

SUMMER 2026



KITSILANO
COMMUNITY
CENTRE





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, June 4 at 7 PM.

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

In-Person

Thursday, June 4 at 7 PM.

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

Phone

Friday, June 5 at 10 AM.

Ongoing registration by phone is available during office hours.

Summer 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
July 1, August 3 Closed
Aug 31-Sept 7 Closed

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.

SUMMER 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

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, 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](#)

PRESCHOOL

Music Together

Music Together with Donalyn (Birth- 5 yrs)

Instructor: Donalyn

W F Jul 8-Jul 31 9:30 AM-10:15 AM
\$201/8 sess [622808](#)

W F Jul 8-Jul 31 10:30 AM-11:15 AM
\$201/8 sess [622809](#)



Music with Marnie

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

Instructor: Marnie Grey

Tu-Th Jul 14-Jul 16 11:30 AM-12:00 PM
\$57/3 sess [622851](#)

Tu-Th Jul 21-Jul 23 11:30 AM-12:00 PM
\$57/3 sess [622858](#)

Tu-Th Aug 18-Aug 20 11:30 AM-12:00 PM
\$57/3 sess [622859](#)

Music With Marnie - Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

Tu-Th Jul 14-Jul 16 9:30 AM-10:15 AM
\$63/3 sess [622815](#)

Tu-Th Jul 21-Jul 23 9:30 AM-10:15 AM
\$63/3 sess [622817](#)

Tu-Th Aug 18-Aug 20 9:30 AM-10:15 AM
\$63/3 sess [622818](#)

Music With Marnie - Sibling/All Ages (12mo-6 yrs)

Instructor: Marnie Grey

Tu-Th Jul 14-Jul 16 10:30 AM-11:15 AM
\$63/3 sess [622830](#)

Tu-Th Jul 21-Jul 23 10:30 AM-11:15 AM
\$63/3 sess [622838](#)

Tu-Th Aug 18-Aug 20 10:30 AM-11:15 AM
\$63/3 sess [622841](#)

Dance

Mini Hip Hip Playground Dance Camp (3-5.5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 6-Jul 10 10:45 AM-12:00 PM
\$109/5 sess [623003](#)



Frozen Themed Ballet Camp (3.5-6 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 13-Jul 17 9:15 AM-10:30 AM
\$109/5 sess [623006](#)

Sportball

Instructor: Sportball Vancouver

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

Sa Jul 4-Aug 22 9:30 AM-10:15 AM
\$130/7 sess [622867](#)

W Jul 8-Aug 26 5:15 PM-6:00 PM
\$150/8 sess [622874](#)

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

Th Jul 9-Aug 27 5:15 PM-6:00 PM
\$150/8 sess [622876](#)

Sportball Outdoor Soccer (3.5-5 yrs)

Sa Jul 4-Aug 22 10:15 AM-11:15 AM
\$130/7 sess [622870](#)

Sportball Outdoor Soccer (4-6 yrs)

W Jul 8-Aug 26 6:00 PM-7:00 PM
\$150/8 sess [622875](#)

Sportball Outdoor T-Ball (4-6 yrs)

Th Jul 9-Aug 27 6:00 PM-7:00 PM
\$150/8 sess [622877](#)

Sportball Outdoor Soccer (5-7 yrs)

Sa Jul 4-Aug 22 11:15 AM-12:15 PM
\$130/7 sess [622871](#)

Sportball Multi Sport Camp (5-8 yrs)

M-F Jul 13-Jul 17 1:00 PM-4:00 PM
\$200/5 sess [622880](#)

Tu-F Aug 4-Aug 7 1:00 PM-4:00 PM
\$160/4 sess [622883](#)

M-F Aug 10-Aug 14 1:00 PM-4:00 PM
\$200/5 sess [622884](#)

M-F Aug 24-Aug 28 1:00 PM-4:00 PM
\$200/5 sess [622885](#)



Kitsilano Community Centre Childcare



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

Tiggy Winkle Preschool

Come join us for the fun in Fall 2025/2026! 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.

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!

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!

Preschool Open House

All families are invited to our preschool open house.

Sat. May 30 10:30am-12:00pm

Come and see our classroom, meet our teachers, meet other families, and have your questions answered.

Dance

Bluey's Big Summer Dance Camp (4-6 yrs) NEW!

Instructor: Endorphin Rush Dance
 M-F Jul 6-Jul 10 9:15 AM-10:30 AM
 \$109/5 sess [622994](#)
 M-F Aug 17-Aug 21 9:15 AM-10:30 AM
 \$109/5 sess [623008](#)

Fairy Tale Remix Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance
 M-F Jul 13-Jul 17 10:45 AM-12:00 PM
 \$109/5 sess [623007](#)
 M-F Aug 17-Aug 21 10:45 AM-12:00 PM
 \$109/5 sess [622998](#)

K-Pop Demon Hunters Theme Dance Camp (6-12 yrs) NEW!

Instructor: Endorphin Rush Dance
 M-F Jul 6-Jul 10 12:45 PM-3:30 PM
 \$219/5 sess [623004](#)
 M-F Aug 17-Aug 21 12:45 PM-3:30 PM
 \$219/5 sess [623009](#)

Literacy Arts

Farsi (Persian) Alphabet: Reading & Writing (6-12 yrs) NEW!

Instructor: Roshanak Beheshti
 Sa Jul 4-Jul 25 2:45 PM-3:15 PM
 \$80/4 sess [622943](#)
 Sa Aug 1-Aug 29 2:45 PM-3:15 PM
 \$100/5 sess [622944](#)



Piano Lessons

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Set 1: Saturdays, July 4-July 25

\$124/4 sess

Sa 4:00 PM-4:30 PM	622765
Sa 4:30 PM-5:00 PM	622766
Sa 5:00 PM-5:30 PM	622767
Sa 5:30 PM-6:00 PM	622768
Sa 6:00 PM-6:30 PM	622769
Sa 6:30 PM-7:00 PM	622770
Sa 7:00 PM-7:30 PM	622771
Sa 7:30 PM-8:00 PM	622772

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Set 1: Wednesdays, July 8-July 29

\$124/4 sess

W 4:00 PM-4:30 PM	622756
W 4:30 PM-5:00 PM	622758
W 5:00 PM-5:30 PM	622759
W 5:30 PM-6:00 PM	622760
W 6:00 PM-6:30 PM	622761
W 6:30 PM-7:00 PM	622762
W 7:00 PM-7:30 PM	622763
W 7:30 PM-8:00 PM	622764

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Set 2: Saturdays, Aug 1-Aug 29

\$155/5 sess

Sa 4:00 PM-4:30 PM	622782
Sa 4:30 PM-5:00 PM	622783
Sa 5:00 PM-5:30 PM	622784
Sa 5:30 PM-6:00 PM	622785
Sa 6:00 PM-6:30 PM	622786
Sa 6:30 PM-7:00 PM	622787
Sa 7:00 PM-7:30 PM	622788
Sa 7:30 PM-8:00 PM	622789

Piano Lessons with Roshanak (5+ yrs)

Instructor: Roshanak Beheshti

Set 2: Wednesdays, Aug 5-Aug 26

\$124/4 sess

W 4:00 PM-4:30 PM	622773
W 4:30 PM-5:00 PM	622775
W 5:00 PM-5:30 PM	622776
W 5:30 PM-6:00 PM	622777
W 6:00 PM-6:30 PM	622778
W 6:30 PM-7:00 PM	622779
W 7:00 PM-7:30 PM	622780
W 7:30 PM-8:00 PM	622781

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Tuesdays, July 7-July 21

\$84/3 sess

Tu 2:45 PM-3:15 PM	622711
Tu 3:15 PM-3:45 PM	622713
Tu 3:45 PM-4:15 PM	622714
Tu 4:15 PM-4:45 PM	622716
Tu 4:45 PM-5:15 PM	622718
Tu 5:15 PM-5:45 PM	622721
Tu 5:45 PM-6:15 PM	622724
Tu 6:15 PM-6:45 PM	622725

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Fridays, July 10-July 24

\$84/3 sess

F 2:45 PM-3:15 PM	622726
F 3:15 PM-3:45 PM	622727
F 3:45 PM-4:15 PM	622728
F 4:15 PM-4:45 PM	622729
F 4:45 PM-5:15 PM	622730
F 5:15 PM-5:45 PM	622731
F 5:45 PM-6:15 PM	622732
F 6:15 PM-6:45 PM	622733

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Tuesdays, July 28-Aug 11

\$84/3 sess

Tu 2:45 PM-3:15 PM	622734
Tu 3:15 PM-3:45 PM	622735
Tu 3:45 PM-4:15 PM	622736
Tu 4:15 PM-4:45 PM	622737
Tu 4:45 PM-5:15 PM	622738
Tu 5:15 PM-5:45 PM	622739
Tu 5:45 PM-6:15 PM	622740
Tu 6:15 PM-6:45 PM	622741

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen

Fridays, July 31-Aug 14

\$84/3 sess

F 2:45 PM-3:15 PM	622742
F 3:15 PM-3:45 PM	622743
F 3:45 PM-4:15 PM	622744
F 4:15 PM-4:45 PM	622745
F 4:45 PM-5:15 PM	622746
F 5:15 PM-5:45 PM	622747
F 5:45 PM-6:15 PM	622748
F 6:15 PM-6:45 PM	622749

Violin Lessons

Private Violin Lessons (6+ yrs)

Instructor: Ali Nourbakhsh

Mondays, July 6-Aug 24

\$455/7 sess

M 3:30 PM-4:30 PM	622750
M 4:30 PM-5:30 PM	622751
M 5:30 PM-6:30 PM	622752
M 6:30 PM-7:30 PM	622753
M 7:30 PM-8:30 PM	622754
M 8:30 PM-9:30 PM	622755



CHILDREN

Summer 2026 Childrens Outdoor Tennis – McBride Park Tennis Courts

Week	Date	Mini Aces Camp 6-7.5yrs 1:00 PM-4:00 PM	Junior Fundamentals + Aces Camp 7.5-10yrs 1:00 PM-4:00 PM	Youth Fundamentals + Aces 11-16yrs 9:00 AM-12:00 PM
1	Jun 29-Jul 3	\$252/ 4 sess 615173	\$252/4 sess 615237	\$252/ 4 sess 615246
2	Jul 6-Jul 10	\$315/ 5 sess 615188	\$315/ 5 sess 615238	\$ 315/ 5 sess 615247
3	Jul 13-Jul 17	\$315/ 5 sess 615228	\$315/ 5 sess 615239	\$315/ 5 sess 615248
4	Jul 20-Jul 24	\$315/ 5 sess 615229	\$315/ 5 sess 615240	\$315/ 5 sess 615249
5	Jul 27-Jul 31	\$315/ 5 sess 615230	\$315/ 5 sess 615241	\$315/ 5 sess 615250
6	Aug 4-Aug 7	\$252/ 4 sess 615231	\$252/ 4 sess 615242	\$252/ 4 sess 615251
7	Aug 10-Aug 14	\$315/ 5 sess 615232	\$315/ 5 sess 615243	\$315/ 5 sess 615252
8	Aug 17-Aug 21	\$315/ 5 sess 615234	\$315/ 5 sess 615244	\$315/ 5 sess 615253
9	Aug 24-Aug 28	\$315/5 sess 615235	\$315/ 5 sess 615245	\$315/ 5 sess 615254



**Location for
Childrens Outdoor
Tennis:** McBride
Park Tennis
Courts 4th Ave at
Collingwood



PRE-TEEN & YOUTH

Games & Activities

Youth Lounge - Games & Activities (10-14 yrs)

Instructor: Youth Leader
 W Jul 15-Aug 26 3:30 PM-5:30 PM
 Free [623078](tel:623078)

Come hang out in the youth lounge! The lounge is a social space for youth to relax, have fun, and meet other youth. The youth lounge has a pool table, foosball, board games, and more. Regularly planned activities include (subject to change):

July 15 - Ice cream social
 July 22 - Video game challenge
 July 29 - Challengers (Minute to Win It competitions)

Aug 5 - Crafternoon
 Aug 12 - NO LOUNGE
 Aug 19 - Board Games
 Aug 26 - Summer Send-Off



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.

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-d 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.



Open Gym (13 - 18 yrs)

Youth Open Gym - Tue/Wed

No gym: Jul 14-15, Aug 4-5, or Aug 11-12
 Tu W Jul 7-Aug 19 1:00 PM-3:00 PM
 Free [623079](tel:623079)

Youth Night Open Gym

F Jul 3-Aug 28 4:00 PM-8:00 PM
 Free [623824](tel:623824)

Youth Open Gym - Saturday

Sa Jul 4-Aug 29 3:30 PM-5:30 PM
 Free [623077](tel:623077)

Youth Lounge and Open Gym Schedule - Summer 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge		3:30 PM-6:30 PM	Pre-teen (10-14 yrs) 4:00 PM-6:00PM	3:30PM-6:30 PM	3:30 PM-8:00 PM	11:00 AM-5:00PM
Open Gym		Jul 7, 21, 28, Aug 18 1:00 PM-3:00 PM	Jul 8, 22, 29, Aug 19 1:00 PM-3:00 PM		Jul 3-Aug 28 4:00 PM-8:30 PM	Jul 4-Aug 29 3:30 PM-5:30 PM

ADULTS

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

Social

Duplicate Bridge

Instructor: Carrie Beavington (Facilitator)
Tu F Jul 3-Aug 28 6:00 PM-9:45 PM
\$2/sess, \$20/10 Tickets [621357](tel:621357)



Community Connections: Meaningful Discussions & Games Night

Tu Jul 7-Aug 25 6:30 PM-8:00 PM
\$6/6 sess [622605](tel:622605)

Kitsilano MS Support Group

Instructor: Daina Balodis
F Jul 3-Aug 28 1:00 PM-3:00PM
Free [621364](tel:621364)

Music

Vocal Training - All Levels

Instructor: Jan Cooper
Sa Jul 11-Aug 22 10:00 AM-12:00 PM
\$126/7 sess [621394](tel:621394)
Sa Jul 11-Aug 22 12:15 PM-2:15 PM
\$126/7 sess [621385](tel:621385)



Languages

English Corner

Instructor: Fay Mottahed
Su Jul 5-Aug 23 5:45 PM-7:45 PM
\$3/8 sess [621358](tel:621358)

Spanish - Conversational

Instructor: Gloria Alonso
Tu Jul 7-Jul 28 6:00 PM-7:30 PM
\$80/4 sess [621377](tel:621377)

Spanish for Beginners - For Seniors (Intensive)

Instructor: Gloria Alonso
F Jul 3-Jul 24 11:00 AM-12:15 PM
\$70/4 sess [621375](tel:621375)

Cooking with Pasta Boy Peter

Hands on Roman Pizza & Focaccia

Instructor: Pasta Boy Peter
W Jul 15 6:00 PM-8:30 PM
\$108/1 sess [623829](tel:623829)



Kitchen Program

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

Water Bath Canning

F Jul 3 6:30 PM-8:30 PM
\$28/1 sess [623728](tel:623728)

Kitsilano Community Garden

Sa Jul 4-Aug 29 1:45 PM-3:45 PM
Free [623729](tel:623729)



Homemade Kombucha Brewing

Th Aug 13 6:30 PM-8:30 PM
Free [623727](tel:623727)

DIY Canning Soup in a Jar

Th Aug 27 6:30 PM-8:30 PM
\$28/1 sess [623726](tel:623726)

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 Jul 16 6:00 PM-7:00 PM
Free [623730](tel:623730)

Th Aug 20 6:00 PM-7:00 PM
Free [623731](tel:623731)

Emergency Preparedness Education

For more information visit the web url:
<https://vancouver.ca/home-property-development/emergency-preparedness-education.aspx>

Dance

Ballet - Introduction/ Beginner

Instructor: Sally Laing Hulme
Su Jul 12-Aug 16 1:00 PM-2:30 PM
\$96/6 sess [621353](#)
Drop in: \$18, space permitting

Ballet - Intermediate

Instructor: Sally Laing Hulme
Su Jul 12-Aug 16 2:45 PM-4:15 PM
\$96/6 sess [621352](#)
Drop in: \$18, space permitting

BeMoved

Instructor: Anita Dance Vancity Inc.
W Jul 8-Aug 19 11:30 AM-12:30 PM
\$84/6sess [621354](#)
Drop in: \$16, space permitting

Recreational Line Dancing

Instructor: Lisa Dong
Sa Jul 11-Aug 22 10:30 AM-12:00 PM
\$45/6 sess [621372](#)
Drop in: \$9, space permitting

ZUMBA®

Instructor: Zumba Vancouver
W Jul 8-Jul 29 6:45 PM-7:45 PM
\$55/4 sess [621391](#)
Drop in: \$15, space permitting

ZUMBA® Gold - Beginners & Seniors

Instructor: Zumba Vancouver
Tu Jul 7-Jul 28 11:45 AM-12:45 PM
\$55/4 sess [621392](#)
Th Jul 2-Jul 30 11:45 AM-12:45 PM
\$68.75/5 sess [621393](#)
Drop in: \$15, space permitting



Workshops

Vancouver Clothing Swap

Instructor: City of Vancouver Engineering
Services
Sa Jul 18 10:00 AM-1:30 PM
Free [623481](#)

Basic First Aid (Blended)

Instructor: First Aid Pro
Su Jul 19 10:00 AM-2:00 PM
\$115/1 sess [622957](#)



Creative Arts

By Hand - for Makers - a Free Weekly Drop In

Th Jul 2-Aug 27 1:00 PM-3:00 PM
Free [622567](#)

Artei Phire Natural Perfume

Instructor: Lalla Aydi Djellal
W Jul 22 6:30 PM-8:30 PM
\$80/1 sess [622798](#)

Martial Arts

Qigong

Instructor: Kelly Maclean
Su Jul 5-Aug 16 9:30 AM-10:30 AM
\$96/6 sess [622578](#)
Drop in: \$19.05, space permitting

Tai Chi - 24 Form (Suitable for beginners)

Instructor: Kelly Maclean
Th Jul 9-Aug 20 7:00 PM-8:00 PM
\$112/7 sess [621379](#)
Drop in: \$19.05, space permitting

Tai Chi - 48 Form Part 2

Instructor: Kelly Maclean
Th Jul 9-Aug 20 6:00 PM-7:00 PM
\$112/7 sess [621380](#)
Drop in: \$19.05, space permitting

Introduction to Tai Chi

Instructor: Kelly Maclean
Su Jul 5-Aug 16 11:30 AM-12:30 PM
\$96/6 sess [621381](#)
Drop in: \$19.05, space permitting

Tai Chi - Wu Style Part 2

Instructor: Kelly Maclean
Su Jul 5-Aug 16 10:30 AM-11:30 AM
\$96/6 sess [621382](#)
Drop in: \$19.05, space permitting

Tai Chi - Yang Style 22 Form - Drop In

Instructor: Amy Li Hua Zhu
Tu Jul 7-Aug 18 10:00 AM-10:55 AM
\$4/drop in [621383](#)

Tai Chi Kung Fu Fan and Health Qigong

Instructor: Amy Li Hua Zhu
Tu Jul 7-Aug 18 11:05 AM-12:00 PM
\$105/7 sess [621384](#)
Drop in: \$17, space permitting



ADULTS

Yoga

Breath and Yoga Paranayama in the Iyengar Style



Instructor: Linda Shevloff
W Jul 8-Aug 12 10:30 AM-12:00 PM
\$150/6 sess [621751](#)
Drop in: \$27, space permitting

Creative Yoga

Instructor: Natalia Nimetz
Tu Jul 7-Aug 18 4:45 PM-6:15 PM
\$105/7 sess [621356](#)
Drop in: \$17, space permitting

Gentle Yoga

Instructor: Natalia Nimetz
F Jul 10-Aug 21 10:30 AM-12:00 PM
\$105/7 sess [621359](#)
Drop in: \$17, space permitting

Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman
In the AM
Th Jul 9-Aug 20 9:15 AM-10:15 AM
\$112/7 sess [621361](#)

In the PM
M Jul 6-Aug 24 6:00 PM-7:15 PM
\$112/7 sess [621360](#)
Drop in: \$19, space permitting

Iyengar Yoga with Luci

Instructor: Luci Yamamoto
Th Jul 2-Aug 27 10:30 AM-12:00 PM
\$125/5 sess [621753](#)
Su Jul 5-Aug 23 9:00 AM-10:30 AM
\$125/5 sess [621754](#)
Drop in: \$27, space permitting

Restorative Yin Yoga Workshop

Instructor: Pamela Ferman
Sa Jul 11 2:00 PM-4:00 PM
\$40/1 sess [621373](#)
Sa Aug 8 2:00 PM-4:00 PM
\$40/1 sess [621374](#)

Yin Yoga with Pamela

Instructor: Pamela Ferman
M Jul 6-Aug 24 7:30 PM-8:45 PM
\$112/7 sess [622656](#)

Yoga4Stiff People® - All Levels

Instructor: Yoga4Stiff People
M Jul 6-Jul 27 5:30 PM-6:30 PM
\$56/4 sess [621387](#)
M Jul 6-Jul 27 6:45 PM-7:45 PM
\$56/4 sess [621389](#)
W Jul 8-Jul 29 6:15 PM-7:15 PM
\$56/4 sess [621388](#)
Drop in: \$16, space permitting

Guided Sound Bath & Meditation



Instructor: Anna Rivas
Tu Jul 14-Aug 18 6:30 PM-7:30 PM
\$84/6 sess [623482](#)

Yoga for Brain Health



Visit vanrec.ca

Prenatal Yoga with Lynda

Instructor: Lynda Sing
Tu Jul 14-Aug 18 6:15 PM-7:15 PM
\$108/6 sess [621370](#)
W Jul 15-Aug 19 6:00 PM-7:00 PM
\$108/6 sess [621371](#)
Drop in: \$20, space permitting

Parent & Baby Yoga w/Lynda

Instructor: Lynda Sing
Tu Jul 14-Aug 18 1:30 PM-2:30 PM
\$108/6 sess [621365](#)
Drop in: \$20, space permitting



Fitness & Health

Callanetics™

Instructor: Linda Shedden
M Jul 6-Jul 27 7:45 PM-8:45 PM
\$67.80/4 sess [621355](#)
Drop in: \$20.48, space permitting

Group Power

\$7/ Drop in (inc. GST)
\$63/ 10 Tickets (inc. GST)
Instructor: Ella Wong
M Jul 6-Aug 24 8:00 AM-9:00 AM
Instructor: Jennifer Wick
W Jul 8-Aug 26 9:15 AM-10:15 AM
Instructor: Karen Di Venanzo
Th Jul 2-Aug 27 1:30 PM-2:30 PM
F Jul 3-Aug 28 8:00 AM-9:00 AM

Fitness & Health Run Club



Instructor: Milena Gunther
Tu Jun 30-Aug 4 6:30 PM-7:30 PM
\$84/6 sess [623822](#)

Sports - Instructional

Pickleball - Live Coaching and Play - Beginner +

Instructor: Angela Ford
M Jul 6-Aug 24 5:30 PM-6:30 PM
\$75/8 sess [621368](#)
Tu W Th Jul 21-Jul 30 3:30 PM-4:30 PM
\$90/6 sess [621367](#)

Pickleball Stage 2/ Stage 3: MLP Style Pickleball

Instructor: Mona Lee
Su Jul 5-Jul 12 12:30 PM-2:30 PM
\$56/2 sess [621749](#)

Pickleball Stage 2/ Stage 3: How to Level Up

Instructor: Mona Lee
Su Aug 2-Aug 23 12:30 PM-2:30 PM
\$112/4 sess [621748](#)

Adult Sports: Pickleball

\$6.30/1 sess

Registration: Register for these single day pickleball sessions. All sessions open 3 days prior to scheduled session at 9 AM. Registration only. No drop-ins permitted.

Refunds: Refunds must be requested 48 hours prior to session.

Check in: Please check in at the front office prior to proceeding to the gym.

Additional Sessions may be added throughout the season. Check vanrec.ca for latest sessions.

Sundays, 3:15 PM-5:15 PM

Su Jul 5	623100
Su Jul 12	623101
Su Jul 19	623102
Su Jul 26	623103
Su Aug 2	623104
Su Aug 9	623105
Su Aug 16	623106
Su Aug 23	623107

Sundays, 5:30 PM-7:30 PM

Su Jul 5	623108
Su Jul 12	623109
Su Jul 19	623110
Su Jul 26	623111
Su Aug 2	623112
Su Aug 9	623113
Su Aug 16	623114
Su Aug 23	623115

Tuesdays, 3:15 PM-5:15 PM

Tu Jul 7	623116
Tu Aug 18	623119

Thursdays, 3:15 PM-5:15 PM

Th Jul 9	623120
Th Aug 20	623123



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 Jul 8-Jul 29	8:00 PM-10:00 PM	
\$20/4 sess		621253
W Aug 5-Aug 26	8:00 PM-10:00 PM	
\$20/4 sess		621254

Volleyball – Recreational

Tu Jul 7-Jul 28	8:00 PM-10:00 PM	
\$20/4 sess		621263
Tu Aug 4-Aug 25	8:00 PM-10:00 PM	
\$20/4 sess		621264



Soccer – Masters

Tu Jul 7-Jul 28	6:00 PM-7:45 PM	
\$17.60/4 sess		621261
Tu Aug 4-Aug 25	6:00 PM-7:45 PM	
\$17.60/4 sess		621262

Basketball – Recreational

M Jul 6-Jul 27	8:00 PM-10:00 PM	
\$20/4 sess		621255
M Aug 10-Aug 24	8:00 PM-10:00 PM	
\$15/3 sess		621256



Pickleball – All Levels

Mondays

M Jul 6-Jul 27	5:45 PM-7:45 PM	
\$20/4 sess		621257
M Aug 10-Aug 24	5:45 PM-7:45 PM	
\$15/3 sess		621258

Thursdays

Th Jul 2-Jul 30	8:00 PM-10:00 PM	
\$25/5 sess		621259
Th Aug 6-Aug 27	8:00 PM-10:00 PM	
\$20/4 sess		621260

Summer 2026 Adult Outdoor Tennis

Level	Activity #	Day	Dates	Time	Cost	Location
Adult Beginner (1.0)	615281	MW	Jun 29-Jul 8	8:30 AM-9:30 AM	\$111/ 3 sess	Tatlow Park Tennis Court
	615302	MW	Jun 29-Jul 8	5:15 PM-6:30 PM	\$185/ 4 sess	
	615311	MW	Jun 29-Jul 8	6:30 PM-7:45 PM	\$185/ 4 sess	
	615255	Tu Th	Jun 30-Jul 9	7:30 AM-8:30 AM	\$148/ 4 sess	Kits Beach Tennis Court
	615265	Tu Th	Jun 30-Jul 9	5:00 PM-6:15 PM	\$185/ 4 sess	McBride Park Tennis Court
	615298	Tu Th	Jun 30-Jul 9	8:45 AM-10:00 AM	\$185/ 4 sess	Tatlow Park Tennis Court
	615319	Tu Th	Jun 30-Jul 9	6:30 PM-7:45 PM	\$185/ 4 sess	
	615324	Sa	Jul 4-Jul 25	10:00 AM-11:15 AM	\$185/ 4 sess	McBride Park Tennis Court
	615327	Su	Jul 5-Jul 26	3:00 PM-4:15 PM	\$185/ 4 sess	
	615289	MW	Jul 13-Jul 22	8:30 AM-9:30 AM	\$148/ 4 sess	Tatlow Park Tennis Court
	615303	MW	Jul 13-Jul 22	5:15 PM-6:30 PM	\$185/ 4 sess	
	615312	MW	Jul 13-Jul 22	6:30 PM-7:45 PM	\$185/ 4 sess	
	615256	Tu Th	Jul 14-Jul 23	7:30 AM-8:30 AM	\$148/ 4 sess	Kits Beach Tennis Court
	615270	Tu Th	Jul 14-Jul 23	5:00 PM-6:15 PM	\$185/ 4 sess	McBride Park Tennis Court
	615299	Tu Th	Jul 14-Jul 23	8:45 AM-10:00 AM	\$185/ 4 sess	Tatlow Park Tennis Court
	615321	Tu Th	Jul 14-Jul 23	6:30 PM-7:45 PM	\$185/ 4 sess	
	615293	MW	Jul 27-Aug 5	8:30 AM-9:30 AM	\$111/ 4 sess	
	615304	MW	Jul 27-Aug 5	5:15 PM-6:30 PM	\$185/ 4 sess	Kits Beach Tennis Court
	615257	Tu Th	Jul 28-Aug 6	7:30 AM-8:30 AM	\$148/ 4 sess	
	615272	Tu Th	Jul 28-Aug 6	5:00 PM-6:15 PM	\$185/ 4 sess	
	615300	Tu Th	Jul 28-Aug 6	8:45 AM-10:00 AM	\$185/ 4 sess	Tatlow Park Tennis Court
	615322	Tu Th	Jul 28-Aug 6	6:30 PM-7:45 PM	\$185/ 4 sess	McBride Park Tennis Court
	615325	Sa	Aug 1-Aug 22	10:00 AM-11:15 AM	\$185/ 4 sess	
	615328	Su	Aug 2-Aug 23	3:00 PM-4:15 PM	\$185/ 4 sess	
	615296	MW	Aug 10-Aug 19	8:30 AM-9:30 AM	\$111/ 4 sess	Tatlow Park Tennis Court
	615306	MW	Aug 10-Aug 19	5:15 PM-6:30 PM	\$185/ 4 sess	Kits Beach Tennis Court
	615258	Tu Th	Aug 11-Aug 20	7:30 AM-8:30 AM	\$148/ 4 sess	
	615274	Tu Th	Aug 11-Aug 20	5:00 PM-6:15 PM	\$185/ 4 sess	
	615301	Tu Th	Aug 11-Aug 20	8:45 AM-10:00 AM	\$185/ 4 sess	Tatlow Park Tennis Court
	615323	Tu Th	Aug 11-Aug 20	6:30 PM-7:45 PM	\$185/ 4 sess	
615331	Tu Th	Jun 30-Jul 9	8:30 AM-9:30 AM	\$148/ 4 sess	Kits Beach Tennis Court	
615343	Tu Th	Jun 30-Jul 9	6:15 PM-7:30 PM	\$185/ 4 sess	McBride Park Tennis Court	
615346	Tu Th	Jun 30-Jul 9	7:30 AM-8:30 AM	\$185/ 4 sess	Tatlow Park Tennis Court	
615353	Sa	Jul 4-Jul 25	11:15 AM-12:30 PM	\$185/ 4 sess	McBride Park Tennis Court	
615332	Tu Th	Jul 14-Jul 23	8:30 AM-9:30 AM	\$148/ 4 sess	Kits Beach Tennis Court	
615344	Tu Th	Jul 14-Jul 23	6:15 PM-7:30 PM	\$185/ 4 sess	McBride Park Tennis Court	
615347	Tu Th	Jul 14-Jul 23	7:30 AM-8:30 AM	\$185/ 4 sess	Tatlow Park Tennis Court	
615333	Tu Th	Jul 28-Aug 6	8:30 AM-9:30 AM	\$148/ 4 sess	Kits Beach Tennis Court	
615348	Tu Th	Jul 28-Aug 6	7:30 AM-8:30 AM	\$185/ 4 sess	Tatlow Park Tennis Court	
615354	Sa	Aug 1-Aug 22	11:15 AM-12:30 PM	\$185/ 4 sess	McBride Park Tennis Court	
615335	MW	Aug 3-Aug 12	5:00 PM-6:15 PM	\$185/ 4 sess		
615351	MW	Aug 3-Aug 12	6:30 PM-7:45 PM	\$185/ 4 sess		
615334	Tu Th	Aug 11-Aug 20	8:30 AM-9:30 AM	\$148/ 4 sess	Kits Beach Tennis Court	
615350	Tu Th	Aug 11-Aug 20	7:30 AM-8:30 AM	\$185/ 4 sess	Tatlow Park Tennis Court	
615336	MW	Aug 17-Aug 26	5:00 PM-6:15 PM	\$185/ 4 sess	McBride Park Tennis Court	
615352	MW	Aug 17-Aug 26	6:30 PM-7:45 PM	\$185/ 4 sess	Tatlow Park Tennis Court	
615355	MW	Jun 29-Jul 8	7:30 AM-8:45 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615359	Tu Th	Jun 30-Jul 9	5:15 PM-6:30 PM	\$195/ 4 sess	Tatlow Park Tennis Court	
615356	MW	Jul 13-Jul 22	7:30 AM-8:45 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615360	Tu Th	Jul 14-Jul 23	5:15 PM-6:30 PM	\$195/ 4 sess	Tatlow Park Tennis Court	
615357	MW	Jul 27-Aug 5	7:30 AM-8:45 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615361	Tu Th	Jul 28-Aug 6	5:15 PM-6:30 PM	\$195/ 4 sess	Tatlow Park Tennis Court	
615358	MW	Aug 17-Aug 26	7:30 AM-8:45 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615362	Tu Th	Aug 18-Aug 27	5:15 PM-6:30 PM	\$195/ 4 sess	Tatlow Park Tennis Court	
615363	MW	Jun 29-Jul 8	8:45 AM-10:00 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615367	MW	Jun 29-Jul 8	5:00 PM-6:15 PM	\$195/ 4 sess	McBride Park Tennis Court	
615364	MW	Jul 13-Jul 22	8:45 AM-10:00 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615368	MW	Jul 13-Jul 22	5:00 PM-6:15 PM	\$195/ 4 sess	McBride Park Tennis Court	
615365	MW	Jul 27-Aug 5	8:45 AM-10:00 AM	\$195/ 4 sess	Kits Beach Tennis Court	
615366	MW	Aug 17-Aug 26	8:45 AM-10:00 AM	\$195/ 4 sess		

SENIORS

Social

Wednesday Social

No session July 22

W Jul 1-Aug 19 11:00 AM-12:30 PM

Free

Mah Jong

W Jul 1-Jul 29 11:00 AM-1:00 PM

\$5/5 sess [623000](#)

W Aug 5-Aug 26 11:00 AM-1:00 PM

\$4/4 sess [623001](#)



Weekend Walking Group

NEW!

Instructor: Kitsilano Volunteer

Sa Jul 4-Aug 29 11:00 AM-12:00 PM

Free [623570](#)



Seniors Week

Join us for Seniors Week June 1-7, 2026 when we recognize our seniors & their contributions to our community! Please check <https://tinyurl.com/vanseniorsweek> for special events & programs happening this week.

Educational

Spanish for Beginners - For Seniors (Intensive)

Instructor: Gloria Alonso

F Jul 3-Jul 24 11:00 AM-12:15 PM

\$70/4 sess [621375](#)

Arts

Watercolour Social

NEW!

Instructor: Robyn Halm

F July 31 1:00 PM-3:00 PM

\$30/1 sess [623053](#)



Indigenous Wool Bracelet Weaving Workshop

For National Indigenous Month

Instructor: Aleen Sparrow

Tu Jun 9 12:00 PM-2:00 PM

\$15/1 sess [615305](#)

Bannock and tea will be served.

Out-Trips with Enjoy the Journey

Participants must complete the waiver form

Galiano Island

M Jul 13 8:15 AM-8:00 PM

\$152.39/1 sess [620350](#)



Discover Howe Sound

W Jul 29 9:00 AM-4:45 PM

\$165.71/1 sess [621226](#)

Alpine Meadows Wildflowers

Tu Aug 4 8:15 AM-6:00 PM

\$109.53/1 sess [620351](#)

Luncheon

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

Summer BBQ

W Jul 22 12:00 PM-2:00 PM

\$15/1 sess

[621898](#)



DROP-IN GROUP FITNESS

Drop-In Group Fitness Schedule – July 1 – August 30, 2026

No classes July 1, July 18, August 3, August 31–September 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM Bita	Classic Stretch 9:00-10:00 AM Ferial Max 16	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 16	Classic Stretch 9:15-10:15 AM Alannah Max 16	
Gentle Fit 10:15-11:15 AM Audrey		Gentle Fit 10:15-11:15 AM Audrey		Gentle Fit 10:15-11:15 AM Audrey		
		Strength & Core 5:30-6:30 PM Devon	HIIT 5:30-6:30 PM Venus			

Class		Description
Mild	Gentle Fit	Perfect for beginners, those returning to fitness or recovering for 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	
Adult (19-64 years)	\$6.00	\$54.00	\$50.00	Prices do not include tax. Fees and schedule are subject to change (i.e. cancellation due to instructor illness, insufficient attendance).
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 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.
				Pass Suspension Policy: Passes may be suspended a minimum of 2 weeks up to the length of the remainder of the pass.

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

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.

Fitness Centre Consultations

Take advantage of our fitness consultations! Reach your fitness goals with our consultation package. Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session for additional support, motivation or a change in your program!

Please note a completed PAR-Q+ and consent & release forms are needed for a personalized fitness program.

**SPECIAL
EVENTS**

**KITSILANO COMMUNITY CENTRE
CONNAUGHT PARK 2690 LARCH ST**



SATURDAY AUGUST 8, 11AM-3PM

**LIVE MUSIC • ENTERTAINMENT
GAMES • CONCESSION
FAMILY-FRIENDLY
ACTIVITIES**

