

# Renfrew Park

## Recreation Guide

# Winter 2025

**Community Centre**

**Swimming Pool**

**Fitness Centre**

### Winter 2025 Registration Dates

#### Community Centre

Online/In Person

Sun Nov 24, 9:00am

Phone In

Sun Nov 24, 10:00am

#### Swimming Pool

Online/In Person/Phone In

Tue Dec 17, 7:00pm



[www.renfrewcc.com](http://www.renfrewcc.com) | 604 257-8388  
2929 East 22nd Avenue, Vancouver BC, V5M 2Y3  
Jointly operated by the Vancouver Board of Parks and Recreation  
and the Renfrew Park Community Association



# Centre Information

## Hours of Operation

### Centre Office January 4-March 30

Monday-Friday ..... 9:00am-9:30pm  
 Saturday-Sunday ..... 9:00am-4:45pm

### Community Centre January 4-March 30

Monday-Friday ..... 9:00am-10:00pm  
 Saturday-Sunday ..... 9:00am-5:00pm

### Community Centre Holiday and Special Hours

Monday December 23 - Sunday December 29 ..... Closed  
 Monday December 30 - Friday January 3 ..... 9:00am-5:00pm  
 Wednesday January 1 ..... Closed  
 Monday February 17 ..... Closed, Family Day Event 1-4pm

Please see **page 30** for Pool and Fitness Holiday and Special Hours



## Contact Information

### Address

2929 East 22nd Avenue, Vancouver BC, V5M 2Y3

### Phone

Centre Office ..... 604 257-8388 ext 1  
 Fax ..... 604 257-8392

### Email

Centre Email ..... renfrewcc@vancouver.ca  
 Rental Inquiries ..... renfrew.rentals@vancouver.ca  
 Birthday Party Inquiries ..... renfrewparkbirthday@vancouver.ca  
 Swimming Pool Aquatic Leaders ..... renfrew.al@vancouver.ca

## Staff

Suzanne Liddle/Andy Teoh ..... Community Recreation Supervisor  
 Nick Fong ..... Recreation Programmer  
 TBA ..... Pool Programmer  
 Starla Bayley ..... Community Youth Worker  
 Don Doyle ..... Seniors' Worker  
 Marni McMullen, Kieran Sherestan ..... Program Assistant III  
 Monica Kochhar ..... Recreation Facility Clerk  
 Elizabeth Casaclang ..... Child Care Manager  
 Angela Lee ..... Community Association Administrator

## Table of Contents

### Centre Information

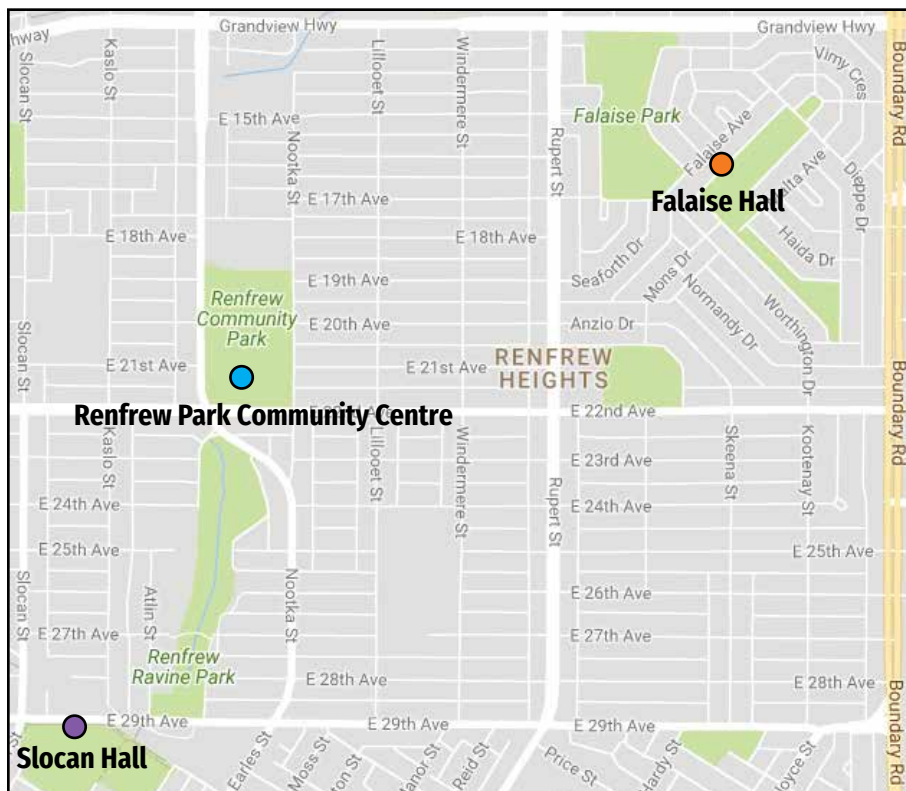
Hours of Operation & Contact Info .....	2, 29, 30
Registration Information .....	3, 30
Community Association Information .....	4, 5
Program Highlights .....	6, 7, 8
Licensed Preschool .....	7, 12
3-14yrs Camp Programs .....	10, 13, 15, 18
Preschool Programs .....	10, 11
Birthday Parties .....	9
Licensed Out of School Care .....	12
Children & Youth Programs .....	13-18
Games Area and Table Tennis .....	19
Room Rentals .....	19
Adult & Senior Programs .....	19-28
Senior Luncheons .....	6, 7
Workshops .....	27

### Fitness Centre Information

Fitness Programs & Schedule .....	29
-----------------------------------	----

### Pool Information

Registration Information .....	30
Swimming Lessons & Information .....	31
Swimming Schedule .....	32

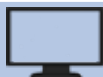


- Renfrew Park Community Centre  
2929 East 22nd Avenue
- Falaise Community Hall  
3434 Falaise Avenue
- Slocan Community Hall  
2750 East 29th Avenue

## 3 Easy Ways to Register...

### Online

Starts **Sunday, November 24 at 9:00am**



Register online at <http://vanrec.ca>  
Pay by Visa, MasterCard or American Express.

### In Person

Starts **Sunday, November 24 at 9:00am**



Registration in person continues during office hours. You can pay by cash, credit card or debit card. Please bring your OneCard to speed up registration.

### By Phone

Starts **Sunday, November 24 at 10:00am**



**604 257-8388 ext 1**

Phone during office hours. Due to the volume of business you may experience some delays. Have credit card and course number/s ready.

## Payment Methods

### Online/Phone In



### In Person



Cheques made payable to **City of Vancouver**  
Please note \$35 charge for NSF cheques.

## Personal Information Protection

In the course of providing programs and services, the Renfrew Park Community Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, processing payments, statistical or human resource purposes, or for the provision of programs or services. For information on our privacy policies and practices or to contact our Privacy Officer, at (604) 257-8388 or contact the Front Desk.

### ...connect with us on Social Media!

[facebook.com/renfrewparkcc](https://www.facebook.com/renfrewparkcc)



[twitter.com/renfrewparkcc](https://twitter.com/renfrewparkcc)



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



## Registration Policy

- Registrations are non-transferable to another person.
- NSF cheques will have a \$35 fee.
- Programs that do not reach minimum may be cancelled

## Cancellation, Transfers and Refunds

- Must be made during Renfrew Park Community Centre office hours of operation
- Please see page 2 for centre hours of operation.
- All refunds are subject to a \$5 administration fee.

### Programs

#### Notice given prior to the program start date

- All refunds and transfers must be made directly to the Renfrew Park Community Centre office.
- We will process requests as of the date of notification as received at the Centre Office.

#### Notice given on or after the program start date

- Withdraw/refund requests received on or after the start date of the program, regardless of class start time, will be pro-rated as of the date of notification.

#### Notice given prior to the third class after the program start date

- Withdraw/refund requests must be made no later than two days prior to the third class.
- A pro-rated credit for the remaining class can be left on your Registration Account for future program registration use.
- Refund requests will be pro-rated as of the date of notification.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by cash or cheque, refund can be issued back by cheque

#### For medical reasons:

- Please inform the office as soon as possible and 1 time exceptions may be possible. Dated medical notes may also be required.

### Bus Trips, Workshops, Single Session Activities, Weekly Camps

- Withdraw/refund requests must be made no later than 7 open business days prior to the start of the course.
- All requests are subject to \$5 administration fee per person per bus tour, workshop, or weekly camp program.

### Birthday Parties

- If more than 14 days notice is given prior to the party date a \$5 administration fee will be deducted.
- If 14 days or less notice is given prior to the party date a \$50 administration fee will be deducted.
- No refunds within 48 hours notice.

### Room Rental and Licensed Preschool Program

- Please contact the Renfrew Park Community Centre office for details.



Renfrew Park Community Centre  
acknowledges the financial assistance of  
the Province of British Columbia



# Renfrew Park Community Association (RPCA)



## President's Message

As we embrace the winter season, I am delighted to share the exciting lineup of programs and events that Renfrew Park Community Centre has planned for all ages. Our 60th anniversary year continues, and we're excited to continue to mark this milestone with all of you in the new year.

We have some wonderful highlights coming up:

- **Women's Personal Safety Workshop:** Join us on Wednesday, January 8 for a free workshop led by the Vancouver Police Department, designed to empower women with personal safety skills and knowledge.
- **Seniors Sweetheart Luncheon:** Celebrate Valentine's early on February 5 from 12:00 p.m. to 2:30 p.m. Enjoy a special lunch with friends, complete with entertainment and treats to make it a day to remember.
- **Lunar New Year Event:** Ring in the Lunar New Year with us on Saturday, February 8, from 12:00 p.m. to 3:00 p.m. This family-friendly celebration will feature cultural performances, festive activities, and traditional food to welcome the Year of the Dragon.
- **Family Day Event:** On Monday, February 17, from 2:00 p.m. to 4:00 p.m., bring the whole family for an afternoon of games, crafts, and activities. It's a fantastic way to connect and make lasting memories with loved ones.
- **Seniors St. Patrick's Luncheon:** Embrace the luck of the Irish at our St. Patrick's-themed luncheon on March 5, from 12:00 p.m. to 2:30 p.m.
- **Seniors Health and Wellness Fair:** Join us for this Free Health and Wellness Fair for seniors on Saturday Mar 22, from 11am-2pm.

And don't forget our ongoing Friday Community Lunch Program, where everyone is welcome to join us for a delicious meal and friendly company every Friday.

As always, our dedicated staff and volunteers are here to make the winter season full of connection, and new experiences. Thank you for being a part of our community and making Renfrew Park such a special place. We look forward to seeing you this season that will be filled with festivities!

Warm wishes,

**Anthony Mehnert, Renfrew Park Community Association President**  
[board@renfrewcc.com](mailto:board@renfrewcc.com)

## RPCA Board of Directors

### 2023-2024

President ..... Anthony Mehnert  
 1st Vice President ..... Henry Lee  
 2nd Vice President ..... Sari Lundberg  
 Treasurer ..... Julienne Liang  
 Secretary ..... Judy Egerton  
 Past President ..... Albert Lee  
 Members at Large ..... Chris Bayliss, Connie Chan, Barbara Leung, Fay Lin, David Ng, Eddie Tang, Gayle Uthoff

Renfrew Park Community Centre is jointly operated by the Vancouver Board of Parks & Recreation and the Renfrew Park Community Association. If you would like to become more involved in the direction of the centre, email: [board@renfrewcc.com](mailto:board@renfrewcc.com)

## RPCA Memberships

### September 1, 2024-August 31, 2025

The Renfrew Park Community Association (RPCA) is vital to the operation of the facilities and programs at Renfrew Park Community Centre.

Benefits of Association Membership:

- Contributing to our ability to offer affordable recreation programming.
  - Ability to influence the implementation of programs and services provided by RPCA.
  - Have voting rights at our Annual General Meeting.
  - Memberships improve and simplify the registration process.
- Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard. If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration. For games room, piano practice and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

## RPCA Affiliated Groups

<b>Aikido Club</b>	Wolfgang <a href="http://vancouveraikikai.com">vancouveraikikai.com</a>
<b>Happy Corner Preschool</b>	Nikki <a href="http://happycorner.ca">happycorner.ca</a>
<b>Judo Club</b>	Frank <a href="http://nakashimadojo.blogspot.com">nakashimadojo.blogspot.com</a>
<b>Renfrew Trojans Football</b>	Andrew <a href="http://vancouvertrojans.net">vancouvertrojans.net</a>

### ...did you know

The RPCA is a not-for-profit group that applies for Grant funding that helps to offer programming at low costs!

# Renfrew Park Community Association (RPCA)

## VOLUNTEER WITH THE BOARD

Powered by committed volunteers, the RPCA is the non-profit working in partnership with the Vancouver Parks Board to make this centre amazing!

**Build skills & community connections while contributing by:**



- Joining one of our committees
- Participating in organizing & executing of one our stellar events
- **Running for a position on the Board of Directors**

For more info email us at [board@renfrewcc.com](mailto:board@renfrewcc.com)

Be a part of the good  
in your neighbourhood!  
Join the RPCA



## FREE RPCA Membership

- Ability to influence the implementation of programs and services provided by RPCA.
- Contributing to our ability to offer affordable recreation programming.
- Have voting rights at our Annual General Meeting.
- Memberships improve and simplify the registration process.



## Mission Statement

We aim to assist in developing and fostering community spirit and involvement and to work closely with the other groups in the Renfrew-Collingwood Neighbourhood. We aim to provide cultural, intellectual, and physical activities through affordable recreation and leisure.

### Communicable Disease Health & Safety Practices

**NOTE:** The nature of the activities are such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV2, which causes the disease COVID-19

#### Communicable Disease Health & Safety Practices

- Participants are required to comply with the current Orders of the Provincial Health Officer. For more information, please cut and paste into your web browser: <https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions>
- Participants should assess themselves daily for symptoms of the common cold, influenza, COVID-19, or other infectious respiratory disease before attending the facility.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

# Programs Highlights

## Women's Personal Safety Team Workshop Facilitated by Vancouver Police Department

Wed. Jan. 8th, 6pm-8pm  
Free Workshop  
Activity #539212  
Ages 19+

Join us for an empowering workshop led by the VPD Women's Personal Safety Team, a dedicated group of female Vancouver Police officers who have been enhancing women's safety and supporting the community since 2013.

This workshop will equip you with simple, effective tactics designed for anyone—no prior training needed—to boost your confidence and preparedness in situations of unavoidable violence.

Arrive by 5:40 p.m. to complete forms and get ready for an inspiring session on personal safety.



## Seniors Luncheon (55+ years)



**Sweetheart Luncheon**  
Feb 5th 12:00-2:30pm  
\$12.38 +tax/person  
#537088

Celebrate love and friendship at our Sweetheart Luncheon this February! Enjoy a delightful meal, great company with some fun entertainment and of course, door prizes.

### Menu:

Roast Chicken  
Spanish rice  
Green Salad  
Sweetheart cupcakes  
and Strawberries



## Family Day

Mon. Feb. 17th  
2:00pm - 4:00pm  
#534242

Celebrate BC Family Day! Come Join us for an afternoon of family fun. We'll have games, crafts, face painting, balloon animals and a bouncy castle. This is a free event but please register as space is limited. All children under the age of 8yrs must be accompanied by and adult.

**FREE**

All Ages Event



## LUNAR NEW YEAR

SAT. FEB 8TH  
12-3PM

Come join and celebrate the Year of the Snake with us! It will be an afternoon of cultural displays, crafts, food and refreshments.

Please register early as there are a limited number of seats.

Activity #534244  
\$7/person  
All Ages





# Program Highlights

## Seniors Luncheon (55+ years)

### St Patricks Luncheon

Mar 5th 12:00-2:30pm

\$12.38 +tax

#537104



Join us for a festive St. Patrick's Luncheon celebrating our seniors with delicious Irish-inspired fare, lively music, and cheerful company! Don your green attire and enjoy an afternoon filled with warmth, laughter, and friends.

#### Menu:

Irish Stew

Concannon

Irish Soda Bread

Guinness Chocolate

Cake



## EASTER EGGSTRAVAGANZA

SAT. APRIL 19TH

Rain or Shine the event runs from 12-3pm. Come before and stay after your egg hunt time. There will be face painting, crafts, games and our famous Egg Hunt. Come and enjoy the entire event. Children less than 8yrs must be accompanied by an adult. Limited number of tickets available.

1:30PM-1:45PM - #534201

2:00PM-2:15PM - #534202

2:30PM-2:45PM - #534203

\$7/participating child

(Ages 10 and under)



## SENIORS HEALTH & WELLNESS FAIR

Discover local health resources, enjoy refreshments, and connect with community members and new friends.

There will be opportunities to participate in interactive demos!

Register early for this great event to learn, connect, and thrive.



FREE EVENT  
#540909

SATURDAY MARCH 22ND  
11AM-2PM  
GYMNASIUM  
FOR AGES 40+



## RENFREW PARK PRESCHOOL OPEN HOUSE

Visit our preschool facility and speak to our ECE certified teachers.

- Bring your child and your questions
- Activities will be set up for children

APRIL 29, 2025  
4PM-8PM



# Programs Highlights



**Celebrating  
60 years of  
community!**




**YOUR  
RENFREW  
LIBRARY**

Renfrew Branch  
Phone 604.257.8705

Discover more  
at [VPL.ca](http://VPL.ca)

**VPL** VANCOUVER PUBLIC LIBRARY

## NOTICE

We are informing you that after December 31, 2024, we will no longer be issuing refunds or credits for the following strip tickets:

### Ballroom Social Dance

1	2	3	4	5
<b>BALLROOM SOCIAL DANCE</b> NO Refunds, No Expiry Date Valid Only at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1				
6	7	8	9	10

### Family Gym Time

1	2	3	4	5
<b>FAMILY GYM TIME</b> NO Refunds, No Expiry Date Valid Only at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1				
6	7	8	9	10

### Adult Aerobics Tickets

1	2	3	4	5
<b>ADULT AEROBICS PASS</b> NO Refunds, No Expiry Date Valid Only for Aerobic Classes at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1				
6	7	8	9	10

### Seniors Aerobics Tickets

1	2	3	4	5
<b>SENIORS AEROBICS PASS</b> NO Refunds, No Expiry Date Valid Only for Aerobic Classes at Renfrew Park Community Centre 2929 E 22nd Ave, Van, 604-257-8388, ext 1				
6	7	8	9	10



TECHNICAL SAFETY BC LICENSE  
NUMBER: LAM0207577

## Birthday Parties

Saturdays 1pm-3pm  
Sundays 2pm-4pm

JANUARY-MARCH  
PARTIES AVAILABLE  
NOW

PARTY ACTIVITIES  
SUGGESTED FOR  
CHILDREN AGED  
UP TO 7 YEARS OLD

### FOR UP TO 20 KIDS

Basic	\$195
Entertainer	\$85
Bouncy Castle	\$90
Full Package	\$355

FULL PACKAGES  
GET A \$15 OFF DISCOUNT

Online Registration  
Now Available

For more info contact: [renfrewparkbirthday@vancouver.ca](mailto:renfrewparkbirthday@vancouver.ca)

# Preschool

## Dance

### Dance With Me

1.5-2yrs

Vancouver Performing Stars

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

Sun	Jan 5-Mar 9	No session Feb 16
532588	9:15am-10:00am	\$153/9 sess

### Dance-A-Story - Moana

3-5yrs

Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in the 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. Students must be able to attend class on their own.

[www.performingstars.ca](http://www.performingstars.ca)

Sun	Jan 5-Mar 9	No session Feb 16
532589	10:00am-10:45am	\$153/9 sess

### Mini Hip Hop

3-5yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basics of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Leave feeling energized, confident and excited about dance. Clean indoor runners please. Children must attend class on their own.

[www.performingstars.ca](http://www.performingstars.ca)

Sun	Jan 5-Mar 9	No session Feb 16
532590	10:45am-11:30am	\$153/9 sess

### Mini Ballet

3-5yrs

Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire required. Child must attend class on their own. [www.performingstars.ca](http://www.performingstars.ca).

Sun	Jan 5-Mar 9	No session Feb 16
532591	11:45am-12:30pm	\$153/9 sess

### Dance-A-Story Ballet Camp: My Little Pony

3-4yrs

Vancouver Performing Stars

Gallop into a whimsical world of friendship and fun! Aspiring dancers will explore ballet, jazz, and hip hop styles while gaining confidence, coordination, and creating memories. On the final day, dancers will dazzle parents with a vibrant performance that capture the magic of My Little Pony! [www.performingstars.ca](http://www.performingstars.ca)

Mon-Fri	Mar 24-28	
536067	9:45am-11:00am	\$91/5 day week

### DANCEPL3Y Preschool

3-5yrs

The Play Brigade

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

Sat	Jan 11-Mar 15	No session Feb 8, 15
538787	9:15am-10:00am	\$128/8 sess

### Creative Dance

3-5yrs

Buffy Sherreitt

Bring your child to class where their creativity can blossom. Learn new moves, fun dances and make new friends all while building confidence, honing motor control skills and learning to work together.

#### 3-4yrs

Mon	Jan 13-Mar 10	No session Feb 17
538766	10:15am-11:00am	\$44/8 sess

Thu	Jan 16-Mar 13	\$49.50/9 sess
538770	1:15pm-2:00pm	

#### 4-5yrs

Mon	Jan 13-Mar 10	No session Feb 17
538768	11:45am-12:30pm	\$44/8 sess

Thu	Jan 16-Mar 13	\$49.50/9 sess
538772	2:45pm-3:30pm	

### Ballet

3-5yrs

Buffy Sherreitt

Participants can look forward to learning the fundamentals of dance. With an introduction to barre, centre and across the floor work, students will learn to articulate and express themselves with the grace and fluidity of ballet movement through imaginary characters and more!

#### 3-4yrs

Mon	Jan 13-Mar 10	No session Feb 17
538765	9:30am-10:15am	\$44/8 sess

Thu	Jan 16-Mar 13	\$49.50/8 sess
538769	12:30pm-1:15pm	

#### 4-5yrs

Mon	Jan 13-Mar 10	No session Feb 17
538767	11:00am-11:45am	\$44/8 sess

Thu	Jan 16-Mar 13	\$49.50/9 sess
538771	2:00pm-2:45pm	

## Special Events

see p. 6, 7

## Yoga

### YOGAPL3Y Preschool

3-5yrs

*The Play Brigade*

YOGAPL3Y (yoga-play) is a fun, interactive, and playful introduction to the world of Yoga for kids! With a focus on physical literacy, students get to master their fundamental movement skills, exercise their creativity, interpersonal skills, and social and emotional skills! Using tools like breath and mindfulness, students find ways to self regulate, listen and honor their cues. Weekly themes combine traditional yoga poses (asana) with FUN activities, games & music and include a balance between mindfulness and movement. Always remembering the 3 rules of PL3Y: Be Positive, Be Fun, and Be Yourself! Please bring a yoga mat for this program.

Sat	Jan 11-Mar 15	No session Feb 8, 15
538788	10:00am-10:45am	\$128/8 sess

## Sports

### Bear Cubs Gymnastics

2-4yrs

*Bear Feet Gymnastics*

Through the use of creative circuits and FUN, the children will have opportunities to learn and practice new gymnastics skills with the support of their caregiver. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. Parent participation is required.

<b>2-3yrs</b>		
Fri	Jan 17-Mar 14	
540754	10:45am-11:30am	\$135/9 sess

<b>3-4yrs</b>		
Fri	Jan 17-Mar 14	
540755	11:30am-12:15pm	\$135/9 sess

### Rhythmic Gymnastics

4-6yrs

*Olympia Rhythmic Gymnastics*

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

Sat	Jan 11-Mar 15	No session Feb 15
538996	9:15am-10:00am	\$87.75/9 sess

### Indoor Soccer

4-6yrs

*Mohsen Hatamian*

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed	Jan 15-Mar 12	
539676	4:00pm-4:45pm	\$90/9 sess

Sat	Jan 11-Mar 15	
539679	1:00pm-1:45pm	\$100/10 sess

## Education

### Giggle and Grow Cantonese Adventures

3-5yrs

*Kathy Leung*

Embark on a captivating linguistic journey with Giggle & Grow Cantonese Adventures! Our program is designed to guide children through the enchanting world of Cantonese language acquisition, skillfully blending play and education at every turn. Led by experienced educators, we venture beyond conventional methods, offering enchanting storytelling and game sessions that spark young imaginations. With hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum ensures a positive and enjoyable learning experience for your little ones! Please note that materials fees are non-refundable after the child's first class

Sat	Jan 12-Mar 23	No session Feb 16
538824	11:10am-12:10pm	\$150/10 sess

### 123, ABCs - Phonics & Math

4-6yrs

*TBA Instructor*

Ready, set, go! Get ready for school with this introductory class to basic phonics and math. We will learn how to print, recognize and sound letters and numbers in an interactive and fun environment. Recommended for Preschool and Kindergarten students.

Sat	Jan 11-Mar 15	No session Feb 8
540808	9:15am-10:00am	\$54/9 sess

Sat	Jan 11-Mar 15	No session Feb 8
540809	10:00am-10:45am	\$54/9 sess

Sat	Jan 11-Mar 15	No session Feb 8
540810	10:45am-11:30am	\$54/9 sess

## Music

### Kelly Kirby - Preschool Piano

4.5-5yrs

*Cindy Leung*

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is \$20 and payable at registration. Parent participation is required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

<b>Kelly Kirby I</b>		
Sun	Jan 12-Mar 16	No session Feb 16
539708	3:00pm-3:45pm	\$105/9 sess

<b>Kelly Kirby II</b>		
Sun	Jan 12-Mar 16	Pre-Req: Kelly Kirby I No session Feb 16
539706	1:30pm-2:15pm	\$105/9 sess

Sun	Jan 12-Mar 16	No session Feb 16
539707	2:15pm-3:00pm	\$105/9 sess

<b>Kelly Kirby Private Lessons</b>		
Sun	Jan 12-Mar 16	No session Feb 16
539709	3:45pm-4:05pm	\$123/9 sess

Sun	Jan 12-Mar 16	No session Feb 16
539710	4:05pm-4:25pm	\$123/9 sess

Sun	Jan 12-Mar 16	No session Feb 16
539711	4:25pm-4:45pm	\$123/9 sess



# Licensed Preschool 2024-2025



Our program fosters independence, self-help skills, cooperation, and positive social interactions. Each day is a learning experience, with structured and non-structured activities to prepare children for elementary school.

Activities include free play (sand and water play, playdough, dress-up, puzzles, manipulatives), arts & crafts, circle/story time, and physical activities (neighborhood walks, trail walks, playground time).

We provide an environment for optimal social, emotional, physical, and intellectual development for children aged 3-5 years. Children must be toilet trained and of age during the registration month.

Visit [www.renfrewcc.com](http://www.renfrewcc.com) for more information



**2025-2026  
Preschool  
Open House  
information  
see page 7**

## Program Details: The following prices are for September 2024-June 2025.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$74/month
2 days	Tue/Thu	12:00pm-2:30pm	\$74/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$111/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$111/month
5 days	Mon-Fri	8:30am-11:00am	\$185/month
5 days	Mon-Fri	12:00pm-2:30pm	\$185/month

*Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

**To be put on our waitlist for the current year, please register in activity #505506 or contact: [elizabeth.casaclang@renfrewcc.com](mailto:elizabeth.casaclang@renfrewcc.com)**

For more information:  
Phone: 604-257-8391, or Email: [renfrew.preschool@vancouver.ca](mailto:renfrew.preschool@vancouver.ca)

# Licensed Out of School Care 2024-2025

Renfrew Park Community Association is excited to offer a Licensed Out of School Care program. Our Licensed Out of School Care program offers After School Care for children 5 to 12 years old for children attending Nootka Elementary School.

- Children are picked up from Nootka Elementary School at 3pm
- Children will be walked via a walking school bus from Nootka Elementary School to Renfrew Park Community Centre (rooms 011 and 010).
- Hours are Mon to Fri, from 3pm to 6pm
- Operates September 2024 to June 2025
- Monthly fees:
  - \$338.25 (Grade 1-7)
  - \$235.65 (Kindergarten)

*Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

Visit [www.renfrewcc.com](http://www.renfrewcc.com) for more information



Our program offers a variety of activities, including:

- Outdoor play and nature walks
- Free play, exploration, and structured activities
- Individual and small group activities
- Active and quiet time

For more information:  
Phone: 604-257-8391, or  
Email: [outofschoolcare@renfrewcc.com](mailto:outofschoolcare@renfrewcc.com)

**Our Program is currently FULL.**  
To be put on the waitlist:  
For the current year's waitlist:  
please visit [www.vanrec.ca](http://www.vanrec.ca), register in activity #517787  
or contact: [elizabeth.casaclang@renfrewcc.com](mailto:elizabeth.casaclang@renfrewcc.com)

## Day Camps

### Spring Break Day Camp

6-12yrs

Day Camp Staff

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on out trips throughout the week. Please note: Activities will be held indoors and outdoors. Please dress accordingly. Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Mon-Fri	Mar 17-21	
539216	9:00am-3:00pm	\$140/5 day week

Mon-Fri	Mar 24-27	
539217	9:00am-3:00pm	\$140/5 day week

### Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- Please have children please keep electronic devices at home, or in their bags unless it is an emergency.
- Ensure your child has a backpack with lunch, snacks, water bottle, sunscreen, and other appropriate clothing

### Refund Policy

- Withdraw/refund requests must be made no later than 7 open business days prior to the start of the course.
- All requests are subject to \$5 administration fee per person, per weekly program.

## Dance

### Junior Ballet

5-7yrs

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire please. [www.performingstars.ca](http://www.performingstars.ca)

Sun	Jan 5-Mar 9	No session Feb 16
532592	12:30pm-1:15pm	\$153/9 sess

### Junior Hip Hop

5-7yrs

Vancouver Performing Stars

Want to learn how to move and groove to your favourite tunes? Learn the basic style of Hip Hop dance in this high energy program. Discover new and exciting moves through freestyle and fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. [www.performingstars.ca](http://www.performingstars.ca).

Sun	Jan 5-Mar 9	No session Feb 16
532593	1:15pm-2:00pm	\$153/9 sess

### Dance-A-Story Ballet Camp: Inside Out

5-8yrs

Vancouver Performing Stars

Jump & groove while exploring the colorful emotions of Joy, Sadness, Anger, Fear, and Disgust through fun choreography. Dancers will learn jazz, ballet, contemporary, and hip hop styles, and on the final day, they will dazzle parents with a vibrant performance. Through high-energy dancing, your child will gain confidence, coordination, and explore their creativity. [www.performingstars.ca](http://www.performingstars.ca)

Mon-Fri	Mar 24-28	
536068	11:30am-3:30pm	\$250/5 day week

## Dance

### Act Dance Sing FUN! Musical Theatre

6-12yrs

Illuma Studio

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Find us on FB/IG @illumastudio

Fri	Jan 10-Mar 14	
537721	4:30pm-5:45pm	\$200/10 sess

### Asian Pop / KPOP / Jazz Funk / Hip Hop Sampler

6-17yrs

Illuma Studio

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced throughout the course. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @illumastudio.

#### 6-9yrs

Fri	Jan 10-Mar 14	
537722	5:45pm-6:45pm	\$160/10 sess

#### 10-17yrs

Fri	Jan 10-Mar 14	
537723	6:45pm-7:45pm	\$160/10 sess

### DANCEPL3Y Kids

6-8yrs

The Play Brigade

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

Sat	Jan 11-Mar 15	No session Feb 8, 15
538789	10:45am-11:30am	\$128/8 sess

# Children

## Sports

### Finish Strong Basketball - Boys

9-16yrs

David Knight

"Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All participants in the Level Up program will receive a T-Shirt.

<b>Grassroots</b>		<b>9-11yrs</b>
Thu	Jan 16-Mar 13	
539012	4:15pm-5:15pm	\$120/9 sess
<b>Level Up</b>		<b>12-16yrs</b>
Thu	Jan 16-Mar 13	
539013	5:15pm-6:15pm	\$120/9 sess

### Finish Strong Basketball - Girls

9-16yrs

David Knight

Our new GIRLS ONLY "Grassroots" Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court!

"LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All participants in the Level Up program will receive a T-Shirt.

<b>Grassroots</b>		<b>9-11yrs</b>
Mon	Jan 13-Mar 10	No session Feb 17
539010	4:15pm-5:15pm	\$120/8 sess
<b>Level Up</b>		<b>12-16yrs</b>
Mon	Jan 13-Mar 10	No session Feb 17
539011	5:15pm-6:15pm	\$120/8 sess

## Baking and Cooking

### Little Chefs

6-12yrs

Alison Chau

Learn how to make delicious and healthy snacks and lunches in our kitchen and eat your creations.

<b>6-8yrs</b>		
Sun	Jan 12-Mar 16	No session Feb 16
539682	9:45am-11:00am	\$99/9 sess
<b>9-12yrs</b>		
Sun	Jan 12-Mar 16	No session Feb 16
539683	11:15am-12:30pm	\$99/9 sess

### Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

Come and join our Rhythmic Gymnastics program in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of Gymnastics and Ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. Please note participants are to bring their own yoga mat for use during program. Other equipment may be available for participants to purchase.

<b>6-8yrs</b>		
Sat	Jan 11-Mar 15	No session Feb 15
538997	10:00am-11:00am	\$96.75/9 sess
<b>8-16yrs</b>		
Sat	Jan 11-Mar 15	No session Feb 15
538998	11:00am-12:00pm	\$96.75/9 sess

### Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 12 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

<b>6-8yrs</b>		
Wed	Jan 15-Mar 12	
539677	4:50pm-5:50pm	\$108/9 sess
Sat	Jan 11-Mar 15	
539680	1:50pm-2:50pm	\$120/10 sess
<b>9-12yrs</b>		
Wed	Jan 15-Mar 12	
539678	5:55pm-6:55pm	\$108/9 sess
Sat	Jan 11-Mar 15	
539681	2:55pm-3:55pm	\$120/10 sess

## Martial Arts

prices do not include tax if applicable

### Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. They will gain confidence, and improve both physically and mentally through Karate in a friendly, supportive and safe environment. Additional fees are required for uniform/equipment and Karate BC Membership.

Tue Thu	Jan 7-Mar 13	
540936	6:30pm-7:30pm	\$165/20 sess



## Sports

### Shuttle Badminton Lessons

6-18yrs

Richard Le

Participants will focus on their movement and coordination required for Badminton. This will help improve their clearing, net drop shot, serve techniques, while introducing smashing. Rules on how to play half court single game will be reviewed. Please note participants are encouraged to bring their own Badminton racquet.

#### Shuttle I/II

##### Set 1

Sun	Jan 12-Feb 9	
540423	9:45am-10:40am	\$105/5 sess

Sun	Jan 12-Feb 9	
540424	10:45am-11:40am	\$105/5 sess

Tue	Jan 14-Feb 11	
540421	4:00pm-4:55pm	\$105/5 sess

Tue	Jan 14-Feb 11	
540422	5:00pm-5:55pm	\$105/5 sess

##### Set 2

Sun	Feb 16-Mar 16	
540427	9:45am-10:40am	\$105/5 sess

Sun	Feb 16-Mar 16	
540428	10:45am-11:40am	\$105/5 sess

Tue	Feb 18-Mar 11	
540425	4:00pm-4:55pm	\$84/4 sess

Tue	Feb 18-Mar 11	
540426	5:00pm-5:55pm	\$84/4 sess

#### Shuttle II/III/IV

##### Set 1

Sun	Jan 12-Feb 9	
540429	11:45am-12:40pm	\$105/5 sess

##### Set 2

Sun	Feb 16-Mar 16	
540430	11:45am-12:40pm	\$105/5 sess

#### Shuttle III/IV/V

##### Set 1

Tue	Jan 14-Feb 11	
540431	6:00pm-7:45pm	\$175/5 sess

##### Set 2

Tue	Feb 18-Mar 11	
540432	6:00pm-7:45pm	\$140/4 sess

### Shuttle Badminton Camps

6-18yrs

Richard Le

Participants will focus on their movement and coordination required for Badminton. This will help improve their clearing, net drop shot, serve techniques, while introducing smashing. Rules on how to play half court single game will be reviewed. Please note participants are encouraged to bring their own Badminton racquet.

#### Shuttle I/II

Mon-Fri	Mar 24-28	
539794	9:15am-10:45am	\$160/5 day week

#### Shuttle II/III/IV

Mon-Fri	Mar 24-28	
539795	10:50am-12:20pm	\$160/5 day week

## Art

### Drawing 101

8-12yrs

TBA Instructor

The instructor will teach drawing techniques and principles of design using graphite and charcoal on paper. Learning about the basics doesn't have to be boring; in these sessions the instructor will encourage your child's artistic expression through creative drawing exercises!

Sat	Jan 18-Mar 15	No session Feb 15
540946	1:00pm-2:00pm	\$112/8 sess

### Watercolour 101

8-12yrs

TBA Instructor

Students will learn a variety of techniques using watercolour paints to create texture effects, colour mixing and practice their skills through creative painting exercises!

Sat	Jan 18-Mar 15	No session Feb 15
540948	2:00pm-3:00pm	\$112/8 sess

### Mixed Media 101

8-12yrs

TBA Instructor

Combine drawing with painting and learn new techniques to create expressive mixed media art. Materials included: graphite pencils, charcoal, watercolour, pastels, paper and more!

Sat	Jan 18-Mar 15	No session Feb 15
540947	3:00pm-4:00pm	\$112/8 sess

### Origami

8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models! Origami is one of the traditional Japanese folk arts. Over the centuries it was spread from person to person and has become an important part of Japanese culture. Origami is a mentally stimulating activity for all ages.

#### Flowers

Sun	Mar 16	
540805	3:30pm-4:30pm	\$15/person

# Children

## Music

### Piano - Private Lessons

6+yrs

Private classes are tailored to the student's needs. Participants may be required to purchase piano books based on instructor recommendation.

Amanda Tom			
Fri	Jan 10-Mar 14	\$190/10 sess	
539689	4:00pm-4:30pm	539694	6:30pm-7:00pm
539690	4:30pm-5:00pm	539695	7:00pm-7:30pm
539691	5:00pm-5:30pm	539696	7:30pm-8:00pm
539692	5:30pm-6:00pm	539697	8:00pm-8:30pm
539693	6:00pm-6:30pm		

TBA Instructor			
Sat	Jan 11-Mar 15	\$190/10 sess	
540766	9:15am-9:45am	540773	1:15pm-1:45pm
540767	9:45am-10:15am	540774	1:45pm-2:15pm
540768	10:15am-10:45am	540775	2:15pm-2:45pm
540769	10:45am-11:15am	540776	2:45pm-3:15pm
540770	11:15am-11:45am	540777	3:15pm-3:45pm
540771	11:45am-12:15pm	540778	3:45pm-4:15pm
540772	12:45pm-1:15pm	540779	4:15pm-4:45pm

Dale Capistrano		No session Mar 9	
Sun	Jan 12-Mar 16	\$171/9 sess	
540462	9:15am-9:45am	540469	1:15pm-1:45pm
540463	9:45am-10:15am	540470	1:45pm-2:15pm
540464	10:15am-10:45am	540471	2:15pm-2:45pm
540465	10:45am-11:15am	540472	2:45pm-3:15pm
540466	11:15am-11:45am	540473	3:15pm-3:45pm
540467	11:45am-12:15pm	540474	3:45pm-4:15pm
540468	12:45pm-1:15pm	540475	4:15pm-4:45pm

### Singing - Private Lessons

9+yrs

Gina Morel

Learn to Sing! Enjoy private singing lessons in a safe and supportive environment. No experience is necessary and all levels are welcome. Learn how to use your voice with healthy vocal techniques and express yourself through singing a wide variety of musical styles including Pop, Classical, Musical Theatre and Opera. RCM examination preparation available.

Tue		Jan 14-Mar 11	
\$270/9 sess			
540643	5:00pm-5:30pm	540647	7:10pm-7:40pm
540644	5:30pm-6:00pm	540648	7:40pm-8:10pm
540645	6:00pm-6:30pm	540641	8:10pm-8:40pm
540646	6:30pm-7:00pm	540642	8:40pm-9:10pm

### Guitar - Private Lessons

7-16yrs

Eden Nerada

Learn and fine tune your guitar skills at your own pace. Students will be guided through a series of lessons to develop their skills. Guitars are provided for lessons or bring your own guitar.

Thu		Jan 9-Mar 13	
\$215/10 sess			
540756	3:30pm-4:00pm	540761	6:30pm-7:00pm
540757	4:00pm-4:30pm	540762	7:00pm-7:30pm
540758	4:30pm-5:00pm	540763	7:30pm-8:00pm
540759	5:00pm-5:30pm	540764	8:00pm-8:30pm
540760	5:30pm-6:00pm	540765	8:30pm-9:00pm

### Violin - Private Lessons

7-12yrs

Shamel Zraik

Students will learn the basics of playing violin in a private one on one setting. Instruments will be available for lessons or bring your own instrument. Lesson material will be provided or, participants may also be required to purchase violin books based on instructor recommendation.

Mon		Jan 13-Mar 10	
No session Feb 17			
\$152/8 sess			
539698	4:00pm-4:30pm	539702	6:00pm-6:30pm
539699	4:30pm-5:00pm	539703	6:30pm-7:00pm
539700	5:00pm-5:30pm	539704	7:00pm-7:30pm
539701	5:30pm-6:00pm	539705	7:30pm-8:00pm

### Drum - Private Lessons

6-12yrs

Samuel Alexis George Delgado

Play to the rhythm and the beat! Lessons are private and are conducted on a full set of acoustic drums. Lesson material will be provided, or, participants may also be required to purchase drum books based on instructor recommendation. Lessons are 30 minutes in long.

Wed		Jan 15-Mar 12	
\$144/9 sess			
540927	3:20pm-3:50pm	540932	6:15pm-6:45pm
540928	3:55pm-4:25pm	540933	6:50pm-7:20pm
540929	4:30pm-5:00pm	540934	7:25pm-7:55pm
540930	5:05pm-5:35pm	540935	8:00pm-8:30pm
540931	5:40pm-6:10pm		

## Education

### Let's Learn Mandarin

6-12yrs

Vicky Hsu

Through games, play and songs, we focus on Chinese literacy, listening and speaking. Children will learn simple words/phrases to combine in basic conversation. We also use appropriate songs to enhance learning and memory.

#### Beginner - Family and I

6-12yrs

Through games, play, and songs, we focus on the first step of language communication, such as numbers, greetings, introducing myself and family members etc.

Thu	Jan 16-Mar 13	
539712	3:40pm-4:40pm	\$126/9 sess

#### Advanced - Daily Life and Joy

6-12yrs

The Goal of this level is to be able to tell a typical daily routine, and share the joyful moments.

Thu	Jan 16-Mar 13	
539714	4:45pm-5:45pm	\$126/9 sess

#### Intermediate - Location and Direction

6-9yrs

Through games, play, and songs, children explore the names of some objects, location and direction.

Thu	Jan 16-Mar 13	
539713	5:50pm-6:50pm	\$126/9 sess

### Mini Mathletes

6-7yrs

TBA Instructor

Learn the fundamentals of mathematics in this class. We will focus on counting, simple addition, subtraction and other math concepts to begin your mathlete's training in the world of numbers. Recommended for Kindergarten and Grade 1 students.

Sat	Jan 11-Mar 15	No session Feb 8
540813	1:00pm-2:00pm	\$54/9 sess

### Little Bookworms - Reading and Writing

6-7yrs

TBA Instructor

It's storytime! Come share and listen to stories. We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat	Jan 11-Mar 15	No session Feb 8
540811	12:00pm-1:00pm	\$54/9 sess

### Mathventures - Math

8-10yrs

TBA Instructor

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. We will learn addition, subtraction, division and fractions in this fun atmosphere. Recommended for Grades 3-5 students.

Sat	Jan 11-Mar 15	No session Feb 8
540812	2:00pm-3:00pm	\$54/9 sess

## Youth Council

**Note:** No program on all VSB School Breaks (Winter and Spring)  
If you have any questions about the program, please email:  
[starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

### Junior Youth Council

10-12yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization over the school year. On top of all this, we will have several workshops and special presentations to provide a well-rounded experience.

**Please note:** reference letters for mini schools will only be provided to those who have attended a minimum of one full year of Junior Youth Council in previous years.

Thu	Sep 12-Jun 19	
521704	4:00pm-5:15pm	Free

### Senior Youth Council

13-17yrs

Starla Bayley

Senior Youth Council is run by the selected executive council with support from the Community Youth Worker. Working with your peers the group will be responsible for choosing and supporting a philanthropic organization, supporting and volunteering for community centres events and planning activities for the participants of the council. In addition, special presentations and workshops will help to round out the whole experience of youth council.

Thu	Sep 12-Jun 12	
521706	5:30pm-7:00pm	Free

## Leadership

### Volunteer Training

13-17yrs

This training is for youth wanting to volunteer in Renfrew Park Community Centre programs/events. This training provides hands on experience, enhances your skills in problem solving, conflict resolution and teaches you how to lead activities and games. Pre-registration required and age requirements are strictly adhered to.

If you have questions please email  
[Starla Bayley at starla.bayley@vancouver.ca](mailto:Starla.Bayley@starla.bayley@vancouver.ca).

Sat	Jan 11	
540591	10:00am-12:00pm	Free with OneCard



Renfrew acknowledges the generous contributions of Kids Up Front Canada

**...Please note our programs are subject to change at anytime without notice.**  
call the Community Centre (604-257-8388 ext 1) if you have any questions



# Pre-Teen/Youth

## Social

### Pre-Teen & Teen Social

9-14yrs

Jesse Woolverton

Bring friends or make friends and enjoy different activities every week. Be ready to go ice-skating, swimming, the movies and more. All activities will be planned in advance and shared with parents on the first day of the program. Consent forms will be required. When traveling we will be walking or taking public transit when necessary.

Fri	Jan 10-Mar 14	
537059	5:30pm-9:30pm	\$100/10 sess

### Games Room

10-17yrs

Games room is just for youth on FRIDAYS! You will have access to the internet with our computers, you can play pool, foosball, ping-pong, and more. Onecard scan in will be required with the Youth Worker in the Computer Lab and wristbands must be worn in the centre.

If you have any questions about the program, please email:

[starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Fri	Jan 10-Mar 28	
537074	3:00pm-9:30pm	Free with OneCard

## Cooking

### The Pressure Drop

11-16yrs

Marni McMullen

Designed for youth, this hands-on cooking class lets you explore the exciting world of pressure cooking while whipping up a meal to take home. While your meal cooks, enjoy a snack with your friends. By the end of the session, you'll not only have a flavorful meal ready to go but also newfound culinary skills and confidence. Bring your appetite and creativity—let's get cooking! For more information and to register, please contact Starla Bayley: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Wed	Jan 8, Feb 12, Mar 12	
538710	3:30pm-5:30pm	Free

## Sports

### Pre-Teen Open Gym

9-12yrs

This time is specifically for pre-teens. Grade 4, 5, 6 and 7's. You can use the gym to play volleyball or basketball or you can even organize your own game of tag or dodgeball. You will need to check in with a Onecard scanner at the Youth Workers Desk in the Computer Lab and receive a wristband before heading into the gym.

Fri	Jan 17-Mar 28	
537064	4:05pm-5:05pm	Free with OneCard

### Open Gym

Will Choi

11-18yrs

Come hang out in our gym after school. You will need to scan your Onecard and receive a wristband to gain entry into the gym. Please contact Starla Bayley for more information at: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Fri	Jan 17-Mar 28	
537068	5:05pm-9:45pm	Free with OneCard

## Leadership Day Camp / Camp

### My First Job - Workplace Preparation

10-14yrs

Starla Bayley

Camp is held at Slocan Park Fieldhouse  
2750 E. 29th Ave (near Slocan St)

This intensive week will help to prepare those that are looking for their first job or those that are just starting to build their working career. Learn about your rights under the Employment Standards Act and Worksafe BC. Work on your interview skills and have hands on practice. Gain access to valuable training for your foodsafe and first aid certificates. Some days may be longer than posted - as some training requires 8 hours vs. the 6 hours posted. A working email address will be required and some work from home will need to be completed prior to camp starting. If you would like more information please email the Community Youth Worker at [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Support for this program has been provided by the:  
Building Safer Communities Grant

Mon-Fri	Mar 17-21	
537077	9:00am-3:00pm	\$50/5 day week

### Leadership Camp at Slocan Hall

10-14yrs

Starla Bayley

Camp is held at Slocan Park Fieldhouse  
2750 E. 29th Ave (near Slocan St)

This is a great mix of fun out-trips and onsite leadership learning. Learn about communicating effectively, goal setting and looking after your mental wellness, while also getting to go on daily out-trips for swimming, movies and more.

Mon-Fri	Mar 24-28	
537081	9:00am-3:00pm	\$140/5 day week

## Education

### Home Alone Training

10-13yrs

Starla Bayley

The Home Alone Program is designed to provide children 10 years of age and older with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. It will help them understand how to prevent problems, handle real-life situations, and keep them safe and constructively occupied.

Sat	Feb 1	
540592	10:00am-2:00pm	\$35/person

### Red Cross Babysitting Training

11+yrs

First Aid Hero

So you want to be a babysitter, or your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Exploring the Business of Babysitting; Creating Safe Environments; Safely Caring for ages 0-12; First Aid Skills. Please bring a bag lunch (no nuts please), yoga mat, medium sized doll or stuffed animal, plenty of water and snacks.

Sun	Mar 30	
538795	9:15am-4:45pm	\$75/person

# Games Area and Table Tennis



## Equipment Rental Fee

All Ages

Valid for:

- Use of Games Room Equipment: Billiards, Foosball, (table tennis excluded)
- Sports equipment for Renfrew Programs

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2024-Aug 31, 2025

## Games Area

6+yrs

Come and play Air Hockey, Foosball or Billiards. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please see centre office for detailed drop-in times. An annual community centre Equipment Rental Pass required for all participants who wish to use the games area. Please bring your "Equipment Rental Fee" pass with you. *No session on Stat Holidays*

Mon-Thu	3:30pm-9:55pm	Jan 6-Mar 28
Sat	12:00pm-4:55pm	Jan 4-Mar 29
Sun	12:00pm-4:55pm	Jan 5-Mar 30

## Private Table Tennis Bookings

All Ages

All bookings are to be made on the SAME DAY, on a first come first served basis, in person or by phone (604 257-8388, ext 1) after **10:30am**. One 30 minute booking per pass with a maximum of 4 persons each booking. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase. Please note equipment is not supplied. *No session on Stat Holidays*.

Mon-Thu	Jan 6-Mar 27	
539718	Room 108 6:00pm-9:30pm	\$9.52/month pass
	Room 010 7:15pm-9:45pm	\$3.81/30 minutes drop-in

## Table Tennis for Seniors

55+yrs

Kathy Jang

Come and play Table Tennis. We will have a maximum of 10 players registered for these morning sessions. This is a non-instructional program. No drop-ins permitted. Please bring your "Equipment Rental Pass" with you.

Mon Wed Fri	Jan 6-Mar 28	No session Feb 17
539717	9:00am-11:45am	Free with Equipment Rental Pass

**...Renfrew has rooms available for rent!**

email [renfrew.rentals@vancouver.ca](mailto:renfrew.rentals@vancouver.ca) for more information



Room 110, 2640sq ft, starting at \$45.45/hr



Gymnasium, 6000sq ft, starting at \$50.50/hr

## Dance

### Belly Dance for Beginners

19+yrs

Adalat Dance Company

This low-impact introductory course promises to be fun while developing coordination, rhythm and muscle tone with percussive and fluid movements set to ethnic music. This class is suited for everybody and every body type. Comfortable clothes or workout wear recommended. The dance movements in this workshop will involve the following: arms moving in a circular and wavy motion. Hips moving in a circular motion and there will be limited back and forth leg and feet movement.

Mon 536639	Feb 3-Mar 31 4:00pm-5:00pm	No session Feb 17 Adult - \$80/8 sess Senior - \$64/8 sess \$12+tax/adult , \$9.75+tax/senior drop-in, if space
---------------	-------------------------------	--

### Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

Line Dancing is a great way to exercise your body and mind while meeting new friends. This program is for intermediate level dancers. Class instruction is in Cantonese.

Sun 539686	Jan 5-Feb 9 10:00am-12:00pm	\$12/6 sess \$2.38+tax/drop-in, if space
---------------	--------------------------------	---

### Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

This group dances to a variety of songs. Come join us for this fun filled program, while having a good workout and meeting new people! Program is taught in Cantonese. English translation may be available.

Mon 539674	Jan 6-Mar 24 11:00am-12:30pm	No session Feb 17 \$16.50/11 sess \$1.90+tax/drop-in, if space
---------------	---------------------------------	--

### Line Dance Fitness

55+yrs

Linda Dee

Come join us for this fun filled, physical, mental and emotional wellness exercise. Dance your way to a healthy lifestyle. Program is taught in English.

Thu 539675	Jan 9-Mar 27 1:30pm-3:00pm	\$18/12 sess \$2.38+tax/drop-in, if space
---------------	-------------------------------	--

### Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

This group dances to primarily Chinese music. Class is taught in Chinese.

Wed 540780	Jan 8-Mar 26 12:30pm-2:30pm	No session Feb 5, Mar 5 \$20/10 sess \$2.38+tax/drop-in, if space
---------------	--------------------------------	---

### Chinese Classical Dance

55+yrs

Vue Joan Ng

Rooted strongly in Chinese culture and history, Chinese classical dances are popular dances in China and around the world. The dances include many forms with beautiful music and graceful movements. It is a great way to enjoy music, exercise your body and learn Chinese culture in a group. Some dance experience required.

Wed 539673	Jan 8-Mar 19 12:45pm-2:45pm	\$22/11 sess
---------------	--------------------------------	--------------

### Ballroom Dance Social

55+yrs

Siu Lau (Sue Chee) Chong

Have fun, meet new friends and dance. This is a non instructional program. Singles welcome.

Mon 538586	Jan 6-Mar 10 12:45pm-2:45pm	No session Feb 17 \$11.16/9 sess \$1.90+tax/drop-in, if space
---------------	--------------------------------	---

Thu 538585	Jan 9-Mar 13 11:15am-1:15pm	12.40/10 sess \$1.90+tax/drop-in, if space
---------------	--------------------------------	---



### Ballroom Dance - Beginner Lessons

55+yrs

Dennis Lam

Learn the basic step, the proper posture, movement and control to dance Waltz elegantly, Slow foxtrot leisurely and Rumba sensually. Singles welcome.

Mon 538589	Jan 6-Mar 10 2:45pm-3:45pm	No session Feb 17 \$45/9 sess \$6+tax/drop-in, if space
---------------	-------------------------------	---

### Sequence Dance

19+yrs

May A. M. Wong

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously, so the dancers follow each other around the dance floor and everyone starts and stops at the same time. Dance to various dance beats like the Cha Cha, Rumba, Tango, Jive, etc.,. Come join this class for fun and fitness. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu 539774	Jan 9-Mar 27 9:15am-11:00am	\$21/12 sess \$2.14+tax/drop-in, if space
---------------	--------------------------------	--

### Line Dance ABC

19+yrs

Lisa (Baby) Blair

Have fun dancing to the beats of Latin, Disco and Country music while having a good workout. Lessons taught in English, Mandarin and Cantonese.

Tue 540781	Jan 7-Mar 25 1:30pm-3:30pm	\$24/12 sess \$2.38+tax/drop-in, if space
---------------	-------------------------------	--



## Dance

### Hula Dance For Health

55+yrs

Marji Wallace

Taught by an experienced instructor. The exercises and gentle moves of the Hula Dance can improve strength, flexibility, balance and coordination, even when seated. Exercise both the mind and the body!

Thu	Jan 16-Mar 13	
540692	10:30am-11:30am	\$18/9 sess



### Afrobeats, Latin, Bachata, Reggaeton, Urban Dance

Illuma Studio

19+yrs

Come experience a variety of exciting dance styles including Afrobeats, Latin, Bachata, Reggaeton, Urban Dance (Locking, Popping, House, Lite Feet, Hip Hop) and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Meet friends, have fun, and rise to a new challenge! No previous experience required. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and come enjoy an energetic workout! Class curriculum will be different between same-subject sessions; we welcome repeat students at our classes! Follow us on FB/IG @illumastudio.

Fri	Jan 10-Mar 14	
537734	7:45pm-9:00pm	\$200/10 sess

## ...Seniors Luncheons

see page 7, 8

### Community Lunch Program

All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8390 to confirm).

**Registration for Community Lunch Program open on the first Friday of the month for up to and including the following month.**

Fri	Jan 10-Mar 28	
19+yrs: \$7.62+tax		
0-18yrs: \$6.19+tax		12:00pm-1:00pm

538591	Jan 10	538597	Feb 21
538592	Jan 17	538598	Feb 28
538593	Jan 24	538599	Mar 7
538594	Jan 31	538600	Mar 14
538595	Feb 7	538601	Mar 21
538596	Feb 14	538602	Mar 28

**Note:** Community Lunch Program fees are non-refundable and non-transferrable

## Cooking and Baking

### Cooking Around the World in 60 minutes

19+yrs

TBA Instructor

Create quick dishes from different cuisines in the pressure cooker, like Indian dal, Italian risotto, and Mexican tacos.

Tue	Feb 11-25	
538713	1:00pm-3:00pm	\$28.50/3 sess

### Soups and Stews

19+yrs

Andy Woolverton

Celebrate global cuisine through steaming pots of comfort that will warm your heart.

Tue	Jan 14-28	
538711	1:00pm-3:00pm	\$28.50/3 sess

## Community Kitchens

### Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safe space at Renfrew Park's Community Kitchen for 2SLGBTQIA+ adults! For more information please contact Marni McMullen:

[marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) or (604) 257-8389.

Wed	Jan 22	
538704	12:30pm-2:30pm	Free
Wed	Feb 26	
538705	12:30pm-2:30pm	Free
Wed	Mar 26	
538706	5:30pm-7:30pm	Free

### Community Kitchen for Newcomers to Canada

All Ages

Are you new to Canada, or new to the neighbourhood, and looking for a way to build connections? Come together and cook with other folks where you will have a chance to learn new skills as well as share your own recipes and ideas. Please note: Priority given to those in the Leisure Access Program. For people without a Leisure Access Pass, please email [marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) no more than one month ahead of time. Leftover spots will be given out one week in advance.

For more information or to register please contact Marni McMullen:

[marni.mcmullen@vancouver.ca](mailto:marni.mcmullen@vancouver.ca) or (604) 257-8389

Wed	Jan 15	
538707	5:00pm-8:00pm	Free
Wed	Feb 19	
538708	5:00pm-8:00pm	Free
Wed	Mar 19	
538709	5:00pm-8:00pm	Free



## Yoga and Pilates

### Hatha Yoga

*Hisae McMichael*

For people who have moderate experience doing Yoga and are looking to build on previous class work. We work on moderate to intermediate poses to relieve you from muscle pain and stiffness, to improve circulation and overall better health. Many students find they sleep better at night and have increased energy levels during the day. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Sat 540904	Jan 11-Feb 15 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 540905	Feb 22-Mar 29 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess

### Seniors Yoga for Flexibility and Strength

*Bill Mercer*

The class is designed specifically for seniors seeking improved mobility, balance, and muscle tone. Our gentle yoga routines focus on enhancing flexibility and building strength at a comfortable pace. Perfect for all fitness levels, this class promotes relaxation while supporting your health and vitality.

55+yrs

Mon 539642	Jan 6-Feb 10 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Mon 539643	Feb 24-Mar 24 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 539644	Jan 9-Feb 13 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 539645	Feb 20-Mar 27 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space



### Vinyasa Yoga

*Kate Nguyen*

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. It will help to improve your flexibility and the feeling inside your body. We will practice the Vinyasa style in a one hour class, which will include warm-up poses; Sun Salutation; standing poses; balancing poses; back bend/forward bend poses/hip opening; Inversion/Core; Cool down; Savasana.

19+yrs

Sat 539762	Jan 4-Feb 15 3:30pm-4:30pm	\$40.25/7 sess \$6.66+tax/drop-in if space
Sat 539765	Feb 22-Mar 29 3:30pm-4:30pm	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 539760	Jan 5-Feb 16 9:20am-10:20am	\$40.25/7 sess \$6.66+tax/drop-in if space
Sun 539763	Feb 23-Mar 30 9:20am-10:20am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 539761	Jan 5-Feb 16 10:50am-11:50am	\$40.25/7 sess \$6.66+tax/drop-in if space
Sun 539764	Feb 23-Mar 30 10:50am-11:50am	\$34.50/6 sess \$6.66+tax/drop-in if space

### Colour Energy Yoga

*Li Na Chow*

Colour Energy Yoga class consists of breathing, meditation, stretching and lifeline massages. It decreases tiredness and pressure while increasing blood circulation to get rid of toxins in the body. It also relaxes the body, mind and nerves, making your body energetic, healthy and happy. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

19+yrs

Wed 539684	Jan 8-Feb 12 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space
Wed 539685	Feb 19-Mar 26 10:30am-11:30am	\$34.50/6 sess \$7+tax/drop-in if space



## Yoga and Pilates

### Yoga and Breathing Control for Brain Health

55+yrs

*Kiran Rampuri*

This program will focus on enhancing cognitive health through controlled breath work, movement and relaxation techniques. Participants will learn about the connection between yoga poses, breathing exercises, and brain health, supported by scientific research. These sessions include a guided Yoga session with poses that enhance circulation and balance along with mindful practices. Participants will also receive lifestyle tips for maintaining cognitive well-being. The goal is to empower individuals to incorporate these practices into their daily lives to reduce the risk of dementia.



Fri	Jan 17-Mar 14	
539848	10:30am-11:45am	\$90/9 sess \$12+tax/drop-in if space.

### Pilates

19+yrs

*Tracey Clark*

This class begins with breath and stillness, to calm and balance the nervous system, softening the outer body in order to sense the inner body, our fluid center or core. We then progress into the structure of Pilates to train and strengthen the core, so that we move more fluidly from our center, helping to organize our mind body experience so that we move with less effort in our lives.

Mon	Jan 6-Feb 10	
540838	7:15pm-8:15pm	\$72/6 sess \$14.29+tax/drop-in if space.
Mon	Mar 5-31	
540839	7:15pm-8:15pm	\$60/5 sess \$14.29+tax/drop-in if space.

## Aerobics

### Hi-Lo Aerobics

19+yrs

*Sharon Chan*

Participants are encouraged to work at their own pace. Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work, and stretch and relaxation.

Tue	9:05am-10:00am	
		\$6/Adult, \$3.75/Senior for drop-in, if space
540795	Jan 14-28	Adult - \$15/3 sess Senior - \$9.75/3 sess
540796	Feb 4-25	Adult - \$20/4 sess Senior - \$13/4 sess
540797	Mar 4-18	Adult - \$15/3 sess Senior - \$9.75/3 sess

### Total Body Conditioning Aerobics

19+yrs

*Denisse Hernandez*

Participants are encouraged to work at their own pace. "Total Body Conditioning" is a total body workout integrating both strength and cardio. This class mixes plyometrics, circuit training, weights bands, steps and much more.

Thu	6:45pm-7:40pm	
		\$6/Adult, \$3.75/Senior for drop-in, if space
539670	Jan 9-30	Adult - \$20/4 sess Senior - \$13/4 sess
539671	Feb 6-27	Adult - \$20/4 sess Senior - \$13/4 sess
539672	Mar 6-13	Adult - \$10/2 sess Senior - \$6.50/2 sess

### Total Fitness Aerobics

40+yrs

*Sharon Chan*

Participants are encouraged to work at their own pace. Total Fitness is a mild to moderate class for people starting fitness activities and seniors. It has warm-up, aerobic, cool down, stretch and strength components.

Fri	9:05am-10:00am	
		\$6/Adult, \$3.75/Senior for drop-in, if space
540798	Jan 17-31	Adult - \$15/3 sess Senior - \$9.75/3 sess
540799	Feb 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
540800	Mar 7-21	Adult - \$15/3 sess Senior - \$9.75/3 sess

Please see **page 8** regarding important information on 10 strip tickets purchased prior to 2020.

...Japanese Taiko Drumming  
see **page 26**



# Adult and Senior

prices do not include tax

## Zumba

### Zumba

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Zumba is a fusion of Latin and International music--dance themes creating a dynamic, effective fitness system! It features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. The easy-to-follow steps are designed for any fitness level.

Day	Time	Price
Mon	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
540375	Jan 13-27	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540376	Feb 3-24	No session Feb 17 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540377	Mar 3-31	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
540369	Jan 15-29	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540370	Feb 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
540371	Mar 5-19	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
540372	Jan 15-29	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540373	Feb 5-26	Adult - \$23/4 sess Senior - \$15/4 sess
540374	Mar 5-26	Adult - \$23/4 sess Senior - \$15/4 sess

### Zumba Toning

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Lightweight maraca-like Toning Sticks (or light weights) enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Day	Time	Price
Mon	6:00pm-6:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
540378	Jan 13-27	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540379	Feb 3-24	No session Feb 17 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
540380	Mar 3-31	Adult - \$28.75/5 sess Senior - \$18.75/5 sess

## Fitness, Health and Wellness

### Osteofit

55+yrs

Berdjis Bahrami

This class focuses on improving strength, posture, balance and agility through the use of functional exercises, agility activities, resistance training and appropriate stretches.

Day	Time	Price
Tue	Jan 7-Feb 11	\$34.50/6 sess \$6.67/drop-in if space
540199	10:00am-10:55am	
Tue	Feb 18-Mar 25	\$34.50/6 sess \$6.67/drop-in if space
540200	10:00am-10:55am	

### Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese. Based on a variety of influences such as Tai Chi, Taekwondo focusing on stretching and mobility. Immerse yourself in the grace movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Day	Time	Price
Wed	Jan 8-Mar 19	No session Jan 22, Feb 5, 22, Mar 5 \$14/7 sess \$2.38+tax/drop-in if space
540136	9:30am-11:00am	

### Foot Care Clinic

55+yrs

Nancy KF Lee

**Note:** Registration must be done one day prior to appointment date

Have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Please bring a large towel and request a tax deductible receipt from the foot care nurse.

Day	Time	Price
Sat	Jan 11	\$47/30 min sess
539646	12:00pm-12:30pm	539650 2:00pm-2:30pm
539647	12:30pm-1:00pm	539651 2:30pm-3:00pm
539648	1:00pm-1:30pm	539652 3:00pm-3:30pm
539649	1:30pm-2:00pm	539653 3:30pm-4:00pm
Sat	Feb 15	\$47/30 min sess
539654	12:00pm-12:30pm	539658 2:00pm-2:30pm
539655	12:30pm-1:00pm	539659 2:30pm-3:00pm
539656	1:00pm-1:30pm	539660 3:00pm-3:30pm
539657	1:30pm-2:00pm	539661 3:30pm-4:00pm
Sat	Mar 15	\$47/30 min sess
539662	12:00pm-12:30pm	539666 2:00pm-2:30pm
539663	12:30pm-1:00pm	539667 2:30pm-3:00pm
539664	1:00pm-1:30pm	539668 3:00pm-3:30pm
539665	1:30pm-2:00pm	539669 3:30pm-4:00pm

## Martial Arts

### Tai Chi and Health Qigong

19+yrs

*Lai Chun Cheung*

For more than two thousand years, The Arts of Health Qigong and Tai Chi have enhanced the health of many people. It is now clinically proven that internal organs, exterior muscle joints and mental focus can be significantly strengthened through practice of these arts. Suitable for people of all ages. The instructor, Sifu Lisa Low, is officially recognized as a Master Instructor by the International Health Qigong Federation, an organization that is comprised of thousands of members from 54 countries.

Mon	Jan 13-Mar 24	No session Feb 17
540013	9:05am-10:05am	\$70/10 sess
		\$7+tax/drop-in if space

### Tai Chi Chuan Beginner

19+yrs

*Arsenio Chua*

Explore Tai Chi Chuan in our beginner program, emphasizing fundamental hand and foot techniques for improved balance, flexibility and inner calm.

Wed	Jan 22-Mar 26	No session Feb 19, Mar 19
540302	7:30pm-9:00pm	\$80/8 sess
		\$12+tax/drop-in if space

### Tai Chi Health and Exercise Group

55+yrs

*Eddie K.K. Tang, Benny Lai*

This program will be led in Cantonese and English. This time is dedicated for practice only, no instruction is provided. Program times: 7:45am-9:00am (Tue/Fri), 7:30am-9:00am (Mon/Wed/Thu).

Mon-Fri	Jan 6-Mar 28	No session Feb 17
540283	7:30am-9:00am	\$23.60/59 sess

### Karate - Adult

19+yrs

*Alan Chan Karate BC*

We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. You will be learning all aspects of traditional Karate: Kihon (basic techniques), Kata (forms) and Kumite (sparring). We also focus on the application of techniques in real life self-defense situations. Additional fees are required for Uniform/Equipment and Karate BC Membership.

Tue Thu	Jan 7-Mar 13	
540937	7:30pm-9:00pm	\$180/20 sess



## Art

### Chinese Calligraphy - All Levels

55+yrs

*Guoxin Lin*

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Students are encouraged to experience the rhythm and sense of design in Chinese writing, thereby bringing an aesthetic dimension to their understanding of the Chinese language. Program is taught in Cantonese and Mandarin. English translation will be available.

Mon	Jan 6-Mar 10	No session Jan 27, Feb 3, 17,
538912	10:30am-12:30pm	\$52.50/7 sess
Wed	Jan 8-Mar 12	No session Jan 29, Feb 5
538910	10:30am-12:30pm	\$60/8 sess
Fri	Jan 10-Mar 14	No session Jan 31, Feb 7
538911	10:30am-12:30pm	\$60/8 sess

### Renfrew Art Group

19+yrs

*Yoko Tomita*

Learn acrylic painting at your own pace. Together we will discover your artistic style in a fun, supportive and non-judgmental environment. Release your hidden passion for painting in this inclusive group.

Wed	Jan 15-Mar 5	\$48/8 sess
540649	10:00am-12:00pm	\$7.25+tax/drop-in if space





## Computers and Technology

### Introduction to Mobile Technology

55+yrs

Mary Leung

Get an overview of the fundamentals behind different operating systems and software and their operation. Such as system settings, Home Screen, wallpaper, language, keyboard and system storage, etc. Participants may borrow an android tablet to learn with.

#### Classes taught in Cantonese/Mandarin

Sat	Jan 15	
540939	9:30am-11:00am	\$5/person

#### Classes taught in English

Sat	Jan 18	
540940	11:15am-12:45pm	\$5/person

### Introduction to Maps

55+yrs

Mary Leung

Bring your own device (mobile devices, tablets or PCs) to learn about Map Apps for Apple or Android Devices.

#### For Apple Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Jan 25-Feb 1	
540941	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Jan 25-Feb 1	
540942	11:15am-12:45pm	\$10/2 sess

#### For Android Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Feb 15-22	
540943	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Feb 15-22	
540944	11:15am-12:45pm	\$10/2 sess

## Social

### Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Jan 7-Mar 25	Pre-registration required
540266	11:00am-12:00pm	Free with OneCard

### Book Club

55+yrs

Jennifer Radford

This Book Club is a well established group that enjoys meeting monthly to have lively discussions. We jointly choose from book sets offered by Vancouver Public Library and try to cover a diverse selection of genres.

Tue	Sep-Jun	2nd Tuesday of the month
525509	12:00pm-1:30pm	Free, Pre-registration is required

### Chinese Social Group in Cantonese

55+yrs

Albert Lee

Join us for talks, workshops, parties and other interesting activities. Mandarin speaking seniors are welcome. Non refundable annual fee.

Fri	Sep 6-Aug 29	No session Dec 27
523333	2:00pm-3:30pm	\$7.62/Yearly

## Music and Singing

### Karaoke

55+yrs

Sing and have fun! If you have some Karaoke music please bring it along.

<b>In Chinese:</b>		<i>Siu Lau (Sue Chee) Chong</i>
Fri	Jan 10-Mar 14	
538587	12:15pm-2:45pm	\$5/10 sess

<b>In English:</b>		<i>Dawn Chaplin</i>
Mon	Jan 6-Mar 10	No session Feb 17
538588	1:00pm-3:30pm	\$4.50/9 sess

### Japanese Taiko Drumming - Miyake Style

19+yrs

**NEW!** Noriko Kobayashi

Learn traditional Japanese drumming (Taiko) on real Japanese drums! Get a full body workout in the low stance of Miyake traditional drumming. Beginners are welcome. Drumsticks and drums are provided.

Mon	Jan 13-Mar 24	No session Feb 17
539842	7:30pm-8:30pm	\$200/10 sess

...Singing Lessons  
see page 16



## Workshops

Pre-registration required for free workshops

### Intro to Yoga and Breathing Control for Brain Health 55+yrs

*Kiran Rampuri*

This session will briefly introduce you to how Yoga and Control Breathing can help with Brain Health. Why breathing correctly is important for your health and what is correct breathing? When is the right time to do deep-breathing? How our brain and breathing are connected. What are the Yoga poses that can improve Brain Health?

Fri	Jan 10	
539847	10:30am-11:45am	\$5/person

### Residential Tenancy and the Older Adult 55+yrs

*Seniors First BC*

Join a knowledgeable speaker from Seniors First BC and learn what you need to know about the BC Tenancy Act, as an older adult. Let refreshment served.

Fri	Jan 24	
535933	10:30am-12:00pm	Free

### Breakfast Speakers Series 55+yrs

Pull up a chair and join us for a delicious Pancake breakfast with lots of toppings and of course, tea and coffee. Afterwards, sit back and listen to a knowledgeable speaker on interesting topics.

<b>Dementia Friendly Communities</b>		
Wed	Jan 22	
538187	9:00am-10:45am	\$2.86/person

<b>Emergency Preparedness</b>		
Wed	Feb 26	
536787	9:00am-10:45am	\$2.86/person

### Introduction to Bhangra Dance 55+yrs

*Vancouver OASIS*

Discover the world of Punjabi culture through art of Bhangra Dance hosted by the Royal Academy of Punjabi. Enjoy complimentary samosas and tea! Wear comfortable clothing, as you will get a chance to try this traditional dance.

Fri	Feb 7	
534389	10:00am-12:00pm	Free

### Learn the Signs of Elder Abuse 55+yrs

Learn about the signs of Elder Abuse from a knowledgeable speaker from Seniors First BC. Light Refreshments Provided

Fri	Mar 7	
536537	10:30am-12:00pm	Free

### Pole-Walking for Arthritis 55+yrs

*Vancouver OASIS*

BACK BY POPULAR DEMAND! Learn about the benefits of using poles while walking and practice the correct technique to support your joints. Borrow our walking poles or bring your own! Please wear comfortable clothes to "move" in, as, this workshop is part information and part exercise-based. This program will be inside and first then move outside. Dress for the weather.

Fri	Mar 14	
534096	10:00am-11:30am	Free

### Life Without Driving 55+yrs

*Seniors First BC*

The difficult decision to no longer drive has a profound impact on many seniors. Join a knowledgeable speaker and learn the warning signs of the need to consider other ways of getting around. How to plan early and consider alternative to driving. Light Refreshments Provided

Fri	Mar 21	
537076	10:00am-12:00pm	Free

### Introduction to Juggling 55+yrs

BACK BY POPULAR DEMAND It's time to learn a new skill! As one ages, it is said, one needs to keep your mind and your body active and engaged. This fun workshop combines both your body and your mind. This will be led by a knowledgeable juggling instructor. This workshop runs for two days. First day is to teach you how to juggle and second day is a follow up to see how you are doing. Practice will be needed at home. 3 juggling balls will be provided to take home. These need to be return to the centre. So, they can be used again for another workshop. Light Refreshments Provided

Sat	Mar 22, 29	
534084	10:00am-11:30am	\$10/person



## Sports

### Drop-in Sports Procedures

- Programs are cancelled on stat holidays and for Special Events.
- Minimum of 4 (Badminton, Pickleball, Foamball) and 2 (Basketball) drop-in spaces will be available 30 minutes before the start of the program on a first come, first serve basis.
- Drop-ins must register in person no earlier than 15 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 10 minutes to arrive for their programs. After that time, spots may be sold to drop-in participants.
- All times include setup and take down of equipment.
- Please, no spectators in sports programs. (This ensures the safety of instructors and participants)
- Some equipment may be available for borrow. Equipment Rental Pass is required

### Badminton

19+yrs

Enjoy recreational badminton.

Mon 540396	Jan 13-Mar 17 1:00pm-2:55pm	No session Feb 17 Adult - \$44/11 sess Senior - \$33/11 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Tue 540397	Jan 14-Mar 25 8:00pm-9:55pm	Adult - \$44/11 sess Senior - \$33/11 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space
Wed 540398	Jan 15-Mar 26 1:00pm-2:55pm	Adult - \$44/11 sess Senior - \$33/11 sess \$4.75/Adult, \$3.50/Senior +tax/drop-in if space

### Pickleball

19+yrs

This popular racquet sport combines many elements of Tennis, Badminton and Ping Pong. Played with a paddle and a plastic ball with holes on a badminton-sized court.

<b>19+yrs</b>		
Mon 540405	Jan 13-Mar 31 8:00pm-9:55pm	No session Feb 17 Adult - \$44/11 sess Senior - \$33/11 sess \$4.29/Adult, \$3.50/Senior +tax/drop-in, if space
<b>55+yrs</b>		
Tue 540406	Jan 14-Mar 25 1:00pm-2:55pm	\$33/11 sess \$3.50+tax/drop-in if space
Thu 540407	Jan 16-Mar 20 10:45am-12:40pm	\$30/10 sess \$3.50+tax/drop-in if space
Thu 540408	Jan 16-Mar 27 1:00pm-2:55pm	\$33/11 sess \$3.50+tax/drop-in if space

### Additional Badminton Court Rentals

Tuesday December 31st - 10:00am-2:00pm  
Saturday March 29th - 10:00am-4:00pm

### Basketball

19+yrs

Enjoy recreational basketball.

Sun 540410	Jan 12-Mar 30 3:00pm-4:55pm	\$48/12 sess \$4.75+tax/drop-in if space
Wed 540409	Jan 15-Mar 26 8:00pm-9:55pm	\$44/11 sess \$4.75+tax/drop-in if space

### Foamball Tennis

55+yrs

A fun, indoor game based on tennis. A good workout with minimal joint strain.

Fri 540412	Jan 17-Mar 28 1:00pm-2:55pm	\$16.50/11 sess \$1.71+tax/drop-in if space
Tue 540411	Jan 14-Mar 18 10:45am-12:40pm	\$15/10 sess \$1.71+tax/drop-in if space

### Carpet Bowling Club

55+yrs

Come learn and enjoy a game of Carpet Bowling. A game in which wooden balls are pitched toward a white ball (the jack). Tea is served.

Tue 524299	Sep 3-Aug 26 11:00am-1:00pm	\$5.71/year
---------------	--------------------------------	-------------

### Badminton Court Rentals

All Ages

- Each court rental is for 55 minutes
- At least 1 adult must be present at each booking
- Booking court for instructional purposes is not permitted
- Please be respectful to players before and after your booking
- Maximum 8 people/court
- Partial refund given for cancellations with more than two business days notice at the RPCC office
- No refunds with less than two business days notice at the RPCC office
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Jan 9-Mar 27 \$12.38/court
Sun	12:45pm-2:45pm	Jan 5-Mar 30 \$12.38/court

## Fitness Centre Hours of Operation

January 4 - March 30

6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm
---------------	---------------	---------------	---------------	---------------	---------------	---------------

**Note:** Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.  
See page 30 for special hours of operation

## General Information



When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

## Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
<b>Adult</b> 19-64yrs	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
<b>Senior</b> 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
<b>Youth</b> 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58

## Fitness Centre Orientations

13+yrs

Book up to 3 free sessions with our Fitness Centre Staff! In your first session, learn how to use the equipment, get a personalized program and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your program. Book a third session if you need additional support or motivation. Book in person or over the phone at 604-257-8388 (ext 1). Plan for 1 hour. All participants must complete a PAR-Q+ and Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+ and Consent and Release Form signed by their parent or guardian. Forms can be picked up at the Pool Office. Free with admission!

**Note:** The minimum age to use the Fitness Centre is 13 years old.



## Fitness Centre Equipment

- Treadmills - 4
- Upright Bike - 1
- Cross Trainers - 4
- Stair Climber - 1
- Recumbent Bike - 2
- Keiser Bike - 1
- Incline Bench - 3 (adjustable)
- Flat Bench
- 5lb - 90lb Dumbbells
- Leg Press
- Pec Fly/Rear Deltoid
- Seated Leg Curl
- Assisted Dip Chin
- Dual Adjustable Pulley - 2
- Smith Machine
- Half Rack
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid

## Fitness for Youth

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including; warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises.

**Note:** A completed Par-Q and Consent & Release are required for all sessions and must be signed by a parent or guardian. Maximum of four and Registration is free, but you need to have a valid Flexi-pass, usage card or pay a drop in fee.

### Girls

Fri 537377	Jan 10-31 4:00pm-5:00pm	Admission fee required
Fri 537378	Feb 7-28 4:00pm-5:00pm	Admission fee required
Fri 537379	Mar 7-28 4:00pm-5:00pm	Admission fee required

### Boys

Wed 537374	Jan 8-29 4:00pm-5:00pm	Admission fee required
Wed 537375	Feb 5-26 4:00pm-5:00pm	Admission fee required
Wed 537376	Mar 5-26 4:00pm-5:00pm	Admission fee required



# Swimming Pool

## Pool and Fitness Hours of Operation

Pool and Fitness admissions are available until 15 minutes prior to the Pool and Fitness Centre closing.

Swimming Pool	January 2 - March 16
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

Fitness Centre	January 2 - March 16
Monday-Friday.....	6:30am-9:30pm
Saturday-Sunday.....	9:00am-5:00pm

## Pool and Fitness Holiday and Special Hours

Please see cashiers for operational hours and lane set up during Winter Interim

Monday February 17 ..... 1:00pm-5:00pm

**Note:** Hours are subject to change

## OneCard

OneCard is a single card that provides everyone with universal access to pools, rinks and fitness centres across the Park Board network of community centres and other recreational facilities. OneCard can be loaded with any of the Park Board's Flexipass options and 10 visit passes, and also includes the built-in 50 percent subsidy, for those who qualify, as a part of the Park Board's Leisure Access program for those with financial barriers.

## Leisure Access Policy

The Leisure Access Policy ensures residents of Vancouver access to Park Board sponsored programs and services regardless of ones ability to pay. For information contact your nearest Community Centre office.

## Flexipass Information

Get unlimited admission to public sessions at Park Board fitness centres, indoor and outdoor pools and ice rinks with a monthly Flexipass.



## Swimming Lesson Registration

**Note:** Swimming Lesson Registration begins on **Tuesday, December 17 @ 7:00pm**

These guidelines try to provide equal opportunities for participation in our swim lesson programs.

- Please bring your current Lifesaving Society Swim for Life progress card or progress memo when registering
- If you are unsure of what level to register in, please come to a Public Swim session and ask at the Pool Front Desk to have a "Free" assessment prior to registering
- Class programming is based on demand, time constraints and pool space
- All program fees must be paid at the time of registration. In-person payment methods include: Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable

### Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

- Go to [vanrec.ca](http://vanrec.ca) to update or create your account.

Do you currently have an online account and have forgotten your password? To reset your password:

- Click "Sign In", select "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.

Never registered online before?

- Click "Sign In" or "Create an Account" to set up your profile and password prior to registration start time.

**Note:** Call to enquire if there is space available or if more classes have been added.

Classes are subject to cancellation if not enough enrollment.

## Swimming Lesson Refund Policy

Full refund will be given if cancellation notice is received five or more days before the start of the program. If cancellation notice is received one to four days before the start of the program, participant can either transfer to a future lesson set, if available, or refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first program date (class/lesson), and five or more days before the second program date (class/lesson), refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second program date (class/lesson), refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second scheduled date of the program.

Fees for one or two-day programs (private lessons) are non-refundable.



## Winter 2025 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday December 17 at 7:00pm**

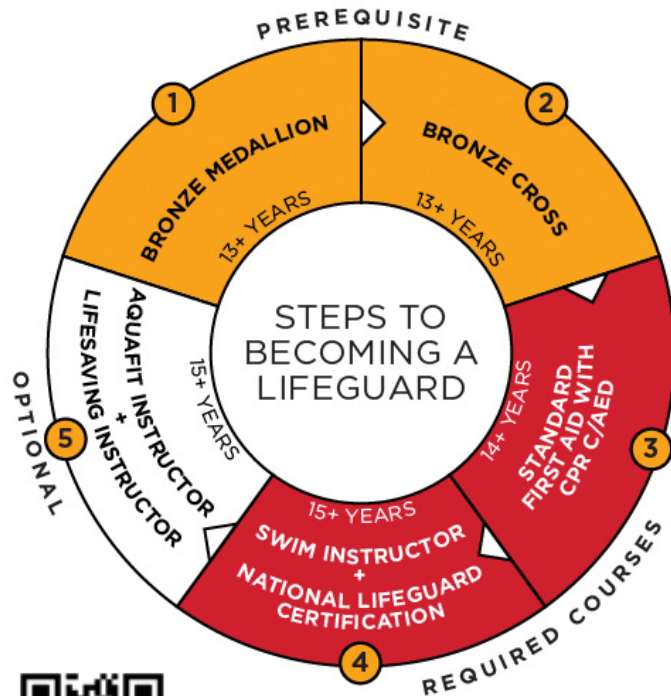
	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Jan 6-Feb 5 10 lessons	Jan 9-Feb 8 10 lessons	Jan 10-Mar 14 10 lessons	Jan 11-Mar 15 9 lessons No lesson Feb 15	Jan 12-Mar 16 9 lessons No lesson Feb 16
<b>Set 2</b>	Feb 10-Mar 12 9 lessons No lesson Feb 17	Feb 11-Mar 13 10 lessons			

### Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 3 (30 mins)	Swimmer 4-6 (45 mins)	Swimmer 7-9 (60 mins)	Adults (45 mins)
9	\$69.03	\$59.58	\$74.52	\$119.16	\$121.86
10	\$76.70	\$66.20	\$82.10	\$132.40	\$135.40

**Note:** All Lesson set fees ( - private/semi-private) include \$4.30 badge fee

## Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard

## Private Lessons

All Ages

Private and Semi-Private Registration are now available online

Open to all ages and abilities. All lessons are 30 minutes. Pre-registration is required. Private lessons are for 1 person. Semi-private lessons are for 2 people minimum with similar swimming abilities. A third participant can be added upon request for additional fees. Please contact the Aquatic Programmer for more information - 604-257-8388 ext 1.

<b>Under 14yrs</b>	First person	\$37.90/lesson
	Semi-private add on	\$15.16/lesson
<b>14yrs and older</b>	First person	\$37.90+GST/lesson
	Semi-private add on	\$15.16+GST/lesson



## Speciality Aquatics Courses

All Ages

Due to staffing challenges, Stroke Improvement, Junior Lifeguard Club, and Bronze courses will be put on hold during this time.

For inquiries about our Adapted lessons, please contact [AdaptedAquatics@vancouver.ca](mailto:AdaptedAquatics@vancouver.ca)

Please visit [vancouver.ca](http://vancouver.ca) and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information

# Swimming Pool Schedule

January 6 - March 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths (slow, med & fast lane) 6:30am-7:30am					Please Note: Pool schedule is subject to change	
Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-9:25am	Group Lessons (Lengths Available) 7:30am-11:50am	Group Lessons (Lengths Available) 7:30am-11:50am		
Aquafit (Shallow/Mod) 9:30am-10:30am		Aquafit (Shallow/Mod) 9:30am-10:30am			Aquafit (Shallow/Mod) 9:15am-10:15am	Lengths (slow, med & fast lane) 9:00am-10:15am
Group Lessons (Lengths Available) 10:30am-11:50am		Group Lessons (Lengths Available) 10:30am-11:50am			Group Lessons (Whirlpool & Sauna only) 10:20am-2:30pm	
Lengths (slow, med & fast lane) 12:00pm-1:30pm					Public Swim (minimum 1 lane for lengths) 2:30pm-5:00pm	
Public Swim (minimum 1 lane for lengths) 1:30pm-3:30pm						
Group Lessons and Swim Clubs (Lengths Available) 3:30pm-7:30pm						
Public Swim (minimum 1 lane for lengths) 7:30pm-9:30pm						
<p><b>Note: 1 lane available during all schedule blocks unless indicated otherwise</b></p> <p>Wristbands are required for lesson swimmers using pool facility before or after lessons during the following times: Mon-Fri 3pm-7pm, Sat-Sun 10am-2pm</p>						

Session Descriptions	
<b>Public Swim</b>	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
<b>Lengths</b>	Continuous lengths swim for all ages. Lanes are designated for specific speeds.
<b>Group Lessons (Lengths Available)</b>	Session typically comprises of School Board or internal lesson programs and can include external rental groups during these times. Minimum 1 lane available for length swimming.
<b>Group Lessons (Whirlpool &amp; Sauna only)</b>	Internal lesson programs only during this time. <b>No lanes available for the public.</b> Whirlpool and Sauna only.
<b>Aquafit (Shallow/Mod) Registered Program</b>	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. <b>Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.</b>
<p><b>Note:</b> Please bring your own lock. Limited wallet lockers (\$0.25) are available. Locks are available for purchase (\$13 - final sale). Please leave your valuables at home.</p>	

Pool Admission Fees					
all fees subject to change without notice				GST not included	
	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
<b>Adult</b> 19-64yrs	\$7.41	\$66.09	\$59.95	\$161.87	\$517.97
<b>Senior</b> 65+yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
<b>Youth</b> 13-18yrs	\$5.19	\$46.71	\$41.96	\$113.31	\$362.58
<b>Children</b> 5-12yrs	\$3.71	\$35.06	\$29.98	\$80.94	\$258.99
<b>Preschool</b> (0-4yrs)	FREE				
<b>Family</b>	at child rate	Minimum 2 people: \$7.00. \$3.71/additional member. Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
<b>Admission Policy</b>	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				