

Renfrew Park

Recreation Guide

Spring 2026

Community Centre

Swimming Pool

Fitness Centre

Spring 2026 Registration Dates

Community Centre

Online/In Person

Sun Mar 15, 9:00am

Phone In

Sun Mar 15, 10:00am

Swimming Pool

Online/In Person/Phone In

Tue Mar 17, 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

Centre Hours of Operation

Centre Office March 30-June 28

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

Community Centre March 30-June 28

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

Community Centre Holiday and Special Hours

Friday April 3 Closed
 Monday April 6 Closed
 Monday May 18 Closed

Please see **page 30** for Pool and Fitness Holiday and Special Hours



Contact Information

Address

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

Phone

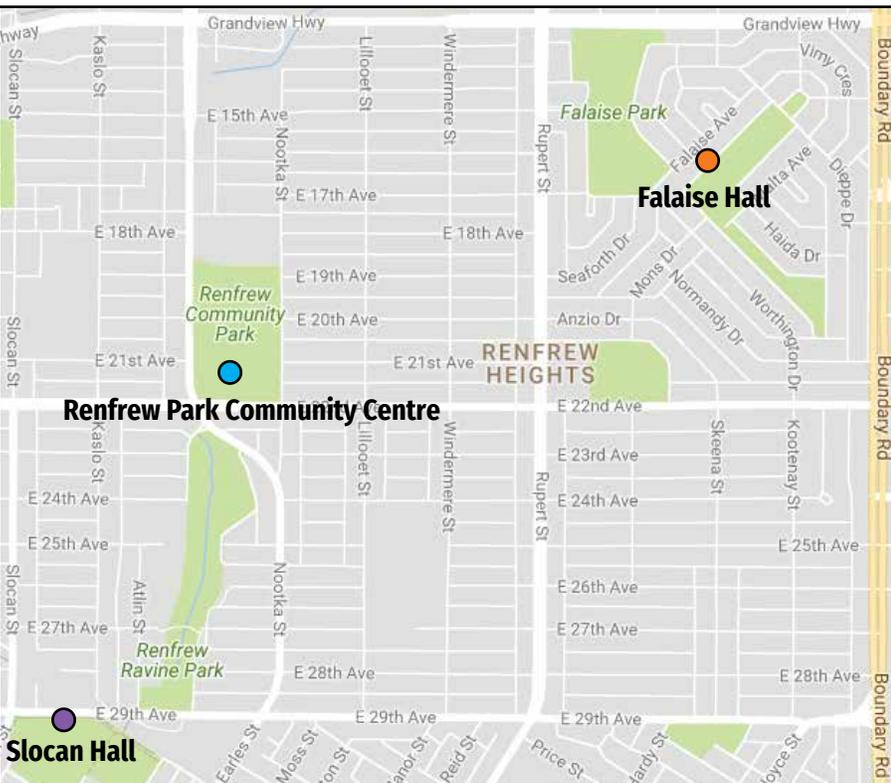
Centre Office (604) 257-8388 ext 1
 Fax (604) 257-8392

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

Andy Teoh Community Recreation Supervisor
 Nick Fong Recreation Programmer
 Bradley Kuong Pool Programmer
 Starla Bayley Community Youth Worker
 TJ Elias Program Assistant III - Seniors
 Marni McMullen, Kieran Sherestan Program Assistant III
 Monica Kochhar Recreation Facility Clerk
 Nina Jones Head Cashier
 Elizabeth Casaclang Child Care Manager



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

Table of Contents

Centre Information

Hours of Operation & Contact Info 2
 Registration Information 3
 Community Association Information 4, 5
 Program Highlights 6, 7, 8
 Licensed Preschool 11
 Preschool Programs 9, 10
 Birthday Parties 8
 Licensed Out of School Care 11
 Children & Youth Programs 12-18
 Games Area and Table Tennis 19
 Room Rentals 19
 Adult & Senior Programs 20-28
 Senior Luncheons and Special Events 6
 Workshops 27

Fitness Centre Information

Fitness Programs & Schedule 29

Pool Information

Registration Information 30
 Swimming Lessons & Information 31
 Swimming Schedule 32

3 Easy Ways to Register...

Online

Starts **Sunday, March 15 at 9:00am**



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

In Person

Starts **Sunday, March 15 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, March 15 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.

Payment Methods

Online/Phone In



In Person



Cheques made payable to **City of Vancouver**
Please note \$35 charge for NSF cheques.

Personal Information Protection

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

...connect with us on Social Media!

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

twitter.com/renfrewparkcc

[instagram.com/renfrewparkcc](https://www.instagram.com/renfrewparkcc)



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

Registration Policy

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

Cancellation, Transfers and Refunds

- Requests must be made through the Renfrew Park Community Centre office during our hours of operation.
- Please see page 2 for centre hours of operation.
- If paid by credit card, it can be credited back to the original credit card.
- If paid by debit card, you will be required to bring in your debit card to receive your refund.
- If paid by cash or cheque, refund can be issued back by cheque.
- Alternatively, a pro-rated credit for the remaining class(es) may be transferred to your registration account for future program registration use.
- All refunds are subject to an administration fee (fees vary based on program, see below).
For medical reasons:
- Please inform the office as soon as possible and a one time exception may be possible. Dated medical notes may also be required.

Programs

Notice given prior to the program start date

- A \$5 administration fee, per person, per program will be charged

Notice given on or after the program start date and prior to third class

- A \$5 administration fee, per person, per program will be charged
- A pro-rated refund will be given as of the date of notification, regardless of class start time.
- Withdraw/refund requests must be made no later than 2 days prior to the third class. After this time, withdraw/refund requests will not be accepted.

1 to 3 Session Activities/Workshops

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 days prior to the start of the activity. After this time, withdraw/refund requests will not be accepted.
- Badminton Court Rental refunds see p. 28.

Weekly Camp & Licensed Preschool Camp Programs

- All requests are subject to \$15 administration fee per person, per week.
- Withdraw/refund requests must be made no later than 14 days prior to the start date of each camp. After this time, withdraw/refund requests will not be accepted.

Bus Trips/Special Luncheons

- A \$5 administration fee, per person, per program will be charged
- Withdraw/refund requests must be made no later than 14 business days prior to the start date. After this time, withdraw/refund requests will not be accepted.

Special Events/Community Lunch Program

- Withdraw/refund requests made at least 3 days prior to the date of the event will be eligible for a 50% refund.
- After this time, withdraw/refund requests will not be accepted.

Birthday Parties

- Notice given 3 weeks prior to party date: \$25 administration fee applied.
- Notice given less than 3 weeks prior to the party date: \$50 administration fee applied.
- Notice given less than 1 week prior to party date: no refund will be provided.

Room Rentals and Licensed Child Care

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

Renfrew Park Community Association (RPCA)



RPCA Board of Directors

2025-2026

President Anthony Mehnert
 1st Vice President Paul Cheng
 2nd Vice President Sari Lundberg
 Treasurer Chris Bayliss
 Secretary Judy Egerton
 Past President Albert Lee
 Members at Large Barbara Leung, Henry Lee, Julianne Liang,
 Fay Lin, David Ng, Emily Tsang, Kepler Rotheisler, 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: board@renfrewcc.com

President's Message

As a new season unfolds, it brings with it renewed energy, fresh opportunities, and a chance to reconnect with one another. At Renfrew Park Community Centre, we are proud to be a place where neighbours become friends and ideas grow into meaningful experiences. From engaging workshops and wellness programs to family friendly celebrations and special community events, there are many highlights to look forward to in the months ahead. Here are some events to look forward to:

- Easter Eggstravaganza April 4
- City-wide Children's Day Camp Registration April 8
- Preschool Open House April 20
- Spring Fling Seniors Luncheon April 22
- Youth Week Events from May 1-7
- Seniors Week June Events Jun 1, Jun 3
- Renfrew Ravine Guided Walk June 7
- Strawberry Teachings and Celebration June 17

This season's programs and events have been thoughtfully designed to inspire learning, spark creativity, and strengthen connections that make our community so special.

Whether you are joining us for the first time or returning as a familiar face, we look forward to welcoming you and sharing in another vibrant season together.

For ongoing updates, please see our new digital readerboard located on 22nd Avenue

Warmest regards,

Anthony Mehnert, Renfrew Park Community Association President
board@renfrewcc.com

RPCA Memberships

September 1, 2025-August 31, 2026

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 and sports equipment rental, please register for the Equipment Rental Fee (info **p.19**).

RPCA Affiliated Groups

Aikido Club	Wolfgang vancouveraikikai.com
Happy Corner Preschool	Nikki happycorner.ca
Judo Club	Frank nakashimadojo.blogspot.com
Still Moon Arts	Carmen https://stillmoonarts.ca/

...did you know

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

Renfrew Park Community Association (RPCA)

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 our stellar events
- **Running for a position on the Board of Directors**

For more info email us at 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.



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.

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.



YOUR RENFREW LIBRARY

Renfrew Branch
Phone 604.257.8705

Discover more
at VPL.ca

VPL VANCOUVER
PUBLIC
LIBRARY

Programs Highlights

EASTER EGGSTRAVAGANZA

SAT. APRIL 4TH

12-3PM

Event space will be available for a drop in if space permits. Egg hunt will occur in room 110 at your designated time slot. Event space will be open from 12-3pm. There will be face painting, crafts, games and our famous Egg Hunt. Come and enjoy the entire event. Children less than 8yrs must be accompanied by an adult. Limited number of tickets available. Please enjoy the event space before or after the event!

12:15PM-12:45PM - #592534

1:00PM-1:30PM - #592535

1:45PM-2:15PM - #592536

2:30PM-3:00PM - #592537

\$7/participating child
(Ages 10 and under)



RENFREW PARK PRESCHOOL



APRIL 20, 2026 4PM TO 8PM

RENFREW PARK COMMUNITY CENTRE
2929 EAST 22ND AVENUE, VANCOUVER, BC
ROOMS 011 AND 010



- LICENSED PRESCHOOL, PLAY BASED CURRICULUM
- COME VISIT OUR CLASSROOMS
- MEET OUR TEACHERS
- BRING YOUR CHILD AND YOUR QUESTIONS
- ACTIVITIES WILL BE SET UP FOR CHILDREN

For more information, please contact
childcaremanager@renfrewcc.com/604-654-0793

Spring Fling

SENIORS LUNCHEON
55+YRS

Celebrate the vibrant, joyful spirit of spring with both familiar faces and new friends! Join us for a delightful afternoon featuring a delicious lunch, lively entertainment, and everyone's favorite—exciting door prizes!

Menu

Starter

Red Pepper Prawn Bisque

Main Course

Fried Chicken

Side Dishes

Red Potato Arugula Salad and Spring Vegetables

Dessert

Banoffee Pie and Fruit Salad

Wed Apr 15

\$15.00

Noon-2:30

#613897

CELEBRATE B.C. SENIORS WEEK

Pelvic Floor
Health Workshop
Mon Jun 1 - Free
5:45 - 7:15PM
#615708

Coffee and
Games Social
Wed Jun 3 - Free
9:30 - 11:30AM
#613890

55+yrs

55+yrs



SUMMER DAY CAMP:

Registration Updates

Starting in 2026, all Vancouver community centres will share one city-wide registration date. There will no longer be separate dates for each centre.

For Summer 2026, registration opens:

Online and In-person: Wednesday April 8th @ 7pm

By Phone: Thursday April 9th @ 10am

See page 17 for more details on Renfrew's Day Camps

TIP: MAKE SURE YOUR ACTIVENET ACCOUNT IS UP TO DATE BEFORE REGISTRATION DAY



Renfrew Youth Week Activity

Starla Bayley

12-17yrs

Sr. Youth Council will be hosting a Youth Week activity - yet to be determined. Please keep your eye posted on Renfrew's Website
Additional questions can be emailed to starla.bayley@vancouver.ca

Sat May 9
611287 6:00pm-8:00pm

Free

Renfrew Ravine: Walking and Talking with Kanatlio

Join us for a guided Renfrew Ravine walk with Kanatlio. Learn about traditional Indigenous uses of the natural plants that surround us, and ways to safely and sustainably engage with them. Enjoy light refreshments prepared with Indigenous plants and ingredients as we experience the beauty and history of the Renfrew Ravine. Children under the age of 18 must be accompanied by an adult.



Sun Jun 7 10:30am-12:30pm #614414
Free - Pre-registration is required

Strawberry Teachings: Cooking and Conversation with Kanatlio

Come and explore the medicinal and symbolic significance of wild strawberries, also known as "heart berries" in Indigenous Culture. Enjoy this versatile berry in traditional Indigenous ways, as well as more familiar applications.



Wed Jun 17 1:00pm-3:00pm #614419
Free - Pre-registration is required

Renfrew Park Chinese Seniors Social Group 30th Anniversary

The Renfrew Chinese Seniors Social Group has been an integral part of the neighbourhood for 30 years. They began as an outreach program through SUCCESS and have now grown to over 2100 total members, and over 200 active members. They meet weekly at Renfrew Park Community Centre in room 110 on Fridays.

The program is supported through affordable program fees, government grants and Renfrew Park Community Association. The group provides various activities during their weekly gatherings (Karaoke, Table Games, Social Celebrations, Guest Speakers, Arts and Crafts etc.) in addition to their large seasonal gatherings to celebrate major events throughout the year. We acknowledge their amazing contributions and long lasting impact to the community.



Programs Highlights

Worm Composting Workshop



Learn how to reduce both your organic household and cardboard waste by starting a worm composting bin! Worm bins are a fantastic way to introduce composting in your life if you live in a small home, apartment and just cannot commit to a large backyard compost bin. Any healthy worm bins can be placed indoors and outdoors, with no odor, little commitment and turns your household waste into nutritious fertilizer.

Participants will assemble and take home their own worm bin, including:

- Information pamphlet
- Bedding
- Batch of red wiggler worms
- Worm bin (68L Rubbermaid bin and tray)

Limited spots are available for this workshop. Please register in advance
Mon Apr 20 - 5:00 PM - 7:30PM
#617633

\$15 session
19+yrs

Up to two all ages guests may accompany one age 19+ registrant

BIRTHDAY PARTIES

RECOMMENDED FOR CHILDREN AGED 0-7

BASIC PARTY PACKAGE (2 LEADERS) - \$200

PARTY ADD ONS:

ENTERTAINER - \$90

BOUNCY CASTLE - \$95

FULL PACKAGE COMBO - \$365



SATURDAY OR SUNDAY

2:00PM-4:00PM

REGISTRATION:

ONLINE (WWW.VANREC.CA)

OR IN PERSON

TECHNICAL SAFETY BC LICENSE NUMBER: LAM0207577

Dance

1st Jazz and Dance Sing Musical Theatre

3-5yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No previous experience required. Learned skills showcasing will be announced throughout the course.

Mon 617315	Apr 13-Jun 15 9:30am-10:15am	No session May 18 \$139.50/9 sess
---------------	---------------------------------	--------------------------------------

1st Ballet Time

3-5yrs

Illuma Studios

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. No previous experience required. All genders preferred dress code: ballet attire (bodysuit, white leggings / black tights, ballet flats); hair: short, ballet bun or ponytail. Otherwise, comfortable tight top and bottom (legging / tights / yoga shorts) to allow for posture correction; and socks.

Mon 617314	Apr 13-Jun 15 10:15am-11:00am	No session May 18 \$139.50/9 sess
---------------	----------------------------------	--------------------------------------

1st Tumble, Flex and Dance

3-5yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. Learned skills will be arranged into a dance routine so that students can showcase their acro skills! No previous experience required.

Mon 617316	Apr 13-Jun 15 11:00am-11:45am	No session May 18 \$139.50/9 sess
---------------	----------------------------------	--------------------------------------

Sun 617324	Apr 12-Jun 21 2:00pm-2:45pm	\$170.50/11 sess
---------------	--------------------------------	------------------

1st Urban Dance Hip Hop

3-5yrs

Illuma Studios

Learn Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Mon 617317	Apr 13-Jun 15 11:45am-12:30pm	No session May 18 \$139.50/9 sess
---------------	----------------------------------	--------------------------------------

Dance-A-Story

3-5yrs

Vancouver Performing Stars

In this enchanted class for preschoolers, dancers will learn graceful movements and dance steps inspired by the stories they know and love. VPS Instructors will keep the magic flowing through movement, storytime, and creative play. Dancers will build coordination through playful dance games, and work together to create an end-of-term performance for parents. Bring your costumes and get ready to shine! Students must be able to attend class on their own. Visit performingstars.ca for more information.

Sun 612716	Apr 12-Jun 14 10:00am-10:45am	No session May 17 \$153/9 sess
---------------	----------------------------------	-----------------------------------

Mini Hip Hop

3-5yrs

Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! For more details, visit www.performingstars.ca.

Sun 612717	Apr 12-Jun 14 10:45am-11:30am	No session May 17 \$153/9 sess
---------------	----------------------------------	-----------------------------------

Mini Ballet

3-5yrs

Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information.

Sun 612718	Apr 12-Jun 14 11:30am-12:15pm	No session May 17 \$153/9 sess
---------------	----------------------------------	-----------------------------------

Preschool



Music

Kelly Kirby - Preschool Piano

4.5-5yrs

Cindy Leung

Using the Kelly Kirby Method, the Musical Family is introduced. Maximum 4 children/group class. Private lessons for 1 child and their caregiver. Kelly Kirby workbook is \$25 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	Apr 12-Jun 21	No session May 17
613685	2:30pm-3:15pm	\$115/10 sess

Kelly Kirby II

Sun	Apr 12-Jun 21	Pre-Req: Kelly Kirby I
613683	1:45pm-2:30pm	No session May 17
		\$115/10 sess

Kelly Kirby III

Sun	Apr 12-Jun 21	Pre-Req: Kelly Kirby II
613684	1:00pm-1:45pm	No session May 17
		\$115/10 sess

Sun	Apr 12-Jun 21	No session May 17
613686	3:15pm-3:45pm	\$115/10 sess

Kelly Kirby Private Lessons

Sun	Apr 12-Jun 21	No session May 17
613687	3:45pm-4:05pm	\$135/10 sess

Sun	Apr 12-Jun 21	No session May 17
613688	4:05pm-4:25pm	\$135/10 sess

Sun	Apr 12-Jun 21	No session May 17
613689	4:25pm-4:45pm	\$135/10 sess

Education

Giggle and Grow Cantonese Adventures

3-5yrs

Kathy Leung

Embark on a captivating linguistic journey with Giggle & Grow Cantonese Adventures! Our program is designed to guide children through the enchanting world of Cantonese language acquisition, skillfully blending play and education at every turn. Led by experienced educators, we venture beyond conventional methods, offering enchanting storytelling and game sessions that spark young imaginations. With hands-on crafting and traditional Chinese writing activities reinforcing language concepts, our curriculum ensures a positive and enjoyable learning experience for your little ones! Please note that materials fees are non-refundable after the child's first class.

Sun	Apr 12-Jun 21	No session May 17
613690	10:00am-11:00am	\$200/10 sess

Sun	Apr 12-Jun 21	No session May 17
613691	11:15am-12:15pm	\$200/10 sess

123, ABCs - Phonics & Math

4-6yrs

Olivia Lee

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

Sat	Apr 11-Jun 20	No session May 16
617307	9:15am-10:00am	\$60/10 sess

Sat	Apr 11-Jun 20	No session May 16
617308	10:00am-10:45am	\$60/10 sess

Sat	Apr 11-Jun 20	No session May 16
617309	10:45am-11:30am	\$60/10 sess

Sports

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	Apr 11-Jun 20	No session May 16
615788	9:15am-10:00am	\$105/10 sess

Indoor Soccer

4-6yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development, for both new and experienced players ages 4 to 6 years. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

Wed	Apr 8-Jun 17	
613613	4:00pm-4:45pm	\$132/11 sess

Sat	Apr 11-Jun 20	
613616	1:40pm-2:25pm	\$132/11 sess

Licensed Preschool 2026-2027



Our program fosters independence, self-help skills, cooperation, and positive social interactions. Each day is a learning experience, with structured and non-structured activities to prepare children for elementary school.

Activities include free play (sand and water play, playdough, dress-up, puzzles, manipulatives), arts & crafts, circle/story time, and physical activities (neighborhood walks, trail walks, playground time).

We provide an environment for optimal social, emotional, physical, and intellectual development for children aged 3-5 years. Children must be toilet trained and of age during the registration month.

Visit www.renfrewcc.com for more information

Program Details: The following prices are for September 2026-June 2027.

# days	Days of the Week	Time	Monthly Fee
2 days	Tue/Thu	8:30am-11:00am	\$84.40/month
2 days	Tue/Thu	12:00pm-2:30pm	\$84.40/month
3 days	Mon/Wed/Fri	8:30am-11:00am	\$126.60/month
3 days	Mon/Wed/Fri	12:00pm-2:30pm	\$126.60/month
5 days	Mon-Fri	8:30am-11:00am	\$211.00/month
5 days	Mon-Fri	12:00pm-2:30pm	\$211.00/month

**Monthly fees are subject to change; Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

To be put on our waitlist: please register in activity #578808 or contact: childcaremanager@renfrewcc.com

For more information:
Phone: 604-257-8391, or Email: renfrew.preschool@vancouver.ca

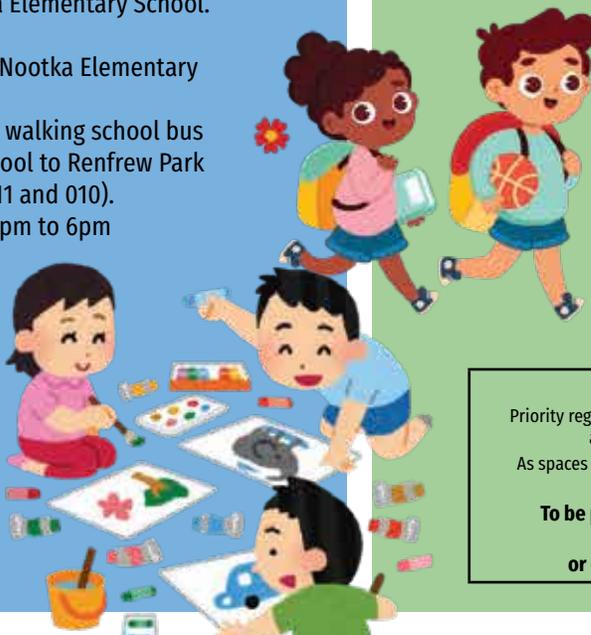
Licensed Out of School Care 2026-2027

Renfrew Park Community Association is excited to offer a Licensed Out of School Care program. Our Licensed Out of School Care program offers After School Care for children 5 to 12 years old for children attending Nootka Elementary School.

- Children are picked up from Nootka Elementary School at 3pm
- Children will be walked via a walking school bus from Nootka Elementary School to Renfrew Park Community Centre (rooms 011 and 010).
- Hours are Mon to Fri, from 3pm to 6pm
- Operates September 2026 to June 2027
- Monthly fees:
 - \$354.65 (Grade 1-7)
 - \$252.15 (Kindergarten)

**Monthly Fees are subject to change; c Pricing is made possible by Government of BC's Child Care Fee Reduction initiative*

Visit www.renfrewcc.com for more information



Our program offers a variety of activities, including:

- Outdoor play and nature walks
- Free play, exploration, and structured activities
- Individual and small group activities
- Active and quiet time

For more information:
Phone: 604-257-8391, or
Email: outofschoolcare@renfrewcc.com

Our Program is currently FULL.
Priority registration is given to siblings enrolled in Out of School Care as well as to children enrolled in our Preschool.
As spaces become available, we will contact families on our waitlist

To be put on the waitlist, please visit www.vanrec.ca, register in activity #517787 or contact: childcaremanager@renfrewcc.com

Dance

1-Active Ballet Time with Strength and Stretch 6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

6-9yrs

Sun	Apr 12-Jun 21	
617327	2:00pm-3:00pm	\$184.25/11 sess

10-14yrs

Sun	Apr 12-Jun 21	
617328	3:00pm-4:00pm	\$184.25/11 sess

1-Active Dance Sing Musical Theatre 6-12yrs

Illuma Studios

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required.

Sun	Apr 12-Jun 21	
617323	1:00pm-2:00pm	\$184.25/11 sess

Fri	Apr 10-Jun 19	
617318	4:45pm-5:45pm	\$184.25/11 sess

1-Active Tumble, Flex and Dance 6-12yrs

Illuma Studios

Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility and stand tall with confidence. No previous experience required.

6-9yrs

Sun	Apr 12-Jun 21	
617325	3:00pm-4:00pm	\$184.25/11 sess

10-14yrs

Sun	Apr 12-Jun 21	
617326	4:00pm-5:00pm	\$184.25/11 sess

Asian Pop/KPOP/Jazz Funk/Hip Hop Sampler 6-17yrs

Illuma Studio

Sampling from Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes!

6-9yrs

Fri	Apr 10-Jun 19	
617319	5:45pm-6:45pm	\$184.25/11 sess

10-17yrs

Fri	Apr 10-Jun 19	
617320	6:45pm-7:45pm	\$184.25/11 sess

Afrobeats / Hip Hop / KPop 6-12yrs

- Spanish Bilingual

Illuma Studio

Learn a variety of dance such as KPOP, Hip Hop, Locking, Popping, Street Dance and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! Class will be taught in Spanish and English. Beginners welcome; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced throughout the course.

Sun	Apr 12-Jun 21	
617329	4:00pm-5:00pm	\$184.25/11 sess

Junior Ballet 5-7yrs

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information.

Sun	Apr 12-Jun 14	No session May 17
612719	12:15pm-1:00pm	\$153/9 sess

Junior Hip Hop 5-7yrs

Vancouver Performing Stars

Show off your style! In this fun and energetic hip hop class, dancers will level up their skills while learning creative choreography set to their favorite beats. Your child will build coordination, flexibility, confidence, and a love for dance - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca.

Sun	Apr 12-Jun 14	No session May 17
612720	1:00pm-1:45pm	\$153/9 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.

Fiona Wen		Apr 10-Jun 26		\$228/12 sess	
616758	4:00pm-4:30pm	616763	6:30pm-7:00pm		
616759	4:30pm-5:00pm	616764	7:00pm-7:30pm		
616760	5:00pm-5:30pm	616765	7:30pm-8:00pm		
616761	5:30pm-6:00pm	616766	8:00pm-8:30pm		
616762	6:00pm-6:30pm	616795	8:30pm-9:00pm		
Jacqueline Li		Apr 11-Jun 27		\$228/12 sess	
616767	9:15am-9:45am	616774	1:15pm-1:45pm		
616768	9:45am-10:15am	616775	1:45pm-2:15pm		
616769	10:15am-10:45am	616776	2:15pm-2:45pm		
616770	10:45am-11:15am	616777	2:45pm-3:15pm		
616771	11:15am-11:45am	616778	3:15pm-3:45pm		
616772	11:45am-12:15pm	616779	3:45pm-4:15pm		
616773	12:45pm-1:15pm	616780	4:15pm-4:45pm		
Dale Capistrano		Apr 12-Jun 28		\$228/12 sess	
616781	9:15am-9:45am	616788	1:15pm-1:45pm		
616782	9:45am-10:15am	616789	1:45pm-2:15pm		
616783	10:15am-10:45am	616790	2:15pm-2:45pm		
616784	10:45am-11:15am	616791	2:45pm-3:15pm		
616785	11:15am-11:45am	616792	3:15pm-3:45pm		
616786	11:45am-12:15pm	616793	3:45pm-4:15pm		
616787	12:45pm-1:15pm	616794	4:15pm-4:45pm		

Singing - Private Lessons

9+yrs

Gina Morel

Learn to Sing! Enjoy private singing lessons in a safe and supportive environment. No experience is necessary and all levels are welcome. 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		Apr 7-Jun 16		No session May 12 \$300/10 sess	
616730	5:00pm-5:30pm	616734	7:10pm-7:40pm		
616731	5:30pm-6:00pm	616735	7:40pm-8:10pm		
616732	6:00pm-6:30pm	616736	8:10pm-8:40pm		
616733	6:30pm-7:00pm	616737	8:40pm-9:10pm		

Guitar - Private Lessons

7-16yrs

Eden Nerada

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. Participants may also be required to purchase guitar books based on instructor recommendation

Thu		Apr 9-Jun 25		\$258/12 sess	
616748	3:30pm-4:00pm	617331	6:30pm-7:00pm		
616749	4:00pm-4:30pm	616754	7:00pm-7:30pm		
616750	4:30pm-5:00pm	616755	7:30pm-8:00pm		
616751	5:00pm-5:30pm	616756	8:00pm-8:30pm		
616752	5:30pm-6:00pm	616757	8:30pm-9:00pm		

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		Apr 27-Jun 22		No session May 18 \$152/8 sess	
616722	5:30pm-6:00pm	616726	7:30pm-8:00pm		
616723	6:00pm-6:30pm	616727	8:00pm-8:30pm		
616724	6:30pm-7:00pm	616728	8:30pm-9:00pm		
616725	7:00pm-7:30pm	616729	9:00pm-9:30pm		

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		Apr 15-Jun 24		\$176/11 sess	
616738	3:20pm-3:50pm	616743	6:15pm-6:45pm		
616739	3:55pm-4:25pm	616744	6:50pm-7:20pm		
616740	4:30pm-5:00pm	616745	7:25pm-7:55pm		
616741	5:05pm-5:35pm	616746	8:00pm-8:30pm		
616742	5:40pm-6:10pm	616747	8:35pm-9:05pm		

Children

Sports

Ace Academy - Badminton Lessons

7-16yrs

Gabriel Ip

Beginner

Participants will learn and build the fundamental skills needed to play badminton with confidence. The program will focus on improving footwork, coordination, clearing, net drop shots, and serving techniques, with an introduction to smashing. Basic gameplay concepts will also be introduced and adapted to each participant's experience level.

Set 1		
Sun 613604	Apr 12-May 17 9:30am-10:25am	No session Apr 26 \$85/5 sess
Sun 613605	Apr 12-May 17 10:30am-11:25am	No session Apr 26 \$85/5 sess
Tue 613601	Apr 7-May 12 4:00pm-4:55pm	No session Apr 28 \$85/5 sess
Tue 613602	Apr 7-May 12 5:00pm-5:55pm	No session Apr 28 \$85/5 sess

Set 2		
Sun 613610	May 24-Jun 21 9:30am-10:25am	\$85/5 sess
Sun 613611	May 24-Jun 21 10:30am-11:25am	\$85/5 sess
Tue 613607	May 19-Jun 23 4:00pm-4:55pm	\$102/6 sess
Tue 613608	May 19-Jun 23 5:00pm-5:55pm	\$102/6 sess

Intermediate

This class is designed to help participants elevate their game to the next level. Students will develop advanced skills, refine their footwork, and strengthen their strategies and competitive mindset for both singles and doubles play.

Set 1		
Sun 613606	Apr 12-May 17 11:30am-12:25pm	No session Apr 26 \$85/5 sess
Tue 613603	Apr 7-May 12 6:00pm-6:55pm	No session Apr 28 \$85/5 sess

Set 2		
Sun 613612	May 24-Jun 21 11:30am-12:25pm	\$85/5 sess
Tue 613609	May 19-Jun 23 6:00pm-6:55pm	\$102/6 sess

Finish Strong Basketball - Grassroots

9-16yrs

David Knight

"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. All participants in the Grassroots program will receive a T-Shirt.

Boys		
Grassroots 9-11yrs		
Thu 615859	Apr 9-Jun 11 4:15pm-5:15pm	\$125/10 sess
Girls		
Grassroots 9-11yrs		
Mon 615857	Mar 30-Jun 22 4:15pm-5:15pm	No session Apr 6, May 18, Jun 15 \$125/10 sess

Finish Strong Basketball - Level Up

9-16yrs

David Knight

Welcome to Finish Strong Basketball where we believe "It's not how you start, it's how you FINISH!" "LEVEL UP" This program will be for teens age 12 and up Level up will be the next step after coming out of our grassroots programs. This program is targeted for players with moderate experience to elite players to help raise their basketball skill level and IQ as well to improve their overall game. All participants in the Level Up program will receive a T-Shirt.

Boys		
Level Up 12-16yrs		
Thu 615860	Apr 9-Jun 11 5:15pm-6:15pm	\$125/10 sess
Girls		
Level Up 12-16yrs		
Mon 615858	Mar 30-Jun 22 5:15pm-6:15pm	No session Apr 6, May 18, Jun 15 \$125/10 sess

...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

Sports

Indoor Soccer

6-12yrs

Mohsen Hatamian

An introduction to the game of soccer, and individual skill development. All sessions are run by an experienced professional coach, Mohsen Hatamian, with an emphasis on fun, fitness, ball mastery skills, and teamwork.

6-8yrs

Wed	Apr 8-Jun 17	
613614	4:50pm-5:50pm	\$154/11 sess

Sat	Apr 11-Jun 20	
613617	2:30pm-3:30pm	\$154/11 sess

9-12yrs

Wed	Apr 8-Jun 17	
613615	5:55pm-6:55pm	\$154/11 sess

Sat	Apr 11-Jun 20	
613618	3:35pm-4:35pm	\$154/11 sess

Rhythmic Gymnastics

6-16yrs

Olympia Rhythmic Gymnastics

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

6-8yrs

Sat	Apr 11-Jun 20	No session May 16
615789	10:00am-11:00am	\$120/10 sess

8-16yrs

Sat	Apr 11-Jun 20	No session May 16
615790	11:00am-12:00pm	\$120/10 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	Mar 31-Jun 18	
615971	6:30pm-7:30pm	\$216/24 sess

Art

Basic Drawing

6-12yrs

Lynn Huang

The instructor will teach the fundamentals of drawing using both graphite and charcoal. The lessons taught in these sessions aim to give your child's artistic expression a solid foundation to build off of, to further grow and improve as an artist through creative, engaging exercises!

6-8yrs

Sat	Apr 11-Jun 13	No session May 16
615602	1:00pm-2:00pm	\$108/9 sess

9-12yrs

Sat	Apr 11-Jun 13	No session May 16
615603	2:00pm-3:00pm	\$108/9 sess

Cartooning, Anime and Manga

9-12yrs

Lynn Huang

Want to get started on making your very own comic, anime or manga? These sessions will teach the basic framework that goes into making your favourite comics, anime and mangas! Fundamentals such as posing, expressions, storyboarding and inking will be taught through exercises that will encourage your own unique drawing style!

Sat	Apr 11-Jun 13	No session May 16
615604	3:00pm-4:00pm	\$108/9 sess

Origami

8-12yrs

Aiko Matsushiba

Learn how to make beautiful themed origami models! Origami is one of the traditional Japanese folk arts. Over the centuries it was spread from person to person and has become an important part of Japanese culture. Origami is mentally stimulating activity for all ages.

Spring

Sat	May 16	
617330	3:30pm-4:30pm	\$15/person



Rubiks Cube Social Club

8-12yrs

Diedre Sportak - Cubing BC

Hone your cubing skills and connect with new friends! The Rubik's Cube Kids Social Club is designed for kids aged 8-12 who love all things cubing. Participants must already know how to solve a 3x3 Rubik's Cube, and bring their own cube. Some cube covers, timers and mats are provided for use within program time, but participants are also welcome to bring their own equipment. Sign up today and let's solve together!

Sat	June 1-22	\$60/4 sess
617655	3:45pm-5:15pm	

Rubiks Cube Private Lessons (8-12yrs)

see p.16

Education

Little Bookworms - Reading and Writing

6-7yrs

Nicole Ng

We will practice writing letters and words, expand vocabularies and construct basic sentences. Recommended for Grade 1 students.

Sat 617310	Apr 11-Jun 20 12:00pm-1:00pm	No session May 16 \$65/10 sess
---------------	---------------------------------	-----------------------------------

Mini Mathletes

6-7yrs

Nicole Ng

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 617312	Apr 11-Jun 20 1:00pm-2:00pm	No session May 16 \$65/10 sess
---------------	--------------------------------	-----------------------------------

Mathventures - Math

8-10yrs

Nicole Ng

Explore the wonderful world of math through games, puzzles, hands-on activities and group work. Recommended for Grades 3-5 students.

Sat 617311	Apr 11-Jun 20 2:00pm-3:00pm	No session May 16 \$65/10 sess
---------------	--------------------------------	-----------------------------------

Chess Lessons

6-12yrs

Enrichmind Academy

The Fun Chess Program is a beginner-level course designed for children (age 6-12) with little to no prior experience in chess. Students will learn the basics of the chessboard, the different pieces, and the rules to play a complete game. By the end of the course, they will also be able to checkmate in simple game positions. In addition to learning chess strategies, students will develop good sportsmanship and learn to be respectful in competitive environments.

Level 1: Fun Chess		
For those without any Chess experience		
Wed 614415	Apr 15-Jun 17 4:00pm-5:00pm	\$90/10 sess

Level 2: Pre-foundation		
For children who have completed Fun Chess or have some experience playing chess.		
Wed 614416	Apr 15-Jun 17 5:15pm-6:15pm	\$149/10 sess



Math Enrichment

Grades 6, 7, 8

Lynn Huang

These sessions are designed for kids who enjoy math and want to go beyond the basics of mathematics! Through engaging challenges, problem-solving and guidance, this activity aims to help build confidence and foster a love for learning among young math enthusiasts, and encourage them to think critically and grow!

Grade 6		
Sun 615633	Apr 12-Jun 14 1:30pm-2:30pm	No session May 17 \$99/9 sess

Grade 7		
Sun 615634	Apr 12-Jun 14 2:30pm-3:30pm	No session May 17 \$99/9 sess

Grade 8		
Sun 615635	Apr 12-Jun 14 3:30pm-4:30pm	No session May 17 \$99/9 sess

Mandarin Lessons - Go Chinese

6-12yrs

Vicky Hsu

The immersive teaching methods improve children's Mandarin speaking skills based on a serious book called "Go Chinese".

Your children will thrive with us because our students will:

- have plenty of time to practice speaking Mandarin
- Teach in small classes and receive more personalized care from teachers
- Have fun learning in groups and pairs with peers
- Have the opportunity to interact with classmates to build friendships and practice Mandarin.

Please note: There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Go Chinese Book 1		
Thu 616931	Apr 9-Jun 11 3:40pm-4:40pm	\$150/10 sess

Go Chinese Book 2/3		
For returning students with Vicky.		
Thu 616932	Apr 9-Jun 11 4:45pm-5:45pm	\$150/10 sess

Rubik's Cube For Beginners - Private Lessons

8-12yrs

Diedre Sportak - Cubing BC

Unlock the mystery of the Rubik's Cube! Join us for a hands-on beginner's Rubik's cube workshop. Over the 2 50-minute sessions, you will learn the beginner's method for solving a Rubik's cube. Resources are included to help you practice at home and then show off your skills! A Rubik's Cube can be provided for use during the lesson. Semi-private lessons are available for an additional \$25 session. So bring a friend or learn as a family! Special requests for ages 6-7 are available, but must have a parent/guardian enroll as a semi-private lesson. Sign up today and let's start solving together!

Sat 617643	Apr 18-25 10:00am-10:50am	\$110/2 sess +\$50 for a semi-private	Sat 617646	May 16-23 10:00am-10:50am	\$110/2 sess +\$50 for a semi-private
Sat 617644	Apr 18-25 11:00am-11:50am	\$110/2 sess +\$50 for a semi-private	Sat 617645	May 16-23 11:00am-11:50am	\$110/2 sess +\$50 for a semi-private

Children and Youth Day Camps Summer 2026

Children's Camps

Registration opens City-Wide on Wednesday April 8th at 7pm. Phone in registration starts on Thursday April 9th at 10am.

- Renfrew Summer Adventures Day Camp is located at Renfrew Park Community Centre (2929 East 22nd Avenue)
- Falaise Fun Finders Day Camp is located at Falaise Hall (3434 Falaise Avenue)
- Renfrew Rangers Outdoor Leadership Camp meets at Renfrew Park Community Centre (2929 East 22nd Avenue)

Please note that programs are subject to change

			Renfrew Summer Adventures Day Camp (6-12yrs)	Falaise Fun Finders Day Camp (6-12yrs)	Renfrew Rangers Outdoor Leadership Camp (10.5-14yrs)
Week 1	Jun 29-Jul 3 Mon, Tue, Thu, Fri	\$120/4 day week	604599	604616	616225
Week 2	Jul 6-10 Mon-Fri	\$150/5 day week	604600	604617	616246
Week 3	Jul 13-17 Mon-Fri	\$150/5 day week	604601	604618	616254
Week 4	Jul 20-24 Mon-Fri	\$150/5 day week	604602	604619	616255
Week 5	Jul 27-31 Mon-Fri	\$150/5 day week	604603	604620	616256
Week 6	Aug 4-7 Tue-Fri	\$120/4 day week	604604	604621	616257
Week 7	Aug 10-14 Mon-Fri	\$150/5 day week	604605	604622	616258
Week 8	Aug 17-21 Mon-Fri	\$150/5 day week	604606	604623	616259
Week 9	Aug 24-28 Mon-Fri	\$150/5 day week	605880	n/a	n/a

Day Camp Reminders!

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

Refund Policy

- All requests are subject to \$15 administration fee, per person, per week.
- Withdraw/refund requests must be made no later than 14 days prior to the start date of each camp. After this time, withdraw/refund requests will not be accepted

Baking and Cooking



Little Chefs

Alison Chau

6-12yrs

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

6-8yrs

Sat Apr 11-Jun 13
613588 9:30am-10:45am \$120/10 sess

9-12yrs

Sat Apr 11-Jun 13
613589 11:00am-12:15pm \$120/10 sess

Baking and Cooking

The Pressure Drop

Marni McMullen

10-15yrs

Designed for youth, this hands-on cooking class lets you explore the exciting world of pressure cooking while whipping up a meal to take home. While your meal cooks, enjoy a snack with your friends. By the end of the session, you'll not only have a flavorful meal ready to go but also newfound culinary skills and confidence. Bring your appetite and creativity—let's get cooking! **NOTE:** April 15th will be a planning session only. A snack will be provided for participants, but no meal will be prepared to take home. For more information and to register, please contact Starla Bayley: starla.bayley@vancouver.ca

Wed Apr 15, 22, 29
613682 3:30pm-5:30pm Please contact Starla Bayley

Pre-Teen/Youth

Youth Council

Note: No program on all VSB School Breaks (Winter and Spring)
If you have any questions about the program, please email:
starla.bayley@vancouver.ca

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 provide a well-rounded experience.

Please note: reference letters for mini schools will only be provided to those who have attended a minimum of one full year of Junior Youth Council in previous years.

Thu 611278	Apr 9-Jun 18 4:00pm-5:15pm	No session May 14 Free
---------------	-------------------------------	---------------------------

Senior Youth Council

13-17yrs

Starla Bayley

Senior Youth Council is run by the selected executive council with support from the Community Youth Worker. Working with your peers the group will be responsible for choosing and supporting a philanthropic organization, supporting and volunteering for community centres events and planning activities for the participants of the council. In addition, special presentations and workshops will help to round out the whole experience of youth council.

Thu 611279	Apr 9-Jun 11 5:30pm-7:00pm	No session May 14 Free
---------------	-------------------------------	---------------------------

Sports

Open Gym

9-18yrs

Madelaine Com

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.

Pre-Teen Fri 611284	Apr 10-Jun 26 4:05pm-5:05pm	9-13yrs Free with OneCard
----------------------------------	--------------------------------	------------------------------

Teen Fri 611282	Apr 10-Jun 26 5:05pm-9:45pm	11-18yrs Free with OneCard
------------------------------	--------------------------------	-------------------------------

Volunteering

Volunteer Training

15-17yrs

Starla Bayley

This training is for youth wanting to volunteer in Renfrew Park Community Centre day camps. This training provides hands on experience, enhances your skills in problem solving, conflict resolution and teaches you how to lead activities and games. Pre-registration required and age requirements are strictly adhered to. If you have questions please email:
renfrew.volunteers@vancouver.ca

Thu 611286	Jun 18 5:00pm-7:00pm	Free
---------------	-------------------------	------

Social

The Social

9-14yrs

Jesse Woolverton & Emily Nguyen

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 611288	Apr 10-Jun 26 5:30pm-9:30pm	No session May 15 \$132/11 sess
---------------	--------------------------------	------------------------------------

Teen Time

13-18yrs

Harshita Unnikrishnan

Come out Friday nights to do something social with the games room staff. Each Friday will be different from cooking and baking to games, crafts and maybe even a swim night. Show up for the first Friday and help plan out the following Fridays.

Fri 616065	Apr 10-Jun 26 7:00pm-9:30pm	No session May 15 Free with OneCard
---------------	--------------------------------	--

Games Room

10-17yrs

Harshita Unnikrishnan

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, and more. 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

Fri 611281	Apr 10-Jun 26 3:00pm-9:30pm	Free with OneCard
---------------	--------------------------------	-------------------



Renfrew acknowledges the generous contributions of Kids Up Front Canada

Youth Week Activity
see p.7

Games Area and Table Tennis



Equipment Rental Fee

All Ages

Valid for:

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

\$4.76/person/year

\$11.43/family/year

Valid Sep 1, 2025-Aug 31, 2026

Games Area

6+yrs

Come and play 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	Mar 30-Jun 28
Sat	12:00pm-4:55pm	Apr 4-Jun 27
Sun	12:00pm-4:55pm	Apr 5-Jun 28

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 **10:30am**. 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	Mar 30-Jun 25	
614782	Room 108 6:00pm-9:30pm	\$11.43/month pass
	Room 010 7:15pm-9:45pm	\$4.29/30 minutes drop-in

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. **Registration is limited to one day per week per person unless space available on the first day of session.**

Mon	Apr 13-Jun 22	No sess May 18
611811	9:00am-11:45am	Free with Equipment Rental Pass
Wed	Apr 1-Jun 24	No sess Apr 15, Jun 3
617368	9:00am-11:45am	Free with Equipment Rental Pass
Fri	Apr 10-Jun 26	
617369	9:00am-11:45am	Free with Equipment Rental Pass



...Renfrew has rooms available for rent!

email renfrew.rentals@vancover.ca for more information



Room 110, 2640sq ft, starting at \$47/hr



Gymnasium, 6000sq ft, starting at \$52/hr

Dance

Line Dance ABC

19+yrs

Lisa (Baby) Blair

Join for an exciting dance session that blends fun, fitness, and great music! Enjoy Line Dance and Modern Dance to the lively beats of Latin, Disco, and Country music, including styles like Cha Cha, Waltz, Samba, Tango, Jive, and Rumba. Lessons are available in English, Mandarin, and Cantonese.

Tue	Mar 31-Jun 23	
613720	1:30pm-3:30pm	\$39/13 sess \$3.57+tax/drop-in, if space

Belly Dance for Beginners

19+yrs

Adalat Dance Company

This low-impact introductory course promises to be fun while developing coordination, rhythm and muscle tone with percussive and fluid movements set to ethnic music. This class is suited for everybody and every body type. Comfortable clothes or workout wear recommended. The dance movements in this workshop will involve the following: arms moving in a circular and wavy motion. Hips moving in a circular motion and there will be limited back and forth leg and feet movement.

Mon	Apr 13-Jun 22	No session May 18
615791	4:00pm-5:00pm	Adult - \$100/10 sess Senior - \$80/10 sess \$12+tax/adult , \$9.75+tax/senior drop-in, if space

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	Apr 12-May 17	
613721	10:00am-12:00pm	\$18/6 sess \$3.57+tax/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	Mar 30-Jun 22	No session Apr 6, May 18
613724	11:00am-12:30pm	\$24.75/11 sess \$2.62+tax/drop-in, if space

Line Dance Fitness

55+yrs

Linda Dee

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

Thu	Apr 2-Jun 25	No session Apr 30, May 7, 14, Jun 18
613727	1:30pm-3:00pm	\$20.25/9 sess \$2.62+tax/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	Apr 1-Jun 24	No session Apr 15, May 6
613729	12:30pm-2:30pm	\$33/11 sess \$3.57+tax/drop-in, if space

Chinese Classical Dance

55+yrs

Vue Joan Ng

The dances include many forms with beautiful music and graceful movements. It is a great way to enjoy music, exercise your body and learn Chinese culture in a group. Some dance experience required.

Wed	Apr 1-Jun 24	
613730	12:45pm-2:45pm	\$39/13 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	Mar 30-Jun 22	No session Apr 6, May 18
613731	12:45pm-2:45pm	\$13.64/11 sess \$1.90+tax/drop-in, if space

Thu	Apr 2-Jun 25	No session May 7, Jun 18
613732	11:15am-1:15pm	\$13.64/11 sess \$1.90+tax/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	Apr 2-Jun 25	No session May 7, Jun 18
613734	9:10am-11:10am	\$33/11 sess \$3.10+tax/drop-in, if space

Hula Along for Health

55+yrs

Ingrid Guo

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	Apr 9-Jun 11	
615698	2:00pm-3:00pm	\$20/10 sess

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance Sampler

19+yrs

Illuma Studio

Come experience a variety of exciting dance styles including KPOP, Jazz Funk, Hip Hop and other Urban Dance styles! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Meet friends, have fun, and rise to a new challenge! No previous experience required.

Fri	Apr 10-Jun 19	
617321	7:45pm-9:00pm	\$231/11 sess

Cooking and Baking

Cooking for the Planet

Soups and Stews with Andy: An Earth Day Cook-Along

Andy Woolverton **19+yrs**
Join us for an Earth Day cooking session that highlights lentils, beans, and other climate-friendly crops. Chef Andy shows how to prepare simple, flavorful dishes using nutritious staples and sustainable ingredients to prepare your own dishes to taste, as well as take home.

Wed 614348	Apr 22 12:30pm-2:30pm	\$15/person
---------------	--------------------------	-------------

Plant Based Pilau

Savan Ahmed **19+yrs**
This session features Sawar Plaw, a zesty, flavourful pilaf built on bulgur, a climate-smart whole-wheat grain with a low carbon footprint, paired with mushrooms that replace meat while providing deep flavour at a fraction of the environmental cost. Through the dish, we learn how Kurdish food traditions already embody sustainability.

Wed 614363	May 20 1:00pm-3:00pm	\$15/person
---------------	-------------------------	-------------

Cooking with Souvik

Delightful Dumplings

Souvik Ray **19+yrs**
There are a plethora of dumplings from many cultures! Learn to make Nepalese Momos, Ukrainian Vareniki, Japanese gyoza and other varieties. Please note: we will be unable to provide vegetarian or vegan options for this session.

Sun 613268	Apr 19-26 10:30am-12:30pm	\$42.50/2 sess
---------------	------------------------------	----------------

Spring Bake and Take

Souvik Ray **19+yrs**
Bake delicious cookies to go with some floral tea, perfect for an afternoon tea party.

Sun 614391	May 31 10:30am-12:30pm	\$15/person
---------------	---------------------------	-------------

Curry in a Hurry

Souvik Ray **19+yrs**
Enjoy flavourful and delicious curries from around the world

Sun 614388	Jun 14-21 10:30am-12:30pm	\$42.50/2 sess
---------------	------------------------------	----------------

Community Lunch Program

All Ages

Andy Woolverton

- Meals include a hot entree, salad or side dish, dessert, coffee or tea. Lunches will be served on a first come first served basis.
- Lunch can be bought in person with cash/credit card or online with credit card, limit of 4 per person.
- Last lunches are sold at 12:30pm. Registered meals are not guaranteed past this time.
- Limited number of lunches available, left overs may be sold at a discounted price.
- Vegetarian meals are available, but must be reserved at least 24 hours prior (please call 604-257-8390 to confirm).



Registration for Community Lunch Program open on the first Friday of the month for up to and including the following month.

Fri	Apr 10-Jun 26	No session Jun 19
0-18yrs: \$6.19+tax		12:00pm-1:00pm
19+yrs: \$7.62+tax		
613225	Apr 10	613233 May 22
613228	Apr 17	613234 May 29
613229	Apr 24	613235 Jun 5
613230	May 1	613243 Jun 12
613231	May 8	613247 Jun 26
613232	May 15	

Note: see page 3 for Refund Policy

Community Kitchens

Community Kitchen for 2SLGBTQIA+ Adults

19+yrs

Community Kitchen for Two Spirit, Lesbian, Gay, Bisexual, Transgender, Questioning/Queer, Intersex, and Asexual Adults. Meet folks from the community, share recipes, and learn new cooking skills in a safer space at Renfrew Park's Community Kitchen for 2SLGBTQIA+ adults! For this special dinner session, children are welcome to attend with their caretakers. For children's registration, and any other information, please contact Marni McMullen at marni.mcmullen@vancouver.ca or call (604) 257-8389.

Wed 613679	May 27 12:30pm-2:30pm	Free
---------------	--------------------------	------

Renfrew's Community Kitchen

All Ages

Are you looking to cook and eat with other with other families? Are you excited about sharing culture and learning new skills? Then Renfrew's Family Kitchen is the right program for you! These are child friendly events, but there is no formal childcare provided. This program prioritizes community members who are enrolled in the Leisure Access Program. Enrollment is done through email or over the phone. Please contact marni.mcmullen@vancouver.ca or call (604) 257-8389.

Wed 613678	May 6 5:30pm-8:00pm	Free
---------------	------------------------	------

Fitness, Health and Wellness

Jump Rope HIIT

19+yrs

Allison Goldberg

Level up your cardio routine with this one-hour Jump Rope HIIT class. This high-energy session pairs basic jump rope skills and strength training for a full-body, high-intensity interval workout using only a jump rope. Suitable for all fitness levels and first-timers. Build endurance, strength, coordination, and confidence. Jump ropes are provided—just bring your energy and a water bottle!

Mon 613283	Mar 30-May 11 11:00am-11:50am	No session Apr 6 \$60/6 sess \$12+tax/drop-in if space
Mon 613285	May 25-Jun 22 11:00am-11:50am	\$50/5 sess \$12+tax/drop-in if space

Foot Care Clinic

55+yrs

Nancy KF Lee

Note: Registration must be done at least 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.

Sat	Apr 18	\$47/30 min sess	
615712	12:45pm-1:15pm	615716	2:45pm-3:15pm
615713	1:15pm-1:45pm	615717	3:15pm-3:45pm
615714	1:45pm-2:15pm	615718	3:45pm-4:15pm
615715	2:15pm-2:45pm	615719	4:15pm-4:45pm
Sat	May 23	\$47/30 min sess	
615720	12:45pm-1:15pm	615724	2:45pm-3:15pm
615721	1:15pm-1:45pm	615725	3:15pm-3:45pm
615722	1:45pm-2:15pm	615726	3:45pm-4:15pm
615723	2:15pm-2:45pm	615727	4:15pm-4:45pm
Sat	Jun 20	\$47/30 min sess	
615728	12:45pm-1:15pm	615732	2:45pm-3:15pm
615729	1:15pm-1:45pm	615733	3:15pm-3:45pm
615730	1:45pm-2:15pm	615734	3:45pm-4:15pm
615731	2:15pm-2:45pm	615735	4:15pm-4:45pm

Mobility and Stretching for Seniors

55+yrs

Chin Ho Yeh

This class is taught in Mandarin or Cantonese. Immerse yourself in the graceful movements of these ancient martial arts, promoting balance of mind and body. Participants will have improved flexibility, reduced stress, and enhanced well-being.

Wed 611810	Apr 1-Jun 17 9:30am-11:00am	No session Apr 15, May 6, Jun 3 \$27/9 sess \$3.57+tax/drop-in if space
---------------	--------------------------------	---

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 611800	Mar 31-May 12 10:00am-10:55am	\$40.25/7 sess \$6.67/drop-in if space
Tue 611801	May 19-Jun 23 10:00am-10:55am	\$34.50/6 sess \$6.67/drop-in if space

Martial Arts

Tai Chi and Health Qigong

19+yrs

Lai Chun Cheung

The art of Health Qigong and Tai Chi has 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.

Mon 615689	Apr 13-Jun 15 9:05am-10:05am	No session May 11, 18 \$56/8 sess \$7+tax/drop-in if space
---------------	---------------------------------	--

Tai Chi - Yang Style

19+yrs

Arsenio Chua

Explore Tai Chi Yang Style in our beginner program, emphasizing fundamental hand and foot techniques for improved balance, flexibility and inner calm.

Wed 615991	Apr 1-Jun 17 6:00pm-7:30pm	No session May 6 \$110/11 sess \$12+tax/drop-in if space
---------------	-------------------------------	--

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 611807	Mar 30-Jun 26 7:30am-9:00am	No session Apr 3, 6, May 18 \$27.90/62 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. 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 615970	Mar 31-Jun 18 7:30pm-9:00pm	\$240/24 sess
-------------------	--------------------------------	---------------

Art

Watercolour Workshop - Loose Landscape

Chloe Greenberg

19+yrs



Join this beginner-level watercolour workshop to create your very own Loose Landscape painting! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome. Please bring painter's tape. All art supplies are included.

Learn more at www.chloegreenberg.com

Mon	Apr 27	
616933	5:30pm-8:00pm	\$55/person

Marbling Wellness Workshop

Amir Marble

19+yrs

Marbling art is an ancient aqueous surface design technique where paint or ink is floated on a thickened liquid bath (size), manipulated into intricate patterns with tools, and transferred onto surfaces like paper or fabric. This workshop includes guided, hands-on marbling instruction where you will create your very own pattern to take home. The experience has been called "therapeutic", "calming" and "surprisingly easy to learn"

Mon	May 25	
617360	6:00pm-8:00pm	\$15/person

Chinese Calligraphy

55+yrs

Guoxin Lin

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

Advanced - For returning students		
Mon	Mar 30-Jun 22	No session Apr 6, May 18
615591	10:00am-12:00pm	\$115.50/11 sess
Wed	Apr 1-Jun 24	
615590	10:00am-12:00pm	\$136.50/13 sess
All Levels		
Fri	Apr 10-Jun 26	
615592	10:00am-12:00pm	\$126/12 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	Apr 8-Jun 17	
616005	10:00am-12:00pm	\$77/11 sess \$7.75+tax/drop-in if space

Basic Drawing, Sketching, Watercolour

19+yrs

Yoko Tomita

Learn fundamental drawing techniques, sketching skills, and watercolor painting basics. Perfect for beginners, this hands-on course nurtures creativity and builds confidence in a relaxed, supportive environment. Participants should bring their own sketchbook, HB pencil, 3H pencil, 3B pencil, 6B pencil and eraser.

Thu	Apr 9-Jun 18	
616004	10:00am-12:00pm	\$99/11 sess \$11+tax/drop-in if space

Chinese Painting

55+yrs

Kevin Au

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

Advanced - For returning students		
Tue	Apr 7-Jun 23	
615595	9:45am-11:45am	\$114/12 sess
All Levels		
Thu	Apr 9-Jun 25	
615594	9:45am-11:45pm	\$114/12 sess

Music and Singing



Piano - Private Lessons

55+yrs

Jennifer Lee

These 25-minute 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 recommendations.

Thu	Apr 9-Jun 11		\$150/10 sess
612346	9:15am-9:40am	612352	10:45am-11:10am
612350	9:45am-10:10am	612353	11:15am-11:40m
612351	10:15am-10:40am	612354	11:45am-12:10pm

Japanese Flower Arranging

19+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	Apr 9-30	
616902	2:00pm-4:00pm	\$40/4 sess
Thu	May 7-28	
616903	2:00pm-4:00pm	\$40/4 sess

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	Apr 10-Jun 26	
611792	12:15pm-2:45pm	\$6/12 sess

Yoga and Pilates

Hatha Yoga

19+yrs

Hisae McMichael

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.

Sat 617270	Apr 4-May 16 9:15am-10:45am	Adult - \$73.50/7 sess Senior - \$68.25/7 sess
Sat 617271	May 23-Jun 27 9:15am-10:45am	Adult - \$63/6 sess Senior - \$58.50/6 sess

Seniors Yoga for Flexibility and Strength

55+yrs

Bill Mercer

The class is designed specifically for seniors seeking improved mobility, balance, and muscle tone. Our gentle yoga routines focus on enhancing flexibility and building strength at a comfortable pace.

Mon 617332	Apr 13-May 11 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Mon 617333	May 25-Jun 22 10:00am-11:15am	\$37.50/5 sess \$9+tax/drop-in if space
Thu 617334	Apr 9-May 14 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space
Thu 617335	May 21-Jun 25 10:00am-11:15am	\$45/6 sess \$9+tax/drop-in if space



Colour Energy Yoga

19+yrs

Li Na Chow

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

Wed 615968	Apr 1-May 6 10:30am-11:30am	\$36/6 sess \$7.25+tax/drop-in if space
Wed 615969	May 13-Jun 17 10:30am-11:30am	\$36/6 sess \$7.25+tax/drop-in if space



Yoga for Brain Health

55+yrs

Kiran Rampuri

Participants will activate and balance brain's energy, reduce stress, and improve focus & concentration to prevent brain related health issues. Each session will focus on techniques to boost neuroplasticity, enhance memory and support emotional wellbeing. All levels are welcome!

Fri 613280	Apr 10-May 1 10:30am-11:45am	\$40/4 sess \$12+tax/drop-in if space.
Fri 613281	May 8-29 10:30am-11:45am	\$40/4 sess \$12+tax/drop-in if space.
Fri 613282	Jun 5-26 10:30am-11:45am	\$40/4 sess \$12+tax/drop-in if space.
Mon 613699	Mar 30-Apr 27 5:30pm-6:45pm	No session Apr 6 \$40/4 sess \$12+tax/drop-in if space.
Mon 613701	May 4-25 5:30pm-6:45pm	No session May 18 \$30/3 sess \$12+tax/drop-in if space.
Mon 613702	Jun 1-22 5:30pm-6:45pm	\$40/4 sess \$12+tax/drop-in if space.

Vinyasa Yoga

19+yrs

Vinyasa is a yoga style with a non-stop flow, where you can always focus on your breath, gaze, and posture. The Vinyasa style includes warm-up poses; Sun Salutation; standing poses; balancing poses; back/forward bend poses/hip opening; inversion/core; cool down; Savasana.

Kate Nguyen

Sat 616009	Apr 4-May 16 3:30pm-4:30pm	\$42/7 sess \$7.25+tax/drop-in if space
Sat 616014	May 23-Jun 27 3:30pm-4:30pm	\$36/6 sess \$7.25+tax/drop-in if space

Vu Ha Thuy

Sun 616010	Apr 5-May 17 9:30am-10:30am	\$42/7 sess \$7.25+tax/drop-in if space
Sun 616012	May 24-Jun 28 9:30am-10:30am	\$36/6 sess \$7.25+tax/drop-in if space
Sun 616011	Apr 5-Jun 27 11:00am-12:00pm	\$42/7 sess \$7.25+tax/drop-in if space
Sun 616013	May 24-Jun 28 11:00am-12:00pm	\$36/6 sess \$7.25+tax/drop-in if space

Yoga and Pilates

Pilates

19+yrs

Tracey Clark

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

Mon 616900	Apr 13-27 7:15pm-8:15pm	\$36/3 sess \$14.29+tax/drop-in if space.
Mon 616901	Jun 1-22 7:15pm-8:15pm	\$48/4 sess \$14.29+tax/drop-in if space.

Social



Seniors Social Bridge

55+yrs

Robert Wang

Join our group on Wednesdays and enjoy playing bridge. All levels and new players are welcome, but please note there is no instructor for this activity. Bridge and other card games have been shown to improve mood and cognition. Come, play, and meet new friends!

Wed 612401	Apr 1-Jun 24 12:30pm-2:30pm	No session Apr 15, 22, May 20, Jun 17 Pre-registration required
---------------	--------------------------------	--

Tuesday Social

55+yrs

Cecilia Vulama

Join us in this free social.

Tue 611787	Mar 31-Jun 23 11:00am-12:00pm	Pre-registration required Free with OneCard
---------------	----------------------------------	--

Book Club

55+yrs

Janet Hodgson

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 577634	Sep-Jun 12:00pm-1:30pm	2nd Tuesday of the month Free, Pre-registration is required
---------------	---------------------------	--

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 577636	Sep 5-Aug 28 2:00pm-3:30pm	\$8.57/Yearly
---------------	-------------------------------	---------------

Education and Technology



Fun Japanese

19+yrs

Machie Matsuno

This is a fun, beginner-level Japanese class for anyone interested in Japanese language and culture. Through games, songs, and interactive activities, participants will learn basic Japanese words, phrases, and expressions used in daily life. No prior experience is necessary.

Beginners		
Tue 616934	Apr 7-Jun 9 7:00pm-8:00pm	\$120/10 sess
Intermediate (returning students)		
Wed 616935	Apr 8-Jun 10 7:00pm-8:00pm	\$120/10 sess

Mandarin Lessons - Let's Learn Mandarin

19+yrs

Vicky Hsu

We have developed Mandarin learning materials for adult learners with minimal proficiency from different fields. The content of the materials incorporates basic daily conversation for adults. This lesson is also designed for TOCFL Level Novice. **Please note:** There is a small fee for supplies for this program. If you are a returning student and have your materials from a previous session, the instructor can authorize your supplies fee to be refunded to you. Modified workbooks that cannot be re-used are non-refundable.

Sat 616930	Apr 9-Jun 11 6:00pm-7:00pm	\$110/10 sess
---------------	-------------------------------	---------------

Seniors Technology Classes

55+yrs

Mary Leung

Google Drive

Learn about the popular cloud storage app. What is the Google Drive? How do I keep track of my cloud storage? What should I be aware of when sharing content on the cloud?

Classes taught in Cantonese/Mandarin		
Sat 617593	May 2, 9 9:30am-11:00am	\$12/person

Classes taught in English		
Sat 617594	May 2, 9 11:15am-12:45pm	\$12/person

Chat GPT

Introduction to ChatGPT for seniors on Different Devices. What is it? How does it work? And how can seniors utilize it?

Classes taught in Cantonese/Mandarin		
Sat 617595	Jun 6, 13 9:30am-11:00am	\$12/person

Classes taught in English		
Sat 617596	Jun 6, 13 11:15am-12:45pm	\$12/person

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	\$6/Adult, \$3.75/Senior for drop-in, if space
611763	Apr 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
611764	May 5-26	Adult - \$20/4 sess Senior - \$13/4 sess
611765	Jun 2-23	Adult - \$20/4 sess Senior - \$13/4 sess
Thu	9:05am-10:00am	\$6/Adult, \$3.75/Senior for drop-in, if space
611766	Apr 9-30	Adult - \$20/4 sess Senior - \$13/4 sess
611767	May 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
611768	Jun 4-25	Adult - \$20/4 sess Senior - \$13/4 sess

Total Body Conditioning Aerobics

19+yrs

Denisse Hernandez

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 and bands.

Thu	6:45pm-7:40pm	\$6/Adult, \$3.75/Senior for drop-in, if space
611709	Apr 2-30	Adult - \$25/5 sess Senior - \$16.25/5 sess
611718	May 7-28	Adult - \$20/4 sess Senior - \$13/4 sess
611725	Jun 4-25	Adult - \$20/4 sess Senior - \$13/4 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	\$6/Adult, \$3.75/Senior for drop-in, if space
611748	Apr 10-May 1	Adult - \$20/4 sess Senior - \$13/4 sess
611754	May 8-29	Adult - \$20/4 sess Senior - \$13/4 sess
611756	Jun 5-26	Adult - \$20/4 sess Senior - \$13/4 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	\$7.00/Adult, \$4.50/Senior for drop-in, if space
612419	Apr 13-27	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
612428	May 4-25	No session May 18 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
612431	Jun 1-22	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	9:05am-10:00am	\$7.00/Adult, \$4.50/Senior for drop-in, if space
612420	Apr 1-29	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
612433	May 6-27	Adult - \$23/4 sess Senior - \$15/4 sess
612434	Jun 3-24	Adult - \$23/4 sess Senior - \$15/4 sess
Wed	7:00pm-7:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
612425	Apr 1-29	Adult - \$28.75/5 sess Senior - \$18.75/5 sess
612436	May 6-27	Adult - \$23/4 sess Senior - \$15/4 sess
612437	Jun 3-24	Adult - \$23/4 sess Senior - \$15/4 sess

Zumba Toning

19+yrs

Roslyn Bauyon

Participants are encouraged to work at their own pace. Lightweight maraca-like Toning Sticks (or light weights) enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Mon	6:00pm-6:55pm	\$7.00/Adult, \$4.50/Senior for drop-in, if space
612411	Apr 13-27	Adult - \$17.25/3 sess Senior - \$11.25/3 sess
612414	May 4-25	No session May 18 Adult - \$17.25/3 sess Senior - \$11.25/3 sess
612416	Jun 1-22	Adult - \$23/4 sess Senior - \$15/4 sess

Workshops

Pre-registration required for free workshops

All About M.E. - Mobile Education

55+yrs

Collingwood Community Police

Learn about public transit safety with Collingwood Community Police. This is an experiential workshop where you will actually board transit and visit a SkyTrain station to explore what is possible and various safety functions. Please note this activity will include a short ride on the #25 Bus to Nanaimo SkyTrain Station and back.

Fri	Apr 10	
614271	10:00am-1:00pm	Free

Supplements and Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

This class focuses on vitamins, minerals, herbs, probiotics, prebiotics, and "natural supplements" for arthritis. Learn about the safety, quality and dosages of supplements, how they interact with medications and side effects.

Tue	Apr 21	
613912	10:00am-11:30am	Free

Spine Osteoarthritis

55+yrs

OASIS (Vancouver Coastal Health)

Learn management strategies for specific joints that are affected by arthritis on topics such as joint protection, exercise and pain management. Note: this class is not for inflammatory arthritis; please check online classes for offerings.

Fri	May 8	
613913	10:00am-11:30am	Free

Foot Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

Learn management strategies for feet/ankles that are affected by arthritis on topics such as joint protection, exercise and pain management.

Fri	May 22	
613914	10:00am-11:30am	Free

Gardening with Arthritis

55+yrs

OASIS (Vancouver Coastal Health)

Learn tips and tricks to help improve gardening with arthritis.

Tue	Jun 9	
613915	10:00am-11:30am	Free

Pole-Walking

55+yrs

OASIS (Vancouver Coastal Health)

Learn about the benefits of using poles while walking and practice the correct technique to support your joints. Borrow our walking poles or bring your own!

Tue	Jun 16	
613916	10:00am-11:30am	Free

Pelvic Floor Health Workshop

19+yrs

Flo Physio

Pelvic floor physiotherapy is an area of physio that looks at the health and function of pelvic floor muscles. These muscles form a sling at the bottom of the pelvis and help support our internal organs. In this presentation we will be covering some common conditions, what to expect at a pelvic floor appointment, and some tips and exercises to keeping the pelvic floor healthy.

Mon	Jun 1	
615708	5:45pm-7:15pm	Free

Balance and Mobility Workshop

55+yrs

Collingwood Physio

Stay steady, stay strong, and move with confidence. This physio-led workshop is designed specifically for seniors who want to reduce their risk of falls and maintain their independence. Falls are a leading cause of injury in older adults, but many are preventable with the right knowledge, strength, and movement habits.

During this interactive one-hour session, physiotherapist Keane Leung from Collingwood Physiotherapy will explain why falls occur, the serious risks they pose, and how maintaining mobility, balance, and muscle strength plays a key role in prevention. Participants will also take part in a guided exercise component featuring safe, targeted exercises to improve strength, balance, and proper movement patterns.

The workshop is practical, supportive, and suitable for a range of ability levels, with a focus on real-world strategies you can use every day to move more safely and confidently.

Fri	May 15	
615709	10:00am-11:30am	Free

Sports

Beginners Jumpstart Tennis Program

19-64yrs

Metro Vancouver Tennis

Note: Programs are held at Slocan Park Tennis Courts

Metro Van Tennis proudly presents its Jumpstart: Beginners Intro to Tennis Program, designed to provide a strong foundation in tennis for those new to the sport. Hosted by experienced and passionate instructors, this program is perfect for individuals who want to learn the fundamentals of tennis in a fun, supportive, and inclusive safe learning environment..

Tue Thu	May 5-28	
614442	6:00pm-7:05pm	\$256/8 sess

Tue Thu	Jun 2-25	
614444	6:00pm-7:05pm	\$256/8 sess

Tue Thu	May 5-28	
614443	7:15pm-8:20pm	\$256/8 sess

Tue Thu	Jun 2-25	
614445	7:15pm-8:20pm	\$256/8 sess

Sports

Drop-in Sports Procedures

- Programs are cancelled on stat holidays and for Special Events.
- 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 15 minutes prior to the start of the program. No phone or online drop-ins.
- Registered participants have up to 10 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)
- Some equipment may be available for borrow. Equipment Rental Pass is required

Badminton

19+yrs

Enjoy recreational badminton.

Mon 611679	Mar 30-Jun 22 1:00pm-2:55pm	No session Apr 6, May 18 Adult - \$49.50/11 sess Senior - \$38.50/11 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Tue 611681	Mar 31-Jun 23 8:00pm-9:55pm	Adult - \$58.50/13 sess Senior - \$45.50/13 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
Wed 611683	Apr 1-Jun 24 1:00pm-2:55pm	Adult - \$58.50/13 sess Senior - \$45.50/13 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space

Pickleball

19+yrs

Played with a paddle and a plastic ball with holes on a badminton-sized court.

19+yrs		
Mon 605293	Mar 30-Jun 22 8:00pm-9:55pm	No session Apr 6, May 18 Adult - \$49.50/11 sess Senior - \$38.50/11 sess \$5.40/Adult, \$4.20/Senior +tax/drop-in if space
55+yrs		
Tue 605294	Mar 31-Jun 23 1:00pm-2:55pm	\$45.50/13 sess \$4.20+tax/drop-in if space
Thu 605298	Apr 2-Jun 25 10:45am-12:40pm	\$45.50/13 sess \$4.20+tax/drop-in if space
Thu 605302	Apr 2-Jun 25 1:00pm-2:55pm	\$45.50/13 sess \$4.20+tax/drop-in if space

Adult Tennis Lessons

see p.27

Basketball

19+yrs

Enjoy recreational basketball.

Sun 611678	Apr 5-Jun 28 3:00pm-4:55pm	\$58.50/13 sess \$5.40+tax/drop-in if space
Wed 611677	Apr 1-Jun 24 8:00pm-9:55pm	\$58.50/13 sess \$5.40+tax/drop-in if space

Foamball Tennis

55+yrs

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

Fri 611676	Apr 10-Jun 26 1:00pm-2:55pm	\$24/12 sess \$2.40+tax/drop-in if space
Tue 610893	Mar 31-Jun 23 10:45am-12:40pm	\$26/13 sess \$2.40+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 581529	Sep 9-Aug 25 11:00am-1:00pm	\$7.61/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 thereafter.
- Players set-up and take-down nets

Thu	8:00pm-9:55pm	Apr 2-Jun 25 \$13.33/court
Sun	12:30pm-2:30pm	Apr 5-Jun 28 \$13.33/court

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

Fitness Centre Hours of Operation

March 30 - June 28

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

Note: Fitness admissions are available until 15 minutes prior to the Fitness Centre closing. See **page 30** for special hours of operation

General Information



When visiting the fitness centre, please bring your own lock, towel and water bottle. Proper footwear is required at all times. Wristbands are required upon entry to the fitness centre. Please ensure that you obtain your wristband from the cashier upon admission.

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

Fitness Centre Consultations

13+yrs

Take advantage of our fitness consultations!

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support, motivation or a change in your program! Call ahead 604-257-8388 or visit in person to schedule an appointment for your fitness consultation.

Note: Par Q+ and consent & release forms required (available at the front desk).

Flexipass Membership & Admission Fees

13+yrs

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexi-pass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca

Admission Fees	Adult	Youth/Senior
Drop-in	\$7.93	\$5.55
10-visit pass	\$71.37	\$49.95
Monthly Flexipass	Adult	Youth/Senior
1 Month	\$64.15	\$44.91
3 Month	\$173.21	\$121.25
12 Month	\$554.26	\$387.98

All fees above subject to change without notice Prices do not include tax



Fitness Centre Equipment

- Life Fitness Treadmills (4)
- Life Fitness Upright Bike (1)
- Life Fitness Recumbent Bike (2)
- Life Fitness Cross Trainers (4)
- Matrix Stair Climber (1)
- Keiser Bike (1)
- Various Benches
- Various Free Weights (Dumbbells, Barbells)
- Leg Press
- Seated Leg Curl
- Pec Fly/Rear Deltoid
- Assisted Dip Chin
- Lat Pulldown
- Chest Press
- Row/Rear Deltoid
- Dual Adjustable Pulley (2)
- Smith Machine (1)
- Half Rack (1)

Fitness Classes

Knowledgeable Fitness Centre staff will guide participants through a four week program covering all components of a complete fitness program. Feel more confident in any fitness centre. Connect with other likeminded members in your community. Registration to reserve a spot is free but admission fee to access the fitness centre is required per visit (drop-in fee, 10 usage pass or monthly Flexipass scan).

Note: NOTE: completed Par-Q and Consent & Release are required (available at front desk). Maximum 3 registered.

Fitness for Women		Admission fee required
Tue 609304	Apr 7-28 2:00pm-3:00pm	
Tue 613866	May 5-26 2:00pm-3:00pm	
Tue 613867	Jun 2-23 2:00pm-3:00pm	
Fitness for Older Adults		Admission fee required
Wed 609306	Apr 1-22 3:00pm-4:00pm	
Wed 613864	May 6-27 3:00pm-4:00pm	
Wed 613865	Jun 3-24 3:00pm-4:00pm	
Fitness for Youth		Admission fee required
Sun 609305	Apr 5-26 11:00am-12:00pm	
Sun 613868	May 3-24 11:00am-12:00pm	
Sun 613869	Jun 7-28 11:00am-12:00pm	

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	March 16 - June 21
Monday-Friday	6:30am-9:30pm
Saturday-Sunday	9:00am-5:00pm
Fitness Centre	March 30 - June 28
Monday-Friday	6:30am-9:30pm
Saturday-Sunday	9:00am-5:00pm

Pool and Fitness Holiday and Special Hours

Swimming Pool Annual Maintenance:	Mon Feb 23-Sun Mar 15
Friday April 3	1:00pm-5:00pm
Monday April 6	1:00pm-5:00pm
Monday May 18	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 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.

Please note updated refund, suspension and expiry date policies as of Jan 1, 2026

1. Refund Eligibility

A refund shall be considered only where the Flexipass holder experiences a medical condition that renders them unable to utilize the Flexipass. Valid proof may be required.

The Flexipass must be active and unexpired at the time the refund request is submitted. Any approved refund shall be calculated effective the date on which the refund application is received, not retroactively.

2. Suspension (Account Freeze) for 12-Month Passes

Holders of a 12-month Flexipass are entitled to one (1) suspension period per Flexipass term, unless additional suspensions are expressly authorized by a Supervisor.

The suspension period shall be no less than two (2) consecutive weeks and no more than six (6) consecutive weeks, or for the duration of an extended planned facility closure, as applicable.

All suspension periods shall commence on the date the suspension request is submitted and must fall within the effective dates of the current membership term.

3. 10-Visit Pass Expiry

All 10-Visit Pass purchases will automatically expire after two (2) years

Flexipass Duration	Suspension (Account Freeze)	Refund
1 month	Not Permitted	Permitted (medical only)
3 month	Permitted (planned facility closure only)	Permitted (medical only)
12 month	Permitted - 1 per flexipass term	Permitted (medical only)



Swimming Lesson Registration

Note: Swimming Lesson Registration begins on **Tuesday March 17 @ 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 Online:

- Go to 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 inquire if there is space available or if more classes have been added.

Classes are subject to cancellation if minimum enrollment is not met

Swimming Lesson Refund Policy

Full refund will be given if cancellation notice is received five or more days before the start of the program. If cancellation notice is received one to four days before the start of the program, participant can either transfer to a future lesson set, if available, or refund amount will be the activity fee minus the cost of one class. If cancellation notice is received after the first program date (class/lesson), and five or more days before the second program date (class/lesson), refund amount will be the activity fee minus the cost of one class. If cancellation notice is received less than four days before the start of the second program date (class/lesson), refund amount will be the activity fee minus the cost of two classes. No refunds are issued for requests received after the second scheduled date of the program.

Fees for one or two-day programs (private lessons) are non-refundable.

Spring 2026 Swimming Lesson Information

Swimming Lesson Registration begins on: **Tuesday March 17 at 7:00pm**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Once Per Week Lessons	Set 1 Mar 30-Jun 15 10 lessons <i>No lessons Apr 6, May 18</i>	Mar 31-Jun 16 12 lessons	Apr 1-Jun 17 12 lessons	Apr 2-Jun 18 12 lessons	Apr 10-Jun 19 11 lessons	Apr 11-Jun 20 10 lessons <i>No lesson May 16</i>	Apr 12-Jun 21 10 lessons <i>No lesson May 16</i>
Twice Per Week Lessons	Monday/Wednesday			Tuesday/Thursday			
	Set 1	Mar 30-May 6 11 lessons <i>No lessons Apr 6</i>		Mar 31-May 7 12 lessons			
Set 2	May 11-Jun 17 11 lessons <i>No lessons May 18</i>		May 12-Jun 18 12 lessons				

Swim Lesson Pricing

# of Lessons	Parent & Tot/ Preschool (30 mins)	Swimmer 1 to 2 (30 mins)	Swimmer 3-6 (40 mins)	Swimmer 7-9 (55 mins)		Adults (40 mins)	
				Child	Youth	Youth/Senior	Adult
10	\$81.30	\$66.20	\$82.80	\$132.40	\$162.20	\$101.40	\$144.90
11	\$89.43	\$72.82	\$91.08	\$145.64	\$178.42	\$111.54	\$159.39
12	\$97.56	\$79.44	\$99.36	\$158.88	\$194.64	\$121.68	\$173.88

Note: All Lesson set fees posted before tax and will include a \$4.30 badge fee

Vancouver Aquatics Academy



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 - 604-257-8397

Under 14yrs	First person	\$40.60/lesson
	Semi-private add on	\$16.24/lesson
14yrs and older	First person	\$40.60+GST/lesson
	Semi-private add on	\$16.24+GST/lesson



Speciality Aquatics Courses

All Ages

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

For inquiries about our Adapted lessons, please contact AdaptedAquatics@vancouver.ca

Please visit vanrec.ca and, in the Parks and Recreation tab, locate 'Register for Swimming Lessons' for more information

Swimming Pool Schedule

March 16 - June 21

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lengths 6:30am-10:00am	Lengths 6:30am-10:00am	Lengths 6:30am-10:00am	Lengths 6:30am-8:30am	Lengths 6:30am-10:00am	Please Note: Pool schedule is subject to change Stat Holidays hours on p.30	
			AquaFit (Shallow/Moderate) 8:45am-9:45am		Opens at 9am	Lengths 9:00am-10:15am
Group Lessons 10:00am-11:30am					Group Lessons 10:30am-2:30pm	
Lengths 12:00pm-1:30pm						
Public Swim 1:30pm-3:30pm					Public Swim 2:30pm-5:00pm	
Group Lessons 4:00pm-8:00pm						
Public Swim 8:00pm-9:30pm						



Session Descriptions	
Public Swim (1-2 lanes for lengths)	Recreational swim for all ages. 1-2 lanes available for lengths swim.
Lengths (2-3 lanes available)	Continuous lengths swim for all ages. Lanes (25m) are designated for specific speeds.
Group Lessons (1 lane available)	Main pool is reserved for School Board or internal lesson programs and can include external rental groups during these times. Only 1 lane available for public length swimming.
AquaFit (Shallow/Moderate)	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. Pre-registration opens 3 days in advance and closes 30 minutes before the session starts. Drop-in starts 30 minutes prior to session start.



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
Adult 19-64yrs	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior 65+yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Youth 13-18yrs	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Children 5-12yrs	\$3.97	\$35.73	\$32.08	\$86.61	\$277.13
Preschool (0-4yrs)	FREE				
Family	at child rate	Minimum 2 people: \$7.94, \$3.97/additional member. Valid for 1-2 adults of same household and their children (5-18 years). All family members must be present at the time of admission			
Admission Policy	Children under 8 years of age must be accompanied in the water and be within arms reach of a responsible person at least 16 years of age.				

Pool Temperature: 28 degrees
Pool Length: 25 metres
Lockers: Please bring your own padlock