

# Renfrew Park

## Recreation Guide

## Winter 2024

**Community Centre**

**Swimming Pool**

**Fitness Centre**

### Winter 2024 Registration Dates

#### Community Centre

Online/In Person  
Phone In

Sun Nov 19, 9:00am  
Sun Nov 19, 10:00am

#### Swimming Pool

Online/In Person/Phone In

Tue Dec 19, 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 January 2-March 31

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

### Centre Office January 2-March 31

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

### Community Centre January 2-March 31

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

### Community Centre Holiday and Special Hours

Monday February 19 ..... Closed  
Friday March 29 ..... Closed  
Monday April 1 ..... Closed

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

## Contact Information

### Address

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

### Phone

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

### Email

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

## Staff

Suzanne Liddle ..... Community Recreation Supervisor  
Nick Fong ..... Recreation Programmer  
Christopher Delahunty ..... Pool Programmer  
Starla Bayley ..... Community Youth Worker  
TBA ..... Seniors' Worker  
Thien Nguyen, Jacky Ly, Marni McMullen ..... Program Assistant III

## Table of Contents

### Centre Information

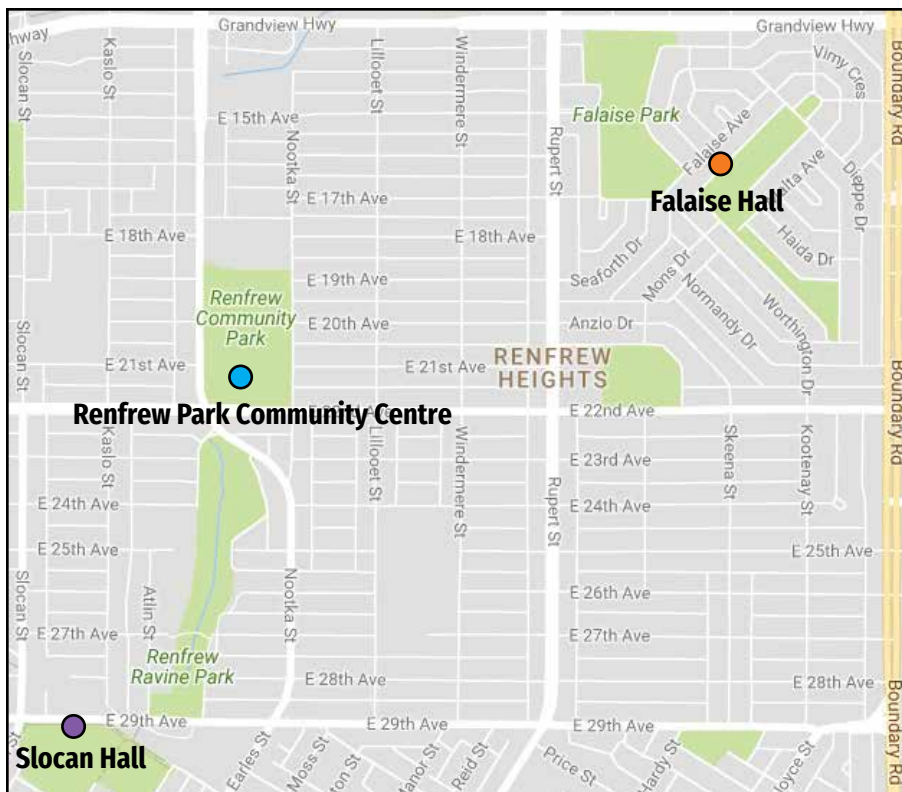
Hours of Operation & Contact Info .....	2
Registration Information .....	3
Community Association Information .....	4, 5
Program Highlights .....	6, 7
Licensed Preschool .....	8
Preschool Programs .....	6, 7, 10-11
Birthday Parties .....	9
Children & Youth Programs .....	6, 7, 12-18
Games Area and Table Tennis .....	19
Adult & Senior Programs .....	6, 7, 19-27
Senior Luncheons .....	7, 21
Workshops .....	27

### Fitness Centre Information

Fitness Programs & Schedule .....	28
-----------------------------------	----

### Pool Information

Registration Information .....	29
Swimming Lessons & Information .....	30, 31
Swimming Schedule .....	32



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

## 3 Easy Ways to Register...

### Online

Starts **Sunday, November 19 at 9:00am**



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

### In Person

Starts **Sunday, November 19 at 9:00am**



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

### By Phone

Starts **Sunday, November 19 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

#### For medical reasons:

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

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

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

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

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

## Register Online Today



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

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

#### Drop-in activities

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

#### Event space

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

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



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





# Renfrew Park Community Association (RPCA)



## President's Message

As the winter season is upon us and we look into the New Year and upcoming spring season, its time to take a look at some amazing programs being offered for the upcoming season.

The Renfrew Park Community Association is a not-for-profit volunteer organization that jointly operates the Renfrew Community Centre along with the Park Board. If you're interested in contributing your time, skills, and passion to Renfrew Park Community Association, we encourage you to attend our upcoming AGM in November. We will elect the Board for the 2023-2024 term and are reaching out to all community members who share our vision and dedication to enhancing the well-being of our local Renfrew neighborhood to consider joining our board. As well, we are proud to announce the dates for our regular events and new ones so save the date in your calendars:

- Lunar New Year Event on Feb 3, 12pm-3pm
- Family Day Event Feb 19 2pm-4pm
- Seniors Luncheon - Feb 7 (Sweet Heart Luncheon)
- Seniors Luncheon - Mar 6 (St Patrick's Luncheon)
- Children and Youth's Spring Break Day Camps

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

Sincerely,

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

renfrewparkcommunity@gmail.com

## ...did you know

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

## RPCA Board of Directors

### 2022-2023

President ..... Anthony Mehnert  
1st Vice President ..... Henry Lee  
2nd Vice President ..... Sari Lundberg  
Treasurer ..... Henry Lee (*interim*)  
Secretary ..... Judy Egerton  
Past President ..... Albert Lee  
Members at Large ..... Julianne Liang, Fay Lin, Eddie Tang, Gayle Uthoff

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

## RPCA Memberships

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

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

Benefits of Association Membership:

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

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

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

For games room, piano practice, drop-in computer use and sports equipment rental, please register for the Equipment Rental Fee (info **p.17**).

## RPCA Affiliated Groups

### Aikido Club

Wolfgang  
[vancouveraikikai.com](http://vancouveraikikai.com)

### Happy Corner Preschool

Nikki  
[happycorner.ca](http://happycorner.ca)

### Judo Club

Frank  
[nakashimadojo.blogspot.com](http://nakashimadojo.blogspot.com)

### Lions Gate Camera Club

Judith  
[lionsgatecameraclub.com](http://lionsgatecameraclub.com)

### Renfrew Trojans Football

Andrew  
[vancouvertrojans.net](http://vancouvertrojans.net)

# Renfrew Park Community Association (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.

## VOLUNTEER WITH THE BOARD

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

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

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



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

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

## FREE RPCA Membership

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



## Communicable Disease Health & Safety Practices

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

### Communicable Disease Health & Safety Practices

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



# Programs Highlights

## LUNAR NEW YEAR

All Ages

Sat. Feb 3rd, from 12-3pm

# 481060

Come join and celebrate the Year of the Dragon with us! It will be an afternoon of cultural displays, crafts, food and refreshments. Please register early as there are a limited number of seats.

\$5



## FAMILY DAY

All Ages

Mon. Feb. 19th, from 2-4pm

Celebrate BC Family Day.

Come Join us for an afternoon of family fun.

We'll have games, crafts, face painting, balloon animals and a bouncy castle.

All children under the age of 8yrs must be accompanied by and adult.

**Free but registration is required**



## Seniors Luncheon (55 years +)



### Sweet Heart Luncheon

Feb 7th from 12-230pm

\$13/person (GST Included)

# 485575

Indulge in the Sweetheart Seniors Luncheon. Savour a delightful lunch, relish fun entertainment, and don't miss the chance to win lovely door prizes. Join us for a heartwarming and joyous day!

#### Menu:

Roast Chicken, Spanish rice, Green Salad, Sweetheart cupcakes and Strawberries



### St Patrick's Day Luncheon

March 6th from 12-230pm

\$13/person (GST Included)

# 485577

Join us for a St. Patrick's Day Seniors Luncheon at the Community Centre! Enjoy lunch, delightful entertainment, and a chance to win fabulous door prizes. A day of fun and festivities awaits!

#### Menu:

Irish Stew, Colcannon, Irish Soda Bread, Guinness Chocolate Cake

## Easter Eggstravaganza

Saturday, March 30th, 2024

All Ages \$5 per participating child

### Register for egg hunt times

Session 1 – 1:30pm-1:45pm #485924

Session 2 – 2:00pm-2:15pm #485925

Session 3 – 2:30pm-2:45pm #485926





# Licensed Preschool 2023-2024



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

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

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

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

## Program Details

The following prices are for September 2023-June 2024

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

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

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

## ...meet our staff!

### Alice Shiu, Preschool Supervisor:

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

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

### Michelle Lui, Preschool Teacher:

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

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

### Ying Huang, Preschool Teacher:

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

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

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



### Jane Yee, Preschool Staff:

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

### Shirley Huang, Preschool Assistant:

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

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





## CHILDREN'S BIRTHDAY PARTY RENTAL PACKAGES



Book your child's unforgettable birthday celebration now at Renfrew Park Community Centre and create memories that will last a lifetime. Don't miss out – rentals are available on weekends. Contact us today to secure your preferred date!

**Saturdays 1-3 PM**

**Sundays 2-4 PM**



### **Basic Birthday party \$140**

- up to 12 children, 1 staff

### **Basic Birthday PLUS party \$190**

- up to 20 children, 2 staff

### **Select Add-ons**

- Entertainment Package \$65 (up to 12 children)
- Entertainment Package \$85 (up to 20 children)
- Bouncy Castle \$65 - add on for Basic & Basic PLUS party 1 staff to supervise bouncy castle at all times for 2 hours during party



# Preschool

## Dance



### Parent and Tot Dance

Vancouver Performing Stars

1.5-3yrs

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 their parent or guardian! Parent or guardian participation is mandatory.

www.performingstars.ca.

Sun	Jan 7-Mar 10	No session Feb 18
483285	9:15am-10:00am	\$135/9 sess



### Dance-A-Story - Frozen

Vancouver Performing Stars

3-5yrs

Let your little ones lose themselves in the world of make believe. Children will be immersed in magical stories they love as they sing and dance to their favourite songs. Music and dance technique will compliment the class to help your little star improve their coordination and confidence.

www.performingstars.ca.

Sun	Jan 7-Mar 10	No session Feb 18
483286	10:00am-10:45am	\$135/9 sess

### Mini Ballet

Vancouver Performing Stars

3-5yrs

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

Sun	Jan 7-Mar 10	No session Feb 18
483288	11:45am-12:30pm	\$135/9 sess

### Mini Hip Hop

Vancouver Performing Stars

3-5yrs

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

Sun	Jan 7-Mar 10	No session Feb 18
483287	10:45am-11:30am	\$135/9 sess



### Boogie Buddies

Vancouver Performing Stars

3-5yrs

In this high energy dance class, your active little one will discover new and exciting moves while learning about body control and strength. Our high-energy & creative approach focuses on developing agility & coordination, through fun movement and music, in support of development. Leave feeling energized and confident! www.performingstars.ca.

Sun	Jan 7-Mar 10	No session Feb 18
483291	2:00pm-2:45pm	\$135/9 sess

### Creative Dance

Buffy Sherreitt

3-5yrs

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.

<b>3-4yrs</b>		
Mon	Jan 15-Mar 11	No session Feb 19
487380	10:15am-11:00am	\$40/8 sess
Thu	Jan 18-Mar 14	
487378	1:15pm-2:00pm	\$45/9 sess

<b>4-5yrs</b>		
Mon	Jan 15-Mar 11	No session Feb 19
487381	11:45am-12:30pm	\$40/8 sess
Thu	Jan 18-Mar 14	
487379	2:45pm-3:30pm	\$45/9 sess

### Ballet

Buffy Sherreitt

3-5yrs

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!

<b>3-4yrs</b>		
Mon	Jan 15-Mar 11	No session Feb 19
487376	9:30am-10:15am	\$40/8 sess
Thu	Jan 18-Mar 14	
487374	12:30pm-1:15pm	\$45/9 sess

<b>4-5yrs</b>		
Mon	Jan 15-Mar 11	No session Feb 19
487377	11:00am-11:45am	\$40/8 sess
Thu	Jan 18-Mar 14	
487375	2:00pm-2:45pm	\$45/9 sess

### DANCEPL3Y Preschool

PL3Y Inc.

3-5yrs

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

<b>Free Trial</b>		Pre-registration required
Sat	Jan 6	
485931	9:15am-10:00am	Free
Sat	Jan 13-Mar 16	No session Feb 3, 17
485928	9:15am-10:00am	\$112/8 sess



## Yoga

### YOGAPL3Y Preschool

3-5yrs

PL3Y Inc.

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

Free Trial		Pre-registration required
Sat	Jan 6	Free
485932	10:00am-10:45am	
Sat	Jan 13-Mar 16	No session Feb 3, 17
485929	10:00am-10:45am	\$112/8 sess

## Education

### 123, ABCs - Phonics & Math

4-6yrs

Keanna Mah

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

Sat	Jan 13-Mar 16	No session Feb 3, 17
486682	9:15am-10:00am	\$44/8 sess
Sat	Jan 13-Mar 16	No session Feb 3, 17
486683	10:00am-10:45am	\$44/8 sess
Sat	Jan 13-Mar 16	No session Feb 3, 17
486684	10:45am-11:30am	\$44/8 sess

## Music

### Kelly Kirby - Preschool Piano

4.5-6yrs

Cindy Leung

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

Kelly Kirby I		
Sun	Jan 7-Mar 10	
485994	2:15pm-3:00pm	\$100/10 sess
Sun	Jan 7-Mar 10	
485995	3:00pm-3:45pm	\$100/10 sess
Kelly Kirby II		
Pre-Req: Kelly Kirby I		
Sun	Jan 7-Mar 10	
485996	1:30pm-2:15pm	\$100/10 sess
Sun	Jan 7-Mar 10	
485997	3:45pm-4:30pm	\$100/10 sess

## Sports

### Bear Cubs Gymnastics

2-4yrs

Bear Feet Gymnastics

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

2-3yrs		
Fri	Jan 12-Mar 15	
487582	10:45am-11:30am	\$150/10 sess
3-4yrs		
Fri	Jan 12-Mar 15	
487583	11:30am-12:15pm	\$150/10 sess

### Rhythmic Gymnastics

4-6yrs

Olympia Rhythmic Gymnastics

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

Sat	Jan 13-Mar 16	
486798	9:15am-10:00am	\$97.50/10 sess

### Indoor Soccer

4-6yrs

Vancouver Athletic Football Club

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

Wed	Jan 10-Mar 13	
487267	4:00pm-4:45pm	\$80/10 sess
Sat	Jan 13-Mar 16	
487270	4:00pm-4:45pm	\$80/10 sess



# Children and Youth Camps

## Day Camp

### Winter and Spring Break Day Camps

6-12yrs

Day Camp Staff

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

#### Winter Break

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

#### Spring Break

Mon-Fri 485999	Mar 18-22 9:00am-3:00pm	\$125/4 day week
Mon-Thu 486002	Mar 25-28 9:00am-3:00pm	\$100/4 day week

## Sports Camp

### Shuttle Badminton Camps

6-18yrs

Richard Le

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

#### Shuttle I/II

Mon-Fri 487250	Mar 18-Mar 22 9:10am-10:40am	\$142.50/5 day week
Mon-Thu 487251	Mar 25-28 9:10am-10:40am	\$114/4 day week

#### Shuttle II/III/IV

Mon-Fri 487240	Mar 18-Mar 22 10:45am-12:15pm	\$142.50/5 day week
Mon-Thu 487241	Mar 25-28 10:45am-12:15pm	\$114/4 day week

## Professional Day Out Trips

### Professional Day - Swimming

9-12yrs

Starla Bayley

Come with your friends or make friends on site. We will be going for a swim in a local pool (location TBD). Please be sure to dress for the weather, pack a lunch, snacks and water bottle. Consent forms will be required before leaving on the day of.

Fri 485694	Feb 16 9:00am-3:00pm	\$20/person
---------------	-------------------------	-------------

## Day Camp Reminders!

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

## Refund Policy

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

## Youth Camps

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

### Leadership Camp at Slocan Hall

9-13yrs

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

Mon-Thu 485712	Mar 18-Mar 22 9:00am-3:00pm	\$125/5 day week
-------------------	--------------------------------	------------------

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

### My First Job - Workplace Preparation

14-18yrs

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

Mon-Thu 485710	Mar 25-28 9:00am-3:00pm	\$250/4 day week
-------------------	----------------------------	------------------



## Dance

### Junior Ballet

5-8yrs

Vancouver Performing Stars

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

Sun	Jan 7-Mar 10	No session Feb 18
483289	12:30pm-1:15pm	\$135/9 sess

### Junior Hip Hop

5-7yrs

Vancouver Performing Stars

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

Sun	Jan 7-Mar 10	No session Feb 18
483290	1:15pm-2:00pm	\$135/9 sess

### DANCEPL3Y Kids

6-8yrs

PL3Y Inc.

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

<b>Free Trial</b>		Pre-registration required
Sat	Jan 6	
485930	10:45am-11:30am	Free
Sat	Jan 13-Mar 16	No session Feb 3, 17
485927	10:45am-11:30am	\$112/8 sess

## Martial Arts

prices do not include tax if applicable

### Karate - Children and Teen

6-18yrs

Alan Chan Karate BC

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

Tue Thu	Jan 2-Mar 28	
487545	6:30pm-7:30pm	\$110.50/26 sess

## Art

### Drawing 101

8-12yrs

TBA Instructor

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

Mon	Jan 15-Mar 11	No session Feb 19
486784	3:30pm-4:30pm	\$112/8 sess

### Watercolour 101

8-12yrs

TBA Instructor

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

Mon	Jan 15-Mar 11	No session Feb 19
486786	4:30pm-5:30pm	\$112/8 sess

### Oil Pastel 101

8-12yrs

TBA Instructor

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

Mon	Jan 15-Mar 11	No session Feb 19
486785	5:30pm-6:30pm	\$112/8 sess



## Baking and Cooking

### Little Chefs

6-12yrs

Naomi McMillan

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

<b>6-8yrs</b>		
Sun	Jan 14-Mar 10	No session Feb 18
487257	9:45am-11:00am	\$80/8 sess

<b>9-12yrs</b>		
Sun	Jan 14-Mar 10	No session Feb 18
487258	11:15am-12:30pm	\$80/8 sess

## Education



### Let's Learn Mandarin

Vicky Hsu

6-12yrs

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

#### Beginner - My Family and I

6-9yrs

Focus on the first step of language communication, such as numbers, greetings, introducing myself and family members etc.

Thu	Jan 11-Mar 14	
486358	3:40pm-4:40pm	\$140/10 sess

#### Intermediate - Birthday and Food

6-12yrs

Learn to tell date and time, food and drink. The goal of this level is to be able to read the calendar, tell time and tell what food they like.

Thu	Jan 11-Mar 14	
486359	4:45pm-5:45pm	\$140/10 sess

#### Intermediate - Location and Direction

6-12yrs

Children explore the names of some objects, location and direction.

Thu	Jan 11-Mar 14	
486360	5:50pm-6:50pm	\$140/10 sess



### ARTex Scratch Coding

ARTex Society

8-10yrs

This course is intended for students with little to no coding experience seeking to gain a comprehensive understanding of programming. Using the visual programming language Scratch, students will learn the essential building blocks of programming and apply their knowledge through captivating lessons, including interactive games and a self-directed final project. The course emphasizes technical skills and develops logical thinking, problem-solving, and factoring abilities. By the end of the course, students will have the basic foundations of coding concepts and have the confidence to create their own programs and further seek advanced coding concepts. Please note this program is taught by high school students.

Sun	Jan 14-Feb 11	
487595	2:00pm-4:00pm	\$30/6 sess

### Red Cross Babysitting Training

11+yrs

First Aid Hero

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

Sun	Mar 24	
485484	9:30am-4:30pm	\$70/person

### Mini Mathletes

6-7yrs

Keanna Mah

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

Sat	Jan 13-Mar 16	No session Feb 3, 17
486687	1:00pm-2:00pm	\$48/8 sess

### Little Bookworms - Reading and Writing

6-7yrs

Keanna Mah

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

Sat	Jan 13-Mar 16	No session Feb 3, 17
486685	12:00pm-1:00pm	\$48/8 sess

### Mathventures - Math

8-10yrs

Keanna Mah

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

Sat	Jan 13-Mar 16	No session Feb 3, 17
486686	2:00pm-3:00pm	\$48/8 sess

### WEDO Robotics

6-12yrs

Tomorrow's Playground

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

Wed	Jan 17-Feb 7	
486247	4:00pm-5:30pm	\$100/4 sess

Wed	Feb 14-Mar 6	
486248	4:00pm-5:30pm	\$100/4 sess



## Music

### Piano - Private Lessons

6+yrs

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

Amanda Tom			
Fri	Jan 12-Mar 8	\$171/9 sess	
487291	4:00pm-4:30pm	487296	6:30pm-7:00pm
487292	4:30pm-5:00pm	487297	7:00pm-7:30pm
487293	5:00pm-5:30pm	487298	7:30pm-8:00pm
487294	5:30pm-6:00pm	487299	8:00pm-8:30pm
487295	6:00pm-6:30pm		

Felix Chan			
Sat	Jan 6-Mar 9	\$190/10 sess	
487300	9:15am-9:45am	487307	1:15pm-1:45pm
487301	9:45am-10:15am	487308	1:45pm-2:15pm
487302	10:15am-10:45am	487309	2:15pm-2:45pm
487303	10:45am-11:15am	487310	2:45pm-3:15pm
487304	11:15am-11:45am	487311	3:15pm-3:45pm
487305	11:45am-12:15pm	487312	3:45pm-4:15pm
487306	12:45pm-1:15pm	487313	4:15pm-4:45pm

Melody Zheng			
Sun	Jan 7-Mar 10	\$190/10 sess	
487314	9:15am-9:45am	487321	1:15pm-1:45pm
487315	9:45am-10:15am	487322	1:45pm-2:15pm
487316	10:15am-10:45am	487323	2:15pm-2:45pm
487317	10:45am-11:15am	487324	2:45pm-3:15pm
487318	11:15am-11:45am	487325	3:15pm-3:45pm
487319	11:45am-12:15pm	487326	3:45pm-4:15pm
487320	12:45pm-1:15pm	487327	4:15pm-4:45pm

### Singing - Private Lessons

9+yrs

Gina Morel

Learn to sing! Enjoy private, one-on-one singing lessons for students of all ages, beginner to advanced, no experience necessary. Learn how to use your voice with healthy vocal techniques and express yourself through singing a wide variety of musical styles including Pop, Classical, Musical Theatre and Opera. RCM examination preparation available.

Tue		Jan 9-Mar 5		\$270/9 sess	
487192	5:00pm-5:30pm	487196	7:10pm-7:40pm		
487193	5:30pm-6:00pm	487197	7:40pm-8:10pm		
487194	6:00pm-6:30pm	487198	8:10pm-8:40pm		
487195	6:30pm-7:00pm	487199	8:40pm-9:10pm		

### Guitar - Private Lessons

7-16yrs

Nadim Kmeid

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

Thu	Jan 11-Mar 14	\$200/10 sess	
487328	3:30pm-4:00pm	487334	6:30pm-7:00pm
487329	4:00pm-4:30pm	487335	7:00pm-7:30pm
487330	4:30pm-5:00pm	487336	7:30pm-8:00pm
487331	5:00pm-5:30pm	487337	8:00pm-8:30pm
487332	5:30pm-6:00pm		

Sun		Jan 7-Mar 10		\$200/10 sess	
487338	9:30am-10:00am	487342	11:30am-12:00pm		
487339	10:00am-10:30am	487343	12:00pm-12:30pm		
487340	10:30am-11:00am	487344	12:30pm-1:00pm		
487341	11:00am-11:30am	487345	1:00pm-1:30pm		

### Violin - Private Lessons

7-12yrs

Shamel Zraik

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

Mon		Jan 8-Mar 11		No session Feb 19 \$171/9 sess	
487346	4:00pm-4:30pm	487349	5:30pm-6:00pm		
487347	4:30pm-5:00pm	487350	6:00pm-6:30pm		
487348	5:00pm-5:30pm	487351	6:30pm-7:00pm		

### Drum - Private Lessons

6-12yrs

Samuel Alexis George Delgado

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

Wed	Jan 10-Mar 13		\$210/14 sess
487401	4:30pm-5:00pm	487405	6:50pm-7:20pm
487402	5:05pm-5:35pm	487406	7:25pm-7:55pm
487403	5:40pm-6:10pm	487407	8:00pm-8:30pm
487404	6:15pm-6:45pm		

## Sports

### Finish Strong Basketball - Skill Development

David Knight

Welcome to Finish Strong Basketball where we believe "It's not how you start, it's how you FINISH!" Our Grassroots Skill development program is dedicated to promoting a healthy environment where players can grow on and off the court. Our programs skills focus on improving youth's basketball skills in dribbling, shooting, passing, and defence as well in other areas of the game, while increasing their self-esteem and self-confidence. We hope to see you on the court! It's not how you start, It's how you FINISH! Please note basketballs can be provided, but it is recommended that participants bring their own basketballs.

9-11yrs

9-11yrs		
Thu	Jan 11-Mar 14	
484858	4:15pm-5:15pm	\$120/10 sess

### Rhythmic Gymnastics

Olympia Rhythmic Gymnastics

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

6-16yrs

6-8yrs		
Sat	Jan 13-Mar 16	
486799	10:00am-11:00am	\$107.50/10 sess

8-16yrs		
Sat	Jan 13-Mar 16	No session Oct 28
486800	11:00am-12:00pm	\$107.50/10 sess

### Indoor Soccer

Vancouver Athletic Football Club

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

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

6-12yrs

6-8yrs		
Wed	Jan 10-Mar 13	
487268	4:50pm-5:50pm	\$100/10 sess
Sat	Jan 13-Mar 16	
487271	1:50pm-2:50pm	\$100/10 sess

9-12yrs		
Wed	Jan 10-Mar 13	
487269	5:55pm-6:55pm	\$100/10 sess
Sat	Jan 13-Mar 16	
487272	2:55pm-3:55pm	\$100/10 sess

### Shuttle Badminton Lessons

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.

6-18yrs

Shuttle I/II		
Set 1		
Sun	Jan 7-Feb 4	
487237	9:45am-10:40am	\$95/5 sess
Sun	Jan 7-Feb 4	
487238	10:45am-11:40am	\$95/5 sess
Tue	Jan 9-Feb 6	
487240	4:00pm-4:55pm	\$95/5 sess
Tue	Jan 9-Feb 6	
487241	5:00pm-5:55pm	\$95/5 sess
Set 2		
Sun	Feb 11-Mar 17	
487243	9:45am-10:40am	\$95/5 sess
Sun	Feb 11-Mar 17	
487244	10:45am-11:40am	\$95/5 sess
Tue	Feb 13-Mar 12	
487246	4:00pm-4:55pm	\$95/5 sess
Tue	Feb 13-Mar 12	
487247	5:00pm-5:55pm	\$95/5 sess
Shuttle II/III/IV		
Set 1		
Sun	Jan 7-Feb 4	
487239	11:45am-12:40pm	\$95/5 sess
Tue	Jan 9-Feb 6	
487242	6:00pm-6:55pm	\$95/5 sess
Set 2		
Sun	Feb 11-Mar 17	
487245	11:45am-12:40pm	\$95/5 sess
Tue	Feb 13-Mar 12	
487248	6:00pm-6:55pm	\$95/5 sess

## Leadership

### Junior Youth Council

10-12yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization over the school year. On top of all this, we will have several workshops and special presentations to ensure you are well informed on personal achievement and social development. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Thu 485696	Jan 11-Mar 14 4:00pm-5:15pm	Free
---------------	--------------------------------	------

### Senior Youth Council

13-17yrs

Starla Bayley

Join the Community Youth Worker and learn how to use your skills to be a leader in your community. You will be tasked with helping to organize your own event, assist with community centre events, and asked to support a philanthropic organization of the councils choosing, over the school year. We will have workshops and guest speakers to ensure everyone is provided the skills they need to excel both academically and socially. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Thu 485695	Jan 11-Mar 14 5:30pm-7:00pm	Free
---------------	--------------------------------	------

## Sports

### Pre-Teen Open Gym

9-12yrs

TBA Instructor

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

Fri 485701	Jan 12-Mar 22 4:05pm-5:05pm	Free with OneCard
---------------	--------------------------------	-------------------

### Open Gym

11-18yrs

TBA Instructor

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

Fri 485704	Jan 12-Mar 22 5:05pm-9:45pm	Free with OneCard
---------------	--------------------------------	-------------------



Renfrew acknowledges the generous contributions of Kids Up Front Canada

...Professional Day Out Trips and Youth Spring Break Camps

see p. 11



# Pre-Teen/Youth

## Social

### Lego Club

Starla Bayley

This is a fun social program where we will build together, solve problems and challenge each other in our building projects. Each week we will be challenged in our building with various tasks to complete. Working on your creative thinking and story telling while building friendships. No prior building skills are required, just a desire to have fun and work with others.

Sat 485705	Jan 20-Feb 10 12:30pm-1:45pm	\$40/4 sess
Sat 485706	Sep 15-Oct 6 12:30pm-1:45pm	\$40/4 sess

8-11yrs

### Games Room

Ruben Anthony

Games room is just for youth on FRIDAYS! You will have access to the internet with our computers, you can play pool, foosball, ping-pong, air-hockey and more. You can also come in and join one of the many activities organized by staff. OneCard scan in will be required with the Youth Worker in the Computer Lab. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Fri 485698	Jan 12-Mar 22 3:00pm-9:30pm	Free with OneCard
---------------	--------------------------------	-------------------

10-18yrs

### Pre-Teen & Teen Social

Jesse W & Shervin Hajami

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 485693	Jan 12-Mar 15 5:30pm-9:30pm	\$100/10 sess
---------------	--------------------------------	---------------

9-14yrs



### QSA

Starla Bayley

QSA group at Renfrew Park is a safe space for youth to be youth. Welcoming staff will provide an open space for young people to connect with their peers and do fun activities from beauty days to games to play. The group will help to develop the list of things to do to ensure activities are engaging. If you have any questions about the program, please email: [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca)

Wed 485713	Jan 10-Mar 13 3:30pm-5:00pm	Free
---------------	--------------------------------	------

13-17yrs



**Check out our weekly programs and activities for 2STGD and 2SLGBTQIA+ folks of all ages.**

[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)



# Games Area and Table Tennis



## Equipment Rental Fee

All Ages

Valid for:

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

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2023-Aug 31, 2024

## Games Area

6+yrs

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

Mon-Thu	3:30pm-9:55pm	Jan 2-Mar 28
Sat	12:00pm-4:55pm	Jan 6-Mar 30
Sun	12:00pm-4:55pm	Jan 7-Mar 31

## 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	Jan 2-Mar 28	
486419	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	Jan 3-Mar 27	No session Feb 19
486421	9:00am-11:45am	Free with Equipment Rental Pass



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

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



Room 110, 2640sq ft, starting at \$45.00/hr



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

## Dance

### Line Dancing for Health and Wellness

55+yrs

*Louisa Ho Pang*

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

Sun	Jan 7-Mar 31	
486732	10:00am-12:00pm	\$26/13 sess \$2.38/drop-in, if space

### Monday Line Dance Group

55+yrs

*Judy Chuk Yee Ng*

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

Mon	Jan 8-Mar 25	No session Feb 19
486791	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	Jan 4-Mar 28	
487190	1:30pm-3:30pm	\$26/13 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 Chinese.

Wed	Jan 3-Mar 27	No session Feb 7, Mar 6
487221	12:30pm-2:30pm	\$22/11 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	Jan 3-Mar 13	
486763	1:15pm-3:15pm	\$22/11 sess

### Ballroom Dance Social

55+yrs

*Siu Lau (Sue Chee) Chong*

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

Mon	Jan 8-Mar 25	No session Feb 19
486735	12:45pm-2:45pm	\$13.64/11 sess \$1.90/drop-in, if space
Thu	Jan 4-Mar 28	
486733	11:15am-1:15pm	\$16.12/13 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, so the dancers follow each other around the dance floor and everyone starts and stops at the same time. Dance to various dance beats like the Cha Cha, Rumba, Tango, Jive, etc.,. Come join this class for fun and fitness. Some dance experience is required and if possible participants should come with a partner (but not required). Classes taught in English and Cantonese.

Thu	Jan 4-Mar 28	
487191	9:15am-11:00am	\$22.75/13 sess \$2.14/drop-in, if space

### Line Dance ABC

19+yrs

*Lisa (Baby) Blair*

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

Tue	Jan 9-Mar 26	
486764	1:30pm-3:30pm	\$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 the Hula Dance can improve strength, flexibility, balance and coordination, even when seated. Exercise both the mind and the body!

Thu	Jan 11-Mar 14	
486729	10:30am-11:30am	\$20/10 sess



## Cooking and Baking

### Quick Breads

19+yrs

Fatima Kheraj

Easy recipes for everyday breakfast, brunch and dinner.

Tue	Jan 16-Jan 30	
487256	1:00pm-2:00pm	\$24/3 sess

### Vegetarian Fast Food

19+yrs

Fatima Kheraj

Delicious vegetarian recipes that are quick and affordable to make.

Tue	Feb 13-27	
487255	1:00pm-2:00pm	\$24/3 sess

### Comfort Foods

19+yrs

Fatima Kheraj

Variety of recipes that taste good and are a pleasure to eat.

Tue	Mar 12-26	
487254	1:00pm-2:00pm	\$24/3 sess

## Community Lunch Program

All Ages

Andy Woolverton

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

Fri	Jan 5-Mar 22		
\$6.75/Adults/Seniors, \$5/Children/Youth			12:00pm-1:00pm
487386	Jan 5	487392	Feb 16
487387	Jan 12	487393	Feb 23
487388	Jan 19	487394	Mar 1
487389	Jan 26	487395	Mar 8
487390	Feb 2	487396	Mar 15
487391	Feb 9	487397	Mar 22

## Seniors Luncheons

### Sweet Heart Luncheon

55+yrs

Fatima Kheraj

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

**Menu:** Roast Chicken, Spanish rice, Green Salad, Sweetheart cupcakes and Strawberries

Wed	Feb 7	
485575	12:00pm-2:00pm	\$12.38/person

### St Patrick's Luncheon

55+yrs

Fatima Kheraj

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

**Menu:** Irish Stew, Colcannon, Irish Soda Bread, Guinness Chocolate Cake

Wed	Mar 6	
485577	12:00pm-2:00pm	\$12.38/person



## Yoga and Pilates

### Hatha Yoga

Hisae McMichael

19+yrs

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

Sat 487444	Jan 6-Feb 10 9:15 am-10:45 am	Adult - \$63/6 sess Senior - \$58.50/6 sess
Sat 487445	Feb 17-Mar 30 9:15 am-10:45 am	Adult - \$73.50/7 sess Senior - \$68.25/6 sess

### Vinyasa Yoga

Kate Nguyen

19+yrs

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

Sun 486715	Jan 7-Feb 11 9:30am-10:30am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 486717	Feb 25-Mar 24 9:30am-10:30am	\$28.75/5 sess \$6.66+tax/drop-in if space
Sun 486716	Jan 7-Feb 11 10:50am-11:50am	\$34.50/6 sess \$6.66+tax/drop-in if space
Sun 486718	Feb 25-Mar 24 10:50am-11:50am	\$28.75/5 sess \$6.66+tax/drop-in if space

### Colour Energy Yoga

Li Na Chow

19+yrs

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

Wed 486720	Jan 10-Feb 14 10:30am-11:30am	\$34.50/6 sess \$6.66+tax/drop-in if space
Wed 486721	Feb 21-Mar 27 10:30am-11:30am	\$34.50/6 sess \$6.66+tax/drop-in if space

### Gentle Yoga Beginner

Bill Mercer

55+yrs

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 487263	Jan 8-Feb 12 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Mon 487264	Feb 26-Mar 25 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 487265	Jan 11-Feb 15 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 487266	Feb 22-Mar 28 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space

### Pilates

Tracey Clark

19+yrs

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 487368	Jan 8-Feb 12 7:15pm-8:15pm	\$72/6 sess \$14.29+tax/drop-in if space.
Mon 487369	Feb 26-Mar 25 7:15 m-8:15pm	\$60/5 sess \$14.29+tax/drop-in if space.

**Aerobics****Hi-Lo Aerobics****19+yrs***Sharon Chan*

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

Tue	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
487610	Jan 2-30	Adult - \$22.50/5 sess Senior - \$13.75/5 sess
487611	Feb 6-27	Adult - \$18/4 sess Senior - \$11/4 sess
487612	Mar 5-12	Adult - \$9/2 sess Senior - \$5.50/2 sess
Thu	9:05am-10:00am	\$5.50/Adult, \$3.25/Senior for drop-in, if space
487613	Jan 4-25	Adult - \$18/4 sess Senior - \$11/4 sess
487614	Feb 1-29	Adult - \$22.50/5 sess Senior - \$13.75/5 sess
487615	Mar 4-14	Adult - \$9/2 sess Senior - \$5.50/2 sess

**Total Fitness Aerobics****40+yrs***Sharon Chan*

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

Fri	9:05am-10:00am	\$5.50/Adult or \$3.25/Senior for drop-in, if space
487616	Jan 5-26	Adult - \$18/4 sess Senior - \$11/4 sess
487617	Feb 2-23	Adult - \$18/4 sess Senior - \$11/4 sess
487618	Mar 1-15	Adult - \$13.50/3 sess Senior - \$8.25/3 sess

**Zumba****Zumba****19+yrs***Roslyn Bauyon*

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

Mon	7:00pm-7:55pm	\$6.50/Adult, \$4/Senior for drop-in, if space
487641	Jan 8-29	Adult - \$21/4 sess Senior - \$12.60/4 sess
487642	Feb 5-16	No session Feb 19 Adult - \$15.75/3 sess Senior - \$9.45/3 sess
487643	Mar 4-25	Adult - \$21/4 sess Senior - \$12.60/4 sess
Wed	9:05am-10:00am	\$6.50/Adult, \$4/Senior for drop-in, if space
487644	Jan 3-31	Adult - \$26.25/5 sess Senior - \$15.75/5 sess
487645	Feb 7-28	Adult - \$21/4 sess Senior - \$12.60/4 sess
487646	Mar 6-13	Adult - \$10.50/2 sess Senior - \$6.30/2 sess
Wed	7:00pm-7:55pm	\$6.50/Adult, \$4/Senior for drop-in, if space
487647	Jan 3-31	Adult - \$26.25 sess Senior - \$15.75/5 sess
487648	Feb 7-28	Adult - \$21/4 sess Senior - \$12.60/4 sess
487649	Mar 6-27	Adult - \$21/4 sess Senior - \$12.60/4 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	\$6.50/Adult, \$4/Senior for drop-in, if space
487638	Jan 8-29	Adult - \$21/4 sess Senior - \$12.60/3 sess
487639	Feb 5-26	No session Feb 19 Adult - \$15.75/3 sess Senior - \$9.45/3 sess
487640	Mar 4-25	Adult - \$21/4 sess Senior - \$12.60/4 sess



## Fitness, Health and Wellness

### Osteofit

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.

55+yrs

Tue 487215	Jan 9-Feb 13 10:00am-10:55am	\$34.50/6 sess \$6.67/drop-in if space
Tue 487216	Feb 20-Mar 26 10:00am-10:55am	\$34.50/6 sess \$6.67/drop-in if space

### Foot Care Clinic

Nancy KF Lee

55+yrs

**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	Jan 12	\$47/30 min sess
487447	12:00pm-12:30pm	487451 2:00pm-2:30pm
487448	12:30pm-1:00pm	487452 2:30pm-3:00pm
487449	1:00pm-1:30pm	487453 3:00pm-3:30pm
487450	1:30pm-2:00pm	487454 3:30pm-4:00pm

Fri	Feb 16	\$47/30 min sess
487455	12:00pm-12:30pm	487459 2:00pm-2:30pm
487456	12:30pm-1:00pm	487460 2:30pm-3:00pm
487457	1:00pm-1:30pm	487462 3:00pm-3:30pm
487458	1:30pm-2:00pm	487463 3:30pm-4:00pm

Fri	Mar 15	\$47/30 min sess
487455	12:00pm-12:30pm	487459 2:00pm-2:30pm
487456	12:30pm-1:00pm	487460 2:30pm-3:00pm
487457	1:00pm-1:30pm	487462 3:00pm-3:30pm
487458	1:30pm-2:00pm	487463 3:30pm-4:00pm

### Hearing Screening

HearingLife

55+yrs

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

Fri	Jan 26	Free
485012	12:30pm-1:00pm	485016 2:00pm-2:30pm
485014	1:00pm-1:30pm	485017 2:30pm-3:00pm
485015	1:30pm-2:00pm	

Fri	Mar 15	Free
485022	12:30pm-1:00pm	485019 2:00pm-2:30pm
485021	1:00pm-1:30pm	485018 2:30pm-3:00pm
485020	1:30pm-2:00pm	

## Martial Arts

### Tai Chi Health and Exercise Group

55+yrs

Eddie K.K. Tang, Benny Lai

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

Mon-Fri 486776	Jan 2-Mar 28 7:30am-9:00am	No session Feb 19 \$24.80/62 sess
-------------------	-------------------------------	--------------------------------------

### Karate - Adult

19+yrs

Alan Chan Karate BC

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

Tue Thu 487544	Jan 2-Mar 28 7:30pm-9:00pm	\$123.50/26 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 486261	Jan 8-Mar 25 1:00pm-2:55pm	No session Feb 19 Adult - \$38.50/11 sess Senior - \$27.50/11 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in if space
Tue 486262	Jan 2-Mar 26 8:00pm-9:55pm	Adult - \$45.50/13 sess Senior - \$32.50/13 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space
Wed 486263	Jan 3-Mar 27 1:00pm-2:55pm	Adult - \$45.50/13 sess Senior - \$32.50/13 sess \$4.29/Adult, \$3.09/Senior +tax/drop-in, if space

### Pickleball

**19+yrs**

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

<b>19+yrs</b>		
Mon 486264	Jan 8-Mar 25 8:00pm-9:55pm	No session Feb 19 Adult - \$42/12 sess Senior - \$27/12 sess \$4.29/Adult, \$2.62/Senior +tax/drop-in, if space
<b>55+yrs</b>		
Tue 486265	Jan 2-Mar 26 1:00pm-2:55pm	\$29.25/13 sess \$2.62+tax/drop-in if space
Thu 486266	Jan 4-Mar 14 10:45am-12:40pm	\$24.75/11 sess \$2.62+tax/drop-in if space
Thu 486267	Jan 4-Mar 28 1:00pm-2:55pm	\$29.25/13 sess \$2.62+tax/drop-in if space

### Basketball

**19+yrs**

Enjoy recreational basketball.

Sun 486268	Jan 3-Mar 27 3:00pm-4:55pm	\$45.50/13 sess \$4.29+tax/drop-in if space
Wed 486269	Jan 7-Mar 31 8:00pm-9:55pm	\$45.50/13 sess \$4.29+tax/drop-in if space

### Foamball Tennis

**55+yrs**

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

Fri 487352	Jan 2-Mar 12 1:00pm-2:55pm	\$11/11 sess \$1.19+tax/drop-in if space
Tue 487353	Jan 5-Mar 22 10:45am-12:40pm	\$12/12 sess \$1.19+tax/drop-in if space

### Carpet Bowling Club

**55+yrs**

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

Tue 425932	Sep 6-Aug 29 11:00am-1:00pm	\$5.71/year
---------------	--------------------------------	-------------

### Badminton Court Rentals

**All Ages**

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

Thu	8:00pm-9:55pm	Jan 4-Mar 28 \$11.90/court
Sun	12:45pm-2:45pm	Jan 7-Mar 31 \$11.90/court

## Art

### Japanese Flower Arranging

55+yrs

Aggie Chan

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

Thu	Jan 11-Feb 1	
480692	2:00pm-4:00pm	\$34/4 sess

### Renfrew Art Group

19+yrs

Yoko Tomita

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

Wed	Jan 10-Feb 21	
487372	10:00am-12:00pm	\$42/7 sess

### Watercolour Paint Night

19+yrs

Chloe Greenberg

Discover the captivating world of watercolour painting in our beginner-friendly workshop, where we'll focus on the beauty of butterflies. No prior experience is needed; this workshop is designed for those taking their first steps into the world of watercolour.

You will be provided with the supplies. Our experienced instructor will guide you through each step, from selecting your colour palette to adding details.

Mon	Mar 11	
486787	6:30pm-9:30pm	\$50/person

## Social

### Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue	Jan 9-Mar 26	Pre-registration required
487185	11:00am-12:00pm	Free with OneCard

### Book Club

55+yrs

Jennifer Radford

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

Tue	Jan 9, Feb 13, Mar 12	Pre-registration is required
486795	12:00pm-1:30pm	Free with OneCard

### Chinese Social Group in Cantonese

55+yrs

Albert Lee

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

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

## Computers and Technology

### Introduction to Mobile Technology

55+yrs

Mary Leung

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

Classes taught in Cantonese/Mandarin		
Sat	Jan 20	
487596	9:30am-11:00am	\$5/person
Classes taught in English		
Sat	Jan 20	
487597	11:15am-12:45pm	\$5/person

### Introduction to Google Drive for Android Devices

55+yrs

Mary Leung

Bring your own device (mobile devices, tablets or PCs) to learn to upload, download and share in Google Drive.

#### For Android Devices:

Classes taught in Cantonese/Mandarin		
Sat	Jan 27-Feb 24	No session Feb 10, 17
487600	9:30am-11:00am	\$15/3 sess
Classes taught in English		
Sat	Jan 27-Feb 24	No session Feb 10, 17
487601	11:15am-12:45pm	\$15/3 sess

### Introduction to iCloud Drive for Apple Devices

Learn and manage iCloud from your Apple devices.

#### For Apple Devices:

Classes taught in Cantonese/Mandarin		
Sat	Mar 2-16	
487598	9:30am-11:00am	\$15/3 sess
Classes taught in English		
Sat	Mar 2-16	
487599	11:15am-12:45pm	\$15/3 sess

## Music and Singing

### Karaoke

55+yrs

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

In Chinese:		Siu Lau (Sue Chee) Chong
Fri	Jan 5-Mar 15	
486736	12:15 pm-2:45 pm	\$5.50/11 sess
In English:		No session Feb 19
Mon	Jan 8-Mar 11	Dawn Chaplin
487415	12:00pm-2:00pm	\$4.50/9 sess

...Singing Lessons  
see page 15





## Workshops

Pre-registration required for free workshops

### Hearing Health

55+ yrs

*COSCO Seniors Health And Wellness Institute Society*

Join our Hearing Health Workshop and embark on a journey to better hearing. Discover the importance of maintaining your auditory well-being. Learn about the latest advancements in hearing technology and techniques to protect your hearing. Our experts at COSCO will provide invaluable insights and resources to ensure you live your life to the fullest.

Fri	Jan 12	
483356	10:00am-12:00pm	Free

### Hip and Knee Exercises

55+ yrs

*Vancouver OASIS*

Get back on your feet with OASIS's Hip and Knee Workshop. Seniors, join us to learn a variety of knee and hip exercises that promote strength, flexibility, and mobility. Stay active and maintain your independence with our expert guidance.

Fri	Feb 16	
483342	10:00am-12:00pm	Free

### Pain Management

55+ yrs

*Vancouver OASIS*

Discover a pain-free life with OASIS's Workshop. Seniors, join us to learn effective techniques and strategies for managing pain, enhancing your quality of life. Expert guidance and peer support will empower you to live comfortably and enjoy each day to the fullest.

Fri	Jan 19	
483341	9:15am-11:45am	Free

### Fire Safety

55+ yrs

Fri	Mar 1	
478217	10:00am-12:00pm	Free

### Pedestrian Safety

55+ yrs

*COSCO Seniors Health And Wellness Institute Society*

In COSCO's Navigating Pedestrian Safety program, we walk you through the essentials of staying safe while walking. From road rules to awareness techniques, gain the knowledge to navigate streets confidently. Join us on a journey towards safer, more secure pedestrian experiences.

Fri	Mar 8	
483361	10:00 am-12:00 pm	Free

### Staying Connected

55+ yrs

*Seniors First BC*

This interactive presentation introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

Fri	Jan 26	
478216	10:00am-12:00pm	Free

### Beverages Workshop

55+ yrs

*Vancouver OASIS*

Explore the health risks and benefits of various beverages. OASIS is here to help you make informed choices and stay refreshed while enhancing their well-being. Sip, learn, and thrive!

Fri	Mar 15	
483344	10:00am-12:00pm	Free

### Navigating the Health Care System

55+ yrs

*COSCO Seniors Health And Wellness Institute Society*

In COSCO's Navigating Healthcare System program, we empower you with the knowledge and skills to confidently navigate the complex healthcare landscape. Learn how to access services, make informed decisions, and advocate for your health. Let COSCO be your guide to better healthcare experiences.

Fri	Feb 9	
483358	10:00am-12:00pm	Free

**...have a skill you want to share?**go to our website: [www.renfrewcc.com](http://www.renfrewcc.com) and submit a program proposal!

## Fitness Centre Hours of Operation

January 2 - March 31

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

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

See page 29 for special hours of operation

## Fitness Centre Admission Fees

all fees subject to change without notice

GST not included

	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
<b>Adult</b> 19-64yrs	\$6.99	\$61.51	\$53.83	\$145.34	\$465.09
<b>Senior</b> 65+yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Youth</b> 13-18yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56

## Fitness Centre Orientations

13+yrs

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

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

## General Information

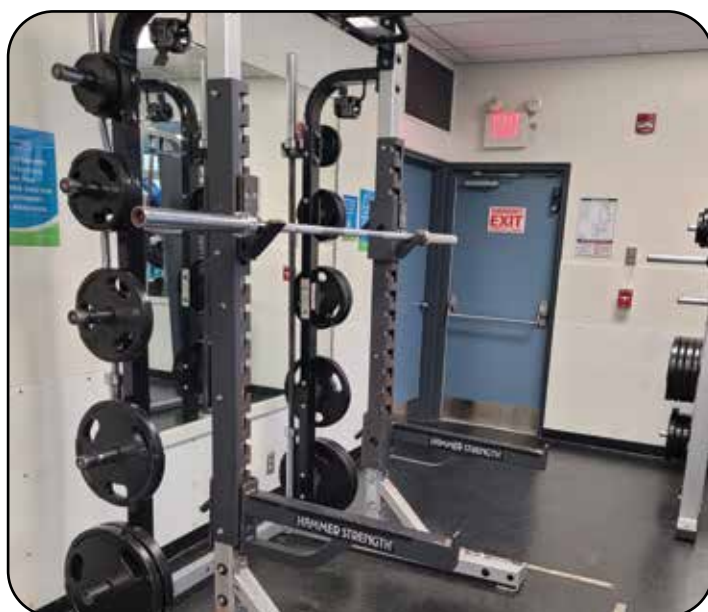


When visiting the fitness centre, please bring your own lock, towel and plastic water bottle (water only). Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.



## Fitness Centre Equipment

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





# Swimming Pool

## Pool and Fitness Hours of Operation

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

### Swimming Pool

January 8 - March 17

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

### Fitness Centre

January 8 - March 17

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

### Pool and Fitness Holiday and Special Hours

Monday January 1..... Closed  
Monday February 19..... 1:00pm-5:00pm

**Note:** Hours are subject to change

## OneCard

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

## Leisure Access Policy

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

## Flexipass Information

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



## Swimming Lesson Registration

**Note:** Swimming Lesson Registration begins on  
**Tuesday, December 19 @ 7:00pm**

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

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

### Vancouver Park Board Online Registration and Reservation System

How to Register On-line:

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

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

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

Never registered online before?

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

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

Classes are subject to cancellation if not enough enrollment.

## Refunds

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





# Swimming Pool

## Winter 2024 Swimming Lesson Information

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



Swimming Lesson Registration begins on: **Tuesday December 19 at 7:00pm**

	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
<b>Set 1</b>	Jan 8 - Feb 7 10 lessons	Jan 9 - Feb 8 10 lessons	Jan 12 - Mar 15 10 lessons	Jan 13 - Mar 16 9 lessons No lesson Feb 17	Jan 14 - Mar 17 9 lessons No lesson Feb 17
<b>Set 2</b>	Feb 12-Mar 13 9 lessons No lesson Feb 19	Feb 13 - Mar 14 10 lessons			

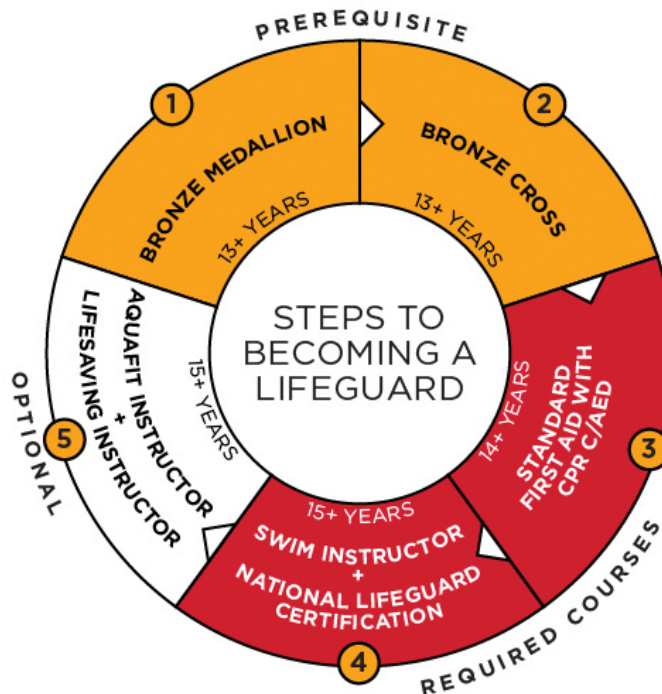
### Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 3 (30 mins)	Swimmer 4-6 (45 mins)	Swimmer 7-9 (60 mins)	Adults (45 mins)
9	\$72.79	\$63.88	\$72.70	\$123.46	\$114.64
10	\$80.40	\$70.50	\$80.30	\$136.70	\$126.90

## Vancouver Aquatics Academy



Scan here for more information about becoming a lifeguard



# Swimming Pool

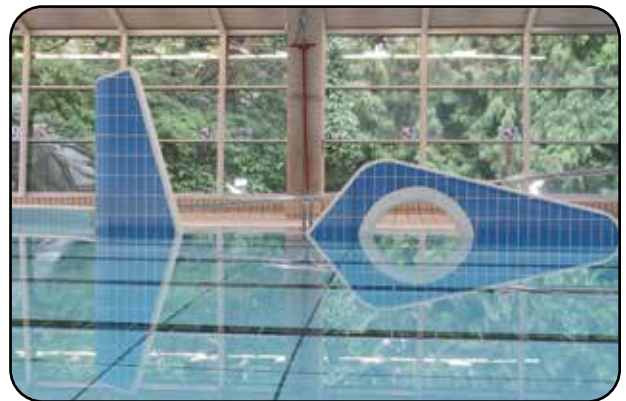
## Swim For Life Class Conversions

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



SCAN ME

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



## Private Lessons

All Ages

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

Under 14yrs	First person	\$34.32/lesson
	Semi-private add on	\$11.82/lesson
14yrs and older	First person	\$34.32+GST/lesson
	Semi-private add on	\$11.82+GST/lesson

## Specialty Aquatics Courses

All Ages

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

Adaptive lessons will be offered (number of adaptive lessons subject to change)

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

# Swimming Pool Schedule

January 8 - March 17

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

Session Descriptions	
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.
Aquafit (Mod) Registered Program	Aquafit (Moderate intensity) is a pre-registered program. The majority of aquafit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. <b>Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start. Wristbands are required to be worn when participating in class</b>

Pool Admission Fees					
all fees subject to change without notice				GST not included	
	Drop In	10 Visit Pass	Flexi Passes		
			1 Month	3 Month	12 Month
<b>Adult</b> 19-64yrs	\$6.99	\$61.51	\$53.83	\$145.34	\$465.09
<b>Senior</b> 65+yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Youth</b> 13-18yrs	\$4.89	\$43.06	\$37.68	\$101.74	\$325.56
<b>Children</b> 5-12yrs	\$3.50	\$30.76	\$26.92	\$72.67	\$232.55
<b>Preschool</b> (0-4yrs)	FREE				
<b>Family</b>	at child rate	Minimum 2 people. \$3.50/person, minimum \$7.00 Valid for 1-2 adults of same household and their children (3-12 years) or youth (13-18 years)			
<b>Admission Policy</b>	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				

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