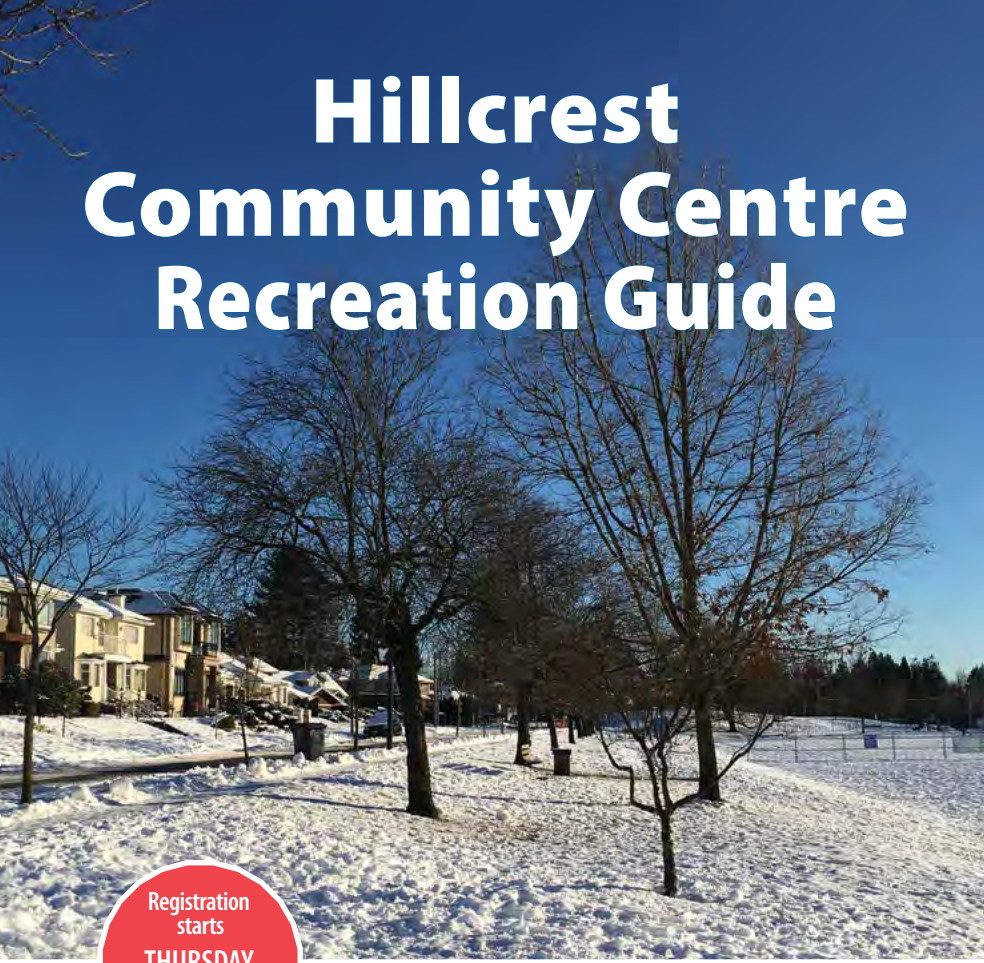
Hillcrest Community Centre Recreation Guide



Registration starts THURSDAY DECEMBER 4 at 7pm

Winter 2026

- ABC Program----------43-45
- Adult Programs ----------30-37
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RILEY PARK Hillcrest COMMUNITY ASSOCIATION

VANCOUVER BOARD OF PARKS AND RECREATION

vancouver.ca/hillcrestrec

hillcrestcommunitycentre.com

HILLCREST CENTRE - AQUATIC | RINK | FITNESS | COMMUNITY

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

Dear Hillcrest Community

As the days grow shorter and the city prepares for winter, I am thrilled to introduce our seasonal programming and to reflect on the opportunities and challenges ahead. This winter we aim not only to help our community stay active and connected indoors, but also to continue shaping Hillcrest as a vibrant hub aligned with the broader changes coming to Vancouver.

One of the most exciting developments on our horizon is Vancouver's role as a host city for FIFA matches. The arrival of these high-profile games will bring international attention, an influx of visitors, and increased vibrancy to our neighbourhoods. For Hillcrest Centre, this means both opportunity and responsibility. We anticipate extra demand for recreational space, community gathering, and supportive services. As President, working hand-in-hand with the Board and the City, I am committed to ensuring Hillcrest is ready to serve—not just as a community centre, but as a welcoming, accessible, resilient anchor during this period of heightened activity.

With the Board of Directors, we have been actively engaging with City planners, transit authorities, and local stakeholders to respond to anticipated impacts: from parking and pedestrian flow to program scheduling and facility access. We are advocating for improved transit service, collaboration on crowd management, and proactive facility enhancements so that residents and visitors alike can enjoy the benefits of these events without burdening our neighbourhood's daily life.

I am proud of the calibre and dedication of our Board of Directors—seasoned community leaders and fresh voices alike—who bring deep commitment, creativity, and care to their roles. Among our newer board members, we are enjoying fresh perspectives, expanded connections, and renewed energy focused on inclusivity, youth engagement, and operational transparency. Their contributions help ensure our decisions reflect the evolving needs and aspirations of our growing and diverse community.



We would like to congratulate our Director Olga Zarudina, on becoming the newly elected President of Ukrainian-Canadian Congress - Vancouver Branch. Olga holds a Master's Degree in Translation and Linguistics. She is a certified translator with the Society of Translators and Interpreters of BC, and she is also a licensed real estate agent with Macdonald Realty. We are proud to have Olga as part of the team of the Riley Park Hillcrest Community Association. Congratulations!

We're also pleased to strengthen our partnership with Blue Parrot Café this season. Families planning birthday parties or gatherings can now enjoy easier meal options through Blue Parrot—making celebrations at Hillcrest simpler, more convenient, and full of shared moments.

As you explore our winter brochure, you'll see a wide spectrum of programs for youth, adults, and seniors—everything from arts and fitness to social gatherings, drop-ins, wellness classes, and more. We're especially excited about festive events like our Halloween celebrations, Christmas programming for families, and special seasonal drop-ins to keep spirits high when the weather keeps us indoors.

Thank you to every volunteer, Park Board staff member, contractor, instructor, and participant who makes Hillcrest Centre such a special place. Your engagement and feedback are always vital. If you have ideas, stories, or suggestions, please reach out through our website or at the front desk.

Let's make this winter a season of connection, growth, and shared moments.

Warmly,

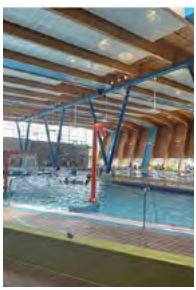
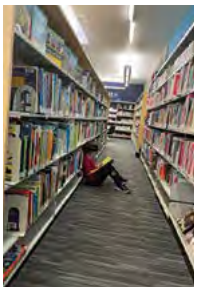


Ken Charko, President,
Riley Park Hillcrest Community Association
4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4

Keep updated on our website!

RILEY PARK Hillcrest COMMUNITY ASSOCIATION






Hillcrest Community Centre

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

Hours of Operation

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

@rileyparkhillcrestcc

Riley Park Hillcrest Community Association (RPHCA)

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

Membership

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

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

Memberships can be purchased at the front desk.

Winter 2026
Registration Dates

community centre programs
Online, In-person & Phone-in at 7pm
Thursday, December 4
hillcrestcommunitycentre.com

swim lessons
Online, In-person & Phone-in at 7pm
Winter 2026: Tuesday, December 16
Spring 2026: Tuesday, March 17
vancouver.ca/hillcrestpool

skate lessons
Online, In-person & Phone-in at 7pm
Winter Set 1: Thursday, December 18
Winter Set 2: Thursday, February 12
vancouver.ca/hillcrestrink

Financial Assistance

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

Leisure Access

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

Refunds and Cancellations for Park Board Programs

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

How to Register
For Hillcrest Centre Programs

ONLINE at **vanrec.ca**



BY PHONE: 604-257-8680

IN PERSON: At our front desk

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

Refunds for Community Centre Programs

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





Hillcrest Centre Fees and Passes 2025*
Rink, Pool & Fitness Centre

Single Visit Drop-in Fees

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

10-Visit Pass Fees

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

Flexipass

Flexipass gives you 1, 3 or 12-month access to Park Board and participating Association fitness centres, swimming pools, and ice rinks. Some conditions apply.
If you need to adjust, correct or refund your Flexipass, bring it to the facility where you purchased it.

10-visit passes

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

Pool Special Rates

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

Rink Special Rates

Discount Skate: Half price admission during applicable times.
Family: $3.97/person (minimum charge $7.94), 1-2 adults of the same household and their children, 5-18 years.

Monthly Pass(Flexipass) Fees

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

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

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

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

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

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

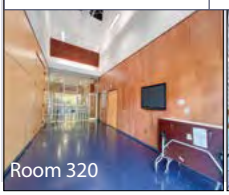
Cancellations
Cancellation requests must be received in writing or by email to **rphca@vancouver.ca**.
All transfers and cancellation requests MUST be in person, over the phone or delivered in writing to **rphca@vancouver.ca**.

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

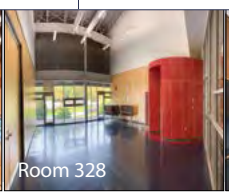
Search, view, and reserve online by visiting recreation.vancouver.ca.

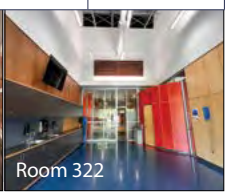
Hillcrest Centre Room Rental Information and Rates

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


Room 320


Gymnasium


Room 328


Room 322



Riley Park Preschool

3-5 years | Michelle Noel

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

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

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

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

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

Fees*	9:00-11:30am Morning Class	12:15-2:45pm Afternoon Class	Registration Fee Non-refundable
M W F	$166/month		$113
Tu Th	$118/month		$82
Tu Th		$118/month	$82
W F		$118/month	$82
*Fees subject to change.			





Birthday Party with Gym

Sundays, Jan 11-Mar 15 $305/party

(2-13 yrs) | Hillcrest Party Leader

Run, play and celebrate your birthday with us!

Book early as availability is limited.

A party room for 2 hours and access to a Gym with toys for 45 minutes of the party. The party room will be decorated with streamers, birthday banner and table cloths.

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

To obtain this form please email: **hillcrest.party@vancouver.ca**.
PLEASE NOTE: At this time we can only provide one additional service (balloon twisting, cotton candy or popcorn machine) for an added fee. Bouncy Castles and other major set up is not permitted.

- **9:30 AM-11:30 AM** Gym & Room 320 Max 20 Guests
- **10:45 AM-12:45 AM** Gym & Room 322 Max 30 Guests
- **12:00 PM-2:00 PM** Gym & Room 320 Max 20 Guests
- **1:15 PM-3:15 PM** Gym & Room 322 Max 30 Guest

View available dates and times online at vanrecc.ca

ARTS

Art and Music with Sun Rey

(1-3 yrs) | Sun Rey Han

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

W	9:45 AM-10:30 AM	Jan 21-Mar 11
$138/8 sess		**589592**
W	10:45 AM-11:30 AM	Jan 21-Mar 11
$138/8 sess		**589593**



Art is Fun

(3-5 yrs) | Sun Rey Han

Have fun with Origami, clay modeling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-along and storytelling. Drop-ins if space available. Drop-in $24.

W	1:00 PM-2:00 PM	Jan 21-Mar 11
$164/8 sess		**589595**

Dance with Me

(1-2 yrs) | Vancouver Performing Stars

Let your little one discover the joy of dance! These interactive parent-child classes blend movement basics, singing, and partner dance to create a fun-filled experience. Jive and bond together as your child explores rhythm and movement. Parent/Caregiver Participant required. Visit **performingstars.ca** for more information. No Class Feb 14

W	9:15 AM-10:00 AM	Jan 07-Mar 11
$165/10 sess		**590974**
Sa	9:15 AM-9:45 AM	Jan 03-Mar 07
$140/9 sess		**590975**
Sa	9:45 AM-10:30 AM	Jan 03-Mar 07
$149/9 sess		**590979**

Jump into Music

(0-4 yrs) | Monica Lee

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

Th	9:30 AM-10:20 AM	Jan 08-Mar 12
$200/10 sess		**593300**
Th	10:30 AM-11:20 AM	Jan 08-Mar 12
$200/10 sess		**593301**
Th	11:30 AM-12:20 PM	Jan 08-Mar 12
$200/10 sess		**593302**

Junior Stars Musical Theatre

(5-7 yrs) | Vancouver Performing Stars

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

Th	5:15 PM-6:00 PM	Jan 08-Mar 12
$165/10 sess		591060

Mini Ballet

(4-4 yrs) | Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit **www.performingstars.ca** for more information .No class Feb 14

Sa	11:15 AM-12:00 PM	Jan 03-Mar 07
$149/9 sess		**591006**
Sa	1:00 PM-1:45 PM	Jan 03-Mar 07
$149/9 sess		**591014**

Visit our website for scheduled updates and additional programs.

Mini Hip Hop
(3-4 yrs) | Vancouver Performing Stars
Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! For more details, visit www.performingstars.caNo Class Feb 16

M	3:15 PM-4:00 PM	Jan 05-Mar 09
$149/9 sess		590967
W	10:00 AM-10:45 AM	Jan 07-Mar 11
$165/10 sess		590968

Mini Stars Musical Theatre
(3-5 yrs) | Vancouver Performing Stars
Dance and sing along to their favourite show tunes! Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate on their own.

Th	4:30 PM-5:15 PM	Jan 08-Mar 12
$165/10 sess		591055

Performing Princesses
(3-5 yrs) | Vancouver Performing Stars
Children will be immersed in the magical stories they love as they sing and dance to their favourite princess songs. Ballet and basic dance technique will compliment the class to help your little star improve their coordination and confidence. Costumes are welcome and a presentation for families will take place on the last day of class. Visit **www.performingstars.ca** for more information.

W	10:45 AM-11:30 AM	Jan 07-Mar 11
$165/10 sess		590982

Tiny Ballet
(3-3 yrs) | Vancouver Performing Stars
Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required.
Visit **www.performingstars.ca** for more information. No Class Feb 14

Sa	10:30 AM-11:15 AM	Jan 03-Mar 07
$149/9 sess		590987

Zumbini®
(0-4 yrs) | Maayan Amitov
Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini Time" interactive TV show on BabyFirst TV. In this session we will be doing 'No Way! Jose'. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling

F	11:30 AM-12:15 PM	Jan 09-Mar 06
$180/9 sess		591207
F	12:30 PM-1:15 PM	Jan 09-Mar 06
$180/9 sess		591209

SOCIAL



Parent and Tot Gym
(0-5 yrs) | Christine Lashin
An opportunity for your child to socialize with other children and to play with a variety of equipment. Parent/Caregiver participation and supervision is required. Great for rainy days! This program is drop-in, registration is not necessary. Drop-in $4.00Children under 6 months are free.

M W F	10:45 AM-12:15 PM	Jan 05-Mar 13
$4/29 sess		593310

SPORTS

Gymnastics Preparation Program - Parent & Tot

(2-4 yrs) | Bing Zhao- Ucool Kids LTD

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program. Parent/caregiver participation is required. No Class Feb 14

Sa	9:00 AM-9:45 AM	Jan 10-Mar 14
$225/9 sess		592687
Sa	9:45 AM-10:30 AM	Jan 10-Mar 14
$225/9 sess		592690



Parent and Tot Tennis Indoor

(4-6 yrs) | Juan Carlos Maldonado

This is a fun relaxed environment for all toddler participants. It gives them the opportunity to establish a base for growth of motor and athletic skill development. The fundamentals of general agility is more important for kids at this age than tennis specific skills. We will use fun games to teach kids how to throw, catch and increase hand and eye co-ordination. Learn to move with good balance and posture. As players progress we will use modified tennis equipment to begin to apply these skills in a more tennis specific way. Parent/caregiver participation is required. Only child registration is required. No Class Feb 14

Sa	9:15 AM-10:00 AM	Jan 17-Mar 14
$220/8 sess		592322

High 5 Sports

| Hai Doan

High 5 Sports programs are designed to introduce children to the excitement of active play while building their physical literacy. Through fun and engaging activities, kids will explore essential skills like running, jumping, throwing, and catching, all while learning the importance of teamwork and sportsmanship. Each session fosters motor skill development and coordination in an encouraging environment, helping children build confidence and a love for staying active.



High 5 Sports - Floor Hockey

(3-5 yrs) | Hai Doan

M	1:45 PM-2:45 PM	Jan 12-Mar 09
$200/8 sess		591412
W	1:45 PM-2:45 PM	Jan 14-Mar 11
$225/9 sess		591417

High 5 Sports - Indoor Soccer

(3-5 yrs) | Hai Doan

M	12:45 PM-1:45 PM	Jan 12-Mar 09
$200/8 sess		591411

(3-5 yrs) | Hai Doan

W	12:45 PM-1:45 PM	Jan 14-Mar 11
$225/9 sess		591416

(3-5 yrs) | Hai Doan

Th	11:15 AM-12:00 PM	Jan 15-Mar 12
$225/9 sess		591421

High 5 Sports - Parent and Tot

(2-3 yrs) | Hai Doan Parent/Caregiver Participation required.

Th	10:30 AM-11:15 AM	Jan 15-Mar 12
$225/9 sess		591420

Visit our website for scheduled updates and additional programs.

Sportball Programs

| Sportball Vancouver

Our children's sport programs provide a dynamic introduction to a variety of sports in a fun, inclusive setting. These programs are designed for preschool and primary-aged children, offering weekly sessions that focus on developing essential motor skills, teamwork, and sportsmanship. Using age-appropriate techniques, each program helps children practice and enhance their physical abilities while fostering confidence and a positive attitude toward physical activity. Emphasizing personal growth and collaboration over competition, our programs aim to inspire a lifelong love for sports and active living.

Sportball Junior

(1-2 yrs) | Sportball Vancouver

F	9:30 AM-10:15 AM	Jan 16-Mar 13
$162/9 sess		591247
Sa	9:30 AM-10:15 AM	Jan 10-Mar 14
$162/9 sess		591249

Sportball Indoor Floor Hockey

(6-9 yrs) | Sportball Vancouver

Tu	4:30 PM-5:30 PM	Jan 13-Mar 10
$162/9 sess		591245

(4-6 yrs) | Sportball Vancouver

Tu	3:30 PM-4:30 PM	Jan 13-Mar 10
$162/9 sess		591246

Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Tu	11:15 AM-12:15 PM	Jan 13-Mar 10
$162/9 sess		591244
Sa	11:00 AM-11:45 AM	Jan 10-Mar 14
$162/9 sess		591353

Sportball Multi-Sport Parent and Tot

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

Tu	10:30 AM-11:15 AM	Jan 13-Mar 10
$162/9 sess		591243
F	10:15 AM-11:00 AM	Jan 16-Mar 13
$162/9 sess		591248
Sa	10:15 AM-11:00 AM	Jan 10-Mar 14
$162/9 sess		591352



ART

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

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

W	5:30 PM-6:30 PM	Jan 21-Mar 04
$196/7 sess		592319

Colour Your Ideas Art Knowledge & Creativity
| Selinna Hsiao

Colour Your Ideas is a series of creative art lessons that focus on developing students? understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. *Bring your coloured pencils set of 12 colours! Additional materials will be prepared by the instructor for each class. Drop-in fee: $30. Instructor's website: **selinnahsiao.com**. No class Feb 14

(4-6 yrs)

Sa	10:00 AM-11:00 AM	Jan 17-Feb 28
$150/6 sess		593282

(7-11 yrs) |

Sa	11:00 AM-12:00 PM	Jan 17-Feb 28
$150/6 sess		593283

PARK BOARD PRIDE

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

VANCOUVER BOARD OF PARKS AND RECREATION

Design and Architecture
| Petit Architect Design For Kids Ltd.

Embark on a journey of architectural discovery with our engaging and playful hands-on classes! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making ? just like real architects in the making!

(7-12 yrs)

Tu	4:00 PM-5:15 PM	Jan 20-Mar 10
$240/8 sess		593314

(8-13 yrs)

Tu	5:30 PM-6:45 PM	Jan 20-Mar 10
$240/8 sess		593315



Drawing and Painting for Kids and Youth
(7-17 yrs) | Mohammad Reza Atashzad

In this class, students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Supplies list available on receipt. See **www.atashzad.com** for more information. Drop in $27 (space permitting). No class Feb 16.

M	3:30 PM-5:00 PM	Jan 05-Mar 09
$198/9 sess		591164

DANCE & PERFORMING ARTS

Active KPOP/Jazz Funk/Hip Hop - Spanish Bilingual

(7-14 yrs) | ILLUMA Studio

Learn a vareity of dance such as KPOP, Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Class will be taught in Spanish and English.Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed).Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout!

Sa	12:00 PM-1:00 PM	Jan 10-Mar 14
$144/9 sess		592793

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler

| ILLUMA Studio

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout!

(10-15 yrs)

Sa 10:00 AM-11:00 AM		Jan 10-Mar 14
$144/9 sess		592789

(6-12 yrs)

Sa	11:00 AM-12:00 PM	Jan 10-Mar 14
$144/9 sess		592788

Intermediate Hip Hop

(7-10 yrs) | Vancouver Performing Stars

Join other passionate dancers in this fun and energetic hip hop class where dancers will level up their skills while learning creative choreography set to their favorite beats. Together, the class will develop the confidence and strength that define dynamic performers - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca.No Class Feb 16

M	4:45 PM-5:30 PM	Jan 05-Mar 09
$149/9 sess		590971

Junior Ballet

(5-7 yrs) | Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca. No Class Feb 14

Sa	12:15 PM-1:00 PM	Jan 03-Mar 07
$176/9 sess		592670

Junior Hip Hop

(5-7 yrs) | Vancouver Performing Stars

Show off your style! In this fun and energetic hip hop class, young dancers will level up their skills while learning creative choreography set to their favorite beats. Your child will build coordination, flexibility, confidence, and a love for dance - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca. No Class Feb 16

M	4:00 PM-4:45 PM	Jan 05-Mar 09
$149/9 sess		590970

Senior Stars Musical Theatre

(8-12 yrs) | Vancouver Performing Stars

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

Th	3:45 PM-4:30 PM	Jan 08-Mar 12
$165/10 sess		591038

EDUCATION



EFK: After School Club: Future Techies

(8-14 yrs) | Engineering For Kids Vancouver

An exciting foundation program where participants express their creativity through software engineering, exploring different tools such as visual applications, coding, and the Engineering Design Process to design digital art, create interactive stories, and understand key programming concepts. This program blends art, storytelling, and technology, helping young minds think like real software engineers while having fun bringing their ideas to life.

Th	3:45 PM-5:45 PM	Jan 08-Mar 12
$420/10 sess		593620

EFK: Junior Civil Engineering: Fun Foundations

(5-7 yrs) | Engineering For Kids Vancouver

Get ready to raise the skyline as we learn all about the exciting field of civil engineering. This camp will teach students the foundations of civil engineering as they explore concepts, such as tension and compression, structurally strong geometric shapes, and the importance of a strong foundation and core. Each day students will use the EFK Engineering Design Process to take on captivating challenges that lay the groundwork for understanding the essential principles of structural design and construction. This camp is sure to tower above the rest and inspire the next generation of civil engineers. No Class Feb 14

Sa	2:00 PM-3:00 PM	Jan 10-Feb 21
$120/6 sess		593622

EFK: Junior Acoustical Engineering: Harmonic Quest

(8-12 yrs) | Engineering For Kids Vancouver

Young learners dive into the exciting world of acoustical engineering through hands-on projects and interactive digital experiences. Students will explore how sound is created, measured, and manipulated as they experiment with pitch, frequency, volume and vibrations. Whether building simple instruments, analyzing sound waves, or using creative tech tools, students will develop a foundational understanding of how sound works, and how engineers use that knowledge to design everything from musical instruments to sound systems. Harmonic Quest blends physical creation with digital discovery to spark curiosity and creativity!No Class Feb 14

Sa	3:15 PM-4:45 PM	Jan 10-Feb 21
$216/6 sess		593626



Reading Lessons - One to One

(6-8 yrs) | Helen Jung

A 27 minute private reading lesson to boost literacy or provide vital early literacy intervention by an experienced, trained Early Literacy Educator (retired VSB Teacher). Students aged 6–8 yrs will access an extensive library of explicit, research-based K–5 books built on the science of how kids learn to read. With experienced differentiated instruction your child will be supported to develop comprehension, vocabulary, fluency and advanced reading skills and be engaged with books with every lesson.

M	3:30 PM-4:57 PM	Jan 12-Mar 2
$238/7 sess		VIEW ONLINE
Tu	3:30 PM-4:57 PM	Jan 13-Mar 3
$272/8 sess		VIEW ONLINE
Th	3:30 PM-4:57 PM	Jan 15-Mar 5
$272/8 sess		VIEW ONLINE

Red Cross Babysitting Course

(11-16 yrs) | First Aid Pro

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

Course Content:

• How to be responsible and demonstrate leadership

• How to make good decisions and manage difficult behaviors

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

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

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

The business of babysitting Comes with a course manual and certificate of completion from the Canadian Red CrossPlease bring a nut free lunch, snacks, water bottle and a teddy or doll to practice with.

Sa	9:30 AM-4:30 PM	Jan 24
$75/1 sess		**590612**
Sa	9:30 AM-4:30 PM	Feb 21
$75/1 sess		**590613**
Sa	9:30 AM-4:30 PM	Mar 21
$75/1 sess		**590614**

WEDO 1 Robotics

(6-10 yrs) | Tomorrow's Playground

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

Tu	4:00 PM-5:30 PM	Jan 13-Feb 3
$100/4 sess		**593423**

WEDO 2 Robotics

(6-11 yrs) | Tomorrow's Playground

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new projects. This class includes an introduction to the EV3 Mindstorms System. All equipment is provided.

Tu	4:00 PM-5:30 PM	Feb 10-Mar 3
$100/4 sess		**593426**



Young Commander Chess

(6-12 yrs) | Joe Soliven

Intermediate/Advance: 6-12 yrs old; anyone with knowledge of chess tactics and combinations. As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting checkmate. Chess provides a mental armor, commander (leader) and self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included.

Intermediate

W	5:20 PM-6:30 PM	Jan 07-Mar 11
$150/10 sess		**591983**

Novice/Starter

W	4:00 PM-5:10 PM	Jan 07-Mar 11
$150/10 sess		**591981**

SPORTS

Children's Pickleball Lessons NEW

(8-12 yrs) | Westcoast Pickleball Academy

Westcoast Pickleball Academy is a program designed for children to learn and build their foundational knowledge of pickleball. In addition to learning fundamental skills, such as proper grip and swing technique, students will also learn how to serve, drive, dink, and volley. Students will gain a new technical skill set, grow their fundamental movement skills, build connections, all while having fun and learning to play pickleball! Westcoast Pickleball Academy strives to provide the best environment for students to learn and develop dynamic pickleball skills, emphasizing techniques and tactics for success on the court.

Stage 1 Intro and Fundamentals

W	5:45 PM-7:00 PM	Jan 07-Feb 4
$350/10 sess		591210

Stage 2 Skill Development

W	5:45 PM-7:00 PM	Feb 11-Mar 11
$350/10 sess		595437

Future Bounce Basketball League

Future Bounce Athletic Association

Future Bounce Basketball is Vancouver?s first female-run and female-focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Games! Games! Games! Each week players will be divided into different teams and will play games. This program is designed for grade 4 to 6 players of all skill levels to work on their game play. No class Feb 14

(8-11 yrs)

Sa	12:15 PM-1:35 PM	Jan 10-Mar 14
$117/9 sess		593278

(12-15 yrs)

Sa	1:40 PM-3:05 PM	Jan 10-Mar 14
$117/9 sess		593280

Gymnastics - Preparation Program

| Bing Zhao - Ucool Kids LTD

This program will focus on flexibility, stretching, coordination, balance, posture, strength, self-confidence and all of the foundational training required for a gymnastics program.For the safety of the participant, the Acknowledgement of Risk, Waiver, Release & Indemnity Form must be completed. This form will be available at the Program Assistant desk located on the 2nd floor at Hillcrest Centre. Children will not be permitted in the program until the completed form is received.

(4-6 yrs)

Th	3:45 PM-4:45 PM	Jan 08-Mar 12
$270/10 sess		592682
Sa	10:30 AM-11:30 AM	Jan 10-Mar 14
$243/9 sess		592696

(7-12 yrs)

Th	4:45 PM-5:45 PM	Jan 08-Mar 12
$270/10 sess		592685
Sa	11:30 AM-12:30 PM	Jan 10-Mar 14
$243/9 sess		592699

Journey Basketball Grassroots

Journey Basketball

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

(6-8 yrs) | JR Ballers

Tu	3:30 PM-4:30 PM	Jan 13-Mar 10
$126/9 sess		592326

(9-12 yrs) Co-ed

Tu	4:30 PM-5:30 PM	Jan 13-Mar 10
$126/9 sess		592327

Journey Basketball Community League

| Journey Basketball Association

(6-8 yrs)

Sa	3:10 PM-4:00 PM	Jan 17-Mar 14
$160/8 sess		592329

(9-12 yrs)

Sa	4:00 PM-5:00 PM	Jan 17-Mar 14
$160/8 sess		592328

Junior Tennis Indoor

(9-13 yrs) | Juan Carlos Maldonado

This children's intermediate/advanced class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play. Please bring your own racquet and water to the courts.

Th	4:45 PM-5:45 PM	Jan 15-Mar 12
$247.5/9 sess		592321
Sa	11:00 AM-12:00 PM	Jan 17-Mar 14
$220/8 sess		592324



Mini Tennis Indoor

(6-8 yrs) | Juan Carlos Maldonado

This children's beginners class is an introduction to tennis. Students are introduced to basic forehand and backhand while developing hand-eye coordination through a variety of fun games and activities. Please bring your own racquet and water to the courts.

Th	3:45 PM-4:45 PM	Jan 15-Mar 12
$247.5/9 sess		592320
Sa	10:00 AM-11:00 AM	Jan 17-Mar 14
$220/8 sess		592323

Pro-D Day Camps at Hillcrest

Hillcrest Pro-D Day Camps are a great way for your child to spend a day off school! Join us for a variety of fun-filled camps — perfect for keeping children engaged all day long.



EFK - Pro-D Day with Engineering For Kids

(7-12 yrs) | Engineering For Kids Vancouver

F	9:00 AM-3:00 PM	Feb 13-Feb 13
$95/1 sess		593621

Build a Mini Treehouse with Petit Architect Pro-D Day Camp

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

F	9:30 AM-3:00 PM	Feb 13-Feb 13
$115/1 sess		593316

Explorers Pro-D Day Camp

(6-12 yrs) | Day Camp Staff

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

F	9:30 AM-3:30 PM	Feb 13
$42/1 sess		584894

Spring Break Camps at Hillcrest

Hillcrest Spring Break Camps are a fun and exciting way for your child to spend their school holidays! Join us for a variety of engaging camps — the perfect way to stay active, make new friends, and create lasting memories.

DANCE

Mini Dance Camp - K-Pop
(3-5 yrs) | Vancouver Performing Stars

M Tu W Th F	9:15 AM-10:45 AM	Mar 16-Mar 20
$91/5 sess		591076

Dance Daycamp - K-Pop
(6-10 yrs) | Vancouver Performing Stars

M Tu W Th F	11:00 AM-5:00 PM	Mar 16-Mar 20
$345/5 sess		591155

VPS Dance Daycamp - Gabby's Dollhouse
(6-10 yrs) | Vancouver Performing Stars

M Tu W Th F	9:30 AM-3:30 PM	Mar 23-Mar 27
$345/5 sess		591165

EDUCATION

EFK: Aerospace Engineering Camp: The Sky is NOT the Limit!
(7-14 yrs) | Engineering For Kids Vancouver

M Tu W Th F	9:00 AM-3:00 PM	Mar 16-Mar 20
$420/5 sess		593629

EFK: Motion Commotion Camp
(7-14 yrs) | Engineering For Kids Vancouver

M Tu W Th F	9:00 AM-3:00 PM	Mar 23-Mar 27
$420/5 sess		593631

Architecture & Nature Spring Camp with Petit Architect
(7-14 yrs) | Petit Architect Design For Kids Ltd.

M Tu W Th F	9:30 AM-3:00 PM	Mar 16-Mar 20
$430/5 sess		593318

Modernism Architecture Spring Camp with Petit Architect
(7-14 yrs) | Petit Architect Design For Kids Ltd.

M Tu W Th F	9:30 AM-3:00 PM	Mar 23-Mar 27
$430/5 sess		593317

Young Commander Chess Novice Starter - Day Camp
(6-10 yrs) | Joe Soliven

M Tu W Th F	9:00 AM-10:00 AM	Mar 16-Mar 20
$75/5 sess		591985
M Tu W Th F	10:10 AM-11:20 AM	Mar 16-Mar 20
$75/5 sess		591986



SPORTS

Fun Art of Gymnastics Camp
| Bing Zhao - Ucool Kids LTD

(4-5 yrs)

M Tu W Th F	10:45 AM-12:15 PM	Mar 16-Mar 20
$202.5/5 sess		593513
M Tu W Th F	10:45 AM-12:15 PM	Mar 23-Mar 27
$202.5/5 sess		593514

(6-11 yrs)

M Tu W Th F	12:15 PM-1:45 PM	Mar 16-Mar 20
$202.5/5 sess		593515
M Tu W Th F	12:15 PM-1:45 PM	Mar 23-Mar 27
$202.5/5 sess		593516

High 5 Sports – Indoor Soccer/Hockey Camp
(5-8 yrs) | Hai Doan

M Tu W Th F	2:00 PM-4:00 PM	Mar 16-Mar 20
$260/5 sess		593517
M Tu W Th F	2:00 PM-4:00 PM	Mar 23-Mar 27
$260/5 sess		593518

Jr Tennis Spring Break Camp
(8-13 yrs) | Juan Carlos Maldonado

M Tu W Th F	9:00 AM-11:00 AM	Mar 16-Mar 20
$220/5 sess		593508
M Tu W Th F	9:00 AM-11:00 AM	Mar 23-Mar 27
$220/5 sess		593509

Visit our website for scheduled updates and additional programs.

Journey Basketball Spring Break Camp Grassroots

(9-12 yrs) | Journey Basketball Association

M Tu W Th F	11:15 AM-1:15 PM	Mar 16-Mar 20
$150/5 sess		593510
M Tu W Th F	11:15 AM-1:15 PM	Mar 23-Mar 27
$150/5 sess		593511

Sportball Multisport Day Camp

(3-5 yrs) | Sportball Vancouver

M Tu W Th F	9:00 AM-10:30 AM	Mar 16-Mar 20
$115/5 sess		592731
M Tu W Th F	9:00 AM-10:30 AM	Mar 23-Mar 27
$115/5 sess		592733

Sportball Outdoor Multisport Day Camp

(5-8 yrs) Sportball Vancouver

M Tu W Th F	11:30 AM-2:30 PM	Mar 16-Mar 20
$230/5 sess		593635
M Tu W Th F	11:30 AM-2:30 PM	Mar 23-Mar 27
$230/5 sess		593636

SMASH Volleyball Development Camp

(10-12 yrs) | SMASH Volleyball

.M Tu W Th F	1:45 PM-3:45 PM	Mar 16-Mar 20
$200/5 sess		591212

Westcoast Pickleball Academy Day Camp

(10-12 yrs) | Westcoast Pickleball Academy

M Tu W Th F	1:45 PM-3:45 PM	Mar 23-Mar 27
$200/5 sess		593512

EXPLORER'S

Explorers Spring Break Day Camp

(6-12 yrs) | Day Camp Staff

Join us this Spring Break at Hillcrest! Camp Leaders will provide a variety of age-appropriate activities designed to engage, educate and entertain campers. Each day will be filled with fun and new activities to keep your children engaged over the break. Don't forget to dress for the weather, wear comfortable shoes, pack a nut-free lunch, snack and a water bottle every day. A welcome e-mail will be sent to families, along with consent forms, one-week prior with detailed information of the camp. For the safety of your child, a Parent/Guardian Consent Form must be completed. Children will not be permitted in the program until the completed form is received. To be eligible for registration, your child must be 6 years of age and have already completed kindergarten. IMPORTANT NOTE: All day camp programs will not be accepting waitlists. Registration is available on a first-come, first-served basis only. If the program is full, please check back for future openings.

M Tu W Th F	9:30 AM-3:30 PM	Mar 16-Mar 20
$210/5 sess		584896
M Tu W Th F	9:30 AM-3:30 PM	Mar 23-Mar 27
$210/5 sess		584897



Become A Youth Volunteer At Hillcrest!

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

Register for the next Volunteer Orientation

Sat Jan 10 1:00 PM-3:00 PM

FREE #584899



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



- Pick up a Volunteer Application Form at Hillcrest, or download it here: hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf
- All new volunteers will be required to attend a mandatory volunteer orientation – see date/time above for the next session.

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

Meet Sally, our Community Youth Worker!



Hi everyone!

My name is Sally and I'm the Community Youth Worker at Hillcrest!

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

We're here to make Hillcrest a better place!

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

Games Room Drop-in

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Reserved for Programs					Family All Ages 9:00-4:00pm FREE	
Pre-teen/Youth (8-18 yrs) 3:30-5:45pm FREE				Friday Youth Night (12-18 yrs) 3:30-8:30pm FREE		
Adult (19+ yrs) 6:00-8:15pm $5/month						

◗Games Room Drop-in - Youth

(8-18 yrs) | No Instructor

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

M Tu W Th 3:30 PM-6:00 PM Jan 05-Mar 31
FREE **584909**

◗Games Room Drop-In - Friday Youth Night

(13-18 yrs) | Youth Leader

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

F 3:30 PM-8:30 PM Jan 09-Mar 27
FREE **584907**

GAMES ROOM CONT"D

Games Room Drop-In - Family
All ages | No Instructor

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

Su Sa 9:00 AM-4:00 PM Jan 11-Mar 29
FREE **584906**

SOCIAL

Friday Youth Cooking Club
(13-18 yrs) | Youth Leader

Join us every Friday at Hillcrest to test out different food dishes and recipes, just for fun! Whether it's baking or cooking, youth are invited to share the latest trendy recipes and give it try. No prior kitchen skills necessary - just come with an appetite and be open to trying something new! Please notify staff of any food allergies or dietary restrictions. No session on Feb 13.

F 6:00 PM-8:00 PM Jan 16-Mar 13
$32/8 sess **584895**

Youth Hip Hop Dance Drop-In
(13-18 yrs) | Youth Leader

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

F 3:30 PM-6:00 PM Jan 09-Mar 27
FREE **584910**



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

SPORTS

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

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

M 3:30 PM-5:30 PM Jan 05-Mar 23
FREE **584901**

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

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

W 3:30 PM-5:30 PM Jan 07-Mar 25
FREE **584902**

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

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

F 3:30 PM-5:00 PM Jan 09-Mar 27
FREE **584903**

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

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

F 5:15 PM-6:45 PM Jan 09-Mar 27
FREE **584904**

Friday Youth Volleyball Drop-In

(13-18 yrs) | Youth Leader

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

F 7:00 PM-8:30 PM Jan 09-Mar 27
FREE **584905**



Youth Dragon Boat Team

(13-18 yrs) | Youth Leader

The Hillcrest Youth Dragon Boat Team is recruiting new and returning paddlers! Join our team on Saturday afternoons for weekly practices at Dragon Zone, located at Creekside Community Centre. We are welcoming new paddlers on an ongoing basis - no previous experience necessary. Registration fee includes race registration, boat/equipment rentals, coaching, and a team jersey. Youth participants are to meet at Dragon Zone on practice days. Note: For safety reasons, dry land practices may be scheduled early in the season (Jan/Feb) weather dependent - please ensure an up-to-date e-mail address is used on your account to be notified of any changes to practice location. There are two completed parent/guardian consent forms required to participate in the program - one for the Vancouver Park Board and another for Dragonboat BC. This will be e-mailed to you upon registration. Please ensure an up-to-date e-mail is used on your account. This team is in collaboration with youth from Hillcrest and Kensington Community Centres. Financial subsidy is available for Leisure Access Program cardholders. For more information, please contact the Hillcrest Centre Community Youth Worker: **sally.chan@vancouver.ca**.

Sa 3:00 PM-5:00 PM Jan 17-May 30
$100/20 sess **586693**

Sports Drop-in Schedule

January to March

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

EDUCATION

GirlsCANCompute: Math Club
(10-13 yrs) | Youth Leader

Do you have an interest for math? Want to join the competitive world of math contests? Join our new youth-led program for Girls+! We will prepare for the following contests (up to June): Canadian Math Kangaroo, Mathematica Contests (Pythagoras for Grade 6 and Euler for Grade 7) and Gauss 7. Participation in the above contests is at your own discretion. Please bring your own writing tools. Note: This is a free introductory program led by high school youth volunteers.

Th	4:00 PM-5:00 PM	Jan 15-Mar 05
FREE		**587370**

STEM Thrivers - Intro for Kids
(8-11 yrs) | Youth Leader

The STEM Thrivers Program offers the opportunity for children ages 8-11 to explore diverse STEM concepts through combining their passions for science and art. Participants will be able to develop enriched problem-solving, critical thinking, and innovation skills by engaging in our interactive lessons and workshops. Join us weekly to showcase your creativity and experience fun engineering design challenges! Note: This is a low-cost introductory program led by high school youth volunteers.

Sa	10:00 AM-11:30 AM	Jan 17-Mar 07
$24/8 sess		**586692**



Free Parent Workshop: Improving Family Relationships
(19+ yrs) | Steve Sorrenti

Conflict within families is inevitable, especially during stressful times. In this presentation, Steve Sorrenti will outline a step-by-step strategy to help resolve conflicts, particularly with your teens, and turn family members into problem solvers. These practical solutions are based on Dr. Ross Greene's "Collaborative & Proactive Solutions" approach. Learn how to bring more harmony to your family and build better relationships with these new skills! Steve is from Youth Connect Vancouver (www.ycvancouver.ca), with over 20 years of experience working with children and youth from diverse backgrounds. NOTE: This is a FREE workshop. Upon completion of the workshop, you will receive a refund/credit back to your original form of payment. No refund/credit will be given to anyone who does not attend.

W	6:30 PM-8:00 PM	Feb 11
FREE		**587999**

ADAPTED ACCESS

Freestyle - Adapted Youth Program
(13-18 yrs) | Youth Leader

Freestyle is an adaptive youth-driven social program. This program is designed for 13-18 year olds with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the youth suggest! A completed out-trip waiver/consent form must be returned prior to participation. **NEW PARTICIPANTS - Please book a pre-registration interview for in-take. Contact the Community Youth Worker at **sally.chan@vancouver.ca** for more info. No session Feb 13.

F	4:00 PM-6:00 PM	Jan 16-Mar 13
$144/8 sess		**584892**

Frontier - Adapted Young Adult Program

(19-25 yrs) | Youth Leader

Frontier is an adaptive young-adult-driven social program. This program is designed for 19-25 year old young adults with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the young adults suggest! A completed out-trip waiver/consent form must be returned prior to participation. **NEW PARTICIPANTS - Please book a pre-registration interview for in-take. Contact the Community Youth Worker at **sally.chan@vancouver.ca** for more info. No session Feb 13.

F	6:30 PM-8:30 PM	Jan 16-Mar 13
$192/8 sess		584893

YOUTH LEADERSHIP

Hillcrest Youth Council

(14-18 yrs) | Youth Leader

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

F	4:00 PM-5:30 PM	Jan 16-Mar 13
FREE		584900

Hillcrest Youth Volunteer Orientation

(14-18 yrs) | Youth Leader

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

Sa	1:00 PM-3:00 PM	Jan 10
FREE		584899



MUSIC – ALL AGES



Guitar, Ukulele Drum - Private Lessons

(5yrs and up) | Musical Expressions

Have you always wanted to learn an instrument? We offer private guitar, ukulele, or even drum lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All participants must bring their own instruments except for drum but must bring your own drum sticks, books/music they have been using, binder, notebook and writing tools (pencils, eraser and pencil crayons). If you don't have any music books, the instructor will assess and let you know which ones to purchase after your first lesson.

Guitar, Ukulele - Private Lessons

Th	3:30 PM-8:30 PM	Jan 8-Mar 12
$325.00/10 sess		VIEW ONLINE

Guitar, Ukulele Drum - Private Lessons

Sa	9:30 AM-12:30 PM	Jan 10-Mar 14
$292.50/9 sess		VIEW ONLINE

Piano - Private Lessons

(5yrs and up) | Musical Expressions

Goals and learning styles vary from student to student, we help you first determine what you want to achieve, so we can make it our goal to get your there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately and ordered through teachers. Visit **www.musicalexpressions.ca** for more info.

M	3:30 PM-8:00 PM	Jan 5-Mar 30
$325.00/10 sess		VIEW ONLINE
Su	3:30 PM-8:00 PM	Jan 11-Mar 29
$292.50/9 sess		VIEW ONLINE



Violin - Private Lessons

(6yrs and up) | Ali Noubakhsh

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

F	3:30 PM-8:30 PM	Jan 9-Mar 20
$715/11 sess		VIEW ONLINE

Music Lessons Schedule

All private music programs are 30 minutes sessions.

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

Visit our website for scheduled updates and additional programs.

Martial Arts Programs

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

Axe Capoeira

(2+ yrs) | Julie Ali

This starter course will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and about the history of Capoeira. We will also cover the correct techniques to prepare you physically to transition into the next level of classes. Drop in $20 (space permitting). No class Mar 22.

Super Mini Kids (2-4 yrs)

Su	11:00 AM-11:45 AM	Jan 4-Feb 8
$108/6 sess		591969
Su	11:00 AM-11:45 AM	Feb 15-Mar 29
$108/6 sess		591970

Mini Kids (5-7 yrs)

Su	11:45 AM-12:30 PM	Jan 4-Feb 8
$108/6 sess		591966
Su	11:45 AM-12:30 PM	Feb 15-Mar 29
$108/6 sess		591968

Youth and Adult (8+ yrs)

Su	12:45 PM-1:45 PM	Jan 4-Feb 8
$108/6 sess		591971
Su	12:45 PM-1:45 PM	Feb 15-Mar 29
$108/6 sess		591972

Tae Kwon Do

(5-18 yrs) | Dragon Temple

Join us to learn Korean martial arts and have fun! Participants will learn Tae Kwon Do, the most powerful kickboxing art, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional $100 cost (mandatory) for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional costs for the belt promotion test. For more info, please call 604-321-3454. No class Feb 16.

M	5:30 PM-6:20 PM	Jan 5-Mar 30
$240/12 sess		591975
W	5:30 PM-6:20 PM	Jan 7-Mar 25
$240/12 sess		591976

Strikewell Youth Boxing - Level 1 Foundations - Non Contact

(12-18 yrs) | Strikewell Boxing

A fun and engaging introduction to boxing. Youth will learn proper stance, footwork, basic punches and defense while improving coordination, fitness and confidence. All sessions are non-contact and focus on skill development in a safe environment with head coach Henry from Strikewell Boxing. Drop in $22 (space permitting).

FREE TRIAL

Sa	12:00 PM-1:00 PM	Jan 10
$0/1 sess		593268

Ongoing

Sa	12:00 PM-1:00 PM	Jan 17-Mar 28
$201.63/11 sess		593270

Strikewell Adult Boxing - Level 1 Foundations - Non Contact

(19+ yrs) | Strikewell Boxing

Build a strong foundation in boxing. This class covers essential techniques including stance, footwork, punches and defense while improving overall fitness and confidence in a supportive setting. Classes are non-contact, making it perfect for beginners taught by head coach Henry from Strikewell Boxing. Drop in $24 (space permitting).

FREE TRIAL

Sa	1:15 PM-2:30 PM	Jan 10
$0/1 sess		593265

Ongoing

Sa	1:15 PM-2:30 PM	Jan 17-Mar 28
$220/11 sess		593266

Strikewell Youth Boxing - Level 2 Progressions - Non Contact

(12-18 yrs) | Strikewell Boxing

For youth ready to build on their skills. This class focuses on more advanced combinations, movement and partner drills to sharpen technique and develop discipline. All sessions are non-contact, emphasizing control and precision with head coach Henry from Strikewell Boxing. Drop in $22 (space permitting).

FREE TRIAL

F	6:15 PM-7:15 PM	Jan 9
$0/1 sess		588616

Ongoing

F	6:15 PM-7:15 PM	Jan 16-Mar 27
$201.63/11 sess		588618

MARTIAL ARTS

Strikewell Adult Boxing - Level 2 Progressions - Non Contact

(19+ yrs) | Strikewell Boxing

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

FREE TRIAL

F	7:30 PM-8:30 PM	Jan 9
$0/1 sess		588617

Ongoing

F	7:30 PM-8:30 PM	Jan 16-Mar 27
$220/11 sess		588621

ART

Acrylic Painting

(19+ yrs) | Mohammad Reza Atashzad

Relax and enjoy acrylics as an expressive, vibrant medium. Learn brush control and a range of techniques—blending, glazing, lifting, wet-on-wet, and working over dry—to create textures and confident brushwork. We'll focus on beautiful landscapes, flowers, and figures. Supplies are not included; a supply list is provided upon registration. Visit: **www.atashzad.com**. Drop in $35 (space permitting).

Tu	10:30 AM-12:30 PM	Jan 6-Mar 10
$298/10 sess		593519

Watercolour Painting

(19+ yrs) | Mohammad Reza Atashzad

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour and brushes to creat an endless variety of tones and atmosphere in your painting. We will focus on landscape painting, techniques and studies of nature (flowers). Supplies not included. Supplies list available on receipt. See **www.atashzad.com** for more information. Drop in $35 (space permitting). No class Feb 16.

M	6:30 PM-8:30 PM	Jan 5-Mar 9
$270/9 sess		591169

Drawing Landscapes, Flowers and Figures

(19+ yrs) | Mohammad Reza Atashzad

Learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supplies are not included, supply list available upon registration. See **www.atashzad.com** for more information. Drop in $27 (space permitting). No class Feb 16.

M	5:00 PM-6:30 PM	Jan 5-Mar 9
$198/9 sess		591166

DANCE

Contemporary Dance Intro & Improvisation

(19+ yrs) | Miriam Esquitin

Contemporary dance and improvisation class for those with no or little previous dance experience. Class consists of 75 minutes of progressive technique training and 45 minutes of improvisation and performance preparation. Register to participate in our performances throughout the year. Class is accompanied by a live musician. For more info, visit **polymerdance.com**. Drop-in available only for the 75 minute technique portion of the class. Drop-in $23.54. No class Feb 15.

Su	10:30 AM-12:30 PM	Jan 11-Mar 15
$180.86/9 sess		590842

International Line Dance w/Ewena - Beginner to Improver

(19+ yrs) | Ewena Chow

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Line dancing is exactly what its name implies: people dancing in lines to music. Its choreographed dances with a repeating series of steps. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. Its easy to learn. Come to join us! Drop in $8 (space permitting).

Sa	3:30 PM-5:00 PM	Jan 10-Mar 28
$84/12 sess		589338

International Line Dancing w/Regina - Beginner Plus

(19+ yrs) | Regina Chen

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

F	11:45 AM-1:15 PM	Jan 30-Mar 13
$49/7 sess		589739

International Line Dancing w/Regina - Improver/Intermediate

(19+ yrs) | Regina Chen

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

F	1:30 PM-3:00 PM	Jan 30-Mar 13
$49/7 sess		589740

EDUCATION

Baby Sign Language

(19+ yrs) | Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games, learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. For babies newborn to 24 months with only one parent/caregiver. Please bring a mat or blanket to sit on. For more info visit **www.intoyoga.ca**. Registration required, no drop-in. No class Feb 16.

M	11:30 AM-12:15 PM	Jan 19-Feb 23
$77/5 sess		589786

Exploring Coffee: From Process to Pour

(19+ yrs) | Claire Chan

Exploring Coffee: From Process to Pour is a 2 hour workshop designed for coffee lovers who want to deepen their understanding about coffee, particularly how different coffee processing methods influence taste. Participants will explore common processing methods, taste how this affects the coffees both in a cupping format and in a brewed beverage format. Attendees will: learn about coffee processes and how this affects taste (theoretical and practical), gain experience in industry practice like a cupping session (this is like a wine tasting but for coffee!) and taste the difference of coffees on a cupping table vs a brewed beverage. All supplies are included in the cost.

Th	10:00 AM-12:00 PM	Feb 12
$35/1 sess		589342
Sa	1:00 PM-3:00 PM	Feb 21
$35/1 sess		588705



FITNESS & HEALTH

Body Balance - Core and More

(19+ yrs) | Diane Menzes

Train your core muscles to work in harmony in this non-cardio, pilates influenced core stength and more class. This mat class will integrate components of a full body workout focusing on core-strength through the use of hand weights & body weight exercises. Build strength, stability and endurance in the muscles that support your core and increase lean muscle mass to take on the physiological demands of real life activity. Modifications are provided to accommodate different abilities and limitations. All levels welcome. Drop in $7.20 (space permitting).

M	9:15 AM-10:15 AM	Jan 12-Feb 9
$32.5/5 sess		591979
W	9:15 AM-10:15 AM	Jan 14-Feb 11
$32.5/5 sess		591980

FITNESS & HEALTH CONT'D

Ageless Training

(19+ yrs) | Monika Schoenenberger

Ageless Training is a solution to living with less pain, more vitality, and a true solution to a better life. It will give you methods of movement to achieve more energy, funtionality, flexibility, mobility and strength. This method is easy to follow, a few tools like a Bender Ball TM, gliding disc, massage ball and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. All levels of fitness can benefit from this workout. Drop-in $13 (Tues); $12 (Mon).

No class Feb 16, Mar 16 and Mar 23.

Set One

M	1:00 PM-2:15 PM	Jan 5-Feb 2
$62.50/5 sess		591499

Set Two

M	1:00 PM-2:15 PM	Feb 9-Mar 30
$62.50/5 sess		591505

Two Sets

M	1:00 PM-2:15 PM	Jan 5-Mar 30
$100/10 sess		591489

Set One

Tu	6:15 PM-7:30 PM	Jan 6-Feb 17
$87.5/7 sess		591487

Set Two

Tu	6:15 PM-7:30 PM	Feb 24-Mar 31
$75/6 sess		591488

Two Sets

Tu	6:15 PM-7:30 PM	Jan 6-Mar 31
$130/13 sess		591476

CIRCL Mobility

(19+ yrs) | Monika Schoenenberger

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

Set One

W	8:30 PM-9:00 PM	Jan 7-Feb 11
$30/6 sess		591507

Set Two

W	8:30 PM-9:00 PM	Feb 18-Mar 25
$30/6 sess		591508

Two Sets

W	8:30 PM-9:00 PM	Jan 7-Mar 25
$48/12 sess		591506

Flow Yoga

(19+ yrs) | Into Yoga

This class incorporates Hatha postures in a vinyasa (flow) style, designed to bring about an inner connection and calm. Focus on the breath allows the student to let go of tension and anxiety, and helps with re-connecting to the body on a more profound level. At the same time, the body is stretched, toned, and massaged, releasing trapped toxins in the tissues and increasing energy levels. It will be your time to relax, become more present and connect to yourself. For more info visit **www.intoyoga.ca**. Drop-in $18 (space permitting).

M	6:45 PM-7:45 PM	Jan 12-Feb 9
$77/5 sess		589790
M	6:45 PM-7:45 PM	Feb 23-Mar 30
$92/6 sess		589791

Jump Rope Remix

(19+ yrs) | Jacqueline Alexander

Jump Rope Remix your cardio routine. Same fun, music-driven format that blends rhythm-based jump rope skills, strength bursts, and mobility drills. Designed for all levels from first-timers to confident skippers with a focus on fun, coordination, and confidence. Drop in $19 (space permitting).

Th	11:30 AM-12:30 PM	Jan 8-Mar 12
$150/10 sess		591347

Pelvic Floor Yoga

(19+ yrs) | Emma Friedenstab

Everyone benefits from a healthy pelvic floor, yet we often don't notice it until something goes wrong. These muscles stabilize your core and support bladder, bowel, and sexual function. Strengthen and connect with your body through yoga-based movement that target the pelvic floor. This class is for all genders and ages. In this evidence-informed class, discover how pelvic floor health can improve digestion, sleep, posture, and help ease symptoms related to pelvic floor imbalances. We have mats available for you. Drop-in $21 (space permitting).

W	12:00 PM-1:00 PM	Jan 14-Mar 11
$171/9 sess		589736

Pilates

(19+ yrs) | Into Yoga

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

Th	6:30 PM-7:30 PM	Jan 15-Feb 19
$92/6 sess		**589792**
Th	6:30 PM-7:30 PM	Feb 26-Mar 26
$77/5 sess		**589793**



Strong HIIT Conditioning

(19+ yrs) | Monika Schoenenberger

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

Set One

W	7:20 PM-8:20 PM	Jan 7-Feb 11
$66/6 sess		**591513**

Set Two

W	7:20 PM-8:20 PM	Feb 18-Mar 25
$66/6 sess		**591515**

Two Sets

W	7:20 PM-8:20 PM	Jan 7-Mar 25
$105.6/12 sess		**591509**

Tai Chi 108 Yang Style - All Levels

(19+ yrs) | Michael Blackburn

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

Tu	7:00 PM-9:00 PM	Jan 6-Mar 31
$143/13 sess		**588639**

Yoga for Self Care

(19+ yrs) | Rosaria Faust

This gentle class will combine yoga, Qi Gong and meditation to relax and energize the body, and focus the mind. Through movement and breath we will release tension to allow energy to flow through the body. We will tone and strengthen muscles, improve balance, and access greater range of movement. This class for beginners/ intermediate adults and seniors will increase your sense of well-being, improve your immune system and help you to age gracefully. Drop-in $16.50 (space permitting). No class Feb 17.

Tu	10:00 AM-11:15 AM	Jan 13-Mar 10
$112/8 sess		**591973**

Yoga Made for Runners

(19+ yrs) | Mike Dennison

Yoga Made For Runners is a dynamic and challenging yoga program created specifically for runners. The class will build strength, increase the range of motion in tight joints, and return flexibility to stiff, sore muscles. Expect to work hard and breath deeply. For more info, visit **www.yogamadeforrunners.com**. Appropriate for everyone, from first timers to experienced practitioners. Drop-in $20 (space permitting). No class Feb 16.

M	5:30 PM-6:45 PM	Jan 5-Mar 30
$180/12 sess		**592769**

Yoga4Stiff Guys

(18+ yrs) | Yoga4Stiff People

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

All Levels

Th	7:45 PM-8:45 PM	Jan 15-Feb 19
$84/6 sess		**591181**
Th	7:45 PM-8:45 PM	Feb 26-Mar 26
$70/5 sess		**591183**

The Basics

Tu	7:45 PM-8:45 PM	Feb 24-Mar 31
$84/6 sess		**591179**
Tu	7:45 PM-8:45 PM	Jan 13-Feb 17
$84/6 sess		**591177**

FITNESS AND HEALTH CONT'D

Yogalates

(19+ yrs) | Into Yoga

Yogalates is a form of exercise that draws inspiration from Yoga and Pilates for a stronger mind body connection. The class will be structured with elements of Yoga & Pilates woven into the class. Yogalates offers benefits such as increased strength and mobility, while improving posture, stress level and overall well-being. For more info visit **www.intoyoga.ca**. Drop-in $18 (space permitting).

Su	9:15 AM-10:15 AM	Jan 11-Feb 08
$77/5 sess		**589794**
Su	9:15 AM-10:15 AM	Feb 22-Mar 29
$92/6 sess		**589795**



Zumba

(19+ yrs) | Monika Schoenenberger

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in $12. No class Feb 16.

Set One

M	8:00 PM-9:00 PM	Jan 5-Feb 9
$66/6 sess		**591527**

Set Two

M	8:00 PM-9:00 PM	Feb 23-Mar 30
$66/6 sess		**591541**

Two Sets

M	8:00 PM-9:00 PM	Jan 5-Mar 30
$105.6/12 sess		**591518**



Zumba / Zumba Toning

(19+ yrs) | Monika Schoenenberger

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

Set One

Th	6:15 PM-7:15 PM	Jan 8-Feb 12
$66/6 sess		**591571**

Set Two

Th	6:15 PM-7:15 PM	Feb 19-Mar 26
$66/6 sess		**591574**

Two Sets

Th	6:15 PM-7:15 PM	Jan 8-Mar 26
$105.6/12 sess		**591567**

Minds in Motion

(19+ yrs) | Edouard Beaudry

Minds in Motion® is a fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. The program is offered in partnership with the Alzheimer Society of B.C. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend. You may bring a water bottle. Registration fees include the cost of the person living with dementia and one care partner. Start at any time and pay a pro-rated registration fee. No class Feb 18.

W	1:00 PM-2:30 PM	Jan 14-Mar 11
$64/16 sess		**590601**

Sports Programs

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

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

Badminton

(19+ yrs) | No Instructor

3 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot.

Su	11:00 AM-12:30 PM	Jan 4-Mar 29
$6.19/1 sess		591905-591917

Badminton

(19+ yrs) | No Instructor

6 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Players are expected to rotate during the session.

M	7:30 PM-9:00 PM	Jan 5-Mar 30
$6.19/1 sess		591918-591931

Badminton Court Rental

(16+ yrs) | No Instructor

Reserve your own badminton court for guaranteed fun for up to four players. Each registration is a booking for one court.

Sa	9:15 AM-10:45 AM	Jan 3
$20/1 sess		592796
Sa	11:00 AM-12:30 PM	Jan 3
$20/1 sess		592797
Sa	12:45 PM-2:15 PM	Jan 3
$20/1 sess		592798
Sa	2:30 PM-4:00 PM	Jan 3
$20/1 sess		592799
Su	1:00 PM-2:30 PM	Jan 04
$20/1 sess		592800
Su	1:00 PM-2:30 PM	Jan 11
$20/1 sess		592801

Basketball - Full Court

(19+ yrs) | No Instructor

Playing on our pro-ball size court is a challenge... are you up to it? Fast moving quality play is expected and your stamina, skills and sportsmanship will make it a great night. With a max. of three teams of 6 you will have time to play and catch your breath. To allow for equal play for all participants we have a 2 games on; 1 game off rule.

Tu	7:30 PM-9:00 PM	Jan 6-Mar 31
$6.19/1 sess		588412-588424

Basketball - Half Court

(19+ yrs) | No Instructor

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

Th	7:30 PM-9:00 PM	Jan 8-Mar 26
$6.19/1 sess		591102-591122

Games Room & Table Tennis Pass (19+yrs)

The Games Room and Table Tennis Pass allows users to participate in social recreational activities, such as the Games Room and Table Tennis drop-in sessions. Schedule may be changed without prior notice. $4.76/calendar month, non-refundable, non-prorated.

January	February	March
M-Th **Jan 5-29** **6:00-8:00pm** $4.76/month 592912	**M-Th** **Feb 2-26** **6:00-8:00pm** $4.76/month 592913	**M-Th** **Mar 2-31** **6:00-8:00pm** $4.76/month 592914

SPORTS CONT'D

Indoor Tennis Beginner

(19+ yrs) | Juan Carlos Maldonado

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

Su	12:45 PM-1:45 PM	Jan 18-Mar 22
$275/10 sess		591189

Indoor Tennis Intermediate

(19+ yrs) | Juan Carlos Maldonado

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

Su	1:45 PM-2:45 PM	Jan 18-Mar 22
$275/10 sess		591191
Th	6:00 PM-7:00 PM	Jan 15-Mar 12
$247.5/9 sess		591192

Pickleball - Mixed Levels Play

(19+ yrs) | No Instructor

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

Su	9:15 AM-10:45 AM	Jan 4-Mar 29
$6.19/1 sess		591193-591205

Pickleball Lesson Play: Novice Round Robin

(19+ yrs) | Richard Lee

An upbeat, instructional Novice Round Robin that blends guided coaching with lots of play: rotate partners, apply a simple focus each round, and get quick feedback that builds confidence without chasing flashy winners.

F	9:00 AM-12:30 PM	Jan 9
$27/1 sess		591079

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

Pickleball Lesson: Intermediate (3.0-3.5)

(19+ yrs) | Richard Lee

This intermediate class focuses on advancing technique, control, and tactical awareness across the five essential pickleball shots. Participants will learn how to vary pace and placement, sustain longer rallies at the kitchen, use both forehand and backhand confidently, and apply smart shot selection strategies, all while maintaining consistency under pressure. The program emphasizes purposeful drills and game scenarios to sharpen execution, footwork, and transition play, helping players become reliable partners who can contribute to winning points as a team, not just with one-off winners.

F	9:00 AM-10:45 AM	Feb 6-Mar 13
$180/6 sess		591084



Pickleball Lesson: Novice (2.5-2.9)

(19+ yrs) | Richard Lee

This class is designed for developing players ready to master the five core shots that build a strong pickleball foundation. Through step-by-step instruction, targeted skill-building drills, and supportive game play, participants will learn to execute each shot with improved technique, reliable placement, and the composure to succeed in rallies. Emphasis is placed on understanding basic rules, safe movement, proper grip, and court positioning, making sure that every session reinforces the practical skills needed to play confidently and steadily in real matches.

F	10:45 AM-12:30 PM	Feb 6-Mar 13
$180/6 sess		591085

Pickleball Lessons - Fun Round Robin

(19+ yrs) | Mona Lee

Take part in our FUN round robin & learn the strategies that will take your game to the next level. We'll cover effective communication, being more aggressive & working on closing out points, as well as ways to take control of the game. It's going to be so much fun! Grab your spot today! It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

Novice

W	11:15 AM-1:00 PM	Jan 7
$28/1 sess		591844
W	1:15 PM-3:15 PM	Jan 7
$28/1 sess		591847
W	11:15 AM-1:00 PM	Jan 14
$28/1 sess		591845
W	1:15 PM-3:15 PM	Jan 14
$28/1 sess		591846

Intermediate

W	9:15 AM-11:15 AM	Jan 7
$28/1 sess		591842
W	9:15 AM-11:15 AM	Jan 14
$28/1 sess		591843

Pickleball Lessons - Stage 1 - Learn to Play

(19+ yrs) | Mona Lee

Designed for beginner players or intermediate beginners who have never played or have only played a few times. Proper grip, basic rules, scoring and court positioning from a Certified Pickleball Instructor. You will be able to hit the ball correctly and move safely and efficiently around the court. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	1:15 PM-3:15 PM	Feb 4-Feb 25
$112/4 sess		591852
W	1:15 PM-3:15 PM	Mar 4-Mar 11
$56/2 sess		591853

Pickleball Lessons - Stage 2 - No More Popups

(19+ yrs) | Mona Lee

One of the biggest challenges in pickleball is keeping your shots low & controlled. Learn how to avoid popping up the ball so you don't give your opponents an easy put-away! Low shots, smart shots, winning shots! It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	11:15 AM-1:00 PM	Feb 04-Feb 25
$112/4 sess		591850

Pickleball Lessons - Stage 2 - Tune In to Win

(19+ yrs) | Mona Lee

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

W	11:15 AM-1:00 PM	Mar 04-Mar 11
$56/2 sess		591851

Pickleball Lessons - Stage 2/3 - Defending Hard Shots

(19+ yrs) | Mona Lee

Learn how to stay calm and in control when opponents drive the ball hard. We'll cover soft blocks at the net, resets from the transition zone & smart options against bangers. It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	9:15 AM-11:15 AM	Mar 04-Mar 11
$56/2 sess		591849

Pickleball Lessons - Stage 2/3 - Mental Misfires

(19+ yrs) | Mona Lee

In this class, we'll break down the 4 mental mistakes that can cost you points on the court. In this class, we'll identify and fix them so you can stay focused and consistent. Come ready to think, laugh & level up your mental game! It is NOT necessary to purchase a paddle for this class. Paddles, balls & all equipment will be provided.

W	9:15 AM-11:15 AM	Feb 4-Feb 25
$112/4 sess		591848

Volleyball - Intermediate

(19+ yrs) | No Instructor

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

W	7:15 PM-8:45 PM	Jan 7-Mar 25
$6.19/1 sess		588397-588409

DANCE

Ballroom Dance for Seniors

(50+ yrs) | Non Instructional

Come with your friends or meet new ones and dance together. A dance partner is not required. Non-instructional social dance. Registration recommended as limited spots available. Drop-in $3.10.

F	1:00 PM-3:00 PM	Jan 9-Mar 13
$25/10 sess		589741

Seniors Social Dance

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

Come with your friends or meet new ones and dance together. A dance partner is not required. Non-instructional social dance. Registration recommended as limited spots available. Drop-in $3.10.

Su	3:00 PM-5:00 PM	Jan 11-Mar 29
$30/12 sess		588704

Seniors Social Line Dance w/ Agnes

(50+ yrs) | Agnes Lo

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

Beginner

Tu	1:00 PM-2:30 PM	Jan 6-Mar 10
$30/10 sess		588261

Beginner Plus

Th	1:00 PM-2:30 PM	Jan 8-Mar 12
$30/10 sess		588262

Traditional Chinese Dance

(50+ yrs) | Helen Zhou

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

Tu	11:00 AM-12:30 PM	Jan 6-Mar 10
$25/10 sess		589324

FITNESS AND HEALTH

BCRPA Choose to Move

(55+ yrs) | Eva Lau

Are you an older adult looking for motivation to become physically active? Choose to Move is a FREE program for older adults who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life. To learn more about Choose to Move visit **www.choosetomove.ca**.Participants must attend the Information Session to be eligible for the full program, and fill out the PAR-Q+ questionnaire and bring it on their first session by visiting: **https://ubc.ca1.qualtrics.com/jfe/form/SV_8nNEOm7XQnQANDg**

Info Session

Th	12:15 PM-1:15 PM	Jan 8
$0/1 sess		591345

Ongoing

Must attend info session on Jan 8 (program #591345) to register

Th	12:15 PM-1:15 PM	Jan 15-Mar 12
$0/9 sess		591344



BCRPA ActivAge - Choose to Move Add-on

(55+ yrs) | Eva Lau

ActivAge is a free group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The fun and social program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge training. The focus is on improving activities associated with daily living, strengthening muscles used day-to-day (ie: bending, lifting, etc). Each class incorporates physical activities that engage participants, and features in-class discussions and resources to improve overall health and physical well-being.Registration for ActivAge is open to those registered in the Choose to Move program until Jan 8. After Jan 8, registration will be opened to the public.

Th	11:00 AM-12:00 PM	Jan 15-Mar 12
$0/9 sess		591343

Bootcamp for Older Adults

(50+ yrs) | Kate Lee

Specifically designed for older adults, this boot camp uses intervals, drills and resistance to improve your cardio, strength, balance agility and more. Special attention on strengthening the muscles supporting your joints, helping you move more comfortably and feel more confident. Instructor Kate Lee is a BCRPA registered Personal Trainer and Group Fitness Leader. Drop-in $13.50. No class Feb 17 and Feb 19.

Tu	9:00 AM-10:00 AM	Jan 6-Mar 10
$103.5/9 sess		591854
Th	9:00 AM-10:00 AM	Jan 8-Mar 12
$103.5/9 sess		591855

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

Footcare Clinic

(50+ yrs) | Francine Johnson

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

W	10:30 AM-3:00 PM	Jan 21
$62/1 sess		592891-592896
W	10:30 AM-3:00 PM	Feb 18
$62/1 sess		592897-592903
W	10:30 AM-3:00 PM	Mar 11
$62/1 sess		592905-592910



Fun Exercise for Parkinson's

(19+ yrs) | Debbie Shum

This hour will incorporate Parkinson's Disease specific moves that are building blocks for everyday movements. The exercises will help improve mobility, posture and balance for everyday life, developed by Dr. Becky Farley. Drop-in $11. No class Feb 16.

M W	11:00 AM-12:00 PM	Jan 5-Feb 04
$87.5/10 sess		591349
M W	11:00 AM-12:00 PM	Feb 9-Mar 11
$78.75/9 sess		591350

FITNESS AND HEALTH CONT'D

Social Tai Chi - Yang 108 Style

(55+ yrs) | David Wong

Join us for some easy and relaxing Tai Chi! This is a social group that covers the Yang 108 Style. No formal instruction will be provided, however we have a volunteer instructor that can assist with your form. This is a fun social setting! Drop-in $3.33. No class Feb 16.

M	9:30 AM-10:45 AM	Jan 5-Mar 9
$24.75/9 sess		**590831**
Tu	9:30 AM-10:45 AM	Jan 6-Mar 10
$27.5/10 sess		**590832**
Th	9:30 AM-10:45 AM	Jan 8-Mar 12
$27.5/10 sess		**590833**

Zumba Gold (Beginner)

(19+ yrs) | Monika Schoenenberger

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

Set One

F	9:15 AM-10:15 AM	Jan 9-Feb 6
$50/5 sess		**591837**

Set Two

F	9:15 AM-10:15 AM	Feb 13-Mar 13
$50/5 sess		**591838**

Two Sets

F	9:15 AM-10:15 AM	Jan 9-Mar 13
$80/10 sess		**591836**

SOCIAL

Karaoke Drop-In

(50+ yrs) | William Chou

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

Tu	12:00 PM-3:00 PM	Jan 6-Mar 10
$3/10 sess		**588703**

Hot Lunch

(50+ yrs) | Teresa Chan

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

Th	12:00 PM-1:30 PM	Jan 29
$9/1 sess		**592915**
Th	12:00 PM-1:30 PM	Feb 26
$9/1 sess		**592916**



Pancake Brunch

(50+ yrs) | Teresa Chan

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

Th	10:45 AM-12:15 PM	Jan 15
$5/1 sess		**592917**
Th	10:45 AM-12:15 PM	Feb 5
$5/1 sess		**592918**
Th	10:45 AM-12:15 PM	Mar 12
$5/1 sess		**592919**



SUCCESS Senior Knitting Group

(55+ yrs) | May Keung

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

W	11:00 AM-2:00 PM	Jan 7-Mar 11
$0/10 sess		588265



Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride

VANCOUVER BOARD OF PARKS AND RECREATION

SPORTS

Badminton - Seniors

(50+ yrs) | No Instructor

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

Th	1:00 PM-3:00 PM	Jan 8-Mar 12
$38.1/10 sess		591088

Pickleball - Seniors Mixed Level Play

(50+ yrs) | No Instructor

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

M	1:00 PM-3:00 PM	Jan 5-Mar 30
$4.05/1 sess		592943-592954
Tu	1:00 PM-3:00 PM	Jan 6-Mar 31
$4.05/1 sess		592958-592976





YOUR LIBRARY AT HILLCREST

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VPL VANCOUVER PUBLIC LIBRARY

All Bodies Community Recreation and Fitness Group *at Hillcrest Winter 2026*

ABC is an inclusive, choice-based, and community-anchored, health and wellness program.

We offer scalable, easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance.

Our Learn to Play Sports are for folks wanting to return or try a sport for the first time.

An ABC Flexipass gives you access to ABC Core Programs & Vancouver Park Board fitness centres, swimming pools, and ice rinks



◗ABC - Active & Strong

(55+yrs)

Active and Strong – Workout with a non-choreographed format with a focus on improved health and function. Classes include strength, mobility and cardiovascular training as well as balance, coordination and agility.

Tu	10:15 AM-11:15 AM	Jan 06-Mar 10
Th	10:15 AM-11:15 AM	Jan 08-Mar 12
Included with ABC flexipass		586504

◗ABC - Stand Strong and Balance - (Tue &/or Thu)

(55+yrs)

We welcome your walking aids. Join us to build your strength and confidence in standing and walking.

Tu	12:45 PM-2:15 PM	Jan 06-Mar 10
$55.30/10 sess		587835
Th	12:45 PM-2:15 PM	Jan 08-Mar 12
$55.30/10 sess		587840

◗ABC – Introduction to Indoor Cycling

(19+ yrs)

Monthly registration, drop ins as space permits. Time on and off the bike for both cardiovascular and strength training. This class is also suitable for maintenance and recovery.

Tu	6:00 PM-7:00 PM	Jan 06-Jan 27
$22.12/4 sess		586478
Th	6:00 PM-7:00 PM	Jan 08-Jan 29
$22.12/4 sess		586475
Tu	6:00 PM-7:00 PM	Feb 03-Feb 24
$22.12/4 sess		586479
Th	6:00 PM-7:00 PM	Feb 05-Feb 26
$22.12/4 sess		586476
Tu	6:00 PM-7:00 PM	Mar 03-Mar 10
$11.06/2 sess		586480
Th	6:00 PM-7:00 PM	Mar 05-Mar 12
$11.06/2 sess		586477

◗ABC - Hip & Knee Strength and Mobility (Tue &/or Thu)

(19+ yrs)

Learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health strongly recommended.

Tu	11:30 AM-12:30 PM	Jan 06-Mar 10
$55.3/10 sess		586495
Th	11:30 AM-12:30 PM	Jan 08-Mar 12
$55.3/10 sess		586494

ABC Free Workshops OASIS Education - OsteoArthritisService Intergration System

Classes with Vancouver Coastal Health Educators - Physiotherapist, Occupational therapist, Dietitian or Registered Nurse

Beverages and your Health - OASIS

(18+ yrs)

Learn about the healthiness of your beverage choices, how much you should be drinking, and what beverages are good or bad for Arthritis.

W	10:00 AM-11:30 AM	Feb 18-Feb 18
$0/1 sess		586488

Curious about Cannabis - OASIS

(18+ yrs)

Learn how and why cannabis can help with pain and how to access cannabis for medical purpose.

W	10:00 AM-11:30 AM	Feb 04-Feb 04
$0/1 sess		586489

Exercise and Arthritis - OASIS

(18+ yrs)

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

W	10:00 AM-12:00 PM	Jan 21-Jan 21
$0/1 sess		586485

Hip and Knee Arthritis- OASIS

(18+ yrs)

Learn about osteoarthritis in these commonly affected joints, ways of managing your Arthritis without surgery and then what happens if you do need joint replacement surgery.

$0/1 sess	586486

Managing Hand Arthritis- OASIS

(18+ yrs)

Learn specific strategies for managing hand Arthritis including joint protection, exercise and pain management.

W	10:00 AM-11:30 AM	Feb 11-Feb 11
$0/1 sess		586487

For more information about All Bodies Community Recreation and Fitness Group at Hillcrest scan the QR code.

Managing Spine Osteoarthritis- OASIS

(18+ yrs)

Learn specific strategies including joint protection, exercise and pain management.

W	10:00 AM-11:30 AM	Feb 25-Feb 25
$0/1 sess		586490

Pain management- OASIS

(18+ yrs)

Learn evidence based strategies to manage arthritis pain so that you can exercise, rest and have a function-centered life.

W	10:00 AM-12:00 PM	Jan 14-Jan 14
$0/1 sess		586484



Managing Shoulder Arthritis-OASIS

(18+ yrs)

Learn specific strategies to manage shoulder Arthritis including joint protection, exercise and pain management.

W	10:00 AM-11:30 AM	Mar 11-Mar 11
$0/1 sess		595099

Sleep and Stress Management-OASIS

(18+ yrs)

Learn about the health benefits of sleep, the relationship between sleep and stress, and strategies for improving your sleep and managing stress.

W	10:00 AM-12:00 PM	Mar 04-Mar 04
$0/1 sess		595098

More Free ABC Workshops

(Require additional & specific Registration)

◗ABC - Knit2gether

(18+ yrs)

New to knitting? Experienced knitter looking to connect with others? Maybe somewhere in between. Come learn a new skill, practice your craft or get help with a project. Supplies not included.

M	6:00 PM-7:30 PM	Jan 12-Mar 23
$0/6 sess		586482



◗ABC -Managing Screen Time

(18+ yrs)

A Community Conversation- As technology continues to shape our daily lives, many families and communities are noticing a shift: more time spent on screens, and less time spent together. Digital tools offer convenience and connection but they can also lead to isolation, anxiety, and frustration, especially when they replace face to face interactions. This is not just a personal issue, we see the effects in homes, schools and gathering places. Managing screen time is not about blame. It's about working together to create shared solutions. Eli Mina - a Vancouver-based consultant, meeting facilitator, mentor and coach and Registered Parliamentarian.

W	6:00 PM-8:00 PM	Feb 18-Feb 25
$0/2 sess		586483

All Bodies Community Recreation & Fitness is dedicated to working in partnership with Indigenous communities to co-create culturally safe and responsive wellness initiatives.

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

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

◗ABC - Indigenous Women Stronger Together

Tu	6:00 PM-7:15 PM	Jan 06-Mar 10
Included with ABC flexipass		586501

◗ABC - Indigenous Women's Wellness

Th	6:00 PM-7:00 PM	Jan 08-Mar 12
Included with ABC flexipass		586500

◗ABC - Indigenous Youth/Women Basketball

Th	6:00 PM-7:15 PM	Jan 08-Mar 12
Included with ABC flexipass		586502

◗ABC - Indigenous Youth/Adult Indoor Soccer

Mo	5:45 PM-6:45 PM	Jan 05-Mar 9
Included with ABC flexipass		504611

For more information about these and other ABC programs, schedules changes, and program updates scan here or contact kate.lee@vancouver.ca



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

Our Equipment Includes:

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

Fitness Centre Consultations

We offer FREE fitness consultations!

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

Indoor Cycling Classes

Drop-ins $7.93 | 10 visit pass $71.37

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

Personal Training

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

Small Group Personal Training

Sign up for group personal training

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

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

Prices subject to change.

Visit our website for scheduled updates and additional programs.

Ice Rink Schedule

January 4-March 27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skating Lessons 9:45-1:30pm	Parent & Preschool 9:30-11:00am	Stick, Puck, & Ring 10:00-11:30am	Public Figure Skate 10:00-11:30am	Stick, Puck, & Ring 12:00-1:30pm	Public Figure Skate 10:00-11:30am	Public Skate 1:15-3:00pm
Public Skate 1:45-3:45pm	Discount Skate 11:15-12:45pm	Public Hockey 11:45am-1:15pm	Public Hockey 11:45am-1:15pm	Public Hockey 1:45-3:15pm	Public Hockey 11:45-1:15pm	Public Skate 3:15-4:45pm
			Skating Lessons 3:45-5:45pm		Discount Skate 3:30-5:00pm	
			Public Skate 6:00-7:30pm		Para Ice Hockey Beginner 5:15-6:30pm	
			Adult Skating Lessons 7:45-8:30pm		Public Skate 6:45-8:00pm	
Rink Admission Pass Rates See page 6. *Program subject to change*					Para Ice Hockey Int/Adv Scrim 8:15-9:30pm	

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



Ice Rentals

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

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

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



Skating Lessons

Register online for skating lessons and sessions

- **Winter Set 1 is opening Thursday, December 18 @ 7pm**
- **Winter Set 2 is opening Thursday, February 12 @ 7pm**

VANCOUVER BOARD OF PARKS AND RECREATION

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

Associated Groups

Riley Park Figure Skating Club

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

Vancouver Ringette

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

Vancouver Thunderbird Minor Hockey

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

Vancouver Female Ice Hockey Association

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

Visit our website for scheduled updates and additional programs.

Hillcrest Aquatic Centre



Pool Schedule

Go to: vancouver.ca/parks-recreation-culture/hillcrest-pool-hours-location.aspx

Plan Your Visit

What you need to know before you arrive:

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

Drop-ins

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

Pool Admission & Pass Rates

- **Please see page 6.**

Main Pool Closed

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

Aquafit

Please go to: **vancouver.ca/parks-recreation-culture/hillcrest-pool-hours-location.aspx**

Swim Assessments / Lesson Level

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

For more information about the Lifesaving Society Lessons, please refer to the next page or check our website at **www.vancouver.ca/swimminglessons**.

SWIM FOR LIFE

The Lifesaving Society Swim for Life® program is a comprehensive swim lesson program that focuses on the development of fundamental swim strokes and skills for learners of all ages and abilities.
Swim for Life includes fun, hands on activities that focus on teaching Water Smart education for the whole family.

Parent and Tot

Ages 4 months – 3 years

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

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



Swimming Lesson Registration

- **Online**, in-person & phone-in at 7pm
- **Winter 2026:** Tuesday, December 16
- **Spring 2026** Tuesday, March 17

Preschool Program

Ages 3 – 5 years

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



Swimmer Program

Swimmer 1 - 6

Ages 5 – 14 years

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

Swimmer 7 - 9 (Canadian Swim Patrol)

Ages 8 – 15 years

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



Visit our website for scheduled updates and additional programs.

Bronze Program

Bronze Medallion

Prerequisite: Bronze Star or 13 years

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

Bronze Cross

Prerequisite: Bronze Medallion

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

Adult & Teen Program

Ages 13 years +

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

Unsure of What Level to Register In?

Please check our website for more details on the specific levels **vancouver.ca/swimminglessons**

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

Private / Semi Private Swim Lessons

Ages 3 years +

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

National Lifeguard Pool (NL Pool)

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

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

Vancouver Aquatics Academy

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

FREE

FAMILY DAY @ HILLCREST

ALL AGES



MONDAY, FEBRUARY 16

More details to come – please check back for further information.

CELEBRATE WITH YOUR FAMILY AT HILLCREST FOR A FUN FILLED DAY!

Courtesy of Riley Park Hillcrest Community Association.

FREE PARENT WORKSHOP – IMPROVING FAMILY RELATIONSHIPS

FREE

(19+ yrs) | Steve Sorrenti

Conflict within families is inevitable, especially during stressful times. In this presentation, Steve Sorrenti will outline a step-by-step strategy to help resolve conflicts, particularly with your teens, and turn family members into problem solvers. These practical solutions are based on Dr. Ross Greene's "Collaborative & Proactive Solutions" approach. Learn how to bring more harmony to your family and build better relationships with these new skills! Steve is from Youth Connect Vancouver (www.ycvancouver.ca), with over 20 years of experience working with children and youth from diverse backgrounds. NOTE: This is a FREE workshop. Upon completion of the workshop, you will receive a refund/credit back to your original form of payment. No refund/credit will be given to anyone who does not attend.

W	6:30 PM-8:00 PM	Feb 11
FREE		587999

MANAGING SCREEN TIME – A COMMUNITY CONVERSATION

FREE

(18+ yrs) | Eli Mina

As technology continues to shape our daily lives, many families and communities are noticing a shift: more time spent on screens, and less time spent together. Digital tools offer convenience and connection but they can also lead to isolation, anxiety, and frustration especially when they repkace face-to-face interactions. This is not just a personal issue, we see the effects in homes, schools, and gathering places. Managing screen time is not about blame, it's about working together to create shared solutions. Join Eli Mina for a thoughtful guided community discussion. Eli Mina is a Vancouver-based consultant, meeting facilitator, mentor, coach, and a registered parliamentarian.

W	6:00 PM-8:00 PM	Feb 18
W	6:00 PM-8:00 PM	Feb 25
FREE		586483

RILEY PARK Hillcrest COMMUNITY ASSOCIATION

Hillcrest Community Centre

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

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