

Mount Pleasant Recreation Guide



Spring & Summer 2025

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REGISTRATION BEGINS

Thursday, March 13



online



by phone



in-person

mountpleasantcc.ca

604.257.3080



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



The Mount Pleasant Community Centre is situated on the tradition, ancestral, and unceded territories of the xʷməθkʷəj̓əm (Musqueam), Sḵw̓x̓ wú7mesh (Squamish) and səliłwətał (Tseil 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 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.

There is an EasyPark underground parking lot located under the centre with an entrance off the alley between East 7th and East 8th avenue. A mix of free and paid parking is available at street level. Public transit stops are also close by.



MOUNT PLEASANT COMMUNITY CENTRE
www.mountpleasantcca.ca

Operating Hours

Monday-Friday
6:00am-10:00pm
Saturday
8:00am-6:00pm
Sunday & Holidays
9:00am-6:00pm
Office closes 30 minutes earlier.

Contact Us

P: 604.257.3080
F: 604.257.3081

HOW TO REGISTER

starting on

Thursday, March 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-serve.
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.

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.



Refund Policy

Pro-rated refunds are given up to 48 hours prior to the second class in a series of classes.

Special events, one day workshops, out trips, birthday parties, specialty camps, and outdoor programs require a minimum of 7 days notice for a refund.

A \$25 administrative Refund Fee will apply to all Birthday Party Refund. No Refund for 3 weeks or less.

There is an administrative charge of \$3 for all refund requests.

Licensed Daycamp Refund Policy

The deadline for all camp refunds is the Thursday THREE weeks prior to the camp start date, by 9pm. For example, Spring Break Camp the deadline to withdraw from week 1 and receive a refund (less the \$20 cancellation fee) is Thursday, February 27 by 9:00pm. There will be a charge for each withdrawal. [See page 8 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.



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 (MPCCA)

Mount Pleasant Community Centre is jointly operated by the Mount Pleasant Community Centre Association (MPCCA) and the Vancouver Park Board. The MPCCA's mission is to encourage, promote and support the educational, cultural, social and physical well-being of the people of the Mount Pleasant community. Our volunteer Board meets monthly providing advocacy for programs, events and services, both at the centre and in the community. We welcome all members of the public to become involved in our community and participate as a director and/or on our Committees (Childcare, Community Outreach, Parks, Pool and Program). For more information or to have a director return your call, please contact Lorelei Lauten at 604-257-3070.

Mount Pleasant Community Centre Association Board of Directors

- President..... Rod Hashimoto
- Past President Anita Romaniuk
- Vice President Anita Romaniuk
- Treasurer Meghan Munro
- Secretary..... Shelley Mills
- Directors Jim Bennet, May Chow, Margery Dude, David Fielding, Andrew Munroe, Eugene Ang, Ari Metzger, Thomas Fahey, Helen Vanwell

Mount Pleasant Community Centre Staff

Recreation Facility Clerk	Angela Chalmers	604.257.3067
Recreation Supervisor	Lorelei Lauten	604.257.3070
Recreation Programmer	Jaiden Simmons	604.257.3072
Recreation Programmer I	Ny Lath	604.257.3075
Fitness Programmer	Steve Tautscher	604.654.0771
Community Youth Worker	Keani Pratt	604.257.3069
Our House Manager	Kelly Bodkin	604.707.0311
Child Care Administrator	Vera Meza	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

MPCC-Board of Directors

Directors meet monthly, providing advocacy for centre programs and services. Members of the public are welcome to become involved. For more information and to have a director return your call, please contact Lorelei Lauten at 604.257.3070.





544579

FREE

Celebrate

(All Ages)

MOUNT PLEASANT PARK FESTIVAL

Mount Pleasant Community Centre is coming back to Mount Pleasant Park to bring the community a fun, creative and memorable evening for your families, friends and neighbors.

The event will start at 5:00pm and there will be plenty of activities for all ages. Bring your lawn chair, picnic blanket, and friends and family to enjoy our Giant Inflatable Movie screen.

Movie is scheduled to begin at dusk. Come early to save your spot, and to enjoy our family-friendly activities.

Fun for ALL AGES, some activities will be ticket.

All proceed with go back to Mount Pleasant Community Centre Association programs.

Saturday July 19, 6:00–11:00 PM

**4
AUG**

SUMMER DANCE WITH LIVE MUSIC

(50+ yrs)

**Monday
August 4
12:00-3:30 PM
544750 \$18.00**

Let's celebrate Summer with a Live Performance by Tiger Band
Please register in advance as this event will fill up very quickly!

Last day to withdraw/refund from event is July 25, 2025.

STAY TUNED FOR:

INDIGENOUS PEOPLE'S WEEK

AT THE MOUNT PLEASANT
COMMUNITY CENTRE

JUNE 14-20

**SALMON
BURGERS**

**FREE
WORKSHOPS:**

TEA MAKING

BEADING

WEAVING

AND MORE!



**INDIGENOUS
PERFORMERS**



JOIN US

JUNE 21ST AT
CARNEGIE COMMUNITY
CENTRE (401 MAIN ST)
FOR INDIGENOUS
PEOPLE'S DAY!

MORE INFORMATION
TO COME...

Mount Pleasant Community Centre Association Licensed Child Care

Please check our website at www.mountpleasantcc.ca/3-corners-child-care-centre/



FACILITIES

3 Corners Child Care Centre (Full Day Care: 3 months- 5 years)

Located in the Mount Pleasant
Community Centre @ #1 Kingsway

Contact: Carman.Cheung@vancouver.ca

Our House Child Care Centre (Preschool, Out of School Care)

Located @ 123 West 16th Ave

Contact: Kelly.bodkin@vancouver.ca

3 Corners Child Care Centre

(Children aged 3 mon-5 yrs) We do not maintain an ongoing waitlist.

Our programs are currently **FULL**. Occasionally spaces may come up available and be posted on our website at www.mountpleasantcc.ca/3-corners-child-care-centre/

→ Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get 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.

See eligibility criteria and application information at www.mountpleasantcc.ca/3-corners-child-care-centre/

You can email vera.meza@vancouver.ca for more details and forms.

Program	Hours of Care	Fee
Infant/Toddler (0-18 months)	7:30am-6:00pm	\$1624 - \$900 Fee Reduction: \$773
Infant/Toddler (18-36 months)		\$1619 - \$900 Fee Reduction: \$767
3-5 Program (under 36 months)		\$1119- \$900 Fee Reduction: \$267
3-5 Program (37 months-5 years)		\$1029 - \$545 Fee Reduction: \$519
All families pay \$50 non-refundable and 1 month security deposit		

Out of School Care

Our Out of School Care Program provides year round care for children ages 5-12 years old. We offer before/after school care and care on non-instructional days during the school year. In addition, we offer optional weekly daycamps during Winter, Spring and Summer Breaks when school is not in session.

Please see our website at www.mountpleasantcc.ca/out-of-school-care/ for more information.

Child Care Fee Reduction Initiative: We are a part of CCFRI. Below rates are the full reduced rates. The amount of fee reduction is different for Kindergarten age group and Grades 1 -7 based on provinces guidelines.

Program	Hours of Care	Fee
After School Care	3:00pm-6:00pm	\$358.50
After School Care (D.O.B. 2019)	3:00pm-6:00pm	\$265.50
Before/After School Care	7:30am-9:00am/3:00pm-6:00pm	\$386
Before/After School Care (D.O.B. 2019)	7:30am-9:00am/3:00pm-6:00pm	\$200

For additional information regarding our Out of School Care Program please contact kelly.bodkin@vancouver.ca or call 604-707-0311.

Out of School Care – Waitlists

Online Kindergarten age Waitlist registration will open on March 3, 2025 at 10:00 am. This is for children born in 2020 who will be attending Simon Fraser Elementary in the 2025-2026 school year. Our waitlist registration for children grades 1-7 is ongoing. Please contact kelly.bodkin@vancouver.ca for more information.



Licensed Preschool

Our preschool programs offer a play-based emergent curriculum which is responsive to the children's interests and developmental needs. Purposely planned early learning activities are incorporated into the program to support children's development of self-help, social and kindergarten readiness skills.

Please see our website at www.mountpleasantcc.ca/licensed-preschool/ for more information.



Registration for the upcoming 2025/2026

Preschool year has been postponed.

For information we recommend visiting www.mountpleasantcc.ca or subscribing for notifications for when information is posted. We hope to have this information available to families as soon as possible.



→ 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..

Current 2024-2025 Preschool Schedule	Class Time	Hours Per Class	Parent Fee after CCFRI reduced
Child Care Fee Reduction Initiative:			
We are a part of the CCFRI. The fees listed below are reduced fees after the fee reduction is applied.			
Children born in 2022			
2 Year Olds – Friday AM <i>(does not qualify for CCFRI)</i>	9:15-11:15am	2	\$134
Children born in 2021			
3 Year Olds - M/W AM	8:30-11:30am	3	\$229.68
3 Year Olds - Tu/Th AM	8:30-11:30am	3	\$229.68
Children born in 2021 & 2020			
3 & 4 Year Olds – MWF PM Option for Parent Participation	12:30-2:45pm	2.25	\$244.14
Children born in 2020			
4 Year Olds - MWF AM	9-12pm	3	\$344.52
4 Year Olds - Tu/Th AM	9-12pm	3	\$229.68

Our Preschool Programs are a wonderful opportunity to build social skills, learn about the environment around us, connect with nature.

Our programs are emergent and inclusive.

→ Scan QR code to see more Preschool Program Details.



→ Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get 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. See eligibility criteria and application information at www.mountpleasantcc.ca/licensed-childcare/ You can email vera.meza@vancouver.ca for more details and forms.

Our House Child Care Centre Summer Daycamp

For children 5-12yrs old (Children born 2012-2019)

Located at: 123 West 16 Avenue (16th & Manitoba)



We are thrilled to once again offer our popular Summer Break Daycamps for children 5-12 years old – Born 2012 - 2019.

Children will participate in a variety of fun-filled activities and field trips. Program fees include transportation and admission costs. AM/PM Care for Break Programs is for children who require care before 9am and after 4pm, during our break programs. Full day Break Program registration is a pre-requisite for AM/PM Care. For PM Care, program fees include afternoon snack.

It is important that each child is successful in the program and that we can meet the needs of your child and the entire group. If your child requires extra support, please email kelly.bodkin@vancouver.ca to discuss their needs prior to registering.



LICENSED CHILD CARE



Creating a City of Vancouver Account:

If you do not have a City of Vancouver on-line account, you will need to set one up at least 48 hours before registration day. Please visit vanrec.ca to set up an account.

→ Funding

All Families can apply for ACCB and other Subsidies for child care at MPCCA. To see if you qualify and get an estimate of your funding go to www.myfamilyservices.gov.bc.ca/s/stimator.

MPCCA has a child care Bursary fund which can be offered towards fees, and 1-1 support. See eligibility criteria and application information at www.mountpleasantcc.ca/licensed-childcare/

You can email vera.meza@vancouver.ca for more details and forms.



Summer Break Daycamp

Registration for Summer Daycamp has been postponed.

We recommend that families visit the website www.mountpleasantcc.ca or subscribe for information. We hope to have this available to families as soon as possible.

OH Summer Break Daycamp 2025 Fees June 30-August 29

**Register by the week!*

Please ensure you are registering your child based on year of birth.

Child Care Fee Reduction Initiative: We are a part of the CCFRI. The below weekly fees are unreduced. The amount of fee reduction is different for Kindergarten age group and Grades 1 - 7 based on provinces guidelines.

Programs	Hours	5 Day Week	4 Day Week	Cancellation Fee
AM Care	7:30am-9:00am	\$46.35	\$37	\$20.00/Week and per child**
Daycamp (Gr. 1 – 7)	9:00am-4:00pm	\$168.50	\$134.80	
Daycamp (Kindies)	9:00am-4:00pm	\$117.25	\$93.80	
PM Care	4:00pm-6:00pm	\$57.17	\$34	

***Fees will not be pro-rated regard*

Daycamp Withd

page 15 - Uplifta Yoga - NEW Parents and Tots (Involving 2-3yrs) Free TRIAL CLASS Apr 03 550122	Th	10:00 AM-10:40 AM FREE/1 sess
Uplifta Yoga - NEW Preschoolers Free TRIAL CLASS Apr 03	Th	(3-5 yrs) 10:45 AM-11:25 AM

NEW The deadline for all refunds is the THURSDAY by 9pm, THREE weeks prior to the first week of camp Ex: If you are withdrawing your child, we require notice by **Thursday, June 5, no later than 9pm. A \$20.00 cancellation fee will be charged for all cancelled weeks of daycamp.** with scheduling changes. This fee will apply to EACH CH

Ex: If you enroll in weeks 1, 2, your plans change and you are not attending week 3, you will be refunded the week's fees less \$20. All refunds a

vera.meza@vancouver.ca or by calling the Mount F

Day Camp Week	Deadline to withdraw for refund less \$20 cancellation fee
Week 1 (June 30 - July 5)	Friday, June 5, 2025, 9pm
Week 2 (July 6 - July 12)	Friday, July 12, 2025, 9pm
Week 3 (July 13 - July 19)	Friday, July 19, 2025, 9pm
Week 4 (July 20 - July 26)	Friday, July 26, 2025, 9pm
Week 5 (July 27 - August 2)	Friday, August 2, 2025, 9pm
Week 6 (August 3 - August 9)	Friday, August 9, 2025, 9pm
Week 7 (August 10 - August 16)	Friday, August 16, 2025, 9pm
Week 8 (August 17 - August 23)	Friday, August 23, 2025, 9pm
Week 9 (August 24 - August 30)	Friday, August 30, 2025, 9pm

Withdrawals received past the deadlines below will not be refunded

Birthday Party Packages



Birthday Party - Preschool 1 (0-5 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Enjoy private access to parent and tot equipment in our 2/3 gymnasium with an inflatable, a party room and two birthday leaders to help you facilitate the party. Room Capacity of 50. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice.

May 17 – Aug 30	Sa	1:00 PM-3:00 PM
546153-546168		\$280.00/1 sess

Birthday Party - Preschool 2 (0-5 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Want a party, but not the hassle? Let us help! Enjoy private access to parent and tot equipment in our 2/3 gymnasium with an inflatable, a party room and two birthday leaders will help you facilitate the party. Room Capacity of 50. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

May 17 – Aug 30	Sa	3:45 PM-5:45 PM
546170-546185		\$280.00/1 sess

Birthday Party - Art Theme (6-12 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Get ready to dive into a fun and memorable birthday party! You will be able to select one of the following instructed crafts: Slime, Clay Key Charms, Stress Balls, or Paper Crafts. This birthday party is perfect for those who love hands-on activities! Each party will include 2 birthday party leaders to instruct the craft. Craft supplies will be included. Maximum of 12 participants. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice.

May 18 – Jul 27	Su	1:00 PM-3:00 PM
552165-552175		\$265.00/1 sess



Birthday Party - Climbing (6-12 yrs)

Instructor: Mount Pleasant Climbing Staff

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notices.

May 24 - Aug 30	Sa	2:00 PM-3:00 PM
549391-549407		\$180.00/1 sess

Refunds

A \$25 administrative fee will apply to all Birthday Party refunds.

Music, Singing and Art

Music with Marnie Toddlers (1-3 yrs)

Instructor: Marnie Grey

This class is all about children learning through PLAY and actively having FUN! Marnie's years of childhood expertise will have your toddler jumping, clapping, marching, singing and even singing along! Sing and move to traditional as well as original Music with Marnie Songs, from Marnie's 4 recordings. Through the use of puppets, bubbles and jumping galore, your child will be guaranteed to join in on the musical mosh pit and have 45 minutes of magical, movin' and groovin fun. Don't delay, classes fill up fast. Classes are for registered children only. Sorry, no extra children. Drop-ins \$20.00 No class Apr 21 and May 19.

Apr 14 - Jun 09 M 10:00 AM-10:45 AM
539158 \$134.75/7 sess

Music with Marnie Babies (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class Apr 21 & May 19.

Apr 14 - Jun 09 M 11:00 AM-11:30 AM
539159 \$120.75/7 sess

Music with Marnie Babies (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class Apr 21 and May 19.

Apr 14 - Jun 09 M 11:45 AM-12:15 PM
539160 \$138.00/7 sess

Music with Marnie All Ages/Siblings (0-5 yrs)

Instructor: Marnie Grey

A perfect program for kids of all ages to sing and dance and enjoy a mixture of age appropriate, action based and empowering songs, both traditional and from Marnie's 4 Albums. Great for Siblings (*ask for Sibling Discount) Marnie & the older children will lead the way. Younger Children will bounce and march and learn from the older ones. Get ready to jump in puddles and catch bubbles, because making music fun and learning through play is what Marnie's Award Winning Programs are about. 12 months and up - *Except for Siblings - Siblings can be 3 months and up. Contact the front desk for Sibling Discount. Drop-ins \$20 - space permitting. No class May 21.

Apr 16 - Jun 11 W 10:00 AM-10:45 AM
539161 \$154.00/8 sess



About Marnie



Marnie has honed the craft of teaching captivating, fun and Award Winning Classes. As an Early Childhood Educator & Children's Entertainer Marnie Grey's philosophy is that children learn through movement & PLAY - while pretending to be birds, elephants or simply clapping, children will move and groove and learn along the way. Marnie's classes and music help, develop confidence and allow children to express themselves musically while having FUN! As well as teaching, Marnie tours across the country, singing tunes from her 4 Award Winning albums.

www.MusicwithMarnie.com

Music, Singing and Art cont'd

Music with Marnie Babies (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00 No class May 21.

Apr 16 - Jun 11 W 11:00 AM-11:30 AM
539162 \$138.00/8 sess

Music with Marnie Babies (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided, can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Classes are for registered children only. Sorry, no extra children. Drop-ins \$18.00 No class May 21.

Apr 16 - Jun 11 W 11:45 AM-12:15 PM
539163 \$138.00/8 sess



Art and Music with Sun Rey (20months-3 yrs)

Instructor: Sun Rey Han

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing-a-longs and storytelling time. Parent/caregiver participation is required. Drop-in \$20.00, if space is available. No class May 17.

Apr 26 - Jun 07 Sa 10:00 AM-10:45 AM
548048 \$108.00/6 sess



Art and Music with Sun Rey (20months-3 yrs)

Instructor: Sun Rey Han

This is a wonderful way to introduce your child to art and music. Art and music boosts creativity, builds confidence, increases concentration and improves hand-eye coordination. Experience finger painting, abstract art, collage, colouring, stickers, stamping, clay modelling and more. There will be time set aside for sing a longs and storytelling time. Parent/caregiver participation is required. Drop-in \$21.00, if space is available. No class May 17.

Apr 26 - Jun 07 Sa 11:00 AM-11:45 AM
548049 \$108.00/6 sess

Social

Parent and Tot Gym (0-6 yrs)

Instructor: Mount Pleasant Parent and Tot Staff

Parent and Tot gym is a perfect time for your toddler to socialize and play. Your child will have the opportunity to explore various climbing apparatuses, sports equipment and other toys. Also a great opportunity to meet other parents! Child must be supervised at all times.

May 06 - Jun 28 Tu Th F Sa 10:00 AM-12:00 PM
545954 Drop-Ins \$3.00/Child or \$5.00/Family

Jul 05 - Aug 30 Sa 10:00 AM-12:00 PM
545954 Drop-Ins \$3.00/Child or \$5.00/Family

Wednesday Rooftop Family Fun (All Ages)

Instructor: Mount Pleasant Staff

Looking for something different to do? Come join our Staff and volunteers for an evening of activities, games and arts & craft on the Third Floor patio area. We will also have a small concession – hot dogs, drinks, popcorn and some snack for sale. All proceeds will be going back into the program. Everyone welcome!

Jun 25 - Aug 27 W 5:00 PM-7:00 PM
XXXXXX FREE

Dance

Dance With Me (with Adult) (1-3 yrs)

Instructor: Vancouver Performing Stars

Introduce your little ones to the world of dance. Classes are designed to encourage little dancers to join in and have fun with their parent/guardian. Elements of ballet dancing, singing, and high energy movement to music will be included. Parent or guardian participation is required. Visit www.performingstars.ca for more information. No class April 19 and May 17.

Apr 05 - Jun 14 Sa 9:15 AM-10:00 AM
533862 \$144.00/9 sess

Tiny Ballet (3 yrs)

Instructor: Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire please. Child must be able to attend class without a parent or guardian in the room. Visit www.performingstars.ca No class April 19 and May 17.

Apr 05 - Jun 14 Sa 10:00 AM-10:45 AM
533865 \$144.00/9 sess

Mini Ballet

(4 yrs)

Instructor: Vancouver Performing Stars

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Appropriate dance shoes and attire please. Child must be able to attend class without a parent or guardian in the room. Visit performingstars.ca for more information. No class April 19 and May 17.

Apr 05 - Jun 14 Sa 10:45 AM-11:30 AM
533864 \$144.00/9 sess

Junior Ballet

(5-7 yrs)

Instructor: Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information. No class April 19 and May 17.

Apr 05 - Jun 14 Sa 11:30 AM-12:15 PM
533863 \$144.00/9 sess



Dance cont'd

My First Dance Class (2-4 yrs)

Instructor: Endorphin Rush Dance

An introduction to creative dance. Aspiring little dancers, along with their guardians, will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. This class is for the youngest of dancers to experience a playful class with the support of their parents/guardian present. Parent/guardian participation is required. www.KirbySnellDance.com. Drop-ins \$14.

Mar 06 - Apr 24 Th 9:30 AM-10:15 AM
534001 \$78.00/6 sess

May 01 - Jun 19 Th 9:30 AM-10:15 AM
548245 \$104.00/8 sess



Creative Ballet (3-5 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas will explore the fun and beauty of ballet while learning it's basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info visit www.kirbysnelldance.com Drop-ins \$14.

Mar 06 - Apr 24 Th 10:20 AM-11:05 AM
534012 \$78.00/6 sess

May 01 - Jun 19 Th 10:20 AM-11:05 AM
548246 \$104.00/8 sess

Mini Hip Hop Breakers (3-5 yrs)

Instructor: Endorphin Rush Dance

This non-stop action-packed class includes hip hop, breakdancing, and dance games that will have your dancer moving to the beats. Children must be able to participate without a parent in the room. More info visit www.kirbysnelldance.com. Drop-ins \$14.

Mar 06 - Apr 24 Th 11:10 AM-11:55 AM
534035 \$75.00/6 sess

May 01 - Jun 19 Th 11:10 AM-11:55 AM
548247 \$100.00/8 sess

Creative Ballet (3-5 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas will explore the fun and beauty of ballet while learning it's basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com. Drop-ins \$14.

Mar 02 - Apr 27 Su 9:15 AM-10:00 AM
533938 \$104.00/8 sess

May 04 - Jun 22 Su 9:15 AM-10:00 AM
548242 \$104.00/8 sess

Jul 06 - Aug 24 Su 9:15 AM-10:00 AM
548249 \$104.00/8 sess

Creative Ballet (4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas will explore the fun and beauty of ballet while learning it's basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com. Drop-ins \$14.

Mar 02 - Apr 27 Su 10:05 AM-10:50 AM
533939 \$104.00/8 sess

May 04 - Jun 22 Su 10:05 AM-10:50 AM
548243 \$104.00/8 sess

Jul 06 - Aug 24 Su 10:05 AM-10:50 AM
548250 \$104.00/8 sess



Hip Hop Breakers (5-8yrs) (5-7 yrs)

Instructor: Endorphin Rush Dance

This funky and energetic dance builds strength, coordination and flexibility. Learn today's popular dance moves through warm up and easy choreography. A great cardio workout, hip hop is full of style and flair. For more info www.KirbySnellDance.com Drop-ins \$14.

Mar 02 - Apr 27 Su 10:55 AM-11:40 AM
533941 \$104.00/8 sess

May 04 - Jun 22 Su 10:55 AM-11:40 AM
548244 \$104.00/8 sess

Jul 06 - Aug 24 Su 10:55 AM-11:40 AM
548252 \$104.00/8 sess

Creative Ballet

(4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas will explore the fun and beauty of ballet while learning it's basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com. Drop-ins \$14.

May 04 - Jun 22	Su	11:45 AM-12:30 PM
548248		\$104.00/8 sess
Jul 06 - Aug 24	Su	11:45 AM-12:30 PM
548251		\$104.00/8 sess

Physical Activity

Uphoria Yoga - **NEW** Parents and Tots (crawling-2.5yrs)

(0-2 yrs)

Instructor: Ûphoria Yoga

In this parent/caregiver-assisted class, we will introduce you and your little one to the benefits of yoga through the use of playful stories, songs and props. Not your typical calming yoga experience. This class is designed to help toddlers move in order to build their strength and fitness development.

FREE TRIAL CLASS

Apr 03	Th	10:00 AM-10:40 AM
550122		FREE/1 sess
Apr 10 - Jun 26	Th	10:00 AM-10:40 AM
558092		\$198.00/12 sess

Uphoria Yoga - **NEW** Preschoolers

(3-5 yrs)

Instructor: Ûphoria Yoga

In this parent/caregiver-assisted class, we will introduce you and your little one to the benefits of yoga through the use of playful stories, songs and props. Not your typical calming yoga experience. This class is designed to help toddlers move in order to build their strength and fitness development.

FREE TRIAL CLASS

Apr 03	Th	10:45 AM-11:25 AM
550125		FREE/1 sess
Apr 03 - Jun 19	Th	10:45 AM-11:25 AM
558090		\$198.00/12 sess

Sportball Indoor Soccer

(3-5 yrs)

Instructor: Sportball Vancouver

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Apr 02 - Jun 18	W	3:30 PM-4:30 PM
534118		\$222.00/12 sess



Sportball Parent and Child Multisport

(2-3 yrs)

Instructor: Sportball Vancouver

Sportball Parent and Child programs focus on physical literacy and social exploration. Toddlers learn fundamental movement skills and participate in creative motor games. Children are challenged according to individual skill level and grownups are taught techniques to help children practice and progress in a variety of different ball sports. No class Apr 20, May 18, and Aug 3.

Apr 06 - Jun 22	Su	9:15 AM-10:00 AM
534122		\$185.00/10 sess
Jul 06 - Aug 24	Su	9:15 AM-10:00 AM
548139		\$129.50/7 sess

Sportball Parent and Child Multisport

(2-3 yrs)

Instructor: Sportball Vancouver

Sportball Parent and Child programs focus on physical literacy and social exploration. Toddlers learn fundamental movement skills and participate in creative motor games. Children are challenged according to individual skill level and grownups are taught techniques to help children practice and progress in a variety of different ball sports. No class Apr 20, May 18, and Aug 3.

Apr 06 - Jun 22	Su	10:00 AM-10:45 AM
534121		\$185.00/10 sess
Jul 06 - Aug 24	Su	10:00 AM-10:45 AM
548138		\$129.50/7 sess

Physical Activity cont'd

Sportball Multisport (3-5 yrs)

Instructor: Sportball Vancouver

Sportball Multi-Sport programs introduce children to the concepts and skills involved in a variety of different ball sports using the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills, in a fun and non-competitive setting. No class Apr 20, May 18 and Aug 3.

Apr 06 - Jun 22 Su 11:00 AM-12:00 PM
534120 \$185.00/10 sess

Jul 06 - Aug 24 Su 11:00 AM-12:00 PM
548137 \$129.50/7 sess



High 5 Sports - Parent and Tot (2-3 yrs)

Instructor: Hai Doan

Our sports program for children offers a diverse and engaging experience, introducing participants to a variety of sports in a fun and supportive environment. Through age-appropriate activities and skilled coaching, children develop fundamental skills, teamwork, and a love for physical activity. We offer options ranging from soccer and basketball to tennis and hockey. Our program promotes inclusivity, skill development, and a lifelong enjoyment of sports. Unleash the power to play!

May 07 - Jun 25 W 9:30 AM-10:15 AM
548239 \$160.00/8 sess

High 5 Sports - Drop Off (3-5 yrs)

Instructor: Hai Doan

Our sports program for children offers a diverse and engaging experience, introducing participants to a variety of sports in a fun and supportive environment. Through age-appropriate activities and skilled coaching, children develop fundamental skills, teamwork, and a love for physical activity. We offer options ranging from soccer and basketball to tennis and hockey. Our program promotes inclusivity, skill development, and a lifelong enjoyment of sports. Unleash the power to play!

May 07 - Jun 25 W 10:15 AM-11:15 AM
548238 \$160.00/8 sess

Tennis

Summer Smash Tennis: Parent & Tot at Robson Park (2-3 yrs)

Instructor: Summer Smash Tennis

Introduce your little one to the joy of tennis! Our experienced coaches guide you and your child through activities that focus on building hand-eye and foundational motor skills in a small group setting. Parents and tots will work together to create scaled-down equipment tailored to young learners. This class is a fantastic way to foster a love for physical activity and tennis early on. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

Jul 14 - Jul 16 MW 10:30 AM-11:15 AM
555137 \$55.25/2 sess

Aug 11 - Aug 13 MW 10:30 AM-11:15 AM
555141 \$55.25/2 sess

Jul 15 - Jul 17 Tu Th 9:30 AM-10:15 AM
555142 \$55.25/2 sess

Aug 12 - Aug 14 Tu Th 9:30 AM-10:15 AM
555143 \$55.25/2 sess



Summer Smash Tennis: Mini Fundamentals Camp (4-5 yrs)

Instructor: Summer Smash Tennis

Start learning tennis in a positive and encouraging environment! Prepare your child to excel at tennis and sport with our fundamental movement camp for young children. We have fun developing students' balance, jumping, throwing, catching, and racquet skills. Enjoy various activities that develop fine motor skills, body awareness, and cooperation. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

Jul 14 - Jul 16 MW 9:00 AM-10:15 AM
555145 \$90.25/2 sess

Aug 11 - Aug 13 MW 9:00 AM-10:15 AM
555146 \$90.25/2 sess

Jul 15 - Jul 17 Tu Th 10:30 AM-11:45 AM
555147 \$90.25/2 sess

Aug 12 - Aug 14 Tu Th 10:30 AM-11:45 AM
555149 \$90.25/2 sess

Summer Smash Tennis: Mini Fundamentals (4-5 yrs)

Instructor: Summer Smash Tennis

Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 29 - May 20	Tu	3:15 PM-4:00 PM	554651	\$101.75/4 sess
May 27 - Jun 17	Tu	3:15 PM-4:00 PM	554652	\$101.75/4 sess

Indoor Rock Climbing

Tiny Climbers (4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe and fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor. Students will learn different techniques and equipment used for climbing. No class Jun 14.

May 24 - Jun 28	Sa	9:30 AM-10:20 AM	548282	\$95.00/5 sess
Jul 05 - Jul 26	Sa	9:30 AM-10:20 AM	548287	\$76.00/4 sess
Aug 09 - Aug 30	Sa	9:30 AM-10:20 AM	548291	\$76.00/4 sess

Tiny Climbers (4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe and fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor. Students will learn different techniques and equipment used for climbing. No class Jun 14.

May 24 - Jun 28	Sa	10:30 AM-11:20 AM	548283	\$95.00/5 sess
Jul 05 - Jul 26	Sa	10:30 AM-11:20 AM	548288	\$76.00/4 sess
Aug 09 - Aug 30	Sa	10:30 AM-11:20 AM	548292	\$76.00/4 sess



Tiny Climbers (4-6 yrs)

Instructor: Mount Pleasant Climbing Staff

This course is available to 4-6 year olds who wish to test their strength on the Climbing Wall. A safe and fun-based opportunity to reach the stars with encouragement and guidance of an experienced instructor. Students will learn different techniques and equipment used for climbing. No class Jun 14.

May 24 - Jun 28	Sa	11:30 AM-12:20 PM	548284	\$95.00/5 sess
Jul 05 - Jul 26	Sa	11:30 AM-12:20 PM	548289	\$76.00/4 sess
Aug 09 - Aug 30	Sa	11:30 AM-12:20 PM	548293	\$76.00/4 sess

Preschool Camps

Frozen Ballet Dance Camp

Instructor: Endorphin Rush Dance

100% Frozen Soundtrack Music is played in the creative ballet class designed to ignite your dancer's imagination. No experience required as dancers learn the basics of ballet and expression through movement. Children must be able to participate without parents in the room. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info visit www.kirbysnelldance.com.

(3-5 yrs)

Jul 07 - Jul 11	M Tu W Th F	9:15 AM-10:15 AM	551076	\$79.00/5 sess
Aug 11 - Aug 15	M Tu W Th F	9:15 AM-10:15 AM	551128	\$79.00/5 sess

(4-6 yrs)

Jul 07 - Jul 11	M Tu W Th F	10:20 AM-11:20 AM	551077	\$79.00/5 sess
Aug 11 - Aug 15	M Tu W Th F	10:20 AM-11:20 AM	551129	\$79.00/5 sess

Music Exploration Camp (Parent and Tot) (3-6 yrs)

Instructor: Musical Expression

Explore this fun instrument through colours, numbers, musical story telling, jamming and singing along to your favourite tunes. No experience is required. Instruments and Ukulele are provided for use in class. Parent participation required. This program is facilitated by a Musical Expressions instructor. For more information visit www.musicalexpression.ca Drop-ins \$22.00, if space permits.

Aug 11 - Aug 15	M -F	10:00 AM-10:30 AM	557649	\$75.00/5 sess
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Preschool Camps cont'd

Mini Hip Hop Movers Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

This non-stop action-packed class includes hip hop, breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for families on the last day! Please bring a filled water bottle each day. More info: www.kirbysnelldance.com.

Jul 07 - Jul 11 M Tu W Th F 11:25 AM-12:25 PM
551080 \$99.00/5 sess

Aug 11 - Aug 15 M Tu W Th F 11:25 AM-12:25 PM
551130 \$99.00/5 sess

Art and Music Camp with Sun Rey (20months-3 yrs)

Instructor: Sun Rey Han

Introduce your child to art and music. Experience mural art project and more. There will be time set aside for sing-a-longs, movement and story time. Art supplies included. Parent/caregiver participation is required. Drop-in \$22.00, if space available.

Jul 28 - Aug 01 M - F 9:30 AM-10:30 AM
556650 \$97.50/5 sess

Aug 25 - Aug 29 M - F 9:30 AM-10:30 AM
556651 \$97.50/5 sess

Jul 28 - Aug 01 M - F 10:45 AM-11:30 AM
557109 \$97.50/7 sess

Aug 25- Aug 29 M - F 10:45 AM-11:30 AM
557110 \$97.50/7 sess

Music with Marnie All Ages/ Sibling Camp (0-5 yrs)

Instructor: Marnie Grey

A perfect program for kids of all ages to sing and dance and enjoy a mixture of age appropriate, action based and empowering songs, both traditional and from Marnie's 4 Albums. Great for Siblings (*ask for Sibling Discount). Marnie & the older children will lead the way, while the younger children will bounce and march and learn from the older ones. Get ready to jump in puddles and catch bubbles, because making music fun and learning through play is what Marnie's Award Winning Programs are about. 12 months and up - *Except for Siblings - Siblings can be 3 months and up. Contact the front desk for Sibling Discount. Drop-ins \$20 - space permitting.

Aug 05 - Aug 07 Tu W Th 10:00 AM-10:45 AM
558099 \$57.75/3 sess

Aug 26 - Aug 28 Tu W Th 10:00 AM-10:45 AM
558100 \$57.75/3 sess

Music with Marnie Babies Camp (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00

Aug 05 - Aug 07 Tu W Th 11:00 AM-11:30 AM
558101 \$51.75/3 sess

Aug 26 - Aug 28 Tu W Th 11:00 AM-11:30 AM
558102 \$51.75/3 sess

Music with Marnie Babies Camp (2months-17months)

Instructor: Marnie Grey

One of Marnie's most popular classes! Come explore music through songs, chants, fingerplays, movement, instruments, sign language, bubbles and puppets galore! Marnie's animated and easygoing personality will keep your baby captivated and giggling for the whole class. The songs provided can help assist with daily routines, and can also enhance children's number concepts, language, strength, coordination and body awareness. Marnie has years of experience with little ones, and will consistently use her talent to create a developmentally appropriate class that is both stimulating and fun. Babies will have a blast and adults will leave with an abundance of songs and activities to share with their baby - from car rides to bath time, Marnie will have you covered! Don't delay, classes fill up fast. Drop-ins \$18.00

Aug 05 - Aug 07 Tu W Th 11:45 AM-12:15 PM
558104 \$51.75/3 sess

Aug 26 - Aug 28 Tu W Th 11:45 AM-12:15 PM
558105 \$51.75/3 sess



Children Summer Camps



Wickedly Good Time: Pink Passion and Emerald Vibes (6-10 yrs)

Instructor: Endorphin Rush Dance

Skip into the magical world of Emerald City and let your imagination fly in this Wicked-Inspired Dance Camp. Dancers will improve their dance technique (fuzzed with styles including jazz, hip hop, and contemporary), let their creativity flourish, all while making new friends. Get ready to cheer and enjoy a spellbinding performance on the last day of camp for families. For more information visit www.kirbysnelldance.com

Jul 14 - Jul 18	M Tu W Th F	9:30 AM-12:30 PM
551109		\$220.00/5 sess
Aug 18 - Aug 22	M Tu W Th F	9:30 AM-12:30 PM
551131		\$220.00/5 sess

VPS Wicked Musical Camp (7-12 yrs)

Instructor: Vancouver Performing Stars

Let's defy gravity with theatre friends as performers discover the magic of Oz through song and dance! In this spellbinding week, instructors will make every musical moment both magical and empowering. Aspiring theater stars will learn powerful musical numbers inspired by themes of friendship and finding your true self, build confidence through theatrical character development, and work together to create an enchanting end-of-week performance. Visit performingstars.ca for more information.

Aug 25 - Aug 29	M Tu W Th F	10:00 AM-4:00 PM
548098		\$345.00/5 sess

Pickleball Camp NEW
4 Kids (7.5-10 yrs)

Tons of adults are playing pickleball - now it's time for kids to join in on the fun. Pickleball is good for kids for lots of good reasons: it's great exercise, and good for children and youth of all athletic abilities. It's great for developing hand-eye coordination, and also for building self-esteem and confidence. Come join us! First and foremost, kids will have fun playing pickleball.

Instructor: Brandon Stegmaier

Jul 28 - Aug 01	M - F	9:30 AM-11:00 AM
558153		\$150.00/5 sess

Instructor: Justin Liao

Aug 05 - Aug 08	M - F	9:30 AM-11:00 AM
558157		\$150.00/5 sess

Instructor: Sharon Hoy

Jul 28 - Aug 01	M - F	11:00 AM-12:30 PM
558155		\$150.00/5 sess

Aug 05 - Aug 08	M - F	11:00 AM-12:30 PM
558158		\$150.00/5 sess



LEGO Extreme Ninjas (5-10 yrs)

Instructor: Reach Education Inc.

Ninjas...GO! Get ready to use your Spinjitzu to fight for honour and establish peace. Using Reach Education building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. On the final day, every camper will design and take home their very own mini-figure.

Jul 21 - Jul 25	M Tu W Th F	9:30 AM-12:30 PM
550613		\$176.00/5 sess

Jul 21 - Jul 25	M Tu W Th F	1:00 PM-4:00 PM
550614		\$176.00/5 sess

Children Summer Camps cont'd

LEGO Galaxy Far Away (5-10 yrs)

Instructor: Reach Education Inc.

Using Reach Education building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. On the final day, every camper will design and take home their very own mini-figure.

Jul 28 - Aug 01	M Tu W Th F	9:30 AM-12:30 PM
550615		\$176.00/5 sess
Jul 28 - Aug 01	M Tu W Th F	1:00 PM-4:00 PM
550616		\$176.00/5 sess

Sportball Multisport Camp (5-8 yrs)

Instructor: Sportball Vancouver

Sportball's action-packed summer camps introduce children to a variety of ball sports, co-operative games and more! Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills. Camps will run indoors, so please be sure to pack a nut free snack and a labeled water bottle.

Jul 07 - Jul 11	M Tu W Th F	9:15 AM-12:15 PM
548271		\$240.00/5 sess
Aug 11 - Aug 15	M Tu W Th F	9:15 AM-12:15 PM
548272		\$240.00/5 sess

Sportball Multisport Camp at Robson Park (3.5-6 yrs)

Instructor: Sportball Vancouver

Sportball Multi-Sport programs introduce children to the concepts and skills involved in a variety of different ball sports using the Sportball methodology. Classes use developmentally appropriate methods to introduce, practice and refine gross motor skills, in a fun and non-competitive setting. Please note this activity is held at Robson Park Feild (13th Ave and Carolina St).

Jul 14 - Jul 18	M Tu W Th F	10:45 AM-12:00 PM
560225		\$96.00/5 sess
Aug 18 - Aug 22	M Tu W Th F	10:45 AM-12:00 PM
560226		\$96.00/5 sess

Sportball Multisport Camp at Robson Park (5-8 yrs)

Instructor: Sportball Vancouver

Camps will run outdoors, so please be sure to pack a nut free snack, labeled water bottle as well as a hat and sunscreen for the sunny weather! Please note this activity is held at Robson Park Feild (13th Ave and Carolina St).

Jul 14 - Jul 18	M Tu W Th F	1:00 PM-4:00 PM
560239		\$247.50/5 sess
Aug 18 - Aug 22	M Tu W Th F	1:00 PM-4:00 PM
560242		\$247.50/5 sess

Journey Basketball Camp (9-12 yrs)

Instructor: Journey Basketball Association

Elevate your game at Journey Basketball Camps! Our camps are crafted to challenge and develop players at every skill level. From fundamental drills to advanced techniques, we provide a structured environment that focuses not just on skills, but on the crucial pillars of success: dedication, confidence, and respect. This summer, take the opportunity to push your limits and grow as a player. Sign up now and start your journey with us!

Jul 21 - Jul 25	M Tu W Th F	10:30 AM-12:00 PM
554424		\$125.00/5 sess
Aug 25 - Aug 29	M Tu W Th F	10:30 AM-12:00 PM
554427		\$125.00/5 sess

Volleyball BC: Smashball Summer Camp (8-12 yrs)

Instructor: Volleyball BC

Dive into the summer's most exciting volleyball adventure with Smashball! This unique fast-paced program introduces young athletes to the game in a way that's all about action and energy. Progress through fun levels that every volleyball skills, tactics, and game concepts in bite-sized, easy-to-learn steps. Coaches will tailor activities to every skill level, ensuring everyone feels challenged and included. Expect tons of laughter, exciting rallies, and a focus on teamwork!

Jul 14 - Jul 18	M Tu W Th F	9:15 AM-10:30 AM
550662		\$95.00/5 sess
Aug 18 - Aug 22	M Tu W Th F	9:15 AM-10:30 AM
550685		\$95.00/5 sess

Volleyball BC: Train & Play Summer Camp (13-16 yrs)

Instructor: Volleyball BC

This summer, we're turning up the excitement with Train & Play sessions designed for athletes of all experience levels. Whether you're brand new to volleyball or refining your skills, this camp is all about growth and enjoyment. Learn technical and tactical volleyball skills through engaging drills, mini-games, and challenges. Explore a mix of traditional and creative coaching methods that keep the sessions fresh and fun. Play in a supportive environment that forces on teamwork, skill development, and making friends. Get Ready to improve your game while having an unforgettable time with your peers!

Jul 14 - Jul 18	M Tu W Th F	10:45 AM-12:00 PM
550663		\$95.00/5 sess
Aug 18 - Aug 22	M Tu W Th F	10:45 AM-12:00 PM
550686		\$95.00/5 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 parents/guardians assistance are warranted. This includes going to the bathroom, dealing with any behavior issues, etc.

Summer Smash Tennis: Mini Aces Camp

(6-7.5 yrs)

Instructor: Summer Smash Tennis

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. Participants must bring their own rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.) No class Jul 1.

Jun 30 - Jul 04	M W Th F	9:00 AM-12:00 PM	555155	\$260.25/4 sess
Jul 07 - Jul 11	M Tu W Th F	9:00 AM-12:00 PM	555156	\$323.25/5 sess
Jul 21 - Jul 25	M Tu W Th F	9:00 AM-12:00 PM	555157	\$323.25/5 sess
Jul 28 - Aug 01	M Tu W Th F	9:00 AM-12:00 PM	555158	\$323.25/5 sess
Aug 05 - Aug 08	Tu W Th F	9:00 AM-12:00 PM	555160	\$260.25/4 sess
Aug 18 - Aug 22	M Tu W Th F	9:00 AM-12:00 PM	555161	\$323.25/5 sess

Summer Smash Tennis: Junior Fundamentals Camp

(7.5-10 yrs)

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquets to the lesson. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.). No class July 1.

Jun 30 - Jul 04	M W Th F	9:00 AM-12:00 PM	555191	\$260.25/4 sess
Jul 07 - Jul 11	M Tu W Th F	9:00 AM-12:00 PM	555194	\$323.25/5 sess
Jul 14 - Jul 18	M Tu W Th F	9:00 AM-12:00 PM	555197	\$323.25/5 sess
Jul 21 - Jul 25	M Tu W Th F	9:00 AM-12:00 PM	555199	\$323.25/5 sess
Jul 28 - Aug 01	M Tu W Th F	9:00 AM-12:00 PM	555201	\$323.25/5 sess
Aug 05 - Aug 08	Tu W Th F	9:00 AM-12:00 PM	555204	\$260.25/4 sess
Aug 11 - Aug 15	M Tu W Th F	9:00 AM-12:00 PM	555205	\$323.25/5 sess
Aug 18 - Aug 22	M Tu W Th F	9:00 AM-12:00 PM	555206	\$323.25/5 sess

Summer Smash Tennis: Youth Fundamentals Ace Camp

(11-16 yrs)

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Jul 1.

Jun 30 - Jul 04	M W Th F	9:00 AM-12:00 PM	555209	\$252.00/4 sess
Jul 07 - Jul 11	M Tu W Th F	9:00 AM-12:00 PM	555210	\$315.00/5 sess
Jul 14 - Jul 18	M Tu W Th F	9:00 AM-12:00 PM	555211	\$315.00/5 sess
Jul 21 - Jul 25	M Tu W Th F	9:00 AM-12:00 PM	555212	\$315.00/5 sess
Jul 28 - Aug 01	M Tu W Th F	9:00 AM-12:00 PM	555213	\$315.00/5 sess
Aug 05 - Aug 08	Tu W Th F	9:00 AM-12:00 PM	555214	\$252.00/4 sess
Aug 11 - Aug 15	M Tu W Th F	9:00 AM-12:00 PM	555215	\$315.00/5 sess
Aug 18 - Aug 22	M Tu W Th F	9:00 AM-12:00 PM	555216	\$315.00/5 sess



Music and Singing

Private Guitar/Ukulele Lessons

(5+ yrs)

Instructor: Musical Expressions

Have you always wanted to learn a string instrument? We offer private guitar and ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humblest of beginners all the way to tomorrow's prodigies. All classes are set in a fun and stress free environment. All students are required to bring their own instrument. Music book are purchased separately.

May 02 - Jun 27	F	3:30 PM-8:00 PM
537422-537430		\$279.00/9 sess

Piano

(6+ yrs)

Instructor: Musical Expressions

Musical expressions takes on a creative and intuitive approach to music learning. Here you can develop your skills in piano, voice (singing) or the mixture of the two! With goals and learning styles varying from student to student, we will help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you want to have a longer session, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: musicalexpressions.ca.

May 01 - Jun 26	Th	3:30 PM-8:00 PM
548306-548314		\$292.50/9 sess

Piano

(6+ yrs)

Instructor: Monika Oldershaw

Take a 30 minute private piano lesson with Monika. Lessons follow the school year. Music books may be required at the participant's expense. Please discuss with the instructor.

Monika 1 - Tuesday

May 06 - Jun 24	Tu	3:30 PM-7:30 PM
548324-548331		\$200.00/8 sess

Monika 2 - Wednesday

May 07 - Jun 25	W	3:30 PM-7:30 PM
548332-548339		\$200.00/8 sess

Private Singing/Piano

(5-12 yrs)

Instructor: Charis Chung

Students can choose either Piano or Singing to learn, or take a 60 minute lesson to learn both! Professional, experienced, and award-winning performing artist, musician, singer and music educator Charis Chung (UBC Bachelor of Music & Master's of Music Education) will use diverse materials to help students develop interest in learning music to improve their lives or achieve personal goals. Content includes rhythm, notes, theory, performing techniques and skills. Charis is a certified Music Educator & Member of the Canadian Actors' Equity, has taught over thousands of students of all ages for exams, auditions, international competitions and university entrance exams. Books are not included. Teacher will suggest the book in the first lesson. No make up lessons if student is absent. Leisure Access subsidy does not apply to Music programs. No class Apr 19 and May 17.

Apr 12 - Jun 21	Sa	11:30 AM-3:00 PM
537181-537187		\$300.00/10 sess

Jul 05 - Aug 23	Sa	11:30 AM-3:00 PM
549720-549726		\$240.00/8 sess

Arts, Technology and Education

Academic ESL Class with Charis

(6-9 yrs)

Instructor: Charis Chung

A-Grade TESOL & Provincial Instructor Diplomas Graduate, Charis, brings this well-received Vancouver School Board Academic English Class to Mount Pleasant Community Centre! As a former experienced and certified VSB and Douglas College English Instructor and author, Charis combines Canadian Curriculum and practical, interesting materials to stimulate and encourage participants to learn Listening and Speaking, Reading, Writing and other skills in a safe, fun and educational environment! Students also learn how to be great young learners to fulfill academic and personal goals in life! Come and learn together with a friend! Limited to 12 students. No class Apr 19 and May 17.

Apr 12 - Jun 21	Sa	10:00 AM-11:30 AM
537195		\$350.00/10 sess

Jul 05 - Aug 23	Sa	10:00 AM-11:30 AM
549719		\$312.00/8 sess



Spanish for Children Beginners 1

(6-9 yrs)

Instructor: Eliana Rolando

HOLA amigos! Welcome to the Spanish language! This program offers a fun class in which children learn Spanish through stories, games and songs. Registration only. Sorry no drop-ins. Please speak with the instructor if registering after the third class. Students to bring pen/pencil, eraser and colour crayons/pencils. No class Apr 21 and May 19.

Apr 07 - Jun 23	M	3:30 PM-5:00 PM
538233		\$165.00/10 sess



Spanish for Children Summer Fun

(6-9 yrs)

Instructor: Eliana Rolando

HOLA amigos! Welcome to the Spanish language summer fun! Let's sing and play in Spanish! This program offers a fun class in which children learn Spanish through traditional games and songs. Registration only. Sorry no drop-ins. Students to bring pen/pencil, eraser and colour crayons/pencils.

Jul 07 - Jul 28	M	3:30 PM-5:30 PM
549359		\$87.00/4 sess

STEAM with LEGO

(5-10 yrs)

Instructor: Reach Education Inc.

STEAM up your Sundays with LEGO! Participants will work on 2-3 LEGO Projects using a variety of LEGO Technic, LEGO Bricks, and LEGO Mosaics. Participants will always be given the chance to expand their creativity with LEGO free play and build a motorized model in using gears, axles, and electric motors. We will have a different theme every week. All go home with a custom-made Minifigure. No class Apr 20 and May 18.

Apr 13 - Jun 15	Su	10:00 AM-12:00 PM
537841		\$240.00/8 sess

Family Fun Lip Gloss Making with Lily

(All Ages)

Instructor: Lily Sum

Join us to learn how to make lip gloss and balm from scratch using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 3 lip glosses, 5 lip balms and written recipes. Only 1 registration required per family (up to 3 participants). Visit soapifystudio.com for additional details.

May 18	Su	1:30 PM-3:00 PM
553470		\$62.00/1 sess

Jun 22	Su	1:30 PM-3:00 PM
553480		\$62.00/1 sess

Jul 27	Su	1:30 PM-3:00 PM
553482		\$62.00/1 sess

Aug 24	Su	1:30 PM-3:00 PM
553483		\$62.00/1 sess

Family Fun Soap Making with Lily

(All Ages)

Instructor: Lily Sum

Join us for a fun soap making workshop and use your creativity to make customized soaps together! Choose from over 30 scents, 60+ molds, endless colour combinations and learn how to create and make 6 personalized soaps to take home! No experience required and all supplies are included. Only 1 registration is required for each family/friend - maximum group of 3 participants. Visit www.soapifystudio.com to view class details.

May 11	Su	1:00 PM-3:00 PM
553454		\$70.00/1 sess

Jun 08	Su	1:00 PM-3:00 PM
553455		\$70.00/1 sess

Jul 13	Su	1:00 PM-3:00 PM
553456		\$70.00/1 sess

Aug 10	Su	1:00 PM-3:00 PM
553457		\$70.00/1 sess

Arts and Education cont'd

Birthday Party - Soap Making with Lily (6-12 yrs)
 Instructor: Lily Sum

Celebrate with a fun workshop and make colourful, fragrant soaps. There are over 60 molds and 30 scents to choose from and each child will make 3 personalized soaps. Fee includes admission of up to 10 soap-making participants. Children below 6 must be accompanied by an adult. We will celebrate with a special birthday gift (a mini cake made from soap for the birthday child to take home). Visit soapifystudio.com for additional details.

May 11	Su	3:30 PM-5:30 PM	553508	\$360.00/1 sess
May 18	Su	3:30 PM-5:30 PM	553510	\$360.00/1 sess
Jun 08	Su	3:30 PM-5:30 PM	553512	\$360.00/1 sess
Jun 22	Su	3:30 PM-5:30 PM	553514	\$360.00/1 sess
Jul 13	Su	3:30 PM-5:30 PM	553517	\$360.00/1 sess
Jul 27	Su	3:30 PM-5:30 PM	553519	\$360.00/1 sess
Aug 10	Su	3:30 PM-5:30 PM	553520	\$360.00/1 sess
Aug 24	Su	3:30 PM-5:30 PM	553521	\$360.00/1 sess



Red Cross Babysitting (11-16 yrs)
 Instructor: Foundations Safety & First Aid Training

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime. Each student will have their own first aid supplies, baby manikin and book. Instructor website: communitycarefirstaid.com

May 24	Sa	9:30 AM-4:30 PM	549388	\$85.00/1 sess
Jun 28	Sa	9:30 AM-4:30 PM	552539	\$85.00/1 sess



**MOUNT PLEASANT
 COMMUNITY CENTRE**
 1 Kingsway at Main Street in Vancouver

**We are always looking
 for new program
 leaders willing to share
 their passions with the
 community.**

**Program areas include: fitness, arts
 and culture, special interest, outdoor,
 and seniors.**



Dance

Hip Hop Breakers

(5-7 yrs)

Instructor: Endorphin Rush Dance

This funky and energetic dance builds strength, coordination and flexibility. Learn today's popular dance moves through warm up and easy choreography. A great cardio workout, hip hop is full of style and flair. For more info www.KirbySnellDance.com Drop-ins \$14.

May 04 - Jun 22	Su	10:55 AM-11:40 AM
548244		\$100.00/8 sess
Jul 06 - Aug 24	Su	10:55 AM-11:40 AM
548252		\$100.00/8 sess

Filipino Traditional Dance

(7-12 yrs)

Instructor: Margie Trinidad

Learn traditional Filipino dances from various regions in the Philippines and their historical roots. Students will learn the fundamentals of dance as a form of expression through the exploration of Philippine folk dances and the roles they play in Philippine history and culture. Drop-ins \$15.00

May 14 - Jun 25	W	5:00 PM-6:00 PM
538235		\$100.00/8 sess
Jul 02 - Aug 20	W	10:45 AM-12:00 PM
560544		\$100.00/8 sess



Singing Stars

NEW

(5-7 yrs)

Instructor: Anushka Kashyap

Join us for a magical adventure where kids explore Disney classics through singing, dancing, and fun games! Each week features a different movie - like The Lion King, Beauty and the Beast, Moana, Encanto, Aladdin, and Frozen - while building confidence and teamwork. Activities include warm-ups, sing-alongs, simple dance routine, and themed games. It's all about having fun and developing skills in a celebratory, Disney-inspired environment. No class Apr 21 and May 19.

FREE TRIAL

Apr 7	M	3:30 PM-4:15 PM
552605		FREE/1 sess
Apr 14 - Jun 23	M	3:30 PM-4:15 PM
552605		\$115.00/9 sess

Musical Magic

NEW

(7-9 yrs)

Instructor: Anushka Kashyap

Join our Musical Magic Program! Each term, we'll focus on a single musical - like The Lion King, Annie, or Beauty and the Beast - featuring singing and dance warmups, key song rehearsals, and improv games to boost creativity. Kids will practice line readings to enhance their acting skills while collaborating to bring the story to life. Plus, there's a performance opportunity for parents at the end! Experience the magic of theater with us! No class Apr 21 and May 19.

FREE TRIAL

Apr 7	M	4:20 PM-5:05 PM
552625		FREE/1 sess
Apr 14 - Jun 23	M	4:20 PM-5:05 PM
552625		\$115.00/9 sess



Junior Groove Stars

NEW

(7-9 yrs)

Instructor: Anushka Kashyap

Join Anushka's Junior Groove Stars class for dancers! This dynamic session combines dance games, grooving basics, and upbeat music to enhance coordination and rhythm. It's a fun and engaging way for children to stay active while expressing themselves through movement! Plus, there's a performance opportunity for parents at the end! No class Apr 21 and May 19.

FREE TRIAL

Apr 7	M	5:10 PM-5:55 PM
552628		FREE/1 sess
Apr 14 - Jun 23	M	5:10 PM-5:55 PM
552628		\$115.00/9 sess

Junior Jazz

NEW

(5-7 yrs)

Instructor: Hannah Robertson

For children who love to move to the music! Students will be introduced to important steps in jazz dance in this exciting class. We will start the class by warming up our bodies before learning travelling steps, turns, leaps and fun choreography!

FREE TRIAL CLASS

Apr 03	Th	3:30 PM-4:15 PM
553101		FREE/1 sess
Apr 10 - Jun 26	Th	3:30 PM-4:15 PM
557664		\$174.00/12 sess

Dance cont'd

Preteen Contemporary **NEW** (5-7 yrs)

Instructor: Hannah Robertson

This contemporary class is great for beginners as well as students who have some experience in dance. The class is about exploring the foundational elements of contemporary dance. Those elements include: balancing, stretching, turning, leaping and floorwork. The class begins with a warm up of fundamental dance movements before going across the floor. Students can expect to move through space and have fun! Improvisation will also be introduced throughout the session so that students have an opportunity to try out their own movement and ideas.

FREE TRIAL CLASS

May 01 Th 4:30 PM-5:30 PM
553110 FREE/1 sess

May 01 - Jun 26 Th 4:30 PM-5:30 PM
557667 \$201.00/12 sess

Physical Activity

Sportball Indoor Soccer (5-7 yrs)

Instructor: Sportball Vancouver

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Apr 02 - Jun 18 W 4:40 PM-5:40 PM
534119 \$222.00/12 sess

Volleyball BC: Smashball (8-12 yrs)

Instructor: Volleyball BC

All Smashball programs progress through a number of levels that introduce new tactics and game concepts while incorporating additional volleyball skills. The program typically targets athletes aged 9 to 12 years old. The Smashball program is open to everyone in those ages regardless of their experience level. Coaches will adapt the program and introduce new concepts. No Class Apr 19, May 17 and Jun 14.

Apr 05 - Jun 21 Sa 3:30 PM-4:30 PM
538487 \$135.00/9 sess

Volleyball BC: Train & Play (8-12 yrs)

Instructor: Volleyball BC

Sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical skills of volleyball using both the traditional and conceptual approach. No Class Apr 19, May 17 and Jun 14.

Apr 05 - Jun 21 Sa 4:45 PM-5:45 PM
538488 \$135.00/9 sess



Ivy's Breakfast Club - Basketball Skill Development

(12-16 yrs)

Instructor: Ivy's Breakfast Club

This program focuses on building strong fundamental skills, including shooting, ball handling, finishing, passing, footwork, and decision-making through a mix of skill- building drills, small-sided games (1v1, 2v2, 3v3, 4v4), and transition play. Led by an experienced high-performance coach, this program provides personalized instruction, engaging drills, and a fun learning environment to help young athletes improve their game, build confidence, and develop teamwork skills.

Apr 15 - Jun 24 Tu 3:45 PM-5:00 PM
538257 \$275.00/11 sess

Summer Smash Tennis: Mini Aces

(5-7 yrs)

Instructor: Summer Smash Tennis

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. Participants must bring their own rackets.

Apr 30 - May 21 W 3:30 PM-4:30 PM
550913 \$132.00/4 sess

May 28 - Jun 18 W 3:30 PM-4:30 PM
550914 \$132.00/4 sess

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

Instructor: Summer Smash Tennis

Start or continue learning tennis in a small group setting. Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

May 01 - May 22 Th 3:30 PM-4:15 PM
554754 \$101.75/4 sess

May 29 - Jun 19 Th 3:30 PM-4:15 PM
554772 \$101.75/4 sess

May 03 - May 24 Sa 9:00 AM-9:45 AM
554787 \$101.75/4 sess

May 31 - Jun 21 Sa 9:00 AM-9:45 AM
554788 \$101.75/4 sess

Summer Smash Tennis: Junior Aces (7-10 yrs)

Instructor: Summer Smash Tennis

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation.

Apr 28 - Jun 16 M 3:45 PM-4:45 PM
554807 \$231.00/7 sess

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

Instructor: Summer Smash Tennis

Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

Apr 29 - May 20 Tu 4:00 PM-5:15 PM
554844 \$167.75/4 sess

May 27 - Jun 17 Tu 4:00 PM-5:15 PM
554846 \$167.75/4 sess



Summer Smash Tennis: Junior Fundamentals (7-10 yrs)

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquets to the lesson. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

May 01 - May 22 Th 4:15 PM-5:15 PM
554793 \$134.75/4 sess

May 29 - Jun 19 Th 4:15 PM-5:15 PM
554795 \$134.75/4 sess



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

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class May 19.

Apr 28 - Jun 16 M 3:45 PM-4:45 PM
554832 \$231.00/7 sess

Indoor Rock Climbing

Tiny Climbing Legends (7-12 yrs)

Instructor: Mount Pleasant Climbing Staff

55 minutes of climb-time for kids interested in trying out the Climbing Wall. Kids will learn general safety & the basic skill set for beginning their journey to the top. No class Jun 14.

May 24 - Jun 28 Sa 12:30 PM-1:25 PM
548285 \$95.00/5 sess

Jul 05 - Jul 26 Sa 12:30 PM-1:25 PM
548290 \$76.00/4 sess

Aug 09 - Aug 30 Sa 12:30 PM-1:25 PM
548294 \$76.00/4 sess

Birthday Party - Climbing (6-12 yrs)

Instructor: Mount Pleasant Climbing Staff

Want a party, but not the hassle? Let us help! This birthday party package includes 1 hour of climbing followed by 1 hour in a party room. There will be 3 climbing staff, but no birthday leader. Maximum number of kids is 12.

May 24 - Aug 30 Sa 2:00 PM-3:00 PM
549391-549407 \$180.00/1 sess



Marital Arts

Tae Kwon Do Level 1 & Level 2

(6-13 yrs)

Instructor: Michael Ellis

Learn some cool kicks in this Korean Martial Art program designed to keep your wannabe Karate Kid fit, while learning self-respect and discipline. Master Ellis has over 30 years experience teaching martial arts to students of all ages. Drop in \$12. No class May 17.

May 04 - Jun 22 Su 12:15 PM-1:15 PM
549869 \$66.50/7 sess

Tae Kwon Do

Instructor: Michael Ellis

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defence. Drop-in \$13.00. No class May 17.

Teens (14-16 yrs)

May 04 - Jun 22 Su 12:15 PM-1:15 PM
549870 \$75.25/7 sess

Adults (15+ yrs)

May 04 - Jun 22 Su 12:15 PM-1:15 PM
549868 \$79.01/7 sess

Karate

(6-12 yrs)

Instructor: Heyton Tze

We prioritize manners, focus, and discipline while teaching effective karate techniques. Our goal is to help children defend against bullies and develop important life skills. Join us to learn and grow in a respectful and empowering environment. Let's embark on this karate journey together! Drop-ins \$12, if space available. No class May 19, Jun 8, and Aug 3.

May 04 - Jun 22 Su 10:00 AM-11:00 AM
549858 \$57.00/6 sess

Jul 06 - Aug 24 Su 10:00 AM-11:00 AM
549859 \$66.50/7 sess

Kung Fu: Choy Lee Fat

(8-13 yrs)

Instructor: Kung Fu Club CLF

Choy Lee Fat combines the agile footwork and kicking of Northern styles with intricate Southern hand techniques, with an emphasis on relaxed, internal power instead of stiff, muscular force. Training develops strength, coordination, mental focus, and discipline. Drop-in \$10. mountpleasantkungfu@gmail.com.

May 07 - Jun 27 W F 6:00 PM-7:00 PM
550154 \$96.00/16 sess

Jul 02 - Aug 29 W F 6:00 PM-7:00 PM
550170 \$108.00/18 sess

Youth Programs

Boys+ Group (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us for a fun packed after school program! Every week will have something new and exciting to do- games, activities and projects! Please meet at the MPCC games room. All male identifying and nonbinary preteens are welcome to join! Pre-registration and a waiver form are required and will be available at the front desk or by contacting the Community Youth Worker at 604 257 3069

Apr 09 - Jun 18 W 3:30 PM-5:30 PM
547591 FREE/11 sess

Girls+ Group (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us for a fun packed after school program! Every week will have something new and exciting to do- crafts, games and projects to work on. Please meet at the MPCC games room. All female identifying and nonbinary preteens are welcome to join! Pre-registration and a waiver form are required and will be available at the front desk or by contacting the Community Youth Worker at 604 257 3069

Apr 08 - Jun 17 Tu 3:30 PM-5:30 PM
547592 FREE/11 sess

Dungeons and Dragons (11-18 yrs)

Instructor: Will Lochhead

Interested in learning to play or practicing your Dungeons and Dragons Skills? Want to master the dice? Join our resident Dungeons and Dragons expert! All required equipment will be provided to participants and will be sanitized before and after use. This program offers space for youth to play against each other safely, as well as a place to learn if they are interested. No prior experience necessary! If you have questions, please contact the Community Youth Worker, at 604 257 3069.

Apr 12 - Jun 21 Sa 1:00 PM-3:00 PM
547604 \$55.00/11 sess

MPCC Bakers (9-16 yrs)

Instructor: Mount Pleasant Youth Leader

Join our youth staff for this fun baking class! Youth will work together to decide what to bake and which recipes to try, and the youth staff will help create the baked goods of your dreams! All supplies will be provided. Pre-registration is required.

Apr 10 - Jun 19 Th 3:30 PM-5:30 PM
547601 \$35.00/11 sess

Pre-teen Night (9-12 yrs)

Fridays 6:00-8:00pm

For this season, pre registration is NOT required and the program will be completely drop in!

APRIL 11	APRIL 18	APRIL 25	MAY 2
Scavenger Hunt	Paint Night	Iron Chef	Kahoot
MAY 9	MAY 16	MAY 23	MAY 30
MPCC's Next Top Model	Squid Games	Movie Night	Karaoke Night
JUNE 6	JUNE 13	JUNE 20	
MPCC's Olympics	Pizza and board Games	BBQ!	

Please meet at the Mount Pleasant Games Room

For more information, contact the Youth Office at 604.257.3069.

Activities subject to change.

**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.

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

Youth Programs cont'd

Preteen Leadership Club (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Are you looking to learn skills to be a leader in your community? Join this group to collaborate with like-minded young people to create an impact through brainstorming, creativity, teamwork and much more! Meetings are Fridays from 4:00-5:00PM for youth in grades 4 to 7.

Apr 11 - Jun 20 F 4:00 PM-5:00 PM
547600 FREE/11 sess

Youth Audio Arts Mentorship (13-18 yrs)

Instructor: Toni-Leah Yake

Calling all youth aged 'and' up! Dive into a world of sound creation at Mt. Pleasant Community Centre with our six-part Audio Exploration Workshop Series. This program invites young creatives to embark on a journey through the art and science of sound, developing skills in recording, editing, and designing unique auditory experiences. From mastering the basics of microphones to experimenting with audio software, each session builds on the last, empowering participants to craft and share their creative soundscapes. No class April 18.

Apr 11 - Jun 06 F 5:00 PM-7:00 PM
547608 FREE/8 sess

Youth Overnight Camping Trip: Sasamat Outdoor Centre (13-18 yrs)

Instructor: Mount Pleasant Youth Leader

Join us this summer and head outdoors for a wilderness adventure! Explore local trails, learn and enjoy outdoor activities such as kayaking, ropes course, and archery, and have fun while meeting new friends! Registration fee includes transportation, accommodation, all activity costs, meals, and staff supervision for this 3-day, 2-night cabin camping trip. This trip is in collaboration with 10 other community centres across the city. A welcome e-mail containing a Parent/Guardian Information Package will be sent to all participants prior to the trip with a detailed itinerary for each day. Completed parent/guardian consent forms will be required to participate in the camping trip. There will be a mandatory pre-trip meeting for all participants on Tuesday August 19th at 3:30pm at Mount Pleasant in the Games Room. Parents/guardians are also invited to attend. *Note: Activities and schedule may change without notice. Registered participants are asked to please check their e-mails for any updates. For more information, please contact the Community Youth Worker: Keani.Pratt@vancouver.ca

Aug 26 - Aug 28 Tu W Th 4:00 PM-2:30 PM
547706 \$80/3 sess

Youth Daycamp Volunteer Training (16-18 yrs)

Instructor: Mount Pleasant Youth Leader

Are you looking at being more involved in your community? Join our growing community of volunteers. Here, you will be oriented with everything you need to know about volunteering at Mount Pleasant Community Centre! This is a highly recommended training for grades 11 and 12 who want to help out with community events and exciting opportunities! Please contact the Community Youth Worker at 604 257-3069 if you have any questions.

Jun 21 - Jun 21 Sa 1:00 PM-3:00 PM
555314 FREE/1 sess

Youth Leadership Camp (9-14 yrs)

Instructor: Mount Pleasant Youth Leader

Want to do something different this Summer? Each week will encompass a new theme to do with leadership. Bring your friends and a sense of adventure! Don't wait, register now! A day camp consent and waiver forms package must be completed and returned before the start of the first day of camp. All events are subject to change without notice. Subsidies available upon request. Please pack a healthy lunch, snacks and water! Appropriate footwear is required.

Week 1

Jul 02 - Jul 04 M W Th F 1:00 PM-3:30 PM
547680 \$104/4 sess

Week 2

Jul 07 - Jul 11 M Tu W Th F 10:00 AM-3:30 PM
547681 \$130/5 sess

Week 3

Jul 14 - Jul 18 M Tu W Th F 10:00 AM-3:30 PM
547682 \$130/5 sess

Week 4

Jul 21 - Jul 25 M Tu W Th F 10:00 AM-3:30 PM
547683 \$130/5 sess

Week 5

Jul 28 - Aug 01 M Tu W Th F 10:00 AM-3:30 PM
547684 \$130/5 sess

Week 6

Aug 05 - Aug 08 Tu W Th F 10:00 AM-3:30 PM
547685 \$104/4 sess

Week 7

Aug 11 - Aug 15 M Tu W Th F 10:00 AM-3:30 PM
547686 \$130/5 sess

Week 8

Aug 18 - Aug 22 M Tu W Th F 10:00 AM-3:30 PM
547687 \$130/5 sess

Week 9

Aug 25 - Aug 29 M Tu W Th F 10:00 AM-3:30 PM
547689 \$130/5 sess



**Follow Mount Pleasant
Youth Programs on
Instagram
@mountpleasantccyouth
for the latest updates!**

ROBSON PARK

599 Kingsway, Vancouver

**Monday-Friday
June 30-September 1**

**Wading Pool Open
11:30am-5:30pm**
Schedule subject to change.





Youth Sports

Thursday 3:30 PM-5:15 PM	Friday 3:30 PM-9:15 PM	Friday 3:30 PM-9:15 PM
Volleyball	1/3 Gym Volleyball	2/3 Gym Basketball

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!

Teen Night

Fridays 8:00-9:00pm

For this season, pre registration is NOT required and the program will be completely drop in!

If you're in Grade 7-12 join us on Friday nights to hang out with friends and our youth leaders!

There will be board games, ping pong, billiards, Nintendo Switch and more!

This is a great space to socialize, make new friends, and hang out with youth staff.



Please meet at the Mount Pleasant Games Room For more information, contact the Youth Office at 604.237.3069

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

Art

Drawing and Painting for Youth

(12-18 yrs)

Instructor: **Mohammad Reza Atashzad**

In this class, students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Visit: www.atashzad.com. Master M. Reza Atashzad has over 35 years experience in teaching drawing, painting and architectural design at his own Atashzad Academy of Art www.atashzad.com. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 paintings, such as greeting cards, posters, albums, and books. Drop in \$25 No class Aug 20.

May 07 - Jun 25	W	6:30 PM-7:45 PM	552580	\$160.00/8 sess
Jul 02 - Aug 27	W	6:30 PM-7:45 PM	552585	\$160.00/9 sess

Workshops & Education

Family Fun Lip Gloss Making with Lily

(All Ages)

Instructor: **Lily Sum**

Join us to learn how to make lip gloss and balm from scratch using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 3 lip glosses, 5 lip balms and written recipes. Only 1 registration required per family (up to 3 participants). Visit soapifystudio.com for additional details.

May 18	Su	1:30 PM-3:00 PM	553470	\$62.00/1 sess
Jun 22	Su	1:30 PM-3:00 PM	553480	\$62.00/1 sess
Jul 27	Su	1:30 PM-3:00 PM	553482	\$62.00/1 sess
Aug 24	Su	1:30 PM-3:00 PM	553483	\$62.00/1 sess

Family Fun Soap Making with Lily

(All Ages)

Instructor: **Lily Sum**

Join us for a fun soap making workshop and use your creativity to make customized soaps together! Choose from over 30 scents, 60+ molds, endless colour combinations and learn how to create and make 6 personalized soaps to take home! No experience required and all supplies are included. Only 1 registration is required for each family/friend - maximum group of 3 participants. Visit www.soapifystudio.com to view class details.

May 11	Su	1:00 PM-3:00 PM	553454	\$70.00/1 sess
Jun 08	Su	1:00 PM-3:00 PM	553455	\$70.00/1 sess
Jul 13	Su	1:00 PM-3:00 PM	553456	\$70.00/1 sess
Aug 10	Su	1:00 PM-3:00 PM	553457	\$70.00/1 sess

Red Cross Babysitting

(11-16 yrs)

Instructor: **Foundations Safety & First Aid Training**

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime. Each student will have their own first aid supplies, baby manikin and book. Instructor website:

communitycarefirstaid.com

May 24 - May 24	Sa	9:30 AM-4:30 PM	549388	\$85.00/1 sess
Jun 28 - Jun 28	Sa	9:30 AM-4:30 PM	552539	\$85.00/1 sess

Martial Arts

Tae Kwon Do Teens

(14-16 yrs)

Instructor: **Michael Ellis**

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defence. Drop-in \$13.00. No class May 17.

May 04 - Jun 22	Su	12:15 PM-1:15 PM	549870	\$75.25/7 sess
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Martial Arts cont'd

Tae Kwon Do Adults (15+ yrs)

Instructor: Michael Ellis

Are you fit to defend yourself? Tae Kwon Do is a Korean Martial Art that promotes physical fitness and self-defense. Drop-in \$13. No class May 17.

May 04 - Jun 22 Su 12:15 PM-1:15 PM
549868 \$79.00/7 sess

Kung Fu: Choy Lee Fat (8-13 yrs)

Instructor: Kung Fu Club CLF

One of the most popular traditional Chinese martial arts, Choy Lee Fat combines the agile footwork and kicking of Northern styles with intricate Southern hand techniques, with an emphasis on relaxed, internal power instead of stiff, muscular force. Training develops strength, coordination, mental focus, self-confidence, and discipline. Drop-in \$10.

mountpleasantkungfu@gmail.com.

May 07 - Jun 27 W F 6:00 PM-7:00 PM
550154 \$96.00/16 sess

Jul 02 - Aug 29 W F 6:00 PM-7:00 PM
550170 \$108.00/18 sess



Tennis

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

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class May 19.

Apr 28 - Jun 16 M 3:45 PM-4:45 PM
554832 \$231.00/7 sess

Summer Smash Tennis: Youth Aces at Robson Park

(11-16 yrs)

Instructor: Summer Smash Tennis

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Apr 29 - May 20 Tu 4:00 PM-5:15 PM
554844 \$167.75/4 sess

May 27 - Jun 17 Tu 4:00 PM-5:15 PM
554846 \$167.75/4 sess

Summer Smash Tennis: Youth Fundamentals Ace Camp

(11-16 yrs)

Instructor: Summer Smash Tennis

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Jul 1.

Jun 30 - Jul 04 M W Th F 9:00 AM-12:00 PM
555209 \$252.00/4 sess

Jul 07 - Jul 11 M Tu W Th F 9:00 AM-12:00 PM
555210 \$315.00/5 sess

Jul 14 - Jul 18 M Tu W Th F 9:00 AM-12:00 PM
555211 \$315.00/5 sess

Jul 21 - Jul 25 M Tu W Th F 9:00 AM-12:00 PM
555212 \$315.00/5 sess

Jul 28 - Aug 01 M Tu W Th F 9:00 AM-12:00 PM
555213 \$315.00/5 sess

Aug 05 - Aug 08 Tu W Th F 9:00 AM-12:00 PM
555214 \$252.00/4 sess

Aug 11 - Aug 15 M Tu W Th F 9:00 AM-12:00 PM
555215 \$315.00/5 sess

Aug 18 - Aug 22 M Tu W Th F 9:00 AM-12:00 PM
555216 \$315.00/5 sess

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



Volunteer with Us!

Looking for volunteer opportunities?

Contact the Community Youth Worker for more opportunities

atkeani.pratt@vancouver.ca

Youth
Community
Kitchen

Camps
&
Programs

Special Events

Seniors
Pancake
Brunch



Introducing the MPCC Artists in Residence for 2024-2025, Vascular Trace AVA (Audio-Visual Artists).

The name comes from the botanical structure of horsetail, the ancient (and familiar) plant that pops up over underground waterways and inspired this project. Vascular Trace AVA is made of Toni-Leah Yake, who will be creating artworks around ideas of experimental mapping, mark-making, and memory.

What does it mean to make records, and how can we explore links between mapping, memory, our senses, and our social bonds?

The final project will layer art and fieldwork from the community into a moving image and sound projection. Keep an eye out for upcoming studio sessions and youth-oriented activities where the artists will invite you to play with a variety of technologies and art forms.



Circulating the Big O. Photo credit: Danica Evering



Toni-Leah Yake, photo courtesy of the artist

Toni-Leah C. Yake (European; Kanien'kehá:ka, Six Nations of the Grand River Territory, Turtle Clan) is a composer-performer residing on x^wməθk^wəý əm, S^kwx̣ wú7mesh, and səliłwətał territories. Her practices are informed by kanyen'keha (Mohawk language), embodied response to the land, and conscious and unconscious realms. They are guided by dreaming and Kanien'kehá:ka (Mohawk) epistemology. Her performances engage with liminality and spatialization and are led by compositions illuminated with archival recordings, synthesis, and noise. Toni-Leah has participated in residencies such as Response/Resonance (2022) for The Polygon Gallery and Get A Plant!?! (2023) for the Media Arts Committee. She is a recent recipient of the First Peoples Cultural Council Individual Artist Award.



Photo credit: Alex de Boer, CiTR 101.9 FM "Field Recording for Podcasts" bootcamp



Photo Credit: Alexis Hogan, Slow Wave Arts Residency 2019

"The horsetail has served as a guiding spirit for me throughout the processes we have undertaken thus far in contemplating and organizing this residency. Each time I revisit it, it unveils new lessons, portals, and directions. From the micro to the macro scale, the patterns of waterways revealed by the horsetail echo those found within the internal body, emphasizing our connections to Earth, our dependence as humans on water health, and the impact of well-being on communities of both humans and non-human entities." - Toni-Leah C. Yake

Group Fitness Schedule



Drop-in
\$6.30

Tuesday	Wednesday	Thursday
Step & Core 5:30-6:25 PM Kristiina	Step & Strength 6:30-7:30 PM Marilyn	Hi Lo Combo 5:30-6:25 PM Tracy

Class Descriptions

Step and Core (16+ yrs)

Instructor: Kristiina Oinonen

A class with easy to follow step patterns. Alternating cardio training with resistance and strength work. Drop-in \$6.30.

May 6 - Jun 24	Tu	5:30 PM-6:25 PM
560374		\$6.30/drop-in
Jul 08 - Aug 26	Tu	5:30 PM-6:25 PM
560375		\$6.30/drop-in

Step and Strength (16+ yrs)

Instructor: Marilyn Wittmann

A class with easy to follow step patterns. Alternating cardio training with resistance and strength work. Drop-in \$6.30

May 07 - Jun 25	W	6:30 PM-7:30 PM
560376		\$6.30/drop-in
Jul 02 - Aug 27	W	6:30 PM-7:30 PM
560377		\$6.30/drop-in

Hi Lo Combo (16+ yrs)

Instructor: Tracy Ross

This moderate workout combines high and low impact moves in a fun and challenging way. Set your own pace by choosing high or low! A short strength component and stretch to finish off the class. Drop-ins \$6.30

May 08 - Jun 26	Th	5:30 PM-6:25 PM
560378		\$6.30/drop-in
Jul 03 - Aug 28	Th	5:30 PM-6:25 PM
560379		\$6.30/drop-in

Group Fitness Rates

GST Included	Adult (19+yrs)	Youth (13-18yrs)	Senior (60+ yrs)
Drop-in	\$6.30	\$3.75	\$3.75
Strip of 10	\$50.05	\$32.00	\$32.00
1 Month	\$44.50	\$27.80	\$27.80
3 Months	\$111.20	\$66.75	\$66.75



[View Sports Programs Online](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
<p>Volleyball (19+ yrs) 7:45 PM-9:45 PM <small>No program on Statutory Holiday Mondays.</small></p>	<p>Indoor Soccer (19+ yrs) 7:45 PM-9:45 PM</p>	<p>Pickleball for Adult and Seniors 7:45 AM-9:00 AM</p>	<p>Badminton (19+ yrs) 7:45 PM-9:45 PM</p>	<p>Pickleball for Adult and Seniors 7:45 AM-9:00 AM</p>	<p>Basketball (19+ yrs) 3:45 PM-5:45 PM <small>No program on long weekends.</small></p>
		<p>Basketball (19+ yrs) 7:45 PM-9:45 PM</p>			

Pop up Pickleball Court Rentals



Keep an eye out on 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.

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.

Racquet Sports

Pickleball: The Soft Game (with instruction) (16+ yrs)

Instructor: Chris Koentges

A friendly before work game play session for anybody committed to the soft game. Emphasis on patience, shot placement, smart positioning, and the chess match that is pickleball. Scramble format. No bangers. Tips will be offered from coach. Contact jerichohillpickleball@gmail.com for questions about suitability. No class stat holiday Mondays (May 19 and Aug 4)

May 05 - Jun 23 M 7:30 AM-9:00 AM
554112 \$91.88/7 sess

Jul 07 - Aug 11 M 7:30 AM-9:00 AM
554113 \$78.75/6 sess

Pickleball: Competitive Game Play (with instruction) (16+ yrs)

Instructor: Chris Koentges

A COMPETITIVE session for confident players seeking more challenging games under the watchful eye of an instructor. While all participants should be comfortable with speed and power, the emphasis is on thoughtful strategic pickleball. Ideal for strong intermediate players keen to get exposure to higher level play. And for advanced players looking to push their level on Court 1. Note: This is a development session for players who have been assessed at 3.25+. Before signing up, please contact instructor at jerichohillpickleball@gmail.com.

May 06 - Jun 24 Tu 7:00 AM-8:30 AM
554119 \$100.80/8 sess

Jul 08 - Aug 12 Tu 7:00 AM-8:30 AM
554134 \$78.75/6 sess

Pickleball: Unglamorous Reps for Committed P'ball Students (16+ yrs)

Instructor: Chris Koentges

A before work session for higher level students to humbly practice with a likeminded group. Simple footwork. Endless drills. Tedious positional scenarios. Ambiguous strategy. Mindset exercises. Note: this is a development session for players who have been assessed at 3.5+. Before signing up, please contact the instructor at jerichohillpickleball@gmail.com.

May 08 - Jun 19 Th 7:00 AM-8:30 AM
554147 \$95.55/7 sess

Jul 10 - Aug 21 Th 7:00 AM-8:30 AM
554149 \$95.55/7 sess

PIP- Pickleball Instruction - Not Quite Intermediate (16+ yrs)

Instructor: Paradise Island Pickleball

For this course, you are comfortable with all the rules of pickleball and you are beginning to play on a regular basis. You understand the concept of the 3rd shot but is it the drop, drive or lob! You are past the novice stage of your pickleball journey and trying to break through towards intermediate - just as synonymous as the no man's land of the game, you are currently in your transition zone. Then this is the course designed for you! You are past pickleball 2.5 and close to 3.0 but not quite there. As a frame of reference, the Intermediate offering is for players solidified at 3.0 looking to make their mark at 3.5. We offer instruction based on your game. We will encourage a foundation of development then allow for your natural shots and skills to flourish on their own. Any questions, please reach out to the instructor Walt Woo at waltwoo@gmail.com. No Class Stat holiday Mondays (May 19) Drop in \$24, as space allows.

May 05 - Jun 30 M 6:15 PM-7:30 PM
553608 \$175.56/8 sess

PIP- Pickleball Instruction - Beginner (16+ yrs)

Instructor: Paradise Island Pickleball

What is the craze all about?!? Pickleball is a game that is a cross between badminton, tennis, and ping pong and 100% a unique sport in its own! The sport has been sweeping across North America over the past 3-4 years and doesn't seem to be slowing down. Learn pickleball with a good foundation and technique that will get your pickleball journey started in a positive way! Our environment is safe for anyone and everyone to learn. This is a beginners course - no experience necessary. In this course, you will learn all the rules of the game and how to score. To advance to the next course, you will need to be able to know the rules, know how to keep score and be able to keep a basic rally going. Focus is to learn about the game and to have fun learning! The instructor will have a limited selection of paddles for you to demo. If you have any questions about the program, or if you need paddles prior to, please contact the instructor Walt Woo at waltwoo@gmail.com. Balls will be provided. No Class Stat holiday Mondays (Aug 4) Drop in \$24, as space allows.

Jul 07 - Aug 25 M 6:15 PM-7:30 PM
553626 \$153.62/7 sess

Pop up Pickleball Court Rentals



Keep an eye out on 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.

Racquet Sports cont'd

Summer Smash Tennis: Adult Beginner (1.0) (18-0 yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own Rackets. No class May 19.

Apr 28 - Jun 16 M 4:45 PM-6:00 PM
554861 \$321.56/7 sess

Summer Smash Tennis: Adult Beginner (1.0) (18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own rackets.

Apr 30 - May 21 W 4:30 PM-5:45 PM
554866 \$183.75/4 sess

May 28 - Jun 18 W 4:30 PM-5:45 PM
554871 \$183.75/4 sess

Summer Smash Tennis: Adult Beginner (1.0) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.).

Apr 29 - May 20 Tu 9:15 AM-10:30 AM
554864 \$193.73/4 sess

May 27 - Jun 17 Tu 9:15 AM-10:30 AM
554865 \$188.74/4 sess

May 01 - May 22 Th 8:00 AM-9:00 AM
554873 \$150.94/4 sess

May 29 - Jun 19 Th 8:00 AM-9:00 AM
554874 \$150.94/4 sess



Summer Smash Tennis: Adult Beginner (1.0) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

May 01 - May 22 Th 5:30 PM-6:45 PM
554879 \$188.74/4 sess

May 29 - Jun 19 Th 5:30 PM-6:45 PM
554880 \$188.74/4 sess

May 03 - May 24 Sa 10:00 AM-11:15 AM
554881 \$188.74/4 sess

May 31 - Jun 21 Sa 10:00 AM-11:15 AM
554883 \$188.74/4 sess



Summer Smash Tennis: Adult Beginner (1.0) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Learn how to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Jul 03 - Jul 10 Tu Th 6:15 PM-7:30 PM
555221 \$142.80/3 sess

Jul 15 - Jul 24 Tu Th 6:15 PM-7:30 PM
555222 \$188.74/4 sess

Jul 29 - Aug 07 Tu Th 6:15 PM-7:30 PM
555223 \$188.74/4 sess

Aug 12 - Aug 21 Tu Th 6:15 PM-7:30 PM
555224 \$188.74/4 sess

Summer Smash Tennis: Adult Beginner+ (1.5) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Apr 29 - May 20	Tu	8:00 AM-9:00 AM	554886	\$150.94/4 sess
May 27 - Jun 17	Tu	8:00 AM-9:00 AM	554887	\$150.94/4 sess
May 01 - May 22	Th	9:15 AM-10:30 AM	554892	\$188.74/4 sess
May 29 - Jun 19	Th	9:15 AM-10:30 AM	554893	\$188.74/4 sess
May 03 - May 24	Sa	11:15 AM-12:30 PM	554911	\$188.74/4 sess

Summer Smash Tennis: Adult Beginner+ (1.5) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Apr 29 - May 20	Tu	5:30 PM-6:45 PM	554889	\$188.74/4 sess
May 27 - Jun 17	Tu	5:30 PM-6:45 PM	554891	\$188.74/4 sess
May 01 - May 22	Th	6:45 PM-8:00 PM	554908	\$188.74/4 sess
May 29 - Jun 19	Th	6:45 PM-8:00 PM	554909	\$188.74/4 sess
May 31 - Jun 21	Sa	11:15 AM-12:30 PM	554912	\$188.74/4 sess

Summer Smash Tennis: Adult Beginner+ (1.5) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Continue developing fundamental skills in a small group setting. This course builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students should repeat this course until they can confidently rally from the baseline with forehand and backhand. Participants must bring their own Rackets. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Jun 30 - Jul 09	M W	6:15 PM-7:30 PM	555225	\$188.74/4 sess
Jul 14 - Jul 23	M W	6:15 PM-7:30 PM	555226	\$188.74/4 sess
Jul 28 - Aug 06	M W	6:15 PM-7:30 PM	555227	\$142.80/3 sess
Aug 11 - Aug 20	M W	6:15 PM-7:30 PM	555228	\$188.74/4 sess
Jul 03 - Jul 10	Tu Th	5:00 PM-6:15 PM	555229	\$142.80/3 sess
Jul 15 - Jul 24	Tu Th	5:00 PM-6:15 PM	555230	\$188.74/4 sess
Jul 29 - Aug 07	Tu Th	5:00 PM-6:15 PM	555231	\$188.74/4 sess
Aug 12 - Aug 21	Tu Th	5:00 PM-6:15 PM	555232	\$188.74/4 sess

Summer Smash Tennis: Adult Beginner ++(2.0) at Robson Park (18+ yrs)

Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.)

Apr 29 - May 20	Tu	6:45 PM-8:00 PM	554916	\$199.24/4 sess
May 27 - Jun 17	Tu	6:45 PM-8:00 PM	554917	\$199.24/4 sess
May 04 - May 25	Su	10:00 AM-11:15 AM	554918	\$199.24/4 sess
Jun 01 - Jun 22	Su	10:00 AM-11:15 AM	554920	\$199.24/4 sess

About Ian



Ian Popoff is a highly experienced martial arts coach, with over 15 years of experience teaching folks with a variety of backgrounds and goals. His passion for martial arts and self-improvement is proven by his coaching style, as he is dedicated to helping his students realize their full potential and inner strength.

Ian believes that martial arts training not only improves physical fitness, but also develops discipline, focus, and mental clarity. He enjoys working with students of all ages and skill levels, from beginners to advanced practitioners.

In addition to his work as a martial arts coach, Ian is an avid outdoor adventurer. He enjoys exploring the wilderness through activities such as rock climbing, backcountry skiing, fishing, and camping. He believes that spending time in nature is a great way to recharge and find balance in life.

Whether you are looking to improve your martial arts skills or seeking adventure in the great outdoors, Ian is dedicated to helping you achieve your goals and live your best life.

Racquet Sports cont'd

Summer Smash Tennis: Adult Beginner ++(2.0) at Robson Park

(18+ yrs)

Instructor: Summer Smash Tennis

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Please note this activity is held at Robson Park tennis courts (13th Ave and St. George St.)

Jun 30 - Jul 07	M W	5:00 PM-6:15 PM
555233		\$199.24/3 sess
Jul 14 - Jul 23	M W	5:00 PM-6:15 PM
555234		\$199.24/4 sess
Jul 28 - Aug 06	M W	5:00 PM-6:15 PM
555235		\$150.68/3 sess
Aug 11 - Aug 20	M W	5:00 PM-6:15 PM
555237		\$199.24/4 sess



Summer Smash Tennis: Adult Intermediate ++(2.5-3.0) at Robson

(18+ yrs)

Instructor: Summer Smash Tennis

Improve consistency of groundstrokes, volleys, and serve. An opportunity for players with experience (2.5-3.0 NTRP rating) to refine technique while improving reception of wide, high, low, deep, and short balls. Through game-based learning, students will improve their ability to play within cooperative and competitive settings. Please note this activity is held at Robson Park tennis courts (13th Ave and St. George St.)

May 04 - May 25	Su	11:15 AM-12:30 PM
554936		\$199.24/4 sess
Jun 01 - Jun 22	Su	11:15 AM-12:30 PM
554937		\$199.24/4 sess

Martial Arts and Combat Sports

Boxing

(18+ yrs)

Instructor: Ian Popoff

Boxing Fundamentals offers a no-contact way to introduce yourself to the basics of boxing in a friendly and inclusive environment. Each class will include a warm-up, boxing theory and drills, padwork and a core workout to finish. You will walk away from each class feeling relaxed, focused and empowered. Drop in \$18.90.

May 06 - Jun 24	Tu	8:00 PM-9:00 PM
550103		\$126.00/8 sess
Jul 08 - Aug 26	Tu	8:00 PM-9:00 PM
555153		\$126.00/8 sess



Kickboxing

(16+ yrs)

Instructor: Ian Popoff

Intro to Kickboxing offers a no-contact way to introduce yourself to the basics of kickboxing. You can expect to gain better coordination, mobility and strength. Come burn off the stress of your day! Drop in \$18.90.

May 06 - Jun 24	Tu	7:00 PM-8:00 PM
550105		\$126.00/8 sess
Jul 08 - Aug 26	Tu	7:00 PM-8:00 PM
555154		\$126.00/8 sess

Chen's Tai Chi: Introduction

(16+ yrs)

Instructor: Kung Fu Club CLF

This course focuses on core concepts and training methods in Chens Tai Chi, the original style of Tai Chi. Practitioners are guided through a structured program that will enhance body awareness, balance, and coordination, while learning the introductory 18 Form. Suitable for all ages, fitness levels. Drop in \$10 No class May 18mountpleasanttaiichi@gmail.com

May 04 - Jun 29	Su	10:30 AM-11:30 AM
550151		\$79.00/8 sess
Jul 06 - Aug 31	Su	10:30 AM-11:30 AM
550167		\$70.00/8 sess

Chen's Tai Chi: Old Frame (16+ yrs)

Instructor: Kung Fu Club CLF

This course focuses on core concepts and training methods in Chen's Tai Chi, the original style of Tai Chi. Practitioners are guided through a structured program that will enhance body awareness, balance, and coordination, while learning the introductory 18 Form. Suitable for all ages, fitness levels. Drop-in \$10. No class May 18. Email: mountpleasanttaiichi@gmail.com No class May 19

May 04 - Jun 29	Su	9:30 AM-10:30 AM	550152	\$79.00/9 sess
Jul 06 - Aug 31	Su	9:30 AM-10:30 AM	550168	\$70.00/8 sess

Kung Fu: Choy Lee Fat (14+yrs)

Instructor: Kung Fu Club CLF

One of the most popular traditional Chinese martial arts, Choy Lee Fat combines the agile footwork and kicking of Northern styles with intricate Southern hand techniques, with an emphasis on relaxed, internal power instead of stiff, muscular force. Training develops strength, coordination, mental focus, self-confidence, and discipline. Drop-in \$10. Email: mountpleasantkungfu@gmail.com.

May 07 - Jun 27	W F	6:00 PM-7:00 PM	550153	\$96.00/16 sess
Jul 02 - Aug 29	W F	6:00 PM-7:00 PM	550169	\$108.00/18 sess

Womens' Self-Defense Workshop NEW

(18+yrs)

Instructor: Janna Pansegrau

Feel Afraid of walking around at night? Learn how to keep yourself safe and fight back effectively if the worst happens. This progressive course will equip you with a skills toolbox that includes de-escalation, threat assessment, Canadian self defense law, how to talk so law enforcement will listen, projecting authority and how to deal with several threats ? including overcoming your flight/fight/freeze response, being choked, grabbed from behind, striking and blocking, multi-opponent tactics and weapons defense. Any levels or abilities welcome. Safe, trauma informed environment. Tactics can/will be modified to suit different participants. No drop ins. No class July 4.

May 02 - Jul 25	F	7:30 PM-9:00 PM	551553	\$105.00/12 sess
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Yoga and Pilates

Baby & Me Yoga (16+ yrs)

Instructor: Liza Randolph Hunwick

Regain strength, flexibility, and bond with your baby on the outside by incorporating infant massage, all while connecting with other parents in this gentle Hatha class. Ease your way into parenthood: ease your way back into your new postpartum body. Suitable for pre-crawling babies. Distractions by the babies are expected during this unique yoga class - breaks for feedings or soothing are completely encouraged! All yoga levels welcome. Any caregiver welcome to attend with their baby. For any questions, visit embraceyogawellness.ca or email Liza at EmbraceYogaWellness@gmail.com. Drop in \$19.00 as space allows. No class Feb 6

May 29 - Jun 26	Th	11:30 AM-12:30 PM	550753	\$85.00/6 sess
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Barre Pilates (16+ yrs)

Instructor: Alesya Bogaevskaya

Barre Pilates class is designed to tone, tighten, lift and sculpt every part of your body with emphasis on core stabilization and balance. This class combines elements of classical ballet, Pilates, and strength training with recovery stretching. There are 5 guaranteed drop spots. Drop in are \$17.33

May 06 - Jun 24	Tu	5:45 PM-6:45 PM	550055	\$113.40/8 sess
Jul 08 - Aug 12	Tu	5:45 PM-6:45 PM	550057	\$85.05/6 sess

Hatha Yoga: Intermediate (16+ yrs)

Instructor: Shona Cekelis

Suitable for experienced yoga practitioners, classes focus on the integration of breath with a wide range of poses including inverted positions. Develop abdominal support, posture and balance while you improve concentration, flexibility and self-awareness. Pre-requisite: six months of yoga or consent of instructor. Drop In: \$16.80 space permitting.

May 07 - Jun 25	W	6:15 PM-7:45 PM	550853	\$100.80/8 sess
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Yoga and Pilates cont'd

Iyengar Yoga All Levels (16+ yrs)

Instructor: Christine Rondeau

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar uses many props such as belts, bricks, chairs and bolster making poses accessible to all body shapes, sizes and capabilities. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in fee \$21, space permitting.

May 06 - Jun 24 Tu 10:30 AM-12:00 PM
550872 \$142.80/9 sess

Jul 08 - Aug 12 Tu 10:30 AM-12:00 PM
550873 \$107.10/6 sess

Iyengar Yoga Mixed level (16+ yrs)

Instructor: Siobhan Sloane-Seale

This yoga class will review all basics and go deeper. Iyengar yoga adapts to your personal needs. In this class, you'll increase your flexibility, strength and body awareness and you'll be able to move through your day with more ease. Drop ins \$21. *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am. No Class Jun 11 and Aug 6

May 07 - Jun 25 W 9:00 AM-10:30 AM
551533 \$117.60/8 sess

Jul 02 - Aug 20 W 9:00 AM-10:30 AM
551537 \$117.60/8 sess

Pilates (16+ yrs)

Instructor: Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit www.intoyoga.ca Drop in \$18

May 08 - Jun 26 Th 9:30 AM-10:30 AM
550126 \$123.00/8 sess

Jul 10 - Aug 28 Th 9:30 AM-10:30 AM
550128 \$123.00/8 sess



Pilates Plus (18+ yrs)

Instructor: Alannah Lori

Increase core strength and flexibility with this classic Pilates workout! Release tight muscles and knots with easy foam rolling techniques and reduce stress through stretch and guided relaxation. Feel long, lean and strong inside out! Drop in fee: \$14.25. No class stat Mondays.

May 05 - Jun 30 M 7:00 PM - 8:00 PM
557860 \$94.05/8 sess

Jul 7 - Aug 25 M 7:00 PM - 8:00 PM
557865 \$82.25/7 sess

May 08 - Jun 26 Th 7:00 PM - 8:00 PM
557869 \$94.05/8 sess

Jul 10 - Aug 28 Th 7:00 PM - 8:00 PM
557873 \$94.05/8 sess

Prenatal Yoga & Meditation (16+ yrs)

Instructor: Liza Randolph Hunwick

Incorporate yoga into your pregnancy journey with Liza - a yogi, birth doula, and recent new mother! Come dedicate time in your day to you and your baby. Find the ability to go into your body on a deeper level, to connect to its inner strength for childbirth. Stretch and move your body intuitively to ease aches and pains, connect with your breath and baby, all while meeting other birthers-to-be! All trimesters, all yoga levels welcome. Yoga mats/blocks are provided - participants are encouraged to bring their own if available. For any questions, visit embraceyogawellness.ca or email Liza at EmbraceYogaWellness@gmail.com Drop-in \$19, 5 guaranteed spots. No class Feb 6.

May 29 - Jun 26 Th 6:30 PM-7:45 PM
550754 \$89.25/6 sess

Yoga for Beginners (16+ yrs)

Instructor: Shona Cekelis

Suitable for new and returning students, you will learn foundational hatha yoga practices using a slow and gentle approach. Classes will help you manage stress, improve flexibility and increase strength. Modifications and options provided to accommodate all abilities. Drop In: \$16.80, space permitting.

May 06 - Jun 24 Tu 5:45 PM-7:15 PM
550854 \$100.80/8 sess

Jul 08 - Jul 29 Tu 5:45 PM-7:15 PM
550860 \$50.40/4 sess

Aug 05 - Aug 19 Tu 5:45 PM-7:15 PM
550855 \$37.80/3 sess

Yoga Sculpt

(16+ yrs)

Instructor: Into Yoga

Yoga Sculpt blends yoga and a strength workout to provide you with an energizing and dynamic experience. Yoga postures act as our foundation as we find pulsing repetitions and fiery sequences. In this class, small controlled movements are used to improve strength, endurance and flexibility. Challenge yourself as you create long lean muscles, tone your core and improve posture. Build functional strength that will not only level up your yoga practice but will cultivate more balance and stability off of your yoga mat. Bring a mat to class. For more info visit www.intoyoga.ca Drop in \$18

May 06 - Jun 24	Tu	4:30 PM-5:30 PM
550120		\$123.01/8 sess



Yoga4Stiff Guys: All Levels (16+ yrs)

Instructor: Yoga4Stiff People

An all levels yoga series designed specifically for guys who want to improve flexibility, increase strength, and relax the mind and body. This is not a men's only class, any stiff person is welcome! However, it pays special attention to parts of men's bodies that are often least flexible with an emphasis on poses to open the hips, quadriceps, hamstrings and lower back. Drop-in \$16.80

May 06 - Jun 24	Tu	8:30 PM-9:30 PM
553310		\$117.60/8 sess

May 08 - Jun 26	Th	8:30 PM-9:30 PM
553351		\$117.60/8 sess

Jul 08 - Aug 26	Tu	8:30 PM-9:30 PM
553313		\$117.60/8 sess

Jul 10 - Aug 28	Th	8:30 PM-9:30 PM
553352		\$117.60/8 sess

Art

Acrylic Painting & Drawing Basics: FLOWERS & STILL LIFES

(16+ yrs)

Instructor: Michael Markowsky

NO supplies required! Just show up and paint an original artwork that you can be proud of! Emily Carr University instructor Michael Markowsky will teach you how to draw directly from life, and then how to transform that sketch into a finished acrylic painting. Michael will guide you to create beginner to intermediate level paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little to no art experience, as well as students looking to sharpen their fundamental skills. We will make painting of fresh flowers, fruit bowls, cups and simple toys. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his popular how-to-draw and paint videos at www.youtube.com/markowskyart No class April 20 and Aug 31.

Apr 06 - May 11	Su	3:00 PM-5:00 PM
548160		\$135.45/5 sess

May 25 - Jun 22	Su	10:00 AM-12:00 PM
553277		\$135.45/5 sess

Jul 06 - Aug 10	Su	12:30 PM-2:30 PM
553278		\$135.45/5 sess

Aug 24 - Sep 28	Su	3:00 PM-5:00 PM
553279		\$135.45/5 sess



Art cont'd

**Acrylic Painting Basics:
LANDSCAPES** (16+ yrs)**Instructor: Michael Markowsky**

Emily Carr University of Art Instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations in a relaxed, humorous and encouraging studio environment. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Vincent Van Gogh ("Starry Night"), Paul Cézanne ("Mont Sainte-Victoire"), Gabriele Münter, David Hockney (?East Yorkshire?), Claude Monet (?Haystacks?), and Canada's ?Group of Seven. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his videos at www.youtube.com/markowskyart. No class Aug 31.

Apr 06 - May 11	Su	12:30 PM-2:30 PM	\$135.45/5 sess
548161			

May 25 - Jun 22	Su	3:00 PM-5:00 PM	\$135.45/5 sess
553274			

Jul 06 - Aug 10	Su	10:00 AM-12:00 PM	\$135.45/5 sess
553275			

Aug 24 - Sep 28	Su	12:30 PM-2:30 PM	\$135.45/5 sess
553276			

**Acrylic Painting Basics:
PORTRAITS** (16+ yrs)**Instructor: Michael Markowsky**

Just show up and paint some of history's most famous portrait paintings! Emily Carr University of Art instructor Michael Markowsky will introduce you to the basic acrylic painting materials, how to mix colours, and guide you to create simple paintings through step-by-step demonstrations. Designed for people with little or no experience or those who need a refresher to get painting again! We will make paintings based on the work of Vermeer, Pablo Picasso, Amedeo Modigliani, Vincent Van Gogh, Frida Kahlo, Mary Cassatt, and/or Henri Matisse. To get an idea of how Michael teaches, check out his popular videos at www.youtube.com/markowskyart. No class Aug 3 and 31.

Apr 06 - May 11	Su	10:00 AM-12:00 PM	\$135.45/5 sess
548162			

May 25 - Jun 22	Su	12:30 PM-2:30 PM	\$135.45/5 sess
553306			

Jul 06 - Aug 10	Su	3:00 PM-5:00 PM	\$135.45/5 sess
553307			

Aug 24 - Sep 28	Su	10:00 AM-12:00 PM	\$135.45/5 sess
553308			

**Basic Drawing: Animals,
Architecture and Still-Lives** (16+ yrs)**Instructor: Michael Markowsky**

Through a structured series of step by step lessons, Emily Carr University of Art instructor Michael Markowsky will teach students basic mark-making before moving on to shading cubes and spheres, drawing animals and architecture, basic composition, geometric perspective (the illusion of 3D space on a page) and drawing from real-life. Drawing supplies provided, but suggestions for optional items (such as sketchbooks and pencils) will be covered during the first class. Emily Carr University of Art instructor Michael Markowsky will guide you step by step from basic concepts to create finished drawings in a relaxed and encouraging studio environment. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his videos at www.youtube.com/markowskyart. No class Aug 29.

Mar 28 - May 09	F	5:00 PM-7:00 PM	\$135.45/5 sess
548163			

May 23 - Jun 20	F	7:30 PM-9:30 PM	\$135.45/5 sess
553314			

Jul 04 - Aug 08	F	5:00 PM-7:00 PM	\$135.45/5 sess
553315			

Aug 22 - Sep 26	F	7:30 PM-9:30 PM	\$135.45/5 sess
553316			

**Basic Drawing: People and
Landscapes** (16+ yrs)**Instructor: Michael Markowsky**

Learn how to draw human faces and bodies, as well as landscapes and plants. Activities will include learning about human proportions, drawing mannequin heads, fabric/drapery studies and drawing landscapes outside (weather permitting). Drawing supplies provided, but suggestions for optional items (such as sketchbooks and pencils) will be covered during the first class. Emily Carr University of Art instructor Michael Markowsky will guide you step by step from basic concepts to create finished drawings in a relaxed and encouraging studio environment. Registration Only Please - No Drop-ins. To get an idea of how Michael teaches, check out his videos at www.youtube.com/markowskyart. No Class August 29.

Mar 28 - May 09	F	7:30 PM-9:30 PM	\$135.45/5 sess
548164			

May 23 - Jun 20	F	5:00 PM-7:00 PM	\$135.45/5 sess
553317			

Jul 04 - Aug 08	F	7:30 PM-9:30 PM	\$135.45/5 sess
553318			

Aug 22 - Sep 26	F	5:00 PM-7:00 PM	\$135.45/5 sess
553319			

**Discounts
are
available**

on some programs at time of registration provided you meet the criteria and have proper identification.

Youth (16-18yrs) may receive **25% discount** on adult programs.

Seniors over 60 may receive a **28% discount** on adult programs.

Leisure Access Card holders may receive a **50% discount** on some programs.

Beginners Digital Photography

(16+ yrs)

Instructor: Michael Markowsky

Discover the art of capturing stunning images and go beyond the auto-mode of your camera! This engaging course is perfect for beginners eager to explore the fundamentals of photography. You'll learn how to master your camera, understand essential concepts like composition, lighting, and manual exposure, and develop your own unique style. Emily Carr University of Art instructor Michael Markowsky will provide hands-on guidance, ensuring you gain confidence behind the lens in a relaxed and encouraging studio environment. Enjoy humorous and interactive lessons, practical assignments, and constructive feedback. REQUIRED: Mirrorless or DSLR camera. To get an idea of how Michael teaches, check out his popular how-to instructional videos at www.youtube.com/markowskyart

Apr 02 - Apr 30	W	6:00 PM-8:00 PM
548165		\$135.45/5 sess
May 14 - Jun 11	W	6:00 PM-8:00 PM
553309		\$135.45/5 sess
Jun 25 - Jul 23	W	6:00 PM-8:00 PM
553311		\$135.45/5 sess
Aug 06 - Sep 03	W	6:00 PM-8:00 PM
553312		\$135.45/5 sess

Drawing and Painting

(18+yrs)

Instructor: Mohammad Reza Atashzad

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still lives, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Master M. Reza Atashzad has over 35 years experience in teaching drawing and painting at his own Atashzad Academy of Art. He has also been teaching different art programs at several community centers in Vancouver since 2011. He has published more than 700 watercolour paintings, such as greeting cards, posters, albums, and books. Visit: www.atashzad.com. Drop in \$35 No class August 20.

May 07 - Jun 25	W	7:45 PM-9:00 PM
552588		\$252.00/8 sess
Jul 02 - Aug 27	W	7:45 PM-9:00 PM
552597		\$252.00/9 sess

Dance

Adult Ballet - Beginner

(19+yrs)

Instructor: Laura Johnston

This class is for people with no, minimal, or rusty ballet experience. Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility for people who may have faced barriers to participating in traditional ballet environments. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$16 if space permits.

May 08 - Jun 26	Th	6:00 PM-7:00 PM
550190		\$112.00/8 sess

Adult Ballet - Open Level

(19+yrs)

Instructor: Laura Johnston

A basic open level adult ballet class in a relaxed and supportive environment! This class is for people with previous ballet experience and a range of movement options will be offered from more accessible to more challenging for you to choose from. Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility for people who may have faced barriers to participating in traditional ballet environments. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$19 if space permits.

May 08 - Jun 26	Th	7:15 PM-8:45 PM
550191		\$136.00/8 sess

Dance Dance Party Party

(16+ yrs)

Instructor: Jane Nunnikhoven

Dance Dance Party Party is a series of freestyle dance sessions for women* with 3 rules: no boys, no booze, and no judgment. Unlike typical workout or dance classes, DDPP has no instructors, no fitness goals and nothing to prove! We simply turn up the music and dance for an hour. No choreography to learn, no dance experience necessary. Drop-in \$7. More at: ddppvancouver.wordpress.com*Open to all self-identified women and non-binary people. If the gender in your profile is listed as Transgender or Non-binary, please see our front desk to assist with registration.

May 06 - Jun 10	Tu	8:00 PM-9:00 PM
550189		\$30.00/6 sess

Dance cont'd

Beginner Bellydance (16+ yrs)

Instructor: **Rahel Claman**

Dive into the beautiful world of Arabic dance and music! In this progressive, full-experience course, you will learn about the history and cultural context of Raqs Sharqi/Raqs Beledi (aka "bellydance"), learn correct posture and alignment, breakdown and drill basic isolations and movements of this beautiful Middle Eastern art form in a safe, inclusive, body-positive, learning-focused environment from dedicated full time dancer/teacher Rahel, AND get a great workout! For class, wear comfortable, breathable clothes and bare feet. NO EXPERIENCE REQUIRED. No drop-ins. Students will be required to watch some video content on bellydance history and cultural context on their own time in order to attend the class. 10% early registration discount applies until 1 week before 1st class and applies to in-person and over the phone registration only. Note: all registration AFTER the first class has passed requires permission from instructor (30 Participants MAX). rahelbellydance@gmail.com No class statutory holiday Mondays.

Jun 02 - Jul 28 M 7:45 PM-9:00 PM
550765 \$180.00/9 sess

Intermediate Bellydance: Drills+Combos (16+ yrs)

Instructor: **Rahel Claman**

Bellydance for more experienced dancers. Here we will break down and practice (or "drill") movements, and put them together in fun little combinations (or "combos"). Options will be given to make moves easier or harder to accommodate dancers of various levels, ranging from intermediate to advanced. Some weeks will be more focused on technique, others on drilling, or on combos, and sometimes even a little improvisation! Experience IS required: Minimum one complete beginner course, preferably with Rahel, or at least a year of other bellydance experience. Students that are new to Rahel must watch some pre-recorded video prerequisite material before joining the class. 10% early registration discount applies until 1 week before 1st class and applies to in-person and over the phone registration only. Drop-ins \$25, for returning students ONLY No class statutory holiday Mondays More info email: rahelbellydance@gmail.com

Jun 02 - Jul 28 M 6:15 PM-7:30 PM
550766 \$180.00/9 sess

Zumba (16+ yrs)

Instructor: **Zumba Vancouver**

ZUMBA® fuses Latin rhythms and easy to follow moves to create a dynamic workout system designed for everyone at any fitness level. Using fitness principles of interval and resistance training to maximize caloric output, fat burning, and total body toning. It combines Salsa, Cumbia, Merengue, and more giving you a feel-happy workout that is great for both the body and the mind. www.zumbavancouver.ca Drop In: \$14.75

May 08 - Jun 26 Th 6:30 PM-7:30 PM
551544 \$105.00/8 sess

Jul 03 - Aug 14 Th 6:30 PM-7:30 PM
551549 \$91.88/7 sess



Education

Japanese: Beginner 1 (16+ yrs)

Instructor: **Eri Ito**

This Japanese language introductory course comes with the updated textbook. You will learn basic grammar, vocabulary, expressions and Hiragana characters. At the end of this course you will be able to order food at a restaurant, go shopping and ask simple questions. For more info, please visit www.japaneseforallpeople.com NO DROP INS

May 01 - Jun 26 Th 7:00 PM-9:00 PM
550080 \$189.57/9 sess

Spanish Adult Beginners (16+ yrs)

Instructor: **Eliana Rolando**

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on the verb to be and the simple present tense. This course will also teach you to converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the third class please. Sorry no drop-ins. No class Apr 21 and May 19. Students to bring pen, pencil, eraser, notebook.

Apr 07 - Jun 23 M 5:30 PM-7:00 PM
538230 \$185.00/10 sess

Spanish Adult Intermediate

(16+ yrs)

Instructor: Eliana Rolando

HOLA AMIGOS! Increase your vocabulary and grammar skills in this intermediate level Spanish course. Participants must have completed Beginners I and II Level Spanish. This course will focus on Direct and Indirect objects Pronouns, the Imperative tense, the Future Tense and conversation as we learn more advanced grammar skills. You will acquire good pronunciation and conversation skills to enable you to communicate well in Spain and Latin America. Registration only. Sorry no drop-ins. Please speak with the instructor if registering past the 3rd class. No class Apr 21 and May 19. Students to bring pen, pencil, eraser, notebook.

Apr 07 - Jun 23 M 8:30 PM-9:45 PM
538231 \$185.00/10 sess

Spanish Adult Level 2

(16+ yrs)

Instructor: Eliana Rolando

AMIGOS! This course will build on the foundation established in the Beginner 1 Spanish class. The focus will be on conversation plus the introduction of the past tense. Registration only. Sorry no drop-ins. Please speak with the instructor if registering past the 3rd class. No class Apr 21 and May 19. Students to bring pen, pencil, eraser, notebook.

Apr 07 - Jun 23 M 7:00 PM-8:30 PM
538232 \$185.00/10 sess



Spanish Adult Beginners 1

(16+ yrs)

Instructor: Eliana Rolando

HOLA! Welcome to the Spanish language! This beginner's course will emphasize instruction in basic grammar, vocabulary and writing with some conversation. Classes cover proper phonetics and will focus on simple present tense. This course will also teach you to converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the third class please. Sorry no drop-ins. Students to bring pen, pencil, eraser, notebook.

Jul 07 - Jul 28 M 6:00 PM-8:00 PM
549361 \$87.00/4 sess

Blended Emergency First Aid with CPR C/AED

(18+ yrs)

Instructor: Foundations Safety #NAME?

Blended course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 4.5 hours in class, and 4 hours of mandatory online learning.

Jun 07 - Jun 07 Sa 1:00 PM-5:30 PM
552540 \$105.00/1 sess

Aug 09 - Aug 09 Sa 1:00 PM-5:30 PM
552542 \$105.00/1 sess

Self-Discovery with Origami

(18+yrs)

Instructor: Aura M

Express yourself with origami, folding paper into artful objects, to improve your dexterity, mindfulness, and self-confidence. Learn to fold and design your own food, clothes, plants, and more! Beginners at origami are welcome; step-by-step guidance is given. Relax-- the focus is not on perfection but making progress and appreciating your own pace and creativity. Talking about your art is encouraged at the end. Program fee includes all materials. Drop in \$14 (space permitting).

Jul 05 - Aug 23 Sa 2:30 AM-3:30 AM
554963 \$100.80/8 sess

Self-Discovery with Origami

(12+yrs)

Instructor: Aura M

Spend the afternoon creating origami -- the art of folding paper into decorative objects-- to improve your dexterity, mindfulness, and self-understanding. Learn to fold and design your own food, clothes, plants, and more! Beginners at origami are welcome; step-by-step guidance is given;. Don't worry-- the focus is not on perfection but making steady progress and appreciating your own pace, creativity and perspective. Talking about your origami is encouraged at the end. All materials are provided. \$12

May 17 - May 17 Sa 2:30 PM-3:30 PM
555077 \$12.00/1 sess

Jun 14 - Jun 14 Sa 2:30 PM-3:30 PM
555071 \$12.00/1 sess

Shahir Krishna (he/they)



Shahir is a multimedia artist, holistic educator, trauma-informed yoga teacher, somatic counselor, and integral facilitator. His current life's work is to take the leap to support all beings in restoring a loving connection with themselves, communities, and earth through arts-based education.

He holds a master's degree in Contemplative Education from SFU (2023), a bachelor's in Film and Cultural Studies from McGill (2015). Born in Malawi with ancestry hailing from Karnataka and Gujarat, Shahir is committed to 'inner' and outer structural change informed by anti-oppressive pedagogy, trauma-informed education and intentional practices of decolonization. He is a committed Vipassana meditation practitioner and over the last three years has helped organize the first two successful LGBTQ+ Vipassana meditation retreats in Canada.

Education cont'd

InChoiring Minds (16+ yrs)

Instructor: Earle Peach

InChoiring Minds is a friendly, fun community choir which has been singing since the early 90's, starting at Mt Pleasant Community Centre. We sing beautiful music in multiple voices and styles. Practice files and scores are provided. No audition, just show up! Drop in \$10.50 No Class April 21 and May 19. No class statutory Mondays.

Apr 14 - Jul 07	M	7:00 PM-8:30 PM
550871		\$107.10/11 sess

Tension to Tranquility-Workshop (18+yrs)

Instructor: Brian Jang

Learn practical, hands-on techniques from Eastern medicine to improve your sleep and elevate your emotional well-being. This workshop focuses on simple self-care methods you can easily apply in daily life to feel more balanced, energized, and at peace. Join us to take charge of your health with actionable tools! Register in advance: \$20. Drop in: \$30.

May 31	Sa	2:00 PM-3:30PM
556510		\$20.00/1 sess

2SQT IBPOC Yoga (18+yrs)

Instructor: Shahir Krishna

This is a weekly restorative yoga series designed specifically for the 2SQT IBPOC community, instructed by Shahir Krishna (he/they). Shahir's yoga teaching style offers foundational practices derived from Hatha, Ashtanga and Yin yoga methods, layering trauma-informed pedagogy, art therapy, and meditation. LAP discounted 100%. Registration recommended, monthly program. Drop in \$8.33

Apr 28 - Aug 25	M	5:30 PM-6:30PM
558563		\$41.65/5 sess

2SQT IBPOC Social Craft Night (19+yrs)

Instructor: Queer Inclusion Staff

Connect and socialize with other members of the 2SQT IBPOC community while you work on your own project in a shared space. Free, registration recommended.

Apr 28 - Aug 25	M	7:00 PM-8:45PM
558561		Free/5 sess

Caterpillar Stitch Bookbinding (18+yrs)

Instructor: Suzan Lee

Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover book pop! No prior experience. All materials and tools are provided.

Jul 06	Su	1:00 PM - 4:00 PM
558218		\$59.95/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery (18+yrs)

Instructor: Suzan Lee

Japan has many longstanding traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items. No prior experience required. All materials and tools provided. Registration only.

Aug 17	Su	1:00 PM - 4:00 PM
558219		\$59.95/1 sess

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerincclusion@vancouver.ca
vancouver.ca/park-board-pride



ALL BODIES COMMUNITY RECREATION AND FITNESS

ABC Core Program

Included with ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass, then register on the master roster 534484



Strength and Core

(19+ yrs)

Instructor: ABC Instructor

ABC Core Program - Canadian guidelines recommend resistance training major muscle groups at least 2 times per week. Using a variety of equipment and bodyweight with an ongoing variety of exercises you'll develop and maintain a strong foundation for daily activities and challenges.

M Apr 7-Jun 23 9:00 AM-10:00 AM
549527 ABC Drop-in, 10 Pass Card, or Flexi-Pass;(Multi Purpose 3)

ABC Free Health and Wellness Workshops

Pain Management for Arthritis

(19+ yrs)

OASIS Educator – a Physiotherapist, Occupational Therapist, Dietitian, or Registered Nurse

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest, and have a function centred life.

Tue Apr 22 1:00 PM MP2
549511 Free

Managing Hip & Knee Arthritis

(19+ yrs)

OASIS Educator – a Physiotherapist, Occupational Therapist, Dietitian, or Registered Nurse

Learn about osteoarthritis in these commonly affected joints, ways of managing your osteoarthritis without surgery and what happens if you need joint replacement surgery.

Tue Apr 29 1:00 PM MP2
549514 Free

Arthritis and Exercise

(19+ yrs)

OASIS Educator – a Physiotherapist, Occupational Therapist, Dietitian, or Registered Nurse

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Tue May 13 1:00 PM MP2
549516 Free

Working from Home with Arthritis

(19+ yrs)

OASIS Educator – a Physiotherapist, Occupational Therapist, Dietitian, or Registered Nurse

Learn ways to set up your workstation when you have arthritis and how you can improve your workstation and work habits to minimize your risk of injury.

Tue May 20 1:00 PM MP2
549513 Free



Free Workshops

May 6 and May 27
TBD

For more information about these and other ABC program information about, schedules changes, and program updates scan here or contact kate.lee@vancouver.ca



Mount Pleasant Spring 2025—A Vancouver Park Board Program

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes. Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance. We teach skills and movements transferable to the “gym” and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time. FREE workshops about topics you care about, share evidence-based information and are provided by health, fitness and other professionals.

Special Events



Summer Dance with Live Music

(55+ yrs)

Let's celebrate Summer with a Live Performance by Tiger Band. Please register in advance as this event will fill up very quickly! Last day to withdraw/refund from event is July 25, 2025.

Aug 4	M	12:00 PM-3:30 PM
544750		\$18.00/1 sess

International Line Dance Social

(19+ yrs)

Instructor: Regina Chen

You can dance, you can jive, having the best time of your life.....Let's get together and celebrate Canada Day 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.

Jul 01	Tu	1:00 PM-5:30 PM
546820		\$13.00/1 sess

Pancake Brunch for Seniors

(55+ yrs)

Come and enjoy hot pancakes fresh off the griddle served with syrup, berries and whipped cream! A selection of seasonal fruit, coffee and tea will be served. Meet new friends and have friendly conversation!

May 10	Sa	10:30 AM-1:00 PM
544788		\$4.00/1 sess
Jun 14	Sa	10:30 AM-1:00 PM
544791		\$4.00/1 sess
Jul 19	Sa	10:30 AM-1:00 PM
544790		\$4.00/1 sess
Aug 16	Sa	10:30 AM-1:00 PM
544789		\$4.00/1 sess

Community Kitchen for Seniors

(55+ yrs)

For Seniors who are interested in cooking and healthy eating are invited to participate in the Community Kitchen. Bring a small container for possible leftovers and willingness to meet others and have fun! Everyone share in the planning and preparation of interesting recipes, the cooking and clean-up and the enjoyment of sharing delicious food with friendly people.

May 31	Sa	9:45 AM-1:00 PM
544786		\$7.00/1 sess
Jun 28	Sa	9:45 AM-1:00 PM
544787		\$7.00/1 sess
Jul 26	Sa	9:45 AM-1:00 PM
546818		\$7.00/1 sess
Aug 23	Sa	9:45 AM-1:00 PM
546819		\$7.00/1 sess

Social

Canasta Card Games for Seniors (55+ yrs)
Instructor: No Instructor

Join us for a weekly session of card games and conversation. We are a group of friendly and fun seniors who are looking for new members to play Canasta. No experience necessary; We will teach you how to play Canasta. Drop-ins \$2. . No class July 30.

May 07 - Aug 20 W 1:30 PM-4:30 PM
544792 \$10.00/15 sess

Mah Jong (55+ yrs)
Instructor: No Instructor

Join us for Mah Jong, come and play this popular Chinese intellectual game. The class welcomes somewhat experienced players. No instruction. Drop-in \$2, we encourage you to bring friends to play with.

May 07 - Aug 20 W 1:00 PM-4:00 PM
544793 \$10.00/16 sess

Music and Singing

Karaoke (55+ yrs)
Instructor: Halley Tang

Come join us for three hours of singing and fun. Come out and meet other seniors, all while singing along to your favorites tunes. Drop-in \$3.No class July 23.

May 07 - Jun 25 W 1:30 PM-4:30 PM
544794 \$16.00/8 sess

Jul 02 - Aug 20 W 1:30 PM-4:30 PM
546823 \$14.00/7 sess

Seniors Sing Along (55+ yrs)
Instructor: Lai Fun Cynthia Wong

If you sing in the shower or sing along with the radio why not stretch those boundaries and see where it takes you! This is a great opportunity to socialize and meet new people, as well as increase your lung capacity! Instruction in Chinese. Drops-in \$3. No class May 19 and Aug 4.

May 05 - Aug 18 M 10:00 AM-11:30 AM
544795 \$28.00/14 sess

Creative Art and Educational

IPad or Iphone Level 1 (55+ yrs)
Instructor: Halley Tang

This class is for beginners who are new to smart devices and would love to communicate with his/her friends, family members. After this class, you will be able to do the following: send/receive Emails and Photos , use Camera and Notes, create Contacts, delete Junk Mails, block unknown phones & text messages, and surfing the internet. Must bring your own iPad or iPhone (APPLE PRODUCTS), a pen and a small note pad on the first day. Instruction in English & Chinese. No drop-ins. No class May 21.

May 07 - Jul 16 W 9:30 AM-11:00 AM
549062 \$50.00/10 sess



IPad or Iphone Level 2 (55+ yrs)
Instructor: Halley Tang

This class is for novice users who have used smart devices for at least 1+ years and would like to learn more advanced applications and functions. After this class, you will be able to use emails wisely, FaceTime, iCloud & Calendar setting, surf the Internet, download new Applications and communicate with others via text, voice and video. Must bring your own iPad or iPhone (APPLE PRODUCTS), a pen and a small note pad on the first day. Must know your personal email address, your Apple ID and password. Instruction in English & Chinese. No drop-ins. No class May 21.

May 07 - Jul 16 W 11:15 AM-12:45 PM
549071 \$50.00/10 sess

Discounts are available

on some programs at time of registration provided you meet the criteria and have proper identification.

Youth (16-18yrs) may receive **25% discount** on adult programs.

Seniors over 60 may receive a **28% discount** on adult programs.

Leisure Access Card holders may receive a **50% discount** on some programs.

Dance

Ballroom Latins Dance Class for Seniors NEW (55+ yrs)
Instructor: Raf Chen

International style ballroom dance , including Latins (Rumba, Cha cha, Samba, Jive and Paso Doble). build skills, expand ability and learn dance variations, suitable for singles and pairs. Drop-ins \$11.

FREE TRIAL CLASS

May 02	F	11:00 AM-11:45 AM	554402	FREE/1 sess
May 09 - Jun 27	F	11:00 AM-11:45 AM	551766	\$64.00/8 sess

Ballroom Standards Dance Class for Seniors NEW (55+ yrs)
Instructor: Raf Chen

International style ballroom dance , including standards (Waltz, Tango, Foxtrot, Vienna Waltz and Quick step). build skills, expand ability and learn dance variations, suitable for single and pairs. Drop-ins \$11.

FREE TRIAL CLASS

May 02	F	10:00 AM-10:45 AM	554403	FREE/1 sess
May 09 - Jun 27	F	10:00 AM-10:45 AM	551696	\$64.00/8 sess

Ballroom Latins Dance NEW (19+ yrs)
Instructor: Raf Chen

International style ballroom dance , including Latins (Rumba, Cha cha, Samba, Jive and Paso Doble). build skills, expand ability and learn dance variations, suitable for singles and pairs. Drop-ins \$14.

May 03 - Jun 28	Sa	4:45 PM-5:45 PM	551839	\$90.00/9 sess
Jul 05 - Aug 30	Sa	4:45 PM-5:45 PM	551853	\$90.00/9 sess

Seniors Ballroom Social Dance (55+ yrs)
Instructor: Halley Tang

Join us for dancing and meet new friends. 10 tickets for \$17.50. Drop-ins \$2.25. No class July 1.

May 06 - Aug 19	Tu	1:15 PM-3:15 PM	544797	\$2.25/11 sess
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International Line Dancing: Beginner (55+ yrs)
Instructor: Regina Chen

For those who have some line dance experience. Already understand a few basic steps. Dance to a variety of styles and popular music. Most dances are short with easy steps. Instruction in English. \$10.50 Drop in (inc tax), as space allows. No class May 19 and Aug 4. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 05 - Aug 25	M	1:00 PM-2:30 PM	544825	\$112.50/15 sess
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International Line Dancing: Improver (55+ yrs)
Instructor: Regina Chen

For experience beginners. Dancers who understand basic steps and terminology. Dance to a variety of styles and popular music. There may be turns in different directions and dances will have varying rhythms and tempos, with tags and restarts. Dances will also have more complex moves, such as cross body movements, cross rocks and weaves. An improver is an accomplished beginner. Instruction in English. \$10.50 Drop in (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 01 - Aug 28	Th	12:45 PM-2:15 PM	544828	\$135.00/18 sess
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International Line Dancing: Beginner-Improver (55+ yrs)
Instructor: Regina Chen

For experienced beginners. Dancers who understand basic steps and terminology. There may be turns in different directions and dances will have varying rhythms and tempos, with tags and restarts. Dances will also have more complex moves, such as cross body movements, cross rocks and weaves. An improver is an accomplished beginner. Instruction in English. \$10.50 (inc tax) Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 04 - Aug 31	Su	1:00 PM-2:30 PM	544833	\$135.00/18 sess
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Line Dance Classes

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group.

Limited registration.
Drop-in \$10.50, space permitting.

Monday		Thursday	
<p>International Line Dancing: Beginner (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:30 PM No class May 19 and Aug 4.</p>		<p>International Line Dancing: Improver (55+yrs) Instructor: Regina Chen</p> <p>12:45 PM-2:15 PM</p>	
<p>May 05 - Aug 25 544825 \$112.50/15 sess</p>		<p>May 01 - Aug 28 544828 \$135.00/18 sess</p>	
Sunday			
<p>International Line Dancing: Beginner to Improver (55+yrs) Instructor: Regina Chen</p> <p>1:00 PM-2:30 PM</p>		<p>International Line Dancing: Improver-Low Intermediate (55+yrs) Instructor: Regina Chen</p> <p>2:45 PM-4:15 PM</p>	
<p>May 04 - Aug 31 544833 \$135.00/18 sess</p>		<p>May 04 - Aug 31 544836 \$135.00/18 sess</p>	

Dance cont'd

International Line Dancing: Improver - Intermediate (55+ yrs)

Instructor: Regina Chen

Dancers who have line danced for some time and who have a strong knowledge of steps and terminology. Able to pick up beginner and improver dances without any trouble. The dances will have interesting combinations, step patterns and movements. Dance to a variety of styles and popular music. Instruction in English. Drop in \$10.50 (inc tax), as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 04 - Aug 31 Su 2:45 PM-4:15 PM
544836 \$135.00/18 sess

Line Dance with Lisa: Intermediate (55+ yrs)

Instructor: Lisa Dong

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. Drop-ins \$6.50

May 06 - Jun 24 Tu 10:30 AM-12:00 PM
544837 \$44.00/8 sess

Jul 08 - Aug 19 Tu 10:30 AM-12:00 PM
546825 \$38.50/7 sess

Line Dance with Lisa: Advanced (55+ yrs)

Instructor: Lisa Dong

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. Drop-ins \$6.50

May 09 - Jun 27 F 1:00 PM-2:30 PM
544838 \$44.00/8 sess

Jul 04 - Aug 22 F 1:00 PM-2:30 PM
546824 \$44.00/8 sess



Line Dance: All Levels (55+ yrs)

Instructor: Yok Yip Tang

Beginner's class. Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. No drop-in, registration only.

May 07 - Jun 25 W 1:00 PM-2:30 PM
544839 \$40.00/8 sess

Jul 02 - Aug 27 W 1:00 PM-2:30 PM
546821 \$45.00/9 sess

Line Dance: All Levels (55+ yrs)

Instructor: Yok Yip Tang

Beginner's class. Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group. No drop-in, registration only.

May 03 - Jun 28 Sa 1:00 PM-2:30 PM
544841 \$45.00/9 sess

Jul 05 - Aug 30 Sa 1:00 PM-2:30 PM
546822 \$45.00/9 sess

Seniors Social Line Dance for High Beginner (55+ yrs)

Instructor: Henry Mo

This class is for High Beginner line dancers. No drop ins, registration only.

May 10 - Jun 28 Sa 10:30 AM-12:00 PM
544843 \$40.00/8 sess

Jul 12 - Aug 23 Sa 10:30 AM-12:00 PM
546840 \$35.00/7 sess



Line Dance Schedule

Line Dance Classes

Have fun, make friends and improve balance, flexibility and coordination with our energetic line dancing group.

Limited registration, No drop-in.



Tuesday	Wednesday	Friday	Saturday
Line Dance with Lisa: Intermediate (55+yrs) Instructor: Lisa Dong 10:30 AM-12:00 PM	Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM	Line Dance with Lisa: Advanced (55+yrs) Instructor: Lisa Dong 1:00 PM-2:30 PM	Line Dance: All Levels (55+yrs) Instructor: Yok Yip Tang 1:00 PM-2:30 PM
May 06 - Jun 24 544837 \$44/8 sess	May 07 - Jun 25 544839 \$40/8 sess	May 09 - Jun 27 544838 \$44/8 sess	May 03 - Jun 28 544841 \$45/9 sess
Jul 08 - Aug 19 546825 \$38.50/7 sess	Jul 02 - Aug 27 546821 \$45/9 sess	Jul 04 - Aug 22 546824 \$44/8 sess	Jul 05 - Aug 30 546822 \$45/9 sess

We recommend registering as these classes always fill up. No Drop-ins available.

Martial Arts

Cheng Man Ch'ing Tai Chi- 37 Form : Intermediate

(55+ yrs)

Instructor: Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. It's a gentle way to fight stress through graceful movements and focused breathing. As an intermediate-level class, the knowledge of Cheng Man-ching 37 Form is a prerequisite. We will delve deeper in to the learning of what and how "Chi" or "Qi" flows through our body with a focus on the health benefits. Various stance within the routine and misaligned postures will be refined in a natural way to experience improved strength, balance, flexibility, and confidence throughout the day. Drop in \$16. No class July 30.

May 14 - Jun 25	W	10:00 AM-11:30 AM	549030	\$98.00/7 sess
Jul 02 - Aug 27	W	10:00 AM-11:30 AM	549041	\$112.00/8 sess

Cheng Man Ch'ing Tai Chi- 37 Form : Beginner

(55+ yrs)

Instructor: Florence Shen

Tai Chi is an ancient Chinese tradition that keeps the mind and body sharp. It's a gentle way to fight stress through graceful movements and focused breathing. We begin by practicing basic stretches and postures that readies our bodies and ensures oxygenated blood flow. Consistent practice of Cheng Man-ch'ing 37 Form along with guided instruction builds the sturdy foundation for improving "Chi" or "Qi" - the circulating life energy inherent in all things. As a beginner class, no prior experience is required, and no lengthy, complex routine repetition. By learning and maintaining Tai Chi's essence you can improve strength, balance, flexibility, and gain confidence. Drop in \$14.

May 16 - Jun 27	F	10:00 AM-11:30 AM	549044	\$84.00/7 sess
Jul 04 - Aug 29	F	10:00 AM-11:30 AM	549055	\$108.00/9 sess

Mulan Martial Arts

(55+ yrs)

Instructor: Wen Qing Xu

Experience and practice this graceful, ancient martial art that has become very popular all over the world. In addition to fitness benefits, Mulan Martial Art helps people cope with and prevents backaches, pains in the joints, heart disease, reduction of fatty tissues, sleeplessness and fatigue. Instruction in Mandarin. Drop-in \$3.

May 06 - Aug 19	Tu	1:30 PM-3:00 PM	544846	\$32.00/16 sess
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Fitness

Zumba Gold Beginner

(45+ yrs)

Instructor: Roslyn Bauyon

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors. Dance to latin rhythms such as Cha Cha, Tango, Merengue, Bachata, Samba, Flamenco, Soca, Reggaeton, and Salsa! Work it out to Hip-hop and Rock N' Roll classics! Zumba Gold is a fun way to keep active, energized and healthy with easy to follow dance moves! Drop-ins \$10.

May 07 - Jun 25	W	3:30 PM-4:30 PM	546844	\$56.00/8 sess
Jul 02 - Aug 20	W	3:30 PM-4:30 PM	546845	\$56.00/8 sess

Zumba Gold Beginner (45+ yrs)

Instructor: Roslyn Bauyon

ZUMBA® Gold is a low-impact dance-fitness class for beginners and seniors. Dance to latin rhythms such as Cha Cha, Tango, Merengue, Bachata, Samba, Flamenco, Soca, Reggaeton, and Salsa! Work it out to Hip-hop and Rock N' Roll classics! Zumba Gold is a fun way to keep active, energized and healthy with easy to follow dance moves! Drop-ins \$10. No class June 20.

May 09 - Jun 27 F 3:15 PM-4:15 PM
547603 \$49.00/7 sess

Jul 04 - Aug 22 F 3:15 PM-4:15 PM
547605 \$56.00/8 sess



Active Aging (55+yrs)

Instructor: Gail Dibernardo

This workout is geared toward active older adults and those younger folks wishing to begin a fitness routine. It offers a low intensity workout which includes low impact aerobics, balance practice, agility drills, targeted strength/core work and stretching to give participants full-body training. Attention will be given to providing safe moves for the mature body that will increase functional strength using free weights, tubing, mats and balls and will leave you feeling energized and strong! Drop-ins \$8.

May 07 - Jun 25 W 11:15 AM-12:15 PM
550082 \$60.00/8 sess

May 09 - Jun 27 F 11:15 AM-12:15 PM
550083 \$60.00/8 sess

Osteofit - Sit, Stand and Stabilize (55+yrs)

Instructor: Alexa Uhrich

A gentle, certified, and FUN exercise and falls prevention program designed for individuals with osteoporosis, those who have suffered fractures, as well as people who do not have osteoporosis but may be at risk of falling. In this program, we focus on building strength and improving posture by targeting muscle groups that are important for stabilizing the spine and functioning safely and independently at home and in daily life. We also have fun working on balance, coordination, agility, and reaction time using a variety of equipment and creative challenges for the brain and body. Alexa is passionate about working with older adults. Having experienced the joy and health benefits of group fitness for many years, she is caring and passionate about making fitness fun. Drop -ins \$9. No class May 19. No class Statutory Holiday.

May 05 - Jun 23 M 1:45 PM-2:45 PM
550068 \$49.00/7 sess

Jul 07 - Jul 28 M 1:45 PM-2:45 PM
550071 \$28.00/4 sess



Fighting Parkinson's- Boxing (18+yrs)

Instructor: Ian Popoff

Fighting Parkinson's is a non-contact boxing program that helps people with Parkinson's disease improve their quality of life. The program uses boxing-inspired exercises to target symptoms like balance, coordination, and stiffness. This class is for people with Parkinson's disease and people with atypical Parkinsonian disorders. Drop in: \$18.50

May 06 - Jun 17 Tu 9:30 AM-10:45 AM
554644 \$100.00/7 sess

Sports

Badminton for Seniors (55+ yrs)

Enjoy a game of friendly recreational badminton in our full gymnasium. A great way to exercise and socialize with friends and peers. All levels welcome. This is a registered, one-off sports session, no drop ins.

May 7-Aug 27 W 1:15 PM-3:15 PM
[View Online](#) \$2.00/1 sess



Pickleball for Adult and Seniors (55+ yrs)

Get active with pickleball. Join up with other players for a friendly game. All skill levels and abilities welcome. This is a registered, one-off sports session, no drop ins. No sessions on stat holiday Mondays.

May 5-Aug 25 M 1:15 PM-3:15 PM
[View Online](#) \$4.00/1 sess

May 1-Aug 28 Th 1:15 PM-3:15 PM
[View Online](#) \$4.00/1 sess

Seniors Indoor Soccer (55+ yrs)

Come join this bunch of seniors getting together to satisfy their passion for soccer and wellness through this fun filled group sport. This is a registered, one-off sports session, no drop ins. No sessions on stat holiday long weekends.

May 3-Aug 30 Sa 8:00 AM-9:00 AM
[View Online](#) \$2.00/1 sess

Yoga and Pilates

Iyengar Yoga All Levels (16+ yrs)

Instructor: Christine Rondeau

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar uses many props such as belts, bricks, chairs and bolster making poses accessible to all body shapes, sizes and capabilities. Christine has been practicing yoga for over 20 years and discovered the benefits of Iyengar yoga following multiple injuries. Drop in fee \$21, space permitting.

May 06 - Jun 24 Tu 10:30 AM-12:00 PM
550872 \$142.80/9 sess

Jul 08 - Aug 12 Tu 10:30 AM-12:00 PM
550873 \$107.10/6 sess

Iyengar Yoga Mixed level (16+ yrs)

Instructor: Siobhan Sloane-Seale

This yoga class will review all basics and go deeper. Iyengar yoga adapts to your personal needs. In this class, you'll increase your flexibility, strength and body awareness and you'll be able to move through your day with more ease. Drop ins \$21. *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am. No Class Jun 11 and Aug 6.

May 07 - Jun 25 W 9:00 AM-10:30 AM
551533 \$117.60/8 sess

Jul 02 - Aug 20 W 9:00 AM-10:30 AM
551537 \$117.60/8 sess

Pilates (16+ yrs)

Instructor: Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the core muscles of the body. For more info visit www.intoyoga.ca. Drop in \$18.

May 08 - Jun 26 Th 9:30 AM-10:30 AM
550126 \$123.00/8 sess

Jul 10 - Aug 28 Th 9:30 AM-10:30 AM
550128 \$123.00/8 sess



[View Sports Programs Online](#)

Monday	Wednesday	Thursday	Friday	Saturday
<p>Pickleball for Adult and Seniors 1:15 PM-3:15 PM</p> <p><small>No program on Statutory Holiday Mondays.</small></p>	<p>Pickleball for Adult and Seniors 7:45 AM-9:00 AM</p>	<p>Pickleball for Adult and Seniors 1:15 PM-3:15 PM</p>	<p>Pickleball for Adult and Seniors 7:45 AM-9:00 AM</p>	<p>Seniors Indoor Soccer (55+ yrs) 8:00 AM-9:00 AM</p> <p><small>No program on Statutory long weekends.</small></p>
	<p>Badminton for Seniors (55+ yrs) 1:15 PM-3:15 PM</p>			



Pop up Pickleball Court Rentals



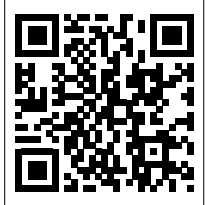
Keep an eye out on for dates and times available for you to reserve your own pickleball court. There are four courts available for play. Each registration is a booking for one court.

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.

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.recreation.vancouver.ca to view room availability and submit your rental request online.

Room	Highlights	Area (square feet)	Capacity	Hourly rate (no GST on rental charges)
 <p>Gymnasium</p>	<ul style="list-style-type: none"> •Ideal for sports bookings •One full court •Six basketball hoops (glass backboards) 	6,700	350 people	Sports use: \$70.00
 <p>Multipurpose Room 2</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events •Connects to an outdoor patio space 	1,35-0	50 people	Regular use: \$45.00 Dance Party: \$75.00
 <p>Multipurpose Room 3</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events 	700	30 people	\$30.00
 <p>Art Room</p>	<ul style="list-style-type: none"> •Excellent for moderate sized events •Lots of natural light •Access to kitchen across the hall •Sliding door leading outside 	610	30 people	\$30.00
 <p>Meeting Room 2</p>	<ul style="list-style-type: none"> •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-Friday6:00am-10:00pm
 Saturday 8:00am-6:00pm
 Sunday/Holidays..... 9:00am-6:00pm
 Front Office closes 30 minutes prior to Fitness Centre.
 Steam Room 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)	Senior (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

Prices are subject to change without notice.

Fitness Centre Consultations

Take advantage of our free fitness consultation. Free with drop in admission or included with your Flexipass. Call the Fitness Centre at 604-257-3065 to book up to 3 sessions with our Fitness Centre Staff. In your first session learn how to use the equipment, get a personalized fitness program and receive a card to track your progress. At your next session, staff will monitor technique and answer questions. Book a third session for additional support or motivation.

Value Added Programs

Our knowledgeable fitness staff will guide participants through a 4-week program teaching exercises to cover all components of a complete fitness program.

At the end of the 4 weeks, participants will have a fitness program to follow and have the confidence to use the Fitness Centre on their own.

Each week will focus on a different component of the fitness program including warm up and cool downs, strength, stretching, balance, and core. The program will consist of one day a week where the fitness staff will demonstrate different exercises each session.

Note that a completed Par-Q and Consent & Release are required for all participants and all participants must register.

Maximum of 4 and all participants must have a valid Flexi-pass, usage card or pay a drop-in fee.

Fitness for Older Adults

Tu Apr 1-22 10:00-11:00am 552409
 Tu May 6-27 10:00-11:00am 552414
 Tu Jul 8-29 10:00-11:00am #553166

Fitness for Youth

Th Apr 3-24 10:00-11:00am 552422
 Th May 8-29 10:00-11:00am 552929
 Th Jul 10-31 3:30-4:30pm 553167

Drop-in/Non-registered Fitness Sessions
 Fitness for Youth Th 3:30pm-4:30pm
 Fitness for Older Adults Tu 10:00-11:00am



Personal, Semi and Group 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. Whether you are a beginner, overcoming a plateau, rehabilitating from any injury or looking for sport specific workouts, our Trainers will motivate and support you in each one hour session.

We also offer Semi-Private Personal Training for you and a friend/family member.

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

Prices do not include GST and are subject to change without notice



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Mount Pleasant Branch
Phone 604.665.3962

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