



View all Programs
and Register Online



Fall 2026 Mount Pleasant Recreation Guide

Adult Programs • 15-17	Licensed Child Care • 5-6	Older Adult Programs • 18-19
Adult Sports • 16	Birthday Parties • 10	Preschool Programs • 8-9
Children's Programs • 10-11	Room Rentals • 22	Pre-Teen & Youth • 12-13
Events • 7	Fitness Centre • 23	
Library • 24	Older Adult Events • 19	

REGISTRATION BEGINS

Thursday, August 13 at 7:00pm



online



by phone



in-person

mountpleasantcc.ca

604.257.3080

Photo: Artwork by Christine Mackenzie
Orange shirts available for sale at the Front Desk
while supplies last



Jointly operated by the Mount Pleasant Community Centre Association and the Vancouver Board of Parks & Recreation



Welcome to Mount Pleasant Community Centre!

The Mount Pleasant Community Centre is situated on the tradition, ancestral, and unceded territories of the xʷməθkʷəjəm (Musqueam Indian Band), Skwx̱ wú7mesh (Squamish) and səliłwətał (Tsleil Waututh) Nations.

It is a privilege to be a guest on these lands and we are dedicated to serving our Mount Pleasant Community. We want to express our gratitude to these Nations for the care, wisdoms, culture, and traditions that have been passed down for generations and part of caring for this land since time. For thousands of years the now Mount Pleasant ecosystem has been a rich resource to the First Nations people of the area. Creeks drained the forest just north of False Creek and what is now Kingsway was a frequently travel route well before it was colonized as a road connecting Vancouver and its various neighbouring cities.

To celebrate and acknowledge the Indigenous history of the area the Mount Pleasant community collaborated through a neighbourhood matching fund to commission 3 works. *Coast Salish design elements* by Cory Douglas, *Coast Salish Eagle Spindlewhorl* by Chrystal Sparrow, and *A Salish Sun* by Jordan Gallie can be viewed in our lobby. We welcome our community to join us in our reflection, learning and allyship.

Everyone spanning the sexuality and gender spectrums is welcome here. We strive to make all community members feel safe, included, and celebrated.

If you experience any barriers registering for programs related to the gender listed on your activenet account please connect with our front desk in person, over the phone 604.257.3080 or by email at MtPleasant.CommunityCentre@vancouver.ca.



Mount Pleasant Community Centre is located at 1 Kingsway in Vancouver. Both main entrances, one on Kingsway and one on East 8th Avenue have power doors. Elevator access to all levels is available from the street level and from the parking lot located below the centre. Our Gymnasium, Art room, Dance Studio, and Games room are located on the street level and the Multipurpose room 2, Multipurpose room 3, Meeting room 2, Commercial Kitchen, and fitness centre are located on the 2nd level. Three Corners Childcare is located on the 3rd level. Elevator access to the fitness centre is available by request through the front office. Two universal washrooms are available and all binary facilities welcome gender diverse people. If you experience any barriers accessing our building or programs please connect with our front desk in person, over the phone 604-257-3080 or email MtPleasant.CommunityCentre@vancouver.ca for assistance.



Contact Us

T 604.257.3080
F 604.257.3081

Operating Hours

Monday-Friday
6:00am–10:00pm
Saturday
8:00am–6:00pm

Sunday & Holidays
9:00am–6:00pm
Dec 24 & Dec 31
6:00am–6:00pm

Registration

Begins Thursday, August 13
See next page.

How to Register

Beginning
Thursday, August 13



Register Online @

www.vanrec.ca

Starting at 7:00 PM

See sidebar for registration procedure.



In-Person

Starting at 7:00 PM

We accept cash, Debit, Visa, Amex, and Mastercard.
(1 Kingsway, Vancouver)



Phone 604.257.3080

Starting at 7:00 PM

We accept Visa, Mastercard and Amex.

Adult and Senior programs include 5% GST

1. Registration is first-come, first-served.
2. Some programs fill up fast! Don't delay!
3. Programs may be cancelled due to insufficient registration.
4. Programs are subject to change or cancellation without notice.
5. Dates listed may not be consecutive and exceptions may apply. Check online and your receipt notes for full details.

Refund Policy

Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. No refunds will be given for individual missed classes.

To receive a full refund you must withdraw in-person or by phone 24hrs in advance of the first class of the program. To receive a pro-rated refund you must withdraw in-person or by phone 48 hours prior to the second class of the program.

Special events, one day workshops, out trips, specialty camps, and outdoor programs require a minimum of 7 days notice for a refund and must be requested in-person or by phone.

A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice.

There is an administrative charge of \$3 for all refund requests. Please contact us at 604.257.3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

Licensed Day Camp Refund Policy

Summer Camp Weeks	Deadline to withdraw
Week 1-5	Thursday, June 3, by 9pm
Week 6-10	Thursday, July 1, by 9pm
See page 10 for more information.	

Membership

Program registrants automatically become voting members of the MPCCA (for one year from registration date). Not a program participant, but want to get involved with the MPCCA and your community? Register as a MPCCA member for free! See page 4 for MPCCA info.

Privacy Policy

In the course of providing programs and activities, the Mount Pleasant Community Centre Association collects personal information from our members and other individuals who participate in classes, workshops, special events or other facility uses. This information may be used for the provision of services, communication, processing payments or statistical purposes. We do not release this information to other persons, companies or agencies. We respect the importance of protecting the personal information that we collect. For more information on this subject, please contact the front desk.



Online Registration

The benefits of registering online at www.vanrec.ca

- No line ups
- 24 hour a day access
- Obtain your personal record
- Quick access to programs and activities

Step 1: Visit www.vanrec.ca

Step 2: Click on Recreation Programs

Step 3: Activate your account. Allow 48 hours for set-up! Please call our office if you are having difficulty setting up your account or if you have forgotten your login name or password.



Our facility is fully wheelchair accessible.

Leisure Access Program (LAP)

The Leisure Access Program (LAP) is for Vancouver residents whose limited income may prevent them from participating in basic Park Board programs and services. Benefits include 50% discount at fitness centres, free admission to public swimming and ice skating, and more. Please call 311, or visit www.vancouverparks.ca for more information.

Financial Assistance

Leisure Access Program (LAP) holders may receive a 50% discount on most programs. Non-LAP holders who require a discount or LAP holders requiring further discount, may submit an application. Youth (16–18yrs) may receive a 25% discount on adult programs. Seniors 60 and over may receive a 28% discount on adult programs.

* Dates listed may not be consecutive and exceptions may apply. Check online and your receipt notes for full details.

Mount Pleasant Community Centre Association (MPCCA)

Mission Statement

The Mount Pleasant Community Centre Association is committed to fostering a vibrant, inclusive, and caring environment where everyone belongs and thrives. We promote holistic health and well-being through accessible programs, compassionate support, and meaningful connections. In the spirit of Truth and Reconciliation, we honour the rights, knowledge, and leadership of Indigenous peoples, and we work to advance that awareness, understanding, and capacity within our community. We strive to build a resilient neighbourhood where diversity is celebrated, care is shared, and every individual is empowered to live a healthy, fulfilling life.

We actively pursue partnerships with organizations that complement our core programs and services, enabling us to reduce barriers to access and address service gaps in highly specialized areas. These collaborations help us expand our reach, provide specialized and affordable programs and services, and improve community outcomes. By aligning with mission-driven partners, we enhance our ability to meet evolving needs and support community resilience.

Vision Statement

A thriving Mount Pleasant where health, connection, and community care are at the heart of everyday life — and where everyone, of every age and background, is included, supported, and recognized. We envision a future grounded in reconciliation, where all human rights are upheld, and where collective wellness is achieved through shared responsibility and respect.

Mount Pleasant Community Centre Association Board of Directors

President	Rod Hashimoto
Vice President/Past President	Anita Romaniuk
Treasurer	Ari Metzger
Secretary	Shelley Mills
Directors	Jim Bennet, May Chow, Margery Duda, Eugene Ang, Helen Vanwell, Krista Kelloway, Jean Beale, Deborah Bender

Mount Pleasant Community Centre Staff

Recreation Facility Clerk	Henry Williams Jr.	604.257.3067
Recreation Supervisor	Lorelei Lauten	604.257.3070
Recreation Programmer	Nelle Lee	604.257.3072
Recreation Programmer I	Ny Lath	604.257.3075
Fitness Programmer	Kin Dang	604.654.0771
Community Youth Worker	Josephine Yao	604.257.3069
Our House Manager	Kelly Bodkin	604.707.0311
Child Care Administrator	Israt Jahan	604.257.3061 ext 2
3 Corners Manager	Carman Cheung	604.257.3061 ext 3
Licensed Child Care Director	Rebecca Hachey	604.257.3061 ext 1

Preliminary Results of the Petition to Fund Mount Pleasant Outdoor Pool Now Submitted to Park Board and City Council

ONLINE PETITION STILL AVAILABLE TO SIGN!

The Mount Pleasant Pool Committee submitted the preliminary results of this new online petition, plus the paper petition that was circulated for in-person signers at events last year, to the Vancouver Park Board and City Council on January 16, 2023. There were more than 1,440 unique signers at that time (some people signed twice but were recorded only once). Please note that this petition remains open and continues to attract support (45 additional signatures as of February 25), so we are continuing to collect signatures and we will submit an updated list to Park Board and City Council later this year.

We thank each and every one of you who have signed the new petition and shared it with your family and friends! Please continue to circulate it, but do not sign it more than once, either online or in person! We are determined that Mount Pleasant and surrounding neighbourhoods will once again have an outdoor pool to swim in. The replacement of Mount Pleasant Pool is an Aquatic Strategy priority that is not yet fully funded.

www.parkboardmeetings.vancouver.ca/2019/20191028/DECISION-VanSplash-VancouverAquaticsStrategyReportBack-20191028.pdf





Mount Pleasant Community Centre Association

Licensed Child Care

Our Childcare Philosophy

MPCCA childcare programs follow an **emergent, play-based, inclusive curriculum** guided by the **BC Early Learning Framework (BC ELF)**. We strive to create inclusive, respectful and responsive environments where children learn through exploration, curiosity, relationships, and meaningful experiences.

\$10 a Day Childcare

MPCCA childcare programs participate in the Province of BC's **\$10 a Day Childcare BC Program** (contract effective until July 2027), making childcare more affordable for families.

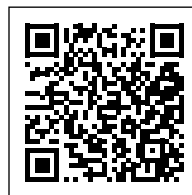
Funding

Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and to receive an estimate of your funding, go to www.myfamilyservices.gov.bc.ca/s/estimator. MPCCA has a child care Bursary fund which can be offered towards fees, and 1-1 support. Please email Israt.jahan@vancouver.ca for more details and forms.

Learn More about our Programs and SUBSCRIBE:

For complete program details, current fees, registration dates, facility photos, and available spaces, please visit www.mountpleasantcc.ca

Scan our QR codes or visit our website to stay informed about new openings, registration opportunities, and upcoming programs.



3 Corners Daycare

Located in the Mount Pleasant Community Centre at 1 Kingsway, Vancouver

Contact: Carman.Cheung@vancouver.ca

Ages 3 Months–5 Years

Our daycare program provides children with opportunities to develop social-emotional skills, self-help and independence, explore materials, nature and the local community.

Programs offered for:

- Infant/Toddler Care (0–36 months)
- Preschool Age Care (3–5 years)
- Hours: 7:30am–6:00pm

Fee: \$200/month

Registration/Waitlist

3 Corners does not maintain an ongoing waitlist. Spaces are posted on our website as they become available and families are selected through lottery draw.

For more information, please visit

<https://mountpleasantcc.ca/3-corners-child-care-centre/>



Inclusion Policy

MPCCA values diversity and is committed to providing inclusive, respectful environments where every child and family feels welcomed, represented and supported.

We collaborate with community partners, including BC Centre for Ability, Pace and health practitioners to support children with diverse needs.

Child Care Funding & Financial Support

Families may qualify for:

Affordable Child Care Benefit (ACCB)

- ACCB Funding estimator: myfamilyservices.gov.bc.ca/s/estimator

MPCCA Child Care Bursary Program

- For bursary information: Israt.jahan@vancouver.ca

Our House Childcare Centre

Located 123 West 16th Ave, Vancouver

Contact: Kelly.bodkin@vancouver.ca



Preschool

Ages 2–4 yrs

Our preschool programs provide children with opportunities to:

- Build social skills
- Develop independence
- Strengthen kindergarten readiness
- Explore nature and their community
- Learn through play in an emergent and inclusive environment

Programs are available for:

- 2-4 years old
- Parent Participation Classes
- 3- and 6-Hour Preschool Programs



For schedules, fees, and registration information, please visit:

<https://mountpleasantcc.ca/licensed-preschool/>



Out of School Care

Kindergarten to Grade 7 (ages 5-12 yrs)

Our House OSC program provides care to children attending Simon Fraser Elementary School. We provide year-round care for children aged 5-12 years old. We offer care before/after school on non-instructional days during the school year. In addition, we offer optional weekly daycamps during Winter, Spring and Summer when school is not in session. Programs include:

- Before School Care
- After School Care
- Care on Non-Instructional ProD Days

Registration/Waitlist

- Kindergarten waitlist opens each spring online
- Grades 1–7 waitlist is by email to Kelly.bodkin@vancouver.ca

For schedules, fees, and registration information, please visit:

www.mountpleasantcc.ca/out-of-school-care/



Our House Seasonal Daycamps

Winter, Spring & Summer • Kindergarten to Grade 7 (ages 5-12 yrs)

- Daily themes & activities, special guests and outdoor play and exploration.
- 2–3 Field Trips per week to amazing locations in the lower mainland
- Opportunities to build friendships and confidence, leadership and independence.

Children are registered by week during the camp seasons. See website for registration dates, fees and information.

For schedules, fees, and registration information, please visit:

<https://mountpleasantcc.ca/licensed-daycamps/>



Inclusion Policy

Vision: Every child and family is unique and should have access to an inclusive and respectful child care experience.

Policy: MPCCA child care programs embrace diversity and celebrate environments of acceptance, respect, understanding and inclusion. We commit to learn, understand and appreciate each person's unique attributes, abilities and cultural history to ensure that each child is recognized, reflected and valued in our programs. Our educators support the unique abilities of each child to ensure they reach their highest potential.

MPCCA works with BC Centre for Ability and other community partners to enhance our ability to support children of all abilities through training and consultation.

Calendar *Fall Upcoming Events*

Mount Pleasant Dog Day (All Ages)

**19
SEP**

Instructor: No Instructor

Join us for a DOG DAY of fun for the whole family! Help your Mount Pleasant Community advocate for responsible dog ownership and safe spaces for our pups.

Sep 19 Sa 10:00 AM-2:00 PM
637947 FREE/1 sess



Thanksgiving Day Celebration (50+ yrs)

**12
OCT**

Come join our Thanksgiving Day Celebration. We will be featuring Ballroom dance, line dancing, Mah Jong, special delicious lunch and door prizes! Please register in advance as this event will fill up very quickly! Last day to withdraw/refund from the event is Oct 5, 2026.

Oct 12 Sa 11:30 AM-3:30 PM
624656 \$20.00/1 sess

A Big Boo Bash (0-6 yrs)

**31
OCT**

Calling all Ghosts and Goblins to join us for a scary good time. Halloween themed activities and crafts. Come dressed up in your costume! Please registered for one of the time slots. Inflatable certified by Technical Safety BC License Number: LAM0107376

Oct 31 Sa 10:00 AM-11:00 AM
621913 \$5.00/1 sess
Oct 31 Sa 11:00 AM-12:00 PM
621914 \$5.00/1 sess



Annual General Meeting

**24
NOV**

Mount Pleasant Community Centre

Are you interested in getting involved in your community? The Mount Pleasant Board of Directors is looking for community-minded volunteers. For further information please email boardadmin@mountpleasantcc.ca

Tuesday November 24, 2026 • 7:00pm-8:30pm
1 Kingsway, Vancouver BC
604.257.3080 • www.mountpleasantcc.ca

Breakfast with Santa (All Ages)

**5
DEC**

Enjoy a pancake breakfast, parent & tot gym, arts and crafts and more. Three seatings, each 45 mins: 9:30am; 10:30am; and 11:30am. Registration is required!

Children up to 4 yrs are free but need to be registered. \$8.00 for Adult (16yrs+), \$6.00 for Children (5-15yrs) for all 3 seating Inflatable certified by Technical Safety BC License Number: LAM0107376

Dec 05 Sa 9:30 AM-10:15 AM
623081 \$7.50/1 sess
Dec 05 Sa 10:30 AM-11:15 AM
623082 \$7.50/1 sess
Dec 05 Sa 11:30 AM-12:15 PM
623083 \$7.50/1 sess

Christmas Lunch for Seniors (50+ yrs)

**12
DEC**

Menu: Roast turkey with special homemade gravy comes with mashed potatoes. Dessert: Fruit pie. Please register in advance as this event will fill up very quickly!

Dec 12 Sa 1:00 PM-4:30 PM
624612 \$20.00/1 sess



* Dates listed may not be consecutive and exceptions may apply.
Check online and your receipt notes for full details.

Mount Pleasant Community Centre | www.mountpleasantcc.ca

Social

Parent and Tot Gym

(0-6 yrs)

Instructor: TBA Instructor

Sep 08 - Jan 02 Tu Th F Sa 10:00 AM-12:00 PM
623222 Drop-in \$3/child or \$5/family

Art, Culture & Environment

Music with Marnie Toddlers

(18 months-3 yrs)

Instructor: Marnie Grey

Sep 14 - Oct 26 M 9:30 AM-10:15 AM
625297 \$120.00/6 sess
Nov 02 - Dec 14 M 9:30 AM-10:15 AM
625304 \$120.00/6 sess

Music with Marnie BeTweenies

(12 months-20 months)

Instructor: Marnie Grey

Sep 14 - Oct 26 M 10:30 AM-11:05 AM
625296 \$114.00/6 sess
Nov 02 - Dec 14 M 10:30 AM-11:05 AM
625303 \$114.00/6 sess

Music with Marnie • Babies

(2 months-18 months)

Instructor: Marnie Grey

Sep 14 - Oct 26 M 11:30 AM-12:00 PM
625293 \$111.00/6 sess
Nov 02 - Dec 14 M 11:30 AM-12:00 PM
625300 \$111.00/6 sess

Music with Marnie All Ages/Siblings

(12 months-5 yrs)

Instructor: Marnie Grey

Sep 16 - Oct 28 W 10:00 AM-10:45 AM
625292 \$100.00/5 sess
Nov 04 - Dec 16 W 10:00 AM-10:45 AM
625299 \$120.00/6 sess

Music with Marnie • Babies

(2 months-18 months)

Instructor: Marnie Grey

Sep 16 - Oct 28 W 11:30 AM-12:00 PM
625294 \$92.50/5 sess
Nov 04 - Dec 16 W 11:30 AM-12:00 PM
625301 \$111.00/6 sess

Wee Expressions

(0-4 yrs)

Instructor: Musical Expressions

Sep 18 - Oct 30 F 10:00 AM-10:45 AM
628013 \$121.25/7 sess
Nov 06 - Dec 18 F 10:00 AM-10:45 AM
628014 \$121.25/7 sess

Uke & Me (Parent & Tot)

(3-5 yrs)

Instructor: Musical Expressions

Sep 18 - Oct 30 F 11:00 AM-11:45 AM
628015 \$113.75/7 sess
Nov 06 - Dec 18 F 11:00 AM-11:45 AM
628017 \$113.75/7 sess

Drawing and Painting with Golnaz

(3-5 yrs)

Instructor: Golnaz Kiany

Sep 17 - Oct 29 Th 10:00 AM-11:00 AM
626203 \$112.00/7 sess
Nov 05 - Dec 17 Th 10:00 AM-11:00 AM
626204 \$112.00/7 sess

Air-Dry Clay & Creative Play with Golnaz

(3-6 yrs)

Instructor: Golnaz Kiany

Sep 17 - Oct 29 Th 11:00 AM-12:00 PM
626208 \$112.00/7 sess
Nov 05 - Dec 17 Th 11:00 AM-12:00 PM
626209 \$112.00/7 sess

Art and Music with Sun Rey

(1.5-3 yrs)

Instructor: Sun Rey Han

Sep 19 - Nov 21 Sa 10:00 AM-10:45 AM
626629 \$160.00/8 sess

Art is Fun with Sun Rey

(3-5 yrs)

Instructor: Sun Rey Han

Sep 19 - Nov 21 Sa 11:00 AM-11:45 AM
626630 \$172.00/8 sess

Mini Ballet

(3-4 yrs)

Instructor: Vancouver Performing Stars

Sep 19 - Dec 05 Sa 9:15 AM-10:00 AM
625972 \$181.50/11 sess

Dance With Me (with Adult)

(1-3 yrs)

Instructor: Vancouver Performing Stars

Sep 19 - Dec 05 Sa 10:00 AM-10:45 AM
625970 \$181.50/11 sess

Mini Hip Hop

(3-4 yrs)

Instructor: Vancouver Performing Stars

Sep 19 - Dec 05 Sa 10:45 AM-11:30 AM
625973 \$181.50/11 sess

Creative Ballet

(3-5 yrs)

Instructor: Endorphin Rush Dance

Sep 13 - Oct 25 Su 9:15 AM-10:00 AM
625977 \$98.00/7 sess
Nov 01 - Dec 13 Su 9:15 AM-10:00 AM
625984 \$98.00/7 sess

Creative Ballet

(4-6 yrs)

Instructor: Endorphin Rush Dance

Sep 13 - Oct 25 Su 10:05 AM-10:50 AM
625979 \$98.00/7 sess
Nov 01 - Dec 13 Su 10:05 AM-10:50 AM
625986 \$98.00/7 sess

Creative Ballet

(4-6 yrs)

Instructor: Endorphin Rush Dance

Sep 13 - Oct 25 Su 11:45 AM-12:30 PM
625980 \$98.00/7 sess
Nov 01 - Dec 13 Su 11:45 AM-12:30 PM
625987 \$98.00/7 sess

My First Dance Class

(2-4 yrs)

Instructor: Endorphin Rush Dance

Sep 17 - Oct 29 Th 9:30 AM-10:15 AM
625983 \$98.00/7 sess
Nov 05 - Dec 17 Th 9:30 AM-10:15 AM
625990 \$98.00/7 sess

Arts, Culture & Environment

Creative Ballet

(3-5 yrs)

Instructor: Endorphin Rush Dance

Sep 17 - Oct 29	Th	10:20 AM-11:05 AM
625978		\$98.00/7 sess
Nov 05 - Dec 17	Th	10:20 AM-11:05 AM
625985		\$98.00/7 sess

Mini Hip Hop Breakers

(3-5 yrs)

Instructor: Endorphin Rush Dance

Sep 17 - Oct 29	Th	11:10 AM-11:55 AM
625982		\$98.00/7 sess
Nov 05 - Dec 17	Th	11:10 AM-11:55 AM
625989		\$98.00/7 sess

Birthday Parties

Birthday Party
Preschool 1

(0-5 yrs)

Instructor: Mount Pleasant
Birthday Party Leader

Sep 12 - Jan 09	Sa	12:30 PM-2:30 PM
625328-625343		\$340.00/1 sess

Birthday Party
Preschool 2

(0-5 yrs)

Instructor: Mount Pleasant
Birthday Party Leader

Sep 12 - Jan 09	Sa	3:30 PM-5:30 PM
625348-625363		\$340.00/1 sess

Day Camp

Frozen Ballet
Dance Camp 3-5yrs

(3-5 yrs)

Instructor: Endorphin Rush Dance

Dec 21 - Dec 24	M Tu W Th	9:15 AM-10:30 AM
627173		\$92.00/4 sess

Mini Hip Hop Dancers
Camp

(3-5 yrs)

Instructor: Endorphin Rush Dance

Dec 21 - Dec 24	M Tu W Th	10:45 AM-12:00 PM
627177		\$92.00/4 sess

Fitness & Health

Tiny Climbers

(4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

Sep 12 - Sep 26	Sa	9:30 AM-10:20 AM
626070		\$57.00/3 sess
Oct 24 - Nov 21	Sa	9:30 AM-10:20 AM
626169		\$76.00/4 sess
Nov 28 - Dec 19	Sa	9:30 AM-10:20 AM
626175		\$57.00/3 sess
Sep 12 - Sep 26	Sa	10:30 AM-11:20 AM
626071		\$57.00/3 sess
Oct 24 - Nov 21	Sa	10:30 AM-11:20 AM
626170		\$76.00/4 sess
Nov 28 - Dec 19	Sa	10:30 AM-11:20 AM
626176		\$57.00/3 sess
Sep 12 - Sep 26	Sa	11:30 AM-12:20 PM
626073		\$57.00/3 sess
Oct 24 - Nov 21	Sa	11:30 AM-12:20 PM
626171		\$76.00/4 sess
Nov 28 - Dec 19	Sa	11:30 AM-12:20 PM
626177		\$57.00/3 sess

Sports

High 5 Sports • Drop Off

(3-5 yrs)

Instructor: Hai Doan

Sep 16 - Oct 28	W	9:30 AM-10:30 AM
625995		\$120.00/6 sess
Nov 04 - Dec 09	W	9:30 AM-10:30 AM
625997		\$120.00/6 sess

High 5 Sports
Homeschool Program

(6-10 yrs)

Instructor: Hai Doan

Sep 16 - Oct 28	W	10:30 AM-11:30 AM
625996		\$120.00/6 sess
Nov 04 - Dec 09	W	10:30 AM-11:30 AM
625998		\$120.00/6 sess

Note to Parents

Preschoolers are encouraged to attend classes unaccompanied by an adult, however, for safety reasons parents/guardians must stay within the immediate area to address any instances where their assistance is warranted. This includes going to the bathroom, dealing with any behaviour issues, etc.

VAFC Grasshopper
Indoor Soccer U3/U4
Parent & Child

NEW (3-4 yrs)

Instructor: Vancouver Athletic
Football Club

Sep 14 - Oct 26	M	9:30 AM-10:15 AM
636005		\$75.00/6 sess
Nov 02 - Dec 14	M	9:30 AM-10:15 AM
636009		\$87.50/7 sess
Sep 14 - Oct 26	M	10:30 AM-11:15 AM
636007		\$75.00/6 sess
Nov 02 - Dec 14	M	10:30 AM-11:15 AM
636012		\$87.50/7 sess

Sportball Indoor Soccer

(3-5 yrs)

Instructor: Sportball Vancouver

Sep 09 - Oct 28	W	3:30 PM-4:30 PM
601588		\$129.00/7 sess
Nov 04 - Dec 16	W	3:30 PM-4:30 PM
601594		\$111.00/6 sess

Sportball Multisport

(3-5 yrs)

Instructor: Sportball Vancouver

Sep 13 - Oct 25	Su	11:00 AM-12:00 PM
626011		\$111.00/6 sess
Nov 01 - Dec 13	Su	11:00 AM-12:00 PM
626021		\$129.50/7 sess

Sportball Parent & Child
Multisport

(2-3 yrs)

Instructor: Sportball Vancouver

Sep 13 - Oct 25	Su	9:30 AM-10:15 AM
626012		\$111.00/6 sess
Nov 01 - Dec 13	Su	9:30 AM-10:15 AM
626022		\$129.50/7 sess

Sportball Parent & Child
Multisport

(2-3 yrs)

Instructor: Sportball Vancouver

Sep 13 - Oct 25	Su	10:15 AM-11:00 AM
626013		\$111.00/6 sess
Nov 01 - Dec 13	Su	10:15 AM-11:00 AM
626023		\$129.50/7 sess



Birthday Parties

Birthday Party Art Theme 1

(6-12 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Sep 13 - Dec 13 Su 12:30 PM-2:30 PM
625365-625379 \$255.00/1 sess

Birthday Party Art Theme 2

(6-12 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Sep 13 - Dec 13 Su 3:30 PM-5:30 PM
625381-625397 \$255.00/1 sess

Birthday Party • Climbing

(6-12 yrs)

Instructor: Mount Pleasant Climbing Staff

Sep 12 - Dec 19 Sa 2:00 PM-3:15 PM
626178-626196 \$190.00/2 sess

Birthday Party • Soap or Lip Gloss Making with Lily

(6-12 yrs)

Instructor: Lily Sum

Sep 06	Sa	3:30 PM-5:30 PM
636454		\$360.00/1 sess
Oct 04	Sa	3:30 PM-5:30 PM
636548		\$360.00/1 sess
Oct 18	Sa	3:30 PM-5:30 PM
636549		\$360.00/1 sess
Nov 01	Sa	3:30 PM-5:30 PM
636550		\$360.00/1 sess
Nov 15	Sa	3:30 PM-5:30 PM
636551		\$360.00/1 sess
Dec 06	Sa	3:30 PM-5:30 PM
636555		\$360.00/1 sess
Dec 20	Sa	3:30 PM-5:30 PM
636556		\$360.00/1 sess

Art, Culture & Environment

Drawing and Painting for Kids & Youth

(7-18 yrs)

Instructor: Mohammad Reza Atashzad

09 Sep - 04 Nov	W	4:30 PM-6:00 PM
623947		\$176/8 sess
18 Nov - 16 Dec	W	4:30 PM-6:00 PM
624110		\$110/5 sess

Drawing to Sculpture Art Class

(6-10 yrs)

Instructor: Golnaz Kiany

Sep 17 - Dec 17 Th 3:30 PM-5:00 PM
626210 \$330.00/14 sess

Hip Hop Breakers

(5-7 yrs)

Instructor: Endorphin Rush Dance

Sep 13 - Oct 25	Su	10:55 AM-11:40 AM
625981		\$98.00/7 sess
Nov 01 - Dec 13	Su	10:55 AM-11:40 AM
625988		\$98.00/7 sess

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

Sep 19 - Dec 12 Sa 11:30 AM-12:15 PM
625971 \$204.00/12 sess

LEGO STEAM

(5-10 yrs)

Instructor: Reach Education Inc.

Sep 27 - Nov 22 Su 9:45 AM-11:45 AM
626033 \$240.00/8 sess

Family Fun Soap Making with Lily

(6+ yrs)

Instructor: Lily Sum

Sep 12	Sa	3:30 PM-5:00 PM
626495		\$74.00/1 sess
Oct 03	Sa	3:30 PM-5:00 PM
626496		\$74.00/1 sess
Nov 07	Sa	3:30 PM-5:00 PM
626497		\$74.00/1 sess
Dec 05	Sa	3:30 PM-5:00 PM
626498		\$74.00/1 sess

Lip Gloss and Balm Making

(6-0 yrs)

Instructor: Lily Sum

Oct 24	Sa	1:00 PM-2:30 PM
626493		\$36.00/1 sess
Nov 21	Sa	1:00 PM-2:30 PM
626494		\$36.00/1 sess

Piano

(6+ yrs)

Instructor: Musical Expressions

Sep 10 - Dec 17 Th 3:30 PM-8:00 PM
626060-626068 \$487.50/15 sess

Piano • Monika 1

(6+ yrs)

Instructor: Monika Oldershaw

Sep 15 - Dec 15 Tu 3:30 PM-7:30 PM
623226-623233 \$350.00/14 sess

Piano • Monika 2

(6+ yrs)

Instructor: Monika Oldershaw

Sep 16 - Dec 16 W 3:30 PM-4:00 PM
623234-623241 \$300.00/12 sess

Day Camp

K-Pop Demon Hunters Half-Day Camp

(6-12 yrs)

Instructor: Endorphin Rush Dance

Dec 21 - Dec 24 M Tu W Th 12:30 PM-3:00 PM
627178 \$176.00/4 sess

LEGO BrickCraft

(5-10 yrs)

Instructor: Reach Education Inc.

Dec 28 - Dec 31	M Tu W Th	9:30 AM-12:30 PM
628550		\$192.00/4 sess
Dec 28 - Dec 31	M Tu W Th	1:00 PM-4:00 PM
628551		\$192.00/4 sess

LEGO Superheroes HQ

(5-10 yrs)

Instructor: Reach Education Inc.

Dec 21 - Dec 24	M Tu W Th	9:30 AM-12:30 PM
628358		\$192.00/4 sess
Dec 21 - Dec 24	M Tu W Th	1:00 PM-4:00 PM
628548		\$192.00/4 sess

Education

Spanish for Children Beginner 1

(6-9 yrs)

Instructor: Eliana Rolando

Sep 14 - Nov 23 M 3:30 PM-5:00 PM
624940 \$175.00/10 sess

Refunds

To receive a full refund you must withdraw in-person or by phone 24hrs in advance of the first class of the program. To receive a pro-rated refund you must withdraw in-person or by phone 48 hours prior to the second class of the program.

Fitness & Health

Tiny Climbers Legends

(7-12 yrs)

Instructor: Mount Pleasant Climbing Staff

Sep 12 - Sep 26	Sa	12:30 PM-1:25 PM	
626076			\$57.00/3 sess
Nov 28 - Dec 19	Sa	12:30 PM-1:25 PM	
629605			\$57.00/3 sess

Adapted Access

Rock Climbers • Adapted

(10-16 yrs)

Instructor: Mount Pleasant Climbing Staff

Oct 24 - Nov 21	Sa	12:30 PM-1:25 PM	
626172			\$76.00/4 sess

Martial Arts

Karate

(6-12 yrs)

Instructor: Heyton Tze

Sep 13 - Oct 25	Su	10:00 AM-11:00 AM	
623454			\$63.00/6 sess
Nov 01 - Dec 13	Su	10:00 AM-11:00 AM	
623456			\$73.50/7 sess

Karate • Beginner

(6-12 yrs)

Instructor: Heyton Tze

Sep 14 - Oct 26	M	4:30 PM-5:30 PM	
623455			\$63.00/6 sess
Nov 02 - Dec 14	M	4:30 PM-5:30 PM	
623457			\$73.50/7 sess

Karate • Intermediate

(6-12yrs)

Instructor: Heyton Tze

Sep 13-Oct 25	Su	10:30 AM-11:30 PM	
638634			\$63.00/6 sess
Sep 13-Oct 25	Su	10:30 AM-11:30 PM	
638635			\$73.50/7 sess

Tae Kwon Do Level 1 & Level 2

(6-13 yrs)

Instructor: Master Michael Ellis

Sep 13 - Oct 25	Su	12:15 PM-1:15 PM	
625323			\$60.00/6 sess
Nov 01 - Dec 13	Su	12:15 PM-1:15 PM	
625326			\$70.00/7 sess

Sports

Sportball Indoor Soccer

(5-7 yrs)

Instructor: Sportball Vancouver

Sep 09 - Oct 28	W	4:40 PM-5:40 PM	
601589			\$129.50/ 7 sess
Nov 04 - Dec 16	W	4:40 PM-5:40 PM	
601595			\$111.00/6 sess

Summer Smash Tennis: Junior Aces

(7.5-10 yrs)

Instructor: Summer Smash Tennis

Sep 14 - Oct 26	M	3:45 PM-4:45 PM	
628025			\$210.00/6 sess
Nov 02 - Dec 14	M	3:45 PM-4:45 PM	
628026			\$210.00/7 sess

Summer Smash Tennis: Junior Fundamentals

(7.5-10 yrs)

Instructor: Summer Smash Tennis

Sep 14 - Oct 26	M	3:45 PM-4:45 PM	
628023			\$210.00/6 sess
Nov 02 - Dec 14	M	3:45 PM-4:45 PM	
628024			\$245.00/7 sess

Summer Smash Tennis: Mini Aces

(6-7.5 yrs)

Instructor: Summer Smash Tennis

Sep 13 - Oct 11	Su	12:15 PM-1:00 PM	
628044			\$131.25/5 sess
Oct 18 - Nov 15	Su	12:15 PM-1:00 PM	
628046			\$131.25/5 sess

Summer Smash Tennis: Mini Aces

(6-7.5 yrs)

Instructor: Summer Smash Tennis

Nov 22 - Dec 20	Su	12:15 PM-1:00 PM	
628048			\$131.25/5 sess

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

(11-16 yrs)

Instructor: Summer Smash Tennis

Oct 14 - Nov 04	W	3:45 PM-4:45 PM	
628039			\$140.00/4 sess
Nov 18 - Dec 16	W	3:45 PM-4:45 PM	
628042			\$175.00/5 sess

Volleyball BC: Smashball

(8-12 yrs)

Instructor: Volleyball BC

Oct 24 - Dec 12	Sa	3:45 PM-4:45 PM	
629601			\$128.00/8 sess

Volleyball BC: Train to Play

(12-15 yrs)

Instructor: Volleyball BC

Oct 24 - Dec 12	Sa	4:45 PM-5:45 PM	
629603			\$128.00/8 sess

Martial Arts

Kung Fu: Choy Lee Fat

(8-13 yrs)

Instructor: Kung Fu Club CLF

09 Sep - 30 Oct	W F	6:00 PM-7:15 PM	
623956			\$94.50/15 sess
04 Nov - 18 Dec	W F	6:00 PM-7:15 PM	
624148			\$81.90/13 sess

Tae Kwon Do Teens

(14-16 yrs)

Instructor: Michael Ellis

Sep 13 - Oct 25	Su	1:15 PM-2:15 PM	
625324			\$69.00/6 sess
Nov 01 - Dec 13	Su	1:15 PM-2:15 PM	
625327			\$80.50/7 sess

Art, Culture & Environment

Teen Sewing Studio: Design & Create

NEW (13-18 yrs)

Instructor: Doreretha English

Sep 18 - Oct 30	F	6:30 PM-8:00 PM	
634798			\$135.00/6 sess
Nov 06 - Dec 11	F	6:30 PM-8:00 PM	
636245			\$135.00/6 sess

Education

Red Cross Babysitting

(11-16 yrs)

Instructor: Foundations Safety #NAME?

Sep 13	Su	9:30 AM-4:30 PM	
626792			\$100.00/1 sess

Red Cross Stay Safe

(9-13 yrs)

Instructor: Foundations Safety #NAME?

Sep 19	Sa	1:00 PM-6:00 PM	
626791			\$90.00/1 sess

Youth Sports

Thursday 3:30 PM-5:00 PM	Friday 3:30 PM-9:00 PM	Friday 3:30 PM-9:00 PM
Youth Volleyball 9-18yrs Full Gym	Youth Volleyball 9-18yrs 1/3 Gym	Youth Basketball 13-18yrs 2/3 Gym

Youth sports are all drop-in!

No registration required but please check-in by scanning your OneCard at the front desk. If you do not have a OneCard, the youth staff will help you set one up!

Please bring ID (school card is accepted.)

Games Room

Sunday	Monday	Wednesday	Thursday	Friday
Seniors 9:30 AM-2:00 PM	Seniors 9:30 AM-2:00 PM	Seniors 9:30 AM-2:00 PM		Seniors 9:30 AM-2:00 PM
Family 3:00 PM-5:30 PM	Family 2:00 PM-6:00 PM	Family 6:00 PM-9:30 PM	Youth 3:30 PM-5:00 PM	
Closed all day Tuesdays & Saturdays for programs.				

We recommend registering for the Games Room on a seasonal basis to stay informed of any schedule changes.

Parental/ Guardian Responsibility

According to provincial guidelines, all children under the age of 10 are required to have parental/guardian 16 years or older supervision when not attending a registered Mount Pleasant program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Mount Pleasant are not responsible for children left unattended after programs have finished. Parents/guardians are responsible for picking up their children as soon as programs have ended.



Follow Mount Pleasant Youth Programs on

Instagram

@mountpleasantccyouth
for the latest updates!

This is a safe space for anyone that identifies as female/ male including but not limited to: trans, gender creative, and Two Spirit youth.

Day Camp

Pro D Day Camp (Oct 23)

(9-15 yrs)

Instructor: Mount Pleasant Youth Leader

Oct 23	F	9:00 AM-3:00 PM
625631		\$35/1 sess

Pro D Day Camp (Nov 20)

(9-15 yrs)

Instructor: Mount Pleasant Youth Leader

Nov 20	F	9:00 AM-3:00 PM
625632		\$35/1 sess

Youth Winter Camp Week 1

(9-15 yrs)

Instructor: Mount Pleasant Youth Leader

Dec 21 - Dec 24	M Tu W Th	9:00 AM-3:00 PM
623124		\$115/4 sess

Youth Winter Camp Week 2

(9-15 yrs)

Instructor: Mount Pleasant Youth Leader

Dec 28 - Dec 31	M Tu W Th	9:00 AM-3:00 PM
623125		\$115/4 sess

Fitness & Health

Games Room • Family Time

Instructor: No Instructor

Sep 06 - Dec 30	Su W	3:00 PM-9:30 PM
623090		Free

Games Room • Youth (8-18 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 03 - Dec 31	Th F	3:00 PM-6:00 PM
623092		Free

Open Gym Youth Basketball (13-18yrs)

(9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 11 - Dec 18	F	3:30 PM-9:00 PM
623094		Free

Refunds

Camp Refund Policy: Pro D Day Camp & Winter Camp require a minimum of 7 days notice for a refund and must be requested in-person or by phone.

Open Gym Youth Volleyball (9-18yrs)

(9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 11 - Dec 18	F	5:00 PM-9:00 PM
623095		Free

Open Gym Youth Volleyball (9-18yrs)

(9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 03 - Dec 24	Th	3:30 PM-5:00 PM
623096		Free

Social

Girls+ Group

(9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 08 - Dec 15	Tu	3:30 PM-5:30 PM
623093		Free

Boys+ Group

(9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 09 - Dec 16	W	3:30 PM-5:30 PM
623085		Free

Youth Community Kitchen

(9-15 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 10 - Oct 15	Th	3:30 PM-5:30 PM
625625		\$90/12 sess
Oct 29 - Dec 03	Th	3:30 PM-5:30 PM
625626		\$90/12 sess

Youth Social Night

(9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 04 - Dec 18	F	6:00 PM-9:00 PM
625630		Free

Crochet Amigurumi

(8-12 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 12 - Oct 24	Sa	10:30 AM-12:00 PM
625627		\$90/7 sess
Nov 07 - Dec 19	Sa	10:30 AM-12:00 PM
625628		\$90/7 sess



Dungeons & Dragons 10-12 yrs

(10-12 yrs)

Instructor: Youth Led Initiative

Sep 12 - Oct 31	Sa	1:00 PM-3:00 PM
623086		\$84/7 sess
Nov 07 - Dec 19	Sa	1:00 PM-3:00 PM
623087		\$84/7 sess

Dungeons & Dragons 13-16 yrs

(13-16 yrs)

Instructor: Youth Led Initiative

Sep 12 - Oct 31	Sa	3:00 PM-5:00 PM
623088		\$84/7 sess
Nov 07 - Dec 19	Sa	3:00 PM-5:00 PM
623089		\$84/7 sess

Youth Leadership

Preteen Leadership Club

(9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Sep 11 - Dec 18	F	4:00 PM-5:00 PM
623097		Free

Youth Inspire! (Youth Council)

(13-18 yrs)

Instructor: Josephine Yao

Sep 11 - Dec 18	F	5:00 PM-6:00 PM
623098		Free

Youth Volunteer Orientation

(12-18 yrs)

Instructor: Josephine Yao

Oct 09 - Oct 09	F	3:30 PM-5:30 PM
623099		Free





VIEW ONLINE AT VANREC.CA

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Pickleball (19+ yrs) 1:15 PM-3:15 PM	Indoor Soccer (19+ yrs) 7:45 PM-9:45 PM	Pickleball (19+ yrs) 7:30 AM-9:00 AM	Pickleball (19+ yrs) 1:15 PM-3:15 PM	Pickleball (19+ yrs) 7:30 AM-8:45 AM	Basketball (19+ yrs) 3:45 PM-5:45 PM
Volleyball (19+ yrs)		Basketball (19+ yrs) 7:45 PM-9:45 PM	Badminton (19+ yrs) 7:45 PM-9:45 PM		

No program on Statutory Holidays

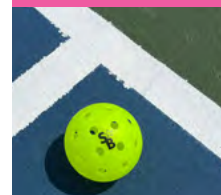
Sports Registration Procedures

- Registration opens at 12:00pm 3 days in advance of the program date online by phone and in-person.
- Registration online closes 15 minutes before program start time. Patrons can register in person or by phone until the program is full.
- 4 Quota spots per program will remain available for phone in or in person registration for the first 48hrs of registration. ANY spots refunded will be put back online.
- Refunds are available up until **15 minutes** before program start time.
- **No drop-ins.** Registration is required for all participants. We do not sell registered spots to drop-ins.

* Dates listed may not be consecutive and exceptions may apply.
Check online and your receipt notes for full details.

Mount Pleasant Community Centre | www.mountpleasantcc.ca

Pop-up Pickleball Court Rentals



Keep an eye out for dates and times available for you to reserve your own pickleball court. There are four courts available for play. Each registration is a booking for one court.

Art, Culture & Environment

Intermediate Bellydance: Drills+Combos

(16+ yrs)

Instructor: Rahel Claman

14 Sep - 14 Dec	M	6:15 PM-7:30 PM
623951		\$300.30/13 sess

Beginner Bellydance

(16+ yrs)

Instructor: Rahel Claman

14 Sep - 14 Dec	M	7:45 PM-9:00 PM
623940		\$300.30/13 sess

Dance Dance Party Party

(16+ yrs)

Instructor: Jane Nunnikhoven

8 Sep	Tu	8:00 PM-9:00 PM
637877		Free/1 Sess
15 Sep - 27 Oct	Tu	8:00 PM-9:00 PM
623946		\$44.10/7 sess
03 Nov - 15 Dec	Tu	8:00 PM-9:00 PM
624151		\$44.10/7 sess

How To Draw Like an Architect

(18+ yrs)

Instructor: Mohammad Reza Atashzad

09 Sep - 04 Nov	W	6:00 PM-7:30 PM
623950		\$184.80/8 sess
18 Nov - 16 Dec	W	6:00 PM-7:30 PM
624112		\$115.50/5 sess

Beginners Digital Photography

(16+ yrs)

Instructor: Michael Markowsky

09 Sep - 14 Oct	W	6:00 PM-8:00 PM
624078		\$135.45/5 sess
21 Oct - 25 Nov	W	6:00 PM-8:00 PM
624076		\$135.45/5 sess
02 Dec - 13 Jan	W	6:00 PM-8:00 PM
623941		\$135.45/5 sess

Watercolour Painting

(18+ yrs)

Instructor: Mohammad Reza Atashzad

09 Sep - 04 Nov	W	7:30 PM-9:30 PM
624042		\$268.80/8 sess
18 Nov - 16 Dec	W	7:30 PM-9:30 PM
624113		\$168.00/5 sess

Basic Drawing: Animals, Architecture & Still-Lifes

(16+ yrs)

Instructor: Michael Markowsky

11 Sep - 23 Oct	F	7:30 PM-9:30 PM
624093		\$135.45/5 sess
06 Nov - 04 Dec	F	5:00 PM-7:00 PM
624092		\$135.45/5 sess
11 Dec - 22 Jan	F	7:30 PM-9:30 PM
623938		\$135.45/5 sess

Basic Drawing: People & Landscapes

(16+ yrs)

Instructor: Michael Markowsky

04 Sep - 23 Oct	F	5:00 PM-7:00 PM
624095		\$135.45/5 sess
06 Nov - 04 Dec	F	7:30 PM-9:30 PM
624094		\$135.45/5 sess
11 Dec - 22 Jan	F	5:00 PM-7:00 PM
623939		\$135.45/5 sess

Acrylic Painting & Drawing Basics: Flowers & Still Lifes

(16+ yrs)

Instructor: Michael Markowsky

06 Sep - 18 Oct	Su	12:30 PM-2:30 PM
624084		\$135.45/5 sess
25 Oct - 22 Nov	Su	3:00 PM-5:00 PM
624081		\$135.45/5 sess
29 Nov - 17 Jan	Su	10:00 AM-12:00 PM
623928		\$135.45/5 sess

Acrylic Painting Basics: Landscapes

(16+ yrs)

Instructor: Michael Markowsky

06 Sep - 18 Oct	Su	3:00 PM-5:00 PM
624088		\$135.45/5 sess
25 Oct - 22 Nov	Su	10:00 AM-12:00 PM
624086		\$135.45/5 sess
29 Nov - 17 Jan	Su	12:30 PM-2:30 PM
623929		\$135.45/5 sess

Acrylic Painting Basics: Portraits

(16+ yrs)

Instructor: Michael Markowsky

06 Sep - 18 Oct	Su	10:00 AM-12:00 PM
624090		\$135.45/5 sess
25 Oct - 22 Nov	Su	12:30 PM-2:30 PM
624089		\$135.45/5 sess
29 Nov - 17 Jan	Su	3:00 PM-5:00 PM
623930		\$135.45/5 sess

Education

Spanish Adult Beginner 1

(16+ yrs)

Instructor: Eliana Rolando

Sep 14 - Nov 23	M	5:30 PM-7:00 PM
624941		\$194.25/10 sess

Spanish Adult Intermediate

(16+ yrs)

Instructor: Eliana Rolando

Sep 14 - Nov 23	M	8:30 PM-9:45 PM
624943		\$194.25/10 sess

Spanish Adult Level 2

(16+ yrs)

Instructor: Eliana Rolando

Sep 14 - Nov 23	M	7:00 PM-8:30 PM
624942		\$194.25/10 sess

Baby Sign Language

(0-2 yrs)

Instructor: Into Yoga

15 Sep - 20 Oct	Tu	11:15 AM-12:00 PM
624182		\$80.85/5 se

Adult Sewing Studio

NEW (16+ yrs)

Instructor: Doreretha English

Sep 14 - Oct 26	M	7:30 PM-9:00 PM
634801		\$165.00/6 sess
Nov 02 - Dec 07	M	7:30 PM-9:00 PM
636246		\$165.00/6 sess

Japanese: Beginner 1

(16+ yrs)

Instructor: Eri Ito

01 Oct - 26 Nov	Th	7:00 PM-9:00 PM
623954		\$192.15/9 sess

Fitness & Health

Pilates Plus

(16+ yrs)

Instructor: Alannah Lori

14 Sep - 26 Oct	M	7:00 PM-8:00 PM
624033		\$74.05/6 sess
02 Nov - 14 Dec	M	7:00 PM-8:00 PM
624175		\$86.35/7 sess

Fitness & Health

Iyengar Yoga All Levels

(16+ yrs)

Instructor: Christine Rondeau

08 Sep - 27 Oct	Tu	10:00 AM-11:30 AM
623952		\$151.20/8 sess
03 Nov - 15 Dec	Tu	10:00 AM-11:30 AM
624159		\$132.30/7 sess

Step and Core

(16+ yrs)

Instructor: Kristiina Oinonen

08 Sep - 15 Dec	Tu	5:30 PM-6:25 PM
624040		\$7.00/14 sess

Barre Pilates

(16+ yrs)

Instructor: Alesya Bogaevskaya

03 Nov - 15 Dec	Tu	5:45 PM-6:45 PM
623937		\$117.60/7 sess
08 Sep - 27 Oct	Tu	5:45 PM-6:45 PM
624157		\$134.40/8 sess

Yoga for Beginners

(16+ yrs)

Instructor: Shona Cekelis

15 Sep - 27 Oct	Tu	5:45 PM-7:15 PM
624043		\$88.20/7 sess
03 Nov - 08 Dec	Tu	5:45 PM-7:15 PM
624130		\$75.60/6 sess

Yoga4Stiff Guys: All Levels

(16+ yrs)

Instructor: Yoga4Stiff People

15 Sep - 27 Oct	Tu	8:30 PM-9:30 PM
624044		\$102.90/7 sess
03 Nov - 15 Dec	Tu	8:30 PM-9:30 PM
624183		\$102.90/7 sess

Iyengar Yoga Mixed Level

(16+ yrs)

Instructor: Siobhan Sloane-Seale

09 Sep - 09 Sep	W	9:00 AM-10:30 AM
624588		Free Trial Session
23 Sep - 28 Oct	W	9:00 AM-10:30 AM
623953		\$107.10/6 sess
04 Nov - 16 Dec	W	9:00 AM-10:30 AM
624162		\$107.10/6 sess



Hatha Yoga: Intermediate

(16+ yrs)

Instructor: Shona Cekelis

16 Sep - 28 Oct	W	5:45 PM-7:15 PM
623948		\$75.60/6 sess
04 Nov - 09 Dec	W	5:45 PM-7:15 PM
624128		\$63.00/5 sess

Step and Strength

(16+ yrs)

Instructor: Marilyn Wittmann

09 Sep - 16 Dec	W	6:30 PM-7:30 PM
624041		\$7.00/Drop in

Pilates

(16+ yrs)

Instructor: Into Yoga

17 Sep - 29 Oct	Th	9:30 AM-10:30 AM
624032		\$113.40/7 sess
05 Nov - 17 Dec	Th	9:30 AM-10:30 AM
624181		\$113.40/7 sess

Baby & Me Yoga

(16+ yrs)

Instructor: Laurence Sauve

10 Sep - 29 Oct	Th	11:30 AM-12:30 PM
623936		\$151.20/8 sess
05 Nov - 17 Dec	Th	11:30 AM-12:30 PM
624313		\$132.30/7 sess

Hi Lo Combo

(16+ yrs)

Instructor: Tracy Ross

10 Sep - 17 Dec	Th	5:30 PM-6:25 PM
623949		\$7.00/drop-in

Prenatal Yoga & Meditation

(16+ yrs)

Instructor: Liza Randolph Hunwick

17 Sep - 29 Oct	Th	6:30 PM-7:45 PM
624035		\$126/7sess
12 Nov - 17 Dec	Th	6:30 PM-7:45 PM
624312		\$108/6sess

Zumba

(16+ yrs)

Instructor: Zumba Vancouver

10 Sep - 29 Oct	Th	6:30 PM-7:30 PM
624046		\$113.40/8 sess
05 Nov - 17 Dec	Th	6:30 PM-7:30 PM
624172		\$99.25/7 sess

Yoga4Stiff Guys: All Levels

(16+ yrs)

Instructor: Yoga4Stiff People

17 Sep - 29 Oct	Th	8:30 PM-9:30 PM
624045		\$102.90/7 sess
05 Nov - 17 Dec	Th	8:30 PM-9:30 PM
624184		\$102.90/7 sess

Martial Arts

Kickboxing

(19+ yrs)

Instructor: Ian Popoff

14 Sep - 26 Oct	M	7:00 PM-8:00 PM
624338		\$94.50/6 sess
02 Nov - 14 Dec	M	7:00 PM-8:00 PM
624339		\$110.25/7 sess

Kung Fu: Choy Lee Fat

14 yrs +

(14+ yrs)

Instructor: Kung Fu Club CLF

09 Sep - 30 Oct	W F	6:00 PM-7:15 PM
624146		\$90.10/15 sess
04 Nov - 18 Dec	W F	6:00 PM-7:15 PM
624147		\$78.10/13 sess

Boxing

(19+ yrs)

Instructor: Ian Popoff

14 Sep - 26 Oct	M	8:00 PM-9:00 PM
624340		\$94.50/6 sess
02 Nov - 14 Dec	M	8:00 PM-9:00 PM
624341		\$110.25/7 sess



Chen's Tai Chi: Introduction 16+

(16+ yrs)

Instructor: Kung Fu Club CLF

13 Sep - 01 Nov	Su	10:30 AM-11:30 AM
623944		\$61.25/7 sess
08 Nov - 20 Dec	Su	10:30 AM-11:30 AM
624144		\$61.25/7 sess

Chen's Tai Chi: Old Frame 16+

(16+ yrs)

Instructor: Kung Fu Club CLF

13 Sep - 01 Nov	Su	9:30 AM-10:30 AM
623945		\$61.25/8 sess
08 Nov - 20 Dec	Su	9:30 AM-10:30 AM
624145		\$61.25/7 sess

Tae Kwon Do Adults

(15+ yrs)

Instructor: Master Kenneth Lim

Sep 13 - Oct 25	Su	1:15 PM-2:15 PM
625322		\$72.50/6 sess
Nov 01 - Dec 13	Su	1:15 PM-2:15 PM
625325		\$84.50/7 sess

Social

Dungeons & Dragons

(16+ yrs)

Instructor: Wake Cook

14 Sep - 26 Oct	M	5:00 PM-7:00 PM
624560		\$126.00/6 sess
02 Nov - 14 Dec	M	5:00 PM-7:00 PM
624561		\$147.00/7 sess

Community Board Games

(16+ yrs)

Instructor: Scott Glasgow

13 Sep - 25 Oct	Su	3:00 PM-5:45 PM
625448		\$3.00/Drop in
01 Nov - 20 Dec	Su	3:00 PM-5:45 PM
625449		\$3.00/Drop in

Sports

Pickleball: The Soft Game (3.0+ with instruction)

(16+ yrs)

Instructor: Chris Koentges

28 Sep - 14 Dec	M	7:30 AM-9:00 AM
624030		\$117.60/8 sess

PIP Pickleball Instruction Beginner

(16+ yrs)

Instructor: Paradise Island Pickleball

02 Nov - 14 Dec	M	6:15 PM-7:30 PM
624336		\$153.60/7 sess

PIP Pickleball Instruction Not Quite Intermediate

(16+ yrs)

Instructor: Paradise Island Pickleball

14 Sep - 26 Oct	M	6:15 PM-7:30 PM
624034		\$131.65/6 sess

Pickleball: Competitive Game Play (3.75+ with instruction)

(16+ yrs)

Instructor: Chris Koentges

22 Sep - 15 Dec	Tu	7:00 AM-8:30 AM
624029		\$122.85/9 sess

Pickleball: Unglamorous Reps for Committed Players (3.5+)

(16+ yrs)

Instructor: Chris Koentges

24 Sep - 03 Dec	Th	7:00 AM-8:30 AM
624031		\$117.60/8 sess

Summer Smash Tennis: Adult Beginner (1.0)

(18+ yrs)

Instructor: Summer Smash Tennis

Oct 14 - Nov 04	W	4:45 PM-6:00 PM
628051		\$204.75/4 sess
Nov 18 - Dec 16	W	4:45 PM-6:00 PM
628054		\$256.00/5 sess



Summer Smash Tennis: Adult Beginner (1.0)

(18+ yrs)

Instructor: Summer Smash Tennis

Oct 18 - Nov 15	Su	1:00 PM-2:15 PM
628057		\$256.00/5 sess

Summer Smash Tennis: Adult Beginner+ (1.5)

(18+ yrs)

Instructor: Summer Smash Tennis

Sep 14 - Oct 26	M	4:45 PM-6:00 PM
628027		\$307.25/6 sess

Summer Smash Tennis: Adult Beginner+ (1.5)

(18+ yrs)

Instructor: Summer Smash Tennis

Sep 13 - Oct 11	Su	1:00 PM-2:15 PM
628037		\$269.25/5 sess
Nov 22 - Dec 20	Su	1:00 PM-2:15 PM
628038		\$269.25/5 sess

Summer Smash Tennis: Adult Beginner++ (2.0)

(18+ yrs)

Instructor: Summer Smash Tennis

Nov 02 - Dec 14	M	4:45 PM-6:00 PM
628033		\$382.00/7 sess

Summer Smash Tennis: Adult Beginner++ (2.0)

(18+ yrs)

Instructor: Summer Smash Tennis

Sep 13 - Oct 11	Su	2:15 PM-3:30 PM
628034		\$269.25/5 sess
Oct 18 - Nov 15	Su	2:15 PM-3:30 PM
628035		\$269.25/5 sess
Nov 22 - Dec 20	Su	2:15 PM-3:30 PM
628036		\$269.25/5 sess

Refunds

To receive a full refund you must withdraw in-person or by phone 24hrs in advance of the first class of the program. To receive a pro-rated refund you must withdraw in-person or by phone 48 hours prior to the second class of the program. There is an administrative charge of \$3 for all refund requests. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

Art, Culture & Environment

International Line Dancing: Beginner

(55+ yrs)

Instructor: Regina Chen

14 Sep - 07 Dec	M	1:00 PM-2:30 PM
624618		\$94.50/12 sess

Line Dance with Lisa: Intermediate

(55+ yrs)

Instructor: Lisa Dong

08 Sep - 27 Oct	Tu	10:30 AM-12:00 PM
624625		\$44.00/8 sess
03 Nov - 15 Dec	Tu	10:30 AM-12:00 PM
624626		\$38.50/7 sess

Seniors Ballroom Social Dance

(55+ yrs)

Instructor: Halley Tang

08 Sep - 08 Dec	Tu	1:15 PM-3:15 PM
624636		\$2.35/13 sess

Line Dance: All Levels

(55+ yrs)

Instructor: Yok Yip Tang

09 Sep - 28 Oct	W	1:00 PM-2:30 PM
624627		\$35.00/7 sess
04 Nov - 16 Dec	W	1:00 PM-2:30 PM
624628		\$30.05/6 sess

International Line Dancing: Improver

(55+ yrs)

Instructor: Regina Chen

10 Sep - 03 Dec	Th	12:45 PM-2:15 PM
624617		\$102.40/13 sess

Refunds

To receive a full refund you must withdraw in-person or by phone 24hrs in advance of the first class of the program. To receive a pro-rated refund you must withdraw in-person or by phone 48 hours prior to the second class of the program. There is an administrative charge of \$3 for all refund requests. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

Line Dance Social

Saturday December 13th 12:45-5:45pm
\$13 Activity Number 636883

You can dance, you can jive, having the best time of your life.....
Let's get together and celebrate Christmas in a different way!
There will be beautiful music, beautiful dances and the best international line dancing group. It's an opportunity to dance, social and meet new friends! Everyone is welcome. No Drop-ins. registration only.

Line Dance with Lisa: Advanced

(55+ yrs)

Instructor: Lisa Dong

11 Sep - 30 Oct	F	1:00 PM-2:30 PM
624623		\$44.00/8 sess
06 Nov - 18 Dec	F	1:00 PM-2:30 PM
624624		\$38.50/7 sess

Ballroom Latins Dance Class for Seniors

(55+ yrs)

Instructor: Raf Chen

11 Sep - 30 Oct	F	11:00 AM-11:45 AM
624605		\$109.20/8 sess
06 Nov - 11 Dec	F	11:00 AM-11:45 AM
624962		\$81.90/6 sess

Ballroom Standards Dance Class for Seniors

(55+ yrs)

Instructor: Raf Chen

11 Sep - 30 Oct	F	10:00 AM-10:45 AM
624606		\$109.20/8 sess
06 Nov - 11 Dec	F	10:00 AM-10:45 AM
624963		\$81.90/6 sess

Seniors Social Line Dance for High Beginner

(50+ yrs)

Instructor: Henry Mo

12 Sep - 31 Oct	Sa	10:15 AM-11:45 AM
624654		\$35.00/7 sess
07 Nov - 12 Dec	Sa	10:15 AM-11:45 AM
624655		\$30.00/6 sess

Line Dance: All Levels

(55+ yrs)

Instructor: Yok Yip Tang

12 Sep - 31 Oct	Sa	1:00 PM-2:30 PM
624629		\$35.00/7 sess
07 Nov - 12 Dec	Sa	1:00 PM-2:30 PM
624630		\$30.05/6 sess

International Line Dancing: Beginner-Improver

(55+ yrs)

Instructor: Regina Chen

13 Sep - 06 Dec	Su	1:00 PM-2:30 PM
624619		\$102.40/13 sess

International Line Dancing: Improver-Intermediate

(55+ yrs)

Instructor: Regina Chen

13 Sep - 06 Dec	Su	2:45 PM-4:15 PM
624620		\$102.40/13 sess

Fitness & Health

Active Aging

(55+ yrs)

Instructor: Gail Dibernardo

14 Sep - 14 Dec	M	11:15 AM-12:15 PM
623933		\$89.95/12 sess
09 Sep - 16 Dec	W	11:15 AM-12:15 PM
623931		\$89.95/12 sess
11 Sep - 18 Dec	F	11:15 AM-12:15 PM
623932		\$104.95/14 sess

Fitness & Health

Osteofit • Sit, Stand & Stabilize

(55+ yrs)

Instructor: Alexa Uhrich

15 Sep - 27 Oct	Tu	1:45 PM-2:45 PM
624028		\$49.00/7 sess
10 Nov - 08 Dec	Tu	1:45 PM-2:45 PM
624119		\$35.00/5 sess

Zumba Gold Beginner

(45+ yrs)

Instructor: Roslyn Bauyon

09 Sep - 28 Oct	W	3:30 PM-4:30 PM
624657		\$48.95/7 sess
04 Nov - 09 Dec	W	3:30 PM-4:30 PM
624658		\$42.00/6 sess

Choose to Move

(55+ yrs)

Instructor: Mount Pleasant Neighbourhood House

18 Sep - 11 Dec	F	12:30 PM-1:30 PM
624578		Free/8 sess

Zumba Gold Beginner

(45+ yrs)

Instructor: Roslyn Bauyon

11 Sep - 30 Oct	F	3:15 PM-4:15 PM
624659		\$55.95/8 sess
06 Nov - 11 Dec	F	3:15 PM-4:15 PM
624698		\$42.00/6 sess

Martial Arts

Mulan Martial Arts

(55+ yrs)

Instructor: Wen Qing Xu

15 Sep - 08 Dec	Tu	1:30 PM-3:00 PM
624632		\$27.30/13 sess

Cheng Man Ch'ing Tai Chi 37 Form: Intermediate

(55+ yrs)

Instructor: Florence Shen

09 Sep - 28 Oct	W	10:00 AM-11:30 AM
624610		\$102.90/7 sess
04 Nov - 09 Dec	W	10:00 AM-11:30 AM
624611		\$88.20/6 sess

Cheng Man Ch'ing Tai Chi 37 Form: Beginner

(55+ yrs)

Instructor: Florence Shen

11 Sep - 30 Oct	F	10:00 AM-11:30 AM
624608		\$100.80/8 sess
06 Nov - 11 Dec	F	10:00 AM-11:30 AM
624609		\$75.60/6 sess

Social

Games Room • Seniors

(55+ yrs)

Sep 06 - Dec 20	Su M W F	9:30 AM-3:00 PM
623091		Free

Seniors Sing Along

(55+ yrs)

Instructor: Lai Fun Cynthia Wong

14 Sep - 30 Nov	M	10:00 AM-11:30 AM
624653		\$22.00/11 sess

Seniors Multicultural Choir

(55+ yrs)

Instructor: Robert (Bob) Poult

08 Sep - 08 Dec	Tu	9:45 AM-11:45 AM
624652		\$28.00/14 sess

Canasta Card Games for Seniors

(55+ yrs)

09 Sep - 09 Dec	W	1:00 PM-4:00 PM
624607		\$10.00/12 sess

Mah Jong

(55+ yrs)

09 Sep - 09 Dec	W	1:00 PM-4:00 PM
624631		\$10.00/12 sess

Karaoke

(55+ yrs)

09 Sep - 28 Oct	W	1:30 PM-4:30 PM
624621		\$14.70/7 sess
04 Nov - 09 Dec	W	1:30 PM-4:30 PM
624622		\$10.50/5 sess

Pancake Brunch for Seniors

(55+ yrs)

19 Sep - 19 Sep	Sa	10:30 AM-1:00 PM
624633		\$5.25/1 sess
17 Oct - 17 Oct	Sa	10:30 AM-1:00 PM
624634		\$5.25/1 sess
14 Nov - 14 Nov	Sa	10:30 AM-1:00 PM
624635		\$5.25/1 sess



Thanksgiving Day Celebration (50+)

Monday October 12
11:30 AM - 3:30 PM
624656

Christmas Lunch for Seniors (50+)

Saturday December 12
1:00 PM - 4:30 PM
624612



Workshops

Artsy Soap Design with Lily

(16+ yrs)

Instructor: Lily Sum

Sep 12	Sa	1:00 PM-3:00 PM
626499		\$55.00/1 sess
Oct 03	Sa	1:00 PM-3:00 PM
626500		\$55.00/1 sess

Custom Lip Cosmetics Workshop

(18+ yrs)

Instructor: Lily Sum

Oct 24	Sa	3:00 PM-5:00 PM
626491		\$57.75/1 sess
Nov 21	Sa	3:00 PM-5:00 PM
626492		\$57.75/1 sess

Natural Deodorant Making

(16+ yrs)

Instructor: Lily Sum

Oct 06	Tu	6:00 PM-7:30 PM
626507		\$36.00/1 sess
Nov 03	Tu	6:00 PM-7:30 PM
626508		\$36.00/1 sess

Oatmeal & Clay Soap Workshop

(16+ yrs)

Instructor: Lily Sum

Nov 07	Sa	1:00 PM-3:00 PM
626501		\$55.00/1 sess
Dec 05	Sa	1:00 PM-3:00 PM
626502		\$55.00/1 sess

CPR C/AED

(18+ yrs)

Instructor: Foundations Safety & First Aid Training

Oct 03	Sa	9:30 AM-12:30 PM
627136		\$99.75/1 sess
Nov 28	Sa	9:30 AM-12:30 PM
627143		\$99.75/1 sess

Emergency First Aid (Basic) with CPR C/AED

(16+ yrs)

Instructor: Foundations Safety & First Aid Training

Oct 03	Sa	9:30 AM-2:00 PM
627137		\$115.50/1 sess
Nov 28	Sa	9:30 AM-2:00 PM
627144		\$115.50/1 sess

Standard Emergency First Aid (Intermediate) with CPR C/AED

(16+ yrs)

Instructor: Foundations Safety & First Aid Training

Oct 03	Sa	9:30 AM-5:00 PM
627138		\$168.00/1 sess
Nov 28	Sa	9:30 AM-5:00 PM
627146		\$168.00/1 sess



Practical Newborn Care Class

(16+ yrs)

Instructor: Debra Woods

17 Oct - 17 Oct	Sa	2:00 PM-4:00 PM
625455		\$94.50/1 sess
06 Dec - 06 Dec	Su	9:30 AM-11:30 AM
625456		\$94.50/1 sess

Cedar Weaving: Spider Spice Jar

(16+ yrs)

Instructor: Todd DeVries

Oct 20	Tu	6:00 PM - 9:00 PM
625469		\$21/1 sess

Cedar Weaving: Reindeer

(16+ yrs)

Instructor: Todd DeVries

Dec 1	Tu	6:00 PM - 8:30 PM
636220		\$21/1 sess

Holiday Wreath Workshop

(16+ yrs)

Instructor: Dorretha English

Dec 19	Sa	9:00 AM-11:30 AM
637944		\$85.00/1 sess

Holiday Gift Bag Workshop

(16+ yrs)

Instructor: Dorretha English

Dec 19	Sa	12:00 PM-2:00 PM
637945		\$45.00/1 sess

Holiday Gift Bag Workshop

(16+ yrs)

Instructor: Dorretha English

Dec 19	Sa	2:30 PM-5:30 PM
637946		\$75.00/1 sess



Refunds

Special events, one day workshops, out trips, specialty camps, and outdoor programs require a minimum of 7 days notice for a refund and must be requested in-person or by phone. There is an administrative charge of \$3 for all refund requests. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

MOUNT PLEASANT COMMUNITY CENTRE ASSOCIATION

AGM

▶▶ INVITATION ◀◀



Tue. November 24, 2026



7:00pm - 8:30pm



1 Kingsway,
Vancouver BC



604.257.3080



www.mountpleasantcc.ca

Mount Pleasant Community Centre Association Annual General Meeting. Are you interested in getting involved in your community? The Mount Pleasant Board of Directors is looking for community minded volunteers. For more information please email boardadmin@mountpleasantcc.ca



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**

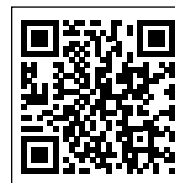
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* Dates listed may not be consecutive and exceptions may apply.
Check online and your receipt notes for full details.

Mount Pleasant Community Centre | www.mountpleasantcc.ca

Room Rentals • Online Facility Reservations

- Host your event at a Vancouver Park Board indoor or outdoor facility. All submissions online are on a request basis and formal approval must be provided by staff prior to use.
- You will require an online account in order to submit a request.
- Please allow 3-5 business days to process your request.



Go to www.mountpleasantcc.ca/room-rentals to view room availability and submit your rental request.

Room	Highlights	Area (square ft)	Capacity	Hourly rate (no GST on rental charges)
Gymnasium 	• Ideal for sports bookings • One full court • Six basketball hoops (glass backboards)	6,700	350 people	Sports use: \$70.00
Multipurpose Room 2 	• Excellent for moderate sized events • Connects to an outdoor patio space	1,350	50 people	Regular use: \$45.00 Dance Party: \$75.00
Multipurpose Room 3 	• Excellent for moderate sized events	700	30 people	\$30.00
Art Room 	• Excellent for moderate sized events • Lots of natural light • Access to kitchen across the hall • Sliding door to outside	610	30 people	\$30.00
Meeting Room 2 	• Excellent for small meetings and music rehearsals • Quiet space	150	8 people	\$15.00

Additional fees may apply and are determined by the specific needs of each rental.

Additional Information

Staffing and Equipment may be charged in addition to the room rates and are determined by the specific needs and nature of the event. More Information about these rooms are available upon request.

Large Room rentals (50 or more participants) or events serving alcohol may require a minimum of two staff.

Please note that we do not rent rooms out to groups running fee-for-service programming (yoga, Pilates, workshops, etc) *Please submit program proposal if you are interested in teaching at the Mt. Pleasant Community Centre.* In addition, we cannot host events that represent religious or political organizations, advertise to the general public or attended by the media.

For all inquiries, please email us at mtpleasantcc@vancouver.ca

Fitness Centre

Cardio: Treadmills, ellipticals, keiser bike, upright bike, recumbent bike, powermill & stair climber.

Strength & Mobility: Hammer strength squat racks, half rack, and life fitness weight training machines, multi-jungle, Synergy 360, free weights, benches and mats.

Hours of Operation

Monday-Friday 6:00am-10:00pm

Saturday 8:00am-6:00pm

Sunday/Holidays 9:00am-6:00pm

Front Office closes 30 minutes prior to Fitness Centre.
Steam Room and showers closes 15 minutes before the Fitness Centre.

*Paid admissions accepted 30 minutes prior to closing.
Hours are subject to change.*

Fitness Centre Rates

Prices do not include GST	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	\$7.93	\$5.55	\$5.55
10 Visit Pass	\$71.37	\$49.95	\$49.95
Flexipass Membership (Access to all Vancouver Parks and Recreation Fitness Centres and Pools)			
1 Month	\$64.15	\$44.91	\$44.91
3 Months	\$173.21	\$121.25	\$121.25
12 Months	\$554.26	\$387.98	\$387.98
<i>Prices are subject to change without notice.</i>			

Get Started: Fitness Centre Orientation

This 30-minute introductory session is the first step to becoming familiar with the fitness centre.

A certified Fitness Centre Worker will introduce you to the fitness centre, review the PAR-Q questionnaire, explain fitness centre etiquette, code of conduct, and provide an overview of key fitness centre areas, equipment, programs, and services.

- Complimentary with fitness centre admission
- 30-minute session
- By appointment only. Please call or visit the front desk or fitness centre to book a session.

Fitness Centre Workshops

Learn the fundamentals of fitness equipment and exercise technique through instruction, demonstration, and guided practice. Each workshop focuses on specific equipment and basic skills to improve confidence, form, and safety. Please note that a completed PAR-Q and Consent & Release are required. Maximum 4 registered. Registration is required. Fee is a Fitness Centre drop-in admission, or you can use your valid Flexi-pass or Usage pass.

Deadlift Skills: Fri, 7:15-8:00pm

Sep 25 • [635759](tel:635759)

Oct 23 • [636480](tel:636480)

Nov 27 • [636481](tel:636481)

Foam Roller Skills: Wed, 7:15-8:00pm

Sep 23 • [635778](tel:635778)

Oct 28 • [636482](tel:636482)

Nov 25 • [636483](tel:636483)

Kettlebell Skills: Mon, 7:15-8:00pm

Sep 28 • [633677](tel:633677)

Oct 26 • [636484](tel:636484)

Nov 23 • [636485](tel:636485)

Squats Skills: Sun, 2:15-3:00pm

Sep 27 • [635774](tel:635774)

Oct 25 • [636486](tel:636486)

Nov 22 • [636487](tel:636487)



scan to view
fitness centre
information



Personal & Semi-Private Training

Improve your health and wellness with support from our qualified and experienced Personal Trainers, who will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your schedule.

Package	Private (1 person)	Semi-Private (2 people)
1 sess	\$65.98	\$98.93
3 sess	\$182.83	\$274.29
5 sess	\$294.07	\$452.85
10 sess	\$527.90	\$841.00
<i>Prices do not include GST and are subject to change without notice.</i>		

Express Strength

Instructor: Adam

Mon, Sep 14-Oct 26, 7:30-8:15am

\$72/6 sess. | [636473](tel:636473)

Build strength, boost endurance, and challenge your fitness in just 45 minutes. This high-energy class combines resistance training with HIIT-style intervals to deliver a full-body workout. Suitable for all fitness levels, with exercises and intensity easily modified to match your abilities. No class Oct 12.

Mobility & Flexibility for Healthy Aging

Instructor: Adam

Mon, Sep 14-Oct 26, 8:30-9:30am

\$96/6 sess. | [636479](tel:636479)

A mobility-focused class to improve flexibility, range of motion, posture, balance, and joint health through stretching, foam rolling, and mobility drills to support easier, pain-free movement in daily life. No class Oct 12.

Location for both classes: Mount Pleasant Fitness Centre Outdoor Rooftop (Please note: no elevator access to the rooftop; you will need to walk upstairs)



YOUR LIBRARY IN MOUNT PLEASANT

Mount Pleasant Branch
Phone 604.665.3962

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