

# Renfrew Park

## Recreation Guide

Summer 2022

Community Centre

Swimming Pool

Fitness Centre

### Summer 2022 Registration Dates

#### Community Centre

Online/In Person

Sun May 29, 9:00am

Phone In

Sun May 29, 10:00am

#### Swimming Pool

Online/In Person/Phone In

Tue Jun 28, 7:00pm



**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 July 2-Sept 5

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

### Community Centre July 2-Sep 5

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

### Community Centre Holiday and Special Hours

Friday July 1 ..... Closed  
Monday August 1 ..... Closed  
Thursday September 1 ..... Closed at 4pm  
Monday September 5 ..... Closed

Please see **page 22** 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  
Bradley Kuong ..... Acting Pool Programmer  
Starla Bayley ..... Community Youth Worker  
Cheryl Palidda ..... Seniors' Worker  
Paula Parman, Thien Nguyen ..... Program Assistant III

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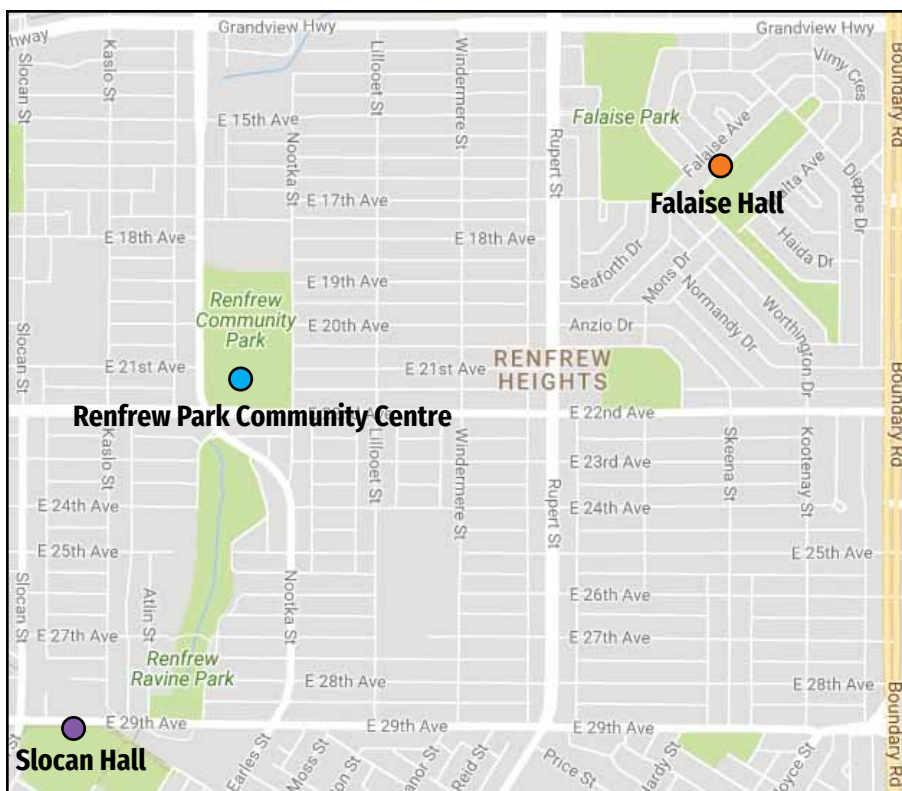
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- Renfrew Park Community Centre 2929 East 22nd Avenue
- Falaise Community Hall 3434 Falaise Avenue
- Slocan Community Hall 2750 East 29th Avenue

## 3 Easy Ways to Register...

### Online

Starts **Sunday, May 29 at 9:00am**



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

Pay by Visa, MasterCard or American Express.

### In Person

Starts **Sunday, May 29 at 9:00am**



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

### By Phone

Starts **Sunday, May 29 at 10:00am**



**604 257-8388 ext 1**

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

## Personal Information Protection

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



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

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

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

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



## Registration Policy

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

## Cancellation, Transfers and Refunds

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

### Programs

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

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

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

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

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

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

### Bus Trips, Workshops, One Day Courses and Camps

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

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

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



## Register Online Today



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

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

#### Drop-in activities

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

#### Event space

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

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



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





# Renfrew Park Community Association (RPCA)

## President's Message

We are moving into a different phase of operations after further relaxation of the public health orders in late April. There is no need to check proof of vaccination. Masks are no longer required indoors and there are no more capacity or other restrictions to our programs.

Without the restrictions we are able to utilize our space to its fullest potential. We will examine the possibility of bringing back some programs that have been removed due to the pandemic restrictions, for example Kung Fu classes. Overall, we were able to retain the same instructors/contractors and offer the same programs as we did before the pandemic.

The wage subsidies from the federal government continue to support our operation and thus we were able to finish the last two seasons in black while keeping the program fees down in spite of the challenges posted by the pandemic. Last year we reserved fund to install air conditioning in room 110 this year. However, due to inflation and supply chain issues we found that our fund is grossly inadequate. Hence, the project has been put on hold while we examine our financial situation and new source of funding. As we are financially secure in the past six months we plan to re-examine the viability of installing air conditioning in room 110 (and possibly in room 108 as well). This would allow us to have enough information by August to determine how to finance this project.

Last year Park Board initiated a project called Community Centre Strategy, CCS for short. This project commenced late last year and the purpose is to develop an unbiased, open and structured approach that to guide the prioritization of the renewals of the community centres in Vancouver. The end result of this project has now been made public. I am excited about the outcome and you should be too, as Renfrew comes second in the prioritization list. This means that within the next budget cycle Renfrew will be one of the two centres to be considered for renewal. Given the high density re-development that is happening around us, stretching from Kingsway to Grandview Highway and from Nanaimo to Boundary, Renfrew would not have the capacity to meet the growing demand of recreational and leisure needs in our community. I shall keep you posted on the progress of the renewal and will be asking for your valuable feedback that will help shape the future of your community centre.

Sincerely,

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

renfrewparkcommunity@gmail.com

## RPCA Board of Directors

### 2021-2022

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	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, 2021-August 31, 2022

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.15).

## 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!

# COVID-19 - Important Information

**NOTE:** The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

## Communicable Disease Health & Safety Practices:

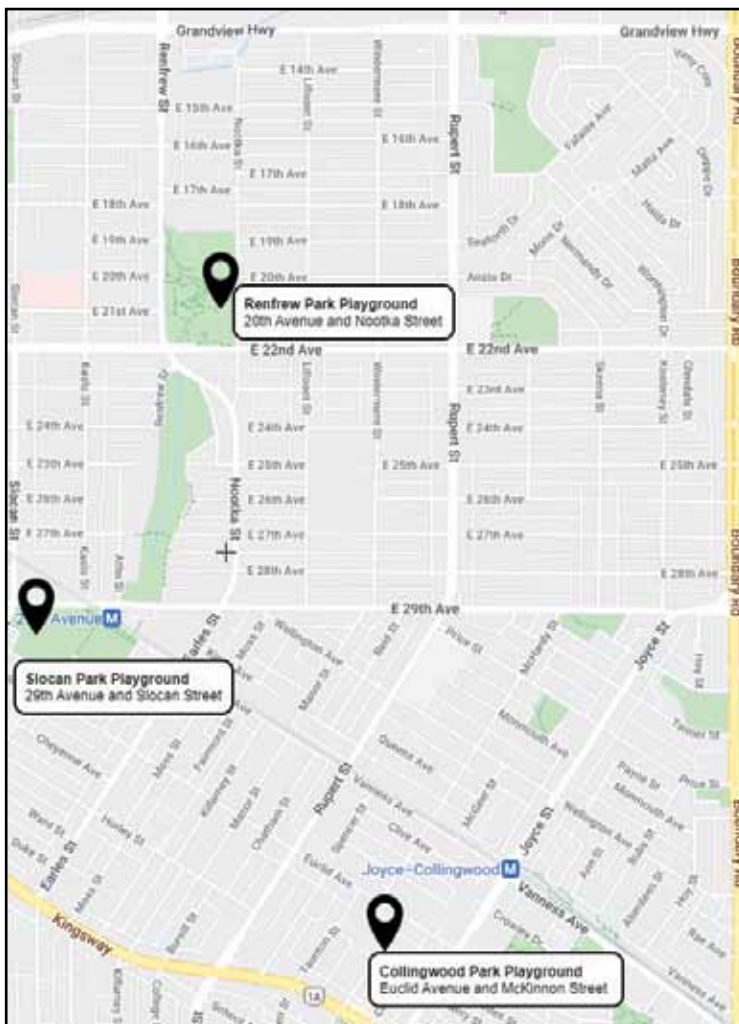
- Participants should assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.

prices do not include tax

## Program Highlights

### Playgrounds and Wading Pools

**Looking for a cooling off spot or even just something fun to do?**  
Join us at any of the below parks for an afternoon of fun in the wading pools, games and crafts.  
(Programs may be cancelled on poor weather days)



	Renfrew Park Jul 5-Aug 21	Collingwood Park Jul 4-Aug 21	Slocan Park Jul 4-Aug 21
<b>Sunday</b>	11:30am-3:30pm	11:30am-3:30pm	11:30am-3:30pm
<b>Monday</b>		11:30am-4:30pm <i>No session Aug 1</i>	11:30am-4:30pm <i>No session Aug 1</i>
<b>Tuesday</b>	11:30am-4:30pm	11:30am-4:30pm	
<b>Wednesday</b>		11:30am-4:30pm	11:30am-4:30pm
<b>Thursday</b>	11:30am-4:30pm	11:30am-4:30pm	
<b>Friday</b>		11:30am-4:30pm	11:30am-4:30pm
<b>Saturday</b>	11:30am-3:30pm	11:30am-3:30pm	11:30am-3:30pm



# Program Highlights

prices do not include tax

## MUSIC IN THE PARK

### BRING A BLANKET OR BRING YOUR BEACH CHAIRS TO ENJOY OUR SUMMER CHILDREN'S CONCERT SERIES.

Local performers are coming out to our park to share their wonderful talents with us over the month of July. All shows start at 6:00pm on Thursdays.

Shows are free and seating is first come first serve (we just ask if you are bringing chairs to be aware of people behind you).

Too rushed to make dinner? Renfrew Park Youth will be hosting an evening cash only concession stand with pizza, hot-dogs, chips and pop and if all goes well, some cool treats like freezies and ice-cream bars to add to the festive feel. Concession will open at 5:00pm and will close at 6:30pm.

The Renfrew Park Community Association is supporting this event, including the additional hours for the wading pool on performance nights.

Bring on the sunny weather!

**JULY 7TH**—Children's performer. Come join a local children's performer and sing, dance and bop along to all their great music and sounds. Once entertainment has been confirmed we will be updating our Website, Facebook page and you can search for it on the Vancouver Parks Board program registration page, just search for Music in the Park.



**JULY 14TH**—Will Stroet of Will's Jams is a JUNO-nominated musician, nationally recognized educator and former CBC Kids TV star. His high-energy rock-pop music in English and French is full of witty wordplay and sing-along choruses, inspiring kids to be active, creative, caring and community-minded.

**JULY 21ST**—Meet Penny Pom Pom, a colourful ball of energy who embodies creative confidence and artistic freedom. Her multi-media show for young children is colourful, musical and interactive and focuses on the importance of creativity and self empowerment. Penny Pom Pom is excited by the world and finds inspiration to create art wherever life takes her in the form of song, dance, visual art and more!



**JULY 28TH**—Children's performer. Come join a local children's performer and sing, dance and bop along to all their great music and sounds. Once entertainment has been confirmed we will be updating our Website, Facebook page and you can search for it on the Vancouver Parks Board program registration page, just search for Music in the Park.

### Community Clean Up



All Ages

Come join our Senior Youth Council in a large community clean up and earn some volunteer hours too. We have been learning about all the hazards of plastic and waste in our waters and have decided to do something to help out. Come join us rain or shine. After our hard work we will be hosting a wrap up meal - please bring your own utensils and eating surfaces - (one less piece of waste).

Sat	Jun 11	
413764	11:00am-1:00pm	Free

### Youth Queer Movie Night

10-15yrs

Come join Renfrew Parks Jr. Youth Council as they host a safe space movie night for those that identify in the LGBTQ2S+ and their allies. We will be watching a youth appropriate movie, providing snacks and drinks.

Sat	Jun 18	
415151	6:00pm-8:00pm	Free





## BIRTHDAY PARTIES

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

**Sundays:** 2:00pm-4:00pm

**Basic Birthday Party: \$125.00**

*Up to 12 children, 1 staff*

**Basic Birthday PLUS Party: \$175.00**

*Up to 20 children, 2 staff*

### SELECT ADD-ONS

**Entertainment Package: \$65.00/up to 12 children\***

**Entertainment Package: \$85.00/up to 20 children\***

**Bouncy Castle: \$65.00 (add on for Basic & Basic PLUS party)**

*1 staff to supervise bouncy castle at all times for 2 hours during party*



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



# Licensed Preschool 2022-2023



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

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

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

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

## Program Details

The following prices are for September 2022-June 2023

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$108/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$162/month
2 days	Tue/Thu	12:00pm-2:30pm	\$108/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$162/month

5 day options are available.

For information phone: 604 257-8391

email: [renfrew.preschool@vancouver.ca](mailto:renfrew.preschool@vancouver.ca)

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

## Preschool

### Preschool Camp

#### Licensed Preschool Camp

3-5yrs

Alice Shiu

Come join us for some summer fun in the sun for preschoolers. Learn and play through a variety of activities including arts and crafts, music, storytime, outdoor play and more. Please bring each day to class the following: sunscreen, hat, healthy lunch (nut free environment) and re-usable water bottle.

Parents/Guardians will receive an email of the Parent Communication/ Policy manual and forms prior to camp. Please complete and return original waiver forms prior to the start of the program.

Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Please note this program is not suitable for students in kindergarten.



Mon-Fri 412035	Jul 4-8 9:30am-1:30pm	\$120/5 day week	Tue-Fri 412039	Aug 2-5 9:30am-1:30pm	\$96/4 day week
Mon-Fri 412036	Jul 11-15 9:30am-1:30pm	\$120/5 day week	Mon-Fri 412040	Aug 8-12 9:30am-1:30pm	\$120/5 day week
Mon-Fri 412037	Jul 18-22 9:30am-1:30pm	\$120/5 day week	Mon-Fri 412041	Aug 15-19 9:30am-1:30pm	\$120/5 day week
Mon-Fri 412038	Jul 25-29 9:30am-1:30pm	\$120/5 day week	Mon-Fri 412042	Aug 22-26 9:30am-1:30pm	\$120/5 day week



## Dance

### Ballet

4-5yrs

*Buffy Sherriett*

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

Tue 415416	Jul 5-Aug 23 9:30am-10:15am	\$40/8 sess
Sun 415410	Jul 10-Aug 28 10:30am-11:15am	\$40/8 sess

### Creative Dance

4-5yrs

*Buffy Sherriett*

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

Tue 415417	Jul 5-Aug 23 10:15am-11:00am	\$40/8 sess
Sun 415411	Jul 10-Aug 28 11:15am-12:00pm	\$40/8 sess

## Education

### 123, ABCs - Phonics & Math

4-6yrs

*Alyssa Formosa*

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.

Fri 415284	Jul 8-Aug 26 10:15am-11:00am	\$44/8 sess
Fri 415269	Jul 8-Aug 26 11:00am-11:45am	\$44/8 sess
Fri 415270	Jul 8-Aug 26 11:45am-12:30pm	\$44/8 sess

## Music

### Kelly Kirby - Preschool Piano

4.5-6yrs

*Samantha Chow*

Using the Kelly Kirby Method, the Musical Family is introduced. 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.

Kelly Kirby I		
Sun 415409	Jul 10-Aug 28 12:45pm-1:30pm	\$84/8 sess

Kelly Kirby II		
Sun 415404	Jul 10-Aug 28 2:45pm-3:30pm	\$84/8 sess
Sun 415405	Jul 10-Aug 28 3:30pm-4:15pm	\$84/8 sess
Sun 415406	Jul 10-Aug 28 4:15pm-5:00pm	\$84/8 sess

Kelly Kirby III - semi private		
Sun 415407	Jul 10-Aug 28 2:00pm-2:30pm	\$84/8 sess

Kelly Kirby IV - semi private		
Sun 415408	Jul 10-Aug 28 1:30pm-2:00pm	\$84/8 sess



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

## Day Camps

### Falaise Fun Finders Day Camp

6-12yrs

Day Camp Staff

**Note:** Location for this camp is Falaise Hall  
3434 Falaise Avenue  
<https://goo.gl/maps/a8rskm4znA4S8o3r7>

Enjoy summer at Falaise Park Hall! There will be out trips and other fun events and activities throughout the summer. Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp.

Please complete and return original waiver forms prior to the start of the program. Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Mon-Fri 413310	Jul 4-8 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413311	Jul 11-15 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413312	Jul 18-22 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413313	Jul 25-29 9:00am-3:00pm	\$125/5 day week
Tue-Fri 413314	Aug 2-5 9:00am-3:00pm	\$100/4 day week
Mon-Fri 413315	Aug 8-12 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413316	Aug 15-19 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413317	Aug 22-26 9:00am-3:00pm	\$125/5 day week

### Falaise Pit Stop

6-12yrs

**Note:** Must be attending Falaise Day Camp prior to Pit Stop program

Join us in winding down from an action-packed time at camp. Activities will include quiet games, reading, cards, and more. Bring your favourite book or game too!

415426	Mon-Fri	Jul 4-8	3:00pm-4:00pm	\$20/5 day week
415427	Mon-Fri	Jul 11-15	3:00pm-4:00pm	\$20/5 day week
415428	Mon-Fri	Jul 18-22	3:00pm-4:00pm	\$20/5 day week
415429	Mon-Fri	Jul 25-29	3:00pm-4:00pm	\$20/5 day week
415430	Tue-Fri	Aug 2-5	3:00pm-4:00pm	\$16/4 day week
415431	Mon-Fri	Aug 8-12	3:00pm-4:00pm	\$20/5 day week
415432	Mon-Fri	Aug 15-19	3:00pm-4:00pm	\$20/5 day week
415433	Mon-Fri	Aug 22-26	3:00pm-4:00pm	\$20/5 day week

\$5/drop-in Drop-ins must be paid through Renfrew Park Community Centre Office a day prior to dropping in.

### Renfrew Summer Adventures Day Camp

6-12yrs

Day Camp Staff

**Note:** Location for this camp is Renfrew Park Community Centre  
2929 East 22nd Avenue  
<https://goo.gl/maps/s79BLKHjYpXG95Ku7>

Enjoy summer at Renfrew Park Community Centre! There will be out trips and other fun events and activities throughout the summer. Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.

Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp.

Please complete and return original waiver forms prior to the start of the program. Forms will also be available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Mon-Fri 413318	Jul 4-8 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413319	Jul 11-15 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413320	Jul 18-22 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413321	Jul 25-29 9:00am-3:00pm	\$125/5 day week
Tue-Fri 413322	Aug 2-5 9:00am-3:00pm	\$100/4 day week
Mon-Fri 413323	Aug 8-12 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413324	Aug 15-19 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413325	Aug 22-26 9:00am-3:00pm	\$125/5 day week
Mon-Fri 413326	Aug 29-Sep 2 9:00am-3:00pm	\$125/5 day week

### Day Camp Reminders!

- Please hand in completed original waiver forms before the program begins.
- Ensure your child has a backpack with lunch, snacks, water bottle, sunscreen, and other appropriate clothing

### Refund Policy

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

## 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.

Michelle Lai			
Fri	Jul 8-Aug 26		\$152/8 sess
413261	3:30pm-4:00pm	413266	6:00pm-6:30pm
413262	4:00pm-4:30pm	413267	6:30pm-7:00pm
413263	4:30pm-5:00pm	413268	7:00pm-7:30pm
413264	5:00pm-5:30pm	413269	7:30pm-8:00pm
413265	5:30pm-6:00pm	413270	8:00pm-8:30pm

Michelle Lai			
Sun	Jul 10-Aug 28		\$152/8 sess
413271	9:00am-9:30am	413279	1:00pm-1:30pm
413272	9:30am-10:00am	413280	1:30pm-2:00pm
413273	10:00am-10:30am	413290	2:00pm-2:30pm
413274	10:30am-11:00am	413291	2:30pm-3:00pm
413275	11:00am-11:30am	413292	3:00pm-3:30pm
413276	11:30am-12:00pm	413293	3:30pm-4:00pm
413277	12:00pm-12:30pm	413294	4:00pm-4:30pm
413278	12:30pm-1:00pm		

### Guitar - Private Lessons

7-16yrs

Nadim Kmeid

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

Thu	Jul 7-Aug 25		\$152/8 sess
412945	3:30pm-4:00pm	412950	6:00pm-6:30pm
412946	4:00pm-4:30pm	412951	6:30pm-7:00pm
412947	4:30pm-5:00pm	412952	7:00pm-7:30pm
412948	5:00pm-5:30pm	412953	7:30pm-8:00pm
412949	5:30pm-6:00pm	412954	8:00pm-8:30pm



### 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.

Thu	Jul 7-28		\$108/4 sess
415244	3:40pm-4:10pm	415247	5:40pm-6:10pm
415245	4:20pm-4:50pm	415248	6:20pm-6:50pm
415246	5:00pm-5:30pm	415249	7:00pm-7:30pm

**...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



# Children

## Education

### Red Cross Babysitting Training

*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.

11+yrs

Sun	Aug 28	
403983	9:30am-4:30pm	\$60/person

### Young Commander Chess

*Josefino (Joe) Soliven*

Why is chess called "the martial art playground of the mind"? As school academics in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fire up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen come personified, kids get trained in life-skills goal-setting: 'checkmate' (trapmate) What's more, chess gears them up with a mental armor plate "commander" (leader) self-image amidst a friendly social setting where art meets science and math with fun.

6-12yrs

Novice		
Wed	Jul 6-Aug 17	
414283	6:00pm-7:20pm	\$56/7 sess
Intermediate		
Wed	Jul 6-Aug 17	
414282	7:25pm-8:45pm	\$56/7 sess

### Little Bookworms - Reading and Writing

*Alyssa Formosa*

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.

6-7yrs

Fri	Jul 8-Aug 26	
415271	12:30pm-1:30pm	\$48/8 sess

### Mini Mathletes

*Alyssa Formosa*

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..

6-7yrs

Fri	Jul 8-Aug 26	
415273	1:30pm-2:30pm	\$48/8 sess

### Mathventures - Math

*Alyssa Formosa*

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

8-10yrs

Fri	Jul 8-Aug 26	
415272	2:45pm-3:45pm	\$48/8 sess

### Pencil Heads - Reading and Writing

*Alyssa Formosa*

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.

8-10yrs

Fri	Jul 8-Aug 26	
415274	3:45pm-4:45pm	\$48/8 sess

## Dance

### Ballet

*Buffy Sherriett*

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

5-12yrs

5-6yrs		
Tue	Jul 5-Aug 23	
415418	11:00am-11:45am	\$40/8 sess
Sun	Jul 10-Aug 28	
415412	12:00pm-12:45pm	\$40/8 sess
7-12yrs		
Sun	Jul 10-Aug 28	
415414	1:30pm-2:30pm	\$54/8 sess

### Creative Dance

*Buffy Sherriett*

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

5-12yrs

5-6yrs		
Tue	Jul 5-Aug 23	
415419	11:45am-12:30pm	\$40/8 sess
Sun	Jul 10-Aug 28	
415413	12:45pm-1:30pm	\$40/8 sess
7-12yrs		
Sun	Jul 10-Aug 28	
415415	2:30p-3:30pm	\$54/8 sess

## Martial Arts

prices do not include tax if applicable

### Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

Vancouver Seiwa Kai is a branch of Japan Seiwa Kai Goju Ryu Karate. We are one of the oldest Karate schools in Vancouver and have been running classes at Renfrew Community Centre since 1974. We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. You will be learning all aspects of traditional Karate: Kihon (basic techniques), Kata (forms) and Kumite (sparring). We also focus on the application of techniques in real life self-defense situations. We teach children the meaning of traditional Karate. Practice always begins and ends with a bow. This teaches children about mutual respect. We stress doing your best, not just focusing on winning. Children will learn the importance of teamwork when practicing with a partner. They will gain confidence, and improve both physically and mentally through Karate in a friendly, supportive and safe environment. Additional fees are required for uniform/equipment and Karate BC Membership.

Tue Thu 413881	Jul 5-Aug 30 6:30pm-7:30pm	\$72.25/17 sess
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### Youth Tai Chi

13-18yrs

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 8 steps which will include the teaching of basic proper formation and on hand and foot form.

Tue 415084	Jul 5-Aug 23 6:30pm-7:30pm	\$54/8 sess
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## Sports

prices do not include tax if applicable

### Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

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

<b>6-8yrs</b>		
Mon 414602	Jul 4-Aug 29 3:30pm-4:30pm	No session Aug 1 \$74/8 sess
<b>8-16yrs</b>		
Mon 404603	Jul 4-Aug 29 4:30pm-5:30pm	No session Aug 1 \$74/8 sess

### Shuttle Badminton Lessons

6-18yrs

Richard Le

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

<b>Shuttle I/II</b>		
Sun 414549	Jul 10-31 9:45am-10:40am	\$72/4 sess
Sun 414550	Jul 10-31 10:45am-11:40am	\$72/4 sess
Tue 414552	Jul 5-26 4:00pm-4:55pm	\$72/4 sess
Tue 414553	Jul 5-26 5:00pm-5:55pm	\$72/4 sess
Sun 414555	Aug 7-28 9:45am-10:40am	\$72/4 sess
Sun 414556	Aug 7-28 10:45am-11:40am	\$72/4 sess
Tue 414558	Aug 9-30 4:00pm-4:55pm	\$72/4 sess
Tue 414559	Aug 9-30 5:00pm-5:55pm	\$72/4 sess

### Shuttle II/III/IV

Sun 414551	Jul 10-31 11:45am-12:40pm	\$72/4 sess
Tue 414554	Jul 5-26 6:00pm-6:55pm	\$72/4 sess
Sun 414557	Aug 7-28 11:45am-12:40pm	\$72/4 sess
Tue 414560	Aug 9-30 6:00pm-6:55pm	\$72/4 sess

# Pre-Teen/Youth

## Youth Leadership Camp

### Summer CHILL

Jenny Nguyen

10-13yrs

**Note:** Location for this camp is Collingwood Park  
5275 McKinnon Street

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 community walking trips each week. Activities to be determined. Waiver forms are required before the start of the program and are available on our website: [www.renfrewcc.com](http://www.renfrewcc.com)

Mon-Fri 412681	Jul 4-8 10:00am-4:00pm	\$100/5 day week
Mon-Fri 412682	Jul 11-15 10:00am-4:00pm	\$100/5 day week
Mon-Fri 412683	Jul 18-22 10:00am-4:00pm	\$100/5 day week
Mon-Fri 412684	Jul 25-29 10:00am-4:00pm	\$100/5 day week
Tue-Fri 412685	Aug 2-5 10:00am-4:00pm	\$80/4 day week
Mon-Fri 412686	Aug 8-12 10:00am-4:00pm	\$100/5 day week
Mon-Fri 412687	Aug 15-19 10:00am-4:00pm	\$100/5 day week
Mon-Fri 412688	Aug 22-26 10:00am-4:00pm	\$100/5 day week



Renfrew acknowledges the generous contributions of Kids Up Front Canada

## Social

### Pre-Teen Social

9-11yrs

Jesse Woolverton & Roxanna Wang

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

Fri 412689	Jul 8-Aug 26 5:30pm-9:30pm	\$28/8 sess
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### Games Room

10-17yrs

The games room will once again be open for youth - Fridays afterschool. Have access to the internet with our computers, play pool, foosball, ping-pong, air-hockey and more. Manual sign in will be required with the staff on site. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca).

Fri 412692	Jul 8-Sep 2 4:00pm-9:30pm	Free
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## Sports

### Pre-Teen Open Gym

9-11yrs

Bradley Seto

This time is specifically for pre-teens. Grade 4, 5, 6 and 7's. You can use the gym to play volleyball or basketball or you can even organize your own game of tag or dodgeball. You will need to check in with the Parks Board staff that is supervising the gym. Dropping in you will need to provide the staff with your name, age and school. A maximum of 25 students will be allowed in the gym at one time. If the gym is full, you are invited to join more Parks Board staff downstairs in the Games Room.

Fri 412690	Jul 8-Sep 2 4:15pm-5:05pm	Free
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### Open Gym - Volleyball & Basketball

10-18yrs

Bradley Seto

Open gym for all youth ages - 10yrs to 18yrs. You can use the gym to play volleyball or basketball. You will need to check in with the Parks Board staff that is supervising the gym. Dropping in you will need to provide the staff with your name, age and school. A maximum of 25 students will be allowed in the gym at one time. If the gym is full, you are invited to join more Parks Board staff downstairs in the Games Room.

Fri 412691	Jul 8-Sep 2 5:10pm-9:40pm	Free
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# Games Area and Table Tennis



## Equipment Rental Fee

All Ages

Valid for:

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

\$2.38/person/year

\$5.71/family/year

Valid Sep 1, 2021-Aug 31, 2022

## Games Area

6+yrs

Come and play Air Hockey, Foosball or Billiards. All times are public and shared on a rotational basis of 15 minutes when there are people waiting to play. Please see centre office for detailed drop-in times. An annual community centre Equipment Rental Pass required for all participants who wish to use the games area. Please bring your "Equipment Rental Fee" pass with you. *No session on Stat Holidays, Sep 1*

Mon-Thu	3:30pm-9:55pm
Sun	12:00pm-4:55pm

Jul 4-Aug 31
Jul 3-Sep 4

## Private Table Tennis Bookings

All Ages

All bookings are to be made on the SAME DAY, on a first come first served basis, in person or by phone (604 257-8388, ext 1) after 9:30am. One 30 minute booking per pass with a maximum of 4 persons each booking. Bookings are subject to room/equipment availability (Room 108/010 only) Valid for one month from date of purchase. Please note equipment is not supplied. *No session on Stat Holidays.*

Mon-Thu	Jul 4-Aug 31
414722	6:00pm-9:30pm

\$9.52/month pass

\$3.81/30 minutes drop-in session

## Table Tennis for Seniors

55+yrs

Kathy Jang

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

Mon Wed Fri	Jul 4-Sep 2
415444	9:00am-11:45am

No session Aug 1

Free with Equipment Rental Pass



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

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



Room 110, 2640sq ft, starting at \$42.00/hr

## Dance

### Line Dancing for Health and Wellness

55+yrs

Louisa Ho Pang

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

Sun 413805	Jul 3-Aug 28 10:00pm-12:00pm	\$18/9 sess
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### Monday Line Dance Group

55+yrs

Judy Chuk Yee Ng

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

Mon 413887	Jul 4-Aug 29 11:00am-12:30pm	No session Aug 1 \$12/8 sess
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### Line Dance Fitness

55+yrs

Linda Dee

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

Thu 413907	Jul 7-Sep 1 1:30pm-3:30pm	\$18/9 sess
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### Traditional Chinese Folk Dance

55+yrs

Pei Chun (Helen) Lin

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

Wed 413804	Jul 6-Aug 31 12:30pm-2:30pm	\$18/9 sess
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### Chinese Classical Dance

55+yrs

Vue Joan Ng

Rooted strongly in Chinese culture and history, Chinese classical dances are popular dances in China and around the world. The dances include many forms with beautiful music and graceful movements. Some dance experience required.

Wed 413911	Jul 6-Aug 31 1:15pm-3:15pm	\$18/9 sess
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## Art

### Chinese Calligraphy

55+yrs

Guoxin Lin

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

All Levels		
Mon 413953	Jul 4-Aug 29 10:00am-12:00pm	No session Aug 1 \$48/8 sess
Intermediate		
Wed 413954	Jul 6-Aug 31 10:00am-12:00pm	\$54/9 sess

### Ballroom Dance Social

55+yrs

Siu Lau (Sue Chee) Chong

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

Mon 413878	Jul 4-Aug 29 12:45pm-2:45pm	No session Aug 1 \$9.92/8 sess \$1.90/drop-in, if space
Thu 413879	Jul 7-Sep 1 11:00am-1:00pm	\$11.16/9 sess \$1.90/drop-in, if space

### Sequence Dance

19+yrs

May A. M. Wong

Sequence Dancing is a type of dancing in which couples dance around the floor in a fixed sequence of steps and movements simultaneously. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu 413876	Jul 7-Sep 1 9:15am-10:45am	\$13.50/9 sess
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### Line Dance ABC

19+yrs

Lisa (Baby) Blair

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

Tue 414540	Jul 5-Aug 30 1:30pm-3:30pm	\$18/9 sess
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### Hula Dance For Health

55+yrs

Marji Wallace

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

Thu 413877	Jul 7-Aug 25 10:30am-11:30am	\$16/8 sess
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## Music and Singing

### Piano - Private Lessons

55+yrs

Jennifer Lee

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

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	Jul 8-Aug 26	\$68/8 sess
415235	9:15am-9:45am	415240 11:45am-12:15pm
415236	9:45am-10:15am	415241 12:15pm-12:45pm
415237	10:15am-10:45am	415242 12:45pm-1:15pm
415238	10:45am-11:15am	415243 1:15pm-1:45pm
415239	11:15am-11:45am	

## Martial Arts

### Tai Chi Health and Exercise Group

Eddie K.K. Tang

55+yrs

**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 413769	Jul 4-Sep 2 7:45am-9:00am (Tue/Fri) 7:30am-9:00am (Mon/Wed/Thu)	No session Aug 1 \$17.60/44 sess
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### Karate - Adult

Alan Chan Karate BC

19+yrs

Vancouver Seiwa Kai is a branch of Japan Seiwa Kai Goju Ryu Karate. We are one of the oldest Karate schools in Vancouver and have been running classes at Renfrew Community Centre since 1974. We follow the path of traditional Karate. We stress the importance of three basic elements: Mind, Technique and Body, the importance of basic techniques, and paying attention to detail. You will be learning all aspects of traditional Karate: Kihon (basic techniques), Kata (forms) and Kumite (sparring). We also focus on the application of techniques in real life self-defense situations. Additional fees are required for Uniform/Equipment and Karate BC Membership.

Tue Thu 413880	Jul 5-Aug 30 7:30pm-9:00pm	\$80.75/17 sess
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### Tai Chi Yang Style 24 Steps

Arsenio Chua

19+yrs

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 415085	Jul 5-Aug 23 7:30pm-9:00pm	\$76/8 sess \$11.50/drop-in if space
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### Tai Chi and Health Qigong

Lai Chun Cheung (Lisa Low)

19+yrs

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

Mon 415099	Jul 11-Aug 29 9:15am-10:15am	No session Aug 1 \$42/7 sess \$7/drop-in if space
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## Dog Obedience Workshops

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

### Dog Obedience - Puppy Play and Learn

19+yrs

Fluff in The Forest

Over the 3-week series, your puppy will have the chance to play with other puppies in a safe environment, with the expert guidance of a certified dog trainer. They'll have positive first experiences with new friends and a variety of new objects and textures, and you'll learn how to approach socialization at your puppy's own pace. Puppies must be between 9 weeks and 16 weeks old for their first play session. We clean all indoor surfaces with a veterinary cleaner, but please allow at least a week after your puppy's first set of vaccinations before attending.

Sat 415566	Jul 16-30 1:00pm-1:40pm	\$60/3 sess
Sat 415567	Aug 6-20 1:00pm-1:40pm	\$60/3 sess

Please contact us at [kaeli@fluffintheforest.ca](mailto:kaeli@fluffintheforest.ca) / 778-980-5124 for an assessment before registration if your dog is anxious or reactive

### Dog Obedience - Life Skills

19+yrs

Fluff in The Forest

Broaden your dog's world with the foundation skills to be polite in public, and a joy at home. Your dog will learn typical obedience topics like down, stay, leave it, come when called, leash walking and settling on a bed/mat. You'll learn how to apply these in the real world, understand your dog better, and prevent unwanted behaviours. We use scientifically-backed positive reinforcement methods, which includes rewarding your dog with food and toys. For fully-vaccinated dogs, 18 weeks and older at the first class.

Sat 415565	Jul 16-Aug 20 2:00pm-2:50pm	\$220/6 sess
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Please contact us at [kaeli@fluffintheforest.ca](mailto:kaeli@fluffintheforest.ca) / 778-980-5124 for an assessment before registration if your dog is anxious or reactive

### Community Lunch Program

All Ages

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

Fri	Jul 8-Aug 26		
	\$5/Adults/Seniors, \$3.57/Children/Youth		12:00pm-1:00pm
411394	Jul 8	411398	Aug 5
411395	Jul 15	411399	Aug 12
411396	Jul 22	411400	Aug 19
411397	Jul 29	411401	Aug 26

...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



## Aerobics and Zumba

### Hi-Lo Aerobics

19+yrs

Sharon Chan

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

Tue	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
414046	Jul 5-26	Adult: \$18/4 sess Senior: \$11/4 sess
414047	Aug 2-30	Adult: \$22.50/5 sess Senior: \$13.75/5 sess
Thu	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
414048	Jul 7-28	Adult: \$18/4 sess Senior: \$11/4 sess
414049	Aug 4-Sep 1	Adult: \$22.50/5 sess Senior: \$13.75/5 sess

### Total Fitness Aerobics

40+yrs

Sharon Chan

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

Fri	9:05am-10:00am	\$5.50/Adult or \$3.25/Senior for drop-in, if space
414050	Jul 8-29	Adult: \$18/4 sess Senior: \$11/4 sess
414051	Aug 5-26	Adult: \$18/4 sess Senior: \$11/4 sess

### Total Body Conditioning Aerobics

19+yrs

Julie Kraljii

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

Mon	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
414536	Jul 4-25	Adult: \$18/4 sess Senior: \$11/4 sess
414537	Aug 8-29	No session Aug 22 Adult: \$13.50/3 sess Senior: \$8.25/3 sess
Thu	6:30pm-7:25pm	\$5.50/Adult, \$3.25/Senior for drop-in, if space
414538	Jul 7-28	Adult: \$18/4 sess Senior: \$11/4 sess
414539	Aug 4-18	Adult: \$13.50/3 sess Senior: \$8.25/3 sess

### Zumba

19+yrs

Roslyn Bauyon

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

Mon	7:00pm-7:55pm	\$6/Adult, \$3.75/Senior for drop-in, if space
414528	Jul 4-25	Adult: \$20/4 sess Senior: \$12/4 sess
414529	Aug 8-29	Adult: \$20/4 sess Senior: \$12/4 sess
Wed	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
414532	Jul 6-27	Adult: \$20/4 sess Senior: \$12/4 sess
414533	Aug 3-31	Adult: \$25/5 sess Senior: \$15/5 sess
Wed	7:00pm-7:55pm	\$6/Adult, \$3.75/Senior for drop-in, if space
414530	Jul 6-27	Adult: \$20/4 sess Senior: \$12/4 sess
414531	Aug 3-31	Adult: \$25/5 sess Senior: \$15/5 sess

### Zumba Toning

19+yrs

Roslyn Bauyon

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

Mon	6:00pm-6:55pm	\$6/Adult, \$3.75/Senior for drop-in, if space
414534	Jul 4-25	Adult: \$20/4 sess Senior: \$12/4 sess
414535	Aug 8-29	Adult: \$20/4 sess Senior: \$12/4 sess

## Sports

## Drop-in Sports Procedures

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

## Badminton

19+yrs

Enjoy recreational badminton.

Mon 413815	Jul 4-Aug 29 1:00pm-2:55pm	No session Aug 1 Adult: \$28/8 sess Senior: \$20/8 sess \$4.29/Adult, \$3.09/Senior drop-in, if space
Tue 413816	Jul 5-Aug 30 8:00pm-9:55pm	Adult: \$31.50/9 sess Senior: \$22.50/9 sess \$4.29/Adult, \$3.09/Senior drop-in, if space
Wed 413817	Jul 6-Aug 31 1:00pm-2:55pm	Adult: \$31.50/9 sess Senior: \$22.50/9 sess \$4.29/Adult, \$3.09/Senior drop-in, if space

## Pickleball

19+yrs

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

<b>19+yrs</b>		
Mon 413826	Jul 4-Aug 29 8:00pm-9:55pm	No session Aug 1 Adult: \$28/8 sess Senior: \$16/8 sess \$4.29/Adult, \$2.38/Senior drop-in, if space
<b>55+yrs</b>		
Tue 413823	Jul 5-Aug 30 1:00pm-2:55pm	\$18/9 sess \$2.38/drop-in if space
Thu 413825	Jul 7-Sep 1 10:45am-12:40pm	\$18/9 sess \$2.38/drop-in if space
Thu 413824	Jul 7-Sep 1 1:00pm-2:55pm	\$18/9 sess \$2.38/drop-in if space

## Foamball Tennis

55+yrs

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

Tue 413828	Jul 5-Aug 30 10:45am-12:40pm	\$9/9 sess \$1.19/drop-in if space
Fri 413827	Jul 8-Sep 2 1:00pm-2:55pm	\$9/9 sess \$1.19/drop-in if space

## Basketball

19+yrs

Enjoy recreational basketball.

Sun 413821	Jul 3-Aug 28 3:00pm-4:55pm	\$31.50/9 sess \$4.29/drop-in if space
Wed 413822	Jul 6-Aug 31 8:00pm-9:55pm	\$31.50/9 sess \$4.29/drop-in if space

## Tennis

19+yrs

Metro Vancouver Tennis

Come join Metro Vancouver Tennis for organized game play with skill development in improving consistency and technique. Rain out information will be given on a day to day basis.

<b>Womens</b>		
Tue 405255	Jul 5-Aug 23 6:00pm-8:00pm	\$72/8 sess
<b>Womens</b>		
Thu 405254	Jul 7-Aug 25 6:00pm-8:00pm	\$72/8 sess
<b>Mixed Doubles</b>		
Fri 405253	Jul 8-Aug 26 6:00pm-8:00pm	\$72/8 sess

## Carpet Bowling Club

55+yrs

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

Tue 371618	Ongoing-Aug 30 11:00am-1:00pm	\$5.71/year
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## Badminton Court Rentals

All Ages

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

Thu	8:00pm-9:55pm	Jul 7-Aug 25 \$11.90/court
Sun	12:45pm-2:45pm	Jul 3-Aug 28 \$11.90/court

## Yoga and Pilates

### Colour Energy Yoga

19+yrs

Li Na Chow

Colour Energy Yoga class consists of breathing, meditation, stretching and lifeline massages. This class is taught in Cantonese. Please note participants are recommended to bring their own yoga mats and other equipment.

Wed 414721	Jul 6-Aug 24 10:30am-11:30am	\$46/8 sess
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### Gentle Yoga Beginner

55+yrs

Bill Mercer

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

Mon 413874	Jul 4-Aug 29 10:00am-11:15am	No session Aug 1 \$60/8 sess \$9/drop-in if space
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Thu 413875	Jul 7-Sep 1 10:00am-11:15am	\$67.50/9 sess \$9/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. Please note participants are recommended to bring their own yoga mats and other equipment.

Sun 413890	Jul 3-31 9:15am-10:30am	Adult: \$43.75/5 sess Senior: \$40/5 sess
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Sun 413891	Aug 7-28 9:15am-10:30am	Adult: \$35/4 sess Senior: \$32/4 sess
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### Pilates

19+yrs

Tracey Clark

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

Mon 414284	Jul 4-25 7:15pm-8:15pm	\$48/4 sess \$14.29/drop-in if space
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### Hypopressives

19+yrs

Tracey Clark

Created by a doctor in Spain and popularized by Arnold Schwarzenegger as the 'stomach vacuum', Hypopressives benefits all those who would like to improve their posture, narrow their waist, and increase resting muscle tone.

Mon 414285	Jul 4-25 6:15pm-7:15pm	\$48/4 sess \$14.29/drop-in if space
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## Fitness, Health and Wellness

### Foot Care Clinic

55+yrs

Nancy KF Lee

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

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

Fri	Jul 15	\$42/30 min sess
414060	12:00pm-12:30pm	414064 2:00pm-2:30pm
414061	12:30pm-1:00pm	414065 2:30pm-3:00pm
414062	1:00pm-1:30pm	414066 3:00pm-3:30pm
414063	1:30pm-2:00pm	

### Osteofit

55+yrs

Berdjis Bahrami

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

Tue 413917	Jul 5-Aug 23 10:00am-10:55am	\$46/8 sess \$6.67/drop-in if space
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## 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 371523	Ongoing-Aug 26 1:45pm-3:00pm	\$5.71/Yearly
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### Tuesday Social

55+yrs

Cecilia Vulama

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

Tue 413784	Jul 5-Aug 23 11:00am-12:00pm	Free with OneCard
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### Book Club

55+yrs

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

Tue 414874	Jul 12, Aug 9 12:00pm-1:30pm	Free with OneCard
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## Workshops

Pre-registration required for free workshops

### Knowing Your Bladder

55+yrs

COSCO Seniors Health And Wellness Institute Society

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

Fri 412937	Aug 12 11:00am-12:00pm	Free
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## Fitness Centre Hours of Operation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Note:</b> Fitness Centre closed from Jun 6-13						<b>June 14-July 3</b>
9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-9:30pm	9:00am-5:00pm	Closed
						<b>July 4-August 28</b>
6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	6:30am-9:30pm	9:00am-5:00pm	9:00am-5:00pm

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

## Fitness Centre Admission Fees

all fees subject to change without notice

	Drop In	10 Strip Tickets	Flexi Passes		
			1 Month	3 Month	12 Month
<b>Adult</b> 19-64yrs	\$6.66	\$57.28	\$51.28	\$138.46	\$443.06
<b>Senior</b> 65+yrs	\$4.66	\$40.10	\$35.90	\$96.92	\$310.14
<b>Youth</b> 13-18yrs	\$4.66	\$40.10	\$35.90	\$96.92	\$310.14

## QR Code



Scanning the code will direct you to a Vancouver Park Board (VPB) site that will provide you with information on all VPB Fitness Centres. If you need information on a specific fitness centre such as facility hours, fitness session schedules, program and class details etc, please click on the corresponding link.

## COVID-19 Information

- Stay home if you are sick. By entering our facilities, you are declaring that you are in good health.
- Staff, program participants, and the public may wish to continue wearing a mask for some time – please respect this choice and be aware of others' personal space

## General Information



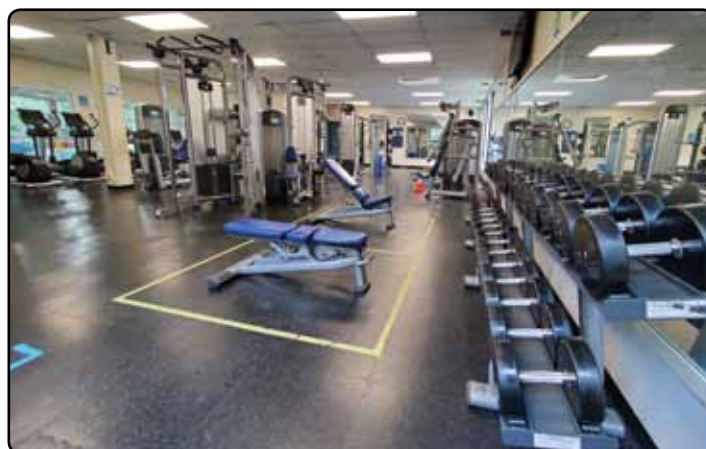
When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

## 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). All participants must complete a PAR-Q+ and a Consent and Release Form prior to the consultation appointment. Participants under the age of 18 must have the PAR-Q+ and the Consent and Release Form signed by their parent or guardian. Forms can be picked up at the Pool Office.

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



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

## Fitness Centre Programs

### Personal Training

19+yrs

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

	Private	Semi-Private	Group
<b>1 sess</b>	\$55.40	\$83.08	\$116.53
<b>3 sess</b>	\$153.52	\$230.32	\$312.11
<b>5 sess</b>	\$246.92	\$380.25	\$457.78
<b>10 sess</b>	\$443.27	\$706.18	\$832.31

all fees subject to change without notice

# Swimming Pool

## Annual Pool Shutdown

June 6-July 3



## 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 July 4-August 28

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

### Fitness Centre July 4-August 28

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

### Pool and Fitness Holiday and Special Hours

	Pool	Fitness
Friday July 1 .....	Closed .....	Closed .....
Saturday July 2 .....	Closed .....	Closed .....
Monday August 1 .....	1-5pm .....	1-5pm .....
Thursday September 1 .....	Closed at 4pm .....	Closed at 4pm .....

## 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, June 28 @ 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 payment methods include: Cash, Amex, Visa, MasterCard, or Interac
- Proof of Leisure Access must be shown at time of registering if applicable

### Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

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

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

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

Never registered online before?

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

**Note:** Call to enquire if there is space available  
or if more classes have been added.  
Classes are subject to cancellation if not enough enrollment.

## Refunds

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

## Summer 2022 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tue June 28, 2022 at 7:00pm**

	Monday & Wednesday	Tuesday & Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Jul 4-27 8 lessons	Jul 5-28 8 lessons	Jul 8-Aug 26 8 lessons	Jul 9-Aug 27 8 lessons	Jul 10-Aug 28 8 lessons
<b>Set 2</b>	Aug 3-24 7 lessons	Aug 2-25 8 lessons			
<b># Lessons</b>					
	Parent & Tot/Preschool 30 minutes	Swim Kids 1-4 30 minutes	Swim Kids 5+ 40 minutes	Adults 40 minutes	
<b>7 lessons</b>	\$55.91	\$50.52	\$57.38	\$86.63	
<b>8 lessons</b>	\$63.30	\$57.14	\$64.98	\$94.98	

## Swim Lesson Registration Information

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

For more detailed information go to [vancouver.ca/parks-recreation-culture/child-and-youth-swim-lessons.aspx](http://vancouver.ca/parks-recreation-culture/child-and-youth-swim-lessons.aspx)

## Parent and Tot Lessons (4 months to 36 months)

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 parent in the water with each child as space is limited.

**Parent & Tot 1 - Starfish (4-12 months)**

**Parent & Tot 2 - Duck (12-24 months)**

**Parent & Tot 3 - Sea Turtle (24-36 months)**



## Preschool Lessons (3 years to 5 years 11 months)

The Red Cross Preschool program is a graduate swimming program where children must complete all the requisite skills in one level before progressing to the next. All lessons are 30 minutes and have small class sizes allowing preschoolers to gain comfort and confidence in the water.

**Sea Otter**

**Salamander**

**Sunfish**

**Crocodile**

**Whale**



## School Age Lessons (5 years to 16 years)

The Red Cross Swim Kids program is a graduated swimming program where children must complete all the requisite skills in one level before progressing to the next.

**Swim Kids 1 to Swim Kids 10**

## Teen and Adult Lessons (13 years and up)

**Teen / Adult Basics 1**

**Teen / Adult Basic 2**

**Teen / Adult Swim Strokes 3**

## Swimming Lesson Information

### Private Lessons

**All Ages**

**Private and Semi-Private Registration are now available online**

Open to all ages and abilities. All lessons are 30 minutes. Pre-registration is required. 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.

<b>Under 14yrs</b>	First person	\$33.32/lesson
	Semi-private add on	\$11.48/lesson
<b>Over 14yrs</b>	First person	\$33.32+GST/lesson
	Semi-private add on	\$11.48+GST/lesson

## Specialty Aquatic Courses

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



# Swimming Pool Schedule

July 4 - August 28

## Annual Pool Shutdown

June 6-July 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Lengths 6:30am-7:30am							
Lengths (1 lane only) 7:30am-9:25am	Lengths (1 lane only) 7:30am-11:50am	Lengths (1 lane only) 7:30am-9:25am	Lengths (1 lane only) 7:30am-11:50am	Lengths (1 lane only) 7:30am-9:25am			
Aquafit (Mod) (Registered Program) 9:30am-10:30am		Aquafit (Mod) (Registered Program) 9:30am-10:30am		Aquafit (Mod) (Registered Program) 9:30am-10:30am	Aquafit (Mod) (Registered Program) 9:30am-10:30am	Open at 9am	Lengths 9:00am-10:15am
Public Swim (1 lane for lengths) 9:30am-11:50am		Public Swim (1 lane for lengths) 10:30am-11:50am		Public Swim (1 lane for lengths) 10:30am-11:50am	Public Swim (1 lane only) 10:30am-11:50am	Aquafit (Mod) (Registered Program) 9:15am-10:15am	
Lengths 12:00pm-1:30pm					Lengths (1 lane only) 10:20am-2:30pm		
Public Swim (1 lane for lengths) 1:30pm-3:30pm							
Lengths (1 lane only) 3:30pm-7:30pm							
Public Swim (1 lane for lengths) 7:30pm-9:30pm					Public Swim (1 lane for lengths) 2:30pm-5:00pm		

## Session Descriptions

<b>Public Swim</b>	Recreational swim for all ages. Minimum 1 lane available for lengths swim.
<b>Lengths</b>	Continuous lengths swim for all ages. Lanes are designated for specific speeds. 3 lanes available.
<b>Lengths (1 lane only)</b>	Continuous lengths swim for all ages. 1 lane available for lengths swim.
<b>Aquafit (Mod)</b> Registered Program	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. <b>Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class</b>

**Note: Please bring your own lock**

## 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
<b>Adult</b> 19-64yrs	\$6.66	\$57.28	\$51.28	\$138.46	\$443.06
<b>Senior</b> 65+yrs	\$4.66	\$40.10	\$35.90	\$96.92	\$310.14
<b>Youth</b> 13-18yrs	\$4.66	\$40.10	\$35.90	\$96.92	\$310.14
<b>Children</b> 5-12yrs	\$3.33	\$28.64	\$25.64	\$69.23	\$221.53
<b>Preschool</b> (0-4yrs)	Free				
<b>Family</b>	at child rate	Minimum 2 people. \$3.33/person, minimum \$6.66 Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
<b>Admission Policy</b>	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				