

2023
WINTER

PROGRAM GUIDE

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



VOLUNTEERS ARE THE HEART AND SOUL OF OUR COMMUNITY

Sign up for volunteer opportunities at the UNA

Every year, residents sign up for all types of volunteering opportunities – from helping out for a few hours at a community event, sharing their expertise as workshop facilitators or speakers, to signing up for long-term committee work. There is something for everyone's interests and desired time commitments – and if there isn't, you can come talk to us and propose your ideas.



Meet your neighbours, build friendships and give back to your community.

Sign up to become a volunteer at myuna.ca/volunteering

PROGRAM GUIDE

REGISTER ONLINE

Monday, December 5, 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

REGISTER IN PERSON

Monday, December 5, 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, December 5, 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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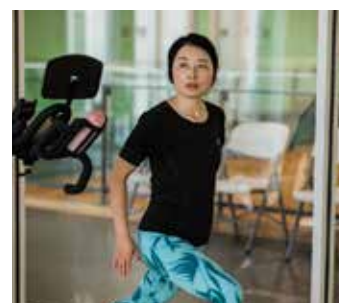
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RECREATION POLICIES

Compliance with the Government of BC's COVID-19 safety guidelines is important to us, please visit myuna.ca/recreation-policies 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.
- Refund requests of more than one class due to illness require a medical note.
- Refund requests can be made by emailing 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. Children 12 years and under must be accompanied by a parent who will be charged with a fee.
- 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



Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.827.4469

HOURS OF OPERATION

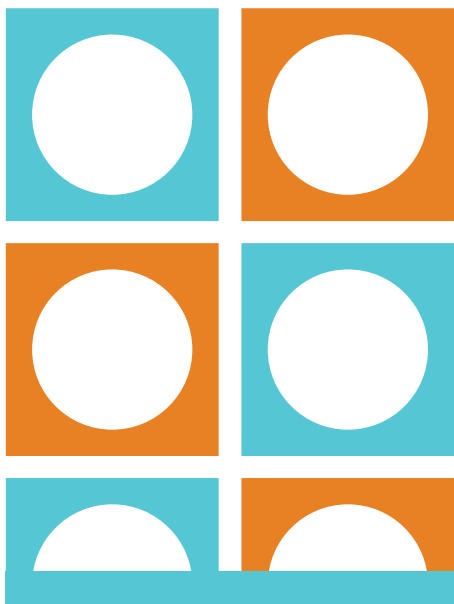
7:00 a.m. to 7:00 p.m. Monday to Sunday
10:00 a.m. to 5:00 p.m. Holidays

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

OUR FOUNDATIONAL PRINCIPLES

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.



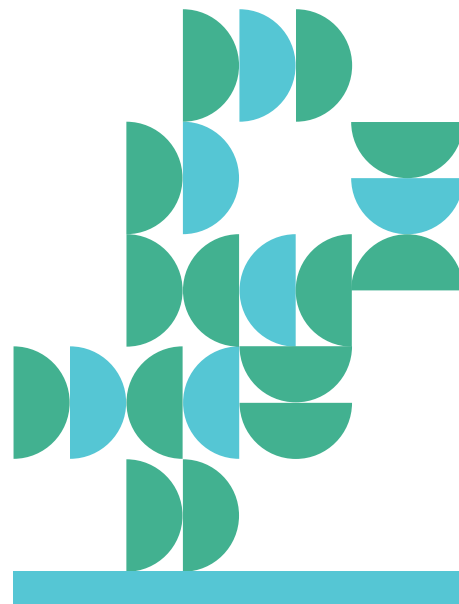
Foster Well-being

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!



**VIEW OUR
BIRTHDAY PARTY
PACKAGES ON
PAGE 19**



OLD BARN

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

WESBROOK

ROOM RENTALS

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

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

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

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

myuna.ca/bookings

bookings@myuna.ca

604.822.9675



COMMUNITY EVENTS

JAN 21
FEB 18
MAR 18
Saturday
6:00 PM
- 8:00 PM
\$2.00

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 blankets 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 p.m., movie starts at 6 p.m.

January 21: Back to the Future

February 18: Beauty and the Beast (2017 version)

March 18: Incredibles 2

Instructor: **UNA Staff**

Old Barn Community Centre

#5714

Lunar New Year Celebration at Wesbrook **ALL AGES**

JAN 28
Saturday
1:00 PM
- 4:00 PM
FREE

Join us in welcoming the Year of the Rabbit at Wesbrook Community Centre. This family event will feature music and dance performances, traditional crafts, games and other activities. We are calling for musical performers and Rabbit-themed artwork from the community. Submit your application to qiuning.wang@myuna.ca before January 15, 2023. This event is a great way to get involved, celebrate Asian culture and meet your neighbours.

Wesbrook Community Centre

#5640

FEB 5
MAR 5
Sunday
2:00 PM
- 4:00 PM
FREE

Re-Creation: Community Art Project **AGES 6+**

Re-Creation: A Community Art Project is a collaborative artmaking initiative that aims to raise environmental awareness and foster a feeling of solidarity within the community. Participants work together to turn waste into an art (repurposing newspapers, magazines, letters) while creating dialogue about environmental issues. This project provides a creative, tactile experience that adds vibrancy, animates the community centre and reminds us of the power that art has to create dialogue and bring people together.

Children ages 6-12 will require parent participation.

Instructor: **Yasaman Moussavi**

Wesbrook Community Centre

#5913

#5915

Family Day **ALL AGES**

FEB 20
Monday
10:00 AM -
4:00 PM
FREE

Looking for things to do with your family on this special day? Come enjoy drop in activities and spend a fun-filled Family Day with your loved ones! More details to come.

Wesbrook Community Centre
Old Barn Community Centre

#5655

#6073

Family Day EcoWalk **ALL AGES**

FEB 20
Monday
10:00 AM
- 12:00 PM
FREE

Gather at Wesbrook Community Centre to embark on a journey of discovery in our local forest. We will look for signs of animals and signs of spring. This event is hosted by Pacific Spirit Park Society. Registration is required.

Instructor: **Pacific Spirit Park Society**

Wesbrook Community Centre

#5781

Open Mic in the Living Room **ALL AGES**



FEB 24

Friday
6:00 PM
- 8:00 PM
FREE

The community living room at the Old Barn Community Centre will be transformed into a cozy music venue for this open mic night. This event will showcase a mix of featured performers, as well as dedicated time slots for community members to drop in and play a few songs. Musicians of all ages, abilities, instruments and styles are encouraged to work up the bravery to share their talents with the audience.

Contact elias.rieger@myuna.ca to sign up for a performance time slot.

Instructor: UNA Staff

Old Barn Community Centre

#6023

DATE &
TIME TBD
FREE

Pop-up: Stargazing **ALL AGES**

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 for these community observation sessions. Whether you are an avid amateur astronomer or a complete beginner, these events are open to all. If you have your own telescope, feel free to bring it with you. Stargazing sessions are dependent on clear skies, so the dates are to be determined

Instructor: UBC Astronomy Club

Play in the Rain Festival **ALL AGES**



MAR 18

Saturday
2:00 PM
- 4:00 PM
FREE

The rain can't stop us from having fun outside! Let's get soaked while we play games, create art and make new friends in the rain. If you get cold, you can relax and roast some marshmallows over the fire pits in our warming area. Had enough of the rain? Take some time to dry off inside the Wesbrook Community Centre, where you will find warm drinks and water-themed crafts. Make sure to dress warm and bring your rain jacket and umbrella. Register for updates in case this event is postponed due to sunshine.

Instructor: UNA Staff

Wesbrook Community Centre

#6026

DATE &
TIME TBD
FREE

Pop-up: Busking **ALL AGES**



Local artists will be bringing some of our favourite neighbourhood plazas to life with acoustic music performances. Grab a treat from a nearby local business and take time to listen to some tunes and meet your neighbours. While there is some public seating available, bring your own chair or blanket if you want to get comfortable. Contact elias.rieger@myuna.ca to apply for busking opportunities as a musician.

Pop-up: Field Games **ALL AGES**



This event will take over the park for an afternoon of games and sports on the lawn. You will find a range of fun activities, sports, and puzzles. Feel free to set up your own games in the park and invite your neighbours to play.

Instructor: UNA Staff

DATE &
TIME TBD
FREE

SIGN UP TO OUR POP-UP EMAIL
LIST TO BE NOTIFIED WHEN THESE
POP-UP EVENTS ARE TAKING
PLACE! [MYUNA.CA/POP-UP](https://myuna.ca/pop-up)

FAMILY PROGRAMS

FITNESS

Fit Together AGES 19+

Having a baby turns your life around completely. It can change your body, your routine, and the amount of time you have for self care. These classes are designed specifically for new parents to help rebuild strength, gain a sense of community, and to allow time to be carved out for you, while tending to your child's needs. Expect to spend time sweating, laughing, and building muscle tone in a safe environment that is both baby friendly and new parent friendly, along with experiencing more energy, less body aches, stronger muscles, and decreased risk of postpartum depression. Mom or Dad will enjoy the sweat and burn and baby will enjoy the quality time and the nursery rhymes and dances at the end. 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. All fitness levels and trimesters are welcome. 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 | JAN 13 – MAR 31 F, 11:00 AM – 12:00 PM
\$132.00 / 12 | Drop-in \$11.00 #5872

Family Dance Fitness Drop-in AGES 5+



The goal of Family Dance Fitness is to get parents and children moving and dancing together. It's fun, inclusive, builds confidence, and everyone gets a great workout together. This is a drop-in program, \$3.00 per person. Children under 12 must be supervised by an adult (19+). Registration opens one week prior to each session and all participants must register.

Instructor: Jessica Hanser

WCC | JAN 14 – MAR 25 SA, 4:00 PM – 5:00 PM
Drop-in \$3.00 per person #6046

SPORTS

Family Badminton Drop-in ALL AGES

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

WCC | JAN 7 – APR 2 SA/SU, 9:00 AM – 10:30 AM
No session Jan 28
Drop-in \$3.00 #5793

Family Pickleball | Learn to Play

AGES 12+



Did you know that Pickleball was originally created as a game the entire family could play together? In this program, youth and their parent or guardian can learn the basics of Pickleball together, including rules, etiquette, basic strokes, gameplay strategies, and a relentlessly positive style of play. Over four sessions, you will develop your skills, stay active, and fall in love with the fastest-growing sport in the world. Each youth (12-18 years) must register with an adult partner (19+). A limited number of pickleball paddles are available to borrow.

Instructor: Chris Koentges

WCC | JAN 8, FEB 5, MAR 5, APR 2 SU, 2:15 PM – 3:45 PM
\$88.00 / 4 #6049

Family Pickleball Drop-in ALL AGES



Play Pickleball with your family at the Westbrook Community Centre Gymnasium! This is a first-come, first-served drop in program - we do not take advanced registration. Children must be supervised by an adult (19+). Please bring your own paddle - limited paddles available to borrow.

WCC | JAN 15 – MAR 26 SU, 6:00 PM – 7:30 PM
No sessions Feb 5, Mar 5
Drop-in \$3.00 #5794

CHILDREN'S PRO-D DAY & SPRING BREAK CAMPS

PRO-D DAY

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 | JAN 16 M, 9:00 AM – 3:00 PM
\$75.00 / 1 #5676

WCC | FEB 17 F, 9:00 AM – 3:00 PM
\$75.00 / 1 #5677

SPRING BREAK

Multi-Sport Camp AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities, arts and crafts, snack time, stories, music and co-operative games! Participants need to bring a snack, water bottle and lunch. Dress appropriately for the weather; refunds will only be processed 5 days prior to the start date.



Instructor: Sportball Vancouver

WCC | MAR 13 – MAR 17 M-F, 9:00 AM – 3:00 PM
\$375.00 / 5 #5694

Encanto Mini Movers Dance Camp

AGES 3-5

Kids will salsa their way through this Encanto-themed program: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. Please bring a filled water bottle each day

Instructor: Endorphin Rush Dance

WCC | MAR 13 – MAR 17 M-F, 9:15 AM – 10:30 AM
\$99.00 / 5 #5772



Hip Hop Breakers Camp AGES 3-5

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

Instructor: Endorphin Rush Dance

WCC | MAR 13 – MAR 17 M-F, 10:45 AM – 12:00 PM
\$99.00 / 5 #5769

Frozen Ballet Camp AGES 3-6

Frozen Ballet Extravaganza Camp: 100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Beginner friendly. More info: www.kirbysnelldance.com

Instructor: Endorphin Rush Dance

AGES 3-4
WCC | MAR 13 – MAR 17 M-F, 12:30 PM – 1:45 PM
\$99.00 / 5 #5768

AGES 4-6
WCC | MAR 13 – MAR 17 M-F, 2:00 PM – 3:15 PM
\$99.00 / 5 #5775

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

SPRING BREAK

Crossmaneuver Performing Arts Camp

AGES 3-5

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

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 20 – MAR 24 **M-F, 10:00 AM – 12:00 PM**
\$210.00 / 5 #5767

Crossmaneuver Performing Arts Camp **AGES 5-7**



Fall in love with the Arts! Sing, dance, act and make amazing art projects in this camp. Your child will grow in confidence, develop diverse skills and discover the joy of self-expression through various art forms. For more information, visit crossmaneuver.com

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 20 – MAR 24 **M-F, 1:00 PM – 3:30 PM**
\$280.00 / 5 #5770

Crossmaneuver Performing Arts Camp

AGES 7-13

This is so much more than a Performing Arts camp. Sure, we sing, dance, and act, but we also do visual arts and design and dive into a story and create our very own show. The theme for this camp is: The Time Machine. What is the notion of time and how far can you imagine into the future? Does this future connect to the past in any way? Create an original production of music, dance, theatre and art exploring this fantastical concept.

crossmaneuver.com

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 13 – MAR 17 **M-F, 9:00 AM – 4:00 PM**
\$440.00 / 5 #5771

K-Pop/Hip-Hop Dance Camp **AGES 6-12**

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

Instructor: Praise TEAM

WCC | MAR 20 – MAR 24 **M-F, 9:00 AM – 3:00 PM**
\$395.00 / 5 #5766

CAMPS ARE NON-REFUNDABLE
FIVE DAYS PRIOR TO THE
START OF CAMP.

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

CHILDREN'S PRO-D DAY & SPRING BREAK CAMPS

SPRING BREAK

Young Moviemakers Camp AGES 8-14

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed! www.youngmoviemakers.ca

Instructor: Young Moviemakers

WCC | MAR 20 – MAR 24 M-F, 9:00 AM – 3:00 PM
\$450.00 / 5 #5776



Spring Break Adventures Camp AGES 5-12

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

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

Instructor: UNA Staff

WCC | MAR 13 – MAR 17 M-F, 9:00 AM – 3:30 PM
\$325.00 / 5 #5652

WCC | MAR 20 – MAR 24 M-F, 9:00 AM – 3:30 PM
\$325.00 / 5 #5653

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 for hours and to learn more about accepted items.



ACTIVE KIDS

SCHOOL OF KINESIOLOGY

Active Kids | Multi-Sport and Playtime

AGES 1-3

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 | JAN 23 – MAR 6

M, 9:30 AM – 10:15 AM

No class Feb 20

\$108.00 / 6

#5762

Active Kids | 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 | JAN 23 – MAR 6

M, 10:15 AM – 11:00 AM

No class Feb 20

\$108.00 / 6

#5763

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.

Active Kids | Soccer

AGES 3-9

This recreational indoor soccer program focuses on principles of the Active Start and Learn to Train stages 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 3-6

WCC | JAN 16 – MAR 27

M, 4:00 PM – 4:45 PM

No class Feb 20

\$190.00 / 10

#5764

AGES 6-9

WCC | JAN 16 – MAR 27

M, 4:45 PM – 5:30 PM

No class Feb 20

\$190.00 / 10

#5761



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.

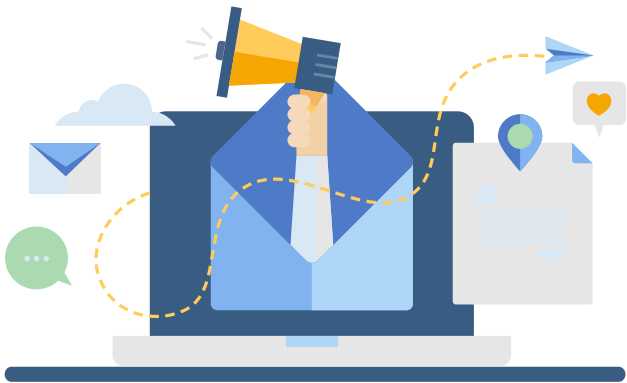
Instructor: Active Kids School of Kinesiology

AGES 8-12		
WCC JAN 17 – MAR 28	TU, 4:00 PM – 5:30 PM	
\$264.00 / 11		#5757
WCC JAN 19 – MAR 30	TH, 4:00 PM – 5:30 PM	
\$264.00 / 11		#5758
WCC JAN 21 – MAR 25	SA, 12:00 PM – 1:30 PM	
No classes Jan 28, Feb 18		
\$192.00 / 8		#5759
AGES 12-16		
WCC JAN 19 – MAR 30	TH, 4:00 PM – 5:30 PM	
\$264.00 / 11		#5760

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

Parent & Tot | Hip-Hop AGES 2-5

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: Praise TEAM

WCC | JAN 14 – MAR 11 SA, 10:30 AM – 11:15 AM
No class Jan 28
\$102.00 / 8 #5905

Parent & Tot | Tumble, Flex & Dance

AGES 3-5



This program is designed for a caregiving adult and their toddler to gain a better understanding of their own bodies through proper breathing, strengthening, tumbling and stretching. Improve physical awareness, strengthen core muscles, have fun tumbling, increase flexibility and stand tall with confidence! No previous experience required. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

WCC | JAN 14 – MAR 11 SA, 9:30 AM – 10:30 AM
No class Jan 28
\$136.00 / 8 #5910

Preschool Ballet AGES 3-5

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 | JAN 11 – MAR 8 W, 3:30 PM – 4:15 PM
\$171.00 / 9 | Drop-in \$20.00 #5817

WCC | JAN 8 – MAR 12 SU, 11:25 AM – 12:10 PM
\$190.00 / 10 | Drop-in \$20.00 #5807

Preschool Dance AGES 2-5

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

Instructor: Crossmaneuver Dance Theatre

AGES 2-4
WCC | JAN 9 – MAR 6 M, 3:30 PM – 4:15 PM
No class Feb 20
\$152.00 / 8 | Drop-in \$20.00 #5808

AGES 3-5
WCC | JAN 8 – MAR 12 SU, 9:30 AM – 10:15 AM
\$190.00 / 10 | Drop-in \$20.00 #5809

ARTS

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 | JAN 13 – MAR 10 F, 9:45 AM – 10:30 AM
No class Feb 17
\$64.00 / 8 #5798

WCC | JAN 13 – MAR 10 F, 10:45 AM – 11:30 AM
No class Feb 17
\$64.00 / 8 #5799

DROP-IN AVAILABLE FOR
PROGRAMS WHERE INDICATED,
SPACE PERMITTING.

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. The 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive! Each child participates at their own level and natural musicality is nurtured through singing, dancing, listening, watching, and exploring the musical instruments. Parent participation is required. The whole family is welcome - parents, grandparents, caregivers - for this important family music experience. Children 6 months and under attend free with a registered sibling.

Please note, \$55 Music Together Licensing fee is non-refundable after the first class. Licensing fee is per family - please contact programs@myuna.ca for licensing fee refunds upon registration.

Instructor: Donalyn / Music Together

OBCC | JAN 10 – MAR 7 **TU, 9:30 AM – 10:15 AM**
\$144.00 / 9 #5903

OBCC | JAN 10 – MAR 7 **TU, 10:30 AM – 11:15 AM**
\$144.00 / 9 #5902

EDUCATION**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 | JAN 12 – MAR 9 **TH, 4:00 PM – 5:00 PM**
\$198.00 / 9 #5725

PHYSICAL ACTIVITY**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 | JAN 18 – MAR 8 **W, 3:45 PM – 4:30 PM**
\$160.00 / 8 #5699

Parent & 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 at 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.

Instructor: Ruta Zasaite

WCC | JAN 10 – MAR 9 **TU/TH, 10:00 AM – 11:30 AM**
Drop-in \$3.50 #6061



EARLY YEARS PROGRAMS



PHYSICAL ACTIVITY

Parent & Tot | Kids on Wheels AGES 2-3

This eight-week parent-and-tot program is designed to introduce young children to the joy of cycling. We will focus on getting participants comfortable on the balance bikes and wearing helmets, while providing tips to parents on safe riding habits. Explore five important skills: stopping, turning, gliding, balancing and awareness, all while having fun, playing games, socializing and riding. Balance bikes help children to gain confidence, improve their risk management and allow easy transition to a pedal bike without the need for training wheels. Bikes and helmets are provided during the program but children are invited to bring their own if preferred. Parent participation is required.

Instructor: BC Cycling Coalition

OBCC | JAN 21 – MAR 11
\$150.00 / 8

SA, 10:00 AM – 10:45 AM
#6029

Preschool | Kids on Wheels AGES 3-5

This eight-week program is packed with fun balance bike activities. Through fun games and riding around the course, we will be practicing five important skills: stopping, turning, gliding, balancing and awareness. We will also introduce some road signs and safety rules of the road, read books, do some art activities and practice pumping tubes in our mechanic corner. Balance bikes help children to gain confidence, improve their risk management and allow easy transition to a pedal bike without the need for training wheels. Balance bikes and helmets are provided during the program but children are invited to bring their own if preferred. Parent participation is optional.

Instructor: BC Cycling Coalition

OBCC | JAN 21 – MAR 11
\$220.00 / 8

SA, 11:00 AM – 12:30 PM
#6033

SOCIAL

Storytime at the Old Barn Community Centre 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.

Volunteer: Doreen Alexander

OBCC | JAN 12 – MAR 30
FREE / 12

TH, 11:00 AM – 11:30 AM
#6030

New to the UBC area?

Join your community of friendly neighbours and discover services that help you settle in.



Scan to learn more about Minivillage.
It's free!



CELEBRATE YOUR BIRTHDAY WITH THE UNA!

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 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)**

TIME SLOTS

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

- **Old Barn**
Saturday 1:30 p.m. - 4:30 p.m.
(party time 2 - 4 p.m.)
- **Wesbrook**
Sunday 1:30 p.m. - 4:30 p.m.
(party time 2 - 4 p.m.)

HOW TO BOOK YOUR PARTY

Email bookings@myuna.ca with your date and room requested, activity selection, number of participants and age range, and add on requests (if any).



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

Art 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.

BOOKING AND REFUND POLICY

Bookings must be made at least 2 weeks in advance. An administration fee of \$5.00 is charged to all refunds. Refund rates: More than 2 weeks' notice: full refund; 2 weeks' notice: 50% refund; less than one week: no refund.

CHILDREN'S PROGRAMS

ARTS

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

Instructor: Young Moviemakers

WCC | JAN 13 – MAR 10 F, 4:00 PM – 6:00 PM
\$337.50 / 9 #5786

Musical Theatre | Level 1 AGES 7-11

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

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 9 – MAR 6 M, 5:25 PM – 6:25 PM
No class Feb 20
\$192.00 / 8 | Drop-in \$25.00 #5814

Musical Theatre | Level 2 AGES 7-11

This program builds on the foundations of musical theatre. Participants will continue to develop their skills to sing, act and dance through fun exercises and games.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 W, 6:50 PM – 8:05 PM
\$247.50 / 9 | Drop-in \$25.00 #5895

Pre-Teen Slam Poetry AGES 9-12

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

Volunteer: Angela Lu

WCC | JAN 12 – MAR 09 TH, 5:00 PM – 6:00 PM
FREE / 9 #5747

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 | JAN 9 – MAR 6 M, 3:30 PM – 4:45 PM
No class Feb 20
\$130.00 / 8 #5914

AGES 9-12
WCC | JAN 9 – MAR 6 M, 5:00 PM – 6:30 PM
No class Feb 20
\$152.00 / 8 #5912

Manga Art AGES 6-14



Learn to draw in the style of Anime & Manga! Students learn the fundamentals of drawing along with the distinctive characteristics of the Japanese art form: proportions, monochrome illustrations, colour, storyboarding, developing their own style and more. This class is for beginners and intermediate students. Art supplies are provided, but it is recommended for students to bring their own sketch book.

Instructor: Ceylon Coates

AGES 6-9
WCC | JAN 12 – MAR 9 TH, 3:30 PM – 4:30 PM
\$117.00 / 9 #5918

AGES 9-14
WCC | JAN 12 – MAR 9 TH, 4:45 PM – 6:15 PM
\$171.00 / 9 #5917

DANCE

Ballet | Level 1 AGES 6-8

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

WCC | JAN 8 – MAR 12 **SU, 1:20 PM – 2:20 PM**
\$240.00 / 10 | Drop-in \$25.00 #5820

WCC | JAN 11 – MAR 8 **W, 4:30 PM – 5:30 PM**
\$216.00 / 9 | Drop-in \$25.00 #5821

Ballet | Level 2 AGES 7-10

Crossmaneuver wants to create a nurturing environment for students to continue to grow in their technique, their artistry and their love of dance. This is a continuation of Ballet 1.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 **W, 5:45 PM – 6:45 PM**
\$216.00 / 9 | Drop-in \$25.00 #5811

Ballet | Level 3 AGES 10-13

Building on the fundamentals from Ballet Level 1 & 2, this program aims to help dancers develop technique, artistry and the love of dance. Young participants will learn the vocabulary and the syllabus of ballet in a lovely and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 8 – MAR 12 **SU, 2:25 PM – 3:25 PM**
\$240.00 / 10 | Drop-in \$25.00 #5818

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

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 | JAN 8 – MAR 12 **SU, 12:15 PM – 1:15 PM**
\$240.00 / 10 | Drop-in \$25.00 #5891

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 | JAN 9 – MAR 6 **M, 6:30 PM – 7:45 PM**
No class Feb 20
\$240.00 / 8 | Drop-in \$29.00 #5819

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 | JAN 8 – MAR 12 **SU, 10:20 AM – 11:20 AM**
\$240.00 / 10 | Drop-in \$25.00 #5816

WCC | JAN 9 – MAR 6 **M, 4:20 PM – 5:20 PM**
No class Feb 20
\$192.00 / 8 | Drop-in \$25.00 #5813

CHILDREN'S PROGRAMS



DANCE

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 | JAN 12 – MAR 9
\$130.50 / 9 | Drop-in \$16.50

TH, 3:30 PM – 4:15 PM
#5896

Hip-Hop AGES 7-12



This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats.

Instructor: Endorphin Rush Dance

WCC | JAN 12 – MAR 9
\$144.00 / 9 | Drop-in \$18.00

TH, 4:15 PM – 5:15 PM
#5897

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

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

Instructor: Praise TEAM

WCC | JAN 10 – MAR 7
\$153.00 / 9

T, 3:30 PM – 4:30 PM
#5906

WCC | JAN 14 – MAR 11

No class Jan 28

\$136.00 / 8

SA, 11:15 AM – 12:15 PM

#5907



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 for more information.

EDUCATION

Red Cross Babysitting AGES 11-14

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

Instructor: First Aid Hero

WCC | MAR 4 SA, 9:00 AM – 4:00 PM
\$70.00 / 1 #5667

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 | JAN 9 – MAR 6 M, 6:30 PM – 7:30 PM
No class Feb 20
\$104.00 / 8 #5712

GRADES 3-4
WCC | JAN 9 – MAR 6 M, 7:30 PM – 8:30 PM
No class Feb 20
\$104.00 / 8 #5713

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

French for Kids AGES 6-12

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

Instructor: Megan Woerler

BEGINNER
WCC | JAN 11 – MAR 8 W, 4:15 PM – 5:15 PM
\$135.00 / 9 #5715

INTERMEDIATE
WCC | JAN 11 – MAR 8 W, 5:30 PM – 6:30 PM
\$135.00 / 9 #5716



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 | JAN 14 – MAR 12 **SA, 10:30 AM – 12:00 PM**
No class Jan 28
\$180.00 / 8 #5717

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 | JAN 14 – MAR 12 **SA, 12:00 PM – 1:30 PM**
No class Jan 28
\$180.00 / 8 #5718

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 | JAN 14 – MAR 12 **SA, 1:30 PM – 3:00 PM**
No class Jan 28
\$180.00 / 8 #5719

Math-4-Kids GRADES 3-7

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 | JAN 9 – MAR 6 **M, 3:30 PM – 4:30 PM**
No class Feb 20
\$160.00 / 8 #5720

GRADES 5-7
WCC | JAN 9 – MAR 6 **M, 4:45 PM – 5:45 PM**
No class Feb 20
\$160.00 / 8 #5721





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 | JAN 12 – MAR 9 **TH, 5:00 PM – 6:00 PM**
\$198.00 / 9 #5724

Minecraft Coders AGES 7-10



Harness your child's love of Minecraft in this introduction to the world of coding! Junior coders will use collaborative games and hands-on activities to learn the concepts of programming in a creative and playful atmosphere. Students will use Scratch and Minecraft Education to apply their knowledge of variables, looping, patterns, conditions, and data structure. They will also learn essential computer literacy, problem-solving, and critical thinking skills along the way. Please bring a device that can connect to the internet, such as a laptop or tablet. Minecraft licensing fee is \$20.00 per child and non-refundable.

Instructor: Haitao Li

WCC | JAN 12 – MAR 9 **TH, 6:15 PM – 7:15 PM**
\$135.00 / 9 #5899

PHYSICAL ACTIVITY

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 | JAN 13 – MAR 10 **F, 4:00 PM – 5:00 PM**
\$135.00 / 9 #5726

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 | JAN 13 – MAR 10 **F, 5:00 PM – 6:00 PM**
\$135.00 / 9 #5727

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

Participants can practice and play basketball with friends and neighbours during this open gym session. No registration required.

WCC | JAN 11 – MAR 29 **W, 5:30 PM – 7:30 PM**
FREE / 12 #5746

CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

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 | JAN 18 – MAR 8 **W, 4:30 PM – 5:15 PM**
\$160.00 / 8 #5698

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 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 | JAN 10 – MAR 28 **TU, 6:00 PM – 6:45 PM**
\$132.00 / 12 #5787

WCC | JAN 12 – MAR 30 **TH, 6:00 PM – 6:45 PM**
\$132.00 / 12 #5789

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 class is for adults, youth and kids; new students ages 10+ are welcome, 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 membership fee.

Instructor: Anthony Evangelista

WCC | JAN 10 – MAR 28 **TU, 7:00 PM – 8:30 PM**
\$156.00 / 12 #5788

WCC | JAN 12 – MAR 30 **TH, 7:00 PM – 8:30 PM**
\$156.00 / 12 #5790



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 | JAN 8 – MAR 19 **SU, 1:00 PM – 1:40 PM**
\$132.00 / 11 #5782

INTERMEDIATE
WCC | JAN 8 – MAR 19 **SU, 1:00 PM – 1:50 PM**
\$165.00 / 11 #5783

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 | JAN 14 – MAR 11 **SA, 2:00 PM – 3:30 PM**
No class Jan 28
\$144.00 / 8 #5773

SOCIAL

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.

Visit www.4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$120.00.

Instructor: 4-H Club

WCC | JAN 13 – MAR 10 F, 6:30 PM – 8:30 PM
\$120.00 / YEAR | www.4hbc.ca #5934

Pre-teen Leadership AGES 9-12

Participants will dive deeper into understanding what leadership entails and focus on problem solving skills.

Instructor: UNA Staff

WCC | JAN 9 – MAR 6 M, 4:00 PM – 5:30 PM
No class Feb 20
FREE / 8 #5748

Girl Guides | Grades 4-6 AGES 9-11

To register, please visit: 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 | JAN 12 – MAR 30 TH, 5:30 PM – 7:00 PM
www.girlguides.ca #6032



*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

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

MUSIC

Flute AGES 8+

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 | JAN 8 – MAR 12 **SU, 1:00 PM – 4:00 PM**
\$300.00 / 10 #various

Guitar AGES 8+

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 | JAN 11 – MAR 8 **W, 3:30 PM – 9:00 PM**
\$270.00 / 9 #various

WCC | JAN 12 – MAR 9 **TH, 3:30 PM – 9:00 PM**
\$270.00 / 9 #various



Piano AGES 5+

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: Derek Pang

WCC | JAN 9 – MAR 6 **M, 3:30 PM – 8:00 PM**
No class Feb 20
\$240.00 / 8 #various

WCC | JAN 11 – MAR 8 **W, 3:30 PM – 8:00 PM**
No class Jan 25
\$240.00 / 8 #various

Instructor: Bassem Ghabrous

WCC | JAN 10 – MAR 7 **TU, 4:00 PM – 9:00 PM**
\$270.00 / 9 #V]various

Instructor: Eshantha Peiris

WCC | JAN 14 – MAR 11 **SA, 10:00 AM – 3:30 PM**
No class Jan 28
\$240.00 / 8 #various

Instructor: Erika Galinskaya

WCC | JAN 8 – MAR 12 **SU, 1:00 PM – 4:15 PM**
No class Feb 12
\$270.00 / 9 #various



MUSIC

Violin AGES 5+

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 | JAN 12 – MAR 9
\$310.50 / 9

TH, 3:30 PM – 7:30 PM
#various

Virtual Violin AGES 5+



This virtual program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher at the comfort from your own home. Learners of all ages with a variety of abilities and goals are welcome. Royal Conservatory of Music examination preparation is also available. Participants must have access to a violin and a computer/laptop for Zoom access. Required books will be recommended for purchase during the first lesson. Learners can book a 30-minute lesson during the time slot of their choice.

Instructor: Andrew Ty

VIRTUAL | JAN 14 – MAR 11
\$310.50 / 9

SA, 6:30 PM – 9:30 PM
#various

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POP-UP EVENTS

The UNA hosts community pop-up events to take advantage of the occasional sunny winter day. These events are announced 1-2 days in advance. Pop-up event details can be found on page 9.

Sign up for our special pop-up events email list to receive a notice when an event is taking place.



Full details at myuna.ca/pop-up

YOUTH PROGRAMS



ARTS

Arts for the Earth AGES 12-18

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

Instructor: Iona Kim

WCC | JAN 9 – MAR 27 M, 4:45 PM – 6:15 PM
No class Feb 20
FREE / 12 #5742

Drawing & Painting AGES 11-19

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 | JAN 11 – MAR 8 W, 3:30 PM – 5:30 PM
\$270.00 / 9 #5901

DANCE

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, footwork, 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 | JAN 10 – MAR 7 TU, 4:30 PM – 5:30 PM
\$153.00 / 9 #5904



WCC | JAN 14 – MAR 11 SA, 12:15 PM – 1:15 PM
No class Jan 28
\$136.00 / 8 #5911

EDUCATION

Peer Tutoring AGES 11-18

Peer Tutoring is a drop-in-style program led by a youth volunteer who will be present in the Westbrook Community Centre's Youth Center to help others who need help with studying and homework. No registration required.

Instructor: Youth Volunteers

WCC | JAN 10 – MAR 12 T, 4:00 PM – 5:30 PM
OBCC | JAN 10 – MAR 12 SU, 10:00 AM – 11:30 AM
FREE / 19 #5743

Introduction to Coding AGES 12-18

Introduction to Coding 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 | JAN 15 – MAR 12 SU, 11:00 AM – 12:00 PM
\$15.00 / 9 #5735

EDUCATION

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 | JAN 12 – MAR 9 TH, 4:15 PM – 5:00 PM
FREE / 9 #5731

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 | JAN 11 – MAR 8 W, 6:30 PM – 8:30 PM
\$108.90 / 9 #5732



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

MARTIAL ARTS

Kyokushin Karate | Youth AGES 13-18

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

Instructor: Anthony Evangelista

WCC | JAN 10 – MAR 28 TU, 7:00 PM – 8:30 PM
\$156.00 / 12 #5791

WCC | JAN 12 – MAR 30 TH, 7:00 PM – 8:30 PM
\$156.00 / 12 #5792

Tae Kwon Do | Youth AGES 13-18

Join 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

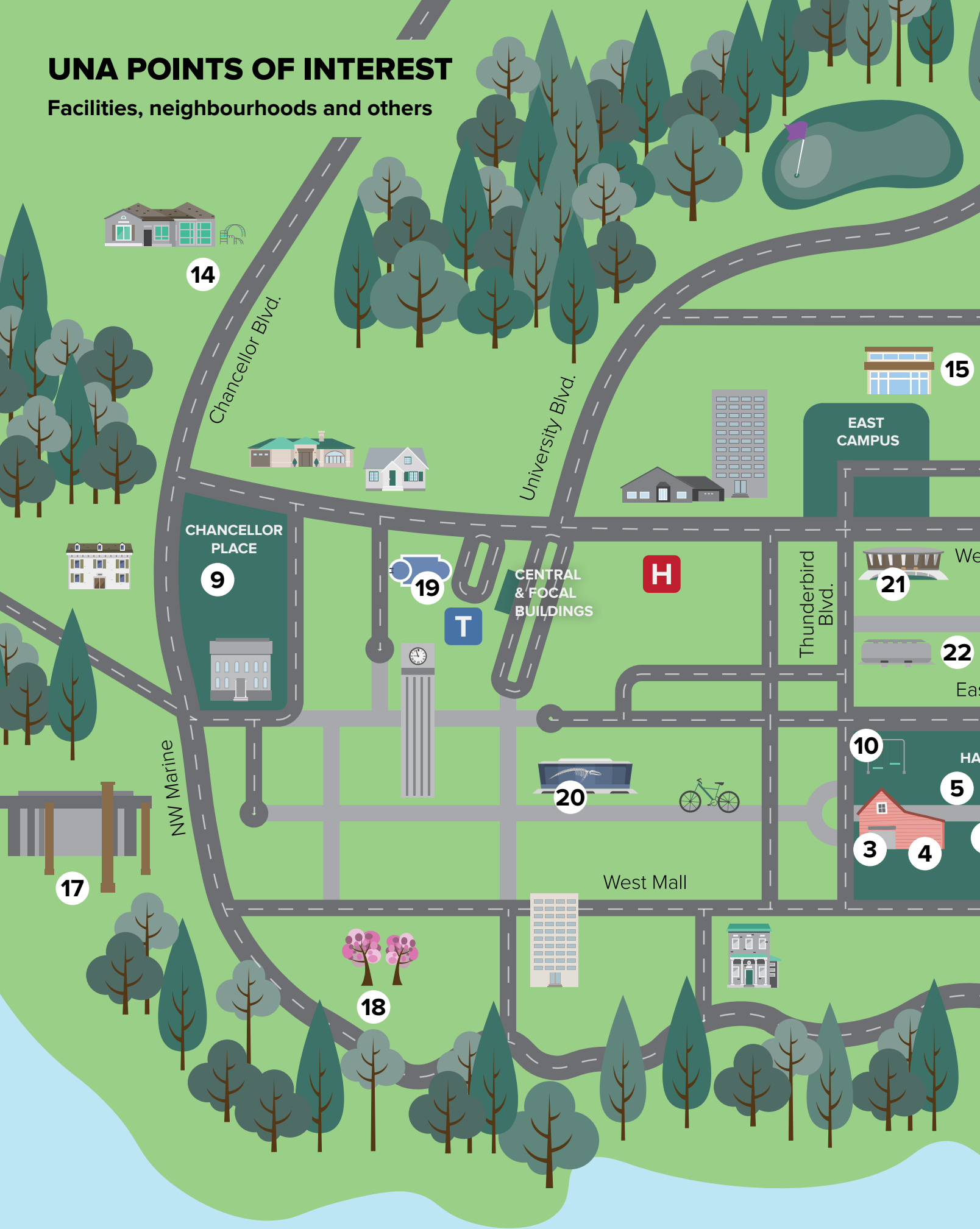
BEGINNER

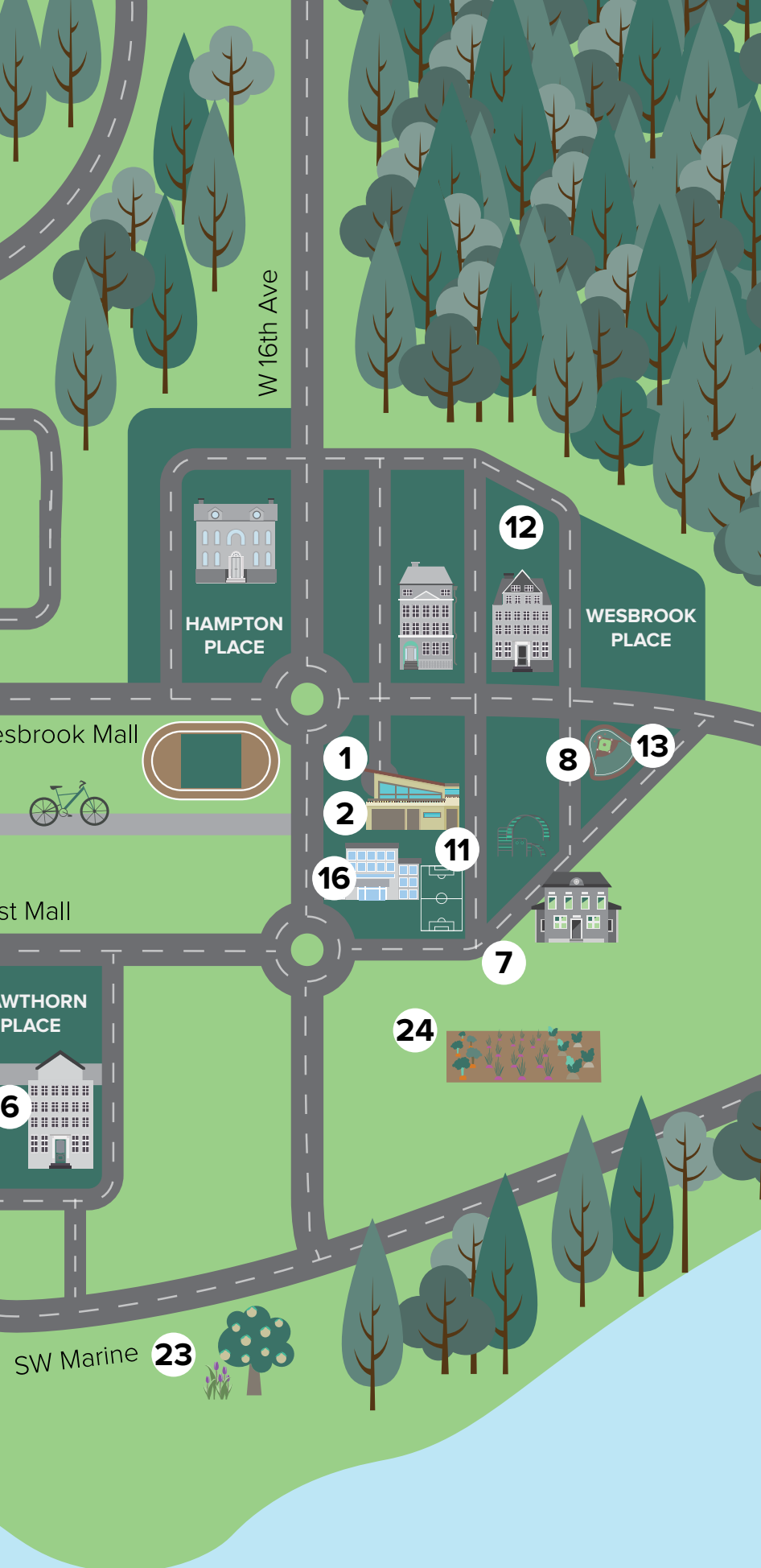
WCC | JAN 8 – MAR 19 SU, 1:00 PM – 1:40 PM
\$132.00 / 11 #5778

INTERMEDIATE

WCC | JAN 8 – MAR 19 SU, 1:00 PM – 1:50 PM
\$165.00 / 11 #5777

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

YOUTH PROGRAMS

PHYSICAL ACTIVITY

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 | JAN 13 – MAR 10 F, 6:00 PM – 7:30 PM
\$202.50 / 9 #5728

Basketball Drop-in | Youth 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 | JAN 11 – MAR 29 W, 5:30 PM – 7:30 PM
Drop-in \$3.00 #5739

Badminton Drop-in | Youth AGES 12-18

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

WCC | JAN 8 – APR 2 SU, 4:00 PM – 5:30 PM
Drop-in \$3.00 #5797

Gym Drop-in | Youth AGES 13-18

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

WCC | JAN 14 – MAR 25 SA, 4:00 PM – 5:30 PM
Drop-in \$3.00 #5744

Table Tennis Drop-in | Youth AGES 13-18

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

WCC | JAN 14 – MAR 25 SA, 5:30 PM – 7:30 PM
Drop-in \$3.00 #5730

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 | JAN 14 – MAR 11 SA, 2:00 PM – 3:30 PM
No class Jan 28
\$144.00 / 8 #5774

Social Drop-in | Youth 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 | JAN 11 – MAR 29
M/W/F, 11:30 AM – 12:30 PM
W, 4:00 PM – 5:30 PM
TH, 4:00 PM – 5:30 PM
FREE #5740



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 in at any point during the season.

Instructor: UNA Volunteer

WCC | JAN 10 – MAR 7 T, U 3:30 PM – 4:30 PM
FREE / 12 #5745

**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 Cubes 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 | JAN 12 – MAR 9 TH, 3:30 PM – 4:15 PM
FREE / 9 #5736

UNA Youth Orchestra AGES 13+

The UNA Youth Orchestra is a student-led organization of experienced and intermediate orchestral players looking to help their community through the form of art. We plan to perform at various senior homes, hospitals, and community events.

To register for the UNA Orchestra please sign up using this link - bit.ly/unayouthorchestra

Instructor: Youth Volunteers

OBCC | JAN 15 – MAR 12 SU, 2:00 PM – 4:30 PM
FREE / 9 #5734

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! During weekly committee meetings, members will receive volunteer hours while gaining practical experience planning an art gallery.

Instructor: Jimin Hong

WCC | JAN 9 – MAR 6 M, 5:30 PM – 6:30 PM
FREE / 9 #5741

Youth Leadership 2 AGES 13-18

During Youth Leadership 2 participants will review communication principles explored in Leadership 1 and will uncover their personal leadership styles. Participants will end this program with a better understanding of their leadership values. Leadership 1 is not a requirement. All youth are encouraged to apply. Applicants will be notified by January 6, 2023, if they are accepted into the Leadership 2 program.

Application Form: bit.ly/unayouthlead2

Instructor: UNA Staff

WCC | JAN 13 – MAR 10 F, 3:30 PM – 5:30 PM
FREE / 9 #5752

ADULTS & SENIORS PROGRAMS



ARTS

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!

Jan 22: Watercolour Painting

Feb 19: Clay Jewelry Making

Mar 19: TBD

WCC | JAN 22, FEB 19, MAR 19 SU, 2:00 PM – 4:00 PM
\$30.00 / 1

Weaving Wellness: Clay Art Expression AGES 19+



Join this clay making workshop as part of the Weaving Wellness: Mental Health Initiative! This tactile activity allows participants a therapeutic way to relieve stress through kneading, rolling and creating clay art. This workshop is led by Xia Wu, a certified Art Therapist.

Instructor: Xia Wu

WCC | MAR 1 W, 6:30 PM – 8:30 PM
\$10.00 / 1 #6015

DANCE

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.

Instructor: Emily Li

WCC | JAN 9 – MAR 27 M, 12:30 PM – 2:00 PM
No class Feb 20
\$330.00 / 11 | Drop-in \$33.00 #5780

WCC | JAN 11 – MAR 29 W, 12:30 PM – 2:00 PM
\$360.00 / 12 | Drop-in \$33.00 #5779

Dance Fusion AGES 19+

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

Instructor: Yan Guo

WCC | JAN 13 – MAR 31 F, 1:00 PM – 2:30 PM
\$198.00 / 12 | Drop-in \$18.50 #5785

WCC | JAN 13 – MAR 31 F, 6:45 PM – 8:15 PM
\$198.00 / 12 | Drop-in \$18.50 #5784

Street Jazz AGES 16+



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

Instructor: Endorphin Rush Dance

WCC | JAN 12 – MAR 9 TH, 5:30 PM – 6:30 PM
\$144.00 / 9 | Drop-in \$18.00 #5898

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.

ADULTS & SENIORS PROGRAMS

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. 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.

Instructor: Daisy Dog Training

WCC | JAN 10 – FEB 14 TU, 7:15 PM – 8:15 PM
\$210.00 / 6 #5660

WCC | FEB 21 – MAR 28 TU, 7:15 PM – 8:15 PM
\$210.00 / 6 #5661

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 | FEB 23 – MAR 30 TH, 8:00 PM – 9:00 PM
\$210.00 / 6 #5663

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 | JAN 10 – FEB 14 TU, 6:00 PM – 7:00 PM
\$210.00 / 6 #5658

WCC | FEB 21 – MAR 28 TU, 6:00 PM – 7:00 PM
\$210.00 / 6 #5659

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 | JAN 12 – FEB 16 TH, 6:45 PM – 7:45 PM
\$60.00 / 6 | Drop-in \$12.00 #5664

WCC | FEB 23 – MAR 30 TH, 6:45 PM – 7:45 PM
\$60.00 / 6 | Drop-in \$12.00 #5666

ADULTS & SENIORS PROGRAMS

EDUCATION

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.

Volunteer: UNA Volunteer

WCC | JAN 12 – MAR 9 TH, 10:00 AM – 11:30 AM
\$27.00 / 9 #5822

English Conversation | Intermediate 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.

Volunteer: Eileen LeGallais

WCC | JAN 10 – MAR 7 T, 10:00 AM – 11:30 AM
\$27.00 / 9 #5825

Volunteers: Alice Bradley and Linda Quiney

WCC | JAN 11 – MAR 8 W, 1:00 PM – 2:30 PM
\$27.00 / 9 #5824

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 based on the interests of the group and may include sensitive subjects.

Volunteer: UNA Volunteer

OBCC | JAN 9 – MAR 6 M, 12:00 PM – 1:30 PM
No class Feb 20
\$24.00 / 8 #5827

OBCC | JAN 13 – MAR 10 F, 10:00 AM – 11:30 AM
\$27.00 / 9 #5828

English Conversation 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.

Volunteer: Titus Yung

WCC | JAN 9 – MAR 6 M, 10:00 AM – 11:30 AM
No class Feb 20
\$24.00 / 8 #5826

English Grammar | Beginner AGES 19+

English grammar can be fun! You will learn basic English grammar in an engaging class where you will practice what you learn.

Volunteer: Angela Kim

WCC | JAN 11 – MAR 8 W, 10:00 AM – 11:30 AM
\$27.00 / 9 #5832



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/programs



SPIN CLASSES

Spin classes take place seven 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 our website to find a time that works best for your schedule.

myuna.ca/programs

SUCCESS: Settlement Services in Korean, Mandarin and English **AGES 19+**

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. Limited drop-in service is available. Booking an appointment is highly recommended. *You must bring your PR card or Confirmation of Permanent Resident to attend the service.

Telephone: 604-408-7274 ext: 2063

Email: isipvancoover@success.bc.ca to make an appointment.

Korean and English

WCC | JAN 9, FEB 13, MAR 13 **M, 9:30 AM – 4:00 PM**
FREE / 3 **#6012**

예약하려면 ISIPVANCOOVER@SUCCESS.BC.CA로 연락하십시오. SUCCESS 정착 서비스는 신규 이민자 혜택, 취업, 영어 학습(LINC), 이민, 시민권, 주택, 세관, 의료 및 건강, 교육, 법률, 가족, 사회 혜택, 교통 및 여행 서류에 대한 무료 일대일 세션을 제공합니다. 이 서비스는 예약제로 운영됩니다. *영주권카드 또는 영주권자 확인서를 지참하셔야 서비스를 받으실 수 있습니다. 전화번호 :604-408-7274

Chinese and English

WCC | JAN 10, FEB 14, MAR 14 **TU, 9:30 AM – 4:00 PM**
FREE / 3 **#6011**

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 社区中心提供预约服务的日期如下：*咨询时，需出示您的永久居民卡或永久居民确认信。

EDUCATION

French Club **AGES 19+**

Come to the Old Barn Living Room for a chance to practice speaking French along with other French language learners. All levels are welcome and we encourage participants to only speak French during the sessions. This is a casual program that will be facilitated by volunteers.

Volunteer: Julie Wang

OBCC | JAN 12 – MAR 30 **TH, 1:30 PM – 2:30 PM**
FREE / 12 **#5823**

French Conversation | Intermediate

AGES 19+

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

Volunteer: Catherine Black

WCC | JAN 9 – MAR 7 **M, 1:00 PM – 2:30 PM**
No class Feb 20
\$24.00 / 8 **#5806**

ADULTS & SENIORS PROGRAMS

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.

Free 免费 Parents Power-Up Sessions 家长加油站 presented in various languages every week.

Organizer/Host 主办: Esaine Mo 巫小姐, VSB Settlement Worker with SWIS Program 温哥华教育局移民安顿工作者
Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 加拿大移民, 难民及公民部拨款出资

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

目的: 给家长提供一个平台互相联系鼓励, 分享资源和知识。

In Cantonese: every 1st Thursday (每月第一个周四广东话)

In Mandarin: every 2nd Thursday (每月第二个周四普通话)

In English every 3rd Thursday (每月第三个周四英语)

Time 时间: 1:00 pm – 2:30 pm.

Registration/Contact 登记和查询: Esaine Mo 巫小姐 at work cell: 778-228-8536 or email: emo@vsb.bc.ca

Location: On Zoom 线上会议 (Drop-In)

Instructor: Esaine Mo (SWIS)

VIRTUAL | JAN 12 – MAR 30
FREE / 12

TH, 1:00 PM – 2:30 PM
#5983

Workshop: Get Informed on Cannabis

AGES 19+

Learning more about the science behind cannabis can help us make educated decisions and have informed conversations with friends and family members. At this workshop, you will learn about recent research on cannabis use and its effects from a scientific perspective. It will feature presentations from UBC researchers and educators who are knowledgeable about cannabis and its impacts on health, with a panel discussion at the end.

Instructor: UBC Faculty

OBCC | FEB 9
FREE / 1

TH, 6:30 PM – 8:00 PM
#6019

MUSIC

Flute AGES 8+

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 | JAN 8 – MAR 12
\$300.00 / 10

SU, 1:00 PM – 4:00 PM
#various

Group Guitar AGES 14+

NEW

Beginner - The beginner class will introduce participants the basics of guitar. Learn chords to start playing songs in a fun group setting! Participants are required to bring their own guitar.

Intermediate - The intermediate class is for those who know a few basic guitar chords and want to continue learning and advancing their skills. Participants will learn new chords and refine their skills through playing in a group setting. Participants are required to bring their own guitar.

Instructor: Matt Stapleton

BEGINNER

WCC | JAN 9 – MAR 6
No class Feb 20
\$160.00 / 8

M, 6:30 PM – 7:30 PM
#5700

INTERMEDIATE

WCC | JAN 9 – MAR 6
No class Feb 20
\$160.00 / 8

M, 7:30 PM – 8:30 PM
#5704

Guitar AGES 8+

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 | JAN 11 – MAR 8
\$270.00 / 9

W, 3:30 PM – 9:00 PM
#various

WCC | JAN 12 – MAR 9
\$270.00 / 9

TH, 3:30 PM – 9:00 PM
#various

Piano AGES 5+

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: Derek Pang

WCC | JAN 9 – MAR 6 **M, 3:30 PM – 8:00 PM**
No class Feb 20
 \$240.00 / 8 #various

WCC | JAN 11 – MAR 8 **W, 3:30 PM – 8:00 PM**
No class Jan 25
 \$240.00 / 8 #various

Instructor: Bassem Ghabrous

WCC | JAN 10 – MAR 7 **TU, 4:00 PM – 9:00 PM**
 \$270.00 / 9 #various

Instructor: Eshantha Peiris

WCC | JAN 14 – MAR 11 **SA, 10:00 AM – 3:30 PM**
No class Jan 28
 \$240.00 / 8 #various

Instructor: Erika Galinskaya

WCC | JAN 8 – MAR 12 **SU, 1:00 PM – 4:15 PM**
No class Feb 12
 \$270.00 / 9 #various

**Violin AGES 5+**

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 | JAN 12 – MAR 9 **TH, 3:30 PM – 7:30 PM**
 \$310.50 / 9 #various

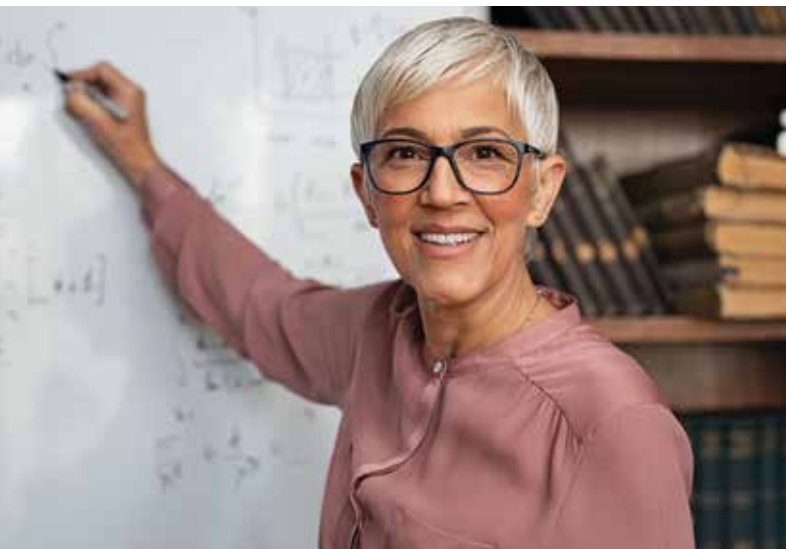
Virtual Violin AGES 5+

This virtual program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher at the comfort from your own home. Learners of all ages with a variety of abilities and goals are welcome. Royal Conservatory of Music examination preparation is also available. Participants must have access to a violin and a computer/laptop for Zoom access. Required books will be recommended for purchase during the first lesson. Learners can book a 30-minute lesson during the time slot of their choice.

Instructor: Andrew Ty

VIRTUAL | JAN 14 – MAR 11 **SA, 6:30 PM – 9:30 PM**
 \$310.50 / 9 #various

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

FITNESS

Ballet Fitness AGES 19+

A fun and engaging program that uses the best of ballet, pilates, stretch and strength for full-body conditioning. Become stronger, more flexible, increase core-strength and improve balance while experiencing movement and dance. Suitable for all fitness levels as well as for rehabilitation, injury prevention and pre-/post-natal fitness. Drop-In available, space permitting

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 W, 8:15 PM – 9:15 PM
\$126.00 / 9 | Drop-in \$15.00 #5815

Barre Pilates AGES 19+

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

Instructor: Abby Zhang

WCC | JAN 12 – MAR 30 TH, 9:30 AM – 10:30 AM
\$168.00 / 12 | Drop-in \$15.00 #5845

WCC | JAN 9 – MAR 27 M, 10:15 AM – 11:15 AM
No class Feb 20
\$154.00 / 11 | Drop-in \$15.00 #5843

BoxerFit by AllCityAthletics AGES 19+

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. Join this high energy conditioning class that combines weights, plyometrics, and core training for a fun and challenging class.

Instructor: All-City Athletics Ltd.

WCC | JAN 12 – MAR 30 TH, 7:45 PM – 8:45 PM
\$300.00 / 12 | Drop-in \$25.00 #5870

WCC | JAN 14 – MAR 25 SA, 1:00 PM – 2:00 PM
\$300.00 / 11 | Drop-in \$25.00 #5889

WCC | JAN 9 – MAR 27 M, 7:45 PM – 8:45 PM
\$300.00 / 12 | Drop-in \$25.00 #5860

Elevate Core AGES 19+

Elevate Core Bootcamp is your fast track class to a core-centered workout combining cardio and strength conditioning all in one. Class variations include drills, strength and conditioning movements, partner work, and a use of varying equipment. This is a great workout for all fitness levels, involving a mix of cardio moves to get your heart rate bumping, and resistance training to sculpt and tone the core and butt. Each round of exercises is finished off with an ab-burner core move; an intense workout to start anyone's week off right and have you feeling great for the rest of the day! Please bring your own yoga mat, towel and water. Shoes or anti-slip socks are also recommended.

Instructor: Hanif Teja

WCC | JAN 11 – MAR 29 W, 8:00 AM – 8:30 AM
\$108.00 / 12 | Drop-in \$10.00 #5864

Express HIIT AGES 19+

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.

Instructor: Hanif Teja

WCC | JAN 9 – MAR 27 M, 6:15 AM – 7:00 AM
No class Feb 20
\$99.00 / 11 | Drop-in \$10.00 #5848

WCC | JAN 10 – MAR 28 T, 12:00 PM – 12:45 PM
\$108.00 / 12 | Drop-in \$10.00 #5863

WCC | JAN 9 – MAR 27 W, 6:15 AM – 7:00 AM
\$99.00 / 11 | Drop-in \$10.00 #6080

WCC | JAN 12 – MAR 30 TH, 12:00 PM – 12:45 PM
\$108.00 / 12 | Drop-in \$10.00 #5869

WCC | JAN 9 – MAR 27 F, 6:15 AM – 7:00 AM
\$99.00 / 11 | Drop-in \$10.00 #6081

Express Spin AGES 19+

A high intensity, full-body class that continues the burn even after class ends. 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 has 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 to match your needs.

Instructor: Hanif Teja

WCC | JAN 13 – MAR 31 F, 12:15 PM – 12:45 PM
\$132.00 / 12 | Drop-in \$11.00 #5840

WCC | JAN 11 – MAR 29 W, 12:00 PM – 12:30 PM
\$132.00 / 12 | Drop-in \$11.00 #5839

WCC | JAN 9 – MAR 27 M, 11:45 AM – 12:15 PM
No class Feb 20
\$121.00 / 11 | Drop-in \$11.00 #5838

Intro to Spin AGES 19+

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!

Instructor: Dani Brbot

WCC | JAN 15 – MAR 26 SU, 8:30 AM – 9:15 AM
\$134.75 / 11 | Drop-in \$13.00 #5841

ADULTS & SENIORS PROGRAMS

FITNESS

Spin AGES 19+



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 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.

Instructor: TBD

WCC | JAN 9 – MAR 27 **M, 7:45 AM – 8:15 AM**
No class Feb 20
\$134.75 / 11 | Drop-in \$13.00 #5833

WCC | JAN 9 – MAR 27 **M, 9:15 AM – 10:00 AM**
No class Feb 20
\$134.75 / 11 | Drop-in \$13.00 #5834

WCC | JAN 10 – MAR 28 **TU, 9:15 AM – 10:00 AM**
\$147.00 / 12 | Drop-in \$13.00 #5835

WCC | JAN 11 – MAR 29 **W, 7:15 AM – 8:00 AM**
\$147.00 / 12 | Drop-in \$13.00 #5836

WCC | JAN 14 – MAR 25 **SA, 9:00 AM – 9:45 AM**
\$134.75 / 11 | Drop-in \$13.00 #5837

SpinPro AGES 19+

SpinPro is for advanced patrons; a high intensity, full-body class that continues the burn even after class is over. Spin incorporates 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. Get your heart rate up and your muscles burning; this class will test your endurance and cardiovascular limits while preparing you for any sort of training scenario!

Instructor: TBD

WCC | JAN 10 – MAR 28 **TU, 8:30 PM – 9:15 PM**
\$147.00 / 12 | Drop-in \$13.00 #5842

Intro to Fitness AGES 19+

Are you new to working-out or worried about doing something wrong to injure yourself? Our Intro to Fitness Series is a five-week long health and wellness journey where you work in small group settings 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!

Instructor: Joani Su

WCC | JAN 16 – FEB 13 **M, 5:30 PM – 6:45 PM**
\$45.00 / 5 | Drop-in \$9.00 #5849

WCC | FEB 27 – MAR 27 **M, 5:30 PM – 6:45 PM**
\$45.00 / 5 | Drop-in \$9.00 #5850

Mobility & Flexibility AGES 19+

A Bootcamp style workout that includes warm ups, cool downs, deep stretch holds, strengthening of joints and muscles, and core work to build strength, improve posture, and increase flexibility. This interval based class is a mix of movements of both moderate and low intensities with a gentle workout through combining bodyweight movements, strength training, and aerobic elements including functional fitness movement. Perfect for all ages and mobility levels.

Instructor: Hanif Teja

WCC | JAN 12 – MAR 30 **TH, 8:15 AM – 9:00 AM**
\$108.00 / 12 | Drop-in \$10.00 #5868

WCC | JAN 10 – MAR 28 **T, 7:00 AM – 7:45 AM**
\$108.00 / 12 | Drop-in \$10.00 #5862

Pilates AGES 19+

Pilates combines small repetitive movements with large range of motion exercises to help elevate the heart rate and increase strength and cardio fitness levels. This fitness class will leave you feeling toned and sculpted. No prior experience to Pilates is necessary, but a willingness to learn and have fun is an absolute must.

Instructor: Abby Zhang

WCC | JAN 10 – MAR 28 T, 8:00 AM – 9:00 AM
\$168.00 / 12 | Drop-in \$15.00 #5844

Women's Only Fitness AGES 19+

Anyone who identifies as a woman is welcome to join in on the fitness fun! You will be lead by a certified female personal trainer who specializes in women's health & fitness. Classes will vary depending on the day, but will target different muscles groups & full body. Classes have the opportunity to utilize body weight, dumbbells, bands, and other fitness equipment. Please bring indoor running shoes, a yoga mat, and lots of water for these classes. Drop-in available, space permitting.

Instructor: Sasha Duncan

WCC | JAN 9 – MAR 23 M, 2:15 PM – 3:15 PM
\$99.00 / 11 | Drop-in \$10.00 #5884

Zumba AGES 19+

This fun and high-energy workout inspired by Latin dance and international beats will keep you energized and moving. Routines are centered around aerobic and fitness interval training combining fast and slow rhythms to tone and sculpt the body. By the end of 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 | JAN 12 – MAR 30 TH, 6:30 PM – 7:30 PM
\$162.00 / 12 | Drop-in \$15.00 #5866

WCC | JAN 14 – MAR 25 SA, 11:30 AM – 12:30 PM
\$148.50 / 11 | Drop-in \$15.00 #5867

WCC | JAN 11 – MAR 29 W, 7:00 PM – 8:00 PM
\$162.00 / 12 | Drop-in \$15.00 #5865

ADULTS & SENIORS PROGRAMS

MARTIAL ARTS

Tai Chi AGES 19+



This class works on Tai Chi foundations. Practice universal stances, forms and movements of Tai Chi. Learn to lead movements through the core of the body, building core and leg stability. This practice builds flexibility, strength, discipline, and concentration. No experience required. Drop in available, space permitting.

Instructor: Patricia Szeto

WCC | JAN 17 – MAR 28 TU, 6:30 PM – 7:30 PM
\$187.00 / 11 | Drop-in \$19.00 #6031

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 class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor.

Instructor: Anthony Evangelista

WCC | JAN 10 – MAR 28 TU, 7:00 PM – 8:30 PM
\$180.00 / 12 #5684

WCC | JAN 12 – MAR 30 TH, 7:00 PM – 8:30 PM
\$180.00 / 12 #5685

Qi Gong AGES 19+



This class includes fitness and stamina training followed by qi gong movements. Practice universal stances, forms and movements from the traditional Shaolin Martial Arts practice. This practice builds flexibility, strength, discipline, and concentration. This practice combines the physical (external) practice with the energetic (internal) practice. No experience required. Drop in available, space permitting.

Instructor: Patricia Szeto

WCC | JAN 17 – MAR 28 TU, 7:30 PM – 8:30 PM
\$187.00 / 11 | Drop-in \$19.00 #6034

ADULTS & SENIORS PROGRAMS

YOGA

Chair Yoga AGES 19+

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. Please bring water, a yoga mat, and stretchy clothes.

Instructor:

WCC | JAN 12 – MAR 23 TH, 12:45 PM – 1:45 PM
\$88.00 / 11 | Drop-in \$8.80 #5886

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, participants will explore restorative yoga poses comprised of reclining postures that are supported by yoga props (such as blankets, bolsters and blocks) to promote deep relaxation, rest and healing. Please bring your own mat to class. Limited mats are available to borrow.

Instructor:

WCC | JAN 15 – MAR 25 SU, 3:30 PM – 4:30 PM
\$143.00 / 11 | Drop-in \$15.00 #5879

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. Space permitting, drop-in available. Note: Please bring your own mat and any other props that you might need. luciyamamoto.com.

Instructor: Luci Yamamoto

WCC | JAN 14 – MAR 25 SA, 10:00 AM – 11:15 AM
\$198.00 / 11 | Drop-in \$20.00 #5888

Restorative Yoga AGES 19+

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

Instructor:

WCC | JAN 11 – MAR 22 W, 8:00 AM – 9:00 AM
\$143.00 / 11 | Drop-in \$15.00 #5880

FREE Sound Healing Meditation AGES 19+

Join Klara in a FREE one time Sound Healing Meditation class in the dance studio. Sound is an excellent way to reach a deep meditative state where the mind and body can heal itself. Be guided through a sound healing meditation adapted to the needs of the participants. Klara 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. Feel free to bring your yoga mat or sit on the chairs provided. Visit klaritywellness.ca for more.

Instructor: Klara De Luz

WCC | JAN 14 SA, 2:15 PM – 3:30 PM
FREE / 1 #6042

Sound Healing Meditation AGES 19+

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. Klara 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. Feel free to bring your yoga mat or sit on the chairs provided. Visit klaritywellness.ca for more.



Instructor: Klara De Luz

WCC | JAN 21 – FEB 18 SA, 2:15 PM – 3:30 PM
\$150.00 / 5 | Drop-in \$31.50 #5890

WCC | FEB 25 – MAR 25 SA, 2:15 PM – 3:30 PM
\$150.00 / 5 | Drop-in \$31.50 #5892

YOGA

Vinyasa 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 | JAN 12 – MAR 30 TH, 10:45 AM – 11:45 AM
\$158.40 / 12 | Drop-in \$14.00 #5885

WCC | JAN 10 – MAR 28 TU, 10:45 AM – 11:45 AM
\$158.40 / 12 | Drop-in \$14.00 #5883

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, beginners 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 | JAN 15 – MAR 26 SU, 4:30 PM – 5:30 PM
\$157.30 / 11 | Drop-in \$16.00 #5893

WCC | JAN 13 – MAR 31 F, 9:00 AM – 10:00 AM
\$171.60 / 12 | Drop-in \$16.00 #5887

SPORTS

Badminton AGES 19+

Enjoy a fun and friendly badminton session. 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 | JAN 9 – MAR 27 M, 8:00 PM – 9:30 PM
No session Feb 20
\$49.50 / 11 | Drop-in \$6.00 #5678

WCC | JAN 10 – MAR 28 TU, 12:00 PM – 1:45 PM
No session Mar 14, Mar 21
\$45.00 / 10 | Drop-in \$6.00 #5679

WCC | JAN 13 – MAR 31 F, 7:45 PM – 9:15 PM
\$54.00 / 12 | Drop-in \$6.00 #5680

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 | JAN 9 – MAR 27 M, 6:00 PM – 7:30 PM
No session Feb 20
\$49.50 / 11 | Drop-in \$6.00 #5681

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

ADULTS & SENIORS PROGRAMS

SPORTS

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 | JAN 9 – MAR 31 **M, 1:45 PM – 3:30 PM**
No sessions Jan 16, Feb 20, Mar 13, Mar 20
\$36.00 / 8 | Drop-in \$6.00 #5689

WCC | JAN 12 – MAR 30 **TH, 12:45 PM – 2:30 PM**
No sessions Mar 16, Mar 23
\$45.00 / 10 | Drop-in \$6.00 #5690

WCC | JAN 13 – MAR 31 **F, 10:30 AM – 12:15 PM**
No session Feb 17, Mar 17
\$45.00 / 10 | Drop-in \$6.00 #5691



DROP-IN TABLE TENNIS AND BADMINTON AT THE OLD BARN

\$5 per group for each 1 hour session. Day-of reservation only.

Call for Availability! (604) 827-4469

Pickleball Lessons | Learn to Play AGES 19+

A comprehensive beginner clinic for both brand new participants and emerging players who want to build confidence in 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 welcome. Emphasis on fun, safety, and a relentlessly positive style of play.

Instructor: Chris Koentges

WCC | JAN 11 – MAR 29 **W, 9:00 AM – 10:30 AM**
No class Mar 15
\$275.00 / 11 | Drop-in \$25.00 #5692

Pickleball Lessons | Intermediate AGES 19+

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.

Instructor: Chris Koentges

WCC | JAN 11 – MAR 29 **W, 10:45 AM – 12:15 PM**
No class Mar 15
\$275.00 / 11 | Drop-in \$25.00 #5693

Pickleball Lessons | Advanced Doubles AGES 19+

Improve skills through advanced fast paced drills and game play with critical feedback. Key Points Include: Lots of foot work (be prepared to sweat), learning to create opportunities with the 3rd shot, putting away all types of balls, around the post shots, setting up the rally for victory, and resetting the rally. Register with your partner to play and drill together with other advanced teams. Players without a partner will be accommodated.

Instructor: Chris Koentges

WCC | JAN 13 – MAR 31 **F, 8:45 AM – 10:15 AM**
No classes Feb 17, Mar 17
\$250.00 / 10 | Drop-in \$25.00 #5695

Pickleball Lessons | Accelerated Development **AGES 19+**

This program is intended for competitive players on the road to 3.5+. 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.

Instructor: Chris Koentges

WCC | JAN 15 – MAR 26 **SU, 10:45 AM – 12:15 PM**
\$275.00 / 11 | Drop-in \$25.00 #5696

Pickleball Masterclasses **AGES 19+**

Join a series of masterclasses to learn from those who have left historic marks on Pickleball—and those now pushing the game in exciting new directions. Each session begins in the classroom with a spirited discussion about the games most controversial tactics and strategies, before putting theory into practice on the court with two coaches. Players are encouraged to sign up with a partner.

Preview of Masterclass themes:

The Erne: Learn the game's most dramatic shot, its curious history—and how to set up other attacks—from the Seattle player who pioneered these tactics in the early 1980s.

High Level Mixed Doubles: Learn how modern mixed doubles REALLY works from one of the most successful women in the history of Canadian pickleball.

The Chainsaw Serve: Learn the dark art of “chainsaw” and “one-handed spin” serves—and the serving styles that will come next—from a master of the craft.

Data-Driven Pickleball: Which statistics are useful in Pickleball? How do we synthesize this data to gain little edges in our own style of play?

Instructor: Chris Koentges

WCC | JAN 8, FEB 5, MAR 5, APR 2 SU, 4:30 PM – 7:45 PM
\$85.00 per session #various

Table Tennis **AGES 19+**

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

WCC | JAN 10 – MAR 28 **TU, 2:15 PM – 3:45 PM**
No session Mar 14, Mar 21
\$25.00 / 10 | Drop-in \$3.50 #5701

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

WCC | JAN 13 – MAR 31 **F, 2:30 PM – 3:30 PM**
No session Feb 17, Mar 17, Mar 24
\$9.00 / 9 | Drop-in \$2.00 #5702

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 | JAN 11 – MAR 29 **W, 7:45 PM – 9:30 PM**
\$54.00 / 12 | Drop-in \$6.00 #5703

Walking Soccer **AGES 40+**

Wish you could play soccer like you used to, but age has caught up? Now you can but at a slower pace! This game is popular in the UK among older populations. Anything other than a walk will trigger a penalty and the other team will be awarded the ball. No physical contact allowed. All men and women 40+ are welcome, both men and women. Bring gym appropriate shoes. Registration required.

Instructor: UNA Volunteer

WCC | JAN 13 – MAR 31 **F, 1:00 PM – 2:30 PM**
No classes Feb 17, Mar 17
FREE / 10 #5876

ADULTS & SENIORS
PROGRAMS

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

SOCIAL

Bridge AGES 19+

Come and join our friendly group of bridge regulars every Tuesday morning! This free drop-in is intended for players with a strong knowledge of the game. Registration is not required.

Volunteer: John Maunsell

WCC | JAN 10 – MAR 8
FREE / 9

TU, 10:00 AM – 12:30 PM
#5871



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 is required for this free program.

Feb 5: *The elegance of the hedgehog* by Muriel Barbery
Mar 5: *Permanent astonishment* by Tomson Highway
Apr 2: *The girl with six names* by Hyeonseo Lee

Volunteer: UNA Volunteer

WCC | FEB 5 – APR 2
FREE / 3

SU, 10:00 AM – 12:00 PM
#5916

Community Lunch and Learn AGES 19+

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

Instructor: UNA Staff

WCC | JAN 24
FREE / 1

TU, 12:00 PM – 1:30 PM
#5927

WCC | FEB 28
FREE / 1

TU, 12:00 PM – 1:30 PM
#5928

Let's Cook Club

ALL AGES

Share your favourite recipes with your neighbours! Join us for a cooking workshop followed by a community potluck. Please bring a dish to share, homemade or otherwise. One dish per family, to serve 4-6 people. Please register all family members (even children).

Volunteer: Bianca Dong

WCC | JAN 31
FREE / 1

TU, 6:00 PM – 8:00 PM
#6022

WCC | FEB 28
FREE / 1

TU, 6:00 PM – 8:00 PM
#6024

WCC | MAR 28
FREE / 1

TU, 6:00 PM – 8:00 PM
#6025



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/programs

SOCIAL

Mahjong AGES 55+

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

Volunteer: Nils Bradley

WCC | JAN 9 – MAR 6 **M, 1:00 PM – 3:00 PM**
No class Feb 20
FREE / 8 #5861

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!

Volunteers: Sandy Zhao and Rachel Wang

WCC | JAN 11 – MAR 9 **W, 10:00 AM – 11:30 AM**
FREE / 9 #6018

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 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.

Volunteer: Corazon Orata

WCC | JAN 8 – MAR 26 **SU, 1:00 PM – 3:00 PM**
FREE / 12 #5873



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 into any of the sessions.

Volunteer: Helen Aqua

WCC | JAN 9 – MAR 26 **M, 10:00 AM – 11:30 AM**
No walk Feb 20
FREE / 11 #6021

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.

Volunteer: Alice Bradley

OBCC | JAN 10 – MAR 7 **TU, 12:00 PM – 1:30 PM**
FREE / 9 #6020

LIVE WELL, STAY STRONG SENIORS 55+

DANCE

Chinese Senior's Dance AGES 55+



Gym space is available for Chinese seniors to practice traditional dance. All seniors are welcome to join them.

Instructor: UNA Volunteer

WCC | JAN 9 – MAR 7 M, 11:30 AM – 1:00 PM
No class Feb 20
FREE / 8 #5877

Dance for Seniors AGES 55+



Explore different forms of dance, from contemporary to Jazz to ballet and waltz. Have fun, socialize and move in different ways to a variety of music. Move to feel good!

Instructor:

WCC | JAN 9 – FEB 13 M, 2:15 PM – 3:15 PM
FREE / 6 #6060

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 Staff

WCC | JAN 21 SA, 7:00 PM – 8:30 PM
FREE / 1 #5852

WCC | FEB 18 SA, 7:00 PM – 8:30 PM
FREE / 1 #5858

WCC | MAR 18 SA, 7:00 PM – 8:30 PM
FREE / 1 #5859

THIS WINTER, WE ARE PLEASED TO CONTINUE THE LIVE WELL, STAY STRONG PROJECT FOR 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.

EDUCATION

Community Digital Support AGES 55+

Catherine and her team of volunteers are available to provide one-on-one computer support in-person. Drop-in to get help using your smart phone, tablet, or laptop. Services available in English, Mandarin and Cantonese.

Instructor: Catherine Huang

WCC | JAN 14 – MAR 25 SA, 10:00 AM – 12:00 PM
FREE / 11 #5810

English ABCs for Seniors AGES 55+

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 | JAN 15 – MAR 5 SU, 10:00 AM – 11:30 AM
FREE / 8 #5875

Seniors Tech-Savvy Wednesdays AGES 55+

Got tough tech questions? We have the answers! This series of digital literacy workshops for older adults will focus on practical tips based on the needs of the group. Potential topics include: how to set up and access email, how to export images from your phone, how to navigate Facebook and Zoom. Please bring your own devices (laptop, tablet phone).

Instructor: Catherine Huang

WCC | JAN 11 – MAR 8 W, 4:00 PM – 5:00 PM
FREE / 9 #5874

FITNESS

Seniors' Gym AGES 55+

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

Instructor: UNA Volunteer

WCC | JAN 9 – MAR 27 M, 11:30 AM – 1:00 PM
No classes Jan 16, Feb 20, Mar 13
FREE / 9 #6017

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 taught through ZOOM.

Instructor: Joyce Ma

VIRTUAL | JAN 16 – MAR 7 M, 10:00 AM – 11:00 AM
No class Feb 20
FREE / 7 #5682

AquaFit | West Hampstead AGES 19+

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 ARE OFFERED AT WEST HAMPSTEAD IN THEIR POOL FACILITY, IF YOU ARE NOT A PART OF WEST HAMPSTEAD STRATA, PLEASE DO NOT SIGN UP FOR THIS CLASS****

Instructor: Hanif Teja

W HAMPSTEAD | JAN 10 – MAR 28 TU, 1:00 PM – 1:50 PM
\$60.00 / 12 #5856

W HAMPSTEAD | JAN 12 – MAR 30 1:00 PM – 1:50 PM
\$60.00 / 12 #5857

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

FAMILY DAY

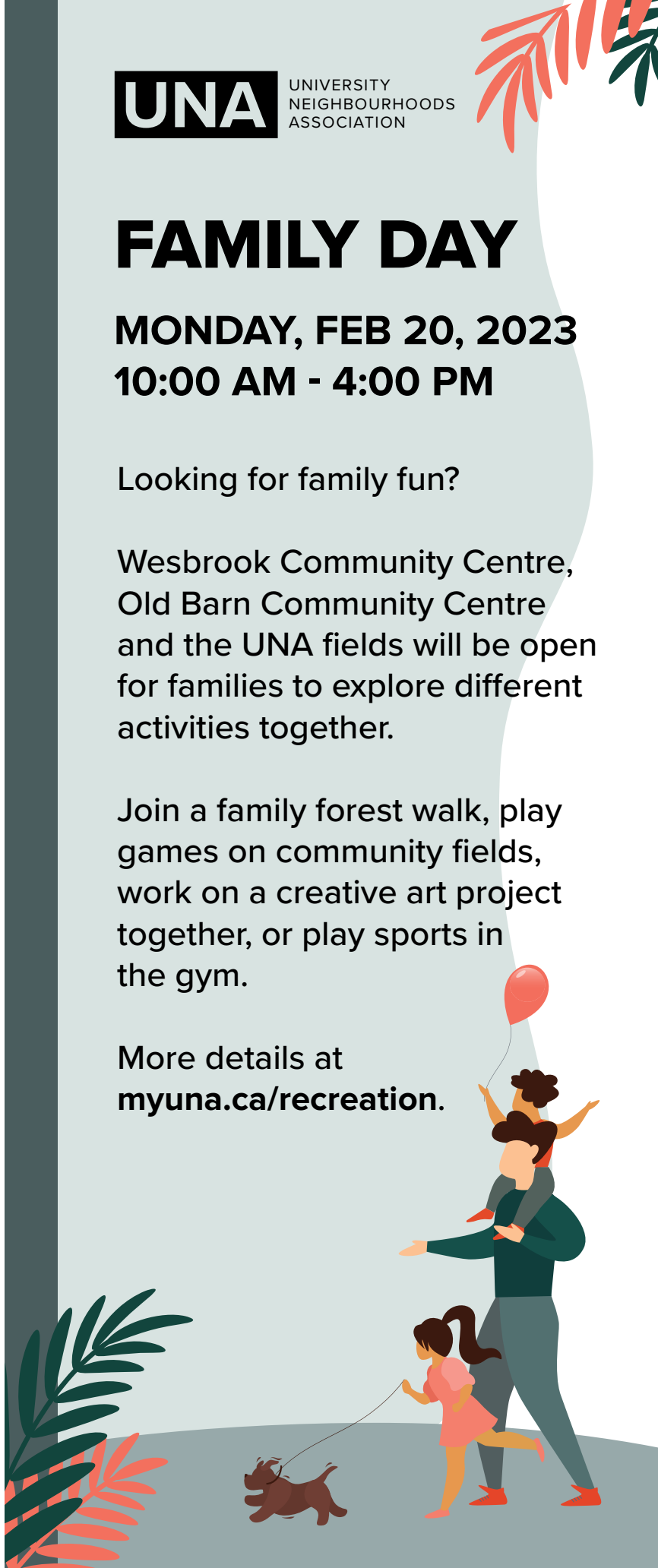
MONDAY, FEB 20, 2023
10:00 AM - 4:00 PM

Looking for family fun?

Wesbrook Community Centre,
Old Barn Community Centre
and the UNA fields will be open
for families to explore different
activities together.

Join a family forest walk, play
games on community fields,
work on a creative art project
together, or play sports in
the gym.

More details at
myuna.ca/recreation.



FITNESS

Osteofit | Virtual AGES 55+



Participate in Osteofit from home! Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment will be provided, pickup date and time will be announced closer to the start date. Space and equipment requirements:
-A device with camera that connects to the internet (iPad, laptop) with the Zoom application downloaded. **FOR SAFETY, YOU MUST HAVE YOUR CAMERA ON**

Instructor: Leah Erikson

VIRTUAL | JAN 10 – MAR 28
\$96.00 / 12 | Drop-in \$8.80

TU, TBD
#5854

Osteofit | West Hampstead 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 not provided for remote or virtual sessions.

PLEASE NOTE: this offering of Osteofit is at West Hampstead. If you are looking for Osteofit offerings at Wesbrook community centre, please sign up for our other offerings.

Instructor: Leah Erikson

W HAMPSTEAD | JAN 9 – MAR 26 M, 3:00 PM – 4:00 PM
\$60.00 / 12 #5851

SOCIAL

Saturday Afternoon Tea with a Guest Speaker AGES 55+

Sign up for afternoon tea in our spacious ground-floor social room overlooking the park. A guest speaker will lead a casual discussion on various topics. Registration required.

Instructor: UNA Staff

ENGLISH
WCC | JAN 21
FREE / 1

SA, 1:00 PM – 3:00 PM
#6040

WCC | FEB 11
FREE / 1

SA, 1:00 PM – 3:00 PM
#5846

WCC | MAR 11
FREE / 1

SA, 1:00 PM – 3:00 PM
#5847

MANDARIN
WCC | JAN 21
FREE / 1

SA, 3:00 PM – 5:00 PM
#6041

WCC | FEB 11
FREE / 1

SA, 3:00 PM – 5:00 PM
#6038

WCC | MAR 11
FREE / 1

SA, 3:00 PM – 5:00 PM
#6039

Seniors' Well-being Studio 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.

Instructor: UNA Staff

WCC | JAN 12 – MAR 10
FREE / 9

TH, 1:30 PM – 3:00 PM
#6027

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

WEAVING WELLNESS

A MENTAL HEALTH INITIATIVE

Looking after your wellbeing is more important than ever. **Weaving Wellness** is a new UNA initiative that aims to make mental health resources more accessible to the community.

Participate in art expression, relaxation and education workshops.

Full details at myuna.ca/weaving-wellness



FITNESS, YOGA & SPORTS CALENDARS

For program details please visit
myuna.ca/programs

FITNESS & YOGA AT WCC (no classes on Feb 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM – 7:00 AM Express HIIT	7:00 AM – 7:45 AM Mobility & Flexibility	7:15 AM – 8:00 AM Spin	8:15 AM – 9:00 AM Mobility & Flexibility	9:00 AM – 10:00 AM Range of Movement	9:00 AM – 9:45 AM Spin	8:30 AM – 9:15 AM Intro to Spin
7:45 AM – 8:15 AM Spin	8:00 AM – 9:00 AM Pilates	8:00 AM – 9:00 AM Restorative Yoga	9:30 AM – 10:30 AM Barre Pilates	9:15 AM – 10:15 AM Yoga in Mandarin	10:00 AM – 11:15 AM Iyengar Yoga with Luci	3:30 PM – 4:30 PM Gentle & Restorative Yoga
9:15 AM – 10:00 AM Spin	9:15 AM – 10:00 AM Spin	8:00 AM – 8:30 AM Elevate Core	10:45 AM – 11:45 AM Vinyasa Yoga	11:00 AM – 12:00 PM Fit Together	11:30 AM – 12:30 PM Zumba	4:30 PM – 5:30 PM Yoga in Mandarin
10:15 AM – 11:15 AM Barre Pilates	10:45 AM – 11:45 AM Vinyasa Yoga	12:00 PM – 12:30 PM Express Spin	12:00 PM – 12:30 PM Express HIIT	12:15 PM – 12:45 PM Express Spin	1:00 PM – 2:00 PM BoxerFit	
11:45 AM – 12:15 PM Express Spin	12:00 PM – 12:30 PM Express HIIT	1:30 – 2:30 PM Virtual Osteofit	12:45 PM – 1:45 PM Chair Yoga		2:15 PM – 3:30 PM Sound Healing Meditation	
2:15 PM – 3:15 PM Women's Only Fitness	6:30 PM – 7:30 PM Tai Chi	7:00 PM – 8:00 PM Zumba	6:30 PM – 7:30 PM Zumba		4:00 PM – 5:00 PM Family Dance Fitness	
7:45 PM – 8:45 PM Boxer Fit	7:30 PM – 8:30 PM Qi Gong	8:15 PM – 9:15 PM Ballet Fitness	7:45 PM – 8:45 PM Boxer Fit			
	8:30 PM – 9:30 PM SpinPro					

SEASON REGISTRATION AND DROP IN
AVAILABLE (SPACE PERMITTING), SEE
DROP IN PROCEDURES ON PAGE 3.

SPORTS AT WCC (no sessions on Jan 28 or Feb 20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:45 PM – 3:30 PM Pickleball 19+ (no sessions Jan 16, Mar 13, Mar 20)	12:00 PM – 1:45 PM Badminton 19+ (no sessions Mar 14, Mar 21)	5:30 PM – 7:30 PM Youth Basketball Ages 13-18	12:45 PM – 2:30 PM Pickleball 19+ (no sessions Mar 16, Mar 23)	10:30 AM – 12:15 PM Pickleball 19+ (no session Mar 17, Mar 24)	9:00 AM – 10:30 AM Family Badminton All Ages	9:00 AM – 10:30 AM Family Badminton All Ages
6:00 PM – 7:30 PM Basketball 19+	2:15 PM – 3:45 PM Table Tennis 19+ (no sessions Mar 14, Mar 21)	7:45 PM – 9:30 PM Volleyball 19+		1:00 PM – 2:30 PM Walking soccer Ages 40+	4:00 PM – 5:30 PM Youth Open Gym Ages 13-18	4:00 PM – 5:30 PM Youth Badminton Ages 12-18
8:00 PM – 9:30 PM Badminton 19+				2:30 PM – 3:20 PM Table Tennis for Seniors 55+ (no sessions Mar 17, Mar 24)	5:30 PM – 7:30 PM Youth Table Tennis Ages 13-18	6:00 PM – 7:30 PM Family Pickleball All Ages (no sessions Feb 5, Mar 5)
				7:45 PM – 9:15 PM Badminton 19+		



LIVE WELL STAY STRONG

FOR SENIORS 55+

Each week there is something new to explore at Wesbrook 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 **December 5!**

For more details or to register, visit 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!

INDEX & SCHEDULE

COMMUNITY EVENTS – PAGE 8

5714	Family Movie Night	All ages	Sat	Jan 21	6:00 PM	OBCC	家庭电影之夜	
5640	Lunar New Year	All ages	Sat	Jan 28	1:00 PM	WCC	兔年社区新春联欢	
5913/15	Re-Creation: Community Art	Ages 6+	Sun	Feb 5	2:00 PM	WCC	社区艺术项目	
5655	Family Day	All ages	Mon	Feb 20	10:00 AM	WCC/OBCC	“家庭日”庆祝	
5781	Family Day EcoWalk	All ages	Mon	Feb 20	10:00 AM	WCC	“家庭日”庆祝 – 森林探知	
6023	Open Mic in the Living Room	All ages	Fri	Feb 24	6:00 PM	OBCC	社区即兴表演	NEW
6026	Play in the Rain Festival	All ages	Sat	Mar 18	2:00 PM	WCC	雨中游戏	NEW
	Pop-up: Stargazing	All ages	Date TBD			Farm	在Farm看星星	
	Pop-up: Busking	All ages	Date TBD				街头艺术表演	NEW
	Pop-up: Field Games	All ages	Date TBD				球场活动	NEW

FAMILY PROGRAMS – PAGE 10

6049	Family Pickleball: Learn	Ages 12-18	Sun	Jan 8	2:15 PM	WCC	家庭匹克球	NEW
5793	Family Badminton Drop In	All ages	Sun/Sat	Jan 7	9:00 AM	WCC	家庭羽毛球	
5794	Family Pickleball Drop In	All ages	Sun	Jan 15	6:00 PM	WCC	家庭匹克球练习时间	NEW
6046	Family Dance Fitness Drop in	Ages 5+	Sat	Jan 14	4:00 PM	WCC	家庭快乐健身	NEW
5872	Fit Together	Ages 19+	Fri	Jan 13	11:00 AM	WCC	亲子健身训练	

CAMPS – PAGE 11

5676	Sportball: Pro-D Day	Ages 6-10	Mon	Jan 16	9:00 AM	WCC	Pro-D球类营	
5677	Sportball: Pro-D Day	Ages 6-10	Fri	Feb 17	9:00 AM	WCC	Pro-D球类营	
5694	Multi-Sport Camp	Ages 6-10	Mon-Fri	Mar 13	9:00 AM	WCC	多种球类夏令营	
5772	Encanto Mini Movers Dance	Ages 3-5	Mon-Fri	Mar 13	9:15 AM	WCC	舞蹈春令营	NEW
5769	Hip Hop Breakers Camp	Ages 4-6	Mon-Fri	Mar 13	10:45 AM	WCC	嘻哈霹雳舞夏令营	
5768	Frozen Ballet Camp	Ages 3-5	Mon-Fri	Mar 13	12:30 PM	WCC	芭蕾夏令营	
5775	Frozen Ballet Camp	Ages 4-6	Mon-Fri	Mar 13	2:00 PM	WCC	芭蕾夏令营	
5767	Crossmaneuver Perform Arts	Ages 3-5	Mon-Fri	Mar 20	10:00 AM	OBCC	艺术夏令营	
5770	Crossmaneuver Perform Arts	Ages 5-7	Mon-Fri	Mar 20	1:00 PM	OBCC	艺术夏令营	
5771	Crossmaneuver Perform Arts	Ages 7-13	Mon-Fri	Mar 13	9:00 AM	OBCC	艺术夏令营	
5766	K-Pop/Hip-Hop Dance Camp	Ages 6-12	Mon-Fri	Mar 20	9:00 AM	WCC	韩式嘻哈舞夏令营	
5776	Young Moviemakers Camp	Ages 8-14	Mon-Fri	Mar 20	9:00 AM	WCC	电影制作夏令营	
5653	Spring Break Adventures	Ages 5-12	Mon-Fri	Mar 20	9:00 AM	WCC	春令营	
5652	Spring Break Adventures	Ages 5-12	Mon-Fri	Mar 13	9:00 AM	WCC	春令营	

ACTIVE KIDS – PAGE 14

5762	Active Kids: Multi-Sport Play	Ages 1-3	Mon	Jan 23	9:30 AM	WCC	多项球类和游戏	
5763	Active Kids: Multi-Spt. Phys Lit.	Ages 3-5	Mon	Jan 23	10:15 AM	WCC	少儿球类和健体运动	
5764	Active Kids: Soccer	Ages 3-5	Mon	Jan 16	4:00 PM	WCC	足球	
5761	Active Kids: Soccer	Ages 6-9	Mon	Jan 16	4:45 PM	WCC	足球	
5759	Active Kids: Basketball	Ages 8-12	Sat	Jan 21	12:00 PM	WCC	篮球	
5760	Active Kids: Basketball	Ages 12-16	Thu	Jan 19	4:00 PM	WCC	篮球	
5758	Active Kids: Basketball	Ages 8-12	Thu	Jan 19	4:00 PM	WCC	篮球	
5757	Active Kids: Basketball	Ages 8-12	Tue	Jan 17	4:00 PM	WCC	篮球	

EARLY YEARS – PAGE 16

5905	Parents & Tot Hip-Hop	Ages 2-5	Sat	Jan 14	10:30 AM	WCC	亲子嘻哈舞	
5910	Parents & Tot: Tumble, Flex	Ages 2-5	Sat	Jan 14	9:30 AM	WCC	亲子舞蹈	NEW
5817	Preschool Ballet	Ages 3-5	Wed	Jan 11	3:30 PM	WCC	学前芭蕾	
5807	Preschool Ballet	Ages 3-5	Sun	Jan 8	11:25 AM	WCC	学前芭蕾	

EARLY YEARS (CONTINUED) – PAGE 16

5808	Preschool Dance	Ages 2-4	Mon	Jan 9	3:30 PM	WCC	学前舞蹈
5809	Preschool Dance	Ages 3-5	Sun	Jan 8	9:30 AM	WCC	学前舞蹈
5902	Music Together	Ages 0-5	Tue	Jan 10	10:30 AM	OBCC	一起音乐
5903	Music Together	Ages 0-5	Tue	Jan 10	9:30 AM	OBCC	一起音乐
5798	Crafts with Ruta	Ages 2-5	Fri	Jan 13	9:45 AM	WCC	和Ruta一起做手工
5799	Crafts with Ruta	Ages 2-5	Fri	Jan 13	10:45 AM	WCC	和Ruta一起做手工
5725	Science for Kids	Ages 3-6	Thu	Jan 12	4:00 PM	WCC	少年科学
5699	Sportball: Floor Hockey	Ages 4-6	Wed	Jan 18	3:45 PM	WCC	少儿曲棍球
6029	Kids on Wheels: Parent Tot	Ages 2-3	Sat	Jan 21	10:00 AM	OBCC	幼儿学骑车
6061	Parent and Tot Gym Drop In	Ages 0-5	Tue/Thu	Jan 10	10:00 AM	WCC	亲子活动时间
6033	Kids on Wheels: Preschool	Ages 3-5	Sat	Jan 21	11:00 AM	OBCC	
6030	Storytime at the Old Barn	All ages	Thu	Jan 12	11:00 AM	OBCC	少儿故事会

CHILDREN – PAGE 20

5821	Ballet Level 1	Ages 6-8	Wed	Jan 11	4:30 PM	WCC	芭蕾一级
5820	Ballet Level 1	Ages 6-8	Sun	Jan 8	1:20 PM	WCC	芭蕾一级
5811	Ballet Level 2	Ages 7-10	Wed	Jan 11	5:45 PM	WCC	芭蕾二级
5818	Ballet Level 3	Ages 10-13	Sun	Jan 8	2:25 PM	WCC	芭蕾三级
5891	Contemporary Jazz Level 1	Ages 7-10	Sun	Jan 8	12:15 PM	WCC	当代爵士乐一级
5819	Contemporary Jazz Level 2	Ages 10-14	Mon	Jan 9	6:30 PM	WCC	现代爵士舞二级
5813	Dance Foundations	Ages 4-6	Mon	Jan 9	4:20 PM	WCC	舞蹈基础
5816	Dance Foundations	Ages 4-6	Sun	Jan 8	10:20 AM	WCC	舞蹈基础
5896	Hip-Hop	Ages 4-7	Thu	Jan 12	3:30 PM	WCC	嘻哈舞
5897	Hip-Hop	Ages 7-12	Thu	Jan 12	4:15 PM	WCC	嘻哈舞 NEW
5906	K-Pop Hip-Hop	Ages 6-10	Tue	Jan 10	3:30 PM	WCC	韩式嘻哈
5907	K-Pop Hip-Hop	Ages 6-10	Sat	Jan 14	11:15 AM	WCC	韩式嘻哈
5786	Young Moviemakers	Ages 8-14	Fri	Jan 13	4:00 PM	WCC	"电影制作夏令营"
5814	Musical Theatre Level 1	Ages 7-11	Mon	Jan 9	5:25 PM	WCC	音乐剧场
5895	Musical Theatre Level 2	Ages 7-11	Wed	Jan 11	6:50 PM	WCC	音乐剧场
5747	Pre-Teen Slam Poetry	Ages 9-12	Thu	Jan 12	5:00 PM	WCC	少年诗歌汇
5914	Creative Arts	Ages 6-9	Mon	Jan 9	3:30 PM	WCC	创意艺术课
5912	Creative Arts	Ages 9-12	Mon	Jan 9	5:00 PM	WCC	创意艺术课
5918	Manga Art	Ages 6-9	Thu	Jan 12	3:30 PM	WCC	漫画课 NEW
5917	Manga Art	Ages 9-14	Thu	Jan 12	4:45 PM	WCC	漫画课 NEW
5746	Gym Drop-in Pre-teen	Ages 9-12	Wed	Jan 11	5:30 PM	WCC	少年球类活动时间
5667	Red Cross Babysitting	Ages 11-14	Sat	Mar 4	9:00 AM	WCC	红十字会儿童看护课程
5712	English Read Write Gr 1-2	Ages 6-8	Mon	Jan 9	6:30 PM	WCC	英语阅读和写作
5713	English Read Write Gr 3-4	Ages 8-10	Mon	Jan 9	7:30 PM	WCC	英语阅读和写作
5715	French for Kids Beginner	Ages 6-9	Wed	Jan 11	4:15 PM	WCC	儿童法语初级
5716	French for Kids Intermediate	Ages 8-12	Wed	Jan 11	5:30 PM	WCC	儿童法语中级
5717	Mastering Mandarin Level 1	Ages 5-12	Sat	Jan 14	10:30 AM	WCC	汉语学习-初级
5718	Mastering Mandarin Level 2	Ages 5-12	Sat	Jan 14	12:00 PM	WCC	汉语学习-初级
5719	Mastering Mandarin Level 3	Ages 5-12	Sat	Jan 14	1:30 PM	WCC	汉语学习-中级
5720	Math-4-Kids Gr 3-4	Ages 8-10	Mon	Jan 9	3:30 PM	WCC	趣味数学
5721	Math-4-Kids Gr 5-7	Ages 10-12	Mon	Jan 9	4:45 PM	WCC	趣味数学
5724	Science for Kids	Ages 7-11	Thu	Jan 12	5:00 PM	WCC	儿童科学
5899	Minecraft Coders	Ages 7-10	Thu	Jan 12	6:15 PM	WCC	儿童Minecraft编程课 NEW

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CHILDREN (CONTINUED) – PAGE 20

5726	Badminton	Ages 8-10	Fri	Jan 13	4:00 PM	WCC	羽毛球	
5727	Badminton	Ages 11-16	Fri	Jan 13	5:00 PM	WCC	羽毛球	
5698	Sportball: Floor Hockey	Ages 6-9	Wed	Jan 18	4:30 PM	WCC	少儿曲棍球	
5789	Kyokushin Karate Beg. Kids	Ages 6-9	Thu	Jan 12	6:00 PM	WCC	极真空手道-儿童初级	
5787	Kyokushin Karate Beg. Kids	Ages 6-9	Tue	Jan 10	6:00 PM	WCC	极真空手道-儿童初级	
5790	Kyokushin Karate Kids	Ages 6-12	Thu	Jan 12	7:00 PM	WCC	极真空手道	
5788	Kyokushin Karate Kids	Ages 6-12	Tue	Jan 10	7:00 PM	WCC	极真空手道	
5782	Tae Kwon Do Beginner Kids	Ages 4-12	Sun	Jan 8	1:00 PM	WCC	初学者跆拳道	
5783	Tae Kwon Do Inter. Kids	Ages 4-12	Sun	Jan 8	1:00 PM	WCC	中级跆拳道	
5773	Volleyball BC: Train and Play	Ages 12-13	Sat	Jan 14	2:00 PM	WCC	排球: 培训和练习	
5934	4-H Club	Ages 9-19	Fri	Jan 13	6:30 PM	WCC	4-H俱乐部	
5748	Pre-teen Leadership	Ages 9-12	Mon	Jan 9	4:00 PM	WCC	少年领导力	
6032	Girl Guides Grades 4-6	Ages 9-11	Thu	Jan 12	5:30 PM	OBCC	女童军	
Various	Flute Sunday	Ages 8+	Sun	Jan 8	1:00 PM	WCC	长笛	
Various	Guitar Thursday	Ages 8+	Thu	Jan 19	3:30 PM	WCC	吉他	
Various	Guitar Wednesday	Ages 8+	Wed	Jan 11	3:30 PM	WCC	吉他	
Various	Piano Monday	Ages 5+	Mon	Jan 9	3:30 PM	WCC	钢琴	
Various	Piano Wednesday	Ages 5+	Wed	Jan 11	3:30 PM	WCC	钢琴	
Various	Piano Tuesday	Ages 5+	Tue	Jan 10	4:00 PM	WCC	钢琴	
Various	Piano Saturday	Ages 5+	Sat	Jan 21	9:00 AM	WCC	钢琴	
Various	Piano Sunday	Ages 5+	Sun	Jan 8	1:00 PM	WCC	钢琴	
Various	Violin Thursday	Ages 5+	Thu	Jan 12	3:30 PM	WCC	小提琴	
Various	Virtual Violin Saturday	Ages 5+	Sat	Jan 14	6:30 PM	Virtual	小提琴线上课程	NEW
5700	Group Guitar Beginner	Ages 14+	Mon	Jan 9	6:30 PM	WCC	吉他小班课-初级	NEW
5704	Group Guitar Intermediate	Ages 14+	Mon	Jan 9	7:30 PM	WCC	吉他小班课 - 中级	NEW

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5911	K-Pop Hip-Hop	Ages 11-16	Sat	Jan 14	12:15 PM	WCC	韩式嘻哈	
5904	K-Pop Hip-Hop	Ages 11-16	Tue	Jan 10	4:30 PM	WCC	韩式嘻哈	
5742	Arts for the Earth	Ages 11-18	Mon	Jan 9	4:45 PM	WCC	艺术与大地	
5901	Drawing & Painting	Ages 11-19	Wed	Jan 11	3:30 PM	WCC	绘画课	
5739	Basketball Drop-in Youth	Ages 13-18	Wed	Jan 11	5:30 PM	WCC	篮球时间	
5797	Drop-in Badminton Youth	Ages 12-18	Sun	Jan 8	4:00 PM	WCC	高中生羽毛球练习时间	
5744	Gym Drop-in Youth	Ages 13-18	Sat	Jan 14	4:00 PM	WCC	高中生球类活动时间	
5730	Table Tennis Drop-in Youth	Ages 13-18	Sat	Jan 14	5:30 PM	WCC	高中生乒乓球练习时间	
5740	Youth Social Drop-in	Ages 13-18	Wed	Jan 11	3:30 PM	WCC	青年社交聚会	
5729	Youth Social Drop-in	Ages 13-18	Thu	Jan 12	4:30 PM	WCC	青年社交聚会	
5737	Youth Social Drop-in	Ages 13-18	M/W/F	Jan 9	11:30 AM	WCC	青年社交聚会	
5743	Peer Tutoring	Ages 9-17	Sun	Jan 15	10:00 AM	OBCC	家庭作业辅导项目	
5733	Peer Tutoring	Ages 9-17	Tue	Jan 10	4:00 PM	WCC	家庭作业辅导项目	
5735	Introduction to Coding	Ages 12-17	Sun	Jan 15	11:00 AM	WCC	电脑编程俱乐部	
5731	French Conv./Parler En Franç.	Ages 13-18	Thu	Jan 12	4:15 PM	WCC	高中生法语会话俱乐部	
5732	Toastmasters Youth Program	Ages 12-18	Wed	Jan 11	6:30 PM	WCC	高中生演讲俱乐部	
5728	Teens Advanced Badminton	Ages 13-18	Fri	Jan 13	6:00 PM	WCC	高中生羽毛球高级	
5792	Kyokushin Karate Youth	Ages 13-18	Thu	Jan 12	7:00 PM	WCC	极真空手道	
5791	Kyokushin Karate Youth	Ages 13-18	Tue	Jan 10	7:00 PM	WCC	极真空手道	

YOUTH (CONTINUED) – PAGE 30

5778	Tae Kwon Do Begin Youth	Ages 13-18	Sun	Jan 8	1:00 PM	WCC	极真空手道
5777	Tae Kwon Do Interm. Youth	Ages 13-18	Sun	Jan 8	1:00 PM	WCC	极真空手道
5774	Volleyball BC: Train and Play	Ages 14-15	Sat	Jan 14	2:00 PM	WCC	排球: 培训和练习
5745	Climate Action Club	Ages 13-18	Tue	Jan 10	3:30 PM	WCC	气候变化行动组
5736	Rubik's Cube Club	Ages 12-17	Thu	Jan 12	3:30 PM	WCC	魔方俱乐部
5734	UNA Youth Orchestra	Ages 13+	Sun	Jan 15	2:00 PM	OBCC	高中生管弦乐团
5741	Youth Art Engage. Committee	Ages 13-18	Mon	Jan 9	5:30 PM	WCC	青年艺术会
5752	Youth Leadership 2	Ages 13-18	Fri	Jan 13	3:30 PM	WCC	青年领导力

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5780	Chinese Folk Dance	Ages 19+	Mon	Jan 9	12:30 PM	WCC	中国民族舞蹈
5779	Chinese Folk Dance	Ages 19+	Wed	Jan 11	12:30 PM	WCC	中国民族舞蹈
5785	Dance Fusion	Ages 19+	Fri	Jan 13	1:00 PM	WCC	舞蹈融合
5784	Dance Fusion	Ages 19+	Fri	Jan 13	6:45 PM	WCC	舞蹈融合
5898	Street Jazz	Ages 16+	Thu	Jan 12	5:30 PM	WCC	爵士街舞 NEW
6014	Art Workshop	Ages 19+	Sun	Jan 22	2:00 PM	WCC	老人艺术活动
6015	Weaving Wellness: Clay Art	Ages 19+	Wed	Mar 1	6:30 PM	WCC	陶艺课 NEW
5660	Good - Great: Dog Manners 1	Ages 19+	Tue	Jan 9	7:15 PM	WCC	成年狗基本训练
5661	Good - Great: Dog Manners 1	Ages 19+	Tue	Feb 21	7:15 PM	WCC	成年狗基本训练
5663	Good - Great: Dog Manners 2	Ages 19+	Thu	Feb 23	8:00 PM	WCC	成年狗基本训练
5658	Puppy Preschool	Ages 19+	Tue	Jan 10	6:00 PM	WCC	幼犬培训
5659	Puppy Preschool	Ages 19+	Tue	Feb 21	6:00 PM	WCC	幼犬培训
5664	Puppy Socialization Drop-In	Ages 19+	Thu	Jan 12	6:45 PM	WCC	幼犬社交时间
5666	Puppy Socialization Drop-In	Ages 19+	Thu	Feb 23	6:45 PM	WCC	幼犬社交时间
5875	English ABCs for Seniors	Ages 55+	Sun	Jan 15	10:00 AM	WCC	老年英语
5828	English Conversation Adv	Ages 19+	Fri	Jan 13	10:00 AM	OBCC	英语会话高级
5827	English Conversation Adv	Ages 19+	Mon	Jan 9	12:00 PM	OBCC	英语会话高级
5825	English Conversation Interm.	Ages 19+	Tue	Jan 10	10:00 AM	WCC	英语会话俱乐部
5822	English Conversation Begin	Ages 19+	Thu	Jan 12	10:00 AM	WCC	初级英语会话
5824	English Conversation Interm	Ages 19+	Wed	Jan 11	1:00 PM	WCC	中级英语会话
5826	English Conv. for Mandarin	Ages 19+	Mon	Jan 9	10:00 AM	WCC	英语入门(国语)
5832	English Grammar Beginner	Ages 19+	Wed	Jan 11	10:00 AM	WCC	英语语法课
5823	French Club	Ages 19+	Thu	Jan 12	1:30 PM	OBCC	法语俱乐部
5806	French Conversation Interm.	Ages 19+	Mon	Jan 9	1:00 PM	WCC	法语会话中级
6012	SUCCESS: Settlement	Ages 19+	Mon	Jan 9	9:30 AM	WCC	中侨移民安顿服务(韩语英文)
6011	SUCCESS: Settlement	Ages 19+	Tue	Jan 10	9:30 AM	WCC	中侨移民安顿服务(中文英文)
5983	VSBI Immigrant Parent	Ages 19+	Thu	Jan 12	1:00 PM	Virtual	移民家长信息交流会(国语)
6019	Wkshp: Informed on Cannabis	Ages 19+	Thu	Feb 9	6:30 PM	OBCC	科学解析大麻知识 NEW
5680	Badminton	Ages 19+	Fri	Jan 13	7:45 PM	WCC	羽毛球
5679	Badminton	Ages 19+	Tue	Jan 10	12:00 PM	WCC	羽毛球
5678	Badminton	Ages 19+	Mon	Jan 9	8:00 PM	WCC	羽毛球
5681	Basketball	Ages 19+	Mon	Jan 9	6:00 PM	WCC	羽毛球
5815	Ballet Fitness	Ages 19+	Wed	Jan 11	8:15 PM	WCC	芭蕾舞健身
5845	Barre Pilates	Ages 19+	Thu	Jan 12	9:30 AM	WCC	芭蕾普拉提
5843	Barre Pilates	Ages 19+	Mon	Jan 9	10:15 AM	WCC	芭蕾普拉提
5870	BoxerFit by AllCityAthletics	Ages 19+	Thu	Jan 12	7:45 PM	WCC	搏击训练

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5889	BoxerFit by AllCityAthletics	Ages 19+	Sat	Jan 14	1:00 PM	WCC	搏击训练	
5860	BoxerFit by AllCityAthletics	Ages 19+	Mon	Jan 9	7:45 PM	WCC	搏击训练	
5864	Elevate Core	Ages 19+	Wed	Jan 11	8:00 AM	WCC	提高核心力量	
5869	Express HIIT	Ages 19+	Thu	Jan 12	12:00 PM	WCC	高燃脂训练	
5869	Express HIIT	Ages 19+	Thu	Jan 12	12:00 PM	WCC	高燃脂训练	
5863	Express HIIT	Ages 19+	Tue	Jan 10	12:00 PM	WCC	高燃脂训练	
5848	Express HIIT	Ages 19+	Mon	Jan 9	6:15 AM	WCC	高燃脂训练	
5860	Express HIIT	Ages 19+	Wed	Jan 9	6:15 AM	WCC	高燃脂训练	
5861	Express HIIT	Ages 19+	Fri	Jan 9	6:15 AM	WCC	高燃脂训练	
5840	Express Spin	Ages 19+	Fri	Jan 13	12:15 PM	WCC	极速单车	
5839	Express Spin	Ages 19+	Wed	Jan 11	12:00 PM	WCC	极速单车	
5838	Express Spin	Ages 19+	Mon	Jan 9	11:45 AM	WCC	极速单车	
5849	Intro to Fitness	Ages 19+	Mon	Jan 16	5:30 PM	WCC	健身入门介绍	
5850	Intro to Fitness	Ages 19+	Mon	Feb 27	5:30 PM	WCC	健身入门介绍	
5841	Intro to Spin	Ages 19+	Sun	Jan 15	8:30 AM	WCC	初级律动单车	
5868	Mobility & Flexibility	Ages 19+	Thu	Jan 12	8:15 AM	WCC	身体灵活性训练	
5862	Mobility & Flexibility	Ages 19+	Tue	Jan 10	7:00 AM	WCC	身体灵活性训练	
5844	Pilates	Ages 19+	Tue	Jan 10	8:00 AM	WCC	芭蕾普拉提	
5836	Spin	Ages 19+	Wed	Jan 11	7:15 AM	WCC	极速单车	
5834	Spin	Ages 19+	Mon	Jan 9	9:15 AM	WCC	极速单车	
5837	Spin	Ages 19+	Sat	Jan 14	9:00 AM	WCC	初级律动单车	
5835	Spin	Ages 19+	Tue	Jan 10	9:15 AM	WCC	极速单车	
5833	Spin	Ages 19+	Mon	Jan 9	7:45 AM	WCC	极速单车	
5842	SpinPro	Ages 19+	Tue	Jan 10	8:30 PM	WCC	初级律动单车	
5884	Women's Only Fitness	Ages 19+	Mon	Jan 9	2:15 PM	WCC	女士健身	NEW
5866	Zumba	Ages 19+	Thu	Jan 12	6:30 PM	WCC	Zumba舞	
5867	Zumba	Ages 19+	Sat	Jan 14	11:30 AM	WCC	Zumba舞	
5865	Zumba	Ages 19+	Wed	Jan 11	7:00 PM	WCC	Zumba舞	
5857	AquaFit - West Hampstead	Ages 19+	Thu	Jan 12	1:30 PM	WCC	游泳课程	
5856	AquaFit - West Hampstead	Ages 19+	Tue	Jan 10	1:30 PM	WCC	游泳课程	
5685	Kyokushin Karate Adults	Ages 19+	Thu	Jan 12	7:00 PM	WCC	极真空手道	
5684	Kyokushin Karate Adults	Ages 19+	Tue	Jan 10	7:00 PM	WCC	极真空手道	
6034	Qi Gong	Ages 19+	Tue	Jan 17	7:30 PM	WCC	气功	NEW
6031	Tai Chi	Ages 19+	Tue	Jan 17	6:30 PM	WCC	太极	NEW
Various	Pickleball Workshops	Ages 19+	Sun	Jan 8	4:30 PM	WCC	匹克球讲座	NEW
5691	Pickleball	Ages 19+	Fri	Jan 13	10:30 AM	WCC	匹克球练习	
5690	Pickleball	Ages 19+	Thu	Jan 12	12:45 PM	WCC	匹克球练习	
5689	Pickleball	Ages 19+	Mon	Jan 9	1:45 PM	WCC	匹克球练习	
5692	Pickleball Lessons Learn	Ages 19+	Wed	Jan 11	9:00 AM	WCC	匹克球初级	
5693	Pickleball Lessons Interm.	Ages 19+	Wed	Jan 11	10:45 AM	WCC	匹克球中级	
5695	Pickleball Adv. Doubles	Ages 19+	Fri	Jan 13	8:45 AM	WCC	匹克球高级双人	
5696	Pickleball Accelerated Dev.	Ages 19+	Sun	Jan 15	10:45 AM	WCC	匹克球晋级级	
5876	Walking Soccer	Ages 40+	Fri	Jan 13	1:00 PM	WCC	慢走足球	
5701	Table Tennis	Ages 19+	Tue	Jan 10	2:15 PM	WCC	乒乓球	
5702	Table Tennis for Seniors	Ages 55+	Fri	Jan 13	2:30 PM	WCC	乒乓球	

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5703	Volleyball	Ages 19+	Wed	Jan 11	7:45 PM	WCC	羽毛球
5886	Chair Yoga	Ages 19+	Thu	Jan 12	12:45 PM	WCC	椅子瑜伽
5879	Gentle & Restorative Yoga	Ages 19+	Sun	Jan 15	3:30 PM	WCC	恢复性瑜伽
5888	Iyengar Yoga	Ages 19+	Sat	Jan 14	10:00 AM	WCC	Iyengar瑜伽
5880	Restorative Yoga	Ages 19+	Wed	Jan 11	8:00 AM	WCC	恢复性瑜伽
6042	FREE Sound Healing Meditat.	Ages 19+	Sat	Jan 14	2:15 PM	WCC	声音减压与冥想
5890	Sound Healing Meditation	Ages 19+	Sat	Jan 21	2:15 PM	WCC	声音减压与冥想
5892	Sound Healing Meditation	Ages 19+	Sat	Feb 25	2:15 PM	WCC	声音减压与冥想
5885	Vinyasa	Ages 19+	Thu	Jan 12	10:45 AM	WCC	Vinyasa瑜伽
5883	Vinyasa	Ages 19+	Tue	Jan 10	10:45 AM	WCC	Vinyasa瑜伽
5893	Yoga in Mandarin	Ages 19+	Sun	Jan 15	4:30 PM	WCC	中文瑜伽
5887	Yoga in Mandarin	Ages 19+	Fri	Jan 13	9:00 AM	WCC	中文瑜伽
5927	Community Lunch and Learn	Ages 19+	Tue	Jan 24	12:00 PM	WCC	社区午餐时间交流会
5928	Community Lunch and Learn	Ages 19+	Tue	Feb 28	12:00 PM	WCC	社区午餐时间交流会
6018	Newcomers Support Group	Ages 19+	Wed	Jan 11	10:00 AM	WCC	新移民互助小组
5861	Mahjong	Ages 55+	Mon	Jan 9	1:00 PM	WCC	麻将
5871	Bridge	Ages 19+	Tue	Jan 10	10:00 AM	WCC	桥牌练习时间
5916	Community Book Club	Ages 19+	Sun	Feb 5	10:00 AM	WCC	社区读书俱乐部
6022	Let's Cook Club	All ages	Tue	Jan 31	6:00 PM	WCC	美食烹饪俱乐部
6025	Let's Cook Club	All ages	Tue	Mar 28	6:00 PM	WCC	美食烹饪俱乐部
6024	Let's Cook Club	All ages	Tue	Feb 28	6:00 PM	WCC	美食烹饪俱乐部
5873	Senior-led Sewing Mending	Ages 13+	Sun	Jan 8	1:00 PM	WCC	社区缝纫工作室
6021	Walk and Talk Club	Ages 19+	Mon	Jan 9	10:00 AM	WCC	步行俱乐部
6020	Women's Social Club	Ages 19+	Tue	Jan 10	12:00 PM	OBCC	女士社交俱乐部

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5859	Dance Party for Seniors	Ages 55+	Sat	Mar 18	7:00 PM	WCC	老年舞蹈之夜
5852	Dance Party for Seniors	Ages 55+	Sat	Jan 21	7:00 PM	WCC	老年舞蹈之夜
5858	Dance Party for Seniors	Ages 55+	Sat	Feb 18	7:00 PM	WCC	老年舞蹈之夜
5847	Saturday Afternoon Tea	Ages 55+	Sat	Mar 11	1:00 PM	WCC	老年周末下午茶和嘉宾
5846	Saturday Afternoon Tea	Ages 55+	Sat	Feb 11	1:00 PM	WCC	老年周末下午茶和嘉宾
6040	Saturday Afternoon Tea	Ages 55+	Sat	Jan 21	1:00 PM	WCC	老年周末下午茶和嘉宾
6041	Sat. Aftern. Tea in Mandarin	Ages 55+	Sat	Jan 21	3:00 PM	WCC	老人下午茶中文讲座
6038	Sat. Aftern. Tea in Mandarin	Ages 55+	Sat	Jan 21	3:00 PM	WCC	老人下午茶中文讲座
6039	Sat. Aftern. Tea in Mandarin	Ages 55+	Sat	Jan 21	3:00 PM	WCC	老人下午茶中文讲座
6027	Seniors Well-being Studio	Ages 55+	Thu	Jan 12	1:30 PM	WCC	老年快乐周四
5854	Osteofit - Virtual	Ages 55+	Tue	Jan 10	TBD	Virtual	网上健骨课程
5855	Osteofit- West Hampstead	Ages 55+	Thu	Jan 12	3:00 PM	WCC	健骨课程
5851	Osteofit- West Hampstead	Ages 55+	Mon	Jan 9	3:00 PM	WCC	健骨课程
5877	Chinese Senior's Dance	Ages 55+	Mon	Jan 9	11:30 AM	WCC	老人舞蹈时间
6017	Seniors' Gym	Ages 55+	Mon	Jan 9	11:30 AM	WCC	老人锻炼时间
6060	Dance for Seniors	Ages 55+	Mon	Jan 9	2:15 PM	WCC	老人舞蹈课 NEW
5682	Virtual Tai Chi	Ages 55+	Mon	Jan 16	10:00 AM	Virtual	网上太极
5810	Community Digital Support	Ages 55+	Sat	Jan 14	10:00 AM	WCC	社区电脑辅导
5874	Seniors Tech-Savvy	Ages 55+	Wed	Jan 11	4:00 PM	WCC	老人电脑培训课

WINTER EVENTS HIGHLIGHTS



CANADIAN UNIVERSITY MEN'S RUGBY CHAMPIONSHIP

NOV 30 – DEC 4

THUNDERBIRD STADIUM



RUGBY

SHRUM BOWL

DEC 2

SIMON FRASER UNIVERSITY



FOOTBALL

U SPORTS WOMEN'S VOLLEYBALL NATIONAL CHAMPIONSHIP

MARCH 17 – 19

WAR MEMORIAL GYM



VOLLEYBALL



JAN 20

WAR MEMORIAL GYM

BASKETBALL



FEB 3

THUNDERBIRD ARENA

HOCKEY

FOR INFORMATION, FULL SCHEDULE AND TICKETS VISIT

GOTHUNDERBIRDS.CA

FITNESS CENTRES & PERSONAL TRAINING

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
DROP-IN	\$4.00	\$7.00	\$4.00
10 VISITS	\$30.00	\$40.00	\$25.00
1 MONTH	\$30.00	\$40.00	\$25.00
3 MONTHS	\$80.00	\$100.00	\$100.00
6 MONTHS	\$150.00	\$200.00	\$100.00
12 MONTHS	\$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
DROP-IN	\$7.00	\$10.00	\$7.00
10 VISITS	\$50.00	\$60.00	\$40.00
1 MONTH	\$50.00	\$60.00	\$40.00
3 MONTHS	\$120.00	\$150.00	\$110.00
6 MONTHS	\$220.00	\$250.00	\$200.00
12 MONTHS	\$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
ASSESSMENT (INITIAL)	\$75.00 / per person \$65.00 / per person (UBC/UNA discount)
SINGLE SESSION	\$60.00 / per person \$55.00 / per person (UBC/UNA discount)
3 SESSIONS	\$172.50 / per person \$157.50 / per person (UBC/UNA discount)
6 SESSIONS	\$330.00 / per person \$300.00 / per person (UBC/UNA discount)
12 SESSIONS	\$600.00 / per person \$570.00 / per person (UBC/UNA discount)
24 SESSIONS	\$1,080.00 / per person (both public and UBC/UNA discount)
GROUP TRAINING	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



LUNAR NEW YEAR ACTIVITIES

YEAR OF THE RABBIT

JANUARY 28, 2023 | 1 P.M. – 4 P.M.
AT WESBROOK COMMUNITY CENTRE

Join us in welcoming the Year of the Rabbit at Wesbrook Community Centre. This family event will feature music, dance, games and crafts, foods and other activities. This is a great way to celebrate Asian culture and meet your neighbours.

Calling All Musical Performers! We are calling for musical performers to lead the celebration of the Lunar New Year 2023; Asian musical instruments are preferred. A performance will be presented daily at the Wesbrook Community Centre on the week of January 23 to 27, 2023. The deadline for submission is January 15, 2023. Email Qiuning Wang at qiuning.wang@myuna.ca indicating your interest and instrument you play.

Calling All Artists! We are calling for rabbit-themed artwork from the community to display from January 16 to 31, 2023 at the Wesbrook Community Centre; all forms of artworks are welcome. The deadline for submission is January 15, 2023. Email Qiuning Wang at qiuning.wang@myuna.ca before you deliver your work to Wesbrook Community Centre.



MORE INFORMATION AT MYUNA.CA