

2022  
**SPRING &  
SUMMER**

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# PROGRAM GUIDE

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Recreation Programs at the  
Wesbrook Community Centre &  
Old Barn Community Centre



**UNA**

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION



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V6T 0C7

Phone number:

(604) 867-1088

Business hours:

11am - 6pm

# PROGRAM GUIDE

## REGISTER ONLINE

**Monday, March 14, 2022 at 9:00 AM**

View our Program Guide to find the program you want! You can then use the course number to register online directly, at [www.myuna.ca](http://www.myuna.ca)

## REGISTER IN PERSON

**Monday, March 14, 2022 at 9:00 AM**

Come to Wesbrook Community Centre or Old Barn Community Centre to register for your programs in person the good old fashioned way!

**OLD BARN COMMUNITY CENTRE**  
6308 THUNDERBIRD BLVD

**WESBROOK COMMUNITY CENTRE**  
3335 WEBBER LANE

## REGISTER BY PHONE

**Monday, March 14, 2022 at 9:00 AM**

Call one of our community centres and let us assist you in registering for your programs.

**OLD BARN COMMUNITY CENTRE**  
604.827.4469

**WESBROOK COMMUNITY CENTRE**  
604.822.4227

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# RECREATION POLICIES

## Welcome to Wesbrook and the Old Barn Community Centres.

For the spring and summer of 2022, we are bringing you programs and instructors that you've enjoyed in the past, and we are adding exciting new programs and events for you and your family. This Program Guide will provide all the information you need to access the recreation activities at both community centres.

Compliance with the Government of BC's COVID-19 safety guidelines is important to us, please visit [myuna.ca/recreation-policies](https://myuna.ca/recreation-policies) for the latest safety information.

## CODE OF CONDUCT

Treat each other with respect, courtesy, fairness, and equality.

- Respect everyone regardless of diversity or ability.
- Use the facility and equipment in a safe and appropriate way.

See the full Code of Conduct Policy on our website for more information.

## REGISTRATION, FEES AND DISCOUNTS

- Program registration is on a first come, first served basis. Fees are payable at the time of registration.
- Register early. Popular programs fill up quickly. Registration will continue until courses are full.
- Individuals living in the UNA neighbourhoods are eligible to receive a resident discount on most programs.
- UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are also eligible to receive a discount on most programs.
- Drop-in fees must be paid before each class and the receipt must be provided to the instructor.

## REFUNDS, CANCELLATIONS & PROGRAM CHANGES

- Programs are subject to change without notice.
- Refunds will be prorated accordingly and processed within 14 days.
- Refund requests due to illness may require a medical note. If your child is feeling unwell, please email [programs@myuna.ca](mailto:programs@myuna.ca) immediately. Retroactive refunds will not be considered.
- Refund requests can be made in person at the community centres, by phoning 604-827-4469 or 604-822-4227, or by emailing [programs@myuna.ca](mailto:programs@myuna.ca)

Activity	Cancellation Deadline to Receive a Refund	Non-Refundable Processing Fee
Multi-class programs	Within the first hour after the second class	\$10
Single Day Programs (single day camp, events, workshops, lectures)	Five days prior to the day of the camp/ program	\$10
Multi-Day Camps	Five days prior to the first day of camp	\$10
Events cancelled by the UNA	-	Full refund
Classes cancelled or changed by the UNA	-	Full refund for applicable class(es)







### **DROP-IN SPORT PROCEDURES**

- Registered participants have first priority.
- Registered participants have up to 10 minutes after the program start time to show up. All no-show spots at that time will be sold to others.
- Sign-up for the drop-in list must be done **IN PERSON** and begins 30 minutes before the program begins.
- Each participant may put down at most two names (their own, plus one more).

### **CASUAL ROOM USE**

Members of the community are allowed limited access to music studio, dance studio or gym when these spaces are free from programs or bookings. Users must be 13 and older and are required to leave their valid ID at the Front Desk to get access to the room.

Maximum use is two hours a day at \$3/person/hour.

No food or drink is allowed in the room. The users must keep the room clean and are responsible for any damage incurred due to the use of the room.

UNA staff reserve the right to make changes to the room schedules.

For group meetings or activities, we encourage members to use the common spaces at both community centres or rent a room by emailing **[bookings@myuna.ca](mailto:bookings@myuna.ca)**.

### **COMMUNITY SPACES**

The common areas at the community centres are for community members to socialize, meet family members or friends, read or relax. They are not for private events. The common areas at Wesbrook Community Centre include the lounge, hallways, the Senior and Teen Centre, and splash pad. The common areas at the Old Barn Community Centre include the living room, the John Young room and the second floor foyer. Private tutoring or other activities for which a fee is charged are not allowed in the common areas. These areas are also not intended for anyone to establish the space as a permanent location for their activities or operations. These spaces may be reserved for UNA programs or events.

# LOCATIONS & HOURS



## Wesbrook Community Centre

3335 Webber Lane  
Vancouver, BC, V6S 0H3  
604.822.4227

### HOURS OF OPERATION

8:30 a.m. to 10:00 p.m. Monday to Thursday  
8:30 a.m. to 8:30 p.m. Friday  
8:30 a.m. to 6:00 p.m. Weekends  
10:00 a.m. to 4:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Thursday  
6:00 a.m. to 8:30 p.m. Friday  
8:30 a.m. to 6:00 p.m. Weekends  
10:00 a.m. to 4:00 p.m. Holidays



## Old Barn Community Centre

6308 Thunderbird Blvd  
Vancouver, BC, V6T 1Z4  
604.827.4469

### HOURS OF OPERATION

7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 4:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION

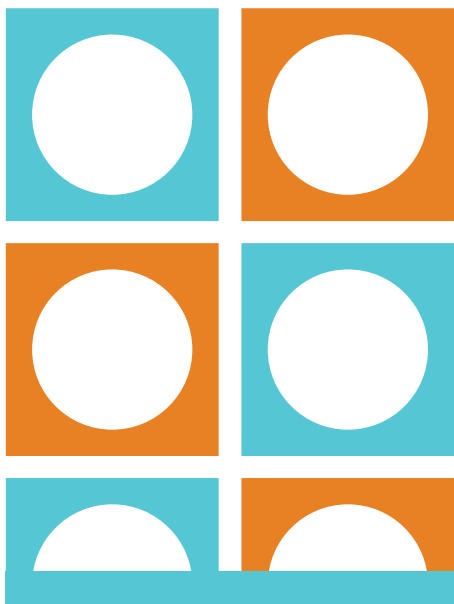
7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 4:00 p.m. Holidays

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# OUR FOUNDATIONAL PRINCIPLES

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At the University Neighbourhoods Association (UNA), we stand by three Foundational Principles that guide the work that we do in all of our community centres and recreation services.



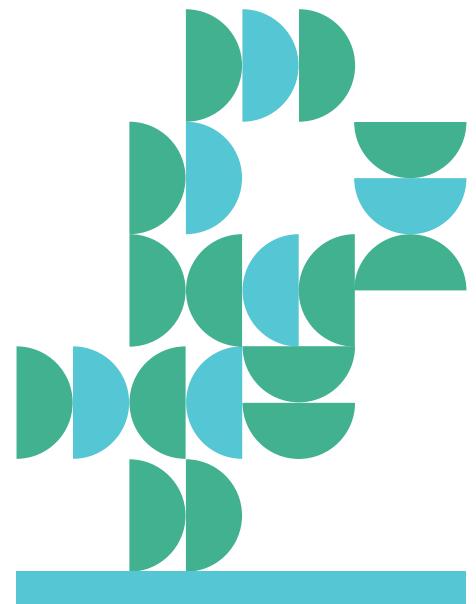
## Foster Well-being

We believe in nurturing our community's motivation, confidence, knowledge and understanding of the value of engaging in physical and wellness activities by providing access to a wide range of programs and events.



## Enrich Experience

We aim to deliver a high-quality experience for our community members through instructors and program content that inspire happiness, passion and creativity.



## Build Belonging

We strive to create a safe and inclusive environment that is conducive to building community, strengthening connections and cultivating a sense of belonging.

## ROOM RENTALS

Looking for space to host a meeting or event? **Wesbrook** and the **Old Barn Community Centres** have a variety of rooms with state-of-the-art audio/visual equipment and various accommodations to meet your needs.

**WORKSHOPS**  
**MEETINGS**  
**LECTURES**  
**SOCIAL GATHERINGS**  
**RECEPTIONS**  
**CELEBRATION OF LIFE**  
**BIRTHDAY PARTIES**  
**STRATA MEETINGS**  
**AND MORE!**

## OLD BARN

FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
Meeting Room 1	986 Sq Ft	60	\$60.00
Meeting Room 1 & 2	1711 Sq Ft	100	\$100.00
Meeting Room 2	725 Sq Ft	50	\$60.00





# WESBROOK

## ROOM RENTALS

ROOM #	FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
107	Art Room	936 Sq Ft	47	\$60.00
206	Board Room	410 Sq Ft	20	\$60.00
211	Dance Studio	990 Sq Ft	20	\$60.00
112	Gymnasium Full	904 Sq Ft	348	\$100.00
112E	Gymnasium East Half	3465 Sq Ft	174	\$80.00
112W	Gymnasium West Half	882 Sq Ft	174	\$80.00
201	Multi-Purpose Room	904 Sq Ft	60	\$80.00
114	Social Room	882 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	12	\$25.00
202	Studio B	258 Sq Ft	12	\$25.00

\*Room capacities may be reduced to comply with public health requirements.

- Rates listed include the room, tables and chairs, and AV equipment in applicable spaces. The rates **do not** include the price of any rental equipment or catering services.
- Processing time is two weeks. Please send booking inquiries ahead of time.
- Insurance liability must be purchased through Event Policy prior to your event taking place at either centre.
- Please include set-up and takedown time in your event time.
- A Special Occasions license must be obtained if you intend to serve alcohol at your event.
- An event assistant is available at an additional cost.

Visit our website to view pictures of the rooms, or contact us to make an appointment to view the spaces in person.

[myuna.ca/bookings](https://myuna.ca/bookings)

[bookings@myuna.ca](mailto:bookings@myuna.ca)

604.822.9675



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION



# COMMUNITY EVENTS

## Bike Skills Workshop for Kids: Road Safety



AGES 8-13

APR 2

Saturday  
9:30 AM  
- 12:00 PM  
\$25.00

This workshop is designed to improve children's cycling skills. This 2.5-hour fun and interactive workshop starts in the classroom with an introduction to the benefits of cycling and how to ride safely by learning fundamental laws, behaviors and communication. Then, in an off-road area, students will ride through drills and practice gearing, stopping, signalling and improving control. Students will receive on-bike safety skills instruction in the street. Participants will need to have basic biking experience and will need to bring their own bike and helmet!

Instructor: The HUB

Old Barn Community Centre

#4334

## Raven: an Interactive Storytelling Performance

AGES 4+

APR 9

Saturday  
10:00 AM  
- 11:00 AM  
FREE

This presentation will engage audience members of all backgrounds in a light-hearted, interactive theatre version of "How Raven Stole the Sun" while teaching the holistic values, traditions and culture of Indigenous peoples of the Pacific Northwest. Indigenous storyteller Dallas Yellowfly will use positive humour, high energy and audience participation, to make the performance memorable and educational. The presentation focuses on the importance of having respect for the environment, Indigenous oral traditions and the power of humour in storytelling. This presentation is suitable for kindergarten-aged children and up.

Old Barn Community Centre

#4353

## Family Movie Night ALL AGES

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Chairs will be provided but feel free to bring your blankets and pillows. COVID protocols will be followed. Please see the UNA website for up to date policies. Popcorn, snacks, and drinks will be available for cash sale. Doors open at 5:30 p.m.

Old Barn Community Centre

#4104

APR 16

Saturday  
6:00 PM -  
8:00 PM  
\$2.00

Secret Life  
of Pets

MAY 21

Saturday  
6:00 PM -  
8:00 PM  
\$2.00

Kung Fu  
Panda

JUN 18

Saturday  
6:00 PM -  
8:00 PM  
\$2.00

E.T. The  
Extraterrestrial

## Easter Egg Hunt

ALL AGES

APR 17

Sunday  
10:00 AM  
- 1:00 PM  
FREE

This year we will be hosting an Easter event at the Old Barn Community Centre. We invite you to bring your family and friends to enjoy community crafts and an Easter egg hunt. Participants of all ages are welcome and kids need to be accompanied by their guardians.

Old Barn Community Centre

#4375

## Inclusive Community Dance **AGES 16+**



**APR 23**  
Saturday  
10:00 AM  
- 12:00 PM  
FREE

The All Bodies Dance Project brings together adults of all abilities, genders, sizes and backgrounds to explore movement as a means of expression. Participants will experience the joy of dancing in a diverse community of movers where all of our differences and disabilities are celebrated. Together, we will explore improvisation, drawing from contemporary dance in an open, safe and creative environment with live music. No experience or skills are required and everyone is welcome. Participants who require one-to-one support must come with their own assistant. ASL interpretation is available upon request by April 12 by contacting Qiuning Wang at [qiuning.wang@myuna.ca](mailto:qiuning.wang@myuna.ca).

Old Barn Community Centre

#3568

## Coexisting with Coyotes **AGES 5+**



**MAY 5**  
Thursday  
5:00 PM  
- 6:00 PM  
FREE

The Stanley Park Ecology Society will be providing an interactive online presentation for residents on how to peacefully coexist with coyotes living in the Pacific Spirit Park and surrounding areas. Participants will understand how and why coyotes use city green spaces, how coyotes came to our city, how to identify and remove coyote attractants from the neighbourhood and what to do when encountering a coyote.

Virtual

#4353



## Field Games Potluck: Friendly Competition



**AGES 5+**

**JUN 9**  
Thursday  
5:00 PM  
- 7:00 PM  
FREE

Fields games are a fun and engaging way of spending time with the community and meeting new people. At this event, participants will compete in traditional games such as three-leg racing, egg and spoon race, and a few other fun surprises. After the friendly competition, there will be a nice potluck in the park to celebrate. Participants of all ages are welcome and kids need to be accompanied by their guardians. Registration is required.

Jim Taylor Park

#4337

## Musical Picnic **ALL AGES**



**JUN 23**  
Thursday  
5:00 PM  
- 7:00 PM  
FREE

How about a community picnic in Jim Taylor Park while listening to nice music during a summer afternoon? The chess-board will be transformed into a stage to hold a musical performance. Residents are invited to bring food and picnic blankets to the park. Registration is not required to this event.

Jim Taylor Park

#4351



## Canada Day Celebration

**ALL AGES**

**JUL 1**  
Friday  
10:00 AM  
- 1:00 PM  
FREE

This year Canada will celebrate its 155th Birthday and we invite you to join the festivities at Wesbrook Community Centre. Bring your family and friends to enjoy live music, crafts, and games on a summer afternoon.

[Wesbrook Community Centre](#)

#4350

## Soccer Tournaments

**AGES 5+**



Register to participate in this fun and engaging soccer tournament! Participants will be grouped into teams by age to compete against each other. The objective of this tournament is to enrich the social connections of our community through the game of soccer. The tournament will start with a Walking Soccer match – an inclusive game that enables participants of different abilities to play together. Registration required.

UNA Field

<b>JUL 11</b>	<b>JUL 12</b>	<b>JUL 14</b>
<b>Kids</b>	<b>Youth</b>	<b>Adults</b>
<b>AGES 5-11</b>	<b>AGES 12-18</b>	<b>AGES 19+</b>
Monday	Tuesday	Thursday
5:00 PM -	5:00 PM -	6:30 PM -
7:00 PM	7:00 PM	8:30 PM
FREE	FREE	FREE
#4342	#4341	#4364

## Seniors Summer BBQ and Games **AGES 55+**

**AUG 6**  
Saturday  
10:00 AM  
- 1:00 PM  
FREE

Celebrate Summer with your friends and neighbours. We will have a variety of outdoor and indoor games available (bocce, viking, mahjong, etc.)

UNA Field

[Wesbrook Community Centre](#)

#4345



# CHILDREN & YOUTH PRO-D DAY CAMPS

CAMPS ARE NON-REFUNDABLE  
FIVE DAYS PRIOR TO THE FIRST  
DAY OF THE CAMP. LATE PICK-  
UPS ARE SUBJECT TO A FEE.

## Red Cross Babysitting **AGES 11-14**

This program prepares young participants to become responsible babysitters through real-life scenarios. Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old, perform basic first aid and be successful in the business of babysitting. This program not only prepares participants to become babysitters, it also helps their parents feel confident that they are learning to be safe and independent to be left home alone. Participants will receive a certificate upon successful completion of the course.



## Young Moviemakers Pro-D Day Camp **AGES 8-12**

In this program, participants will be introduced to the various elements of film production, including writing, visual storytelling, cinematography and post-production through the development of a one-day short film. Learn more by visiting [www.youngmoviemakers.ca](http://www.youngmoviemakers.ca). Please bring your own recording device (e.g. phone, ipad).

Instructor: First Aid Hero

WCC | APR 25

\$70.00 / 1

M, 9:00 AM – 4:00 PM

#4199

Instructor: Young Moviemakers

WCC | APR 25

\$75.00 / 1

M, 9:00 AM – 3:00 PM

#4188

# PUT WASTE IN ITS PLACE

The UNA's **Green Depot** is **OPEN!** You can recycle many things, from textiles to plastics to broken electronics, and more!

The UNA Green Depot offers socially, economically, and environmentally responsible waste repurposing and disposal options to UNA and UBC community members.

Please visit [myuna.ca/depot](http://myuna.ca/depot) for hours and to learn more about accepted items.





# CHILDREN & YOUTH SUMMER CAMPS

## Crossmaneuver Performing Arts Camp

Instructor: Crossmaneuver Dance Theatre

### AGES 3-5

Crossmaneuver Camp is a magical, nurturing and a highly creative arts camp for preschool-aged children. Participants will enjoy music, dancing and storytelling, and create wonderful art together for the week. This camp is perfect for a young one's first camp experience. For more information, please visit [crossmaneuver.com](http://crossmaneuver.com).

OBCC | JUL 18 – JUL 22 M-F, 10:00 AM – 12:00 PM  
\$200.00 / 5 #4324

OBCC | AUG 15 – AUG 19 M-F, 10:00 AM – 12:00 PM  
\$200.00 / 5 #4323

### AGES 5-7

Sing, act, dance and make amazing art projects in this camp! All the art will be inspired by children's books and stories. This is a wonderful camp to grow in confidence, develop diverse skills, and be creative.

OBCC | JUL 18 – JUL 22 M-F, 1:00 PM – 4:00 PM  
\$280.00 / 5 #4325

OBCC | AUG 15 – AUG 19 M-F, 1:00 PM – 4:00 PM  
\$280.00 / 5 #4326

### AGES 7-13

This is so much more than a Performing Arts camp. Sure, we sing, dance, and act, but we also do visual arts and design. And we dive into a story and create our very own show. This year's theme is inspired by The Muppet Show! The Rainbow Connection: The sweet and mischievous puppets will be so joyful to create and will have us all laughing and singing and dancing together. This is a camp not to be missed. Because who doesn't need their own Fozzie Bear or Miss Piggy to sing and dance with. And maybe sweet Elmo will make an appearance too. Visit [crossmaneuver.com](http://crossmaneuver.com).

OBCC | AUG 8 – AUG 12 M-F, 9:00 AM – 4:00 PM  
\$430.00 / 5 #4322

## K-Pop/Hip-Hop Dance Camp

AGES 6-12

Grooves first, moves second. Join this beginner-intermediate level camp to explore hip-hop and Korean Pop (K-Pop) dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. Learned skills will be showcased on the last day of camp. No previous experience required. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle! Find us on FB/IG [@PraiseTEAMstudio](https://www.instagram.com/PraiseTEAMstudio).

Instructor: Praise TEAM

OBCC | AUG 29 – SEP 2 M-F, 9:00 AM – 3:00 PM  
\$395.00 / 5 #4308

## Hip Hop Breakers Camp

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn a dynamic choreography. More info: [kirbysnelldance.com](http://kirbysnelldance.com)

Instructor: Endorphin Rush Dance

### AGES 3-5

OBCC | JUL 25 – JUL 29 M-F, 12:30 PM – 1:45 PM  
\$99.00 / 5 #4318

OBCC | AUG 22 – AUG 26 M-F, 12:30 PM – 1:45 PM  
\$99.00 / 5 #4321

### AGES 6-9

OBCC | JUL 25 – JUL 29 M-F, 2:00 PM – 3:15 PM  
\$99.00 / 5 #4314

OBCC | AUG 22 – AUG 26 M-F, 2:00 PM – 3:15 PM  
\$99.00 / 5 #4315



## Frozen Ballet Camp

Frozen Ballet Extravaganza Camp: 100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. More info: [kirbysnellldance.com](http://kirbysnellldance.com)

**Instructor: Endorphin Rush Dance**

**AGES 3-5**  
OBCC | JUL 25 – JUL 29 M-F, 9:15 AM – 10:30 AM  
\$99.00 / 5 #4316

**AGES 4-6**  
OBCC | JUL 25 – JUL 29 M-F, 10:45 AM – 12:00 PM  
\$99.00 / 5 #4317

## Little Ballerinas Camp

Young Ballerinas and Dancers explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming camp. Children must be able to participate without parents in the room. Costumes are welcome, but not required. More info: [kirbysnellldance.com](http://kirbysnellldance.com)

**Instructor: Endorphin Rush Dance**

**AGES 3-5**  
OBCC | AUG 22 – AUG 26 M-F, 9:15 AM – 10:30 AM  
\$99.00 / 5 #4319

**AGES 4-6**  
OBCC | AUG 22 – AUG 26 M-F, 10:45 AM – 12:00 PM  
\$99.00 / 5 #4320

CAMPS ARE NON-REFUNDABLE  
FIVE DAYS PRIOR TO THE FIRST  
DAY OF THE CAMP. LATE PICK-  
UPS ARE SUBJECT TO A FEE.

## Tune Builders Music Camp

Your child can experience “the full rockstar experience” in this music camp! Learn how to play instruments, play cover tunes and write original songs. Don’t be thrown off by the “rock” in rockstar, we love all genres equally from rock to hip-hop to pop to punk! Tune Builders was founded and is operated by David Beckingham, a Vancouver-based singer-songwriter and one third of Juno-nominated band Hey Ocean. The Beginner camp is for those who have less than one year’s experience playing an instrument. The Intermediate camp is for those with more than one year’s experience.. More info: [www.tunebuilders.com](http://www.tunebuilders.com).

**Instructor: Tune Builders**

**AGES 8-11**  
**BEGINNER**  
OBCC | JUL 4 – JUL 8 M-F, 9:00 AM – 3:00 PM  
\$475.00 / 5 #4300

**INTERMEDIATE**  
OBCC | JUL 11 – JUL 15 M-F, 9:00 AM – 3:00 PM  
\$475.00 / 5 #4303

**AGES 12-18**  
**BEGINNER**  
OBCC | JUL 4 – JUL 8 M-F, 9:00 AM – 3:00 PM  
\$475.00 / 5 #4432

**INTERMEDIATE**  
OBCC | JUL 11 – JUL 15 M-F, 9:00 AM – 3:00 PM  
\$475.00 / 5 #4434

## Young Moviemakers Camp **AGES 8-14**

Young Moviemakers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed! More info: [youngmoviemakers.ca](http://youngmoviemakers.ca)

**Instructor: Young Moviemakers**

WCC | JUL 18 – JUL 22 M-F, 9:00 AM – 3:00 PM  
\$450.00 / 5 #4297

WCC | AUG 15 – AUG 19 M-F, 9:00 AM – 3:00 PM  
\$450.00 / 5 #4298

WCC | AUG 22 – AUG 26 M-F, 9:00 AM – 3:00 PM  
\$450.00 / 5 #4299

## CHILDREN & YOUTH SUMMER CAMPS

### Science Explorer Camp

AGES 5-10

Explore the inside of your body and learn about the organ systems and the cells that compose them. Discover cool chemical reactions, and how to solve a crime in this hands-on, science adventure!

Instructor: Joon Kim

WCC | JUL 4 – JUL 8  
\$385.00 / 5

M-F, 9:00 AM – 3:00 PM  
#4309

### Space Blast Off Camp

AGES 6-11



This is your chance to discover what lies outside our planet! Children will learn what it takes to be a true globetrotter! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air, as well as experiencing the life of an astronaut. Explore the farthest reaches of our solar system and the various space phenomena. This stellar program is your ticket to the stars!

Instructor: Joon Kim

WCC | AUG 2 – AUG 5  
\$308.00 / 4

TU-F, 9:00 AM – 3:00 PM  
#4310

### Wild Science Camp

AGES 6-11

Kids put on their engineer's hats for this exciting week of science activities. They also learn about chemical reactions that they might encounter in their daily lives and the nature of birds and beasts, as they take a walk on the wild side of science.

Instructor: Joon Kim

WCC | AUG 29 – SEP 2  
\$385.00 / 5

M-F, 9:00 AM – 3:00 PM  
#4311

### Multi-Sport Camp AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports, waterplay games and activities, as well as arts and crafts, stories, music, co-operative games and more! Participants need to bring a snack, water bottle and lunch. Please dress appropriately for the weather.

Instructor: Sportball Vancouver

WCC | JUN 27 – JUN 30  
\$300.00 / 4

M-TH, 9:00 AM – 3:00 PM  
#4304

WCC | JUL 25 – JUL 29  
\$375.00 / 5

M-F, 9:00 AM – 3:00 PM  
#4305

### High Performance Camp for Youth AGES 12-15

This program is designed for young athletes looking for a little more than just a fun environment. Training will be more development-focused with high-intensity sessions. Areas of focus will include speed development, exercise execution for agility and power, and core strength to name a few.

Instructor: TBD

UNA FIELD | JUL 4 – JUL 8  
\$249.00 / 5

M-F, 9:00 AM – 12:00 PM  
#4021

### Soccer Camp AGES 6-10

This is an action-packed camp which introduces children to a variety of soccer skills and gameplay, plus arts and crafts, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack as well as a name labeled water bottle.

Instructor: Sportball Vancouver

WCC | JUL 11 – JUL 15  
\$375.00 / 5

M-F, 9:00 AM – 3:00 PM  
#4306

### Floor Hockey & Soccer Camp

AGES 6-10

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack as well as a name labeled water bottle.

Instructor: Sportball Vancouver

WCC | AUG 8 – AUG 12  
\$375.00 / 5

M-F, 9:00 AM – 3:00 PM  
#4307

## Summer Adventures Camp

Ignite your inner adventurer with this week long summer camp! Campers can expect team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the great outdoors on walking out-trips to locations like the UBC Farm and Pacific Spirit Park.

Campers should wear clothes they are comfortable running around in and that can get messy during arts and crafts. This camp will go outdoors rain or shine, please ensure campers are prepared for the weather. We recommend a hat for the sun and rain jacket and layers for the rain. Please pack a bathing suit and towel for the splash pad every day. All campers must bring a packed lunch, snacks, and water.



### AGES 5-7

**WCC | JUN 27 – JUN 30** **M-TH, 9:00 AM – 3:30 PM**  
\$240.00 / 4 #4156

**WCC | JUL 4 – JUL 8** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4157

**WCC | JUL 11 – JUL 15** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4158

**WCC | JUL 18 – JUL 22** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4159

**WCC | JUL 25 – JUL 29** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4160

**WCC | AUG 2 – AUG 5** **TU-F, 9:00 AM – 3:30 PM**  
\$240.00 / 4 #4161

**WCC | AUG 8 – AUG 12** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4162

**WCC | AUG 15 – AUG 19** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4163

**WCC | AUG 22 – AUG 26** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4164

### AGES 8-11

**WCC | JUN 27 – JUN 30** **M-TH, 9:00 AM – 3:30 PM**  
\$240.00 / 4 #4165

**WCC | JUL 4 – JUL 8** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4167

**WCC | JUL 11 – JUL 15** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4168

**WCC | JUL 18 – JUL 22** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4169

**WCC | JUL 25 – JUL 29** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4170

**WCC | AUG 2 – AUG 5** **TU-F, 9:00 AM – 3:30 PM**  
\$240.00 / 4 #4171

**WCC | AUG 8 – AUG 12** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4172

**WCC | AUG 15 – AUG 19** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4173

**WCC | AUG 22 – AUG 26** **M-F, 9:00 AM – 3:30 PM**  
\$300.00 / 5 #4174

ALL CAMPERS MUST HAVE A COMPLETED  
CAMP WAIVER. PLEASE PACK A LUNCH,  
SNACKS AND WATER BOTTLE, AND DRESS  
APPROPRIATELY FOR THE WEATHER.

# ACTIVE KIDS SCHOOL OF KINESIOLOGY

## ACTIVE KIDS

### Multi-Sport and Playtime AGES 1.5-3

This fun, interactive and high energy class will introduce your child to agility, balance, coordination and basic fundamental movement skills. Your child will learn to run, jump, kick, throw and catch through a variety of sports and games. Kinesiology student instructors will guide children in a fun warm up, organize sport games and skill builders, and end each class with free play. A parent or guardian is required to participate (only one parent/guardian can be accommodated).

Instructor: Active Kids School of Kinesiology

WCC | MAY 2 – JUNE 20 M, 9:30 AM – 10:15 AM  
No class May 23  
\$126.00 / 7 #4192

### Multi-Sport and Physical Literacy AGES 3-5

This fun, interactive and high energy class will create a safe space for your child to independently practice fundamental movement skills (such as running, jumping, kicking, throwing) as well as practice sport-specific skills and games (such as basketball, soccer, hockey, tennis, volleyball). This is a great class to progress to after Multi-Sport and Playtime, or for your child's first experience in sport and physical activity..

Instructor: Active Kids School of Kinesiology

WCC | MAY 2 – JUNE 20 M, 10:30 AM – 11:15 AM  
No class May 23  
\$126.00 / 7 #4193

THE UNA HAS PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. PHYSICAL LITERACY IS THE CONFIDENCE, COMPETENCE AND UNDERSTANDING TO VALUE AND ENGAGE WITH PHYSICAL ACTIVITY FOR LIFE. WITH CERTIFIED COACHES, ACTIVE KIDS USES EVIDENCE-BASED PRACTICES TO CREATE A FUN, SAFE AND MOTIVATIONAL LEARNING ENVIRONMENT.

### Soccer AGES 3-5

This recreational indoor soccer program focuses on principles of the Active Start stage of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop agility, balance, and coordination as well as build fundamental movement skills and soccer specific skills through fun and developmentally appropriate soccer activities and games.

Instructor: Active Kids School of Kinesiology

WCC | MAY 2 – JUNE 20 M, 4:00 PM – 4:45 PM  
No class May 23  
\$126.00 / 7 #4194

### Soccer AGES 6-9

This recreational indoor soccer program focuses on principles of the FUNDamentals and Learn to Train stages of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop fundamental movement skills and soccer specific skills.



Instructor: Active Kids School of Kinesiology

WCC | MAY 2 – JUNE 20 M, 5:00 PM – 5:45 PM  
No class May 23  
\$126.00 / 7 #4191





#### ACTIVE KIDS

### Basketball AGES 8-16

This recreational basketball program focuses on physical literacy through basketball skills development and game play. Through a variety of fun games and drills, Active Kids instructors will build fundamental movement skills in dribbling, passing, shooting and rebounding, as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

#### AGES 8-12

WCC | MAY 3 – JUN 21

\$192.00 / 8

TU, 4:00 PM – 5:30 PM

#4195

WCC | MAY 5 – JUN 23

\$192.00 / 8

TH, 4:00 PM – 5:30 PM

#4197

WCC | MAY 7 – JUN 25

No class May 21

\$168.00 / 7

SA, 12:00 PM – 1:30 PM

#4198

#### AGES 12-16

WCC | MAY 5 – JUN 23

\$192.00 / 8

TH, 4:00 PM – 5:30 PM

#4196

# SUBSCRIBE TO THE POPULAR UNA COMMUNITY NEWSLETTER

Keep informed on what's going on in our community by signing up to receive the UNA's weekly newsletter. The newsletter contains information about community centre programming, discounts from UBC and partner organizations, events for all ages, road works, community consultations, neighbourhood issues, UNA governance, snow removal and more.

It's one of our most popular communications tools and it is delivered to subscribers' inboxes every Friday afternoon.



[myuna.ca/subscribe](https://myuna.ca/subscribe)

# EARLY YEARS PROGRAMS

## ARTS

### Parents and Me Creative Dance

AGES 2-3



This is an introductory dance class where parents/caregivers will be guided to help their toddlers learn the joy of movement through dance and imagination. Participation in this program also creates opportunities to strengthen the special bond between adult and child. One parent or guardian is required to accompany each child.

Instructor: Crossmaneuver Dance Theatre

WCC | APR 6 – JUN 15 W, 9:30 AM – 10:15 AM  
\$203.50 / 11 | Drop-in \$20.00 #4241

### Preschool Ballet AGES 3-5

In this program, your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Ballet attire, including tights and slippers, is recommended. All genders are invited to experience the magic of dance!

Instructor: Crossmaneuver Dance Theatre

WCC | APR 3 – JUN 19 SU, 11:45 AM – 12:30 PM  
No classes Apr 17, May 22  
\$185.00 / 10 | Drop-in \$20.00 #4232

WCC | APR 6 – JUN 15 W, 3:30 PM – 4:15 PM  
\$203.50 / 11 | Drop-in \$20.00 #4242

### Story & Theatre AGES 3-5



Listen to a story every week and then be led into creating characters and its settings, using movement and words to act and create all the different parts of the story. This class promotes imagination, listening skills, empathy, body awareness, and verbal skills, as well as creating a lifelong love for books and stories.

Instructor: Crossmaneuver Dance Theatre

WCC | APR 6 – JUN 15 W, 10:30 AM – 11:15 AM  
\$203.50 / 11 | Drop-in \$20.00 #4240

### Preschool Dance AGES 3-5

This program is a playful introduction for your preschooler to discover the world of dance. Participants will have creative freedom to explore and express themselves through movement to a wide variety of music.

Instructor: Crossmaneuver Dance Theatre

WCC | APR 3 – JUN 19 SU, 9:30 AM – 10:15 AM  
No classes Apr 17, May 22  
\$185.00 / 10 | Drop-in \$20.00 #4235

WCC | APR 4 – JUN 20 M, 3:30 PM – 4:15 PM  
No classes Apr 18, May 23  
\$185.00 / 10 | Drop-in \$20.00 #4236

### Zumba Kids AGES 4-7



Zumba kids is a high energy, fun, fusion of world and Latin styles of dance including Salsa, Merengue, Cumbia and Reggaeton with a hip-hop edge. This class is a creative, high-energy blast for kids! More info at [kirbysnelldance.com](http://kirbysnelldance.com).

Instructor: Endorphin Rush Dance

SPRING  
WCC | APR 7 – JUN 23 TH, 3:30 PM – 4:15 PM  
\$174.00 / 12 | Drop-in \$16.50 #4202

SUMMER  
WCC | JUL 7 – AUG 25 TH, 3:30 PM – 4:15 PM  
\$116.00 / 8 | Drop-in \$16.50 #4205

### Crafts with Ruta AGES 2-5

Join engaging and tactile arts & crafts! Preschoolers and caregivers will create art using various materials. Supplies are provided, but please bring an art smock or old t-shirt.

Instructor: Ruta Zasaite

WCC | APR 8 – MAY 13 F, 9:45 AM – 10:30 AM  
No class Apr 15  
\$25.00 / 5 #4023

WCC | APR 8 – MAY 13 F, 10:45 AM – 11:30 AM  
No class Apr 15  
\$25.00 / 5 #4435

WCC | MAY 20 – JUN 17 F, 9:45 AM – 10:30 AM  
\$25.00 / 5 #4419

WCC | MAY 20 – JUN 17 F, 10:45 AM – 11:30 AM  
\$25.00 / 5 #4420

**EDUCATION**

**Science for Kids AGES 3-6**

Participants will enjoy engaging demonstrations, perform simple experiments and discover how science helps to better understand the world. An engaging hands-on learning experience, each class provides an interactive, age-appropriate exploration of a specific science topic.

**Instructor: Joon Kim**

**WCC | APR 7 – JUN 23** **TH, 4:00 PM – 5:00 PM**  
\$264.00 / 12 #4275

**PHYSICAL ACTIVITY**

**Sportball | Floor Hockey AGES 4-6**

This program introduces kids to floor hockey by teaching the basics such as stick safety, ball handling, passing and shooting. Participants will refine motor skills, such as balance and coordination, and develop social skills including confidence, following instructions, turn-taking and sharing.

**Instructor: Sportball Vancouver**

**WCC | APR 6 – JUN 8** **W, 3:45 PM – 4:30 PM**  
\$200.00 / 10 #4184

**Stroller Walk and Talk Club AGES 18+**



Improve your physical and mental health! Meet at OBCC and join parents, caregivers and tots in exploring UBC campus. Once registered (required), you may drop into any session.

**Volunteers: UNA Volunteers**

**OBCC | APR 6 – JUN 22** **W, 10:00 AM – 11:30 AM**  
FREE / 10 #4098

**Sportball | Outdoor Soccer AGES 4-6**

Sportball: Outdoor 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. Classes take place outdoors rain or shine.

**Instructor: Sportball Vancouver**

**UNA FIELD | JUL 6 – AUG 24** **W, 5:45 PM – 6:45 PM**  
\$160.00 / 8 #4187

**SOCIAL**

**Parent & Tot Gym-Drop-In AGES 0-5**

It is playtime at the Wesbrook Gymnasium! Tots aged 0-5 can explore various climbing apparatus, sports equipment and exciting toys as they grow and develop socially. Parent supervision is required. Each session features circle time, an opportunity to sing, dance and listen to a story. Please note that parents are expected to help with clean up.

Drop-In: \$3.50 per child. Punch passes available for \$12.50/5 sessions. Registration is not required but a UNA profile is required to drop-in.

**Instructor: Ruta Zasaite**

**WCC | APR 5 – JUN 23** **TU+TH, 10:00 AM – 11:30 AM**  
\$3.50ea / 24 #4022

**Storytime at the Old Barn AGES 0-5**

Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories and songs with one of our volunteers. This is a free drop-in program and registration is not required.

**Volunteer: UNA Volunteer**

**OBCC | APR 7 – JUN 23** **TH, 10:30 AM – 11:00 AM**  
FREE / 9 #4395

# CHILDREN'S PROGRAMS

## ARTS

### Creative Arts



In this creative arts class, students explore many concepts and ideas through the potentiality of materials such as paints, paper and fabrics. Each week, we will explore visual elements such as line, color, volume, and form through creative art projects. Students will be introduced to new concepts and new materials, exploring them through different activities. All materials are supplied.

**Instructor:** Yasaman Moussavi

**AGES 6-9**

**WCC | APR 4 – JUN 20**

**M, 3:30 PM – 4:30 PM**

**No classes Apr 18, May 23**

\$130.00 / 10

#4293

**AGES 9-12**

**WCC | APR 4 – JUN 20**

**M, 5:00 PM – 6:30 PM**

**No classes Apr 18, May 23**

\$190.00 / 10

#4294

### Pre-Teen Slam Poetry **AGES 9-12**

Slam poetry emphasizes fun and creative expression. Through games and workshops, participants collaborate on poems based on different themes and inspire each other via story sharing.

**Volunteer instructor:** Angela Lu

**WCC | APR 7 – JUN 23**

**TH, 5:00 PM – 6:00 PM**

**FREE / 12**

#4020

## Musical Theatre **AGES 7-11**

This program is an introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. Participants will sing, act and dance with a focus on the development of skills through fun exercises and games.

**Instructor:** Crossmaneuver Dance Theatre

**WCC | APR 4 – JUN 20**

**M, 5:45 PM – 6:45 PM**

**No classes Apr 18, May 23**

\$230.00 / 10 | Drop-in \$25.00

#4238

## DANCE

### Dance Foundations **AGES 4-6**

Dance Foundations introduces students to the basic training of ballet and contemporary dance. Students will develop their dance vocabulary through exploration and fun.

**Instructor:** Crossmaneuver Dance Theatre

**WCC | APR 3 – JUN 19**

**SU, 10:30 AM – 11:30 AM**

**No classes Apr 17, May 22**

\$230.00 / 10 | Drop-in \$25.00

#4230

**WCC | APR 4 – JUN 20**

**M, 4:30 PM – 5:30 PM**

**No classes Apr 18, May 23**

\$230.00 / 10 | Drop-in \$25.00

#4237

FOR THE MOST UP-TO-DATE  
PROGRAM INFORMATION, VISIT  
OUR ONLINE REGISTRATION  
PAGE AT [MYUNA.CA/  
RECREATION/PROGRAMS](https://myuna.ca/recreation/programs).



**DANCE**

**Ballet | Level 1 AGES 6-8**

Instructor: Crossmaneuver Dance Theatre

The program aims to develop technique, artistry and the love of dance in equal measures. Young participants will learn the vocabulary and the syllabus of ballet in a lovely and nurturing environment.

**WCC | APR 3 – JUN 19** **SU, 2:00 PM – 3:00 PM**  
**No classes Apr 17, May 22**  
 \$230.00 / 10 | Drop-in \$25.00 #4234

**WCC | APR 6 – JUN 15** **W, 4:30 PM – 5:30 PM**  
 \$253.00 / 11 | Drop-in \$25.00 #4243

**Ballet | Level 2 AGES 7-10**

A continuation of Ballet Level 1, this program was created to ensure that young dancers can have a nurturing environment to continue to build on their technique, their artistry and their love of dance.

Instructor: Crossmaneuver Dance Theatre

**WCC | APR 6 – JUN 15** **W, 5:45 PM – 6:45 PM**  
 \$253.00 / 11 | Drop-in \$25.00 #4244

**Teen Ballet AGES 11-16**

This program is for young dancers who have some training in dance and want to pursue ballet in a nurturing, non-competitive and recreational setting. Teen Ballet creates a space for participants to learn new skills, develop friendships and promote healthy body awareness with artistry.

Instructor: Crossmaneuver Dance Theatre

**WCC | APR 6 – JUN 15** **W, 7:00 PM – 8:00 PM**  
 \$253.00 / 11 | Drop-in \$25.00 #4245

**Contemporary Jazz | Level 1 AGES 7-10**

In this program, young participants will learn to dance by drawing from many forms in a fun and open way. Contemporary Jazz is used by many dance companies across the world to explore, create and perform, and is an important form for a young dancer to learn in order to develop new ways of moving.

Instructor: Crossmaneuver Dance Theatre

**WCC | APR 3 – JUN 19** **SU, 12:45 PM – 1:45 PM**  
**No classes Apr 17, May 22**  
 \$230.00 / 10 | Drop-in \$25.00 #4233

**Contemporary Jazz | Level 2 AGES 10-14**

A continuation of Contemporary Jazz Level 1, this program is for the young dancer with some dance experience. Building from what they learned from Contemporary Jazz Level 1, this program will focus on improving technique and building choreography.



Instructor: Crossmaneuver Dance Theatre

**WCC | APR 4 – JUN 20** **M, 7:00 PM – 8:15 PM**  
**No classes Apr 18, May 23**  
 \$270.00 / 10 | Drop-in \$29.00 #4239



**DANCE**

**Bollywood Dance AGES 6-13**

In this program, participants will learn the dance moves and routines that are taking Bollywood by storm. No previous dance experience is required but be prepared to sizzle and smile! This program is taught by Manali Yadav who is a BollyX certified instructor and has been performing and teaching Bollywood dance for many years.

**Instructor: Manali Yadav**

**WCC | APR 8 – MAY 13** **F, 5:30 PM – 6:30 PM**  
**No class Apr 15**  
 \$45.00 / 5 #4278

**WCC | MAY 20 – JUN 24** **F, 5:30 PM – 6:30 PM**  
 \$54.00 / 6 #4279

**K-Pop Hip-Hop AGES 6-12**

**NEW**

Experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals! Students will refine their technique through cardio dance skills, strengthening, foot-work, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Find us on FB/IG @PraiseTEAMstudio. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

**Instructor: Praise TEAM**

**WCC | APR 5 – JUN 21** **TU, 3:30 PM – 4:30 PM**  
 \$204.00 / 12 #4258

**Dance  
Extreme**

**NEW**

**AGES 7-12**

Come and explore a variety of dance styles in a warm, safe and inspiring environment. Styles may include Latin Dance, Musical Theatre, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! This dance sampler is an energetic exploration designed to excite kids. All levels are welcome.

**Instructor: Endorphin Rush Dance**

**SPRING**  
**WCC | APR 7 – JUN 23** **TH, 5:30 PM – 6:30 PM**  
 \$192.00 / 12 | Drop-in \$18.00 #4204

**SUMMER**  
**WCC | JUL 7 – AUG 25** **TH, 5:30 PM – 6:30 PM**  
 \$128.00 / 8 | Drop-in \$18.00 #4207



**Zumba Kids**

**NEW**

Zumba kids is a high energy, fun, fusion of world and Latin styles of dance including Salsa, Mergenue, Cumbia and Reggaeton with a hip-hop edge. This class is a creative, high-energy blast for kids! More info at [kirbysnellldance.com](http://kirbysnellldance.com).

**Instructor: Endorphin Rush Dance**

**AGES 4-7**  
**SPRING**  
**WCC | APR 7 – JUN 23** **TH, 3:30 PM – 4:15 PM**  
 \$174.00 / 12 | Drop-in \$16.50 #4202

**SUMMER**  
**WCC | JUL 7 – AUG 25** **TH, 3:30 PM – 4:15 PM**  
 \$116.00 / 8 | Drop-in \$16.50 #4205

**AGES 7-12**  
**SPRING**  
**WCC | APR 7 – JUN 23** **TH, 4:15 PM – 5:15 PM**  
 \$192.00 / 12 | Drop-in \$18.00 #4203

**SUMMER**  
**WCC | JUL 7 – AUG 25** **TH, 4:15 PM – 5:15 PM**  
 \$128.00 / 8 | Drop-in \$18.00 #4206

**EDUCATION**

**Red Cross Babysitting** AGES 11-14

This program prepares young participants to become responsible babysitters through real-life scenarios. Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old, perform basic first aid and be successful in the business of babysitting. This program not only prepares participants to become babysitters, it also helps their parents feel confident that they are learning to be safe and independent to be left home alone. Participants will receive a certificate upon successful completion of the course.

**Instructor: First Aid Hero**

**WCC | APR 25** **M, 9:00 AM – 4:00 PM**  
\$70.00 / 1 #4199

**WCC | JUN 11** **SA, 9:00 AM – 4:00 PM**  
\$70.00 / 1 #4200

**Red Cross Stay Safe!** AGES 9-12

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a young person's capacity to improve their own safety. Whether in their community or on their own, participants will be given better tools to Stay Safe! in a variety of different situations.

The program includes: Canadian Red Cross Principles, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices, and First Aid.

**Instructor: First Aid Hero**

**WCC | MAY 14** **SA, 9:00 AM – 3:00 PM**  
\$70.00 / 1 #4201

**English Reading and Writing** AGES 6-12

This interactive activity-based program helps develop good reading habits and literary practices amongst students who require additional practice to excel in the English language. Course content includes reading out loud, understanding new words/vocabulary, creative writing and proofing written work with the correct grammar. The beginner level is for students who are not yet fluent in reading and writing, and currently building basic vocabulary.

**Instructor: Tanya Ghai**

**BEGINNER**  
**WCC | APR 5 – JUN 21** **TU, 3:30 PM – 4:30 PM**  
\$156.00 / 12 #4285

**INTERMEDIATE**  
**WCC | APR 5 – JUN 21** **TU, 4:40 PM – 5:40 PM**  
\$156.00 / 12 #4286

**Family Book Club** AGES 6-10

Reading opens new worlds, brings laughter and sparks imagination. This program will introduce your child to the pleasures of reading for enjoyment. Hawthorn resident and UNA volunteer, Lee Weinstein, will use his experience as a literacy teacher to engage young readers in the joys of reading and put them on the path to becoming lifelong readers. Parent/caregiver participation is strongly encouraged. A reading list will be provided.

**Volunteer Instructor: Lee Weinstein**

**OBCC | APR 13 – JUN 1** **W, 4:00 PM – 5:00 PM**  
\$16.00 / 8 #4086



EDUCATION

**Mastering Mandarin** AGES 5-12

Instructor: Santored Enterprised Ltd.

**BEGINNER I**

This program is geared towards learners with no background knowledge of Chinese. The curriculum introduces the basics of the PinYin phonetic system. Participants will learn to read, write and understand over 100 Chinese characters by the end of three terms. The class is designed to foster a fun learning environment to let students experience, immerse themselves, and fall in love with the Chinese language.

WCC | APR 9 – JUN 25  
No classes Apr 16, May 21  
\$225.00 / 10

SA, 10:30 AM – 12:00 PM

#4281

**BEGINNER II**

This program is for learners with some experience with the Chinese language. This program will focus on mastering the PinYin phonetic system. Participants will expand their Chinese vocabulary and learn to read, write and understand sentences. The class is designed to foster a fun learning environment to let participants experience, immerse themselves, and fall in love with the Chinese language.

WCC | APR 9 – JUN 25  
No classes Apr 16, May 21  
\$225.00 / 10

SA, 12:30 PM – 2:00 PM

#4282

**INTERMEDIATE**

This course is ideal for students who have mastered the PinYin phonetic system. Students will expand their knowledge of Chinese characters and words as they incorporate them into real life contexts, history and culture.

WCC | APR 9 – JUN 25  
No classes Apr 16, May 21  
\$225.00 / 10

SA, 2:15 PM – 3:45 PM

#4283

**ADVANCED**

The focus of this class will be on comprehension, vocabulary expansion and writing complex sentences. Students should be mature enough to independently read, write and retell a story in Chinese.

WCC | APR 9 – JUN 25  
No classes Apr 16, May 21  
\$225.00 / 10

SA, 4:00 PM – 5:30 PM

#4284

REGISTER EARLY TO ENSURE YOUR  
PROGRAM MEETS THE MINIMUM  
REGISTRATION REQUIREMENTS!



## BIRTHDAY PARTIES

### AT THE OLD BARN AND WESBROOK COMMUNITY CENTRES

The UNA offers customized birthday parties at our community centres. Take the stress away from party planning, and let our party leader help you create a memorable event!

Visit [myuna.ca/bookings](https://myuna.ca/bookings) or contact [bookings@myuna.ca](mailto:bookings@myuna.ca)

**EDUCATION**

**Math-4-Kids AGES 8-13**

Math-4-Kids is a program that makes math practical and fun! The program teaches the essence of math and improves logical thinking. Children learn to apply math to everyday life and to work cooperatively. Students are encouraged to share their ideas and present their results to their classmates. By improving logical thinking and problem solving, kids gain confidence and learn skills in all aspects.

**Instructor:** Jane Wu

**GRADES 2-3  
SPRING**

**WCC | APR 4 – JUN 20** **M, 3:30 PM – 4:30 PM**

**No class Apr 18, May 23**

\$200.00 / 10 #4261

**SUMMER**

**WCC | JUL 4 – AUG 22** **M, 3:30 PM – 4:30 PM**

**No classes Aug 1**

\$140.00 / 7 #4264

**GRADES 4-5  
SPRING**

**WCC | APR 4 – JUN 20** **M, 4:40 PM – 5:40 PM**

**No class Apr 18, May 23**

\$200.00 / 10 #4262

**SUMMER**

**WCC | JUL 4 – AUG 22** **M, 4:40 PM – 5:40 PM**

**No classes Aug 1**

\$140.00 / 7 #4265

**GRADES 6-7  
SPRING**

**APR 4 – JUN 20** **M, 5:50 PM – 6:50 PM**

**No class Apr 18, May 23**

\$200.00 / 10 #4263

**SUMMER**

**WCC | JUL 4 – AUG 22** **M, 5:50 PM – 6:50 PM**

**No classes Aug 1**

\$140.00 / 7 #4266

**Science for Kids**



In this program, participants will enjoy engaging demonstrations, perform simple experiments and discover how science can help them better understand the world around them. This program is an engaging hands-on learning experience for

children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

**Instructor:** Joon Kim

**AGES 3-6**

**WCC | APR 7 – JUN 23** **TH, 4:00 PM – 5:00 PM**

\$264.00 / 12 #4275

**AGES 7-11**

**WCC | APR 7 – JUN 23** **TH, 5:00 PM – 6:00 PM**

\$264.00 / 12 #4274

**Young Movie-makers AGES 8-14**

Young Movie-makers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. Visit [www.youngmoviemakers.ca](http://www.youngmoviemakers.ca) for more information.

**Instructor:** Young Movie-makers

**WCC | APR 22 – JUN 10** **F, 4:00 PM – 6:00 PM**

\$300.00 / 8 #4260

POPULAR PROGRAMS FILL UP  
QUICKLY! REGISTER TODAY TO  
GUARANTEE YOUR SPOT

## CHILDREN'S PROGRAMS

### MUSIC - PRIVATE LESSONS

#### Piano Lessons AGES 5-18

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required.

Instructor: Erika Galinskaya

**SPRING**  
WCC | APR 3 – JUN 19 SU, 1:00 PM – 4:15 PM  
No classes Apr 17, May 8, May 22  
\$270.00 / 9 # various

Instructor: Derek Pang

**SPRING**  
WCC | APR 4 – JUN 20 M, 3:30 PM – 7:30 PM  
No classes Apr 18, May 23  
\$300.00 / 10 # various

WCC | APR 6 – JUN 22 W, 3:30 PM – 7:30 PM  
\$360.00 / 12 # various

**SUMMER**  
WCC | JUL 4 – AUG 29 M, 3:30 PM – 7:30 PM  
No class Aug 1  
\$240.00 / 8 # various

WCC | JUL 6 – AUG 24 W, 3:30 PM – 7:30 PM  
\$240.00 / 8 # various

Instructor: Eshantha Peiris

**SPRING**  
WCC | APR 9 – JUN 25 SA, 9:00 AM – 3:30 PM  
No class Feb 19  
\$300.00 / 10 # various

Instructor: TBD

**SUMMER**  
WCC | JUL 9 – AUG 27 SA, 9:00 AM – 1:00 PM  
No class Jul 30  
\$210.00 / 7 # various

#### Flute Lessons AGES 8-18

These 30-minute lessons are a fun and practical approach to learning flute. All levels are welcome, from beginners to Royal Conservatory Music students, to those who are looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

Instructor: Andrea Minden

**SPRING**  
WCC | APR 3 – JUN 19 SU, 1:00 PM – 4:00 PM  
No classes Apr 17, May 22  
\$300.00 / 10 # various

**SUMMER**  
WCC | JUL 10 – AUG 28 SU, 1:00 PM – 4:00 PM  
No class Jul 30  
\$210.00 / 7 # various

#### Guitar Lessons AGES 8-18

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

Instructor: Tom Wherret

**SPRING**  
WCC | APR 6 – JUN 22 W, 3:30 PM – 9:00 PM  
\$360.00 / 12 # various

WCC | APR 7 – JUN 23 TH, 3:30 PM – 7:30 PM  
\$360.00 / 12 # various

**SUMMER**  
WCC | JUL 6 – AUG 24 W, 3:30 PM – 9:00 PM  
\$240.00 / 8 # various

#### Violin Lessons AGES 5-18

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

Instructor: Andrew Ty

**SPRING**  
WCC | APR 7 – JUN 23 TH, 3:30 PM – 7:30 PM  
\$414.00 / 12 # various

**SUMMER**  
WCC | JUL 7 – AUG 25 TH, 3:30 PM – 7:30 PM  
\$276.00 / 8 # various



## Badminton AGES 8-12



Improve your badminton skills in a fun and friendly environment. Students will develop their play in drills and game activities, learn basic offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

### SPRING

WCC | APR 22 – JUN 17

\$135.00 / 9

F, 4:00 PM – 5:00 PM

#4151

### SUMMER

WCC | JUL 8 – AUG 26

\$120.00 / 8

F, 4:00 PM – 5:00 PM

#4152

## Sportball | Floor Hockey AGES 6-9

This program introduces kids ages 6-9 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Coaches will not only focus on basic skills but also on teamwork.

Instructor: Sportball Vancouver

### SPRING

WCC | APR 6 – JUN 8

\$200.00 / 10

W, 4:30 PM – 5:15 PM

#4185

## Sportball | Outdoor Soccer AGES 6-9

Sportball: Outdoor 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. Classes take place outdoors rain or shine.

Instructor: Sportball Vancouver

### SUMMER

UNA FIELD | JUL 6 – AUG 24

\$160.00 / 8

W, 4:30 PM – 5:30 PM

#4186

*Looking for an opportunity to participate and contribute to your community?*

# VOLUNTEER WITH US!

Adult volunteers needed for programs:

- Language conversation classes
- Lectures and Workshops
- Social Clubs



[myuna.ca/volunteering](https://myuna.ca/volunteering)

**UNA**

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

## CHILDREN'S PROGRAMS

### PHYSICAL ACTIVITY

#### Kyokushin Karate | Beginner Kids AGES 5-9

This class is for kids new to martial arts, and for continuing members who are at White or Orange Belt level. This active program emphasizes the values of respect, self-discipline and teamwork. A white karate uniform is required and can be ordered through the instructor. New students are to pay a \$40 membership fee to the instructor.

Instructor: Anthony Evangelista

##### SPRING

WCC | APR 5 – JUN 21      TU, 6:00 PM – 6:50 PM  
\$132.00 / 12      #4043

WCC | APR 7 – JUN 23      TH, 6:00 PM – 6:50 PM  
\$132.00 / 12      #4047

##### SUMMER

WCC | JUL 5 – AUG 30      TU, 6:00 PM – 6:50 PM  
\$99.00 / 9      #4044

WCC | JUL 7 – SEP 1      TH, 6:00 PM – 6:50 PM  
\$99.00 / 9      #4049

#### Kyokushin Karate AGES 6+

This all-ages class provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. New students ages 10+ are welcome. Kids ages 6-9 years may participate if they are current members with a Blue Belt or higher. A white karate uniform is required and can be ordered through the instructor. New students are to pay a \$40 membership fee to the instructor.

Instructor: Anthony Evangelista

##### SPRING

WCC | APR 5 – JUN 21      TU, 7:00 PM – 8:30 PM  
\$156.00 / 12      #4045

WCC | APR 7 – JUN 23      TH, 7:00 PM – 8:30 PM  
\$156.00 / 12      #4048

##### SUMMER

WCC | JUL 5 – AUG 30      TU, 7:00 PM – 8:30 PM  
\$117.00 / 9      #4046

WCC | JUL 7 – SEP 1      TH, 7:00 PM – 8:30 PM  
\$117.00 / 9      #4050



## THE UNA CHILDREN'S GARDEN

### AT THE OLD BARN COMMUNITY CENTRE

The Children's Garden, at the Old Barn Community Centre, is volunteer-run and always open to community members. With as much or as little time as you have, be part of a community tending to all facets of running an organic garden. Volunteers of all ages and skill levels are welcome. No structured program schedule or volunteer supervision is offered at this time. For the spring season, we need volunteers to review our garden planting plan and start the spring seedlings.

Visit their blog [unacg2014.wordpress.com](https://unacg2014.wordpress.com) or contact Olivia at [catalyst@fermi.ca](mailto:catalyst@fermi.ca) for more information.

PHYSICAL ACTIVITY

## Tae Kwon Do AGES 4-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! In this mixed-age class, students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline.

**Beginner**-This program is for people who have never done Tae Kwon Do or have a white belt.

**Intermediate**-This class is for students who presently hold a yellow belt or higher from Vancouver Martial Arts. Students with colour belts from other clubs can discuss with the instructor for evaluation of their belt.

Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Tae Kwon Do instructor regarding additional costs for the belt promotion test.

**Instructor: Vancouver Martial Arts**

### BEGINNER KIDS | AGES 4-12 SPRING

WCC | APR 10 – JUN 19 SU, 1:00 PM – 1:40 PM  
No classes Apr 17, May 22  
\$99.00 / 9 #4180

**SUMMER**  
WCC | JUL 10 – AUG 28 SU, 1:00 PM – 1:40 PM  
No class Jul 31  
\$77.00 / 7 #4182

**INTERMEDIATE KIDS | AGES 4-12  
SPRING**  
WCC | APR 10 – JUN 19 SU, 1:00 PM – 1:50 PM  
No classes Apr 17, May 22  
\$137.43 / 9 #4181

**SUMMER**  
WCC | JUL 10 – AUG 28 SU, 1:00 PM – 1:50 PM  
No class Jul 31  
\$106.89 / 7 #4183

SOCIAL

## Pre-Teen Leadership AGES 9-12

The Pre-Teen Leadership Program seeks to foster a safe and positive environment for youth aged 9-12. Members will learn and engage as a group with their community as leaders and volunteers. During weekly meetings, the group will explore a variety of activities, including educational workshops, games, and action-based projects.

**Instructor: Etana Tam**

WCC | APR 4 – JUN 20 M, 4:00 PM – 5:30 PM  
No classes Apr 18, May 23  
FREE / 10 #3987

## 4-H Club AGES 9-19

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$120.



**Instructor: 4-H Club**

WCC | APR 8, MAY 13, JUN 10 F, 6:30 PM – 8:30 PM  
\$120.00 / YEAR #4386

## Girl Guides

GRADES 4-6 | AGES 9-11

This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. For more information and to register visit: [girlguides.ca](http://girlguides.ca)

**Instructor: Girl Guides**

OBCC | APR 7 – JUN 23 TH, 5:30 PM – 7:00 PM  
[girlguides.ca](http://girlguides.ca) / 12 #4384

# YOUTH PROGRAMS

## ARTS

### Art Night AGES 13-18

NEW

Come to Art Night and engage with art and other artists in the community. This program will be semi-structured meant to inspire creativity and artwork. Participants are also welcome to bring a project they are working on. Some supplies will be provided.

WCC | APR 4 – JUN 20  
No classes Apr 18, May 23  
FREE / 10

M, 4:45 PM – 5:45 PM  
#4331

### Collage & Painting AGES 13-18

NEW

All skill levels are welcome to unleash their creativity in this collage and painting class! Make, collect and cut to create works of art from old books, sheet music, envelopes, stamps, newspapers and magazines. You will learn how to use acrylic paint to progress further to an abstract painting. Bring your own workbook with multimedia paper and have fun collecting ephemera to put into your collages. All other materials are provided. Cynthia is a fine artist and teacher based in Vancouver [cynthiaheadstudio.wixsite.com/mysite](http://cynthiaheadstudio.wixsite.com/mysite).

Instructor: Cyndi Head

WCC | APR 6 – JUN 22  
\$264.00 / 12

W, 4:00 PM – 6:00 PM  
#4213

### Introduction to Improv AGES 13-18

NEW

Participants will learn the fundamentals of improvisational theatre through various exercises. Encouraging a focus on positivity and to embrace failure, most importantly this class will emphasize having fun! Co-creation and teamwork are at the heart of this course – students will work together as an ensemble using their skills to delve deeper into scene work in an encouraging and spontaneous environment.

Instructor: Connor Thiessen

WCC | APR 5 – JUN 21  
\$88.00 / 12

TU, 3:30 PM – 5:00 PM  
#4027



### Garage Band AGES 13-18

NEW

This program's mission is to bring participants together to create music, jam and learn from one another. You are welcome to bring your own instruments or use ours. This class runs every 2nd and 4th Thursday of the month.

WCC | APR 14 – JUN 23  
FREE / 6

TH, 5:00 PM – 6:00 PM  
#4338

## DANCE

### K-Pop Hip-Hop AGES 13-18

NEW

Experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals! Students will refine their technique through cardio dance skills, strengthening, foot-work, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Find us on FB/IG [@PraiseTEAMstudio](https://www.instagram.com/PraiseTEAMstudio). Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

WCC | APR 5 – JUN 21  
\$204.00 / 12

TU, 4:30 PM – 5:30 PM  
#4259

### Teen Ballet AGES 11-16

This program is for young dancers who have some training in dance and want to pursue ballet in a nurturing, non-competitive and recreational setting. Teen Ballet creates a space for participants to learn new skills, develop friendships and promote healthy body awareness with artistry.

Instructor: Crossmaneuver Dance Theatre

WCC | APR 6 – JUN 15  
\$253.00 / 11 | Drop-in \$25.00

W, 7:00 PM – 8:00 PM  
#4246

**Toastmasters Youth Program** AGES 12-18

Participants will build communication and leadership skills. Youth will push themselves, make friends and have fun! Unlike in a class where people learn from teachers' instructions, members learn and build confidence by making short impromptu or prepared speeches, taking meeting roles, and supporting each other.

**Instructor:** Vancouver Gavel Club

WCC | APR 6 – JUN 22 W, 6:30 PM – 8:30 PM  
\$144.00 / 12 #4055

## SOCIAL

**Pathfinders** GRADES 7-9 | AGES 12-14

This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. For more information or to register, visit: [girlguides.ca](http://girlguides.ca)

**Instructor:** Girl Guides

OBCC | APR 6 – JUN 23 W, 5:30 PM – 7:00 PM  
[girlguides.ca](http://girlguides.ca) / 12 #4385

**4-H Club** AGES 9-19

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$120.

**Instructor:** 4-H Club

WCC | APR 8, MAY 13, JUN 10 F, 6:30 PM – 8:30 PM  
\$120.00 / YEAR #4386

**Rubik's Cube Club** AGES 8-13

Discuss and share methods of solving the many varieties of Rubik's Cubes. Every level of Rubik's Cubers, from beginner to expert, is welcome to join.

**Volunteer Instructor:** Maksim Fu

WCC | APR 7 – JUN 23 TH, 3:30 PM – 4:30 PM  
FREE / 12 #3995

**Code Buddies** AGES 13-18

Code Buddies provides a basic coding experience to youth who are interested in the world of coding. Among the countless coding languages, we will focus on Python, known as a relatively easy language while being very functional and fun. We will be doing projects and learn all together.

**Volunteer Instructor:** Brian Ryu

VIRTUAL | APR 10 – JUN 26 SU, 11:00 AM – 12:00 PM  
No classes Apr 17, May 22  
FREE / 10 #3994

**Youth Leadership Program** AGES 13-18

This youth-driven program looks at developing skills and knowledge in order to create a world that values personal growth, sustainability, connection, and social action. Each term this program takes on a different shape depending on the goals of the group but the common thread is to have fun, learn and become community leaders.

**Instructor:** Etana Tam

SPRING  
WCC | APR 8 – JUN 24 F, 3:30 PM – 5:30 PM  
No class Apr 15  
FREE / 11 #3986

SUMMER  
WCC | JUL 5 – AUG 16 TU, 3:30 PM – 5:30 PM  
No class Jul 19  
FREE / 6 #4380

**Youth Art Engagement Committee** AGES 13-18

Join our committee of youth artists, art enthusiasts and volunteers to establish a volunteer working group to create a youth art gallery! During weekly committee meetings, members will receive volunteers hours while gaining practical experience that comes with planning an event.

**Volunteer Instructor:** Jimin Hong

WCC | APR 4 – JUN 20 M, 3:30 PM – 4:30 PM  
No classes Apr 18, Apr 25, May 23  
FREE / 9 #4015



## YOUTH PROGRAMS

### PHYSICAL ACTIVITY

#### Badminton AGES 13-18

Learn to improve your badminton skills step by step in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive and defensive strategies and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

##### SPRING

WCC | APR 22 – JUN 17

\$135.00 / 9

F, 5:00 PM – 6:30 PM

#4153

##### SUMMER

WCC | JUL 8 – AUG 26

\$120.00 / 8

F, 5:00 PM – 6:30 PM

#4154

#### High Performance Sport Camp for Youth AGES 12-15



This program is designed for young athletes looking for a little more than just a fun environment. Training will be development-focused with high-intensity sessions. Areas of focus will include speed development, exercise execution for agility and power, and core strength to name a few.

Instructor: TBD

UNA FIELD | JUL 4 – JUL 8

\$249.00 / 5

M-F, 9:00 AM – 12:00 PM

#4021

#### Volleyball BC | Train and Play AGES 12-15

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, fun setting. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

Instructor: Volleyball BC

##### SPRING

AGES 12-13

WCC | APR 9 – MAY 7

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#4119

WCC | MAY 21 – JUN 18

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#4120

##### SPRING

AGES 14-15

WCC | APR 9 – MAY 7

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#4116

WCC | MAY 21 – JUN 18

\$90.00 / 5

SA, 2:00 PM – 3:30 PM

#4118

#### Volleyball BC | Youth Beach Clinic AGES 12-15

Volleyball BC's Youth Beach Clinics are a great way for youth to enjoy the summer weather, rain or shine. These sessions employ the use of modified game play to develop physical and conceptual skills to achieve success in the sport of volleyball. Clinics are open to all levels, with instruction for beginners, intermediate, and advanced players.

Instructor: Volleyball BC

##### SUMMER

WCC SAND COURT | JUL 9–AUG 28 SA, 2:00 PM – 3:30 PM

\$144.00 / 8

#4121



## THE UNA CELEBRATES BC YOUTH WEEK

MAY 1 – 7, 2022

The Youth Leadership program is planning some exciting free events for youth ages 9 – 18.

Check out the UNA website in mid-April for more information.

[myuna.ca](http://myuna.ca)

# EVENT CALENDAR



POST ME  
ON THE  
FRIDGE!



Check out all the events and workshops happening at the Wesbrook Community Centre (WCC) and the Old Barn Community Centre (OBCC)!

There's something for everyone in the family. Details are listed throughout the 2022 Spring & Summer Program Guide, or visit our website at [myuna.ca](https://myuna.ca) for more information!

				APRIL	FRI 1	SAT 2 Bike Skills: Road Safety 9:30 AM - 12 PM OBCC
SUN 3	MON 4 Spring programs start	TUE 5	WED 6	THU 7	FRI 8	SAT 9 Raven: Storytelling 10 AM - 11 AM OBCC
SUN 10 Watercolour Painting 2 PM - 4 PM WCC	MON 11	TUE 12 UNA Orientation 10 AM - 11 AM WCC	WED 13	THU 14	FRI 15 Good Friday	SAT 16 Family Movie Night 6 PM - 8 PM OBCC
SUN 17 Easter Egg Hunt 10 AM - 1 PM OBCC	MON 18 Easter Monday	TUE 19		THU 21	FRI 22	SAT 23 Inclusive Comm. Dance 10 AM - 12 PM OBCC
SUN 24	MON 25 Coffee Talk at the Barn 10 AM - 11 AM OBCC	TUE 26	WED 27	THU 28		SAT 30

						MAY
SUN 1 Flower Arrangement 2 PM - 4 PM WCC	MON	TUE 3	WED 4	THU 5 Coexisting w/ Coyotes 5 PM - 6 PM Zoom	FRI 6	SAT 7
SUN 8	MON 9	TUE 10	WED 11	THU 12		SAT 14
SUN 15 Acrylic Paint Pour 2 PM - 4 PM WCC	MON 16		WED 18	THU 19	FRI 20	SAT 21 Family Movie Night 6 PM - 8 PM OBCC
SUN 22	MON 23 Victoria Day	TUE 24	WED 25	THU 26 Lecture: The Economy 1 PM - 2:30 PM WCC	FRI 27	SAT 28
SUN 29	MON 30	TUE 31				

# SUMMER CAMP TIMETABLE

Summer camp registration opens on  
**March 14, 2022 at 9:00 AM.**



<b>WEEK 1</b> JUN 27-30	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-3:00 PM Multi-Sport AGES 6-10		
<b>WEEK 2</b> JUL 4-8	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-3:00 PM Tune Builders Music Camp AGES 8-11 + AGES 12-18	9:00 AM-3:00 PM Science Explorer AGES 5-10	9:00 AM-12:00 PM Youth High Performance AGES 12-15
<b>WEEK 3</b> JUL 11-15	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-3:00 PM Tune Builders Music Camp AGES 8-11 + AGES 12-18	9:00 AM-3:00 PM Soccer AGES 6-10	
<b>WEEK 4</b> JUL 18-22	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	1:00 PM-4:00 PM Crossmaneuver Performing Arts AGES 5-7	9:00 AM-3:00 PM Young Moviemakers AGES 8-14
<b>WEEK 5</b> JUL 25-29	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:15 AM-10:30 AM Frozen Ballet AGES 3-5	10:45 AM-12:00 PM Frozen Ballet AGES 4-6	9:00 AM-3:00 PM Multi-Sport AGES 6-10
	12:30 PM-1:45 PM Hip Hop Breakers AGES 3-5	2:00 PM-3:15 PM Hip Hop Breakers AGES 6-9			

PLEASE PACK A LUNCH, SNACK,  
AND WATER BOTTLE, AND DRESS  
APPROPRIATELY FOR THE WEATHER.

For full camp details, view pages 12-15  
in this guide or [myuna.ca/recreation](https://myuna.ca/recreation)



WCC  
3335 WEBBER LANE

OBCC  
6308 THUNDERBIRD BLVD.

UNA FIELD  
ROSS DRIVE

WEEK 6 AUG 2-5	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-3:00 PM Space Blast Off AGES 6-11		
WEEK 7 AUG 8-12	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-4:00 PM Crossmaneuver Performing Arts AGES 7-13	9:00 AM-3:00 PM Floor Hockey & Soccer AGES 6-10	
WEEK 8 AUG 15-19	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	1:00 PM-4:00 PM Crossmaneuver Performing Arts AGES 5-7
WEEK 9 AUG 22-26	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	9:15 AM-10:30 AM Frozen Ballet Camp AGES 3-5	10:45 AM-12:00 PM Frozen Ballet Camp AGES 4-6	9:00 AM-3:00 PM Young Moviemakers AGES 8-14
	12:30 PM-1:45 PM Hip Hop Breakers AGES 3-5	2:00 PM-3:15 PM Hip Hop Breakers AGES 6-9			
WEEK 10 AUG 29-SEP 2	9:00 AM-3:00 PM Wild Science AGES 6-11	9:00 AM-3:00 PM K-Pop/Hip Hop Dance AGES 6-12			








SCAN ME  
FOR CAMP  
AVAILABILITY!






CAMPS ARE NON-REFUNDABLE FIVE DAYS  
PRIOR TO THE FIRST DAY OF THE CAMP.  
LATE PICK-UPS ARE SUBJECT TO A FEE.

# EVENT CALENDAR

		<b>JUNE</b>	WED 1	THU 2		SAT 4
SUN 5 Resin Jewellery Making 2 PM - 4PM WCC	MON 6	TUE 7	WED 8	THU 9 Field Games Potluck 5 PM - 7 PM Jim Taylor Park	FRI 10	SAT 11
SUN 12	MON 13		WED 15	THU 16 Lecture: Genealogy 1 PM - 2:30 PM WCC	FRI 17	SAT 18 Family Movie Night 6 PM - 8 PM OBCC
	MON 20	TUE 21	WED 22	THU 23 Musical Picnic 5 PM - 7 PM Jim Taylor Park	FRI 24	SAT 25
SUN 26	MON 27	TUE 28	WED 29	THU 30		

				<b>JULY</b>	FRI 1 Canada Day 10 AM - 1 PM WCC	SAT 2
SUN 3	MON 4 Summer programs start	TUE 5	WED 6	THU 7	FRI 8	SAT 9
SUN 10	MON 11 Soccer Tournam. Kids 5 PM - 7 PM UNA Field	TUE 12 Soccer Tournam. Youth 5 PM - 7 PM UNA Field	WED 13	THU 14 Soccer Tourn.: Adults 6:30 PM - 8:30 PM UNA Field	FRI 15	SAT 16 Youth Outtrip
	MON 18	TUE 19	WED 20	THU 21	FRI 22	SAT 23
SUN 24	MON 25	TUE 26		THU 28	FRI 29	SUN 31 SAT 30

<b>AUGUST</b>	MON 1 BC Day	TUE 2		THU 4	FRI 5	SAT 6 Seniors BBQ & Games 10 AM - 1 PM UNA Field + WCC
SUN 7	MON 8 KickBall 2 PM - 3 PM Collings Field	TUE 9	WED 10	THU 11 Youth Outtrip	FRI 12	SAT 13
SUN 14	MON 15 Youth Dodgeball 3:30 PM - 5 PM WCC	TUE 16	WED 17	THU 18	FRI 19	SAT 20
SUN 21	MON 22	TUE 23	WED 24	THU 25		SAT 27
SUN 28	MON 29		WED 31			



# PHYSICAL ACTIVITY

## Kyokushin Karate | Youth AGES 13-18

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

**Instructor: Anthony Evangelista**

### SPRING

WCC | APR 5 – JUN 21 TU, 7:00 PM – 8:30 PM  
\$156.00 / 12 #4059

WCC | APR 7 – JUN 23 TH, 7:00 PM – 8:30 PM  
\$143.00 / 11 #4060

### SUMMER

WCC | JUL 5 – AUG 30 TU, 7:00 PM – 8:30 PM  
\$117.00 / 9 #4061

WCC | JUL 7 – SEP 1 TH, 7:00 PM – 8:30 PM  
\$117.00 / 9 #4062



POPULAR PROGRAMS FILL UP  
QUICKLY! REGISTER TODAY TO  
GUARANTEE YOUR SPOT.

## Taekwondo | Youth AGES 13-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! In this mixed-age class, students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline.

**Beginner**-This program is for people who have never done Tae Kwon Do or have a white belt.

**Intermediate**-This class is for students who presently hold a yellow belt or higher from Vancouver Martial Arts. Students with colour belts from other clubs can discuss with the instructor for evaluation of their belt.

Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Tae Kwon Do instructor regarding additional costs for the belt promotion test.

**Instructor: Vancouver Martial Arts**

### BEGINNER

#### SPRING

WCC | APR 10 – JUN 19 SU, 1:00 PM – 1:40 PM  
No classes Apr 17, May 22  
\$99.00 / 9 #4175

### SUMMER

WCC | JUL 10 – AUG 28 SU, 1:00 PM – 1:40 PM  
No class Jul 31  
\$77.00 / 7 #4177

### INTERMEDIATE

#### SPRING

WCC | APR 10 – JUN 19 SU, 1:00 PM – 1:50 PM  
No classes Apr 17, May 22  
\$126.00 / 9 #4176

### SUMMER

WCC | JUL 10 – AUG 28 SU, 1:00 PM – 1:50 PM  
No class Jul 31  
\$98.00 / 7 #4179

## DROP-IN

### Youth Social Drop-in **AGES 12-18**

A great space for youth to connect, have fun, relax, and hang out. The Youth Centre is free and open to all youth on a drop-in basis. Each week's session takes its own shape with crafts, Wii, karaoke and time to socialize.

**WCC | WEEKLY**  
FREE

**W, 3:30 PM – 5:30 PM**  
#3988

### Homework Help and Peer Tutoring

**AGES 9-17**

Developed by youths for youths, Homework Help and Peer Tutoring is a drop-in-style program led by youth volunteers happy to help their peers with school work.

#### Lead by Youth Volunteers

##### **SPRING**

**OBCC | APR 3 – JUN 19**

**SU, 10:00 AM – 11:30 AM**

**No classes Apr 17, May 22**

FREE / 10

#4329

**WCC | APR 5 – JUN 21**

**TU, 3:30 PM – 5:30 PM**

FREE / 12

#3991

### Study Hall **AGES 9-18**

This is a drop-in time dedicated to providing a quiet space to support studying and working on homework. It happens directly after Homework Help: Peer Tutoring in the Wesbrook Community Centre's Youth Centre.

**WCC | APR 5 – JUN 21**

**TU, 5:30 PM – 7:00 PM**

FREE / 12

#4330

## YOUTH SPORTS DROP-IN PASSES

CAN BE PURCHASED THROUGH THE FRONT DESK. PASSES ARE VALID FOR TWO YEARS AND GIVE YOU ACCESS TO YOUTH DROP-IN BASKETBALL, YOUTH OPEN GYM, AND YOUTH DROP-IN BADMINTON.

**10 PUNCH PASS \$27.00.**



### Youth Drop-in Badminton **AGES 12-18**

Three courts will be open to youth ages 12-18 to practice and play badminton! These sessions are uninstructed and open to players of all levels; please bring your own racquet. Maximum capacity: 14 players.

##### **SPRING**

**WCC | APR 3 – JUN 5**

**SU, 4:00 PM – 5:30 PM**

**No classes Apr 17, May 22**

\$3.00ea / 8

#4189

##### **SUMMER**

**WCC | JUL 10 – AUG 28**

**SU, 4:00 PM – 5:30 PM**

**No class Jul 31**

\$3.00ea / 7

#4190

## DROP-IN

### Youth Drop-in Basketball **AGES 13-18**

Participants can practice and play basketball with friends and neighbours with this open gym session.

#### **SPRING**

**WCC | APR 6 – JUN 29** **W, 5:30 PM – 6:45 PM**  
\$3.00ea / 13 #3989

#### **SUMMER**

**WCC | JUL 6 – AUG 31** **W, 5:30 PM – 6:45 PM**  
\$3.00ea / 9 #4392

### Youth Open Gym **AGES 13-18**

Open gym for youth to practice their sport of choice. Check-in with the front desk before heading into the gym.

#### **SPRING**

**WCC | APR 9 – JUN 25** **SA, 4:00 PM – 5:00 PM**  
**No class Apr 16**  
\$3.00ea / 11 #4328

#### **SUMMER**

**WCC | JUL 9 – SEP 3** **SA, 4:00 PM – 5:00 PM**  
\$3.00ea / 9 #4393

### Youth Open Studio | Dance **AGES 13-18**



This is a drop-in-style unstructured open studio space for youth to practice dancing, create choreography and meet other dancers in the community that is open to everyone. Open Studio is a welcoming and supportive space for all dancers in the community to express themselves and share their passion for dance.

**WCC | APR 8 – JUN 24** **F, 3:30 PM – 4:30 PM**  
**No class Apr 15**  
FREE / 12 #3991

# WE ARE LOOKING FOR PROGRAM INSTRUCTORS!



The UNA is committed to providing inclusive and accessible recreational, educational and fitness programs to every member in the UNA Community.

Have a program you want to offer? We are currently looking for instructors in the following areas:

- Group fitness and yoga
- Photography
- French
- Poetry and Writing
- Speakers and workshop leaders
- Adult volunteers wanting to work with youth

Apply at [myuna.ca/how-to-submit-a-program-proposal](https://myuna.ca/how-to-submit-a-program-proposal)

# ADULTS & SENIORS PROGRAMS

## ARTS

### Collage and Mixed Media **AGES 19+**



Whether you are preparing for an art career or want to add creative experience to your tool kit, participants of all skill levels will learn abstract art as a liberating form of artistic expression. Focus on using intuition to create a conversation of shapes, colors and value while learning new techniques.

While most art supplies are provided, students may be asked to provide some of their own supplies (e.g. workbook). This program is taught by Cynthia Head who is a fine artist and teacher based in Vancouver, [cynthiaheadstudio.wixsite.com/mysite](http://cynthiaheadstudio.wixsite.com/mysite).

Instructor: Cyndi Head

WCC | APR 6 – JUN 22

W, 6:30 PM – 8:30 PM

\$264.00 / 12

#4212

### Watercolour Painting | Workshop

**AGES 19+**

NEW

Embrace the beauty of watercolour painting. Students will be introduced to basic watercolour techniques to create beautiful landscape paintings. Learn how to layer colours, move brush on the paper and produce confidential fluid marks. Students will be encouraged to engage with the medium and explore their personal expression through painting with watercolor. All art supplies included.

Instructor: Yasaman Moussavi

WCC | APR 10

SU, 2:00 PM – 4:00 PM

\$25.00 / 1

#4291

### Flower Arrangement | Workshop

**AGES 19+**

NEW

In this workshop, participants will learn the art of flower arrangement. Techniques are inspired by Ikebana, the Japanese art of "making flowers alive". A single registration for this workshops allows you to bring along a guest. You and your guest can work together to create one flower arrangement to take home, just in time for Mother's Day! Please bring your own clippers and a vase if you have one. Limited extras will be available for those who do not have their own.

Instructor: Corazon Orata

WCC | MAY 1

SU, 2:00 PM – 4:00 PM

\$25.00 / 1

#4343

### Acrylic Paint Pour | Workshop

**AGES 19+**

NEW

Acrylic paint pouring is a fluid painting technique used to create art by pouring paint onto canvas. Participants will be introduced to this fun, messy and expressive art. Experiment with colours, learn different pouring techniques and create a mesmerizing piece of abstract art to take home. No experience is required. All art supplies included.



Instructor: Kayla Kennedy

WCC | MAY 15

SU, 2:00 PM – 4:00 PM

\$25.00 / 1

#4409

### Resin Jewelry Making | Workshop

**AGES 19+**

NEW

Resin jewelry is made from combining a resin and hardener. When mixed together, a chemical reaction occurs to creates a shiny, hard substance. In this workshop, learn the art or resin jewelry making! Explore different techniques to create beautiful jewelry using dried tiny flowers, washi tape, glitter, and decorative papers you can take home.

Instructor: Yasaman Moussavi

WCC | JUN 5

SU, 2:00 PM – 4:00 PM

\$25.00 / 1

#4292

## DANCE

## Chinese Folk Dance AGES 19+

A quick path to move from beginner to pro dancer. Learn Chinese classical folk dance. All levels are welcome.

Instructor: Emily Li

## SPRING

WCC | APR 6 – JUN 22 W, 1:00 PM – 2:30 PM  
\$360.00 / 12 #4214

## SUMMER

WCC | JUL 6 – AUG 24 W, 1:00 PM – 2:30 PM  
\$240.00 / 8 #4215

## Contemporary Dance AGES 18+



Contemporary dance is a style that builds upon grounding, easy movement, and flow. This class will introduce students to basic techniques, a variety of movement styles and include short choreography combinations. We welcome both new and experienced dancers looking to get back into dance! Mackenzie is a lifelong dancer and enjoys introducing students to this freeing style of movement.

Instructor: Mackenzie Moffett

## SPRING

WCC | APR 5 – JUN 21 TU, 8:15 PM – 8:45 PM  
No class Apr 19  
\$121.00 / 11 #4115

## SUMMER

WCC | JUL 5 – AUG 23 TU, 8:15 PM – 9:15 PM  
\$88.00 / 8 #4122



## Dance Fusion AGES 19+



Learn to dance in a fun and welcoming environment; no experience is required! You will learn basic dance techniques and choreography, covering styles from K-Pop to jazz-funk to hip-hop. Please bring clean, non-marking shoes.

Instructor: Yan Guo

## SPRING

WCC | APR 8 – JUN 24 F, 1:00 PM – 2:30 PM  
No class Apr 15  
\$181.50 / 11 #4216

## WCC | APR 8 – JUN 24

No class Apr 15  
\$181.50 / 11 #4217

## SUMMER

WCC | JUL 8 – AUG 26 F, 1:00 PM – 2:30 PM  
\$132.00 / 8 #4218

## WCC | JUL 8 – AUG 26

F, 6:45 PM – 8:15 PM  
\$132.00 / 8 #4219

## Street Jazz AGES 16+



Considered by some as a sub-dance style or variation of Hip-Hop, this class is a fusion consisting of Hip-Hop, Contemporary dance and Jazz dance. It is a dance form that focuses on versatility, musicality and expression. All levels are welcomed. [kirbysnellldance.com](http://kirbysnellldance.com)

Instructor: Endorphin Rush Dance

## SPRING

WCC | APR 7 – JUN 23 TH, 7:45 PM – 8:45 PM  
\$192.00 / 12 | Drop-in \$18.00 #4208

## SUMMER

WCC | JUL 7 – AUG 25 TH, 7:45 PM – 8:45 PM  
\$128.00 / 8 | Drop-in \$18.00 #4209



## ADULTS & SENIORS PROGRAMS

### CANINE EDUCATION

#### Good to Great: Dog Manners AGES 19+

Instructor: Daisy Dog Training

##### LEVEL 1

This action-filled program will build basic skills of training your dog as they reach adolescence and adulthood. Participants will explore the importance of enrichment and review body language basics. This program will engage participants in building skills for real-life with their dog. Dogs should be over 5 months of age and be up-to-date on vaccinations. Dogs must wear a flat collar or harness and regular flat leash, and must be friendly with strangers and other dogs.

##### SPRING

WCC | MAY 17 – JUN 21 TU, 7:15 PM – 8:15 PM  
\$210.00 / 6 #4248

##### SUMMER

WCC | JUL 5 – AUG 9 TU, 7:15 PM – 8:15 PM  
\$210.00 / 6 #4255

##### LEVEL 2

This action-filled program will review and build upon basic skills, and also tackle new challenges and questions that arise as dogs develop. This program will engage participants in building skills for real-life with their dog. Dogs should be over 5 months of age and be up-to-date on vaccinations. Dogs must wear a flat collar or harness and regular flat leash, and must be friendly with strangers and other dogs.



##### SPRING

WCC | MAY 19 – JUN 23 TH, 7:30 PM – 8:30 PM  
\$210.00 / 6 #4252

##### SUMMER

WCC | JUL 7 – AUG 11 TH, 7:30 PM – 8:30 PM  
\$210.00 / 6 #4256



#### Puppy Preschool AGES 19+

This fun socialization program will help participants teach their puppy some basic obedience skills. The instructor will discuss how to prevent problems and bad habits, and answer many of the common questions pup owners have. Participants will also learn about positive reinforcement, enrichment, body handling and more. Pups should be between 7 and 18 weeks of age at the start of class. Participants must provide proof of their dog's first set of vaccinations. All pups should be healthy when attending and must wear a flat collar or harness and a regular flat leash.

Instructor: Daisy Dog Training

##### SPRING

WCC | MAY 17 – JUN 21 TU, 6:00 PM – 7:00 PM  
\$210.00 / 6 #4247

##### SUMMER

WCC | JUL 5 – AUG 9 TU, 6:00 PM – 7:00 PM  
\$210.00 / 6 #4254

#### Puppy Socialization Drop-in AGES 19+

These drop-in sessions will be focused around fun and socialization, but will also include training, information and helpful puppy tips. Dogs should be between 7 and 18 weeks of age. Participants must provide proof of their dog's first set of vaccinations. All pups should be healthy when attending. Register for full program, or drop in for a single session (space permitting).

Instructor: Daisy Dog Training

##### SPRING

WCC | MAY 19 – JUN 23 TH, 6:15 PM – 7:15 PM  
\$60.00 / 6 | Drop-in \$12.00 #4253

##### SUMMER

WCC | JUL 7 – AUG 25 TH, 6:15 PM – 7:15 PM  
\$80.00 / 8 | Drop-in \$12.00 #4257

THESE CANINE EDUCATION SESSIONS ARE  
RUN BY SANDY REICHERT, WHO HAS BEEN  
A CERTIFIED DOG TRAINER SINCE 2018.  
SANDY HAS COMPLETED SPECIALIZED  
PROGRAMS IN PUPPY TRAINING AND  
DOG SEPARATION ANXIETY.

POPULAR PROGRAMS FILL UP  
QUICKLY! REGISTER TODAY TO  
GUARANTEE YOUR SPOT.

## EDUCATION

**UNA Orientation AGES 18+**

This workshop will give you an overview of the UNA and its programs and services. Topics will include: how to set up a UNA account and how to register for programs. There will be a question and answer period and Mandarin translation will be provided.

Lead by UNA Staff

WCC | APR 12  
FREE / 1TU, 10:00 AM – 11:00 AM  
#4080**UNA社区介绍会**

欢迎参加UNA社区介绍，了解UNA的历史和发展，以及它提供的服务和课程。我们将演示如何建立账号、注册课程以及回答相关问题。介绍会在英文在前，中文在后。

**SUCCESS: Settlement Services AGES 18+**

SUCCESS settlement service provides free one-on-one sessions on newcomer benefits, employment, English learning (LINC), immigration, citizenship, housing, customs, medical and health, education, legal, family, social benefits, transportation, and travel documents. Please make the appointment first. \*You must bring your PR card or Confirmation of Permanent Resident to attend the service. Email [isipvanancouver@success.bc.ca](mailto:isipvanancouver@success.bc.ca) or phone 604-408-7274 ext: 2063 for Chinese and English.

Instructor: SUCCESS

WCC

TU, 9:30 AM – 4:00 PM

FREE / 12

#4079

SUCCESS中侨安顿服务提供免费一对一咨询。内容包括新移民福利、就业、英文学习、移民、公民入籍、住房、海关、医疗卫生、教育、法律、家庭、社会福利、交通、旅行证件等等。中侨在 Wesbrook 社区中心提供预询服务。请致电604-408-7274x2063预约服务。咨询时，需出示您的永久居民卡或永久居民确认信。

**VSB Immigrant Parent Sessions |  
Mandarin and English AGES 18+**

This is a group session for immigrant parents who reside in the UBC area and have children attending surrounding public schools. It aims to connect newcomer parents, provide support, and share school and community settlement resources. Sessions will be held on Zoom. For registration please contact Esaine Mo, Settlement Worker with VSB (SWIS), at 778-228-8536 or [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca).

In Cantonese: every 1st and 3rd Thursday

(每月第一和第三个周四广东话)

In Mandarin: every 2nd and 4th Thursday

(每月第二和第四个周四普通话)

In English every 5th Thursday

Instructor: Esaine Mo (SWIS)

VIRTUAL | APR 7 – JUN 23  
FREE / 12TH, 1:00 PM – 2:30 PM  
#4333**免费 “家长加油站 (中英双语)”**

主办单位：温哥华教育局移民安顿工作者Esaine Mo巫小姐

拨款来源：加拿大移民、难民及公民部

宗旨：建立平台和家长共同努力广阔知识，自我增值，互动和联系

每月第一和第三个周四广东话

每月第二和第四个周四普通话

地点：在线Zoom

报名联系：巫小姐 工作手机：778-228-8536 或电邮：

[emo@vsb.bc.ca](mailto:emo@vsb.bc.ca)

**EDUCATION**

**English ABCs for Mandarin Speakers | Virtual** **AGES 18+**



This volunteer-led class is a beginner course. Designed for people who speak Mandarin and have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The students will feel confident when using greetings, shopping, asking for time or directions, and answering the phone etc. Please note, this class will be held on Zoom. A link will be sent to registered participants.

**英语基础入门(适合国语学生)**

此课程是专门为国语学生设计的英语基础入门课程。学生会学习日常交流所需的基本词汇和句式。建议报名此课程的学生也考虑报名本页内其他英语会话课程，增加每周练习时间，加快学习进程。

**Volunteer Instructors: Amber Huang and Titus Yung**

**VIRTUAL | APR 4 – JUN 21** **M, 10:00 AM – 11:30 AM**  
**No classes Apr 18, May 23**  
\$30.00 / 10 #4069

**Beginner English Conversation | Virtual** **AGES 18+**



This volunteer-led program is a beginner course designed for participants who have little experience with English. Basic vocabulary and sentences will be taught for conversational English. This program will be delivered online through Zoom.

**Volunteer Instructor: Nancy Dagan**

**VIRTUAL | APR 7 – JUN 24** **TH, 10:00 AM – 11:30 AM**  
\$36.00 / 12 #4058

**English Conversation | Virtual**

**AGES 18+**



This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants should have some basic vocabulary and be able to hold simple conversations. This program will be delivered online through Zoom. A link will be sent to registered participants.

**Volunteer Instructor: Eileen LeGallais**

**VIRTUAL | APR 5 – JUN 21** **TU, 10:00 AM – 11:30 AM**  
\$36.00 / 12 #4075

**Intermediate English Conversation** **AGES 18+**

This volunteer-led class gives participants a chance to take part in discussions covering a variety of topics. Discover more about Canadian/Western culture and attitudes and share your culture with new friends. This class will build confidence and increase participants' fluency in English.

**Volunteer Instructors: Alice Bradley and Linda Quinley**

**WCC | APR 6 – JUN 22** **W, 1:00 PM – 2:30 PM**  
\$36.00 / 12 #4073

**Advanced English Conversation** **AGES 18+**

This volunteer-led class will provide advanced English language learners a chance to develop their speaking and listening skills. Topics will be driven by the interests of the group.

**Volunteer Instructor: Rana Mohammadi**

**OBCC | APR 4 – JUN 21** **M, 12:00 PM – 1:30 PM**  
**No classes Apr 18, May 23**  
\$30.00 / 10 #4072

**English Language Learners (ELL) |  
Assessment AGES 19+**

This is a free assessment for new students enrolled in the ELL program #4276. Please enroll in this assessment prior to taking the class.

Instructor: Karen Godwin

WCC | APR 7  
FREE / 1

TH, 9:30 AM – 11:30 AM  
#4277

**English Language Learners (ELL) AGES 19+**

In this program, participants will develop their conversation skills, build fluency and gain confidence in speaking English. This program focuses on listening, speaking and reading using structured materials that support practical English communication. A range of real-world topics will be covered – from shopping for food, seeing a doctor, travelling and sight-seeing, exchanging cultural insights and sharing personal values.

New participants must take the ELL Assessment #4277 on April 7 prior to registration.

Instructor: Karen Godwin

WCC | APR 12 – JUN 9  
\$396.00 / 18

TU+TH, 9:30 AM – 11:30 AM  
#4276

**Learn Mandarin through Poetry and  
Literature | Intermediate | Virtual**

AGES 18+



You will learn Mandarin through the use of poetry and literature. Knowledge of Pinyin is required and it is suitable for intermediate-level knowledge or above.

Volunteer Instructor: Pei Xu

VIRTUAL | APR 4 – JUN 20  
No classes Apr 18, May 23  
\$20.00 / 10

M, 7:00 PM – 8:00 PM

#4332

**Mandarin Conversation |  
Intermediate AGES 18+**

This volunteer-led class, for intermediate-level students, will focus on vocabulary and building sentences in Mandarin. Some knowledge of Pinyin is required.

Volunteer Instructor: Sophia Wang

WCC | APR 8 – JUN 24  
\$24.00 / 12

TH, 7:15 PM – 8:15 PM  
#4352

# SIGN UP FOR EMERGENCY ALERTS

## Get Emergency Alerts Through Your UNA Account

Your UNA Account primary contact number is connected to UBC Alert, the university's mass notification system that sends alerts in urgent situations that pose an immediate safety or security risk to the community. If you have a UNA Account, we encourage you to check if your emergency contact information is correct by updating your "Primary Phone" in your UNA Profile Page. If you do not have a UNA Account, you can sign up online or by visiting any UNA community centre.

Visit [myuna.ca/una-account](https://myuna.ca/una-account) to sign up. More information on UBC Alerts can be found at [ready.ubc.ca/get-informed/ubc-alert](https://ready.ubc.ca/get-informed/ubc-alert).



## ADULTS & SENIORS PROGRAMS

### MUSIC - PRIVATE LESSONS

#### Piano Lessons AGES 19+

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required.

Instructor: Erika Galinskaya

**SPRING**  
WCC | APR 3 – JUN 19 SU, 1:00 PM – 4:15 PM  
No classes Apr 17, May 8, May 22  
\$270.00 / 9 # various

Instructor: Derek Pang

**SPRING**  
WCC | APR 4 – JUN 20 M, 3:30 PM – 7:30 PM  
No classes Apr 18, May 23  
\$300.00 / 10 # various

WCC | APR 6 – JUN 22 W, 3:30 PM – 7:30 PM  
\$360.00 / 12 # various

**SUMMER**  
WCC | JUL 4 – AUG 29 M, 3:30 PM – 7:30 PM  
No class Aug 1  
\$240.00 / 8 # various

WCC | JUL 6 – AUG 24 W, 3:30 PM – 7:30 PM  
\$240.00 / 8 # various

Instructor: Eshantha Peiris

**SPRING**  
WCC | APR 9 – JUN 25 SA, 9:00 AM – 3:30 PM  
No class Feb 19  
\$300.00 / 10 # various

Instructor: TBD

**SUMMER**  
WCC | JUL 9 – AUG 27 SA, 9:00 AM – 1:00 PM  
No class Jul 30  
\$210.00 / 7 # various

#### Flute Lessons AGES 19+

These 30-minute lessons are a fun and practical approach to learning flute. All levels are welcome, from beginners to Royal Conservatory Music students, to those who are looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

Instructor: Andrea Minden

**SPRING**  
WCC | APR 3 – JUN 19 SU, 1:00 PM – 4:00 PM  
No classes Apr 17, May 22  
\$300.00 / 10 # various

**SUMMER**  
WCC | JUL 10 – AUG 28 SU, 1:00 PM – 4:00 PM  
No class Jul 30  
\$210.00 / 7 # various

#### Guitar Lessons AGES 19+

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

Instructor: Tom Wherret

**SPRING**  
WCC | APR 6 – JUN 22 W, 3:30 PM – 9:00 PM  
\$360.00 / 12 # various

WCC | APR 7 – JUN 23 TH, 3:30 PM – 7:30 PM  
\$360.00 / 12 # various

**SUMMER**  
WCC | JUL 6 – AUG 24 W, 3:30 PM – 9:00 PM  
\$240.00 / 8 # various

#### Violin Lessons AGES 19+

These 30 minute time slots offer exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson.

Instructor: Andrew Ty

**SPRING**  
WCC | APR 7 – JUN 23 TH, 3:30 PM – 7:30 PM  
\$414.00 / 12 # various

**SUMMER**  
WCC | JUL 7 – AUG 25 TH, 3:30 PM – 7:30 PM  
\$276.00 / 8 # various

## Beginner Bootcamp **AGES 19+**

Beginner Bootcamp is an interval class designed for individuals new to bootcamp. A variety of exercises to increase power, agility, cardio, endurance and overall strength will be introduced with modifications for all levels.

### SPRING

WCC | APR 4 – JUN 20 **M, 6:00 PM – 7:00 PM**  
 No classes Apr 18, May 23  
 \$130.00 / 10 | Drop-in \$15.00 #4013

### SUMMER

WCC | JUL 4 – AUG 22 **M, 6:00 PM – 7:00 PM**  
 No classes Apr 18, May 23  
 \$91.00 / 7 | Drop-in \$15.00 #4041

## Cardio Core Bootcamp **AGES 19+**

Cardio Core Bootcamp is a full body workout combining cardio and strength conditioning, for all fitness levels. Variations include drills, strength and conditioning movements, and a variety of equipment. Bring a yoga mat, towel and water; shoes or anti-slip socks are recommended.

### SPRING

WCC | APR 5 – JUN 21 **TU, 11:30 AM – 12:15 PM**  
 \$156.00 / 12 | Drop-in \$15.00 #4029

### SUMMER

WCC | JUL 5 – AUG 30 **TU, 11:30 AM – 12:15 PM**  
 \$117.00 / 9 | Drop-in \$15.00 #4033

## Advanced Bootcamp **AGES 19+**

Need an extra push? Advanced Bootcamp is for intermediate- to advanced-level participants and is designed to keep everyone on their toes! Each class is different and will push participants out of their comfort zone with high intensity training, with the goal of having tons of fun. Instructors offer encouragement rather than intimidation.

### SPRING

WCC | APR 4 – JUN 20 **M, 7:00 PM – 8:00 PM**  
 No classes Apr 18, May 23  
 \$130.00 / 10 | Drop-in \$15.00 #4014

### SUMMER

WCC | JUL 4 – AUG 22 **M, 7:00 PM – 8:00 PM**  
 No class Aug 1  
 \$91.00 / 7 | Drop-in \$15.00 #4042

## ADULTS & SENIORS PROGRAMS

## Kickstart Bootcamp **AGES 19+**



This program is a full body workout designed to energize participants, and kickstarted their day into high gear. Classes blend a mixture of functional strength training, agility, and cardio endurance drills which will push participants to their limits safely and effectively.



### SPRING

WCC | APR 4 – JUN 22 **M+W, 7:00 AM – 8:00 AM**  
 No classes Apr 18, May 23  
 \$286.00 / 22 | Drop-in \$15.00 #4030

### WCC | APR 5 – JUN 23

**TU+TH, 7:00 AM – 8:00 AM**  
 \$312.00 / 24 | Drop-in \$15.00 #4010

### WCC | APR 9 – JUN 25

**SA, 8:30 AM – 9:30 AM**  
 \$156.00 / 12 | Drop-in \$15.00 #4000

### SUMMER

WCC | JUL 4 – AUG 24 **M+W, 7:00 AM – 8:00 AM**  
 No class Aug 1  
 \$195.00 / 15 | Drop-in \$15.00 #4031

### WCC | JUL 5 – AUG 25

**TU+TH, 7:00 AM – 8:00 AM**  
 \$208.00 / 16 | Drop-in \$15.00 #4032

### WCC | JUL 9 – AUG 20

**SA, 8:30 AM – 9:30 AM**  
 \$91.00 / 7 | Drop-in \$15.00 #4034

## Dance Bootcamp **AGES 16+**



Vancouver's Sweatiest Dance-Fitness Class! Dance Bootcamp takes the best of dance fitness with a mix of dance styles and bootcamp elements. We incorporate dance into a workout movement/circuit, choreography, and straight bootcamp movements. [www.kirbysnelldance.com](http://www.kirbysnelldance.com)

Instructor: Endorphin Rush Dance

### SPRING

WCC | APR 7 – JUN 23 **TH, 6:45 PM – 7:45 PM**  
 \$192.00 / 12 | Drop-in \$18.00 #4210

### SUMMER

WCC | JUL 7 – AUG 25 **TH, 6:45 PM – 7:45 PM**  
 \$128.00 / 8 | Drop-in \$18.00 #4211



## ADULTS & SENIORS PROGRAMS

### FITNESS & YOGA

#### Circuit Training AGES 19+



This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.

##### SPRING

WCC | APR 4 – JUN 21 M, 10:00 AM – 11:00 AM  
No classes Apr 18, May 23  
\$130.00 / 10 | Drop-in \$15.00 #4016

##### SUMMER

UNA FIELD | JUL 4 – AUG 22 M, 10:00 AM – 11:00 AM  
No class Aug 1  
\$91.00 / 7 | Drop-in \$15.00 #4361

#### HIIT | High Intensity Interval Training AGES 19+



Ready for a challenge? High Intensity Interval Training (HIIT for short) is one of the fastest ways to burn fat and get the lean. In HIIT, participants will give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short active recovery periods. HIIT workouts build cardiovascular fitness while improving strength,

building lean muscle, and maximizing calorie burn during and after the workout.

##### SPRING

WCC | APR 4 – JUN 22 M+W, 12:15 PM – 12:45 PM  
No class Apr 18, Apr 25, May 23  
\$252.00 / 21 | Drop-in \$12.00 #4011

WCC | APR 5 – JUN 23 TU+TH, 12:15 PM – 12:45 PM  
\$288.00 / 24 | Drop-in \$12.00 #4012

##### SUMMER

UNA FIELD | JUL 4 – AUG 24 M+W, 12:15 PM – 12:45 PM  
No class Aug 1  
\$162.00 / 15 | Drop-in \$12.00 #4362

UNA FIELD | JUL 5 – AUG 25 TU+TH, 12:15 PM – 12:45 PM  
\$192.00 / 16 | Drop-in \$12.00 #4363

#### Ballet Fitness AGES 19+

This fun and engaging program uses the best of ballet, pilates, stretch and strength for full-body conditioning. Participants will become stronger, more flexible, increase their core-strength and improve their balance while experiencing movement and dance. Suitable for all fitness levels as well as for rehabilitation, injury prevention and pre-/post-natal fitness. Drop in available if space permits.

Instructor: Crossmaneuver Dance Theatre

WCC | APR 6 – JUN 15 W, 8:15 PM – 9:15 PM  
\$143.00 / 11 | Drop-in \$15.00 #4360

#### Osteofit AGES 55+

Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment is provided.

Instructor: Angie Datt

##### SPRING

WCC | APR 5 – JUN 21 TU, 1:00 PM – 2:00 PM  
FREE / 12 #4355

##### SUMMER

WCC | JUL 5 – AUG 30 TU, 1:00 PM – 2:00 PM  
\$72.00 / 9 #4381

WCC | JUL 7 – SEP 1 TH, 10:00 AM – 11:00 AM  
\$72.00 / 9 #4132

## Learn to Run **AGES 19+**



New to running or want to get back to it after a long hiatus? Join this beginner program and be taught proper running techniques, pacing, stretching, gradual run/walk progression to a 10K distance, nutrition and injury prevention. Wear well-fitted running shoes and dress for the weather.

**Instructor: Christine Blanchette**

### SPRING

WCC | APR 2 – JUN 25 SA, 10:30 AM – 11:45 AM

No classes Apr 16, Apr 23, May 21

\$150.00 / 10 #4063

### SUMMER

WCC | JUL 9 – AUG 27 SA, 10:30 AM – 11:45 AM

No class Jul 30

\$105.00 / 7 #4064

## Seniors Fun Fitness **AGES 55+**



Stay fit, active, and social! You will enjoy low-intensity exercises and activities in a fun and supportive environment. An excellent time to meet others in the community.

**Instructor: UNA Instructor**

WCC | APR 6 – JUN 22 W, 1:00 PM – 2:00 PM

\$60.00 / 12 #4085

## Zumba **AGES 19+**

Zumba is a fun and high-energy workout inspired by Latin dance. Dance your way to fitness and join the movement!

**Instructor: DanZa Productions**

### SPRING

WCC | APR 4 – JUN 20 M, 8:30 PM – 9:30 PM

No classes Apr 4, May 23

\$120.00 / 10 | Drop-in \$14.00 #4065

WCC | APR 5 – JUN 21 TU, 7:00 PM – 8:00 PM

\$144.00 / 12 | Drop-in \$14.00 #4066

WCC | APR 9 – JUN 26 SA, 11:30 AM – 12:30 PM

\$144.00 / 12 | Drop-in \$14.00 #4067

### SUMMER

WCC | JUL 4 – AUG 22 M, 8:30 PM – 9:30 PM

No class Aug 1

\$84.00 / 7 | Drop-in \$14.00 #4357

WCC | JUL 5 – AUG 23 TU, 7:00 PM – 8:00 PM

\$96.00 / 8 | Drop-in \$14.00 #4358

WCC | JUL 9 – AUG 27 SA, 11:30 AM – 12:30 PM

\$96.00 / 8 | Drop-in \$14.00 #4359

## ADULTS & SENIORS PROGRAMS

## Gentle Yoga **AGES 19+**

Rejuvenate and relax your body in this all-levels Gentle Yoga class. Enjoy learning yoga postures and breath work to improve body awareness and release stress. Participants will practice slower paced movements to help foster mindfulness as well as improve flexibility, strength, and balance. Suitable for all levels. Please bring your own mat to class. Mats are available to borrow if needed.

**Instructor: Angie Datt**

### SPRING

WCC | APR 8 – JUN 24 F, 10:00 AM – 11:00 AM

\$143.00 / 11 | Drop-in \$15.00 #4135

### SUMMER

WCC | JUL 8 – SEP 2 F, 10:00 AM – 11:00 AM

\$117.00 / 9 | Drop-in \$15.00 #4136

## Restorative Yoga **AGES 19+**

Begin the first half of this blended class exploring slower paced gentle yoga movements to help improve flexibility, balance, and body awareness. During the second half of class, participants will explore restorative yoga poses comprised of reclining postures that are supported by yoga props (such as blankets, bolsters and blocks) to promote deep relaxation, rest and healing. Please bring your own mat to class. Mats are available to borrow if needed.

**Instructor: Angie Datt**

### SPRING

WCC | APR 5 – JUN 21 TU, 10:00 AM – 11:15 AM

\$172.00 / 12 | Drop-in \$15.00 #4133

### SUMMER

WCC | JUL 5 – AUG 30 TU, 10:00 AM – 11:15 AM

\$129.00 / 9 | Drop-in \$15.00 #4134

PRIORITY IS GIVEN TO PARTICIPANTS WHO HAVE REGISTERED. REGISTERED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. ALL NO-SHOW SPOTS AT THAT TIME WILL BE SOLD TO THE DROP-IN LIST. SIGN-UP FOR THE DROP-IN LIST MUST BE IN PERSON, AND BEGINS 30 MINUTES BEFORE THE PROGRAM BEGINS.

## ADULTS & SENIORS PROGRAMS

### FITNESS & YOGA

#### Iyengar Yoga **AGES 19+**

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, go deeper in poses designed to build strength, release tight muscles, improve balance, and calm the mind. The method is adapted for all ages and levels. Please bring your own mat and any other props that you might need. Luci Yamamoto, a certified Iyengar yoga teacher, has studied yoga since the late 1990s.

Instructor: Luci Yamamoto

##### SPRING

WCC | APR 23 – MAY 22 SA, 10:00 AM – 11:15 AM  
\$90.00 / 5 | Drop-in \$20.00 #4227

WCC | MAY 28 – JUN 26 SA, 10:00 AM – 11:15 AM  
\$90.00 / 5 | Drop-in \$20.00 #4229

##### SUMMER

WCC | JUL 2 – AUG 21 SA, 10:00 AM – 11:15 AM  
\$144.00 / 8 | Drop-in \$20.00 #4231

#### Hatha Yoga **AGES 19+**



This gentle meditative style of class will ease your mind and body. You will be guided through carefully orchestrated postures both to support and re-energize your attention on your breath and movements. Through a gentle sequence of bodily postures (asanas), breathing techniques (pranayama), the goal is to bring about a sound, centered body and a peaceful mind. If you want a grounding practice, this is the class for you. This is Negar's 4th year teaching at the centre, and with

her background in Educational Psychology

she approaches her teachings from a cooperative and relational stance, facilitating the potential development in every student.

Instructor: Negar Amini

##### SPRING

WCC | APR 4 – JUN 20 M, 10:45 AM – 11:30 AM  
No classes Apr 18, May 23  
\$150.00 / 10 | Drop-in \$17.25 #4074

#### Flow Yoga **AGES 19+**

Flow Yoga combines breath awareness with physical asana poses to warm up the body and rejuvenate the mind. Get ready to stretch, be on your feet and play around with some balance. This class is an all-levels class with lots of options, modifications and safe transitions! Classes are led by Mayumi, a passionate yogi who is excited to share the yoga love with others!

Instructor: Mayumi Samarakoon

##### SPRING

WCC | APR 8 – MAY 27 F, 8:45 AM – 9:30 AM  
No classes Apr 15, May 20  
\$72.00 / 6 | Drop-in \$14.00 #4138

WCC | APR 9 – MAY 28 SA, 4:00 PM – 5:00 PM  
No classes Apr 16, May 21  
\$72.00 / 6 | Drop-in \$14.00 #4137

#### Power Yoga **AGES 19+**

Join us for an energy-boosting Yoga practice to revitalize your day! A feel-good mix of flow, strength, and stretch will have you feeling focused and refreshed. Please bring your own mat.

##### SPRING

WCC | APR 6 – JUN 22 W, 11:30 AM – 12:30 PM  
\$156.00 / 12 | Drop-in \$15.00 #4028

##### SUMMER

WCC | JUL 6 – AUG 31 W, 11:30 AM – 12:30 PM  
\$117.00 / 9 | Drop-in \$15.00 #4036

#### Vinyasa Yoga **AGES 19+**

In Vinyasa Yoga we explore bodily awareness, connection with the breath, and work to establish a calm and focused state of mind. Expect to allow space for the heart to open, emotions to pass and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system.

Instructor: Negar Amini

##### SPRING

WCC | APR 5 – JUN 21 TU, 5:30 PM – 6:30 PM  
\$156.00 / 12 | Drop-in \$15.00 #4070

##### SUMMER

WCC | JUL 5 – AUG 30 TU, 5:30 PM – 6:30 PM  
\$117.00 / 9 | Drop-in \$15.00 #4071

**Kyokushin Karate | Adults AGES 19+**

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

**Instructor: Anthony Evangelista**

**SPRING**

WCC | APR 5 – JUN 21 TU, 7:00 PM – 8:30 PM  
\$180.00 / 12 #4051

WCC | APR 7 – JUN 23 TH, 7:00 PM – 8:30 PM  
\$180.00 / 12 #4053

**SUMMER**

WCC | JUL 5 – AUG 30 TU, 7:00 PM – 8:30 PM  
\$135.00 / 9 #4052

WCC | JUL 7 – SEP 1 TH, 7:00 PM – 8:30 PM  
\$135.00 / 9 #4054

**Basketball AGES 19+**

Enjoy a fun and friendly evening of three on three half court basketball. These sessions are uninstructed and open to players of all skill level. 16 spots are available for registration and two are reserved for day-of drop-in.

**SPRING**

WCC | APR 4 – JUN 20 M, 6:00 PM – 7:45 PM  
No classes Apr 18, May 23  
\$45.00 / 10 | Drop-in \$6.00 #4105

**SUMMER**

WCC | JUL 4 – AUG 22 M, 6:00 PM – 7:45 PM  
\$36.00 / 8 | Drop-in \$6.00 #4106

**Volleyball AGES 19+**

Enjoy a friendly evening of volleyball. These uninstructed sessions are open to players of all skill level. 22 spots are available for registration, two are reserved for day-of drop-in. Participants are to assist with set-up and take-down.

**SPRING**

WCC | APR 6 – JUN 22 W, 7:00 PM – 8:45 PM  
\$54.00 / 12 | Drop-in \$6.00 #4113

**SUMMER**

WCC | JUL 6 – AUG 24 W, 7:00 PM – 8:45 PM  
\$36.00 / 8 | Drop-in \$6.00 #4114

**ADULTS & SENIORS  
PROGRAMS****Badminton AGES 19+**

Enjoy a fun and friendly evening of badminton. These sessions are uninstructed and open to players of all skill levels. 12 spots are available for registration and two are reserved for day-of drop-in. Participants are expected to assist with set-up and take-down.

**SPRING**

WCC | APR 4 – JUN 20 M, 8:00 PM – 9:30 PM  
No classes Apr 18, May 23  
\$45.00 / 10 | Drop-in \$6.00 #4099

WCC | APR 5 – JUN 21 TU, 12:00 PM – 1:45 PM  
\$54.00 / 12 | Drop-in \$6.00 #4100

WCC | APR 8 – JUN 24 F, 6:45 PM – 8:15 PM  
\$49.50 / 11 | Drop-in \$6.00 #4101

**SUMMER**

WCC | JUL 4 – AUG 22 M, 8:00 PM – 9:30 PM  
\$36.00 / 8 | Drop-in \$6.00 #4102

WCC | JUL 8 – AUG 26 F, 6:45 PM – 8:15 PM  
\$36.00 / 8 | Drop-in \$6.00 #4103

**Family Badminton | Court Bookings**

Book a court for one hour and play badminton with your family! Maximum six family members per booking with at least one adult guardian (aged 19+). We do not take season registration for this offering, bookings for individual dates must be made.

**SPRING | SUNDAY**

WCC | APR 3 – JUN 19 SU, 8:45 AM – 9:45 AM  
No drop-in Apr 17  
\$10.00ea / 11 # various

WCC | APR 3 – JUN 19 SU, 10:00 AM – 11:00 AM  
No drop-in Apr 17  
\$10.00ea / 11 # various

**SPRING | SATURDAY**

WCC | APR 9 – JUN 18 SA, 8:45 AM – 9:45 AM  
No drop-in Apr 16  
\$10.00ea / 10 # various

WCC | APR 9 – JUN 18 SA, 10:00 AM – 11:00 AM  
No drop-in Apr 16  
\$10.00ea / 10 # various

## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Table Tennis AGES 19+

Join us for 1.5 hrs of table tennis in the WCC gym. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in.

##### SPRING

WCC | APR 4 – JUN 20 M, 11:30 AM – 1:00 PM  
No classes Apr 18, May 23  
\$25.00 / 10 | Drop-in \$3.50 #4110

WCC | APR 5 – JUN 21 TU, 2:15 PM – 3:45 PM  
\$30.00 / 12 | Drop-in \$3.50 #4111

#### Table Tennis for Seniors AGES 55+

Seniors are invited for an hour of table tennis. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in.

WCC | APR 8 – JUN 24 F, 2:30 PM – 3:30 PM  
No class Apr 15  
\$11.00 / 11 | Drop-in \$2.00 #4112

#### Pickleball AGES 19+

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. 14 spots are available for registration and two are reserved for day-of drop-in.

##### SPRING

WCC | APR 4 – JUN 20 M, 1:45 PM – 3:30 PM  
No classes Apr 18, May 23  
\$45.00 / 10 | Drop-in \$6.00 #4107

WCC | APR 7 – JUN 23 TH, 12:45 PM – 2:30 PM  
\$54.00 / 12 | Drop-in \$6.00 #4108

WCC | APR 8 – JUN 24 F, 10:45 AM – 12:30 PM  
No class Apr 15  
\$49.50 / 11 | Drop-in \$6.00 #4109

#### Pickleball Lessons AGES 19+

**Beginner-** Improve fundamental techniques through drills and game play. Key points include: Dinking, volleys, serve and return, 3rd shots, court positioning. For people new to Pickleball or wanting to build confidence in the basics - everyone is welcome.

**Intermediate-** Improve skills through drills and game play. Key points include: Learning to neutralize hard hitters/ bangers, building consistency with third shots, understanding of ball placement, resetting the rally. This class is for those who have completed beginner lessons and are looking for their next challenge.

**Advanced Doubles-** Improve skills through fast paced drills and game play with critical feedback. Key points include: Footwork (be prepared to sweat), create opportunities with the 3rd shot, putting away all types of balls, around the post, setting up the rally for victory, and resetting the rally. Register with a partner to drill together with other advanced teams. Players without a partner will be accommodated.

Instructor: Chris Koentges

##### BEGINNER SPRING

WCC | APR 6 – JUN 22 W, 9:00 AM – 10:30 AM  
No class May 11  
\$275.00 / 11 #4220

##### SUMMER

WCC | JUL 6 – AUG 24 W, 9:00 AM – 10:30 AM  
No classes Jul 13, Jul 27, Aug 10  
\$125.00 / 5 #4223

##### INTERMEDIATE SPRING

WCC | APR 6 – JUN 22 W, 10:45 AM – 12:15 PM  
No class May 11  
\$275.00 / 11 #4221

##### SUMMER

WCC | JUL 6 – AUG 24 W, 10:45 AM – 12:15 PM  
No classes Jul 13, Jul 27, Aug 10  
\$125.00 / 5 #4224

##### ADVANCED DOUBLES SPRING

WCC | APR 8 – JUN 24 F, 8:45 AM – 10:15 AM  
No class Apr 15  
\$275.00 / 11 #4222

##### SUMMER

WCC | JUL 8 – JUN 26 F, 8:45 AM – 10:15 AM  
No class Apr 15  
\$125.00 / 5 #4225

**Coffee Talk at the Old Barn AGES 18+**

Drop by the Old Barn Living Room for a chance to talk to UNA staff and connect with your neighbours. The topic will be outdoor activities and active transportation. Light refreshments will be served.

**Instructor:** Linda Quamme

OBCC | APR 25 M, 10:00 AM – 11:00 AM  
FREE / 1 #4092

**Bridge AGES 18+**

Come and join our friendly group of regulars Tuesday and Thursday mornings! Helpful advice and encouragement is available. This free drop-in is intended for players with some knowledge of the game. Registration is not required.

**Volunteer Instructor:** John Maunsell

**SPRING**  
WCC | APR 5 – JUN 30 TU+TH, 10:00 AM – 12:30 PM  
FREE / 26 #4089

**SUMMER**  
WCC | JUL 5 – SEP 1 TU+TH, 10:00 AM – 12:30 PM  
FREE / 18 #4090

**Mahjong (with English instruction) AGES 55+**

Come and play the fun and simple social game of Mahjong, with easy rules to follow. English and Mandarin instructions are provided. All levels are welcome! No registration is required for this free drop-in program.

**Volunteer Instructors:** Nils Bradley and Ying Ge

WCC | APR 4 – JUN 21 M, 1:00 PM – 2:30 PM  
No classes Apr 18, May 23  
FREE / 10 #4124

**Community Circle AGES 18+**

Community Circle gives new and long term residents the opportunity to build community in an inclusive and friendly environment. Each week, volunteers facilitate a new topic to discuss. English is used as a common language and all levels are welcome. Sessions will be held on Zoom. See [myuna.ca/recreation](https://myuna.ca/recreation) for meeting link.

**Volunteers:** Chris Ryan and Cecilia Wang

VIRTUAL | WEEKLY TH, 12:00 PM – 1:30 PM  
FREE #4327

**ADULTS & SENIORS PROGRAMS****Women's Social Club AGES 18+**

Take a mental health break! This is an excellent way for newcomer women to make new friends and meet neighbours; an informal space to get together and talk. Snacks and tea will be provided. Please register for this free program.

**Volunteers:** Alice Bradley and Linda Quiney

OBCC | APR 5 – JUN 21 TU, 12:30 PM – 2:00 PM  
FREE / 12 #4126

**Community Book Club AGES 18+**

Enjoy a conversation with your neighbours about each month's chosen book. The club is suitable for an intermediate English level and up. Registration required.

**April 6:** *The Night Watchman* by Louise Erdrich

**May 4:** *Tuesdays with Morrie* by Mitch Albom

**June 1:** *Still Alice* by Lisa Genova

**July 6:** *Atomic Habits* by James Clear



**Volunteer Instructor:** Rana Mohammadi

WCC | APR 6, MAY 4, JUN 1, JUL 6 W, 10 AM – 12 PM  
FREE / 4 #4091

**Walk and Talk Club AGES 18+**

Walking helps reduce stress! Meet new friends at WCC and get active while exploring UBC Campus. Wear comfortable shoes and dress for the weather; walks occur rain or shine. Once registered (required), you may drop into any session.

**Volunteer:** Helen Aqua

WCC | APR 4 – JUN 27 M, 10:00 AM – 11:30 AM  
FREE / 13 #4125

**Stroller Walk and Talk Club AGES 18+**

Improve your physical and mental health! Meet at OBCC and join parents, caregivers and tots in exploring UBC campus. Once registered (required), you may drop into any session.

**Volunteers:** UNA Volunteer

OBCC | APR 6 – JUN 22 W, 10:00 AM – 11:30 AM  
FREE / 10 #4098



# BRIDGING DIGITAL LITERACY AND HEALTHY AGEING

## ARTS

### Colour Pencil Drawing AGES 55+



This online Colour Pencil Drawing class teaches the foundations of drawing. You will follow along as you learn and practice basic drawing skills such as structure, light and shade relationship, and understanding colour. Great for beginners or those wanting to hone their art skills. Participants are responsible for their own supplies (colour pencil set and paper). This program is free of cost, thanks to the Healthy Seniors, Resilient Communities grant. However, registration is required.

Instructor: Ping Xu

**VIRTUAL | APR 8 – JUN 25** **F, 10:00 AM – 11:30 AM**  
**No class Apr 15**  
FREE / 11 #4280

## EDUCATION

### Community Digital Support AGES 18+



Bring your laptop, tablet or smart phone to Wesbrook Community Centre and our volunteers will guide you in navigating the digital world. For drop-in, clients will be seen on a first come, first served basis. Our volunteers can provide a limited number of scheduled one-on-one sessions. Please email [support@myuna.ca](mailto:support@myuna.ca) to arrange one.



Short workshops will be scheduled for the beginning of the session. Please check the UNA Website for updates.

Volunteer: UNA Volunteer

**WCC | APR 9 – JUN 25** **SA, 10:00 AM – 12:00 PM**  
FREE / 12 #4078

IN SPRING, WE WILL CONTINUE TO OFFER FREE PROGRAMS FOR SENIORS IN PHYSICAL ACTIVITY, ART, WELLBEING AND DIGITAL LITERACY. THE PROJECT IS FUNDED BY THE NEW HORIZONS FOR SENIORS PROGRAM FROM EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA.

## PHYSICAL ACTIVITY

### Osteofit AGES 55+

Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment is provided.

Instructor: Angie Datt

**SPRING**  
**WCC | APR 5 – JUN 21** **TU, 1:00 PM – 2:00 PM**  
FREE / 12 #4355

**SUMMER**  
**WCC | JUL 5 – AUG 30** **TU, 1:00 PM – 2:00 PM**  
\$72.00 / 9 #4381

**WCC | JUL 7 – SEP 1** **TH, 10:00 AM – 11:00 AM**  
\$72.00 / 9 #4132

### Virtual Osteofit AGES 55+



Participate in Osteofit from home! Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment will be provided, pickup date and time will be announced closer to the start date. Space and equipment requirements: A device with camera that connects to the internet (iPad, laptop) with the Zoom application downloaded and 2m of space free of obstructions. For your safety, your camera must be turned on.

Instructor: Angie Datt

**VIRTUAL | APR 7 – JUN 24** **TH, 10:00 AM – 11:00 AM**  
FREE / 7 #4131

## FITNESS &amp; YOGA

**Virtual Tai Chi** AGES 55+

This traditional Chinese martial art will improve your physical and mental well-being through graceful, slow movements that promote focus and deep breathing. It is no surprise that Tai Chi is also known as moving meditation. Find peace and tranquility and strengthen your body, mind, and spirit from home. Space and equipment requirements: a device that connects to the internet (iPad, laptop) with the Zoom application downloaded and 2m of space free of obstructions. For your safety, your camera must be turned on.

Instructor: Joyce Ma

**SPRING**  
**VIRTUAL | APR 4 – MAY 30** M, 10:00 AM – 11:00 AM  
No classes Apr 18, May 23  
FREE / 7 #4127

**SUMMER**  
**VIRTUAL | JUL 4 – AUG 22** M, 10:00 AM – 11:00 AM  
No class Aug 1  
\$56.00 / 7 #4128

**Virtual Chair Yoga** AGES 55+

Join Angie for a gentle virtual class, where exercises will be done while sitting or standing holding onto a chair. Focus is on improving mobility, strengthening muscles, and balancing the mind and body, and is suitable for any physical ability, we welcome you at any level. Space and equipment requirements: a device that connects to the internet (iPad, laptop) with the Zoom application downloaded, 2m of space free of obstructions and a chair. For your safety, your camera must be turned on.

Instructor: Angie Datt

**VIRTUAL | APR 6 – JUN 22** W, 10:00 AM – 11:00 AM  
FREE / 12 #4129

**Chair Yoga** AGES 55+

In this gentle class, exercises will be done while sitting or standing holding onto a chair. We will focus on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at.

Instructor: Angie Datt

**WCC | JUL 6 – AUG 31** W, 10:00 AM – 11:00 AM  
\$72.00 / 9 #4130

**SOCIAL****Seniors and Friends Lecture Series** AGES 55+

Join us for an informative and engaging talk followed by social time. Light refreshments will be served.

**Mar 31:** Music Appreciation

**May 26:** The Economy

**Jun 16:** Genealogy Research

Volunteer Instructor

**OBCC | MAR 31** TH, 10:00 AM – 11:30 AM  
FREE / 1 #4097

**WCC | MAY 26, JUN 16** W, 1:00 PM – 2:30 PM  
FREE / 2 #various



# COME OUT TO A BALL GAME!

**FREE ADMISSION to all Women's Softball  
& Men's Baseball home games.**



## **SOFTBALL**

@ COLLINGS FIELD AT NOBEL PARK

**MARCH 18 & 19**

**APRIL 1 & 2**

**APRIL 15 & 16**

**APRIL 29 & 30**



## **BASEBALL**

@ TOURMALINE WEST STADIUM

**MARCH 18, 19 & 20**

**APRIL 2 & 3**

**APRIL 30 & MAY 1**

**MAY 7 & 8**

FOR MORE INFO VISIT:

**[GOTHUNDERBIRDS.CA/SOFTBALL](http://GOTHUNDERBIRDS.CA/SOFTBALL) OR [GOTHUNDERBIRDS.CA/BASEBALL](http://GOTHUNDERBIRDS.CA/BASEBALL)**

# INDEX & SCHEDULE

## COMMUNITY EVENTS - PAGE 8

4334	Bike Skills Workshop   Kids:	Ages 8-13	Sat	Apr 2	9:30 AM	OBCC	骑车与道路安全讲座
4350	Canada Day Celebration	All ages	Fri	Jul 1	1:00 PM	WCC	加拿大国庆日
4375	Easter Egg Hunt	All ages	Sun	Apr 17	10:00 AM	OBCC	复活节彩蛋
4353	Coexisting with Coyotes	Ages 5+	Thu	May 5	5:00 PM	Virtual	与郊狼相处知识讲座
4337	Field Games Potluck	Ages 5+	Thu	Jun 9	5:00 PM	Parks	传统运动项目友谊赛
3568	Inclusive Community Dance	Ages 16+	Sat	Apr 23	10:00 AM	OBCC	无障碍舞蹈
4351	Musical Picnic	All ages	Thu	Jun 23	5:00 PM	Parks	户外音乐和野餐
3532	Raven: Storytelling	Ages 4+	Sat	Apr 9	10:00 AM	OBCC	渡鸦如何偷太阳-原住民故事表演
4345	Seniors Summer BBQ Games	Ages 55+	Sat	Aug 6	10:00 AM	Fields	老年夏日BBQ和运动
4341	Soccer Tournam.: Kids	Ages 5-11	Tue	Jul 12	5:00 PM	Fields	社区足球比赛: 儿童组
4342	Soccer Tournam.: Youth	Ages 12-18	Mon	Jul 11	4:00 PM	Fields	社区足球比赛: 青少年组
4364	Soccer Tournam. Adult	Ages 19+	Thurs	14-Jul	6:30 PM	Fields	社区足球比赛: 成年组
4104	Family Movie Night	All ages	Sat-Sat	Apr 16	6:00 PM	OBCC	家庭电影之夜
	The UNA Children's Garden	All ages	ongoing			OBCC	儿童菜园春种与夏播

## PRO-D DAY CAMPS - PAGE 11

4188	Moviemakers Pro-D	Ages 8+12	Mon	Apr 25	9:00 AM	WCC	电影制作营
4199	Red Cross Babysitting	Ages 11-14	Mon	Apr 25	9:00 AM	WCC	红十字会儿童看护课程

## SUMMER CAMPS - PAGE 12

4324	Crossmaneuver Camp	Ages 3-5	Mon-Fri	Jul 18	10:00 AM	OBCC	艺术表演夏令营
4323	Crossmaneuver Camp	Ages 3-5	Mon-Fri	Aug 15	10:00 AM	OBCC	艺术表演夏令营
4317	Frozen Ballet Camp	Ages 4-6	Mon-Fri	Jul 25	10:45 AM	OBCC	芭蕾夏令营
4316	Frozen Ballet Camp	Ages 3-5	Mon-Fri	Jul 25	9:15 AM	OBCC	芭蕾夏令营
4318	Hip Hop Breakers Camp	Ages 3-5	Mon-Fri	Jul 25	12:30 PM	OBCC	嘻哈霹雳舞夏令营
4321	Hip Hop Breakers Camp	Ages 3-5	Mon-Fri	Aug 22	12:30 PM	OBCC	嘻哈霹雳舞夏令营
4320	Little Ballerinas Camp	Ages 4-6	Mon-Fri	Aug 22	10:45 AM	OBCC	小小芭蕾夏令营
4319	Little Ballerinas Camp	Ages 3-5	Mon-Fri	Aug 22	9:15 AM	OBCC	小小芭蕾夏令营
4325	Crossmaneuver Camp	Ages 5-7	Mon-Fri	Jul 18	1:00 PM	OBCC	艺术表演夏令营
4326	Crossmaneuver Camp	Ages 5-7	Mon-Fri	Aug 15	1:00 PM	OBCC	艺术表演夏令营
4322	Crossmaneuver Camp	Ages 7-13	Mon-Fri	Aug 8	9:00 AM	OBCC	艺术表演夏令营
4314	Hip Hop Breakers Camp	Ages 6-9	Mon-Fri	Jul 25	2:00 PM	OBCC	嘻哈霹雳舞夏令营
4315	Hip Hop Breakers Camp	Ages 6-9	Mon-Fri	Aug 22	2:00 PM	OBCC	嘻哈霹雳舞夏令营
4308	K-Pop/Hip-Hop Dance Camp	Ages 6-12	Mon-Fri	Aug 29	9:00 AM	OBCC	韩式嘻哈舞夏令营
4432	Tune Builders Camp   Begin.	Ages 12-18	Mon-Fri	Jul 4	9:00 AM	OBCC	音乐创作夏令营初级
4433	Tune Builders Camp   Begin.	Ages 8-11	Mon-Fri	Jul 4	9:00 AM	OBCC	音乐创作夏令营初级
4303	Tune Builders Camp   Int.	Ages 8-11	Mon-Fri	Jul 11	9:00 AM	OBCC	音乐创作夏令营中级
4302	Tune Builders Camp   Int.	Ages 12-18	Mon-Fri	Jul 11	9:00 AM	OBCC	音乐创作夏令营中级
4309	Science Explorer Camp	Ages 5-10	Mon-Fri	Jul 4	9:00 AM	WCC	科学探索夏令营
4310	Space Blast Off Camp	Ages 6-11	Tue-Fri	Aug 2	9:00 AM	WCC	科学夏令营 - 火箭发射
4311	Wild Science Camp	Ages 6-11	Mon-Fri	Aug 29	9:00 AM	WCC	科学夏令营+疯狂实验

## INDEX & SCHEDULE

### SUMMER CAMPS (CONTINUED) - PAGE 12

4297	Young Moviemakers Camp	Ages 8-14	Mon-Fri	Jul 18	9:00 AM	WCC	电影制作夏令营
4299	Young Moviemakers Camp	Ages 8-14	Mon-Fri	Aug 22	9:00 AM	WCC	电影制作夏令营
4298	Young Moviemakers Camp	Ages 8-14	Mon-Fri	Aug 15	9:00 AM	WCC	电影制作夏令营
4434	High Performance Camp	Ages 12-15	Mon-Fri	Jul 4	9:00 AM	Fields	青少年体能训练夏令营
4307	Floor Hockey & Soccer Camp	Ages 6-10	Mon-Fri	Aug 8	9:00 AM	WCC	曲棍球夏令营
4304	Multi-Sport Camp	Ages 6-10	Mon-Thu	Jun 27	9:00 AM	WCC	多种球类夏令营
4305	Multi-Sport Camp	Ages 6-10	Mon-Fri	Jul 25	9:00 AM	WCC	多种球类夏令营
4306	Soccer Camp	Ages 6-10	Mon-Fri	Jul 11	9:00 AM	WCC	足球夏令营
various	Summer Adventures Camp	Ages 5-11	Mon-Fri	various	9:00 AM	WCC	多姿多彩夏令营

### ACTIVE KIDS - PAGE 16

4193	Active Kids: Physical Literacy	Ages 3-5	Mon	May 2	10:30 AM	WCC	少儿球类和健体运动
4192	Active Kids: Playtime	Ages 1-3	Mon	May 2	9:30 AM	WCC	多项球类和游戏
4194	Active Kids: Soccer	Ages 3-5	Mon	May 2	4:00 PM	WCC	足球
4191	Active Kids: Soccer	Ages 6-9	Mon	May 2	5:00 PM	WCC	足球
4187	Sportball Outdoor Soccer	Ages 4+6	Wed	Jul 6	5:45 PM	Fields	户外足球

### EARLY YEARS - PAGE 18

4241	Parents+Me Creative Dance	Ages 2-3	Wed	Apr 6	9:30 AM	WCC	亲子创意舞蹈
4242	Preschool Ballet	Ages 3-5	Wed	Apr 6	3:30 PM	WCC	学前芭蕾
4232	Preschool Ballet	Ages 3-5	Sun	Apr 3	11:45 AM	WCC	学前芭蕾
4236	Preschool Dance	Ages 3-5	Mon	Apr 4	3:30 PM	WCC	学前舞蹈
4235	Preschool Dance	Ages 3-5	Sun	Apr 3	9:30 AM	WCC	学前舞蹈
4240	Story & Theatre	Ages 3-5	Wed	Apr 6	10:30 AM	WCC	故事和表演
4202	Zumba Kids	Ages 4-7	Thu	Apr 7	3:30 PM	WCC	儿童Zumba
4205	Zumba Kids	Ages 4-7	Thu	Jul 7	3:30 PM	WCC	儿童Zumba
4023	Crafts with Ruta	Ages 2-5	Fri	Apr 8	9:45 AM	WCC	和Ruta一起做手工
4435	Crafts with Ruta	Ages 2-5	Fri	Apr 8	10:45 AM	WCC	和Ruta一起做手工
4419	Crafts with Ruta	Ages 2-5	Fri	May 20	9:45 AM	WCC	和Ruta一起做手工
4420	Crafts with Ruta	Ages 2-5	Fri	May 20	10:45 AM	WCC	和Ruta一起做手工
4022	Parent+Tot Gym Drop-In	Ages 0-5	Tue/Thu	Apr 5	10:00 AM	WCC	亲子活动时间
4275	Science for Kids	Ages 3-6	Thu	Apr 7	4:00 PM	WCC	少儿科学
4184	Sportball: Floor Hockey	Ages 4-6	Wed	Apr 6	3:45 PM	WCC	少儿曲棍球

### CHILDREN - PAGE 20

4238	Musical Theatre	Ages 7-11	Mon	Apr 4	5:45 PM	WCC	音乐剧场
4020	Pre-Teen Slam Poetry	Ages 9-12	Thu	Apr 7	5:00 PM	WCC	少年诗歌汇
4293	Creative Arts	Ages 6-10	Mon	Apr 4	3:30 PM	WCC	创意艺术课
4294	Creative Arts	Ages 9-12	Mon	Apr 4	5:00 PM	WCC	创意艺术课
4243	Ballet   Level 1	Ages 6-8	Wed	Apr 6	4:30 PM	WCC	芭蕾一级
4234	Ballet   Level 1	Ages 6-8	Sun	Apr 3	2:00 PM	WCC	芭蕾一级
4244	Ballet   Level 2	Ages 7-10	Wed	Apr 6	5:45 PM	WCC	芭蕾二级
4279	Bollywood Dance	Ages 6-13	Fri	May 20	5:30 PM	WCC	宝莱坞舞蹈
4278	Bollywood Dance	Ages 6-13	Fri	Apr 8	5:30 PM	WCC	宝莱坞舞蹈



## CHILDREN (CONTINUED) - PAGE 20

4233	Contemp. Jazz   Level 1	Ages 7-10	Sun	Apr 3	12:45 PM	WCC	当代爵士乐一级
4239	Contemp. Jazz   Level 2	Ages 10-14	Mon	Apr 4	7:00 PM	WCC	现代爵士舞二级
4204	Dance Extreme	Ages 7-12	Thu	Apr 7	5:30 PM	WCC	极致舞蹈课
4207	Dance Extreme	Ages 7-12	Thu	Jul 7	5:30 PM	WCC	极致舞蹈
4237	Dance Foundations	Ages 4-6	Mon	Apr 4	4:30 PM	WCC	舞蹈基础
4230	Dance Foundations	Ages 4-6	Sun	Apr 3	10:30 AM	WCC	舞蹈基础
4258	K-Pop Hip-Hop	Ages 6-12	Tue	Apr 5	3:30 PM	WCC	韩式嘻哈
4245	Teen Ballet	Ages 11-16	Wed	Apr 6	7:00 PM	WCC	青少年芭蕾舞
4202	Zumba Kids	Ages 4-7	Thu	Apr 7	3:30 PM	WCC	儿童Zumba
4203	Zumba Kids	Ages 7-12	Thu	Apr 7	4:15 PM	WCC	儿童Zumba
4205	Zumba Kids	Ages 4-7	Thu	Jul 7	3:30 PM	WCC	儿童Zumba
4206	Zumba Kids	Ages 7-12	Thu	Jul 7	4:15 PM	WCC	儿童Zumba
4199	Red Cross Babysitting	Ages 11-14	Mon	Apr 25	9:00 AM	WCC	红十字会儿童看护课程
4200	Red Cross Babysitting	Ages 11-14	Sat	Jun 11	9:00 AM	WCC	红十字会儿童看护课程
4201	Red Cross Stay Safe!	Ages 9-12	Sat	May 14	9:00 AM	WCC	红十字会紧急救助和安全课程
4285	English Read. Writing   Beg.	Ages 6-12	Tue	Apr 5	3:30 PM	WCC	英语阅读和写作
4286	English Read. Writing   Interm.	Ages 6-12	Tue	Apr 5	4:40 PM	WCC	英语阅读和写作
4281	Mastering Mandarin   Beg. I	Ages 5-12	Sat	Apr 9	10:30 AM	WCC	汉语学习-初级
4282	Mastering Mandarin   Beg. II	Ages 5-12	Sat	Apr 9	12:30 PM	WCC	汉语学习-初级
4283	Mastering Mandarin   Interm.	Ages 5-12	Sat	Apr 9	2:15 PM	WCC	汉语学习-中级
4284	Mastering Mandarin   Adv.	Ages 5-12	Sat	Apr 9	4:00 PM	WCC	汉语学习-高级
4086	Family Reading Club	Ages 6-10	Wed	Apr 13	4:00 PM	OBCC	家庭阅读俱乐部
various	Math-4-Kids	various.	Mon	various		WCC	趣味数学
4275	Science for Kids	Ages 3-6	Thu	Apr 7	4:00 PM	WCC	少儿科学
4274	Science for Kids	Ages 7-11	Thu	Apr 7	5:00 PM	WCC	少儿科学
4260	Young Moviemakers	Ages 8-14	Fri	Apr 22	4:00 PM	WCC	少年电影制作
4152	Badminton	Ages 8-12	Fri	Jul 8	4:00 PM	WCC	羽毛球
4151	Badminton	Ages 8-12	Fri	Apr 22	4:00 PM	WCC	羽毛球
4196	Active Kids: Basketball	Ages 12-16	Thu	May 5	4:00 PM	WCC	篮球
4198	Active Kids: Basketball	Ages 8-12	Sat	May 7	12:00 PM	WCC	篮球
4197	Active Kids: Basketball	Ages 8-12	Thu	May 5	4:00 PM	WCC	篮球
4195	Active Kids: Basketball	Ages 8-12	Tue	May 3	4:00 PM	WCC	篮球
4185	Sportball: Floor Hockey	Ages 6-9	Wed	Apr 6	4:30 PM	WCC	少儿曲棍球
4043	Kyokushin Karate - Beg. Kids	Ages 5-9	Tue	Apr 5	6:00 PM	WCC	青少年极真空手道
4045	Kyokushin Karate - Kids	Ages 6-12	Tue	Apr 5	7:00 PM	WCC	青少年极真空手道
4047	Kyokushin Karate - Beg. Kids	Ages 5-9	Thu	Apr 7	6:00 PM	WCC	青少年极真空手道
4048	Kyokushin Karate - Kids	Ages 6-12	Thurs	Apr 7	7:00 PM	WCC	青少年极真空手道
4044	Kyokushin Karate - Beg. Kids	Ages 5-9	Tue	Jul 5	6:00 PM	WCC	青少年极真空手道
4046	Kyokushin Karate - Kids	Ages 6-12	Tue	Jul 5	7:00 PM	WCC	青少年极真空手道
4049	Kyokushin Karate - Beg. Kids	Ages 5-9	Thu	Jul 7	6:00 PM	WCC	青少年极真空手道
4182	Tae Kwon Do   Beginner Kids	Ages 4-12	Sun	Jul 10	1:00 PM	WCC	初学者跆拳道
4180	Tae Kwon Do   Beginner Kids	Ages 4-12	Sun	Apr 10	1:00 PM	WCC	初学者跆拳道
4183	Tae Kwon Do   Interm. Kids	Ages 4-12	Sun	Jul 10	1:00 PM	WCC	中级跆拳道
4181	Tae Kwon Do   Interm. Kids	Ages 4-12	Sun	Apr 10	1:00 PM	WCC	中级跆拳道
4186	Sportball: Outdoor Soccer	Ages 6-9	Wed	Jul 6	4:30 PM	Fields	户外足球



## INDEX & SCHEDULE

### YOUTH - PAGE 30

4120	Volleyball BC: Train and Play	Ages 12-13	Sat	May 21	2:00 PM	WCC	排球：培训和练习
4119	Volleyball BC: Train and Play	Ages 12-13	Sat	Apr 9	2:00 PM	WCC	排球：培训和练习
4121	Volleyball BC: Beach Clinic	Ages 12-15	Sat	Jul 9	2:00 PM	Fields	中学生沙滩排球
3987	Pre-Teen Leadership	Ages 9-12	Mon	Apr 4	4:00 PM	WCC	少年领导力项目
4384	Girl Guides	Ages 9 -11	Thurs	various	5:30 PM	OBCC	女童军
various	Guitar	Ages 8+	various			WCC	吉他
various	Piano	Ages 5+	various			WCC	钢琴
various	Violin	Ages 5+	various			WCC	小提琴
4259	K-Pop Hip-Hop	Ages 13-18	Tue	Apr 5	4:30 PM	WCC	韩式嘻哈
4246	Teen Ballet	Ages 11-16	Wed	Apr 6	7:00 PM	WCC	中级芭蕾舞
4338	Garage band	Ages 13-18	Thu	Apr 14	5:00 PM	WCC	中学生乐队
4027	Introduction to Improv	Ages 13-18	Tue	Apr 5	3:30 PM	WCC	即兴表演
4331	Art Night	Ages 13-18	Mon	Apr 4	4:45 PM	WCC	中学生艺术之夜
4213	Collage & Painting	Ages 13-18	Wed	Apr 6	4:00 PM	WCC	混合抽象艺术和绘画
4190	Youth Drop-in Badminton	Ages 12-18	Sun	Jul 10	4:00 PM	WCC	中学生羽毛球练习时间
4189	Youth Drop-in Badminton	Ages 12-18	Sun	Apr 3	4:00 PM	WCC	中学生羽毛球练习时间
3989	Basketball Drop-In	Ages 13-18	Wed	Apr 6	5:30 PM	WCC	中学生篮球活动时间
3989	Basketball Drop-In	Ages 13-18	Wed	Jul 6	5:30 PM	WCC	中学生篮球活动时间
3990	Youth Open Studio   Dance	Ages 13-18	Fri	Apr 8	3:30 PM	WCC	中学生舞蹈练习时间
4328	Youth Open Gym	Ages 13-18	Sat	Apr 9	4:00 PM	WCC	青年球类活动时间
4328	Youth Open Gym	Ages 13-18	Sat	Jul 9	4:00 PM	WCC	青年球类活动时间
4330	Study Hall	Ages 9-18	Tue	Apr 5	5:30 PM	WCC	自习时间
3988	Youth Centre Drop-in	Ages 13-18	Wed	weekly	3:30 PM	WCC	中学生放松活动
3991	Homework Help: Tutoring	Ages 9-17	Tue	Apr 5	3:30 PM	WCC	家庭作业辅导项目
4329	Homework Help: Tutoring	Ages 9-17	Sun	Apr 3	10:00 AM	OBCC	课后作业辅导时间
4055	Toastmasters Youth Program	Ages 12-18	Wed	Apr 6	6:30 PM	WCC	高中生演讲俱乐部
4154	Badminton	Ages 13-18	Fri	Jul 8	5:00 PM	WCC	中学生羽毛球
4153	Badminton	Ages 13-18	Fri	Apr 22	5:00 PM	WCC	中学生羽毛球
various	Kyokushin Karate	various	Tue	various	7:00 PM	WCC	青少年极真空手道
various	Tae Kwon Do	various	Sun	various	1:00 PM	WCC	青少年跆拳道初级
4118	Volleyball BC: Train and Play	Ages 14-15	Sat	May 21	2:00 PM	WCC	中学生排球：培训和练习
4116	Volleyball BC: Train and Play	Ages 14-15	Sat	Apr 9	2:00 PM	WCC	中学生排球：培训和练习
3994	Code Buddies	Ages 13-18	Sun	Apr 10	11:00 AM	Virtual	电脑编程俱乐部
3995	Rubik's Cube Club	Ages 8-13	Thu	Apr 7	3:30 PM	WCC	魔方俱乐部
4015	Youth Art Engagement	Ages 13-18	Mon	Apr 4	3:30 PM	WCC	青年艺术会
4385	Pathfinders	Ages 12-14	Wed	Dec 14	5:30 PM	OBCC	女童军
4386	4-H Club	Ages 9-19	Fri	various	6:30 PM	WCC	4-H俱乐部
3986	Youth Leadership	Ages 13-18	Fri	Apr 8	3:30 PM	WCC	青年领导力
4380	Youth Leadership	Ages 13-18	Tue	Jul 5	3:30 PM	WCC	青年领导力

## ADULTS - PAGE 40

4280	Colour Pencil Drawing	Ages 55+	Fri	Apr 8	10:00 AM	Virtual	水彩画
4212	Collage + Mixed Media	Ages 19+	Wed	Apr 6	6:30 PM	WCC	混合媒体和抽象艺术
4291	Watercolour Painting Wrkshp.	Ages 19+	Sun	Apr 10	2:00 PM	WCC	水彩画讲座
4343	Flower Arrangement Wrkshp	Ages 19+	Sun	May 1	2:00 PM	WCC	插花艺术讲座
4292	Resin Jewelry Making Wrkshp	Ages 19+	Sun	Jun 5	2:00 PM	WCC	珠宝制作讲座
4409	Acrylic Paint Pour Wrkshp	Ages 19+	Sun	May 15	2:00 PM	WCC	颜料泼洒
4214	Chinese Folk Dance	Ages 19+	Wed	Apr 6	1:00 PM	WCC	中国民族舞蹈
4215	Chinese Folk Dance	Ages 19+	Wed	Jul 6	1:00 PM	WCC	中国民族舞蹈
4115	Contemporary Dance	Ages 19+	Tue	Apr 5	8:15 PM	WCC	现代舞
4122	Contemporary Dance	Ages 19+	Tue	Jul 5	8:15 PM	WCC	现代舞
various	Dance Fusion	Ages 19+	Fri	various		WCC	舞蹈融合
4208	Street Jazz	Ages 16+	Thu	Apr 7	7:45 PM	WCC	爵士街舞
4209	Street Jazz	Ages 16+	Thu	Jul 7	7:45 PM	WCC	爵士街舞
4247	Puppy Preschool	Ages 19+	Tue	May 17	6:00 PM	WCC	幼犬培训
4254	Puppy Preschool	Ages 19+	Tue	Jul 5	6:00 PM	WCC	幼犬培训
various	Good to Great: Dog Manners	Ages 19+	various			WCC	成年狗基本训练
4253	Puppy Socialization Drop-In	Ages 19+	Thu	May 19	6:15 PM	WCC	幼犬社交时间
4257	Puppy Socialization Drop-In	Ages 19+	Thu	Jul 7	6:15 PM	WCC	幼犬社交时间
4078	Community Digital Support	Ages 19+	Sat	Apr 9	10:00 AM	WCC	社区电脑辅导俱乐部
4069	English ABCs for Mandarin	Ages 18+	Mon	Apr 4	10:00 AM	Virtual	英语入门（国语）
4072	English Conversation I Adv.	Ages 18+	Mon	Apr 4	12:00 PM	OBCC	英语会话高级
4058	English Conversation I Beg.	Ages 18+	Thu	Apr 7	10:00 AM	Virtual	线上英语入门
4073	English Conversation I Interm.	Ages 18+	Wed	Apr 6	1:00 PM	WCC	中级英语会话
4075	English Conversation I Virtual	Ages 18+	Tue	Apr 5	10:00 AM	Virtual	英语会话+初级
4276	English Language Learners	Ages 19+	Tue/Thu	Apr 12	9:30 AM	WCC	高级成人英语ELL
4277	ELL Assessment	Ages 19+	Thu	Apr 7	9:30 AM	WCC	成人英语测试
4332	Mandarin through Poetry	Ages 18+	Mon	Apr 4	7:00 PM	Virtual	中级汉语学习（线上）
4352	Mandarin Conv. Interm.	Ages 18+	Fri	Apr 8	10:00 AM	WCC	中级汉语学习（线下）
4079	SUCCESS: Settlement	Ages 18+	Tue	Apr 5	9:30 AM	WCC	中侨移民安顿服务
4333	VSBI Immigrant Parent	Ages 18+	Thu	Apr 7	1:00 PM	Virtual	移民家长信息交流会（国语）
4080	UNA Orientation	Ages 18+	Thu	Apr 14	10:00 AM	WCC	UNA社区介绍
4042	Advanced Bootcamp	Ages 19+	Mon	Jul 4	7:00 PM	WCC	高级体能训练
4014	Advanced Bootcamp	Ages 19+	Mon	Apr 4	7:00 PM	WCC	高级体能训练
4360	Ballet Fitness	Ages 19+	Wed	Apr 6	8:15 PM	WCC	芭蕾舞健身
4041	Beginner Bootcamp	Ages 19+	Mon	Jul 4	6:00 PM	WCC	初级体能训练
4013	Beginner Bootcamp	Ages 19+	Mon	Apr 4	6:00 PM	WCC	初级体能训练
4033	Cardio Core Bootcamp	Ages 19+	Tue	Jul 5	11:30 AM	WCC	核心肌群训练营
4029	Cardio Core Bootcamp	Ages 19+	Tue	Apr 5	11:30 AM	WCC	核心肌群训练营
4016	Circuit Training	Ages 19+	Mon	Apr 4	10:00 AM	OBCC	循环体能训练

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### ADULTS (CONTINUED) - PAGE 40

4361	Circuit Training	Ages 19+	Mon	Jul 4	10:00 AM	Fields	循环体能训练
4211	Dance Bootcamp	Ages 16+	Thu	Jul 7	6:45 PM	WCC	舞蹈及体能训练
4210	Dance Bootcamp	Ages 16+	Thu	Apr 7	6:45 PM	WCC	舞蹈及体能训练
various	HIIT+High Intensity Interval	Ages 19+	various		12:15 PM	WCC	高燃脂训练
various	Kickstart Bootcamp	Ages 19+	various		7:00 AM	WCC	清早体能训练
various	Kickstart Bootcamp	Ages 19+	various		8:30 AM	WCC	清早体能训练
4064	Learn to Run	Ages 19+	Sat	Jul 9	10:30 AM	WCC	学习如何跑步
4063	Learn to Run	Ages 19+	Sat	Apr 2	10:30 AM	WCC	学习如何跑步
various	Zumba	Ages 19+	various			WCC	尊巴舞
4137	Flow Yoga	Ages 19+	Sat	Apr 9	4:00 PM	WCC	流瑜伽
4138	Flow Yoga	Ages 19+	Fri	Apr 8	8:45 AM	WCC	流瑜伽
4136	Gentle Yoga	Ages 19+	Fri	Jul 8	10:00 AM	WCC	轻柔瑜伽
4135	Gentle Yoga	Ages 19+	Fri	Apr 8	10:00 AM	WCC	轻柔瑜伽
4074	Hatha Yoga	Ages 19+	Mon	Apr 4	10:45 AM	WCC	传统瑜伽
4229	Iyengar Yoga	Ages 19+	Sat	May 28	10:00 AM	WCC	轻柔瑜伽
4231	Iyengar Yoga	Ages 19+	Sat	Jul 2	10:00 AM	WCC	轻柔瑜伽
4227	Iyengar Yoga	Ages 19+	Sat	Apr 23	10:00 AM	WCC	轻柔瑜伽
4036	Power Yoga	Ages 19+	Wed	Jul 6	11:30 AM	WCC	力量瑜伽
4028	Power Yoga	Ages 19+	Wed	Apr 6	11:30 AM	WCC	力量瑜伽
4134	Restorative Yoga	Ages 19+	Tue	Jul 5	10:00 AM	WCC	恢复性瑜伽
4133	Restorative Yoga	Ages 19+	Tue	Apr 5	10:00 AM	WCC	恢复性瑜伽
4071	Vinyasa Yoga	Ages 19+	Tue	Jul 5	5:30 PM	WCC	Vinyasa瑜伽
4070	Vinyasa Yoga	Ages 19+	Tue	Apr 5	5:30 PM	WCC	Vinyasa瑜伽
4099	Badminton	Ages 19+	Mon	Apr 4	8:00 PM	WCC	成人羽毛球
4100	Badminton	Ages 19+	Tue	Apr 5	12:00 PM	WCC	成人羽毛球
4101	Badminton	Ages 19+	Fri	Apr 8	6:45 PM	WCC	成人羽毛球
4102	Badminton	Ages 19+	Mon	Jul 4	8:00 PM	WCC	成人羽毛球
4103	Badminton	Ages 19+	Fri	Jul 8	6:45 PM	WCC	成人羽毛球
4106	Basketball	Ages 19+	Mon	Jul 4	6:00 PM	WCC	成人羽毛球
4105	Basketball	Ages 19+	Mon	Apr 4	6:00 PM	WCC	成人羽毛球
4051	Kyokushin Karate   Adults	Ages 19+	Tue	Apr 5	7:00 PM	WCC	极真空手道
4053	Kyokushin Karate   Adults	Ages 19+	Thu	Apr 7	7:00 PM	WCC	极真空手道
4052	Kyokushin Karate   Adults	Ages 19+	Tue	Jul 5	7:00 PM	WCC	极真空手道
4054	Kyokushin Karate   Adults	Ages 19+	Thu	Jul 7	7:00 PM	WCC	极真空手道
4109	Pickleball	Ages 19+	Fri	Apr 8	10:45 AM	WCC	匹克球练习
4108	Pickleball	Ages 19+	Thu	Apr 7	12:45 PM	WCC	匹克球练习
4107	Pickleball	Ages 19+	Mon	Apr 4	1:45 PM	WCC	匹克球练习
4220	Pickleball Lessons - Beg.	Ages 19+	Wed	Apr 6	9:00 AM	WCC	匹克球
4221	Pickleball Lessons - Interm.	Ages 19+	Wed	Apr 6	10:45 AM	WCC	匹克球
4222	Pickleball Lessons - Adv. Dbl	Ages 19+	Fri	Apr 8	8:45 AM	WCC	匹克球
4223	Pickleball Lessons - Beg.	Ages 19+	Wed	Jul 6	9:00 AM	WCC	匹克球
4224	Pickleball Lessons - Interm.	Ages 19+	Wed	Jul 6	10:45 AM	WCC	匹克球
4225	Pickleball Lessons - Adv. Dbl	Ages 19+	Fri	Jul 8	8:45 AM	WCC	匹克球

### ADULTS (CONTINUED) - PAGE 40

4085	Seniors Fun Fitness	Ages 55+	Wed	Apr 6	1:00 PM	WCC	老年人快乐健身
4111	Table Tennis	Ages 19+	Tue	Apr 5	2:15 PM	WCC	乒乓球
4110	Table Tennis	Ages 19+	Mon	Apr 4	11:30 AM	WCC	乒乓球
4112	Table Tennis for Seniors	Ages 55+	Fri	Apr 8	2:30 PM	WCC	老年乒乓球
4114	Volleyball	Ages 19+	Wed	Jul 6	7:00 PM	WCC	排球
4113	Volleyball	Ages 19+	Wed	Apr 6	7:00 PM	WCC	排球
4092	Coffee Talk at the Old Barn	Ages 19+	Mon	Apr 25	10:00 AM	OBCC	Old Barn咖啡时间
4090	Bridge	Ages 18+	Tue/Thu	Jul 5	10:00 AM	WCC	桥牌练习时间
4089	Bridge	Ages 18+	Tue/Thu	Apr 5	10:00 AM	WCC	桥牌练习时间
4124	Mahjong with English	Ages 55+	Mon	Apr 4	1:00 PM	WCC	麻将
various	Seniors + Friends Lectures	Ages 18+	Thu	various	OBCC+WCC		老人之友讲座
4091	Community Book Club	Ages 18+	Wed	Apr 6	10:00 AM	WCC	社区读书俱乐部
4098	Stroller Walk and Talk Club	Ages 18+	Wed	Apr 6	10:00 AM	OBCC	Old Barn母婴推车健步时间
4125	Walk and Talk Club	Ages 18+	Mon	Apr 4	10:00 AM	WCC	步行俱乐部
4126	Women's Social Club	Ages 18+	Tue	Apr 5	12:00 PM	OBCC	女士社交俱乐部
4327	Community Circle	Ages 18+	Thu	Apr 7	12:00 PM	Zoom	社区交流时间
various	Family Badminton-Saturdays	Ages 19+	Sat	Apr 9	10:00 AM	WCC	家庭羽毛球
various	Family Badminton-Saturdays	Ages 19+	Sat	Apr 9	8:45 AM	WCC	家庭羽毛球
various	Family Badminton-Sundays	Ages 19+	Sun	Apr 3	10:00 AM	WCC	家庭羽毛球
various	Family Badminton-Sundays	Ages 19+	Sun	Apr 3	8:45 AM	WCC	家庭羽毛球

### BRIDGING DIGITAL LITERACY & HEALTHY AGEING - PAGE 54

4132	Osteofit	Ages 55+	Thu	Jul 7	10:00 AM	WCC	健骨课程
4381	Osteofit	Ages 55+	Tue	Jul 5	1:00 PM	WCC	健骨课程
4355	Osteofit	Ages 55+	Tue	Apr 5	1:00 PM	WCC	健骨课程
4130	Chair Yoga	Ages 55+	Wed	Jul 6	10:00 AM	WCC	网上椅子瑜伽
4129	Virtual Chair Yoga	Ages 55+	Wed	Apr 6	10:00 AM	Virtual	网上椅子瑜伽
4131	Virtual Osteofit	Ages 55+	Thu	Apr 7	10:00 AM	Virtual	网上健骨课程
4127	Virtual Tai Chi	Ages 55+	Mon	Apr 4	10:00 AM	Virtual	网上太极
4128	Virtual Tai Chi	Ages 19+	Mon	Jul 4	10:00 AM	Virtual	网上太极

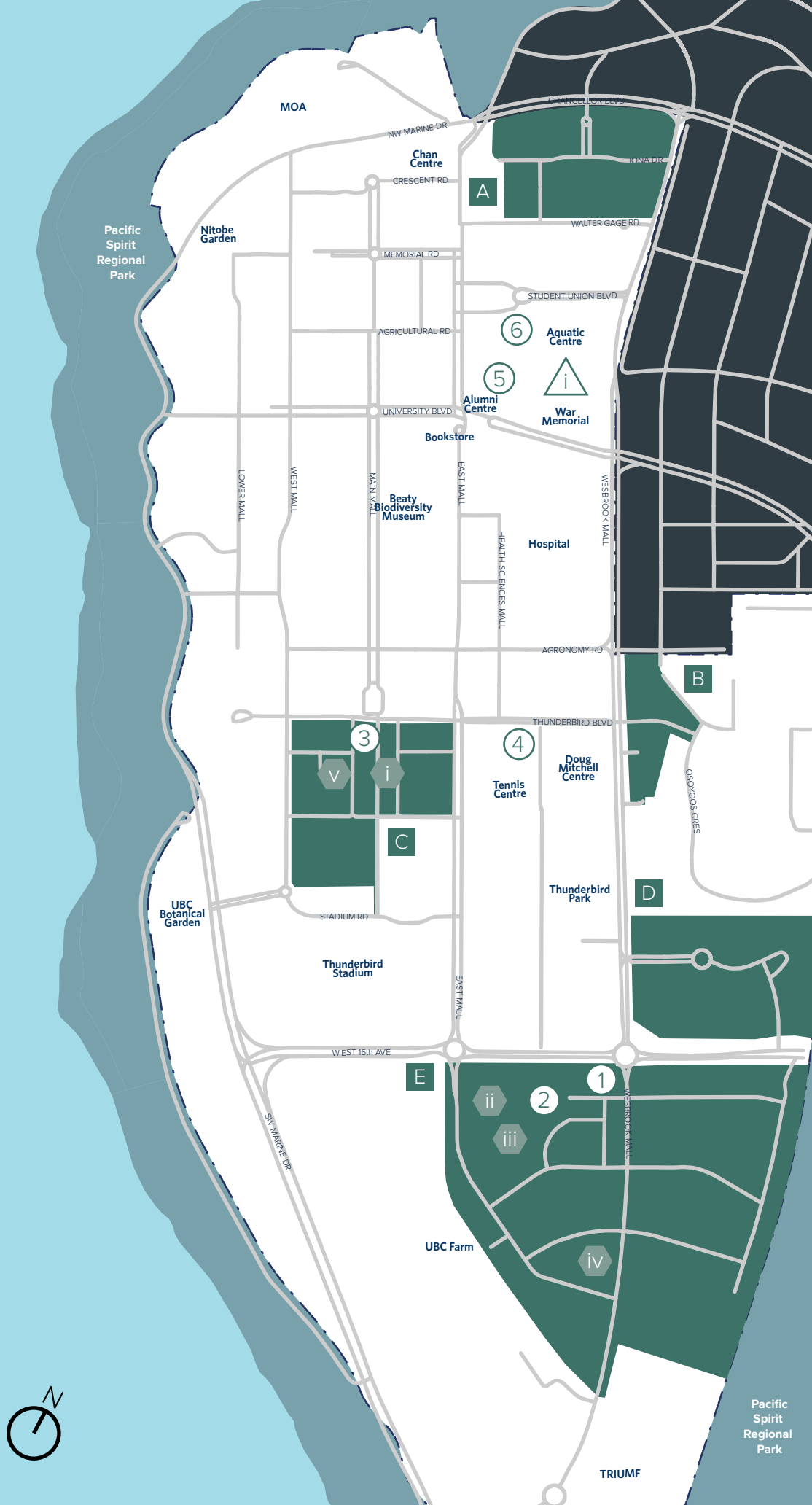
# UBC & UNA PROGRAM LOCATION MAP

- A** Chancellor Place
- B** East Campus
- C** Hawthorn Place
- D** Hampton Place
- E** Wesbrook Place

- 1** UNA Office
- 2** Wesbrook Community Centre
- 3** The Old Barn Community Centre
- 4** Osborne Centre
- 5** CiTR - The Nest
- 6** Student Recreation Centre

- i** Jim Taylor Park
- ii** UNA Field
- iii** Volleyball Court
- iv** Collins Field
- v** Children's garden

- i** Bus + Shuttle Loop



# FITNESS CENTRES & GROUP FITNESS

## OLD BARN

### HOURS OF OPERATION

7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 4:00 p.m. Holidays

	UNA/UBC	PUBLIC	YOUTH
<b>DROP IN</b>	\$4.00	\$7.00	\$4.00
<b>10 VISITS</b>	\$30.00	\$40.00	\$25.00
<b>1 MONTH</b>	\$30.00	\$40.00	\$25.00
<b>3 MONTHS</b>	\$80.00	\$100.00	\$100.00
<b>6 MONTHS</b>	\$150.00	\$200.00	\$100.00
<b>12 MONTHS</b>	\$250.00	\$350.00	\$160.00

### PERSONAL TRAINING

Whether you are at the beginning of your fitness journey or looking to enhance your skills, our personal trainers are here to help you reach your goals. Visit our Fitness Centres in-person and ask about our various personal training packages to get started, or contact **604.822-6419** for any questions/inquiries.

### GROUP FITNESS CLASSES

Our group fitness classes are a great way to stay active and interact with members of the community. Choose from a number of classes with our experienced instructors to join our fitness community today.

- **Bootcamp Classes** | Page 47
- **Yoga Classes** | Pages 49-50
- **HIIT Classes** | Page 48
- **Circuit Training** | Page 48
- **Retro Aerobics** | Page 48
- **Learn to Run** | Page 49
- **Zumba** | Page 49



## WESBROOK

### HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Thursday  
6:00 a.m. to 8:30 p.m. Friday  
8:30 a.m. to 6:00 p.m. Weekends  
10:00 a.m. to 4:00 p.m. Holidays

	UNA/UBC	PUBLIC	YOUTH
<b>DROP IN</b>	\$7.00	\$10.00	\$7.00
<b>10 VISITS</b>	\$50.00	\$60.00	\$40.00
<b>1 MONTH</b>	\$50.00	\$60.00	\$40.00
<b>3 MONTHS</b>	\$120.00	\$150.00	\$110.00
<b>6 MONTHS</b>	\$220.00	\$250.00	\$200.00
<b>12 MONTHS</b>	\$400.00	\$450.00	\$350.00

### **EQUIPMENT:**

- WALK/RUN TREADMILLS
- ELLIPTICAL WALK/RUN
- STEP MACHINE
- INDOOR BICYCLE
- INDOOR BICYCLE (RECUMBENT)
- FREE WEIGHTS & KETTLEBELLS
- ADJUSTABLE BENCHES
- STRENGTH-TRAINING MACHINES
- SQUAT RACK
- SPIN BIKES





▲ Adult artist - Dorota



▲ Young artist - Martina



▲ Young artist - Sabrina



▲ Adult artist - Shize



▲ Young artist - Gaoqi



▲ Young artist - Olivia



▲ Adult artist - Ran

## ART FROM THE UNA TIGER GALLERY

As part of the UNA's Lunar New Year festivities, we asked artists living in the UNA neighbourhoods to submit tiger-themed artworks for display in our Tiger Gallery at the Wesbrook Community Centre. We had over 35 works of art in different mediums and styles submitted by artists ages 9 to 81 and we are pleased to share some of them here with you. We wish everyone a wonderful Year of the Tiger!

### COVER ART BY: Alicia Carvalho

This season's cover art features vibrant colours and playful illustrations that we hope will inspire our community members to reengage in recreational activities.