

2024
**SPRING &
SUMMER**

PROGRAM GUIDE

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



free entry

Spring Art Fair

Saturday, June 15, 2024

11:00 a.m. - 2:00 p.m.

Wesbrook Community Centre

**Come celebrate the arts as we showcase the
best of our community members' class works
from the last year!**

This event will feature performances, a student
art gallery, an artisan market and more!

**Apply to be an
artisan vendor here!**



PROGRAM GUIDE

REGISTER ONLINE

Monday, March 4, 2024 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, March 4, 2024 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, March 4, 2024, 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	-

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

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.
- 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.

CASUAL SPORT PROCEDURES

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.



REGISTRATION POLICIES

CASUAL ROOM USE

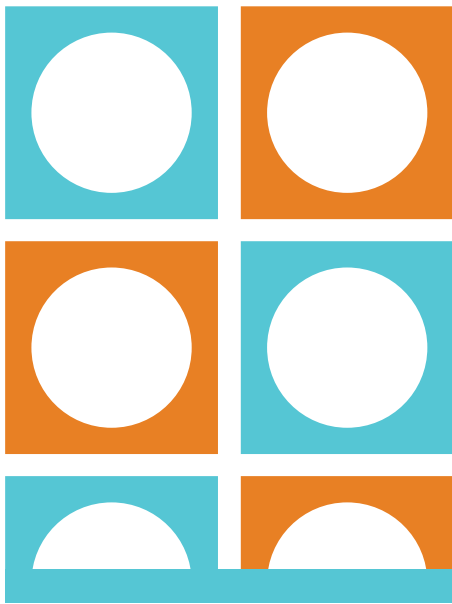
- When music studios, dance studio, gym, or Old Barn Meeting Rooms are free from programs, events, or bookings, users may inquire at the front desk for access.
- Fee must be paid along with completing a signed room use waiver prior to the entry or use of the room.
- Maximum use is two hours a day.
- Cost is \$3.00/person/hour for Gym; \$5.00/person/hour for other rooms.
- No instructional lesson is allowed during the casual room usage.
- No food or drink is allowed in the room.
- Users are responsible for room cleanliness.
- Users are responsible for any damage incurred due to the use of the room.
- Individual users must be 13 years or older. Children 12 years or under must be always supervised by an adult (18+) who will be charged with the fee.
- Staff will reserve the right to make changes to room schedules.

REGISTRATION, FEES AND DISCOUNTS

- 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 the age of 12 who are not picked up on time from a program or camp will be charged \$25 for every 15 minutes until picked up by a parent or guardian.
- Children under the age of 12 who are not picked up on time from After-Camp Care will be charged \$50 for every 15 minutes until picked up by a parent or guardian.

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.



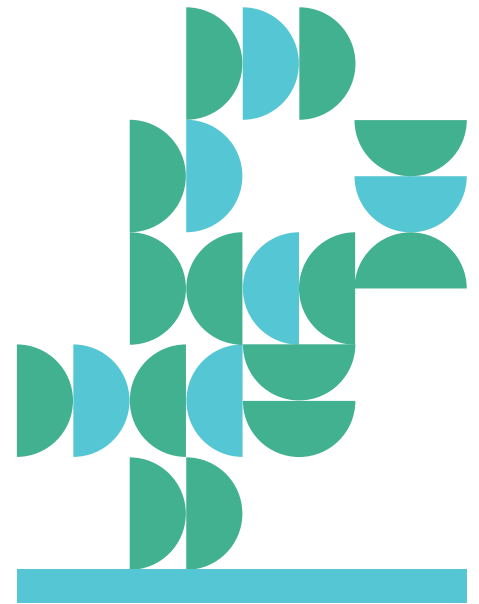
Foster Well-being

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	30	\$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	45	\$80.00
114	Social Room	916 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	10	\$25.00
202	Studio B	258 Sq Ft	10	\$25.00

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

- 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.

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

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



Easter ALL AGES

MAR 30
Saturday
9:30 AM
- 11:00 AM
FREE

Families are invited for Easter activities at the Old Barn Community Centre! Join in on the highly anticipated Easter Egg Hunt and create some Easter-themed arts & crafts to take home. Bring your own mug for free hot chocolate!

[Old Barn Community Centre](#)

Community Yard Sale ALL AGES

APR 6
Saturday
10:00 AM
- 1:00 PM
\$25.00

Join the UNA and your community members for our Spring Community Yard Sale on Saturday, April 6th from 10am-1pm at Wesbrook Community Centre. Shop for gently used items including summer clothes and sports equipment, books, art, household goods, and more. Bring your reusable mug for a free cup of coffee and tea.

Table registration will open on March 6:
UNA Members: \$20.00 /
Non-UNA Members: \$25.00

[Wesbrook Community Centre](#)

#8796

Family Movie Night ALL AGES

APR 20
MAY 11
JUN 22
JUL 20
AUG 17
Saturday
6:00 PM
- 8:30 PM
\$2.00

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Admission is \$2 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort.

Doors open at 5:30pm, movie starts at 6pm. No registration required.

Apr 20: Peter Rabbit

May 11: Wish

Jun 22: Dolittle

Jul 20: Migration

Aug 17: The Princess Bride

[Old Barn Community Centre](#)

Earth Day ALL AGES

APR 21
Sunday
10:00 AM
- 1:00 PM
FREE

Come celebrate Earth Day with the UNA! Learn different ways we can care about the Earth and decrease our impact while connecting with your community. Stay tuned for our full event listing.

[Old Barn Community Centre](#)



UBC Farm Tour ALL AGES

MAY 11
Saturday
10:00 AM
- 11:00 AM
FREE

Learn about food sustainability by immersing yourself in the landscape of a working certified organic farm and research, community and teaching hub at this free guided tour of the UBC Farm.

The UBC Farm provides a unique site for learning about global issues in food systems in the context of a 60-acre certified organic farm. Tours bring visitors through the dynamic farm site while exploring how they are linked to issues globally in biodiversity, education, sustainable agriculture, food systems, Indigenous territory and food sovereignty, and innovative research.

This tour is free for UNA residents, but registration in advance is required to attend.

UBC Farm

#8798

Spring Art Fair ALL AGES

JUN 15
Saturday
11:00 AM
- 2:00 PM
FREE

Come celebrate the arts on June 15th at the Spring Art Fair! Community members showcase their talents in this day of creativity and wonder. Enjoy art galleries, shop at the artisan market, take in music and performances, and more!

Doors and artisan market open at 11 a.m.
Performances start at 12 p.m.

Wesbrook Community Centre

National Indigenous Peoples Day ALL AGES

JUN 21
Friday
6:00 PM
- 8:00 PM
FREE

In recognition of National Indigenous Peoples Day on June 21, the UNA is hosting a free learning opportunity for community members. Stay tuned for our full event listing.

Old Barn Community Centre

#9270

UBC Botanical Garden Tour and TreeWalk ALL AGES

JUN 22
AUG 10
Saturday
10:30 AM
- 12:30 PM
FREE

Discover the wonders of plants, biodiversity, and the stories behind the Garden, including the BC Rainforest and Food Garden. Then take a 1-hour stroll among the trees on the 308-meter-long suspended canopy walkway. Up high in the forest, participants of all ages experience a wondrous garden filled with rare plants and important tree species.

This tour is free for UNA residents, but space is limited. Please RSVP to save your spot. No drop-ins will be permitted. Can't make the tour time? General admission to the Botanical Garden is free for UNA members. Just show your card upon entry.

UBC Botanical Garden

#8799 / #8800

Canada Day ALL AGES

JUL 1
Monday
11:00 AM
- 2:00 PM
FREE

Join us this Canada Day to gather, celebrate our community, and reflect on our journeys in becoming Canadian. Enjoy live music performances, indulge in a Canada-themed cake, play street hockey, and participate in a community art project.

Wesbrook Community Centre



CHILDREN'S SUMMER CAMPS & AFTER-CAMP CARE

Summer Adventures Camp

AGES 5-7 & AGES 8-11

Ignite your inner adventurer at Summer Adventures Camp! Each week, campers can expect team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the UBC area on out-trips to locations like Pacific Spirit Park, local playgrounds, and more.

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

Instructor: UNA Staff

SUMMER

WCC | JUL 2 – AUG 30

\$300.00 / 4 or \$375.00 / 5

M-F, 3:30 PM – 5:30 PM

#various

After-Camp Care AGES 5-11



Extend your child's camp day with additional activities and fun at After-Camp Care! This weekly program provides an additional 2-hours of childcare during summer. For campers registered in UNA Adventure Camps, UNA staff will pick-up campers directly from camp to the after-camp care program. For other camps, camper transfer into after-camp care will need to be arranged by the parent/care-giver. Pack a nut-free snack and water.

Instructor: UNA Staff

SUMMER

WCC | JUL 2 – AUG 30

\$60.00 / 4 or \$75.00 / 5

M-F, 3:30 PM – 5:30 PM

#various

CAMPS ARE NON-REFUNDABLE TEN
DAYS PRIOR TO THE START OF CAMP.

Crossmaneuver Creation and Performance Camp AGES 7-13

This is so much more than a Performing Arts camp. Sure, we sing, dance, and act... but we also engage with visual arts and design as we dive into a story to create our very own show. This Summer, join us as we discover The Secret Lives of Toys. Come and make a doll with us. Become a character with your favourite toy in mind. Learn how powerful our imagination can be as we create a world where the toys will teach us all about kindness and bravery and love.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 15 – JUL 19

\$450.00 / 5

M-F, 9:00 AM – 4:00 PM

#8782

Crossmaneuver Performing Arts Camp

AGES 3-7

Fall in love with the Arts! Sing, dance, act and make amazing art projects in this camp. Your child will grow in confidence, develop diverse skills and discover the joy of self-expression through various art forms.

Instructor: Crossmaneuver Dance Theatre

SUMMER

AGES 3-5

OBCC | AUG 12 – AUG 16

\$215.00 / 5

M-F, 10:00 AM – 12:00 PM

#8792

AGES 5-7

OBCC | AUG 12 – AUG 16

\$280.00 / 5

M-F, 1:00 PM – 3:30 PM

#8793

Dance Extreme (Dance Sampler) Camp

AGES 6-9

Come and explore a number of different exciting styles of dance. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include K-Pop, Latin Dance, Hip Hop, Break Dancing, Contemporary, Creative Movement and Bollywood!

Instructor: Endorphin Rush Dance

SUMMER

OBCC | JUL 2 – JUL 5

\$320.00 / 4

TU-F, 9:00 AM – 3:00 PM

#8778

K-Pop/Hip-Hop Dance Camp AGES 6-12

Grooves first, moves second. Join this beginner-intermediate level camp to explore hip-hop and Korean Pop (K-Pop) dance styles. 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. Learned skills will be showcased on the last day of camp. No previous experience required.

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

Instructor: Praise TEAM

SUMMER

OBCC | JUL 8 – JUL 12 **M-F, 9:00 AM – 3:00 PM**
\$395.00 / 5 #8779

WCC | JUL 22 – JUL 26 **M-F, 9:00 AM – 3:00 PM**
\$395.00 / 5 #8791

Young Artist Performing Arts Camp AGES 4-7

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

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 22 – JUL 26 **M-F, 9:30 AM – 3:00 PM**
\$380.00 / 5 #8784

Young Moviemakers Camp AGES 8-14

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

Instructor: Young Moviemakers

SUMMER

OBCC | AUG 6 – AUG 9 **TU-F, 9:00 AM – 3:00 PM**
\$360.00 / 4 #8788

OBCC | AUG 19 – AUG 23 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #8795

CHILDREN'S SUMMER CAMPS & AFTER-CAMP CARE

3D Modelling and Printing Camp

AGES 8-12



Unlock curiosity to create. Youth strengthen their STEAM (science, technology, engineering, art and math) skills, while having fun as they learn to design simple 3D models from scratch, create prototypes and prepare them for 3D printing. As part of this program, participants witness a 3D product being printed, and get to take their creations home!

Instructor: WIZE Academy

SUMMER

WCC | AUG 12 – AUG 16 **M-F, 9:00 AM – 12:00 PM**
\$300.00 / 5 #9150

Engineering & Robotics | Lego WeDo Camp AGES 6-8



Ignite curiosity in building and coding. Young learners experiment with building robots and bringing them to life, while strengthening STEAM (science, technology, engineering, art and math) skills and having fun. Concepts covered include building, programming, motors and gears, pulleys, sensors, and more.

Instructor: WIZE Academy

SUMMER

WCC | AUG 12 – AUG 16 **M-F, 1:00 PM – 3:00 PM**
\$250.00 / 5 #9151

Science Explorer Camp AGES 5-10

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the science of sport and what football players, ballet dancers, and scientists have in common. Explore space, embark on a space mission, and learn how astronauts live in space.

Instructor: STEAM 4 Kids

SUMMER

WCC | JUL 2 – JUL 5 **TU-F, 9:00 AM – 3:00 PM**
\$308.00 / 4 #8777

CHILDREN'S SUMMER CAMPS & AFTER-CAMP CARE

FOR NEW CANCELLATION FEES AND
LATE PICK-UP FEES, SEE PAGE 2 & 3.

STEM Camp | Coding, Robotics, and Drones **AGES 8-12**



Embark on a thrilling summer adventure with Wize Academy's Coding and Robotics Camp! Learn to Code in Minecraft, Build Robots with Lego and Fly drones all in one camp. Please bring a tablet or computer for each camp day. A 3-button mouse with a scroll wheel is recommended.

Instructor: WIZE Academy

SUMMER
OBCC | JUL 29 – AUG 2 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #8786

OBCC | AUG 26 – AUG 30 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #8797

Australian Football Camp **AGES 8-12**



Children learn the rules and skills, including kicking, hand-balling and running, that are required for playing Australian Football. Participants improve their speed, agility and teamwork through games and drills, while having fun and supporting their overall fitness. This program is hosted by the Australian Football League (AFL) Canada on the UNA Community Field.

Instructor: Australian Football League Canada

SUMMER
FIELD | AUG 6 – AUG 9 **TU-F, 9:00 AM – 3:00 PM**
\$300.00 / 4 #8789

Floor Hockey & Soccer Camp **AGES 6-10**

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack and a name labeled water bottle.

Instructor: Sportball Vancouver

SUMMER
WCC | JUL 29 – AUG 2 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #8787

Soccer Camp **AGES 6-10**

Sportball Soccer is an action-packed camp which introduces children to a variety of soccer skills and gameplay, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack as well as a name labeled water bottle.

Instructor: Sportball Vancouver

SUMMER
WCC | JUL 8 – JUL 12 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #8780



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

SPRING
WCC | APR 22 **M, 9:00 AM – 3:00 PM**
\$75.00 / 1 #8781

SUMMER
WCC | JUL 15 – JUL 19 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #8783

SUMMER CAMP TIMETABLE

NEW: AFTER-CAMP CARE!
VISIT [MYUNA.CA/CAMPS](https://myuna.ca/camps)
FOR MORE INFO

WEEK 1 JUL 2-5	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Science Explorer AGES 5-10	9:00 AM-3:00 PM Dance Extreme AGES 6-9
WEEK 2 JUL 8-12	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM K-Pop Hip Hop AGES 6-12	9:00 AM-3:00 PM Soccer AGES 8-10
WEEK 3 JUL 15-19	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-4:00 PM Crossmaneuver Performing Arts AGES 4-7	9:00 AM-3:00 PM Multi-Sport AGES 6-10
WEEK 4 JUL 22-26	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Artists Performing Arts AGES 4-7	9:00 AM-3:00 PM K-Pop Hip Hop AGES 6-12
WEEK 5 JUL 29-AUG 2	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM STEM Coding, Robotics & Drones AGES 8-12	9:00 AM-3:00 PM Floor Hockey & Soccer AGES 6-10
WEEK 6 AUG 6-9	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:00 PM Australian Football AGES 8-12
WEEK 7 AUG 12-16	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	1:00 PM-3:30 PM Crossmaneuver Performing Arts AGES 5-7
WEEK 8 AUG 19-23	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	
WEEK 9 AUG 26-30	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM STEM Coding, Robotics & Drones AGES 8-12	

SCAN ME
FOR CAMP
AVAILABILITY!



PLEASE PACK A LUNCH,
SNACK, AND WATER BOTTLE,
AND DRESS APPROPRIATELY
FOR THE WEATHER. CAMPS
ARE NON-REFUNDABLE TEN
DAYS PRIOR TO THE FIRST
DAY OF THE CAMP. LATE
PICK-UPS ARE SUBJECT TO
A FEE.

Summer camp registration opens on **March 4, 2024 at 9:00 AM**.
For full camp details, view pages 10-12 or visit myuna.ca/camps.

ACTIVE KIDS SCHOOL OF KINESIOLOGY

Active Kids: Mini Sport & Games **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

SPRING
WCC | MAY 6 – JUN 24 **M, 10:15 AM – 11:00 AM**
No class May 20
\$140.00 / 7 #8820

Active Kids: Multi-Sport and Playtime **AGES 1.5-3**

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

Instructor: Active Kids School of Kinesiology

SPRING
WCC | MAY 6 – JUN 24 **M, 9:30 AM – 10:15 AM**
No class May 20
\$140.00 / 7 #8819

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: 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

SPRING
WCC | MAY 6 – JUN 24 **M, 4:00 PM – 4:45 PM**
No class May 20
\$147.00 / 7 #8821

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

SPRING
WCC | MAY 6 – JUN 24 **M, 4:45 PM – 5:30 PM**
No class May 20
\$147.00 / 7 #8822

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

SPRING

AGES 8-12

WCC | MAY 7 – JUN 25

\$214.00 / 8

TU, 4:00 PM – 5:30 PM

#8823

WCC | MAY 9 – JUN 27

\$214.00 / 8

TH, 4:00 PM – 5:30 PM

#8832

WCC | MAY 11 – JUN 22

No classes May 18, Jun 15

\$133.75 / 5

SA, 12:15 PM – 1:45 PM

#8841

AGES 12-16

WCC | MAY 9 – JUN 27

\$214.00 / 8

TH, 4:00 PM – 5:30 PM

#8831



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.

EARLY YEARS PROGRAMS

ARTS

Crafts with Ruta AGES 2-5

Make arts and crafts together. Preschoolers and caregivers explore using various materials and mediums to create tactile art works in this creativity-building class.

Supplies are provided. Art smocks or old t-shirts are recommended. Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in the room is limited.

Instructor: Ruta Zasaite

SPRING
WCC | APR 5 – JUN 28 F, 9:45 AM – 10:30 AM
\$130.00 / 13 #8983

WCC | APR 5 – JUN 28 F, 10:45 AM – 11:30 AM
\$130.00 / 13 #8984

Music Together AGES 0-5

Connect young children with their inner musician. Caregivers and tots in these early childhood music classes have fabulous amounts of fun that are equal parts uplifting and magical. Musicality is nurtured through singing, moving to music, listening, watching and experimenting with instruments. Caregiver participation is required. Siblings six months of age and under attend at no cost, with their registered sibling. The Music Together® licensing fee is non-refundable after the first class.

Instructor: Music Together

SPRING
OBCC | APR 9 – JUN 11 TU, 9:30 AM – 10:15 AM
\$166.70 / 10 #8981

OBCC | APR 9 – JUN 11 TU, 10:30 AM – 11:15 AM
\$166.70 / 10 #8982

SUMMER
WCC | JUL 2 – AUG 27 TU, 9:30 AM – 10:15 AM
\$150.03 / 9 #9035

WCC | JUL 2 – AUG 27 TU, 10:30 AM – 11:15 AM
\$150.03 / 9 #9042

Parent & Child: Hip-Hop AGES 2-5

Explore the movements and sounds of hip hop. Caregivers and toddlers dance together, meet others and try out new moves in a nurturing social setting.

An adult is required to accompany a child.

Instructor: Praise TEAM

SPRING
WCC | APR 6 – JUN 22 SA, 9:30 AM – 10:15 AM
No classes May 18, Jun 15
\$127.50 / 10 | Drop-in \$15.00 #8909

Preschool Ballet AGES 3-5

In this program, your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. All genders are welcome to explore the magic of movement and dance in this nurturing environment.

Ballet attire, including ballet flats, are recommended.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 7 – JUN 23 SU, 11:25 AM – 12:10 PM
No classes May 5, May 19
\$190.00 / 10 | Drop-in \$20.00 #8978

SUMMER
WCC | JUL 7 – AUG 18 SU, 11:25 AM – 12:10 PM
No class Aug 4
\$114.00 / 6 | Drop-in \$20.00 #9023





ARTS

Preschool Dance AGES 2-4

In this playful introduction to dance, preschoolers explore body movement, dance moves and creative self-expression, accompanied by a variety of music.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 7 – JUN 23 **SU, 9:30 AM – 10:15 AM**
No classes May 5, May 19
 \$190.00 / 10 | Drop-in \$20.00 #8980

WCC | APR 8 – JUN 24 **M, 3:30 PM – 4:15 PM**
No class May 20
 \$209.00 / 11 | Drop-in \$20.00 #8979

SUMMER

WCC | JUL 7 – AUG 18 **SU, 9:30 AM – 10:15 AM**
No class Aug 4
 \$114.00 / 6 | Drop-in \$20.00 #9027

DROP-IN

Parent & Tot: Gym Drop In AGES 0-5

Children ages 0-5, accompanied by caregivers, explore climbing structures, sports equipment and other toys to facilitate their growth, coordination and social development. Sessions include circle time, with signing, dancing and a story. Drop-in: \$3.50 per child. Punch passes: \$12.50/5 sessions.

Instructor: Ruta Zasaite & Tallulah Mund

SPRING

WCC | APR 2 – JUN 27 **TU/TH, 10:00 AM – 11:30 AM**
 Drop-in \$3.50 #8952

EDUCATION

Kids on Wheels | Parent & Tot AGES 2-3

This parent-and-tot program is designed to introduce young children to the joy of cycling. Participants learn safe riding habits, road safety rules and manoeuvring through various scenarios, including obstacle courses. 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, if required. Caregiver participation is required.

Instructor: BC Cycling Coalition

SPRING

OBCC | APR 6 – JUN 1 **SA, 10:00 AM – 11:00 AM**
No class May 18
 \$195.00 / 8 #8839

Kids on Wheels | Preschool AGES 3-5

This balance bike program is designed to introduce young children to the joy of cycling. Participants learn safe riding habits, road safety rules and manoeuvring through various scenarios, including obstacle courses. 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. Participants also spend time in our mechanic's corner, doing art activities and practice pumping tires. Balance bikes and helmets are provided, if required. Parent participation is optional.

Instructor: BC Cycling Coalition

SPRING

OBCC | APR 6 – JUN 1 **SA, 11:15 AM – 12:30 PM**
No class May 18
 \$215.00 / 8 #8840

EDUCATION

Science for Kids AGES 3-6

Experiment with science. Children engage with demonstrations and carry out experiments that inspire wonder and explain the world around them. Each session explores a different topic, such as gravity, force, energy, sound, or chemical reactions, with hands-on learning opportunities.

Instructor: STEAM 4 Kids

SPRING
WCC | APR 4 – JUN 20 **TH, 4:00 PM – 5:00 PM**
\$264.00 / 12 #8858

SPORT

Sportball: Floor Hockey AGES 4-6



Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

SPRING
WCC | APR 3 – JUN 26 **W, 3:45 PM – 4:30 PM**
\$260.00 / 13 #8827

Sportball: Outdoor Soccer AGES 4-6

Sportball: Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors on the UNA Community Field rain or shine.

Instructor: Sportball Vancouver

SUMMER
FIELD | JUL 3 – AUG 28 **W, 3:45 PM – 4:30 PM**
\$180.00 / 9 #8995

SOCIAL

Storytime at the Old Barn Community Centre ALL AGES

Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories read aloud by UNA volunteers. This is a free drop-in program and registration is not required.

Instructor: UNA Volunteer

SPRING
OBCC | APR 5 – JUN 29 **F, 10:00 AM – 10:30 AM**
FREE / 13 #8953



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: super-hero, princess, sports, forest/wood-land 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.)

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).

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.



CHILDREN'S PROGRAMS

ARTS

Ballet | Beginner AGES 6-8

Introduce ballet to young dancers. Children learn to combine basic technique, including positions of arms and feet, with their own body movement. This course fosters a love of movement and dance through playful activities in a nurturing environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 7 – JUN 23 **SU, 2:35 PM – 3:35 PM**
No classes May 5, May 19
 \$240.00 / 10 | Drop-in \$25.00 #8919

WCC | APR 10 – JUN 19 **W, 4:20 PM – 5:20 PM**
 \$264.00 / 11 | Drop-in \$25.00 #8920

Ballet | Intermediate AGES 7-10

Build on the foundational skills in Ballet Beginner. In this class, young dancers learn sequences, develop technique and artistry while improving posture, flexibility, balance, and gaining self-discipline and confidence in a supportive and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 10 – JUN 19 **W, 5:25 PM – 6:25 PM**
 \$264.00 / 11 | Drop-in \$25.00 #8921

Ballet | Advanced AGES 10-13

Build on the skills in Ballet Beginner and Intermediate. In this class, young dancers learn sequences, develop technique and artistry while improving posture, flexibility and balance, and gaining self-discipline and confidence in a supportive and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 7 – JUN 23 **SU, 3:40 PM – 4:40 PM**
No classes May 5, May 19
 \$240.00 / 10 | Drop-in \$25.00 #8922

Classical Indian & Folk Dance: Kathak

AGES 6-12

Explore the vibrancy of Indian folk dance in this beginner-friendly class. Young participants learn basic technique and footwork of dances that originate in northern India, as well as the historical and cultural context of 'Kathak,' a dance of story-tellers, deepening their understanding of the rich cultural and arts traditions and heritage of India.

Instructor: Menka Purswaney Amin

SPRING
WCC | APR 3 – JUN 26 **W, 5:45 PM – 6:45 PM**
 \$182.00 / 13 #8923

Classical Indian Dance: Bharata Natyam

AGES 5-18

Originating from the south of India, Bharata Natyam is one of the 8 classical Indian dance forms. This program provides a welcoming and supporting environment to explore the graceful movements, intricate footwork, and storytelling of the dance form. Welcoming all levels of experience and all cultural backgrounds, this class offers an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

SPRING
WCC | APR 6 – JUN 22 **SA, 4:00 PM – 5:00 PM**
No classes May 18, Jun 15
 \$190.00 / 10 #8901

Contemporary Jazz | Beginner AGES 7-10

Explore this blended, versatile and energetic dance style. Young participants learn and explore movements that support technique, expression, flexibility and musicality in an engaging and supportive environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 7 – JUN 23 **SU, 12:15 PM – 1:15 PM**
No classes May 5, May 19
 \$300.00 / 10 | Drop-in \$29.00 #8924



ARTS

Contemporary Jazz | Intermediate

AGES 10-14

Build on the foundational skills in Contemporary Jazz Beginner. In this class, young dancers build on technique, expression, flexibility, musicality and start to explore the choreography of this versatile and energetic dance style.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 7 – JUN 23

SU, 1:20 PM – 2:30 PM

No classes May 5, May 19

\$300.00 / 10 | Drop-in \$29.00

#8925

Creative Arts AGES 6-12

Explore ideas with painting and drawing. Children pursue creativity using different visual elements each week as they experiment with new concepts and materials. Concepts covered include lines, shading, colour and form. All materials are provided.

Instructor: Yasaman Moussavi

SPRING

AGES 6-9

WCC | APR 8 – JUN 24

M, 3:30 PM – 4:40 PM

No class May 20

\$198.00 / 11

#8934

AGES 9-12

WCC | APR 8 – JUN 24

M, 5:00 PM – 6:30 PM

No class May 20

\$231.00 / 11

#8939

Dance Foundations AGES 4-6

Introduce the basics to little dancers. Children explore movement, coordination and balance through playful exercises and games that encourage a love of movement and dance.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 7 – JUN 23

SU, 10:20 AM – 11:20 AM

No classes May 5, May 19

\$240.00 / 10 | Drop-in \$25.00

#8927

WCC | APR 8 – JUN 24

M, 4:20 PM – 5:20 PM

No class May 20

\$264.00 / 11 | Drop-in \$25.00

#8926

SUMMER

WCC | JUL 7 – AUG 18

SU, 10:20 AM – 11:20 AM

No class Aug 4

\$144.00 / 6 | Drop-in \$25.00

#9011

Musical Theatre | Pre-Teen AGES 7-10

Create and collaborate. Children are nurtured to explore their creativity, imagination and expression with this inspiring and dynamic art form that combines singing, acting and dancing in a supportive musical theatre environment.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 8 – JUN 24

M, 5:25 PM – 6:25 PM

No class May 20

\$264.00 / 11 | Drop-in \$25.00

#8928

Musical Theatre | Youth AGES 10-13

Create and collaborate. Young participants are nurtured to explore their creativity, imagination and expression with this inspiring and dynamic art form that combines singing, acting and dancing in a supportive musical theatre environment.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 8 – JUN 24

M, 6:30 PM – 7:30 PM

No class May 20

\$264.00 / 11 | Drop-in \$25.00

#8929

ARTS

K-Pop Hip-Hop AGES 6-10

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, children develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING

WCC | APR 2 – JUN 18 **TU, 3:30 PM – 4:30 PM**
\$204.00 / 12 | Drop-in \$19.00 #8908

WCC | APR 6 – JUN 22 **SA, 11:15 AM – 12:15 PM**
No classes May 18, Jun 15
\$170.00 / 10 | Drop-in \$19.00 #8907

Family K-Pop Hip-Hop AGES 5+

K-pop dance and hip hop unite in this unique class for a caregiver and their child. Focused on the fundamentals of movement that characterizes these popular genres, participants develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING

WCC | APR 2 – JUN 18 **TU, 5:30 PM – 6:30 PM**
\$180.00 / 12 | Drop-in \$17.00 #8905

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

Street Dance Hip-Hop AGES 7-10

Street Dance Hip Hop is an energetic and vibrant dance style that includes different forms of street dance such as hip hop, breakdancing, popping, locking and freestyle. This is not just about learning moves but it is an expression of individuality, creativity, and passion. Come have fun! And develop self-confidence, self-expression, and creativity.

Instructor: Crossmaneuver Dance Theatre

SUMMER

WCC | JUL 7 – AUG 18 **SU, 12:15 PM – 1:15 PM**
No class Aug 4
\$144.00 / 6 | Drop-in \$25.00 #9018

Manga Art AGES 6-14

Learn to draw Manga, the Japanese art form. Participants explore and build on the fundamentals of character stylization and proportions, animation, facial expressions, shading and colouring techniques, as well as storyboarding, providing them with the skills to experiment creating their own anime-type style. All materials are provided.

Instructor: Ceylon Coates

SPRING

AGES 6-9
WCC | APR 6 – JUN 24 **SA, 1:00 PM – 2:00 PM**
No classes May 18, Jun 15
\$130.00 / 10 #8958

AGES 9-14

WCC | APR 6 – JUN 24 **SA, 2:15 PM – 3:45 PM**
No classes May 18, Jun 15
\$190.00 / 10 #8945



ARTS

Young Moviemakers **AGES 8-14**

Calling all youth movie-makers. Participants in this program use professional equipment to support story-telling, scriptwriting, acting, filming and editing. Collaboration, communication and critical-thinking skills are fostered as participants work to create an original work.

Instructor: Young Moviemakers

SPRING
WCC | APR 5 – JUN 28 **F, 4:00 PM – 6:00 PM**
\$487.50 / 13 #8932



EDUCATION

3D Modelling & Printing **AGES 8-12**

Unlock curiosity to create. Youth strengthen their STEAM (science, technology, engineering, art and math) skills, while having fun as they learn to design simple 3D models from scratch, create prototypes and prepare them for 3D printing. As part of this program, participants witness a 3D product being printed.

Instructor: WIZE Academy

SPRING
WCC | APR 2 – JUN 25 **TU, 4:00 PM – 5:30 PM**
\$487.50 / 13 #8850

Engineering & Robotics-Lego WeDo **AGES 6-8**

Ignite curiosity in building and coding. Young learners experiment with building robots and bringing them to life, while strengthening STEAM (science, technology, engineering, art and math) skills and having fun. Concepts covered include building, programming, motors and gears, pulleys, sensors, and more.

Instructor: WIZE Academy

SPRING
WCC | APR 6 – JUN 22 **SA, 3:00 PM – 4:30 PM**
No classes May 18, Jun 15
\$362.50 / 10 #8861

Red Cross Babysitting **AGES 11-14**

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 receive a Red Cross certificate for successful completion of the course.

Instructor: First Aid Hero

SPRING
WCC | MAY 12 **SU, 9:00 AM – 5:00 PM**
\$75.00 / 1 #8862

SUMMER
WCC | AUG 25 **SU, 9:00 AM – 5:00 PM**
\$75.00 / 1 #8864

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

EDUCATION

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

Children will expand vocabulary and learn English in a group setting. Participants engage in collaborative games, interactive activities and independent practice to expand their vocabulary, comprehension, spelling, sentence structure and punctuation to support strengthening their reading and writing skills.

Instructor: Raquel Portillo Henriquez

SPRING
GR 1-2 | AGES 6-8
WCC | APR 8 – JUN 24 **M, 6:00 PM – 7:00 PM**
No classes Apr 22, May 20
\$130.00 / 10 #8848

GR 3-4 | AGES 8-10
WCC | APR 8 – JUN 24 **M, 7:00 PM – 8:00 PM**
No classes Apr 22, May 20
\$130.00 / 10 #8849

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

Math-4-Kids is a program that makes math practical and fun! Participants are guided and encouraged to develop logical thinking and to apply math concepts to everyday life and activities, with the objective of making math accessible and enjoyable. Through group work, presenting and sharing ideas with others, participants learn new concepts, solve problems creatively and gain confidence with their new skills.

Instructor: Jane Wu

SPRING
GR 3-4 | AGES 8-10
WCC | APR 8 – JUN 24 **M, 3:30 PM – 4:30 PM**
No classes Apr 22, May 20
\$200.00 / 10 #8846

GR 5-6 | AGES 10-12
WCC | APR 8 – JUN 24 **M, 4:45 PM – 5:45 PM**
No classes Apr 22, May 20
\$200.00 / 10 #8847

Mastering Mandarin | Beginner AGES 5-18

An introduction to Mandarin. Young participants explore the basics of the PinYin phonetic system and are introduced to more than 100 Chinese characters in an enjoyable learning atmosphere that fosters a love for this Chinese language. Suitable for participants with little or no knowledge of Mandarin.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 6 – JUN 22 **SA, 10:30 AM – 12:00 PM**
No classes May 18, Jun 15
\$280.00 / 10 #8865

Mastering Mandarin | Intermediate AGES 5-18

Explore and expand Mandarin. Young participants expand their knowledge of the PinYin phonetic system as well as their recognition, comprehension and pronunciation of Chinese characters. Participants learn to read, write, listen and speak sentences in a setting that fosters enjoyable learning and love for this Chinese language. Suitable for participants with some knowledge of Mandarin.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 6 – JUN 22 **SA, 12:00 PM – 1:30 PM**
No classes May 18, Jun 15
\$280.00 / 10 #8867

Mastering Mandarin | Advanced AGES 5-18

Calling lovers of Mandarin language. Young participants refine their knowledge of the PinYin phonetic system and pronunciation of Chinese characters through reading, writing, listening and engaging in dialogue about real-life scenarios, Chinese history and culture. Suitable for participants who are versed in the PinYin phonetic system.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 6 – JUN 22 **SA, 1:30 PM – 3:00 PM**
No classes May 18, Jun 15
\$280.00 / 10 #8868




BROWNS CRAFTHOUSE
KITCHEN & BAR




NORI
BENTO & UDON

JJ Bean
COFFEE ROASTERS

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ICE CREAM

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KINTON RAMEN

WESBROOK MALL

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Explore UBC Point Grey's dining scene.



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EDUCATION

Minecraft Coders | Beginner AGES 7-10

Introduce young learners to the world of coding. Young participants use collaborative games and hands-on activities to explore programming concepts and develop computer literacy in a creative and non-competitive atmosphere. Participants use Scratch and Minecraft Education, which are online educational platforms, to work with variables, looping, patterns, conditions and data structures, while solving problems and thinking critically and creatively.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is \$20.00 per child and is non-refundable.

Instructor: Haitao Li

SPRING
WCC | APR 4 – JUN 27 **TH, 6:15 PM – 7:15 PM**
\$195.00 / 13 #8855

Minecraft Coders | Intermediate AGES 9-12

Build on the introductory Minecraft Coding course. Participants deepen their skills with design patterns, creating complex functions, modifying codes, optimizing code performance, and debugging in order to elevate their coding proficiency.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is \$20.00 per child and is non-refundable.

Instructor: Haitao Li

SPRING
WCC | APR 2 – JUN 25 **TU, 7:00 PM – 8:00 PM**
\$195.00 / 13 #8854

Science for Kids AGES 7-11

Experiment with science. Youth engage with demonstrations and carry out experiments that inspire wonder and explain the world around them. Each session explores a different topic, such as gravity, force, energy, sound, or chemical reactions, with hands-on learning opportunities.

Instructor: STEAM 4 Kids

SPRING
WCC | APR 4 – JUN 20 **TH, 5:00 PM – 6:00 PM**
\$264.00 / 12 #8859

MUSIC

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Participants select a 30-minute timeslot of their choice for the program's duration.

Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructor: Andrea Minden

SPRING
WCC | APR 7 – JUN 23 **SU, 1:00 PM – 5:00 PM**
No class May 19
\$363.00 / 11 #various

SUMMER
WCC | JUL 7 – AUG 25 **SU, 1:00 PM – 5:00 PM**
No class Aug 4
\$231.00 / 7 #various

CHECK [MYUNA.CA/PROGRAMS](https://myuna.ca/programs)

OFTEN AS MUSIC LESSON

SPACES MAY BECOME AVAILABLE

THROUGHOUT THE SEASON.

Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance.

Royal Conservatory of Music (RCM) preparation is available. Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Portia Sun

SPRING

WCC | APR 5 – JUN 28 **F, 3:30 PM – 7:45 PM**
\$429.00 / 13 #various

SUMMER

WCC | JUL 5 – AUG 30 **F, 3:30 PM – 7:45 PM**
\$297.00 / 9 #various

Instructor: Bassem Ghabrous

SPRING

WCC | APR 6 – JUN 22 **SA, 10:00 AM – 3:00 PM**
No classes May 18, Jun 15
\$330.00 / 10 #various

SUMMER

WCC | JUL 6 – AUG 24 **SA, 10:00 AM – 3:00 PM**
No class Aug 3
\$231.00 / 7 #various

Instructor : Derek Pang

SPRING

WCC | APR 8 – JUN 24 **M, 3:30 PM – 8:15 PM**
No class May 20
\$363.00 / 11 #various

WCC | APR 10 – JUN 26

W, 3:30 PM – 8:15 PM
\$396.00 / 12 #various

SUMMER

WCC | JUL 8 – AUG 26 **M, 3:30 PM – 8:15 PM**
No class Aug 5
\$231.00 / 7 #various

WCC | JUL 10 – AUG 28

W, 3:30 PM – 8:15 PM
\$264.00 / 8 #various

Guitar AGES 8+

Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument.

Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own guitar. Music books for purchase may be recommended in the first class.

Instructor: Vanja Dijak

SPRING

WCC | APR 5 – JUN 28 **F, 4:30 PM – 9:00 PM**
\$429.00 / 13 #various

SUMMER

WCC | JUL 5 – AUG 30 **F, 4:30 PM – 9:00 PM**
\$297.00 / 9 #various

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own violin. Music books for purchase will be recommended in the first class.



Instructor: Andrew Ty

SPRING

WCC | APR 4 – JUN 27 **TH, 3:30 PM – 9:00 PM**
No class May 9
\$414.0 / 12 #various

SUMMER

WCC | JUL 4 – AUG 29 **TH, 3:30 PM – 9:00 PM**
\$310.50 / 9 #various

PHYSICAL ACTIVITY

Australian Football AGES 8-12

Children learn the rules and skills, including kicking, hand-balling and running, that are required for playing Australian Football. Participants improve their speed, agility and teamwork through games and drills, while having fun and supporting their overall fitness. This program is hosted by the Australian Football League (AFL) Canada.

Instructor: Australian Football League Canada

SPRING
WCC | APR 4 – JUN 27 **TH, 5:45 PM – 6:45 PM**
\$195.00 / 13 #8833

Badminton | Beginner 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.

Instructors: Isaac Abheek & Calista Ng

SPRING
WCC | APR 5 – JUN 28 **F, 4:00 PM – 5:00 PM**
\$195.00 / 13 #8835

SUMMER
WCC | JUL 5 – AUG 30 **F, 4:00 PM – 5:00 PM**
\$135.00 / 9 #9000

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

Sportball: Floor Hockey AGES 6-9

Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

SPRING
WCC | APR 3 – JUN 26 **W, 4:30 PM – 5:15 PM**
\$260.00 / 13 #8828

Sportball: Outdoor Soccer AGES 6-9

Sportball: Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors on the UNA Community Field, rain or shine.

Instructor: Sportball Vancouver

SUMMER
FIELD | JUL 3 – AUG 28 **W, 4:30 PM – 5:15 PM**
\$180.00 / 9 #8998

Open Gym | Pre-teen AGES 9-12

Participants can practice and play sports with friends and neighbours during this open gym session. No advance registration required.

SPRING
WCC | APR 3 – JUN 28 **W, 5:30 PM – 7:00 PM**
Drop-in \$3.00 #9263

WCC | APR 13 – MAY 18 **SA, 12:15 PM – 1:45 PM**
No class May 11
Drop-in \$3.00 #9272

SUMMER
WCC | JUL 3 – AUG 30 **W, 4:00 PM – 5:30 PM**
Drop-in \$3.00 #9266



EASTER

**Join us for some
Easter family fun!**

Old Barn Community Centre

March 30, 2024 | 9:30 A.M – 11:00 A.M

Bring your loved ones to participate in our community
crafts and the exciting Easter egg hunt.
Don't miss out!



CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of.

SPRING

WCC | APR 13 – JUN 22 **SA, 8:45 AM – 10:15 AM**
No class Jun 15
 Drop-in \$3.00 #8881

WCC | APR 7 – JUN 23 **SU, 4:00 PM – 5:30 PM**
 Drop-in \$3.00 #8883

SUMMER

WCC | JUL 6 – AUG 24 **SA, 8:45 AM – 10:15 AM**
 Drop-in \$3.00 #9021

WCC | JUL 7 – AUG 25 **SU, 4:00 PM – 5:30 PM**
 Drop-in \$3.00 #9022

Family Pickleball Drop-In ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of.

SPRING

WCC | APR 7 – JUN 23 **SU, 9:00 AM – 10:30 AM**
 Drop-in \$3.00 #8884

SUMMER

WCC | JUL 7 – AUG 25 **SU, 9:00 AM – 10:30 AM**
 Drop-in \$3.00 #9024

Yoga for Kids AGES 6-12

Explore body movement, breath and emotion. Children explore yoga poses, breath work and the mind-body connection using stories, games, props, songs, activities and more to develop flexibility and balance, and support overall health.

Instructor: Menka Purswaney Amin

SPRING

WCC | APR 3 – JUN 26 **W, 4:30 PM – 5:30 PM**
 \$195.00 / 13 #8829

Family Karate AGES 6-12

Participants learn and practise the ancient art of Karate-Do developing fundamental skills of blocks, strikes, kicks and stances that characterize this martial art, while building self-confidence, self-control and self-defence. This class is designed for parents to participate along side their children ages 6+. Participants are required to become members of Karate BC through Kumakai Karate Vancouver. There is an annual fee of \$45 to \$80, depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 2 – JUN 25 **TU, 7:00 PM – 8:00 PM**
 \$182.00 / 13 #9152

OBCC | APR 5 – JUN 28

No classes Apr 19, Jun 21 **F, 7:00 PM – 8:00 PM**
 \$154.00 / 11 #9154

SUMMER

WCC | JUL 2 – AUG 27 **TU, 7:00 PM – 8:00 PM**
 \$126.00 / 9 #9166

Tae Kwon Do | Beginner | Kids AGES 4-12

Blend self-defence, martial art and discipline. Young participants explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defence techniques and overall fitness.

Instructor: Vancouver Martial Arts

SPRING

BEGINNER
WCC | APR 7 – JUN 23 **SU, 1:00 PM – 1:40 PM**
No class May 19
 \$165.00 / 11 #8969

INTERMEDIATE

WCC | APR 7 – JUN 23 **SU, 1:00 PM – 1:50 PM**
No class May 19
 \$198.00 / 11 #8970

SUMMER

BEGINNER
WCC | JUL 7 – AUG 25 **SU, 1:00 PM – 1:40 PM**
No class Aug 4
 \$105.00 / 7 #9010

INTERMEDIATE

WCC | JUL 7 – AUG 25 **SU, 1:00 PM – 1:50 PM**
No class Aug 4
 \$126.00 / 7 #9012

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

Instructor: 4-H Club

SPRING
WCC | APR 12 – JUN 14 **F, 6:30 PM – 8:30 PM**
\$150.00 YEARLY #8942

SUMMER
WCC | JUL 12 – AUG 9 **F, 6:30 PM – 8:30 PM**
\$150.00 YEARLY #8943

Chess Basics: An Introductory Guide for Entry-level Players **AGES 7-12**

This program is designed for individuals who are just beginning to learn chess or have some basic knowledge of the game. This program aims to help participants understand all the rules of chess and have fun playing the game. In this program, you will learn the strategies to successfully start, play, and end a game. The class will be split into two parts. The first part will cover an essential concept in chess, while the second part will consist of playing chess against classmates. This is a youth volunteer-led program.

Instructor: Henry Zhou

SPRING
WCC | APR 5 – JUN 28 **F, 4:00 PM – 5:00 PM**
FREE / 13 #9262



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

SPRING
WCC | APR 8 – JUN 28 **M, 4:00 PM – 5:30 PM**
No class May 20
FREE / 11 #9264

Girl Guides | Grades 4-6 **AGES 9-11**

Girl Guides is a full-year program that creates opportunities for young participants to problem solve, develop resilience and leadership, practise teamwork, be resourceful, experience outdoor recreation and build self-confidence, independence and life skills, while making lifelong friends. Open to individuals in grades 4-6. Visit girlguides.ca to register.

Instructor: Girl Guides

SPRING
OBCC | APR 4 – JUN 27 **TH, 6:00 PM – 7:30 PM**
girlguides.ca #8949

SUMMER
OBCC | JUL 4 – AUG 29 **TH, 6:00 PM – 7:30 PM**
girlguides.ca #8950

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

YOUTH PROGRAMS

ARTS

Community Choir AGES 13+

Sing in this intergenerational choir! This is a no-audition choir, for ages 13+, where participants select some of the repertoire to sing together and in harmony. Musicians are welcome to bring instruments.

Instructor: Matt Stapleton

SPRING
OBCC | APR 10 – JUN 26 **W, 7:30 PM – 8:30 PM**
 \$84.00 / 12 | Drop-in \$7.70 #8918

SUMMER
OBCC | JUL 10 – AUG 28 **W, 7:30 PM – 8:30 PM**
 \$56.00 / 8 | Drop-in \$7.70 #9002

Drawing & Painting AGES 11-18



Embark on an artistic adventure. Youth, whether they are newly discovering these artforms or are experienced artists, work at their own pace to explore self-expression and build on the fundamentals, using a variety of mediums. Techniques covered include 3-D drawing, shading, colour theory, composition, form and brush strokes.

Instructor: Jennifer Kim

SPRING
WCC | APR 3 – JUN 26 **W, 3:30 PM – 5:30 PM**
 \$390.00 / 13 #8985

K-Pop Hip-Hop AGES 11-16

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, children develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING
WCC | APR 2 – JUN 18 **TU, 4:30 PM – 5:30 PM**
 \$204.00 / 12 | Drop-in \$19.00 #8911

WCC | APR 6 – JUN 22 **SA, 10:15 AM – 11:15 AM**
No classes May 18, Jun 15
 \$170.00 / 10 | Drop-in \$19.00 #8910

EDUCATION

Peer Tutoring AGES 11-18

This drop-in style program, created by youth for youth, provides a supportive group setting and space where youth are assisted with their studying and homework. No registration required.

Instructor: Youth Volunteers

SPRING
WCC | APR 2 – JUN 28 **TU, 4:00 PM – 5:30 PM**
 FREE #9176

French Conversation Club AGES 13-18

Explore French conversation in an enjoyable atmosphere. In this peer-led club, youth language learners engage with books, films, discussions and debates to enrich comprehension, vocabulary, grammar, proficiency and fluidity in the language.

Instructor: Youth Volunteers

SPRING
WCC | APR 4 – JUN 28 **TH, 4:15 PM – 5:00 PM**
 #9261

EDUCATION

Introduction to Coding AGES 12-17

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

SPRING
WCC | APR 7 – JUN 29 SU, 10:30 AM – 11:30 AM
\$21.84 / 12 #9253

Intermediate Coding AGES 13-18

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

SPRING
WCC | APR 7 – JUN 29 SU, 11:35 AM – 12:35 PM
\$21.84 / 12 #9256



Newcomers Support Group | Youth and Parents AGES 13+

This free program is designed for new students and their parents. It features youth volunteers who share their experiences adjusting to their school and community with a different theme each week to learn about the community and school. Volunteers speak English and Mandarin. Please register to receive program updates. Everyone is welcome!

Volunteers: UNA Volunteers

SPRING
WCC | APR 6 – JUN 30 SA, 10:00 AM – 11:30 AM
No classes May 18, Jun 22
FREE / 11 #8886

Toastmasters Youth Program AGES 12-17

An affiliate of Toastmasters International, this program supports youth to become confident public speakers. Participants learn to deliver prepared and impromptu speeches and to evaluate others' in a supportive and encouraging atmosphere that calms nerves. Participants also develop leadership skills, make friends and have fun.

Instructor: Vancouver Gavel Club

SPRING
WCC | APR 3 – JUN 19 W, 6:30 PM – 8:30 PM
\$144.00 / 12 #8856

PHYSICAL ACTIVITY

Badminton Drop-in | Youth AGES 13-18

This drop-in program is opened to youth of all skills ability to play badminton. Three courts are available for these uninstructed drop-ins.

Participants must bring a racquet.

SPRING
WCC | APR 7 – JUN 28 **SU, 5:30 PM – 7:00 PM**
Drop-in \$3.00 #9165

SUMMER
WCC | JUL 7 – AUG 30 **SU, 5:30 PM – 7:00 PM**
Drop-in \$3.00 #9269

Badminton | Intermediate 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: Isaac Abheek & Calista Ng

SPRING
WCC | APR 5 – JUN 28 **F, 5:00 PM – 6:00 PM**
\$195.00 / 13 #8836

SUMMER
WCC | JUL 5 – AUG 30 **F, 5:00 PM – 6:00 PM**
\$135.00 / 9 #9003

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

Badminton | Advanced 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.

Instructors: Isaac Abheek & Calista Ng

SPRING
WCC | APR 5 – JUN 28 **F, 6:00 PM – 7:30 PM**
\$292.50 / 13 #8837

SUMMER
WCC | JUL 5 – AUG 30 **F, 6:00 PM – 7:30 PM**
\$182.25 / 9 #9004

Open Gym | Youth AGES 13-18

Open gym are uninstructed drop-ins providing an opportunity for youth to play sports with their friends and neighbours.

SPRING
WCC | APR 3 – JUN 26 **W, 5:30 PM – 7:00 PM**
Drop-in \$3.00 #9248

SPRING
WCC | APR 13 – MAY 18 **SA, 12:15 PM – 1:45 PM**
No class May 11
Drop-in \$3.00 #9163

SUMMER
WCC | JUL 3 – AUG 30 **W, 5:45 PM – 7:15 PM**
Drop-in \$3.00 #9265

Pickleball Drop-in | Youth AGES 13-18

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest-growing sports in North America. These sessions are not instructed and are open to players of all skill levels.

SPRING
WCC | APR 4 – JUN 28 **TH, 7:15 PM – 8:45 PM**
Drop-in \$3.00 #9177

PHYSICAL ACTIVITY

Family Karate AGES 13-18

Participants learn and practise the ancient art of Karate-Do to develop the fundamental skills of blocks, strikes, kicks and stances that characterize this martial art, while building self-confidence, self-control and self-defence. This class is designed for parents to participate along side their children ages 6 and up.

All participants are required to become members of Karate BC through Kumakai Karate Vancouver. There is an annual fee of \$45 to \$80, depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 2 – JUN 25

\$182.00 / 13

TU, 7:00 PM – 8:00 PM

#9155

OBCC | APR 5 – JUN 28

No classes Apr 19, Jun 21

\$154.00 / 11

F, 7:00 PM – 8:00 PM

#9156

SUMMER

WCC | JUL 2 – AUG 27

\$126.00 / 9

TU, 7:00 PM – 8:00 PM

#9168

Teens & Adults Karate AGES 11-18



Participants learn and practise the ancient art of Karate-Do to develop the fundamental skills of blocks, strikes, kicks and stances that characterize this martial art, while building self-confidence, self-control and self-defence. This class

is for adults and teenagers (ages 11+). All participants are required to become members of Karate BC through Kumakai Karate Vancouver. There is an annual fee of \$45.00 to \$80.00, depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 2 – JUN 25

\$182.00 / 13

TU, 8:00 PM – 9:00 PM

#9159

SUMMER

WCC | JUL 2 – AUG 27

\$126.00 / 9

TU, 8:00 PM – 9:00 PM

#9172

DROP-IN PROGRAMS



The UNA offers a variety of sport, fitness and dance classes to fit into your busy schedule.

Check out myuna.ca/drop-in for a drop-in schedule!



Please familiarize yourself with new drop-in procedures on page 3.

YOUTH PROGRAMS

PHYSICAL ACTIVITY

Tae Kwon Do | Youth AGES 13-18

Blend self-defence, martial art and discipline. Youth explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defence techniques and overall fitness.

Instructor: Vancouver Martial Arts

SPRING BEGINNER

WCC | APR 7 – JUN 23 SU, 1:00 PM – 1:40 PM
No class May 19
\$165.00 / 11 #8971

INTERMEDIATE

WCC | APR 7 – JUN 23 SU, 1:00 PM – 1:50 PM
No class May 19
\$198.00 / 11 #8973

SUMMER BEGINNER

WCC | JUL 7 – AUG 25 SU, 1:00 PM – 1:40 PM
No class Aug 4
\$105.00 / 7 #9007

INTERMEDIATE

WCC | JUL 7 – AUG 25 SU, 1:00 PM – 1:50 PM
No class Aug 4
\$126.00 / 7 #9008

Volleyball Drop-in | Youth AGES 13-18



Set, spike, block and serve in this uninstructed drop-in. Youth practice their agility and hand-eye coordination in a casual, non-competitive setting where volleyball enthusiasts of all levels can connect.

SPRING

WCC | APR 6 – JUN 28 SA, 4:00 PM – 5:30 PM
Drop-in \$3.00 #8350

SUMMER

WCC | JUL 6 – AUG 30 SA, 4:00 PM – 5:30 PM
Drop-in \$3.00 #9267

Volleyball BC: Train and Play AGES 13-16

Volleyball BC's Train & Play program is designed to help youth work on the various skills, including coordination and timing to execute set, serves, spikes, blocks and footwork. 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

SPRING

WCC | APR 6 – JUN 22 SA, 2:15 PM – 3:45 PM
No classes May 18, Jun 15
\$180.00 / 10 #8843

SUMMER

WCC | JUL 6 – AUG 24 SA, 2:15 PM – 3:45 PM
No class Aug 3
\$126.00 / 7 #9005

MUSIC

Group Guitar | Beginner AGES 14+

The beginner class will introduce participants 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

SPRING

WCC | APR 8 – JUN 24 M, 6:30 PM – 7:30 PM
No class May 20
\$220.00 / 11 #9114

SUMMER

WCC | JUL 8 – AUG 26 M, 6:30 PM – 7:30 PM
No class Aug 5
\$140.00 / 7 #8990

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

SPRING

WCC | APR 8 – JUN 24 M, 7:30 PM – 8:30 PM
No class May 20
\$220.00 / 11 #8914

SUMMER

WCC | JUL 8 – AUG 26 M, 7:30 PM – 8:30 PM
No class Aug 5
\$140.00 / 7 #8991

SOCIAL

Youth 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.

Instructor: UNA Staff

SPRING

WCC | APR 4 – JUN 28

FREE

TH, 3:30 PM – 5:30 PM

#9246

Youth Social Drop-in AGES 13-18

Foster friendships, spark conversations, play games and enjoy discussions and exchange ideas in a safe and inclusive space for youth.

Instructor: UNA Staff

SPRING

WCC | APR 3 – JUN 28

FREE

W, 3:30 PM – 5:30 PM

#9242



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.



POPULAR PROGRAMS
FILL UP QUICKLY!
REGISTER TODAY 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 www.4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$150.00.

Instructor: 4-H Club

SPRING

WCC | APR 12 – JUN 14
\$150.00 YEARLY

F, 6:30 PM – 8:30 PM
#8936

SUMMER

WCC | JUL 12 – AUG 9
\$150.00 YEARLY

F, 6:30 PM – 8:30 PM
#8938

Arts for the Earth AGES 12-18

Connect artistic expression to environmental issues. Youth use various art forms as creative mediums to foster awareness about environmental concerns, using art to move the dial for positive change that has beneficial impacts on communities.

This program is registration and drop-in based, feel free to stop by at any point during the season.

Instructor: Youth Volunteers

SPRING

WCC | APR 8 – JUN 28
No class May 20
FREE

M, 3:30 PM – 5:00 PM

#9257

Chess for Beginners & Intermediate Players

AGES 13-18

Chess for Beginners & Intermediate Players will encompass a broad spectrum of chess topics, encompassing openings, strategies for the middle game, essential endgame principles, and tactical maneuvers. In addition to our theoretical discussions, we'll actively engage in both face-to-face and online chess matches, facilitating instant feedback and the practical application of the knowledge we delve into.

Instructor: Mohammadsadra Zareei

SPRING

WCC | APR 4 – JUN 28
FREE

TH, 3:30 PM – 5:00 PM
#9259

Rubik's Cube Club AGES 11-18

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.



Instructor: Youth Volunteers

SPRING

WCC | APR 4 – JUN 29
FREE / 13

TH, 3:30 PM – 4:15 PM
#9260

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.

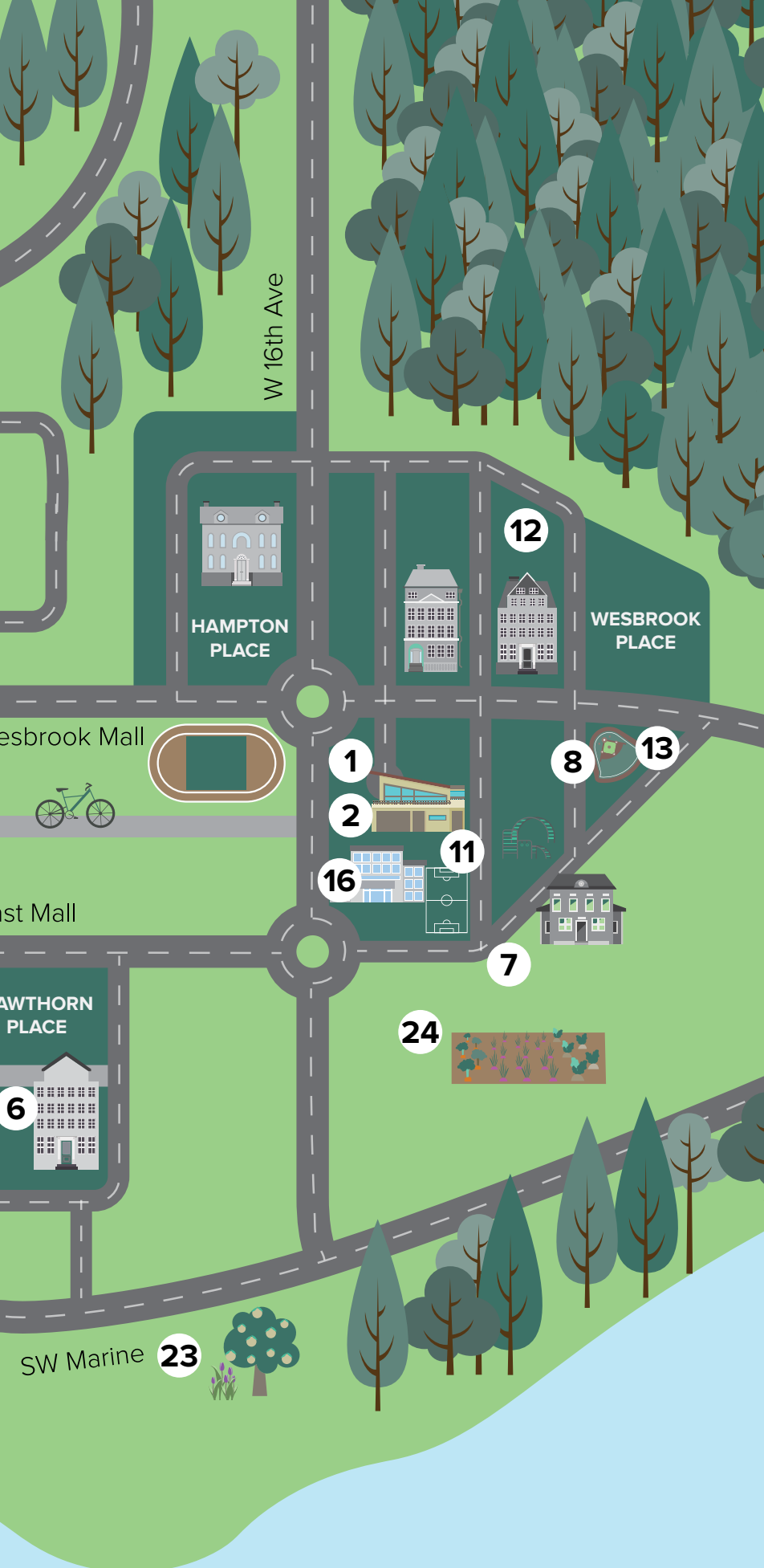
Sign up to become a volunteer at
myuna.ca/volunteering



UNA POINTS OF INTEREST

Facilities, neighbourhoods and others





- 1.** UNA Main Office
- 2.** Westbrook 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

Arts Appreciation for English Learners

AGES 19+

Explore visual art, fine art and art history in a language-acquisition class. Participants engage in hands-on exercises and visits to galleries to experience and appreciate a variety of art forms, styles and genres. Individual and group projects provide language-supportive opportunities to enhance vocabulary, fluency and proficiency in conversation.

Instructor: Janina Kulhay-Matsuda

SPRING

WCC | APR 4 – JUN 27

TH, 6:30 PM – 7:30 PM

\$130.00 / 13

#8915

SUMMER

WCC | JUL 4 – AUG 29

TH, 6:30 PM – 7:30 PM

\$90.00 / 9

#8992

Drawing and Sketching AGES 16+

Learn to sketch and draw in a relaxed, accommodating atmosphere. Participants are guided to hone their observational abilities through experimentation, discussion, excursions and group critiques. Art supplies are provided. Participants may wish to bring their own sketchbooks.

Instructor: Janina Kulhay-Matsuda

SPRING

WCC | APR 3 – JUN 26

W, 5:45 PM – 7:15 PM

\$260.00 / 13

#8916

SUMMER

WCC | JUL 3 – AUG 28

W, 5:45 PM – 7:15 PM

\$180.00 / 9

#8996

Watercolour Painting AGES 16+

Delve into the richness of the world of watercolours. Participants learn the basic concepts and techniques, including layering, brush strokes, edging, colour mixing and use of masking fluid – and are encouraged to explore personal artistic expression. Art supplies are provided. Participants may wish to bring their own workbooks.

Instructor: Janina Kulhay-Matsuda

SPRING

WCC | APR 3 – JUN 26

W, 7:30 PM – 9:00 PM

\$260.00 / 13

#8917

SUMMER

WCC | JUL 3 – AUG 28

W, 7:30 PM – 9:00 PM

\$180.00 / 9

#8999

Adult Ballet | Beginner AGES 19+

Dance for better flexibility, balance, strength, stamina and grace. Ballet terms and positions are learned at the barre, followed by short dance sequences at centre and across the floor. This class is suitable for beginner to intermediate level dancers. Ballet shoes or socks recommended.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 10 – JUN 19

W, 7:45 PM – 8:45 PM

\$165.00 / 11 | Drop-in \$16.50

#8816

Ballet Drop-In | Intermediate-Advanced

AGES 15+

Enjoy classical ballet as a drop-in class. Participants train barre and centre combinations that are challenging and fun as they improve technique, strength, flexibility and balance. Suitable for participants with a minimum of three years of ballet experience.

Volunteer: Juliet Oshiro

SPRING

WCC | APR 5 – JUN 28

F, 5:00 PM – 6:30 PM

Drop-in \$10.00

#8801

ARTS

Chinese Folk Dance AGES 19+

Dance and experience the rhythm, movement, choreography and culture of this classical Chinese art form. Everyone is welcome from beginners and enthusiasts to advanced dancers. This class is taught in Mandarin.

Instructor: Emily Li

SPRING

WCC | APR 2 – JUN 18 **TU, 12:30 PM – 2:00 PM**
\$198.00 / 12 | Drop-in \$18.15 #8817

WCC | APR 5 – JUN 21 **F, 12:30 PM – 2:00 PM**
\$198.00 / 12 | Drop-in \$18.15 #8818

SUMMER

WCC | JUL 2 – AUG 27 **TU, 12:30 PM – 2:00 PM**
No class Jul 23
\$132.00 / 8 | Drop-in \$18.15 #8986

WCC | JUL 5 – AUG 30 **F, 12:30 PM – 2:00 PM**
No class Jul 26
\$132.00 / 8 | Drop-in \$18.15 #8987

Classical Indian and Folk Dance: Kathak

AGES 16+

Explore the vibrancy of Indian folk dance in this beginner-friendly class. Participants learn basic technique and footwork of dances that originate in northern India, as well as the historical and cultural context of 'Kathak,' a dance of story-tellers, deepening their understanding of the rich cultural and arts traditions and heritage of India.

Instructor: Menka Purswaney Amin

SPRING

WCC | APR 3 – JUN 26 **W, 5:45 PM – 6:45 PM**
\$221.00 / 13 #8879

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

Classical Indian Dance: Bharata Natyam

AGES 19+

Originating from the south of India, Bharata Natyam is one of the 8 classical Indian dance forms. This is a welcoming and supporting environment to explore graceful movements, intricate footwork, and storytelling of dance. Welcoming all levels of experience and cultural backgrounds, this class offers an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

SPRING

WCC | APR 6 – JUN 22 **SA, 3:00 PM – 4:00 PM**
No classes May 18, Jun 15
\$190.00 / 10 #8902

Dance Fusion AGES 19+

Blend advanced dance with choreography. Participants experience a variety of dance genres and movement styles - from K-Pop to jazz-funk to hip-hop - that use choreography to improve balance, coordination, strength, flexibility and confidence. Participants develop dance skills and techniques that enhance footwork, isolations, popping and locking and expression. Suitable for participants of differing dance backgrounds and levels. This program is taught in Mandarin and English.

Instructor: Yan Guo

SPRING

WCC | APR 8 – JUN 24 **M, 7:45 PM – 8:45 PM**
No classes Apr 22, May 20
\$180.00 / 10 | Drop-in \$20.00 #8904

Family K-Pop Hip-Hop AGES 5+

K-pop dance and hip hop unite in this unique class for a caregiver and their child. Focused on the fundamentals of movement that characterizes these popular genres, participants develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING

WCC | APR 2 – JUN 18 **TU, 5:30 PM – 6:30 PM**
\$180.00 / 12 | Drop-in \$17.00 #8905

ADULTS & SENIORS PROGRAMS

MUSIC

Community Choir AGES 13+

Sing in this intergenerational choir! This is a no-audition choir, for ages 13+, where participants select some of the repertoire to sing together and in harmony. Musicians are welcome to bring instruments.

Instructor: Matt Stapleton

SPRING
OBCC | APR 10 – JUN 26 **W, 7:30 PM – 8:30 PM**
\$84.00 / 12 | Drop-in \$7.70 #8918

SUMMER
OBCC | JUL 10 – AUG 28 **W, 7:30 PM – 8:30 PM**
\$56.00 / 8 | Drop-in \$7.70 #9002

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Participants select a 30-minute timeslot of their choice for the program's duration.

Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructors: Andrea Minden

SPRING
WCC | APR 7 – JUN 23 **SU, 1:00 PM – 5:00 PM**
No class May 19
\$363.00 / 11 #various

SUMMER
WCC | JUL 7 – AUG 25 **SU, 1:00 PM – 5:00 PM**
No class Aug 4
\$231.00 / 7 #various

Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance.

Royal Conservatory of Music (RCM) preparation is available. Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Portia Sun

SPRING
WCC | APR 5 – JUN 28 **F, 3:30 PM – 7:45 PM**
\$429.00 / 13 #various

SUMMER
WCC | JUL 5 – AUG 30 **F, 3:30 PM – 7:45 PM**
\$297.00 / 9 #various

Instructor: Bassem Ghabrous

SPRING
WCC | APR 6 – JUN 22 **SA, 10:00 AM – 3:00 PM**
No classes May 18, Jun 15
\$330.00 / 10 #various

SUMMER
WCC | JUL 6 – AUG 24 **SA, 10:00 AM – 3:00 PM**
No class Aug 3
\$231.00 / 7 #various

Instructor : Derek Pang

SPRING
WCC | APR 8 – JUN 24 **M, 3:30 PM – 8:15 PM**
No class May 20
\$363.00 / 11 #various

WCC | APR 10 – JUN 26 **W, 3:30 PM – 8:15 PM**
\$396.00 / 12 #various

SUMMER
WCC | JUL 8 – AUG 26 **M, 3:30 PM – 8:15 PM**
No class Aug 5
\$231.00 / 7 #various

WCC | JUL 10 – AUG 28 **W, 3:30 PM – 8:15 PM**
\$264.00 / 8 #various

Guitar AGES 8+

Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own guitar. Music books for purchase may be recommended in the first class.

Instructor: Vanja Dijak

SPRING

WCC | APR 5 – JUN 28 **F, 4:30 PM – 9:00 PM**
\$429.00 / 13 #various

SUMMER

WCC | JUL 5 – AUG 30 **F, 4:30 PM – 9:00 PM**
\$297.00 / 9 #various

Group Guitar | Beginner AGES 14+

The beginner class will introduce participants 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

SPRING

WCC | APR 8 – JUN 24 **M, 6:30 PM – 7:30 PM**
No class May 20
\$220.00 / 11 #9114

SUMMER

WCC | JUL 8 – AUG 26 **M, 6:30 PM – 7:30 PM**
No class Aug 5
\$140.00 / 7 #8990



VIEW UNA RECREATION POLICIES AT
MYUNA.CA/RECREATION-POLICIES/

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

SPRING

WCC | APR 8 – JUN 24 **M, 7:30 PM – 8:30 PM**
No class May 20
\$220.00 / 11 #8914

SUMMER

WCC | JUL 8 – AUG 26 **M, 7:30 PM – 8:30 PM**
No class Aug 5
\$140.00 / 7 #8991

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry.

Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructors: Andrew Ty

SPRING

WCC | APR 4 – JUN 27 **TH, 3:30 PM – 9:00 PM**
No class May 9
\$414.00 / 12 #various

SUMMER

WCC | JUL 4 – AUG 29 **TH, 3:30 PM – 9:00 PM**
\$310.50 / 9 #various



UNA ACCESS

TO SPORT FACILITIES & PROGRAMS

Residents with a current UNA card are eligible for reduced rates at UBC's sport facilities and programs on the Point Grey Campus, including:

UBC Camps

Spring break, summer, winter, and pro-d day camps.

Doug Mitchell Thunderbird Sports Centre

Drop-in skating, hockey, and lessons.

UBC Aquatic Centre

Drop-in swimming, lessons, and courses.

UBC Tennis Centre

Lessons, courses, and court rentals.

To qualify, UNA residents should take the following steps:

- 1 Create an online login with UBC Recreation (*note that this login is separate from the login used for programs at the UNA Barn or Wesbrook Community Centre*).
- 2 Send an image of your UNA card along with the email associated with your login to recreation.help@ubc.ca.
- 3 After completing the previous steps, please allow two business days for UNA rates to appear when registering in-person or online.

** Annual verification of a valid UNA card is required to continue accessing rates, facilities, and programs.*

For more information about setting up your UBC Recreation login visit: recreation.ubc.ca/new-reg

2024 SPRING & SUMMER REGISTRATION DATES

► Summer Camps

Registration available on February 7 at 1:00pm

► Aquatics, Baseball, Skating & Hockey, and Tennis Programs

Registration available on March 3 at 1:00pm

** Please note that spring and summer programs generally run from April 1 through August 31.*

Register for courses and programs at:

recreation.ubc.ca



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.

CANINE EDUCATION

Good to Great: Manners and More AGES 19+

Building on basic dog obedience, this class addresses behavioural challenges that tend to surface as dogs grow. Topics covered include leash manners, jumping on people, recall, attention and reliable performance of basic commands.

Suitable for dogs older than five months of age. All pups should be in good health, with up-to-date vaccinations.

Instructor: Daisy Dog Training

SPRING

WCC | APR 2 – MAY 7

\$210.00 / 6

TU, 7:15 PM – 8:15 PM

#8852

Puppy Preschool AGES 19+



Participants learn how to teach their dogs basic obedience skills, while socializing with other pups. Topics covered include the prevention of bad habits, positive reinforcement, handling and more.

Suitable for dogs between seven and eighteen weeks of age at the start of class. All pups should be in good health, with up-to-date vaccinations, and wear flat collars or harnesses, with regular flat leashes.

Instructor: Daisy Dog Training

SPRING

WCC | APR 2 – MAY 7

\$210.00 / 6

TU, 6:00 PM – 7:00 PM

#8851

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

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

EDUCATION

French Club AGES 19+

Build French language skills and confidence. Participants have language-supportive opportunities to discuss a variety of topics in an informal and supportive environment. French language learners practise listening, comprehension, pronunciation and fluency in group and one-on-one settings. Participants should have some basic knowledge of French. Register to receive email updates for this no-cost, volunteer-led program.

Volunteer: Julie Wang

SPRING
OBCC | APR 4 – JUN 28 **TH, 1:30 PM – 2:30 PM**
FREE / 13 #8810



French | Beginner AGES 19+

In this introductory French class, participants explore basic vocabulary, phrases and practise pronunciation and listening. This safe learning environment offers participants the tools to be able to build confidence for real-life conversations in French.

Instructor: Manaal Yasir

SPRING
OBCC | APR 2 – JUN 25 **TU, 6:30 PM – 8:00 PM**
\$195.00 / 13 #8853

French | Intermediate AGES 19+

Build confidence and fluency in French. Participants expand vocabulary, comprehension, phrases and practise pronunciation and listening. They also build proficiency through conversation and cultural discussions in small group settings that support safe learning spaces.

Instructor: Catherine Black

SPRING
WCC | APR 8 – JUN 17 **M, 1:00 PM – 2:30 PM**
No classes May 20, May 27
\$135.00 / 9 #8845

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

ADULTS & SENIORS PROGRAMS

EDUCATION

English Conversation for Mandarin Speakers | Beginner AGES 19+

Learn to converse in English. Participants have language-supportive opportunities to learn and practise basic English vocabulary and sentences that support real-life interactions. Registration is required.

Volunteer: Titus Yung

SPRING
WCC | APR 8 – JUN 25 **M, 10:00 AM – 11:30 AM**
No class May 20
\$33.00 / 11 #8809

English Conversation | Beginner AGES 19+

Start conversing in English in this volunteer-led program. Beginner English language learners practise listening, comprehension, vocabulary and pronunciation in a group setting. Registration is required.

Volunteer: Polina

SPRING
WCC | APR 4 – JUN 28 **TH, 10:00 AM – 11:30 AM**
\$39.00 / 13 #8805

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 take part in various discussions, discover Canadian/Western culture, and share their culture with new friends.

Suitable for participants who are able to have simple conversations in English. Registration is required.

Volunteer: UNA Volunteer

SPRING
WCC | APR 2 – JUN 26 **TU, 10:00 AM – 11:30 AM**
\$39.00 / 13 #8806

English Conversation | Intermediate | Wednesday AGES 19+

This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants take part in various discussions, discover Canadian/Western culture, and share their culture with new friends.

Suitable for participants who are able to have simple conversations in English. Registration is required.

Volunteers: Alice and Linda

SPRING
WCC | APR 3 – JUN 27 **W, 1:00 PM – 2:30 PM**
\$39.00 / 13 #8807

English Conversation | Intermediate | Thursdays AGES 19+

This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants take part in various discussions, discover Canadian/Western culture, and share their culture with new friends.

Suitable for participants who are able to have simple conversations in English. Registration is required.

Volunteer: Krona

SPRING
OBCC | APR 4 – JUN 27 **TH, 7:00 PM – 8:30 PM**
\$39.00 / 13 #8808

English Conversation | Advanced | Fridays AGES 19+

Refine proficiency and confidence. Participants have language-supportive opportunities to discuss a variety of topics in an informal and supportive environment. Advanced language learners practise listening, comprehension, pronunciation and fluency in group and one-on-one settings. Registration is required for this volunteer-led program.

Volunteer: UNA Volunteer

SPRING
OBCC | APR 5 – JUN 29 **F, 10:00 AM – 11:30 AM**
\$39.00 / 13 #8804



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

SHOULD YOU TAKE THAT TO THE GREEN DEPOT?

The **UNA Green Depot** offers a convenient spot to deposit various materials for reuse and recycling. Learn more at myuna.ca/depot



GREEN DEPOT



YES

The Green Depot accepts:



Small household appliances



Clothing, textiles, and shoes



Household electronics



Flexible plastics



Light bulbs



Batteries



Household smoke and CO alarms



Ink cartridges and writing instruments



Foam packing blocks

NO

The Green Depot does not accept:



Foam food containers



Broken light bulbs



Commercial fire alarms



Automotive or marine batteries



Large household appliances



Residential recycling



Thrift store items



Aerosoles and propane canisters

ADULTS & SENIORS PROGRAMS

EDUCATION

Community Digital Support AGES 19+

Drop-in for tech support. Receive guidance, assistance, tips and troubleshooting support for your smartphone, tablet or laptop. Volunteers provide support to community members with questions about using devices, navigating software, managing files and images, using or installing applications, as well as connecting to the internet and use of data, among other topics.

Available in English and Mandarin. Please register to receive updates.

Volunteers: UNA Volunteers

SPRING
WCC | APR 6 – JUN 30 **SA, 10:00 AM – 12:00 PM**
No classes May 18, Jun 22
FREE / 11 #8863

SUCCESS: Settlement Services | Mandarin & English AGES 19+

Tap into support and settlement services for newcomers. This is a drop-in or appointment service where newcomers receive free one-on-one sessions that support them through all stages of their journey into Canadian life, including employment, language, health and education.

Appointments are recommended. PR cards or Confirmation of Permanent Resident documents are required to attend appointments. T 604-408-7274 ext: 2063

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 社区中心提供预询服务的日期如下：*咨询时，需出示您的永久居民卡或永久居民确认信。

Instructor: SUCCESS

SPRING
WCC | APR 9, MAY 14, JUN 11 **TU, 9:30 AM – 4:00 PM**
FREE / 3 #8866

SUMMER
WCC | JUL 9, AUG 13 **TU, 9:30 AM – 4:00 PM**
FREE / 2 #9303

Korean Parent Support Circle AGES 19+

This group, run by the Vancouver School Board (VSB), offers Korean-speaking parents who reside in the UBC area and have children attending local public schools with support and community settlement resources, while bringing people together.

Please register by calling or emailing Jenny Choi, VSB Settlement Worker in Schools | E: hchoi@vsb.bc.ca | T: 778-229-4270

Instructor: Jenny Choi (SWIS)

SPRING
WCC | APR 16, MAY 21 **TU, 12:30 PM – 2:15 PM**
FREE / 2 #8860

VSBC Immigrant Parent Sessions | Mandarin and English AGES 19+

Parents Power-Up, run by the Vancouver School Board (VSB), offers group sessions for immigrant parents who reside in the UBC area and have children attending local public schools. These are drop-in sessions that provide community settlement resources and bring newcomers together. Sessions are available in Cantonese and Mandarin.

Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 家长加油站

由溫哥華教育局 (VSB) 經營，為居住在 UBC 地區且孩子在當地公立學校就讀的移民家長提供團體課程。這些是臨時會議，提供社區安置資源並將新移民聚集在一起。會議以粵語和普通話提供。加拿大移民 加拿大移民，难民及公民部撥款出資

Registration/Contact: Esaine Mo at work cell: 778-228-8536 or email: emo@vsb.bc.ca

Instructor: Esaine Mo (SWIS)

SPRING
ZOOM | APR 4 – JUN 20 **TH, 1:00 PM – 2:30 PM**
FREE / 9 #8857



SUMMER CAMPS

Register your child for fun and exciting camps all summer long: sports, science, filmmaking, dance and more!

NEW! AFTER-CAMP CARE

After-Camp Care is now available in summer from 3:30 - 5:30 p.m. at Wesbrook Community Centre.



Registration opens March 4 at 9 a.m. See pages 10-13 or visit myuna.ca/camps for more info.

ADULTS & SENIORS PROGRAMS

FITNESS

Barre Pilates AGES 19+

Participants combine high-repetition, low-impact intentional movements with a hint of Pilates in this Barre workout. Benefits include core conditioning, cardio, endurance, strength, improved range of motion and better overall fitness.

Suitable for all fitness levels. No prior barre or pilates experience required.

Instructor: Abby (Yang) Zhang

SPRING
WCC | APR 15 – JUN 25 **M, 9:30 AM – 10:30 AM**
No classes Apr 22, May 20
\$135.00 / 9 | Drop-in \$16.00 #9006

WCC | APR 16 – JUN 25 **TU, 9:30 AM – 10:30 AM**
\$165.00 / 11 | Drop-in \$16.00 #9043

WCC | APR 18 – JUN 27 **TH, 9:30 AM – 10:30 AM**
\$180.00 / 11 | Drop-in \$16.00 #9125

WCC | APR 11 – JUN 27 **TH, 5:15 PM – 6:15 PM**
\$180.00 / 12 | Drop-in \$16.00 #9131

WCC | APR 20 – JUN 15 **SA, 8:45 AM – 9:45 AM**
No classes May 18, May 25
\$105.00 / 7 | Drop-in \$16.00 #9138

SUMMER
WCC | JUL 8 – AUG 26 **M, 9:30 AM – 10:30 AM**
No classes Jul 22, Aug 5
\$90.00 / 6 | Drop-in \$16.00 #9009

WCC | JUL 2 – AUG 27 **TU, 9:30 AM – 10:30 AM**
No class Jul 23
\$120.00 / 8 | Drop-in \$16.00 #9149

WCC | JUL 4 – AUG 29 **TH, 9:30 AM – 10:30 AM**
No class Jul 25
\$120.00 / 8 | Drop-in \$16.00 #9195

WCC | JUL 4 – AUG 29 **TH, 5:15 PM – 6:15 PM**
\$135.00 / 9 | Drop-in \$16.00 #9247

Express HIIT | Lunchtime AGES 19+

Get a power workout in 30 minutes! High-Intensity Interval Training (HIIT) uses techniques that pair high- and low-intensity exercises to increase cardio fitness and strengthen and sculpt the entire body. Suitable for all fitness levels.



Instructor: Hanif Teja

SPRING
WCC | APR 4 – JUN 28 **TH, 12:00 PM – 12:30 PM**
\$143.00 / 13 | Drop-in \$12.00 #9128

SUMMER
WCC | JUL 4 – AUG 30 **TH, 12:00 PM – 12:30 PM**
No class Jul 25
\$88.00 / 8 | Drop-in \$12.00 #9243

Fit Together AGES 18+

Bring your baby to fitness class! These are designed specifically for new parents to get a full-body workout, increase energy and build muscle while meeting others in an environment that is safe and friendly for babies.

Suitable for infants four weeks and older. Mobile babies and toddlers are welcome, as are all fitness levels and people in any trimester of pregnancy. Birthing parents should be four weeks postpartum, or six weeks for c-section births, and should obtain medical clearance before attending the first class.

Instructor: Nicole Kraumanis

SPRING
WCC | APR 8 – JUN 24 **M, 11:55 AM – 12:55 PM**
No classes Apr 22, Apr 29, May 20
\$148.50 / 9 | Drop-in \$16.00 #9025

Full Body Bootcamp AGES 16+

Sweat in this fast-paced, full-body circuit training workout. Participants perform interval exercises that require strength and cardio to target varying muscle groups and improve total-body fitness and mobility.

Participants choose the intensity level (low, moderate or high) at which they want to work throughout the class.

Instructor: Hanif Teja

SPRING

OBCC | APR 8 – JUN 24 **M, 7:45 PM – 8:30 PM**
No classes Apr 22, May 20
 \$165.00 / 10 | Drop-in \$17.50 #9040

SUMMER

OBCC | JUL 8 – AUG 26 **M, 7:45 PM – 8:30 PM**
No classes Jul 29, Aug 5
 \$99.00 / 6 | Drop-in \$17.50 #9144

Instructor: Nicole Kraumanis

SPRING

OBCC | APR 10 – JUN 27 **W, 9:30 AM – 10:20 AM**
No classes Apr 24, May 1
 \$140.00 / 10 | Drop-in \$15.00 #9050

Intro to Fitness AGES 15+

Intro to Fitness is a five-week course where you will work in a small group setting alongside a Kinesiology student who will answer your fitness questions & provide a light workout. Educational topics may include: how to use gym equipment, how to goal set, how to fit nutrition into your exercise regimens, how to use free weights and more!

Instructor: Joani Su

SPRING

WCC | APR 2 – APR 30 **TU, 3:30 PM – 4:30 PM**
 \$27.50 / 5 | Drop-in \$5.50 #9383

WCC | MAY 14 – JUN 11 **TU, 3:30 PM – 4:30 PM**
 \$27.50 / 5 | Drop-in \$5.50 #9384



ADULTS & SENIORS PROGRAMS

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

Mindful Movement AGES 15+

Join Postdoctoral Fellow Gabe, in his Mindful Movement fitness class that integrates mindfulness & fitness to keep you mentally & physically fit.

Instructor: Gabriel Zieff

SPRING

OBCC | APR 4 – JUN 27 **TH, 6:10 PM – 7:00 PM**
 \$140.40 / 13 | Drop-in \$12.00 #9134

SUMMER

OBCC | JUL 4 – AUG 29 **TH, 6:10 PM – 7:00 PM**
No class Aug 22
 \$96.00 / 8 | Drop-in \$12.00 #9249

Pilates | Full Body Sculpt AGES 19+

Pilates is a workout of lightweight, high repetition moves to help tone and sculpt. Combining the small movements with large range of motion exercises helps elevate the heart rate and increase strength and cardio fitness levels. This special class offers a twist of classic Pilates 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

SPRING

WCC | APR 17 – JUN 26 **W, 9:30 AM – 10:30 AM**
 \$165.00 / 11 | Drop-in \$16.00 #9049

SUMMER

WCC | JUL 3 – AUG 28 **W, 9:30 AM – 10:30 AM**
No class Jul 24
 \$120.00 / 8 | Drop-in \$16.00 #9174

ADULTS & SENIORS PROGRAMS

FITNESS

Zumba AGES 19+

Zumba is inspired by Latin dance, including salsa, merengue and samba, and is accompanied by international music. Participants execute basic sequences designed as a workout that combines aerobic and interval training. The motivating and invigorating atmosphere makes classes as enjoyable as having a dance party with friends.

Instructor: Herald Kane

SPRING
WCC | APR 6 – JUN 15 **SA, 11:30 AM – 12:30 PM**
No classes May 18, May 25
\$126.00 / 9 | Drop-in \$15.00 #9141

Instructor: Marcela Guzman

SPRING
WCC | APR 10 – JUN 26 **W, 6:35 PM – 7:35 PM**
\$168.00 / 12 | Drop-in \$15.00 #9124

SUMMER
WCC | JUL 3 – AUG 28 **W, 6:35 PM – 7:35 PM**
\$126.00 / 9 | Drop-in \$15.00 #9164



Spin AGES 18+

Spin into strength and conditioning. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or to push their fitness goals.

Instructor: Michelle Ko

SPRING
WCC | APR 5 – JUN 28 **F, 6:45 PM – 7:30 PM**
\$227.50 / 13 | Drop-in \$18.50 #9313

WCC | APR 7 – JUN 23 **SU, 8:30 AM – 9:15 AM**
No classes May 12, May 19
\$175.00 / 10 | Drop-in \$18.50 #8993

SUMMER
WCC | JUL 5 – AUG 30 **F, 6:45 PM – 7:30 PM**
No class Jul 26
\$140.00 / 8 | Drop-in \$18.50 #9314

WCC | JUL 7 – AUG 25 **SU, 8:30 AM – 9:15 AM**
No class Aug 4
\$122.50 / 7 | Drop-in \$18.50 #8994

Express Spin AGES 18+

Spin into strength and conditioning in 30 minutes. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or push their goals.

Instructor: Brianne Orr-Alvarez

EXPRESS SPIN | MORNING
SPRING
WCC | APR 8 – JUN 24 **M, 7:45 AM – 8:15 AM**
No classes Apr 22, May 20
\$130.00 / 10 | Drop-in \$14.00 #9001

Instructor: Hanif Teja

EXPRESS SPIN | LUNCHTIME
SPRING
WCC | APR 10 – JUN 26 **W, 12:25 PM – 12:55 PM**
\$156.00 / 12 | Drop-in \$14.00 #9053

WCC | APR 12 – JUN 28 **F, 11:45 AM – 12:15 PM**
\$156.00 / 12 | Drop-in \$14.00 #9136

SUMMER
WCC | JUL 3 – AUG 28 **W, 12:25 PM – 12:55 PM**
No class Jul 24
\$104.00 / 8 | Drop-in \$14.00 #9167

WCC | JUL 5 – AUG 30 **F, 11:45 AM – 12:15 PM**
No class Jul 26
\$104.00 / 8 | Drop-in \$14.00 #9255

YOGA

Chair Yoga with Angie AGES 19+

Participants sit – or stand holding onto a chair for balance – as they move through accessible stretches and modified yoga postures that are extremely gentle to support increasing mobility and mindfulness and reduce stiffness. Suitable for any level, all ages and mobility levels. Please bring a yoga mat.

Instructor: Angie Datt

SPRING

WCC | APR 4 – JUN 27 TH, 1:00 PM – 2:00 PM
\$130.00 / 13 | Drop-in \$11.00 #9129

**Gentle & Restorative Yoga** AGES 19+

Blend relaxation with restoration in this gentle & restorative yoga class. Participants move through gentle yoga movements to relax and decompress in the first half of this class, while the second half is dedicated to supported postures, using props such as blocks and bolsters, to promote deep relaxation, rest and healing.

Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

SPRING

WCC | APR 2 – JUN 25 TU, 10:40 AM – 11:55 AM
\$195.00 / 13 | Drop-in \$16.00 #9044

SUMMER

WCC | JUL 2 – AUG 27 TU, 10:40 AM – 11:55 AM
No class Jul 23
\$120.00 / 8 | Drop-in \$16.00 #9148

Gentle Yoga with Angie AGES 19+

Relax, decompress, rejuvenate and relish. Participants in this gentle all-levels class move through postures and breath work to improve body awareness, flexibility, strength and balance, while releasing tension. Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

SPRING

WCC | APR 12 – JUN 28 F, 10:00 AM – 11:00 AM
\$168.00 / 12 | Drop-in \$15.00 #9135

SUMMER

WCC | JUL 5 – AUG 30 F, 10:00 AM – 11:00 AM
No class Jul 26
\$112.00 / 8 | Drop-in \$15.00 #9254

Gentle Yoga in Mandarin AGES 19+

Develop resilience and reduce stress. Participants practise standing and floor postures that integrate posture and breathing to promote mindfulness, while developing flexibility, strength, control, balance and improved range of motion. Learning yoga through a gentle approach, older adults are welcome.

Instructor: Kate Tsai

SPRING

OBCC | APR 10 – JUN 26 W, 11:15 AM – 12:15 PM
\$169.00 / 13 | Drop-in \$14.00 #9123

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

ADULTS & SENIORS PROGRAMS

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

YOGA

Iyengar Yoga with Brian AGES 18+

Learn the fundamentals of Iyengar Yoga, a dynamic, progressive method rooted in the traditional eight limbs or petals of yoga. Asana are practiced with precision and alignment to safely develop mobility, strength, and balance. Longer asana holds evolve stamina, breath awareness, and mental clarity.

Instructor: Brian Hogencamp

BEGINNER 1

SPRING

WCC | APR 8 – JUN 24 M, 6:35 PM – 7:35 PM

No classes Apr 22, May 20
\$200.00 / 10 | Drop-in \$21.00 #9037

SUMMER

WCC | JUL 8 – JUL 29 M, 6:35 PM – 7:35 PM

No classes Aug 5, Aug 19
\$80.00 / 4 | Drop-in \$21.00 #9143

BEGINNER 2

SPRING

WCC | APR 2 – JUN 25 TU, 7:40 PM – 8:40 PM

No class Apr 23
\$240.00 / 12 | Drop-in \$18.90 #9048

SUMMER

WCC | JUL 2 – AUG 27 TU, 7:40 PM – 8:40 PM

\$180.00 / 9 | Drop-in \$18.90 #9146



Iyengar Yoga with Brian | Intermediate

AGES 18+

Learn the fundamentals of Iyengar Yoga, a dynamic, progressive method rooted in the traditional eight limbs or petals of yoga. Asana are practiced with precision and alignment to safely develop mobility, strength, and balance. Longer asana holds evolve stamina, breath awareness, and mental clarity.

Instructor: Brian Hogencamp

SPRING

WCC | APR 3 – JUN 26 W, 10:45 AM – 12:15 PM

No class Apr 24
\$240.00 / 12 | Drop-in \$21.00 #9052

WCC | APR 4 – JUN 27

TH, 6:25 PM – 7:40 PM

No classes Apr 25, May 2
\$220.00 / 11 | Drop-in \$21.00 #9132

SUMMER

WCC | JUL 3 – AUG 28 W, 10:45 AM – 12:15 PM

No class Jul 24
\$160.00 / 8 | Drop-in \$21.00 #9170

WCC | JUL 4 – AUG 29

TH, 6:25 PM – 7:40 PM

No class Aug 15
\$160.00 / 8 | Drop-in \$21.00 #9250

Iyengar Yoga with Luci AGES 17+

Practise precise and safe alignment. Participants practise Iyengar Yoga, a methodical and progressive style that goes deeper in poses to build strength, release tight muscles, improve balance and calm the mind. Step-by-step instruction is paired with individualized feedback. Suitable for all levels and ages.

Instructor: Luci Yamamoto

SPRING

WCC | APR 13 – MAY 18 SA, 10:00 AM – 11:15 AM

\$108.00 / 6 | Drop-in \$20.00 #9139

WCC | MAY 25 – JUN 29

SA, 10:00 AM – 11:15 AM

\$108.00 / 6 | Drop-in \$20.00 #9140

SUMMER

WCC | AUG 3 – AUG 24 SA, 10:00 AM – 11:15 AM

\$72.00 / 4 | Drop-in \$20.00 #9142

Prenatal & Postnatal Yoga AGES 19+

Experience the joy of motherhood with me through these nurturing and gentle yoga classes. These ancient yogic practices will enhance your postural alignment, relieve pregnancy discomfort, and promote calmness. These classes will accelerate postnatal recovery. Breath work will be the foundation of these classes. Participants will experience slower-paced and carefully guided movements to improve mindfulness, mobility, and strength. Postural modifications will be given as needed. Doctor's approval is recommended.

Instructor: Ritu Verma

SPRING

WCC | APR 2 – JUN 25 TU, 10:50 AM – 11:50 AM

No class May 28

\$240.00 / 12 | Drop-in \$25.00 #9046

Hatha Yoga with Negar AGES 16+

Focus on posture and breathing in this Hatha Yoga class. Participants practise standing and floor postures that are held for several breaths to promote mindfulness and control, while developing flexibility, strength, balance and improved range of motion. Modifications are offered, making this yoga class suitable for all levels.

Instructor: Negar Amini

SPRING

OBCC | APR 10 – JUN 26 W, 10:00 AM – 11:00 AM

\$195.00 / 13 | Drop-in \$16.00 #9051

Hatha Yoga with Ritu AGES 19+

Start the first half of this gentle hatha yoga class with focused breath work. This will lay a strong foundation for the second half, where we'll move mindfully through guided postures to enhance your mobility, flexibility, and strength. Rooted in ancient yoga traditions, expect Sanskrit names and soothing mantra chants, all designed for a slower-paced experience. Postural adjustments will be given to ensure your comfort and progress.

Instructor: Ritu Verma

SPRING

WCC | APR 2 – JUN 25 TU, 9:45 AM – 10:45 AM

No class May 28

\$240.00 / 12 | Drop-in \$25.00 #9045

Restorative Yoga AGES 17+

Participants will explore restorative yoga poses comprised of reclining postures that are supported by yoga props (such as blankets, bolsters and blocks) to promote deep relaxation, rest and healing. Please bring your own mat to class. Mats are available at a limited quantity to borrow if needed.

Instructor: Merielle Moffatt

SPRING

WCC | APR 7 – JUN 23 SU, 5:15 PM – 6:30 PM

No classes May 12, May 19

\$130.00 / 10 | Drop-in \$15.00 #8997

Yoga in Mandarin with Kate AGES 19+

Develop resilience and reduce stress. Participants practise standing and floor postures that integrate posture and breathing to promote mindfulness, while developing flexibility, strength, control, balance and improved range of motion.

Learning yoga through gentle approach, older adults are welcome.

Instructor: Kate Tsai

SPRING

WCC | APR 8 – JUN 24 M, 10:45 AM – 11:45 AM

No classes Apr 22, May 20

\$130.00 / 10 | Drop-in \$14.00 #9014

WCC | APR 12 – JUN 28

F, 10:00 AM – 11:00 AM

\$156.00 / 12 | Drop-in \$14.00

#9137

SUMMER

WCC | JUL 29 – AUG 26

M, 10:45 AM – 11:45 AM

No classes Jul 22, Aug 5

\$65.00 / 4 | Drop-in \$14.00

#9016

OBCC | JUL 26 – AUG 30

F, 10:00 AM – 11:00 AM

\$117.00 / 6 | Drop-in \$14.00

#9252

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

ADULTS & SENIORS PROGRAMS

SPORT

Badminton AGES 19+

Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own racket.

SPRING

WCC | APR 7 – JUN 23 **SU, 7:00 PM – 8:30 PM**
No class May 19
 \$55.00 / 11 | Drop-in \$6.50 #8941

WCC | APR 8 – JUN 24 **M, 2:15 PM – 3:45 PM**
No classes Apr 22, May 20
 \$50.00 / 10 | Drop-in \$6.50 #8937

WCC | APR 5 – JUN 28 **F, 7:45 PM – 9:15 PM**
 \$65.00 / 13 | Drop-in \$6.50 #8940

SUMMER

WCC | JUL 7 – AUG 25 **SU, 7:00 PM – 8:30 PM**
No class Aug 4
 \$35.00 / 7 | Drop-in \$6.50 #9033

WCC | JUL 8 – AUG 26 **M, 8:00 PM – 9:30 PM**
No class Aug 5
 \$35.00 / 7 | Drop-in \$6.50 #9031

Badminton Drop-In AGES 19+

Drop-in and play badminton. A maximum of 14 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 2 – JUN 25 **TU, 12:00 PM – 1:30 PM**
 Drop-in \$6.50 #8873

SUMMER

WCC | JUL 5 – AUG 30 **F, 7:45 PM – 9:15 PM**
 Drop-in \$6.50 #9020



Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of.

SPRING

WCC | APR 13 – JUN 22 **SA, 8:45 AM – 10:15 AM**
No class Jun 15
 Drop-in \$3.00 #8881

WCC | APR 7 – JUN 23 **SU, 4:00 PM – 5:30 PM**
 Drop-in \$3.00 #8883

SUMMER

WCC | JUL 6 – AUG 24 **SA, 8:45 AM – 10:15 AM**
 Drop-in \$3.00 #9021

WCC | JUL 7 – AUG 25 **SU, 4:00 PM – 5:30 PM**
 Drop-in \$3.00 #9022

Basketball AGES 19+

Enjoy a fun and friendly game of casual three-on-three half court basketball. These sessions are uninstructed and open to players of all skill level.

SPRING

WCC | APR 13 – JUN 22 **SA, 10:30 AM – 12:00 PM**
No classes May 18, Jun 15
 \$45.00 / 9 | Drop-in \$6.50 #8947

SUMMER

WCC | JUL 6 – AUG 24 **SA, 10:30 AM – 12:00 PM**
No class Aug 3
 \$35.00 / 7 | Drop-in \$6.50 #9039

Basketball Drop-In AGES 19+

Drop-in and play basketball. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 8 – JUN 24 **M, 6:00 PM – 7:30 PM**
No classes Apr 22, May 20
 Drop-in \$6.50 #8870

SUMMER

WCC | JUL 8 – AUG 26 **M, 6:00 PM – 7:30 PM**
No class Aug 5
 Drop-in \$6.50 #9013

SPORT

Family Karate AGES 19+

Participants learn and practise the ancient art of Karate-Do to develop the fundamental skills of blocks, strikes, kicks and stances that characterize this martial art, while building self-confidence, self-control and self-defence. This class is designed for parents to participate along side their children ages 6 and up.

All participants are required to become members of Karate BC through Kumakai Karate Vancouver. There is an annual fee of \$45 to \$80, depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 2 – JUN 25 TU, 7:00 PM – 8:00 PM
\$182.00 / 13 #9157

OBCC | APR 5 – JUN 28

No classes Apr 19, Jun 21 F, 7:00 PM – 8:00 PM
\$154.00 / 11 #9158

SUMMER

WCC | JUL 2 – AUG 27 TU, 7:00 PM – 8:00 PM
\$126.00 / 9 #9169

Teens & Adults Karate AGES 19+

Participants learn and practise the ancient art of Karate-Do to develop the fundamental skills of blocks, strikes, kicks and stances that characterize this martial art, while building self-confidence, self-control and self-defence. This class is for adults and teenagers (ages 11+).

All participants are required to become members of Karate BC through Kumakai Karate Vancouver. There is an annual fee of \$45 to \$80, depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 2 – JUN 25 TU, 8:00 PM – 9:00 PM
\$182.00 / 13 #9160

SUMMER

WCC | JUL 2 – AUG 27 TU, 8:00 PM – 9:00 PM
\$126.00 / 9 #9171

Table Tennis AGES 19+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

SPRING

WCC | APR 8 – JUN 24 M, 11:15 AM – 12:45 PM
No classes Apr 22, May 20
\$50.00 / 10 | Drop-in \$6.50 #8930

WCC | APR 2 – JUN 25

TU, 2:15 PM – 3:45 PM
\$65.00 / 13 | Drop-in \$6.50 #8931

SUMMER

WCC | JUL 8 – AUG 26 M, 4:00 PM – 5:30 PM
No class Aug 5
\$35.00 / 7 | Drop-in \$6.50 #9026

Table Tennis Drop-In AGES 19+

Drop-in and play table tennis. A maximum of 20 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 5 – JUN 28 F, 1:00 PM – 2:30 PM
Drop-in \$6.50 #8877

SUMMER

WCC | JUL 4 – AUG 29 TH, 5:00 PM – 6:30 PM
Drop-in \$6.50 #9019



ADULTS & SENIORS PROGRAMS

SPORT

Tai Chi AGES 19+

Calm and ground the mind and body. Participants explore this practice, developed thousands of years ago in China, to harmonize the mind-and-body connection. Participants combine slow, smooth, intentional and flowing movements and sequences with deep breathing to build flexibility, strength, discipline and concentration.

No experience required. Suitable for all ages.

Instructor: Patricia Szeto

SPRING

WCC | APR 16 – JUN 25

TU, 6:30 PM – 7:30 PM

\$187.00 / 11 | Drop-in \$19.00

#8824

SUMMER

WCC | JUL 2 – AUG 27

TU, 6:30 PM – 7:30 PM

\$153.00 / 9 | Drop-in \$19.00

#8988



Tai Chi & Qi Gong AGES 19+

The intention of these sessions is to use these two practices to bring harmony to the body and mind. This practice builds flexibility, strength, discipline, and concentration. The first half of each class will focus on fundamental Tai Chi movements, followed by a Qi Gong and meditation practice. No experience required. Suitable for all ages.

Instructor: Patricia Szeto

SPRING

WCC | APR 21 – JUN 23

SU, 6:30 PM – 7:30 PM

No class May 19

\$153.00 / 9 | Drop-in \$19.00

#8830

SUMMER

WCC | JUL 7 – AUG 25

SU, 6:30 PM – 7:30 PM

No class Aug 4

\$119.00 / 7 | Drop-in \$19.00

#8989

Soccer Skills for Women AGES 19+

Learn soccer from a pro. Participants are guided by Heather, a former professional soccer player, to learn and improve basic skills in a fun and supportive environment. Instruction is in Mandarin and English. Anyone who identifies as a woman is welcome. Registration is required.

Volunteer: Heather

SPRING

WCC | APR 4 – JUN 27

TH, 12:00 PM – 1:15 PM

FREE / 13

#8875

Walking Soccer Club AGES 19+

Participants, who love playing soccer but prefer a slower pace, enjoy this alternative that involves no physical contact or running, allowing them to practise this beloved sport in a safe setting. Registration is required.

Volunteers: Nils and Mohsen

SPRING

WCC | APR 3 – JUN 26

W, 1:00 PM – 2:30 PM

FREE / 13

#8871

Volleyball AGES 19+

Play volleyball in a fun, social setting. These sessions are uninstructed and open to players of all skill levels.

SPRING

WCC | APR 6 – JUN 22

SA, 5:45 PM – 7:15 PM

No classes May 18, Jun 15

\$50.00 / 10 | Drop-in \$6.50

#8948

SUMMER

WCC | JUL 6 – AUG 24

SA, 5:45 PM – 7:15 PM

No class Aug 3

\$35.00 / 7 | Drop-in \$6.50

#9041

Volleyball Drop-In AGES 19+

Drop-in and play volleyball. A maximum of 24 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 3 – JUN 26

W, 7:45 PM – 9:15 PM

Drop-in \$6.50

#8874

SUMMER

WCC | JUL 3 – AUG 28

W, 7:45 PM – 9:15 PM

Drop-in \$6.50

#9017

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. Bring your own paddle.

SPRING

WCC | APR 8 – JUN 24 M, 8:00 PM – 9:30 PM
No classes Apr 22, May 20
\$50.00 / 10 | Drop-in \$6.50 #8944

WCC | APR 5 – JUN 28 F, 10:30 AM – 12:00 PM
\$65.00 / 13 | Drop-in \$6.50 #8946

SUMMER

WCC | JUL 4 – AUG 29 TH, 7:00 PM – 8:30 PM
\$45.00 / 9 | Drop-in \$6.50 #9036

WCC | JUL 6 – AUG 24 SA, 12:15 PM – 1:45 PM
No class Aug 3
\$35.00 / 7 | Drop-in \$6.50 #9038

Pickleball Drop-In AGES 19+

Drop-in and play pickleball. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 4 – JUN 27 TH, 1:45 PM – 3:15 PM
Drop-in \$6.50 #8876

SUMMER

WCC | JUL 2 – AUG 27 TU, 4:00 PM – 5:30 PM
Drop-in \$6.50 #9015

Pickleball Lessons | Beginner AGES 19+

Learn to play pickleball. Participants experiment with this paddle sport that has elements of other racquet sports, including badminton, tennis and table tennis. Technique is expanded through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more.

Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 3 – JUN 26 W, 9:00 AM – 10:30 AM
\$325.00 / 13 | Drop-in \$25.00 #8825

ADULTS & SENIORS PROGRAMS

Pickleball Lessons | Intermediate AGES 19+

Improve at pickleball. Participants experiment and expand technique through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more. Suitable for those with some experience or for those who have completed the beginner program. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 3 – JUN 26 W, 10:45 AM – 12:15 PM
\$325.00 / 13 | Drop-in \$25.00 #8826

Pickleball Lessons | Accelerated Development AGES 19+



Practise competitive pickleball. Participants en route to 3.5+ push their skills through drills and fast-paced matches that require advanced footwork, positioning and true teamwork.

Suitable for experienced players and confident athletes. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 7 – JUN 23 SU, 10:45 AM – 12:15 PM
No classes May 5, May 12, May 19
\$225.00 / 9 | Drop-in \$25.00 #8844

SUMMER

WCC | JUL 7 – AUG 25 SU, 10:45 AM – 12:15 PM
No class Aug 4
\$175.00 / 7 | Drop-in \$25.00 #9319

ADULTS & SENIORS PROGRAMS

SPORT

Pickleball Lessons | Advanced Doubles

AGES 19+



Practise pickleball in pairs. Participants refine and challenge their skills through drills and fast-paced matches that require advanced footwork, positioning and teamwork.

Registration in pairs is ideal. Each individual must register separately. Single players will also be accommodated. Suitable for experienced players and confident athletes. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 5 – JUN 28

F, 8:45 AM – 10:15 AM

No class May 10

\$300.00 / 12 | Drop-in \$25.00

#8834

Pickleball Lessons | Accelerated Beginner Clinic

AGES 19+

Want to learn pickleball quickly? In three intensive Wednesday morning clinics you'll learn what other beginner programs take twice as long to teach.

UNA's Wednesday morning training represents a new kind of introduction to pickleball. You'll learn the game's rules and etiquette, basic techniques, strategy, positioning, and a relentlessly positive style of play.

Instructor: Chris Koentges

SUMMER

WCC | AUG 7 – AUG 21

W, 9:00 AM - 10:30 AM

\$110.00 / 3 | Drop-in \$25.00

#9320

Pickleball Lessons | Accelerated Novice Clinic

AGES 19+

In three intensive Wednesday morning clinics you'll learn what other Novice programs take twice as long to teach.

Level up from beginner to intermediate through three comprehensive clinics. Build confidence in your stroke mechanics and shot selection. Learn higher level positioning, strategy, mindset, and a relentlessly positive style of play.

Instructor: Chris Koentges

SUMMER

WCC | AUG 7 – AUG 21

W, 10:45 AM - 12:15 PM

\$110.00 / 3 | Drop-in \$25.00

#9321

Pickleball Lessons | Two-Handed Backhand Clinic

AGES 19+

A deep dive on the two-handed backhand. Each week on the professional circuit, we see new situations and uses for this shot. The two-handed stroke won't replace your one-handed backhand. It's situational. It's a tool. It's also a mindset. In this clinic, we'll introduce you to when, why, and how.

Instructor: Chris Koentges

SUMMER

WCC | AUG 9 – AUG 16

F, 8:45 AM - 10:45 AM

\$75.00 / 2 | Drop-in \$25.00

#9322

Family Pickleball Drop-In

ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of.

SPRING

WCC | APR 7 – JUN 23

SU, 9:00 AM – 10:30 AM

Drop-in \$3.00

#8884

SUMMER

WCC | JUL 7 – AUG 25

SU, 9:00 AM – 10:30 AM

Drop-in \$3.00

#9024

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

SOCIAL

Food for Thought: A Series of Meaningful Conversations

AGES 16+

Meet your neighbours, make friends and build community! We welcome everyone who is interested in taking part in an interactive, facilitated, multi-media discussion in a safe environment involving people of all backgrounds and all ages (16+) who want to meet their neighbours, initiate friendships as well as strengthen community bonds. Register to receive program updates.

Volunteer: Judy, Chris and Amy

SPRING

OBCC | APR 3 – JUN 26

W, 7:00 PM – 8:30 PM

FREE / 13

#8898

**Saturday Afternoon Tea | Mandarin**

AGES 19+

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.

周六中文茶话会/ 年龄19岁以上。

志愿者会在当天准备好茶和咖啡，我们也欢迎各位自带茶点一起分享。请注意，该项目需要注册。本次茶话会以普通话进行。

Volunteer: UNA Volunteer

SPRING

WCC | MAY 11

SA, 1:00 PM – 3:00 PM

FREE / 1

#9274

Newcomers' English Club AGES 19+

This free volunteer-led drop-in program provides a place for newcomers to practice their English skills and ask questions as they adjust to a new community. There will be a new topic each week based on the needs of the group. Please register to receive program updates.

Volunteer: Doreen and Paula

SPRING

WCC | APR 4 – JUN 28

TH, 1:00 PM – 2:30 PM

FREE / 13

#8882

Saturday Afternoon Tea AGES 19+

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

SPRING

WCC | APR 13, JUN 8

SA, 1:00 PM – 3:00 PM

FREE / 2

#9275, #9273

Newcomers Support Group | Youth and Parents AGES 19+

This free program is designed for new students and their parents. It features youth volunteers who share their experiences adjusting to their school and community with a different theme each week to learn about the community and school. Volunteers speak English and Mandarin. Please register to receive program updates. Everyone is welcome!

Volunteer: UNA Volunteer

SPRING

WCC | APR 6 – JUN 30

SA, 10:00 AM – 11:30 AM

No classes May 18, Jun 22

FREE / 11

#8886

ADULTS & SENIORS PROGRAMS

SOCIAL

Bridge | Advanced AGES 19+

Card lovers unite. Participants, ages 19+, drop-in to play this captivating, challenging and strategic trick-taking card game. Participants should have a strong knowledge of the game, including bidding and card playing.

Volunteer: John Maunsell

SPRING
WCC | APR 2 – JUN 26 **TU, 10:00 AM – 12:30 PM**
FREE / 13 #8887

Mahjong | English & Mandarin AGES 19+

Match sets and pairs in this classical Chinese game of tiles. Participants learn to play, improve their understanding, skill and speed in handling the tiles, while making friends in a social setting.

Everyone aged 19+ is welcome. Experience with Mahjong is not required. Register to receive email updates for this no-cost program.

Volunteer: Nils Bradley

SPRING
WCC | APR 8 – JUN 25 **M, 1:00 PM – 3:00 PM**
FREE / 12 #8888

Let's Cook Club ALL AGES

Cook a dish, share a dish. Participants enjoy a cooking workshop that features a new recipe each session. Each session is followed by a potluck, consisting of dishes that participants bring to class to share with others.

Volunteer: Bianca Dong

SPRING
WCC | APR 30 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #8891

WCC | MAY 28 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #8892

WCC | JUN 25 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #8893

Old Barn Book Club AGES 16+

This Book Club is for people who are interested in lively discussion with a diverse age group of participants. It will also incorporate projects related to increasing literacy resources to vulnerable people. Anyone 16 years old and up is encouraged to participate. Please register to receive program updates.



April 27: *The Midnight Library* by Matt Haig

May 25: *The Song of Achilles* by Madeline Miller

Jun 29: *Jane Eyre* by Charlotte Brontë

Volunteer: Saige Park

SPRING
OBCC | APR 27, MAY 25, JUN 29 **SA, 9:00 AM – 11:00 AM**
FREE / 3 #8895

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.

April 21: *100 Years of Solitude* by Gabriel Garcia Marquez

May 26: *After the Prophet* by Leslie Hazelton

Jun 23: *The House of Spirits* by Isabel Allende

Volunteer: Alice Bradley

SPRING
WCC | APR 21, MAY 26, JUN 23 **SU, 10:00 AM – 12:00 PM**
FREE / 3 #8889

Sewing and Knitting Studio **AGES 13+**

Participants meet to sew and knit together, creating a space where participants can learn from one another – whether that is basic sewing skills, quilting or making clothing.

This is an uninstructed program. Two sewing machines and a variety of knitting supplies will be available.

Volunteer: Sonia

SPRING

WCC | APR 7 – JUN 24

SU, 1:00 PM – 3:00 PM

FREE / 12

#8880

Walk and Talk Club **AGES 19+**

Explore the outdoors, socialize and boost fitness. Participants select one of two walking speeds to experience Pacific Spirit Park, the UBC campus and surrounding neighbourhoods by foot. Participants are welcomed to have a warm beverage, eat lunch, and socialize in the Youth and Senior Centre after the walk.

Walks take place weekly, regardless of the weather. Please dress appropriately and wear supportive footwear. Registration is required to receive email updates for this no-cost program.

Volunteer: Helen Aqua

SPRING

WCC | APR 8 – JUN 25

M, 10:00 AM – 11:30 AM

No walk May 20

FREE / 11

#8894

Women's Social Club **AGES 19+**

Gather over lunch hour to socialize, connect with neighbours and residents, and form social connections and friendships that keep loneliness at bay.

Anyone who identifies as a woman is welcome. Registration is required to receive email updates for this no-cost program.

Volunteer: Alice Bradley

SPRING

OBCC | APR 2 – JUN 25

TU, 12:00 PM – 1:30 PM

FREE / 13

#8890

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:

- Music teacher (guitar, piano, violin, etc)
- 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!



LIVE WELL, STAY STRONG SENIORS 55+

ARTS

Open Art Studio for Seniors AGES 55+

Participants ages 55+ bring their supplies to a collaborative, open and flexible setting where they develop works of art alongside others.

Suitable for all levels of artists and enthusiasts. Registration is required to receive email updates for this no-cost, volunteer-led program.

Instructor: UNA Volunteer

SPRING
WCC | APR 4 – JUN 28 **TH, 9:30 AM – 11:30 AM**
FREE / 13 #8896

DANCE

Chinese Dance for Seniors AGES 55+

Mix traditional Chinese dance with social time. Participants enjoy this space to connect with Chinese culture and traditions, and to build community while being physically active.

This program is taught in Mandarin and English. Registration is required.

Volunteer: Florence Luo

SPRING
OBCC | APR 5 – JUN 29 **F, 12:30 PM – 2:00 PM**
FREE / 13 #8802



EDUCATION

English ABCs for Seniors AGES 55+

Start from scratch. Participants in this class, designed for seniors who have little or no experience with the English language, learn basic vocabulary and sentences that support real-life interactions. Led by youth volunteers, this class provides a welcoming and slow-paced environment for new language learners. Registration is required.

Volunteer: Sabrina and Jennie

SPRING
WCC | APR 7 – JUN 24 **SU, 10:00 AM – 11:30 AM**
No class May 19
FREE / 11 #8803

PHYSICAL ACTIVITY

AquaFit | West Hampstead AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance. Suitable for all fitness, mobility and swim levels, and ages 55+ are welcome.

Instructor: Hanif Teja

SPRING
W. HAMPSTEAD | APR 2 – JUN 25 **TU, 1:00 PM – 1:50 PM**
\$104.00 / 13 | Drop-in \$9.00 #9047

SUMMER
W. HAMPSTEAD | JUL 2 – AUG 27 **TU, 1:00 PM – 1:50 PM**
No class Jul 30
\$64.00 / 8 | Drop-in \$9.00 #9147

AquaFit - Balmoral AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance. Suitable for all fitness, mobility and swim levels, and ages 55+ are welcome.

Instructor: Hanif Teja

SPRING
BALMORAL | APR 4 – JUN 27 **TH, 1:30 PM – 2:20 PM**
\$104.00 / 13 | Drop-in \$9.00 #9130

SUMMER
BALMORAL | JUL 4 – AUG 29 **TH, 1:30 PM – 2:20 PM**
\$72.00 / 9 | Drop-in \$9.00 #9245

PHYSICAL ACTIVITY

Osteofit AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment.

Osteofit instructors are trained and certified by BC Women's Hospital + Health Centre.

Instructor: Angie Datt

SPRING
WCC | APR 8 – JUN 24 M, 1:00 PM – 2:00 PM
No classes Apr 22, May 20
\$100.00 / 10 | Drop-in \$10.00 #9030

SUMMER
WCC | JUL 8 – AUG 26 M, 1:00 PM – 2:00 PM
No classes Jul 22, Aug 5
\$60.00 / 6 | Drop-in \$10.00 #9032

Osteofit | West Hampstead AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment. Equipment is not provided for remote sessions.

Osteofit instructors are trained and certified by BC Women's Hospital + Health Centre.

Instructor: Angie Datt

SPRING
W. HAMPSTEAD | APR 8 – JUN 24 M, 3:00 PM – 4:00 PM
No classes Apr 22, May 20
\$90.00 / 10 | Drop-in \$9.00 #9034

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

Seniors' Gym AGES 55+

Participants ages 55+ can stay healthy and active by joining volunteer-led games and activities in Seniors' Gym!

Volunteer: Ann

SPRING
WCC | APR 8 – JUN 25 M, 11:15 AM – 12:15 PM
No classes Apr 22, May 20
FREE / 10 #8872

Table Tennis for Seniors AGES 55+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to seniors ages 55+ of all skill levels. Bring your own paddle.

SPRING
WCC | APR 5 – JUN 28 F, 2:30 PM – 3:30 PM
\$52.00 / 13 | Drop-in \$4.00 #8933

SUMMER
WCC | JUL 4 – AUG 29 TH, 4:00 PM – 5:00 PM
\$36.00 / 9 | Drop-in \$4.00 #9029

Badminton for Seniors AGES 55+



Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels over the age of 55. Bring your own raquet.

SPRING
WCC | APR 8 – JUN 24 M, 1:15 PM – 2:15 PM
No classes Apr 22, May 20
\$40.00 / 10 | Drop-in \$4.00 #8935



SOCIAL

Seniors and Friends Drop-in AGES 55+

Foster friendships, spark conversations, enjoy discussions and exchange ideas with friends and neighbours in a safe and inclusive space.

Volunteer: UNA Volunteer

SPRING
WCC | APR 10 – JUN 27 **W, 9:30 AM – 11:30 AM**
FREE / 12 #8885

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

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

SPRING
WCC | APR 27 / MAY 25 **SA, 7:00 PM – 8:30 PM**
FREE / 2 #8878

Song Circle for Seniors AGES 55+

Join in a casual sing-along! This program is hosted by a retired, professional singer. Songs will be in multiple languages.

Volunteer: Anning

SPRING
WCC | APR 5 – JUN 29 **F, 10:00 AM – 11:30 AM**
FREE / 13 #8897





SOFTBALL
**HOME
OPENER**
WEEKEND

UBC VS BU

FRI, MAR 1 | 1 & 3 PM
& SAT 2 | 11 AM & 1 PM

COLLINGS FIELD



BASEBALL
**HOME
OPENER**
WEEKEND

**UBC VS COLLEGE
OF IDAHO**

FRI, MAR 8 | 6 PM
SAT MAR 9 | 1 & 4 PM
SUN MAR 10 | 11 AM

TOURMALINE STADIUM

SEASON SCHEDULES

SOFTBALL

PLAYED AT COLLINGS FIELD

UBC VS WPU	FRI, MAR 8 1 & 3 PM SAT, MAR 9 11 AM & 1 PM
UBC VS CI	FRI, MAR 22 2 & 4 PM SAT, MAR 23 11 AM & 1 PM
UBC VS OREGON TECH	FRI, APR 5 2 & 4 PM SAT, APR 6 11 AM & 1 PM
UBC VS UP	FRI, APR 19 2 & 4 PM SAT, APR 20 11 AM & 1 PM

BASEBALL

PLAYED AT TOURMALINE STADIUM

UBC VS CORBAN U	SAT, MAR 23 1 & 4 PM SUN, MAR 24 11 AM & 2 PM
UBC VS BU	SAT, APR 6 1 & 4 PM SUN, APR 7 11 AM & 2 PM
UBC VS LEWIS-CLARKE STATE	FRI, APR 19 6 PM SAT, APR 20 1 & 4 PM SUN, APR 21 11 AM

FOR THE LATEST INFO VISIT: GOTHUNDERBIRDS.CA | [@UBCTBIRDS](https://twitter.com/UBCTBIRDS)

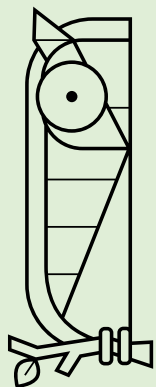
INDEX & SCHEDULE

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
COMMUNITY EVENTS – PAGES 8-9							
	Easter	All Ages	Mon	Mar 30	9:30 AM	OBCC	复活节
8796	Community Yard Sale	All Ages	Sat	Apr 6	10:00 AM	WCC	
9153	Family Movie Night	All Ages	Sat	Apr 20	6:00 PM	OBCC	家庭电影之夜
8903	Earth Day	All Ages	Sun	Apr 21	10:00 AM	OBCC	
8798	UBC Farm Tour	All Ages	Sat	May 11	10:00 AM	UBC Farm	
9270	National Indigenous Peoples Day	All Ages	Fri	Jun 21	6:00 PM	OBCC	
8799	UBC Botanical Garden Tour and TreeWalk	All Ages	Sat	Jun 22	10:30 AM	Garden	
8800	UBC Botanical Garden Tour and TreeWalk	All Ages	Sat	Aug 10	10:30 AM	Garden	
	Canada Day	All Ages	Mon	Jul 1	11:00 AM	WCC	
CAMPS – PAGES 10-13							
various	Summer Adventures Camp	5-11	Mon-Fri	Jul 2	9:00 AM	WCC	夏令探险营
various	After-Camp Care	5-11	Mon-Fri	Jul 2	3:30 PM	WCC	营后看护
8782	Crossmaneuver Creation and Performance	7-13	Mon-Fri	Jul 15	9:00 AM	OBCC	儿童表演春假营
8793	Crossmaneuver Performing Arts Camp	5-7	Mon-Fri	Aug 12	1:00 PM	OBCC	艺术夏令营
8792	Crossmaneuver Performing Arts Camp	3-5	Mon-Fri	Aug 12	10:00 AM	OBCC	艺术夏令营
8778	Dance Extreme (Dance Sampler) Camp	6-9	Tue-Fri	Jul 2	9:00 AM	OBCC	艺术夏令营
8791	K-Pop/Hip-Hop Dance Camp	6-12	Mon-Fri	Jul 22	9:00 AM	WCC	韩式嘻哈舞夏令营
8779	K-Pop/Hip-Hop Dance Camp	6-12	Mon-Fri	Jul 8	9:00 AM	OBCC	韩式嘻哈舞夏令营
8784	Young Artist Performing Arts Camp	4-7	Mon-Fri	Jul 22	9:30 AM	OBCC	音乐剧春假营
8795	Young Moviemakers Camp	8-14	Mon-Fri	Aug 19	9:00 AM	OBCC	电影制作夏令营
8788	Young Moviemakers Camp	8-14	Tue-Fri	Aug 6	9:00 AM	OBCC	电影制作夏令营
9150	3D Modelling and Printing Camp	8-12	Mon-Fri	Aug 12	9:00 AM	WCC	科学课3D建模和打印
9151	Engineering & Robotics Lego WeDo Camp	6-8	Mon-Fri	Aug 12	1:00 PM	WCC	数学和科学
8777	Science Explorer Camp	5-10	Tue-Fri	Jul 2	9:00 AM	WCC	科学探索营
8786	STEM Camp Coding, Robotics, and Drones	8-12	Mon-Fri	Jul 29	9:00 AM	OBCC	营 编码、机器人和无人机
8797	STEM Camp Coding, Robotics, and Drones	8-12	Mon-Fri	Aug 26	9:00 AM	OBCC	营 编码、机器人和无人机
8789	Australian Football Camp	8-12	Tue-Fri	Aug 6	9:00 AM	Field	澳式橄榄球联盟
8787	Floor Hockey & Soccer Camp	6-10	Mon-Fri	Jul 29	9:00 AM	WCC	地板曲棍球和足球营
8783	Multi-Sport Camp	6-10	Mon-Fri	Jul 15	9:00 AM	WCC	综合运动营
8780	Soccer Camp	6-10	Mon-Fri	Jul 8	9:00 AM	WCC	足球训练营
8781	Multi-Sport Camp	6-10	Mon	Apr 22	9:00 AM	WCC	Pro-D球类营
ACTIVE KIDS – PAGES 14-15							
8820	Active Kids: Mini Sport & Games	3-5	Mon	May 6	10:15 AM	WCC	少儿球类和健体运动
8819	Active Kids: Multi-Sport and Playtime	1.5-3	Mon	May 6	9:30 AM	WCC	多项球类和游戏
8821	Active Kids: Soccer	3-5	Mon	May 6	4:00 PM	WCC	足球
8822	Active Kids: Soccer	6-9	Mon	May 6	4:45 PM	WCC	足球
8831	Active Kids: Basketball	12-16	Thu	May 9	4:00 PM	WCC	篮球
8832	Active Kids: Basketball	8-12	Thu	May 9	4:00 PM	WCC	篮球
8841	Active Kids: Basketball	8-12	Sat	May 11	12:15 PM	WCC	篮球
8823	Active Kids: Basketball	8-12	Tue	May 7	4:00 PM	WCC	篮球

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
EARLY YEARS – PAGES 16-18							
8909	Parent & Child: Hip-Hop	2-5	Sat	Apr 6	9:30 AM	WCC	亲子嘻哈舞
9023	Preschool Ballet	3-5	Sun	Jul 7	11:25 AM	WCC	学前芭蕾
8978	Preschool Ballet	3-5	Sun	Apr 7	11:25 AM	WCC	学前芭蕾
9027	Preschool Dance	2-4	Sun	Jul 7	9:30 AM	WCC	学前舞蹈
8979	Preschool Dance	2-4	Mon	Apr 8	3:30 PM	WCC	学前舞蹈
8980	Preschool Dance	2-4	Sun	Apr 7	9:30 AM	WCC	学前舞蹈
8982	Music Together	0-5	Tue	Apr 9	10:30 AM	OBCC	亲子音乐
9035	Music Together	0-5	Tue	Jul 2	9:30 AM	WCC	亲子音乐
9042	Music Together	0-5	Tue	Jul 2	10:30 AM	WCC	亲子音乐
8981	Music Together	0-5	Tue	Apr 9	9:30 AM	OBCC	亲子音乐
8984	Crafts with Ruta	2-5	Fri	Apr 5	10:45 AM	WCC	Ruta 手工课
8983	Crafts with Ruta	2-5	Fri	Apr 5	9:45 AM	WCC	Ruta 手工课
8952	Parent & Tot: Gym Drop In	0-5	Tue/Thu	Apr 2	10:00 AM	WCC	亲子活动时间
8858	Science for Kids	3-6	Thu	Apr 4	4:00 PM	WCC	少儿科学
8839	Kids on Wheels Parent & Tot	2-3	Sat	Apr 6	10:00 AM	OBCC	少儿学单车
8840	Kids on Wheels Preschool	3-5	Sat	Apr 6	11:15 AM	OBCC	学龄前儿童学单车
8827	Sportball: Floor Hockey	4-6	Wed	Apr 3	3:45 PM	WCC	少儿曲棍球
8995	Sportball: Outdoor Soccer	4-6	Wed	Jul 3	3:45 PM	WCC	户外足球
8953	Storytime at the Old Barn Community Centre	All Ages	Fri	Apr 5	10:00 AM	OBCC	少儿故事会
CHILDREN – PAGES 20-31							
8920	Ballet Beginner	6-8	Wed	Apr 10	4:20 PM	WCC	芭蕾一级
8919	Ballet Beginner	6-8	Sun	Apr 7	2:35 PM	WCC	芭蕾一级
8921	Ballet Intermediate	7-10	Wed	Apr 10	5:25 PM	WCC	芭蕾二级
8922	Ballet Advanced	10-13	Sun	Apr 7	3:40 PM	WCC	芭蕾三级
8923	Classical Indian & Folk Dance: Kathak	6-12	Wed	Apr 3	5:45 PM	WCC	传统印度舞
8901	Classical Indian Dance: Bharata Natyam	5-18	Sat	Apr 6	4:00 PM	WCC	印度传统舞蹈: 婆罗多舞
8924	Contemporary Jazz Beginner	7-10	Sun	Apr 7	12:15 PM	WCC	当代爵士乐一级
8925	Contemporary Jazz Intermediate	10-14	Sun	Apr 7	1:20 PM	WCC	现代爵士舞二级
9011	Dance Foundations	4-6	Sun	Jul 7	10:20 AM	WCC	舞蹈基础
8926	Dance Foundations	4-6	Mon	Apr 8	4:20 PM	WCC	舞蹈基础
8927	Dance Foundations	4-6	Sun	Apr 7	10:20 AM	WCC	舞蹈基础
8907	K-Pop Hip-Hop	6-10	Sat	Apr 6	11:15 AM	WCC	韩式嘻哈
8905	Family K-Pop Hip-Hop	5+	Tue	Apr 2	5:30 PM	WCC	韩式嘻哈
8908	K-Pop Hip-Hop	6-10	Tue	Apr 2	3:30 PM	WCC	韩式嘻哈
9018	Street Dance Hip-Hop	7-10	Sun	Jul 7	12:15 PM	WCC	嘻哈街舞
8932	Young Moviemakers	8-14	Fri	Apr 5	4:00 PM	WCC	少年电影制作
8928	Musical Theatre Pre-Teen	7-10	Mon	Apr 8	5:25 PM	WCC	中级芭蕾舞
8929	Musical Theatre Youth	10-13	Mon	Apr 8	6:30 PM	WCC	中级芭蕾舞
8934	Creative Arts	6-9	Mon	Apr 8	3:30 PM	WCC	创意艺术
8939	Creative Arts	9-12	Mon	Apr 8	5:00 PM	WCC	创意艺术
8945	Manga Art	9-14	Sat	Apr 6	2:15 PM	WCC	漫画课
8958	Manga Art	6-9	Sat	Apr 6	1:00 PM	WCC	漫画课

INDEX & SCHEDULE

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
CHILDREN – PAGES 20-31							
9272	Open Gym Pre-teen	9-12	Sat	Apr 13	12:15 PM	WCC	
9266	Open Gym Pre-teen	9-12	Wed	Jul 3	4:00 PM	WCC	
9263	Open Gym Pre-teen	9-12	Wed	Apr 3	5:30 PM	WCC	
8862	Red Cross Babysitting	11-14	Sun	May 12	9:00 AM	WCC	红十字会儿童看护课程
8864	Red Cross Babysitting	11-14	Sun	Aug 25	9:00 AM	WCC	红十字会儿童看护课程
8848	English Reading and Writing Gr 1-2	6-8	Mon	Apr 8	6:00 PM	WCC	英语阅读和写作
8849	English Reading and Writing Gr 3-4	8-10	Mon	Apr 8	7:00 PM	WCC	三&四年级英语阅读写作
8865	Mastering Mandarin Beginner	5-18	Sat	Apr 6	10:30 AM	WCC	汉语学习-初级
8867	Mastering Mandarin Intermediate	5-18	Sat	Apr 6	12:00 PM	WCC	汉语学习-初级
8868	Mastering Mandarin Advanced	5-18	Sat	Apr 6	1:30 PM	WCC	汉语学习-初级
8850	3D Modelling & Printing	8-12	Tue	Apr 2	4:00 PM	WCC	科学课3D建模和打印
8861	Engineering & Robotics - Lego WeDo	6-8	Sat	Apr 6	3:00 PM	WCC	数学和科学
8846	Math-4-Kids Gr 3-4	8-10	Mon	Apr 8	3:30 PM	WCC	趣味数学
8847	Math-4-Kids Gr 5-6	10-12	Mon	Apr 8	4:45 PM	WCC	趣味数学
8859	Science for Kids	7-11	Thu	Apr 4	5:00 PM	WCC	少儿科学
8855	Minecraft Coders Beginner	7-10	Thu	Apr 4	6:15 PM	WCC	儿童Minecraft编程课
8854	Minecraft Coders Intermediate	9-12	Tue	Apr 2	7:00 PM	WCC	我的世界课程
8833	Australian Football	8-12	Thu	Apr 4	5:45 PM	WCC	澳式橄榄球联盟
9000	Badminton Beginner	8-10	Fri	Jul 5	4:00 PM	WCC	羽毛球
8835	Badminton Beginner	8-10	Fri	Apr 5	4:00 PM	WCC	羽毛球
8828	Sportball: Floor Hockey	6-9	Wed	Apr 3	4:30 PM	WCC	少儿曲棍球
9154	Family Karate	6-12	Fri	Apr 5	7:00 PM	OBCC	家庭空手道
9166	Family Karate	6-12	Tue	Jul 2	7:00 PM	WCC	家庭空手道
9152	Family Karate	6-12	Tue	Apr 2	7:00 PM	WCC	家庭空手道
9010	Tae Kwon Do Beginner Kids	4-12	Sun	Jul 7	1:00 PM	WCC	初学者跆拳道
8969	Tae Kwon Do Beginner Kids	4-12	Sun	Apr 7	1:00 PM	WCC	初学者跆拳道
9012	Tae Kwon Do Intermediate Kids	4-12	Sun	Jul 7	1:00 PM	WCC	中级跆拳道
8970	Tae Kwon Do Intermediate Kids	4-12	Sun	Apr 7	1:00 PM	WCC	中级跆拳道
8998	Sportball: Outdoor Soccer	6-9	Wed	Jul 3	4:30 PM	WCC	户外足球
8829	Yoga for Kids	6-12	Wed	Apr 3	4:30 PM	WCC	儿童瑜伽
8881	Family Badminton Drop-In	All Ages	Sat	Apr 13	8:45 AM	WCC	家庭羽毛球
9021	Family Badminton Drop-In	All Ages	Sat	Jul 6	8:45 AM	WCC	家庭羽毛球
9022	Family Badminton Drop-In	All Ages	Sun	Jul 7	4:00 PM	WCC	家庭羽毛球
8883	Family Badminton Drop-In	All Ages	Sun	Apr 7	4:00 PM	WCC	家庭羽毛球
9024	Family Pickleball Drop-In	All Ages	Sun	Jul 7	9:00 AM	WCC	家庭匹克球练习时间
8884	Family Pickleball Drop-In	All Ages	Sun	Apr 7	9:00 AM	WCC	家庭匹克球练习时间
8943	4-H Club	9-19	Fri	Jul 12	6:30 PM	WCC	4-H俱乐部
8942	4-H Club	9-19	Fri	Apr 12	6:30 PM	WCC	4-H俱乐部
9262	Chess Basics: An Introductory Guide	7-12	Fri	Apr 5	4:00 PM	WCC	
9264	Pre-teen Leadership	9-12	Mon	Apr 8	4:00 PM	WCC	少年领导力
8950	Girl Guides Grades 4-6	9-11	Thu	Jul 4	6:00 PM	OBCC	女童军
8949	Girl Guides Grades 4-6	9-11	Thu	Apr 4	6:00 PM	OBCC	女童军
various	Flute Sunday	8+	Sun	Apr 7	1:00 PM	WCC	长笛
various	Flute Sunday	8+	Sun	Jul 7	1:00 PM	WCC	长笛



THE CAMPUS RESIDENT

IS YOUR SOURCE FOR LOCAL NEWS

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INDEX & SCHEDULE

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
CHILDREN – PAGES 20-31							
various	Guitar Friday	8+	Fri	Apr 5	4:30 PM	WCC	吉他
various	Guitar Friday	8+	Fri	Jul 5	4:30 PM	WCC	吉他
various	Piano Friday	5+	Fri	Jul 5	3:30 PM	WCC	钢琴课
various	Piano Friday	5+	Fri	Apr 5	3:30 PM	WCC	钢琴课
various	Piano Monday	5+	Mon	Apr 8	3:30 PM	WCC	钢琴
various	Piano Monday	5+	Mon	Jul 8	3:30 PM	WCC	钢琴
various	Piano Saturday	5+	Sat	Apr 6	10:00 AM	WCC	钢琴
various	Piano Saturday	5+	Sat	Jul 6	10:00 AM	WCC	钢琴
various	Piano Wednesday	5+	Wed	Apr 10	3:30 PM	WCC	钢琴
various	Piano Wednesday	5+	Wed	Jul 10	3:30 PM	WCC	钢琴
various	Violin Thursday	5+	Thu	Jul 4	3:30 PM	WCC	小提琴
various	Violin Thursday	5+	Thu	Apr 4	3:30 PM	WCC	小提琴
YOUTH – PAGES 32-38							
8910	K-Pop Hip-Hop	11-16	Sat	Apr 6	10:15 AM	WCC	韩式嘻哈
8911	K-Pop Hip-Hop	11-16	Tue	Apr 2	4:30 PM	WCC	韩式嘻哈
8985	Drawing & Painting	11-18	Wed	Apr 3	3:30 PM	WCC	绘画课
9002	Community Choir	13+	Wed	Jul 10	7:30 PM	OBCC	社区合唱团
8918	Community Choir	13+	Wed	Apr 10	7:30 PM	OBCC	社区合唱团
8990	Group Guitar Beginner	14+	Mon	Jul 8	6:30 PM	WCC	吉他小班课-初级
9114	Group Guitar Beginner	14+	Mon	Apr 8	6:30 PM	WCC	吉他小班课-初级
8991	Group Guitar Intermediate	14+	Mon	Jul 8	7:30 PM	WCC	吉他小班课 - 中级
8914	Group Guitar Intermediate	14+	Mon	Apr 8	7:30 PM	WCC	吉他小班课 - 中级
9269	Badminton Drop-in Youth	13-18	Sun	Jul 7	5:30 PM	WCC	高中生羽毛球练习时间
9165	Badminton Drop-in Youth	13-18	Sun	Apr 7	5:30 PM	WCC	高中生羽毛球练习时间
9265	Open Gym Youth	13-18	Wed	Jul 3	5:45 PM	WCC	青少年体育活动时间
9163	Open Gym Youth	13-18	Sat	Apr 13	12:15 PM	WCC	青少年体育活动时间
9248	Open Gym Youth	13-18	Wed	Apr 3	5:30 PM	WCC	青少年体育活动时间
9177	Pickleball Drop-in Youth	13-18	Thu	Apr 4	7:15 PM	WCC	
9267	Volleyball Drop-in Youth	13-18	Sat	Jul 6	4:00 PM	WCC	青少年排球时间
8350	Volleyball Drop-in Youth	13-18	Sat	Apr 6	4:00 PM	WCC	青少年排球时间
9176	Peer Tutoring	11-18	Tue	Apr 2	4:00 PM	WCC	家庭作业辅导项目
9246	Youth Board Game Drop-in	13-18	Thu	Apr 4	3:30 PM	WCC	
9242	Youth Social Drop-in	13-18	Wed	Apr 3	3:30 PM	WCC	青年社交聚会
9253	Introduction to Coding	12-17	Sun	Apr 7	10:30 AM	WCC	电脑编程俱乐部
9256	Intermediate Coding	13-18	Sun	Apr 7	11:35 AM	WCC	电脑编程俱乐部
8856	Toastmasters Youth Program	12-17	Wed	Apr 3	6:30 PM	WCC	高中生演讲俱乐部
9003	Badminton Intermediate	11-16	Fri	Jul 5	5:00 PM	WCC	羽毛球
8836	Badminton Intermediate	11-16	Fri	Apr 5	5:00 PM	WCC	羽毛球
9004	Badminton Advanced	13-18	Fri	Jul 5	6:00 PM	WCC	高中生羽毛球高级
8837	Badminton Advanced	13-18	Fri	Apr 5	6:00 PM	WCC	高中生羽毛球高级
9168	Family Karate	13-18	Tue	Jul 2	7:00 PM	WCC	家庭空手道
9156	Family Karate	13-18	Fri	Apr 5	7:00 PM	OBCC	家庭空手道
9155	Family Karate	13-18	Tue	Apr 2	7:00 PM	WCC	家庭空手道

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
YOUTH – PAGES 32-38							
9007	Tae Kwon Do Beginner Youth	13-18	Sun	Jul 7	1:00 PM	WCC	青少年跆拳道初级
8971	Tae Kwon Do Beginner Youth	13-18	Sun	Apr 7	1:00 PM	WCC	青少年跆拳道初级
9008	Tae Kwon Do Intermediate Youth	13-18	Sun	Jul 7	1:00 PM	WCC	青少年跆拳道中级
8973	Tae Kwon Do Intermediate Youth	13-18	Sun	Apr 7	1:00 PM	WCC	青少年跆拳道中级
9172	Teens & Adults Karate	11-18	Tue	Jul 2	8:00 PM	WCC	青少年和成人空手道
9159	Teens & Adults Karate	11-18	Tue	Apr 2	8:00 PM	WCC	青少年和成人空手道
9005	Volleyball BC: Train and Play	13-16	Sat	Jul 6	2:15 PM	WCC	排球: 培训和练习
8843	Volleyball BC: Train and Play	13-16	Sat	Apr 6	2:15 PM	WCC	排球: 培训和练习
8938	4-H Club	9-19	Fri	Jul 12	6:30 PM	WCC	4-H俱乐部
8936	4-H Club	9-19	Fri	Apr 12	6:30 PM	WCC	4-H俱乐部
9257	Arts for the Earth	12-18	Mon	Apr 8	3:30 PM	WCC	艺术与大地
9259	Chess for Beginners & Intermediate Players	13-18	Thu	Apr 4	3:30 PM	WCC	
9261	French Conversation Club	13-18	Thu	Apr 4	4:15 PM	WCC	法语对话俱乐部
9260	Rubik's Cube Club	11-18	Thu	Apr 4	3:30 PM	WCC	魔方俱乐部
8886	Newcomers Support Group Youth and Parents	12+	Sat	Apr 6	10:00 AM	WCC	新移民互助小组
ADULTS – PAGES 42-65							
8816	Adult Ballet Beginner	19+	Wed	Apr 10	7:45 PM	WCC	初级芭蕾舞
8905	Family K-Pop Hip-Hop	5+	Tue	Apr 2	5:30 PM	WCC	韩式嘻哈
8801	Ballet Drop-In Intermediate-Advanced	15+	Fri	Apr 5	5:00 PM	WCC	成年中/高级芭蕾健身
8986	Chinese Folk Dance	19+	Tue	Jul 2	12:30 PM	WCC	中国民族舞蹈
8818	Chinese Folk Dance	19+	Fri	Apr 5	12:30 PM	WCC	中国民族舞蹈
8987	Chinese Folk Dance	19+	Fri	Jul 5	12:30 PM	WCC	中国民族舞蹈
8817	Chinese Folk Dance	19+	Tue	Apr 2	12:30 PM	WCC	中国民族舞蹈
8879	Classical Indian and Folk Dance: Kathak	16+	Wed	Apr 3	5:45 PM	WCC	传统印度舞
8902	Classical Indian Dance: Bharata Natyam	19+	Sat	Apr 6	3:00 PM	WCC	印度传统舞蹈: 婆罗多舞
8904	Dance Fusion	19+	Mon	Apr 8	7:45 PM	WCC	中国民族舞蹈
various	Flute Sunday	8+	Sun	Apr 7	1:00 PM	WCC	长笛
various	Flute Sunday	8+	Sun	Jul 7	1:00 PM	WCC	长笛
various	Guitar Friday	8+	Fri	Apr 5	4:30 PM	WCC	吉他
various	Guitar Friday	8+	Fri	Jul 5	4:30PM	WCC	吉他
various	Piano Friday	5+	Fri	Apr 5	3:30 PM	WCC	钢琴课
various	Piano Friday	5+	Fri	Jul 5	3:30 PM	WCC	钢琴课
various	Piano Saturday	5+	Sat	Apr 6	10:00 AM	WCC	钢琴课
various	Piano Saturday	5+	Sat	Jul 6	10:00 AM	WCC	钢琴课
various	Piano Monday	5+	Mon	Apr 8	3:30 PM	WCC	钢琴课
various	Piano Monday	5+	Mon	Jul 8	3:30 PM	WCC	钢琴课
various	Piano Wednesday	5+	Wed	Apr 10	3:30 PM	WCC	钢琴课
various	Piano Wednesday	5+	Wed	Jul 10	3:30 PM	WCC	钢琴课
various	Violin Thursday	5+	Thu	Apr 4	3:30 PM	WCC	小提琴
various	Violin Thursday	5+	Thu	Jul 4	3:30 PM	WCC	小提琴
8918	Community Choir	13+	Wed	Apr 10	7:30 PM	OBCC	社区合唱团
9002	Community Choir	13+	Wed	Jul 10	7:30 PM	OBCC	社区合唱团

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Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
ADULTS – PAGES 42-65							
9114	Group Guitar Beginner	14+	Mon	Apr 8	6:30 PM	WCC	吉他小班课-初级
8990	Group Guitar Beginner	14+	Mon	Jul 8	6:30 PM	WCC	吉他小班课-初级
8914	Group Guitar Intermediate	14+	Mon	Apr 8	7:30 PM	WCC	吉他小班课 - 中级
8991	Group Guitar Intermediate	14+	Mon	Jul 8	7:30 PM	WCC	吉他小班课 - 中级
8992	Arts Appreciation for English Learners	19+	Thu	Jul 4	6:30 PM	WCC	艺术赏析 (英文)
8915	Arts Appreciation for English Learners	19+	Thu	Apr 4	6:30 PM	WCC	艺术赏析 (英文)
8996	Drawing and Sketching	16+	Wed	Jul 3	5:45 PM	WCC	素描
8916	Drawing and Sketching	16+	Wed	Apr 3	5:45 PM	WCC	素描
8999	Watercolour Painting	16+	Wed	Jul 3	7:30 PM	WCC	水彩画
8917	Watercolour Painting	16+	Wed	Apr 3	7:30 PM	WCC	水彩画
8852	Good to Great: Manners and More	19+	Tue	Apr 2	7:15 PM	WCC	成人礼仪: 从优秀到卓越
8851	Puppy Preschool	19+	Tue	Apr 2	6:00 PM	WCC	幼犬培训
8809	English Conversation for Mandarin Beginner	19+	Mon	Apr 8	10:00 AM	WCC	英语入门 (国语)
8805	English Conversation Beginner	19+	Thu	Apr 4	10:00 AM	WCC	初级英语会话
8806	English Conversation Intermediate Tuesdays	19+	Tue	Apr 2	10:00 AM	WCC	英语会话俱乐部
8807	English Conversation Intermediate Wedn.	19+	Wed	Apr 3	1:00 PM	WCC	中级英语会话
8808	English Conversation Intermediate Thursdays	19+	Thu	Apr 4	7:00 PM	OBCC	英语会话高级
8804	English Conversation Advanced Fridays	19+	Fri	Apr 5	10:00 AM	OBCC	英语会话高级
8810	French Club	19+	Thu	Apr 4	1:30 PM	OBCC	法语俱乐部
8853	French Beginner	19+	Tue	Apr 2	6:30 PM	OBCC	初级法语对话
8845	French Intermediate	19+	Mon	Apr 8	1:00 PM	WCC	法语会话中级
8863	Community Digital Support	19+	Sat	Apr 6	10:00 AM	WCC	社区电脑辅导
8860	Korean Parent Support Circle	19+	Tue	Apr 16	12:30 PM	WCC	韩国家长互助交流会
8866	SUCCESS: Settlement Mandarin & English	19+	Tue	Apr 9	9:30 AM	WCC	中侨移民安顿服务
8857	VSB Immigrant Parent Mandarin and English	19+	Thu	Apr 4	1:00 PM		温哥华教育局新移民家长中文讲座
9131	Barre Pilates	19+	Thu	Apr 11	5:15 PM	WCC	芭蕾普拉提
9043	Barre Pilates	19+	Tue	Apr 16	9:30 AM	WCC	芭蕾普拉提
9009	Barre Pilates	19+	Mon	Jul 8	9:30 AM	WCC	芭蕾普拉提
9247	Barre Pilates	19+	Thu	Jul 4	5:15 PM	WCC	芭蕾普拉提
9195	Barre Pilates	19+	Thu	Jul 4	9:30 AM	WCC	芭蕾普拉提
9149	Barre Pilates	19+	Tue	Jul 2	9:30 AM	WCC	芭蕾普拉提
9138	Barre Pilates	19+	Sat	Apr 20	8:45 AM	WCC	芭蕾普拉提
9006	Barre Pilates	19+	Mon	Apr 15	9:30 AM	WCC	芭蕾普拉提
9125	Barre Pilates	19+	Thu	Apr 18	9:30 AM	WCC	芭蕾普拉提
9025	Fit Together	18+	Mon	Apr 8	11:55 AM	WCC	亲子健身训练
9144	Full Body Bootcamp	16+	Mon	Jul 8	7:45 PM	OBCC	全身力量训练营
9050	Full Body Bootcamp	16+	Wed	Apr 10	9:30 AM	OBCC	全身训练营
9040	Full Body Bootcamp	19+	Mon	Apr 8	7:45 PM	OBCC	全身力量训练营
9243	Lunchtime Express HIIT	19+	Thu	Jul 4	12:00 PM	WCC	高燃脂训练
9128	Lunchtime Express HIIT	19+	Thu	Apr 4	12:00 PM	WCC	高燃脂训练
9249	Mindful Movement	15+	Thu	Jul 4	6:10 PM	OBCC	“正念运动”
9134	Mindful Movement	15+	Thu	Apr 4	6:10 PM	OBCC	“正念运动”

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
ADULTS – PAGES 42-65							
9383	Intro to Fitness	15+	Tue	Apr 2	3:30 PM	WCC	健身入门介绍
9384	Intro to Fitness	15+	Tue	May 14	3:30 PM	WCC	健身入门介绍
9174	Pilates Full Body Sculpt	19+	Wed	Jul 3	9:30 AM	WCC	芭蕾普拉提
9049	Pilates Full Body Sculpt	19+	Wed	Apr 17	9:30 AM	WCC	芭蕾普拉提
9313	Spin	18+	Fri	Apr 5		WCC	极速单车
8993	Spin	18+	Sun	Apr 7	8:30 AM	WCC	极速单车
9314	Spin	18+	Fri	Jul 5		WCC	极速单车
8994	Spin	18+	Sun	Jul 7	8:30 AM	WCC	极速单车
9001	Express Spin Morning	18+	Mon	Apr 8	7:45 AM	WCC	极速单车
9255	Express Spin Lunchtime	18+	Fri	Jul 5	11:45 AM	WCC	极速单车
9136	Express Spin Lunchtime	18+	Fri	Apr 12	11:45 AM	WCC	极速单车
9167	Lunch Time Express Spin	18+	Wed	Jul 3	12:25 PM	WCC	极速单车
9053	Lunch Time Express Spin	18+	Wed	Apr 10	12:25 PM	WCC	极速单车
9141	Zumba	19+	Sat	Apr 6	11:30 AM	WCC	Zumba舞
9164	Zumba	19+	Wed	Jul 3	6:35 PM	WCC	Zumba舞
9124	Zumba	19+	Wed	Apr 10	6:35 PM	WCC	Zumba舞
9129	Chair Yoga with Angie	19+	Thu	Apr 4	1:00 PM	WCC	椅子瑜伽
9148	Gentle & Restorative Yoga	19+	Tue	Jul 2	10:40 AM	WCC	恢复性瑜伽
9044	Gentle & Restorative Yoga	19+	Tue	Apr 2	10:40 AM	WCC	恢复性瑜伽
9123	Gentle Yoga in Mandarin	19+	Wed	Apr 3	11:15 AM	OBCC	Kate中文瑜伽
9254	Gentle Yoga with Angie	19+	Fri	Jul 5	10:00 AM	WCC	轻柔瑜伽
9135	Gentle Yoga with Angie	19+	Fri	Apr 12	10:00 AM	WCC	轻柔瑜伽
9051	Hatha Yoga with Negar	16+	Wed	Apr 3	10:00 AM	OBCC	Negar中文瑜伽
9045	Hatha Yoga with Ritu	19+	Tue	Apr 2	9:45 AM	WCC	Hatha瑜伽
9143	Iyengar Yoga with Brian Beginner 1	18+	Mon	Jul 8	6:35 PM	WCC	Brian初级艾杨格瑜伽
9037	Iyengar Yoga with Brian Beginner 1	18+	Mon	Apr 8	6:35 PM	WCC	Brian初级艾杨格瑜伽
9146	Iyengar Yoga with Brian Beginner 2	18+	Tue	Jul 2	7:40 PM	WCC	Brian一级和二级艾杨格瑜伽
9250	Iyengar Yoga with Brian Intermediate	18+	Thu	Jul 4	6:25 PM	WCC	Brian二级艾杨格瑜伽
9048	Iyengar Yoga with Brian Beginner 2	18+	Tue	Apr 2	7:40 PM	WCC	Brian一级和二级艾杨格瑜伽
9170	Iyengar Yoga with Brian Intermediate	18+	Wed	Jul 3	10:45 AM	WCC	Brian一级和二级艾杨格瑜伽
9132	Iyengar Yoga with Brian Intermediate	18+	Thu	Apr 4	6:25 PM	WCC	Brian二级艾杨格瑜伽
9052	Iyengar Yoga with Brian Intermediate	18+	Wed	Apr 3	10:45 AM	WCC	Brian一级和二级艾杨格瑜伽
9140	Iyengar Yoga with Luci	17+	Sat	May 25	10:00 AM	WCC	Iyengar瑜伽
9142	Iyengar Yoga with Luci	17+	Sat	Aug 3	10:00 AM	WCC	Iyengar瑜伽
9139	Iyengar Yoga with Luci	17+	Sat	Apr 13	10:00 AM	WCC	Iyengar瑜伽
9046	Prenatal & Postnatal Yoga	19+	Tue	Apr 2	10:50:00 AM	WCC	“产前产后瑜伽”
8997	Restorative Yoga	17+	Sun	Apr 7	5:15 PM	WCC	恢复性瑜伽
9252	Yoga in Mandarin with Kate	19+	Fri	Jul 26	10:00 AM	OBCC	Kate中文瑜伽
9137	Yoga in Mandarin with Kate	19+	Fri	Apr 12	10:00 AM	WCC	Kate中文瑜伽
9016	Yoga in Mandarin with Kate	19+	Mon	Jul 29	10:45 AM	WCC	Kate中文瑜伽
9014	Yoga in Mandarin with Kate	19+	Mon	Apr 8	10:45 AM	WCC	Kate中文瑜伽
8941	Badminton	19+	Sun	Apr 7	7:00 PM	WCC	羽毛球
9033	Badminton	19+	Sun	Jul 7	7:00 PM	WCC	羽毛球

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Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
ADULTS – PAGES 42-65							
9031	Badminton	19+	Mon	Jul 8	8:00 PM	WCC	羽毛球
8937	Badminton	19+	Mon	Apr 8	2:15 PM	WCC	羽毛球
8940	Badminton	19+	Fri	Apr 5	7:45 PM	WCC	羽毛球
9020	Badminton Drop-In	19+	Fri	Jul 5	7:45 PM	WCC	羽毛球
8873	Badminton Drop-In	19+	Tue	Apr 2	12:00 PM	WCC	羽毛球
9039	Basketball	19+	Sat	Jul 6	10:30 AM	WCC	羽毛球
8947	Basketball	19+	Sat	Apr 13	10:30 AM	WCC	羽毛球
9013	Basketball Drop-In	19+	Mon	Jul 8	6:00 PM	WCC	羽毛球
8870	Basketball Drop-In	19+	Mon	Apr 8	6:00 PM	WCC	羽毛球
9158	Family Karate	19+	Fri	Apr 5	7:00 PM	OBCC	家庭空手道
9169	Family Karate	19+	Tue	Jul 2	7:00 PM	WCC	家庭空手道
9157	Family Karate	19+	Tue	Apr 2	7:00 PM	WCC	家庭空手道
9171	Teens & Adults Karate	19+	Tue	Jul 2	8:00 PM	WCC	青少年和成人空手道
9160	Teens & Adults Karate	19+	Tue	Apr 2	8:00 PM	WCC	青少年和成人空手道
8988	Tai Chi	19+	Tue	Jul 2	6:30 PM	WCC	太极
8824	Tai Chi	19+	Tue	Apr 16	6:30 PM	WCC	太极
8989	Tai Chi & Qi Gong	19+	Sun	Jul 7	6:30 PM	WCC	太极
8830	Tai Chi & Qi Gong	19+	Sun	Apr 21	6:30 PM	WCC	太极
9036	Pickleball	19+	Thu	Jul 4	7:00 PM	WCC	匹克球练习
8944	Pickleball	19+	Mon	Apr 8	8:00 PM	WCC	匹克球练习
9038	Pickleball	19+	Sat	Jul 6	12:15 PM	WCC	匹克球练习
8946	Pickleball	19+	Fri	Apr 5	10:30 AM	WCC	匹克球练习
9015	Pickleball Drop-In	19+	Tue	Jul 2	4:00 PM	WCC	匹克球练习
8876	Pickleball Drop-In	19+	Thu	Apr 4	1:45 PM	WCC	匹克球练习
8844	Pickleball Lessons Accelerated Development	19+	Sun	Apr 7	10:45 AM	WCC	匹克球晋级训练
8834	Pickleball Lessons Advanced Doubles	19+	Fri	Apr 5	8:45 AM	WCC	匹克球高级双打
8825	Pickleball Lessons Beginner	19+	Wed	Apr 3	9:00 AM	WCC	匹克球初级
8826	Pickleball Lessons Intermediate	19+	Wed	Apr 3	10:45 AM	WCC	匹克球中级
9319	Pickleball Lessons Accelerated Development	19+	Sun	Jul 7	10:45 AM	WCC	匹克球晋级训练
9320	Pickleball Lessons Accelerated Beginner Clinic	19+	Wed	Aug 7	9:00 AM	WCC	皮克尔球课程 初级速成班
9321	Pickleball Lessons Accelerated Novice Clinic	19+	Wed	Aug 7	10:45 AM	WCC	皮克尔球课程 新手速成班
9322	Pickleball Lessons Two-Handed Backhand Clinic	19+	Fri	Aug 9	8:45 AM	WCC	皮克尔球课程 双手反手训练班
9026	Table Tennis	19+	Mon	Jul 8	4:00 PM	WCC	乒乓球
8930	Table Tennis	19+	Mon	Apr 8	11:15 AM	WCC	乒乓球
8931	Table Tennis	19+	Tue	Apr 2	2:15 PM	WCC	乒乓球
9019	Table Tennis Drop-In	19+	Thu	Jul 4	5:00 PM	WCC	乒乓球
8877	Table Tennis Drop-In	19+	Fri	Apr 5	1:00 PM	WCC	乒乓球
9041	Volleyball	19+	Sat	Jul 6	5:45 PM	WCC	羽毛球
8948	Volleyball	19+	Sat	Apr 6	5:45 PM	WCC	羽毛球
9017	Volleyball Drop-In	19+	Wed	Jul 3	7:45 PM	WCC	羽毛球
8874	Volleyball Drop-In	19+	Wed	Apr 3	7:45 PM	WCC	羽毛球

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
ADULTS – PAGES 42-65							
8875	Soccer Skills for Women	19+	Thur	Apr 4	12:00 PM	WCC	女子室内行走足球
8871	Walking Soccer Club	19+	Wed	Apr 3	1:00 PM	WCC	慢走足球
8881	Family Badminton Drop-In	All Ages	Sat	Apr 13	8:45 AM	WCC	家庭羽毛球
9021	Family Badminton Drop-In	All Ages	Sat	Jul 6	8:45 AM	WCC	家庭羽毛球
9022	Family Badminton Drop-In	All Ages	Sun	Jul 7	4:00 PM	WCC	家庭羽毛球
8883	Family Badminton Drop-In	All Ages	Sun	Apr 7	4:00 PM	WCC	家庭羽毛球
9024	Family Pickleball Drop-In	All Ages	Sun	Jul 7	9:00 AM	WCC	家庭匹克球练习时间
8884	Family Pickleball Drop-In	All Ages	Sun	Apr 7	9:00 AM	WCC	家庭匹克球练习时间
8898	Food for Thought: Meaningful Conversations	16+	Wed	Apr 3	7:00 PM	OBCC	精神食粮：一系列有意义的对话活动
8882	Newcomers' English Club	19+	Thu	Apr 4	1:00 PM	WCC	新居民社交时间
8886	Newcomers Support Group Youth and Parents	19+	Sat	Apr 6	10:00 AM	WCC	新移民互助小组
9274	Saturday Afternoon Tea Mandarin	19+	Sat	May 11	1:00 PM	WCC	老年周末下午茶和嘉宾
9275	Saturday Afternoon Tea:	19+	Sat	Jun 8	1:00 PM	WCC	老年周末下午茶和嘉宾
9273	Saturday Afternoon Tea:	19+	Sat	Apr 13	1:00 PM	WCC	老年周末下午茶和嘉宾
8887	Bridge Advanced	19+	Tue	Apr 2	10:00 AM	WCC	桥牌练习时间
8888	Mahjong English & Mandarin	19+	Mon	Apr 8	1:00 PM	WCC	麻将
8892	Let's Cook Club	All Ages	Tue	May 28	6:00 PM	WCC	美食烹饪俱乐部
8893	Let's Cook Club	All Ages	Tue	Jun 25	6:00 PM	WCC	美食烹饪俱乐部
8891	Let's Cook Club	All Ages	Tue	Apr 30	6:00 PM	WCC	美食烹饪俱乐部
8895	Old Barn Book Club	16+	Sat	Apr 27	9:00 AM	OBCC	Old Barn书籍俱乐部
8889	Wesbrook Book Club	19+	Sun	Apr 21	10:00 AM	WCC	社区读书俱乐部
8880	Sewing and Knitting Studio	13+	Sun	Apr 7	1:00 PM	WCC	社区缝纫工作室
8894	Walk and Talk Club	19+	Mon	Apr 8	10:00 AM	WCC	步行俱乐部
8890	Women's Social Club	19+	Tue	Apr 2	12:00 PM	OBCC	女士社交俱乐部
SENIORS – PAGES 66-68							
8802	Chinese Dance for Seniors	55+	Fri	Apr 5	12:30 PM	OBCC	中式老年舞蹈
8896	Open Art Studio for Seniors	55+	Thu	Apr 4	9:30 AM	WCC	老年开放艺术馆
8803	English ABCs for Seniors	55+	Sun	Apr 7	10:00 AM	WCC	老年英语
9147	AquaFit West Hampstead	55+	Tue	Jul 2	1:00 PM	HAMPS.	West Hampstead区 水中健身
9047	AquaFit West Hampstead	55+	Tue	Apr 2	1:00 PM	HAMPS.	West Hampstead区 水中健身
9245	AquaFit Balmoral	55+	Thu	Jul 4	1:30 PM	BALMOR.	Balmoral区 水中健身
9130	AquaFit Balmoral	55+	Thu	Apr 4	1:30 PM	BALMOR.	Balmoral区 水中健身
9032	Osteofit	55+	Mon	Jul 8	1:00 PM	WCC	网上健骨课程
9030	Osteofit	55+	Mon	Apr 8	1:00 PM	WCC	网上健骨课程
9034	Osteofit West Hampstead	55+	Mon	Apr 8	3:00 PM	HAMPS.	健骨课程
8872	Seniors' Gym	55+	Mon	Apr 8	11:15 AM	WCC	老人锻炼时间
9029	Table Tennis for Seniors	55+	Thu	Jul 4	4:00 PM	WCC	乒乓球
8933	Table Tennis for Seniors	55+	Fri	Apr 5	2:30 PM	WCC	乒乓球
8935	Badminton for Seniors	55+	Mon	Apr 8	1:15 PM	WCC	羽毛球
8885	Seniors and Friends Drop-in	55+	Wed	Apr 10	9:30 AM	WCC	老年人休闲时间
8878	Dance Party for Seniors	55+	Sat	Apr 27	7:00 PM	WCC	老年舞蹈之夜
8897	Song Circle for Seniors	55+	Fri	Apr 5	10:00 AM	WCC	老年人唱歌活动

MEET YOUR FITNESS GOALS

AT THE **NEW** OLD BARN FITNESS CENTRE

New equipment, a new room layout and new fitness programs await you at the **Old Barn Fitness Centre!**

Join a **yoga class**, **fitness class**, or **bootcamp**

Hop on one of our new **treadmills**, **rowing machine** or **skierg machine**



Visit our website at **myuna.ca/facilities** for our location and hours or visit **myuna.ca/fitness** for information on health and fitness services.

PERSONALIZED FITNESS TRAINING

Our ***certified trainers*** are ready to teach you safe and correct training techniques whatever your current fitness level to help you ***reach your goals***.

View Old Barn and Wesbrook Fitness Centre operating hours, equipment and rates at **myuna.ca/fitness**.

For your safety and the safety of our facility users, we do not allow outside personal trainers to conduct business in our Fitness Centres. For questions and personal training opportunities, please contact **Fitness Centre Supervisor Kieran Petty** at **kieran.petty@myuna.ca**.



