	Aug 10-14	\$140	586169	586177	586161
WEEK 8	Aug 17-21	\$140	586170	586178	586162

*4 day week

Summer Day Camps – Specialty Camps

Byte Camp - Claymation Movie Production **NEW!**

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-F Aug 24-28
622060

9:00 AM-4:00 PM
\$410/5 sess

Songcraft Academy Camp- Creating Music

9-13 yrs | Songcraft Academy

Songcraft Academy empowers children to express themselves through music in a safe, non-judgmental space. We foster emotional growth and confidence by guiding students of all skill levels to create and share original songs. No musical or technological knowledge is needed to participate. In this weeklong camp, the children will learn beat making with Bandlab, learn how to write lyrics, have some artistic collaboration with other students and form a relationship with their finished projects.

M-F Aug 31-Sep 4
621457

1:00 PM-4:00 PM
\$225/5 sess

Axe Capoeira Camp

7-12 yrs | Kaj Rosberg

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. Modern capoeira is one of the most inherently diverse martial arts in the world today with creativity, music, self-expression and strategic thinking as much a part of the core curriculum as physical training and fitness. Kids will love this program.

M-F Jul 13-17

622059

Tu-F Aug 10-14

622058

9:30 AM-12:30 PM

\$200/5 sess

9:30 AM-12:30 PM

\$200/5 sess

Basketball Camp

6-12 yrs | James Zongo

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. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

6-9 yrs

M-F Jul 20-24

622061

10:15 AM-12:15 PM

\$50/5 sess

9-12 yrs

M-F Jul 20-24

622062

12:30 PM-2:30 PM

\$50/5 sess

Volleyball Camp

9-13 yrs | TBA Instructor

Introduce your child to the sport of Volleyball! They will learn how to play the sport and taught 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 Aug 4-7

622063

10:15 AM-12:15 PM

\$50/4 sess

K-Pop Demon Hunters Theme Dance Camp **NEW!**

6-12 yrs | Endorphin Rush Dance

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own hunter persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge. More info: www.KirbySnellDance.com

M-Jul 27-31

623463

12:30 PM-3:00 PM

\$210/5 sess

Education

Red Cross At Home Alone

9-13 yrs | Prosafe First Aid

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation?

Course Content

- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting The Unexpected
- Healthy Choices
- First Aid

Sa Jul 4 9:00 AM-3:00 PM
621455 \$70/1 sess

Red Cross Babysitting Training

11-17 yrs | Prosafe First Aid

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

Sa Aug 1 9:15 AM-4:15 PM
621456 \$70/1 sess

Martial Arts

Kung Fu: Choy Lee Fut

8-18 yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defence 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 Jul 6-Aug 26 6:30 PM-7:30 PM
621419 \$5/drop-in

Axe Capoeira for Children

6-13 yrs | Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

6-8 yrs
Tu/Th Jul 7-Aug 20 4:15 PM-5:00 PM
625603 \$140/14 sess

9-13 yrs
Tu/Th Jul 7-Aug 20 5:00 PM-6:00 PM
625605 \$182/14 sess

Music

Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for \$15.00. Please contact the Community Centre (604)713-1838 for available times.

Sa Jul 4-Aug 22 3:00 PM-5:00 PM
625592 \$160/8 sess

Piano

5+ yrs | Christina

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. There are spaces available for new students. For further information about available space please contact the Community Centre (604)713-1838. No class Jul 18

Sa Jul 4-Aug 15 9:00 AM-2:00 PM
621425 \$96/6 sess

Sports

Strathcona Basketball

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

An introductory, skills and fun-based approach to basketball for grades K-2. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player.

Grades K-2
Sa Jul 4-Aug 22 9:05 AM-10:05 AM
622057 Free with Registration/8 sess

Grades 3-5
Sa Jul 4-Aug 22 10:10 AM-11:10 AM
621462 Free with Registration/8 sess

Grades 6-8
Sa Jul 4-Aug 22 11:15 AM-12:15 PM
621463 Free with Registration/8 sess

Education

Chess In The Park

4-17 yrs | Youth Volunteer

Are you interested in the world of chess? Chess In The Park will take place at MacLean Park - come borrow a chess set, play against others, and improve your skills during this drop-in session! Run by a youth volunteer, this opportunity is great for young people to connect and challenge their skills. Free to join and friendly for families! No program on August 3, 2026.

M Jul 6-Aug 17
621654

1:00 PM-3:00 PM
Free

Sports

Preteen and Youth Soccer at MacLean Park

12-18 yrs | Youth Leader

Come to MacLean Park to warm up with soft drills, and play games of soccer with a staff and volunteer from 1:00pm - 2:30pm. This program is meant to connect people ages 12 - 18 with Park Board staff at the local park. Balls and nets will be provided, but please come with close toed shoes, water, and a snack. Light snacks will be provided. Registration is required and waivers must be signed. Participants will meet at MacLean Park field to take attendance.

W Jul 8-Aug 19
621651

1:00 PM-2:30 PM
Free



Youth Leadership

Youth Volleyball

10-18 yrs | Youth Leader

Come play Youth Volleyball Drop-in on Tuesdays, 5pm-6:45pm at Strathcona Community Centre Gymnasium! This program will include drills and lots of play-time. Please wear appropriate clothing, bring a ball, and bring a water bottle. This is a time to play, practice, and socialize. Participants are expected to help take down equipment at the end of program.

Tu Jul 7-Aug 18
621647

5:00 PM-6:45 PM
Free

Friday Night Cooking Club

13-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. Cook, eat, and enjoy good company.

F Jul 10-Aug 21
621551

5:30 PM-8:00 PM
Free



Youth Gym Drop-In

9-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, aged 11-13 years are welcome to join from 4:30pm - 5pm. Older youth, ages 13-18 years are welcome to join from 5:00pm - 8:30pm.

F Jul 3-Aug 21
621552

4:30 PM-8:30 PM
Free

Day Camp

Solar Explorers Youth Trips

13-18 yrs | Youth Leader

This camp is for those who want to do something during the summer and want to do it with a fun group of people! Solar Explorers Youth Trips emphasizes building connections with peers, community, and great resources around the city! This camp includes out-trips to Playland, swimming pools, community cleanups, cinemas, local neighbourhood adventures, and more! Camp will run on Tuesdays and Thursdays. A complete out-trip schedule is to be determined.

Tue/Thu

10:00AM – 4:00PM

WEEK	ACTIVITY #	DATES	COST
1	621498	Jul 7-Jul 9	\$50
2	621502	Jul 14-Jul 16	\$50
3	621550	Jul 21-Jul 23	\$50
4	621548	Jul 28-Jul 30	\$50
5	621509	Aug 4-Aug 6	\$50
6	621510	Aug 11-Aug 13	\$50
7	621549	Aug 18-Aug 20	\$50



Education

Emergency Preparedness Workshop

19+ yrs | Strathcona Community Policing Centre

Hope for the best, but prepare for the worst! Join us for a free workshop hosted by the Strathcona Community Policing Centre at the Strathcona Community Centre. We will cover topics including:

- Different types of emergencies that can occur in British Columbia
- Emergency planning and home preparedness
- Tips for building your own emergency kit on a budget
- Neighbourhood emergency muster/gathering points
- Official information platforms during emergencies

W Aug 5 6:30 PM-8:00 PM
620148 Free with Registration/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery

19+ yrs | Suzan Lee

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

Su Jul 5 10:30 AM-1:30 PM
623453 \$64.95/1 sess

Japanese Bookbinding

19+ yrs | Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

Su Aug 23 10:30 AM-1:30 PM
621417 \$64.95/1 sess

Natural Dye & Shibori Tote Bag

19+ yrs | Fernanda Mascarenhas

In this workshop, you will hand-dye a one-of-a-kind organic cotton tote bag using a special technique to create patterns: the stitched shibori. Shibori is a group of manual resist dyeing techniques from Japan, and the stitched one allows us to create beautiful and delicate patterns. The stitched-shibori tote bag will naturally dye with plants such as onion skin or madder. All material provided.

Su Aug 9 10:00 AM-1:00 PM
623464 \$75/1 sess

Tatakizome on a Tote Bag

19+ yrs | Fernanda Mascarenhas

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

Su Jul 19 11:00 AM-1:00 PM
623459 \$55/1 sess

Fitness & Health

Hatha Yoga

19+ yrs | Linh Jiang

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 Jul 2-Aug 20 7:00 PM-8:15 PM
621416 \$76/8 sess

Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in \$10.50, if space permits. No class Aug 3.

M Jul 6-Aug 24 6:15 PM-7:15 PM
622064 \$73.5/7 sess
Th Jul 2-Aug 27 5:15 PM-6:15 PM
622065 \$94.5/9 sess

Zumba at the Park

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. Class will be at MacLean Park, but will be indoors at Strathcona CC if it is raining. No class Aug 1.

Sa Jul 4-Aug 22	10:00 AM-11:00 AM
621479	\$63/7 sess
Tu Jul 7-Aug 25	7:00 PM-8:00 PM
621480	\$72/8 sess

Martial Arts

Aikido

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. Space permitting, \$15 drop-in. No class July 25, Aug 1 & Aug 8.

Sa Jul 4-Aug 29	11:30 AM-1:00 PM
621407	\$60/6 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy P. & Matthew W.

Enjoy fitness and endurance with practical self defence 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.

M/W Jul 6-29	6:30 PM-8:30 PM
621418	\$56/8 sess
M/W Aug 5-26	6:30 PM-8:30 PM
621421	\$49/7 sess

RECREATION SPORTS PARTICIPANTS

REGISTRATION INFORMATION

Registered participants have up to 5 minutes after the program start time to physically check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable. Registered players are encouraged to call in to let us know they will not be playing.

DROP-IN INFORMATION

For drop-in lists, you may only register yourself. Spots are non-transferable. Drop-ins based on space permitting.

WAITLIST & DROP-IN PROCEDURES

First priority is for those who are registered. Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins.

Waitlist opens 30 minutes prior to time of play, no earlier. Once you have added your name to the list please wait by the front office. If there are any open spots, five minutes after the program start time, staff will announce the names from the drop-in waitlist. If you are not present at time of calling, we will move to the next person on the list.

Once paid for drop-in spot, you will receive a receipt. Please give receipt to staff upon entering the gymnasium for entry.



Sports

Badminton- Adult Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in at the front desk in person by 7:35pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in available \$3.25 (Summer Special), space permitting. No class Aug 3.

M Jul 6-Aug 24 7:30 PM-8:50 PM
621412 \$17.5/7 sess

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.

Tu Jul 7-Aug 25 7:15 PM-8:45 PM
621414 \$30/8 sess
Su Jul 5-Sep 6 12:10 PM-2:00 PM
621415 \$5.25/drop-in

Table Tennis

19+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. Drop-In to play for \$1 each visit. Please call 604-713-1838 on the day of for availability.

Sa Jul 4-Aug 29 9:30 AM-11:30 AM
625602 \$.95/drop-in

Pickleball Court Rental

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. Reserve the court to play singles or doubles for your group. An individual cannot reserve more than 1 court per time slot. There is no refund given for cancellations with less than 7 days notice. No private lessons or teaching permitted. Players must supply their own racquets and pickleballs.

Maximum of 6 players.

Wednesdays

W Jul 8	5:15 PM-6:30 PM
621452	\$20.95/1 sess
W Jul 15	5:15 PM-6:30 PM
622541	\$20.95/1 sess
W Jul 22	5:15 PM-6:30 PM
622542	\$20.95/1 sess
W Jul 29	5:15 PM-6:30 PM
622543	\$20.95/1 sess
W Aug 5	5:15 PM-6:30 PM
622544	\$20.95/1 sess
W Aug 12	5:15 PM-6:30 PM
622545	\$20.95/1 sess
W Aug 19	5:15 PM-6:30 PM
622547	\$20.95/1 sess

Saturdays

Sa Jul 4	12:30 PM-1:45 PM
622551	\$14.29/1 sess
Sa Jul 4	1:45 PM-3:00 PM
622552	\$14.29/1 sess
Sa Jul 11	12:30 PM-1:45 PM
622553	\$14.29/1 sess
Sa Jul 11	1:45 PM-3:00 PM
622554	\$14.29/1 sess
Sa Jul 18	12:30 PM-1:45 PM
622555	\$14.29/1 sess
Sa Jul 18	1:45 PM-3:00 PM
622556	\$14.29/1 sess
Sa Jul 25	12:30 PM-1:45 PM
622557	\$14.29/1 sess
Sa Jul 25	1:45 PM-3:00 PM
622558	\$14.29/1 sess
Sa Aug 1	12:30 PM-1:45 PM
622559	\$14.29/1 sess
Sa Aug 1	1:45 PM-3:00 PM
622560	\$14.29/1 sess
Sa Aug 8	12:30 PM-1:45 PM
622561	\$14.29/1 sess
Sa Aug 8	1:45 PM-3:00 PM
622562	\$14.29/1 sess
Sa Aug 15	12:30 PM-1:45 PM
622563	\$14.29/1 sess
Sa Aug 15	1:45 PM-3:00 PM
622564	\$14.29/1 sess
Sa Aug 22	12:30 PM-1:45 PM
622565	\$14.29/1 sess
Sa Aug 22	1:45 PM-3:00 PM
622566	\$14.29/1 sess

Youth/Adult Tennis Lessons at Andy Livingstone Park

13+ 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.

M Jul 6-27	5:30 PM-7:00 PM
6I0804	\$150/4 sess
M Aug 10-24	5:30 PM-7:00 PM
6I0806	\$112.5/3 sess

Tennis Lessons

19+ yrs | Wilson Tan

Now that you have the basic skills from our Winter and Spring programs. What's next? This program is a continuation of your progress & your journey into the tennis experience. Each class explores different tactical concepts, various spins, positioning options, and match preparedness which improves your game. This program is ideal for all adults who have taken our tennis programs before. Drill sessions program with tips.

Su Jul 5-26	10:00 AM-11:45 AM
6I0810	\$175/4 sess
Su Aug 9-30	10:00 AM-11:45 AM
6I0813	\$175/4 sess
M Jul 6-27	7:00 PM-8:30 PM
6I0844	\$150/4 sess
M Aug 10-31	7:00 PM-8:30 PM
6I0847	\$150/4 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 \$3.25 (Summer Special), space permitting.

W Jul 8-Aug 19	7:00 PM-8:45 PM
625601	\$21/7 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 Jul 4-Sep 5	3:15 PM-4:45 PM
621413	\$3.25/Drop-In (Summer Special)



Food Programs

Canning Jam

19+ yrs | Strathcona Food Security Team

Hot water bath canning is an excellent way to preserve fruit during its peak season so it can be enjoyed later. In this hands-on class we'll take a seasonal berry and make a low sugar jam. Jam can be enjoyed on toast, oatmeal or in yogurt. Everyone will take home a jar of jam to enjoy at home. Adults 19+ & children 12+ years accompanied by an adult are able to attend. Please ensure child is registered.

W Jul 8 6:00 PM-8:00 PM
621111 \$10/1 sess

Strathcona Backpack Program

The Backpack Program is a service for households with dependents 18 or under, who are living in the V6A postal code area and experiencing food insecurity. The summer program will provide families with a variety of fresh fruits and vegetables. The program is no longer accepting applications, and the waitlist is closed.

Jul 3-31 10:00 AM-2:00 PM



Summer Community Kitchen

19+ yrs | Shaista A.

Our Summer Community Kitchen is the perfect opportunity to meet new friends, connect with neighbours and share in the joy of cooking and eating together. Participants will choose which recipes to cook each week and you'll have the chance to discover new flavours and dishes. Extra food will be prepared and available to take home. Seasoned and beginner cooks are welcomed! Adults 19+ & children 12+ years accompanied by an adult are able to attend. Please ensure child is registered.

5:30 PM-7:30 PM Free with Registration/1 sess

Th Jul 2	620144
Th Jul 9	620145
Th Jul 16	620146
Th Jul 23	620147
Th Jul 30	621104

Arts

Chinese Calligraphy

19+ yrs | Wai Yin Lau

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

F Jul 3-Sep 25
620143

9:30 AM-11:30 AM
\$30/13 sess

Education

Exercise & Arthritis **NEW!**

55+ yrs | OASIS Vancouver Coastal Health

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

W Jul 8
620151

10:00 AM-12:00 PM
Free with Registration/1 sess

Nutrition & Arthritis **NEW!**

55+ yrs | OASIS Vancouver Coastal Health

Learn about the impact of diet on arthritis, nutrients that can help and strategies for healthy eating.

W Aug 19
620152

2:00 PM-4:00 PM
Free with Registration/1 sess

Mah Jong

50+ yrs | Volunteer Instructor

Come and learn how to play Mah-Jong with others! We have a volunteer instructor who will be able to teach you how to play or help facilitate a game. No experience required. No class Aug 3.

M Jul 6-Aug 24
620150

1:30 PM-3:30 PM
Free with Registration/7 sess

Fitness & Health

Chair Yoga

50+ yrs | Linh Jiang

Chair yoga stems from Hatha yoga which provides the same benefits for the mind and body as you would when practicing on a mat. We will use breathing techniques to help us get into our postures and a great way to start yoga when you are a beginner or have an injury. Poses are modified with the use of the chair to help with our balance throughout our practice. If you are new, have limited mobility, a chronic illness or you've sustained an injury, chair yoga is a slower practice and can help you stay active for a healthy spine. Come join me, and be curious and stay active! Drop-in \$8.57, if space permits.

No class Jul 13.

M Jul 6-27
620142

4:30 PM-5:30 PM
\$24/3 sess

M Aug 10-24
620141

4:30 PM-5:30 PM
\$24/3 sess

Seniors Tai Chi

50+ yrs | May F.

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 Aug 3.

M-F Jul 2-Aug 31
620156

9:00 AM-10:30 AM
Free with Registration/42 sess

Wellness Program

50+ yrs | Anne Y.

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 Jul 7-Aug 25
620160

10:00 AM-12:00 PM
Free with Registration/8 sess

Wu's Tai Chi

50+ yrs | David H.

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 Jul 7-Aug 25
620161

10:45 AM-11:45 AM
Free with Registration/8 sess

Social

Indoor Curling

50+ yrs | Strathcona Staff

Come and socialize with other seniors in the seniors room and learn how to play curling! No class Aug 3.

M Jul 6-Aug 24
620149

10:45 AM-12:45 PM
Free/7 sess

Strathcona Chinese Wellness Program for Stroke Survivors

50+ yrs | Program Volunteers

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.

Program will be conducted in Cantonese.
Th Jul 2-Aug 27
620157

10:00 AM-12:30 PM
Free with Registration/9 sess

Table Tennis Drop-In for Seniors

50 yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Come by to the seniors room with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit. No class Aug 3.

M Jul 6-Aug 24
620158

10:30 AM-12:30 PM
\$0.95/drop-in

W Jul 8-Aug 26
620159

10:30 AM-12:30 PM
\$0.95/drop-in

Summer Cruisers

55+ yrs | Summer Cruiser Staff

Come and join other older adults in our Summer Cruisers program at Strathcona Community Centre! Our Summer Cruiser leaders of the program have organized fun and exciting in-house activities, workshops and out-trips in and around Greater Vancouver!

In- Person Registration with Additional Support: June 1, 2026

For those who require additional support in registration or language, we will have an in-person registration session only on June 1, 2026 at 10am. Please bring ID so we can ensure we have the correct information in our system to provide a smooth registration.

Please note:

- First come, first served basis
- During line up, can only register for yourself or family member in same household
- Each participant will need to meet here at the facility, take attendance and leave as a group.
- All participants will receive a name tag to carry throughout each trip.
- Mode of Transportation: Out-trips labelled with 'Van' will be driven in our 24 seater bus by a licensed Class 4 driver.
- Out Trips dates & times are subject to change

Activity/Out-Trip	Activity #	Date	Time	Mode of Transportation	Cost
10-Pin Bowling and enjoy Lebanese Cuisine	623435	June 24	9:30 AM-1:00 PM	Translink-Bus	\$35
Pottery Making - Sponsored by ChuChu	623436	June 26	12:30 PM-3:00 PM	Walking to Chinatown	\$25
Grouse Mountain - Ride Gondola Up the Mountain with Picnic Lunch	623437	June 30	9:30 AM-2:30 PM	Van	\$40
Bear Creek Park Train & Korean BBQ @ Seoul Grill House	623438	July 2	9:30 AM-3:30 PM	Van	\$45
Greater Vancouver Zoo and Thai Cuisine	623439	July 7	9:30 AM-3:30 PM	Van	\$50
Bloedel Conservatory and Pizza Making @ Rocky Mountain Flatbread	623440	July 9	10:00 AM-3:30 PM	Translink-Bus	\$35
UBC Botanical and Nitobe Memorial Gardens and Japanese Cuisine	623441	July 14	9:30 AM-3:00 PM	Van	\$50
Burnaby Mountain Park & Korean BBQ (All You Can Eat)	623442	July 16	10:00 AM-3:00 PM	Van	\$35
Vancouver Aquarium and Japanese Cuisine	623444	July 20	9:30 AM-2:00 PM	Translink-Bus	\$75
Learn to make Dumplings! - Lunch Included	623445	July 22	12:00 PM-3:00 PM	In-house	\$20
Vancouver Art Gallery Tour & Japanese Lunch (Shabusen)	625900	July 23	10:30 AM-2:30 PM	Translink-Bus	\$43
Whistler Day Trip Explore the Village, Dine at The Old Spaghetti Factory and Visit Shannon Falls	623446	July 24	8:00 AM-5:00 PM	Van	\$60
Berry picking and Indian Cuisine Visit Friendship Garden and Birchwood Dairy Farm (Abbotsford)	623447	July 28	9:00 AM-2:30 PM	Van	\$40 Additional Fee for berry picking
Chinese Canadian Museum Tour	625899	July 29	2:30 PM-4:00 PM	Walking to Chinatown	\$10
Victoria Day Trip Butterfly Gardens, Dine at Lakes Restaurant, Legislative Assembly of BC Tour and Explore the Waterfront District	623448	July 30	6:00 AM-7:30 PM	Van	\$85 Additional charge for those under 65 yrs
UBC Museum of Anthropology and Greek Cuisine	625901	August 4	8:30 AM-2:00 PM	Translink-Bus	\$50
Learn how to make Sushi! - Lunch Included	623449	August 5	12:00 PM-3:00 PM	In-house	\$20
Providence Maitreya Buddha Visit and Ice Cream Vegetarian Lunch Included	623450	August 7	9:30 am-1:00 PM	Translink-Bus	\$15

*Please Note: If you have LAP, discounts are only applied to admission costs.

Fitness Centre

Welcome to the Strathcona Fitness Centre!

Fitness Centre Hours

Mon-Fri 9:00AM - 8:30PM
Sat 9:00AM - 4:30PM
Sun 10:00AM - 1:30PM
Aug 31-Sep 4 9:00AM - 4:15PM

Holiday Closures

Jul 1 CLOSED
Aug 3 CLOSED
Sep 7 CLOSED

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

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$7.93	\$5.55	\$5.55
1 Month	\$64.15	\$44.91	\$44.91
3 Month	\$173.21	\$121.25	\$121.25
12 Month	\$554.26	\$387.98	\$387.98
10 Visit Usage Pass	\$71.37	\$49.95	\$49.95
Prices do not include GST. Prices subject to change without notice.			

Fitness Consultations

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



Room Rentals

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

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	\$65.00	90.00 2 hours minimum
Seniors Room – 48'x28'	80	60	\$45.00	\$70.00
Activity Room – 34'x28'	40	30	\$40.00	\$65.00
Community Room – 34'x28'	40	30	\$40.00	\$65.00
DIGITAL EQUIPMENT – For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	\$25.00			

Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25 per hour with a minimum of 2 hours regardless of the duration of the rental. Full payment is due upon the confirmation of your rental with the Rental Coordinator.

Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down, and basic cleanup of the rented space. Cleaning supplies will be provided.

Cancellation & Refund Policy

1. When cancellation of a rental booking is done 10 or more business days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 5 and 10 business days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 5 business days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

**Liability insurance is required for all sport and/or high risk activities.*



GYMNASIUM



SENIORS ROOM



ACTIVITY ROOM



COMMUNITY ROOM

Come and join our Park Board playground
leaders again this year!

MacLean Park

June 29 - Sept 4

Monday - Friday

11:30am - 5:30pm

Join in on arts & crafts, toys, and games for everyone to enjoy!

MacLean Park will not be staffed on
Saturdays and Sundays



Strathcona Community Centre

CHESS IN THE PARK

VOLUNTEER LED | FOR KIDS | FREE
Come to MacLean Park, borrow a board, and play
chess with your friends! No registration required.

Mondays 1:00pm - 3:00pm
July 6- August 17
No program on August 3



VANCOUVER
BOARD OF PARKS
AND RECREATION

STRATHCONA
COMMUNITY CENTRE
ON TUESDAYS WE HAVE A CHAMP

Preteen and Youth Soccer

Volunteer needed at MacLean park!

email aneesh.vashisht@vancouver.ca
or scan the QR Code



July 8 - August 19

Wednesdays

1:00pm - 2:30pm



This is a staffed program in collaboration
with youth volunteers. Equipment will be
provided. play games after a short warmup.