WINTER 2027

Recreation Guide



Enjoy your visit!

All WECCA facilities promote the values of the Safe Access For Everyone (S.A.F.E.) Code of Conduct:

- Be Responsible & Respectful
- Play Fair & Share
- Say "No" to Abuse
- Be Positive & Encouraging
- Expect the Best

WEST END PROGRAMS 5-26

COAL HARBOUR PROGRAMS. 27-40

Registration Numbers = Quick Registration

Winter Program Registration

Pre-registration is strongly encouraged. Programs accepting drop-ins are noted in each course description. For updates, visit recreation.vancouver.ca.

Centre Registration Begins:

Online/In-Person: Tue, December 12 @ 7:00pm
By Phone: Wed, December 2 @ 9:30am

Summer Day Camps Registration Begins:

Online/In-Person: Wed, April 14, 2027 @ 7:00pm
By Phone: Thurs, April 15, 2027 @ 10:00am

Online

Online registration continues 24/7. You must set up a free online account with the Park Board's secure server prior to registering. It takes up to 24 hours for confirmation so please be prepared before registration day. Visit **recreation.vancouver.ca** to register for courses.

By Phone

West End / Barclay Manor:. 604-257-8333
Coal Harbour: 604-718-8222

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

Laugh + Learn + Play

West End Community Centre | Barclay Manor | Coal Harbour Community Centre

www.westendcc.ca 604-257-8333 | www.barclaymanor.ca 604-257-8333 | www.coalharbourcc.ca 604-718-8222

Jointly operated by the West End Community Centre Association and the Vancouver Board of Parks & Recreation

West End Community Centre Association Mission Statement

To enhance the quality of life of the residents of the West End and Coal Harbour Communities by providing recreational, educational and social activities and services which are accessible and responsive to the changing needs of the Community.

The West End Community Centre Association (WECCA)

The West End Community Centre Association (WECCA) is driven by a volunteer board of directors – people just like you. WECCA operates in partnership with the Vancouver Board of Parks and Recreation to provide recreational, educational, and social activities and services including group fitness classes, community events, room rentals, pottery classes, language classes – even an ice skating rink! We offer these activities, plus much more, at Barclay Manor, Coal Harbour and West End Community Centres.

We have partnerships and working relationships with the Vancouver Park Board staff, School Board, the Joe Fortes Library, other Community Centres, and West End and Coal Harbour community groups and agencies.

We promote, foster and develop community spirit and good citizenship.

Our mission is to enhance the quality of life of the West End and Coal Harbour communities by providing recreational, educational, and social activities and services, which are accessible and responsive to the changing needs of the communities.

WECCA Board of Directors:

Linda Johnston . . . . . President
Lindsay Redpath . . . . . 1st Vice President
Dylan Thomas . . . . . 2nd Vice President
Mahsa Rezaei . . . . . Treasurer
TBD . . . . . Secretary

Directors:
Ruth Chau, Minaz Mawji, Matthew Minson, Rob Potts, Soumali Ganguly, Naila Ismayilova, Adele Arrazola

We acknowledge and are grateful to jointly operate our programs, events, and services on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil-Waututh Nations.

Thanks to our Supporters & Partners

Urban Fare

Downtown Van

Boniface Oleksiuk Politano Architects

The West End Journal

Aarm Dental Group

The West End/Coal Harbour Community Association greatly values their contributions, which greatly enhance our work serving the community.

Refund Policy

At West End and Coal Harbour (WECCA), we strive to run all scheduled programs as planned. However, there may be occasions where changes or cancellations are necessary on short notice. If this occurs, we do our best to notify all participants promptly.

Programs Cancelled or Changed by WECCA: Refunds will be issued for any cancelled classes, and when possible, make-up classes will be offered at the end of the session. To help avoid cancellations due to low enrollment, we encourage early registration.

Full or pro-rated refunds will be provided for any classes or events cancelled or significantly changed by WECCA, with no refund administration fee applied.

Refund Requests:

Regular Programming: Refunds will be pro-rated from the date of the request and must be submitted at least 3 business days before the next class. No refunds will be issued after the 2nd class from the date of your registration.

Specialty Programming: Refund requests for specialty programs, including special events, one-day/two-day workshops, Pottery, Dark Room, and court rentals, must be submitted at least 3 business days prior to the program start date.

WECCA Led Day Camps: Refund requests for WECCA led day camps must be submitted at least 5 business days before the first scheduled day of camp for each week.

Licensed Kindergarten Day Camps: Refund requests for licensed summer day camps must be submitted at least 10 business days before the first scheduled day of camp for each week.

Licensed Childcare Program: Refunds for all licensed childcare programs require one month's written notice. Families must notify the Children Care Manager in writing if they intend to withdraw from the Child Care Program or pay one month's fees in lieu of notice. This notice must be provided on or before the first day of your child's final month of care; notice received after this date will result in charges for an additional month of care.

Refund Fee: A refund administration fee of $5 applies per program.

Please Note:

- If you must withdraw due to special reasons such as medical or family emergency after the normal refund deadline has passed, a Recreation Programmer's permission is required for a pro-rated refund (which will only apply from the date the programmer receives the withdrawal request). The refund will be granted at the Recreation Programmer's discretion and may require the submission of a doctor's note. There is no guarantee that a refund will be issued.
- All programs are subject to change or cancellation on short notice.
- Some programs may include material fees. These fees are non-refundable once the program has begun.
- All cash payments will be refunded via a mailed cheque within three weeks of the refund request or can be applied as a credit to your account upon request. Refunds for programs originally paid by cheque will be subject to a 30-day waiting period.
- Business days are defined as Monday through Friday, excluding Statutory Holidays.

Protecting Your Privacy

The West End Community Centre Association (WECCA) is committed to protecting the privacy of personal information in our possession in accordance with the Personal Information Protection Act (PIPA) which regulates the way we collect, use, keep, secure, and disclose personal information. The personal information collected during registration or any of our forms will be used for recreation programs and informing you of our services and benefits. The information will be stored in a secure location and will not be disclosed to third parties without your permission, except as required by law. For further information call 604.257.8344

Registration Information

WEST END COMMUNITY CENTRE | BARCLAY MANOR | COAL HARBOUR COMMUNITY CENTRE

West End CC Hours of Operation

870 Denman St, Vancouver, BC V6G 2L8 | 604-257-8333

(Please call our front desk for operating hours on statutory holidays)

Community Centre ..... Jan 2-Mar 31
Monday-Friday 9:00am-9:00pm
Saturday-Sunday 9:00am-5:00pm
Centre is closed Jan 1, Feb 15, Mar 26, 29.

Front Office..... Jan 2-Mar 31
Monday-Friday 9:00am-8:45pm
Saturday-Sunday 9:00am-4:45pm

Fitness Centre ..... Jan 2-Mar 31
Monday-Friday 6:00am-9:00pm
Saturday-Sunday 9:00am-5:00pm
**Mon – Fri 6:00-9:00am: Please enter through the laneway-parking entrance and check in at the fitness centre desk.*

Coal Harbour CC Hours of Operation

480 Broughton St, Vancouver, BC V6G 3H4 | 604-718-8222

Room Rental Inquires: coalharbourccrentals@vancouver.ca

Community Centre ..... Jan 2-Mar 31
Monday-Thursday 9:00am-10:00pm
Friday 9:00am-9:00pm
Saturday.....9:00am-5:00pm
Sunday 10:00am-5:00pm
Centre is closed Jan 1, Feb 15, Mar 26, 29.

Front Office..... Jan 2-Mar 31
Monday-Thursday 9:15am-9:45pm
Friday 9:15am-8:45pm
Saturday.....9:15am-4:45pm
Sunday 10:15am-4:45pm

Your Recreation Staff

West End CC:

Recreation Supervisor .....Kathryn Sweetapple
Recreation Programmer ..... Roy Liu
Recreation Programmer .....TBD
Fitness Programmer ..... Larry Turko
Ice Rink Programmer..... Kathryn Lum
Community Youth Worker ..... Olivia Alexis
Recreation Facility Clerk ..... Shelby Quon
Maintenance Technician ..... Shawn Buick (Acting)

Barclay Manor:

West End and Coal Harbour staff are jointly supporting this position.

Coal Harbour CC:

Recreation Supervisor .....Kathryn Sweetapple
Recreation Programmer ..... Timothy Ly
Recreation Programmer .....Harriett Medel
Recreation Facility Clerk ..... Nelson McLachlan

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1. Online

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2. By Phone

West End/Barclay Manor: 604-257-8333
Coal Harbour: 604-718-8222

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

3. In Person

Registration in person continues during office hours. You can pay by cash, credit card or debit card.

Room Usage Cards

A room usage card is for individuals who wish to drop-in and use an activity room, space permitting. Room use subject to terms and conditions. Maximum 2 people per room; all individuals must have their own card.
Adult 1 year: $40.00 **Senior/Youth 1 year: $20.00**

West End Community Centre

IN LOVING MEMORY

Debbie Coulson

Debbie Coulson, the longtime Business Manager of the West End Community Centre Association, passed away on August 8 while vacationing on Vancouver Island. She was 65 years old. Her passing is deeply felt by her colleagues, partner, family, friends, and the many people whose lives she touched.

For more than ten years, Debbie was an integral part of the West End Community Centre Association. She supported the operations of the West End Community Centre, Coal Harbour Community Centre, and Barclay Manor, and played a vital role in the day-to-day work of the Association. Debbie managed WECCA's financial matters, contributed to its communications and social media, and worked closely with Vancouver Park Board and City of Vancouver staff to navigate the many complexities of the Association's operations.

Beyond her professional contributions, Debbie was a valued colleague and friend whose dedication, knowledge, and commitment to our community will be greatly missed.

We would like to take a moment to honour her memory and recognize the lasting impact she made on WECCA and the West End community she dedicated so many years to serving.

We remember Debbie with gratitude and affection, and we are honoured to include this tribute as part of a celebration she helped bring to life.



IN LOVING MEMORY

Warren Coughlan

It is with profound sadness we announce that Warren Coughlan passed away peacefully on July 23, 2026. Warren was the Recreation Supervisor for the West End and Coal Harbour Community Centre's for over 15 years from the early 90's to early 2000's.

Warren was dearly loved and respected. He was an inspiring leader, incredible supervisor, mentor, teammate, athlete and loved his family deeply. The WECCA Board and staff team of the West End and Coal Harbour Centre's share their heartfelt sympathies with Warren's family and extended family.



West End Community Centre



Join us for an egg-citing Easter Egg Hunt! Drop-ins $4.00 space permitting.

Wednesday, March 24 | 3:30pm-6:05pm

Reg #: 649074-649084 | $3.25/1sess | Auditorium



Art in the City 2027

The West End's Largest Fine Art Market

Vernissage: Friday, April 30th from 5:30-7:30pm – Open to the public

Art Market: Saturday, May 1st from 11am-4:30pm
& Sunday, May 2nd from 11am-4pm

Location: West End Community Centre, 870 Denman Street

West End Community Centre

Licensed Childcare

Ages 5-12: Out of School Care



Before & After School Care offers a safe, engaging, and nurturing environment for children in Kindergarten through Grade 7 from **Lord Roberts Elementary School** or **Seaside Elementary School.** Our qualified and caring staff provide licensed childcare, including convenient morning drop-off and afternoon pickup at the school. Children enjoy a variety of structured activities, creative projects, and free play at the **West End or Coal Harbour Community Centre,** with a nutritious daily snack provided.

The program runs Monday to Friday from **7:30-9:00 am** and **3:00-6:00 pm**, following the school calendar. Fees include professional development and early dismissal days. The program closes during Winter and Spring Breaks; however, WECCA Day Camps are available during these times and are not part of the monthly fees.

2026/2027 program fees for Before & After Care:
Kindergarten: $555/month
Grades 1 and up: $455/month
REGISTRATION FEE (Non-Refundable) **$52**
Prices are before the Child Care Fee Reduction, which provides financial support for all families.

Coal Harbour Kids Care:
Waitlist Activity#: 624946

West End Kids Care:
Waitlist Activity#: 624947

Ages 3-5: Half-day Care (3.5 hours)

Kinder Kids:



Coal Harbour Community Centre's licensed occasional care runs Mon/Wed/Fri, 9:30 am-1:00 pm, September to June. Led by early childhood education-trained staff, the program fosters independence, life skills, and friendships through engaging activities. Closed on school breaks, holidays, and Pro-D days.

2026 / 2027 School Year Monthly Fees
REGISTRATION FEE (Non-Refundable) **$50**
Monday / Wednesday / Friday - $386/month

Waitlist Activity # 623409

Toddlers 2023 birth year: Two's Time



Two's Time: A licensed, play-based program for toddlers, running Sept-June on Tuesdays, Wednesdays and Thursdays. Led by qualified staff, it offers unstructured fun and organized play to support development and social skills. No parent participation required. Families may choose one or multiple days. Closed during school breaks, holidays, and Pro-D days. Enrolled families get priority registration for Kinder Kids. Waitlist for 26/27 school year is open online for **children born in 2024.**

2026 / 2027 School Year Monthly Fees
REGISTRATION FEE (Non-Refundable) **$50**
Tuesdays - $114/month
Wednesdays - $114/month
Thursdays -$114/month

Waitlist Activity # 623411

West End Community Centre

Early Years

Playtime



Baby Playtime (0-2yrs)

We have toys, balls, and more! Parents are required to help set up and clean up the equipment each day. Parent Participation Required. Drop in $3.50. No sess on Jan 1, Feb 15, Mar 26.

M-F Jan 4-Mar 31 **12:30pm-2:00pm**

Bidwell Room

Jumbo Playtime (3-5yrs)

Playtime with the cars, trikes and toys and with our exciting Bouncy Castle! Parent/guardian participation is required. Parents/guardians are requested to assist with setup and take down of play equipment. Children younger than 3 need to be directly supervised by parents/guardians. Drop in $3.50. No sess on Jan 1, Feb 15, Mar 26.

Sa Jan 2-Mar 27 **9:30am-11:00am**

Auditorium

Playtime (up to 3 yrs)

Your child will love running, tumbling and riding on bikes and cars! Parent participation is required. Parents are requested to assist with setup and take down of play equipment. Drop in $3.50. No sess on Jan 1, Feb 15, Mar 26.

M-F, Su Jan 2-Mar 30 **9:30am-11:00am**

Auditorium

Creative Arts

Learning Ukranian Through Play (2-5yrs)

Learning German (A1–A2) is a play-based language program for children aged 2 to 5 years. Through songs, games, stories, movement, and creative activities, children develop basic German vocabulary and early communication skills in a supportive, engaging, and age-appropriate learning environment.

Instructor: Miroslava Kerniakevych

Set 1

Tu Jan 5-Feb 2 **5:00pm-6:00pm**
Reg #: 656018 $75/5 sess

Set 2

Tu Feb 9-Mar 9 **5:00pm-6:00pm**
Reg #: 656018 $75/5 sess

English Bay Room

Learning Ukrainian Through Play (5-7yrs)

It's a play-based program for children aged 5 to 7 years. Through songs, stories, games, movement, and creative activities, children naturally develop Ukrainian language skills while building confidence, social interaction, and a love for learning in a warm and engaging environment.

Instructor: Miroslava Kerniakevych

Set 1

Tu Jan 5-Feb 2 **6:00pm-7:00pm**
Reg #: 644566 $75/5 sess

Set 2

Tu Feb 9-Mar 9 **6:00pm-7:00pm**
Reg #: 644567 $75/5 sess

English Bay Room

Dance

Creative Ballet (3-5yrs)

Your child learns real ballet basics and has a blast doing it. They build solid technique while expressing themselves creatively, all in one fun class. Children participate without a parent in the room. Learn more at www.KirbySnellDance.com. Drop-in $15.

Instructor: Endorphin Rush Dance

Su Jan 10-Mar 14 **10:00am-10:45am**
Reg #: 644541 $140/10 sess

Dance Studio

My First Dance Class (2–4yrs + Guardian)

The easiest way to start your child's dance journey, and you get to dance right alongside them. Through songs, movement games and playful exploration, little ones build coordination, rhythm, spatial awareness and cooperation. Parent/guardian participation included. Learn more at www.KirbySnellDance.com. Drop-in $15.

Instructor: Endorphin Rush Dance

Su Jan 10-Mar 14 **10:50am-11:35am**
Reg #: 644542 $140/10 sess

Dance Studio

Education

Baby Sign Language

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn-24 months. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child. For more info visit www.intoyoga.ca.

Instructor: Sheri Kauhausen

Tu Feb 16-Mar 16 **10:30am-11:15am**
Reg #: 643908 $77/5 sess

English Bay Room

Physical Education

Sportball Multisport (3.5-5yrs)

Sportball Multisport skills development programs introduce preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour sess, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. Sorry, no drop-ins. No sess Feb 15.

Instructor: Sportball Vancouver

M Jan 18-Mar 15 **3:30pm-4:30pm**
Reg #: 644562 $152/8 sess

Auditorium

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

West End Community Centre

West End Soccer Academy (2-4yrs)

GrassRoots Soccer will help boys and girls of all abilities to grow, develop skills and reach their potential. Using the four corner model of physical, technical, psychological and social elements, this program will help children develop more than just their soccer skills. It will help them gain confidence, build self-esteem, learn to work in teams, and improve their decision making. Equipment: No cleats on field. Running shoes only permitted. Visit https://www.facebook.com/Coach.Glyn for updates. Drop-in $19.

Instructor: Glyn Roberts

(2-4yrs) – Parent Participation Required*
Sa Jan 9-Mar 20 **9:15am-10:00am**
Reg #: 644518 $166.65/11 sess

(4-6yrs) – Parent Participation Required*
Sa Jan 9-Mar 20 **10:00am-10:45am**
Reg #: 644524 $166.65/11 sess

(5-7yrs)
Sa Jan 9-Mar 20 **10:45am-11:30am**
Reg #: 644529 $176/11 sess

(7-12yrs)
Sa Jan 9-Mar 20 **11:30am-12:30pm**
Reg #: 644531 $187/11 sess

Off Site - King George Field and/or Gymnasium



Sportball Floor Hockey (4-6yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Instructor: Sportball Vancouver

Th Jan 21-Mar 11 **3:45pm-4:30pm**
Reg #: 644564 $152/8 sess

Auditorium

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Children

Creative Arts

Kids Clay with Estelle (5-8yrs)

It's messy but fun in this "hands-on" introduction to clay, learning the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, and fridge magnets. Clay and tools are included.

Instructor: Estelle Liebenberg

Th Jan 7-Mar 4 **3:30pm-4:45pm**
Reg #: 644533 $220/10 sess

Pottery Studio

Multimedia

Intro to Coding (5-8 yrs) NEW!

A fun and interactive learning space where students dive into the basics of coding principles through game-style activities. Participants will receive their login information to continue their journey. BYOD - Bring Your Own Device.

Instructor: Hillina Sandstorm

W Jan 6-Mar 10 **3:45pm-5:00pm**
Reg #: 653867 $135/10 sess

Meeting Room 2

Scratch Level 1 (9-13 yrs) NEW!

Dive into the world of programming through fun and games with a user-friendly drag-and- drop language to build mini projects. No experience necessary - bring your enthusiasm for fun, play and coding exploration! Participants will receive their login information to continue their journey. BYOD - Bring Your Own Device.

Instructor: Hillina Sandstorm

Su Jan 10-Mar 28 **10:30am-12:00pm**
Reg #: 653866 $145/11 sess

Meeting Room 2

Birthday Party Package (2-7 yrs)

Make your child's birthday extra special with a fun-filled party package! Best suited for children ages 2 to 7 years - our birthday parties include time in the auditorium with a bouncy castle and playtime toys, followed by celebrations in a Party Room with tables, chairs, and a fridge for food storage.

Party Schedule:
Noon – Available Saturdays and/or Sundays
- Set-up time: 30 minutes (11:30am-12:00pm)
- Playtime in the Auditorium: 1 hour (12:00pm-1:00pm)
- Party Room: 1 hour (1:00pm-2:00pm)
- Clean-up time: 30 minutes (2:00pm-2:30pm)

Afternoon – Available Sundays only
- Set-up time: 30 minutes (1:45pm-2:15pm)
- Playtime in the Auditorium: 1 hour (2:15pm-3:15pm)
- Party Room: 1 hour (3:15pm-4:15pm)
- Clean-up time: 30 minutes (4:15pm-4:45pm)

Party Includes:
- Thirty minutes for set-up before the party and 30 minutes for clean-up after.
- 1 hour in the Auditorium with a bouncy castle and Playtime toys
- Party Room for food, gifts, and socializing, with tables, chairs, and fridge access
- Two party attendants to assist with set-up, clean-up, and equipment supervision

Party Does Not Include:
- Staff do not lead games or structured activities
- Food, drinks, utensils, or decorations (families must bring their own)
- No glitter, piñatas, or ceiling decorations.

Important Details:
- Maximum 20 children and 20 total guests = 40 guests combined in total
- Food must be brought by families (no heating or cooking on-site)
- No food, drinks, shoes, or additional toys allowed in the bouncy castle
- Birthday times cannot be extended or adjusted
- Cancellation Policy: Cancellations require 14 days' notice and are subject to a $5 fee
- No refunds for cancellations made less than 14 days before the party

Sa Jan 9-Mar 27 **12:00pm-2:00pm**
Su Jan 10-Mar 28 **12:00pm-2:00pm**
2:15pm-4:15pm
Auditorium, Bidwell Room, Denman Room $250/1 sess

West End Community Centre

Kids Clay with Estelle (9-15yrs)

It's messy but fun in this "hands-on" introduction to clay, learning the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, and fridge magnets. Clay and tools are included.

Instructor: Estelle Liebenberg

Th Jan 7-Mar 4 **5:00pm-6:15pm**
Reg #: 644535 $220/10 sess

Pottery Studio

Kids Clay with Sonja (5-8yrs)

It's messy but fun in this "hands-on" introduction to clay, learning the basic techniques of slab making, coiling, sculpture, creating pinch pots and much more. Make great projects such as flower pots, pet bowls, lanterns, pottery pets, window chimes, beads, and fridge magnets. Clay and tools are included.

Instructor: Sonja LeBorgne

W Jan 6-Mar 3 **3:30pm-4:45pm**
Reg #: 644534 $220/10 sess

Meeting Room

Dance

Jazz/Ballet Fusion (4-7yrs)

Two styles, one class. Kids learn the fundamentals of both ballet and jazz while building mobility, balance and coordination, and finding their own creative voice. Fun, welcoming and confidence-building. Children must be able to participate without a parent in the room. Learn more at www.KirbySnellDance.com. Drop-in $15.

Instructor: Endorphin Rush Dance

Su Jan 10-Mar 14 **12:45pm-1:30pm**
Reg #: 644550 $140/10 sess

Dance Studio

Mini Hip Hop (4-7yrs)

Non-stop action from the first beat. Kids learn hip hop, basic breakdancing and dance games, and leave energized and grinning. Children participate without a parent in the room. Learn more at www.KirbySnellDance.com. Drop-in $15.

Instructor: Endorphin Rush Dance

Su Jan 10-Mar 14 **11:40am-12:25pm**
Reg #: 644546 $140/10 sess

Dance Studio

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Music

Guitar / Ukulele

Private 30 minute lessons to work at your own level and pace in guitar or ukulele. The classes are focused on technique, repertoire, reading, basic theory and practicing skills. Participants must provide their own instrument and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap are highly recommended. Books will be available at the first class for $15.00. Each time slot is 30 mins each sess.

Instructor: Rene Hugo-Sanchez

W Jan 6-Mar 10 **5:30pm-8:30pm**
Reg #: 644386-644392 $240/10 sess

Meeting Room 2

Private Piano Lessons with Ami

Have you ever wanted to learn to play piano? Maybe play a few songs? Maybe unlock that hidden ability inside of you? Come and join Ami for a private piano lesson! No matter what your current level is—beginner, intermediate, or advanced—Ami will work with you to achieve your learning goals. Lessons cover a variety of practical skills such as technique, reading, rhythm, and theory. The classes will be taught using a diversified approach tailored to suit your individual needs. Music is a gift that a musician gives to their audience. Let Ami help you develop that talent you have within so you can share it with others. Books are not included. Time slots are 30 mins each sess. No sess Feb 14.

Instructor: Min (Ami) Xu

Su Jan 10-Mar 21 **10:30am-4:15pm**
Reg #643921-#643945 $280/10 sess

Meeting Room 3

Martial Arts

Axe Capoeira: Beginner Mini Kids (4-7 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multi-disciplinary experience. Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. This course will introduce everyone to the fundamentals of the art form, will teach basic kicks, movements, acrobatics, as well as cover basic music skills and history of capoeira. Drop in $18, space permitting. Siblings attend at a 25% discount (but must register in person). No sess Mar 11.

Instructor: Yulia Terekh

Th Jan 7-Mar 25 **4:00pm-4:30pm**
Reg #: 643894 $148.50/11 sess

Dance Studio

Axe Capoeira: Beginner Youth (7-14 yrs)

JANUARY DISCOUNT OFFER - 50% discount for all Downtown classes with Axé Capoeira Vancouver (price listed already reflected the discount price) .

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multi-disciplinary experience. Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. This course will introduce everyone to the fundamentals of the art form, will teach basic kicks, movements, acrobatics, as well as cover basic music skills and history of capoeira. Drop in $20, space permitting. Siblings attend at a 25% discount (but must register in person). No sess on Mar 11.

Instructor: Yulia Terekh

January - 50% DISCOUNT
Th Jan 7-Jan 28 **4:30pm-11:30am**
Sa Jan 9-Jan 30 **4:30pm-11:30am**
Reg #643896 $27/8 sess

February
Th Feb 4-Feb 25 **4:30pm-11:30am**
Sa Feb 6-Feb 27 **4:30pm-11:30am**
Reg #643898 $120/8 sess

March
Th Mar 4-Mar 25 **4:30pm-11:30am**
Sa Mar 6-Mar 27 **4:30pm-11:30am**
Reg #643900 $105/7 sess

Physical Education

Little Movers Gymnastics (2-5yrs)

Our Little Movers program is specially designed for curious toddlers who love to jump, climb, and explore! In this playful and safe environment, children ages 2 to 5 develop their motricity, coordination, and balance through engaging movement activities. Each class combines gymnastics-inspired exercises like rolling, balancing, stretching, and jumping with creative games that keep learning fun and dynamic. Parents are welcome to join the class to help their little ones.

Tu Jan 5-Mar 23 **1:30pm-2:30pm**
Reg #: 655919 $297/12 sess

Auditorium

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

West End Community Centre

Junior Badminton Lessons: Fundamentals (7-10yrs)

NEW! For young players who love to learn or play badminton recreationally. This class further develops basic badminton techniques while building an understanding of fundamental skill. Participants must bring their own racket. For a recommendation, visit precisiontennis.ca/faq or contact hello@precisiontennis.ca. Please fill out the Activity Waiver at precisiontennis.ca/waiver before attending the first day of class. Cancellation updates: visit https://precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis

Set 1

Sa Jan 9-Feb 13	**1:00pm-2:00pm**
Reg #: 644962	$135/6 sess

Set 2

Sa Feb 20-Mar 27	**2:00pm-3:00pm**
Reg #: 644964	$135/6 sess

King George Gymnasium

Recreational Gymnastics (6-11yrs)

The Kids Gymnastics Program for ages 6–11 is designed to develop strength, coordination, flexibility, balance, and body awareness through artistic gymnastics, with a primary focus on floor routines. Classes emphasize foundational movements such as forward and backward rolls, cartwheels and lateral movements, handstand progressions, core and body control exercises, balance, coordination and agility drills. All activities are adapted to each child's age, physical development, and skill level. Drop-ins $30.

Tu Jan 5-Mar 23	**4:00pm-5:00pm**
Reg #: 655920	$297/12 sess
Sa Jan 9-Mar 27	**1:30pm-2:30pm**
Reg #: 655921	$297/12 sess

Auditorium

Sportball Multisport (5-8yrs)

Sportball Multisport skills development programs introduce preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour sess, using developmentally appropriate methods to introduce, practice and refine gross motor skills. The programs reinforce the benefits of teamwork and skills development rather than the importance of winning, enabling children to gain the confidence and develop the social skills necessary to succeed in sport and life. Sorry, no drop-ins. No sess Feb 15.

Instructor: Sportball Vancouver

M Jan 18-Mar 15	**4:30pm-5:30pm**
Reg #: 644563	$152/8 sess

Auditorium

Sportball Floor Hockey (6-9yrs)

Sportball Indoor Hockey programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Crosby in a supportive, non-competitive environment. Coaches zero in on skills like shooting, stick handling, and passing, in fun, exciting, skill-focused games.

Instructor: Sportball Vancouver

Th Jan 21-Mar 11	**4:30pm-5:15pm**
Reg #: 644565	$152/8 sess

Auditorium

Youth Badminton Lessons: Developing (11-14yrs)

NEW! For young players who love to learn or play badminton recreationally. This class further develops basic badminton techniques while building an understanding of a developing skill. Participants must bring their own racket. For a recommendation, visit precisiontennis.ca/faq or contact hello@precisiontennis.ca. Please fill out the Activity Waiver at precisiontennis.ca/waiver before attending the first day of class. Cancellation updates: visit https://precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis

Set 1

Sa Jan 9-Feb 13	**2:00pm-3:00pm**
Reg #: 644966	$135/6 sess

Set 2

Sa Feb 20-Mar 27	**2:00pm-3:00pm**
Reg #: 644967	$135/6 sess

King George Gymnasium

Badminton, Pickleball & Tennis – Free Trial Class for Kids!

NEW! Try a class for free! For young players who love to try or play recreationally for the first time. Participants must bring their own racket. For a recommendation, visit precisiontennis.ca/faq or contact hello@precisiontennis.ca. Please fill out the Activity Waiver at precisiontennis.ca/waiver before attending the first day of class. Cancellation updates: visit https://precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis

Try Badminton! (7-10yrs)

Sa Jan 9	**4:00pm-4:45pm**
Reg #: 644968	FREE/1 sess

Try Pickleball! (7-10yrs)

Sa Feb 6	**4:00pm-4:45pm**
Reg #: 644969	FREE/1 sess

Try Tennis! (6-8yrs)

Sa Mar 6	**4:00pm-4:45pm**
Reg #: 644970	FREE/1 sess

King George Gymnasium

Spring Break Day Camps

Spring Break Day Camp

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won't want to miss! Each week will include cooperative games & activities, arts & crafts, and out-trips. Each child should bring a backpack with a lunch, snack, water bottle, and dress for the appropriate weather conditions each day. Parents must complete a waiver form.

M-F Mar 15-Mar 19	**9:30am-3:30pm**
Reg #: 644394	$190/5 sess
M-Th Mar 22-Mar 25	**9:30am-3:30pm**
Reg #: 644400	$152/4 sess

Denman Room

After Care

After Care is only available to children registered in our Spring Break Day Camp. There is a late pick up fee of $1 per minute.

M-F Mar 15-Mar 19	**3:30pm-5:30pm**
Reg #: 644405	$50/5 sess
M-Th Mar 22-Mar 25	**3:30pm-5:30pm**
Reg #: 644409	$40/4 sess

Denman Room

Pro D - Day Camps

Pro D. Day Camp: Feb 12 (5-12yrs)

An action-packed full day of exciting activities, crafts, games and most importantly, FUN! Parents must complete a waiver form. Refund requests for WECCA led day camps must be submitted at least 5 business days before the first scheduled day of day camp.

F Feb 12	**9:30am-3:30pm**
Reg #: 643948	$50/1 sess

Denman Room

Pro D. Day Camp: After Care (5-12yrs) - Feb 12

After Care is only available to children registered in Pro D-Day Camp. Extra fee will be charged for late pick-ups. There is a late pick-up fee of $1 per minute.

F Feb 12	**3:30pm-5:30pm**
Reg #: 643947	$10/1 sess

Denman Room

Summer Day Camps Registration

Online/ In-Person: Wed, April 14, 2027 @ 7:00pm

By Phone: Thurs April 15, 2027 @ 10:00am

Please note that this new day camps registration time includes full day speciality camps that run during the typical school day hours of 9:00am-3:00pm and in-house West End & Coal Harbour Day Camps.

West End Community Centre

Youth

Education

CPR-C/AED

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-12:15pm**
Reg #: 643957 $85/1 sess
Barclay Room

Sa Feb 13 **9:15am-12:15pm**
Reg #: 643958 $85/1 sess
Barclay Room

Tu Mar 23 **9:15am-12:15pm**
Reg #: 643959 $85/1 sess
Barclay Room

Emergency First Aid with CPR/AED

Basic First Aid course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-1:45pm**
Reg #: 643912 $115/1 sess
Barclay Room

Sa Feb 13 **9:15am-1:45pm**
Reg #: 643914 $115/1 sess
Barclay Room

Tu Mar 23 **9:15am-1:45pm**
Reg #: 643915 $115/1 sess
Barclay Room

Red Cross Babysitting (11-15yrs)

A nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your child to have as they begin to build invaluable skills for a lifetime.

Instructor: Foundations Safety & First Aid Training

Su Jan 24 **10:00am-5:00pm**
Reg #: 643949 $90/1 sess
Barclay Room

Su Feb 14 **10:00am-5:00pm**
Reg #: 643950 $90/1 sess
Barclay Room

Su Mar 14 **10:00am-5:00pm**
Reg #: 643951 $90/1 sess
Barclay Room

Red Cross Stay Safe (9-14yrs)

Basic first aid and safety skills for youth 9-14 years old. Participants learn about being safe when they are without the direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. Course content includes the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on your own, how to stay safe at home and within the community, how to prepare for, recognize and respond to unexpected situations, and basic first aid skills.

Instructor: Foundations Safety & First Aid Training

Su Jan 31 **10:00am-3:00pm**
Reg #: 643954 $90/1 sess
Barclay Room

Su Feb 14 **10:00am-3:00pm**
Reg #: 643955 $90/1 sess
Haro Room

Su Mar 21 **10:00am-3:00pm**
Reg #: 643956 $90/1 sess
Barclay Room

Standard First Aid CPR-C/AED

A comprehensive course offering first aid and CPR/AED skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. The course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-5:15pm**
Reg #: 643962 $160/1 sess
Denman Room

Sa Feb 13 **9:15am-5:15pm**
Reg #: 643961 $160/1 sess
Barclay Room

Tu Mar 23 **9:15am-5:15pm**
Reg #: 643963 $160/1 sess
English Bay Room

Social

Teen Night- Grade 8-12

FREE program for youth in grades 8-12 (ages 13-18). Come by and shoots hoops in the Auditorium, play board games in the Youth Lounge or get creative with some art supplies. Snacks provided.Open Gym has in/ out privileges - this is for enrollment/ admin purposes only.

F 8-Jan-26-Mar **6:15pm-8:45pm**
Reg #: 645607 $0/24 sess
Auditorium



Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

WEST END COMMUNITY CENTRE ANNOUNCEMENT

West End Community Centre is scheduled to undergo needed facility upgrades and maintenance improvements in 2027. More information about the project, timelines, and impacts to programs and services will be shared as it becomes available. Please check our website for future updates and announcements.

West End Community Centre

Adult

Music

Piano Lessons - Mary

This course will provide you with a good start in understanding piano basics or expand on your previous knowledge. 30-minute or 1-hour individual lessons are available to adults & children. No session Feb 15.

Instructor: Mary Friesen

Set 1

M Jan 4-Feb 1 **1:30pm-7:00pm**
Reg #: 648685-648696 $140/5 sess

Stanley Court Room

W Jan 6-Feb 3 **1:30pm-7:00pm**
Reg #: 648709-648720 $140/5 sess

Meeting Room 3

Set 2

M Feb 8-Mar 15 **1:30pm-6:30pm**
Reg #: 648697-648707 $140/5 sess

Stanley Court Room

W Feb 10-Mar 10 **1:30pm-7:00pm**
Reg #: 648721-648731 $140/5 sess

Meeting Room 3

Guitar / Ukulele

Private 30 minute lessons to work at your own level and pace in guitar or ukulele. The classes are focused on technique, repertoire, reading, basic theory and practicing skills. Participants must provide their own instrument and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap are highly recommended. Books will be available at the first class for $15.00

Instructor: Rene Hugo-Sanchez

W Jan 6-Mar 10 **5:00pm-8:30pm**
Reg #: 644386-644392 $288/10 sess

Bidwell Room

West End Community Choir

Do you like singing? Can your voice carry a melody? Then join our choir!In a friendly atmosphere we learn great choral pieces from different eras and styles. This Winter we will explore music by Schubert, Mozart, Wagner and more. There are performance opportunities as well. Drop-in $15. No session Feb 15.

Instructor: Natalia Alexandrova

M Jan 11-Mar 22 **7:15pm-8:50pm**
Reg #: 649249 $120/10 sess

Stanley Court Room

Mozart's Choir Workshop

In this workshop we will learn the "Coronation Mass " by Mozart. Those who wish can participate in a concert on March 7th singing this wonderful work with another choir and Symphony Orchestra. Drop-in $30. No session Jan 23, Feb 6, Feb 13.

Instructor: Natalia Alexandrova

Sa Jan 16-Feb 20 **11:00am-2:00pm**
Reg #: 649250 $60/3 sess

Preschool

"Talkin' bout our Generation"

The course is a mixture of lectures on the history of 20th century popular music and culture using audio video by the instructor along with the dynamic of participants interacting with him and others in the room with questions and observations. The instructor is a semi-retired West End resident who had a lifelong career as a professional performing and recording musician. Some West End residents may remember him as a member of the BobCats band at the old Dover Arms pub. Drop-in $13.

Instructor: Danny Casavant

Sa Jan 9-Feb 27 **10:30am-12:00pm**
Reg #: 648451 $100.96/8 sess

Stanley Court Room

It's Only Rock & Roll, But I Like it: The Rolling Stones

An amazing thing happened to the world of music in the early 1960's. Groups of British young men with matching suits and shaggy hair took their pop music from Britain to the world and it was called: the British Invasion. Take 5 young bad boys from London, a passion for the Blues, a grey and boring post war England, add in a mix of Chuck Berry and Bo Diddley, shake well and pour out the greatest Rock and Roll band in history, The ROLLING STONES. How has this band written nearly 400 songs and over 30 hit albums? How are these octogenarians still touring after nearly 60 years together? We'll look at how they came together, their music and why they are still together. Drop-in $25, Space Permitting

Instructor: John Mitchell

F Jan 15-Feb 19 **10:00am-11:45am**
Reg #: 649100 $120/6 sess

Stanley Court Room

Pottery

Pottery Open Studio

Open Studio Requirements & Policies: This is a semi-supervised, non-instructional open studio session. Participants must be able to work independently. Experience Requirements: Prior ceramics experience is required, preferably through a pottery class at WECC. Participants should be comfortable with basic techniques, including wheel throwing or hand building, and proper glaze application. If you are registering at the West End Pottery studio for the first time, the pottery manager may send a knowledge assessment as an initial step in determining suitability for the program. This will be sent by email – please check your spam folder prior to your first cl. Final suitability may also be assessed during the first session. Participants who do not demonstrate the required level of experience will be asked to withdraw and will be refunded, with a recommendation to register in an instructional class instead. No session Feb 15.

Session A

M Jan 11- Mar 22 **2:30pm-5:30pm**
Reg #: 649124 $230/10 sess

Session B

Tu Jan 12-Mar 30 **5:45pm-8:45pm**
Reg #: 649125 $276/12 sess

Session C

W Jan 13-Mar 31 **11:00am-2:00pm**
Reg #: 649127 $276/12 sess

Session D

Su Jan 17-Mar 28 **10:15am-1:15pm**
Reg #: 649135 $253/11 sess

Session E

Su Jan 17-Mar 28 **1:30pm-4:30pm**
Reg #: 649138 $253/11 sess

Pottery Studio

Pottery Throwing & Handbuilding

Learn about the world of ceramics through the use of both the wheel and hand-building techniques. Classes will begin with demos focused on functional ware. By the end of the course projects will be self directed, with guidance and support from the instructor. Students will also learn how to glaze as well as paint their finished products. Clay is not included in the cost and must be purchased from the instructor during the first class - no outside clay permitted. No session Feb 15.

Instructor: Alex Chung

M Jan 11-Mar 22 **11:00am-2:00pm**
Reg #: 649142 $350/10 sess

Instructor: Estelle Liebenberg

M Jan 4-Mar 8 **5:45pm-8:45pm**
Reg #: 649160 $315/9 sess

Th Jan 7-Mar 11 **10:00am-1:00pm**
Reg #: 649165 $350/10 sess

Instructor: Mitra Mahmoodi

W Jan 20-Mar 24 **5:45pm-8:45pm**
Reg #: 649148 $350/10 sess

Pottery Studio

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

West End Community Centre

Pottery: Handbuilding Dinner Tableware Set

Make your own dishware set in this 4-part course! You will be making a dinner plate, a side plate, a bowl, a cup and some small dishes if time allows. Learn how to prep your clay slabs, make strong joints and use the templates provided. In our last class we will be glazing our work to make it food safe. Beginner friendly, all materials included. No session Feb 4.

Instructor: Serena Chu

Th Jan 14-Feb 11 **6:30pm-8:30pm**
Reg #: 654421 $180/4 sess

Pottery Studio

Pottery: Modern Minimalist Hand-building Ceramic Tableware

In this two part workshop, we will be creating a set of dishes that will be food-safe and ready to be used at your next dinner party! We will be making at least one larger piece and a few small ones, options include plates, shallow bowls, serving dishes and more. There will be an introduction to minimal surface decoration like dry brushing to create a modern design, many options of glazes will be available. No session Feb 25.

Instructor: Serena Chu

Th Feb 18-Mar 4 **6:30pm-8:30pm**
Reg #: 654435 $90/2 sess

Pottery Studio

Pottery: Wheel Throwing Intensive-Centering & Wall Building

Have you ever wanted to improve your centering and wall structure? This multi-part skill building class helps you practice your throwing by repetition of the basics. You will be cutting through your freshly thrown pieces to inspect the structure while the instructor gives you guidance on how to master the craft with useful tips and tricks. Clay is included, previous pottery experiences required to fully benefit from this series. No session Mar 4.

Instructor: Serena Chu

Th Feb 25-Mar 25 **6:30pm-8:30pm**
Reg #: 654436 $180/4 sess

Pottery Studio

Pottery: Pinched Pots

In this two-night workshop, you'll learn to make your own handmade pottery, including cups, mugs, and bowls, from start to finish. No experience necessary! Whether you're brand new to clay or simply curious to try something creative, this workshop is a great introduction to pottery. All materials are included. No session Jan 15.

Instructor: Lisa Warren

F Jan 8-Jan 22 **6:00pm-8:00pm**
Reg #: 654439 $90/2 sess

Pottery Studio

Pottery: Make a Handmade Mug in Two Nights

In this two night workshop you'll make a mug from start to finish, no experience necessary! A great introduction to pottery, beginners welcome! All materials included. No session Feb 5.

Instructor: Lisa Warren

F Jan 29-Feb 12 **6:00pm-8:00pm**
Reg #: 654441 $90/2 sess

Pottery Studio

Pottery: Make a Handmade Flower Vase in One Night!

In this one night workshop you'll make a flower vase from start to finish, no experience necessary! Your instructor will demonstrate how to construct a vase using various techniques. A great introduction to pottery, beginners welcome! Your piece will then be fired and glazed for you in the colour of your choice. All materials included.

Instructor: Lisa Warren

F Feb 5 **6:00pm-8:00pm**
Reg #: 654443 $55/1 sess

F Feb 19 **6:00pm-8:00pm**
Reg #: 654444 $55/1 sess

Pottery Studio

Pottery: The Professional Workshops - Kilns 101

The Professional Workshops are meant for potters with their own studios, or those seeking to start their own studios. In this workshop, participants will learn the basics of kiln operation. We will cover kiln programming and maintenance, loading and unloading of work and proper care of kiln shelves. A great starting point for anyone wanting to start their own ceramic practice.

Instructor: Lisa Warren

F Mar 5 **6:00pm-8:00pm**
Reg #: 654449 $60/1 sess

Pottery Studio

Pottery: Try Out the Potter's Wheel!

Ever wanted to try the pottery wheel but don't want to commit to a full class? Then this one night workshop is for you! After a short throwing demonstration, you'll have time to test your skills on the pottery wheel with guidance and encouragement from your friendly pottery instructor. No previous experience necessary! All materials included.

Instructor: Lisa Warren

F Mar 12 **6:00pm-8:00pm**
Reg #: 654453 $65/1 sess

Pottery Studio

Photography

Darkroom: Introduction to the Basics

This course will take you through the process of developing film and making traditional wet prints from negatives using black and white photographic materials. It is an introductory course, enabling the student to grasp the fundamentals of processing, chemicals, darkroom safety and enlarging. Over the course of the program you will develop one roll of film, make a contact sheet and create quality silver gelatin prints. The course requires additional materials, which will cost from $50 to $100. A list will be provided at the beginning of your first class. You will also need to have an exposed roll of black and white film (excluding Ilford XP2) in either 35mm or 120 format for the first day of class.

Instructor: Kathy Kinakin

Tu Jan 5-Feb 9 **5:45pm-8:45pm**
Reg #: 648963 $198/6 sess

Tu Feb 16-Mar 23 **5:45pm-8:45pm**
Reg #: 648964 $198/6 sess

Instructor: Kyle Fang

Th Jan 7-Feb 11 **5:45pm-8:45pm**
Reg #: 648965 $198/6 sess

Th Feb 18-Mar 25 **5:45pm-8:45pm**
Reg #: 648967 $198/6 sess

Dark Room

Introduction to Analogue or Film Photography

A four-hour introductory course for those with little or no experience taking photographs with film cameras. Covers both technical and creative aspects such as exposure, aperture, shutter speed, depth of field, film speed, grain, colour balance, and basic compositional and lighting techniques. Includes a comprehensive set of class notes. Plus, the information learned is applicable to digital cameras. Please bring your film camera and instruction manual (if you have it.)

Instructor: Jo Ann Kronquist

Sa Mar 13 **10:00am-2:00pm**
Reg #: 649089 $90/1 sess

Barclay Room

Personalized Darkroom Mentorship Session NEW!

These three-hour individualized sessions are guided by your experience, interests, and creative process. Whether you're new to film photography, returning to the darkroom after some time away, or looking to develop your existing skills, the focus is on learning through experimentation, practical guidance, and working at your own individualized pace. Please email roy.liu@vancouver.ca if you are interested in booking a session.

Instructor: Tiara Adams

$210/1 sess

Darkroom

West End Community Centre

Creative Arts

Art Inspiration with Oil Painting

Learn different oil painting techniques and develop your artistic talents under the guidance of an experienced oil painting instructor. Produce your first masterpiece in a friendly and creative atmosphere, whether you are looking to decorate your home or creating a gift.

Instructor: Kira Shulgina

Set 1
M Jan 4-Feb 8 — **6:30pm-8:30pm**
Reg #: 648683 — $150/6 sess

Set 2
M Feb 22-Mar 22 — **6:30pm-8:30pm**
Reg #: 648684 — $125/5 sess

Bidwell Room



Drawing Landscapes, Flowers & Figures

Learn how to draw, shape, and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures, and more. Experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Supplies are not included. A supply list is available upon registration. Drop-in $25.

Instructor: Mohammad Reza Atashzad

Set 1
Th Jan 7-Feb 11 — **5:30pm-6:45pm**
Reg #: 649030 — $120/6 sess

Set 2
Th Feb 18-Mar 25 — **5:30pm-6:45pm**
Reg #: 649031 — $120/6 sess

Bidwell Room

Watercolour Painting

Learn watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature. Drop-in $35.00. For more information visit www.atashzad.com.

Instructor: Mohammad Reza Atashzad

Set 1
Th Jan 7-Feb 11 — **6:45pm-8:45pm**
Reg #: 649032 — $180/6 sess

Set 2
Th Feb 18-Mar 25 — **6:45pm-8:45pm**
Reg #: 649035 — $180/6 sess

Bidwell Room

Luxurious Oil Pastels

Discover this vibrant world of luxurious oil pastels. Whether you are picking up oil pastels for the very first time or looking to refine your artistic practice, this class offers an inspiring space to explore expressive possibilities. Through guided projects and creative experimentation, you will build confidence while exploring colour, texture, blending, and mark making. Create artwork inspired by still life, landscape, portraiture, abstraction, and imagination. This friendly and supportive class welcomes all skill levels. Individual guidance is provided throughout, and curiosity, exploration, and personal expression are encouraged. Come ready to play with colour, connect with fellow artists, and enjoy the creative process. Supply list email: nsyffayerman@gmail.com. Drop-in $26.25

Instructor: Faye Fayerman

Set 1
W Jan 6-Feb 10 — **6:30pm-8:30pm**
Reg #: 649104 — $138/6 sess

Set 2
W Feb 17-Mar 31 — **6:30pm-8:30pm**
Reg #: 649107 — $161/7 sess

English Bay Room

Indigenous Beading Class for Adults

Tansi! (Hi in Cree) Learn Indigenous Beading with Gigi a Woodland Cree, (Nihithaw) Osage, (Wazhazhe) and Two Spirit Artist. This class will: Introduce you to the trading of different beads from cultures and the history of seed beads, shell beads, and glass beads. Make a beaded floral rosette and the class will be able to choose which colour combinations they want and a choice of seed or glass beads. You will also bead orange shirt pins for Residential School awareness. Choose your own design to bead for a keychain. Drop-in $45.

Instructor: Gigi C.

January
Su Jan 17-Jan 31 — **1:00pm-3:00pm**
Reg #: 649286 — $115/3 sess

February
Su Feb 14-Feb 28 — **1:00pm-3:00pm**
Reg #: 649287 — $115/3 sess

March
Su Mar 14-Mar 28 — **1:00pm-3:00pm**
Reg #: 649288 — $115/3 sess

Meeting Room 2

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

Exploring Bookbinding with Three Books

Learn traditional bookbinding techniques to create three hand-bound books: an accordion-fold book, a classic Japanese-bound book, and a pamphlet stitch notebook, Using mat board, decorative papers, ribbon, and acid-free paper, participants will measure, score, size paper, miter corners and bind the book's pages and cover. Includes a recipe for archival and non-toxic bookbinding paste. Supply cost per student: $25.00

Instructor: Jo Ann Kronquist

Sa Feb 20 — **10:00am-4:00pm**
Reg #: 649087 — $115/1 sess

Barclay Room

Dance

Adult Ballet: Foundations

This class is for people who are completely new to ballet and have no previous experience. We'll learn the basics step by step, including ballet positions, posture, alignment, and simple movement. The program will be progressive, with classes building on each other throughout the term. No session Jan 27, Feb 3, Feb 10.

Instructor: Maria Norberto

Set 1
W Jan 6-Feb 24 — **5:30pm-6:30pm**
Reg #: 648643 — $150/5 sess

Set 2
W Mar 3-Mar 31 — **5:30pm-6:30pm**
Reg #: 648647 — $150/5 sess

Dance Studio

Adult Ballet: Beginner

This class is for people with a little ballet experience, or those who danced in the past and are gradually returning to it. We'll review and build on the fundamentals at a slightly more dynamic pace. This will also be a progressive program running throughout the term. No session Jan 27, Feb 3, Feb 10.

Instructor: Maria Norberto

Set 1
W Jan 6-Feb 24 — **6:30pm-7:30pm**
Reg #: 648651 — $150/5 sess

Set 2
W Mar 3-Mar 31 — **6:30pm-7:30pm**
Reg #: 648658 — $150/5 sess

Dance Studio

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

West End Community Centre

Adult Jazz: Open Level

This is a choreography-based class and a welcoming space for people to dance, move, get some exercise, and support their well-being. It's open to all levels and all ages. No session Jan 27, Feb 3, Feb 10.

Instructor: Maria Norberto

Set 1

W Jan 6-Feb 24 **7:30pm-8:30pm**
Reg #: 648662 $140/5 sess

Set 2

W Mar 3-Mar 31 **7:30pm-8:30pm**
Reg #: 648663 $140/5 sess

Dance Studio

Ballroom Dancing: Beginner Level 1 & 2

Linda's Dance experience consists of over 30 years of performing & teaching a variety of Dance Forms. She is a Certified Ballroom Dance Instructor, Choreographer and teaches all levels of Dance from Beginner to Advanced. Social Interaction, poise, confidence and exercise are some of the benefits of Ballroom Dance. For new students this is a great opportunity to learn the basic skills. Concentrating on four dances: Foxtrot, Swing, Waltz and Rumba. Drop in $20

Instructor: Linda Short

Th Jan 14-Mar 18 **6:45pm-7:45pm**
Reg #: 648855 $180/10 sess

Dance Studio

Ballroom Dancing: Beginner Level 3 & 4

This class is for returning students and anyone who has had one year or more of Ballroom Dance instruction.You will be introduced to more styling and techniques, concentrating on two dances, the very rhythmical Cha Cha and the passionate Tango. Drop in $20

Instructor: Linda Short

Th Jan 14-Mar 18 **7:45pm-8:50pm**
Reg #: 648859 $180/10 sess

Dance Studio

Bellydance - Beginner

This fun class is for all levels of beginners, in a warm and welcoming atmosphere. Class begins with a 25 min. stretch warm-up. Then improve your posture, grace and mind-body connection with controlled muscle isolations which tighten your core and butt. The last half hour is non-stop watch and follow moves, all the while dancing to the sensual melodies and dynamic rhythms of the middle east in a cultural dance form arisen from antiquity. Drop-in $20. No session Feb 15.

Instructor: Gail (Rahma) Haddad

M Jan 18-Mar 22 **6:30pm-8:00pm**
Reg #: 648922 $144/9 sess

Dance Studio

Bellydance - Intermediate/Advanced

This mult-level class gives advanced dancers the opportunity to be creative, improve techniques and performance skills and contribute to class learning. It gives intermediate dancers an opportunity to learn from many dancers and to focus on music, new styles and develop their skills including finger cymbals and veils. A group choreography gives dancers a chance to work together. Drop-in $20.00.

Instructor: Gail (Rahma) Haddad

Tu Jan 19-Mar 23 **7:15pm-8:45pm**
Reg #: 648868 $150/10 sess

Dance Studio

Brazilian Rhythms - Cardio Dance

Brazilian Rhythms is a program that explores the Brazilian culture through a high energy follow along cardio dance class. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms in diving into the Brazilian culture. This class is a party, while working out!

Instructor: Maira Daiha

Set 1

F Jan 15-Mar 19 **7:00pm-8:00pm**
Reg #: 648935 $175/10 sess

Dance Studio

Throwback Music Video Choreography

Learn dance moves from some of the most iconic music videos from the 90s and 00s. Expect a groovy warm up, where you'll also learn some foundational movements, and a good stretch before getting into the choreography. Drop-in $22.

Instructor: Yasmine Shemesh

Th Jan 14-Mar 18 **5:30pm-6:30pm**
Reg #: 649233 $180/10 sess

English Bay Room

Britney Spears

F Jan 15-Mar 19 **5:30pm-6:30pm**
Reg #: 649237 $180/10 sess

Auditorium

Solo Salsa (All Levels) NEW!

Want to learn Salsa? No partner needed! This beginner-friendly dance class focuses on solo Salsa footwork, steps, rhythm and styling. Learn authentic Salsa movements through clear, step-by-step instruction and guided practice, gradually building your skills and confidence. Come exercise and have fun!! Wear non-grip exercise shoes. Drop-in:$16.50

Instructor: Takako Toriumi

Su Jan 10-Mar 28 **2:00pm-3:00pm**
Reg #: 655197 $180/12 sess

Dance Studio

Drama

Voice-Over Acting Level I

Learn how to create commercials with your voice and gain confidence or start a new career. You will record different styles of voice-acting, including cartoons. Please bring your own recording device.

Instructor: Sonja Bakker

Sa Jan 16 **9:30am-2:30pm**
Reg #: 649245 $75/1 sess

Meeting Room 1

Voice-Over Acting Level II

Are you ready to take on more challenging scripts? More variety, diverse styles and characters in animation? If so, this fun creative class.

Instructor: Sonja Bakker

Sa Feb 6 **9:30am-2:30pm**
Reg #: 649247 $75/1 sess

Sa Mar 6 **9:30am-2:30pm**
Reg #: 654604 $75/1 sess

Meeting Room 3

Education

CPR-C/AED

Courses on cardiopulmonary resuscitation (CPR) provide the skills needed to recognize and respond to cardiovascular emergencies and choking for adults, children, and babies. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-12:15pm**
Reg #: 643957 $85/1 sess

Barclay Room

Sa Feb 13 **9:15am-12:15pm**
Reg #: 643958 $85/1 sess

Barclay Room

Tu Mar 23 **9:15am-12:15pm**
Reg #: 643959 $85/1 sess

Barclay Room

Emergency First Aid with CPR/AED

Basic First Aid course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-1:45pm**
Reg #: 643912 $115/1 sess

Barclay Room

Sa Feb 13 **9:15am-1:45pm**
Reg #: 643914 $115/1 sess

Barclay Room

Tu Mar 23 **9:15am-1:45pm**
Reg #: 643915 $115/1 sess

Barclay Room

West End Community Centre

Standard First Aid CPR-C/AED

A comprehensive course offering first aid and CPR/AED skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. The course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines.

Instructor: Foundations Safety & First Aid Training

W Jan 13 **9:15am-5:15pm**
Reg #: 643962 $160/1 sess

Denman Room

Sa Feb 13 **9:15am-5:15pm**
Reg #: 643961 $160/1 sess

Barclay Room

Tu Mar 23 **9:15am-5:15pm**
Reg #: 643963 $160/1 sess

English Bay Room

Toastmasters

Vancouver Speakers and Leaders is a Vancouver Toastmaster Club that provides a one-stop-solution to leadership and professional development. Members practice public speaking, impromptu speeches and leadership skills at weekly meetings.

Instructor: Cindy Shen

Tu Jan 12-Mar 30 **6:30pm-8:30pm**
Reg #: 649239 $0/12 sess

Denman Room

English Conversation Circle

Join a weekly Tuesday conversation circle, open to all levels. We encourage you to practice English in a relaxed circle of friendly people. Conversations are guided by experienced facilitators and we strive to talk about things that interest you.

Instructor: David Scott

Tu Jan 5-Mar 30 **10:00am-11:30am**
Reg #: 649067 $0/13 sess

Meeting Room 2

West End Writers

Welcoming writers of all ages and experience, the West End Writers club provides a supportive atmosphere for writers to read work in progress and receive feedback.

Instructor: Deborah Strulow

W Jan 6-Mar 31 **6:45pm-8:45pm**
Reg #: 649251 $0/13 sess

Stanley Court Room

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Journey into Past Life Regression

In this intensive past life regression session you will be guided into deep trance and experience past lives first hand. In this open, accepting, and relaxed environment you can access several key lives you have lived, unveiling roles, relationships, places and talents that were important to you, and discover what you have gained from these lifetimes, including any effects you've carried forward to the present. Depending on group energy and desires, we can also choose a focus on money, relationships or life purpose. The session includes introduction, group regressions and post-regression analysis. Bring a notebook and a pen for journaling after each experience.

Instructor: Kemila Zsange

Th Jan 7 **5:15pm-8:45pm**
Reg #: 649282 $65/1 sess

Stanley Court Room

Attract Love with Your Subconscious Mind

In the month of Valentine, let's get together to explore what your subconscious mind has to do or say about attracting the right person, into your life. Yes this group hypnosis workshop is all about love. Rekindle the fire of love and gratitude with enjoyable spa music and guided meditation from a Certified Clinical Hypnotherapist, to tap into the power of your subconscious mind. We will remove certain blocks that might be in your way, clear up some old programs, so your desire for a perfect partner becomes your reality. You will feel the love and lovability within, and send it out into the universe!

Instructor: Kemila Zsange

Th Feb 11 **5:00pm-8:00pm**
Reg #: 649283 $53/1 sess

Stanley Court Room

Future Life Progression

Get ready for a journey through time and space - literally. In this intensive Past Life Regression session, you'll be guided into deep trance and experience first hand past lives through regression. In this open, accepting, relaxed environment you can access several key lives you've lived, unveiling roles, relationships, places and talents that were important to you. More importantly, what you have gained from these lifetimes, including any effects you've carried forward to the present. Depending on group energy and desires, we can also choose a focus on money, relationship or life purpose. The session includes introduction, group regression and post regression analysis. Please bring a notebook and a pen for journaling after each experience.

Instructor: Kemila Zsange

Th Mar 11 **5:30pm-8:30pm**
Reg #: 649284 $53/1 sess

Stanley Court Room

Olive Oil Soap Making, Creating Liquid Soaps

Create pure, natural liquid soap from oils like olive oil and hemp seed oil in this traditional soap making course. Learn how to customize your soap for various uses; hand wash, surface cleaners and shampoo. In class make and take home an olive oil soap batch, liquid castile and a citrus dish soap.

Instructor: Cheryl Theilade

Th Feb 18 **6:30pm-8:45pm**
Reg #: 649285 $55/1 sess

Preschool Room

All-Natural Hair Care

Whether your hair is oily, dry, colour treated or dealing with dandruff or hair loss, this fun and informative "All Hair Care" class is for you! Using an array of herbal botanicals, aromatherapy oils and moisturizing shampoo bars, make your own nourishing hair products. Make and take a black Jamaican castor oil scalp soother, dry shampoo, hibiscus n' honey hair mask, and an herbal shampoo.

Instructor: Cheryl Theilade

M Mar 8 **6:30pm-8:45pm**
Reg #: 654464 $52/1 sess

Preschool Room

Dog Obedience - Walk This Way Foundation

Does your dog pull or lag on a leash? Are the finer points of walking nicely beside you a challenge for your pup? Join us for a fun, hands-on class where both you and your dog can discover the secrets of smooth, enjoyable walks! Our force-free training approach uses food, praise, and play, all backed by science, to help your dog find their groove and make leash walks a highlight of your day.

Instructor: Masumi Yoshinaga

W Feb 3-Feb 24 **7:00pm-8:00pm**
Reg #: 648971 $150/4 sess

Auditorium

Special Note for Dog Obedience Programs:

Registration closes 3 business days before class. If you miss the deadline, contact West End CC - late enrolments are rarely accepted, but we will review your request and let you know. There are no make-up sessions for missed classes. Please double-check your schedule before registering. For everyone's safety, dogs must wear a flat buckle collar, front/back-clipped harness or head halter. Pinch, choke, or shock collars and retractable leashes are not allowed.

West End Community Centre

Dog Obedience - Game On! Obedience for Adult Dogs

This class offers you and your dog the opportunity to practice essential everyday skills, such as sit, down, stay, polite walking, and leash-handling, through a variety of engaging games that make learning enjoyable for both of you. While the main focus is on having fun, these activities are intended to strengthen your bond and encourage your dog's obedience skills. If you and your dog missed out on puppy classes, or if you've recently adopted a rescue dog and want to build a strong foundation together, this class is a great fit. We use positive, reward-based methods, including food, praise, and play, guided by scientifically informed learning principles to support your dog's progress and build confidence.

Instructor: Masumi Yoshinaga

W Mar 10-Mar 31 **7:00pm-8:00pm**
Reg #: 648968 $150/4 sess

Auditorium

Introduction to Vertical Gardening

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. Reduced Free for Seniors (50 and over).

Instructor: West End Food Network

M Feb 15 **6:30pm-8:30pm**
Reg #: 654475 $20/1 sess

Barclay Room

WE Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic.

Instructor: West End Food Network

Happy Growing in 2027!
Su Feb 21 **1:00pm-2:30pm**
Reg #: 654476 $0/1 sess

What Are You Growing This Year?
Su Mar 21 **1:00pm-2:30pm**
Reg #: 654477 $0/1 sess

English Bay Room

Planning Your Spring Garden

Enjoy the taste of freshly grown veggies from your garden this coming spring! In this Village Vancouver Westside Neighbourhood Food Network Urban Garden Club workshop, Rhiannon Johnson covers the basics of planning, and then preparing and starting a food garden come Spring. You'll learn how to plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

M Feb 22 **6:30pm-8:30pm**
Reg #: 654478 $20/1 sess

Barclay Room

Quick Pickles

In this joint Village Vancouver – West End Neighbourhood Food Network Urban Garden Club workshop with Amy Weeks, participants will learn the basics of making a quick pickle in a mason jar, along with tips and tricks to ensure your pickles turn out crisp and delicious. This workshop is ideal for spaces without access to a stove or full kitchen. Fee includes cost of all materials. Free for Seniors (50 and over; $8 materials fee only).

Instructor: West End Food Network

W Mar 17 **6:30pm-8:30pm**
Reg #: 654585 $28/1 sess

Barclay Room

Wild Herbal and Mineral Vinegars

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Laura Cisneros, you'll make an apple cider vinegar and find out why this daily mineral tincture is so important for your hormonal health. Fee includes cost of all materials. Free for Seniors (50 and over; $8.75 materials fee only).

Instructor: West End Food Network

Th Mar 25 **6:30pm-8:30pm**
Reg #: 654594 $23.75/1 sess

Barclay Room

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

Language

Spanish - Beginner I

Think of the richness that learning Spanish will add to your life! In this course emphasis will be on interaction to quickly develop speaking and comprehension skills. By providing the basic tools to communicate effectively, this approach will introduce you to language structures and expressions and will open doors to new experiences. No session Feb 15.

Instructor: Karen Lara

M Jan 11-Mar 22 **6:10pm-7:25pm**
Reg #: 649193 $144/10 sess

English Bay Room

Spanish - Beginner II

This course is designed for students who have some exposure to Spanish or who want to broaden the knowledge acquired in Beginner I and feel more competent and confident with their conversational skills. For more information visit www.SpanishwithKaren.com. No session Feb 15.

Instructor: Karen Lara

M Jan 11-Mar 22 **7:30pm-8:45pm**
Reg #: 649196 $144/10 sess

English Bay Room

Spanish Low Intermediate 1 - Reading & Writing

Hola Amigos! This class is designed with those comfortable with the basic Spanish concepts in Beginner 1 and 2. We'll expand written Spanish skills to communicate in the past and future tense. We'll also expand reading and writing skills (composing emails and reading stories). This course can be taken concurrently with Low Intermediate 2. For more information or if you have any questions, contact the instructor at spanishwithkaren.com.

Instructor: Karen Lara

Th Jan 7-Mar 11 **6:10pm-7:25pm**
Reg #: 649200 $144/10 sess

Meeting Room 2

Spanish Low Intermediate 2 - Conversation & Culture

Saludos! This level is for those who can speak Spanish at a basic level - you must have taken Beginner 1 and 2. The focus will be on conversation skills (talking about yourself and sharing your travel experiences). We'll also explore various phrases, verbs and common mistakes. This course can be taken concurrently with Low Intermediate 1. If you have any questions please contact the instructor at spanishwithkaren.com.

Instructor: Karen Lara

Th Jan 7-Mar 11 **7:30pm-8:45pm**
Reg #: 649203 $144/10 sess

Meeting Room 2

West End Community Centre

Health & Wellness

Tai Chi - 24 Form

Tai Chi (Taiji or Taijiquan) is a Chinese martial art based on the principle of the interplay of Yin and Yang. The slow and graceful movements of Tai Chi promote the circulation of Qi, or vital essence, through the body, and have been shown to improve balance, coordination, and concentration. The 24 Form, or "simplified Yang style," is a short routine perfect for beginners. Drop in $20.

Instructor: Kelly Maclean

Tu Jan 12-Mar 30 **6:15pm-7:15pm**
Reg #: 649187 $192/12 sess

Barclay Room

Qigong

Qi is energy. Gong means skills acquired through training. Loosely translated, Qigong is energy work. There are countless forms of Qigong training from Chinese medicine, martial arts, and Buddhist and Taoist traditions. Some forms involve more movement, others emphasize stillness. Visualization, breathing techniques, sound, pressure point massage, posture and movement are examples of methods used to build, circulate, emit, and absorb Qi for health and well-being. Drop-in $20.

Instructor: Kelly Maclean

Tu Jan 12-Mar 30 **7:15pm-8:15pm**
Reg #: 649183 $192/12 sess

Barclay Room

Holy Fire Reiki

Are you looking to relax deeply, reduce stress, or simply curious about Reiki? This is the perfect place to begin. In this gentle introduction to traditional Usui Reiki and the newer vibration of Holy Fire Reiki, you'll not only learn the fundamentals of Reiki but also receive a live Holy Fire healing experience each week - each one focusing on a different area of your energy and wellbeing. Holy Fire Reiki is a high-frequency form of Reiki known for its soothing warmth, and deep healing. Join Reiki Master Shehbaz for guided meditations and rejuvenating energy experiences designed to nurture your soul and awaken a deep sense of peace, joy, and vitality. You'll be invited to sit comfortably in a chair or lie down on a provided yoga mat as soothing music plays in the background. No prior experience is needed.

Instructor: Lucky Lucky

Th Jan 14-Feb 11 **6:45pm-8:45pm**
Reg #: 648959 $50/5 sess

English Bay Room

Circle of Life Reiki

Are you seeking clarity and insight in areas such as money, relationships, success, love, communication, intuition, and your connection with the life around you? This is the perfect place to begin. In this gentle introduction to Circle of Life Reiki, we will focus on one chakra each week, exploring how it relates to each key area of life, its unique lessons, receiving Reiki energy activation, and engaging in chakra-balancing activities. Circle of Life Reiki is a newest high-frequency energy designed to help you connect deeply with your own nature and the world around you. Join Reiki Master Shehbaz for guided meditations and rejuvenating energy experiences that nurture the soul and awaken a profound sense of peace, joy, and vitality. You'll be invited to sit comfortably in a chair or lie on a provided yoga mat while soothing music plays in the background. No prior experience is needed. You're welcome to bring a pillow or blanket for extra comfort and coziness.

Instructor: Lucky Lucky

Th Feb 18-Mar 18 **6:45pm-8:45pm**
Reg #: 648960 $50/5 sess

English Bay Room

Yoga & Pilates

Ageless Yoga Relaxation - TGIF

This 90 minute session begins with warm-ups to activate and release blocked energy, followed by breath exercises along with yoga asana, and including a dynamic, deep relaxation posture practice. An added element of Tibetan singing bowl sound healing will further engage this nurturing morning class. For more information visit www.yogamovesforeverybody.com. Drop-in $18, space permitting.

Instructor: Sandra Leigh

Set 1
F Jan 8-Feb 12 **9:15am-10:45am**
Reg #: 648668 $84/6 sess

Set 2
F Feb 19-Mar 19 **9:15am-10:45am**
Reg #: 648673 $70/5 sess

English Bay Room

Flow Yoga

An intermediate-level, dynamic practice focusing on alignment, flexibility, posture, balance, and body awareness. Begin with foam rolling for myofascial release, flow through yoga poses, and finish with deep stretching and a 5-minute Savasana. Participants should be comfortable with a continuous, moderately paced practice including standing, floor-based, and balance postures. PAR-Q+ health screening at eparmedx.com is required prior to participation. Drop-in $12. No session Feb. 15

Instructor: Jill Stoness

M Jan 4-Mar 22 **5:30pm-6:40pm**
Reg #: 648741 $110/11 sess

Denman Room

Pilates Yoga Fusion

This 3-in-1 class combines myofascial release, traditional Pilates, and flow yoga to improve core strength, posture, balance, flexibility, and body awareness. Begin with 25 minutes of foam rolling, followed by 20 minutes of Pilates, 20 minutes of flow yoga, and a 5-minute Savasana. Participants should be comfortable transitioning between standing, floor-based, and flowing movement in a continuous class format. PAR-Q+ health screening at eparmedx.com and a signed waiver are required prior to participation. Please arrive at least 5 minutes early to set up. Class starts promptly at 5:30 PM. Drop-in $12.

Instructor: Jill Stoness

Tu Jan 5-Mar 23 **5:30pm-6:40pm**
Reg #: 648742 $120/12 sess

Dance Studio

Mat Pilates

This physically challenging, intermediate-level Pilates class strengthens your core and whole body while improving posture, flexibility, and coordination. Begin with 25 minutes of foam rolling for myofascial release. Participants should be comfortable with floor-based movement, core engagement, and working at a continuous moderate pace. PAR-Q+ health screening at eparmedx.com and a signed waiver are required prior to participation. Drop-in $12.

Instructor: Jill Stoness

Su Jan 10-Mar 21 **11:00am-12:10pm**
Reg #: 648744 $110/11 sess

Denman Room

Gentle Yoga

Open to all fitness levels, everyone can do this class with confidence, learning how to practice yoga postures safely. Improvements you will enjoy from taking this class include great posture, comfortable, mobile, and healthy joints, increased strength and flexibility, relief from mental stress, and a positive connection to your body. Drop-in $18/Adult, $16/Senior.

Instructor: Sophie Ducharme

Set 1
M Jan 4-Feb 8 **5:00pm-6:15pm**
Reg #: 649038 $96/6 sess

Set 2
M Feb 22-Mar 29 **5:00pm-6:15pm**
Reg #: 649042 $96/6 sess

Dance Studio

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

West End Community Centre

Yoga for Wrecks

This class will not intimidate you or put you in any compromising positions. It will help you to recover from past injuries and heal troubled areas of your body. Increase your health and confidence while taking this class in a fun and relaxed environment. Drop-in $18.00/Adult, $16/Senior.

Instructor: Sophie Ducharme

Set 1

Sa Jan 9-Feb 13 **10:30am-11:45am**
Reg #: 649046 $96/6 sess

Set 2

Sa Feb 20-Mar 27 **10:30am-11:45am**
Reg #: 649054 $96/6 sess

Dance Studio

Hatha Yoga

This all-levels class is crafted for students interested in building a solid foundation in yoga postures, and exploring the mind-body connection through breath, intention, and meditation. This program emphasizes structural alignment and precision in each asana, with a special focus on core strengthening and deepening backbends. Through the mindful use of props, students will be safely guided to refine and deepen their practice, allowing for greater access to challenging poses. Drop-in $18/Adult, $13/Senior.

Instructor: Molly Sheanh

F Jan 8-Mar 26 **11:00am-12:15pm**
Reg #: 649096 $192/12 sess

English Bay Room

Yoga To Connect & Uplift

Working closely with the nervous system, this class incorporates gentle movement with postures that open and strengthen the physical and mental layers of the body. Using the breath as an anchor, students are guided into stilling their minds alongside finding the alignment that feels best for their unique needs. All body types and abilities are welcome. Drop-In $21.

Instructor: Melissa Holt

Su Jan 3-Mar 28 **11:00am-12:15pm**
Reg #: 649252 $234/13 sess

English Bay Room

Sunrise Yoga Club

This club offers volunteer led yoga sessions and encourages members to learn to become leaders. This maintains the viability of the club and allows for variety of leadership styles. The program runs on Mondays and Wednesdays in the Denman Room and English Bay Room respectively. No drop-ins. No session Feb 15.

Instructor: Sunrise Yoga Club

M W Jan 11-Mar 31 **9:15am-10:15am**
Reg #: 649224 $11.5/23 sess

Denman Room

Fitness

Athletic Interval Training

This high-intensity fitness class combines strength training, cardiovascular conditioning, and core work for a full-body workout. Refine your weight training technique while improving overall fitness. Participants should be able to work at a high intensity in a continuous group fitness environment. PAR-Q+ health screening at eparmedx.com is required prior to participation. Drop-in $12.

Instructor: Jill Stoness

F Jan 8-Mar 19 **5:30pm-6:40pm**
Reg #: 648743 $110/11 sess

Dance Studio

Body Movement, Strength & Flexibility

Set to popular, upbeat music, this classic fitness class begins with a warm up that gets all the body parts moving with low-impact exercises, followed by muscle toning and strengthening using resistance bands and concluding with a complete body stretch. This class is designed for those looking for a light to moderate, well-rounded exercise and flexibility class and is suitable for all fitness levels. Drop-in $12.

Instructor: Jenn Mason

Set 1

Th Jan 7-Feb 11 **6:00pm-7:00pm**
Reg #: 648933 $60/6 sess

Set 2

Th Feb 18-Mar 25 **6:00pm-7:00pm**
Reg #: 648934 $60/6 sess

Denman Room

Spin Class

Get ready for a 55-minute journey of empowerment and transformation. Cardio training meets inspired playlists, with a variety of drills and intervals to enhance your fitness and push you further than you've ever gone. Drop-in $10 if space available. Fitness Centre use is not included with registration.

Instructor: Emma Kidman

Sa Jan 9-Mar 13 **9:15am-10:15am**
Reg #: 649210 $69.20/11 sess

Indoor Cycling Room

Strength and Stretch

A total body workout for all levels - low-mid impact cardio, strength and core workout, using a variety of equipments each week to give a total body workout. Drop-in $9.

Instructor: Harry Wong

Sa Jan 2-Mar 27 **9:15am-10:15am**
Reg #: 649223 $89.96/13 sess

Dance Studio

Super Sandbag Training

Super Sandbag Training is the most powerful hour of group fitness. Be prepared to get stronger and leaner with exercises that are unique, functional, and effective. The design of the sandbag allows you to perform new and super powerful workouts. Combine this with top notch programming, upbeat music, encouraging instructors and you've got a class that will take your fitness to a whole new level. Drop-in $20.00.

Instructor: Ivan Filippov

W Jan 13-Mar 31 **6:00pm-7:00pm**
Reg #: 649225 $180/12 sess

Sa Jan 9-Mar 27 **9:15am-10:15am**
Reg #: 649226 $180/12 sess

Denman Room

Zumba Fitness (Regular)

Zumba Regular blends a variety of dance styles, including Salsa, Merengue, cumbia, Reggaeton and more. Each routine is crafted to maximize your workout while ensuring you have fantastic time. No dance experience is needed, just come ready to move, sweat and smile. Drop-in $11.00/adult and $9.00/senior.

Instructor: Mildred Laguerta Gagnon

Tu Jan 12-Mar 30 **5:30pm-6:30pm**
Reg #: 649254 $108/12 sess

Auditorium

Zumba Gold

A low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, Twist and Charleston. Easy to follow moves create a dynamic and fun fitness class. ZumbaÂ® Gold strives to improve your balance, strength, flexibility and most importantly your heart. For for information visit www.zumbavancouver.ca Drop-in $15.75, if space permits.

Instructor: Zumba Vancouver

Free Trial

M Jan 4 **11:45am-12:45pm**
Reg #: 649256 $0/1 sess

W Jan 6 **11:00am-12:00pm**
Reg #: 649257 $0/1 sess

Set 1

M Jan 11-Feb 8 **11:45am-12:45pm**
Reg #: 649258 $68.75/5 sess

W Jan 13-Feb 10 **11:00am-12:00pm**
Reg #: 649260 $68.75/5 sess

Set 2

M Feb 22-Mar 22 **11:45am-12:45pm**
Reg #: 649259 $68.75/5 sess

Auditorium

W Feb 17-Mar 24 **11:00am-12:00pm**
Reg #: 649261 $82.5/6 sess

Auditorium

West End Community Centre

Martial Arts

Aikido

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginner and advanced students. Drop-in $15, with permission of instructor. No session Feb 22.

Instructor: Tony Hind (CAA)

Set 1

M Th Jan 4-Feb 11 **6:00pm-7:15pm**
Reg #: 648679 $120/12 sess

Set 2

M Th Feb 18-Mar 25 **6:00pm-7:15pm**
Reg #: 648680 $100/10 sess

Auditorium

Axe Capoeira Adult

JANUARY DISCOUNT OFFER - 50 discount for all Downtown classes with Axé Capoeira Vancouver (price listed already reflected the discount price).

Capoeira is one of the most diverse martial arts, with creativity, music, self-expression, and strategic thinking being as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Beyond the physical and musical training, you will join a welcoming, global community where people of all backgrounds connect, support one another, and build lasting friendships. Drop-in $20, space permitting. No session Mar 11, Mar 13.

Instructor: Yulia Terekh

January

Th Jan 7-Jan 28 **5:30pm-6:30pm**
Sa Jan 9-Jan 30 **12:00pm-1:00pm**
Reg #: 648745 $60/8 sess (Special January Discount)

February

Th Feb 4-Feb 25 **5:30pm-6:30pm**
Sa Feb 6-Feb 27 **12:00pm-1:00pm**
Reg #: 648746 $120/8 sess

March

Th Mar 4-Mar 25 **5:30pm-6:30pm**
Sa Mar 6-Mar 27 **12:00pm-1:00pm**
Reg #: 648747 $90/6 sess

Dance Studio

Sports

Pickleball - Sun

Join us for doubles pickleball in the King George Gymnasium. Three courts are available. Play will follow a Gold/Silver rotation system, with players mixing partners between games. This program is non-competitive and open to all ages and abilities. Participants must set up and take down the provided nets and bring their own paddle and balls. Registered spaces will be given to drop-ins after five minutes, space permitting. Drop-in fee is $7.50.

Supervisor: Sean Wiseman

AM

Su Jan 3-Mar 28 **10:00am-12:00pm**
Reg #: 649115 $91/13 sess

PM

Su Jan 3-Mar 28 **12:30pm-2:30pm**
Reg #: 649120 $91/13 sess

Off Site - King George Gymnasium

Private Pickleball Lessons

Are you new to pickleball or looking to improve your skills? Would you like to work on consistency, learn a different shot, improve your footwork, or practice doubles strategies? Book our private indoor court for a 60-minute customized drill session with Ruth Johnson, a Level 2 Certified Pickleball Instructor. Book online and contact Coach Ruth a few days ahead of scheduled date to discuss lesson plans: ruthjohnson69@gmail.com. Can have up to 3 additional players within the same group (friends/family of similar level, up to 4.0 level) for an additional fee of $20/Person. Additional players must pay day of at the front desk.

Instructor: Ruth Johnson

Tu Jan 19-Mar 30 **12:00pm-1:00pm**
Reg #: 649168-649178 $100/each sess

Auditorium

Table Tennis - Recreational Drop-In

All skill levels are welcome. We will have two tables set-up for recreational play. Participants are encouraged to register for the session. Please note, these sessions are non instructional. Great chance to meet new people; no partner is necessary. Drop-in $4.75, space permitting.

Tu Jan 5-Mar 30 **7:00pm-8:30pm**
Reg #: 649227 $52/13 sess

Auditorium

For Adult Sports Participants Information, please see page 39

Social

Fireside Readers Book Club

At this monthly meeting, enjoy lively discussions of the assigned books with group respectful of others' opinions and different points of view. In late fall, the group chooses the books to read the following year. Members can check out these books at the Vancouver Public Library.These are the books we will be reading each month: Jan 22: Ian McEwan, What We Can Know; Feb 26: Charlotte Bronte, Jane Eyre; Mar 26.George Orwell, 1984. Coordinated by Ronda Larmour.

Instructor: Ronda Larmour

F Jan 22-Mar 26 **11:00am-12:00pm**
Reg #: 649090 $0/3 sess

Meeting Room 2

Ballroom Dancing & Social

Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. Drop-in $1.50. No session Feb 15.

M Jan 11-Mar 29 **1:00pm-3:00pm**
Reg #: 648848 $11/11 sess

Auditorium



Cribbage

Cribbage, a strategic card game that brings people together! Whether you're a seasoned player or just starting out, with every card played and point pegged, the charm & thrill never fades. Join us for good company, laughter, and the joy of a well-played hand. Let's shuffle and deal! Cribbage is also a delight to learn. Beginners welcome. Drop-ins welcome. Non instructional program.

F Jan 8-Mar 26 **1:30pm-4:00pm**
Reg #: 648962 $0/12 sess

Bidwell Room

Mahjong

Dive into the captivating world of Mahjong, a strategic tile game that brings everyone together! With every tile played, a new adventure unfolds. Whether you're an experienced player or a newcomer, join us for a fun time filled with laughter and thrills. Mahjong is also a delight to learn Hong Kong style. Some experience preferred. No Drop-ins.No session Jul 11, Jul 25, Aug 8, Aug 22.Non instructional program.

Sa Jan 9-Mar 27 **10:00am-1:00pm**
Reg #: 649109 $0/12 sess

Meeting Room 3

West End Community Centre



Bridge Duplicate

Play duplicate bridge on Tuesdays and Thursdays. Players must have a knowledge of bridge, as there is no instructiopn. If you are a new participant and require a partner, please call Jean before the game at 604-722-7965.

Instructor: Jean VanDerley

Tu Jan 5-Mar 30	**1:00pm-4:15pm**
Reg #: 648936	$6.5/13 sess
Th Jan 7-Mar 25	**1:00pm-4:15pm**
Reg #: 648937	$6/12 sess

Bidwell Room

Social Lounge

Welcome to our Social Lounge at West End Community Center, happening every Wednesday from 9:30-11:30am! Run by volunteers, this space will be open to everyone free of charge. Come enjoy coffee and tea, and meet with your old and new friends!

Instructor: No Instructor

W Jan 13-Mar 31	**9:30am-11:30am**
Reg #: 649189	$0/12 sess

Bidwell Roo

Vancouver Prime Timers

Founded in 1990, the Vancouver Prime Timers is a group for mature gay, bi, transgender, queer, and questioning men along with their younger friends. All our lives are enriched by celebrating diversity. The group meets regularly in the Vancouver area to enjoy social, educational and recreational activities.Contact PrimeTimersVancouverCanada@gmail.com. Meets first Sunday of the month.

Su Jan 3-Mar 7	**1:00pm-4:30pm**
Reg #: 649244	$0/3 sess

Denman Room

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Seniors

Fitness & Health

Adapted Fit

A workout designed for the older adult who may have limitations in mobility or strength. Exercises are completed in a chair or standing behind it. Includes strength and balance training, in-chair aerobics, flexibility and stretch. Drop-in $11/adult and $9/senior. Max three drop ins.

Instructor: Susan Ingraham

Set 1

M Jan 4-Feb 8	**11:00am-12:00pm**
Reg #: 648466	$54/6 sess
F Jan 8-Feb 12	**11:00am-12:00pm**
Reg #: 648468	$54/6 sess

Set 2

M Feb 22-Mar 15	**11:00am-12:00pm**
Reg #: 648467	$36/4 sess
F Feb 19-Mar 19	**11:00am-12:00pm**
Reg #: 648469	$45/5 sess

Dance Studio

Light Fit

A light workout for the older adult who wishes to maintain or improve their fitness that includes strength and balance training, low-impact cardiovascular exercise, flexibility, and stretch. Forty minutes on your feet, 20 minutes on the mat. Drop-in $11.00/adult and $9.00/senior. Max three drop-in's.

Instructor: Susan Ingraham

Set 1

Tu Jan 5-Feb 9	**10:45am-11:45am**
Reg #: 648490	$54/6 sess
Th Jan 7-Feb 11	**10:45am-11:45am**
Reg #: 648630	$54/6 sess

Set 2

Tu Feb 16-Mar 16	**10:45am-11:45am**
Reg #: 648617	$45/5 sess
Th Feb 18-Mar 18	**10:45am-11:45am**
Reg #: 648631	$45/5 sess

Dance Studio

Older Adult Fitness

Safe, enjoyable and effective exercises designed for the active senior. This is a preregistration program. Fit Pass does not apply for this program. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No session Feb 15.

Instructor: Keno Kinoshita

M Jan 4-Mar 22	**9:15am-10:45am**
Reg #: 648733	$113.85/11 sess
W Jan 6-Mar 24	**9:15am-10:45am**
Reg #: 648735	$124.2/12 sess

Dance Studio

Arthritis Fit

This class will provide people with arthritis the benefits of improved joint mobility, flexibility and muscle endurance. No equipment except for chairs will be provided. Bring your own filled water bottle and Therabands. No session Feb 15.

Instructor: Keno Kinoshita

M Jan 4-Mar 22	**1:30pm-2:30pm**
Reg #: 648732	$75.90/11 sess

Dance Studio

Osteofit Level I

This beginner program is designed for those who suffer from osteoporosis. Emphasis is on developing strength and coordination to help make daily living more comfortable and injury free. Osteofit is program developed by the BC Women's Hospital & Health Centre's osteoporosis program. Drop-in $9; Max two drop-ins if space permits.

Instructor: Anne O'Sullivan

W Jan 6-Mar 24	**9:05am-10:05am**
Reg #: 648737	$93/12 sess

Denman Room

OsteoFit For Life

Designed for those who have taken the Osteofit Level 1 classes and are comfortable with Osteofit techniques. This exercise program is similar in design and concept to Level 1 but geared towards the more advanced participant. This class focusses on building strength and improving balance. OsteoFit for Life is a program developed by the BC Women's Hospital & Health Centre's osteoporosis program. Drop-in $9. Max two drop-in's if space permits.

Instructor: Anne O'Sullivan

W Jan 6-Mar 24	**10:05am-11:05am**
Reg #: 648736	$93/12 sess

Denman Room

Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

West End Community Centre

SteadyFeet

Steadyfeet is a partnership program between the Vancouver Coastal Health and community seniors centres. Recommended by doctors and physiotherapists, the Steadyfeet balance and mobility program helps to increase confidence, improve functional mobility, increase lower body strength, improve balance, and reduce fall risk. Make sure that waiver forms are completed prior to the start of class. A completed PAR Q+ form is required and can be found online or at the community centre front desk. Drop-in $9.00. Max two drop-ins if space permits.

Instructor: Anne O'Sullivan

W Jan 6-Mar 24 **11:15am-12:15pm**
Reg #: 648738 $77.04/12 sess

Denman Room

F Jan 8-Mar 19 **12:30pm-1:30pm**
Reg #: 648739 $70.62/11 sess

Dance Studio

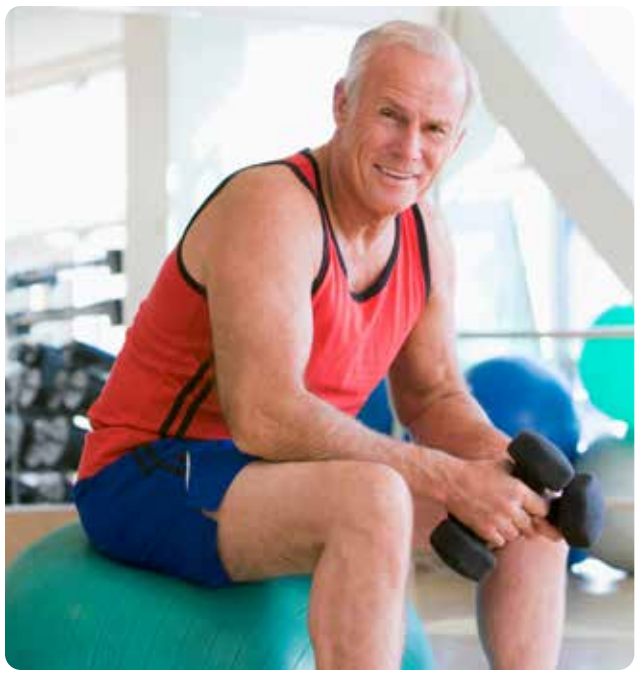
Therapeutic Strength Training

Train to improve function in daily activities, rehabilitate from and prevent injuries. The small class size will ensure you get individual attention and ongoing feedback. Participants must fill out a ParQ form prior to attending the first class and it must be brought to the instructor directly. No session Feb 15.

Instructor: Keno Kinoshita

M Jan 4-Mar 22 **11:30am-12:30pm**
Reg #: 648734 $128.92/11 sess

Fitness Centre



Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Strength and Core Training for Older Adults

A mix of standing and chair-based exercise programs that integrate all components of physical fitness: muscular strength, endurance, core stability, and coordination geared toward older adults looking to improve their total body strength. Exercise in a safe space with other like-minded adults and a supportive instructor. Perfect for those who want to improve their upper & lower body strength, posture and flexibility. Drop-in $12. No session Feb 15.

Instructor: Asal Nikoopour

M Jan 4-Mar 8 **1:30pm-2:25pm**
Reg #: 649216 $85.50/9 sess

W Jan 6-Mar 10 **1:30pm-2:25pm**
Reg #: 649221 $95/10 sess

Chair Yoga

Chair Yoga is a class that modifies yoga postures through the creative use of a chair. Consider it if you have some difficulty getting up and down from a yoga mat or floor, are waiting for or recovering from surgery, or have other physical challenges or injuries.The class is open to all ages and stages of yoga and movement ability. It is a safe, fun and balanced full body workout. The practice focuses on breathing, stability, posture, balance, strength, flexibility, mindfulness and relaxation. Along with the chair, other props such as bands, blocks, and balls may be used. Drop-in $9.00 provided space is available.

Instructor: Irene Lugsdin

Set 1
W Jan 6-Feb 10 **12:00pm-1:00pm**
Reg #: 648947 $54/6 sess

Set 2
W Feb 17-Mar 31 **12:00pm-1:00pm**
Reg #: 648949 $63/7 sess

Dance Studio

Yoga for Seniors

This class is for older men and women at all fitness levels, including those with some physical challenges, adapted to safely meet your needs by a yoga teacher with 50 years experience. Each class provides a balanced, full body workout designed to build strength as well as flexibility, better posture and breathing, and deeper levels of relaxation. The class is a fragrance-free zone. Bring your own yoga mat and filled water bottle. Drop-in $11.00. Max two Drop-ins if space permits.

Instructor: Anne O'Sullivan

F Jan 8-Mar 19 **1:45pm-2:45pm**
Reg #: 648740 $96.25/11 sess

Dance Studio



Yoga Stretch for Seniors

This class is for older adults at all fitness levels, including those with some physical challenges. It incorporates strengthening, stretching, and a focus on developing functional balancing skills to help with gait and mobility. This moderately paced class focuses on a therapeutic deep stretch to increase mobility, balance, and flexibility. Drop-in $11.00.

Instructor: Victoria Goldner

Th Jan 7-Mar 25 **12:30pm-1:30pm**
Reg #: 648961 $108/12 sess

Dance Studio

Your Yoga

Tone and strengthen the muscles in your body through the slow, relaxing motions of yoga. Whatever your fitness level, you will benefit from this ideal, safe form of exercise. Drop-in $9.00.

Instructor: John Waye

Th Jan 14-Mar 25 **9:15am-10:15am**
Reg #: 649253 $85.25/11 sess

Dance Studio

Dance

The Power of Dance: Seniors Program

Dance is great for the brain and body! It's great for the soul too! Dance is also a great avenue for making new friends. The Dance Centre's seniors program aims to provide socially fulfilling and meaningful experiences through dance. Our team of skilled dance facilitators, often acclaimed dance artists themselves, have experience teaching older adults, and the classes themselves offer elements of popular dance styles too: Latin dance, Hawaiian, flamenco and ballet for beginners.

Instructor: The Dance Centre

Th Jan 14-Mar 18 **2:00pm-3:00pm**
Reg #: 649229 $150/10 sess

Dance Studio

West End Community Centre

Welcome to the West End Fitness Centre!

We are excited for our refreshed spaces and new equipment.

The West End fitness centre is our first facility to focus on equipment and space that is inclusive and wheelchair accessible. The new functional training room offers more open space and is more welcoming for people new to fitness and those who enjoy a quieter, lighter training environment.

When visiting the fitness centre, please bring your own lock to store any larger items in lockers located in the change rooms. We offer wallet sized locker for small items. Wristbands are required upon entry to the fitness centre and must be worn on the wrist while using the fitness centre, change rooms, racquet court and/or steam room.



Fitness Centre Orientation

30 min complimentary with fitness centre admission. Meet one-on-one with a certified fitness instructor for an introduction to the fitness centre. Learn about facility equipment, programs and services, as well as fitness centre etiquette, the PAR-Q+ questionnaire and the safe use of fitness centre equipment. Appointment required.

Squash & Racquetball Court

Call 604-257-8333 ext. 1 to book a 45-minute session in our convertible racquet court.

Steam Room

Access to the co-ed steam room is included with Fitness Centre admission.

Winter Hours

Mon-Fri. 6:00am-9:00pm
Sat & Sun 9:00am-5:00pm
Call 604-257-8342 for operating hours on statutory holidays.

Admission Fees

FlexiPasses
Valid for unlimited admission during operating hours to participating Vancouver Board of Parks and Recreation pools, ice rinks and fitness centres. Ask about our 25% discount for group or corporate purchases! A $2 fee will be charged for the replacement of lost or stolen FlexiPasses.

	Adult (19-64 yrs)	**Youth** (13-18 yrs) **Senior** (65+ yrs)
Drop-In	$ 7.93	$ 5.55
10 Visits	$ 71.37	$ 49.95
1 Month	$ 64.15	$44.91
3 Months	$173.21	$121.25
12 Months	$554.26	$387.98
Prices subject to change. Prices do not include 5% GST.		

Equipment

- 4 Treadmills
- 2 Elliptical machines
- 1 Seated Elliptical*
- 1 Seated Stepper*
- 2 Upright bicycles
- 2 Recumbent bicycles
- 2 Spin bicycles
- 2 Rowing machines
- 1 Ski ergometer
- Free weights 5-80lbs
- 6 Adjustable Benches
- 2 Racks
- Elevated mat table
- Lower Body Strength training machines
- Upper Body Strength training machines*
- MVP Shuttle
- Synergy 180 Functional training station
- Functional training props

*wheelchair accessible

Racquetball/Squash

Single Booking (45 mins)		
	Adult	**Youth/Senior**
Prime-time	$ 18.86	$ 13.20
Non-prime	$ 13.47	$9.43
*Single player	$ 9.43	$ 6.60
10-Court Strip		
	With Flexi-Pass	**Without Flexi-Pass**
Prime-time	$ 135.79	$ 169.74
Non-prime	$ 96.98	$ 121.23
Prices subject to change. Prices do not include 5% GST.		

- Non-prime time is before 3:00pm weekdays
- Prime time starts at 3:00pm weekdays and all day weekends and holidays
- Racquets are available to rent with photo ID
- Racquet rentals are not available for the last scheduled court time of each day
- Squash balls are $4.00

* Single player rate for walk-on players only: no reservations.

Personal Training

Improve your health and wellness with support from our qualified and experienced personal trainers. Our trainers will work with you to develop a customized fitness plan to to meet your fitness goals. Please submit a Personal Training Request Form & PAR-Q+. Sessions are 1 hour.

	Private (1 person)	**Semi-Private** (2 people)	**Small Group** (3-4 people)
1 sess	$ 65.98	$ 98.93	$138.78
3 sess	$182.83	$274.29	$371.70
5 sess	$294.07	$452.85	$545.18
10 sess	$527.90	$841.00	$991.22
Prices subject to change. Prices do not include 5% GST.			



West End Community Centre

Fitness Centre Registered Programs

Join us for some exciting new programs exclusively run in our Fitness Centre.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Foam Roller Skills 9:00am Jan 25 642835 Mar 15 642836	**Active Joints** 9:25am-10:15am Jan 12-Mar 25 650841	**Ski Erg Skills** 9:00am Jan 27 642837 Feb 17 642838	**Active Joints** 9:15am-10:15am Jan 12-Mar 25 650841	**Kettle Bell Skills** 9:00am Jan 29 642839 Feb 26 642840	
			Functional Golf Training 12:15pm-1:15pm Feb 4-Mar 4	**TRX+ Skills** Jan 15 Mar 12	Program format is subject to change

Active Joints is FREE with Flexipass. Registered 60min 10 week program. Referral from Physiotherapist required.

Fitness Centre Skill Workshops NEW!

Build confidence and expand your fitness routine. Foam roller skills, ski erg skills, kettle bell skills. Free with Flexi Pass and registation.

Small Group Personal Training

Do you have a small group including you and 2 or 3 friends/family members with the similar goals? Maybe you're all training for a new activity, a race, or simply want to improve your fitness. Try out small group personal training and enjoy the same intimate coaching experience as a personal training session at a reduced cost. A small group can be very powerful in helping you stay on track when trying to attain your fitness goals. A group setting provides a comfortable support system where you can encourage one another and foster some healthy competition!

Active Joints

This program provides supervised group exercise for people recovering from hip or knee replacement surgery in a 10 week program. The objective is to increase physical activity levels and confidence in participants with the help of trained staff who are supported by VCH physiotherapists. Registration is FREE but you must have a valid Flexi-pass to participate in the program. To attend this program, you need to complete the Joint Replacement Program Application Form. Ask your physiotherapist, if you have one, to fill out any specific recommendations. Bring the completed referral form to West End Community Centre or email it to kinga.wdowiak@vancouver.ca

Jan 12-Mar 25 **9:15am-10:15am** **650841**
Fitness Centre

Functional Golf Training

Enjoy the intimate coaching experience in a small group setting learning to improve your golf swing by strengthening your muscles and improving posture. All fitness levels and golf enthusiasts welcome.

Feb 4-Mar 4 **12:15-1:15pm**
Reg #: 650863 $1000/5 sessions





West End Community Centre

Vancouver Park Board Skating Lessons

Learn to Skate Program

Vancouver Park Board Learn to Skate program focuses on skill acquisition through activities and games. We offer classes for preschoolers, children, teens and adults. If you are unsure of which level to register in, please come to any public skate and ask for an on-ice assessment. CSA approved hockey or snowboard helmets are required for skate lessons (no bike helmets). A limited number of hockey helmets are available to use for free.

Registration Information

Winter Set 1 – December 17 at 7pm
Winter Set 2 – February 18 at 7pm

How to Register On-line

Go to **recreation.vancouver.ca** to update or create your account.

Do you currently have an online account?

- Go to: recreation.vancouver.ca
- Click "Sign In", or "Forget your password?" and follow the steps to get your new password.
- Login with your email address and confirm your account information is correct.
- Call 311 if you have any troubles with your online account.

Never registered online before?

- Go to: recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for fall programs.

Rink Rentals

Visit vancouver.ca/rinkrentals for details, under "before you book".

A rental request can be submitted for birthday parties, hockey rentals, and group events online, or email us at pbrinks@vancouver.ca.

After your request is complete, an email providing further instructions will follow.

Refund Policy

Full refund five days or more prior to program start. Partial refund within four days of program start or before second class. No refunds after second class.

Ice Skating Lessons Registration Guide

View the lesson schedule online one week prior to registration at Vanrec.ca

Preschool Lessons

Preschool 1 - Limited or no experience on the ice, cannot stand up on ice unassisted.

Preschool 2 - Stand up on ice unassisted, walk on ice with skates.

Preschool 3 - Skate across the ice, glide on 2 feet for 1/2 meter, scrape ice and backwards step.

Preschool 4 - Can Stop, glide for two meters and do five skulls forward.

Preschool 5/6 - Can glide on one foot for 1/2 meter, can skate backwards, can stop with either left or right foot.

Children Lessons

Child 1 - Limited or no experience on the ice, cannot stand up on ice unassisted.

Child 2 - Can stand up on ice unassisted, skate across the ice and step/skate backward.

Child 3 - Glide on two feet for 1 meter, snowplow stop and sculling.

Child 4 - Half snowplow stop with left and right foot, backwards scull and forward single scull.

Child 5 - Forward circle thrusts both directions, backward C push, backward snowplow stop.

Child 6/7 - Forward crossovers, backward circle thrusts, backward stops and can use outside edges.

Adult Lessons

Beginner 1 - No experience

Beginner 2 - Can stop going forward, can glide 2 meters, can balence on one foot for 1/2 meter

Intermediate/Advanced - can skate backwards, can stop forwards, can glide for two meters forward and backwards, can balance on one foot for 2 meters.



West End Community Centre

West End Ice Rink Schedule Jan 4-Mar 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Preschool Lessons 12:45-1:45pm	Prime Time space available for hockey, office parties, birthday parties and more! Visit vancouver.ca/parks/recrinks/rentals.htm for more info.	**Parent & Preschool Skate** 12:00-1:30pm	**Discount Skate** 12:00-1:30pm			**Adult Learn to Figure Skate** 10:30-11:15am
Discount 50 & Better Skate 2:15-3:30pm						**Skating Lessons** 11:15am-1:45pm
Stick, Puck, & Ring 3:45-5:00pm		**Skating Lessons** 4:00-6:45pm	**Public Skate** 3:15-4:45pm	**Family Fun Hockey** 3:30-5:15pm	**Stick, Puck, & Ring** 4:00-5:15pm	**Parent & Preschool** 2:00-3:15pm
				Public Skate 5:30-8:00pm	**Public Skate** 5:30-7:30pm	**Public Skate** 3:30-5:00pm
Adult Lessons 6:45-9:00pm		**Public Skate** 7:00-8:15pm				
Adult Skate 9:15-10:45pm			*Stick, Puck, & Ring and Hockey sessions are all registered spots. Registration starts 3 days in advance at 9:00am.*		**Adult Skate** 8:00-10:00pm	
		Adult Hockey 10:00-11:30pm			**Adult Hockey** 10:30-11:45pm	

Programs subject to change. Children 7 years & younger must be accompanied on the ice by a guardian over the age of 16.
Rink size: 147' x 74' (3/4 size)

Public Admission (2025)	Single Admission	10-usage pass
Adults (19-64)	$7.93	$71.37
Youth (13-18)	$5.55	$49.95
Children (3-12)	$3.97	$35.73
Seniors (65+)	$5.55	$49.95
Family Admission ($7.94 minimum)	$3.97/person	N/A
Skate Rentals	$4.00	$36.00
Rates subject to change		





Coal Harbour Community Centre

Early Years

Playtime

Baby Jellyfish Playtime (0mth-18mth)

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Please ensure that parents wear socks on the mat. No session Jan 1, Feb 15, Mar 26, 29.

Monday	**12:30pm-2:00pm**
Tuesday	**12:30pm-2:00pm**
Wednesday	**12:30pm-2:00pm**
Thursday	**12:30pm-2:00pm**
Friday	**12:30pm-2:00pm**

Drop in: $3.50

Activity Room/Multipurpose Room

Jellyfish Playtime (5mth-5yrs)

We have ride 'em toys, slides, play house, balls, and more. Parents are required to help set up and clean up the equipment each day. No session Jan 1, Feb 15, Mar 26, 29.

Monday	**9:30am-11:00am**
Wednesday	**9:30am-11:00am**
Friday	**9:30am-11:00am**

Drop in: $3.50

Gymnasium

Creative

Art Adventure (3-6yrs)

Let's have fun with different mediums in art such as paper art, collage, painting, stamping, finger painting, water coloring, crafts and more. We start our adventure with a story time to get inspired! Drop-in $22, space permitting. No session Feb 14.

Instructor: Samira Adab

Su Jan 10-Mar 21	**11:30am-12:15pm**
Reg #: 644701	$190/10 sess

Meeting Room

Looking for Licensed Childcare?

You will find it on page 6!

Education

Fun with Japanese! - P/T (1-2yrs)

This class is designed to introduce Japanese culture and have fun 'Learning through play' with parents and new friends. Mari has a wealth of knowledge and energy with over 30 years teaching experience in Japan and Canada and brings many opportunities, include singing songs, dancing, Art and craft, games and much more. Your child will develop social skills with other children in full Japanese environment. Please bring a water bottle. No Drop-in.

Instructor: Mari Shiota

Th Feb 4-Mar 25	**10:00am-11:30am**
Reg #: 644222	$156/8 sess

Activity Room

Fun with Japanese! Vocabulary & Hiragana

This class is an educational based Japanese program that focus on increasing Japanese vocabulary and writing skill in class. Your child will have the opportunity to practice how to read, how to write and count numbers with flash cards, the teaching Japanese materials and games. Please brings a water bottle, lunch and pencils. No drop-ins.

Instructor: Mari Shiota

Tu Feb 2-Mar 23	**10:00am-11:30am**
Reg #: 644223	$156/8 sess

Meeting Room

P/T Fun with Japanese! Eurythmics & Infant Massage (0-12mth)

Mari will demonstrate knowledge and skills in guiding parents of infant massages in full Japanese environment but you don't need to speak Japanese.We welcome any family who wish to join us. It's a great opportunity to share and learn from each other. No session Feb 15.My goals is creating a welcoming environment where families and their babies can take a break time and relax with peers. Parents will learn how to massage and improve early communication with your little one! Mari is a certified infant massages therapy with Liddle Kidz and Japanese Association of Baby and Child Care. She is also a yoga instructor who is registered with Yoga Alliance and Japanese Baby Eurhythmics. Let's enjoy a relaxed, cozy time, and learning infant massages! Singing, eurythmics family yoga, and story time together to boost your family's communication and confidence.

Instructor: Mari Shiota

M Feb 8-Mar 1	**10:00am-11:15am**
Reg #: 644220	$45/3 sess
M Mar 8-Mar 22	**10:00am-11:15am**
Reg #: 644221	$45/3 sess

Activity Room

Learning Ukrainian Through Play NEW!

It's a play-based program for children aged 2.5 to 5 years. Through songs, stories, games, movement, and creative activities, children naturally develop Ukrainian language skills while building confidence, social interaction, and a love for learning in a warm and engaging environment. Drop-in $20, space permitting.

Instructor: Myroslava Kerniakevych

F Jan 8-Mar 12	**5:00pm-5:50pm**
Reg #: 644098	$150/10 sess

Meeting Room

Mini Theatre NEW!

This playful introductory program invites young performers to explore drama through storytelling, creative movement, silly characters and expressive play. Each class sparks imagination, builds confidence, and encourages social connection through fun games and mini, in class skits.

Instructor: Rise Arts Company

W Jan 13-Mar 3	**3:30pm-4:15pm**
Reg #: 646501	$220.50/8 sess

Dance Studio

Dance

Creative Ballet

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Drop-in $15, space permitting. More information www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance

(3-5yrs)

Sa Jan 9-Mar 13	**10:20am-11:05am**
Reg #: 644986	$140/10 sess

(4-6yrs)

Sa Jan 9-Mar 13	**1:20pm-2:05pm**
Reg #: 644987	$140/10 sess

Dance Studio

Mini Hip Hop Breakers (3-5yrs)

Mini Hip Hop Breakers: This non-stop action-packed class introduces hip hop, basic break dancing and dance games which will excite kids and have them grooving to the beats. Children must be able to participate without a parent in the room. Drop-in $15, space permitting. For more info www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance

Sa Jan 9-Mar 13	**11:10am-11:55am**
Reg #: 644988	$140/10 sess

Dance Studio

Coal Harbour Community Centre

Rhythmic Gymnastics Dance (4-6yrs)

Come and join our gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. There will be no back flips, forward flips, cartwheels or somersaults.

Instructor: Olympia Rhythmic Gymnastics

Su Jan 17-Mar 14 **10:15am-11:00am**
Reg #: 643226 $153/9 sess

Dance Studio

My First Dance Class (2-4 yrs)

(+ a guardian in the room): An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class for the youngest of dancers to experience a playful class with the support of their parents being present. Drop-in $15, space permitting. www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance

Sa Jan 9-Mar 13 **9:30am-10:15am**
Reg #: 644985 $140/10 sess

Dance Studio

Physical Education

Baby & Me Yoga

Baby & Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babies who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. Program is best for pre-mobile babies. For more info visit www.intoyoga.ca. Drop-in $18 space permitting.

Instructor: Into Yoga

(Set 1)
Tu Jan 19-Feb 16 **10:00am-11:00am**
Reg #: 643132 $77/5 sess

(Set 2)
Tu Feb 23-Mar 30 **10:00am-11:00am**
Reg #: 643133 $92/6 sess

Activity Room

Sportball Junior (16m-2yrs)

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Instructor: Sportball Vancouver

W Jan 13-Mar 10 **11:30am-12:15pm**
Reg #: 643130 $162/9 sess

Gymnasium

Sportball P&T Multisport (2-3yrs)

Programs focus on physical literacy and social exploration as preschoolers learn fundamental sport skills and participate in creative motor games and more. Children are challenged according to their individual skill level and grownups are taught techniques to help toddlers refine motor skills while developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress.

Instructor: Sportball Vancouver

W Jan 13-Mar 10 **12:15pm-1:00pm**
Reg #: 643131 $162/9 sess

Gymnasium



Family Day Festivities

Celebrate Family Day! Join other families for gym playtime, fun lobby activities and more! Free activities and admission.

M Feb 15 **11:00am-2:00pm**
Reg #: 649069 Free

Gymnsaium



Easter Carnival (2-7yrs)

Hippity, hoppity, spring has sprung! Join the Easter Bunny for easter games, arts & craft, play time. The excitement will also include a bouncy castle, face painting, and a photo booth! Parent participation is required. Pre-registration is recommended. ($7.50/child, $8.50/child on the day-of event, space permitting). No easter egg hunt.

Sa Mar 27 **12:00am-12:00pm**
Reg #: 649060 $7.50/child

Gymnsaium

Coal Harbour Community Centre

Gentle Method Kids Jiu Jitsu 18mth-3yrsu NEW!

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Classes focus on mobility and physical awareness, catering to all learning needs and levels. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com. Parent participation is required. Drop in $25, space permitting.

Instructor: Gentle Method Jiu Jitsu

W Jan 6-Mar 10 **2:45pm-3:30pm**
Reg #: 643901 $210/10 sess

Multipurpose Room

Olympic Style TaeKwonDo (4-6yrs)

Our Taekwondo program offers a modern, holistic approach to the traditional martial art and Olympic sport, designed specifically for growing minds and bodies. We focus on building resilience, concentration, and social skills in inclusive classes that celebrate personal progress over perfection. Master Kevin Kwan is a 5th Dan Black Belt certified by the Kukkiwon of Korea. Uniforms and promotion tests are optional and not included in the registration fee. Drop-in $20, space permitting. No session Feb 14.

Instructor: Kevin Kwan

Su Jan 3-Mar 7 **11:00am-12:00pm**
Reg #: 644713 $151.2/9 sess

Multipurpose Room



Tot Soccer (4-6yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No session Feb 15.

Instructor: Manto (Makoto) Nakamura

M Jan 4-Mar 8 **3:30pm-4:30pm**
Reg #: 644099 $108/9 sess

Th Jan 7-Mar 11 **3:30pm-4:30pm**
Reg #: 644103 $120/10 sess

Gymnasium

Music

Jump into Music

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. Our classes inspire creativity and build confidence in little ones from six months to four years old. The instructor will provide everything needed for class. Siblings receive a 25% discount (but must register in person), and children under six months attend free with a registered sibling. Caregiver participation is required. Additional audio and video resources are available with registration. "Best part of our week!" For more info and reviews, visit www.jumpintomusic.ca. Drop-in: $22, space permitting (if full, two drop-ins are available; first come, first served).

Instructor: Monica Lee

Th Jan 7-Mar 11 **2:45pm-3:35pm**
Reg #: 643891 $200/10 sess

F Jan 8-Mar 12 **9:30am-10:20am**
Reg #: 643888 $200/10 sess

F Jan 8-Mar 12 **10:30am-11:20am**
Reg #: 643889 $200/10 sess

F Jan 8-Mar 12 **11:30am-12:20pm**
Reg #: 643890 $200/10 sess

Dance Studio

Children

Creative

Art with Fun and Different Medias!

An art program that will stimulate the right side of your brain. We are going to challenge creativity and learn different ways to do art: textiles, acrylic paint, art with paper, crayons, etc. We are going to explore artists and different types of art from around the world! Join us to spark your inner artist! All supplies will be provided. Children and youth will enjoy using their creativity! We are Small Creative Lab!

Instructor: Small Creative Lab LTD

Tu Jan 19-Mar 9 **5:00pm-6:00pm**
Reg #: 643886 $224/8 sess

Activity Room

Artists, Architects and Designers!

Join Small Creative Lab for a journey full of colour, shapes and imagination. In our creative adventures kids will explore the amazing worlds of famous artists, architects and engineers from around the globe while diving into hands-on creative activities - drawing, sculpting, building and designing in both 2D and 3D. Every class and term is a brand-new adventure, packed with exciting projects that strengthen fine motor skills (precise movements like cutting, drawing, colouring, coordination, etc), and help develop neural connections that light up the creative part of the brain. All supplies will be provided - just bring curiosity! Your child will create, experiment and dream like the creatives of tomorrow! No session Feb 15.

Instructor: Small Creative Lab LTD

M Jan 18-Mar 8 **4:45pm-5:45pm**
Reg #: 643885 $196/7 sess

Activity Room

Beginner Theatre NEW!

Through drama games, storytelling, improvisation, and character work, students will build confidence, creativity, and communication skills in a fun and supportive environment. Young performers will explore acting fundamentals while working collaboratively with their peers.

Instructor: Rise Arts Company

W Jan 13-Mar 3 **4:30pm-5:30pm**
Reg #: 646493 $252/8 sess

Dance Studio

Nowruz for Kids (3-10yrs)

Let's celebrate Nowruz, Persian New Year, together with music, stories, crafts and activities. Younger children may participated and supervised by an adult.

Instructor: Samira Adab

Sa Mar 13 **1:00pm-2:00pm**
Reg #: 650556 $25/1 sess

Arts and Crafts Room

Coal Harbour Community Centre

Cartooning & Illustration NEW!

Young artists will explore drawing techniques, character design, comics, and creative storytelling while developing their own artistic style. Through weekly projects and sketchbook activities, students will build confidence and creativity in a welcoming studio environment.

Instructor: Rise Arts Company

Th Jan 14-Mar 4 **3:30pm-4:30pm**
Reg #: 646503 $262.5/8 sess

Activity Room

Clay Creations NEW!

Students will explore hand-building techniques using polymer, and modelling clay to create imaginative sculptures and projects. Each week introduces new themes and techniques that encourage creativity and self-expression.

Instructor: Rise Arts Company

Th Jan 14-Mar 4 **4:30pm-5:30pm**
Reg #: 646504 $273/8 sess

Activity Room

Fun Colours - Oil Painting (6-14yrs)

We invite kids to create! At our art-oil painting classes there will be no boring still lifes, only brilliant, cheerful paintings! Create your own fun masterpieces in a friendly and creative atmosphere. NOTE: Art supplies list is available at the front desk, listed on registration receipts and online program information.

Instructor: Kira Shulgina

(Set 1)
Su Jan 3-Feb 14 **12:45pm-2:15pm**
Reg #: 644125 $140/7 sess

Th Jan 7-Feb 18 **6:30pm-8:00pm**
Reg #: 644126 $140/7 sess

(Set 2)
Su Feb 21-Mar 28 **12:45pm-2:15pm**
Reg #: 644127 $120/6 sess

Th Feb 25-Mar 25 **6:30pm-8:00pm**
Reg #: 644128 $100/5 sess

Arts and Crafts Room

Seaside Noon Hour (Grade 1-3) NEW!

Please note: Registration is exclusively open to students attending Seaside Elementary School.

Join us for a fun and creative lunchtime program at Seaside Elementary School! Students will have the opportunity to explore their creativity through a variety of arts and crafts projects, hands-on activities, and fun creative experiences while enjoying time with friends in a welcoming, supervised environment.

Tu, Th Jan 5 – Mar 11 **12:10pm-12:50pm**
Reg #: 655164 $310/20 sess

Off Site – Seaside Elementary

Origami For Kids (6-12yrs)

Hands, Brain, Papers! We explore and enjoy the beauty of paper folding when Art and Math join. All beginners are welcome and origami paper will be provided by the instructor every session. Drop-in $22, space permitting. No session Feb 14.

Instructor: Samira Adab

Su Jan 10-Mar 21 **12:30pm-1:15pm**
Reg #: 644702 $190/10 sess

Meeting Room

Education

Learning Ukrainian Through Play NEW!

It's a play-based program for children aged 5 to 7 years. Through songs, stories, games, movement, and creative activities, children naturally develop Ukrainian language skills while building confidence, social interaction, and a love for learning in a warm and engaging environment. Drop-in $20, space permitting.

Instructor: Myroslava Kerniakevych

F Jan 8-Mar 12 **6:00pm-6:50pm**
Reg #: 644097 $150/10 sess

Meeting Room

Spanish for Children (6-10yrs)

Hola amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Sorry no drop-ins. Please bring the following items to class: pencil, eraser, pencil crayons and a binder.

Instructor: Eliana Rolando

W Jan 13-Mar 10 **3:30pm-5:00pm**
Reg #: 643134 $150.5/9 sess

Activity Room

Birthday Parties (2-7 yrs)

Have your birthday party at Coal Harbour Community Centre! This birthday party package includes our Activity Room rental, an hour in the gymnasium and a birthday party leader. The Activity Room has beautiful views of the ocean, and we will provide you with tables and chairs, and basic decorations (balloons, streamers and table cloths in a colour of your choice). In the gymnasium enjoy our playtime or sports setup. The birthday party leader will help with setup and supervising the equipment.

Add Ons

Additional $150 for our soccer birthday party with coach Manto! Invite Manto, Coal Harbour's soccer instructor and certified coach to lead fun and exciting soccer games for your party.

Additional $50 for Activity Room extension.

Add ons dependent on availability, please give at least 2 weeks notice.

Saturdays **1:30pm-3:30pm** **$140/party**
Sundays **11:30pm-1:30pm** **$140/party**
Activity Room/Gymnasium

Dance

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace 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. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students. FB/IG @illumastudio.

Instructor: ILLUMA Studio

(6-9yrs)
Su Jan 10-Mar 7 **2:45pm-3:45pm**
Reg #: 643243 $144/9 sess

(9-15yrs)
Su Jan 10-Mar 7 **3:45pm-4:45pm**
Reg #: 643244 $144/9 sess

Dance Studio

Hip Hop / Jazz Fusion (6-8yrs)

This dynamic class introduces dancers to both jazz technique and Hip Hop movements in a playful, age-appropriate way. Students will learn footwork, turns, isolations, and basic tricks while developing strength, flexibility, and musical timing. With upbeat music and creative combinations, dancers leave feeling confident, accomplished, and excited for their next class. There will be a performance on the last day of class for friends and family. Drop-in $15, space permitting. For more info www.KirbySnellDance.com.

Instructor: Endorphin Rush Dance

Sa Jan 9-Mar 13 **12:30pm-1:15pm**
Reg #: 644989 $140/10 sess

Dance Studio

Coal Harbour Community Centre

Rhythmic Gymnastics Dance (6-12yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

Instructor: Olympia Rhythmic Gymnastics

Su Jan 17-Mar 14 **11:00am-12:00pm**
Reg #: 643227 $171/9 sess

Dance Studio

Music

Musical Minds NEW!

MUSICAL MINDS: Music, Movement & World Discovery! Take a musical journey around the world! Through singing, dancing, drumming, improvisation, and instrument exploration, children discover diverse musical styles and cultures in this unique, hands-on program. Each term, we explore three musical genres or countries of origin through music, movement, and play. It's a fun, creative, no-homework approach to music education and cultural discovery! All instruments and materials provided. Just bring your imagination! "Teacher Monica has the best energy and makes such a wonderful connection with every single child in the class. Can't recommend enough!!" Learn more: www.jumpintomusic.ca.

Instructor: Monica Lee

Th Jan 7-Mar 11 **3:45pm-4:45pm**
Reg #: 643892 $240/10 sess

Dance Studio

Piano - Alexandra

These 30-minute private lessons will be taught in English. Each student's level will be assessed in the first class. Lessons are 30 minutes long.

Instructor: Alexandra Cai

Th Jan 14-Mar 25 **4:30pm-9:00pm**
Reg #: 644975-644984 $308/11 sess

Meeting Room

Private Piano Lessons with Ami

These one-on-one private piano lessons are designed for students of all levels, from beginners to those with prior piano experience. Lessons are tailored to each student's learning pace and musical needs, focusing on piano technique, music reading, rhythm, basic music theory, and musical expression. Instruction is provided in a supportive and encouraging environment to build confidence, creativity, and healthy practice habits, while helping students develop a strong musical foundation and a lasting appreciation for music. (Book not included).

Instructor: Min(Ami) Xu

Sa Jan 9-Feb 6 **9:30am-4:15pm**
Reg #: 643375-644143 $140/5 sess

Meeting Room

Martial Arts

Aikido

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. No session Feb 12, 19.

Instructor: Shinobu Preston

(5-8yrs)
F Jan 8-Mar 12 **3:45pm-4:45pm**
Reg #: 644062 $128/8 sess

(8-15yrs)
F Jan 8-Mar 12 **5:00pm-6:00pm**
Reg #: 644063 $128/8 sess

Multipurpose Room

Axe Capoeira Mini Kids (4-7yrs)

JANUARY DISCOUNT OFFER - 50% discount for all Downtown classes with Axé Capoeira Vancouver (price listed already reflected the discount price).

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in $20, space permitting. Siblings attend at a 25 percent discount (but must register in person). No session Mar 16, 23.

Instructor: Yulia Terekh

(January)
Tu Jan 5-Jan 26 **5:10pm-5:40pm**
Reg #: 644748 $27/4 sess

(February)
Tu Feb 2-Mar 30 **5:10pm-5:40pm**
Reg #: 644779 $94.5/7 sess

Multipurpose Room

Gentle Method Kids Jiu Jitsu (7-9yrs) NEW!

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Classes focus on mobility and physical awareness, catering to all learning needs and levels. A full Gi (kimono & belt) uniform can be purchased upon request; instruction will be a blend of gi and no-gi. Please wear athletic clothing and check our website for more class details: gentlemethodjj.com. Drop in $25, space permitting.

Instructor: Gentle Method Jiu Jitsu

W Jan 6-Mar 10 **3:30pm-4:15pm**
Reg #: 643903 $210/10 sess

Multipurpose Room



Karate

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyan, whom was trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association) focusing on kata, self-defence, fitness and personal development in a fun environment. Student Eligibility & Safety Policy: We welcome all children within the class age range to join our karate program. Our goal is to provide a safe, supportive, and enjoyable learning environment for every student. To ensure this, students must be able to:- Follow basic class instructions- Participate safely without posing a risk to themselves or others- Respect fellow students, instructors, and the training space- Parents/ guardians are asked to share any relevant medical, mental health, or behavioral information at registration so that we can best support each child. If a child requires special accommodations, we will do our best to work with families to determine whether the class is a safe and positive fit. For the safety and well-being of all participants, we reserve the right to decline or discontinue enrolment if these requirements cannot be met. For students aged 15 and over, please refer to the Adult Karate classes for registration. Drop-in $15, space permitting. No session Feb 15.

Instructor: Sensei Moe Rahmanyan

(5-10yrs)
M Th Jan 4-Mar 11 **3:45pm-4:45pm**
Reg #: 644706 $247/19 sess

(11-14yrs)
M Th Jan 4-Mar 11 **4:45pm-5:45pm**
Reg #: 644707 $247/19 sess

Multipurpose Room

Coal Harbour Community Centre

Olympic Style TaeKwonDo

Our Taekwondo program offers a modern, holistic approach to the traditional martial art and Olympic sport, designed specifically for growing minds and bodies. We focus on building resilience, concentration, and social skills in inclusive classes that celebrate personal progress over perfection. Master Kevin Kwan is a 5th Dan Black Belt certified by the Kukkiwon of Korea. Uniforms and promotion tests are optional and not included in the registration fee. Drop-in $20, space permitting. No session Feb 14.

Instructor: Kevin Kwan

(7-10yrs)

Su Jan 3-Mar 7	**12:00pm-1:00pm**
Reg #: 644714	$151.2/9 sess

(11-16yrs)

Su Jan 3-Mar 7	**10:00am-11:00am**
Reg #: 644716	$151.2/9 sess
Su W Jan 3-Mar 7	**10:00am-11:00am**
Reg #: 644712	$274.14/18 sess

Multipurpose Room

Physical Education

Just Real Ballers - Basketball

Just Real Ballers Basketball - Mini-Ballers FUNdamentalsLearn the basic knowledge of play, basic dribbling and movement with the ball, basic passing. We will be utilizing games/fun drills to incorporate team play.

Instructor: Just Real Ballers

(5-8yrs)

F Jan 15-Mar 12	**3:30pm-4:30pm**
Reg #: 644971	$141.75/10 sess

(9-12yrs)

F Jan 15-Mar 12	**4:45pm-6:00pm**
Reg #: 644972	$153/10 sess

Gymnasium



Soccer (7-12yrs)

Your child will develop ball handling skills, coordination, a sense of team play, and will be introduced to the basic rules of the game. Children are advised to wear shin guards. No session Feb 15.

Instructor: Manto (Makoto) Nakamura

M Jan 4-Mar 8	**4:45pm-6:15pm**
Reg #: 644100	$135/9 sess
Th Jan 7-Mar 11	**4:45pm-6:15pm**
Reg #: 644105	$150/10 sess

Gymnasium

Spring Break Camps

Our energetic and responsible leaders will ensure your day camp experience is a memorable one. We have created a camp program you won't want to miss! Each week will include cooperative games & activities, arts & crafts, and out-trips. Each child should bring a backpack with a lunch, snack, water bottle, and dress for the appropriate weather conditions each day. Parents must complete a waiver form. Refunds for all day camps must be requested a minimum of 5 business days prior to the first day of camp each week. Business days are deemed Monday to Friday. $5.00 refund administration fee per program. There is a late pick up fee of $1 per minute. Day Camp is located in Multipurpose Room.

M-F Mar 15-Mar 19	**9:00am-3:30pm**
Reg #: 642317	$190/5 sess
M-Th Mar 22-Mar 25	**9:00am-3:30pm**
Reg #: 642318	$152/4 sess

Multipurpose Room

After Care

After Care is only available to children registered in our Spring Break Day Camp. There is a late pick up fee of $1 per minute.

M-F Mar 15-Mar 19	**3:30pm-5:30pm**
Reg #: 642319	$50/5 sess
M-Th Mar 22-Mar 25	**3:30pm-5:30pm**
Reg #: 642320	$50/4 sess

Multipurpose Room

Summer Day Camps Registration

Online/ In-Person:
Wed, April 14, 2027 @ 7:00pm
By Phone:
Thurs April 15, 2027 @ 10:00am

Please note that this new day camps registration time includes full day speciality camps that run during the typical school day hours of 9:00am-3:00pm and in-house West End & Coal Harbour Day Camps.

Preteen

Social

Pre-Teen Night at Coal Harbour CC

At this FREE registered program, youth (ages 9-12 years) are welcome to drop-in and participate in a variety of games, crafts, and activities including: badminton, basketball, soccer , button and bracelet making, movies nights and more! Youth input is strongly encouraged.Due to staffing ratios and room capacities, a maximum of 20 youth are welcome to come, registration is required. No session March 26.

Instructor: Youth Leader

F 8-Jan-26-Mar	**6:15pm-8:45pm**
Reg #: 645610	$0/22 sess

Multipurpose Room

Youth

Social

Youth Open Gym

FREE program for youth in grades 8-12 (ages 12-18) Tuesday: Basketball/Volleyball. Wednesday: Badminton/Basketball. Open Gym has in/out privileges - this is for enrollment/admin purposes only.

Tu W Jan 05-Mar 31	**3:30pm-5:00pm**
Reg #: 645602	$0/26 sess

Gymnasium

Interested in volunteering with us?

You can connect with us on Instagram: @wechyouth

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Coal Harbour Community Centre

Adult

Creative

Art Inspiration with Oil Painting

We invite you to oil painting workshops! You will learn different oil painting techniques and realize your artistic talents under the guidance of experienced oil painting instructor, Kira Shulgina. Produce your first masterpiece in a friendly and creative atmosphere whether you are looking to decorate your home or creating a gift for family and friends!

Instructor: Kira Shulgina

Set 1

Su Jan 3-Feb 14	**10:30am-12:30pm**
Reg #: 645385	$175/7 sess
W Jan 6-Feb 17	**6:45pm-8:45pm**
Reg #: 645215	$175/7 sess

Set 2

Su Feb 21-Mar 28	**10:30am-12:30pm**
Reg #: 645386	$150/6 sess
W Feb 24-Mar 31	**6:45pm-8:45pm**
Reg #: 645216	$150/6 sess

Arts and Crafts Room

Watercolour Painting with Homa - Beginner and Intermediate

All levels welcome. In a friendly and relaxing atmosphere, Homa will show you fundamental methods of watercolor painting to build on. A variety of creative techniques will be shown. Color theory and composition will be discussed. Individual attention will be given to develop your creativity and personal expressions. Art supplies list is available at the front desk. No Session Feb 12

Instructor: Homa Eftekhar (Ghafarzadeh)

F Jan 8-Mar 19	**2:00pm-5:00pm**
Reg #: 645395	$330/10 sess

Activity Room

Watercolour Painting with Homa - Upper Intermediate/Advanced

This course is for upper intermediate and advanced levels. The focus is on advanced composition and theory of color. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolor painting. Various schools of thought in painting will be covered too. No Session Feb 12. Art supplies list is available at the front desk.

Instructor: Homa Eftekhar (Ghafarzadeh)

F Jan 8-Mar 19	**10:00am-1:00pm**
Reg #: 645396	$330/10 sess

Activity Room

The Joy of Acrylic Painting

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. All individually packaged materials are included. Drop-in $31.50, space permitting.

Instructor: Philip Tsang

M Jan 4-Feb 8	**6:00pm-7:30pm**
Reg #: 645150	$180/6 sess
M Feb 22-Mar 22	**6:00pm-7:30pm**
Reg #: 645151	$150/5 sess

Meeting Room

The Joy of Drawing and Sketching

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. The drawing demonstrations will be provided with a new subject in every session, and each time, the class will be fun and joyful to complete a beautiful drawing. All individually packaged drawing materials are included. Drop-in $27.50, space permitting.

Instructor: Philip Tsang

W Jan 6-Feb 17	**6:00pm-7:30pm**
Reg #: 645191	$182/7 sess
W Feb 24-Mar 31	**6:00pm-7:30pm**
Reg #: 645192	$156/6 sess

Meeting Room

Luxurious Oil Pastels

Learn the basic materials, surfaces, and techniques for creating luxurious oil pastel drawings. Immerse yourself in the vibrant, tactile world of oil pastels. This course is open to all skill levels, from oil pastel beginners exploring the medium for the first time, to seasoned artists seeking to refine their oil pastel and painting techniques. Using a variety of approaches to create artworks while exploring color, still life, landscape, and portraiture. Drop-in $26.25, Supply list email: nsyffayerman@gmail.com.

Instructor: Faye Fayerman

M Jan 4-Feb 8	**6:30pm-8:30pm**
Reg #: 645184	$138/6 sess
M Feb 22-Mar 22	**6:30pm-8:30pm**
Reg #: 645186	$138/5 sess

Arts and Crafts Room

Origami

Learn how to make beautiful origami models! Origami is one of the traditional Japanese Folk arts. Origami is a mentally stimulating activity. Please pre-register. All supplies are included in course fee.

Instructor: Aiko Matsushiba

Su Jan 17	**2:30pm-3:30pm**
Reg #: 645390	$17.3/Per Person
Su Feb 21	**2:30pm-3:30pm**
Reg #: 645391	$17.3/Per Person
Su Mar 21	**2:30pm-3:30pm**
Reg #: 645392	$17.3/Per Person

Meeting Room

DRAW AND THEN WRITE: practices for noticing more

Take drawing classes. All kids draw. You can, too. Let's draw together. And then we can write. We'll notice more. It'll be great. All materials supplied. Drop-in $27.00. For more information, visit LouisePhillips.ca

Instructor: Louise Philips

M Jan 4-Feb 8	**1:00pm-3:00pm**
Reg #: 645147	$153/6 sess
M Feb 22-Mar 22	**1:00pm-3:00pm**
Reg #: 645149	$130/5 sess

Meeting Room

Dance

Ballroom Dance Level 1 & 2

Linda's Dance experience consists of over 30 years of performing & teaching a variety of Dance Forms throughout North America. She is a Certified Ballroom Dance Instructor, Choreographer and teaches all levels of Dance from Beginner to Advanced. Dancing has been her passion since the age of six.Social Interaction, Poise, Confidence and Exercise are some of the benefits of Ballroom Dance. For new students this is a great opportunity to learn basic skills. Returning students will develop more techniques and styling. Concentrating on 4 Dances: Foxtrot, Swing, Waltz and Rumba.Choreography available for Wedding Couples. Drop In $20

Instructor: Linda Short

Tu Jan 12-Mar 16	**7:15pm-8:15pm**
Reg #: 645187	$180/10 sess

Dance Studio

Ballroom Latin

International style of Latin dance, including Rumba, Cha cha, Samba, Jive and Paso Double, beginner level. To build skills, expand ability and learn dance variations, suitable for singles and pairs. No experience and partner required. Good for adult and senior as solo, couple, performance, competition and social dance purposes. Drop-ins $21, space permitting.

Instructor: Raf Chen

W Jan 6-Mar 31	**7:30pm-8:30pm**
Reg #: 645193	$234/13 sess

Dance Studio

Ballroom Standard

International style of modern standard, including Walz, Tango, Foxtrot, Viennese Waltz, Quick step; beginner level. To build skills, expand ability and learn dance variations; suitable for singles and pairs. No experience and partner required. Good for adult and senior as solo, couple; performance, competition and social dance purposes. Drop-ins $21, space permitting.

Instructor: Raf Chen

W Jan 6-Mar 31	**8:45pm-9:45pm**
Reg #: 645152	$234/13 sess

Dance Studio

Coal Harbour Community Centre

Languages



ESL: Laugh and Learn in English for Beginners/Low Interm

This course is designed to build the confidence of beginner to low-intermediate level students in order to progress into an upper-intermediate to advanced level. We will achieve this by increasing vocabulary and improving overall language skills in reading, writing, speaking, listening and pronunciation through varying learning activities. Furthermore, this course will improve an understanding of some cultural references related to Canada in a comfortable environment. Error corrections will be given. Drop-in $25, space permitting. No drop-ins after the second class.

Instructor: Christina Glover

Tu Jan 5-Mar 16 **5:00pm-6:00pm**
Reg #: 646113 $245/11 sess

Meeting Room

ESL: Fun and Fluency in English for Int/Adv learners

Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks. Furthermore, the course will advance an understanding of cultural references related to studying, working and living in a Canadian context through authentic learning activities. Moreover, we will focus on advancing your goals and comprehension of English reading, writing, speaking and listening skills. Error corrections will be given. Drop-in $25, space permitting. No drop-ins after the second class.

Instructor: Christina Glover

Tu Jan 5-Mar 16 **6:00pm-7:00pm**
Reg #: 646111 $245/11 sess

Meeting Room

Japanese Beginner I

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com NO DROP INS. No Session Feb 15th

Instructor: Eri Ito

M Jan 11-Mar 15 **6:00pm-8:00pm**
Reg #: 646114 $202/9 sess

Activity Room

Spanish - Adult Beginner I

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb "to be" and the simple present tense. This course will also teach you simple travel phrases, how to order food in a restaurant, etc. No registration after the 3rd class. Sorry no drop-ins.

Instructor: Eliana Rolando

W Jan 13-Mar 31 **5:30pm-7:00pm**
Reg #: 645209 $198/12 sess

Activity Room

Spanish - Adult Beginner II

AMIGOS! This course will build on the foundation established in the Beginner I Spanish class. The focus will be on the past tense and conversation. Please speak with instructor if registering past the 3rd class. Sorry no drop-ins.

Instructor: Eliana Rolando

W Jan 13-Mar 31 **7:00pm-8:30pm**
Reg #: 645210 $198/12 sess

Activity Room

Education & Workshops

Interior Design Fun!

Join a fun, hands-on interior design class with award-winning expert Barbara Smyth (IDC, LEED AP),bringing 30+ years of experience. Whether for personal passion or a future career, you'll learn the essentials—floor planning, furniture layout, lighting, color, and materials—while creating a stylish,healthy small space that reflects your unique vision. Requirements: A measurement tape and clipboard.Visit www.vancouverinteriordesignprogram.com for more information.

Instructor: Barbara Smyth

Tu Jan 5-Feb 2 **6:30pm-8:00pm**
Reg #: 645188 $115/5 sess

Tu Feb 9-Mar 9 **6:30pm-8:00pm**
Reg #: 645189 $115/5 sess

Arts and Crafts Room

Homemade Kombucha Brewing

Want to make your own Kombucha but don't know how? In this Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials.Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

Th Feb 18-Feb 18 **6:30pm-8:00pm**
Reg #: 646042 $28/Per Person

Arts and Crafts Room

Sauerkraut

In this Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Amy Weeks, learn how to make your own delicious sauerkraut at home using a mason jar. In this hands-on workshop, you'll learn how to simply prepare a jar of sauerkraut at home. Each person will get a jar to take home to ferment. You'll learn how lacto-fermentation works, the stages of the process, how to tell when it's ready and what to look out for along the way. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Fee includes cost of all materials. Free for Seniors (50 and over; $8 materials fee only).

Instructor: West End Food Network

Tu Mar 9-Mar 9 **6:30pm-8:30pm**
Reg #: 646040 $28/Per Person

Activity Room

Goat Milk Soap Making

Learn to make a batch of Goat Milk Soap using fresh, raw, unprocessed milk from a local farm. Learn how to incorporate this delicate ingredient while maintaining the benefits of lactic acid, which helps remove dead skin cells from the skin's surface. Using pre-blended bases, make a long-lasting goat milk soap and take home the equivalent of 3 x 120 g bars. All supplies included in course fee.

Instructor: Cheryl Theilade

Th Feb 11-Feb 11 **6:30pm-9:00pm**
Reg #: 645394 $65/Per Person

Arts and Crafts Room

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Coal Harbour Community Centre

Fitness & Health

Baby & Me Yoga

Baby & Me Yoga classes are designed with the birthing parent and new baby in mind. Connect with your young one with playful asana (exercises) as you stretch, breathe and relax your body back into shape, while your baby is stimulated physically, emotionally and socially. This class is best suited for those who have healed after delivery, and for babies who are not yet very mobile. Previous yoga experience is not necessary. Bringing a blanket for baby and your own mat is recommended. Program is best for pre-mobile babies. For more info visit www.intoyoga.ca. Drop-in $18 space permitting.

Instructor: Into Yoga

Set 1
Tu Jan 19-Feb 16 — **10:00am-11:00am**
Reg #: 643132 — $77/5 sess

Set 2
Tu Feb 23-Mar 30 — **10:00am-11:00am**
Reg #: 643133 — $92/6 sess

Activity Room

Barre Pilates

Barre Pilates class is the fusion of classical ballet inspired elegant, body-slimming moves and Pilates mat exercises designed to tighten your waist, lift your booty, strengthen your arms, and thin your thighs. This class helps you burn fat and create a lean, toned physique. Drop-ins $18, space permitting.

Instructor: Alesya Bogaevskaya

Th Jan 14-Feb 11 — **5:45pm-6:45pm**
Reg #: 645217 — $80/5 sess

Th Feb 18-Mar 25 — **5:45pm-6:45pm**
Reg #: 645219 — $96/6 sess

Dance Studio

Bootcamp

Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. www.vancouverpt.com. Drop-in $21, space permitting. No Session Feb 15

Instructor: Vivi L

M Jan 4-Mar 22 — **7:00pm-8:00pm**
Reg #: 646516 — $242/11 sess

Dance Studio

Exercise for Golf Conditioning

This class is dedicated for those who would like to improve their golf game, flexibility and posture. It's a low impact class for all levels of golf (beginners to avid players), concentrating on core strength, posture and flexibility. Drop in $30

Instructor: Viviane L

Tu Jan 5-Mar 9 — **12:15pm-1:15pm**
Reg #: 646517 — $250/10 sess

Multipurpose Room

Pilates & | Mobility + Recovery (Small Group)

All Levels. Restore mobility, release tension and build functional strength through accessible, slower-paced Pilates exercises. Ideal for anyone experiencing stiffness, returning to movement or seeking a gentler approach to building strength and confidence. $28 drop-in, space permitting. Maximum 8 participants.

Instructor: Shannon Smith

Set 1
Tu Jan 5-Feb 9 — **11:00am-12:00pm**
Reg #: 646521 — $132/6 sess

Set 2
Tu Feb 16-Mar 30 — **11:00am-12:00pm**
Reg #: 646524 — $154/7 sess

Dance Studio

Pilates & | Strength + Balance (Small Group)

Modified Level 1/2. Build strength, improve balance and develop confidence through modified Pilates exercises that avoid forward spinal flexion and twisting. Ideal for participants seeking a bone-conscious approach or modifications for back and neck concerns. $28 drop-in, space permitting. Maximum 8 participants.

Instructor: Shannon Smith

Set 1
Th Jan 7-Feb 11 — **12:00pm-1:00pm**
Reg #: 646590 — $132/6 sess

Set 2
Th Feb 18-Mar 25 — **12:00pm-1:00pm**
Reg #: 646591 — $132/6 sess

Dance Studio

Pilates & | Strength + Flow

Level 2. Build strength, control and endurance through intermediate Pilates exercises performed in fluid, controlled sequences. Ideal for experienced practitioners looking to deepen their practice and progress toward more advanced movements. Small Group: $28 drop-in; maximum 8 participants. Class: $18 drop-in; maximum 16 participants.
Space permitting.

Instructor: Shannon Smith

Set 1 | Small Group
Th Jan 7-Feb 11 — **1:00pm-2:00pm**
Reg #: 646592 — $132/6 sess

Set 2 | Small Group
Th Feb 18-Mar 25 — **1:00pm-2:00pm**
Reg #: 646593 — $132/6 sess

Set 1 | Class
W Jan 6-Feb 10 — **6:15pm-7:15pm**
Reg #: 646588 — $87/6 sess

Set 2 | Class
W Feb 17-Mar 31 — **6:15pm-7:15pm**
Reg #: 646589 — $101.5/7 sess

Dance Studio



Meet Shannon Smith

Shannon Smith is the Founder of Pilates & and a Certified Balanced Body Pilates Teacher known for clear, supportive instruction. She specializes in Pilates and healthy aging, with a focus on mobility, recovery, strength and balance to help participants move with greater confidence and comfort.

Small Group vs. Regular Class

Small Group (Maximum 8 Participants)
Designed for a more personalized experience, with smaller class sizes allowing for greater individual attention and tailored instruction.

Regular Class (Maximum 16 Participants)
Offers a traditional group learning experience with structured instruction in a larger class setting.

This format makes it easy for participants to understand the difference when registering for programs.

Become an Instructor at West End/Coal Harbour Community Centre!

Share your passion and skills with our community! If you're interested in teaching a class or running a program, please fill out our Program Proposal Form at www.westendcc.ca/get-involved/propose-a-program.

Coal Harbour Community Centre

Pilates & | Strength + Stretch

Level 1/2. Develop strength, flexibility, core control and mobility through a balanced mix of foundational and intermediate Pilates exercises. Build confidence, refine technique and progressively advance your practice.

Instructor: Shannon Smith

Set 1 | Small Group
Tu Jan 5-Feb 9 **12:00pm-1:00pm**
Reg #: 646534 $132/6 sess

Set 2 | Small Group
Tu Feb 16-Mar 30 **12:00pm-1:00pm**
Reg #: 646569 $154/7 sess

Set 1 | Class
Tu Jan 5-Feb 9 **6:00pm-7:00pm**
Reg #: 646572 $87/6 sess

Set 2 | Class
Tu Feb 16-Mar 30 **6:00pm-7:00pm**
Reg #: 646576 $101.5/7 sess

Dance Studio

Pilates & | Movement Assessment + Privates

Receive personalized Pilates instruction tailored to your mobility, strength, experience and goals. Ideal for new participants, those returning to exercise or anyone seeking guidance on choosing the right class, modifying exercises or progressing their Pilates practice.

Instructor: Shannon Smith

F Jan 8-Jan 29 **1:00pm-2:00pm**
Reg #: 646597 $425/4 sess

F Feb 5-Feb 26 **1:00pm-2:00pm**
Reg #: 646596 $425/4 sess

Dance Studio

Body Fit

Join ACE certified group fitness instructor, personal trainer and health coach, Andrea Janotova in this dynamic fitness class pre-choreographed to music using barbells, weight plates as well as body weight exercises designed to push your limits and take your fitness to the next level! This high-intensity workout is perfect for individuals seeking a challenge and are ready to sweat while getting stronger, leaner, fitter and healthier bodies! While the class is intense, modifications will be provided, making it accessible to individuals at various fitness levels. Get ready to elevate your fitness game and achieve your goals in a supportive and motivating environment. Drop-in $15, space permitting.

Instructor: Andrea Janotova

Tu Th Jan 5-Mar 11 **9:30am-10:25am**
Reg #: 645190 $260/20 sess

Dance Studio

CALLANETICS

One of the original "barre" workouts, the unique CALLANETICS exercise method promotes deep muscle tone throughout the entire body increasing flexibility, strength and improving posture. Using a combination of mat work and ballet inspired leg work, precise positioning and tiny movements, CALLANETICS is a gentle yet challenging exercise class that tightens, tones and lifts muscles fast. You'll leave the class feeling great! Drop-in $21.50, space permitting. No Session Feb 15

Instructor: Linda Shedden

M Jan 4-Mar 15 **5:30pm-6:30pm**
Reg #: 646140 $170/10 sess

Dance Studio

Move, Groove, Strength & Stretch

Come get your body moving and grooving to popular music in this 45-minute fitness class that begins with low-impact exercises, followed by muscle strengthening with resistance bands, and concludes with a complete stretch to improve flexibility. Move, Groove, Strength & Stretch is a light to moderate, well-rounded exercise class that is suitable for all fitness levels. Drop-in: $12.

Instructor: Jenn Mason

Tu Jan 5-Feb 9 **5:00pm-5:45pm**
Reg #: 646511 $60/6 sess

Tu Feb 23-Mar 30 **5:00pm-5:45pm**
Reg #: 646513 $60/6 sess

Dance Studio

Waterfront Walkers

We are a spontaneous group of walking enthusiasts who meet weekly to enjoy a variety of scenic walks. Our walks are regularly around 6km and tend to last for 3 hours including a stop along the way for coffee. Meet in Coal Harbour Community Centre Lobby

Instructor: No Instructor

Sa Jan 2-Mar 27 **9:30am-12:30pm**
Reg #: 646150 $0/13 sess

Off Site - English Bay Beach



Yoga4Stiff People - All Levels

An all levels yoga series designed specifically for people who want to improve flexibility, increase strength, and relax the mind and body. We welcome any person who relates to being stiff! However, this class pays special attention to parts of our bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. $16 drop-in, space permitting.

Instructor: Yoga4Stiff People

W Jan 13-Feb 17 **6:30pm-7:30pm**
Reg #: 645211 $84/6 sess

W Feb 24-Mar 31 **6:30pm-7:30pm**
Reg #: 645212 $84/6 sess

Multipurpose Room

Zumba

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning, it combines Salsa, Cumbia, Merengue, and more, giving you a feel-happy workout that is great for both the body and the mind. Monday and Thursday evening classes are taught by Asal, and Thursday morning classes are taught by Antonia. For more information, visit www.ZumbaVancouver.ca. Drop-in: $15.75, space permitting.

Instructor: Zumba Vancouver

Free Trial
M Jan 4-Jan 4 **6:00pm-7:00pm**
Reg #: 645166 Free

Th Jan 7-Jan 7 **6:30pm-7:30pm**
Reg #: 645167 Free

Multipurpose Room
Th Jan 7-Jan 7 **10:40am-11:40am**
Reg #: 645170 Free

Dance Studio
Set 1
M Jan 11-Feb 8 **6:00pm-7:00pm**
Reg #: 645159 $62.5/5 sess

Th Jan 14-Feb 11 **6:30pm-7:30pm**
Reg #: 645168 $62.5/5 sess

Multipurpose Room
Th Jan 14-Feb 11 **10:40am-11:40am**
Reg #: 645171 $62.5/5 sess

Dance Studio
Set 2
M Feb 22-Mar 22 **6:00pm-7:00pm**
Reg #: 645165 $62.5/5 sess

Th Feb 18-Mar 25 **6:30pm-7:30pm**
Reg #: 645169 $75/6 sess

Multipurpose Room
Th Feb 18-Mar 25 **10:40am-11:40am**
Reg #: 645172 $75/6 sess

Dance Studio

Coal Harbour Community Centre

Zumba Toning

ZUMBA® fuses Latin rhythms and easy-to-follow moves to create a dynamic workout system designed for everyone at any fitness level. Using the fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines salsa, cumbia, merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.ZumbaVancouver.ca.

Instructor: Zumba Vancouver

Free Trial
F Jan 8-Jan 8 **9:30am-10:30am**
Reg #: 645173 Free

Set 1
F Jan 15-Feb 12 **9:30am-10:30am**
Reg #: 645174 $62.5/5 sess

Set 2
F Feb 19-Mar 12 **9:30am-10:30am**
Reg #: 645175 $50/4 sess

Multipurpose Room

Zumba Fitness Regular

Zumba Fitness is a high-energy, dance-based workout that combines Latin and international music with fun, easy-to-follow movements. It is a full-body cardio workout that feels more like a dance party than exercise! Designed for all fitness levels, Zumba helps improve endurance, coordination, and strength while boosting mood and energy. Whether you're re looking to burn calories, relieve stress, or simply have fun, Zumba is the perfect way to get fit while enjoying the rhythm of the music! Drop-in $12.50.

Instructor: Mildred Laguerta Gagnon

F Jan 8-Mar 19 **5:30pm-6:30pm**
Reg #: 646043 $121/11 sess

Dance Studio

Martial Arts

Axe Capoeira Beginner Adults

JANUARY DISCOUNT OFFER - 50% discount for all Downtown classes with Axé Capoeira Vancouver (price listed already reflected the discount price).

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in $20, space permitting.

Instructor: Yulia Terekh

January
Tu Jan 5-Jan 26 **5:45pm-6:45pm**
Reg #: 646100 $30/4 sess

February
Tu Feb 2-Mar 30 **5:45pm-6:45pm**
Reg #: 646075 $135/9 sess

Multipurpose Room

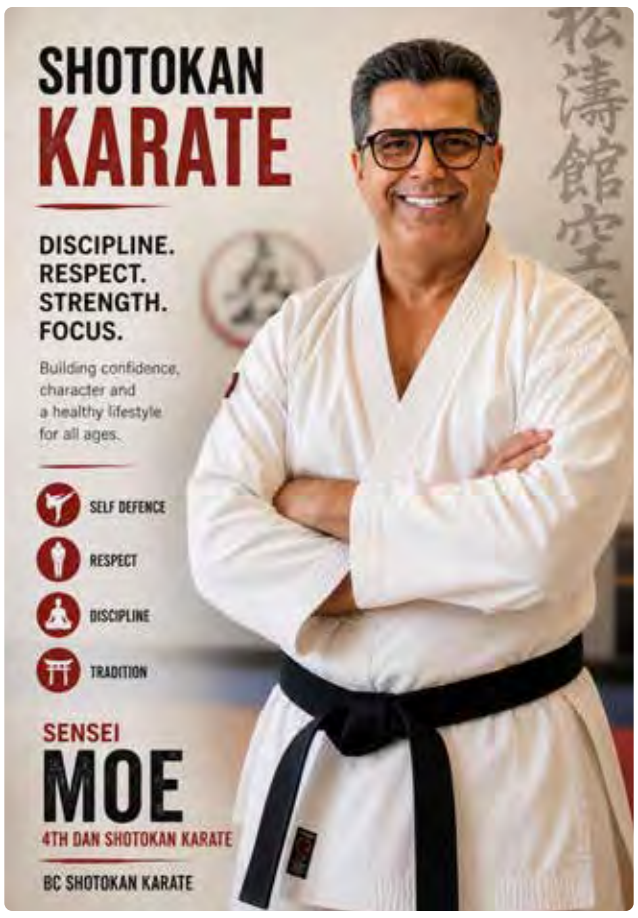
Shotokan Karate 15+

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyan, trained by the well renowned Sensei Okamoto and Sensei Okuyama of the JKA (Japanese Karate Association). Focusing on kata, self defense, fitness and personal development. Drop-in $15.75, space permitting. No Session Feb 15

Instructor: Sensei Moe Rahmanyan

M Th Jan 4-Mar 11 **7:15pm-8:15pm**
Reg #: 645176 $247/19 sess

Multipurpose Room



Sports

Badminton

Smash and drive or just play badminton for fun! Scrimmage with different partners of varying skill levels in a fun and friendly atmosphere. Shuttles and racquets available. Non-instructional. Drop-in rates vary from $6.75–$7.50 based on program length. Space permitting. No Session Feb 15.

Non-Instructional

M Jan 4-Mar 22 **12:00pm-1:30pm**
Reg #: 645070 $71.5/11 sess

W Jan 6-Mar 31 **8:00pm-9:45pm**
Reg #: 645090 $87.75/13 sess

Th Jan 7-Mar 25 **12:00pm-1:30pm**
Reg #: 645094 $78/12 sess

Th Jan 7-Mar 25 **6:30pm-7:45pm**
Reg #: 645097 $75/12 sess

Sa Jan 2-Mar 27 **3:15pm-4:45pm**
Reg #: 645099 $84.5/13 sess

Su Jan 3-Mar 28 **10:15am-11:15am**
Reg #: 645100 $78/13 sess

Gymnasium

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional Drop-in rates vary from $7.00–$7.50 based on program length. Space permitting. No session Feb 15

Non-Instructional

M Jan 4-Mar 22 **6:30pm-7:45pm**
Reg #: 645103 $68.75/11 sess

Tu Jan 5-Mar 30 **12:00pm-1:30pm**
Reg #: 645104 $84.5/13 sess

W Jan 6-Mar 31 **6:00pm-7:45pm**
Reg #: 645105 $87.75/13 sess

Sa Jan 2-Mar 20 **10:00am-11:30am**
Reg #: 645107 $78/12sess

F Jan 8-Mar 19 **12:00pm-1:30pm**
Reg #: 645108 $71.5/11 sess

Gymnasium

Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in $7.5, space permitting. No session Feb 15

Instructor: David Madura

M Jan 4-Mar 22 **8:00pm-9:45pm**
Reg #: 645137 $74.25/11 sess

Instructor: Sean Wiseman

Th Jan 7-Mar 25 **8:00pm-9:45pm**
Reg #: 645138 $81/12 sess

Gymnasium

Pickleball

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in $7.25, space permitting.

Instructor: No Instructor

Tu Jan 5-Mar 30 **1:45pm-3:15pm**
Reg #: 645110 $84.5/13 sess

Th Jan 7-Mar 25 **1:45pm-3:15pm**
Reg #: 645111 $78/12 sess

Gymnasium

New Registration Waitlist Procedure for Adult Sports:

A new waitlist process will begin next season for Adult Sports. When a spot opens, an automated email will be sent to the address on your account with a 24-hour registration link. You can use this link to enroll or remove yourself from the waitlist.

Please check your spam/junk folder if you do not see the email notification.

If you do not register within 24 hours, the link will expire and you will be removed from the waitlist.

Coal Harbour Community Centre

Pickleball - 3.0+

Get active playing this exciting and popular sport. This program is for intermediate to advanced players, level 3.0 & higher. Players must have good skills and knowledge of the game, and a self assessment can be provided to ensure skill level is met. Drop-in $7.25, space permitting. * This is a trial program and may revert back to Pickleball all levels.

Instructor: No Instructor

Su Jan 3-Mar 28 **1:15pm-2:45pm**
Reg #: 645113 $84.5/13 sess

Gymnasium

Pickleball Lesson - Learn to Play

This is NOT for players new to pickleball. You would have taken a Learn to Play/Intro to Pickleball lessons before. We will work on deepen your confidence in serve/return, 3rd shots, lobs, footwork etc. in a fun, non-competitive and supportive environment. It will take your game to the next level while making new friends. Paddles and balls provided. Drop in $30. No drop-ins are permitted after the first session.

Instructor: Ruth Johnson

M Jan 4-Feb 8 **1:45pm-3:15pm**
Reg #: 645177 $144/6 sess

Gymnasium

Pickleball Lesson - Refresher/ Level 1

This is NOT for players new to pickleball. You would have taken a Learn to Play/Intro to Pickleball lessons before. We will work on deepen your confidence in serve/return, 3rd shots, lobs, footwork etc. in a fun, non-competitive and supportive environment. It will take your game to the next level while making new friends. Paddles and balls provided. Drop in $30.

Instructor: Ruth Johnson

M Feb 22-Mar 22 **1:45pm-3:15pm**
Reg #: 645178 $120/5 sess

Gymnasium

Pickleball Lesson – Learn, Drill, Play, Improve - Level 2-2.5

This class is for anyone that has taken the Level 1 class/Refresher and can successfully demonstrate all the skills as described in www.vancouverpickleball.ca. go to to menu and click Skill Levels. We will focus on drills that further enhances your consistency and confidence in dinking, volleys, 3rd shot drops and drives, overhead smashes, movement with your partner, foot work and more. Balance between drills and games will be 50/50. Drop-In $35

Instructor: Ruth Johnson

Tu Jan 5-Feb 9 **9:30am-11:30am**
Reg #: 645179 $192/6 sess

Gymnasium

Pickleball Lesson – Hit Smarter, Not Harder - Level 2-2.5

This class is for anyone that has taken the Level 1 class/Refresher and can successfully demonstrate all the skills as described in www.vancouverpickleball.ca. go to to menu and click Skill Levels. This lesson is for players who are comfortable on the court and want to
become more consistent, confi dent and strategic in their play. Working on decision making, learn what shot to hit. Take what you practice and apply it in game situation.Drop-In $35

Instructor: Ruth Johnson

Tu Feb 16-Mar 23 **9:30am-11:30am**
Reg #: 645180 $192/6 sess

Gymnasium

Pickleball - Coached Game Play Level 3-3.5

NOT SUITABLE FOR NEW PLAYERS!
Do you want to level up your game? Each week will focus on a different topic/strategy. Drills are topic specific and game play in the second half of the sessions are used to implement and practice what we worked on. Lots of play time, ideal for players to improve through game-based learning with constant/immediate feedback and tips from the instructor. Contact the Instructor Ruth, if you are not sure it this is the right class for you. Drop In: $34 Space Permitting

Instructor: Ruth Johnson

Jan
W Jan 6-Jan 27 **1:30pm-3:15pm**
Reg #: 645181 $112/4 sess

Feb
W Feb 3-Feb 24 **1:30pm-3:15pm**
Reg #: 645182 $112/4 sess

Mar
W Mar 3-Mar 31 **1:30pm-3:15pm**
Reg #: 645183 $140/5 sess

Gymnasium

Pickleball Court Rental

Reserve your own pickleball court for guaranteed fun for up to four players. There are 4 courts available for play per time slot. Each registration is a booking for one court.

Instructor: No Instructor

F Jan 8-Mar 19 **1:45pm-3:15pm**
Reg #: Various $28.57/1 sess

Summer Smash Tennis: Adult Beginner (1.0)

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting.

Instructor: Summer Smash Tennis

Th Jan 14-Feb 11 **9:15am-10:30am**
Reg #: 645220 $244/5 sess

Gymnasium

Summer Smash Tennis: Adult Beginner+ (1.5)

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand.

Instructor: Summer Smash Tennis

Th Feb 18-Mar 25 **9:15am-10:30am**
Reg #: 645221 $293/6 sess

Gymnasium

Summer Smash Tennis: Feeding Frenzy (2.0 - 3.0)

Improve consistency and cardio through feeding drills. In this high energy class, coaches feed balls and provide feedback to help students develop their forehand, backhand, volleys, and serve through high repetition training. Students are encouraged to register for an Adult Beginner++ (2.0) or Intermediate class in addition to Feeding Frenzy.

Instructor: Summer Smash Tennis

Th Jan 14-Feb 11 **10:30am-11:45am**
Reg #: 645225 $256/5 sess

Gymnasium

Summer Smash Tennis: Feeding Frenzy (2.0 - 3.0)

Improve consistency and cardio through feeding drills. In this high energy class, coaches feed balls and provide feedback to help students develop their forehand, backhand, volleys, and serve through high repetition training. Students are encouraged to register for an Adult Beginner++ (2.0) or Intermediate class in addition to Feeding Frenzy.

Instructor: Summer Smash Tennis

Th Feb 18-Mar 25 **10:30am-11:45am**
Reg #: 645226 $308/6 sess

Gymnasium

Registration Numbers = Quick Registration

Each course is assigned a unique six-digit course number, which is the fastest and easiest way to locate the course online or when registering at the front desk.

Coal Harbour Community Centre

Table Tennis - Recreational Drop-In

All skill levels are welcome. We will have two or three tables set-up for recreational play. Participants are encouraged to register for the session. Please note, these sessions are non instructional. Great chance to meet new people; no partner is necessary. Drop-in $5, space permitting. No Session Feb 15.

Non-Instructional

M Jan 4-Mar 22	**8:45pm-9:45pm**
Reg #: 645115	$33/11 sess
Tu Jan 5-Mar 30	**7:30pm-9:30pm**
Reg #: 645116	$68.25/13 sess

Multipurpose Room

Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. Drop-in $7.25, space permitting.

Instructor: Gabriel Chan

Sa Jan 2-Mar 20	**12:00pm-1:30pm**
Reg #: 645127	$78/12 sess

Gymnasium

Volleyball - Recreational Plus

Recreational Plus players should be comfortable with fast paced volleyball and be knowledgeable on game strategy, game rules and demonstrate good ball control. Drop-in $7.5, space permitting.

Instructor: Gaspal Douo

Tu Jan 5-Mar 30	**6:00pm-7:45pm**
Reg #: 645128	$87.75/13 sess

Gymnasium - 2/3

Volleyball - Advanced

Advanced players should have a strong knowledge of systems (5-1, 6-2), exhibit an advanced level of ball control, and know where to stand when defending and receiving. Players should know how to technically perform each skill (passing, digging, attacking, blocking, etc.) and be comfortable with an increased speed of play. To ensure consistency of play and safety for all participants, a skill evaluation may be required. The gym supervisor reserves the right to assign players to appropriate courts or recommend players to the recreational programs. Drop-in $7.5, space permitting.

Instructor: Gaspal Douo

Tu Jan 5-Mar 30	**8:00pm-9:45pm**
Reg #: 645130	$87.75/13 sess

Gymnasium



Volleyball Beginner Skills Clinic

Volleyball BC's Adult Skills Clinics offer focused, 6 week programs for adults of all experience levels—whether you're new to the game, working on developing consistency, or ready to sharpen advanced techniques. Our clinics are designed to help participants progress in a supportive and structured environment, led by experienced coaches who are dedicated to building your skills and confidence on the court.

Instructor: Volleyball BC

Tu Jan 5-Feb 9	**6:00pm-7:30pm**
Reg #: 646678	$190/6 sess
Tu Feb 16-Mar 23	**6:00pm-7:30pm**
Reg #: 646711	$190/6 sess

Gymnasium - 1/3

Volleyball Development/ Advanced Skills Clinic

Volleyball BC's Adult Skills Clinics offer focused, 6 week programs for adults of all experience levels—whether you're new to the game, working on developing consistency, or ready to sharpen advanced techniques. Our clinics are designed to help participants progress in a supportive and structured environment, led by experienced coaches who are dedicated to building your skills and confidence on the court.

Instructor: Volleyball BC

Su Jan 3-Feb 7	**3:00pm-4:30pm**
Reg #: 646679 $190/6 sess	
Su Feb 21-Mar 28	**3:00pm-4:30pm**
Reg #: 646713	$190/6 sess

Gymnasium

Adult Sports Participants

Registration Information:

Adult sports programs are for individuals aged 19 years and older. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk, otherwise their spot may be given to a drop-in participant. Registered spots are non-transferable.

No internet registration after the program start date. Phone and in-person registration are still available, pending open spots.

Drop-In Procedures:

- First priority is for registered participants, and there will be NO GUARANTEED SPOTS HELD FOR DROP-INS. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. At 5 minutes into the respective program time all no-show spots will be sold to drop-ins.
- At 9:15am the day of the program, you may call 604.718.8222 to put your name and ONE other person's name on the drop-in list. Exception is Sunday morning badminton where call in commences day prior (Saturday) at 9:15am. Five minutes into the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining. Individuals on the drop-in list must be present when their name is called to take the open space.
- As a courtesy to others, if you are a registered player and unable to attend your scheduled adult sports program, please call the front desk at 604-718-8222 (ext. 1) to let us know.

Safe Access For Everyone (S.A.F.E.) Code of Conduct:

Be Responsible & Respectful, Play Fair & Share, Say "No" to Abuse, Be Positive & Encouraging, Expect the Best.

Please register early!

Programs are cancelled if everyone waits until the last minute to register.

The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sign-up even if the class is free!

Coal Harbour Community Centre

Winter 2027 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am **Jellyfish Playtime**	9:30-11:30am **Pickleball - Skills & Drills**	9:30-11:00am **Jellyfish Playtime**	**Smash Tennis Lesson** 9:15-10:30am 10:30-11:45am	9:30-11:00am **Jellyfish Playtime**	10:00-11:30am **Basketball**	10:15-11:15am **Badminton**
12:00-1:30pm **Badminton**	12:00-1:30pm **Basketball**	11:30-12:15pm **Sportball Junior (16m-2yrs)**	12:00-1:30pm **Badminton**	12:00-1:30pm **Basketball**	12:00-1:30pm **Recreational Volleyball**	11:45-12:45pm **Birthday Parties**
1:45-3:15pm **Pickleball - Learn to Play**	1:45-3:15pm **Pickleball**	12:15-1:00pm **P&T Multisport (2-3yrs)**	1:45-3:15pm **Pickleball**	1:45-3:15pm **Pickleball Court Rental**	1:45-2:45pm **Birthday Parties**	1:15-2:45pm **Pickleball - 3.0+**
3:30-4:30pm **Tot Soccer (4-6yrs)**	3:30-5:00pm **Teen Open Gym**	1:15pm-3:15pm **Pickleball - Coached Game Play**	3:30-4:30pm **Tot Soccer (4-6yrs)**	3:30-4:30pm **Just Real Ballers (6-8yrs)**	3:15-4:45pm **Badminton**	3:00-4:30pm **Volleyball - Dev/ Adv Skills Clinic**
4:45-6:15pm **Soccer (7-12yrs)**		3:30-5:00pm **Teen Open Gym**	4:45-6:15pm **Soccer (7-12yrs)**	4:45-6:00pm **Just Real Ballers (9-12yrs)**	**Principles for Sport, Code of Conduct:** Go For It, Play Fair, Respect Others, Keep It Fun, Stay Healthy, Include Everyone, Give Back. ☐ **Children Programs** ☐ **Adult Programs (19yrs+)**	
6:30-7:45pm Basketball	6:00-7:45pm **Volleyball - Recreational Plus & Beg Skills Clinic**	6:00-7:45pm **Basketball**	6:30-7:45pm **Badminton**	6:15-8:45pm **Youth Programs**		
8:00-9:45pm **Indoor Soccer**	8:00-9:45pm **Volleyball - Advanced**	8:00-9:45pm **Badminton**	8:00-9:45pm **Indoor Soccer**			

Room Rentals

If you are looking for a perfect venue for birthday, wedding, engagement or any other special event we have a room for you. Our modern Coal Harbour Community Centre facility has rooms with panoramic views of the Coal Harbour marina, Stanley Park and North Shore Mountains. Audio equipment, tables and chairs are provided with every room rental.

Coal Harbour Community Centre Room Rates

Rooms	Non-Profit	Private	Commercial
Gymnasium	$60/hr	$120/hr	$170/hr
Multipurpose Room	$60/hr	$120/hr	$170/hr
Activity Room	$40/hr	$75/hr	$95/hr
Meeting Room	$30/hr	$55/hr	$75/hr

*All hours are subject to room availability. Rental requests outside of operational hours are also subject to staff availability. Community and Film rates available upon request for groups that qualify.

For more information please visit https://westendcc.ca/room-rentals/coal-harbour-room-rentals-new/

Or scan



Adult & Older Adult programs are subject to tax.