View all Programs and Register Online



Winter 2027 Mount Pleasant Recreation Guide

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Adult Programs • 16–18	Events • 7	Older Adults Programs • 19–20
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:: REGISTRATION BEGINS

Saturday, November 28 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

MOUNT PLEASANT
COMMUNITY CENTRE
www.mountpleasantcc.ca

Welcome to Mount Pleasant Community Centre!

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

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

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

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



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

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

@MTPLEASANTCCA

Contact Us

T 604.257.3080
F 604.257.3081

Operating Hours

Monday-Friday
6:00am–10:00pm
Saturday
8:00am–6:00pm
Sunday & Holidays
9:00am–6:00pm
Dec 24 & Dec 31
6:00am–6:00pm

Registration

Begins Saturday, November 28
See next page.

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

How to Register

Beginning Saturday, November 28

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

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

The deadline to withdraw from Winter Day Camp is Thursday, November 26 by 9pm.

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.

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

Mount Pleasant Community Centre Association (MPCCA)

MOUNT PLEASANT COMMUNITY CENTRE
www.mountpleasantcc.ca

Mission Statement

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

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

Vision Statement

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

Mount Pleasant Community Centre Association Board of Directors

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

Mount Pleasant Community Centre Staff

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

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

ONLINE PETITION STILL AVAILABLE TO SIGN!

MP POOL

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

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



Mount Pleasant Community Centre Association

Licensed Child Care

Our Childcare Philosophy

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

$10 a Day Childcare

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

Funding

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

Learn More about our Programs and SUBSCRIBE:
For complete program details, current fees, registration dates, facility photos, and available spaces, please visit **www.mountpleasantcc.ca**

Subscribe!
Families can subscribe on any of the childcare program pages (top Right "Stay Up To Date") to receive email updates about registration and space availability.

3 Corners Daycare

Located in the Mount Pleasant Community Centre at 1 Kingsway, Vancouver
Contact: **Carman.Cheung@vancouver.ca**

Ages 3 Months–5 Years
Our daycare program provides children with opportunities to develop social-emotional skills, self-help and independence, explore materials, nature and the local community.

Programs offered for:

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

Fee: $200/month



Registration/Waitlist

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

For more information, please visit
https://mountpleasantcc.ca/3-corners-child-care-centre/

Inclusion Policy

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

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

Child Care Funding & Financial Support
Families may qualify for:

Affordable Child Care Benefit (ACCB)
- ACCB Funding estimator: **myfamilyservices.gov.bc.ca/s/estimator**

MPCCA Child Care Bursary Program
- For bursary information: **Israt.Jahan@vancouver.ca**

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

Our House Childcare Centre

Preschool

Ages 2–4 yrs

Located 123 W. 16th Ave, Vancouver
Contact: jasleen.chahal@vancouver.ca



Our preschool programs provide children with opportunities to:

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

Programs are available for:
- 2-4 years old
- Parent Participation Classes
- 3- and 6-Hour Preschool Programs

For schedules, fees, and registration information, please visit:
https://mountpleasantcc.ca/licensed-preschool/

Out of School Care

Kindergarten to Grade 7 (ages 5-12 yrs)

Located at 123 W. 16th Ave, Vancouver • Contact: Kelly.bodkin@vancouver.ca



Our House OSC program provides care to children attending Simon Fraser Elementary School.

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

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

Registration/Waitlist

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

For schedules, fees, and registration information, please visit:
www.mountpleasantcc.ca/out-of-school-care/

Our House Seasonal Daycamps

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



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

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

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

Upcoming camp dates:
- **Winter Camp:** Dec 21-24 (Registration opens on Nov 6 for public families)
- **Spring Camp:** Mar 15-25 (Registartion opens on Feb 5 for public families)
- **Summer Camp:** Jul 5-Sept 3 (Registration opens on Apr 7 for public families)

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

Calendar *Winter Upcoming Events*

Family Day (0-6 yrs)

13 FEB

Get ready for a day packed with laughter, creativity, and unforgettable memories at our Family Day Celebration! Jump, bounce, and giggle in our bouncy castle and let your imagination run wild with hands-on creative activities. Challenge your family and friends to classic and new games and enjoy the irresistible aroma and crunch of fresh popcorn. Bring your family, bring your friends, and bring your festive spirit – we can't wait to celebrate with you. Let's make this Family Day the best one yet! FREE for kids 2 years and younger. Registration needed. Inflatable certified by Technical Safety BC License Number: LAM0107376

Feb 13	Sa	10:00 AM-11:00 AM
642804	$5.00/1 sess	
Feb 13	Sa	11:00 AM-12:00 PM
642805	$5.00/1 sess	





Lunar New Year Celebration (50+ yrs)

15 FEB

Come join our Lunar New Year Celebration. We will be featuring Ballroom dance, line dancing, Mah Jong, special delicious lunch and door prizes! Please register in advance as this event will fill up very quickly! Last day to withdraw/refund from event is Feb 8, 2026.

Feb 15	M	11:30 AM-3:30 PM
642834	$25.00/1 sess	

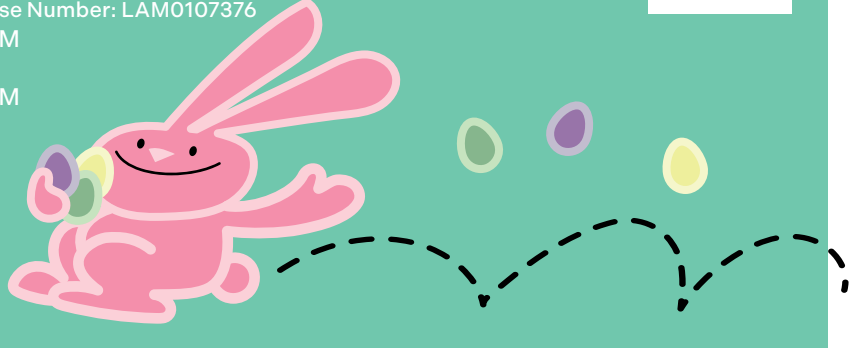


Bounce with Bunny (0-6 yrs)

20 MAR

Join us at Mount Pleasant Community Centre 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! ! FREE for kids 2 years and younger. Registration required. Inflatable certified by Technical Safety BC License Number: LAM0107376

Mar 20	Sa	10:00 AM-11:00 AM
644797	$5.00/1 sess	
Mar 20	Sa	11:00 AM-12:00 PM
644798	$5.00/1 sess	



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

Birthday Parties

Birthday Party • Preschool 1
(0-5 yrs)
Instructor: Mount Pleasant Party Leader

Jan 16 – May 08	Sa	12:30 PM-2:30 PM
644763-644778		$340.00/1 sess

Birthday Party • Preschool 2
(0-5 yrs)
Instructor: Mount Pleasant Party Leader

Jan 16 – May 08	Sa	3:30 PM-5:30 PM
644781-644796		$340.00/1 sess

Social

Parent and Tot Gym
(0-6 yrs)
Instructor: TBA Instructor

Jan 05 - May 01	Tu Th F Sa	10:00 AM-12:00 PM
642808	Drop-ins $3.00/child/or $5.00/family	

Art, Culture & Environment

Music with Marnie Toddlers
(18months-3 yrs)
Instructor: Marnie Grey

Jan 18 - Mar 08	M	9:30 AM-10:15 AM
646110		$154.00/7 sess

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

Jan 18 - Mar 08	M	10:30 AM-11:05 AM
644725		$147.00/7 sess

Music with Marnie Babies
(2 months-18 months)
Instructor: Marnie Grey

Jan 18 - Mar 08	M	11:30 AM-12:00 PM
644742		$140.00/7 sess

Music with Marnie Babies
(2 months-18 months)
Instructor: Marnie Grey

Jan 20 - Mar 10	W	11:30 AM-12:00 PM
644745		$160.00/8 sess

Music with Marnie All Ages/Siblings
(12 months-5 yrs)
Instructor: Marnie Grey

Jan 20 - Mar 10	W	10:00 AM-10:45 AM
644743		$176.00/8 sess

Canine Compass: Be a Tree Dog Safety with Marnie NEW
(3-5 yrs)
Instructor: Canine Compass

Feb 08	M	1:45 PM-2:30 PM
648012		$25.00/1 sess
Mar 08	M	1:45 PM-2:30 PM
648016		$25.00/1 sess

Wee Expressions
(9 months-4 yrs)
Instructor: Musical Expressions

Jan 15 - Mar 12	F	10:00 AM-10:45 AM
646130		$153.75/9 sess

Uke & Me (Parent & Tot)
(3-5 yrs)
Instructor: Musical Expressions

Jan 15 - Mar 12	F	11:00 AM-11:45 AM
646129		$146.25/9 sess

Treble Clef Kids Music Studio: Early Music Discovery NEW
(2-3 yrs)
Instructor: Treble Clef Kids Music Studio

Jan 12 - Jan 26	Tu Th	9:15 AM-10:00 AM
652271		$125.00/5 sess
Feb 23 - Mar 18	Tu Th	9:15 AM-10:00 AM
652274		$225.00/9 sess
Apr 01 – Apr 29	Tu Th	9:15 AM-10:00 AM
652276		$225.00/9 sess

Treble Clef Kids Music Studio: Early Music Discovery NEW
(3-4 yrs)
Instructor: Treble Clef Kids Music Studio

Jan 12 - Jan 26	Tu Th	10:15 AM-11:00 AM
652286		$125.00/5 sess
Feb 23 - Mar 18	Tu Th	10:15 AM-11:00 AM
652292		$225.00/9 sess
Apr 01 – Apr 29	Tu Th	10:15 AM-11:00 AM
652296		$225.00/9 sess

Art and Music with Sun Rey
(1-3 yrs)
Instructor: Sun Rey Han

Jan 09 - Feb 6	Sa	9:45 AM-10:30 AM
644746		$100.00/5 sess
Apr 17 - Jun 19	Sa	9:45 AM-10:30 AM
646831		$160.00/8 sess

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

Jan 09 - Feb 6	Sa	10:30 AM-11:15 AM
644747		$110.00/5 sess
Apr 17 - Jun 19	Sa	10:30 AM-11:15 AM
646859		$171.00/8 sess

Mini Ballet
(3-4 yrs)
Instructor: Vancouver Performing Stars

Jan 09 - Mar 13	Sa	9:15 AM-10:00 AM
644751		$153.00/9 sess

Dance With Me (with Adult)
(1-3 yrs)
Instructor: Vancouver Performing Stars

Jan 09 - Mar 13	Sa	10:00 AM-10:45 AM
644749		$153.00/9 sess

Mini Hip Hop
(3-4 yrs)
Instructor: Vancouver Performing Stars

Jan 09 - Mar 13	Sa	10:45 AM-11:30 AM
644752		$153.00/9 sess

Junior Ballet
(5-7 yrs)
Instructor: Vancouver Performing Stars

Jan 09 - Mar 13	Sa	11:30 AM-12:15 PM
644753		$181.50/9 sess

Creative Ballet
(3-5 yrs)
Instructor: Endorphin Rush Dance

Jan 10 - Mar 14	Su	9:15 AM-10:00 AM
644755		$140.00/10 sess

Creative Ballet
(4-6 yrs)
Instructor: Endorphin Rush Dance

Jan 10 - Mar 14	Su	10:05 AM-10:50 AM
644756		$140.00/10 sess

Hip Hop Breakers
(5-7 yrs)
Instructor: Endorphin Rush Dance

Jan 10 - Mar 14	Su	10:55 AM-11:40 AM
644757		$140.00/10 sess

Creative Ballet
(4-6 yrs)
Instructor: Endorphin Rush Dance

Jan 10 - Mar 14	Su	11:45 AM-12:30 PM
644758		$140.00/10 sess

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

Art & Culture, cont'd

My First Dance Class with Adult
(2-4 yrs)
Instructor: Endorphin Rush Dance

Jan 14 - Mar 11	Th	9:30 AM-10:15 AM
644759		$126.00/9 sess

Creative Ballet
(3-5 yrs)
Instructor: Endorphin Rush Dance

Jan 14 - Mar 11	Th	10:20 AM-11:05 AM
644760		$126.00/9 sess

Mini Hip Hop Breakers
(3-5 yrs)
Instructor: Endorphin Rush Dance

Jan 14 - Mar 11	Th	11:10 AM-11:55 AM
644761		$126.00/9 sess

Baby Sign Language
(0-2 yrs)
Instructor: Into Yoga

Jan 12 - Feb 09	Tu	11:15 AM-12:00 PM
642925		$81.00/5 sess
Apr 13 - May 11	Tu	11:15 AM-12:00 PM
643737		$81.00/5 sess

Baby & Me Yoga
(16+ yrs)
Instructor: Laurence Sauve

Jan 07 - Feb 25	Th	11:30 AM-12:30 PM
642923		$151.00/8 sess
Mar 04 - Apr 29	Th	11:30 AM-12:30 PM
642924		$170.00/9 sess

Day Camp

Frozen Ballet Dance Camp
(3-5 yrs)
Instructor: Endorphin Rush Dance

Mar 22 - Mar 25	M Tu W Th	9:15 AM-10:15 AM
646449		$82.50/4 sess

Bluey's Big Spring Dance Camp
(4-6 yrs)
Instructor: Endorphin Rush Dance

Mar 22 - Mar 25	M Tu W Th	10:20 AM-11:20 AM
646467		$82.50/4 sess



Jazz/Ballet Dance Camp
(4-6 yrs)
Instructor: Endorphin Rush Dance

Mar 22 - Mar 25	M Tu W Th	11:25 AM-12:25 PM
646496		$82.50/4 sess

Fitness & Health

Tiny Climbers
(4-6 yrs)
Instructor: Mount Pleasant Climbing Staff

Jan 09 - Jan 30	Sa	9:30 AM-10:20 AM
645509		$76.00/4 sess
Feb 06 - Mar 13	Sa	9:30 AM-10:20 AM
645513		$95.00/5 sess
Apr 03 - Apr 24	Sa	9:30 AM-10:20 AM
645517		$76.00/4 sess

Tiny Climbers
(4-6 yrs)
Instructor: Mount Pleasant Climbing Staff

Jan 09 - Jan 30	Sa	10:30 AM-11:20 AM
645510		$76.00/4 sess
Feb 06 - Mar 13	Sa	10:30 AM-11:20 AM
645514		$95.00/5 sess
Apr 03 - Apr 24	Sa	10:30 AM-11:20 AM
645518		$76.00/4 sess

Tiny Climbers
(4-6 yrs)
Instructor: Mount Pleasant Climbing Staff

Jan 09 - Jan 30	Sa	11:30 AM-12:20 PM
645511		$76.00/4 sess
Feb 06 - Mar 13	Sa	11:30 AM-12:20 PM
645515		$95.00/5 sess
Apr 03 - Apr 24	Sa	11:30 AM-12:20 PM
645519		$76.00/4 sess

Sports

High 5 Sports • Drop Off
(3-5 yrs)
Instructor: Hai Doan

Jan 11 - Mar 08	M	9:30 AM-10:30 AM
645439		$160.00/8 sess

High 5 Sports Homeschool Program
(6-10 yrs)
Instructor: Hai Doan

Jan 11 - Mar 08	M	10:30 AM-11:30 AM
645440		$160.00/8 sess

VAFC Grasshoppers Indoor Soccer • U3/U4 Parent & Child NEW
(2-4 yrs)
Instructor: Vancouver Athletic Football Club

Jan 13 – Mar 10	W	9:30 AM-10:15 AM
651400		$112.50/9 sess

VAFC Grasshoppers Indoor Soccer • U3/U4 Parent & Child NEW
(2-4 yrs)
Instructor: Vancouver Athletic Football Club

Jan 13 – Mar 10	W	10:30 AM-11:15 AM
651401		$112.50/9 sess

Sportball Junior NEW
(1-2 yrs)
Instructor: Sportball Vancouver

Jan 10 - Mar 07	Su	9:30 AM-10:15 AM
645458		$148.00/8 sess

Sportball Parent & Child Multisport
(2-3 yrs)
Instructor: Sportball Vancouver

Jan 10 - Mar 07	Su	10:15 AM-11:00 AM
645447		$148.00/8 sess

Sportball Multisport
(3-5 yrs)
Instructor: Sportball Vancouver

Jan 10 - Mar 07	Su	11:00 AM-12:00 PM
645448		$148.00/8 sess

Sportball Indoor Soccer
(5-7 yrs)
Instructor: Sportball Vancouver

Jan 13 - Mar 10	W	4:40 PM-5:40 PM
645446		$166.50/9 sess

Sportball Indoor Soccer
(3-5 yrs)
Instructor: Sportball Vancouver

Jan 13 - Mar 10	W	3:30 PM-4:30 PM
645445		$166.50/9 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 should they require any assistance.

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

Birthday Parties

Birthday Party • Art Theme 1
(6-12 yrs)
Instructor: Mount Pleasant Party Leader

Jan 03 – May 09	Su	12:30 PM-2:30 PM
645466-645484		$255.00/1 sess

Birthday Party • Art Theme 2
(6-12 yrs)
Instructor: Mount Pleasant Party Leader

Jan 03 – May 09	Su	3:30 PM-5:30 PM
645488-645507		$255.00/1 sess

Birthday Party • Climbing
(6-12 yrs)
Instructor: Mount Pleasant Climbing Staff

Jan 09 – Apr 24	Sa	2:00 PM-3:15 PM
645547-645559		$190.00/2 sess

Birthday Party • Soap or Lip Gloss Making with Lily
(6-12 yrs)
Instructor: Lily Sum

Jan 03	Su	3:30 PM-5:30 PM
646091		$360.00/1 sess
Jan 17	Su	3:30 PM-5:30 PM
646092		$360.00/1 sess
Feb 07	Su	3:30 PM-5:30 PM
646094		$360.00/1 sess
Feb 14	Su	3:30 PM-5:30 PM
646095		$360.00/1 sess
Mar 14	Su	3:30 PM-5:30 PM
646096		$360.00/1 sess
Mar 21	Su	3:30 PM-5:30 PM
646097		$360.00/1 sess
Apr 04	Su	3:30 PM-5:30 PM
646098		$360.00/1 sess
Apr 18	Sa	3:30 PM-5:30 PM
646099		$360.00/1 sess

Art, Culture & Environment

LEGO STEAM
(5-10 yrs)
Instructor: Reach Education Inc.

Jan 10 - Mar 07	Su	9:45 AM-11:45 AM
645612		$240.00/8 sess

Junior Ballet
(5-7 yrs)
Instructor: Vancouver Performing Stars

Jan 09 - Mar 13	Sa	11:30 AM-12:15 PM
644753		$181.50/9 sess

Piano
(6+ yrs)
Instructor: Musical Expressions

Jan 07 - Mar 11	Th	4:00 PM-7:30 PM
646121-646128		$325.00/10 sess

Piano • Monika 1
(6+ yrs)
Instructor: Monika Oldershaw

Jan 05 - Mar 09	Tu	3:30 PM-7:00 PM
646409-646416		$250.00/10 sess

Piano • Monika 2
(6+ yrs)
Instructor: Monika Oldershaw

Jan 06 - Mar 10	W	3:30 PM-7:00 PM
646167-646174		$250.00/10 sess

Machine Sewing Beginner NEW
(8-12 yrs)
Instructor: Dorretha English

Jan 12 – Mar 9	Tu	3:30 PM-5:00 PM
646785		$180.00/9 sess
Jan 15 – Mar 12	F	3:30 PM-5:00 PM
652268		$180.00/9 sess

Adult Sewing Studio NEW
(16+ yrs)
Instructor: Dorretha English

Jan 12 – Feb 16	Tu	5:30 PM-7:30 PM
646788		$220.95/6 sess
Feb 23 – Mar 30	Tu	5:30 PM-7:30 PM
646789		$220.95/6 sess
Jan 12 – Feb 16	Tu	7:30 PM-9:30 PM
646882		$220.95/6 sess
Feb 23 – Mar 30	Tu	7:30 PM-9:30 PM
646883		$220.95/6 sess
Jan 15 – Feb 19	F	5:30 PM-7:30 PM
652263		$220.95/6 sess
Feb 26 – Apr 02	F	5:30 PM-7:30 PM
652265		$220.95/6 sess
Jan 15 – Feb 19	F	7:30 PM-9:30 PM
652266		$220.95/6 sess
Feb 26 – Apr 02	F	7:30 PM-9:30 PM
652266		$220.95/6 sess

Drawing and Painting for Kids & Youth
(7-18 yrs)
Instructor: Mohammad Reza Atashzad

Jan 06 - Feb 24	W	4:30 PM-6:00 PM
642951		$176.00/8 sess
Mar 03 - Apr 28	W	4:30 PM-6:00 PM
642952		$198.00/9 sess

Family Fun Lip Gloss Making
(All Ages)
Instructor: Lily Sum

Feb 27	Sa	4:00 PM-5:30 PM
646088		$70.00/1 sess
Apr 24	Sa	4:00 PM-5:30 PM
646090		$70.00/1 sess

Family Fun Soap Making with Lily
(6+ yrs)
Instructor: Lily Sum

Mar 20	Sa	3:30 PM-5:00 PM
646086		$74.00/1 sess
Apr 17	Sa	3:30 PM-5:00 PM
646087		$74.00/1 sess

Education

Canine Compass: Be a Tree Dog Safety with Marnie NEW
(6-9 yrs)
Instructor: Canine Compass

Feb 08	M	3:30 PM-4:15 PM
648037		$25.00/1 sess
Mar 08	M	3:30 PM-4:15 PM
648038		$25.00/1 sess

Spanish for Children Beginner 1
(6-9 yrs)
Instructor: Eliana Rolando

Jan 11 - Mar 08	M	3:30 PM-5:00 PM
646149		$140.00/8 sess

Red Cross Babysitting
(11-16 yrs)
Instructor: Foundations Safety #NAME?

Jan 23	Sa	9:30 AM-4:30 PM
645715		$100.00/1 sess

Day Camp

K-Pop Demon Hunters Camp
(6-10 yrs)
Instructor: Endorphin Rush Dance

Mar 22 - Mar 25	M Tu W Th	12:30 PM-3:00 PM
646502		$180.00/4 sess

VPS Dance Camp "Gabby's Dollhouse" Themed
(6-10 yrs)
Instructor: Vancouver Performing Stars

Mar 15 - Mar 19	M Tu W Th F	9:30 AM-12:30 PM
646564		$195.00/5 sess

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

Day Camp, cont'd

Arts in Motion Camp
(6-11 yrs)
Instructor: Musical Expression

Mar 15 – Mar 19	M Tu W Th F	9:00 AM-3:00 PM
654943		$445.00/5 sess

Fitness & Health

Tiny Climbers Legends
(7-12 yrs)
Instructor: Mount Pleasant Climbing Staff

Jan 09 - Jan 30	Sa	12:30 PM-1:25 PM
645512		$76.00/4 sess
Apr 03 - Apr 24	Sa	12:30 PM-1:25 PM
645520		$76.00/4 sess

Rock Climbers • Adapted
(10-16 yrs)
Instructor: Mount Pleasant Climbing Staff

Feb 06 - Mar 13	Sa	12:30 PM-1:25 PM
645516		$95.00/5 sess

Martial Arts

Gentle Method Jiu Jitsu: Toddlers NEW
(3-6 yrs)
Instructor: Gentle Method Jiu Jitsu

Jan 11 – Mar 08	M	3:30 PM-4:15 PM
646854		$147.00/8 sess

Gentle Method Jiu Jitsu: Kids NEW
(7-9 yrs)
Instructor: Gentle Method Jiu Jitsu

Jan 11 – Mar 08	M	4:15 PM-5:00 PM
646855		$147.00/8 sess

Gentle Method Jiu Jitsu: Teens NEW
(10-15 yrs)
Instructor: Gentle Method Jiu Jitsu

Jan 11 – Mar 08	M	4:15 PM-5:00 PM
646856		$147.00/8 sess

Karate
(6-12 yrs)
Instructor: Heyton Tze

Jan 13 - Mar 10	W	4:30 PM-5:30 PM
646514		$94.50/9 sess
Apr 07 - Jun 23	W	4:30 PM-5:30 PM
646515		$126.00/12 sess

Karate Beginner
(6-12 yrs)
Instructor: Heyton Tze

Jan 10 - Mar 07	Su	9:30 AM-10:30 AM
645704		$84.00/8 sess
Apr 04 - Jun 27	Su	9:30 AM-10:30 AM
646048		$115.50/11 sess

Karate Intermediate
(6-12 yrs)
Instructor: Heyton Tze

Jan 10 - Mar 07	Su	10:30 AM-11:30 AM
645705		$84.00/8 sess
Apr 04 - Jun 27	Su	10:30 AM-11:30 AM
646049		$115.50/11 sess

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

Jan 10 - Mar 07	Su	12:15 PM-1:15 PM
645708		$80.00/8 sess
Apr 04 - Jun 27	Su	12:15 PM-1:15 PM
646053		$120.00/12 sess

Tae Kwon Do Teens
(14-16 yrs)
Instructor: Master Michael Ellis

Jan 10 - Mar 07	Su	1:15 PM-2:15 PM
645710		$92.00/8 sess
Apr 04 – Jun 27	Su	1:15 PM-2:15 PM
645710		$120.00/12 sess

Tae Kwon Do Adults
(16+ yrs)
Instructor: Master Michael Ellis

Jan 10 - Mar 07	Su	1:15 PM-2:15 PM
645712		$96.75/8 sess
Apr 04 - Jun 27	Su	1:15 PM-2:15 PM
646054		$145.00/12 sess

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

Jan 06 - Feb 26	W F	6:00 PM-7:15 PM
642973		$101.00/16 sess
Mar 03 - Apr 30	W F	6:00 PM-7:15 PM
642974		$107.00/17 sess

Sports

Sportball Indoor Soccer
(5-7 yrs)
Instructor: Sportball Vancouver

Jan 13 – Mar 10	W	4:40 PM-5:40 PM
645446		$112.50/6 sess

Summer Smash Tennis: Mini Aces
(6-7 yrs)
Instructor: Summer Smash Tennis

Jan 10 - Feb 07	Su	12:15 PM-1:00 PM
646814		$131.25/5 sess
Feb 14 - Mar 21	Su	12:15 PM-1:00 PM
646815		$157.50/6 sess
Apr 04 - Apr 25	Su	12:15 PM-1:00 PM
646816		$105.00/4 sess

Summer Smash Tennis: Junior Aces
(7.5-10 yrs)
Instructor: Summer Smash Tennis

Jan 11 - Feb 08	M	3:45 PM-4:45 PM
646799		$175.00/5 sess
Feb 22 - Mar 22	M	3:45 PM-4:45 PM
646800		$175.00/5 sess
Apr 05 - Apr 26	M	3:45 PM-4:45 PM
646802		$140.00/4 sess

Summer Smash Tennis: Junior Fundamentals
(7.5-10 yrs)
Instructor: Summer Smash Tennis

Jan 11 - Feb 08	M	3:45 PM-4:45 PM
646803		$175.00/5 sess
Feb 22 - Mar 22	M	3:45 PM-4:45 PM
646804		$175.00/5 sess

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

Jan 13 - Feb 10	W	3:45 PM-4:45 PM
646808		$175.00/5 sess
Feb 17 - Mar 24	W	3:45 PM-4:45 PM
646809		$210.00/6 sess
Mar 31 - Apr 28	W	3:45 PM-4:45 PM
646810		$175.00/5 sess

Volleyball BC: Smashball
(5-7 yrs)
Instructor: Volleyball BC

Jan 16 – Mar 13	W	3:45 PM-4:45 PM
645713		$128.00/8 sess
Apr 10 – Jun 19	W	3:45 PM-4:45 PM
653215		$160.00/10 sess
Jan 16 – Mar 13	W	4:45 PM-4:45 PM
653213		$128.00/8 sess
Apr 10 – Jun 19	W	4:45 PM-4:45 PM
653218		$160.00/10 sess



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

Youth Sports

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

Youth sports are all drop-in!

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

Please bring ID (school card is accepted.)

Games Room

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

For the latest updates, follow Mount Pleasant Youth Programs on **Instagram** **@mountpleasantccyouth**



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: transgender creative, and Two-Spirit youth.

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

Day Camp

Youth Spring Camp Week 1
(9-15 yrs)
Instructor: Mount Pleasant Youth Leader

Mar 15 - Mar 19 M Tu W Th F 9:00 AM-3:00 PM
644739 $250.00/5 sess

Youth Spring Camp Week 2
(9-15 yrs)
Instructor: Mount Pleasant Youth Leader

Mar 22 - Mar 25 M Tu W Th 9:00 AM-3:00 PM
644740 $200.00/4 sess

Pro D Day Camp (Feb 12)
(9-15 yrs)
Instructor: Mount Pleasant Youth Leader

Feb 12 F 9:00 AM-3:00 PM
644732 $50.00/1 sess

Pro D Day Camp (Apr 19)
(9-15 yrs)
Instructor: Mount Pleasant Youth Leader

Apr 19 M 9:00 AM-3:00 PM
644733 $50.00/1 sess

Fitness & Health

Games Room • Family Time
(All Ages)
Instructor: No Instructor

Jan 04 - Apr 14 M W 2:00 PM-9:30 PM
644726 Free

Games Room Drop-in Youth
(8-18 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 08 - Apr 30 Th F 8:00 PM-9:30 PM
644727 Free

Social

Boys+ Group
(9-12 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 06 - Apr 28 W 3:30 PM-5:30 PM
644717 Free

Girls+ Group
(9-12 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 05 - Apr 27 Tu 3:30 PM-5:30 PM
644744 Free

Crochet Amigurumi
(8-12 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 09 - Feb 27 Sa 10:30 AM-12:30 PM
644718 $126.00/8 weeks
Mar 06 - Apr 24 Sa 10:30 AM-12:30 PM
644719 $126.00/8 weeks

Dungeons & Dragons
(10-12 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 09 - Feb 20 Sa 1:00 PM-3:00 PM
644720 $75.00/6 sess
Feb 27 - Apr 10 Sa 1:00 PM-3:00 PM
644721 $75.00/6 sess

(13-16 yrs)
Jan 09 - Feb 20 Sa 3:00 PM-5:00 PM
644722 $75.00/6 sess
Feb 27 - Apr 10 Sa 3:00 PM-5:00 PM
644723 $75.00/6 sess

(10-16 yrs)
Jan 04 - Feb 22 M 4:00 PM-6:00 PM
645942 $87.50/7 sess
Mar 01 - Apr 19 M 4:00 PM-6:00 PM
645944 $87.50/7 sess

Youth Community Kitchen
(9-15 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 07 - Feb 11 Th 3:30 PM-5:00 PM
644734 $108.00/6 sess
Feb 18 - Mar 25 Th 3:30 PM-5:00 PM
644735 $108.00/6 sess

Youth Social Night
(9-18 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 08 - Apr 30 F 6:00 PM-9:00 PM
644737 Free

Sports

Open Gym • Youth Volleyball
(9-18 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 07 - Apr 29 Th 3:30 PM-5:00 PM
644730 Free

Open Gym • Youth Basketball
(9-18 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 08 - Apr 30 F 3:30 PM-9:00 PM
644728 Free

Open Gym • Youth Volleyball
(9-18 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 08 - Apr 30 F 3:30 PM-9:00 PM
644729 Free

Youth Leadership

Preteen Leadership Club
(9-12 yrs)
Instructor: Mount Pleasant Youth Leader

Jan 08 - Apr 30 F 4:00 PM-5:00 PM
644731 Free

Youth Inspire! Youth Council
(13-18 yrs)
Instructor: Josephine Yao

Jan 08 - Apr 30 F 4:45 PM-5:45 PM
644736 Free

Youth Volunteer Orientation
(13-18 yrs)
Instructor: Josephine Yao

Feb 05 F 3:30 PM-5:30 PM
644738 Free

Art, Culture & Environment

Machine Sewing Beginner NEW
(8-12 yrs)
Instructor: Dorretha English

Jan 12 – Mar 9 Tu 3:30 PM-5:00 PM
646785 $180.00/9 sess
Jan 15 – Mar 12 F 3:30 PM-5:00 PM
652268 $180.00/9 sess

Adult Sewing Studio NEW
(16+ yrs)
Instructor: Dorretha English

Jan 12 – Feb 16 Tu 5:30 PM-7:30 PM
646788 $220.95/6 sess
Feb 23 – Mar 30 Tu 5:30 PM-7:30 PM
646789 $220.95/6 sess
Jan 12 – Feb 16 Tu 7:30 PM-9:30 PM
646882 $220.95/6 sess
Feb 23 – Mar 30 Tu 7:30 PM-9:30 PM
646883 $220.95/6 sess
Jan 15 – Feb 19 F 5:30 PM-7:30 PM
652263 $220.95/6 sess
Feb 26 – Apr 02 F 5:30 PM-7:30 PM
652265 $220.95/6 sess
Jan 15 – Feb 19 F 7:30 PM-9:30 PM
652266 $220.95/6 sess
Feb 26 – Apr 02 F 7:30 PM-9:30 PM
652266 $220.95/6 sess

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

WINTER 2027 MPCC YOUTH VOLUNTEER OPPORTUNITIES (13-18 years)

The Mount Pleasant Community Center is excited to welcome youth volunteers for our Winter 2027 programs and events! Volunteers will have the opportunity to help run seasonal programs, support special events, and build community. Whether you're looking to fulfill service hours, give back, or get involved in a fun and meaningful way — there's a place for you here!"



NAME	Brews for a Cause Baking	**DATE:**	Every Friday (Weekly Sign Up)
LOCATION:	MPCC Kitchen (2nd Floor)	**TIME:**	6:00PM-8:00PM



NAME	Brews for a Cause Fundraiser	**DATE:**	Every Saturday (Weekly Sign Up)
LOCATION:	MPCC Lobby	**TIME:**	9:00AM-1:00PM



NAME	Pancake Brunch	**DATE:**	Please reach out to CYW to sign up. (Limited Space)
LOCATION:	Mt. Pleasant Community Ctr	**TIME:**	9:30AM-1:30PM



NAME	Family Day Set Up	**DATE:**	Fri. February 12th
LOCATION:	Mt. Pleasant Community Ctr.	**TIME:**	3:30PM-6:30PM



NAME	Family Day Event	**DATE:**	Sat. February 13th
LOCATION:	Mt. Pleasant Community Ctr.	**TIME:**	9:00AM-1:30PM



NAME	Pink Shirt Day	**DATE:**	Wed. February 24th
LOCATION:	Mt. Pleasant Community Ctr	**TIME:**	3:30PM-5:30PM



NAME	SPRING CAMP Week 1	**DATE:**	Mar 15-Mar 19 (M-F)
LOCATION:	Mt. Pleasant Community Ctr	**TIME:**	8:30AM-3:30PM



NAME	SPRING CAMP Week 2	**DATE:**	Mar 22-Mar 25 (M-Th)
LOCATION:	Mt. Pleasant Community Ctr	**TIME:**	8:30AM-3:30PM



NAME	Bounce with Bunny Set Up	**DATE:**	Fri. March 19th
LOCATION:	Mt Pleasant Community Ctr	**TIME:**	3:30PM-6:30PM



NAME	Bounce with Bunny Event	**DATE:**	Sat. March 20th
LOCATION:	Mt Pleasant Community Ctr	**TIME:**	9:00AM-1:30PM

Sign up for volunteer opportunities by scanning the QR code and completing the form.

All volunteers must attend at least one mandatory orientation this year (Fall 2026 - Spring 2027)

The next youth orientation is on **Friday, February 5th 3:30pm-5:00pm.** Please register at the front desk: **Youth Volunteer Orientation - #644738**

For more information, please reach out to the Community Youth Worker:
Email: josephine.yao@vancouver.ca | **Phone:** 604.257.3069



1 Kingsway, Vancouver BC V5T 3H7 | P: 604.257.3080
www.mountpleasantcc.ca | mtpleasantcc@vancouver.ca

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

Adult Sports



VIEW ONLINE AT VANREC.CA

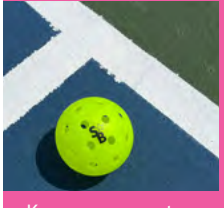
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pickleball (19+ yrs) 1:15 PM-3:15 PM	**Indoor Soccer** (19+ yrs) 7:45 PM-9:45 PM	**Pickleball** (19+ yrs) 7:30 AM-9:00 AM	**Pickleball** (19+ yrs) 1:15 PM-3:15 PM	**Pickleball** (19+ yrs) 7:30 AM-8:45 AM	**Seniors Indoor Soccer** (55+ yrs) 8:00 AM-9:00 AM	**Basketball** (19+ yrs) 3:45 PM-5:45 PM
Volleyball (19+ yrs)		**Seniors Badminton** (55+ yrs) 1:15 PM-3:15 PM	**Badminton** (19+ yrs) 7:45 PM-9:45 PM			
		Basketball (19+ yrs) 7:45 PM-9:45 PM				

No program on Statutory Holidays

Sports Registration Procedures

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

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.

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

Art, Culture & Environment

Intermediate Bellydance: Drills+Combos
(16+ yrs)
Instructor: Rahel Claman

Jan 11 - Mar 08	M	6:15 PM-7:30 PM
642962		$185.00/8 sess
Mar 15 - May 17	M	6:15 PM-7:30 PM
643739		$208.00/9 sess

Beginner Bellydance
(16+ yrs)
Instructor: Rahel Claman

Jan 11 - Mar 08	M	7:45 PM-9:00 PM
642934		$185.00/8 sess
Mar 15 - May 17	M	7:45 PM-9:00 PM
643738		$208.00/9 sess

Dance Dance Party Party
(16+ yrs)
Instructor: Jane Nunnikhoven

Jan 05	Tu	8:00 PM-9:00 PM
642950		FREE
Jan 12 - Feb 23	Tu	8:00 PM-9:00 PM
642948		$44.00/7 sess
Mar 02 - Apr 27	Tu	8:00 PM-9:00 PM
642949		$56.50/9 sess

Embodied Movement
(16+ yrs) • New Time
Instructor: Zoe Jordan

Feb 17 - Mar 31	W	7:30PM-9:00PM
642955		$126.00/7 sess
Apr 07 - May 26	W	7:30 PM-9:00 PM
642956		$126.00/7 sess

How To Draw Like an Architect
(18+ yrs)
Instructor: Mohammad Reza Atashzad

Jan 06 - Feb 24	W	6:00 PM-7:30 PM
642960		$185.00/8 sess
Mar 03 - Apr 28	W	6:00 PM-7:30 PM
642961		$208.00/9 sess

Watercolour Painting
(18+ yrs)
Instructor: Mohammad Reza Atashzad

Jan 06 - Feb 24	W	7:30 PM-9:30 PM
643120		$269.00/8 sess
Mar 03 - Apr 28	W	7:30 PM-9:30 PM
643121		$302.50/9 sess

Beginners Digital Photography
(16+ yrs)
Instructor: Michael Markowsky

Jan 20 - Feb 17	W	6:00 PM-8:00 PM
642937		$135.50/5 sess
Mar 31 - Apr 28	W	6:00 PM-8:00 PM
642936		$135.50/5 sess

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

Jan 29 - Mar 05	F	5:00 PM-7:00 PM
642929		$135.50/5 sess

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

Apr 02 - Apr 30	F	5:00 PM-7:00 PM
642933		$135.50/5 sess

Acrylic Painting & Drawing Basics: Flowers & Still Lifes
(16+ yrs)
Instructor: Michael Markowsky

Jan 24 - Feb 28	Su	12:30 PM-2:30 PM
642912		$135.50/5 sess
Apr 04 - May 02	Su	3:00 PM-5:00 PM
642911		$135.50/5 sess

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

Apr 04 - May 02	Su	10:00 AM-12:00 PM
642914		$135.50/5 sess
Jan 24 - Feb 28	Su	3:00 PM-5:00 PM
642915		$135.50/5 sess

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

Jan 24 - Feb 28	Su	10:00 AM-12:00 PM
642918		$135.50/5 sess
Apr 04 - May 02	Su	12:30 PM-2:30 PM
642917		$135.50/5 sess

Basic Drawing Open Studio: "Request a Sketch!" NEW
(16+ yrs)
Instructor: Michael Markowsky

Jan 29 - Mar 05	F	7:30 PM-9:30 PM
642931		$135.50/5 sess
Apr 02 - Apr 30	F	7:30 PM-9:30 PM
642928		$135.50/5 sess

Crochet Mondays
(18+yrs)

A Little Bunny

Jan 11 - Jan 18	M	6:30PM-8:30PM
546224		$91.35/2 sess

Spring Openwork Crochet Scarf

Feb 8 - Mar 8	M	6:30PM-8:30PM
646222		$210/4 sess

A Duck

Mar 15 - Apr 12	M	6:30PM-8:30PM
646225		$180.60/4 sess

A Small Granny Stitch Bag

Apr 19 - Apr 26		6:30PM-8:30PM
653973		$90.30/2 sess

Crochet Saturdays
(18+ yrs)

A Cute Cat

Jan 9 - Jan 23	Sa	1:00 pm-3:00pm
653979		$135.45/3 sess

A Mesh Triangle Scarf

Feb 20 - Mar 6	Sa	1:00PM-3:00PM
653982		$157.50/3 sess

A Rabbit

Mar 13 - Apr 10	Sa	1:00PM-3:00PM
653958		$180.60/4 sess

A Mushroom

Apr 17 - Apr 24	Sa	1:00PM-3:00PM
653958		$91.35/2 sess

Education

Baby Sign Language
(0-2 yrs)
Instructor: Into Yoga

Jan 12 - Feb 09	Tu	11:15 AM-12:00 PM
642925		$81.00/5 sess
Apr 13 - May 11	Tu	11:15 AM-12:00 PM
643737		$81.00/5 sess

Japanese: Beginner II NEW
(16+ yrs)
Instructor: Eri Ito

Jan 28 - Apr 01	Th	7:00 PM-9:00 PM
642968		$215.50/10 sess

Spanish Adult Beginner 1
(16+ yrs)
Instructor: Eliana Rolando

Jan 11 - Mar 22	M	5:30 PM-7:00 PM
646146		$194.25/10 sess

Spanish Adult Intermediate
(16+ yrs)
Instructor: Eliana Rolando

Jan 11 - Mar 22	M	8:30 PM-9:45 PM
646147		$194.25/10 sess

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

Education, cont'd

Spanish Adult Level 2
(16+ yrs)
Instructor: Eliana Rolando

Jan 11 - Mar 22	M	7:00 PM-8:30 PM
646148		$194.25/11 sess

Adult Sewing Studio NEW
(16+ yrs)
Instructor: Dorretha English

Jan 12 – Feb 16	Tu	5:30 PM-7:30 PM
646788		$220.95/6 sess
Feb 23 – Mar 30	Tu	5:30 PM-7:30 PM
646789		$220.95/6 sess
Jan 12 – Feb 16	Tu	7:30 PM-9:30 PM
646882		$220.95/6 sess
Feb 23 – Mar 30	Tu	7:30 PM-9:30 PM
646883		$220.95/6 sess
Jan 15 – Feb 19	F	5:30 PM-7:30 PM
652263		$220.95/6 sess
Feb 26 – Apr 02	F	5:30 PM-7:30 PM
652265		$220.95/6 sess
Jan 15 – Feb 19	F	7:30 PM-9:30 PM
652266		$220.95/6 sess
Feb 26 – Apr 02	F	7:30 PM-9:30 PM
652266		$220.95/6 sess

Fitness & Health

Iyengar Yoga All Levels
(16+ yrs)
Instructor: Christine Rondeau

Jan 05 - Feb 23	Tu	10:00 AM-11:30 AM
642964		$168.00/8 sess
Mar 02 - Apr 27	Tu	10:00 AM-11:30 AM
644049		$168.00/8 sess

Yoga for Beginners
(16+ yrs)
Instructor: Shona Cekelis

Jan 05 - Feb 23	Tu	5:45 PM-7:15 PM
643122		$101.00/8 sess
Mar 02 - Apr 20	Tu	5:45 PM-7:15 PM
643123		$88.00/7 sess

Yoga4Stiff Guys: All Levels
(16+ yrs)
Instructor: Yoga4Stiff People

Jan 12 - Mar 02	Tu	8:30 PM-9:30 PM
643124		$117.50/8 sess
Jan 14 - Mar 04	Th	8:30 PM-9:30 PM
643125		$117.50/8 sess
Mar 09 - Apr 27	Tu	8:30 PM-9:30 PM
643126		$117.50/8 sess
Mar 11 - Apr 29	Th	8:30 PM-9:30 PM
643127		$117.50/8 sess

Iyengar Yoga Mixed level
(16+ yrs)
Instructor: Siobhan Sloane-Seale

Jan 06 - Jan 06	W	9:00 AM-10:30 AM
642967		FREE TRIAL
Jan 13 - Feb 24	W	9:00 AM-10:30 AM
642965		$132.00/7 sess
Mar 03 - Apr 28	W	9:00 AM-10:30 AM
642966		$151.00/8 sess

Hatha Yoga: Intermediate
(16+ yrs)
Instructor: Shona Cekelis

Jan 06 - Feb 24	W	5:45 PM-7:15 PM
642957		$101.00/8 sess
Mar 03 - Apr 21	W	5:45 PM-7:15 PM
642958		$88.00/7 sess

Baby & Me Yoga
(16+ yrs)
Instructor: Laurence Sauve

Jan 07 - Feb 25	Th	11:30 AM-12:30 PM
642923		$151.00/8 sess
Mar 04 - Apr 29	Th	11:30 AM-12:30 PM
642924		$170.00/9 sess

Prenatal Yoga & Meditation
(16+ yrs)
Instructor: Liza Randolph Hunwick

Jan 14 - Feb 25	Th	6:30PM-7:45PM
643114		$126/7 sess

Pilates + Somatics
(16+ yrs)
Instructor: Alannah Lori

Jan 11 - Mar 01	M	7:00 PM-8:00 PM
643106		$86.50/7 sess
Mar 08 - Apr 26	M	7:00 PM-8:00 PM
643107		$86.50/7 sess

Barre Pilates
(16+ yrs)
Instructor: Alesya Bogaevskaya

Jan 12 - Feb 23	Tu	5:45 PM-6:45 PM
642927		$117.50/7 sess
Mar 02 - Apr 27	Tu	5:45 PM-6:45 PM
642926		$151.00/9 sess

Pilates
(16+ yrs)
Instructor: Into Yoga

Jan 14 - Mar 04	Th	9:30 AM-10:30 AM
643102		$129.50/8 sess
Mar 11 - Apr 29	Th	9:30 AM-10:30 AM
643103		$129.50/8 sess

Pilates Essentials
(16+ yrs) • New Time
Instructor: Ramaika Fakhr

Jan 09 - Feb 27	Sa	9:00 AM-10:00 AM
643104		$117.50/8 sess
Mar 06 - May 01	Sa	9:00 AM-10:00 AM
643105		$117.50/8 sess

Step and Core
(16+ yrs)
Instructor: Kristiina Oinonen

Jan 05 - Apr 27	Tu	5:30 PM-6:25 PM
643118		$7.00/17 sess

Step and Strength
(16+ yrs)
Instructor: Marilyn Wittmann

Jan 06 - Apr 28	W	6:30 PM-7:30 PM
643119		$7.00/17 sess

Functionally Fit
(16+ yrs)
Instructor: Tracy Ross

Jan 07 - Apr 29	Th	5:30 PM-6:25 PM
642959		$7.00/17 sess

Zumba
(16+ yrs)
Instructor: Zumba Vancouver

Jan 07 - Feb 25	Th	6:30 PM-7:30 PM
643128		$113.50/8 sess
Mar 04 - Apr 29	Th	6:30 PM-7:30 PM
643129		$127.50/9 sess

Refunds

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

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Martial Arts

Kickboxing
(19+ yrs) • New Time
Instructor: Ian Popoff

Jan 04 - Feb 22	M	6:00 PM-7:00 PM
642969		$110.50/7 sess
Mar 01 - Apr 26	M	6:00 PM-7:00 PM
642970		$126.00/8 sess

Boxing
(19+ yrs) • New Time
Instructor: Ian Popoff

Jan 04 - Feb 22	M	7:00 PM-8:00 PM
642938		$110.50/7 sess
Mar 01 - Apr 26	M	7:00 PM-8:00 PM
642939		$126.00/8 sess

Kung Fu: Choy Lee Fat
(14+ yrs)
Instructor: Kung Fu Club CLF

Jan 06 - Feb 26	W F	6:00 PM-7:15 PM
642971		$96.00/16 sess
Mar 03 - Apr 30	W F	6:00 PM-7:15 PM
642972		$102.00/17 sess

Chen's Tai Chi: Introduction
(16+ yrs)
Instructor: Kung Fu Club CLF

Jan 10 - Feb 28	Su	10:30 AM-11:30 AM
642942		$61.00/7 sess
Mar 07 - Apr 25	Su	10:30 AM-11:30 AM
642943		$61.00/7 sess

Chen's Tai Chi: Old Frame
(16+ yrs)
Instructor: Kung Fu Club CLF

Jan 10 - Feb 28	Su	9:30 AM-10:30 AM
642944		$61.00/7 sess
Mar 07 - Apr 25	Su	9:30 AM-10:30 AM
643782		$61.00/7 sess

Tae Kwon Do Adults
(16+ yrs)
Instructor: Master Michael Ellis

Jan 10 – Mar 07	Su	1:15 PM-2:15 PM
645712		$96.75/8 sess
Apr 04 – Jun 27	Su	1:15 PM-2:15 PM
646054		$145.00/12 sess

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Social

Community Board Games
(16+ yrs)
Instructor: Scott Glasgow

Jan 10 - Apr 25	Su	3:00 PM-5:45 PM
642947		$3.00/9 sess

Dungeons & Dragons
(16+ yrs) • New Time
Instructor: Wake Cook

Jan 07 - Feb 25	Th	8:05 PM-9:35 PM
642953		$168.00/8 sess
Mar 04 - Apr 29	Th	8:05 PM-9:35 PM
642954		$189.00/9 sess

Sports

Pickleball Jamboree Soft Game Edition 3.0+ with Instruction
(16+ yrs)
Instructor: Chris Koentges

Jan 18 - Apr 19	M	7:30 AM-9:00 AM
643100		$155.00/10 sess

PIP Pickleball Instruction: Beginner
(16+ yrs)
Instructor: Paradise Island Pickleball

Mar 01 - Apr 26	M	6:15 PM-7:30 PM
643108		$175.50/8 sess

PIP Pickleball Instruction: Not Quite Intermediate
(16+ yrs)
Instructor: Paradise Island Pickleball

Jan 11 - Feb 22	M	6:15 PM-7:30 PM
643109		$131.50/6 sess

Pickleball Jamboree Jumble Edition (3.75+ with instruction)
(16+ yrs)
Instructor: Chris Koentges

Jan 12 - Apr 20	Tu	7:00 AM-8:30 AM
643099		$187.50/13 sess

Unglamorous Reps for Committed Players (3.5+)
(16+ yrs)
Instructor: Chris Koentges

Jan 14 - Apr 15	Th	7:00 AM-8:30 AM
643101		$164.50/11 sess

Pickleball Fitness Conditioning
(18+ yrs)
Instructor: Tonya Allen

Jan 07 - Feb 25	Tu Th	6:30 AM-7:30 AM
646397		$220.50/15 sess
Mar 02 - Apr 22	Tu Th	6:30 AM-7:30 AM
646398		$235.20/16 sess

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

Jan 13 - Feb 10	W	4:45 PM-6:00 PM
646811		$256.00/5 sess
Mar 31 - Apr 28	W	4:45 PM-6:00 PM
646812		$256.00/5 sess

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

Jan 10 - Feb 07	Su	1:00 PM-2:15 PM
646817		$256.00/5 sess
Feb 14 - Mar 21	Su	1:00 PM-2:15 PM
646818		$307.25/6 sess

Summer Smash Tennis: Adult Beginner+ (1.5)
(18+ yrs)
Instructor: Summer Smash Tennis

Jan 10 - Feb 07	Su	2:15 PM-3:30 PM
646819		$269.25/5 sess
Feb 17 - Mar 24	W	4:45 PM-6:00 PM
646813		$307.25/6 sess
Apr 04 - Apr 25	Su	1:00 PM-2:15 PM
646824		$215.25/4 sess

Summer Smash Tennis: Adult Beginner++ (2.0)
(18+ yrs)
Instructor: Summer Smash Tennis

Jan 11 - Feb 08	M	4:45 PM-6:00 PM
646805		$382.00/5 sess
Feb 14 - Mar 21	Su	2:15 PM-3:30 PM
646827		$323.00/6 sess
Apr 04 - Apr 25	Su	2:15 PM-3:30 PM
646830		$323.00/4 sess

Summer Smash Tennis: Adult Intermediate (2.5-3.0)
(18+ yrs)
Instructor: Summer Smash Tennis

Feb 22 - Mar 22	M	4:45 PM-6:00 PM
646806		$256.00/5 sess
Apr 05 - Apr 26	M	4:45 PM-6:00 PM
646807		$204.75/4 sess

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Special Events

Lunar New Year Celebration
(50+ yrs)

Feb 15	M	11:30 AM-3:30 PM
642834		$25.00/1 sess

International Line Dance Social
(19+ yrs)
Instructor: Regina Chen

Jan 31 - Jan 31	Su	1:00 PM-5:30 PM
645782		$13.00/1 sess
Feb 28 - Feb 28	Su	1:00 PM-5:30 PM
645781		$13.00/1 sess
Mar 28 - Mar 28	Su	1:00 PM-5:30 PM
645783		$13.00/1 sess
Apr 25 - Apr 25	Su	1:00 PM-5:30 PM
645784		$13.00/1 sess

Art, Culture & Environment

International Line Dancing: Beginner
(55+yrs)
Instructor: Regina Chen

Jan 04 - Feb 22	M	1:00 PM-2:30 PM
643980		$52.50/7 sess
Mar 01 - Apr 26	M	1:00 PM-2:30 PM
643984		$67.50/9 sess

International Line Dancing: Improver
(55+yrs)
Instructor: Regina Chen

Jan 07 - Feb 25	Th	12:45 PM-2:15 PM
644060		$62.00/8 sess
Mar 04 - Apr 29	Th	12:45 PM-2:15 PM
644061		$67.50/9 sess

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

Jan 10 - Feb 21	Su	1:00 PM-2:30 PM
644064		$37.50/5 sess
Mar 07 - Apr 18	Su	1:00 PM-2:30 PM
644065		$45.00/6 sess

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

Jan 10 - Feb 21	Su	2:45 PM-4:15 PM
644066		$37.50/5 sess
Mar 07 - Apr 18	Su	2:45 PM-4:15 PM
644068		$45.00/6 sess

Line Dance with Lisa: Intermediate
(55+yrs)
Instructor: Lisa Dong

Jan 05 - Feb 23	Tu	10:30 AM-12:00 PM
643663		$48.00/8 sess
Mar 02 - Apr 27	Tu	10:30 AM-12:00 PM
643664		$48.00/8 sess

Line Dance with Lisa: Advanced
(55+yrs)
Instructor: Lisa Dong

Jan 08 - Feb 26	F	1:00 PM-2:30 PM
643660		$48.00/8 sess
Mar 05 - Apr 23	F	1:00 PM-2:30 PM
643662		$42.00/7 sess

Line Dance: All Levels
(55+yrs)
Instructor: Yok Yip Tang

Jan 06 - Feb 24	W	1:00 PM-2:30 PM
643656		$40.00/8 sess
Mar 03 - Apr 28	W	1:00 PM-2:30 PM
643657		$45.00/9 sess

Line Dance: All Levels
(55+yrs)
Instructor: Yok Yip Tang

Jan 09 - Feb 27	Sa	1:00 PM-2:30 PM
643658		$40.00/8 sess
Mar 06 - Apr 24	Sa	1:00 PM-2:30 PM
643659		$40.00/8 sess

Seniors Social Line Dance for High Beginner
(55+yrs)
Instructor: Henry Mo

Jan 09 - Feb 27	Sa	10:15 AM-11:45 AM
643666		$35.00/7 sess
Mar 06 - Apr 24	Sa	10:15 AM-11:45 AM
643667		$35.00/7 sess

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

Jan 05 - Apr 27	Tu	1:15 PM-3:15 PM
643665		$2.25/sess

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

Jan 08 - Feb 26	F	10:00 AM-10:45 AM
643654		$104.00/8 sess
Mar 05 - Apr 23	F	10:00 AM-10:45 AM
643655		$91.00/7 sess

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

Jan 08 - Feb 26	F	11:00 AM-11:45 AM
643652		$104.00/8 sess
Mar 05 - Apr 23	F	11:00 AM-11:45 AM
643653		$91.00/7 sess

Fitness & Health

Zumba Gold Beginner
(45+ yrs)
Instructor: Roslyn Bauyon

Jan 06 - Feb 24	W	3:30 PM-4:30 PM
644106		$56.00/8 sess
Mar 03 - Apr 28	W	3:30 PM-4:30 PM
644107		$49.00/7 sess

Zumba Gold Beginner
(45+ yrs)
Instructor: Roslyn Bauyon

Jan 08 - Feb 26	F	3:15 PM-4:15 PM
644108		$56.00/8 sess
Mar 05 - Apr 30	F	3:15 PM-4:15 PM
644109		$49.00/7 sess

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Fitness & Health, cont'd

Arts & Health Beading
(19+ yrs)
Instructor: Salisha Old Bull

Jan 30 - May 29	Sa	9:30 AM-11:30 AM
644357		$0.00/13 sess

Osteofit • Sit, Stand and Stabilize
(55+ yrs)
Instructor: Alexa Uhrich

Jan 05 - Feb 23	Tu	1:45 PM-2:45 PM
643097		$56.00/8 sess
Mar 02 - Apr 27	Tu	1:45 PM-2:45 PM
643098		$63.00/9 sess

Active Aging
(55+ yrs)
Instructor: Gail Dibernardo

Jan 04 - Feb 22	M	11:15 AM-12:15 PM
642921		$52.50/7 sess
Jan 06 - Feb 24	W	11:15 AM-12:15 PM
642919		$60.00/8 sess
Jan 08 - Feb 26	F	12:00 PM-1:00 PM
642920		$60.00/8 sess

Active Aging
(55+ yrs)
Instructor: Gail Dibernardo

Mar 01 - Apr 19	M	11:15 AM-12:15 PM
643734		$52.50/7 sess
Mar 03 - Apr 21	W	11:15 AM-12:15 PM
643735		$60.00/8 sess
Mar 05 - Apr 23	F	12:00 PM-1:00 PM
643736		$52.50/7 sess

Choose to Move
(55+ yrs)
Instructor: Mount Pleasant Neighbourhood House

Jan 15 - Apr 09	F	12:30 PM-1:30 PM
645998		$0.00/13 sess

Martial Arts

Mulan Martial Arts
(55+yrs)
Instructor: Wen Qing Xu

Feb 16 - Apr 20	Tu	1:30 PM-3:00 PM
644059		$22.00/11 sess

Cheng Man Ch'ing Tai Chi 37 Form: Intermediate
(55+yrs)
Instructor: Florence Shen

Mar 10 - Apr 28	W	10:15 AM-11:45 AM
644071		$98.00/7 sess

Cheng Man Ch'ing Tai Chi 37 Form: Beginner
(55+yrs)
Instructor: Florence Shen

Mar 12 - Apr 30	F	10:00 AM-11:30 AM
644074		$96.00/8 sess

Social

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

Feb 01 - Apr 26	M	10:00 AM-11:30 AM
644118		$26.00/13 sess

Seniors Multicultural Choir
(55+yrs)
Instructor: Andrew Huang

Jan 19 - Apr 27	Tu	9:45 AM-11:45 AM
643276		$28.00/14 sess

Canasta Card Games for Seniors
(55+yrs)

Jan 06 - Apr 21	W	1:00 PM-4:00 PM
642868		$10.00/16 sess

Mah Jong
(55+yrs)

Jan 06 - Apr 21	W	12:30 PM-3:30 PM
642869		$10.00/15 sess

Bridge
(55+ yrs)

Jan 05 - Apr 20	Tu	2:00PM-4:00PM
654939		$10/15 sess

Karaoke
(55+yrs)
Instructor: Halley Tang

Jan 20 - Feb 24	W	1:30 PM-4:30 PM
643279		$12.00/6 sess
Mar 03 - Apr 21	W	1:30 PM-4:30 PM
643280		$16.00/8 sess

Pancake Brunch for Seniors
(55+yrs)

Jan 16	Sa	10:30 AM-1:00 PM
643668		$5.50/1 sess
Feb 27	Sa	10:30 AM-1:00 PM
643669		$5.50/1 sess
Mar 13	Sa	10:30 AM-1:00 PM
643670		$5.50/1 sess
Apr 17	Sa	10:30 AM-1:00 PM
643671		$5.50/1 sess



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Workshops

Crochet Absolute Beginners
(18+yrs)

Crochet Heart Workshop

Jan 2 - Jan 2	Sa	1:00pm-3:00pm
653976		$47.25

Crochet Little House Workshop

Jan 4 - Jan 4	M	6:30PM-8:30PM
653957		$47.25

Crochet Beginner 2
(18+ yrs)

Crochet Rose

Jan 25 - Feb 1	M	6:30PM-8:30PM
646219		$90.30/2 sess

Crochet a Cell Phone Bag

Jan 30 - Feb 6	Sa	1:00PM-3:30PM
653981		$92.40/2 sess

Practical Newborn Care Class
(16+ yrs)

Instructor: Debra Woods

Feb 06 - Feb 06	Sa	10:00 AM-12:00 PM
643112		$100.00/1 sess
Apr 10 - Apr 10	Sa	10:00 AM-12:00 PM
643113		$100.00/1 sess

Planning for Illness, Medical Emergencies and the Unexpected
(19+ yrs)

Instructor: TBA Instructor

Feb 11 - Feb 11	Th	10:00 AM-12:00 PM
643110		$41.00/1 sess
Mar 06 - Mar 06	Sa	10:00 AM-12:00 PM
643111		$41.00/1 sess

Rug Hooking Workshop
(16+ yrs)

Instructor: TBA Instructor

Mar 27 - Mar 27	Sa	9:30 AM-12:30 PM
646226		$68.50/1 sess
Apr 24 - Apr 24	Sa	9:30 AM-12:30 PM
646227		$68.50/1 sess

Coptic Bookbinding
(19+ yrs)

Instructor: Suzan Lee

Apr 18 - Apr 18	Su	10:30 AM-1:30 PM
645384		$78.50/1 sess

Hong Kong-Style Bread Lab
(19+ yrs)

Instructor: Abraham Wong

Jan 05 - Jan 05	Tu	6:30 PM-8:30 PM
642975		$78.75/2 sess



Nin Go & Lo Bak Go
(19+ yrs)

Instructor: Abraham Wong

Jan 30 - Jan 30	Sa	10:00 AM-12:00 PM
646231		$78.75/2 sess

Tiny Tot Kitchen with Bubu
(2-5 yrs)

Instructor: Abraham Wong

Jan 09 - Jan 09	Sa	9:00 AM-10:30 AM
646508		$78.75/2 sess

Tiny Tot Kitchen with Bubu
(2-5 yrs)

Instructor: Abraham Wong

Jan 09 - Jan 09	Sa	11:00 AM-12:30 PM
646509		$78.75/2 sess

Valentine's Wellington for Two
(19+ yrs)

Feb 13 - Feb 13	Sa	9:30 AM-11:30 AM
646235		$131.25/2 sess

Fresh Pasta Kitchen: Three Sauces
(19+ yrs)

Instructor: Abraham Wong

Mar 20 - Mar 20	Sa	10:30 AM-1:30 PM
646368		$78.75/2 sess

Stuffed Bagel Lab: Three Ways
(19+ yrs)

Instructor: Abraham Wong

Mar 27 - Mar 27	Sa	2:30 PM-5:30 PM
646238		$78.750/2 sess

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Refunds

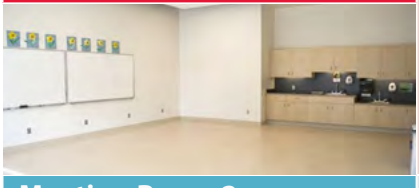
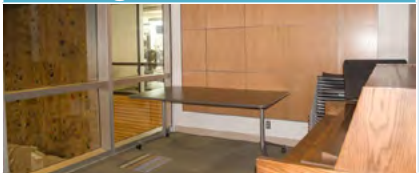
Special events, one day workshops, out trips, specialty camps, and outdoor programs require a minimum of 7 days notice for a refund and must be requested in-person or by phone.There is an administrative charge of $3 for all refund requests. Please contact us at 604 257 3080 ext. 1 or visit 1 Kingsway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

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Room Rentals • Online Facility Reservations

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

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

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

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

Additional Information

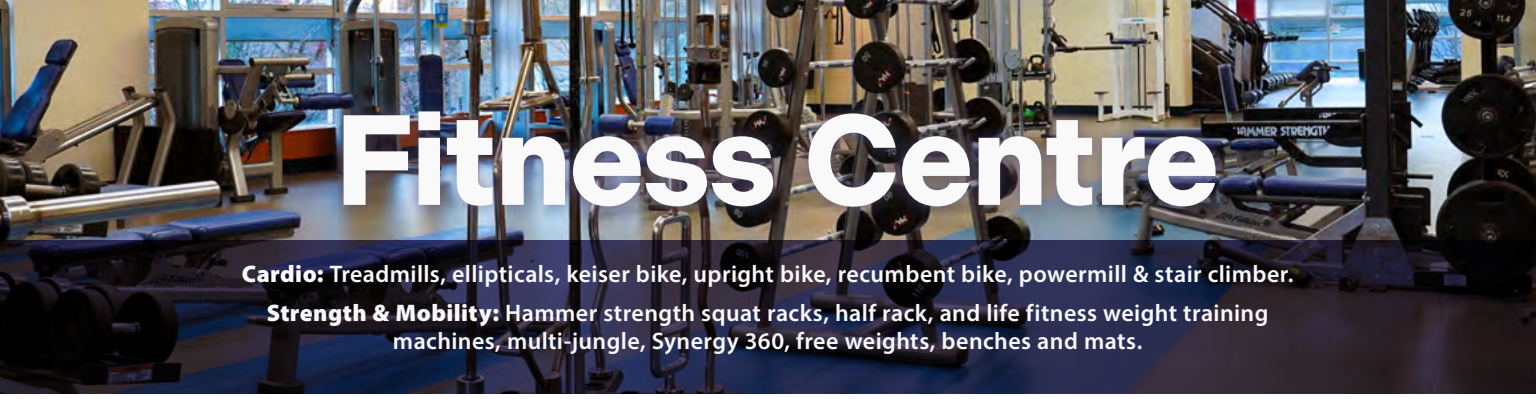
Staffing and Equipment may be charged in addition to the room rates and are determined by the specific needs and nature of the event. More Information about these rooms are available upon request.

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

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

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

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



Fitness Centre

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

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

Hours of Operation

Monday-Friday 6:00am-10:00pm
Saturday 8:00am-6:00pm
Sunday/Holidays 9:00am-6:00pm

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

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

Fitness Centre Rates

Prices do not include GST	Adults (19-64)	Seniors (65+)	Youth (13-18)
Drop-in	$7.93	$5.55	$5.55
10 Visit Pass	$71.37	$49.95	$49.95
Flexipass Membership (Access to all Vancouver Parks & Recreation Fitness Centres & Pools)			
1 Month	$64.15	$44.91	$44.91
3 Months	$173.21	$121.25	$121.25
12 Months	$554.26	$387.98	$387.98

Prices are subject to change without notice.

Get Started: Fitness Centre Orientation

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

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

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

Personal & Semi-Private Training

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

Package	Private (1 person)	Semi-Private (2 people)
1 sess	$65.98	$98.93
3 sess	$182.83	$274.29
5 sess	$294.07	$452.85
10 sess	$527.90	$841.00

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

VANCOUVER BOARD OF PARKS AND RECREATION

MOUNT PLEASANT COMMUNITY CENTRE

Fitness Centre Workshops

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

Please check our fitness centre workshops at www.vancouver.ca • Activity search: *Vancouver Recreation*

1. Filter the location using the "Where" tab and select the name of the community centre, then click "Apply"
2. Search by keyword: "Fitness Centre Workshop" then click "Search"

Winter 2027	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9:00–9:30am		Trap Bar • Feb 2 Ski Erg • Mar 2 Barbells • Mar 30		Smith Machine • Jan 21 TRX • Feb 18 Bosu Ball •Mar 18		**Assisted Dip/Chin** Jan 30 Feb 27 Mar 27	
2:00–2:30pm							**Squats** Jan 24 Feb 21 Mar 21
7:00–8:00pm	**Kettleballs** Jan 11 Feb 8 Mar 8	**Dual Pulley** Jan 26 Feb 23 Mar 23	**Foam Roller** Jan 13 Feb 10 Mar 10	**Landmine** Jan 28 Feb 25 Mar 25	**Deadlifts** Jan 15 Feb 12 Mar 12		

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



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Mount Pleasant Branch
Phone 604.665.3962

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