

2022
WINTER

PROGRAM GUIDE

Recreation Programs at the
Wesbrook Community Centre &
Old Barn Community Centre



UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



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Our Store's info

Location:

6111 University Boulevard Unit 106, Vancouver, BC
V6T 0C7

Phone number:

(604) 867-1088

Business hours:

11am - 6pm

PROGRAM GUIDE

REGISTER ONLINE

Monday, December 6, 2021 at 12:00 PM

View our Program Guide to find the program you want! You can then use the course number to register online directly, at www.myuna.ca

REGISTER IN PERSON

Monday, December 6, 2021 at 12:00 PM

Come to Wesbrook Community Centre or Old Barn Community Centre to register for your programs in person the good old fashioned way!

WESBROOK COMMUNITY CENTRE
3335 WEBBER LANE

OLD BARN COMMUNITY CENTRE
6308 THUNDERBIRD BLVD

REGISTER BY PHONE

Monday, December 6, 2021 at 12:00 PM

Call one of our community centres and let us assist you in registering for your programs.

WESBROOK COMMUNITY CENTRE
604.822.4227

OLD BARN COMMUNITY CENTRE
604.827.4469

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RECREATION POLICIES

The UNA continues to take careful considerations following BC Recreation and Parks Association, WorkSafe BC and BC provincial government guidelines in creating protocols in order to deliver our programs safely. Visit our myuna.ca/recreation-policies for more details.

CODE OF CONDUCT

Our goal is to provide a safe, welcoming and respectful environment for our community members, staff and volunteers. All members and participants are expected to:

- Treat each other with respect, courtesy, fairness and equality
- Respect everyone regardless of diversity or ability
- Use the facility and equipment in a safe and appropriate way

REGISTRATION, FEES AND DISCOUNTS

- Registration is required for most classes.
- Registration is on a first come, first served basis.
- Individuals living in the UNA neighbourhoods are eligible to receive a resident discount on most programs.
- UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are also eligible to receive a discount.
- We encourage everyone to register early to avoid programs being cancelled due to insufficient registration.
- A late pick-up fee of \$10 for every five minutes following the end of the camp or program time may be charged.
- Drop-in classes: Drop-in fees must be paid before each class and the receipt must be provided to the instructor.

VIRTUAL CLASSES

Same principles of an in-person class apply to a virtual class. The attendants must abide by the UNA code of conduct. It is everyone's responsibility to create a safe, friendly, and respectful environment.

CANCELLATIONS & REFUNDS

- Full refunds will be issued for any programs cancelled by the UNA.
- Participant-requested refunds are prorated with an administration fee of \$10 per person.
- Refunds will be processed within 14 days.
- Refund requests must be made by emailing programs@myuna.ca.

MULTI-CLASS PROGRAMS:

- Refund requests must be submitted no later than one hour after the second class, after which, refunds may be considered on a case-by-case basis.

SINGLE-DAY PROGRAMS:

- Pro-D Day Camps, events, workshops, lectures and other single-day programs are non-refundable within five days* prior to the day of the program.

MULTI-DAY CAMPS:

- Multi-day camps are non-refundable five days* prior to the first day of camp.

*Note: The last day to withdraw from a single-day program or camp starting on a Monday is the previous Tuesday.



PHOTOS

Photos of program and event participants may be taken for marketing and promotions by the UNA and may appear on our website, social media accounts or print materials. Please inform a program coordinator if you have any concerns about having photos taken of you or your child. We will always inform participants of camera presence before taking close up photos. Group and large crowd photos may be taken without direct communication.

For users taking personal photos within the community centre, please be mindful of other users' privacy.

DROP-IN SPORT PROCEDURES

- Registered participants have first priority for Adult Sport programs. Registration is a cost-effective way to ensure you have a space every week.
- Registered participants have up to 10 minutes after the program start time to show up. All no-show spots at that time will be sold to the drop-in wait list.
- Sign-up for the drop-in waitlist must be done **IN PERSON** and begins 30 minutes before the program begins.
- Each participant may put down at most two names (their own, plus one more).
- Waitlisted participants may not enter the gym until they have paid.
- Drop-in users must have an account in the UNA registration system.

COMMUNITY SPACES



Community centre staff reserve the right to make changes to the room schedules. The common areas at the community centres are public spaces and not available for private events. Private tutoring or other activities for which a fee is charged are not allowed in the common areas. These areas are also not intended for anyone to establish the space as a permanent location for their activities or operations. The common areas at WCC include the lounge, hallways, the Senior and Teen Centre, and splash pad. The common areas at the OBCC include the living room, John Young room and the foyer on the second floor. These spaces may be reserved for UNA programs or events.

REGISTRATION POLICIES

CASUAL ROOM USE

MUSIC STUDIO CASUAL USE

The music studios are available for patrons during non-program hours for an affordable fee. These rooms are available on a first-come basis. For room reservations, please see our bookings page.

- Users must have an account in our registration system
- Users must leave the room clean and restored to the original condition in which it was found
- No food or drink is allowed in the room
- Furniture may not be re-arranged or added to the room
- A \$2 access fee will be charged per user
- No groups larger than four may use one studio at time
- Maximum use of one hour
- Studio is closed 15 minutes before a scheduled class and 30 minutes before the centre closes.



BOOKINGS

To inquire about booking UNA facilities, please visit myuna.ca/bookings or contact bookings@myuna.ca.

Please note, for-profit businesses that offer programs similar to our current and potential program offerings are not permitted. If you are a business or individual that has an idea for running a program in our facilities, please submit an Online Program Proposal.

For field bookings, please contact fields@myuna.ca.

FITNESS CENTRE POLICIES

RULES AND ETIQUETTE

All fitness centre users must abide by the Rules & Etiquette. Community centre staff reserve the right to ask participants to leave if they do not abide by the Rules & Etiquette.

RESPECT

- Bullying, harassment or any behaviour that demeans, ridicules or embarrasses a member, guest or employee will not be tolerated and could lead to expulsion from the UNA Fitness Centre or revocation of membership or pass.

ATTIRE & PERSONAL BELONGINGS

- Proper athletic shoes and workout clothes must be worn when working out in the Fitness Centre.
- Bags, umbrellas, jackets, skateboards and other paraphernalia are not allowed past the Fitness Centre desk. Lockers are available for storing personal effects.

FOOD & DRINK

- Drinks in resealable containers are allowed in the Fitness Centre, however, food, candy or gum are not.

SAFETY

- Use equipment you have been given instruction on and ask staff for assistance on how to use unfamiliar equipment.
- Use spotters and weight training belts when training with heavy weights. Use collars on all bars at all times.
- Avoid dropping hand weights on the floor and dropping stacks of weights that are part of the weight machines.
- Keep the workout area clear. Do not rest on machines or linger in between sets.



- Be respectful of personal workout space.
- Avoid walking with weights or exercising too close to others.
- Report any equipment malfunction to staff immediately.
- If you feel faint or dizzy: stop, sit down and ask for assistance.

FEES AND REFUNDS

- Fitness centre passes can be suspended once during the calendar year for medical reasons or an absence of five or more consecutive days.
- If cancelling a fitness centre pass, a partial refund with an administration fee of \$10 may be approved at the discretion of the facility coordinator or supervisor.
- Fitness centre drop-in fees must be paid prior to using the facilities and the receipt must be presented to the fitness centre attendant.

LOCATIONS & HOURS



Wesbrook Community Centre

3335 Webber Lane
Vancouver, BC, V6S 0H3
604.822.4227

HOURS OF OPERATION

8:30 a.m. to 10:00 p.m. Monday to Thursday
8:30 a.m. to 8:30 p.m. Friday
8:30 a.m. to 6:00 p.m. Weekends
10:00 a.m. to 4:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Thursday
6:00 a.m. to 8:30 p.m. Friday
8:30 a.m. to 6:00 p.m. Weekends
10:00 a.m. to 4:00 p.m. Holidays



Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.827.4469

HOURS OF OPERATION

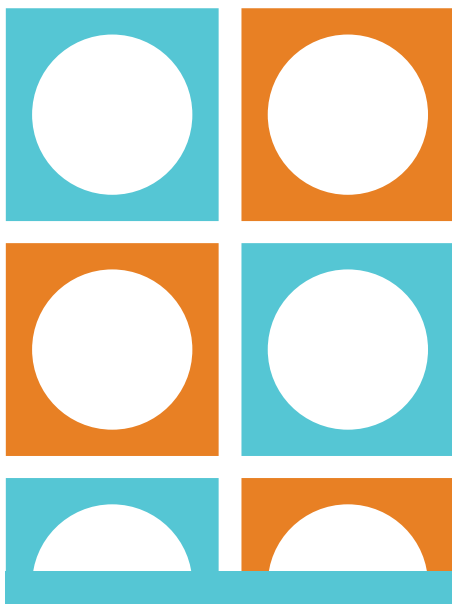
7:00 a.m. to 7:00 p.m. Monday to Sunday
10:00 a.m. to 4:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

7:00 a.m. to 7:00 p.m. Monday to Sunday
10:00 a.m. to 4:00 p.m. Holidays

OUR FOUNDATIONAL PRINCIPLES

At the University Neighbourhoods Association (UNA), we stand by three Foundational Principles that guide the work that we do in all of our community centres and recreation services.



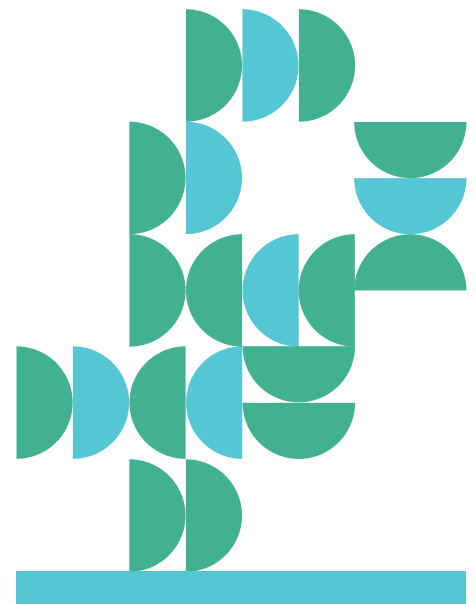
Foster Well-being

We believe in nurturing our community's motivation, confidence, knowledge and understanding of the value of engaging in physical and wellness activities by providing access to a wide range of programs and events.



Enrich Experience

We aim to deliver a high-quality experience for our community members through instructors and program content that inspire happiness, passion and creativity.



Build Belonging

We strive to create a safe and inclusive environment that is conducive to building community, strengthening connections and cultivating a sense of belonging.

COMMUNITY EVENTS

Inclusive Community Dance

AGES 16+



JAN 22
Saturday
10:00 AM
- 12:00 PM
FREE

All Bodies Dance Project brings together adults of all abilities, genders, sizes and backgrounds to explore movement as a means of expression. Participants experience the joy of dancing in a diverse community of movers where all of our differences and disabilities are celebrated. We will explore improvisation, drawing from contemporary dance in an open, safe and creative environment with live music. Absolutely no experience or skill required! Everyone welcome. ASL interpretation is available upon request by January 8, contact vicente.regis@myuna.ca. Participants who require one-to-one support must provide their own assistant.

Old Barn Community Centre

#3568

VISIT THE UNA EVENTS
CALENDAR TO STAY UP-TO-DATE
WITH OUR LATEST EVENTS!
WWW.MYUNA.CA/EVENTS

Raven: an Interactive Storytelling Performance

ALL AGES



JAN 29
Saturday
10:00 AM
- 11:00 AM
FREE

The purpose of this presentation is to engage audience members of all backgrounds in a light-hearted, interactive theatre version of "How Raven Stole the Sun" while teaching about the holistic values, traditions, and culture of Indigenous peoples of the Pacific Northwest Coast. Indigenous storyteller Dallas Yellowfly uses positive humour, high energy performance and audience participation, making the performance memorable and educational. The presentation focuses on the importance of having respect for the environment, Indigenous oral traditions, and the power of humour in storytelling. Suited for kindergarten children and up.

Old Barn Community Centre

#3532

Microgreen & Sprout Workshop

ALL AGES

FEB 15
Tuesday
5:00 PM
- 6:30 PM
FREE

Bring some greenery to your winter! Microgreens and sprouts are young greens that are delicious and nutritious, and can be grown year-round. Join sustainable design professional, Dr. Yael Stav, in this hands-on workshop to learn the difference between

baby greens, microgreens, and sprouts, and to explore the systems you can use to grow them on your own. Bring home your own tray of microgreens, and your jar of sprouts, and continue the growing and learning in your own home. Entry is free, registration is required.

Wesbrook Community
Centre

#3567



Family Day **ALL AGES**

FEB 21

Monday
10:00 AM
- 4:00 PM
FREE

Looking for things to do with your family on this special day? Both Community Centres and UNA fields will open up for families to explore different activities at their own time. Join a morning family forest walk, kick balls on community fields, work on a creative art project with your family, or play sports or games in the gym. Come to use the community spaces and spend an active and fun-filled Family Day with your loved ones!

Wesbrook Community Centre
Old Barn Community Centre
UNA Community Field
Collings Softball Field

#3504

Family Day | Open Field Time **ALL AGES**



FEB 21

Monday
8:30 AM
- 5:30 PM
FREE

Borrow a ball from one of the Community Centres and spend some time on the UNA Community and Collings Softball Fields! No registration required. Children under age 12 must be supervised by an adult guardian (aged 19+).

UNA Community Field
Collings Softball Field

Family Day | EcoWalk in Pacific Spirit Park **ALL AGES**



FEB 21

Monday
10:00 AM
- 12:00 PM
FREE

Gather at Wesbrook Community Centre in the morning and embark on a discovery journey to the forest of our community. We will look for signs of animals and signs of spring, and have a scavenger hunt for a variety of nature items. The event is hosted by Pacific Spirit Park Society. Registration is required.

Wesbrook Community Centre

#3607

Family Day | Arts and Crafts Drop-In **ALL AGES**



FEB 21

Monday
11:00 AM
- 3:00 PM
FREE

Explore open-ended arts and crafts supplies at Wesbrook Community Centre! This drop-in activity is uninstructed and free of charge. No registration required. Children under age 12 must be supervised by an adult guardian (aged 19+).

Wesbrook Community Centre

Family Day | Badminton Drop in **ALL AGES**



FEB 21

Monday
\$5.00
per family

Bring your family to play an hour of badminton! Maximum six family members per group with at least one adult guardian (aged 19+). Drop-in is on a first-come, first-served basis. You may put your name on the drop-in list 30 minutes prior to the activity start time. The maximum capacity of this program is 18 participants. Please bring your own racquet.

10:15 AM – 11:15 AM

11:30 AM – 12:30 PM

Wesbrook Community Centre

Family Day | Basketball Drop-In **ALL AGES**

FEB 21

Monday
\$5.00
per family

Bring your family to play an hour of half-court basketball! Maximum six family members per group with at least one adult guardian (aged 19+). Drop-in is on a first-come, first-served basis. You may put your name on the drop-in list 30 minutes prior to the activity start time. The maximum capacity of this program is 20 participants.

1:00 PM – 2:00 PM

2:15 PM – 3:15 PM

Wesbrook Community Centre

Family Movie Night **ALL AGES**

JAN 15
FEB 19
MAR 19
SA, 6:00 PM
- 8:00 PM
\$2.00

Bring the whole family to The Old Barn Community Centre once a month for Family Movie Night! \$2 admission per person. Popcorn, snacks, and drinks are available for sale, cash only. Chairs provided, feel free to bring blankets and pillows. Parents must accompany their children. Doors open at 5:30 pm, movie starts at 6 pm. Proof of vaccination will be required for everyone 12 years and older.

Jan 15 - Matilda
Feb 19 - Kung Fu Panda
Mar 19 - E.T.

Old Barn Community Centre

#3540

Lunar New Year Celebration at Wesbrook **ALL AGES**

FEB 5
Saturday
12:00 PM
- 3:00 PM
FREE

2022 is the Year of the Tiger that exhibits energy, power and courage. This family event will feature an outdoor lion dance in Wesbrook Village and traditional Chinese and Korean arts, crafts and games at Wesbrook Community Centre. This is a great way to celebrate Asian culture and to meet your neighbours.

Call for Tiger-themed Artwork for Display during Lunar New Year Celebration

To celebrate the Year of the Tiger, we are calling for tiger-themed artwork from the community. Any form of artwork is welcome. The deadline for submission is Jan 28, 2022. Please contact Qiuning Wang at qiuning.wang@myuna.ca before you deliver your artwork to Wesbrook Community Centre.

Wesbrook Community Centre

#3503

Kids on Wheels!

AGES 2-7

MAR 5
Saturday
10:00 AM
- 10:45 AM
FREE

This workshop introduces young children to the joys of cycling, and active, outdoor lifestyles.



Balance bikes and course set up equipment such as cones, road signs and cross walks are used to create fun, hands-on activities to engage young children in active transportation. Bring your child to learn the fundamentals of biking and active transportation!

Wesbrook Community Centre

#3531

Music at the Park Week: Percussion Workshop

AGES 12+



MAR 14
- **MAR 16**
Monday
- Wednesday
5:00 PM
- 6:15 PM
FREE

To celebrate Spring we are hosting Music Week with a series of outdoor musical activities. Come to this three-day workshop to learn some new grooves and have fun. We will provide instruments, but you may bring your own if you wish. No musical experience is required!

Jim Taylor Park

#3528

Music at the Park Week: Outdoor Concert

ALL AGES



MAR 17
Thursday
5:00 PM
- 6:15 PM
FREE

Outdoor Concert at Jim Taylor Park to celebrate the Spring. No registration required!

Jim Taylor Park

#3527

LUNAR NEW YEAR 2022 CELEBRATION

YEAR OF THE TIGER

SATURDAY FEBRUARY 5, 2022, 12-3PM
WESBROOK COMMUNITY CENTRE

The Year of the Tiger exhibits energy, power and courage. Join the UNA and the Lunar New Year Committee in welcoming the Year of the Tiger with activities and cultural presentations.

Outdoor Lion Dance (12PM at Norman Mackenzie Square)

Traditional Chinese Arts • Traditional Korean Arts • Craft • Games • Art Exhibit

We invite the community to submit tiger-themed artwork for display during the celebration. Please see page 10 or visit myuna.ca for more information.



MORE INFORMATION AT MYUNA.CA

EVENTS & BIRTHDAY PARTIES!

Facility bookings at the **Old Barn**
and **Wesbrook** Community Centres

**WORKSHOPS
MEETINGS
SOCIAL GATHERINGS
BIRTHDAY PARTIES
AND MORE!**

Hosting a meeting or event? We
offer bookable rooms with state of
the art technology and flex-space
for various accomodations.

Visit **myuna.ca/bookings**
or e-mail **bookings@myuna.ca**
for more information.



CHILDREN & YOUTH PRO-D DAY AND SPRING BREAK CAMPS

CAMPS ARE NON-REFUNDABLE
FIVE DAYS PRIOR TO THE FIRST
DAY OF THE CAMP. LATE PICK-
UPS ARE SUBJECT TO A FEE.

Young Moviemakers Pro-D Day Camp

AGES 8-12

Participants will be introduced to film production through the development of their own short film on their own device. Learn elements of visual storytelling, cinematography, writing and post-production. Please bring your own recording device (phone, ipad, etc.)

Instructor: Young Moviemakers

WCC | JAN 17 M, 9:00 AM – 3:00 PM
\$75.00 / 1 #3564

Red Cross Stay Safe! AGES 9-12

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Course Content: Canadian Red Cross Principles, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices and First Aid.

Instructor: First Aid Hero

WCC | JAN 17 M, 9:00 AM – 3:00 PM
\$70.00 / 1 #3404

Red Cross Babysitting AGES 11-14

Do you want to be a babysitter? Or do your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Being a responsible leader, childhood characteristics and behaviours, creating safe environments, safely caring for ages 0-12, first aid skills and the business of babysitting.

Instructor: First Aid Hero

WCC | FEB 18 F, 9:00 AM – 3:30 PM
\$70.00 / 1 #3405

Sportball | Pro-D Day Multi-Sport Camp

AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities, in addition to arts and crafts, snack time, stories, music, co-operative games and more!

Instructor: Sportball Vancouver

WCC | FEB 18 F, 9:00 AM – 3:00 PM
\$75.00 / 1 #3423

ALL CAMPERS MUST HAVE A
COMPLETED CAMP WAIVER.
PLEASE PACK A LUNCH,
SNACKS AND WATER BOTTLE,
AND DRESS APPROPRIATELY
FOR THE WEATHER.

CHILDREN & YOUTH PRO-D DAY AND SPRING BREAK CAMPS

Young Moviemakers Camp AGES 8-14

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed! www.youngmoviemakers.ca.

Instructor: Young Moviemakers

WCC | MAR 21 – MAR 25 M-F, 9:00 AM – 3:00 PM
\$450.00 / 5 #3517

Sportball Spring Break Camp AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities, in addition to arts and crafts, snack time, stories, music, co-operative games and more!

All participants will need to bring their own snack, water bottle and lunch. Please dress appropriately for the weather. Camp refunds will only be processed 5 days prior to the camp start date..

Instructor: Sportball Vancouver

WCC | MAR 14 – MAR 18 M-F, 9:00 AM – 3:00 PM
\$375.00 / 5 #3242

Science Explorer | Spring Break Camp

AGES 6-11

Kids put on their engineer's hats for this exciting week of science activities. They also learn about chemical reactions that they might encounter in their daily lives and the nature of birds and beasts, as they take a walk on the wild side of science.

Instructor: Joon Kim

WCC | MAR 21 – MAR 25 M-F, 9:00 AM – 3:00 PM
\$365.00 / 5 #3472

Spring Break Adventures Camp AGES 5-12

Ignite your inner adventurer with this week long Spring Break camp! Campers can expect team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the great outdoors on walking out-trips to locations like the UBC Farm and Pacific Spirit Park.

Campers should wear clothes they are comfortable running around in and that can get messy during arts and crafts. This camp will go outdoors rain or shine, please ensure campers are prepared for the weather. We recommend a hat for the sun and rain jacket and layers for the rain. All campers must bring a packed lunch, snacks, and water.

Instructor: UNA Staff

WCC | MAR 14 – MAR 18 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #3360

WCC | MAR 21 – MAR 25 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #3410

Crossmaneuver Performing Arts Camp

Instructor: Crossmaneuver Dance Theatre

AGES 3-5

A beautiful all arts camp for the young ones. We explore dance, music, stories and make wonderful art together for the week. It's a magical, nurturing, and highly creative first camp experience for the young ones to be a part of.

OBCC | MAR 21 – MAR 25 M-F, 10:00 AM – 12:00 PM
\$200.00 / 5 #3559

AGES 5-7

Sing, act, dance and make amazing art projects in this camp! All the art will be inspired by children's books and stories. This is a wonderful camp to grow in confidence, develop diverse skills, and be creative.

OBCC | MAR 21 – MAR 25 M-F, 1:00 PM – 4:00 PM
\$280.00 / 5 #3558

AGES 7-13

Wanted: Young sleuths to solve mysteries! Are you ready to help us solve mysteries using your logic, cunning, and observation skills? We will dive into creating a detective story through theatre, dance, music, and art for the week. Come and see whether you figure out the Who in the whodunit.

OBCC | MAR 14 – MAR 18 M-F, 9:00 AM – 4:00 PM
\$430.00 / 5 #3557



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

FAMILY DAY

MONDAY FEB 21, 10AM - 4PM

Looking for things to do with your family on this special day? Both Community Centres and UNA fields will open up for families to explore different activities at their own pace.

Join a morning family forest walk, kick balls on community fields, work on a creative art project with your family, or play sports in the gym. Come to use the community spaces and spend an active and fun-filled Family Day with your loved ones! Activity information can be found on Page 9.

Full details at **myuna.ca/recreation**



ACTIVE KIDS

SCHOOL OF KINESIOLOGY

ACTIVE KIDS

Multi-Sport and Playtime AGES 1.5-3

This fun, interactive and high energy class will introduce your child to agility, balance, coordination and basic fundamental movement skills. Your child will learn to run, jump, kick, throw and catch through a variety of sports and games with an emphasis on developing physical literacy. Kinesiology student instructors will guide children in a fun warm up, organize sport games and skill builders, and end each class with free play. A parent or guardian is required to participate (only one parent/guardian can be accommodated).

Instructor: Active Kids School of Kinesiology

WCC | JAN 24 – MAR 7 M, 9:30 AM – 10:15 AM
No class Feb 21
\$108.00 / 6 #3342

Multi-Sport and Physical Literacy AGES 3-5

This fun, interactive and high energy class will create a safe space for your child to independently practice fundamental movement skills (such as running, jumping, kicking, throwing) as well as practice sport-specific skills and games (such as basketball, soccer, hockey, tennis, volleyball). Kinesiology student instructors will guide children through all activities with a focus on physical literacy development including motivation and confidence building. This is a great class to progress to after Multi-Sport and Playtime, or for your child's first experience in sport and physical activity.

Instructor: Active Kids School of Kinesiology

WCC | JAN 24 – MAR 7 M, 10:30 AM – 11:15 AM
No class Feb 21
\$108.00 / 6 #3343

Soccer AGES 3-5

This recreational indoor soccer program focuses on principles of the Active Start stage of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop agility, balance, and coordination as well as build fundamental movement skills and soccer specific skills through fun and developmentally appropriate soccer activities and games.

Instructor: Active Kids School of Kinesiology

WCC | JAN 17 – MAR 21 M, 4:00 PM – 4:45 PM
No class Feb 21
\$162.00 / 9 #3344

Soccer AGES 6-9

This recreational indoor soccer program focuses on principles of the FUNdamentals and Learn to Train stages of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop fundamental movement skills and soccer specific skills.

Instructor: Active Kids School of Kinesiology

WCC | JAN 17 – MAR 21 M, 5:00 PM – 5:45 PM
No class Feb 21
\$162.00 / 9 #3351



Basketball AGES 8-16

This recreational basketball program focuses on physical literacy through basketball skills development and game play. Through a variety of fun games and drills, Active Kids trained instructors will build fundamental movement skills in dribbling, passing, shooting and rebounding, as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

AGES 8-12

WCC | JAN 18 – MAR 22

\$240.00 / 10

TU, 4:00 PM – 5:30 PM

#3346

WCC | JAN 20 – MAR 24

\$240.00 / 10

TH, 4:00 PM – 5:30 PM

#3347

WCC | JAN 22 – MAR 26

No classes Feb 5, Feb 19

\$192.00 / 8

SA, 12:00 PM – 1:30 PM

#3350

AGES 12-16

WCC | JAN 20 – MAR 24

\$240.00 / 10

TH, 4:00 PM – 5:30 PM

#3348

WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, ACTIVE AND MOTIVATIONAL LEARNING ENVIRONMENT.

UTOWN@UBC

UNA



vanCOUVER
foundation

neighbourhood
small grants

Have a great idea for your community?

Bring your project to life!

The UTown@UBC community grant program is here to support the work of our community members, and fund ideas for creating a more socially vibrant and connected community. Apply online:

utown.ubc.ca/communitygrants



EARLY YEARS PROGRAMS

ARTS

Parents and Me Creative Dance

AGES 2-3

A wonderful introductory dance class for toddlers and their parents/caregivers. You will be guided to help them learn the joy of dancing and imagining, and it will also strengthen the special bond that you have with them. We ask that one parent or guardian accompany their child.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 7 **M, 2:30 PM – 3:15 PM**
No class Feb 21
 \$148.00 / 8 | Drop-in \$20.00 #3538

Preschool Ballet **AGES 3-5**



Crossmaneuver makes dance fun and magical. Your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Dance is not just for girls-everyone is welcome to experience the magic of dance! Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 **W, 3:30 PM – 4:15 PM**
 \$166.50 / 9 | Drop-in \$20.00 #3542

WCC | JAN 9 – MAR 6 **SU, 11:45 AM – 12:30 PM**
No class Feb 20
 \$148.00 / 8 | Drop-in \$20.00 #3541

Preschool Dance **AGES 3-5**

This creative class is a playful introduction for your preschooler to discover the world of dance. Your child will have creative freedom to explore and express themselves through movement to a wide variety of music.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 17 **M, 3:30 PM – 4:15 PM**
No class Feb 21
 \$148.00 / 8 | Drop-in \$18.00 #3539

WCC | JAN 9 – MAR 6 **SU, 9:30 AM – 10:15 AM**
No class Feb 20
 \$148.00 / 8 | Drop-in \$18.00 #3544

Crafts with Ruta **AGES 2-5**

Join Ruta in an engaging and tactile arts & crafts class! Toddlers along with their parent will create works of art using various materials. All supplies are provided, but please bring your own art smock or old t-shirt.

Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in each room is limited. Adults are required to wear masks in this program.

Instructor: Ruta Zasaite

WCC | JAN 14 – MAR 11 **F, 9:45 AM – 10:30 AM**
No class Feb 18
 \$40.00 / 8 #3391

WCC | JAN 14 – MAR 11 **F, 10:45 AM – 11:30 AM**
No class Feb 18
 \$40.00 / 8 #3392

EDUCATION

Science for Kids AGES 3-6

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you understand the world around you! Science for Kids preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.



Instructor: Joon Kim

WCC | JAN 13 – MAR 10 **TH, 4:00 PM – 5:00 PM**
\$198.00 / 9 #3468

PHYSICAL ACTIVITY

Sportball | Floor Hockey AGES 4-6

This program introduces kids ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

Instructor: Sportball Vancouver

WCC | JAN 19 – MAR 9 **W, 3:45 PM – 4:30 PM**
\$160.00 / 8 #3395

**CALLING ALL PROGRAM
INSTRUCTORS! IF YOU HAVE
AN IDEA FOR A PROGRAM,
SUBMIT YOUR PROPOSAL AT
MYUNA.CA/HOW-TO-SUBMIT-
A-PROGRAM-PROPOSAL.**

SOCIAL

Parent & Tot Gym-Drop-In AGES 0-5

It is playtime at the Wesbrook Gymnasium! Tots aged 0-5 can explore various climbing apparatus, sports equipment and exciting toys at they grow and develop socially. Parent supervision is required. Each session features circle time, an opportunity to sing, dance and listen to a story. Please note that parents are expected to help with clean up.

Drop-In: \$3.50 per child. Punch passes available for \$12.50/5 sessions. Registration is not required but a UNA profile is required to drop-in.

Instructor: Ruta Zasaite and Cindy Feng

WCC | JAN 11 – MAR 11 **TU+TH, 10:00 AM – 11:30 AM**
\$3.50ea / 18 #3390

Storytime at the Old Barn AGES 0-5

A fun, child-centered time where community volunteers read books and sing songs. This program is in English and will incorporate other languages as well. No registration is required for this free, drop in program.

Volunteer: UNA Volunteer

OBCC | JAN 13 – MAR 10 **TH, 10:30 AM – 11:00 AM**
FREE / 9 #2764

**Virtual Storytime with Mr. Li
(Mandarin) ALL AGES**



Join this online family storytime with Mr. Li Shize. Being an artist and a retired professor, Mr. Li is excited to lead a weekend storytime for families to learn more about Chinese and world history, cultural, arts and literature. Please note that the program will be delivered in Mandarin. Registration is required. A Zoom link will be forwarded to the registrants before the program starts.

Instructor: Shize Li

VIRTUAL | JAN 15 – MAR 26 **SA, 10:30 AM – 12:00 PM**
FREE / 12 #3536

CHILDREN'S PROGRAMS

ARTS

Dance Foundations AGES 4-6

Dance Foundations introduces students to the basic training of ballet and contemporary dance. Students will develop their dance vocabulary through exploration and fun.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 7 M, 4:30 PM – 5:30 PM
No class Feb 21
\$184.00 / 8 | Drop-in \$25.00 #3545

WCC | JAN 9 – MAR 6 SU, 10:30 AM – 11:30 AM
No class Feb 20
\$184.00 / 8 | Drop-in \$25.00 #3552

Ballet | Level 1 AGES 6-8

For the young dancer who wants to learn the vocabulary and the syllabus of ballet in the most nurturing and wonderful environment. The class aims to develop technique, artistry and the love of dance in equal measures.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 W, 4:30 PM – 5:30 PM
\$207.00 / 9 | Drop-in \$25.00 #3547

Ballet | Level 2 AGES 7-10

This is a continuation of Ballet 1. Crossmaneuver wants to create a nurturing environment for students to continue to grow in their technique, their artistry and their love of dance.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 W, 5:45 PM – 6:45 PM
\$207.00 / 9 | Drop-in \$25.00 #3549

Teen Ballet AGES 11-16

For the students who have some training already in dance and want to pursue ballet in a nurturing, non-competitive, recreational setting. What a wonderful way to learn new skills, develop friendships, and promote healthy body awareness with artistry.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 W, 7:00 PM – 8:00 PM
\$207.00 / 9 | Drop-in \$25.00 #3351

Contemporary Jazz | Level 1 AGES 7-10

Contemporary Jazz draws from many forms and is a fun and freer way to learn to dance. It is one of the dominating forms for dance companies across the world to use to explore, create and perform. This is an important class for the young dancer to develop new ways of moving.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 9 – MAR 6 SU, 12:45 PM – 1:45 PM
No class Feb 20
\$184.00 / 8 | Drop-in \$25.00 #3553

Contemporary Jazz | Level 2 AGES 10-14

A continuation of Contemporary Jazz 1, for the dancer with dance experience, 9 years and up. This is a wonderful class that will focus on technique and choreography.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 7 M, 7:00 PM – 8:15 PM
No class Feb 21
\$216.00 / 8 | Drop-in \$29.00 #3546

Musical Theatre AGES 7-11

Let's sing, act and dance! An introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. The focus is on fun, games, and development of skills.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 7 M, 5:45 PM – 6:45 PM
No class Feb 21
\$184.00 / 8 | Drop-in \$25.00 #3554

ARTS

Bollywood Dance AGES 6-13

Have fun learning dance moves that are taking Bollywood by storm. Students will learn fun choreographed Bollywood routines while maintaining physical distance. No previous dance experience is required. Be prepared to sizzle and smile. Manali Yadav is a UNA resident and has been performing and teaching Bollywood dance for several years. She is also a BollyX certified instructor.



Instructor: Manali Yadav

WCC | FEB 4 – MAR 11 F, 5:30 PM – 6:30 PM
\$54.00 / 6 #3515

Drawing in 3D AGES 8-14

Students will learn how to use simple geometries to create three-dimensional scenes! Students are required to bring their own drawing supplies (pencil, ruler, eraser, liner set and alcohol-based watercolour markers). Registration not accepted after the second session.

Instructor: Winson Chiu

WCC | JAN 10 – MAR 7 M, 6:30 PM – 8:30 PM
No class Feb 21
\$152.00 / 8 #3446

Manga Style Cartooning AGES 8-14

This course will focus on Japanese manga-style comics. Chibi (Q-type) style will be explored and practiced. Students are required to bring drawing supplies (pencil, ruler, eraser, liner set, alcohol-based watercolour markers). Registration not accepted after the second session.

Instructor: Winson Chiu

WCC | JAN 10 – MAR 7 M, 4:30 PM – 6:30 PM
No class Feb 21
\$152.00 / 8 #3445

Kids Who Create | Mixed Media AGES 6-9



Welcome to the art studio! This class explores the many different forms of visual art and gives an introduction to the world of art. Each class will look closer at different mediums or forms creating a wonderful base knowledge of artistic practices. Young artists will learn what art they enjoy creating and continue to learn new ways to create and express themselves. While a beautiful piece of art is always the outcome, we will focus on enjoying the process and fully immersing ourselves in the art of creating!

Instructor: Emily Glickman

WCC | JAN 14 – MAR 11 F, 3:30 PM – 5:00 PM
\$135.00 / 9 #3565

Pre-Teen Slam Poetry AGES 9-12



Slam poetry emphasizes fun and creative expression. Through games and workshops, participants collaborate on poems based on different themes and inspire each other via story sharing. We will end with an in-house Slam Poetry Night where we perform original works to an audience of participants and parents.

Volunteer instructor: Angela Lu

WCC | JAN 13 – MAR 22 TH, 4:00 PM – 5:00 PM
FREE / 9 #3403

EDUCATION

Red Cross Stay Safe! AGES 9-12

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Course Content: Canadian Red Cross Principles, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices and First Aid.

Instructor: First Aid Hero

WCC | JAN 17 **M, 9:00 AM – 3:00 PM**
\$70.00 / 1 #3404

Red Cross Babysitting AGES 11-14

Do you want to be a babysitter? Or do your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Being a responsible leader, childhood characteristics and behaviours, creating safe environments, safely caring for ages 0-12, first aid skills and the business of babysitting.

Instructor: First Aid Hero

WCC | FEB 18 **F, 9:00 AM – 3:30 PM**
\$70.00 / 1 #3405

THROUGH KEY ROLES IN THE
COMMUNITY, VOLUNTEERS ARE
ABLE TO GAIN NEW SKILLS,
HAVE NEW EXPERIENCES,
AND MAKE NEW FRIENDS.
MYUNA.CA/ABOUT/VOLUNTEER

English Reading and Writing

AGES 7-12

Share stories, expand your vocabulary and learn in a group setting. This class will build your English skills through games, activities and independent studies. Class curriculum follows the school system and students will be using the Learning Essentials workbook. Basic level of English is required for this class. If your child is new to English, please register for the Beginner class.

Instructor: TBD

GRADES 1-2
WCC | JAN 11 – MAR 8 **TU, 3:30 PM – 4:30 PM**
\$117.00 / 9 #3560

GRADES 3-4
WCC | JAN 11 – MAR 8 **TU, 4:40 PM – 5:40 PM**
\$117.00 / 9 #3561

GRADES 5-6
WCC | JAN 11 – MAR 8 **TU, 5:50 PM – 6:50 PM**
\$117.00 / 9 #3562

Families Read AGES 6-10

Reading opens new worlds, brings laughter, and sparks imagination. This program will introduce your child to the pleasures of reading for enjoyment, enriched vocabulary and provide additional classroom skills. Hawthorn resident and UNA volunteer, Lee Weinstein, will use his experience as a literacy teacher to engage young readers in the joys of reading and put them on the path to becoming lifelong readers. Parent/caregiver participation is strongly encouraged- learn along with your child.

Instructor: Lee Weinstein

OBCC | JAN 19 – FEB 16 **W, 4:00 PM – 5:00 PM**
\$15.00 / 5 #3407

EDUCATION

Mastering Mandarin AGES 5-12

Instructor: Santored Enterprised Ltd.

BEGINNER I

This class is geared towards students with no background knowledge of Chinese. The curriculum introduces the basics of PinYin phonetic system. Students will learn to read, write and understand over 100 Chinese characters by the end of three terms. The class is designed to foster a fun learning environment to let students experience, immerse, and fall in love with the Chinese language.

WCC | JAN 15 – MAR 12 SA, 10:30 AM – 12:00 PM
\$202.50 / 9 #3440

BEGINNER II

This class is for students with some experience with the Chinese language. This class will focus on mastering the PinYin phonetic system. Students will expand their Chinese vocabulary and learn to read, write and understand sentences. The class is designed to foster a fun learning environment to let students experience, immerse, and fall in love with the Chinese language.

WCC | JAN 15 – MAR 12 SA, 12:30 PM – 2:00 PM
\$202.50 / 9 #3441

INTERMEDIATE

This course is ideal for students who have mastered the PinYin phonetic system. Students will expand their knowledge of Chinese characters and words as they incorporate them into real life contexts, history and culture.

WCC | JAN 15 – MAR 12 SA, 2:15 PM – 3:45 PM
\$202.50 / 9 #3442

ADVANCED

The focus of this class will be on comprehension, vocabulary expansion and writing complex sentences. Students should be mature enough to independently read, write and retell a story in Chinese.

WCC | JAN 15 – MAR 12 SA, 4:00 PM – 5:30 PM
\$202.50 / 9 #3443

SUBSCRIBE TO THE POPULAR UNA COMMUNITY NEWSLETTER

Keep informed on what's going on in our community by signing up to receive the UNA's weekly newsletter. The newsletter contains information about community centre programming, discounts from UBC and partner organizations, events for all ages, road works, community consultations, neighbourhood issues, UNA governance, snow removal and more.

It's one of our most popular communications tools and it is delivered to subscribers' inboxes every Friday afternoon.



myuna.ca/subscribe

CHILDREN'S PROGRAMS

EDUCATION

Math-4-Kids AGES 8-13

Math-4-Kids is a program that makes math practical and fun! The program teaches the essence of math and improves logical thinking. Children learn to apply math to everyday life and to work cooperatively. Students are encouraged to share their ideas and present their results to their classmates. By improving logical thinking and problem solving, kids gain confidence and learn skills in all aspects.

Instructor: Jane Wu

GRADES 2-3

WCC | JAN 10 – MAR 7

M, 3:30 PM – 4:30 PM

No class Feb 21

\$160.00 / 8

#3433

GRADES 4-5

WCC | JAN 10 – MAR 7

M, 4:40 PM – 5:40 PM

No class Feb 21

\$160.00 / 8

#3434

GRADES 6-7

WCC | JAN 10 – MAR 7

M, 5:50 PM – 6:50 PM

No class Feb 21

\$160.00 / 8

#3435

Science for Kids AGES 3-11

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Science for Kids preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

Instructor: Joon Kim

AGES 3-6

WCC | JAN 13 – MAR 10

TH, 4:00 PM – 5:00 PM

\$198.00 / 9

#3468

AGES 7-11

WCC | JAN 13 – MAR 10

TH, 5:00 PM – 6:00 PM

\$198.00 / 9

#3469

Young Moviemakers AGES 8-14

Young Moviemakers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. Visit www.youngmoviemakers.ca for more information.

Instructor: Young Moviemakers

WCC | JAN 14 – MAR 4

F, 4:00 PM – 6:00 PM

\$300.00 / 8

#3516



BIRTHDAY PARTIES

AT THE OLD BARN AND WESBROOK COMMUNITY CENTRES

The UNA offers three customized birthday party packages at our community centres. Take the stress away from party planning, and let our party leader help you create a memorable event!

Visit myuna.ca/bookings or contact bookings@myuna.ca



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MUSIC-PRIVATE LESSONS

Guitar Lessons AGES 8-18

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

Instructor: Tom Wherret

WCC | JAN 12 – MAR 9 **W, 3:30 PM – 9:00 PM**
\$270.00 / 9 # various

Violin Lessons AGES 5-18

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

Instructor: Andrew Ty

WCC | JAN 13 – MAR 10 **TH, 3:30 PM – 7:30 PM**
\$310.50 / 9 # various

POPULAR PROGRAMS FILL UP
QUICKLY! REGISTER TODAY TO
GUARANTEE YOUR SPOT

Piano Lessons AGES 5-18

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!

Instructor: Derek Pang

WCC | JAN 10 – MAR 7 **M, 3:30 PM – 7:30 PM**
No class Feb 21
\$240.00 / 8 # various

WCC | JAN 12 – MAR 9 **W, 3:30 PM – 7:30 PM**
No class Jan 26
\$240.00 / 8 # various

Instructor: TBD

WCC | JAN 9 – MAR 6 **SU, 1:00 PM – 4:00 PM**
No class Feb 20
\$240.00 / 8 # various

Instructor: Eshantha Peiris

WCC | JAN 15 – MAR 12 **SA, 9:00 AM – 1:00 PM**
No class Feb 19
\$240.00 / 8 # various



CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

Badminton AGES 8-18



Learn to improve your badminton skills step by step in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive and defensive

strategies and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

AGES 8-12

WCC | JAN 14 – MAR 11

\$135.00 / 9

F, 4:00 PM – 5:00 PM

#3419

Volleyball BC: Train and Play AGES 12-15

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable setting. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

Instructor: Volleyball BC

AGES 12-13

WCC | JAN 15 – FEB 19

No class Feb 5

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#3401

WCC | FEB 26 – MAR 26

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#3408

Sportball | Floor Hockey AGES 6-9

Instructor: Sportball Vancouver

This program introduces kids ages 6-9 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Coaches will not only focus on basic skills but also on teamwork.

WCC | JAN 19 – MAR 9

\$160.00 / 8

W, 4:30 PM – 5:15 PM

#3394



PHYSICAL ACTIVITY

Kyokushin Karate AGES 5-18

Instructor: Anthony Evangelista

BEGINNER KIDS | AGES 5-9

This class is for kids new to martial arts, and for continuing members who are at White or Orange Belt level. Classes involve team-oriented activities and games to teach basic karate techniques and help develop social skills. This is an active program that emphasizes the values of respect, self-discipline and teamwork. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 Membership Fee to the instructor. Belt test date to be determined.

WCC | JAN 11 – MAR 22 TU, 6:00 PM – 6:50 PM
\$121.00 / 11 #3366

WCC | JAN 13 – MAR 24 TH, 6:00 PM – 6:50 PM
\$121.00 / 11 #3369

KIDS | AGES 6-12

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. New students ages 10+ are welcome. Kids ages 6-9 years may participate in this class if they are current members with a Blue Belt or higher. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

WCC | JAN 11 – MAR 22 TU, 7:00 PM – 8:30 PM
\$143.00 / 11 #3368

WCC | JAN 13 – MAR 24 TH, 7:00 PM – 8:30 PM
\$143.00 / 11 #3367

FOR THE MOST UP-TO-DATE
PROGRAM INFORMATION, VISIT
OUR ONLINE REGISTRATION
PAGE AT [MYUNA.CA/
RECREATION/PROGRAMS](https://myuna.ca/recreation/programs).

*Looking for an opportunity
to participate and contribute
to your community?*

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Adult volunteers needed for
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- English Conversation
- French Conversation
- Mandarin Conversation
- Social Clubs



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CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

Tae Kwon Do AGES 4-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! Students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline. This class is for ages 4-18.

Beginner-This program is for people who have never done Tae Kwon Do or have a white belt.

Intermediate-This class is for students who presently hold a yellow belt or higher from Vancouver Martial Arts. Students with colour belts from other clubs can discuss with the instructor for evaluation of their belt.

*Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Tae Kwon Do instructor regarding additional costs for the belt promotion test.

Instructor: Vancouver Martial Arts

BEGINNER | KIDS | AGES 4-12

WCC | JAN 9 – MAR 27 SU, 1:00 PM – 1:40 PM
\$132.00 / 12 #3397

INTERMEDIATE | KIDS | AGES 4-12

WCC | JAN 9 – MAR 27 SU, 1:00 PM – 1:50 PM
\$168.00 / 12 #3398

SOCIAL

Pre-Teen Leadership AGES 9-12

The Pre-Teen Leadership Program seeks to foster a safe and positive environment for youth aged 9-12. Members will learn and engage as a group with their community as leaders and volunteers. During weekly meetings, the group will explore a variety of activities, including educational workshops, games, and action-based projects.

Instructor: Etana Tam

WCC | JAN 10 – MAR 21 M, 4:00 PM – 5:30 PM
No class Feb 21
FREE / 10 #3332

4-H Club AGES 9-19

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. Visit 4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$120.

Instructor: 4-H Club

WCC | JAN 14, FEB 11, MAR 11 F, 6:30 PM – 8:30 PM
\$120.00 / YEAR #3415

Girl Guides GRADES 4-6 | AGES 9-11

This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. Open to individuals in grades 4-6. For more information and to register visit: girlguides.ca

Instructor: Girl Guides

OBCC | JAN 13 – MAR 10 TH, 5:30 PM – 7:00 PM
girlguides.ca / 10 #3413

Rubik's Cube Club AGES 8-13

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring the logic puzzles you would like to share, discuss and share methods to solve the puzzle. There are varieties of Rubik's Cubes in this club as well. Every level of Rubik's Cubes from beginner to expert are welcome to join.



Volunteer Instructor: Maksim Fu

WCC | JAN 13 – MAR 24 TH, 4:30 PM – 5:30 PM
FREE / 11 #3393

YOUTH PROGRAMS

ARTS

Teen Ballet AGES 11-16

For the students who have some training already in dance and want to pursue ballet in a nurturing, non-competitive, recreational setting. What a wonderful way to learn new skills, develop friendships, and promote healthy body awareness with artistry.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 W, 7:00 PM – 8:00 PM
\$207.00 / 9 | Drop-in \$25.00 #3351

Youth Improv AGES 13-18



Learn the fundamentals of improv through various games and exercises. We will encourage students to focus on positivity, embrace failure & most importantly, HAVE FUN! Co-creation and teamwork are at the heart of this course. Students will work together as an ensemble using their skills to delve deeper into scene work in an encouraging and spontaneous environment.

WCC | JAN 11 – MAR 22 TU, 5:00 PM – 6:00 PM
\$65.00 / 11 #3522

Youth Poetry Slam AGES 13-18



This program aims to empower teens to speak up about social justice, mental health, and identity through poetry. Participants will collaborate on poems through writing prompts, feedback, and workshops and inspire each other through storytelling. The participants in this program will develop as a team and attend a Youth Poetry Slam Festival in April. We will also host a Slam Poetry Night at the end of the season to perform original works to an audience of participants and parents.

Volunteer Instructor: Angela Lu

WCC | JAN 13 – MAR 21 TH, 5:15 PM – 6:15 PM
FREE / 10 #3519

Singing Together AGES 13+

Join Allison Anderson to sing and explore your voice! Our sessions will start with a vocal warm-up and a chance to stretch out, then we will work on a few songs. Whether you are a beginner or experienced, there will also be opportunities to sing solo and share songs that you already know.

Instructor: Allison Anderson

OBCC | JAN 13 – MAR 3 TH, 6:00 PM – 7:00 PM
No classes Feb 3, Feb 24
FREE / 6 #3534

Collage and Mixed Media AGES 13-18



Abstract art is a liberating form of artistic expression. It's intuitive, a conversation of shapes, colors and value. Learn elements of design and principles of composition while using acrylic paints, papers and transparencies. We will recycle, reuse, and find things from everyday life to print and incorporate into your original art. Find that authentic artistic voice! Cynthia is a fine artist and teacher [cynthiaheadstudio.wixsite.com/mysite](http://cynthiahstudio.wixsite.com/mysite). This class welcomes all skill levels. Students are responsible for bringing their own supplies (list provided during the first class).

Instructor: Cyndi Head

WCC | JAN 12 – MAR 9 W, 4:00 PM – 6:00 PM
\$198.00 / 9 #3418

Weaving Wellness | Art Therapy



AGES 13-18

Experience the therapeutic benefits of artmaking through a series of creative exercises designed to help relieve stress, facilitate healthy emotional expression and encourage resilience. Featuring paint play, collage work and zen doodling. No experience required, all are welcome! Materials supplied. This Weaving Wellness workshop is led by Kayla, who is completing her Master's in Art Therapy.

Instructor: Kayla Kennedy

WCC | DATE TBC 4:00 PM – 6:00 PM
\$10.00 / 1 #3563

YOUTH PROGRAMS

EDUCATION

Toastmasters Youth Program **AGES 12-18**

Conducted by Toastmasters members, Vancouver Gavel Club helps youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other.

Instructor: Vancouver Gavel Club

WCC | JAN 12 – MAR 9

W, 6:30 PM – 8:30 PM

\$99.00 / 9

#3341

Math Tutoring | Small Group **AGES 14-17**



For those in grades 10 & 11 who need a little more help with their math homework, we have brought on a skilled math tutor to help with your Algebra, Geometry and AP Calculus. This program will be in small groups with a max of 4 students. There is a possibility of adding more sessions this season if interest is high. If you have any requests related to tutoring, please email hal.lackie@myuna.ca so we can adequately serve you.

Instructor: Duncan Li

WCC | JAN 13 – MAR 17

TH, 5:00 PM – 6:00 PM

\$100.00 / 10

#3470

Pathfinders **AGES 12-14**

This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. Open to individuals in grades 7-9. For more information and to register, please visit: girlguides.ca

Instructor: Girl Guides

OBCC | JAN 12 – MAR 9

W, 5:30 PM – 7:00 PM

girlguides.ca / 10

#3414

PHYSICAL ACTIVITY

Badminton **AGES 8-18**

Learn to improve your badminton skills step by step in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive and defensive strategies and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

AGES 13-18

WCC | JAN 14 – MAR 11

F, 5:00 PM – 6:30 PM

\$135.00 / 9

#3420

Volleyball BC: Train and Play **AGES 12-15**

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable setting. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

Instructor: Volleyball BC

AGES 14-15

WCC | JAN 15 – FEB 19

SA, 2:00 PM – 3:30 PM

No class Feb 5

\$90.00 / 5

#3402

WCC | FEB 26 – MAR 26

SA, 2:00 PM – 3:30 PM

\$90.00 / 5

#3409

Kyokushin Karate | Youth **AGES 13-18**

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

Instructor: Anthony Evangelista

WCC | JAN 11 – MAR 22

TU, 7:00 PM – 8:30 PM

\$143.00 / 11

#3370

WCC | JAN 13 – MAR 24

TH, 7:00 PM – 8:30 PM

\$143.00 / 11

#3371

PHYSICAL ACTIVITY

Taekwondo | Youth AGES 13-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! Students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline. This class is for ages 4-18.

Beginner-This program is for people who have never done Tae Kwon Do or have a white belt.

Intermediate-This class is for students who presently hold a yellow belt or higher from Vancouver Martial Arts. Students with colour belts from other clubs can discuss with the instructor for evaluation of their belt.

*Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Tae Kwon Do instructor regarding additional costs for the belt promotion test.

Instructor: Vancouver Martial Arts

BEGINNER

WCC | JAN 9 – MAR 27 **SU, 1:00 PM – 1:40 PM**
\$132.00 / 12 #3399

INTERMEDIATE

WCC | JAN 9 – MAR 27 **SU, 1:00 PM – 1:50 PM**
\$168.00 / 12 #3400

Yoga for Students AGES 14-18



This class is specially curated for teenagers and young adults. We'll explore a variety of yoga poses (asanas) and breath work (pranayama) while learning mindfulness techniques. Open to anyone aged 14-18 regardless of experience with yoga or meditation— all are welcome! We'll explore different styles of yoga, build strength, and increase flexibility together.

Instructor: Yosra Matar

WCC | JAN 14 – MAR 18 **F, 6:45 PM – 7:45 PM**
\$100.00 / 10 #3396

PROGRAMS MAY BE CANCELLED
IF THERE ISN'T SUFFICIENT
REGISTRATION A WEEK PRIOR TO
THE START DATE. PLEASE REGISTER
EARLY TO SECURE THE CLASSES.
UNAVOIDABLE CLASS CANCELLATIONS
WILL BE MADE UP AT THE END OF THE
SESSION WHEN POSSIBLE.



THE CHILDREN'S GARDEN IS SEEKING VOLUNTEERS!

AT THE OLD BARN COMMUNITY CENTRE

The Children's Garden at the Old Barn Community Centre is a volunteer-run garden, seeking new volunteers to lead garden education, support in garden maintenance, and be a part of the community! Volunteers of all ages and skill levels are welcome.

Visit their blog unacg2014.wordpress.com or contact Olivia at catalyst@fermi.ca for more information.

SOCIAL

4-H Club AGES 12-19

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. Visit 4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$120.

Instructor: 4-H Club

WCC | JAN 14, FEB 11, MAR 11 F, 6:30 PM – 8:30 PM
\$120.00 / YEAR #3416

Code Buddies AGES 13-18



Code Buddies provides a basic coding experience to youth who are interested in the world of coding. Among the countless coding languages, we will focus on Python, known as a relatively easy language while being very functional and fun. We will be doing projects and learn all together.

Volunteer Instructor: Bryan Ryu

VIRTUAL | JAN 16 – MAR 27 SU, 11:00 AM – 12:00 PM
FREE / 11 #3340

CALLING ALL PROGRAM
INSTRUCTORS! IF YOU HAVE AN IDEA
FOR A PROGRAM, SUBMIT YOUR
PROPOSAL AT MYUNA.CA/HOW-TO-SUBMIT-A-PROGRAM-PROPOSAL.

Youth Leadership Program AGES 13-18

This youth-driven program looks at developing skills and knowledge in order to create a world that values personal growth, sustainability, connection, and social action. Each term this program takes on a different shape depending on the goals of the group but the common thread is to have fun, learn and become community leaders.

Instructor: Etana Tam

WCC | JAN 14 – MAR 25 F, 4:00 PM – 6:00 PM
FREE / 10 #3330

Youth Art Engagement Committee AGES 13-18

Art is a wonderful tool to create expression, connection and understanding. We are looking for youth artists, art enthusiasts and volunteers to establish a volunteer working group with the purpose of creating a community art gallery! During weekly committee meetings, members will receive volunteers hours while gaining practical experience that comes with planning an art gallery.

Volunteer Instructor: Jimin Hong

WCC | JAN 11 – MAR 22 TU, 4:00 PM – 5:00 PM
FREE / 11 #3357

Youth Centre Drop-in AGES 12-18

This is a social time to hang out with your friends, make new ones, eat snacks, play Wii. Each week will take its own shape. The Youth Program Team (Hal & Etana) will be there to chat with and bring games out. No registration is required, just stop by.

Supervisor: UNA Staff

WCC | JAN 12 – MAR 23 W, 3:30 PM – 5:30 PM
FREE / 11 #3333

Youth Drop-in Badminton AGES 12-18

Three courts will be open to youth ages 12-18 to practice and play badminton! These sessions are uninstructed and open to players of all levels. Register online up to 6 days before each session to secure your spot. Maximum capacity 12 players, please bring your own racquet.

Supervisor: UNA Staff

WCC | JAN 16 – MAR 27 SU, 2:30 PM – 4:30 PM
\$3.00ea / 11 #3465

Youth Drop-in Basketball AGES 13-18

The gym will be open to high school students ages 13-18 to practice and play basketball! Register up to 6 days before each session to secure your spot.

Supervisor: Etana Tam

WCC | JAN 12 – MAR 23 W, 5:45 PM – 6:45 PM
\$3.00ea / 11 #3334

YOUTH SPORTS DROP-IN PASSES CAN BE PURCHASED THROUGH THE FRONT DESK AND (COMING SOON!) ONLINE. PASSES ARE VALID FOR TWO YEARS AND GIVE YOU ACCESS TO YOUTH DROP-IN BASKETBALL, YOUTH OPEN GYM, AND YOUTH DROP-IN BADMINTON. A 10 VISIT DROP-IN PASS IS \$30.00.

Youth Open Gym AGES 13-18

Open gym for youth to practice their sport of choice. Check-in with the front desk before heading into the gym.

Supervisor: Etana Tam

WCC | JAN 15 – MAR 26 SA, 4:00 PM – 5:00 PM
FREE / 11 #3339

Youth Open Studio | Dance AGES 13-18

Open Studio is a welcoming and supportive space for all dancers in the community to express themselves and share their passion for dance. This is a drop-in-style unstructured open studio space for youth to practice dancing, create choreography and meet other dancers in the community. Please register online, up to 6 days before each session, through our single booking system, or reach out to the supervisor for support.

Instructors: UHill Dance Club

WCC | JAN 14 – MAR 17 F, 3:30 PM – 4:30 PM
FREE / 10 #3335

Homework Help | Peer Tutoring

AGES 9-14

Homework Help is by youth for youth. This peer tutoring program is drop-in-style led by a youth volunteer who will be present in the teen center to help others who need a little extra help with studying and homework.

Lead by Youth Volunteers

WCC | JAN 11 – MAR 22 TU, 4:00 PM – 6:00 PM
FREE / 11 #3523



ADULTS & SENIORS PROGRAMS

ARTS

Chinese Folk Dance AGES 19+

A quick path to move from beginner to pro dancer. Learn Chinese classical folk dance. All levels are welcome.

Instructor: Emily Li

WCC | JAN 12 – MAR 9 W, 1:00 PM – 2:30 PM
\$270.00 / 9 #3493

WCC | JAN 14 – MAR 11 F, 1:00 PM – 2:30 PM
\$270.00 / 9 #3494

Dance Together AGES 18+

Dance your way into fitness! This volunteer led class provides a fun and friendly dance space for self-identifying women of all ages. No experience necessary- you will learn hip-hop, jazz and contemporary dance forms in a positive environment. This program is available as a drop in. You will receive a discounted rate and a reserved spot if you register for the series.

Instructor: Yan Guo and Yingying Chen

WCC | JAN 10 – MAR 7 M, 10:00 AM – 11:30 AM
No class Feb 21
\$24.00 / 8 | Drop-in \$4.00 #3471

WCC | JAN 12 – MAR 9 W, 9:30 AM – 11:00 AM
\$27.00 / 9 | Drop-in \$4.00 #3473

Singing Together AGES 19+

Join Allison Anderson to sing and explore your voice! Our sessions will start with a vocal warm-up and a chance to stretch out, then we will work on a few songs. Whether you are a beginner or experienced, there will also be opportunities to sing solo and share songs that you already know.

Instructor: Allison Anderson

OBCC | JAN 13 – MAR 3 TH, 6:00 PM – 7:00 PM
No classes Feb 4, Feb 23
FREE / 6 #3533



Collage and Mixed Media AGES 19+

NEW

Abstract art is a liberating form of artistic expression. It's intuitive, a conversation of shapes, colors and value. Learn elements of design and principles of composition while using acrylic paints, papers and transparencies. We will recycle, reuse, and find things from everyday life to print and incorporate into your original art. Find that authentic artistic voice! Cynthia is a fine artist and teacher cynthiaheadstudio.wixsite.com/mysite. This class welcomes all skill levels. Students are responsible for bringing their own supplies (list provided during the first class).

Instructor: Cyndi Head

WCC | JAN 12 – MAR 9 W, 6:30 PM – 8:30 PM
\$198.00 / 9 #3426

Weaving Wellness | Art Therapy

AGES 19+

NEW

Experience the therapeutic benefits of artmaking through a series of creative exercises designed to help relieve stress, facilitate healthy emotional expression and encourage resilience. Featuring paint play, collage work and zen doodling. No experience required, all are welcome! Materials supplied. This Weaving Wellness workshop is led by Kayla, who is completing her Master's in Art Therapy.

Instructor: Kayla Kennedy

OBCC | FEB 10 TH, 6:30 PM – 8:30 PM
\$10.00 / 1 #3521

CANINE EDUCATION

Good to Great-Basic Dog Manners

AGES 19+

These action filled classes review and build upon the basic skills, and tackle new challenges and questions that arise as dogs reach adolescence and adulthood. Explore the importance of enrichment and review body language basics. This class engages you to build skills for real life with your dog. Dogs should be 5 months or older, be up-to-date on vaccinations, friendly with strangers and other dogs, and wear a flat collar / harness and regular flat leash.

Instructor: Daisy Dog Training

WCC | JAN 11 – FEB 15

TU, 7:15 PM – 8:15 PM

\$210.00 / 6

#3432

Puppy Preschool AGES 19+

This fun socialization class will help you teach your puppy basic obedience skills. We'll discuss problem prevention, and answer the common questions pup owners have. We will learn about positive reinforcement, enrichment, body handling and more. Dogs should be between 7-18 weeks at the start of class. Please provide proof of the first set of vaccinations. All pups should be healthy when attending and wear a flat collar or harness and a regular flat leash.

Instructor: Daisy Dog Training

WCC | JAN 11 – FEB 15

TU, 6:00 PM – 7:00 PM

\$210.00 / 6

#3431

Puppy Socialization Drop-in AGES 19+

These drop-in sessions will focus on fun and socialization, but will also include training, information and helpful puppy tips. Dogs should be between 7-18 weeks of age. Please provide proof of the first set of vaccinations. All pups should be healthy when attending. Register for full program, or drop in for a single session (space permitting).

Instructor: Daisy Dog Training

WCC | JAN 13 – MAR 10

TH, 6:30 PM – 7:30 PM

\$90.00 / 9 | Drop-in \$12.00

#3430

WEAVING WELLNESS

A MENTAL HEALTH INITIATIVE

Looking after your wellbeing is more important than ever.

Weaving Wellness is a UNA initiative that aims to make mental health resources more accessible to the community.

Participate in art therapy, mindfulness, meditation, and other workshops.



Full details at myuna.ca/weaving-wellness

EDUCATION

Emergency First Aid & CPR-C/AED AGES 15+

This one day course introduces skills on how to deal with life threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation as well as critical interventions for each. Course Content: Red Cross History, Preparing to Respond, Emergency Medical Services, Check, Call, Care, Airway Emergencies, Breathing & Circulation Emergencies, First Aid for Respiratory & Cardiac Arrest and Wound Care. Course length: 6-8 hours.

Instructor: First Aid Hero

WCC | FEB 26

\$115.00 / 1

SA, 9:00 AM – 5:00 PM

#3406

Emergency Preparedness

AGES 19+

In recent history, cities around the world have endured large emergencies with devastating impacts. Vancouver could experience a severe emergency too, like a big earthquake.

Do you know how you could be prepared to something like this? This session introduces simple things you can do to be prepared in advance of an emergency and ways to make your home safer.



Instructor: Neighbourhoods Emergency Preparedness Program

VIRTUAL | JAN 18

FREE / 1

TU, 5:00 PM – 6:15 PM

#3526

How to identify Scams and Frauds

AGES 19+

NEW

This workshop provides older adults with information to protect their finances, recognize and respond to financial abuse, and access resources for further assistance. We focus on common scams targeting older adults, and strategies to deal with scams and check for counterfeit banknotes.

Instructor: BC Seniors First

WCC | MAR 4

FREE / 1

F, 10:00 AM – 11:30 AM

#3529

Weaving Wellness | Mindfulness and Meditation Workshops

AGES 19+

NEW

Have you ever wondered about the ancient practices of mindfulness and meditation? These workshops will provide some background on common practices, their benefits, and how to implement them in your daily life to manage everyday stressors and feel more well. Sep Alavi is a lawyer turned intuitive coach who will be de-mystifying these practices for us and showing us the practical applications of various mindfulness and meditation practices for modern day living. For more information check out sepalavi.com and her monthly meditation collective.

Register for one or both workshops.

Instructor: Sep Alavi

WCC | JAN 24

FREE / 1

M, 6:30 PM – 7:30 PM

#3466

WCC | FEB 28

FREE / 1

M, 6:30 PM – 7:30 PM

#3467

FOR THE MOST UP-TO-DATE PROGRAM
INFORMATION, VISIT OUR ONLINE
REGISTRATION PAGE AT
MYUNA.CA/RECREATION/PROGRAMS.

SUCCESS: Settlement Services AGES 18+

SUCCESS settlement service provides free one-on-one sessions on newcomer benefits, employment, English learning (LINC), immigration, citizenship, housing, customs, medical and health, education, legal, family, social benefits, transportation, and travel documents. Please make the appointment first. Service dates are as follows: Chinese/English on Jan 11, Feb 8, Mar 8; Korean/English on Jan 18, Feb 15, Mar 15. *You must bring your PR card or Confirmation of Permanent Resident to attend the service. Email isipvancoover@success.bc.ca or phone 604-408-7274 ext: 2063 for Chinese and 604-335-2309 for Korean.

Instructor: SUCCESS

WCC | JAN 11 – MAR 8 TU, 9:30 AM – 4:00 PM
FREE / 9 #3491

SUCCESS中侨安顿服务提供免费一对一咨询。内容包括新移民福利、就业、英文学习、移民、公民入籍、住房、海关、医疗卫生、教育、法律、家庭、社会福利、交通、旅行证件等等。每月一次在 Wesbrook 社区中心提供预约服务的日期如下:1月11日、2月8日及3月8日。咨询时,需出示您的永久居民卡或永久居民确认信。

SUCCESS 정착 서비스는 신규 이민자를 위한 혜택인 취업, 영어 학습(LINC), 이민, 영주권 재발급, 시민권, 주택, 세관, 의료 및 건강, 교육, 법률, 가족, 정부 혜택, 교통 및 여행 서류에 대한 무료 일대일 세션을 제공합니다. 1월18일, 2월15일, 3월15일에 서비스가 제공 되오니 필요한 분들은 연락하여 예약 바랍니다.

**Immigrant Parent Sessions I
Mandarin AGES 18+**

This is a group session for Chinese immigrant parents who reside in the UBC area and have children attending surrounding public schools. It aims to connect Chinese newcomer parents, provide support, and share school and community settlement resources. Session is conducted mainly in Mandarin and will be held on Zoom. For registration please contact Esaine Mo, Settlement Worker with VSB (SWIS), at 778-228-8536 or emo@vsb.bc.ca.

Instructor: Esaine Mo (SWIS)

VIRTUAL | JAN 13 – MAR 11 TH, 1:00 PM – 2:30 PM
FREE / 9 #3495

移民家长信息交流会（国语）

免费 “家长加油站（普通话为主/辅以广东话和英语）
主办单位：温哥华教育局移民安顿工作者 Esaine Mo 巫小姐
拨款来源：加拿大移民，难民及公民部
宗旨：建立平台和家长共同努力广阔知识，自我增值，互动和联系
日期：1月13日 - 3月11日
时间：每周四下午1点
地点：在线Zoom
报名联系：巫小姐 工作手机：778-228-8536 / emo@vsb.bc.ca

UNA Orientation AGES 18+

This workshop will give you an overview of the UNA and its programs and services. Topics will include: how to set up a UNA account and how to register for programs. There will be a question and answer period and Mandarin translation will be provided.

Linda Quamme & Qiuning Wang

WCC | JAN 13 TH, 11:00 AM – 12:00 PM
FREE / 1 #3573

UNA社区介绍会

欢迎参加UNA社区介绍,了解UNA的历史和发展,以及它提供的服务和课程。我们将演示如何建立账号、注册课程以及回答相关问题。介绍会在英文在前,中文在后。

EDUCATION

Intermediate English Conversation

AGES 18+

Your ability to freely express is improved as you take part in discussions on topics both ordinary and unusual. Discover more about Canadian/ Western culture and attitudes and share your culture with new friends. This class will build confidence and increase your fluency and is an excellent class for newcomers.

Volunteer Instructors: Alice Bradley and Linda Quinley

WCC | JAN 12 – MAR 9 **W, 1:00 PM – 2:30 PM**
\$27.00 / 9 #3488

Advanced English Conversation **AGES 18+**

Join us for a lively discussion designed for you to practice your conversational English. In this informal class, you will have the opportunity to chat about a variety of topics and develop your speaking and listening skills.

Volunteer Instructor: UNA Volunteer

OBCC | JAN 10 – MAR 7 **M, 12:00 PM – 1:30 PM**
No class Feb 21
\$24.00 / 8 #3511

English Conversation | Virtual

AGES 18+



Led by a UNA volunteer, this class provides you with an opportunity to practice conversational English in a friendly, supportive environment. Participants should have some basic vocabulary and be able to hold simple conversations. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning.

Volunteer Instructor: Eileen LeGallais

VIRTUAL | JAN 11 – MAR 8 **TU, 10:00 AM – 11:30 AM**
\$27.00 / 9 #3489

English ABCs | Virtual **AGES 18+**



This volunteer-led class is a beginner course and will be held virtually, on Zoom. Designed for people who have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The students will feel confident when using greetings, shopping, asking for time or directions, and answering the phone etc.

Volunteer Instructor: Nancy Dagan

VIRTUAL | JAN 13 – MAR 11 **TH, 10:00 AM – 11:30 AM**
\$27.00 / 9 #3483

English ABCs for Mandarin Speakers | Virtual **AGES 18+**



This volunteer-led class is a beginner course. Designed for people who speak Mandarin and have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The students will feel confident when using greetings, shopping, asking for time or directions, and answering the phone etc. Please note, this class will be held on Zoom. A link will be sent to registered participants.

英语基础入门(适合国语学生)

此课程是专门为国语学生设计的英语基础入门课程。学生会学习日常交流所需的基本词汇和句式。建议报名此课程的学生也考虑报名本页内其他英语会话课程，增加每周练习时间，加快学习进程。

Volunteer Instructors: Amber Huang and Titus Yung

VIRTUAL | JAN 10 – MAR 8 **M, 10:00 AM – 11:30 AM**
No class Feb 21
\$24.00 / 8 #3486

English Language Learners (ELL) AGES 19+

Develop your conversation skills, build fluency and gain confidence in speaking English. This program focuses on listening, speaking and reading using structured materials that support practical English communication. A range of real-world topics will be covered-from shopping for food and seeing a doctor, to tourism and travel, to cultural exchange and exploration of values.

Instructor: Karen Godwin

WCC | JAN 11 – MAR 10 TU+TH, 9:30 AM – 11:30 AM
\$396.00 / 18 #3512

Mandarin Conversation | Beginner | Virtual AGES 18+



This volunteer-led class is for Beginner level students. Vocabulary and sentences will be taught for conversational Mandarin. Knowledge of Pingyin prior to the class is highly recommended. The students will gain confidence when using greetings, shopping, asking for time or directions, answering the phone etc. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

Volunteer Instructor: UNA Volunteer

VIRTUAL | JAN 10 – MAR 7 M, 8:15 PM – 9:10 PM
No class Feb 21
\$16.00 / 8 #3480

Mandarin Conversation | Intermediate | Virtual AGES 18+



This volunteer-led class taught for conversational Mandarin focuses on vocabulary and sentences. Knowledge of Pingyin prior to the class is highly recommended. The students will gain confidence when using greetings, shopping, asking for time or directions, answering the phone etc. The class will be held on Zoom and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

Volunteer Instructor: UNA Volunteer

VIRTUAL | JAN 10 – MAR 7 M, 7:15 PM – 8:10 PM
No class Feb 21
\$16.00 / 8 #3490

WE ARE LOOKING FOR PROGRAM INSTRUCTORS!



The UNA is committed to providing inclusive and accessible recreational, educational and fitness programs to every member in the UNA Community.

Have a program you want to offer? We are currently looking for instructors in the following areas:

- Fitness instructors
- Photography, Videography, Fine Arts Instructors for children, adults and seniors
- Poetry and Creative Writing Instructors for children, youth and seniors
- Piano instructor
- Speakers and workshop leaders
- Volunteer French/English instructors
- Volunteers social club leaders e.g. knitting, neighbourhood walks/runs:

Apply at myuna.ca/how-to-submit-a-program-proposal

ADULTS & SENIORS PROGRAMS

POPULAR PROGRAMS FILL UP
QUICKLY! REGISTER TODAY TO
GUARANTEE YOUR SPOT.

MUSIC-PRIVATE LESSONS

Guitar Lessons AGES 18+

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

Instructor: Tom Wherret

WCC | JAN 12 – MAR 9
\$370.00 / 9

W, 3:30 PM – 9:00 PM
various

Violin Lessons AGES 18+

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

Instructor: Andrew Ty

WCC | JAN 13 – MAR 10
\$310.50 / 9

TH, 3:30 PM – 7:30 PM
various

Piano Lessons AGES 18+

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!

Instructor: Derek Pang

WCC | JAN 10 – MAR 7
No class Feb 21
\$240.00 / 8

M, 3:30 PM – 7:30 PM
various

WCC | JAN 12 – MAR 9
No class Jan 26
\$240.00 / 8

W, 3:30 PM – 7:30 PM
various

Instructor: TBD

WCC | JAN 9 – MAR 6
No class Feb 20
\$240.00 / 8

SU, 1:00 PM – 4:00 PM
various

Instructor: Eshantha Peiris

WCC | JAN 15 – MAR 12
No class Feb 19
\$240.00 / 8

SA, 9:00 AM – 1:00 PM
various

PUT WASTE IN ITS PLACE

The UNA's **Green Depot** is **OPEN!** You can recycle many things, from textiles to plastics to broken electronics, and more!

The UNA Green Depot offers socially, economically, and environmentally responsible waste repurposing and disposal options to UNA and UBC community members.

Please visit myuna.ca/depot for hours and to learn more about accepted items.



Ballet Fitness AGES 19+

A fun and engaging class that uses the best of ballet, pilates, stretch, and strength for full-body conditioning. Become stronger, more flexible, increase your core-strength and improve your balance while experiencing movement and dance. Dance training is the best training for the body. Suitable for all fitness levels as well as for rehabilitation, injury prevention, and pre/post natal fitness.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9 **W, 8:15 PM – 9:15 PM**
\$117.00 / 9 | Drop-in \$15.00 #3555

Cardio Core Bootcamp AGES 19+

Cardio Core Bootcamp is your full body workout combining cardio and strength conditioning all in one. Class variations include drills, strength and conditioning movements, partner work, and a variety of equipment. This class is great for all fitness levels. Please bring your own yoga mat, towel and water. Shoes or anti-slip socks are also recommended.

Instructor: Anthony Evangelista

WCC | JAN 11 – MAR 22 **TU, 12:00 PM – 12:45 PM**
\$143.00 / 11 | Drop-in \$15.00 #3362

Kickstart Bootcamp AGES 19+

Start your day with Kickstart Bootcamp. This is a full body workout designed to energize you, and get you “kick-started” for the rest of your day. Classes blend a mixture of functional strength training, agility, and cardio endurance drills which will push your limits safely and effectively.

WCC | JAN 10 – MAR 21 **M, 7:00 AM – 8:00 AM**
No class Feb 21
\$130.00 / 10 | Drop-in \$15.00 #3593

WCC | JAN 11 – MAR 22 **TU, 7:00 AM – 8:00 AM**
\$143.00 / 11 | Drop-in \$15.00 #3594

WCC | JAN 12 – MAR 23 **W, 7:00 AM – 8:00 AM**
\$143.00 / 11 | Drop-in \$15.00 #3595

WCC | JAN 13 – MAR 24 **TH, 7:00 AM – 8:00 AM**
\$143.00 / 11 | Drop-in \$15.00 #3596

**ADULTS & SENIORS
PROGRAMS****Retro Aerobics! AGES 19+**

'80s-inspired workouts are making a comeback! This fitness class guarantees a fun work out to nostalgic '80s hits. "Get On Your Feet", get your "Footloose" and let's get "Physical"! Sweat bands and leg warmers are highly encouraged.

Instructor: Anthony Evangelista

WCC | JAN 12 – MAR 23 **W, 6:00 PM – 7:00 PM**
\$143.00 / 11 #3363

Zumba AGES 19+

Zumba is a fun and high-energy workout inspired by Latin dance. Dance your way to fitness and join the Zumba movement!

Instructor: DanZa Productions

WCC | JAN 10 – MAR 21 **M, 8:30 PM – 9:30 PM**
No class Feb 21
\$120.00 / 10 | Drop-in \$14.00 #3386

WCC | JAN 11 – MAR 22 **TU, 7:00 PM – 8:00 PM**
\$132.00 / 11 | Drop-in \$14.00 #3387

WCC | JAN 15 – MAR 26 **SA, 11:30 AM – 12:30 PM**
\$132.00 / 11 | Drop-in \$14.00 #3388

FOR ALL UNA SPORTS RECREATION
POLICIES, PLEASE VISIT
[MYUNA.CA/RECREATION/PROGRAMS](https://myuna.ca/recreation/programs)

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Basketball AGES 19+

Enjoy a fun and friendly evening of three on three half court basketball. These sessions are uninstructed and open to players of all skill level. 16 spots are available for registration and two are reserved for day-of drop-in.

WCC | JAN 10 – MAR 21 **M, 6:00 PM – 7:45 PM**
No class Feb 21
 \$45.00 / 10 | Drop-in \$6.00 #3447

Volleyball AGES 19+

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. 22 spots are available for registration and two are reserved for day-of drop-in. Participants are expected to assist with set-up and take-down.

WCC | JAN 12 – MAR 23 **W, 7:00 PM – 8:45 PM**
 \$49.50 / 11 | Drop-in \$6.00 #3464

Kyokushin Karate | Adults AGES 19+

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

Instructor: Anthony Evangelista

WCC | JAN 11 – MAR 22 **TU, 7:00 PM – 8:30 PM**
 \$165.00 / 11 #3364

WCC | JAN 13 – MAR 24 **TH, 7:00 PM – 8:30 PM**
 \$165.00 / 11 #3365

Badminton AGES 19+

Enjoy a fun and friendly evening of badminton. These sessions are uninstructed and open to players of all skill levels. 12 spots are available for registration and two are reserved for day-of drop-in. Note: Participants are expected to assist with set-up and take-down.

WCC | JAN 10 – MAR 7 **M, 8:00 PM – 9:30 PM**
No drop-in Feb 21
 \$36.00 / 8 | Drop-in \$6.00 #3444

WCC | JAN 11 – MAR 9 **TU, 12:15 PM – 2:00 PM**
 \$40.50 / 9 | Drop-in \$6.00 #3436

WCC | JAN 14 – MAR 25 **F, 6:45 PM – 8:15 PM**
 \$49.50 / 11 | Drop-in \$6.00 #3422

Family Badminton Court Bookings AGES 19+

Book a court for one hour and play badminton with your family! Maximum six family members per booking with at least one adult guardian (aged 19+). We do not take season registration for this offering, bookings for individual dates must be made.

WCC | JAN 15 – MAR 26 **SA, 8:45 AM – 11:00 AM**
No drop-in Feb 5
 \$10.00ea / 10 # various

WCC | JAN 16 – MAR 27 **SU, 8:45 AM – 11:00 AM**
 \$10.00ea / 10 # various

Seniors Games and Activities AGES 55+

Stay fit, active, and social! Come to the Wesbrook Community Centre Gymnasium and try some senior-friendly activities. Croquet, bean bags, walking soccer, and games. Activities may vary each week. An excellent time to meet others in the community. Please register for this free program.

Volunteer Instructor

WCC | JAN 12 – MAR 9 **W, 1:00 PM – 2:30 PM**
 FREE / 9 #3535

COURT BOOKINGS: REGISTERED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. ALL NO-SHOW SPOTS AT THAT TIME WILL BE SOLD TO THE DROP-IN LIST. SIGN-UP FOR THE DROP-IN LIST MUST BE IN PERSON, AND BEGINS 30 MINUTES BEFORE THE PROGRAM BEGINS.

Pickleball AGES 19+

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. 12 spots are available for registration and two are reserved for day-of drop-in.

WCC | JAN 10 – MAR 7 **M, 1:45 PM – 3:30 PM**
No classes Jan 17, Feb 21
 \$31.50 / 7 | Drop-in \$6.00 #3461

WCC | JAN 13 – MAR 10 **TH, 12:45 PM – 2:30 PM**
 \$40.50 / 9 | Drop-in \$6.00 #3460

WCC | JAN 14 – MAR 11 **F, 10:45 AM – 12:30 PM**
No class Feb 18
 \$36.00 / 8 | Drop-in \$6.00 #3577

Pickleball Lessons AGES 19+

Beginner- Improve fundamental techniques through drills and game play. Key points include: Dinking, volleys, serve and return, 3rd shots, court positioning. For people new to Pickleball or wanting to build confidence in the basics - everyone is welcome.

Intermediate- Improve skills through drills and game play. Key points include: Learning to neutralize hard hitters/ bangers, building consistency with third shots, understanding of ball placement, resetting the rally. This class is for those who have completed beginner lessons and are looking for their next challenge.

Advanced Doubles- Improve skills through fast paced drills and game play with critical feedback. Key points include: Footwork (be prepared to sweat), create opportunities with the 3rd shot, putting away all types of balls, around the post, setting up the rally for victory, and resetting the rally. Register with a partner to drill together with other advanced teams. Players without a partner will be accommodated.

Instructor: Chris Koentges

BEGINNER
WCC | JAN 12 – MAR 10 **W, 9:00 AM – 10:30 AM**
 \$225.00 / 9 #3383

INTERMEDIATE
WCC | JAN 12 – MAR 10 **W, 10:45 AM – 12:15 PM**
 \$225.00 / 9 #3384

ADVANCED DOUBLES
WCC | JAN 14 – MAR 12 **F, 8:45 AM – 10:15 AM**
No class Feb 18
 \$200.00 / 8 #3380

ADULTS & SENIORS PROGRAMS

Table Tennis AGES 19+

Join us for 1.5 hrs of table tennis in the WCC gym. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in.

WCC | JAN 10 – MAR 7 **M, 11:30 AM – 1:00 PM**
No classes Jan 17, Feb 21
 \$17.50 / 7 | Drop-in \$3.50 #3463

WCC | JAN 11 – MAR 8 **TU, 2:15 PM – 3:45 PM**
 \$22.50 / 9 | Drop-in \$3.50 #3462

Table Tennis for Seniors AGES 55+

Seniors are invited for an hour of table tennis. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in.

WCC | JAN 14 – MAR 11 **F, 2:30 PM – 3:30 PM**
No class Feb 18
 \$8.00 / 8 | Drop-in \$2.00 #3425

Drop-in Table Tennis at the Old Barn

AGES 18+

Drop in times are available for Table Tennis at the OBCC. Contact the front desk on the day you want to play to check for availability. Children are welcome when accompanied by an adult.

DAYS AND TIMES SUBJECT TO AVAILABILITY
 Drop-in \$5.00 #2775

PRIORITY IS GIVEN TO PARTICIPANTS WHO HAVE REGISTERED. REGISTERED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. ALL NO-SHOW SPOTS AT THAT TIME WILL BE SOLD TO THE DROP-IN LIST. SIGN-UP FOR THE DROP-IN LIST MUST BE IN PERSON, AND BEGINS 30 MINUTES BEFORE THE PROGRAM BEGINS.

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Gentle Yoga AGES 19+

Rejuvenate and relax your body in this all-levels Gentle Yoga class. Enjoy learning yoga postures and breath work to improve body awareness and release stress. Participants will practice slower paced movements to help foster mindfulness as well as improve flexibility, strength, and balance. Suitable for all levels. Please bring your own mat to class. Mats are available to borrow if needed.

Instructor: Angie Datt

WCC | JAN 11 – MAR 22 F, 10:00 AM – 11:00 AM
\$130.00 / 10 | Drop-in \$15.00 #3372

Gentle and Restorative Yoga AGES 19+

Begin the first half of this blended class exploring slower paced gentle yoga movements to help improve flexibility, balance, and body awareness. During the second half of class, participants will explore restorative yoga poses comprised of reclining postures that are supported by yoga props (such as blankets, bolsters and blocks) to promote deep relaxation, rest and healing. Please bring your own mat to class. Mats are available to borrow if needed.

Instructor: Angie Datt

WCC | JAN 14 – MAR 22 TU, 10:00 AM – 11:15 AM
\$130.00 / 10 | Drop-in \$15.00 #3373

Flow with Mayu AGES 19+



Flow Yoga combines breath awareness with physical asana poses to warm up the body and rejuvenate the mind. Get ready to stretch, be on your feet and play around with some balance. This class is an all-levels class with lots of options, modifications and safe transitions, so everyone is welcome! Classes are led by Mayumi, a passionate yogi who is excited to share the yoga love with others! Follow her on Instagram: @yoga_w_mayu.

Instructor: Mayumi Samarakoon

WCC | JAN 15 – MAR 26 SA, 4:00 PM – 5:00 PM
\$132.00 / 11 | Drop-in \$15.00 #3417

Power Yoga AGES 19+

Power Yoga incorporates yoga positions with calisthenics, rehabilitation techniques, dynamic resistance exercises and active breathing techniques. Developed from DDP Yoga, all levels and abilities are welcome. Students can expect to get a good stretch, build strength and get a good sweat. Please bring your own yoga mat and water. Shoes or anti-slip socks are also recommended.

Instructor: Anthony Evangelista

WCC | JAN 12 – MAR 23 W, 11:30 AM – 12:30 PM
\$143.00 / 11 | Drop-in \$15.00 #3361

Vinyasa Yoga AGES 19+

In Vinyasa Yoga we will explore bodily awareness, connection with our breath, and will work to establish a calm and focused state of mind. Expect to allow space for the heart to open, emotions to pass and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system.

Instructor: Negar Amini

WCC | JAN 11 – MAR 22 TU, 5:30 PM – 6:30 PM
\$143.00 / 11 | Drop-in \$15.00 #3418

Iyengar Yoga with Luci AGES 19+

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, go deeper in poses designed to build strength, release tight muscles, improve balance, and calm the mind. The method is adapted for all ages and levels. For more information, see luciyamamoto.com. Please bring your own mat and any other props that you might need. Luci Yamamoto, a certified Iyengar yoga teacher, has studied yoga since the late 1990s. For more information, see luciyamamoto.com.

Instructor: Luci Yamamoto

WCC | JAN 15 – FEB 13 SA, 10:00 AM – 11:15 AM
\$90.00 / 5 | Drop-in \$20.00 #3355

WCC | MAR 5 – MAR 26 SA, 10:00 AM – 11:15 AM
\$72.00 / 4 | Drop-in \$20.00 #3356

REGISTER EARLY TO ENSURE YOUR
PROGRAM MEETS THE MINIMUM
REGISTRATION REQUIREMENTS!

Coffee Talk at the Old Barn AGES 18+

Drop by the Old Barn Living Room for a chance to talk to UNA staff and connect with your neighbours around topics that are relevant to our community. Everyone is welcome! Light refreshments will be served.

Jan 21- Programs, activities & events in the UBC Community

Feb 18- Sustainability

Mar 18- Outdoor Activities

Instructor: Linda Quamme

OBCC | JAN 21, FEB 18, MAR 18 F, 10:00 AM – 11:00 AM
FREE / 3 #3550

Bridge AGES 18+

Come and join our friendly group of regulars Tuesday and Thursday mornings! Helpful advice and encouragement is available. This free drop-in is intended for players with some knowledge of the game. Registration is not required.

Volunteer Instructor: John Maunsell

WCC | JAN 11 – MAR 10 TU+TH, 10:00 AM – 12:30 PM
FREE / 18 #3496

Mahjong (with English instruction) AGES 55+

Come and play the fun and simple social game of Mahjong, with easy rules to follow. English instructions are provided. All levels are welcome! No registration is required for this free drop-in program.

Volunteer Instructor: Sharon DeWreede

WCC | JAN 10 – MAR 7 M, 1:00 PM – 2:30 PM
No class Feb 21
FREE / 8 #3497

Community Book Club AGES 18+

Enjoy a conversation with your neighbours about each month's chosen book. New members are always welcome and the club is suitable for an intermediate English level and up. Registration is required for this free program. Please check the UNA website for book titles.

Volunteer Instructor: Sandra Lo

OBCC | FEB 2, MAR 2, APR 6 W, 10:00 AM – 12:00 PM
FREE / 3 #3518

ADULTS & SENIORS
PROGRAMS

SOCIAL

Community Circle AGES 18+

Community Circle gives new and long term residents the opportunity to build community in an inclusive and friendly environment. Each week, volunteers facilitate a new topic to discuss. English is used as a common language and all levels are welcome. Sessions will be held on Zoom. See myuna.ca/recreation for meeting link.

VIRTUAL | JAN 11 – MAR 8 TU, 12:00 PM – 1:30 PM
FREE / 9 #3498

Women's Social Club AGES 18+

Facilitated by a UNA volunteer, this program provides an informal space for women to get together and talk. This is an excellent place for newcomers to meet their neighbours and make new friends. Snacks and tea will be provided. Please register for this free program.

Volunteers: UNA Volunteers

OBCC | JAN 11 – MAR 8 TU, 12:30 PM – 2:00 PM
FREE / 9 #3543

Walk and Talk AGES 18+

Meet new friends and get active while exploring UBC Campus and Pacific Spirit Park. All fitness levels welcome. Wear comfortable shoes and dress for the weather-walks will occur rain or shine. Please meet in the lobby at WCC. Registration is required for this program. Once you have registered, you may drop into any of the sessions.

Volunteers: Helen Aqua

WCC | JAN 10 – MAR 28 M, 10:00 AM – 11:30 AM
No walk Feb 21
FREE / 11 #2739

Old Barn Stroller Walk and Talk AGES 18+

Walk and Talk with tots! Meet at the Old Barn to join other parents and caregivers in exploring UNA neighbourhoods and the UBC Campus. Registration is required for this program. Once you have registered, you may drop into any of the sessions.

Volunteers: UNA Volunteer

OBCC | JAN 12 – MAR 9 W, 10:00 AM – 11:30 AM
FREE / 10 #3524

BRIDGING DIGITAL LITERACY AND HEALTHY AGEING

ARTS

Colour Pencil Drawing AGES 55+



This online Colour Pencil Drawing class teaches the foundations of drawing. You will follow along as you learn and practice basic drawing skills such as structure, light and shade relationship, and understanding colour. Great for beginners or those wanting to hone their art skills. Participants are responsible for their own supplies (colour pencil set and paper). This program is free of cost, thanks to the Healthy Seniors, Resilient Communities grant. However, registration is required.

Instructor: Ping Xu

VIRTUAL | JAN 14 – MAR 11
FREE / 9

F, 10:00 AM – 11:30 AM
#3437

EDUCATION

Seniors' One-on-One Computer Help | Virtual AGES 55+



Seniors can book a free one hour session to get virtual computer help. Our computer specialist will guide you through any issues or questions you may have about your computer. A Zoom link will be emailed prior to your session.



Instructor: Sam Shahin

VIRTUAL | JAN 11 – MAR 8
FREE / 9

TU, 10:00 AM – 4:00 PM
various

BUILT ON THE ACCOMPLISHMENTS OF YOUR PASSPORT TO WELLBEING AND HEALTHY SENIORS, RESILIENT COMMUNITY, BRIDGING DIGITAL LITERACY AND HEALTHY AGEING AIMS TO ENHANCE CONNECTIONS FOR SENIORS THROUGH A HYBRID PROGRAMMING MODEL THAT INCLUDES BOTH TRADITIONAL IN PERSON AND DIGITAL OFFERINGS. WE SEEK TO SUPPORT SENIORS' HEALTHY AGEING, SOCIAL PARTICIPATION, INTERGENERATIONAL RELATIONSHIP BUILDING AND DIGITAL LITERACY.

Seniors' One-on-One Computer Help | In-person AGES 55+

Seniors can book a free 45 minute session to get in-person help with smart phones and tablets. Our Computer Specialist will answer your questions and help you learn how to use your devices more effectively. Please email your requests to computerhelp@myuna.ca for additional support.

Instructor: Sam Shahin

WCC | JAN 10 – MAR 7
No class Feb 21
FREE

M, 1:00 PM – 4:00 PM
various

Seniors' Computer Workshop AGES 55+

Weekly computer workshops for seniors featuring a different topic each week. You will have time during the class to ask questions and practice what you learn. Registration required for each session. Participants have an option of joining the workshop on Zoom.

Instructor: Sam Shahin

WCC | JAN 10 – MAR 7
No class Feb 21
FREE / 8

M, 10:00 AM – 11:00 AM
#2997

Virtual Osteofit AGES 55+

Participate in Osteofit from home! Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment will be provided, pickup date and time will be announced closer to the start date. Space and equipment requirements: a device that connects to the internet (iPad, laptop) with the Zoom application downloaded and 2m of space free of obstructions.

Instructor: Angie Datt

VIRTUAL | JAN 13 – MAR 24 TH, 10:00 AM – 11:00 AM
FREE / 11 #3353

Virtual Chair Yoga AGES 55+

Join Angie for a gentle virtual class, where exercises will be done while sitting or standing holding onto a chair. Focus is on improving mobility, strengthening muscles, and balancing the mind and body, and is suitable for any physical ability, we welcome you at any level.

Space and equipment requirements: a device that connects to the internet (iPad, laptop) with the Zoom application downloaded, 2m of space free of obstructions and a chair.

Instructor: Angie Datt

VIRTUAL | JAN 12 – MAR 23 W, 10:00 AM – 11:00 AM
FREE / 11 #3354

Virtual Tai Chi AGES 55+

This traditional Chinese martial art will improve your physical and mental well-being through graceful, slow movements that promote focus and deep breathing. It is no surprise that Tai Chi is also known as moving meditation. Find peace and tranquility and strengthen your body, mind, and spirit from home. Space and equipment requirements: a device that connects to the internet (iPad, laptop) with the Zoom application downloaded and 2m of space free of obstructions.

Instructor: Joyce Ma

VIRTUAL | JAN 10 – FEB 28 M, 10:00 AM – 11:00 AM
No class Feb 21
FREE / 7 #3389

BRIDGING DIGITAL
LITERACY AND
HEALTHY AGEING

SOCIAL

Designing Seniors Storybook AGES 55+

Storytelling is a great way to build connections, share experiences, and celebrate lives. This project is designed to collect the stories written by seniors from the UNA community and turn them in a publication by the end of 2022. Come to this session to help us plan this project's process: What workshops could we offer? Who could deliver these workshops? What kinds of publication would be ideal? Interested seniors will be invited to form an editorial group as the project moves forward.

OBCC | FEB 14

M, 10:00 AM – 11:15 AM

FREE / 1

#3510

Games for the Brain AGES 65+

Games, cards, puzzles, and hands-on activities are good mental stimuli and help promote brain health. This program is intended to create a friendly environment for seniors to enjoy games and activities. Various games, cards, crosswords, sudoku, chess and other memory play are available. Also, the seniors will have different types of activity each week. The program will be facilitated and refreshments will be provided.

Volunteers: Lisa Lee, Minhye Cho and Veronica Ahn

WCC | JAN 12 – MAR 30

W, 10:00 AM – 11:00 AM

FREE / 12

#3514

Virtual Storytime with Mr. Li (Mandarin) ALL AGES

Join this online family storytime with Mr. Li Shize. Being an artist and a retired professor, Mr. Li is excited to lead a weekend storytime for families to learn more about Chinese and world history, cultural, arts and literature. Please note that the program will be delivered in Mandarin. Registration is required. A Zoom link will be forwarded to the registrants before the program starts.

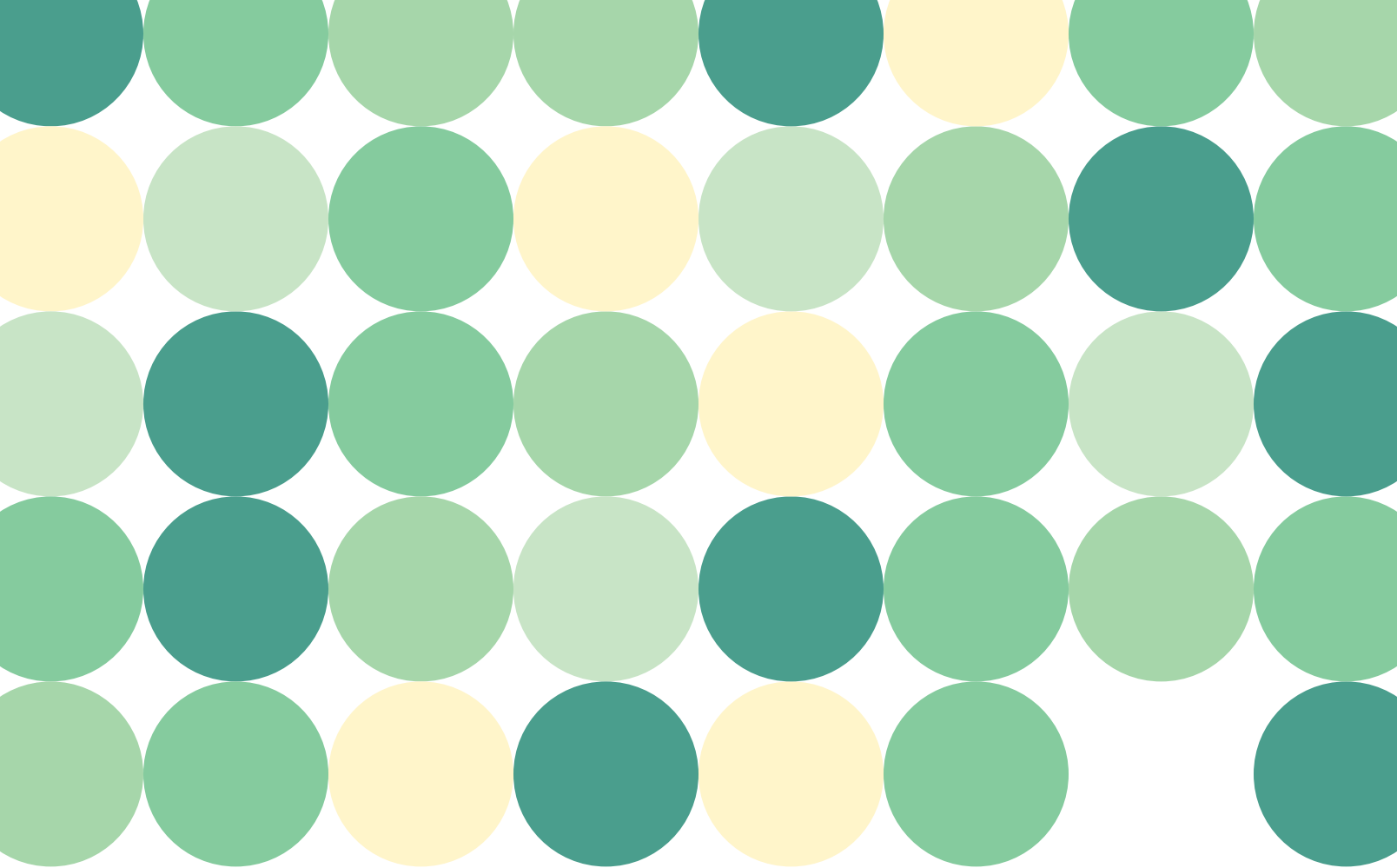
Instructor: Shize Li

VIRTUAL | JAN 15 – MAR 26

SA, 10:30 AM – 12:00 PM

FREE / 12

#3536



BECOME A UNA MEMBER TODAY

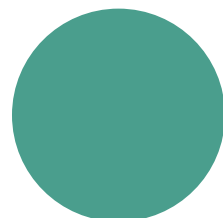
Participate in Elections and General Meetings

A UNA Membership* entitles eligible residents to participate at UNA general meetings and to vote and run in Board of Director elections.

You can verify and manage your membership online through your UNA Account or in-person at the Wesbrook Community Centre or the Old Barn Community Centre.

Visit myuna.ca/una-account for more information.

* Membership is not automatic when you sign up for a UNA Account or UNA Card – residents must opt-in and proof of address is required.



BRIDGING DIGITAL LITERACY AND HEALTHY AGEING

The ***Bridging Digital Literacy and Healthy Ageing*** Project is moving into its last season. Don't miss the free opportunities to refine your computer skills, follow an active weekly routine, or come to Wesbrook Community Centre to play games.

We are also launching the Seniors Storybook to be published by the end of 2022. If you can deliver a memoir writing workshop or if you are willing to serve on an editorial board, please email vicente.regis@myuna.ca.

Free programs for the winter, register early:

One-on-one Computer Help (virtual and in person)

Computer Class (virtual and in person)

Virtual Storytime with Mr. Li (Mandarin)

Virtual Color Pencil Drawing

Designing Seniors Storybook

Games for the Brain

Singing Together

Mahjong

Bridge

Chair Yoga

Osteofit

Tai Chi



The Project is funded by the New Horizons for Seniors
Program from Employment and Social Development Canada.

myuna.ca

INDEX & SCHEDULE

ID #	PROGRAM	AGE	START	DAY	START TIME	VENUE	MANDARIN TRANSLATION
COMMUNITY EVENTS - PAGE 8							
3607	Family Day	All Ages	Feb 21	Mon	10:00 AM	WCC	“家庭日” 庆祝
	Family Day Open Field	All Ages	Feb 21	Mon	8:30 AM	Fields	“家庭日” 球场开放时间
	Family Day Eco Walk	All Ages	Feb 21	Mon	10:00 AM	Parks	“家庭日” 之森林探奇
	Fam. Drop-In Arts/Crafts	All Ages	Feb 21	Mon	11:00 AM	WCC	“家庭日” 庆祝: 艺术手工尝试
	Fam. Drop-In Badminton	All Ages	Feb 21	Mon	11:30 AM	WCC	“家庭日” 庆祝: 家庭羽毛球
	Fam. Drop-In Badminton	All Ages	Feb 21	Mon	10:15 AM	WCC	“家庭日” 庆祝: 家庭羽毛球
	Fam. Drop-In Basketball	All Ages	Feb 21	Mon	2:15 PM	WCC	“家庭日” 庆祝: 家庭篮球
	Fam. Drop-In Basketball	All Ages	Feb 21	Mon	1:00 PM	WCC	“家庭日” 庆祝: 家庭篮球
3568	Inclusive Comm. Dance	Ages 16+	Jan 22	Sat	10:00 AM	OBCC	无障碍舞蹈
3531	Kids on Wheels!	Ages 2-7	Mar 12	Sat	10:00 AM	Parks	儿童学骑车
3503	Lunar New Year	All Ages	Feb 5	Sat	12:00 PM	WCC	虎年社区新春联欢
3527	Park Outdoor Concert	All Ages	Mar 17	Thu	5:00 PM	Parks	Jim Taylor公园音乐周
3528	Park Percussion Worksh.	Ages 12+	Mar 14	M-W	5:00 PM	Parks	Jim Taylor公园音乐周
3532	Raven: Storytelling Perf.	All Ages	Jan 29	Sat	10:00 AM	OBCC	渡鸦如何偷太阳: 原住民故事表演
3510	Seniors Storybook	Ages 55+	Feb 14	Mon	10:00 AM	OBCC	老人故事汇
3567	Microgreen & Sprout	All Ages	Feb 16	Wed	5:00 PM	WCC	微型绿色植物及嫩苗培育讲座
CHILDREN PRO-D AND SPRING BREAK CAMPS - PAGE 12							
3558	Performing Arts Camp	Ages 5-7	Mar 21	M-F	1:00 PM	OBCC	艺术表演春令营
3557	Performing Arts Camp	Ages 7-13	Mar 14	M-F	9:00 AM	OBCC	艺术表演春令营
3559	Performing Arts Camp	Ages 3-5	Mar 21	M-F	10:00 AM	OBCC	艺术表演春令营
3472	Science Explorer	Ages 6-11	Mar 21	M-F	9:00 AM	WCC	科学春令营
3517	Moviemakers Camp	Ages 8-14	Mar 21	M-F	9:00 AM	WCC	电影制作春令营
3564	Moviemakers Pro-D	Ages 8-12	Jan 17	Mon	9:00 AM	WCC	电影制作营
3424	Sportball Camp	Ages 6-10	Mar 14	M-F	9:00 AM	WCC	球类活动营
3423	Sportball: Pro-D Multi	Ages 6-10	Feb 18	Fri	9:00 AM	WCC	球类活动春令营
3410	Spring Adventu. Camp	Ages 5-12	Mar 21	M-F	9:00 AM	WCC	户外探险春令营
3360	Spring Adventu. Camp	Ages 5-12	Mar 14	M-F	9:00 AM	WCC	户外探险春令营
ACTIVE KIDS - PAGE 16							
3343	Multi-Sport Physical Lit.	Ages 3-5	Jan 24	Mon	10:30 AM	WCC	少儿球类和健体运动
3342	Multi-Sport Playtime	Ages 1-3	Jan 24	Mon	9:30 AM	WCC	多项球类和游戏
3348	Active Kids: Basketball	Ages 12-16	Jan 20	Thu	4:00 PM	WCC	篮球
3347	Active Kids: Basketball	Ages 8-12	Jan 20	Thu	4:00 PM	WCC	篮球
3346	Active Kids: Basketball	Ages 8-12	Jan 18	Tue	4:00 PM	WCC	篮球
3350	Active Kids: Basketball	Ages 8-12	Jan 22	Sat	12:00 PM	WCC	篮球
3344	Active Kids: Soccer	Ages 3-5	Jan 17	Mon	4:00 PM	WCC	足球
3351	Active Kids: Soccer	Ages 6-9	Jan 17	Mon	5:00 PM	WCC	足球

EARLY YEARS PROGRAMS - PAGE 18

3538	Parents+Me Creat. Dnc.	Ages 2-3	Jan 10	Mon	2:30 PM	WCC	亲子舞蹈
3542	Preschool Ballet	Ages 3-5	Jan 12	Wed	3:30 PM	WCC	学前芭蕾
3541	Preschool Ballet	Ages 3-5	Jan 9	Sun	11:45 AM	WCC	学前芭蕾
3539	Preschool Dance	Ages 3-5	Jan 10	Mon	3:30 PM	WCC	学前舞蹈
3544	Preschool Dance	Ages 3-5	Jan 9	Sun	9:30 AM	WCC	学前舞蹈
3391	Crafts with Ruta	Ages 2-5	Jan 14	Fri	9:45 AM	WCC	和Ruta一起做手工
3392	Crafts with Ruta	Ages 2-5	Jan 14	Fri	10:45 AM	WCC	和Ruta一起做手工
3390	Parent+Tot Gym-Drop-In	Ages 0-5	Jan 11	Tue+Thu	10:00 AM	WCC	亲子活动时间
3468	Science for Kids	Ages 3-6	Jan 13	Thu	4:00 PM	WCC	儿童科学
3395	Sportball: Floor Hockey	Ages 4-6	Jan 19	Wed	3:45 PM	WCC	少儿曲棍球

CHILDREN'S PROGRAMS - PAGE 20

3547	Ballet Level 1	Ages 6-8	Jan 12	Wed	4:30 PM	WCC	芭蕾一级
3549	Ballet Level 2	Ages 7-10	Jan 12	Wed	5:45pm	WCC	芭蕾二级
3515	Bollywood Dance	Ages 6-13	Feb 4	Fri	5:30 PM	WCC	宝莱坞舞蹈
3553	Contemp. Jazz Level 1	Ages 7-10	Jan 9	Sun	12:45pm	WCC	当代爵士乐一级
3546	Contemp. Jazz Level 2	Ages 10-14	Jan 10	Mon	7:00 PM	WCC	现代爵士舞二级
3545	Dance Foundations	Ages 4-6	Jan 10	Mon	4:30 PM	WCC	舞蹈基础
3552	Dance Foundations	Ages 4-6	Jan 9	Sun	10:30 AM	WCC	舞蹈基础
3551	Teen Ballet	Ages 11-16	Jan 12	Wed	7:00 PM	WCC	中级芭蕾舞
3554	Musical Theatre	Ages 7-11	Jan 10	Mon	5:45 PM	WCC	音乐剧场
3403	Pre-Teen Slam Poetry	Ages 9-12	Jan 13	Thu	4:00 PM	WCC	少年诗歌汇
3446	Drawing in 3D	Ages 8-14	Jan 10	Mon	6:30 PM	WCC	3D绘画
3445	Manga Style Cartooning	Ages 8-14	Jan 10	Mon	4:30 PM	WCC	卡通画
3565	Kids Create Mixed Media	Ages 5-9	Jan 14	Fri	3:30 PM	WCC	一起来创意：儿童混合媒体课
3405	Red Cross Babysitting	Ages 11-14	Feb 18	Fri	9:00 AM	WCC	红十字会儿童看护课程
3404	Red Cross Stay Safe!	Ages 9-12	Jan 17	Mon	9:00 AM	WCC	红十字会紧急救助和安全课程
3560	Eng. Read+Write Gr 1-2	Ages 7-8	Jan 11	Tue	3:30 PM	WCC	英语阅读和写作
3561	Eng. Read+Write Gr 3-4	Ages 9-10	Jan 11	Tue	4:40 PM	WCC	英语阅读和写作
3562	Eng. Read+Write Gr 5-6	Ages 11-12	Jan 11	Tue	5:50 PM	WCC	英语阅读和写作
3407	Families Read	Ages 6-10	Jan 19	Wed	4:00 PM	OBCC	家庭阅读俱乐部
3443	Master. Mandarin Adv.	Ages 5-12	Jan 15	Sat	4:00 PM	WCC	汉语学习-高级
3440	Master. Mandarin Beg. I	Ages 5-12	Jan 15	Sat	10:30 AM	WCC	汉语学习-初级
3441	Master. Mandarin Beg. II	Ages 5-12	Jan 15	Sat	12:30 PM	WCC	汉语学习-初级
3442	Master. Mandarin Inter.	Ages 5-12	Jan 15	Sat	2:15 PM	WCC	汉语学习-中级
3433	Math-4-Kids Gr 2-3	Ages 8-9	Jan 10	Mon	3:30 PM	WCC	趣味数学
3434	Math-4-Kids Gr 4-5	Ages 10-11	Jan 10	Mon	4:40 PM	WCC	趣味数学
3435	Math-4-Kids Gr 6-7	Ages 12-13	Jan 10	Mon	5:50 PM	WCC	趣味数学
3469	Science for Kids	Ages 7-11	Jan 13	Thu	5:00 PM	WCC	儿童科学
3516	Young Moviemakers	Ages 8-14	Jan 14	Fri	4:00 PM	WCC	少年电影制作
3419	Badminton	Ages 8-12	Jan 14	Fri	4:00 PM	WCC	羽毛球
3394	Sportball: Floor Hockey	Ages 6-9	Jan 19	Wed	4:30 PM	WCC	少儿曲棍球
3369	Kyoku. Karate Beg. Kids	Ages 5-9	Jan 13	Thu	6:00 PM	WCC	极真空手道-儿童初级
3366	Kyoku. Karate Beg. Kids	Ages 5-9	Jan 11	Tue	6:00 PM	WCC	极真空手道-儿童初级
3367	Kyokushin Karate Kids	Ages 6-12	Jan 13	Thu	7:00 PM	WCC	极真空手道
3368	Kyokushin Karate Kids	Ages 6-12	Jan 11	Tue	7:00 PM	WCC	极真空手道

INDEX & SCHEDULE

CHILDREN'S PROGRAMS - PAGE 20

3397	Tae Kwon Do Beg. Kids	Ages 4-12	Jan 9	Sun	1:00 PM	WCC	初学者跆拳道
3398	Tae Kwon Do Inter. Kids	Ages 4-12	Jan 9	Sun	1:00 PM	WCC	中级跆拳道
3401	Volleyball BC: Train+Play	Ages 12-13	Jan 15	Sat	2:00 PM	WCC	排球: 培训和练习
3408	Volleyball BC: Train+Play	Ages 12-13	Feb 26	Sat	2:00 PM	WCC	排球: 培训和练习
3415	4-H Club	Ages 9-19	Jan 14	Fri	6:30 PM	WCC	4-H俱乐部
3332	Pre-Teen Leadership	Ages 9-12	Jan 10	Mon	4:00 PM	WCC	少年领导力项目
3413	Girl Guides Grades 4-6	Ages 9-11	Jan 13	Thu	5:30 PM	OBCC	女童军

YOUTH PROGRAMS - PAGE 29

3556	Teen Ballet	Ages 11-16	Jan 12	Wed	7:00 PM	WCC	中级芭蕾舞
3534	Singing Together	Ages 13-18	Jan 13	Thu	6:00 PM	OBCC	歌咏会
3522	Youth Improv	Ages 13-18	Jan 11	Tue	5:00 PM	WCC	即兴表演
3519	Youth Poetry Slam	Ages 13-17	Jan 13	Thu	5:15pm	WCC	青年诗歌会
3429	Collage and Mixed Media	Ages 13-18	Jan 12	Wed	4:00 PM	WCC	现代拼图和混和艺术
3563	Wellness: Art Therapy	Ages 13-18	Jan 25	Tue	4:00 PM	OBCC	精神健康: 艺术疗愈
3465	Youth Drop-in Badminton	Ages 12-18	Jan 16	Sun	2:30 PM	WCC	青年羽毛球活动时间
3334	Youth Drop-in Basketball	Ages 13-18	Jan 12	Wed	5:45 PM	WCC	青年篮球活动时间
3335	Youth Open Dance Studio	Ages 13-18	Jan 14	Fri	3:30 PM	WCC	舞蹈练习时间
3339	Youth Open Gym	Ages 13-18	Jan 15	Sat	4:00 PM	WCC	青年球类活动时间
3333	Youth Centre Drop-in	Ages 13-18	Jan 12	Wed	3:30 PM	WCC	青年社交聚会
3523	Homework Peer Tutor	Ages 9-14	Jan 11	Tue	4:00 PM	WCC	家庭作业辅导项目
3341	Toastmasters	Ages 12-18	Jan 12	Wed	6:30 PM	WCC	高中生演讲俱乐部
3470	Math Tutoring	Ages 14-17	Jan 13	Thu	5:00 PM	WCC	高中数学小班辅导课
3420	Badminton	Ages 13-18	Jan 14	Fri	5:00 PM	WCC	青年羽毛球课
3371	Youth Kyokushin Karate	Ages 13-18	Jan 13	Thu	7:00 PM	WCC	青年空手道
3370	Youth Kyokushin Karate	Ages 13-18	Jan 11	Tue	7:00 PM	WCC	青年空手道
3399	Tae Kwon Do Beg. Yth	Ages 13-18	Jan 9	Sun	1:00 PM	WCC	青年跆拳道初级
3400	Tae Kwon Do Int Yth	Ages 13-18	Jan 9	Sun	1:00 PM	WCC	青年跆拳道中级
3402	Volleyball BC: Train+Play	Ages 14-15	Jan 15	Sat	2:00 PM	WCC	排球: 培训和练习
3409	Volleyball BC: Train+Play	Ages 14-15	Feb 26	Sat	2:00 PM	WCC	排球: 培训和练习
3396	Yoga for Students	Ages 14-18	Jan 14	Fri	6:30 PM	WCC	青年瑜伽
3416	4-H Club	Ages 12-14	Jan 14	Fri	6:30 PM	WCC	4-H俱乐部
3340	Code Buddies	Ages 13-18	Jan 16	Sun	11:00 AM	Virtual	电脑编程俱乐部
3393	Rubik's Cube Club	Ages 8-13	Jan 13	Thu	4:30 PM	WCC	魔方俱乐部
3357	Youth Art Engage. Comm.	Ages 13-18	Jan 11	Tue	4:00 PM	WCC	青年艺术会
3331	Pre-Teen Leadership	Ages 9-12	Jan 10	Mon	4:00 PM	WCC	少年领导力
3330	Youth Leadership	Ages 13-18	Jan 14	Fri	4:00 PM	WCC	青年领导力

ADULTS PROGRAMS - PAGE 34

3494	Chinese Folk Dance	Ages 19+	Jan 14	Fri	1:00 PM	WCC	中国民族舞蹈
3493	Chinese Folk Dance	Ages 19+	Jan 12	Wed	1:00 PM	WCC	中国民族舞蹈
3471	Dance Together Mon	Ages 18+	Jan 10	Mon	10:00 AM	WCC	一起来跳舞
3473	Dance Together Wed	Ages 18+	Jan 12	Wed	9:30 AM	WCC	一起来跳舞
3533	Singing Together	Ages 19+	Jan 13	Thu	6:00 PM	OBCC	一起来唱歌
3426	Collage + Mixed Media	Ages 19+	Jan 12	Wed	6:30 PM	WCC	现代拼图和混和艺术
3521	Wellness: Art Therapy	Ages 19+	Feb 17	Thu	6:30 PM		艺术疗愈
3432	Basic Dog Manners	Ages 19+	Jan 11	Tue	7:15 PM	WCC	成年狗基本训练
3431	Puppy Preschool	Ages 19+	Jan 11	Tue	6:00 PM	WCC	幼犬培训
3430	Puppy Social Drop-In	Ages 19+	Jan 13	Thu	6:30 PM	WCC	幼犬社交时间
3406	First Aid and CPR-C/AED	Ages 15+	Feb 26	Sat	9:00 AM	WCC	安全急救培训课
3480	Beg. Mandarin Conv.	Ages 18+	Jan 10	Mon	8:15 PM	Virtual	初级英语会话
3483	English ABCs	Ages 18+	Jan 13	Thu	10:00 AM	Virtual	线上英语入门
3486	English ABCs - Mandarin	Ages 18+	Jan 10	Mon	10:00 AM	Virtual	英语入门（国语）
3511	English Conv. Adv.	Ages 18+	Jan 10	Mon	12:00 PM	OBCC	英语会话高级
3488	English Conv. Interm.	Ages 18+	Jan 12	Wed	1:00 PM	WCC	中级英语会话
3489	English Conv. Virtual	Ages 18+	Jan 11	Tue	10:00 AM	Virtual	英语会话-初级
3512	ELL Advanced	Ages 19+	Jan 11	Tue/Thu	9:30 AM	WCC	高级成人英语ELL
3490	Interm. Mandarin Conv.	Ages 18+	Jan 10	Mon	7:15 PM	Virtual	汉语学习-中级
3495	Immigrant Parent	Ages 18+	Jan 13	Thu	1:00 PM	WCC	移民家长信息交流会（国语）
3491	SUCCESS: Settlement	Ages 18+	Jan 11	Tue	9:30 AM	WCC	中侨移民安顿服务
3526	Emergency Prepared.	Ages 19+	Jan 18	Tue	5:00 PM	Virtual	家庭紧急响应讲座
3529	Identify Scams + Frauds	Ages 19+	Mar 4	Fri	10:00 AM	WCC	防诈骗讲座
3466	Mindfulness + Meditation	Ages 19+	Jan 24	Mon	6:30 PM	WCC	心身合一讲座
3467	Mindfulness + Meditation	Ages 19+	Feb 28	Mon	6:30 PM	WCC	心身合一讲座
3422	Badminton	Ages 19+	Jan 14	Fri	6:45 PM	WCC	羽毛球
3436	Badminton	Ages 19+	Jan 11	Tue	12:15 PM	WCC	羽毛球
3444	Badminton	Ages 19+	Jan 10	Mon	8:00 PM	WCC	羽毛球
3447	Basketball	Ages 19+	Jan 10	Mon	6:00 PM	WCC	羽毛球
3555	Ballet Fitness	Ages 19+	Jan 12	Wed	8:15 PM	WCC	芭蕾舞健身
3362	Cardio Core Bootcamp	Ages 19+	Jan 11	Tue	12:00 PM	WCC	核心肌群训练营
3593	Kickstart Bootcamp	Ages 19+	Jan 10	Mon	7:00 AM	WCC	清早体能训练
3594	Kickstart Bootcamp	Ages 19+	Jan 11	Tue	7:00 AM	WCC	清早体能训练
3595	Kickstart Bootcamp	Ages 19+	Jan 12	Wed	7:00 AM	WCC	清早体能训练
3596	Kickstart Bootcamp	Ages 19+	Jan 13	Thu	7:00 AM	WCC	清早体能训练
3363	Retro Aerobics!	Ages 16+	Jan 12	Wed	6:00 PM	WCC	成人有氧运动
3387	Zumba	Ages 19+	Jan 11	Tue	7:00 PM	WCC	尊巴舞
3388	Zumba	Ages 19+	Jan 15	Sat	11:30 AM	WCC	尊巴舞
3386	Zumba	Ages 19+	Jan 10	Mon	8:30 PM	WCC	尊巴舞
3365	Adults Kyokushin Karate	Ages 19+	Jan 13	Thu	7:00 PM	WCC	极真空手道
3364	Adults Kyokushin Karate	Ages 19+	Jan 11	Tue	7:00 PM	WCC	极真空手道

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ADULTS PROGRAMS - PAGE 34

3460	Pickleball	Ages 19+	Jan 13	Thu	12:45 PM	WCC	匹克球练习
3577	Pickleball	Ages 19+	Jan 14	Fri	10:45 AM	WCC	匹克球练习
3461	Pickleball	Ages 19+	Jan 10	Mon	1:45 PM	WCC	匹克球练习
3380	Pickleball Lessons Adv.	Ages 19+	Jan 14	Fri	8:45 AM	WCC	匹克球高级
3383	Pickleball Lessons Beg.	Ages 19+	Jan 12	Wed	9:00 AM	WCC	匹克球初级
3384	Pickleball Lessons Int.	Ages 19+	Jan 12	Wed	10:45 AM	WCC	匹克球中级
3535	Seniors Games+Activities	Ages 55+	Jan 12	Wed	1:00 PM	WCC	老年人游戏与活动
3462	Table Tennis	Ages 19+	Jan 11	Tue	2:15 PM	WCC	乒乓球
3463	Table Tennis	Ages 19+	Jan 10	Mon	11:30 AM	WCC	乒乓球
3425	Table Tennis for Seniors	Ages 55+	Jan 14	Fri	2:30 PM	WCC	乒乓球
3464	Volleyball	Ages 19+	Jan 12	Wed	7:00 PM	WCC	羽毛球
3417	Flow with Mayu	Ages 19+	Jan 15	Sat	4:00 PM	WCC	流瑜伽
3373	Gentle Restorative Yoga	Ages 19+	Jan 14	Tue	10:00 AM	WCC	轻柔瑜伽
3372	Gentle Yoga	Ages 19+	Jan 11	Fri	10:00 AM	WCC	轻柔瑜伽
3356	Iyengar Yoga with Luci	Ages 19+	Mar 5	Sat	10:00 AM	WCC	轻柔瑜伽
3355	Iyengar Yoga with Luci	Ages 19+	Jan 15	Sat	10:00 AM	WCC	轻柔瑜伽
3361	Power Yoga	Ages 19+	Jan 12	Wed	11:30 AM	WCC	力量瑜伽
3418	Vinyasa Yoga	Ages 19+	Jan 11	Tue	5:30 PM	WCC	Vinyasa瑜伽
3550	Coffee Talk	Ages 19+	Jan 21	Fri	10:00 AM	OBCC	Old Barn咖啡时间
3496	Bridge	Ages 18+	Jan 11	Tue/Thu	10:00 AM	WCC	桥牌练习时间
3497	Mahjong (with English)	Ages 55+	Jan 10	Mon	1:00 PM	WCC	麻将
3518	Community Book Club	Ages 18+	Feb 2	Wed	10:00 AM	OBCC	社区读书俱乐部
3524	Stroller Walk and Talk	Ages 18+	Jan 12	Wed	10:00 AM	OBCC	Old Barn母婴推车健步时间
2739	Walk and Talk	Ages 18+	Jan 10	Mon	10:00 AM	WCC	步行俱乐部
3543	Women's Social Club	Ages 18+	Jan 11	Tue	12:30 PM	OBCC	女士社交俱乐部
Various	Family Badminton	All Ages	Jan 15	Sat	8:45 AM	WCC	家庭羽毛球
Various	Family Badminton	All Ages	Jan 15	Sat	10:00 AM	WCC	家庭羽毛球
Various	Family Badminton	All Ages	Jan 16	Sun	8:45 AM	WCC	家庭羽毛球
Various	Family Badminton	All Ages	Jan 16	Sun	10:00 AM	WCC	家庭羽毛球

SENIORS PROGRAMS - PAGE 46

3437	Colour Pencil Drawing	Ages 55+	Jan 14	Fri	10:00 AM	Virtual	老年彩铅画画
3476	One-on-One Comp.Help	Ages 55+	Jan 11	Tue	10:00 AM	Virtual	线上电脑辅导
3475	1-to-1 Seniors' Comp.Help	Ages 55+	Jan 10	Mon	11:00 AM	WCC	线下电脑辅导
2997	Seniors' Comp. Workshop	Ages 55+	Jan 10	Mon	10:00 AM	WCC	老年电脑课
3354	Virtual Chair Yoga	Ages 55+	Jan 12	Wed	10:00 AM	Virtual	网上椅子瑜伽
3353	Virtual Osteofit	Ages 55+	Jan 13	Thu	10:00 AM	Virtual	网上健骨课程
3389	Virtual Tai Chi	Ages 55+	Jan 10	Mon	10:00 AM	Virtual	网上太极
3536	Virtual Storytime w Mr. Li	Ages 55+	Jan 15	Wed	10:00 AM	Virtual	线上传统文化漫谈
3514	Games for the Brain	Ages 65+	Jan 12	Wed	10:00 AM	Virtual	健脑棋牌时间

MUSIC PROGRAMS - PAGES 25 & 40

3513	Guitar Wednesday	Ages 8+	Jan 12	Wed	3:30 PM	WCC	吉他
3507	Piano Monday	Ages 5+	Jan 10	Mon	3:30 PM	WCC	钢琴
3509	Piano Saturday	Ages 5+	Jan 15	Sat	1:00 PM	WCC	钢琴
3506	Piano Sunday	Ages 5+	Jan 9	Sun	1:00 PM	WCC	钢琴
3508	Piano Wednesday	Ages 5+	Jan 12	Wed	3:30 PM	WCC	钢琴
3474	Violin Thursday	Ages 5+	Jan 13	Thu	3:30 PM	WCC	小提琴



FREE TICKETS

TO MOST THUNDERBIRD HOME GAMES IN TERM 2*

Includes Men's and Women's Basketball, Volleyball and Hockey

HOME GAMES



MEN'S & WOMEN'S VOLLEYBALL

@ WAR MEMORIAL GYM

FRI, JAN 14 | 6 & 7:30PM
& SAT, JAN 15 | 3 & 4:30PM
UBC VS. THOMPSON RIVERS

FRI, JAN 28 | 6 & 7:30PM
& SAT, JAN 29 | 5 & 6:30PM
UBC VS. TRINITY WESTERN

FRI, FEB 18 | 6 & 7:30PM
& SAT, FEB 19 | 3 & 4:30PM
UBC VS. UBC OKANAGAN



MEN'S & WOMEN'S BASKETBALL

@ WAR MEMORIAL GYM

FRI, JAN 21 | 6 & 8PM
& SAT, JAN 22 | 3 & 5PM
UBC VS. THOMPSON RIVERS

COURTSIDE*
FRI, FEB 11 | 6 & 8PM
UBC VS. FRASER VALLEY

SAT, FEB 12 | 3 & 5PM
UBC VS. THOMPSON RIVERS



WOMEN'S HOCKEY

@ THUNDERBIRD ARENA

FRI, JAN 14 | 7PM
& SAT, JAN 15 | 3PM
UBC VS. MOUNT ROYAL

FRI, FEB 18 | 7PM
& SAT, FEB 19 | 3PM
UBC VS. REGINA



MEN'S HOCKEY

@ THUNDERBIRD ARENA

WINTER CLASSIC*
FRI, JAN 21 | 7PM
UBC VS. CALGARY

SAT, JAN 22 | 3PM
UBC VS. CALGARY

FRI, FEB 11 | 7PM
& SAT, FEB 12 | 3PM
UBC VS. REGINA


GOTHUNDERBIRDS.CA/TICKETS
FOR INFO AND TICKET BOOKING

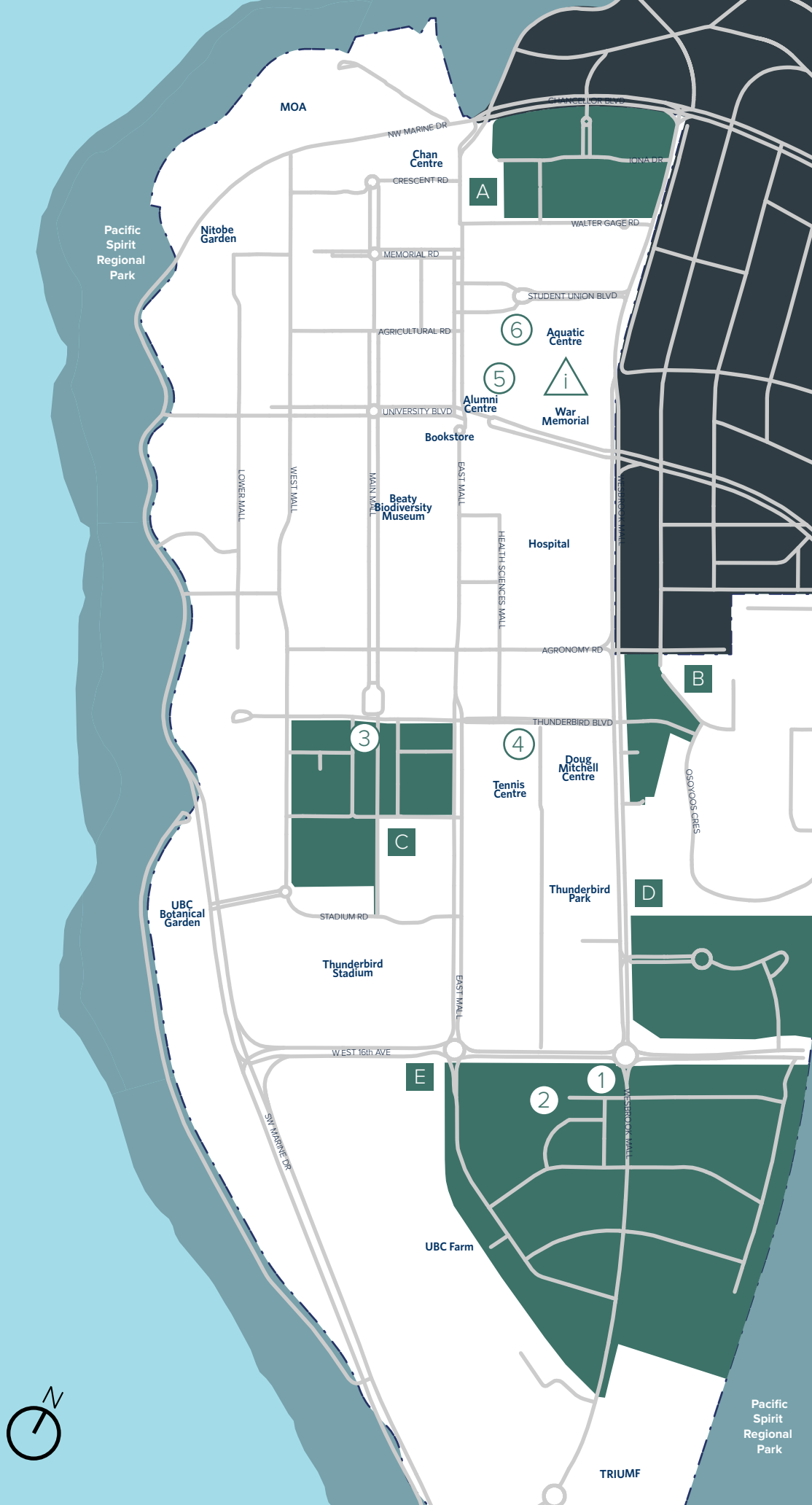
*Excludes Winter Classic on January 21, 2022, and Courtside on February 11, 2022. Both events have a general admission fee of \$5 per ticket.

UBC & UNA PROGRAM LOCATION MAP

- A** Chancellor Place
- B** East Campus
- C** Hawthorn Place
- D** Hampton Place
- E** Wesbrook Place

- ① UNA Office
- ② Wesbrook Community Centre
- ③ The Old Barn Community Centre
- ④ Osborne Centre
- ⑤ CiTR - The Nest
- ⑥ Student Recreation Centre

 Bus + Shuttle Loop



FITNESS CENTRE RATES



We are excited to welcome you back to our Fitness Centres. We are committed to providing you with a safe environment that aligns with communicable disease prevention measures recommended by the B.C. Recreation and Parks Association (BCRPA), WorkSafeBC and the Provincial Health Office. We understand this situation is ever evolving and are actively monitoring and adapting our solutions to ensure a continued focus on the health and safety of our patrons and staff.

WESBROOK

	UNA/UBC	PUBLIC
DROP IN	\$7.00	\$10.00
10 VISITS	\$50.00	\$60.00
1 MONTH	\$50.00	\$60.00
3 MONTHS	\$120.00	\$150.00
6 MONTHS	\$220.00	\$250.00
12 MONTHS	\$400.00	\$450.00

OLD BARN

	UNA/UBC	PUBLIC
DROP IN	\$4.00	\$7.00
10 VISITS	\$30.00	\$40.00
1 MONTH	\$30.00	\$40.00
3 MONTHS	\$80.00	\$100.00
6 MONTHS	\$150.00	\$200.00
12 MONTHS	\$250.00	\$350.00



OUR WINTER COVER

ILLUSTRATION BY:
Alicia Carvalho

This season's cover art features vibrant colours and playful illustrations that we hope will inspire our community members to reengage in recreational activities.

As we continue to operate our programs and facilities safely, we want to motivate you to come to our community centres, attend community events, try a new program, sign up for music lessons, book a meeting room or find opportunities to volunteer. We are excited to be a part of your winter calendar and can't wait to see you soon!