

2023
**SPRING &
SUMMER**

PROGRAM GUIDE

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

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION





SPRING CAMPS

March 2023



Pop Music Makers
March 13-17, 20-24

Little Music Makers
March 20-24

Sing Your Favorites Songs
in Musicals, Pop and Disney Movie
March 13-17

Young Violinists
March 13-17

Music x Coding
March 20-24

\$25 discount
to first 4 campers
registering for
any camp

bring a friend
and receive
an additional
\$25 discount

Scan
for
more
Info

SUMMER CAMPS

July-August 2023



Tuning Your Voice
July 24-29,
Aug 14-18

Little Music Makers
July 3-7, 17-21,
31 -Aug 4th,
Aug 21-25

Kinderflute
Aug 14-18

Pop Music Makers
July 3-7, 10-14,
Aug 21-25,
Aug 28-Sept 2

Music x Coding
July 31-Aug 4th,
Aug 14-18

Piano Masterclasses
July 24-28,
Aug 28-Sept 2

Create & Compose
July 17-21

Young Violinists
July 10 -14,
Aug 21-25

Song Writing
July 3-7,
Aug 21-25

PROGRAM GUIDE

REGISTER ONLINE

Monday, March 6, 2023 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, March 6, 2023, at 9:00 AM

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

OLD BARN COMMUNITY CENTRE
6308 THUNDERBIRD BLVD

WESBROOK COMMUNITY CENTRE
3335 WEBBER LANE

REGISTER BY PHONE

Monday, March 6, 2023 at 9:00 AM

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

OLD BARN COMMUNITY CENTRE
604.827.4469

WESBROOK COMMUNITY CENTRE
604.822.4227

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RECREATION POLICIES



Compliance with the Government of BC's COVID-19 safety guidelines is important to us, please visit myuna.ca/recreation-policies 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	\$10.00
Single Day Programs (single day camp, events, workshops, lectures)	Five days prior to the day of the camp/ program	\$10.00
Multi-Day Camps	Five days prior to the first day of camp	\$10.00
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.
- Spectators are not permitted in the gym during sports drop-ins.

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.



REGISTRATION POLICIES

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.

Parents/guardians are responsible for the supervision of their children in our facilities while not attending programs.

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

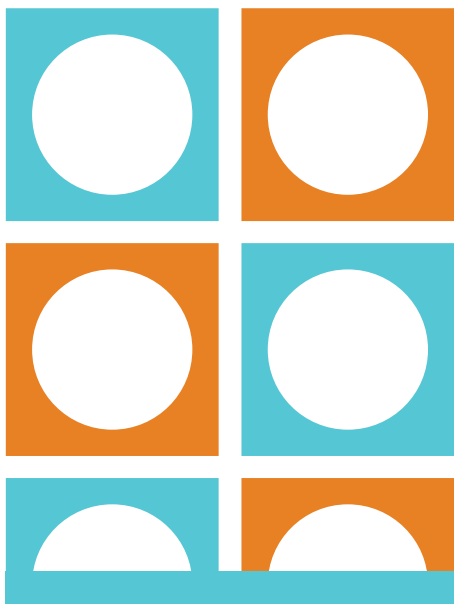
7:00 a.m. to 7:00 p.m. Monday to Sunday
10:00 a.m. to 5:00 p.m. Holidays

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.



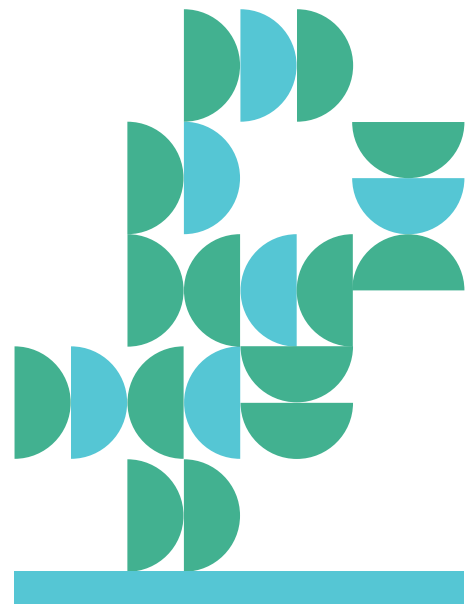
Foster Well-being

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	1022 Sq Ft	47	\$60.00
206	Board Room	393 Sq Ft	20	\$60.00
211	Dance Studio	990 Sq Ft	20	\$60.00
112	Gymnasium Full	6402 Sq Ft	348	\$100.00
112E	Gymnasium East Half	3182 Sq Ft	174	\$80.00
112W	Gymnasium West Half	3192 Sq Ft	174	\$80.00
201	Multi-Purpose Room	935 Sq Ft	60	\$80.00
114	Social Room	916 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



Pop-Up Events **ALL AGES**

DATE &
TIME TBD
FREE

The UNA hosts community events to take advantage of the sunny days! These events are announced 1-2 days in advance. Sign up for our special news-letter to receive a notice when an event is taking place. www.myuna.ca/pop-up

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

APR 2,
MAY 7,
JUN 4
Sunday
2:00 PM
- 4:00 PM
FREE

Re-Creation: A Community Art Project is an initiative that engages community members in the creation of a public art piece to be displayed at the heart of Wesbrook Community Centre. This art project aims to raise environmental awareness, foster solidarity within the community and providing a creative and tactile experience while cultivating community building. Participants work together to turn waste into an art while creating dialogue about environmental issues. This project is being led by Yasaman Moussavi, a professional artist and a resident in the community.

Unveiling of the artwork will be on June 17 during the Spring Art Fair!

Instructor: Yasaman Moussavi

Wesbrook Community Centre

#6643

VISIT THE UNA EVENTS
CALENDAR TO STAY UP-TO-DATE
WITH OUR LATEST EVENTS!
WWW.MYUNA.CA/EVENTS

Easter Egg Hunt **ALL AGES**

APR 8
Saturday
9:30 AM
- 11:00 AM
FREE

This year we will be hosting an Easter event at the Old Barn Community Centre. We invite you to bring your family and friends to enjoy community Crafts and an Easter egg hunt. No registration is required.

Old Barn Community Centre

#6551

Family Movie Night **ALL AGES**

APR 15
MAY 20
JUN 17
JUL 15
AUG 19
Saturday
6:00 PM
- 8:00 PM
\$2.00

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 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.

Instructor: UNA Staff

Old Barn Community Centre

#6550

Earth Day Yard Sale | Too Big For It **ALL AGES**



APR 22
Saturday
9:00 AM -
11:00 AM
FREE

Celebrate Earth Day at this community yard sale event, where families will come together to sell gently used goods that their children have outgrown. From stylish clothes and furniture, to beloved toys and books, you'll find it all. Meanwhile, there will be drop-in activities and community booths related to sustainability.

Wesbrook Community Centre

#6586

Drop-In Bike Repair

ALL AGES



APR 22
Saturday
10:00 AM
- 12:00 PM
FREE

Celebrate Earth Day by tuning up your ride! Drop by Wesbrook Community Centre and visit UBC's Bike Kitchen as they teach you the basics of bike maintenance and repair. Plus, test out the UNA's new community bike repair stations!

Instructor: Robyn Chan

[Wesbrook Community Centre](#)

#6467

Community Bike Jams

ALL AGES



MAY 9
Tuesday
JUN 15
Thursday
5:00 PM
- 7:00 PM
FREE

All ages and abilities are welcome to participate in these fun-filled afternoons of cycling. This will include a leisurely ride through the neighbourhood, after which participants can gather for a picnic in the park to share a meal in good company. Pizza will be provided to registrants for free.

Jim Taylor Park

#6788

Community Yard Sale

ALL AGES

MAY 27
Saturday
10:00 AM
- 1:00 PM
\$25.00
FREE

Join the UNA and your community members for our annual Community Yard Sale. Shop for gently used items including books, clothes, art, household goods, and more. Bring your reuseable mug for a free cup of coffee and tea.

Details on how to register for a table will be released closer to the event date.

Instructor: Robyn Chan

[Wesbrook Community Centre](#)

#6466

Spring Art Fair

ALL AGES



JUN 17
Saturday
10:00 AM
- 12:00 PM
FREE

Celebrate the arts in the UNA's 1st annual Spring Art Fair! Participants registered in UNA music, dance and visual art programs will showcase their talents during this day of bringing the community together through creativity and wonder. Enjoy talent shows, films, art galleries, unveiling of the Re-Creation: Community Art Project, and more!

[Wesbrook Community Centre](#)

#6468

Canada Day

ALL AGES

JUL 1
Saturday
10:00 AM
- 2:00 PM
FREE

Join in the festivities for this Canada Day celebration. Trace your roots through interactive arts and crafts, while listening to live music, playing street hockey, and eating cake.

[Wesbrook Community Centre](#)

#6790

Music in the Park

ALL AGES

JUL 13
AUG 17
Thursday
5:00 PM
- 8:00 PM
FREE

Grab your lawn chairs or blankets and come down to the park for these family-friendly community concerts. Take this opportunity to meet your neighbours and enjoy some free local music performances. Lineup to be announced.

Jim Taylor Park

#6791

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

SPRING
WCC | APR 3 – JUN 26 M, 11:30 AM – 12:30 PM
\$143.00 / 13 | Drop-in \$11.00 #6710

SUMMER
WCC | JUL 10 – AUG 28 M, 11:30 AM – 12:30 PM
\$88.00 / 8 | Drop-in \$11.00 #6711

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

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

SPRING
WCC | APR 15 – JUN 24 SA, 8:45 AM – 9:45 PM
Drop-in \$3.00 #6526

SPORTS

Family Badminton Drop-in ALL AGES

Come play Badminton with your family at the Wesbrook 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.

SPRING
WCC | APR 15 – JUN 26 SU/SA, 9:00 AM – 10:30 AM
No sessions May 27, Apr 22, May 6
Drop-in \$3.00 #6450

SUMMER
WCC | JUL 8 – SEP 3 SU/SA, 9:00 AM – 10:30 AM
Drop-in \$3.00 #6476

Family Pickleball Drop-in ALL AGES

Play Pickleball with your family at the Wesbrook 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.

SPRING
WCC | APR 9 – JUN 25 SU, 6:00 PM – 7:30 PM
Drop-in \$3.00 #6451

SUMMER
WCC | JUL 9 – AUG 27 SU, 6:00 PM – 7:30 PM
Drop-in \$3.00 #6475

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

SPRING

WCC | APR 24 – APR 24 M, 9:00 AM – 3:00 PM
\$75.00 / 1 #6749

WCC | MAY 19 – MAY 19 F, 9:00 AM – 3:00 PM
\$75.00 / 1 #6750

SUMMER CAMPS

Frozen Ballet Camp AGES 3-5

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.kirbysnellldance.com

Instructor: Endorphin Rush Dance

SUMMER

WCC | JUL 17 – JUL 21 M-F, 10:00 AM – 12:00 PM
\$180.00 / 5 #6769

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

SUMMER

OBCC | JUL 24 – JUL 28 M-F, 10:00 AM – 12:00 PM
\$210.00 / 5 #6644

OBCC | AUG 14 – AUG 18 M-F, 10:00 AM – 12:00 PM
\$210.00 / 5 #6648

CHILDREN'S PRO-D DAY & SUMMER CAMPS

Creative Jazz & Hip-Hop Camp

AGES 5-7



Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Kids will have fun, meet new friends while expanding their dancing skills and expression. Please bring running shoes and wear comfortable stretchy clothing and non-marking shoes. There will be a performance on the last day of class for friends and family.

Instructor: Endorphin Rush Dance

SUMMER

WCC | JUL 17 – JUL 21 M-F, 1:00 PM – 3:00 PM
\$180.00 / 5 #6827

Crossmaneuver Performing Arts Camp

AGES 5-7

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

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 24 – JUL 28 M-F, 1:00 PM – 3:30 PM
\$280.00 / 5 #6645

OBCC | AUG 14 – AUG 18 M-F, 1:00 PM – 3:30 PM
\$280.00 / 5 #6647

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 & SUMMER CAMPS

SUMMER CAMPS

Dance Extreme Camp | Dance Sampler **AGES 6-9**



Come and explore a number of different exciting styles of dance. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include K-Pop, Latin Dance, Hip Hop, Break Dancing, Contemporary, Creative Movement and Bollywood! For more information, go to www.kirbysnellldance.com

Instructor: Endorphin Rush Dance

SUMMER
OBCC | AUG 21 – AUG 25 **M-F, 9:00 AM – 3:00 PM**
\$400.00 / 5 #6781

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 we dive into a story and create our very own show. www.crossmaneuver.com

Instructor: Crossmaneuver Dance Theatre

SUMMER
OBCC | JUL 17 – JUL 21 **M-F, 9:00 AM – 4:00 PM**
\$440.00 / 5 #6646

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

Grooves first, moves second. A beginner-intermediate level camp to explore hip-hop and Korean Pop (K-Pop) dance styles. Refine technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge. Learned skills will be showcased on the last day of camp. No experience required.

Instructor: Praise TEAM

SUMMER
OBCC | JUL 10 – JUL 14 **M-F, 9:00 AM – 3:00 PM**
\$395.00 / 5 #6651

OBCC | AUG 28 – SEP 1 **M-F, 9:00 AM – 3:00 PM**
\$395.00 / 5 #6657

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

SUMMER
WCC | AUG 8 – AUG 11 **TU-F, 9:00 AM – 3:00 PM**
\$360.00 / 4 #6695

WCC | AUG 14 – AUG 18 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #6697

WCC | AUG 21 – AUG 25 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #6698

Science Explorer Camp **AGES 5-10**

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the science of sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in space.



Instructor: STEAM 4 Kids

SUMMER
WCC | JUL 4 – JUL 7 **TU-F, 9:00 AM – 3:00 PM**
\$308.00 / 4 #6747

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

CSI Lab Camp AGES 6-11

Enter the mysterious and multifaceted world of CSI Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

Instructor: STEAM 4 Kids

SUMMER

WCC | JUL 31 – AUG 4

M-F, 9:00 AM – 3:00 PM

\$385.00 / 5

#6748

Inventors & Inventions AGES 7-12

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said “invention is 10% inspiration and 90% perspiration”, this camp is 100% FUN!

Instructor: STEAM 4 Kids

SUMMER

WCC | AUG 28 – SEP 1

M-F, 9:00 AM – 3:00 PM

\$385.00 / 5

#6746

HopOn Bike Camp AGES 7-12

Spend a week having fun, making friends, and learning new skills with Cycling BC's HopOn instructors. Each day includes fun and age-appropriate skills, games, and bike rides. Drop-off and pick-up is at Wesbrook Community Centre, and campers will ride around the neighbourhoods and Pacific Spirit Park. This full-day camp is designed for children who self-assess as Level 3-5 riders (cyclingbc.net/hoponlevels).

An additional fee of \$25 is required to be paid to CyclingBC for annual membership at cyclingbc.net/hoponreg. Complementary rentals can be requested at the time of paying for the membership fee.

Instructor: Cycling BC

SUMMER

WCC | AUG 8 – AUG 11

T-F, 9:00 AM – 3:00 PM

\$292.00 / 4

#6840

Floor Hockey & Soccer Camp AGES 6-10

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more!

Instructor: Sportball Vancouver

SUMMER

WCC | JUL 31 – AUG 4

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#6752

Soccer Camp AGES 6-10

Sportball Soccer is an action-packed camp which introduces children to a variety of soccer skills and gameplay, plus arts and crafts, snack time, co-operative games and more!

Instructor: Sportball Vancouver

SUMMER

WCC | JUL 10 – JUL 14

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#6754

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

SUMMER

WCC | JUL 24 – JUL 28

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#6753



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 & SUMMER CAMPS

SUMMER CAMPS

Summer Adventures Camp **AGES 5-11**

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

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



SUMMER AGES 5-7

WCC | JUL 4 – JUL 7 **TU-F, 9:00 AM – 3:30 PM**
\$280.00 / 4 #6356

WCC | JUL 10 – JUL 14 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6357

WCC | JUL 17 – JUL 21 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6358

WCC | JUL 24 – JUL 28 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6359

WCC | JUL 31 – AUG 4 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6360

WCC | AUG 8 – AUG 11 **TU-F, 9:00 AM – 3:30 PM**
\$280.00 / 4 #6361

WCC | AUG 14 – AUG 18 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6362

WCC | AUG 21 – AUG 25 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6363

WCC | AUG 28 – SEP 1 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6364

AGES 8-11

WCC | JUL 4 – JUL 7 **TU-F, 9:00 AM – 3:30 PM**
\$280.00 / 4 #6365

WCC | JUL 10 – JUL 14 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6366

WCC | JUL 17 – JUL 21 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6367

WCC | JUL 24 – JUL 28 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6368

WCC | JUL 31 – AUG 4 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6369

WCC | AUG 8 – AUG 11 **TU-F, 9:00 AM – 3:30 PM**
\$280.00 / 4 #6370


WCC | AUG 14 – AUG 18 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6371

WCC | AUG 21 – AUG 25 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6372

WCC | AUG 28 – SEP 1 **M-F, 9:00 AM – 3:30 PM**
\$350.00 / 5 #6373

SUMMER CAMP TIMETABLE

PLEASE PACK A LUNCH, SNACK, AND WATER BOTTLE, AND DRESS APPROPRIATELY FOR THE WEATHER. CAMPS ARE NON-REFUNDABLE FIVE DAYS PRIOR TO THE FIRST DAY OF THE CAMP. LATE PICK-UPS ARE SUBJECT TO A FEE.

WEEK 1 JUL 4-7	9:00 AM-3:00 PM Science Explorer AGES 5-10	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11		
WEEK 2 JUL 10-14	9:00 AM-3:00 PM K-Pop / Hip-hop Dance AGES 6-12	9:00 AM-3:00 PM Soccer AGES 6-10	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	
WEEK 3 JUL 17-21	10:00 AM-12:00 PM Frozen Ballet AGES 3-5	1:00 PM-3:00 PM Creative Jazz & Hip-Hop AGES 5-7	9:00 AM-4:00 PM Crossmaneuver Performing Arts AGES 7-13	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11
WEEK 4 JUL 24-28	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	1:00 PM-3:30 PM Crossmaneuver Performing Arts AGES 5-7	9:00 AM-3:00 PM Multi-Sport AGES 6-10	9:00 AM-3:30 PM Summer Adventures AGES 8-11	
WEEK 5 JUL 31-AUG 4	9:00 AM-3:00 PM CSI Lab AGES 5-10	9:00 AM-3:00 PM Floor Hockey & Soccer AGES 6-10	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	
WEEK 6 AUG 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:00 PM HopOn Bike AGES 7-12	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	
WEEK 7 AUG 14-18	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	1:00 PM-3:30 PM Crossmaneuver Performing Arts AGES 5-7	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11
WEEK 8 AUG 21-25	9:00 AM-3:00 PM Dance Extreme AGES 6-9	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	SCAN ME FOR AVAILABILITY! 
WEEK 9 AUG 28-SEP 1	9:00 AM-3:00 PM K-Pop / Hip-hop Dance AGES 6-12	9:00 AM-3:00 PM Inventors & Inventions AGES 7-12	9:00 AM-3:30 PM Summer Adventures AGES 5-7	9:00 AM-3:30 PM Summer Adventures AGES 8-11	

Summer camp registration opens on **March 6, 2023 at 9:00 AM**.
For full camp details, view pages 11-14 or visit myuna.ca/camps

ACTIVE KIDS SCHOOL OF KINESIOLOGY

ACTIVE KIDS

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

SPRING

WCC | MAY 1 – JUN 19

M, 9:30 AM – 10:15 AM

No class May 22

\$126.00 / 7

#6491

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

SPRING

WCC | MAY 1 – JUN 19

M, 10:15 AM – 11:00 AM

No class May 22

\$126.00 / 7

#6492

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

SPRING

AGES 3-5

WCC | MAY 1 – JUN 19

M, 4:00 PM – 4:45 PM

No class May 22

\$133.00 / 7

#6493

AGES 6-9

WCC | MAY 1 – JUN 19

M, 4:45 PM – 5:30 PM

No class May 22

\$133.00 / 7

#6490





ACTIVE KIDS

Active Kids | Basketball AGES 8-16

This recreational 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, rebounding, team play and strategy. All skill and experience levels welcome.

Instructor: Active Kids School of Kinesiology

SPRING AGES 8-12

WCC MAY 2 – JUN 20	TU, 4:00 PM – 5:30 PM
\$192.00 / 8	#6486

WCC MAY 4 – JUN 22	TH, 4:00 PM – 5:30 PM
\$192.00 / 8	#6487

WCC JUN 3 – JUN 25	SA, 12:00 PM – 1:30 PM
\$96.00 / 4	#6489

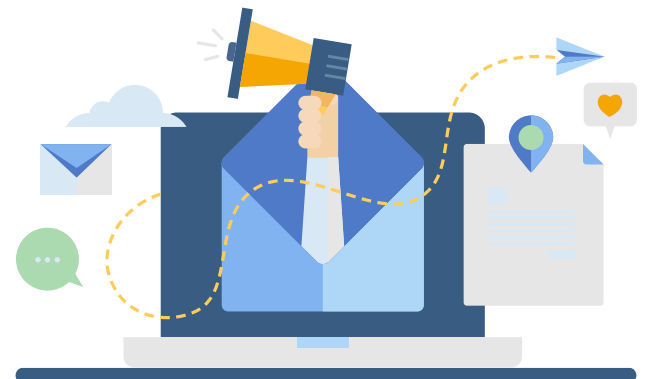
AGES 12-16

WCC MAY 4 – JUN 22	TH, 4:00 PM – 5:30 PM
\$192.00 / 8	#6488

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

SPRING
WCC | APR 15 – JUN 24 SA, 10:30 AM – 11:15 AM
No classes May 20, Jun 17
\$114.75 / 9 #6656

Preschool Ballet AGES 3-5

Crossmaneuver makes dance fun and magical. Your child will learn the basic vocabulary of ballet while connecting dance to stories and songs. Dance is not just for girls - everyone is welcome to experience the magic of dance! Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 2 – JUN 18 SU, 11:25AM – 12:10PM
No classes Apr 9, May 21
\$190.00 / 10 | Drop-in \$20.00 #6669

WCC | APR 5 – JUN 14 W, 3:30 PM – 4:15 PM
\$209.00 / 11 | Drop-in \$20.00 #6670

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

Preschool Dance AGES 2-4

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

SPRING
WCC | APR 2 – JUN 18 SU, 9:30 AM – 10:15 AM
No classes Apr 9, May 21
\$190.00 / 10 | Drop-in \$20.00 #6660

WCC | APR 3 – JUN 19 M, 3:30 PM – 4:15 PM
No classes Apr 10, May 22
\$190.00 / 10 | Drop-in \$20.00 #6665

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

SPRING
OBCC | APR 4 – JUN 6 TU, 9:30 AM – 10:15 AM
\$160.00 / 10 #6688

OBCC | APR 4 – JUN 6 TU, 10:30 AM – 11:15 AM
\$160.00 / 10 #6689

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

SPRING

WCC | APR 14 – MAY 12 **F, 9:45 AM – 10:30 AM**
\$40.00 / 5 #6415

WCC | APR 14 – MAY 12 **F, 10:45 AM – 11:30 AM**
\$40.00 / 5 #6416

WCC | MAY 26 – JUN 23 **F, 9:45 AM – 10:30 AM**
\$40.00 / 5 #6417

WCC | MAY 26 – JUN 23 **F, 10:45 AM – 11:30 AM**
\$40.00 / 5 #6418

DROP-IN

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. Registration is not required.

Instructor: Ruta Zasaite

SPRING

WCC | APR 11 – JUN 29 **TU/TH, 10:00 AM – 11:30 AM**
Drop-in \$3.50 #6414

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: STEAM 4 Kids

SPRING

WCC | APR 6 – JUN 22 **TH, 4:00 PM – 5:00 PM**
\$264.00 / 12 #6540

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. 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 required.

Instructor: BC Cycling Coalition

SPRING

OBCC | APR 15 – JUN 10 **SA, 10:00 AM – 10:45 AM**
No class May 20
\$150.00 / 8 #6784



PHYSICAL ACTIVITY

Preschool | Kids on Wheels AGES 3-5

This eight-week program is packed with fun balance bike activities. This course will 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

SPRING

OBCC | APR 15 – JUN 10

SA, 11:00 AM – 12:30 PM

No class May 20

\$220.00 / 8

#6785

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

SPRING

WCC | APR 5 – JUN 21

W, 3:45 PM – 4:30 PM

\$240.00 / 12

#6569

Sportball | Outdoor Soccer AGES 4-6

This program introduces fundamental concepts of game-play and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine.

Instructor: Sportball Vancouver

SUMMER

SPORTS FIELDS | JUL 5 – AUG 23 W, 3:45 PM – 4:30 PM

\$160.00 / 8

#6568

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: UNA Volunteer

SPRING

OBCC | APR 14 – JUN 30

F, 10:00 AM – 10:30 AM

FREE

#6517



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

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

SPRING

WCC | APR 2 – JUN 18 SU, 1:20PM – 2:20PM

No classes Apr 9, May 21

\$240.00 / 10 | Drop-in \$25.00 #6668

WCC | APR 5 – JUN 14 W, 4:20PM – 5:20PM

\$264.00 / 11 | Drop-in \$25.00 #6663

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

SPRING

WCC | APR 5 – JUN 14 W, 5:25PM – 6:25PM

\$264.00 / 11 | Drop-in \$25.00 #6667

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

SPRING

WCC | APR 2 – JUN 18 SU, 2:25PM – 3:25PM

No classes Apr 9, May 21

\$240.00 / 10 | Drop-in \$25.00 #6661

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

SPRING

WCC | APR 2 – JUN 18 SU, 12:15 PM – 1:15 PM

No classes Apr 9, May 21

\$240.00 / 10 | Drop-in \$25.00 #6672

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

SPRING

WCC | APR 3 – JUN 19 M, 6:30 PM – 7:45 PM

No classes Apr 10, May 22

\$300.00 / 10 | Drop-in \$29.00 #6673

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

SPRING

WCC | APR 2 – JUN 18 SU, 10:20AM – 11:20AM

No classes Apr 9, May 21

\$240.00 / 10 | Drop-in \$25.00 #6664

WCC | APR 3 – JUN 19 M, 4:20PM – 5:20PM

No classes Apr 10, May 22

\$240.00 / 10 | Drop-in \$25.00 #6674

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.

Instructor: Praise TEAM

SPRING

WCC | APR 4 – JUN 27 TU, 3:30 PM – 4:30 PM
\$221.00 / 13 #6655

WCC | APR 15 – JUN 24 SA, 11:15 AM – 12:15 PM
No classes May 20, Jun 17
\$153.00 / 9 #6654

Young Movie-makers AGES 8-14

Young Movie-makers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film.
www.youngmoviemakers.ca

Instructor: Young Movie-makers

SPRING

WCC | APR 14 – JUN 30 F, 4:00 PM – 6:00 PM
\$450.00 / 12 #6696

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

SPRING

WCC | APR 3 – JUN 19 M, 5:25PM – 6:25PM
No classes Apr 10, May 22
\$240.00 / 10 | Drop-in \$25.00 #6662

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

Musical Theatre | Level 2 AGES 10-13

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

SPRING

WCC | APR 3 – JUN 19 M, 7:50PM – 8:50PM
No classes Apr 10, May 22
\$240.00 / 10 | Drop-in \$25.00 #6685

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. We will end with an in-house Slam Poetry Night where we perform original works to an audience of participants and parents. A youth volunteer leads this program.

Volunteer: Angela Lu

SPRING

WCC | APR 6 – JUN 29 TH, 5:00 PM – 6:00 PM
FREE / 13 #6440

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

SPRING

AGES 6-9
WCC | APR 3 – JUN 26 M, 3:30 PM – 4:45 PM
No classes Apr 10, May 22, May 29
\$162.50 / 10 #6640

AGES 9-12

WCC | APR 3 – JUN 26 M, 5:00 PM – 6:30 PM
No classes Apr 10, May 22, May 29
\$190.00 / 10 #6641

CHILDREN'S PROGRAMS

ARTS

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

SPRING

AGES 6-9

WCC | APR 6 – JUN 29

\$169.00 / 13

TH, 3:30 PM – 4:30 PM

#6637

AGES 9-14

WCC | APR 6 – JUN 29

\$247.00 / 13

TH, 4:45 PM – 6:15 PM

#6642

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

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

SPRING

WCC | MAY 28

\$70.00 / 1

SU, 9:00 AM – 4:00 PM

#6542

English Reading and Writing AGES 6-10

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 Portillo Henriquez

SPRING

GRADE 1-2

WCC | APR 17 – JUN 19

No class May 22

\$117.00 / 9

M, 6:30 PM – 7:30 PM

#6460

GRADE 3-4

WCC | APR 17 – JUN 19

No class May 22

\$117.00 / 9

M, 7:30 PM – 8:30 PM

#6461



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

Mastering Mandarin | Level 1 AGES 5-18

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.

Instructor: Santored Enterprises Ltd

SPRING

WCC | APR 15 – JUN 24

SA, 10:30 AM – 12:00 PM

No class May 20

\$280.00 / 10

#6477

Mastering Mandarin | Level 2 AGES 5-18

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.

Instructor: Santored Enterprises Ltd

SPRING

WCC | APR 15 – JUN 24

SA, 12:00 PM – 1:30 PM

No class May 20

\$280.00 / 10

#6478

Mastering Mandarin | Level 3 AGES 5-18

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

SPRING

WCC | APR 15 – JUN 24

SA, 1:30 PM – 3:00 PM

No class May 20

\$280.00 / 10

#6479

POPULAR PROGRAMS

FILL UP QUICKLY!

REGISTER TODAY TO

GUARANTEE YOUR SPOT

CHILDREN'S
PROGRAMS

Math-4-Kids AGES 8-12

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

Instructor: Jane Wu

SPRING

GRADE 3-4

WCC | APR 17 – JUN 19

M, 3:30 PM – 4:30 PM

No class May 22

\$180.00 / 9

#6480

GRADE 5-7

WCC | APR 17 – JUN 19

M, 4:45 PM – 5:45 PM

No class May 22

\$180.00 / 9

#6481

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: STEAM 4 Kids

SPRING

WCC | APR 6 – JUN 22

TH, 5:00 PM – 6:00 PM

\$264.00 / 12

#6539



EDUCATION

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

SPRING
WCC | APR 13 – JUN 15 TH, 6:15 PM – 7:15 PM
\$150.00 / 10 #6482

PHYSICAL ACTIVITY

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.

SPRING
WCC | APR 5 – JUN 28 W, 5:30 PM – 6:30 PM
Drop-in \$3.00 #6441

SUMMER
WCC | JUL 5 – AUG 30 W, 4:30 PM – 6:30 PM
Drop-in \$3.00 #6585



Badminton AGES 8-16

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

AGES 8-10
SPRING
WCC | APR 14 – JUN 23 F, 4:00 PM – 5:00 PM
No class May 5
\$150.00 / 10 #6483

SUMMER
WCC | JUL 7 – SEP 1 F, 4:00 PM – 5:00 PM
\$135.00 / 9 #6547

AGES 11-16
SPRING
WCC | APR 14 – JUN 23 F, 5:00 PM – 6:00 PM
No class May 5
\$150.00 / 10 #6484

SUMMER
WCC | JUL 7 – SEP 1 F, 5:00 PM – 6:00 PM
\$135.00 / 9 #6548

Sportball: Floor Hockey AGES 6-9

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

Instructor: Sportball Vancouver

SPRING
WCC | APR 5 – JUN 21 W, 4:30 PM – 5:15 PM
\$240.00 / 12 #6566

Kyokushin Karate | Kids AGES 6-12

Learn self-defence techniques and work on balance and stamina with Kyokushin Karate! This is an active program that emphasizes the values of respect, self-discipline and teamwork. Each class covers Karate technique, conditioning, light cardio and stretching exercises. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

SPRING

WCC | APR 11 – JUN 27

TU, 6:00 PM – 7:00 PM

No class May 30

\$121.00 / 11

#6554

WCC | APR 13 – JUN 29

TH, 6:00 PM – 7:00 PM

No class Jun 1

\$121.00 / 11

#6556



SEE PAGES 16 AND 17
FOR MORE CHILDREN'S
SPORTS PROGRAMS.

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. This is a combined class with Tae Kwon Do | Youth. Please note that uniforms are to be purchased from the instructor on the first day of class.

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

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

Instructor: Vancouver Martial Arts

BEGINNER**SPRING**

WCC | APR 16 – JUN 25

SU, 1:00 PM – 1:40PM

No class May 21

\$120.00 / 10

#6591

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 1:40PM

No class Aug 6

\$84.00 / 7

#6594

INTERMEDIATE**SPRING**

WCC | APR 16 – JUN 25

SU, 1:00 PM – 1:50PM

No class May 21

\$150.00 / 10

#6592

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 1:50PM

No class Aug 6

\$105.00 / 7

#6595

CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

Sportball: Outdoor Soccer **AGES 6-9**



An introduction to fundamental concepts of gameplay, students are taught basic skills in a supportive, non-competitive environment. Zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors rain or shine.

Instructor: Sportball Vancouver

SUMMER

SPORTS FIELDS | JUL 5 – AUG 23 W, 4:30 PM – 5:15 PM
\$160.00 / 8 #6567

Volleyball BC: Atomic Smashball

AGES 8-12



Smashball lets kids compete and play while focusing on the most fun part of the game - smashing the ball! With fewer rules than Volleyball, it is played with lighter, softer balls and lower nets, leading to more success on the court. By teaching through gameplay, Smashball develops both physical skills and games literacy.

Instructor: Volleyball BC

SUMMER

WCC | JUL 8 – AUG 12 SA, 1:00 PM – 2:30 PM
No class Aug 5
\$90.00 / 5 #6676

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.

Instructor: Volleyball BC

SPRING

WCC | APR 15 – MAY 20 SA, 2:00 PM – 3:30 PM
No class May 6
\$90.00 / 5 #6601

WCC | MAY 27 – JUN 24 SA, 2:00 PM – 3:30 PM
\$90.00 / 5 #6666

PARENTS/GUARDIANS ARE
RESPONSIBLE FOR THE
SUPERVISION OF THEIR CHILDREN
WHILE IN OUR FACILITIES WHILE
NOT ATTENDING PROGRAMS.

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 and to register. Yearly 4-H Club fees are \$150.00.

Instructor: 4-H Club

SPRING + SUMMER

WCC | APR 14 – AUG 11 F, 6:30 PM – 8:30 PM
#6538, #6841

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

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

SPRING

WCC | APR 3 – JUN 26 M, 4:00 PM – 5:30 PM
No classes Apr 10, May 22
FREE / 11 #6442

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

SPRING

OBCC | APR 6 – JUN 29 TH, 5:30 PM – 7:00 PM
#6503



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

RE-CREATION

COMMUNITY ART PROJECT

A UNA initiative that engages community members in the creation of a public art piece that will be displayed at the heart of Wesbrook Community Centre. Participants work together to turn scrap paper into art while creating dialogue about environmental issues. Register for monthly workshops:

APR 2, MAY 7, JUN 4 | Wesbrook Community Centre



Art piece unveiling Jun 17 at the **SPRING ART FAIR!**

Full details can be found at myuna.ca/re-creation-art

MUSIC

Flute | Sunday 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

SPRING

WCC | APR 2 – JUN 25

SU, 1:00 PM – 5:00 PM

No classes Apr 9, May 21

\$330.00 / 11

#various

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 5:00 PM

No class Aug 6

\$210.00 / 7

#various

PROGRAMS MAY BE CANCELLED IF
THERE ISN'T SUFFICIENT REGISTRATION
A WEEK PRIOR TO THE START DATE.
PLEASE REGISTER EARLY TO SECURE
THE CLASSES. UNAVOIDABLE CLASS
CANCELLATIONS WILL BE MADE UP AT THE
END OF THE SESSION WHEN POSSIBLE.

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

SPRING

WCC | APR 5 – JUN 28

W, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

WCC | APR 6 – JUN 29

TH, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

SUMMER

WCC | JUL 5 – AUG 2

W, 3:30 PM – 9:00 PM

\$150.00 / 5

#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

SPRING

WCC | APR 3 – JUN 26 **M, 3:30 PM – 8:00 PM**

No classes Apr 10, May 22

\$330.00 / 11 #various

WCC | APR 5 – JUN 28 **W, 3:30 PM – 8:00 PM**

\$390.00 / 13 #various

SUMMER

WCC | JUL 10 – AUG 28 **M, 3:30 PM – 8:00 PM**

No class Aug 7

\$210.00 / 7 #various

WCC | JUL 5 – AUG 30 **W, 3:30 PM – 8:00 PM**

\$270.00 / 9 #various

Instructor: Bassem Ghabrous

SPRING

WCC | APR 4 – JUN 20 **TU, 4:00 PM – 9:00 PM**

\$360.00 / 12 #various

WCC | APR 15 – JUN 24 **SA, 10:00 AM – 3:00 PM**

No classes Jun 17, May 20

\$270.00 / 9 #various

SUMMER

WCC | JUL 18 – AUG 29 **TU, 4:00 PM – 9:00 PM**

\$210.00 / 7 #various

WCC | JUL 22 – AUG 26 **SA, 10:00 AM – 3:00 PM**

No class Aug 5

\$150.00 / 5 #various

Instructor: Erika Galinskaya

SPRING

WCC | APR 2 – JUN 25 **SU, 1:00 PM – 4:15 PM**

No classes Apr 9, May 14, May 21

\$300.00 / 10 #various

**CHILDREN'S PROGRAMS****Violin | Thursday 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

SPRING

WCC | APR 6 – JUN 29 **TH, 3:30 PM – 9:00 PM**

No class Apr 20

\$414.00 / 12 #various

SUMMER

WCC | JUL 6 – AUG 31 **TH, 3:30 PM – 9:00 PM**

\$310.50 / 9 #various

Virtual Violin | Saturday 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

SPRING

VIRTUAL | APR 29 – JUN 24 **SA, 6:30 PM – 8:30 PM**

No class May 20

\$276.00 / 8 #various

SUMMER

VIRTUAL | JUL 8 – AUG 26 **SA, 6:30 PM – 8:30 PM**

No class Aug 5

\$241.50 / 7 #various

YOUTH PROGRAMS

ARTS

K-Pop Hip-Hop AGES 11-16

Experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals! Students will refine their technique through cardio dance skills, strengthening, foot-work, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required.

Instructor: Praise TEAM

SPRING

WCC | APR 4 – JUN 27 TU, 4:30 PM – 5:30 PM
\$221.00 / 13 #6653

WCC | APR 15 – JUN 24 SA, 12:15 PM – 1:15 PM
No classes May 20, Jun 17
\$153.00 / 9 #6652

Arts for the Earth AGES 11-18

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.

Volunteer: Iona Kim

SPRING

WCC | APR 3 – JUN 26 M, 4:45 PM – 6:15 PM
No classes Apr 10, May 22
FREE / 11 #6382

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

SPRING

WCC | APR 5 – JUN 28 W, 3:30 PM – 5:30 PM
\$390.00 / 13 #6639

DROP-IN

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.

SPRING

WCC | APR 9 – JUN 25 SU, 4:00 PM – 5:30 PM
Drop-in \$3.00 #6681

SUMMER

WCC | JUL 2 – SEP 3 SU, 4:00 PM – 5:30 PM
Drop-in \$3.00 #6682

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.

SPRING

WCC | APR 5 – JUN 28 W, 5:30 PM – 6:30 PM
Drop-in \$3.00 #6425

SUMMER

WCC | JUL 5 – AUG 30 W, 4:30 PM – 6:30 PM
Drop-in \$3.00 #6427

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

SPRING

WCC | APR 8 - JUN 24 SA, 4:00 PM - 5:30 PM
Drop-in \$3.00 #6428

SUMMER

WCC | JUL 8 - AUG 26 SA, 3:00 PM - 5:00 PM
Drop-in \$3.00 #6433

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.

SPRING

WCC | APR 8 - JUN 24 SA, 5:30 PM - 7:30 PM
No class May 6
Drop-in \$3.00 #6430

SUMMER

WCC | JUL 8 - AUG 26 SA, 5:30 PM - 7:30 PM
Drop-in \$3.00 #6429

Youth Social Drop-in AGES 13-18

This is a drop-in time for youth to connect, have fun, relax, and hang out. The Youth Centre is free and open to all youth on a drop-in basis. Each week's session takes its own shape with crafts, Wii, karaoke and time to socialize. No registration required.

SPRING

WCC | APR 5 - JUN 29 W/TH, 3:30 PM - 5:30 PM
FREE #6424

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

EDUCATION**Peer Tutoring AGES 9-17**

Developed by youths for youths, Peer Tutoring is a drop-in-style program led by a youth volunteer who will be present to help others who need help with studying and homework. This program is registration and drop-in based, stop by at any point during the season.

SPRING

OBCC | APR 16 - JUN 26 SU, 10:30 AM - 12:00 PM
FREE #6552

WCC | APR 4 - JUN 27
FREE #6423

TU, 4:30 PM - 6:00 PM
#6423

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.

Volunteers: Jaanvi Gupta and Rosie Wu

SPRING

WCC | APR 6 - JUN 29 TH, 4:15 PM - 5:00 PM
FREE / 13 #6421

Math-4-Youth AGES 12-14

Math-4-Youth makes math practical and fun! The program teaches the essence of math and improves logical thinking. Youth 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, learners will gain confidence and learn practical skills.

Instructor: Jane Wu

SPRING

WCC | APR 21 - JUN 23 F, 4:00 PM - 5:00 PM
\$200.00 / 10 #6683

YOUTH PROGRAMS

EDUCATION

Introduction to Coding AGES 12-17

Code Connect provides a basic coding experience to youth who are interested in the world of coding. Utilizing the versatile and user-friendly language of Python, students will learn the foundational concepts and skills of programming through hands-on projects and group learning. Our Volunteer instructors will guide them through the process, allowing them to not only gain a solid understanding of coding, but also have fun while doing it. Join us in this journey of discovery and unleash the potential of technology. Students are encouraged to bring their laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

SPRING

WCC | APR 16 – JUN 25

SU, 10:30 AM – 11:30 AM

\$20.00 / 11

#6434

Intermediate Coding AGES 12-17

Take your coding skills to the next level with our Intermediate Coding class! Building on the foundations learned in our Introduction to Coding class, students will delve deeper into the capabilities of Python and explore more advanced programming concepts. From data structures and algorithms, to object-oriented programming and error handling, students will have the opportunity to expand their knowledge and improve their coding proficiency. With a combination of individual and group projects, students will have the opportunity to apply their skills in real-world scenarios and work on more complex tasks. Join us and take the next step towards becoming a proficient coder. Students are encouraged to bring their laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

SPRING

WCC | APR 16 – JUN 25

SU, 11:35 AM – 12:35 PM

\$20.00 / 11

#6437

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

SPRING

WCC | APR 5 – JUN 28

W, 6:30 PM – 8:30 PM

\$157.30 / 13

#6381

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

SPRING

WCC | APR 14 – JUN 23

F, 6:00 PM – 7:30 PM

No class May 5

\$225.00 / 10

#6485

SUMMER

WCC | JUL 7 – SEP 1

F, 6:00 PM – 7:30 PM

\$202.50 / 9

#6546

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

SPRING

WCC | APR 15 – MAY 20

SA, 2:00 PM – 3:30 PM

No class May 6

\$90.00 / 5

#6600

WCC | MAY 27 – JUN 24

SA, 2:00 PM – 3:30 PM

\$90.00 / 5

#6659

Tae Kwon Do | Youth AGES 13-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! Students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline. This is a combined class with Tae Kwon Do Kids. Uniforms are to be purchased from the instructor on the first day of class

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

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

Instructor: Vancouver Martial Arts

BEGINNER**SPRING**

WCC | APR 16 – JUN 25

SU, 1:00 PM – 1:40 PM

No class May 21

\$120.00 / 10

#6596

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 1:40 PM

No class Aug 6

\$84.00 / 7

#6598

INTERMEDIATE**SPRING**

WCC | APR 16 – JUN 25

SU, 1:00 PM – 1:50 PM

No class May 21

\$150.00 / 10

#6597

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 1:50 PM

No class Aug 6

\$105.00 / 7

#6599

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. Each class will cover karate technique, conditioning, light cardio and stretching exercises. This is a combined class with Kyokushin Karate Adults. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

SPRING

WCC | APR 11 – JUN 27

TU, 7:00 PM – 8:30 PM

No class May 30

\$143.00 / 11

#6562

WCC | APR 13 – JUN 29

TH, 7:00 PM – 8:30 PM

No class Jun 1

\$143.00 / 11

#6563

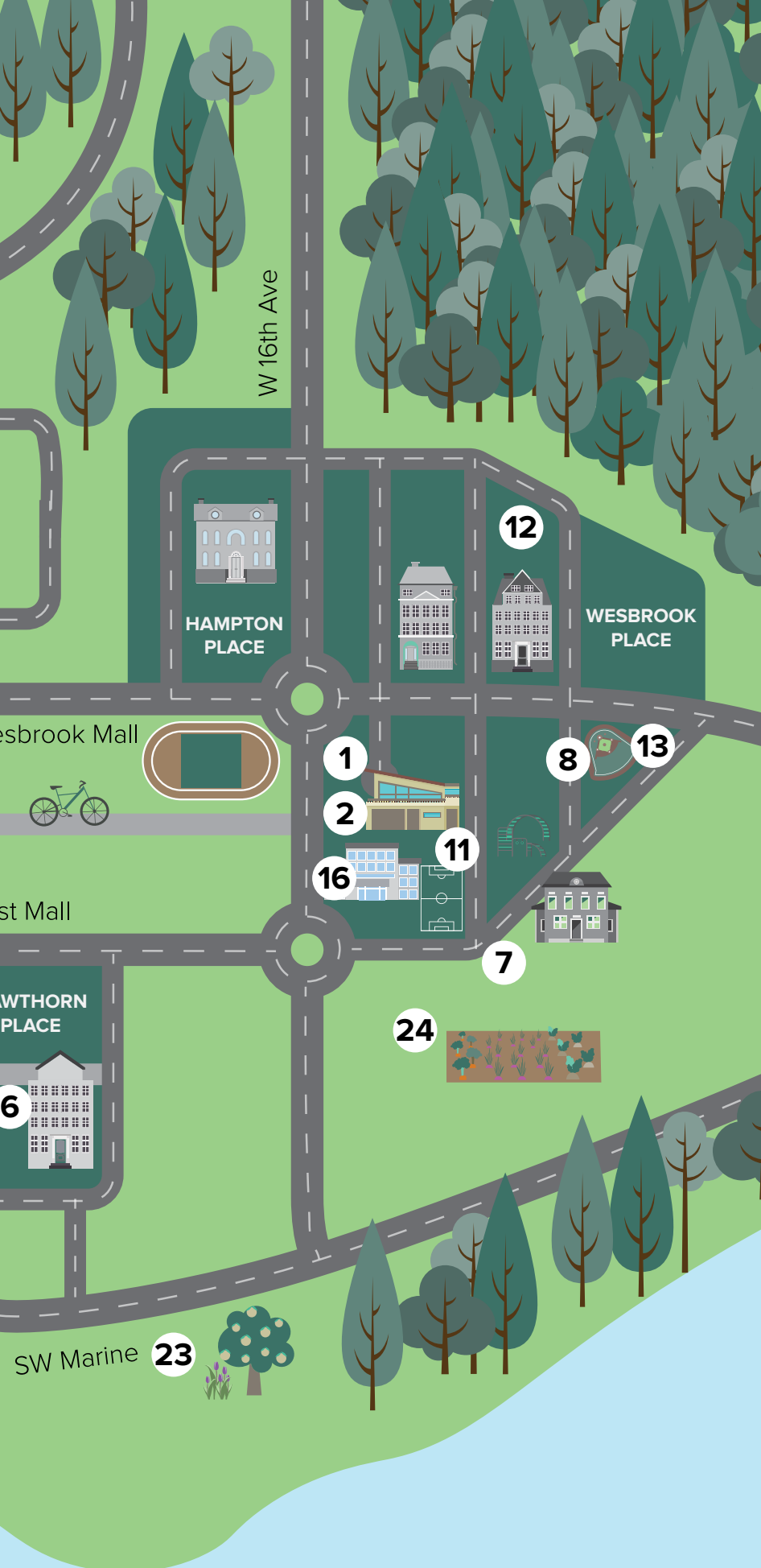


PROGRAMS MAY BE CANCELLED IF THERE ISN'T SUFFICIENT REGISTRATION A WEEK PRIOR TO THE START DATE. PLEASE REGISTER EARLY TO SECURE THE CLASSES. UNAVOIDABLE CLASS CANCELLATIONS WILL BE MADE UP AT THE END OF THE SESSION WHEN POSSIBLE.

UNA POINTS OF INTEREST

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



SOCIAL

Rubik's Cube Club AGES 10-17

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

Volunteer: Maksim Fu

SPRING

WCC | APR 6 – JUN 29

FREE / 13

TH, 3:30 PM – 4:15 PM

#6420

Youth Art Engagement Committee AGES 13-18

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

Volunteer: Jimin Hong

SPRING

WCC | APR 3 – JUN 26

No classes May 22, Apr 10

FREE / 11

M, 5:45 PM – 6:45 PM

#6383

Youth Leadership 3 AGES 13-18

During Youth Leadership 3 participants will explore personal asset mapping and the power that youth have in organizations and communities as leaders. Leadership 1 & 2 is not a requirement. All youth are encouraged to apply, by March 6. Applicants will be notified by April 10, 2023, if they are accepted into the Leadership 3 class

Application form: <https://forms.gle/N6LgBafSbAdWYMGE9>

Instructor: UNA Staff

SPRING

WCC | APR 14 – JUN 23

FREE / 11

F, 3:30 PM – 5:30 PM

#6884



UNA COMMUNITY YARD SALE

MAY 27 | WESBROOK COMMUNITY CENTRE

Join the UNA and your community members for our annual Community Yard Sale from 10am-1pm. Shop for gently used items including books, clothes, art, household goods, and more. Bring your reusable mug for a free cup of coffee and tea.

Visit myuna.ca/yard-sale for more information

Ballet Drop-In | Intermediate/Advanced**AGES 15+**

This is a classical ballet class designed for dancers at the intermediate level and above (at least 3 years of experience). Dancers will be challenged with fun and complex barre and centre combinations, but will also be provided with modified versions of each exercise to accommodate varying levels of participant physicality and experience. This class is geared toward adults and mature youth (ages 15+) who are ballet hobbyists, and who want to keep practicing and improving their artistry and technique. Drop-In only, before the start of class. 15 spots available

Volunteer: Juliet Oshiro**SPRING****WCC | APR 14 – JUNE 30****F, 5:00 PM – 6:30 PM**

Drop-in \$10.00

#6501

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**SPRING****WCC | APR 3 – JUN 26****M, 12:30 PM – 2:00 PM****No classes Apr 10, May 22**

\$330.00 / 11 | Drop-in \$33.00

#6756

WCC | APR 5 – JUN 28**W, 12:30 PM – 2:00 PM**

\$390.00 / 13 | Drop-in \$33.0

#6755

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**SPRING****WCC | APR 14 – JUN 30****F, 12:30 PM – 2:00 PM**

\$198.00 / 12 | Drop-in \$18.50

#6693

WCC | APR 14 – JUN 30**F, 6:45 PM – 8:15 PM**

\$198.00 / 12 | Drop-in \$18.50

#6692

ADULTS & SENIORS PROGRAMS**K-Pop Hip-Hop AGES 16+**

NEW

This K-pop/jazz/hip-hop fundamentals class is for adults who want to relive their dream of becoming a pop star! Whether you plan to dress in BLACKPINK or bring your Milkshake to our yard, dance to be your own iKON! Holla-back and don't say Bye Bye Bye to us! You know you Just Wanna Have Fun and Rock Your Body! Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM**SPRING****WCC | APR 4 – JUN 27****TU, 5:30 PM – 6:30 PM**

\$182.00 / 13 | Drop-in \$15.00

#6658

Watercolour Painting AGES 16+

NEW

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

Instructor: Xia Wu**SPRING****WCC | APR 3 – JUN 26****M, 7:00 PM – 8:30 PM****No classes May 22, Apr 10**

\$187.00 / 11

#6795



ADULTS & SENIORS PROGRAMS

DOGS MUST WEAR A REGULAR FLAT COLLAR OR HARNESS AND LEASH, AND MUST BE FRIENDLY WITH STRANGERS AND OTHER DOGS. DOGS MUST BE HEALTHY AND UP-TO-DATE ON THEIR VACCINATIONS.

CANINE EDUCATION

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. Dogs should be between 7 and 18 weeks of age, healthy, and with their first set of vaccinations.

Instructor: Daisy Dog Training

SPRING

WCC | APR 4 – MAY 9

\$210.00 / 6

TU, 6:00 PM – 7:00 PM

#6391

WCC | MAY 16 – JUN 20

\$210.00 / 6

TU, 6:00 PM – 7:00 PM

#6392

Puppy Playgroup 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, healthy, and with their first set of vaccinations. Owners must participate with their puppy.

Instructor: Daisy Dog Training

SPRING

WCC | APR 6 – MAY 11

\$60.00 / 6 | Drop-in \$12.00

TH, 6:45 PM – 7:45 PM

#6394

WCC | MAY 18 – JUN 22

\$60.00 / 6 | Drop-in \$12.00

TH, 6:45 PM – 7:45 PM

#6396

SUMMER

WCC | JUL 6 – AUG 31

\$90.00 / 9 | Drop-in \$12.00

TH, 7:00 PM – 8:00 PM

#6426

THESE SESSIONS ARE RUN BY SANDY REICHART, CERTIFIED DOG TRAINER. SANDY HAS ALSO COMPLETED SPECIALIZED TRAINING IN PUPPY EDUCATION AND DOG SEPARATION ANXIETY.

Dog Walk n' Train Drop-In AGES 19+

NEW

Join us for a walk around the Wesbrook neighbourhood with other dogs and their owners. Work on leash walking skills, socialize, and get tips and support from a Certified Dog Trainer. Register for the full program, or drop in for a single session (space permitting). This program meets at the Wesbrook Community Centre Art Room, rain or shine. Don't forget treats and poo bags!

Instructor: Daisy Dog Training

SUMMER

WCC | JUL 4 – AUG 29

\$135.00 / 9 | Drop-in \$17.00

TU, 7:15 PM – 8:15 PM

#6422

Good to Great: Basic Dog Manners 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.

Instructor: Daisy Dog Training

SPRING

WCC | APR 4 – MAY 9

\$210.00 / 6

TU, 7:15 PM – 8:15 PM

#6393

WCC | MAY 16 – JUN 20

\$210.00 / 6

TU, 7:15 PM – 8:15 PM

#6395

Good to Great: Recall and Walking 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, including loose-leash walking and recall. Prerequisite: Basic Dog Manners.

Instructor: Daisy Dog Training

SPRING

WCC | MAY 18 – JUN 22

\$210.00 / 6

TH, 8:00 PM – 9:00 PM

#6397

English Conversation | Beginner AGES 19+

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

Volunteer: UNA Volunteer

SPRING**WCC | APR 6 – JUN 29****TH, 10:00 AM – 11:30 AM**

\$39.00 / 13

#6519

English Conversation | Intermediate | Tuesdays 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

SPRING**WCC | APR 4 – JUN 28****TU, 10:00 AM – 11:30 AM**

\$39.00 / 13

#6513

English Conversation | Intermediate | Wednesday AGES 19+

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

Volunteers: Alice Bradley and Linda Quiney

SPRING**WCC | APR 5 – JUN 29****W, 1:00 PM – 2:30 PM**

\$39.00 / 13

#6497

English Conversation | Advanced | Fridays AGES 19+

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

Volunteer: Mahsa Eslami

SPRING**OBCC | APR 14 – JUNE 30****F, 10:00 AM – 11:30 AM**

\$36.00 / 12

#6535

**ADULTS & SENIORS
PROGRAMS****English Conversation | Advanced | Mondays 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.

Volunteer: UNA Volunteer

SPRING**OBCC | APR 3 – JUN 27****M, 12:00 PM – 1:30 PM****No classes Apr 10, May 22**

\$33.00 / 11

#6536

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

SPRING**WCC | APR 17 – JUN 26****M, 10:00 AM – 11:30 AM****No class May 22**

\$30.00 / 10

#6510

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

SPRING**WCC | APR 5 – JUN 29****W, 10:00 AM – 11:30 AM**

\$39.00 / 13

#6527

ADULTS & SENIORS PROGRAMS

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.

Volunteer: Julie Wang

SPRING
OBCC | APR 6 – JUN 29 **TH, 1:30 PM – 2:30 PM**
FREE / 13 #6514

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

SPRING
WCC | APR 3 – JUN 26 **M, 1:00 PM – 2:30 PM**
No classes Apr 10, May 22, May 29
\$30.00 / 10 #6518

Korean Parent Support Circle AGES 19+

This group welcomes Korean-speaking parents who have children attending public schools, K to Grade 12. Support and share school and community settlement resources, learn new skills and knowledge from one another, and tackle social isolation by bringing people together. For registration or more information, please contact Jenny Choi, VSB Settlement Worker in Schools, at 778-229-4270 or hchoi@vsb.bc.ca.

Instructor: Jenny Choi

SPRING
WCC | APR 4 – JUN 6 **TU, 12:30 PM – 2:15 PM**
FREE #6839

SUCCESS: Settlement Services in Mandarin and English AGES 18+

SUCCESS 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. Appointments are highly recommended, limited drop-in services available. *You must bring your PR card or Confirmation of Permanent Resident to attend the service. Tel#: 604-408-7274 ext: 2063 (Chinese and English). Email: isipvanancouver@success.bc.ca to make an appointment.

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。

Instructor: SUCCESS

SPRING
WCC | APR 4, MAY 9, JUN 13 **TU, 9:30 AM – 4:00 PM**
FREE / 3 #6772

SUMMER
WCC | JUL 11, AUG 15 **TU, 9:30 AM – 4:00 PM**
FREE / 2 #6777

VSBS 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 Parents Power-Up Sessions presented in various languages every week. Organizer/Host: Esaine Mo, VSB Settlement Worker with SWIS Program. Funded by Immigrations, Refugees and Citizenship Canada (IRCC) Goals: A platform that enables parents' connection, empowerment and resources/knowledge sharing.

Date: Every Thursday until Jun 15, on Zoom (Drop-In):
Every 1st Thu In Cantonese, every 2nd Thu In Mandarin,
every 3rd Thu In English
Time: 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

Instructor: Esaine Mo (SWIS)

SPRING
APR 6 – JUN 15 **TH, 1:00 PM – 2:30 PM**
FREE / 11 #6520

Express HIIT AGES 19+

Looking to fit in a workout into your busy day? This boot-camp-style workout is a mix of movements of high and low intensities that hits all aspects of full-body, power workout. Combine bodyweight movements, strength and aerobic elements, and target a full body workout leaving you toned and sculpted from head to toe. This class is good for anyone; intensity level/difficulty can be customized.

Instructor: Hanif Teja

SPRING

WCC | APR 4 – JUN 27 TU, 12:00 PM – 12:45 PM

No classes May 2, May 9

\$99.00 / 11 | Drop-in \$10.00 #6628

WCC | APR 5 – JUN 28 W, 6:15 AM – 7:00 AM

No classes May 3, May 10

\$99.00 / 11 | Drop-in \$10.00 #6631

WCC | APR 6 – JUN 29 TH, 12:00 PM – 12:45 PM

No class May 4

\$108.00 / 12 | Drop-in \$10.00 #6633

WCC | APR 14 – JUN 30 F, 6:15 AM – 7:00 AM

No class May 5

\$99.00 / 11 | Drop-in \$10.00 #6634

SUMMER

WCC | JUL 4 – AUG 29 TU, 12:00 PM – 12:45 PM

\$81.00 / 9 | Drop-in \$10.00 #6715

WCC | JUL 6 – AUG 31 TH, 12:00 PM – 12:45 PM

\$81.00 / 9 | Drop-in \$10.00 #6733

WCC | JUL 7 – SEP 1 F, 6:15 AM – 7:00 AM

\$81.00 / 9 | Drop-in \$10.00 #6740

Express Spin AGES 19+

A high intensity, spin class that continues the burn after class. Incorporate full-body movements to push your limits. Classes have the option to include dumbbells, varied intervals, and multi-directional movements to increase cardiovascular conditioning and strength. Good for all levels; resistance can be controlled to match your needs.

Instructor: Hanif Teja

SPRING

WCC | APR 5 – JUN 28 W, 12:00 PM – 12:30 PM

No classes May 3, May 10

\$110.00 / 11 | Drop-in \$11.00 #6632

SUMMER

WCC | JUL 5 – AUG 30 W, 11:45 AM – 12:15 PM

\$99.00 / 9 | Drop-in \$11.00 #6728

**ADULTS & SENIORS
PROGRAMS****Ballet Fitness** AGES 19+

This is a fun and engaging program that uses the best of ballet, pilates, stretch and strength for full-body conditioning. Participants will become stronger, more flexible, increase their core-strength and improve their balance while experiencing movement and dance. Dance training is the best training for the body and is suitable for all fitness levels as well as for rehabilitation, injury prevention and pre-/post-natal fitness. Drop-In Available, space permitting

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 5 – JUN 14 W, 8:30 PM – 9:30 PM

\$154.00 / 11 | Drop-in \$15.00 #6675

Barre Pilates AGES 19+

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

Instructor: Abby (Yang) Zhang

SPRING

WCC | APR 3 – JUN 26 M, 10:30 AM – 11:30 AM

\$182.00 / 13 | Drop-in \$15.00 #6575

WCC | APR 6 – JUN 29 TH, 9:30 AM – 10:30 AM

\$182.00 / 13 | Drop-in \$15.00 #6577

SUMMER

WCC | JUL 6 – AUG 24 TH, 9:30 AM – 10:30 AM

\$112.00 / 8 | Drop-in \$15.00 #6732

WCC | JUL 10 – AUG 21 M, 10:30 AM – 11:30 AM

\$98.00 / 7 | Drop-in \$15.00 #6709

ADULTS & SENIORS PROGRAMS

FITNESS

Full Body Fit AGES 19+

Full Body Fit is a full-body conditioning class that takes place right after a 30-minute Spin class with Bri. If you are looking to build strength after sweating it out on the bike, come join this all levels fitness class where you will be worked from head to toe. Please bring water and exercise-friendly clothing.

Instructor: Brianne Orr-Alvarez

SPRING

WCC | APR 5 – JUN 28 W, 8:00 AM – 8:30 AM
\$91.00 / 13 | Drop-in \$7.50 #6729

Learn to Run AGES 19+

New to running or want to get back to running after a long hiatus? Join this beginner's running program led by experienced runner Christine Blanchette! Christine will teach you proper running techniques, pacing, stretching, and a gradual run/walk progression to a 10K distance. There will also be speakers on nutrition and injury prevention. Please wear well-fitted running shoes and dress for the weather.

Instructor: Christine Blanchette

SPRING

WCC | APR 22 – JUN 10 SA, 10:30 AM – 11:45 AM
No classes May 6, May 20
\$90.00 / 6 #6398

SUMMER

WCC | JUL 8 – AUG 19 SA, 10:30 AM – 11:45 AM
No class Aug 5
\$90.00 / 6 #6399

Pilates AGES 19+

Pilates is a workout that combines lightweight, high repetition moves to help tone and sculpt even the smallest muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This 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 (Yang) Zhang

SPRING

WCC | APR 4 – JUN 27 TU, 9:00 AM – 10:00 AM
\$182.00 / 13 | Drop-in \$15.00 #6576

SUMMER

WCC | JUL 4 – AUG 22 TU, 9:00 AM – 10:00 AM
\$112.00 / 8 | Drop-in \$15.00 #6714

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: Brianne Orr-Alvarez

SPRING

WCC | APR 3 – JUN 26 M, 7:45 AM – 8:15 AM
\$159.25 / 13 | Drop-in \$13.00 #6571

WCC | APR 5 – JUN 28

M, 7:15 AM – 8:00 AM
\$159.25 / 13 | Drop-in \$13.00 #6572

SUMMER

WCC | JUL 10 – AUG 28 M, 7:45 AM – 8:15 AM
No classes Aug 7, Aug 14, Aug 21, Aug 28
\$49.00 / 3 | Drop-in \$13.00 #6708

Women's Only Fitness **AGES 19+**

In this women's only fitness class, 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 will also 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-ins are available, space dependent.

Instructor: Indira Cabrera

SPRING

WCC | APR 3 – JUN 26 **M, 2:15 PM – 3:15 PM**
\$117.00 / 13 | Drop-in \$10.00 #6627

Zumba **AGES 19+**

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

Instructor: DanZa Productions

SPRING

WCC | APR 5 – JUN 28 **W, 7:30 PM – 8:30 PM**
\$175.50 / 13 | Drop-in \$15.00 #6624

WCC | APR 6 – JUN 29 **TH, 6:30 PM – 7:30 PM**
\$134.94 / 13 | Drop-in \$15.00 #6625

WCC | APR 8 – JUN 24 **SA, 11:30 AM – 12:30 PM**
\$162.00 / 12 | Drop-in \$15.00 #6626

SUMMER

WCC | JUL 5 – AUG 30 **W, 6:30 PM – 7:30 PM**
\$121.50 / 9 | Drop-in \$15.00 #6727

WCC | JUL 6 – AUG 31 **TH, 6:30 PM – 7:30 PM**
\$93.42 / 9 | Drop-in \$15.00 #6734

WCC | JUL 8 – AUG 26 **SA, 11:30 AM – 12:30 PM**
\$108.00 / 8 | Drop-in \$15.00 #6741

MARTIAL ARTS

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. Each class will cover karate technique, conditioning, light cardio and stretching exercises. This is a combined class with Kyokushin Karate Youth. All skill levels and abilities welcome. A white karate uniform is required and can be ordered through the instructor.

Instructor: Anthony Evangelista

SPRING

WCC | APR 11 – JUN 27 **TU, 7:00 PM – 8:30 PM**
No class May 30
\$165.00 / 11 #6409

WCC | APR 13 – JUN 29 **TH, 7:00 PM – 8:30 PM**
No class Jun 1
\$165.00 / 11 #6411

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.

Instructor: Patricia Szeto

SPRING

WCC | APR 4 – APR 25 **TU, 6:30 PM – 7:30 PM**
\$68.00 / 4 | Drop-in \$19.00 #6602

SUMMER

WCC | JUL 4 – AUG 29 **TU, 6:30 PM – 7:30 PM**
\$153.00 / 9 | Drop-in \$19.00 #6603

ADULTS & SENIORS PROGRAMS

MUSIC

Flute | Sunday AGES 8+

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

Instructor: Andrea Minden

SPRING

WCC | APR 2 – JUN 25

SU, 1:00 PM – 5:00 PM

No classes Apr 9, May 21

\$330.00 / 11

#various

SUMMER

WCC | JUL 9 – AUG 27

SU, 1:00 PM – 5:00 PM

No class Aug 6

\$210.00 / 7

#various

Group Guitar | Beginner AGES 14+

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.

Instructor: Matt Stapleton

SPRING

WCC | APR 3 – JUN 26

M, 6:30 PM – 7:30 PM

No classes Apr 10, May 22, May 29

\$200.00 / 10

#6686

Group Guitar | Intermediate AGES 14+

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

SPRING

WCC | APR 3 – JUN 26

M, 7:30 PM – 8:30 PM

No classes Apr 10, May 22, May 29

\$200.00 / 10

#6687

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

SPRING

WCC | APR 5 – JUN 28

W, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

WCC | APR 6 – JUN 29

TH, 3:30 PM – 9:00 PM

\$390.00 / 13

#various

SUMMER

WCC | JUL 5 – AUG 2

W, 3:30 PM – 9:00 PM

\$150.00 / 5

#various



THE UNA CHILDREN'S GARDEN

AT THE OLD BARN COMMUNITY CENTRE

The Children's Garden at the Old Barn Community Centre is a volunteer-run garden, seeking new volunteers to lead garden education, support in garden maintenance, and be a part of the community! Volunteers of all ages and skill levels are welcome.

Visit unacg2014.wordpress.com or contact Olivia at catalyst@fermi.ca for more information.

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

SPRING

WCC | APR 3 – JUN 26 M, 3:30 PM – 8:00 PM
No classes Apr 10, May 22
\$330.00 / 11 #various

WCC | APR 5 – JUN 28 W, 3:30 PM – 8:00 PM
\$390.00 / 13 #various

SUMMER

WCC | JUL 10 – AUG 28 M, 3:30 PM – 8:00 PM
No class Aug 7
\$210.00 / 7 #various

WCC | JUL 5 – AUG 30 W, 3:30 PM – 8:00 PM
\$270.00 / 9 #various

Instructor: Bassem Ghabrous

SPRING

WCC | APR 4 – JUN 20 TU, 4:00 PM – 9:00 PM
\$360.00 / 12 #various

WCC | APR 15 – JUN 24 SA, 10:00 AM – 3:00 PM
No classes May 20, Jun 17
\$270.00 / 9 #various

SUMMER

WCC | JUL 18 – AUG 29 TU, 4:00 PM – 9:00 PM
\$210.00 / 7 #various

WCC | JUL 22 – AUG 26 SA, 10:00 AM – 3:00 PM
No class Aug 5
\$150.00 / 5 #various

Instructor: Erika Galinskaya

SPRING

WCC | APR 2 – JUN 25 SU, 1:00 PM – 4:15 PM
No classes Apr 9, May 14, May 21
\$300.00 / 10 #various

Violin | Thursday 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

SPRING

WCC | APR 6 – JUN 29 TH, 3:30 PM – 9:00 PM
No class Apr 20
\$414.00 / 12 #various

SUMMER

WCC | JUL 6 – AUG 31 TH, 3:30 PM – 9:00 PM
\$310.50 / 9 #various

Virtual Violin | Saturday 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

SPRING

VIRTUAL | APR 29 – JUN 24 SA, 6:30 PM – 8:30 PM
No class May 20
\$276.00 / 8 #various

SUMMER

VIRTUAL | JUL 8 – AUG 26 SA, 6:30 PM – 8:30 PM
No class Aug 5
\$241.50 / 7 #various

YOGA

Chair Yoga with Angie | Hybrid AGES 55+

In this gentle class, exercises will be done while sitting or standing holding onto a chair. We will focus on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at. Please bring water, a yoga mat, and stretchy clothes. This class is hybrid; attend in person OR virtually through Zoom.

Instructor: Angie Datt

SPRING

WCC | APR 6 – JUN 29 **TH, 1:00 PM – 2:00 PM**
\$104.00 / 13 | Drop-in \$8.80 #6622

Chair Yoga with Merielle 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: Merielle Moffatt

SPRING

OBCC | APR 5 – JUN 28 **W, 12:30 PM – 1:30 PM**
\$104.00 / 13 | Drop-in \$8.80 #6616

SUMMER

WCC | JUL 4 – AUG 30 **W, 2:15 PM – 3:15 PM**
\$72.00 / 9 | Drop-in \$8.80 #6726

Gentle & Restorative Yoga AGES 19+

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

Instructor: Angie Datt

SPRING

WCC | APR 4 – JUN 27 **TU, 10:00 AM – 11:15 AM**
\$169.00 / 13 | Drop-in \$15.00 #6619

SUMMER

WCC | JUL 4 – AUG 29 **TU, 10:15 AM – 11:45 AM**
\$117.00 / 9 | Drop-in \$15.00 #6723

Gentle Yoga with Angie AGES 19+

Rejuvenate, decompress, and relax your body in this all-levels Gentle Yoga class. Enjoy learning yoga postures and breath work to improve body awareness and release stress. Participants will practice slower paced movements to help foster mindfulness as well as improve flexibility, strength, and balance. You will have the option to perform exercises while sitting or standing holding onto a chair with a focus on improving mobility, strengthening muscles, and balancing the mind and body. Suitable for all levels, ages, and mobility levels.

Instructor: Angie Datt

SPRING

WCC | APR 14 – JUN 30 **F, 10:15 AM – 11:15 AM**
\$168.00 / 12 | Drop-in \$15.00 #6623

SUMMER

WCC | JUL 7 – SEP 1 **F, 10:15 AM – 11:15 AM**
\$126.00 / 9 | Drop-in \$15.00 #6738

Gentle Yoga with Paula AGES 19+

Rejuvenate, decompress, and relax your body in this all-levels Gentle Yoga class. Enjoy learning yoga postures and breath work to improve body awareness and release stress. Participants will practice slower paced movements to help foster mindfulness as well as improve flexibility, strength, and balance. You will have the option to perform exercises while sitting or standing holding onto a chair with a focus on improving mobility, strengthening muscles, and balancing the mind and body. Suitable for all levels, ages, and mobility levels.

Instructor: Paula Jerez

SPRING

WCC | APR 14 – JUN 30 **F, 2:45 PM – 3:45 PM**
\$168.00 / 12 | Drop-in \$15.00 #6615

SUMMER

WCC | JUL 7 – AUG 11 **F, 2:45 PM – 3:45 PM**
\$84.00 / 6 | Drop-in \$15.00 #6739

Iyengar Yoga AGES 19+

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. 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. Space permitting, drop-in is available. Bring your own mat and any other props that you might need. More information, at luciyamamoto.com.

Instructor: Luci Yamamoto

SPRING

WCC | APR 8 – JUN 25 **SA, 10:00 AM – 11:15 AM**
\$180.00 / 12 | Drop-in \$18.00 #6580

**ADULTS & SENIORS
PROGRAMS****Iyengar Yoga with Brian** AGES 19+

Iyengar Yoga establishes and evolves a solid understanding of how and what to do in a broad range of asana (poses). It is a step-by-step, progressive method that can develop strength, flexibility, balance, stamina, and awareness in the body, and resilience and calmness in the mind. Adapted for all ages and levels. Space permitting, drop-in is available. Please bring your own mat. Limited props are available. More information at www.iybrian.com.

Instructor: Brian Hogencamp

SPRING

WCC | APR 5 – JUN 29 **W, 10:00 AM – 11:30 AM**
No class May 17
\$240.00 / 12 | Drop-in \$21.00 #6578

SUMMER

WCC | JUL 5 – AUG 30 **W, 10:00 AM – 11:30 AM**
\$180.00 / 9 | Drop-in \$21.00 #6725

Restorative Yoga with Merielle 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: Merielle Moffatt

SPRING

OBCC | APR 3 – JUN 26 **M, 6:00 PM – 7:00 PM**
No class May 22
\$162.00 / 12 | Drop-in \$15.00 #6618

YOGA

Sound Healing Meditation AGES 19+

Sound is an excellent way to reach a deep meditative state where the mind and body can heal itself. You will be guided through a sound healing meditation adapted to the needs of the participants. An experienced sound healer, Klára Abdi de Luz uses Tibetan and crystal singing bowls, shamanic drum, wind chimes and rattles to offer a truly unique experience to her participants. Feel free to bring your yoga mat or use the mats or chairs provided. Visit klaritywellness.ca for more information.

Instructor: Klara Abdi De Luz

SPRING INTRO CLASS

WCC | APR 6 **TH, 7:45 PM – 9:00 PM**
\$10.00 / 1 #6873

SPRING

WCC | APR 9 – MAY 7 **SU, 4:30 PM – 5:45 PM**
\$140.00 / 5 | Drop-in \$35.00 #6582

WCC | APR 13 – MAY 11 **TH, 7:45 PM – 9:00 PM**
\$140.00 / 5 | Drop-in \$35.00 #6871

WCC | MAY 18 – JUN 15 **TH, 7:45 PM – 9:00 PM**
\$140.00 / 5 | Drop-in \$35.00 #6872

WCC | MAY 21 – JUN 25 **SU, 4:30 PM – 5:45 PM**
No class June 18
\$140.00 / 5 | Drop-in \$35.00 #6583

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

**Sound Healing Meditation & Restorative
Yoga AGES 19+**

Instructors: Angie Datt & Klara Abdi De Luz

Earth Day Yoga & Sound Healing Meditation

Celebrate Earth Day during this unique yoga and sound healing event. After setting and sharing your own unique intentions for the class, you will be led through a relaxing and connecting yoga class led by Angie Datt followed by a sound healing meditation led by Klára to integrate and deepen your body's wisdom and connect to Spirit. We will end with a check-in and sharing circle. Feel free to bring your journal to jot down your intentions and reflections.

WCC | APR 22 **SA, 2:00 PM – 4:00 PM**
\$44.00 / 1 #6743

First Quarter Moon Yoga & Sound Healing Meditation

Connect to the growing moon during this unique yoga and sound healing event. After setting and sharing your own unique intentions for this moon cycle, you will be led through a relaxing and connecting yoga class led by Angie Datt followed by a sound healing meditation led by Klára to integrate and deepen your body's wisdom and connect to Spirit. We will end with a check-in and sharing circle. Feel free to bring your journal to jot down your intentions and reflections.

WCC | MAY 27 **SA, 2:00 PM – 4:00 PM**
\$44.00 / 1 #6853

New Moon, Summer Solstice Yoga & Sound Healing

Connect to the new moon during this unique yoga and sound healing event. After setting and sharing your own unique intentions for this moon cycle, you will be led through a relaxing and connecting yoga class led by Angie Datt followed by a sound healing meditation led by Klára to integrate and deepen your body's wisdom and connect to Spirit. We will end with a check-in and sharing circle. Feel free to bring your journal to jot down your intentions and reflections.

WCC | JUN 17 **SA, 2:00 PM – 4:00 PM**
\$44.00 / 1 #6854

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

SPRING

WCC | APR 4 – JUN 27 TU, 5:45 PM – 6:45 PM
\$171.60 / 13 | Drop-in \$14.00 #6787

SUMMER

WCC | JUL 4 – AUG 29 TU, 5:30 PM – 6:30 PM
\$118.80 / 9 | Drop-in \$14.00 #6722

Yoga in Mandarin AGES 19+

Yoga helps 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. Variations and modifications will be offered to ensure students can work at their own level. This course is conducted mainly in Mandarin; beginners are welcome.

中文哈達瑜伽

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

Instructor: Kate Tsai

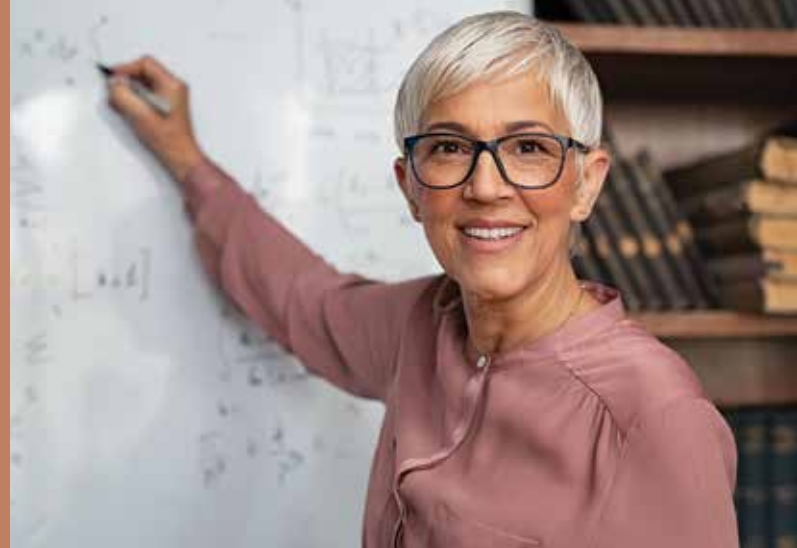
SPRING

OBCC | APR 4 – JUN 27 TU, 10:00 AM – 11:00 AM
\$185.90 / 13 | Drop-in \$16.00 #6584

WCC | APR 7 – JUL 1

No class Apr 7 F, 9:00 AM – 10:00 AM
\$171.60 / 12 | Drop-in \$16.00 #6587

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, seniors social, youth programs and physical activity programs and more!

Apply at myuna.ca/how-to-submit-a-program-proposal

ADULTS & SENIORS PROGRAMS

SPORTS

Badminton AGES 19+

Enjoy a fun and friendly afternoon of badminton. These sessions are uninstructed and open to players of all skill levels. 12 spots are available for registration and four are reserved for day of drop in.

SPRING
WCC | APR 3 – JUN 26 M, 8:00 PM – 9:30 PM
No session May 22, Apr 10
\$49.50 / 11 | Drop-in \$6.00 #6402

WCC | APR 4 – JUN 27 TU, 12:00 PM – 1:45 PM
\$58.50 / 13 | Drop-in \$6.00 #6404

WCC | APR 14 – JUN 30 F, 7:45 PM – 9:15 PM
No session May 5
\$49.50 / 11 | Drop-in \$6.00 #6405

SUMMER
WCC | JUL 10 – AUG 28 M, 8:00 PM – 9:30 PM
No session Aug 7
\$31.50 / 7 | Drop-in \$6.00 #6403

WCC | JUL 7 – SEP 1 F, 7:45 PM – 9:15 PM
\$40.50 / 9 | Drop-in \$6.00 #6406

Pickleball AGES 19+

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. 14 spots are available for registration and 4 are reserved for day of drop in.

SPRING
WCC | APR 3 – JUN 26 M, 1:45 PM – 3:30 PM
No session Apr 24, May 22, Apr 10
\$45.00 / 10 | Drop-in \$6.00 #6435

WCC | APR 6 – JUN 39 TH, 12:45 PM – 2:30 PM
\$58.50 / 13 | Drop-in \$6.00 #6436

WCC | APR 14 – JUN 30 F, 10:30 AM – 12:15 PM
No session May 19
\$49.50 / 11 | Drop-in \$6.00 #6438

SUMMER
WCC | JUL 6 – JUL 31 TH, 9:30 AM – 11:15 AM
No session Jul 27, Jul 13, Aug 3
\$27.00 / 6 | Drop-in \$6.00 #6439

Pickleball Lessons | Learn to Play AGES 19+

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

Instructor: Chris Koentges

SPRING
WCC | APR 12 – JUN 28 W, 9:00 AM – 10:30 AM
\$300.00 / 12 | Drop-in \$25.00 #6444

SUMMER
WCC | JUL 5 – AUG 30 W, 9:00 AM – 10:30 AM
No classes Jul 26, Jul 12, Aug 2
\$150.00 / 6 | Drop-in \$25.00 #6465

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

SPRING
WCC | APR 12 – JUN 28 W, 10:45 AM – 12:15 PM
\$300.00 / 12 | Drop-in \$25.00 #6447

SUMMER
WCC | JUL 5 – AUG 30 W, 10:45 AM – 12:15 PM
No classes Jul 12, Jul 26, Aug 2
\$150.00 / 6 | Drop-in \$25.00 #6469



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**SPRING****WCC | APR 14 – JUN 30** **F, 8:45 AM – 10:15 AM****No class May 19**

\$275.00 / 11 | Drop-in \$25.00 #6448

SUMMER**WCC | JUL 7 – SEP 1** **F, 8:45 AM – 10:15 AM****No classes Aug 4, Jul 28, Jul 14**

\$150.00 / 6 | Drop-in \$25.00 #6470

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

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

Instructor: Chris Koentges**SPRING****WCC | APR 16 – JUN 25** **SU, 10:45 AM – 12:15 PM****No class May 21**

\$250.00 / 10 | Drop-in \$25.00 #6449

SUMMER**WCC | JUL 9 – AUG 27** **SU, 10:45 AM – 12:15 PM****No class Aug 6**

\$175.00 / 7 | Drop-in \$25.00 #6471

Table Tennis **AGES 19+**

Join us for 1.5 hrs of table tennis in the Wesbrook Community Centre gym. These sessions are uninstructed and open to players of all skill levels. 8 spaces are open for season registration and 4 are reserved for day of drop in.

**SPRING****WCC | APR 11 – JUN 28** **TU, 2:15 PM – 3:45 PM**

\$30.00 / 12 | Drop-in \$3.50 #6453

SUMMER**WCC | JUL 4 – SEP 2** **TU, 10:00 AM – 11:30 AM****No session Aug 1, Jul 25, Jul 11**

\$15.00 / 6 | Drop-in \$3.50 #6455

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. 8 spaces are open for season registration and 4 are reserved for day of drop in.

SPRING**WCC | APR 14 – JUL 1** **F, 2:30 PM – 3:30 PM**

\$12.00 / 12 | Drop-in \$2.00 #6454

SUMMER**WCC | JUL 4 – AUG 30** **TU, 11:30 AM – 12:30 PM****No session Jul 25, Aug 1, Jul 11**

\$6.00 / 6 | Drop-in \$2.00 #6456

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. SPECTATORS ARE NOT PERMITTED IN THE GYM DURING ADULT SPORTS

ADULTS & SENIORS PROGRAMS

SPORTS

Volleyball AGES 19+

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. 20 spots are available for registration and 4 are reserved for day of drop in.

SPRING

WCC | APR 5 – JUN 28

W, 7:45 PM – 9:30 PM

\$58.50 / 13 | Drop-in \$6.00

#6457

SUMMER

WCC | JUL 5 – AUG 30

W, 7:45 PM – 9:30 PM

\$40.50 / 9 | Drop-in \$6.00

#6458

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. 14 spots are available for registration and four are reserved for day of drop in.

SPRING

WCC | APR 3 – JUN 26

M, 6:00 PM – 7:30 PM

No session May 22, Apr 10

\$49.50 / 11 | Drop-in \$6.00

#6407

SUMMER

WCC | JUL 10 – AUG 28

M, 6:00 PM – 7:30 PM

No session Aug 7

\$31.50 / 7 | Drop-in \$6.00

#6408

Walking Soccer AGES 40+

Do you wish you could play soccer like you used to when you were younger, but age has caught up with you?

Walking soccer has become popular in the UK among the older population. Instead of running, the game is played at a walking pace. Anything other than a walk will trigger a penalty and the other team will be awarded the ball. No physical contact is allowed. Bring gym appropriate shoes. Registration is required.

Volunteers: Nils Bradley and Mohsen Naseri

SPRING

WCC | APR 14 – JUN 30

F, 1:00 PM – 2:30 PM

No class May 19

FREE / 11

#6498



SOCIAL

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.

Topic: Chemical Safety at Home

Instructor: Health Canada

SPRING

WCC | APR 25

TU, 12:00 PM – 1:30 PM

FREE / 1

#6537

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

SPRING

WCC | APR 5 – JUN 28

W, 10:00 AM – 11:30 AM

FREE / 13

#6529

SOCIAL

Bridge AGES 19+

Come and join our 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

SPRING
WCC | APR 4 – JUN 27 TU, 10:00 AM – 12:30 PM
#6523

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.

Apr 2: *The Girl With Six Names* by Hyeonseo Lee

May 7: TBC

Jun 4: TBC

Volunteer: Alice Bradley

SPRING
WCC | APR 2, MAY 7, JUN 4 SU, 10:00 AM – 12:00 PM
FREE / 3 #6502

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

SPRING
WCC | APR 25 TU, 6:00 PM – 8:00 PM
FREE / 1 #6499

WCC | MAY 30 TU, 6:00 PM – 8:00 PM
FREE / 1 #6532

WCC | JUN 27 TU, 6:00 PM – 8:00 PM
FREE / 1 #6836

Mahjong AGES 55+

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

Volunteer: Nils Bradley

SPRING
WCC | APR 3 – JUN 26 M, 1:00 PM – 3:00 PM
No sessions Apr 10, May 22
FREE / 11 #6530

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, volunteer opportunities and to learn more about accepted items.



ADULTS & SENIORS PROGRAMS

Old Barn Intergenerational Book Club and Advocacy Group **AGES 16+**

This new Book Club is for people who are interested in lively discussion with a diverse age group of participants. It will also incorporate projects related to increasing literacy resources to vulnerable people. Anyone 16 years old and up is encouraged to participate. Registration is required for this free program.

Apr 29: *Normal People* by Sally Rooney

May 27: *The Weight of Ink* by Rachel Kadish

Jun 24: *Persuasion* by Jane Austen

Volunteer: Saige Park

SPRING

OBCC | APR 29, MAY 27, JUN 24 SA, 10:00 AM – 12:00 PM
FREE / 3 #6525

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

SPRING

WCC | APR 3 – JUN 26 M, 10:00 AM – 11:30 AM
No classes April 10, May 22
FREE / 11 #6522

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

SPRING

OBCC | APR 4 – JUN 27
FREE / 13

TU, 12:00 PM – 1:30 PM
#6500



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

LIVE WELL, STAY STRONG SENIORS 55+



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: Kai (Catherine) Huang

SPRING

WCC | APR 15 – JUN 24

SA, 10:00 AM – 12:00 PM

No class May 20

FREE / 10

#6516

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.

Instructors: Sabrina & Jennie

SPRING

WCC | APR 2 – JUN 25

SU, 10:00 AM – 11:30 AM

No classes Apr 9, May 21

FREE / 11

#6533

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.

Seniors Tech-Savvy Wednesdays AGES 55+

Got tough tech questions? Our volunteers will help you find the answers! This digital literacy program for older adults will allow for one-on-one help as well as small group problem solving. 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).

Volunteer: UNA Volunteer

SPRING

WCC | APR 5 – JUN 28

W, 4:00 PM – 5:30 PM

FREE / 13

#6521

Seniors Well-being Studio AGES 55+

This series of workshops will offer a variety of activities designed to foster mental and emotional health while building social connections with others. Topics TBD

Volunteer: UNA Volunteer

SPRING

WCC | APR 6 – JUN 29

TH, 1:30 PM – 3:00 PM

FREE / 13

#6524

AquaFit | West Hampstead AGES 55+

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

****PLEASE NOTE: ALL AQUAFIT CLASSES 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

SPRING

HAMPSTEAD | APR 6 – JUN 29 TH, 1:00 PM – 1:50PM
No class May 4
\$60.00 / 12 #6630

HAMPSTEAD | APR 4 – JUN 27 TU, 1:00 PM – 1:50PM
No class May 2, May 9
\$55.00 / 11 #6629

SUMMER

HAMPSTEAD | JUL 4 – SEP 1 TH, 1:00 PM – 1:50PM
\$45.00 / 9 #6731

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.

Instructors: Leah Erikson & Angie Datt

SPRING

HAMPSTEAD | APR 3 – JUN 26 M, 3:00 PM – 4:00 PM
\$65.00 / 13 #6588

HAMPSTEAD | APR 5 – JUN 28 W, 3:00 PM – 4:00 PM
\$65.00 / 13 #6874

SUMMER

HAMPSTEAD | JUL 10 – AUG 29 M, 3:00 PM – 4:00 PM
\$40.00 / 8 #6713

Osteofit with Angie 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.

Instructor: Angie Datt

SPRING

WCC | APR 4 – JUN 27 TU, 1:00 PM – 2:00 PM
\$104.00 / 13 | Drop-in \$8.80 #6620

SUMMER

WCC | JUL 4 – AUG 30 TU, 1:00 PM – 2:00 PM
\$72.00 / 9 | Drop-in \$8.80 #6718

Osteofit with Angie | Virtual 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.

Instructor: Angie Datt

SPRING

VIRTUAL | APR 6 – JUN 29 TH, 10:00 AM – 11:00 AM
\$104.00 / 13 | Drop-in \$8.80 #6621

SUMMER

VIRTUAL | JUL 6 – SEP 1 TH, 10:00 AM – 11:00 AM
\$72.00 / 9 | Drop-in \$8.80 #6735

FITNESS

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. The Zoom link will be sent by email prior to the first session. Please ensure that the email address on your account is up-to-date.

Instructor: Joyce Ma

SPRING

VIRTUAL | APR 17 – JUN 5

M, 10:00 AM – 11:00 AM

No class May 22

FREE / 7

#6553

Seniors' Gym AGES 55+

Stay active and join us for a variety of games and activities in the gym. Open to anyone 55+ . Schedule of activities TBC.

Volunteer: UNA Volunteer

SPRING

WCC | APR 3 – JUN 27

M, 11:30 AM – 1:00 PM

No classes Apr 10, Apr 24, May 22

FREE / 10

#6515



SOCIAL

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: Kay Barnes

SPRING

WCC | APR 17 – MAY 29

M, 2:00 PM – 3:00 PM

No class May 22

FREE / 6

#6797

Chinese Senior's Dance AGES 55+

Gym space is available for Chinese seniors to practice dance. All seniors are welcome to join for this uninstructed program. Please register for this free program.

Volunteer: Junjun Yin

SPRING

WCC | APR 3 – JUN 26

M, 11:30 AM – 1:00 PM

No session Apr 10, Apr 24, May 22

FREE / 10

#6495

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.

Volunteer: Florence Luo

SPRING

WCC | APR 22

SA, 7:00 PM - 8:30 PM

FREE / 1

#6528

WCC | MAY 20

SA, 7:00 PM - 8:30 PM

FREE / 1

#6512

WCC | JUN 17

SA, 7:00 PM – 8:30 PM

FREE / 1

#6505

SOCIAL

The Magic of Memoir AGES 19+

If you've thought about writing your memoir but wonder where to start, this class is for you. Join Susan M Boyce, author and life story facilitator, as you discover simple techniques to begin effortlessly capturing the richness of your unique life experiences in a safe, supportive environment. No writing experience necessary. It's all about transforming the magic and wisdom of your life into written format that gives loved ones a window into how you lived, what you believe, and how your experiences have shaped you into the amazing person you are today. It's a legacy like no other, a gift only you can give to future generations.

Instructor: Susan Boyce

WCC | MAY 4 – MAY 25 TH, 10:00 AM – 12:00 PM
FREE / 4 # 6843

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. Please note, this session is in English. Topics TBD.

Volunteer: UNA Volunteer

SPRING
WCC | APR 15 SA, 1:00 PM – 3:00 PM
FREE / 1 #6531

WCC | MAY 13 SA, 1:00 PM – 3:00 PM
FREE / 1 #6506

WCC | JUN 10 SA, 1:00 PM – 3:00 PM
FREE / 1 #6509

Saturday Afternoon Tea with a Guest Speaker (Mandarin Session) 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. Please note, this session is in Mandarin Topics TBD.

Instructor: UNA Volunteer

SPRING
WCC | APR 29 SA, 1:00 PM – 3:00 PM
FREE / 1 #6842

WCC | MAY 27 SA, 1:00 PM – 3:00 PM
FREE / 1 #6504

WCC | JUN 24 SA, 1:00 PM – 3:00 PM
FREE / 1 #6534

Sewing and Knitting Studio AGES 13+

This studio is for those interested in sewing and knitting in a social setting. Participants can learn from each other, whether it's basic sewing skills, how to mend your own clothing, quilting, etc. 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

SPRING
WCC | APR 2 – JUN 25 SU, 1:00 PM – 3:00 PM
No classes Apr 9, May 21
FREE / 11 #6507



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



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 **March 6!**

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
- KNITTING
- SOCIAL GAMES
- + MORE!

Funded in part by the
Government of Canada's
New Horizons for Seniors Program



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

FITNESS & YOGA CALENDARS

SPRING

VIEW FULL DETAILS IN THIS GUIDE FOR EXCLUSION DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 AM – 8:15 AM Spin	9:00 AM – 10:00 AM Pilates	6:15 AM – 7:00 AM Express HIIT	9:30 AM – 10:30 AM Barre Pilates	6:15 AM – 7:00 AM Express HIIT	10:30 AM – 11:45 AM Learn To Run	4:30 PM – 5:45 PM Sound Healing Meditation
10:30 AM – 11:30 AM Barre Pilates	10:00 AM – 11:00 AM Yoga in Mandarin	7:15 AM – 8:00 AM Spin	12:00 PM – 12:45 PM Express HIIT	9:00 AM – 10:00 AM Yoga in Mandarin	10:00 AM – 11:15 AM Iyengar Yoga with Luci	
2:15 PM – 3:15 PM Women's Only Fitness	11:00 AM – 11:15 AM Gentle & Restorative Yoga	8:00 AM – 8:30 AM Full Body Fit	1:00 PM – 2:00 PM Hybrid Chair Yoga with Angie	10:00 AM – 11:00 AM Gentle Yoga with Angie	11:30 AM – 12:30 PM Zumba	
6:00 PM – 7:00 PM Restorative Yoga with Merielle	12:00 PM – 12:45 PM Express HIIT	10:00 AM – 11:30 AM Iyengar Yoga with Brian	6:30 PM – 7:30 PM Zumba	2:45 PM – 3:45 PM Gentle Yoga with Paula		
	5:45 PM – 6:45 PM Vinyasa Yoga	12:00 PM – 12:30 PM Express Spin				
		12:30 PM – 1:30 PM Chair Yoga with Merielle				
		7:30 PM – 8:30 PM Zumba				
		8:30 PM – 9:30 PM Ballet Fitness				



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

FITNESS & YOGA CALENDARS

SUMMER

VIEW FULL DETAILS IN THIS GUIDE FOR EXCLUSION DATES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM – 11:30 AM Barre Pilates	9:00 AM – 10:00 AM Pilates	7:45 AM – 8:15 AM Spin	9:30 AM – 10:30 AM Barre Pilates	6:15 AM – 7:00 AM Express HIIT	10:30 AM – 11:45 AM Learn To Run	
	10:15 AM – 11:45 AM Gentle & Restorative Yoga	8:00 AM – 8:30 AM Full Body Fit	12:00 PM – 12:45 PM Express HIIT	10:15 AM – 11:15 AM Gentle Yoga with Angie	11:30 AM – 12:30 PM Zumba	
	12:00 PM – 12:45 PM Express HIIT	10:00 AM – 11:30 AM Iyengar Yoga with Brian	6:30 PM – 7:30 PM Zumba	2:45 PM – 3:45 PM Gentle Yoga with Paula	2:00 PM – 3:45 PM Sound Healing Meditation	
	5:30 PM – 6:30 PM Vinyasa Yoga	11:45 AM – 12:15 PM Express Spin	6:30 PM – 7:30 PM Zumba		4:30 PM – 5:45 PM Sound Healing Meditation	
		2:15 PM – 3:15 PM Chair Yoga with Merielle				
		7:30 PM – 8:30 PM Zumba				



FOR UP TO DATE PROGRAM
INFORMATION, VISIT [MYUNA.CA](https://myuna.ca)

INDEX & SCHEDULE

COMMUNITY EVENTS – PAGE 8

6643	Re-Creation: Community Art	Ages 6+	Sun	Apr 2	2:00 PM	WCC	建立归属感- 社区艺术项目
6551	Easter Egg Hunt	All Ages	Sat	Apr 8	9:30 AM	OBCC	
6550	Family Movie Night	All Ages	Sat	Jul 15	5:30 PM	OBCC	
6586	Earth Day Yard Sale	All Ages	Sat	Apr 22	9:00 AM	WCC	地球日庭院售物
6467	Drop-In Bike Repair	All Ages	Sat	Apr 22	10:00 AM		
6788	Community Bike Jams	All Ages	Tue	May 9	5:00 PM	Parks	社区自行车聚会
6466	Community Yard Sale	All Ages	Sat	May 27	10:00 AM	WCC	
6468	Spring Art Fair	All Ages	Sat	Jun 17	10:00 AM		春季艺术博览会
6790	Canada Day	All Ages	Sat	Jul 1	10:00 AM	WCC	加拿大日
6791	Music in the Park	All Ages	Thu	Jul 13	5:00 PM	Parks	公园音乐会

FAMILY PROGRAMS – PAGE 10

6450	Family Badminton Drop-In	All Ages	Sun/Sat	Apr 15	9:00 AM	WCC	家庭羽毛球
6526	Family Dance Fitness	Ages 5+	Sat	Apr 15	8:45 AM	WCC	家庭舞蹈健身
6451	Family Pickleball Drop-In	All Ages	Sun	Apr 9	6:00 PM	WCC	家庭匹克球练习时间
6711	Fit Together	Ages 19+	Mon	Jul 10	11:30 AM	WCC	亲子健身训练
6710	Fit Together	Ages 19+	Mon	Apr 3	11:30 AM	WCC	亲子健身训练

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6749	Sportball: Pro-D Day	Ages 6-10	Mon	Apr 24	9:00 AM	WCC	Pro-D球类营
6769	Frozen Ballet Camp	Ages 3-5	Mon-Fri	Jul 17	10:00 AM	WCC	冰雪奇緣芭蕾舞夏令营
6644	Crossmaneuver Performing	Ages 3-5	Mon-Fri	Jul 24	10:00 AM	OBCC	艺术夏令营
6827	Creative Jazz & Hip-Hop	Ages 5-7	Mon-Fri	Jul 17	1:00 PM	WCC	爵士嘻哈夏令营
6645	Crossmaneuver Performing	Ages 5-7	Mon-Fri	Jul 24	1:00 PM	OBCC	艺术夏令营
6781	Dance Extreme	Ages 6-9	Mon-Fri	Aug 21	9:00 AM	OBCC	多式舞蹈夏令营
6646	Crossmaneuver Performing	Ages 7-13	Mon-Fri	Jul 17	9:00 AM	OBCC	艺术夏令营
6651	K-Pop/Hip-Hop Dance Camp	Ages 6-12	Mon-Fri	Jul 10	9:00 AM	OBCC	韩式嘻哈夏令营
6695	Young Moviemakers Camp	Ages 8-14	Tue-Fri	Aug 8	9:00 AM	WCC	电影制作夏令营
6747	Science Explorer Camp	Ages 5-10	Tue-Fri	Jul 4	9:00 AM	WCC	科学探索夏令营
6748	CSI Lab Camp	Ages 6-11	Mon-Fri	Jul 31	9:00 AM	WCC	CSI 侦探夏令营
6746	Inventors & Inventions	Ages 7-12	Mon-Fri	Aug 28	9:00 AM	WCC	发明家与发明
6840	HopOn Bike Camp	Ages 7-12	Tue-Fri	Aug 8	9:00 AM	WCC	骑行夏令营
6754	Soccer Camp	Ages 6-10	Mon-Fri	Jul 10	9:00 AM	WCC	足球夏令营
6753	Multi-Sport Camp	Ages 6-10	Mon-Fri	Jul 24	9:00 AM	WCC	多类运动夏令营
6752	Floor Hockey & Soccer Camp	Ages 6-10	Mon-Fri	Jul 31	9:00 AM	WCC	曲棍球&足球夏令营
6356	Summer Adventures Camp	Ages 5-7	Tue-Sat	Jul 4	9:00 AM	WCC	多姿多彩夏令营
6365	Summer Adventures Camp	Ages 8-11	Tue-Sat	Jul 4	9:00 AM	WCC	多姿多彩夏令营

ACTIVE KIDS – PAGE XXXXX

6491	Active Kids: Multi-Sp. Play	Ages 1-3	Mon	May 1	9:30 AM	WCC	多项球类和游戏
6492	Active Kids: Multi-Sp Physical	Ages 3-5	Mon	May 1	10:15 AM	WCC	少儿球类和健体运动
6493	Active Kids: Soccer	Ages 3-5	Mon	May 1	4:00 PM	WCC	足球
6487	Active Kids: Basketball	Ages 8-12	Thu	May 4	4:00 PM	WCC	篮球

EARLY YEARS – PAGE 18

6656	Parent & Tot: Hip-Hop	Ages 2-5	Sat	Apr 15	10:30 AM	WCC	亲子嘻哈舞
6669	Preschool Ballet	Ages 3-5	Sun	Apr 2	11:25 AM	WCC	学前芭蕾
6660	Preschool Dance	Ages 2-4	Sun	Apr 2	9:30 AM	WCC	学前舞蹈
6689	Music Together	Ages 0-5	Tue	Apr 4	10:30 AM	OBCC	一起音乐
6415	Crafts with Ruta	Ages 2-5	Fri	Apr 14	9:45 AM	WCC	和Ruta一起做手工
6414	Parent & Tot: Gym Drop In	Ages 0-5	Tue/Thu	Apr 11	10:00 AM	WCC	亲子活动时间
6540	Science for Kids	Ages 3-6	Thu	Apr 6	4:00 PM	WCC	少儿科学
6784	Parent & Tot: Kids on Wheels	Ages 2-3	Sat	Apr 15	10:00 AM	OBCC	亲子骑行
6785	Preschool: Kids on Wheels	Ages 3-5	Sat	Apr 15	11:00 AM	OBCC	幼儿骑行
6569	Sportball: Floor Hockey	Ages 4-6	Wed	Apr 5	3:45 PM	WCC	少儿曲棍球
6568	Sportball: Outdoor Soccer	Ages 4-6	Wed	Jul 5	3:45 PM	Fields	户外足球
6517	Storytime at the Old Barn	Ages 0-5	Fri	Apr 14	10:00 AM	OBCC	少儿故事会

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6663	Ballet Level 1	Ages 6-8	Wed	Apr 5	4:20pm	WCC	芭蕾一级
6667	Ballet Level 2	Ages 7-10	Wed	Apr 5	5:25 PM	WCC	芭蕾二级
6661	Ballet Level 3	Ages 10-13	Sun	Apr 2	2:25 PM	WCC	芭蕾三级
6672	Contemporary Jazz Level 1	Ages 7-10	Sun	Apr 2	12:15 PM	WCC	当代爵士乐一级
6673	Contemporary Jazz Level 2	Ages 10-14	Mon	Apr 3	6:30 PM	WCC	现代爵士舞二级
6674	Dance Foundations	Ages 4-6	Mon	Apr 3	4:20 PM	WCC	舞蹈基础
6654	K-Pop Hip-Hop	Ages 6-10	Sat	Apr 15	11:15 AM	WCC	韩式嘻哈
6696	Young Moviemakers	Ages 8-14	Fri	Apr 14	4:00 PM	WCC	电影制作夏令营
6662	Musical Theatre Level 1	Ages 7-11	Mon	Apr 3	5:25 PM	WCC	音乐剧场
6685	Musical Theatre Level 2	Ages 10-13	Mon	Apr 3	7:50 PM	WCC	音乐剧场
6440	Pre-Teen Slam Poetry	Ages 9-12	Thu	Apr 6	5:00 PM	WCC	少年诗歌汇
6640	Creative Arts	Ages 6-9	Mon	Apr 3	3:30 PM	WCC	创意艺术课
6637	Manga Art	Ages 6-9	Thu	Apr 6	3:30 PM	WCC	漫画课
6542	Red Cross Babysitting	Ages 11-14	Sun	May 28	9:00 AM	WCC	红十字会儿童看护课程
6460	English Reading Writing	Ages 6-10	Mon	Apr 17	6:30 PM	WCC	三&四年级英语阅读写作
6477	Mastering Mandarin Level 1	Ages 5-18	Sat	Apr 15	10:30 AM	WCC	汉语学习-初级
6478	Mastering Mandarin Level 2	Ages 5-18	Sat	Apr 15	12:00 PM	WCC	汉语学习-初级
6479	Mastering Mandarin Level 3	Ages 5-18	Sat	Apr 15	1:30 PM	WCC	汉语学习-中级
6480	Math-4-Kids Gr 3-4	Ages 8-12	Mon	Apr 17	3:30 PM	WCC	趣味数学
6539	Science for Kids	Ages 7-11	Thu	Apr 6	5:00 PM	WCC	少儿科学
6482	Minecraft Coders	Ages 7-10	Thu	Apr 13	6:15 PM	WCC	儿童Minecraft编程课
6585	Gym Drop-in Pre-teen	Ages 9-12	Wed	Jul 5	4:30 PM	WCC	
6483	Badminton	Ages 8-16	Fri	Apr 14	4:00 PM	WCC	羽毛球
6566	Sportball: Floor Hockey	Ages 6-9	Wed	Apr 5	4:30 PM	WCC	少儿曲棍球
6554	Kyokushin Karate Kids	Ages 6-12	Tue	Apr 11	6:00 PM	WCC	极真空手道-儿童初级
6591	Tae Kwon Do Beginner	Ages 4-12	Sun	Apr 16	1:00 PM	WCC	初学者跆拳道
6567	Sportball: Outdoor Soccer	Ages 6-9	Wed	Jul 5	4:30 PM	Fields	户外足球
6676	Volleyball BC: Smashball	Ages 8-12	Sat	Jul 8	1:00 PM	WCC	排球: 培训和练习 NEW
6601	Volleyball BC: Train Play	Ages 12-13	Sat	Apr 15	2:00 PM	WCC	排球: 培训和练习
6538	4-H Club	Ages 9-19	Fri	Apr 14	6:30 PM	WCC	4-H俱乐部
6442	Pre-teen Leadership	Ages 9-12	Mon	Apr 3	4:00 PM	WCC	
6503	Girl Guides Grades 4-6	Ages 9-11	Thu	Apr 6	5:30 PM	OBCC	女童军

INDEX & SCHEDULE

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various	Flute Sunday	Ages 8+	Sun	Apr 2	1:00 PM	WCC	长笛
6686	Group Guitar Beginner	Ages 14+	Mon	Apr 3	6:30 PM	WCC	吉他小班课-初级
6687	Group Guitar Intermediate	Ages 14+	Mon	Apr 3	7:30 PM	WCC	吉他小班课 - 中级
various	Guitar Wednesday	Ages 8+	Wed	Apr 5	3:30 PM	WCC	吉他
various	Piano Monday	Ages 5+	Mon	Apr 3	3:30 PM	WCC	钢琴
various	Violin Thursday	Ages 5+	Thu	Apr 6	3:30 PM	WCC	小提琴
various	Virtual Violin Saturday	Ages 5+	Sat	Apr 29	6:30 PM	Virtual	线上小提琴课

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6652	K-Pop Hip-Hop	Ages 11-16	Sat	Apr 15	12:15 PM	WCC	韩式嘻哈
6382	Arts for the Earth	Ages 11-18	Mon	Apr 3	4:45 PM	WCC	艺术与大地
6639	Drawing & Painting	Ages 11-19	Wed	Apr 5	3:30 PM	WCC	绘画课
6681	Youth Drop-in Badminton	Ages 12-18	Sun	Apr 9	4:00 PM	WCC	高中生羽毛球练习时间
6427	Basketball Drop-in Youth	Ages 13-18	Wed	Jul 5	4:30 PM	WCC	篮球时间
6433	Gym Drop-in Youth	Ages 13-18	Sat	Jul 8	3:00 PM	WCC	高中生球类活动时间
6429	Table Tennis Drop-in Youth	Ages 13-18	Sat	Jul 8	5:30 PM	WCC	
6432	Volleyball Drop-in Youth	Ages 13-18	Sat	Apr 8	5:30 PM	WCC	
6424	Youth Social Drop-in	Ages 13-18	Wed/Thu	Apr 5	3:30 PM	WCC	青年社交聚会
6552	Peer Tutoring	Ages 9-17	Sun	Apr 16	10:30 AM	OBCC	家庭作业辅导项目
6437	Intermediate Coding	Ages 12-17	Sun	Apr 16	11:35am	WCC	电脑编程俱乐部
6421	French Conversation Club	Ages 13-18	Thu	Apr 6	4:15 PM	WCC	高中生法语会话俱乐部
6683	Math-4-Youth Gr 7-8						趣味数学
6381	Toastmasters Youth Program	Ages 12-18	Wed	Apr 5	6:30 PM	WCC	高中生演讲俱乐部
6485	Teens Advanced Badminton	Ages 13-18	Fri	Apr 14	6:00 PM	WCC	高中生羽毛球高级
6562	Kyokushin Karate Youth	Ages 13-18	Tue	Apr 11	7:00 PM	WCC	青少年极真空手道
6596	Tae Kwon Do Beginner Youth	Ages 13-18	Sun	Apr 16	1:00 PM	WCC	青少年跆拳道初级
6600	Volleyball BC: Train and Play	Ages 14-15	Sat	Apr 15	2:00 PM	WCC	排球: 培训和练习
6420	Rubik's Cube Club	Ages 10-17	Thu	Apr 6	3:30 PM	WCC	魔方俱乐部
6383	Youth Art Engagement	Ages 13-18	Mon	Apr 3	5:45 PM	WCC	青年艺术会
6443	Youth Leadership 3	Ages 13-18	Fri	Apr 14	3:30 PM	WCC	青年领导力

ADULTS & SENIORS – PAGE 39

6501	Adult Ballet Drop-In	Ages 15+	Fri	Apr 14	5:00 PM	WCC	成年中/高级芭蕾健身
6755	Chinese Folk Dance	Ages 19+	Wed	Apr 5	12:30 PM	WCC	中国民族舞蹈
6693	Dance Fusion	Ages 19+	Fri	Apr 14	12:30 PM	WCC	舞蹈融合
6658	K-Pop Hip-Hop	Ages 19+	Tue	Apr 4	5:30 PM	WCC	韩式嘻哈 NEW
6795	Watercolour Painting	Ages 16+	Mon	Apr 3	7:00 PM	WCC	水彩绘画 NEW
6391	Puppy Preschool	Ages 19+	Tue	Apr 4	6:00 PM	WCC	幼犬培训
6394	Puppy Playgroup Drop-In	Ages 19+	Thu	Apr 6	6:45 PM	WCC	幼犬社交时间
6422	Dog Walk n' Train Drop-In	Ages 19+	Tue	Jul 4	7:15 PM	WCC	遛狗训练社交 NEW
6393	Good to Great: Basic Manners	Ages 19+	Tue	Apr 4	7:15 PM	WCC	成年狗基本训练
6397	Good to Great: Recall	Ages 19+	Thu	May 18	8:00 PM	WCC	成年狗召回&散步训练

ADULTS & SENIORS – PAGE 39

6535	English Conversation Adv	Ages 19+	Fri	Apr 14	10:00 AM	OBCC	英语会话高级
6536	English Conversation Adv	Ages 19+	Mon	Apr 3	12:00 PM	OBCC	英语会话高级
6519	English Conversation Beg	Ages 19+	Thu	Apr 6	10:00 AM	WCC	初级英语会话
6513	English Conversation Int	Ages 19+	Tue	Apr 4	10:00 AM	WCC	英语会话俱乐部
6497	English Conversation Int	Ages 19+	Wed	Apr 5	1:00 PM	WCC	中级英语会话
6510	English Conv. Mandarin	Ages 19+	Mon	Apr 17	10:00 AM	WCC	英语入门(国语)
6527	English Grammar Beginner	Ages 19+	Wed	Apr 5	10:00 AM	WCC	
6514	French Club	Ages 19+	Thu	Apr 6	1:30 PM	OBCC	
6518	French Conversation Int.	Ages 19+	Mon	Apr 3	1:00 PM	WCC	法语会话中级
6772	SUCCESS: Settlement	Ages 18+	Tue	Apr 4	9:30 AM	WCC	中侨移民安顿服务
6839	Korean Parent Support Circle	Ages 19+	Tue	Apr 4	12:30 PM	WCC	韩国家长互助交流会
6520	VSB Immigrant Parent	Ages 19+	Thu	Apr 6	1:00 PM	Virtual	移民家长信息交流会(国语)
6404	Badminton	Ages 19+	Tue	Apr 4	12:00 PM	WCC	羽毛球
6438	Pickleball	Ages 19+	Fri	Apr 14	10:30 AM	WCC	匹克球练习
6453	Table Tennis	Ages 19+	Tue	Apr 11	2:15 PM	WCC	乒乓球
6454	Table Tennis for Seniors	Ages 55+	Fri	Apr 14	2:30 PM	WCC	乒乓球
6457	Volleyball	Ages 19+	Wed	Apr 5	7:45 PM	WCC	羽毛球
6408	Basketball	Ages 19+	Mon	Jul 10	6:00 PM	WCC	羽毛球
6675	Ballet Fitness	Ages 19+	Wed	Apr 5	8:30 PM	WCC	芭蕾舞健身
6577	Barre Pilates	Ages 19+	Thu	Apr 6	9:30 AM	WCC	芭蕾普拉提
6709	Barre Pilates	Ages 19+	Mon	Jul 10	10:30 AM	WCC	芭蕾普拉提
6732	Barre Pilates	Ages 19+	Thu	Jul 6	9:30 AM	WCC	芭蕾普拉提
6575	Barre Pilates	Ages 19+	Mon	Apr 3	10:30 AM	WCC	芭蕾普拉提
6740	Express HIIT	Ages 19+	Fri	Jul 7	6:15 AM	WCC	高燃脂训练
6631	Express HIIT	Ages 19+	Wed	Apr 5	6:15 AM	WCC	高燃脂训练
6633	Express HIIT	Ages 19+	Thu	Apr 6	12:00 PM	WCC	高燃脂训练
6733	Express HIIT	Ages 19+	Thu	Jul 6	12:00 PM	WCC	高燃脂训练
6715	Express HIIT	Ages 19+	Tue	Jul 4	12:00 PM	WCC	高燃脂训练
6634	Express HIIT	Ages 19+	Fri	Apr 7	6:15 AM	WCC	高燃脂训练
6628	Express HIIT	Ages 19+	Tue	Apr 4	12:00 PM	WCC	高燃脂训练
6728	Express Spin	Ages 19+	Wed	Jul 5	11:45 AM	WCC	极速单车
6632	Express Spin	Ages 19+	Wed	Apr 5	12:00 PM	WCC	极速单车
6729	Full Body Fit	Ages 19+	Wed	Apr 5	8:00 AM	WCC	
6398	Learn to Run	Ages 19+	Sat	Apr 22	10:30 AM	WCC	学习如何跑步

INDEX & SCHEDULE

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6714	Pilates	Ages 19+	Tue	Jul 4	9:00 AM	WCC	芭蕾普拉提
6576	Pilates	Ages 19+	Tue	Apr 4	9:00 AM	WCC	芭蕾普拉提
6708	Spin	Ages 19+	Mon	Jul 10	7:45 AM	WCC	极速单车
6572	Spin	Ages 19+	Wed	Apr 5	7:15 AM	WCC	极速单车
6571	Spin	Ages 19+	Mon	Apr 3	7:45 AM	WCC	极速单车
6712	Women's Only Fitness	Ages 19+	Mon	Jul 10	2:15 PM	WCC	
6625	Zumba	Ages 19+	Thu	Apr 6	6:30 PM	WCC	Zumba舞
6741	Zumba	Ages 19+	Sat	Jul 8	11:30 AM	WCC	Zumba舞
6734	Zumba	Ages 19+	Thu	Jul 6	6:30 PM	WCC	Zumba舞
6727	Zumba	Ages 19+	Wed	Jul 5	6:30 PM	WCC	Zumba舞
6626	Zumba	Ages 19+	Sat	Apr 8	11:30 AM	WCC	Zumba舞
6624	Zumba	Ages 19+	Wed	Apr 5	7:30 PM	WCC	Zumba舞
6409	Kyokushin Karate Adults	Ages 19+	Tue	Apr 11	7:00 PM	WCC	极真空手道
6602	Tai Chi	Ages 19+	Tue	Apr 4	6:30 PM	WCC	太极
6444	Pickleball Lessons Learn	Ages 19+	Wed	Apr 12	9:00 AM	WCC	匹克球初级
6447	Pickleball Lessons Int.	Ages 19+	Wed	Apr 12	10:45 AM	WCC	匹克球中级
6448	Pickleball Lessons Adv.	Ages 19+	Fri	Apr 14	8:45 AM	WCC	匹克球高级双打
6449	Pickleball Lessons Acc.	Ages 19+	Sun	Apr 16	10:45 AM	WCC	匹克球晋级训练
6498	Walking Soccer	Ages 40+	Fri	Apr 14	1:00 PM	WCC	慢走足球
6726	Chair Yoga with Merielle	Ages 19+	Wed	Jul 4	2:15 PM	WCC	网上椅子瑜伽
6616	Chair Yoga with Merielle	Ages 19+	Wed	Apr 5	12:30 PM	OBCC	网上椅子瑜伽
6723	Gentle & Restorative Yoga	Ages 19+	Tue	Jul 4	10:15 AM	WCC	恢复性瑜伽
6619	Gentle & Restor. Yoga - Angie	Ages 19+	Tue	Apr 4	10:15 AM	WCC	恢复性瑜伽
6738	Gentle Yoga with Angie	Ages 19+	Fri	Jul 7	10:15 AM	WCC	轻柔瑜伽
6623	Gentle Yoga with Angie	Ages 19+	Fri	Apr 14	10:00 AM	WCC	轻柔瑜伽
6739	Gentle Yoga with Paula	Ages 19+	Fri	Jul 7	2:45 PM	WCC	轻柔瑜伽
6615	Gentle Yoga with Paula	Ages 19+	Fri	Apr 14	2:45 PM	WCC	轻柔瑜伽
6580	Iyengar Yoga	Ages 19+	Sat	Apr 8	10:00 AM	WCC	轻柔瑜伽
6725	Iyengar Yoga with Brian	Ages 19+	Wed	Jul 5	10:00 AM	WCC	轻柔瑜伽
6578	Iyengar Yoga with Brian	Ages 19+	Wed	Apr 5	10:00 AM	WCC	轻柔瑜伽
6618	Restorative Yoga - Merielle	Ages 19+	Mon	Apr 3	6:00 PM	OBCC	轻柔瑜伽
6743	Sound Healing + Restor. Yoga	Ages 19+	Sat	Apr 8	2:00 PM	WCC	声音减压与冥想 & 轻柔瑜伽
6583	Sound Healing Meditation	Ages 19+	Sun	May 21	4:30 PM	WCC	声音减压与冥想
6582	Sound Healing Meditation	Ages 19+	Sun	Apr 9	4:30 PM	WCC	声音减压与冥想
6787	Vinyasa	Ages 19+	Tue	Apr 4	5:45 PM	WCC	Vinyasa瑜伽
6722	Vinyasa Yoga	Ages 19+	Tue	Jul 4	5:30 PM	WCC	Vinyasa瑜伽
6587	Yoga in Mandarin	Ages 19+	Fri	Apr 7	9:00 AM	WCC	中文瑜伽
6584	Yoga in Mandarin	Ages 19+	Tue	Apr 4	10:00 AM	OBCC	中文瑜伽

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6537	Community Lunch and Learn	Ages 19+	Tue	Apr 25	12:00 PM	WCC	社区午餐时间交流会
6529	Newcomers Support Group	Ages 19+	Wed	Apr 5	10:00 AM	WCC	新移民互助小组
6523	Bridge	Ages 19+	Tue	Apr 4	10:00 AM	WCC	桥牌练习时间
6530	Mahjong	Ages 55+	Mon	Apr 3	1:00 PM	WCC	麻将
6502	Community Book Club	Ages 19+	Sun-Sun	Apr 2	10:00 AM	WCC	社区读书俱乐部
6499	Let's Cook Club	All Ages	Tue	Apr 25	6:00 PM	WCC	美食烹饪俱乐部
6532	Let's Cook Club	All Ages	Tue	My 30	6:00 PM	WCC	美食烹饪俱乐部
6836	Let's Cook Club	All Ages	Tue	Jun 27	6:00 PM	WCC	美食烹饪俱乐部
6525	Old Barn Interagen. Book Club	Ages 16+	Sat	Apr 29	10:00 AM	OBCC	社区读书俱乐部
6522	Walk and Talk Club	Ages 19+	Mon	Apr 3	10:00 AM	WCC	步行俱乐部
6500	Women's Social Club	Ages 19+	Tue	Apr 4	12:00 PM	OBCC	女士社交俱乐部

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6630	AquaFit - West Hampstead	Ages 55+	Thu	Apr 6	1:00 PM	Hampstead	
6629	AquaFit - West Hampstead	Ages 55+	Tue	Apr 4	1:00 PM	Hampstead	
6622	Chair Yoga - Angie - HYBRID	Ages 55+	Thu	Apr 6	1:00 PM	WCC	网上椅子瑜伽
6718	Osteofit with Angie	Ages 55+	Tue	Jul 4	1:00 PM		网上健骨课程
6620	Osteofit with Angie	Ages 55+	Tue	Apr 4	1:00 PM	WCC	网上健骨课程
6735	Osteofit with Angie- VIRTUAL	Ages 55+	Thu	Jul 6	10:00 AM		网上健骨课程
6621	Osteofit with Angie- VIRTUAL	Ages 55+	Thu	Apr 6	10:00 AM	WCC	网上健骨课程
6588	Osteofit- West Hampstead	Ages 55+	Mon	Apr 3	3:00 PM	WCC	健骨课程
6874	Osteofit- West Hampstead	Ages 55+	Wed	Apr 5	3:00 PM	WCC	健骨课程
6713	Osteofit- West Hampstead	Ages 55+	Mon	Jul 10	3:00 PM		健骨课程
6731	AquaFit - West Hampstead	Ages 55+	Thu	Jul 6	1:00 PM		网上健骨课程
6719	AquaFit - West Hampstead	Ages 55+	Tue	Jul 4	1:00 PM		网上健骨课程
6515	Seniors' Gym	Ages 55+	Mon	Apr 3	11:30 AM	WCC	老人锻炼时间
6516	Community Digital Support	Ages 55+	Sat	Apr 15	10:00 AM	WCC	社区电脑辅导
6533	English ABCs for Seniors	Ages 55+	Sun	Apr 2	10:00 AM	WCC	老年英语
6521	Seniors Tech-Savvy	Ages 55+	Wed	Apr 5	4:00 PM	WCC	老人电脑培训课
6553	Virtual Tai Chi	Ages 55+	Mon	Apr 17	10:00 AM	Virtual	网上太极
6797	Dance for Seniors	Ages 55+	Mon	Apr 17	1:45 PM	WCC	中式老年舞蹈
6495	Chinese Senior's Dance	Ages 55+	Mon	Apr 3	11:30 AM	WCC	中式老年舞蹈
6505	Dance Party for Seniors	Ages 55+	Sat	Jun 27	7:00 PM	WCC	老年舞蹈
6512	Dance Party for Seniors	Ages 55+	Sat	May 20	7:00 PM	WCC	老年舞蹈
6528	Dance Party for Seniors	Ages 55+	Sat	Apr 22	7:00 PM	WCC	老年舞蹈
6531	Saturday Afternoon Tea	Ages 55+	Sat	Apr 15	1:00 PM	WCC	
6506	Saturday Afternoon Tea	Ages 55+	Sat	May 13	1:00 PM	WCC	
6509	Saturday Afternoon Tea	Ages 55+	Sat	Jun 10	1:00 PM	WCC	
6504	Afternoon Tea (Mandarin)	Ages 55+	Sat	Apr 29	1:00 PM		老年周末下午茶和嘉宾
6534	Afternoon Tea (Mandarin)	Ages 55+	Sat	May 27	1:00 PM		老年周末下午茶和嘉宾
6842	Afternoon Tea (Mandarin)	Ages 55+	Sat	Jun 24	1:00 PM	WCC	老年周末下午茶和嘉宾
6524	Seniors Well-being Studio	Ages 55+	Thu	Apr 6	1:30 PM	WCC	老年快乐周四
6507	Sewing and Knitting Studio	Ages 13+	Sun	Apr 2	1:00 PM	WCC	社区缝纫工作室
6843	The Magic of Memoir	Ages 19+	Thu	May 4	10:00 AM	WCC	传记的魅力

HOSTED BY



MIKASA
CANADA

MARCH 17-19 2023
WAR MEMORIAL GYM

**TOURNAMENT PASSES
& TICKETS AT:**

***UNA MEMBERS RECEIVE
CONCESSION PRICING**



GOTHUNDERBIRDS.CA/USPORTSVBALL

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





UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

1st Annual

Spring Art Fair

June 17, 2023 | 10 AM - 12 PM

Wesbrook Community Centre

Participants registered in UNA music, dance and visual art programs will showcase their talents during this day of bringing the community together through creativity and wonder. Enjoy talent shows, films, art galleries, and more!

Full details can be found at
myuna.ca/spring-art-fair

