

2023
FALL

PROGRAM GUIDE

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



PROGRAM GUIDE

REGISTER ONLINE

Monday, August 14, 2023 at 9:00 AM

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, August 14, 2023, at 9:00 AM

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

OLD BARN COMMUNITY CENTRE
6308 THUNDERBIRD BLVD

WESBROOK COMMUNITY CENTRE
3335 WEBBER LANE

REGISTER BY PHONE

Monday, August 14, 2023, at 9:00 AM

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

OLD BARN COMMUNITY CENTRE
604.827.4469

WESBROOK COMMUNITY CENTRE
604.822.4227

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RECREATION POLICIES

CODE OF CONDUCT

We all deserve to work, play and participate in an environment where we are treated with dignity and respect. The UNA is committed to creating such an environment because it brings out the full potential in each of us, which, in turn, contributes directly to our community success.

The UNA is committed to providing a community gathering place that is free of discrimination of all types and from abusive, offensive or harassing behavior.

All members of the community, including UNA employees are expected to support an inclusive environment by adhering to the following conduct standards:

- Treat others with dignity and respect at all times.
- Address and report inappropriate behavior and comments that are discriminatory, harassing, abusive, offensive or unwelcome.
- Avoid slang or idioms that might not translate across cultures.
- Support arrangements for those with different needs, abilities and/or obligations.
- Confront the decisions or behaviors of others that are based on conscious or unconscious biases.
- Use the facility and equipment in a safe and appropriate way
- Be open-minded and listen when given constructive feedback regarding others' perception of your conduct.
- The UNA will not tolerate discrimination, harassment or any behavior or language that is abusive, offensive or unwelcome.

See the full Code of Conduct Policy on our website for more information.

REFUNDS, CANCELLATIONS & PROGRAM CHANGES

- Programs are subject to change without notice.
- Refund requests due to illness require a certified medical note from a licenced medical practitioner. Retroactive refunds will not be considered. Refunds are considered from the date received.
- Refunds will be prorated accordingly and processed within 10 business days.

Refund requests can be made in person at the community centres, by phone (Old Barn: 604-827-4469 or Wesbrook: 604-822-4227) or by emailing programs@myuna.ca.

Activity	Cancellation Deadline to Receive a Refund	Non-Refundable Processing Fee
Multi-class programs (does not include camps)	One business day after the first class	\$10.00
Single Day Programs (single day camp, events, workshops, lectures)	More than 5 business days prior to the day of the camp/event/program	\$10.00
Multi-Day Camps	More than 10 business days prior to the first day of camp	\$20.00
Drop-in	No refund, no transfers	-
Programs cancelled by the UNA	Full refund	-
Classes cancelled by the UNA	Classes that are unable to be rescheduled will be fully refunded	-
Drop-ins cancelled by the UNA	Full refund for applicable sessions	-

- Most program registration is on a first come, first served basis. Fees are payable at the time of registration.
- UNA residents are eligible to receive a resident discount when applicable.
- Current UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are eligible to receive a discount when applicable.
- Drop-in fees must be paid before each class by the participant. A receipt or wristband must be provided to the instructor. No exceptions. Lost receipts or wristbands will not be refunded.
- Children under 10 must be picked up on time at the conclusion of a session, class or camp by a guardian or appointed guardian. Children under the age of 10 who are not picked up on time will be charged \$10 for every 5 minutes until picked up by a parent or guardian.

CASUAL SPORT PROCEDURES

(Badminton, Basketball, Pickleball, Table Tennis, Volleyball)

The UNA provides registration for select drop-in opportunities for a pre-determined number of spots.

- Registered participants have priority.
- Registered participants spots are held for 10 minutes. After 10 minutes, all spots are considered as open for all participants.
- For non-registered participants, sign-up for the drop-in list must be done **IN PERSON** and begins 30 minutes before the program starts.
- All users must have an account in our registration system.
- All paid participants will receive a wristband, which must be visibly displayed
- Spectators are not permitted in the gym during the sports drop-ins.
- Drop-in sports are non-refundable and non-transferable.



DROP-IN PROGRAM PROCEDURES

(Dance, Group Fitness, Martial Arts, Pilates, Puppy Drop-In, Yoga)

The UNA provides registration for select drop-in programs for a pre-determined number of spots.

- Register for drop-in programs in person or online.
- Drop-in participants must check in at the front desk to receive a wristband, which must be visibly displayed.
- If a program is fully registered, drop-ins are not accepted.
- Drop-in programs are non-refundable and non-transferable.

DROP-IN SPORTS PROCEDURES

(Badminton, Basketball, Pickleball, Table Tennis, Volleyball)

The UNA provides drop-in sports that are open purely to drop-in.

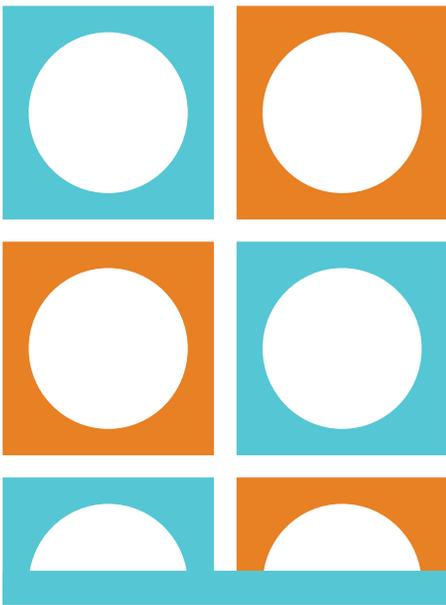
- Drop-in sports can be booked online or in-person 48 hours prior to the drop-in session.
- Booked spots are held for 10 minutes after the drop-in begins. After 10 minutes, spots can be re-sold.
- All users must have an account in our registration system.
- All paid participants will receive a wristband, which must be visibly displayed
- Spectators are not permitted in the gym during the sports drop-ins.
- Drop-in sports are non-refundable and non-transferable.

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. The UNA 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.

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.



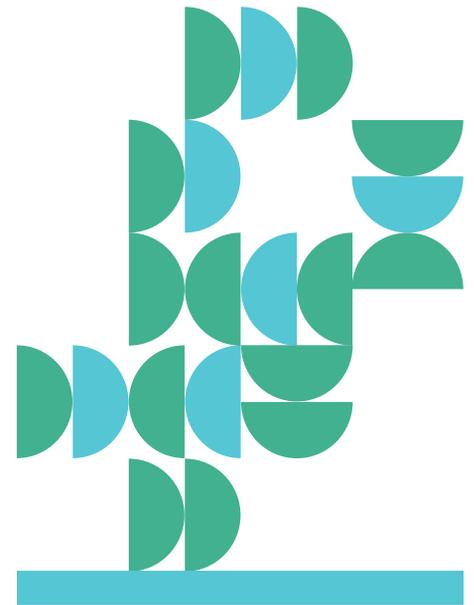
Foster Well-being

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.

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 Friday
8:30 a.m. to 9:00 p.m. Weekends
10:00 a.m. to 5:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Friday
7:00 a.m. to 9:00 p.m. Weekends
7:00 a.m. to 5:00 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 9:00 p.m. Monday to Friday
7:00 a.m. to 7:00 p.m. Weekends
10:00 a.m. to 5:00 p.m. Holidays

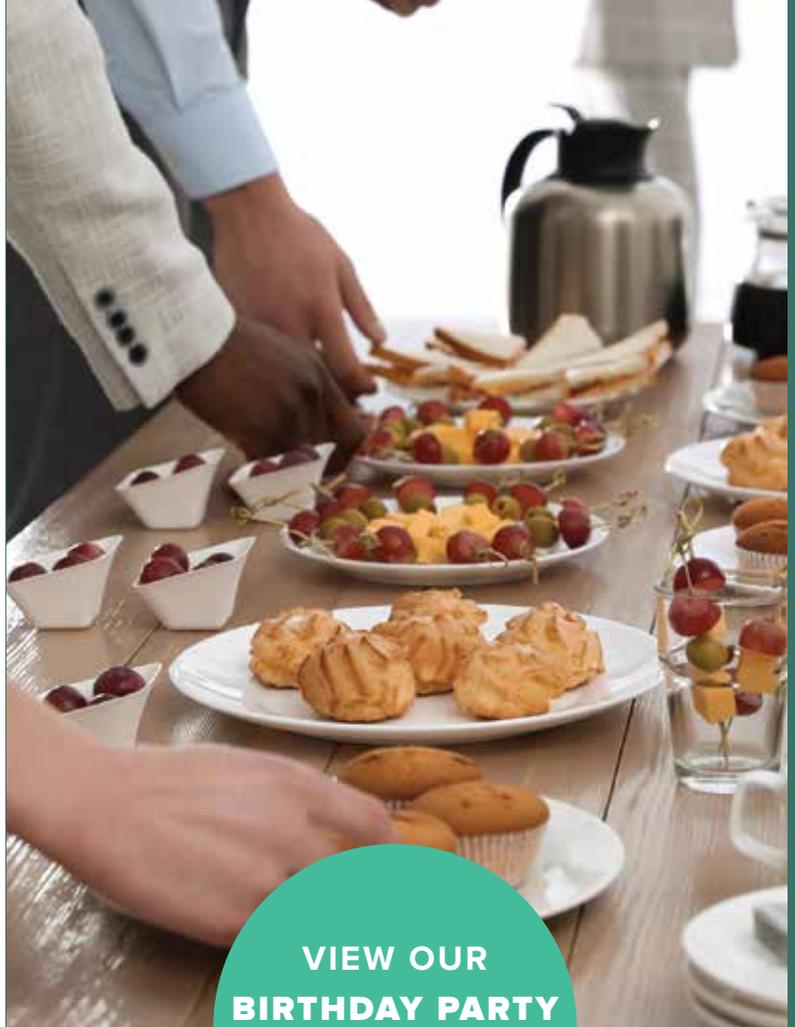
FITNESS CENTRE HOURS OF OPERATION

7:00 a.m. to 9:00 p.m. Monday to Friday
7:00 a.m. to 7:00 p.m. Weekends
10:00 a.m. to 5:00 p.m. Holidays

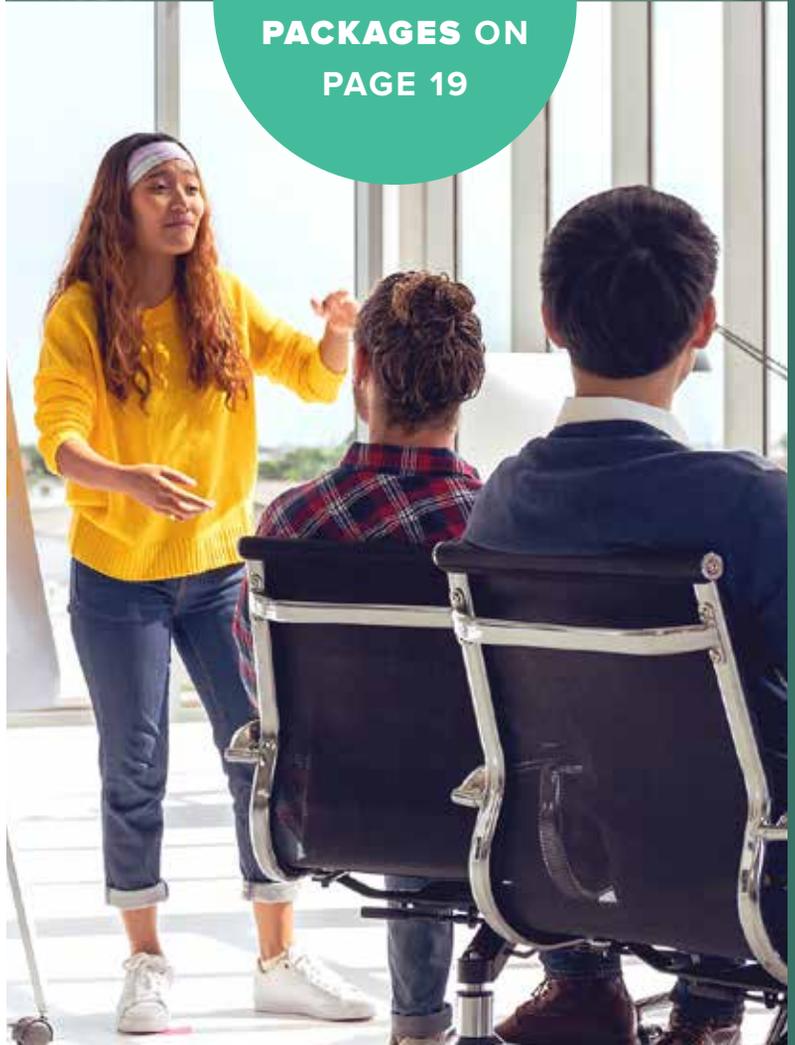
ROOM RENTALS

Looking for space to host a meeting or event? **Wesbrook** and the **Old Barn Community Centres** have a variety of rooms with state-of-the-art audio/visual equipment and various accommodations to meet your needs.

- WORKSHOPS**
- MEETINGS**
- LECTURES**
- SOCIAL GATHERINGS**
- RECEPTIONS**
- CELEBRATION OF LIFE**
- BIRTHDAY PARTIES**
- STRATA MEETINGS**
- AND MORE!**



VIEW OUR BIRTHDAY PARTY PACKAGES ON PAGE 19



OLD BARN

FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
Meeting Room 1	986 Sq Ft	60	\$60.00
Meeting Room 1 & 2	1711 Sq Ft	100	\$100.00
Meeting Room 2	725 Sq Ft	50	\$60.00

WESBROOK

ROOM RENTALS

ROOM #	FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
107	Art Room	1022 Sq Ft	47	\$60.00
206	Board Room	393 Sq Ft	20	\$60.00
211	Dance Studio	990 Sq Ft	20	\$60.00
112	Gymnasium Full	6402 Sq Ft	348	\$100.00
112E	Gymnasium East Half	3182 Sq Ft	174	\$80.00
112W	Gymnasium West Half	3192 Sq Ft	174	\$80.00
201	Multi-Purpose Room	935 Sq Ft	60	\$80.00
114	Social Room	916 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	12	\$25.00
202	Studio B	258 Sq Ft	12	\$25.00

- Rates listed include the room, tables and chairs, and AV equipment in applicable spaces. The rates do not include the price of any rental equipment or catering services.
- Processing time is two weeks. Please send booking inquiries ahead of time.
- Insurance liability must be purchased through Event Policy prior to your event taking place at either centre.
- Please include set-up and takedown time in your event time.
- A Special Occasions license must be obtained if you intend to serve alcohol at your event.
- An event assistant is available at an additional cost.

*Room capacities may be reduced to comply with public health requirements.

Visit our website to view pictures of the rooms, or contact us to make an appointment to view the spaces in person.

myuna.ca/bookings

bookings@myuna.ca

604.822.9675



COMMUNITY EVENTS

SEP 05
Tuesday
- Friday
FREE

Try-It Week ALL AGES
Come try a new activity for free at Try-It Week! A variety of classes are available for children, adults and seniors, including fitness, dance, art and more! Registration for each class is recommended to save your spot. myuna.ca/tryit

[Wesbrook & Old Barn Community Centre](#)

SEP 09
Saturday
10:30 AM
- 4:00 PM
FREE

Neighbours Day ALL AGES
Come join us for the biggest UNA event of the year! Have fun with friends & family and connect with your neighbours through food, music, dance and more!

[Wesbrook Community Centre](#)

SEP 16
OCT 21
NOV 18
DEC 16
Saturday
6:00 PM
- 8:00 PM
\$2.00

Family Movie Night ALL AGES
Bring the whole family to the Old Barn Community Centre for Family Movie Night. Chairs provided, feel free to bring your blankets and pillows for maximum comfort. Parents must accompany children. Popcorn, snacks, and drinks will be available for cash purchase. Doors open at 5:30 p.m., movie starts at 6:00 p.m.

[Old Barn Community Centre](#)

#7700

SEP 16
Spider-Man: Across
The Spider-Verse

OCT 21
The Little Mermaid
(2023)

NOV 18
Elemental

DEC 16
Lyle, Lyle Crocodile

OCT 3
Tuesday
5:00 PM
- 6:30 PM
FREE

Inspiring Community Grants | Info Session & Workshop

NEW

ALL AGES
Have an idea to support social connections in your community? Join us for a grant making workshop and learn about how you can fund your community building ideas with up to \$500 of funding from UTown@UBC's Inspiring Community Grant Program. Bring your ideas or come to get inspired!

Instructor: UBC Staff

[Wesbrook Community Centre](#)

#7781

Family Pumpkin Carving

ALL AGES

OCT 27
Saturday
3:30 PM
- 6:50 PM
\$8.00

Unleash your creativity at our pumpkin carving event! Each family receives one pumpkin, tools, and materials. Bring your imagination and have a blast creating a unique jack-o'-lantern to take home, just in time for Halloween! Register ONE family member to participate.

There will be three sessions:
3:30 PM - 4:30 PM
4:40 PM - 5:40 PM
5:50 PM - 6:50 PM

Instructor: UNA Staff

[Wesbrook Community Centre](#)

#7702



Murder Mystery Dinner AGES 16+

OCT 30
Monday
6:00 PM
- 9:00 PM
\$25.00

What is a murder mystery party? Guests are assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll need to work with other guests to gather important clues. However, keep in mind that one of the guests will be the murderer. It might even be you! No experience is needed - just enthusiasm! Costumes are highly encouraged. Dinner will be provided during this evening of sleuthing.

Registration & Withdrawal deadline:
Oct 22

Old Barn Community Centre

#7699

Halloween ALL AGES

OCT 31
Saturday
4:00 PM
- 7:00 PM
FREE

Join us at Wesbrook Community Centre for some spooky fun! Wear your costume and prepare for a frightfully good time!

Wesbrook Community Centre



Table registration will open on October 18:
UNA Members: \$20.00
Non-UNA Members: \$25.00

Wesbrook Community Centre

#7365

Diwali ALL AGES

NOV 12
Sunday
2:00 PM
- 4:30 PM
FREE

The UNA community is hosting its fourth Diwali Festival! Come with your friends to celebrate the rich Indian cultural traditions through dance, music and crafts.

Wesbrook Community Centre

DEC 16

Saturday
10:00 AM
- 1:00 PM
FREE

Winter Festival ALL AGES

Celebrate the holiday season at the Old Barn Community Centre! Bring your cameras to get photos with Santa, decorate our community Christmas trees, and make some ornaments to take home! Special guests and surprises await.

Old Barn Community Centre

#7726

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

ACTIVE KIDS SCHOOL OF KINESIOLOGY

ACTIVE KIDS

Active Kids: Multi-Sport and Playtime

AGES 1-3

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 | SEP 11 – DEC 04 M, 9:30 AM – 10:15 AM
No classes Oct 2, Oct 9, Nov 13
\$180.00 / 10 #7588

Active Kids: 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 | SEP 11 – DEC 04 M, 10:15 AM – 11:00 AM
No classes Oct 2, Oct 9, Nov 13
\$180.00 / 10 #7589

WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. PHYSICAL LITERACY IS THE CONFIDENCE, COMPETENCE, AND UNDERSTANDING TO VALUE AND ENGAGE WITH PHYSICAL ACTIVITY FOR LIFE. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, AND ENCOURAGING LEARNING ENVIRONMENT.

Active Kids: 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 | SEP 12 – DEC 05 TU, 4:00 PM – 5:30 PM
No class Oct 31
\$288.00 / 12 #7610

WCC | SEP 14 – DEC 07 TH, 4:00 PM – 5:30 PM
\$312.00 / 13 #7635

WCC | SEP 16 – DEC 02 SA, 12:00 PM – 1:30 PM
No classes Sep 30, Oct 7, Nov 11, Nov 18
\$192.00 / 8 #7653

AGES 12-16
WCC | SEP 14 – DEC 07 TH, 4:00 PM – 5:30 PM
\$312.00 / 13 #7636

Active Kids: 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 | SEP 11 – DEC 04 M, 4:00 PM – 4:45 PM
No classes Oct 2, Oct 9, Nov 13
\$190.00 / 10 #7590

Active Kids: 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

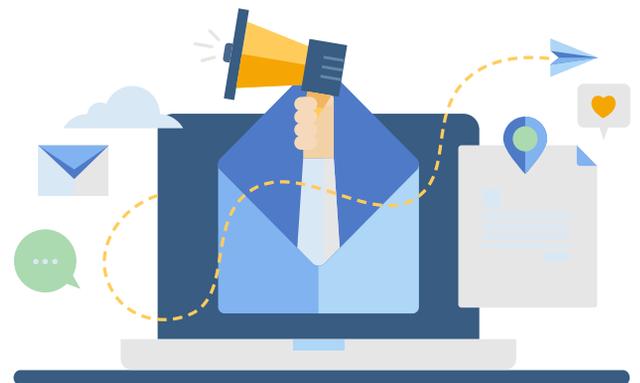
WCC | SEP 11 – DEC 04 M, 4:45 PM – 5:30 PM
No classes Oct 2, Oct 9, Nov 13
\$190.00 / 10 #7593



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.



EARLY YEARS PROGRAMS

ARTS

Parent & Child: Hip-Hop **AGES 2-5**

This program is designed for a caregiving adult and their preschooler to dance together and learn hip-hop fundamentals! Meet other parents, have fun, and rise to a new challenge with your child. No previous experience is required. One adult is required to accompany a child.

Instructor: Praise TEAM

WCC | SEP 16 – DEC 09 **SA, 9:30 AM – 10:15 AM**
No classes Sep 30, Oct 7, Nov 11
\$127.00 / 10 | Drop-in \$15.00 #7429

Preschool Ballet **AGES 3-5**

In this program, your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Ballet attire, including tights and slippers, is recommended. All genders are invited to experience the magic of dance!

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 **SU, 11:25 AM – 12:10 PM**
No classes Oct 8, Nov 12
\$209.00 / 11 | Drop-in \$20.00 #7511

WCC | SEP 20 – DEC 06 **W, 3:30 PM – 4:15 PM**
\$228.00 / 12 | Drop-in \$20.00 #7541



Preschool Dance **AGES 2-4**

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 | SEP 17 – DEC 10 **SU, 9:30 AM – 10:15 AM**
No classes Oct 8, Nov 12
\$209.00 / 11 | Drop-in \$20.00 #7510

WCC | SEP 18 – DEC 11 **M, 3:30 PM – 4:15 PM**
No classes Oct 2, Oct 9, Nov 13
\$190.00 / 10 | Drop-in \$20.00 #7508

Music Together **AGES 0-5**

Experience the joys of music-making and the powerful benefits of having music in your child's life. In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling.

Please note, \$58.00 Music Together Licensing fee is non-refundable after the first class. Licensing fee is per family - to refund second child's licensing fee please contact programs@myuna.ca after registration.

Instructor: Donalyn

OBCC | SEP 19 – NOV 28 **TU, 9:30 AM – 10:15 AM**
\$176.00 / 11 #7427

OBCC | SEP 19 – NOV 28 **TU, 10:30 AM – 11:15 AM**
\$176.00 / 11 #7428

ARTS

Crafts with Ruta AGES 2-5

Join Ruta in an engaging and tactile arts & crafts class! Preschoolers 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. One adult is required to participate with their child.

Instructor: Ruta Zasaite

WCC | SEP 15 – OCT 06 **F, 9:45 AM – 10:30 AM**
\$40.00 / 4 #7404

WCC | SEP 15 – OCT 06 **F, 10:45 AM – 11:30 AM**
\$40.00 / 4 #7405

WCC | NOV 03 – DEC 15 **F, 9:45 AM – 10:30 AM**
\$70.00 / 7 #7406

WCC | NOV 03 – DEC 15 **F, 10:45 AM – 11:30 AM**
\$70.00 / 7 #7407

EDUCATION

Science for Kids AGES 3-6

In this program, participants will enjoy engaging demonstrations, perform simple experiments and discover how science can help them better understand the world around them. This program is an engaging hands-on learning experience for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

Instructor: STEAM 4 Kids

WCC | SEP 14 – OCT 26 **TH, 4:00 PM – 5:00 PM**
\$154.00 / 7 #7633

WCC | NOV 02 – DEC 14 **TH, 4:00 PM – 5:00 PM**
\$154.00 / 7 #7712

PHYSICAL ACTIVITY

Kids on Wheels: Parent & Tot AGES 2-3

This eight-week parent-and-tot program is designed to introduce young children to the joy of cycling. We will focus on getting participants comfortable on the balance bikes and wearing helmets, while providing tips to parents on safe riding habits. Balance bikes help children to gain confidence, improve their risk management and allow easy transition to a pedal bike without the need for training wheels. Balance bikes and helmets are provided during the program but children are invited to bring their own if preferred. Parent participation is required.

Instructor: BC Cycling Coalition

OBCC | SEP 16 – NOV 25 **SA, 10:00 AM – 11:00 AM**
No classes Sep 30, Oct 7, Nov 11
\$171.00 / 8 #7577

Kids on Wheels: Preschool AGES 3-5

This eight-week program is packed with fun balance bike activities. This course will introduce some road signs and safety rules of the road, read books, do some art activities and practice pumping tubes in our mechanic corner. Balance bikes help children to gain confidence, improve their risk management and allow easy transition to a pedal bike without the need for training wheels. Balance bikes and helmets are provided during the program but children are invited to bring their own if preferred. Parent participation is optional.

Instructor: BC Cycling Coalition

OBCC | SEP 16 – NOV 25 **SA, 11:15 AM – 12:30 PM**
No classes Sep 30, Oct 7, Nov 11
\$213.00 / 8 #7581

EARLY YEARS PROGRAMS

PHYSICAL ACTIVITY

Sportball: Floor Hockey **AGES 4-6**

This program introduces kids aged 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 | SEP 13 – OCT 25

W, 3:45 PM – 4:30 PM

No class Sep 27

\$120.00 / 6

#7628

WCC | NOV 01 – DEC 13

W, 3:45 PM – 4:30 PM

\$140.00 / 7

#7662

SOCIAL

Parent & Tot: Gym **AGES 0-5**

It's playtime at the Wesbrook Gymnasium! Tots aged 0-5 can explore various climbing apparatus, sports equipment and exciting toys as 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. Registration is not required but a UNA profile is required to drop-in.

Drop-In: \$3.50 per child. Punch passes available for \$12.50/5 sessions.

Instructor: Ruta Zasaite

WCC | SEP 12 – DEC 14

TU/TH, 10:00 AM – 11:30 AM

No class Oct 31

Drop-in \$3.50

#7606

Storytime at the Old Barn Community Centre **ALL AGES**

This is a free drop-in program and registration is not required. Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories with one of our volunteers.

Volunteer: UNA Volunteer

OBCC | SEP 01 – DEC 08

F, 10:00 AM – 10:30 AM

FREE

#7550



UNA COMMUNITY YARD SALE

NOV 18 | WESBROOK COMMUNITY CENTRE

Join the UNA and your community members for our Fall Community Yard Sale. Shop for gently used items including winter clothes and sports equipment, books, art, household goods, and more. Bring a reusable mug for a free cup of coffee or tea.

Visit myuna.ca/yard-sale for more information



CELEBRATE YOUR BIRTHDAY WITH THE UNA!



Our party packages are full of fun and exciting activities to make any birthday memorable. We'll take care of all the decorations, activities, and planning so all you have to do is enjoy the celebration. Choose between an art-themed or sports-themed party, your preferred venue and time, and leave the rest of the planning to us.

*Party bookings must be made at least two weeks in advance. A kitchen is available for warming-up food or storing food in the fridge. Decorations and facilitated activities are included.

PRICING

Number of Children	Resident Rate	Non-Residents
1-12	\$275.00	\$295.00
13-24	\$325.00	\$345.00



VENUES

- **Wesbrook Community Centre**
Social Room with optional gym access
- **Old Barn Community Centre**
Meeting Rooms 1 and 2

BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50.00)**
- Cutlery, cups, and plates **(\$25.00)**
- Face painting **(\$25.00)**
- Gift bags **(\$10.00/child)**

TIME SLOTS

One hour allotted for set-up and clean-up and two hours allotted for activity and party time.

- **Old Barn**
Saturday 1:30 p.m. - 4:30 p.m.
(party time 2:00 - 4:00 p.m.)
- **Wesbrook**
Sunday 1:30 p.m. - 4:30 p.m.
(party time 2:00 - 4:00 p.m.)

SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY

- **1:30-2:00 p.m.** Set-up
- **2:00-2:10 p.m.** Guests arrive
- **2:10-3:30 p.m.** Activity time
- **3:30-4:00 p.m.** Cake/party time
- **4:00-4:30 p.m.** Clean-up

ACTIVITY SELECTION

Art Party

- Painting activities led by a birthday party leader
- Large splatter paint piece for the birthday person to take home and individual canvases for each participant.

Sports Party

- Active games and sport activities led by a party attendant. (Examples include soccer, dodgeball, bench ball, and tag games.)
- Game requests are available.

BOOKING AND REFUND POLICY

Bookings must be made at least 2 weeks in advance. An administration fee of \$5.00 is charged to all refunds. Refund rates: More than 2 weeks' notice: full refund; 2 weeks' notice: 50% refund; less than one week: no refund.

HOW TO BOOK YOUR PARTY

Email bookings@myuna.ca with your date and room requested, activity selection, number of participants and age range, and add on requests (if any).

CHILDREN'S PROGRAMS

CAMPS

Sportball: Pro-D Day Multi-Sport Camp AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports, games, and activities, in addition to arts and crafts, stories, music, co-operative games and more! Please pack weather-appropriate clothing, a water bottle, nut-free lunch, and snacks.

Instructor: Sportball Vancouver

WCC | OCT 20 F, 9:00 AM - 3:00 PM
\$75.00 / 1 #7746

WCC | NOV 24 F, 9:00 AM - 3:00 PM
\$75.00 / 1 #7748

ARTS

Dance Foundations AGES 4-6

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

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 SU, 11:20 AM – 12:20 PM
No classes Oct 8, Nov 12
\$264.00 / 11 | Drop-in \$25.00 #7513

WCC | SEP 18 – DEC 11 M, 4:20 PM – 5:20 PM
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 10 | Drop-in \$25.00 #7520

Ballet 1 AGES 6-8

The program aims to develop technique, artistry and the love of dance in equal measures. Young participants will learn the vocabulary and the syllabus of ballet in a lovely and nurturing environment. All levels of experience are welcome. Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 SU, 2:35 PM – 3:35 PM
No classes Oct 8, Nov 12
\$242.00 / 11 | Drop-in \$25.00 #7515

WCC | SEP 20 – DEC 06 W, 4:20 PM – 5:20 PM
\$228.00 / 12 | Drop-in \$25.00 #7528

Ballet 2 AGES 8-10

Crossmaneuver creates a nurturing environment for students to grow and flourish in dance. All levels are welcome to join and develop their technique, their artistry and their love of dance. Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 20 – DEC 06 W, 5:25 PM – 6:25 PM
\$228.00 / 12 | Drop-in \$25.00 #7529

Ballet 3 AGES 10-13

Building on the fundamentals, this program aims to help dancers develop technique, artistry and the love of dance. Young participants will learn the vocabulary and the syllabus of ballet in a lovely and nurturing environment. All levels of experience are welcome. Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 SU, 3:40 PM – 4:40 PM
No classes Oct 8, Nov 12
\$264.00 / 11 | Drop-in \$25.00 #7516

ARTS

Contemporary Jazz 1 AGES 7-10

In this program, participants will draw from many forms in a fun and open way. Contemporary Jazz is used by many dance companies across the world to explore, create and perform, and is an important form for a young dancer to learn in order to develop new ways of moving. All levels of experience are welcome.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 SU, 12:15 PM – 1:15 PM
No classes Oct 8, Nov 12
 \$264.00 / 11 | Drop-in \$25.00 #7514

Contemporary Jazz 2 AGES 10-14

This program is for the young dancer with some dance experience and will focus on improving technique and building choreography.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 03 SU, 1:20 PM – 2:30 PM
No classes Oct 8, Nov 12
 \$330.00 / 11 | Drop-in \$33.00 #7518

K-Pop Hip-Hop AGES 6-10

Experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals! Students will refine their technique through cardio dance skills, strengthening, foot-work, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required.

Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

WCC | SEP 12 – DEC 12 TU, 3:30 PM – 4:30 PM
No class Oct 31
 \$221.00 / 13 | Drop-in \$19.00 #7580

WCC | SEP 16 – DEC 09 SA, 11:15 AM – 12:15 PM
No classes Sept 30, Oct 7, Nov 11
 \$170.00 / 10 | Drop-in \$19.00 #7579

Musical Theatre 1 AGES 7-10

This program is an introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. Participants will sing, act and dance with a focus on the development of skills through fun exercises and games.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 18 – DEC 11 M, 5:25 PM – 6:25 PM
No classes Oct 2, Oct 9, Nov 13
 \$240.00 / 10 | Drop-in \$25.00 #7524

Musical Theatre 2 AGES 10-13

This program is an introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. Participants will sing, act and dance with a focus on the development of skills through fun exercises and games. All levels of experience are welcome.



Instructor: Crossmaneuver Dance Theatre

WCC | SEP 18 – DEC 11 M, 6:30 PM – 7:30 PM
No classes Oct 2, Oct 9, Nov 13
 \$240.00 / 10 | Drop-in \$25.00 #7525

CHILDREN'S PROGRAMS

ARTS

Classical Indian and Folk Dance AGES 6-12

This program will explore Kathak and Indian folk dances originating in the north of India. The word Kathak comes from the word Katha, which means story. A Kathak dancer tells a story through acting and dance, using quick footwork and dizzying pirouettes. This beginner-friendly program emphasizes fun while learning dance technique and its historical and cultural context. Students from all backgrounds will learn about ancient stories and mythology while developing a greater appreciation for the rich cultural heritage of India. Students will have the opportunity to perform at the Diwali event on Nov 12, 2023.

Instructor: Menka Purswaney Amin

WCC | SEP 13 – DEC 13 W, 5:45 PM – 6:45 PM
\$196.00 / 14 #7795

Creative Arts AGES 6-12

In this creative arts class, students explore many concepts and ideas through the potentiality of materials such as paints, paper and fabrics. Each week, we will explore visual elements such as line, color, volume, and form through creative art projects. Students will be introduced to new concepts and new materials, exploring them through different activities. All materials are supplied.

Instructor: Yasaman Moussavi

AGES 6-9
WCC | SEP 18 – DEC 11 M, 3:30 PM – 4:45 PM
No classes Oct 2, Oct 9, Nov 13
\$180.00 / 10 #7368

AGES 9-12
WCC | SEP 18 – DEC 11 M, 5:00 PM – 6:30 PM
No classes Oct 2, Oct 9, Nov 13
\$210.00 / 10 #7369

DROP-IN AVAILABLE FOR
PROGRAMS WHERE INDICATED,
SPACE PERMITTING.

Manga Art AGES 6-14

Learn to draw in the style of Anime & Manga! Students learn the fundamentals of drawing along with the distinctive characteristics of the Japanese art form: proportions, monochrome illustrations, colour, storyboarding, developing their own style and more. This class is for beginners and intermediate students. Art supplies are provided, but it is recommended for students to bring their own sketch book.

Instructor: Ceylon Coates

AGES 6-9
WCC | SEP 14 – DEC 15 TH, 3:30 PM – 4:30 PM
\$182.00 / 14 #7597

AGES 9-14
WCC | SEP 14 – DEC 15 TH, 4:45 PM – 6:15 PM
\$266.00 / 14 #7598

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.

Instructor: Young Moviemakers

WCC | SEP 15 – DEC 15 F, 4:00 PM – 6:00 PM
\$525.00 / 14 #7582

EDUCATION

English Reading and Writing | Grades 1-4 AGES 6-10

Share stories, expand your vocabulary and learn English in a group setting. This class will build your English skills through games, activities and independent studies.

Instructor: Raquel Portillo Henriquez

GRADES 1-2 | AGES 6-8
WCC | SEP 11 – DEC 11 M, 6:00 PM – 7:00 PM
No classes Oct 2, Oct 9, Nov 13
\$143.00 / 11 #7603

GRADES 3-4 | AGES 8-10
WCC | SEP 11 – DEC 11 M, 7:00 PM – 8:00 PM
No classes Oct 2, Oct 9, Nov 13
\$143.00 / 11 #7604

EDUCATION

Mastering Mandarin | Beginner AGES 5-18

This class is geared towards students with little or no background knowledge of Chinese. The curriculum introduces the basics of the 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.

It is recommended that students remain in Level 1 for at least 6 months before advancing to the next level.

Instructor: Santored Enterprises Ltd

WCC | SEP 16 – DEC 09 SA, 10:30 AM – 12:00 PM
No classes Sep 30, Oct 7, Nov 11, Nov 18
\$252.00 / 9 #7650

Mastering Mandarin | Intermediate AGES 5-18

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.

It is recommended that students remain in Level 2 for at least 6 months before advancing to the next level.

Instructor: Santored Enterprises Ltd

WCC | SEP 16 – DEC 09 SA, 12:00 PM - 1:30 PM
No classes Sep 30, Oct 7, Nov 11, Nov 18
\$252.00 / 9 #7651

Mastering Mandarin | Advanced AGES 5-18

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.

Instructor: Santored Enterprises Ltd

WCC | SEP 16 – DEC 09 SA, 1:30 PM - 3:00 PM
No classes Sep 30, Oct 7, Nov 11, Nov 18
\$252.00 / 9 #7652

Math-4-Kids | Grades 3-6 AGES 8-12

Math-4-Kids is a program that makes math practical and fun! The program teaches the essence of math and improves logical thinking. Participants 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 3-4 | AGES 8-10
WCC | SEP 11 – DEC 11 M, 3:30 PM – 4:30 PM
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7600

GRADES 5-6 | AGES 10-12
WCC | SEP 11 – DEC 11 M, 4:45 PM – 5:45 PM
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7602

CHILDREN'S PROGRAMS

EDUCATION

Science for Kids AGES 7-11

In this program, participants will enjoy engaging demonstrations, perform simple experiments and discover how science can help them better understand the world around them. This program is an engaging hands-on learning experience for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

Instructor: STEAM 4 Kids

WCC | SEP 14 – OCT 26 TH, 5:00 PM – 6:00 PM
\$154.00 / 7 #7632

WCC | NOV 02 – DEC 14 TH, 5:00 PM – 6:00 PM
\$154.00 / 7 #7711

Minecraft Coders AGES 7-10

Harness your child's love of Minecraft in this introduction to the world of coding! Junior coders will use collaborative games and hands-on activities to learn the concepts of programming in a creative and playful atmosphere. Students will use Scratch and Minecraft Education to apply their knowledge of variables, looping, patterns, conditions, and data structure. They will also learn essential computer literacy, problem-solving, and critical thinking skills along the way. Please bring a device that can connect to the internet, such as a laptop or tablet. Minecraft licensing fee is \$20.00 per child and non-refundable.

Instructor: Haitao Li

WCC | SEP 14 – DEC 14 TH, 6:15 PM – 7:15 PM
\$210.00 / 14 #7637



Red Cross Babysitting AGES 11-14

This program prepares young participants to become responsible babysitters through real-life scenarios. Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old, perform basic first aid and be successful in the business of babysitting. This program not only prepares participants to become babysitters, it also helps their parents feel confident that they are learning to be safe and independent to be left home alone. Participants will receive a certificate upon successful completion of the course.

Instructor: First Aid Hero

WCC | SEP 24 SU, 9:00 AM – 4:00 PM
\$70.00 / 1 #7739

PHYSICAL ACTIVITY

Badminton AGES 8-10

Learn Badminton basics and improve your skills in a fun and friendly environment. Students will develop their play in drills and game activities, learn basic offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructor: Eric Shen

WCC | SEP 15 – DEC 15 F, 4:00 PM – 5:00 PM
No classes Sep 22, Oct 20, Nov 24
\$165.00 / 11 #7644

Sportball: Floor Hockey AGES 6-9

This program introduces kids aged 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.

Instructor: Sportball Vancouver

WCC | SEP 13 – OCT 25 W, 4:30 PM – 5:15 PM
No class Sep 27
\$120.00 / 6 #7629

WCC | NOV 01 – DEC 13 W, 4:30 PM – 5:15 PM
\$140.00 / 7 #7663

DINE AT U BOULEVARD.

Located at the centre of it all, Focal and Central are home to a large selection of Vancouver's favourite restaurants, shops + services.



BROWNS CRAFTHOUSE
KITCHEN & BAR

BODYENERGYCLUB



jamjar
Folk Lokumasa Food

JJ Bean
COFFEE ROASTERS

Rain & Shine
ICE CREAM

KINTON RAMEN

UNIVERSITY BOULEVARD



One easy stop away is Wesbrook Village - serviced by transit every 4 minutes during peak hours. First 2 hours of parking is free.

16TH AVENUE

SHOP AT WESBROOK

With over 25 shops + services + restaurants, Wesbrook Village offers everything you need to make the most of your time at UBC.

save on foods
BC's very own

BC LIQUORSTORES

SHOPPERS
DRUG MART

WESBROOK MALL



liveatubc.ca

PHYSICAL ACTIVITY

Volleyball BC: Train and Play AGES 12-13



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

WCC | SEP 16 – OCT 28 **SA, 2:00 PM – 3:30 PM**
No classes Sep 30, Oct 7
 \$90.00 / 5 #7664

WCC | NOV 04 – DEC 09 **SA, 2:00 PM – 3:30 PM**
No class Nov 11
 \$90.00 / 5 #7667

Kyokushin Karate | Kids AGES 6-12

Learn self-defence techniques and work on balance and stamina with Kyokushin Karate! This is an active program that emphasizes the values of respect, self-discipline and teamwork. Each class covers Karate technique, conditioning, light cardio and stretching exercises. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

WCC | SEP 12 – DEC 12 **TU, 6:00 PM – 6:45 PM**
No class Oct 31
 \$143.00 / 13 #7620

WCC | SEP 14 – DEC 14 **TH, 6:00 PM – 6:45 PM**
 \$154.00 / 14 #7621

Tae Kwon Do | Beginner | Kids AGES 4-12

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

Please note that 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

WCC | SEP 10 – DEC 10 **SU, 1:00 PM – 1:40 PM**
No classes Oct 8, Nov 12
 \$144.00 / 12 #7670

Tae Kwon Do | Intermediate | Kids AGES 4-12

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 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.

Please note that 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

WCC | SEP 10 – DEC 10 **SU, 1:00 PM – 1:50 PM**
No classes Oct 8, Nov 12
 \$180.00 / 12 #7671

PHYSICAL ACTIVITY

Gym Drop-in | Pre-teen AGES 9-12

Participants can practice and play basketball with friends and neighbours during this open gym session. No supervision and no registration required.

WCC | SEP 06 – NOV 29 **W, 5:30 PM – 6:30 PM**
\$3.00 / 13 #7446

Family Badminton Drop-In ALL AGES

Come play Badminton with your family at the Wesbrook Community Centre Gymnasium! This is a drop-in program - advanced registration opens 48 hours in advance. \$3.00 per person. Children must be supervised by an adult (19+).

This is not a court booking - gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | SEP 10 – DEC 10 **SU, 4:00 PM – 5:30 PM**
No classes Oct 8, Nov 12
Drop-in: \$3.00 #7733

WCC | SEP 16 – DEC 09 **SA, 8:30 AM – 10:00 AM**
No classes Sep 30, Nov 11, Nov 18
Drop-in: \$3.00 #7734

Family Pickleball Drop-In ALL AGES

Come play Pickleball with your family at the Wesbrook Community Centre Gymnasium! This is a drop-in program - advanced registration opens 48 hours in advance. \$3.00 per person. Children must be supervised by an adult (19+).

This is not a court booking - gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | SEP 10 – DEC 10 **SU, 9:00 AM – 10:30 AM**
No classes Oct 8, Nov 12
Drop-in: \$3.00 #7735

DROP-IN AVAILABLE FOR PROGRAMS
WHERE INDICATED, SPACE PERMITTING.
REGISTER FOR THE FULL PROGRAM TO
GUARANTEE YOUR SPOT!

SOCIAL

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 the website www.4hbc.ca for more information. Yearly 4-H Club fees are \$150.00. To register email ubc4hclub@gmail.com

Instructor: 4-H Club

WCC | SEP 8, OCT 13, NOV 10, DEC 8 **F, 6:30 PM – 8:30 PM**
\$150.00 / year Register at ubc4hclub@gmail.com

Pre-teen Leadership AGES 9-12

This program is designed to help participants develop effective leadership skills through an exploration of leadership, team-building, and communication. The program delves deeper into the concept of leadership, emphasizing problem-solving abilities. Participants will gain practical experience by organizing community events and gaining an understanding of complex dynamics, including power, values, and relationships.

Instructor: UNA Staff

WCC | SEP 11 – DEC 11 **M, 4:00 PM – 5:30 PM**
No class Oct 9
#7441

Girl Guides | Grades 4-6

To register, please visit: girlguides.ca. 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.

Instructor: Girl Guides

OBCC | SEP 07 – DEC 14 **TH, 5:30 PM – 7:00 PM**
girlguides.ca #7495

CHILDREN'S PROGRAMS

MUSIC

Guitar AGES 8+

In these 30-minute lessons you'll learn to play your favourite songs and develop confidence. These exciting lessons are for guitarists of all levels, from beginners to Royal Conservatory students. Bring your own guitar - nylon strings are required for classical style. The instructor can provide guidance on guitar and book purchases after the first lesson.

Instructor: Vanja Dijk

WCC | SEP 16 – DEC 09 **SA, 1:00 PM – 6:00 PM**
No classes Sep 30, Oct 7, Nov 11
\$330.00 / 10 #various

Flute AGES 8+

These 30-minute lessons are a fun and practical approach to learning flute. All levels are welcome, from beginners to Royal Conservatory Music students, to those who are looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

Instructors: Andrea Minden

WCC | SEP 10 – DEC 10 **SU, 1:30 PM – 5:00 PM**
No class Oct 8
\$429.00 / 13 #various



Violin AGES 5+

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!

Instructors: Andrew Ty

WCC | SEP 14 – DEC 14 **TH, 3:30 PM – 9:00 PM**
\$483.00 / 14 #various

Piano AGES 5+

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. Required books will be recommended for purchase during the first lesson. Access to a piano for additional practice is required.

Instructor: Derek Pang

WCC | SEP 11 – DEC 11 **M, 3:30 PM – 8:00 PM**
No classes Oct 2, Oct 9, Nov 13
\$363.00 / 11 #various

WCC | SEP 13 – DEC 13 **W, 3:30 PM – 8:00 PM**
\$462.00 / 14 #various

Instructor: Bassem Ghabrous

WCC | SEP 16 – DEC 09 **SA, 10:00 AM – 3:00 PM**
No classes Sep 30, Oct 7, Nov 11
\$330.00 / 10 #various

Instructor: Erika Galinskaya

WCC | SEP 17 – DEC 10 **SU, 1:00 PM – 4:15 PM**
No class Oct 8
\$396.00 / 12 #various

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



2023

DIWALI FESTIVAL

Share the joy and beauty of this festival of lights and celebrate the Indian New Year.

Sunday, November 12, 2023 | 2 - 4:30 P.M.
Wesbrook Community Centre

Enjoy a cup of Indian chai. Have a henna design painted on your hand. Learn how to wear a sari. Watch Indian classical and folk dances. Participate in a Bollywood dance class.

Indian snacks will be available for cash purchase.

Free Admission.

Brought to you by

The Diwali Committee

YOUTH PROGRAMS

ARTS

Drawing & Painting **AGES 11-19**



This program covers the foundations of drawing and painting. Learn and develop your skills in three-dimensional drawing, shading, colour, and brush strokes through a variety of different mediums. New and experienced artists are welcome - create at your own pace. Art supplies are provided, but it is recommended to bring your own workbook.

Instructor: Jennifer Kim

WCC | SEP 13 – DEC 13
\$420.00 / 14

W, 3:30 PM – 5:30 PM
#7395

K-Pop Hip-Hop **AGES 11-16**

Experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals! Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

WCC | SEP 12 – DEC 12
No class Oct 31
\$221.00 / 13

TU, 4:30 PM – 5:30 PM
#7578

WCC | SEP 16 – DEC 09
No classes Sept 30, Oct 7, Nov 11
\$170.00 / 10

SA, 10:15 AM – 11:15 AM
#7575

EDUCATION

Introduction to Coding **AGES 13-18**

Code Buddies provides a basic coding experience to youth who are interested in the world of coding. Utilizing the versatile and user-friendly language of Python, students will learn the foundational concepts and skills of programming through hands-on projects and group learning. Our Volunteer instructors will guide them through the process, allowing them to not only gain a solid understanding of coding, but also have fun while doing it. Join us in this journey of discovery and unleash the potential of technology. Students are encouraged to bring their laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

WCC | SEP 17 – DEC 10

SU, 10:30 AM – 11:30 AM
#7457

Intermediate Coding **AGES 13-18**

Take your coding skills to the next level with our Intermediate Coding class! Building on the foundations learned in our Introduction to Coding class, students will delve deeper into the capabilities of Python and explore more advanced programming concepts. From data structures and algorithms, to object-oriented programming and error handling, students will have the opportunity to expand their knowledge and improve their coding proficiency. With a combination of individual and group projects, students will have the opportunity to apply their skills in real-world scenarios and work on more complex tasks. Join us and take the next step towards becoming a proficient coder! Students are encouraged to bring their laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

WCC | SEP 17 – NOV 26

SU, 11:35 AM – 12:35 PM
#7458

EDUCATION

Math-4-Future | Grades 7-8 AGES 12-14

Math-4-Future is a program that makes math practical and fun. This program teaches the essence of math and improves logical thinking. Participants learn to apply math to everyday life and to work cooperatively. Participants are encouraged to share their ideas and present their results to their classmates. By improving logical thinking and problem solving, learners will gain confidence and learn practical skills.

Instructor: Jane Wu

WCC | SEP 15 – DEC 15 **FR, 3:30 PM – 4:30 PM**
\$280.00 / 14 #7749

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 | SEP 13 – DEC 13 **WE, 6:30 PM – 8:30 PM**
\$169.40 / 14 #7439

Peer Tutoring AGES 11-17

Peer Tutoring, a program created by youths for youths, offers a convenient drop-in style support system designed to assist individuals with their studying and homework needs. No registration required.

Instructor: Youth Volunteers

WCC | SEP 12 – DEC 12 **TU, 4:30 PM – 6:00 PM**
No class Oct 31

#7444

Red Cross Babysitting AGES 11-14

This program prepares young participants to become responsible babysitters through real-life scenarios. Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old, perform basic first aid and be successful in the business of babysitting. This program not only prepares participants to become babysitters, it also helps their parents feel confident that they are learning to be safe and independent to be left home alone. Participants will receive a certificate upon successful completion of the course.

Instructor: First Aid Hero

WCC | SEP 24 **SU, 9:00 AM – 4:00 PM**
\$70.00 / 1 #7739

**NEW REFUND DEADLINE:
ONE BUSINESS DAY AFTER
THE FIRST CLASS! FOR FULL
RECREATION POLICIES,
SEE PAGE 2.**



MUSIC

Community Choir AGES 14+

This intergenerational choir program is welcoming of all levels of experience. A variety of repertoire will be sung together and in harmony. Musicians are welcome to bring instruments, and everyone is welcome to suggest songs for the choir to sing - even original songs they have written!

Instructor: Matt Stapleton

OBCC | SEP 13 – DEC 13 **W, 7:30 PM – 8:30 PM**
\$98.00 / 14 #7355

Group Guitar | Beginner AGES 14+

The beginner class will introduce participants to the basics of guitar. Learn chords to start playing songs in a fun group setting! Participants are required to bring their own guitar. No experience required.

Instructor: Matt Stapleton

WCC | SEP 11 – DEC 11 **M, 6:30 PM – 7:30 PM**
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7353

Group Guitar | Intermediate AGES 14+

The intermediate class is for those who know a few basic guitar chords and want to continue learning and advancing their skills. Participants will learn new chords and refine their skills through playing in a group setting. Participants are required to bring their own guitar.

Instructor: Matt Stapleton

WCC | SEP 11 – DEC 11 **M, 7:30 PM – 8:30 PM**
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7354

PHYSICAL ACTIVITY

Badminton AGES 11-16

Improve your badminton skills in a fun and friendly environment. Students will develop their play in drills and game activities, learn basic offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructor: Eric Shen

WCC | SEP 15 – DEC 15 **F, 5:00 PM – 6:00 PM**
No classes Sep 22, Oct 20, Nov 24
\$165.00 / 11 #7750

Teens Advanced Badminton AGES 13-18

Refine your Badminton skills and techniques in a fun and friendly environment. Students will develop their play in drills and game activities, learn offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructor: Eric Shen

WCC | SEP 15 – DEC 15 **F, 6:00 PM – 7:30 PM**
No classes Sep 22, Oct 20, Nov 24
\$247.50 / 11 #7646

Youth Bootcamp for Athletes AGES 12-16

This is a strength and conditioning training program for young athletes. Hanif, one of UNA's elite personal trainers and group fitness instructors, has developed a team-based training environment. Young athletes come together twice a week to train for their specific sport, build self confidence and self esteem, and learn to foster a healthy lifestyle. Athletes will receive a program tailored to their goals to improve strength, endurance, speed, power, flexibility, and overall improvement in their sport.

Instructor: Hanif Teja

WCC | SEP 11 – OCT 24 **MO, 3:30 PM – 4:15 PM**
No class Oct 9
\$30.00 / 6 | Drop-in \$5.00 #7494

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. Each class will cover karate technique, conditioning, light cardio and stretching exercises. This is a combined class with Kyokushin Karate Adults. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

WCC | SEP 12 – DEC 12 TU, 7:00 PM – 8:30 PM
No class Oct 31
 \$169.00 / 13 #7613

WCC | SEP 14 – DEC 14 TH, 7:00 PM – 8:30 PM
 \$182.00 / 14 #7618

Tae Kwon Do | 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.

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 Taekwondo instructor regarding additional costs for the belt promotion test.

Instructor: Vancouver Martial Arts

BEGINNER
WCC | SEP 10 – DEC 10 SU, 1:00 PM – 1:40 PM
No classes Oct 8, Nov 12
 \$144.00 / 12 #7668

INTERMEDIATE
WCC | SEP 10 – DEC 10 SU, 1:00 PM – 1:50 PM
No classes Oct 8, Nov 12
 \$180.00 / 12 #7669

Volleyball BC: Train and Play AGES 14-15

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

WCC | SEP 16 – OCT 28 SA, 2:00 PM – 3:30 PM
No classes Sep 30, Oct 7
 \$90.00 / 5 #7665

WCC | NOV 04 – DEC 09 SA, 2:00 PM – 3:30 PM
No class Nov 11
 \$90.00 / 5 #7666

Volleyball Drop-in | Youth AGES 13-18

Join us for casual and unstructured, fun-filled games where you can showcase your skills, meet fellow young enthusiasts, and enjoy the sport in a relaxed and flexible setting. All skill levels are welcome, so come and unleash your inner volleyball star in a laid-back environment.

WCC | SEP 16 – DEC 02 SA, 3:45 PM – 5:15 PM
No classes Sep 30, Oct 7, Nov 11,
 Drop-in \$3.00ea #7454

Badminton Drop-in | Youth AGES 13-18

Three courts will be open to youth to practice and play badminton! These sessions are uninstructed and open to players of all levels. Please bring your own racquet.

WCC | SEP 10 – DEC 17 SU, 5:30 PM – 7:00 PM
No class Oct 8
 Drop-in \$3.00ea / 14 #7452

Gym Drop-in | Youth AGES 13-18

This open gym session allows Participants to practice and play basketball and soccer skills with friends and neighbours.

WCC | SEP 06 – DEC 20 W, 5:30 PM – 7:30 PM
 Drop-in \$3.00ea #7447



SOCIAL

Board Game Drop-in AGES 13-18

This program is designed to provide a fun and interactive experience for young people while promoting social interaction, strategic thinking, and friendly competition.

WCC | SEP 14 – DEC 14 **TH, 6:00 PM – 8:30 PM**
FREE / 14 #7768

Arts and Crafts Studio AGES 13-18

This program is designed to provide a creative and hands-on experience for young individuals, allowing them to explore their artistic abilities, develop new skills, and unleash their imagination.

WCC | SEP 11 – DEC 11 **TU, 4:00 PM – 5:30 PM**
FREE / 13 #7769

Youth Social Drop-in AGES 13-18

This is a drop-in time for youth to connect, have fun, relax, and hang out. The Youth Centre is free and open to all youth on a drop-in basis. Each week's session takes its own shape with crafts, Wii, karaoke and time to socialize.

WCC | SEP 13 – DEC 14 **W/TH, 3:30 PM – 5:30 PM**
FREE / 28 #7440

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 the website www.4hbc.ca for more information. Yearly 4-H Club fees are \$150.00. To register email ubc4hclub@gmail.com

Instructor: 4-H Club

WCC | SEP 8, OCT 13, NOV 10, DEC 8 **F, 6:30 PM – 8:30 PM**
\$150.00 / year Register at ubc4hclub@gmail.com

Arts for the Earth AGES 13-18

This program aims to celebrate an artist's connection with nature in meaningful ways. The course will incorporate nature into art and the artist's intentions by helping participants take inspiration from the environment, form conscientious habits and be actively aware of environmental issues that directly affect our lives. We will explore ways to use our creativity to help make positive environmental impacts in our community.

Instructor: Iona Kim

WCC | SEP 11 – DEC 12 **TU, 4:45 PM – 6:15 PM**
#7461

SOCIAL

French Conversation Club / Parler En Français AGES 13-18

This club will explore the French language through various mediums such as books, films, discussions and debates to provide varied enrichment for participants. French peer tutoring in a safe and inclusive space will also be available. This program is registration and drop-in based, feel free to stop by at any point during the season.

Instructor: Jaanvi Gupta

WCC | SEP 14 – DEC 14 **TH, 4:15 PM – 5:00 PM**
#7462

Rubik's Cube Club AGES 13-18

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 Cubers is welcome from beginner to expert to join. This program is registration and drop-in based, feel free to stop by at any point during the season.

Instructor: Maksim Fu

WCC | SEP 14 – DEC 14 **TH, 3:30 PM – 4:15 PM**
#7456



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 to create a community art gallery! During weekly committee meetings, members will receive volunteer hours while gaining practical experience planning an art gallery.

Instructor: Youth Volunteers

WCC | SEP 11 – DEC 11 **MO, 5:45 PM – 6:45 PM**
No classes Oct 9, Nov 13
#7453

Youth Leadership AGES 13-18

This year, the Youth Leadership program will collaborate to organize a major event and several smaller ones throughout the Fall/Winter semester.

Please forward this application to the youth interested in joining: <https://forms.gle/MHQUEayS64EMbZDK7>
We encourage only those genuinely interested in contributing to apply.

Instructor: UNA Staff

WCC | SEP 15 – JAN 26 **F, 3:30 PM – 5:30 PM**
No classes Dec 22, Dec 29, Jan 5
#7449

UNA POINTS OF INTEREST

Facilities, neighbourhoods and others



14

Chancellor Blvd.

University Blvd.

15

EAST CAMPUS

CHANCELLOR PLACE

9

19

CENTRAL & FOCAL BUILDINGS

H

Thunderbird Blvd.

21

22

NW Marine



T



20



10

5

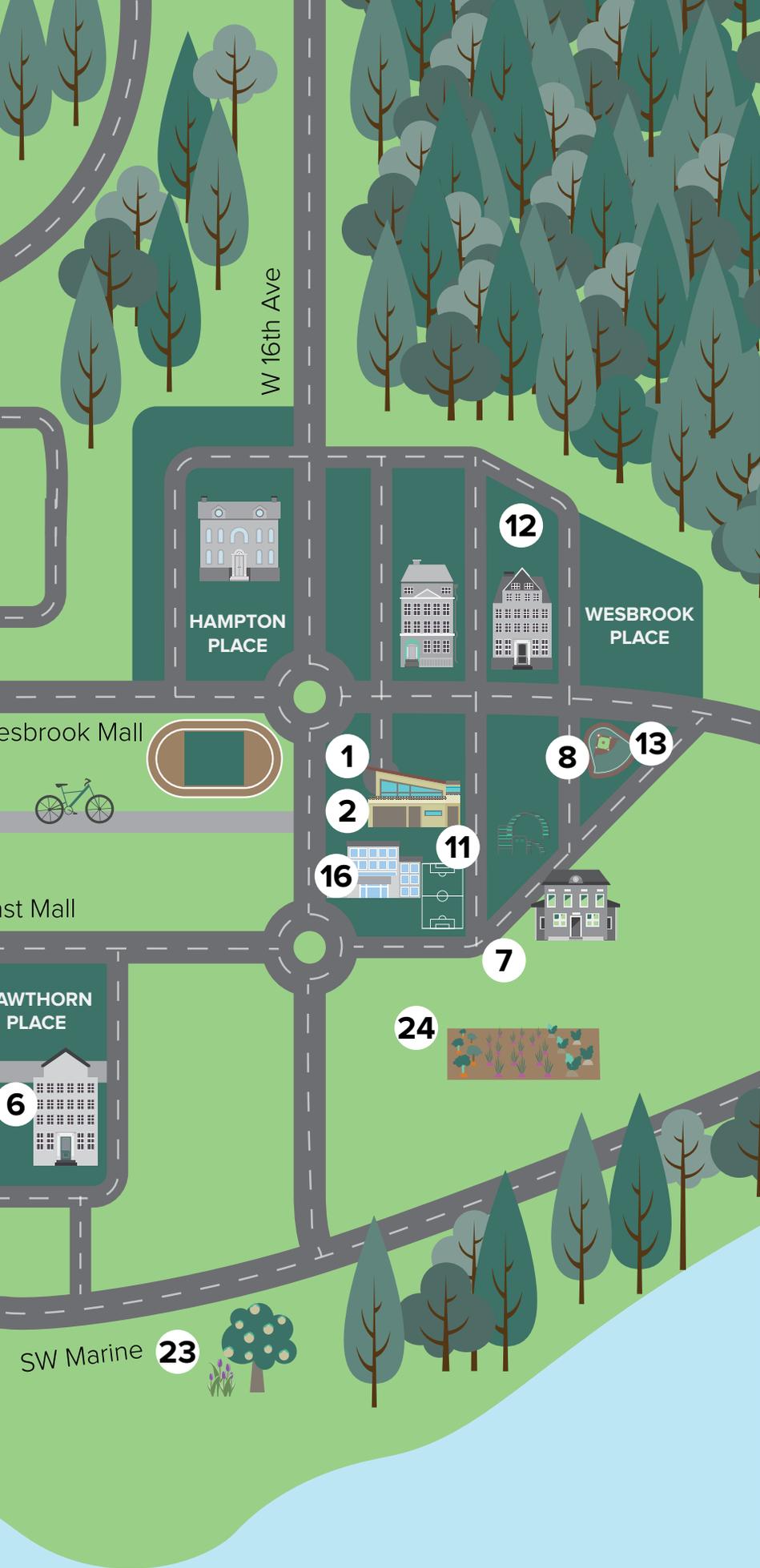
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4

West Mall

17

18



- 1.** UNA Main Office
 - 2.** Wesbrook Community Centre
 - 3.** Old Barn Community Centre
 - 4.** Old Barn Children's Garden
 - 5.** Hawthorn Community Garden
 - 6.** Rhodo Community Garden
 - 7.** Greenway Community Garden
 - 8.** Nobel Community Garden
 - 9.** Iona Green Park
 - 10.** Jim Taylor Park
 - 11.** UNA Field / Splash Pad
 - 12.** Michael Smith Park
 - 13.** Collings Field
 - 14.** University Hill Elementary
 - 15.** Norma Rose Point School
 - 16.** University Hill Secondary
 - 17.** Museum of Anthropology
 - 18.** Nitobe Memorial Garden
 - 19.** UBC Aquatic Centre
 - 20.** Beaty Biodiversity Museum
 - 21.** Thunderbird Sports Centre
 - 22.** Osborne Centre
 - 23.** UBC Botanical Garden
 - 24.** UBC Farm
-
- UNA facilities, gardens and parks
 - VSB schools
 - UBC facilities

ADULTS & SENIORS PROGRAMS

ARTS

Ballet | Beginner AGES 19+



Dance training is a fun, engaging way to improve strength, flexibility, and balance while enjoying the musicality and grace of ballet. Ballet terms and positions are learned at the barre, followed by short dance sequences at centre and across the floor. Suitable for beginner to intermediate level dancers. Ballet shoes or socks recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 20 – DEC 06 W, 8:00 PM – 9:00 PM
\$180.00 / 12 | Drop-in \$16.50 #7736

Ballet Drop-In | Intermediate & Advanced AGES 15+

A classical ballet class designed for dancers at the intermediate level and above (at least 3 years experience). Be challenged with fun and complex barre and centre combinations, with modified versions to accommodate varying levels of participant physicality and experience. Geared toward adults and mature youth who are ballet hobbyists, who want to keep practicing and improving their technique. Register for individual sessions or same day drop-in.

Volunteer: Juliet Oshiro

WCC | SEP 15 – DEC 15 F, 5:00 PM – 6:30 PM
Drop-in \$10.00ea #7586

Classical Indian and Folk Dance



AGES 16+

A Kathak dancer tells a story through acting and dance, using quick footwork and dizzying pirouettes. This beginner-friendly program emphasizes fun while learning dance technique and its historical and cultural context. Students from all backgrounds will learn about ancient stories and mythology while developing a greater appreciation for the rich cultural heritage of India. Students will have the opportunity to perform at the Diwali event on Nov 12, 2023.

Instructor: Menka Purswaney Amin

WCC | SEP 13 – DEC 13 W, 7:00 PM – 8:00 PM
\$238.00 / 14 #7623

Chinese Folk Dance AGES 19+

This program carves out a quick path to move from a beginner level dancer to an advanced level dancer. Participants will learn the basics and will be taught the choreography of a Chinese classical folk dance. All levels of experience are welcome. This class is taught in Mandarin.

WCC | SEP 12 – DEC 12 TU, 12:30 PM – 2:00 PM
\$420.00 / 14 | Drop-in \$33.00 #7349

WCC | SEP 16 – DEC 09 SA, 12:30 PM – 2:00 PM
No classes Sep 30, Oct 7, Nov 11
\$300.00 / 10 | Drop-in \$33.00 #7350

Dance Fusion AGES 19+

Learn to dance in a fun and welcoming environment! You will learn basic dance techniques and choreography, covering styles from K-Pop to jazz-funk to hip-hop. No experience is required. Please bring clean, non-marking shoes.

Instructor: Yan Guo

WCC | SEP 15 – DEC 15 F, 6:45 PM – 8:15 PM
\$252.00 / 14 | Drop-in \$20.00 #7346

K-Pop Hip-Hop AGES 19+

This fundamentals class aims to relive your dream of becoming a star! Learn choreography from your favourite K-Pop music videos, rise to a new challenge and stay active. No experience required. Wear shoes with non-marking soles and comfortable clothing. Bring a water bottle.

Instructor: Praise TEAM

WCC | SEP 12 – DEC 12 TU, 5:30 PM – 6:30 PM
No class Oct 31
\$182.00 / 13 | Drop-in \$15.00 #7348

Salsa Dancing | Beginner AGES 19+



Salsa is a fun and energetic dance and musical style with Caribbean and African roots, popular all over the world as it is easy to learn for all ages and abilities. Learn the basics with your partner in this fun and friendly program. Bring clean, non-marking athletic or ballroom shoes. Registration with a partner is recommended, but singles are welcome.

Instructor: Latin Funk Dance

OBCC | SEP 17 – DEC 10 SU, 5:00 PM – 6:30 PM
No class Oct 8
\$192.00 / 12 | Drop-in \$18.00 #7364

ARTS

Arts Appreciation for English Learners NEW

AGES 19+

This intermediate-level English conversation program inspires exploration of Visual Art, Fine Art, and Art History. Through hands-on activities, art gallery visits, small group and individual projects, learners will participate in dialogue, foster cultural connections, and develop their understanding and appreciation of the arts in a variety of forms, styles, and genres. Topics may include the fundamental elements of art, the principles of design, colour theory, and the artist's creative process.

Instructor: Janina Kulhay

WCC | SEP 13 – DEC 13 **W, 6:30 PM – 7:30 PM**
\$140.00 / 14 #7366

THESE SESSIONS ARE RUN BY SANDY REICHART, CERTIFIED DOG TRAINER. SANDY HAS ALSO COMPLETED SPECIALIZED TRAINING IN PUPPY EDUCATION AND DOG SEPARATION ANXIETY.

CANINE EDUCATION

Puppy Preschool **AGES 19+**

This fun socialization program will help participants teach their puppy some basic obedience skills. The instructor will discuss how to prevent problems and bad habits, and answer many of the common questions pup owners have. Participants will also learn about positive reinforcement, enrichment, body handling and more. Pups should be between 7 and 18 weeks of age at the start of class. Participants must provide proof of their dog's first set of vaccinations. All pups should be healthy when attending and must wear a flat collar or harness and a regular flat leash.

Instructor: Daisy Dog Training

WCC | SEP 12 – OCT 17 **TU, 6:00 PM – 7:00 PM**
\$210.00 / 6 #7624

Drawing and Sketching **AGES 16+**



This introductory drawing program invites learning through exploration, experimentation, discussion, excursions, and critique. Participants will improve their drawing and observational abilities in a relaxed and joyful atmosphere. Supplies are provided, but it is recommended to bring your own sketchbook. Participants are welcome to bring in their own sketches and drawings to discuss with the class.

Instructor: Janina Kulhay

WCC | SEP 13 – DEC 13 **W, 7:45 PM – 8:15 PM**
\$280.00 / 14 #7367

Puppy Playgroup Drop-In **AGES 19+**

These drop-in sessions will be focused around fun and socialization, but will also include training, information and helpful puppy tips. Dogs should be between 7 and 18 weeks of age. Participants must provide proof of their dog's first set of vaccinations. All pups should be healthy when attending. Register for full program, or (\$12) for a single session (space permitting). Owners must participate with their puppy.

Instructor: Daisy Dog Training

WCC | SEP 12 – OCT 17 **TU, 7:15 PM – 8:15 PM**
\$60.00 / 6 | Drop-in \$12.00 #7625

Watercolour Painting **AGES 16+**

In this beginner-friendly class, students will be introduced to basic watercolour techniques, engage with the medium, and explore their personal expression. Learn how to layer colours, move the brush on the paper and produce fluid marks. Art supplies are included, but students may wish to bring their own workbooks.

Instructor: Yasaman Moussavi

WCC | SEP 14 – DEC 11 **TH, 6:45 PM – 8:15 PM**
\$260.00 / 13 #7351

DOGS MUST WEAR A REGULAR FLAT COLLAR OR HARNESS AND LEASH, AND MUST BE FRIENDLY WITH STRANGERS AND OTHER DOGS. DOGS MUST BE HEALTHY AND UP-TO-DATE ON THEIR VACCINATIONS.

ADULTS & SENIORS PROGRAMS

EDUCATION

English Conversation for Mandarin Speakers AGES 19+

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.

Volunteer: Titus Yung

WCC | SEP 11 – DEC 11 M, 10:00 AM – 11:30 AM
No classes Oct 2, Oct 9, Nov 13
\$33.00 / 11 #7487

English Conversation | Beginner AGES 19+

This volunteer-led program is a beginner course designed for participants who have little experience with English. Basic vocabulary and sentences will be taught for conversational English.

Volunteer: UNA Volunteer

WCC | SEP 14 – DEC 14 TH, 10:00 AM – 11:30 AM
\$42.00 / 14 #7476

English Grammar | Beginner AGES 19+

English grammar can be fun! You will learn basic English grammar in an engaging class where you will practice what you learn.

Volunteer: UNA Volunteer

WCC | SEP 13 – DEC 13 W, 10:00 AM – 11:30 AM
\$42.00 / 14 #7488

English Conversation | Intermediate | Tuesdays AGES 19+

This volunteer-led class provides participants 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.

Volunteer: Eileen

WCC | SEP 12 – DEC 12 TU, 10:00 AM – 11:30 AM
\$42.00 / 14 #7481

English Conversation | Intermediate | Wednesday AGES 19+

This volunteer-led class gives participants a chance to take part in discussions covering a variety of topics. Discover more about Canadian/Western culture and attitudes and share your culture with new friends. This class will build confidence and increase participants' fluency in English.

Volunteers: Alice Bradley and Linda Quiney

WCC | SEP 13 – DEC 13 W, 1:00 PM – 2:30 PM
\$42.00 / 14 #7482

English Conversation | Intermediate | Thursdays AGES 19+

NEW

This volunteer-led class provides participants 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. Topics will be driven by the interests of the group.

Volunteer: UNA Volunteer

OBCC | SEP 14 – DEC 14 TH, 7:00 PM – 8:30 PM
\$42.00 / 14 #7480

English Conversation | Advanced | Fridays AGES 19+

This volunteer-led class will provide advanced English language learners a chance to develop their speaking and listening skills. Topics will be driven by the interests of the group.

Volunteer: UNA Volunteer

OBCC | SEP 15 – DEC 15 F, 10:00 AM – 11:30 AM
No classes Oct 20, Nov 24
\$36.00 / 12 #7473

French Club AGES 19+

Come to the Old Barn Living Room for a chance to practice speaking French along with other French language learners. Participants should have learned at least some basic French, and are encouraged to speak only French during the sessions. Register to receive program updates.

Volunteer: Julie Wang

OBCC | SEP 14 – DEC 14 TH, 1:30 PM – 2:30 PM
FREE / 14 #7489

French | Beginner AGES 19+

This Beginner French class offers participants a chance to learn the basics and be able to conduct simple conversations in French.

Instructor: TBD

OBCC | SEP 12 – DEC 12 TU, 6:30 PM – 8:00 PM
\$195.00/13 #7492

French | Intermediate AGES 19+

This Intermediate class is designed to offer a safe space for participants to learn and practice French. Each class will consist of exercises focusing on vocabulary precision, cultural discussions, small group activities and conversational exercises. Grammar topics may also be covered throughout the season, dependent on participant interest.

Instructor: Catherine Black

WCC | SEP 11 – DEC 11 M, 1:00 PM – 2:30 PM
No classes Oct 2, Oct 9, Nov 13
\$165.00 / 11 #7493

Community Digital Support AGES 19+

Volunteers are available to provide one-on-one tech support, in-person. Drop-in to get help with using your smart phone, tablet, or laptop. Services are available in English and in Mandarin. Please register to receive program updates.

Volunteers: UNA Volunteers

WCC | SEP 16 – DEC 16 SA, 10:00 AM – 12:00 PM
No classes Sep 30, Oct 7, Nov 11
FREE / 12 #7469

Korean Parent Support Circle

AGES 19+

This group welcomes Korean-speaking parents who have children attending public schools, K to Grade 12. Support and share school and community settlement resources, learn new skills and knowledge from one another, and tackle social isolation by bringing people together.

For registration or more information, please contact Jenny Choi, VSB Settlement Worker in Schools, at 778-229-4270 or hchoi@vsb.bc.ca.

Instructor: Jenny Choi (SWIS)

WCC | SEP 19, OCT 17, NOV 21 TU, 12:30 PM – 2:15 PM
FREE / 3 #7585

SUCCESS Settlement Services | Mandarin and English AGES 19+

Email: ISIPVANCOUVER@SUCCESS.BC.CA to make an appointment. 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. Limited drop-in service is available. Booking an appointment is highly recommended.

*You must bring your PR card or Confirmation of Permanent Resident to attend the service.

Tel#: 604-408-7274 ext: 2063 for Chinese and English
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：*咨询时，需出示您的永久居民卡或永久居民确认信。

Instructor: SUCCESS

WCC | SEP 12, OCT 10, NOV 14, DEC 12 TU, 9:30AM–4:00PM
FREE / 4 #7551

ADULTS & SENIORS PROGRAMS

EDUCATION

VSB Immigrant Parent Sessions | Mandarin and English AGES 19+

This is a group session for immigrant parents who reside in the UBC area and have children attending surrounding public schools.

Free 免费 Parents Power-Up Sessions 家长加油站 presented in various languages every week.

Organizer/Host 主办: Esaine Mo 巫小姐, VSB Settlement Worker with SWIS Program 温哥华教育局移民安顿工作者

Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 加拿大移民, 难民及公民部拨款出资

Goals: A platform that enables parents' connection, empowerment and resources/knowledge sharing.

目的: 给家长提供一个平台互相联系鼓励, 分享资源和知识。

Date: Every Thursday

On Zoom 线上会议 (Drop-In):

Every 1st Thu, 1 pm, Cantonese: (每月第一个周四广东话)

Every 2nd Thu, 1 pm, Mandarin: (每月第二个周四普通话)

Every 3rd Thu at 1 pm In English (每月第三个周四英语)

Time 时间: 1:00 pm – 2:30 pm.

Registration/Contact 登记和查询: Esaine Mo 巫小姐 at

work cell: 778-228-8536 or email: emo@vsb.bc.ca

Instructor: Esaine Mo (SWIS)

SEP 14 – DEC 14

TH, 1:00 PM – 2:30 PM

FREE / 14

#7554

Lunch and Learn | Environmental Pollutants in your Home AGES 19+



Bring your lunch and learn about Environmental Pollutants in your Home. Presented by Health Canada

- How you can identify hazards & health risks
- What you can do to reduce your exposure to environmental pollutants
- Maintaining a healthy home
- Where to find credible information

Instructor: Health Canada

WCC | OCT 17

TU, 12:00 PM – 1:30 PM

FREE / 1

#7417

SPORT

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 four are reserved for day-of drop-in. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 11 – DEC 11

M, 8:00 PM – 9:30 PM

No classes Oct 9, Nov 13

\$60.00 / 12 | Drop-in \$6.50

#7599

WCC | SEP 15 – DEC 15

FR, 7:45 PM – 9:15 PM

No classes Sep 22, Oct 20, Nov 24

\$55.00 / 11 | Drop-in \$6.50

#7647

WCC | SEP 10 – DEC 10

SU, 7:00 PM – 8:30 PM

No classes Oct 8, Nov 12

\$60.00 / 12 | Drop-in \$6.50

#7657

Badminton Drop-In AGES 19+

Enjoy a fun and friendly afternoon of badminton. These sessions are uninstructed and open to players of all skill levels. All 14 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 12 – DEC 12

TU, 12:00 PM – 1:30 PM

No class Oct 31

Drop-in \$6.50

#7729

Family Badminton Drop-In ALL AGES

Play Badminton with your family at the Wesbrook Community Centre Gym! This is a drop-in program - advanced registration opens 48 hours in advance. Children must be supervised by an adult (19+). This is not a court booking - gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | SEP 16 – DEC 09

SA, 8:30 AM – 10:00 AM

No classes Sep 30, Nov 11, Nov 18

Drop-in \$3.00ea

#7734

WCC | SEP 10 – DEC 10

SU, 4:00 PM – 5:30 PM

No classes Oct 8, Nov 12

Drop-in \$3.00ea

#7733



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



The 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.

Visit the website for hours, volunteer opportunities and to learn more about accepted items.

myuna.ca/depot



ADULTS & SENIORS PROGRAMS

SPORT

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. 14 spots are available for registration and four are reserved for day of.

WCC | SEP 16 – DEC 09 SA, 10:15 AM – 11:45 AM
No classes Oct 7, Nov 11, Nov 18
\$50.00 / 10 | Drop-in \$6.50 #7649

Basketball Drop-In 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 levels. All 18 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 11 – DEC 11 M, 6:00 PM – 7:30 PM
No classes Oct 9, Nov 13
Drop-in \$6.50 #7728

Table Tennis AGES 19+

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

WCC | SEP 11 – DEC 11 M, 11:15 AM – 12:45 PM
No classes Oct 9, Nov 13
\$60.00 / 12 | Drop-in \$6.50 #7594

WCC | SEP 12 – DEC 12 TU, 2:15 PM – 3:45 PM
No class Oct 31
\$65.00 / 13 | Drop-in \$6.50 #7611

Table Tennis Drop-In AGES 19+

Enjoy a fun, friendly afternoon of drop-in table tennis. These sessions are uninstructed and open to players of all skill levels. All 12 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 15 – DEC 15 F, 1:00 PM – 2:30 PM
Drop-in \$6.50 #7732

Volleyball AGES 19+

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. 20 spots are available for registration and 4 are reserved for day of. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 16 – DEC 09 SA, 5:30 PM – 7:00 PM
No classes Sep 30, Oct 7, Nov 11
\$50.00 / 10 | Drop-in \$6.50 #7654

Volleyball Drop-In AGES 19+

Enjoy a fun, friendly afternoon of drop-in table tennis. Sessions are uninstructed and open to players of all skill levels. All 12 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 13 – DEC 13 W, 7:45 PM – 9:15 PM
No class Sep 27
Drop-in \$6.50 #7730

Walking Soccer AGES 19+

Do you wish you could play soccer at a slower pace? Instead of running, the game is played at a walking pace. Anything other than a walk will trigger a penalty and the other team will be awarded the ball. No physical contact is allowed. Please bring gym appropriate shoes. Registration is required.

WCC | SEP 6 – DEC 20 W, 12:30 PM - 2:00 PM
FREE #7567

FAMILY MOVIE NIGHT

Old Barn Community Centre

Bring the whole family for Family Movie Night. Chairs provided, feel free to bring your blankets and pillows for maximum comfort. Popcorn, snacks, and drinks will be available for cash purchase. Doors open at 5:30 p.m. Movie starts at 6:00 p.m. Parents must accompany children. **\$2.00 entry.**

September 16

Spider-Man: Across The Spider-Verse

October 21

The Little Mermaid (2023)

November 18

Elemental

December 16

Lyle, Lyle Crocodile

myuna.ca/family-movie-night



ADULTS & SENIORS PROGRAMS

SPORT

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. 14 spots are available for registration and 4 are reserved for day of.

WCC | SEP 11 – DEC 11 **M, 2:00 PM – 3:30 PM**
No classes Oct 9, Nov 13
\$60.00 / 12 | Drop-in \$6.50 #7595

WCC | SEP 15 – DEC 15 **F, 10:30 AM – 12:00 PM**
No classes Sep 22, Oct 20, Nov 24
\$55.00 / 11 | Drop-in \$6.50 #7640

Pickleball Lessons | Accelerated Development AGES 19+

This program is intended for competitive players on the road to 3.5+. Each week, you'll participate in a gauntlet of original dynamic drills, and a variety of fast paced game situations. You'll be introduced to advanced footwork, mindset exercises, higher level positioning, and true teamwork. This is best suited to experienced players and confident athletes. Want to try a drop-in class? Contact the front desk (604-822-4227) and the instructor will recommend the right lesson for you.



Instructor: Chris Koentges

WCC | SEP 10 – DEC 10 **SU, 10:45 AM – 12:15 PM**
No classes Oct 8, Nov 12
\$300.00 / 12 | Drop-in \$25.00 #7658

Pickleball Lessons | Advanced Doubles

AGES 19+

Improve skills through advanced fast paced drills and game play with critical feedback. Key Points Include: Lots of foot work (be prepared to sweat), learning to create opportunities with the 3rd shot, putting away all types of balls, around the post shots, setting up the rally for victory, and resetting the rally. Register with your partner to play and drill together with other advanced teams. Players without a partner will be accommodated. Want to try a drop-in class? Contact the front desk (604-822-4227) and the instructor will recommend the right lesson for you.

Instructor: Chris Koentges

WCC | SEP 15 – DEC 15 **F, 8:45 AM – 10:15 AM**
No classes Sep 22, Oct 20, Nov 24
\$275.00 / 11 | Drop-in \$25.00 #7639

Pickleball Lessons | Intermediate AGES 19+

Improve skills through drills and game play. Key Points Include: Learning to neutralize hard hitters/ bangers, building consistency with third shots, developing a good understanding of ball placement, resetting the rally. This class is for those who have completed the beginner lessons and are looking for their next challenge. Want to try a drop-in class? Contact the front desk (604-822-4227) and the instructor will recommend the right lesson for you.

Instructor: Chris Koentges

WCC | SEP 13 – DEC 13 **W, 10:45 AM – 12:15 PM**
\$350.00 / 14 | Drop-in \$25.00 #7627

DROP-IN SPORTS CAN BE BOOKED UP TO 48 HOURS IN ADVANCE ONLINE OR IN PERSON. BOOKED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. FOR FULL RECREATION POLICIES, SEE PAGE 2.

CASUAL SPORTS: 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 WAIT LIST. SIGN-UP FOR THE DROP-IN WAITLIST MUST BE IN PERSON, AND BEGINS 30 MINUTES BEFORE THE PROGRAM BEGINS. FOR FULL POLICIES, SEE PAGE 2.

SPORT

Pickleball Lessons | Learn to Play AGES 19+

A comprehensive beginner clinic for both brand new participants and for emerging players who want to build confidence in the basics. Improve fundamental techniques through drills and game play. Key Points Include: Dinking, volleys, serve and return, 3rd shots, drives, court positioning, rules, etiquette, and culture. Everyone is welcome. Emphasis on fun, safety, and a relentlessly positive style of play. Want to try a drop-in class? Contact the front desk (604-822-4227) and the instructor will recommend the right lesson for you.

Instructor: Chris Koentges

WCC | SEP 13 – DEC 13 **W, 9:00 AM – 10:30 AM**
\$350.00 / 14 | Drop-in \$25.00 #7626

Pickleball Drop-In AGES 19+

Enjoy a fun and friendly afternoon of drop-in pickleball. These sessions are uninstructed and open to players of all skill levels. All 18 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. Note: Participants are expected to assist with set-up and take-down.

WCC | SEP 14 – DEC 14 **TH, 1:45 PM – 3:15 PM**
Drop-in \$6.50 #7731

Family Pickleball Drop-In ALL AGES

Come play Pickleball with your family at the Wesbrook Community Centre Gymnasium! This is a drop-in program - advanced registration opens 48 hours in advance. Children must be supervised by an adult (19+). This is not a court booking - gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | SEP 10 – DEC 11 **SU, 9:00 AM – 10:30 AM**
No classes Oct 8, Nov 12
Drop-in \$3.00ea #7735

MARTIAL ARTS

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. Each class will cover karate technique, conditioning, light cardio and stretching exercises. This is a combined class with Kyokushin Karate Youth. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

WCC | SEP 12 – DEC 12 **TU, 7:00 PM – 8:30 PM**
No class Oct 31
\$195.00 / 13 #7615

WCC | SEP 14 – DEC 14 **TH, 7:00 PM – 8:30 PM**
\$210.00 / 14 #7616

Tai Chi AGES 19+

This class works on Tai Chi foundations. Practice universal stances, forms and movements of Tai Chi. Learn to lead movements through the core of the body, building core and leg stability. This practice builds flexibility, strength, discipline, and concentration. No experience required. Drop-in available, space permitting:



Instructor: Patricia Szeto

WCC | SEP 19 – DEC 12 **TU, 6:30 PM – 7:30 PM**
No class Oct 31
\$204.00 / 12 | Drop-in \$19.00 #7622

ADULTS & SENIORS PROGRAMS

FITNESS

Abs Blast AGES 19+

ABS Blast is a highly effective workout focusing on all core abdominal (ABS) muscles to tone abs and improve core strength. This abs blaster workout will use a variety of different moves and techniques which mainly consist of planks and crunches.

Instructor: TBD

WCC | SEP 14 – DEC 15 TH, 7:45 AM – 8:30 AM
\$169.40 / 14 | Drop-in \$12.65 #7552

AquaFit | West Hampstead AGES 19+



Aqua Fit is similar to a regular workout class where there is a warm up, cardiovascular aspect, and strengthening and flexibility except it takes place under the water! These classes are led by a certified instructor and consist of music to keep you motivated, and variations for each exercise. These classes are fun and invigorating, and are a great

opportunity to gain a sense of community while exercising. All classes are suitable for all levels of exerciser, all mobility levels, and all swim levels.

****PLEASE NOTE: ALL AQUAFIT CLASSES ARE OFFERED AT WEST HAMPSTEAD IN THEIR POOL FACILITY, IF YOU ARE NOT A PART OF WEST HAMPSTEAD STRATA, PLEASE DO NOT SIGN UP FOR THIS CLASS****

Instructor: Hanif Teja

HAMPSTEAD | SEP 12 – DEC 12 TU, 1:00 PM – 1:50 PM
Drop-in \$8.00 #7512

Barre Pilates AGES 19+

Barre is a workout that combines lightweight, high repetition moves to help tone and sculpt even the smallest muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This special fitness class offers a twist of Pilates on the classic and popular barre classes and will leave you feeling toned and sculpted. No prior experience to barre or Pilates is necessary, but a willingness to learn and have fun is an absolute must.

Instructor: Abby (Yang) Zhang

WCC | SEP 11 – DEC 11 M, 9:30 AM – 10:30 AM
No class Oct 9
\$200.20 / 13 | Drop-in \$16.00 #7485

WCC | SEP 14 – DEC 14 TH, 7:50 PM – 8:50 PM
\$215.60 / 14 | Drop-in \$16.00 #7560

Morning Express HIIT AGES 19+

Are you someone looking to fit in a workout into your busy day? UNA's Express HIIT bootcamp-style workout is a mix between movements of high and low intensities that will hit all aspects of full-body, power workout. By combining bodyweight movements, strength training and aerobic elements, Express HIIT will target full body workouts leaving you feeling toned and sculpted from head to toe. This bootcamp is good for anyone. Levels of intensities and difficulty can be customized.

Instructor: Hanif Teja

WCC | SEP 11 – DEC 12 M, 6:15 AM – 7:00 AM
No class Oct 9
\$156.00 / 13 | Drop-in \$12.00 #7483

WCC | SEP 13 – DEC 14 W, 6:15 AM – 7:00 AM
\$168.00 / 14 | Drop-in \$12.00 #7533

WCC | SEP 15 – DEC 16 F, 6:15 AM – 7:00 AM
No class Nov 10
\$156.00 / 13 | Drop-in \$12.00 #7569

PLEASE BRING YOUR OWN MAT TO CLASS. MATS ARE AVAILABLE TO BORROW IF NEEDED.

YOGA AND FITNESS PARTICIPANTS UNDER AGE 18 REQUIRE A WAIVER SIGNED BY A PARENT OR GUARDIAN.

ADULTS & SENIORS PROGRAMS

FITNESS

Lunch Time Express HIIT AGES 19+

Are you someone looking to fit in a workout into your busy day? This bootcamp-style workout is a mix between movements of high and low intensities that will hit all aspects of full-body, power workout. Combine bodyweight movements, strength training and aerobic elements, and target full body workouts leaving you feeling toned and sculpted from head to toe. This bootcamp is good for anyone. Levels of intensities and difficulty can be customized.

Instructor: Hanif Teja

WCC | SEP 14 – DEC 15 TH, 12:00 PM – 12:45 PM
\$168.00 / 14 | Drop-in \$12.00 #7556

WCC | SEP 15 – DEC 16 F, 11:30 AM – 12:15 PM
No class Nov 10
\$157.30 / 13 | Drop-in \$13.00 #7570

WCC | SEP 13 – DEC 14 W, 12:00 PM – 12:45 PM
\$196.00 / 14 | Drop-in \$15.40 #7540

Fit Together AGES 19+

Parent & Baby fitness classes are designed specifically for new parents (mom or dad!) to help rebuild strength and gain a sense of community. Expect to come to class each week and spend time sweating, laughing, and building muscle tone in a safe environment that is both baby friendly and new parent friendly. Join Fit Together today to experience more energy, less body aches, stronger muscles, and decreased risk of postpartum depression. Enjoy the sweat and burn and baby will enjoy the quality time and the nursery rhymes and dances at the end.

Instructor: Nicole Kraumanis

WCC | SEP 14 – DEC 15 TH, 10:45 AM – 11:45 AM
\$210.00 / 14 | Drop-in \$15.76 #7555

Full Body Bootcamp with Nicole AGES 16+

Challenge your body and mind by taking it to the next level! Build power, endurance, strength, and cardio while having fun! Throughout the hour-long class, interval-based exercises will combine full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Be prepared for a sweat dripping, body transforming, strength and stamina building workout. Participants will choose their own intensity level from low to moderate to high throughout the class. This workout is the total package!

Instructor: Nicole Kraumanis

WCC | SEP 13 – DEC 14 W, 9:45 AM – 10:45 AM
\$200.20 / 14 | Drop-in \$15.73 #7537

Full Body Strength Bootcamp AGES 19+

This is a type of workout that involves a series of exercises performed in a specific order. Participants move from one exercise station to the next, performing each exercise for a set amount of time before moving on to the next one. Circuit training is a great way to improve overall fitness and build strength.

Instructor: TBD

WCC | SEP 11 – DEC 11 M, 7:45 PM – 8:30 PM
No class Oct 9
\$157.30 Fitness Promo / 13 | Drop-in \$12.65 #7502

Gaining Strength with Age AGES 19+

Embrace the power of 'Gaining Strength with Age' fitness class! Specially designed for adults of all ages to enhance muscle strength, flexibility, and vitality through tailored exercises. Stay agile, improve balance, and maintain bone density, ensuring an active, independent lifestyle in your golden years.

Instructor: Abby Zhang

WCC | SEP 12 – DEC 12 TU, 9:00 AM – 10:00 AM
\$189.00 / 14 | Drop-in \$14.00 #7509

ADULTS & SENIORS PROGRAMS

FITNESS

Lower Body Blast Bootcamp AGES 19+

Lower Body Blast Bootcamp is a super effective type of fitness class for hips and glutes combined with some extra exercises for the abdominal for a well rounded lower body workout. This a set of exercises can help to strengthen & sculpt your hips, legs, and abs.

Instructor: TBD

WCC | SEP 12 – DEC 13 TU, 7:00 AM – 7:45 AM
\$169.40 / 14 | Drop-in \$12.65 #7506

OBCC | SEP 11 – DEC 11 M, 6:30 PM – 7:15 PM
No class Oct 9
\$158.60 / 13 | Drop-in \$12.65 #7501

Pilates Core AGES 19+

Barre is a workout that combines lightweight, high repetition moves to help tone and sculpt even the smallest muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This special fitness class offers a twist of Pilates on the classic and popular barre classes and will leave you feeling toned and sculpted. No prior experience to barre or Pilates is necessary, but a willingness to learn and have fun is an absolute must.

Instructor: Abby (Yang) Zhang

WCC | SEP 14 – DEC 15 TH, 9:30 AM – 10:30 AM
\$215.60 / 14 | Drop-in \$16.00 #7553

YOGA AND FITNESS PARTICIPANTS
UNDER AGE 18 REQUIRE A WAIVER
SIGNED BY A PARENT OR GUARDIAN.

Spin AGES 19+

A high intensity, full-body spin class that continues the burn after class is over. Spin incorporates dynamic full-body movements to push your fitness limits while giving you peace of mind that a great workout can be fit into a busy schedule! Spin classes have the option to include dumbbells, varied intervals, and multi-directional movements in order to increase cardiovascular conditioning and strength. Good for all levels as they are not high pressure, and resistance can be controlled to match your needs.

Instructor: Michelle Ko

WCC | SEP 10 – DEC 11 SU, 8:00 AM – 8:45 AM
No class Oct 9
\$171.50 / 14 | Drop-in \$13.00 #7693

WCC | SEP 15 – DEC 15 F, 7:45 AM – 8:30 AM
\$171.50 / 13 | Drop-in \$13.00 #7692

Instructor: Brianne Orr-Alvarez

WCC | SEP 11 – DEC 11 M, 7:45 AM – 8:15 AM
No class Oct 9
\$159.25 / 13 | Drop-in \$13.00 #7484

Stretch & Strength with Nicole AGES 16+

This class includes 40 minutes of exercises to increase overall strength followed by 20 minutes of full body stretching and relaxation to help with flexibility, range of motion, balance, and posture.

Instructor: Nicole Kraumanis

WCC | SEP 13 – DEC 14 W, 7:15 AM – 8:15 AM
\$204.40 / 14 | Drop-in \$15.40 #7536

Women's Only Fitness AGES 19+

In this women's only class, anyone who identifies as a woman is welcome to join in fitness fun! You will be lead by a certified female personal trainer who specializes in women's health & fitness. Classes vary depending on the day, but will target different muscles groups & full body. You will also have the opportunity to utilize body weight, dumbbells, bands, and other fitness equipment. Bring indoor running shoes, a yoga mat, and lots of water for these classes. Drop-ins are available, space dependent.

Instructor: TBD

WCC | SEP 12 – DEC 13 TU, 7:50 AM – 8:50 AM
\$155.40 / 14 | Drop-in \$12.65 #7507

Zumba AGES 19+

Zumba is a fun and high-energy workout inspired by Latin dance and international beats that will keep you energized and moving. The routines are centered around aerobic and fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. By the end of this class you will have had so much fun you won't realize how great your workout was! Dance your way to fitness and join the movement!

Instructor: DanZa Productions

WCC | SEP 13 – DEC 13 **W, 6:45 PM – 7:45 PM**
 \$189.00 / 14 | Drop-in \$15.00 #7546

WCC | SEP 16 – DEC 16 **SA, 11:25 AM – 12:25 PM**
No classes Sep 30, Oct 7, Nov 11, Dec 16
 \$148.50 / 11 | Drop-in \$15.00 #7576

WCC | SEP 14 – DEC 14 **TH, 6:45 PM – 7:45 PM**
 \$189.00 / 14 | Drop-in \$15.00 #7558

WCC | SEP 11 – DEC 11 **M, 12:45 PM – 1:45 PM**
No class Oct 9
 \$185.90 / 13 | Drop-in \$15.00 #7490

YOGA

Chair Yoga with Angie AGES 19+

In this gentle class, exercises will be done while sitting or standing holding onto a chair. We will focus on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at.

Please bring water, a yoga mat, and stretchy clothes.

Instructor: Angie Datt

WCC | SEP 14 – DEC 15 **TH, 1:00 PM – 2:00 PM**
 \$112.00 / 14 | Drop-in \$8.80 #7566

Slow Yoga with Angie AGES 16+

Angie has been teaching various styles of Yoga for over 10 years in Vancouver. She likes to incorporate mobility work, traditional Yoga asana and breath work into her classes for a well rounded experience for participants.

Instructor: Angie Datt

OBCC | SEP 14 – DEC 14 **TH, 7:00 PM – 8:15 PM**
 \$215.60 / 14 | Drop-in \$15.00 #7565

ADULTS & SENIORS PROGRAMS

Gentle Yoga with Angie AGES 19+

Rejuvenate, decompress, 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, ages, and mobility levels. In this gentle class, exercises will be done while sitting or standing holding onto a chair. The focus will be on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at. Please bring your own mat to class. Mats are available to borrow if needed.

Instructor: Angie Datt

WCC | SEP 15 – DEC 16 **F, 10:00 AM – 11:00 AM**
No class Nov 10
 \$182.00 / 13 | Drop-in \$15.00 #7571

Gentle Yoga with Paula AGES 19+

Rejuvenate, decompress, 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, ages, and mobility levels.



In this gentle class, exercises will be done while sitting or standing holding onto a chair. The focus will be on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at.

Instructor: Paula Jerez

WCC | SEP 14 – DEC 14 **TH, 5:40 PM – 6:40 PM**
 \$249.20 / 14 | Drop-in \$18.00 #7561

ADULTS & SENIORS PROGRAMS

YOGA

Iyengar Yoga with Brian | Beginner AGES 18+

For students keen to learn, practice, and establish a solid understanding of a broad range of foundational asana. Iyengar Yoga is a step-by-step method that develops strength, flexibility, balance and awareness in the body, and resilience and clarity in the mind. Adapted for all ages and levels. More information at www.iybrian.com.

Instructor: Brian Hogencamp

OBCC | SEP 13 – DEC 13 **W, 6:15 PM – 7:15 PM**
\$280.00 / 14 | Drop-in \$20.00 #7548

WCC | SEP 11 – DEC 11 **M, 6:30 PM – 7:30 PM**
No class Oct 9
\$260.00 / 13 | Drop-in \$20.00 #7496

Iyengar Yoga with Brian | Beginner & Intermediate AGES 18+

Evolve a solid understanding of a broad range of asana (poses). Iyengar Yoga is a step-by-step, progressive method that can develop strength, flexibility, balance, stamina, and awareness in the body, and resilience and calmness in the mind. Adapted for all ages and levels. More information at www.iybrian.com.

Instructor: Brian Hogencamp

OBCC | SEP 13 – DEC 13 **W, 10:00 AM – 11:30 AM**
\$280.00 / 14 | Drop-in \$20.00 #7659

Iyengar Yoga with Brian | Intermediate AGES 18+

This basic intermediate course builds on foundational experience to refine mobility, stability, and develop deeper awareness of the body, mind, and breath through an expanded range of asana and pranayama. Iyengar Yoga is a progressive method of learning based on precision, timing, and sequencing. Adapted for all ages and levels.

Instructor: Brian Hogencamp

WCC | SEP 14 – DEC 14 **TH, 6:15 PM – 7:30 PM**
\$280.00 / 14 | Drop-in \$20.00 #7562

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.

Instructor: Luci Yamamoto

WCC | SEP 23 – OCT 29 **SA, 10:00 AM – 11:15 AM**
No class Sep 30
\$90.00 / 5 | Drop-in \$20.00 #7573

WCC | NOV 18 – DEC 17 **SA, 10:00 AM – 11:15 AM**
\$90.00 / 5 | Drop-in \$20.00 #7574

Mindful Prenatal Yoga with Negar AGES 16+

Negar's classes explore different themes so you can build a skillful understanding of how to move, stretch and strengthen according to your unique composition. With 20 years of experience as a yoga practitioner, and 10 years as a teacher, she is knowledgeable in anatomy, contraindications, and modifications to serve clients of all ages and abilities. Negar's teachings go beyond traditional, placing a strong emphasis on awareness and creating integrity within each pose that can be carried into daily life. Her unique approach to Prenatal Yoga utilizes dynamic structural alignment, conscious breathing and practical yogic philosophy to strengthen your body, and mind.

Instructor: Negar Amini

WCC | SEP 12 – DEC 12 **TU, 7:35 PM – 8:35 PM**
\$280.00 / 14 | Drop-in \$25.00 #7531

Vinyasa with Negar AGES 19+

In Vinyasa Yoga you will explore bodily awareness and connection with your breath to the movements. Work will be done to establish a calm and focused state of mind. Expect to allow space for the heart to open, emotions to pass through, and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system which focus on traditional series of postures done in the same order every time with a flow aspect as the vinyasa twist.

Instructor: Negar Amini

OBCC | SEP 11 – DEC 11 **M, 7:30 PM – 8:30 PM**
No class Oct 9
\$260.00 / 13 | Drop-in \$25.00 #7497

Yoga in Mandarin with Kate AGES 19+

Yoga can help you get in shape, improve range of motion, release muscle tightness, and reduce stress. You will learn essential yoga poses and the alignments will be addressed with a focus on mindful movements in standing and floor postures to develop strength, focus and control. Variations and modifications will be offered to ensure students can work at their own level. Advanced and beginner yogi's are welcome.

Instructor: Kate Tsai

WCC | SEP 15 – DEC 15 **F, 1:30 PM – 2:30 PM**
\$203.00 / 14 | Drop-in \$18.00 #7568

WCC | SEP 11 – DEC 11 **M, 10:45 AM – 11:45 AM**
No classes Oct 9, Nov 13
\$174.00 / 12 | Drop-in \$18.00 #7486

Yoga & Sound Healing Mediation AGES 16+

You will be led through a relaxing and connecting yoga class led by Angie followed by a sound healing meditation led by Klára to integrate and deepen your body's wisdom and connect to Spirit. End with a check-in and sharing circle; feel free to bring your journal to jot down intentions and reflections.

Instructor: Klara Abdi (De Luz)

WCC | SEP 23, OCT 21, NOV 25 **SA, 2:15 PM – 4:15 PM**
\$111.00 / 3 | Drop-in \$44.00 #7675

Sound Healing Meditation Trial AGES 15+

Sound is an excellent way to reach a deep meditative state where the mind, body and spirit can heal. You will be guided through a sound healing meditation adapted to the needs of the participants. Klára Abdi de Luz has been doing group and private sessions using Tibetan and crystal singing bowls, shamanic drum, wind chimes, rattles, as well as her voice, to offer a unique experience. Bring your own yoga mat and blanket or use the mats or chairs provided. Visit www.klaritywellness.ca for information and watch sample sound healing meditations on YouTube: Sound Journeys.

Instructor: Klara Abdi (De Luz)

WCC | SEP 10 – SEP 10 **SU, 4:30 PM – 5:45 PM**
Drop-in \$15.00 #7475

WCC | OCT 29 – OCT 29 **SU, 4:30 PM – 5:45 PM**
Drop-in \$15.00 #7477

Sound Healing Meditation AGES 15+

Sound is an excellent way to reach a deep meditative state where the mind, body and spirit can heal. In this class you will be guided through a sound healing meditation adapted to the needs of the participants. With a background in music and training in various healing modalities, Klára Abdi de Luz has been doing group and private sound and energy healing sessions for the past five years. She uses Tibetan and crystal singing bowls, shamanic drum, wind chimes, rattles, as well as her voice, to offer a unique experience to her participants. Feel free to bring your own yoga mat and blanket or use the mats or chairs provided. Please visit www.klaritywellness.ca for more information and watch sample sound healing meditations on YouTube: Sound Journeys.

Instructor: Klara Abdi (De Luz)

WCC | SEP 17 – OCT 22 **SU, 4:30 PM – 5:45 PM**
\$132.00 / 6 | Drop-in \$25.00 #7474

WCC | NOV 05 – DEC 10 **SU, 4:30 PM – 5:45 PM**
\$132.00 / 6 | Drop-in \$25.00 #7478

Sound & Energy Healing Meditation AGES 15+

Sound is an excellent way to reach a deep meditative state where the mind, body and spirit can heal. You will be guided through a sound healing meditation adapted to the needs of the participants. Klára Abdi de Luz has been doing group and private sessions using Tibetan and crystal singing bowls, shamanic drum, wind chimes, rattles, as well as her voice, to offer a unique experience. Bring your own yoga mat and blanket or use the mats or chairs provided. Visit www.klaritywellness.ca for information and watch sample sound healing meditations on YouTube: Sound Journeys.

Instructor: Klara Abdi (De Luz)

WCC | SEP 16, OCT 14, NOV 18, DEC 09 **SA, 2:15PM–4:15PM**
\$154.00 / 4 | Drop-in \$44.00 #7479

ALL DROP-IN PARTICIPANTS
WILL RECEIVE A WRISTBAND
AS PROOF OF PAYMENT.

ADULTS & SENIORS PROGRAMS

SOCIAL

Bridge AGES 19+

Come and join our group of bridge regulars every Tuesday morning! This free drop-in is intended for players with a strong knowledge of the game. Please register to receive program updates.



Volunteer: John Maunsell

WCC | SEP 05 – DEC 12 TU, 10:00 AM – 12:30 PM
FREE #7465

Newcomers Support Group AGES 19+

This free drop-in program includes a different topic each week followed by a stress relieving activity (meditation, yoga, crafts, etc.) Please register to receive program updates. Volunteers speak English and Mandarin. Everyone is welcome! Register to receive schedule updates.

Volunteers: Sandy Zhao and Rachel Wang

WCC | SEP 13 – NOV 29 W, 10:00 AM – 11:30 AM
FREE #7505

Saturday Afternoon Tea AGES 19+

A guest speaker will lead a casual discussion on various topics. Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration required. Please note, this session is in English.

Volunteer: UNA Volunteer

WCC | SEP 16 SA, 1:00 PM – 3:00 PM
FREE #7530

WCC | OCT 14 SA, 1:00 PM – 3:00 PM
FREE #7532

WCC | NOV 4 SA, 1:00 PM – 3:00 PM
FREE #7534

Saturday Afternoon Tea | Mandarin Session

AGES 19+

A guest speaker will lead a casual discussion on various topics. Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration required. Please note, this session is in Mandarin.

Volunteer: UNA Volunteer

WCC | SEP 23 SA, 1:00 PM – 3:00 PM
FREE #7523

WCC | OCT 21 SA, 1:00 PM – 3:00 PM
FREE #7526

WCC | NOV 18 SA, 1:00 PM – 3:00 PM
FREE #7527

Let's Cook Club ALL AGES

Share your favourite recipes with your neighbours! Join us for a cooking workshop followed by a community potluck. Please bring a dish to share, homemade or otherwise. One dish per family, to serve 4-6 people. Please register all family members (including children). Featured dishes will be updated on the UNA website programs page.

Instructor: UNA Volunteer

WCC | SEP 26 TU, 6:00 PM – 8:00 PM
FREE #7498

WCC | OCT 24 TU, 6:00 PM – 8:00 PM
FREE #7499

WCC | NOV 28 TU, 6:00 PM – 8:00 PM
FREE #7500

SOCIAL

Mahjong AGES 19+

Come and play the fun and simple social game of Mahjong, with easy rules to follow. No registration is required for this free drop-in program.

Instructor: Nils Bradley

WCC | SEP 4 – DEC 18 M, 1:00 PM – 3:00 PM
FREE #7503

Learn to Play Mahjong AGES 19+



English instruction on how to play Mahjong. Come to these two lessons and you'll be ready to join the regular Monday sessions.

Volunteer: UNA Volunteer

WCC | SEP 12 – SEP 14 TU/TH, 1:00 PM – 3:00 PM
FREE #7718

Old Barn Book Club AGES 16+

This Book Club is for those interested in lively discussion with a diverse age group of participants. It will also incorporate projects related to increasing literacy resources to vulnerable people. Register to receive program updates.

Sep 23: *The Idiot* by Elif Batuman

Oct 21: *The Metamorphosis* by Franz Kafka

Nov 18: *Jane Eyre* by Charlotte Bronte

Volunteer: Saige Park

OBCC | SEP 23, OCT 21, NOV 18 SA, 10:00 AM – 12:00 PM
FREE #7517

Wesbrook Book Club AGES 19+

Enjoy a conversation with your neighbours about the book of the month. This program is suitable for those with intermediate English skills and new members are always welcome. Register to receive program updates.

Sep 10: *Klara and the Sun* by Kazuo Ishiguro

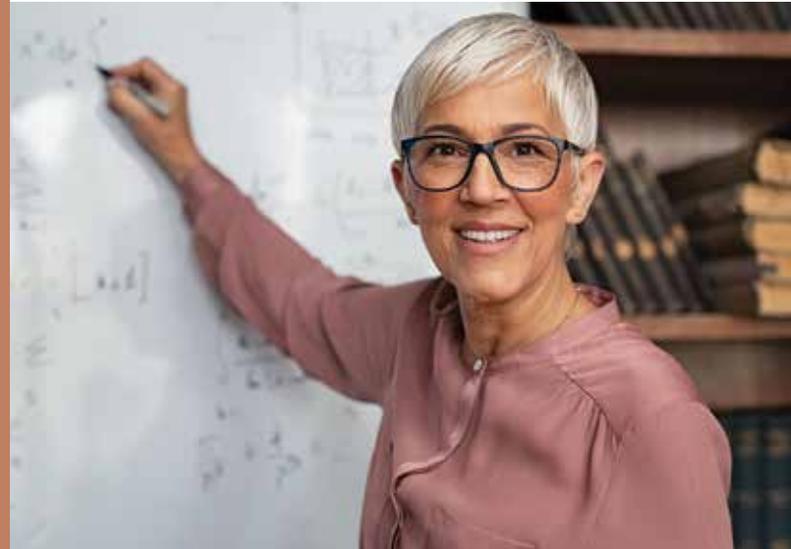
Oct 15: *A House Without Windows* by Nadia Hashimi

Nov 19: *A Single Tear* by Mingkun Wu & Yikai Li

Instructor: Alice Bradley

WCC | SEP 10, OCT 15, NOV 19 SU, 10:00 AM – 12:00 PM
FREE #7467

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:

- French teacher
- Music teacher (guitar, piano, violin, etc)
- Parent & Tot Assistant
- Fitness & Spin instructors
- Personal Trainers and more!

See job postings at myuna.ca/careers

Visit our website for more details, propose a new program, or apply!



ADULTS & SENIORS PROGRAMS

SOCIAL

Sewing and Knitting Studio AGES 13+

This studio is for those interested in sewing and knitting in a social setting. Participants can learn from each other, whether it's basic sewing skills, how to mend your own clothing, quilting, etc. Community members of all skill levels are invited to attend but note that this is not a formal class. Bring a project you're working on or start one together! Two sewing machines and a variety of knitting supplies will be available. Register to receive program updates.

Volunteer: Corazon Orata

WCC | SEP 10 – DEC 10 **SU, 1:00 PM – 3:00 PM**
No classes Oct 8, Nov 12
FREE #7547

Women's Social Club AGES 19+

Facilitated by a UNA volunteer, this program provides an informal space for women to come together and talk. This is an excellent place for newcomers to meet their neighbours and make new friends. Tea will be provided and participants are welcome to bring a snack to share. Please register to receive email updates.

Volunteer: Alice Bradley

OBCC | SEP 12 – DEC 12 **TU, 12:00 PM – 1:30 PM**
FREE #7572

Walk and Talk Club AGES 19+

New for Fall, we will be offering two different walking speeds to make the program more accessible. Registration is the same for both groups and then you can choose which group suits your needs. Walks will take place in Pacific Spirit Park, the campus and the surrounding neighbourhoods.

Volunteer: Helen Aqua

WCC | SEP 04 – DEC 18 **M, 10:00 AM – 11:30 AM**
FREE #7563

Walk and Talk Coffee Hour AGES 19+

Walk and Talk participants are welcome to bring their lunch, snack or beverages to enjoy for an after-walk social time.

Volunteer: Alice Bradley and Helen Aqua

WCC | SEP 04 – DEC 18 **M, 11:30 AM – 1:00 PM**
FREE #7559

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



THE UNA CHILDREN'S GARDEN

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

Community Choir AGES 14+

This intergenerational choir program welcomes all experience levels. A variety of repertoire will be sung together and in harmony. Musicians are welcome to bring instruments, and everyone is welcome to suggest songs for the choir to sing - even original songs they have written!

Instructor: Matt Stapleton

OBCC | SEP 13 – DEC 13 W, 7:30 PM – 8:30 PM
\$98.00 / 14 #7355

Group Guitar | Beginner AGES 14+

The beginner class will introduce participants to the basics of guitar. Learn chords to start playing songs in a fun group setting! Participants are required to bring their own guitar.

Instructor: Matt Stapleton

WCC | SEP 11 – DEC 11 M, 6:30 PM – 7:30 PM
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7353

Group Guitar | Intermediate AGES 14+

The intermediate class is for those who know a few basic guitar chords and want to continue learning and advancing their skills. Participants will learn new chords and refine their skills through playing in a group setting. Participants are required to bring their own guitar.

Instructor: Matt Stapleton

WCC | SEP 11 – DEC 11 M, 7:30 PM – 8:30 PM
No classes Oct 2, Oct 9, Nov 13
\$220.00 / 11 #7354

Guitar AGES 8+

In these 30-minute lessons you'll learn to play your favourite songs and develop confidence. These exciting lessons are for guitarists of all levels, from beginners to Royal Conservatory students. Bring your own guitar - nylon strings are required for classical style. The instructor can provide guidance on guitar and book purchases after the first lesson.

Instructor: Vanja Dajak

WCC | SEP 12 – DEC 12 TU, 4:00 PM – 9:00 PM
No class Oct 31
\$429.00 / 13 #various

**ADULTS & SENIORS
PROGRAMS****Flute** AGES 8+

These 30-minute lessons are a fun and practical approach to learning flute. All levels are welcome, from beginners to Royal Conservatory Music students, to those who are looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

Instructor: Andrea Minden

WCC | SEP 10 – DEC 10 SU, 1:30 PM – 5:00 PM
No class Oct 8
\$429.00 / 13 #various

Piano AGES 5+

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. Required books will be recommended for purchase during the first lesson. Access to a piano for additional practice is required.

Instructor: Derek Pang

WCC | SEP 11 – DEC 11 M, 3:30 PM – 8:00 PM
No classes Oct 2, Oct 9, Nov 13
\$363.00 / 11 #various

WCC | SEP 13 – DEC 13 W, 3:30 PM – 8:00 PM
\$462.00 / 14 #various

Instructor: Bassem Ghabrous

WCC | SEP 16 – DEC 09 SA, 10:00 AM – 3:00 PM
No classes Sep 30, Oct 7, Nov 11
\$330.00 / 10 #various

Instructor: Erika Galinskaya

WCC | SEP 17 – DEC 10 SU, 1:00 PM – 4:15 PM
No class Oct 8
\$396.00 / 12 #various

LIVE WELL, STAY STRONG SENIORS 55+

ARTS

Seniors' Open Art Studio AGES 55+



Seniors can bring their own art supplies to work in the Art Room at Wesbrook Community Centre. Volunteers are welcome to use this time slot to plan workshops for the seniors in our community. Register to receive program updates.

Volunteer: UNA Volunteer

WCC | SEP 14 – DEC 14 TH, 9:00 AM – 11:00 AM
FREE #7539

EDUCATION

Seniors Tech-Savvy Tuesdays AGES 55+

This digital literacy program for older adults will begin each session with a short presentation on a specific topic followed by one-on-one help as well as small group problem solving. Please bring your own devices (laptop, tablet phone). Registration is required.

Volunteer: UNA Volunteer

WCC | SEP 12 – DEC 12 TU, 5:30 PM – 6:30 PM
FREE / 14 #7543



Chinese Seniors' Dance AGES 55+

Space is available for seniors to practice traditional Chinese dance. All seniors are welcome to join this unstructured program. Registration is required.

Volunteer: UNA Volunteer

OBCC | SEP 08 – DEC 15 F, 12:30 PM – 2:00 PM
No classes Oct 20, Nov 24
FREE #7466

English ABCs for Seniors AGES 55+

This class is designed for seniors who have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The class will be led by youth volunteers at a slow pace and in a friendly environment.

Volunteers: Sabrina and Jennie

WCC | SEP 10 – DEC 10 SU, 10:00 AM – 11:30 AM
No classes Nov 12, Oct 8
FREE / 12 #7472

SPORT

Table Tennis for Seniors AGES 55+

Seniors are invited for an hour of table tennis. These sessions are unstructured and open to players of all skill levels. 8 spaces are open for season registration and 4 are reserved for day of.

WCC | SEP 15 – DEC 15 F, 2:30 PM – 3:30 PM
\$56.00 / 14 | Drop-in \$5.00 #7642

NEW REFUND DEADLINE: ONE
BUSINESS DAY AFTER THE FIRST
CLASS! FOR FULL RECREATION
POLICIES, SEE PAGE 2



FITNESS

Osteofit | West Hampstead AGES 55+

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 is not provided for remote or virtual sessions.

Instructor: Angie Datt

HAMPSTEAD | SEP 11 – DEC 11 M, 3:00 PM – 4:00 PM
No class Oct 9
 Drop-in \$8.00 #7504

HAMPSTEAD | SEP 13 – DEC 14 W, 3:00 PM – 4:00 PM
 Drop-in \$8.00 #7544

Osteofit with Angie AGES 55+

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 is not provided for remote or virtual sessions.

Instructor: Angie Datt

WCC | SEP 11 – DEC 11 M, 1:00 PM – 2:00 PM
No class Oct 9
 \$104.00 / 13 | Drop-in \$8.00 #7491

WCC | SEP 13 – DEC 14 W, 1:00 PM – 2:00 PM
 \$123.20 / 14 | Drop-in \$8.80 #7542

SOCIAL

Seniors' Gym AGES 55+

Stay active and join us for a variety of volunteer-led games and activities in the gym. Open to everyone 55+. Registration is required.

Volunteer: UNA Volunteer

WCC | SEP 11 – DEC 11 M, 11:15 AM – 12:15 PM
No classes Oct 2, Oct 9, Nov 13
 FREE #7535

Seniors' Drop-in AGES 55+



Social drop-in hosted by volunteers. Please register to receive program updates.

Volunteer: UNA Volunteer

WCC | SEP 13 – DEC 13 W, 9:00 AM – 11:00 AM
 FREE #7722

Dance Party for Seniors AGES 55+

Hit the dance floor and groove to a variety of classic tunes - from rock and roll, pop and disco to jazz, rhythm and soul. No dance partner needed! When you're ready for a break, rest in our adjacent seating area and enjoy connecting with others who share your love of music. Please register to receive program updates.

Volunteer: Florence Luo

WCC | SEP 23, OCT 21, NOV 18 SA, 7:00 PM – 8:30 PM
 FREE #7471

INDEX & SCHEDULE

COMMUNITY EVENTS

	Try-It Week	All Ages	Tue-Fri	Sep 05		WCC	社区试课周
	Neighbours Day	All Ages	Sat	Sep 09	10:30 AM	WCC	社区秋季欢庆
7700	Family Movie Night	All Ages	Sat	Sep 16	6:00 PM	OBCC	家庭电影之夜
7702	Pumpkin Carving	All Ages	Fri	Oct 27	3:30 PM	WCC	家庭南瓜雕刻
7699	Murder Mystery	Ages 16+	Mon	Oct 30	6:00 PM	OBCC	剧本杀&晚餐
	Halloween	All Ages	Sat	Oct 31	4:00 PM	WCC	万圣狂欢节
	Diwali	All Ages	Sun	Nov 12	2:00 PM	WCC	印度排灯节
7365	Yard Sale	All Ages	Sat	Nov 18	10:00 AM	WCC	社区庭院售物
7726	Winter Festival	All Ages	Sat	Dec 16	10:00 AM	OBCC	冬日庆祝

ACTIVE KIDS

7588	Multi-Sport Playtime	Ages 1-3	Mon	Sep 11	9:30 AM	WCC	多项球类和游戏
7589	Multi-Sport Phys.Lit	Ages 3-5	Mon	Sep 11	10:15 AM	WCC	少儿球类和健体运动
7635	Basketball	Ages 8-12	Thu	Sep 14	4:00 PM	WCC	篮球
7590	Soccer	Ages 3-5	Mon	Sep 11	4:00 PM	WCC	足球
7593	Soccer	Ages 6-9	Mon	Sep 11	4:45 PM	WCC	足球

EARLY YEARS

7429	Hip-Hop	Ages 2-5	Sat	Sep 16	9:30 AM	WCC	亲子嘻哈舞
7541	Preschool Ballet	Ages 3-5	Wed	Sep 20	3:30 PM	WCC	学前芭蕾
7511	Preschool Ballet	Ages 3-5	Sun	Sep 17	11:25 AM	WCC	学前芭蕾
7510	Preschool Dance	Ages 2-4	Sun	Sep 17	9:15 AM	WCC	学前舞蹈
7508	Preschool Dance	Ages 2-4	Mon	Sep 18	3:30 PM	WCC	学前舞蹈
7427	Music Together	Ages 0-5	Tue	Sep 19	9:30 AM	OBCC	一起音乐
7428	Music Together	Ages 0-5	Tue	Sep 19	10:30 AM	OBCC	一起音乐
7404	Crafts with Ruta	Ages 2-5	Fri	Sep 15	9:45 AM	WCC	和Ruta一起做手工
7405	Crafts with Ruta	Ages 2-5	Fri	Sep 15	10:45 AM	WCC	和Ruta一起做手工
7406	Crafts with Ruta	Ages 2-5	Fri	Nov 3	9:45 AM	WCC	和Ruta一起做手工
7407	Crafts with Ruta	Ages 2-5	Fri	Nov 3	10:45 AM	WCC	和Ruta一起做手工
7633	Science for Kids	Ages 3-6	Thu	Sep 14	4:00 PM	WCC	少儿科学
7577	Prnt. Tot: Kids Wheels	Ages 2-3	Sat	Sep 16	10:00 AM	OBCC	亲子骑行
7581	Presch.Kids Wheels	Ages 3-5	Sat	Sep 16	11:15 AM	OBCC	
7628	Floor Hockey	Ages 4-6	Wed	Sep 13	3:45 PM	WCC	少儿曲棍球
7606	Parent & Tot: Gym	Ages 0-5	Tu/Th	Sep 12	10:00 AM	WCC	亲子活动时间
7550	Storytime at OBCC	All Ages	Fri	Sep 1	10:00 AM	OBCC	少儿故事会

CHILDREN

7513	Dance Foundations	Ages 4-6	Sun	Sep 17	10:20 AM	WCC	舞蹈基础
7520	Dance Foundations	Ages 4-6	Mon	Sep 17	4:20 PM	WCC	舞蹈基础
7515	Ballet 1	Ages 6-8	Sun	Sep 17	2:35 PM	WCC	芭蕾一级
7528	Ballet 1	Ages 6-8	Wed	Sep 20	4:20 PM	WCC	芭蕾一级
7529	Ballet 2	Ages 8-10	Wed	Sep 20	5:25 PM	WCC	芭蕾二级
7516	Ballet 3	Ages 10-13	Sun	Sep 17	3:40 PM	WCC	芭蕾三级

VOLUNTEERS ARE THE HEART AND SOUL OF OUR COMMUNITY

Sign up for volunteer opportunities at the UNA

Calling all volunteers! Make a difference in your community. Help us create positive change. Opportunities for all interests and schedules. Join our team today.



Together, we can make a difference.

Sign up to become a volunteer at
myuna.ca/volunteering



INDEX & SCHEDULE

CHILDREN

7514	Contemp. Jazz 1	Ages 7-10	Sun	Sep 17	12:15 PM	WCC	当代爵士乐一级
7518	Contemp. Jazz 2	Ages 10-14	Sun	Sep 17	1:20 PM	WCC	现代爵士舞二级
7795	Classical Indian Dance	Ages 6-12	Wed	Sep 13	5:45 PM	WCC	传统印度舞
7580	K-Pop Hip-Hop	Ages 6-10	Tue	Sep 12	3:30 PM	WCC	韩式嘻哈
7579	K-Pop Hip-Hop	Ages 6-10	Sat	Sep 16	11:15 AM	WCC	韩式嘻哈
7524	Musical Theatre 1	Ages 7-10	Mon	Sep 18	5:25 PM	WCC	音乐剧场
7525	Musical Theatre 2	Ages 10-13	Mon	Sep 18	6:30 PM	WCC	音乐剧场
7582	Young Filmmakers	Ages 8-14	Fri	Sep 15	4:00 PM	WCC	电影制作夏令营
7459	Pre-Teen Poetry	Ages 9-12	Thu	Sep 14	5:00 PM	WCC	少年诗歌汇
7368	Creative Arts	Ages 6-9	Mon	Sep 18	3:30 PM	WCC	创意艺术课
7369	Creative Arts	Ages 9-12	Mon	Sep 18	5:00 PM	WCC	创意艺术课
7597	Manga Art	Ages 6-9	Thu	Sep 14	3:30 PM	WCC	漫画课
7598	Manga Art	Ages 9-14	Thu	Sep 14	4:45 PM	WCC	漫画课
7603	Eng Read Write G1-2	Ages 6-8	Mon	Sep 11	6:00 PM	WCC	英语阅读和写作
7650	Mandarin Beginner	Ages 5-18	Sat	Sep 16	10:30 AM	WCC	汉语学习-初级
7651	Mandarin Intermediate	Ages 5-18	Sat	Sep 16	12:00 PM	WCC	汉语学习-初级
7652	Mandarin Advanced	Ages 5-18	Sat	Sep 16	1:30 PM	WCC	汉语学习-中级
7600	Math-4-Kids Gr 3-4	Ages 8-10	Mon	Sep 11	3:30 PM	WCC	趣味数学
7602	Math-4-Kids Gr 5-6	Ages 10-12	Mon	Sep 11	4:45 PM	WCC	趣味数学
7632	Science for Kids	Ages 7-11	Thu	Sep 14	5:00 PM	WCC	少儿科学
7637	Minecraft Coders	Ages 7-10	Thu	Sep 14	6:15 PM	WCC	儿童Minecraft编程课
7739	Babysitting	Ages 11-14	Sun	Sep 24	9:00 AM	WCC	红十字会儿童看护课程
7644	Badminton	Ages 8-10	Fri	Sep 15	4:00 PM	WCC	羽毛球
7629	Floor Hockey	Ages 6-9	Wed	Sep 13	4:30 PM	WCC	少儿曲棍球
7664	Volleyball BC	Ages 12-13	Sat	Sep 16	2:00 PM	WCC	排球: 培训和练习
7620	Karate Kids	Ages 6-12	Tue	Sep 12	6:00 PM	WCC	极真空手道-儿童初级
7670	Tae Kwon Do Begin.	Ages 4-12	Sun	Sep 10	1:00 PM	WCC	初学者跆拳道
7671	Tae Kwon Do Interm.	Ages 4-12	Sun	Sep 10	1:00 PM	WCC	中级跆拳道
7446	Pre-teen Gym	Ages 9-12	Wed	Sep 6	5:30 PM	WCC	少儿活动时间
7734	Family Badminton	All Ages	Sat	Sep 16	8:30 AM	WCC	家庭羽毛球
7735	Family Pickleball	All Ages	Sun	Sep 10	9:00 AM	WCC	家庭匹克球练习时间
7463	4-H Club	Ages 9-19	Fri	Sep 8	6:30 PM	WCC	4-H俱乐部
7441	Pre-teen Leadership	Ages 9-12	Mon	Sep 11	4:00 PM	WCC	少年领导力
7495	Girl Guides	Gr 4-6	Thu	Sep 7	5:30 PM	OBCC	女童军

CHILDREN

various	Guitar Saturday	Ages 8+	Sat	Sep 12	various	WCC	吉他
various	Flute Sunday	Ages 8+	Sun	Sep 10	various	WCC	长笛
various	Piano Monday	Ages 5+	Mon	Sep 11	various	WCC	钢琴
various	Piano Wednesday	Ages 8+	Wed	Sep 13	various	WCC	钢琴
various	Piano Saturday	Ages 5+	Sat	Sep 16	various	WCC	钢琴
various	Piano Sunday	Ages 5+	Sun	Sep 17	various	WCC	钢琴
various	Violin Thursday	Ages 5+	Thu	Sep 14	various	WCC	小提琴

YOUTH

7395	Drawing & Painting	Ages 11-19	Wed	Sep 13	3:30 PM	WCC	绘画课
7578	K-Pop Hip-Hop	Ages 11-16	Tue	Sep 12	4:30 PM	WCC	韩式嘻哈
7457	Intro to Coding	Ages 12-17	Sun	Sep 17	10:30 AM	WCC	电脑编程俱乐部
7458	Intermediate Coding	Ages 12-17	Sun	Sep 17	11:35 AM	WCC	电脑编程俱乐部
7749	Math-4-Future Gr 7-8	Ages 12-14	Fri	Sep 15	3:30 PM	WCC	七&八年级趣味数学
7439	Toastmasters Youth	Ages 12-18	Wed	Sep 13	6:30 PM	WCC	高中生演讲俱乐部
7444	Peer Tutoring	Ages 9-17	Tue	Sep 12	4:30 PM	WCC	家庭作业辅导项目
7739	Babysitting	Ages 11-14	Sun	Sep 24	9:00 AM	WCC	红十字会儿童看护课程
7750	Badminton	Ages 11-16	Fri	Sep 15	5:00 PM	WCC	羽毛球
7646	Adv. Badminton	Ages 13-18	Fri	Sep 15	6:00 PM	WCC	高中生羽毛球高级
7613	Karate Youth	Ages 13-18	Tue	Sep 12	7:00 PM	WCC	青少年极真空手道
7668	Tae Kwon Do Begin.	Ages 13-18	Sun	Sep 10	1:00 PM	WCC	青少年跆拳道初级
7669	Tae Kwon Do Interm.	Ages 13-18	Sun	Sep 10	1:00 PM	WCC	青少年跆拳道中级
7494	Youth Bootcamp	Ages 12-16	Mon	Sep 11	3:30 PM	WCC	青年运动员训练营
7665	Volleyball BC	Ages 14-15	Sat	Sep 16	2:00 PM	WCC	排球; 培训和练习
7452	Badminton Drop-in	Ages 13-18	Sun	Sep 10	5:30 PM	WCC	高中生羽毛球练习时间
7447	Gym Drop-in Youth	Ages 13-18	Wed	Sep 6	5:30 PM	WCC	青少年活动时间
7454	Volleyball Drop-in	Ages 13-18	Sat	Sep 16	3:45 PM	WCC	青少年排球活动
7440	Board Game Drop-in	Ages 13-18	Wed/Thu	Sep 6	3:30 PM	WCC	青年社交聚会
7440	Arts / Crafts Studio	Ages 13-18	Wed/Thu	Sep 6	3:30 PM	WCC	青年社交聚会
7440	Youth Social Drop-in	Ages 13-18	Wed/Thu	Sep 6	3:30 PM	WCC	青年社交聚会
7464	4-H Club	Ages 9-19	Fri	Sep 8	6:30 PM	WCC	4-H俱乐部
7461	Arts for the Earth	Ages 12-18	Tue	Sep 11	4:45 PM	WCC	艺术与大地
7462	French Conv. Club	Ages 13-18	Thu	Sep 14	4:15 PM	WCC	法语对话俱乐部
7456	Rubik's Cube Club	Ages 12-17	Thu	Sep 14	3:30 PM	WCC	魔方俱乐部
7453	Youth Art Engage.	Ages 13-18	Mon	Sep 11	5:45 PM	WCC	青年艺术会
7355	Community Choir	Ages 14+	Wed	Sep 13	7:30 PM	OBCC	社区合唱团
7353	Group Guitar Begin.	Ages 14+	Mon	Sep 11	6:30 PM	WCC	吉他小班课-初级
7354	Group Guitar Interm.	Ages 14+	Mon	Sep 11	7:30 PM	WCC	吉他小班课 - 中级
7449	Youth Leadership	Ages 13-18	Fri	Sep 15	3:30 PM	WCC	青年领导力

INDEX & SCHEDULE

ADULTS

7736	Ballet Beginner	Ages 19+	Wed	Sep 20	8:00 PM	WCC	芭蕾舞健身
7586	Ballet DropIn Interm.	Ages 15+	Fri	Sep 15	5:00 PM	WCC	成年中/高级芭蕾健身
7623	Indian Dance	Ages 16+	Wed	Sep 13	7:00 PM	WCC	传统印度舞
7349	Chinese Folk Dance	Ages 19+	Tue	Sep 12	12:30 PM	WCC	中国民族舞蹈
7350	Chinese Folk Dance	Ages 19+	Sat	Sep 16	12:30 PM	WCC	中国民族舞蹈
7346	Dance Fusion	Ages 19+	Fri	Sep 15	6:45 PM	WCC	舞蹈融合
7348	K-Pop Hip-Hop	Ages 19+	Tue	Sep 12	5:30 PM	WCC	韩式嘻哈
7364	Salsa Dancing	Ages 19+	Sun	Sep 17	5:00 PM	OBCC	萨尔萨舞
7366	Arts Appreciation	Ages 19+	Wed	Sep 13	6:30 PM	WCC	英语学者欣赏艺术
7367	Drawing / Sketching	Ages 16+	Wed	Sep 13	7:45 PM	WCC	绘画素描
7351	Watercolour Painting	Ages 16+	Thu	Sep 14	6:45 PM	WCC	水彩绘画
7624	Puppy Preschool	Ages 19+	Tue	Sep 12	6:00 PM	WCC	幼犬培训
7625	Puppy Playgroup	Ages 19+	Tue	Sep 12	7:15 PM	WCC	幼犬社交时间
7487	English Conv. Mand.	Ages 19+	Mon	Sep 11	10:00 AM	WCC	英语入门(国语)
7476	English Conv. Begin	Ages 19+	Thu	Sep 14	10:00 AM	WCC	初级英语会话
7488	English Grammar	Ages 19+	Wed	Sep 13	10:00 AM	WCC	初级英文语法
7481	English Conv. Interm.	Ages 19+	Tue	Sep 12	10:00 AM	WCC	英语会话俱乐部
7482	English Conv. Interm.	Ages 19+	Wed	Sep 13	1:00 PM	WCC	中级英语会话
7480	English Conv. Interm.	Ages 19+	Thu	Sep 14	7:00 PM	OBCC	英语会话高级
7473	English Conv. Adv	Ages 19+	Fri	Sep 15	10:00 AM	OBCC	英语会话高级
7489	French Club	Ages 19+	Thu	Sep 14	1:30 PM	OBCC	法语俱乐部
7492	French Begin.ner	Ages 19+	Tue	Sep 12	6:30 PM	OBCC	初级法语对话
7493	French Intermediate	Ages 19+	Mon	Sep 11	1:00 PM	WCC	法语会话中级
7469	Digital Support	Ages 19+	Sat	Sep 16	10:00 AM	WCC	社区电脑辅导
7585	Korean Parent Support	Ages 19+	Tue	Sep 19	12:30 PM	WCC	韩国家长互助交流会
7551	SUCCESS: Settlement	Ages 19+	Tue	Sep 12	9:30 AM	WCC	中侨移民安顿服务
7554	VSB Immigrant Parent	Ages 19+	Thu	Sep 14	1:00 PM		移民家长信息交流会(国语)
7417	Lunch and Learn	Ages 19+	Tue	Oct 17	12:00 PM	WCC	午餐学习: 家中环境污染物
7647	Badminton	Ages 19+	Fri	Sep 15	7:45 PM	WCC	羽毛球
7729	Badminton Drop-In	Ages 19+	Tue	Sep 12	12:00 PM	WCC	羽毛球
7649	Basketball	Ages 19+	Sat	Sep 16	10:15 AM	WCC	羽毛球
7728	Basketball Drop-In	Ages 19+	Mon	Sep 11	6:00 PM	WCC	羽毛球
7640	Pickleball	Ages 19+	Fri	Sep 15	10:30 AM	WCC	匹克球练习
7731	Pickleball Drop-In	Ages 19+	Thu	Sep 14	1:45 PM	WCC	匹克球练习
7658	Pickleball Accel. Dev.	Ages 19+	Sun	Sep 10	10:45 AM	WCC	匹克球晋级训练
7639	Pickleball Adv. Doubles	Ages 19+	Fri	Sep 15	8:45 AM	WCC	匹克球高级双打
7627	Pickleball Intermediate	Ages 19+	Wed	Sep 13	10:45 AM	WCC	匹克球中级
7626	Pickleball Learn to Play	Ages 19+	Wed	Sep 13	9:00 AM	WCC	匹克球初级
7594	Table Tennis	Ages 19+	Mon	Sep 11	11:15 AM	WCC	乒乓球

GET ACTIVE!

Get Active! is an initiative that aims to reduce psychosocial, cultural and financial barriers to physical activity participation. Join a community, build physical literacy, and try new fitness activities with **Get Active!**

This 4-month program starting September 2023 offers the following benefits to participants:

- Semi-monthly social activities
- Physical activity mentorship
- Subsidized UNA fitness and sports programs

Applications close on August 22, 2023 at midnight.



Visit our website for full details at myuna.ca/get-active



INDEX & SCHEDULE

ADULTS

7732	Table Tennis Drop-In	Ages 19+	Fri	Sep 15	1:00 PM	WCC	乒乓球
7654	Volleyball	Ages 19+	Sat	Sep 16	5:30 PM	WCC	羽毛球
7730	Volleyball Drop-In	Ages 19+	Wed	Sep 13	7:45 PM	WCC	羽毛球
7567	Walking Soccer	Ages 19+	Wed	Sep 06	12:30 PM	WCC	慢走足球
7734	Fam. Badminton Drop-In	All Ages	Sat	Sep 16	8:30 AM	WCC	家庭羽毛球
7735	Family Pickleball Drop-In	All Ages	Sun	Sep 10	9:00 AM	WCC	家庭匹克球练习时间
7615	Kyokushin Karate I Adults	Ages 19+	Tue	Sep 12	7:00 PM	WCC	极真空手道
7622	Tai Chi	Ages 19+	Tue	Sep 19	6:30 PM	WCC	太极
7552	Abs Blast	Ages 19+	Thu	Sep 14	7:45 AM	WCC	腹肌训练
7512	AquaFit I Hampstead	Ages 19+	Tue	Sep 12	1:00 PM	Hampst.	Hampstead区 水中健身
7509	Gaining Strength with Age	Ages 19+	Tue	Sep 12	9:00 AM	WCC	老年强身
7560	Barre Pilates	Ages 19+	Thu	Sep 14	7:50 PM	WCC	芭蕾普拉提
7533	Morning Express HIIT	Ages 19+	Wed	Sep 13	6:15 AM	WCC	高燃脂训练
7556	Lunch Time Express HIIT	Ages 19+	Thu	Sep 14	12:00 PM	WCC	高燃脂训练
7555	Fit Together	Ages 19+	Thu	Sep 14	11:00 AM	WCC	亲子健身训练
7537	Full Body Bootcamp	Ages 16+	Wed	Sep 13	9:45 AM	WCC	全身训练营
7502	Full Body Strength	Ages 19+	Mon	Sep 11	7:45 PM	WCC	全身力量训练营
7506	Lower Body Bootcamp	Ages 19+	Tue	Sep 12	7:00 AM	WCC	下肢训练营
7553	Pilates Core	Ages 19+	Thu	Sep 14	9:30 AM	WCC	芭蕾普拉提
7693	Spin	Ages 19+	Sun	Sep 10	8:00 AM	WCC	极速单车
7536	Stretch & Strength	Ages 16+	Wed	Sep 13	7:30 AM	WCC	拉伸与力量
7507	Women's Only Fitness	Ages 19+	Tue	Sep 12	7:50 AM	WCC	女性健身
7546	Zumba	Ages 19+	Wed	Sep 13	6:45 PM	WCC	Zumba舞
7566	Chair Yoga with Angie	Ages 19+	Thu	Sep 14	1:00 PM	WCC	椅子瑜伽
7571	Gentle Yoga with Angie	Ages 19+	Fri	Sep 15	10:00 AM	WCC	轻柔瑜伽
7561	Gentle Yoga with Paula	Ages 19+	Thu	Sep 14	5:40 PM	WCC	轻柔瑜伽
7548	Iyengar Yoga Level 1	Ages 18+	Wed	Sep 13	6:15 PM	OBCC	Iyengar瑜伽
7659	Iyengar Yoga Level 1-2	Ages 18+	Wed	Sep 13	10:00 AM	OBCC	Iyengar瑜伽
7562	Iyengar Yoga Level 2	Ages 18+	Thu	Sep 14	6:15 PM	WCC	Iyengar瑜伽
7573	Iyengar Yoga with Luci	Ages 19+	Sat	Sep 23	10:00 AM	WCC	Iyengar瑜伽
7531	Mindful Prenatal Yoga	Ages 16+	Tue	Sep 12	7:35 PM	WCC	产前瑜伽
7565	Slow Yoga with Angie	Ages 16+	Thu	Sep 14	7:00 PM	OBCC	慢速瑜伽
7479	Sound & Energy Healing	Ages 15+	Sat	Sep 16	2:15 PM	WCC	声音减压与冥想
7474	Sound Heal. Meditation	Ages 15+	Sun	Sep 17	4:30 PM	WCC	声音减压与冥想
7475	Sound Heal. Meditation	Ages 15+	Sun	Sep 10	4:30 PM	WCC	声音减压与冥想
7497	Vinyasa with Negar	Ages 19+	Mon	Sep 11	7:30 PM	OBCC	Vinyasa瑜伽
7675	Yoga & Sound Healing	Ages 16+	Sat	Sep 23	2:15 PM	WCC	声音减压与冥想

ADULTS

7568	Yoga in Mandarin	Ages 19+	Fri	Sep 15	1:30 PM	WCC	中文瑜伽
7505	Newcomers Support	Ages 19+	Wed	Sep 13	10:00 AM	WCC	新移民互助小组
7530	Saturday Afternoon Tea	Ages 19+	Sat	Sep 16	1:00 PM	WCC	老年周末下午茶和嘉宾
7523	Afternoon Tea Mandarin	Ages 19+	Sat	Sep 23	1:00 PM	WCC	老年周末下午茶和嘉宾
7465	Bridge	Ages 19+	Tue	Sep 05	10:00 AM	WCC	桥牌练习时间
7503	Mahjong	Ages 19+	Mon	Sep 04	1:00 PM	WCC	麻将
7718	Learn to Play Mahjong	Ages 19+	Tue/Thu	Sep 12	1:00 PM	WCC	麻将学习
7498	Let's Cook Club	Alle Ages	Tue	Sep 26	6:00 PM	WCC	美食烹饪俱乐部
7517	Old Barn Book Club	Ages 16+	Sat	Sep 23	10:00 AM	OBCC	Old Barn书籍俱乐部
7467	Wesbrook Book Club	Ages 19+	Sun	Sep 10	10:00 AM	WCC	社区读书俱乐部
7547	Sewing and Knitting	Ages 13+	Sun	Sep 10	1:00 PM	WCC	社区缝纫工作室
7563	Walk and Talk Club	Ages 19+	Mon	Sep 04	10:00 AM	WCC	步行俱乐部
7559	Walk Talk Coffee Hour	Ages 19+	Mon	Sep 04	11:30 AM	WCC	午间步行社交
7572	Women's Social Club	Ages 19+	Tue	Sep 12	12:00 PM	OBCC	女士社交俱乐部
7355	Community Choir	Ages 14+	Wed	Sep 13	7:30 PM	OBCC	社区合唱团
7353	Group Guitar Begin.	Ages 14+	Mon	Sep 11	6:30 PM	WCC	吉他小班课-初级
7354	Group Guitar Interm.	Ages 14+	Mon	Sep 11	7:30 PM	WCC	吉他小班课 - 中级
various	Guitar Tuesday	Ages 8+	Tue	Sep 12	7:30 PM	WCC	吉他
various	Flute Sunday	Ages 8+	Sun	Sep 10	4:00 PM	WCC	长笛
various	Piano Monday	Ages 5+	Mon	Sep 11	1:30 PM	WCC	钢琴
various	Piano Saturday	Ages 8+	Sat	Sep 16	various	WCC	钢琴
various	Piano Sunday	Ages 8+	Sun	Sep 17	various	WCC	钢琴
various	Piano Wednesday	Ages 8+	Wed	Sep 13	various	WCC	钢琴

SENIORS

7539	Open Art Studio	Ages 55+	Thu	Sep 14	9:00 AM	WCC	老年开放艺术馆
7543	Tech-Savvy Tuesdays	Ages 55+	Tue	Sep 12	5:30 PM	WCC	老人电脑培训课
7466	Chinese Seniors' Dance	Ages 55+	Fri	Sep 08	12:30 PM	OBCC	中式老年舞蹈
7472	English ABCs - Seniors	Ages 55+	Sun	Sep 10	10:00 AM	WCC	老年英语
7642	Table Tennis for Seniors	Ages 55+	Fri	Sep 15	2:30 PM	WCC	乒乓球
7504	Osteofit Hampstead	Ages 55+	Mon	Sep 11	3:00 PM	WCC	健骨课程
7542	Osteofit with Angie	Ages 55+	Wed	Sep 13	1:00 PM	WCC	网上健骨课程
7544	Osteofit Hampstead	Ages 55+	Wed	Sep 13	3:00 PM	WCC	健骨课程
7535	Seniors' Gym	Ages 55+	Mon	Sep 11	11:15 AM	WCC	老人锻炼时间
7491	Osteofit with Angie	Ages 55+	Mon	Sep 11	1:00 PM	WCC	网上健骨课程
7722	Seniors' Drop-in	Ages 55+	Wed	Sep 13	9:00 AM	WCC	老年人休闲时间
7471	Dance Party for Seniors	Ages 55+	Sat	Sep 23	7:00 PM	WCC	老年舞蹈之夜



UBC
HOMECOMING
FOOTBALL GAME

PRESENTED BY

Sports Illustrated
CLUBHOUSE

FRIDAY

SEPT 22

6 PM

UBC VS. ALBERTA
THUNDERBIRD STADIUM

STREET PARTY | 4PM



FULL DETAILS AT:

GOTHUNDERBIRDS.COM/HOMECOMING

AMS ⚡ **EVENTS** **THE CALENDAR**

FITNESS CENTRES & PERSONAL TRAINING



OLD BARN

HOURS OF OPERATION

7:00 a.m. to 9:00 p.m. Monday to Friday
 7:00 a.m. to 7:00 p.m. Saturday and Sunday
 10:00 a.m. to 5:00 p.m. Holidays

WESBROOK

HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Friday
 7:00 a.m. to 9:00 p.m. Weekends
 7:00 a.m. to 5:00 p.m. Holidays

RATES

	UNA/UBC	PUBLIC	YOUTH
DROP-IN	\$7.00	\$10.00	\$7.00
10 VISITS	\$50.00	\$60.00	\$40.00
1 MONTH	\$50.00	\$60.00	\$40.00
3 MONTHS	\$120.00	\$150.00	\$110.00
6 MONTHS	\$220.00	\$250.00	\$200.00
12 MONTHS	\$400.00	\$450.00	\$350.00

EQUIPMENT:

- WALK/RUN TREADMILLS
- ELLIPTICAL WALK/RUN
- STEP MACHINE
- INDOOR BICYCLE (RECUMBENT)
- FREE WEIGHTS & KETTLEBELLS
- ADJUSTABLE BENCHES
- STRENGTH-TRAINING MACHINES
- SQUAT RACK
- SPIN BIKES

PERSONAL TRAINING

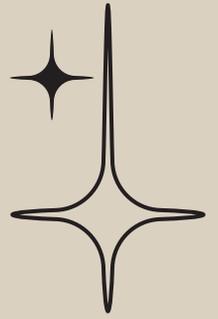
Whether you are beginning your fitness journey or looking to enhance your skills, our personal trainers are here to help you reach your goals. View more details on page 54, or contact **604.822-6419** for any questions/inquiries.

PACKAGE	PRICE
ASSESSMENT (INITIAL)	\$99.00 / per person
SINGLE SESSION	\$60.00 \$55.00 (UBC/UNA discount)
3 SESSIONS	\$172.50 \$157.50 (UBC/UNA discount)
6 SESSIONS	\$330.00 \$300.00 (UBC/UNA discount)
12 SESSIONS	\$600.00 \$570.00 (UBC/UNA discount)
24 SESSIONS	\$1,080.00 (both public and UBC/UNA discount)
GROUP TRAINING	Starts as low as \$38.00 per person / \$33.00 per person with UBC/UNA discount.



UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

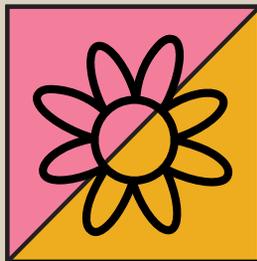


NEIGHBOURS DAY

SATURDAY, SEPTEMBER 9, 2023



10:30 A.M. - 4 P.M. ✦ WESBROOK COMMUNITY CENTRE



[myuna.ca/
neighbours
-day](https://myuna.ca/neighbours-day)



FREE ENTRY! ✦ FUN ✦ FESTIVITIES ✦ FOOD