

2024  
WINTER

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# PROGRAM GUIDE

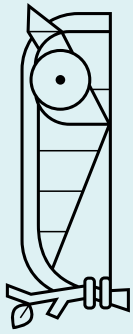
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Recreation Programs at the  
Wesbrook Community Centre &  
Old Barn Community Centre



**UNA**

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION



# THE CAMPUS RESIDENT

IS YOUR SOURCE FOR LOCAL NEWS

## CALL FOR VOLUNTEERS

**Are you passionate about local journalism?**

*The Campus Resident* newspaper is actively seeking volunteer contributors to write news articles, feature stories, and opinion pieces, as well as photographers to document news and events in our community. No experience is required – just a strong interest in local news and an affinity for storytelling.

**Ready to start?**

Send a short bio (150 words) to **[editor@thecampusresident.ca](mailto:editor@thecampusresident.ca)** and tell us how you'd like to contribute.



### WE'RE ONLINE

Visit our new website and read our monthly digital issues at **[thecampusresident.ca](http://thecampusresident.ca)**.



### DELIVERED TO YOUR EMAIL

Get notified when we publish a new issue. Sign up for our newsletter and get fresh community stories delivered to your inbox.

# PROGRAM GUIDE

## REGISTER ONLINE

**Monday, December 4, 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](http://www.myuna.ca)

## REGISTER IN PERSON

**Monday, December 4, 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, December 4, 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



## CODE OF CONDUCT

We all deserve to work, play and participate in an environment where we are treated with dignity and respect. The UNA is committed to creating such an environment because it brings out the full potential in each of us, which, in turn, contributes directly to our community success.

The UNA is committed to providing a community gathering place that is free of discrimination of all types and from abusive, offensive or harassing behavior.

All members of the community, including UNA employees, are expected to support an inclusive environment by adhering to the following conduct standards:

- Treat others with dignity and respect at all times.
- Address and report inappropriate behavior and comments that are discriminatory, harassing, abusive, offensive or unwelcome.
- Avoid slang or idioms that might not translate across cultures.
- Support arrangements for those with different needs, abilities and/or obligations.
- Confront the decisions or behaviors of others that are based on conscious or unconscious biases.
- Use the facility and equipment in a safe and appropriate way
- Be open-minded and listen when given constructive feedback regarding others' perception of your conduct.
- The UNA will not tolerate discrimination, harassment or any behavior or language that is abusive, offensive or unwelcome.

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

## REFUNDS, CANCELLATIONS & PROGRAM CHANGES

- Programs are subject to change without notice.
- Refund requests due to illness require a certified medical note from a licenced medical practitioner. Retroactive refunds will not be considered. Refunds are considered from the date received.
- Refunds will be prorated accordingly and processed within 10 business days.

Refund requests can be made in person at the community centres, by phone (Old Barn: 604-827-4469 or Wesbrook: 604-822-4227) or by emailing [programs@myuna.ca](mailto:programs@myuna.ca).

Activity	Cancellation Deadline to Receive a Refund	Non-Refundable Processing Fee
Multi-class programs (does not include camps)	One business day after the first class	\$10.00
Single Day Programs (single day camp, events, workshops, lectures)	More than 5 business days prior to the day of the camp/event/pro- gram	\$10.00
Multi-Day Camps	More than 10 business days prior to the first day of camp	\$20.00
Drop-in	No refund, no transfers	-
Programs cancelled by the UNA	Full refund	-
Classes cancelled by the UNA	Classes that are unable to be rescheduled will be fully refunded	-
Drop-ins cancelled by the UNA	Full refund for ap- plicable sessions	-

## **DROP-IN PROGRAM PROCEDURES**

(Dance, Group Fitness, Martial Arts, Pilates, Puppy Drop-In, Yoga)

## **REGISTRATION POLICIES**

The UNA provides registration for select drop-in programs for a pre-determined number of spots.

- Register for drop-in programs in person or online.
- Drop-in participants must check in at the front desk to receive a wristband, which must be visibly displayed.
- If a program is fully registered, drop-ins are not accepted.
- Drop-In programs are non-refundable and non-transferable.

## **DROP-IN SPORTS PROCEDURES**

The UNA provides drop-in sports that are open purely to drop-in.

- Drop-in sports can be booked online or in-person 48 hours prior to the drop-in session.
- Booked spots are held for 10 minutes after the drop-in begins. After 10 minutes, spots can be re-sold.
- Users must have an account in our registration system.
- All paid participants will receive a wristband, which must be visibly displayed
- Spectators are not permitted in the gym during the sports drop-ins.
- Drop-in sports are non-refundable and non-transferable.

## **CASUAL SPORT PROCEDURES**

The UNA provides registration for select drop-in opportunities for a pre-determined number of spots.

- Registered participants have priority.
- Registered participants spots are held for 10 minutes. After 10 minutes, all spots are considered as open for all participants.
- For non-registered participants, sign-up for the drop-in list must be done IN PERSON and begins 30 minutes before the program starts.
- All users must have an account in our registration system.
- All paid participants will receive a wristband, which must be visibly displayed
- Spectators are not permitted in the gym during the sports drop-ins.
- Drop-in sports are non-refundable and non-transferable.

## **CASUAL ROOM USE**

- When music studios, dance studio, gym, or Old Barn Meeting Rooms are free from programs, events, or bookings, users may inquire at the front desk for access.
- Fee must be paid along with completing a signed room use waiver prior to the entry or use of the room.
- Maximum use is two hours a day.
- Cost is \$3.00/person/hour for Gym; \$5.00/person/hour for other rooms.
- No instructional lesson is allowed during the casual room usage.
- No food or drink is allowed in the room.
- Users are responsible for room cleanliness.
- Users are responsible for any damage incurred due to the use of the room.
- Individual users must be 13 years or older. Children 12 years or under must be always supervised by an adult (18+) who will be charged with the fee.
- Staff will reserve the right to make changes to room schedules.

## **REGISTRATION, FEES AND DISCOUNTS**

- Most program registration is on a first come, first served basis. Fees are payable at the time of registration.
- UNA residents are eligible to receive a resident discount when applicable.
- Current UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are eligible to receive a discount when applicable.
- Drop-in fees must be paid before each class by the participant. A receipt or wristband must be provided to the instructor. No exceptions. Lost receipts or wristbands will not be refunded.
- Children under 10 must be picked up on time at the conclusion of a session, class or camp by a guardian or appointed guardian. Children under the age of 10 who are not picked up on time will be charged \$10 for every 5 minutes until picked up by a parent or guardian.

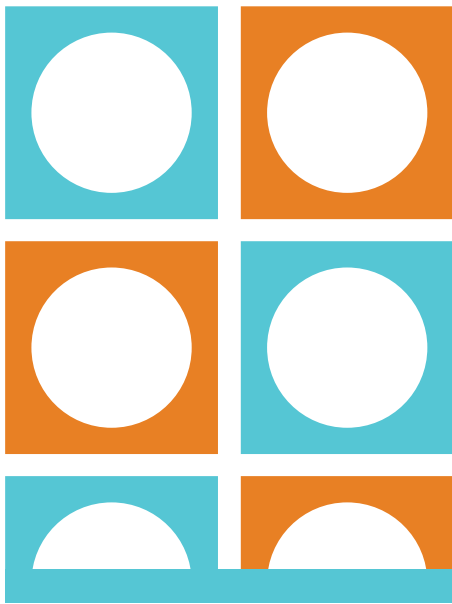


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# OUR FOUNDATIONAL PRINCIPLES

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



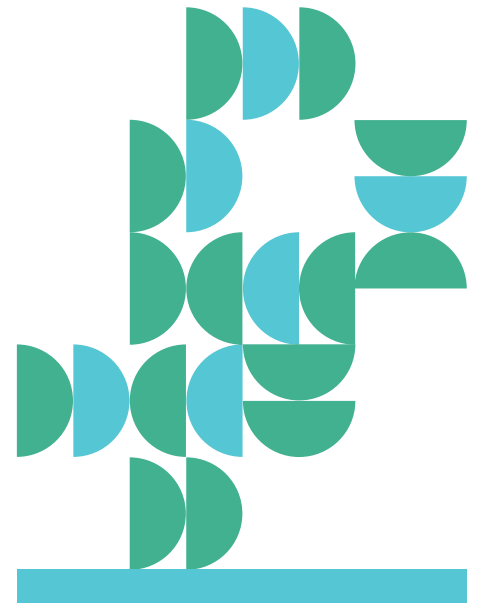
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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



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

### FITNESS CENTRE HOURS OF OPERATION

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

## 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 15**



## 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	30	\$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	45	\$80.00
114	Social Room	916 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	10	\$25.00
202	Studio B	258 Sq Ft	10	\$25.00

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

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

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

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

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

604.822.9675



UNIVERSITY  
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ASSOCIATION



# COMMUNITY EVENTS

VISIT THE UNA EVENTS CALENDAR TO  
STAY UP-TO-DATE WITH OUR LATEST  
EVENTS! [WWW.MYUNA.CA/EVENTS](http://WWW.MYUNA.CA/EVENTS)

## Lunar New Year **ALL AGES**

**FEB 11**  
Sunday  
1:00 PM  
- 4:00 PM  
FREE

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

[Wesbrook Community Centre](#)

## Family Day **ALL AGES**

**FEB 19**  
Monday  
8:30 AM  
- 5:30 PM  
FREE

Join us for Family Day at the UNA! Prepare to create memories with those you love by participating in various activities at the Wesbrook Community Centre. Sports, Arts & Crafts, and more!

For more information and schedule of activities visit [www.myuna.ca/familyday](http://www.myuna.ca/familyday)

[Wesbrook Community Centre](#)

## Family Movie Night **ALL AGES**

**JAN 20**  
**FEB 17**  
**MAR 16**  
Saturday  
6:00 PM  
- 8:30 PM  
\$2.00

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 for maximum comfort. Parents must accompany their children. Admission is \$2.00 per person. Popcorn, snacks, and drinks will be available for cash sale. Doors open at 5:30 p.m., movie starts at 6 p.m. No registration required.

[Old Barn Community Centre](#)

#8461

**JAN 20**  
Abominable  
**FEB 17**  
Minions

**MAR 16**  
How to Train Your Dragon: The Hidden World



# A New Old Barn

## Check out the newly renovated Fitness Centre and Living Room at the Barn

We're excited to welcome you to our newly renovated spaces at the Old Barn Community Centre! New equipment, a new room layout and new fitness programs are now available at the Old Barn Fitness Centre and improved space functionality and comfortable furniture have been added to the Living Room.

Drop by for a visit at 6308 Thunderbird Blvd. or visit [myuna.ca/newoldbarn](http://myuna.ca/newoldbarn) to learn more about the Barn's ongoing renovations.

# CHILDREN'S PRO-D DAY & SPRING CAMPS

## Australian Football: Pro-D Day Camp

AGES 8-12

This camp hosted by the Australian Football League (AFL) Canada provides campers with a chance to learn more about Footy. The session will include skill development, drills, activities, games, and more! Please pack weather-appropriate clothing, a water bottle, nut-free lunch, and snacks.

Instructor: Australian Football League Canada

WCC | FEB 16

F, 9:00 AM – 3:00 PM

\$75.00 / 1

#8366

## Australian Football: Spring Break Camp

AGES 8-12

This camp hosted by the Australian Football League (AFL) Canada provides campers with a chance to learn more about Footy. The session will include skill development, drills, activities, games, and more! Please pack weather-appropriate clothing, a water bottle, nut-free lunch, and snacks.

Instructor: Australian Football League Canada

WCC | MAR 18 – MAR 22

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#8368

## Crossmaneuver Creation & Performance: Spring Break Camp

AGES 7-13

This is so much more than a Performing Arts camp. Sure, we sing, dance, and act... but we also engage with visual arts and design as we dive into a story to create our very own show. This Spring, join us as we discover The Secret Lives of Toys. Come and make a doll with us. Become a character with your favourite toy in mind. Learn how powerful our imagination can be as we create a world where the toys will teach us all about kindness and bravery and love.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 18 – MAR 22

M-F, 9:00 AM – 4:00 PM

\$450.00 / 5

#8375

## Dance Extreme: Spring Break Camp

AGES 6-12

Explore a number of different dance styles in this upbeat and welcoming dance camp. Kids will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be a presentation for family members on the last day of camp.

Instructor: Endorphin Rush Dance

WCC | MAR 25 – MAR 28

M-TH, 9:00 AM – 3:00 PM

\$320.00 / 4

#8374

## Young Artist Performing Arts: Spring Break Camp

AGES 4-7

A beautiful all arts camp for the young ones. We explore dance, music, stories, singing and make wonderful art together for the week. It's a magical, nurturing, and highly creative experience for the young ones to be a part of.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 25 – MAR 28

M-TH, 9:30 AM – 3:00 PM

\$304.00 / 4

#8376

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

Instructor: Young Moviemakers

WCC | MAR 25 – MAR 28

M-TH, 9:00 AM – 3:00 PM

\$360.00 / 4

#8373

# ACTIVE KIDS SCHOOL OF KINESIOLOGY

## Active Kids: Multi-Sport and Playtime

**AGES 1.5-3**

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 15 – MAR 11**

**M, 9:30 AM – 10:15 AM**

**No class Feb 19**

\$160.00 / 8

#8253

## Active Kids: Multi-Sport and Physical Literacy **AGES 3-5**

This fun, interactive and high energy class will create a safe space for your child to independently practice fundamental movement skills (such as running, jumping, kicking, throwing) as well as practice sport-specific skills and games (such as basketball, soccer, hockey, tennis, volleyball). Kinesiology student instructors will guide children through all activities with a focus on physical literacy development including motivation and confidence building. This is a great class to progress to after Multi-Sport and Playtime, or for your child's first experience in sport and physical activity.

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 15 – MAR 11**

**M, 10:15 AM – 11:00 AM**

**No class Feb 19**

\$160.00 / 8

#8254

WE HAVE 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 ENCOURAGING LEARNING ENVIRONMENT.

## Active Kids: Soccer **AGES 3-5**

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 15 – MAR 11**

**M, 4:00 PM – 4:45 PM**

**No class Feb 19**

\$168.00 / 8

#8255

## Active Kids: Soccer **AGES 6-9**

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 15 – MAR 11**

**M, 4:45 PM – 5:30 PM**

**No class Feb 19**

\$168.00 / 8

#8256

**Active Kids: Basketball** AGES 8-16

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

**Instructor:** Active Kids School of Kinesiology

**AGES 8-12**  
WCC | JAN 16 – MAR 12                      TU, 4:00 PM – 5:30 PM  
\$240.75 / 9    #8257

WCC | JAN 18 – MAR 14                      TH, 4:00 PM – 5:30 PM  
\$240.75 / 9    #8265

WCC | JAN 20 – MAR 16                      SA, 12:00 PM – 1:30 PM  
No class Feb 17  
\$214.00 / 8    #8273

**AGES 12-16**  
WCC | JAN 18 – MAR 14                      TH, 4:00 PM – 5:30 PM  
\$240.75 / 9    #8266



# 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.





# EARLY YEARS PROGRAMS

## 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.

Instructor: Ruta Zasaite

WCC | JAN 12 – MAR 15 F, 9:45 AM – 10:30 AM  
\$100.00 / 10 #8356

WCC | JAN 12 – MAR 15 F, 10:45 AM – 11:30 AM  
\$100.00 / 10 #8357

### Music Together AGES 0-5

Experience the joys of music-making and the powerful benefits of having music in your child's life. Find out how important-and how much fun-your role can be! In our mixed age class, each child participates at their own level and their natural musicality is nurtured through singing, dancing, listening and watching the adults, and exploring musical instruments. 45 minutes of pure fun each week! Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$58.00 licensing fee is per family and non-refundable after the first class.

Instructor: Donalyn

OBCC | JAN 16 – MAR 12 TU, 9:30 AM – 10:15 AM  
\$150.03 / 9 #8353

OBCC | JAN 16 – MAR 12 TU, 10:30 AM – 11:15 AM  
\$150.03 / 9 #8354

### Parent & Child: Hip-Hop AGES 2-5

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

Instructor: Praise TEAM

WCC | JAN 13 – MAR 16 SA, 9:30 AM – 10:15 AM  
No class Feb 17  
\$114.75 / 9 | Drop-in \$15.00 #8369

### Preschool Ballet AGES 3-5

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

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 7 – MAR 17 SU, 11:25 AM – 12:10 PM  
No classes Feb 11, Feb 18  
\$171.00 / 9 | Drop-in \$20.00 #8389

WCC | JAN 10 – MAR 13 W, 3:30 PM – 4:15 PM  
\$190.00 / 10 | Drop-in \$20.00 #8391

### 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

WCC | JAN 7 – MAR 17 SU, 9:30 AM – 10:15 AM  
No classes Feb 11, Feb 18  
\$171.00 / 9 | Drop-in \$20.00 #8388

WCC | JAN 8 – MAR 11 M, 3:30 PM – 4:15 PM  
No class Feb 19  
\$171.00 / 9 | Drop-in \$20.00 #8390

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

It's playtime at the Westbrook Gymnasium! Tots aged 0-5 can explore various climbing apparatus, sports equipment and exciting toys as they grow and develop socially. Parent supervision is required. Each session features circle time, an opportunity to sing, dance and listen to a story. Please note that parents are expected to help with clean up. Drop-In: \$3.50 per child. Punch passes available for \$12.50/5 sessions. Registration is not required but a UNA profile is required to drop-in.

**Instructor:** Ruta Zasaite

**WCC | JAN 9 – MAR 28** **TU/TH, 10:00 AM – 11:30 AM**  
Drop-in \$3.50 #8314

**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 class 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

**WCC | JAN 11 – MAR 14** **TH, 4:00 PM – 5:00 PM**  
\$220.00 / 10 #8296

**PHYSICAL ACTIVITY****Kids on Wheels | Parent & Tot** AGES 2-3

This nine-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

**OBCC | JAN 13 – MAR 16** **SA, 10:00 AM – 11:00 AM**  
**No class Feb 17**  
\$192.42 / 9 #8271

**EARLY YEARS  
PROGRAMS****Kids on Wheels | Preschool** AGES 3-5

This nine-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

**OBCC | JAN 13 – MAR 16** **SA, 11:15 AM – 12:30 PM**  
**No class Feb 17**  
\$239.67 / 9 #8272

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

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

**Instructor:** Sportball Vancouver

**WCC | JAN 10 – MAR 13** **W, 3:45 PM – 4:30 PM**  
\$200.00 / 10 #8263

**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.

**Instructor:** UNA Volunteer

**OBCC | JAN 12 – MAR 29** **F, 10:00 AM – 10:30 AM**  
FREE #8224

**UNA**UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# FAMILY MOVIE NIGHT

Old Barn Community Centre

\$2.00 entry 5:30 p.m.

Bring the whole family for Family Movie Night. Chairs provided, feel free to bring your blankets and pillows for maximum comfort. Popcorn, snacks, and drinks will be available for cash purchase. Doors open at 5:30 p.m. Movie starts at 6:00 p.m. Parents must accompany children.

**JANUARY 20**  
Abominable

**FEBRUARY 17**  
Minions

**MARCH 16**  
How to Train Your  
Dragon: The Hidden  
World



# 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	\$275.00	\$295.00
13-24	\$325.00	\$345.00



## 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: super-hero, princess, sports, forest/wood-land animals, Star Wars. **(\$50.00)**
- Cutlery, cups, and plates **(\$25.00)**
- Face painting **(\$25.00)**
- Gift bags **(\$10.00/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 2:00 - 4:00 p.m.)
- **Wesbrook**  
Sunday 1:30 p.m. - 4:30 p.m.  
(party time 2:00 - 4:00 p.m.)

## HOW TO BOOK YOUR PARTY

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



## SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY

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

## ACTIVITY SELECTION

### Art Party

- Painting activities led by a birthday party leader
- 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

### Creative Arts AGES 6-12

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

Instructor: Yasaman Moussavi

#### AGES 6-9

WCC | JAN 8 – MAR 11 M, 3:30 PM – 4:40 PM  
No class Feb 19  
\$162.00 / 9 #8342

#### AGES 9-12

WCC | JAN 8 – MAR 11 M, 5:00 PM – 6:30 PM  
No class Feb 19  
\$189.00 / 9 #8343

### Manga Art AGES 6-14

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

Instructor: Ceylon Coates

#### AGES 6-9

WCC | JAN 13 – MAR 16 SA, 1:00 PM – 2:00 PM  
No class Feb 17  
\$117.00 / 9 #8344

#### AGES 9-14

WCC | JAN 13 – MAR 16 SA, 2:15 PM – 3:45 PM  
No classes Feb 10, Feb 17  
\$171.00 / 9 #8345

### Dance Foundations AGES 4-6

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

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 7 – MAR 17 SU, 10:20 AM – 11:20 AM  
No classes Feb 11, Feb 18  
\$216.00 / 9 | Drop-in \$25.00 #8379

WCC | JAN 8 – MAR 11 M, 4:20 PM – 5:20 PM  
No class Feb 19  
\$216.00 / 9 | Drop-in \$25.00 #8384

### 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. Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 7 – MAR 17 SU, 2:35 PM – 3:35 PM  
No classes Feb 11, Feb 18  
\$216.00 / 9 | Drop-in \$25.00 #8382

WCC | JAN 10 – MAR 13 W, 4:20 PM – 5:20 PM  
\$240.00 / 10 | Drop-in \$25.00 #8385

### Ballet | Level 2 AGES 8-10

Crossmaneuver creates a nurturing environment for students to grow and flourish in dance. All levels are welcome to join and develop their technique, their artistry and their love of dance. Ballet attire, including tights and slippers, is recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 10 – MAR 13 W, 5:25 PM – 6:25 PM  
\$240.00 / 10 | Drop-in \$25.00 #8386



**ARTS**

**Ballet | Level 3 AGES 10-13**

Building on the fundamentals, 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. All levels of experience are welcome. Ballet attire, including tights and slippers, is recommended.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 7 – MAR 17** **SU, 3:40 PM – 4:40 PM**  
**No classes Feb 11, Feb 18**  
 \$216.00 / 9 | Drop-in \$25.00 #8383

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

In this program, participants will draw 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. All levels of experience are welcome.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 7 – MAR 17** **SU, 12:15 PM – 1:15 PM**  
**No classes Feb 11, Feb 18**  
 \$216.00 / 9 | Drop-in \$25.00 #8380

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

This program is for the young dancer with some dance experience and will focus on improving technique and building choreography.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 7 – MAR 17** **SU, 1:20 PM – 2:30 PM**  
**No classes Feb 11, Feb 18**  
 \$270.00 / 9 | Drop-in \$33.00 #8381

**Classical Indian and Folk Dance AGES 6-12**

This program will explore Kathak and Indian folk dances originating in the north of India. The word Kathak comes from the word Katha, which means story. A Kathak dancer tells a story through acting and dance, using quick footwork and dizzying pirouettes. This beginner-friendly program emphasizes fun while learning dance technique and its historical and cultural context. Students from all backgrounds will learn about ancient stories and mythology while developing a greater appreciation for the rich cultural heritage of India.

**Instructor: Menka Purswaney Amin**

**WCC | JAN 17 – MAR 13** **W, 5:45 PM – 6:45 PM**  
 \$126.00 / 9 #8358

**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, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!



**Instructor: Praise TEAM**

**WCC | JAN 9 – MAR 12** **TU, 3:30 PM – 4:30 PM**  
 \$170.00 / 10 #8365

**WCC | JAN 13 – MAR 16** **SA, 11:15 AM – 12:15 PM**  
**No class Feb 17**  
 \$153.00 / 9 #8367

## CHILDREN'S PROGRAMS

### ARTS

#### Musical Theatre AGES 7-13

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

##### AGES 7-10

WCC | JAN 8 – MAR 11 M, 5:25 PM – 6:25 PM  
No class Feb 19  
\$216.00 / 9 | Drop-in \$25.00 #8378

##### AGES 10-13

WCC | JAN 8 – MAR 11 M, 6:30 PM – 7:30 PM  
No class Feb 19  
\$216.00 / 9 | Drop-in \$25.00 #8377

#### Young Moviemakers AGES 8-14

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

Instructor: Young Moviemakers

WCC | JAN 12 – MAR 15 F, 4:00 PM – 6:00 PM  
\$375.00 / 10 #8341



### EDUCATION

#### 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

##### GR 1-2 | AGES 6-8

WCC | JAN 8 – MAR 11 M, 6:00 PM – 7:00 PM  
No class Feb 19  
\$117.00 / 9 #8293

##### GR 3-4 | AGES 8-10

WCC | JAN 8 – MAR 11 M, 7:00 PM – 8:00 PM  
No class Feb 19  
\$117.00 / 9 #8294

#### Mastering Mandarin | Beginner 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. It is recommended that students remain in Level 1 for at least 6 months before advancing to the next level.

Instructor: Santored Enterprises Ltd

WCC | JAN 13 – MAR 16 SA, 10:30 AM – 12:00 PM  
No class Feb 17  
\$252.00 / 9 #8299

#### Mastering Mandarin | Intermediate 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. It is recommended that students remain in Level 2 for at least 6 months before advancing to the next level.

Instructor: Santored Enterprises Ltd

WCC | JAN 13 – MAR 16 SA, 12:00 PM – 1:30 PM  
No class Feb 17  
\$252.00 / 9 #8300

EDUCATION

## Mastering Mandarin | Advanced 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

WCC | JAN 13 – MAR 16 SA, 1:30 PM – 3:00 PM  
No class Feb 17  
\$252.00 / 9 #8301

## Math-4-Kids AGES 8-12

Math-4-Kids is a program that makes math practical and fun. This program teaches the essence of math and improves logical thinking. Participants learn to apply math to everyday life and to work cooperatively. Participants 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

GR 3-4 | AGES 8-10  
WCC | JAN 8 – MAR 11 M, 3:30 PM – 4:30 PM  
No class Feb 19  
\$180.00 / 9 #8290

GR 5-6 | AGES 10-12  
WCC | JAN 8 – MAR 11 M, 4:45 PM – 5:45 PM  
No class Feb 19  
\$180.00 / 9 #8291

## Minecraft Coders | Beginner AGES 7-10

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

Instructor: Haitao Li

WCC | JAN 11 – MAR 14 TH, 6:15 PM – 7:15 PM  
\$150.00 / 10 #8298

## Minecraft Coders | Intermediate AGES 9-12

Building upon the fundamental knowledge acquired in the Entry Level Minecraft Coding class, this course is tailored for students eager to elevate their coding proficiency. Throughout this course, participants will be introduced to a range of advanced coding concepts, such as creating complex functions, debugging and modifying code, optimizing for efficiency, and project design. Upon completion of this course, students will be adept at undertaking coding projects within the Minecraft universe. They will have established a robust grounding in block-based coding, equipping them with the skills necessary to explore, customize, and enrich their Minecraft worlds. These newfound competencies will also serve as a foundation for further development in programming, empowering them for future pursuits. Please bring a device that can connect to the internet, such as a laptop or tablet. Minecraft licensing fee is \$20.00 per child and non-refundable.

Instructor: Haitao Li

WCC | JAN 9 – MAR 12 TU, 7:00 PM – 8:00 PM  
\$150.00 / 10 #8428

## CHILDREN'S PROGRAMS



### EDUCATION

#### Red Cross Babysitting AGES 11-14

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

**Instructor:** First Aid Hero

**WCC | MAR 10**  
\$75.00 / 1

**SU, 9:00 AM – 5:00 PM**  
#8427

#### 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

**WCC | JAN 11 – MAR 14**  
\$220.00 / 10

**TH, 5:00 PM – 6:00 PM**  
#8295

### PHYSICAL ACTIVITY

#### Australian Football AGES 8-12



This class hosted by the Australian Football League (AFL) Canada provides participants with a chance to learn more about Footy. Session will include skill development, drills, activities, games, and more!

**Instructor:** Australian Football League Canada

**WCC | JAN 11 – MAR 14**  
\$150.00 / 10

**TH, 5:45 PM – 6:45 PM**  
#8397

#### Badminton AGES 8-10

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

**Instructor:** Winnie Wen & Isaac Abheek

**WCC | JAN 12 – MAR 15**  
**No class Feb 16**  
\$135.00 / 9

**F, 4:00 PM – 5:00 PM**  
#8268

#### Game Day Cheerleading AGES 8-12



Using UBC Cheer props and poms, participants will learn how to be successful Game Day Cheerleaders! This includes learning cheers, band dances, and chants. In addition, specialty skills, such as jumps and basic stunts, will be taught to enhance the overall effect of the game day experience. UBC Cheer coaches and athletes will help guide your child in learning the basics of Game Day Cheerleading!

**Instructor:** Lana Fuenning

**WCC | JAN 11 – MAR 14**  
\$150.00 / 10

**TH, 7:00 PM – 8:00 PM**  
#8387

★  
**BROWNS CRAFTHOUSE**  
KITCHEN & BAR

**BODYENERGYCLUB**



**KINTON RAMEN**

**JJ Bean**  
COFFEE ROASTERS



**NORI**  
BENTO & UDON

**jamjar**  
Folk Lebanese Food

**Rain or Shine**  
ICE CREAM

UNIVERSITY BOULEVARD

# DINE AT UBC



16TH AVENUE

**NOW OPEN AT WESBROOK VILLAGE!**



**NICLI ANTICA  
PIZZERIA**

**Sports Illustrated  
CLUBHOUSE**

*FREE 2HR PARKING at Wesbrook Village*



**LIVE  
AT  
UBC**

**liveatubc.ca**



WESBROOK MALL

WESBROOK MALL



**PHYSICAL ACTIVITY**

**Sportball: Floor Hockey AGES 6-9**

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

**Instructor: Sportball Vancouver**

**WCC | JAN 10 – MAR 13** **W, 4:30 PM – 5:15 PM**  
\$200.00 / 10 #8262

**Yoga for Kids AGES 6-12**



In a fun and child-friendly manner, this program explores mental wellbeing, physical health, yoga, anatomy, breath work and yoga poses galore. Methods include stories, games, props, songs, activities, art, and more. Children will understand the science and connection of the body and mind, while identifying and becoming aware of their emotions.

**Instructor: Menka Purswaney Amin**

**WCC | JAN 17 – MAR 13** **W, 4:30 PM – 5:30 PM**  
\$135.00 / 9 #8393



**Family Karate AGES 6+**

Join us on this journey to strengthen not just your bodies, but your family bonds, in a supportive and nurturing community. While learning the art of discipline and self-defence, you will also find a way to refocus on what truly matters. Students are required to become members of Karate BC through Kumakai Karate Vancouver.

**Instructor: Kumakai Karate**

**WCC | JAN 9 – MAR 12** **TU, 7:00 PM – 8:00 PM**  
\$140.00 / 10 #8464 (Children), #8465 (Youth), #8466 (Adults)

**Tae Kwon Do | Kids AGES 4-12**

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

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

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

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

**Instructor: Vancouver Martial Arts**

**BEGINNER**  
**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 1:40 PM**  
No classes Feb 11, Feb 18  
\$135.00 / 9 #8398

**INTERMEDIATE**  
**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 1:50 PM**  
No classes Feb 11, Feb 18  
\$162.00 / 9 #8399

PHYSICAL ACTIVITY

**Family Badminton Drop-In** ALL AGES

Come play Badminton with your family at the Wesbrook Community Centre Gymnasium! This is a drop-in program-register at the front desk on the day of the session. \$3.00 per person. Children must be supervised by an adult (19+). This is not a court booking-gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | JAN 7 – MAR 31 SU, 4:00 PM – 5:30 PM  
No class Feb 11  
Drop-in \$3.00 #8321

WCC | JAN 13 – MAR 30 SA, 8:30 AM – 10:00 AM  
Drop-in \$3.00 #8320

**Family Pickleball Drop-In** ALL AGES

Come play Pickleball with your family at the Wesbrook Community Centre Gymnasium! This is a drop-in program-register at the front desk on the day of the session. \$3.00 per person. Children must be supervised by an adult (19+). This is not a court booking-gym space must be shared with other participants. Other sports not permitted. Please bring your own racquet.

WCC | JAN 7 – MAR 31 SU, 9:00 AM – 10:30 AM  
No class Feb 11  
Drop-in \$3.00 #8322

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

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](http://www.4hbc.ca) for more information. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$150.

Instructor: 4-H Club

WCC | JAN 12 – MAR 8 F, 6:30 PM – 8:30 PM  
\$150 YEARLY #8283

**Chess Basics: An Introductory Guide for Entry-level Players** AGES 7-12

This program is designed for individuals who are just beginning to learn chess or have some basic knowledge of the game. This program aims to help participants understand all the rules of chess and have fun playing the game. In this program, you will learn the strategies to successfully start, play, and end a game. The class will be split into two parts. The first part will cover an essential concept in chess, while the second part will consist of playing chess against classmates.



Instructor: Henry Zhou

WCC | JAN 12 – MAR 22 F, 4:00 PM – 5:00 PM  
FREE / 11 #8199

**SOCIAL**

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

To register, please visit: [girlguides.ca](http://girlguides.ca). This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. Open to individuals in grades 4-6.

**Instructor: Girl Guides**

**OBCC | JAN 18 – MAR 14** **TH, 6:00 PM – 7:30 PM**  
[girlguides.ca](http://girlguides.ca) #8220

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

This program is designed to help participants develop effective leadership skills through an exploration of leadership, team-building, and communication. The program delves deeper into the concept of leadership, emphasizing problem-solving abilities. Participants will gain practical experience by organizing community events and gaining an understanding of complex dynamics, including power, values, and relationships.

**Instructor: Floriane Lau**

**WCC | JAN 8 – MAR 25** **M, 4:00 PM – 5:30 PM**  
**No class Feb 19**  
FREE / 9 #8200



**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 of Music students, to those who are looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

**Instructor: Andrea Minden**

**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 5:00 PM**  
**No class Feb 18**  
\$330.00 / 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**

**WCC | JAN 11 – MAR 14** **TH, 3:30 PM – 9:00 PM**  
\$345.00 / 10 #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. No experience required.

Instructor: Matt Stapleton

WCC | JAN 8 – MAR 25 M, 6:30 PM – 7:30 PM  
No class Feb 19  
\$220.00 / 11 #8305

CHECK [MYUNA.CA/PROGRAMS](https://myuna.ca/programs)  
OFTEN AS MUSIC LESSON  
SPACES MAY BECOME AVAILABLE  
THROUGHOUT THE SEASON.

**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

WCC | JAN 8 – MAR 25 M, 7:30 PM – 8:30 PM  
No class Feb 19  
\$220.00 / 11 #8306

**Guitar | Friday AGES 8+**

In these 30-minute 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, from beginners to Royal Conservatory students. Bring your own guitar - nylon strings are required for classical style. The instructor can provide guidance on guitar and book purchases after the first lesson.

Instructor: Vanja Djak

WCC | JAN 12 – MAR 15 F, 4:30 PM – 9:00 PM  
\$330.00 / 10 #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. Books will be recommended on the first day of class. Access to a piano for additional practice is required.

Instructor: Bassem Ghabrous

WCC | JAN 13 – MAR 16 SA, 10:00 AM – 3:00 PM  
No class Feb 17  
\$297.00 / 9 #Various

Instructor: Derek Pang

WCC | JAN 8 – MAR 11 M, 3:30 PM – 8:15 PM  
No class Feb 19  
\$297.00 / 9 #Various

WCC | JAN 10 – MAR 13 W, 3:30 PM – 8:15 PM  
\$330.00 / 10 #Various

Instructor: Portia Sun

WCC | JAN 12 – MAR 15 F, 3:30 PM – 7:45 PM  
\$330.00 / 10 #Various

PRIORITY REGISTRATION IS AVAILABLE  
FOR SOME CURRENT MUSIC STUDENTS.  
CHECK YOUR EMAIL TO ENSURE YOU  
DON'T MISS THE PRIORITY REGISTRATION  
NOTIFICATION.



# YOUTH PROGRAMS

## ARTS

### Drawing & Painting AGES 11-19

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

Instructor: Jennifer Kim

WCC | JAN 10 – MAR 13 W, 3:30 PM – 5:30 PM  
\$300.00 / 10 #8304

### Community Choir AGES 14+

This intergenerational choir program is welcoming of all levels of experience. A variety of repertoire will be sung together and in harmony. Musicians are welcome to bring instruments, and everyone is welcome to suggest songs for the choir to sing—even original songs they have written!

Instructor: Matt Stapleton

OBCC | JAN 10 – MAR 27 W, 7:30 PM – 8:30 PM  
\$84.00 / 12 | Drop-in \$7.70 #8307

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

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

Instructor: Praise TEAM

WCC | JAN 9 – MAR 12 TU, 4:30 PM – 5:30 PM  
\$170.00 / 10 #8302

WCC | JAN 13 – MAR 16 SA, 10:15 AM – 11:15 AM  
No class Feb 17  
\$153.00 / 9 #8303

## PHYSICAL ACTIVITY

### Badminton AGES 11-16

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

Instructor: Winnie Wen & Isaac Abheek

WCC | JAN 12 – MAR 15 F, 5:00 PM – 6:00 PM  
No class Feb 16  
\$135.00 / 9 #8269

### Badminton | Advanced 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: Winnie Wen & Isaac Abheek

WCC | JAN 12 – MAR 15 F, 6:00 PM – 7:30 PM  
No class Feb 16  
\$182.25 / 9 #8270

### Badminton Drop-in | Youth AGES 13-18

Badminton Drop-in is a casual, unstructured drop-in experience. Perfect for enthusiasts of all skill levels, this program offers a flexible environment to enjoy badminton, meet fellow players, and refine your game at your own pace. Please bring your own racquet.

WCC | JAN 7 – MAR 31 SU, 5:30 PM – 7:00 PM  
No class Feb 11  
\$33.00 / 12 | Drop-in \$3.00 #8349

### Family Karate AGES 6+



Join us on this journey to strengthen not just your bodies, but your family bonds, in a supportive and nurturing community. While learning the art of discipline and self-defence, you will also find a way to refocus on what truly matters. Students are required to become members of Karate BC through Kumakai Karate Vancouver.

Instructor: Kumakai Karate

WCC | JAN 9 – MAR 12 TU, 7:00 PM – 8:00 PM  
\$140.00 / 10 #8464 (Children), #8465 (Youth), #8466 (Adults)



## Teens & Adults Karate AGES 13+



The regular practice of Karate will help you build strength through sport, confidence through self-defence, and focus through Kata, giving you the skills to take on challenges beyond the dojo. Students are required to become members of Karate BC through Kumakai Karate Vancouver.

**Instructor: Kumakai Karate**

**WCC | JAN 9 – MAR 12** **TU, 8:00 PM – 9:00 PM**  
\$140.00 / 10 #8467 (Youth), #8468 (Adults)

**OBCC | JAN 12 – MAR 15** **F, 7:00 PM – 8:00 PM**  
\$140.00 / 10 #8469 (Youth), #8470 (Adults)

## Tae Kwon Do | Youth AGES 13-18

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

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

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

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

**Instructor: Vancouver Martial Arts**

**BEGINNER**  
**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 1:40 PM**  
**No classes Feb 11, Feb 18**  
\$135.00 / 9 #8400

**INTERMEDIATE**  
**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 1:50 PM**  
**No classes Feb 11, Feb 18**  
\$162.00 / 9 #8401



# DROP-IN PROGRAMS



The UNA offers a variety of sport, fitness and dance classes to fit into your busy schedule.

Check out [myuna.ca/drop-in](https://myuna.ca/drop-in) for a drop-in schedule!



Please familiarize yourself with new drop-in procedures on page 3.

**PHYSICAL ACTIVITY**

**Pickleball Drop-in | Youth AGES 13-18**

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest-growing sports in North America. These sessions are not instructed and are open to players of all skill levels.

**WCC | JAN 9 – MAR 26** **TU, 5:45 PM – 6:45 PM**  
\$33.00 / 12 | Drop-in \$3.00 #8355

**Sports Drop-in | Youth AGES 13-18**

Sports Drop-in offers unstructured practice for your favourite sports, enhancing fitness, agility, and strength in a friendly setting. All skill levels are welcome.

**WCC | JAN 10 – MAR 27** **W, 5:30 PM – 7:30 PM**  
\$33.00 / 12 | Drop-in \$3.00 #8352

**WCC | JAN 13 – MAR 23** **SA, 7:15 PM – 8:45 PM**  
\$30.00 / 11 | Drop-in \$3.00 #8351

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.



**Volleyball BC: Train and Play AGES 13-16**

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

**Instructor: Volleyball BC**

**WCC | JAN 13 – MAR 16** **SA, 2:00 PM – 3:30 PM**  
**No class Feb 17**  
\$162.00 / 9 #8313

**Volleyball Drop-in | Youth AGES 13-18**

Join us for a casual and unstructured, volleyball drop-in, meet fellow enthusiasts, and enjoy the sport in a relaxed and flexible setting. All skill levels are welcome, so come and unleash your inner volleyball star in a laid-back environment.

**WCC | JAN 13 – MAR 23** **SA, 3:45 PM – 5:15 PM**  
\$30.00 / 11 | Drop-in \$3.00 #8350

**EDUCATION**

**Peer Tutoring AGES 11-18**

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

**Instructor: Youth Volunteers**

**WCC | JAN 9 – MAR 12** **TU, 4:00 PM – 5:30 PM**  
FREE / 10 #8364



**Math-4-Future | Gr 7-8 AGES 12-14**

Math-4-Future is a program that makes math practical and fun. This program teaches the essence of math and improves logical thinking. Participants learn to apply math to everyday life and to work cooperatively. Participants 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**

**WCC | JAN 12 – MAR 15** **F, 3:30 PM – 4:30 PM**  
\$200.00 / 10 #8292

**Toastmasters Youth Program AGES 12-17**

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

**Instructor: Vancouver Gavel Club**

**WCC | JAN 10 – MAR 13** **W, 6:30 PM – 8:30 PM**  
\$120.00 / 10 #8203



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

## YOUTH 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 [4hbc.ca](http://4hbc.ca) for more information. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$150.

Instructor: 4-H Club

**WCC | JAN 12 – MAR 8** **F, 6:30 PM – 8:30 PM**  
\$150 YEARLY #8282

#### **Arts for the Earth** AGES 13-18

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

Instructor: Youth Volunteers

**WCC | JAN 10 – MAR 13** **W, 3:30 PM – 5:00 PM**  
FREE / 10 #8204

#### **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.

Instructor: Jaanvi Gupta & Rosie Wu

**WCC | JAN 11 – MAR 14** **TH, 4:15 PM – 5:00 PM**  
FREE / 10 #8206

#### **Rubik's Cube Club** AGES 11-17

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.



Instructor: Maksim Fu

**WCC | JAN 11 – MAR 14** **TH, 3:30 PM – 4:15 PM**  
FREE / 10 #8205

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

This year, the Youth Leadership program has adopted a 2-semester system, similar to that of VSB. The team will collaborate to organize several projects or events throughout the semester. Please note that this is a working group, and we encourage only those genuinely interested in contributing to apply. This program is not based on a First-come-first-served model.

Please forward this application to the youth interested in joining:  
<https://forms.gle/RCrB2j2KXxbn6Mr58>



Applicants will be notified by January 26, 2024, if they are accepted into the Leadership program

Instructor: Floriane Lau

**WCC | FEB 9 – JUN 28** **F, 3:30 PM – 5:30 PM**  
**No class Mar 29**  
FREE / 10 #8207

#### **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.

Instructor: UNA Staff

**WCC | JAN 10 – MAR 27** **W, 3:30 PM – 5:30 PM**  
FREE / 12 #8359

# WEAVING WELLNESS

## A MENTAL HEALTH INITIATIVE

### UNA Community Centres

Join workshops promoting mental health education, practical coping skills, and community wellness.

For details and registration information for upcoming workshops, visit **[myuna.ca/weaving-wellness](https://myuna.ca/weaving-wellness)**.

Weaving Wellness is proudly supported by FortisBC.

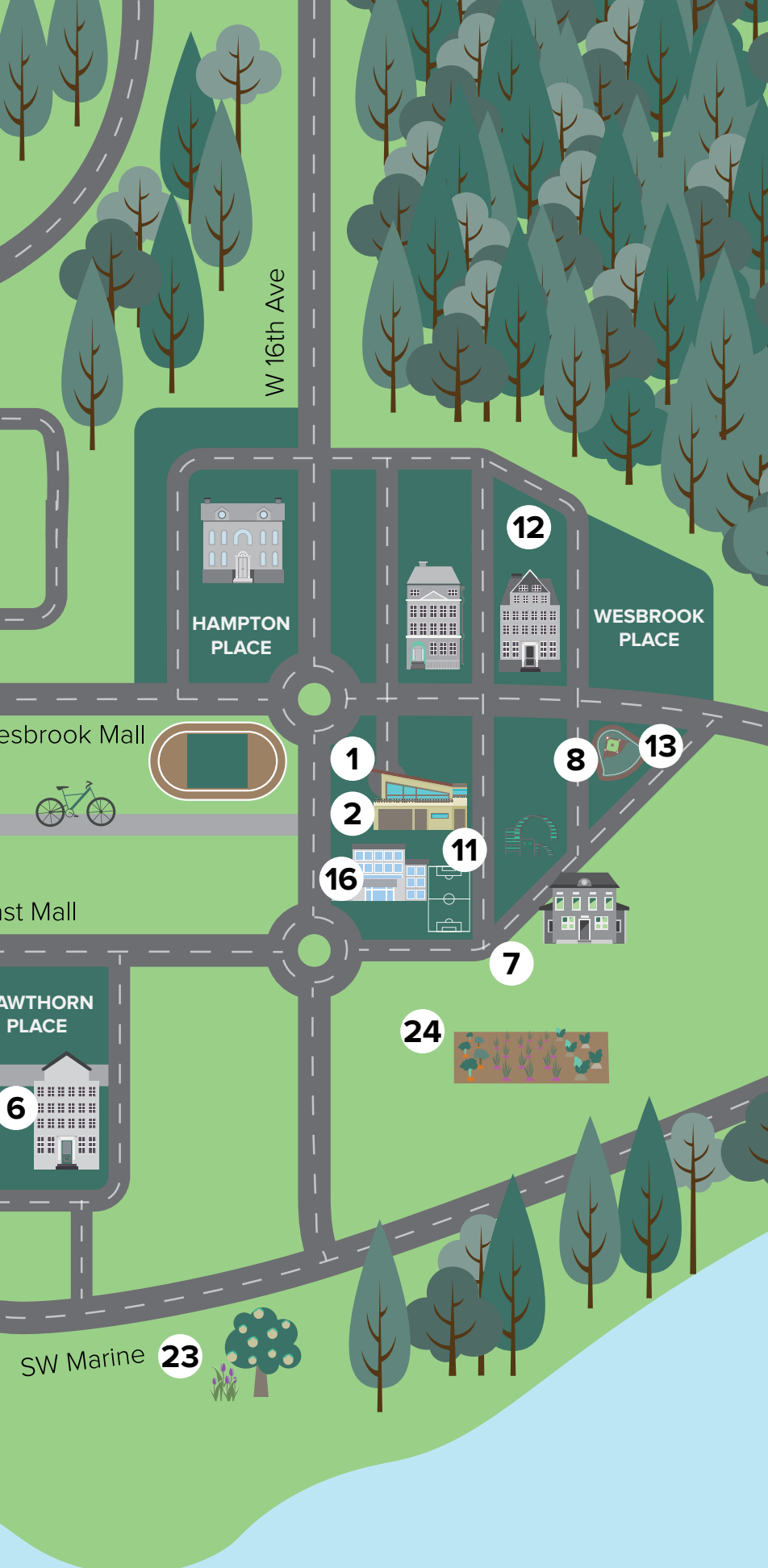


# UNA POINTS OF INTEREST

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

# ADULTS & SENIORS PROGRAMS

## ARTS

### Weaving Wellness | Art for Emotional Wellbeing **AGES 19+**



This hands-on workshop will introduce art practices that create a sense of peace and calm. The concept of the Window of Tolerance will be introduced and participants will learn how to handle stressful situations by practicing art exercises. Art supplies will be provided. [myuna.ca/weaving-wellness](https://myuna.ca/weaving-wellness).

Instructor: Joyce Chan

**WCC | FEB 4**  
\$5.00 / 1

**SU 3:00 PM - 5:00 PM**  
#8439

### Watercolour Painting **AGES 16+**

In this beginner-friendly class, students will be introduced to basic watercolour techniques, engage with the medium, and explore their personal expression. Learn how to layer colours, move the brush on the paper and produce fluid marks. Art supplies are included, but students may wish to bring their own workbooks.

Instructor: Janina Kulhay

**WCC | JAN 10 – MAR 27**  
\$240.00 / 12

**W, 7:30 PM – 9:00 PM**  
#8363

### Drawing and Sketching **AGES 16+**

This introductory drawing program invites learning through exploration, experimentation, discussion, excursions, and critique. Participants will improve their drawing and observational abilities in a relaxed and joyful atmosphere. All supplies are provided, but it is recommended that participants bring their own sketchbook. Participants are welcome to bring in their own sketches and drawings to discuss with the class.

Instructor: Janina Kulhay

**WCC | JAN 10 – MAR 27**  
\$240.00 / 12

**W, 5:45 PM – 7:15 PM**  
#8362

### Ballet | Beginner **AGES 19+**

Dance training is a fun and engaging way to improve strength, flexibility, and balance while enjoying the musicality and grace of ballet. Ballet terms and positions are learned at the barre, followed by short dance sequences at centre and across the floor. This class is suitable for beginner to intermediate level dancers. Ballet shoes or socks recommended.

Instructor: Crossmaneuver Dance Theatre

**WCC | JAN 10 – MAR 13**  
\$150.00 / 10 | Drop-in \$16.50

**W, 7:45 PM – 8:45 PM**  
#8392

### 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. Register for individual sessions or same day drop-in.

Instructor: Juliet Oshiro

**WCC | JAN 12 – MAR 22**  
Drop-in \$10.00

**F, 5:00 PM – 6:30 PM**  
#8234

### Classical Indian and Folk Dance **AGES 16+**

This program will explore Kathak and Indian folk dances originating in the north of India. The word Kathak comes from the word Katha, which means story. A Kathak dancer tells a story through acting and dance, using quick footwork and dizzying pirouettes. This beginner-friendly program emphasizes fun while learning dance technique and its historical and cultural context. Students from all backgrounds will learn about ancient stories and mythology while developing a greater appreciation for the rich cultural heritage of India.

Instructor: Menka Purswaney Amin

**WCC | JAN 17 – MAR 13**  
\$153.00 / 9

**W, 7:00 PM – 8:00 PM**  
#8360

**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:** Aileen Wang

**WCC | JAN 9 – MAR 26** **TU, 12:30 PM – 2:00 PM**  
\$198.00 / 12 | Drop-in \$18.15 #8348

**Dance Fusion AGES 19+**

Explore new styles of dance in a fun and fast-paced environment! You will improve your technique while exploring choreography from K-Pop to jazz-funk to hip-hop. Suitable for all levels. Please bring clean, non-marking shoes.

**Instructor:** Yan Guo

**WCC | JAN 19 – MAR 15** **F, 6:45 PM – 8:15 PM**  
**No class Feb 16**  
\$144.00 / 8 | Drop-in \$20.00 #8338

**K-Pop Hip-Hop AGES 19+**

This K-pop/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! Hollarback and don't say Bye Bye Bye! Wear shoes with non-marking soles and comfortable sports clothing. Bring a water bottle!

**Instructor:** Praise TEAM

**WCC | JAN 9 – MAR 12** **TU, 5:30 PM – 6:30 PM**  
\$140.00 / 10 | Drop-in \$15.00 #8371

**Salsa Dancing | Beginner AGES 19+**

Turn up the heat! Salsa is an energetic dance and musical style with Caribbean and African roots that is popular all over the world with its ease for all ages and abilities. Bring clean, non-marking athletic or ballroom shoes. Registration with a partner is recommended, but singles are welcome.

**Instructor:** Latin Funk Dance

**OBCC | JAN 14 – MAR 31** **SU, 5:00 PM – 6:30 PM**  
**No class Feb 18**  
\$176.00 / 11 | Drop-in \$18.00 #8346

**ADULTS & SENIORS  
PROGRAMS**

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

**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. Pups should be between 7 and 18 weeks of age at the start of class. Participants must provide proof of their dog's first set of vaccinations. All pups should be healthy when attending and must wear a flat collar or harness and a regular flat leash.



**Instructor:** Daisy Dog Training

**WCC | JAN 9 – FEB 13** **TU, 6:00 PM – 7:00 PM**  
\$210.00 / 6 #8297

**Good to Great: Manners and More 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. We explore solutions to common concerns like leash manners, jumping on people, go to your place/mat, leave it, drop it, watch me, recall, stay with duration and more! For dogs who are 5 months and older, and are friendly with people and other dogs.

**Instructor:** Daisy Dog Training

**WCC | JAN 9 – FEB 13** **TU, 7:15 PM – 8:15 PM**  
\$210.00 / 6 #8310

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.

## ADULTS & SENIORS PROGRAMS

### EDUCATION

#### English Conversation | Beginner AGES 19+

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

Instructor: UNA Volunteer

WCC | JAN 11 – MAR 14 TH, 10:00 AM – 11:30 AM  
\$30.00 / 10 #8231

#### 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.

Instructor: Titus Yung

WCC | JAN 8 – MAR 11 M, 10:00 AM – 11:30 AM  
No class Feb 19  
\$27.00 / 9 #8217



#### English Conversation | Intermediate AGES 19+

This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants should have some basic vocabulary and be able to hold simple conversations.

##### TUESDAYS

Instructor: Eileen  
WCC | JAN 9 – MAR 12 TU, 10:00 AM – 11:30 AM  
\$30.00 / 10 #8235

##### WEDNESDAYS

Instructors: Alice Bradley and Linda Quiney  
WCC | JAN 10 – MAR 13 W, 1:00 PM – 2:30 PM  
\$30.00 / 10 #8213

##### THURSDAYS

Instructor: UNA Volunteer  
OBCC | JAN 11 – MAR 14 TH, 7:00 PM – 8:30 PM  
\$30.00 / 10 #8219

#### English Conversation | Advanced | Fridays AGES 19+

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

Instructor: UNA Volunteer

OBCC | JAN 12 – MAR 15 F, 10:00 AM – 11:30 AM  
No class Feb 16  
\$27.00 / 9 #8242

#### Arts Appreciation for English Learners

AGES 19+

This intermediate-level English conversation program inspires exploration of Visual Art, Fine Art, and Art History. Through hands-on activities, art gallery visits, small group and individual projects, learners will participate in dialogue, foster cultural connections, and develop their understanding and appreciation of the arts in a variety of forms, styles, and genres. Topics of conversation may include the fundamental elements of art, the principles of design, colour theory, and the artist's creative process.

Instructor: Janina Kulhay

WCC | JAN 11 – MAR 28 TH, 6:30 PM – 7:30 PM  
\$120.00 / 12 #8347

## 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. Participants should have learned at least some basic French already and are encouraged to speak only French during the sessions. Please register to receive program updates.

Instructor: Julie Wang

OBCC | JAN 18 – MAR 14 TH, 1:30 PM – 2:30 PM  
FREE / 10 #8244

## French | Beginner AGES 19+

This Beginner French class offers participants a chance to learn the basics and be able to conduct simple conversations in French.

Instructor: Manaal Yasir

OBCC | JAN 9 – MAR 26 TU, 6:30 PM – 8:00 PM  
\$180.00 / 12 #8289

## French | Intermediate AGES 19+

This Intermediate French class is designed to offer a safe space for participants to learn and practice French. Each class will consist of exercises focusing on vocabulary precision, cultural discussions, small group activities and conversational exercises. Grammar topics may also be covered throughout the season, dependent on participant interest.

Instructor: Catherine Black

WCC | JAN 8 – MAR 18 M, 1:00 PM – 2:30 PM  
No classes Jan 15, Feb 19  
\$135.00 / 9 #8288

## 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](mailto:hchoi@vsb.bc.ca).

Instructor: Jenny Choi (SWIS)

WCC | JAN 16, FEB 20 TU, 12:30 PM – 2:30 PM  
FREE / 2 #8286

## SUCCESS: Settlement Services in Mandarin and English AGES 19+

Email: [isipvancouver@success.bc.ca](mailto:isipvancouver@success.bc.ca) to make an appointment. SUCCESS settlement service provides free one-on-one sessions on newcomer benefits, employment, English learning (LINC), immigration, citizenship, housing, customs, medical and health, education, legal, family, social benefits, transportation, and travel documents. Limited drop-in service is available. Booking an appointment is highly recommended. \*You must bring your PR card or Confirmation of Permanent Resident to attend the service.

Tel#: 604-408-7274 ext: 2063 for Chinese and English  
SUCCESS中侨安顿服务提供免费一对一咨询。内容包括新移民福利、就业、英文学习、移民、公民入籍、住房、海关、医疗卫生、教育、法律、家庭、社会福利、交通、旅行证件等等。每月一次在 Wesbrook 社区中心提供预询服务的日期如下：\*咨询时，需出示您的永久居民卡或永久居民确认信。

Instructor: SUCCESS

WCC | JAN 9, FEB 13, MAR 12 TU, 9:30 AM – 4:00 PM  
FREE / 3 #8285

## ADULTS & SENIORS PROGRAMS

### EDUCATION

#### VSBC Immigrant Parent Sessions | Mandarin, Cantonese and 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 English, Mandarin and Cantonese (alternating weeks). Funded by Immigrations, Refugees and Citizenship Canada (IRCC). Goals: A platform that enables parents’ connection, empowerment and resources/knowledge sharing.

Registration/Contact: Esaine Mo: 778-228-8536 or [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca)

主办: 巫小姐, 温哥华教育局移民安顿工作者  
加拿大移民, 难民及公民部拨款出资  
免费 “家长加油站”  
目的: 给家长提供一个平台互相联系鼓励, 分享资源和知识。  
登记和查询: 巫小姐

**Instructor: Esaine Mo, VSB Settlement Worker (SWIS)**

**ZOOM | JAN 11 – MAR 14 TH, 1:00 PM – 2:30 PM**  
FREE / 10 #8221

#### Community Digital Support AGES 19+

Volunteers are available to provide one-on-one tech support, in-person. Drop-in to get help with using your smart phone, tablet, or laptop. Services are available in English and in Mandarin. Please register to receive program updates.

**Instructor: UNA Volunteer**

**WCC | JAN 13 – MAR 23 SA, 10:00 AM – 12:00 PM**  
FREE / 11 #8215

### SPORT

#### 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.

Note: Participants are expected to assist with set-up and take-down.

**WCC | JAN 7 – MAR 24 SU, 7:00 PM – 8:30 PM**  
**No class Feb 11**  
\$55.00 / 11 | Drop-in \$6.50 #8335

**WCC | JAN 8 – MAR 25 M, 8:00 PM – 9:30 PM**  
**No class Feb 19**  
\$55.00 / 11 | Drop-in \$6.50 #8333

**WCC | JAN 12 – MAR 22 F, 7:45 PM – 9:15 PM**  
**No class Feb 16**  
\$50.00 / 10 | Drop-in \$6.50 #8334

#### Badminton Drop-In AGES 19+

Enjoy a fun and friendly afternoon of badminton. These sessions are uninstructed and open to players of all skill levels. All 14 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. 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 wait list.

**WCC | JAN 9 – MAR 26 TU, 12:00 PM – 1:30 PM**  
Drop-in \$6.50 #8315

VIEW UNA RECREATION POLICIES AT  
[MYUNA.CA/RECREATION-POLICIES/](https://myuna.ca/recreation-policies/)



# The 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.

Visit the website for hours, volunteer opportunities and to learn more about accepted items.

**[myuna.ca/depot](https://myuna.ca/depot)**



## ADULTS & SENIORS PROGRAMS

### SPORT

#### **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.

**WCC | JAN 13 – MAR 30** **SA, 10:15 AM – 11:45 AM**  
\$60.00 / 12 | Drop-in \$6.50 #8336

#### **Basketball Drop-In** 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. All 18 spots are reserved for drop-in. Registration opens 48 hours in advance of the drop-in time. 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 wait list.

**WCC | JAN 8 – MAR 25** **M, 6:00 PM – 7:30 PM**  
**No class Feb 19**  
Drop-in \$6.50 #8316

#### **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.

**WCC | JAN 8 – MAR 25** **M, 2:00 PM – 3:30 PM**  
**No class Feb 19**  
\$55.00 / 11 | Drop-in \$6.50 #8331

**WCC | JAN 12 – MAR 22** **F, 10:30 AM – 12:00 PM**  
**No class Feb 16**  
\$50.00 / 10 | Drop-in \$6.50 #8332

VIEW UNA RECREATION POLICIES AT  
[MYUNA.CA/RECREATION-POLICIES](https://myuna.ca/recreation-policies).



**CASUAL SPORTS POLICY: 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.**

#### **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.

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

**Instructor: Chris Koentges**

**WCC | JAN 10 – MAR 13** **W, 9:00 AM – 10:30 AM**  
\$250.00 / 10 | Drop-in \$25.00 #8260

#### **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.

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

**Instructor: Chris Koentges**

**WCC | JAN 7 – MAR 17** **SU, 10:45 AM – 12:15 PM**  
**No class Feb 11**  
\$250.00 / 10 | Drop-in \$25.00 #8274

## SPORT

**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.

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

Instructor: Chris Koentges

WCC | JAN 10 – MAR 13 W, 10:45 AM – 12:15 PM  
\$250.00 / 10 | Drop-in \$25.00 #8261

**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.

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

Instructor: Chris Koentges

WCC | JAN 12 – MAR 15 F, 8:45 AM – 10:15 AM  
No class Feb 16  
\$225.00 / 9 | Drop-in \$25.00 #8267

ALL DROP-INS PARTICIPANTS WILL  
RECEIVE A WRISTBAND AS PROOF  
OF PAYMENT.

**DROP-IN SPORTS POLICY:** DROP-IN SPORTS  
CAN BE BOOKED UP TO 48 HOURS IN ADVANCE  
ONLINE OR IN PERSON. BOOKED PARTICIPANTS  
HAVE UP TO 10 MINUTES AFTER THE  
PROGRAM START TIME TO SHOW UP. FOR FULL  
RECREATION POLICIES, SEE PAGE 2.

**Pickleball Drop-In 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. All 18 spots are reserved for drop-in.

WCC | JAN 11 – MAR 28 TH, 1:45 PM – 3:15 PM  
Drop-in \$6.50 #8318

**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 6 are reserved for day of drop in.

WCC | JAN 8 – MAR 25 M, 11:15 AM – 12:45 PM  
No class Feb 19  
\$55.00 / 11 | Drop-in \$6.50 #8323

WCC | JAN 9 – MAR 26 TU, 2:15 PM – 3:45 PM  
\$60.00 / 12 | Drop-in \$6.50 #8324

**Table Tennis Drop-In 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. All 14 spots are reserved for drop-in.



WCC | JAN 12 – MAR 22 F, 1:00 PM – 2:30 PM  
No class Feb 16  
Drop-in \$6.50 #8319

# FAMILY DAY

**Wesbrook Community Centre**

**February 19, 2024 | 8:30 a.m.-5:30 p.m.**

Create lasting memories and spend quality time with your loved ones. Join us for a fun day of family activities, including sports, arts and crafts, and more!

For more information and schedule of activities visit **[myuna.ca/familyday](https://myuna.ca/familyday)**



**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. Note: Participants are expected to assist with set-up and take-down.

WCC | JAN 13 – MAR 30 SA, 5:30 PM – 7:00 PM  
\$60.00 / 12 | Drop-in \$6.50 #8337

**Volleyball Drop-In AGES 19+**

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. All 24 spots are reserved for drop-in.

WCC | JAN 10 – MAR 27 W, 7:45 PM – 9:15 PM  
Drop-in \$6.50 #8317

**Family Karate AGES 6+**

Join us on this journey to strengthen not just your bodies, but your family bonds, in a supportive and nurturing community. While learning the art of discipline and self-defence, you will also find a way to refocus on what truly matters. Students are required to become members of Karate BC through Kumakai Karate Vancouver.

Instructor: Kumakai Karate

WCC | JAN 9 – MAR 12 TU, 7:00 PM – 8:00 PM  
\$140.00 / 10 #8464 (Children), #8465 (Youth), #8466 (Adults)

**Teens & Adults Karate AGES 13+**

The regular practice of Karate will help you build strength through sport, confidence through self-defence, and focus through Kata, giving you the skills to take on challenges beyond the dojo. Students are required to become members of Karate BC through Kumakai Karate Vancouver.

Instructor: Kumakai Karate

WCC | JAN 9 – MAR 12 TU, 8:00 PM – 9:00 PM  
\$140.00 / 10 #8467 (Youth), #8468 (Adults)

OBCC | JAN 12 – MAR 15 F, 7:00 PM – 8:00 PM  
\$140.00 / 10 #8469 (Youth), #8470 (Adults)

**Tai Chi AGES 19+**

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

Instructor: Patricia Szeto

WCC | JAN 9 – MAR 26 TU, 6:30 PM – 7:30 PM  
\$204.00 / 12 | Drop-in \$19.00 #8259

**Weaving Wellness | Tai Chi AGES 19+**

This Tai Chi class is part of the UNA Weaving Wellness mental health initiative. For more information about the initiative and more workshop opportunities, visit [myuna.ca/weaving-wellness](https://myuna.ca/weaving-wellness).

Instructor: Patricia Szeto

WCC | JAN 21 SU, 2:00 PM – 3:00 PM  
\$5.00 / 1 #8211

**Qi Gong AGES 19+**

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

Instructor: Patricia Szeto

WCC | JAN 11 – MAR 28 TH, 4:00 PM – 5:00 PM  
\$204.00 / 12 | Drop-in \$19.00 #8264

VIEW UNA RECREATION POLICIES AT  
[MYUNA.CA/RECREATION-POLICIES](https://myuna.ca/recreation-policies).

## ADULTS & SENIORS PROGRAMS

### FITNESS

#### 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

**WCC | JAN 8 – MAR 25** **M, 9:30 AM – 10:30 AM**  
**No class Feb 19**  
 \$165.00 / 11 | Drop-in \$16.00 #8119

**WCC | JAN 9 – MAR 26** **TU, 9:15 AM – 10:15 AM**  
 \$180.00 / 12 | Drop-in \$16.00 #8129

**WCC | JAN 11 – MAR 28** **TH, 5:15 PM – 6:15 PM**  
 \$180.00 / 12 | Drop-in \$16.00 #8143

#### AquaFit | West Hampstead AGES 19+

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

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

Instructor: Hanif Teja

**W. HAMPSTEAD | JAN 9 – MAR 26** **TU, 1:00 PM – 1:50 PM**  
 \$96.00 / 12 | Drop-in \$9.00 #8131

YOGA AND FITNESS PARTICIPANTS UNDER  
AGE 18 REQUIRE A WAIVER SIGNED BY A  
PARENT OR GUARDIAN.

#### Bootcamp with Nicole AGES 16+

Challenge your body and mind by taking it to the next level! Build power, endurance, strength, and cardio while having fun! Throughout the class, interval-based exercises will combine full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Be prepared for a sweat dripping, body transforming, strength and stamina building workout. Participants will choose their own intensity level from low to moderate to high throughout the class. This workout is the total package!

Instructor: Nicole Kraumanis

**WCC | JAN 10 – MAR 20** **W, 9:15 AM – 10:05 AM**  
 \$154.00 / 11 | Drop-in \$15.00 #8135

**WCC | JAN 11 – MAR 21** **TH, 10:45 AM – 11:45 AM**  
 \$154.00 / 11 | Drop-in \$15.00 #8163

#### Fit Together AGES 19+

Parent & Baby fitness 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. Expect to come to class each week and spend time sweating, laughing, and building muscle tone in a safe environment that is both baby friendly and new parent friendly. Getting a full body workout has never been easier in our easy-going environment that allows you to tend to your baby's needs at the same time as yours.

Join Fit Together today to experience more energy, less body aches, stronger muscles, and decreased risk of postpartum depression. This class is safe for infants 4 weeks and up, mobile babies and toddlers are welcome. 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 class)

Instructor: Nicole Kraumanis

**WCC | JAN 8 – MAR 18** **M, 11:55 AM – 12:55 PM**  
**No class Feb 19**  
 \$165.00 / 10 | Drop-in \$16.00 #8422



## FITNESS

**Full Body Strength Bootcamp** AGES 19+

This is a type of workout that involves a series of exercises performed in a specific order. Participants move from one exercise station to the next, performing each exercise for a set amount of time before moving on to the next one. Circuit training is a great way to improve overall fitness and build strength. Come join in on UNA's Full Body Strength Bootcamp for a great workout, motivation, and accountability!

Instructor: Hanif Teja

**OBCC | JAN 8 – MAR 25** **M, 7:45 PM – 8:30 PM**  
**No class Feb 19**  
 \$181.50 / 11 | Drop-in \$17.50 #8164

**OBCC | JAN 10 – MAR 27** **W, 7:45 PM – 8:30 PM**  
 \$198.00 / 12 | Drop-in \$17.50 #8165

**Learn to Run: Half Marathon** AGES 12+

Learn to run a half marathon with the Wesbrook Road Runners led by elite personal trainer, and passionate runner, Hanif Teja. This clinic is designed for cruisers, pacers, and racers. Whether you want to run your personal best or just a live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The clinic is designed to help runners prepare for the Vancouver BMO Marathon. The program will include one group run a week, guest speakers on various topics on running, free gait analysis, and a detailed running program.

Instructor: Hanif Teja

**WCC | FEB 3 – APR 27** **SA, 8:00 AM – 9:00 AM**  
**No classes Feb 10, Mar 30**  
 \$132.00 / 11 | Drop-in \$13.00 #8152

**Lunch Time Express HIIT** AGES 19+

Are you someone looking to fit in a workout into your busy day? UNA's Express HIIT bootcamp-style workout is a mix between movements of high and low intensities that will hit all aspects of full-body, power workout. By combining bodyweight movements, strength training and aerobic elements, Express HIIT will target full body workouts

leaving you feeling toned and sculpted from head to toe. This bootcamp is good for anyone. Levels of intensities and difficulty can be customized.

Instructor: Hanif Teja

**WCC | JAN 11 – MAR 28** **TH, 12:00 PM – 12:30 PM**  
 \$132.00 / 12 | Drop-in \$12.00 #8141

**Lunch Time Express Spin** AGES 19+

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

Instructor: Hanif Teja

**WCC | JAN 10 – MAR 27** **W, 12:00 PM – 12:30 PM**  
 \$156.00 / 12 | Drop-in \$14.00 #8134

**WCC | JAN 12 – MAR 22** **F, 11:45 AM – 12:15 PM**  
 \$143.00 / 11 | Drop-in \$14.00 #8148

## ADULTS & SENIORS PROGRAMS

### FITNESS

#### Morning Express HIIT **AGES 19+**

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

Instructor: Hanif Teja

**WCC | JAN 12 – MAR 22** **F, 6:30 AM – 7:00 AM**  
\$121.00 / 11 | Drop-in \$12.00 #8146

#### Pilates Core **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

**WCC | JAN 11 – MAR 28** **TH, 9:30 AM – 10:30 AM**  
\$180.00 / 12 | Drop-in \$16.00 #8140

YOGA AND FITNESS PARTICIPANTS  
UNDER AGE 18 REQUIRE A WAIVER  
SIGNED BY A PARENT OR GUARDIAN.

#### 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. Each class with Bri also has a unique playlist for music lovers and to keep things fresh & new!

Instructor: Brianne Orr-Alvarez

**WCC | JAN 8 – MAR 25** **M, 7:45 AM – 8:15 AM**  
**No class Feb 19**  
\$143.00 / 11 | Drop-in \$14.00 #8118

#### Spin **AGES 19+**

This class combines K-pop and dance to make choreography much more fun and exciting than regular spin classes. The class will offer a level of enjoyment where you lose track of time while pedaling, without it being boring. Exercises such as dumbbells and push-ups are included to help build upper body muscles, as well as lower body muscles in this class. Additionally, it will be a useful class for explaining and correcting postures for beginner spinners. If you have been looking for an exercise that you can enjoy for a long time and also aids in weight loss, we recommend participating in this class.



Instructor: Michelle Ko

**WCC | JAN 7 – MAR 31** **SU, 8:30 AM – 9:15 AM**  
**No class Feb 18**  
\$210.00 / 12 | Drop-in \$18.50 #8153

**WCC | JAN 8 – MAR 25** **M, 7:40 PM – 8:25 PM**  
**No class Feb 19**  
\$192.50 / 11 | Drop-in \$18.50 #8125



## FITNESS

### Learn to Run Clinic AGES 12+

Get ready for the Sun Run 2024 with the Wesbrook Road Runners led by elite personal trainer, and passionate runner, Hanif Teja. This clinic is designed for cruisers, pacers, and racers. Whether you want to run your personal best or just learn to live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The clinic is designed to help runners prepare for the Sun Run. The program will include one group run a week, guest speakers on various topics on running, free gait analysis, and a detailed running program.

Instructor: Hanif Teja

WCC | FEB 15 – APR 18 TH, 6:00 AM – 7:00 AM  
\$120.00 / 10 | Drop-in \$13.00 #8139

### 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: TBD

WCC | JAN 8 – MAR 25 M, 12:45 PM – 1:45 PM  
No class Feb 19  
\$154.00 / 11 | Drop-in \$15.00 #8117

WCC | JAN 10 – MAR 27 W, 6:30 PM – 7:30 PM  
\$168.00 / 12 | Drop-in \$15.00 #8137

WCC | JAN 11 – MAR 28 TH, 8:00 PM – 9:00 PM  
\$168.00 / 12 | Drop-in \$15.00 #8145

WCC | JAN 13 – MAR 30 SA, 11:30 AM – 12:30 PM  
\$168.00 / 12 | Drop-in \$15.00 #8151

# 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:

- Music teacher (guitar, piano, violin, etc)
- Fitness & Spin instructors
- Personal Trainers and more!

See job postings at [myuna.ca/careers](https://myuna.ca/careers)

Visit our website for more details, propose a new program, or apply!



**YOGA**

**Chair Yoga with Angie 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: Angie Datt**

**WCC | JAN 11 – MAR 28** **TH, 1:00 PM – 2:00 PM**  
\$120.00 / 12 | Drop-in \$11.00 #8142

**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.

Please bring your own mat to class. Mats are available at a limited quantity to borrow if needed.

**Instructor: Angie Datt**

**WCC | JAN 9 – MAR 26** **TU, 10:25 AM – 11:40 AM**  
\$180.00 / 12 | Drop-in \$16.00 #8130



**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. Suitable for all levels, ages, and mobility levels. In this gentle class, exercises will be done while sitting or standing holding onto a chair. The focus will be on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at. Please bring your own mat to class. Mats are available to borrow if needed.

**Instructor: Angie Datt**

**WCC | JAN 12 – MAR 22** **F, 10:00 AM – 11:00 AM**  
\$154.00 / 11 | Drop-in \$15.00 #8147

**Hatha Yoga with Negar**

**AGES 16+**

This gentle meditative style of class will ease your mind and body. You will be guided through carefully orchestrated postures both to support and re-energize your attention on your breath and movements to build strength, balance, and mindfulness. Through a

gentle sequence of bodily postures (asanas), breathing techniques (pranayama), the goal is to bring about a sound, centered body and a peaceful mind. If you want a grounding practice, this is the class for you.

**Instructor: Negar Amini**

**OBCC | JAN 10 – MAR 13** **W, 10:00 AM – 11:00 AM**  
**No class Jan 17**  
\$135.00 / 9 | Drop-in \$16.00 #8424

## YOGA

**Iyengar Yoga with Luci** AGES 17+

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, go deeper in poses designed to build strength, release tight muscles, improve balance, and calm the mind. The method is adapted for all ages and levels. For more information, see [luciyamamoto.com](http://luciyamamoto.com). Please bring your own mat and any other props that you might need.

**Instructor:** Luci Yamamoto

**WCC | JAN 6 – FEB 10** **SA, 10:00 AM – 11:15 AM**  
\$108.00 / 6 | Drop-in \$20.00 #8150

**WCC | FEB 17 – MAR 16** **SA, 10:00 AM – 11:15 AM**  
\$90.00 / 5 | Drop-in \$20.00 #8284

**Iyengar Yoga with Brian | Beginner** AGES 18+

For students keen to learn, practice, and establish a solid understanding of foundational asana categories—standing, sitting, forward extension, lateral extension, inversions, abdominal, backward extensions, and restorative. Iyengar Yoga is a step-by-step method that develops strength, flexibility, balance and awareness in the body, and resilience and clarity in the mind. Adapted for all ages and levels. More information at [www.iybrian.com](http://www.iybrian.com). To consolidate your learning, the instructor recommends attending the Beginners Course Mondays and Wednesdays if possible.

**Instructor:** Brian Hogencamp

**WCC | JAN 8 – MAR 25** **M, 6:30 PM – 7:30 PM**  
**No class Feb 19**  
\$220.00 / 11 | Drop-in \$21.00 #8124

**WCC | JAN 9 – MAR 26** **TU, 7:30 PM – 8:30 PM**  
\$240.00 / 12 | Drop-in \$21.00 #8132

**OBCC | JAN 10 – MAR 27** **W, 6:15 PM – 7:15 PM**  
\$240.00 / 12 | Drop-in \$21.00 #8138

**Iyengar Yoga with Brian | Intermediate**

AGES 18+

This basic intermediate course builds on foundational experience to refine mobility, stability, and develop deeper awareness of the body, mind, and breath through an expanded range of asana and pranayama. Iyengar Yoga is a progressive method of learning based on precision, timing, and sequencing. Adapted for all ages and levels. More information at [www.iybrian.com](http://www.iybrian.com).

**Instructor:** Brian Hogencamp

**WCC | JAN 10 – MAR 27** **W, 10:15 AM – 11:45 AM**  
\$240.00 / 12 | Drop-in \$21.00 #8133

**WCC | JAN 11 – MAR 28** **TH, 6:30 PM – 7:45 PM**  
\$240.00 / 12 | Drop-in \$21.00 #8144



## ADULTS & SENIORS PROGRAMS

### YOGA

#### Restorative Yoga AGES 19+

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; a limited number are available to borrow if needed.

Instructor: Merielle Moffatt

WCC | JAN 7 – MAR 31 SU, 5:15 PM – 6:30 PM  
No class Feb 18  
\$240.00 / 12 | Drop-in \$21.00 #8154

#### Yoga in Mandarin with Kate AGES 19+

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

#### 中文哈達瑜伽

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

Instructor: Kate Tsai

WCC | JAN 8 – MAR 25 M, 10:45 AM – 11:45 AM  
No class Feb 19  
\$143.00 / 11 | Drop-in \$14.00 #8120

WCC | JAN 12 – MAR 22 F, 1:30 PM – 2:30 PM  
\$143.00 / 11 | Drop-in \$14.00 #8149

### 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. Please register to receive program updates.

Instructor: John Maunsell

WCC | JAN 9 – MAR 26 TU, 10:00 AM – 12:30 PM  
FREE / 12 #8212

#### Food For Thought: A Series of Meaningful Conversations AGES 16+



Meet your neighbours, make friends and build community! We welcome everyone who is interested in taking part in an interactive, facilitated, multi-media discussion in a safe environment involving people of all backgrounds and all ages (16+) who want to meet their neighbours, initiate friendships as well as strengthen community bonds. Register to receive program updates.

Instructor: Judy Burge

OBCC | JAN 17 – MAR 13 W, 7:00 PM – 8:30 PM  
FREE / 9 #8413

#### Let's Cook Club ALL AGES

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

Instructor: Bianca Dong

WCC | JAN 30 | DUMPLINGS TU, 6:00 PM – 8:00 PM  
FREE / 1 #8225

WCC | FEB 27 | RECIPE TBD TU, 6:00 PM – 8:00 PM  
FREE / 1 #8229

WCC | MAR 26 | RECIPE TBD W, 6:00 PM – 8:00 PM  
FREE / 1 #8241



**Mahjong AGES 19+**

Play the fun and simple social game of Mahjong, with easy rules to follow. Beginner instruction is available in English and Mandarin. Please register to receive updates.

Instructor: Nils Bradley

WCC | JAN 8 – MAR 25 M, 1:00 PM – 3:00 PM  
FREE / 12 #8246

**Newcomers' English Club AGES 19+**

Join this free drop-in that provides a place for newcomers to practice English and ask questions. There will be a new topic each week based on the needs of the group. Everyone is welcome! Please register to receive updates.

Volunteers: Doreen and Paula

WCC | JAN 11 – MAR 14 TH, 1:00 PM – 2:30 PM  
FREE / 10 #8228

**Newcomers' Support Group AGES 19+**

This program includes a different topic each week followed by a stress relieving activity (meditation, yoga, crafts, etc.) Please register to receive updates. Volunteers speak English and Mandarin. Everyone is welcome!

Instructors: Sandy Zhao and Rachel Wang

WCC | JAN 10 – MAR 13 W, 10:00 AM – 11:30 AM  
FREE / 10 #8245

**Old Barn Book Club AGES 16+**

This 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. Please register to receive program updates.

**Jan 27:** *Mansfield Park* by Jane Austen

**Feb 24:** *The Great Gatsby* by F. Scott Fitzgerald

**Mar 23:** *Wuthering Heights* by Emily Brontë.

Instructor: Saige Park

OBCC | JAN 27, FEB 24, MAR 23 SA, 9:00 AM – 11:00 AM  
FREE / 3 #8250

**ADULTS & SENIORS  
PROGRAMS****Saturday Afternoon Tea AGES 19+**

A guest speaker will lead casual discussions on various topics. Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share. Registration required.

Instructor: UNA Volunteer

WCC | JAN 20 SA, 1:00 PM – 3:00 PM  
FREE / 1 #8243

WCC | FEB 17 (IN MANDARIN) SA, 1:00 PM – 3:00 PM  
FREE / 1 #8226

WCC | MAR 23 SA, 1:00 PM – 3:00 PM  
FREE / 1 #8238

**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 but please note that this is not a formal class. Bring a project you're working on or start one together! Two sewing machines and a variety of knitting supplies will be available. Please register to receive program updates.

Volunteer: UNA Volunteers

WCC | JAN 7 – MAR 24 SU, 1:00 PM – 3:00 PM  
No class Feb 11  
FREE / 11 #8247



## ADULTS & SENIORS PROGRAMS

### SOCIAL

#### 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. 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. We will be offering two different walking speeds to make the program more accessible. Registration is the same for both groups and then you can choose which group suits your needs. Walks will take place in Pacific Spirit Park, the campus and the surrounding neighbourhoods.

Instructor: Helen Aqua

**WCC | JAN 8 – MAR 25** **M, 10:00 AM – 11:30 AM**  
FREE / 12 #8278

#### Walk and Talk Coffee Hour **AGES 19+**

Walk and Talk participants are welcome to bring their lunch, snack or a beverage to enjoy for an after-walk social time. Register to receive program updates.

Instructors: Alice Bradley and Helen Aqua

**WCC | JAN 8 – MAR 25** **M, 11:30 AM – 1:00 PM**  
**No class Feb 19**  
FREE / 11 #8279

#### Wesbrook Book Club **AGES 19+**

Enjoy a conversation with your neighbours about the book of the month. This program is suitable for those with intermediate English skills and new members are always welcome. Register to receive program updates. Book titles are TBD.



Instructor: Alice Bradley

**WCC | JAN 21, FEB 18, MAR 17** **SU, 10:00 AM – 12:00 PM**  
FREE / 3 #8251

#### 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. Tea will be provided and participants are welcome to bring a snack to share. Please register to receive email updates.

Instructor: Alice Bradley

**OBCC | JAN 9 – MAR 12** **TU, 12:00 PM – 1:30 PM**  
FREE / 10 #8230

### MUSIC

#### Community Choir **AGES 14+**

This intergenerational choir program welcomes all levels of experience. A variety of repertoire will be sung together and in harmony. Musicians are welcome to bring instruments, and everyone is welcome to suggest songs for the choir to sing - even original songs they have written!

Instructor: Matt Stapleton

**OBCC | JAN 10 – MAR 27** **W, 7:30 PM – 8:30 PM**  
\$84.00 / 12 | Drop-in \$7.70 #8307

#### 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 of Music students, to those looking for coaching in school band or orchestra programs. Students are required to bring their own flute. Books will be recommended for purchase on the first day of class.

Instructor: Andrea Minden

**WCC | JAN 7 – MAR 17** **SU, 1:00 PM – 5:00 PM**  
**No class Feb 18**  
\$330.00 / 10 #Various

CHECK [MYUNA.CA/PROGRAMS](https://myuna.ca/programs)  
OFTEN AS MUSIC LESSON  
SPACES MAY BECOME AVAILABLE  
THROUGHOUT THE SEASON.

## ADULTS & SENIORS PROGRAMS

### MUSIC

#### 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. No experience required.

Instructor: Matt Stapleton

WCC | JAN 8 – MAR 25 M, 6:30 PM – 7:30 PM  
No class Feb 19  
\$220.00 / 11 #8305

#### 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

WCC | JAN 8 – MAR 25 M, 7:30 PM – 8:30 PM  
No class Feb 19  
\$220.00 / 11 #8306

#### Guitar | Friday AGES 8+



In these 30-minute 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, from beginners to Royal Conservatory students. Bring your own guitar - nylon strings are required for classical style. The instructor can

provide guidance on guitar and book purchases after the first lesson.

Instructor: Vanja Djak

WCC | JAN 12 – MAR 15 F, 4:30 PM – 9:00 PM  
\$330.00 / 10 #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. Books will be recommended on the first day of class. Access to a piano for additional practice is required.

Instructor: Bassem Ghabrous

WCC | JAN 13 – MAR 16 SA, 10:00 AM – 3:00 PM  
No classes Feb 17  
\$297.00 / 9 #Various

Instructor: Derek Pang

WCC | JAN 8 – MAR 11 M, 3:30 PM – 8:15 PM  
No class Feb 19  
\$297.00 / 9 #Various

WCC | JAN 10 – MAR 13 W, 3:30 PM – 8:15 PM  
\$330.00 / 10 #Various

Instructor: Portia Sun

WCC | JAN 12 – MAR 15 F, 3:30 PM – 7:45 PM  
\$330.00 / 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

WCC | JAN 11 – MAR 14 TH, 3:30 PM – 9:00 PM  
\$345.00 / 10 #Various

# LIVE WELL, STAY STRONG SENIORS 55+

## ARTS

### Seniors Open Art Studio AGES 55+

Seniors can bring their own art supplies to work in the Art Room at Wesbrook Community Centre. Volunteers are welcome to use this time slot to plan workshops for the seniors in our community. Participants are expected to clean up after themselves. Register to receive program updates.

Instructor: UNA Volunteer

WCC | JAN 11 – MAR 14 TH, 9:30 AM – 11:30 AM  
FREE / 10 #8218

### Chinese Seniors' Dance AGES 55+

Space is available for seniors to practice traditional Chinese dance. All seniors are welcome to join this unstructured program. Registration is required.

Instructor: Florence Luo

OBCC | JAN 12 – MAR 15 F, 12:30 PM – 2:00 PM  
No class Feb 16  
FREE / 9 #8237

#### CASUAL SPORTS POLICY:

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.

## EDUCATION

### 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 and Jennie

WCC | JAN 14 – MAR 10 SU, 10:00 AM – 11:30 AM  
No class Feb 11  
FREE / 8 #8222

### Seniors Tech-Savvy Tuesdays AGES 55+

This digital literacy program for older adults will begin each session with a short presentation on a specific topic followed by one-on-one help as well as small group problem solving. Please bring your own devices (laptop, tablet phone). Registration is required.

Instructor: UNA Volunteer

WCC | JAN 9 – MAR 12 TU, 5:30 PM – 6:30 PM  
FREE / 10 #8236

## PHYSICAL ACTIVITY

### Seniors' Gym AGES 55+

Stay active and join us for a variety of volunteer-led games and activities in the gym. Open to everyone 55+. Registration is required.

Instructor: UNA Volunteer

WCC | JAN 8 – MAR 11 M, 11:15 AM – 12:15 PM  
No class Feb 19  
FREE / 9 #8240

### Table Tennis for Seniors AGES 55+

Seniors are invited for an hour of table tennis. These sessions are unstructured and open to players of all skill levels. 8 spaces are open for season registration and 6 are reserved for day of drop in.

WCC | JAN 12 – MAR 22 F, 2:30 PM – 3:30 PM  
No class Feb 16  
\$40.00 / 10 | Drop-in \$4.00 #8325

## PHYSICAL ACTIVITY

### 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.

Instructor: Angie Datt

W. HAMPSTEAD | JAN 8 – MAR 25 M, 3:00 PM – 4:00 PM  
No class Feb 19  
\$99.00 / 11 | Drop-in \$9.00 #8123

### 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

WCC | JAN 8 – MAR 25 M, 1:00 PM – 2:00 PM  
No class Feb 19  
\$110.00 / 11 | Drop-in \$10.00 #8122

WCC | JAN 10 – MAR 27 W, 1:00 PM – 2:00 PM  
\$120.00 / 12 | Drop-in \$10.00 #8136

NEW REFUND DEADLINE: ONE  
BUSINESS DAY AFTER THE FIRST  
CLASS! FOR FULL RECREATION  
POLICIES, SEE PAGE 2



## SOCIAL

### 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. Please register to receive program updates.

Instructor: Florence Luo

WCC | JAN 27, FEB 24, MAR 30 SA, 7:00 PM – 8:30 PM  
FREE / 3 #8249

### Seniors and Friends Drop-in AGES 55+

This volunteer-hosted, social drop-in, provides an opportunity for casual conversations and activities. Complimentary tea and coffee are provided. Please register to receive program updates.

Instructor: UNA Volunteer

WCC | JAN 10 – MAR 27 W, 9:30 AM – 11:00 AM  
FREE / 12 #8232

### Seniors Song Circle AGES 55+



Casual sing-along hosted by a retired professional singer. Songs will be in multiple languages.

Instructor: UNA Volunteer

WCC | JAN 12 – MAR 15 F, 10:00 AM – 11:30 AM  
FREE / 10 #8233

# INDEX & SCHEDULE

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>COMMUNITY EVENTS</b>							
	Lunar New Year	All Ages	Sun	Feb 11	1:00 PM	WCC	农历新年
	Family Day	All Ages	Mon	Feb 19	8:30 AM	WCC	家庭日
8461	Family Movie Night	All Ages	Sat	Jan 20	6:00 PM	OBCC	家庭电影之夜
<b>CAMPS</b>							
8366	Australian Football: Pro-D Day	Ages 8-12	Fri	Feb 16	9:00 AM	WCC	澳式橄榄球联盟
8368	Australian Football: Spring Break	Ages 8-12	Mon-Fri	Mar 18	9:00 AM	WCC	澳式橄榄球联盟
8375	Crossmaneuver Creat. & Perform.	Ages 7-13	Mon-Fri	Mar 18	9:00 AM	OBCC	儿童表演春假营
8374	Dance Extreme: Spring Break	Ages 6-12	Mon-Thu	Mar 25	9:00 AM	WCC	韩式嘻哈舞夏令营
8376	Young Artist Performing Arts	Ages 4-7	Mon-Thu	Mar 25	9:30 AM	OBCC	音乐剧春假营
8373	Young Filmmakers	Ages 8-14	Mon-Thu	Mar 25	9:00 AM	WCC	电影制作夏令营
<b>ACTIVE KIDS</b>							
8253	Active Kids: Multi-Sport Playtime	Ages 1-3	Mon	Jan 8	9:30 AM	WCC	多项球类和游戏
8254	Active Kids: Multi-Sport Phys. Lit.	Ages 3-5	Mon	Jan 8	10:15 AM	WCC	少儿球类和健体运动
8255	Active Kids: Soccer	Ages 3-5	Mon	Jan 8	4:00 PM	WCC	足球
8256	Active Kids: Soccer	Ages 6-9	Mon	Jan 8	4:45 PM	WCC	足球
8257	Active Kids: Basketball	Ages 8-12	Tue	Jan 9	4:00 PM	WCC	篮球
8265	Active Kids: Basketball	Ages 8-12	Thu	Jan 11	4:00 PM	WCC	篮球
8273	Active Kids: Basketball	Ages 8-12	Sat	Jan 13	12:00 PM	WCC	篮球
8266	Active Kids: Basketball	Ages 12-16	Thu	Jan 11	4:00 PM	WCC	篮球
<b>EARLY YEARS</b>							
8356	Crafts with Ruta	Ages 2-5	Fri	Jan 12	9:30 AM	WCC	和Ruta一起做手工
8357	Crafts with Ruta	Ages 2-5	Fri	Jan 12	10:45 AM	WCC	和Ruta一起做手工
8354	Music Together	Ages 0-5	Tue	Jan 16	10:30 AM	OBCC	一起音乐
8353	Music Together	Ages 0-5	Tue	Jan 16	9:30 AM	OBCC	一起音乐
8369	Parent & Child: Hip-Hop	Ages 2-5	Sat	Jan 13	9:30 AM	WCC	亲子嘻哈舞
8389	Preschool Ballet	Ages 3-5	Sun	Jan 7	11:25 AM	WCC	学前芭蕾
8391	Preschool Ballet	Ages 3-5	Wed	Jan 10	3:30 PM	WCC	学前芭蕾
8388	Preschool Dance	Ages 2-4	Sun	Jan 7	9:30 AM	WCC	学前舞蹈
8390	Preschool Dance	Ages 2-4	Mon	Jan 8	3:30 PM	WCC	学前舞蹈
8314	Parent & Tot: Gym Drop In	Ages 0-5	Tue/Thu	Jan 9	10:00 AM	WCC	亲子活动时间
8224	Storytime	All Ages	Fri	Jan 12	10:00 AM	OBCC	少儿故事会
8296	Science for Kids	Ages 3-6	Thu	Jan 11	4:00 PM	WCC	少儿科学
8271	Kids on Wheels   Parent & Tot	Ages 2-3	Sat	Jan 13	10:00 AM	OBCC	少儿学单车
8272	Kids on Wheels   Preschool	Ages 3-5	Sat	Jan 13	11:15 AM	OBCC	学龄前儿童学单车
8263	Sportball: Floor Hockey	Ages 4-6	Wed	Jan 10	3:45 PM	WCC	少儿曲棍球



Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>CHILDREN</b>							
8342	Creative Arts	Ages 6-9	Mon	Jan 8	3:30 PM	WCC	创意艺术课
8344	Manga Art	Ages 6-9	Sat	Jan 13	1:00 PM	WCC	漫画课
8345	Manga Art	Ages 9-14	Sat	Jan 13	2:15 PM	WCC	漫画课
8343	Creative Arts	Ages 9-12	Mon	Jan 8	5:00 PM	WCC	创意艺术课
8379	Dance Foundations	Ages 4-6	Sun	Jan 7	10:20 AM	WCC	舞蹈基础
8382	Ballet   Level 1	Ages 6-8	Sun	Jan 7	2:35 PM	WCC	芭蕾一级
8385	Ballet   Level 1	Ages 6-8	Wed	Jan 10	4:20 PM	WCC	芭蕾一级
8386	Ballet   Level 2	Ages 8-10	Wed	Jan 10	5:25 PM	WCC	芭蕾二级
8383	Ballet   Level 3	Ages 10-13	Sun	Jan 7	3:40 PM	WCC	芭蕾三级
8380	Contemporary Jazz   Level 1	Ages 7-10	Sun	Jan 7	12:15 PM	WCC	当代爵士乐一级
8381	Contemporary Jazz   Level 2	Ages 10-14	Sun	Jan 7	1:20 PM	WCC	现代爵士舞二级
8358	Classical Indian and Folk Dance	Ages 6-12	Wed	Jan 17	5:45 PM	WCC	传统印度舞
8384	Dance Foundations	Ages 4-6	Mon	Jan 8	4:20 PM	WCC	舞蹈基础
8367	K-Pop Hip-Hop	Ages 6-10	Sat	Jan 13	11:15 AM	WCC	韩式嘻哈
8365	K-Pop Hip-Hop	Ages 6-10	Tue	Jan 9	3:30 PM	WCC	韩式嘻哈
8378	Musical Theatre   Level 1	Ages 7-10	Mon	Jan 8	5:25 PM	WCC	音乐剧场
8377	Musical Theatre   Level 2	Ages 10-13	Mon	Jan 8	6:30 PM	WCC	音乐剧场
8341	Young Moviemakers	Ages 8-14	Fri	Jan 12	4:00 PM	WCC	电影制作夏令营
8293	English Reading Writing   Gr 1-2	Ages 6-8	Mon	Jan 8	6:00 PM	WCC	英语阅读和写作
8294	English Reading Writing   Gr 3-4	Ages 8-10	Mon	Jan 8	7:00 PM	WCC	三&四年级英语阅读写作
8299	Mastering Mandarin   Beginner	Ages 5-18	Sat	Jan 13	10:30 AM	WCC	汉语学习-初级
8300	Mastering Mandarin Intermediate	Ages 5-18	Sat	Jan 13	12:00 PM	WCC	汉语学习-初级
8301	Mastering Mandarin Advanced	Ages 5-18	Sat	Jan 13	1:30 PM	WCC	汉语学习-初级
8290	Math-4-Kids   Gr 3-4	Ages 8-10	Mon	Jan 8	3:30 PM	WCC	趣味数学
8291	Math-4-Kids   Gr 5-6	Ages 10-12	Mon	Jan 8	4:45 PM	WCC	趣味数学
8298	Minecraft Coders   Beginner	Ages 7-10	Thu	Jan 11	6:15 PM	WCC	儿童Minecraft编程课
8428	Minecraft Coders   Advanced	Ages 9-12	Tue	Jan 9	7:00 PM	WCC	我的世界课程
8427	Red Cross Babysitting	Ages 11-14	Sun	Mar 10	9:00 AM	WCC	红十字会儿童看护课程
8295	Science for Kids	Ages 7-11	Thu	Jan 11	5:00 PM	WCC	少儿科学
8397	Australian Football	Ages 8-12	Thu	Jan 11	5:45 PM	WCC	澳式橄榄球联盟
8268	Badminton	Ages 8-10	Fri	Jan 12	4:00 PM	WCC	羽毛球
8387	Game Day Cheerleading	Ages 8-12	Thu	Jan 11	7:00 PM	WCC	比赛日啦啦队
8262	Sportball: Floor Hockey	Ages 6-9	Wed	Jan 10	4:30 PM	WCC	少儿曲棍球
8398	Tae Kwon Do   Beginner Kids	Ages 4-12	Sun	Jan 7	1:00 PM	WCC	初学者跆拳道
8399	Tae Kwon Do   Intermediate Kids	Ages 4-12	Sun	Jan 7	1:00 PM	WCC	中级跆拳道
Various	Family Karate	Ages 6+	Tue	Jan 9	7:00 PM	WCC	家庭空手道
8393	Yoga for Kids	Ages 6-12	Wed	Jan 10	4:30 PM	WCC	儿童瑜伽
8321	Family Badminton Drop-In	All Ages	Sun	Jan 7	4:00 PM	WCC	家庭羽毛球
8320	Family Badminton Drop-In	All Ages	Sat	Jan 13	8:30 AM	WCC	家庭羽毛球
8322	Family Pickleball Drop-In	All Ages	Sun	Jan 7	9:00 AM	WCC	家庭匹克球练习时间

## INDEX & SCHEDULE

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>CHILDREN</b>							
8283	4-H Club	Ages 9-19	Fri-Fri	Jan 12	6:30 PM	WCC	4-H俱乐部
8199	Chess Basics: Introductory	Ages 7-12	Fri	Jan 12	4:00 PM	WCC	象棋
8220	Girl Guides   Grades 4-6	Ages 9-11	Thu	Jan 18	6:00 PM	OBCC	女童军
8200	Pre-teen Leadership	Ages 9-12	Mon	Jan 8	4:00 PM	WCC	少年领导力
Various	Flute   Sunday	Ages 8+	Sun	Jan 7	1:00 PM	WCC	长笛
8305	Group Guitar   Beginner	Ages 14+	Mon	Jan 8	6:30 PM	WCC	吉他小班课-初级
8306	Group Guitar   Intermediate	Ages 14+	Mon	Jan 8	7:30 PM	WCC	吉他小班课 - 中级
Various	Guitar   Saturday	Ages 8+	Fri	Jan 12	4:30 PM	WCC	吉他
Various	Piano   Friday	Ages 5+	Fri	Jan 12	3:30 PM	WCC	钢琴
Various	Piano   Monday	Ages 5+	Mon	Jan 8	3:30 PM	WCC	钢琴
Various	Piano   Saturday	Ages 5+	Sat	Jan 13	10:00 AM	WCC	钢琴
Various	Piano   Wednesday	Ages 5+	Wed	Jan 10	3:30 PM	WCC	钢琴
Various	Violin   Thursday	Ages 5+	Thu	Jan 11	3:30 PM	WCC	小提琴
<b>YOUTH</b>							
8304	Drawing & Painting	Ages 11-19	Wed	Jan 10	3:30 PM	WCC	绘画课
8307	Community Choir	Ages 14+	Wed	Jan 10	7:30 PM	OBCC	社区合唱团
8302	K-Pop Hip-Hop	Ages 11-16	Tue	Jan 9	4:30 PM	WCC	韩式嘻哈
8303	K-Pop Hip-Hop	Ages 11-16	Sat	Jan 13	10:15 AM	WCC	韩式嘻哈
8269	Badminton	Ages 11-16	Fri	Jan 12	5:00 PM	WCC	羽毛球
8270	Badminton   Advanced	Ages 13-18	Fri	Jan 12	6:00 PM	WCC	高中生羽毛球高级
8349	Badminton Drop-in   Youth	Ages 13-18	Sun	Jan 7	5:30 PM	WCC	高中生羽毛球练习时间
8400	Tae Kwon Do   Beginner Youth	Ages 13-18	Sun	Jan 7	1:00 PM	WCC	青少年跆拳道初级
8401	Tae Kwon Do   Intermediate Youth	Ages 13-18	Sun	Jan 7	1:00 PM	WCC	青少年跆拳道中级
Various	Teens & Adults Karate	Ages 13+	Tue	Jan 9	8:00 PM	WCC	青少年和成人空手道
Various	Teens & Adults Karate	Ages 13+	Fri	Jan 12	7:00 PM	OBCC	青少年和成人空手道
Various	Family Karate	Ages 6+	Tue	Jan 9	7:00 PM	WCC	家庭空手道
8313	Volleyball BC: Train and Play	Ages 13-16	Sat	Jan 13	2:00 PM	WCC	排球: 培训和练习
8355	Pickleball Drop-in   Youth	Ages 13-18	Tue	Jan 9	5:45 PM	WCC	青少年匹克球
8352	Sports Drop-in   Youth	Ages 13-18	Wed	Jan 10	5:30 PM	WCC	高中生球类活动时间
8351	Sports Drop-in   Youth	Ages 13-18	Sat	Jan 13	7:15 PM	WCC	高中生球类活动时间
8350	Volleyball Drop-in   Youth	Ages 13-18	Sat	Jan 13	3:45 PM	WCC	青少年排球
8359	Youth Social Drop-in	Ages 13-18	Wed	Jan 10	3:30 PM	WCC	青年社交聚会
8364	Peer Tutoring	Ages 11-18	Tue	Jan 9	4:00 PM	WCC	家庭作业辅导项目
8292	Math-4-Future   Gr 7-8	Ages 12-14	Fri	Jan 12	3:30 PM	WCC	七&八年级趣味数学
8203	Toastmasters Youth Program	Ages 12-17	Wed	Jan 10	6:30 PM	WCC	高中生演讲俱乐部
8282	4-H Club	Ages 9-19	Fri-Fri	Jan 12	6:30 PM	WCC	4-H俱乐部
8204	Arts for the Earth	Ages 13-18	Wed	Jan 10	3:30 PM	WCC	艺术与大地
8206	French Conversation Club	Ages 13-18	Thu	Jan 11	4:15 PM	WCC	高中生法语会话俱乐部
8205	Rubik's Cube Club	Ages 11-17	Thu	Jan 11	3:30 PM	WCC	魔方俱乐部
8207	Youth Leadership	Ages 13-18	Fri	Feb 9	3:30 PM	WCC	青年领导力

Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>ADULTS</b>							
8363	Watercolour Painting	Ages 16+	Wed	Jan 10	7:30 PM	WCC	水彩绘画
8362	Drawing and Sketching	Ages 16+	Wed	Jan 10	5:45 PM	WCC	绘画素描
8392	Adult Ballet   Beginner	Ages 19+	Wed	Jan 10	7:45 PM	WCC	初级芭蕾舞
8234	Ballet Drop-In   Interm/Adv.	Ages 15+	Fri	Jan 12	5:00 PM	WCC	成年中/高级芭蕾舞健身
8348	Chinese Folk Dance	Ages 19+	Tue	Jan 9	12:30 PM	WCC	中国民族舞蹈
8360	Classical Indian and Folk Dance	Ages 16+	Wed	Jan 17	7:00 PM	WCC	传统印度舞
8338	Dance Fusion	Ages 19+	Fri	Jan 12	6:45 PM	WCC	舞蹈融合
8371	K-Pop Hip-Hop	Ages 19+	Tue	Jan 9	5:30 PM	WCC	韩式嘻哈
8346	Salsa Dancing   Beginner	Ages 19+	Sun	Jan 14	5:00 PM	OBCC	萨尔萨舞
8297	Puppy Preschool	Ages 19+	Tue	Jan 9	6:00 PM	WCC	幼犬培训
8310	Good to Great: Manners + More	Ages 19+	Tue	Jan 9	7:15 PM	WCC	成人礼仪：从优秀到卓越
8231	English Conversation   Beginner	Ages 19+	Thu	Jan 11	10:00 AM	WCC	初级英语会话
8217	English Convers. for Mandarin	Ages 19+	Mon	Jan 8	10:00 AM	WCC	英语入门(国语)
8235	English Conversation   Inter. Tue	Ages 19+	Tue	Jan 9	10:00 AM	WCC	英语会话俱乐部
8213	English Conversation   Inter. Wed	Ages 19+	Wed	Jan 10	1:00 PM	WCC	中级英语会话
8219	English Conversation   Inter. Thu	Ages 19+	Thu	Jan 11	7:00 PM	OBCC	英语会话高级
8242	English Conversation   Adv. Fri	Ages 19+	Fri	Jan 12	10:00 AM	OBCC	英语会话高级
8347	Arts Apprec. English Learners	Ages 19+	Thu	Jan 11	6:30 PM	WCC	英语学者欣赏艺术
8244	French Club	Ages 19+	Thu	Jan 11	1:30 PM	OBCC	法语俱乐部
8289	French   Beginner	Ages 19+	Tue	Jan 9	6:30 PM	OBCC	初级法语对话
8288	French   Intermediate	Ages 19+	Mon	Jan 8	1:00 PM	WCC	法语会话中级
8286	Korean Parent Support Circle	Ages 19+	Tue	Jan 16	12:30 PM	WCC	韩国家长互助交流会
8285	SUCCESS: Settlement Services	Ages 19+	Tue	Jan 9	9:30 AM	WCC	中侨移民安顿服务
8221	VSBI Immigrant Parent Sessions	Ages 19+	Thu	Jan 11	1:00 PM	ZOOM	移民家长信息交流会(国语)
8215	Community Digital Support	Ages 19+	Sat	Jan 13	10:00 AM	WCC	社区电脑辅导
8335	Badminton	Ages 19+	Sun	Jan 7	7:00 PM	WCC	羽毛球
8334	Badminton	Ages 19+	Fri	Jan 12	7:45 PM	WCC	羽毛球
8333	Badminton	Ages 19+	Mon	Jan 8	8:00 PM	WCC	羽毛球
8336	Basketball	Ages 19+	Sat	Jan 13	10:15 AM	WCC	羽毛球
8315	Badminton Drop-In	Ages 19+	Tue	Jan 9	12:00 PM	WCC	羽毛球
8316	Basketball Drop-In	Ages 19+	Mon	Jan 8	6:00 PM	WCC	羽毛球
8332	Pickleball	Ages 19+	Fri	Jan 12	10:30 AM	WCC	匹克球练习
8331	Pickleball	Ages 19+	Mon	Jan 8	2:00 PM	WCC	匹克球练习
8260	Pickleball Lessons   Learn to Play	Ages 19+	Wed	Jan 10	9:00 AM	WCC	匹克球初级
8274	Pickleball Lessons   Accelerated	Ages 19+	Sun	Jan 7	10:45 AM	WCC	匹克球晋级训练
8261	Pickleball Lessons   Intermediate	Ages 19+	Wed	Jan 10	10:45 AM	WCC	匹克球中级
8267	Pickleball Lessons   Adv. Doubles	Ages 19+	Fri	Jan 12	8:45 AM	WCC	匹克球高级双打
8318	Pickleball Drop-In	Ages 19+	Thu	Jan 11	1:45 PM	WCC	匹克球练习



# Winter Festival

**Old Barn Community Centre**

**December 16, 2023 | 10:00 a.m.-1:00 p.m.**

Bring your camera for photos with Santa, enjoy festive crafts, and bring your own mug for hot chocolate. This event is free but please consider bringing a donation for the Greater Vancouver Food Bank.

For information, visit **[myuna.ca/event/winter-festival](https://myuna.ca/event/winter-festival)**



Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>ADULTS</b>							
8324	Table Tennis	Ages 19+	Tue	Jan 9	2:15 PM	WCC	乒乓球
8323	Table Tennis	Ages 19+	Mon	Jan 8	11:15 AM	WCC	乒乓球
8319	Table Tennis Drop-In	Ages 19+	Fri	Jan 12	1:00 PM	WCC	乒乓球
8337	Volleyball	Ages 19+	Sat	Jan 13	5:30 PM	WCC	羽毛球
8317	Volleyball Drop-In	Ages 19+	Wed	Jan 10	7:45 PM	WCC	羽毛球
8259	Tai Chi	Ages 19+	Tue	Jan 9	6:30 PM	WCC	太极
8211	Weaving Wellness   Tai Chi	Ages 19+	Sun	Jan 21	2:00 PM	WCC	太极
Various	Teens & Adults Karate	Ages 13+	Tue	Jan 9	8:00 PM	WCC	青少年和成人空手道
Various	Teens & Adults Karate	Ages 13+	Fri	Jan 12	7:00 PM	OBCC	青少年和成人空手道
8264	Qi Gong	Ages 19+	Thu	Jan 11	4:00 PM	WCC	气功
8119	Barre Pilates	Ages 19+	Mon	Jan 8	9:30 AM	WCC	芭蕾普拉提
8129	Barre Pilates	Ages 19+	Tue	Jan 9	9:15 AM	WCC	芭蕾普拉提
8143	Barre Pilates	Ages 19+	Thu	Jan 11	5:15 PM	WCC	芭蕾普拉提
8131	AquaFit - West Hampstead	Ages 19+	Tue	Jan 9	1:00 PM	WCC	West Hampstead区 水中健身
8163	Bootcamp with Nicole	Ages 16+	Thu	Jan 11	10:45 AM	WCC	全身训练营
8422	Fit Together	Ages 19+	Mon	Jan 8	11:55 AM	WCC	亲子健身训练
8164	Full Body Strength Bootcamp	Ages 19+	Mon	Jan 8	7:45 PM	OBCC	全身力量训练营
8152	Learn to Run: Half Marathon	Ages 12+	Sat	Feb 3	8:00 AM	WCC	学习跑半程马拉松
8141	Lunch Time Express HIIT	Ages 19+	Thu	Jan 11	12:00 PM	WCC	高燃脂训练
8134	Lunch Time Express Spin	Ages 19+	Wed	Jan 10	12:00 PM	WCC	极速单车
8148	Lunch Time Express Spin	Ages 19+	Fri	Jan 12	11:45 AM	WCC	极速单车
8146	Morning Express HIIT	Ages 19+	Fri	Jan 12	6:15 AM	WCC	高燃脂训练
8140	Pilates Core	Ages 19+	Thu	Jan 11	9:30 AM	WCC	芭蕾普拉提
8118	Spin	Ages 19+	Mon	Jan 8	7:45 AM	WCC	极速单车
8153	Spin	Ages 19+	Sun	Jan 7	8:30 AM	WCC	极速单车
8125	Spin	Ages 19+	Mon	Jan 8	7:40 PM	WCC	极速单车
8139	Learn to Run Clinic	Ages 12+	Thu	Feb 15	6:00 AM	WCC	学习跑步
8117	Zumba	Ages 19+	Mon	Jan 8	12:45 PM	WCC	Zumba舞
8142	Chair Yoga with Angie	Ages 19+	Thu	Jan 11	1:00 PM	WCC	椅子瑜伽
8130	Gentle & Restorative Yoga	Ages 19+	Tue	Jan 9	10:25 AM	WCC	恢复性瑜伽
8147	Gentle Yoga with Angie	Ages 19+	Fri	Jan 12	10:00 AM	WCC	轻柔瑜伽
8424	Hatha Yoga with Negar	Ages 16+	Wed	Jan 10	10:00 AM	OBCC	Hatha瑜伽
8138	Iyengar Yoga w Brian   Beginner	Ages 18+	Wed	Jan 10	6:15 PM	OBCC	Brian初级艾杨格瑜伽
8124	Iyengar Yoga w Brian   Beginner.	Ages 18+	Mon	Jan 8	6:30 PM	WCC	Brian初级艾杨格瑜伽
8132	Iyengar Yoga w Brian   Beginner.	Ages 18+	Tue	Jan 9	7:30 PM	WCC	Brian初级艾杨格瑜伽
8133	Iyengar Yoga w Brian   Interm.	Ages 18+	Wed	Jan 10	10:15 AM	WCC	Brian一级和二级艾杨格瑜伽
8144	Iyengar Yoga w Brian   Interm.	Ages 18+	Thu	Jan 11	6:30 PM	WCC	Brian一级和二级艾杨格瑜伽
8284	Iyengar Yoga with Luci	Ages 17+	Sat	Feb 17	10:00 AM	WCC	Iyengar瑜伽
8154	Restorative Yoga	Ages 19+	Sun	Jan 7	5:15 PM	WCC	恢复性瑜伽
8120	Yoga in Mandarin with Kate	Ages 19+	Mon	Jan 8	10:45 AM	WCC	Kate中文瑜伽

# VOLUNTEERS ARE THE HEART AND SOUL OF OUR COMMUNITY

## Sign up for volunteer opportunities at the UNA

Calling all volunteers! Make a difference in your community. Help us create positive change. Opportunities for all interests and schedules. Join our team today.



Together, we can make a difference.

Sign up to become a volunteer at  
[myuna.ca/volunteering](https://myuna.ca/volunteering)





Course ID	Program	Age	Day(s)	First Date	Start Time	Location	Mandarin
<b>ADULTS</b>							
8212	Bridge	Ages 19+	Tue	Jan 9	10:00 AM	WCC	桥牌练习时间
8413	Food For Thought	Ages 16+	Wed	Jan 17	7:00 PM	OBCC	谈话会
8229	Let's Cook Club	All Ages	Tue	Feb 27	6:00 PM	WCC	美食烹饪俱乐部
8225	Let's Cook Club	All Ages	Tue	Jan 30	6:00 PM	WCC	美食烹饪俱乐部
8241	Let's Cook Club	All Ages	Tue	Mar 26	6:00 PM	WCC	美食烹饪俱乐部
8246	Mahjong	Ages 19+	Mon	Jan 8	1:00 PM	WCC	麻将
8228	Newcomers' English Club	Ages 19+	Thu	Jan 11	1:00 PM	WCC	新居民社交时间
8245	Newcomers Support Group	Ages 19+	Wed	Jan 10	10:00 AM	WCC	新移民互助小组
8250	Old Barn Book Club	Ages 16+	Sat	Jan 27	9:00 AM	OBCC	Old Barn书籍俱乐部
8238	Saturday Afternoon Tea	Ages 19+	Sat	Mar 23	1:00 PM	WCC	老年周末下午茶和嘉宾
8226	Saturday Aftern. Tea (Mandarin)	Ages 19+	Sat	Feb 17	1:00 PM	WCC	老年周末下午茶和嘉宾
8243	Saturday Afternoon Tea	Ages 19+	Sat	Jan 20	1:00 PM	WCC	老年周末下午茶和嘉宾
8247	Sewing and Knitting Studio	Ages 13+	Sun	Jan 7	1:00 PM	WCC	社区缝纫工作室
8278	Walk and Talk Club	Ages 19+	Mon	Jan 8	10:00 AM	WCC	步行俱乐部
8279	Walk and Talk Coffee Hour	Ages 19+	Mon	Jan 8	11:30 AM	WCC	午间步行社交
8251	Wesbrook Book Club	Ages 19+	Sun	Jan 21	10:00 AM	WCC	社区读书俱乐部
8230	Women's Social Club	Ages 19+	Tue	Jan 9	12:00 PM	OBCC	女士社交俱乐部
8307	Community Choir	Ages 14+	Wed	Jan 10	7:30 PM	OBCC	社区合唱团
Various	Flute   Sunday	Ages 8+	Sun	Jan 7	1:00 PM	WCC	长笛
8305	Group Guitar   Beginner	Ages 14+	Mon	Jan 8	6:30 PM	WCC	吉他小班课-初级
8306	Group Guitar   Intermediate	Ages 14+	Mon	Jan 8	7:30 PM	WCC	吉他小班课 - 中级
Various	Guitar   Saturday	Ages 8+	Fri	Jan 12	4:30 PM	WCC	吉他
Various	Piano   Friday	Ages 5+	Fri	Jan 12	3:30 PM	WCC	钢琴
Various	Piano   Monday	Ages 5+	Mon	Jan 8	3:30 PM	WCC	钢琴
Various	Piano   Saturday	Ages 5+	Sat	Jan 13	10:00 AM	WCC	钢琴
Various	Piano   Wednesday	Ages 5+	Wed	Jan 10	3:30 PM	WCC	钢琴
Various	Violin   Thursday	Ages 5+	Thu	Jan 11	3:30 PM	WCC	小提琴
<b>SENIORS</b>							
8218	Seniors Open Art Studio	Ages 55+	Thu	Jan 11	9:30 AM	WCC	老年开放艺术馆
8237	Chinese Seniors' Dance	Ages 55+	Fri	Jan 12	12:30 PM	OBCC	中式老年舞蹈
8222	English ABCs for Seniors	Ages 55+	Sun	Jan 14	10:00 AM	WCC	老年英语
8236	Seniors Tech-Savvy Tuesdays	Ages 55+	Tue	Jan 9	5:30 PM	WCC	老人电脑培训课
8123	Osteofit- West Hampstead	Ages 55+	Mon	Jan 8	3:00 PM	WCC	健骨课程
8122	Osteofit with Angie	Ages 55+	Mon	Jan 8	1:00 PM	WCC	网上健骨课程
8240	Seniors' Gym	Ages 55+	Mon	Jan 8	11:15 AM	WCC	老人锻炼时间
8325	Table Tennis for Seniors	Ages 55+	Fri	Jan 12	2:30 PM	WCC	乒乓球
8249	Dance Party for Seniors	Ages 55+	Sat	Jan 27	7:00 PM	WCC	老年舞蹈之夜
8232	Seniors and Friends Drop-in	Ages 55+	Wed	Jan 10	9:30 AM	WCC	老年人休闲时间
8233	Seniors Song Circle	Ages 55+	Fri	Jan 12	10:00 AM	WCC	老年人歌唱



# UBC THUNDERBIRDS

## 2023-24 FALL/WINTER EVENTS



**SATURDAY, NOV 25**  
WAR MEMORIAL GYM



**FRIDAY, JAN 19**  
THUNDERBIRD ARENA



**FRIDAY, FEB 2**  
WAR MEMORIAL GYM

**SCAN TO GET ALL T-BIRDS EVENT TICKETS, UPDATES AND  
DETAILS OR VISIT: [GOTHUNDERBIRDS.CA/TICKETS](https://gothunderbirds.ca/tickets)**



**FOLLOW US AT:**



[gothunderbirds.ca](https://gothunderbirds.ca)

# FITNESS CENTRES & PERSONAL TRAINING

## OLD BARN

### HOURS OF OPERATION

7:00 a.m. to 9:00 p.m. Monday to Friday  
7:00 a.m. to 7:00 p.m. Saturday and Sunday  
10:00 a.m. to 5:00 p.m. Holidays

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

## WESBROOK

### HOURS OF OPERATION

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

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



### PERSONAL TRAINING

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

PACKAGE	PRICE
<b>INTRO PACKAGE</b>	\$99.00 / per person (both public and UBC/UNA discount)
<b>SINGLE SESSION</b>	\$60.00 / per person \$55.00 / per person (UBC/UNA discount)
<b>3 SESSIONS</b>	\$172.50 / per person \$157.50 / per person (UBC/UNA discount)
<b>6 SESSIONS</b>	\$330.00 / per person \$300.00 / per person (UBC/UNA discount)
<b>12 SESSIONS</b>	\$600.00 / per person \$570.00 / per person (UBC/UNA discount)
<b>24 SESSIONS</b>	\$1,080.00 / per person (both public and UBC/UNA discount)
<b>GROUP TRAINING</b>	Starts as low as \$38.00 per person / \$33.00 per person with UBC/UNA discount.

### EQUIPMENT:

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





UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# Lunar New Year Celebration 2024

Come celebrate the Year of the  
Dragon with us!

**Wesbrook Community Centre**  
**February 11, 2024 | 1-4 p.m.**

Join us in welcoming the Year of the Dragon during this free annual event that promises an afternoon of fun, games and food.



**Lion dancing • Korean drumming • Cultural performances**  
**Bamboo weaving • Calligraphy • Dragon-themed art exhibit**  
**Traditional flower arrangements • Arts & crafts + more!**

## **Calling All Artists!**

Members of the community are encouraged to submit their dragon-themed artwork for the community contest. Please bring your art to Wesbrook Community Centre by January 31. These will be placed on display at the community centre during the week leading up to the event. Voting will take place at the celebration.

