

FALL 2026 Recreation Guide



West End Community Centre 50th Anniversary Celebration!

See page 4 ...



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 4-28

COAL HARBOUR PROGRAMS. 29-44

Fall 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, August 11 @ 7:00pm

By Phone: Wed, August 12 @ 9:30am

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, Michael Diel, Minaz Mawji, Matthew Minson

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

Boniface Oleksiuk Politano Architects



The West End Journal

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 Sep 1-Dec 31
Monday-Friday 9:00am-9:00pm
Saturday-Sunday 9:00am-5:00pm
Centre is closed Sep 7, Oct 12, Nov 11, Dec 25, Dec 28.

Front Office Sep 1-Dec 31
Monday-Friday 9:00am-8:45pm
Saturday-Sunday 9:00am-4:45pm

Fitness Centre Sep 1-Dec 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 Sep 1-Dec 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 Sep 7, Oct 12, Nov 11, Dec 25, Dec 28.

Front Office Sep 1-Dec 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 Harriett Medel, acting
Fitness Programmer Larry Turko
Ice Rink Programmer TBD
Community Youth Worker Olivia Alexis
Recreation Facility Clerk Shelby Quon
Maintenance Technician Simon Chesterton & Steven Craig

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 Leanne Trieu
Recreation Facility Clerk Nelson McLachlan

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Fall Registration:

Centre Registration Begins:

Online/In-Person: Tue, August 11 at 7:00pm

Phone: Wed, August 12 at 9:30am

1. 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.

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

Celebrate!

The West End Fun

Prizes!

870 DENMAN ST.

50TH ANNIVERSARY

SUNDAY, SEPT. 20, 2026

WEST END COMMUNITY CENTRE AND JOE FORTES LIBRARY ARE 50!

Join us for a day of fun, memories & community!



- ★ HISTORY
 - ★ COMMUNITY
 - ★ MEMORIES
 - ★ TOGETHER
- Fifty Years
of Building a
Stronger
West End!*

JOIN US! NOON TO 3:30 PM
OPENING CEREMONY: 12PM, AUDITORIUM
★
LIVE MUSIC • DANCING • PRIVIA
LOCAL AUTHORS READINGS • PRIZES

DEMO CLASSES – TRY IT OUT!
• DARKROOM DEMO • POTTERY DEMO
• CHAIR YOGA • AND MORE!
Everyone Welcome!



Haunted House at Barclay Manor

Recommended for Ages 8+ (Parental Discretion Advised)!!Dare to Enter...If You're Brave Enough!!Barclay Manor has once again transformed into a spine-chilling haunted house for the bold and fearless! Step inside...if you dare... and prepare for a frightfully fun experience. Duration:5 to 10 mins to make your way through. \$5 per person, \$15 for family of 4 Please register online or in person to attend. Or pay at West End Community Centre and bring your receipt. LAST ENTRY: 8:50 p.m. SHARP. Come for the scares, stay for the screams!

Fri Oct 23	5:00pm-9:00pm
Reg #: 636417	\$5/1 sess
Sa Oct 24	5:00pm-9:00pm
Reg #: 636419	\$5/1 sess

Barclay Manor



Join us to celebrate Halloween! Your child will go home with beautiful & unique crafts they've made. Parent participation required.

Tu Oct 27	3:30-5:00pm
Reg #: 636441	\$4/1 sess

Lobby

West End Community Centre



Holiday Craft Fair

This is an annual sell-out event you won't want to miss! We welcome ONLY handcrafted items to be sold at this event. Line up early for the best table selection. Pick up a vendor info guideline package and vendor contract at the front office. Although this is a non-juried event, we have a limit of 35 tables each day to sell original crafted items only by Artisan crafts. Tables go on sale September 19 at 10:00am, in person only. Single day table registration is \$42, but save with discounted rate of \$34.50 per day, if you registering for both Saturday and Sunday. Admission to the Fair is FREE.

Sa Nov 21	10:00am-4:00pm
Reg #: 636429	\$42/1 sess
Su Nov 22	10:00am-4:00pm
Reg #: 636431	\$42/1 sess
Auditorium	

Community Tree Decorating

Join us in the lobby to decorate our holiday tree! Make an ornament to put on the tree and take one home with you. We will also serve hot chocolate.

Th Dec 3	3:30-5:00pm
Reg #: 636446	FREE
Lobby	



Seniors Christmas Dinner

Enjoy Christmas dinner with all the trimmings, great prizes and fabulous live music. Join friends, old and new, to share in the holiday cheer. Get a holiday picture taken and we will print it for you to take home. This event is open to everyone 50+. No refunds after November 20.

Fri Dec 4	5:30pm-8:00pm
Reg #: 636399	\$30/Person
Auditorium	

Breakfast w/ Santa

Join us for a special breakfast, crafts, entertainment and best of all a visit from Santa himself. This event is an annual sell out so PLEASE purchase your tickets for adults and children in advance to ensure a seat. Pre-registration is required. Children under the age of 2yrs are free unless eating food. If child under 2 is not eating they are allowed to be at the event with parent (sitting in lap). Please do not register child under 2 if not eating or taking a paid seat. \$14/per person. Please show up on time as food will be served by 10:20am.

Su Dec 6	10:00am-12:00pm
Reg #: 636418	\$14/1 sess
Auditorium	



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 (up to 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 \$3.5.

M W F 12:30pm-2:00pm
Sep 1-Dec 31 Bidwell Room

Tu Th 9:30am-11:30am
Sep 1-Dec 31 Auditorium

No Baby Playtime on Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Dec 28.

Playtime (up to 5yrs)

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 \$3.5.

M Tu Th F Sun 9:30am-11:00am
Sep 1-Dec 31 Auditorium

W 3:30pm-5:00pm
Sep 1-Dec 31 Auditorium

No Playtime on Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Dec 28.

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 three need to be directly supervised by parents/guardians. Drop-in \$3.5.

Sa 9:30am-11:00am
Sep 5-Dec 26 Auditorium

Creative Arts

Air-Dry Clay & Creative Play (3-6yrs)

This class introduces young children to the world of clay through fun, hands-on, and sensory-based activities. Students will explore simple shapes and create basic forms such as animals, food, and nature-inspired objects using air-dry clay. Each session focuses on creativity, imagination, and playful making rather than detailed techniques. Children will also have the opportunity to add color to their creations, helping them express themselves and build confidence through art. No session Nov 11

Instructor: Golnaz Kiany

W Sep 9-Dec 9 9:30am-10:45am
Reg #: 625636 \$290/12 sess

Meeting Room

Drawing and Painting (3-5yrs)

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! No session Nov 11

Instructor: Golnaz Kiany

W Sep 9-Dec 9 3:00pm-4:15pm
Reg #: 625344 \$240/12 sess

Meeting Room 2

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 Oct 27-Nov 24 10:30am-11:15am
Reg #: 624786 \$77/5 sess

English Bay Room

Learning German - Level A1/A2 (2.5-5yrs)

Learning German (A1/A2) is a play-based language program for children aged 2.5 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: Myroslava Kerniakevych

Set 1
Tu Sep 15-Oct 20 5:00pm-6:00pm
Reg #: 625853 \$90/6 sess

Set 2
Tu Oct 27-Dec 1 5:00pm-6:00pm
Reg #: 625854 \$90/6 sess

English Bay Room

Learning Ukrainian Through Play (2.5-5yrs)

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.

Instructor: Myroslava Kerniakevych

Set 1
Tu Sep 15-Oct 20 6:00pm-7:00pm
Reg #: 625855 \$90/6 sess

Set 2
Tu Oct 27-Dec 1 6:00pm-7:00pm
Reg #: 625856 \$90/6 sess

English Bay Room

Dance

Creative Ballet (3-5yrs)

Young dancers 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. For more visit information www.KirbySnellDance.com. [kirbysnelldance.com] Drop-in \$15. No session Sep 20.

Instructor: Endorphin Rush Dance

Su Sep 13-Oct 25 10:00am-10:45am
Reg #: 625857 \$112/7 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

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, multidisciplinary experience. It is one of the most diverse martial arts, teaching creativity, music, self-expression, and strategic thinking as much as physical training. This course will introduce everyone to the fundamentals of the art form, teach basic kicks, movements, acrobatics, and cover basic music skills and history of capoeira. Drop-in \$18, space permitting. Siblings attend at a 25 percent discount (but must register in person). No session Nov 12, Nov 19.

Instructor: Yulia Terekh

Th Sep 10-Dec 17	4:00pm-4:30pm
Reg #: 636502	\$175.5/13 sess

Dance Studio

Physical Education

Sportball Multisport (3.5-5yrs)

This skills development program introduces pre-school 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 sessions, using developmentally appropriate methods to introduce, practice and refine motor skills. The program reinforces 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. No drop-ins. No session Oct 12.

Set 1

Instructor: Sportball Vancouver

M Sep 14-Oct 26	3:30pm-4:30pm
Reg #: 624773	\$114/6 sess

Set 2

M Nov 2-Dec 14	3:30pm-4:30pm
Reg #: 624774	\$133/7 sess

Auditorium

Sportball Floor Hockey (4-6yrs)

This program introduces fundamental concepts of gameplay and teaches 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, skill-focused games.

Instructor: Sportball Vancouver

Set 1

Th Sep 17-Oct 29	3:45pm-4:30pm
Reg #: 624772	\$133/7 sess

Set 2

Th Nov 5-Dec 17	3:45pm-4:30pm
Reg #: 624779	\$133/7 sess

Auditorium

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.

Instructor: Flygym Vancouver

Tu Sep 8-Nov 24	1:30pm-2:30pm
Reg #: 626795	\$288/12 sess

Auditorium

West End Soccer Academy

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. Parent Participation Required. Visit www.facebook.com/Coach.Glyn for updates. Drop-in \$19. No session Oct 10.

2-4yrs

Instructor: Glyn Roberts

Sa Sep 12-Dec 12	9:15am-10:00am
Reg #: 624782	\$196.95/13 sess

4-6yrs

Sa Sep 12-Dec 12	10:00am-10:45am
Reg #: 624783	\$196.95/13 sess

Off Site - King George Gymnasium

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, 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. No packages available on Sept 20, Oct 3, Oct 10, Oct 11, Dec 6 (AM only)

This Party Includes:

- 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;
- Thirty minutes for set-up before the party and 30 minutes for clean-up after.

This 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.

Party Schedule:

- Set-up time: 30 minutes;
- Playtime in the Auditorium: 1 hour;
- Party Room: 1 hour;
- Clean-up time: 30 minutes.

Important Details:

- Maximum 15 children and 40 total guests;
- 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	12:00pm-2:00pm
Su	12:00pm-2:00pm/2:15pm-4:15pm
	\$250/Package

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

Little Learners - Beginner Tennis Lessons (4-5yrs)

The perfect introductory tennis course for children aged 4-5. Based on the latest Tennis Canada methodologies, this class fosters a life-long love for tennis while developing basic coordination and motor skills through point-based games. 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 Inc.

Su Sep 6-Sep 27	11:15am-12:15pm
Reg #: 625962	\$114.12/4 sess
Off Site - King George Tennis Courts	

Little Learners - Adv. Beg. Tennis Lessons (4-5yrs)

For young players with previous lesson experience. Based on the latest Tennis Canada methodologies, this class builds on fundamental rally skills learned in previous lessons, while nurturing a lifelong passion for tennis. Students will develop more complex motor skills and knowledge of basic tennis tactics through a variety of point-based games. 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 Inc.

Su Sep 6-Sep 27	12:15pm-1:15pm
Reg #: 625963	\$114.12/4 sess
Off Site - King George Tennis Courts	



Children

Creative Arts

Drawing and Painting (6-10 yrs)

In this class children will learn about different colours and how to mix them (cold and warm-light and dark) and also improve their drawing and colouring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! No session Nov 11

Instructor: Golnaz Kiany

W Sep 9-Dec 9	4:15pm-5:30pm
Reg #: 625345	\$240/12 sess
Meeting Room 2	

Drawing and Painting for Kids & Youth (7-18yrs)

In this class students will learn how to draw, shape, and form images in perspective while creating compositional structures, exploring topics including landscape, still life, flowers, figures and more. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. The instructor will be happy to help you with any of these mediums. Supplies are not included, and the supply list is available upon registration. Drop-in \$25.00. For more information visit www.atashzad.com.

Instructor: Mohammad Reza Atashzad

Set 1	
Th Sep 10-Oct 29	4:15pm-5:30pm
Reg #: 625082	\$160/8 sess
Set 2	
Th Nov 5-Dec 17	4:15pm-5:30pm
Reg #: 625083	\$140/7 sess
Bidwell Room	

Drawing to Sculpture (6-12yrs)

This class helps students develop foundational drawing skills using pencil while exploring subjects such as faces, bodies, animals, and nature. Students will then bring their drawings to life by transforming them into simple sculptures using wire and air-dry clay. Each project is completed with painting and color, encouraging creativity, imagination, and personal expression through both 2D and 3D art-making. No session Nov 11

Instructor: Golnaz Kiany

W Sep 9-Dec 9	5:30pm-6:45pm
Reg #: 625364	\$290/12 sess
Meeting Room 2	

Kids Clay

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. No session Nov 11

5-8yrs

Instructor: Estelle Liebenberg

W Sep 9-Dec 9	3:30pm-4:45pm
Reg #: 625287	\$264/12 sess

Meeting Room 1	
Th Sep 10-Dec 3	3:30pm-4:45pm
Reg #: 624787	\$286/13 sess

Pottery Studio

Instructor: Sonja LeBorgne

9-15yrs

Instructor: Estelle Liebenberg

Th Sep 10-Dec 3	5:00pm-6:15pm
Reg #: 624788	\$286/13 sess

Pottery Studio

Theatre

Kids Act!! (8-12yrs)

Great introduction to the art of theatre! Kids learn the basics of Acting and Public Speaking. Lots of individual attention while nurturing group co-operation skills. Class culminates in a performance for family and friends. This class is taught by a national leader in theatre for young people.

Instructor: Leslee Silverman

Set 1

Tu Sept 15-Oct 27	3:45pm-4:45pm
Reg #: 638403	\$70/7 sess

Set 2

Tu Nov 3-Dec 15	3:45pm-4:45pm
Reg #: 638404	\$70/7 sess

English Bay Room

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. Visit the registration site or the front desk for times available to register. No session Nov 11.

Instructor: Rene Hugo-Sanchez

W Sep 16-Dec 16	5:00pm-8:30pm
Reg #: 626593-626599	\$288/12 sess

Bidwell Room

West End Community Centre

Private Piano Lessons with Ami

Have you ever wanted to learn to play piano, play a few songs, and unlock your hidden talent? Join Ami for a private piano lesson. Whatever your current level, 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. Books are not included. Visit the registration site or the front desk for times available to register. No session Sept 20, Oct 11.

Instructor: Min(Ami) Xu

Set 1		
Su Sep 13-Oct 25	10:30am-4:15pm	
Reg #: 624810-624821	\$168/6 sess	
Set 2		
Su Nov 1-Dec 13	10:30am-4:15pm	
Reg #: 624826-624836	\$196/7 sess	
Meeting Room 3		

Martial Arts

Axe Capoeira - Beginner Youth (7-14 yrs)

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, multidisciplinary experience. It is one of the most diverse martial arts, teaching creativity, music, self-expression, and strategic thinking as much as physical training. This course will introduce everyone to the fundamentals of the art form, teach basic kicks, movements, acrobatics, and cover basic music skills and history of capoeira. Drop-in \$20, space permitting. Siblings attend at a 25 percent discount (but must register in person). No session Nov 12, Nov 14, Nov 19, Nov 21.

Instructor: Yulia Terekh

September		
Th Sa Sep 10-Sep 26	4:30pm-11:30am	
Reg #: 636503	\$90/6 sess	
October		
Th Sa Oct 1-Oct 31	4:30pm-11:30am	
Reg #: 636504	\$150/10 sess	
November		
Th Sa Nov 5-Nov 28	4:30pm-11:30am	
Reg #: 636505	\$60/4 sess	
December		
Th Sa Dec 3-Dec 19	4:30pm-11:30am	
Reg #: 636506	\$90/6 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.

Physical Education

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 once a week in one-hour sessions, using developmentally appropriate methods to introduce, practice and refine 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. No drop-ins. No session Oct 12.

Instructor: Sportball Vancouver

Set 1		
M Sep 14-Oct 26	4:30pm-5:30pm	
Reg #: 624776	\$114/6 sess	
Auditorium		
Set 2		
M Nov 2-Dec 14	4:30pm-5:30pm	
Reg #: 624777	\$133/7 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

Set 1		
Th Sep 17-Oct 29	4:30pm-5:15pm	
Reg #: 624780	\$133/7 sess	
Set 2		
Th Nov 5-Dec 17	4:30pm-5:15pm	
Reg #: 624781	\$133/7 sess	
Auditorium		

West End Soccer Academy (5-7yrs)

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, but will also help them gain confidence, build self-esteem, learn to work in teams, and improve their decision making. Equipment: No cleats on the field. Running shoes only permitted. Parent Participation Required. Visit www.facebook.com/Coach.Glyn for updates. Drop-in \$21. No session Oct 10.

Instructor: Glyn Roberts

5-7yrs		
Sa Sep 12-Dec 12	10:45am-11:30am	
Reg #: 624784	\$208/14 sess	
7-12yrs		
Sa Sep 12-Dec 12	11:30am-12:30pm	
Reg #: 624785	\$221/13 sess	
Off Site - King George Gymnasium		

1.0 - 1.5 DUPR Junior Beginner Pickleball (7-10yrs)

For players with no previous pickleball experience. This class inspires a lifelong passion for pickleball while introducing the basics of rallying, serving and scoring. Players will develop athletic coordination through a variety of rally based games and drills. Extra paddles provided on site. Please fill out the Activity Waiver at www.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 Inc.

Set 1		
Sa Sep 12-Oct 24	1:00pm-2:00pm	
Reg #: 625967	\$176.75/7 sess	
Set 2		
Sa Nov 7-Dec 12	1:00pm-2:00pm	
Reg #: 625968	\$151.5/6 sess	
Off Site - King George Gymnasium		

1.0 - 1.5 DUPR Youth Beginner Pickleball (11-14yrs)

For players with no previous pickleball experience. This class introduces the basics of rallying, serving and scoring. Players will develop athletic coordination, agility and tactical knowledge through a variety of rally based games and drills. Extra paddles provided on site. Please fill out the Activity Waiver at www.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 Inc.

Set 1		
Sa Sep 12-Oct 24	2:00pm-3:00pm	
Reg #: 625969	\$192.5/7 sess	
Set 2		
Sa Nov 7-Dec 12	2:00pm-3:00pm	
Reg #: 625974	\$165/6 sess	
Off Site - King George Gymnasium		

2.0 - 2.5 DUPR Youth Adv. Beg. Pickleball (11-14yrs)

For young players with previous pickleball experience. This class builds on fundamental rally skills by introducing new exciting shots, better court positioning and winning point play tactics through drills and rally-based games. Extra paddles provided on site. Please fill out the Activity Waiver at www.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 Inc.

Set 1		
Sa Sep 12-Oct 24	3:00pm-4:00pm	
Reg #: 625975	\$176.75/7 sess	
Set 2		
Sa Nov 7-Dec 12	3:00pm-4:00pm	
Reg #: 625976	\$151.5/6 sess	
Off Site - King George Gymnasium		

West End Community Centre

Rally Stars - Advanced Beg Tennis Lessons (6-8 yrs)

For young players with previous tennis experience. Based on the latest Tennis Canada methodologies, this class further develops basic tennis techniques while building an understanding of tennis scoring and tactics through point-based games. 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 Inc.

Su Sep 6-Sep 27 10:15am-11:15am
Reg #: 625961 \$114.12/4 sess

Off Site - King George Tennis Courts

Rally Stars - Beginner Tennis Lessons (6-8 yrs)

The perfect introductory tennis course for children aged 6-8. Based on the latest Tennis Canada methodologies, this class fosters a life-long love for tennis while introducing basic techniques (forehand, backhand, serve and return) in a “play-first” manner. 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 Inc.

Su Sep 6-Sep 27 9:15am-10:15am
Reg #: 625960 \$114.12/4 sess

Off Site - King George Tennis Courts

Ace Academy - Advanced Beginner Tennis (9-12yrs)

For young players with previous tennis experience. Based on the latest Tennis Canada methodologies, this class builds on fundamental rally skills while nurturing a lifelong passion for tennis. Focus is placed on developing rally consistency through a variety of point based games. 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 Inc.

Tu Sep 1-Sep 29 5:30pm-6:30pm
Reg #: 625965 \$142.65/5 sess

Off Site - King George Tennis Courts

Pro D - Day Camps (5-12 yrs)

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.

M Sept 21 9:30am-3:30pm
#637902 \$50/1 sess

English Bay Room, Bidwell Room

F Oct 23 9:30am-3:30pm
#637909 \$50/1 sess

F Nov 20 9:30am-3:30pm

Denman Room

#637911 \$50/1 sess

Denman Room

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

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.

M Sept 21 3:30-5:30pm
Reg #: 638272

Bidwell Room

F Oct 23 3:30-5:30pm
Reg #: 638274

Denman Room

F Nov 20 3:30-5:30pm
Reg #: 638276

Denman Room

Ace Academy - Beginner Tennis (9-12yrs)

The perfect introductory tennis program for kids aged 9-12. Based on the latest Tennis Canada methodologies, this class fosters a lifelong love for tennis while introducing basic techniques (forehand, backhand, serve and return) in a “play-first” manner. 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 Inc.

Tu Sep 1-Sep 29 4:30pm-5:30pm
Reg #: 625964 \$142.65/5 sess

Off Site - King George Tennis Courts

Winter Break Day Camps

Winter Break Day Camp (5-12yrs)

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.

Week 1

M Tu W Th Dec 21-Dec 24 9:00am-3:30pm
Reg #: 628727 \$144/4 sess

Week 2

Tu W Th Dec 29-Dec 31 9:00am-3:30pm
Reg #: 628728 \$108/3 sess

Barclay Room

Winter Break Camp - After Care (5-12 yrs)

After Care is only available to children registered in Winter Break Day Camp. Extra fee will be charged for late pick ups. No refunds after first day of camp each week. There is a late pick-up fee of \$1 per minute.

Week 1

M Tu W Th Dec 21-Dec 24 3:30pm-5:30pm
Reg #: 628730 \$40/4 sess

Week 2

Tu W Th Dec 29-Dec 31 3:30pm-5:30pm
Reg #: 628729 \$30/3 sess

Barclay Room

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.

Instructor: Flygym Vancouver

Tu Sep 8-Nov 24 4:00pm-5:00pm
Reg #: 626742 \$288/12 sess

Auditorium

Sa Sep 12-Nov 28 1:30pm-2:30pm
Reg #: 626743 \$288/12 sess

Dance Studio

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

Sa Sep 12	9:30am-12:30pm
Reg #: 624806	\$85/1 sess
Sa Oct 24	9:30am-12:30pm
Reg #: 624807	\$85/1 sess
Sa Nov 14	9:30am-12:30pm
Reg #: 624808	\$85/1 sess
Sa Dec 12	9:30am-12:30pm
Reg #: 624809	\$85/1 sess

Barclay Room

Emergency First Aid with CPR-C/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

Sa Sep 12	9:30am-2:00pm
Reg #: 624798	\$115/1 sess
Sa Oct 24	9:30am-2:00pm
Reg #: 624799	\$115/1 sess
Sa Nov 14	9:30am-2:00pm
Reg #: 624800	\$115/1 sess
Sa Dec 12	9:30am-2:00pm
Reg #: 624801	\$115/1 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

Sa Sep 12	9:30am-4:45pm
Reg #: 624802	\$160/1 sess
Sa Oct 24	9:30am-4:45pm
Reg #: 624803	\$160/1 sess
Sa Nov 14	9:30am-4:45pm
Reg #: 624804	\$160/1 sess
Sa Dec 12	9:30am-4:45pm
Reg #: 624805	\$160/1 sess

Barclay Room

Red Cross Babysitting (11-17yrs)

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 Sep 6	9:30am-4:30pm
Reg #: 624793	\$90/1 sess
Su Sep 27	9:30am-4:30pm
Reg #: 624794	\$90/1 sess
Su Oct 25	9:30am-4:30pm
Reg #: 624795	\$90/1 sess
Su Nov 15	9:30am-4:30pm
Reg #: 624796	\$90/1 sess
Su Dec 6	9:30am-4:30pm
Reg #: 624797	\$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 Sep 13	10:00am-3:00pm
Reg #: 624789	\$90/1 sess
Su Oct 18	10:00am-3:00pm
Reg #: 624790	\$90/1 sess
Su Nov 29	10:00am-3:00pm
Reg #: 624791	\$90/1 sess
Su Dec 13	10:00am-3:00pm
Reg #: 624792	\$90/1 sess

Barclay 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.

Instructor: Non Instructional

F Sep 04-Dec 18	6:15pm-8:45pm
Reg #: 632047	\$0/32 sess

Auditorium

Youth Leadership

West End Youth Council

Join the West End Youth Council!Are you in grades 8 to 12 and passionate about making a difference in your community? The West End Youth Council is looking for youth who want to share their ideas, build leadership skills, and help shape programs for their peers.As a council member, you'll get hands-on experience planning and leading special events, out-trips, fundraisers, and activities that bring youth and families together.Upcoming Projects Include: Election of 5 ExecutivesNew Youth Initiatives FundraisersThis is a great opportunity to earn volunteer hours, grow as a leader, and connect with other like-minded youth. Weekly meetings focus on personal development through team building and workshops?all while giving back to your community through stewardship and service.

Instructor: Youth Leader

Th Sep 17-Jun 10	3:30pm-5:00pm
Reg #: 633582	\$0/39 sess

Stanley Court Room

Interested in volunteering with us?

You can connect with us on Instagram: @wechyouth



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 Sep 30, Oct 12, Nov 11.

Instructor: Mary Friesen

Set 1	
M Sep 14-Oct 26	2:00pm-7:00pm
Reg #: 635234-635243	\$168/6 sess
Stanley Court Room	
W Sep 9-Oct 21	1:30pm-7:00pm
Reg #: 635254-637900	\$168/6 sess
Meeting Room 3	
Set 2	
M Nov 2-Dec 7	1:00pm-6:00pm
Reg #: 635244-635253	\$168/6 sess
Stanley Court Room	
W Oct 28-Dec 9	1:30pm-7:00pm
Reg #: 635264-637901	\$168/6 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 Sep 16-Dec 16	5:00pm-8:30pm
Reg #: 626593-626599	\$288/12 sess
Bidwell Room	

“Talkin’ bout our Generation”

This course is a continuation of a very popular series that has run since 2023. Maximum enrollment has been expanded from the original 10 to 20 participants due to demand. As the course is ongoing and not repetitive, many students have become regulars and continue from term to term. 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 people involved are mostly of a certain age. 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. Enroll early as demand is high!. Drop-in \$13 (three spots available per week).

Instructor: Danny Casavant

Sa Sep 19-Nov 7	10:30am-12:00pm
Reg #: 635274	\$100.96/8 sess
Stanley Court Room	

It’s Only Rock and Roll, But I Like It – The Story of 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 Sep 18-Oct 23	10:00am-11:45am
Reg #: 635275	\$150/6 sess
Bidwell Room	

West End Community Choir

Do you like singing? Can your voice carry a melody? Then join our choir!In a friendly and welcoming atmosphere, we learn great choral pieces from a wide range of eras and styles. This spring, we will explore music by Mozart, Haydn, Lauridsen, Pärt, and more. Singers will also have opportunities to perform.No session Oct 12.Drop-in \$15

Instructor: Natalia Alexandrova

M Sep 14-Nov 23	7:15pm-8:50pm
Reg #: 635276	\$115.4/10 sess
Stanley Court Room	

Pottery

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 Oct 12, Nov 11.

Instructor: Alex Chung

M Sep 14-Dec 14	11:00am-2:00pm
Reg #: 637921	\$455/13 sess
<i>Instructor: Estelle Liebenberg</i>	
M Sep 14-Dec 14	5:45pm-8:45pm
Reg #: 635422	\$455/13 sess
Th Sep 10-Dec 10	10:00am-1:00pm
Reg #: 635423	\$490/14 sess

Instructor: Mitra Mahmoodi

W Sep 16-Dec 2	5:45pm-8:45pm
Reg #: 635424	\$385/11 sess
Pottery Studio	

Pottery: Explorations in Hand Building

Step into the world of clay in a dynamic hand-building class designed for both curious beginners and seasoned makers. Whether you're touching clay for the first time or already familiar with slab, coil, and mold techniques, this course offers inspiration, challenge, and growth. Each week, you'll experience engaging demonstrations, hands-on exploration, and one-on-one support as you develop functional and sculptural pieces. Beginners will gain a solid foundation in core techniques, while returning or experienced handbuilders can dive deeper into self-directed projects with expert guidance. Discover surface decoration methods, learn to glaze your work for both beauty and durability. Clay is not included in the course fee and must be purchased from the instructor during class. Outside clay is not permitted. No session Oct 12.

Pottery Studio

Pottery Open Studio

Open Studio Requirements & PoliciesThis 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 will a knowledge assessment as an initial step in determining suitability for the program. This will be sent by email?please check your junk or spam folder. ? 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 Sep 20, Oct 12, Nov 11.

Instructor: No Instructor

Session A	
M Sep 14-Dec 14	2:30pm-5:30pm
Reg #: 635415	\$299/13 sess
Session B	
Tu Sep 8-Dec 15	5:45pm-8:45pm
Reg #: 635416	\$345/15 sess
Session C	
W Sep 9-Dec 16	11:00am-2:00pm
Reg #: 635418	\$322/14 sess
Session D	
Su Sep 13-Dec 13	10:15am-1:15pm
Reg #: 635420	\$299/13 sess
Session E	
Su Sep 13-Dec 13	1:30pm-4:30pm
Reg #: 635421	\$299/13 sess
Pottery Studio	

West End Community Centre

Pottery Workshops with Serena

Pottery: Travel Coffee/Tea Cup

Learn how to make your own travel coffee cup complete with sippy top so you can travel with your one-of-a-kind ceramic creation! You will learn how to roll out slabs and make strong joints. We will finish it up with a half lid with a small opening and glaze in our second class. All materials included, suitable for beginners. No session Sep 10.

Instructor: Serena Chu
Th Sep 3-Sep 17 6:30pm-8:30pm
Reg #: 636454 \$90/2 sess
Pottery Studio

Pottery: Folded Towel Spoon Rest and Paper Memo Board

Want a fun and whimsical pottery project that's great for beginners? In this class we will be creating two objects, one that will resemble a tea towel that acts as a spoon rest. The second project we will be creating a piece of lined paper complete with binder holes to be used as a white board! All materials included, suitable for beginners. No session Sep 17.

Instructor: Serena Chu
Th Sep 10-Sep 24 6:30pm-8:30pm
Reg #: 636456 \$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.

Instructor: Serena Chu
Th Oct 15-Oct 29 6:30pm-8:30pm
Reg #: 636458 \$135/3 sess
Pottery Studio

Pottery: Christmas Holiday Ceramic Bells Ornaments

Learn how to make three dimensional bells out of clay that actually ring! Decorate your tree with them as ornaments or hang them on doorknobs. We will make a school bell shape with ringer and a closed jingle bell with a trapped ball inside. On our third class we will glaze all the bells we've made. All materials included, suitable for beginners. No session Nov 19.

Instructor: Serena Chu
Th Nov 5-Nov 26 6:30pm-8:30pm
Reg #: 636463 \$135/3 sess
Pottery Studio

Pottery Workshops with Lisa

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! The first night your instructor will demonstrate how to construct a mug using clay slabs and extruded handles. In the second class you'll be shown how to glaze and finish your custom mug. A great introduction to pottery, beginners welcome! All materials included. No session Oct 23.

Instructor: Lisa Warren
F Oct 16-Oct 30 6:00pm-8:00pm
Reg #: 636466 \$90/2 sess
Pottery Studio

Pottery: Ceramic Picture Frames

Create a one-of-a-kind ceramic picture frame in this fun, beginner-friendly two-session workshop. Using handbuilding techniques and clay slabs, you'll design and build a personalized frame with textures, patterns, or decorative details to suit your style. In the second session, you'll glaze your piece with a selection of studio glazes before it's kiln-fired and ready to display a favourite photo or give as a thoughtful handmade gift. No experience necessary. No session Oct 30.

Instructor: Lisa Warren
F Oct 23-Nov 6 6:00pm-8:00pm
Reg #: 636467 \$90/2 sess
Pottery Studio

Pottery: Ceramic Christmas Trees

Get ready for the holidays and create a cute ceramic Christmas Tree! Using hand building techniques you'll build a custom Christmas tree perfect for display, as a centre piece or an electric tealight holder. In the second class you'll glaze and decorate your tree. No experience necessary, all materials included. No session Nov 20.

Instructor: Lisa Warren
F Nov 13-Nov 27 6:00pm-8:00pm
Reg #: 636468 \$90/2 sess
Pottery Studio

Pottery: Pinched Mugs

In this two night workshop you'll make a mug from start to finish, no experience necessary! The first night your instructor will demonstrate how to construct a mug using handbuilding methods to create a unique wabi-sabi mug. In the second class you'll be shown how to glaze and finish your custom mug. A great introduction to pottery, beginners welcome! All materials included. No session Nov 27.

Instructor: Lisa Warren
F Nov 20-Dec 4 6:00pm-8:00pm
Reg #: 636469 \$90/2 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. You can keep one piece that you make, which will later be trimmed and glazed for you in the colour of your choice. No previous experience necessary! All materials included.

Instructor: Lisa Warren
F Dec 11 6:00pm-8:00pm
Reg #: 636470 \$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
Set 1
Tu Sep 8-Oct 13 5:45pm-8:45pm
Reg #: 635425 \$198/6 sess

Set 2
Tu Oct 20-Nov 24 5:45pm-8:45pm
Reg #: 635426 \$198/6 sess

Meeting Room 2
Instructor: Maya Schueller Elmes

Set 1
Th Sep 10-Oct 15 5:45pm-8:45pm
Reg #: 635427 \$198/6 sess

Set 2
Th Oct 22-Nov 26 5:45pm-8:45pm
Reg #: 635428 \$198/6 sess

Meeting Room 1

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. No session Oct 12.

Instructor: Kira Shulgina

Set 1	
M Sep 14-Oct 26	6:30pm-8:30pm
Reg #: 635429	\$150/6 sess
Set 2	
M Nov 2-Dec 21	6:30pm-8:30pm
Reg #: 635430	\$200/8 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. For more information visit www.atashzad.com.

Instructor: Mohammad Reza Atashzad

Set 1	
Th Sep 10-Oct 29	5:30pm-6:45pm
Reg #: 635431	\$160/8 sess
Set 2	
Th Nov 5-Dec 17	5:30pm-6:45pm
Reg #: 635432	\$140/7 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. No session Nov 11.

Instructor: Faye Fayerman

Set 1	
W Sep 16-Oct 21	6:30pm-8:30pm
Reg #: 635435	\$138/6 sess
Set 2	
W Nov 4-Dec 16	6:30pm-8:30pm
Reg #: 635437	\$138/6 sess
English Bay Room	

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 Oct 17	10:00am-4:00pm
Reg #: 638791	\$115/1 sess
Barclay 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 Sep 10-Oct 29	6:45pm-8:45pm
Reg #: 635433	\$240/8 sess
Set 2	
Th Nov 5-Dec 17	6:45pm-8:45pm
Reg #: 635434	\$210/7 sess
Bidwell 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 key-chain. Drop-in \$45. No session Sep 20.

Instructor: Gigi C.

September	
Su Sep 6-Sep 27	1:00pm-3:00pm
Reg #: 635438	\$115/3 sess
October	
Su Oct 11-Oct 25	1:00pm-3:00pm
Reg #: 635439	\$115/3 sess
November	
Su Nov 8-Nov 22	1:00pm-3:00pm
Reg #: 635440	\$115/3 sess

Dance

Ballroom Dancing: Beginner 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 the basic skills. Concentrating on four dances: Foxtrot, Swing, Waltz and Rumba. Drop in \$20

Instructor: Linda Short

Th Sep 17-Nov 19	6:45pm-7:45pm
Reg #: 635441	\$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 Sep 17-Nov 19	7:45pm-8:50pm
Reg #: 635442	\$180/10 sess
Dance Studio	

Bellydance - Beginner/Intermediate

Enjoy moving to the sensuous melodies and dynamic rhythms of the Middle East. Bellydance is an excellent way for dancers of all ages and abilities to get fit, have fun and connect with your body. The instructor will break down movements clearly. Class begins with a slow stretch warm up. Wear exercise clothes, bare feet or dance shoes, and bring a scarf or shawl to tie around the hips. Finger cymbals needed and can be purchased online or borrowed from instructor. Drop-in \$20. No session Oct 12.

Instructor: Gail (Rahma) Haddad

M Sep 21-Dec 14	6:30pm-8:00pm
Reg #: 635443	\$192/12 sess
Dance Studio	

Registration Numbers = Quick Registration

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West End Community Centre

Bellydance - Advanced

Learn skills and techniques through these advanced mini-workshops. This is a performance oriented class for those who wish to develop or improve their skills and add new styles to their repertoire. Performance held at the end of each session. Includes instruction by guest teachers, each teaching their specialty. For updates on teachers visit www.facebook.com/rahma.haddad.5. Drop-in \$20.00.

Instructor: Gail (Rahma) Haddad

Tu Sep 22-Dec 8	7:15pm-8:45pm
Reg #: 635444	\$180/12 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! No session Oct 9.

Instructor: Maira Daiha

Set 1	
F Sep11-Oct 23	7:00pm-8:00pm
Reg #: 636477	\$105/6 sess
Set 2	
F Nov 6-Dec 11	7:00pm-8:00pm
Reg #: 636478	\$105/6 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 \$20.

Instructor: Yasmine Shemesh

Th Sep 3-Nov 5	5:30pm-6:30pm
Reg #: 635457	\$175/10 sess
English Bay Room	
Michael Jackson Theme	
W Sep 16-Nov 4 5:30pm-6:30pm	
Reg #: 637926	\$175/8 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.

Adult Ballet

This low-impact ballet class emphasizes body awareness, proper alignment, and gradual strength development. Classes include a gentle warm-up with props, mindful preparation, barre and centre work, and progressive exercises with adaptations for varying levels and needs. The program fosters an inclusive, welcoming, and supportive environment where students can progress comfortably at their own pace. Drop In: \$32, Space Permitting. No session Nov 11.

Instructor: Maria Norberto

Beginner	
September	
W Sep 9-Sep 30	5:30pm-6:30pm
Reg #: 635445	\$120/4 sess
October	
W Oct 7-Oct 28	5:30pm-6:30pm
Reg #: 635446	\$120/4 sess
November	
W Nov 4-Nov 25	5:30pm-6:30pm
Reg #: 635447	\$90/3 sess
December	
W Dec 2-Dec 16	5:30pm-6:30pm
Reg #: 635448	\$90/3 sess
Intermediate	
September	
W Sep 9-Sep 30	6:30pm-7:30pm
Reg #: 635449	\$120/4 sess
October	
W Oct 7-Oct 28	6:30pm-7:30pm
Reg #: 635450	\$120/4 sess
November	
W Nov 4-Nov 25	6:30pm-7:30pm
Reg #: 635451	\$90/3 sess
December	
W Dec 2-Dec 16	6:30pm-7:30pm
Reg #: 635452	\$90/3 sess
Dance Studio	

Adult Jazz Dance

This high-energy dance class blends movement and music through engaging choreography that builds coordination, rhythm, and confidence. Designed to support both physical and emotional well-being, the class encourages self-expression in a positive, uplifting group environment. No previous dance experience is required. Drop In: \$32, Space Permitting. No session Nov 11.

Instructor: Maria Norberto

September	
W Sep 9-Sep 30	7:30pm-8:30pm
Reg #: 635453	\$112/4 sess
October	
W Oct 7-Oct 28	7:30pm-8:30pm
Reg #: 635454	\$112/4 sess
November	
W Nov 4-Nov 25	7:30pm-8:30pm
Reg #: 635455	\$84/3 sess
December	
W Dec 2-Dec 16	7:30pm-8:30pm
Reg #: 635456	\$84/3 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. Sonja is a voice-over teacher and actor for over 25 years. Please bring a phone for recording. .

Instructor: Sonja Bakker

Sa Sep 26	9:30am-2:30pm
Reg #: 635477	\$75/1 sess
Sa Oct 31	9:30am-2:30pm
Reg #: 635478	\$75/1 sess
Sa Nov 28	9:30am-2:30pm
Reg #: 635479	\$75/1 sess
Meeting Room 3	

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. Sonja is a voice-over teacher and actor for over 25 years.

Instructor: Sonja Bakker

Sa Oct 10	9:30am-2:30pm
Reg #: 635480	\$75/1 sess
Sa Nov 14	9:30am-2:30pm
Reg #: 635481	\$75/1 sess
Sa Dec 12	9:30am-2:30pm
Reg #: 635482	\$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

Sa Sep 12	9:30am-12:30pm
Reg #: 624806	\$85/1 sess
Sa Oct 24	9:30am-12:30pm
Reg #: 624807	\$85/1 sess
Sa Nov 14	9:30am-12:30pm
Reg #: 624808	\$85/1 sess
Sa Dec 12	9:30am-12:30pm
Reg #: 624809	\$85/1 sess
Barclay Room	

West End Community Centre

Emergency First Aid with CPR-C/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

Sa Sep 12	9:30am-2:00pm
Reg #: 624798	\$115/1 sess
Sa Oct 24	9:30am-2:00pm
Reg #: 624799	\$115/1 sess
Sa Nov 14	9:30am-2:00pm
Reg #: 624800	\$115/1 sess
Sa Dec 12	9:30am-2:00pm
Reg #: 624801	\$115/1 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

Sa Sep 12	9:30am-4:45pm
Reg #: 624802	\$160/1 sess
Sa Oct 24	9:30am-4:45pm
Reg #: 624803	\$160/1 sess
Sa Nov 14	9:30am-4:45pm
Reg #: 624804	\$160/1 sess
Sa Dec 12	9:30am-4:45pm
Reg #: 624805	\$160/1 sess

Barclay 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 Sep 8-Dec 15	6:30pm-8:30pm
Reg #: 635459	\$0/15 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 Sep 8-Dec 8	10:00am-11:30am
Reg #: 635460	\$0/42 sess

Meeting Room 1

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. No session Nov 11.

Instructor: Deborah Strulow

W Sep 9-Dec 16	6:45pm-8:45pm
Reg #: 635465	\$0/14 sess

Stanley Court Room

Hypnosis for Manifestation

We each intend and manifest automatically. We can't help but manifest. However, instead of manifesting lack or anything we don't prefer by default, we can learn to manifest by design what we prefer. Using hypnosis, we have means to access the unconscious mind, where the true power of manifestation lies. This class offers practical information, Guided meditations, and in-depth exercises to use in your day-to-day life. In this course, you will learn 3 ingredients, 7 steps and 3 powerful processes to assist you in manifesting your desires, release limiting beliefs, become magnetic to success and expand without limits. As a result, you get much closer to yourself. Drop-in: \$35

Instructor: Kemila Zsange

Th Sep 17-Oct 1	6:00pm-8:00pm
Reg #: 635462	\$93/3 sess

Stanley Court Room

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 Oct 8	5:15pm-8:45pm
Reg #: 635461	\$65/1 sess

Stanley Court Room

Effective Intuition

Presenting a step-by-step approach for developing your intuitive abilities to help you in your personal and professional life, this class will teach you how to: Identify your own "intuitive style"; Allow intuitions to come through for you; Know which signals to look for and trust; Ask questions and receive guidance; and Have intuitions on demand. You will have a lot of in-class hypnotic exercises to help you have fast and dependable access to intuitive information, which is useful for decision making, problem solving, and understanding relationships. This program will give you consistent, reliable ways to answer your own questions. Please bring a notebook and a pen for exercises. Drop-in: \$35

Instructor: Kemila Zsange

Th Nov 12-Nov 26	6:00pm-8:00pm
Reg #: 635463	\$93/3 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 Dec 10	5:30pm-8:30pm
Reg #: 635464	\$53/1 sess

Stanley Court 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 Oct 14-Nov 4	7:00pm-8:00pm
Reg #: 635466	\$150/4 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

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 Nov 18-Dec 9	7:00pm-8:00pm
Reg #: 635467	\$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 Food Network Workshops

West End 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. This month - Topic TBD. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Optionally, please bring some snacks or food to share. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

Instructor: West End Food Network

Su Sep 27	1:00pm-2:30pm
Reg #: 636489	\$0/1 sess
Su Oct 18	1:00pm-2:30pm
Reg #: 636490	\$0/1 sess
Su Nov 15	1:00pm-2:30pm
Reg #: 636491	\$0/1 sess

English Bay Room

West End Garden Club Holiday Celebration

West End Neighbourhood Food Network and the West End Urban Garden Club would like to invite our friends - old, new and yet to be - to join us as we gather for holiday cheer in celebration of food and gardening. This is an informal family friendly gathering and we'd love to see new gardeners and other community members there. Free. Children of any age welcome, must be accompanied by a parent, guardian, or other appropriate adult.

Instructor: West End Food Network

Su Dec 6	1:00pm-2:30pm
Reg #: 636492	\$0/1 sess

English Bay Room

Healing Skin Salve Making Workshop

In this joint Village Vancouver West End Neighbourhood Food Network Urban Garden Club workshop with Laura Cisneros, you'll learn how to make an herbal salve using herbs and plants you can find in your own backyard or grow in your garden. This salve is the perfect beginner medicine recipe for everyone . Use it on minor cuts, scrapes, bruises, bites, stings, rashes and dry skin. It has powerful healing benefits with all of the medicinal herbs and flowers it contains. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over, \$5 materials cost only).

Instructor: West End Food Network

F Sep 18	6:30pm-8:30pm
Reg #: 636493	\$25/1 sess

Barclay Room

Grow Your Own Sprouts and Microgreens

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soup. In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Inbar Saraf, you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home! 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; \$15 materials fee only).

Instructor: West End Food Network

F Sep 25	6:30pm-8:30pm
Reg #: 636494	\$30/1 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. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. 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; \$8.75 materials fee only).

Instructor: West End Food Network

F Oct 2	6:30pm-8:30pm
Reg #: 636495	\$23.75/1 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. Each participant will make a jar of pickles to take home. 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

M Oct 26	6:30pm-8:30pm
Reg #: 636496	\$28/1 sess

Barclay Room

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. We'll have a community seed library present - pick up some free seeds, swap or donate seeds. Reduced Free for Seniors (50 and over).

Instructor: West End Food Network

Th Nov 12	6:30pm-8:30pm
Reg #: 636497	\$20/1 sess

Barclay Room

West End Community Centre

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate! In this Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods (some of which are best grown indoors, and others outdoors) such as kale, ginger, turmeric, sprouts, and blueberries. We'll have a community seed library present - pick up some free seeds for your garden, swap or donate seeds. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

M Nov 23 **6:30pm-8:30pm**
Reg #: 636498 **\$20/1 sess**
Barclay Room

Holiday Workshop: Kimchi

In this joint Village Vancouver West End Neighbourhood Food Network workshop with Amy Weeks, participants will learn to make fresh kimchi that can be enjoyed the next day or stored in the refrigerator to continue fermenting. This workshop is ideal both for spaces with or without access to a stove or full kitchen. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Free for Seniors (50 and over; \$8 materials fee only).

Instructor: West End Food Network

Th Dec 3 **6:30pm-8:30pm**
Reg #: 636499 **\$28/1 sess**
Barclay Room

Holiday Workshop: Homemade Kombucha Brewing

Want to make your own Kombucha but don't know how? In this joint 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. Reduced fee for Seniors (50 and over).

Instructor: West End Food Network

F Dec 11 **6:30pm-8:30pm**
Reg #: 636500 **\$27.5/1 sess**
Barclay 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.

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. For more information visit www.SpanishwithKaren.com. No session Oct 12.

Instructor: Karen Lara

M Sep 14-Nov 23 **6:10pm-7:25pm**
Reg #: 635468 **\$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 Oct 12.

Instructor: Karen Lara

M Sep 14-Nov 23 **7:30pm-8:45pm**
Reg #: 635469 **\$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. No session Oct 17.

Instructor: Karen Lara

Sa Sep 19-Nov 28 **2:00pm-3:15pm**
Reg #: 635471 **\$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. No session Oct 17.

Instructor: Karen Lara

Sa Sep 19-Nov 28 **3:20pm-4:35pm**
Reg #: 635472 **\$144/10 sess**
Meeting Room 2

Health & Wellness

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. No session Nov 10.

Instructor: Kelly Maclean

Tu Sep 15-Dec 15 **7:15pm-8:15pm**
Reg #: 635397 **\$208/13 sess**
Barclay Room

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. No session Nov 10.

Instructor: Kelly Maclean

Tu Sep 15-Dec 15 **6:15pm-7:15pm**
Reg #: 635396 **\$208/13 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. This class does not include healing touch and does not certify you as a Reiki practitioner?it's simply a space for rest, renewal, and gentle self-discovery. Take all 5 sessions and feel yourself becoming more balanced, refreshed, and energized. If you've been craving deep relaxation, this program is a beautiful way to invite fresh energy into your life.

Instructor: Lucky Lucky

Th Oct 22-Dec 3 **6:45pm-8:45pm**
Reg #: 635399 **\$70/7 sess**
English Bay Room

West End Community Centre

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. This class does not include hands-on healing and does not certify you as a Reiki practitioner; it is a space for rest, renewal, and gentle self-discovery. Completing all seven sessions can leave you feeling more balanced, refreshed, and energized. If you've been craving deep relaxation and a sense of belonging, this program is a beautiful way to invite fresh energy into your life. Class Notes: Please come with an open heart, ready to receive deep healing and relaxation. Plan for a quiet, restful evening afterward and enjoy a nourishing meal or snack when you return home. You're welcome to bring a pillow or blanket for extra comfort and coziness.

Instructor: Lucky Lucky

Th Sep 10-Oct 15	6:45pm-8:45pm
Reg #: 635398	\$60/6 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 Sep 11-Oct 23	9:15am-10:45am
Reg #: 635408	\$98/7 sess
Set 2	
F Oct 30-Dec 11	9:15am-10:45am
Reg #: 635410	\$98/7 sess

English Bay Room

Ageless Yoga Nidra - Level 2 Workshop

This level 2 course is meant to provide a replenishing pause with a two part, 3.5-hour evening workshop exploring further yoga asana, breathing and meditative practices as we prepare for winter solstice and the season of light. Yoga nidra helps provide nourishing, deep rest - a gift for yourself that keeps giving. Prerequisite: participants need to complete a full session of yoga with Sandra before registering for this workshop. Visit the instructor's website for more info: yogamovesforeverybody.com. Drop-in \$20, space permitting.

Instructor: Sandra Leigh

M Dec 7-Dec 14	7:00pm-8:45pm
Reg #: 636501	\$35/2 sess

English Bay Room

Flow Yoga

This intermediate level yoga class is a dynamic and physically engaging practice that focuses on alignment, flexibility, posture, balance and body awareness. We will begin with foam rolling to release tension and enhance mobility, then flow through a series of yoga poses guided by your breath. We'll finish up with deep stretching and a 5 minute Savasana. Drop-in \$12/Adult, \$10/Senior. No session Oct 12.

Instructor: Jill Stoness

M Sep 14-Dec 7	5:30pm-6:40pm
Reg #: 635393	\$120/12 sess

Denman Room

Pilates Yoga Fusion

We will start with 25 minutes of myofascial release using foam rollers, followed by 20 minutes of traditional Pilates exercises, then 20 minutes of Flow Yoga, and end with a 5 minute Savasana. It's an efficient 3 in 1 class that will improve your core strength, posture, balance, flexibility and body awareness and enhance your sense of well being. Please arrive at least 5 minutes early to set up your mat and equipment. Class starts promptly at 5:30 PM. Drop-in \$12/Adult; \$10/Senior.

Instructor: Jill Stoness

Tu Sep 8-Dec 8	5:30pm-6:40pm
Reg #: 635395	\$140/14 sess

Dance Studio

Mat Pilates

We will move through a series of classical Pilates exercises guided by your breath and clear cueing to strengthen your core and whole body. This class will improve your posture, flexibility and coordination to enhance your ease of movement throughout your daily activities. We will start with 25 minutes of foam rolling for myofascial release. Drop-in \$12/Adult, \$10/Senior. No session Sep 20.

Instructor: Jill Stoness

Su Sep 6-Dec 6	11:00am-12:10pm
Reg #: 635394	\$130/13 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. No session Oct 12.

Instructor: Sophie Ducharme

Set 1	
M Sep 14-Oct 26	5:00pm-6:15pm
Reg #: 635404	\$96/6 sess
Set 2	
M Nov 2-Dec 14	5:00pm-6:15pm
Reg #: 635406	\$112/7 sess

Dance Studio

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 Sep 19-Oct 31	10:30am-11:45am
Reg #: 635400	\$112/7 sess
Set 2	
Sa Nov 7-Dec 19	10:30am-11:45am
Reg #: 635401	\$112/7 sess

Dance Studio

Intermediate Yoga

This class is crafted for students interested in building a solid foundation in yoga postures and the breath-body connection. The program emphasizes structural alignment and precision in each asana, with a special focus on deepening backbends and exploring inversions. Through the mindful use of props, students will be safely guided to refine their practice, allowing for greater access to these challenging poses. This class will strengthen, open, and energize, encouraging students to expand both their physical skills and their inner resilience. Drop-in \$16/Adult, \$13/Senior.

Instructor: Corrie Bownick

F Sep 18-Dec 4	11:00am-12:15pm
Reg #: 635411	\$168/12 sess

English Bay Room

West End Community Centre

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. No session Sep 20, Oct 18.

Instructor: Melissa Holt

Su Sep 6-Dec 27 11:00am-12:15pm
Reg #: 635413 \$270/15 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 Oct 12, Nov 11.

Instructor: Sunrise Yoga Club

M W Sep 9-Dec 16 9:15am-10:15am
Reg #: 635414 \$13.5/27 sess
Denman Room

Fitness

Athletic Interval Training

This high intensity fitness class incorporates strength training, cardiovascular training and core conditioning for a full body workout. You will refine your weight training technique and improve your overall fitness. Drop-in \$12/Adult; \$10/Senior.

Instructor: Jill Stoness

F Sep 11-Dec 11 5:30pm-6:40pm
Reg #: 635392 \$140/14 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 Sep 10-Oct 15 6:00pm-7:00pm
Reg #: 635301 \$60/6 sess

Set 2
Th Nov 5-Dec 10 6:00pm-7:00pm
Reg #: 635302 \$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. No session October 10.

Instructor: Emma Kidman

Sa Sep 12-Dec 19 9:15am-10:15am
Reg #: 635311 \$96.88/14 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 Sep 5-Dec 19 9:15am-10:15am
Reg #: 635349 \$110.72/16 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. No session Nov 11.

Instructor: Ivan Filippov

W Sep 16-Dec 9 6:00pm-7:00pm
Reg #: 635309 \$180/12 sess
Sa Sep 19-Dec 12 9:15am-10:15am
Reg #: 635310 \$195/13 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 Sep 8-Dec 15 5:30pm-6:30pm
Reg #: 635308 \$135/15 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. Zumba® Gold strives to improve your balance, strength, flexibility and most importantly your heart. For information visit www.zumbavancouver.ca Drop-in \$15.75, if space permits. No session Sep 30, Oct 12, Nov 11.

Instructor: Zumba Vancouver

Free Trial
M Sep 14 11:45am-12:45pm
Reg #: 635305 \$0/1 sess

Set 1
M Sep 21-Oct 26 11:45am-12:45pm
Reg #: 635303 \$68.75/5 sess

W Sep 9-Oct 28 11:00am-12:00pm
Reg #: 635306 \$96.25/7 sess

Set 2
M Nov 2-Dec 14 11:45am-12:45pm
Reg #: 635304 \$96.25/7 sess

W Nov 4-Dec 16 11:00am-12:00pm
Reg #: 635307 \$82.5/6 sess

Auditorium

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.

Instructor: Tony Hind (CAA)

M Th Sep 14-Dec 10 6:00pm-7:15pm
Reg #: 635296 \$250/25 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!

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

Axe Capoeira Adult

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. Drop-in \$20, space permitting. No session Nov 12, Nov 14, Nov 19, Nov 21.

Instructor: Yulia Terekh

September		
Th Sa Sep 10-Sep 26	5:30pm-1:00pm	
Reg #: 635297	90/6 sess	
October		
Th Sa Oct 1-Oct 31	5:30pm-1:00pm	
Reg #: 635298	\$150/10 sess	
November		
Th Sa Nov 5-Nov 28	5:30pm-1:00pm	
Reg #: 635299	\$60/4 sess	
December		
Th Sa Dec 3-Dec 19	5:30pm-1:00pm	
Reg #: 635300	\$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.

Instructor: Sean Wiseman

AM		
Su Sep 6-Dec 13	10:00am-12:00pm	
Reg #: 635277	\$105/15 sess	
PM		
Su Sep 6-Dec 13	12:30pm-2:30pm	
Reg #: 635278	\$105/15 sess	
Off Site - King George Gymnasium		

For Adult Sports
Participants Information,
please see page 43

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 Oct 13-Dec 15	12:00pm-1:00pm
Reg #: 635283-635293	\$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.

Instructor: Non Instructional

Tu Sep 1-Dec 15	7:00pm-8:30pm
Reg #: 635295	\$64/16 sess
Auditorium	

Adult Tennis Lessons

This program is instructed by professional and certified sports instructors. Weather updates are posted at precisiontennis.ca/updates To find your level rating, see the level guide at precisiontennis.ca/classes

Instructor: Precision Tennis Inc.

1.0-1.5 NTRP - Beginner	
Tu Sep 1-Sep 29	4:30pm-5:30pm
Reg #: 636585	\$203.45/5 sess
W Sep 2-Sep 30	4:30pm-5:30pm
Reg #: 636586	\$203.45/5 sess
2.0 NTRP - Advanced Beginner	
Tu Sep 1-Sep 29	6:30pm-7:30pm
Reg #: 636587	\$203.45/5 sess
W Sep 2-Sep 30	5:30pm-6:30pm
Reg #: 636588	\$203.45/5 sess
2.5 NTRP - Pre-Intermediate	
W Sep 2-Sep 30	6:30pm-7:30pm
Reg #: 636589	\$203.45/5 sess
Sa Sep 5-Sep 26	10:15am-11:45am
Reg #: 636590	\$244.16/4 sess
King George Tennis Courts	

1.0-1.5 NTRP – Women’s Beginner Tennis Lessons

For women just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Sep 5-Sep 26	9:15am-10:15am
Reg #: 636591	\$162.76/4 sess
King George Tennis Courts	

2.0 NTRP - Women’s Advanced Beginner Tennis Lessons

For women who can reliably rally 5-10 shots from half court using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Sep 5-Sep 26	11:45am-1:15pm
Reg #: 636592	\$244.16/4 sess
King George Tennis Courts	

2.5 NTRP – Women’s Pre-Intermediate Tennis Lessons

For women who can reliably rally 5-10 shots from the baseline using both forehand and backhand. This class prepares students for intermediate-level programs, with a focus on building rally consistency at full court, reducing double faults, and effectively using volleys in point play. See you on the courts!

Instructor: Precision Tennis Inc.

Tu Sep 1-Sep 29	6:30pm-7:30pm
Reg #: 636593	\$203.45/5 sess
King George Tennis Courts	

Tennis Lessons Information

Playing Level Disclaimer

- To keep each class enjoyable and well-matched, we may suggest a more suitable level for players whose skills fall outside the class range. Should space not be available, a refund will be provided, less the cost of the first class.

Other Notes

- Players must bring their own racket.
- Players must fill out the waiver at precisiontennis.ca/waiver before attending.
- Rainout cancellation: precisiontennis.ca/updates. Refunds are processed 1–2 weeks after the last session date of the program.

Have a question for Precision Tennis? FAQ is listed at precisiontennis.ca/faq
Contact Precision Tennis: call (236) 515-6520 or email hello@precisiontennis.ca.

West End Community Centre

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: Sep 25: TBD; Oct 23: TBD; Nov 27: TBD; Dec 18: TBD. Note: December session is on Dec 18. Coordinated by Ronda Larmour.

Instructor: Ronda Larmour

F Sep 25-Dec 25 **11:00am-12:00pm**
Reg #: 635475 \$0/4 sess
Stanley Court Room

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 Oct 12.

Instructor: No Instructor

M Sep 14-Dec 21 **1:00pm-3:00pm**
Reg #: 635474 \$14/14 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

Instructor: Non Instructional

F Sep 11-Dec 18 **1:30pm-4:00pm**
Reg #: 635484 \$0/15 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

Instructor: Non Instructional

Sa Sep 5-Dec 19 **10:00am-1:00pm**
Reg #: 635483 \$0/32 sess
Meeting Room



Bridge Duplicate

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

Instructor: Jean VanDerley

Tu Sep 1-Dec 22 **1:00pm-4:15pm**
Reg #: 635485 \$8.5/17 sess
Th Sep 3-Dec 17 **1:00pm-4:15pm**
Reg #: 635486 \$8/16 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! No session Nov 11.

Instructor: No Instructor

W Sep 9-Dec 16 **9:30am-11:30am**
Reg #: 635476 \$0/28 sess
Bidwell Room

The Power of Dance: Creative Movement for Seniors Program NEW!

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 various dance styles too: Latin dance, Hawaiian, flamenco and ballet for beginners.

Instructor: The Dance Centre

Th Sep 10-Dec 10 **2:00pm-3:00pm**
Reg #: 638786 \$0/14 sess
Dance Studio

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 five drop ins. No session Oct 12.

Instructor: Susan Ingraham

Set 1
M Sep 14-Oct 26 **11:00am-12:00pm**
Reg #: 635487 \$54/6 sess
F Sep 11-Oct 30 **11:00am-12:00pm**
Reg #: 635489 \$72/8 sess

Set 2
M Nov 2-Dec 14 **11:00am-12:00pm**
Reg #: 635488 \$63/7 sess
F Nov 6-Dec 18 **11:00am-12:00pm**
Reg #: 635490 \$63/7 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 five drop-in's.

Instructor: Susan Ingraham

Set 1
Tu Sep 8-Oct 27 **10:45am-11:45am**
Reg #: 635491 \$72/8 sess
Th Sep 10-Oct 29 **10:45am-11:45am**
Reg #: 635493 \$72/8 sess

Set 2
Tu Nov 3-Dec 15 **10:45am-11:45am**
Reg #: 635492 \$63/7 sess
Th Nov 5-Dec 17 **10:45am-11:45am**
Reg #: 635494 \$63/7 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 Oct 12.

Instructor: Keno Kinoshita

M Sep 14-Dec 14 **1:30pm-2:30pm**
Reg #: 635495 \$89.7/13 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

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 Oct 12, Nov 11.

Instructor: Keno Kinoshita

M Sep 14-Dec 14	9:15am-10:45am
Reg #: 635496	\$134.55/13 sess
W Sep 9-Dec 16	9:15am-10:45am
Reg #: 635497	\$144.9/14 sess
Dance Studio	

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. No session Nov 11.

Instructor: Anne O'Sullivan

W Sep 23-Dec 23	10:05am-11:05am
Reg #: 635499	\$100.75/13 sess
Denman Room	

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. No session Nov 11.

Instructor: Anne O'Sullivan

W Sep 23-Dec 23	9:05am-10:05am
Reg #: 635500	\$100.75/13 sess
Denman Room	

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 Oct 12.

Instructor: Keno Kinoshita

M Sep 14-Dec 14	11:30am-12:30pm
Reg #: 635498	\$152.36/13 sess
Fitness Centre	

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. The chair can provide extra support and safety during standing and balancing poses. Drop-in \$9.00 provided space is available. No session Nov 11.

Instructor: Irene Lugsdin

Set 1	
W Sep 16-Oct 28	12:00pm-1:00pm
Reg #: 635504	\$63/7 sess
Set 2	
W Nov 4-Dec 16	12:00pm-1:00pm
Reg #: 635505	\$54/6 sess
Dance Studio	

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. No session Nov 11.

Instructor: Anne O'Sullivan

W Sep 23-Dec 23	11:15am-12:15pm
Reg #: 635501	\$83.46/13 sess
Denman Room	
F Sep 18-Dec 18	12:30pm-1:30pm
Reg #: 635502	\$89.88/14 sess
Dance Studio	

Seniors Christmas Dinner

Enjoy Christmas dinner with all the trimmings, great prizes and fabulous live music. Join friends, old and new, to share in the holiday cheer. Get a holiday picture taken and we will print it for you to take home. This event is open to everyone 50+. No refunds after November 20.

Fri Dec 4	5:30pm-8:00pm
Reg #: 636399	\$30/Person
Auditorium	

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 \$10. No session Nov 11.

Instructor: Asal Nikoopour

Set 1	
W Sep 16-Oct 28	1:30pm-2:15pm
Reg #: 635506	\$59.5/7 sess
Set 2	
W Nov 4-Dec 16	1:30pm-2:15pm
Reg #: 635507	\$51/6 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 Sep 18-Dec 18	1:45pm-2:45pm
Reg #: 635503	\$122.5/14 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. Please make sure you are hydrated before class. Drop-in \$11.00.

Instructor: Victoria Goldner

Th Sep 17-Dec 17	12:30pm-1:30pm
Reg #: 635508	\$126/14 sess
English Bay Room	

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 Sep 17-Dec 3	9:15am-10:15am
Reg #: 635509	\$93/12 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 Consultation

Consultations are available by appointment only. Please see front desk staff for more details. Minimum age is 13+ to use the Fitness Centre.

Steam Room

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

Squash & Racquetball Court

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

Fall 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 Programs

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Stretch 10:00-10:30am
Foam Roller Skills 9:00am Sep 14 & Oct 19	Active Joints 9:15am-10:15am Sep 8-Dec 17	Ski Erg Skills 9:00am Sep 10 & Oct 28	Active Joints 9:15am-10:15am Sep 8-Dec 17	Kettle Bell Skills 9:00am Oct 16 & Nov 13	
Posture Correction 4:30-5:00pm			Functional Golf Training 12:15pm-1:15pm Oct 8-29	Functional Strength 4:30-5:00pm	Program format is subject to change

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

Functional Strength

Expand your knowledge of strength training exercises focusing on movements using body-weight & free weights.

Posture Correction

Learn proper posture and body alignment through a series of gentle exercises & stretches.

Stretch

Improve your mobility through a series of stretches & mobility modalities.

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

Sep 8-Dec 17 9:15am-10:15am 636338
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.

Oct 8-29 12:15-1:15pm
Reg #: 636385 \$136.30/5 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

Fall Set 1 – September 17 at 7:00pm

Fall Set 2 – November 5 at 7:00pm

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](https://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 balance 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 Sep 26 - Dec 18 Winter Wonderland Dec 20 - 31							
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 3:30-5:15pm	
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



Halloween Carnival & Ghostly Graveyard

2-7 yrs
Join us for this fun, hair-raising event and get into the spooky spirit! Enjoy creepy crafts, terrifying treats, eerie entertainment and much more! Don't forget to wear your costume & visit our ghostly graveyard. Parent participation is required. Pre-registration is recommended. (\$9/child, \$10/child on the day-of event, space permitting).
Sa Oct 31 10:00am-12:00pm
Reg #: 628723 \$9/child
Gymnasium

Pint-sized Pumpkin Carving

We are hosting our 10th annual Pint-Sized Pumpkin Carving event! Get into the spooky spirit as you carve your own jack-o-lantern. We will supply some carving tools and ghoulish music and don't forget to wear your costume if you dare. Parent participation is required. Please pre-register so we can ensure we have enough pumpkins. Pre-registration is recommended. (\$8/pumpkin, \$9/pumpkin on the day-of event, space permitting).
W Oct 28 5:30pm-7:30pm
Reg #: 628715 \$8/pumpkin
Multipurpose Room



Family Gingerbread House Magic



Holiday music and a festive atmosphere will get you in the winter spirit! Fee includes all supplies and decoration for one gingerbread house. Parent participation is required.
Sa Dec 5 1:00pm-3:00pm
Reg #: 633012 \$20/1 sess
Multipurpose Room



2-7 yrs
Breaking news! Santa has been spotted at the Harbour! Journey with your children to meet Santa through a magical winter wonderland where holiday games and holiday crafts await each stop along the way. Parent participation is required. Pre-registration is recommended. (\$9/child, \$10/child on the day-of event, space permitting).
Sa Dec 12 10:00am-12:00pm
Reg #: 633010 \$9/child
Gymnasium

Coal Harbour Community Centre

Early Years

Playtime

Baby Jellyfish Playtime (1mth-6mth)

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 Sep 7, Oct 12, Nov 11, Dec 25, 28.

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 Sep 7, Oct 12, Nov 11, Dec 25, 28.

Tuesday	12:30pm-2:00pm
Wednesday	9:30am-11:00am
Thursday	12:30pm-2:00pm
Friday	9:30am-11:00am

Drop in: \$3.50
Gymnasium/ Multipurpose Room

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 \$23, space permitting.

Instructor: Samira Adab

(Set 1)	
Su Sep 13-Oct 25	11:30am-12:15pm
Reg #: 631304	\$147/7 sess
(Set 2)	
Su Nov 1-Dec 13	11:30am-12:15pm
Reg #: 631308	\$147/7 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 Sep 17-Dec 17	10:00am-11:30am
Reg #: 631360	\$252/14 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 Sep 15-Dec 15	10:00am-11:30am
Reg #: 631363	\$252/14 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. 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 Eurythmics. 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. No session Oct 12.

Instructor: Mari Shiota

M Sep 14-Sep 28	10:00am-11:15am
Reg #: 631355	\$45/3 sess
M Oct 5-Oct 26	10:00am-11:15am
Reg #: 631356	\$45/3 sess
M Nov 2-Nov 23	10:00am-11:15am
Reg #: 631357	\$54/4 sess
M Dec 7-Dec 21	10:00am-11:15am
Reg #: 631359	\$45/3 sess

Activity Room

Learning German (Level A1, A2)

Learning German (A1-A2) is a play-based language program for children aged 3 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. Drop-in \$25, space permitting.

Instructor: Myroslava Kerniakevych

Sa Sep 12-Dec 5	2:00pm-3:00pm
Reg #: 636105	\$260/13 sess

Arts and Craft Room

Learning Ukrainian Through Play

It's a play-based program for children aged 2.5 to 6 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 \$25, space permitting.

Instructor: Myroslava Kerniakevych

Sa Sep 12-Dec 5	2:00pm-3:00pm
Reg #: 636104	\$260/13 sess

Arts and Craft Room

Sensory-Based Activities for Kids

A play-based program that helps children build concentration, fine motor skills, and sensory regulation through engaging, structured activities and support confidence and everyday independence. Suitable for children of all developmental levels, including those with ADHD and autism.

Instructor: Myroslava Kerniakevych

Sa Sep 12-Dec 5	12:00pm-1:00pm
Reg #: 636315	\$455/13 sess

Arts and Craft Room

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 Sep 12-Oct 31	10:20am-11:05am
Reg #: 632249	\$112/8 sess
Sa Nov 7-Dec 12	10:20am-11:05am
Reg #: 632262	\$84/6 sess
(4-6yrs)	
Sa Sep 12-Oct 31	1:20pm-2:05pm
Reg #: 632259	\$112/8 sess
Sa Nov 7-Dec 12	1:20pm-2:05pm
Reg #: 632267	\$84/6 sess

Dance Studio

Coal Harbour Community Centre

Intro to 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 Sep 13-Dec 13 **10:15am-11:00am**
Reg #: 629510 **\$238/14 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
(Set 1)
Sa Sep 12-Oct 31 **11:10am-11:55am**
Reg #: 632252 **\$112/8 sess**
(Set 2)
Sa Nov 7-Dec 12 **11:10am-11:55am**
Reg #: 632263 **\$84/6 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 Sep 12-Oct 31 **9:30am-10:15am**
Reg #: 632245 **\$112/8 sess**
Sa Nov 7-Dec 12 **9:30am-10:15am**
Reg #: 632261 **\$84/6 sess**
Dance Studio

Yoga Adventure: Move, Dance, Imagine (3-6yrs)

In this fun, interactive program, children explore the world of yoga through creative games, storytelling, and dance. Designed for ages 3-6, each session encourages movement, mindfulness, and imagination, helping kids build physical coordination, emotional awareness, and social skills. Through playful poses and rhythmic activities, young minds and bodies grow stronger, more confident, and connected to themselves and others. perfect for fostering balance, creativity, and joy. Drop-in \$15, space permitting.
Instructor: Nousha Vahidi
Th Sep 10-Dec 17 **2:00pm-2:30pm**
Reg #: 631284 **\$195/15 sess**
Dance Studio

Music

Jump into Music

Fun interactive music-based learning for parent and child. 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 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 available first-come, first-served basis).
Instructor: Monica Lee
(Set 1)
Th Sep 17-Oct 29 **2:45pm-3:35pm**
Reg #: 636403 **\$140/7 sess**
F Sep 18-Oct 30 **9:30am-10:20am**
Reg #: 631010 **\$140/7 sess**
F Sep 18-Oct 30 **10:30am-11:20am**
Reg #: 631015 **\$140/7 sess**
F Sep 18-Oct 30 **11:30am-12:20pm**
Reg #: 631016 **\$140/7 sess**
(Set 2)
Th Nov 5-Dec 17 **2:45pm-3:35pm**
Reg #: 636404 **\$140/7 sess**
F Nov 6-Dec 18 **9:30am-10:20am**
Reg #: 631018 **\$140/7 sess**
F Nov 6-Dec 18 **10:30am-11:20am**
Reg #: 631019 **\$140/7 sess**
F Nov 6-Dec 18 **11:30am-12:20pm**
Reg #: 631020 **\$140/7 sess**
Dance Studio

Physical Education

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 Oct 12, 15, 19, 22, 26, 29, Nov 2, 5 and 9.
Instructor: Manto (Makoto) Nakamura
M Sep 14-Nov 30 **3:30pm-4:30pm**
Reg #: 629160 **\$84/7 sess**
Th Sep 10-Dec 3 **3:30pm-4:30pm**
Reg #: 629164 **\$108/9 sess**
Gymnasium

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 Sep 15-Oct 27 **10:00am-11:00am**
Reg #: 628552 **\$108/7 sess**
(Set 2)
Tu Nov 3-Dec 15 **10:00am-11:00am**
Reg #: 628553 **\$108/7 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. No session Sept 30, Oct 7.
Instructor: Sportball Vancouver
(Set 1)
W Sep 9-Oct 28 **11:30am-12:15pm**
Reg #: 628542 **\$108/6 sess**
(Set 2)
W Nov 4-Dec 16 **11:30am-12:15pm**
Reg #: 628544 **\$108/6 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. No session Sept 30, Oct 7.
Instructor: Sportball Vancouver
(Set 1)
W Sep 9-Oct 28 **12:15pm-1:00pm**
Reg #: 628545 **\$108/6 sess**
(Set 2)
W Nov 4-Dec 16 **12:15pm-1:00pm**
Reg #: 628546 **\$108/6 sess**
Gymnasium

Coal Harbour Community Centre

Children

Creative

Art with Acrylic Paint 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. 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! No session Nov 10.

Instructor: Carolina Andrade
Tu Sep 15-Dec 1 **5:00pm-6:00pm**
Reg #: 628698 \$308/11 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 Oct 12, Nov 9.

Instructor: Carolina Andrade
M Sep 14-Nov 30 **4:50pm-5:50pm**
Reg #: 628699 \$280/10 sess
Activity Room

Mini Theatre

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. No session Oct 28, Nov 11.

Instructor: Rise Arts Company
W Sep 23-Nov 25 **3:30pm-4:15pm**
Reg #: 636534 \$220.50/8 sess
Dance Studio

Beginner Theatre

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. No session Oct 28, Nov 11.

Instructor: Rise Arts Company
W Sep 23-Nov 25 **4:30pm-5:30pm**
Reg #: 630074 \$252/8 sess
Dance Studio

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 Oct 1-Nov 19 **3:30pm-4:30pm**
Reg #: 630059 \$262.5/8 sess
Activity Room

Chess for Kids (8-14yrs)

Children will learn how to play chess. Chess has incredible benefits for the child's development. Children will learn to develop logic and critical thinking skills, improve memory and concentration, all while having fun. Drop-in \$25, space permitting.

Instructor: Yakiv Hrabarchuk
Tu Sep 8-Oct 27 **3:30pm-4:30pm**
Reg #: 636131 \$200/8 sess
Multipurpose 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 Oct 1-Nov 19 **4:30pm-5:30pm**
Reg #: 630065 \$273/8 sess
Activity Room

Spooky Houses - Halloween Theme (Pro-D Day) NEW!

Join Small Creative Lab for a spooky and fun Pro-D Day inspired by mysterious Spooky Houses! Kids will design, build and decorate their own imaginative spooky house! From spider webs, crooked rooftops to glowing scary windows and ghosts. All supplies are included - just bring lunch, nut-free snacks and spooky ideas.

Instructor: Carolina Pereira
F Oct 23 **9:15am-3:00pm**
Reg #: 637896 \$195/1 sess
Meeting 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)
Th Sep 3-Oct 29 **6:30pm-8:00pm**
Reg #: 631566 \$180/9 sess
Su Sep 6-Oct 25 **12:45pm-2:15pm**
Reg #: 631569 \$160/8 sess
(Set 2)
Th Nov 5-Dec 24 **6:30pm-8:00pm**
Reg #: 631567 \$160/8 sess
Su Nov 1-Dec 20 **12:45pm-2:15pm**
Reg #: 631578 \$160/8 sess
Activity Room

Table Tennis Lessons for Kids (8-14yrs)

Table tennis (Ping Pong) is a great sport for kids. It is fun, fast and improves a child's hand-eye coordination and concentration. It helps develop quick responsive thinking and fitness. Children will learn in a fun and friendly atmosphere. All skills welcome. Drop-in \$25, space permitting.

Instructor: Yakiv Hrabarchuk
W Sep 9-Oct 28 **3:30pm-4:30pm**
Reg #: 636130 \$200/8 sess
Multipurpose 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.

Special Events!

See page 4, 5 & 29

Coal Harbour Community Centre

Dance

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

(Set 1)	
Sa Sep 12-Oct 31	12:30pm-1:15pm
Reg #: 632258	\$112/8 sess
(Set 2)	
Sa Nov 7-Dec 12	12:30pm-1:15pm
Reg #: 632265	\$84/6 sess
Dance Studio	

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 Sep 13-Dec 20	2:45pm-3:45pm
Reg #: 631655	\$240/15 sess
(9-15yrs)	
Su Sep 13-Dec 20	3:45pm-4:45pm
Reg #: 631656	\$240/15 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.

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 Sep 13-Dec 13 11:00am-12:00pm
Reg #: 629511 \$266/14 sess
Dance Studio

Education

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. No session Sept 30, Nov 11.
Instructor: Eliana Rolando
W Sep 9-Nov 25 3:30pm-5:00pm
Reg #: 631657 \$167/10 sess
Activity Room

Music

Jump into Music **NEW!**

Musical Minds After School Class. This one-of-a-kind music and movement program engages, educates, and entertains as it takes you on a musical journey through different styles and cultures. The curriculum is designed to stimulate the whole brain and body through singing, dancing, drumming, physical and vocal improvisation, and exploration of instruments. Each term, we will explore three genres or countries of origin, weaving the story of humanity through music and play. A fun, no-homework environment for children ages 5-7yrs to explore world culture and music! The instructor will provide everything needed for class. Each student can opt in and receive a digital copy of the lesson plan to share with family and further explore the topic at hand at home. "Teacher Monica has the best energy and makes such a wonderful connection with every single child in the class. Can't recommend enough!!" For more info and reviews, visit www.jumpintomusic.ca.
Instructor: Monica Lee
(Set 1)
Th Sep 17-Oct 29 3:45pm-4:35pm
Reg #: 636405 \$140/7 sess
(Set 2)
Th Nov 5-Dec 17 3:45pm-4:35pm
Reg #: 636406 \$140/7 sess
Multipurpose 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
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 on 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

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

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 Sep 17-Dec 17 **4:30pm-9:00pm**
Reg #: 632797-632808 **\$292/14 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
(Set 1)
Sa Sep 12-Oct 24 **9:30am-3:45pm**
Reg #: 628672-628683 **\$196/7 sess**
(Set 2)
Sa Oct 31-Dec 12 **9:30am-3:45pm**
Reg #: 628684-628695 **\$196/7 sess**
Meeting Room

Winter Camps

Frozen Ballet Camp (3-5yrs)

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com
Instructor: Endorphin Rush Dance
Tu-Th Dec 29-Dec 31 **9:15am-10:30am**
Reg #: 637076 **\$69/3 sess**
Dance Studio

Mini Hip Hop Playground Camp (4-6yrs)

Hip Hop Playground is an energetic introduction to hip hop dance. Dancers learn foundational grooves, rhythm, and short choreography combinations while building confidence and musicality. This camp balances structure and creativity, making it ideal for dancers who love high-energy movement and modern music. More info: www.KirbySnellDance.com
Instructor: Endorphin Rush Dance
Tu-Th Dec 29-Dec 31 **10:45am-12:00pm**
Reg #: 637077 **\$69/3 sess**
Dance Studio

K-Pop Demon Hunters Half Day Camp (6-12yrs) NEW!

Get ready to move like your favourite K-Pop idols with a fierce twist! In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own "hunter" persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge. More info: www.KirbySnellDance.com
Instructor: Endorphin Rush Dance
M-Th Dec 21-Dec 24 **9:30am-12:00pm**
Reg #: 637129 **\$176/4 sess**
Tu-Th Dec 29-Dec 31 **12:30pm-3:00pm**
Reg #: 637078 **\$132/3 sess**
Dance Studio

Fairy and Gnomes Houses Camp NEW!

Step into a magical world where fairies and gnomes live! This summer camp invites kids to explore their imagination and bring tiny enchanted homes to life. Over several fun-filled days, kids will design, build, and decorate their own fairy and gnome houses, adding secret doors, tiny windows, colorful roofs, and whimsical gardens. Through hands-on building, sculpting, and creating, each child will let their imagination run wild, learning about shapes, textures, and design while creating a miniature magical world all their own. All materials are provided – just bring your curiosity, energy, and a nut-free snack and lunch. By the end of the week, every child will take home a unique, handcrafted fairy or gnome house, full of charm and creativity, and a big smile from a week spent in a world of magic and wonder!
Instructor: Carolina Andrade
M-W Dec 21-Dec 23 **9:15am-3:00pm**
Reg #: 638418 **\$320/3 sess**
Meeting 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.

Designing Santa's Xmas Market and Ski Resort! NEW!

Join Small Creative Lab for a magical 3-day Ski resort and Santa's market adventure designed especially for your holidays! Inspired by festive Christmas markets, children will explore colour, shapes, lights, architecture and imagination while creating their own miniature holiday market and resort. Through hands-on activities kids will design tiny market stalls and winter decorations to imaginative buildings and festive characters, each day will be filled with creativity, collaboration and holiday magic. All supplies will be provided. We will have breaks and if the weather allows we will spend the breaks outside. Please bring proper clothing, lunch and snacks. We kindly ask for nut-free lunches and snacks.
Instructor: Carolina Andrade
Tu-Th Dec 29-Dec 31 **9:15am-3:00pm**
Reg #: 637992 **\$320/3 sess**
Meeting Room

Winter Break Day 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. No Camp Dec 25, 28.
M Tu W Th Dec 21-Dec 24 **9:00am-3:30pm**
Reg #: 628702 **\$144/4 sess**
Tu W Th Dec 29-Dec 31 **9:00am-3:30pm**
Reg #: 628705 **\$108/3 sess**
Multipurpose Room

After Care

After Care is only available to children registered in our Winter Break Day Camp. There is a late pick up fee of \$1 per minute. No Camp Dec 25, 28.
M Tu W Th Dec 21-Dec 24 **3:30pm-5:30pm**
Reg #: 628704 **\$40/4 sess**
Tu W Th Dec 29-Dec 31 **3:30pm-5:30pm**
Reg #: 628706 **\$30/3 sess**
Multipurpose Room

Coal Harbour Community Centre

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.
Instructor: Shinobu Preston

(5-8yrs)	
F Sep 11-Dec 18	3:45pm-4:45pm
Reg #: 631181	\$240/15 sess
(8-15yrs)	
F Sep 11-Dec 18	5:00pm-6:00pm
Reg #: 631182	\$240/15 sess
Multipurpose Room	

Axe Capoeira - Mini Kids (4-7yrs)

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 \$18, space permitting. No session Nov 17, 24.
Instructor: Yulia Terekh

Tu Sep 8-Dec 15	5:10pm-5:40pm
Reg #: 633909	\$176.41/13 sess
Multipurpose Room	

Karate

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, 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 Oct 12.

<i>Instructor: Sensei Moe Rahmanyman</i>	
(5-10yrs)	
M Th Sep 10-Dec 17	3:45pm-4:45pm
Reg #: 629144	\$364/28 sess
(11-14yrs)	
M Th Sep 10-Dec 17	4:45pm-5:45pm
Reg #: 629145	\$364/28 sess
Multipurpose Room	

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 \$19, space permitting. No session Sept 30, Oct 11, Nov 1, 4, 11.
Instructor: Kevin Kwan

(4-6yrs)	
Su Sep 13-Dec 20	11:00am-12:00pm
Reg #: 630259	\$218.4/13 sess
(7-10yrs)	
Su Sep 13-Dec 20	12:00pm-1:00pm
Reg #: 630263	\$218.4/13 sess
(11-16yrs)	
Su W Sep 13-Dec 20	10:00am-11:00am
Reg #: 630258	\$365.52/24 sess
Su Sep 13-Dec 20	10:00am-11:00am
Reg #: 630266	\$218.4/13 sess
Multipurpose Room	

Physical Education

Just Real Ballers - Basketball

Just Real Ballers Basketball - Mini-Ballers FUNdamentals Learn 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 Sep 18-Dec 4	3:30pm-4:30pm
Reg #: 632719	\$189/12 sess
(9-12yrs)	
F Sep 18-Dec 4	4:45pm-6:00pm
Reg #: 632720	\$204/12 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 Oct 12, 15, 19, 22, 26, 29, Nov 2, 5 and 9.
Instructor: Manto (Makoto) Nakamura

M Sep 14-Nov 30	4:45pm-6:15pm
Reg #: 629161	\$105/7 sess
Th Sep 10-Dec 3	4:45pm-6:15pm
Reg #: 629165	\$135/9 sess
Gymnasium	

Youth

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.*Session on October 30, 2026 will take place in the Multipurpose room only. Due to staffing ratios and room capacities, a maximum of 20 youth are welcome to come, registration is required.

<i>Instructor: Youth Leader</i>	
F Sep 04-Dec 18	6:15pm-8:45pm
Reg #: 632053	\$0/14 sess
Gymnasium	

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. No session October 7, 13, and November 11.

<i>Instructor: Non Instructional</i>	
Tu W Sep 01-Dec 16	3:30pm-5:00pm
Reg #: 633179	\$0/32 sess
Gymnasium	

Interested in volunteering with us?

You can connect with us on Instagram: @wechyouth

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

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 Sep 6-Oct 25	10:30am-12:30pm
Reg #: 633467	\$200/8 sess
Su Sep 6-Oct 25	2:30pm-4:30pm
Reg #: 633469	\$200/8 sess
Set 2	
Su Nov 1-Dec 20	10:30am-12:30pm
Reg #: 633468	\$200/8 sess
Su Nov 1-Dec 20	2:30pm-4:30pm
Reg #: 633470	\$200/8 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 Oct 9

<i>Instructor: Homa Eftekhari (Ghafarzadeh)</i>	
F Sep 11-Nov 27	2:00pm-5:00pm
Reg #: 629725	\$363/11 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 Oct 9. Art supplies list is available at the front desk.

<i>Instructor: Homa Eftekhari (Ghafarzadeh)</i>	
F Sep 11-Nov 27	10:00am-1:00pm
Reg #: 629728	\$363/11 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. No Session Oct 12

<i>Instructor: Philip Tsang</i>	
Set 1	
M Sep 14-Oct 26	6:00pm-7:30pm
Reg #: 629641	\$180/6 sess
Set 2	
M Nov 2-Dec 14	6:00pm-7:30pm
Reg #: 629642	\$210/7 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. No Session Nov 11.

<i>Instructor: Philip Tsang</i>	
Set 1	
W Sep 9-Oct 28	6:00pm-7:30pm
Reg #: 629653	\$208/8 sess
Set 2	
W Nov 4-Dec 16	6:00pm-7:30pm
Reg #: 629654	\$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 techniques. Using a variety of approaches to create artworks while exploring color, still life, landscape, and portraiture. Adult drop-in \$25, Senior drop-in \$24. Supply list email: nsyffayerman@gmail.com. No Session Oct 12

<i>Instructor: Faye Fayerman</i>	
Set 1	
M Sep 14-Oct 26	6:30pm-8:30pm
Reg #: 633317	\$138/6 sess
Set 2	
M Nov 2-Dec 14	6:30pm-8:30pm
Reg #: 633318	\$161/7 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.

<i>Instructor: Aiko Matsushiba</i>	
Su Sep 13-Sep 13	2:30pm-3:30pm
Reg #: 633337	\$17.3/Per Peson
Su Oct 4-Oct 4	2:30pm-3:30pm
Reg #: 633338	\$17.3/Per Person
Su Nov 15-Nov 15	2:30pm-3:30pm
Reg #: 633339	\$17.3/1 sess
Su Dec 13-Dec 13	2:30pm-3:30pm
Reg #: 633340	\$17.3/1 sess
Meeting Room	

Mixed Media Art for Adventurers!

Mixed Media Art is for ADVENTURERS like YOU! Energizing, sculptural and imaginative, it challenges traditional Art forms while encouraging your creative imagination and artistic emotions to EXPLODE! Creating Art is fun AND therapeutic. It calms the mind, frees the spirit, sparks personal growth and ignites JOY! As an Artist, Fine Art collector, Adventurer and international Arts Educator of nearly 40 years, I'm excited about helping you explore your self-expression, beauty and power infused by nature, personal experiences and your unique sense of imagination. You'll discover develop and define your personal artistic style and learn creative nuances through a variety of challenging processes, art-making techniques and tricks, some French Art terms, individual and small-group activities, in our inspiring seaside Coal Harbour Art studio and by exciting gallery visits ~ with my "joie de vivre" approach! Join us in creating STELLAR Art together! Japanese green tea and treats will be provided! www.janinakulhayart.com Minimal paint/art supplies are required. Please email janinakulhay@gmail.com for the supply list. No sessions Oct. 14th and Nov. 11th.

<i>Instructor: Janina Kulhay-Matsuda</i>	
Set 1	
W Sep 9-Oct 28	7:00pm-8:30pm
Reg #: 636661	\$350/7 sess
Set 2	
W Nov 4-Dec 23	7:00pm-8:30pm
Reg #: 636662	\$350/7 sess
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

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 Sep 15-Nov 17 **7:15pm-8:15pm**
Reg #: 632305 **\$180/10 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. No Session Oct 12
Instructor: Raf Chen
M Sep 14-Dec 14 **8:15pm-9:15pm**
Reg #: 629644 **\$234/13 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. No Session Nov 11
Instructor: Raf Chen
W Sep 9-Dec 16 **7:30pm-8:30pm**
Reg #: 629656 **\$252/14 sess**
Dance Studio

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 Sep 8-Nov 17 **4:30pm-5:30pm**
Reg #: 635076 **\$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 Sep 8-Nov 17 **5:30pm-6:30pm**
Reg #: 635077 **\$245/11 sess**
Meeting Room

Japanese Beginner II

This course is a continuation of Japanese Beginner I. You will learn some verbs and how to build sentences to describe your everyday life in Japanese. This course may be suitable for people who have completed introductory classes. For more info, please visit <http://www.japaneseforallpeople.com> No drop in, No Session Oct 12
Instructor: Eri Ito
M Sep 14-Nov 30 **6:00pm-8:00pm**
Reg #: 633305 **\$246/11 sess**
Activity 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.



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. No Sessions Sept 30 & Nov 11
Instructor: Eliana Rolando
W Sep 9-Nov 25 **5:30pm-7:00pm**
Reg #: 633457 **\$165/10 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. No Session Sept 30 & Nov 11.
Instructor: Eliana Rolando
W Sep 9-Nov 25 **7:00pm-8:30pm**
Reg #: 633459 **\$165/10 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
Set 1
Tu Sep 15-Oct 13 **6:30pm-8:00pm**
Reg #: 632303 **\$125/5 sess**
Set 2
Tu Nov 3-Dec 1 **6:30pm-8:00pm**
Reg #: 632304 **\$125/5 sess**
Arts and Crafts Room

Coal Harbour Community Centre

Introduction to Seed Saving

Would you like to start saving your own seeds? If so, then this is the perfect time of the year to start thinking about saving seeds from your garden! In this Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop, Rhiannon Johnson will provide you with the knowledge needed to understand the basic principles behind seed saving and the skills necessary to begin saving seeds. Children 12 and over welcome, must be accompanied by a parent, guardian, or other appropriate adult. 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).

Tu Sep 15 11:30am-1:30pm
Reg #: 635120 \$20/1 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
F Oct 23 6:30pm-8:00pm
Reg #: 634441 \$27.5/1 sess

Activity 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
Su Nov 22 1:00pm-3:00pm
Reg #: 634452 \$28/1 sess

Meeting Room

Holiday Workshop: Grow Your Own Sprouts and Microgreens

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soup. In this Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Inbar Saraf you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home! 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

Instructor: West End Food Network
W Dec 9 6:30pm-8:30pm
Reg #: 634447 \$30/1 sess

Activity Room

Aromatherapy & Bath Products

Body Care gifts for someone special or keep for yourself! Aromatherapy, the alternative form of healing! Discuss the top ten essential oils and using them to create your own personal roll-on, massage oil, and an aromatherapy spray (for body, yoga mat, hockey bag and more). Plus make some shower steamers in a variety of scents and shapes. Recipes on bath oil, bath salts and pampering pedicure products! ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade
Th Oct 22-Oct 22 6:30pm-9:00pm
Reg #: 633334 \$55/1 sess

Arts and Crafts Room

Creams, Lotions & Salves

Making your own moisturizing creams and lotions is fun and affordable! The beauty of making your own products is the knowing exactly what ingredients are being used and combining in recipes that address your skin type and/or ailment (eczema, pain, anti-aging). In this fun and informative class, make and take home a nutrient packed cream, aloe vera moisturizer, arnica salve (for pain) and an herbal infused body oil. Plus receive recipes on masks and gentle facial scrubs. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade
Th Nov 5-Nov 5 6:30pm-9:00pm
Reg #: 633335 \$55/1 sess

Arts and Crafts Room

Fitness & Health

Ageless Yoga

Ageless Yoga provides an inspiring and well balanced yoga practice at a slightly slower pace. Each session includes energizing warm ups to release blocked energy, accessible asana (yoga postures) to align your body, increase strength and flexibility, and a deep relaxation practice with sound healing to help you maintain your ageless body and mind. Drop-in \$16.80, space permitting. For more information visit www.yogamovesforeverybody.com

Instructor: Sandra Leigh
Tu Sep 8-Oct 27 2:00pm-3:15pm
Reg #: 632574 \$100/8 sess

Tu Nov 3-Dec 22 2:00pm-3:15pm
Reg #: 632576 \$108/8sess

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 Oct 12, Nov 23, Nov 30.

Instructor: Vivi L
M Sep 14-Dec 14 7:00pm-8:00pm
Reg #: 633940 \$198/11 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: Vivi L
Tu Sep 8-Dec 15 11:00am-12:00pm
Reg #: 633943 \$350/14 sess

Multipurpose 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

Set 1
Th Sep 10-Oct 29 5:45pm-6:45pm
Reg #: 629659 \$128/8 sess

Set 2
Th Nov 5-Dec 17 5:45pm-6:45pm
Reg #: 629662 \$112/7 sess

Dance Studio

Coal Harbour Community Centre

Movement Assessment & Personal Training Package

Receive individualized guidance through a comprehensive movement assessment and three personalized Pilates sessions tailored to your goals. Ideal for new clients, those returning to exercise, recovering from injury, managing health concerns, or seeking a customized movement plan. The package includes a 60-minute assessment, three private sessions, personalized recommendations, and class placement guidance. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional.
Instructor: Shannon Smith

F Sep 4-Sep 25	1:00pm-2:00pm
Reg #: 635040	\$425/4 sess
F Oct 2-Oct 23	1:00pm-2:00pm
Reg #: 635041	\$425/4 sess
F Nov 6-Nov 27	1:00pm-2:00pm
Reg #: 635042	\$425/4 sess

Dance Studio

Balanced Body Pilates: Mobility & Recovery (Small Group)

Move more freely. Recover more effectively. Feel better in your body. This Pilates-based class combines roller-based fascial release, mobility training, stretching, core stability, and functional movement to improve flexibility, reduce stiffness, and support everyday movement. Ideal for active adults, recreational athletes, desk workers, and anyone looking to move with greater ease and confidence. Small Group: Limited to 8 participants, providing more space, greater use of Pilates props, and individualized exercise progressions. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional. \$28 drop-in, space permitting.
Instructor: Shannon Smith

Set 1	
Tu Sep 8-Oct 27	11:00am-12:00pm
Reg #: 635028	\$176/8 sess
Set 2	
Tu Nov 3-Dec 15	11:00am-12:00pm
Reg #: 635029	\$154/7 sess

Dance Studio

Balanced Body Pilates: Strength & Stretch (Small Group)

Build strength. Improve flexibility. Move with confidence. This balanced Pilates class combines strength training, roller-based fascial release, stretching, and core conditioning to improve posture, mobility, flexibility, and overall wellbeing. Limited to 8 participants, providing more space, greater use of Pilates props, and individualized instruction. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional. \$28 drop-in, space permitting.
Instructor: Shannon Smith

Set 1	
Tu Sep 8-Oct 27	12:00pm-1:00pm
Reg #: 635031	\$176/8 sess
Set 2	
Tu Nov 3-Dec 15	12:00pm-1:00pm
Reg #: 635030	\$154/7 sess

Dance Studio

Balanced Body Pilates: Strength & Flow (Small Group)

Advance your Pilates practice with personalized coaching. Designed for participants ready to progress beyond Strength & Stretch, this class develops strength, coordination, balance, endurance, and control through progressive Pilates exercises. Limited to 8 participants, providing more space, greater use of Pilates props, and individualized exercise progression. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional. \$28 drop-in, space permitting.
Instructor: Shannon Smith

Set 1	
Th Sep 10-Oct 29	1:00pm-2:00pm
Reg #: 635039	\$176/8 sess
Set 2	
Th Nov 5-Dec 17	1:00pm-2:00pm
Reg #: 635038	\$154/7 sess

Dance Studio

Balanced Body Pilates: Bone & Balance (Small Group)

Build strength for life. Designed to support healthy aging, this Pilates-based class improves strength, balance, posture, and confidence in movement using evidence-informed principles for bone health and fall prevention. Limited to 8 participants, providing more space, greater use of Pilates props, and individualized instruction. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional. \$28 drop-in, space permitting.
Instructor: Shannon Smith

Set 1	
Th Sep 10-Oct 29	12:00pm-1:00pm
Reg #: 635036	\$176/8 sess
Set 2	
Th Nov 5-Dec 17	12:00pm-1:00pm
Reg #: 635037	\$154/7 sess

Dance Studio

Balanced Body Pilates: Strength & Flow (Class)

Build strength. Improve flexibility. Move with confidence. This supportive full-body Pilates class combines strength training, roller-based fascial release, stretching, and core conditioning to improve mobility, posture, and body awareness while helping participants move with greater ease and confidence. Equipment: Mats and props are provided. Instructor: Shannon Smith, Founder of Pilates & (PilatesAnd.com), Balanced Body Pilates Teacher and Certified Health & Performance Professional. \$18 drop-in, space permitting. No Session Nov 11.
Instructor: Shannon Smith

Set 1	
W Sep 9-Oct 28	6:15pm-7:15pm
Reg #: 635034	\$116/8 sess
Set 2	
W Nov 4-Dec 16	6:15pm-7:15pm
Reg #: 635035	\$87/6 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.

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

Balanced Body Pilates: Strength & Stretch (Class)

Build strength, improve flexibility, and enhance balance through Pilates-based exercise. This supportive full-body workout develops core strength, mobility, posture, and body awareness while helping participants move with greater ease and confidence. Equipment: Mats and props are provided. Instructor: Shannon Smith is a Balanced Body Pilates Teacher and Certified Health & Performance Professional specializing in strength, mobility, healthy aging, and overall wellbeing. \$18 drop-in, space permitting. Instructor: Shannon Smith

Set 1	
Tu Sep 8-Oct 27	6:00pm-7:00pm
Reg #: 635032	\$116/8 sess
Set 2	
Tu Nov 3-Dec 15	6:00pm-7:00pm
Reg #: 635033	\$101.5/7 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 Sep 8-Dec 17	9:30am-10:25am
Reg #: 629652	\$390/30 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 Oct 12
Instructor: Linda Shedden

Set 1	
M Sep 14-Oct 26	5:30pm-6:30pm
Reg #: 629645	\$102/6 sess
Set 2	
M Nov 2-Dec 14	5:30pm-6:30pm
Reg #: 629646	\$119/7 sess
Dance Studio	

Move, Groove, Strength & Stretch

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 concludes 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	
Tu Sep 15-Oct 20	5:00pm-5:45pm
Reg #: 634217	\$84/6 sess
Set 2	
Tu Nov 3-Dec 8	5:00pm-5:45pm
Reg #: 634219	\$84/6 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. Instructor: No Instructor

Sa Sep 12-Dec 12	9:30am-12:30pm
Reg #: 635043	\$0/14 sess
Off Site - English Bay Beach	

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!

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. No Session Nov 11. Instructor: Yoga4Stiff People

Set 1	
W Sep 16-Oct 21	6:30pm-7:30pm
Reg #: 633460	\$84/6 sess
Set 2	
W Nov 4-Dec 16	6:30pm-7:30pm
Reg #: 633462	\$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. For further information visit www.ZumbaVancouver.ca. Drop-in, \$15.75 space permitting. No Session Oct 12
Instructor: Zumba Vancouver

Free Trial	
M Sep 14-Sep 14	6:00pm-7:00pm
Reg #: 629650	Free
Th Sep 10-Sep 10	6:30pm-7:30pm
Reg #: 629720	Free
Multipurpose Room	
Th Sep 10-Sep 10	10:40am-11:40am
Reg #: 629707	Free
Dance Studio	
Set 1	
M Sep 21-Oct 26	6:00pm-7:00pm
Reg #: 629647	\$62.5/5 sess
Th Sep 17-Oct 29	6:30pm-7:30pm
Reg #: 629712	\$87.5/7 sess
Multipurpose Room	
Th Sep 17-Oct 29	10:40am-11:40am
Reg #: 629664	\$87.5/7 sess
Dance Studio	
Set 2	
M Nov 2-Dec 14	6:00pm-7:00pm
Reg #: 629648	\$87.5/7 sess
Th Nov 5-Dec 17	6:30pm-7:30pm
Reg #: 629717	\$87.5/7 sess
Multipurpose Room	
Th Nov 5-Dec 17	10:40am-11:40am
Reg #: 629705	\$87.5/7 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 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. For further information visit www.ZumbaVancouver.ca. Drop-in \$15.75, space permitting. No Session Oct 11

Instructor: Zumba Vancouver

Free Trial

Su Sep 13-Sep 13	1:15pm-2:15pm
Reg #: 629741	Free

Set 1

Su Sep 20-Oct 25	1:15pm-2:15pm
Reg #: 629733	\$62.5/5 sess

Set 2

Su Nov 1-Dec 13	1:15pm-2:15pm
Reg #: 629738	\$87.5/7 sess

Dance Studio

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 Sep 11-Dec 18	5:30pm-6:30pm
Reg #: 633336	\$165/15 sess

Dance Studio

Martial Arts

Axe Capoeira - Beginner Adults

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. No Session Nov 17 & 24.

Instructor: Yulia Terekh

Tu Sep 8-Dec 22	5:45pm-6:45pm
Reg #: 635027	\$210/14 sess

Multipurpose Room

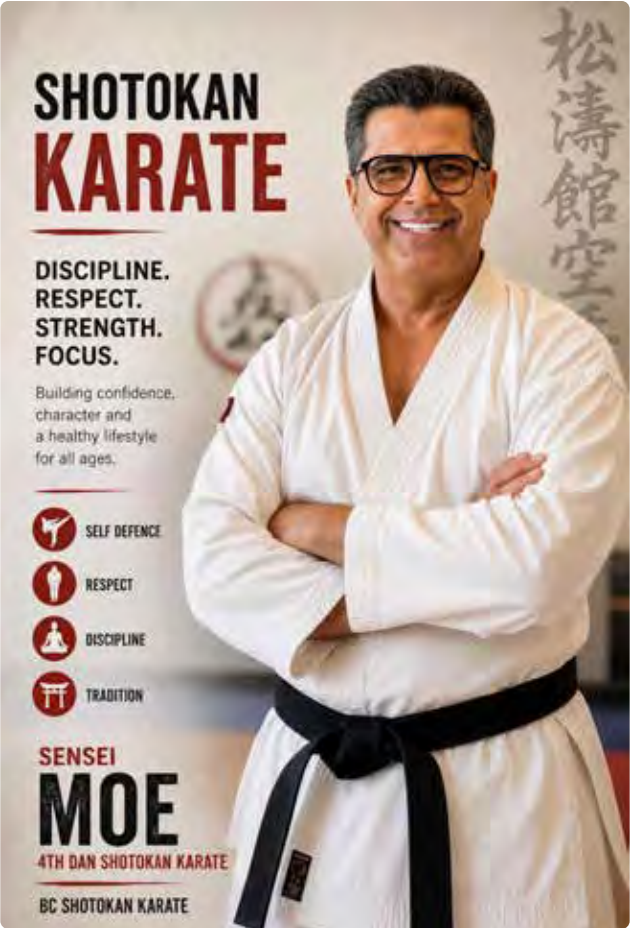
Shotokan Karate 15+

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmanyman, 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 Oct 12

Instructor: Sensei Moe Rahmanyman

M Th Sep 10-Dec 17	7:15pm-8:15pm
Reg #: 629651	\$364/28 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 \$7.50, space permitting. No Session Oct 3, 7, 10,12, 17, Nov 11.

Instructor: Non-Instructional

M Sep 14-Dec 21	12:00pm-1:30pm
Reg #: 629769	\$91/14 sess

W Sep 9-Dec 23	8:00pm-9:45pm
Reg #: 629774	\$94.5/14 sess

Th Sep 10-Dec 24	12:00pm-1:30pm
Reg #: 629784	\$104/16 sess

Th Sep 10-Dec 24	6:30pm-7:45pm
Reg #: 629806	\$100/16 sess

Sa Sep 12-Dec 19	3:15pm-4:45pm
Reg #: 629815	\$78/12 sess

Su Sep 13-Dec 20	10:15am-11:15am
Reg #: 629820	\$90/15 sess

Gymnasium

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$7.50, space permitting. No Session Oct 3, 7, 10, 12, 13 17, 31, Dec 12.

Instructor: Non-Instructional

M Sep 14-Dec 21	6:30pm-7:45pm
Reg #: 630667	\$87.5/14 sess

Tu Sep 8-Dec 22	12:00pm-1:30pm
Reg #: 631102	\$97.5/15 sess

W Sep 9-Dec 23	6:00pm-7:45pm
Reg #: 631106	\$94.5/14 sess

F Sep 11-Dec 18	12:00pm-1:30pm
Reg #: 631171	\$97.5/15 sess

Sa Sep 12-Dec 19	10:00am-11:30am
Reg #: 631160	\$65/10 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 Oct 12

Instructor: David Madura

M Sep 14-Dec 21	8:00pm-9:45pm
Reg #: 631183	\$94.5/14 sess

Instructor: Sean Wiseman

Th Sep 10-Dec 17	8:00pm-9:45pm
Reg #: 631185	\$101.25/15 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 \$7.50, space permitting. No Session Oct 13

Instructor: Non-Instructional

Tu Sep 8-Dec 29	1:45pm-3:15pm
Reg #: 632279	\$104/16 sess

Th Sep 10-Dec 31	1:45pm-3:15pm
Reg #: 632281	\$110.5/17 sess

Gymnasium

Pickleball Playing Format:

Four courts are provided for doubles play with a rotating Gold/Silver format, with two groups sitting out each game. No supervisor provided. Registered players can begin warm up once the court is setup and pair/court are chosen by first come, first serve basis. Winning pairs of each game write their names in the Gold bracket on the board to play against others in the bracket; Defeated pairs of each game write their names in the Silver bracket to play against others in the bracket. Pairs are encouraged to switch partners in a new game.

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 \$7.50, space permitting. * This is a trial program and may revert back to Pickleball all levels.
Instructor: Non-Instructional
Su Sep 13-Dec 27 **1:15pm-2:45pm**
Reg #: 632283 \$104/16 sess
Gymnasium

Pickleball Lesson - Learn to Play

This first set of Lessons are for people who are new to Pickleball or have played a few times but want to learn the basics. The focus in the first set of lessons is to teach you the basic rules and shots. Level 1 & Refresher require that you have taken the "Learn to play" lesson or have played before and know all the basic rules and shots. Balance between drills and games is 50/50. Any questions if this is the right class for you contact ruthjohnson69@gmail.com. Drop in \$27.00 (no drop in after 2nd class) Paddles/Balls provided.
Instructor: Ruth Johnson
M Sep 14-Oct 5 **1:45pm-3:15pm**
Reg #: 633307 \$90/4 sess
Gymnasium

Pickleball Lesson - Refresher/Level 1-1.5

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 \$27.00.
Instructor: Ruth Johnson
Level 1
M Oct 19-Nov 9 **1:45pm-3:15pm**
Reg #: 633308 \$90/4 sess
Level 1-1.5
M Nov 16-Dec 21 **1:45pm-3:15pm**
Reg #: 633314 \$135/6 sess
Gymnasium

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.

Pickleball Lesson - Skills & Drills Level (1-2)

This class is for anyone that has taken the Level 1 class and can successfully demonstrate all the skills as described in www.vancouverpickleball.ca go to menu and click on Skill Levels. We will focus on drills that further enhances your consistency and confidence in dinking, 3rd shots, movement with your partner, footwork, lobs and how to retrieve etc. Balance between drills and games is 50/50. Contact Coach Ruth if any questions at ruthjohnson69@gmail.com Drop-In \$34 No Session Oct 13.
Instructor: Ruth Johnson
Level 1-2
Tu Sep 15-Oct 27 **9:30am-11:30am**
Reg #: 633454 \$180/6 sess
Level 2
Tu Nov 3-Nov 24 **9:30am-11:30am**
Reg #: 633455 \$120/4 sess
Level 2-2.5
Tu Dec 1-Dec 22 **9:30am-11:30am**
Reg #: 633456 \$120/4 sess
Gymnasium

Pickleball - Coached Game Play

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. Drop in \$32.00, space permitting. No Session Oct 7, Nov 11.
Instructor: Ruth Johnson
Level 3
W Sep 16-Oct 28 **1:30pm-3:15pm**
Reg #: 633724 \$157.5/6 sess
Level 3-3.5
W Nov 4-Dec 16 **1:30pm-3:15pm**
Reg #: 633731 \$157.5/6 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
Th Oct 15-Nov 5 **3:30pm-5:30pm**
Reg #: 633624 \$38.1/1 sess
M Oct 19-Nov 2 **3:30pm-5:30pm**
Reg #: 633631 \$38.1/1 sess
F Sep 4-Dec 18 **1:45pm-3:15pm**
Reg #: 635052 \$28.57/1 sess
Gymnasium

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 \$7.5, space permitting. No Session Oct 3, 10, 17, 31, Dec 12.
Instructor: Gabriel Chan
Sa Sep 12-Dec 19 **12:00pm-1:30pm**
Reg #: 631180 \$65/10 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. No Session Oct 13
Instructor: Gaspal Douo
Tu Sep 8-Dec 22 **6:00pm-7:45pm**
Reg #: 632269 \$101.25/15 sess
Gymnasium

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. No Session Oct 13
Instructor: Gaspal Douo
Tu Sep 8-Dec 22 **8:00pm-9:45pm**
Reg #: 632270 \$101.25/15 sess
Gymnasium

Volleyball Beginner Skills Clinic

Program Description: Volleyball BC's Adult Skills Clinics offer focused, 7 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. No Session Oct 13.
Instructor: Volleyball BC
Set 1
Tu Sep 8-Oct 27 **6:00pm-7:30pm**
Reg #: 632288 \$220/7 sess
Set 2
Tu Nov 3-Dec 15 **6:00pm-7:30pm**
Reg #: 632289 \$220/7 sess
Gymnasium

Coal Harbour Community Centre

Volleyball Advanced Skills Clinic

Volleyball BC's Adult Skills Clinics offer focused, 7 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

Set 1	
Su Sep 13-Oct 25	3:00pm-4:30pm
Reg #: 632291	\$220/7 sess
Set 2	
Su Nov 1-Dec 13	3:00pm-4:30pm
Reg #: 632292	\$220/7 sess
Gymnasium	

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 Sep 17-Oct 15	9:15am-10:30am
Reg #: 635886	\$243.75/5 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 Oct 22-Nov 19	9:15am-10:30am
Reg #: 635887	\$243.75/5 sess
Th Sep 17-Oct 15	10:30am-11:45am
Reg #: 635889	\$243.75/5 sess
Gymnasium	

Summer Smash Tennis: Adult Beginner ++ (2.0)

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally.

Instructor: Summer Smash Tennis

Th Nov 26-Dec 24	9:15am-10:30am
Reg #: 635888	\$256.25/5 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 Oct 22-Nov 19	10:30am-11:45am
Reg #: 635890	\$256.25/5 sess
Th Nov 26-Dec 24	10:30am-11:45am
Reg #: 635891	\$256.25/5 sess
Gymnasium	

Private Table Tennis Lessons

Table tennis (Ping Pong) is a great sport for Adults. It is fun, fast and improves one hand-eye coordination and concentration. It helps develop quick responsive thinking and fitness. All skills welcome. Drop-in \$26.25, space permitting.

Instructor: Yakiv Hrabarchuk

Every day Sep 1-Oct 27	9:00am-8:00pm
Reg #: 636238	\$57.14/per sess
Activity Room	

Table Tennis Adult Group Lesson

Table tennis (Ping Pong) is a great sport for Adults. It is fun, fast and improves one hand-eye coordination and concentration. It helps develop quick responsive thinking and fitness. All skills welcome. Drop-in \$26.25, space permitting.

Instructor: Yakiv Hrabarchuk

Tu Sep 8-Oct 27	2:15pm-3:15pm
Reg #: 636237	\$200/8 sess
Activity Room	

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 Oct 12.

Instructor: Non Instructional

M Sep 14-Dec 21	8:30pm-9:30pm
Reg #: 633464	\$42/14 sess
Tu Sep 8-Dec 29	7:30pm-9:30pm
Reg #: 633465	\$89.25/17 sess
Multipurpose Room	

Table Tennis - Drop-In

Call the front office 604-718-8222 after 9:30am on the day that you wish to play. Conditions: same day reservations only; subject to availability; one table can be reserved for one hour maximum of four people. \$3.75/drop-in

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

Fall 2026 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	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 - Beg 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 & Int/Adv 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

