

# SUMMER 2026 Recreation Guide



## Summer Program Registration

Pre-registration is strongly encouraged. Programs accepting drop-ins are noted in each course description. For updates, visit [recreation.vancouver.ca](http://recreation.vancouver.ca).

### Centre Registration Begins:

**Online/In-Person: Tue, June 9 @ 7:00pm**

**By Phone: Wed, June 10 @ 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](http://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 . . . . . 4-23**

**COAL HARBOUR PROGRAMS. . . . . 24-36**

**Laugh + Learn + Play**

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

[www.westendcc.ca](http://www.westendcc.ca) 604-257-8333 | [www.barclaymanor.ca](http://www.barclaymanor.ca) 604-257-8333 | [www.coalharbourcc.ca](http://www.coalharbourcc.ca) 604-718-8222

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



## West End Community Centre Association Mission Statement

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

### The West End Community Centre Association (WECCA)

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

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

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

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

#### WECCA Board of Directors:

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

#### Directors:

Ruth Chau, Michael Diel, Minaz Mawji, Matthew Minson

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

## 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** ..... Jul 2-Aug 31  
 Monday-Friday ..... 9:00am-9:00pm  
 Saturday-Sunday ..... 9:00am-5:00pm  
**Centre is closed Jul 1, Aug 3.**

**Front Office** ..... Jul 2-Aug 31  
 Monday-Friday ..... 9:00am-8:45pm  
 Saturday-Sunday ..... 9:00am-4:45pm

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

## Coal Harbour CC Hours of Operation

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

Room Rental Inquires: coalharbourccrentals@vancouver.ca

**Community Centre** ..... Jul 2-Aug 31  
 Monday-Friday ..... 9:00am-9:00pm  
 Saturday ..... 9:00am-5:00pm  
 Sunday ..... 10:00am-5:00pm  
**Centre is closed Jul 1, Aug 3.**

**Front Office** ..... Jul 2-Aug 31  
 Monday-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 ..... Olivia Alexis  
 Recreation Facility Clerk ..... Shelby Quon  
 Maintenance Technician ..... Simon Chesterton & Steven Craig

### Barclay Manor:

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

### Coal Harbour CC:

Recreation Supervisor ..... Kathryn Sweetapple  
 Recreation Programmer ..... Timothy Ly  
 Recreation Programmer ..... Leanne Trieu  
 Recreation Facility Clerk ..... Nelson McLachlan

## What's Inside:

### West End CC:

Special Events .....	4
Licensed Childcare .....	5
Early Years .....	6
Children .....	7
Summer Day Camps .....	10
Preteen & Youth .....	12
Adult .....	13
Seniors .....	20
Fitness Centre .....	22

### Coal Harbour CC:

Licensed Childcare .....	5
Early Years .....	24
Children .....	25
Special Events .....	27
Summer Day Camps .....	28
Preteen & Youth .....	31
Adult .....	31
Gymnasium .....	36

## Summer Registration:

### Centre Registration Begins:

Online/In-Person: Tue, June 9 at 7:00pm

Phone: Wed, June 10 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](http://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

## ROCKIN' IN THE PARK

**July 4, 2026**  
**11:00am–2:00pm**



Join us at Rockin' in the Park for free entertainment and loads of family fun!

### Activities:

- ✓ live entertainment
- ✓ bouncy castle
- ✓ carnival games
- ✓ face painting
- ✓ youth fundraiser
- ✓ community booths

**FREE ENTRY**  
**Register Now:**  
**621706**



**Coal Harbour Park**

**323 Jarvis Street, Vancouver, BC V6C 3P8**

# West End Community Centre

## Licensed Childcare

### Ages 5-12: Out of School Care

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

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

**2026/2027 program fees for Before & After Care:**

**Kindergarten: \$555/month**

**Grades 1 and up: \$455/month**

**REGISTRATION FEE (Non-Refundable) \$52**

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



**Coal Harbour Kids Care:**  
Waitlist Activity#: 624946



**West End Kids Care:**  
Waitlist Activity#: 624947

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

#### Kinder Kids:

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

**2026 / 2027 School Year Monthly Fees**

**REGISTRATION FEE (Non-Refundable) \$50**

**Monday / Wednesday / Friday - \$386/month**

Waitlist Activity # 623409



### Toddlers 2023 birth year: Two's Time

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

**2026 / 2027 School Year Monthly Fees**

**REGISTRATION FEE (Non-Refundable) \$50**

**Tuesdays - \$114/month**

**Wednesdays - \$114/month**

**Thursdays - \$114/month**

Waitlist Activity # 623411



# West End Community Centre

## Early Years

### Playtime



**Baby Playtime (Up to 3yrs)**  
 We have toys, balls, and more. Parents are required to help set up and clean up the equipment each day. Parent Participation Required. No session Jul 1, Aug 3.  
**M Tu W Th F** 9:30am-11:00am  
 Jul 2-Aug 31 Auditorium/Bidwell  
 Drop in: \$3.50

## 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 Jul 8-Aug 26** 3:00pm-4:15pm  
 Reg #: 622955 \$160/8 sess

Meeting Room 2

### Please register early!

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.  
 Sign-up even if the class is free!

## Education

### Learning German - Level A1/A2 (2.5-5yrs) **NEW!**

Learning German (A1/A2) is a play-based language program for children aged 2.5 to 5 years. Through songs, games, stories, movement, and creative activities, children develop basic German vocabulary and early communication skills in a supportive, engaging, and age-appropriate learning environment.

*Instructor: Myroslava Kerniakevych*

**Tu Jul 7-Aug 25** 5:00pm-6:00pm  
 Reg #: 623744 \$120/8 sess  
 English Bay Room

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

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

*Instructor: Myroslava Kerniakevych*

**Tu Jul 7-Aug 25** 6:00pm-7:00pm  
 Reg #: 623751 \$120/8 sess  
 English Bay Room

## Dance

### Creative Ballet (3-5yrs)

Young dancers explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. For more visit [www.KirbySnellDance.com](http://www.KirbySnellDance.com). [kirbysnelldance.com] Drop-in \$15.

*Instructor: Endorphin Rush Dance*

**Su Jul 5-Aug 23** 10:00am-10:45am  
 Reg #: 622664 \$112/8 sess  
 Dance Studio



## Martial Arts

### Axe Capoeira - Beginner Mini Kids (4-7 yrs) **SUMMER DISCOUNT**

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

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, 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. *Instructor: Yulia Terekh*

**Th Jul 2-Aug 13** 4:00pm-4:30pm  
 Reg #: 622939 \$48/7 sess  
 Dance Studio

## Physical Education

### 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](http://www.facebook.com/Coach.Glyn) for updates. Drop-in \$19.

*Instructor: Glyn Roberts*

**(2-4yrs)**  
**Sa Jul 4-Aug 22** 9:15am-10:00am  
 Reg #: 622660 \$121.2/8 sess

**(4-6yrs)**  
**Sa Jul 4-Aug 22** 10:00am-10:45am  
 Reg #: 622661 \$121.2/8 sess

West End Arena Dry Floor



# West End Community Centre

## 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

*Instructor: Precision Tennis Inc.*

### Set 1

Su Jul 5-Aug 2 11:15am-12:15pm  
Reg #: 623740 \$142.65/5 sess

### Set 2

Su Aug 9-Aug 30 11:15am-12:15pm  
Reg #: 623741 \$114.12/4 sess

Off Site - King George Tennis Courts

## Little Learners - Adv. Beg. 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

*Instructor: Precision Tennis Inc.*

### Set 1

Su Jul 5-Aug 2 12:15pm-1:15pm  
Reg #: 623742 \$142.65/5 sess

### Set 2

Su Aug 9-Aug 30 12:15pm-1:15pm  
Reg #: 623743 \$114.12/4 sess

Off Site - King George Tennis Courts

## Registration Numbers = Quick Registration

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

## Children

### Creative Arts

#### 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 Jul 8-Aug 26 4:15pm-5:30pm  
Reg #: 622954 \$160/8 sess

Meeting Room 2

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

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

*Instructor: Mohammad Reza Atashzad*

Th Jul 9-Aug 27 4:15pm-5:30pm  
Reg #: 622936 \$160/8 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. No session Aug 13.

*Instructor: Sonja LeBorgne*

#### (5-8yrs)

W Jul 8-Aug 26 3:30pm-4:45pm  
Reg #: 623174 \$176/8 sess

Meeting Room 1

*Instructor: Estelle Liebenberg*

#### (5-8yrs)

Th Jul 9-Aug 27 3:30pm-4:45pm  
Reg #: 623172 \$154/7 sess

#### (9-15yrs)

Th Jul 9-Aug 27 5:00pm-6:15pm  
Reg #: 623173 \$154/7 sess

Pottery Studio

## Dance

### Creative Ballet (4-6yrs)

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 [www.KirbySnellDance.com](http://www.KirbySnellDance.com). [kirbysnelldance.com] Drop-in \$15.

*Instructor: Endorphin Rush Dance*

Su Jul 5-Aug 23 10:50am-11:35am  
Reg #: 622665 \$112/8 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](http://www.KirbySnellDance.com). Drop-in \$15.

*Instructor: Endorphin Rush Dance*

Su Jul 5-Aug 23 11:40am-12:25pm  
Reg #: 622666 \$112/8 sess

Dance Studio

### 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](http://www.kirbysnelldance.com). Drop-in \$15.

*Instructor: Endorphin Rush Dance*

Su Jul 5-Aug 23 12:45pm-1:30pm  
Reg #: 622667 \$112/8 sess

Dance Studio

### 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](http://www.kirbysnelldance.com). Drop-in \$16.

*Instructor: Endorphin Rush Dance*

Su Jul 5-Aug 23 1:35pm-2:35pm  
Reg #: 622668 \$120/8 sess

Dance Studio

# West End Community Centre

## Music

### Guitar/Ukulele (7yrs+)

Private 30 minute lessons for children or adults to work at your own level and pace in guitar or ukulele. For children, the classes are focused on technique, reading notes and practicing skills. Adults can choose between learning chords or notes in a classical style. Students must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. A guide book will be available at the first class for \$15.00. Please bring a foot stool for classical guitar.

*Instructor: Rene Hugo-Sanchez*

**W Jul 8-Aug 26** 5:00pm-8:00pm  
Reg #: 622712-622723 \$192/8 sess

Bidwell Room

### Private Piano Lessons with Ami (3-15yrs)

Have you ever wanted to learn to play piano, play a few songs, and unlock your hidden talent? Join Ami for a private piano lesson. Whatever your current level, beginner, intermediate, or advanced, Ami will work with you to achieve your learning goals. Lessons cover a variety of practical skills such as technique, reading, rhythm, and theory. The classes will be taught using a diversified approach tailored to suit your individual needs. Books are not included. No session Aug 9.

*Instructor: Min(Ami) Xu*

**Su Jul 5-Aug 16** 10:30am-4:15pm  
Reg #: 622676-622686 \$168/6 sess

Meeting Room 3

## Martial Arts

### Axe Capoeira – Beginner Youth (7-14 yrs) **SUMMER DISCOUNT**

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

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, 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. No session Jul 4.

*Instructor: Yulia Terekh*

**Th Jul 2-Aug 13** 4:30pm-5:30pm  
**Sa Jul 11 - Aug 15** 10:30am-11:30am  
Reg #: 623765 \$97.5/13 sess

Dance Studio

## Physical Education

### West End Soccer Academy (5-12yrs)

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](http://www.facebook.com/Coach.Glyn) for updates. Drop-in \$21-\$23

*Instructor: Glyn Roberts*

**(5-7yrs)**  
**Sa Jul 4-Aug 22** 10:45am-11:30am  
Reg #: 622662 \$128/8 sess

**(7-12yrs)**  
**Sa Jul 4-Aug 22** 11:30am-12:30pm  
Reg #: 622663 \$136/8 sess

West End Arena Dry Floor

### 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
**Su Jul 5-Aug 2** 9:15am-10:15am  
Reg #: 623736 \$142.65/5 sess

**Set 2**  
**Su Aug 9-Aug 30** 9:15am-10:15am  
Reg #: 623737 \$114.12/4 sess

Off Site - King George Tennis Courts

### Rally Stars - Advanced Beg. 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
**Su Jul 5-Aug 2** 10:15am-11:15am  
Reg #: 623738 \$142.65/5 sess

**Set 2**  
**Su Aug 9-Aug 30** 10:15am-11:15am  
Reg #: 623739 \$114.12/4 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
**Tu Jul 7-Jul 28** 4:30pm-5:30pm  
Reg #: 623732 \$114.12/4 sess

**Set 2**  
**Tu Aug 4-Aug 25** 4:30pm-5:30pm  
Reg #: 623733 \$114.12/4 sess

Off Site - King George Tennis Courts

## Birthday Packages are on pause

The Birthday Party Package will be on pause during the Summer (Jul-Aug) but will be back in the Fall (Sep-Dec).

# West End Community Centre

## 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](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca). Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

Instructor: Precision Tennis Inc.

### Set 1

Tu Jul 7-Jul 28 5:30pm-6:30pm  
Reg #: 623734 \$114.12/4 sess

### Set 2

Tu Aug 4-Aug 25 5:30pm-6:30pm  
Reg #: 623735 \$114.12/4 sess

Off Site - King George Tennis Courts

## 1.0 - 1.5 DUPR Junior Beginner Pickleball (7-10yrs) **NEW!**

For players with no previous pickleball experience. This class inspires a lifelong passion for pickleball while introducing the basics of rallying, serving and scoring. Players will develop athletic coordination through a variety of rally based games and drills. Extra paddles provided on site. Please fill out the Activity Waiver at [www.precisiontennis.ca/waiver](http://www.precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

Instructor: Precision Tennis Inc.

### Set 1

Sa Jul 4-Jul 25 1:00pm-2:00pm  
Reg #: 623135 \$101/4 sess

### Set 2

Sa Aug 8-Aug 29 1:00pm-2:00pm  
Reg #: 623136 \$101/4 sess

West End Arena Dry Floor

## 1.0 - 1.5 DUPR Youth Beginner Pickleball (11-14yrs) **NEW!**

For players with no previous pickleball experience. This class introduces the basics of rallying, serving and scoring. Players will develop athletic coordination, agility and tactical knowledge through a variety of rally based games and drills. Extra paddles provided on site. Please fill out the Activity Waiver at [www.precisiontennis.ca/waiver](http://www.precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

Instructor: Precision Tennis Inc.

### Set 1

Sa Jul 4-Jul 25 2:00pm-3:00pm  
Reg #: 623137 \$110/4 sess

### Set 2

Sa Aug 8-Aug 29 2:00pm-3:00pm  
Reg #: 623155 \$110/4 sess

West End Arena Dry Floor

## 2.0 - 2.5 DUPR Youth Adv. Beg. Pickleball (11-14yrs) **NEW!**

For young players with previous pickleball experience. This class builds on fundamental rally skills by introducing new exciting shots, better court positioning and winning point play tactics through drills and rally-based games. Extra paddles provided on site. Please fill out the Activity Waiver at [www.precisiontennis.ca/waiver](http://www.precisiontennis.ca/waiver) before attending the first day of class. Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates) See you on the courts!

Instructor: Precision Tennis Inc.

### Set 1

Sa Jul 4-Jul 25 3:00pm-4:00pm  
Reg #: 623156 \$101/4 sess

### Set 2

Sa Aug 8-Aug 29 3:00pm-4:00pm  
Reg #: 623157 \$101/4 sess

West End Arena Dry Floor

## 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  
9:00am-4:00pm \$212/4 sess

Week 2 Jul 6-Jul 10 Reg #: 616361  
9:00am-4:00pm \$265/5 sess

Week 3 Jul 13-Jul 17 Reg #: 616362  
9:00am-4:00pm \$265/5 sess

Week 4 Jul 20-Jul 24 Reg #: 616363  
9:00am-4:00pm \$265/5 sess

Week 5 Jul 27-Jul 31 Reg #: 616364  
9:00am-4:00pm \$265/5 sess

Week 6 Aug 4-Aug 7 Reg #: 616365  
9:00am-4:00pm \$212/4 sess

Week 7 Aug 10-Aug 14 Reg #: 616366  
9:00am-4:00pm \$265/5 sess

Week 8 Aug 17-Aug 21 Reg #: 616367  
9:00am-4:00pm \$265/5 sess

Week 9 Aug 24-Aug 28 Reg #: 616368  
9:00am-4:00pm \$265/5 sess

Haro Room, Barclay Room

### Licensed Chipmunk Camp

Week 1 Jun 29-Jul 3 Reg #: 616359  
9:00am-4:00pm \$212/4 sess

Week 2 Jul 6-Jul 10 Reg #: 616397  
9:00am-4:00pm \$265/5 sess

Week 3 Jul 13-Jul 17 Reg #: 616401  
9:00am-4:00pm \$265/5 sess

Week 4 Jul 20-Jul 24 Reg #: 616404  
9:00am-4:00pm \$265/5 sess

Week 5 Jul 27-Jul 31 Reg #: 616407  
9:00am-4:00pm \$265/5 sess

Week 6 Aug 4-Aug 7 Reg #: 616408  
9:00am-4:00pm \$212/4 sess

Week 7 Aug 10-Aug 14 Reg #: 616410  
9:00am-4:00pm \$265/5 sess

Week 8 Aug 17-Aug 21 Reg #: 616411  
9:00am-4:00pm \$265/5 sess

Week 9 Aug 24-Aug 28 Reg #: 616414  
9:00am-4:00pm \$265/5 sess

Preschool Room

**LICENSED KINDER CAMP**  
2019/2020 BIRTH YEARS

**SQUIRREL CAMP & CHIPMUNK CAMP**

Kinder Camp offers small groups of 20-24 children, supervised by experienced staff. It features a structured daily schedule and planned outings such as the Vancouver Aquarium, Science World, Water Parks, and more.

FOR MORE INFORMATION.  
[www.westendcc.ca](http://www.westendcc.ca) 604-257-8464 [vanessa.lai@vancouver.ca](mailto:vanessa.lai@vancouver.ca)

# 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 28-30 ...

### 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](http://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](http://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](http://www.kirbysnelldance.com) More info: [www.KirbySnellDance.com](http://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](http://www.kirbysnelldance.com) More info: [www.KirbySnellDance.com](http://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](http://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](http://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

#### Byte Camp - 2D Animation on Tablet (9-12yrs) **NEW!**

Turn your drawing skills into awesome animation skills on our tablets! We'll show you how to make beautiful animations as wild as your imagination. Participants will learn to storyboard and use some advanced animation skills and principles to make their characters really come alive on the screen. Amaze your friends with the story you can draw in just a week!

*Instructor: Byte Camp*

**M-F Jul 27-Jul 31** **9:30am-4:30pm**  
Reg #: 622457 \$410/5 sess

Denman Room

# West End Community Centre

## Physical Education

### Sportball Floor Hockey Camp (5-12yrs)

Sportball Floor Hockey camp introduces fundamental concepts of gameplay and teaches the basic skills required to faceoff with confidence in a supportive, non-competitive environment. Coaches zero in on Floor Hockey skills like shooting, basic positioning, stick handling, and goal tending and Football skills like throwing and catching, field goals, and snapping and footwork in fun, exciting skill-focused play. Please bring a nut free snack and name labeled water bottle.

*Instructor: Sportball*

**(5-8yrs)**  
M-F Jul 6-Jul 10 1:00pm-4:00pm  
Reg #: 619145 \$285/5 sess

**(9-12yrs)**  
M-F Jul 27-Jul 31 1:00pm-4:00pm  
Reg #: 619146 \$285/5 sess

Auditorium

### Sportball Multi-Sport Camp (5-12yrs)

Sportball's action-packed multi-sport camps introduce children to a variety of ball sports, games and activities PLUS arts and crafts, snack time, stories, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please bring a nut free snack and name labeled water bottle.

*Instructor: Sportball*

**(5-8yrs)**  
Tu-F Aug 4-Aug 7 1:00pm-4:00pm  
Reg #: 619147 \$228/4 sess

**(9-12yrs)**  
M-F Aug 17-Aug 21 1:00pm-4:00pm  
Reg #: 619148 \$285/5 sess

Auditorium

### Recreational Gymnastics Camp (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*

M-F Jul 13-Jul 17 1:00pm-2:00pm  
Reg #: 618097 \$165/5 sess

Auditorium

## Preteen & Youth

### Education

#### Red Cross Babysitting (11-17yrs)

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

*Instructor: Foundations Safety + First Aid Training*

Su Jul 12 9:30am-4:30pm  
Reg #: 622671 \$90/1 sess

Su Aug 9 9:30am-4:30pm  
Reg #: 622672 \$90/1 sess

Barclay Room

#### Red Cross Stay Safe (9-14yrs)

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

*Instructor: Foundations Safety + First Aid Training*

Su Jul 26 10:00am-3:00pm  
Reg #: 622669 \$90/1 sess

Su Aug 16 10:00am-3:00pm  
Reg #: 622670 \$90/1 sess

Barclay Room

#### CPR-C/AED

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

*Instructor: Foundations Safety + First Aid Training*

Sa Jul 18 9:30am-12:30pm  
Reg #: 622673 \$95/1 sess

Sa Aug 22 9:30am-12:30pm  
Reg #: 625318 \$95/1 sess

Barclay Room

**Interested in volunteering with us?**

You can connect with us on Instagram: @wechyouth

### Emergency First Aid with CPR-C/AED

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

*Instructor: Foundations Safety + First Aid Training*

Sa Jul 18 9:30am-2:00pm  
Reg #: 622674 \$115/1 sess

Sa Aug 22 9:30am-2:00pm  
Reg #: 625319 \$115/1 sess

Barclay Room

### Standard First Aid CPR-C/AED

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

*Instructor: Foundations Safety + First Aid Training*

Sa Jul 18 9:30am-4:45pm  
Reg #: 622675 \$160/1 sess

Sa Aug 22 9:30am-4:45pm  
Reg #: 625320 \$160/1 sess

Barclay Room

## Social

### 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*

F Jul 3-Aug 28 6:15pm-8:45pm  
Reg #: 623714 Free

West End Arena Dry Floor

### 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 Jul 3-Aug 28 6:15pm-8:45pm  
Reg #: 623715 Free

Haro Room

# West End Community Centre

## Adult

## Music

### Guitar/Ukulele (7yrs+)

Private 30 minute lessons for children or adults to work at your own level and pace in guitar or ukulele. For children, the classes are focused on technique, reading notes and practicing skills. Adults can choose between learning chords or notes in a classical style. Students must provide their own instrument, and a digital tuner. A 3/4 sized nylon string guitar and a soprano ukulele with a strap is highly recommended for children. A guide book will be available at the first class for \$15.00. Please bring a foot stool for classical guitar.

*Instructor: Rene Hugo-Sanchez*

**W Jul 8-Aug 26** 5:00pm-8:00pm  
Reg #: 622712-622723 \$192/8 sess

English Bay Room

### 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 Jul 6-Jul 20** 1:00pm-7:00pm  
Stanley Court Room \$84/3 sess

**W Jul 8-Jul 22** 12:30pm-7:30pm  
Meeting Room 3 \$84/3 sess

#### Set 2

**M Jul 27-Aug 17** 1:00pm-7:00pm  
Stanley Court Room \$84/3 sess

**W Jul 29-Aug 19** 12:30pm-7:30pm  
Meeting Room 3 \$112/4 sess

## Pottery

### Pottery Throwing & Handbuilding

Learn about the world of ceramics through the use of both the wheel and hand-building techniques. Classes will begin with demos focused on functional ware. By the end of the course projects will be self directed, with guidance and support from the instructor. Students will also learn how to glaze as well as paint their finished products. Clay is not included in the cost and must be purchased from the instructor during the first class - no outside clay permitted. No session Aug 3, Aug 13.

*Instructor: Estelle Liebenberg*

**M Jul 13-Aug 24** 5:45pm-8:45pm  
Reg #: 624080 \$210/6 sess

**Th Jul 9-Aug 27** 10:00am-1:00pm  
Reg #: 624083 \$245/7 sess

*Instructor: Mitra Mahmoodi*

**W Jul 8-Aug 26** 5:45pm-8:45pm  
Reg #: 624104 \$280/8 sess

Pottery Studio

### Pottery Open Studio

#### Open Studio Requirements & Policies

This is a semi-supervised, non-instructional open studio session. Participants must be able to work independently.

#### Experience Requirements

- Prior ceramics experience is required, preferably through a pottery class at WECC.
- Participants should be comfortable with basic techniques, including wheel throwing or hand building, and proper glaze application.
- If you are registering at the West End Pottery studio for the first time, the pottery manager will send a knowledge assessment as an initial step in determining suitability for the program. This will be sent by email—please check your junk or spam folder.
- Final suitability may also be assessed during the first session. Participants who do not demonstrate the required level of experience will be asked to withdraw and will be refunded, with a recommendation to register in an instructional class instead.

*Instructor: No Instructor*

#### Session A

**M Jul 6-Aug 31** 2:30pm-5:30pm  
Reg #: 624096 \$184/8 sess

#### Session B

**Tu Jul 7-Aug 25** 5:45pm-8:45pm  
Reg #: 624098 \$184/8 sess

#### Session C

**W Jul 8-Aug 26** 11:00am-2:00pm  
Reg #: 624099 \$184/8 sess

#### Session D

**Su Jul 5-Aug 30** 10:15am-1:15pm  
Reg #: 624100 \$207/9 sess

#### Session E

**Su Jul 5-Aug 30** 1:30pm-4:30pm  
Reg #: 624101 \$207/9 sess

Pottery Studio

## Pottery with Sonja

### Pottery: You're a Natural, with Plates

Let nature inspire you to reconnect with your creative side. Create your own food safe organic shaped plate and design. Your instructor will demonstrate easy brushstrokes and texturizing techniques you can use to create your vision. Perfect for beginner potters and creatives who might like to dabble in pottery. First night we'll learn how to create your plate. Second night we will learn how to glaze and complete your piece for the final firing. No session Jul 16.

*Instructor: Sonja LeBorgne*

**Th Jul 9-Jul 23** 6:30pm-8:30pm  
Reg #: 625559 \$90/2 sess

Pottery Studio

### Pottery: Plant Pots with Personality

Have you a funny philodendron sassy snake plant or obsessed with your orchid? Build your own small plant a new piece of Vancouver real estate with its very own new pot to live in. Together you'll learn slab building, or coil building techniques to create the plant home of your dreams. Perfect starter home for small plants in 4 - 6" pots. The first night is the building and construction of your plant pot. The second night, we'll learn how to glaze and complete the project ready for final firing. No green thumbs or pottery experience needed, just bring your plant obsession. No session Aug 14.

*Instructor: Sonja LeBorgne*

**F Aug 7-Aug 21** 6:30pm-8:30pm  
Reg #: 625560 \$90/2 sess

Pottery Studio

### Pottery: Daily Grind - Garlic Grinder

Garlic stinking up your favourite cutting board? Create your very own foodsafe and dishwasher safe ceramic garlic or ginger grinder. This is a beginner level workshop using slab built technique and simple tools to create texture. Your instructor will guide you through the process to make your own kitchen tool. First night is building the grinder, second night we'll learn glazing techniques and complete your piece. Your instructor will help you choose a glaze that is food safe and dishwasher friendly. No session Aug 21.

*Instructor: Sonja LeBorgne*

**F Aug 14-Aug 28** 6:30pm-8:30pm  
Reg #: 625561 \$90/2 sess

Pottery Studio

### Pottery: A Cup Above the Rest

Workspace looking a little drab? Still keeping your toothbrush in a plastic cup? It's time for an upgrade! Join us for a fun, one-day workshop where you'll create a custom ceramic cup tailored to your specific needs. We'll learn slab-building techniques and build a simple, functional form. Once your blank cup is ready, the sky's the limit! Your instructor will show you how to use stamps, textures, and decorative techniques to make a piece that truly reflects your style. Perfect for total beginners who want to explore their creativity and leave with a piece that's uniquely theirs. Bring your imagination - we'll provide the clay.

*Instructor: Sonja LeBorgne*

**Th Aug 27** 6:30pm-8:30pm

Reg #: 625562 \$60/1 sess

Pottery Studio

# West End Community Centre

## Pottery with Lisa

### Pottery: Make a Handmade Flower Vase in One Night!

In this one night workshop you'll make a flower vase from start to finish, no experience necessary! Your instructor will demonstrate how to construct a vase using various techniques such as slab rolling, pinching and extruding. You'll be able to add your own style to it with texture and colour. A great introduction to pottery, beginners welcome! All materials included. No session Jul 10.

*Instructor: Lisa Warren*

**F Jul 3-Jul 17** 6:00pm-8:00pm  
Reg #: 624107 \$90/2 sess  
Pottery Studio

### Pottery: Pinched Mugs

In this two night workshop you'll make a mug from start to finish, no experience necessary! The first night your instructor will demonstrate how to construct a mug using handbuilding methods to create a unique wabi-sabi mug. In the second class you'll be shown how to glaze and finish your custom mug. A great introduction to pottery, beginners welcome! All materials included. No session Jul 17.

*Instructor: Lisa Warren*

**F Jul 10-Jul 24** 6:00pm-8:00pm  
Reg #: 624109 \$90/2 sess  
Pottery Studio

### Pottery: The Professional Workshops - Kilns 101

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

*Instructor: Lisa Warren*

**F Jul 31** 6:00pm-8:00pm  
Reg #: 624111 \$60/1 sess  
Pottery Studio

# Rockin in the Park

Sat July 4, see page 4

## Pottery with Serena

### Pottery: Strawberry Basket & Dish with Sprig Moulds

It's berry season and what better way to store and wash your fruit than by making a pottery basket that resembles the classic grocery store paper pulp berry container! We will be using templates to make the berry basket with options of adding a handle and ribbon. If there is time left, we can make a small side plate or spoon rest with berry themed sprig moulds added. Our second class will be spent glazing our pieces! No session Jul 9.

*Instructor: Serena Chu*

**Th Jul 2-Jul 16** 6:30pm-8:30pm  
Reg #: 624114 \$90/2 sess  
Pottery Studio

### Pottery: Underglaze Intensive

In this multi-part workshop, you will discover the world of underglazes, how to use them, variations and a multitude of techniques. We will cover topics such as taping, sgraffito, mishima, bubble, and screenprinting. We will be hand-building clay tiles to use for practice. As this is a techniques course, tiles will be bisqued but not glazed. All materials included, suitable for beginners.

*Instructor: Serena Chu*

**Th Aug 6-Aug 20** 6:30pm-8:30pm  
Reg #: 624115 \$150/3 sess  
Pottery Studio

## 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 Jul 6-Jul 27** 6:30pm-8:30pm  
Reg #: 624117 \$100/4 sess

**Set 2**  
**M Aug 10-Aug 31** 6:30pm-8:30pm  
Reg #: 624118 \$100/4 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. Adult drop-in \$25, Senior drop-in \$24. Supply list email: nsyffayerman@gmail.com

*Instructor: Faye Fayerman*

#### Set 1

**W Jul 8-Jul 29** 6:30pm-8:30pm  
Reg #: 624124 Adults \$92/4 sess  
Seniors \$90/4 sess

#### Set 2

**W Aug 5-Aug 26** 6:30pm-8:30pm  
Reg #: 624125 Adults \$92/4 sess  
Seniors \$90/4 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](http://www.atashzad.com).

*Instructor: Mohammad Reza Atashzad*

**Th Jul 9-Aug 27** 5:30pm-6:45pm  
Reg #: 624122 \$160/8 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](http://www.atashzad.com).

*Instructor: Mohammad Reza Atashzad*

**Th Jul 9-Aug 27** 6:45pm-8:45pm  
Reg #: 624123 \$240/8 sess  
Bidwell Room

## Please register early!

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

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

Sign-up even if the class is free!

# West End Community Centre

## 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 Aug 8** 10:00am-4:00pm  
Reg #: 624116 \$115/1 sess  
Barclay 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 C.*

**Set 1**  
**Su Jul 5-Jul 19** 1:00pm-3:00pm  
Reg #: 624126 \$115/3 sess

**Set 2**  
**Su Jul 26-Aug 9** 1:00pm-3:00pm  
Reg #: 624127 \$115/3 sess

Meeting Room 2

## Dance

### Adult Ballet - Beginner

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*

**Set 1**  
**W Jul 8-Jul 29** 5:30pm-6:30pm  
Reg #: 624133 \$120/4 sess

**Set 2**  
**W Aug 5-Aug 19** 5:30pm-6:30pm  
Reg #: 624136 \$90/3 sess

Dance Studio

### Adult Ballet - Intermediate

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*

**Set 1**  
**W Jul 8-Jul 29** 6:30pm-7:30pm  
Reg #: 624134 \$120/4 sess

**Set 2**  
**Aug 5-Aug 19** 6:30pm-7:30pm  
Reg #: 624137 \$90/3 sess

Dance Studio

### Adult Jazz Dance

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

*Instructor: Maria Norberto*

**Set 1**  
**W Jul 8-Jul 29** 7:30pm-8:30pm  
Reg #: 624135 \$112/4 sess

**Set 2**  
**W Aug 5-Aug 19** 7:30pm-8:30pm  
Reg #: 624138 \$84/3 sess

Dance Studio

### Throwback Music Video Choreography

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

*Instructor: Yasmine Shemesh*

**Th Jul 9-Aug 13** 5:30pm-6:30pm  
Reg #: 624132 \$120/6 sess

English Bay Room



### Ballroom Dancing: Beginner Level 1 & 2

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

*Instructor: Linda Short*

**Th Jul 9-Aug 27** 6:45pm-7:45pm  
Reg #: 624129 \$144/8 sess

Dance Studio

### Ballroom Dancing: Beginner Level 3 & 4

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

*Instructor: Linda Short*

**Th Jul 9-Aug 27** 7:45pm-8:50pm  
Reg #: 624131 \$144/8 sess

Dance Studio

## Drama

### Voice-Over Acting Level I

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

*Instructor: Sonja Bakker*

**Sa Jul 11** 9:30am-2:30pm  
Reg #: 624139 \$75/3 sess

**Sa Aug 8** 9:30am-2:30pm  
Reg #: 624140 \$75/3 sess

Meeting Room 2

### 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 Jul 25** 9:30am-2:30pm  
Reg #: 624141 \$75/3 sess

**Sa Aug 22** 9:30am-2:30pm  
Reg #: 624142 \$75/3 sess

Meeting Room 2

# West End Community Centre

## Education

### Dog Obedience: Come when Called: Four-Week Workshop

Does your dog come back happily when you call? Are you getting tired of shouting at your dog to come back?

Curious why your dog sometimes ignores your call? Come explore the playful, step-by-step secrets to teaching a recall that gets tails wagging and paws racing back to you! You'll discover why dogs act the way they do and how fun, science-based training builds reliable, enthusiastic recalls.

This class is all about fun and learning together! To make the most of it, your dog should already know some basics like focus, sit, down, and stay. Using tasty treats, enthusiastic praise, and playful games—all based on proven scientific methods—you'll help your dog master new skills while having a blast.

Registration closes 3 business days before class. If you miss the deadline, contact West End CC—late enrolments are rarely accepted, but we will review your request and let you know.

There are no make-up sessions for missed classes. Please double-check your schedule before registering.

For everyone's safety, dogs must wear a flat buckle collar, front/back-clipped harness. Pinch, choke, or shock collars and retractable leashes are not allowed.

This class covers only the topics listed in the workshop description. Behaviour issues outside of these areas are not addressed.

*Instructor: Masumi Yoshinaga*

**W Aug 5-Aug 26** **7:00pm-8:00pm**  
Reg #: 624150 \$150/4 sess

Auditorium



### Dog Obedience: Walk This Way: Four-Week Workshop

Does your dog pull or lag on a leash? Are the finer points of walking nicely beside you a challenge for your pup?

Join us for a fun, hands-on class where both you and your dog can discover the secrets of smooth, enjoyable walks!

Our force-free training approach uses food, praise, and play, all backed by science, to help your dog find their groove and make leash walks a highlight of your day.

Registration closes 3 business days before class. If you miss the deadline, contact West End CC—late enrolments are rarely accepted, but we will review your request and let you know.

There are no make-up sessions for missed classes. Please double-check your schedule before registering.

For everyone's safety, dogs must wear a flat buckle collar, front-clipped harness, or head halter. Pinch, choke, or shock collars and retractable leashes are not allowed.

This class covers only the topics listed in the workshop description. Behaviour issues outside of these areas are not addressed.

*Instructor: Masumi Yoshinaga*

**W Jul 8-Jul 29** **7:00pm-8:00pm**  
Reg #: 624149 \$150/4 sess

Auditorium

### Journey into Past Life Regression

Get ready for a journey through time and space, literally. In this intensive Past Life Regression session, you will be guided into deep trance and experience first hand past lives through regression. In this open, accepting, relaxed environment you can access several key lives you have lived, unveiling roles, relationships, places and talents that were important to you. More importantly, what you have gained from these lifetimes, including any effects you've carried forward to the present. Depending on group energy and desires, we can also choose a focus on money, relationship or life purpose. The session includes introduction, group regressions and post regression analysis. Please bring a notebook and a pen for journaling after each experience. Drop-in \$65.00, space permitting.

*Instructor: Kemila Zsange*

**Th Jul 16** **4:30pm-8:30pm**  
Reg #: 624255 \$65/1 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 and experience your future through progression; and see how time is not what you think it is. 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. Future Life Progression 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. Come join us in this open, accepting, relaxed environment where you can be informed by your future. Drop-in \$53.00, space permitting.

*Instructor: Kemila Zsange*

**Th Aug 27** **5:30pm-8:30pm**  
Reg #: 624256 \$53/1 sess

Stanley Court Room

### 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: July 24: Syou Ishida, We'll Prescribe You a Cat; August 28: Percival Everett, Erasure.

*Instructor: Ronda Larmour*

**F Jul 24-Aug 28** **11:00am-12:00pm**  
Reg #: 624158 \$0/2 sess

Stanley Court Room

### 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 Jul 8-Aug 26** **6:45pm-8:45pm**  
Reg #: 624152 \$0/8 sess

Stanley Court Room

### Toastmasters

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

*Instructor: Cindy Shen*

**Tu Jul 7-Aug 25** **6:30pm-8:30pm**  
Reg #: 624143 \$0/8 sess

Denman Room

# West End Community Centre

## Language

### Spanish - Beginner I

Think of the richness that learning Spanish will add to your life! In this course emphasis will be on interaction to quickly develop speaking and comprehension skills. By providing the basic tools to communicate effectively, this approach will introduce you to language structures and expressions, and will open doors to new experiences. For more information visit [www.SpanishwithKaren.com](http://www.SpanishwithKaren.com). No session Aug 3.

*Instructor: Karen Lara*

**M Jul 6-Aug 31** 6:10pm-7:25pm  
Reg #: 624153 \$107.2/8 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](http://www.SpanishwithKaren.com). No session Aug 3.

*Instructor: Karen Lara*

**M Jul 6-Aug 31** 7:30pm-8:45pm  
Reg #: 624154 \$107.2/8 sess  
English Bay Room

### Spanish Low intermediate 1 - Reading & Writing

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

*Instructor: Karen Lara*

**Th Jul 2-Aug 27** 6:10pm-7:25pm  
Reg #: 624155 \$120.60/9 sess  
Meeting Room 2

### Spanish Low intermediate 2 - Conversation & Culture

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

*Instructor: Karen Lara*

**Th Jul 2-Aug 27** 7:30pm-8:45pm  
Reg #: 624156 \$120.60/9 sess  
Meeting Room 2

## Workshops

### Aromatherapy, Summertime Essentials

Aromatic Essences derived from portions of the plants - discover the alternative form of healing! Learn the top ten essential oils, their therapeutic properties and how to use them every day safely and effectively. Discuss creating your own essential oil medicine cabinet. In class, create blends for all your outdoor summer activities. Create a bug bite roll-on, healing salve, and a natural insect repellent spray OR heat exhaustion spray, plus a cooling bath n' body oil. Recipes and blends provided. ALL SUPPLIES INCLUDED IN COURSE FEE.

*Instructor: Cheryl Theilade*

**W Jul 22** 6:30pm-8:45pm  
Reg #: 625567 \$52/1 sess  
Preschool

### Pickling

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Carly Hilbert, discover the art of pickling with hands-on pickling workshop. Learn how to transform fresh vegetables and fruits into tangy, crunchy delights perfect for snacking, adding to sandwiches, or enhancing salads. Our expert instructor will guide you through: Choosing the right vegetables and brine ingredients, Proper sanitation and jar preparation, Techniques for quick pickling and fermentation, Tips for achieving the perfect balance of flavors, How to store and enjoy your homemade pickles. You will leave with a batch of freshly made pickles and the knowledge to continue pickling at 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; \$6 materials fee only).

*Instructor: West End Food Network*

**W Jul 15** 6:30pm-8:00pm  
Reg #: 625566 \$30/1 sess  
Preschool

### 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*

**Th Jul 23** 6:30pm-8:00pm  
Reg #: 625563 \$0/1 sess  
Preschool

### Kimchi

In this joint Village Vancouver - West End Neighbourhood Food Network Urban Garden Club workshop with Amy Weeks, participants will learn to make fresh kimchi that can be enjoyed the next day or stored in the refrigerator to continue fermenting. 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; \$11 materials fee only).

*Instructor: West End Food Network*

**M Jul 27** 6:30pm-8:00pm  
Reg #: 625565 \$34/1 sess  
Preschool

### 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*

**M Aug 24** 6:30pm-8:00pm  
Reg #: 625564 \$25/1 sess  
Preschool

## Fitness & Wellness

### Tai Chi - 24 Form Review

This course is for those who have studied the 24 Form but may be missing some parts, or who would simply like to make the form more familiar. We will work more on the second half of the sequence, and any difficult passages. This is an opportunity to refine the details and go a little deeper. A beginner-friendly course will be offered in the fall. Drop in \$20

*Instructor: Kelly Maclean*

**Tu Jul 7-Aug 18** 6:15pm-7:15pm  
Reg #: 624173 \$112/7 sess  
Barclay Room



# West End Community Centre

## 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 Jul 7-Aug 18** **7:15pm-8:15pm**  
Reg #: 624174 \$112/7 sess

Barclay Room

## Ageless Yoga Nidra

This Level 2 session includes familiar warm-ups to activate and release blocked energy, yoga asana, pranayama and breath exercises to prepare the body and mind for yoga nidra. Yoga nidra, also known as yogic sleep, is a longer relaxation exercise that helps regulate the nervous system. In this 1.5 hr class, we'll be further exploring yoga philosophies such as the subtle body, energetic anatomy, chakras and koshas and sound healing. Prerequisite: participants must have completed a full session of Ageless Yoga with Sandra before registering for this level 2 yoga session. This special session will be available for Summer only. For more information visit [www.yogamovesforeverybody.com](http://www.yogamovesforeverybody.com). Drop-in \$18, space permitting.

*Instructor: Sandra Leigh*

**W Jul 8-Jul 29** **7:00pm-8:30pm**  
Reg #: 624223 \$56/4 sess

English Bay Room

## Pilates Yoga Fusion

We will start with 25 minutes of myofascial release using foam rollers, followed by 20 minutes of traditional Pilates, 20 minutes of flow yoga, and finish with a 5-minute Savasana. This efficient 3-in-1 class improves core strength, posture, balance, flexibility, and body awareness while enhancing overall well-being. Please arrive at least 5 minutes early to set up your mat and equipment. Class starts promptly at 5:30 PM. Participants are expected to be comfortable transitioning between standing, floor-based, and flowing movement in a continuous class format. This class requires completion of the online PAR-Q+ health screening at [eparmedx.com](http://eparmedx.com) and a signed (in class) waiver prior to participation. These help identify whether medical clearance or an alternative class is recommended. Drop-in \$12.

*Instructor: Jill Stoness*

**Tu Jul 7-Aug 18** **5:30pm-6:40pm**  
Reg #: 624186 \$70/7 sess

Dance Studio

## Gentle Yoga

Open to all fitness levels, everyone can do this class with confidence, learning how to practice yoga postures safely. Improvements you will enjoy from taking this class include great posture, comfortable, mobile, and healthy joints, increased strength and flexibility, relief from mental stress, and a positive connection to your body. Drop-in \$18/Adult, \$16/Senior. No session Aug 3.

*Instructor: Sophie Ducharme*

**M Jul 6-Aug 31** **5:00pm-6:15pm**  
Reg #: 624220 \$128/8 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. No session Aug 1.

*Instructor: Sophie Ducharme*

**Sa Jul 4-Aug 29** **10:30am-11:45am**  
Reg #: 624221 \$128/8 sess

Dance Studio

## Hatha 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 Jul 3-Aug 28** **11:00am-12:15pm**  
Reg #: 624219 \$126/9 sess

English Bay Room

## Yoga To Connect & Uplift

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

*Instructor: Melissa Holt*

**Su Jul 5-Aug 30** **11:00am-12:15pm**  
Reg #: 624218 \$162/9 sess

English Bay Room

## 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 Jul 9-Aug 27** **12:30pm-1:30pm**  
Reg #: 625539 \$72/8 sess

Dance Studio

## 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 Aug 3.

*Instructor: Sunrise Yoga Club*

**M W Jul 13-Aug 19** **9:15am-10:15am**  
Reg #: 624222 \$5/15 sess

Dance Studio/English Bay Room

## Martial Arts

### Axe Capoeira Adult SUMMER DISCOUNT

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

Capoeira is one of the most diverse martial arts, with creativity, music, self-expression, and strategic thinking being as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in \$20, space permitting. No session Jul 4.

*Instructor: Yulia Terekh*

**Th Jul 2 - Aug 13** **5:30pm-6:30pm**  
**Sa Jul 11 - Aug 15** **11:30am-1:00pm**

Reg #: 624233 \$97.5/19 sess

Dance Studio

## Fitness

### 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 Jul 4-Aug 29** **9:15am-10:15am**  
Reg #: 624226 \$63/9 sess

Dance Studio

# West End Community Centre

## Athletic Interval Training

This high-intensity fitness class combines strength training, cardiovascular conditioning, and core work for a full-body workout. Refine your weight training technique while improving overall fitness. Participants are expected to be able to work at a high intensity in a continuous group fitness environment. This class requires completion of the online PAR-Q+ health screening at eparmedx.com prior to participation. This helps identify whether medical clearance or an alternative class is recommended. Drop-in \$12.

*Instructor: Jill Stoness*

**F Jul 10-Aug 21** 5:30pm-6:40pm  
Reg #: 624189 \$70/7 sess

Dance Studio

## Body Movement, Strength & Flexibility

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

*Instructor: Jenn Mason*

**Set 1**  
**Th Jul 9-Jul 30** 6:00pm-7:00pm  
Reg #: 624224 \$40/4 sess

**Set 1**  
**Th Aug 6-Aug 27** 6:00pm-7:00pm  
Reg #: 624225 \$40/4 sess

Denman Room

## 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 Jul 8-Aug 26** 6:00pm-7:00pm  
Reg #: 624230 \$120/8 sess

**Sa Jul 11-Aug 29** 9:15am-10:15am  
Reg #: 624231 \$120/8 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 Jul 7-Aug 25** 5:30pm-6:30pm  
Reg #: 624229 \$72/8 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](http://www.zumbavancouver.ca) Drop-in \$15.75, if space permits.

*Instructor: Zumba Vancouver*

**M Jul 6-Jul 27** 11:45am-12:45pm  
Reg #: 624227 \$55/4 sess

**W Jul 8-Aug 12** 11:00am-12:00pm  
Reg #: 624228 \$82.50/6 sess

Auditorium

## Sports

### Ball Hockey - 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 Aug 3.

*Instructor: TBA*

**Player**  
**M Jul 6-Aug 31** 7:00pm-8:45pm  
Reg #: 624240 \$48/8 sess

**Goalie**  
**M Jul 6-Aug 31** 7:00pm-8:45pm  
Reg #: 624241 \$0/8 sess

West End Arena Dry Floor

### Indoor Soccer - Sun

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*

**Su Jul 5-Aug 30** 3:00pm-4:45pm  
Reg #: 624235 \$54/9 sess

West End Arena Dry Floor

### Indoor Soccer - Wed

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 Jul 8-Aug 26** 7:00pm-8:45pm  
Reg #: 624234 \$48/8 sess

West End Arena Dry Floor

### Basketball - Thu

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

*Instructor: Abel Mohammadi*

**Th Jul 2-Aug 27** 7:00pm-8:45pm  
Reg #: 624239 \$54/9 sess

West End Arena Dry Floor

### Pickleball - Sun AM

Join us for doubles pickleball. 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 Jul 5-Aug 30** 10:00am-12:00pm  
Reg #: 624236 \$54/9 sess

West End Arena Dry Floor

### Pickleball - Sun PM

Join us for doubles pickleball. 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 Jul 5-Aug 30** 12:30pm-2:30pm  
Reg #: 624237 \$54/9 sess

West End Arena Dry Floor

### Pickleball - Tue

Join us for doubles pickleball. 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*

**Tu Jul 7-Aug 25** 6:30pm-8:30pm  
Reg #: 624238 \$48/8 sess

West End Arena Dry Floor

For Adult Sports  
Participants Information,  
please see page 35

# West End Community Centre

## 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 Jul 7-Aug 25 7:00pm-8:30pm  
Reg #: 624242 \$32/8 sess

Auditorium

## 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. See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
Tu Jul 7-Jul 28 7:30pm-8:30pm  
Reg #: 625509 \$162.76/4 sess

W Jul 8-Jul 29 4:30pm-5:30pm  
Reg #: 625512 \$162.76/4 sess

**Set 2**  
Tu Aug 4-Aug 25 7:30pm-8:30pm  
Reg #: 625511 \$162.76/4 sess

W Aug 5-Aug 26 4:30pm-5:30pm  
Reg #: 625513 \$162.76/4 sess

King George Tennis Courts

## 1.0-1.5 NTRP - Women's Beginner Tennis Lessons

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

*Instructor: Precision Tennis Inc.*

**Set 1**  
Sa Jul 4-Aug 1 9:15am-10:15am  
Reg #: 625518 \$203.45/5 sess

**Set 2**  
Sa Aug 8-Aug 29 9:15am-10:15am  
Reg #: 625519 \$162.76/4 sess

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. See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
W Jul 8-Jul 29 5:30pm-7:00pm  
Reg #: 625514 \$244.16/4 sess

**Set 2**  
W Aug 5-Aug 26 5:30pm-7:00pm  
Reg #: 625515 \$244.16/4 sess

King George Tennis Courts

## 2.0 NTRP - Women's Advanced Beginner Tennis Lessons

For women who can reliably rally 5-10 shots from 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. See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
Sa Jul 4-Aug 1 11:45am-1:15pm  
Reg #: 625522 \$305.2/5 sess

**Set 2**  
Sa Aug 8-Aug 29 11:45am-1:15pm  
Reg #: 625523 \$244.16/4 sess

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. See you on the courts!

*Instructor: Precision Tennis Inc.*

**Set 1**  
W Jul 8-Jul 29 7:00pm-8:30pm  
Reg #: 625516 \$244.16/4 sess

**Set 2**  
W Aug 5-Aug 26 7:00pm-8:30pm  
Reg #: 625517 \$244.16/4 sess

King George Tennis Courts

## 2.5 NTRP - Women's Pre-Intermediate Tennis Lessons

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

*Instructor: Precision Tennis Inc.*

**Set 1**  
Tu Jul 7-Jul 28 6:30pm-7:30pm  
Reg #: 625506 \$162.76/4 sess

Sa Jul 4-Aug 1 10:15am-11:45am  
Reg #: 625520 \$305.2/5 sess

**Set 2**  
Tu Aug 4-Aug 25 6:30pm-7:30pm  
Reg #: 625507 \$162.76/4 sess

Sa Aug 8-Aug 29 10:15am-11:45am  
Reg #: 625521 \$244.16/4 sess

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. No session Aug 3.

*Instructor: Susan Ingraham*

M Jul 13-Aug 17 11:00am-12:00pm  
Reg #: 624244 \$45/5 sess

F Jul 17-Aug 21 11:00am-12:00pm  
Reg #: 624245 \$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*

Tu Jul 14-Aug 18 10:45am-11:45am  
Reg #: 624246 \$54/6 sess

Th Jul 16-Aug 20 10:45am-11:45am  
Reg #: 624247 \$54/6 sess

Dance Studio

### Tennis Lessons Information

- Players outside of the required playing level may be removed to ensure fair opportunity. If unsure, consult [precisiontennis.ca/link/ntrp-rating-guide](http://precisiontennis.ca/link/ntrp-rating-guide) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca) / 236-515-6520
- Participants must bring their own racket.
- For a recommendation, visit [precisiontennis.ca/faq](http://precisiontennis.ca/faq) or contact [hello@precisiontennis.ca](mailto:hello@precisiontennis.ca).
- Please fill out the Activity Waiver at [precisiontennis.ca/waiver](http://precisiontennis.ca/waiver) before attending the first day of class.
- Cancellation updates: [precisiontennis.ca/updates](http://precisiontennis.ca/updates).

# West End Community Centre

## 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 Jul 8-Aug 26** 10:05am-11:05am  
Reg #: 624250 \$62/8 sess  
Dance Studio

## Osteofit Level I

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

*Instructor: Anne O'Sullivan*

**W Jul 8-Aug 26** 9:05am-10:05am  
Reg #: 624249 \$62/8 sess  
Dance Studio

## Yoga for Seniors

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

*Instructor: Anne O'Sullivan*

**F Jul 10-Aug 28** 1:45pm-2:45pm  
Reg #: 624253 \$70/8 sess  
Dance Studio

## 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*

**W Jul 15-Aug 19** 12:30pm-1:30pm  
Reg #: 624248 \$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 Jul 8-Aug 26** 11:15am-12:15pm  
Reg #: 624251 \$52/8 sess  
**F Jul 10-Aug 28** 12:30pm-1:30pm  
Reg #: 624252 \$52/8 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*

**W Jul 8-Jul 29** 1:45pm-2:30pm  
Reg #: 624254 \$34/4 sess  
Dance Studio

## Social

### 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 Jul 8-Aug 26** 9:30am-11:30am  
Reg #: 624163 \$0/8 sess  
Stanley Court Room

### Ballroom Dancing & Social

Join our friendly group of Ballroom Dancers. Learn, practice and meet new friends. Singles and those with partners are both welcome. Drop-in \$1.50. No session Aug 3.

*Instructor: No Instructor*

**M Jul 6-Aug 31** 1:00pm-3:00pm  
Reg #: 624243 \$8/8 sess  
Auditorium



## Bridge Duplicate

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

*Instructor: Jean VanDerley*

**Tu Jul 7-Aug 25** 1:00pm-4:15pm  
Reg #: 624166 \$4/8 sess  
**Th Jul 2-Aug 27** 1:00pm-4:15pm  
Reg #: 624167 \$4.5/9 sess  
Bidwell Room

## 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 Jul 3-Aug 28** 1:30pm-4:00pm  
Reg #: 624165 \$0/9 sess  
Bidwell Room

## Mahjong

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

*Instructor: Non Instructional*

**Sa Jul 4-Aug 29** 10:00am-1:00pm  
Reg #: 624164 \$0/5 sess  
Meeting Room 2

# 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.

## Summer 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 8:00-9:00am			Stretch 10:00-10:30am
	Active Joints 9:15am-10:15am	Fitness for Youth 9:15-10:15am	Active Joints 9:15am-10:15am		
Posture Correction 4:30-5:00pm				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.

### Small Group Personal Training

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

### Active Joints

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

Jul7-Jul 30 9:15am-10:15am 623594  
Fitness Centre

### 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)**  
Jul 8-Jul 29 8:00am-9:00am 623575  
Fitness Centre

**Fitness for Youth (13-18 yrs)**  
Jul 8-Jul 29 9:15am-10:15am 623576  
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 \$22, space permitting.

*Instructor: Samira Adab*

**M W F Jul 6-Jul 31** 10:30am-11:30am  
Reg #: 622868 \$240/12 sess

**M W F Aug 5-Aug 28** 10:30am-11:30am  
Reg #: 622873 \$220/11 sess

Meeting Room

### Education

#### Learning German (Level A1, A2) **NEW!**

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

*Instructor: Myroslava Kerniakovych*

**Sa Jul 11-Aug 29** 2:00pm-3:00pm  
Reg #: 623259 \$160/8 sess

Arts and Crafts Room

#### Learning Ukrainian Through Play **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. Drop-in \$25, space permitting.

*Instructor: Myroslava Kerniakovych*

**Sa Jul 11-Aug 29** 1:00pm-2:00pm  
Reg #: 623258 \$160/8 sess

Arts and Crafts Room

#### 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 Jul 9-Aug 27** 10:00am-11:30am  
Reg #: 622892 \$156/8 sess

Meeting Room

#### Fun with Japanese! Baby Massage and Family Yoga (3-18mth)

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 goal 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 Little Kidz and Japanese Association of Baby and Child Care. She is also a yoga instructor who is registered with Yoga Alliance and Japanese Baby Eurhythmics. Let's enjoy a relaxed, cozy time, and learning infant massages! Singing, eurythmics family yoga, and story time together to boost your family's communication and confidence.

*Instructor: Mari Shiota*

**M Jul 13-Jul 27** 10:00am-11:15am  
Reg #: 622887 \$45/3 sess

Dance Studio

#### 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 bring a water bottle, lunch and pencils. No drop-ins.

*Instructor: Mari Shiota*

**Tu Jul 7-Aug 25** 10:00am-11:30am  
Reg #: 622890 \$156/8 sess

Meeting Room

## Physical Education

#### 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*

**F Jul 10-Aug 21** 9:30am-10:15am  
Reg #: 623256 \$126/7 sess

Gymnasium

#### Sportball P&T Multisport (2-3yrs)

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

*Instructor: Sportball Vancouver*

**F Jul 10-Aug 21** 10:15am-11:00am  
Reg #: 623257 \$126/7 sess

Gymnasium



## Looking for Licensed Childcare?

You will find it on page 5!

## Registration Numbers = Quick Registration

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

# Coal Harbour Community Centre

## Dance

### 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](http://www.KirbySnellDance.com).

*Instructor: Endorphin Rush Dance*

Sa Jul 4-Aug 22 9:30am-10:15am  
Reg #: 622923 \$112/8 sess

Dance Studio

### 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](http://www.KirbySnellDance.com).

*Instructor: Endorphin Rush Dance*

**(3-5yrs)**  
Sa Jul 4-Aug 22 10:20am-11:05am  
Reg #: 622924 \$112/8 sess

**(4-6yrs)**  
Sa Jul 4-Aug 22 1:20pm-2:05pm  
Reg #: 622927 \$112/8 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](http://www.KirbySnellDance.com).

*Instructor: Endorphin Rush Dance*

Sa Jul 4-Aug 22 12:30pm-1:15pm  
Reg #: 622926 \$112/8 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 Jul 5-Aug 23 10:15am-11:00am  
Reg #: 621484 \$136/8 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](http://www.KirbySnellDance.com).

*Instructor: Endorphin Rush Dance*

Sa Jul 4-Aug 22 11:10am-11:55am  
Reg #: 622925 \$112/8 sess

Dance Studio

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

In this fun, interactive program, children explore the world of yoga through creative games, storytelling, and dance. Designed for ages 3-6, each session encourages movement, mindfulness, and imagination, helping kids build physical coordination, emotional awareness, and social skills. Through playful poses and rhythmic activities, young minds and bodies grow stronger, more confident, and connected to themselves and others. perfect for fostering balance, creativity, and joy. Drop-in \$15, space permitting.

*Instructor: Nousha Vahidi*

Th Jul 2-Aug 27 2:00pm-2:30pm  
Reg #: 622816 \$117/9 sess

Dance Studio

## Playtime

### Baby Jellyfish Playtime (Up to 3yrs)

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 Jul 1, Aug 3.

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

Dance Studio/Meeting Room

## Children

## Creative

### Fun Colours - Oil Painting (6-14yrs)

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

*Instructor: Kira Shulgina*

**(Set 1)**

Th Jul 2-Jul 30 6:30pm-8:00pm  
Reg #: 622878 \$100/5 sess

Su Jul 5-Jul 26 12:45pm-2:15pm  
Reg #: 622881 \$80/4 sess

**(Set 2)**

Th Aug 6-Aug 27 6:30pm-8:00pm  
Reg #: 622879 \$60/3 sess

Su Aug 2-Aug 30 12:45pm-2:15pm  
Reg #: 622882 \$100/5 sess

Activity Room

### Origami for Kids (5-10yrs)

Hands, Brain, Papers! We explore and enjoy the beauty of paper folding when Art and Math join. To make it more fun, we use some art medium. Origami papers and art supplies will be provided for each session. Drop-in \$22, space permitting.

*Instructor: Samira Adab*

W F Jul 8-Jul 31 11:45am-12:45pm  
Reg #: 622872 \$160/8 sess

Meeting Room

### Chess for Kids (8-14yrs)

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

*Instructor: Yakiv Hrabarchuk*

Sa Jul 11-Aug 29 10:30am-11:30am  
Reg #: 622490 \$200/8 sess

Activity Room

### Rubik's Cubes for Beginners (8-14yrs)

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*

Sa Jul 11-Aug 29 9:30am-10:30am  
Reg #: 622460 \$200/8 sess

Activity Room

# Coal Harbour Community Centre



## Spanish for Children: Summer Fun (6-10yrs)

Hola amigos! Welcome to Spanish class! Come and have lots of fun playing traditional games in Spanish while learning songs. No previous Spanish experience is required. Please bring the following items to class: pencil, eraser, pencil crayons and a binder.

*Instructor: Eliana Rolando*

**W Jul 8-Jul 29** **4:15pm-5:45pm**  
Reg #: 622814 \$64/4 sess

Activity Room

## Table Tennis Lessons for Kids (8-14yrs)

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

*Instructor: Yakiv Hrabarchuk*

**Sa Jul 11-Aug 29** **11:30am-12:30pm**  
Reg #: 622492 \$200/8 sess

Activity Room

## Registration Numbers = Quick Registration

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

## 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! FB/IG @illumastudio.

*Instructor: ILLUMA Studio*

**(6-9yrs)**  
**Su Jul 5-Aug 30** **2:45pm-3:45pm**  
Reg #: 622574 \$144/9 sess

**(9-15yrs)**  
**Su Jul 5-Aug 30** **3:45pm-4:45pm**  
Reg #: 622575 \$144/9 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 Jul 5-Aug 23** **11:00am-12:00pm**  
Reg #: 621487 \$152/8 sess

Dance Studio

### Yoga Adventure: Move, Dance, Imagine (6-11yrs)

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 Aug 3.

*Instructor: Nousha Vahidi*

**M Jul 6-Aug 31** **4:00pm-4:30pm**  
Reg #: 622819 \$104/8 sess

Dance Studio

## 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.

*Instructor: Alexandra Cai*

**Th Jul 2-Aug 13** **4:30pm-8:30pm**  
Reg #: 622893-622900 \$196/7 sess

Meeting Room

### Private Piano Lessons with Ami

These one-on-one private piano lessons are designed for students of all levels, from beginners to those with prior piano experience. Lessons are tailored to each student's learning pace and musical needs, focusing on piano technique, music reading, rhythm, basic music theory, and musical expression. Instruction is provided in a supportive and encouraging environment to build confidence, creativity, and healthy practice habits, while helping students develop a strong musical foundation and a lasting appreciation for music. (Book not included). No session Aug 8.

*Instructor: Min(Ami) Xu*

**Sa Jul 4-Aug 15** **9:30am-4:45pm**  
Reg #: 621855-621868 \$168/6 sess

Meeting Room

## Martial Arts

### Aikido (8-15yrs)

Aikido is a peaceful form of Japanese Martial Arts. This class focuses on awareness and developing cooperation. Aikido Canada Ltd. Shohei Juku. No session Jul 23, 30.

*Instructor: Shinobu Preston*

**Th Jul 9-Aug 27** **3:45pm-4:45pm**  
Reg #: 622573 \$90/6 sess

Gymnasium

### Axe Capoeira - Mini Kids (4-7yrs)

#### SUMMER DISCOUNT

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

Capoeira is an Afro-Brazilian martial art that combines music, self-defense, dance, acrobatics and physical conditioning to create a unique, 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. No session Aug 3.

*Instructor: Yulia Terekh*

**M Jul 6-Aug 10** **5:00pm-5:30pm**  
Reg #: 623542 \$34/5 sess

Gymnasium

# Coal Harbour Community Centre

## Olympic Style TaeKwonDo

Our Taekwondo program offers a modern, holistic approach to the traditional martial art and Olympic sport, designed specifically for growing minds and bodies. We focus on building resilience, concentration, and social skills in inclusive classes that celebrate personal progress over perfection. Master Kevin Kwan is a 5th Dan Black Belt certified by the Kukkiwon of Korea. Uniforms and promotion tests are optional and not included in the registration fee. Drop-in \$19, space permitting.

Instructor: Kevin Kwan

<b>(4-6yrs)</b>	
Su Jul 5-Jul 26	11:00am-12:00pm
Reg #: 622839	\$67.2/4 sess
<b>(7-10yrs)</b>	
Su Jul 5-Jul 26	12:00pm-1:00pm
Reg #: 622846	\$67.2/4 sess
<b>(11-16yrs)</b>	
Su Jul 5-Jul 26	10:00am-11:00am
Reg #: 622833	\$60.92/4 sess

Multipurpose Room



## Physical Education

### Just Real Ballers - Basketball

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

Instructor: Just Real Ballers

<b>(5-8yrs)</b>	
F Jul 3-Jul 24	1:45pm-2:45pm
Reg #: 623253	\$63/4 sess
<b>(9-12yrs)</b>	
F Jul 3-Jul 24	3:00pm-4:15pm
Reg #: 623254	\$68/4 sess

Gymnasium

## SPECIAL EVENTS

### ROCKIN' IN THE PARK

**July 4, 2026**  
**11:00am-2:00pm**

Join us at Rockin' in the Park for free entertainment and loads of family fun!

**Activities:**

- live entertainment
- bouncy castle
- carnival games
- face painting
- youth fundraiser
- community booths

**FREE ENTRY**  
Register Now: 621706

**Coal Harbour Park**  
323 Jarvis Street, Vancouver, BC V6C 3P8

### ROCKIN IN THE PARK

**JULY 4, 2026**

11:05AM-11:20AM **COASTAL WOLF PACK**  
@COASTALWOLFPACK1

11:20AM-12:50PM **AXE CAPOEIRA**  
@AXEVANCOUVER\_DOWNTOWN

12:00PM-12:30PM **The Suits**  
[HTTPS://WWW.THESUITS.CA/](https://www.thesuits.ca/)

12:45PM-1:15PM **INFERNITY OFFICIAL**  
@INFERNITYOFFICIAL

1:30PM-2:00PM **MAKENZA**  
@MAKENZAMARINA

COAL HARBOUR COMMUNITY CENTRE

# 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](http://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](http://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](http://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](http://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](http://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](http://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

## EFK - Apprentice Aerospace: Up Up and Away **NEW!**

Blast off for adventure in this exciting week of aerospace engineering! Students will learn about the forces of flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring, hands-on engineering challenges. Join us for this fun-filled, high-flying adventure!

*Instructor: Engineering For Kids*

**Tu W Th F Aug 4-Aug 7** 9:15am-3:15pm  
Reg #: 625938 \$336/4 sess

Arts and Craft Room

## EFK - Print It! 3D Engineering and Maker **NEW!**

This program introduces students to one of today's most exciting and versatile technologies: 3D printing. In this hands-on camp, students will explore the fundamentals of 3D printing and computer-aided design (CAD) as they design and create their own custom 3D models. Starting from a hand-drawn concept, students will learn how to transform a 2D idea into a 3D object by extruding and refining their designs for printing. Along the way, they'll develop problem-solving, design, and engineering skills while bringing their ideas to life.

*Instructor: Engineering For Kids*

**M-F Jul 20-Jul 24** 9:15am-3:15pm  
Reg #: 625936 \$420/5 sess

Arts and Craft Room

## EFK: Motion Commotion **NEW!**

Students step into the imaginative world of Motion Commotion, where creativity, storytelling, and engineering meet through the art of stop motion animation. From Claymation and sand animation to masking techniques and sound design, students learn how to make characters, scenes, and objects come to life one frame at a time.

*Instructor: Engineering For Kids*

**M-F Aug 17-Aug 21** 9:15am-3:15pm  
Reg #: 625939 \$420/5 sess

Arts and Craft Room



# 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

## Preteen

### Social

#### 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 Jul 3-Aug 28** **6:15pm-8:45pm**  
 Reg #: 623452 Free  
 Gymnasium

## Youth

### Social

#### Youth Open Gym

FREE program for youth in grades 8 -12 (ages 12-18) Tuesday: Basketball/Volleyball Wednesday: Badminton/Basketball Open Gym has in/ out privileges - this is for enrollment/ admin purposes only. No session Jul 1.

*Instructor: Non Instructional*

**Tu W Jul 7-Aug 26** **3:30pm-5:00pm**  
 Reg #: 623451 Free  
 Gymnasium

Interested in  
volunteering with us?

You can connect with us  
on Instagram: @wechouth

## 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 Jul 5-Jul 26** **10:30am-12:30pm**  
 Reg #: 622886 \$100/4 sess

**Su Jul 5-Jul 26** **2:30pm-4:30pm**  
 Reg #: 622901 \$100/4 sess

**Set 2**  
**Su Aug 2-Aug 30** **10:30am-12:30pm**  
 Reg #: 622889 \$125/5 sess

**Su Aug 2-Aug 30** **2:30pm-4:30pm**  
 Reg #: 622891 \$125/5 sess

Arts and Crafts Room



#### Finger Painting for Adults

Hoping you'll join us for a fantastic foray and discovery of Finger Painting for ADULTS! Expect Fun, with challenging exercises that afford stellar, wildly artful, pieces! We learn a variety of finger painting techniques with some mixed media Art twists and enjoy lively discussion with sweet treats and tea at the CHCC Art studio, with its stunning mountain and sea views and its awesome energy! Janina Kulhay-Matsuda Artist, International Art Educator (ECU, UBC, U of T) for over 40 years, Fine Art Consultant & Interior Designer (graduate of Parsons School of Design and Fine Arts from U of T) will open your eyes, entice your creative energy with experimentation, engaging activities & exciting Art exhibit visits! Yes, Finger painting is FUN, but it's NOT just for kids! Minimal paint/ Art supplies are required. Please email janinakulhay@gmail.com for list of supplies.

*Instructor: Janina Kulhay-Matsuda*

**W Jul 16** **6:30pm-8:30pm**  
 Reg #: 626688 \$300/6 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 Jul 6-Jul 27** **6:30pm-8:30pm**  
 Reg #: 623041 \$107/4 sess

**Set 2**  
**M Aug 10-Aug 31** **6:30pm-8:30pm**  
 Reg #: 623042 \$107/4 sess

Arts and Crafts Room

#### Luxurious Oil Pastels

Learn the basic materials, surfaces, and techniques for creating luxurious oil pastel drawings. Immerse yourself in the vibrant, tactile world of oil pastels. This course is open to all skill levels, from oil pastel beginners exploring the medium for the first time, to seasoned artists seeking to refine their oil pastel techniques. Using a variety of approaches to create artworks while exploring color, still life, landscape, and portraiture. Adult drop-in \$25, Senior drop-in \$24. Supply list email: nsyffayerman@gmail.com

*Instructor: Faye Fayerman*

**Set 1**  
**M Jul 6-Jul 27** **12:30pm-2:30pm**  
 Reg #: 622522 \$92/4 sess

**Set 2**  
**M Aug 10-Aug 31** **12:30pm-2:30pm**  
 Reg #: 622523 \$92/4 sess

Meeting 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 Jul 19-Jul 19** **2:00pm-3:00pm**  
 Reg #: 622531 \$17.3/1 sess

**Su Aug 2-Aug 2** **2:00pm-3:00pm**  
 Reg #: 622532 \$17.3/1 sess

Meeting Room

# Coal Harbour Community Centre

## 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*

**Tu Jul 7-Aug 25** 7:15pm-8:15pm  
Reg #: 623176 \$144/8 sess

Dance Studio

### 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.

*Instructor: Raf Chen*

**W Jul 8-Aug 26** 7:30pm-8:30pm  
Reg #: 622909 \$144/8 sess

Dance Studio

## Language

### 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 Jul 7-Aug 4** 4:30pm-5:30pm  
Reg #: 622527 \$108.75/5 sess

Meeting Room

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

Develop a linguistic understanding of Canadian English by participating in pronunciation, conversations, and interactive speaking tasks. Furthermore, the course will advance an understanding of cultural references related to studying, working and living in a Canadian context through authentic learning activities. Moreover, we will focus on advancing your goals and comprehension of English reading, writing, speaking and listening skills. Error corrections will be given. Drop-in \$21, space permitting.

*Instructor: Christina Glover*

**Tu Jul 7-Aug 4** 5:30pm-6:30pm  
Reg #: 622526 \$108.75/5 sess

Meeting Room

### Japanese Beginner I

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit [www.japaneseforallpeople.com](http://www.japaneseforallpeople.com) No Drop-ins. No Session August 3

*Instructor: Eri Ito*

**M Jul 6-Aug 31** 6:00pm-8:00pm  
Reg #: 622856 \$183/8 sess

Activity Room

### Spanish - Adult Beginner I

HOLA! Welcome to the Spanish language! This beginner course covers proper pronunciation, along with basic grammar, vocabulary, and writing, with a focus on the present tense. You will also learn simple conversational phrases for travel, such as ordering food in a restaurant. No registration after the second class. Sorry, no drop-ins.

*Instructor: Eliana Rolando*

**W Jul 8-Jul 29** 6:00pm-7:30pm  
Reg #: 622863 \$62/4 sess

Activity Room

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

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

## Education & Workshops

### Interior Design Fun! Small Spaces

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

*Instructor: Barbara Smyth*

**Tu Jul 7-Jul 28** 6:30pm-8:00pm  
Reg #: 622528 \$115/4 sess

**Tu Aug 4-Aug 25** 6:30pm-8:00pm  
Reg #: 622529 \$115/4 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. Using non-nano zinc oxide and titanium dioxide (along with organic oils and butters), make and take home a tropical sun lotion with SPF, aloe after sun spray, and an SPF lip balm. Plus, make an exfoliating sugar polish for the entire body! ALL SUPPLIES INCLUDED IN COURSE FEE.

*Instructor: Cheryl Theilade*

**Th Jul 16** 6:00pm-8:30pm  
Arts and Crafts Room \$55/Per Person

## Fitness & Health

### Ageless Yoga

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

*Instructor: Sandra Leigh*

**Tu Jul 7-Jul 28** 2:30pm-3:45pm  
Reg #: 623210 \$50/4 sess

Dance Studio

### Bootcamp

Tired of your regular workout? Test your limits with our non-choreographed, full body training that will give you the results you want. Be prepared to sweat and as always work to your personal maximum. Test your agility, flexibility, strength and core. [www.vancouverpt.com](http://www.vancouverpt.com). Drop-in \$21, space permitting. No Session August 3

*Instructor: Viviane L*

**M Jul 6-Aug 31** 7:00pm-8:00pm  
Reg #: 622517 \$144/8 sess

Dance Studio

# Coal Harbour Community Centre



## 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. \$16.80 drop-in, space permitting.

*Instructor: Shannon Smith*

**W Jul 8-Aug 26** 6:15pm-7:15pm  
Reg #: 623039 \$112/8 sess

## 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*

**Tu Jul 7-Aug 25** 11:00am-12:00pm  
Reg #: 612028 \$160/8 sess

**Th Jul 9-Aug 27** 12:00pm-1:00pm  
Reg #: 623040 \$160/8 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! If you like Pilates, you'll love CALLANETICS Drop-in \$21.50, space permitting.

*Instructor: Linda Shedden*

**M Jul 6-Jul 27** 5:30pm-6:30pm  
Reg #: 622521 \$67.8/4 sess

Dance Studio

## Move, Groove, Strength & Stretch

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

*Instructor: Jenn Mason*

Free Trial

**Tu Jul 7-Jul 7** 5:00pm-5:45pm  
Reg #: 623158 Free

**Tu Jul 14-Aug 18** 5:00pm-5:45pm  
Reg #: 623133 \$60/6 sess

Dance Studio

## Waterfront Walkers

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

*Instructor: No Instructor*

**Sa Jul 4-Aug 29** 9:30am-12:30pm  
Reg #: 623159 Free

## Yoga4Stiff People - All Levels

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

*Instructor: Yoga4Stiff People*

**W Jul 8-Jul 29** 6:30pm-7:30pm  
Reg #: 622865 \$56/4 sess

Multipurpose Room

## Zumba

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning, it combines Salsa, Cumbia, Merengue, and more, giving you a feel-happy workout that is great for both the body and the mind. For further information visit [www.ZumbaVancouver.ca](http://www.ZumbaVancouver.ca). Drop-in, \$14.70 space permitting.

*Instructor: Zumba Vancouver*

**Th Jul 2-Jul 30** 10:40am-11:40am  
Reg #: 622904 \$67.5/5 sess

**Th Jul 2-Jul 30** 6:30pm-7:30pm  
Reg #: 622907 \$67.5/5 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 Jul 10-Aug 28** 5:30pm-6:30pm  
Reg #: 622530 \$88/8 sess

Dance Studio

## Martial Arts

### Axe Capoeira - Beginner Adults

#### SUMMER DISCOUNT

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

Capoeira is one of the most inherently diverse martial arts that teaches creativity, music, self-expression, and strategic thinking as much a part of the core curriculum as physical training. Capoeira will introduce you to the fundamentals of the art form, will cover basic kicks, movements, and acrobatics, as well as teach you basic music skills and introduce to the history of capoeira. Drop-in \$20, space permitting. No Session August 3.

*Instructor: Yulia Terekh*

**M Jul 6-Aug 10** 5:45pm-6:45pm  
Reg #: 622862 \$60/6 sess

Multipurpose Room

# Coal Harbour Community Centre

## 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 August 3

*Instructor: Non Instructional*

**M Jul 6-Aug 31** 12:00pm-1:30pm  
Reg #: 622021 \$48/8 sess

**W Jul 8-Aug 26** 7:15pm-8:45pm  
Reg #: 622022 \$48/8 sess

**Th Jul 2-Aug 27** 12:00pm-1:30pm  
Reg #: 622023 \$54/9 sess

**Th Jul 2-Aug 27** 5:45pm-7:15pm  
Reg #: 622024 \$54/9 sess

**Sa Jul 11-Aug 29** 3:15pm-4:45pm  
Reg #: 622025 \$48/8 sess

**Su Jul 5-Aug 30** 10:15am-12:15pm  
Reg #: 622026 \$58.5/9 sess

Gymnasium

### Badminton Recreational – Single Session

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, One-time program.

*Instructor: Non Instructional*

**Sa Jul 11-Aug 29** 1:45pm-3:00pm  
Gymnasium \$5.75/Per Person

### 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 August 3

*Instructor: Non Instructional*

**M Jul 6-Aug 31** 5:45pm-7:15pm  
Reg #: 622031 \$48/8 sess

**Tu Jul 7-Aug 25** 12:00pm-1:30pm  
Reg #: 622038 \$48/8 sess

**W Jul 8-Aug 26** 5:30pm-7:00pm  
Reg #: 622040 \$48/8 sess

**F Jul 3-Aug 28** 12:00pm-1:30pm  
Reg #: 622039 \$54/9 sess

**Sa Jul 11-Aug 29** 10:00am-11:30am  
Reg #: 622041 \$48/8 sess

Gymnasium

### Indoor Soccer

All skill levels are welcome but please note that this is a recreational setting. Players are expected to follow the Code of Conduct; those not adhering to the outlined policies will be asked to leave. Non-instructional. Drop-in \$7.5, space permitting. No session August 3

*Instructor: Sean Wiseman*

**M Jul 6-Aug 31** 7:30pm-9:00pm  
Reg #: 622861 \$50/8 sess

**Th Jul 2-Aug 27** 7:30pm-9:00pm  
Reg #: 622860 \$56.25/9 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: Non Instructional*

**Tu Jul 7-Aug 25** 1:45pm-3:15pm  
Reg #: 622233 \$48/8 sess

**Th Jul 2-Aug 27** 1:45pm-3:15pm  
Reg #: 622235 \$54/9 sess

Gymnasium

### 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: Non Instructional*

**Su Jul 5-Aug 30** 12:45pm-2:45pm  
Reg #: 622238 \$58.50/9 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 - 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. Drop in \$34, space permitting

*Instructor: Ruth Johnson*

**M Jul 6-Jul 27** 9:30am-11:30am  
Reg #: 625240 \$120/4 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 \$34, space permitting

*Instructor: Ruth Johnson*

**Tu Jul 7-Jul 28** 9:30am-11:30am  
Reg #: 625241 \$120/4 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: Non Instructional*

**W Jul 8-Aug 26** 9:30am-11:00am

**W Jul 8-Aug 26** 11:15am-12:45pm

**Th Jul 23-Jul 30** 3:30pm-5:00pm

**F Jul 31-Aug 28** 2:00pm-3:30pm

**F Jul 3-Aug 28** 4:30pm-6:00pm

Gymnasium \$28.57/Court Rental

**M Aug 10-Aug 31** 9:30am-11:30am

**Tu Aug 4-Aug 25** 9:30am-11:30am

**Th Jul 2-Aug 27** 9:30am-11:30am

Gymnasium \$38.10/Court Rental

# Coal Harbour Community Centre

## 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.

*Instructor: Yakiv Hrabarchuk*

**Every day Jul 2-Aug 31** 9:00am-8:00pm  
Reg #: 623471 \$57.14 Per Sess

Activity Room

## Table Tennis Adult Group Lesson

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

*Instructor: Yakiv Hrabarchuk*

**Tu Jul 5-Aug 23** 1:30pm-3:00pm  
Reg #: 623470 \$200/8 sess

Activity Room

## Table Tennis - Recreational Drop-In

All skill levels are welcome. We will have two or three tables set-up for recreational play. Participants are encouraged to register for the session. Please note, these sessions are non instructional. Great chance to meet new people; no partner is necessary. Drop-in \$6, space permitting.

*Instructor: Non Instructional*

**Tu Jul 7-Aug 25** 6:30pm-8:30pm  
Reg #: 622533 \$46/8 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

## Volleyball - Recreational

Recreational players should have some basic knowledge of volleyball which includes three contacts per side and rotating after points are scored. Players skills are still at the beginner level and players should not register for higher levels of volleyball until knowledge and skill level proficiency have improved to a consistent level. Drop-in \$7.5, space permitting.

*Instructor: Gabriel Chan*

**Sa Jul 11-Aug 29** 12:00pm-1:30pm  
Reg #: 622428 \$58/8 sess

Gymnasium

## Volleyball - Recreational Plus

Recreational Plus players should be comfortable with fast paced volleyball and be knowledgeable on game strategy, game rules and demonstrate good ball control. Drop-in \$7.5, space permitting.

*Instructor: Gaspal Douo*

**Tu Jul 7-Aug 25** 5:30pm-7:00pm  
Reg #: 622498 \$54/8 sess

Gymnasium

## Volleyball - Advanced

Advanced players should have a strong knowledge of systems (5-1, 6-2), exhibit an advanced level of ball control, and know where to stand when defending and receiving. Players should know how to technically perform each skill (passing, digging, attacking, blocking, etc.) and be comfortable with an increased speed of play. To ensure consistency of play and safety for all participants, a skill evaluation may be required. The gym supervisor reserves the right to assign players to appropriate courts or recommend players to the recreational programs. Drop-in \$7.5, space permitting.

*Instructor: Gaspal Douo*

**Tu Jul 7-Aug 25** 7:15pm-8:45pm  
Reg #: 622496 \$54/8 sess

Gymnasium

## Volleyball Beginner Skills Clinic

Volleyball BC's Beginner Skills & Training Clinic offers a welcoming, 6-week program for adults (19+) of all experience levels who are new to the game or building foundational skills. Led by an NCCP Level 2 certified coach, each session introduces a new skill and provides opportunities to apply it through game play, all within a supportive and structured environment designed to build confidence and enjoyment on the court.

*Instructor: Volleyball BC*

**Su Jul 5-Aug 9** 3:00pm-4:30pm  
Reg #: 622933 \$185/6 sess

Gymnasium - 2/3

## Volleyball Skills & Training Clinic - Intermediate (19+ yrs)

Volleyball BC's Intermediate Skills Clinics offer focused, 6-week programs for players with prior experience who are ready to build consistency and elevate their game. Led by an NCCP Level 2 certified coach, these sessions are designed for athletes with a solid foundation in core skills—such as forearm passing, setting, and spiking—and the ability to sustain rallies, all within a supportive and structured environment.

*Instructor: Volleyball BC*

**Tu Jul 7-Aug 11** 5:30pm-7:00pm  
Reg #: 622934 \$185/6 sess

Gymnasium

## Adult Sports Participants

### Registration Information:

Adult sports programs are for individuals aged 19 years and older. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk, otherwise their spot may be given to a drop-in participant. Registered spots are non-transferable.

No internet registration after the program start date. Phone and in-person registration are still available, pending open spots.

### Drop-In Procedures:

- First priority is for registered participants, and there will be NO GUARANTEED SPOTS HELD FOR DROP-INS. Registered participants have up to five minutes after the program start time to show up and check-in at the front desk. At 5 minutes into the respective program time all no-show spots will be sold to drop-ins.
- At 9:15am the day of the program, you may call 604.718.8222 to put your name and ONE other person's name on the drop-in list. Exception is Sunday morning badminton where call in commences day prior (Saturday) at 9:15am. Five minutes into the program start time, staff will announce the names from the drop-in waitlist if there are any open spots remaining. Individuals on the drop-in list must be present when their name is called to take the open space.
- As a courtesy to others, if you are a registered player and unable to attend your scheduled adult sports program, please call the front desk at 604-718-8222 (ext. 1) to let us know.

### Safe Access For Everyone (S.A.F.E.) Code of Conduct:

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

## Please register early!

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

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

Sign-up even if the class is free!

# Coal Harbour Community Centre

## Summer 2026 Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30-11:30am (July) Pickleball - Coached Game Play Lvl 1 & 2 9:30-11:30am (August) Pickleball	9:30-11:30am (July) Pickleball - Coached Game Play Lvl 2 & 3 9:30-11:30am (August) Pickleball	9:30-11:00am Pickleball	9:30-11:30am Pickleball	9:30-10:15am Sportball Junior (16m-2yrs)	10:00-11:30am Basketball	10:15-12:15pm Badminton
				10:15-11:00am Sportball P&T Multisport (2-3yrs)		
12:00-1:30pm Badminton	12:00-1:30pm Basketball	11:15-12:45pm Pickleball	12:00-1:30pm Badminton	12:00-1:30pm Basketball	12:00-1:30pm Recreational Volleyball	
	1:45-3:15pm Pickleball		1:45-3:15pm Pickleball	1:45-2:45pm (July) Just Real Ballers Basketball (5-8yrs) 1:45-3:45pm (August) Pickleball	1:45-3:00pm Badminton	12:45-2:45pm Pickleball - 3.0+
5:00-5:30pm Axe Capoeira Mini Kids	3:30-5:00pm Teen Open Gym	3:30-5:00pm Teen Open Gym	3:45-4:45pm Aikido (8-15yrs)	3:00-4:15pm (July) Just Real Ballers (9-12yrs) 4:30-6:00pm (August) Pickleball	3:15-4:45pm Badminton	3:00-4:30pm Volleyball Skills & Training Clinic
5:45-7:15pm Basketball	5:30-7:00pm Volleyball - Recreational Plus & Int/Adv Skills Clinic	5:30-7:00pm Basketball	5:45-7:15pm Badminton	6:00-8:45pm Youth Programs	<b>Principles for Sport, Code of Conduct:</b> 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+)	
7:30-9:00pm Indoor Soccer	7:15-8:45pm Volleyball - Advanced	7:15-8:45pm Badminton	7:30-9:00pm Indoor Soccer			



## ROCKIN' IN THE PARK

**Activities:**

- live entertainment
- bouncy castle
- carnival games
- face painting
- youth fundraiser
- community booths

**July 4, 2026**

**11:00am-2:00pm**

FREE ENTRY

Register Now:

621706

Join us at Rockin' in the Park for free entertainment and loads of family fun!

Coal Harbour Park

323 Jervis Street, Vancouver, BC V6C 3P8

