



STRATHCONA
COMMUNITY CENTRE

We take care of each other

SUMMER 2025 RECREATION GUIDE



SUMMER REGISTRATION BEGINS: Jun 7 @ 9:00am

DAY CAMP REGISTRATION: V6A Residents: May 3 @ 9AM | Public: May 10 @ 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

Summer at Strathcona Community Centre means day camps! Children, youth and seniors' day camps will all be busy on site and on outings throughout the city this Summer. Besides Supershine (5-13 yrs), Youth Explorers (14-18 yrs), and Summer Cruisers (55+ yrs) camps, we will have specialty camps like tennis, basketball and dance for children to keep active and busy over Summer break. Strathcona continues to run our \$10/day Licensed School Age Care program throughout the Summer too, with over 100 kids enrolled.

Many of our usual programs for seniors, adults, youth and children continue to run in the summer. As in previous years, some programs, including Seniors Tai Chi and Zumba, move outside to take advantage of the great weather. If you're unsure, pop by or call the front desk to find out what's happening on any given day. Our playground team will also be in MacLean Park on weekdays all summer long with activities and crafts for kids.

Things will be busy for our food team too. Our upstairs kitchen is receiving a much-needed upgrade this summer, which means every program will be sharing one kitchen downstairs. The kitchen will be ready in time for the return of our Breakfast Program in September.

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.



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!

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 and workshops
- Private lessons

Terms and conditions are subject to change.

Hours of Operation

Centre Hours

Mon-Fri 9:00AM - 9:00PM
 Sat 9:00AM - 5:00PM
 Sun 10:00AM - 2:00PM
 Aug 25-29 9:00AM - 4:45PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Aug 25-29 9:00AM - 4:15PM

Holiday Closures

July 1 CLOSED
 Aug 4 CLOSED
 Sept 1 CLOSED


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

 @strathcentre










 Strathcona CC



STRATHCONA
COMMUNITY CENTRE


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Day Camp
Registration: Please
see page 9 for dates

How to Register:
Summer Registration Opens
Saturday June 7 @ 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.

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.

Safe Access for Everyone

We are committed to creating 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.

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.

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 2024-2025. 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.

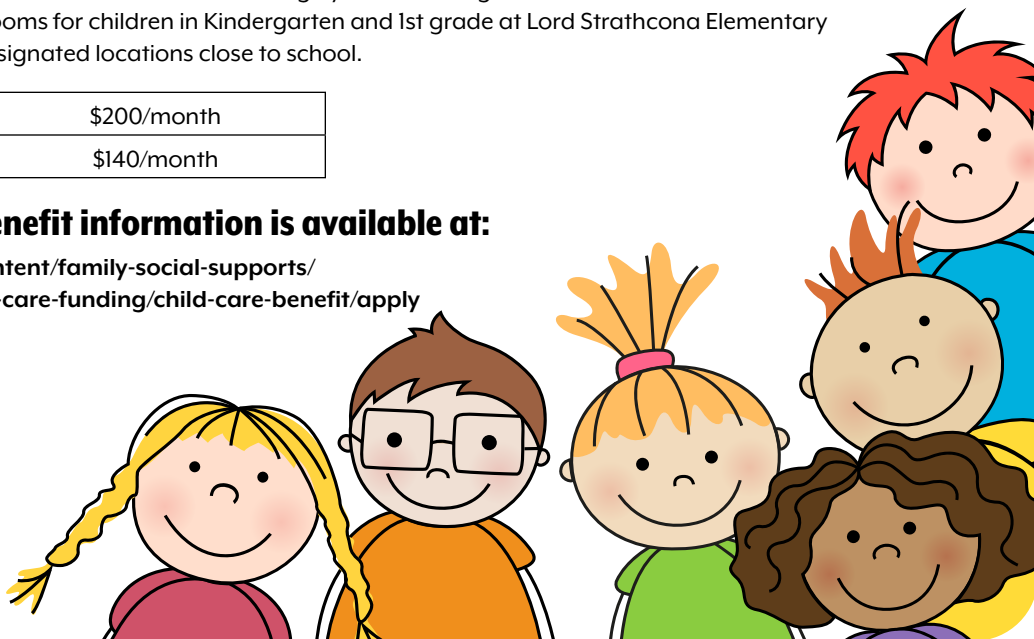
During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for roughly 170 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

Affordable Childcare Benefit information is available at:

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



Social

Caregiver and Tot Playtime

Our tot playtime will take a break this summer and will return on Monday September 8th. Please look out for our Fall 2025 brochure in mid August for more information. Have a great summer!

Arts

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 12-Aug 16 10:15 AM-11:00 AM
557964 \$66/6 sess

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/guardian in the room.

Sa Jul 12-Aug 16 11:00 AM-11:45 AM
557965 \$66/6 sess

Specialty Camps

Kids on Wheels - Parent & Tot Balance Bike Camp **NEW!**

2-3 yrs | BC Cycling Coalition

Immerse your child in the exhilarating world of cycling with our summer camp designed to spark joy and confidence on two wheels! Our program is tailored to introduce young riders to the thrill of biking while prioritizing safety and riding skills development. We'll focus on familiarizing children with balance bikes and the importance of helmet usage, all while equipping parents with essential knowledge on fostering safe riding habits. Through engaging activities and games, we'll delve into five fundamental skills: stopping, turning, gliding, balancing, and awareness. Our approach ensures that every moment is filled with fun and learning. Balance bikes and helmets are provided, though children are welcome to bring their own gear. Parent/caregiver participation is mandatory for this camp. This will take place at MacLean Park.

M-F Jul 21-25 9:30 AM-10:30 AM
565674 \$140/5 sess

Creative Dance Camp: Fairies, Frogs & Fire-Breathing Dragons

4-6 yrs | Endorphin Rush Dance

Dancers are encouraged to let their imaginations run wild in this playful and expressive dance camp. In a warm and welcoming environment; children will make new friends while improving their dance technique, and exploring creative expression. Beginner friendly. Presentation for parents on the last day! More info: www.KirbySnellDance.com.

M-F Jul 28-Aug 1 12:30 PM-1:45 PM
557957 \$109/5 sess

Kids on Wheels - Preschool Balance Bike Camp **NEW!**

3-5 yrs | BC Cycling Coalition

Embark on an exciting journey with our dynamic balance bike camp, packed with fun on-bike and off-bike activities! Each day, children will navigate an interactive riding course, practice essential skills like stopping, gliding, balancing, and turning, and learn about road signs and safety rules. Off the bike, kids will enjoy building their own biking maps, reading books, coloring, singing, and engaging in creative crafts. Designed for intermediate and advanced riders, this camp boosts confidence, enhances risk management, and prepares children for a smooth transition to pedal bikes—no training wheels needed! Balance bikes and helmets are provided, though participants are welcome to bring their own gear. As a drop-off program, parents and caregivers can relax while children thrive in a supportive, independent environment. This will take place at MacLean Park.

M-F Jul 21-25 11:00 AM-12:20 PM
565674 \$220/5 sess

Frozen Ballet

3-6 yrs | Endorphin Rush Dance

100% Frozen Soundtrack music is played in this creative ballet class designed to ignite young dancers imaginations. No experience required as dancer learn the basics of ballet and creative expression through movement. Costumes are welcome, but not required in this class. Beginner friendly. Presentation for parents on the last day! www.KirbySnellDance.com.

3-5 yrs
M-F Jul 28-Aug 1 9:15 AM-10:30 AM
557966 \$109/5 sess

4-6 yrs
M-F Jul 28-Aug 1 10:45 AM-12:00 PM
564050 \$109/5 sess

Preschool & Children

Sports

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 Aug 3.

Su Jul 6-Aug 24 11:00 AM-11:45 AM
565763 \$119/7 sess

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! No class Aug 3.

Su Jul 6-Aug 24 11:00 AM-11:45 AM
565764 \$119/7 sess

Education

Red Cross At Home Alone

9-13 yrs | First Aid Hero

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
- Aid (Handwashing, Check, Call, Care, Complete Choking Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding)

Sa Jul 26 9:00 AM-3:00 PM
558007 \$65/1 sess

Martial Arts

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.

Dates and times will be available on May 28, 2025. Please check online or call the front desk (604-713-1838) for more information.

Kung Fu: Choy Lee Fut (Children & Youth)

8-18 yrs | Amy P. & Matthew W.

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 Jul 2-Aug 20 6:30 PM-7:30 PM
557962 \$5/Drop-In

Music

Piano

6+ yrs | Christina, Kaya, & Aydan

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 at 604-713-1838. No class Aug 4.

Dates & Times TBA

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.

Sa Jul 5-Aug 16	3:00 PM-3:30 PM
558063	\$140/7 sess
Sa Jul 5-Aug 16	3:30 PM-4:00 PM
558064	\$140/7 sess
Sa Jul 5-Aug 16	4:00 PM-4:30 PM
558065	\$140/7 sess
Sa Jul 5-Aug 16	4:30 PM-5:00 PM
558066	\$140/7 sess



Sports

Strathcona Basketball for Grades K-8 Coed

Grades K-8 | William, Jadon & Josh

An introductory, skills and fun-based approach to basketball for grades K-8. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. This basketball program is geared for children in the Strathcona Community. Strathcona Elementary children and children living in V6A postal code will have 1 week priority and register on May 31 in person/by phone. The rest of the general public can register on June 7 for the remaining spots.

Gr K-2

Sa Jul 5-Aug 23	9:05 AM-10:05 AM
558023	\$24/8 sess

Gr 3-5

Sa Jul 5-Aug 23	10:10 AM-11:10 AM
564058	\$24/8 sess

Gr 6-8

Sa Jul 5-Aug 23	11:15 AM-12:15 PM
564059	\$24/8 sess



CAP-C PROGRAMS (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.



Government
of Canada

Gouvernement
du Canada

Physical Literacy & Play More

5-6 yrs/Gr K-1

To increase their motor skills, hand eye coordination and receive overall health benefits to staying active. In addition to learning new skills, it fosters and teaches children to communicate and to learn and understand how to be part of the team.

Sa Jul 5-Aug 9	1:00 PM-2:00 PM
565849	Free with Registration/6 sess

Summer Day Camps – Specialty Camps

Basketball Camp

6-12 yrs | Rummii (Josh) Kagande

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.

6-8 yrs

M-F Jul 14-18 10:15 AM-12:15 PM
557949 \$50/5 sess

9-12 yrs

M-F Jul 14-18 12:30 PM-2:30 PM
557950 \$50/5 sess

Tennis Camp

7-11 yrs | Wilson Tan

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. Classes will be held in the gymnasium at Strathcona Community Centre.

7-8 yrs

M-F Aug 11-15 10:30 AM-12:30 PM
558055 \$140/5 sess

9-11 yrs

M-F Aug 11-15 12:30 PM-2:30 PM
563426 \$140/5 sess

Volleyball Camp

8-13 yrs | TBD 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.

Tu-F Aug 5-8 10:15 AM-12:15 PM
565678 \$40/4 sess

Byte Camp: Introduction to Coding **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 25-29 9:00 AM-4:00 PM
565677 \$395/5 sess





SUPERSHINE SUMMER DAY CAMP



Supershine Summer Day Camp

5-14 yrs | Supershine Summer Day Camp

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, 2025 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 4.

PRIORITY TO V6A RESIDENTS/STRATHCONA ELEMENTARY STUDENTS:

To ensure we provide equitable access to our Strathcona Community, we provide 1 week priority registration for those living in the V6A postal code **OR** for those attending Lord Strathcona Elementary School. *If you do not live in V6A but your child attends Strathcona Elementary, please bring your child's most recent report card.*

V6A/STRATH ELEM. – ITEMS TO BRING:

Residents living in V6A must provide both of the following items to register your child on May 3, 2025:

- Proof of address dated in the last 90 days (Hydro/Phone bill)
- Government Photo ID at time of registration.

Strathcona Elementary Students:

- Most recent report card
- Government Photo ID at time of registration

Time: 9:00 AM – 4:00 PM

Registration Dates

V6A Residents/

Strath Elem. Students:

May 3, 2025 @ 9AM In-Person

General Public:

May 10, 2025 @ 9AM In-Person

May 10, 2025 @ 1PM Phone-In

May 12, 2025 @ 9AM Online

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.

WEEKS	DATES	COST	ACTIVITY # (5-7 yrs)	ACTIVITY # (8-10 yrs)	ACTIVITY # (10-13 yrs)
WEEK 1*	Jun 30-Jul 4	\$112	529027	529035	529019
WEEK 2	Jul 7-11	\$140	529028	529036	529020
WEEK 3	Jul 14-18	\$140	529029	529037	529021
WEEK 4	Jul 21-25	\$140	529030	529038	529022
WEEK 5	Jul 28-Aug 1	\$140	529031	529039	529023
WEEK 6*	Aug 5-8	\$112	529032	529040	529024
WEEK 7	Aug 11-15	\$140	529033	529041	529025
WEEK 8	Aug 18-22	\$140	529034	529042	529026
*4 day week					

Day Camp

Solar Explorers Youth Trips

13-18 yrs | Youth Leaders

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.

Tu/Th 10:00AM – 4:00PM

Week	Activity #	Dates	Cost
1	558010	Jul 8-Jul 10	\$50
2	558011	Jul 15-Jul 17	\$50
3	558012	Jul 22-Jul 24	\$50
4	563257	Jul 29-Jul 31	\$50
5	563273	Aug 5-Aug 7	\$50
6	563280	Aug 12-Aug 14	\$50
7	563281	Aug 19-Aug 21	\$50



Outdoor Activities

Camp Sasamat Overnight Trip

13-18 yrs | Youth Leader

Join us this summer and head outdoors for a wilderness adventure! Explore local trails, learn and enjoy outdoor activities such as kayaking, ropes course, and archery, and have fun while meeting new friends! Registration fee includes transportation, accommodation, all activity costs, meals, and staff supervision for this 3-day, 2-night cabin camping trip. This trip is in collaboration with 10 other community centres across the city. Completed parent/guardian consent forms will be required to participate in the camping trip. There will be a mandatory pre-trip meeting for all participants on Wednesday, August 20 at 5PM at Strathcona Centre (Games Room). Parents/guardians are also invited to attend. This is a referral based programme.

For more information, please contact the Community Youth Worker:

aneesh.vashisht@vancouver.ca

Tu/W/Th Aug 26-28

557952

1:00 PM-2:30 PM

Referral Only



Social

Games Room Drop-In

9-18 yrs | Youth Leader

Got some free time in the afternoon and looking for somewhere to hang out? Come by our games room to relax, socialize, and play some games. We've got table tennis, pool, foosball, and an assortment of games. This space is meant for those between 9 - 18 years old. Snacks are provided!

F Jul 4-Aug 22
563620

4:30 PM-8:30 PM
Free

Sports

Skateboard Drop-In at Strathcona Park

12-18 yrs | Skate Host

Come skate, hang out, and have a blast at Strathcona skate park! This free program is open to youth of all ages—we've got boards, helmets, pads, snacks, supervision, and good vibes. No experience? No worries! Our crew is here to help you shred safely and have fun. Registration is not required, this is a drop-in based program hosted by the Vancouver Park Board Skate Hosts. If you have questions, please contact aneesh.vashisht@vancouver.ca.

M/Tu

12:00 PM-4:00 PM



Preteen and Youth Soccer

12-18 yrs | Youth Leader

This is a collaboration between Strathcona Community Centre and Urban Park Activations! 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 9-Aug 20
563282

1:00 PM-2:30 PM
Free

Youth Gym Drop-In

11-18 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 - 5:30PM. Older youth, aged 13-18 years are welcome to join from 5:30PM - 8:30PM.

F Jul 4-Aug 22
558072

4:30 PM-8:30 PM
Free

Youth Leadership

Friday Night Cooking Club

11-18 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. This program runs as a community kitchen, participants will prepare a meal for youth at the facility and learn how to plan, prep, and serve food in a sanitary manner.

F Jul 11-Aug 22
557958

6:00 PM-8:00 PM
Free



Strathcona Youth Council

13-18 yrs | Youth Leader

Strathcona Youth Council will be taking a pause during the summer season. If you would like to connect with the youth council, please email aneesh.vashisht@vancouver. The program will resume in the fall season with a volunteer orientation.

Education

Sashiko Wagara: Hand Sewing Japanese Embroidery Stitching

19+ yrs | Suzan Lee

Japan has many long standing traditions. Embroidery is no exception. Sashiko is a 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.

Su Jul 20 10:30 AM-1:30 PM
558008 \$59.95/1 sess

Natural Dye & Shibori Workshop

19+ yrs | Fernanda Mascarenhas

This workshop combines two techniques: shibori and natural dyeing with plants. Shibori is a Japanese manual resist dyeing technique, which produces a number of different patterns on fabric. Each participant will learn some basic ways of tying, pinching and folding fabrics using rubber bands, clamps, pegs, and string, to create a one-of-a-kind cotton bandana. The workshop also explores the beauty of natural colour using plants. Teaching how to extract pigments from plants or food waste to make a dye bath, the participant will have a chance to dye their shibori-bandanas in them. There will be 2 or 3 colours of choice, made from plants or food waste available on the occasion such as turmeric, black tea, hibiscus, annatto seeds, marigolds, carrot tops, avocado pitch or onion skins. All material provided.

Su Aug 10 11:00 AM-1:00 PM
565676 \$55/1 sess

Emergency Preparedness Workshop

19+ yrs | 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
- Neighborhood emergency muster/ gathering points
- Official information platforms during emergencies.

W Jul 16 6:00 PM-7:30 PM
563779 Free with Registration/1 sess

Fitness & Health

Hatha Yoga

19+ yrs | Linh Giang

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 3-Aug 14 7:00 PM-8:15 PM
564049 \$66.50/7 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, space permitting. No class Aug 4.
M Jul 7-Aug 18 6:15 PM-7:15 PM
558024 \$57/6 sess
Th Jul 3-Aug 21 5:15 PM-6:15 PM
558025 \$76/8 sess

Zumba at the Park

19+ yrs | Edie Chang

This class will take place at MacLean Park. If the weather is not cooperating, it will be at Strathcona Community Centre. 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, space permitting. No class Aug 2.

Sa Jul 5 10:00 AM-11:00 AM
558077 Free class with Registration
Tu Jul 8-Aug 19 7:00 PM-8:00 PM
558074 \$63/7 sess
Sa Jul 12-Aug 23 10:00 AM-11:00 AM
558075 \$54/6 sess

Martial Arts

Kung Fu: Choy Lee Fut

19+ | Amy P. & Matthew W.

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, space permitting. No class Aug 4.

M/W Jul 2-Jul 30	6:30 PM-8:30 PM
557963	\$63/9 sess
M/W Aug 6-Aug 20	6:30 PM-8:30 PM
557961	\$35/5 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

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.

Youth/Adult

M Jul 7-Jul 28	5:30 PM-7:00 PM
558006	\$150/4 sess
M Aug 11-Aug 25	5:30 PM-7:00 PM
558005	\$112.50/3 sess

Adult

Su Jul 6-Jul 27	10:00 AM-11:45 AM
557937	\$175/4 sess
Su Aug 10-Aug 24	10:00 AM-11:45 AM
557935	\$131.25/3 sess
M Jul 7-Jul 28	7:00 PM-8:30 PM
557938	\$150/4 sess
M Aug 11-Aug 25	7:00 PM-8:30 PM
557936	\$112.50/3 sess

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. Summer Drop-In Special \$3.00. No class Aug 4.

M Jul 7-Aug 18	7:30 PM-8:50 PM
557945	\$15/6 sess

Badminton: Drop-In

All Ages | 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. Summer drop-in special \$3.50, space permitting.

Sa Jul 5-Aug 30 3:15 PM-4:45 PM
557946 \$3.50/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.

Tu Jul 8-Aug 19 7:15 PM-8:45 PM
557947 \$26.25/7 sess
Su Jul 6-Aug 31 12:10 PM-2:00 PM
557948 \$5.25/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.

Please Note:

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, 4 available drop-in spots available weekly on first come-first served basis.

Doors will open at 5:10pm.

W Jul 2-Aug 20 5:15 PM-6:30 PM
558003 \$38.08/8 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. Summer Drop-in Special \$3.75, space permitting.

W Jul 2-Aug 20 7:00 PM-8:45 PM
558069 \$24/8 sess

Volleyball – Adult Learn to Play

19+ | TBD Instructor

Adults Learn to Play Volleyball is back for this Summer. No experience necessary - come and learn the basics. Learn the proper positioning on the court during game play and technique on how to bump, set and spike! After the instruction, participants can continue to play for an additional 30 min.

Th Jul 3-Aug 21 7:00 PM-8:30 PM
567545 \$72/8 sess

Pickleball Court Reservation

19+ yrs | Non-Instructional

Book your Pickleball Court for 75 minutes for \$12.50 + tax. We have 4 courts available. During game play, you can have up to 4 players playing on the court.

Please note: Doors will open for the first 12:25pm session at 12:20pm.

Sa Jul 5	12:25 PM-1:40 PM
565770	\$12.50/1 sess
Sa Jul 5	1:45 PM-3:00 PM
565771	\$12.50/1 sess
Sa Jul 12	12:25 PM-1:40 PM
565772	\$12.50/1 sess
Sa Jul 12	1:45 PM-3:00 PM
565773	\$12.50/1 sess
Sa Jul 19	12:25 PM-1:40 PM
565774	\$12.50/1 sess
Sa Jul 19	1:45 PM-3:00 PM
565775	\$12.50/1 sess
Sa Jul 26	12:25 PM-1:40 PM
565776	\$12.50/1 sess
Sa Jul 26	1:45 PM-3:00 PM
565777	\$12.50/1 sess

RECREATION SPORTS PARTICIPANTS

Please refer to page 13 for registered, waitlist and drop-in information for all sports.

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Food Programs

Strathcona Backpack Program

The Backpack Program is a service for household 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.

F Jul 4-25

10:00 AM-2:00 PM

Canning Jam

19+ yrs | Amy Weeks

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, yogurt and more! Everyone will take home 2 jars of fruit to enjoy at home.

Tu Jul 15
557954

5:30 PM-7:30 PM
\$10/1 sess



Summer Community Kitchen

19+ yrs | Shaista Alami

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! 1 child 13+ yrs per adult can attend. Please ensure child is registered.

5:30 PM-8:30 PM

Free with Registration/1 sess

W Jul 2

558031

W Jul 9

558032

W Jul 23

563676

W Jul 30

563678

W Aug 6

563679

W Aug 13

563684



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 4-Sep 26
557956

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

Education

Emergency Preparedness Workshop

19+ yrs | 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
- Neighborhood emergency muster/gathering points
- Official information platforms during emergencies.

W Jul 16
563779

6:00 PM-7:30 PM
Free with Registration/1 sess

Mah Jong

50+ yrs | Volunteer

Come and learn how to play Mah-Jong with others! We have volunteer instructors who will be able to teach you how to play or help facilitate a game. No experience required. Drop-in's welcomed! No class Aug 4.

M Jul 7-Aug 25
563657

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

Fitness & Health

Chair Yoga **NEW!**

40+ 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. Chair yoga isn't just for the elderly, it's a practice for those with limited flexibility and mobility issues. Poses are modified with the use of the chair to help with our balance throughout our practice. This class will help improve our flexibility, strength and increase range of motions for our joints, which is especially important as we age. Other benefits one will see with consistent practice is enhanced awareness and focus, greater muscle tone, increased confidence, reduced levels of stress and less physical pain. Like all yoga, we will move our spine in all directions including: forward fold, side stretch, twist, backbend and invert. 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 Aug 4.

M Jul 7-Aug 25
563655

4:30 PM-5:30 PM
\$56/7 sess

Seniors Tai Chi

50+ yrs | May Fung

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 July 16, Aug 4, Sept 1.

M-Sa Jul 2-Aug 29
558009

9:00 AM-10:30 AM
Free with Registration/41 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 Jul 8-Aug 26
558070

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

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 Jul 8-Aug 26
558071

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



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 4.

M Jul 7-Aug 25

10:45 AM-12:45 PM

563781

Drop-in/7 sess

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 Jul 3-Aug 28

10:00 AM-12:30 PM

558026

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 activity room with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit.

W Jul 2-Aug 27

10:00 AM-12:00 PM

563658

\$0.95/9 sess

Senior Social Luncheon – Opening Ceremony for Summer Cruisers

50+ yrs | Summer Cruisers Leaders

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

This will be the first day of ticket sales for Summer Cruisers. Tickets are sold at 1:15pm on lottery based system.

W Jun 25

11:30 AM-1:00 PM

528762

\$9.52/1 sess



Summer Cruisers

Come and join other older adults 50+ years in our Summer Cruisers program at Strathcona Community Centre! This out trip program will be offered starting at the end of June 2024 for 7 weeks. The leaders of the program will organize exciting trips in and around Greater Vancouver! For more detailed information, schedules will be available at the front office starting mid-June.

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 25-29 9:00AM - 4:15PM

Holiday Closures

July 1CLOSED
Aug 4CLOSED
Sept 1CLOSED

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.

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.			

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



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



Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

queer55@vancouver.ca
vancouver.ca/Queer-Inclusion

