



SUMMER 2023

Hours of Operation

Community Centre

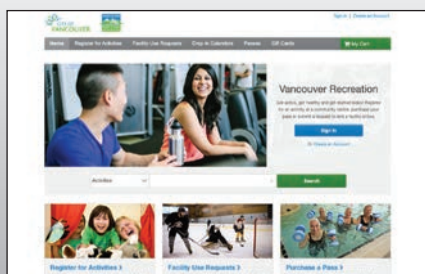
Monday-Friday 7:00 AM-10:00 PM
 Saturday/Sunday 8:30 AM-12:00 PM
 *Front office closes 30 min. prior to building closure
 Sat Jul 1 Closed
 Mon Jul 3 7:00 AM-8:00 PM
 Mon Aug 7 Closed
 Aug 28-Sep 4 Closed

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 - 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.

Click on the [Activity #](#) to register or learn more



Ice Rink

Dry floor rental requests are submitted through the online process at Vancouver.ca. Spring and Summer Learn to Skate Lessons are available at Hillcrest, Britannia, and Sunset rinks. Lesson schedules and registrations are available online at vancouver.ca or call 3-1-1.

Registration

Online

Registration online begins **Saturday, June 10 at 9 AM**. Logging into your account at www.vanrec.ca prior to registration day may minimize any unexpected errors.

In-Person

Registration in-person begins **Saturday, June 10 at 9 AM**. We accept Visa, Mastercard, American Express or debit cards, cash, and cheques.

Phone

Registration by phone begins **Saturday, June 10 at 12 PM**. Ongoing registration by phone is available during office hours.

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 before the second scheduled class, no refunds past the 2nd scheduled class.
- 2 days prior for workshops.
- 7 days prior for camps, luncheons and private lessons.
- 30 days prior for birthday parties for full refund, 14 days prior for 50% refund, and no refund for less than two weeks.

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.

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.

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PRESCHOOL

Music Together

Music Together Outdoors (Birth-5 yrs)

Instructor: Donalyn

W/F Jul 5-Jul 28 9:30 AM-10:15 AM
\$171/8 sess [461897](#)
W/F Jul 5-Jul 28 10:30 AM-11:15 AM
\$171/8 sess [461902](#)

Music With Marnie

Music With Marnie Babies (2 mo-17 mo)

Instructor: Marnie Grey

Tu-Th Jul 18-Jul 20 11:30 AM-12:00 PM
\$52/3 sess [461011](#)
Tu-Th Jul 25-Jul 27 11:30 AM-12:00 PM
\$52/3 sess [461012](#)
Tu-Th Aug 1-Aug 3 11:30 AM-12:00 PM
\$52/3 sess [461013](#)
Tu-Th Aug 22-Aug 24 11:30 AM-12:00 PM
\$52/3 sess [461014](#)

Music With Marnie Toddlers (18 mo-3 yrs)

Instructor: Marnie Grey

Tu-Th Jul 18-Jul 20 9:30 AM-10:15 AM
\$58/3 sess [460981](#)
Tu-Th Jul 25-Jul 27 9:30 AM-10:15 AM
\$58/3 sess [461003](#)
Tu-Th Aug 1-Aug 3 9:30 AM-10:15 AM
\$58/3 sess [461004](#)
Tu-Th Aug 22-Aug 24 9:30 AM-10:15 AM
\$58/3 sess [461005](#)

Music with Marnie All Ages (10 mo-6 yrs)

Instructor: Marnie Grey

Tu-Th Jul 18-Jul 20 10:30 AM-11:15 AM
\$58/3 sess [461006](#)
Tu-Th Jul 25-Jul 27 10:30 AM-11:15 AM
\$58/3 sess [461007](#)
Tu-Th Aug 1-Aug 3 10:30 AM-11:15 AM
\$58/3 sess [461008](#)
Tu-Th Aug 22-Aug 24 10:30 AM-11:15 AM
\$58/3 sess [461009](#)

Refund Policy

For all week-long programs/camps, refund requests must be received by the Front Office by phone or in-person 7 days prior to the program's start date and time.

Dance

Creative Dance (3-4 yrs)

Instructor: Lorraine White-Wilkinson

Tu-F Jul 4-Jul 7 9:30 AM-10:15 AM
\$52/4 sess [461041](#)
M-F Jul 10-Jul 14 9:30 AM-10:15 AM
\$65/5 sess [461045](#)

Creative Dance (4-5 yrs)

Instructor: Lorraine White-Wilkinson

Tu-F Jul 4-Jul 7 10:30 AM-11:15 AM
\$52/4 sess [461060](#)
M-F Jul 10-Jul 14 10:30 AM-11:15 AM
\$65/5 sess [461061](#)

Frozen Themed Ballet Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 17-Jul 21 9:15 AM-10:30 AM
\$99/5 sess [462470](#)

Frozen Themed Ballet Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 17-Jul 21 10:45 AM-12:00 PM
\$99/5 sess [462471](#)

Hip Hop Dancers Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 17-Jul 21 12:30 PM-1:45 PM
\$99/5 sess [462473](#)

Encanto Mini-Movers Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Jul 17-Jul 21 2:00 PM-3:15 PM
\$99/5 sess [462474](#)

DancePl3y Preschool Camp (3-5 yrs)

Instructor: PL3Y Inc.-The Play Brigade

M-F Jul 24-Jul 28 9:00 AM-10:15 AM
\$104/5 sess [462503](#)

Little Ballerinas Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Aug 14-Aug 18 9:15 AM-10:30 AM
\$99/5 sess [462475](#)

Jazz/Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

M-F Aug 14-Aug 18 10:45 AM-12:00 PM
\$99/5 sess [462476](#)

Hip Hop Dancers Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

M-F Aug 14-Aug 18 12:30 PM-1:45 PM
\$99/5 sess [462477](#)

Sports



Kids on Wheels: Balance Bike Camp Parent Participation (2-3 yrs)

Instructor: BC Cycling Coalition

M-F Aug 14-Aug 18 2:00 PM-2:45 PM
\$125/5 sess [462197](#)

Kids on Wheels: Preschool Balance Bike Camp (3-5 yrs)

Instructor: BC Cycling Coalition

M-F Aug 14-Aug 18 3:00 PM-4:15 PM
\$200/5 sess [462199](#)

Sportball

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

Instructor: Sportball Vancouver

Sa Jul 8-Aug 19 9:30 AM-10:15 AM
\$110/6 sess [462056](#)
W Jul 5-Aug 23 5:15 PM-6:00 PM
\$146/8 sess [462062](#)

Sportball Outdoor Soccer (3.5-5 yrs)

Instructor: Sportball Vancouver

Sa Jul 8-Aug 19 10:15 AM-11:15 AM
\$110/6 sess [462058](#)

Sportball Outdoor Soccer (4-6 yrs)

Instructor: Sportball Vancouver

W Jul 5-Aug 23 6:00 PM-7:00 PM
\$148/8 sess [462065](#)

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

Instructor: Sportball Vancouver

Th Jul 6-Aug 24 5:15 PM-6:00 PM
\$146/8 sess [462071](#)

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver

Th Jul 6-Aug 24 6:00 PM-7:00 PM
\$148/8 sess [462073](#)



CHILDREN

Dance

Frozen Themed Ballet Camp (4-6 yrs)

Instructor: Endorphin Rush Dance
M-F Jul-17-Jul 21 10:45 AM-12:00 PM
\$99/5 sess [462471](#)

Jazz/Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance
M-F Aug-14-Aug 18 10:45 AM-12:00 PM
\$99/5 sess [462476](#)

Pre-Ballet (5-6 yrs)

Instructor: Lorraine White-Wilkinson
Tu-F Jul 4-Jul 7 11:30 AM-12:15 PM
\$52/4 sess [461062](#)
M-F Jul 10-Jul 14 11:30 AM-12:15 PM
\$65/5 sess [461063](#)

Dancepl3y Kids Camp (6-9 yrs)

Instructor: PL3Y Inc. -The Play Brigade
M-F Jul-24-Jul 28 10:30 AM-12:30 PM
\$104/5 sess [462504](#)

Hip Hop Dancers Camp (5-8 yrs)

Instructor: Endorphin Rush Dance
M-F Aug 14-Aug 18 2:00 PM-3:15 PM
\$99/5 sess [462497](#)

Education

Brick Animation Camp (6-12 yrs)

Instructor: Tomorrow's Playground
M-F Jul 24-Jul 28 10:00 AM-12:00 PM
\$175/5 sess [461913](#)
Tu-F Aug 8-Aug 11 10:00 AM-12:00 PM
\$140/4 sess [461914](#)

WeDo Robotics Camp (6-12 yrs)

Instructor: Tomorrow's Playground
M-F Jul 24-Jul 28 12:30 PM-2:30 PM
\$175/5 sess [462248](#)
Tu-F Aug 8-Aug 11 12:30 PM-2:30 PM
\$140/4 sess [462250](#)

Violin Lessons

Private Violin Lessons (5+ yrs)

Instructor: Ali Nourbakhsh
Tu Jul 4-Aug 22 3:30 PM-4:30 PM
\$448/8 sess [462205](#)
Tu Jul 4-Aug 22 4:30 PM-5:30 PM
\$448/8 sess [462206](#)
Tu Jul 4-Aug 22 5:30 PM-6:30 PM
\$448/8 sess [462207](#)
Tu Jul 4-Aug 22 6:30 PM-7:30 PM
\$448/8 sess [462208](#)
Tu Jul 4-Aug 22 7:30 PM-8:30 PM
\$448/8 sess [462209](#)

Piano Lessons

Piano Lessons Private (5+ yrs)

Instructor: Mary Friesen
Tu Jul-4-Jul 25 3:10 PM-3:40 PM
\$96/4 sess [460966](#)
Tu Jul-4-Jul 25 3:45 PM-4:15 PM
\$96/4 sess [460967](#)
Tu Jul-4-Jul 25 4:20 PM-4:50 PM
\$96/4 sess [460968](#)
Tu Jul-4-Jul 25 4:55 PM-5:25 PM
\$96/4 sess [460969](#)
Tu Jul-4-Jul 25 5:30 PM-6:00 PM
\$96/4 sess [460970](#)
Tu Jul-4-Jul 25 6:05 PM-6:35 PM
\$96/4 sess [460971](#)
Tu Jul-4-Jul 25 6:40 PM-7:10 PM
\$96/4 sess [460972](#)
F Jul 7-Jul 28 3:10 PM-3:40 PM
\$96/4 sess [460973](#)
F Jul 7-Jul 28 3:45 PM-4:15 PM
\$96/4 sess [460974](#)
F Jul 7-Jul 28 4:20 PM-4:50 PM
\$96/4 sess [460975](#)
F Jul 7-Jul 28 4:55 PM-5:25 PM
\$96/4 sess [460976](#)
F Jul 7-Jul 28 5:30 PM-6:00 PM
\$96/4 sess [460977](#)
F Jul 7-Jul 28 6:05 PM-6:35 PM
\$96/4 sess [460978](#)
F Jul 7-Jul 28 6:40 PM-7:10 PM
\$96/4 sess [460979](#)

Sportball

Sportball Outdoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver
Sa Jul 8-Aug 19 11:15 AM-12:15 PM
\$112/6 sess [462061](#)

Sportball Outdoor T-Ball (4-6 yrs)

Instructor: Sportball Vancouver
Th Jul 6-Aug 24 6:00 PM-7:00 PM
\$148/8 sess [462073](#)

Sportball Indoor Multi Sport Camp (5-8 yrs)

Instructor: Sportball Vancouver
M-F Jul 17-Jul 21 1:00 PM-4:00 PM
\$199/5 sess [462077](#)
M-F Jul 31-Aug 4 1:00 PM-4:00 PM
\$199/5 sess [462254](#)





Kits Kids Summer Day Camps (6-12 yrs)

Get ready for a summer of fun and adventure! Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors. Please note: Children will be divided into smaller groups and will have designated leaders all week. There will be a mixture of indoor and outdoor activities. Out trips will be within walking distance of the camp's home base. There may also be out trips each week using public transit or charter buses. Parents/Guardians will receive an email prior to camp, outlining camp expectations, guidelines and forms. Children must have completed Kindergarten and be eligible for Grade 1 in order to register for camp.

Week	Dates	Kits Kids (6-12 yrs)	After Care (6-12 yrs) (Must be registered in camp)
		9:00am-3:30pm \$155/5 days \$130/4 days*	3:30pm-5:30pm \$55/5 days \$44/4 days*
1	Tu-F Jul 4-Jul 7 (No camp Jul 3)	445317	451361
2	M-F Jul 10-Jul 14	445321	451362
3	M-F Jul 17-Jul 21	445322	451364
4	M-F Jul 24-Jul 28	445323	451365
5	M-F Jul 31-Aug 4	445324	451366
6	Tu-F Aug 8-Aug 11 (No camp Aug 7)	445325	451367
7	M-F Aug 14-Aug 18	445326	451369
8	M-F Aug 21-Aug 25	445327	451370

Summer Day Camp Information:

- On the first day of camp, parents must provide TWO completed waiver forms (Association and Park Board).
- Please attach a recent picture of your child to the waiver for easy identification.
- Pack a snack, lunch, water bottle, sunscreen, swimsuit, hat and jacket daily.
- Refunds are only given with one full week notice.
- All refunds are subject to a \$5 administrative fee, unless the program is cancelled by the Community Centre.



Outdoor Tennis

Summer Smash Tennis at McBride Park

Outdoor Tennis: Mini Fundamentals Development (4.6-5.11 yrs)

Instructor: Summer Smash Tennis

McBride

Tu-F Jul 4-Jul 7	8:00 AM-9:00 AM
\$84/4 sess	451913
M-F Jul 10-Jul 14	8:00 AM-9:00 AM
\$105/5 sess	451914
M-F Jul 17-Jul 21	8:00 AM-9:00 AM
\$105/5 sess	451915
M-F Jul 24-Jul 28	8:00 AM-9:00 AM
\$105/5 sess	451916
M-F Jul 31-Aug 4	8:00 AM-9:00 AM
\$105/5 sess	451917
Tu-F Aug 8-Aug 11	8:00 AM-9:00 AM
\$84/4 sess	451918
M-F Aug 14-Aug 18	8:00 AM-9:00 AM
\$105/5 sess	451919
M-F Aug 21-Aug 25	8:00 AM-9:00 AM
\$105/5 sess	451920

Outdoor Tennis: Mini Aces Development (6.0-7.6 yrs)

McBride

Tu-F Jul 4-Jul 7	9:00 AM-11:00 AM
\$168/4 sess	451921
M-F Jul 10-Jul 14	9:00 AM-11:00 AM
\$210/5 sess	451927
M-F Jul 17-Jul 21	9:00 AM-11:00 AM
\$210/5 sess	451928
M-F Jul 24-Jul 28	9:00 AM-11:00 AM
\$210/5 sess	451929
M-F Jul 31-Aug 4	9:00 AM-11:00 AM
\$210/5 sess	451930
Tu-F Aug 8-Aug 11	9:00 AM-11:00 AM
\$168/4 sess	451931
M-F Aug 14-Aug 18	9:00 AM-11:00 AM
\$210/5 sess	451934
M-F Aug 21-Aug 25	9:00 AM-11:00 AM
\$210/5 sess	451935

Outdoor Tennis: Junior Aces Development (7.6-10.11 yrs)

McBride

Tu-F Jul 4-Jul 7	1:15 PM-4:15 PM
\$210/4 sess	451951
M-F Jul 10-Jul 14	1:15 PM-4:15 PM
\$262.50/5 sess	451953
M-F Jul 17-Jul 21	1:15 PM-4:15 PM
\$262.50/5 sess	451954
M-F Jul 24-Jul 28	1:15 PM-4:15 PM
\$262.50/5 sess	451955



Outdoor Tennis: Junior Fundamentals (7.6-10.11 yrs)

Instructor: Summer Smash Tennis

McBride

MW Jul 5-Jul 26	4:30 PM-5:30 PM
\$196/7 sess	451962
MW Jul 31-Aug 23	4:30 PM-5:30 PM
\$196/7 sess	451963

Outdoor Tennis: Youth Aces Development (11-14.11 yrs)

McBride

Tu-F Jul 4-Jul 7	9:30 AM-12:00 PM
\$210/4 sess	451938
M-F Jul 10-Jul 14	9:30 AM-12:00 PM
\$262.50/5 sess	451939
M-F Jul 17-Jul 21	9:30 AM-12:00 PM
\$262.50/5 sess	451941
M-F Jul 24-Jul 28	9:30 AM-12:00 PM
\$262.50/5 sess	451942
M-F Jul 31-Aug 4	9:30 AM-12:00 PM
\$262.50/5 sess	451943
Tu-F Aug 8-Aug 11	9:30 AM-12:00 PM
\$210/4 sess	451946
M-F Aug 14-Aug 18	9:30 AM-12:00 PM
\$262.50/5 sess	451947
M-F Aug 21-Aug 25	9:30 AM-12:00 PM
\$262.50/5 sess	451948

Outdoor Tennis: Youth Fundamentals (11-14.11 yrs)

McBride

MW Jul 5-Jul 26	5:30 PM-6:30 PM
\$196/7 sess	451970
MW Jul 31-Aug 23	5:30 PM-6:30 PM
\$196/7 sess	451971



Refund Policy

For all week-long programs/camps, refund requests must be received by the Front Office by phone or in-person 7 days prior to the program's start date and time. A \$5 refund administration fee will be applied.



PRE-TEEN 10-12 yrs

Social

Pre-Teen Dungeons and Dragons (10-13 yrs)

Instructor: Lochhead Will

W Jul 5-Jul 26 3:30 PM-5:30 PM

\$48/4 sess [462511](#)

W Aug 2-Aug 23 3:30 PM-5:30 PM

\$48/4 sess [462810](#)

Education

Ready4HighSchool - English (Grades 6-7)

Instructor: Isaac Trenton

W Aug 2-Aug 23 3:30 PM-5:30 PM

\$85/4 sess [462510](#)

Ready4HighSchool - Math (Grades 6-7)

Instructor: Isaac Trenton

W Jul 6-Jul 26 3:30 PM-5:30 PM

\$85/4 sess [462083](#)

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.



YOUTH 13-18 yrs

Social

Youth Dungeons and Dragons (14-18 yrs)

Th Jul 6-Jul 27 3:30 PM-6:30 PM

\$72/4 sess [462512](#)

Th Aug 3-Aug 24 3:30 PM-6:30 PM

\$72/4 sess [462812](#)

Make a Scene! Drama Camp (Grades 7-9)

Instructor: Olivia Lang

Tu-F Aug 8-Aug 11 9:00 AM-3:00 PM

\$110/4 sess [462084](#)

M-F Aug 21-Aug 25 9:00 AM-3:00 PM

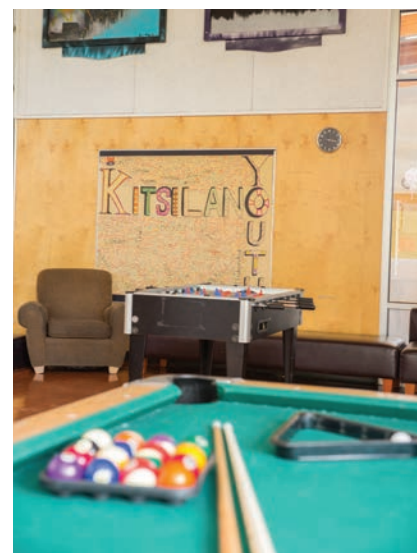
\$137.50/5 sess [462085](#)

TLC Adapted Youth Programming (13-18 yrs)

TLC is an exciting adaptive program for teens who have autism/neurodevelopmental diversities 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



Youth Lounge Schedule Summer

Monday	Tuesday	Wednesday	Thursday	Friday
Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Lounge Drop-In 3:00pm-8:00pm	Youth Night Drop-In 3:00pm-8:00pm

Youth/Preteen Open Gym - See Schedule in Youth Lounge

Do you have a question about our youth programs?

Send it to Keani, the Community Youth Worker, at keani.pratt@vancouver.ca or call at 604-257-6991.



ADULT (19+)

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

Food & Gardening Workshops by Village Vancouver

Indian Style Cool Summer

Drinks
Th Aug 3 6:30 PM-8:30 PM
\$21/1 sess [462909](#)

Kitsilano Community Garden

Sa Jul 8-Aug 26 1:45 PM-3:45 PM
Free [462905](#)

Mini-Macrame Wall Hangings

M Jul 10 6:30 PM-8:30 PM
\$21/1 sess [462906](#)

Native Edibles Talk and Walk

Th Jul 6 6:30 PM-8:30 PM
\$15/1 sess [462904](#)

Kits Village Plastic Recycling Depot

Drop off your clean, pre-sorted plastics at our free Kits Village recycling depot located on the south patio, immediately north of 12th Ave. and Larch Street. Please arrive no later than 6:45PM. No registration required. For more information, please visit villagevancouver.ca.

Th Jun 15 6:00 PM-7:00 PM
Th Jul 13 6:00 PM-7:00 PM
Th Aug 17 6:00 PM-7:00 PM

Dance

Latin Funk Dance – Master Class – Level 1

Instructor: Gustavo Ferman
M Jul 10 7:30 PM-9:30 PM
\$35 / 1 sess [462267](#)
\$60/ 2 persons

Latin Funk Dance – Master Class – Level 2

Instructor: Gustavo Ferman
M Jul 17 7:30 PM-9:30 PM
\$35 / 1 sess [462630](#)
\$60/ 2 persons

Recreational Line Dancing

Instructor: Lisa Dong
Sa Jul 15-Aug 26 10:30 AM-12:00 PM
\$47.25/7 sess [461602](#)

Dance

Ballet Intro-Intermediate Transition

Instructor: Sally Laing Hulme
Su Jul 16-Aug 13 9:00 AM-10:30 AM
\$67.50 / 5 sess [462903](#)

Ballet Introduction/ Beginner

Instructor: Sally Laing Hulme
Su Jul 16-Aug 13 10:30 AM-12:00 PM
\$57.50 / 5 sess [462836](#)

Social

Duplicate Bridge

Instructor: Carrie Beavington (Facilitator)
Tu F Jul 4-Aug 25 6:15 PM-9:45 PM
\$20/ 10 Tickets [461564](#)

Martial Arts

Qigong - 5 Animal Frolics

Instructor: Kelly Maclean
Su Jul 9-Aug 27 9:00 AM-10:00 AM
\$112/7 sess [462257](#)

Tai Chi - 24 Form Review

Instructor: Kelly Maclean
Su Jul 9-Aug 27 11:00 AM-12:00 PM
\$112/7 sess [462259](#)

Tai Chi - 48 Form Part 3

Instructor: Kelly Maclean
Su Jul 9-Aug 27 10:00 AM-11:00 AM
\$112/7 sess [462258](#)

Tai Chi - Sun Style Part 2

Instructor: Kelly Maclean
Th Jul 6-Aug 24 6:00 PM-7:00 PM
\$128/8 sess [462255](#)

Tai Chi for Beginners

Instructor: Kelly Maclean
Th Jul 6-Aug 24 7:05 PM-8:05 PM
\$128/8 sess [462256](#)

Pilates

Mat Pilates

Instructor: Vienna Luke
Tu Jul 4-Jul 25 6:30 PM-7:30 PM
\$41.25/3 sess [462039](#)
Tu Aug 1-Aug 15 6:30 PM-7:30 PM
\$41.25/3 sess [462040](#)

Pilates Plus

Instructor: Alannah Lori
W Jul 19-Aug 23 7:00 PM-8:00 PM
\$81/6 sess [461674](#)

Prenatal Yoga

Prenatal Yoga with Brenlie

Instructor: Brenlie Nagy
W Jul 5-Jul 26 6:00 PM-7:00 PM
\$72/4 sess [462264](#)

Yoga

Baby & Me Yoga with Brenlie

Instructor: Brenlie Nagy
W Jul 5-Jul 26 12:30 PM-1:30 PM
\$72/4 sess [462263](#)

Creative Yoga

Instructor: Natalia Nimetz
Tu Jul 11-Aug 22 4:45 PM-6:15 PM
\$98/7 sess [461684](#)

Gentle Yoga

Instructor: Natalia Nimetz
F Jul 7-Aug 25 10:30 AM-12:00 PM
\$112/8 sess [461686](#)

Hatha Flow Yoga

Instructor: Nadine Agosti
Tu Jul 11-Aug 22 8:00 PM-9:00 PM
\$112 / 7 sess [463578](#)

Hatha+Yin Yoga with Pamela

Instructor: Pamela Ferman
M Jul 10-Aug 14 6:00 PM-7:15 PM
\$80/5 sess [461624](#)

Iyengar Yoga with Linda

Instructor: Linda Shevloff
W Jul 12-Aug 16 10:45 AM-12:15 PM
\$150/6 sess [461693](#)

Iyengar Yoga with Luci

Instructor: Luci Yamamoto
Su Jul 9-Aug 27 9:00 AM-10:30 AM
\$200/8 sess [461699](#)
Th Jul 13-Aug 24 10:30 AM-12:00 PM
\$175/7 sess [461698](#)

Restorative Yin Yoga Workshop

Instructor: Pamela Ferman
Sa Jul 15-Jul 15 9:30 AM-11:30 AM
\$35/1 sess [462631](#)
Sa Aug 12-Aug 12 9:30 AM-11:30 AM
\$35/1 sess [462632](#)

Yoga for Older Adults

Instructor: Nadine Agosti
M Jul 10-Aug 21 11:30 AM-12:30 PM
\$90/6 sess [461558](#)

Yoga4Stiff Guys - All Levels

Instructor: Yoga4Stiff People
M Jul 10-Jul 31 5:30 PM-6:30 PM
\$56/4 sess [462261](#)



Sports - Drop-In

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 8:15AM on game day (8:30AM on Sat/Sun) – 604.257.6976

Badminton - All Levels

Instructor: No Instructor

W Jul 5-Jul 26 8:00 PM-10:00 PM
\$20/4 sess [461651](#)
W Aug 2-Aug 23 8:00 PM-10:00 PM
\$20/4 sess [461652](#)

Basketball - Recreational

M Jul 10-Jul 24 8:00 PM-10:00 PM
\$15/3 sess [461653](#)
M Aug 14-Aug 21 8:00 PM-10:00 PM
\$10/2 sess [461654](#)

Soccer - Masters

Tu Jul 4-Jul 25 6:00 PM-7:45 PM
\$17.6/4 sess [461659](#)
Tu Aug 1-Aug 22 6:00 PM-7:45 PM
\$17.6/4 sess [461660](#)

Volleyball - Recreational

Tu Jul 4-Jul 25 8:00 PM-10:00 PM
\$20/4 sess [461661](#)
Tu Aug 1-Aug 22 8:00 PM-10:00 PM
\$20/4 sess [461662](#)

Pickleball - All Levels

M Jul 10-Jul 31 11:45 AM-12:45 PM
\$10/4 sess [461655](#)
M Aug 14-Aug 21 11:45 AM-12:45 PM
\$5/2 sess [461656](#)
Th Jul 6-Jul 27 8:00 PM-10:00 PM
\$20/4 sess [461657](#)
Th Aug 3-Aug 24 8:00 PM-10:00 PM
\$20/4 sess [461658](#)

Tu Jul 4 12:45 PM-2:45 PM [462372](#)
Th Jul 6 12:45 PM-2:45 PM [462376](#)
Tu Jul 25 12:45 PM-2:45 PM [462374](#)
Th Jul 27 12:45 PM-2:45 PM [462377](#)
Tu Aug 8 12:45 PM-2:45 PM [462375](#)
Th Aug 10 12:45 PM-2:45 PM [462378](#)
\$5.00/ 1 sess

Health & Fitness

BeMoved

Instructor: Anita Siu

W Jul 12-Aug 16 1:00 PM-2:00 PM
\$84/6 sess [462385](#)

CALLANETICS

Instructor: Linda Shedden

M Jul 10-Aug 21 7:45 PM-8:45 PM
\$97.14/6 sess [461692](#)

Kitsilano MS Support Group

Instructor: Daina Balodis

F Jul 7-Aug 25 1:00 PM-3:00 PM
Free/8 sess [461563](#)

ZUMBA®

Instructor: Zumba Vancouver

W Jul 5-Jul 26 6:45 PM-7:45 PM
\$55/4 sess [461695](#)

ZUMBA® Gold - Beginners &

Seniors

Instructor: Zumba Vancouver

Tu Jul 4-Jul 25 1:30 PM-2:30 PM
\$55/4 sess [461696](#)
Th Jul 6-Jul 27 1:00 PM-2:00 PM
\$55/4 sess [461697](#)

Group Power®

Instructor: Ella Wong

M Jul 10-Aug 21 8:00 AM-9:00 AM

Instructor: Jennifer Wick

W Jul 5-Aug 23 9:15 AM-10:15 AM

Instructor: Karen Di Venanzo

F Jul 7-Aug 25 8:00 AM-9:00 AM

Drop in: \$5.71/ class

Group Power 10 Visit Pass: \$55

Sports - Instructional

Pickleball: Play with the Coach!

Instructor: Mona Lee

Tu Jul 11-Aug 15 11:15 AM-12:45 PM
\$150/6 sess [462361](#)

Outdoor Tennis: Adult

Instructor: Summer Smash Tennis

Outdoor Tennis: Tennis + Pickle FIT

Tatlow

MW Jul 5-Jul 12 1:00 PM-2:00 PM
\$90/3 sess [452111](#)
MW Jul 17-Jul 26 1:00 PM-2:00 PM
\$120/4 sess [452113](#)
MW Jul 31-Aug 9 1:00 PM-2:00 PM
\$90/3 sess [452114](#)
MW Aug 14-Aug 23 1:00 PM-2:00 PM
\$120/4 sess [452119](#)

Outdoor Tennis: Adult

Instructor: Summer Smash Tennis

Outdoor Tennis: Adult Beginner Tatlow

MW Jul 5-Jul 12 7:30 AM-8:45 AM
\$112.5/3 sess [452093](#)
MW Jul 17-Jul 26 7:30 AM-8:45 AM
\$150/4 sess [452096](#)
MW Aug 14-Aug 23 7:30 AM-8:45 AM
\$150/4 sess [452098](#)

McBride

Tu Th Jul 4-Jul 13 5:15 PM-6:15 PM
\$180/4 sess [452057](#)
Tu Th Aug 1-Aug 10 5:15 PM-6:45 PM
\$180/4 sess [452058](#)

Outdoor Tennis: Adult Beginner Accelerated

McBride

M-F Jul 31-Aug 4 2:15 PM-4:15 PM
\$280/5 sess [452050](#)
Tu-F Aug 8-Aug 11 2:15 PM-4:15 PM
\$224/4 sess [452053](#)
M-F Aug 14-Aug 18 2:15 PM-4:15 PM
\$280/5 sess [452054](#)
M-F Aug 21-Aug 25 2:15 PM-4:15 PM
\$280/5 sess [452055](#)

Outdoor Tennis: Adult Beginner Plus+ (2.0)

McBride

Tu Th Jul 18-Jul 27 5:15 PM-6:45 PM
\$180/4 sess [452063](#)
Tu Th Aug 15-Aug 24 5:15 PM-6:45 PM
\$180/4 sess [452064](#)

Outdoor Tennis: Adult Intermediate (2.5-3.0)

Tatlow

MW Jul 5-Jul 12 8:45 AM-10:15 AM
\$148.5/3 sess [452106](#)
MW Jul 17-Jul 26 8:45 AM-10:15 AM
\$198/4 sess [452108](#)
MW Aug 14-Aug 23 8:45 AM-10:15 AM
\$198/4 sess [452110](#)

Outdoor Tennis: Adult Intermediate Clinic (3.0-4.0)

Tatlow

MW Jul 5-Jul 12 2:00 PM-3:15 PM
\$123.75/3 sess [452125](#)
MW Jul 17-Jul 26 2:00 PM-3:15 PM
\$165/4 sess [452126](#)
MW Jul 31-Aug 9 2:00 PM-3:15 PM
\$123.75/3 sess [452127](#)
MW Aug 14-Aug 23 2:00 PM-3:15 PM
\$165/4 sess [452128](#)



Group Fitness Class Schedule

July 4 – August 27, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Interval 9:00-10:00 AM Bita No class Aug 7	Classic Stretch 9:00-10:00 AM Caroline	Cardio Combo 9:00-10:00 AM Ferial	Step Plus 8:30-9:30 AM Richard	Step Interval 9:00-10:00 AM Rilla	Step Interval 8:45-10:00 AM Suzanne	Core & Balance 9:00-10:00 AM Ferial
Gentle Fit 10:15-11:15 AM Audrey No class Aug 7		Gentle Fit 10:15-11:15 AM Audrey		Classic Stretch 9:15-10:15 AM Sharon	Classic Stretch 9:15-10:15 AM Alannah	
		Strength & Core 5:30-6:30 PM Andrew	Total Body Conditioning 5:30-6:30 PM Bita		Please note the following: Schedule and fees are subject to change (i.e. cancellation due to instructor illness, insufficient attendance) *Classes are not scheduled on Stat Holidays, Jul 3, Aug 7	

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.
	Total Body Conditioning (TBC)	Come and join this class to build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss. All levels are welcome.
	Step Interval	Low-impact step cardio with strength training intervals followed by core work and a relaxing stretch.
	Step Plus	Challenging step aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight. Approximately 30 minutes of cardio.
	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.

Fees - FitCard allows unlimited number of classes on schedule above

Prices do not include tax. Fees are subject to change.	Drop-in	10-visit Pass	1-month Fit Card	2 months Fit Card	3 months Fit Card	6 months Fit Card	12 months Fit Card
Adult (19-64 yrs)	\$5.71	\$50.28	\$45.05	\$80.66	\$112.09	\$211.62	\$368.76
Senior (65+ yrs)	\$4.28	\$37.71	\$33.79	\$60.50	\$84.07	\$158.72	\$276.57



Fitness Centre

Hours of Operation

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 - 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.

① Minimum age

You need to be 13 years and older to use a fitness centre operated by the Park Board.

Admission Fees

Type	Single drop-in	10-visit pass fee
Adult (19-64 years)	\$6.99	\$61.51
Youth (13-18 years)	\$4.89	\$43.06
Senior (65+ years)	\$4.89	\$43.06

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

Monthly Pass Fees

Type	1 mth	3 mth	12 mth
Adult (19-64 yrs)	\$53.83	\$145.34	\$465.09
Youth (13-18 yrs)	\$37.68	\$101.74	\$325.56
Senior (65+ yrs)	\$37.68	\$101.74	\$325.56

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

① Some passes are not accepted at Kerrisdale, Killarney and Sunset Fitness Centres as they are operated by the CCA.

Leisure Access Program

Patrons enrolled in the Leisure Access Program may receive 50% discount on single drop-in and monthly pass fees. More information: <https://vancouver.ca/parks-recreation-culture/leisure-access-card.aspx>

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.

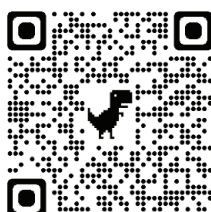
Personal Training

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!

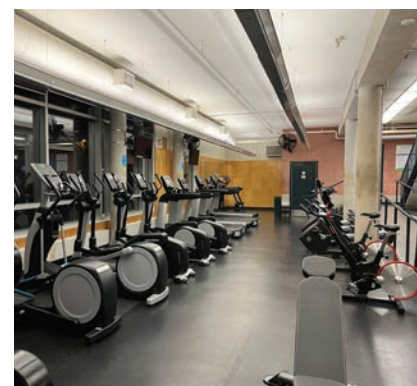
Personal Training Fees

Sessions	Private	Semi-private	Small Group
1	\$58.17	\$87.23	\$122.36
3	\$161.20	\$241.84	\$327.72
5	\$259.27	\$399.26	\$480.67
10	\$465.43	\$741.49	\$873.93

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



Scan the QR code for more information regarding personal training.



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



Casual Room Use

Kitsilano Community Centre allows casual room use for those who have a current Kitsilano membership and have completed the Casual Room Use Agreement. While our priority is to registered programs, if a room is not being used, then a member is welcome to use it under the following provisions:

- Rooms are available on a first come/first serve basis only, the day of and cannot be reserved in advance.
- Room use is for a maximum of 2 hours per day, with a maximum capacity of 3 users
- Users must be 13+ years of age. Anyone under this age must be accompanied by an adult.
- Casual room use is provided for free only for category one low risk activities
- There is to be no monetary exchange or financial gain to the individual or group.

For our full Casual Room usage policy, speak with the front desk or call **604-257-6976**.

Room Rentals

We have several rooms available to rent for meetings, parties and personal special events.

Contact **604-257-8607** or kcca.vancouver@gmail.com if you have any inquiries.

Snowy's Lounge 1824 sq. ft. (57 ft. x 32 ft.) 100 people \$50/hr	Lobby Room 896 sq. ft. (32 ft x 28 ft) 50 people \$50/hr	Dance Studio 792 sq. ft. (36 ft x 22 ft) 50 people \$50/hr	Gymnasium 4950 sq. ft. (90 ft x 55 ft) 400 people \$50/hr
Multi-Purpose 1156 sq. ft. (34 ft x 34 ft) 40 people \$40/hr	Board Room 308 sq. ft. (22 ft x 14 ft) 18 people \$20/hr	Meeting Room 210 sq. ft. (15 ft x 14 ft) 10 people \$20/hr	Maddie's Lounge 308 sq. ft. (22 ft x 14 ft) 12 people \$20/hr
Additional staffing, audiovisual usage or music licensing fees may apply. All sport rentals require insurance. Information is subject to change with any Health Orders.			



Gymnasium



Dance Studio



Lobby Room



Snowy's Lounge



**KITSILANO
COMMUNITY
CENTRE**

Location: 2690 Larch St.
Phone: 604.257.6976
Website: kitscc.com
IG/Twitter: @kitsilanocc



**KITSILANO
COMMUNITY CENTRE**

MUSIC IN THE PARK

**SAT JULY 15, 2023
11AM - 3PM**

**KITSILANO
COMMUNITY CENTRE
2690 LARCH STREET**

**FEATURING LIVE MUSIC AND
DANCE PERFORMANCES**

**CARNIVAL
GAMES +
MINI GOLF**

**\$3 HOT
DOG +
DRINK**

**FACE-
PAINTING...
AND MORE!**

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