

# Renfrew Park

## Recreation Guide

Fall 2023

Community Centre

Swimming Pool

Fitness Centre

### Fall 2023 Registration Dates

#### Community Centre

Online/In Person  
Phone In

Sun Aug 13, 9:00am  
Sun Aug 13, 10:00am

#### Swimming Pool

Online/In Person/Phone In

Tue Aug 29, 7:00pm



Annual Pool Maintenance (closure)

August 28 - September 24



[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 August 26-September 24

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

### Centre Office September 25-January 1

Monday-Friday ..... 6:30am-9:30pm  
Saturday-Sunday ..... 9:00am-4:45pm

### Community Centre September 4-January 1

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

### Community Centre Holiday and Special Hours

Monday October 2 ..... Closed  
Monday October 9 ..... Closed  
Monday November 13 ..... Closed  
Saturday December 23 - Monday January 1 ..... Closed

Please see **page 29** 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 ..... Community Recreation Supervisor  
Nick Fong ..... Recreation Programmer  
TBA ..... Pool Programmer  
Starla Bayley ..... Community Youth Worker  
TBA ..... Seniors' Worker  
Thien Nguyen, Jackson Key, Jacky Ly ..... Program Assistant III

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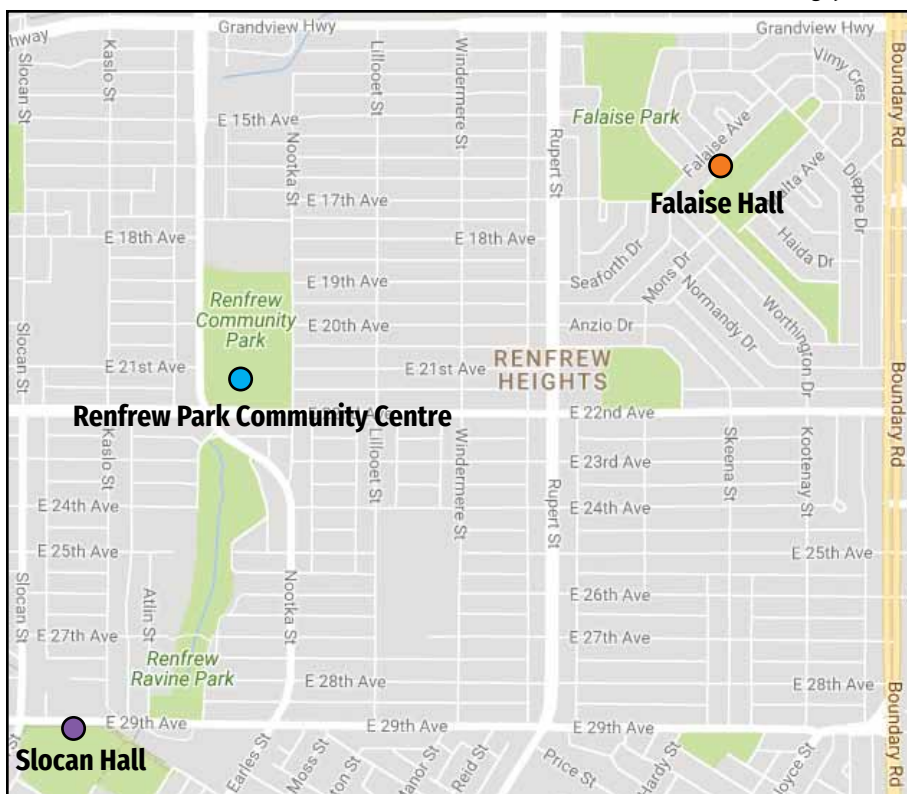
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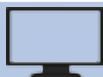


- Renfrew Park Community Centre 2929 East 22nd Avenue
- Falaise Community Hall 3434 Falaise Avenue
- Slocan Community Hall 2750 East 29th Avenue

## 3 Easy Ways to Register...

### Online

Starts **Sunday, August 13 at 9:00am**



Register online at <http://vanrec.ca>

Pay by Visa, MasterCard or American Express.

### In Person

Starts **Sunday, August 13 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, August 13 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.

## 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.



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

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

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

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



## 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 one business day 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, One Day Courses and 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, bus tour, workshop, one day course or weekly program.

### Birthday Party, Room Rental and Licensed Preschool Program

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

## Register Online Today



Create an online account and register for unique and exciting programs across 24 community centres. Your online account allows you to keep track of your schedules, rental agreements, payment receipts and look up your current pass status.

**Skip the line and buy your pass online** All our passes are now available online. Get your 10-usage pass to indoor cycling classes or visit a fitness centre, pool or rink with the click of a button. Monthly Flexipasses are great for getting active and staying active, giving you access to 21 fitness centres, 9 indoor pools, 5 outdoor pools, and 8 ice rinks! [vancouver.ca/passes](http://vancouver.ca/passes)

#### Drop-in activities

If you're looking for something to do last minute or make a long term commitment, we offer a wide range of drop-in activities to fit anyone's schedule. Check out what's available today on our drop-in calendar.

#### Event space

Planning a sporting event, social gathering or wedding? Submit your request for use of community centre rooms, outdoor parks or fields, ice rinks and more!

Follow us on Facebook and Twitter for up to date information on programs and registration.



[recreation.vancouver.ca](http://recreation.vancouver.ca)





# Renfrew Park Community Association (RPCA)

## President's Message

Looking ahead to the fall season, as we have been enjoying our glorious sunny summer along with our amazing summer programs offerings, the team here at Renfrew Community Centre are working hard to ensure a wonderful fall season of program offerings.

The Renfrew Park Community Association is a not-for-profit volunteer organization that jointly operates the Renfrew Community Centre along with the Park Board.

If you're interested in contributing your time, skills, and passion to Renfrew Park Community Association, we encourage you to attend our upcoming AGM in November. We will elect the Board for the 2023-2024 term and are reaching out to all community members who share our vision and dedication to enhancing the well-being of our local Renfrew neighborhood to consider joining our board.

As well, we are proud to announce the dates for our regular events and new ones so save the date in your calendars:

**Renfrew Park Community Association AGM** — Saturday, November 19th

**Childrens Halloween Event** — Saturday, October 28th

**Childrens Breakfast with Santa** — Saturday, December 16th

**Childrens Pro D Day outings** - Fri Oct 20, Fri Nov 24.

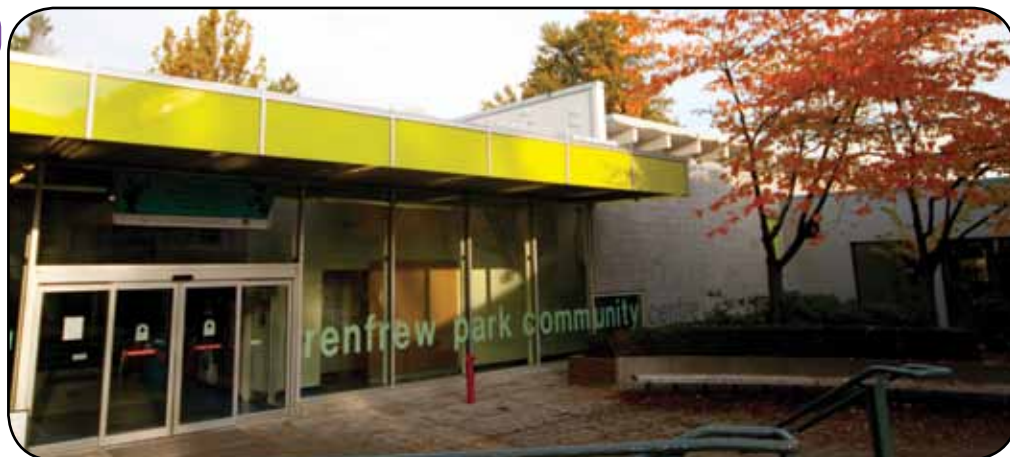
**Flu Clinics** will be hosted again this fall, so stay tuned for more details.

Please check us out on all our social media channels @renfrewparkcc for up to date information.

Sincerely,

**Anthony Mehnert, Renfrew Park Community Association President**

renfrewparkcommunity@gmail.com



## RPCA 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.

## RPCA Board of Directors

### 2022-2023

President .....	Anthony Mehnert
1st Vice President .....	Henry Lee
2nd Vice President .....	Vacant
Treasurer .....	Henry Lee (interim)
Secretary .....	Judy Egerton
Past President .....	Albert Lee
Members at Large .....	Julienne Liang, Fay Lin, Sari Lundberg, 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: [renfrewparkcommunity@gmail.com](mailto:renfrewparkcommunity@gmail.com)

## RPCA Memberships

**September 1, 2023-August 31, 2024**

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, drop-in computer use and sports equipment rental, please register for the Equipment Rental Fee (info p.17).

## RPCA Affiliated Groups

<b>Aikido Club</b>	Wolfgang <a href="http://vancouveraikikai.com">vancouveraikikai.com</a>
<b>Happy Corner Preschool</b> (604) 433-7923	<a href="http://happycorner.ca">happycorner.ca</a>
<b>Judo Club</b> (604) 299-5188	Frank Nakashima
<b>Lions Gate Camera Club</b> (604) 319-1559	Tony <a href="http://lionsgatecc.com">lionsgatecc.com</a>
<b>Renfrew Trojans Football</b>	<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)

## RENFREW PARK COMMUNITY ASSOCIATION IS SEEKING NOMINATIONS FOR ITS BOARD OF DIRECTORS



Join our existing group of dedicated volunteers to help shape the policy, growth, and direction of the RPCA. We are looking for Association members with ties to the Renfrew catchment area.

- Director's terms of office are two year
- Time commitment is 4-10 hours per month depending on your involvement on committees
- Directors should be at least 18 years of age by the date of our AGM, November 18, 2023
- We welcome people from all backgrounds but have a particular need for someone with accounting or a finance background

Exciting opportunity to shape programs at Renfrew Park Community Centre and its community. Get info at the center's office or by emailing [RPCAnominations@gmail.com](mailto:RPCAnominations@gmail.com).

## RENFREW PARK COMMUNITY ASSOCIATION ANNUAL GENERAL MEETING NOVEMBER 18TH



Join us at our AGM to meet our board members, elect new ones, and discover our achievements of the past year and exciting goals for the future. Voting is open to all members aged 16 and over. Don't forget to bring your RPCA membership card. If you don't have one, register for the AGM to receive your membership on the spot. Be part of shaping the future of RPCA!

Sat Nov 18  
473369 12:00pm-2:00pm

## Programs Highlights

### Seniors Luncheons (55+yrs)

#### Thanksgiving Luncheon

Join us for a heartwarming Senior Thanksgiving Luncheon. Grateful for friendship, good food, and cherished moments together. Enjoy a full lunch and entertainment!

##### Menu:

Dijon and herb beef roast, mashed potatoes and gravy, green beans with mushrooms and shallots, Mississippi mud cake.

Wed, Oct 4, 2023 | 12:00pm - 2:00pm

Activity #: 474050 | \$13.33/person

#### Holiday Luncheon

Celebrate this magical time of the year with old friends and new friends. Enjoy a fantastic lunch with some fun entertainment and, of course, the door prizes.

##### Menu:

Roasted Turkey with Cranberry Sauce and Stuffing, Mash Potatoes and Gravy, Mixed Seasonal Vegetables, and Seasonal Dessert and cookies.

Wed, Dec 6, 2023 | 12:00pm - 2:00pm

Activity #: 474051 | \$14.29/person

### 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



**About Still Moon Arts Society**  
Still Moon Arts Society is a non-profit registered charity founded in 2004 whose mission is to inspire vibrant and connected communities through eco-arts and environmental stewardship programming, majorly serving equity-denied communities. Still Moon hosts the Annual Renfrew Ravine Moon Festival, which has engaged over 100,000 people over the last two decades by providing arts-related jobs, youth skills development, support for emerging and underrepresented artists, and opportunities for local businesses. Learn more about Still Moon and the Moon Festival at [www.StillMoonArts.ca](http://www.StillMoonArts.ca)

## Featured Moon Festival Events

**Wetlands BioBlitz: A Moon Festival Eco-Adventure**  
Wetlands are the kidneys of our planet! At this event, expect some exciting announcements and join Still Moon in a BioBlitz to take an inventory of all the organisms in the area using the iNaturalist app on your smartphone.

Sat, September 9	1:00 - 3:00 PM	at Slocan Park
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**Cob Shed Party & Dyer's Guild Showcase**  
Join Still Moon to celebrate the completion of the new Cob Shed at the Dye Garden! Marvel at the Dyer's Guild exhibition while enjoying snacks, refreshments, and community connections.

Wed, September 13	6:00 - 8:00 PM	at Colour Me Local Dye Garden (3958 Renfrew St #3998, Vancouver)
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## Experience the 21st Annual Renfrew Ravine Moon Festival this September

Still Moon is excited to announce this year's Moon Festival under the theme Water's Wisdom. An artistic community celebration, this month-long festival honours the Harvest Moon, community art, and the diverse cultural traditions of the Renfrew-Collingwood neighbourhood.

Expect lanterns, live music, dance, food, ecological arts, workshops, community performances, and more!

## Main Festival Day | Sat, September 23

**The Harvest Fair** **4:00 PM - Sunset**  
**at Slocan Park (2750 E 29th Ave, Vancouver)**

A family-friendly event with drop-in workshops, games, live performances, community booths, and the popular vegetable competition, which celebrates the neighbourhood's most impressive homegrown produce. Enjoy a bowl of Harvest Soup or nourish yourself from on-site food trucks.

**Twilight Lantern Procession** **Starts at Sunset (7:10 PM)**  
**from Slocan Park**

Honoring the buried streams beneath the Renfrew-Collingwood neighbourhood, stilt performers, giant puppets, and attendees alike will embark on a journey from Slocan Park, walk along the path of the Renfrew Ravine, and reach the Streamside Lantern Installation as the final destination.

**Streamside Lantern Installation** **7:30 - 9:30 PM**  
**at Renfrew Community Park (2929 E 22nd Ave)**

Nestled amongst the towering trees, this evening spectacle welcomes walking guests through a transformed park, decorated with 1000+ lantern installations of diverse concepts and shapes, enchanting live performances, and live music accompanied by the soothing sounds of the ravine.

## Workshops

Workshops include Cyanotype, LED, and free-form lantern making, tree costume creation, and naturally dyeing an orange shirt with botanical dyes!

Learn more and register through the Still Moon website [www.StillMoonArts.ca](http://www.StillMoonArts.ca) (space is limited).

Drop-in workshops will also be offered at the Harvest Fair, so be sure to check those out on September 23rd at Slocan Park.

**Equinox Celebration: Quantum Care Moon Music & Labyrinth Walk**  
Experience Quantum Care's mindful walking meditation and sound therapy session, where you'll harmonize with the changing season, connect with your body and nature, and embrace the healing frequencies of earth-based instruments.

Fri, September 22	6:30 - 8:30 PM	at Renfrew Ravine Labyrinth (at intersection of Renfrew Ravine Park & E27th Ave)
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**Finale: Consciousness of Streams (CoS)**  
In its second year of a three year project, the CoS finale performance follows the Lost Streams buried beneath the Renfrew-Collingwood neighbourhood with a showcase of artists, musicians, and community performers of all ages.

Fri, September 29	Sunset (6:55 PM) - 8:30 PM	at Renfrew Community Park
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## FALL HIGHLIGHTS

### SPOOKTACULAR HALLOWEEN PARTY

Join us for some scary fun!  
Bounce your way into Halloween  
with our bouncy castle!  
Dress up in your costume and join us for  
some Halloween games and crafts.  
Registration is required as  
spaces are limited.

Sat, Oct 28, 2023  
12:00pm - 3:00pm  
Activity #: 470393  
\$5/child



### Diwali Festival

The festival of Diwali is a unifying  
celebration with different significance,  
but equal importance in many communities.  
Please join us in celebrating this cultural  
event. There will be entertainment, crafts,  
and light refreshments while supplies last.  
Space is limited. Pre-registration is required.

Sat, Nov 4, 2023  
12:30pm - 3:00pm  
Activity #: 471405  
\$5/child \$4.75/adult



### Watercolour Paint Night

Join this beginner's watercolour class to  
learn basic watercolour techniques and  
use a harmonious palette to capture  
a beautiful lush garden as your final  
painting. Beginner-friendly, but all skill  
levels are welcome.  
Supplies are included!

Mon, Dec 11, 2023  
6:30pm - 9:00pm  
Activity #: 474175  
Ages 19+ | \$50/person



### Breakfast with Santa

Join us for a full breakfast, fun crafts, and  
games with family and friends! Enjoy fun  
crafts and games to complete your visit.  
All participants must be 2+ years, and  
adults must pay and register for this event.

Sat, Dec 16, 2023  
Event runs: 9:30am - 12:30pm  
\$5/person

Breakfast seatings:  
9:30am - 10:30am (#471394)  
11:00am - 12:00pm (#471395)





# Licensed Preschool 2023-2024



Our program develops independence, self-help skills, co-operation and positive social interactions. We believe that each day is a learning experience for the child. Our daily schedule consists of both structured and non-structured activities, preparing each child to become confident and ready for entry into the elementary school system.

Daily activities include free play where children have a choice of activities (ie. sand and water play, play-dough, dress up, puzzles, manipulatives), arts & crafts, structured group circle time/story time and physical activities (ie. walks in the neighbourhood, walks in the trails and activities in our playground).

We encourage all children to reach their full potential within an environment that provides opportunities for optimal social, emotional, physical and intellectual development.

**For children 3-5 years old. Children must be toilet trained and of age during the month they register.**

## Program Details

The following prices are for September 2023-June 2024

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$72/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$108/month
2 days	Tue/Thu	12:00pm-2:30pm	\$72/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$108/month

Pricing is made possible by the Government of BC's Child Care Fee Reduction Initiative

5 day options are available.  
For information phone: 604 257-8391  
email: [renfrew.preschool@vancouver.ca](mailto:renfrew.preschool@vancouver.ca)  
or goto [www.renfrewcc.com](http://www.renfrewcc.com) for more information

## ...meet our staff!

### Alice Shiu, Preschool Supervisor:

My name is Alice Shiu. I am certified as an Early Childhood Educator, Special Needs Educator, and an Infant/Toddler Educator. I have been working in the Early Childhood field for decades and have enjoyed every minute of it! I love promoting movement and play to foster children's creativity and curiosity to help them make connections in the school setting. It's important to me that we create a safe and inclusive environment for the children to have positive interactions and can make friends to develop their social and cognitive skills.

One of my favourite activities with the children is facilitating interactive story time.

### Michelle Lui, Preschool Teacher:

I studied Early Childhood Education at Vancouver Career College and graduated in 2012. Prior to studying ECE, I studied music for three years at Vancouver Community College and Capilano University which focused on Vocal Jazz. I then decided to switch paths to study ECE because of my passion with children.

I am looking forward to meeting each and every one of you. Please do not hesitate to approach me anytime. I am truly blessed to have this opportunity to meet and work with your children and families.

### Ying Huang, Preschool Teacher:

Hi my name is Ying. I joined Renfrew Park Preschool in 2012 and have qualifications for the ECE license, as well as First Aid. I can speak English, Cantonese and Mandarin.

I find working with children in the early years extremely rewarding and heartwarming. It's amazing to watch them grow and develop. One of my favourite activities to do with the children teaching arts and crafts.

I am looking forward to meeting the new children and parents this year.



### Jane Yee, Preschool Staff:

Hello my name is Jane Yee. I am a proud mother of three nearly grown children. I have been living in this community for over 20 years and I have been working as an assistant teacher for the preschool program in this community centre since 2009. My own children also attended Renfrew Park Preschool many years ago. It brings me joy to work with children in their early years. Singing, dancing, creating arts and crafts are a few of my favourite activities to do with them. I have enjoyed many years of volunteering in my children's elementary schools and their little league baseball when they were young fostering my breadth of experience in working with children.

### Shirley Huang, Preschool Assistant:

My name is Shirley. I have been with Renfrew Park Preschool since 2013. My favourite part about working with the preschool is playing and reading with the children. I speak English, Cantonese and Mandarin.

I am a certified Responsible Adult in Childcare Settings and also have First Aid Certification. With over a decade of volunteer experience, I have been able to give back to my son's school communities throughout his elementary and secondary schools. Through those opportunities, I have developed strong communication and interpersonal skills.

## Dance

### Creative Dance

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.

3-5yrs

<b>3-4yrs</b>		
Mon	Sep 18-Dec 11	No session Oct 2, 9, Nov 13
474162	10:15am-11:00am	\$55/10 sess
Thu	Sep 21-Dec 14	
474158	1:15pm-2:00pm	\$65/13 sess

<b>4-5yrs</b>		
Mon	Sep 18-Dec 11	No session Oct 2, 9, Nov 13
474164	11:45am-12:30pm	\$55/10 sess
Thu	Sep 21-Dec 14	
474160	2:45pm-3:30pm	\$65/13 sess

### Ballet

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!

3-5yrs

<b>3-4yrs</b>		
Mon	Sep 18-Dec 11	No session Oct 2, 9, Nov 13
474161	9:30am-10:15am	\$55/10 sess
Thu	Sep 21-Dec 14	
474157	12:30pm-1:15pm	\$65/13 sess

<b>4-5yrs</b>		
Mon	Sep 18-Dec 11	No session Oct 2, 9, Nov 13
474163	11:00am-11:45am	\$55/10 sess
Thu	Sep 21-Dec 14	
474159	2:00pm-2:45pm	\$65/13 sess

### Mini Ballet

Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must attend class on own. [www.performingstars.ca](http://www.performingstars.ca).

3-5yrs

Sun	Sep 17-Dec 10	No session Oct 8, Nov 12
466774	11:00 am-11:45 am	\$159.5/11 sess

### Mini Hip Hop

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 while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. [www.performingstars.ca](http://www.performingstars.ca).

3-5yrs

Sun	Sep 17-Dec 10	No session Oct 8, Nov 12
466776	12:45 pm-1:30 pm	\$159.5/11 sess

### DANCEPL3Y Preschool

PL3Y Inc.

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!

3-5yrs

Sat	Oct 14-Dec 2	No session Nov 11
474234	9:15 am-10:00 am	\$98/7 sess

## Yoga

### YOGAPL3Y Preschool

PL3Y Inc.

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!

3-5yrs

Sat	Oct 14-Dec 2	No session Nov 11
474235	10:00 am-10:45 am	\$98/7 sess

...Special Events  
see p. 7

# Preschool

## Education

### 123, ABCs - Phonics & Math

4-6yrs

Keanna Mah

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 473495	Sep 16-Dec 16 9:15am-10:00am	No session Sep 23, Nov 4 \$66/12 sess
Sat 473496	Sep 16-Dec 16 10:00am-10:45am	No session Sep 23, Nov 4 \$66/12 sess
Sat 473497	Sep 16-Dec 16 10:45am-11:30am	No session Sep 23, Nov 4 \$66/12 sess

## Music

### Kelly Kirby - Preschool Piano

4.5-6yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/class. 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 471944	Sep 17-Dec 10 2:15 pm-3:00 pm	No session Sep 24, Oct 8, Nov 12. \$100/10 sess
Sun 471945	Sep 17-Dec 10 3:00 pm-3:45 pm	No session Sep 24, Oct 8, Nov 12 \$100/10 sess
<b>Kelly Kirby II</b>		
Pre-Req: Kelly Kirby I		
Sun 471943	Sep 17-Dec 10 1:30 pm-2:15 pm	No session Sep 24, Oct 8, Nov 12 \$100/10 sess
Sun 471946	Sep 17-Dec 10 3:45 pm-4:30 pm	No session Sep 24, Oct 8, Nov 12 \$100/10 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 473399	Sep 15-Dec 8 10:45am-11:30am	\$195/13 sess
<b>3-4yrs</b>		
Fri 473400	Sep 15-Dec 8 11:30am-12:15pm	\$195/13 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 473741	Sep 16-Dec 9 9:15am-10:00am	No session Oct 28 \$114/12 sess
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### Indoor Soccer

4-6yrs

Vancouver Athletic Football Club

An introduction to the game of soccer for any new player ages U6. All sessions are run by Vancouver Athletic FC professional coaching staff with an emphasis on fun, enjoyment, early and intermediate ball mastery skills, and physical literacy whilst teaming up with old friends and making new friends.

Wed 473424	Sep 13-Dec 13 4:00pm-4:45pm	\$112/14 sess
Sat 473427	Sep 16-Dec 9 4:00pm-4:45pm	No session Sep 30, Oct 7, 28 \$80/10 sess







## BIRTHDAY PARTIES

Sit back, relax, and let us take care of your party needs  
and help throw you an epic birthday!

**Saturdays: 1:00pm-3:00pm\* Sundays: 2:00pm-4:00pm\***

**Basic Birthday Party: \$140**  
*\*30 minutes added before and after for set up and take down*  
 Up to 12 children, 1 staff

**Basic Birthday PLUS Party: \$190**  
 Up to 20 children, 2 staff

**SELECT ADD-ONS**

**Entertainment Package: \$65/up to 12 children\*** (Add-on for Basic)  
**Entertainment Package: \$85/up to 20 children\*** (Add-on for Basic)

**Bouncy Castle: \$65\*** (Add on for Basic & Basic PLUS party)  
 1 staff to supervise bouncy castle at all times for 2 hours during party  
 Technical Safety BC Licence number LAM0207577

*\*Check out our website: [renfrewcc.com](http://renfrewcc.com) for more info on our exciting birthday party packages and add-ons!*




## Children

### Day Camp

#### Winter 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.

Tue-Fri	Jan 2-5	
472905	9:00am-3:00pm	\$100/4 day week

#### Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- 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.

### Professional Day Out Trips

#### Professional Day - Movies

9-12yrs

Starla Bayley

Come with your friends or make friends on site. We will be traveling by walking and skytrain to Metrotown Cineplex Theatre. Please be sure to dress for the weather, pack a lunch, snacks and a water bottle. Consent forms will be required before leaving on the day of.

Fri	Oct 20	
473804	9:00am-3:00pm	\$20/person

#### Professional Day - Fraser River Discovery

9-12yrs

Starla Bayley

Come with your friends or make friends on site. We will be traveling by walking and skytrain to New Westminster where we will learn about the Fraser River. We will be stopping for a special treat on the way home too. Please be sure to dress for the weather, pack a lunch, snacks and water bottle. Consent forms will be required before leaving on the day of.

Fri	Nov 24	
473805	9:00am-3:00pm	\$20/person

# Children

## Dance

### Junior Ballet

Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate ballet shoes and attire please. [www.performingstars.ca](http://www.performingstars.ca)

5-7yrs

Su	Sep 17-Dec 10	No session Oct 8 Nov 12
466775	12:00 pm-12:45 pm	\$159.50/11 sess

### Junior Hip Hop

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 while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Clean indoor runners or socks please. [www.performingstars.ca](http://www.performingstars.ca).

5-7yrs

Sun	Sep 17-Dec 10	No session Oct 8, Nov 12
466777	1:30pm-2:15pm	\$121.50/9 sess

### Intermediate Hip Hop

Vancouver Performing Stars

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. [www.performingstars.ca](http://www.performingstars.ca).

7-11yrs

Sun	Sep 17-Dec 10	No session Oct 8, Nov 12.
466778	2:15pm-3:00pm	\$159.50/11 sess

### DANCEPL3Y Kids

PL3Y Inc.

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and ?play? with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

6-8yrs

Wed	Oct 25-Nov 29	
474224	4:45 pm-5:30 pm	\$84/6 sess
Wed	Sep 13-Oct 18	
474226	4:45 pm-5:30 pm	\$84/6 sess

## Yoga

prices do not include tax if applicable

### YOGAPL3Y Kids

PL3Y Inc.

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!

6-8yrs

Wed	Oct 25-Nov 29	
474225	5:30 pm-6:15 pm	\$84/6 sess
Wed	Sep 13-Oct 18	
474227	5:30 pm-6:15 pm	\$84/6 sess

## Art

### Drawing 101

Chloe Greenberg

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 Chloe will encourage your child's artistic expression through creative drawing exercises!

8-12yrs

Mon	Oct 23-Dec 11	No session Nov 13
474172	3:30pm-4:30pm	\$98/7 sess

### Watercolour 101

Chloe Greenberg

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

8-12yrs

Mon	Oct 23-Dec 11	No session Nov 13
474173	4:30pm-5:30pm	\$98/7 sess

### Oil Pastel 101

Chloe Greenberg

Calling all young artists! Join our fun and colourful Oil Pastel program for kids and embark on an exciting creative journey! Over a few sessions, we'll introduce you to the magic of oil pastels, teaching you techniques like blending, layering, and creating textures. Led by a friendly instructor, Chloe, each week will be filled with new themes and step-by-step projects that are perfect for beginners. Get ready to draw animals, landscapes, and still life. All supplies are included.

8-12yrs

Mon	Oct 23-Dec 11	No session Nov 13
474174	5:30pm-6:30pm	\$98/7 sess



## Education

### Young Commander Chess - Novice

6-12yrs

Joe Soliven

Joining in this Sherlock-Holmes-world-of-tricks-traps-and-tactics adventure, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor – 'commander' (leader) self-image – whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. Chess folder kit included. Beginner: New or with limited knowledge of chess basics. Intermediate: Anyone with knowledge of chess tactics and strategies

Wed	Sep 20-Dec 13	
461748	7:15pm-8:45pm	\$104/13 sess

### Let's Learn Mandarin

6-12yrs

Vicky Hsu

We focus on Chinese literacy, listening and speaking. At this level, children will learn simple words/phrases to combine in basic conversation. We also use appropriate songs to enhance learning and memory.

<b>Beginner</b>		6-9yrs
Thu	Sep 14-Nov 16	
473452	3:45pm-4:45pm	\$140/10 sess

<b>Intermediate</b> - For returning students		6-12yrs
Thu	Sep 14-Nov 16	
473453	4:50pm-5:50pm	\$140/10 sess

### 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	Dec 17	
473564	9:30am-4:30pm	\$60/person

## 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	Sep 5-Dec 21	
473750	6:30pm-7:30pm	\$136/32 sess

### Mini Mathletes

6-7yrs

Keanna Mah

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	Sep 16-Dec 16	No session Sep 23, Nov 4
473500	1:00pm-2:00pm	\$72/12 sess

### Little Bookworms - Reading and Writing

6-7yrs

Keanna Mah

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	Sep 16-Dec 16	No session Sep 23, Nov 4
473498	12:00pm-1:00pm	\$72/12 sess

### Mathventures - Math

8-10yrs

Keanna Mah

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	Sep 16-Dec 16	No session Sep 23, Nov 4
473499	3:00pm-4:00pm	\$72/12 sess

### WEDO Robotics

6-12yrs

Tomorrow's Playground

The LEGO® Education WEDO Robotics system provides an exciting experience into the world of Robotics! Using LEGO® elements, WEDO combines coding and robotics, while encouraging teamwork, and incorporating activities across science, engineering, and technology with STEM Education. All equipment is provided. Previous Robotics experience is not required. Returning students will be given new projects.

Fri	Sep 15-Oct 6	
474119	4:00 pm-5:30 pm	\$100/4 sess

## Baking and Cooking

### Little Chefs

6-12yrs

Naomi McMillan

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

<b>6-8yrs</b>		
Sun	Sep 7-Dec 21	No session Oct 8, Nov 12
474238	9:45am-11:00am	\$110/11 sess

<b>9-12yrs</b>		
Sun	Sep 17-Dec 10	No session Oct 8, Nov 12
474239	11:15am-12:30pm	\$110/11 sess



## 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.

<i>Amanda Tom</i>			
Fri	Sep 15-Dec 8	\$247/13 sess	
459521	4:00pm-4:30pm	459520	6:30pm-7:00pm
459522	4:30pm-5:00pm	459527	7:00pm-7:30pm
459523	5:00pm-5:30pm	459528	7:30pm-8:00pm
459524	5:30pm-6:00pm	459529	8:00pm-8:30pm
459525	6:00pm-6:30pm		

<i>Kaitlyn Tio</i>		<i>No session Sept 23, 30, Nov 11</i>	
Sat	Sep 9-Dec 16	\$228/12 sess	
459534	9:15am-9:45am	459541	1:15pm-1:45pm
459535	9:45am-10:15am	459542	1:45pm-2:15pm
459536	10:15am-10:45am	459543	2:15pm-2:45pm
459537	10:45am-11:15am	459544	2:45pm-3:15pm
459538	11:15am-11:45am	459545	3:15pm-3:45pm
459539	11:45am-12:15pm	459546	3:45pm-4:15pm
459540	12:45pm-1:15pm	459547	4:15pm-4:45pm

<i>Melody Zheng</i>		<i>No session Sep 24, Oct 8, 22 &amp; Nov 12</i>	
Sun	Sep 10-Dec 17	\$209/11 sess	
473593	9:15am-9:45am	473606	1:15pm-1:45pm
473595	9:45am-10:15am	473607	1:45pm-2:15pm
473596	10:15am-10:45am	473608	2:15pm-2:45pm
473598	10:45am-11:15am	473609	2:45pm-3:15pm
473599	11:15am-11:45am	473610	3:15pm-3:45pm
473600	11:45am-12:15pm	473612	3:45pm-4:15pm
473604	12:45pm-1:15pm	473613	4:15pm-4:45pm

### Singing - Private Lessons

9+yrs

*Gina Morel*

Learn to sing! Enjoy private, one-on-one singing lessons for students of all ages, beginner to advanced, no experience necessary. 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	Sep 12-Dec 12	<i>No session Oct 31</i>	
		\$390/13 sess	
471932	5:00pm-5:30pm	471936	7:10pm-7:40pm
471933	5:30pm-6:00pm	471938	7:40pm-8:10pm
471934	6:00pm-6:30pm	471939	8:10pm-8:40pm
471935	6:30pm-7:00pm	471940	8:40pm-9:10pm

### Guitar - Private Lessons

7-16yrs

*Nadim Kmeid*

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	Sep 7-Dec 7	\$280/14 sess	
470298	3:30pm-4:00pm	470303	6:00pm-6:30pm
470299	4:00pm-4:30pm	470304	6:30pm-7:00pm
470300	4:30pm-5:00pm	470305	7:00pm-7:30pm
470301	5:00pm-5:30pm	470306	7:30pm-8:00pm
470302	5:30pm-6:00pm	470312	8:00pm-8:30pm

Sun	Sep 10-Dec 10	<i>No session Oct 8, Nov 12</i>	
		\$240/12 sess	
470316	9:30am-10:00am	470320	11:30am-12:00pm
470317	10:00am-10:30am	470321	12:00pm-12:30pm
470318	10:30am-11:00am	470322	12:30pm-1:00pm
470319	11:00am-11:30am	470323	1:00pm-1:30pm

### 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	Sep 11-Dec 11	<i>No session Oct 2, 9, Nov 13</i>	
		\$209/11 sess	
459548	4:00pm-4:30pm	459551	5:30pm-6:00pm
459549	4:30pm-5:00pm	459552	6:00pm-6:30pm
459550	5:00pm-5:30pm	474108	6:30pm-7:00pm

### 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	Sep 13-Dec 13	\$210/14 sess	
470330	4:30pm-5:00pm	470334	6:50pm-7:20pm
470331	5:05pm-5:35pm	470335	7:25pm-7:55pm
470332	5:40pm-6:10pm	470336	8:00pm-8:30pm
470333	6:15pm-6:45pm		

## Sports

### Finish Strong Basketball - Skill Development

9-16yrs

David Knight

Welcome to Finish Strong Basketball where we believe "It's not how you start, it's how you FINISH!" Our 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! It's not how you start, It's how you FINISH! Please note basketballs can be provided, but it is recommended that participants bring their own basketballs.

9-11yrs		
Thu	Sep 14-Nov 23	
473383	4:15pm-5:15pm	\$115/10 sess
12-16yrs		
Thu	Sep 14-Nov 23	
473384	5:15pm-6:15pm	\$115/10 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.

6-8yrs		
Sat	Sep 16-Dec 9	No session Oct 28
473742	10:00am-11:00am	\$126/12 sess
8-16yrs		
Sat	Sep 16-Dec 9	No session Oct 28
473743	11:00am-12:00pm	\$126/12 sess

### Indoor Soccer

6-12yrs

Vancouver Athletic Football Club

An introduction to the game of soccer for any new player ages U4 - U12 or for the player who is already playing and wants to further develop their individual soccer skills.

All sessions are run by Vancouver Athletic FC professional coaching staff with an emphasis on fun, enjoyment, early and intermediate ball mastery skills, and physical literacy whilst teaming up with old friends and making new friends.

6-8yrs		
Wed	Sep 13-Dec 13	
473425	4:50pm-5:50pm	\$140/14 sess
Sat	Sep 16-Dec 9	No session Sep 30, Oct 7, 28
473428	1:50pm-2:50pm	\$100/10 sess
9-12yrs		
Wed	Sep 13-Dec 13	
473426	5:55pm-6:55pm	\$140/14 sess
Sat	Sep 16-Dec 9	No session Sep 30, Oct 7, 28
473429	2:55pm-3:55pm	\$100/10 sess

### 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	Sep 10-Oct 22	
473671	9:45am-10:40am	\$133/7 sess
Sun	Sep 10-Oct 22	
473672	10:45am-11:40am	\$133/7 sess
Tue	Sep 12-Oct 24	
473673	4:00pm-4:55pm	\$133/7 sess
Tue	Sep 12-Oct 24	
473674	5:00pm-5:55pm	\$133/7 sess
Set 2		
Sun	Oct 29-Dec 10	
473675	9:45am-10:40am	\$133/7 sess
Sun	Oct 29-Dec 10	
473676	10:45am-11:40am	\$133/7 sess
Tue	Oct 31-Dec 12	
473677	4:00pm-4:55pm	\$133/7 sess
Tue	Oct 31-Dec 12	
473678	5:00pm-5:55pm	\$133/7 sess
Shuttle II/III/IV		
Set 1		
Sun	Sep 10-Oct 22	
473679	11:45am-12:40pm	\$133/7 sess
Tue	Sep 12-Oct 24	
473680	6:00pm-6:55pm	\$133/7 sess
Set 2		
Sun	Oct 29-Dec 10	
473681	11:45am-12:40pm	\$133/7 sess
Tue	Oct 31-Dec 12	
473682	6:00pm-6:55pm	\$133/7 sess

# Pre-Teen/Youth

## Social

### Pre-Teen Social

9-12yrs

Shukari M & Patricia R

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 472240	Sep 15-Oct 27 5:30pm-9:30pm	\$70/7 sess
Fri 472241	Nov 3-Dec 15 5:30pm-9:30pm	\$70/7 sess

### Teen's Time Out

13-15yrs

Jesse W & Emily N

Movies, swimming, ice-skating are just a sample of the fun things you will get to do in this program. Way better than sitting home by yourself on a Friday night! 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 472242	Sep 15-Oct 27 5:30pm-9:30pm	\$84/7 sess
Fri 472243	Nov 3-Dec 15 5:30pm-9:30pm	\$84/7 sess

### Games Room

10-18yrs

Ruben Anthony

Have access to the internet with our computers, play pool, foosball, ping-pong, air-hockey and more. OneCard sign in will be required with the staff on site.

Fri 473360	Sep 15-Dec 22 3:00pm-9:30pm	Free with OneCard
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## Sports

### Pre-Teen Open Gym

9-12yrs

Malcolm Giang

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 473364	Sep 15-Dec 22 4:05pm-5:05pm	Free with OneCard
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### Open Gym

11-17yrs

Malcolm Giang

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 473365	Sep 15-Dec 22 5:05pm-9:45pm	Free with OneCard
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## Leadership

### Volunteer Training

13-18yrs

Starla Bayley

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@vancouver.ca).

Sat 473366	Sep 16 9:30am-11:30am	Free, pre-registration required
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### 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 ensure you are well informed on personal achievement and social development. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Thu 472237	Sep 14-Dec 14 4:00pm-5:15pm	Free
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### Senior Youth Council

13-17yrs

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 of the councils choosing, over the school year. We will have workshops and guest speakers to ensure everyone is provided the skills they need to excel both academically and socially. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Thu 472238	Sep 14-Dec 14 5:30pm-7:00pm	Free
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## ...Professional Day Out Trips

see p. 12



Renfrew acknowledges the generous contributions of Kids Up Front Canada



# Games Area and Table Tennis



## Equipment Rental Fee

All Ages

Valid for:

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

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2023-Aug 31, 2024

## 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	Sep 5-Dec 21
Sat	12:00pm-4:55pm	Sep 9-Dec 16
Sun	12:00pm-4:55pm	Sep 10-Dec 17

## 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 9:30am. 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	Sep 5-Dec 21	
473378	6:00pm-9:30pm	\$9.52/month pass \$3.81/30 minutes drop-in session

## 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	Sep 6-Dec 22	No session Oct 2, 4, 9, Nov 13, Dec 6
473379	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 \$45.00/hr



Gymnasium, 6000sq ft, starting at \$50.00/hr

## Dance

### Ballroom Dance - Advanced Slow Foxtrot

19+yrs

Faye Hung

This is an advance class (Gold level and above). Minimum 2 years dancing experience is required. Partner preferred. \$14+tax/drop-in, if space.

Mon 466770	Sep 11-Oct 30 3:00 pm-4:00 pm	No session Oct 9, 16 \$67.50/6 sess
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### Ballroom Dance - Advanced Tango

19+yrs

Faye Hung

How to use body movement to create more dynamic in your waltz and Tango. This is an advance class (Gold level and above). Minimum 2 years dancing experience is required. Partner preferred. \$14+tax/drop-in, if space.

Mon 466771	Nov 6-Dec 18 3:00 pm-4:00 pm	No session Nov 13 \$67.50/6 sess
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### 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 473704	Sep 10-Oct 15 10:00am-12:00pm	\$12/6 sess \$2.38/drop-in, if space
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### 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 473416	Sep 11-Dec 18 11:00am-12:30pm	No session Oct 2, 9, Nov 13. \$18/12 sess \$1.90/drop-in, if space
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### 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 473401	Sep 7-Dec 21 1:30pm-3:30pm	No session Oct 5, Nov 9 \$28/14 sess \$2.38/drop-in, if space
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### Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

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

Wed 473418	Sep 6-Dec 20 12:30pm-2:30pm	No session Oct 4, Dec 6 \$28/14 sess \$2.38/drop-in, if space
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### 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 473485	Sep 6-Dec 20 1:15pm-3:15pm	No session Sep 27 \$30/15 sess
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### 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 474237	Sep 11-Dec 18 12:45pm-2:45pm	No session Oct 2, 9, Nov 13 \$14.88/12 sess \$1.90/drop-in, if space
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Thu 474236	Sep 7-Dec 21 11:15am-1:15pm	\$19.84/16 sess \$1.90/drop-in, if space
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### 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 473818	Sep 7-Dec 21 9:15am-11:00am	\$28/16 sess \$2.14/drop-in, if space
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### 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 474116	Sep 5-Dec 12 1:30pm-3:30pm	No session Oct 10, Nov 7, 14, 21 \$22/11 sess \$2.38/drop-in, if space
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### 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 473414	Sep 14-Dec 7 10:30am-11:30am	\$26/13 sess
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## Cooking and Baking

### Recipes from the British Isles

19+yrs

Fatima Kheraj

Discover the rich culinary heritage of the British Isles in our cooking class. Master classic recipes with authentic ingredients and savor traditional flavors.

Tue	Sep 12-26	
474139	1:00pm-2:00pm	\$24/3 sess

### 30 Minute Recipes

19+yrs

Fatima Kheraj

Join our 30-minute recipe cooking class and master quick, delicious dishes. Learn essential techniques, time-saving tips, and savor the flavors in no time!

Tue	Oct 17-31	
474140	1:00pm-2:00pm	\$24/3 sess

### Christmas Baking

19+yrs

Fatima Kheraj

Discover the joy of holiday baking in our Christmas Baking Class! Join us for a festive hands-on experience, creating delicious treats and cherished memories together.

Tue	Nov 7-21	
474141	1:00pm-2:00pm	\$24/3 sess

### Community Lunch Program

All Ages

Andy Woolverton

Meals include a hot entree, salad or side dish, dessert, coffee or tea. We try our best to use locally grown seasonal vegetables and fruit from community gardens! Pre-registration is required, but additional lunches can be bought in person with cash/credit card on the day of lunch pending availability. Limit of 4 per person. Limited number of lunches available.

Fri	Sep 1-Dec 15	No session Nov 10
	\$6.75/Adults/Seniors, \$5/Children/Youth	12:00pm-1:00pm
473197	Sep 1	473204 Oct 20
473198	Sep 8	473205 Oct 27
473199	Sep 15	473206 Nov 3
473200	Sep 22	473207 Nov 17
473201	Sep 29	473208 Nov 24
473202	Oct 6	473209 Dec 1
473203	Oct 13	473211 Dec 15

### ...Seniors Luncheons

see p.5



Feast and Fibre Farm is a locally operated Farm by one of our resident chefs - Brennen Murray

### Feast & Fibre Food Boxes

19+yrs

Brennen Murray

Feast & Fibre Food Boxes (F&FFB) contain locally cultivated produce from our resident Cook and Farmer - Brennen Murray. Each week fresh produce from Brennen's farm will be made available to registrants for pick up on Wednesdays between 6pm-7pm. Brennen will provide some simple ideas for the participants to use their produce. Some produce may include (and not limited to): Tomatoes, Cucumbers, Peppers, Potatoes, Basil, Turnips, Zucchini, Carrots, Beans etc.

**Please note that F&FFB are non-refundable and need to be picked up during the allotted time.**

Wed	Pick Up times: 6:00pm-7:00pm	\$12/person/box
474431	Sep 6	474435 Oct 4
474432	Sep 13	474436 Oct 11
474433	Sep 20	474437 Oct 18
474434	Sep 27	474438 Oct 25

### Seasonal Eating: Late Summer

19+yrs

Brennen Murray

Let's cook with some of our seasonal vegetables.

Late Summer		
Wed	Sep 6	
461301	6:30pm-8:30pm	\$16/person
Autumn		
Wed	Oct 18	
474448	6:30pm-8:30pm	\$16/person

### Basics Sourdough Bread

19+yrs

Brennen Murray

Learn how to care for a starter and work step-by-step through the 10 hour process.

Wed	Sep 20-Oct 4	
474440	6:30pm-8:30pm	\$48/person

### Soups

19+yrs

Brennen Murray

From stock to garnish, learn three fine soups

Wed	Nov 1-15	
474450	6:30pm-8:30pm	\$48/person

### Sauerkraut & Kimchi

19+yrs

Brennen Murray

Learn the basics of fermentation and sanitation, making sauerkraut, kimchi.

Wed	Nov 29	
474455	6:30pm-8:30pm	\$16/person



## 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

Wed 472855	Sep 27-Nov 1 5:45pm-6:45pm	Adult - \$42/6 sess Senior - \$39/6 sess
Wed 472856	Nov 8-Dec 20 5:45pm-6:45pm	Adult - \$49/7 sess Senior - \$45.50/7 sess
Sat 472853	Sep 30-Nov 4 9:15 am-10:45 am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 472854	Nov 11-Dec 16 9:15 am-10:45 am	Adult - \$63/6 sess Senior - \$58.50/6 sess

### 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

Sun 474301	Sep 10-Oct 15 9:30am-10:30am	No session Oct 8 \$28.75/5 sess
Sun 474303	Oct 22-Nov 26 9:30am-10:30am	No session Nov 12 \$28.75/5 sess
Sun 474302	Sep 10-Oct 15 10:50am-11:50am	No session Oct 8 \$28.75/5 sess
Sun 474304	Oct 22-Nov 26 10:50am-11:50am	No session Nov 12 \$28.75/5 sess

### 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 473864	Sep 13-Oct 25 10:30am-11:30am	\$40.25/7 sess \$7/drop-in if space
Wed 473865	Nov 1-Dec 13 10:30am-11:30am	\$40.25/7 sess \$7/drop-in if space

### Gentle Yoga Beginner

Bill Mercer

Gentle movement and stretching through beginner yoga poses can reduce swelling in joints while increasing joint mobility and improving balance which helps in reducing falls. Please note participants are recommended to bring their own yoga mats and other equipment.

55+yrs

Mon 473727	Sep 11-Oct 30 10:00am-11:15am	No session Oct 2, 9 \$45/6 sess \$9/drop-in if space
Mon 473728	Nov 6-Dec 18 10:00am-11:15am	No session Nov 13 \$45/6 sess \$9/drop-in if space
Thu 473729	Sep 14-Nov 2 10:00am-11:15am	\$60/8 sess \$9/drop-in if space
Thu 473730	Nov 9-Dec 21 10:00am-11:15am	\$52.50/7 sess \$9/drop-in if space

### Pilates

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. \$14.29+tax/drop-in if space.

19+yrs

Mon 461815	Sep 11-Oct 23 7:15 pm-8:15 pm	No session Oct 9 \$72/6 sess
Mon 461816	Oct 30-Dec 11 7:15 pm-8:15 pm	No session Nov 13 \$72/6 sess

## 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	\$5.50/Adult, \$3.25/Senior for drop-in, if space
471240	Sep 12-26	Adult - \$13.50/3 sess Senior - \$8.25/3 sess
471242	Oct 3-31	Adult - \$18/4 sess Senior - \$11/4 sess
471244	Nov 7-28	Adult - \$18/4 sess Senior - \$11/4 sess
471245	Dec 5-19	Adult - \$13.50/3 sess Senior - \$8.25/3 sess
Thu	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
471249	Sep 14-28	Adult - \$13.50/3 sess Senior - \$8.25/3 sess
471250	Oct 5-26	Adult - \$18/4 sess Senior - \$11/4 sess
471251	Nov 2-30	Adult - \$22.50/5 sess Senior - \$13.75/5 sess
471252	Dec 7-21	Adult - \$13.50/3 sess Senior - \$8.25/3 sess

### Total Body Conditioning Aerobics

19+yrs

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.

Julie Kralijii		
Mon	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
471231	Sep 11-25	Adult - \$18/4 sess Senior - \$11/4 sess
471233	Oct 16-30	Adult - \$13.50/3 sess Senior - \$8.25/3 sess
471235	Nov 6-27	No session Nov 13 Adult - \$13.50/3 sess Senior - \$8.25/3 sess
474169	Dec 4-18	Adult - \$13.50/3 sess Senior - \$8.25/3 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	\$5.50/Adult or \$3.25/Senior for drop-in, if space
471253	Sep 15-29	Adult - \$13.50/3 sess Senior - \$8.25/3 sess
471254	Oct 6-Oct 27	Adult - \$18/4 sess Senior - \$11/4 sess
471255	Nov 3-24	Adult - \$18/4 sess Senior - \$11/4 sess
471256	Dec 1-15	Adult - \$13.50/3 sess Senior - \$8.25/3 sess

## Zumba

### Zumba

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.

19+yrs

Mon	7:00pm-7:55pm	\$6.50/Adult, \$4/Senior for drop-in, if space
471207	Sep 11-25	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
471212	Oct 16-30	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
471213	Nov 20-27	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
474171	Dec 4-18	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
Wed	9:05am-10:00am	\$6.50/Adult, \$4/Senior for drop-in, if space
471214	Sep 6-27	Adult - \$21/4 sess Senior - \$12.60/4 sess
471216	Oct 4-25	Adult - \$21/4 sess Senior - \$12.60/4 sess
471218	Nov 1-22	Adult - \$21/4 sess Senior - \$12.60/4 sess
471219	Nov 29-Dec 20	Adult - \$21/4 sess Senior - \$12.60/4 sess
Wed	7:00pm-7:55pm	\$6.50/Adult, \$4/Senior for drop-in, if space
471221	Sep 6-27	Adult - \$21/4 sess Senior - \$12.60/4 sess
471223	Oct 4-25	Adult - \$21/4 sess Senior - \$12.60/4 sess
471224	Nov 1-22	Adult - \$21/4 sess Senior - \$12.60/4 sess
471225	Nov 29-Dec 20	Adult - \$20/4 sess Senior - \$12/4 sess

### Zumba Toning

Roslyn Bauyon

Participants are encouraged to work at their own pace. The challenge of adding resistance by using Zumba® Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! ... Lightweight maraca-like Toning Sticks enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

19+yrs

Mon	6:00pm-6:55pm	\$6.50/Adult, \$4/Senior for drop-in, if space
471207	Sep 11-25	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
471213	Oct 16-30	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
471213	Nov 6-27	Adult - \$15.75/3 sess Senior - \$9.45/3 sess
474170	Dec 4-18	Adult - \$15.75/3 sess Senior - \$9.45/3 sess

## Music and Singing

### Karaoke

55+yrs

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

In Chinese:	Siu Lau (Sue Chee) Chong
Fri	Sep 8-Dec 22
474111	12:15 pm-2:45 pm
	\$8/16 sess
In English:	No session Oct 2, 9, Nov 13
	Dawn Chaplin
Mon	Sep 11-Dec 11
474112	12:00pm-2:00pm
	\$5.50/11 sess

### Ukulele Social

55+yrs

Joni Kwan

Play Ukulele, sing easy songs, and enjoy learning with a relaxed group of strummers. Please bring or rent your own ukulele. This is a non-instructional activity. The ideal participants should have some basic skill (such as they should know how to tune their instrument, and some knowledge on basic chord and tab notations such as: C, G, G7, AM). New players are welcomed but should practice these chords before participating. Song sheets will be provided.

Tue	Sep 12-Dec 12
473739	2:00pm-3:00pm
	\$14/14 sess



## Sports

## Drop-in Sports Procedures

- 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 30 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 15 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)
- Programs are cancelled on stat holidays and for Special Events.

## Badminton

19+yrs

Enjoy recreational badminton.

Mon 464492	Sep 11-Dec 18 1:00pm-2:55pm	No session Oct 2, 9, Nov 13. Adult - \$42/12 sess Senior - \$30/12 sess \$4.29/Adult, \$3.09/Senior drop-in if space
Tue 464500	Sep 12-Dec 19 8:00pm-9:55pm	Adult - \$52.50/15 sess Senior - \$37.50/15 sess \$4.29/Adult, \$3.09/Senior drop-in, if space
Wed 464506	Sep 13-Dec 20 1:00pm-2:55pm	Adult - \$52.50/15 sess Senior - \$37.50/15 sess \$4.29/Adult, \$3.09/Senior 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 464496	Sep 11-Dec 18 8:00pm-9:55pm	No session Oct 2, 9, Nov 13 Adult - \$42/12 sess Senior - \$27/12 sess \$4.29/Adult, \$2.62/Senior drop-in, if space
<b>55+yrs</b>		
Tue 464503	Sep 12-Dec 19 1:00pm-2:55pm	\$33.75/15 sess \$2.62/drop-in if space
Thu 464508	Sep 14-Dec 21 10:45am-12:40pm	\$33.75/15 sess \$2.62/drop-in if space
Thu 464510	Sep 14-Dec 21 1:00pm-2:55pm	\$33.75/15 sess \$2.62/drop-in if space

## Basketball

19+yrs

Enjoy recreational basketball.

Sun 464514	Sep 10-Dec 17 3:00pm-4:55pm	\$52.50/15 sess \$4.29/drop-in if space
Wed 464504	Sep 13-Dec 20 8:00pm-9:55pm	\$52.50/15 sess \$4.29/drop-in if space

## Foamball Tennis

55+yrs

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

Fri 464511	Sep 15-Dec 22 1:00pm-2:55pm	\$15/15 sess \$1.19/drop-in if space
Tue 464501	Sep 12-Dec 19 10:45am-12:40pm	\$15/15 sess \$1.19/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 425932	Sep 6-Aug 29 11:00am-1:00pm	\$5.71/year
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## 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	Sep 7-Dec 21 \$11.90/court
Sun	12:45pm-2:45pm	Sep 3-Dec 17 \$11.90/court

## Education

### Mandarin Basics

19+yrs

Vicky Hsu

This course is designed for those who have a little or no previous knowledge of Mandarin. We focus on conversation that we use in daily life. At this level you learn to share information about yourself, discuss your family and ask basic questions of those around you allowing you to function in everyday settings.

Thu	Sep 14-Nov 16	
473454	11:00am-12:00pm	\$160/10 sess

### ESL - Basic English Conversations

55+yrs

Laura Tang

Basic English conversations help beginners learn to build English skills. Each conversation group includes a few short conversations introducing basic English phrases.

Tue	Sep 19-Dec 12	
473700	10:00am-11:30am	\$53/13 sess

## Social

### Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Sep 12-Dec 12	Pre-registration required
473734	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 19, Oct 10, Nov 14, Dec 12	Pre-registration is required
473703	12:00pm-1:30pm	Free with OneCard

### 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 2-Aug 25	No session Jun 16, 23, 30
424654	1:45pm-3:00pm	\$5.71/Yearly

## 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	Oct 14	
474414	9:30am-11:00am	\$5/person

#### Classes taught in English

Sat	Oct 14	
474415	11:15am-12:45pm	\$5/person

### Navigating Medical Appointments

55+yrs

Mary Leung

Learn how to work with medical services providers (eg Lifelabs). Please bring your own mobile device.

#### For Apple Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Oct 21-28	
474416	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Oct 21-28	
474417	11:15am-12:45pm	\$10/2 sess

#### For Android Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Nov 4-18	No session Nov 11
474418	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Nov 4-18	No session Nov 11
474419	11:15am-12:45pm	\$10/2 sess

### BC Government Apps

55+yrs

Mary Leung

Learn how to install and use BC Governments (BC Services Card). Please bring your own mobile device.

#### For Apple Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Nov 25-Dec 2	
474421	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Nov 25-Dec 2	
474422	11:15am-12:45pm	\$10/2 sess

#### For Android Devices:

#### Classes taught in Cantonese/Mandarin

Sat	Dec 9-16	
474423	9:30am-11:00am	\$10/2 sess

#### Classes taught in English

Sat	Dec 9-16	
474424	11:15am-12:45pm	\$10/2 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.

Tue 473747	Sep 12-Oct 31 10:00am-10:55am	No session Oct 10 \$40.25/7 sess \$6.67/drop-in if space
Tue 473748	Nov 7-Dec 19 10:00am-10:55am	\$40.25/7 sess \$6.67/drop-in if space

### 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.

Fri	Sep 8	\$42/30 min sess
474185	12:00pm-12:30pm	474189 2:00pm-2:30pm
474186	12:30pm-1:00pm	474190 2:30pm-3:00pm
474187	1:00pm-1:30pm	474191 3:00pm-3:30pm
474188	1:30pm-2:00pm	

Sat	Oct 7	\$42/30 min sess
474192	9:30am-10:00am	474195 11:00am-11:30am
474193	10:00am-10:30am	474196 11:30am-12:00pm
474194	10:30am-11:00am	474197 12:00pm-12:30pm

Sat	Nov 25	\$42/30 min sess
474199	9:30am-10:00am	474202 11:00am-11:30am
474200	10:00am-10:30am	474203 11:30am-12:00pm
474201	10:30am-11:00am	474204 12:00pm-12:30pm

### Hearing Screening

55+yrs

HearingLife

Routine hearing assessments are so important and so rarely considered as part of people's annual health checkups. Join Ashley Maddix, Registered Hearing Instrument Practitioner, for a complimentary hearing screening. Registration is required to reserve your 30 minutes hearing screening time slot. Please arrive on time for your scheduled session.

Wed	Oct 11	Free
470418	1:30 pm-2:00pm	470420 2:30 pm-3:00pm
470419	2:00 pm-2:30pm	470421 3:00 pm-3:30pm

## Martial Arts

### Tai Chi Health and Exercise Group

55+yrs

Eddie K.K. Tang

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 469481	Sep 25-Dec 22 7:30am-9:00am	No session Oct 2, 9, Nov 13 \$25.20/63 sess
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### Tai Chi Yang Style 24 Steps

19+yrs

Arsenio Chua

Tai Chi Chuan is an internal Chinese martial art, practiced for both its defense training and its health benefits. Though originally conceived as a martial art, it is also typically practiced for a variety of reasons and is especially known for being practiced with relatively slow movements. Learn Yang Style 24 steps which will include the teaching of basic proper formation and on hand and foot form. \$11.50/drop-in if space.

Mon 474153	Sep 11-Dec 11 7:00 pm-8:30 pm	No session Oct 2, 9, 16, Nov 13 \$95/10 sess
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### 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 473749	Sep 5-Dec 21 7:30pm-9:00pm	\$152/32 sess
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...Fall Flu Clinics

see office in the Fall for more information



## Workshops

Pre-registration required for free workshops

### Chronic Conditions Self-Management Program

19+yrs

*Self-Management BC*

In this 6 session workshop, you will gain systematic knowledge of how to effectively manage different aspects of health and improve practical skills that include goal-setting, decision-making and problem-solving. Caregivers welcome. Presented by Self-Management BC, University of Victoria and the BC Ministry of Health. Registration required.

Mon 470733	Sep 18-Oct 30 1:00 pm-3:30 pm	No session Oct 9 Free
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### Sleep & Stress Management

55+yrs

*Vancouver OASIS*

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

Fri 470433	Sep 8 10:00 am-12:00 pm	Free
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### Frauds and Scams

55+yrs

*Seniors First BC*

In 2022 in Canada, there were 91,190 reports of fraud totaling 57,055 victims of fraud? with a total of \$431M lost. This workshop introduces what frauds and scams are, common methods and schemes targeting Canadian seniors, safety strategies, and resources to consult if you or someone you know has been affected by frauds/scams.

Fri 470434	Sep 22 10:00 am-12:00 pm	Free
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### Emergency Preparedness

55+yrs

*COSCO Seniors Health And Wellness Institute Society*

When disaster strikes people need to be ready. We explore the preparation of emergency kits and safety procedures in dangerous situations, and provide information about when and how to seek help.

Fri 470435	Sep 29 10:00 am-12:00 pm	Free
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### Crime Prevention & Awareness

55+yrs

*Vancouver Police Department*

Take a proactive step in safeguarding yourself and your community by attending an enlightening session organized by the Vancouver Police Department. Discover the latest prevalent fraud schemes occurring in our city and acquire valuable knowledge on how to protect yourself from becoming a victim. Stay informed about current criminal activities and learn effective strategies to prevent them from impacting your life!

Fri 470436	Oct 6 10:00 am-12:00 pm	Free
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### Nutrition and Supplements

55+yrs

*Vancouver OASIS*

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

Fri 470437	Oct 13 9:30 am-12:00 pm	Free
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### The Healthy Back & Spine Workshop

19+yrs

*Champlain Square Physiotherapy*

During this 1-hour workshop, you will learn how to: 1. Manage acute back pain 2. Exercise and stretch to help prevent future episodes of back pain 3. Strengthen the back muscles and help make them "bulletproof" for all of life's activities This workshop is ideal for adults of all age groups; however, you should feel comfortable performing squats and doing exercises in a group setting. Please wear comfortable clothes to "move in" as this workshop is both information and exercise-based.

Tue 474102	Oct 17 11:15 am-12:15 pm	Free
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### Healthy Eating for Seniors

55+yrs

*COSCO Seniors Health And Wellness Institute Society*

Eating well and maintaining a healthy diet as we age is important. This session offers tips to help you monitor and adjust your eating and reviews the Canada Food Guidelines.

Fri 470439	Oct 27 10:00 am-12:00 pm	Free
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### Arthritis and Exercise

55+yrs

*Vancouver OASIS*

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

Fri 470441	Nov 10 10:00 am-12:00 pm	Free
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### Government Benefits

55+yrs

*Seniors First BC*

Presented by our legal advocate, this workshop provides an informative overview of several federal and provincial government benefits for seniors, including Old Age Security (OAS), Guaranteed Income Supplement (GIS), Canada Pension Plan (CPP), Fair Pharmacare, BC Senior Supplement, and Shelter Aid for Elderly Renters (SAFER).

Fri 470442	Nov 17 10:00 am-12:00 pm	Free
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### Memory and Aging

55+yrs

*COSCO Seniors Health And Wellness Institute Society*

This workshop explains how memory functions and how it changes as we age. We give tips for improving memory, and information about when to seek help.

Fri 470443	Nov 24 10:00 am-12:00 pm	Free
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### Spine Osteoarthritis

55+yrs

*Vancouver OASIS*

Class for each of these joints focus on specific strategies for management, including joint protection, exercise and pain management.

Fri 470444	Dec 1 10:00 am-12:00 pm	Free
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## 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 471562	Sep 11-Dec 11 10:00am-12:00pm	No session Oct 2, 9, Nov 13 \$77/11 sess
Wed 471564	Sep 13-Dec 13 10:00am-12:00pm	\$98/14 sess

## Japanese Flower Arranging

55+yrs

Aggie Chan

Aggie will teach you how to do silk or fresh flower arranging. You will make one interesting and fashionable arrangement each session. Materials are provided.

Thu 458870	Sep 7-Sep 28 2:00 pm-4:00 pm	\$32/4 sess
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## 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 473710	Oct 4-Dec 6 10:00am-12:00pm	\$60/10 sess
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## Watercolour Paint Night

19+yrs

Chloe Greenberg



With step-by-step instructions, paint an Impressionist Floral Garden. Join this beginner's watercolour class to learn basic watercolour techniques and use a harmonious palette to capture the essence of a floral garden using the impressionist approach. You'll gain the skills to paint flowers, foliage, and a lush garden as your final painting. If you are picking up a paintbrush for the first time, this class is designed for you, but all skill levels are welcome. All supplies are included!

Mon 474175	Dec 11 6:30pm-9:30pm	\$50/person
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## Dog Training with Fluff in the Forest

Programs are held at Slocan Park Fieldhouse  
2750 E. 29th Ave (near Slocan St)

## Dog Training - Leash and Recall Skills

19+yrs

Fluff in The Forest

Improve your daily adventures with your dog. Teach your dog to walk politely on leash. Find out how to get them to come when you call, despite all the exciting things in the world. This class is suitable for dogs 4 months and older at the first class, with a minimum of two sets of vaccinations. They must have been in your home for at least one week.

Sat 474103	Oct 14-28 11:30am-12:30pm	\$120/3 sess
Sat 474104	Nov 18-Dec 2 11:30am-12:30pm	\$120/3 sess

## Dog Training - Home for the Holidays

19+yrs

Fluff in The Forest

Set yourself up for a happier holiday season with your dog: learn to handle big family dinners, trick-or-treaters, fireworks, and travel or pet-sitting. This class is suitable for dogs of all ages and experience levels. Dogs should have a minimum of their first set of vaccinations, and have been in your home for at least one week.

Sat 474105	Oct 7-Nov 4 10:00am-11:00am	\$240/5 sess
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## Dog Training - Rainy Day Play

19+yrs

Fluff in The Forest

Struggling to walk your dog on those dark, wet evenings? Explore alternatives to exercise your dog's body and mind, including engaging games and learning new tricks. This class is suitable for dogs of all ages and experience levels. Dogs should have a minimum of their first set of vaccinations, and must have been in your home for at least one week.

Sat 474106	Nov 18-Dec 2 10:00am-11:00am	\$144/3 sess
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Fluff in the Forest Dog Training is BC SPCA AnimalKind accredited, and used only positive reinforcement and other humane training methods.

Please contact us at [kaeli@fluffintheforest.ca](mailto:kaeli@fluffintheforest.ca) / 778-980-5124 for private support if your dog is fearful, or barks uncontrollably around other dogs.



## Temporary Fitness Centre Hours of Operation

August 28 - September 24

**Note:** Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-5:00pm	9:00am-5:00pm

## Fitness Centre Hours of Operation

September 25 - December 17

**Note:** Fitness admissions are available until 15 minutes prior to the Fitness Centre closing.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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

See [page 29](#) for special hours of operation

## 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	\$6.99	\$61.51	\$53.83	\$145.34	\$465.09
<b>Senior</b> 65+yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Youth</b> 13-18yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56



## 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.

Please call the Community Centre for an updated list of equipment  
604-257-8388 ext 1

## Fitness Centre Orientations

13+yrs

Whether you need instruction, motivation, or support, our highly trained staff are here to help you succeed. Enlist one of our staff to get you started in the fitness centre with an orientation on our fitness equipment and a starter fitness program. Please call ahead to make an appointment for a fitness consultation 604-257-8388 (ext 1). All participants must complete a PAR-Q+ and a Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+ and the Consent and Release Form signed by their parent or guardian. Forms can be picked up at the Pool Office.

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

## Fitness Centre Programs

### Personal Training

19+yrs

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

	Private (1 person)	Semi-Private (2 people)	Group (3 to 4 people)
<b>1 sess</b>	\$58.17	\$87.23	\$122.36
<b>3 sess</b>	\$161.20	\$241.84	\$327.72
<b>5 sess</b>	\$259.27	\$399.26	\$480.67
<b>10 sess</b>	\$465.43	\$741.49	\$873.93

all fees subject to change without notice / prices do not include tax



# Swimming Pool

## Annual Pool Maintenance (closure)

August 28 - September 24

### 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

September 25 - December 17

Monday-Friday..... 6:30am-9:30pm  
Saturday-Sunday..... 9:00am-5:00pm

#### Fitness Centre

September 25 - December 17

Monday-Friday..... 6:30am-9:30pm  
Saturday-Sunday..... 9:00am-5:00pm

### Pool and Fitness Holiday and Special Hours

Saturday September 2 ..... 1:00pm-5:00pm  
Monday September 4 ..... 1:00pm-5:00pm  
Monday October 2 ..... 1:00pm-5:00pm  
Monday October 9 ..... 1:00pm-5:00pm  
Monday November 13 ..... 1:00pm-5:00pm  
Sunday December 24 ..... 1:00pm-5:00pm  
Monday December 25 ..... Closed  
Tuesday December 26 ..... 1:00pm-5:00pm  
Sunday December 31 ..... 1:00pm-5:00pm  
Monday January 1 ..... Closed

## Annual Pool Maintenance (closure)

Monday August 28 - Sunday September 24 ..... Pool closed

**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 one's 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, August 29 @ 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.

### Refunds

- Full refund five days or more prior to program start
  - Partial refund within four days of program start or before second class
  - No refund after second class of the program
  - No refunds on single session programs
  - Transfers possible prior to second class
- A cheque will be mailed in 3-6 weeks for cash payments.

# Swimming Pool

## Fall 2023 Swimming Lesson Information

As of January 1, 2023 the Canadian Red Cross will no longer be providing swimming lessons programming as they focus all their efforts as an organization on humanitarian aid. They have endorsed the Lifesaving Society's SWIM FOR LIFE program and the Vancouver Board of Parks and Recreation will be implementing this program as we continue to offer swimming lessons please see the transition information below.



Swimming Lesson Registration begins on: **Tuesday August 29 at 7:00pm**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Sep 25-Oct 18 6 lessons <i>No lesson Oct 2, 9</i>	Sep 26-Oct 19 8 lessons	Sep 29-Dec 15 12 lessons	Sep 30-Dec 16 12 lessons	Oct 1-Dec 17 12 lessons
<b>Set 2</b>	Oct 23-Nov 13 7 lessons <i>No lesson Nov 13</i>	Oct 24-Nov 16 8 lessons			
<b>Set 2</b>	Nov 20-Dec 13 8 lessons	Nov 21-Dec 14 8 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)
7	\$57.57	\$50.64	\$57.50	\$96.98	\$90.12
8	\$65.18	\$57.26	\$65.10	\$110.22	\$102.38
12	\$95.62	\$83.74	\$95.50	\$163.18	\$151.42

## Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard



# Swimming Pool

## Swim For Life Class Conversions

Canadian Red Cross Swim		Swim for Life (Lifesaving Society)
Parent & Tot 1 - Starfish 4-12 months (Parented)	Direct Transfer	<b>Parent &amp; Tot 1 - Jellyfish</b> 4-12 months (Parented)
Parent & Tot 2 - Duck 12-24 months (Parented)	Direct Transfer	<b>Parent &amp; Tot 2 - Goldfish</b> 12-24 months (Parented)
Parent & Tot 3 - Sea Turtle 24-36 months (Parented)	Direct Transfer	<b>Parent &amp; Tot 3 - Seahorse</b> 24-36 months (Parented)
Preschool 1 - Sea Otter	Incomplete	<b>Preschool 1 - Octopus</b> Preschool, 3-5yrs, 30mins
	Complete	<b>Preschool 2 - Crab</b>
Preschool 2 - Salamander	Incomplete	
	Complete	<b>Preschool 3 - Orca</b>
Preschool 3 - Sunfish	Incomplete	
	Complete	<b>Preschool 4 - Sea Lion</b>
Preschool 4 - Crocodile	Incomplete	
	Complete	<b>Preschool 5 - Narwhal</b>
Preschool 5 - Whale	Incomplete	
	Complete	<b>Swimmer 1 or 2</b>
Swim Kids Level 1	Incomplete	<b>Swimmer 1</b>
	Complete	
Swim Kids Level 2	Incomplete	<b>Swimmer 2</b>
	Complete	
Swim Kids Level 3	Incomplete	<b>Swimmer 3</b>
	Complete	
Swim Kids Level 4	Incomplete	<b>Swimmer 3</b>
	Complete	
Swim Kids Level 5	Incomplete	<b>Swimmer 4</b>
	Complete	
Swim Kids Level 6	Incomplete	<b>Swimmer 5</b>
	Complete	
Swim Kids Level 7	Incomplete	<b>Swimmer 6</b>
	Complete	
Swim Kids Level 8	Incomplete	<b>Swimmer 7 - Rookie</b>
	Complete	
Swim Kids Level 9	Incomplete	<b>Swimmer 8 - Ranger</b>
	Complete	
Swim Kids Level 10	Incomplete	<b>Swimmer 9 - Star Patrol</b>
	Complete	



SCAN ME

If you have any questions about the new program please check out the Lifesaving Society website by scanning the QR code



## 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	\$34.32/lesson
	Semi-private add on	\$11.82/lesson
<b>14yrs and older</b>	First person	\$34.32+GST/lesson
	Semi-private add on	\$11.82+GST/lesson

## Specialty Aquatics Courses

All Ages

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

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

September 25 - December 17

## Annual Pool Maintenance (closure)

August 28 - September 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lengths</b> 6:30am-7:30am						
					<b>Please Note:</b> Pool schedule is subject to change	
<b>Lengths</b> (1 lane only) 7:30am-11:50am	<b>Lengths</b> (1 lane only) 7:30am-11:50am	<b>Lengths</b> (1 lane only) 7:30am-9:25am	<b>Lengths</b> (1 lane only) 7:30am-11:50am	<b>Lengths</b> (1 lane only) 7:30am-9:25am		
		<b>Aquafit (Mod)</b> (Registered Program) 9:30am-10:30am		<b>Aquafit (Mod)</b> (Registered Program) 9:30am-10:30am	Open at 9am	<b>Lengths</b> 9:00am-10:15am
		<b>Lengths</b> (1 lane only) 10:30am-11:50am		<b>Lengths</b> (1 lane only) 10:30am-11:50am	<b>Aquafit (Mod)</b> (Registered Program) 9:15am-10:15am	
<b>Lengths</b> 12:00pm-1:30pm					<b>Lengths</b> (1 lane only) 10:20am-2:30pm	
<b>Public Swim</b> (1 lane for lengths) 1:30pm-3:30pm						
<b>Lengths</b> (1 lane only) 3:30pm-7:30pm					<b>Public Swim</b> (1 lane for lengths) 2:30pm-5:00pm	
<b>Public Swim</b> (1 lane for lengths) 7:30pm-9:30pm						

## 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. 3 lanes available.
<b>Lengths (1 lane only)</b>	Continuous lengths swim for all ages. 1 lane available for lengths swim.
<b>Aquafit (Mod)</b> Registered Program	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. Wristbands are required to be worn when participating in class</b>

## 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	\$6.99	\$61.51	\$53.83	\$145.34	\$465.09
<b>Senior</b> 65+yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Youth</b> 13-18yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Children</b> 5-12yrs	\$3.50	\$30.76	\$26.92	\$72.67	\$232.55
<b>Preschool</b> (0-4yrs)	FREE				
<b>Family</b>	at child rate	Minimum 2 people. \$3.50/person, minimum \$7.00 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.				

**Note:** Please bring your own lock. Limited wallet lockers are available.  
Please leave your valuables at home