

# Renfrew Park

## Recreation Guide

Spring 2020

Community Centre

Swimming Pool

Fitness Centre



### Spring 2020 Registration Dates

#### Community Centre

Online/In Person Sat Mar 7, 9:00am  
Phone In Sat Mar 7, 12:00pm

#### Swimming Pool

Online/In Person Tue Mar 17, 7:00pm  
Phone In Tue Mar 17, 7:00pm



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



# Centre Information

## Hours of Operation

### Centre Office March 30-June 26

Monday-Thursday	6:00am-9:00pm
Friday	6:00am-8:30pm
Saturday	8:00am-4:30pm
Sunday	10:30am-4:30pm

### Community Centre March 30-June 26

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

### Community Centre Holiday and Special Hours

Friday April 10	Closed
Monday April 13	Closed
Monday May 18	Closed
Friday May 29	9:00am-3:00pm
Saturday June 27	Closed
Sunday June 28	Closed

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

## Contact Information

### Address

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

### Phone

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

### Email

Centre Email ..... renfrewcc@vancouver.ca  
 Rental Inquiries ..... renfrew.rentals@vancouver.ca  
 Birthday Party Inquiries ..... renfrewparkbirthday@vancouver.ca

## Staff

Marian Gardner ..... Community Recreation Supervisor  
 Nick Fong ..... Recreation Programmer  
 Shannu Marette ..... Pool Programmer  
 Starla Bayley ..... Community Youth Worker  
 Cheryl Palidda ..... Seniors' Worker  
 Jeffrey Chan, Christopher-Ryan Yu ..... Program Assistant III

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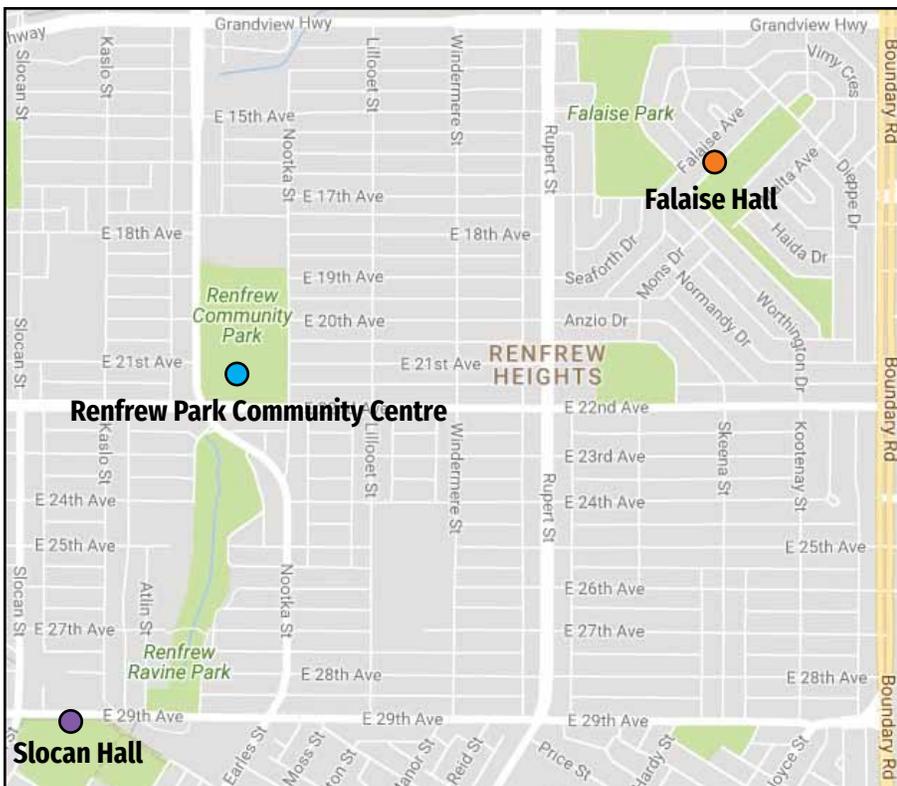
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- Renfrew Park Community Centre 2929 East 22nd Avenue
- Falaise Community Hall 3434 Falaise Avenue
- Slocan Community Hall 2750 East 29th Avenue

## Summer 2020 Registration Dates

Community Centre

May 9

Swimming Pool

Jun 30

## 3 Easy Ways to Register...

### Online

Starts **Saturday, March 7 at 9:00am**



Register online at

<http://recreation.vancouver.ca>

Pay by Visa, MasterCard or American Express.

### In Person

Starts **Saturday, March 7 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 **Saturday, March 7 at 12:00pm**



**604 257-8388 ext 1**

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

## Personal Information Protection

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



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

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

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



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



## Register Online Today



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

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

### Drop-in activities

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

### Event space

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

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



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



## 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.

# Renfrew Park Community Association (RPCA)

## President's Message

Climate change is accelerating and this is worrisome. The community centre associations (CCA's), using the Association Presidents Group as the forum, have established that the CCA's need to and can play a major role in engaging, educating, and empowering our communities to enable positive change and create solutions for all of us and the future generations. We shall work with various organizations and Park Board, and strategically implement programs and events to support this endeavour. An Earth Day celebration with the spirit of engaging the community for climate hope is being planned.

An aging population and child care space are the other challenges that we face these days. Considerable efforts have been put in by the governments to resolve these. I have actively participated in workshops and discussion groups to find out what can be done locally in our community. We shall align ourselves to support measures brought forward by the City. The Association has always tried to maximize the use of space and this year we have put in resources to support the Moresports program for the after-school care of the youths.

The kitchen renovation is on track though the progress is not at the pace we had expected. I am hopeful that when spring arrives we can fully utilize this brand new kitchen to serve our patrons.

The month of April is the month of volunteers. I would like to thank all of you for your support. We would not be able to offer our programs and events effectively and at a reasonable cost without your participation. I look forward to meeting some of you at the Volunteer Appreciation Party.

Sincerely,

**Albert Lee, Renfrew Park Community Association President**

renfrewparkcommunity@gmail.com

## RPCA Board of Directors 2019-2020

### 2019-2020

President.....	Albert Lee
1st Vice President.....	Anthony Mehnert
2nd Vice President.....	Erin Shum
Treasurer.....	Chao Cheng
Secretary.....	Judy Egerton
Past President.....	Henry Lee
Members at Large.....	Donald Jiang, Helen Lee, Fay Lin, Sari Lundberg, Eddie Tang, 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, 2019-August 31, 2020

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

Benefits of Association Membership:

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

Memberships are available for FREE, please come in to the Community Centre to load your membership onto your OneCard.

If you do not want to become a member of Renfrew Park Community Association, please notify our staff at the time of registration.

For games room, piano practice, drop-in computer use and sports equipment rental, please register for the Equipment Rental Fee (info p.16).

## RPCA Affiliated Groups

<b>Aikido Club</b> (604) 980-4789	Dave vancouveraikikai.com
<b>Happy Corner Preschool</b> (604) 433-7923	happycorner.ca
<b>Judo Club</b> (604) 299-5188	Frank Nakashima
<b>Lions Gate Camera Club</b> (604) 319-1559	Tony lionsgatecc.com
<b>Renfrew Trojans Football</b>	vancouvertrojans.net

### ...did you know

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

**\$5**  
Entry + Hunt

**\$2**  
Entry Only

## Easter Eggstravaganza

**Sat, Apr 11, 2020 | 12:00 PM - 3:00 PM**

Join us for face paint, crafts, games, and a concession!  
Register for an egg hunt time slot at the centre  
or online at [recreation.vancouver.ca](http://recreation.vancouver.ca)  
Tickets are limited, so register early!

**EGG HUNT TIMES**  
1:30 PM  
2:00 PM  
2:30 PM

### Program Highlights

#### 17th Annual Health Fair

All Ages

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

Wed 248148	Apr 1 10:00am-2:00pm	Free, pre-registration required
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#### 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!

Sat 273799	Apr 4 10:00am-12:00pm	Free
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#### Earth Day: Neighbourhood Cleanup Party

All Ages



Celebrate Earth Day. Join us in taking action to help protect and restore our planet, starting with a Neighbourhood Clean Up Party in the Renfrew Ravine and Renfrew Community Park. Clean up equipment will be provided.

Sat 274945	Apr 18 2:00pm-4:00pm	Free
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#### Balloon Twisting 101



Roxanna Wang

13-18yrs

Learn how to make your very own balloon creations with this hands-on workshop. Come see the ins and outs of becoming a hit at celebrations, parties, and events! We will provide all pumps and balloons.

Sun 267005	May 3 11:00am-1:00pm	Free
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#### Ready, Set, Learn

3-5yrs



Renfrew Park Community Centre, local Elementary Schools and various community organizations are hosting a fun event for pre-kindergarten aged kids from 3-5 years old to help start them on their journey of life-long learning and introduce them to school in a fun way. Please join us and tell your friends. Children must be accompanied by a caregiver.

Mon 265992	May 11 10:30am-12:00pm	Free, pre-registration required
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#### Kids Stuff Swap & Sale

All Ages

Finished your spring cleaning? Bring your lightly used and outgrown items to swap for some new treasures. If you are ready to break in some new toys without breaking the bank, come check what the community has to offer. In-person registration only.

Sun 265283	May 24 10:00am-3:00pm	Free admission \$19.05/table
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#### Collingwood Days 2020

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.



**Note:** Event is held at Gaston Park (3470 Crowley Drive).

Sat 274193	May 30 11:00am-4:00pm	Free
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#### Senior's Week Dance Celebration

55+yrs

Come and celebrate the month for seniors. Dance away with a live band and enjoy a full lunch, tea/coffee and door prizes. Get your ticket early so you don't miss out on this event.

Sat 272935	Jun 20 12:00pm-3:30pm	\$9.52/person
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# Program Highlights

prices do not include tax



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 youth to get creative with celebrating Youth Week. Have a fun idea to celebrate Youth Week in Vancouver? E-mail [youthweek@vancouver.ca](mailto:youthweek@vancouver.ca) to get connected with your local Youth Worker, learn how to apply for a grant and bring your idea to life!

Vancouver Youth Awards Dinner will be held on Friday, May 8th from 5:30-8:30pm at Killarney Community Centre.



Vancouver is recognizing outstanding youth and community centre youth groups who make a difference in communities across the city! Talk to your Youth Worker or contact [youthweek@vancouver.ca](mailto:youthweek@vancouver.ca) to find out more.

Basketball Events at Roundhouse CC Saturday, May 2

**JR Boys (Gr 8/9) 3 v 3**

10:00am - 1:00pm

**SR Boys (Gr 10-12) 3 v 3**

1:00pm - 4:00pm

Girls' game details to be announced.

Food, ball and prizes!

Contact [Sally.Chan@vancouver.ca](mailto:Sally.Chan@vancouver.ca) to register your team for FREE!



Skateboard Event and Demos will be held on Saturday, May 9 from 1 to 4pm at the Downtown Skate Plaza. All skill levels welcome. Helmets mandatory. Contact [youthweek@vancouver.ca](mailto:youthweek@vancouver.ca) for a waiver form. This event is in partnership with the Vancouver Skateboard Coalition.



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



## National Lifejacket Day

**Thu May 14 - 2:00pm-6:00pm**

Come visit us on May 14th 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

## Artists working in our Neighbourhood FIELDHOUSE Activations in Parks



### Girls Rock Camp

Theme: **Arts**

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.

**Falaise Park Fieldhouse**

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



### The Alder Eco-Arts House

Theme: **Eco-arts**

The Alder would provide space and other resources for multiple groups to use for environmental stewardship and learning with a focus on ethical wild-crafting and the creation of art and functional objects with the natural and sustainable gifts found in Renfrew Ravine.

**Slocan Park fieldhouse**

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



STILL MOON ARTS

### Still Moon Arts Society

Theme: **Arts and Culture**

Still Moon Arts Society inspires vibrant and connected communities by creating art and nurturing a passion for nature. Our belief in the power of artistic experiences to move and engage people guides us as we continue to bring together art, environment, and community in the Renfrew-Collingwood neighbourhood and along the Still Creek corridor.

**Slocan Park fieldhouse**

<http://stillmoonarts.ca>



### Norquay Neighbourhood Food Hub

Theme: **Food Security**

The food hub is a central gathering place for a thriving neighbourhood food system and food-based community activities, events, and celebrations. Participate, learn new skills, share old skills, laugh, and eat with neighbours, while you enjoy the simple wonders of good food and community. The food hub is a collaboration between Fresh Roots Urban Farm, Renfrew-Collingwood Aboriginal Youth Canoe Club, Renfrew-Collingwood Food Security Institute, and Vancouver Fruit Tree Project.

**Norquay Park Fieldhouse**

These projects are generously supported by the Vancouver Park Board's Field House Activation Program which provides project space and access to parks to foster community-engaged activity that focuses: arts, culture, sport, environment, local food and social encounters. For more info on all 24 activations in parks go to <https://vancouver.ca/parks-recreation-culture/fieldhouse-programs.aspx>

## 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  
265715

May 15-Jun 12

No session Jun 5  
12:00pm-1:00pm

\$5/Adults/Seniors, \$3.57/Children/Youth



## Wibit Inflatable 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.

Sat Apr 11 2:00pm-4:00pm  
Sat May 16 2:00pm-4:00pm

## Licensed Preschool 2020-2021

### Preschool Open House **Tuesday April 21st, 2020 (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 21st, 2020](#).

### Preschool Registration **Sunday April 26th, 2020 (10am-2pm)**

- Priority registration is given to siblings and those currently in the program.
- We will start handing out registration forms at 10am 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 be made for the deposit (June 2021 monthly fee) and the \$30 registration fee (which is non-refundable) and credit card information for the monthly payment plan.

### Program Details

The following prices are for September 2020-June 2021

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$106/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$159/month
2 days	Tue/Thu	12:00pm-2:30pm	\$106/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$159/month

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



### Licensed Preschool

Alice Shiu, Michelle Lui, Shu Ying Huang

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.**



## 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

**Basic Party Times:**

Saturday

1:00pm-3:00pm  
(+30 mins setup and clean up)

Sunday

2:00pm-4:00pm  
(+30mins setup and cleanup)

4 hour Family Party Packages are available.  
Please email us for more information.

### FOR MORE INFORMATION

VISIT US AT: [WWW.RENFREWCC.COM/BIRTHDAY](http://WWW.RENFREWCC.COM/BIRTHDAY)  
OR EMAIL US AT: [RENFREWPARKBIRTHDAY@VANCOUVER.CA](mailto:RENFREWPARKBIRTHDAY@VANCOUVER.CA)

# Preschool

## Dance

### Parent and Tot Dance

1.5-2yrs

Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun while dancing with mom or dad. Visit [performingstars.ca](http://performingstars.ca) for more info.

Sun	Apr 19-Jun 21	No session May 17
275155	10:45am-11:30am	\$99/9 sess

### Performing Princesses

3-5yrs

Vancouver Performing Stars

Let your little ones lose themselves in the world of make believe. Children will be immersed in the magical stories they love as they sing and dance to their favourite princess songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence. Costumes are welcome and a presentation will take place on the last day of class. Visit [performingstars.ca](http://performingstars.ca) for more info.

Tue	Apr 14-Jun 16	\$110/10 sess
275192	1:45pm-2:30pm	

### Mini Hip Hop

4-6yrs



Vancouver Performing Stars

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

Thu	Apr 16-Jun 18	\$110/10 sess
275185	3:45pm-4:30pm	

### Mini Ballet

3-4yrs

Vancouver Performing Stars

Introduce your child to the world of Ballet. This class develops coordination, musicality and fluidity of movement while having fun. Increased Ballet techniques are expected at each progressive level. Appropriate dance shoes and attire please. Children will dance for parents on the last day class. Visit [performingstars.ca](http://performingstars.ca) for more info.

Tue	Apr 14-Jun 16	\$110/10 sess
275190	2:30pm-3:15pm	

Sun	Apr 19-Jun 21	No session May 17
275156	11:30am-12:15pm	\$99/9 sess

### Mini Dance Fusion

3-4yrs

Vancouver Performing Stars

This unique program includes a Ballet warm up followed by Jazz and Hip Hop technique exercises and activities to improve the child's strength and flexibility. The essential dance vocabulary, moves and styles that every performer should know will be taught in this high-energy, positive and creative program leaving kids excited to show you what they have learnt in a mini presentation on the final class. All children must be able to participate without an adult and should bring a small snack and water. Let's dance. Visit [performingstars.ca](http://performingstars.ca) for more info.

Sun	Apr 19-Jun 21	No session May 17
275157	12:15pm-1:00pm	\$99/9 sess

## Education

### Parent and Child Mandarin Lessons

1-3yrs



MandoKids Chinese Learning Center

This course is designed for toddler and parents who want to build a strong foundation in Chinese Mandarin at an early age (1-3 years). We introduce speaking and listening skills through a play-based learning curriculum, including singing, storytelling, arts and crafts, and other fun exercises in Mandarin! Our unique parent-child activities offer a wonderful bonding opportunity (Parent/guardian participation is mandatory). Come join us for a fun and engaging learning experience! Visit [www.mandokidslearning.com](http://www.mandokidslearning.com) for more information.

Sat	Apr 4-Jun 6	No session Apr 11, May 16
273255	9:45am-10:30am	\$96/8 sess

Sat	Apr 4-Jun 6	No session Apr 11, May 16
273256	10:45am-11:30am	\$96/8 sess

### 123, ABCs - Phonics & Math

4-5yrs

Holly Maurer

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 4-Jun 13	No session Apr 11, May 16
273946	10:30am-11:30am	\$45/9 sess

Sat	Apr 4-Jun 13	No session Apr 11, May 16
273947	11:30am-12:30pm	\$45/9 sess

### Mini Mathletes

5-6yrs

Holly Maurer

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 4-Jun 13	No session Apr 11, May 16
273949	2:00pm-3:00pm	\$45/9 sess

### Smile to Smile Dental Clinic

Thursday June 4th

9:00am-12:00pm

Bring your under 36 month year old for a **FREE first** dental check up, fluoride treatment and toothbrush

For further information and registration please contact:

Karen Yoh 604-675-3988 ext 20407.

Vancouver Coastal Health, Public Health Dental Program



## 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 275609	Apr 3-Jun 1 10:30am-12:00pm	No session Apr 10, 13, May 11, 18 \$3.25/child, \$1.25/sibling \$30/10 tickets
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### Break Thru Multi Sport

4-5yrs

Break Thru Academy

Excited to meet new friends and develop your gross motor skills? Join us as we introduce you to new, fun sports while learning the importance of teamwork and communication. Participants will develop soft skills that will support them in sports and in life.

Sun 275612	Apr 19-Jun 14 10:45am-11:25am	No session May 24 \$48/8 sess
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### 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!

<b>Indoor</b>		
Wed 275133	Apr 8-Jun 10 4:00pm-4:45pm	\$55/10 sess
Sat 275142	Apr 18-Jun 13 1:00pm-1:45pm	No session May 16 \$44/8 sess

### Outdoor

This is an outdoor program, please dress accordingly. Program held at Renfrew Field.

Sun 275148	Apr 19-Jun 14 11:00am-11:45am	No session May 17 \$44/8 sess
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### 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 273198	Apr 18-Jun 13 9:15am-10:00am	\$49.50/9 sess
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### 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! Parent participation is required.

Wed 273483	Apr 8-Jun 17 9:15am-10:00am	\$110/11 sess
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### Bear Cubs Gymnastics

2-4yrs

Bear Feet Gymnastics

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

Wed 273484	Apr 8-Jun 17 10:45am-11:30am	2-3yrs \$110/11 sess
Wed 273485	Apr 8-Jun 17 11:30am-12:15pm	3-4yrs \$110/11 sess

## 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 273481	Apr 17-Jun 5 10:00am-10:45am	\$54/8 sess
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### Kelly Kirby - Preschool Piano

4.5-5yrs

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 required. Children and their caregivers should be able to complete focused tasks and simple details related to music reading. Modified workbooks are ineligible for refund.

<b>Kelly Kirby I</b>		
Sun 274032	Apr 19-Jun 14 4:15pm-5:00pm	\$92/9 sess
<b>Kelly Kirby II</b>		
Sun 274029	Apr 19-Jun 14 2:00pm-2:45pm	Pre-Req: Kelly Kirby I \$92/9 sess
Sun 274031	Apr 19-Jun 14 3:30pm-4:15pm	\$92/9 sess
<b>Kelly Kirby III</b>		
Sun 274030	Apr 19-Jun 14 2:45pm-3:30pm	Pre-Req: Kelly Kirby II \$92/9 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.

Emily Leung Fri Apr 17-Jun 19		No session May 15, 29 \$144/8 sess	
274033	3:30pm-4:00pm	274038	6:00pm-6:30pm
274034	4:00pm-4:30pm	274039	6:30pm-7:00pm
274035	4:30pm-5:00pm	274040	7:00pm-7:30pm
274036	5:00pm-5:30pm	274041	7:30pm-8:00pm
274037	5:30pm-6:00pm	274042	8:00pm-8:30pm

Emily Leung Sat Apr 4-Jun 13		No session May 16 \$180/10 sess	
274043	9:30am-10:00am	274050	1:30pm-2:00pm
274044	10:00am-10:30am	274051	2:00pm-2:30pm
274045	10:30am-11:00am	274052	2:30pm-3:00pm
274046	11:00am-11:30am	274053	3:00pm-3:30pm
274047	11:30am-12:00pm	274054	3:30pm-4:00pm
274048	12:00pm-12:30pm	274055	4:00pm-4:30pm
274049	1:00pm-1:30pm		

Vincent Cheng Sun Apr 5-Jun 14		No session Apr 12, May 17 \$162/9 sess	
275563	11:00am-11:30am	275569	2:00pm-2:30pm
275564	11:30am-12:00pm	275570	2:30pm-3:00pm
275565	12:00pm-12:30pm	275571	3:00pm-3:30pm
275566	12:30pm-1:00pm	275572	4:00pm-4:30pm
275567	1:00pm-1:30pm	275573	4:30pm-5:00pm
275568	1:30pm-2:00pm		

### Violin - Private Lessons

7-14yrs

Sophia Cho

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.

Apr 20-Jun 15		No session May 18 \$144/8 sess	
275048	5:00pm-5:30pm	275051	6:30pm-7:00pm
275049	5:30pm-6:00pm	275052	7:00pm-7:30pm
275050	6:00pm-6:30pm	275053	7:30pm-8:00pm

### 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.

Apr 20-Jun 15		No session May 18 \$216/8 sess	
275479	5:00pm-5:30pm	275482	6:30pm-7:00pm
275480	5:30pm-6:00pm	275483	7:00pm-7:30pm
275481	6:00pm-6:30pm	275484	7:30pm-8:00pm

## Baking and Cooking

### Little Chefs

6-12yrs

Mieko Giang

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

May 3-Jun 14		6-8yrs No session May 24, 31 \$40/5 sess	
Sun 276175	11:00am-12:00pm		

May 3-Jun 14		9-12yrs No session May 24, 31 \$40/5 sess	
Sun 276176	12:15pm-1:15pm		

**...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

## Dance

### Junior Ballet

5-7yrs

*Vancouver Performing Stars*

Introduce your child to the world of Ballet. This class develops coordination, musicality and fluidity of movement while having fun. Increased Ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Children will dance for parents on the last day class. Visit [performingstars.ca](http://performingstars.ca) for more info.

Tue 275191	Apr 14-Jun 16 3:30pm-4:15pm	\$110/10 sess
Sun 275158	Apr 19-Jun 21 1:00pm-1:45pm	No session May 17 \$99/9 sess



### Junior Performing Stars

5-7yrs

*Vancouver Performing Stars*

Learn all the essential skills to be a dynamite musical theatre performer! We'll explore all the best numbers from oldies, modern hits, Disney and Broadway. Sing with confidence, while learning fun choreography and the acting skills of a star! Visit [performingstars.ca](http://performingstars.ca) for more information.

Sun 275159	Apr 19-Jun 21 1:45pm-2:30pm	No session May 17 \$99/9 sess
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### Junior Tap

6-9yrs

*Vancouver Performing Stars*

This Tap dancing class will include a fun warm up and rhythms while children learn the fundamental steps of this exciting form of dance! Tap shoes required. Visit [performingstars.ca](http://performingstars.ca) for more information.

Tue 275193	Apr 14-Jun 16 4:15pm-5:00pm	\$110/10 sess
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### Intermediate Hip Hop

7-9yrs

*Vancouver Performing Stars*

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

Thu 275186	Apr 16-Jun 18 4:30pm-5:30pm	\$120/10 sess
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### Glee Pop Stars

8-12yrs

*Vancouver Performing Stars*

Step into the shoes of a star! This is a fun and energetic class designed to train young performers singing, dancing, and acting techniques while creating their own Glee Club! An informal presentation will take place on the last day of the program. Visit [performingstars.ca](http://performingstars.ca) for more info.

Sun 275160	Apr 19-Jun 21 2:30pm-3:30pm	No session May 17 \$108/9 sess
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## Art

### DeSerres' Creative Space

6-12yrs

*Kathryn Wadel and DeSerres*

Unleash your creativity in this beginners' drawing and painting class! Vancouver-based visual artist, Kathryn Wadel will lead fun and exciting projects in acrylic painting, watercolour painting, and mixed media drawing! All materials are provided by DeSerres, a leading Canadian retailer of fine art and creative hobby supplies.

Mon 273966	Apr 20-Jun 15 3:30pm-4:30pm	6-8yrs No session May 18 \$104/8 sess
Mon 273967	Apr 20-Jun 15 4:30pm-5:30pm	9-12yrs No session May 18 \$104/8 sess

### 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 274989	Apr 18-May 30 12:45pm-2:45pm	No session May 23 \$39/6 sess
Sat 274990	Apr 18-May 30 2:45pm-4:45pm	No session May 23 \$39/6 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.

Sat 276173	Apr 18-Jun 13 10:00am-11:15am	No session May 16 \$96/8 sess
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### 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.

Sat 276173	Apr 18-Jun 13 11:20am-1:05pm	No session May 16 \$128/8 sess
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**...Programs fill up quickly!**  
Register early to avoid disappointment

# Children

## 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.

Tue/Thu	Apr 7-Jun 25	
Tue	7:15pm-8:30pm	
Thu	7:15pm-8:15pm	
275490		\$102/24 sess

### Kung Fu

7-16yrs

Shung Ying Kung Fu Club

The Shung Ying Kung Fu Club was founded in 1984 by martial arts expert Sifu Hilbert Yiu. Sifu Yiu teaches the traditional style of Choy Lee Fat along with lion and dragon dance. In the beginner class, students will learn the basics of stretching, hand techniques, kicks and forms. Advanced students will continue to perfect previously acquired skills and further their understanding of the style through higher level techniques and forms.

Wed Fri	Apr 1-Jun 26	No session Apr 10, May 29
276198	7:00pm-8:25pm	\$150/24 sess

## Education

### 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!

Tue	Apr 7-28	
265286	3:45pm-5:15pm	\$100/4 sess

### 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!

Tue	May 5-26	
265287	3:45pm-5:15pm	\$100/4 sess

## Education

### LEGO WEDO 2.0 Robotics

7-12yrs

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.

Tue	Jun 2-23	
265288	3:45pm-5:15pm	\$100/4 sess

### Chess for Kids

6-12yrs

Josefino (Joe) Soliven

Playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Joining in this Sherlock Holmes-world of chess where the chessmen virtually come alive, kids will also be trained in goal-setting - checkmate - "commandership" of their chess army in a friendly social setting where art meets science and math with fun.

#### Novice

Wed	Apr 8-Jun 17	
273491	6:00pm-7:15pm	\$77/11 sess

#### Intermediate

Wed	Apr 8-Jun 17	
273490	7:15pm-8:30pm	\$77/11 sess

### 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	May 17	
271131	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 21	
271130	10:30am-5:30pm	\$60/person

## Education

### 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.

Tue	Apr 28-Jun 16	
272634	5:00pm-6:00pm	\$40/8 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.

Tue	Apr 28-Jun 16	
272635	6:00pm-7:00pm	\$40/8 sess

### Little Bookworms - Reading and Writing

6-7yrs

Holly Maurer

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 4-Jun 13	No session Apr 11, May 16
273948	12:30pm-1:30pm	\$45/9 sess

### Pencil Heads - Reading and Writing

7-9yrs

Holly Maurer

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 4-Jun 13	No session Apr 11, May 16
273950	3:00pm-4:00pm	\$45/9 sess

### Mathventures - Math

7-9yrs

Holly Maurer

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 4-Jun 13	No session Apr 11, May 16
273951	4:00pm-5:00pm	\$45/9 sess

### Creative Reading and Writing Club

6-10yrs

Felicia Tsui

In this class, students 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. Participants are welcome to bring in any homework from school for extra help.

Sun	Apr 5-Jun 14	No session Apr 12, 26, May 17	6-8yrs
275623	2:00pm-3:00pm		\$40/8 sess

Sun	Apr 5-Jun 14	No session Apr 12, 26, May 17	8-10yrs
275624	4:15pm-5:15pm		\$40/8 sess

### Junior Mathematicians

6-10yrs

Felicia Tsui

Students in grades 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. Participants are welcome to bring in any homework from school for extra help.

Sun	Apr 5-Jun 14	No session Apr 12, 26, May 17	6-8yrs
275625	1:00pm-2:00pm		\$40/8 sess

Sun	Apr 5-Jun 14	No session Apr 12, 26, May 17	8-10yrs
275626	3:15pm-4:15pm		\$40/8 sess



Moresports offer neighborhood-based sport programming and leadership development opportunities for children and youth through support between community partners. Renfrew-Collingwood Moresports is a collaboration between Renfrew Park Community Association and Windermere Community Schools Team, who engage youth to develop coaching skills through leading Moresports programs within the community. For more information, please visit [www.moresports.org](http://www.moresports.org).



Renfrew acknowledges the generous contributions of Kids Up Front Canada

### Finish Strong Basketball Development

9-11yrs

David Knight

Welcome to Finish Strong Basketball where we believe its not how you start, It's how you FINISH! Finish Strong basketball is dedicated to helping young basketball players to reach their full potential and to be the foundation to help jump start a healthy lifestyle for them. Our programs focus on improving their basketball skills and increasing their self-esteem and confidence on and off the court. We hope to see you on the court! For more information about Finish Strong Basketball, please email Team@finishstrongbasketball.ca.

Thu	Apr 9-Jun 11	
274056	4:30pm-5:30pm	\$108/10 sess

### Soccer

6-12yrs

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!

<b>Indoor</b>		<b>6-8yrs</b>
Wed	Apr 8-Jun 10	
275134	4:45pm-5:45pm	\$70/10 sess
Sat	Apr 18-Jun 13	No session May 16
275143	1:45pm-2:45pm	\$56/8 sess

<b>Indoor</b>		<b>9-12yrs</b>
Wed	Apr 8-Jun 10	
275135	5:45pm-6:45pm	\$70/10 sess
Sat	Apr 18-Jun 13	No session May 16
275144	2:45pm-3:45pm	\$56/8 sess

<b>Outdoor</b>		<b>6-8yrs</b>
Sun	Apr 19-Jun 14	No session May 17
275149	11:45am-12:45pm	\$56/8 sess

<b>Outdoor</b>		<b>9-12yrs</b>
Sun	Apr 19-Jun 14	No session May 17
275150	12:45pm-1:45pm	\$56/8 sess

### Rhythmic Gymnastics

6-12yrs

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 18-Jun 13	<b>6-8yrs</b>
273199	10:00am-11:00am	\$67.50/9 sess
Sat	Apr 18-Jun 13	<b>7-12yrs</b>
273200	11:00am-12:00pm	\$67.50/9 sess

### Break Thru Multi Sport

6-8yrs

Break Thru Academy

Excited to meet new friends and develop your gross motor skills? Join us as we introduce you to new, fun sports while learning the importance of teamwork and communication. Participants will develop soft skills that will support them in sports and in life.

Sun	Apr 19-Jun 14	No session May 24
275613	11:30am-12:25pm	\$60/8 sess

### Break Thru Basketball

6-8yrs

Break Thru Academy

Ready to take your game to the next level? Taught by NCCP qualified coaches, participants will learn the FUNdamentals of Basketball and how to adapt their skills to approach the redefine play-style. The basics of Basketball will be introduced in this program.

Sun	Apr 19-Jun 14	No session May 24
275611	12:30pm-1:25pm	\$60/8 sess

### Shuttle I/II - Badminton Lessons

6-18yrs

Richard Le

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

Tue	Apr 7-May 12	
275273	4:00pm-4:55pm	\$96/6 sess
Tue	May 19-Jun 23	
275277	4:00pm-4:55pm	\$96/6 sess
Tue	Apr 7-May 12	
275274	5:00pm-5:55pm	\$96/6 sess
Tue	May 19-Jun 23	
275278	5:00pm-5:55pm	\$96/6 sess

### Shuttle II/III/IV - Badminton Lessons

6-18yrs

Richard Le

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	Apr 7-May 12	
275275	6:00pm-6:55pm	\$96/6 sess
Tue	May 19-Jun 23	
275279	6:00pm-6:55pm	\$96/6 sess
Tue	Apr 7-May 12	
275276	7:00pm-7:55pm	\$96/6 sess
Tue	May 19-Jun 23	
275280	7:00pm-7:55pm	\$96/6 sess

## 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.

### Pro D Day Out Trips

9-13yrs

Starla Bayley

Come and join us for a day of fun on your Pro D Day. Price includes entrance & public transportation. Participants need to bring lunch and dress for the weather.

#### Mini Golf - Richmond

Fri	May 15	
271951	9:00am-3:00pm	\$20/person

### Friday Night - Outings

10-13yrs

Jesse Woolverton

Join our staff on exciting group outings all around the City. Drop-Ins will be permitted only if there is space available on the day of. Activities scheduled are as follows:

Apr 3 - In House Movies	May 15 - Clip & Climb
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Apr 17- Mini Golf	May 22 - Beach
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Apr 24 - Skating	Jun 5 - Arcade
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May 1 - Youth Week	Jun 12 - Movie
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May 8 - Swimming	June 19 - Swimming
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Fri	Apr 3-Jun 19	No session Apr 10, May 29
271939	6:00pm-10:00pm	\$70/10 sess

## Volunteering

### Volunteer Training

13-19yrs

Christopher-Ryan Yu

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

Thu	Jun 25	
274502	4:00pm-6:00pm	Free, pre-registration required

## Art

### Stitch in Time

10-14yrs

Starla Bayley

Come join the Community Youth Worker and learn how to cross stitch. During this program you will learn about a full cross stitch, half cross stitch, threading a needle, and securing a knot as well as how to read a pattern.

Sat	May 2-30	No session May 16
273274	1:00pm-2:30pm	\$32/4 sess

...Karate Lessons  
see page 12

## Leadership

### Junior Youth Council

9-12yrs

Grades 5-7

Starla Bayley

Calling all grades 5-7's that are looking to make a difference. As part of the Jr. Youth Council the expectation for the year is to complete one community special event, support one philanthropic organization and to find a way to reward yourself for your hard work. Snack is provided every meeting.

Thu	Apr 2-Jun 18	
271949	3:15pm-4:45pm	Free with OneCard

### Senior Youth Council

13-18yrs

Grades 8-12

Starla Bayley

Calling all high school students that are looking to make a difference. As part of the Youth Council the expectation for the year is to assist the Community Centre in all their special events, complete one community special event organized on your own, support one philanthropic organization and to find a way to reward yourself for your hard work. Snack is provided every meeting.

Thu	Apr 2-Jun 18	
271950	5:30pm-7:00pm	Free with OneCard



### Fire & Flower: Girls' Rites of Passage

10-13yrs

Elisa Lee

Have tons of fun, feel awesome in who you are, and learn about the transition into young womanhood. Together we build positive friendships and celebrate each other's strength and beauty. Body positivity, self esteem, media literacy, physical changes and anxiety explored through games, movement, crafts, and discussions. Website: [fireandflowergirls.org](http://fireandflowergirls.org)

Mon	Apr 20-May 25	No session May 18
274931	4:30pm-6:30pm	\$150/5 sess

## Sports

### Youth Open Gym

11-18yrs

Join us for fun in the gym. This is a drop-in program for youth only.

Mon	Apr 6-Jun 22	No session Apr 13, May 18
271944	3:15pm-5:00pm	Free with OneCard

Fri	Apr 3-Jun 26	No session Apr 10, May 29
271942	4:00pm-6:00pm	Free with OneCard

Fri	Apr 3-Jun 26	No session Apr 10, May 29
271943	7:00pm-9:55pm	Free with OneCard

### Girls Night Hoops

13-18yrs

TBA Instructor

The Girls Night Hoops program is a City Wide program. Renfrew reserves the gym for a girls only practice on Friday Nights and games are held across the city on Saturday Nights. Please connect with the Starla Bayley the Community Youth Worker for information about joining.

Fri	Apr 3-Jun 26	No session Apr 10, May 29
273260	6:00pm-7:00pm	Free with OneCard

# Pre-Teen/Youth

## Dance

### Senior Hip Hop

10-14yrs

Vancouver Performing Stars

Want to learn how to move and to groove to your favourite tunes? Learn the basic style of Hip Hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Visit performingstars.ca for more info.

Thu 275187	Apr 16-Jun 18 5:30pm-6:30pm	\$120/10 sess
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## Social

### Games Area and Youth Social

10-18yrs

Starla Bayley

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! Connect with the staff to see what organized activities are happening and how you can get involved.

Fri 271945	Apr 3-Jun 26 4:00pm-9:55pm	No session Apr 10, May 29 Free with OneCard
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## Summer Camps

### Summer CHILL

10.5-15yrs

**Note:** Held at Slocan Hall 2750 East 29th Ave. (29th Ave & Slocan St)

Youth will be engaged in developing leadership skills such as teamwork, respect, confidence and encouraging the development of a healthy mind. In addition each day will be filled with various activities and crafts as well as several exciting out-trips each week including swimming. Out trips subject to change without notice. \*Waiver forms are required before the start of the program and are available on our website: www.renfrewcc.com

\$100/5 day week, \$80/4 day week	10:00am-4:00pm
271960 Jun 29-Jul 3, No session Jul 1	<b>Health and Wellness</b>
271962 Jul 6-10	<b>Science and Technology</b>
271963 Jul 13-17	<b>History and Museums</b>
271965 Jul 20-24	<b>Multi-Media</b>
271966 Jul 27-31	<b>Foods</b>
271967 Aug 4-7	<b>Games and Sport</b>
271968 Aug 10-14	<b>Leadership Development</b>
271969 Aug 17-21	<b>Financial Literacy</b>
271970 Aug 24-28	<b>School Preparation</b>

Summer registration begins on May 9

# 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.

	No session Apr 13, May 18	
Mon-Thu	3:30pm-9:55pm	Mar 30-Jun 25
Sat	12:00pm-4:55pm	Apr 4-Jun 20
Sun	12:00pm-4:55pm	Apr 5-Jun 21

## 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 3, 2019-Aug 31, 2020	

## 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. Please note equipment is not supplied

Mon-Thu 271104	Mar 30-Jun 25 6:00pm-9:30pm	No session Apr 13, May 18
		\$9.52/month pass
		\$3.81/30 minutes drop-in session

## Dance

### 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	Apr 7-Jun 30	
265334	11:00am-1:00pm	\$26/13 sess \$2.38/drop-in if space



### Sequence Dance

19+yrs

*May Wong*

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously, so the dancers follow each other around the dance floor and everyone starts and stops at the same time. Dance to various dance beats like the Cha Cha, Rumba, Tango, Jive, etc. Come join this class for fun and fitness. No partners or dance experience required. Classes taught in English and Cantonese.

Thu	Apr 9-Jun 18	No session May 7
271325	9:00am-11:00am	\$20/10 sess \$2.38/drop-in if space

### Traditional Chinese Folk Dance

55+yrs

*Pei Chun (Helen) Lin*

This group dances to primarily Chinese music. Class is taught in Cantonese, but there may be participants that can translate.

Wed	Apr 8-Jun 24	No session Apr 15, May 20, Jun 17
265335	12:30pm-2:30pm	\$18/9 sess \$2.38/drop-in if space

### Chinese Classical Dance

55+yrs

*Vue Joan Ng*

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

Wed	Apr 8-Jun 24	
265336	1:00pm-3:00pm	\$24/12 sess

### Ballroom Dance - Beginners

19+yrs

*Faye Hung*

Come learn to Cha Cha, Waltz and Jive. Stay active by learning to Ballroom dance. No partner required. No dance experience required.

Mon	Mar 30-May 4	No session Apr 13
268958	3:00pm-4:00pm	\$56.25/5 sess \$14/drop-in, if space

Mon	May 25-Jun 29	\$67.50/6 sess
268959	3:00pm-4:00pm	\$14/drop-in, if space

### Ballroom Dance Social

55+yrs

*Siu Lau (Sue Chee) Chong*

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

Mon	Apr 6-Jun 29	No session Apr 13, May 18
265543	12:45pm-2:45pm	\$1.90/drop-in \$12.38/10 ticket pass

Thu	Apr 2-Jun 18	No session May 7
265544	11:00am-1:00pm	\$1.90/drop-in \$12.38/10 ticket pass

### 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	Apr 6-Jun 29	No session Apr 13, May 18
265337	11:00am-12:30pm	\$16.50/11 sess \$1.90/drop-in if space

### Line Dance Fitness

55+yrs

*Linda Dee*

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

Thu	Apr 9-Jun 18	No session May 7
265338	1:30pm-3:30pm	\$20/10 sess \$2.38/drop-in if space

### 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	Apr 5-Jun 21	
265339	10:45am-12:45pm	\$24/12 sess \$2.38/drop-in if space

### Hula Dance For Health

55+yrs

*Marji Wallace*

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

Thu	Apr 16-Jun 25	
265340	10:00am-11:00am	\$22/11 sess \$2.38/drop-in if space

**...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

### Cooking for One

19+yrs

*Brennen Murray*

Come out and have fun cooking while learning to cook for one or more. Not only are you learning to cook but also enjoy what you have cooked while meeting others and sharing your creations. Tea/coffee will be served.

Sat 275629	Apr 4-May 9 9:30am-11:30am	\$30/6 sess
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### Introduction to Bread

19+yrs

*Brennen Murray*

Learn the basic bread method, making a great sandwich loaf.

Thu 271702	Apr 9 6:30pm-8:30pm	\$5/person
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### Food Sense - Healthy Cooking on a Budget

19+yrs

*Canadian Diabetes Association*

Join the Food Skills for Families program and learn to focus on creating healthy meals at a low cost. Includes tips on how to modify recipes and cook from scratch. Sign up for this six-week program and join us weekly for a three hour class. Example Recipe: Banana Oat Muffins.

Wed 268709	May 6-Jun 10 5:30pm-8:30pm	Free/6 sess
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### Scones

19+yrs

*Brennen Murray*

Learn how to make scones or biscuits.

Thu 271710	Apr 23 6:30pm-8:30pm	\$5/person
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### Basics Sourdough Bread

19+yrs

*Brennen Murray*

Before you can make a loaf of sourdough bread, you need to make sourdough starter which is made from wild yeast. Learn how to care and work step-by-step process for the starter. At the class you will be given ready to use starter and enough dough to make a loaf at home plus one loaf which is made in class.

Thu 271723	May 7-21 6:30pm-8:30pm	\$15/3 sess
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### Foods of Istanbul

19+yrs

*Fatima Kheraj*

An exploration of some of Istanbul's Otterman cuisine.

Tue 269791	May 12-Jun 2 1:00pm-3:00pm	No session May 19 \$15/3 sess
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### French Cuisine: Crepes

19+yrs

*Michelle Chow*

Learn to make both savoury and sweet versions of this delicious treat served with a variety of tasty fillings.

Wed 268739	Jun 17 6:00pm-7:00pm	\$10/person
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### High Hydration Sourdough

19+yrs

*Brennen Murray*

Learn techniques for higher hydration and whole grain breads.

Recommended to have completed the basics sourdough bread workshop.

Thu 271734	Jun 4 6:30pm-8:30pm	\$10/person
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### International Comfort Foods

19+yrs

*Fatima Kheraj*

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

Tue 269810	Jun 9-30 1:00pm-3:00pm	No session Jun 16 \$15/3 sess
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### Soups

19+yrs

*Brennen Murray*

Learn how to make soups from stock to garnish. In this class you will learn to make three fine soups.

Thu 271750	Jun 11-25 6:30pm-8:30pm	No session Jun 18 \$10/2 sess
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### Thai Cuisine: Pad Thai 101

19+yrs

*Michelle Chow*

Learn how to create this classic stir fry noodle dish with bean sprouts, garlic chives, eggs, tofu and shrimp.

Wed 268735	Jun 24 6:00pm-8:00pm	\$10/person
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### Renfrew-Collingwood Food Security Workshops

19+yrs

**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.

#### Mapo Tofu

Wed 272952	May 13 12:00pm-2:00pm	\$5/person
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#### Chorizo With Cheese

Mon 272953	Jun 10 12:00pm-2:00pm	\$5/person
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#### Pasta Sauces

Wed 272937	Jun 24 12:00pm-2:00pm	\$5/person
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**Seed Swap**  
see page 5

## Art

### 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 22-Jun 24	
265509	10:00am-12:00pm	\$60/10 sess \$6.67/drop-in if space

### Arts Get Together

55+yrs

Cheryl Palidda

If you enjoy painting and sharing ideas, this is the perfect group for you. Please bring your own art supplies.

Tue	Apr 14-Jun 30	
265511	10:00am-12:00pm	\$24/12 sess

### Chinese Calligraphy

55+yrs

Guoxin Lin

Learn the ancient art of Chinese Calligraphy through step-by-step instructions on writing Chinese characters. Program is taught in Cantonese and Mandarin. English translation will be available.

<b>Beginner</b>		
Mon	Apr 6-Jun 29	No session Apr 13, May 18
265512	1:00pm-3:00pm	\$61.60/11 sess

<b>Intermediate</b>		
Wed	Apr 8-Jun 24	
265513	10:00am-12:00pm	\$67.20/12 sess

<b>Advanced</b>		
Mon	Apr 6-Jun 29	No session Apr 13, May 18
265515	10:00am-12:00pm	\$61.60/11 sess



### Happy Crafters

55+yrs

Barbara Larman

Whether you're a beginner or experienced crafter, come create with us in a fun and social environment. We will introduce a new project every three weeks or bring a project from home. Projects may include card making, needle crafts, quilting, scrapbooking, etc. Some supplies will be provided.

Mon	Apr 6-Jun 22	No session Apr 13, May 18
265573	1:00pm-3:00pm	\$10/10 sess

### Paint By Blunders - Bloomin' Hydrangeas

19+yrs

Sylvia Jehle



This 3 hour guided paint session is a mistake-friendly, blunder-full opportunity to let your creativity flow as you follow along with each step with the instructor. Sylvia will walk through the steps of creating the designated scene and encourage you to follow your own ideas in creating your own unique version.

Tue	Jun 16	
275829	6:00pm-9:00pm	\$30/person

## Computers and Technology

### E-mail for Computer

55+yrs

Mary Leung

Stay connected with family, friends, and topics that interest you. You will learn how to setup your own e-mail account using computer, how to manage your e-mail inbox, attach documents and files, forward to groups of people, how to manage your contacts and download your attachments using your laptop computer.

<b>English</b>		
Sat	Apr 11-25	
265517	9:30am-11:00am	\$9/3 sess

<b>Cantonese/Mandarin</b>		
Sat	Apr 11-25	
265518	11:15am-12:45pm	\$9/3 sess

### Internet for Tablet (iPad/Android)

55+yrs

Mary Leung

How to use the device to get different information, such as reading the newspapers; checking the flight information; how to check the Renfrew Community Centre programs and register. Please bring your own Tablet.

<b>English</b>		
Sat	May 2-16	
265519	9:30am-11:00am	\$9/3 sess

<b>Cantonese/Mandarin</b>		
Sat	May 2-16	
265520	11:15am-12:45pm	\$9/3 sess

### WhatsApp for Smartphone

55+yrs

Mary Leung

Bring your own phone to start using WhatsApp. Connect with friends, family and other people you know. Share photos and videos, and message, etc. Please bring your Smartphone.

<b>English</b>		
Sat	May 23-Jun 6	
275415	9:30am-11:00am	\$9/3 sess

<b>Cantonese/Mandarin</b>		
Sat	May 23-Jun 6	
265521	11:15am-12:45pm	\$9/3 sess

### 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. Meeting on the 1st and 3rd Wednesday of the month. Please remember to bring your equipment card with you.

1st & 3rd Wed	Apr 1-Jun 17	
265522	9:30am-11:00am	

**Please pay for your annual Equipment Rental Fee pass.**

### Artists' Opportunities

Renfrew Park Community Centre is looking for artists who would like to show their art work. Selected art work will be displayed for two months. If you are interested in showing your work please submit (by email) 3 digital images to Cheryl Palidda (cheryl.palidda@vancouver.ca)

## Music and Singing

### Karaoke

55+yrs

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

#### English

*Dawn Chaplin*

Mon	Apr 6-Jun 29	No session Apr 13, May 18
265523	1:00pm-4:00pm	\$5.50/11 sess \$0.95/drop-in if space

#### Chinese

*Siu Lau (Sue Chee) Chong*

Thu	Apr 2-Jun 25	
265524	12:00pm-3:30pm	\$7.28/13 sess \$0.95/drop-in if space

### Piano Group Lessons - Year 1

55+yrs

*Skuk Yi Cheung*

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. The students support, encourage and even teach each other while having lots of fun making music together.

Thu	Apr 2-May 14	No session Apr 23, 30
265578	11:30am-12:15pm	\$30/5 sess

Thu	May 21-Jun 25	No session Jun 11
265579	11:30am-12:15pm	\$30/5 sess

### Piano Group Lessons - Year 2

55+yrs

*Skuk Yi Cheung*

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 2-May 14	No session Apr 23, 30
265580	12:15pm-1:15pm	\$40/5 sess

Thu	May 21-Jun 25	No session Jun 11
265581	12:15pm-1:15pm	\$40/5 sess

### Piano Group Lessons - Year 3

55+yrs

*Skuk Yi Cheung*

Eligibility for Year 3: At least 2+yrs playing experience with Renfrew's Piano - Group Lessons program or 2+yrs playing experience and teacher's assessment.

Thu	Apr 2-May 14	No session Apr 23, 30
265582	1:15pm-2:15pm	\$40/5 sess

Thu	May 21-Jun 25	No session Jun 11
265583	1:15pm-2:15pm	\$40/5 sess

### Piano - Private Lessons

55+yrs

*Jennifer Lee*

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

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.

Fri	Apr 17-Jun 19		\$85/10 sess
275056	9:15am-9:45am	275061	11:45am-12:15pm
275057	9:45am-10:15am	275062	12:45pm-1:15pm
275058	10:15am-10:45am	275063	1:15pm-1:45pm
275059	10:45am-11:15am	275064	1:45pm-2:15pm
275060	11:15am-11:45am	275065	2:15pm-2:45pm

### Group Singing Lessons in Chinese

19+yrs

*Esther Leung*

Get in touch with your voice! If you like and want singing whilst developing vocal ability and basic music theory, then this is the class for you. Learn to read basic notation pitches and duration, key signatures, time signatures and singing technique. This class will make your voice beautiful! Program only taught in Cantonese and Mandarin.

Wed	Apr 8-May 13		\$52.50/6 sess \$10/drop-in if space
272930	7:00pm-9:00pm		

Wed	May 20-Jun 24		\$52.50/6 sess \$10/drop-in if space
272931	7:00pm-9:00pm		

### High Beginners Ukulele

55+yrs

*Hollie Chow*

Play Ukulele, sing easy songs, and enjoy learning with a relaxed group of strummers. Please bring or rent your own ukulele - soprano or concert (C-tuning). You need to know how to play the ukulele in order to join this group.

Thu	Apr 16-Jun 25		\$22/11 sess
265540	3:15pm-4:45pm		

## 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 20-Jun 22	No session May 18
272756	9:15am-10:15am	\$47.25/9 sess \$6.25/drop-in if space

...Private Singing Lessons  
see page 10

## Martial Arts

### Tai Chi Health and Exercise Group

55+yrs

Eddie K.K. Tang

**Note:** Registration for this program is in-person only at Renfrew Community Centre Office.

This program will be led in Cantonese and English. This time is dedicated for practice only, no instruction is provided.

Mon-Fri	Apr 1-Jun 30	No session Apr 13, May 7, 8, 18, Jun 25, 26
265542	7:30am-9:00am	\$22.86/season

### 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.

Tue	Apr 21-Jun 16	
276177	7:30pm-9:00pm	\$85.50/9 sess \$11.50/drop-in if space

### Kung Fu

16+yrs

Shung Ying Kung Fu Club

The Shung Ying Kung Fu Club was founded in 1984 by martial arts expert Sifu Hilbert Yiu. Sifu Yiu teaches the traditional style of Choy Lee Fat along with Lion and Dragon dance. In the beginner class, students will learn the basics of stretching, hand techniques, kicks and forms. Advanced students will continue to perfect previously acquired skills and further their understanding of the style through higher level techniques and forms.

Wed Fri	Apr 1-Jun 26	No session Apr 10, May 29
276199	8:30pm-9:55pm	\$150/24 sess

### 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.

Mon/Thu	Apr 6-Jun 25	No session Apr 13, May 18
Mon	7:15pm-8:30pm	
Thu	8:15pm-9:30pm	
275489		\$93.50/22 sess

## Luncheons

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

### Spring has SPRUNG! Luncheon

55+yrs

Come and celebrate the beginning of spring with friends. Menu: Miso Honey Salmon, Herbed Potatoes, Green Salad, Peach Shortcake

Wed	Apr 15	
265546	12:00pm-2:30pm	\$9.52/person

### May Flower Luncheon

55+yrs

This is a great time to celebrate the beginning of May. Menu: Roast Chicken, Three Cheese Scalloped Potatoes, Salad, Red Velvet Cupcakes

Wed	May 20	
265547	12:00pm-2:30pm	\$9.52/person

### Vaudeville Luncheon

55+yrs

Celebrate this magical time of the Vaudeville times with old friends and new friends. Menu: Roast Pork ,Gravy, Mexican Rice, Green Bean Salad, Creme Caramel

Wed	Jun 17	
265548	12:00pm-2:30pm	\$9.52/person

## Senior's Week Dance Celebration

see page 5

## 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](http://www.renfrewcc.com).

### Whistler Village and Shannon Falls

19+yrs

Cheryl Palidda

Come spend the day in Whistler Village and discover why over two million people visit Whistler annually. On our way home to Vancouver we will stop by Shannon Falls which is composed of a series of cliffs, 335 metres above Highway 99 making it the third highest falls in the province.

Wed	May 27	
265552	9:00am-5:00pm	\$50/person

### Tuscan Farm and Tanglebank Gardens Tour

19+yrs

Cheryl Palidda

Take a refreshing guided tour of Tuscan Farm Gardens during lavender bloom and enjoy a lunch at Rendezvous Restaurant (not included in fee). After lunch we will be heading to Tanglebank Gardens. Cost of tour includes transportation and entrance cost to Tuscan Farm Gardens.

Wed	Jun 24	
265551	9:30am-3:30pm	\$50/person

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

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

## Social

### 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 28	No session Apr 10, May 8, Jun 26	
241066	1:30pm-3:30pm		\$5.71/Yearly

### 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.

Wed	Apr 8-Jun 17		
273520	8:30pm-9:45pm		\$5.50/11 sess

### Tuesday Social 55+yrs

Join us in this free social. Pre-registration required.

Tue	Apr 14-Jun 30		
265549	11:00am-12:00pm		Free with OneCard

### Table Games 55+yrs

Marilyn Lussier

Have a fun filled afternoon and meet new friends.

Fri	Apr 17-Jun 26		
265550	1:00pm-3:00pm		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.

Mon Wed Fri	Apr 3-Jun 29	No session Apr 10, 13, May 18	
271460	9:00am-11:45am		

**Please pay for your annual Equipment Rental Fee Pass.**



### Senior Peer Counselling 55+yrs

Barbara Larman

A program that assists older adults and seniors that can experience loneliness and isolation, due to changes in health, mobility, relocation, life transitions and caregiver burden. Our trained volunteers provide: Conversation, Companionship, Social connection and help with finding information programs and services. Call to set up an appointment: 604-257-8390. Trained senior volunteers provide free and confidential one-to-one support to help meet life's challenges. Peer counselling is based on the principles of self help and mutual aid. Peer Counsellors may have had similar life experiences and acquired life skills that increase the effectiveness of the client/counsellor relationship.

**Meetings take place at Renfrew Park Community Centre**

## First Aid Training with LIT

For more information on LIT programs go to [www.litaquatics.com](http://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, 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
265301	Sat Sun	Apr 4-5
265302	Sat Sun	May 9-10
265303	Sat Sun	Jun 13-14

### 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
265295	Sat	Apr 4
265296	Sat	May 9
265297	Sat	Jun 13

### 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
265289	Sat	Apr 4
265290	Sat	May 9
265291	Sat	Jun 13

### Standard First Aid & CPR-C/AED Recert 14+yrs

\$80/1 sess		9:00am-5:00pm
265304	Sat	Apr 11
265305	Sat	May 16
265306	Sun	Jun 21

### Emergency First Aid & CPR-C/AED Recert 14+yrs

\$70/1 sess		9:00am-2:30pm
265298	Sat	Apr 11
265299	Sat	May 16
265300	Sun	Jun 21

### CPR-C and AED Recert 14+yrs

\$55/1 sess		9:00am-12:30pm
265292	Sat	Apr 11
265293	Sat	May 16
265294	Sun	Jun 21

**...have a skill you want to share?**

go to our website: [www.renfrewcc.com](http://www.renfrewcc.com) and submit a program proposal!

## Fitness, Health and Wellness

### Walking Club

55+yrs

Marilyn Lussier

Put on your walking shoes and join us for a walk. If you would like you could try out our Nordic walking poles. Everyone will meet at Renfrew Park Community Centre.

Mon 275299	Apr 6-Jun 29 10:00am-1:30pm	No session Apr 13, May 18 \$5.50/11 sess
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### Osteofit

55+yrs

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

<i>Berdjis Bahrami</i>		
Tue 274836	Apr 7-May 19 10:00am-10:55am	\$40.25/7 sess \$6.67/drop-in if space
<i>Berdjis Bahrami</i>		
Tue 274838	May 26-Jun 30 10:00am-10:55am	\$34.50/6 sess \$6.67/drop-in if space
<i>Clarise Lim</i>		
Fri 265566	Apr 17-May 22 10:00am-10:55am	No session May 8 \$28.75/5 sess \$6.67/drop-in if space
<i>Clarise Lim</i>		
Fri 265567	May 29-Jun 19 10:00am-10:55am	\$23/4 sess \$6.67/drop-in if space

### Stretch Therapy

19+yrs

Rob Cole

Learn the contract and relax technique of PNF Stretching plus other partner assisted techniques to release fascia, tight muscles and unlock your joints so you can move with ease. These techniques are so effective, only one or two classes a week are recommended. Release your hamstrings, hips, back and shoulders to improve posture, mobility and range of motion. For more information, please visit: <http://www.stretchtherapyvancouver.com/community-centres>

<b>Free Trial</b>		
Wed 257378	Apr 29 5:30pm-6:30pm	Free, Pre-registration is required
Wed 257376	May 6-27 5:30pm-6:30pm	\$80/4 sess \$23.81/drop-in if space
Wed 257377	Jun 3-24 5:30pm-6:30pm	\$80/4 sess \$23.81/drop-in if space

### Diabetes Self Management Program in Cantonese

19+yrs

Self-Management BC

Gain systematic knowledge about diabetes and practical tools to effectively manage blood glucose level. Group support will help you apply goal-setting, action-taking and problem-solving skills, to increase confidence in improving your health and quality of life. Caregivers are welcome.

Mon 269999	May 25-Jun 29 9:30am-12:00pm	Free/6 sess
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### Foot Care Clinic

55+yrs

Nancy KF Lee

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

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

Fri	Apr 3		\$38.24/30 min sess
265584	12:00pm-12:30pm	265588	2:00pm-2:30pm
265585	12:30pm-1:00pm	274775	2:30pm-3:00pm
265586	1:00pm-1:30pm	265589	3:00pm-3:30pm
265587	1:30pm-2:00pm	265590	3:30pm-4:00pm
Fri	May 1		\$38.24/30 min sess
265591	12:00pm-12:30pm	265595	2:00pm-2:30pm
265592	12:30pm-1:00pm	265596	2:30pm-3:00pm
265593	1:00pm-1:30pm	265597	3:00pm-3:30pm
265594	1:30pm-2:00pm	265598	3:30pm-4:00pm
Fri	Jun 5		\$38.24/30 min sess
265706	12:00pm-12:30pm	265711	2:00pm-2:30pm
265707	12:30pm-1:00pm	265712	2:30pm-3:00pm
265708	1:00pm-1:30pm	265713	3:00pm-3:30pm
265710	1:30pm-2:00pm	265714	3:30pm-4:00pm



### Aromatherapy, the Art of Blending

19+yrs

Cheryl Theilade

Learn the top ten essential oils, their therapeutic properties and how to safely and effectively use them everyday. Create a personal synergy (for an inhaler), a roll-on deodorant, massage oil, a solid scent perfume, and a perfume spray. Recipes and blends provided. ALL SUPPLIES INCLUDED IN COURSE FEE.

Thu 265576	Apr 23 6:30pm-9:00pm	\$46/person
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### Natural Sun Protection Skincare

19+yrs

Cheryl Theilade

Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion, aloe after sun spray, chamomile hair treatment and a lip balm. Recipes on hair rinses and deep conditioners. ALL SUPPLIES INCLUDED IN COURSE FEE

Thu 265577	May 21 6:30pm-9:00pm	\$46/person
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# Adult and Senior

prices do not include tax

## Yoga and Pilates

### 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 273968	Apr 6-Jun 22 7:15pm-8:15pm	No session Apr 13, May 18 \$120/10 sess \$14.29/drop-in if space
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### 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 273034	Apr 9-May 14 7:15pm-8:30pm	\$52.50/6 sess - Adult \$48/6 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Thu 273035	May 21-Jun 25 7:15pm-8:30pm	\$52.50/6 sess - Adult \$48/6 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Sat 273036	Apr 11-May 9 9:15am-10:30am	\$43.75/5 sess - Adult \$40/5 sess - Senior \$10.48/Adults, \$9.52/Seniors drop-in if space
Sat 273037	May 16-Jun 20 9:15am-10:30am	\$52.50/6 sess - Adult \$48/6 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 273964	Apr 8-Jun 17 10:30am-11:30am	\$63.25/11 sess
Fri 273965	Apr 17-Jun 19 11:00am-12:00pm	\$57.50/10 sess

## Educational

### ESL - Basic English Conversations

55+yrs

Laura Tang

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

Tue 265545	Apr 14-Jun 16 10:00am-11:30am	\$40/10 sess
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### Gentle Yoga Beginner

55+yrs

Bill Mercer

**Note:** 30 minute extensions are available for those who register for the 60 minute class.

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 274114	Apr 6-May 25 10:00am-10:55am	No session Apr 13, May 18 \$33/6 sess \$6.19/drop-in if space (60mins)
30 minute extension is available: 274201	10:55am-11:25am	\$16.50/6 sess \$9.43/drop-in if space (90mins)
Mon 274186	Jun 1-29 10:00am-10:55am	\$27.50/5 sess \$6.19/drop-in if space (60mins)
30 minute extension is available: 274628	10:55am-11:25am	\$13.75/5 sess \$9.43/drop-in if space (90mins)
Thu 274188	Apr 2-May 7 10:00am-10:55am	\$33/6 sess \$6.19/drop-in if space (60mins)
30 minute extension is available: 274203	10:55am-11:25am	\$16.50/6 sess \$9.43/drop-in if space (90mins)
Thu 274189	May 14-Jun 18 10:00am-10:55am	\$33/6 sess \$6.19/drop-in if space (60mins)
30 minute extension is available: 274204	10:55am-11:25am	\$16.50/6 sess \$9.43/drop-in if space (90mins)

### Chair Yoga

55+yrs

**NEW!**  
Bill Mercer

Chair Yoga is a unique class that modifies Yoga postures through the creative use of a chair. A Chair Yoga practice is helpful to learn for many reasons, including for when you're stuck at the office, on vacation (airplane/road trip) or, if you could use a little extra support during standing and balance poses. Chair Yoga welcomes you, whatever level you are at.

Fri 269182	Apr 17-May 15 9:15am-10:15am	\$27.50/5 sess \$6.19/drop-in if space
Fri 269192	May 22-Jun 19 9:15am-10:15am	\$27.50/5 sess \$6.19/drop-in if space

## Workshops

Pre-registration required for free workshops

### Wills and Estates

19+yrs

Nancy Lee

Having a will ensures your estate will be distributed according to your wishes. A lawyer will cover the legal requirements in making a will, what you should include in your will, and what happens if you die without a will.

Fri	Apr 3	
269666	11:00am-12:00pm	Free
Thu	May 7	
269669	6:30pm-8:00pm	Free
Wed	Jun 10	
269671	6:30pm-8:00pm	Free

### 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	Apr 17	
269665	10:30am-12:00pm	Free

### Dealing with Stress

55+yrs

COSCO

None of us can lead totally stress free lives; however, excessive stress harms the quality of life of many seniors. We help to identify and handle sources of stress.

Fri	Apr 24	
269673	11:00am-12:00pm	Free

### Sing a Long with Dawn

19+yrs

Dawn Chaplin

Fri	May 1	
275630	11:00am-12:00pm	Free

### Introduction to Line Dance

55+yrs

May Wong

Fri	May 8	
271339	11:00am-12:00pm	Free

### NEPP - Earthquake Preparedness

18+yrs

City Of Vancouver NEPP

This session is an introductory session that 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.

Tue	May 12	
271094	7:00pm-8:30pm	Free

<b>Seniors</b>		<b>55+yrs</b>
Fri	Jun 19	
272961	10:30am-11:45am	Free

### Silk Flower Making

55+yrs

May Wong

Fri	May 15	
271342	11:00am-12:00pm	Free

### Seniors Safety

55+yrs

Collingwood Policing Centre

Fri	May 22	
272954	11:00am-12:00pm	Free

### Power of Attorney

55+yrs

COSCO

You will learn when you need a power of attorney, the steps you should take to consider who to appoint as your attorney, the duties of your attorney, problems with having a power of attorney and how to change your attorney if needed.

Fri	May 29	
269674	11:00am-12:00pm	Free

### A Musical Morning with Elgar Strings

55+yrs

Spend the morning enjoying beautiful music with Elgar Strings Group.

Fri	Jun 5	
270002	11:00am-12:00pm	Free

### Japan Travelogue

55+yrs

Yoko Tomita

Come and find out a little more about Japan. Yoko will share some of her memories from her recent trip to Japan.

Fri	Jun 12	
271346	11:00am-12:00pm	Free

### Representation Agreement

55+yrs

COSCO

These legal and binding documents allow an individual to have someone else speak for them in health, personal care and routine financial affairs if they are incapable of speaking for themselves. There are two types of representation agreements in BC and we discuss the importance and differences of the two types of documents, who to consider appointing to be your representative, their duties and responsibilities.

Fri	Jun 26	
269677	11:00am-12:00pm	Free

## Sports Schedule

March 30-June 26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Badminton Court Rentals</b> <i>See below for more details.</i>		<b>Foamball Tennis</b> 55+yrs 265744 11:05am-1:00pm Apr 7-Jun 30 \$13/13 sess \$1.19/drop-in			
<b>Basketball—Rec</b> 19+yrs 276178 3:40pm-5:35pm Apr 5-Jun 21 \$38.50/11 sess \$4.29/drop-in No session May 24	<b>Badminton*</b> 19+yrs 276181 1:00pm-2:55pm Mar 30-Jun 22 \$38.50/11 sess \$4.29/drop-in No session Apr 13, May 18	<b>Pickleball</b> 55+yrs 265568 1:00pm-2:55pm Apr 7-Jun 30 \$22.75/13 sess \$2.38/drop-in	<b>Badminton*</b> 19+yrs 276183 1:00pm-2:55pm Apr 8-Jun 24 \$42/12 sess \$4.29/drop-in	<b>Pickleball</b> 55+yrs 265569 1:00pm-2:55pm Apr 2-Jun 25 \$22.75/13 sess \$2.38/drop-in	<b>Foamball Tennis</b> 55+yrs 265570 1:00pm-2:55pm Apr 3-Jun 12 \$10/10 sess \$1.19/drop-in No session Apr 10
	<b>Badminton Court Rentals</b> <i>See below for more details.</i>	<b>Badminton*</b> 19+yrs 276182 8:00pm-9:55pm Mar 31-Jun 23 \$45.50/13 sess \$4.29/drop-in	<b>Basketball—Rec</b> 19+yrs 276179 8:00pm-9:55pm Apr 1-Jun 24 \$45.50/13 sess \$4.29/drop-in	<b>Badminton Court Rentals</b> <i>See below for more details.</i>	*Senior (55+yrs) pricing available

### 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 and for Special Events.

### Badminton Court Rentals

All Ages

- Each court rental is for 55 minutes
- At least 1 adult must be present at each booking
- Booking court for instructional purposes is not permitted
- Please be respectful to players before and after your booking
- Maximum 10 people/court
- Partial refund given for cancellations with more than two business days notice at the RPCC office
- No refunds with less than two business days notice at the RPCC office
- Players set-up and take-down nets

Mon	8:00pm-9:55pm	No session Apr 13, May 18 Mar 30-Jun 22 \$11.90/court
Thu	8:00pm-9:55pm	Apr 2-Jun 25 \$11.90/court
Sun	1:30pm-3:25pm	No session May 24 Mar 29-Jun 21 \$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 25	
241064	1:00pm-3:00pm	\$5.71/year



#### Tennis

Metro Vancouver Tennis

19-64yrs

**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/Wed or Wed/Thu. Designated game play for women.

Thu	275575	May 7-28	6:00pm-8:00pm	\$36.05/4 sess
Thu	275578	Jun 4-25	6:00pm-8:00pm	\$36.05/4 sess
Tue	275576	May 5-26	6:00pm-8:00pm	\$36.05/4 sess
Tue	275579	Jun 2-23	6:00pm-8:00pm	\$36.05/4 sess

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

Fri	275574	May 1-29	6:00pm-8:00pm	\$44.05/5 sess
Fri	275577	Jun 5-26	6:00pm-8:00pm	\$36.05/4 sess

## Aerobics Schedule (Morning)

March 30-June 26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Total Body Conditioning</b> 9:05am-10:00am Julie No session Apr 13, May 11, 18	<b>Hi-Lo</b> 9:05am-10:00am Sharon	<b>Zumba</b> 9:05am-10:00am Roslyn No session Apr 1	<b>Hi-Lo</b> 9:05am-10:00am Sharon	<b>Zumba Toning</b> 9:05am-10:00am Roslyn No session Apr 10, Jun 5
	<b>Zumba Gold</b> 10:05am-11:00am Roslyn		<b>Total Fitness</b> 10:05am-11:00am Sharon	

### 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)

March 30-June 26

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zumba Toning</b> 6:00pm-6:55pm Roslyn No session Apr 13, May 18	<b>CardioFit</b> 6:00pm-6:55pm Jacquie		<b>Total Body Conditioning</b> 6:45pm-7:40pm Julie	
<b>Zumba</b> 7:00pm-7:55pm Roslyn No session Apr 13, May 18		<b>Zumba</b> 7:00pm-7:55pm Roslyn		

Class	Description	Please Note: Participants are encouraged to work at their own pace.
<b>Cardio Fit</b>	High and low impact moves are combined to create this moderate cardio class. Strength conditioning and stretch follow the cardio.	
<b>Hi-Lo</b>	Hi-Lo is an all level class including warm-up, 35 minute cardio, 15 minute abdominal floor work and stretch & relaxation.	
<b>Total Body Conditioning</b>	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.	
<b>Total Fitness</b>	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.	
<b>Zumba</b>	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.	
<b>Zumba Gold</b>	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.	
<b>Zumba Toning</b>	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 1 - Jun 30

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

Sat & Sun: Closed

## Fitness Centre Hours of Operation

March 30 - May 31

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

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	8:00am-9:30am Women Only	10:30am-5:00pm
					9:30am-5:00pm	
Staffed Hours						
4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm	4:00pm-8:00pm		8:00am-1:00pm	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 1) 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	4:30pm, 6:00pm		10:00am, 11:30am	11:00am, 12:30pm

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

## Fitness Centre Programs

### Women Only in Fitness Centre

13+yrs

Join us for our new Women Only time in the Fitness Centre. Fitness staff will be available to answer questions and provide support, whether you are new to weight training and cardio machines or if you are simply looking for new ideas.

Sat 8:00am-9:30am Regular admission rates apply



## 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	\$6.22	\$51.32	\$48.05	\$129.74	\$415.15
Senior 65+yrs	\$4.35	\$35.92	\$33.64	\$90.82	\$290.61
Youth 13-18yrs	\$4.35	\$35.92	\$33.64	\$90.82	\$290.61

## 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	\$413.88	\$659.36	\$777.14

all fees subject to change without notice

# Swimming Pool Information

## Annual Pool Shutdown

June 1 - July 1

## Pool and Fitness Hours of Operation

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

### Swimming Pool

March 30 - May 31

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

### Fitness Centre

March 30 - May 31

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

## Pool and Fitness Holiday and Special Hours

	Pool	Fitness
Friday April 10	1:00pm-5:00pm	1:00pm-5:00pm
Saturday April 11	8:30am-4:00pm	9:30am-4:00pm
Sunday April 12	1:00pm-5:00pm	1:00pm-5:00pm
Monday April 13	1:00pm-5:00pm	1:00pm-5:00pm
Saturday May 16	8:30am-4:00pm	9:30am-4:00pm
Sunday May 17	1:00pm-5:00pm	1:00pm-5:00pm
Monday May 18	1:00pm-5:00pm	1:00pm-5:00pm
Friday May 29	9:00am-3:00pm	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.

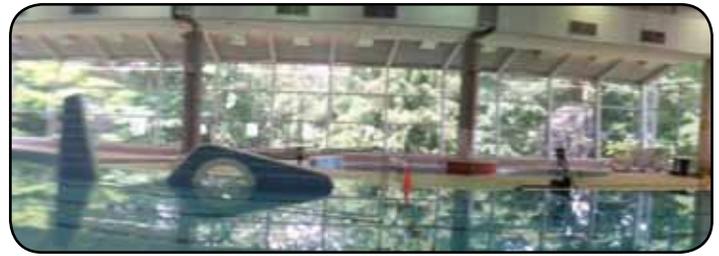
## Leisure Access Policy

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 Centre Office hours. Please see **page 2** for schedule.



## Swimming Lesson Registration

**Note:** Swimming Lesson Registration begins on **Tue, March 17 @ 7:00pm**

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

### Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

- Go to [recreation.vancouver.ca](http://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 Winter 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 of the program
- No refunds on single session programs
- Transfers possible prior to second class

A cheque will be mailed in 3-6 weeks for cash payments.

Summer 2020 Registration Dates

Community Centre

May 9

Swimming Pool

Jun 30

# Swimming Pool

## Swimming Lesson Registration

Spring 2020	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
Set 1:	Mar 30 - Apr 29 (9 lessons) No lessons Apr 13	Mar 31 - Apr 30 (10 lessons)	Apr 3 - May 22 (7 lessons) No lessons Apr 10	Apr 4 - May 30 (7 lessons) No lessons Apr 11, May 16	Apr 5 - May 31 (7 lessons) No lessons Apr 12, May 17
Set 2:	May 4 - May 27 (7 lessons) No lessons May 18	May 5 - May 28 (8 lessons)			
<b>Parent and Tot (4-36 months)</b>					
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
<b>Preschool (3-6yrs)</b>					
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	No lessons	6:00pm	No lessons	11:15am	No lessons
<b>School Age (5-16yrs)</b>					
Swim Kids 1	4:30pm, 6:00pm, 7:00pm	4:00pm, 6:00pm, 7:00pm	No lessons	11:15am, 12:45pm, 2:15pm	11:15am, 12:15pm, 1:15pm
Swim Kids 2	4:00pm, 5:30pm	5:00pm, 6:00pm	No lessons	12:15pm, 1:45pm	11:45am, 1:00pm
Swim Kids 3	5:00pm, 6:00pm	5:30pm, 7:30pm	No lessons	11:45am, 2:15pm	11:15am, 1:15pm
Swim Kids 4	4:30pm, 5:30pm	4:00pm, 6:30pm	No lessons	10:45am, 1:00pm	12:45pm, 2:15pm
Swim Kids 5	4:15pm, 5:45pm, 6:45pm	4:00pm, 6:00pm	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	6:45pm	No lessons	1:45pm	1:30pm
Stroke Improvement 1 (SK 5-7)	No lessons	No lessons	4:00pm	No lessons	No lessons
Stroke Improvement 2 (SK 8-10)	No lessons	No lessons	4:00pm	No lessons	No lessons
Junior Lifeguard (SK5)	No lessons	No lessons	6:00pm	No lessons	No lessons
<b>Teen (13-18yrs)</b>					
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	11:30am (Mar 29-Apr 26) No lessons Apr 12
Bronze Cross (13+yrs and Bronze Medallion)	No lessons	No lessons	No lessons	No lessons	11:30am (May 3-May 31) No lessons May 17
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
<b>Adult (19+yrs)</b>					
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
<b>Private Lessons (3+yrs)</b>					
	<b>Mon Only:</b> 3:30pm, 3:30pm, 3:45pm, 4:00pm, 5:00pm, 7:30pm	<b>Tue Only:</b> 3:30pm, 3:30pm, 7:00pm, 7:30pm, 7:30pm	<b>Fri Only:</b> <b>Set 1:</b> Apr 3 - Apr 24 No lessons Apr 10 <b>Set 2:</b> May 1 - May 22	<b>Sat Only:</b> <b>Set 1:</b> Apr 4 - Apr 25 No lessons Apr 11 <b>Set 2:</b> May 2 - May 30 No lessons May 16	<b>Sun Only:</b> <b>Set 1:</b> Apr 5 - Apr 26 No lessons Apr 12 <b>Set 2:</b> May 3 - May 31 No lessons May 17
	<b>Wed Only:</b> 3:30pm, 3:30pm, 3:45pm, 4:00pm, 5:00pm, 7:30pm	<b>Thu Only:</b> 3:30pm, 3:30pm, 7:00pm, 7:30pm, 7:30pm	3:30pm, 5:00pm, 5:30pm, 6:00pm	10:45am, 11:15am, 1:15pm, 1:45pm	10:45am, 1:00pm, 1:30pm, 2:15pm

Note: Swimming Lesson Registration begins on **Tue, March 17 @ 7:00pm**

## 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 1) for more information.

Under 14yrs	First person	\$31.11 per class
	Semi-private add on	\$10.71 per class
Over 14yrs	First person	\$31.11 per class+GST
	Semi-private add on	\$10.71 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 Front Desk to have a "Free" assessment prior to registering.

...National Life Jacket Day  
see page 6

## 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 3-May 22	No lesson Apr 10
273562	4:00pm-5:00pm	\$74.20/7 sess

#### Level 2: Swim Kids 8-10

Fri	Apr 3-May 22	No lesson Apr 10
273597	4:00pm-5:00pm	\$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 3-May 22	No lesson Apr 10
273598	6:00pm-7:30pm	\$125.80/7 sess

**Note:** Lifesaving Manual for Bronze Medallion and Cross is available for \$36 (GST included)

### Bronze Medallion

13+yrs

**Prerequisite: Bronze Star or 13yrs old**

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education: judgment, knowledge, skill and fitness. Rescuers learn lifesaving techniques, self-rescue and tows and carries for challenging rescues of increased risk involving conscious and unconscious victims in varying water depths. Candidates develop stroke efficiency and endurance in timed swims (500 metres). Includes CPR-A.

Sun	Mar 29-Apr 26	No lesson Apr 12
273521	11:30am-5:00pm	\$197.68/4 sess

### Bronze Cross

13+yrs

**Pre-requisite: Bronze Medallion**

Bronze Cross with LSI is worth 2 Grade 11 credits  
Bronze Cross is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard (NL) and Instructor certifications. Swimmers develop proficiency at performing patient assessments, managing aquatic spinal injuries and preventing loss of life in a variety of aquatic emergencies while developing stroke endurance and fitness training skills. Includes a 600 metre swim and CPR C.

Sun	May 3-31	No lesson May 17
273523	11:30am-5:00pm	\$197.68/4 sess

# Swimming Pool Schedule

March 30 - May 31

<b>Annual Pool Shutdown</b>	<b>June 1 - July 1</b>	<b>National Lifejacket Day</b> Thu May 14 - 2:00pm-6:00pm
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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	Aquafit (Mod) 9:35am-10:30am	Lengths-1 lane only 9:30am-12:00pm	Aquafit (Mod) 9:35am-10:30am	Aquafit (Mod) 9:35am-10:30am	
Public Swim 10:30am-12:00pm 1 lane for lengths	1 lane for lengths	Public Swim 10:30am-12:00pm 1 lane for lengths	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	Public Swim 1:15pm-3:00pm	Lengths-1 lane only 1:15pm-3:00pm	Public Swim 1:15pm-3:00pm	1 lane for lengths	
Public Swim 2:00pm-3:00pm 1 lane for lengths	1 lane for lengths	1 lane for lengths	1 lane for lengths	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-6:30pm 1 lane for lengths	<div style="text-align: center; font-weight: bold; color: #000080;">Wibit Inflatables Days</div> <p style="font-size: small;">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.</p> <p style="font-size: x-small;">Sat Apr 11 2:00pm-4:00pm Sat May 16 2:00pm-4:00pm</p>	
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 6:30pm-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.
<b>Note: Please bring your own lock</b>	

Pool Admission Fees					
all fees subject to change without notice			GST not included		
	Drop In	10 Strip Tickets	Flexi Passes		
			1 Month	3 Month	12 Month
Adult <small>19-64yrs</small>	\$6.22	\$51.32	\$48.05	\$129.74	\$415.15
Senior <small>65+yrs</small>	\$4.35	\$35.92	\$33.64	\$90.82	\$290.61
Youth <small>13-18yrs</small>	\$4.35	\$35.92	\$33.64	\$90.82	\$290.61
Children <small>5-12yrs</small>	\$3.11	\$25.66	\$24.03	\$64.87	\$207.58
Preschool <small>(0-4yrs)</small>	Free				
Family	at child rate	Minimum 2 people. \$3.11/person, minimum \$6.22. 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.				