

Hillcrest Community Centre Recreation Guide



**YOUTH
DRAGON BOAT TEAM
WE'RE RECRUITING!**
See pg. 24 for details

Registration starts
**THURSDAY
DECEMBER 5**
at 7pm

Winter 2025

▶ ABC Program -----	41-45	▶ Music Lessons -----	26
▶ Adult Programs -----	29-36	▶ Pool & Aquatics Programs -----	49-51
▶ Childrens Programs -----	12-16	▶ Preschool Programs -----	10-13
▶ Day Camps -----	17-19	▶ Room Rentals -----	9-11
▶ Fitness Centre -----	46	▶ Seniors Programs -----	7
▶ Ice Rink Programs -----	47-48	▶ Special Events -----	37-39
▶ Licensed Preschool -----	8	▶ Youth Programs -----	20-25
▶ Martial Arts -----	27-28		



vancouver.ca/hillcrestrec

hillcrestcommunitycentre.com

President's Message

To our Riley Park, Hillcrest Community

Welcome to Winter 2025.

As the year draws to a close, I would like to take a moment to express my heartfelt appreciation to all those who make Hillcrest Community Centre a truly special place.

First and foremost, I want to extend a sincere thank you to our incredible **staff**, whose unwavering dedication and hard work have made this year a success. Whether it's organizing events, supporting programs, or maintaining the facilities, your efforts are what make Hillcrest a cornerstone of our community.

To the **Board of Directors** your guidance and vision continue to shape the future of this Centre in meaningful ways. I also want to acknowledge our **youth volunteers**—your energy, enthusiasm, and commitment to making a difference are invaluable. And, of course, a huge thank you to our patrons, whose support and participation help bring our programs and events to life.

This year has been another remarkable one for Hillcrest Community Centre. We are once again honored to be recognized as **Best Community Centre** in Vancouver on the Georgia Straight, a testament to our collective efforts in providing high-quality programs, services, and a welcoming space for everyone in our community. Our success is rooted in the incredible programs and events we've offered, which continue to inspire and connect people of all ages.

Looking ahead, I am thrilled to share some exciting news: **Hillcrest Community Centre will proudly host the Wheelchair Curling** events for the **2025 Invictus Games** in Vancouver. This is a historic first for Canada, and we are honored to play a part in this global event that celebrates the resilience and strength of wounded, injured, and sick service members and veterans. The Games, scheduled for **February 2025**, will bring athletes from around the world to compete in a spirit of camaraderie and respect, and Hillcrest will be at the heart of it all.

As we prepare for this exciting milestone, I also want to take this opportunity to wish everyone in our community a **Merry Christmas and a Happy New Year**. May this festive season be filled with joy, love, and connection with family and friends.

Finally, I encourage you all to stay connected with us through our social media channels for updates, news, and highlights of the upcoming year. It's through these platforms that we continue to share the amazing things happening at Hillcrest, and we look forward to having you join us in the many exciting events ahead.

Thank you for your continued support. Here's to a bright and exciting year ahead!

Best Wishes



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



Birthday Party with Gym

Sundays, January 12-March 16 \$305/party
(2-13 yrs) | Hillcrest Party Leader

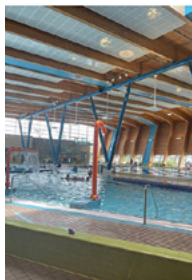
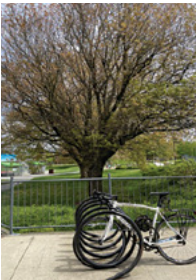
Run, play and celebrate your birthday with us!
Book early as availability is limited. A party room for 2 hours and access to a Gym with toys for 45 minutes of the party. The party room will be decorated with streamers, birthday banner and table cloths. Party leaders will be available to assist with preparation 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
11:45 AM-1:45 PM	Gym & Room 320	Max 20 Guests
1:15 PM-3:15 PM	Gym & Room 322	Max 30 Guests





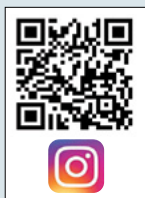
Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC V5Y 2M4
Centre, Pool & Rink604-257-8680
Fax604-257-8639

Hours of Operation



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



@RPHCA.ca



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 2025 Registration Dates

community centre programs

**Online, In-person & Phone-in at 7pm
Thursday, December 5**

hillcrestcommunitycentre.com

swim lessons

Online, In-person & Phone-in at 7pm

Winter 2025: Tuesday, December 17

Spring 2025: Tuesday, March 18

vancouver.ca/hillcrestpool

skate lessons

Online, In-person & Phone-in at 7pm

Winter Set 1: Thursday, December 19

Winter Set 2: Thursday, February 13

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

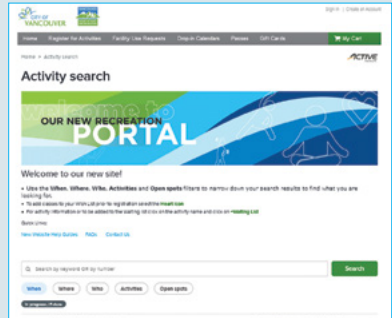
- Full refund five days or more prior to program start.
- Partial refund within four days of program start or before second class.
- No refund after second class.

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 2024* Rink, Pool & Fitness Centre

Single Visit Drop-in Fees

Type	Price
Adult(19-64 years)	\$7.41
Youth(13-18 years)	\$5.19
Child(5-12 years)	\$3.71
Senior(65+ years)	\$5.19
Toddler under 5 with an adult	FREE

10-Visit Pass Fees

Type	10 visits
Adult(19-64 years)	\$66.69
Youth(13-18 years)	\$46.71
Child(5-12 years)	\$33.39
Senior(65+ years)	\$46.71
Toddler under 5 with an adult	FREE

Monthly Pass(Flexipass) Fees

Type	1 month	3 month	12 month
Adult(19-64 years)	\$59.95	\$161.87	\$517.97
Youth(13-18 years)	\$41.96	\$113.31	\$362.58
Child(5-12 years)	\$29.98	\$80.94	\$258.99
Senior(65+ years)	\$41.96	\$113.31	\$362.58

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: \$3.71/person (minimum charge \$7.41), 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: \$3.71/person (minimum charge \$7.41), 1-2 adults of the same household and their children, 5-18 years.

**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.

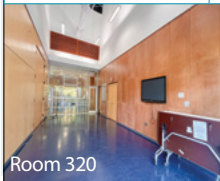
► Refund policy

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

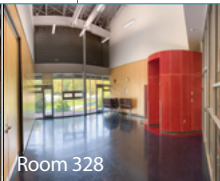
Room Name	Seated Capacity	Dimension (approx.)	Square Footage	Features	Room Rate
Multipurpose 320	24	15 x 33	538	Natural lighting, kitchen, balcony	\$45/hour
Multipurpose 328	40	29 x 33	958	Natural lighting, balcony	\$45/hour
Arts & Crafts	32	24 x 33	815	Natural lighting, sink, balcony	\$45/hour
Gymnasium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



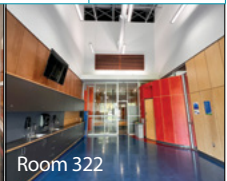
Room 320



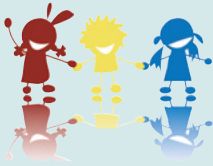
Gymnasium



Room 328



Room 322



Riley Park Preschool

3-5 years | Michelle Noel

VIEW ONLINE

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	\$161/month		\$110
Tu Th	\$115/month		\$80
Tu Th		\$115/month	\$80
W F		\$115/month	\$80

*Fees subject to change.



Registration
for the
2025/2026 school year
THURSDAY
MARCH 6, 2025

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. No Class Feb 12

W	10:00 AM-10:45 AM	Jan 15-Mar 05	
\$126/7 sess			533663
W	11:00 AM-11:45 AM	Jan 15-Mar 05	
\$126/7 sess			533667

Art is Fun

(3-5 yrs) | Sun Rey Han

Have fun with Origami, clay modeling, stamping, collage to abstract, mixed media art, finger painting, crafting and more. There will be time set aside for sing-along and storytelling. Drop-in if space available. Drop-in \$23.00. No Class on Feb 12

W	1:00 PM-2:00 PM	Jan 15-Mar 05	
\$147/7 sess			533668

Dance with Me

(1-2 yrs) | Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with their parent or guardian! Parent or guardian participation is mandatory. www.performingstars.ca

Sa	9:15 AM-9:45 AM	Jan 11-Mar 15	
\$128/8 sess			532603
Sa	9:45 AM-10:30 AM	Jan 11-Mar 15	
\$136/8 sess			532604
M	9:15 AM-10:00 AM	Jan 06-Mar 10	
\$136/8 sess			532609
W	9:15 AM-10:00 AM	Jan 08-Mar 12	
\$170/10 sess			532611

Dance A Story

(3-5 yrs) | Vancouver Performing Stars

Children will be immersed in magical stories of Moana as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. www.performingstars.ca No Class Feb 10 & 17

M	11:45 AM-12:30 PM	Jan 06-Mar 10	
\$136/8 sess			532929



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 09-Mar 13	
\$200/10 sess			534681
Th	10:30 AM-11:20 AM	Jan 09-Mar 13	
\$200/10 sess			534682
Th	11:30 AM-12:20 PM	Jan 09-Mar 13	
\$200/10 sess			534683

Tiny Ballet

(3 yrs) | Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. www.performingstars.ca

Sa	10:30 AM-11:15 AM	Jan 11-Mar 15	
\$136/8 sess			532612

ARTS CONT'D

▶Mini Ballet

(4yrs) | **Vancouver Performing Stars**

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. No Class Feb 8,10,15 & 17

Sa	11:15 AM-12:00 PM	Jan 11-Mar 15	
			532688
Sa	1:00 PM-1:45 PM	Jan 11-Mar 15	
			532901
M	10:15 AM-11:00 AM	Jan 06-Mar 10	
			532902
W	11:00 AM-11:45 AM	Jan 08-Mar 12	
			532917

▶Mini Hip Hop

(3-4 yrs) | **Vancouver Performing Stars**

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Clean indoor runners or socks please. www.performingstars.ca. No Class Feb 8,10,15 & 17

Sa	1:45 PM-2:30 PM	Jan 11-Mar 15	
			532635
M	11:00 AM-11:45 AM	Jan 06-Mar 10	
			532681
M	3:15 PM-4:00 PM	Jan 06-Mar 10	
			532683
W	10:15 AM-11:00 AM	Jan 08-Mar 12	
			532686

▶Mini Performing Stars

(3-5 yrs) | **Vancouver Performing Stars**

Dance and sing along to their favourite show tunes! Your little performers will develop rhythm, characterization, coordination, and musicality through movement and song. Students must be able to participate on their own.

W	11:45 AM-12:30 PM	Jan 08-Mar 12	
			533882
Th	3:45 PM-4:30 PM	Jan 09-Mar 13	
			533883

▶Zumbini®

(0-4 yrs) | **Maayan Amitov**

'TJ And His PJ': Sing, dance and play as you bond with your child! Created by Zumba® and Baby First 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 Baby First TV. In this session we will be doing 'TJ And His PJ'. Come and join the Zumbini family! Parent participation is required. Children 6 months and under can attend free with a registered sibling.

www.zumbini.com

F	9:30 AM-10:15 AM	Jan 10-Mar 07	
			535104
F	10:30 AM-11:15 AM	Jan 10-Mar 07	
			535105

SOCIAL

▶Parent and Tot Gym

(0-5 yrs) | **Christine Lashin**

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

M W F	10:45 AM-12:15 PM	Jan 06-Mar 14	
			534400

SPORT

▶Gymnastics Preparation Program - Parent & Tot

(2-4 yrs) | **Bing Zhao**

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 15.

Sa	9:00 AM-9:45 AM	Jan 11-Mar 15	
			533714
Sa	9:45 AM-10:30 AM	Jan 11-Mar 15	
			533715

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 15

Sa 9:15 AM-10:00 AM Jan 11-Mar 15
\$225/9 sess [534971](#)

Sportball Junior

(1-2 yrs) | Sportball Vancouver

This 45-minute program is a perfect introduction to Sportball. Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. No Class Feb 9, 14, 16 & 17.

F 9:30 AM-10:15 AM Jan 17-Mar 7
\$147/7 sess [538204](#)
Su 9:30 AM-10:15 AM Jan 19-Mar 16
\$147/7 sess [538206](#)

Sportball Multi-Sport

(3-5 yrs) | Sportball Vancouver

Sportball Multi-Sport skills development programs introduce preschool and primary school children to the concepts and skills involved in the eight core sports of the Sportball methodology. Classes are conducted once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life.

Tu 11:15 AM-12:15 PM Jan 14-Mar 11
\$189/9 sess [533656](#)

Sportball Multi-Sport

Parent and Tot

(2-3 yrs) | Sportball Vancouver -

Parent/Caregiver Participation required.

Tu 10:30 AM-11:15 AM Jan 14-Mar 11
\$189/9 sess [533647](#)
Su 10:15 AM-11:00 AM Jan 19-Mar 16
\$147/7 sess [538208](#)

Sportball Indoor Floor Hockey

| Sportball Vancouver

Sportball Indoor Floor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

(4-6 yrs)

Tu 3:30 PM-4:30 PM Jan 14-Mar 11
\$189/9 sess [533658](#)

(6-9 yrs)

Tu 4:30 PM-5:30 PM Jan 14-Mar 11
\$189/9 sess [533660](#)

Sports with Coach Hai

(3-5 yrs) | Hai Doan

This program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No Class Feb 17

Floor Hockey

M 1:45 PM-2:45 PM Jan 06-Mar 10
\$175/9 sess [532595](#)
W 1:45 PM-2:45 PM Jan 08-Mar 12
\$250/10 sess [532597](#)

Indoor Soccer

M 12:45 PM-1:45 PM Jan 06-Mar 10
\$225/9 sess [532594](#)
W 12:45 PM-1:45 PM Jan 08-Mar 12
\$250/10 sess [532596](#)
Th 11:15 AM-12:00 PM Jan 09-Mar 13
\$250/10 sess [532599](#)

Multi Sport Parent and Tot

(2-3 yrs) | Parent/Caregiver Participation

required

Th 10:30 AM-11:15 AM Jan 09-Mar 13
\$250/10 sess [532598](#)

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

ART

► Colour Your Ideas -

Creative Drawing & Collage! **NEW**

(7-11 yrs) | Selinna Hsiao

Colour Your Ideas is a series of creative art lessons that focus on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. *Bring your coloured pencils set of 12 colours! Additional materials will be prepared by the instructor for each class. Drop-in fee: \$30. Info website:

selinnahsiao.com. No Class Feb 8 & 15

Sa	10:00 AM-11:00 AM	Jan 18-Mar 08
\$150/6 sess		535912
Sa	11:15 AM-12:15 PM	Jan 18-Mar 08
\$150/6 sess		535913

► 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!

(6-9 yrs)

Tu	4:00 PM-5:15 PM	Jan 21-Mar 11
\$225/8 sess		534777

(10-13 yrs)

Tu	5:30 PM-6:45 PM	Jan 21-Mar 11
\$225/8 sess		534781

► Drawing and Painting

for Kids and Youth

(7-17 yrs) | Mohammad Reza Atashzad

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 fee \$39 (space permitting). No class Feb 10 and 17.

M	3:30 PM-5:30 PM	Jan 06-Mar 10
\$264/8 sess		536223



► Making a Textile Product **NEW**

(6-12 yrs) | TBA Instructor

Create and make your own textile product! You can create a frame, a cushion, a purse, etc. Use your creativity and create a final project to bring home by the end of the activity! We will explore textile techniques, materials and know the artists! All supplies will be provided and students will be able to take their products home. Children and youths will enjoy using their creativity! We are Small Creative Lab!

Sa	9:15 AM-10:30 AM	Jan 11-Mar 15
\$200/8 sess		537098
W	5:30 PM-6:30 AM	Feb 5-Mar 12
\$150/6 sess		539091

DANCE

► Active Urban Dance Hip Hop **NEW**

(6-12 yrs) | ILLUMA Studio

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season.

Sa	11:00 AM-12:00 PM	Jan 11-Mar 15
\$128/8 sess		537083

PARK BOARD PRIDE

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



▮ Afrobeats, Latin, Bachata,

Reggaeton Dance **NEW**

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

Come experience a variety of exciting dance styles including Afrobeats, Latin, Bachata, Reggaeton, Urban Dance (Locking, Popping, House, Lite Feet, Hip Hop).

Sa 12:00 PM-1:00 PM Jan 11-Mar 15
\$128/8 sess **537087**

▮ Junior Performing Stars

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

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

Th 4:30 PM-5:15 PM Jan 09-Mar 13
\$170/10 sess **533884**

▮ 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.

Sa 12:15 PM-1:00 PM Jan 11-Mar 15
\$136/8 sess **532627**

▮ Junior Hip Hop

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

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. www.performingstars.ca.

No Class Feb 8, 10, 15 & 17

M 4:00 PM-4:45 PM Jan 06-Mar 10
\$136/8 sess **532947**

Sa 2:30 PM-3:15 PM Jan 11-Mar 15
\$136/8 sess **532967**

▮ Senior Hip Hop

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

This high energy class will help dancers improve their flexibility, confidence, coordination, and freestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. www.performingstars.ca

M 4:45 PM-5:30 PM Jan 06-Mar 10
\$136/8 sess **533848**

▮ Senior Performing Stars

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

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

Th 5:15 PM-6:00 PM Jan 09-Mar 13
\$192/10 sess **533885**

EDUCATION

▮ EFK: After-School Engineering Club - Junior Inventors

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

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

Th 3:45 PM-5:45 PM Jan 16-Mar 13
\$324/9 sess **537161**

▮ EFK: Digging for Dinos **NEW**

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

Embark on a prehistoric adventure with Engineering For Kids! Imagine discovering a dig site filled with ancient treasures like million-year-old fossils, dinosaur bones, imprints, and eggs. Join our program to learn about engineering, math, dinosaurs, and fossils while enjoying fun stories. Kids will play the roles of paleontologists and engineers and use creative thinking to solve engineering challenges. Be part of our team as we dig up history! No Class Feb 8 & 15

Sa 2:00 PM-3:00 PM Jan 11-Mar 01
\$174/6 sess **537163**

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

EDUCATION CONT'D



EFK: Robotics Engineering: Mission to Mars

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

Students will learn all about NASA's robotic Missions to Mars and the important role robots play in advancing our understanding of the Red Planet and paving the way for human exploration. Students will engage in hands-on robotic engineering challenges and learn to program their robots to perform a variety of scientific missions. Students will have the opportunity to apply their creativity and imagination to improve upon their basic designs and programs.

Sa 3:15 PM-4:45 PM Jan 11-Mar 01
\$240/6 sess **537164**

Reading Lessons - One to One (6-8 yrs) | Helen Jung

A 27 minute private reading lesson to boost literacy and have fun doing it. Students aged 6-8years old will learn phonemic skills, letter recognition and develop fluency. Using fiction and non-fiction illustrated books we will sound out words, read together, read aloud and talk about the stories. All this will build confident readers that will enjoy books and comprehend stories with ease. Please register for only one time slot.

M	3:30 PM-4:57 PM	Feb 24-Mar 10
		VIEW ONLINE
Tu	3:30 PM-4:57 PM	Feb 18-Mar 11
		VIEW ONLINE
W	3:30 PM-4:57 PM	Feb 19-Mar 12
		VIEW ONLINE
Th	3:30 PM-4:57 PM	Feb 20-Mar 13
		VIEW ONLINE

Red Cross Babysitting Course

(11-16 yrs) | **First Aid Pro**

The updated Canadian Red Cross Babysitting Course emphasizes First Aid and essential babysitting skills, covering behavior management, leadership, child development, and emergency response. Participants will learn feeding, diapering, and safety techniques, plus basics for starting a babysitting business. The course includes a manual, completion certificate, and requires participants to bring a nut-free lunch, snacks, a water bottle, and a teddy or doll for practice.

Sa	9:30 AM-4:30 PM	Jan 25
		538168
Sa	9:30 AM-4:30 PM	Feb 15
		538169
Sa	9:30 AM-4:30 PM	Mar 8
		538170

WEDO 1 Robotics

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

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

Tu 4:00 PM-5:30 PM Jan 14-Feb 04
\$100/4 sess **534390**

WEDO 2 Robotics

(6-12 yrs) | **Tomorrow's Playground**

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

Tu 4:00 PM-5:30 PM Feb 11-Mar 04
\$100/4 sess **534391**

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.

Novice/Starter

W 4:00 PM-5:10 PM Jan 15-Mar 12
\$135/9 sess [533821](#)

Intermediate

W 5:20 PM-6:30 PM Jan 15-Mar 12
\$135/9 sess [533820](#)



SPORTS



Future Bounce Basketball League - Gr. 4-6

| Future Bounce Athletics Association

Future Bounce Basketball is Vancouver's first female-run and female-focused subsidized basketball program - founded and coached by the women of today to empower the women of tomorrow. Our goal is to give all self-identified girls the chance to play basketball, build connections, and enhance their skills. We know that basketball is about more than just what happens on the court. It's about developing confidence, teamwork, leadership, and life skills. Games! Games! Games! Each week players will be divided into different teams and will play game.

(8-11 yrs)

Sa 12:15 PM-1:40 PM Jan 11-Mar 15
\$117/18 sess [535841](#)

(12-15 yrs)

Sa 1:40 PM-3:05 PM Jan 11-Mar 15
\$117/9 sess [535842](#)

Gymnastics - Preparation Program

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) | Bing Zhao

Th 3:45 PM-4:45 PM Jan 09-Mar 13
\$270/10 sess [533710](#)

Sa 10:30 AM-11:30 AM Jan 11-Mar 15
\$243/9 sess [533716](#)

(7-12 yrs) | Bing Zhao

Th 4:45 PM-5:45 PM Jan 09-Mar 13
\$270/10 sess [533713](#)

Sa 11:30 AM-12:30 PM Jan 11-Mar 15
\$243/9 sess [533717](#)

SPORTS CONT'D



► 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 07-Mar 11	
	\$140/10 sess		533675
Sa	3:15 PM-4:00 PM	Jan 11-Mar 15	
	\$140/9 sess		533694

(9-12 yrs) Female identifying

Tu	4:30 PM-5:30 PM	Jan 07-Mar 11	
	\$140/10 sess		533686

(9-12 yrs) Male identifying

Sa	4:00 PM-5:00 PM	Jan 11-Mar 15	
	\$146.25/9 sess		533696

► Junior Tennis Indoor

(9-13 yrs) | Juan Carlos Maldonado

This children's intermediate/advanced class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play. Please bring your own racquet and water to the courts. No Class Feb 15

Sa	11:00 AM-12:00 PM	Jan 11-Mar 15	
	\$225/9 sess		534976
Th	4:45 PM-5:45 PM	Jan 16-Mar 13	
	\$225/9 sess		534967

► 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. No Class Feb 15

Sa	10:00 AM-11:00 AM	Jan 11-Mar 15	
	\$225/9 sess		534975
Th	3:45 PM-4:45 PM	Jan 16-Mar 13	
	\$225/9 sess		534964



Birthday Party with Gym

Sundays, January 12-March 16 \$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

11:45 AM-1:45 PM Gym & Room 320 Max 20 Guests

1:15 PM-3:15 PM Gym & Room 322 Max 30 Guests

DANCE & MUSIC

Arts in Motion Day Camp

(7-11 yrs) | **Musical Expressions**

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

M Tu W Th F	9:00 AM-3:00 PM	Mar 17-Mar 21
		535585
M Tu W Th F	9:00 AM-3:00 PM	Mar 24-Mar 28
		535589

Byte Camp - Music Production

(9-12 yrs) | **Byte Camp**

Make your own music and music video! Camp time will be split between digital music composition, video filming and editing. Use amazing software tools to craft your very own song from scratch. We will show you the basics of beats, baselines, chords, and melodies so that your song will sound awesome. Experiment with video, special effects, and TikTok style editing techniques to make your own video as cool as your tune.

M Tu W Th F	9:00 AM-4:00 PM	Mar 17-Mar 21
		536270

VPS Dance Daycamp - Wicked

(6-10 yrs) | **Vancouver Performing Stars**

Step into the dazzling world of the Emerald City during this Wicked-themed dance camp! Dancers will explore exciting choreography across hip hop, jazz, ballet, and contemporary styles, all inspired by the enchanting world of Oz. On the final day of camp, your dancer will dazzle in a spectacular performance. With high-energy routines and a celebration of friendship and creativity, this camp promises to be a magical experience!

www.performingstars.ca

M Tu W Th F	9:30 AM-3:30 PM	Mar 17-Mar 21
		532584

VPS Dance Daycamp - Descendants

(6-10 yrs) | **Vancouver Performing Stars**

Dive into the adventurous world of Descendants at our exciting dance camp! Dancers will explore dynamic choreography in hip hop, jazz, ballet, and contemporary styles, inspired by the vibrant stories of your favorite characters. On the final day of camp, your dancer will shine in a fantastic performance that showcases their hard work and creativity. www.performingstars.ca

M Tu W Th F	9:30 AM-3:30 PM	Mar 24-Mar 28
		532585



EDUCATION

Beautiful Boutiques Architecture Camp

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

Learn about the design process and create a store concept from A to Z. From a bookstore, to a candy shop, a shoe brand or a skincare boutique, campers will be able to choose their own adventure! In this camp we will study examples of cool store designs, develop a concept from scratch, create a moodboard, draw a floorplan, and build a 3D model. All supplies will be provided and students will be able to take their models home. With Petit Architect, children and youths will enjoy both individual and group activities, with a healthy mix of indoors and outdoors. Please bring a nut free snack, lunch and water bottle as well as an outdoor outfit (hat, sunscreen, comfortable shoes) as we will spend time outside weather permitting).

M Tu W Th F	9:30 AM-3:00 PM	Mar 24-Mar 28
		535597

EDUCATION CONT'D

► Young Commander Chess

(7-14 yrs) | Joe Soliven

As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Joining in this world of tactics and strategies, kids get trained in life skills and goal setting: checkmate! Chess provides a mental armor commander whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun.

(6-13 yrs) **Beginner/Novice: anyone with limited or no knowledge of chess basics**

M Tu W Th F 1:00 PM-2:10 PM Mar 24-Mar 28
\$75/5 sess **538225**

(8-13 yrs) **Intermediate/Advance: proficient with chess and chess tactics and strategies**

M Tu W Th F 2:20 PM-3:30 PM Mar 24-Mar 28
\$75/5 sess **538790**



► EFK Camp: Mechanical Engineering: Master Machines

(7-14 yrs) | Engineering For Kids Vancouver

Gear up for an exciting week of mechanical engineering! In this camp, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

M Tu W Th F 9:00 AM-3:00 PM Mar 24-Mar 28
\$420/5 sess **537176**

► EFK Camp: Software Engineering: The Sky is NOT the Limit!

(7-14 yrs) | Engineering For Kids Vancouver

Are you ready to go to infinity and beyond?

This course goes from learning the basics of 3D modeling software to creating an original rocketship! With the use of Tinkercad, students will build planets and create space habitats all on their own. Sign up your student today and get ready to push their creativity into warp speed with The Sky is NOT the Limit!

M Tu W Th F 9:00 AM-3:00 PM Mar 17-Mar 21
\$420/5 sess **537168**

► Green Cities Architecture Camp

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

Learn what a green city is and explore the relationship between architecture, urban design, and the environment. Studying examples around the world, you will explore and create with two-dimensional drawing and three-dimensional model making. You will also learn how to use creative problem solving when designing spaces that respect the environment. All supplies will be provided and students will be able to take their models home. Please bring a nut free snack, lunch and water bottle as well as an outdoor outfit (hat, sunscreen, comfortable shoes) as we may spend our afternoons outside (weather permitting).

M Tu W Th F 9:30 AM-3:00 PM Mar 17-Mar 21
\$430/5 sess **535593**

SPORTS

► Fun Art of Gymnastics Camp

(7-12 yrs) | Bing Zhao

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

M Tu W Th F 9:15 AM-11:15 AM Mar 17-Mar 21
\$187.5/5 sess **535770**

M Tu W Th F 9:15 AM-11:15 AM Mar 24-Mar 28
\$187.5/5 sess **535771**

**►Journey Basketball Spring Break
Camp Grassroots Ages 9-12yrs**

(9-12 yrs) | Journey Basketball Association

Journey Basketball camps are designed to provide children & youth of all abilities with organized and skill appropriate basketball training. We aim to help them develop their skills as basketball players while also showing them the importance of hard work, the power of confidence and the value of respect. Join our camp this winter if you'd like to further your basketball skills!

M Tu W Th F	11:30 AM-1:00 PM	Mar 17-Mar 21
\$125/5 sess		536321
M Tu W Th F	11:30 AM-1:00 PM	Mar 24-Mar 28
\$125/5 sess		536324

►Jr Tennis Spring Break Camp

(8-13 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.

M Tu W Th F	9:00 AM-11:00 AM	Mar 17-Mar 21
\$220/5 sess		535764
M Tu W Th F	9:00 AM-11:00 AM	Mar 24-Mar 28
\$220/5 sess		536313

►Sportball Multi Sport

(5-8 yrs) | Joe Soliven

Multi-sport classes teach children methods to practice and refine gross motor skills through 8 core ball sports. This program reinforces benefits of teamwork and skill development enabling children to gain confidence and develop social skills to succeed in sport and life. Please bring a water bottle and a nut free snack. Sportball's action-packed multisport camps introduce children to a variety of ball sports and activities PLUS snack time, stories, co-operative games and more!

M Tu W Th F	11:30 AM-2:30 PM	Mar 17-Mar 21
\$230/5 sess		535769
M Tu W Th F	2:20 PM-3:30 PM	Mar 24-Mar 28
\$230/5 sess		536331

EXPLORERS

►Explorers Pro-D NEW TIME

Day Camp - Feb 14

(6-12 yrs) | Day Camp Leaders

Each Pro-D Day Camp will be filled with fun and exciting activities to keep your child moving and engaged during this time out of school. Please pack nut-free snacks, lunch, a bottle of water and dress appropriately for the weather. A welcome e-mail will be sent to families, along with consent forms, one-week prior with detailed information for the program. For the safety of your child, a Parent/Guardian Consent Form must be completed.

Children will not be permitted in the program until the completed form is received. To be eligible for registration, your child must be 6 years of age and have already completed kindergarten. **IMPORTANT NOTE:** All day camp programs will not be accepting waitlists. Registration is available on a first-come, first-served basis only. If the program is full, please check back for future openings.

F	9:30 AM-3:30 PM	Feb 14
\$42/1 sess		526893

►Explorers Spring Break NEW TIME

Day Camp

(6-12 yrs) | Day Camp Leaders

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. 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 - please ensure an up-to-date e-mail is on your account. 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 17-Mar 21
\$210/5 sess		526897
M Tu W Th F	9:30 AM-3:30 PM	Mar 24-Mar 28
\$210/5 sess		526907

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

Become A Youth Volunteer At Hillcrest!

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

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



- Pick up a Volunteer Application Form at Hillcrest, or download it here:
hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf
- All new volunteers will be required to attend a mandatory volunteer orientation.
- To sign up for the next volunteer orientation – [see page 25](#) for more information.

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

Meet Sally, our Community Youth Worker!



Hi everyone!

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

We're here to make Hillcrest a better place!

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

Games Room Drop-in

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

We apologize for any inconvenience in advance.

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

► Games Room Drop-in – Pre-teen/Youth

(8-18 yrs) | No Instructor

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

M Tu W Th 3:30 PM-6:00 PM Jan 06-Mar 13
Free [532047](#)

► 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 04-Mar 30
Free [532046](#)

GAMES ROOM CONT'D

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! For more information, contact the Community Youth Worker at sally.chan@vancouver.ca No drop-in sessions on statutory holidays.

F 3:30 PM-8:30 PM Jan 10-Mar 28
Free 526919



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



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 a 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.

F 6:00 PM-8:00 PM Jan 17-Mar 14
\$27/9 sess 531717



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.

F 3:30 PM-6:00 PM Jan 10-Mar 28
Free 526908

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.

W 3:30 PM-5:30 PM Jan 08-Mar 26
Free 526918

Pre-teen & Youth Volleyball Drop-In

(12-18 yrs) | Youth Leader

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

M 3:30 PM-5:30 PM Jan 06-Mar 24
Free 526916

Friday Youth NEW

Badminton Drop-In

(13-18 yrs) | Youth Leader

NEW THIS SEASON! 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 10-Mar 28
Free 532349

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 10-Mar 28
Free 531718

Sports Drop-in Schedule

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

SPORTS CONT'D

▶ 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. 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. For more information, please contact the Hillcrest Centre Community Youth Worker:

sally.chan@vancouver.ca

Sa 3:00 PM-5:00 PM Jan 25-Jun 21
\$100/22 sess **532324**

▶ Strikewell Boxing - Youth Non Contact

(12-18 yrs) | Strikewell Boxing

Introducing youth boxing to Hillcrest Community Centre! Strikewell Boxing proudly presents a dynamic 12-week non-contact program for youth. Join us in developing essential motor skills, enhancing physical fitness, fostering teamwork, and instilling lifelong healthy habits. Led by our experienced Boxing Canada Certified coach, participants will learn the foundational elements of boxing in a safe and supportive environment. Empower the next generation with Strikewell Boxing where fitness meets fun and personal growth! Drop in \$22 (space permitting).

FREE TRIAL CLASS

F 6:15 PM-7:15 PM Jan 10
\$0/1 sess **532928**

Ongoing

F 6:15 PM-7:15 PM Jan 17-Mar 28
\$201.63/11 sess **532314**

▶ 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 10-Mar 28
Free **531719**

EDUCATION

▶ STEM Thrivers - Intro for Kids

(8-11 yrs) | Youth Volunteers

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. No session Feb 8

Sa 10:00 AM-11:30 AM Jan 11-Mar 08
\$24/8 sess **532323**

▶ Red Cross Babysitting Course

(11-16 yrs) | First Aid Pro

The updated Canadian Red Cross Babysitting Course emphasizes First Aid and essential babysitting skills, covering behavior management, leadership, child development, and emergency response. Participants will learn feeding, diapering, and safety techniques, plus basics for starting a babysitting business. The course includes a manual, completion certificate, and requires participants to bring a nut-free lunch, snacks, a water bottle, and a teddy or doll for practice.

Sa 9:30 AM-4:30 PM Jan 25
\$75/1 sess **538168**
Sa 9:30 AM-4:30 PM Feb 15
\$75/1 sess **538169**
Sa 9:30 AM-4:30 PM Mar 8
\$75/1 sess **538170**

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

ADAPTED ACCESS

Freestyle - Adapted Youth Program

(13-18 yrs) | Youth Leader

Freestyle is an adaptive youth-driven social program. This program is designed for 13-18 year olds with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the youth suggest! A completed out-trip waiver/consent form must be returned prior to participation. For more information and to book a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca

F 4:00 PM-6:00 PM Jan 17-Mar 07
\$144/8 sess **531720**

Frontier - Adapted Young Adult Program

(19-25 yrs) | Youth Leader

Frontier is an adaptive young-adult-driven social program. This program is designed for 19-25 year old young adults with mild to moderate needs (behavioral and developmental) who are able to work independently in a group setting. Participants have the opportunity to meet new friends and take part in exciting weekly activities in a safe and fun environment. Activities and out-trips may include seasonal special events, neighbourhood walks, baking, crafts, bowling and more depending on what the young adults suggest! A completed out-trip waiver/consent form must be returned prior to participation. For more information and to schedule a pre-registration interview, please contact the Community Youth Worker at sally.chan@vancouver.ca

F 6:30 PM-8:30 PM Jan 17-Mar 07
\$192/8 sess **531721**

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 contact the Community Youth Worker at sally.chan@vancouver.ca for more details.

F 4:00 PM-5:30 PM Jan 10-Mar 14
Free **526889**

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! A Youth Volunteer Application Form must be completed and returned back to Hillcrest Centre prior to attending this mandatory volunteer orientation. Available for download here: <https://hillcrestcommunitycentre.com/wp-content/uploads/2024/06/Hillcrest-Youth-Volunteer-Application-Form-Updated-July-2024.pdf>. Please note: Youth who are 16 and older will be required to complete a Police Information Check prior to becoming a volunteer. Please contact the Community Youth Worker at sally.chan@vancouver.ca for further instructions.

Sa 1:00 PM-3:00 PM Jan 18
Free **526888**



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

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-8:00 PM Jan 9-Mar 13
\$325/10 sess [VIEW ONLINE](#)

Guitar, Ukulele Drum - Private Lessons

Su 9:30 PM-12:30 PM Jan 12-Mar 16
\$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 10-Feb 14
\$348/6 sess [VIEW ONLINE](#)

F 3:30 PM-8:30 PM Feb 21-Mar 21
\$290/5 sess [VIEW ONLINE](#)

►Piano - Private Lessons

(5yrs and up) | Musical Expressions

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

www.musicaexpressions.ca for more info.

M 3:30 PM-8:30PM Jan 13-Mar 31
\$292.50/9 sess [VIEW ONLINE](#)

Sa 9:30 AM-4:00 PM Jan 11-Mar 15
\$292.50/9 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	Piano Lessons (5+yrs) 9:30-4:00pm	Guitar/ Ukulele/ Drums Lessons (5+yrs) 9:30-12:30pm

Martial Arts Programs

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

▶Tae Kwon Do

(5-18 yrs) | **Dragon Temple**

Join us to learn Korean martial arts and have fun! Participants will learn Tae Kwon Do, the most powerful kickboxing art, punching and blocking techniques, poomsaes (patterns) and nanchaku (weaponry). There is an additional \$70 cost (mandatory) for nanchaku and uniforms. See the Tae Kwon Do Instructor regarding additional costs for the belt promotion test. For more info, please call 604-321-3454. No class Feb 10 and 17.

M	5:30 PM-6:20 PM	Jan 6-Mar 31	
			532293
W	5:30 PM-6:20 PM	Jan 8-Mar 26	
			532294
			\$220/11 sess
			\$240/12 sess

▶Ryukyū Kobudo -

Weapons Tradition of Okinawa

(19+ yrs) | **Mario Mckenna**

Ryukyū Kobudo is the classical weapon tradition of Okinawa including the bo, sai, tonfa and a variety of other weapons. Students will learn the fundamental postures, deflections, strikes, solo forms, and two-person sets for each weapon. Students registration with Karate BC is required. No class Feb 9.

Su	2:30 PM-4:30 PM	Jan 5-Mar 30	
			535924
			\$144/12 sess

▶Strikewell Boxing - Youth Non Contact

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

Introducing youth boxing to Hillcrest Community Centre! Strikewell Boxing proudly presents a dynamic 12-week non-contact program for youth. Join us in developing essential motor skills, enhancing physical fitness, fostering teamwork, and instilling lifelong healthy habits. Led by our experienced Boxing Canada Certified coach, participants will learn the foundational elements of boxing in a safe and supportive environment. Empower the next generation with Strikewell Boxing where fitness meets fun and personal growth! Drop in \$22 (space permitting).

FREE TRIAL CLASS

F	6:15 PM-7:15 PM	Jan 10	
			532928
			\$0/1 sess

Ongoing

F	6:15 PM-7:15 PM	Jan 17-Mar 28	
			532314
			\$201.63/11 sess



▶Strikewell Boxing - Adult Group Fitness

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

Introducing Strikewell Boxing, a beginner friendly 12-week non-contact program at Hillcrest Community Center. Elevate your fitness through dynamic workouts, camaraderie, and mental fortitude. Our Boxing Canada Certified coach leads engaging sessions through "The Sweet Science". Strikewell is more than a workout; it's a community-driven journey fostering strength. Punch, sweat, and grow together; experience fitness with us. Join for fun, connection, and empowerment. Drop in \$24 (space permitting).

FREE TRIAL CLASS

F	7:30 PM-8:30 PM	Jan 10	
			532927
			\$0/1 sess

Ongoing

F	7:30 PM-8:30 PM	Jan 17-Mar 28	
			532313
			\$220/11 sess

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

MARTIAL ARTS

▶Axe Capoeira

(3-14 yrs) | Julie Ali

We are now excited to offer a Capoeira course to introduce your child to the basic fundamentals of the art form. 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 16.

Mini Kids 3-6 yrs

Su	11:15 AM-12:00 PM	Jan 5-Feb 2	
			534580
Su	11:15 AM-12:00 PM	Feb 16-Mar 30	
			534581

Youth 7-14 yrs

Su	12:00 PM-12:45 PM	Jan 5-Feb 2	
			534582
Su	12:00 PM-12:45 PM	Feb 16-Mar 30	
			534583



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



▶Instructor Profile

Marcus Aurelio Axé Capoeira

Marcus is a Capoeirista, a stunt actor, an MMA fighter and an inspiration to those who know of him. Establishing himself as a rising capoeira star in the 90s, he competed internationally and won several awards and competitions as a teenager. Over the last two decades he has brought capoeira to the forefront in MMA with his viral knockouts. In 2011, he created and curated the Afro-Brazilian Carnival street festival, which ran for 7 years straight in Downtown Vancouver. He has over 20+ years of teaching experience and oversees 7 locations in the Lower Mainland. He is known across the globe for his stunt work in Arrow, The Last of Us, and The Adam Project to name a few. His next endeavour is sure to build a lasting legacy for Axe Capoeira Vancouver and ensure that capoeira is accessible to all families in the Lower Mainland.

ART

Drawing and Painting

(19+ yrs) | **Mohammad Reza Atashzad**

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still lives, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. Supplies not included. Supplies list available on receipt. See www.atashzad.com for more information. Drop in \$39 (space permitting). No class Feb 10 and 17.

M 5:30 PM-7:30 PM Jan 6-Mar 10
\$264/8 sess **536224**



Drawing Landscapes, Flowers and Figures

(19+ yrs) | **Mohammad Reza Atashzad**

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supplies are not included, supply list available upon registration. See www.atashzad.com for more information. Drop in \$39 (space permitting). No class Feb 10 and 17.

M 1:30 PM-3:30 PM Jan 6-Mar 10
\$264/8 sess **536221**

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 info: polymerdance.com. Drop-in available only for the 75 minute technique portion of the class. Drop-in \$23.15. No class Feb 9 and 16.

Su 10:30 AM-12:30 PM Jan 12-Mar 9
\$138.3/7 sess **534392**

International Line Dance

w/ Ewena - Beginner to Improver

(19+ yrs) | **Ewena Chow**

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. Line dancing is exactly what its name implies: people dancing in lines to music. Its choreographed dances with a repeating series of steps. Basic line dances focus on movements of the legs and feet, with more advanced dances including the arms and hands. Its easy to learn. Come to join us! Drop in \$8 (space permitting). No class Feb 8.

Sa 3:30 PM-5:00 PM Jan 4-Mar 22
\$77/11 sess **534807**

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 3-Mar 14
\$77/11 sess **531949**

DANCE CONT'D

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. Instruction in English. Drop in \$10 (space permitting).

F 1:30 PM-3:00 PM Jan 3-Mar 14
\$77/11 sess **531952**

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.

M 11:30 AM-12:15 PM Jan 13-Feb 3
\$61.6/4 sess **533515**

FITNESS AND HEALTH

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. We will tone and strengthen muscles, improve balance, and access greater range of movement. This class for beginners/intermediate adults and seniors will increase your sense of well-being, improve your immune system and help you to age gracefully. Drop-in \$15 (space permitting). No class Feb 11 and 18.

Tu 10:00 AM-11:30 AM Jan 14-Mar 11
\$91/7 sess **541348**

Ageless Training

(19+ yrs) | Monika Schoenenberger

Ageless Training is a solution to living with less pain, more vitality, and a true solution to a better life. It will give you methods of movement to achieve more energy, functionality, flexibility, mobility and strength. This method is easy to follow, a few tools like a Bender Ball™, gliding disc, massage ball and resistance band will be the keys to unlock an ageless, strong body. All tools will be provided. All levels of fitness can benefit from this workout. No class Feb 10 and 17. Drop-in \$10.48.

Set One

M 1:00 PM-2:00 PM Jan 6-Jan 27
\$36/4 sess **533108**

Set Two

M 1:00 PM-2:00 PM Feb 3-Mar 10
\$36/4 sess **533109**

Two Sets

M 1:00 PM-2:00 PM Jan 6-Mar 10
\$57.6/8 sess **533107**

Set One

Tu 6:30 PM-7:30 PM Jan 7-Feb 11
\$54/6 sess **533105**

Set Two

Tu 6:30 PM-7:30 PM Feb 18-Mar 25
\$54/6 sess **533106**

Two Sets

Tu 6:30 PM-7:30 PM Jan 7-Mar 25
\$86.4/12 sess **533104**

Beginner Yoga

(19+ yrs) | Into Yoga

Beginner Yoga is suitable for all levels of experience. Work on balance, strength, flexibility and relaxation as you build your self-awareness. A more profound connection with the body is developed, releasing tension and anxiety. For more info visit www.intoyoga.ca. Drop-in \$18 (space permitting).

Su 9:15 AM-10:15 AM Jan 12-Feb 2
\$62.4/4 sess **533520**

Su 9:15 AM-10:15 AM Feb 23-Mar 30
\$92/6 sess **533521**



Body Balance - Core and More

(19+ yrs) | Diane Menzes

Train your core muscles to work in harmony in this non-cardio, pilates influenced core strength & more class. This mat & stability ball class will integrate components of a full body workout focusing on core-strength through the use of stability balls, hand weights & body weight exercises. Build strength, stability and endurance in the muscles that support your core and increase lean muscle mass to take on the physiological demands of real life activity. Modifications are provided to accommodate different abilities and limitations. All levels welcome. Drop in \$7.20 (space permitting). No class Feb 17.

M	9:15 AM-10:15 AM	Jan 6-Feb 24
\$45.50/7 sess		536174

Body Balance - Core and More

(19+ yrs) | Diane Menzes

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

W	9:15 AM-10:15 AM	Jan 8-Feb 26
\$52/8 sess		536179

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 8-Feb 12
\$30/6 sess		533111

Set Two

W	8:30 PM-9:00 PM	Feb 19-Mar 26
\$30/6 sess		533112

Two Sets

W	8:30 PM-9:00 PM	Jan 8-Mar 26
\$48/12 sess		533110

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 13-Feb 3
\$62.4/4 sess		533518
M	6:45 PM-7:45 PM	Feb 24-Mar 31
\$92/6 sess		533519

Functional Strength

(19+ yrs) | Christine Joe

Functional Strength is a form of exercise that focuses on developing strength in patterns that are used in everyday life. This type of training involves free weights, resistance bands, mats, gymnastic moves, and aerobic training. The benefits of these exercises improve mood, increase metabolism, and ability to burn fat, and supporting bone health. Drop in \$7.20 (space permitting).

F	10:30 AM-11:30 AM	Jan 10-Mar 14
\$65/10 sess		536005

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 prorated registration fee. No class Feb 19.

W	1:30 PM-3:00 PM	Jan 22-Mar 12
\$56/14 sess		533534

FITNESS AND HEALTH CONT'D

► Moving Better

(19+ yrs) | **Tania Clarke**

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

Restoring the Core

Su 1:30 PM-3:30 PM Feb 23
\$45/1 sess [536423](#)

Restoring the Back and Shoulders

Su 1:30 PM-3:30 PM Mar 23
\$45/1 sess [536394](#)

► Strong Nation

(19+ yrs) | **Monika Schoenenberger**

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

Set One

W 7:20 PM-8:20 PM Jan 8-Feb 12
\$60/6 sess [533114](#)

Set Two

W 7:20 PM-8:20 PM Feb 19-Mar 26
\$60/6 sess [533115](#)

Two Sets

W 7:20 PM-8:20 PM Jan 8-Mar 26
\$96/12 sess [533113](#)

► 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 7-Mar 25
\$132/12 sess [532578](#)

► Yoga and Qi Gong

(19+ yrs) | **Jenny Soares**

This class combines Yoga and Qigong and will be conducted mainly in English. Cantonese or simple Mandarin can also be accommodated when needed. Yin and Yang Yoga focus on gentle and deep stretches to increase muscle strength and flexibility as well as poses to improve postures, core strength and stability. Gentle movements are integrated through Qigong and yoga. Deep breathing allows the Qi to flow freely, resulting in a release of stress and calming of the mind, improving the immune system and general well-being. Simple movements are easy to follow for both beginners and intermediate adults and seniors. Join us to experience a gentle and calming transformation. Drop-in \$12 (space permitting).

Th 10:05 AM-11:15 AM Jan 9-Mar 13
\$100/10 sess [535760](#)

► 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 10 and 17.

M 5:30 PM-6:45 PM Jan 6-Mar 31
\$165/11 sess [532295](#)

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

Yoga4Stiff Guys - The Basics

(18+ yrs) | Yoga4Stiff People

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

Tu	7:45 PM-8:45 PM	Jan 7-Feb 11	
\$84/6 sess			533530
Tu	7:45 PM-8:45 PM	Feb 18-Mar 25	
\$84/6 sess			533531

All Levels

Th	7:45 PM-8:45 PM	Jan 9-Feb 13	
\$84/6 sess			539831
Th	7:45 PM-8:45 PM	Feb 20-Mar 27	
\$84/6 sess			539831



Zumba

(19+ yrs) | Monika Schoenenberger

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11.43. No class Feb 10 and 17.

Set One

M	8:00 PM-9:00 PM	Jan 6-Feb 3	
\$50/5 sess			533117

Set Two

M	8:00 PM-9:00 PM	Feb 24-Mar 31	
\$60/6 sess			533118

Two Sets

M	8:00 PM-9:00 PM	Jan 6-Mar 31	
\$88/11 sess			533116

Zumba / Zumba Toning

(19+ yrs) | Monika Schoenenberger

This one hour workout will combine 30 minutes of the infectious, feel-happy dance fitness workout we all love with another 30 minutes where we add the Zumba Toning sticks to the mix. With these maraca-style hand-weights we add upper body strengthening and toning moves and throw in some squats and lunges here and there for good measure. Combined we have a full hour of dancing fun to all the spicy rhythms from around the world, but especially your Latin hots like Salsa, Cumbia, Merengue and Reggaeton. No experience necessary, just show up, sweat, shake and have fun!! Drop-in \$11.43.

Set One

Th	6:15 PM-7:15 PM	Jan 9-Feb 13	
\$60/6 sess			533120

Set Two

Th	6:15 PM-7:15 PM	Feb 20-Mar 27	
\$60/6 sess			533121

Two Sets

Th	6:15 PM-7:15 PM	Jan 9-Mar 27	
\$96/12 sess			533119

SOCIAL

Games Room and Table Tennis Pass

(19+ yrs) | No Instructor

The Games Room and Table Tennis Pass allows users to participate in social recreational activities, such as the Games Room and Table Tennis drop-in sessions. Fees allows for maintenance and replacement of equipment so we can continue to offer these services at minimal costs to the public. For the Games Room and Table Tennis drop-in schedule, please pick up a schedule at the front desk. Schedule may be changed without prior notice. \$4.76/calendar month, non-refundable, non-prorated.

M-Th	6:00 PM-8:00 PM	Jan	
\$4.76/month			531451
M-Th	6:00 PM-8:00 PM	Feb	
\$4.76/month			531452
M-Th	6:00 PM-8:00 PM	Mar	
\$4.76/month			531453

SPORTS

Badminton

(19+ yrs) | No Instructor

3 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 11:05am will have their spot given away for the afternoon. There are 12 registered spots and 4 additional drop-in spots. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$7.14 (space permitting). No class Feb 9.

Su 11:00 AM-12:30 PM Jan 5-Mar 30
\$74.28/12 sess **531434**

Badminton

(19+ yrs) | No Instructor

6 courts available. Please bring your own racquet and shuttles. Register to guarantee a spot. Any registered participant who is not present by 7:35pm will have their spot given away for the evening. There are 24 registered spots and 4 additional drop-in spots. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$7.14 (space permitting). No class Feb 17.

M 7:30 PM-9:00 PM Jan 6-Mar 31
\$74.28/12 sess **531435**

Basketball - Full Court

(19+ yrs) | No Instructor

Playing on our pro-ball size court is a challenge... are you up to it? Fast moving quality play is expected and your stamina, skills and sportsmanship will make it a great night. With a max. of three teams of 6 you will have time to play and catch your breath. To allow for equal play for all participants we have a 2 games on; 1 game off rule. As this is a busy program we will have a waitlist. Any registered participant who is not present by 7:35PM will have their spot given away for the evening. Maximum 18 participants, drop-in available if space permits. Drop-in \$7.14.

Tu 7:30 PM-9:00 PM Jan 7-Mar 25
\$74.28/12 sess **531436**

Basketball - Half Court

(19+ yrs) | No Instructor

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

Th 7:30 PM-9:00 PM Jan 9-Mar 27
\$74.28/12 sess **531447**

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. No class Feb 16.

Su 12:45 PM-1:45 PM Jan 19-Mar 23
\$184.05/9 sess **535931**

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. No class Feb 16.

Su 1:45 PM-2:45 PM Jan 19-Mar 23
\$184.05/9 sess **535932**
Th 6:00 PM-7:00 PM Jan 16-Mar 20
\$204.5/10 sess **535935**

Volleyball - Intermediate

(19+ yrs) | No Instructor

Players must be at least intermediate players and be able to maintain strong rallies, serves and understand positioning and team play. This is not an instructional program and there is friendly competition where players are expected to maintain consistent rallies. First priority is for registered players. Any registered participant who is not present by 7:20PM will have their spot given away for the evening. There are 24 registered spots and 4 additional drop-in spots. Drop-in participants can purchase their ticket 30 minutes prior to the session at the Front Desk. Drop-in \$7.14.

W 7:15 PM-8:45 PM Jan 8-Mar 26
\$74.28/12 sess **531439**

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

Pickleball Programs

Refund Requests: For one-day sessions, 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.

▶ 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, players of various levels play each week. Participants try to match abilities when possible. Please bring your own paddle and ball. 3 courts available. Register to guarantee a spot. Any registered participant who is not present by 9:20am will have their spot given away for the day. 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 \$5.71. No class Feb 9.

Su 9:15 AM-10:45 AM Jan 5-Mar 30
\$60/12 sess **531433**

▶ Pickleball Lessons - Learn to Play: From Zero to Hero (19+ yrs) | Richard Lee

Join us for an exciting beginner pickleball lesson designed specifically for those new to the game! This engaging session will introduce you to the fundamentals of pickleball in a fun and supportive environment, ensuring you feel confident on the court. Equipment, understanding the court, basic rules and scoring, serving and returning will all be covered. Participate in enjoyable drills that reinforce your skills while fostering teamwork and camaraderie among players.

F 9:00 AM-12:00 PM Jan 10
\$60/1 sess **536370**

▶ Pickleball Lessons - Mastering the Pickleball Court (19+ yrs) | Richard Lee

Embark on an exhilarating journey through the dynamic world of Pickleball with our innovative, dual-perspective coaching series. Each session is a 2 week lesson designed to immerse you in both the offensive and defensive aspects of the game, ensuring you're prepared for any situation on the court. This workshop is for novice level players.

The Art of Serving and Returning

F 10:30 AM-12:30 PM Feb 7-Feb 14
\$70/2 sess **536377**

The Critical Third Shot

F 10:30 AM-12:30 PM Feb 21-Feb 28
\$70/2 sess **536378**

Mastering the Transition Zone

F 10:30 AM-12:30 PM Mar 7-Mar 14
\$70/2 sess **536379**



▶ Pickleball Lessons - Stage 1 - Learn to Play (19+ yrs) | Mona Lee

Come try out this popular, easy-to-learn, and exciting sport that combines elements of badminton, tennis & table tennis. This class is designed for beginner players or intermediate beginners who have never played or have only played a few times. Learn the foundation of the game. Proper grip, basic rules, scoring and court positioning from a Certified Pickleball Instructor. You will be able to hit the ball correctly and move safely and efficiently around the court. Paddles, balls & all equipment will be provided. All you need is your water bottle! If you cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers. Drop-in \$28 (space permitting).

W 1:15 PM-3:15 PM Feb 5-Mar 12
\$168/6 sess **533526**

PARK BOARD PRIDE

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



PICKLEBALL CONT'D

►Pickleball Lessons - Stage 2 - Skills & Drills

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

This class is the next progression from those who completed Stage 1: Learn to Play. This course is designed for beginner & mid-level players. In addition to fine tuning your strokes and shot selection choices, you will learn how to do the third shot, drive, block, smash, lob as well as move safely around the court. This course is taught by a Certified Pickleball Instructor. Paddles, balls & all equipment will be provided. If you suddenly cannot attend the first class, please text Coach Mona at 778-908-2878. It's best to have even numbers. Drop-in \$28 (space permitting).

W	11:15 AM-1:00 PM	Jan 8-Jan 15
\$56/2 sess		533527
W	11:15 AM-1:00 PM	Feb 5-Feb 19
\$84/3 sess		533528
W	11:15 AM-1:00 PM	Feb 26-Mar 12
\$84/3 sess		533529

►Pickleball Lessons - Stage 2/3 - Fun Round Robin

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

Join us for a fun round robin! Timed play where you'll play with a new partner against a new opponent every round. Before each round, we'll go over proven strategies to win more games as well as mistakes to avoid. Hurry and grab your spot today! Drop-in \$28 (space permitting).

W	1:15 PM-3:15 PM	Jan 8-Jan 15
\$56/2 sess		533525

►Pickleball Lessons - Stage 3 - Drill Like a Pro

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

Would you like to improve your game? If so, you need to drill as much, or drill more than playing. But knowing what to drill or how to drill is key. This class will help solve all your questions! We'll do fun drill games and then it's game on! Hurry and grab your spot today! Drop in \$28 (space permitting).

W	9:15 AM-11:15 AM	Feb 5-Feb 19
\$84/3 sess		533523

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

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

Adding spin can help you control the ball better and make shots that curve, drop, or jump in unpredictable ways. What better way to win than making it hard for your opponent to return the ball! Not only will we learn how to spin the ball, but we'll focus on footwork, shot selection, and court positioning. Drop in \$28 (space permitting).

W	9:15 AM-11:15 AM	Jan 8-Jan 15
\$56/2 sess		533522

►Pickleball Lessons - Stage 3 - Strategy

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

Strategy is so important in the game of pickleball, as pickleball is not only a physical game, but also a mental game. If you are looking for pickleball strategies on how to win, then you have come to the right place! We'll breakdown strategies and tips to help you win on the pickleball court! Drop in \$28 (space permitting).

W	9:15 AM-11:15 AM	Feb 26-Mar 12
\$84/3 sess		533524

►Supervised Round Robin: Enhance your Pickleball Game

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

Intermediate Level. Ready to take your pickleball skills to the next level? Join us for an exhilarating supervised round robin session that will challenge, educate, and entertain players of your level. This dynamic format combines the thrill of competitive play with targeted coaching interventions, ensuring you'll leave the court with improved skills and a smile on your face.

Beginner

F	9:00 AM-10:30 AM	Feb 7
\$25/1 sess		536371
F	9:00 AM-10:30 AM	Feb 21
\$25/1 sess		536372
F	9:00 AM-10:30 AM	Mar 7
\$25/1 sess		536373

Intermediate

F	9:00 AM-10:30 AM	Feb 14
\$25/1 sess		536374
F	9:00 AM-10:30 AM	Feb 28
\$25/1 sess		536375
F	9:00 AM-10:30 AM	Mar 14
\$25/1 sess		536376

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 10-Mar 14
\$25/10 sess [536167](#)

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 12-Mar 30
\$30/12 sess [533577](#)

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 7-Mar 11
\$30/10 sess [532581](#)

Beginner Plus

Th 1:00 PM-2:30 PM Jan 9-Mar 13
\$30/10 sess [532582](#)

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 7-Mar 11
\$25/10 sess [534885](#)

F 1:30 PM-3:00 PM Jan 10-Mar 14
\$25/10 sess [536441](#)

FITNESS AND HEALTH

Bootcamp for Older Adults

(50+ yrs) | **Kate Lee**

Specifically designed for older adults, this boot camp uses intervals, drills and resistance to improve your cardio, strength, balance agility and more. Special attention on strengthening the muscles supporting your joints, helping you move more comfortably and feel more confident. Instructor Kate Lee is a BCRPA registered Personal Trainer and Group Fitness Leader. Drop-in \$13.50.

Tu 9:00 AM-10:00 AM Jan 7-Mar 11
\$115/10 sess [536438](#)

Th 9:00 AM-10:00 AM Jan 9-Mar 13
\$115/10 sess [536439](#)

Breathing Exercise For Longevity

(40+ yrs) | **Sum Hung**

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

*Cantonese with English translation.

Th 2:15 PM-3:15 PM Jan 9-Mar 13
\$25/10 sess [532579](#)

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 17.

MW 11:00 AM-12:00 PM Jan 6-Feb 5
\$87.5/10 sess [532586](#)

MW 11:00 AM-12:00 PM Feb 12-Mar 12
\$70/8 sess [532587](#)

FITNESS AND HEALTH CONT'D

► Social Tai Chi - Yang 108 Style

(55+ yrs) | David Wong

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 10 and 17.

M	9:30 AM-10:45 AM	Jan 6-Mar 10	
	\$22/8 sess		533101
Tu	9:30 AM-10:45 AM	Jan 7-Mar 11	
	\$27.5/10 sess		533102
Th	9:30 AM-10:45 AM	Jan 9-Mar 13	
	\$27.5/10 sess		533103

► Zumba Gold (Beginner)

(19+ yrs) | Monika Schoenenberger

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Drop-in \$10.48.

Set One

Tu	5:20 PM-6:20 PM	Jan 7-Feb 11	
	\$54/6 sess		533126

Set Two

Tu	5:20 PM-6:20 PM	Feb 18-Mar 25	
	\$54/6 sess		533127

Two Sets

Tu	5:20 PM-6:20 PM	Jan 7-Mar 25	
	\$86.4/12 sess		533125

Set One

F	9:15 AM-10:15 AM	Jan 10-Feb 7	
	\$45/5 sess		533123

Set Two

F	9:15 AM-10:15 AM	Feb 14-Mar 14	
	\$45/5 sess		533124

Two Sets

F	9:15 AM-10:15 AM	Jan 10-Mar 14	
	\$72/10 sess		533122

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 7-Mar 11	
	\$3/10 sess		534716



► 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 9	
	\$9/1 sess		537230
Th	12:00 PM-1:30 PM	Feb 6	
	\$9/1 sess		537231
Th	12:00 PM-1:30 PM	Mar 6	
	\$9/1 sess		537232

► 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 23	
	\$5/1 sess		537228
Th	10:45 AM-12:15 PM	Feb 20	
	\$5/1 sess		537229

►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 8-Mar 12
\$0/10 sess **536075**



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



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 9-Mar 13
\$38.1/10 sess **531440**



►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. 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). No class Feb 17.

M 1:00 PM-3:00 PM Jan 6-Mar 10
\$34.29/9 sess **531438**

Tu 1:00 PM-3:00 PM Jan 7-Mar 11
\$38.1/10 sess **531437**



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All Bodies Community Recreation and Fitness Group at Hillcrest Winter 2025



We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the “gym” and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

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

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

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

▶ **Active and Strong (19+ yrs)**

Instructor: ABC Instructor

ABC Core program - Accommodating a range of fitness levels, Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment.

Tue/Thu Jan 7-Mar 13 10:15 AM-11:15 PM (GYM)
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [534484](#)

▶ **Introduction to Athletic Intervals (19+ yrs)**

Instructor: ABC Volunteer

Introduction to Athletic Interval Training - Learn how to workout in a welcoming and inclusive environment. Using timed intervals of easy-to-follow exercises, gradually increase the intensity as you get more fit. For the young and young at heart. All adults welcome

Mon Jan 13 5:45-6:45 PM (GYM)
FREE [534481](#)

▶ **Walking Soccer (19+ yrs)**

Instructor: ABC Volunteer

ABC Core Program - a variation on traditional soccer aimed at keeping people playing and involved with soccer. All abilities welcome and great for those with lack of mobility or for other reasons they are unable to play. ABC plays indoors but it can also be played outdoors

Thu Mar 9-Mar 14 2:45 PM-3:45 PM (Gym)
Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass [534496](#)

▶ **Indigenous Women Rise Strength Training (19+ yrs)**

Instructor: ABC Instructor

ABC Specialty Program - Workout together in a culturally supportive fitness environment designed for better health and function. Learn easy to follow exercises for major muscle groups using various equipment and bodyweight. As you gain strength, you’ll also improve balance, coordination, and movement skills.

Tue Jan 7-Mar 13 6:00 PM-7:00 PM (GYM)
[534478](#)

ABC Specialty Programs

(Require additional & specific Registration)

► Hip & Knee Strength and Mobility (19+ yrs)

Instructor: ABC Instructor

ABC Specialty Program - Helping you manage sore hips and knees. Join us 1 or 2 times per week (we recommend 2) and learn functional exercises designed to help you build strength in muscles supporting your joints. Special emphasis on technique and control will help you improve with each class. Related Osteoarthritis workshops with Vancouver Coastal Health, OASIS patient educators strongly recommended. For Schedule, Email kate.lee@vancouver.ca.

Tue Jan 7-Mar 12 11:30 AM-12:30 PM (Rm 328)

Adult: \$74.10/10 sess; Senior: \$51.90/10 sess **534476**

Thu Jan 9-Mar 14 11:30 AM-12:30 PM (Rm 328)

Adult: \$74.10/10 sess; Senior: \$51.91/10 sess **534475**



► Stand Strong and Balance (19+ yrs)

Instructor: ABC Instructor

ABC Specialty Program - A workout for the wise - Want to be active but are afraid of falling? Join us 1 or 2 times per week (we recommend 2) to practice your balance and to build your strength and confidence in standing and walking. Please bring your walking aids. Meet your classmates, stay for tea. Class size is limited.

Tue Jan 7-Mar 12 12:45 PM-1:45 PM (Rm 328)

Adult: \$74.10/10 sess; Senior: \$51.90/10 sess **534490**

Thu Jan 9-Mar 14 12:45 PM-1:45 PM (Rm 328)

Adult: \$74.10/10 sess; Senior: \$51.90/10 sess **534489**

► Introduction to Indoor Cycling (19+ yrs)

Instructor: ABC Instructor

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

Tue 6:00 PM-7:00 PM (Cycle Studio)

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Jan **534464**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Feb **534465**

Adult: \$14.82/2 sess; Senior: \$10.38/2 sess Mar **534466**

Thu 6:00 PM-7:00 PM (Cycle Studio)

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Jan **534460**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Feb **534461**

Adult: \$29.64/4 sess; Senior: \$20.76/4 sess Mar **534462**

Sat 6:00 PM-7:00 PM (Cycle Studio)

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Jan **534456**

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Feb **534457**

Adult: \$22.23/3 sess; Senior: \$15.57/3 sess Mar **534458**

► ABC Free Workshops

Knit2Gether (19+ yrs)

Instructor: Janet Haines

New to knitting, experienced but looking to connect with others? Or maybe somewhere in between. Either way this knitting group is for you. Come learn a new skill, practice your craft or get help with a project. Meeting 1st and 3rd. All are welcome, no experience necessary.

Mon Jan 6 6:00 PM (Rm 322)

Free **534468**

► Self Defense (19+ yrs)

Instructor: **Gaye Ferguson, longtime Wendo Women's Self Defense Instructor**

This introductory workshop on personal safety skills will cover how to effectively respond to physically aggressive behaviour using good body mechanics. For example, we can maximize our strength through using leverage, circular movements and using bigger/stronger parts of our bodies against smaller/softer/weaker parts of the attacker's body.

Mon Jan 13 6-7:30 PM (Rm322)

Free **539852**

ABC Specialty Programs

(Require additional & specific Registration)

► Ageing and Resilience

4 Part Series (19+ yrs)

Current research shows that as we age, psychological resilience, our capacity to adapt and grow from adverse experience, tends to increase. This four-week lecture / discussion series reviews what we need to know about this crucial aspect of aging to ensure optimal resilience. The better we understand the nature of resilience and the conditions which create it specific to our own lives, the more likely we are able to savor this life stage with inspiration, courage, and a zest for life. This series is a synopsis of a six-week course offered through SFU Liberal Arts 55+.

Instructor: Since having retired from her practice as a clinical counsellor and clinical supervisor in private practice, Monica Franz, MA, currently facilitates resilience related courses at SFU Liberal Arts 55+.

Part 1 Resilience: An Introduction

Mon Jan 27 6-7:30 PM (Rm322)
Free [540496](#)

Part 2 Resilience: Resilience as a function of identity.

Mon Feb 24 6-7:30 PM (Rm322)
Free [540497](#)

Part 3 Resilience: Resilience as a function of belonging: The power of grief.

Mon Mar 10 6-7:30 PM (Rm322)
Free [540501](#)

Part 4 Resilience: Resilience as a function of meaning: The emergence of wisdom.

Mon Mar 17 6-7:30 PM (Rm322)
Free [540504](#)




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



Vancouver Board of Parks and Recreation and
Vancouver Coastal Health Partnership Program

Hillcrest Community Centre - Fitness

MONDAY		TUESDAY		WEDNESDAY	
Unison Circuit Online 9:15-10:15am		Balance Core Strength Online 11am-12pm		Unison Circuit Online 9:15-10:15am	
		Active & Strong Hillcrest 10:15-11:15am		Free Workshops Creekside 9:00-10:30am Register by topic	
Active & Strong Trout 11:00-12:00pm				Active & Strong Trout 11:00-12:00pm	
Active & Strong Sehatmand te Taqatvar In Punjabi & Hindi Kensington 11:00-12:00pm		Hip & Knee Hillcrest 11:30-12:30pm Register-521849		Active & Strong Sehatmand te Taqatvar In Punjabi & Hindi Sunset 11:15-12:15pm	
		Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-521857		Qi Gong Kensington 11:30-12:30pm	
Hip & Knee False Creek 1:00-2:00pm Register-521846		Free Workshops Mount Pleasant 1:00-2:30ish pm Register by topic		Hip & Knee False Creek 1:00-2:00pm Register-521934	
GLA:D Canada Creekside 3:00-4:00pm Register 538942				Stand/Strong & Balance Kensington 1:00-2:00pm Register-521858	
Walk/Strong Balance Kensington 3:30-4:30 pm				Walk/Strong Balance Kensington 2:15-3:15pm	
Hip & Knee Kensington 5:00-6:00pm Register-521847		Recumbent Kensington 5:00-6:00pm Invitation only		Introduction to Walking Soccer Douglas Park 2:45-3:45pm	
		Strength & Core Kensington 6:00-7:00pm			
Intro to Athletic Intervals Hillcrest 5:45-6:45pm		Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting		Intro to Athletic Intervals Douglas Park 6:00-7:00pm	
Free Workshops Hillcrest 6:00-7:30pm Register by topic		Indigenous Women Strong Hillcrest 6:00-7:15pm Reg 534487			
HILLCREST		TROUT LAKE		FALSE CREEK	
				KENSINGTON	

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Roll Stretch Recover Online 11am-12pm	<i>Online classes are currently complimentary, to attend join our elist & get zoom links and program updates. Ask kate.lee@vancouver.ca</i>		
	Active & Strong Hillcrest 10:15-11:15am		Cycle Intro Hillcrest 10:00-11:00am Reg Monthly Drop space permitting	Active & Strong Douglas 10:00-11:00am
		Active & Strong Trout 11:00-12:00pm		
	Hip & Knee Hillcrest 11:30-12:30pm Register-521848			Recumbent Circuit Kensington 11:30-12:30pm Invitation only
	Stand/Strong & Balance Hillcrest 12:45-1:45pm Register-521856	<div style="text-align: center;"> <h2>ABC Core Programs</h2> <p>Use ABC Flexipass, ABC Dropin or ABC 10 pass Card January 6-March 14</p> <p>Please register first on the master roster 534484 No classes on stat holidays. Classes are subject to change without notice.</p> <p>For more information about these and other ABC program information about, schedules changes, and program updates scan here or contact kate.lee@vancouver.ca</p>  </div>		
	GLA:D Canada Creekside 3:00-4:00pm Register 538942			
	Recumbent Kensington 5:00-6:00pm Invitation only	Yoga & Relaxation Kensington 5:30-6:45pm	  <p>Vancouver Board of Parks and Recreation and Vancouver Coastal Health Partnership Program</p>	
	Strength & Core Kensington 6:00-7:00pm	Learn to Play Sledge Hockey 5:15-6:40pm Reg Weekly		
	Cycle Intro Hillcrest 6:00-7:00pm Reg Monthly Drop space permitting	<p style="text-align: center;">Online classes are currently complimentary, to attend join our elist</p> <p>It is always OK to choose not to do an exercise if it doesn't feel right for you – ABC respects you know your body best. Led by qualified, fitness, yoga and other professionals specializing in making your exercise experience positive.</p>		
	Walking soccer Hillcrest 6:15-7:15pm			
TON	DOUGLAS PARK	MOUNT PLEASANT	SUNSET	CREEKSIDE



Our Equipment Includes:

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

Fitness Centre Consultations

We offer FREE fitness consultations!

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

Indoor Cycling Classes

Drop-ins \$7.41 | 10 visit pass \$66.69

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

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	\$61.66	\$92.46	\$129.70
3 Sessions	\$170.87	\$256.35	\$347.38
5 Sessions	\$274.83	\$423.22	\$509.51
10 Sessions	\$493.36	\$785.98	\$926.37

Prices subject to change.



Ice Rink Schedule

January 6 - March 31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skating Lessons 9:45-12:45pm	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 1:00-2:15pm	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
Public Skate 2:30-3:45pm			Skating Lessons 3:45-5:45pm		Discount Skate 3:30-5:00pm	
			Public Skate 6:00-7:30pm		Learn to Play Para 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 5. <i>Program subject to change.</i>		Learn to Play Para Hockey Int/Adv 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 19 @ 7pm
- Winter Set 2 is opening Thursday, February 13 @ 7pm



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

Associated Groups

Riley Park Figure Skating Club

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

Vancouver Ringette

Our league invites girls and boys age 4 years and up to join our association to develop skating skills and have fun playing ringette. For more information go to www.vancouverringette.ca or www.cometryringette.ca or email vraregistrar@gmail.com.

Vancouver Thunderbird Minor Hockey

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

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 page 50](#) 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 2025:**
Tuesday, December 17

▶ **Spring 2025**
Tuesday, March 18

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 – 16 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 – 16 years

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



Bronze Program



Bronze Medallion

Prerequisite: Bronze Star or 13 years

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



Bronze Cross

Prerequisite: Bronze Medallion

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

Adult & Teen Program

Ages 13 years +

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

► Unsure of What Level to Register In?

Please check our website for more details on the specific levels

vancouver.ca/swimminglessons



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

Private / Semi Private Swim Lessons

Ages 3 years +

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

National Lifeguard Pool (NL Pool)

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

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



Vancouver Aquatics Academy

This is a lifeguard and swim instructor training program where Aquatics staff foster positive, long-term relationships with swim lesson participants in Vancouver facilities and their families, swim club members, and community members showing interest in these roles.

This program aims to educate on the advantages of being a lifeguard and the positive impact this role has within a community and for the development of life skills. For more information about lifeguarding, certification, and course dates or to apply visit vancouver.ca/lifeguard.





Hillcrest Youth Adventures

Snowtubing @ Mt. Seymour

(12-16 yrs) | Youth Leader

Join us during out of school time and head out for some snowtubing fun! Connect with nature, learn more about the environment, and have fun with all things outdoors! Registration fee includes transportation, activity cost, and staff supervision. A completed parent/guardian consent form will be required to participate in the program. For more information, please contact the Community Youth Worker:

sally.chan@vancouver.ca.

Saturday February 15,

12:00 PM-5:30 PM

\$40/1 sess

540176

Family Day at Hillcrest

(All ages)

Celebrate with your family at Hillcrest for a fun-filled day!

Check our website www.hillcrestcommunitycentre.com or

Instagram: [@rileyparkhillcrestcc](https://www.instagram.com/rileyparkhillcrestcc) for more details.

Monday, February 17

FREE!



Hillcrest Community Centre

4575 Clancy Loranger Way Vancouver, BC | V5Y 2M4

604-257-8680 ext. 1

