

Renfrew Park

Recreation Guide

Spring 2019

Community Centre

Swimming Pool

Fitness Centre



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

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Hours of Operation

Community Centre

April 1 - June 28

Monday-Friday	9:00am-10:00pm
Saturday	9:00am-5:00pm
Sunday	10:30am-5:30pm

Community Centre Office

April 1 - June 28

Monday-Thursday	9:00am-8:45pm
Friday	9:00am-6:45pm
Saturday	9:00am-3:45pm
Sunday	Closed

Holiday and Special Hours

Friday April 19	Closed
Monday April 22	Closed
Monday May 20	Closed

Please see **page 29** for Pool and Fitness
Holiday and Special Hours

The staff at Renfrew Park Community Centre would like to acknowledge the hard work and dedication of the Renfrew Park Community Association Board of Directors, Program Committee Members and Volunteers who volunteer their time to assist in the development of community programs and services.



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

Contact Information

Address

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

Phone

Centre Office	604 257-8388 ext 1
Pool and Fitness Office	604 257-8388 ext 2
Fax	604 257-8392

Email

Centre Email	renfrewcc@vancouver.ca
Rental Inquiries	renfrew.rentals@vancouver.ca
Birthday Party Inquiries	renfrewparkbirthday@vancouver.ca
Pool and Fitness Email	renfrew.pool@vancouver.ca

Staff

Marian Gardner	Community Recreation Supervisor
Nick Fong	Recreation Programmer
Shannu Marette	Pool Programmer
Andrea Mah	Seniors' Worker
Starla Bayley	Community Youth Worker



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

3 Easy Ways to Register...

Online

Starts **Tuesday, March 5 at 9:00am**



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

In Person

Starts **Tuesday, March 5 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 **Wednesday March 6 at 9:30am**



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.

...connect with us on Social Media!

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

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 two for centre hours of operation.
- All refunds are subject to a \$5 administration fee.

Programs

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.

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.

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

Bus Trips, Workshops, One Day Courses and Camps

- Withdraw/refund requests must be made no later than two 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

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



Renfrew Park Community Association (RPCA)

President's Message

Dear fellow community members,

This is my first term as the President of the Association. As the 1st Vice President the past few years, I have worked with other board members and the Centre staff to update our bylaws for the transition to the new B.C. Societies Act, and complete the Joint Operating Agreement (JOA) Appendices which reflect the specific needs of our community that determine the ways we operate and offer programs and other activities at the Centre. With the signing of the new JOA last September, the Association now has the mandate to jointly operate the jointly operated facilities in the Centre with the Vancouver Board of Parks and Recreation for the next 10 years, starting from last year.

2019 is going to be a year full of challenges to the Association. We have to update our policies and procedures and/or create new ones to guide our operations so as to comply with the new Societies Act and the requirements of the new JOA, and fulfil our obligations. These may lead to changes that impact some of our programs. We shall work closely with the Centre staff, Park Board management and the parties affected.

Another area that will be addressed is our facilities. In short-term, we have the kitchen upgrade. The planning stage of this should start very quickly. The board of directors is also pursuing a window and ventilation upgrade in room 110.

As we have an aging facility (more than 54 years old) and in light of the high density developments in our neighbourhood we have to develop a long term plan to replace this facility with a new one which should have ample space to accommodate our programming needs, and is safer and more versatile. A replacement facility, even if it is only partial, would not happen overnight. We, the community as a whole, have to stand behind a project of such a magnitude. We have to make a commitment that we shall make it happen. A lot of people feel that this is just a dream. But, let's work together and make the dream a reality.

For the community members who celebrate Chinese New Year, I wish you all a healthy, safe and prosperous year of pig!

Sincerely,

Albert Lee, Renfrew Park Community Association President

...did you know

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

RPCA Board of Directors 2018-2019

2018-2019

President.....	Albert Lee
1st Vice President.....	Anthony Mehnert
2nd Vice President.....	Tommy Huang
Treasurer.....	David Sexton
Secretary.....	Judy Egerton
Past President.....	Henry Lee
Members at Large.....	Chao Cheng, Donald Jiang, Helen Lee, Fay Lin, Sari Lundberg, Eddie Tang, Erin Shum, Gayle Uthoff

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.



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

RPCA Memberships

September 1, 2018-August 31, 2019

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 on to 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.16).

RPCA Affiliated Groups

Aikido Club
(604) 980-4789
Dave
vancouveraikikai.com

Happy Corner Preschool
(604) 433-7923
happycorner.ca

Judo Club
(604) 299-5188
Frank Nakashima

Kung Fu Club
(604) 433-3830
Sandra Yiu

Lions Gate Camera Club
(604) 319-1559
Tony
lionsgatecc.com

Renfrew Trojans Football
vancouvertrojans.net

EASTER EGGSTRAVAGANZA

Sat, Apr 20, 2019 ••• 12:00pm – 3:00pm

RENFREW PARK COMMUNITY CENTRE
Ages 0-10yrs

Come join us for crafts, games, face painting and fun in the gym! Register early for your Easter egg hunt time slot as spots fill up quickly. You can register at the centre or online at recreation.vancouver.ca.

\$5 Entry
+ Egg Hunt
\$2 Entry Only

EGG HUNT TIMES
1: 1:30pm
2: 2:00pm
3: 2:30pm

Program Highlights

16th Annual Health Fair

Come and join us for our annual Health Fair. Visit display booths from various health agencies. Light lunch provided. Pre-registration required.

All Ages

Wed 190523	Apr 3 10:00am-2:00pm	Free
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Easter Eggstravaganza

All Ages

Rain or shine our event runs from 12:00-3pm. Come before your egg hunt and stay after your egg hunt time. There will be face painting, crafts, games and our famous egg hunt. Come and enjoy the entire event. Children less than 8yrs must be accompanied by an adult. Accompanying adults may attend this event for free. There will be a concession that will be run by our Youth Council. Tickets are limited, so buy them early. There will be 3 egg hunts and you must register for your specific time.

Sat 193393	Apr 20 12:00pm-3:00pm	\$2/entry only
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Egg Hunt Times

193397	1:30pm-1:45pm	\$5/entry & egg hunt
193398	2:00pm-2:15pm	\$5/entry & egg hunt
193400	2:30pm-2:45pm	\$5/entry & egg hunt

Collingwood Days 2019

All Ages

Renfrew-Collingwood Days Celebration! A Local festival celebrating the diversity and culture of the Renfrew-Collingwood Neighbourhood. Come celebrate with children's games, an international marketplace, artisan village and live entertainment. Family friendly fun for everyone. Event is held at Gaston Park (3470 Crowley Drive).

Sat	May 25	11:00am-4:00pm	Free
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Seniors Week Afternoon Tea

55+yrs

Join us as we celebrate Seniors Week with an Afternoon Tea which includes entertainment, assorted sandwiches, sweets, and scones served on 3-tiered platters. Coffee and tea will be served. Register in advance. Registration cut off date is May 31.

Wed 206736	Jun 5 12:00pm-2:00pm	Free
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Community Lunch Program

All Ages

Brennen Murray

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! Lunches will be served on a first come first served basis. Lunch can only be bought in person the day of, limit of 2 per person. Lunches go on sale starting at 9:00am. Limited number of lunches available.

Fri 206644	Apr 5-Jun 28	12:00pm-1:00pm No lunch Apr 19, Jun 7, 21 \$4.76/Adults/Seniors \$3.33 Children/Youth
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Youth Celebrate Canada Day

All Ages

Canada is celebrating another birthday! Show your Canadian pride! Join in on the celebration at Renfrew Park for this fun day of music, games, arts, crafts and carnival food. This fun event is organized by Windermere students for the whole community to enjoy. Food and refreshments available. See you here RAIN or SHINE.

Everyone is welcome.

218925	Mon	Jul 1	12:00pm-4:00pm	Free
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Income Tax Clinic

Please call to set up a half hour appointment after **Monday, March 25**.
Clinic will be on-going until the end of April.

Program Highlights

prices do not include tax



STILL MOON ARTS

Slocan Fieldhouse Artists Still Moon Arts Society

Please visit <http://stillmoon.org> for information about activities at Slocan Fieldhouse. For up-to-date info, **follow us on Facebook and Instagram @stillmoonarts.**

Still Moon Arts AGM

19+yrs

Still Moon Arts Society's AGM is coming up! **Join us at the new Collingwood Neighbourhood House Annex (3690 Vanness Ave) on Friday, May 3rd.** We'll start at 6pm with brief business, then move on to performances, food, and a silent auction! Come support the work of the folks who put on the Renfrew Ravine Moon Festival, and enjoy our community celebration of the past year!

Fri	May 3	6pm	Free
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Still Creek Stream Keepers

19+yrs

Are you interested in the health of Renfrew Ravine and Still Creek? Passionate about nature, ecology, and community? Join the Still Creek Streamkeepers! Everyone is welcome, no previous experience required. Meetings are at Slocan Hall: 6 - 6:45 is updates, and 7-8pm is a presentation or discussion. For more info or to get involved, contact: mail@stillmoon.org and follow @stillcreekstreamkeepers on Facebook.

Mon	Every 4th Monday of the month	6:00pm-8:00pm
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Colour Me Local

19+yrs

Curious about plant-based dyes for fabric? Learn about mordanting, shifting the colour with pH and temperature, and dye plant identification. Each participant will get a strip of the raw silk to dye, or bring your own pre-mordanted fabric. Beginners and experts all welcome.

Mon	May 20		
206643	11:00am-4:00pm		\$20/person
Sat	Jun 8		
206711	11:00am-4:00pm		\$20/person

Ravine Clean-Up & Planting

19+yrs

There will be a Ravine Clean-Up (10am-noon) and planting a pollinator/dye plants garden at the edge of the Ravine (12-2pm). Meet at Renfrew Street and 24th Avenue, on the West side of the Ravine. Snacks and tea will be available. **For more information, contact mail@stillmoon.org.**

Sat	Apr 20		
206689	10:00am-2:00pm		Free



Falaise Fieldhouse Artists Girls Rock Camp

Girls Rock Camp Vancouver is a non-profit society that builds self-esteem in girls and non-binary children and youth through collaborative song writing, music creation, and performance.

<https://grcvfieldhouse.home.blog/>



Seed Swap

19+yrs

Renfrew-Collingwood Food Security

Looking for new vegetable and flower seeds for the upcoming growing season? Come drop-in to the Renfrew-Collingwood Food Security Institute's Seed Swap to find out what you can put in your garden. If you have some seeds of your own to swap, feel free to bring them or come by to pick up a few free packets to get you started!

Tue	Apr 2		
217127	3:00pm-5:00pm		Free

WHAT IS JUDO?

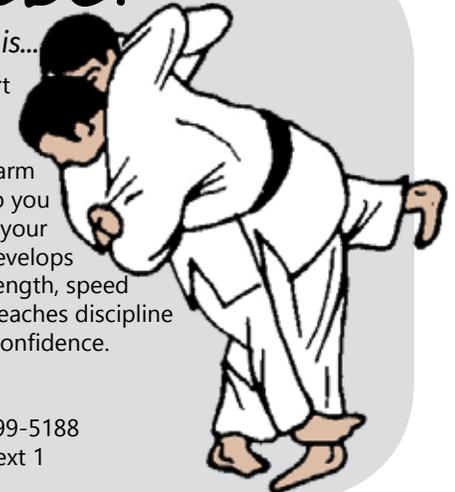
Judo at Nakashima Dojo is...

A recreational contact sport which teaches throwing, grappling, learning to fall without injury. For Adults: arm locks are taught. With Judo you learn to take advantage of your Opponent's power. Judo develops coordination, dexterity, strength, speed and physical fitness. Judo teaches discipline and helps to develop self confidence.

For ages 8 and up.

For more info, contact:

Frank Nakashima @ 604 299-5188
or RPCC @ 604-257-8388 ext 1



Licensed Preschool



Preschool 2019-2020

Preschool Open House

Tuesday April 23rd, 2019 (4-8pm)

This is the time to come and check out our preschool facility and speak to our ECE certified teachers. Bring your child, and your questions. Activities will be set up for children. Vacancy information will be available on [April 23rd, 2019](#).

Preschool Registration

Sunday April 28th, 2019 (10:30am-1pm)

- Priority registration is given to siblings and those currently in the program.
- We will start handing out registration forms at 10:30am if you are accepted into the class.
- Forms are then to be completed along with a photocopy of your child/s birth certificate and immunization shots.
- We will also require 2 passport size pictures of the child's face.
- Once the forms have been completed and checked by the staff there will then be a 25 minute group orientation
- After the orientation, payment must to be made for the deposit (June 2020 monthly fee) and the \$30 registration fee (which is non-refundable) and credit card information for the monthly payment plan.

Licensed Preschool

Alice Shiu, Michelle Lui, Shu Ying Huang, Jane Yee

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 2019-June 2020

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$104/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$156/month
2 days	Tue/Thu	12:00pm-2:30pm	\$104/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$156/month

The licensed preschool runs from Sept-June.
5 day options are available.
For information phone: 604 257-8391
email: renfrew.preschool@vancouver.ca
or pick up an information pamphlet at the Centre Office.

Preschool



Music

Music and Movement

2-4yrs

Miriam Davidson

Children explore basic musical concepts, singing songs, playing and having fun. Singing helps children in speech development, cognitive ability, social skills and so much more. Miriam is Orff certified and has many years of experience with children of all different music abilities!

Fri	Apr 26-Jun 14	
216629	10:00am-10:45am	\$52/8 sess

Music and Moves with Allison

6 mo-5yr

Allison Vicente

In this interactive class we will be exploring music and dance moves through different instruments, songs, and games that will get you up and grooving. Learning different rhythms, beats, and moves - your child's creative side can blossom in this program.

Please note: Parent/Guardian participation is required.

Sat	Apr 13-Jun 15	No session Apr 20, May 18
217078	1:15pm-2:00pm	\$44/8 sess

Sat	Apr 13-Jun 15	No session Apr 20, May 18
217079	2:00pm-2:45pm	\$44/8 sess

Sat	Apr 13-Jun 15	No session Apr 20, May 18
217080	2:45pm-3:30pm	\$44/8 sess

Sat	Apr 13-Jun 15	No session Apr 20, May 18
217081	3:30pm-4:15pm	\$44/8 sess

Kelly Kirby - Preschool Piano

4-5yrs

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 encouraged. Modified workbooks are ineligible for refund.

Sun	Apr 14-Jun 16	
217066	2:00pm-2:45pm	\$100/10 sess

Sun	Apr 14-Jun 16	Pre-Req: Kelly Kirby I
217064	3:30pm-4:15pm	\$100/10 sess

Sun	Apr 14-Jun 16	
217065	4:15pm-5:00pm	\$100/10 sess

Sun	Apr 14-Jun 16	Pre-Req: Kelly Kirby II
217067	2:45pm-3:30pm	\$100/10 sess

Dance

Creative Dance

2-6yrs

Allison Vicente

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. Parent participation may be required.

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217086	12:00pm-12:45pm	\$45/9 sess

Sun	Apr 7-Jun 16	No session Apr 21, May 19
218277	1:45pm-2:30pm	\$45/9 sess

Ballet

2-6yrs

Allison Vicente

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!

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217084	12:45pm-1:30pm	\$45/9 sess

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217085	2:30pm-3:15pm	\$45/9 sess

Education

123, ABCs - Phonics & Math

4-5yrs

Natalie Wong

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	Apr 6-Jun 15	No session Apr 20, May 4
209737	10:30am-11:30am	\$45/9 sess

Sat	Apr 6-Jun 15	No session Apr 20, May 4
209738	11:30am-12:30pm	\$45/9 sess

Mini Mathletes

5-6yrs

Natalie Wong

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	Apr 6-Jun 15	No session Apr 20, May 4
209741	2:00pm-3:00pm	\$45/9 sess



BIRTHDAY PARTIES

GOT THE BIRTHDAY PARTY PLANNING JITTERS?

We offer birthday party packages starting at \$119.

- Ideal for children 0-7 years old.
- Our staff will assist with set up, decorations and cleanup.
- Book early so you're not disappointed.
- A minimum of 2 weeks advance booking required.

Enhance your party with our exciting party-add ons!

- Face Painting and Balloon Twisting.
- Button/Badge making for each child to take home.
-  Bouncy Castle



FOR MORE INFORMATION

VISIT US AT: WWW.RENFREWCC.COM/BIRTHDAY
OR EMAIL US AT: RENFREWPAKRBIRTHDAY@VANCOUVER.CA

Sports and Open Gym

Family Gym Time

walking-5yrs

This drop in program will help stimulate the physical, intellectual and social development of your child. Children are able to utilize Gymnastics equipment, balls, ride-on toys and much more. All family members are welcome. Drop-in fee applies to all children under 6 yrs that are participating at Family Gym Time.

Adult participation required.

Mon Fri	Apr 1-Jun 3	No session Apr 19, 22, May 20
216495	10:30am-12:00pm	\$3.25/child, \$1.25/sibling \$30/10 tickets

Indoor Soccer

4-6yrs

Pinnacle Soccer Academy

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the importance of encouragement, safety, fun and teamwork. Excellent exercise too!

Wed	Apr 10-Jun 12	
217020	4:00pm-4:45pm	\$50/10 sess
Sat	Apr 6-Jun 15	No session Apr 20, May 18
217023	1:00pm-1:45pm	\$45/9 sess

Outdoor Soccer

4-6yrs

Pinnacle Soccer Academy

Want to develop some soccer skills, have fun and learn more about the beautiful game? Join us! Taught by community coaches who understand the importance of encouragement, safety, fun and teamwork. Excellent exercise too! This is an outdoor program so please dress accordingly. Program held at Renfrew Field.

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217026	11:00am-11:45am	\$45/9 sess

Rhythmic Gymnastics

3-5yrs

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.

Sat	Apr 6-Jun 15	No session April 20
216301	9:15am-10:00am	\$55/10 sess

Baby Bears Gymnastics

1-2yrs

Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. It will also give you a chance to socialize and be a part of a supportive group of parents. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you!

Parent participation is required.

Wed	Apr 10-Jun 12	
216738	9:15am-10:00am	\$100/10 sess

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. The children will enjoy songs, games, circle time and of course bonding time with you!

Wed	Apr 10-Jun 12	2-3yrs
216739	10:45am-11:30am	\$100/10 sess

Wed	Apr 10-Jun 12	3-4yrs
216740	11:30am-12:15pm	\$100/10 sess

Children

Music

Piano - Private Lessons

6+yrs

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

<i>Katherine Li</i>			
Tue	Apr 9-Jun 11	\$180/10 sess	
216090	6:00pm-6:30pm	216093	7:30pm-8:00pm
216091	6:30pm-7:00pm	216094	8:00pm-8:30pm
216092	7:00pm-7:30pm	216095	8:30pm-9:00pm
<i>Emily Leung</i>			
Fri	Apr 5-Jun 14	No session Apr 19, May 31 \$162/9 sess	
216111	3:30pm-4:00pm	216116	6:00pm-6:30pm
216112	4:00pm-4:30pm	216117	6:30pm-7:00pm
216113	4:30pm-5:00pm	216118	7:00pm-7:30pm
216114	5:00pm-5:30pm	216119	7:30pm-8:00pm
216115	5:30pm-6:00pm	216120	8:00pm-8:30pm
<i>Inez Tao</i>			
Sat	Apr 13-Jun 15	No session May 11 \$162/9 sess	
216250	12:00pm-12:30pm	216255	2:30pm-3:00pm
216251	12:30pm-1:00pm	216256	3:00pm-3:30pm
216252	1:00pm-1:30pm	216257	3:30pm-4:00pm
216253	1:30pm-2:00pm	216258	4:00pm-4:30pm
216254	2:00pm-2:30pm	216259	4:30pm-5:00pm
<i>Inez Tao</i>			
Sun	Apr 7-Jun 16	No session May 12 \$180/10 sess	
216260	11:00am-11:30am	216266	2:00pm-2:30pm
216261	11:30am-12:00pm	216267	2:30pm-3:00pm
216262	12:00pm-12:30pm	216268	3:00pm-3:30pm
216263	12:30pm-1:00pm	216269	4:00pm-4:30pm
216264	1:00pm-1:30pm	216270	4:30pm-5:00pm
216265	1:30pm-2:00pm		

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.

No session Apr 22 \$216/8 sess			
Mon	Apr 8-Jun 10		
218315	5:00pm-5:30pm	218318	6:30pm-7:00pm
218316	5:30pm-6:00pm	218319	7:00pm-7:30pm
218317	6:00pm-6:30pm	218320	7:30pm-8:00pm

Violin - Private Lessons

7-14yrs

Caroline Tai

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.

No session May 15 \$117/9 sess			
Wed	Apr 10-Jun 12		
217187	4:30pm-5:00pm	217190	6:00pm-6:30pm
217188	5:00pm-5:30pm	217191	6:30pm-7:00pm
217189	5:30pm-6:00pm	217192	7:00pm-7:30pm

Drum - Private Lessons

8-16yrs

Jimmy Zhong

Welcome to the world of music and rhythm. Lessons are conducted using one full set of acoustic drums. Learning material included.

No session Apr 22, May 20 \$104/8 sess			
Mon	Apr 8-Jun 10		
216098	4:30pm-5:00pm	216102	6:30pm-7:00pm
216099	5:00pm-5:30pm	216103	7:00pm-7:30pm
216100	5:30pm-6:00pm	216104	7:30pm-8:00pm
216101	6:00pm-6:30pm	216105	8:00pm-8:30pm

Guitar - Private Lessons

7-16yrs

Jimmy Tran

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.

Wed	Apr 10-Jun 12	\$130/10 sess	
216967	5:30pm-6:00pm	216970	7:00pm-7:30pm
216968	6:00pm-6:30pm	216971	7:30pm-8:00pm
216969	6:30pm-7:00pm	216972	8:00pm-8:30pm

Music



Building Bridges with Music

Social Diversity For Children Foundation

6-13yrs

The Building Bridges through Music program partners participants, consisting of children with disabilities, with student volunteer buddies that are under the guidance of a professional music therapist. It hopes to offer a safe setting where children with disabilities can gain greater self-confidence and explore avenues of self-expression, mediated by the universal nature of music and the relationships they form with their peers and buddies. Opportunities for cognitive, social, and motor development are present, as well as the opportunity for a greater understanding of disability inclusiveness for all parties involved. Ultimately, the program hopes to offer a fun, learning experience that promotes the growth of the participants into confident, well-adjusted individuals. This program's registration fees can be paid for by BC's Autism Funding, for those who have confirmed eligibility with the Children and Youth with Special Needs (CYSN) Office. Please email chloe@socialdiversity.org for details and for help in completing your Request to Pay form.

Wed	Apr 10-Jun 12	
208315	4:00pm-5:00pm	\$150/10 sess

Dance

Ballet

6-8yrs

Allison Vicente

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!

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217087	3:30pm-4:30pm	\$58.50/9 sess



Contemporary Ballet

Allison Vicente

9-12yrs

An exciting fusion of ballet and contemporary dance. Using modern upbeat music, participants will discover the beauty of ballet and learn new ways to express themselves through their movement. Students can look forward to learning the fundamentals of dance with an introduction to barre, centre work, and across the floor while also exercising their creativity.

Sun	Apr 7-Jun 16	No session Apr 21, May 19
217088	4:30pm-5:30pm	\$58.50/9 sess



Street Kings Hip Hop

Street Kings

6-12yrs

Street Kings is a hip hop dance program for boys and girls of all ages and levels. Kids can learn all the latest moves from their favourite shows, as well as the classic dance styles such as Breakdance and Popping! We believe that dance class is a place where kids can gain confidence, make new friendships, and explore their creativity.

Wed	Apr 10-Jun 12	6-8yrs
216802	3:30pm-4:30pm	\$70/10 sess

Wed	Apr 10-Jun 12	9-12yrs
216803	4:30pm-5:30pm	\$70/10 sess

Art

Creative Drawing and Painting

6-14yrs

Christina Chan

Children will improve their drawing techniques in both traditional and modern painting by applying a graduated and creative method that merges Chinese painting and kids cartoon drawing techniques together. Supply list distributed on the first day.

Sat	May 18-Jun 15	
216486	12:45pm-2:45pm	\$32.50/5 sess

Sat	May 18-Jun 15	
216487	2:45pm-4:45pm	\$32.50/5 sess

Drawing and Painting 101

6-12yrs

Diana Huynh

Explore your creativity and imagination in this beginners drawing and painting class. Touch upon some new and old techniques over a variety of different mediums. Students will feel free to break out of their comfort zones and enjoy the freedom associated with drawing and painting.

Mon	Apr 8-May 27	6-8yrs
210003	3:30pm-4:30pm	No session Apr 22, May 20 \$47/6 sess

Mon	Apr 8-May 27	9-12yrs
210004	4:30pm-5:30pm	No session Apr 22, May 20 \$47/6 sess

Fashion Illustration - Beginner

7-14yrs

Niki Chung

For those with little or no experience. Students will begin to explore basic skills for fashion illustration and design. Classes include work in colour theory, human anatomy and proportions. Please note there is a \$10 fee for supplies (sketch book etc.) per season. No new enrollees after 3rd class.

Fri	Apr 5-Jun 14	No session Apr 19, May 31
216796	6:00pm-7:15pm	\$106.75/9 sess

Fashion Illustration - Int/Adv

10-17yrs

Niki Chung

For students who have been recommended by the instructor to enroll in this level. In this class, students will begin to participate with hands on projects to hone in on skills from paper to a three-dimensional form. Please note there is a \$10 fee for supplies (sketch book etc.) per season. No new enrollees after 3rd class.

Fri	Apr 5-Jun 14	No session Apr 19, May 31
216797	7:20pm-9:05pm	\$142.75/9 sess

Children

Education

Red Cross Staysafe!

9-12yrs

First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Please bring a bag lunch (no nuts please), small blanket or medium sized towel, medium sized doll or stuffed animal, plenty of water and snacks.

Sun	Apr 21	
208073	11:00am-5:00pm	\$60/person

Red Cross Babysitting Training

11+yrs

First Aid Hero

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

Sun	Jun 23	
208074	10:30am-5:30pm	\$60/person



Young Commander Chess for Kids

6-12yrs

Josefino (Joe) Soliven

This program is tailored for chess players of all strengths and proficiencies. Participants will be able to play with emphasis pinned on the fun and friendly side of chess and group learning camaraderie. The idea is: "Together, we all learn with fun". It is hoped that every session makes for a social community engagement using universal principles that are theoretically applicable to a chess game and relevantly practical to real life solutions.

Novice

Wed	Apr 17-Jun 19	
209835	6:00pm-7:00pm	\$60/10 sess

Intermediate

Wed	Apr 17-Jun 19	
216249	7:00pm-8:00pm	\$60/10 sess

Baking and Cooking

Little Chefs

6-12yrs

Renee Lin

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

Sun	Apr 7-Jun 9	No session Apr 21, May 19
216940	11:00am-12:00pm	\$60/8 sess

Sun	Apr 7-Jun 9	No session Apr 21, May 19
216941	12:15pm-1:15pm	\$60/8 sess

Little Bookworms - Reading and Writing

6-7yrs

Natalie Wong

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	Apr 6-Jun 15	No session Apr 20, May 4
209739	12:30pm-1:30pm	\$45/9 sess

Pencil Heads - Reading and Writing

7-9yrs

Natalie Wong

Get inspired to read and write with this creative class. We will learn grammar, spelling, sentence construction and word usage through story writing and reading. Recommended for Grades 2 & 3 students.

Sat	Apr 6-Jun 15	No session Apr 20, May 4
209742	3:00pm-4:00pm	\$45/9 sess

Mathventures - Math

7-9yrs

Natalie Wong

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 2 & 3 students.

Sat	Apr 6-Jun 15	No session Apr 20, May 4
209740	4:00pm-5:00pm	\$45/9 sess

Mathematical Maniacs

6-9yrs

Maggie Dong

Learn and practice your math skills including addition, subtraction, multiplication, division, problem solving and fractions. Recommended for Grades 1, 2, 3 students.

Thu	Apr 11-Jun 13	
216658	3:45pm-4:45pm	\$50/10 sess

Reader's Corner

6-9yrs

Maggie Dong

Improve your reading skills in a small group setting. Learn to read smoothly with expression and improve comprehension. Spelling and writing will also be included. Bring a book from home you would like to read to each class. Recommended for Grades 1, 2, 3 students.

Thu	Apr 11-Jun 13	
216659	4:45pm-5:45pm	\$50/10 sess

Write On

7-10yrs

Maggie Dong

Children will learn reading comprehension, writing, spelling, grammar, word usage and sentence construction. This is a supplementary language arts program. Child must be able to read a simple sentence. Recommended for Grades 2, 3, 4 students.

Thu	Apr 11-Jun 13	
216660	5:45pm-6:45pm	\$50/10 sess

...Programs fill up quickly!
Register early to avoid disappointment

Education

Junior Mathematicians

6-7yrs

Selena Hong

Students in grade 1/2 will focus on developing basic math skills. Through fun worksheets, games and activities, children will work on basic arithmetic (addition, subtraction, multiplication and division) counting to bigger two-digit numbers, skip counting and basic problem solving skills.

Sun 216562	Apr 14-Jun 9 12:30pm-1:30pm	No session Apr 28 \$40/8 sess
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Creative Reading and Writing Club

6-7yrs

Selena Hong

In this class, students will review and practice basic grammar, forming and writing sentences, and build their reading comprehension skills. Through stories, games, and activities and worksheets, students will further develop their skills.

Sun 216563	Apr 14-Jun 9 1:30pm-2:30pm	No session Apr 28 \$40/8 sess
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Junior Mathematicians

8-9yrs

Selena Hong

Through fun math games, riddles, and puzzles, students will further develop their mathematical skills. Course work will focus on problem solving using basic arithmetic (addition, subtraction, multiplication and division), patterns and fractions.

Sun 216564	Apr 14-Jun 9 2:45pm-3:45pm	No session Apr 28 \$40/8 sess
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Creative Reading and Writing Club

8-9yrs

Selena Hong

In this class, students in grades 2/3/4 will review and practice basic grammar, forming and writing sentences, and build their reading comprehension skills. Through stories, games, activities and worksheets, students will further develop their skills.

Sun 216565	Apr 14-Jun 9 3:45pm-4:45pm	No session Apr 28 \$40/8 sess
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Martial Arts

prices do not include tax

Karate

7-18yrs

Alan Chan Karate BC

Karate is the most popular form of martial arts and is practiced world-wide today. Learn the basics of Karate in a safe and fun environment. Please note: program fee does not include Karate BC membership, test, uniform or sparring gear. Adults and children practice in the same room during classes.

Beginner/Intermediate

Mon Tue Thu 217011	Apr 1-Jun 27 7:15pm-8:45pm	No session Apr 22, May 20 \$157.25/37 sess
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Advanced

Brown and Black Belt Levels.

Mon Tue Thu 217009	Apr 1-Jun 27 7:15pm-9:45pm	No session Apr 22, May 20 \$175.75/37 sess
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LEGO WEDO 1.0 Robotics

6-12yrs

Tomorrow's Playground

Exciting and Fun introduction to Robotics with LEGO Education WEDO coding Software. Students will be able to build and program from a variety of Robots, featuring working motors and sensors, including a roaring lion, drumming monkey, alligator and many more, while exploring a series of cross-curricular theme based activities. Teamwork is encouraged in this STEM based program, as students develop their skills in science, technology, engineering and mathematics. Repeat students are welcome and will go on to build new projects!

Mon 205350	Apr 8-29 3:45pm-5:15pm	No session Apr 22 \$75/3 sess
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LEGO WEDO 2.0 Robotics

6-12yrs

Tomorrow's Playground

The LEGO WEDO 2.0 system provides an exciting introductory experience into the world of Robotics! WEDO 2.0 supports a hands-on, "minds on" learning solution that gives students the confidence to ask questions, and the tools to find the answers. Using LEGO elements, WEDO combines coding and robotics projects built on key science standards. Students will build projects such as a Walking Elephant, Climbing Monkey, and more! This class encourages science exploration and experimentation, and incorporates activities across Science, Engineering and Technology with STEM Education.

Mon 205351	May 6-27 3:45pm-5:15pm	No session May 20 \$75/3 sess
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LEGO Brick Animation

6-12yrs

Tomorrow's Playground

Create your own stop-motion Brick Animation using LEGO elements! Students will learn the basic techniques of Brick Animation with LEGO Movie Maker, including movement, timing, effects, editing, voice overs, and more. In a fun and supportive environment, students will create a short LEGO Brick Animation Mini-movie using our LEGO sets, including Star Wars, LEGO Friends, LEGO City and More! They can also bring their own favorite Lego sets from home!

Mon 205352	Jun 3-24 3:45pm-5:15pm	\$100/4 sess
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Sports



Finish Strong Basketball Development

David Knight

9-16yrs

We teach basic to advanced training in all areas to develop your basketball game. Please bring a water bottle, a basketball and proper gym wear to class. It's not how you start, It's how you FINISH! For more information about Finish Strong Basketball, please

email Team@finishstrongbasketball.ca.

Thu 216145	Apr 4-Jun 6 4:30pm-5:30pm	9-11yrs \$108/10 sess
Thu 216146	Apr 4-Jun 6 5:30pm-6:30pm	12-16yrs \$108/10 sess



Indoor Soccer

Pinnacle Soccer Academy

6-12yrs

Develop some soccer skills, have fun and learn more about the beautiful game. Taught by community coaches who understand the importance of encouragement, safety, fun and teamwork. Excellent exercise too!

Wed 217021	Apr 10-Jun 12 4:45pm-5:45pm	6-8yrs \$65/10 sess
Sat 217024	Apr 6-Jun 15 1:45pm-2:45pm	No session Apr 20, May 18 \$58.50/9 sess
Wed 217022	Apr 10-Jun 12 5:45pm-6:45pm	9-12yrs \$65/10 sess
Sat 217025	Apr 6-Jun 15 2:45pm-3:45pm	No session Apr 20, May 18 \$58.50/9 sess

Outdoor Soccer

Pinnacle Soccer Academy

6-12yrs

Taught by community coaches who understand the importance of encouragement, safety, fun and teamwork. This is an outdoor program so please dress accordingly. Program held at Renfrew Field.

Sun 217027	Apr 7-Jun 16 11:45am-12:45pm	6-8yrs No session Apr 21, May 19 \$58.50/9 sess
Sun 217028	Apr 7-Jun 16 12:45pm-1:45pm	9-12yrs No session Apr 21, May 19 \$58.50/9 sess

Rhythmic Gymnastics

Olympia Rhythmic Gymnastics

6-12yrs

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. This program is for females only.

Sat 216302	Apr 6-Jun 15 10:00am-11:00am	6-8yrs No session April 20 \$75/10 sess
Sat 216303	Apr 6-Jun 15 11:00am-12:00pm	7-12yrs No session April 20 \$75/10 sess

Shuttle I - Badminton Lessons

Richard Le

6-18yrs

This is a beginner program developed to teach proper racquet skills, grips and footwork. Participants will learn professional clearing techniques, net drop shot, serve and rules on how to play half court single game.

Tue 216166	Apr 9-May 7 4:00pm-4:50pm	\$75/5 sess
Tue 216167	Apr 9-May 7 4:55pm-5:45pm	\$75/5 sess
Tue 216170	May 14-Jun 11 4:00pm-4:50pm	\$75/5 sess
Tue 216171	May 14-Jun 11 4:55pm-5:45pm	\$75/5 sess

Shuttle II/III - Badminton Lessons

Richard Le

6-18yrs

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.

Tue 216168	Apr 9-May 7 5:50pm-6:40pm	\$75/5 sess
Tue 216172	May 14-Jun 11 5:50pm-6:40pm	\$75/5 sess

Shuttle III/IV - Badminton Lessons

Richard Le

6-18yrs

This program will review and introduce advanced techniques for clearing, smashing, net drop and footwork. Participants will learn professional clearing, smashing, drop shot from rear corner, footwork to cover full court, net drop shot, net kill, serve and rules on how to play a full court single game. Strategy and tactics will also be addressed in this program.

Tue 216169	Apr 9-May 7 6:45pm-7:35pm	\$75/5 sess
Tue 216173	May 14-Jun 11 6:45pm-7:35pm	\$75/5 sess

Youth Open Gym

Come and join us for a night of loud music and fun in the gym. This is a drop in program for youth only. No university students.

10-18yrs

Japleen Gill	No session Apr 19, May 31	
Fri 214387	Apr 5-Jun 28 4:00pm-7:00pm	12-16yrs Free with OneCard
Fri 214389	Apr 5-Jun 28 6:00pm-9:55pm	15-18yrs Free with OneCard
Roberto Letteri	13-18yrs	
Mon 214391	Apr 1-Jun 24 3:15pm-5:00pm	No session Apr 22, May 20 Free with OneCard



Youth Week is an internationally celebrated event to promote awareness of youth, increase positive public profile of youth and build stronger connections between youth and the community.

During Youth Week, young people around the world organize and participate in events, performances, forums and community projects.



Community Small Grants are available for you to get creative with celebrating Youth Week...write a grant, plan an event and promote your activities. Contact Nat at Nataly.Kaufman@vancouver.ca to see how you can get involved.

May the Fourth Be With YOUth Dance will be held on Saturday, May 4 from 8:00pm to 11:00pm at Trout Lake CC. Tickets are \$5 each from your Centre's Youth Worker, or \$7 at the door.



Please bring a valid school go-card when you come. A free photo booth, games, and prizes will be available. Contact Nat at Nataly.Kaufman@vancouver.ca or visit the Youth Office to get your tickets starting April 1.

Basketball Events at Roundhouse CC

Thursday, May 2
 3:30-5:30pm Pre-teens (Gr 6/7) 3 v 3
 5:30-7:45 Junior Boys (Gr 8-10) 3 v 3
 Friday, May 3
 4:30-7:30pm Night Hoops Jamboree
 7:30-11pm Senior Boys (Gr 11/12) 3 v 3
 Food fun and prizes available! Sign up your team by contacting Nat before April 25 at Nataly.Kaufman@vancouver.ca



Skateboard Event and Demos will be held on Saturday, May 5 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Contact Sally at Sally.Chan@vancouver.ca for a waiver form before you participate! This event is a partnership with the Vancouver Skateboard Coalition.



Events are sponsored by the Vancouver Board of Parks and Recreation and individual Community Centre Associations

Leadership

Leadership 101 for Preteens

10-13yrs

Amrita Narwal

This is a beginners leadership program to work on what it takes to become a leader and how to become involved in your community. Lessons will consist of teamwork, active listening, speaking assertively and more!

Sat	Apr 6-Jun 8	No session Apr 20
214377	2:00pm-3:00pm	\$9/9 sess

Leadership 2.0 the next step

10-13yrs

Amrita Narwal

This is the next step of our leadership program. This is for youth that have participated in our leadership 101 introductory program and are looking to build on the skills they have gained. Youth will work as a team to develop at least 1 special event for the community.

Sat	Apr 6-Jun 8	No session Apr 20
214379	3:00pm-4:00pm	\$9/9 sess

Junior Youth Council

10-13yrs

Starla Bayley

Calling all grades 5-7's that are looking to make a difference. Come and join our Junior Youth Council. Youth will meet weekly to discuss events and event planning.

Thu	Apr 4-Jun 20	Free with OneCard
214373	3:15pm-4:45pm	

Youth Council

13-18yrs

Starla Bayley

Join the Renfrew Youth Council and help shape the vision of youth involvement in the community. Come join us and bring your ideas. Meetings will be held every Thursday and count as volunteers hours. If you have completed other leadership programs at Renfrew, consider registering in Youth Council!

Thu	Apr 4-Jun 20	Free with OneCard
214382	5:30pm-7:00pm	

Volunteer Training

Volunteer Training

13-18yrs

Chris Yu

This training is for youth wanting to volunteer in Renfrew Park Community Centre programs/events and Summer Daycamps. 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.

Thu	Jun 27	Free
214392	4:00pm-6:00pm	



Renfrew acknowledges the generous contributions of Kids Up Front Canada

Pre-Teen/Youth

Out Trips

Note: Out Trip Waiver & Park Board Waiver Forms must be completed two days before the out trip. Forms are available at the centre office. Participants need to bring lunch and dress for the weather.

Come and join us for a day of fun on your Pro D Day. Price includes entrance & public transportation.

Pro D Day Out Trip -The Hive Bouldering 10-12yrs

We will be heading out to the Hive Bouldering Gym.

Mon 214480	Apr 29 9:00am-3:00pm	\$15/person
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Pro D Day Out Trip - Canoeing 10-12yrs

We will be heading out to Burnaby Lake for canoeing.

Fri 214484	May 17 9:00am-3:00pm	\$15/person
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Dance



Street Kings

Hip Hop 13-16yrs

Street Kings

Street Kings is a Hip Hop dance program

for boys and girls of all ages and levels. Learn all the latest moves from their favourite shows, as well as the classic dance styles.

Wed 216804	Apr 10-Jun 12 5:30pm-6:30pm	\$70/10 sess
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Social

Just the Girls 10-13yrs

Amrita Narwal

Come hang out with the girls on Saturdays. Participate in fun activities such as nail art and DIYs. Bring friends and make new friends!

Sat 214376	Apr 6-Jun 8 11:45am-12:45pm	No session Apr 20 \$18/9 sess \$3/drop in if space
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Games Area and Youth Social 10-18yrs

Join us for Air Hockey, Pool, Ping Pong, Foosball, board games, video games, free wifi, computer access and some healthy snacks. Hang out in the computer lab with all of your friends and make new friends while you're at it!

Fri 214369	Apr 5-Jun 28 4:00pm-5:00pm	No session Apr 19, May 31 10-13yrs Free with OneCard
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Fri 218901	Apr 5-Jun 28 5:00pm-6:00pm	No session Apr 19, May 31 13-15yrs Free with OneCard
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Fri 214372	Apr 5-Jun 28 6:00pm-9:55pm	No session Apr 19, May 31 15-18yrs Free with OneCard
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Games Area and Table Tennis

prices do not include tax



Games Area 6+yrs

Come and play air hockey, foosball or pool. 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.

Mon-Thu	3:30pm-9:55pm	No session Apr 22, May 20
Sat	9:00am-4:55pm	Apr 1-Jun 27
Sun	10:30am-5:25pm	Apr 6-Jun 22 Apr 7-Jun 23

Equipment Rental Fee All Ages

Valid for:

- Use of Games Room Equipment: Billiards, Foosball, Air Hockey (table tennis excluded)
- Piano casual use (phone in bookings still required)
- Sports equipment for Renfrew Programs
- Access to Computer Lab during open lab sessions

\$4.76/person/year	\$11.43/family/year
Valid Sep 4, 2018-Aug 30, 2019	

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. Maximum of 4 persons each booking, each booking is 30 minutes. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase.

Mon-Thu 210909	Apr 1-Jun 27 6:00pm-9:30pm	No session Apr 22, May 20 \$9.52/month pass \$3.81+tax/30 minutes drop-in session
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Dance

Ballroom Dance Lessons

19+yrs

Bing Chan

Learn how to Ballroom Dance. Standard is more of an elegant style of dance and Latin is the more wild and outgoing style of dance where it's easy to show off your personality. Both styles of dance are enjoyed by everyone.

Mon 206630	Apr 29-May 27 3:00pm-5:00pm	No session May 20 \$16/4 sess \$4.76/drop-in if space
Mon 206631	Jun 3-24 3:00pm-5:00pm	\$16/4 sess \$4.76/drop-in if space

Ballroom Dance Social

55+yrs

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

<i>Agnes (Wai Chun) Lee</i>		
Mon 206633	Apr 1-Jun 24 12:45pm-2:45pm	No session Apr 22, May 20 \$1.90/drop-in \$12.38+tax/10 ticket pass
<i>Chieu Truong</i>		
Thu 206632	Apr 4-Jun 27 11:00am-1:00pm	No session Jun 20 \$1.90/drop-in \$12.38+tax/10 ticket pass

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 206705	Apr 2-Jun 25 11:00am-1:00pm	\$26/13 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 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 206710	Apr 1-Jun 24 11:00am-12:30pm	No session Apr 22, May 20 \$16.50/11 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 206706	Apr 4-Jun 27 1:30pm-3:30pm	No session Jun 20 \$24/12 sess \$2.38/drop-in if space
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Line Dancing for Health and Wellness

55+yrs

Louisa Ho

Line Dancing is a great way to exercise your body and mind while meeting new friends.

Sun 206707	Apr 7-Jun 23 10:30am-12:30pm	No session Apr 21 \$22/11 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 206641	Apr 3-Jun 26 1:30pm-3:00pm	\$19.50/13 sess
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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, but there may be participants that can translate.

Wed 206733	Apr 3-Jun 26 12:30pm-2:30pm	No session Apr 17, May 15, Jun 5, 19 \$18/9 sess \$2.38/drop-in if space
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Luncheons

There will be a full lunch served, entertainment and door prizes. Pre-register for all luncheons as space is limited.

Easter Celebration Luncheon

55+yrs

Come and celebrate Easter with us! Menu: Glazed ham, cheese scalloped potatoes, honey glazed carrots/asparagus, fruit cheesecake. Entertainment: Gwen Gouchée

Wed 206726	Apr 17 12:00pm-2:30pm	\$8.57/person
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Cinco de Mayo Luncheon

55+yrs

Come join us to celebrate Cinco de Mayo! Menu: Beef enchiladas, Mexican rice, green bean and sweet pepper salad, caramel custard.

Wed 206728	May 15 12:00pm-2:30pm	\$8.57/person
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Lady Bird Luncheon

55+yrs

Come out and make some new friends while you enjoy an amazing lunch. Menu: Miso honey salmon, herbed potatoes, green beans, strawberry rhubarb pie. Entertainment: The Vaudevillians

Wed 206730	Jun 19 12:00pm-2:30pm	\$8.57/person
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Cooking and Baking



Chef Highlight:

"Michelle is just a foodie at heart that loves to share the joy of cooking. She is a self taught cook that loves experimenting with new recipes and trying new foods. In the past, Michelle has run cooking camps for kids and also teaches food skills to adults. She teaches everything from canning to baking cupcakes to sushi making. Michelle will show you just how much fun you can have in the kitchen!"

Chocolate Truffles

19+yrs

Michelle Chow

Learn to make decadent chocolate truffles rolled in a variety of tasty toppings. Each participant will get to create and take home a box to share or indulge on your own!

Wed 206729	Apr 17 5:00pm-6:00pm	\$10/person
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Cupcake Bouquet

19+yrs

Michelle Chow

In this workshop you'll learn how to make a flower bouquet out of cupcakes! You'll learn to bake cupcakes from scratch and how to pipe buttercream flowers. These bouquets make a beautiful and tasty gift for Mother's Day or any special occasion!



A sample of what you will be making

Wed 206649	May 8 5:00pm-7:00pm	\$10/person
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Sweet and Savoury Crepes

19+yrs

Michelle Chow

Learn to make delicious French crepes stuffed with a savoury ham and cheese filling. Then for dessert, sweet crepes filled with strawberries, bananas, Nutella and whipped cream.

Wed 206767	Jun 12 5:00pm-7:00pm	\$10/person
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Baking 101

19+yrs

Fatima Kheraj

Come join us in this beginner's baking class. Learn the basics of baking and tips to make delicious baked goods.

Tue 206647	Apr 9-30 1:00pm-3:00pm	No session Apr 16 \$15/3 sess
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All About the Bean

19+yrs

Fatima Kheraj

Beans are a staple ingredient in dishes around the world from Egypt and Italy to Mexico and Brazil. Learn how you can integrate beans into your every day food!

Tue 206651	May 7-28 1:00pm-3:00pm	No session May 14 \$15/3 sess
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Hearty Salads

19+yrs

Fatima Kheraj

Now's the time to move past those boring salads and explore different types of leafy greens like spinach and arugula!

Tue 206735	Jun 4-25 1:00pm-3:00pm	No session Jun 18 \$15/3 sess
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Fermentation: Sauerkraut

19+yrs

Brennen Murray

Join us in this introductory fermentation workshop where you will learn how to make sauerkraut, work on sanitation skills, learn how to care for your sauerkraut and how to harvest and troubleshoot.

Thu 209645	Apr 11-25 6:30pm-8:30pm	\$15/3 sess
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Sourdough Bread

19+yrs

Brennen Murray

Join us in this sourdough bread making workshop! Learn how to care for a starter bread, bread making techniques and the at-home baking process.

Thu 209647	May 9-23 6:30pm-8:30pm	\$15/3 sess
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Soups, Stock to Garnish

19+yrs

Brennen Murray

Learn how to make rich, dynamic soups, the importance of good stock, and the art of garnish.

Thu 209648	Jun 6-20 6:30pm-8:30pm	\$15/3 sess
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...Please note our programs are subject to change at anytime without notice.

call the Community Centre (604-257-8388 ext 1) if you have any questions

Cooking and Baking



Renfrew-Collingwood Food Security Workshops 19+yrs

Come cook food that is familiar across different cultures and learn new ways of making (and tasting) food!

Siu Bao (Steamed Buns)

Learn how to make siu bao (steamed buns) stuffed with pork filling inside.

Wed	Apr 10	
216387	12:00pm-2:00pm	\$5/person

Tortilla Soup

Learn how to make a Mexican-style tortilla soup full of flavourful ingredients.

Wed	May 22	
216388	12:00pm-2:00pm	\$5/person

Kimchi and Sauerkraut

Wed	Jun 12	
216733	12:00pm-2:00pm	\$5/person

Note: Registration for Renfrew-Collingwood Food Security Workshops are available only in person at the Renfrew office. Workshops are limited to one per person, per season.

Fermented Beverages 19+yrs

Jennifer Lee

In this hands-on workshop you will learn how to make Ginger Beer, Kombucha (fizzy fermented black, green or oolong tea) and Jun! Bring a jar (500ml size) to take your own Ginger Beer, Kombucha and Jun.

Ginger Beer

Wed	May 29	
206654	7:00pm-8:30pm	\$20/person

Kombucha

Wed	Jun 12	
206656	7:00pm-8:30pm	\$15/person

Jun

Wed	Jun 26	
206655	7:00pm-8:30pm	\$20/person

Pests! Who's Eating My Lettuce and What To Do About It 19+yrs

Village Vancouver

As anyone who's ever gardened before knows, pests can sometimes be a real problem in the garden (and can be particularly discouraging if you're a new gardener). Karen Ageson will teach various ecologically sound techniques for minimizing damage and disappointment caused by pests in your garden.

Sat	Apr 27	Seniors (55+yrs): \$7.50/person
206702	10:00am-12:00pm	Adults (19-54yrs): \$15/person

Building Healthy Soil 19+yrs

Village Vancouver

Join Karen Ageson and learn some rudimentary soil biology and the importance of feeding your soil in building a healthy garden. You'll walk away with some basic techniques, and the know how to help your garden thrive.

Wed	May 22	Seniors (55+yrs): \$7.50/person
206709	7:00pm-9:00pm	Adults (19-54yrs): \$15/person

Educational

NEW! Conversation Skills: Speak with Confidence! 19+yrs

MOSAIC English Language Institute

In this course you will learn how to have natural, polite conversations in a Canadian cultural context. We base this class around themed conversations where students learn vocabulary, idioms, cultural knowledge and Canadian slang. You will meet and interact with people from around the world and gain confidence to speak English in any Canadian setting! There will be an additional \$20 fee for an assessment. To register and for more information, please visit www.mosaicbc.org/services/learning-english/meli/ or call 604-708-3905.

Wed	Apr 3-Jun 5	
210977	9:30am-11:30am	\$171.43/10 sess

ESL - Basic English Conversations 55+yrs

Laura Tang

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

Tue	Apr 9-Jun 11	
211018	10:00am-11:30am	\$40/10 sess

NEW! Spanish for Beginners 19+yrs

MadVan Spanish School

Do you want to learn a new language this year? Why not Spanish? You'll be able to use it in more than 20 countries in the world! In this course, we will start from the very beginning and you will learn the basics: how to introduce yourself, your friends and family, how to talk about the things you like to do in your free time, how to describe people, etc. Let's learn together!

Tue	Apr 16-Jun 18	
206645	10:00am-11:30am	\$45/10 sess

Diabetes Self-Management Program 19+yrs

Self-Management BC

This workshop helps adults with type 2 diabetes and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book. Participants should attend all six sessions to get the maximum benefit. Spouses, partners, adult family members and caregivers are also welcome to attend. For more information, contact Self-Management BC at 604-940-1273 or selfmgmt@uvic.ca, or visit www.selfmanagementbc.ca.

Tue	May 7-Jun 11	
206642	6:00pm-8:30pm	Free/6 sess

Adult and Senior

prices do not include tax

Music and Singing

Piano Group Lessons - Year 1

55+yrs

Iris Lam

Piano lessons for 4 to 5 students with less than 1 year of lessons. Each student will be provided an electric piano for the lesson. The program of study is similar to private lessons with the added advantage of learning to play in an ensemble, which trains the ear and helps develop a strong sense of rhythm.

Thu	Apr 4-May 30	No session Apr 11, 18
206717	1:30pm-2:30pm	\$56/7 sess

Piano Group Lessons - Year 2

55+yrs

Iris Lam

Eligibility for Year 2: At least 1+yrs playing experience with Renfrew's Piano - Group Lessons program or 1+yrs playing experience and teacher's assessment.

Thu	Apr 4-May 30	No session Apr 11, 18
206719	2:30pm-3:30pm	\$56/7 sess

Piano - Private Lessons

55+yrs

Jennifer Lee

These basic private lessons are meant for seniors who want to start or refresh their skills with the piano. Participants may be required to purchase piano books based on instructor recommendation.

Note: Registration for this program is in-person only.

Fri	Apr 5-Jun 14	No session Apr 19, May 17	\$76.50/9 sess
207748	10:00am-10:30am	207752	12:30pm-1:00pm
207749	10:30am-11:00am	207753	1:00pm-1:30pm
207750	11:00am-11:30am	207754	1:30pm-2:00pm
207751	11:30am-12:00pm	207755	2:00pm-2:30pm

High Beginners Ukulele

55+yrs

Hollie Chow

Play Ukulele with a relaxed group of strummers. Please bring or rent your own ukulele - soprano or concert (C-tuning).

Thu	Apr 11-Jun 20	No session May 2, 9
206698	3:15pm-4:45pm	\$18/9 sess

Karaoke

55+yrs

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

English		
Dawn Chaplin		
Mon	Apr 8-Jun 17	No session Apr 22 May 20
206704	1:00pm-3:30pm	\$3.42/9 sess
		\$0.95/drop-in if space

Chinese		
Siu Lau (Sue Gee) Chong		
Thu	Apr 11-Jun 27	\$6.24/12 sess
206703	12:00pm-3:30pm	\$0.95/drop-in if space

Computers and Technology

Drop In Computer Lab Hours

55+yrs

Simon Lum

We have 6 computers with internet access available for public use. Lab hours are subject to change. Please remember to bring your equipment card with you.

Wed	Apr 3-Jun 26	No session May 29, Jun 5
206650	9:30am-12:00pm	
Please pay for your annual Equipment Rental Fee pass		

E-Mail for iPad/iPhone

55+yrs

Mary Leung

Bring your iPad/iPhone and learn how to set your devices to suit your needs such as setting up WiFi, learning the e-mail functions, how to send photo or video, how to receive and forward mail and if you don't want the mail how to delete them within the different boxes, etc.

Sat	May 4-18	
206652	9:30am-11:00am	\$9/3 sess

WhatsApp for Smartphone

55+yrs

Mary Leung

Bring your own phone to start using WhatsApp. Connect with friends and family. Share photos, videos and messages.

Sat	May 25-Jun 8	
206701	9:30am-11:00am	\$9/3 sess

Internet for Computers

55+yrs

Mary Leung

Take this course to help understand the internet using a computer. Learn how to set up WiFi, navigate the internet with confidence, search skills, and various features of a browser. Our goal is to give you the confidence and skills to enjoy using a computer. Bring your own laptop if you have one, however you do not need a computer to complete the course.

Sat	Jun 15-22	
206716	9:30am-11:45am	\$9/2 sess

Peer Support

55+yrs

Patricia Hyatt

A skilled helper can provide one-on-one counseling to peers who need emotional support. This service is free and confidential. Call 604-257-8390 and a counselor will phone you back to arrange an appointment.

...Private Singing Lessons

see page 10

Martial Arts

Health Qigong (Yi Jin Jing)

19+yrs

Lai Chun Cheung

Health Qigong is a form of breathing and gentle physical exercises that will enhance the practitioner's health. It is suitable for all ages. The movements are simple and easy to perform. Through these movements, coordinated with proper breathing methods, Health Qigong ultimately helps to achieve relaxation, focus, peace of mind and enhances the health of our body.

Mon	Apr 8-Jun 10	No session Apr 22, 29, May 20
209892	9:45am-10:45am	\$36.75/7 sess \$6.25/drop-in if space

Tai Chi Health & 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.

In-person registration at **Renfrew Community Centre Office only.**
Registration begins March 1 at 9:15am.

Mon-Fri	Apr 1-Jun 28	No session Apr 19, 22, May 20, Jun 20, 21
206732	7:30am-9:00am	\$22.86/season

Karate

19+yrs

Alan Chan Karate BC

Karate is the most popular form of martial arts and is practiced world-wide today. Learn the basics of Karate in a safe and fun environment. Please note: program fee does not include Karate BC membership, test, uniform or sparring gear. Adults and children practice in the same room during classes.

Beginner/Intermediate

Mon Tue Thu	Apr 1-Jun 27	No session Apr 22, May 20
217010	7:15pm-8:45pm	\$157.25/37 sess

Advanced

Brown and Black Belt Levels.

Mon Tue Thu	Apr 1-Jun 27	No session Apr 22, May 20
217008	7:15pm-9:45pm	\$175.75/37 sess

Tai Chi Chuan

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.

Sat	Apr 6	Free Trial
218250	3:30pm-5:00pm	Pre registration required

Sat	Apr 13-Jun 22	\$77/11 sess
218233	3:30pm-5:00pm	\$8.10/drop-in if space

...Adult and Senior Sports/Aerobics
see page 26, 27

Art

Basic Drawing

19+yrs

Yoko Tomita

This foundational drawing class introduces you to the relationship of concept and composition in 2D art practices. You will develop skills and understand how line, shape, texture and surface treatment work in drawing. Please bring pencils (HB, 2B, 4B, 6B) and sketch book.

Wed	Apr 10-Jun 26	\$54/12 sess
206634	3:30pm-5:00pm	\$5.24/drop-in if space

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	Apr 10-Jun 26	\$72/12 sess
206725	10:00am-12:00pm	\$6.67/drop-in if space

Arts Get Together

55+yrs

If you enjoy painting and sharing ideas, this is the perfect group for you. Please bring your own art supplies. This is a non-instructional program.

Tue	Apr 9-Jun 25	\$12/12 sess
206629	10:00am-12:00pm	

Chinese Calligraphy

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.

Beginner

Mon	Apr 8-Jun 24	No session Apr 22, May 20
206638	1:00pm-3:00pm	\$55/10 sess

Intermediate

Wed	Apr 10-Jun 26	\$66/12 sess
206639	10:00am-12:00pm	

Advanced

Mon	Apr 8-Jun 24	No session Apr 22, May 20
206637	10:00am-12:00pm	\$55/10 sess

Portrait Drawing for Beginners

55+yrs

Ricardo Rivas

Drawing a portrait of yourself or of someone you know is the most difficult of all subjects to draw. A simple step by step drawing guide to assist the budding artist to learn how to draw portraits.

Tue	Apr 23-May 21	\$22.50/5 sess
206723	1:00pm-2:30pm	

Tue	May 28-Jun 25	\$22.50/5 sess
206724	1:00pm-2:30pm	

Adult and Senior

prices do not include tax

Social

Art of Chess

19+yrs

Josefino (Joe) Soliven

Beginners learn how to apply certain principles, such as the opening principle, to guide the movement of pawns and pieces during the early phase of the game. These guiding principles have stood the test of time and are proven to help the beginner master specific strategic and tactical ideas.

Wed	Apr 17-Jun 26	
206628	8:00pm-9:45pm	Free with OneCard

Table Games

55+yrs

Marilyn Lussier

Have a fun filled afternoon and meet new friends.

Fri	Apr 12-Jun 28	No session Apr 19, Jun 7, 21
206731	1:00pm-3:00pm	Free with OneCard

Mahjong

55+yrs

Siu Lau (Sue Gee) Chong

Mahjong is a popular Chinese game played with sets of tiles and is commonly played with four players. Similar to the Western card game Rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

Thu	Apr 11-Jun 27	
206708	11:00am-1:00pm	Free with OneCard

Games Area for Adults

55+yrs

Kathy Jang

Come and play air hockey, foosball, pool or table tennis. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please bring your "Equipment Rental Pass" with you.

Mon Wed Fri	Apr 1-Jun 28	No session Apr 17, 19, 22, May 15, 20, Jun 5
206690	9:00am-11:45am	

Please pay for your annual Equipment Rental Fee pass

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Apr 9-Jun 25	
206734	11:00am-12:00pm	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	Ongoing-Aug 30	No session Apr 19, Jun 21
175512	1:30pm-3:30pm	\$5.71/year

Book Club

55+yrs

Jennifer Radford

Read some good books, enjoy lively discussions and make new friends.

Tue	Apr 9, May 14, Jun 11	
206636	12:05pm-1:35pm	\$3/3 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	Apr 9-May 14	\$34.50/6 sess
206713	10:00am-10:55am	\$6.67/drop-in if space
Tue	May 21-Jun 25	\$34.50/6 sess
206714	10:00am-10:55am	\$6.67/drop-in if space

Walking Club

55+yrs

Marilyn Lussier

Join us for a walk around our neighbourhood or take public transit to other locations. Everyone will meet at Renfrew Park Community Centre.

Mon	Apr 8-Jun 24	No session Apr 22, May 20
206737	10:00am-1:30pm	\$5/10 sess

Hula For Health

55+yrs

Marji Wallace

The exercises and gentle moves of hula can improve strength, flexibility, balance and coordination, even while seated.

Fri	Apr 26	Free Trial
206738	10:00am-11:00am	Pre registration required
Thu	May 2-Jun 6	\$12/6 sess
206699	10:00am-11:00am	\$2.38/drop-in if space

Foot Care Clinic

55+yrs

Nancy KF Lee

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

Fri	Apr 5	\$38.24/30 min sess
206664	12:00pm-12:30pm	206668 2:00pm-2:30pm
206665	12:30pm-1:00pm	206669 2:30pm-3:00pm
206666	1:00pm-1:30pm	206670 3:00pm-3:30pm
206667	1:30pm-2:00pm	206671 3:30pm-4:00pm
Fri	May 3	\$38.24/30 min sess
206672	12:00pm-12:30pm	206676 2:00pm-2:30pm
206673	12:30pm-1:00pm	206677 2:30pm-3:00pm
206674	1:00pm-1:30pm	206678 3:00pm-3:30pm
206675	1:30pm-2:00pm	206679 3:30pm-4:00pm
Fri	Jun 7	\$38.24/30 min sess
206680	12:00pm-12:30pm	206684 2:00pm-2:30pm
206681	12:30pm-1:00pm	206685 2:30pm-3:00pm
206682	1:00pm-1:30pm	206686 3:00pm-3:30pm
206683	1:30pm-2:00pm	206687 3:30pm-4:00pm

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

Yoga and Pilates

Hatha Yoga

19+yrs

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.

Thu 216584	Apr 4-May 9 7:15pm-8:30pm	\$52.50/6 sess - Adult \$48/6 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Thu 216585	May 16-Jun 20 7:15pm-8:30pm	\$52.50/6 sess - Adult \$48/6 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Sat 216586	Apr 6-May 11 9:15am-10:30am	\$52.50/6 sess - Adult \$48/6 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Sat 216587	May 18-Jun 22 9:15am-10:30am	No session Jun 1 \$43.75/5 sess - Adult \$40/5 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space

Colour Energy Yoga

19+yrs

Lina 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.

Wed 216485	Apr 17-Jun 19 10:30am-11:30am	\$57.50/10 sess
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FUNDamental Pilates

19+yrs

Tracey Clark

This class will introduce the fundamentals of Pilates and relate them immediately to the beginner Pilates repertoire. You will leave this class understanding what is expected in any given beginner Pilates exercise and also be able to extrapolate into more complex exercises.

Mon 217015	Apr 8-May 6 6:00pm-7:00pm	No session Apr 22 \$48/4 sess
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Pilates

19+yrs

Tracey Clark

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

Mon 217013	Apr 8-Jun 17 7:15pm-8:15pm	No session Apr 22, May 20 \$108/9 sess \$14.29/drop-in if space
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Flow Yoga

19+yrs

Sara Baghbannezhad Shishvan

Flow yoga is the synchronization of movement with breath. Movements are cued with inhalation or exhalation of breath. It incorporates energetic movement through a series of yoga postures with a sense of fluid physical motion.

Mon 206659	May 27-Jun 24 5:30pm-6:30am	\$27.50/5 sess \$6.19/drop-in if space
Thu 206660	Apr 11-May 16 11:30am-12:30pm	\$33/6 sess \$6.19/drop-in if space
Thu 206661	May 23-Jun 27 11:30am-12:30pm	\$33/6 sess \$6.19/drop-in if space

Gentle Yoga Beginner

55+yrs

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.

Mon 206691	Apr 8-May 13 10:15am-11:10am	No session Apr 22 \$27.50/5 sess \$6.19/drop-in if space
Mon 206692	May 27-Jun 24 10:15am-11:10am	\$27.50/5 sess \$6.19/drop-in if space
Thu 206693	Apr 11-May 16 10:15am-11:10am	\$33/6 sess \$6.19/drop-in if space
Thu 206694	May 23-Jun 27 10:15am-11:10am	\$33/6 sess \$6.19/drop-in if space

...Renfrew has rooms available for rent!

email renfrew.rentals@vancouver.ca for more information



Gymnasium, 6000sq ft, \$45.00/hr

Workshops

Iceland and the Faroes Travelogue 55+yrs

Robert Bowes

Join Robert Bowes as he shares his stories and experiences in Iceland and the Faroes.

Fri	Apr 5	Free
206648	11:00am-12:00pm	

Emergency Preparedness - Seniors 55+yrs

City Of Vancouver NEPP

This session is specific for Seniors focusing on challenges they may face when preparing for emergencies or disasters.

Fri	Apr 12	Free
211062	10:30am-12:00pm	

Hula For Health - Free Trial 19+yrs

Marji Wallace

Exercises and gentle moves of hula can improve strength, flexibility, balance and coordination, even while seated.

Fri	Apr 26	Free
206738	10:00am-11:00am	

Heads Up for Healthier Brains 55+yrs

Alzheimer Society

This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit.

Fri	May 3	Free
206697	10:30am-12:00pm	

NEPP - Earthquake Preparedness 18+yrs

City Of Vancouver NEPP

This session covers what is required to develop your family emergency plan, how to conduct a "Home Hazard" Hunt and what to do when an earthquake strikes.

Mon	May 6	Free
216082	7:00pm-8:30pm	

Vision Loss 55+yrs

CNIB Foundation

Are you or someone you care for experiencing vision loss? Learn more about the needs, experiences and issues faced by people who are blind or partially sighted, as well as the services that you could access through the CNIB Foundation and Vision Loss Rehabilitation BC.

Fri	May 10	Free
206696	11:00am-12:00pm	

Representation Agreement 55+yrs

COSCO Seniors Health And Wellness Institute Society

These legal and binding documents allow an individual to have someone else speak for them in health and personal care and routine financial affairs if they are incapable of speaking for themselves.

Fri	May 17	Free
206653	11:00am-12:00pm	

Knowing Your Bladder 55+yrs

COSCO Seniors Health And Wellness Institute Society

How the bladder functions and the causes of bladder incontinence, infection and irritation are explained. We discuss possible remedies and life style changes that can help to reduce or eliminate this problem.

Fri	May 24	Free
206657	11:00am-12:00pm	

Nordic Pole Walking 19+yrs

Vancouver OASIS

Designed to introduce Nordic pole walking to individuals with osteoarthritis (OA) as a strategy to maintain or increase activity. Poles are provided for use during the class. Register in advance. Contact Vancouver Coastal Health at 604-875-4544 for more details.

Fri	May 31	Free
206712	10:30am-12:00pm	

Understanding Dementia and 10 Warning Signs 55+yrs

Alzheimer Society

Have you wondered what the difference is between dementia and Alzheimer's disease? Participants will gain an understanding of this frequently asked question. Learn about illnesses that cause dementia, the 10 warning signs, how the brain is affected and treatment options.

Fri	Jun 7	Free
206627	10:30am-12:00pm	

Nordic Pole Walking - Cantonese 19+yrs

Vancouver OASIS

Designed to introduce Nordic pole walking to individuals with osteoarthritis (OA) as a strategy to maintain or increase activity. Benefits of pole walking may include: better posture, increased muscle activation compared to walking without poles, and taking stress off the joint to be able to walk more comfortably. Poles are provided for use during the class. Register in advance. Contact Vancouver Coastal Health at 604-875-4544 for more details. Facilitated in Cantonese.

Fri	Jun 14	Free
206688	10:30am-12:00pm	

Japan Travelogue 19+yrs

Yoko Tomita

Join Yoko as she shares her stories and experiences in Japan.

Fri	Jun 21	Free
206635	11:00am-12:00pm	

Advanced Directive 55+yrs

COSCO Seniors Health And Wellness Institute Society

We discuss what a person should do to prepare to create an Advanced Directive, when a person should have an Advanced Directive, what it is and what it is not, when it can be used and when it may be ignored.

Fri	Jun 28	Free
206727	11:00am-12:00pm	

Bus Trips

Note: A Senior Participation Form and 19+ Parks Board Waiver Form are required. Original waiver forms are required before the start of the program and will be available on our website: www.renfrewcc.com.

Secret Cove - Sunshine Coast

19+yrs

Enjoy Tour And Travel

Explore the Sunshine Coast and see why BC is called "Best Place on Earth"! Visit Davis Bay, an Ancient Forest, Rockwater Secret Cove Resort and take afternoon free time to discover Gibsons Landing's charming stores and galleries. Additional \$10 ferry fee for 64 years and under.

Wed	Apr 17	
206769	8:15am-7:00pm	\$113.33/person

Cavell Gardens Tour

55+yrs

Andrea Mah

The tour is specifically for seniors who are interested in receiving more information on seniors independent living. We will be taking public transit to Cavell Gardens and enjoy a free lunch after the tour. We will be taking public transit - please bring your Compass Card.

Wed	May 15	
206768	10:00am-3:00pm	Free

Fraser Valley Wine Tour

19+yrs

Enjoy Tour And Travel

Enjoy is pleased to present wine tours and tastings at three of the Fraser Valley's premier wineries and vineyards.

Wed	May 22	
206770	9:15am-5:00pm	\$103.81/person

Westminster Abbey

19+yrs

Enjoy Tour And Travel

Westminster Abbey is a beautiful, peaceful place with magnificent architecture and stunning stained glass. Take this opportunity to see and hear about the monks unique way of life.

Tue	Jun 25	
206771	9:00am-4:15pm	\$94.29/person

...Renfrew has rooms available for rent!
email renfrew.rentals@vancouver.ca for more information



Room 110, 2640sq ft, \$40.00/hr

First Aid Training with LIT

For more information on LIT programs go to www.litaquatics.com. Held at Slocan Park Fieldhouse 2750 E. 29th Ave (near Slocan St)

Standard First Aid & CPR-C/AED

14+yrs

SFA includes all EFA course content plus victim management, head and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. Manual included. Includes CPR "C" Basic Rescuer.

\$160/2 sess		9:00am-5:00pm
207829	Sat Sun	Apr 13-14
207830	Sat Sun	May 18-19
207831	Sat Sun	Jun 15-16

Emergency First Aid & CPR-C/AED

14+yrs

Learn to think, react and improvise in emergency situations. Manual included.

\$105/1 sess		9:00am-5:00pm
207823	Sat	Apr 13
207824	Sat	May 18
207825	Sat	Jun 15

CPR-C and AED

14+yrs

Learn to recognize and respond to cardiovascular emergencies that occur to adults, children and infants. Includes training on two-rescuer CPR. This is the recognized level for healthcare professionals (lifeguards, nurses, etc.) and First Responders. CPR/Manual included.

\$80/1 sess		9:00am-2:30pm
207817	Sat	Apr 13
207818	Sat	May 18
207819	Sat	Jun 15

Standard First Aid & CPR-C/AED Recert

14+yrs

\$80/1 sess		9:00am-5:00pm
207832	Sun	Apr 7
207833	Sat	May 11
207834	Sun	Jun 9

Emergency First Aid & CPR-C/AED Recert

14+yrs

\$70/1 sess		9:00am-2:30pm
207826	Sun	Apr 7
207827	Sat	May 11
207828	Sun	Jun 9

CPR-C and AED Recert

14+yrs

\$55/1 sess		9:00am-12:30pm
207820	Sun	Apr 7
207821	Sat	May 11
207822	Sun	Jun 9

...have a skill you want to share?

go to our website: www.renfrewcc.com and submit a program proposal!

Sports Schedule

April 1-June 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Badminton Court Rentals See below for more details.		Foamball 55+yrs 206662 11:05am-1:00pm Apr 2-Jun 25 \$13/13 sess \$1.19/drop-in			
Basketball—Rec 19+yrs 212343 3:40pm-5:35pm Apr 7-Jun 23 \$42/12 sess \$4.29/drop-in	Badminton* 19+yrs 212339 1:00pm-2:55pm Apr 1-Jun 24 \$38.50/11 sess \$4.29/drop-in <i>No session Apr 22, May 20</i>	Pickleball 55+yrs 206721 1:00pm-2:55pm Apr 2-Jun 25 \$19.50/13 sess \$2.38/drop-in	Badminton* 19+yrs 212341 1:00pm-2:55pm Apr 10-Jun 26 \$42/12 sess \$4.29/drop-in	Pickleball 55+yrs 206722 1:00pm-2:55pm Apr 4-Jun 27 \$19.50/13 sess \$2.38/drop-in	Foamball 55+yrs 206663 1:00pm-2:55pm Apr 5-Jun 28 \$11/11 sess \$1.19/drop-in <i>No session Apr 19, Jun 7</i>
	Basketball—Rec 19+yrs 212344 8:00pm-9:55pm Apr 1-Jun 24 \$38.50/11 sess \$4.29/drop-in <i>No session Apr 22, May 20</i>	Badminton* 19+yrs 212340 8:00pm-9:55pm Apr 2-Jun 25 \$45.50/13 sess \$4.29/drop-in	Basketball—Rec 19+yrs 212342 8:00pm-9:55pm Apr 3-Jun 26 \$45.50/13 sess \$4.29/drop-in	Badminton Court Rentals See below for more details.	

Drop-in Sports Procedures

- Minimum of 4 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 phone or online drop-ins.
- Registered participants may lose their space to drop-in participants 15 minutes after the start of the program.
- All times include setup and take down of equipment.
- Please, no spectators in sports programs. (This ensures the safety of instructors and participants)
- Additional space may be available 15 minutes after activities start if maximums are not met.
- Programs are cancelled on stat holidays.

Badminton Court Rentals

- Each court rental is for 55 minutes
- Please be respectful to players before and after your booking.
- Maximum 10 people/court
- Booking court for instructional purposes is not permitted
- Full payment must be made when booking
- 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	Apr 4-Jun 27
Sun	10:30am-3:25pm	Apr 7-Jun 23 \$11.90/court

Sports

Carpet Bowling

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	Ongoing-Aug 27	
175511	1:00pm-3:00pm	\$5.71/year



Tennis

19-64yrs

Metro Vancouver Tennis

Note: Held at Slocan Tennis Courts (29th Ave & Slocan St)

Organized game play with skill development in improving consistency and technique. Rainout information will be given on a day to day basis.

Womens - Please note games may occur on Tue or Wed. Designated game play for women.

Thu	218237	May 2-30	6:00pm-8:00pm	\$44.05/5 sess
Thu	218240	Jun 6-27	6:00pm-8:00pm	\$36.05/4 sess
Tue	218238	May 7-28	6:00pm-8:00pm	\$36.05/4 sess
Tue	218241	Jun 4-25	6:00pm-8:00pm	\$36.05/4 sess

Mixed Doubles - Open play for mixed doubles. All levels welcomed.

Fri	218236	May 3-31	6:00pm-8:00pm	\$44.05/5 sess
Fri	218239	Jun 7-28	6:00pm-8:00pm	\$36.05/4 sess

Aerobics Schedule (Morning)

April 1 - June 28

Monday	Tuesday	Wednesday	Thursday	Friday
Total Body Conditioning 9:05am-10:00am Julie No session April 22, May 20	Hi-Lo 9:05am-10:00am Sharon	Zumba 9:05am-10:00am Roslyn	Hi-Lo 9:05am-10:00am Sharon	Zumba Toning 9:05am-10:00am Roslyn No session April 19
	Zumba Gold 10:05am-11:00am Roslyn		Total Fitness 10:05am-11:00am Sharon	Stretch and Strength 10:05am-11:00am Nargis No session April 19

Aerobic Prices

	Adult 19-54yrs	Senior 55+yrs	Youth 16-18yrs
Drop-In	\$4.52	\$2.86	\$2.86
10 Strip Tickets	\$40.71	\$25.71	\$25.71



Aerobics Schedule (Evening)

April 1 - June 28

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Toning 6:00pm-6:55pm Roslyn No session April 22, May 20	CardioFit 6:00pm-6:55pm Jacquie		Step and Sculpt 6:00pm-6:55pm Katy/TBA Instructor	
Zumba 7:00pm-7:55pm Roslyn No session April 22, May 20		Zumba 7:00pm-7:55pm Roslyn		

Class	Description	Please Note: Participants are encouraged to work at their own pace.
Cardio Fit	High and low impact moves are combined to create this moderate cardio class. Strength conditioning and stretch follow the cardio.	
Hi-Lo	Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work and stretch & relaxation.	
Step and Sculpt	Step Sculpt is a combination of cardiovascular and strength training to increase muscle tone and strength.	
Stretch and Strength	Participants are encouraged to work at their own pace. This is an easy to follow class with chair work followed by use of resistance bands, light hand weights, low impact cardio, and flexibility training.	
Total Body Conditioning	"Total Body Conditioning" A total body workout integrating both strength and cardio in an interval format. This class mixes plyometrics, circuit training, weight bands, steps and much more.	
Total Fitness	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.	
Zumba	Zumba is a fusion of Latin and International music- dance themes creating a dynamic, effective fitness system! 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.	
Zumba Gold	For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity with low impact. How It Works. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination.	
Zumba Toning	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!... Light weight maraca-like Toning Sticks enhances sense of rhythm and coordination, while toning target zones, including arms, core and lower body.	

Reduced Fitness Centre Hours

June 3 - June 23

Mon-Fri: 7:30am-7:00pm

Sat & Sun: Closed

June 24 - July 1

Closed for maintenance

Fitness Centre Hours of Operation

April 1 - June 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-9:30pm	6:00am-9:30pm	6:00am-9:30pm	6:00am-9:30pm	6:00am-9:00pm	9:30am-5:00pm	10:30am-5:00pm
Staffed Hours						
4:00pm-8:00pm	4:00pm-8:00pm		4:00pm-8:00pm		9:30am-1:15pm	10:30am-2:00pm

General Information



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

Fitness Centre 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 2) or come in person. 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.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
4:30pm, 6:00pm	4:30pm, 6:00pm		4:30pm, 6:00pm		10:30am, 12:00pm	11:00am, 12:30pm

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

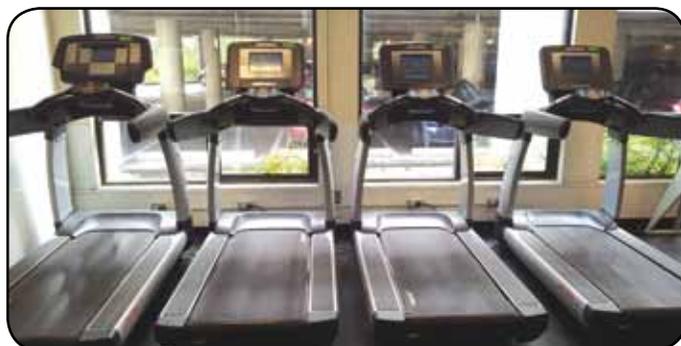
Fitness Centre Programs

Women's Circuit Training

19+yrs

Our qualified instructor will guide you through a pre-designed weight training circuit combining strength plus cardiovascular fitness. Please note that the program will be canceled if there are less than 6 registered participants 2 days prior to first class. \$8.75/drop in.

Sat 214547	Apr 6-Jun 1 8:30am-9:30am	No session Apr 20, May 11, 18 \$48.84/6 sess
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Fitness Centre Admission Fees

all fees subject to change without notice

	Drop In	10 Strip Tickets	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$6.10	\$49.60	\$47.11	\$127.00	\$406.98
Senior 65+yrs	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89
Youth 13-18yrs	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89

Fitness Centre Equipment

2 recumbent bikes, 2 upright bikes, 2 stairmasters, 4 cross-trainers, 1 spin bike, 4 treadmills, 1 rowing machine, leg press, seated leg curl, bench press, smith machine, chest press, assisted chin/dip machine, shoulder press, pec fly/rear deltoid machine, lat pulldown, seated row, flat bench, 2 adjustable benches, back extension, military bench, decline bench, 2 bosu, balance boards, 4 medicine balls, 3 foam rollers, 2 exercise balls, 2 dual adjustable pulley, 1 Hammer Strength half rack, bar bells (10lbs-110lbs), dumbbells (2lbs-100lbs)

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	Semi-Private	Group
1 sess	\$51.73	\$77.57	\$108.80
3 sess	\$143.34	\$215.05	\$291.42
5 sess	\$230.55	\$355.04	\$427.43
10 sess	\$429.54	\$659.36	\$777.14

all fees subject to change without notice

Swimming Pool Information

Pool Hours of Operation

Check posted schedule for special closure hours.

Pool and Fitness Office

April 1 - June 2 For swim registration and passes

Monday-Thursday.....	9:00am-9:00pm
Friday.....	9:00am-8:30pm
Saturday.....	9:30am-4:30pm
Sunday.....	11:00am-4:30pm

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

Swimming Pool

April 1 - June 2

Monday-Thursday.....	6:00am-9:30pm
Friday.....	6:00am-9:00pm
Saturday.....	8:00am-5:00pm
Sunday.....	10:30am-5:00pm

Fitness Centre

April 1 - June 2

Monday-Thursday.....	6:00am-9:30pm
Friday.....	6:00am-9:00pm
Saturday.....	9:30am-5:00pm
Sunday.....	10:30am-5:00pm

Holiday and Special Hours

Friday April 19.....	1:00pm-5:00pm
Saturday April 20.....	8:30am-4:00pm
Sunday April 21.....	1:00pm-5:00pm
Monday April 22.....	1:00pm-5:00pm
Saturday May 18.....	8:30am-4:00pm
Sunday May 19.....	1:00pm-5:00pm
Monday May 20.....	1:00pm-5:00pm
Friday May 31.....	9:00am- 3:00pm

OneCard

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

Leisure Access Policy

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

Flexipass Information

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

Note: Issuing of OneCards and Leisure Access Passes are only available during Pool and Fitness office hours. Please see above.

Annual Pool Shutdown

June 3 - July 1



Swimming Lesson Registration

Note: Swimming Lesson Registration begins on **Tue, Mar 19 @ 9:00am**

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

- Please bring your current Red Cross evaluation 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, by Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable
- Registration for swimming lessons and programs at all pools, for all age groups starts: **Tue, Mar 19 @ 9:00am**

Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

- Go to recreation.vancouver.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 before registration opens for fall programs.

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
- 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

Swimming Lesson Registration

Spring 2019	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Set 1:	Apr 1-Apr 24 (7 lessons) No lessons Apr 22	Apr 2-Apr 25 (8 lessons)	Apr 5-May 24 (7 lessons) No lessons Apr 19	Apr 6-Jun 1 (7 lessons) No lessons Apr 20, May 18	Apr 7-Jun 2 (7 lessons) No lessons Apr 21, May 19
Set 2:	Apr 29-May 22 (7 lessons) No lessons May 20	Apr 30-May 23 (8 lessons)			
Parent and Tot (4-36 months)					
Starfish (4mo-12mo)	No lessons	No lessons	No lessons	10:45am	No lessons
Duck (12mo-24mo)	No lessons	No lessons	No lessons	10:45am	2:15pm
Sea Turtle (24mo-36mo)	No lessons	No lessons	No lessons	No lessons	2:15pm
Preschool (3-6yrs)					
Sea Otter	4:30pm, 5:00pm, 6:30pm	1:00pm, 4:00pm, 4:30pm, 5:30pm	No lessons	11:15am, 1:15pm, 2:15pm	10:45am, 12:15pm, 1:45pm
Salamander	4:00pm, 6:00pm	1:00pm, 4:30pm, 6:00pm	No lessons	11:45am, 1:45pm	11:45am, 1:45pm
Sunfish	6:30pm	1:30pm, 5:00pm	No lessons	12:30pm	12:45pm
Crocodile/Whale	7:00pm	6:00pm	No lessons	11:15am	No lessons
School Age (5-16yrs)					
Swim Kids 1	5:00pm, 6:00pm, 7:00pm	4:00pm, 5:30pm, 6:00pm	No lessons	11:15am, 12:45pm, 2:15pm	11:15am, 12:15pm, 1:15pm
Swim Kids 2	4:00pm, 5:30pm	5:00pm, 6:30pm	No lessons	12:15pm, 1:45pm	11:45am, 1:00pm
Swim Kids 3	4:30pm, 6:00pm	5:30pm, 7:00pm	No lessons	11:45am, 2:15pm	11:15am, 1:15pm
Swim Kids 4	4:30pm, 5:30pm	4:00pm, 6:00pm	No lessons	10:45am, 1:00pm	12:45pm, 2:15pm
Swim Kids 5	4:15pm, 5:45pm, 6:45pm	4:00pm, 6:30pm	No lessons	10:45am, 1:00pm	10:45am, 12:15pm
Swim Kids 6	4:15pm, 5:45pm	4:45pm	No lessons	11:30am	10:45am, 12:15pm
Swim Kids 7	5:00pm	4:30pm	No lessons	12:15pm	11:30am
Swim Kids 8	5:00pm	5:15pm	No lessons	12:15pm	11:30am
Swim Kids 9/10	6:30pm	7:15pm	No lessons	1:45pm	1:30pm
Stroke Improvement 1 (SK 5-7)	No lessons	No lessons	5:00pm	No lessons	No lessons
Stroke Improvement 2 (SK 8-10)	No lessons	No lessons	5:00pm	No lessons	No lessons
Junior Lifeguard Club (SK5+, 9-16yrs)	No lessons	No lessons	6:00pm	No lessons	No lessons
Teen (13-18yrs)					
Teen 1/2	No lessons	6:30pm	No lessons	11:45am	No lessons
Teen 3	No lessons	7:15pm	No lessons	No lessons	No lessons
Junior Lifeguard (SK5)	No lessons	No lessons	6:00pm	No lessons	No lessons
Bronze Medallion (13+yrs)	No lessons	No lessons	No lessons	No lessons	No lessons
Bronze Cross (13+yrs and Bronze Medallion)	No lessons	No lessons	No lessons	No lessons	No lessons
Adult (19+yrs)					
Adult 1/2	No lessons	6:30pm	No lessons	11:45am	No lessons
Adult 3	No lessons	7:15pm	No lessons	No lessons	No lessons
Private Lessons (3+yrs)					
	<u>Mon Only:</u> 3:30pm, 3:30pm, 4:00pm, 5:00pm, 7:30pm <u>Wed Only:</u> 3:30pm, 3:30pm, 3:45pm, 4:00pm, 5:00pm, 7:30pm	<u>Tue Only:</u> 3:30pm, 6:30pm, 6:45pm, 7:30pm <u>Thu Only:</u> 3:30pm, 6:30pm, 6:45pm, 7:30pm	3:30pm, 4:00pm, 4:30pm, 4:30pm, 5:00pm	10:45am, 11:15am, 1:15pm, 1:45pm	10:45am, 1:00pm, 1:30pm, 2:15pm

Note: Swimming Lesson Registration begins on **Tue, Mar 19 @ 9:00am**

Swimming Lesson Information

Red Cross Parent and Tot 4-36 mo

Lessons are designed to be fun using lots of songs, games, and themes. The three levels: Starfish (4-12months), Duck (12-24months), and Sea Turtle (24-36 months) focus on water orientation and water safety. All of our Parent and Tot programs require that children participate with a parent or caregiver in the water and that children wear swim diapers. Please only 1 caregiver in the water with each child as space is limited.

Red Cross Preschool Lessons 3-5 yr 11 mo

- Sea Otter
 - Salamander
 - Sunfish
 - Crocodile
 - Whale
- The Red Cross Preschool is designed engage children through games and activities while they learn skills and build their confidence in the water throughout the 5 levels.

Red Cross Swim Kids 5-16 yrs

Red Cross Swim Kids is a 10-level program in which children learn to swim, be fit, and stay safe in a fun environment that promotes achieving a personal best and celebrates personal success. The program focuses on the five main swimming strokes – front crawl, back crawl, elementary back stroke, breast stroke and side stroke.

Red Cross Swim Basics – Teen and Adult 1 / 2 13+yrs

Red Cross Swim Basics is a two-level learn-to-swim program for adults and teens. These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water.

Red Cross Swim Strokes – Teen and Adult 3 13+yrs

Red Cross Swim Strokes is a stand-alone stroke development program for adults and teens, and for participants in Red Cross Swim Kids who require additional work on a stroke to complete the level. The program is designed to further develop strokes chosen by the swimmer in consultation with the Instructor, and increase swimming distances and proficiency.

Private Lessons

Private and Semi-Private Registration are now available online

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

Under 14yrs	First person	\$30.50 per class
	Semi-private add on	\$10.50 per class
Over 14yrs	First person	\$30.50 per class+GST
	Semi-private add on	\$10.50 per class+GST

Note: If you are unsure of what level to register your child in, please come to a Public Swim session and ask at the Pool Front Desk to have a "Free" assessment prior to registering.

National Lifejacket Day

Thursday May 16 – 2:00pm-6:00pm

Come visit us on May 16th to ensure that you and your family will safely enjoy aquatic activities this summer.

- Learn why lifejackets can save lives
- Learn how to choose the ideal lifejacket for you and your kids
- Participate in a lifejacket fitting
- Enjoy games and activities



Specialty Aquatic Courses

Stroke Improvement

6-16yrs

The 'Strokers' program emphasizes stroke development using drills and fitness, focusing on the Red Cross Swim Kids requirements. This program is designed for children to improve cardiovascular fitness and improve stroke technique. This program can be completed as extra support while participating in Red Cross swimming lessons, or as a separate activity.

Level 1: Swim Kids 5-7

Fri	Apr 5-May 24	
214550	5:00pm-6:00pm	\$74.20/7 sess

Level 2: Swim Kids 8-10

Fri	Apr 5-May 24	
214551	5:00pm-6:00pm	\$74.20/7 sess

Junior Lifeguard Club

9-16yrs

Pre-requisite: Red Cross Swim Kids Level 5 and 9 years

Finished with swim lessons or just want to do something different? Waiting to take Bronze Medallion? Then this club is for you! This swim-club-style program will prepare children for the next step in their aquatic adventures. Swimmers will develop water safety, fitness, lifesaving skills, knowledge and practice in first aid, and lifesaving sport competition in a fun and safe environment. The club will equip kids ages 9-15yrs with the skills they need to be better swimmers, competitive athletes in lifesaving sport, and successful lifeguards in the future. In addition participants will work through the Lifesaving Society Canadian Swim Patrol program.

Fri	Apr 5-May 24	
214552	6:00pm-7:30pm	\$125.80/7 sess



Swimming Pool Schedule

April 1-May 26

Annual Pool Shutdown

June 3 - July 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Lengths 6:00am-7:30am								
Lengths - 1 lane only 7:30am-9:30am 1 lane for lengths					Lengths 8:00am-9:30am			
AquaFit (Mod) 9:35am-10:30am	Lengths-1 lane only 9:30am-12:00pm 1 lane for lengths	AquaFit (Mod) 9:35am-10:30am	Lengths-1 lane only 9:30am-12:00pm 1 lane for lengths	AquaFit (Mod) 9:35am-10:30am	AquaFit (Mod) 9:35am-10:30am			
Public Swim 10:30am-12:00pm 1 lane for lengths		Public Swim 10:30am-12:00pm 1 lane for lengths		Lengths-1 lane only 10:30am-12:00pm 1 lane for lengths	Lengths-1 lane only 10:30am-3:00pm			
Lengths 12:05pm - 1:10pm								
AquaFit (Mild) 1:15pm-2:00pm	Lengths-1 lane only 1:15pm-3:00pm 1 lane for lengths	Public Swim 1:15pm-3:00pm	Lengths-1 lane only 1:15pm-3:00pm 1 lane for lengths	Public Swim 1:15pm-3:00pm	<div style="border: 1px solid black; padding: 5px;"> <p>Wibit Inflatables Days Bring your friends and family to Wibit Day! Enjoy the challenge and excitement of the huge inflatable obstacle course in the pool! Regular admission rates apply. Apr 20 2:00pm-4:00pm May 18 2:00pm-4:00pm</p> </div>			
Public Swim 1:15pm-3:00pm 1 lane for lengths		Public Swim 1:15pm-3:00pm 1 lane for lengths		Public Swim 1:15pm-3:00pm 1 lane for lengths				
Public Swim 3:00pm-4:00pm 1 lane for lengths							Public Swim 3:00pm-5:00pm 1 lane for lengths	
Lengths-1 lane only 4:00pm-7:30pm 1 lane for lengths	Lengths-1 lane only 4:00pm-8:00pm 1 lane for lengths	Lengths-1 lane only 4:00pm-7:30pm 1 lane for lengths	Lengths-1 lane only 4:00pm-8:00pm 1 lane for lengths	Lengths-1 lane only 4:00pm-7:30pm 1 lane for lengths				
Discount Dip 7:30pm-9:30pm 1 lane for lengths	Public Swim 8:00pm-9:30pm 1 lane for lengths	Public Swim 7:30pm-9:30pm 1 lane for lengths	Public Swim 8:00pm-9:30pm 1 lane for lengths	Discount Dip 7:30pm-9:00pm 1 lane for lengths				

Swim Descriptions

Public Swim	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
Lengths	Continuous lengths swim for all ages. Lanes are designated for specific speeds. 3 lanes available.
Lengths - 1 lane only	Continuous lengths swim for all ages. 1 lane available for lengths swim.
Discount Dip	Admission is 50% off of regular admission.

AquaFit Descriptions

Mild (shallow)	An easier paced, 20-30 minute cardio workout. Designed for participants that are looking for a class to get them started or rehabilitate. A good stepping stone from ROM to Moderate
Moderate (shallow)	A moderately paced, 35-40 minute cardio workout. Designed for participants who want to increase their fitness and muscular endurance.

Note: Please bring your own lock

Pool & Fitness Centre Admission Fees

all fees subject to change without notice

	Drop In	10 Strip Tickets	Flexi Passes		
			1 Month	3 Month	12 Month
Adult 19-64yrs	\$6.10	\$49.60	\$47.11	\$127.00	\$406.98
Senior 65+yrs	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89
Youth 13-18yrs	\$4.27	\$34.72	\$32.98	\$88.90	\$284.89
Children 5-12yrs	\$3.05	\$24.80	\$23.56	\$63.50	\$203.49
Preschool (0-4yrs)	Free				
Family	at child rate	Minimum 2 people. \$3.05/person, minimum \$6.10. Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
Admission Policy	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.				