



KITSILANO
COMMUNITY
CENTRE

FALL 2026





WELCOME TO THE KITSILANO COMMUNITY CENTRE

2690 Larch Street, Vancouver BC V6K 4K9

**Looking for Program
Descriptions?**



Scan the QR code to visit www.kitscc.com and click on "View All Summer 2026 Programs"

Land Acknowledgement

Kitsilano Community Centre acknowledges that we operate on the unceded ancestral territories of the Coast Salish peoples including the Musqueam, Squamish and Tsleil-Waututh Nations.

Registration

You have three options to register: online, in-person, and by phone.

Online

Thursday, Aug 13 at 7 PM.

Logging into your account at vanrec.ca prior to registration day may minimize any unexpected errors.

In-Person

Thursday, Aug 13 at 7 PM.

We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

Phone

Friday, Aug 14 at 10 AM.

Ongoing registration by phone is available during office hours.

Fall 2026 Hours of Operation

Community Centre

Monday-Friday 7:00 AM-10:00 PM
Saturday/Sunday 8:30 AM-8:00 PM
Statutory Holiday Closed
Sept 30, Oct 12, Nov 11 Closed
Aug 31-Sept 7 Closed
Holiday Hours TBD

Fitness Centre

Monday-Friday 6:00 AM-10:00 PM
Saturday/Sunday 7:00 AM-8:00 PM
Statutory Holiday 7:00 AM-8:00 PM

Please Note

The front office closes 30 minutes prior to the building closure.

When the Community Centre is closed, enter the Fitness Centre through the lower back entrance, located at the back of the Community Centre, by the playground.

The whirlpool and sauna closes 15 minutes prior to Fitness Centre closure. They are also closed for regular maintenance on Saturdays and Tuesdays from 6:00am to 12:30pm.

FALL 2026

Financial Subsidies

Discounts are available on some programs at time of registration. Patrons that qualify for the Vancouver Park Board's **Leisure Access Program (LAP)** may receive a 50% discount on registration of select programs. LAP is not applicable on workshops, private lessons, one-day events and CCA program drop-ins. To learn more and apply for the Leisure Access Program go to www.vancouver.ca/leisureaccess.

Seniors over 65 years may receive a 15% discount on qualifying adult programs (registration only, drop-ins not applicable).

If you are a senior and a program qualifies for the LAP discount, the applicable discounts will be calculated based on the adult rate and not with the senior's discount.

Refund Policy

All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Requests for refunds must be received by phone or in-person to the Front Office:

- 24 hours before the 1st scheduled class, 2 days prior to the 2nd scheduled class.
- **No refunds past the second class.**
- 2 days prior for workshops.
- 7 days prior for camps, kitchen programs, private lessons, and luncheons
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than two weeks.

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Jointly operated by the Vancouver Board of Parks and Recreation and the Kitsilano War Memorial Community Centre Association.

Follow us on social media:

Instagram - [@kitsilanocc](#)

Facebook - [Kitsilano War Memorial Community Centre](#)

Music with Marnie

Music With Marnie - Babies (2 mo-18 mo)

Instructor: Marnie Grey

Tuesdays

Tu Sep 15-Oct 27 11:30 AM-12:00 PM
\$117/6 sess [633415](#)

Tu Sep 15-Oct 27 12:15 PM-12:45 PM
\$117/6 sess [633416](#)

Tu Nov 3-Dec 15 11:30 AM-12:00 PM
\$117/6 sess [633417](#)

Tu Nov 3-Dec 15 12:15 PM-12:45 PM
\$117/6 sess [633418](#)

Thursdays

Th Sep 17-Oct 29 11:30 AM-12:00 PM
\$117/6 sess [633419](#)

Th Sep 17-Oct 29 12:15 PM-12:45 PM
\$117/6 sess [633421](#)

Th Nov 5-Dec 17 11:30 AM-12:00 PM
\$117/6 sess [633448](#)

Th Nov 5-Dec 17 12:15 PM-12:45 PM
\$117/6 sess [633449](#)

Music With Marnie - Betweenies (12 mo-20 mo)

Instructor: Marnie Grey

Tu Sep 15-Oct 27 10:30 AM-11:05 AM
\$120/6 sess [633412](#)

Tu Nov 3-Dec 15 10:30 AM-11:05 AM
\$120/6 sess [633413](#)

Music With Marnie - Toddlers (18 mo-3.5 yrs)

Instructor: Marnie Grey

Tuesdays

Tu Sep 15-Oct 27 9:30 AM-10:15 AM
\$129/6 sess [633405](#)

Tu Nov 3-Dec 15 9:30 AM-10:15 AM
\$129/6 sess [633407](#)

Thursdays

Th Sep 17-Oct 29 9:30 AM-10:15 AM
\$129/6 sess [633409](#)

Th Nov 5-Dec 17 9:30 AM-10:15 AM
\$129/6 sess [633411](#)

Music With Marnie - All Ages/Siblings (up to 5.5 yrs)

Instructor: Marnie Grey

Th Sep 17-Oct 29 10:30 AM-11:15 AM
\$129/6 sess [633423](#)

Th Nov 5-Dec 17 10:30 AM-11:15 AM
\$129/6 sess [633453](#)

Music Together

Music Together with Donalyn (Birth-5 yrs)

Instructor: Katherine Deane

Wednesdays

W Sep 23-Dec 2 9:30 AM-10:15 AM
\$218/9 sess [633400](#)

W Sep 23-Dec 2 10:30 AM-11:15 AM
\$218/9 sess [633401](#)

Fridays

F Sep 25-Nov 27 9:30 AM-10:15 AM
\$235/10 sess [633402](#)

F Sep 25-Nov 27 10:30 AM-11:15 AM
\$235/10 sess [633403](#)



Education

Beginner Baby Sign Language (Birth-18 mo)

Instructor: Signing Babies Vancouver

Tu Sep 15-Oct 20 1:00 PM-1:45 PM
\$120/6 sess [631864](#)

Tu Sep 15-Oct 20 2:15 PM-3:00 PM
\$120/6 sess [631865](#)

Tu Oct 27-Dec 1 1:00 PM-1:45 PM
\$120/6 sess [631868](#)

Tu Oct 27-Dec 1 2:15 PM-3:00 PM
\$120/6 sess [631870](#)

Intermediate Baby Sign Language (3 mo-24 mo)

Instructor: Signing Babies Vancouver

Tu Sep 15-Oct 20 11:45 AM-12:30 PM
\$120/6 sess [631860](#)

Tu Oct 27-Dec 1 11:45 AM-12:30 PM
\$120/6 sess [631866](#)

The MotherFlock Mom Group (1 mo-4 mo)

Instructor: The MotherFlock

F Sep 11-Oct 23 10:00 AM-11:00 AM
\$168/6 sess [632910](#)

F Nov 6-Dec 11 10:00 AM-11:00 AM
\$168/6 sess [632914](#)

Dance

Baby Dance (3 mo- pre-walking)

Instructor: Lorraine White-Wilkinson

Tu Sep 22-Oct 27 11:25 AM-12:00 PM
\$96/6 sess [633397](#)

Parent and Tot Creative Dance (2-3 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 26-Dec 5 10:30 AM-11:15 AM
\$180/10 sess [633391](#)

Tu Sep 22-Nov 24 10:30 AM-11:15 AM
\$180/10 sess [633396](#)

Tu Nov 3-Nov 24 11:25 AM-12:00 PM
\$64/4 sess [633398](#)

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 26-Dec 5 9:30 AM-10:15 AM
\$180/10 sess [633390](#)

Tu Sep 22-Nov 24 9:30 AM-10:15 AM
\$180/10 sess [633395](#)

Pre-Ballet Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 26-Dec 5 12:30 PM-1:15 PM
\$180/10 sess [633394](#)

Pre-Ballet (4.5-6 yrs)

Instructor: Lorraine White-Wilkinson

Sa Sep 26-Dec 5 11:30 AM-12:15 PM
\$180/10 sess [633392](#)

My First Dance Class (2-4 yrs)

Instructor: Endorphin Rush Dance

M Sep 14-Oct 26 9:30 AM-10:15 AM
\$84/6 sess [631872](#)

M Nov 2-Dec 14 9:30 AM-10:15 AM
\$98/7 sess [631891](#)



PRESCHOOL

Dance

Little Ballerinas (3-5 yrs)

Instructor: Endorphin Rush Dance

Mondays

M Sep 14-Oct 26 11:20 AM-12:00 PM
\$84/6 sess [631874](#)

M Nov 2-Dec 14 11:20 AM-12:05 PM
\$98/7 sess [631896](#)

Thursdays

Th Sep 17-Oct 29 3:30 PM-4:15 PM
\$98/7 sess [631885](#)

Th Nov 5-Dec 10 3:30 PM-4:15 PM
\$84/6 sess [631907](#)

Mini Hip Hop Dancers (3-5 yrs)

Instructor: Endorphin Rush Dance

M Sep 14-Oct 26 10:30 AM-11:15 AM
\$84/6 sess [631873](#)

M Nov 2-Dec 14 10:30 AM-11:15 AM
\$98/7 sess [631894](#)

Mini Hip Hop Dancers (4-6 yrs)

Instructor: Endorphin Rush Dance

Th Sep 17-Oct 29 4:15 PM-5:00 PM
\$98/7 sess [631890](#)

Th Nov 5-Dec 10 4:15 PM-5:00 PM
\$84/6 sess [631909](#)

Parent & Tot Gym (6mo-5 yrs)

Tu Sept 15-Dec 8 9:30 AM-11:00 AM

Thu Sept 17-Dec 10 10:30 AM-12:30 PM

Sat Sept 19-Dec 5 10:30 AM-12:00 PM

\$3/child and \$2/additional child

\$27/10 visit pass

\$45 sibling 10 visit pass

No Sessions Tu Oct 13, Sat Oct 3-Oct 31
Due to Municipal Elections in Gymnasium



Sportball

Instructor: Sportball Vancouver

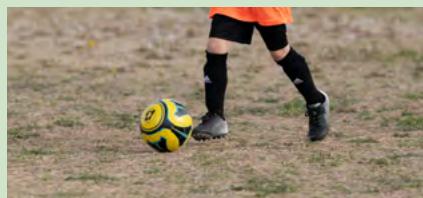
Sportball Indoor Multi Sport (3-5 yrs)

M Sep 14-Oct 26 2:30 PM-3:30 PM
\$111/6 sess [626824](#)

M Nov 2-Dec 14 2:30 PM-3:30 PM
\$129.50/7 sess [626825](#)

Sportball Outdoor Soccer (3.5-5 yrs)

Sa Sep 12-Oct 17 10:15 AM-11:15 AM
\$92.50/5 sess [627035](#)



Sportball Parent and Child Indoor Soccer (2-3 yrs)

W Sep 16-Oct 28 4:30 PM-5:15 PM
\$92.50/5 sess [627028](#)

W Nov 4-Dec 16 4:30 PM-5:15 PM
\$111/6 sess [627029](#)

Sportball Parent and Child Multi Sport (2-3 yrs)

M Sep 14-Oct 26 4:30 PM-5:15 PM
\$111/6 sess [626828](#)

M Nov 2-Dec 14 4:30 PM-5:15 PM
\$129.50/7 sess [626829](#)

Sportball Parent and Tot Outdoor Soccer (2-3 yrs)

Sa Sep 12-Oct 17 9:30 AM-10:15 AM
\$92.50/5 sess [627034](#)

Sportball Parent and Tot Outdoor T-Ball (2-3 yrs)

Th Sep 10-Oct 15 5:15 PM-6:00 PM
\$111/6 sess [627031](#)



Birthday Parties (up to 8 yrs)



Sat Sept 12-Dec 5 \$180/Party

Lobby Room 11:45 AM-2:30 PM
Gym 12:30 PM-1:30 PM

Snowy's Lounge 1:00 PM-3:45 PM
Gym 1:45 PM-2:45 PM

No Sat birthday parties Oct 3-Oct 31
Due to Municipal Elections in Gymnasium

To register, visit vanrec.ca and search "Birthday Party Package"

Licensed Childcare



Tiggy Winkle Preschool

Come join us for the fun in Fall 2026/2027! Tiggy Winkle is a licensed preschool for 3-4 year old children designed with play, friends and learning in mind. We are a play based preschool that has bi-weekly themes with our mornings filled with free play, art, circle time, snack and outside play.

Two packages to choose from:
M/W/F 9:00am-12:00pm
Tu/Th 9:00am -12:00pm

Register with Activity [#611712](#) at [vanrec.ca](#).

Out-of-School Care **NEW!**

For children in K-6 attending Lord Tennyson Elementary. We hope to open in September 2026. Sign up for Activity [#619483](#) on [vanrec.ca](#) to be on our waitlist and hear the latest updates!

Daycare **NEW!**

Full day childcare for children aged 3-5 is coming soon! We hope to open September 2026. Sign up for Activity [#619474](#) on [vanrec.ca](#) to be on our waitlist and hear the latest updates! Child must be 3 years old to be on the waitlist.



If you have any questions contact Sandy.Galpin@vancouver.ca.

HALLOWEEN HOWL

REGISTER NOW!
Event sells out

**GAMES
MUSIC
TREATS
CRAFTS**
For ages 2-8

**Saturday,
October 24**
10:30 AM - 12:30 PM

Register at
[vanrec.ca](#)
Activity #626740

\$8
Per child

Breakfast with Santa

Proudly supported by
White Spot

\$8.00/person
Activity #626739
Saturday, December 12
10:00 AM - 12:00 PM

Registration opens online at [vanrec.ca](#) on Thursday, October 15 at 7:00PM. Phone registration is available Friday, October 16 at 9:00AM.

A Kitsilano Community Centre tradition for over 35 years!

CHILDREN

Piano Lessons

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Wednesdays, Sept 16-Dec 9

\$385/11 sess

W 4:00 PM-4:30 PM [631025](#)

W 4:30 PM-5:00 PM [631030](#)

W 5:00 PM-5:30 PM [631033](#)

W 5:30 PM-6:00 PM [631035](#)

W 6:00 PM-6:30 PM [631036](#)

W 6:30 PM-7:00 PM [631037](#)

W 7:00 PM-7:30 PM [631038](#)

W 7:30 PM-8:00 PM [631039](#)

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Saturdays, Sept 12-Dec 5

\$455/13 sess

Sa 3:30 PM-4:00 PM [631040](#)

Sa 4:00 PM-4:30 PM [631041](#)

Sa 4:30 PM-5:00 PM [631042](#)

Sa 5:00 PM-5:30 PM [631043](#)

Sa 5:30 PM-6:00 PM [631044](#)

Sa 6:00 PM-6:30 PM [631045](#)

Sa 6:30 PM-7:00 PM [631046](#)

Sa 7:00 PM-7:30 PM [631047](#)



Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Tuesdays, Sept 15-Dec 8

\$403/13 sess

Tu 3:15 PM-3:45 PM [630976](#)

Tu 3:45 PM-4:15 PM [630977](#)

Tu 4:15 PM-4:45 PM [630978](#)

Tu 4:45 PM-5:15 PM [630979](#)

Tu 5:15 PM-5:45 PM [630980](#)

Tu 5:45 PM-6:15 PM [630982](#)

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Fridays, Sept 11-Dec 4

\$403/13 sess

F 3:15 PM-3:45 PM [630985](#)

F 3:45 PM-4:15 PM [630986](#)

F 4:15 PM-4:45 PM [630987](#)

F 4:45 PM-5:15 PM [630988](#)

F 5:15 PM-5:45 PM [630989](#)

F 5:45 PM-6:15 PM [630990](#)

Violin Lessons

Private Violin Lessons (6+ yrs)

Instructor: Ali Nourbakhsh

Set 1: Mondays, Sept 14-Nov 2

\$455/7 sess

M 3:30 PM-4:30 PM [630992](#)

M 4:30 PM-5:30 PM [630993](#)

M 5:30 PM-6:30 PM [630994](#)

M 6:30 PM-7:30 PM [630995](#)

M 7:30 PM-8:30 PM [630996](#)

M 8:30 PM-9:30 PM [630999](#)

Private Violin Lessons (6+ yrs)

Instructor: Ali Nourbakhsh

Set 2: Mondays, Sept 14-Nov 2

\$390/6 sess

M 3:30 PM-4:30 PM [631001](#)

M 4:30 PM-5:30 PM [631004](#)

M 5:30 PM-6:30 PM [631006](#)

M 6:30 PM-7:30 PM [631007](#)

M 7:30 PM-8:30 PM [631008](#)

M 8:30 PM-9:30 PM [631009](#)



Dance

Dance Extreme (6-9 yrs)

Instructor: Endorphin Rush Dance

M Sep 14-Oct 26 4:15 PM-5:15 PM

\$90/6 sess [631877](#)

M Nov 2-Dec 14 4:15 PM-5:15 PM

\$105/7 sess [631900](#)

Hip Hop/Jazz Fusion (5-7 yrs)

Instructor: Endorphin Rush Dance

M Sep 14-Oct 26 3:30 PM-4:15 PM

\$84/6 sess [631875](#)

M Nov 2-Dec 14 3:30 PM-4:15 PM

\$98/7 sess [631899](#)

CHILDREN

Sports

Kinetic Kids Fundamental Class (4-6 yrs)

Instructor: Kinetic Kids

W Sep 16-Oct 21 4:00 PM-4:45 PM
\$100/5 sess [627040](tel:627040)

W Oct 28-Dec 2 4:00 PM-4:45 PM
\$100/5 sess [627041](tel:627041)



Sportball Indoor Multi Sport (5-7 yrs)

Instructor: Sportball Vancouver

M Sep 14-Oct 26 3:30 PM-4:30 PM
\$111/6 sess [626826](tel:626826)

M Nov 2-Dec 14 3:30 PM-4:30 PM
\$129.50/7 sess [626827](tel:626827)

Sportball Indoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver

Wednesdays

W Sep 16-Oct 28 3:30 PM-4:30 PM
\$92.50/5 sess [627019](tel:627019)

W Nov 4-Dec 16 3:30 PM-4:30 PM
\$111/6 sess [627020](tel:627020)

Saturdays

Sa Sep 12-Oct 17 11:15 AM-12:15 PM
\$92.50/5 sess [627038](tel:627038)

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver

Th Sep 10-Oct 15 6:00 PM-7:00 PM
\$111/6 sess [627033](tel:627033)

Indoor Tennis

Summer Smash Tennis Indoors is held in the Kits CC Gymnasium

Summer Smash Tennis: Mini Aces (6-7.5 yrs)

Instructor: Summer Smash Tennis

Th Sep 17-Oct 29 3:30 PM-4:15 PM
\$183.75/7 sess [633497](tel:633497)

Th Nov 5-Dec 17 3:30 PM-4:15 PM
\$183.75/7 sess [633499](tel:633499)

Summer Smash Tennis: Junior Aces (7.5-10 yrs)

Instructor: Summer Smash Tennis

Tuesdays

Tu Sep 15-Oct 27 3:30 PM-4:30 PM
\$210/6 sess [633477](tel:633477)

Tu Nov 3-Dec 15 3:30 PM-4:30 PM
\$245/7 sess [633484](tel:633484)

Thursdays

Th Nov 5-Dec 17 4:15 PM-5:15 PM
\$245/7 sess [633505](tel:633505)

Th Nov 5-Dec 17 4:15 PM-5:15 PM
\$245/7 sess [633508](tel:633508)

Summer Smash Tennis: Junior Fundamentals (7.5-10 yrs)

Instructor: Summer Smash Tennis

Tuesdays

Tu Sep 15-Oct 27 3:30 PM-4:30 PM
\$210/6 sess [633474](tel:633474)

Tu Nov 3-Dec 15 3:30 PM-4:30 PM
\$245/7 sess [633481](tel:633481)

Thursdays

Th Sep 17-Oct 29 4:15 PM-5:15 PM
\$245/7 sess [633504](tel:633504)

Th Sep 17-Oct 29 4:15 PM-5:15 PM
\$245/7 sess [633507](tel:633507)

Summer Smash Tennis: Youth Aces (11-16 yrs)

Instructor: Summer Smash Tennis

Tu Sep 15-Oct 27 4:30 PM-5:30 PM
\$210/6 sess [633486](tel:633486)

Tu Nov 3-Dec 15 4:30 PM-5:30 PM
\$245/7 sess [633488](tel:633488)

PRE-TEEN & YOUTH

Dungeons & Dragons

Pre-teen Dungeons & Dragons (10-13 yrs)

Instructor: Wake Cook

Tu Sep 8-Oct 13 4:00 PM-6:00 PM
\$72/6 sess [637959](tel:637959)

Tu Oct 20-Nov 24 4:00 PM-6:00 PM
\$72/6 sess [637972](tel:637972)

Dungeons & Dragons Intermediate (13-15 yrs)

Instructor: Wake Cook

Tu Sep 8-Oct 13 6:35 PM-8:35 PM
\$72/6 sess [637971](tel:637971)

Tu Oct 20-Nov 24 6:35 PM-8:35 PM
\$72/6 sess [637976](tel:637976)



Activities

Pre Teen Saturday Hangout (9-13yrs)

Instructor: Youth Leader

Sa Sep 19-Nov 28 11:00 AM-12:30 PM
\$10/10 sess [636633](tel:636633)

No sessions Oct 24 or 31

Pre-teen Pro-D Day to Glow Bowling (9-13yrs)

Instructor: Suzy Parker

F Oct 23 10:00 AM-4:00 PM
\$30/1 sess [636634](tel:636634)

Kitchen & Cooking

Easy Bake Kitchen (13-18yrs)

Instructor: Matt Kwan

W Sep 16-Oct 7 4:00 PM-6:00 PM
\$15/4 sess [636603](tel:636603)

W Oct 14-Nov 4 4:00 PM-6:00 PM
\$15/4 sess [636605](tel:636605)

W Nov 18-Dec 2 4:00 PM-6:00 PM
\$15/4 sess [636606](tel:636606)

PRE-TEEN & YOUTH

Volunteering & Leadership

Kits Youth Council (13-18yrs)

Instructor: Youth Leader

Tu Sep 15-Dec 15 4:00 PM-5:30 PM

Free/14 sess [636076](#)

Bringing youth voices to the table to talk and share ideas about how we can engage in our community in meaningful ways. This is a great opportunity for youth to earn volunteer hours, fundraise for great causes, gain employment training, and plan community events.

Youth Volunteer Orientation (13-18yrs)

Instructor: Suzy Parker

Th Sep 17 4:00 PM-5:30 PM

Free/1 sess [637338](#)

Youth Volunteer Hours

Are you a youth (12-18yrs) looking for volunteer hours? Scan or click this code, and complete the form.



We will reachout to interested volunteers closer to the event date.

Upcoming events:

Halloween Howl – Set up Oct 23

Halloween Howl – Event Oct 24

Breakfast w/ Santa – Set up Dec 11

Breakfast w/ Santa – Event Dec 12

Education

STEM Program for Preteens (8-12yrs)

Instructor: Grethel Serrano Rangel

F Sep 25-Oct 23 6:00 PM-7:00 PM

\$135/5 sess [635822](#)

F Nov 6-Dec 4 6:00 PM-7:00 PM

\$135/5 sess [635825](#)

Red Cross Stay Safe (9-13 yrs)

Instructor: First Aid Hero

Su Sep 14 10:00 AM-4:00 PM

\$80/1 sess [636082](#)

Red Cross Babysitting Course (11-16yrs)

Instructor: First Aid Hero

Su Oct 4 9:00 AM-5:00 PM

\$80/1 sess [636081](#)

Semi Private Math tutoring (11-16yrs)

Instructor: Kendra Tickner

Sa Sep 12-Oct 17 3:00 PM-4:00 PM

\$270/6 sess [636620](#)

Sa Sep 12-Oct 17 4:00 PM-5:00 PM

\$270/6 sess [636630](#)

Sa Nov 7-Dec 12 3:00 PM-4:00 PM

\$270/6 sess [636621](#)

Sa Nov 7-Dec 12 4:00 PM-5:00 PM

\$270/6 sess [636626](#)

Sports



Girls Nighthoops (13-16yrs)

Instructor: Night Hoops

F Oct 2-Dec 4 7:00 PM-8:30 PM

10 sess [635821](#)

No sessions Oct 23 or Dec 11

TLC Adapted Youth Programming (13-18 yrs)

TLC is an exciting adaptive program for teens who have autism/ neurodevelopmental disabilities with mild to moderate support needs. Join us for social/life skills and fun recreational activities and outings.

Youth have an opportunity to learn independence while forming long lasting friendships in a safe inclusive environment. We offer programs after-school along with summer break and pro-days.

Note: Youth must first be registered with CYSN through the Ministry of Children and Family Development before registering for TLC. For more information, please contact Sydney the TLC Supervisor at 604-257-6977 or [Sydney.Cumpstone@vancouver.ca](mailto:Cumpstone@vancouver.ca).

City Wide Youth Pass

Youth using the Kitsilano facility are required to register for a FREE City Wide Youth Pass. Please have your parent or guardian complete a One Card consent form and return it to a Youth Leader or the Community Youth Worker.

Forms can be retrieved in the Youth Lounge from the youth leader.

Youth Lounge and Open Gym Schedule – Fall 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge	3:00 PM-7:30 PM	3:00 PM-7:30 PM	3:00 PM-7:30 PM	3:00 PM-7:30 PM	3:30 PM-8:30 PM	Youth Drop-in 1:00 PM-5:00PM
Open Gym		11:30 AM-12:15 PM No session Oct 7, 13	11:30 AM-12:15 PM		3:15 PM-6:30 PM No session Oct 23	3:30 PM-5:30 PM No session Oct 3, 10, 17 Dec 11

Adults over 65 may receive a 15% discount by registering in qualifying programs. *Drop-ins not applicable.

Art

By Hand – for Makers – a Free Weekly Drop In

Th Sep 3-Dec 17 1:00 PM-3:00 PM
Free [634982](#)

Artei Phire Natural Perfume

Instructor: Lalla Aydi Djellal
Sa Sep 26 5:30 PM-7:30 PM
\$80/1 sess [636272](#)

**Indigenous Workshop
Salt & Cedar –
Bath Bomb Making** 
W Sep 16 1:00 PM-3:00 PM
\$20/1 sess [637978](#)

**Acrylic Workshop –
Matisse-Inspired** 
Instructor: Chloe Greenberg
F Nov 13 5:30 PM-8:00 PM
\$75/1 sess [637424](#)

**Watercolour
Workshop –
Christmas Card Bouquet** 
Instructor: Chloe Greenberg
F Nov 27 5:30 PM-8:00 PM
\$75/1 sess [636291](#)

**Stocking Stuffer
Skincare** 
Instructor: Cheryl Theilade
Th Dec 3 6:30 PM-8:30 PM
\$55/1 sess [636271](#)



Social

Bridge Lessons – Beginners

Instructor: Glenda Affleck
Th Sep 24-Oct 29 5:15 PM-7:15 PM
\$66/6 sess [634980](#)
Th Nov 5-Dec 10 5:15 PM-7:15 PM
\$66/6 sess [636618](#)

Bridge Lessons – Advancing Beginners

Instructor: Glenda Affleck
Th Sep 24-Oct 29 7:30 PM-9:30 PM
\$66/6 sess [634981](#)
Th Nov 5-Dec 10 7:30 PM-9:30 PM
\$66/6 sess [636619](#)

Duplicate Bridge

Facilitator: Carrie Beavington
Tu F Sep 8-Dec 18 6:00 PM-9:45 PM
\$2/ Sess, \$20/10 Tickets [634986](#)

Community Connections Games Nights

Tu Sep 15-Dec 15 6:30 PM-8:00 PM
\$6/11 sess [636273](#)

Kitsilano MS Support Group
F Sep 11-Dec 18 1:00 PM-3:00 PM
Free [636277](#)

Workshops

Standard/ Intermediate First Aid (Blended)

Facilitator: First Aid Pro
Su Sep 20 9:00 AM-4:00 PM
\$150/ 1 sess [637923](#)

Emergency Preparedness

For more information
and registration scan
the QR code or visit
the web url:



<https://vancouver.ca/home-property-development/emergency-preparedness-education.aspx>

Music

Vocal Training – All Levels

Instructor: Jan Cooper
Sa Sep 19-Dec 5 12:15 PM-2:15 PM
\$216/12 sess [636289](#)
Sa Sep 19-Dec 5 10:00 AM-12:00 PM
\$216/12 sess [636290](#)

Ukulele Group Lessons:

Instructor: Joseph Young
Beginner Level 1
Su Sept 13-Nov 15 10:30 AM-11:30 AM
\$110/10 sess [636286](#)
Beginner Level 2
Su Sept 13-Nov 15 11:45 AM-12:45 PM
\$110/10 sess [636287](#)
Beginner Level 3
Su Sept 13-Nov 15 1:00 PM-2:00 PM
\$110/10 sess [636288](#)



Languages

English Corner

Instructor: Fay Mottahed
Su Sep 13-Dec 6 5:45 PM-7:45 PM
\$3/12 sess [634987](#)

Spanish for Beginners

Instructor: Gloria Alonso
Level 1
Tu Sep 15-Dec 1 6:15 PM-7:45 PM
\$234/12 sess [635023](#)
Level 2
Tu Sep 15-Dec 1 7:45 PM-9:15 PM
\$234/12 sess [635024](#)

Spanish for Beginners – For Seniors

Instructor: Gloria Alonso
Level 1
F Sep 18-Dec 4 11:00 AM-12:15 PM
\$204/12 sess [635021](#)
Level 2
F Sep 18-Dec 4 12:30 PM-1:45 PM
\$204/12 sess [635022](#)

ADULTS

Cooking

With Pasta Boy Peter

Hands on Puglia Pasta

Su Sep 13 3:00 PM-5:15 PM

\$108/1 sess [636355](#)

Su Dec 6 3:00 PM-5:30 PM

\$108/1 sess [636361](#)

Focaccia & Roman Pizza al Taglio

Su Sep 13 10:15 AM-1:00 PM

\$108/1 sess [636354](#)

Su Dec 6 10:15 AM-1:00 PM

\$108/1 sess [636359](#)



Hands on Rolled Roman Fettuccine

Sa Oct 3 3:30 PM-6:00 PM

\$108/1 sess [638334](#)

Su Nov 8 10:15 AM-1:00 PM

\$108/1 sess [636358](#)

Su Dec 13 10:15 AM-1:00 PM

\$108/1 sess [638335](#)

Roman Sauces Trinity & Pasta Pairing

Su Nov 8 3:15 PM-5:30 PM

\$90/1 sess [636360](#)

Pillowy Potato Gnocchi

Su Nov 22 10:15 AM-1:00 PM

\$108/1 sess [636357](#)

Crackling Roast Pork Belly Porchetta **NEW!**

Su Nov 22 3:00 PM-5:15 PM

\$108/1 sess [636356](#)

Kitchen Programs

All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.

Requests for refunds must be received 7 days prior for kitchen programs.

Food & Garden

With Village Vancouver

Kitsilano Community Garden

Sa Sep 12-Oct 31 1:45 PM-3:45 PM

Free [636368](#)



Cordage and Coiled Basket

Tu Sep 10 6:30 PM-8:30 PM

\$20/1 sess [636362](#)

Quick Pickles

W Sep 23 6:30 PM-8:30 PM

\$28/1 sess [636372](#)

Soup in a Jar

Tu Oct 6 6:30 PM-8:30 PM

\$25/1 sess [636374](#)

Homemade Kombucha Brewing

Tu Oct 20 6:30 PM-8:30 PM

\$20/1 sess [636365](#)



Water Bath Canning

W Nov 4 6:30 PM-8:30 PM

\$25/1 sess [636366](#)

Grow Your Own Sprouts & Microgreens

Th Nov 26 6:30 PM-8:30 PM

\$28/1 sess [636363](#)



Holiday Workshop: Intro to Indoor Vertical Gardening

F Dec 4 6:30 PM-8:30 PM

\$21/1 sess [636364](#)

Holiday Workshop: Mason Jar Fermenting

Su Dec 13 11:00 AM-1:00 PM

\$21/1 sess [636375](#)

Kitsilano Village Recycling Depot

Drop off your clean, pre-sorted plastics at our free Kits Village recycling depot located on the south patio, immediately north of W 12th Ave. and Larch Street.

Th Sep 17, Oct 15, Nov 19, Dec 17
Free 6:00 PM-7:00 PM

Seasonal Food

Traditional Baked Mooncake **NEW!**

Instructor: Abraham Wong

W Sep 23 6:30 PM-8:30 PM

\$55/1 sess [637695](#)

ADULTS

Dance

Ballet

Instructor: Sally Laing Hulme
Drop in: \$18, space permitting

Introduction/Beginner

Su Sep 20-Nov 29 1:00 PM-2:30 PM
\$160/10 sess [634974](#)

Intermediate

Su Sep 20-Nov 29 2:45 PM-4:15 PM
\$160/10 sess [634973](#)

Belly Dance

Instructor: Gail (Rahma) Haddad
Drop in: \$19, space permitting

Beginner

Su Sep 13 4:30 PM-6:00 PM
\$8/1 sess [634976](#)

Su Sep 20-Dec 13 4:30 PM-6:00 PM
\$180/12 sess [634975](#)

Intermediate

Su Sep 20-Dec 13 6:00 PM-7:30 PM
\$180/12 sess [634977](#)

BeMoved

Instructor: Anita Dance Vancity Inc.

W Sep 9-Sep 23 1:00 PM-2:00 PM
\$42/3 sess [634978](#)

W Oct 28-Dec 16 1:00 PM-2:00 PM
\$98/7 sess [634979](#)

Drop in: \$16, space permitting

Indian Classical Dance – Intermediate

Instructor: Anusha Fernando

W Sep 9-Dec 16 7:15 PM-8:15 PM
\$150/10 sess [636276](#)

Drop in: \$18, space permitting

Recreational Line

Dancing

Instructor: Lisa Dong

Sa Sep 12-Oct 17 10:30 AM-12:00 PM
\$45/6 sess [635016](#)

Sa Oct 24-Nov 28 10:30 AM-12:00 PM
\$45/6 sess [635017](#)

Drop in: \$9, space permitting

Drop-in Classes

All admissions and pass scans will be accepted 15 minutes prior to session start.

Pilates

Mat Pilates

Instructor: Vienna Luke

50 min Drop in: \$12.50, space permitting

60 min Drop in: \$15, space permitting

Mondays

M Sep 14-Oct 26 10:00 AM-10:50 AM
\$69/6 sess [635880](#)

M Nov 2-Dec 14 10:00 AM-10:50 AM
\$80.50/7 sess [635003](#)

M Sep 14-Oct 26 11:00 AM-11:50 AM
\$69/6 sess [635004](#)

M Nov 2-Nov 23 11:00 AM-11:50 AM
\$46/4 sess [635005](#)

Tuesdays

Tu Sep 8-Oct 27 6:30 PM-7:30 PM
\$110/8 sess [635006](#)

Tu Nov 3-Dec 15 6:30 PM-7:30 PM
\$96.25/7 sess [635007](#)

Wednesdays (Instructor TBD)

W Sep 16-Oct 28 11:00 AM-11:50 AM
\$69/6 sess [637887](#)

W Nov 4-Dec 16 11:00 AM-11:50 AM
\$69/6 sess [637888](#)



ZUMBA®

Instructor: Zumba Vancouver

Drop in: \$15, space permitting

Mondays

M Sep 14 6:45 PM-7:45 PM
Free [635648](#)

M Sep 21-Oct 26 6:45 PM-7:45 PM
\$68.75/5 sess [635637](#)

M Nov 2-Dec 14 6:45 PM-7:45 PM
\$96.25/7 sess [635639](#)

Wednesdays

W Sep 9 6:45 PM-7:45 PM
Free [635649](#)

W Sep 16-Oct 28 6:45 PM-7:45 PM
\$68.75/5 sess [635638](#)

W Nov 4-Dec 16 6:45 PM-7:45 PM
\$82.50/6 sess [635640](#)

ZUMBA® – Chair

Instructor: Zumba Vancouver

F Sep 11 1:00 PM-2:00 PM
Free [635643](#)

F Sep 18-Oct 30 1:00 PM-2:00 PM
\$96.25/7 sess [635641](#)

F Nov 6-Dec 18 1:00 PM-2:00 PM
\$96.25/7 sess [635642](#)

Drop in: \$15, space permitting

ZUMBA® Gold – Beginners & Seniors

Instructor: Zumba Vancouver

Drop in: \$15, space permitting

Tuesdays

Tu Sep 8 1:30 PM-2:30 PM
Free [635650](#)

Tu Sep 15-Oct 27 1:30 PM-2:30 PM
\$82.50/6 sess [635644](#)

Tu Nov 3-Dec 15 1:30 PM-2:30 PM
\$96.25/7 sess [635646](#)

Thursdays

Th Sep 10 1:30 PM-2:30 PM
Free [635651](#)

Th Sep 17-Oct 29 1:30 PM-2:30 PM
\$96.25/7 sess [635645](#)

Th Nov 5-Dec 17 1:30 PM-2:30 PM
\$96.25/7 sess [635647](#)



ADULTS

Martial Arts

Qigong

Instructor: Kelly Maclean

Su Sep 13-Dec 13 9:30 AM-10:30 AM

\$208/13 sess [636279](#)

Drop in: \$19.05, space permitting

Tai Chi – 24 Form Review

Instructor: Kelly Maclean

Th Sep 10-Dec 10 7:00 PM-8:00 PM

\$208/13 sess [636280](#)

Drop in: \$19.05, space permitting

Tai Chi – 48 Form Part 2

Instructor: Kelly Maclean

Th Sep 10-Dec 10 6:00 PM-7:00 PM

\$208/13 sess [636281](#)

Drop in: \$19.05, space permitting



Tai Chi – 24 Form (suitable for beginners)

Instructor: Kelly Maclean

Su Sep 13-Dec 13 11:30 AM-12:30 PM

\$208/13 sess [636282](#)

Drop in: \$19.05, space permitting

Tai Chi – Wu Style Part 2

Instructor: Kelly Maclean

Su Sep 13-Dec 13 10:30 AM-11:30 AM

\$208/13 sess [636283](#)

Drop in: \$19.05, space permitting

Tai Chi – Yang Style 22

Form – Drop In

Instructor: Amy Li Hua Zhu

Tu Sep 8-Dec 22 10:00 AM-10:55 AM

Drop in: \$5 [636284](#)

Tai Chi Kung Fu Fan and Health Qigong

Instructor: Amy Li Hua Zhu

Tu Sep 8-Dec 22 11:05 AM-12:00 PM

\$195/13 sess [636285](#)

Drop in: \$17, space permitting

Health & Fitness

ABM NeuroMovement® Healthy Back, Neck and Shoulders

Instructor: Claire Sandham

W Sep 16-Oct 21 7:30 PM-8:30 PM

\$96/6 sess [634969](#)

Th Sep 17-Oct 22 10:00 AM-11:00 AM

\$96/6 sess [634971](#)

W Oct 28-Dec 2 7:30 PM-8:30 PM

\$96/6 sess [634970](#)

Th Oct 29-Dec 3 10:00 AM-11:00 AM

\$96/6 sess [634972](#)

Callanetics™

Instructor: Linda Shedden

M Sep 14-Oct 26 7:45 PM-8:45 PM

\$101.70/6 sess [634983](#)

M Nov 2-Dec 14 7:45 PM-8:45 PM

\$118.65/7 sess [636129](#)

Drop in: \$20.48, space permitting

Stretch Therapy

Instructor: Rob Cole

Th Sep 17-Oct 22 7:15 PM-8:25 PM

\$180/6 sess [635025](#)

Th Nov 12-Dec 17 7:15 PM-8:25 PM

\$180/6 sess [635026](#)

Drop in: \$40, space permitting

Group Power

Drop in: \$7 (inc. GST)

10 Tickets: \$63 (inc. GST)

Sep 7-Dec 18

Instructor: Ella Wong

Mondays 8:00 AM-9:00 AM

Instructor: Jennifer Wick

Wednesdays 9:15 AM-10:15 AM

Instructor: Karen Di Venanzo

Thursdays 1:30 PM-2:30 PM

Fridays 8:00 AM-9:00 AM



Yoga

Creative Yoga

Instructor: Natalia Nimetz

Tu Sep 15-Oct 27 4:45 PM-6:15 PM

\$105/7 sess [634984](#)

Tu Nov 3-Dec 8 4:45 PM-6:15 PM

\$90/6 sess [634985](#)

Drop in: \$16.25, space permitting

everyBODYyoga

Instructor: Klara Kroupa

W Oct 7-Dec 9 4:30 PM-5:30 PM

\$144/9 sess [634988](#)

Drop in: \$16, space permitting

Gentle Yoga

Instructor: Natalia Nimetz

F Sep 18-Oct 30 10:30 AM-12:00 PM

\$105/7 sess [634989](#)

F Nov 6-Dec 11 10:30 AM-12:00 PM

\$90/6 sess [634990](#)

Drop in: \$16.25, space permitting



Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman

Drop in: \$19, space permitting

In the AM

Th Sep 10-Oct 8 9:15 AM-10:15 AM

\$80/5 sess [634993](#)

Th Oct 15-Nov 26 9:15 AM-10:15 AM

\$112/7 sess [634994](#)

In the PM

M Sep 14-Oct 5 6:00 PM-7:15 PM

\$64/4 sess [634991](#)

M Oct 19-Nov 30 6:00 PM-7:15 PM

\$112/7 sess [634992](#)

Iyengar Yoga with Linda

Instructor: Linda Shevloff

W Sep 9-Oct 21 10:30 AM-12:00 PM

\$150/6 sess [634995](#)

W Nov 4-Dec 16 10:30 AM-12:00 PM

\$150/6 sess [634996](#)

Drop in: \$27, space permitting

Yoga

Iyengar Yoga with Luci

Instructor: Luci Yamamoto

Th Sep 17-Nov 5 10:30 AM-12:00 PM
\$200/8 sess [634997](#)

Su Sep 20-Nov 8 9:00 AM-10:30 AM
\$200/8 sess [634998](#)

Th Nov 26-Dec 17 10:30 AM-12:00 PM
\$100/4 sess [634999](#)

Su Nov 29-Dec 20 9:00 AM-10:30 AM
\$100/4 sess [635000](#)

Drop in: \$27, space permitting



Iyengar Yoga: Special Theme Workshop

Instructor: Luci Yamamoto

Sa Oct 24-Oct 24 2:00 PM-4:00 PM
\$36/1 sess [635001](#)

Sa Dec 12-Dec 12 2:00 PM-4:00 PM
\$36/1 sess [635002](#)

Restorative Yin Yoga Workshop

Instructor: Pamela Ferman

Sa Sep 19 2:00 PM-4:00 PM
\$40/1 sess [635018](#)

Sa Oct 17 2:00 PM-4:00 PM
\$40/1 sess [635019](#)

Sa Nov 21 2:00 PM-4:00 PM
\$40/1 sess [635020](#)

Yoga4Stiff People® - All Levels

Instructor: Yoga4Stiff People

Drop in: \$16, space permitting

Mondays

M Sep 14-Oct 26 5:30 PM-6:30 PM
\$84/6 sess [636292](#)

M Sep 14-Oct 26 6:45 PM-7:45 PM
\$84/6 sess [636296](#)

M Nov 2-Dec 7 5:30 PM-6:30 PM
\$84/6 sess [636293](#)

M Nov 2-Dec 7 6:45 PM-7:45 PM
\$84/6 sess [636297](#)

Wednesdays

W Sep 16-Oct 28 6:15 PM-7:15 PM
\$84/6 sess [636294](#)

W Nov 4-Dec 16 6:15 PM-7:15 PM
\$84/6 sess [636295](#)

Prenatal Yoga with Lynda

Instructor: Lynda Sing

Tuesdays

Tu Sep 8-Oct 13 6:15 PM-7:15 PM
\$108/6 sess [635012](#)

Tu Oct 27-Dec 15 6:15 PM-7:15 PM
\$144/8 sess [635013](#)

Wednesdays

W Sep 9-Oct 14 6:00 PM-7:00 PM
\$90/5 sess [635014](#)

W Oct 28-Dec 16 6:00 PM-7:00 PM
\$126/7 sess [635015](#)

Drop in: \$20, space permitting

Parent & Baby Yoga with Lynda

Instructor: Lynda Sing

Tu Sep 8-Oct 13 1:30 PM-2:30 PM
\$108/6 sess [635010](#)

Tu Oct 27-Dec 15 1:30 PM-2:30 PM
\$144/8 sess [635011](#)

Drop in: \$20, space permitting



Sports - Instructional Pickleball

With Angela Ford

Learning the Basics

F Sep 18-Oct 23 1:30 PM-3:00 PM
\$126/6 sess [638392](#)

F Nov 6-Dec 11 1:30 PM-3:00 PM
\$126/6 sess [638393](#)

Live Coaching and Play - Beginner +

Mondays

M Sep 14-Oct 26 5:30 PM-6:30 PM
\$90/6 sess [638394](#)

M Nov 2-Dec 7 5:30 PM-6:30 PM
\$90/6 sess [638395](#)

Wednesdays

W Sep 9-Oct 28 2:15 PM-3:15 PM
\$75/5 sess [638396](#)

W Nov 4-Dec 9 2:15 PM-3:15 PM
\$75/5 sess [638397](#)



Sports - Instructional Pickleball

With Mona Lee

Pickleball Stage 2/Stage 3: Attack or Reset

Su Sep 6-Sep 27 12:30 PM-2:30 PM
\$112/4 sess [635655](#)

Pickleball Stage 2/Stage 3: The Soft Game

Su Oct 4-Oct 25 12:30 PM-2:30 PM
\$112/4 sess [635656](#)

Pickleball Stage 2/Stage 3: Doubles Strategy

Su Dec 6-Dec 27 12:30 PM-2:30 PM
\$84/3 sess [635657](#)

ADULTS

Sports - Instructional Indoor Tennis

Summer Smash Tennis: Adult Beginner (1.0)

Instructor: Summer Smash Tennis

Su Sep 13-Oct 11 10:30 AM-12:00 PM
\$307.50/5 sess [636380](#)

Su Oct 18-Nov 15 10:30 AM-12:00 PM
\$307.50/5 sess [636396](#)

Sa Nov 7-Dec 5 5:45 PM-7:15 PM
\$234/5 sess [636381](#)

Summer Smash Tennis: Adult Beginner + (1.5)

Instructor: Summer Smash Tennis

Su Oct 25-Nov 22 10:30 AM-12:00 PM
\$278/5 sess [636382](#)

Summer Smash Tennis: Adult Intermediate (2.5-3.0)

Instructor: Summer Smash Tennis

F Sep 18-Oct 9 11:30 AM-1:00 PM
\$246/4 sess [636383](#)

F Oct 16-Nov 13 11:30 AM-1:00 PM
\$307.50/5 sess [636388](#)

F Nov 20-Dec 18 11:30 AM-1:00 PM
\$307.50/5 sess [636389](#)

Summer Smash Tennis: Feeding Frenzy (2.0-3.0)

Instructor: Summer Smash Tennis

Sa Dec 5-Dec 19 5:45 PM-7:00 PM
\$184.5/3 sess [636384](#)

KBL Co-Ed Basketball League

Instructor: Biraj Bora

Su Sep 13-Dec 20 3:00 PM-8:00 PM
\$90/14 sess [635635](#)

Prospective Player [635636](#)



Sports Drop-In \$6.30

Please note: Participants can check-in up to 30 minutes before at the Front Office. Space will be held for registered participants for 5 minutes after the start of the program; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

These programs are non-instructional.

Drop-ins: To be put on the waitlist, please call the Front Office starting at 8:15 AM on game day (9:45 AM on Sat/Sun) – 604.257.6976

Badminton - All Levels

W Sep 9-Sep 23 8:00 PM-10:00 PM
\$15/3 sess [634500](#)

W Oct 14-Oct 28 8:00 PM-10:00 PM
\$15/3 sess [634501](#)

W Nov 4-Nov 25 8:00 PM-10:00 PM
\$15/3 sess [634502](#)

W Dec 2-Dec 16 8:00 PM-10:00 PM
\$15/3 sess [634503](#)

Soccer - Masters**\$5.50

Tu Sep 8-Sep 29 6:00 PM-7:45 PM
\$21/4 sess [634516](#)

Tu Oct 6-Oct 27 6:00 PM-7:45 PM
\$20/3 sess [634517](#)

Tu Nov 3-Nov 24 6:00 PM-7:45 PM
\$20/4 sess [634518](#)

Tu Dec 1-Dec 15 6:00 PM-7:45 PM
\$13.20/3 sess [634519](#)

Basketball - Recreational

M Sep 7-Sep 28 8:00 PM-10:00 PM
\$20/4 sess [634504](#)

M Oct 5-Oct 26 8:00 PM-10:00 PM
\$15/3 sess [634505](#)

M Nov 2-Nov 30 8:00 PM-10:00 PM
\$25/5 sess [634506](#)

M Dec 7-Dec 14 8:00 PM-10:00 PM
\$10/2 sess [634507](#)

Volleyball - Recreational

Tu Sep 8-Sep 29 8:00 PM-10:00 PM
\$20/4 sess [634520](#)

Tu Oct 6-Oct 27 8:00 PM-10:00 PM
\$15/3 sess [634521](#)

Tu Nov 3-Nov 24 8:00 PM-10:00 PM
\$20/4 sess [634522](#)

Tu Dec 1-Dec 15 8:00 PM-10:00 PM
\$15/3 sess [634523](#)

Pickleball - All Levels

Mondays

M Sep 7-Sep 28 11:45 AM-1:45 PM
\$20/4 sess [634508](#)

M Oct 5-Oct 26 11:45 AM-1:45 PM
\$15/3 sess [634509](#)

M Nov 2-Nov 30 11:45 AM-1:45 PM
\$25/5 sess [634510](#)

M Dec 7-Dec 14 11:45 AM-1:45 PM
\$10/2 sess [636628](#)

Thursdays

Th Sep 10-Sep 24 8:00 PM-10:00 PM
\$15/3 sess [636629](#)

Th Oct 1-Oct 29 8:00 PM-10:00 PM
\$25/5 sess [634513](#)

Th Nov 5-Nov 26 8:00 PM-10:00 PM
\$20/4 sess [634514](#)

Th Dec 3-Dec 17 8:00 PM-10:00 PM
\$15/3 sess [634515](#)

Social

Wednesday Coffee Social

W Sep 9-Dec 16 10:30 AM-12:00 PM
Free [635132](tel:635132)



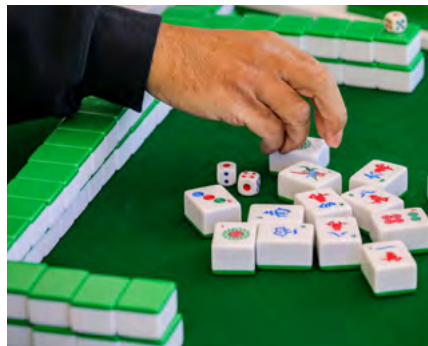
Mah Jong

September
W Sep 9-Sep 23 11:00 AM-1:00 PM
\$4/3 sess [636351](tel:636351)

October
W Oct 7-Oct 28 11:00 AM-1:00 PM
\$4/4 sess [636352](tel:636352)

November
W Nov 4-Nov 25 11:00 AM-1:00 PM
\$4/3 sess [636353](tel:636353)

December
W Dec 2-Dec 16 11:00 AM-1:00 PM
\$4/3 sess [636376](tel:636376)



Mah Jong Lessons – Interested Participants

Dates & Details to be confirmed. Once confirmed, all interested participants will be contacted.

Wednesdays 9:00 AM-11:00 AM
[636377](tel:636377)

Seasonal Food



Traditional Baked Mooncake (Seniors 55+)

Instructor: Abraham Wong
W Sep 9 2:30 PM-4:30 PM
\$46.75/1 sess [637694](tel:637694)

Educational

Tax Planning for Assisted Living & Long-Term Care Options

Instructor: David Perkins
Tu Sep 29 10:30 AM-12:00 PM
Free [624661](tel:624661)

Estate Planning: Beyond the Will

Instructor: David Perkins
Tu Oct 27 10:30 AM-12:00 PM
Free [625597](tel:625597)

Health & Fitness

Osteo Fit

Instructor: Berdjis Bahrami
F Sep 11-Oct 23 10:00 AM-11:00 AM
\$45.50/7 sess [635008](tel:635008)
F Oct 30-Dec 11 10:00 AM-11:00 AM
\$45.50/7 sess [635009](tel:635009)
Drop in: \$7.50, space permitting

UBC Changing Aging

Instructor: UBC School Of Kinesiology
M W Sep 14-Dec 2 10:00 AM-11:00 AM
\$357/21 sess [635653](tel:635653)
M W Sep 14-Dec 2 11:00 AM-12:00 PM
\$306/18 sess [635654](tel:635654)

ZUMBA® Gold – Beginners & Seniors

Instructor: Zumba Vancouver
Drop in: \$15, space permitting
Tuesdays
Tu Sep 8 1:30 PM-2:30 PM
Free [635650](tel:635650)
Tu Sep 15-Oct 27 1:30 PM-2:30 PM
\$82.50/6 sess [635644](tel:635644)
Tu Nov 3-Dec 15 1:30 PM-2:30 PM
\$96.25/7 sess [635646](tel:635646)
Thursdays
Th Sep 10 1:30 PM-2:30 PM
Free [635651](tel:635651)
Th Sep 17-Oct 29 1:30 PM-2:30 PM
\$96.25/7 sess [635645](tel:635645)
Th Nov 5-Dec 17 1:30 PM-2:30 PM
\$96.25/7 sess [635647](tel:635647)

Out-Trips with Enjoy the Journey

Participants must complete the waiver form. Refunds must be requested 7 days prior, minus \$5 administration fee.

Sooke Potholes with Drea Harrison

W Sep 16 6:45 AM-8:00 PM
\$142.85/1 sess [627207](tel:627207)

Queen of Peace

W Oct 28 7:15 AM-5:15 PM
\$123.85/1 sess [627210](tel:627210)

Arts Whistler Holiday Market

Su Nov 29 8:15 AM-6:15 PM
\$85.71/1 sess [627216](tel:627216)

Timberline Country Christmas

Su Dec 13 10:45 AM-7:45 PM
\$123.81/1 sess [627219](tel:627219)

Luncheons

All luncheons are prepared by in-house Chef Cecilia
Registration Required



Indigenous Meal

W Sep 16 12:00 PM-2:00 PM
\$15/1 sess [636390](tel:636390)

Peruvian Delights

W Oct 21 12:00 PM-2:00 PM
\$15/1 sess [636391](tel:636391)



Traditional Western Meal

W Dec 16 12:00 PM-2:00 PM
\$15/1 sess [636394](tel:636394)

DROP-IN CLASSES*

Drop-In Classes* – September 8–December 20, 2026

Check course description for details. Schedule is subject to classes reaching minimum numbers to run and ***drop-ins are available space permitting**. Call the front office to confirm 604-257-6976

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Power 8:00-9:00 AM				Group Power 8:00-9:00 AM		
Cardio Interval 9:00-10:00 AM	Classic Stretch 9:00-10:00 AM	Cardio Combo 9:00-10:00 AM		Step Interval 8:45-10:00 AM	Step Interval 8:45-10:00 AM	Iyengar Yoga 9:00-10:30 AM
Mat Pilates 10:00-10:50 AM		Group Power 9:15-10:15 AM	Hatha & Yin 9:15-10:15 AM	Classic Stretch 9:15-10:15 AM	Classic Stretch 9:15-10:15 AM	Core & Balance 9:00-10:00 AM
Gentile Fit 10:15-11:15 AM		Gentile Fit 10:15-11:15 AM	ABM Neuro 10:00-11:00 AM	Osteo Fit 10:00-11:00 AM		Qigong 9:30-10:30 AM
Mat Pilates 11:00-11:50 AM	Tai Chi Yang Style 22 Form 10:00-10:55 AM	Iyengar Yoga 10:30 AM-12:00 PM	Iyengar Yoga 10:30 AM-12:00 PM	Gentile Fit 10:15-11:15 AM	Line Dance 10:30 AM-12:00 PM	Tai Chi – Wu Style Part 2 10:30-11:30 AM
Pickleball 11:45AM-1:45 PM	Tai Chi Kung Fu Fan & Qigong 11:05AM-12:00 PM			Gentile Yoga 10:30AM-12:00 PM		Tai Chi – 24 Form (Beginners) 11:30AM-12:30PM
	Parent &Baby Yoga 1:30-2:30 PM			Zumba Chair 1:00-2:00 PM		
	Zumba Gold 1:30-2:30 PM	BeMoved 1:00-2:00 PM	Zumba Gold 1:30-2:30 PM	MS Support Group 1:00-3:00 PM		
	Parent &Baby Yoga 3:00-4:00 PM	everyBODYYoga 4:30-5:30 PM	Group Power 1:30-2:30 PM			Ballet – Beginner 1:00-2:30 PM
Hatha & Yin Yoga 6:00-7:15 PM	Creative Yoga 4:45-6:15 PM	Strength & Core 5:30-6:30 PM	HIIT 5:30-6:30 PM			Ballet – Int. 2:45-4:15 PM
Yoga4Stiff People 5:30-6:30 PM 6:45-7:45 PM	Soccer Masters 6:00-7:45 PM	Prenatal Yoga 6:00-7:00 PM				Belly Dance – Beginner 4:30-6:00 PM
Zumba 6:45-7:45 PM	Duplicate Bridge 6:10-9:45 PM	Yoga4Stiff People 6:15-7:15 PM	Tai Chi 48 Form Part 2 6:00-7:00 PM	Duplicate Bridge 6:00-9:45 PM		Belly Dance – Int. 6:00-7:30 PM
	Prenatal Yoga 6:15-7:15 PM	Zumba 6:45-7:45 PM				English Corner 5:45-7:45 PM
Callanetics 7:45-8:45 PM			Tai Chi 24 Form Review 7:00-8:00 PM		Legend All classes drop-in space permitting	
	Mat Pilates 7:00-8:00 PM	ABM Neuro 7:30-8:30 PM	Stretch Therapy 7:15-8:25 PM		Aerobic Classes Drop-in only	Yoga
					Dance	Fitness
Basketball 8:00-10:00 PM	Volleyball 8:00-10:00 PM	Badminton 8:00-10:00 PM	Pickleball 8:00-10:00 PM		Social	Sports

Drop-In Group Fitness Schedule – September 8–December 20, 2026

No Classes: Building Closure: August 31–September 7. Stat Holidays: Sept 30, Oct 12, Nov 11.
Centre Special Events: Oct 24, Dec 12. No Gymnasium Classes due to Municipal Elections: Oct 3, Oct 7, Oct 10, Oct 17.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM Bita	Classic Stretch 9:00-10:00 AM Ferial Max 18	Cardio Combo 9:00-10:00 AM Ferial		Step Interval 8:45-10:00 AM Rilla	Step Interval 8:45-10:00 AM Suzanne	Core & Balance 9:00-10:00 AM Ferial
				Classic Stretch 9:15-10:15 AM Ferial Max 18	Classic Stretch 9:15-10:15 AM Alannah Max 18	
Gentle Fit 10:15-11:15 AM Audrey		Gentle Fit 10:15-11:15 AM Audrey		Gentle Fit 10:15-11:15 AM Isobel		
		Strength & Core 5:30-6:30 PM Devon	HIIT 5:30-6:30 PM TBD		All admissions and pass scans will be accepted 15 minutes prior to session start.	

Class		Description
Mild	Gentle Fit	Perfect for beginners, those returning to fitness or recovering from an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Stretch Classes	This no cardio class will focus on increasing flexibility and calming the mind.
Moderate to Challenging	Cardio Interval	A mix of cardio training and weight training work every 10 minutes. This class is of moderate to challenging intensity.
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch. Saturday class is high intensity, with advanced choreography.
	HIIT (High Intensity Interval Training)	The class is a high-energy, full-body workout designed to build strength, endurance, and cardiovascular fitness. Using a mix of HIIT circuits, resistance training, cardio intervals, as many rounds as possible, and core-focused routines. All exercises are easily modifiable to suit different fitness levels & abilities.
	Strength & Core	Using own bodyweight, dumbbells and steps for a full body workout that includes a variety of weight training exercises to build muscles; support back and abdominal strength. A powerful class that will leave you feeling great and accomplished.

Admission Fees

Type	Single Drop-in	10-visit pass	1 Month Fit Card	Prices do not include tax. Fees and schedule are subject to change (i.e. cancellation due to instructor illness, insufficient attendance).
Adult (19-64 years)	\$6.00	\$54.00	\$50.00	Pass Refund Policy: Passes will not be refunded for closures, stat holidays, cancelled programs, or no instructors available. 1 month passes have up to 15 calendar days after the day of purchase to refund.
Senior (65+ years)	\$4.85	\$44.00	\$40.00	
The Fit Card allows you to attend an unlimited number of classes on the above schedule.				Pass Suspension Policy: Passes may be suspended a minimum of 2 weeks up to the length of the remainder of the pass.

ICE RINK



Please scan the QR code or visit [vancouver.ca](https://vancouver.ca/parks-recreation-culture/ice-rinks) for the most up-to-date rink schedule.



Rink Rentals

Request your rink bookings online:

<https://vancouver.ca/parks-recreation-culture/ice-rinks>

Rental requests require a minimum of 2 weeks notice if staff or equipment is needed, otherwise a minimum of 7 days in advance.

Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees.

More information: See page 2.

2026 Admission Fees

Public Skate Fees	Single Drop-in	10-visit pass
Adult (19-64 years)	\$7.93	\$71.37
Child (5-12 years)	\$3.97	\$35.73
Youth & Senior (13-18 years) (65+ years)	\$5.55	\$49.95
Skate Rentals	\$4.00	\$36.00*

Prices do not include tax. Fees are subject to change.

*Non-refundable

Learn to Skate Lessons

*Please note that all dates and programs are subject to change.

Registration

Fall Set 1: September 17, 7 PM
Fall Set 2: November 5, 7 PM

Lesson Times

Thursday between 10:00 AM and 11:30AM
Saturday between 2:00 PM and 4:00 PM
Schedule will be viewable online two weeks prior to registration

Lesson Run

Fall Set 1: Sep 26-Nov 6
Fall Set 2: Nov 7-Dec 18

If you are unsure of your skating level, or it has been a while since your last lesson, we suggest coming in to any public skate session for a free skating assessment.

Refund Policy

Full refund five days or more prior to program start, minus \$5 administration fee. Partial refund within four days of program start or before second class. No refunds after second class.

Skating Level Equivalents

Preschool 3-5 yrs	Child 6-12 yrs	Adult/Youth 13+ yrs
Preschool 1	Child 1 Child 2	Beginner
Preschool 2		
Preschool 3		
Preschool 4		
Preschool 5/6	Child 3 Child 4	Intermediate
	Child 5	
	Child 6/7	
		Advanced

Fitness Centre

For hours please see page 2.

All participants must be 13 years or older.

Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees.
More information: See page 2.

Whirlpool and Sauna Information and Hours

See page 2.

Equipment

- 5 treadmills
- 5 cross-trainer/ellipticals
- 1 adaptive motion machine (AMT)
- 2 Powermill steppers
- 1 stair climber machine
- 3 recumbent bikes
- 3 upright bikes
- 3 indoor spin bikes
- 1 airdyne bike
- 1 ski-erg
- 2 rowers (Concept2)
- 1 adapted stepper (Scifit)
- Upper and lower body selectorized strength machines
- Free weights and benches
- 3 squat racks
- Functional training props

Wheelchair Accessible Strength Equipment

- Cybex Prestige Chest Press
- Cybex Prestige Lat Pull Down
- Cybex Bravo Adjustable Pulleys
- Scifit StepOne

2026 Admission Fees

Type	Single Drop-in	10-visit pass	1 Month	3 Month	12 Month
Adult (19-64 years)	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Youth (13-64 years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98
Senior (65+ years)	\$5.55	\$49.95	\$44.91	\$121.25	\$387.98

Prices do not include tax. Fees are subject to change.

Personal Training

Improve your health and wellness with support from our certified personal trainers. Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each 1-hour session!

Scan the QR code or visit <https://vancouver.ca/parks-recreation-culture/personal-training.aspx> for more information regarding personal training.



Personal Training Fees

Sessions	Private	Semi-Private	Small Group
1	\$65.98	\$98.93	\$138.78
3	\$182.83	\$274.29	\$371.70
5	\$294.07	\$452.85	\$545.18
10	\$527.90	\$841.00	\$991.22

Prices do not include tax. Fees are subject to change.



SPECIAL EVENTS

HALLOWEEN HOWL

REGISTER NOW!
Event sells out

**GAMES
MUSIC
TREATS
CRAFTS**
For ages 2-8

**Saturday,
October 24**
10:30 AM - 12:30 PM

Register at
vanrec.ca
Activity #626740

\$8
Per child




Breakfast with Santa

KITSILANO COMMUNITY CENTRE

Proudly supported by
White Spot

\$8.00/person
Activity #626739
Saturday, December 12
10:00 AM - 12:00 PM

Registration opens online at
vanrec.ca on Thursday,
October 15 at 7:00PM.
Phone registration is available
Friday, October 16 at 9:00AM.

A Kitsilano Community Centre
tradition for over 35 years!



ROOM RENTALS

There are several rooms available to rent at the Kitsilano Community Centre for meetings, parties, and special events.

**If you have any inquiries,
contact kcca.vancouver@gmail.com**

For more information, visit: <https://kitscc.com/facilities/room-rentals/>



MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL
Request your ballot by October 5.

ADVANCE VOTING
Vote early on October 3, 7, 10 or 13.

ELECTION DAY
Cast your vote on October 17.

QUESTIONS?
Call 3-1-1 or visit
vancouver.ca/vote
to plan your vote.

 **VANCOUVER VOTES**