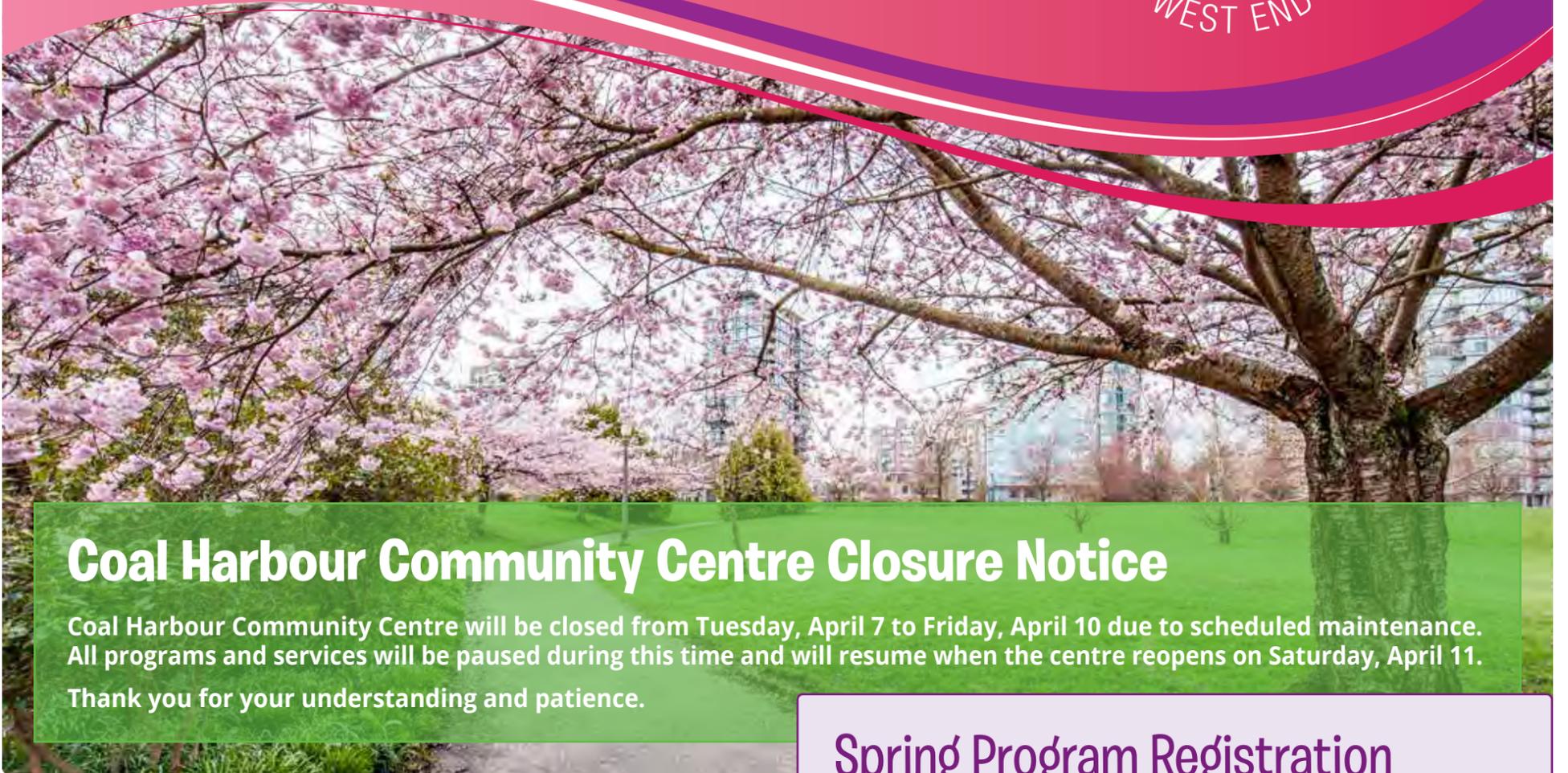


SPRING 2026

Recreation Guide



Coal Harbour Community Centre Closure Notice

Coal Harbour Community Centre will be closed from Tuesday, April 7 to Friday, April 10 due to scheduled maintenance. All programs and services will be paused during this time and will resume when the centre reopens on Saturday, April 11.

Thank you for your understanding and patience.

Spring 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, March 10 @ 7:00pm

By Phone: Wed, March 11 @ 9:30am

Summer Day Camps Registration Begins: **NEW!**

Online/In-Person: Wed, April 8, 2026 @ 7:00pm

By Phone: Thurs, April 9, 2026 @ 10:00am

Online

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

By Phone

West End / Barclay Manor: 604-257-8333

Coal Harbour: 604-718-8222

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

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 4-27

COAL HARBOUR PROGRAMS. 28-44

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 JohnstonPresident
 Lindsay Redpath 1st Vice President
 Dylan Thomas2nd Vice President
 Mahsa Rezaei Treasurer
 TBDSecretary

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.

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.

Thanks to our Supporters & Partners



Urban Fare



Downtown Van



The West End BIA



The West End Journal



TD Bank

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

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	Apr 1-Jun 30
Monday-Friday	9:00am-9:00pm
Saturday-Sunday	9:00am-5:00pm

Centre is closed April 3, 6, May 18.

Front Office	Apr 1-Jun 30
Monday-Friday	9:00am-8:45pm
Saturday-Sunday	9:00am-4:45pm

Fitness Centre	Apr 1-Jun 30
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	Apr 1-Jun 30
Monday-Thursday	9:00am-10:00pm
Friday	9:00am-9:00pm
Saturday	9:00am-5:00pm
Sunday	10:00am-5:00pm

Centre is closed April 3, 6 - 10, May 18.

Front Office	Apr 1-Jun 30
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	Alex Machin
Fitness Programmer	Larry Turko
Ice Rink Programmer	TBD
Community Youth Worker	TBD
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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Spring Registration:

Centre Registration Begins:

Online/In-Person: Tue, March 10 at 7:00pm

Phone: Wed, March 11 at 9:30am

Summer Day Camps Registration Begins:

Online/ In-Person: Wed, April 8, 2026 at 7:00pm

Phone: Thurs, April 9, 2026 at 10:00am

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

Easter Egg Hunt

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

W Apr 1
592935-592941
Auditorium

3:30pm-6:15pm
\$3/1 sess



Free Event!

Art in the City 2026

The West End's Largest Fine Art Market

Art Market:

Friday, May 1st from 5:30pm-7:30pm

Saturday, May 2nd from 11am-4:30pm

Sunday, May 3rd from 11am-4pm

Location: West End Community Centre, 870 Denman Street

West End Community Centre

Licensed Childcare

Ages 5-12: Out of School Care

Before & After School Care offers a safe, engaging, and nurturing environment for children in Kindergarten through Grade 7 from **Lord Roberts Main Elementary School**. Our qualified and caring staff provide licensed child care, including convenient morning drop-off and afternoon pick-up 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.

2025/2026 program fees for Before & After Care:

Kindergarten: \$538/month

Grades 1 and up: \$438/month

\$50 non-refundable registration fee.

Prices are before the Child Care Fee Reduction, which provides financial support for all families



Coal Harbour Kids Care:
Waitlist Activity#: 419545



West End Kids Care:
Waitlist Activity#: 302675



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.

2025/2026 program fees:

M/W/F 9:30am - 1:00pm: \$375/month

\$50 non-refundable registration fee.

Waitlist Activity#: 419545



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 25/26 school year is open online for **children born in 2023**. Registration for 2026/2027 school year for children born in 2024 will open together with the Summer programs registrations in June.

2025/2026 program fees:

Tue 9:30-11:00am \$109/month

Wed 9:30-11:00am \$109/month

Thu 9:30-11:00am \$109/month

Waitlist Activity #572596



West End Community Centre

Early Years

Playtime



Baby Playtime

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
Apr 1-Jun 30	Bidwell Room
Tu Th	9:30am-11:30am
Apr 8-Jun 24	Auditorium

No Baby Playtime on Apr 3, Apr 6 and May 18.

Playtime

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
Apr 2-Jun 30	Auditorium
W	3:30pm-5:00pm
Apr 2-Jun 30	Auditorium

No Playtime on Apr 3, Apr 6 and May 18.

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
Apr 4-Jun 27	Auditorium

Creative Arts

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!

Instructor: Golnaz Kiany
W Apr 8-Jun 24 **3:00pm-4:15pm**
 Reg #: 608939 \$180/12 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 each child. For more information visit www.intoyoga.ca.

Instructor: Sheri Kauhausen
Tu May 19-Jun 16 **10:30am-11:15am**
 Reg #: 606817 \$77/5 sess
 English Bay Room

Learning Ukrainian Through Play (2.5-6yrs) **NEW!**

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.

Instructor: Myroslava Kerniakevych
Su May 10-Jun 28 **1:00pm-2:00pm**
 Reg #: 614974 \$120/8 sess
 Preschool

Learning German - Level A1/A2 (2.5-6yrs) **NEW!**

Learning German (A1-A2) is a play-based language program for children aged 2.5 to 6 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
Su May 10-Jun 28 **2:00pm-3:00pm**
 Reg #: 614867 \$120/8 sess
 Preschool

Dance

Ballet / Jazz Fusion (4-7yrs)

In this class children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. For more information visit www.kirbysnelldance.com. Drop-in \$15.

Instructor: Endorphin Rush Dance
Su Apr 12-Jun 21 **12:45pm-1:30pm**
 Reg #: 607095 \$154/11 sess
 Dance Studio

Hip Hop (4-7yrs)

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. For more information visit www.KirbySnellDance.com. Drop-in \$15.

Instructor: Endorphin Rush Dance
Su Apr 12-Jun 21 **11:40am-12:25pm**
 Reg #: 607101 \$154/11 sess
 Dance Studio



Creative Ballet (3-6yrs)

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.

Instructor: Endorphin Rush Dance
3-5yrs
Su Apr 12-Jun 21 **10:00am-10:45am**
 Reg #: 607096 \$154/11 sess
4-6yrs
Su Apr 12-Jun 21 **10:50am-11:35am**
 Reg #: 607098 \$154/11 sess
 Dance Studio

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 Jun 4.

Instructor: Yulia Terekh

Th Apr 2-Jun 25 4:00pm-4:30pm
Reg #: 610331 \$150/12 sess
Dance Studio

Physical Education

"Little Learners" Beginner Tennis Lessons (4-5yrs) **NEW!**

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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Su Apr 26-May 24 11:15am-12:15pm
Reg #: 614713 \$142.65/5 sess
Off Site - King George Tennis Courts

"Little Learners" Adv. Beginner Tennis Lessons (4-5yrs) **NEW!**

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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Su Apr 26-May 24 12:15pm-1:15pm
Reg #: 614715 \$142.65/5 sess
Off Site - King George Tennis Courts



Sportball Multisport (3.5-5yrs)

This skills development program introduces preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour 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.

Instructor: Sportball Vancouver

Set 1
M Apr 13-May 11 3:30pm-4:30pm
Reg #: 606768 \$95/5 sess

Set 2
M May 25-Jun 22 3:30pm-4:30pm
Reg #: 606772 \$95/5 sess

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 Apr 9-May 14 3:45pm-4:30pm
Reg #: 606758 \$114/6 sess

Set 2
Th May 21-Jun 25 3:45pm-4:30pm
Reg #: 606761 \$114/6 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 Soccer Academy (2-6yrs)

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.

Instructor: Glyn Roberts

(2-4yrs)
Sa Apr 11-Jun 27 9:15am-10:00am
Reg #: 607048 \$181.8/12 sess

(4-6yrs)
Sa Apr 11-Jun 27 10:00am-10:45am
Reg #: 607049 \$181.8/12 sess
Off Site - King George 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!

West End Community Centre

Children

Creative Arts

Cartoon with Disney Animator (5-8yrs)

Learn how to tell stories through drawings with a former Disney animator. Work on character development, thumbnails, layout, pages, paneling and more. No session May 8.

Instructor: Happy Kids Studios

Set 1

F Apr 10-May 15 4:25pm-5:25pm
Reg #: 609988 \$100/5 sess

Set 2

F May 22-Jun 26 4:25pm-5:25pm
Reg #: 610007 \$120/6 sess
English Bay Room

Character Design with Disney Animator (9-12yrs)

Focus on creating appealing characters in animation, comics, games and more. Led by a former Disney animator from Happy Kids Studios.

Instructor: Happy Kids Studios

Set 1

F Apr 10-May 15 5:35pm-6:35pm
Reg #: 610020 \$100/5 sess
English Bay Room

Set 1

F May 22-Jun 26 5:35pm-6:35pm
Reg #: 610031 \$120/6 sess

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!

Instructor: Golnaz Kiany

W Apr 8-Jun 24 4:15pm-5:30pm
Reg #: 608933 \$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 landscapes, still lifes, 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 Apr 9-May 21 4:15pm-5:30pm
Reg #: 606822 \$140/7 sess

Set 2

Th Jun 4-Jun 25 4:15pm-5:30pm
Reg #: 606830 \$80/4 sess
Bidwell Room

Kids Clay (5-15yrs)

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

Instructor: Sonja LeBorgne

(5-8yrs)

W Apr 8-Jun 17 3:30pm-4:45pm
Reg #: 608941 \$242/11 sess
Meeting Room 1

Instructor: Estelle Liebenberg

(5-8yrs)

Th Apr 9-Jun 18 3:30pm-4:45pm
Reg #: 608947 \$242/11 sess
Pottery Studio

Instructor: Estelle Liebenberg

(9-15yrs)

Th Apr 9-Jun 18 5:00pm-6:15pm
Reg #: 608949 \$242/11 sess
Pottery Studio

Dance

Hip Hop (8-10yrs)

Lace up your sneakers and dance! Explore the fundamentals of hip-hop through choreography and engaging exercises. Each class includes a warm-up and stretch to learn foundational movements and build flexibility, followed by step-by-step instructions suitable for all experience levels. Drop-in \$17.

Instructor: Yasmine Shemesh

Th Apr 9-Jun 11 4:00pm-5:00pm
Reg #: 606812 \$150/10 sess
English Bay Room

Dance Extreme (6-12yrs)

Explore a number of different styles of dance with a variety of guest dance artists. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Afro, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! For more information visit www.kirbysnelldance.com. Drop-in \$16.

Instructor: Endorphin Rush Dance

Su Apr 12-Jun 21 1:35pm-2:35pm
Reg #: 607099 \$165/11 sess
Dance Studio

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.

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.

Schedule:

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

Important Details:

- Maximum 20 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

West End Community Centre

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.

Instructor: Rene Hugo-Sanchez

W Apr 15-Jun 17 5:00pm-8:30pm
Reg #: 607078-607674 \$240/10 sess
English Bay Room

Private Piano Lessons with Ami

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.

Instructor: Min(Ami) Xu

Set 1
Su Apr 12-May 17 10:30am-4:15pm
Reg #: 606834-606847 \$168/6 sess

Set 2
Su May 24-Jun 28 10:30am-4:15pm
Reg #: 606848-606859 \$168/6 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 (must register in person).

Instructor: Yulia Terekh

Apr
Th Apr 2-Apr 30 4:30pm-5:30pm
Sa Apr 4-Apr 25 10:30am-11:30am
Reg #: 610511 \$135/9 sess

May
Th May 7-May 28 4:30pm-5:30pm
Sa May 2-May 30 10:30am-11:30am
Reg #: 610525 \$135/9 sess

Jun
Th Jun 11-Jun 25 4:30pm-11:30am
Sa Jun 13-Jun 27 10:30am-11:30am
Reg #: 610527 \$90/6 sess

Dance Studio/English Bay

Physical Education

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, 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-\$23

Instructor: Glyn Roberts

(5-7yrs)
Sa Apr 11-Jun 27 10:45am-11:30am
Reg #: 607051 \$192/12 sess

(7-12yrs)
Sa Apr 11-Jun 27 11:30am-12:30pm
Reg #: 607052 \$204/12 sess
Off Site - King George Gymnasium

Sportball Multisport (5-8yrs)

This skills development program introduces preschool and primary school children to the concepts and skills involved in a variety of different ball sports in Sportball methodology. Classes are conducted once a week in one-hour 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.

Instructor: Sportball

Set 1
M Apr 13-May 11 4:30pm-5:30pm
Reg #: 606773 \$95/5 sess

Set 2
M May 25-Jun 22 4:30pm-5:30pm
#: 606774 \$95/5 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 Apr 9-May 14 4:30pm-5:15pm
Reg #: 606762 \$114/6 sess

Set 2
Th May 21-Jun 25 4:30pm-5:15pm
Reg #: 606765 \$114/6 sess
Auditorium

Recreational Gymnastics (6-11yrs) **NEW!**

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.

Instructor: Flygym Vancouver

English Language Instruction
Tu Apr 14-Jun 30 4:00pm-5:00pm
Reg #: 608114 \$275/12 sess

Spanish Language Instruction
Sa Apr 11-Jun 27 1:30pm-2:30pm
Reg #: 608134 \$275/12 sess
Auditorium

*Please note that the Tuesday class will be taught in English and the Saturday class will be taught in Spanish

Junior Pickleball Lessons (7-10yrs): Learn to Play **NEW!**

For young players with no previous pickleball experience. This class inspires a lifelong passion for pickleball while introducing the basics of rallying, serving and scoring with a focus on developing consistency and confidence. 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Apr 25-May 23 1:00pm-2:00pm
Reg #: 614754 \$126.25/5 sess
Off Site - King George Gymnasium

West End Community Centre

Youth Pickleball Lessons (11-14yrs): Learn to Play **NEW!**

For young players with no previous pickleball experience. This class inspires a lifelong passion for pickleball while introducing the basics of rallying, serving and scoring with a focus on developing consistency and confidence. 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Apr 25-May 23 3:00pm-4:00pm
Reg #: 614768 \$126.25/5 sess
Off Site - King George Gymnasium

Family Pickleball: Learn to Play **NEW!**

Pickleball is more than just fun, it's a family-friendly game that is easy to learn, promotes teamwork, and encourages a healthy, active lifestyle. This class introduces basic gameplay techniques with a focus on developing confidence, rally skills and knowledge of point play tactics. Each youth (7-17 years) must register with an adult partner (18+); participants not registered as a family (child and supervising adult) will be withdrawn and/or transferred to a more suitable program. Paddles are provided. See you on the courts! 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Apr 25-May 23 2:00pm-3:00pm
Reg #: 614756 \$137.5/5 sess
Off Site - King George Gymnasium

"Rally Stars" Beginner Tennis Lessons (6-8 yrs) **NEW!**

The perfect introductory tennis course for children aged 6-8. 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Su Apr 26-May 24 9:15am-10:15am
Reg#: 614708 \$142.65/5 sess
Off Site - King George Tennis Courts

"Rally Stars" Advanced Beginner Tennis Lessons (6-8 yrs) **NEW!**

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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Su Apr 26-May 24 10:15am-11:15am
Reg #: 614710 \$142.65/5 sess
Off Site - King George Tennis Courts

"Ace Academy" Beginner Tennis (9-12yrs) **NEW!**

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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Tu May 5-Jun 23 4:30pm-5:30pm
Reg #: 614699 \$228.24/8 sess
Off Site - King George Tennis Courts

"Ace Academy" Advanced Beginner Tennis (9-12yrs) **NEW!**

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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Tu May 5-Jun 23 5:30pm-6:30pm
Reg#: 614702 \$228.24/8 sess
Off Site - King George Tennis Courts

Licensed Kinder Camp 2019/2020 birth years

This fun-filled, licensed program offers children a chance to socialize with friends while experiencing a variety of crafts, games, sports, science, and adventure activities. Join us for exciting outings, playing at new playgrounds, exploring different occupations, baking, swimming in pools, splashing in water parks, relaxing at beaches, and much more! Our experienced instructors are trained in early childhood education (0-12 years old care).

Age: All children must have completed Kindergarten/Grade 1 and be born in 2020/2019 to be eligible for the 5-6-year-old program. No exceptions will be made, as per School Age Care Licensing regulations.

Program fees before Child Care Fee Reduction:

Licensed Squirrel Camp

Week 1 Jun 29-Jul 3	Reg #: 616431
9:30am-4:30pm	\$212/4 sess
Week 2 Jul 6-Jul 10	Reg #: 616361
9:30am-4:30pm	\$265/5 sess
Week 3 Jul 13-Jul 17	Reg #: 616362
9:30am-4:30pm	\$265/5 sess
Week 4 Jul 20-Jul 24	Reg #: 616363
9:30am-4:30pm	\$265/5 sess
Week 5 Jul 27-Jul 31	Reg #: 616364
9:30am-4:30pm	\$265/5 sess
Week 6 Aug 4-Aug 7	Reg #: 616365
9:30am-4:30pm	\$212/4 sess
Week 7 Aug 10-Aug 14	Reg #: 616366
9:30am-4:30pm	\$265/5 sess
Week 8 Aug 17-Aug 21	Reg #: 616367
9:30am-4:30pm	\$265/5 sess
Week 9 Aug 24-Aug 28	Reg #: 616368
9:30am-4:30pm	\$265/5 sess

Haro Room, Barclay Room

Licensed Chipmunk Camp

Week 1 Jun 29-Jul 3	Reg #: 616359
9:30am-4:30pm	\$212/4 sess
Week 2 Jul 6-Jul 10	Reg #: 616397
9:30am-4:30pm	\$265/5 sess
Week 3 Jul 13-Jul 17	Reg #: 616401
9:30am-4:30pm	\$265/5 sess
Week 4 Jul 20-Jul 24	Reg #: 616404
9:30am-4:30pm	\$265/5 sess
Week 5 Jul 27-Jul 31	Reg #: 616407
9:30am-4:30pm	\$265/5 sess
Week 6 Aug 4-Aug 7	Reg #: 616408
9:30am-4:30pm	\$212/4 sess
Week 7 Aug 10-Aug 14	Reg #: 616410
9:30am-4:30pm	\$265/5 sess
Week 8 Aug 17-Aug 21	Reg #: 616411
9:30am-4:30pm	\$265/5 sess
Week 9 Aug 24-Aug 28	Reg #: 616414
9:30am-4:30pm	\$265/5 sess

Preschool Room

West End Community Centre

Summer Day Camps

Join our exciting summer day camp programs, designed for a range of ages and experience levels! Each week will include games, sports, crafts and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. 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. No session Jul 1 and Aug 3.

Day Camp Adventures (6-7yrs)

M Tu Th F Week 1 Jun 29-Jul 3	9:00am-3:30pm
Reg #: 602562	\$144/4 sess
M-F Week 2 Jul 6-Jul 10	9:00am-3:30pm
Reg #: 602563	\$180/5 sess
M-F Week 3 Jul 13-Jul 17	9:00am-3:30pm
Reg #: 602564	\$180/5 sess
M-F Week 4 Jul 20-Jul 24	9:00am-3:30pm
Reg #: 602565	\$180/5 sess
M-F Week 5 Jul 27-Jul 31	9:00am-3:30pm
Reg #: 602566	\$180/5 sess
Tu-F Week 6 Aug 4-Aug 7	9:00am-3:30pm
Reg #: 602567	\$144/4 sess
M-F Week 7 Aug 10-Aug 14	9:00am-3:30pm
Reg #: 602568	\$180/5 sess
M-F Week 8 Aug 17-Aug 21	9:00am-3:30pm
Reg #: 602569	\$180/5 sess
M-F Week 9 Aug 24-Aug 28	9:00am-3:30pm
Reg #: 602570	\$180/5 sess

Day Camp Discoveries (7-8yrs)

M Tu Th F Week 1 Jun 29-Jul 3	9:00am-3:30pm
Reg #: 602571	\$144/4 sess
M-F Week 2 Jul 6-Jul 10	9:00am-3:30pm
Reg #: 602572	\$180/5 sess
M-F Week 3 Jul 13-Jul 17	9:00am-3:00pm
Reg #: 602573	\$180/5 sess
M-F Week 4 Jul 20-Jul 24	9:00am-3:30pm
Reg #: 602574	\$180/5 sess
M-F Week 5 Jul 27-Jul 31	9:00am-3:30pm
Reg #: 602575	\$180/5 sess
Tu-F Week 6 Aug 4-Aug 7	9:00am-3:30pm
Reg #: 602576	\$144/4 sess
M-F Week 7 Aug 10-Aug 14	9:00am-3:30pm
Reg #: 602577	\$180/5 sess
M-F Week 8 Aug 17-Aug 21	9:00am-3:30pm
Reg #: 602578	\$180/5 sess
M-F Week 9 Aug 24-Aug 28	9:00am-3:30pm
Reg #: 602579	\$180/5 sess

Day Camp Voyages (9-12yrs)

M Tu Th F Week 1 Jun 29-Jul 3	9:00am-3:30pm
Reg #: 602580	\$144/4 sess
M-F Week 2 Jul 6-Jul 10	9:00am-3:30pm
Reg #: 602581	\$180/5 sess
M-F Week 3 Jul 13-Jul 17	9:00am-3:30pm
Reg #: 602582	\$180/5 sess
M-F Week 4 Jul 20-Jul 24	9:00am-3:30pm
Reg #: 602583	\$180/5 sess
M-F Week 5 Jul 27-Jul 31	9:00am-3:30pm
Reg #: 602584	\$180/5 sess
Tu-F Week 6 Aug 4-Aug 7	9:00am-3:30pm
Reg #: 602585	\$144/4 sess
M-F Week 7 Aug 10-Aug 14	9:00am-3:30pm
Reg #: 602586	\$180/5 sess
M-F Week 8 Aug 17-Aug 21	9:00am-3:30pm
Reg #: 602600	\$180/5 sess
M-F Week 9 Aug 24-Aug 28	9:00am-3:30pm
Reg #: 602588	\$180/5 sess

West End Arena Dry Floor

Summer Day Camp Registration Update

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

Registration opens:

- Online & In-Person: Wednesday, April 8 at 7 pm
- By Phone: Thursday, April 9 at 10 am

Tip: Make sure your ActiveNet account is up to date before registration day.

Each community centre will feature its summer day camp programs in their upcoming recreation guide. Check release dates for guides here <https://vancouver.ca/parks-recreation-culture/daycamps-and-childcare-community-centres.aspx>

Day Camp Refund Policy:

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.

New Day Camp Hours

Please note that we've updated our Summer Day Camp hours. Camp will now begin **earlier, at 9:00am**. After Care hours remain unchanged, from **3:30pm-5:30pm**. Before Care is no longer offered.

More Day Camps at Coal Harbour CC

See pages 33-35 ...

Day Camp - After Care (6-12 yrs)

After Care is only available to children registered in Adventures, Discoveries or Voyages 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. No session Jul 1 and Aug 3.

M Tu Th F Week 1 Jun 29-Jul 3	3:30pm-5:30pm
Reg #: 602544	\$40/4 sess
M-F Week 2 Jul 6-Jul 10	3:30pm-5:30pm
Reg #: 602545	\$50/5 sess
M-F Week 3 Jul 13-Jul 17	3:30pm-5:30pm
Reg #: 602546	\$50/5 sess
M-F Week 4 Jul 20-Jul 24	3:30pm-5:30pm
Reg #: 602547	\$50/5 sess
M-F Week 5 Jul 27-Jul 31	3:30pm-5:30pm
Reg #: 602548	\$50/5 sess
Tu-F Week 6 Aug 4-Aug 7	3:30pm-5:30pm
Reg #: 602549	\$40/4 sess
M-F Week 7 Aug 10-Aug 14	3:30pm-5:30pm
Reg #: 602550	\$50/5 sess
M-F Week 8 Aug 17-Aug 21	3:30pm-5:30pm
Reg #: 602551	\$50/5 sess
M-F Week 9 Aug 24-Aug 28	3:30pm-5:30pm
Reg #: 602552	\$50/5 sess

West End Arena Dry Floor

West End Community Centre

Early Years

Dance

Frozen Ballet (3.5-5yrs)

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

M-F Aug 10-Aug 14 **9:15am-10:30am**

Reg #: 610797

\$109/5 sess

Denman Room

Fairytale Remix (4-6yrs) **NEW!**

Classic fairytales meet movement and imagination in Fairytale Remix. Young dancers bring princes, princesses, heroes, and magical creatures to life through ballet and jazz-inspired movement. This camp encourages creativity, listening skills, and confidence while introducing basic dance technique in a fun and engaging way. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 **10:45am-12:00pm**

Reg #: 610809

\$109/5 sess

Denman Room

Mini Hip Hop Playground (4-6yrs) **NEW!**

Hip Hop Playground: 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. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com More info: www.KirbySnelldance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 **12:30pm-1:45pm**

Reg #: 610811

\$109/5 sess

Denman Room

Children

Dance

Hip Hop Playground (6-9yrs) **NEW!**

Hip Hop Playground: 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. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com More info: www.KirbySnelldance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 **2:00pm-3:15pm**

Reg #: 610812

\$109/5 sess

Denman Room

Superhero Training Academy Camp (6-9yrs) **NEW!**

Calling all superheroes! In this action-packed camp, dancers train their superpowers through big movements, jumps, spins, and creative dance challenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

M-F Jul 20-Jul 24 **9:30am-12:00pm**

Reg #: 610788

\$219/5 sess

Denman Room

Pop Star Playground Dance Camp (6-10yrs) **NEW!**

Pop Star Playground is a joyful introduction to performance and self-expression. Using upbeat, age-appropriate music, dancers explore jazz and creative movement through fun combos, dance games, and playful stage moments. This camp builds confidence, rhythm, and coordination while keeping the focus on fun, friendship, and movement. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

M-F Jul 20-Jul 24 **12:30pm-3:00pm**

Reg #: 610790

\$219/5 sess

Denman Room

Creative Arts

Feature Film Making (9-14yrs)

Lights, camera, action! Step into the world of filmmaking with Film Camp in a Box. In this hands-on camp, young filmmakers will explore every stage of production from scriptwriting and cinematography to digital editing—using tools like Final Cut, iMovie, and Canva. Equipped with 4K cameras, drones, green screens, and more, campers will create and star in their own short film and movie trailer. They'll enhance their projects with special effects, music, and AI-composed soundtracks. The week wraps up with a red-carpet premiere on the final day, showcasing their cinematic masterpieces. Unleash your creativity and experience the magic of filmmaking!

Instructor: Film Camp In A Box

M-F Jul 6-Jul 10 **9:15am-4:15pm**

Reg #: 610780

\$365/5 sess

M-F Aug 24-Aug 28 **9:15am-4:15pm**

Reg #: 610782

\$365/5 sess

Denman Room

Escape Artist Summer Camp (11-15yrs)

Escape Artist: Summer Camp 2026 is a beginner friendly crash course into the exciting world of escape room design. For the imaginative at heart, creative writers, and gamers who enjoy puzzles, we'll need your vision. You'll learn how to conceptualize and explore ideas into engaging experiences and develop your own concepts. Participants will be introduced to various formats of an escape room experience while learning secrets of art and puzzle creation. Fundamentals of teamwork will be demonstrated by all to master problem solving into your journey of becoming an escape artist. Participants are encouraged to bring a laptop.

Instructor: James Lozano

M-F Jul 13-Jul 17 **12:00pm-3:00pm**

Reg #: 611794

\$130/5 sess

M-F Aug 10-Aug 14 **12:00pm-3:00pm**

Reg #: 612213

\$130/5 sess

Meeting Room 2



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

Youth

Education

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 and First Aid

Su May 17	10:00am-3:00pm
Reg #: 608696	\$90/1 sess
Su Jun 21	10:00am-3:00pm
Reg #: 608698	\$90/1 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 and First Aid

Su Apr 12	9:30am-4:30pm
Reg #: 607287	\$90/1 sess
Su May 10	9:30am-4:30pm
Reg #: 608687	\$90/1 sess
Su Jun 7	9:30am-4:30pm
Reg #: 608690	\$90/1 sess

Barclay Room



Interested in volunteering with us?

You can connect with us on Instagram: @wechouth

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 and First Aid

Sa Apr 25	9:30am-12:30pm
Reg #: 608711	\$85/1 sess
Su Jun 14	9:30am-12:30pm
Reg #: 608712	\$85/1 sess

Barclay Room

Emergency First Aid with CPR/AED

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

Instructor: Foundations Safety and First Aid

Sa Apr 25	9:30am-2:00pm
Reg #: 608704	\$115/1 sess
Su Jun 14	9:30am-2:00pm
Reg #: 608705	\$115/1 sess

Barclay Room

Standard First Aid CPR/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 and First Aid

Sa Apr 25	9:30am-4:45pm
Reg #: 608700	\$160/1 sess
Su Jun 14	9:30am-4:45pm
Reg #: 608701	\$160/1 sess

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 Spring Projects Include: Election of 5 Executives, New Youth Initiatives & Fundraisers. This 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 18-Jun 11	3:30pm-5:00pm
Reg #: 578577	\$0/37 sess

Stanley Court Room



Friday Night Open Gym

FREE program for youth in grades 8-12 (ages 13-18). All youth are welcome to drop-in and shoot hoops, bump balls or swing a racquet (space permitting). Open Gym has in/ out privileges- this is for enrollment/ admin purposes only.

Instructor: Non Instructional

Coal Harbour:	7:15pm-8:45pm
F Apr 17-May 1	
West End:	6:15pm-8:45pm
F May 8-Jun 26	
Reg #: 612480	\$0/11 sess

Coal Harbour Community Centre - Gymnasium

A glance at Youth Office Spring Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
3:30-6:30	3:30-5:30	3:30-5:00	After School	1:00-4:00
General Drop-ins @West End	General Drop-ins @West End	Youth Council Meeting @West End	Teen Night @Coal Harbour, Pre Teen Night @Coal Harbour	General Drop-ins @West End

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.

Instructor: Mary Friesen

Set 1

M Apr 13-May 11	12:30pm-7:00pm
Stanley Court Room	\$140/5 sess
W Apr 8-May 13	12:30pm-7:30pm
Meeting Room 3	\$168/6 sess

Set 2

M May 25-Jun 15	12:30pm-7:00pm
Stanley Court Room	\$112/4 sess
W May 20-Jun 17	12:30pm-7:30pm
Meeting Room 3	\$140/5 sess

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.

Instructor: Rene Hugo-Sanchez

W Apr 15-Jun 17	5:00pm-8:30pm
Reg #: 607078-607674	\$240/10 sess
English Bay 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 Apr 11-May 30	10:30am-12:00pm
Reg #: 607952	\$101/8 sess
Stanley Court Room	

A Musical Journey from Gospel to Soul to Funk and Hip Hop

Gospel music partly evolved from songs slaves sang on plantations; mostly work songs and the protestant hymns they sang in church. As gospel became more popular and lead singers began to develop solo careers, they melded their gospel style vocals with secular lyrics, which in turn came to be known as soul or R&B music. When DJ Herc put 2 turntables together in 1974, we see the full musical journey from Gospel to Hip Hop. Drop-in \$30, Space Permitting. No Session April 24 & May 22

Instructor: John Mitchell

F Apr 17-Jun 5	11:00am-12:45pm
Reg #: 607960	\$140/6 sess
Stanley Court 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 Class on May 18. Drop-in \$15

Instructor: Natalia Alexandrova

M Apr 13-Jun 29	7:15pm-8:50pm
Reg #: 608287	\$127/11 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 class May 4 & 18.

Instructor: Estelle Liebenberg

M Apr 13-Jun 29	5:45pm-8:45pm
Reg #: 607108	\$350/11 sess

Instructor: Mitra Mahmoodi

W Apr 8-Jun 24	5:45pm-8:45pm
Reg #: 608028	\$420/12 sess

Instructor: Estelle Liebenberg

Th Apr 9-Jun 25	10:00am-1:00pm
Reg #: 607110	\$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 Class May 18

Instructor: Kylee Burt

M Apr 13-Jun 29	11:00am-2:00pm
Reg #: 608026	\$385/11 sess
Pottery Studio	

Pottery Open Studio

To attend, you must have previous experience working with ceramics, preferably in a pottery class with WECC, and be able to work unassisted, as this session does not have an instructor. Participants must know basic pottery techniques including proper wheel throwing or hand building and proper glaze application. If this is your first time registering at the West End Pottery studio, the pottery manager may send you a knowledge assessment to verify your experience. You must fill out the assessment prior to your first session. If you do not have enough experience your registration fee will be refunded and classes will be recommended. Participants must purchase clay from our studio - no outside clay will be permitted. Some communal tools provided, participants can bring their own tools or purchase a kit on their first day. A cubby will be provided for works in progress - no personal belongings or tools can be stored. Due to limited space, you are only permitted to attend the session you are registered in. No new enrollments will be processed following the second class. No session May 18.

Instructor: No Instructor

Session A

M Apr 13-Jun 29	5:45pm-8:45pm
Reg #: 611421	\$253/11 sess

Session B

Tu Apr 7-Jun 23	5:45pm-8:45pm
Reg #: 611422	\$276/12 sess

Session C

W Apr 8-Jun 24	11:00am-2:00pm
Reg #: 611423	\$276/12 sess

Session D

Su Apr 5-Jun 21	10:15am-1:15pm
Reg #: 611425	\$276/12 sess

Session E

Su Apr 5-Jun 21	1:30pm-4:30pm
Reg #: 611426	\$276/12 sess
Pottery Studio	

West End Community Centre

Pottery Workshops with Serena

Pottery: Cherry Blossom Handbuilding Tableware

Spring is in the air and what better way to celebrate our beautiful city than creating dishes with the iconic cherry blossom theme? A great introduction to slab pottery that will all be food-safe. From cherry blossom shaped trinket plates, to stenciled and hand-painted flowers, we'll explore a variety of surface decoration on dishware. No Session April 16

Instructor: Serena Chu

Th Apr 9-Apr 23 6:30pm-8:30pm
Reg #: 611437 \$90/2 sess
Pottery Studio

Pottery: Pottery: Handbuilding Dinner Tableware Set

Make your own dishware set in this 4-part course! You will be making a dinner plate, a side plate, a bowl, a cup and some small dishes if time allows. Learn how to prep your clay slabs, make strong joints and use the templates provided. In our last class we will be glazing our work to make it food safe. Beginner friendly, all materials included. No Session May 21

Instructor: Serena Chu

Th Apr 30-May 28 6:30pm-8:30pm
Reg #: 611438 \$180/4 sess
Pottery Studio

Pottery: Modern Charcuterie Platter

Learn how to make an organic shaped charcuterie platter with room for crackers, cheese and a little well for a condiment. We'll also be using sprig moulds, texture rollers and stamps to customize your one-of-a-kind platter. Beginner friendly, all materials included. No Session May 28

Instructor: Serena Chu

Th May 21-Jun 4 6:30pm-8:30pm
Reg #: 611447 \$90/2 sess
Pottery Studio

Pottery: Wheel Throwing Intensive-Centering & Wall Building

Do you want to improve your centering and wall structure? This multi-part skill-building class will help 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 Jun 11-Jun 25 6:30pm-8:30pm
Reg #: 611448 \$135/3 sess
Pottery Studio

Pottery Workshops with Lisa

Pottery: Clay Bird Feeder

Get your hands dirty and make something for the birds! In this fun, beginner-friendly two-night pottery workshop, you'll create your own hanging clay bird feeder using handbuilding techniques like slabs and coils. No experience needed — just bring your creativity. The first class focuses on building and adding texture or details, and the second class is all about glazing and color. All materials are included. No Session April 17.

Instructor: Lisa Warren

F Apr 10-Apr 24 6:00pm-8:00pm
Reg #: 611449 \$90/2 sess
Pottery Studio

Pottery: Handmade Colander

In this two-night workshop, you'll create your own ceramic colander from start to finish, no experience needed! It's perfect for rinsing fruits and vegetables, or simply displaying on your counter. Your instructor will demonstrate multiple hand-building techniques, including slab rolling, pinching, and using the extruder. You'll also have the option to add handles and personalize your design. During the second class, you'll learn how to glaze and finish your custom piece. A great introduction to pottery — beginners welcome. All materials are included. No Session April 24

Instructor: Lisa Warren

F Apr 17-May 1 6:00pm-8:00pm
Reg #: 611450 \$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. Beginners welcome. All materials included. No session May 15

Instructor: Lisa Warren

F May 8-May 22 6:00pm-8:00pm
Reg #: 611451 \$90/2 sess
Pottery Studio

Pottery: Make a Handmade Mug in Two Nights

In this two-night workshop you'll make a mug from start to finish. No experience necessary. 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. Beginners welcome. All materials included. No Session May 22

Instructor: Lisa Warren

F May 15-May 29 6:00pm-8:00pm
Reg #: 611452 \$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 the 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 Jun 5 6:00pm-8:00pm
Reg #: 611453 \$65/Person
F Jun 19 6:00pm-8:00pm
Reg #: 611455 \$65/Person
Pottery Studio

Photography

Photography Basics in One Day

Learn the basic and most important settings on your digital or film camera including: exposure modes, aperture, shutter speed, depth-of-field, white balance, flash, and ISO. This one-day class includes a comprehensive set of class notes and a field trip in the neighbourhood. Please bring a camera with instruction manual. Please note: course is best suited for digital or film cameras with manual exposure control.

Instructor: Jo Ann Kronquist

Su May 3 10:00am-12:00pm
Reg #: 611548 \$95/Person
Meeting Room 2

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 two rolls 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 an exposed roll of black and white film (excluding Ilford XP2) in either 35mm or 120 format for the first day of class. Please make sure to test the camera you are planning to use.

Instructor: Kathy Kinakin

Tu Apr 7-May 12 5:45pm-8:45pm
Reg #: 608001 \$198/6 sess
Tu May 19-Jun 23 5:45pm-8:45pm
Reg #: 608002 \$198/6 sess

Instructor: Maya Schueller Elmes

Th Apr 9-May 14 5:45pm-8:45pm
Reg #: 611761 \$198/6 sess
Th May 21-Jun 25 5:45pm-8:45pm
Reg #: 611762 \$198/6 sess
Dark Room

West End Community Centre

Creative Arts

Art Inspiration with Oil Painting

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

Instructor: Kira Shulgina

Set 1

M Apr 13-May 11 6:30pm-8:30pm
Reg #: 608024 \$125/5 sess

Set 2

M May 25-Jun 29 6:30pm-8:30pm
Reg #: 608025 \$150/6 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 Apr 9-May 21 5:30pm-6:45pm
Reg #: 614440 \$140/7 sess

Set 2

Th Jun 4-Jun 25 5:30pm-6:45pm
Reg #: 614441 \$80/4 sess
Bidwell Room

Watercolour Painting

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

Instructor: Mohammad Reza Atashzad

Set 1

Th Apr 9-May 21 6:45pm-8:45pm
Reg #: 608265 \$210/7 sess

Set 2

Th Jun 4-Jun 25 6:45pm-8:45pm
Reg #: 608268 \$120/4 sess
Bidwell Room

Luxurious Oil Pastels

Curious about oil pastels or ready to take your skills further-These comfy, hands-on classes are open to everyone?whether you are brand new or have some experience. We'll play with color, texture, and mark-making as we explore a variety of subjects like still life, landscapes, portraits, and abstract art. You'll get to try different surfaces and techniques making luxurious marks and colors, discovering how fun and expressive this vibrant medium can be. This is a friendly, welcoming, fun space where experimentation is encouraged, and individual guidance is always available to support your own unique style. Come ready to explore, connect, and enjoy the process. Supply list email: nsyffayerman@gmail.com

Instructor: Faye Fayerman

Set 1

W Apr 15-May 13 6:30pm-8:30pm
Reg #: 611630 \$115/5 sess

Set 2

W May 20-Jun 24 6:00pm-8:00pm
Reg #: 611686 \$138/6 sess
Bidwell Room

Indigenous Beading Class for Adults

An exciting new class to try this Spring session! Learn Indigenous Beading with Gigi! This class will: Introduce you to the trading of different beads from cultures and the history of seed beads, shell beads, and glass beads. Make a beaded floral rosette and the class will be able to choose which colour combinations they want and a choice of seed or glass beads. You will also bead orange shirt pins for Residential School awareness. Choose your own design to bead for a keychain. Drop-in \$45.

Instructor: Gigi Charlebois

Su Apr 12-May 3 1:00pm-3:00pm
Reg #: 609948 \$140/4 sess

Su May 10-May 31 1:00pm-3:00pm
Reg #: 609949 \$140/4 sess

Meeting Room 2

One Day: Indigenous Beading Workshop for Adults

An exciting new class to try this Winter session! Learn Indigenous Beading with Gigi! 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 bead

Instructor: Gigi Charlebois

Su Jun 7 1:00pm-3:00pm
Reg #: 609952 \$35/Person

Su Jun 21 1:00pm-3:00pm
Reg #: 609954 \$35/Person

Meeting Room 2

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 Apr 18 10:00am-4:00pm
Reg #: 611549 \$95/Person
Barclay Room

Hand Bound Book with Accordion Spine

Learn traditional bookbinding techniques to create a beautiful hand bound book with an accordion fold or pleated spine. This hard cover book is unique in that the pages are sewn onto the folds of the accordion spine. Using mat board, decorative papers, and acid-free paper, participants will learn to measure, size paper and mat board, and miter corners. Once completed, this book takes on a sculptural quality. A recipe for traditional bookbinding paste is included. Please bring a ruler, utility knife, pencil, and eraser to class. Supply cost per student: \$25.00

Instructor: Jo Ann Kronquist

Sa Apr 25-Apr 25 10:00am-4:00pm
Reg #: 611550 \$95/Person
Haro Room

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

Free Trial

Th Apr 9 6:45pm-7:45pm
Reg #: 611747 Free

Th Apr 16-Jun 18 6:45pm-7:45pm
Reg #: 611750 \$180/10 sess
Dance Studio

West End Community Centre

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 Apr 16-Jun 18 **7:45pm-8:50pm**
Reg #: 611752 \$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 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 May 18.

Instructor: Gail (Rahma) Haddad

M Apr 13-Jun 22 **6:30pm-8:00pm**
Reg #: 609946 \$160/10 sess
Dance Studio

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 Apr 7-Jun 23 **7:15pm-8:45pm**
Reg #: 609947 \$180/12 sess
Dance Studio

Brazilian Rhythms

Brazilian Rhythms is a program that explores the Brazilian culture through dance. Classes are all levels where you can expect to push your limits and gain physical strength. You will learn new rhythms when diving into the Brazilian culture.

Instructor: Maira Daiha

F Apr 10-Jun 26 **7:00pm-8:00pm**
Reg #: 611458 \$210/12 sess
Dance Studio

Open Level Ballet **NEW!**

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.

Instructor: Maria Norberto

Apr
W Apr 15-Apr 29 **5:30pm-6:30pm**
Reg #: 612645 \$90/3 sess

May
W May 6-May 27 **5:30pm-6:30pm**
Reg #: 612650 \$120/4 sess

Jun
W Jun 3-Jun 24 **5:30pm-6:30pm**
Reg #: 612651 \$120/4 sess
Dance Studio

Move & Flow - Jazz-Based Choreography **NEW!**

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.

Instructor: Maria Norberto

Apr
W Apr 15-Apr 29 **6:30pm-7:30pm**
Reg #: 612652 \$84/3 sess

May
W May 6-May 27 **6:30pm-7:30pm**
Reg #: 612654 \$112/4 sess

Jun
W Jun 3-Jun 24 **6:30pm-7:30pm**
Reg #: 612656 \$112/4 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 Apr 9-Jun 11 **5:30pm-6:30pm**
Reg #: 608951 \$175/10 sess
English Bay Room

Drama

Voice-Over Acting Level I

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

Instructor: Sonja Bakker

Sa Apr 11-Apr 11 **9:30am-2:30pm**
Reg #: 608809 \$75/Person

Sa May 9-May 9 **9:30am-2:30pm**
Reg #: 608813 \$75/Person
Meeting Room 1

Voice-Over Acting Level II

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

Instructor: Sonja Bakker

Sa Apr 25 **9:30am-2:30pm**
Reg #: 608903 \$75/Person

Sa May 23 **9:30am-2:30pm**
Reg #: 608906 \$75/Person
Meeting Room 1

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 and First Aid

Sa Apr 25 **9:30am-12:30pm**
Reg #: 608711 \$85/1 sess

Su Jun 14 **9:30am-12:30pm**
Reg #: 608712 \$85/1 sess
Barclay Room

Emergency First Aid with CPR/AED

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

Instructor: Foundations Safety and First Aid

Sa Apr 25 **9:30am-2:00pm**
Reg #: 608704 \$115/1 sess

Su Jun 14 **9:30am-2:00pm**
Reg #: 608705 \$115/1 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.

West End Community Centre

Standard First Aid CPR/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 and First Aid

Sa Apr 25 9:30am-4:45pm

Reg #: 608700 \$160/1 sess

Su Jun 14 9:30am-4:45pm

Reg #: 608701 \$160/1 sess

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 Apr 7-Jun 30 6:30pm-8:30pm

Reg #: 611340 Free

Denman Room

Explore Creative Writing

In this class, you will have an opportunity to explore various writing styles, hone your fiction, creative non-fiction, poetry, plays, screenplays, and find your writing style, exploring character, plot, point of view, and story structure. You will be encouraged to put the final touches on your best work and get it ready to send to a publisher. Bring your pen and paper or laptop and Explore Creative Writing. No Class May 18

Instructor: Deborah Strulow

M Apr 13-Jun 29 6:30pm-8:30pm

Reg #: 607105 \$196/11 sess

Meeting Room 2

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 Apr 7-Jun 23 10:00am-11:30am

Reg #: 607955 Free

Meeting Room 2

Please register early!

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

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

Sign-up even if the class is free!

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

Sa Apr 18 12:30pm-4:30pm

Reg #: 608021 \$65/Person

Preschool

Hypnosis for Manifestation

We each intend and manifest automatically. However, instead of manifesting anything we don't prefer by default, you can learn to manifest by design what you prefer. Using hypnosis, you 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. You will learn three ingredients, seven steps, and three 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 \$35.00, space permitting.

Instructor: Kemila Zsange

Th May 7-May 21 6:00pm-8:00pm

Reg #: 608020 \$93/3 sess

Stanley Court Room

Future Life Progression

An unusual journey through time and space to a probable future of yours. In this session, you will be guided into deep trance, experience your future through progression, and see how time is not what you think. Physicists believe that all time is simultaneous, and because of that you have access to your own future self. This is about growth and experience, helping you now to make proper and wise decisions, and could be useful for motivating you to work towards your goals and you certainly will leave a session in a relaxed state, more inclined to focus on the things you want to achieve in life. Drop-in \$35, space permitting.

Instructor: Kemila Zsange

Sa May 30 1:00pm-4:00pm

Reg #: 608022 \$53/Person

Preschool

Dog Obedience - Walk This Way: Four-Week Workshop

Does your dog pull or lag on a leash? Are the finer points of following beside you a hard concept for your dog to understand? Come and have fun learning to teach your dog to walk beside you. This class is force-free training and helping your dog find their groove! We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. No new registrations are accepted after the class starts. There is no make-up class if you miss class. Please check your schedule before registering for this class. Thank you. Please ensure your dog wears a flat buckle collar, front-clipped harness, or head halter for the class. Pinch, choke, or shock collars are not allowed. Also, please refrain from using retractable leashes. Please note: This class does not address behavior issues that are unrelated to the workshop topics.

Instructor: Masumi Yoshinaga

W Apr 8-Apr 29 7:00pm-8:00pm

Reg #: 608260 \$150/4 sess

Auditorium

Dog Obedience - FUN Rally-O Foundation: Four-Week Workshop

This class combines Rally Obedience (Relax version) and Bonding Games. Each week, you will work on various movements and integrate them into FUN Rally Obedience. It is designed purely for enjoyment, but it also helps strengthen your bond with your dog and boost obedience skills. The ideal age for participants is dogs over six months with some prior training. This class does not focus on addressing behaviour problems. Rally-O is a sport based on obedience exercises, involving active warm-up and freestyle routines. It requires teamwork between the dog and handler and develops performance skills similar to those of traditional obedience. The handler moves around 10 to 20 designated stations with the dog in the heel position. At each station, a sign provides instructions for the specific exercise required of the dog. No new registrations are accepted after the class starts and there is no make-up class if you miss class. Please ensure your dog wears a flat buckle collar, front-clipped harness, or head halter for the class. Pinch, choke, or shock collars are not allowed. Please refrain from using retractable leashes. Please Note: This class does not focus on behavior modification. Dogs that are newly adopted or have little to no prior training experience should enroll in the Beginner Class to build core foundation skills.

Instructor: Masumi Yoshinaga

W May 6-May 27 7:00pm-8:00pm

Reg #: 608256 \$150/4 sess

Auditorium

West End Community Centre

Dog Obedience - Come when Called Foundation: Four-Week Works

Does your dog come back happily when you call? Are you getting tired of shouting at your dog to come back? Are you wondering why your dog doesn't come back? Let's learn the simple and fun steps of a wagging tail recall. This class is fun, but the team requires basic obedience skills, such as focus, sit, down, and stay. We use food, praise, and play, along with scientific learning principles, to teach your dog how to achieve these goals. No new registrations are accepted after the class starts and there is no make-up class if you miss class. Please ensure your dog wears a flat buckle collar, front-clipped harness, or head halter for the class. Pinch, choke, or shock collars are not allowed. Please refrain from using retractable leashes. Please note: This class does not address behavior issues that are unrelated to the workshop topics.

Instructor: Masumi Yoshinaga

W Jun 3-Jun 24 7:00pm-8:00pm
Reg #: 608255 \$150/4 sess
Auditorium

Goat Milk Soap Making

Learn to Make Goat Milk Soap using fresh, raw, unprocessed milk from a local farm. In class, students will learn the delicate process of incorporating this perishable ingredient into soap while maintaining the benefits of the lactic acid. Goat milk contains alpha-hydroxy acids such as lactic acid which help remove dead skin cells from your skin's surface. From pre-blended bases, make a long-lasting oat n? honey goat milk soap. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

W Apr 29 6:30pm-8:45pm
Reg #: 610086 \$60/Person
Preschool

The Magic of Magnesium

Are you battling Insomnia or struggling with restless leg syndrome, age related sleep changes, or joint pain? If so, this class is for you. Join us in this fun and informative class on the miracle mineral, Magnesium Chloride! In this class we will combine Magnesium Chloride with additional botanicals and essential oils to create relaxing products that will assist in a restful night's sleep! Make a Sleep Spray (or Pain), Magnesium Lotion, Mineral Bath Soak, and a Calming Body Oil. Recipes for hydrating Magnesium Oil. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Tu May 12 6:30pm-8:45pm
Reg #: 610011 \$50/Person
Preschool

West End Writers

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

Instructor: Deborah Strulow

W Apr 8-Jun 24 6:45pm-8:45pm
Reg #: 607106 Free
Stanley Court Room

VPD Women's Personal Safety Workshop

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Visit <https://vpd.ca/crime-prevention-safetywomens-personal-safety-team/>, for more info.

Instructor: VPD's Women's Personal Safety Team

W Apr 8 6:00pm-8:00pm
Reg #: 600328 \$0/1 sess
Dance Studio

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. For more information visit www.SpanishwithKaren.com. No class May 18

Instructor: Karen Lara

M Apr 13-Jun 22 6:10pm-7:25pm
Reg #: 607997 \$134/10 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 class May 18.

Instructor: Karen Lara

M Apr 13-Jun 22 7:30pm-8:45pm
Reg #: 607998 \$134/10 sess
English Bay Room

Spanish - Low Intermediate 1

This class is designed for those comfortable with the basic Spanish concepts in Beginners 1 and 2. You'll expand your skills in written and conversational Spanish as you learn to communicate using the past and future tense. Explore various phrases, verbs, and common mistakes. This course can be taken concurrently with Low Intermediate 2. No drop-ins. If you want to register past the third class, please contact Karen at www.SpanishwithKaren.com.

Instructor: Karen Lara

Sa Apr 11-Jun 13 2:00pm-3:15pm
Reg #: 607999 \$134/10 sess
Meeting Room 2

Spanish - Low Intermediate 2/Conversation

This level is for those who can speak Spanish at a basic level. You must have taken Beginner's 1 and Beginner's 2. The focus will be on conversation skills in more complex situations (i.e. talking about yourself and sharing your travel experiences). We'll also expand your reading and writing skills (i.e. composing emails and reading stories). This course can be taken concurrently with Low Intermediate 1. No drop-ins. If you want to register past the third class, please contact Karen at www.SpanishwithKaren.com.

Instructor: Karen Lara

Sa Apr 11-Jun 13 3:20pm-4:35pm
Reg #: 608000 \$134/10 sess
Meeting Room 2

Social

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 Class May 18

Instructor: No Instructor

M Apr 13-Jun 29 1:00pm-3:00pm
Reg #: 611311 \$10.45/11 sess
Auditorium

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: April 24: Carys Davies, Clear; May 22, Margaret Atwood, Oryx and Crake; June 26: Kate Atkinson, Case Histories. Coordinated by Ronda Lamour.

Coordinator: Ronda Larmour

F Apr 24-Jun 26 11:00am-12:00pm
Reg #: 608290 Free
Stanley Court Room

West End Community Centre

Social Lounge

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

Instructor: No Instructor

W Apr 1-Jun 24 **9:30am-11:30am**
Reg #: 611346 Free
Stanley Court 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. Beginners welcome. "Drop-ins welcome." No Session April 11, April 25, May 9, May 23 Non instructional program

Instructor: Non Instructional

Sa Apr 4-Jun 27 **10:00am-1:00pm**
Reg #: 611457 \$0/9 sess
Meeting Room 2

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 Apr 10-Jun 26 **1:30pm-4:00pm**
Reg #: 611456 \$0/12 sess
Bidwell Room

West End Food Network

WE Garden Club

Join West End Neighbourhood Food Network's Urban Garden Club and Village Vancouver at our monthly inclusive, family friendly gatherings. Each month we have a short presentation or discussion on a different food and/or gardening related topic. 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 Apr 19-Apr 19 **1:00pm-2:30pm**
Reg #: 611769 Free
Su May 24-May 24 **1:00pm-2:30pm**
Reg #: 611770 Free
Su Jun 28-Jun 28 **1:00pm-2:30pm**
Reg #: 611771 Free
English Bay Room

Wild and Edible Plants

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Laura Cisneros, you will discover the goodness of life giving plants that grow around us. You will explore what wild, edible, and medicinal plants can teach us about health, medicine making, and our connection to the Earth and our responsibility for this relationship which will take us into the future. 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 Apr 24 **6:30pm-8:30pm**
Reg #: 611779 \$21/Person
Bidwell Room

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. Participants will enjoy Kombucha tasting at the end of the class, and we'll provide handouts and online resources to support your learning. Free for Seniors (50 and over; \$6.75 materials fee only).

Instructor: West End Food Network

Tu May 5 **6:30pm-8:00pm**
Reg #: 611782 \$29.25/Person
Bidwell Room

Sauerkraut

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club hands-on workshop with Amy Weeks, learn how to make your own delicious sauerkraut at home using a mason jar. 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

W May 13 **6:30pm-8:30pm**
Reg #: 611772 \$28/Person
Barclay Room

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate!. In this joint 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

W Jun 10 **6:30pm-8:30pm**
Reg #: 611773 \$20/Person
Barclay Room

Grow Your Own Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. 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; \$10 materials fee only).

Instructor: West End Food Network

W Jun 17 **6:30pm-8:30pm**
Reg #: 611775 \$28/Person
Barclay Room

Health and 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.

Instructor: Kelly Maclean

Tu Apr 7-Jun 23 **7:15pm-8:15pm**
Reg #: 608013 \$192/12 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.

West End Community Centre

Tai Chi - 24 Form (suitable for beginners)

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

Tu Apr 7-Jun 23 6:15pm-7:15pm
Reg #: 608009 \$192/12 sess
Barclay Room

Holy Fire Reiki

Reiki is a gentle form of energy healing that supports deep relaxation, stress reduction, and overall well-being. In this introduction to Usui Reiki and Holy Fire Reiki, participants receive weekly guided meditations and live Holy Fire energy experiences. Sessions are done seated or lying down with soothing music. No prior experience is needed. This class offers rest, renewal, and a calming space to rebalance your energy.

Instructor: Lucky Lucky

Th Apr 2-Apr 30 6:45pm-8:45pm
Reg #: 608673 \$50/5 sess
English Bay Room

Circle of Life Reiki

Circle of Life Reiki is a gentle energy experience focused on chakra balance, clarity, and connection. Each session explores one chakra through guided meditation, Reiki energy activation, and reflective practices. This high-frequency energy supports insight into areas such as relationships, communication, intuition, and overall well-being. Sessions are done seated or lying down with soothing music. No prior experience is needed. This class offers a calm, supportive space for rest, renewal, and self-discovery.

Instructor: Lucky Lucky

Th May 7-Jun 25 6:45pm-8:45pm
Reg #: 608675 \$80/8 sess
English Bay Room

Yoga and Pilates

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 class on May 18.

Instructor: Jill Stoness

M Apr 13-Jun 22 5:30pm-6:40pm
Reg #: 608102 \$100/10 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 Apr 7-Jun 23 5:30pm-6:40pm
Reg #: 608107 \$120/12 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.

Instructor: Jill Stoness

Sa Apr 11-Jun 27 11:00am-12:05pm
Reg #: 608108 \$120/12 sess
Denman Room

Yoga To Connect & Uplift

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

Instructor: Melissa Holt

Su Apr 5-Jun 21 11:00am-12:15pm
Reg #: 611417 \$216/12 sess
English Bay Room

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 Apr 17-Jun 26 11:00am-12:15pm
Reg #: 607104 \$154/11 sess
English Bay Room

Gentle Yoga

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

Instructor: Sophie Ducharme

M Apr 13-May 11 5:00pm-6:15pm
Reg #: 608213 \$80/5 sess

M May 25-Jun 29 5:00pm-6:15pm
Reg #: 608214 \$96/6 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

Sa Apr 4-May 16 10:30am-11:45am
Reg #: 608916 \$112/7 sess

Sa May 23-Jun 27 10:30am-11:45am
Reg #: 608918 \$96/6 sess
Dance Studio

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

F Apr 10-May 15 9:15am-10:45am
Reg #: 608630 \$84/6 sess

F May 22-Jun 26 9:15am-10:45am
Reg #: 608667 \$84/6 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 May 18

Instructor: Sunrise Yoga Club

M W Apr 8-Jun 24 9:15am-10:15am
Reg #: 611342 \$11/22 sess
Denman Room

West End Community Centre

Fitness

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 Apr 9-May 14 6:00pm-7:00pm
Reg #: 607958 \$60/6 sess

Set 2

Th May 21-Jun 25 6:00pm-7:00pm
Reg #: 607959 \$60/6 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 Apr 7-Jun 23 5:30pm-6:30pm
Reg #: 608027 \$108/12 sess
Auditorium

Zumba Gold

A low impact dance-fitness class for beginners and seniors that uses zesty Latin music, Salsa, Cha Cha, Cumbia, Merengue, Rock n Roll, Twist and Charleston. Easy to follow moves create a dynamic and fun fitness class. 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.

Instructor: Zumba Vancouver

Set 1

M Apr 13-May 11 11:45am-12:45pm
Reg #: 609940 \$68.75/5 sess

W Apr 8-May 13 11:00am-12:00pm
Reg #: 609944 \$82.5/6 sess

Set 2

M May 25-Jun 29 11:45am-12:45pm
Reg #: 609943 \$82.5/6 sess

W May 20-Jun 24 11:00am-12:00pm
Reg #: 609945 \$82.5/6 sess
Auditorium

Super Sandbag Training

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

Instructor: Ivan Filippov

W Apr 8-Jun 24 6:00pm-7:00pm
Reg #: 607264 \$180/12 sess

Sa Apr 11-Jun 27 9:15am-10:15am
Reg #: 607265 \$180/12 sess
Denman 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 Apr 4-Jun 27 9:15am-10:15am
Reg #: 607115 \$91/13 sess

Dance Studio

Spin Class

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

Instructor: Emma Kidman

Sa Apr 4-Jun 27 9:15am-10:15am
Reg #: 607107 \$90/13 sess

Indoor Cycling Room

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 Apr 10-Jun 26 5:30pm-6:35pm
Reg #: 608104 \$120/12 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.

Martial Arts

Aikido

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for both beginner and advanced students. Drop-in \$15, with permission of instructor. No Class May 18, June 4, June 8

Instructor: Tony Hind (CAA)

M/Th Apr 9-Jun 25 6:00pm-7:15pm
Reg #: 608940 \$200/20 sess
Auditorium

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.

Instructor: Yulia Terekh

Apr

Th Apr 2-Apr 30 5:30pm-6:30pm

Sa Apr 4-Apr 25 11:30am-1:00pm

Reg #: 611545 \$135/13 sess

May

Th May 7-May 28 5:30pm-6:30pm

Sa May 2-May 30 11:30am-1:00pm

Reg #: 611546 \$135/14 sess

Jun

Th Jun 11-Jun 25 5:30pm-6:30pm

Sa Jun 13-Jun 27 11:30am-1:00pm

Reg #: 611547 \$90/9 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 \$7.00.

Instructor: Sean Wiseman

Su Apr 5-Jun 28 10:00am-12:00pm
Reg #: 611419 \$78/13 sess

Su Apr 5-Jun 28 12:30pm-2:30pm
Reg #: 611420 \$78/13 sess

Off Site - King George Gymnasium

West End Community Centre

Pickleball Lesson - Learn to Play

Come and learn this fun, exciting and social game everyone is talking about. Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for the beginner that is new or has played a few times. Your certified Pickleball instructor will teach you all the basics e.g. serve, return, dinking, technique, rules, how to keep score, court positioning and more. Each lesson will be finish with a few games. Drop-in \$30.00, no drop-ins after 2nd class. No session May 18th.

Instructor: Ruth Johnson

M May 4-Jun 29 **4:00pm-6:00pm**
Reg #: 612039 \$224/8 sess
West End Arena Dry Floor

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

M May 4-Jun 29 **12:00pm-1:00pm**
Auditorium \$100/each sess

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 Apr 7-Jun 23 **7:00pm-8:30pm**
Reg #: 612033 \$48/12 sess
Auditorium

Indoor Soccer

Vancouver weather means one thing: Indoor Soccer! Come and enjoy this fun atmosphere and burn off some of those extra calories. Some soccer experience is necessary. Registered spaces will be given to drop ins after 5 minutes. Drop-in \$7.00, space permitting.

Instructor: Abel Mohammadi

W May 6-Jun 24 **7:00pm-8:45pm**
Reg #: 611610 \$48/8 sess
West End Arena Dry Floor

Basketball - Competitive

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop in \$7.00, space permitting.

Instructor: Abel Mohammadi

Th May 7-Jun 25 **7:00pm-8:45pm**
Reg #: 611612 \$48/8 sess
West End Arena Dry Floor

Pickleball Court Rental

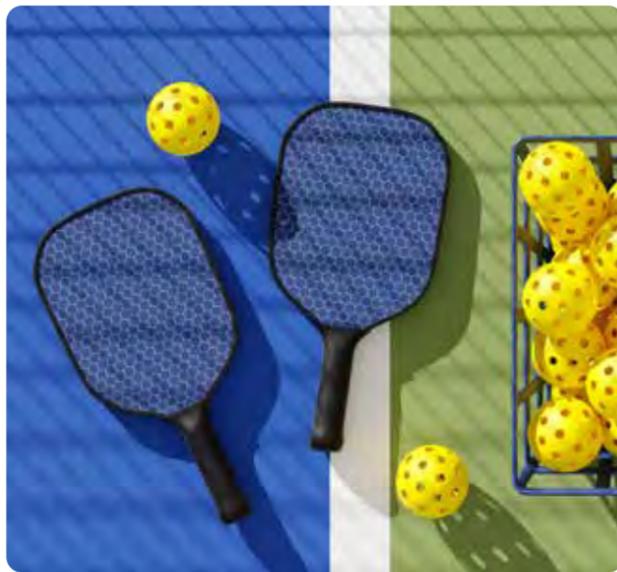
Reserve your own pickleball court for guaranteed fun for up to four players. There are 4 courts available for play per time slot. Each registration is a booking for one court.

Instructor: No Instructor

M May 4-Jun 22 **10:30am-12:00pm**
West End Arena Dry Floor \$28.57/Court Rental

M May 4-Jun 22 **12:15pm-1:45pm**
West End Arena Dry Floor \$28.57/Court Rental

M May 4-Jun 22 **2:00pm-3:30pm**
West End Arena Dry Floor \$28.57/Court Rental



Ball Hockey - Player - Mon

The west End Arena is back for the summer months. Join us for some fast paced ball hockey action on Monday. Helmet, goggles, mouth guard, and protective gear are strongly recommended. This is a recreational non-contact activity. Register for the full session to guarantee your spot or drop-in on a first come first serve basis. Players must supply their own stick, no black tape (white only please), and goalies play for free. Drop in \$7.00, space permitting. No session May 18

Instructor: Sean Wiseman

Goalie
M May 11-Jun 29 **7:00pm-8:45pm**
Reg #: 611609 Free/7 sess

Player
M May 11-Jun 29 **7:00pm-8:45pm**
Reg #: 611562 \$42/7 sess
West End Arena Dry Floor

1.0-1.5 NTRP - Adult Beginner Tennis Lessons

For players 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. BEGINNER PLAYERS ONLY (NTRP 1.0-1.5): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Tu May 5-Jun 23 **7:30pm-8:30pm**
Reg #: 614703 \$325.52/8 sess

W May 6-Jun 24 **7:30pm-8:30pm**
Reg #: 614704 \$325.52/8 sess

Off Site - 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.

BEGINNER PLAYERS ONLY (NTRP 1.0-1.5): Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Apr 25-May 23 **9:15am-10:15am**
Reg #: 614712 \$203.45/5 sess

Sa May 30 - Jun 27 **9:15am-10:15am**
Reg #: 614714 \$203.45/5 sess

Off Site - King George Tennis Courts

Please register early!

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

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

Sign-up even if the class is free!

West End Community Centre

2.0 NTRP - Women's Advanced Beginner Tennis Lessons

For women who can reliably rally 5-10 shots from the service line 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. **BEGINNER PLAYERS ONLY (NTRP 1.0-1.5):** Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Sa Apr 25-May 23	10:15am-11:45am
Reg #: 614717	\$305.20/5 sess
Sa May 30 - Jun 27	10:15am-11:45am
Reg #: 614718	\$305.20/5 sess

Off Site - King George Tennis Courts

2.0 NTRP - Adult Advanced Beginner Tennis Lessons

For players 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. **BEGINNER PLAYERS ONLY (NTRP 1.0-1.5):** Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

W May 6-Jun 24	5:30pm-7:00pm
Reg #: 614706	\$488.32/8 sess

Off Site - 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. **BEGINNER PLAYERS ONLY (NTRP 1.0-1.5):** Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

Tu May 5-Jun 23	6:30pm-7:30pm
Reg #: 614700	\$325.52/8 sess
Sa Apr 25-May 23	11:45am-1:15pm
Reg #: 614719	\$305.20/5 sess
Sa May 30 - Jun 27	11:45am-1:15pm
Reg #: 614721	\$305.20/5 sess

Off Site - King George Tennis Courts

2.5 NTRP - Pre-Intermediate Tennis Lessons for Adults

For players 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. **BEGINNER PLAYERS ONLY (NTRP 1.0-1.5):** Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult precisiontennis.ca/link/ntrp-rating-guide or contact hello@precisiontennis.ca / 236-515-6520 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: precisiontennis.ca/updates. See you on the courts!

Instructor: Precision Tennis Inc.

W May 6-Jun 24	7:00pm-8:30pm
Reg #: 614709	\$488.32/8 sess

Off Site - King George Tennis Courts

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.

Instructor: Susan Ingraham

Set 1

M Apr 13-May 11	11:00am-12:00pm
Reg #: 608920	\$45/5 sess

F Apr 10-May 15	11:00am-12:00pm
Reg #: 608936	\$54/6 sess

Set 2

M May 25-Jun 22	11:00am-12:00pm
Reg #: 608921	\$45/5 sess

F May 22-Jun 26	11:00am-12:00pm
Reg #: 608938	\$54/6 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 Apr 7-May 12	10:45am-11:45am
Reg #: 608925	\$54/6 sess

Th Apr 9-May 14	10:45am-11:45am
Reg #: 608929	\$54/6 sess

Set 2

Tu May 19-Jun 23	10:45am-11:45am
Reg #: 608927	\$54/6 sess

Th May 21-Jun 25	10:45am-11:45am
Reg #: 608930	\$54/6 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 May 18.

Instructor: Keno Kinoshita

M Apr 13-Jun 29	1:30pm-2:30pm
Reg #: 608190	\$76/11 sess

Dance Studio



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 May 18.

Instructor: Keno Kinoshita

M Apr 13-Jun 29	9:15am-10:45am
Reg #: 608193	\$113.85/11 sess
W Apr 8-Jun 24	9:15am-10:45am
Reg #: 608208	\$124.2/12 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.

Instructor: Anne O'Sullivan

W Apr 8-Jun 24	10:05am-11:05am
Reg #: 607085	\$93/12 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.

Instructor: Anne O'Sullivan

W Apr 8-Jun 24	9:05am-10:05am
Reg #: 607083	\$93/12 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 May 18.

Instructor: Keno Kinoshita

M Apr 13-Jun 29	11:30am-12:30pm
Reg #: 608197	\$129/11 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

Instructor: Irene Lugsdin

Set 1

W Apr 8-May 13	12:00pm-1:00pm
Reg #: 607259	\$54/6 sess

Set 2

W May 20-Jun 24	12:00pm-1:00pm
Reg #: 607260	\$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.

Instructor: Anne O'Sullivan

W Apr 8-Jun 24	11:15am-12:15pm
Reg #: 607089	\$77/12 sess

Denman Room

F Apr 10-Jun 26	12:30pm-1:30pm
Reg #: 607092	\$77/12 sess

Dance Studio

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.

Instructor: Asal Nikoopour

Set 1

W Apr 8-May 13	1:30pm-2:15pm
Reg #: 607100	\$51/6 sess

Set 2

W May 27-Jun 24	1:30pm-2:15pm
Reg #: 607103	\$42.5/5 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

W Apr 8-Jun 24	1:45pm-2:45am
Reg #: 607094	\$105/12 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 Apr 9-Jun 25	12:30pm-1:30pm
Reg #: 608946	\$108/12 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 Apr 9-Jun 25	9:15am-10:15am
Reg #: 607971	\$93/12 sess

Dance Studio

Social

Duplicate Bridge

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.

Coordinator: Jean VanDerley

Tu Apr 7-Jun 30	1:00pm-4:15pm
Reg #: 607266	\$6.5/13 sess

Th Apr 9-Jun 25	1:00pm-4:15pm
Reg #: 607267	\$6/12 sess

Bidwell Room

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

Let us help you reach your fitness goals! Our highly qualified staff will help you develop a fitness routine to help you meet your fitness needs and show you proper use of the equipment. Book in person or over the phone at 604-257-8342. Plan for 1 hour. Minimum age to use the Fitness Centre is 13 years. **Free with admission!**

Squash & Racquetball Court

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

Steam Room

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

Spring 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 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
	Fitness For Older Adults 9:00-10:00am		Fitness for Older Adults 9:00-10:00am		Stretch 10:00-10:30am
	Active Joints 10:00am-11:00am		Active Joints 10:00am-11:00am		
Posture Correction 4:30-5:00pm	Fitness for Youth 5:00-6:00pm		Fitness for Youth 5:00-6:00pm	Functional Strength 4:30-5:00pm	Program format is subject to change

FREE with Fitness Centre Admission (Drop-in, Flexipass or Usage Pass) Drop-In 30min programs
No registration. Space is limited. Please meet in the fitness centre. Ongoing.

FREE with Fitness Centre Admission (Drop-in, Flexipass or Usage Pass) Registered 60min, 4 week programs.
Maximum 4 registered. Please meet at the desk near the entrance to the Fitness Centre.

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.

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

Apr 7-Jun 11 10:00am-11:00am 610744
Fitness Centre



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!

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.

Apr 2-Apr 30 12:15-1:15pm
610743 \$136.30/5 sessions

Fitness for Older Adults (55+yrs) & Youth (13-18yrs)

Our knowledgeable fitness staff will guide participants through a four week program teaching exercises to cover all components of a complete fitness program. At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own. Each week will focus on a different component of the fitness program including: warm up and cool downs, strength, stretching, balance, and core. Please note that a completed Par-Q and Consent & Release are required. These forms are available for pick up at the main office. Free with fitness centre admission (drop-in, Flexipass or Usage Pass).

Fitness for Older Adults (55+yrs)
Apr 7-May 12 9:00am-10:00am 610737
May 19-Jun 23 9:00am-10:00am 610738
Fitness Centre

Fitness for Youth (13-18 yrs)
Apr 7-May 12 5:00pm-6:00pm 610740
May 19-Jun 23 5:00pm-6:00pm 610741
Fitness Centre



Coal Harbour Community Centre

Early Years

Creative

Art Adventure (3-5yrs)

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 \$20, space permitting. No session May 17.

Instructor: Samira Adab

Su Apr 12-Jun 21 11:30am-12:15pm
Reg #: 609218 \$180/10 sess
Meeting 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.

Instructor: Rise Arts Company

W Apr 15-Jun 10 4:00pm-4:45pm
Reg #: 608913 \$163.08/9 sess
Dance Studio

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 Apr 16-Jun 25 10:00am-11:30am
Reg #: 608688 \$198/11 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 Apr 14-Jun 30 10:00am-11:30am
Reg #: 608697 \$216/12 sess
Meeting Room

Coal Harbour Community Centre Closure Notice

Coal Harbour Community Centre will be closed from Tuesday, April 7 to Friday, April 10 due to scheduled maintenance. All programs and services will be paused during this time and will resume when the centre reopens on Saturday, April 11.

SPECIAL EVENTS



Easter Carnival

(2-7yrs)

Hippity, hoppity, spring has sprung! Join the Easter Bunny for easter games, arts & craft, play time. The excitement will also include a bouncy castle, face painting, and a photo booth! Parent participation is required. Pre-registration is recommended. (\$7/child, \$8.50/child on the day-of event, space permitting). No easter egg hunt.

Sa Apr 4 10:00am-12:00pm
590091 \$7/child

Playtime

Baby Jellyfish Playtime (0mth-18mth)

We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Please ensure that parents wear socks on the mat. No session Apr 3, 6 - 10, May 18.

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-4yrs)

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 Apr 3, 6 - 10, May 18.

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

Coal Harbour Community Centre

Early Learning Through Play (2.5-5yrs) **NEW!**

One session includes: circle time, sensory activity, creative activity or dramatic play. At the end of the session music and movements activities (yoga, dancing). Drop-in \$25, space permitting.

Instructor: Myroslava Kerniakevych

Sa May 9-Jun 27 12:00pm-1:00pm
Reg #: 614863 \$200/8 sess

Sa May 9-Jun 27 1:00pm-2:00pm
Reg #: 614864 \$200/8 sess

Sa May 9-Jun 27 2:00pm-3:00pm
Reg #: 614865 \$200/8 sess

Arts and Crafts 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.

Instructor: Mari Shiota

M Apr 13-Apr 27 10:00am-11:15am
Reg #: 608703 \$45/3 sess

M May 4-May 25 10:00am-11:15am
Reg #: 608706 \$45/3 sess

M Jun 1-Jun 22 10:00am-11:15am
Reg #: 608709 \$54/4 sess

Activity 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 Apr 11-Jun 20 10:20am-11:05am
Reg #: 604476 \$154/11 sess

(4-6yrs)
Sa Apr 11-Jun 20 1:20pm-2:05pm
Reg #: 604490 \$154/11 sess
Dance Studio

Intro to Gymnastics (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 Apr 12-Jun 14 10:15am-11:00am
Reg #: 603255 \$170/10 sess

Dance Studio

Mini Hip Hop Breakers (3-5yrs)

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

Instructor: Endorphin Rush Dance

Sa Apr 11-Jun 20 11:10am-11:55am
Reg #: 604478 \$154/11 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 [kirbysnelldance.com].

Instructor: Endorphin Rush Dance

Sa Apr 11-Jun 20 9:30am-10:15am
Reg #: 604473 \$154/11 sess

Dance Studio

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

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 Apr 16-Jun 25 2:00pm-2:30pm
Reg #: 610332 \$143/11 sess

Dance Studio

Music

Jump into Music

This one-of-a-kind music and movement program engages, educates, and entertains parents, guardians and children while on a musical journey through different styles and cultures. The research-based curriculum stimulates the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. Our classes inspire creativity and build confidence in little ones 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

F Apr 17-Jun 12 9:30am-10:20am
Reg #: 609579 \$180/9 sess

F Apr 17-Jun 12 10:30am-11:20am
Reg #: 609585 \$180/9 sess

F Apr 17-Jun 12 11:30am-12:20pm
Reg #: 609586 \$180/9 sess

Dance Studio



Physical Education

Baby & Me Yoga **NEW!**

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 Apr 14-May 19 10:00am-11:00am
Reg #: 603142 \$92/6 sess

(Set 2)
Tu May 26-Jun 23 10:00am-11:00am
Reg #: 603144 \$77/5 sess
Activity Room

Coal Harbour Community Centre

Sportball Junior (16m-2yrs)

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

Instructor: Sportball Vancouver

Set 1

W Apr 15-May 13 11:30am-12:15pm
Reg #: 608663 \$90/5 sess

Set 2

W May 20-Jun 24 11:30am-12:15pm
Reg #: 608664 \$108/6 sess

Activity Room



Sportball P&T Multisport (2-3yrs)

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

Instructor: Sportball Vancouver

(Set 1)

W Apr 15-May 13 12:15pm-1:00pm
Reg #: 608676 \$90/5 sess

(Set 2)

W May 20-Jun 24 12:15pm-1:00pm
Reg #: 608679 \$108/6 sess

Gymnasium

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 Apr 6, May 18.

Instructor: Manto (Makoto) Nakamura

Th Apr 23-Jun 25 3:30pm-4:30pm
Reg #: 602328 \$120/10 sess

M Apr 13-Jun 29 3:30pm-4:30pm
Reg #: 602326 \$132/11 sess

Gymnasium

Children

Creative

Art with Acrylic Paint and Different Medias! **NEW!**

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 Apr 20, May 18.

Instructor: Carolina Andrade

M Apr 13-Jun 15 4:50pm-5:50pm
Reg #: 603082 \$200/8 sess

Activity Room

Artists, Architects and Engineers!

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!

Instructor: Carolina Andrade

Tu Apr 14-Jun 9 5:00pm-6:00pm
Reg #: 603080 \$225/9 sess

Activity Room

Beginner Theatre

This exciting beginner program invites young actors to dive into the world of drama with short skits, drama games, lively improv and imaginative script writing sessions. Each class offers a chance to shine, building confidence through fun, in-class performances and plenty of laughter.

Instructor: Rise Arts Company

W Apr 15-Jun 10 5:00pm-6:00pm
Reg #: 608914 \$178.92/9 sess

Dance Studio

Origami for Kids: (5-10 yrs)

Hands. Mind, Papers! We will explore and enjoy the beauty of folding paper when Art and Math join together. To make it fun, we use some art mediums. Origami papers will be provided each session. Drop-in \$17, space permitting. No session May 17.

Instructor: Samira Adab

Su Apr 12-Jun 21 10:30am-11:15am
Reg #: 609217 \$150/10 sess

Meeting Room



Design & Architecture for Kids (7-12yrs)

Embark on a journey of architectural discovery with our engaging and playful hands-on classes designed for kids aged 7 to 12! Every week, young architects explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. Our afterschool classes invite students to discover diverse structures, innovative materials, and iconic spaces across cultures and history. Projects change every session so students can keep building with us! All supplies provided and students will bring home their models.

Instructor: Petit Architect Design For Kids Ltd.

Th Apr 16-Jun 4 4:45pm-6:00pm
Reg #: 610427 \$240/8 sess

Activity Room

Fun Colours - Oil Painting (6-14yrs)

We invite kids to create! At our art-oil painting classes there will be no boring still lifes, only brilliant, cheerful paintings! Create your own fun masterpieces in a friendly and creative atmosphere. NOTE: Art supplies list is available at the front desk, listed on registration receipts and online program information. No session Apr 9.

Instructor: Kira Shulgina

(Set 1)

Th Apr 2-May 14 6:30pm-8:00pm
Reg #: 609219 \$120/6 sess

Su Apr 5-May 17 12:45pm-2:15pm
Reg #: 609221 \$140/7 sess

(Set 2)

Th May 21-Jun 25 6:30pm-8:00pm
Reg #: 609220 \$120/6 sess

Su May 24-Jun 28 12:45pm-2:15pm
Reg #: 609222 \$120/6 sess

Activity Room/Arts and Crafts Room

Looking for
Licensed Childcare?

You will find it on page 5!

Coal Harbour Community Centre

Dance

Asian Pop / KPOP / Jazz Funk / Hip Hop Dance

You can be part of the exciting world of dance by possibly sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, and stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Learned skills showcasing will be announced throughout the course. Dress: dry indoor shoes with non-marking soles preferred (especially during rain/snow season), comfortable sports / loose / baggy clothing & face covering (as needed). Bring your water bottle and sufficient nut free snacks to fuel your student for an energetic workout! Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! We aim to have more than one teacher present for each class, especially for classes with more than 10-12 students. FB/IG @illumastudio.

Instructor: ILLUMA Studio

(6-9yrs)

Su Apr 5-Jun 28 2:30pm-3:30pm
Reg #: 603158 \$208/13 sess

(9-15yrs)

Su Apr 5-Jun 28 3:45pm-4:45pm
Reg #: 603160 \$208/13 sess
Dance Studio

Hip Hop / Jazz Fusion (6-8yrs)

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

Instructor: Endorphin Rush Dance

Sa Apr 11-Jun 20 12:30pm-1:15pm
Reg #: 604483 \$154/11 sess
Dance Studio

Rhythmic Gymnastics (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 Apr 12-Jun 14 11:00am-12:00pm
Reg #: 603256 \$190/10 sess
Dance Studio



Yoga Adventure: Move, Dance, Imagine (6-11yrs) **NEW!**

In this fun, interactive program, children explore the world of yoga through creative games, storytelling, and dance. Designed for ages 6-11yrs, 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. No session May 18.

Instructor: Nousha Vahidi

M Apr 13-Jun 22 4:00pm-4:30pm
Reg #: 610333 \$130/10 sess
Dance Studio

Education

Chess for Kids (8-14yrs) **NEW!**

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

(Set 1)

Sa Apr 4-May 9 10:30am-11:30am
Reg #: 609467 \$150/6 sess

(Set 2)

Sa May 16-Jun 27 10:30am-11:30am
Reg #: 609470 \$200/7 sess
Activity Room

Rubik's Cubes for Beginners (8-14yrs) **NEW!**

This class will teach children how to solve Rubik's Cube's in a fun and supportive environment. Solving Rubik's Cubes are great for a child's mental development and help improve critical thinking skills, memory and focus. Drop-in \$25, space permitting.

Instructor: Yakiv Hrabarchuk

(Set 1)

Sa Apr 4-May 9 9:30am-10:30am
Reg #: 609454 \$150/6 sess

(Set 2)

Sa May 16-Jun 27 9:30am-10:30am
Reg #: 609460 \$175/7 sess
Activity Room

Spanish for Children (6-9yrs)

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

Instructor: Eliana Rolando

W Apr 15-Jun 24 3:30pm-5:00pm
Reg #: 608649 \$170.50/11 sess
Activity Room

Table Tennis Lessons for Kids (8-14yrs) **NEW!**

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

(Set 1)

Sa Apr 4-May 9 11:30am-12:30pm
Reg #: 609472 \$150/6 sess

(Set 2)

Sa May 16-Jun 27 11:30am-12:30pm
Reg #: 609473 \$175/7 sess
Activity Room

Music

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. No session Apr 9.

Instructor: Alexandra Cai

Th Apr 2-Jun 25 4:30pm-8:30pm
Reg #: 609541-609558 \$336/11 sess
Meeting Room

Piano - 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 Apr 11-May 16 9:30am-4:15pm
Reg #: 603257-603269 \$168/6 sess

(Set 2)

Sa May 23-Jun 27 9:30am-4:15pm
Reg #: 603270-603283 \$168/6 sess
Meeting Room

Coal Harbour Community Centre

Martial Arts

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. Drop-in \$15, space permitting. No session Apr 6, 9, May 18.

Instructor: Sensei Moe Rahmanyman

(5-10yrs)	
M Th Apr 2-Jun 25	3:45pm-4:45pm
Reg #: 608764	\$286/22 sess
(11+yrs)	
M Th Apr 2-Jun 25	4:45pm-5:45pm
Reg #: 608800	\$286/22 sess
Multipurpose Room	



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 May 1-Jun 26	3:45pm-4:45pm
Reg #: 603799	\$135/9 sess
(8-15yrs)	
F May 1-Jun 26	5:00pm-6:00pm
Reg #: 603800	\$135/9 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.

Instructor: Yulia Terekh

Tu Apr 14-Jun 23	5:00pm-5:30pm
Reg #: 608834	\$137.50/11 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 Apr 8, 19, May 3, 17.

Instructor: Kevin Kwan

(4-6yrs)	
Su Apr 5-Jun 28	11:00am-12:00pm
Reg #: 604625	\$168/10 sess
(7-10yrs)	
Su Apr 5-Jun 28	12:00pm-1:00pm
Reg #: 604626	\$168/10 sess
(11-16yrs)	
Su W Apr 5-Jun 28	10:00am-11:00am
Reg #: 604624	\$319.83/21 sess
Su Apr 5-Jun 28	10:00am-11:00am
Reg #: 604631	\$168/10 sess
Multipurpose Room	

Physical Education

Baby & Me Yoga NEW!

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 Apr 14-May 19	10:00am-11:00am
Reg #: 603142	\$92/6 sess
(Set 2)	
Tu May 26-Jun 23	10:00am-11:00am
Reg #: 603144	\$77/5 sess
Activity Room	

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 Apr 17-Jun 12	3:30pm-4:30pm
Reg #: 608849	\$141.75/9 sess
(9-12yrs)	
F Apr 17-Jun 12	4:45pm-6:00pm
Reg #: 608850	\$153/9 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 Apr 6, May 18.

Instructor: Manto (Makoto) Nakamura

Apr 23-Jun 25	4:45pm-6:15pm
Reg #: 602329	\$150/10 sess
M Apr 13-Jun 29	4:45pm-6:15pm
Reg #: 602327	\$165/11 sess
Gymnasium	

Birthday Parties (2-7 yrs)

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

Add Ons

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

Additional \$50 for Activity Room extension. Add on dependent on availability, please give at least 2 weeks notice.

Saturdays	
1:30pm-3:30pm	\$130/party
Sundays	
11:30pm-1:30pm	\$130/party
Activity Room/Gymnasium	

Coal Harbour Community Centre

Summer Day Camps

Early Years

Fairytale Remix (4-6 yrs) **NEW!**

Classic fairytales meet movement and imagination in Fairytale Remix. Young dancers bring princes, princesses, heroes, and magical creatures to life through ballet and jazz-inspired movement. This camp encourages creativity, listening skills, and confidence while introducing basic dance technique in a fun and engaging way. Dancers participate without parents inside the room, but there will be a presentation for parents on the last day of camp. More info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Jul 27-Jul 31 9:15am-10:30am
Reg #: 615381 \$109/5 sess
Activity Room

Frozen Ballet Camp (3-5 yrs) **NEW!**

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. Dancers participate without parents inside the room. Bring your cameras! There will be a presentation for parents on the last day of camp. More info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 9:15am-10:30am
Reg #: 610766 \$109/5 sess
Activity Room

Summer Day Camp Registration Update

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

Registration opens:

- Online & In-Person: Wednesday, April 8 at 7 pm
- By Phone: Thursday, April 9 at 10 am

Tip: Make sure your ActiveNet account is up to date before registration day.

Each community centre will feature its summer day camp programs in their upcoming recreation guide. Check release dates for guides here <https://vancouver.ca/parks-recreation-culture/daycamps-and-childcare-community-centres.aspx>

Mini Hip Hop Playground (4-6 yrs) **NEW!**

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. Dancers participate without parents inside the room, but there will be a presentation for parents on the last day of camp. more info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Jul 27-Jul 31 10:45am-12:00pm
Reg #: 615382 \$109/5 sess
Activity Room

Under the Sea Dance Quest (4-6yrs) **NEW!**

Dive into an ocean of creativity! Under the Sea Dance Quest uses ballet, jazz, and creative movement to explore flowing, playful dances inspired by sea creatures and underwater adventures. Through storytelling, movement games, and music, dancers build coordination, confidence, and a love of dance while letting their imaginations swim free. Dancers participate without parents inside the room, but there will be a presentation for parents on the last day of camp. more info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 10:45am-12:00pm
Reg #: 610768 \$109/5 sess
Activity Room

Outdoor Tot Soccer Camp (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 and no cleats. Please bring a water bottle and your own soccer ball to the class. Outdoor Program at Devonian Harbour Park (1929 W Georgia St).

Instructor: Manto (Makoto) Nakamura

M-F Jul 6-Jul 10 2:15pm-3:30pm
Reg #: 610368 \$60/5 sess

M-F Jul 13-Jul 17 2:15pm-3:30pm
Reg #: 610369 \$60/5 sess

M-F Jul 20-Jul 24 2:15pm-3:30pm
Reg #: 610371 \$60/5 sess

M-F Jul 27-Jul 31 2:15pm-3:30pm
Reg #: 610365 \$60/5 sess

Off Site - Devonian Park

Registration Numbers = Quick Registration

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

Children

Amusement Parks Camp **NEW!**

Get ready for a ride around the world—no seat-belt required! Join Small Creative Lab for a fun-filled creative adventure exploring amazing amusement parks! In this hands-on summer camp, kids will discover what makes amusement parks so exciting—from thrilling roller coasters and giant Ferris wheels to colorful entrances, themed lands, and playful details. Campers will learn how designers and engineers imagine, plan, and build parks that bring joy, excitement, and wonder to millions of visitors. Then it's time to create! Kids will create their own amusement parks, creating imaginative 2D and 3D models of rides, parks, and attractions while developing creativity, problem-solving, and teamwork skills. Expect big loops, wild slides, spinning rides, and lots of imagination! All supplies are provided—just bring curiosity, big ideas, and a sense of adventure. This summer is all about designing, building, and dreaming big in a world full of fun! Please bring a nut free Snack and Lunch.

Instructor: Carolina Andrade

M-F Jul 6-Jul 10 9:15am-3:00pm
Reg #: 615810 \$395/5 sess
Activity Room

Architecture Around the World Camp with Petit Architect **NEW!**

Embark on a global building adventure! In this immersive, week-long STEAM camp, kids will explore the fascinating world of vernacular and traditional architecture. Each day, campers will discover how communities around the world have designed homes using local materials, clever techniques, and sustainable practices then bring those designs to life with their own hands. Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/lunch/games.

Instructor: Petit Architect Design For Kids Ltd.

M-F Aug 24-Aug 28 9:15am-3:15pm
Reg #: 610759 \$450/5 sess
Activity Room

Cartooning & Illustration Summer Camp **NEW!**

A creative visual arts camp focused on cartooning, character design, and storytelling through drawing. Campers will learn the basics of cartoon illustration, expressive characters, visual narratives, and creative problem-solving. Projects are process-based and age-appropriate, encouraging imagination, experimentation, and artistic confidence.

Instructor: Rise Arts Company

M-F Jul 13-Jul 17 9:00am-3:00pm
Reg #: 610318 \$345/5 sess
Activity Room

Coal Harbour Community Centre

Dream House Camp with Petit Architect **NEW!**

Design & Build Your Perfect Home! Imagine designing a home that's 100% you from the cozy bedroom to the ultimate game room, a chef's kitchen, or even a secret hideout! In this hands-on, week-long camp with Petit Architect, kids will become architects, interior designers, and builders as they create their dream house from the ground up. Please bring nut-free snacks, lunch and water, and be dressed and ready for the elements. We will go outside for breaks/lunch/games.

Instructor: Petit Architect Design For Kids Ltd.

M-F Aug 17-Aug 21 9:15am-3:15pm
Reg #: 610326 \$490/5 sess
Activity Room

Fairy and Gnomes Houses **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-F Jul 20-Jul 24 9:15am-3:00pm
Reg #: 614466 \$395/5 sess
Activity Room

K-Pop Demon Hunters Theme 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-F Jul 27-Jul 31 12:30pm-3:00pm
Reg #: 615383 \$219/5 sess
Activity Room

LEGO® Stopmotion Animation (7-12 yrs)

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box. Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre production, production and post production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. Please note we do provide Clay and all arts supplies along with a nominal amount of LEGO®. We do encourage participants to bring their own LEGO® and toys to supplement the creation of their film. *LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse Film Camp in a Box, or this website. No session Jul 1, Aug 3.

Instructor: Film Camp In A Box

M Tu Th F Jun 29-Jul 3 9:00am-4:00pm
Reg #: 600234 \$291/4 sess
Tu W Th F Aug 4-Aug 7 9:00am-4:00pm
Reg #: 600237 \$291/4 sess
Activity Room

Superhero Training Academy Camp (5-8yrs) **NEW!**

Calling all superheroes! In this action-packed camp, dancers train their superpowers through big movements, jumps, spins, and creative dance challenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling. Dancers participate without parents inside the room, but there will be a presentation for parents on the last day of camp. more info: www.KirbySnellDance.com

Instructor: Endorphin Rush Dance

M-F Aug 10-Aug 14 12:30pm-3:00pm
Reg #: 610770 \$219/5 sess
Activity Room

Outdoor Soccer Camp (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 and no cleats. Please bring a water bottle and your own soccer ball to the class. Outdoor Program at Devonian Harbour Park (1929 W Georgia St).

Instructor: Manto (Makoto) Nakamura

M-F Jul 6-Jul 10 3:45pm-5:45pm
Reg #: 610372 \$75/5 sess
M-F Jul 13-Jul 17 3:45pm-5:45pm
Reg #: 610383 \$75/5 sess
M-F Jul 20-Jul 24 3:45pm-5:45pm
Reg #: 610384 \$75/5 sess
M-F Jul 27-Jul 31 3:45pm-5:45pm
Reg #: 610373 \$75/5 sess
Off Site - Devonian Park



Coal Harbour Community Centre

Summer Day Camps

Our energetic and responsible leaders will ensure your daycamp experience is a memorable one. We have created a camp program you won't want to miss! Each week will include cooperative games, sport and skill activities and out-trips. Each child should bring a backpack with a lunch, snack, sunscreen, jacket, and hat each day. Parents must complete a waiver form with medical information and attach a recent picture of their child by the first day of camp. Refund requests for day camps must be submitted 5 business days prior to the 1st scheduled class. \$5 administration fee is applied per program. There is a late pick up fee of \$1 per minute. No session Jul 1, Aug 3.

Day Camp Starfish (6-8yrs)

M Tu Th F Jun 29-Jul 3	9:00am-3:30pm
Reg #: 602130	\$144/4 sess
M-F Jul 6-Jul 10	9:00am-3:30pm
Reg #: 602134	\$180/5 sess
M-F Jul 13-Jul 17	9:00am-3:30pm
Reg #: 602135	\$180/5 sess
M-Jul 20-Jul 24	9:00am-3:30pm
Reg #: 602136	\$180/5 sess
M-F Jul 27-Jul 31	9:00am-3:30pm
Reg #: 602137	\$180/5 sess
Tu W Th F Aug 4-Aug 7	9:00am-3:30pm
Reg #: 602138	\$144/4 sess
M-F Aug 10-Aug 14	9:00am-3:30pm
Reg #: 602139	\$180/5 sess
M-F Aug 17-Aug 21	9:00am-3:30pm
Reg #: 602140	\$180/5 sess
M-F Aug 24-Aug 28	9:00am-3:30pm
Reg #: 602141	\$180/5 sess

Multipurpose Room

Day Camp Stingray (9-12yrs)

M Tu Th F Jun 29-Jul 3	9:00am-3:30pm
Reg #: 602142	\$144/5 sess
M-F Jul 6-Jul 10	9:00am-3:30pm
Reg #: 602143	\$180/5 sess
M-F Jul 13-Jul 17	9:00am-3:30pm
Reg #: 602144	\$180/5 sess
M-F Jul 20-Jul 24	9:00am-3:30pm
Reg #: 602145	\$180/5 sess
M-F Jul 27-Jul 31	9:00am-3:30pm
Reg #: 602146	\$180/5 sess
Tu W Th F Aug 4-Aug 7	9:00am-3:30pm
Reg #: 602147	\$144/4 sess
M-F Aug 10-Aug 14	9:00am-3:30pm
Reg #: 602148	\$180/5 sess
M-F Aug 17-Aug 21	9:00am-3:30pm
Reg #: 602149	\$180/5 sess
M-F Aug 24-Aug 28	9:00am-3:30pm
Reg #: 602150	\$180/5 sess

Multipurpose Room

Day Camp - After Care (6-12 yrs)

After Care is only available to children registered in Starfish or Stingray Day Camp. Extra fee will be charged for late pick ups. No session Jul 1, Aug 3.

M Tu Th F Jun 29-Jul 3	3:30pm-5:30pm
Reg #: 602152	\$40/4 sess
M-F Jul 6-Jul 10	3:30pm-5:30pm
Reg #: 602153	\$50/5 sess
M-F Jul 13-Jul 17	3:30pm-5:30pm
Reg #: 602154	\$50/5 sess
M-F Jul 20-Jul 24	3:30pm-5:30pm
Reg #: 602155	\$50/5 sess
M-F Jul 27-Jul 31	3:30pm-5:30pm
Reg #: 602156	\$50/5 sess
Tu W Th F Aug 4-Aug 7	3:30pm-5:30pm
Reg #: 602157	\$40/4 sess
M-F Aug 10-Aug 14	3:30pm-5:30pm
Reg #: 602158	\$50/5 sess
M-F Aug 17-Aug 21	3:30pm-5:30pm
Reg #: 602159	\$50/5 sess
M-F Aug 24-Aug 28	3:30pm-5:30pm
Reg #: 602160	\$50/5 sess

Multipurpose Room

Day Camp Refund Policy:

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.

Summer Day Camp Update:

Please note that we've updated our Summer Day Camp hours. Camp will now begin **earlier, at 9:00am**. After Care hours remain unchanged, from **3:30pm-5:30pm**. Before Care is no longer offered.

More Day Camps at West End CC

See pages 10-12 ...



Coal Harbour Community Centre Closure Notice

Coal Harbour Community Centre will be closed from Tuesday, April 7 to Friday, April 10 due to scheduled maintenance. For in-person or phone registration during this week, please register at West End Community Centre.

Coal Harbour Community Centre

Youth

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 Apr 7, 8.

Instructor: Non Instructional

Tu W Apr 1-Jun 24 3:30pm-5:00pm
 Reg #: 610895 \$0/25 sess
 Gymnasium

Pre-Teen Night

This FREE program invites youth ages 9-12 to enjoy evenings filled with fun and variety. Each session includes one hour of active gym time with sports and games such as soccer, basketball, badminton, dodgeball, and capture the flag, followed by an hour of creative crafts and movie nights featuring activities like button and bracelet making. Special evenings may also include exciting out-trips. Youth input is encouraged to shape activities, and due to staffing and room capacity, registration is required with a maximum of 20 participants per session. Due to staffing ratios and room capacities, a maximum of 20 youth are welcome to come, registration is required.

Instructor: Youth Leader

F Apr 17-Jun 26 6:15pm-8:45pm
 Reg #: 612481 \$0/22 sess
 Gymnasium

Friday Night Open Gym

FREE program for youth in grades 8-12 (ages 13-18). All youth are welcome to drop-in and shoot hoops, bump balls or swing a racquet (space permitting). Open Gym has in/ out privileges- this is for enrollment/ admin purposes only.

Instructor: Non Instructional

Coal Harbour:
F Apr 17-May 1 7:15pm-8:45pm
West End:
F May 8-Jun 26 6:15pm-8:45pm
 Reg #: 612480 \$0/11 sess
 Gymnasium

Teen Night Hangout

Teen Night Hangout A FREE program for youth in grades 8-12 (ages 13-18)! Everyone is welcome, drop in, chill with friends, and enjoy a variety of fun activities. Whether you're into board games, crafts, karaoke, or movie nights, there's something for you! In/out privileges are available, this is just for enrollment and administrative purposes. Come hang out, make memories, and be part of the fun!

Instructor: Youth Leader

F Apr 17-Jun 26 6:15pm-9:00pm
 Reg #: 612482 \$0/11 sess
 Multipurpose Room



Interested in volunteering with us?
 You can connect with us on Instagram: @wechyouth

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 Apr 5-May 17 10:30am-12:30pm
 Reg #: 611823 \$175/7 sess
Su Apr 5-May 17 2:30pm-4:30pm
 Reg #: 611819 \$175/7 sess
Set 2
Su May 24-Jun 28 10:30am-12:30pm
 Reg #: 611816 \$150/6 sess
Su May 24-Jun 28 2:30pm-4:30pm
 Reg #: 611820 \$150/6 sess
 Arts and Crafts Room

DRAW AND THEN WRITE: practices for noticing more

DRAW AND THEN WRITE is a powerful tool for deepening creative practice - whether that's drawing, writing, or both. DRAW AND THEN WRITE shifts focus from creating a "finished" work of art to fostering an open, observant mindset. At the heart of the practice is the idea of "noticing what we notice," where drawing trains the eye to see and writing further illuminates the thoughts and reactions that surface. This approach transforms routine objects and experiences into avenues for profound awareness and connection, creating a dialog between what's seen and felt. By pairing visual and written reflection, makers uncover insights that might otherwise remain hidden, resulting in an alchemy of greater creativity, discovery, and personal growth. Drop-in \$25, space permitting

Instructor: Louise Philips

Set 1
M Apr 13-May 11 6:30pm-8:30pm
 Reg #: 611813 \$130/5 sess
Set 2
M May 25-Jun 22 6:30pm-8:30pm
 Reg #: 611815 \$130/5 sess
 Arts and Crafts Room

A glance at Youth Office Spring Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
3:30-6:30	3:30-5:30	3:30-5:00	After School	1:00-4:00
General Drop-ins @West End	General Drop-ins @West End	Youth Council Meeting @West End	Teen Night @Coal Harbour, Pre Teen Night @Coal Harbour	General Drop-ins @West End

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

The Ancient Art of Ebru & Marbling **NEW!**

Discover the meditative and sophisticated world of "Abrī" (Persian paper marbling). Led by a master artist and backed by a UBC Inspiring Community Grant, this workshop blends fine art history with contemporary technique. This is a high-level, luxury creative experience where participants use professional-grade pigments to create intricate, one-of-a-kind designs.

Instructor: Amir Khatami

W May 6-May 27 2:00pm-3:30pm
Reg #: 616921 \$160/4 sess
Multipurpose 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 May 15.

Instructor: Homa Eftekhari (Ghafarzadeh)

F Apr 17-Jun 26 2:00pm-5:00pm
Reg #: 612657 \$300/10 sess
Activity Room

Watercolour Painting with Homa - Upper Intermediate/Advanced

This course is for upper intermediate and advanced levels. The focus is on advanced composition and theory of color. Homa will help you to hone your individual voice in art, through creative and unusual approaches in watercolor painting. Various schools of thought in painting will be covered too. No Class May 15. Art supplies list is available at the front desk.

Instructor: Homa Eftekhari (Ghafarzadeh)

F Apr 17-Jun 26 10:00am-1:00pm
Reg #: 612658 \$300/10 sess
Activity Room

The Joy of Acrylic Painting

Learn a new way to express your creativity! In this unique oil painting in acrylic style course, the class will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. All individually packaged materials are included. Drop-in \$31.50, space permitting. No session May 18.

Instructor: Philip Tsang

Set 1
M Apr 13-May 11 6:00pm-7:30pm
Reg #: 612644 \$150/5 sess

Set 2
M May 25-Jun 29 6:00pm-7:30pm
Reg #: 612646 \$180/6 sess
Meeting Room

The Joy of Drawing and Sketching

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

Instructor: Philip Tsang

Set 1
W Apr 15-May 20 6:00pm-7:30pm
Reg #: 612648 \$156/6 sess

Set 2
W May 27-Jun 24 6:00pm-7:30pm
Reg #: 612649 \$130/5 sess
Meeting Room

ART Appreciation & Enjoyment for English Learners! **NEW!**

This is a unique opportunity, bringing English conversation and Art Appreciation together into one creatively communicative learning experience! Blending English language instruction with artfully inspiring, animated and innovative classroom activities, enjoyable collaborative challenges, with online and in-person visits to local Art sites! This course is especially designed for students who are curious about Art and who are ART LOVERS and motivated to improve their ability to communicate in English about Art, beauty, travel, nature and design with others (at an intermediate speaking level), by expressing their feelings and creative experiences with natural conversational skills and to encourage expanding their artistic vocabulary and Arts-focused knowledge in a joyful, relaxed atmosphere, with a sense of discovery, discussion and delight about Visual Art and Fine Art History from around the world! www.janinakulhayart.com

Instructor: Janina Kulhay-Matsuda

W Apr 15-Jun 17 7:00pm-8:30pm
Reg #: 612013 \$300/10 sess
Arts and Crafts Room

Origami

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

Instructor: Aiko Matsushiba

Su Apr 19 2:30pm-4:00pm
Reg #: 609862 \$17.3/1 sess

Su May 17 2:30pm-4:00pm
#614438 \$17.3/1 sess

Su Jun 21 2:30pm-4:00pm
#614439 \$17.3/1 sess

Activity Room

Dance

Ballroom Dance

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

Free Trial

Tu Apr 14 7:15pm-8:15pm
Reg #: 612659 \$0/1 sess

Tu Apr 21-Jun 23 7:15pm-8:15pm
Reg #: 612660 \$180/10 sess
Dance Studio

Ballroom Dance Social

For anyone who has studied Ballroom Dance. This is a great opportunity to meet new people, exercise and have fun while practicing your Ballroom Dancing! 20 minute class instruction included. Drop-in \$20, space permitting. Classes are every 2 weeks

Instructor: Linda Short

W Apr 15-Jun 10 7:45pm-9:15pm
Reg #: 612673 \$90/5 sess
Multipurpose Room

Latin Dance

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 class May 18.

Instructor: Zhi Wei Raf Chen

M Apr 13-Jun 29 8:15pm-9:15pm
Reg #: 609851 \$216/12 sess

W Apr 15-Jun 24 7:30pm-9:30pm
Reg #: 609810 \$396/11 sess

Dance Studio

Coal Harbour Community Centre

Language

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 \$21, space permitting.

Instructor: Christina Glover

Tu Apr 21-Jun 30 5:30pm-6:30pm
Reg #: 612676 \$239.03/11 sess
Meeting Room

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 \$21, space permitting.

Instructor: Christina Glover

Tu Apr 21-Jun 30 4:30pm-5:30pm
Reg #: 612678 \$239.03/11 sess
Meeting Room

Spanish - Adult Beginner I

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

Instructor: Eliana Rolando

W Apr 15-Jun 24 5:30pm-7:00pm
Reg #: 608654 \$170.50/11 sess
Activity Room

Spanish - Adult Beginner II

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

Instructor: Eliana Rolando

W Apr 15-Jun 24 7:00pm-8:30pm
Reg #: 608656 \$170.50/11 sess
Activity 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 class May 18

Instructor: Eri Ito

M Apr 27-Jun 29 6:00pm-8:00pm
Reg #: 611824 \$207/9 sess
Activity Room

Education & Workshops

Interior Design Fun! Small Spaces

Join this fun and dynamic class with multi-award-winner Barbara Smyth IDC, LEED AP with over 30 years of experience. Whether it is a space for personal enjoyment or part of a potential career, you will learn the foundations of interior design. A creative journey that allows you to express your design style with a focus on health and well being. You'll discover how to create a floor plan, arrange furniture, control lighting, and color, work with textures and materials, and apply all of this in the heart of your home. Visit www.vancouverinteriordesignprogram.com for more information.

Instructor: Barbara Smyth

Tu Apr 21-May 19 6:30pm-8:00pm
Reg #: 612679 \$125/5 sess
Arts and Crafts Room

Grow Your Own Sprouts and Microgreens

Microgreens are tasty and nutritious greens that can be eaten as a fresh snack or added to salads, smoothies, soups and more. In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. 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; \$10 materials fee only).

Instructor: West End Food Network

Th Apr 16 6:30pm-8:30pm
Reg #: 609764 \$28/1 sess
Arts and Crafts Room

Balcony, Container and Small Space Gardening

Want to grow food, but don't have much room? In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Clubworkshop, instructor Rhiannon Johnson will cover the techniques and challenges specific to gardening in small spaces, both indoors and outdoors. We'll look at soil, fertilizing organically, watering, types of containers, different sun orientations and, of course, what to grow in yourspace. 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

W May 6 7:30pm-9:30pm
Reg #: 609768 \$20/1 sess
Multipurpose 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 (even if you don't have access to a stove or full kitchen). This workshop is ideal both for spaces with or 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

Tu Jun 2 6:30pm-8:30pm
Reg #: 609785 \$28/1 sess
Arts and Crafts Room

Natural Sun Protection Skincare

Customize your sun protection - worry free! Look after skin and hair naturally by making your own beach and poolside essentials: make and take home a tropical sun lotion with SPF, aloe after sun spray, chamomile hair treatment and a SPF lip balm. Recipes on hair rinses and deep conditioners. ALL SUPPLIES INCLUDED IN COURSE FEE.

Instructor: Cheryl Theilade

Th Apr 23 6:30pm-9:00pm
Reg #: 616928 \$74/1 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

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. Receive a free class discount if you register for Tue & Thurs in the same session so you can do yoga twice per week and save. For more information visit www.yogamovesforeverybody.com No session Apr 7, Apr 9.

Instructor: Sandra Leigh

Set 1

Tu Mar 31-May 12 2:00pm-3:15pm
Reg #: 609414 \$75/6 sess

Set 2

Tu May 19-Jun 23 2:00pm-3:15pm
Reg #: 609415 \$75/6 sess

Dance Studio

Set 1

Th Apr 2-May 14 9:30am-10:45am
Reg #: 609416 \$75/6 sess

Set 2

Th May 21-Jun 25 9:30am-10:45am
Reg #: 609417 \$75/6 sess

Multipurpose Room

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.

Instructor: Viviane Lopes

Set 1

M Apr 13-May 11 7:00pm-8:00pm
Reg #: 612682 \$90/5 sess

Set 2

M May 25-Jun 29 7:00pm-8:00pm
Reg #: 612684 \$108/6 sess

Dance Studio

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 Apr 16-May 21 5:45pm-6:45pm
Reg #: 609711 \$90/6 sess

Set 2

Th May 28-Jun 25 5:45pm-6:45pm
Reg #: 609712 \$75/5 sess

Dance Studio

Balanced Body Pilates (All Levels)

Release tension. Reset your body. Experience the power of the roller in this specialized class with Certified Balanced Body Teacher and founder of Pilates &, Shannon Smith. Using this simple yet transformative prop, you'll mobilize tight areas, increase flexibility, and expand your range of motion essential for better movement in sport, work, and everyday life. All essential Pilates props and mats are provided. You're welcome to bring your own mat and wrist/ankle weights to personalize your practice. \$16 drop-in, space permitting.

Instructor: Shannon Smith

Set 1

Tu Apr 14-May 19 6:00pm-7:00pm
Reg #: 612022 \$84/6 sess

Set 2

Tu May 26-Jun 30 6:00pm-7:00pm
Reg #: 612023 \$84/6 sess

Dance Studio

Balanced Body Pilates (Level 1-2)

Join Certified Balanced Body Pilates Teacher and founder of Pilates &, Shannon Smith, for an invigorating Level 1/2 Pilates class designed to support your journey whether you're just starting out, returning to movement, or looking to deepen your foundational skills. This beginner/intermediate class focuses on building strength, improving mobility, and enhancing body awareness, so you can feel confident in how you move, look, and feel every day. All essential Pilates props and mats are provided. Feel free to bring your own mat and wrist/ankle weights if you prefer a more personalized touch. \$16 drop-in, space permitting.

Instructor: Shannon Smith

Set 1

W Apr 15-May 20 6:15pm-7:15pm
Reg #: 612025 \$84/6 sess

Set 2

W May 27-Jun 24 6:15pm-7:15pm
Reg #: 612026 \$70/5 sess

Dance Studio

Balanced Body Pilates (Small Group Session)

Refine your movement, deepen your practice, and get personalized attention in a supportive small group setting. Led by Certified Balanced Body Teacher Shannon Smith, this session combines classical and contemporary Pilates principles to build strength, flexibility, and body awareness. With a maximum of 8 participants, you'll receive tailored feedback and hands-on guidance using a variety of props and techniques. Whether you're new to Pilates or looking to advance your skills, these sessions offer a focused and effective path to greater mobility, stability, and ease of movement. Mats and essential props are provided. Please bring your own mat or wrist/ankle weights if preferred. \$26.25 drop-in, space permitting.

Instructor: Shannon Smith

Set 1

Tu Apr 14-May 19 12:00pm-1:00pm
Reg #: 612027 \$120/6 sess

Th Apr 16-May 21 12:00pm-1:00pm
Reg #: 612029 \$120/6 sess

Set 2

Tu May 26-Jun 30 12:00pm-1:00pm
Reg #: 612028 \$120/6 sess

Th May 28-Jun 25 12:00pm-1:00pm
Reg #: 612030 \$100/5 sess

Dance Studio

Balanced Body Pilates - Private Lesson

Get personalized, one-on-one instruction tailored to your goals, abilities, and pace from Certified Balanced Body Teacher and founder of Pilates &, Shannon Smith. Private lessons help you build strength, improve alignment, support injury recovery, and gain confidence in your movement. Ideal for beginners, returning movers, or anyone wanting deeper guidance and customized progress.

Instructor: Shannon Smith

Th Apr 16-Jun 25 1:00pm-2:00pm
\$105/1 sess

Apr 14-Jun 30 11:00am-12:00pm
\$105/1 sess

Dance Studio

Coal Harbour Community Centre Closure Notice

Coal Harbour Community Centre will be closed from Tuesday, April 7 to Friday, April 10 due to scheduled maintenance. All programs and services will be paused during this time and will resume when the centre reopens on Saturday, April 11.

Thank you for your understanding and patience.

Coal Harbour Community Centre

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. No class Apr 7 and 9.

Instructor: Andrea Janotova

Tu Th Apr 2-Jun 30 **9:30am-10:25am**
Reg #: 609418 \$312/24 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 Class May 18

Instructor: Linda Shedden

M Apr 13-Jun 29 **5:30pm-6:30pm**
Reg #: 609412 \$186.45/11 sess
Dance Studio

Move, Groove, Strength & Stretch **NEW!**

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

Free Trial

Tu Apr 14 **5:00pm-5:45pm**
Reg #: 616909 \$0/1 sess
Tu Apr 21-Jun 23 **5:00pm-5:45pm**
Reg #: 616910 \$100/10 sess
Dance Studio

Yoga4Stiff People - All Levels

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

Instructor: Yoga4Stiff People

Set 1

W Apr 15-May 20 **6:30pm-7:30pm**
Reg #: 612687 \$84/6 sess

Set 2

W May 27-Jun 24 **6:30pm-7:30pm**
Reg #: 612688 \$70/5 sess
Multipurpose Room

Zumba Toning - Set 1

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.

Instructor: Zumba Vancouver

Set 1

Su Apr 5-May 10 **1:15pm-2:15pm**
Reg #: 612011 \$75/6 sess

Set 2

Su May 17-Jun 28 **1:15pm-2:15pm**
Reg #: 612012 \$75/7 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 Apr 17-Jun 26 **5:30pm-6:30pm**
Reg #: 612010 \$121/11 sess
Dance Studio

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, \$14.70 space permitting.

Instructor: Zumba Vancouver

Set 1

M Apr 13-May 11 **6:00pm-7:00pm**
Reg #: 612003 \$62.5/5 sess

Th Apr 16-May 14 **6:30pm-7:30pm**
Reg #: 612008 \$62.50/5 sess

Multipurpose Room

Th Apr 16-May 14 **10:40am-11:40am**
Reg #: 612005 \$62.50/5 sess

Dance Studio

Set 2

M May 25-Jun 29 **6:00pm-7:00pm**
Reg #: 612004 \$75/6 sess

Th May 21-Jun 25 **6:30pm-7:30pm**
Reg #: 612009 \$75/6 sess

Multipurpose Room

Th May 21-Jun 25 **10:40am-11:40am**
Reg #: 612007 \$75/6 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 Apr 4-Jun 27 **9:30am-12:30pm**
Reg #: 612689 \$0/13 sess

Off Site - English Bay Beach

Coal Harbour Community Centre

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.

Instructor: Yulia Terekh

Tu Apr 14-Jun 23 5:30pm-6:30pm
Reg #: 609847 \$165/11 sess

Multipurpose Room

Shotokan Karate

Shotokan Karate classes led by 4th Dan Sensei Moe Rahmnyan, 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 April 6, April 9, May 18

Instructor: Sensei Moe Rahmnyan

M Th Apr 2-Jun 29 7:15pm-8:15pm
Reg #: 609475 \$299/23 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, space permitting. No session Apr 8, Apr 9, May 18

Instructor: No Instructor

M Apr 13-Jun 29 12:00pm-1:30pm
Reg #: 606654 \$66/11 sess

W Apr 1-Jun 24 8:00pm-9:45pm
Reg #: 606665 \$75/12 sess

Th Apr 2-Jun 25 12:00pm-1:30pm
Reg #: 606656 \$72/12 sess

Th Apr 2-Jun 25 6:30pm-7:45pm
Reg #: 606666 \$72/12 sess

Sa Apr 11-Jun 27 3:15pm-4:45pm
Reg #: 606663 \$72/12 sess

Su Apr 12-Jun 28 10:15am-11:15am
Reg #: 606667 \$78/12 sess

Gymnasium

Badminton Playing Format:

Four courts are provided for recreational doubles play with a rotating round robin play format, with two groups sitting out each game. No supervisors provided. Pairs are encouraged to switch partners in a new game. Half court single play is also allowed but please confirm with the other pair on the same court.

Basketball

Enjoy some friendly, exciting recreational basketball. Non-instructional. Drop-in \$7, space permitting. No session Apr 8, May 18

Instructor: No Instructor

M Apr 13-Jun 29 6:30pm-7:45pm
Reg #: 606673 \$63.25/11 sess

Tu Apr 14-Jun 30 12:00pm-1:30pm
Reg #: 606675 \$72/12 sess

W Apr 1-Jun 24 6:00pm-7:45pm
Reg #: 606676 \$75/12 sess

F Apr 17-Jun 26 12:00pm-1:30pm
Reg #: 606679 \$72/11 sess

Sa Apr 11-Jun 27 10:00am-11:30am
Reg #: 606677 \$72/12 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 \$7.50, space permitting. No session Apr 9, May 18.

Supervisor: David Madura

M Apr 13-Jun 29 8:00pm-9:45pm
Reg #: 612692 \$74.25/11 sess

Supervisor: Sean Wiseman

Th Apr 2-Jun 25 8:00pm-9:45pm
Reg #: 612693 \$81/12 sess

Gymnasium

Pickleball

Get active playing this exciting and popular sport. Pickleball is an easy to learn game played on a badminton court with a lowered net, a whiffle ball and large hand held paddles. It is great for all skills and ability levels. Drop-in \$7, space permitting. No session April 9

Instructor: No Instructor

Tu Apr 14-Jun 30 1:45pm-3:15pm
Reg #: 606680 \$72/12 sess

Th Apr 2-Jun 25 1:45pm-3:15pm
Reg #: 606681 \$72/12 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.

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, space permitting. * This is a trial program and may revert back to Pickleball all levels.

Instructor: No Instructor

Su Apr 12-Jun 28 1:15pm-2:45pm
Reg #: 606683 \$72/12 sess

Gymnasium

Pickleball Lesson - Learn to Play

Come and learn this fun, exciting and social game everyone is talking about. Pickleball combines elements of Badminton, Tennis and Table Tennis. This class is for the beginner that is new or has played the game a few times. Your certified Pickleball instructor will teach you all the basics e.g. serve, return, dinking, technique, rules, how to keep score, court positioning and more. Each lesson will be finish with a few games. Drop in \$27.00 (no drop in after 2nd class). add: Paddles/balls provided.

Instructor: Ruth Johnson

M Apr 13-May 11 1:45pm-3:15pm
Reg #: 611826 \$112.5/5 sess

Gymnasium

Pickleball Lesson - Refresher/ Level 1

This is NOT for players new to pickleball. You would have taken a Learn to Play/Intro to Pickleball lessons before. We will work on deepen your confidence in serve/return, 3rd shots, lobs, footwork etc. in a fun, non-competitive and supportive environment. It will take your game to the next level while making new friends. Paddles and balls provided. Drop in \$27.00 (no drop in after 2nd class)

Instructor: Ruth Johnson

M Jun 15-Jun 29 1:45pm-3:15pm
Reg #: 611827 \$67.5/3 sess

Gymnasium

Pickleball - Coached Game Play Level 1 & 2 (1.5 - 2.5)

NOT SUITABLE FOR NEW PLAYERS! Do you want to improve your skills in a non-intimidating setting. This session is supervised by certified Level 2 Instructor Ruth Johnson. You will be lead through a proper pre-game warm-up and then put into groups of similar levels. Each week will focus on a different topic/strategy. Lots of play time, ideal for players to improve through game-based-learning with constant/immediate feedback and tips from the instructor.

Instructor: Ruth Johnson

Tu Jun 9-Jun 23 9:30am-11:30am
Reg #: 611833 \$90/3 sess

Gymnasium

Coal Harbour Community Centre

Pickleball - Level 1 Novice/ Beginner (up to 2.5)

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 deepening 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

Instructor: Ruth Johnson

Tu Apr 14-May 12 9:30am-11:30am
Reg #: 611832 \$150/5 sess
Gymnasium

Pickleball - Coached Game Play Level 2 & 3 (2.5 - 3.0)

NOT SUITABLE FOR NEW PLAYERS! Do you want to improve your skills in a non-intimidating setting. This session is supervised by certified Level 2 Instructor Ruth Johnson. You will be lead through a proper pre-game warm-up and then put into groups of similar levels. Each week will focus on a different topic/strategy. Lots of play time, ideal for players to improve through game-based learning with constant/immediate feedback and tips from the instructor. Drop in \$33.60, space permitting

Instructor: Ruth Johnson

W Apr 15-May 13 1:30pm-3:15pm
Reg #: 611829 \$131.25/5 sess
Gymnasium

Pickleball - Coached Game Play Level 3 (2.75 - 3.0+)

NOT SUITABLE FOR NEW PLAYERS! Do you want to improve your skills in a non-intimidating setting. This session is supervised by certified Level 2 Instructor Ruth Johnson. You will be lead through a proper pre-game warm-up and then put into groups of similar levels. Each week will focus on a different topic/strategy. Lots of play time, ideal for players to improve through game-based learning with constant/immediate feedback and tips from the instructor. Drop in \$34.00, space permitting

Instructor: Ruth Johnson

W Jun 10-Jun 24 1:15pm-3:15pm
Reg #: 611830 \$90/3 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 Apr 23 3:30pm-5:00pm
F Apr 17-Jun 26 1:45pm-3:15pm
Gymnasium \$28.57/1 sess

Summer Smash Tennis: Adult Beginner (1.0)

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

Instructor: Summer Smash Tennis

Set 1
Th Apr 30-May 21 9:15am-10:30am
Reg #: 612471 \$185/4 sess

Set 2
Th May 28-Jun 18 9:15am-10:30am
Reg #: 612472 \$185/4 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. No session Apr 9.

Instructor: Summer Smash Tennis

Th Apr 2-Apr 23 9:15am-10:30am
Reg #: 612473 \$146.25/3 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. No session Apr 9.

Instructor: Summer Smash Tennis

Set 1
Th Apr 2-Apr 23 10:30am-11:45am
Reg #: 612474 \$146.25/3 sess

Set 2
Th Apr 30-May 21 10:30am-11:45am
Reg #: 612475 \$195/4 sess

Set 3
Th May 28-Jun 18 10:30am-11:45am
Reg #: 612476 \$195/4 sess
Gymnasium

Private Table Tennis Lessons

Book a private lesson with Yakiv Hrabarchuk. Based on availability; time to be agreed upon by Yakiv and the student. Call 604-718-8222, ext. 1 for more information. By appointment: \$60/1 sess/60 mins. No session Apr 7 to 10

Instructor: Yakiv Hrabarchuk

Every day Apr 1-Jun 30 9:00am-8:00pm
Reg #: 612479 \$57.14/91 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

(Set 1)
Sa Apr 5-May 10 1:30pm-3:00pm
Reg #: 617339 \$150/6 sess

(Set 2)
Sa May 17-Jun 28 1:30pm-3:00pm
Reg #: 617361 \$175/7 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 May 18.

Instructor: Non Instructional

M Apr 20-Jun 22 8:30pm-9:30pm
Reg #616929 \$27/9 sess

Tu Apr 21-Jun 23 7:30pm-9:30pm
Reg #: 612477 \$52.5/10 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

Coal Harbour Community Centre Closure Notice

Coal Harbour Community Centre will be closed from Tuesday, April 7 to Friday, April 10 due to scheduled maintenance. All programs and services will be paused during this time and will resume when the centre reopens on Saturday, April 11.

Coal Harbour Community Centre

Volleyball



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 \$7.50, space permitting.

Instructor: Gabriel Chan

Sa Apr 4-Jun 27 12:00pm-1:30pm
Reg #: 612701 \$84.5/13 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 \$7.50, space permitting.

Instructor: Gaspal Douo

Tu Apr 14-Jun 30 6:00pm-7:45pm
Reg #: 612704 \$81/12 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 \$7.50, space permitting.

Instructor: Gaspal Douo

Tu Apr 14-Jun 30 8:00pm-9:45pm
Reg #: 612697 \$81/12 sess
Gymnasium

Volleyball Beginner Skills Clinic

Program Description: Volleyball BC's Adult Skills Clinics offer focused, 6 week programs for adults of all experience levels – whether you're new to the game, working on developing consistency, or ready to sharpen advanced techniques. Our clinics are designed to help participants progress in a supportive and structured environment, led by experienced coaches who are dedicated to building your skills and confidence on the court.

Instructor: Volleyball BC

Set 1

Su Apr 12-May 17 3:00pm-4:30pm
Reg #: 612019 \$185/6 sess

Set 2

Su May 24-Jun 28 3:00pm-4:30pm
Reg #: 612020 \$185/6 sess
Gymnasium - 2/3

Volleyball Advance Skills Clinic

Program Description: Volleyball BC's Adult Skills Clinics offer focused, 6 week programs for adults of all experience levels – whether you're new to the game, working on developing consistency, or ready to sharpen advanced techniques. Our clinics are designed to help participants progress in a supportive and structured environment, led by experienced coaches who are dedicated to building your skills and confidence on the court.

Instructor: Volleyball BC

Set 1

Tu Apr 14-May 19 6:00pm-7:30pm
Reg #: 612015 \$185/6 sess

Set 2

Tu May 26-Jun 30 6:00pm-7:30pm
Reg #: 612018 \$185/6 sess
Gymnasium - 1/3

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

Spring 2026 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:00am Jellyfish Playtime	9:30-11:30am Pickleball - Adv/Beg Learner II	9:30-11:00am Jellyfish Playtime	9:15-10:30am Smash Tennis Adult Beg (1.5) 10:30-11:45am Feeding Frenzy (2.0)	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. <input type="checkbox"/> Children Programs <input type="checkbox"/> 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	6:00-8:45pm 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

