

2022  
FALL

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# PROGRAM GUIDE

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





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## Our Store's info

Location:

6111 University Boulevard  
Unit 106, Vancouver, BC  
V6T 0C7

Phone number:

(604) 867-1088

Business hours:

11am - 6pm

# PROGRAM GUIDE

## REGISTER ONLINE

**Monday, August 15, 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, August 15, 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, August 15, 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

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 & Instructors are subject to change.
- Refunds will be prorated accordingly and processed within 10 business days.
- Refund requests for a single class based off illness will not be considered without pre-program notification.  
If your child is feeling unwell, please email [programs@myuna.ca](mailto:programs@myuna.ca) immediately. Retroactive refunds will not be considered.
- Refund requests of more than one class due to illness require a medical note.
- Refund requests can be made 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
Cancelled classes	-	Full refund for applicable class(es)







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

- Registered participants have first priority.
- After 10 minutes all open spots available will be sold to the drop-in list.
- Sign-up for the drop-in list must be done IN PERSON and begins 30 minutes before the program begins.
- Each participant is permitted to reserve two spots on the drop-in list.

### **CASUAL ROOM USE**

Members of the community are allowed limited access to a music studio, dance studio or gymnasium when these spaces are free from programs or bookings for an adequate length of time.

- Maximum use is two hours a day. \$3.00/person/hour for Gym; \$5.00/person/hour for other rooms.
- 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.
- Users must be 13 years or older.
- 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**.

### **COMMUNITY SPACES**

The common areas at the UNA 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, and the John Young room.

Private tutoring or other activities for which a fee is charged are not allowed in the UNA 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.

### **PHOTOS**

Photos of program and event participants may be taken for marketing and promotions by the UNA and may appear on our website, social media accounts or print materials. Please inform a program coordinator if you have any concerns about having photos taken of you or your child. We will always inform participants of camera presence before taking close-up photos. Group and large crowd photos may be taken without direct communication.

Picture taking of other people by the public is not permitted in UNA Community Centres, without consent of the UNA. Consent may be obtained, through the Recreation Manager at 604.822.1736.

# 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 Friday  
8:30 a.m. to 9:00 p.m. Weekends  
10:00 a.m. to 5:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION\*

6:00 a.m. to 10:00 p.m. Monday to Friday  
7:00 a.m. to 9:00 p.m. Weekends  
8:00 a.m. to 5:00 p.m. Holidays

\*Listed hours of operation are in effect from  
September 1, 2022



## 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 5:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION\*

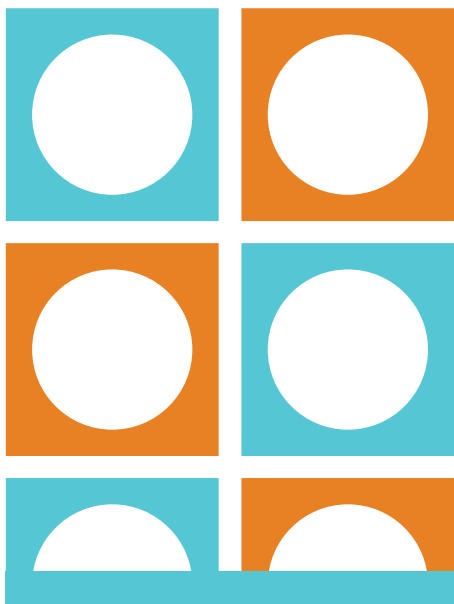
7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 5:00 p.m. Holidays

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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.



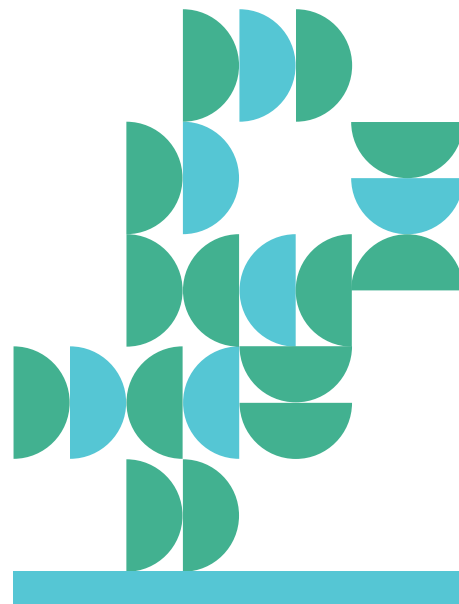
## Foster Well-being

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



**VIEW OUR  
BIRTHDAY PARTY  
PACKAGES ON  
PAGE 17**



# 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



# COMMUNITY EVENTS

## Neighbours Day **ALL AGES**

**SEP 10**  
Saturday  
10:30 AM  
- 4:00 PM  
FREE

Come join us for Neighbours Day 2022!  
Have fun and meet your neighbours  
through a day of festivities, food and  
connection.

[Wesbrook Community Centre](#)

## Family Movie Night **ALL AGES**

No registration required. Bring the whole  
family to the Old Barn Community Centre  
for Family Movie Night. Chairs will be  
provided but feel free to bring your blan-  
kets and pillows. Parents must accompany  
their children. Admission is \$2.00 per  
person. Popcorn, snacks, and drinks will  
be available for cash sale. Doors open at  
5:30 PM, movie starts at 6:00 PM.

[Old Barn Community Centre](#)

#4716

### Despicable Me

**SEP 17**  
Saturday  
6:00 PM – 8:00 PM  
\$2.00

### Toy Story 4

**NOV 19**  
Saturday 6:00 PM –  
8:00 PM  
\$2.00

### The Nightmare

**Before Christmas**  
**OCT 15**  
Saturday  
6:00 PM – 8:00 PM  
\$2.00

### The Grinch

**DEC 17**  
Saturday  
6:00 PM – 8:00 PM  
\$2.00

## Music in the Park **ALL AGES**

**SEP 22**  
Thursday  
5:00 PM  
- 7:30 PM  
FREE

Grab your lawn chairs or blankets and  
come down to Jim Taylor Park for this  
family- friendly community concert. As  
the summer sun begins to fade, take this  
opportunity to meet your neighbours  
and enjoy some free local music perfor-  
mances. Lineup to be announced.

[Jim Taylor Park](#)

#5033

## Build Belonging: Community Art Project

**AGES 12+**



**OCT 2**  
**NOV 6**  
**DEC 4**  
Sunday  
2:00 PM  
- 4:00 PM  
FREE / 3

The Build Belonging: Community Art  
Project will be engaging community  
members in the creation of an expres-  
sive public art piece that will represent  
not only our community's diversity and  
vibrancy, but also strengthen our sense  
of connection and belonging. The UNA  
will host workshops once a month where  
participants will help create various pieces  
of the project. This project's creative direc-  
tion will be led by Yasaman Moussavi, a  
professional artist who is an art instructor  
at the UNA and a resident living in the  
community. Register for one or all three  
fall workshops. Children under the age of  
12 will require parent participation.

**Instructor: Yasaman Moussavi**

[Wesbrook Community Centre](#)

#5223

## Stargazing at the Farm

ALL AGES



**OCT 7**  
**OCT 14**  
**OCT 21**  
**OCT 28**  
Friday  
8:00 PM  
- 10:00 PM  
FREE / 4

Let's explore the wonders of the universe together! You don't need to leave campus to enjoy the night sky. The UBC Astronomy Club will be bringing their telescopes to the farm for these community observation sessions. Whether you are an avid amateur astronomer or a complete beginner, this event is open to all. If you have your own telescope, feel free to bring it with you. Stargazing sessions are dependent on clear skies and may be postponed due to weather — be sure to register for updates.

Instructor: UBC Astronomy Club

UBC Farm

#5073



## Diwali Celebration ALL AGES

**OCT 23**  
Sunday  
1:00 PM  
- 4:00 PM  
FREE

The UNA community is hosting its third Diwali Festival at Wesbrook Community Centre. Please come with your friends to celebrate the rich Indian cultural traditions through dance, music and crafts.

Instructor: UNA Diwali Committee

Wesbrook Community Centre

#4928

## Murder Mystery Dinner AGES 16+

**OCT 25**  
Tuesday  
6:00 PM  
- 9:00 PM  
\$20.00 / 1

You're invited to an '80s themed Murder Mystery! It's prom night for students at Mayhem High. It's a night for celebration, until an innocent life is claimed. Who dunnit? During this Murder Mystery party, guests will be assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll need to work with other guests to gather important clues. Costumes are highly encouraged and dinner will be provided.

Registration deadline: Oct 17.

Instructor: Josie Chow

Old Barn Community Centre

#5140

NOV 14  
- NOV 20  
Monday  
- Sunday

Celebrate the vibrant diversity of the community during multicultural week! Learn about other cultures by joining in a variety of workshops and events throughout the week.

Check [myuna.ca/multicultural-week](https://myuna.ca/multicultural-week) for more info.

[Wesbrook Community Centre](#)  
[Old Barn Community Centre](#)

## Pumpkin Carving ALL AGES

OCT 28  
Friday  
3:30 PM,  
4:40 PM,  
5:50 PM  
\$5.00 / 1

Bring your family, carve a pumpkin and take it home for Halloween! Costumes are encouraged. Children should be accompanied by an adult for this event. Please only register one person from your party, Families will receive one pumpkin to carve. This event has three timeslots to choose from:

#5235: 3:30 PM – 4:30 PM  
#5236: 4:40 PM – 5:40 PM  
#5257: 5:50 PM – 6:50 PM

[Wesbrook Community Centre](#)

#5075

DEC 10  
Saturday  
10:00 AM  
- 1:00 PM  
FREE

## UNA Winter Fest

ALL AGES

Join us in celebrating the holidays at the Old Barn Community Centre! Bring your cameras to get photos with Santa, decorate our community Christmas trees, and make some ornaments to take home! Special guests, and surprises await. No registration required.

Instructor: UNA Staff

[Old Barn Community Centre](#)

#4935

## Halloween ALL AGES

OCT 31  
Monday  
4:00 PM  
- 7:00 PM  
FREE

Join us at the Wesbrook Community Centre for some spooky fun! Wear your costume and prepare for a frightfully good time! Registration is not required for this free event.

[Wesbrook Community Centre](#)

#4934







GRANTS FOR IDEAS THAT BRING PEOPLE TOGETHER

# INSPIRING COMMUNITY

## Have an idea for strengthening social connections in your community?

Receive up to \$500 to bring your idea to life! All UBC students, faculty and staff, as well as UNA and Musqueam residents are eligible to apply.

**Learn more & apply:** [utown.ubc.ca/inspiringcommunity](https://utown.ubc.ca/inspiringcommunity)

Questions? Contact: [info.utown@ubc.ca](mailto:info.utown@ubc.ca)



Scan to learn  
more!

# 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 with an emphasis on developing physical literacy. 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 | SEP 12 – NOV 28

M, 9:30 AM – 10:15 AM

No class Oct 10

\$198.00 / 11

#4937

#### 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). Kinesiology student instructors will guide children through all activities with a focus on physical literacy development including motivation and confidence building. 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 | SEP 12 – NOV 28

M, 10:15 AM – 11:00 AM

No class Oct 10

\$198.00 / 11

#4938

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 3-9**

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

**AGES 3-5**

WCC | SEP 12 – NOV 28

M, 4:00 PM – 4:45 PM

No classes Oct 31, Oct 10

\$180.00 / 10

#4939

**AGES 6-9**

WCC | SEP 12 – NOV 28

M, 4:45 PM – 5:30 PM

No classes Oct 31, Oct 10

\$180.00 / 10

#4940



**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 trained 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 | SEP 13 – NOV 29** **TU, 4:00 PM – 5:30 PM**  
\$288.00 / 12 #4941

**WCC | SEP 15 – DEC 1** **TH, 4:00 PM – 5:30 PM**  
\$288.00 / 12 #4942

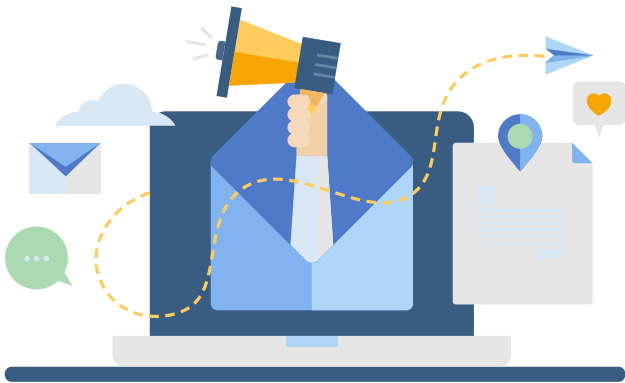
**WCC | SEP 17 – NOV 26** **SA, 12:00 PM – 1:30 PM**  
**No classes Nov 12, Oct 8**  
\$216.00 / 9 #4944

**AGES 12-16**  
**WCC | SEP 15 – DEC 1** **TH, 4:00 PM – 5:30 PM**  
\$288.00 / 12 #4943

# 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**

# EARLY YEARS PROGRAMS

## ARTS

### 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 | SEP 14 – DEC 7 W, 10:15 AM – 11:00 AM  
\$247.00 / 13 | Drop-in \$20.00 #5215

### Crafts with Ruta AGES 2-5

Join Ruta in an engaging and tactile arts & crafts class! Preschoolers along with their parent will create works of art using various materials. All supplies are provided, but please bring your own art smock or old t-shirt. Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in the room is limited.

Instructor: Ruta Zasaite

WCC | SEP 16 – OCT 28 F, 9:45 AM – 10:30 AM  
No class Sep 30  
\$48.00 / 6 #4979

WCC | SEP 16 – OCT 28 F, 10:45 AM – 11:30 AM  
No class Sep 30  
\$48.00 / 6 #4980

WCC | NOV 4 – DEC 9 F, 9:45 AM – 10:30 AM  
No class Nov 11  
\$40.00 / 5 #4981

WCC | NOV 4 – DEC 9 F, 10:45 AM – 11:30 AM  
No class Nov 11  
\$40.00 / 5 #4982

## DANCE

### Parents & Tot Hip-Hop AGES 2-5

NEW

This program is designed for a caregiving adult and their toddler to dance together and learn hip-hop fundamentals! Meet other parents, have fun, and rise to a new challenge with your child. No previous experience is required. One adult is required to accompany a child.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 17 – DEC 10 SA, 10:30 AM – 11:15 AM  
No classes Oct 8, Nov 12  
\$140.25 / 11 #5217

### Parents and Me Creative Dance AGES 1.5-3

This program is an introductory dance class for toddlers and their parents/caregivers. 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 adult is required to accompany each child.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 14 – DEC 7 W, 9:30 AM – 10:15 AM  
\$247.00 / 13 | Drop-in \$20.00 #5214

### 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 | SEP 11 – DEC 11 SU, 11:25 AM – 12:10 PM  
No class Oct 9  
\$247.00 / 13 | Drop-in \$20.00 #5212

WCC | SEP 14 – DEC 7 W, 3:30 PM – 4:15 PM  
\$247.00 / 13 | Drop-in \$20.00 #5216





**DANCE**

**Preschool Dance AGES 2-4**

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 | SEP 11 – DEC 11** **SU, 9:30 AM – 10:15 AM**  
**No class Oct 9**  
 \$247.00 / 13 | Drop-in \$20.00 #5213

**WCC | SEP 12 – DEC 5** **M, 3:30 PM – 4:15 PM**  
**No classes Oct 10, Oct 31**  
 \$209.00 / 11 | Drop-in \$20.00 #5211

**MUSIC**

**Music Together AGES 0-5**



Experience Music Together® and find out how important – and how much fun – your role can be! Learn how to share the joys of music-making and the powerful benefits of having music in your young child's life. Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week! In our mixed age class, each child participates at his or her own level and their natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. \$55.00 Music Together Licensing fee is non-refundable after the first class. Licensing fee is per family.

**Instructor: Music Together**

**OBCC | SEP 13 – DEC 6** **TU, 9:30 AM – 10:15 AM**  
 \$195.00 / 13 #5221

**OBCC | SEP 13 – DEC 6** **TU, 10:30 AM – 11:15 AM**  
 \$195.00 / 13 #5220



**EDUCATION**

**Now I Know My  
ABCs AGES 3-4**



With hands-on activities, songs, and stories, young children will learn to recognize the letters of the

alphabet and their sounds. This program aims to capture your child's love of learning and prepare them for future reading and writing.

**Instructor: Minhye Cho**

**OBCC | SEP 14 – DEC 7** **W, 10:00 AM – 10:40 AM**  
 \$104.00 / 13 #4967

**Science for Kids AGES 3-6**

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**

**WCC | SEP 15 – DEC 8** **TH, 4:00 PM – 5:00 PM**  
 \$286.00 / 13 #5168

**PHYSICAL ACTIVITY**

**Parent and Tot Gym – Drop-in AGES 0-5**

It's 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. Registration is not required but a UNA profile is required to drop-in.

**Instructor:** Ruta Zasaite

**WCC | SEP 13 – DEC 8** **TU/TH, 10:00 AM – 11:30 AM**  
Drop-in \$3.50 #4978

**Kids on Wheels: Junior Balance  
Bike Course AGES 2-3**



This five-week parent-and-tot program is designed to introduce young children to the joy of cycling. We'll focus on getting participants comfortable on the balance bikes and wearing helmets, providing tips on how to fit a balance bike, and practicing important skills such as stopping, riding, balancing and gliding. We'll also read bike books, sing songs and introduce some road signs and basic safety rules of the road. This program is designed for beginner and intermediate riders. Parent/caregiver participation is required. Children are invited to bring their own helmets and balance bikes, but equipment can also be provided.

**Instructor:** Kids on Wheels

**OBCC | SEP 17 – OCT 15** **SA, 10:00 AM – 10:45 AM**  
\$80.00 / 5 #5044

**Kids on Wheels: Advanced  
Balance Bike Course AGES 3-5**



This five-week program is packed with fun balance bike activities. Our skilled instructors will design an interactive riding course for the children to explore each week. Through fun games and riding, we will be practicing important skills such as stopping, balancing, gliding and road safety. We will also read books, do some art activities and practice pumping tubes in our mechanic's corner. This program could be the boost your children need before they transition to a pedal bike. The program is designed for intermediate and advanced balance bike riders. Children are invited to bring their own helmets and balance bikes, but equipment can also be provided.

**Instructor:** Kids on Wheels

**OBCC | SEP 17 – OCT 15** **SA, 11:00 AM – 12:15 PM**  
\$135.00 / 5 #5046

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

This program introduces kids Ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

**Instructor:** Sportball Vancouver

**WCC | SEP 14 – DEC 7** **W, 3:45 PM – 4:30 PM**  
\$260.00 / 13 #5186

**SOCIAL**

**Storytime at the Old Barn ALL AGES**

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

**Instructor:** UNA Volunteer

**OBCC | SEP 15 – DEC 8** **TH, 11:00 AM – 11:30 AM**  
FREE / 13 #4723

# BIRTHDAY PARTIES

Our party packages are full of fun and exciting activities to make any birthday memorable. We'll take care of all the decorations, activities and planning so all you have to do is enjoy the celebration. Choose between an art-themed or sports-themed party, your preferred venue and time, and leave the rest of the planning to us.

Party bookings must be made at least two weeks in advance. A kitchen is available for warming-up food or storing food in the fridge. Decorations and facilitated activities are included.

## PRICING

Number of Children	Resident Rate	Non-Residents
1-12	\$275	\$295
13-24	\$325	\$345



## VENUES

- **Wesbrook Community Centre**  
Social Room with optional gym access
- **Old Barn Community Centre**  
Meeting Rooms 1 and/or 2

## BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50)**
- Cutlery, cups, and plates **(\$25)**
- Face painting **(\$25)**
- Gift bags **(\$10/child)**

## HOW TO BOOK YOUR PARTY

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

- Date and room requested (please provide a first and second choice for your preferred venue)
  - Activity choice and add on requests (if any), and number of participants / age range
- Please book at least two weeks in advance.

## TIME SLOTS

One hour allotted for set-up and clean-up and two hours allotted for activity and party time.

- **Saturdays and Sundays:**  
1:30 p.m. - 4:30 p.m.  
(party time 2 - 4 p.m.)

## SAMPLE ITINERARY BASED ON A SATURDAY AFTERNOON PARTY

- **1:30-2 p.m.:** Set-up
- **2:00-2:10 p.m.:** Guests arrive
- **2:10-3:30 p.m.:** Activity time
- **3:30-4 p.m.:** Cake/party time
- **4-4:30 p.m.:** Clean-up

## ACTIVITY SELECTION

### Paint Party

- Painting activities led by a birthday party attendant
- Large splatter paint piece for the birthday person to take home and individual canvases for each participant.

### Sports Party

- Active games and sport activities led by a party attendant. (Examples include soccer, dodgeball, bench ball, and tag games.)
- Game requests are available.



# CHILDREN'S PROGRAMS

## CAMPS

### Sportball: Pro-D Day Multi-Sport Camp

AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities, in addition to arts and crafts, snack time, stories, music, co-operative games and more!

Instructor: Sportball Vancouver

WCC | OCT 21 F, 9:00 AM – 3:00 PM  
\$75.00 / 1 #5144

WCC | NOV 25 F, 9:00 AM – 3:00 PM  
\$75.00 / 1 #5145

### Winter Adventures Camp

AGES 6-10



This 4-day afternoon camp is an opportunity for campers to explore the theme of winter through crafts, games, and science activities. Campers should wear clothes they are comfortable running around in and that can get messy during arts and crafts.

Instructor: UNA Staff

WCC | DEC 19 – DEC 22 M-TH, 1:00 PM – 4:00 PM  
\$160.00 / 4 #5041

## ARTS

### Pre-Teen Slam Poetry

AGES 9-12

Slam Poetry is a form of performance poetry that combines the elements of performance, writing, competition, and audience participation. During this program participants will explore Slam poetry through games and workshops. Participants collaborate on poems based on different themes and inspire each other via story sharing. This program is facilitated by a youth volunteer.

Instructor: Angela Lu

WCC | SEP 15 – DEC 8 TH, 5:00 PM – 6:00 PM  
FREE / 13 #4956

## Creative Arts AGES 6-12

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 | SEP 12 – DEC 5 M, 3:30 PM – 4:45 PM  
No classes Oct 10, Oct 31  
\$178.75 / 11 #5175

AGES 9-12

WCC | SEP 12 – DEC 5 M, 5:00 PM – 6:30 PM  
No classes Oct 10, Oct 31  
\$209.00 / 11 #5176

## Musical Theatre AGES 7-13

This program uses 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

### Level 1

AGES 7-11

WCC | SEP 12 – DEC 12 M, 5:25 PM – 6:25 PM  
No classes Oct 10, Oct 31  
\$288.00 / 12 | Drop-in \$25.00 #5178

### Level 2

AGES 10-13



WCC | SEP 14 – DEC 7 W, 6:50 PM – 8:05 PM  
\$357.50 / 13 | Drop-in \$25.00 #5197

## Young Moviemakers 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. [www.youngmoviemakers.ca](http://www.youngmoviemakers.ca)

Instructor: Young Moviemakers

WCC | SEP 16 – DEC 9 F, 4:00 PM – 6:00 PM  
No classes Sep 30, Nov 11  
\$412.50 / 11 #5209



DROP-IN AVAILABLE, SPACE PERMITTING.  
REGISTER FOR THE FULL PROGRAM TO  
GUARANTEE YOUR SPOT!

## CHILDREN'S PROGRAMS

### DANCE

#### Ballet | Levels 1-3 AGES 6-13

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.

Instructor: Crossmaneuver Dance Theatre

##### Level 1

AGES 6-8

WCC | SEP 11 – DEC 11

SU, 1:20 PM – 2:20 PM

No class Oct 9

\$312.00 / 13 | Drop-in \$25.00

#5179

WCC | SEP 14 – DEC 7

W, 4:30 PM – 5:30 PM

\$312 / 13 | Drop-in \$25.00

#5181

##### Level 2

AGES 7-10

WCC | SEP 14 – DEC 7

W, 5:45 PM – 6:45 PM

\$312.00 / 13 | Drop-in \$25.00

#5177



##### Level 3

AGES 10-13

WCC | SEP 11 – DEC 11

SU, 2:25 PM – 3:25 PM

No class Oct 9

\$312.00 / 13 | Drop-in \$25.00

#5190

#### 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 | SEP 11 – DEC 11

SU, 12:15 PM – 1:15 PM

No class Oct 9

\$312.00 / 13 | Drop-in \$25.00

#5184



#### 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 | SEP 12 – DEC 12

M, 6:30 PM – 7:45 PM

No classes Oct 10, Oct 31

\$330.00 / 12 | Drop-in \$29.00

#5180

#### Dance Foundations AGES 4-6

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

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 11 – DEC 11

SU, 10:20 AM – 11:20 AM

No class Oct 9

\$312.00 / 13 | Drop-in \$25.00

#5174

WCC | SEP 12 – DEC 12

M, 4:20 PM – 5:20 PM

No classes Oct 10, Oct 31

\$288.00 / 12 | Drop-in \$25.00

#5183

#### Bollywood Dance AGES 6-13

In this program, participants will learn the dance moves and routines that are taking Bollywood by storm. Students will perform at the Diwali event on Oct 23. 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 | SEP 16 – NOV 18

F, 5:30 PM – 6:30 PM

No classes Sep 30, Nov 1

\$96.00 / 8

#5185

## CHILDREN'S PROGRAMS

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



### DANCE

#### Dance Extreme 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 welcomed.

Instructor: Endorphin Rush Dance

WCC | SEP 15 – DEC 8

\$208.00 / 13 | Drop-in \$18.00

TH, 4:15 PM – 5:15 PM

#5182

#### Hip-Hop AGES 4-7



This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room. There will be a performance for families on the last day of class

Instructor: Endorphin Rush Dance

WCC | SEP 15 – DEC 8

\$188.50 / 13 | Drop-in \$16.50

TH, 3:30 PM – 4:15 PM

#5171

#### K-Pop Hip-Hop AGES 6-10

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 @Praise-TEAMstudio. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

AGES 5-8



WCC | SEP 17 – DEC 10

No classes Oct 8, Nov 12

\$187.00 / 11

SA, 11:15 AM – 12:15 PM

#5206

AGES 6-10

WCC | SEP 13 – DEC 6

\$221.00 / 13

TU, 3:30 PM – 4:30 PM

#5170

WCC | SEP 17 – DEC 10

No classes Oct 8, Nov 12

\$187.00 / 11

SA, 12:15 PM – 1:15 PM

#5205

AGES 11-16

WCC | SEP 13 – DEC 6

\$221.00 / 13

TU, 4:30 PM – 5:30 PM

#5218

# 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](https://myuna.ca/depot) for hours and to learn more about accepted items.



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

## EDUCATION

### English Reading and Writing **GRADES 1-4**

Share stories, expand your vocabulary and learn English in a group setting. This class will build your English skills through games, activities and independent studies.

**Instructor: Raquel Costa**

#### **GRADES 1-2**

**WCC | SEP 12 – DEC 5** **M, 6:00 PM – 7:00 PM**  
**No classes Oct 10, Oct 31**  
\$143.00 / 11 #5248

#### **GRADES 3-4**

**WCC | SEP 12 – DEC 5** **M, 7:00 PM – 8:00 PM**  
**No classes Oct 10, Oct 31**  
\$143.00 / 11 #5249

### French for Kids | Level 1 **AGES 6-9**

For children who are new to learning French as an additional language, this class focuses on a fun, educational and age-appropriate environment through cultural and linguistic immersion. Through interactive videos, games, songs and stories, children discover the pleasure of speaking, understanding, writing and reading a new language.

**WCC | SEP 14 – DEC 7** **W, 4:15 PM – 5:00 PM**  
\$195.00 / 13 #5196

### French for Kids | Level 2 **AGES 6-9**

For children with some knowledge of French, this class focuses on a fun, educational and age-appropriate environment through cultural and linguistic immersion. Through interactive videos, games, songs and stories, children discover the pleasure of speaking, understanding, writing and reading a new language.

**WCC | SEP 14 – DEC 7** **W, 5:00 PM – 5:45 PM**  
\$195.00 / 13 #5198

### French for Kids | Level 3 **AGES 9-12**

For children with some experience of learning French, this class focuses on a fun, educational and age-appropriate environment through cultural and linguistic immersion. Through interactive videos, games, songs and stories, children discover the pleasure of speaking, understanding, writing and reading a new language.

**WCC | SEP 14 – DEC 7** **W, 5:45 PM – 6:30 PM**  
\$195.00 / 13 #5199



**EDUCATION**

**Mastering Mandarin | Level 1 AGES 5-12**

This class is geared towards students with little or no background knowledge of Chinese. The curriculum introduces the basics of the PinYin phonetic system. Students 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, and fall in love with the Chinese language. It is recommended that students remain in Level 1 for at least 6 months before advancing to the next level.

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 17 – DEC 3** **SA, 10:30 AM – 12:00 PM**  
\$270.00 / 12 #5152

**Mastering Mandarin | Level 2 AGES 5-12**

This class is for students with some experience with the Chinese language. This class will focus on mastering the PinYin phonetic system. Students 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 students experience, immerse, and fall in love with the Chinese language. It is recommended that students remain in Level 2 for at least 6 months before advancing to the next level.

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 17 – DEC 3** **SA, 12:00 PM – 1:30 PM**  
\$270.00 / 12 #5153



**Mastering Mandarin | Level 3 AGES 5-12**

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.

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 17 – DEC 3** **SA, 1:30 PM – 3:00 PM**  
\$270.00 / 12 #5154

**Math-4-Kids | Grades 3-7 AGES 8-12**

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 3-4**  
**WCC | SEP 12 – DEC 5** **M, 3:30 PM – 4:30 PM**  
**No classes Oct 10, Oct 31**  
\$220.00 / 11 #5155

**GRADES 5-7**  
**WCC | SEP 12 – DEC 5** **M, 4:45 PM – 5:45 PM**  
**No classes Oct 10, Oct 31**  
\$220.00 / 11 #5159



**EDUCATION**

**Science for Kids** AGES 7-11

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

**WCC | SEP 15 – DEC 8** **TH, 5:00 PM – 6:00 PM**  
\$286.00 / 13 #5166



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

**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 | SEP 30** **F, 10:00 AM – 5:00 PM**  
\$70.00 / 1 #5139

**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 and build reading skills and motivation. Hawthorn resident and UNA volunteer, Lee Weinstein, will use his experience as a reading teacher and author to engage young readers in the joys of reading. It can also help put them on the path to becoming lifelong readers. Parent/caregiver participation is strongly encouraged.

**Instructor:** Lee Weinstein

**OBCC | SEP 14 – NOV 2** **W, 4:00 PM – 5:00 PM**  
\$16.00 / 8 #5054

## MUSIC - PRIVATE LESSONS

### 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**

**WCC | SEP 11 – DEC 4** **SU, 1:00 PM – 4:00 PM**  
**No class Oct 9**  
 \$360.00 / 12 #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 time slot of your choice. Bring your own guitar.

**Instructor: Tom Wherrett**

**WCC | SEP 14 – DEC 7** **W, 3:30 PM – 9:00 PM**  
 \$390.00 / 13 #various

**WCC | SEP 15 – DEC 8** **TH, 3:30 PM – 9:00 PM**  
 \$390.00 / 13 #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. We welcome students of all Ages with a variety of abilities and goals. 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**

**WCC | SEP 15 – DEC 8** **TH, 3:30 PM – 7:30 PM**  
 \$448.50 / 13 #various



### 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. Required books will be recommended for purchase during the first lesson. Access to a piano for additional practice is required.

**Instructor: Erika Galinskaya**

**WCC | SEP 11 – DEC 4** **SU, 1:00 PM – 4:15 PM**  
**No class Oct 9**  
 \$360.00 / 12 #various

**Instructor: Derek Pang**

**WCC | SEP 12 – DEC 5** **M, 3:30 PM – 8:00 PM**  
**No classes Oct 10, Oct 31**  
 \$330.00 / 11 #various

**WCC | SEP 14 – DEC 7** **W, 3:30 PM – 8:00 PM**  
 \$390.00 / 13 #various

**Instructor: Eshantha Peiris**

**SEP 13 – DEC 6** **TU, 3:30 PM – 9:00 PM**  
 \$390.00 / 13 #various

**SEP 17 – DEC 10** **SA, 9:00 AM – 3:30 PM**  
**No classes Oct 8, Nov 12**  
 \$330.00 / 11 #various

PHYSICAL ACTIVITY

## Kyokushin Karate | Beginner Kids AGES 6-9

This class is for kids new to martial arts, and for continuing members who are at White or Orange Belt level. Classes involve team-oriented activities and games to teach basic karate techniques and help develop social skills. 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 required to pay a \$40 Membership Fee to the instructor.

**Instructor: Anthony Evangelista**

**WCC | SEP 13 – NOV 8** **TU, 6:00 PM – 6:45 PM**  
\$99.00 / 9 #4972

**WCC | SEP 15 – NOV 10** **TH, 6:00 PM – 6:45 PM**  
\$99.00 / 9 #4973

## Kyokushin Karate | Kids

AGES 6-12

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. New students Ages 10+ are welcome. Kids Ages 6-9 years may participate in this class 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 required to pay a \$40.00 membership fee to the instructor.

**Instructor: Anthony Evangelista**

**WCC | SEP 13 – NOV 8** **TU, 7:00 PM – 8:30 PM**  
\$1617.00 / 9 #4974

**WCC | SEP 15 – NOV 10** **TH, 7:00 PM – 8:30 PM**  
\$117.00 / 9 #4975



## Tae Kwon Do | Kids AGES 4-12

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! 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 Taekwondo instructor regarding additional costs for the belt promotion test.

**Instructor: Vancouver Martial Arts**

**BEGINNER**  
**WCC | SEP 18 – DEC 18** **SU, 1:00 PM – 1:40 PM**  
**No classes Oct 23, Dec 4**  
\$132.00 / 12 #5188

**INTERMEDIATE**  
**WCC | SEP 18 – DEC 18** **SU, 1:00 PM – 1:50 PM**  
**No classes Oct 23, Dec 4**  
\$168.00 / 12 #5189

**PHYSICAL ACTIVITY**

**Volleyball BC: Train and Play** AGES 12-13

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable 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**

**WCC | SEP 17 – DEC 10** **SA, 2:00 PM – 3:30 PM**  
**No class Dec 3**  
 \$216.00 / 12 #4957

**Badminton** AGES 8-10

Learn Badminton basics and improve your 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.

**Instructor: Eric Shen**

**WCC | SEP 16 – DEC 9** **F, 4:00 PM – 5:00 PM**  
**No classes Sep 30, Nov 11**  
 \$165.00 / 11 #4983

**Badminton** AGES 11-16

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.

**Instructor: Eric Shen**

**WCC | SEP 16 – DEC 9** **F, 5:00 PM – 6:00 PM**  
**No classes Sep 30, Nov 11**  
 \$165.00 / 11 #4984

**Dodgeball Drop-in** AGES 9-12

Bring a team or come as an individual during our regular dodgeball drop-in at the Wesbrook Community Centre. Dodgeball is a classic schoolyard game where teams will throw balls and hit opponents while fighting for the top spot! It's a fun way to get some exercise and make new friends. We will play a mix of regular dodgeball, bench

ball and everyone is 'it'. Pre-teen and Youth Dodgeball will happen simultaneously in the WCC Gym. There may be times and games where Pre-teens and Youth play with and against each other.

Register to save your spot for the full season, or drop-in for individual sessions (space pending).

**WCC | SEP 14 – DEC 7** **W, 6:30 PM – 7:30 PM**  
 FREE / 13 #5024

**Pre-teen Gym Drop-in** AGES 9-12

Participants can practice and play basketball with friends and neighbours during this open gym session. This program is registration and drop-in based, feel free to stop by at any point during the season.

**WCC | SEP 14 – DEC 07** **W, 5:30 PM – 6:30 PM**  
 Drop-in: \$3.00 #5023

**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**

**WCC | SEP 14 – DEC 7** **W, 4:30 PM – 5:15 PM**  
 \$260.00 / 13 #5169

**Pre-Teen Social Drop-in** AGES 9-12

This is a drop-in time for Pre-teens to connect, have fun, relax, and hang out. The Youth Centre is free and open to all folks Ages 9-12 on a drop-in basis. Each week's session takes its own shape with crafts, Wii, karaoke and time to socialize.

Instructor: Etana Tam

WCC | SEP 15 – DEC 08  
FREE / 13

TH, 3:30 PM – 4:30 PM  
#4969

**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. For more information, visit [www.4hbc.ca](http://www.4hbc.ca) for more information. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$120.00

Instructor: 4-H Club

WCC | SEP 9 – DEC 9  
\$120.00 / 4

F, 6:30 PM – 8:30 PM  
#5063

**Pre-teen Leadership** AGES 9-12

Participants will explore the definition of leadership, team building and communication to be effective leaders. This program is jointly funded by Utown and the UNA

Instructor: Etana Tam

WCC | SEP 13 – DEC 6  
FREE / 13

TU, 4:00 PM – 5:30 PM  
#4955

**Girl Guides | Grades 4-6** AGES 9-11

To register, please visit [girlguides.ca](http://girlguides.ca). 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. Open to individuals in grades 4-6.

Instructor: Girl Guides

OBCC | SEP 15 – DEC 8  
[girlguides.ca](http://girlguides.ca) / 13

TH, 5:30 PM – 7:00 PM  
#4725

*Share your talents and  
get involved!*

# VOLUNTEER WITH US!

Volunteers are integral to our community, they enrich the services, events and recreational offerings in our neighbourhoods. You can get involved by:

- Assisting at an event
- Facilitating or leading clubs and programs
- Providing lectures or workshops



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





# YOUTH PROGRAMS



## ARTS

### Art for the Earth AGES 13-18

NEW

This program aims to celebrate an artist's connection with nature in meaningful ways. The course will incorporate nature into art and the artist's intentions by helping participants take inspiration from the environment, form conscientious habits and be actively aware of environmental issues that directly affect our lives. We will explore ways to use our creativity to help make positive environmental impacts in our community.

Instructor: Iona Kim

**WCC | SEP 12 – DEC 5** **M, 6:45 PM – 8:15 PM**  
**No classes Oct 10, Oct 31**  
 FREE / 11 #4962

### Drawing & Painting AGES 11-19

NEW

This program covers the foundations of drawing and painting. Learn and develop your skills in three-dimensional drawing, shading, colour, and brush strokes through a variety of different mediums. New and experienced artists are welcome – create at your own pace. Art supplies are provided, but it is recommended to bring your own workbook.

Instructor: Jennifer Kim

**WCC | SEP 14 – DEC 7** **W, 3:30 PM – 5:30 PM**  
 \$390.00 / 13 #5149

### K-Pop Hip-Hop AGES 11-16

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 @Praise-TEAMstudio. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

**WCC | SEP 13 – DEC 6** **TU, 4:30 PM – 5:30 PM**  
 \$221.00 / 13 #5218

## EDUCATION

### Table-Top Games AGES 13-18

NEW

Learn and play a variety of tabletop and roleplaying games while connecting with other youth. Games include Apples to Apples, Settlers of Catan, Exploding Kittens and more. This is a drop-in program. Registration is not required.

Instructor: Etana Tam

**WCC | SEP 15 – DEC 08** **TH, 4:30 PM – 6:30 PM**  
 FREE / 13 #4968

### Youth Social Drop-in AGES 13-18

This is a drop-in time 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. No registration required.

**WCC | SEP 5 – DEC 9** **M/W/F, 11:30 AM – 12:30 PM**  
 FREE / 42 #5025

**WCC | SEP 7 – DEC 7** **W, 3:30 PM – 5:30 PM**  
 FREE / 13 #4966

**Peer Tutoring** AGES 12-17

Developed by youths for youths, Peer Tutoring is a drop-in-style program led by a youth volunteer who will be present in the Wesbrook Community Centre's Youth Center to help others who need help with studying and homework.

This program is registration and drop-in based, feel free to stop by at any point during the season.

**Instructor: Youth Volunteers**

**WCC | SEP 13 – DEC 6** **TU, 4:30 PM – 6:00 PM**  
FREE / 13 #4960

**OBCC | SEP 18 – DEC 4** **SU, 10:00 AM – 11:30 AM**  
FREE / 13 #5250

**Introduction to Coding** AGES 13-17

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. Students are encouraged to bring their laptops or tablets to be able to do hands-on coding.

**Instructor: Brian Ryu**

**WCC | SEP 18 – DEC 4** **SU, 11:00 AM – 12:00 PM**  
\$15.00 / 12 #5030

**French Conversation Club /  
Parler En Français** AGES 13-18

This club will explore the French language through various mediums such as books, films, discussions and debates to provide varied enrichment for participants. French peer tutoring in a safe and inclusive space will also be available.

This program is registration and drop-in based, feel free to stop by at any point during the season.

**Instructor: Youth Volunteers**

**WCC | SEP 15 – DEC 8** **TH, 4:15 PM – 5:00 PM**  
FREE / 13 #5003

**Toastmasters Youth Program** AGES 12-18

Conducted by Toastmasters members, Vancouver Gavel Club helps youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other.

**Instructor: Vancouver Gavel Club**

**WCC | SEP 14 – DEC 14** **W, 6:30 PM – 8:30 PM**  
\$169.40 / 14 #4961

**Rent Smart** AGES 16-18

Are you looking for rental property? Are you having issues with your landlord? Do you know your rights and responsibilities as a tenant? The housing crisis in busy cities like Vancouver continues to make it challenging to secure suitable living spaces – find out how you can find good options, build a good relationship with your landlord and assert your rights as a tenant by attending this course.

**Instructor: Leo Jiao**

**WCC | OCT 7 – NOV 4** **F, 7:00 PM – 8:00 PM**  
\$25.00 / 5 #5032

**PHYSICAL ACTIVITY**

**Badminton AGES 11-16**

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.

**Instructor: Eric Shen**

**WCC | SEP 16 – DEC 9** **F, 5:00 PM – 6:00 PM**  
**No classes Sep 30, Nov 11**  
 \$165.00 / 11 #4984

**Advanced Badminton AGES 13-18**

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

**Instructor: Eric Shen**

**WCC | SEP 16 – DEC 9** **F, 6:00 PM – 7:30 PM**  
**No classes Sep 30, Nov 11**  
 \$247.50 / 11 #4985

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

Three courts will be open to youth to practice and play badminton! These sessions are uninstructed and open to players of all levels.

Please bring your own racquet.

**WCC | SEP 11 – DEC 11** **SU, 4:00 PM – 5:30 PM**  
**No drop-in Dec 4**  
 Drop-in: \$3.00 #5125

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

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

This program is registration and drop-in based, feel free to drop-in at any point during the season.

**WCC | SEP 14 – DEC 7** **W, 5:30 PM – 6:30 PM**  
 Drop-in: \$3.00 #5022

**Dodgeball Drop-in AGES 13-18**

NEW

Come as a team or as an individual during our regular dodgeball drop-in at the Wesbrook Community Centre. Dodgeball is a classic schoolyard game where teams will throw balls and hit opponents while fighting for the top spot. It's a fun way to get some exercise and make new friends. We will play a mix of regular dodgeball, bench ball and everyone is 'it'.

Pre-teen and Youth Dodgeball will happen simultaneously in the WCC Gym. There might be times and games where Pre-teens and Youth play with and against each other. This is a drop-in program. Registration is not required.

**WCC | SEP 14 – DEC 7** **W, 6:30 PM – 7:30 PM**  
 FREE / 13 #4997

**Gym Drop-in AGES 13-18**

Open gym for youth to practice their sport of choice. Check-in with the front desk before heading into the gym. This is a drop-in program. Registration is not required.

**WCC | SEP 17 – DEC 10** **SA, 4:00 PM – 5:30 PM**  
**No drop-in Dec 3**  
 Drop-in: \$3.00 #5026



**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 \$40.00 membership fee to the instructor.

**Instructor: Anthony Evangelista**

**WCC | SEP 13 – NOV 8** **TU, 7:00 PM – 8:30 PM**  
\$117.00 / 9 #4976

**WCC | SEP 15 – NOV 10** **TH, 7:00 PM – 8:30 PM**  
\$117.00 / 9 #4977

**Tae Kwon Do | Youth AGES 13-18**

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! 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 Taekwondo instructor regarding additional costs for the belt promotion test.

**Instructor: Vancouver Martial Arts**

**BEGINNER**  
**WCC | SEP 18 – DEC 18** **SU, 1:00 PM – 1:40 PM**  
**No classes Oct 23, Dec 4**  
\$132.00 / 12 #5192

**INTERMEDIATE**  
**WCC | SEP 18 – DEC 18** **SU, 1:00 PM – 1:50 PM**  
**No classes Oct 23, Dec 4**  
\$168.00 / 12 #5193

**Table Tennis Drop-in AGES 13-18**

Join us for youth drop-in table tennis in the Wesbrook Community Centre gym. These sessions are uninstructed and open to players of all skill levels. Spots are limited.

**WCC | SEP 17 – DEC 10** **SA, 5:30 PM – 7:30 PM**  
**No class Dec 10**  
Drop-in: \$3.00 #5251

**Volleyball BC: Train and Play AGES 14-15**

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable 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**

**WCC | SEP 17 – DEC 10** **SA, 2:00 PM – 3:30 PM**  
**No class Dec 3**  
\$216.00 / 12 #5116

## YOUTH PROGRAMS

### SOCIAL

#### **4-H Club** AGES 9 – 19

To register, email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). 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. Visit [www.4hbc.ca](http://www.4hbc.ca) for more information. Yearly 4-H Club fees are \$120.00.

Instructor: 4-H Club

WCC | SEP 9 – DEC 9  
\$120.00 / 4

F, 6:30 PM – 8:30 PM  
#5061

#### **Climate Action Club** AGES 13-18



The Climate Club is seeking individuals interested in discussing and exploring climate change topics and actively participating in solutions. The club will meet weekly to discuss the environmental impacts of climate change and will seek ways to encourage our community to take positive action.

This club is both registration and drop-in based, feel free to stop by at any point during the season.

Instructor: Youth Volunteers

WCC | SEP 13 – DEC 6  
FREE / 13

TU, 3:30 PM – 4:30 PM  
#4959

#### **Rubik's Cube Club** AGES 12-17

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring the logic puzzles you would like to share, discuss and share methods to solve the puzzle. There are varieties of Rubik's Cubes in this club as well. Every level of Rubik's Cubers is welcome from beginner to expert to join. This program is registration and drop-in based, feel free to stop by at any point during the season.

Instructor: Maksim Fu

WCC | SEP 15 – DEC 8  
FREE / 13

TH, 3:30 PM – 4:15 PM  
#5004



#### **Youth Leadership 1** AGES 13-18

During Youth Leadership 1, participants will explore communication principles such as active listening, public speaking and facilitation. Participants will end this season feeling confident in using their voices.

This program now requires an application from interested participants. Everyone will be automatically added to the waitlist until their application is approved. Application form: <https://forms.gle/EX8CKgMN1NRmtT4A>. There are 20 spots available.

Instructor: Etana Tam

WCC | SEP 16 – DEC 9  
No classes Sep 30, Nov 11  
FREE / 11

F, 3:30 PM – 5:30 PM  
#4954

#### **Youth Art Engagement Committee**

AGES 13-18

Art is a wonderful tool to create expression, connection and understanding. We are looking for youth artists, art enthusiasts, and volunteers to establish a volunteer working group to create a community art gallery! During weekly committee meetings, members will receive volunteer hours while gaining practical experience planning an art gallery and supporting community events.

WCC | SEP 12 – DEC 6  
No classes Sep 19, Oct 10, Oct 17, Nov 14  
FREE / 9

M, 5:15 PM – 6:15 PM  
#5031



# GET ACTIVE!

## PHYSICAL LITERACY FOR WOMEN

**Get Active!** is an initiative that aims to reduce psychosocial, cultural and financial barriers to physical activity participation. Join a community, build physical literacy, and try new fitness activities with **Get Active!**

This 4-month program starting September 2022 offers the following benefits to participants:

- Social activities
- 1-on-1 mentorship
- Subsidized UNA fitness and sports programs

**Applications close on August 31, 2022 at 11:59 p.m.**



Please visit our website for full details at [myuna.ca/get-active](https://myuna.ca/get-active)

# ADULTS & SENIORS PROGRAMS

## ARTS

### All Bodies Dance Project AGES 16+

All Bodies Dance Project brings together adults of all abilities, genders, sizes, and backgrounds to explore movement as a means of expression. Participants experience the joy of dancing in a diverse community of movers where 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 required; everyone is welcome. ASL interpretation is available by request - contact Elias Rieger at [elias.rieger@myuna.ca](mailto:elias.rieger@myuna.ca) before Oct 10.

Instructor: All Bodies Dance Project

OBCC | OCT 22, NOV 5, NOV 19 SA, 11:00 AM – 12:30 PM  
\$27.00 / 3 | Drop-in: \$10.00 #5039

### Art Workshops AGES 19+



UNA Art Workshops allow participants to experience new types of art and express themselves creatively. Join one of our various workshops and try something new!

- Sep 18: Flower Arrangement Workshop #5138
- Oct 16: Diwali-Inspired Art #5151
- Nov 20: Chinese Painting #5137
- Dec 11: Resin Making #5258

Instructors: Various

WCC | SEP 18 – .DEC 11 SU, 2:00 PM – 4:00 PM  
\$30.00 / 1 #various

DROP-IN AVAILABLE, SPACE PERMITTING.  
REGISTER FOR THE FULL PROGRAM TO  
GUARANTEE YOUR SPOT!

### Chinese Folk Dance AGES 19+

This program carves out a quick path to move from a beginner level dancer to an advanced level dancer. Participants will learn the basics and will be taught the choreography of a Chinese classical folk dance. All levels of experience are welcome. This class is taught in Mandarin.

中国民族舞课学习基本舞蹈动作，体验不同风格的民族舞风格。舞蹈基础不限。中文教学。

Instructor: Emily Li

WCC | SEP 12 – DEC 5 M, 12:45 PM – 2:15 PM  
No classes Oct 10, Oct 31  
\$330.00 / 11 | Drop-in: \$33.00 #5147

WCC | SEP 14 – DEC 7 W, 12:45 PM – 2:15 PM  
\$390.00 / 13 | Drop-in: \$33.00 #5146

### Dance Fusion AGES 19+

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

Instructor: Yan Guo

WCC | SEP 16 – DEC 9 F, 1:00 PM – 2:30 PM  
No classes Sep 30, Nov 11  
\$181.50 / 11 | Drop-in: \$18.50 #5157

WCC | SEP 16 – DEC 9 F, 6:45 PM – 8:15 PM  
No classes Sep 30, Nov 11  
\$181.50 / 11 | Drop-in: \$18.50 #5156



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

**ARTS**

**Contemporary Dance AGES 16+**

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**

**WCC | SEP 13 – DEC 6** **TU, 6:30 PM – 7:30 PM**  
\$143.00 / 13 | Drop-in: \$13.00 #5158

**Communicative Arts AGES 19+**



Communicative Arts offer a fun and interactive way to build confidence and improve communication skills. Students learn how to express themselves through various interactive activities, such as theatre games and vocal exercises. Activities focus on learning communicative skills and interaction through play and imagination. This class is great for those who want to practice their English, or those who want to build confidence interacting with others, in a fun and social setting. Please bring a notebook and a pen.

**Instructor: Lisa Peers**

**WCC | SEP 13 – NOV 15** **TU, 1:00 PM – 2:30 PM**  
\$195.00 / 10 #5148



**BC  
Brain  
Wellness  
Program**

**BC Brain Wellness Program**

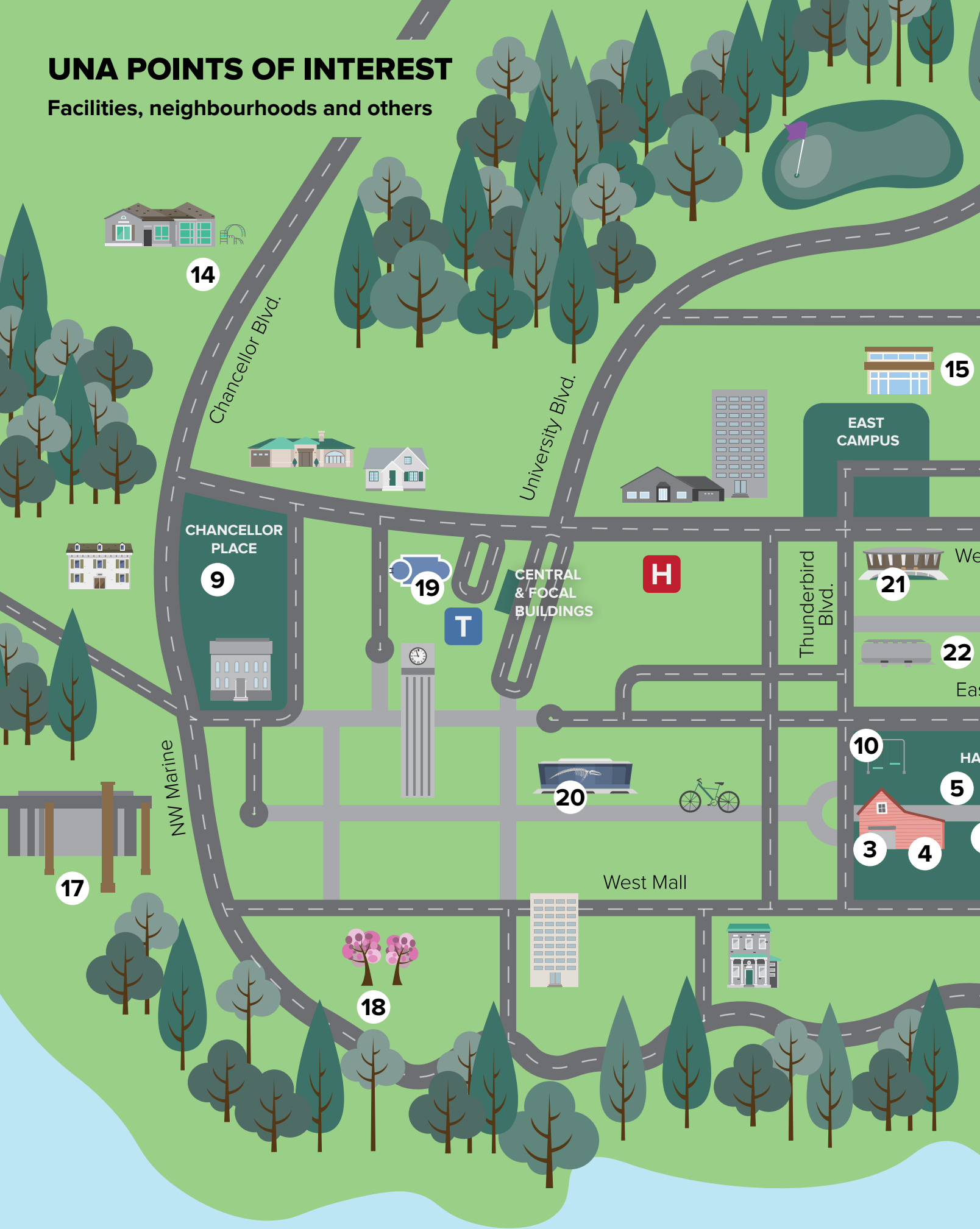
The BC Brain Wellness Program is an online and in person program, designed to help those with brain conditions, their care partners and healthy agers achieve a healthier lifestyle and improve quality of life.

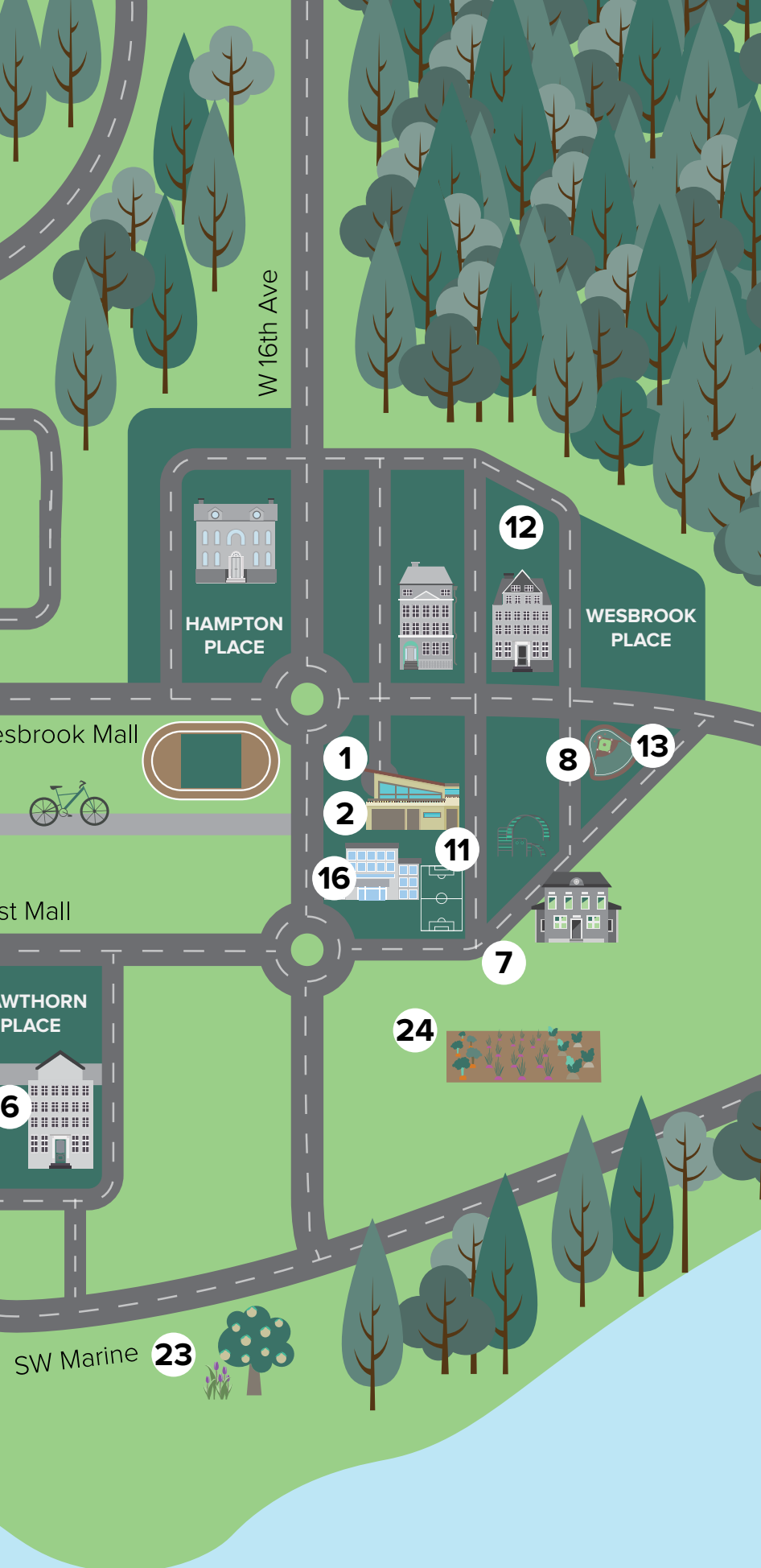
Our free online exercise and creative expression programs and educational events provide opportunities to stimulate the brain and make a positive impact on wellbeing. These experiences can lead to an incredible feeling of achievement, of living, of being you.

Sign up for a class, join the community and take a step towards brain wellness, beyond all boundaries.

Visit our website [bcbrainwellness.ca](http://bcbrainwellness.ca) for more information.

## Facilities, neighbourhoods and others





1. UNA Main Office
2. Wesbrook Community Centre
3. Old Barn Community Centre
4. Old Barn Children's Garden
5. Hawthorn Community Garden
6. Rhodo Community Garden
7. Greenway Community Garden
8. Nobel Community Garden
9. Iona Green Park
10. Jim Taylor Park
11. UNA Field / Splash Pad
12. Michael Smith Park
13. Collings Field
14. University Hill Elementary
15. Norma Rose Point School
16. University Hill Secondary
17. Museum of Anthropology
18. Nitobe Memorial Garden
19. UBC Aquatic Centre
20. Beaty Biodiversity Museum
21. Thunderbird Sports Centre
22. Osborne Centre
23. UBC Botanical Garden
24. UBC Farm

- UNA facilities, gardens and parks
- VSB schools
- UBC facilities



**CANINE EDUCATION**

**Good to Great: Dog Manners 1 AGES 19+**

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. 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.

Instructor: Daisy Dog Training

**WCC | SEP 13 – DEC 6** **TU, 7:15 PM – 8:15 PM**  
\$455.00 / 13 #5083



**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

**WCC | SEP 13 – DEC 6** **TU, 6:00 PM – 7:00 PM**  
\$455.00 / 13 #5082

**Good to Great: Dog Manners 2 AGES 19+**

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.

Prerequisite: Basic Dog Manners 1

Instructor: Daisy Dog Training

**WCC | SEP 15 – DEC 8** **TH, 7:30 PM – 8:30 PM**  
\$455.00 / 13 #5085

**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

**WCC | SEP 15 – DEC 8** **TH, 6:15 PM – 7:15 PM**  
\$130.00 / 13 | Drop-in: \$12.00 #5084

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.

## EDUCATION

**English ABCs for Mandarin Speakers**

AGES 19+

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.

Instructors: Amber Huang and Titus Yung

WCC | SEP 12 – NOV 28 M, 10:00 AM – 11:30 AM  
No class Oct 10  
\$33.00 / 11 #4866

**English Conversation** AGES 19+

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.

Instructor: Eileen LeGallais

WCC | SEP 13 – NOV 29 TU, 10:00 AM – 11:30 AM  
\$36.00 / 12 #4867

**English Conversation | Beginner** AGES 19+

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.

Instructor: Nancy Dagan

WCC | SEP 15 – NOV 24 TH, 10:00 AM – 11:30 AM  
\$33.00 / 11 #4868

**English Conversation | Intermediate**

AGES 19+

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.

Instructors: Alice Bradley and Linda Quiney

WCC | SEP 14 – NOV 30 W, 1:00 PM – 2:30 PM  
\$36.00 / 12 #4724

**English Conversation | Advanced** AGES 19+



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.

Instructor: UNA Volunteer

OBCC | SEP 12 – NOV 28 M, 12:00 PM – 1:30 PM  
No class Oct 10  
\$33.00 / 11 #4718





# FALL EVENT CALENDAR

SEPTEMBER				THU 1		SAT 3
SUN 4	MON 5 Labour Day	TUE 6	WED 7	THU 8	FRI 9	SAT 10 Neighbours Day 10:30 AM – 4 PM WCC
SUN 11	MON 12		WED 14	THU 15	FRI 16	SAT 17
SUN 18 Flower Arrangement 2 PM – 4 PM WCC	MON 19		WED 21	THU 22 Music in the Park 1 PM – 4 PM WCC	THU 22 Lunch and Learn 2 PM – 4 PM WCC	SAT 24 Seniors Afternoon Tea 1 PM – 4 PM WCC
SUN 25	MON 26	TUE 27	WED 28 UNA AGM 5 PM – 9 PM WCC	THU 29 Seniors Nitobe Tour 10 AM – 11 AM Nitobe Garden	FRI 30 Truth & Reconciliation Day	

				OCTOBER		SAT 1
SUN 2 Community Art Project 2 PM – 4 PM WCC	MON 3		WED 5	THU 6	FRI 7	SAT 8 Seniors Afternoon Tea 1 PM – 4 PM WCC
SUN 9	MON 10 Thanksgiving	TUE 11	WED 12	THU Lunch and Learn 2 PM – 4 PM WCC	FRI 14	SAT 15 Seniors Dance Party 7 PM – 8:30 PM WCC
SUN 16 Diwali-inspired Art 2 PM – 4 PM WCC	MON 17	TUE 18	WED 19	THU 20 Seniors Playful Thurs. 1:30 – 3 PM WCC	FRI 21 Seniors Botanical Tour 10:30 AM – 11:30 AM Botanical Garden	SAT 22 Seniors Afternoon Tea 1 PM – 4 PM WCC
SUN 23	MON 24	TUE 25 Murder Mystery 2 PM – 4 PM OBCC	WED 26	THU 27	FRI 28 Pumpkin Carving 3:30 PM – 7 PM WCC	SAT 29 Responding to Sexual Assault Disclosures 10 AM - 12 PM OBCC
SUN 30 Diwali 1 PM – 4 PM WCC	MON 31 Halloween 4 PM – 7 PM WCC					

## FALL EVENT CALENDAR

	NOVEMBER	TUE 1	WED 2	THU 3 Seniors Playful Thurs. 1:30 – 3 PM WCC	FRI 4 Seniors Park Tour 10 AM – 11 AM Pacific Spirit Park	SAT 5 Seniors Afternoon Tea 1 PM – 4 PM WCC
SUN 6 Community Art Project 2 PM – 4 PM WCC	MON 7	TUE 8	WED 9	THU 10	FRI 11 Remembrance Day	SAT 12
SUN 13	MON 14 Multicultural Week Nov 14 – Nov 20	TUE 15 KAIROS Blanket 6 PM – 8 PM OBCC	WED 16	THU 17 Seniors Playful Thurs. 1:30 – 3 PM WCC	FRI 18	SAT 19
SUN 20 Chinese Painting 2 PM – 4 PM WCC	MON 21	TUE 22	WED 23	THU 24	FRI 25	SAT 26 Seniors Dance Party 7 PM – 8:30 PM WCC
SUN 27	MON 28	TUE 29				

			DECEMBER	THU 1 Seniors Playful Thurs. 1:30 – 3 PM WCC	FRI 2	SAT 3 Seniors Afternoon Tea 1 PM – 4 PM WCC
SUN 4 Community Art Project 2 PM – 4 PM WCC	MON 5	TUE 6	WED 7	THU 8	SAT 10 Winter Fest 10 AM – 1 PM OBCC	SAT 10 Seniors Dance Party 7 PM – 8:30 PM WCC
SUN 11 Resin Making 2 PM – 4 PM WCC	MON 12	TUE 13	WED 14	THU 15	FRI 16	SAT 17
SUN 18	MON 19		WED 21	THU 22	FRI 23	SAT 24
SUN 25	MON 26	TUE 27	WED 28	THU 29		SAT 31

EVENTS ARE ADDED THROUGHOUT  
THE SEASON! CHECK OUR EVENT  
CALENDAR AT **MYUNA.CA** FOR THE  
MOST UP TO DATE INFORMATION

**EDUCATION**

**French Conversation | Intermediate**

AGES 19+

This volunteer-led class gives participants a chance to build confidence and increase their conversational fluency in French.

Instructor: Catherine Black

WCC | SEP 12 – NOV 28

M, 1:00 PM – 2:30 PM

No class Oct 10

\$33.00 / 11

#4945

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

AGES 19+

This volunteer-led class will use poetry and literature to teach Mandarin and is suitable for participants with an intermediate-level knowledge or above.

Instructor: Pei Xu

VIRTUAL | SEP 12 – NOV 28

M, 7:00 PM – 8:00 PM

No class Oct 10

\$22.00 / 11

#4719

**Mandarin Conversation | Intermediate** AGES 19+

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

Instructor: Sophia Wang

WCC | SEP 15 – DEC 1

TH, 7:00 PM – 8:30 PM

\$36.00 / 12

#5051



Instructor: SUCCESS

WCC | SEP 13 – NOV 29

TU, 9:30 AM – 4:00 PM

FREE / 12

#4712

This workshop is a primer on how to respond to disclosures of sexualized violence in a way that is supportive, person-centered and trauma-informed. Instructors will provide a foundational knowledge of sexual assault and consent, and explore social, cultural, and institutional factors that facilitate sexualized violence and affect how others perceive and support those who come forward. The workshop reviews the Listen-Believe-Support framework of responding to disclosures, and goes over some resources available at the SASC, and elsewhere on campus.

Instructor: AMS Sexual Assault Support Centre

OBCC | OCT 29

SA, 10:00 AM – 12:00 PM

FREE / 1

#5075

**SUCCESS: Settlement Services** AGES 19+

Email [isipvancouver@success.bc.ca](mailto:isipvancouver@success.bc.ca) to make an appointment.

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. Service by appointment only. \*You must bring your PR card or Confirmation of Permanent Resident to attend the service. Tel#: 604-408-7274 ext: 2063 for Chinese and English

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。每月一次在 Wesbrook 社区中心提供预询服务的日期如下：\*咨询时，需出示您的永久居民卡或永久居民确认信。



## EDUCATION

**VSBC Immigrant Parent Sessions**  
**Mandarin / English AGES 19+**

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.

Organizer/Host: Esaine Mo, VSB Settlement Worker with SWIS Program Funded by Immigrations, Refugees and Citizenship Canada (IRCC)

Goals: A platform that enables parents' connection, empowerment and resources/ knowledge sharing.

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

To register, contact Esaine Mo at 778-228-8536 or email: [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca)

**Instructor: Esaine Mo (SWIS)**

**VIRTUAL | SEP 15 – DEC 1**  
FREE / 12

**TH, 1:00 PM – 2:30 PM**  
#4722

**Kairos Blanket Exercise AGES 16+**

NEW

The KAIROS Blanket Exercise is a workshop that explores the nation-to-nation relationship between Indigenous and non-Indigenous peoples in Canada. Blankets arranged on the floor represent land and participants are invited to step into the roles of First Nations, Inuit and later Métis peoples. The workshop helps people to understand how the colonization of this land impacts those who were here long before settlers arrived. It engages people's minds and hearts in understanding why the relationship between Indigenous and non-Indigenous peoples is often broken and how we can take action together.

**OBCC | NOV 15**  
\$12.00 / 1

**TU, 6:00 PM – 8:00 PM**  
#5233

**Rent Smart AGES 19-30**

NEW



Are you looking for a rental property? Are you having issues with your landlord? Do you know your rights and responsibilities as a tenant? The housing crisis in busy cities like Vancouver continues to make it challenging to secure suitable living spaces – find out

how you can find good options, build a good relationship with your landlord and assert your rights as a tenant by attending this course.

**Instructor: Leo Jiao**

**WCC | OCT 7 – NOV 4**  
\$25.00 / 5

**F, 7:00 PM – 8:00 PM**  
#5036

## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Family Badminton Drop-In

ALL AGES

Come play Badminton with your family at the Westbrook Community Centre Gymnasium! This is a drop-in program – we do not take advanced registration. Children must be supervised by an adult (19+). Please bring your own racquet.

**WCC | SEP 11 – DEC 11** **SA+SU, 9:00 AM – 10:30 AM**  
**No drop-ins Dec 3, Dec 4**  
Drop-in: \$3.00 #5124

#### Badminton AGES 19+

Enjoy a fun and friendly evening of badminton. 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.

**WCC | SEP 13 – DEC 6** **TU, 12:00 PM – 1:45 PM**  
\$58.50 / 13 | Drop-in: \$6.00 #5122

**WCC | SEP 12 – DEC 5** **M, 8:00 PM – 9:30 PM**  
**No classes Oct 10, Oct 31**  
\$49.50 / 11 | Drop-in: \$6.00 #5121

**WCC | SEP 16 – DEC 9** **F, 7:45 PM – 9:15 PM**  
**No classes Sep 30, Nov 11**  
\$49.50 / 11 | Drop-in: \$6.00 #5123

#### 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.

**WCC | SEP 12 – DEC 5** **M, 6:00 PM – 7:30 PM**  
**No classes Oct 10, Oct 31**  
\$49.50 / 11 | Drop-in: \$6.00 #5128

#### 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 \$40.00 membership fee to the instructor.

**Instructor: Anthony Evangelista**

**WCC | SEP 13 – NOV 8** **TU, 7:00 PM – 8:30 PM**  
\$135.00 / 9 #4970

**WCC | SEP 15 – NOV 10** **TH, 7:00 PM – 8:30 PM**  
\$135.00 / 9 #4971

#### Learn to Run AGES 19+

New to running or want to get back to running after a long hiatus? You will learn proper running techniques, pacing, stretching, and a gradual run/walk progression to a 10K distance. There will also be speakers on nutrition and injury prevention. Please wear well-fitted running shoes and dress for the weather.

**Instructor: Christine Blanchette**

**WCC | SEP 17 – OCT 22** **SA, 10:30 AM – 11:45 AM**  
\$90.00 / 6 #5028

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

## PHYSICAL ACTIVITY

**Pickleball Lessons** AGES 19+

Want to try a drop-in class? Contact the front desk (604-822-4227) and the instructor will recommend the right lesson for you.

**Instructor:** Chris Koentges

**Learn to Play**

A comprehensive beginner clinic for both brand new participants and for emerging players who want to build confidence in the basics. Improve fundamental techniques through drills and game play. Key points include: Dinking, volleys, serve and return, 3rd shots, drives, court positioning, rules, etiquette, and culture. Everyone is welcome. Emphasis on fun, safety, and a relentlessly positive style of play.

**WCC | SEP 14 – DEC 7** **W, 9:00 AM – 10:30 AM**  
\$325.00 / 13 | Drop-in: \$25.00 #4987

**Intermediate**

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

**WCC | SEP 14 – DEC 7** **W, 10:45 AM – 12:15 PM**  
\$325.00 / 13 | Drop-in: \$25.00 #4988

**Advanced Doubles**

Improve through advanced fast paced drills and game play with critical feedback. Key points include lots of footwork (be prepared to sweat), learn to create opportunities with the 3rd shot, put away all types of balls, around the post shots, set up the rally for victory, and reset the rally. Register with your partner to play and drill with other advanced teams. Players without a partner will be accommodated.

**WCC | SEP 16 – DEC 9** **F, 8:45 AM – 10:15 AM**  
**No classes Sep 30, Oct 21, Nov 11, Nov 25**  
\$225.00 / 9 | Drop-in: \$25.00 #4986

**Accelerated Development**

This program is intended for competitive players on the road to 3.5+. Each week, you'll participate in a gauntlet of original dynamic drills, and a variety of fast paced game situations. You'll be introduced to advanced footwork, mindset exercises, higher level positioning, and true teamwork. This is best suited to experienced players and confident athletes.



**WCC | SEP 18 – DEC 11** **SU, 10:45 AM – 12:15 PM**  
**No classes Oct 23, Dec 4**  
\$275.00 / 11 | Drop-in: \$25.00 #5297

**Pickleball** AGES 19+

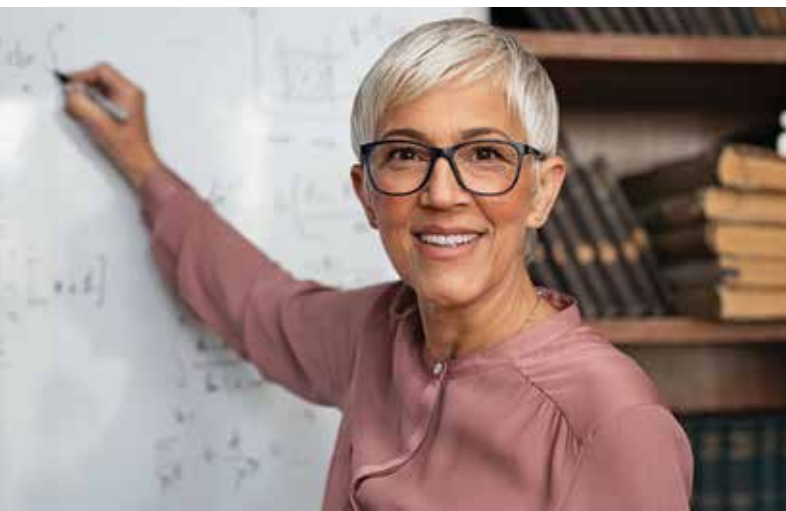
Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. 16 spots are available for registration and two are reserved for day of drop-in.

**WCC | SEP 12 – DEC 5** **M, 1:45 PM – 3:30 PM**  
**No classes Oct 10, Oct 31**  
\$49.50 / 11 | Drop-in: \$6.00 #5163

**WCC | SEP 16 – DEC 9** **F, 10:30 AM – 12:15 PM**  
**No classes Sep 30, Oct 21, Nov 11, Nov 25**  
\$40.50 / 9 | Drop-in: \$6.00 #5165

**WCC | SEP 15 – DEC 8** **TH, 12:45 PM – 2:30 PM**  
\$58.50 / 13 | Drop-in: \$6.00 #5164

# 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:

- Arts & Culture
- Group fitness and yoga
- Personal trainers
- Photography
- Speakers and workshop leaders
- Volunteer instructors: French Conversation, English Conversation, Storytime, social clubs, dance, seniors social, youth programs and physical activity programs

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



## **Table Tennis** AGES 19+

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

**WCC | SEP 13 – DEC 6**  
\$32.50 / 13 | Drop-in: \$3.50

**TU, 2:15 PM – 3:45 PM**  
#5126

## **Volleyball** AGES 19+

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. 22 spots are available for registration and two are reserved for day of drop-in.

**WCC | SEP 7 – DEC 7**  
\$63.00 / 14 | Drop-in: \$6.00

**W, 7:45 PM – 9:30 PM**  
#5202

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.

**Ballet Fitness** AGES 19+

This is a fun and engaging program that 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. Dance training is the best training for the body and is suitable for all fitness levels as well as for rehabilitation, injury prevention and pre-/post-natal fitness.

**Instructor:** Crossmaneuver Dance Theatre

**WCC | SEP 14 – DEC 7** **W, 8:15 PM – 9:15 PM**  
\$182.00 / 13 | Drop-in: \$15.00 #5160

**Barre Pilates** AGES 19+

Barre is a workout that combines lightweight, high repetition moves to help tone and sculpt even the smallest muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This special fitness class offers a twist of Pilates on the classic and popular barre classes and will leave you feeling toned and sculpted. No prior experience to barre or Pilates is necessary, but a willingness to learn and have fun is an absolute must.

**WCC | SEP 12 – DEC 15** **M/TH, 9:30 AM – 10:30 AM**  
**No class Oct 10**  
\$378.00 / 27 | Drop-in: \$15.00 #5106

**Boxer Fit** AGES 19+

Come join UNA's first Beginner Boxing Fit class and box your way to your peak fitness goals. Fitness boxing is a great way to achieve increased cardiovascular fitness, develop boxing fundamentals for beginners, and learn self defense in a fun, fast paced environment. Come join this high energy conditioning class that combines weights, plyometrics, and core training for a fun and challenging class.

**WCC | SEP 13 – DEC 15** **TU/TH, 8:30 PM – 9:30 PM**  
\$350.00 / 28 | Drop-in: \$15.00 #5112

**WCC | SEP 17 – DEC 17** **SA, 1:00 PM – 2:00 PM**  
\$175.00 / 14 | Drop-in: \$15.00 #5113

**ADULTS & SENIORS**  
PROGRAMS**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

**WCC | SEP 15 – DEC 8** **TH, 5:30 PM – 6:30 PM**  
\$208.00 / 13 | Drop-in: \$18.00 #5161

**Fit Together** AGES 19+

This parent and baby fitness class is designed specifically for new parents to help rebuild strength, gain a sense of community and to allow time to be carved out self-care. Expect to come to class each week and spend time sweating, laughing and building muscle tone in a safe environment that is both baby-friendly and new parent-friendly. This class is safe for infants 4 weeks up to 12 months, mobile babies are welcome to be strapped to the chest or back in a body carrier for an extra burn. Participants should be 4+ weeks postpartum (6 weeks for caesareans). (\*moms: be sure to obtain medical clearance from your doctor before attending your first Fit Together exercise class!)

**Instructor:** Nicole Kraumanis

**WCC | SEP 13 – DEC 15** **TU/TH, 10:00 AM – 11:00 AM**  
\$352.80 / 28 | Drop-in: \$14.00 #5095





## ADULTS & SENIORS PROGRAMS

### YOGA & FITNESS

#### Get Active! AGES 19+

Get Active! is an initiative that aims to reduce psycho-social, cultural and financial barriers to physical activity participation. Join a community, build physical literacy, and try new fitness activities with Get Active! This 4-month program starting September 2022 offers the following benefits to participants:

- Social activities
- 1-on-1 mentorship
- Subsidized UNA fitness and sports programs

Applications close on August 31, 2022 at 11:59 p.m. Please visit our website for full details: [myuna.ca/get-active](https://myuna.ca/get-active)

#### Intro To Fitness AGES 19+

Are you new to working-out or worried about doing something wrong to injure yourself? Our new Intro to Fitness Series is a five-week long health and wellness journey where you can work in a small group setting alongside a personal trainer who will teach and guide you through a variety of health and fitness topics including: how to use gym equipment, how to goal set, how to fit nutrition into your exercise regimens, how to use free weights and more!

All 5 sessions can be attended for \$25 (UNA/UBC residents), otherwise each session is a cost of \$5 (UNA/UBC residents).

**WCC | SEP 12 – OCT 17** **M, 5:15 PM – 6:30 PM**  
**No class Oct 10**  
\$27.50 / 5 | Drop-in: \$5.50 #5107

## Parent & Baby: Stretch & Strength

AGES 19+

NEW

Through proper breathing, strengthening, and stretching, the adult participant will have a better understanding of their bodies and develop proper muscle memory. Improve your physical awareness, core strength, flexibility and confidence! Infants (0-2) with earmuffs in their strollers are welcomed. No previous experience required. Please bring a yoga mat and water bottle.

Instructor: Praise TEAM

**WCC | SEP 17 – DEC 10** **SAT, 9:30 AM – 10:30 AM**  
**No classes Oct 8, Nov 12**  
\$187.00 / 11 | Drop-in: \$14.00 #5219

## Range of Movement Fitness Class

AGES 19+

NEW

Stay fit, active, and social! This Range of Movement Fitness program is perfect for those who are looking for active recovery, fitness guru's who are recovering from an injury and have had doctor clearance to exercise, senior-friendly exercises, mobility and stability improvement, and more. All offered in a fun and supportive exercise environment. With a certified personal trainer leading the classes, you will be guided through exercises in a safe and effective manner that are adaptable to your needs and mobility levels. This class is an excellent time to meet others in the community while staying fit.

**OBCC | SEP 16 – OCT 21** **F, 4:00 PM – 5:00 PM**  
**No class Sep 30**  
\$40.00 / 5 | Drop-in: \$8.00 #5200

## Sound Healing Meditation AGES 19+

NEW

Sound is an excellent way to reach a deep meditative state where the mind and body can heal itself. In this class you will be guided through a sound healing meditation adapted to the needs of the participants. Klára de Luz has been doing sound healing sessions for four years, using Tibetan and crystal singing bowls, shamanic drum, wind chimes and rattle to offer a unique experience to her participants. Feel free to bring your yoga mat or sit on the chairs provided. Visit [klaritywellness.ca](https://klaritywellness.ca) for more.

Instructor: Klára De Luz

**WCC | SEP 17 – OCT 22** **SA, 4:00 PM – 5:15 PM**  
\$138.00 / 6 | Drop-in: \$25.00 #5086

**WCC | NOV 5 – DEC 10** **SA, 4:00 PM – 5:15 PM**  
\$138.00 / 6 | Drop-in: \$25.00 #5087

Zumba AGES 19+

Zumba is a fun and high-energy workout inspired by Latin dance and international beats that will keep you energized and moving. The routines are centered around aerobic and fitness interval training with a combination of fast and slow rhythms to tone and sculpt the body. By the end of this class you will have had so much fun you won't realize how great your workout was! Dance your way to fitness and join the movement!

Instructor: DanZa Productions

WCC | SEP 17 – DEC 17 SA, 11:30 AM – 12:30 PM  
\$189.00 / 14 | Drop-in: \$15.00 #5204

WCC | SEP 12 – DEC 12 M, 6:45 PM – 7:45 PM  
No class Oct 10  
\$175.50 / 13 | Drop-in: \$15.00 #5207

WCC | SEP 12 – DEC 12 M, 7:45 PM – 8:45 PM  
No class Oct 10  
\$175.50 / 13 | Drop-in: \$15.00 #5222

Elevate | Core AGES 19+



Elevate Core Bootcamp is your fast-track class to a core-centered workout combining cardio and strength conditioning. This workout class involves a mix of cardio moves to get your heart rate bumping, and resistance training to sculpt and tone the core and butt. This is an intense workout to start anyone's week off right, or to help get past the mid-week slump. Bring a yoga mat, towel and water. Shoes or anti-slip socks are also recommended.

WCC | SEP 14 – DEC 14 W, 11:15 AM – 11:45 AM  
\$133.00 / 14 | Drop-in: \$11.00 #5115

WCC | SEP 12 – DEC 12 M, 11:00 AM – 11:45 AM  
No class Oct 10  
\$123.50 / 13 | Drop-in: \$11.00 #5108

ADULTS & SENIORS PROGRAMS

Elevate | Mobility & Flexibility



AGES 19+

If you are looking to build strength, improve posture and increase flexibility, then this class is for you! Join this boot-camp-style workout class that hits all aspects of mobility and flexibility including warm-ups and cool-downs, deep stretch holds, strengthening of joints and muscles, and core work. You will get a gentle workout by combining bodyweight movements, strength training and aerobic elements. Levels of intensity and difficulty can be customized.

WCC | SEP 13 – DEC 15 TU/TH, 8:15 AM – 9:00 AM  
\$266.00 / 28 | Drop-in: \$11.00 #5114

Elevate | Upper Body AGES 19+



If you are looking to build strength and sculpt muscle, or to balance out your weekly spin classes, then this Elevate Upper Body is for you! This fitness workout class hits all aspects of upper-body including arms, chest, shoulders, back, and core. Through combining bodyweight movements, strength training and aerobic elements, this class will target every last muscle leaving you feeling toned and sculpted from head to toe. Levels of intensities and difficulty can be customized.

OBCC | SEP 14 – DEC 15 W/TH, 5:00 PM – 5:45 PM  
\$266.00 / 28 | Drop-in: \$11.00 #5117

WCC | SEP 13 – DEC 15 TU/TH, 7:15 AM – 8:00 AM  
\$266.00 / 28 | Drop-in: \$11.00 #5111

WCC | SEP 17 – DEC 17 SA, 8:00 AM – 8:45 AM  
\$133.00 / 14 | Drop-in: \$11.00 #5118



ELEVATE FITNESS SERIES

45 – 60-minute classes that will help you elevate, tone, and sculpt your body from head to toe. Check out any or all the four different Elevate fitness offerings 7 days a week! Check this guide or look on our website to find a time that works best for your schedule.

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

## ADULTS & SENIORS PROGRAMS

### YOGA & FITNESS

#### Express Full Body AGES 19+

NEW

Come and experience a small group training Bootcamp class in a quickly paced 30-minute, full body workout that combines cardio and strength training. This class will be run by a health and exercise professional who will provide you with guided workouts for maximum fitness results. With all of the benefits of group training, and a maximum of 10 people per class, you are sure to get expert fitness advice on all movements for maximum results. If you are interested in other 'express' style workouts, check out UNA's new Express Spin!

**OBCC | SEP 12 – DEC 16** **M/W/F, 7:15 AM – 7:45 AM**  
No classes Sep 30, Oct 10, Nov 11  
\$390.00 / 39 | Drop-in: \$11.00 #5109

**OBCC | SEP 13 – DEC 6** **TU/TH, 7:15 AM – 7:45 AM**  
\$280.00 / 28 | Drop-in: \$11.00 #5274

#### Express HIIT AGES 19+

NEW

Are you someone looking to fit in a workout into your busy day? UNA's Express HIIT bootcamp-style workout is a mix between movements of high and low intensities that will hit all aspects of full-body, power workout. By combining bodyweight movements, strength training and aerobic elements, Express HIIT will target full body workouts leaving you feeling toned and sculpted from head to toe. This bootcamp is good for anyone. Levels of intensities and difficulty can be customized..

**WCC | SEP 12 – DEC 12** **M/W, 6:15 AM – 7:00 AM**  
No class Oct 10  
\$247.00 / 26 | Drop-in: \$15.00 #5098

**OBCC | SEP 12–DEC 16** **M/W/F, 12:00 PM–12:30 PM**  
No classes Sep 30, Oct 10, Nov 11  
\$211.00 / 39 | Drop-in: \$11.00 #5110

**OBCC | SEP 13–DEC 15** **TU/TH, 12:00 PM–12:30 PM**  
\$280.00 / 28 | Drop-in: \$11.00 #5275

#### Express Spin AGES 19+

NEW

A high intensity, full-body spin class that continues the burn even after class is over. Express Spin will incorporate dynamic full-body movements to push your fitness limits while giving you peace of mind that a great workout can be fit into a busy schedule! Spin classes have the option to include dumbbells, varied intervals, and multi-directional movements in order to increase cardiovascular conditioning and strength. You get what you give with spin, these classes are good for all levels as they are not high pressure, and resistance can be controlled on your own to match your needs.

**WCC | SEP 12–DEC 16** **M/W/F, 12:00 PM–12:30 PM**  
No classes Sep 30, Oct 10, Nov 11  
\$480.00 / 40 | Drop-in: \$14.00 #5101

**WCC | SEP 13 – DEC 15** **TU/TH, 12:00 PM–12:30 PM**  
\$336.00 / 28 | Drop-in: \$14.00 #5273



### EXPRESS FITNESS SERIES

Express Fitness Series is for the working parent, the busy student, and anyone else looking for quick workout options that will have them feeling the burn and wanting more. Express fitness classes are available Monday – Friday in the mornings and during lunch hours. Check this guide or look on our website to find a time that works best for your schedule.

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

**Intro to Spin** AGES 19+

NEW

You get what you give in this introductory to spin class that is great for beginners and intermediate spinners. Your resistance setting can make this class a high-intensity, full-body workout, a relaxed learner-friendly cruise or an active recovery class. Spin classes have the option to include dumbbells, varied intervals and multi-directional movements in order to increase cardiovascular conditioning and strength. All levels are welcome!

**WCC | SEP 11 – DEC 11** **SU, 8:30 AM – 9:00 AM**  
\$252.00 / 14 | Drop-in: \$20.00 #5105

**WCC | SEP 16 – DEC 16** **F, 4:30 PM – 5:15 PM**  
\$252.00 / 14 | Drop-in: \$20.00 #5104

**WCC | SEP 13 – DEC 8** **TU/TH, 6:15 AM – 7:00 AM**  
\$390.00 / 26 | Drop-in: \$20.00 #5102

**Spin** AGES 19+

NEW

Spin is the perfect halfway point between SpinPro and Intro to Spin where the intensity is high, but not as high as SpinPro, and not as relaxed as Intro to Spin. Come and enjoy Spin if you are looking for a high intensity, full-body spin class that continues the burn even after class is over. Spin will incorporate dynamic full-body movements to push your fitness limits! Spin classes have the option to include dumbbells, varied intervals, and multi-directional movements in order to increase cardiovascular conditioning and strength. You get what you give with spin, these classes are good for all levels as they are not high pressure, and resistance can be controlled on your own to match your needs.

**WCC | SEP 17 – DEC 17** **SA, 9:00 AM – 9:45 AM**  
\$252.00 / 14 | Drop-in: \$20.00 #5103

**WCC | SEP 12 – DEC 12** **M/W/F, 7:15 AM – 8:00 AM**  
**No class Oct 10**  
\$702.00 / 39 | Drop-in: \$20.00 #5100

**SPIN CLASSES**

New spin classes will take place 7-days a week. Join three levels of intensity and expect classes to last 30-60-minutes. Fun classes with music, while you work through lower body exercises on and off the bike! Check this guide or look on our website to find a time that works best for your schedule.

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

**SpinPro** AGES 19+

NEW

SpinPro is UNA's spin class for advanced patrons; a high intensity, full-body spin class that continues the burn even after class is over. Spin will incorporate dynamic full-body movements to push your fitness limits! Spin classes have the option to include dumbbells, varied intervals, and multi-directional movements in order to increase cardiovascular conditioning and strength. Be ready to get your heart rate up and your muscles burning, as this class will test your endurance and cardiovascular limits while preparing you for any sort of training scenario!

**WCC | SEP 12 – DEC 12** **M/TH, 7:45 PM – 8:30 PM**  
**No class Oct 10**  
\$468.00 / 26 | Drop-in: \$20.00 #5099

**YOGA & FITNESS**

**Gentle & 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. Mats are available at a limited quantity to borrow if needed.

**Instructor: Angie Datt**

**WCC | SEP 13 – NOV 22** **TU, 10:00 AM – 11:15 AM**  
\$143.00 / 11 | Drop-in: \$15.00 #5045

**Gentle Yoga AGES 19+**

Rejuvenate, decompress, 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, Ages, and mobility levels. In this gentle class, exercises will be done while sitting or standing holding onto a chair. The focus will be 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 | SEP 9 – NOV 18** **F, 10:00 AM – 11:00 AM**  
\$143.00 / 11 | Drop-in: \$15.00 #5043

**WCC | SEP 11 – DEC 4** **SU, 3:30 PM – 4:30 PM**  
\$175.50 / 13 | Drop-in: \$15.00 #5093

**WCC | SEP 13 – NOV 22** **TU, 4:15 PM – 5:15 PM**  
\$196.63 / 11 | Drop-in: \$15.00 #5042

**Iyengar Yoga with Luci 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. For more information, see [luciyamamoto.com](http://luciyamamoto.com).

**Instructor: Luci Yamamoto**

**WCC | SEP 17 – NOV 5** **SA, 10:00 AM – 11:15 AM**  
\$144.00 / 8 | Drop-in: \$20.00 #5088

**WCC | NOV 19 – DEC 17** **SA, 10:00 AM – 11:15 AM**  
\$90.00 / 5 | Drop-in: \$20.00 #5089

**Vinyasa Yoga AGES 19+**

In Vinyasa Yoga you will explore bodily awareness and connection with your breath to the movements. Work will be done to establish a calm and focused state of mind. Expect to allow space for the heart to open, emotions to pass through, and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system which focus on traditional series of postures done in the same order every time with a "flow" aspect as the vinyasa twist.

**Instructor: Negar Amini**

**WCC | SEP 13 – DEC 6** **TU, 5:30 PM – 6:30 PM**  
\$169.00 / 13 | Drop-in: \$15.00 #5027

**WCC | SEP 15 – DEC 15** **M, 10:45 AM – 11:45 AM**  
\$182.00 / 14 | Drop-in: \$15.00 #5029

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



**Yoga Flow** AGES 19+

Flow yoga is a moderate to vigorous class where the instructor guides your movements linking them to the breath. Be prepared to get your heart rate up and develop a sweat, with the perfect amount of rest and breathwork to follow more intense sequences. Beginners are welcome, and encouraged to listen to their bodies needs and take breaks when they feel like it. 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, so everyone is welcome!

**OBCC | SEP 11 – DEC 4** **SU, 9:00 AM – 10:15 AM**  
\$152.10 / 13 | Drop-in: \$15.00 #5094

**WCC | SEP 12 – DEC 19** **M/W, 8:15 AM – 9:15 AM**  
**No Class: Oct 10**  
\$364.00 / 28 | Drop-in: \$15.00 #5091

**WCC | SEP 13 – DEC 8** **TU/TH, 7:30 PM - 9:00 PM**  
\$337.50 / 25 | Drop-in: \$15.00 #5092

**Yoga in Mandarin** AGES 19+

Yoga can help you get in shape, improve range of motion, release muscle tightness, and reduce stress. In this course, you will learn essential yoga poses and the alignments will be addressed. The focus is on mindful movements in standing and floor postures to develop strength, focus and control. Poses variations and modifications will be offered to ensure students can work at their own level. This course will be conducted mainly in Mandarin and beginners are welcome.

**中文哈達瑜伽**

無論你想保持體態、增加關節活動力、放鬆緊繃的肌肉或減低壓力，瑜伽都可以幫助你。在這個課程裡，我們透過瑜伽體式，在站姿與躺坐姿間進行流動。著重對身體的覺察，對位的提醒，進而達到肌耐力、專注力與控制力的提升。體式的變式在課程中也會提及，讓不同程度的學員可以依據個人的能力練習。本課程以中文進行，歡迎初學者。

**Instructor: Kate Tsai**

**WCC | SEP 12 – DEC 12** **M, 11:45 AM – 12:45 PM**  
**No Class: Oct 10**  
\$185.80 / 13 | Drop-in: \$18.00 #5090

**ADULTS & SENIORS**  
PROGRAMS**SOCIAL****Community Lunch and Learn** AGES 19+

NEW

Bring your lunch to our spacious ground-floor social room overlooking the park. A guest speaker will give a talk with a casual discussion.

**Sep 29:** Peter Brock: US foreign policy in the 20th century

**Oct 13:** Peter Brock: Somerset Maugham, Edwardian travel writer

**Nov 17:** TBD

**WCC | SEP 29, OCT 13, NOV 17** **TH, 12:00 PM – 1:30 PM**  
FREE / 3 #5056

**Bridge** AGES 19+

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

**Instructor: John Maunsell**

**WCC | SEP 13 – DEC 15** **TU/TH, 10:00 AM – 12:30 PM**  
**No class Dec 1**  
FREE / 27 #4869

**SOCIAL**

**Community Book Club AGES 19+**

Enjoy a conversation with your neighbours about the book of the month. The Community Book Club is suitable for those with intermediate English skills and new members are always welcome. Registration required for this free program.

Community Book Club titles TBD

Instructor: UNA Volunteer

**WCC | OCT 5, NOV 2, DEC 7** **W, 10:00 AM – 12:00 PM**  
FREE / 3 #4720

**Let's Cook Club AGES 19+**

Share your favourite recipes with your neighbours! Join us for a cooking workshop followed by a community potluck. We encourage everyone to bring a dish to share (Suggested to serve 4-6 people) or a donation of \$5.

Cuisines TBD

Instructor: UNA Volunteer

**WCC | SEP 27, OCT 25, NOV 29** **TU, 6:00 PM – 9:00 PM**  
FREE / 3 #5049

**Newcomers Support Group AGES 19+**

This free drop-in program provides information about resources, programs and events aimed to connect you with the UNA community. Volunteers will provide an opportunity for people to socialize and ask questions, followed by a stress relieving activity (meditation, yoga, crafts, etc.). Please register to receive program updates. Volunteers speak English and Mandarin. Everyone is welcome!

Instructor: Sandy Zhao and Rachel Wong

**WCC | SEP 14 – DEC 7** **W, 10:00 AM – 11:30 AM**  
FREE / 13 #5050

**Senior-led Sewing and Mending Studio AGES 13+**



This studio is for those interested in sewing in a social setting. Learn basic sewing skills like how to mend your own clothing, explore different kinds of needlework such as embroidery, knitting or quilting, or come to share your knowledge with others. Community members of all skill levels are invited to attend. Bring a project you're working on or start one together! Two sewing machines and a variety of supplies will be available.

Instructor: UNA Volunteer

**WCC | SEP 11 – DEC 4** **SU, 1:00 PM – 3:00 PM**  
FREE / 13 #5059

**Walk and Talk Club AGES 19+**

Meet up at the Wesbrook Community Centre, make new friends and get active while exploring the UBC campus and the Pacific Spirit Park. All fitness levels are welcome. Wear comfortable shoes and dress for the weather – walks will resume rain or shine. Registration is required for this program and, once you have registered, you may drop-in to any of the sessions.

Instructor: Helen Aqua

**WCC | SEP 12 – DEC 5** **M, 10:00 AM – 11:30 AM**  
**No Class: Oct 10**  
FREE / 13 #4713

**Women's Social Club AGES 19+**

Facilitated by a UNA volunteer, this program provides an informal space for women to come together and talk. This is an excellent place for newcomers to meet their neighbours and make new friends. Snacks and tea will be provided. Registration is not required but by registering you will receive email updates related to the program.

Instructor: UNA Volunteer

**OBCC | SEP 13 – NOV 29** **TU, 12:00 PM – 1:30 PM**  
FREE / 12 #4726

## MUSIC - PRIVATE LESSONS

## Flute Lessons AGES 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

WCC | SEP 11 – DEC 4

SU, 1:00 PM – 4:00 PM

No class Oct 9

\$360.00 / 12

#various

## Guitar Lessons AGES 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 time slot of your choice. Bring your own guitar.



Instructor: Tom Wherrett

WCC | SEP 14 – DEC 7

W, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

WCC | SEP 15 – DEC 8

TH, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

## Violin Lessons AGES 18+

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all Ages with a variety of abilities and goals. 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

WCC | SEP 15 – DEC 8

TH, 3:30 PM – 7:30 PM

\$448.50 / 13

#various

## Piano Lessons AGES 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. Required books will be recommended for purchase during the first lesson. Access to a piano for additional practice is required.

Instructor: Erika Galinskaya

WCC | SEP 11 – DEC 4

SU, 1:00 PM – 4:15 PM

No class Oct 9

\$360.00 / 12

#various

Instructor: Derek Pang

WCC | SEP 12 – DEC 5

M, 3:30 PM – 8:00 PM

No classes Oct 10, Oct 31

\$330.00 / 11

#various

WCC | SEP 14 – DEC 7

W, 3:30 PM – 8:00 PM

\$390.00 / 13

#various

Instructor: Eshantha Peiris

SEP 13 – DEC 6

TU, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

SEP 17 – DEC 10

SA, 9:00 AM – 3:30 PM

No classes Oct 8, Nov 12

\$330.00 / 11

#various

# GROUP FITNESS & PERSONAL TRAINING



There are some great fitness offerings that the community centre has never seen before! Come down to Wesbrook or Old Barn Fitness Centre and ask a staff member about how you can try your first fitness class for free during the month of September!

## OLD BARN FITNESS CENTRE

	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

## WESBROOK FITNESS CENTRE

	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

### SPIN CLASSES

New Spin Classes will take place 7-days a week. Join three levels of intensity and expect classes to last 30-60-minutes. Fun classes with music, while you work through lower body exercises on and off the bike!

- Intro to Spin
- Spin (intermediate)
- SpinPro



### ELEVATE FITNESS SERIES

Elevate Fitness Series encompasses 45 – 60-minute classes that will help you elevate, tone, and sculpt your body from head to toe. Check out any or all the four different Elevate fitness offerings 7 days a week! Look on the website to find a time that works best for your schedule.

- Elevate Core
- Elevate Upper Body
- Elevate Lower Body
- Elevate Mobility and Flexibility

### EXPRESS FITNESS SERIES

Express Fitness Series is for the working parent, the busy student, and anyone else looking for quick workout options that will have them feeling the burn and wanting more. Express fitness classes are available Monday – Friday in the mornings and during lunch hours.

- Express Spin (30-minutes for all levels)
- Express HIIT (bootcamp style exercise class at lunch time)
- Express Full Body (30-minute early morning full body blast)

## PERSONAL TRAINING

UNA's certified personal trainers specialize in weight loss, nutrition coaching, strength training, flexibility & mobility work, holistic training, and so much more!

Visit the Wesbrook or Old Barn Fitness Centres for a guided tour and ask about our various affordable personal training packages. Contact the Fitness Centre Supervisor at **604-822-1924** or email [fitness@myuna.ca](mailto:fitness@myuna.ca) to get started.



## GROUP FITNESS & PERSONAL TRAINING

PACKAGE	PRICE	OPTIONS	DETAILS
<b>ASSESSMENT (INITIAL)</b>	\$75.00 / per person \$65.00 / per person (UBC/UNA discount)	Can include goal setting, functional movement screening, body measurements, and more!	A mandatory introductory 90-minute session that will help set the basis for seeing improvements over your personal training sessions & fitness journey at the UNA. Here, goals will be established with your certified trainer based on your needs, wants, and their expert fitness opinion!
<b>SINGLE SESSION</b>	\$60.00 / per person \$55.00 / per person (UBC/UNA discount)	Single sessions can be purchased at your own discretion after the subsequent initial assessment.	Single sessions are a great option for many reasons: - Getting back into working out / equipment refresher - Needing an extra motivation push. - Asking fitness questions to your personal trainer. - Ensure safety and form are met while working out solo.
<b>3 SESSIONS</b>	\$172.50 / per person \$157.50 / per person (UBC/UNA discount)	A great way to keep motivated and learn fitness basics. Test the waters and see where your fitness journey might lead you!	Sessions will be based on your own personal health & fitness goals and will be fully discussed with your trainer.
<b>6 SESSIONS</b>	\$330.00 / per person \$300.00 / per person (UBC/UNA discount)	After 6 sessions you will start to see real results. Having this much time to work on fitness is a great opportunity to fine tune your goal setting and start feeling like your best self.	Sessions will be based on your own personal health & fitness goals and will be fully discussed with your trainer.
<b>12 SESSIONS</b>	\$600.00 / per person \$570.00 / per person (UBC/UNA discount)	The perfect way to see your fitness results, tweak goals and shoot for the fitness stars!	Sessions will be based on your own personal health & fitness goals and will be fully discussed with your trainer.
<b>24 SESSIONS</b>	\$1,080.00 / per person (both public and UBC/UNA discount)	You will see how far you have come! A great opportunity to work on long term goals, and discuss how nutrition can play a role in your journey.	Sessions will be based on your own personal health & fitness goals and will be fully discussed with your trainer.
<b>GROUP TRAINING</b>	Starts as low as \$38.00 per person / \$33.00 per person with UBC/UNA discount.	Bring your friends or family for fun and memorable group training at an affordable price! Our facilities can accommodate up to 3 clients in a session.	The perfect opportunity to workout in a comfortable setting with your friends or family. Choose your own music, pick what you would like to work on each day, being coached in a fun and safe environment by a certified personal trainer!

## EQUIPMENT

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



# LIVE WELL, STAY STRONG SENIORS 55+

THIS FALL, WE ARE PLEASED TO PRESENT THE LIVE WELL, STAY STRONG PROJECT TO THE SENIORS IN OUR COMMUNITY. THE PROJECT WILL FOCUS ON THREE AREAS: BRAIN WELLNESS, DIGITAL LITERACY, AND PHYSICAL HEALTH. THIS PROJECT IS FUNDED BY THE NEW HORIZONS FOR SENIORS PROGRAM FROM EMPLOYMENT AND SOCIAL DEVELOPMENT CANADA.

## LIVE WELL, STAY STRONG

### Community Digital Support AGES 55+

Our volunteers are available to provide one-on-one computer support either on Zoom or in-person. To get help using your smart phone, tablet, laptop, or desktop computer, please email [support@myuna.ca](mailto:support@myuna.ca) to set up an appointment. Services available in English, Mandarin and Cantonese.

Instructor: UNA Volunteer

WCC | SEP 17 – DEC 10  
FREE / 13

SA, 10:00 AM – 12:00 PM  
#4711

### Seniors Tech-Savvy Wednesdays

AGES 55+

Got tough tech questions? We have the answers! This series of digital literacy workshops for older adults is a partnership with Gluu Society. Learn how to set up and access email, export iMages from your phone, navigate Facebook and Zoom and other common tech topics using Gluu's high quality step-by-step video and hard copy guides. Please bring your own device. Volunteers will be available to assist and answer your questions.

Instructor: UNA Volunteer

WCC | OCT 5 – DEC 7  
FREE / 10

W, 4:00 PM – 5:30 PM  
#5053



### English ABCs for Seniors AGES 55+

NEW

This class is designed for seniors who have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The class will be led by youth volunteers at a slow pace and in a friendly environment.

Instructor: UNA Volunteer

WCC | SEP 11 – NOV 27  
FREE / 12

SU, 10:00 AM – 11:30 AM  
#5052

### Community Guided Tours for Seniors

AGES 55+

NEW

Join us this Fall for monthly guided tours through cherished green spaces in our community. Explore the beauty in your own backyard and soak in the benefits of being in nature. Each tour is one hour long and will proceed rain or shine. Registration is required. Mandarin commentary is available for the Pacific Spirit Park Tour.

#### NITOBE MEMORIAL GARDEN TOUR

NITOBE GARDEN | SEP 29  
FREE / 1

TH, 10:00 AM – 11:00 AM  
#5065

#### UBC BOTANICAL GARDEN TOUR

BOTANICAL GARDEN | OCT 21  
FREE / 1

F, 10:30 AM – 11:30 AM  
#5064

#### PACIFIC SPIRIT PARK TOUR

PACIFIC SPIRIT PARK | NOV 4  
FREE / 1

F, 10:00 AM – 11:00 AM  
#5288

**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 | SEP 15 – NOV 17 TH, 1:00 PM – 2:00 PM  
\$80.00 / 10 | Drop-in: \$8.80 #5067

**Chair Yoga | West Hampstead** AGES 55+

**\*\*Please note, this offering of Chair Yoga is for West Hampstead residents. If you are looking for Chair Yoga offerings at Wesbrook Community Centre, please sign up for a different class\*\***

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.

HAMPSTEAD | SEP 4 – DEC 11 SU, 9:30 AM – 10:30 AM  
\$120.00 / 15 | Drop-in \$8.00 #5191

**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.  
**\*\*This program is run virtually through zoom\*\***



Instructor: Joyce Ma

VIRTUAL | SEP 19 – NOV 14 M, 10:00 AM – 11:00 AM  
No class Oct 10  
FREE / 8 #5208

**Walking Soccer** AGES 55+

Do you wish you could play soccer like you used to when you were younger, but age has caught up with you? Now you can do that but at a slower pace. Walking soccer has become popular in the UK among the older population. Instead of running, the game is played at a walking pace. Anything other than a walk will trigger a penalty and the other team will be awarded the ball. No physical contact is allowed. All persons over the age of 50 are welcome, both men and women. Please bring gym appropriate shoes. Registration is encouraged.

Instructor: Mohsen Naseri

WCC | SEP 23 – DEC 9 F, 1:00 PM – 2:30 PM  
No classes Sep 30, Nov 11  
FREE / 10 #4714

**AquaFit | West Hampstead** AGES 55+

Aqua Fit is similar to a regular workout class where there is a warm up, cardiovascular aspect, and strengthening and flexibility except it takes place under the water! These classes are led by a certified instructor and consist of music to keep you motivated, and variations for each exercise. These classes are fun and invigorating, and are a great opportunity to gain a sense of community while exercising. All classes are suitable for all levels of exerciser, all mobility levels, and all swim levels.

**\*\*Please note, all AquaFit classes take place at West Hampton and are for West Hampstead residents only\*\***

HAMPSTEAD | SEP 4 – DEC 11 SU, 12:30 PM – 1:30 PM  
\$120.00 / 15 | Drop-in: \$8.00 #5194

HAMPSTEAD | SEP 6 – DEC 15 T/TH, 9:30 AM – 10:30 AM  
\$240.00 / 30 | Drop-in: \$8.00 #5195



**LIVE WELL, STAY STRONG**

**Osteofit | West Hampstead AGES 55+**

**\*\*Please note, this offering of Osteofit is for West Hampstead residents only. If you are looking for Osteofit offerings at Wesbrook Community Centre, please sign up for the Thursday 5-6 pm class, or Tuesdays 1-2 pm class\*\***

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 not provided for remote sessions.

**Instructor: Angie Datt**

**HAMPSTEAD | SEP 5 – DEC 19 M, 3:00 PM – 4:00 PM**  
No class Oct 10  
\$120.00 / 15 | Drop-in: \$8.00 #5167

**HAMPSTEAD | SEP 4 – DEC 18 SU, 11:00 AM – 12:00 PM**  
\$128.00 / 16 | Drop-in: \$8.00 #5187

**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**

**WCC | SEP 6 – NOV 29 TU, 1:00 PM – 2:00 PM**  
Drop-in: \$8.80 #5096

**WCC | SEP 15 – DEC 8 TH, 5:00 PM – 6:00 PM**  
Drop-in: \$8.80 #5097

**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. Eight spaces are open for season registration and two are reserved for day of drop-in.

**WCC | SEP 16 – DEC 9 F, 2:30 PM – 3:30 PM**  
**No classes Sep 23, Sep 30, Nov 11, Nov 25**  
\$9.00 / 9 | Drop-in: \$2.00 #5127

**All Bodies Dance Project AGES 55+**



All Bodies Dance Project brings together adults of all abilities, genders, sizes, and backgrounds to explore movement as a means of expression. Participants experience the joy of dancing in a diverse community of movers where all 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. ASL interpretation is available upon request by contacting Elias Rieger at elias.rieger@myuna.ca before Oct 10.

**Instructor: All Bodies Dance Project**

**OBCC | OCT 22, NOV 5, NOV 19 SA, 10:00 AM–11:00 AM**  
\$27.00 / 3 | Drop-in: \$10.00 #5047

LIVE WELL, STAY STRONG

## Seniors' Game Time **AGES 55+**



Stay active and join us for a variety of games and activities in the gym. Possibilities include: Viking, bocce, and more! Open to anyone 55+.

Instructor: UNA Volunteer

**WCC | SEP 12 – DEC 5** **M, 11:30 AM – 1:15 PM**  
**No classes Oct 10, Oct 31**  
FREE / 11 #5048

## Dance Party for Seniors **AGES 55+**



Hit the dance floor and groove to a variety of classic tunes – from rock and roll, pop and disco to jazz, rhythm and soul. No dance partner needed! When you're ready for a break, rest in our adjacent seating area and enjoy connecting with others who share your love of music.

Instructor: UNA Volunteer

**WCC | OCT 15, NOV 26, DEC 10** **SA, 7:00 PM – 8:30 PM**  
FREE / 3 #5058

## 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 and all levels are welcome! If you have never played before, come to the first session to learn the rules. No registration is required for this free drop-in program.



**WCC | SEP 12 – NOV 28** **M, 1:00 PM – 2:30 PM**  
**No class Oct 10**  
FREE / 11 #4717

## Playful Thursdays **AGES 55+**



This series of workshops is for the young at heart! Join us for a variety of unique and offbeat activities designed to foster feelings of wonder, lightheartedness and connection with others. Workshops include: sound healing, flower arrangement, social newspaper reading, community piano sing along, painting with coffee and poetry reading.

Instructor: UNA Volunteer

**WCC** **TH, 1:30 PM – 3:00 PM**  
**OCT 6, OCT 20, NOV 3, NOV 17, DEC 1**  
FREE / 5 #5055

## Saturday Afternoon Tea with a Guest Speaker **AGES 55+**



Drop-in for afternoon tea in our spacious ground-floor social room overlooking the park. A guest speaker will lead a casual discussion every other week on various topics.

**Sep 24:** Staying strong as we age: body and brain health  
**Oct 8:** Advanced directives: what you need to know  
**Oct 22:** Financial Assistance for Seniors  
**Nov 5:** Care services and facilities: what is available and how do you navigate the system?  
**Dec 3:** New hobbies in older adulthood: arts & crafts

**WCC | SEP 24 – NOV 27** **SA, 1:00 PM – 4:00 PM**  
FREE / 5 #5057



UNA

# LIVE WELL STAY STRONG

FOR SENIORS 55+

Each week there is something new to explore at Westbrook and Old Barn Community Centres!

Lift your spirits, get active, connect with a friend, or learn something new.

Register for programs that interest you, from August 15!

For more details or to register, visit [myuna.ca/live-well-stay-strong](http://myuna.ca/live-well-stay-strong), phone 604-827-4469 or drop by one of the community centres.

- AFTERNOON TEA
- DANCE PARTY
- FITNESS CLASSES
- TECH LESSONS
- COMMUNITY TOURS
- LANGUAGE CLASSES
- SEWING & MENDING
- SOCIAL GAMES
- + MORE!

 **Canada**

# INDEX & SCHEDULE

## COMMUNITY EVENTS – PAGE 8

	Neighbours Day	All Ages	Sat	Sep 10	10:30 AM	WCC	社区邻里日联欢
#4716	Family Movie Night	All Ages	Sat	Sep 17	6:00 PM	OBCC	家庭电影之夜
#5033	Music in the Park	All Ages	Thu	Sep 22	5:00 PM	OBCC	户外音乐会
#5223	Community Art Project	Ages 12+	Sun	Oct 2	2:00 PM	WCC	建立归属感- 社区艺术项目
#5073	Stargazing at the Farm	All Ages	Fri	Oct 7	8:00 PM	UBC Farm	在Farm看星星
#4928	Diwali Celebration	All Ages	Sun	Oct 23	1:00 PM	WCC	印度排灯节
#5140	Murder Mystery Dinner	Ages 16+	Tue	Oct 25	6:00 PM	OBCC	疑案破解晚餐
various	Pumpkin Carving	All Ages	Fri	Oct 28	3:30 PM	WCC	南瓜雕刻
#5075	Responding to Disclosures	Ages 16+	Sat	Oct 29	10:00 AM	OBCC	如何应对性侵后的信息披露
#4934	Halloween	All Ages	Mon	Oct 31	4:00 PM	WCC	万圣节
various	Multicultural Week	All Ages	Mon	Nov 14	various		多元文化周
#4935	UNA Winter Fest	All Ages	Sat	Dec 10	10:00 AM	OBCC	冬日庆祝

## ACTIVE KIDS – PAGE 12

#4938	Multi-Sport Physical Lit.	Ages 3-5	Mon	Sep 12	10:15 AM	WCC	少儿球类和健体运动
#4937	Multi-Sport and Playtime	Ages 1-3	Mon	Sep 12	9:30 AM	WCC	多项球类和游戏
#4939	Active Kids: Soccer	Ages 3-5	Mon	Sep 12	4:00 PM	WCC	足球

## EARLY YEARS – PAGE 14

#5217	Parents & Tot Hip-Hop	Ages 2-5	Sat	Sep 17	10:30 AM	WCC	亲子嘻哈舞
#5214	Parents & Me Cr. Dance	Ages 1.5-3	Wed	Sep 14	9:30 AM	WCC	亲子创意舞蹈
#5212	Preschool Ballet	Ages 3-5	Sun	Sep 11	11:25 AM	WCC	学前芭蕾
#5216	Preschool Ballet	Ages 3-5	Wed	Sep 14	3:30 PM	WCC	学前芭蕾
#5213	Preschool Dance	Ages 2-4	Sun	Sep 11	9:30 AM	WCC	学前舞蹈
#5211	Preschool Dance	Ages 2-4	Mon	Sep 12	3:30 PM	WCC	学前舞蹈
#5221	Music Together	Ages 0-5	Tue	Sep 13	10:30 AM	OBCC	亲子音乐
#5215	Story & Theatre	Ages 3-5	Wed	Sep 14	10:15 AM	WCC	少儿故事和舞台
#4979	Crafts with Ruta	Ages 2-5	Fri	Sep 16	9:45 AM	WCC	和Ruta一起做手工
#4980	Crafts with Ruta	Ages 2-5	Fri	Sep 16	10:45 AM	WCC	和Ruta一起做手工
#4981	Crafts with Ruta	Ages 2-5	Fri	Nov 4	9:45 AM	WCC	和Ruta一起做手工
#4981	Crafts with Ruta	Ages 2-5	Fri	Nov 4	10:45 AM	WCC	和Ruta一起做手工
#4978	Parent & Tot Gym Drop-In	Ages 0-5	Tue/Thu	Sep 13	10:00 AM	WCC	亲子活动时间
#4967	Now I Know My ABCs	Ages 3-4	Wed	Sep 14	10:00 AM	OBCC	幼儿英语ABC
#5168	Science for Kids	Ages 3-6	Thu	Sep 15	4:00 PM	WCC	儿童科学
#5044	Kids on Wheels: Junior	Ages 2-3	Sat	Sep 17	10:00 AM	OBCC	幼儿学骑车
#5186	Sportball: Floor Hockey	Ages 4-6	Wed	Sep 14	3:45 PM	WCC	少儿曲棍球
#4723	Storytime at the Old Barn	All Ages	Thu	Sep 15	11:00 AM	OBCC	少儿故事会



## INDEX & SCHEDULE

### PRO-D DAY CAMPS – PAGE 11

#5144	Pro-D Day Multi-Sport	Ages 6-10	Fri	Oct 21	9:00 AM	WCC	Pro-D球类营
#5145	Pro-D Day Multi-Sport	Ages 6-10	Fri	Nov 25	9:00 AM	WCC	Pro-D球类营
#5041	Winter Adventures Camp	Ages 6-10	Mon-Thu	Dec 19	1:00 PM	WCC	冬令营

### CHILDREN – PAGE 18

#5179	Ballet Level 1	Ages 6-8	Sun	Sep 11	1:20 PM	WCC	芭蕾一级
#5181	Ballet Level 1	Ages 6-8	Sun	Sep 14	4:30 PM	WCC	芭蕾一级
#5177	Ballet Level 2	Ages 7-10	Wed	Sep 14	5:45 PM	WCC	芭蕾二级
#5190	Ballet Level 3	Ages 10-13	Sun	Sep 11	2:25 PM	WCC	芭蕾三级
#5185	Bollywood Dance	Ages 6-13	Fri	Sep 16	5:30 PM	WCC	宝莱坞舞蹈
#5184	Contemporary Jazz Level 1	Ages 7-10	Sun	Sep 11	12:15 PM	WCC	当代爵士乐一级
#5180	Contemporary Jazz Level 2	Ages 10-14	Mon	Sep 12	6:30 PM	WCC	现代爵士舞二级
#5182	Dance Extreme	Ages 7-12	Thu	Sep 15	4:15 PM	WCC	极限舞蹈
#5183	Dance Foundations	Ages 4-6	Mon	Sep 12	4:20 PM	WCC	舞蹈基础
#5174	Dance Foundations	Ages 4-6	Sun	Sep 11	10:20 AM	WCC	舞蹈基础
#5171	Hip-Hop	Ages 4-7	Thu	Sep 15	3:30 PM	WCC	嘻哈舞
#5206	K-Pop Hip-Hop	Ages 5-8	Sat	Sep 17	11:15 AM	WCC	韩式嘻哈
#5170	K-Pop Hip-Hop	Ages 6-10	Tue	Sep 13	3:30 PM	WCC	韩式嘻哈
#5205	K-Pop Hip-Hop	Ages 6-10	Sat	Sep 17	12:15 PM	WCC	韩式嘻哈
#5209	Young Moviemakers	Ages 8-14	Fri	Sep 16	4:00 PM	WCC	少年电影制作
#5178	Musical Theatre	Ages 7-13	Mon	Sep 12	5:25 PM	WCC	音乐剧场一级
#5197	Musical Theatre   Level 2	Ages 10-13	Wed	Sep 14	6:50 PM	WCC	音乐剧场一级
#4956	Pre-Teen Slam Poetry	Ages 9-12	Thu	Sep 15	5:00 PM	WCC	少年诗歌汇
#5175	Creative Arts	Ages 6-12	Mon	Sep 12	3:30 PM	WCC	创意艺术
#5176	Creative Arts	Ages 9-12	Mon	Sep 12	5:00 PM	WCC	创意艺术
#5024	Dodgeball	Ages 9-12	Wed	Sep 14	6:30 PM	WCC	躲避球
#5023	Pre-teen Gym Drop-in	Ages 9-12	Wed	Sep 14	5:30 PM	WCC	少年球类活动时间
#4969	Pre-Teen Social Drop-in	Ages 9-12	Thu	Sep 15	3:30 PM	WCC	少年社交时间
#5139	Red Cross Babysitting	Ages 11-14	Fri	Sep 23	9:00 AM	WCC	红十字会儿童看护课程
#5054	Family Book Club	Ages 6-10	Wed	Sep 14	4:00 PM	OBCC	家庭阅读俱乐部
#5196	French for Kids Level 1	Ages 6-9	Wed	Sep 14	4:15 PM	WCC	儿童法语1级
#5198	French for Kids Level 2	Ages 6-9	Wed	Sep 14	5:00 PM	WCC	儿童法语2级
#5199	French for Kids Level 3	Ages 9-12	Wed	Sep 14	5:45 PM	WCC	儿童法语3级
#5152	Mastering Mandarin Level 1	Ages 5-12	Sat	Sep 17	10:30 AM	WCC	汉语学习一级
#5153	Mastering Mandarin Level 2	Ages 5-12	Sat	Sep 1	12:00 PM	WCC	汉语学习二级
#5154	Mastering Mandarin   Level 3	Ages 5-12	Sat	Sep 17	1:30 PM	WCC	汉语学习三级
#5248	English Reading Writing Gr 1-2	Ages 6-8	Mon	Sep 12	6:00 PM	WCC	英语阅读和写作
#5249	English Reading Writing Gr 3-4	Ages 8-10	Mon	Sep 12	7:00 PM	WCC	英语阅读和写作

### CHILDREN (CONTINUED) – PAGE 18

#5155	Math-4-Kids Gr 3-4	Ages 8-10	Mon	Sep 12	3:30 PM	WCC	趣味数学
#5159	Math-4-Kids Gr 5-7	Ages 10-12	Mon	Sep 12	4:45 PM	WCC	趣味数学
#5166	Science for Kids	Ages 7-11	Thu	Sep 15	5:00 PM	WCC	儿童科学
#4984	Badminton	Ages 11-16	Fri	Sep 16	5:00 PM	WCC	羽毛球
#4983	Badminton	Ages 8-10	Fri	Sep 16	4:00 PM	WCC	羽毛球
#4942	Active Kids: Basketball	Ages 8-12	Thu	Sep 15	4:00 PM	WCC	篮球
#4944	Active Kids: Basketball	Ages 8-12	Sat	Sep 17	12:00 PM	WCC	篮球
#4943	Active Kids: Basketball	Ages 12-16	Thu	Sep 15	4:00 PM	WCC	篮球
#4941	Active Kids: Basketball	Ages 8-12	Tue	Sep 13	4:00 PM	WCC	篮球
#5169	Sportball: Floor Hockey	Ages 6-9	Wed	Sep 14	4:30 PM	WCC	少儿曲棍球
#4972	Kyokushin Karate Beg. Kids	Ages 6-9	Tue	Sep 13	6:00 PM	WCC	极真空手道-儿童初级
#4973	Kyokushin Karate Beg. Kids	Ages 6-9	Thu	Sep 15	6:00 PM	WCC	极真空手道-儿童初级
#4974	Kyokushin Karate Kids	Ages 6-12	Tue	Sep 13	7:00 PM	WCC	极真空手道
#4975	Kyokushin Karate Kids	Ages 6-12	Thu	Sep 15	7:00 PM	WCC	极真空手道
#5188	Tae Kwon Do Beg. Kids	Ages 4-12	Sun	Sep 18	1:00 PM	WCC	初学者跆拳道
#5189	Tae Kwon Do Interm. Kids	Ages 4-12	Sun	Sep 18	1:00 PM	WCC	中级跆拳道
#4940	Active Kids: Soccer	Ages 6-9	Mon	Sep 12	4:45 PM	WCC	足球
#4957	Volleyball BC: Train and Play	Ages 12-13	Sat	Sep 17	2:00 PM	WCC	排球: 培训和练习
#5063	4-H Club	Ages 9-19	Fri	Sep 9	6:30 PM	WCC	4-H俱乐部
#4955	Pre-teen Leadership	Ages 9-12	Tu	Sep 13	4:00 PM	WCC	少年领导力
#4725	Girl Guides Grades 4-6	Ages 9-11	Thu	Sep 15	5:30 PM	OBCC	女童军
#various	Flute	Ages 8+	Sun	Sep 11	1:00 PM	WCC	长笛
#various	Guitar	Ages 8+	Wed	Sep 14	3:30 PM	WCC	吉他
#various	Guitar	Ages 8+	Thu	Sep 15	3:30 PM	WCC	吉他
#various	Piano	Ages 5+	Sun	Sep 11	1:00 PM	WCC	钢琴
#various	Piano	Ages 5+	Mon	Sep 12	3:30 PM	WCC	钢琴
#various	Piano	Ages 5+	Tue	Sep 13	3:30 PM	WCC	钢琴
#various	Piano	Ages 5+	Wed	Sep 14	3:30 PM	WCC	钢琴
#various	Piano	Ages 5+	Sat	Sep 17	9:00 AM	WCC	钢琴
#various	Violin	Ages 5+	Thu	Sep 15	3:30 PM	WCC	小提琴

### YOUTH – PAGE 28

#5218	Youth K-Pop Hip-Hop	Ages 11-16	Tue	Sep 13	4:30 PM	WCC	中级芭蕾舞
#4962	Youth Art for the Earth	Ages 13-18	Mon	Sep 12	6:45 PM	WCC	艺术与大地
#5149	Youth Drawing & Painting	Ages 11-19	Wed	Sep 14	3:30 PM	WCC	绘画课
#5125	Youth Drop-in Badminton	Ages 12-18	Sun	Sep 11	4:00 PM	WCC	篮球时间
#5022	Youth Basketball Drop-In	Ages 13-18	Wed	Sep 14	5:30 PM	WCC	篮球时间
#4997	Youth Dodgeball	Ages 13-18	Wed	Sep 14	6:30 PM	WCC	躲避球时间
#5026	Youth Gym Drop-in	Ages 13-18	Sat	Sep 17	4:00 PM	WCC	高中生球类活动时间
#4968	Youth Table-Top Games	Ages 13-18	Thu	Sep 15	4:30 PM	WCC	高中生棋牌时间

## INDEX & SCHEDULE

### YOUTH (CONTINUED) – PAGE 28

#4966	Youth Social Drop-in	Ages 13-18	Wed	Sep 7	3:00 PM	WCC	青年社交聚会
#5025	Youth Social Drop-in   Lunch	Ages 13-18	M/W/F	Sep 5	11:30 AM	WCC	高中生社交时间
#4960	Youth Peer Tutoring	Ages 9-17	Thu	Sep 13	4:30 PM	WCC	家庭作业辅导项目
#4960	Youth Peer Tutoring	Ages 9-17	Sun	Sep 15	10:00 AM	OBCC	家庭作业辅导项目
#5030	Youth Intro to Coding	Ages 13-17	Sun	Sep 18	11:00 AM	WCC	电脑编程俱乐部
#5003	Youth French Conversation	Ages 13-18	Thu	Sep 15	4:15 PM	WCC	高中生法语会话俱乐部
#4961	Youth Toastmasters	Ages 12-18	Wed	Sep 14	6:30 PM	WCC	高中生演讲俱乐部
#5032	Rent Smart	Ages 16-18	Fri	Oct 7	7:00 PM	WCC	如何租房
#4984	Youth Badminton	Ages 11-16	Fri	Sep 16	5:00 PM	WCC	羽毛球
#4985	Teens Adv. Badminton	Ages 13-18	Fri	Sep 16	6:00 PM	WCC	高中生羽毛球-高级
#4977	Youth Kyokushin Karate	Ages 13-18	Thu	Sep 15	7:00 PM	WCC	极真空手道
#4976	Youth Kyokushin Karate	Ages 13-18	Tue	Sep 13	7:00 PM	WCC	极真空手道
#5192	Youth Tae Kwon Do Beg.	Ages 13-18	Sun	Sep 11	1:00 PM	WCC	跆拳道
#5193	Youth Tae Kwon Do Int.	Ages 13-18	Sun	Sep 11	1:00 PM	WCC	跆拳道
#5116	Youth Volleyball BC	Ages 14-15	Sat	Sep 17	2:00 PM	WCC	排球：培训和练习
#5061	Youth 4-H Club	Ages 9-19	Fri	Sep 9	6:30 PM	WCC	4-H俱乐部
#4959	Youth Climate Action Club	Ages 13-18	Tue	Sep 13	3:30 PM	WCC	气候变化行动组
#5004	Youth Rubik's Cube Club	Ages 12-17	Thu	Sep 15	3:30 PM	WCC	魔方俱乐部
#4954	Youth Leadership 1	Ages 13-18	Fri	Sep 16	3:30 PM	WCC	青年领导力
#5031	Youth Art Engage. Comm.	Ages 13-18	Mon	Sep 12	5:15 PM	WCC	青年艺术会
#5251	Youth Table Tennis Drop-in	Ages 13-18	Sat	Sep 17	5:30 PM	WCC	高中生乒乓球

### ADULTS AND SENIORS – PAGE 34

#5039	All Bodies Dance Project	Ages 16+	Sat	Oct 22	11:00 AM	OBCC	无障碍舞蹈
#5146	Chinese Folk Dance	Ages 19+	Wed	Sep 14	12:45 PM	WCC	中国民族舞蹈
#5147	Chinese Folk Dance	Ages 19+	Mon	Sep 12	12:45 PM	WCC	中国民族舞蹈
#5158	Contemporary Dance	Ages 16+	Tue	Sep 13	6:30 PM	WCC	现代舞
#5157	Dance Fusion	Ages 19+	Fri	Sep 16	1:00 PM	WCC	舞蹈融合
#5148	Communicative Arts	Ages 19+	Tue	Sep 13	1:00 PM	WCC	沟通的艺术
#5138	Flower Arrangement	Ages 19+	Sun	Sep 18	2:00 PM	WCC	插花艺术讲座
#5151	Diwali-inspired Art	Ages 19+	Sun	Oct 16	2:00 PM	WCC	
#5137	Chinese Painting	Ages 19+	Sun	Nov 20	2:00 PM	WCC	水彩画讲座
#5258	Resin Making	Ages 19+	Sun	Dec 11	2:00 PM	WCC	
#5083	Good to Great Dog Manners 1	Ages 19+	Tue	Sep 13	7:15 PM	WCC	成年狗基本训练
#5085	Good to Great Dog Manners 2	Ages 19+	Thu	Sep 15	7:30 PM	WCC	成年狗基本训练
#5082	Puppy Preschool	Ages 19+	Tue	Sep 13	6:00 PM	WCC	幼犬培训
#5084	Puppy Socialization Drop-In	Ages 19+	Thu	Sep 15	6:15 PM	WCC	幼犬社交时间

## ADULTS AND SENIORS (CONTINUED) – PAGE 34

#4866	English ABCs for Mandarin	Ages 19+	Mon	Sep 12	10:00 AM	WCC	英语入门(国语)
#4867	English Conversation	Ages 19+	Tue	Sep 13	10:00 AM	WCC	英语会话俱乐部
#4718	English Conversation Adv.	Ages 19+	Mon	Sep 12	12:00 PM	OBCC	英语会话高级
#4868	English Conversation Beg.	Ages 19+	Thu	Sep 15	10:00 AM	WCC	初级英语会话
#4724	English Conversation Int	Ages 19+	Wed	Sep 14	1:00 PM	WCC	中级英语会话
#4945	French Conversation Int.	Ages 19+	Mon	Sep 12	1:00 PM	WCC	法语会话中级
#4719	Learn Mandarin	Ages 19+	Mon	Sep 12	7:00 PM	Virtual	汉语学习 - 中级
#5051	Mandarin Conversation Int.	Ages 19+	Thu	Sep 15	7:00 PM	WCC	中级汉语
#4712	SUCCESS: Settlement	Ages 19+	Tue	Sep 13	9:30 AM	WCC	中侨移民安顿服务
#4722	VSBI Immigrant Parent	Ages 19+	Thu	Sep 15	1:00 PM	Virtual	移民家长信息交流会(国语)
#5233	Kairos Blanket Exercise	Ages 16+	Tue	Nov 15	6:00 PM	OBCC	学习原住民历史Kairos地毯体验
#5036	Rent Smart	Ages 19-30	Fri	Oct 7	7:00 PM	WCC	年轻人如何租房讲座
#5124	Family Badminton Drop-In	All Ages	Sun/Sat	Sep 11	9:00 AM	WCC	家庭羽毛球
#5123	Badminton	Ages 19+	Fri	Sep 16	7:45 PM	WCC	羽毛球
#5122	Badminton	Ages 19+	Tue	Sep 13	12:00 PM	WCC	羽毛球
#5121	Badminton	Ages 19+	Mon	Sep 12	8:00 PM	WCC	羽毛球
#5128	Basketball	Ages 19+	Mon	Sep 12	6:00 PM	WCC	篮球
#5160	Ballet Fitness	Ages 19+	Wed	Sep 14	8:15 PM	WCC	芭蕾舞健身
#5106	Barre Pilates	Ages 19+	Mon/Thu	Sep 12	9:30 AM	WCC	芭蕾舞普拉提
#5112	Boxer Fit	Ages 19+	Tue/Thu	Sep 13	8:30 PM	WCC	搏击训练
#5113	Boxer Fit	Ages 19+	Sat	Sep 17	1:00 PM	WCC	搏击训练
#5161	Dance Bootcamp	Ages 16+	Thu	Sep 15	5:30 PM	WCC	舞蹈及体能训练
#5115	Elevate Core	Ages 19+	Wed	Sep 14	11:15 AM	WCC	提高核心力量
#5108	Elevate Core	Ages 19+	Mon	Sep 12	11:00 AM	WCC	提高核心力量
#5114	Elevate Mobility & Flexibility	Ages 19+	Tue/Thu	Sep 13	8:15 AM	WCC	身体灵活性训练
#5117	Elevate Upper Body	Ages 19+	Wed/Thu	Sep 13	5:00 PM	OBCC	提高上半身力量
#5118	Elevate Upper Body	Ages 19+	Sat	Sep 17	8:00 AM	WCC	提高上半身力量
#5117	Elevate: Upper Body	Ages 19+	Wed/Thu	Sep 13	5:00 PM	OBCC	提高上半身力量
#5111	Elevate Upper Body	Ages 19+	Tue/Thu	Sep 13	7:15 AM	WCC	提高上半身力量
#5109	Express Full Body	Ages 19+	Mon-Fri	Sep 12	7:15 AM	OBCC	全身训练
#5098	Express HIIT	Ages 19+	Mon/Wed	Sep 12	6:15 AM	WCC	高燃脂训练
#5110	Express HIIT	Ages 19+	Mon-Fri	Sep 12	12:00 PM	OBCC	高燃脂训练
#5101	Express Spin	Ages 19+	Mon-Fri	Sep 12	12:00 PM	WCC	极速单车
#5095	Fit Together	Ages 19+	Tue/Thu	Sep 13	10:00 AM	WCC	亲子健身训练

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#5107	Intro To Fitness	Ages 19+	Mon	Sep 12	5:15 PM	WCC	健身入门介绍
#5105	Intro to Spin	Ages 19+	Sun	Sep 11	8:30 AM	WCC	初级律动单车
#5104	Intro To Spin	Ages 19+	Fri	Sep 16	4:30 PM	WCC	初级律动单车
#5102	Intro To Spin	Ages 19+	Tue/Thu	Sep 13	6:15 AM	WCC	初级律动单车
#5028	Learn to Run	Ages 19+	Sat	Sep 17	10:30 AM	WCC	学习正确跑步
#5219	Parent Baby Stretch Strength	Ages 19+	Sat	Sep 17	9:30 AM	WCC	亲子柔韧性和力量训练
#5103	Spin	Ages 19+	Sat	Sep 17	9:00 AM	WCC	律动单车
#5100	Spin	Ages 19+	M/W/F	Sep 12	7:15 AM	WCC	律动单车
#5099	SpinPro	Ages 19+	Mon/Thu	Sep 12	7:45 PM	WCC	极速单车
#5204	Zumba	Ages 19+	Sat	Sep 17	11:30 AM	WCC	Zumba舞
#5222	Zumba	Ages 19+	Mon	Sep 12	7:45 PM	WCC	Zumba舞
#5207	Zumba	Ages 19+	Mon	Sep 12	6:45 PM	WCC	Zumba舞
#4971	Kyokushin Karate Adults	Ages 19+	Thu	Sep 15	7:00 PM	WCC	极真空手道
#4970	Kyokushin Karate Adults	Ages 19+	Tue	Sep 13	7:00 PM	WCC	极真空手道
#5208	Virtual Tai Chi	Ages 19+	Mon	Sep 19	10:00 AM	Virtual	线上太极
#5163	Pickleball	Ages 19+	Mon	Sep 12	1:45 PM	WCC	匹克球练习
#5164	Pickleball	Ages 19+	Thu	Sep 15	12:45 PM	WCC	匹克球练习
#5165	Pickleball	Ages 19+	Fri	Sep 16	10:30 AM	WCC	匹克球练习
#4986	Pickleball Lessons Adv Dbl	Ages 19+	Fri	Sep 16	8:45 AM	WCC	匹克球双人课程
#5297	Pickleball Lesson Accel Dev	Ages 19+	Sun	Sep 18	10:45 AM	WCC	匹克球晋级训练
#4988	Pickleball Lessons Int.	Ages 19+	Wed	Sep 14	10:45 AM	WCC	匹克球中级
#4987	Pickleball Lessons Learn	Ages 19+	Wed	Sep 14	9:00 AM	WCC	匹克球初级
#5126	Table Tennis	Ages 19+	Tue	Sep 13	2:15 PM	WCC	乒乓球
#5202	Volleyball	Ages 19+	Wed	Sep 7	7:45 PM	WCC	排球时间
#5086	Sound Healing Meditation	Ages 19+	Sat	Sep 17	4:00 PM	WCC	声音减压与冥想
#5087	Sound Healing Meditation	Ages 19+	Sat	Nov 5	4:00 PM	WCC	声音减压与冥想
#5045	Gentle & Restorative Yoga	Ages 19+	Tue	Sep 13	10:00 AM	WCC	恢复性瑜伽
#5043	Gentle Yoga	Ages 19+	Fri	Sep 9	10:00 AM	WCC	轻柔瑜伽
#5042	Gentle Yoga	Ages 19+	Tue	Sep 13	4:15 PM	WCC	轻柔瑜伽
#5093	Gentle Yoga	Ages 19+	Tue	Sep 13	4:15 PM	WCC	轻柔瑜伽
#5088	Iyengar Yoga with Luci	Ages 19+	Sat	Sep 17	10:00 AM	WCC	Iyengar瑜伽
#5089	Iyengar Yoga with Luci	Ages 19+	Sat	Nov 19	10:00 AM	WCC	Iyengar瑜伽
#5027	Vinyasa Yoga	Ages 19+	Tue	Sep 13	5:30 PM	WCC	Vinyasa瑜伽
#5029	Vinyasa Yoga	Ages 19+	Mon	Sep 12	8:30 PM	WCC	Vinyasa瑜伽
#5092	Yoga Flow	Ages 19+	Tue/Thu	Sep 13	7:30 PM	WCC	流瑜伽
#5091	Yoga Flow	Ages 19+	Mon/Wed	Sep 12	8:15 AM	WCC	流瑜伽
#5094	Yoga Flow	Ages 19+	Sun	Sep 11	9:00 AM	OBCC	流瑜伽

## ADULTS AND SENIORS (CONTINUED) – PAGE 34

#5090	Yoga in Mandarin	Ages 19+	Mon	Sep 12	11:45 AM	WCC	中文瑜伽
#5056	Community Lunch and Learn	Ages 19+	Thu	Sep 29	12:00 PM	WCC	社区午餐时间交流会
#5056	Community Lunch and Learn	Ages 19+	Thu	Oct 13	12:00 PM	WCC	社区午餐时间交流会
#5056	Community Lunch and Learn	Ages 19+	Thu	Nov 17	12:00 PM	WCC	社区午餐时间交流会
#5050	Newcomers Sunpport Group	Ages 19+	Wed	Sep 14	10:00 AM	WCC	新移民互助小组
#4869	Bridge	Ages 19+	Tue/Thu	Sep 13	10:00 AM	WCC	桥牌时间
#5049	Let's Cook Club	Ages 19+	Tue	Sep 27	6:00 PM	WCC	美食烹饪俱乐部
#5049	Let's Cook Club	Ages 19+	Tue	Oct 25	6:00 PM	WCC	美食烹饪俱乐部
#5049	Let's Cook Club	Ages 19+	Tue	Nov 29	6:00 PM	WCC	美食烹饪俱乐部
#5059	Sewing and Mending Studio	Ages 13+	Sun	Sep 11	1:00 PM	WCC	社区缝纫工作室
#4713	Walk and Talk Club	Ages 19+	Mon	Sep 12	10:00 AM	WCC	步行俱乐部
#4726	Women's Social Club	Ages 19+	Tue	Sep 13	12:00 PM	OBCC	女士社交俱乐部
#4720	Community Book Club	Ages 19+	Wed	Oct 5	10:00 AM	WCC	社区读书俱乐部
#4720	Community Book Club	Ages 19+	Wed	Nov 2	10:00 AM	WCC	社区读书俱乐部
#4720	Community Book Club	Ages 19+	Wed	Dec 7	10:00 AM	WCC	社区读书俱乐部
#various	Flute	Ages 18+	Sun	Sep 11	1:00 PM	WCC	长笛
#various	Guitar	Ages 18+	Wed	Sep 14	3:30 PM	WCC	吉他
#various	Guitar	Ages 18+	Thu	Sep 15	3:30 PM	WCC	吉他
#various	Piano	Ages 18+	Sun	Sep 11	1:00 PM	WCC	钢琴
#various	Piano	Ages 18+	Mon	Sep 12	3:30 PM	WCC	钢琴
#various	Piano	Ages 18+	Tue	Sep 13	3:30 PM	WCC	钢琴
#various	Piano	Ages 18+	Wed	Sep 14	3:30 PM	WCC	钢琴
#various	Piano	Ages 18+	Sat	Sep 17	9:00 AM	WCC	钢琴
#various	Violin	Ages 18+	Thu	Sep 15	3:30 PM	WCC	小提琴

## SENIORS – PAGE 56

#5127	Table Tennis for Seniors	Ages 55+	Fri	Sep 16	2:30 PM	WCC	老年乒乓球
#5194	AquaFit West Hampstead	Ages 55+	Sun	Sep 4	12:30 PM	West Hampstead	游泳课程
#5194	AquaFit West Hampstead	Ages 55+	Tu/eThu	Sep 6	9:30 AM	West Hampstead	游泳课程
#5191	Chair Yoga West Hampstead	Ages 55+	Sun	Sep 4	9:30 AM	West Hampstead	椅子瑜伽
#5167	Osteofit West Hampstead	Ages 55+	Mon	Sep 5	3:00 PM	West Hampstead	健骨课程
#5187	Osteofit West Hampstead	Ages 55+	Sun	Sep 4	11:00 AM	West Hampstead	健骨课程
#5097	Osteofit	Ages 55+	Thu	Sep 15	5:00 PM	WCC	健骨课程
#5096	Osteofit	Ages 55+	Tue	Sep 6	1:00 PM	WCC	健骨课程
#5047	All Bodies Dance Project	Ages 55+	Sat	Oct 22	10:00 AM	OBCC	无障碍舞蹈
#5200	Range of Movement Fitness	Ages 19+	Fri	Sep 16	4:00 PM	OBCC	综合恢复训练
#5048	Seniors' Game Time	Ages 55+	Mon	Sep 12	11:30 AM	WCC	老人锻炼时间
#4714	Walking Soccer	Ages 55+	Fri	Sep 23	1:00 PM	WCC	慢走足球
#5067	Chair Yoga	Ages 55+	Thu	Sep 15	1:00 PM	WCC	椅子瑜伽



## INDEX & SCHEDULE

### SENIORS (CONTINUED) – PAGE 56

#5058	Dance Party for Seniors	Ages 55+	Sat	Oct 15	7:00 PM	WCC	老年舞蹈之夜
#5058	Dance Party for Seniors	Ages 55+	Sat	Nov 26	7:00 PM	WCC	老年舞蹈之夜
#5058	Dance Party for Seniors	Ages 55+	Sat	Dec 10	7:00 PM	WCC	老年舞蹈之夜
#4717	Mahjong with English	Ages 55+	Mon	Sep 12	1:00 PM	WCC	麻将
#5052	English ABCs for Seniors	Ages 55+	Sun	Sep 11	10:00 AM	WCC	老年英语
#4711	Community Digital Sunpport	Ages 55+	Sat	Sep 17	10:00 AM	WCC	社区电脑辅导
#5053	Seniors Tech-Savvy	Ages 55+	Wed	Oct 5	4:00 PM	WCC	老人电脑培训课
#5055	Playful Thursdays	Ages 55+	Thu	Oct 6	1:30 PM	WCC	老年快乐周四
#5055	Playful Thursdays	Ages 55+	Thu	Oct 20	1:30 PM	WCC	老年快乐周四
#5055	Playful Thursdays	Ages 55+	Thu	Nov 3	1:30 PM	WCC	老年快乐周四
#5055	Playful Thursdays	Ages 55+	Thu	Nov 17	1:30 PM	WCC	老年快乐周四
#5055	Playful Thursdays	Ages 55+	Thu	Dec 1	1:30 PM	WCC	老年快乐周四
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Sep 24	1:00 PM	WCC	老年周末下午茶和嘉宾
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Oct 8	1:00 PM	WCC	老年周末下午茶和嘉宾
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Oct 22	1:00 PM	WCC	老年周末下午茶和嘉宾
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Nov 12	1:00 PM	WCC	老年周末下午茶和嘉宾
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Nov 26	1:00 PM	WCC	老年周末下午茶和嘉宾
#5057	Saturday Afternoon Tea	Ages 55+	Sat	Dec 3	1:00 PM	WCC	老年周末下午茶和嘉宾
#5064	Botanical Garden Tour	Ages 55+	Fri	Oct 21	10:30 AM	Botanic	老年社区导游-植物园
#5065	UBC Nitobe Garden Tour	Ages 55+	Fri	Sep 29	10:00 AM	Nitobe	老年社区导游-Nitobe园
#5288	Pacific Spirit Park Tour	Ages 55+	Fri	Nov 4	10:00 AM	Pacific Spirit Park	

# UPCOMING FALL HOME OPENERS



**FOOTBALL** VS. ALBERTA

**SEPT 3 | 7 PM**

THUNDERBIRD STADIUM



**WOMEN'S SOCCER** VS. ALBERTA

**SEPT 9 | 5 PM**

THUNDERBIRD STADIUM



**MEN'S SOCCER** VS. TRINITY WESTERN

**SEPT 9 | 7:30 PM**

THUNDERBIRD STADIUM



**MEN'S HOCKEY** VS. CALGARY

**SEPT 30 | 7 PM**

THUNDERBIRD ARENA



**WOMEN'S HOCKEY** VS. MANITOBA

**OCT 7 | 7 PM**

THUNDERBIRD ARENA



**WOMEN'S & MEN'S VOLLEYBALL** VS. UFV

**OCT 21 | 6 & 7:45 PM**

THUNDERBIRD ARENA



**WOMEN'S & MEN'S BASKETBALL** VS. UFV

**NOV 12 | 2 & 4 PM**

WAR MEMORIAL GYM



## 2022 FALL NOTABLE EVENTS

**HOMECOMING**

**SEPT 23 | 7 PM**

FOOTBALL VS. REGINA

THUNDERBIRD STADIUM



**PRIDE NIGHT**

**NOV 18 | 6 & 7:45 PM**

W & M VOLLEYBALL VS. ALBERTA

WAR MEMORIAL GYM



**CANADIAN UNIVERSITY**

**MEN'S RUGBY CHAMPIONSHIP**

**NOV 30- DEC 4**

THUNDERBIRD STADIUM



FOR INFORMATION, FULL SCHEDULE AND TICKETS VISIT / **GOTHUNDERBIRDS.CA**



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# MULTICULTURAL WEEK

**NOVEMBER 14 - 20, 2022**

## **WESBROOK AND OLD BARN COMMUNITY CENTRES**

Celebrate the vibrant diversity of the community during multicultural week! Learn about other cultures by joining in a variety of workshops and events.

**[myuna.ca/multicultural-week](https://myuna.ca/multicultural-week)**



# 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 5:00 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

## WESBROOK

### HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Friday  
7:00 a.m. to 9:00 p.m. Weekends  
10:00 a.m. to 5:00 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



### PERSONAL TRAINING

Whether you are beginning your fitness journey or looking to enhance your skills, our personal trainers are here to help you reach your goals. View more details on page 54, or contact **604.822-6419** for any questions/inquiries.

PACKAGE	PRICE
<b>ASSESSMENT (INITIAL)</b>	\$75.00 / per person \$65.00 / per person (UBC/UNA discount)
<b>SINGLE SESSION</b>	\$60.00 / per person \$55.00 / per person (UBC/UNA discount)
<b>3 SESSIONS</b>	\$172.50 / per person \$157.50 / per person (UBC/UNA discount)
<b>6 SESSIONS</b>	\$330.00 / per person \$300.00 / per person (UBC/UNA discount)
<b>12 SESSIONS</b>	\$600.00 / per person \$570.00 / per person (UBC/UNA discount)
<b>24 SESSIONS</b>	\$1,080.00 / per person (both public and UBC/UNA discount)
<b>GROUP TRAINING</b>	Starts as low as \$38.00 per person / \$33.00 per person with UBC/UNA discount.

### EQUIPMENT:

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



# NEIGHBOURS Day



**SATURDAY, SEPTEMBER 10, 2022**

**10:30 A.M. - 4 P.M. | FREE**

**WESBROOK COMMUNITY CENTRE**

Join us for festivities, food and fun at our biggest ever  
Neighbours Day!

[myuna.ca/neighbours-day](https://myuna.ca/neighbours-day)