



View all Programs and Register Online



Spring & Summer 2026 Mount Pleasant Recreation Guide

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REGISTRATION BEGINS

Saturday, March 14 at 9:00am



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 xʷməθkʷəjəm (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.

Operating Hours

Monday-Friday

6:00am-10:00pm

Saturday

8:00am-6:00pm

Sunday & Holidays

9:00am-6:00pm

Dec 24 & Dec 31

6:00am-6:00pm

Office closes
30 minutes earlier.

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.

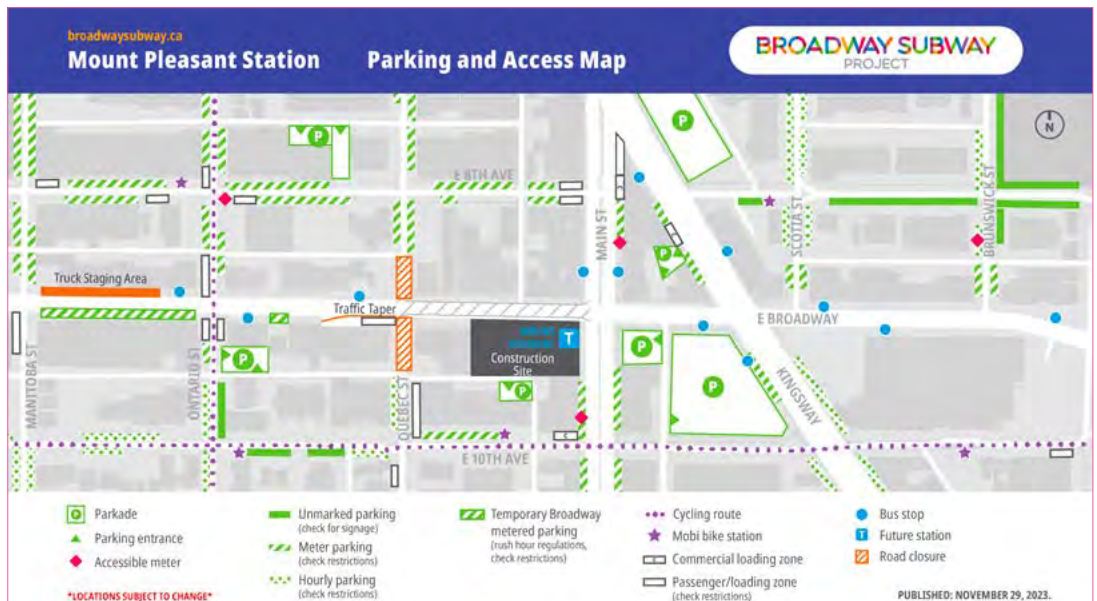
There is an EasyPark underground parking lot located under the centre with an entrance off the alley between East 7th and East 8th avenue. A mix of free and paid parking is available at street level. Public transit stops are also close by.



Contact Us

P: 604.257.3080

F: 604.257.3081



HOW TO REGISTER

starting on

Saturday, March 14



Register Online @

www.vanrec.ca

Starting at 9:00 AM
See sidebar for registration procedure.



In-Person

Starting at 9:00 AM
We accept cash, Debit, Visa, Amex, and Mastercard.
(1 Kingsway, Vancouver)



Phone 604.257.3080

Starting at 9:00 AM
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

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

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

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

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

There is an administrative charge of \$3 for all refund requests. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

Licensed Day Camp Refund Policy

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

Membership

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

Privacy Policy

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



Online Registration

The benefits of registering online at www.vanrec.ca

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

Step 1: Visit www.vanrec.ca

Step 2: Click on Recreation Programs

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



Our facility is fully wheelchair accessible.



MOUNT PLEASANT
COMMUNITY CENTRE
www.mountpleasantcc.ca

**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 email mtplesantcc@vancouver.ca



Mount Pleasant Community Centre Association (MPCCA)

Mission Statement

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

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

Vision Statement

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

Mount Pleasant Community Centre Association Board of Directors

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

Mount Pleasant Community Centre Staff

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

Preliminary Results Of The Petition To Fund Mount Pleasant Outdoor Pool Now Submitted To Park Board And City Council

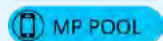


ONLINE PETITION STILL AVAILABLE TO SIGN!

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


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

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



CALENDAR

Spring & Summer Upcoming Events



Bounce with Bunny (0-6 yrs)

Join us to welcome in the Spring season! This spring event is family friendly and organized by the MPCC Youth volunteers and staff.

Come ready to smell the flowers and enjoy the celebration! Please make sure to register either online or over the phone at 604-257-3080.

Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline.

\$4

- Sa 10:00 AM-11:00 AM [586785](#)
- Sa 11:00 AM-12:00 PM [586786](#)

**28
MAR**



Celebrate Mount Pleasant Park Festival

(All Ages)

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

The event will start at 11:00am-3:00pm and there will be plenty of activities for all ages. Bring your Lawn chair, picnic blanket, and friends and family to enjoy the festivities. Come and enjoy our family-friend activities. Fun for ALL AGES.

Note: Movie in the Park will happen in August.

FREE

- Sa 11:00 AM-3:00 PM [610039](#)

**18
JUL**



Movie in the Park

(All Ages)

Mount Pleasant Community Centre in partnership with the Mount Pleasant Business Improvement Association invites the community back to Mount Pleasant Park for a cozy and memorable Movie in the Park evening!

Join families, friends, and neighbors as we come together under the stars for a magical outdoor movie experience. (Movie will be selected in July).

Bring your lawn chairs, snacks, picnic blankets, and your favorite people, and settle in for a relaxing evening of entertainment. Come early to get a good spot and enjoy the park before the movie begins.

FREE

- Sa 8:30 PM-10:30 PM [610516](#)

**15
AUG**



FIFA WORLD CUP 2026™ VANCOUVER

THE BEAUTIFUL GAME IN A BEAUTIFUL PLACE

Don't miss the FIFA 2026 Canadian games!
Watch all the action on the big screen at
Mount Pleasant Community Centre!



June 12th 2026 @ 12:00pm
Canada v. TBD

June 18th 2026 @ 3:00pm
Canada v. Qatar

June 24th 2026 @ 12:00pm
Canada v. Switzerland



WE ARE 26.
WE ARE VANCOUVER.
WE ARE A FORCE OF NATURE

For more info about FIFA: www.vancouverfwc26.ca



Mount Pleasant Community Centre Association Licensed Child Care

LICENSED CHILD CARE

FACILITIES

3 Corners Child Care Centre

Full Day Care: aged 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



MPCCA is now \$10 a Day Childcare

As of August 1, 2025 our Daycare, Preschool, Out of School Care and Daycamps are under the BC Provincial \$10 a Day Childcare Funding!

Curriculum and Philosophy:

MPCCA's licensed childcare programs we follow an emergent, play-based curriculum, and are guided by the BC Early Learning Framework (BC ELF). Through our practice, we aim to create an environment that represents all of our children, to facilitate learning opportunities that promote awe & wonder, and to embrace children's natural curiosity about the world around them.

MPCCA thrives on utilizing the BC Early Learning Framework. "By supporting the creation of rich, joyful early childhood spaces where children & adult's ideas and miracles come together. Knowledge is co-constructed about learning and living in ways that are local, inclusive, ethical and democratic." - BC Early Learning Framework 2019.

3 Corners Child Care Centre

www.mountpleasantcc.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.

Program	Hours of Care	Fee
Infant/Toddler (0-18 months)	7:30am-6:00pm	\$200/month This program is a part of the Province of BC's \$10 a day Program.
Infant/Toddler (18-36 months)		
3-5 Program (under 36 months)		
3-5 Program (37 months-5 years)		
All families pay \$50 non-refundable registration fee and 1 month security deposit.		

→Funding

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.

You can email Israt.jahan@vancouver.ca for more details and forms.





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.



→ **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.

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.

**OH Preschool Registration Opens
Friday March 13, 2026 at 10:00am**

Online or In-person at Mount Pleasant Community Centre Front Desk
Email israt.jahan@vancouver.ca to register for available classes or waitlist for the program.



2026-2027 Preschool Schedule

Province of BC \$7/day Funding

Preschool programs under 4 hours/day qualify for \$7/day parent fees and over 4 hours qualify for \$10/day parent fee.

Class Schedule available online by March 5, 2026

Click or scan here to view



**Preschool Classes are for children born 2022 - 2024
2, 3 and 6 hour class options to choose from based on age.**



→ **Funding**

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. You can email israt.jahan@vancouver.ca for more details and forms.



Out of School Care

Located at Our House Childcare Centre @ 123 West 16th Ave

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

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



Province of BC \$10/day Funding

OSC programs under 4 hours/day qualify for \$7/day parent fees to a max of \$140/month.
Over 4 hours qualify for \$10/day parent fee to a max of \$200/month.

Program	Hours of Care	Fee
After School Care	3:00pm-6:00pm	\$140
Before School Care	7:30am-9:00am	\$140
Before/After School Care	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

Kindergarten waitlist (born 2021) registration will open online on March 2, 2026 at 10:00am.

www.surveymonkey.com/r/Kindiewaitlist

This is for children attending Simon Fraser Elementary in the 2026-2027 school year.

Grade 1-7 waitlist is ongoing.

Please contact Kelly.Bodkin@vancouver.ca for more information.

→ 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.



scan to view information

LICENSED CHILD CARE

→ Funding

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 additional supports.

You can email israt.jahan@vancouver.ca for more details and forms.





Our House Child Care Centre Summer Daycamp

For children 5-12yrs old (Children born 2014-2021)

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 2014-2021.

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. A Field trip fee of \$30 per week is added at the time of registration.

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.



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 www.vanrec.ca to set up an account.

→ Funding

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 additional supports.

You can email israt.jahan@vancouver.ca for more details and forms.

Online at vanrec.ca or
In-person at the
Mount Pleasant
Community Centre
front desk.

Licensed Summer Daycamp

June 29 - September 4, 2026

Registration opens Online or In-Person

- Wednesday, April 8 at 7pm
- By phone Thursday, April 9 at 10am

Province of BC \$10/day Funding
Our Centre transitioned to a \$10 a day model from August 2025, therefore Daycamps will now be \$50 per week plus an additional \$30 per week for field trips.

Programs	Hours	5 Day Week	Cancellation Fee
<i>Register by Week and by your child's Year of Birth</i>			
AM Care	8:00am-9:00am	Prerequisite to daycamp	\$20.00/Week and per child**
Daycamp (Kindie to Gr. 7) born 2014 - 2021	9:00am-4:00pm	\$50, \$20 cancellation fee	
PM Care	4:00pm-6:00pm	Prerequisite to daycamp	

Fees will not be pro-rated regardless of how many days a child attends

Daycamp Withdrawal Policy & Fee:

If you are withdrawing your child, we require notice as per the above deadlines. **A \$20.00 cancellation fee will be charged for all cancelled weeks of daycamp.**

These fees will support the administrative costs

associated with scheduling changes. This fee will apply to EACH CHILD that is withdrawn.

All refunds are to be processed by the Child Care Administrator: israt.jahan@vancouver.ca or by calling the Mount Pleasant Community Centre front desk at 604-257-3080.

Withdrawals received after the deadlines listed above will not be refunded

Day Camp Week	Deadline to withdraw for refund less \$20 cancellation fee
Weeks 1-5	Thursday, June 5, 2026, 9pm
Weeks 6-10	Thursday, July 9, 2026, 9pm

Support Inclusion in our Non-profit Childcare Programs – Every Child Deserves the Chance to Thrive

At MPCCA Childcare, we believe every child deserves to be included, supported, and celebrated. As a non-profit, charitable organization, we've seen a growing number of children with diverse learning and developmental needs joining our programs. Families choose our licensed care programs because of our inclusive approach and supports—but the demand for support far exceeds the funding available.

Due to recent grant funding cuts, many children are at risk of missing out on the extra help they need to thrive. We have 12 children with support needs who currently have no funding available. **We're seeking community support to sustain our Inclusion Program, which provides staff with enhanced skills to ensure all children can participate and succeed together.**

The impact of even limited support has been profound - children were more engaged, regulated, and confident. But to create lasting change, we need consistent funding.

Your donation, sponsorship, or advocacy can help us build a future where every child is included, supported, and empowered to thrive.

Your donation, sponsorship, or advocacy can help us build a future where every child is included, supported, and empowered to thrive.



- 1. Make a Donation:** scan QR code to make 1 time or monthly donation through Canada Helps. Donations over \$25 will receive a tax receipt.
- 2. Sponsorship Inquiries:** To discuss partnership or sponsorship opportunities, please contact rebecca.hachey@vancouver.ca.




Together, let's build a future where every child will thrive.




SUMMER 2026 DAYCAMP REGISTRATION UPDATE!

VANCOUVER COMMUNITY CENTRES ARE
STREAMLINING REGISTRATION
TO ONE DATE FOR ALL SITES



Starting in 2026 all summer camps (full-day camps, full-day specialty camps, full-day skate and swim camps, etc.) will open registration on a single, city-wide date to make it simpler and fairer for families



Key Registration Dates:

Online/In-Person: Wednesday April 8th,
2026 at 7:00pm

-Phone in: Thursday April 9th, 2026 at
10:00am



[VIEW ONLINE AT VANREC.CA](https://vanrec.ca)



Birthday Party Packages

Birthday Party - Preschool 1 (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. Party Deposit will be refunded if all conditions are followed within 3-5 business day. Inflatable certified by Technical Safety BC License Number: LAM0107376Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. To receive a full refund you must withdraw in-person or by phone. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

May 16 – Jun 27	Sa	12:30 PM-2:30 PM
600932-600938		\$340.00/1 sess
Jul 04 – Aug 22	Sa	12:30 PM-2:30 PM
600951-600958		\$340.00/1 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. Party Deposit will be refunded if all conditions are followed within 3-5 business day. Inflatable certified by Technical Safety BC License Number: LAM0107376Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. To receive a full refund you must withdraw in-person or by phone. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

May 16 – Jun 27	Sa	3:30 PM-5:30 PM
600939-600945		\$340.00/1 sess

NOTE:

Preschool 2 for Summer will be on hold till the Preschool 1 session for that day is booked.

Birthday Party - Preschool 2 (0-5 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Jul 04 – Aug 22	Sa	3:30 PM-5:30 PM
600959-600966		\$340.00/1 sess

Birthday Party - Art Theme 1 (6-12 yrs)

(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. Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. To receive a full refund you must withdraw in-person or by phone. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

May 17 – Jun 28	Su	12:30 PM-2:30 PM
600972-600980		\$255.00/1 sess
Jul 05 – Aug 23	Su	12:30 PM-2:30 PM
600992-600999		\$255.00/1 sess

Birthday Party - Art Theme 2 (6-12 yrs)

(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. Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. To receive a full refund you must withdraw in-person or by phone. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

May 17 – Jun 28	Su	3:30 PM-5:30 PM
600981-600988		\$255.00/1 sess

NOTE:

Art Theme 2 for Summer will be on hold till the Art Theme 1 session for that day is booked.

Birthday Party - Art Theme 2 (6-12 yrs)

Instructor: Mount Pleasant Birthday Party Leader

Jul 05 – Aug 23	Su	3:30 PM-5:30 PM
601000-601009		\$255.00/1 sess



Refunds

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

Birthday Party Packages

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. Refund Policy: Refunds and withdrawals will be given up to the program withdrawal deadline. No refunds will be given after the withdrawal deadline. To receive a full refund you must withdraw in-person or by phone. A \$25 administrative fee will apply to Birthday Party Refund. No refund for 3 weeks or less notice. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway with inquiries or refund requests.

May 09 – Jun 27	Sa	2:00 PM-3:00 PM
601029-601037		\$190.00/1 sess
Jul 04 – Aug 22	Sa	2:00 PM-3:00 PM
601038-601045		\$190.00/1 sess



Birthday Party - Soap or Lip Gloss Making with Lily (6-12 yrs)

Instructor: Lily Sum

Choose between two workshop to celebrate your child's birthday. Make 3 personalized soaps with over 60 molds, 40 scents options or customize 2 lip glosses and one lip balm using a natural base, cosmetic grade pigments, shimmer and flavor oils. Fee includes admission of up to 10 participants. Children below age 6 must be accompanied by an adult. We will celebrate with a special gift (a mini cake made from soap for the birthday child, to take home). Visit <https://soapifystudio.com> for additional details.

May 03	Su	3:30 PM-5:30 PM
606254		\$360.00/1 sess
May 24	Su	3:30 PM-5:30 PM
606255		\$360.00/1 sess
Jun 14	Su	3:30 PM-5:30 PM
606256		\$360.00/1 sess
Jun 28	Su	3:30 PM-5:30 PM
606257		\$360.00/1 sess
Jul 12	Su	3:30 PM-5:30 PM
606262		\$360.00/1 sess
Jul 26	Su	3:30 PM-5:30 PM
606263		\$360.00/1 sess
Aug 16	Su	3:30 PM-5:30 PM
606264		\$360.00/1 sess
Aug 30	Su	3:30 PM-5:30 PM
606265		\$360.00/1 sess



Refunds

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

BOUNCE WITH BUNNY (0-6YRS)

\$4
PER CHILD

SATURDAY MARCH 28TH 2026

#586785: 10AM-11AM OR

#586786: 11AM-12PM

- ARTS & CRAFTS
- BOUNCY CASTLE
- PARENT & TOT TOYS
- EASTER EGG HUNT
- GOODIE BAG

PLEASE REGISTER FOR EVENT

Music, Singing, and Art

Music with Marnie Toddlers (18 months-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, 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 May 18.

Apr 20 - Jun 08 M 9:30 AM-10:15 AM
 605975 \$140.00/7 sess

Music with Marnie BeTweenies (12 months-20 months)
Instructor: Marnie Grey

The perfect entertaining and action packed class for Walking Babies that are past the baby stage, but a bit too Young for the Toddler Class. Bubbles, Puppets, and short and repetitive music and movement based songs to keep your movin and groovin' soon to be Toddler captivated and having FUN. Please note: Children must be walking and a min of 12 months. Classes are for registered children only. Sorry, no extra children. No class May 18.

Apr 20 - Jun 08 M 10:30 AM-11:15 AM
 605976 \$140.00/7 sess

Music with Marnie Babies (2 months-18 months)
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 \$19.00 No class May 18.

Apr 20 - Jun 08 M 11:30 AM-11:45 AM
 605978 \$129.50/7 sess

Music with Marnie All Ages/Siblings (12 months-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 bubbies, 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.

Apr 22 - Jun 10 W 10:00 AM-10:45 AM
 605980 \$160.00/8 sess



Music with Marnie Babies (2 months-18 months)
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 \$19.00

Apr 22 - Jun 10 W 11:30 AM-12:00 PM
 605984 \$148.00/8 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 Toddlers Camp (18 months-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, 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

Aug 24 - Aug 27 M Tu W Th 9:30 AM-10:15 AM
 607262 \$80.00/4 sess



Music with Marnie All Ages/Siblings Camp (3 months-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 bubbies, 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 24 - Aug 27 M Tu W Th 10:30 AM-11:15 AM
 607281 \$80.00/4 sess

Music with Marnie Babies Camp (2 months-18 months)
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 \$19.00

Aug 24 - Aug 27 M Tu W Th 11:30 AM-12:00 PM
 607283 \$74/4 sess

Art and Music with Sun Rey (1.5 yrs-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 available. No class May 16.

Apr 25 - Jun 13 Sa 10:00 AM-10:45 AM
 588198 \$121.00/7 sess

Art is Fun with Sun Rey (3-5 yrs)
Instructor: Sun Rey Han

Children will explore a variety of creative activities such as origami, clay modelling, stamping, collage, mixed media art, finger painting, and crafting. The program also features sing-along and storytelling to spark imagination and joy. Child must be able to take class unaccompanied by an adult. All art supplies are provided. Drop-ins \$23.00, if space available. No class May 16.

Apr 25 - Jun 13 Sa 11:00 AM-11:45 AM
 588234 \$126.00/7 sess



Note to Parents
 Preschoolers are encourage 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.

Drawing and Painting with Golnaz

(3-5 yrs)

Instructor: Golnaz Kiany

In this class children will learn about different colors and how to mix them (cold and warm-light and dark) and also improve their drawing and coloring skills. There will also be an introduction to different tools, mediums, paper and more. Have fun while learning new things! Golnaz has her Degree in Fine Arts and has lots of experience in teaching.

Apr 10 - Jun 12	F	10:00 AM-11:00 AM
613305		\$160.00/10 sess
Apr 10 - Jun 12	F	10:00 AM-11:00 AM
613305		\$160.00/10 sess

Uke & Me (Parent & Tot)

(3-5 yrs)

Instructor: Musical Expressions

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. Drop-ins welcome if space permits. This program is facilitated by a Musical Expressions instructor. Drop-ins \$22.00, space permitting.

Apr 16 - Jun 18	Th	11:00 AM-11:45 AM
601451		\$162.00/10 sess

Wee Expressions

(0-4 yrs)

Instructor: Musical Expressions

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children (0-4 yrs) alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. Siblings receive a 25 percent discount and/or siblings that are under 8 months attend for free. Instructor website: musicalexpressions.ca. Drop-ins \$22.00, space permitting.

Apr 16 - Jun 18	Th	10:00 AM-10:45 AM
596409		\$169.50/10 sess

Music Exploration Camp (Parent and Tot)

(3-6 yrs)

Instructor: Musical Expressions

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. For more information visit www.mucialexpression.ca Drop-ins \$22.00, if space permits.

Jul 20 - Jul 24	M Tu W Th F	10:00 AM-10:30 AM
601498		\$80.00/5 sess

Social



Parent and Tot Gym

(0-6 yrs)

Instructor: Mount Pleasant 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. Drop-in \$3/child or \$5/family. 10 Tickets Pass for Single Child for \$25.00 and for Family (up to 3 children) for \$40.00.

May 05 - Jun 30	Tu Th F Sa	10:00 AM-12:00 PM
601583		Drop-in \$3/Child or \$5

Family

Jul 04 - Aug 22	Sa	10:00 AM-12:00 PM
601587		Drop-in \$3/Child or \$5

Dance

Dance With Me (with Adult)

(1-3 yrs)

Instructor: Vancouver Performing Stars

Let your little ones the joy of dance! These interactive parent-child classes blend movement basics, singing, and partner dance to create a fun-filled experience. Jive and bond together as your child explores rhythm and movement. Visit www.performingstars.ca for more information. No class May 16.

Apr 11 - Jun 13	Sa	10:00 AM-10:45 AM
588434		\$153.00/10 sess

About Golnaz



Golnaz Kiany is a Vancouver-based painter and art instructor with over four years of experience teaching drawing and painting to children and adults. She has worked extensively in community centers across Vancouver, creating supportive and inspiring environments where students feel encouraged to explore their creativity. Her teaching focuses on developing individual artistic expression, understanding color and painting techniques, and building confidence through art. Golnaz believes that every student has a unique visual voice, and she is passionate about guiding learners as they discover and strengthen their own creative style.

Dance cont'd

Mini Ballet

(3-4 yrs)

Instructor: Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information. No class May 16.

Apr 11 - Jun 13 Sa 9:15 AM-10:00 AM
 607409 \$153.00/9 sess

Mini Hip Hop

(3-4 yrs)

Instructor: Vancouver Performing Stars

Get ready to wiggle, jump, and dance! This fun and energetic hip hop class introduces little movers to basic dance steps and groovy moves set to their favorite songs. Through playful choreography and creative movement activities, young dancers will build confidence, coordination, and a love of dance. Each class is packed with energy and smiles! Child must be able to attend class without a parent or guardian in the room. For more details, visit www.performingstars.ca No class May 16.

Apr 11 - Jun 13 Sa 10:45 AM-11:30 AM
 607410 \$153.00/9 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 May 16.

Apr 11 - Jun 13 Sa 11:30 AM-12:15 PM
 607413 \$153.00/9 sess



Junior Stars Musical Theatre

(5-7 yrs)

Instructor: Vancouver Performing Stars

Dance and sing along to your favorite show tunes! Your young performer will build confidence and stage presence as they bring musical theatre to life in the studio, developing rhythm, characterization, coordination, and musicality. Sing with confidence, while learning fun choreography and the acting skills of a star! Visit www.performingstars.ca for more information. No class May 15.

Apr 17 - Jun 19 F 4:45 PM-5:30 PM
 607442 \$153.00/9 sess

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 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 \$15.

Apr 16 - Jun 18 Th 9:30 AM-10:15 AM
 605958 \$140.00/10 sess

Creative Ballet

(3-5 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 16 - Jun 18 Th 10:20 AM-11:05 AM
 605959 \$140.00/10 sess

Mini Hip Hop Breakers

(3-5yrs)

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 \$15.

Apr 16 - Jun 18 Th 11:10 AM-11:55 AM
 605960 \$140.00/10 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.

Creative Ballet (3-5 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 12 - Jun 21	Su	9:15 AM-10:00 AM
605954		\$154.00/11 sess
Jul 05 - Aug 23	Su	9:15 AM-10:00 AM
605967		\$112.00/8 sess

Creative Ballet (4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 12 - Jun 21	Su	10:05 AM-10:50 AM
605955		\$154.00/11 sess
Jul 05 - Aug 23	Su	10:05 AM-10:50 AM
605968		\$112.00/8 sess

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 \$15.

Apr 12 - Jun 21	Su	10:55 AM-11:40 AM
605956		\$154.00/11 sess
Jul 05 - Aug 23	Su	10:55 AM-11:40 AM
605970		\$112.00/8 sess

Creative Ballet (4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 12 - Jun 21	Su	11:45 AM-12:30 PM
605957		\$154.00/11 sess
Jul 05 - Aug 23	Su	11:45 AM-12:30 PM
605969		\$112.00/8 sess

Frozen Ballet Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance

100% Frozen Soundtrack Music is played in the creative ballet class designed to ignite your dancers 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.

Jul 13 - Jul 17	M Tu W Th F	9:15 AM-10:15 AM
607552		\$109.00/5 sess
Aug 04 - Aug 07	Tu W Th F	9:15 AM-10:15 AM
607561		\$87.25/4 sess

Frozen Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

100% Frozen Soundtrack Music is played in the creative ballet class designed to ignite your dancers 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.

Jul 13 - Jul 17	M Tu W Th F	11:25 AM-12:25 PM
607560		\$109.00/5 sess
Aug 04 - Aug 07	Tu W Th F	11:25 AM-12:25 PM
607584		\$87.25/4 sess



Dance cont'd

Superhero Training Academy Dance Camp (5-8 yrs)
Instructor: Endorphin Rush Dance

Call all superheroes! In this action-packed camp, dancer strain their superpowers through big movements, jumps, spins, and creative dance challenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling. For more info visit www.KirbySnellDance.com

Jul 13 - Jul 17	M Tu W Th F	10:20 AM-11:20 AM	607559	\$109.00/5 sess
Aug 04 - Aug 07	Tu W Th F	10:20 AM-11:20 AM	607587	\$87.25/4 sess

Physical Activity

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!

Apr 29 - Jun 17	W	9:30 AM-10:30 AM	608100	\$160.00/8 sess
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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!

Apr 29 - Jun 17	W	10:30 AM-11:30 AM	608105	\$160.00/8 sess
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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 08 - Jun 24	W	3:30 PM-4:30 PM	601435	\$222.00/12 sess
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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 08 - Jun 24	W	4:40 PM-5:40 PM	601436	\$222.00/12 sess
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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 May 17 and Aug 2.

Apr 12 - Jun 28	Su	9:30 AM-10:15 AM	601438	\$203.50/11 sess
Jul 05 - Aug 23	Su	9:30 AM-10:15 AM	601591	\$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 May 17 and Aug 2.

Apr 12 - Jun 28	Su	10:15 AM-11:00 AM	601439	\$203.50/11 sess
Jul 05 - Aug 23	Su	10:15 AM-11:00 AM	601592	\$129.50/7 sess

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 May 17 and Aug 2.

Apr 12 - Jun 28	Su	11:00 AM-12:00 PM
601437		\$203.50/11 sess
Jul 05 - Aug 2	Su	11:00 AM-12:00 PM
601590		\$74.00/7 sess

Sportball Multisport Camp (3.5-5 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.

Jul 06 - Jul 10	M Tu W Th F	9:30 AM-10:45 AM
607609		\$96.00/5 sess
Jul 06 - Jul 10	M Tu W Th F	10:45 AM-12:00 PM
607612		\$96.00/5 sess

Sportball Multisport Camp (3.5-5 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.

Aug 04 - Aug 07	Tu W Th F	9:30 AM-10:45 AM
607615		\$96.00/4 sess
Aug 04 - Aug 07	Tu W Th F	10:45 AM-12:00 PM
607616		\$96.00/4 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 13 - Jul 17	M Tu W Th F	9:30 AM-12:30 PM
606879		\$240.00/5 sess
Aug 10 - Aug 14	M Tu W Th F	9:30 AM-12:30 PM
606880		\$240.00/5 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 place 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 28 - May 19	Tu	3:30 PM-4:00 PM
609462		\$71.50/4 sess
May 26 - Jun 16	Tu	3:30 PM-4:00 PM
609468		\$71.50/4 sess

Summer Smash Tennis: Mini Fundamentals (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 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 13 - Jul 15	M W	9:00 AM-10:15 AM
611083		\$89.50/2 sess
Aug 10 - Aug 12	M W	9:00 AM-10:15 AM
611084		\$89.50/2 sess
Jul 14 - Jul 16	Tu Th	10:30 AM-11:45 AM
611085		\$89.50/2 sess
Aug 11 - Aug 13	Tu Th	10:30 AM-11:45 AM
611086		\$89.50/2 sess

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 in a supportive and playful environment, using scaled-down equipment tailored to young learners. This class is 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 13 - Jul 15	M W	10:30 AM-11:15 AM
611079		\$54.50/2 sess
Aug 10 - Aug 12	M W	10:30 AM-11:15 AM
611080		\$54.50/2 sess
Jul 14 - Jul 16	Tu Th	9:30 AM-10:15 AM
611081		\$54.50/2 sess
Aug 11 - Aug 13	Tu Th	9:30 AM-10:15 AM
611082		\$54.50/2 sess

Summer Smash Tennis Program

Participants must bring their own tennis racket to the lessons.

Note to Parents

Preschoolers are encourage 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.

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, 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.

May 09 - May 30	Sa	9:30 AM-10:20 AM
601015		\$76.00/4 sess
Jun 06 - Jun 27	Sa	9:30 AM-10:20 AM
601021		\$76.00/4 sess
Jul 04 - Jul 25	Sa	9:30 AM-10:20 AM
601025		\$76.00/4 sess
Aug 01 - Aug 22	Sa	9:30 AM-10:20 AM
601028		\$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, 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.

May 09 - May 30	Sa	10:30 AM-11:20 AM
601013		\$76.00/4 sess
Jun 06 - Jun 27	Sa	10:30 AM-11:20 AM
601019		\$76.00/4 sess
Jul 04 - Jul 25	Sa	10:30 AM-11:20 AM
601023		\$76.00/4 sess
Aug 01 - Aug 22	Sa	10:30 AM-11:20 AM
601026		\$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, 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.

May 09 - May 30	Sa	11:30 AM-12:20 PM
601014		\$76.00/4 sess
Jun 06 - Jun 27	Sa	11:30 AM-12:20 PM
601020		\$76.00/4 sess
Jul 04 - Jul 25	Sa	11:30 AM-12:20 PM
601024		\$76.00/4 sess
Aug 01 - Aug 22	Sa	11:30 AM-12:20 PM
601027		\$76.00/4 sess

JONATHAN ROGERS PARK REDESIGN SHARE YOUR VOICE!

Exciting changes are being planned for Jonathan Rogers Park, with a community-driven redesign that may include new features such as a fenced dog park. This is an opportunity for residents to help shape how the park serves our neighbourhood now and into the future. Community feedback is essential – we encourage everyone to share their ideas and priorities during the planning process. If you believe a dog park is needed in the area, please consider signing the included petition to show your support.





Summer Day Camps

Music with Marnie Toddlers Camp (18 months-3 yrs)

Instructor: Marnie Grey
 For full program description [see page 16.](#)
 Aug 24 - Aug 27 M Tu W Th 9:30 AM-10:15 AM
607262 \$80.00/4 sess



Music with Marnie All Ages/Siblings Camp (3 mos-5 yrs)

Instructor: Marnie Grey
 For full program description [see page 16.](#)
 Aug 24 - Aug 27 M Tu W Th 10:30 AM-11:15 AM
607281 \$80.00/4 sess

Music with Marnie Babies Camp (2 mos-18 months)

Instructor: Marnie Grey
 For full program description [see page 16.](#)
 Aug 24 - Aug 27 M Tu W Th 11:30 AM-12:00 PM
607283 \$74/4 sess

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

Instructor: Musical Expressions
 For full program description [see page 17.](#)
 Jul 20 - Jul 24 M Tu W Th F 10:00 AM-10:30 AM
601498 \$80.00/5 sess

Frozen Ballet Dance Camp (3-5 yrs)

Instructor: Endorphin Rush Dance
 For full program description [see page 19.](#)
 Jul 13 - Jul 17 M Tu W Th F 9:15 AM-10:15 AM
607552 \$109.00/5 sess
 Aug 04 - Aug 07 Tu W Th F 9:15 AM-10:15 AM
607561 \$87.25/4 sess

Frozen Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance
 For full program description [see page 19.](#)
 Jul 13 - Jul 17 M Tu W Th F 11:25 AM-12:25 PM
607560 \$109.00/5 sess
 Aug 04 - Aug 07 Tu W Th F 11:25 AM-12:25 PM
607584 \$87.25/4 sess

Superhero Training Academy Dance Camp (5-8 yrs)

Instructor: Endorphin Rush Dance
 For full program description [see page 19.](#)
 Jul 13 - Jul 17 M Tu W Th F 10:20 AM-11:20 AM
607559 \$109.00/5 sess
 Aug 04 - Aug 07 Tu W Th F 10:20 AM-11:20 AM
607587 \$87.25/4 sess



Sportball Multisport Camp (3.5-5 yrs)

Instructor: Sportball Vancouver
 For full program description [see page 21.](#)
 Jul 06 - Jul 10 M Tu W Th F 9:30 AM-10:45 AM
607609 \$96.00/5 sess
 Jul 06 - Jul 10 M Tu W Th F 10:45 AM-12:00 PM
607612 \$96.00/5 sess

Sportball Multisport Camp (3.5-5 yrs)

Instructor: Sportball Vancouver
 For full program description [see page 21.](#)
 Aug 04 - Aug 07 Tu W Th F 9:30 AM-10:45 AM
607615 \$96.00/4 sess
 Aug 04 - Aug 07 Tu W Th F 10:45 AM-12:00 PM
607616 \$96.00/4 sess

Sportball Multisport Camp (5-8 yrs)

Instructor: Sportball Vancouver
 For full program description [see page 21.](#)
 Jul 13 - Jul 17 M Tu W Th F 9:30 AM-12:30 PM
606879 \$240.00/5 sess
 Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:30 PM
606880 \$240.00/5 sess

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
605954 Creative Ballet (3-5yrs) 9:15 AM-10:00 AM	605975 Music with Marnie Toddlers (1.5-3yrs) 9:30 AM-10:15 AM	611081 Summer Smash Tennis: Parent & tot at Robson Park (2-3yrs) 9:30 AM-10:15 AM	608100 High 5 Sports – Drop Off (3-5yrs) 9:30 AM-10:30 AM	605958 My First Dance Class (2-4yrs) 9:30 AM-10:15 AM	Parent & Tot Gym 10:00 AM-12:00 PM	607409 Mini Ballet (3-4yrs) 9:15 AM-10:00 AM	
601438/ 601591/601606 Sportball Parent & Child Multisport (2-3yrs) 9:30 AM-10:15 AM	605976 Music with Marnie BeTweenies (12m-20m) 10:30 AM-11:15 AM	Parent & Tot Gym 10:00 AM-12:00 PM	605980 Music with Marnie All Ages/Siblings (12m-5yrs) 10:00 AM-10:45 AM	611081 Summer Smash Tennis: Parent & Tot at Robson Park (2-3yrs) 9:30 AM-10:15 AM	613305 Drawing and Painting with Golnaz (3-5yrs) 10:00 AM-11:00 AM	601015 Tiny Climbers (4-6yrs) 9:30 AM-10:20 AM	
605968 Creative Ballet (4-6yrs) 10:05 AM-10:50 AM	6011079/611080 Summer Smash Tennis: Parent & Tot at Robson Park (2-3yrs) 10:30 AM-11:15 AM	609462/609468 Summer Smash Tennis: Mini Fundamentals (4-5yrs) 3:30 PM-4:00 PM	608105 High 5 Sports – Drop Off (3-5yrs) 10:30 AM-11:30 AM	596409 Wee Expressions (10m-4yrs) 10:00 AM-10:45 AM	613306 Drawing and Painting with Golnaz (3-5yrs) 11:00 AM-12:00 PM	Parent and Tot Gym 10:00 AM-12:00 PM	
601439/ 601592/601614 Sportball Parent & Child Multisport (2-3yrs) 10:15 AM -11:00 AM	605978 Music with Marnie Babies (2m-17m) 11:45 AM-12:15 PM		611079/611080 Summer Smash Tennis: Parent & Tot at Robson Park (2-3yrs) 10:30 AM-11:15 AM	Parent and Tot Gym 10:00 AM-12:00 PM		588434 Dance With Me (with Adult) (1-3yrs) 10:00 AM-10:45 AM	
605956/605970 Hip Hop Breakers (5-8yrs) 10:55 AM-11:40 AM	 <p style="text-align: center;">View all Preschool Programs and Register Online</p>		605984/605986 Music with Marnie Babies (2m-17m) 11:30 AM-12:00 PM	605959 Creative Ballet (3-5yrs) 10:20 AM-11:05 AM		607410 Mini Hip Hop (3-4yrs) 10:45 AM-11:30 AM	
601437/ 601590/601596 Sportball Multisport (3.5-5yrs) 11:00 AM-12:00 PM					601451 Uke & Me (Parent & Tot) (3-5yrs) 11:00 AM-11:45 AM		588234 Art is Fun with Sun Rey (3-5yrs) 11:00 AM-11:45 AM
605957/605969 Creative Ballet (4-6yrs) 11:45 AM-12:30 PM				601435/ 601588/601594 Sportball Indoor Soccer (3.5-5yrs) 3:30 PM -4:30 AM	605960 Mini Hip Hop Breakers (3-5yrs) 11:10 AM-11:55 AM		601013 Tiny Climbers (4-6yrs) 11:30 AM-12:20 PM
				601436/ 601489/601595 Sportball Indoor Soccer (5-7yrs) 4:40 PM-5:40 PM		607440 Mini Stars Musical Theatre (3-5yrs) 4:30 PM-5:15 PM	607413 Junior Ballet (5-7yrs) 11:30 AM-12:15 PM
					607442 Junior Stars Musical Theatre (5-7yrs) 4:45 PM-5:30 PM	Birthday Party - Preschool 1 (0-5yrs) 12:30 PM-2:30 PM	
						Birthday Party - Preschool 2 (0-5yrs) 3:30 PM-5:30 PM	



MOUNT PLEASANT COMMUNITY CENTRE

1 Kingsway in Vancouver, B.C. V5T 3H7
604.257.3080 | [mountpleasantcc.ca](http://www.mountpleasantcc.ca)

NOTE: Summer Schedule (July-August) may differ.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
589738 LEGO STEAM (5-10yrs) 9:45 AM-11:45 AM	608155/609971 Spanish for Children Beg 1 (6-9yrs) 3:30 PM-5:30 PM	606983 Girls+ Group (9-12yrs) 3:30 PM-5:30 PM	606982 Boys+ Group (9-12yrs) 3:30 PM-5:30 PM	Youth Volleyball (9-18yrs) 3:30 PM-5:00 PM	Youth Gym-Open Gym Volleyball (12-18yrs) 3:30 PM-9:00 PM	609479/609481 Summer Smash Tennis: Mini Aces (6-7.5yrs) 9:15 AM-10:00 AM	
608288/608291 Karate (6-12yrs) 10:00 AM-11:00 AM	609493 Summer Smash Tennis: Junior Aces (7.5-10yrs) 3:45 PM-4:45 PM	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM *30 min session	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM	Youth Gym-Open Gym Basketball (12-18yrs) 3:30 PM-9:00 PM	609664 Summer Smash Tennis: Mini Aces (6-7.5yrs) 9:15 AM-10:00 AM	
605956/605956 Hip Hop Breakers (5-8yrs) 10:55 AM-11:40 AM	608289/608292 Karate (6-12yrs) 4:30 PM-5:30 PM	590955 Ivy's Breakfast Club – High Performance Basketball (12-16yrs) 3:45 PM-5:00 PM	609510/609516 Summer Smash Tennis: Youth Fundamentals (11-16yrs) 3:45 PM-4:45 PM	588765 MPCC Bakers (9-11yrs) 3:30 PM-5:30 PM	Preteen Leadership Club (9-12yrs) 4:00 PM-5:00 PM	607413 Junior Ballet (5-7yrs) 11:30 AM-12:15 PM	
608274 Tae Kwon Do Level 1 & 2 (6-13yrs) 12:15 PM-1:15 PM		606740 Cook & Bake with Lily (8-12yrs) 4:00 PM-6:00 PM	603931/603932 Drawing & Painting for Kids & Youth (7-18yrs) 4:30 PM-6:00 PM	609484/609492 Summer Smash Tennis: Mini Aces (6-7.5yrs) 3:45 PM-4:30 PM	607442 Junior Stars Musical Theatre (5-7yrs) 4:45 PM-5:30 PM	601022 Rock Climbers - Adapted (10-16yrs) 12:30 PM-1:25 PM	
612980/612981 Summer Smash Tennis: Mini Aces (6-7.5yrs) 12:15 PM-1:00 PM		609411/609528 Summer Smash Tennis: Youth Aces (11-16yrs) 4:00 PM-5:15 PM	601436/ 601589/601595 Sportball Indoor Soccer (5-7yrs) 4:40 PM-5:40 PM	609490/609492 Summer Smash Tennis: Junior Fundamentals (7.5-10yrs) 4:30 PM-5:30 PM	Youth Inspire! (Youth Council) (13-18yrs) 5:00 PM-6:00 PM	601016 Tiny Climbers Legends (7-12yrs) 12:30 PM-1:25 PM	
Birthday Party- Art Theme (6-12yrs) 12:30 PM-2:30 PM			604596/604598 Kung Fu: Choy Lee Fat (8-13yrs) 6:00 PM-7:15 PM	606168 Petit Architect: Design and Architecture for Kids (7-12yrs) 5:15 PM-6:30 PM	607446 Senior Stars Musical Theatre (8-12yrs) 5:30 PM-6:15 PM	605753 Dungeons and Dragons (10-12yrs) 1:00 PM-3:00 PM	
612984/612985 Summer Smash Tennis: Junior Aces (7.5-10yrs) 1:00 PM-2:00 PM						604596/604598 Kung Fu: Choy Lee Fat (8-13yrs) 6:00 PM-7:15 PM	Birthday Party - Climbing (6-12yrs) 2:00 PM-3:00 PM
608275 Tae Kwon Do Teens (14-16yrs) 1:15 PM-2:15 PM	<p>View all Children's Programs and Register Online</p>				Preteen Night (9-12yrs) 6:00 PM-8:00 PM	607888 Dungeons and Dragons (13-16yrs) 3:00 PM-5:00 PM	
612986/612987 Summer Smash Tennis: Youth Aces (11-16yrs) 2:00 PM-3:15 PM						Youth Social Night (9-18yrs) 6:00 PM-9:00 PM	608246 Volleyball BC: Smashball (8-12yrs) 3:30 PM-4:30 PM
Birthday Party- Art Theme (6-12yrs) 3:30 PM-5:30 PM			<p>MOUNT PLEASANT COMMUNITY CENTRE 1 Kingsway in Vancouver, B.C. V5T 3H7 604.257.3080 mountpleasantcc.ca</p>			Teen Night (13-17yrs) 8:00 PM-9:00 PM	608247 Volleyball BC: Train to Play (12-15yrs) 4:45 PM-5:45 PM

Summer Day Camp

VPS Let It Go Dance Camp (5-8 yrs)

Instructor: Vancouver Performing Stars

For full program description see page 27.

Jul 06 - Jul 10 M Tu W Th F 9:30 AM-12:30 PM
607491 \$195.00/5 sess

VPS Defy Gravity Dance Camp (6-10 yrs)

Instructor: Vancouver Performing Stars

For full program description [see page 28.](#)

Aug 17 - Aug 21 M Tu W Th F 9:30 AM-2:30 AM
607491 \$345.00/5 sess

Frozen Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

For full program description [see page 28.](#)

Jul 13 - Jul 17 M Tu W Th F 11:25 AM-12:25 PM
607560 \$109.00/5 sess

Aug 04 - Aug 07 Tu W Th F 11:25 AM-12:25 PM
607584 \$87.25/4 sess

K-Pop Demon Hunters Half-Day Camp (6-12 yrs)

Instructor: Endorphin Rush Dance

For full program description [see page 28.](#)

Jul 20 - Jul 24 M Tu W Th F 9:30 AM-12:00 PM
607600 \$210.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:00 PM
607617 \$210.00/5 sess

Superhero Training Academy Dance Camp (5-8 yrs)

Instructor: Endorphin Rush Dance

For full program description [see page 28.](#)

Jul 13 - Jul 17 M Tu W Th F 10:20 AM-11:20 AM
607559 \$109.00/5 sess

Aug 04 - Aug 07 Tu W Th F 10:20 AM-11:20 AM
607587 \$87.25/4 sess

Arts in Motion Camp (6-11 yrs)

Instructor: Musical Expressions

For full program description [see page 29.](#)

Aug 04 - Aug 07 Tu W Th F 9:00 AM-3:00 PM
601539 \$362.00/4 sess

LEGO BrickCraft (5-10 yrs)

Instructor: Reach Education Inc.

For full program description [see page 29.](#)

Jul 27 - Jul 31 M Tu W Th F 9:30 AM-12:30 PM
607665 \$220.00/5 sess

Jul 27 - Jul 31 M Tu W Th F 1:00 PM-4:00 PM
607666 \$220.00/5 sess

LEGO Round the World (5-10 yrs)

Instructor: Reach Education Inc.

For full program description see page 29.

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:30 PM
607667 \$220.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 1:00 PM-4:00 PM
607668 \$220.00/5 sess

Sportball Multisport Camp (5-8 yrs)

Instructor: Sportball Vancouver

For full program description [see page 32.](#)

Jul 13 - Jul 17 M Tu W Th F 9:30 AM-12:30 PM
606879 \$240.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:30 PM
606880 \$240.00/5 sess

Ivy's Breakfast Club - Future Stars Basketball Camp (9-13 yrs)

Instructor: Ivy's Breakfast Club

For full program description [see page 32.](#)

Aug 10 - Aug 12 M Tu W 3:30 PM-5:00 PM
608238 \$90.00/3 sess

Ivy's Breakfast Club - Shooters Club Camp (12-16 yrs)

Instructor: Ivy's Breakfast Club

For full program description [see page 32.](#)

Aug 13 - Aug 14 Th F 3:30 PM-5:00 PM
608239 \$60.00/2 sess

Volleyball BC: Smashball Camp (8-12 yrs)

Instructor: Volleyball BC

For full program description [see page 33.](#)

Jul 20 - Jul 24 M Tu W Th F 9:30 AM-11:00 AM
608315 \$120.00/5 sess

Aug 17 - Aug 21 M Tu W Th F 9:30 AM-11:00 AM
613064 \$120.00/5 sess

Volleyball BC: Train to Play Camp (12-15 yrs)

Instructor: Volleyball BC

For full program description [see page 33.](#)

Jul 20 - Jul 24 M Tu W Th F 9:30 AM-12:30 PM
608325 \$120.00/5 sess

Aug 17 - Aug 21 M Tu W Th F 9:30 AM-12:30 PM
613273 \$120.00/5 sess

Karate Camp (6-12 yrs)

Instructor: Heyton Tze

For full program description [see page 35.](#)

Jul 06-Jul 10 M T W Th F 10:00 AM-12:00 AM
610855 \$105.00/5 sess

Jul 13 - Jul 17 M T W Th F 10:00 AM-12:00 AM
610856 \$105.00/5 sess

Music

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 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're wanting longer session times, please book two classes back-to-back. All music books and materials purchased separately. Instructor website: musicalexpressions.ca.

Apr 02 - Jun 25	Th	4:00 PM-8:00 PM
601441-601448		\$422.50/13 sess
Jul 02 - Jul 30	Th	4:00 PM-8:00 PM
606464-601472		\$162.50/5 sess
Aug 06 - Aug 27	Th	4:00 PM-4:00 PM
601483-601490		\$130.00/4 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

Mar 31 - Jun 23	Tu	3:30 PM-7:30 PM
601624-601631		\$325.00/13 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 2

Apr 01 - Jun 24	W	3:30 PM-7:30 PM
601632-601639		\$325.00/13 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

Jul 07 - Jul 28	Tu	3:30 PM-7:30 PM
607636-607643		\$100.00/4 sess

Monika 1

Aug 04 - Aug 25	Tu	3:30 PM-7:30 PM
607657-607664		\$100.00/4 sess

Dance

Senior Stars Musical Theatre

(8-12 yrs)

Instructor: Vancouver Performing Stars

Dance and sing along to your favorite show tunes! Your young performer will build confidence and stage presence as they bring musical theatre to life in the studio, developing rhythm, characterization, coordination, and musicality. Sing with confidence, while learning fun choreography, and the acting skills of a star! Visit www.performingstars.ca for more information. No class May 15.

Apr 17 - Jun 19	F	5:30 PM-6:15 PM
607446		\$153.00/9 sess



VPS Let it Go Dance Camp (6-10 yrs)

Instructor: Vancouver Performing Stars

In this enchanted week, dancers explore movement and various dance style inspired by the Frozen world. Through storytime, creative play, and choreography, dancers build coordination and create a sweet end-of-week performance. Visit performingstars.ca for more information.

Jul 06 - Jul 10	M Tu W Th F	9:30 AM-12:30 PM
607452		\$195.00/5 sess

Dance cont'd

VPS Defy Gravity Dance Camp

(6-10 yrs)

Instructor: Vancouver Performing Stars

Dance, sing, and shine in this Wicked-inspired camp! Students explore diverse dance style through bold choreography and high-energy performances inspired by Broadway's most spellbinding green-and-glam musical. Visit performingstars.ca for more information.

Aug 17 - Aug 21 M Tu W Th F 9:30 AM-2:30 AM
607491 \$345.00/5 sess

Creative Ballet

(4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 12 - Jun 21 Su 10:05 AM-10:50 AM
605955 \$154.00/11 sess

Jul 05 - Aug 23 Su 10:05 AM-10:50 AM
605968 \$112.00/8 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 \$15.

Apr 12 - Jun 21 Su 10:55 AM-11:40 AM
605956 \$154.00/11 sess

Jul 05 - Aug 23 Su 10:55 AM-11:40 AM
605970 \$112.00/8 sess

Creative Ballet]

(4-6 yrs)

Instructor: Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the 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 \$15.

Apr 12 - Jun 21 Su 11:45 AM-12:30 PM
605957 \$154.00/11 sess

Jul 05 - Aug 23 Su 11:45 AM-12:30 PM
605969 \$112.00/8 sess

Frozen Ballet Dance Camp (4-6 yrs)

Instructor: Endorphin Rush Dance

100% Frozen Soundtrack Music is played in the creative ballet class designed to ignite your dancers 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.

Jul 13 - Jul 17 M Tu W Th F 11:25 AM-12:25 PM
607560 \$109.00/5 sess

Aug 04 - Aug 07 Tu W Th F 11:25 AM-12:25 PM
607584 \$87.25/4 sess

K-Pop Demon Hunters Half-Day Camp

(6-12 yrs)

Instructor: Endorphin Rush Dance

Get ready to move like your favorite K-Pop idols with a fierce twist! In this high energy dance camp, kids lean K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own "hunter" persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! This camp will leave them feeling confident, powerful, and ready to take on any challenge. More info visit www.kirbysnelldance.com.

Jul 20 - Jul 24 M Tu W Th F 9:30 AM-12:00 PM
607600 \$210.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:00 PM
607617 \$210.00/5 sess

Superhero Training Academy Dance Camp

(5-8 yrs)

Instructor: Endorphin Rush Dance

Call all superheroes! In this action-packed camp, dancer strain their superpowers through big movements, jumps, spins, and creative dance callenges. Using jazz and hip hop-inspired movement, kids build strength, coordination, and confidence while learning teamwork and imagination-based storytelling. For more info visit www.KirbySnellDance.com

Jul 13 - Jul 17 M Tu W Th F 10:20 AM-11:20 AM
607559 \$109.00/5 sess

Aug 04 - Aug 07 Tu W Th F 10:20 AM-11:20 AM
607587 \$87.25/4 sess

Arts, Technology and Education

Arts in Motion Camp (6-11 yrs)

Instructor: Musical Expressions

Join us for a week of full day programs, rich with creativity and fun. Children will be exploring their musical, artistic and active sides. Through the week, participants will be engaged in singing, playing, movement, creating & self-expression via different activities. Group Ukulele, Rhythmic learning, Art Time (hands-on activities making art through various mediums - will be able to take home things they make including instruments) & Drum Time (a fusion of movement, singing, African drumming & Taiko drumming). There is a performance on the last day to showcase all the things they have learn and done during the camp week between 2:00pm-3:00pm. There is an additional an additional \$30 for the instrument making and arts & craft materials.

Aug 04 - Aug 07 Tu W Th F 9:00 AM-3:00 PM
601539 \$362.00/4 sess

Petit Architect: Design and Architecture for Kids (7-12 yrs)

Instructor: Petit Architect Design For Kids Ltd.

Begin a journey of architectural discovery with our engaging and creative hands-on classes designed for kids aged 7 to 12! Every week, young architects will explore the incredible worlds of famous architects and design concepts, growing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they learn about new concepts, their vocabulary blossoms and their fine motor skills thrive through the exciting process of drawing and model-making, just like real architects in the making!

Apr 16 - Jun 04 Th 5:15 PM-6:30 PM
606168 \$240.00/8 sess

LEGO STEAM (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 May 17 and May 31.

Apr 12 - Jun 07 Su 9:45 AM-11:45 AM
589738 \$210.00/7 sess

LEGO BrickCraft (5-10 yrs)

Instructor: Reach Education Inc.

Take Minecraft from the screen to the table with LEGO® bricks! Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included

Jul 27 - Jul 31 M Tu W Th F 9:30 AM-12:30 PM
607665 \$220.00/5 sess

Jul 27 - Jul 31 M Tu W Th F 1:00 PM-4:00 PM
607666 \$220.00/5 sess



LEGO Round the World (5-10 yrs)

Instructor: Reach Education Inc.

Discover the world through LEGO! Our master builders will be learning about important cultural landmarks as they explore the world from America to Australia. Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:30 PM
607667 \$220.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 1:00 PM-4:00 PM
607668 \$220.00/5 sess

Cook and Bake with Lily (8-12 yrs)

Instructor: Lily Sum

Learn valuable culinary skills, such as safe knife handling, measuring techniques, and proper food hygiene. Each week we will make a different treat, such as breakfast wraps, mac and cheese, mini cheesecakes, chia pudding, puff pastry danishes and more! Visit <https://soapifystudio.com/> to see the full menu. Parents must notify info@soapifystudio.com of any allergies/dietary restrictions as last-minute recipe changes may not be possible.

Apr 07 - Jun 09 Tu 4:00 PM-6:00 PM
606740 \$350.00/10 sess

Arts, Technology and Education cont'd

Matcha Tiramisu NEW (16+ yrs)

Instructor: Lily Sum

In this hands-on class, you'll learn to make a delicate, coffee-free tiramisu-style cake. We'll focus on two contrasting elements: The earthy richness of matcha cream and a bright and tangy mixed berry filing. Topics covered include how to help whip cream properly, how to cook berry compote, how to assemble a layered dessert, and simple decoration techniques. Please email info@soapify.com with any allergy concerns or questions. Visit <https://soapifystudio.com> for more information.

Apr 01	W	6:00 PM-8:00 PM
611076		\$66.00/1 sess
May 13	W	6:00 PM-8:00 PM
611078		\$66.00/1 sess

Family Fun Lip Gloss Making

Instructor: Lily Sum

Join us to learn how to make lip gloss and balm using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 5 lip gloss, 5 lip balms and written recipes. Only 1 registration is required group (up to 3 participants). Visit <https://soapifystudio.com> for more information.

Jul 11	Sa	4:00 PM-5:30 PM
606278		\$65.00/1 sess
Aug 08	Sa	4:00 PM-5:30 PM
606283		\$65.00/1 sess



Artsy Soap Design with Lily (16+ yrs)

Instructor: Lily Sum

Choose from over 40 scents, 60+ molds, endless colour combinations and learn how to create 3 of your own personalized soaps to take home! Add some shimmer to your soap and decorate with mica powders. No experience required and all supplies are included. Visit <https://soapifystudio.com> to view additional details.

May 02	Sa	1:00 PM-3:00 PM
606309		\$55.00/1 sess
Jul 04	Sa	1:00 PM-3:00 PM
606311		\$55.00/1 sess

Custom Lip Cosmetics Workshop

(16+ yrs)

Instructor: Lily Sum

Do you want to make your own lip cosmetics? Learn about three different natural formulations containing premium oils, butters and waxes. Make 2 pomegranate infused lip glosses, 1 passionfruit-coconut lip oil and 1 cocoa butter tinted lip balm. Add a selection of cosmetic-grade pigments, shimmery micas and flavour oils to create your own signature blend. Visit <https://soapifystudio.com> for more information.

Jun 11	Sa	1:00 PM-3:00 PM
606290		\$57.75/1 sess
Aug 08	Sa	1:00 PM-3:00 PM
606294		\$57.75/1 sess

Family Fun Soap Making with Lily

(6+ yrs)

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 (1 of the 3 must be 16yrs or older). Visit www.soapifystudio.com to view class details.

May 02	Sa	3:30 PM-5:30 PM
606279		\$72.00/1 sess
Jun 13	Sa	3:30 PM-5:30 PM
606280		\$72.00/1 sess
Jul 04	Sa	3:30 PM-5:30 PM
606281		\$70.00/1 sess

Spanish for Children Beginner 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 color crayons/pencils. No class May 18.

Apr 13 - Jun 08	M	3:30 PM-5:00 PM
608155		\$132.00/9 sess



Spanish for Children Beginner 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 first class. Students to bring pen/pencil, eraser and color crayons/pencils.

Jul 06 - Jul 27 M 3:30 PM-5:30 PM
609971 \$87.00/4 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

Jun 27 Sa 9:30 AM-4:30 PM
608182 \$100.00/1 sess
Aug 15 Sa 9:30 AM-4:30 PM
608231 \$100.00/1 sess

Red Cross Stay Safe (9-13 yrs)

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

The Canadian Red Cross Stay Safe course offers basic first aid and safety skills for youth 9-13 years old. Participants learn about being safe when they are without direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. The course covers the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on your own, how to stay safe at home and within the community, how to prepare for, recognize and respond to unexpected situations, and basic first aid skills. Children will receive a Stay Safe! Workbook and a completion certificate.

May 16 Sa 9:30 AM-2:30 PM
608219 \$100.00/1 sess

CPR C/AED

(16+ yrs)

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

Basic CPR with Choking, CPR, AED. 2-3 hours online pre-requisite required; 3 hours in class. 3-year Canadian Red Cross Certification.

Jun 21 Su 9:30 AM-12:30 PM
608215 \$99.75/1 sess
Aug 22 Sa 9:30 AM-12:30 PM
608233 \$99.75/1 sess

Emergency First Aid (Basic) with CPR C/AED (16+ yrs)

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

Basic one-day course offering lifesaving first aid 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-hour mandatory online component pre-requisite, 4.5 hours in class instruction.

Jun 21 Su 9:30 AM-2:00 PM
608216 \$115.50/1 sess
Aug 22 Sa 9:30 AM-2:00 PM
608234 \$115.50/1 sess



Standard Emergency First Aid (Intermediate) with CPR C/AED (16+ yrs)

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

Comprehensive "two-day" course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8-hour mandatory online component pre-requisite, 7.5 hours in class instruction.

Jun 21 Su 9:30 AM-5:00 PM
608217 \$168.00/1 sess
Aug 22 Sa 9:30 AM-5:00 PM
608235 \$168.00/1 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 08 - Jun 24 W 4:40 PM-5:40 PM
601436 \$222.00/12 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 13 - Jul 17 M Tu W Th F 9:30 AM-12:30 PM
606879 \$240.00/5 sess

Aug 10 - Aug 14 M Tu W Th F 9:30 AM-12:30 PM
606880 \$240.00/5 sess

Ivy's Breakfast Club - High-Performance Basketball (12-16 yrs)

Instructor: Ivy's Breakfast Club

Ivy's Breakfast Club - High-Performance Basketball is a spring training program for youth in Grades 8-11 focused on skill development, competition, and game understanding. In an era where basketball has become overly structured, this program brings the game back to what develops players best: PLAY. Each session starts with 15-20 minutes of intentional skill work emphasizing ball-handling, finishing, and shooting, followed by high-intensity, game-based competitions through 3-on-3, 4-on-4, and 5-on-5 play. Players are encouraged to make decisions, solve problems, and compete with minimal interruption, helping them learn to read the game, adapt, and build confidence in real-game situations. This program is not for beginners. Please bring your own basketball. If you have any questions please email Coach Ivy - ivybreakfastclub@gmail.com Drop-ins \$33.00, space permitting.

Apr 07 - Jun 16 Tu 3:45 PM-5:00 PM
590955 \$330.00/11 sess

Ivy's Breakfast Club - Future Stars Basketball Camp (9-13 yrs)

Instructor: Ivy's Breakfast Club

Future Stars Basketball Camp is a 3-day summer basketball camp designed for youth athletes in Grades 4-7 who want to learn, improve, and have fun in a positive and high-energy environment. Athletes will be introduced to the fundamentals of basketball, including ball-handling, finishing, shooting, and defense, through engaging drills and skill-based activities. Each day also includes fun games and competitive play to help players apply what they've learned, build confidence, and develop a love for the game. The camp is focused on development, enjoyment, and inspiration, creating an environment that encourages young athletes to grow, complete, and take their first steps toward becoming the next generation of future stars.

Aug 10 - Aug 12 M Tu W 3:30 PM-5:00 PM
608238 \$100.00/3 sess

Ivy's Breakfast Club - Shooters Club Camp (12-16 yrs)

Instructor: Ivy's Breakfast Club

Shooters Club is a 2-day basketball camp designed for athletes in Grade 8-10 who want to become more confident, consistent, and versatile shooters. This camp focuses specifically on shooting development, including footwork, balance, mechanics, and release. Athletes will get a high volume of reps from different spots and angles on the floor, while also learning various ways to get open and create shots. Sessions will include competitive shooting drills and game-based play, allowing athletes to apply what they learn in real situations under pressure. Shooters Club is built for players who are ready to lock in, get reps, and elevate their shooting to the next level.

Aug 13 - Aug 14 Th F 3:30 PM-5:00 PM
608239 \$80.00/2 sess

Volleyball BC: Smashball (8-12 yrs)

Instructor: Volleyball BC

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches! No class May 16.

May 02 - Jun 27 Sa 3:30 PM-4:30 PM
608246 \$128.00/8 sess

Volleyball BC: Smashball Camp

(8-12 yrs)

Instructor: Volleyball BC

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches! No class May 16.

Jul 20 - Jul 24	M Tu W Th F	9:30 AM-12:30 PM
608315		\$120.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	9:30 AM-12:30 PM
613064		\$120.00/5 sess



Volleyball BC: Train to Play

(12-15 yrs)

Instructor: Volleyball BC

This developmental program builds on Lean to Play with expansion of the core skills, an emphasis on skill linkage in active gameplay, and an introduction of simple team concepts within a fun, loud, challenging atmosphere led by experienced and accredited coaches! No class Mar 16.

May 02 - Jun 27	Sa	4:45 PM-5:45 PM
608247		\$128.00/8 sess

Volleyball BC: Train to Play Camp

(12-15 yrs)

Instructor: Volleyball BC

This developmental program builds on Lean to Play with expansion of the core skills, an emphasis on skill linkage in active gameplay, and an introduction of simple team concepts within a fun, loud, challenging atmosphere led by experienced and accredited coaches! No class Mar 16.

Jul 20 - Jul 24	M Tu W Th F	9:30 AM-12:30 PM
608325		\$120.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	9:30 AM-12:30 PM
613273		\$120.00/5 sess

Summer Smash Tennis: Mini Aces

(6-7 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.

May 03 - May 24	Su	12:15 PM-1:00 PM
612980		\$105.00/4 sess
May 31 - Jun 21	Su	12:15 PM-1:00 PM
612981		\$105.00/4 sess

Summer Smash Tennis: Mini Aces

(6-7 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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

May 02 - May 23	Sa	9:15 AM-10:00 AM
609479		\$108.00/4 sess
May 30 - Jun 20	Sa	9:15 AM-10:00 AM
609481		\$108.00/4 sess
Apr 30 - May 21	Th	3:45 PM-4:30 PM
609484		\$108.00/4 sess
May 28 - Jun 18	Th	3:45 PM-4:30 PM
609486		\$108.00/4 sess

Summer Smash Tennis: Mini Aces Camp

(6-7 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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.). No class Jul 1.

Jun 29 - Jul 03	M Tu Th F	9:00 AM-12:00 PM
611087		\$255.00/4 sess
Jul 06 - Jul 10	M Tu W Th F	9:00 AM-12:00 PM
611088		\$318.00/5 sess
Jul 20 - Jul 24	M Tu W Th F	9:00 AM-12:00 PM
611089		\$318.00/5 sess
Jul 27 - Jul 31	M Tu W Th F	9:00 AM-12:00 PM
611090		\$318.00/5 sess
Aug 04 - Aug 07	Tu W Th F	9:00 AM-12:00 PM
611091		\$255.00/4 sess
Aug 17 - Aug 21	M Tu W Th F	9:00 AM-12:00 PM
611092		\$318.00/5 sess

Physical Activity cont'd

Summer Smash Tennis: Junior Aces (7.5-10 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 places on inspiring a love for the game while building a solid technical foundation. Students are expected to bring their own racquets to the lesson. No class May 18.

May 04 - Jun 22	M	3:45 PM-4:45 PM
609493		\$245.00/7 sess
May 03 -May 25	Su	1:00 PM-2:00 PM
612984		\$140.00/4 sess
May 31 - Jun 21	Su	1:00 PM-2:00 PM
612985		\$140.00/4 sess



Summer Smash Tennis: Junior Fundamentals (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 program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 30 - May 21	Th	4:30 PM-5:30 PM
609490		\$143.00/4 sess
May 28 - Jun 18	Th	4:30 PM-5:30 PM
609492		\$143.00/4 sess

Summer Smash Tennis: Junior Fun + Aces 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 Jul 1.

Jun 29 - Jul 03	M Tu W Th F	9:00 AM-12:00 PM
611093		\$262.00/4 sess
Jul 06 - Jul 10	M Tu W Th F	9:00 AM-12:00 PM
611094		\$325.00/5 sess
Jul 13 - Jul 17	M Tu W Th F	9:00 AM-12:00 PM
611095		\$325.00/5 sess
Jul 20 - Jul 24	M Tu W Th F	9:00 AM-12:00 PM
611096		\$325.00/5 sess
Jul 27 - Jul 31	M Tu W Th F	9:00 AM-12:00 PM
611097		\$325.00/5 sess
Aug 04 - Aug 07	Tu W Th F	9:00 AM-12:00 PM
611098		\$262.00/4 sess
Aug 10 - Aug 14	M Tu W Th F	9:00 AM-12:00 PM
611099		\$325.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	9:00 AM-12:00 PM
611100		\$325.00/5 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 inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Apr 6.

Apr 29 - May 20	W	3:45 PM-4:45 PM
609510		\$140.00/4 sess
Jun 03 - Jun 17	W	3:45 PM-4:45 PM
609516		\$105.00/3 sess

Summer Smash Tennis Program
 Participants must bring their own tennis racket to the lessons.

Summer Smash Tennis: Youth Aces

(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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 28 - May 19	Tu	4:00 PM-5:15 PM
609522		\$179.50/4 sess
May 26 - Jun 16	Tu	4:00 PM-5:15 PM
609528		\$179.50/4 sess
May 03 - May 24	Su	2:00 PM-3:15 PM
612986		\$175.00/4 sess
May 31 - Jun 21	Su	2:00 PM-3:15 PM
612987		\$175.00/4 sess

Summer Smash Tennis: Youth Fun + Aces 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. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.) No class Jul 1.

Jun 29 - Jul 03	M Tu Th F	1:00 PM-4:00 PM
611102		\$262.00/4 sess
Jul 06 - Jul 10	M Tu W Th F	1:00 PM-4:00 PM
611103		\$325.00/5 sess
Jul 13 - Jul 17	M Tu W Th F	1:00 PM-4:00 PM
611104		\$325.00/5 sess
Jul 20 - Jul 24	M Tu W Th F	1:00 PM-4:00 PM
611105		\$325.00/5 sess
Jul 27 - Jul 31	M Tu W Th F	1:00 PM-4:00 PM
611106		\$325.00/5 sess
Aug 04 - Aug 07	Tu W Th F	1:00 PM-4:00 PM
611107		\$262.00/4 sess
Aug 10 - Aug 14	M Tu W Th F	1:00 PM-4:00 PM
611108		\$325.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	1:00 PM-4:00 PM
611109		\$325.00/5 sess

Martial Arts

Karate

(6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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 17, May 31 and Aug 2.

May 03 - Jun 28	Su	10:00 AM-11:00 AM
608288		\$73.50/7 sess
Jul 05 - Aug 23	Su	10:00 AM-11:00 AM
608291		\$73.50/7 sess

Karate

(6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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 18 and Aug 3.

May 04 - Jun 29	M	4:30 PM-5:30 PM
608289		\$73.50/7 sess
Jul 06 - Aug 24	M	4:30 PM-5:30 PM
608292		\$73.50/7 sess

Karate Camp

(6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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!

Jul 06 - Jul 10	M T W Th F	10:00 AM-12:00 AM
610855		\$105.00/5 sess
Jul 13 - Jul 17	M T W Th F	10:00 AM-12:00 AM
610856		\$105.00/5 sess



Summer Smash Tennis Program

Participants must bring their own tennis racket to the lessons.

Martial Arts cont'd

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

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. No Class May 29

May 06 - Jun 26	W F	6:00 PM-7:15 PM
604596		\$94.50/15 sess
Jul 03 - Aug 21	W F	6:00 PM-7:15 PM
604598		\$94.50/15 sess

Rock Climbing

Rock Climbers - Adapted (10-16 yrs)

Instructor: Mount Pleasant Climbing Staff

Youth with a disability (ages 10-16) are invited to come try rock climbing at Mount Pleasant Community Centre! Youth will take turns climbing and are encouraged to hang out in the gym during the program time. Please note this program does not offer 1:1 support, family members are welcome to attend to offer support to the participant. A waiver must be completed for the participants to climb. If you are interested and would like to register, you will need to contact Access Services at: access.services@vancouver.ca or call 604-718-5853. If you have not previously attended a program with Access Services paperwork may need to be completed. No class Feb 14.

May 09 - May 30	Sa	12:30 PM-1:25 PM
601022		\$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, 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.

May 09 - May 30	Sa	9:30 AM-10:20 AM
601015		\$76.00/4 sess
Jun 06 - Jun 27	Sa	9:30 AM-10:20 AM
601021		\$76.00/4 sess
Jul 04 - Jul 25	Sa	9:30 AM-10:20 AM
601025		\$76.00/4 sess
Aug 01 - Aug 22	Sa	9:30 AM-10:20 AM
601028		\$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, 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.

May 09 - May 30	Sa	10:30 AM-11:20 AM
601013		\$76.00/4 sess
Jun 06 - Jun 27	Sa	10:30 AM-11:20 AM
601019		\$76.00/4 sess
Jul 04 - Jul 25	Sa	10:30 AM-11:20 AM
601023		\$76.00/4 sess
Aug 01 - Aug 22	Sa	10:30 AM-11:20 AM
601026		\$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, 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.

May 09 - May 30	Sa	11:30 AM-12:20 PM
601014		\$76.00/4 sess
Jun 06 - Jun 27	Sa	11:30 AM-12:20 PM
601020		\$76.00/4 sess
Jul 04 - Jul 25	Sa	11:30 AM-12:20 PM
601024		\$76.00/4 sess
Aug 01 - Aug 22	Sa	11:30 AM-12:20 PM
601027		\$76.00/4 sess

Tiny Climbers 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.

Jun 06 - Jun 27	Sa	12:30 PM-1:25 PM
601016		\$76.00/4 sess
Jul 04 - Jul 25	Sa	12:30 PM-1:25 PM
601017		\$76.00/4 sess
Aug 01 - Aug 22	Sa	12:30 PM-1:25 PM
601018		\$76.00/4 sess

ROBSON PARK



ARTS & CRAFTS ★ WADING POOL ★ RIDING TOYS ★ BBQ FUNDRAISER

June 30th - September 5th
Tuesday - Saturdays
11:30am-5:30pm

Weather permitting. Closed when raining



 **599 KINGSWAY**



For more information: Mount Pleasant Community Centre
1 Kingsway | 604.257.3080 | www.mountpleasantcc.ca

or scan
QR Code



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
589738 LEGO STEAM (5-10yrs) 9:45 AM-11:45 AM	608155/609971 Spanish for Children Beg 1 (6-9yrs) 3:30 PM-5:30 PM	606983 Girls+ Group (9-12yrs) 3:30 PM-5:30 PM	606982 Boys+ Group (9-12yrs) 3:30 PM-5:30 PM	Youth Volleyball (9-18yrs) 3:30 PM-5:00 PM	Youth Gym-Open Gym Volleyball (12-18yrs) 3:30 PM-9:00 PM	609479/609481 Summer Smash Tennis: Mini Aces (6-7.5yrs) 9:15 AM-10:00 AM	
608288/608291 Karate (6-12yrs) 10:00 AM-11:00 AM	609493 Summer Smash Tennis: Junior Aces (7.5-10yrs) 3:45 PM-4:45 PM	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM *30 min session	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM	Piano – Monika 1 (6yrs+) 3:30 PM-7:30 PM	Youth Gym-Open Gym Basketball (12-18yrs) 3:30 PM-9:00 PM	609664 Summer Smash Tennis: Mini Aces (6-7.5yrs) 9:15 AM-10:00 AM	
605956 Hip Hop Breakers (5-8yrs) 10:55 AM-11:40 AM	608288/608291 Karate (6-12yrs) 4:30 PM-5:30 PM	590955 Ivy's Breakfast Club – High Performance Basketball (12-16yrs) 3:45 PM-5:00 PM	609510/609516 Summer Smash Tennis: Youth Fundamentals (11-16yrs) 3:45 PM-4:45 PM	588765 MPCC Bakers (9-11yrs) 3:30 PM-5:30 PM	Preteen Leadership Club (9-12yrs) 4:00 PM-5:00 PM	607413 Junior Ballet (5-7yrs) 11:30 AM-12:15 PM	
608274 Tae Kwon Do Level 1 & 2 (6-13yrs) 12:15 PM-1:15 PM		606740 Cook & Bake with Lily (8-12yrs) 4:00 PM-6:00 PM	603931/603932 Drawing & Painting for Kids & Youth (7-18yrs) 4:30 PM-6:00 PM	609484/609492 Summer Smash Tennis: Mini Aces (6-7.5yrs) 3:45 PM-4:30 PM	607442 Junior Stars Musical Theatre (5-7yrs) 4:45 PM-5:30 PM	601022 Rock Climbers - Adapted (10-16yrs) 12:30 PM-1:25 PM	
612980/612981 Summer Smash Tennis: Mini Aces (6-7.5yrs) 12:15 PM-1:00 PM		609411/609528 Summer Smash Tennis: Youth Aces (11-16yrs) 4:00 PM-5:15 PM	601436/ 601589/601595 Sportball Indoor Soccer (5-7yrs) 4:40 PM-5:40 PM	609490/609492 Summer Smash Tennis: Junior Fundamentals (7.5-10yrs) 4:30 PM-5:30 PM	Youth Inspire! (Youth Council) (13-18yrs) 5:00 PM-6:00 PM	601016 Tiny Climbers Legends (7-12yrs) 12:30 PM-1:25 PM	
Birthday Party- Art Theme (6-12yrs) 12:30 PM-2:30 PM				604596/604598 Kung Fu: Choy Lee Fat (8-13yrs) 6:00 PM-7:15 PM	606168 Petit Architect: Design and Architecture for Kids (7-12yrs) 5:15 PM-6:30 PM	607446 Senior Stars Musical Theatre (8-12yrs) 5:30 PM-6:15 PM	605753 Dungeons and Dragons (10-12yrs) 1:00 PM-3:00 PM
612984/612985 Summer Smash Tennis: Junior Aces (7.5-10yrs) 1:00 PM-2:00 PM				604596/604598 Kung Fu: Choy Lee Fat (8-13yrs) 6:00 PM-7:15 PM	607888 Dungeons and Dragons (13-16yrs) 3:00 PM-5:00 PM		
608275 Tae Kwon Do Teens (14-16yrs) 1:15 PM-2:15 PM	<div style="background-color: black; color: white; padding: 10px; text-align: center;"> View all Preteen & Youth Programs and Register Online </div>					607888 Dungeons and Dragons (13-16yrs) 3:00 PM-5:00 PM	607888 Dungeons and Dragons (13-16yrs) 3:00 PM-5:00 PM
612986/612987 Summer Smash Tennis: Youth Aces (11-16yrs) 2:00 PM-3:15 PM				607888 Dungeons and Dragons (13-16yrs) 3:00 PM-5:00 PM	608246 Volleyball BC: Smashball (8-12yrs) 3:30 PM-4:30 PM		
Birthday Party- Art Theme (6-12yrs) 3:30 PM-5:30 PM				MOUNT PLEASANT COMMUNITY CENTRE 1 Kingsway in Vancouver, B.C. V5T 3H7 604.257.3080 mountpleasantcc.ca		608247 Volleyball BC: Train to Play (12-15yrs) 4:45 PM-5:45 PM	608247 Volleyball BC: Train to Play (12-15yrs) 4:45 PM-5:45 PM
				NOTE: Summer Schedule (July-August) may differ.		608247 Volleyball BC: Train to Play (12-15yrs) 4:45 PM-5:45 PM	608247 Volleyball BC: Train to Play (12-15yrs) 4:45 PM-5:45 PM



FOR MORE INFO: YOUTHWEEK@VANCOUVER.CA

SCAN QR CODE
FOR MORE
INFORMATION



Summer Day Camp

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 06 – Jul 10 M Tu W Th F 10:00 AM-3:30 PM
605772 \$175/5 sess

Week 2

Jul 13 – Jul 17 M Tu W Th F 10:00 AM-3:30 PM
605773 \$175/5 sess

Week 3

Jul 20 – Jul 24 M Tu W Th F 10:00 AM-3:30 PM
605774 \$175/5 sess

Week 4

Jul 27 – Jul 31 M Tu W Th F 10:00 AM-3:30 PM
605775 \$175/5 sess

Week 5

Aug 04 – Aug 07 Tu W Th F 10:00 AM-3:30 PM
605776 \$140/4 sess

Week 6

Aug 10 – Aug 14 M Tu W Th F 10:00 AM-3:30 PM
605777 \$175/5 sess

Week 7

Aug 17 – Aug 21 M Tu W Th F 10:00 AM-3:30 PM
605778 \$175/5 sess

Week 8

Aug 24 – Aug 28 M Tu W Th F 10:00 AM-3:30 PM
605779 \$175/5 sess

Dietary Restrictions

There will be times when we provide snacks or treats to participants that may include sugar or snack foods such as baked goods, juice, soda, chips, and pizza. If there are any dietary restrictions or allergies, or if you do not want your child to consume these items, please inform a leader in advance and make a note on the waiver under the allergies section so we can make appropriate arrangements.

Nut Free Zone

We ask that all snacks brought from home be nut-free to ensure the safety of all participants

Youth Leadership

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 every Friday from 4:00-5:00PM for youth in grades 4 to 7.

May 01 – Jun 26 F 4:00 PM-5:00 PM
605755 Free/9 sess

Youth Inspire (Youth Council) (13-18 yrs)

Instructor: Mount Pleasant Youth Leader

Want to make a difference, earn volunteer hours, and have your voice heard — all while having fun? Join Youth Inspire! We're looking for enthusiastic youth who enjoy sharing ideas, planning events, organizing fundraisers, and taking action on what matters to them. Meet new people, build leadership skills, and help shape your community!

May 01 – Jun 26 F 5:00 PM-6:00 PM
607896 Free/9 sess

Youth Volunteer Orientation (13-18 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 mandatory training is for students in Grades 8-12 who are interested in helping with community events and other exciting opportunities. Please contact the Community Youth Worker Josephine at Josephine.yao@vancouver.ca or text the youth worker phone at 604 257-3069 if you have any questions.

May 01 F 3:30 PM-5:30 PM
605754 Free/1 sess



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



Leadership Programs

Camps & Programs

Special Events

Seniors Pancake Brunch

Volunteer with us!

Looking for volunteer opportunities?

Contact the Community Youth Worker for more opportunities at josephine.yao@vancouver.ca

APPLY ONLINE



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

Social

Girls+ Group (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us at Mount Pleasant Community Centre 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 07 – Jun 09 Tu 3:30 PM-5:30 PM
606983 Free/10 sess

Boys+ Group (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us at Mount Pleasant Community Centre 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 08 – Jun 10 W 3:30 PM-5:30 PM
606982 Free/10 sess

Preteen Night (9-12 yrs)

Instructor: Mount Pleasant Youth Leader

Join us in the games room Friday nights for our preteen night program full of fun, games and snacks! Every week from 6-8pm staff have planned fun, social activities such as gym games, jeopardy nights, movie nights and more! This is a free drop-in program, no need to register, come join us whenever you are free.

May 01 – Jun 26 F 6:00 PM-8:00 PM
556842 Free/9 sess

Teen Night (13-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come join us for drop-in teen night! Enjoy nights of fun, baking, games, hang-outs and more! Bring your friends and meet in Mount Pleasant Games Room. No registration required. Email the Community Youth Worker, josephine.yao@vancouver.ca for more information!

May 01 – Jun 26 F 8:00 PM-9:00 PM
605756 Free/9 sess

Youth Social Night (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come relax, connect, and enjoy time together in a safe and positive environment. The night includes games, music, snacks, and group activities designed to build friendships and create lasting memories. It's a laid-back hangout where everyone is invited to come as they are and have fun with friends old and new, even when school is out.

Jul 03 – Aug 28 Sa 6:00 PM-9:00 PM
605771 FREE/9 sess

Hobbies Interests

Dungeons and Dragons

Instructor: Will Lochhead

Learn to play or practicing your Dungeons and Dragons Skills? 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. No Program May 16.

10-12 yrs

May 02 – Jun 27 Sa 1:00 PM-3:00 PM
605753 \$96/8 sess

13-16 yrs

May 02 – Jun 27 Sa 3:00 PM-5:00 PM
607888 \$96/8 sess

Drawing and Painting for Kids & Youth (7-18 yrs)

Instructor: Mohammad Reza Atashzad

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. Master M. Reza Atashzad has over 40 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 centres in Vancouver since 2011. He has published more than 700 paintings, such as greeting cards, posters, albums, and books. Drop in \$25. No class May 27.

May 06 – Jun 24 W 4:30 PM-6:00 PM
603931 \$147/7 sess

Jul 08 – Aug 19 W 4:30 PM-6:00 PM
603932 \$147/7 sess



Youth ONECARD

Please register for a free ONECARD at the front desk. You will need to bring a piece of ID (School Card is accepted). The following programs require a ONECARD.

- Sports Drop-ins
- Preteen Night Drop-ins
- Teen Night Drop-ins

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

BE BORED NO MORE!

FUN SUMMER FRIDAY

YOUTH SOCIAL NIGHT 2026



NEW

JULY 3 - AUGUST 28

6:00PM-9:00PM

Youth Social Night is a fun, welcoming event where students can relax, connect, and enjoy time together in a safe and positive environment. The night includes games, music, snacks, and group activities designed to build friendships and create lasting memories. It's a laid-back hangout where everyone is invited to come as they are and have fun with friends old and new—even when school is out.

Enjoy billiards, table tennis, switch tournaments, karaoke, trivia, movie night, arts and crafts and more

For more information, please email josephine.yao@vancouver.ca

9-18 YEARS

Sports



Youth Gym- Volleyball (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Want to practice your volleying or bumping? The City-Wide Youth Pass is now available! Register at the front desk before entering the gym. One court will be reserved for preteens ages 9-12. If you have questions, contact Community Youth Worker, at 604 257 3069. No program June 18.

May 07 - Jun 25 Th 3:30 PM-5:00 PM
605759 Free/7 sess

Youth Gym- Open Gym Basketball (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come to Mount Pleasant and have fun at the gym! 2/3 Basketball and 1/3 If you have questions, please contact the Community Youth Worker, at 604 257 3069

May 08 - Jun 26 F 3:30 PM-9:00 PM
605757 Free/6 sess
 Jul 03 - Aug 21 F 3:30 PM-9:00 PM
605769 Free/8 sess

Youth Gym- Open Gym Volleyball (9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Come to Mount Pleasant and have fun at the gym! 2/3 Basketball and 1/3 If you have questions, please contact the Community Youth Worker, at 604 257 3069 No program May 29 and June 19.

May 08 - Jun 26 F 3:30 PM-9:00 PM
605758 Free/6 sess
 Jul 03 - Aug 21 F 3:30 PM-9:00 PM
605770 Free/8 sess

Due to additional activities during the summer season, staff availability may be limited. Open gym sessions will be offered based on staff availability. Please call ahead of time or check our Instagram page to ensure open gym is happening.

Phone: 604.257.3080

Instagram:
[mountpleasantccyouth](https://www.instagram.com/mountpleasantccyouth)

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

Youth sports are all drop-in!
 No registration required but please check-in by scanning your OneCard at the front desk. If you do not have a OneCard, the youth staff will help you set one up!
 Please bring ID (school card is accepted.)

Games Room Schedule

Games Room - Family Time

(All Ages)

Instructor: No Instructor

Table Tennis and Pool Community Drop-in. Schedules subject to change. We recommend registering for the Games Room on a seasonal basis to stay informed of any schedule changes. Age Specifications: Shared space for parent(s) and child(ren) between 0-18. Child(ren) must be accompanied by an adult, or child older than 12.

May 03 - Jun 28	Su W	3:00 PM-5:30 PM
607807		Free/17 sess
Jul 05 - Aug 30	Su W	3:00 PM-5:30 PM
607833		Free/17 sess

Games Room - Youth

(9-18 yrs)

Instructor: Mount Pleasant Youth Leader

Table Tennis and Pool Community Drop-in. Schedules subject to change. We recommend registering for the Games Room on a seasonal basis to stay informed of any schedule changes.

May 07 - Jun 25	Th	3:00 PM-6:00 PM
607809		Free/8 sess

Games Room - Seniors

(55+ yrs)

Instructor: No Instructor

Table Tennis and Pool Community Drop-in. Schedules subject to change. We recommend registering for the Games Room on a seasonal basis to stay informed of any schedule changes.

May 01 - Jun 29	Su M W F	9:30 AM-2:00 PM
607808		Free/35 sess
Jul 12 - Aug 30	Su	9:30 AM-3:00 PM
607834		Free/8 sess

Games Room

Sunday	Monday	Wednesday	Thursday	Friday
Seniors 9:30 AM-2:00 PM	Seniors 9:30 AM-2:00 PM	Seniors 9:30 AM-2:00 PM		Seniors 9:30 AM-2:00 PM
Family 3:00 PM-5:30 PM	Family 2:00 PM-6:00 PM	Family 6:00 PM-9:30 PM	Youth 3:30 PM-5:00 PM	

Closed all day Tuesdays & Saturdays for programs.

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

Parental/ Guardian Responsibility

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

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



Follow Mount Pleasant Youth Programs on

Instagram

@mountpleasantccyouth
for the latest updates!

Arts & Education

Cook and Bake with Lily (8-12 yrs)

Instructor: Lily Sum

Learn valuable culinary skills, such as safe knife handling, measuring techniques, and proper food hygiene. Each week we will make a different treat, such as breakfast wraps, mac and cheese, mini cheesecakes, chia pudding, puff pastry danishes and more! Visit <https://soapifystudio.com/> to see the full menu. Parents must notify info@soapifystudio.com of any allergies/dietary restrictions as last-minute recipe changes may not be possible.

Apr 07 - Jun 09 Tu 4:00 PM-6:00 PM
606740 \$350.00/10 sess

Matcha Tiramisu NEW (16+ yrs)

Instructor: Lily Sum

In this hands-on class, you'll learn to make a delicate, coffee-free tiramisu-style cake. We'll focus on two contrasting elements: The earthy richness of matcha cream and a bright and tangy mixed berry filing. Topics covered include how to help whip cream properly, how to cook berry compote, how to assemble a layered dessert, and simple decoration techniques. Please email info@soapify.com with any allergy concerns or questions. Visit <https://soapifystudio.com> for more information.

Apr 01 W 6:00 PM-8:00 PM
611076 \$66.00/1 sess
May 13 W 6:00 PM-8:00 PM
611078 \$66.00/1 sess

Family Fun Lip Gloss Making

Instructor: Lily Sum

Join us to learn how to make lip gloss and balm using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 5 lip gloss, 5 lip balms and written recipes. Only 1 registration is required group (up to 3 participants). Visit <https://soapifystudio.com> for more information.

Jul 11 Sa 4:00 PM-5:30 PM
606278 \$65.00/1 sess
Aug 08 Sa 4:00 PM-5:30 PM
606283 \$65.00/1 sess



Artsy Soap Design with Lily (16+ yrs)

Instructor: Lily Sum

Choose from over 40 scents, 60+ molds, endless colour combinations and learn how to create 3 of your own personalized soaps to take home! Add some shimmer to your soap and decorate with mica powders. No experience required and all supplies are included. Visit <https://soapifystudio.com> to view additional details.

May 02 Sa 1:00 PM-3:00 PM
606309 \$55.00/1 sess
Jul 04 Sa 1:00 PM-3:00 PM
606311 \$55.00/1 sess



Custom Lip Cosmetics Workshop (16+ yrs)

Instructor: Lily Sum

Do you want to make your own lip cosmetics? Learn about three different natural formulations containing premium oils, butters and waxes. Make 2 pomegranate infused lip glosses, 1 passionfruit-coconut lip oil and 1 cocoa butter tinted lip balm. Add a selection of cosmetic-grade pigments, shimmery micas and flavour oils to create your own signature blend. Visit <https://soapifystudio.com> for more information.

Jun 11 Sa 1:00 PM-3:00 PM
606290 \$57.75/1 sess
Aug 08 Sa 1:00 PM-3:00 PM
606294 \$57.75/1 sess

Family Fun Soap Making with Lily

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 (1 of the 3 must be 16yrs or older). Visit www.soapifystudio.com to view class details.

May 02 Sa 3:30 PM-5:30 PM
606279 \$72.00/1 sess
Jun 13 Sa 3:30 PM-5:30 PM
606280 \$72.00/1 sess
Jul 04 Sa 3:30 PM-5:30 PM
606281 \$70.00/1 sess

Red Cross Babysitting (11-16 yrs)

Instructor: Foundations Safety & First Aid Training

This 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

Jun 27	Sa	9:30 AM-4:30 PM
608182		\$100.00/1 sess
Aug 15	Sa	9:30 AM-4:30 PM
608231		\$100.00/1 sess



Red Cross Stay Safe (9-13 yrs)

Instructor: Foundations Safety & First Aid Training

Participants learn about being safe when they are without direct supervision of a parent, guardian, or trusted adult, both at home and in their communities. The course covers the importance of responsibility and respect while being accountable for yourself, the importance of setting and following safety rules when on your own, how to stay safe at home and within the community, how to prepare for, recognize and respond to unexpected situations, and basic first aid skills. Children will receive a Stay Safe!Workbook and a completion certificate.

May 16	Sa	9:30 AM-2:30 PM
608219		\$100.00/1 sess

CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Basic CPR with Choking, CPR, AED. 2-3 hours online pre-requisite required; 3 hours in class. 3-year Canadian Red Cross Certification.

Jun 21	Su	9:30 AM-12:30 PM
608215		\$99.75/1 sess
Aug 22	Sa	9:30 AM-12:30 PM
608233		\$99.75/1 sess

Emergency First Aid (Basic) with CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Basic one-day course offering lifesaving first aid 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-hour mandatory online component pre-requisite, 4.5 hours in class instruction.

Jun 21	Su	9:30 AM-2:00 PM
608216		\$115.50/1 sess
Aug 22	Sa	9:30 AM-2:00 PM
608234		\$115.50/1 sess

Standard Emergency First Aid (Intermediate) with CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Comprehensive "two-day" course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8-hour mandatory online component pre-requisite, 7.5 hours in class instruction.

Jun 20	Sa	9:30 AM-5:00 PM
608217		\$168.00/1 sess
Aug 22	Sa	9:30 AM-5:00 PM
608235		\$168.00/1 sess

Standard Emergency First Aid (Intermediate) with CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Comprehensive "two-day" course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8-hour mandatory online component pre-requisite, 7.5 hours in class instruction.

Jun 20	Sa	9:30 AM-5:00 PM
608217		\$168.00/1 sess
Aug 22	Sa	9:30 AM-5:00 PM
608235		\$168.00/1 sess



Youth ONECARD

Please register for a free ONECARD at the front desk. You will need to bring a piece of ID (School Card is accepted). The following programs require a ONECARD.

- Sports Drop-ins
- Preteen Night Drop-ins
- Teen Night Drop-ins

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

Physical Activity

Ivy's Breakfast Club - High-Performance Basketball (12-16 yrs)

Instructor: Ivy's Breakfast Club

Ivy's Breakfast Club - High-Performance Basketball is a spring training program for youth in Grades 8-11 focused on skill development, competition, and game understanding. In an era where basketball has become overly structured, this program brings the game back to what develops players best: PLAY. Each session starts with 15-20 minutes of intentional skill work emphasizing ball-handling, finishing, and shooting, followed by high-intensity, game-based competitions through 3-on-3, 4-on-4, and 5-on-5 play. Players are encouraged to make decisions, solve problems, and compete with minimal interruption, helping them learn to read the game, adapt, and build confidence in real-game situations. This program is not for beginners. Please bring your own basketball. If you have any questions please email Coach Ivy - ivybreakfastclub@gmail.com Drop-ins \$33.00, space permitting.

Apr 07 - Jun 23 Tu 3:45 PM-5:00 PM
 590955 \$360.00/12 sess



Ivy's Breakfast Club - Future Stars Basketball Camp (12-16 yrs)

Instructor: Ivy's Breakfast Club

Future Stars Basketball Camp is a 3-day summer basketball camp designed for youth athletes in Grades 4-7 who want to learn, improve, and have fun in a positive and high-energy environment. Athletes will be introduced to the fundamentals of basketball, including ball-handling, finishing, shooting, and defense, through engaging drills and skill-based activities. Each day also includes fun games and competitive play to help players apply what they've learned, build confidence, and develop a love for the game. The camp is focused on development, enjoyment, and inspiration, creating an environment that encourages young athletes to grow, complete, and take their first steps toward becoming the next generation of future stars.

Aug 10 - Aug 12 M Tu W 3:30 PM-5:00 PM
 608238 \$80.00/3 sess

Ivy's Breakfast Club - Shooters Club Camp

(12-16 yrs)

Instructor: Ivy's Breakfast Club

Shooters Club is a 2-day basketball camp designed for athletes in Grade 8-10 who want to become more confident, consistent, and versatile shooters. This camp focuses specifically on shooting development, including footwork, balance, mechanics, and release. Athletes will get a high volume of reps from different spots and angles on the floor, while also learning various ways to get open and create shots. Sessions will include competitive shooting drills and game-based play, allowing athletes to apply what they learn in real situations under pressure. Shooters Club is built for players who are ready to lock in, get reps, and elevate their shooting to the next level.

Aug 13 - Aug 14 Th F 3:30 PM-5:00 PM
 608239 \$60.00/2 sess

Volleyball BC: Smashball (8-12 yrs)

Instructor: Volleyball BC

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches! No class May 16.

May 02 - Jun 27 Sa 3:30 PM-4:30 PM
 608246 \$128.00/8 sess

Volleyball BC: Smashball Camp

(8-12 yrs)

Instructor: Volleyball BC

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches! No class May 16.

Jul 20 - Jul 24 M Tu W Th F 9:30 AM-11:00 AM
 608315 \$120.00/5 sess

Aug 17 - Aug 21 M Tu W Th F 9:30 AM-11:00 AM
 613064 \$120.00/5 sess

Volleyball BC: Train to Play

(12-15 yrs)

Instructor: Volleyball BC

This developmental program builds on Lean to Play with expansion of the core skills, an emphasis on skill linkage in active gameplay, and an introduction of simple team concepts within a fun, loud, challenging atmosphere led by experienced and accredited coaches! No class Mar 16.

May 02 - Jun 27 Sa 4:45 PM-5:45 PM
 608247 \$128.00/8 sess

Volleyball BC: Train to Play Camp

(12-15 yrs)

Instructor: Volleyball BC

This developmental program builds on Lean to Play with expansion of the core skills, an emphasis on skill linkage in active gameplay, and an introduction of simple team concepts within a fun, loud, challenging atmosphere led by experienced and accredited coaches!

Jul 20 - Jul 24	M Tu W Th F	11:00 AM-12:30 PM
608325		\$120.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	11:00 AM-12:30 PM
613273		\$120.00/5 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 inspiring a love for the game while building a strong technical foundation. Participants must bring their own Rackets. No class Apr 6.

Apr 29 - May 20	W	3:45 PM-4:45 PM
609510		\$140.00/4 sess
Jun 03 - Jun 17	W	3:45 PM-4:45 PM
609516		\$105.00/3 sess

Summer Smash Tennis: Youth Aces

(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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 28 - May 19	Tu	4:00 PM-5:15 PM
609522		\$143.00/4 sess
May 26 - Jun 16	Tu	4:00 PM-5:15 PM
609528		\$143.00/4 sess
May 03 - May 24	Su	2:00 PM-3:15 PM
612986		\$175.00/4 sess
May 31 - Jun 21	Su	2:00 PM-3:15 PM
612987		\$175.00/4 sess

Summer Smash Tennis: Youth Fun + Aces 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. Please note this activity is held at Robson Park tennis courts (13th Ave and St.George St.) No class Jul 1.

Jun 29 - Jul 03	M Tu Th F	1:00 PM-4:00 PM
611102		\$262.00/4 sess
Jul 06 - Jul 10	M Tu W Th F	1:00 PM-4:00 PM
611103		\$325.00/5 sess
Jul 13 - Jul 17	M Tu W Th F	1:00 PM-4:00 PM
611104		\$325.00/5 sess
Jul 20 - Jul 24	M Tu W Th F	1:00 PM-4:00 PM
611105		\$325.00/5 sess
Jul 27 - Jul 31	M Tu W Th F	1:00 PM-4:00 PM
611106		\$325.00/5 sess
Aug 04 - Aug 07	Tu W Th F	1:00 PM-4:00 PM
611107		\$262.00/4 sess
Aug 10 - Aug 14	M Tu W Th F	1:00 PM-4:00 PM
611108		\$325.00/5 sess
Aug 17 - Aug 21	M Tu W Th F	1:00 PM-4:00 PM
611109		\$325.00/5 sess

Martial Arts

Tae Kwon Do Level 1 & Level 2 (6-13 yrs)
Instructor: Master Kenneth Lim

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

May 03 - Jun 28 Su 12:15 PM-1:15 PM
608274 \$76.00/8 sess

Tae Kwon Do Teens (14-16 yrs)
Instructor: Master Kenneth Lim

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

May 03 - Jun 28 Su 1:15 PM-2:15 PM
608275 \$86.00/8 sess

Tae Kwon Do Adults (16+ yrs)
Instructor: Master Kenneth Lim

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 03 - Jun 28 Su 1:15 PM-2:15 PM
608273 \$90.50/8 sess



Karate (6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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 17, May 31 and Aug 2.

May 03 - Jun 28 Su 10:00 AM-11:00 AM
608288 \$73.50/7 sess

Jul 05 - Aug 23 Su 10:00 AM-11:00 AM
608291 \$73.50/7 sess



Karate (6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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 18 and Aug 3.

May 04 - Jun 29 M 4:30 PM-5:30 PM
608289 \$73.50/7 sess

Jul 06 - Aug 24 M 4:30 PM-5:30 PM
608292 \$73.50/7 sess

Karate Camp (6-12 yrs)

Instructor: Heyton Tze

Welcome to Mt. Pleasant Karate class! 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!

Jul 06 - Jul 10 M T W T H F 10:00 AM-12:00 AM
610855 \$105.00/5 sess

Jul 13 - Aug 17 M T W T H F 10:00 AM-12:00 AM
610856 \$105.00/5 sess



Tuesday Step & Core 5:30-6:25 PM <i>Kristiina</i>	Wednesday Step & Strength 6:30-7:30 PM <i>Marilyn</i>	Thursday Hi Lo Combo 5:30-6:25 PM <i>Tracy</i>
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Class Descriptions

Step and Core (16+ yrs)

Instructor: Kristiina Oinonen

A class with step patterns. Alternating cardio training with resistance and strength work. Drop-in \$6.30. No class on stat holidays

May 05 - Jun 30	Tu	5:30 PM-6:25 PM	
604055			\$6.30/9 sess
Jul 07 - Aug 18	Tu	5:30 PM-6:25 PM	
604857			\$6.30/7 sess

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 No Class May 27

May 06 - Jun 24	W	6:30 PM-7:30 PM	
604056			\$6.30/7 sess
Jul 08 - Aug 19	W	6:30 PM-7:30 PM	
604858			\$6.30/7 sess

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 No Class Jun 18

May 07 - Jun 25	Th	5:30 PM-6:25 PM	
603937			\$6.30/7 sess
Jul 02 - Aug 20	Th	5:30 PM-6:25 PM	
604860			\$6.30/8 sess

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

Adult Sports Schedule 19+ yrs



[VIEW ONLINE AT VANREC.CA](http://VANREC.CA)

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Pickleball (19+ yrs) 1:15 PM-3:15 PM	Indoor Soccer (19+ yrs) 7:45 PM-9:45 PM No program on Statutory Holiday Tuesdays.	Pickleball (19+ yrs) 7:30 AM-9:00 AM	Pickleball (19+ yrs) 1:15 PM-3:15 PM	Pickleball (19+ yrs) 7:30 AM-8:45 AM	Basketball (19+ yrs) 3:45 PM-5:45 PM No program on long weekends.
Volleyball (19+ yrs) 7:45 PM-9:45 PM No program on Statutory Holiday Mondays.		Basketball (19+ yrs) 7:45 PM-9:45 PM	Badminton (19+ yrs) 7:45 PM-9:45 PM		

Pop up Pickleball Court Rentals

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

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.

Pickleball: Competitive Game Play (3.75+ 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. No class May 12

May 05 - Jun 23	Tu	7:00 AM-8:30 AM
604036		\$93.70/7 sess
Jul 14 - Aug 11	Tu	7:00 AM-8:30 AM
604561		\$53.55/4 sess

Pickleball: The Soft Game (3.0+ 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 May 11 & 18

May 04 - Jun 22	M	7:30 AM-9:00 AM
604037		\$86.65/6 sess
Jul 13 - Aug 10	M	7:30 AM-9:00 AM
604570		\$57.75/4 sess

Pickleball: Unglamorous Reps for Committed Players (3.5+) (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. No class May 14

May 07 - Jun 18	Th	7:00 AM-8:30 AM
604038		\$85.05/6 sess
Jul 09 - Aug 13	Th	7:00 AM-8:30 AM
604571		\$70.90/5 sess

PIP Pickleball Instruction - Beginner (16+ yrs)

Instructor: Paradise Island Pickleball

Pickleball is a game that is a cross between badminton, tennis, and ping pong and 100% a unique sport in its own! 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. Drop in \$24, as space allow. No class on Stat Mondays.

Jun 29 - Aug 17	M	6:15 PM-7:30 PM
604043		\$153.6/7 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 Drop in \$24, as space allows.

May 04 - Jun 22	M	6:15 PM-7:30 PM
604044		\$153.6/7 sess

Pop up Pickleball Court Rentals



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

Sports cont'd

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. No class May 18.

May 04 - Jun 22 M 4:45 PM-6:00 PM
609559 \$340.00/7 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 29 - May 20 W 4:45 PM-6:00 PM
609619 \$194.25/4 sess

Tennis Lesson At Robson Park

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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 28 - May 19 Tu 9:15 AM-10:30 AM
609603 \$199.50/4 sess

May 26 - Jun 16 Tu 9:15 AM-10:30 AM
609613 \$199.50/4 sess

Apr 30 - May 21 Th 8:00 AM-9:00 AM
609624 \$160.75/4 sess

May 28 - Jun 18 Th 8:00 AM-9:00 AM
609626 \$160.75/4 sess

Apr 30 - May 21 Th 5:30 PM-6:45 PM
609628 \$199.50/4 sess

May 28 - Jun 18 Th 5:30 PM-6:45 PM
609629 \$199.50/4 sess

May 02 - May 23 Sa 10:00 AM-11:15 AM
609631 \$199.50/4 sess

May 30 - Jun 20 Sa 10:00 AM-11:15 AM
609633 \$199.50/4 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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Jun 30 - Jul 09 Tu Th 6:15 PM-7:30 PM
611110 \$199.50/4 sess

Jul 14 - Jul 23 Tu Th 6:15 PM-7:30 PM
611111 \$199.50/4 sess

Jul 28 - Aug 06 Tu Th 6:15 PM-7:30 PM
611112 \$199.50/4 sess

Aug 11 - Aug 20 Tu Th 6:15 PM-7:30 PM
611113 \$199.50/4 sess

Jul 14 - Jul 23 Tu Th 5:00 PM-6:15 PM
611114 \$199.50/4 sess

Summer Smash Tennis: Adult Beginner+ (1.5) (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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

Apr 28 - May 19 Tu 8:00 AM-9:00 AM
609638 \$160.75/4 sess

May 26 - Jun 16 Tu 8:00 AM-9:00 AM
609646 \$160.75/4 sess

Apr 28 - May 19 Tu 5:30 PM-6:45 PM
609649 \$199.50/4 sess

May 26 - Jun 16 Tu 5:30 PM-6:45 PM
609651 \$199.50/4 sess

Jun 03 - Jun 17 W 4:45 PM-6:00 PM
612988 \$145.75/3 sess

Apr 30 - May 21 Th 9:15 AM-10:30 AM
609652 \$199.50/4 sess

May 28 - Jun 18 Th 9:15 AM-10:30 AM
609655 \$199.50/4 sess

Apr 30 - May 21 Th 6:45 PM-8:00 PM
609658 \$199.50/4 sess

May 28 - Jun 18 Th 6:45 PM-8:00 PM
609659 \$199.50/4 sess

May 02 - May 23 Sa 11:15 AM-12:30 PM
609664 \$199.50/4 sess

May 30 - Jun 20 Sa 11:15 AM-12:30 PM
609666 \$199.50/4 sess

Summer Smash Tennis Program

Participants must bring their own tennis racket to the lessons.

Summer Smash Tennis: Adult Beginner+ (1.5) (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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.). No class Jul 1.

Jun 29 - Jul 08	M W	6:15 PM-7:30 PM	611116	\$151.00/3 sess
Jul 13 - Jul 22	M W	6:15 PM-7:30 PM	611117	\$199.50/4 sess
Jul 27 - Aug 05	M W	6:15 PM-7:30 PM	611118	\$151.00/3 sess
Aug 10 - Aug 19	M W	6:15 PM-7:30 PM	611119	\$199.50/4 sess
Jun 30 - Jul 09	Tu Th	5:00 PM-6:15 PM	611120	\$199.50/4 sess
Jul 28 - Aug 06	Tu Th	5:00 PM-6:15 PM	611121	\$199.50/4 sess



Summer Smash Tennis: Adult Beginner++ (2.0) (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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.). No class Jul 1.

Apr 28 - May 19	Tu	6:45 PM-8:00 PM	609672	\$210.00/4 sess
May 26 - Jun 16	Tu	6:45 PM-8:00 PM	609679	\$210.00/4 sess
May 03 - May 24	Su	10:00 AM-11:15 AM	609684	\$210.00/4 sess
May 31 - Jun 21	Su	10:00 AM-11:15 AM	609685	\$210.00/4 sess
Jun 29 - Jul 08	M W	5:00 PM-6:15 PM	611122	\$158.75/3 sess
Jul 13 - Jul 22	M W	5:00 PM-6:15 PM	611123	\$210.00/4 sess
Jul 27 - Aug 05	M W	5:00 PM-6:15 PM	611127	\$158.75/3 sess
Aug 10 - Aug 19	M W	5:00 PM-6:15 PM	611129	\$210.00/4 sess
Aug 11 - Aug 20	Tu Th	5:00 PM-6:15 PM	611133	\$210.00/4 sess



Summer Smash Tennis: Adult Intermediate (2.5-3.0) (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. This program is held at the Robson Park tennis courts (13th Ave and St.George St.).

May 03 - May 24	Su	11:15 AM-12:30 PM	609697	\$210.00/4 sess
May 31 - Jun 21	Su	11:15 AM-12:30 PM	609702	\$210.00/4 sess



Summer Smash Tennis Program

Participants must bring their own tennis racket to the lessons.

Fitness & Health

Pilates Plus (16+ 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 on Stat Mondays

May 04 - Jun 22	M	7:00 PM-8:00 PM	\$86.35/7 sess
604041			
Jun 29 - Aug 17	M	7:00 PM-8:00 PM	\$86.35/7 sess
604042			

Barre Pilates (16+ yrs)

Instructor: Alesya Bogaevs kaya

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. Results are great: a long lean physique, toned muscles and perfect posture. There are 5 guaranteed drop spots. Drop in are \$18.

May 05 - Jun 23	Tu	5:45 PM-6:45 PM	\$126.00/8 sess
603877			
Jun 30 - Aug 11	Tu	5:45 PM-6:45 PM	\$110.25/7 sess
603878			

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 05 - Jun 23	Tu	10:30 AM-12:00 PM	\$142.80/8 sess
604414			
Jun 30 - Aug 18	Tu	10:30 AM-12:00 PM	\$142.80/8 sess
604415			



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 \$22.05 *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am

May 06 - Jun 24	W	9:00 AM-10:30 AM	\$142.80/8 sess
604426			
Jul 08 - Aug 19	W	9:00 AM-10:30 AM	\$124.95/7 sess
604427			



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 \$18.90

May 07 - Jun 25	Th	9:30 AM-10:30 AM	\$129.15/8 sess
604039			
Jul 09 - Aug 27	Th	9:30 AM-10:30 AM	\$129.15/8 sess
604040			

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 12 - Jun 23	Tu	5:45 PM-7:15 PM	\$88.20/7 sess
604076			
Jul 07 - Jul 28	Tu	5:45 PM-7:15 PM	\$50.40/4 sess
604077			
Aug 04 - Aug 25	Tu	5:45 PM-7:15 PM	\$50.40/4 sess
604409			

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 13 - Jun 24 W 5:45 PM-7:15 PM
603935 \$88.20/7 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 \$20, 5 guaranteed spots. No class Jun 11

May 07 - Jun 25 Th 6:30 PM-7:45 PM
604048 \$132.30/7 sess

Jul 09 - Aug 20 Th 6:30 PM-7:45 PM
604049 \$132.30/7 sess

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 \$20 as space allows space permitting

May 07 - Jun 25 Th 11:30 AM-12:30 PM
603856 \$151.20/8 sess

Jul 09 - Aug 20 Th 11:30 AM-12:30 PM
603857 \$132.30/7 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 05 - Jun 23 Tu 8:30 PM-9:30 PM
604079 \$117.60/8 sess

Jun 30 - Jul 28 Tu 8:30 PM-9:30 PM
604081 \$73.50/5 sess

May 07 - Jun 25 Th 8:30 PM-9:30 PM
604082 \$102.90/7 sess

Jul 02 - Jul 30 Th 8:30 PM-9:30 PM
604379 \$73.50/5 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: \$15.75

May 07 - Jun 25 Th 6:30 PM-7:30 PM
604083 \$113.40/8 sess

Jul 02 - Jul 30 Th 6:30 PM-7:30 PM
604084 \$70.90/5 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.

Martial Arts

Tae Kwon Do Adults

(16+ yrs)

Instructor: Master Kenneth Lim

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 03 - Jun 28 Su 1:15 PM-2:15 PM
608273 \$90.50/8 sess

Boxing

(19+ 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. No class on Stat holiday

May 04 - Jun 22 M 8:00 PM-9:00 PM
603922 \$110.25/7 sess

Jun 29 - Aug 17 M 8:00 PM-9:00 PM
603923 \$110.25/7 sess

Kickboxing

(19+- 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. No class on Stat holiday

May 04 - Jun 22 M 7:00 PM-8:00 PM
607058 \$110.25/7 sess

Jun 29 - Aug 17 M 7:00 PM-8:00 PM
607059 \$110.25/7 sess

Chen's Tai Chi: Introduction (16+)

(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 17. More info: mountpleasanttaichi@gmail.com

May 10 - Jun 28 Su 10:30 AM-11:30 AM
603924 \$61.25/7 sess

Jul 05 - Aug 23 Su 10:30 AM-11:30 AM
603925 \$61.25/7 sess

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

(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 17. Email: mountpleasanttaichi@gmail.com

May 10 - Jun 28 Su 9:30 AM-10:30 AM
603926 \$61.25/7 sess

Jul 05 - Aug 23 Su 9:30 AM-10:30 AM
603927 \$61.25/7 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. No Class May 29

May 06 - Jun 26 W F 6:00 PM-7:15 PM
604595 \$90.10/15 sess

Jul 03 - Aug 21 W F 6:00 PM-7:15 PM
604597 \$90.10/15 sess



Art, Culture & Environment

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 <https://www.youtube.com/markowskyart>

Jun 14 - Jul 12	Su	3:00 PM-5:00 PM
603839		\$135.45/5 sess
Jul 26 - Aug 30	Su	10:00 AM-12:00 PM
604632		\$135.45/5 sess

Acrylic Painting Basics: LANDSCAPES (16+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! Just show up and create amazing landscape 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 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 ("Sunset"), 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 popular how-to-draw and paint videos at <https://www.youtube.com/markowskyart>

Jul 26 - Aug 30	Su	12:30 PM-2:30 PM
603841		\$135.45/5 sess
Jun 14 - Jul 12	Su	10:00 AM-12:00 PM
603842		\$135.45/5 sess

Acrylic Painting Basics: PORTRAITS

(16+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! 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 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 Vermeer ("Girl with a Pearl Earring"), Pablo Picasso ("Old Guitarist"), Amedeo Modigliani ("Woman with Red Hair"), Vincent Van Gogh ("Self-Portrait"), Frida Kahlo ("Self-Portrait"), Mary Cassatt ("Smiling Child"), and/or Henri Matisse ("Green Stripe"). To get an idea of how Michael teaches, check out his popular how-to draw and paint videos at <http://www.youtube.com/markowskyart>

Jun 14 - Jul 12	Su	12:30 PM-2:30 PM
603845		\$135.45/5 sess
Jul 26 - Aug 30	Su	3:00 PM-5:00 PM
603846		\$135.45/5 sess



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

May 20 - Jun 17	W	6:00 PM-8:00 PM
603920		\$135.45/5 sess
Jul 29 - Aug 26	W	6:00 PM-8:00 PM
603921		\$135.45/5 sess

Art, Culture & Environment cont'd

Basic Drawing: Animals, Architecture and Still-Lives (16+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! This is an ideal class for beginner artists to gain some fundamental art techniques that will dramatically improve creative self-confidence! 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 popular how-to-draw and paint videos at www.youtube.com/markowskyart

Jun 12 - Jul 10	F	7:30 PM-9:30 PM
603880		\$135.45/5 sess
Jul 24 - Aug 28	F	5:00 PM-7:00 PM
603881		\$135.45/5 sess

Basic Drawing: People and Landscapes (16+ yrs)

Instructor: Michael Markowsky

NO supplies or experience required! Tired of only being able to draw stick figures? Over the course of just five weeks, you'll 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 popular how-to-draw and paint videos at www.youtube.com/markowskyart

Jun 12 - Jul 10	F	5:00 PM-7:00 PM
603883		\$135.45/5 sess
Jul 24 - Aug 28	F	7:30 PM-9:30 PM
603884		\$135.45/5 sess

How To Draw Like an Architect

(18+ yrs)

Instructor: Mohammad Reza Atashzad

This program is for enthusiastic students who want to learn correct drawing techniques for architectural subjects and explore tone, texture, line, perspective, proportion, shading, lighting, and colour in their artwork. Supplies not included. Visit: www.atashzad.com Master M. Reza Atashzad has over 40 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. In addition, he has held over 150 painting exhibitions around the world. Drop in \$25. No class May 27

May 06 - Jun 24	W	6:00 PM-7:30 PM
607050		\$147/7 sess
Jul 08 - Aug 19	W	6:00 PM-7:30 PM
607053		\$147/7 sess



Watercolour Painting (18+ yrs)

Instructor: Mohammad Reza Atashzad

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting, techniques and studies of nature (flowers). Supplies are not included. Master M. Reza Atashzad has over 40 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 \$41 No Class May 27

May 06 - Jun 24	W	7:30 PM-9:30 PM
604074		\$207.90/7 sess
Jul 08 - Aug 19	W	7:30 PM-9:30 PM
604075		\$207.90/7 sess

Dance

Adult Ballet - Beginner (16+ yrs)

Instructor: Laura Blythe

A beginner level adult ballet class in a relaxed and supportive environment! 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 07 - Jun 25	Th	6:00 PM-7:00 PM
603851		\$112/8 sess
Jul 02 - Jul 23	Th	6:00 PM-7:00 PM
603852		\$56/4 sess



Adult Ballet - Open Level (16+ yrs)

Instructor: Laura Blythe

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 07 - Jun 25	Th	7:00 PM-8:30 PM
603853		\$136/8 sess
Jul 02 - Jul 23	Th	7:00 PM-8:30 PM
603854		\$68.05/4 sess

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 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 01 - Jul 27	M	7:45 PM-9:00 PM
589153		\$207.90/9 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 Mondaysrahelbellydance@gmail.com

Jun 01 - Jul 27	M	6:15 PM-7:30 PM
589156		\$207.9/9 sess



Dance cont'd

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 \$8. More at: ddppvancover.wordpress.com [ddppvancover.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 ask our front desk to assist with registration.

May 05 - Jun 16 Tu 8:00 PM-9:00 PM
603928 \$44.10/7 sess



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 07 - Jul 02 Th 7:00 PM-9:00 PM
604851 \$192.15/9 sess

Spanish Adult Beginner 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 the verb to be and the simple present tense. This course will also teach you 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 May 18. Students to bring pen, pencil, eraser, notebook.

Apr 13 - Jun 22 M 5:30 PM-7:00 PM
608152 \$185.00/10 sess

Spanish Adult Beginner 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 the verb to be and the simple present tense. This course will also teach you converse simple travel phrases, how to order food in a restaurant, etc.. No registration after the first class please. Sorry no drop-ins. No class May 18. Students to bring pen, pencil, eraser, notebook.

Jul 06 - Jul 27 M 6:00 PM-8:00 PM
609968 \$98.75/4 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 advance 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 May 18. Students to bring pen, pencil, eraser, notebook.

Apr 13 - Jun 22 M 8:30 PM-9:45 PM
608153 \$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 May 18. Students to bring pen, pencil, eraser, notebook.

Apr 13 - Jun 22 M 7:00 PM-8:30 PM
608154 \$185.00/10 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 a **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.

Education

Matcha Tiramisu NEW (16+ yrs)

Instructor: Lily Sum

In this hands-on class, you'll learn to make a delicate, coffee-free tiramisu-style cake. We'll focus on two contrasting elements: The earthy richness of matcha cream and a bright and tangy mixed berry filling. Topics covered include how to help whip cream properly, how to cook berry compote, how to assemble a layered dessert, and simple decoration techniques. Please email info@soapify.com with any allergy concerns or questions. Visit <https://soapifystudio.com> for more information.

Apr 01	W	6:00 PM-8:00 PM
611076		\$66.00/1 sess
May 13	W	6:00 PM-8:00 PM
611078		\$66.00/1 sess

Family Fun Lip Gloss Making

Instructor: Lily Sum

Join us to learn how to make lip gloss and balm using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 5 lip gloss, 5 lip balms and written recipes. Only 1 registration is required group (up to 3 participants). Visit <https://soapifystudio.com> for more information.

Jul 11	Sa	4:00 PM-5:30 PM
606278		\$65.00/1 sess
Aug 08	Sa	4:00 PM-5:30 PM
606283		\$65.00/1 sess



Artsy Soap Design with Lily (16+ yrs)

Instructor: Lily Sum

Choose from over 40 scents, 60+ molds, endless colour combinations and learn how to create 3 of your own personalized soaps to take home! Add some shimmer to your soap and decorate with mica powders. No experience required and all supplies are included. Visit <https://soapifystudio.com> to view additional details.

May 02	Sa	1:00 PM-3:00 PM
606309		\$55.00/1 sess
Jul 04	Sa	1:00 PM-3:00 PM
606311		\$55.00/1 sess

Custom Lip Cosmetics Workshop

(16+ yrs)

Instructor: Lily Sum

Do you want to make your own lip cosmetics? Learn about three different natural formulations containing premium oils, butters and waxes. Make 2 pomegranate infused lip glosses, 1 passionfruit-coconut lip oil and 1 cocoa butter tinted lip balm. Add a selection of cosmetic-grade pigments, shimmery micas and flavour oils to create your own signature blend. Visit <https://soapifystudio.com> for more information.

Jun 11	Sa	1:00 PM-3:00 PM
606290		\$57.75/1 sess
Aug 08	Sa	1:00 PM-3:00 PM
606294		\$57.75/1 sess



Family Fun Soap Making with Lily

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 (1 of the 3 must be 16yrs or older). Visit www.soapifystudio.com to view class details.

May 02	Sa	3:30 PM-5:30 PM
606279		\$72.00/1 sess
Jun 13	Sa	3:30 PM-5:30 PM
606280		\$72.00/1 sess
Jul 04	Sa	3:30 PM-5:30 PM
606281		\$70.00/1 sess

CPR C/AED

(16+ yrs)

Instructor: Foundations Safety & First Aid Training

Basic CPR with Choking, CPR, AED. 2-3 hours online pre-requisite required; 3 hours in class. 3-year Canadian Red Cross Certification.

Jun 21	Su	9:30 AM-12:30 PM
608215		\$99.75/1 sess
Aug 22	Sa	9:30 AM-12:30 PM
608233		\$99.75/1 sess

Education cont'd

Emergency First Aid (Basic) with CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Basic one-day course offering lifesaving first aid 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-hour mandatory online component pre-requisite, 4.5 hours in class instruction.

Jun 21	Su	9:30 AM-2:00 PM
608216		\$115.50/1 sess
Aug 22	Sa	9:30 AM-2:00 PM
608234		\$115.50/1 sess

Standard Emergency First Aid (Intermediate) with CPR C/AED (16+ yrs)

Instructor: Foundations Safety & First Aid Training

Comprehensive "two-day" course offering first aid and cardiopulmonary resuscitation (CPR) skills for those who need training due to work requirements or who want more knowledge to respond to emergencies at home. Course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. 8-hour mandatory online component pre-requisite, 7.5 hours in class instruction.

Jun 20	Sa	9:30 AM-5:00 PM
608217		\$168.00/1 sess
Aug 22	Sa	9:30 AM-5:00 PM
608235		\$168.00/1 sess

Birth Partner's Support Class (16+ yrs)

Instructor: Debra Woods

Support persons and those expecting learn about childbirth as a rite of passage, and how to facilitate this transformational experience. To understand how normal physiology aids labouring women to work with 'life giving' pain, and how that and birthing pleasure hormones play a significant role to optimize healthy childbirth. Support persons and their pregnant partners discover what conditions are beneficial to promote a more comfortable, safe, and satisfying birth experience. Registration is per couple. Details: Classes - Debra Woods (www.debrawoodsdoula.com)

Jun 13 - Jun 13	Sa	9:30 AM-12:00 PM
604046		\$89.25/1 sess

Practical Newborn Care Class (16+ yrs)

Instructor: Debra Woods

Inexperienced parents (both expectant and new) practice essential baby care skills. This class is particularly suited to first time parents who have little to no experience with newborns. Demos: bath, baby wearing, swaddling, holding, burping, diapering, as well as info on newborn's appearance, characteristics, and infant sleep. Please bring your baby gear, to practice with (bath, swaddling cloths, diapers, sleep wear, baby carriers). Please bring a doll, stuffed animal or teddy bear for practice. Only one parent needs to register - Registration is per couple. Details: Classes - Debra Woods (www.debrawoodsdoula.com)

Jul 11 - Jul 11	Sa	9:30 AM-11:30 AM
604045		\$89.25/1 sess
Aug 23 - Aug 23	Sa	9:30 AM-11:30 AM
604047		\$89.25/1 sess

Workshop

Japanese Bookbinding (19+ yrs)

Instructor: Suzan Lee

Japanese Bookbinding. Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

Aug 02 - Aug 02	Su	10:30 AM-1:30 PM
607076		\$68.2/1 sess

Women's Personal Safety Team Workshop (16+ yrs)

Instructor: Vancouver Police Department

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:40pm to fill out forms before the start of workshop. Age: 16+ (youth 16-18 require a parents signature on their waiver form)

May 27	W	6:00 PM-8:00 PM
601957		FREE/1 sess



A Vancouver Park Board Program

ALL BODIES COMMUNITY RECREATION AND FITNESS

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.

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. (Multi Purpose 3)

Apr 13-Jun 22 M 9:00 AM-10:00 AM
607203 Master Roster ABC Drop-in,
 ABC 10 Pass Card, or ABC Flexi-Pass



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 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.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
603926/603927 Chen's Tai Chi: Old Frame (16+) 9:30 AM-10:30 AM	604037 Pickleball: The Soft Game (3.0+ with Instr) 7:30 AM-9:00 AM	604036 Pickleball: Competitive Game Play (3.75 with instr) 7:00 AM-8:30 AM	Pickleball 7:30 AM-9:00 AM	604038 Pickleball: Unglamorous Reps for committed Player (3.5+) 7:00 AM-8:30 AM	Pickleball 7:30 AM-8:45 AM	609631/609633 Summer Smash Tennis: Adult Beg (1.0) 10:00 AM-11:15 AM
609684/609685 Summer Smash Tennis: Adult Beginner ++ (2.0) 10:00 AM-11:15 AM	Pickleball 1:15 PM-3:15 PM	609638/609646 Summer Smash tennis: Adult Beg+ (1.5) 8:00 AM-9:00 AM	604426 Iyengar Yoga Mixed Level 9:00 AM-10:30 AM	609624/609626 Summer Smash tennis: Adult Beg+ (1.5) 8:00 AM-9:00 AM	593255 Seniors Badminton 9:00 AM-10:55 AM	609664/609666 Summer Smash Tennis: Adult Beg+ (1.5) 11:15 AM-12:30 PM
603924/603925 Chen's Tai Chi: Introduction (16+) 10:00 AM-11:30 AM	609559 Summer Smash Tennis: Adult Beg (1.0) 4:45 PM-6:00 PM	609603/609613 Summer Smash Tennis: Adult Beg (1.0) 9:15 AM-10:30 AM	609619 Summer Smash Tennis: Adult Beg (1.0) 4:45 PM-6:00 PM	609652/609655 Summer Smash Tennis: Adult Beg (1.0) 9:15 AM-10:30 AM	603883 Basic Drawing: People & Landscapes *Class Time Varies	
609697/609702 Summer Smash Tennis: Adult Inter (2.5-3.0) 11:15 AM-12:30 PM	611123/611127 Summer Smash Tennis: Adult Beg++ (2.0) 5:00 PM-6:15 PM	604414 Iyengar Yoga All Levels 10:30 AM-12:00 PM	612988 Summer Smash Tennis: Adult Beg+ (1.5) 4:45 PM-6:00 PM	604039/604040 Pilates 9:30 AM-10:30 AM	603880 Basic Drawing: Architecture & Still Lifes *Class Time Varies	
603841 Acrylic Painting Basics: Landscapes *Class Time Varies	608152/609968 Spanish Adult Beginner 1 *Class Time Varies	Summer Smash Tennis: Adult Beg+ (1.5) 5:00 PM-6:15 PM	Summer Smash Tennis: Adult Beg++ (2.0) 5:00 PM-6:15 PM	603856/603857 Baby & Me Yoga 11:30 AM-12:30 PM	604595/604597 Kung Fu: Choy Lee Fat 6:00 PM-7:15 PM	
603845 Acrylic Painting Basics: Portraits *Class Time Varies	589155/589156 Inter Bellydance: Drills+combos 6:15 PM-7:30 PM	511133 Summer Smash Tennis: Adult Beg++ (2.0) 5:00 PM-6:15 PM	603935 Hatha Yoga: Inter 5:45 PM-7:15 PM	Pickleball 1:15 PM-3:15 PM	 <p>View all Adult Programs and Register Online</p>	
603839 Acrylic Painting Basics: Flowers & Still Life *Class Time Varies	604043 PIP Pickleball: Beg 6:15 PM-7:30 PM	Summer Smash Tennis: Adult Beg+ (1.5) 5:30 PM-6:45 PM	607050 How to Draw Like an Architect 6:00 PM-7:30 PM	Summer Smash Tennis: Adult Beg+ (1.5) 5:00 PM-6:15 PM		
608273 Tae Kwon Do Adults 1:15 PM-2:15 PM	604044 PIP Pickleball: Not Quite Inter 6:15 PM-7:30 PM	604055 Step and Core 5:30 PM-6:25 PM	604595/604597 KungFu: Choy Lee Far (14+) 6:00 PM-7:15 PM	Summer Smash Tennis: Adult Beg+ (1.5) 5:30 PM-6:45 PM		
Basketball 1:45 PM-3:45 PM	Summer Smash Tennis: Adult Beg+ (1.5) 6:15 PM-7:30 PM	603877 Barre Pilates 5:45 PM-6:45PM	603920 Digital Photography 6:00 PM-8:00 PM	603937 Hi Lo Combo 5:30 PM-6:25 PM		
	604041 Pilates Plus 7:00 PM-8:00 PM	604076 Yoga For Beginners 5:45 PM-7:15 PM	Summer Smash Tennis: Adult Beg+ (1.5) 6:15 PM-7:30 PM	609628/609629 Summer Smash Tennis: Adult Beg (1.0) 5:30 PM-6:45 PM		
	607058/607059 Kickboxing 7:00 PM-8:00 PM	Summer Smash Tennis: Adult Beg+ (1.5) 6:15 PM-7:30 PM	590648 Step and Strength 6:30 PM-7:30 PM	603851/603852 Adult Ballet - Beg 6:00 PM-7:00 PM		
	608154 Spanish Adult Level 2 7:00 PM-8:30 PM	609672 Summer Smash Tennis: Adult Beg++ (2.0) 6:15 PM-7:30 PM	604074 Watercolour Painting 7:30 PM-9:30 PM	Summer Smash Tennis: Adult Beg+ (1.5) 6:15 PM-7:30 PM		
	589151/589153 Beginner Bellydance 7:45 PM-9:00 PM	Indoor Soccer 7:45 PM-9:45PM	Basketball 7:45 PM-9:45 PM	604048/604049 Prenatal Yoga & Meditation 6:30 PM-7:45 PM		
	Volleyball 7:45 PM-9:45PM	603928 Dance Dance Party Party 8:00 PM-9:00 PM		604083/604084 Zumba 6:30 PM-7:30 PM		
	603922/603923 Boxing 8:00 PM-9:00 PM	604079/604081 Yoga4Stiff Guys: All Levels 8:30 PM-9:30 PM		609658/609659 Summer Smash Tennis: Adult Beg+ (1.5) 6:45 PM-8:00 PM		
	608153 Spanish Adult Inter 8:30 PM-9:45 PM			603853/603854 Adult Ballet Open Level 7:00 PM-8:30 PM		
 <p>MOUNT PLEASANT COMMUNITY CENTRE 1 Kingsway in Vancouver, B.C. V5T 3H7 604.257.3080 mountpleasantcc.ca</p> <p>NOTE: Summer Schedule (July-August) may differ.</p>				604851 Japanese: Beg 1 7:00 PM-9:00 PM		
				Badminton 7:45 PM-9:45 PM		
				604082/604379 Yoga4Stiff Guys: All Levels 8:30 PM-9:30 PM		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
603926/603927 Chen's Tai Chi: Old Frame (16+) 9:30 AM-10:30 AM	605657 Seniors Sing Along 10:00 AM-12:00 PM	605677 Line Dance with Lisa Int 10:30 AM-12:00 PM	Pickleball 7:30 AM-9:00 AM	605693 International Line Dancing: Imp 12:45 PM-2:15 PM	Pickleball 7:30 AM-8:45 AM	Seniors Indoor Soccer 8:00 AM-9:00 AM
603924/603925 Chen's Tai Chi: Introduction (16+) 10:00 AM-11:30 AM	605691 International Line Dancing: Beg 1:00 PM-2:30 PM	604414 Iyengar Yoga All Levels 10:30 AM-12:00 PM	604426 Iyengar Yoga Mixed Level 9:00 AM-10:30 AM	Pickleball 1:15 PM-3:15 PM	605673 Ballroom Standards Dance Class for Seniors 10:00 AM-10:45 AM	605689 Seniors Social Line Dance: High Beg 10:15 AM-11:45 AM
605696 International Line Dancing: Beg-Int 1:00 PM-2:30 PM	Pickleball 1:15 PM-3:15 PM	605672 Seniors Ballroom Social Dance 1:15 PM-3:15 PM	607797 Cheng Man Ch'ing Tai Chi – 37 Form: Int 10:00 AM-11:30 AM		605700 Cheng Man Ch'ing Tai Chi – 37 Form: Beg 10:00 AM-11:30 AM	605687 Line Dance All Levels 1:00 PM-2:30 PM
605698 International Line Dancing: Imp-Int 2:45 PM-4:15 PM	604481/604485 Osteofit – Sit, Stand, Stabilize 1:45 PM-2:45 PM	605702 Mulan Martial Arts 1:30 PM-3:00 PM	603849 Active Aging 11:15 AM-12:15 PM		605675 Ballroom Latins Dance Class for Seniors 11:00 AM-11:45AM	
 <p>View all Older Adult Programs and Register Online</p>			605652 Canasta Card Games for Seniors 1:00 PM-4:00 PM		605679 Line Dance with Lisa: Adv 1:00 PM-2:30 PM	
			605656 Mah Jong 1:00 PM-4:00 PM		605705 Zumba Gold Beginner 3:15 PM-4:15 PM	
			605683 Line Dance: All Levels 1:00 PM-2:30 PM			
			Badminton for Seniors 1:15 PM-3:15 PM			
 <p>MOUNT PLEASANT COMMUNITY CENTRE 1 Kingsway in Vancouver, B.C. V5T 3H7 604.257.3080 mountpleasantcc.ca</p> <p>NOTE: Summer Schedule (July-August) may differ.</p>			605661 Karaoke 1:30 PM-4:30 PM			
			605703 Zumba Gold Beginner 3:30 PM-4:30 PM			

Special Events



Pancake Brunch for Seniors (50+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 09	Sa	10:30 AM-1:00 PM
605647		\$5.00/1 sess
Jun 20	Sa	10:30 AM-1:00 PM
605648		\$5.00/1 sess

Community Kitchen for Seniors (55+yrs)

This program 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 30	Sa	9:45 AM-1:00 PM
605645		\$8.00/1 sess
Jun 27	Sa	9:45 AM-1:00 PM
605646		\$8.00/1 sess

Social

Canasta Card Games for Seniors

(55+yrs)

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 1, July 29 and Aug 12.

May 06 - Aug 19 W 1:00 PM-4:00 PM
605652 \$10.00/15 sess

Mah Jong

(50+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. No class July 1 and Aug 5.

May 06 - Aug 26 W 1:00 PM-4:00 PM
605656 \$10.00/14 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.

May 06 - Jun 24 W 1:30 PM-4:30 PM
605661 \$16.00/8 sess

Jul 08 - Aug 26 W 1:30 PM-4:30 PM
605665 \$16.00/8 sess

Seniors Sing Along

(55+yrs)

Instructor: 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.

May 04 - Aug 17 M 10:00 AM-12:00 PM
605657 \$28.00/14 sess

Dance

Ballroom Latins Dance Class for Seniors

(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 \$15.

May 08 - Jun 26 F 11:00 AM-11:45 AM
605675 \$104.00/8 sess

Jul 03 - Aug 21 F 11:00 AM-11:45 AM
605676 \$104.00/8 sess

Ballroom Standards Dance Class for Seniors

(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 \$15.

May 08 - Jun 26 F 10:00 AM-10:45 AM
605673 \$104.00/8 sess

Jul 03 - Aug 21 F 10:00 AM-10:45 AM
605674 \$104.00/8 sess

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 07 - Jul 30 Th 12:45 PM-2:15 PM
605693 \$97.50/13 sess

Dance cont'd

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. No class May 18 and Aug 3. 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 04 - Jul 27 M 1:00 PM-2:30 PM
605691 \$90.00/12 sess

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

Instructor: Regina Chen

For experienced 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 (inc tax) Drop in, as space allows. PLEASE NOTE: THIS IS A SENIORS PROGRAM-NOT ELIGIBLE FOR ADDITIONAL SENIORS DISCOUNT.

May 03 - Jul 26 Su 1:00 PM-2:30 PM
605696 \$97.50/13 sess

International Line Dance Social (55+yrs)

Instructor: Regina Chen

You can dance, you can jive, having the best time of your life.....Let's get together and celebrate Summer 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 - Jul 01 W 12:30 PM-5:30 PM
606862 \$97.50/1 sess

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 03 - Jul 26 Su 2:45 PM-4:15 PM
605698 \$97.50/13 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. No class May 29.

May 01 - Jun 26 F 1:00 PM-2:30 PM
605679 \$44.00/8 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.

Jul 03 - Aug 21 F 1:00 PM-2:30 PM
605680 \$44.00/8 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. No class May 26.

May 05 - Jun 30 Tu 10:30 AM-12:00 PM
605677 \$44.00/8 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.

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.

Jul 07 - Aug 18 Tu 10:30 AM-12:00 PM
605678 \$38.50/7 sess

Line Dance: All Levels (55+ yrs)

Instructor: Yok Yip Tang

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

May 06 - Jun 24 W 1:00 PM-2:30 PM
605683 \$40.00/8 sess

Line Dance: All Levels (55+yrs)

Instructor: Yok Yip Tang

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

Jul 08 - Aug 19 W 1:00 PM-2:30 PM
605685 \$35.00/7 sess

Line Dance: All Levels (55+yrs)

Instructor: Yok Yip Tang

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

May 02 - Jun 27 Sa 1:00 PM-2:30 PM
605687 \$45.00/9 sess

Line Dance: All Levels (55+yrs)

Instructor: Yok Yip Tang

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

Jul 04 - Aug 22 Sa 1:00 PM-2:30 PM
605688 \$40.00/8 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. No class May 16 and Jun 6.

May 02 - Jun 27 Sa 10:15 AM-11:45 AM
605689 \$35.00/7 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. No class July 25 and Aug 1.

Jul 04 - Aug 29 Sa 10:15 AM-11:45 AM
605690 \$35.00/7 sess

Seniors Ballroom Social Dance (50+yrs)

Instructor: Halley Tang

MPCC welcomes you to our Ballroom Social Dance. Come join us for dancing and to meet new friends. 10 tickets for \$17.50. Drop-ins \$2.25.

May 05 - Aug 18 Tu 1:15 PM-3:15 PM
605672 \$2.25/1 sess

Martial Arts

Chen's Tai Chi: Introduction (16+) (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 17

mountpleasanttaichi@gmail.com

May 10 - Jun 28 Su 10:30 AM-11:30 AM
603924 \$61.25/7 sess

Jul 05 - Aug 23 Su 10:30 AM-11:30 AM
603925 \$61.25/7 sess



Martial Arts cont'd

Chen's Tai Chi: Old Frame (16+) (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 17. Email: mountpleasantaichi@gmail.com

May 10 - Jun 28	Su	9:30 AM-10:30 AM	
603926			\$61.25/7 sess
Jul 05 - Aug 23	Su	9:30 AM-10:30 AM	
603927			\$61.25/7 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. 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 01 - Jun 26	F	10:00 AM-11:30 AM	
605700			\$108.00/9 sess
Jul 03 - Aug 28	F	10:00 AM-11:30 AM	
605701			\$108.00/9 sess

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 stances 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.

May 13 - Jun 24	W	10:00 AM-11:30 AM	
605700			\$98.00/7 sess
Jul 08 - Aug 26	W	10:00 AM-11:30 AM	
605701			\$112.00/8 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 05 - Aug 18	Tu	1:30 PM-3:00 PM	
605702			\$32.00/16 sess

Fitness & Health

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 06 - Jun 24	W	3:30 PM-4:30 PM	
605703			\$56.00/8 sess
Jul 08 - Aug 12	W	3:30 PM-4:30 PM	
605704			\$42.00/6 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.

May 08 - Jun 26 F 3:15 PM-4:15 PM
605705 \$56.00/8 sess
 Jul 10 - Aug 14 F 3:15 PM-4:15 PM
605706 \$42.00/6 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 and brings her love of fitness and creative background to her work as an instructor. 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 on Stat Mondays

May 04 - Jun 22 M 1:45 PM-2:45 PM
604481 \$49/7 sess
 Jun 29 - Jul 27 M 1:45 PM-2:45 PM
604485 \$35/5 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 06 - Jun 17 W 11:15 AM-12:15 PM
603849 \$52.5/7 sess
 May 08 - Jun 19 F 11:15 AM-12:15 PM
603850 \$52.5/7 sess



**Join us for
Seniors Week**
June 1-7, 2026

**Celebrating our seniors &
their contributions to our
community!**

Please check
vancouver.ca
for special events
& programs happening
this week.

Yoga & 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 05 - Jun 23	Tu	10:30 AM-12:00 PM	
604414			\$142.80/8 sess
Jun 30 - Aug 18	Tu	10:30 AM-12:00 PM	
604415			\$142.80/8 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 \$22.05 *Please note that there is a 15 min cut-off for this class. Participation is prohibited for arrivals later than 9:15am

May 06 - Jun 24	W	9:00 AM-10:30 AM	
604426			\$142.80/8 sess
Jul 08 - Aug 19	W	9:00 AM-10:30 AM	
604427			\$107.10/7 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 \$18.90

May 07 - Jun 25	Th	9:30 AM-10:30 AM	
604039			\$129.15/8 sess
Jul 09 - Aug 27	Th	9:30 AM-10:30 AM	
604040			\$129.15/8 sess

Sports

Badminton for Seniors (55+ yrs)

Instructor: No Instructor

Enjoy a game of friendly recreational badminton in our full gymnasium. All levels welcome. This is a registered, one off sports session, no drop ins. Registration opens at 12:00pm 3 days in advance of the program date Registration closes 15 minutes before program start time Registration is available online, and by phone. We encourage those with access to technology to register online Registered spaces are non-transferable Refund requests will be accepted until the program start time. Refunds will be made to the account. No drop ins

May 06 - Aug 19	W	1:15 PM-3:15 PM	
604168			\$2.00/1 sess

Seniors Indoor Soccer (55+ yrs)

Instructor: No Instructor

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. Registration opens at 12:00pm 3 days in advance of the program date Registration closes 15 minutes before program start time. Registration is available online, and by phone. We encourage those with access to technology to register online Registered spaces are non-transferable Refund requests will be accepted until the program start time. Refunds will be made to the account. No drop ins

May 02 - Aug 22	Sa	8:00 AM-9:00 AM	
604185			\$2.00/1 sess

Pickleball (19+ yrs)

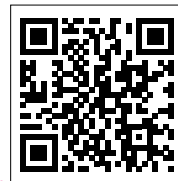
Get active with pickleball. Join up with other players for a friendly game. All skill levels and abilities welcome. This is a registered, one off sports session, no drop ins. No sessions on stat holiday Mondays. Participants are responsible for setting up nets. Nets are available at the front desk.

[VIEW ONLINE](#)




May 04 - Aug 17	M	1:15 PM-3:15 PM	
May 06 - Aug 19	W	7:30 AM-9:00 AM	
May 07 - Aug 20	Th	1:15 PM-3:15 PM	
May 08 - Aug 21	F	7:30 AM-8:45 AM	

Room Rentals Online Facility Reservations

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



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

Room	Highlights	Area (square feet)	Capacity	Hourly rate (no GST on rental charges)
Gymnasium 	<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
Multipurpose Room 2 	<ul style="list-style-type: none"> •Excellent for moderate sized events •Connects to an outdoor patio space 	1,350	50 people	Regular use: \$45.00 Dance Party: \$75.00
Multipurpose Room 3 	<ul style="list-style-type: none"> •Excellent for moderate sized events 	700	30 people	\$30.00
Art Room 	<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
Meeting Room 2 	<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-Friday 6:00am-10:00pm
 Saturday 8:00am-6:00pm
 Sunday/Holidays..... 9:00am-6:00pm
 Front Office closes 30 minutes prior to Fitness Centre.
 Steam Room and showers closes 15 minutes before the Fitness Centre.
 Paid admissions accepted 30 minutes prior to closing. Hours are subject to change.

Fitness Centre Rates

Prices do not include GST	Adults (19-64)	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

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 Flexipass, usage card or pay a drop-in fee.

Fitness for Older Adults

Tu Apr 14-May 5 10:00 - 11:00 AM [613858](tel:613858)
 Tu May 19-Jun 9 10:00 - 11:00 AM [613863](tel:613863)
 Tu Jul 7-Jul 28 10:00 - 11:00 AM [614989](tel:614989)
 Tu Aug 4-Aug 25 10:00 - 11:00 AM [614990](tel:614990)

Fitness for Youth

Th Apr 16-May 7 4:00-5:00 PM [613870](tel:613870)
 Th May 21-Jun 11 4:00-5:00 PM [613871](tel:613871)
 Th Jul 2-Jul 23 4:00-5:00 PM [614991](tel:614991)
 Th Aug 6-Aug 27 4:00-5:00 PM [614992](tel:614992)



Personal and Semi-Private Training

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



scan to view fitness centre information



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Mount Pleasant Branch
Phone 604.665.3962

Discover more
at VPL.ca