

2024
FALL

PROGRAM GUIDE

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



Get access and discounts with a

UNA CARD



**Learn about the benefits of getting
your UNA Card at myuna.ca/card**



PROGRAM GUIDE

REGISTER ONLINE

Monday, August 19, 2024 at 9:00 AM

View our Program Guide to find the program you want! You can then use the course number to register online directly, at www.myuna.ca

REGISTER IN PERSON

Monday, August 19, 2024 at 9:00 AM

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

OLD BARN COMMUNITY CENTRE
6308 THUNDERBIRD BLVD

WESBROOK COMMUNITY CENTRE
3335 WEBBER LANE

REGISTER BY PHONE

Monday, August 19, 2024, at 9:00 AM

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

604.800.9865

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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

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)	Five business days prior to the camp/event/program	\$10.00
Multi-Day Camps	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 applicable sessions	-

- 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 (604-800-9865) or by emailing programs@myuna.ca.

PROGRAMS WITH DROP-IN OPTIONS

PROCEDURES

The UNA provides select full-season programs with drop-in opportunities (e.g. dance, group fitness, martial arts, pilates, yoga). Register for drop-in programs in person or online.

- Drop-in participants must check in at the front desk to pay for the session. Receipt must be presented to the instructor.
- 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 a variety of drop-in sports.

- UNA residents can book a spot for drop-in sports online or in-person 48 hours prior to the drop-in session.
- Non-UNA residents (UBC, Utown, and public members) can book a spot for drop-in sports online or in-person 24 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.
- 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.

FAMILY SPORT DROP-IN

- Drop-in registration opens 30 minutes prior to the session, in person only.
- A “family” is defined as at least one person aged 19+ with at least one person aged 18 and under, to a maximum of four individuals per family.

REGISTERED SPORTS PROCEDURES

- Registered sports are full-season registration programs.
- The no-show waitlist opens 30 minutes prior to the session, in-person only.
- Booked spots are held for 10 minutes after the drop-in begins. After 10 minutes, spots will be resold to those on the no-show waitlist.
- Registered sport drop-in fees are non-refundable and non-transferable.

REGISTRATION POLICIES

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 the age of 12 who are not picked up on time from a program or camp will be charged \$25 for every 15 minutes until picked up by a parent or guardian.
- Children under the age of 12 who are not picked up on time from After-Camp Care will be charged \$50 for every 15 minutes until picked up by a parent or guardian.

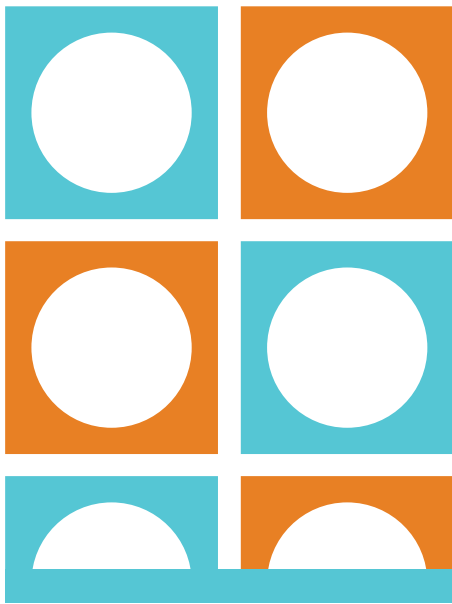
CASUAL ROOM USE

We encourage members of the community to make use the common spaces at both community centres. WCC & OBCC rooms are available to be booked by contacting: bookings@myuna.ca. In addition, limited access to the music studios, dance studio, gym, or Old Barn meeting rooms are available when programs, events or bookings are not scheduled.

- When spaces 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/person/hour for Gym; \$5/person/hour for other rooms.
- 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 the room schedules.

OUR FOUNDATIONAL PRINCIPLES

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



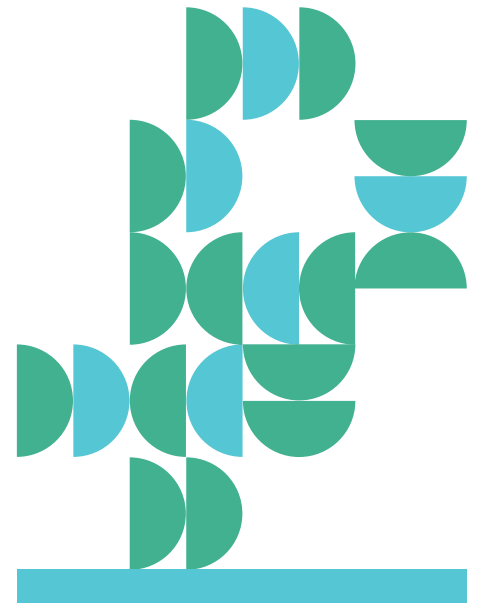
Foster Well-being

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



Enrich Experience

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



Build Belonging

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

LOCATIONS & HOURS



Wesbrook Community Centre

3335 Webber Lane
Vancouver, BC, V6S 0H3
604.800.9865

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 9:45 p.m. Monday to Friday
7:00 a.m. to 8:45 p.m. Weekends
7:00 a.m. to 4:45 p.m. Holidays



Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.800.9865

HOURS OF OPERATION

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

FITNESS CENTRE HOURS OF OPERATION

7:00 a.m. to 8:45 p.m. Monday to Saturday
7:00 a.m. to 6:45 p.m. Sunday
10:00 a.m. to 4:45 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 11**



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

bookings@myuna.ca

604.800.9865



COMMUNITY EVENTS

Neighbours Day ALL AGES

SEP 7
Saturday
12:00 PM
- 5:00 PM
FREE

Join us for Neighbours Day – UNA's signature event that aims to bring neighbours together for a day of festivities, food and fun! Enjoy inflatables, artisan vendors, games, beer garden, performances such as dances, storytellers, live music and more! myuna.ca/neighboursday

Wesbrook Community Centre

Sustainability by the Season ALL AGES



SEP 10
OCT 8
NOV 12
NOV 26
Tuesday
4:00 PM
- 5:30 PM
\$2.00
- \$10.00

This workshop series will explore a variety of sustainability topics related to seasonal events. Each workshop will have a different guest instructor, who will lead workshops such as basic bike repairs, DIY zero waste crafts, holiday gift making, and more! Topics and speakers for each date will be announced.

Wesbrook Community Centre

#10241

Karaoke: Sing and Socialize ALL AGES



SEP 13
OCT 11
NOV 8
DEC 13
Friday
6:00 PM
- 7:30 PM
FREE / 4

Come with your friends or meet new ones while singing songs together. Prior singing experience is not required. All languages are welcome.

Volunteer: UNA Volunteer

Old Barn Community Centre

#10247

Family Movie Night ALL AGES

SEP 14
OCT 19
NOV 9
DEC 14
Saturday
6:00 PM
- 8:30 PM
\$2.00

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Admission is \$2.00 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort. Doors open at 5:30pm, movie starts at 6:00pm.

Sep 14: The Croods

Oct 19: Coco

Nov 9: Despicable Me 4

Dec 14: The Nightmare Before Christmas

Old Barn Community Centre

#10239

Don't Tell Comedy AGES 19+



SEP 21
DEC 7
Saturday
7:30 PM
- 9:15 PM
\$25.00

Enjoy an evening of comedy at a secret UNA location! Don't Tell Comedy produces weekly shows in 100+ cities across the US, UK, and Canada. The location is kept secret until the day of the show, and the performers are a secret until they hit the stage! The precise location and important show details will be sent to you at 8:00 AM the day of the show. Door opens at 7:30 p.m. Tickets are available to purchase in advance at donttellcomedy.com.

Secret Location

Diwali ALL AGES

OCT 27
Sunday
2:00 PM
- 4:30 PM
FREE

Join us for the Diwali Festival at Wesbrook Community Centre! Share the joy and beauty of this festival of lights and the Indian New Year.

Enjoy a cup of Indian chai. Have a henna design painted on your hand. Learn how to wear a sari. Watch Indian classical and folk dances. Participate in a Bollywood dance demonstration and class. Indian snacks will be available for cash purchase. This event is brought to you by the Diwali Committee.

Wesbrook Community Centre

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

Murder Mystery Dinner **AGES 16+**

OCT 29

Tuesday
6:00 PM
- 9:00 PM
\$30.00

Welcome to the wild wild west! Guests are assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll work with other guests to gather important clues. However, keep in mind that one of the guests will be the murderer. It might even be you! No experience is needed; just enthusiasm! Costumes are highly encouraged. Dinner will be provided during this evening of sleuthing. Yeehaw! Registration and withdrawal deadline is Oct 20.

Instructor: Josie Chow

Old Barn Community Centre

#10000

Halloween **ALL AGES**

OCT 31

Thursday
4:00 PM
- 7:00 PM
FREE

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

Wesbrook Community Centre

Community Yard Sale **ALL AGES**

NOV 9

Saturday
10:00 AM
- 1:00 PM
FREE

Join the UNA and your community members for our Community Yard Sale on Saturday, November 9 from 10am-1pm at Wesbrook Community Centre. Shop for gently used items including books, clothes, art, household goods, and more. Bring your reuseable mug for a free cup of coffee and tea. UNA Yard Sales are one way that the UNA builds community and reduces environmental and economic waste.

Table registration will open on Oct 9:

UNA Members: \$20

Non-UNA Members: \$25

Wesbrook Community Centre

#9875

SPARK Animation Film Screening **ALL AGES**



NOV 23

Saturday
6:00 PM
- 8:30 PM
FREE

SPARK ANIMATION, BC's only Oscar-accredited festival and Western Canada's largest animation celebration, is pleased to present the Community Screening, a family-friendly showcase of animated short films selected from this year's festival submissions. More information can be found at sparkcg.org/

Old Barn Community Centre

#10295

Winter Festival **ALL AGES**

DEC 14

Saturday
10:00 AM
- 1:00 PM
FREE

Join us in celebrating the holiday season at the Old Barn Community Centre! Photo with Santa, crafts, hot chocolate and much more!

Old Barn Community Centre



CHILDREN'S PRO-D DAY CAMPS

CAMPS ARE NON-REFUNDABLE TEN DAYS PRIOR TO THE FIRST DAY OF THE CAMP. LATE PICK-UPS ARE SUBJECT TO A FEE. SEE PAGES 2-3 FOR FULL RECREATION POLICIES.

Crossmaneuver Pro-D Day | Performing and Visual Art Camp **AGES 6-12**

Performing and Visual Arts Pro-D Day with games and exercises that allow for creativity, collaboration, and skills in theatre, dance, and visual arts. It will be fun, engaging, and full of joyful surprises in discovery and exploration.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 20 **F, 9:00 AM – 3:00 PM**
\$100.00 / 1 #10020



Sportball: Pro-D Day Multi-Sport Camp **AGES 6-10**

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities: arts, crafts, snack time, stories, music, co-operative games and more! Please pack weather-appropriate clothing, a water bottle, nut-free lunch, and snack.

Instructor: Sportball Vancouver

WCC | OCT 25 **F, 9:00 AM – 3:00 PM**
\$75.00 / 1 #10012

WIZE Pro-D day Lego Camp **AGES 6-10**

WIZE one-day LEGO WeDo workshop is an engaging and educational event designed to introduce participants, typically children aged 6-10, to the fundamentals of robotics and programming using the LEGO spike kit. Children will learn the basics of building and programming simple robots, foster skills in Science, Technology, Engineering, and Mathematics through hands-on activities. Students are required to bring an IPAD, tablet, laptop or chromebook.

Instructor: WIZE Academy

WCC | NOV 22 **F, 9:00 AM – 3:00 PM**
\$122.00 / 1 #10016

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 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.

ACTIVE KIDS SCHOOL OF KINESIOLOGY

Active Kids: Multi-Sport and Playtime

AGES 1.5-3

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

Instructor: Active Kids School of Kinesiology

WCC | SEP 9 – DEC 2 M, 9:30 AM – 10:15 AM
No classes Sep 30, Oct 14, Nov 11
\$200.00 / 10 #10019

Active Kids: Mini Sport & Games AGES 3-5

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

Instructor: Active Kids School of Kinesiology

WCC | SEP 9 – DEC 2 M, 10:15 AM – 11:00 AM
No classes Sep 30, Oct 14, Nov 11
\$200.00 / 10 #10018

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 3-9

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

Instructor: Active Kids School of Kinesiology

AGES 3-5
WCC | SEP 9 – DEC 2 M, 4:00 PM – 4:45 PM
No classes Sep 30, Oct 14, Nov 11
\$210.00 / 10 #10013

AGES 6-9
WCC | SEP 9 – DEC 2 M, 4:45 PM – 5:30 PM
No classes Sep 30, Oct 14, Nov 11
\$210.00 / 10 #10015

Active Kids: Basketball AGES 8-16

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

Instructor: Active Kids School of Kinesiology

AGES 8-12
WCC | SEP 10 – DEC 3 TU, 4:00 PM – 5:30 PM
\$347.75 / 13 #10022

WCC | SEP 12 – DEC 5 TH, 4:00 PM – 5:30 PM
\$347.75 / 13 #10024

WCC | SEP 14 – DEC 7 SA, 12:15 PM-1:45 PM
No classes Sep 28, Oct 12, Nov 9
\$267.50 / 10 #10021

AGES 12-16
WCC | SEP 12 – DEC 5 TH, 4:00 PM – 5:30 PM
\$347.75 / 13 #10023

Active Kids: Girls Play Basketball

AGES 8-12



This is a recreational basketball program focusing on the physical literacy development through basketball skills development and game play. This program is taught by female-identified Active Kids coaches that will foster positive, inclusive and safe environments for girls and self-identifying females to participate in Basketball. They will build fundamental movement skills such as 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

WCC | SEP 14 – DEC 7 SA, 10:30 AM – 12:00 PM
No classes Sep 28, Oct 12, Nov 9
\$267.50 / 10 #10077



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

Make arts and crafts together. Preschoolers and caregivers explore using various materials and mediums to create tactile art works in this creativity-building class.

Supplies are provided. Art smocks or old t-shirts are recommended. Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in the room is limited.

Instructor: Ruta Zasaite

WCC | SEP 13 – OCT 11 F, 9:45 AM – 10:30 AM
\$55.00 / 5 #9998

WCC | SEP 13 – OCT 11 F, 10:45 AM – 11:30 AM
\$55.00 / 5 #9999

WCC | OCT 18 – NOV 15 F, 9:45 AM – 10:30 AM
\$55.00 / 5 #10001

WCC | OCT 18 – NOV 15 F, 10:45 AM – 11:30 AM
\$55.00 / 5 #10002

WCC | NOV 22 – DEC 13 F, 9:45 AM – 10:30 AM
\$44.00 / 4 #10003

WCC | NOV 22 – DEC 13 F, 10:45 AM – 11:30 AM
\$44.00 / 4 #10004

Parent & Child: Hip-Hop AGES 2-5

Explore the movements and sounds of hip hop. Caregivers and toddlers dance together, meet others and try out new moves in a nurturing social setting. An adult is required to accompany a child.

Instructor: Praise TEAM

WCC | SEP 14 – DEC 7 SA, 9:30 AM – 10:15 AM
No class Oct 12
\$153.00 / 12 | Drop-in \$15.00 #9971



Preschool Ballet AGES 3-4

In this program, your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. All genders are welcome to explore the magic of movement and dance in this nurturing environment. Ballet attire, including ballet flats, are recommended.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 11:25 AM – 12:10 PM
No classes Oct 13, Oct 27
\$220.00 / 11 | Drop-in \$22.00 #10053

WCC | SEP 18 – DEC 4 W, 3:30 PM – 4:15 PM
\$240.00 / 12 | Drop-in \$22.00 #10030

Preschool Dance AGES 2-3

In this playful introduction to dance, preschoolers explore body movement, dance moves and creative self-expression, accompanied by a variety of music.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 9:30 AM – 10:15 AM
No classes Oct 13, Oct 27
\$220.00 / 11 | Drop-in \$22.00 #10052

WCC | SEP 16 – DEC 9 M, 3:30 PM – 4:15 PM
No classes Sep 30, Oct 14, Nov 11
\$200.00 / 10 | Drop-in \$22.00 #10049

ARTS

Preschool Drawing AGES 3.5-5



Turn your little one's doodles into delightful works of art with Young Rembrandts! Our drawing classes are packed with excitement. Watch as your child masters the art of drawing with our adorable ladybug and gumball machine illustrations. They will also create cheerful clown puppets and a beautiful fall scene. Sign up now and see your young artist's confidence grow!

Instructors: Young Rembrandts

WCC | OCT 7 – DEC 16 M, 9:15 AM – 10:00 AM
No classes Oct 14, Nov 11
\$218.00 / 9 #9996

WCC | OCT 7 – DEC 16 M, 10:10 AM – 10:55 AM
No classes Oct 14, Nov 11
\$218.00 / 9 #9997

Music Together AGES 0-5

Connect young children with their inner musician. Caregivers and tots in these early childhood music classes have fabulous amounts of fun that are equal parts uplifting and magical. Musicality is nurtured through singing, moving to music, listening, watching and experimenting with instruments. Caregiver participation is required. Siblings six months of age and under attend at no cost, with their registered sibling. The Music Together® licensing fee is non-refundable after the first class.

Instructor: Music Together

OBCC | SEP 17 – NOV 26 TU, 9:30 AM – 10:15 AM
\$183.37 / 11 #9990

OBCC | SEP 17 – NOV 26 TU, 10:30 AM – 11:15 AM
\$183.37 / 11 #9992

Group Piano for Preschoolers AGES 3-5



A fun musical adventure through our Group Piano for Preschoolers. Our lessons include music games, listening, singing, reading music notations and playing rhythmic activities. All equipment will be sanitized before and after use. Parents participation is optional.

Instructor: Gloria Yu

WCC | SEP 18 – NOV 27 W, 11:10 AM – 11:55 AM
\$278.00 / 11 #9984

Group Ukulele Circle AGES 3-5



Learn ukulele basics in this fun and stress-free program. Singing songs, playing music games and learning to read the music notes and chords. Ukulele are provided for the students who did not have their own ukulele. Parents participation is optional.

Instructor: Gloria Yu

WCC | SEP 18 – NOV 27 W, 10:20 AM – 11:05 AM
\$278.00 / 11 #9983

Smart Start Music AGES 0-3



Smart Start is a program which uses music, along with other art forms, to teach cognitive skills to young children. It builds on the Royal Conservatory of Music's (RCM) decades of music pedagogy in early childhood, with input from the RCM's Director of Research, Dr. Sean Hurchins, a neuroscientist. We recognize that children learn in various ways, so it is crucial to tailor our instruction to suit each child's learning needs. By integrating drama, dance and visual art, we created a comprehensive learning experience that engages children physically, visually and socially. Parents participation is required.

Instructor: Gloria Yu

WCC | SEP 18 – NOV 27 W, 9:30 AM – 10:15 AM
\$278.00 / 11 #9981

EARLY YEARS PROGRAMS

Kids on Wheels | Parent & Tot AGES 2-3



This eight-week parent-and-tot program is designed to introduce young children to the joy of cycling. Participants learn safe riding habits, road safety rules and maneuvering through various scenarios, including obstacle courses. 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, if required.

Caregiver participation is required.

EDUCATION

Science for Kids AGES 3-6

Enjoy engaging demonstrations, perform simple experiments, and discover how science can help you better understand the world around you! Our science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of specific science topics.

Instructor: STEAM 4 Kids

WCC | SEP 12 – OCT 24 TH, 4:00 PM – 5:00 PM
\$154.00 / 7 #10212

WCC | NOV 7 – DEC 12 TH, 4:00 PM – 5:00 PM
\$132.00 / 6 #10213

PHYSICAL ACTIVITY

Karate Kids | Martial Arts and Movements AGES 4-6



This is a fun program which mixes play with calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! They will build strong, confident and safe bodies. Parents are encouraged but not required to participate with their children to help model healthy habits.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45 to \$65 depending on age and belt level.

Instructor: Kumakai Karate

OBCC | SEP 13 – DEC 13 F, 6:15 PM – 7:00 PM
\$210.00 / 14 #10229

Instructor: BC Cycling Coalition

OBCC | SEP 14 – NOV 2 SA, 10:00 AM – 11:00 AM
No class Oct 12
\$196.00 / 8 #10078

Kids on Wheels | Preschool AGES 3-5

This balance bike program is designed to introduce young children to the joy of cycling. Participants learn safe riding habits, road safety rules and manoeuvring through various scenarios, including obstacle courses. 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. Participants also spend time in our mechanic's corner, doing art activities and practicing pumping tires. Balance bikes and helmets are provided, if required. Parent participation is optional.

Instructor: BC Cycling Coalition

OBCC | SEP 14 – NOV 2 SA, 11:15 AM – 12:30 PM
No class Oct 12
\$216.00 / 8 #10080

Sportball: Floor Hockey AGES 4 - 6

Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

WCC | SEP 11 – OCT 23 W, 3:45 PM – 4:30 PM
No class Sep 25
\$120.00 / 6 #10170

WCC | OCT 30 – DEC 11 W, 3:45 PM – 4:30 PM
\$140.00 / 7 #10171

SOCIAL

Parent & Tot: Gym Drop In AGES 0-5

Children ages 0-5, accompanied by caregivers, explore climbing structures, sports equipment and other toys to facilitate their growth, coordination and social development. Sessions include circle time, with singing, dancing and a story. Drop-in: \$3.50 per child. Punch passes: \$12.50 / 5 sessions.

OBCC | SEP 8 – DEC 8 **NEW** **SU, 10:00 AM – 11:30 AM**
No class Oct 13
Drop-in \$3.50 #10223

WCC | SEP 10 – DEC 12 **TU/TH, 10:00 AM – 11:30 AM**
Drop-in \$3.50 #10221

Babytime AGES 0-1.5



Join other parents and caregivers with babies for an enjoyable 30-minute session of rhymes, songs, and stories to support early development. Following storytime, families are invited to stay, play, and connect with other families in the community. Light refreshments and age-appropriate toys and books will be provided on-site. This is a free drop-in program and registration is not required.

Volunteer: Tess Prendergast

WCC | SEP 26 – NOV 28 **TH, 10:00 AM – 11:00 AM**
No class Oct 31
FREE / 9 #10237

Storytime at the Old Barn Community Centre AGES 0-5

Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories read aloud by UNA volunteers. This is a free drop-in program and registration is not required.

Volunteer: Sherrie Duan

OBCC | SEP 13 – DEC 13 **F, 10:00 AM – 11:00 AM**
FREE / 14 #10238

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



Halloween ALL Ages

Wesbrook Community Centre
October 31, 2024 | 4-7 p.m.
Free Entry

Trick-or-Treating • Carnival Games
Haunted House and more!



CHILDREN'S PROGRAMS

ARTS

Classical Indian Dance: Bharata Natyam

AGES 5-18

Originating from the south of India, Bharata Natyam is one of the 8 classical Indian dance forms. This program provides a welcoming and supporting environment to explore the graceful movements, intricate footwork, and storytelling of the dance form. Welcoming all levels of experience and all cultural backgrounds, this class offers an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

WCC | SEP 14 – DEC 7 SA, 4:00 PM – 5:00 PM
No classes Oct 12, Nov 9
\$209.00 / 11 #9974



Ballet AGES 6-8

Introduce ballet to young dancers. Children learn to combine basic technique, including positions of arms and feet, with their own body movement. This course fosters a love of movement and dance through playful activities in a nurturing environment.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 12:15 PM – 1:15 PM
No classes Oct 13, Oct 27
\$275.00 / 11 | Drop-in \$28.00 #10055

WCC | SEP 18 – DEC 4 W, 4:20 PM – 5:20 PM
\$300.00 / 12 | Drop-in \$28.00 #10032

Contemporary Jazz AGES 6-8

Explore this blended, versatile and energetic dance style. Young participants learn and explore movements that support technique, expression, flexibility and musicality in an engaging and supportive environment.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 1:20 PM – 2:20 PM
No classes Oct 13, Oct 27
\$275.00 / 11 | Drop-in \$28.00 #10056

Dance Foundations AGES 5-6

Introduce the basics to little dancers. Children explore movement, coordination and balance through playful exercises and games that encourage a love of movement and dance.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 10:20 AM – 11:20 AM
No classes Oct 13, Oct 27
\$275.00 / 11 | Drop-in \$28.00 #10054

WCC | SEP 16 – DEC 9 M, 4:20 PM – 5:20 PM
No classes Sep 30, Oct 14, Nov 11
\$250.00 / 10 | Drop-in \$28.00 #10048

K-Pop Hip-Hop AGES 6-10

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, children develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

WCC | SEP 10 – DEC 10 TU, 3:30 PM – 4:30 PM
\$238.00 / 14 | Drop-in \$19.00 #9968

WCC | SEP 14 – DEC 7 SA, 11:15 AM – 12:15 PM
No class Oct 12
\$204.00 / 12 | Drop-in \$19.00 #9970

**Street Dance Moves** AGES 7-10

Street Dance Hip Hop is an energetic and vibrant dance style that includes different forms of street dance such as hip hop, breakdancing, popping, locking and freestyle. This is not just about learning moves but it is an expression of individuality, creativity, and passion. Come have fun! And develop self-confidence, self-expression, and creativity.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 SU, 2:25 PM – 3:25 PM
No classes Oct 13, Oct 27
\$275.00 / 11 | Drop-in \$28.00 #10058

Ballet AGES 8-10

Build on the foundational skills in Ballet Beginner. In this class, young dancers learn sequences, develop technique and artistry while improving posture, flexibility, balance, and gaining self-discipline and confidence in a supportive and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 18 – DEC 4 W, 5:25 PM – 6:25 PM
\$300.00 / 12 | Drop-in \$28.00 #10034

Musical Theatre AGES 6-12

Create and collaborate. Children are nurtured to explore their creativity, imagination and expression with this inspiring and dynamic art form that combines singing, acting and dancing in a supportive musical theatre environment.

Instructor: Crossmaneuver Dance Theatre

AGES 6-8
WCC | SEP 16 – DEC 9 M, 5:25 PM – 6:25 PM
No classes Sep 30, Oct 14, Nov 11
\$250.00 / 10 | Drop-in \$28.00 #10050

AGES 9-12
WCC | SEP 16 – DEC 9 M, 6:30 PM – 7:30 PM
No classes Sep 30, Oct 14, Nov 11
\$250.00 / 10 | Drop-in \$28.00 #10051

From Waste to Wonder | Eco Papermaking Workshop AGES 6+

Throughout this workshop, participants will learn how to craft distinctive sheets of handmade paper using recycled paper scraps. They will experiment with laminating and incorporating fresh botanicals, such as flowers, leaves, petals, dried and wet, into paper. The course will provide participants with the opportunity to create beautiful botanical papers that refer to fall. This is a fantastic opportunity to align with the new season! This workshop will provide a low-tech foundation in papermaking that is infinitely expandable for students with limited access to studio facilities. It is also non-toxic and can even be implemented in educational programs with young children. This workshop is designed for beginners!

Instructor: Yasaman Moussavi

WCC | OCT 6 SU, 2:00 PM – 3:40 PM
\$80.00 / 1 #10125

Creative Arts AGES 6-12

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

Instructor: Yasaman Moussavi

AGES 6-9
WCC | SEP 9 – DEC 9 M, 3:30 PM – 4:40 PM
No classes Sep 30, Oct 14, Nov 11
\$231.00 / 11 #10100

AGES 9-12
WCC | SEP 9 – DEC 9 M, 5:00 PM – 6:30 PM
No classes Sep 30, Oct 14, Nov 11
\$253.00 / 11 #10107

ARTS

Manga Art AGES 6-14

Learn to draw Manga, the Japanese art form. Participants explore and build on the fundamentals of character stylization and proportions, animation, facial expressions, shading and colouring techniques, providing them with the skills to experiment creating their own anime-type style. All materials are provided.

Instructor: Ceylon Coates

AGES 9-14

WCC | OCT 5 – NOV 9

SA, 2:15 PM – 3:15 PM

No class Oct 12

\$75.00 / 5

#9933

AGES 6-9

WCC | OCT 19 – NOV 16

SA, 1:00 PM – 2:00 PM

\$75.00 / 5

#9932

Young Moviemakers AGES 8-14

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

www.youngmoviemakers.ca

Instructor: Young Moviemakers

WCC | SEP 13 – DEC 13

F, 4:00 PM – 6:00 PM

\$525.00 / 14

#9975



EDUCATION

English Reading and Writing AGES 6-10

Children will expand vocabulary and learn English in a group setting. Participants engage in collaboration, interactive activities and independent practice to expand their vocabulary, comprehension, spelling, sentence structure and punctuation to support strengthening their reading and writing skills.

Instructor: Raquel Portillo Henriquez

GR 1-2 AGES 6-8

WCC | SEP 9 – DEC 9

M, 6:00 PM – 7:00 PM

No classes Sep 30, Oct 14, Nov 11

\$143.00 / 11

#10161

WCC | SEP 11 – DEC 11



W, 6:00 PM – 7:00 PM

\$182.00 / 14

#10162

GR 3-4 AGES 8-10

WCC | SEP 9 – DEC 9

M, 7:00 PM – 8:00 PM

No classes Sep 30, Oct 14, Nov 11

\$143.00 / 11

#10163

WCC | SEP 11 – DEC 11



W, 7:00 PM – 8:00 PM

\$182.00 / 14

#10164

Mastering Mandarin AGES 5-18

An introduction to Mandarin. Young participants explore the basics of the Pinyin phonetic system and are introduced to more than 100 Chinese characters in an enjoyable learning atmosphere that fosters a love for this Chinese language. Suitable for participants with little or no knowledge of Mandarin.

Instructor: Santored Enterprises Ltd

BEGINNER

WCC | SEP 14 – DEC 14

SA, 10:00 AM – 11:30 AM

No classes Sep 28, Oct 12, Nov 9

\$308.00 / 11

#10167

INTERMEDIATE

WCC | SEP 14 – DEC 14

SA, 11:30 AM – 1:00 PM

No classes Sep 28, Oct 12, Nov 9

\$308.00 / 11

#10168

ADVANCED

WCC | SEP 14 – DEC 14

SA, 1:00 PM – 2:30 PM

No classes Sep 28, Oct 12, Nov 9

\$308.00 / 11

#10169



EDUCATION

3D Modeling and Printing for Kids AGES 8-12

Unlock curiosity to create. Youth strengthen their STEAM (science, technology, engineering, art and math) skills, while having fun as they learn to design simple 3D models from scratch, create prototypes and prepare them for 3D printing. As part of this program, participants witness a 3D product being printed.

Instructor: WIZE Academy

WCC | SEP 24 – NOV 12 TU, 4:00 PM – 5:30 PM
\$300.00 / 8 #10220

Code, Control & Fly Drones AGES 8-12



Take flight with our drone-flying sessions, gaining hands-on experience in aerial robotics and coding drones to soar through the skies! Experience the thrill of control, coding and flying Drones! Learn computer science fundamentals through hands-on experimentation. Use both block and text-based coding to control drones. Start with simple programs where you automate drone's flight path, learn to build your own custom drone controller. 1) A Windows PC or MacBook or Chromebook/ iPad 2) A 3-button mouse with a scroll wheel is recommended.

Instructor: WIZE Academy

WCC | SEP 28 – NOV 30 SA, 4:45 PM – 6:15 PM
No classes Oct 12, Nov 9
\$300.00 / 8 #10222

Engineering & Robotics | Lego WeDo AGES 6-8

Ignite curiosity in building and coding. Young learners experiment with building robots and bringing them to life, while strengthening STEAM (science, technology, engineering, art and math) skills and having fun. Concepts covered include building, programming, motors and gears, pulleys, sensors, and more.

Instructor: WIZE Academy

WCC | SEP 28 – NOV 30 SA, 3:00 PM – 4:30 PM
No classes Oct 12, Nov 9
\$300.00 / 8 #10219

Math-4-Kids AGES 8-12

Math-4-Kids is a program that makes math practical and fun! Participants are guided and encouraged to develop logical thinking and to apply math concepts to everyday life and activities, with the objective of making math accessible and enjoyable. Through group work, presenting and sharing ideas with others, participants learn new concepts, solve problems creatively and gain confidence with their new skills.

Instructor: Jane Wu

GR 3-4 | AGES 8-10
WCC | SEP 9 – DEC 9 M, 3:30 PM – 4:30 PM
No classes Sep 30, Oct 14, Nov 11
\$220.00 / 11 #10075

GR 5-6 | AGES 10-12
WCC | SEP 9 – DEC 9 M, 4:35 PM – 5:35 PM
No classes Sep 30, Oct 14, Nov 11
\$220.00 / 11 #10076

Science for Kids AGES 7-11

Enjoy engaging demonstrations, perform simple experiments, and discover how science can help you better understand the world around you! Our science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topics.



Instructor: STEAM 4 Kids

WCC | SEP 12 – OCT 24 TH, 5:00 PM – 6:00 PM
\$154.00 / 7 #10210

WCC | NOV 7 – DEC 12 TH, 5:00 PM – 6:00 PM
\$132.00 / 6 #10211

CHILDREN'S PROGRAMS

EDUCATION

Minecraft Coders | Beginner AGES 7-10

Introduce young learners to the world of coding. Young participants use collaborative games and hands-on activities to explore programming concepts and develop computer literacy in a creative and non-competitive atmosphere. Participants use Scratch and Minecraft Education, which are online educational platforms, to work with variables, looping, patterns, conditions and data structures, while solving problems and thinking critically and creatively.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is \$20.00 per child and is non-refundable. Please contact programs@myuna.ca to waive licensing fee if participant has taken a Minecraft coders course within the previous 9 months at the UNA.

Instructor: Haitao Li

WCC | SEP 12 – DEC 5 TH, 6:15 PM – 7:15 PM
\$195.00 / 13 #10047

Minecraft Coders | Intermediate AGES 9-12

Build on the introductory Minecraft Coding course. Participants deepen their skills with design patterns, creating complex functions, modifying codes, optimizing code performance, and debugging in order to elevate their coding proficiency.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is \$20.00 per child and is non-refundable. Please contact programs@myuna.ca to waive licensing fee if participant has taken a Minecraft Coders course within the previous 9 months at the UNA.

Instructor: Haitao Li

WCC | SEP 10 – DEC 10 TU, 7:00 PM – 8:00 PM
\$210.00 / 14 #10069

PHYSICAL ACTIVITY

Badminton | Beginner 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.

Instructors: Isaac Abheek and Calista Ng

WCC | SEP 13 – DEC 13 F, 4:00 PM – 5:00 PM
\$210.00 / 14 #10072

Sportball: Floor Hockey AGES 6-9

Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

WCC | SEP 11 – OCT 23 W, 4:30 PM – 5:15 PM
No class Oct 2
\$120.00 / 6 #10172

WCC | OCT 30 – DEC 11 W, 4:30 PM – 5:15 PM
\$140.00 / 7 #10173

Open Gym | Pre-teen AGES 9-12

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

WCC | SEP 11 – DEC 11 W, 5:30 PM – 7:00 PM
No class Oct 2
Drop-in \$3.00 #10087

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist of at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger.

WCC | SEP 14 – DEC 14 SA, 8:45 AM – 10:15 AM
No classes Sep 28, Oct 12, Nov 9, Nov 16
Drop-in \$3.00 #10166

WCC | SEP 15 – DEC 15 SU, 4:00 PM – 5:30 PM
No classes Sep 29, Oct 13, Oct 27, Nov 10
Drop-in \$3.00 #10165



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UBC

liveatubc.ca



Blvd.

All of your favourite eateries at the centre of UBC. There's outdoor space to relax and socialize with friends and family outdoors plentiful bike lock-ups, underground parking and the Bus Exchange just steps away.

Rain or Shine
ICE CREAM

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★
BROWNS CRAFTHOUSE
KITCHEN & BAR

大排档
SESAME
jamjar
Folk Lebanese Food

Chatime

JJ Bean
COFFEE ROASTERS

Uncle
FATIH'S
pizza

NORI
BENTO & UDON

KINTON RAMEN

Steve's
POKÉ BAR

PHYSICAL ACTIVITY

Family Pickleball Drop-In ALL AGES

Play pickleball with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger.

WCC | SEP 8 – DEC 15 **SU, 9:00 AM – 10:30 PM**
No classes Sept 29, Oct 13, Oct 27, Nov 10
 Drop-in \$3.00 #10303

Karate Kids | Martial Arts and Movements AGES 4-6



This fun program mixes play with calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! They will build strong, confident and safe bodies. Parents are encouraged but not required to participate with their children to help model healthy habits.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

OBCC | SEP 13 – DEC 13 **F, 6:15 PM – 7:00 PM**
 \$210.00 / 14 #10229



Family Karate AGES 6-12

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defense, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family Karate class, designed for students from ages 6 and up, offers parents the option to train with their children.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

AGES 6-12
WCC | SEP 10 – DEC 10 **TU, 7:00 PM – 8:00 PM**
 \$210.00 / 14 #10127

AGES 7-12
OBCC | SEP 13 – DEC 13 **F, 7:00 PM – 8:00 PM**
 \$210.00 / 14 #10132

Tae Kwon Do | Kids AGES 4-12

Blend self-defense, martial art and discipline. Young participants explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defense techniques and overall fitness.

Instructor: Vancouver Martial Arts

WCC | SEP 8 – DEC 15 **SU, 1:00 PM – 1:50 PM**
No classes Oct 13, Oct 27, Nov 10
 \$216.00 / 12 #10147

Pokemon Trading Card Game

AGES 10+

Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.



Volunteer: Emile Yang

WCC | SEP 14 – DEC 14

SA, 3:30PM – 4:30PM

No class Oct 12

FREE / 13

#10248

Community Board Game Night

ALL AGES

Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Come join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee, tea and small snacks will be provided. This weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver.

Volunteer: Brandon Trajano

WCC | SEP 13 – DEC 13

F, 6:00PM – 10:00PM

No class Sep 20

FREE / 13

#10240

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 for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$150.00.

Instructor: 4-H Club

WCC | SEP 13 – DEC 13

F, 6:30 PM – 8:30 PM

\$150.00 YEARLY

#10224

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. This is a youth volunteer-led program.

Instructor: Henry Zhou

WCC | SEP 13 – DEC 13

F, 4:00 PM – 5:00 PM

FREE / 14

#9994

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: UNA Staff

WCC | SEP 9 – DEC 9

M, 4:00 PM – 5:30 PM

No classes Sep 30, Oct 14, Nov 11

FREE / 11

#9991

CHILDREN'S PROGRAMS

SOCIAL

Girl Guides | Grades 4-6 AGES 9-11

Girl Guides is a full-year program that creates opportunities for young participants to problem solve, develop resilience and leadership, practice teamwork, be resourceful, experience outdoor recreation and build self-confidence, independence and life skills, while making lifelong friends. Open to individuals in grades 4-6. Visit girlguides.ca to register.

Instructor: Girl Guides

OBCC | SEP 19 – DEC 12
girlguides.ca

TH, 6:00 PM – 7:30 PM
#10236

Galileo's Gang AGES 11-13



This program will help grow the scientist within, giving children the opportunity to perform fun and educational experiments. As the program continues, we will increase the complexity of the topic and deepen the children's understanding of scientific experiments. This is a youth volunteer-led program.

Instructor: Cathy Chen

WCC | SEP 12 – DEC 12
No class Oct 31
FREE

TH, 3:30 PM-5:30 PM
#9995

MUSIC

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructor: Andrea Minden

WCC | SEP 8 – DEC 8
No classes Oct 13, Oct 27
\$420.00 / 12

SU, 1:00 PM – 5:00 PM

#various

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructors: Andrew Ty

WCC | SEP 12 – DEC 12
\$490.00 / 14

TH, 3:30 PM – 9:00 PM

#various



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

FAMILY MOVIE NIGHT

Old Barn
Community Centre

See page 8 for further details.



Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance. Royal Conservatory of Music (RCM) preparation is available.

Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Derek Pang

WCC | SEP 9 – DEC 9 **M, 3:30 PM – 9:00 PM**
No classes Sep 30, Oct 14, Nov 11
 \$385.00 / 11 #various

WCC | SEP 11 – DEC 11 **W, 3:30 PM – 9:00 PM**
 \$490.00 / 14 #various

Instructor: Nancy Chang

WCC | SEP 10 – DEC 10 **TU, 3:30 PM – 7:45 PM**
 \$490.00 / 14 #various



Instructor: Bassem Ghabrous

WCC | SEP 12 – DEC 12 **TH, 3:30 PM – 9:00 PM**
 \$490.00 / 14 #various

WCC | SEP 14 – DEC 14 **SA, 10:00 AM – 3:00 PM**
No class Oct 12
 \$455.00 / 13 #various

Instructor: Portia Sun

WCC | SEP 13 – DEC 13 **F, 3:30 PM – 7:45 PM**
 \$490.00 / 14 #various

**Guitar AGES 8+**

Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own guitar. Music books for purchase may be recommended in the first class.

Instructor: Vanja Dijak

WCC | SEP 13 – DEC 13 **F, 4:30 PM – 9:00 PM**
 \$490.00 / 14 #various

Group Guitar | Beginner AGES 14+

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

Instructor: Matt Stapleton

WCC | SEP 9 – DEC 9 **M, 6:30 PM – 7:30 PM**
No classes Sep 30, Oct 14, Nov 11
 \$220.00 / 11 #9936

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 | SEP 9 – DEC 9 **M, 7:30 PM – 8:30 PM**
No classes Sep 30, Oct 14, Nov 11
 \$220.00 / 11 #9935

YOUTH PROGRAMS

ARTS

Active Dance and Sing Musical Theatre **AGES 9-14**



Learn the technical and artistic aspects of a musical theatre performance, including singing, acting, and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required; content is accessible and adapted to the learner's level.

Instructor: Praise TEAM

WCC | SEP 10 – DEC 10 **TU, 5:30 PM – 6:30 PM**
\$238.00 / 14 | Drop-in \$19.00 **#9973**

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

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, youth develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

WCC | SEP 10 – DEC 10 **TU, 4:30 PM – 5:30 PM**
\$238.00 / 14 | Drop-in \$19.00 **#9969**

WCC | SEP 14 – DEC 7 **SA, 10:15 AM – 11:15 AM**
No class Oct 12
\$204.00 / 12 | Drop-in \$19.00 **#10252**

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.

Intermediate Ballet **AGES 13-15**

Build on the skills in Intermediate Ballet. In this class, young dancers learn sequences, develop technique and artistry while improving posture, flexibility and balance, and gaining self-discipline and confidence in a supportive and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 8 **SU, 3:30 PM – 4:30 PM**
No classes Oct 13, Oct 27
\$275.00 / 11 | Drop-in \$28.00 **#10062**

Drawing & Painting **AGES 11-18**

Embark on an artistic adventure. Youth, whether they are newly discovering these artforms or are experienced artists, work at their own pace to explore self-expression and build on the fundamentals, using a variety of mediums. Techniques covered include 3-D drawing, shading, colour theory, composition, form and brush strokes.

Instructor: Jennifer Kim

WCC | SEP 11 – DEC 11 **W, 3:30 PM – 5:30 PM**
\$420.00 / 14 **#10123**



EDUCATION

Peer Tutoring AGES 13-18

This drop-in style program, created by youth for youth, provides a supportive group setting and space where youth are assisted with their studying and homework. No registration required. This is a youth-led program.

Instructors: Sue Ah Oh and Lisa Jatskevich

WCC | SEP 10 – DEC 10 TU, 4:00 PM – 5:00 PM
FREE #10150

Introduction to Coding AGES 12-17

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

Instructor: Code Connect

WCC | SEP 15 – DEC 15 SU, 10:30 AM – 11:30 AM
No classes Oct 13, Oct 27
\$21.84 / 12 #9985

Intermediate Coding AGES 13-18

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

Instructor: Code Connect

WCC | SEP 15 – DEC 15 SU, 11:35 AM – 12:35 PM
No classes Oct 13, Oct 27
\$21.84 / 12 #9987

OTHER ● WCC ● OBCC ●

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

NEW!

YOUTH PROGRAMS

at Wesbrook Community Centre this Fall

Check Out the New Programs by Youth for Youth (Ages 13-18)

Youth Craft Workshop

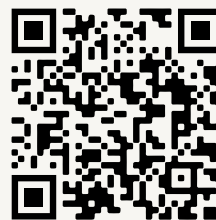
Wednesdays | 3:30 - 5:30 p.m.

Youth Social Drop-In

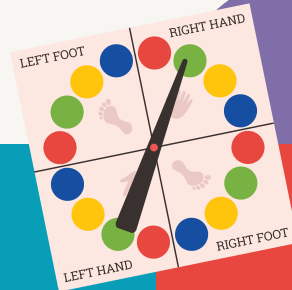
Tuesdays & Fridays | 6 - 8 p.m.
(No registration required)

Creative Art Studio - Youth & Seniors

Tuesdays | 3:30 - 5:30 p.m.



Check out
myuna.ca/programs/
for more information.



YOUTH PROGRAMS

EDUCATION

Toastmasters Youth Program AGES 12-17

An affiliate of Toastmasters International, this program supports youth to become confident public speakers. Participants learn to deliver prepared and impromptu speeches and to evaluate others' in a supportive and encouraging atmosphere that calms nerves. Participants also develop leadership skills, make friends and have fun.

Instructor: Vancouver Gavel Club

WCC | SEP 11 – DEC 11 W, 6:30 PM – 8:30 PM
No class Oct 2
\$156.00 / 13 #10218

Red Cross Babysitting AGES 11-14

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 they are learning to be safe and independent to be left home alone. Participants receive a Red Cross certificate for successful completion of the course.

Instructor: Pro-Safe Training

WCC | OCT 13 SU, 9:00 AM – 5:00 PM
\$75.00 / 1 #10298

FAMILY PROGRAMS

Pokemon Trading Card Game AGES 10+

NEW

Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.

Volunteer: Emile Yang

WCC | SEP 14 – DEC 14 SA, 3:30PM – 4:30PM
No class Oct 12
FREE / 13 #10248

MUSIC

Community Choir | Drop-In AGES 13+

Sing in this intergenerational choir! This is a no-audition choir, for ages 13+, where participants select some of the repertoire to sing together and in harmony. Musicians are welcome to bring instruments.

Instructor: TBA

OBCC | SEP 11 – DEC 11 W, 7:00 PM – 8:00 PM
Drop-in \$5.00 #10096

PHYSICAL ACTIVITY

Badminton

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.

Instructors: Isaac Abheek and Calista Ng

INTERMEDIATE | AGES 11-16
WCC | SEP 13 – DEC 13 F, 5:00 PM – 6:00 PM
\$210.00 / 14 #10074

ADVANCED | AGES 13-18
WCC | SEP 13 – DEC 13 F, 6:00 PM – 7:30 PM
\$315.00 / 14 #10073

Badminton Drop-in | Youth AGES 13-18

This drop-in program is opened to youth of all skills ability to play badminton. Three courts are available for these uninstructed drop-ins. Participants must bring a racquet.

WCC | SEP 15 – DEC 15 SU, 5:35 PM – 7:05 PM
No classes Sep 29, Oct 13, Oct 27
Drop-in \$3.00 #10081

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 a 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



YOUTH PROGRAMS

PHYSICAL ACTIVITY

Basketball Drop-in | Youth AGES 13-18

Drop-in and play basketball. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.



WCC | SEP 10 – DEC 10 **TU, 5:45 PM – 6:45 PM**
Drop-in \$3.00 #10083

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist of at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger.

WCC | SEP 14 – DEC 14 **SA, 8:45 AM – 10:15 AM**
No classes Sep 28, Oct 12, Nov 9, Nov 16
Drop-in \$3.00 #10166

WCC | SEP 15 – DEC 15 **SU, 4:00 PM – 5:30 PM**
No classes Sep 29, Oct 13, Oct 27, Nov 10
Drop-in \$3.00 #10165

PHYSICAL ACTIVITY

Family Pickleball Drop-In ALL AGES

Play pickleball with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger.

WCC | SEP 8 – DEC 15 **SU, 9:00 AM – 10:30 PM**
No classes Sept 29, Oct 13, Oct 27, Nov 10
Drop-in \$3.00 #10303

Open Gym | Youth AGES 13-18

Open gym are uninstructed drop-ins providing an opportunity for youth to play sports with their friends and neighbours.

WCC | SEP 11 – DEC 11 **W, 5:30 PM – 7:00 PM**
No class Oct 2
Drop-in \$3.00 #10086

WCC | SEP 14 – DEC 14 **SA, 7:45 PM – 8:45 PM**
No class Sep 28, Oct 12, Nov 9
Drop-in \$3.00 #10152

Karate AGES 10-18

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family

Karate class, designed for students from ages 6 and up, offers parents the option to train with their children.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

FAMILY KARATE | AGES 13-18
WCC | SEP 10 – DEC 10 **TU, 7:00 PM – 8:00 PM**
\$210.00 / 14 #10126

OBCC | SEP 13 – DEC 13 **F, 7:00 PM – 8:00 PM**
\$210.00 / 14 #10131

TEENS & ADULTS KARATE | AGES 13-18
WCC | SEP 10 – DEC 10 **TU, 8:00 PM – 9:00 PM**
\$210.00 / 14 #10129

Tae Kwon Do | Youth AGES 13-18

Blend self-defense, martial art and discipline. Youth explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defense techniques and overall fitness.

Instructor: Vancouver Martial Arts

WCC | SEP 8 – DEC 15 **SU, 1:00 PM – 1:50 PM**
No classes Oct 13, Oct 27, Nov 10
\$216.00 / 12 #10149

PHYSICAL ACTIVITY

Volleyball BC: Train and Play AGES 13-16

Volleyball BC's Train & Play program is designed to help youth work on the various skills, including coordination and timing to execute set, serves, spikes, blocks and foot-work. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

Instructor: Volleyball BC

WCC | SEP 14 – OCT 26 SA, 2:15 PM – 3:45 PM
No classes Sep 28, Oct 12
\$90.00 / 5 #10215

WCC | NOV 2 – DEC 14 SA, 2:15 PM – 3:45 PM
No class Nov 9
\$108.00 / 6 #10216

Volleyball Drop-in | Youth AGES 13-18

Set, spike, block and serve in this uninstructed drop-in. Youth practice their agility and hand-eye coordination in a casual, non-competitive setting where volleyball enthusiasts of all levels can connect.

WCC | SEP 14 – DEC 14 SA, 4:00 PM – 5:30 PM
No classes Oct 12, Nov 9
Drop-in \$3.00 #10155

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



Community Board Game Night ALL AGES



Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Come join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee, tea and small snacks will be provided. This weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver.

Volunteer: Brandon Trajano

WCC | SEP 13 – DEC 13 F, 6:00PM – 10:00PM
No class Sep 20
FREE / 13 #10240

SOCIAL

Quiet Study Hours AGES 13-18

This is a drop-in opportunity for youth to study in a quiet space.

WCC | SEP 9 – DEC 9 M, 8:00 PM – 9:30 PM
No classes Sep 30, Oct 14, Nov 11
FREE #10158

WCC | SEP 11 – DEC 11 W, 8:00 PM – 9:30 PM
FREE #10160

Youth Social Drop-In AGES 13-18



Foster friendships, spark conversations, play games, enjoy discussions, and exchange ideas in a safe and inclusive space for youth.

WCC | SEP 10 – DEC 10 TU, 6:00 PM – 8:00 PM
FREE / 14 #10094

WCC | SEP 13 – DEC 13 F, 6:00 PM – 8:00 PM
FREE / 14 #10089

SOCIAL

Chess for Beginners & Intermediate Players

AGES 13-18



This program will encompass a broad spectrum of chess topics including openings, strategies for the middle game, essential endgame principles, and tactical maneuvers. In addition, we will have theoretical discussions and actively engage in both face-to-face and online chess matches to facilitate instant feedback and practical application. This is a youth volunteer-led program.

Instructors: Mohammad Zareei and Tom Qin

WCC | SEP 12 – DEC 12

TH, 3:30 PM – 5:00 PM

No class Oct 31

FREE

#10007

Creative Art Studio | Youth & Seniors

AGES 13-18 & 55+

NEW

This program focuses on promoting intergenerational art making through meaningful conversations and experiences. This program is led by a Youth Volunteer.

Volunteer: Chloe Kang

WCC | SEP 10 – DEC 10

TU, 3:30 PM – 5:30 PM

FREE

#10103

Rubik's Cube Club AGES 11-18

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring 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 are welcome from beginner to expert to join. This is a youth volunteer-led program.

Instructor: Maksim Fu

WCC | SEP 12 – DEC 12

TH, 3:30 PM – 4:15 PM

No class Oct 31

FREE / 14

#10006

Youth Craft Workshop AGES 13-18

NEW

Bring your crafting ideas and create craft projects with like-minded youth in a welcoming and non-judgemental space. Crafts will then be sold at an upcoming UNA event. This is a youth volunteer-led program.

Instructor: Julia Sang

WCC | SEP 11 – DEC 11

W, 3:30 PM – 5:30 PM

No class Oct 23

FREE

#10009

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 complete this application: bit.ly/4eNHx4i. Applicants will be notified by September 6, 2024, if they are accepted into the Leadership program.

Instructor: UNA Staff

WCC | SEP 13 – DEC 13

F, 3:30 PM – 5:30 PM

FREE / 14

#9943



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SHOULD YOU TAKE THAT TO THE GREEN DEPOT?

The **UNA Green Depot** offers a convenient spot to deposit various materials for reuse and recycling. Learn more at myuna.ca/depot



GREEN DEPOT



YES

The Green Depot accepts:



Small household appliances



Clothing, textiles, and shoes



Household electronics



Flexible plastics



Light bulbs



Batteries



Household smoke and CO alarms



Ink cartridges and writing instruments



Foam packing blocks

NO

The Green Depot does not accept:



Foam food containers



Broken light bulbs



Commercial fire alarms



Automotive or marine batteries



Large household appliances



Residential recycling



Thrift store items

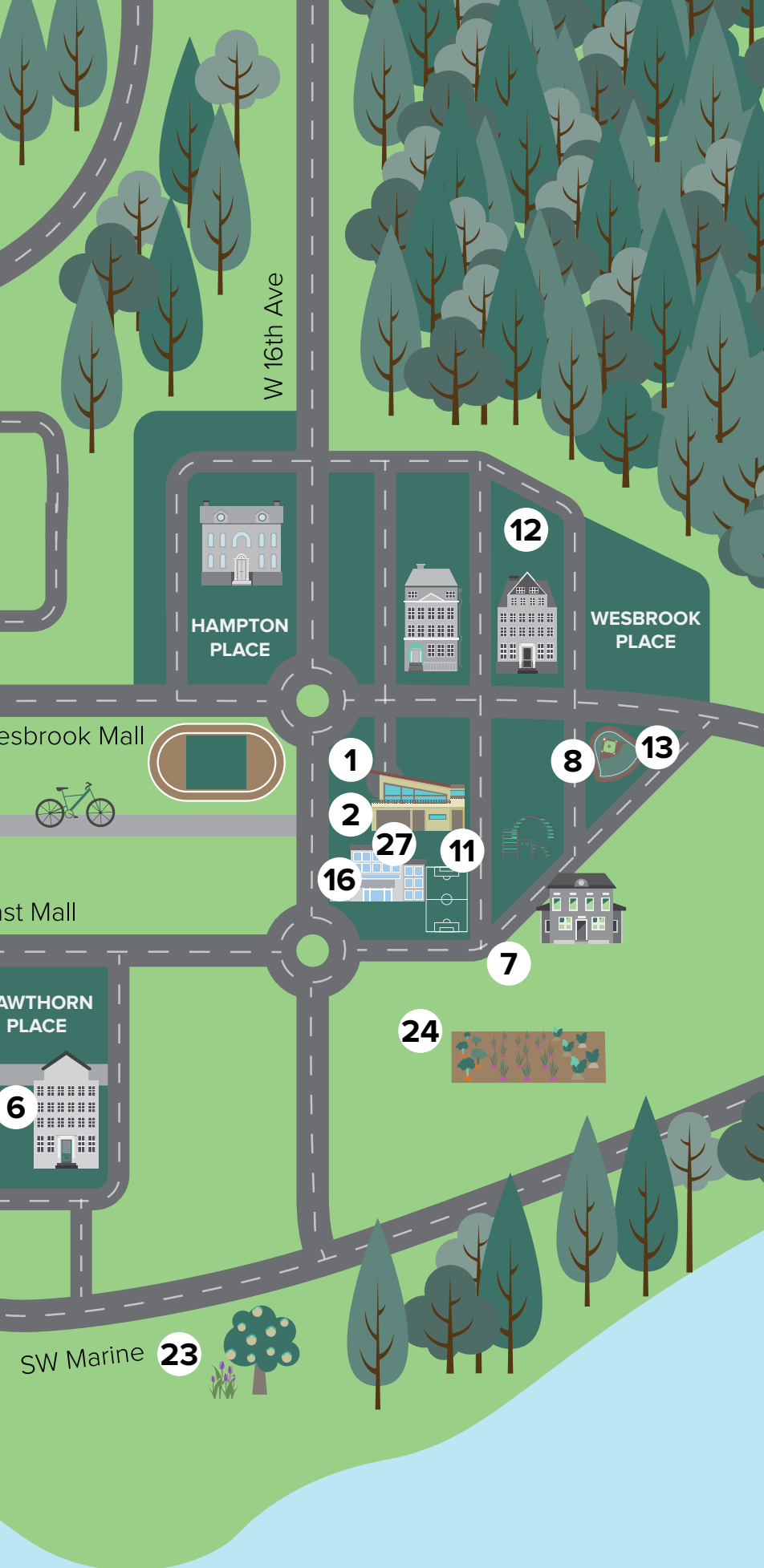


Aerosoles and propane canisters

Facilities, neighbourhoods and others

Facilities, neighbourhoods and others





1. UNA Main Office
2. Westbrook 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. UBC Library
23. UBC Botanical Garden
24. UBC Farm
25. Tennis Centre
26. Student Recreation Centre
27. Westbrook Child Care Centre
28. Vista Point Child Care Centre

UNA facilities, gardens and parks

VSB schools

UBC facilities

Child care

ADULTS & SENIORS PROGRAMS

ARTS

Adult Ballet | Beginner AGES 16+

Dance for better flexibility, balance, strength, stamina and grace. 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 | SEP 18 – DEC 4 W, 7:45 PM – 8:45 PM
\$192.00 / 12 | Drop-in \$17.00 #10038

Ballet Drop-In | Intermediate AGES 15+

Enjoy classical ballet as a drop-in class. Improve your technique and artistry as you work through barre and centre combinations. This is an intermediate class for participants familiar with most ballet steps and terminology.



Instructor: Juliet Oshiro

WCC | SEP 13 – DEC 13 F, 5:00 PM – 6:30 PM
No class Nov 1
Drop-in \$10.00 #10119

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.

Classical Indian Dance: Bharata Natyam

AGES 19+

Originating from the south of India, Bharata Natyam is one of the 8 classical Indian dance forms. This program provides a welcoming and supporting environment to explore the graceful movements, intricate footwork, and storytelling of the dance form. Welcoming all levels of experience and all cultural backgrounds, this class offers an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

WCC | SEP 14 – DEC 7 SA, 2:30 PM – 4:00 PM
No classes Oct 12, Nov 9
\$308.00 / 11 #10128

Dance Fusion AGES 19+

Blend advanced dance with choreography. Participants experience a variety of dance genres and movement styles—from K-Pop to jazz-funk to hip-hop—that use choreography to improve balance, coordination, strength, flexibility and confidence. Participants develop dance skills and techniques that enhance footwork, isolations, popping and locking and expression.

Suitable for participants of differing dance backgrounds and levels. This program is taught in Mandarin and English.

Instructor: Yan Guo

WCC | SEP 9 – DEC 9 M, 7:45 PM – 8:45 PM
No classes Sep 30, Oct 14, Nov 11
\$198.00 / 11 | Drop-in \$20.00 #9934

Chinese Folk Dance AGES 19+

Dance and experience the rhythm, movement, choreography and culture of this classical Chinese art form. Everyone is welcome from beginners and enthusiasts to advanced dancers. This class is taught in Mandarin.

Instructor: Emily Li

WCC | SEP 10 – NOV 12 TU, 12:30 PM – 2:00 PM
\$300.00 / 10 | Drop-in \$33.00 #9939

WCC | SEP 13 – NOV 15 F, 12:30 PM – 2:00 PM
\$300.00 / 10 | Drop-in \$33.00 #9940

Introduction to Drawing AGES 16+

NEW



This course will provide fundamental drawing techniques to understand the visual elements of art, such as composition, form, lines, texture, and depth, using a variety of techniques and materials. It will focus on both observational and imaginative drawing. Whether you're

a beginner eager to discover the joys of drawing or an experienced artist seeking to refine your skills, this course caters to all levels and interests

Instructor: Yasaman Moussavi

WCC | SEP 11 – OCT 23 W, 5:45 PM – 7:15 PM
\$175.00 / 7 #10200

WCC | OCT 30 – DEC 11 W, 5:45 PM – 7:15 PM
\$175.00 / 7 #10203

Introduction to Watercolour Painting

AGES 16+

NEW

In this watercolor class, students will explore watercolor as a painting medium. They will be introduced to a variety of techniques. The course includes painting from both observation and photographs. Students will learn about landscape painting and paint from nature!

Instructor: Yasaman Moussavi

WCC | SEP 11 – OCT 23 W, 7:30 PM – 9:00 PM
\$175.00 / 7 #10121

WCC | OCT 30 – DEC 11 W, 7:30 PM – 9:00 PM
\$175.00 / 7 #10206

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

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

CANINE EDUCATION**Puppy Preschool** AGES 19+

Participants learn how to teach their dogs basic obedience skills, while socializing with other pups. Topics covered include the prevention of bad habits, positive reinforcement, handling and more.

Suitable for dogs between seven and 18 weeks of age at the start of class. All pups should be in good health, with up-to-date vaccinations, and wear flat collars or harnesses, with regular flat leashes.

Instructor: Daisy Dog Training

WCC | SEP 10 – OCT 15 TU, 6:00 PM – 7:00 PM
\$210.00 / 6 #10046

Good to Great: Manners and More AGES 19+

Building on basic dog obedience, this class addresses behavioural challenges that tend to surface as dogs grow. Topics covered include leash manners, jumping on people, recall, attention and reliable performance of basic commands.

Suitable for dogs older than five months of age. All pups should be in good health, with up-to-date vaccinations.

Instructor: Daisy Dog Training

WCC | SEP 10 – OCT 15 TU, 7:15 PM – 8:15 PM
\$210.00 / 6 #10045



EDUCATION

English Conversation for Mandarin Speakers | Beginner AGES 19+

Learn to converse in English. Participants have language-supportive opportunities to learn and practice basic English. Registration is required.

Instructor: Titus Yung

WCC | SEP 9 – DEC 9 **M, 9:30 AM – 11:00 AM**
No classes Sep 30, Oct 14, Nov 11
\$33.00 / 11 #9982

English Conversation | Beginner AGES 19+

Start conversing in English in this volunteer-led program. Beginner English language learners practice listening, comprehension, vocabulary and pronunciation in a group setting. Registration is required.

Instructor: Neerja Singh

WCC | SEP 12 – DEC 12 **TH, 10:00 AM – 11:30 AM**
No class Oct 31
\$39.00 / 13 #10017



English Conversation | Intermediate AGES 19+

This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants take part in various discussions, discover Canadian/Western culture, and share their culture with new friends.

Suitable for participants who are able to have simple conversations in English. Registration is required.

Instructor: Neerja Singh

WCC | SEP 10 – DEC 10 **TU, 10:00 AM – 11:30 AM**
\$42.00 / 14 #10044

Instructors: Alice Bradley and Linda Quiney

WCC | SEP 11 – DEC 11 **W, 1:00 PM – 2:30 PM**
\$42.00 / 14 #10102

Instructor: Krona Daniel

OBCC | SEP 12 – DEC 12 **TH, 7:00 PM – 8:30 PM**
No class Oct 31
\$39.00 / 13 #10014

English Conversation | Advanced AGES 19+

Refine proficiency and confidence. Participants have language-supportive opportunities to discuss a variety of topics in an informal and supportive environment. Advanced language learners practice listening, comprehension, pronunciation and fluency in group and one-on-one settings. Registration is required for this volunteer-led program.

Instructor: Olena Morozova

OBCC | SEP 13 – DEC 13 **F, 10:00 AM – 11:30 AM**
No classes Sep 20, Oct 25, Nov 22
\$33.00 / 11 #10031

French | Beginner AGES 19+

In this introductory French class, participants explore basic vocabulary, phrases and practice pronunciation and listening. This safe learning environment offers participants the tools to be able to build confidence for real-life conversations in French.

Instructor: Manaal Yasir

OBCC | SEP 10 – DEC 10

TU, 6:30 PM – 8:00 PM

\$210.00 / 14

#10101

French | Intermediate AGES 19+

Build confidence and fluency in French. Participants expand vocabulary, comprehension, phrases and practice pronunciation and listening. They also build proficiency through conversation and cultural discussions in small group settings that support safe learning spaces.

Instructor: Catherine Black

WCC | SEP 9 – DEC 9

M, 1:00 PM – 2:30 PM

No classes Sep 30, Oct 14, Nov 11

\$165.00 / 11

#10039

French | Advanced Grammar AGES 19+

Build confidence and fluency in French grammar. This is an extension of the Intermediate French class, and good competency in French is required.

Instructor: Catherine Black

WCC | SEP 9 – DEC 9

M, 2:30 PM – 3:15 PM

No classes Sep 30, Oct 14, Nov 11

FREE / 11

#10027

French Club AGES 19+

Build French language skills and confidence. Participants have language-supportive opportunities to discuss a variety of topics in an informal environment. Learners practice listening, comprehension, pronunciation and fluency in group and one-on-one settings. All levels are welcome as participants are encouraged to learn from one another. Registration is required to receive email updates.

Volunteer: Julie Wang

OBCC | SEP 12 – DEC 12

TH, 1:30 PM – 2:30 PM

FREE / 14

#10234

OTHER ● WCC ● OBCC ●



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



NEWCOMERS SUPPORT PROGRAMS

- FALL 2024

Wesbrook Community Centre

Saturdays 10 - 11:30 a.m.

Join various discussion topics,
tours and workshops to help
Newcomers integrate and
thrive in our community!



ADULTS & SENIORS PROGRAMS

EDUCATION

Dementia Support Circle AGES 19+



Neerja Singh has a PhD in Psychology and Aging. For each session, she and her volunteers will plan topics and activities based on the needs and interest of the participants. This program is open to everyone: people experiencing dementia, caregivers, family members and anyone interested in learning more about dementia. Tea will be provided and the room is available after the program for those who wish to stay for an unstructured social time.

Volunteer: Neerja Singh

WCC | SEP 13 – DEC 13
FREE / 14

F, 10:00 AM – 11:00 AM
#10079

Korean Parent Support Circle AGES 19+

This group, run by the Vancouver School Board (VSB), offers Korean-speaking parents who reside in the UBC area and have children attending local public schools with support and community settlement resources, while bringing people together.

Please register by calling or emailing Jenny Choi, VSB Settlement Worker in Schools | T: 778-229-4270 |
E: hchoi@vsb.bc.ca

Instructor: Jenny Choi (SWIS)

WCC | SEP 17, OCT 15, NOV 19
FREE / 3

TU, 12:30 PM – 2:15 PM
#9938



SUCCESS: Settlement Services | Mandarin & English AGES 19+

Tap into support and settlement services for newcomers. This is a drop-in or appointment service where newcomers receive free one-on-one sessions that support them through all stages of their journey into Canadian life, including employment, language, health and education.

Appointments are recommended. PR cards or Confirmation of Permanent Resident documents are required to attend appointments. Call 604-408-7274 ext: 2063

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 | SEP 10 – DEC 10
FREE / 4

TU, 9:30 AM – 4:00 PM
#9941

VSF Parents Power-up Sessions | Mandarin and Cantonese AGES 19+

Parents Power-Up, run by the Vancouver School Board (VSB), offers group sessions for immigrant parents who reside in the UBC area and have children attending local public schools. These are drop-in sessions that provide community settlement resources and bring newcomers together. Sessions are available in Cantonese and Mandarin.

Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 家长加油站

由溫哥華教育局 (VSB) 經營，為居住在 UBC 地區且孩子在當地公立學校就讀的移民家長提供團體課程。這些是臨時會議，提供社區安置資源並將新移民聚集在一起。會議以粵語和普通話提供。加拿大移民 加拿大移民，难民及公民部拨款出资

Registration/Contact: Esaine Mo at work cell: 778-228-8536 or email: emo@vsb.bc.ca.

Instructor: Esaine Mo (SWIS)

VIRTUAL | SEP 12 – DEC 12
No class Oct 31
FREE / 13

TH, 1:00 PM – 2:30 PM

#10010

10K in 8 Weeks AGES 18+

This 10K clinic is designed for cruisers, pacers, and racers with some previous running experience. 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 last great run of the year; the Great Trek held on the last Sunday in October.

Instructor: Hanif Teja

WCC | SEP 5 – OCT 24 TH, 6:00 PM – 7:00 PM
\$88.00 / 8 | Drop-in \$12.00 #10183

Barre Pilates AGES 19+

Participants combine high-repetition, low-impact intentional movements with a hint of Pilates in this Barre workout. Benefits include core conditioning, cardio, endurance, strength, improved range of motion and better overall fitness. Suitable for all fitness levels. No prior barre or pilates experience required.

Instructor: Abby (Yang) Zhang

WCC | SEP 9 – DEC 9 M, 9:30 AM – 10:30 AM
No classes Sep 30, Oct 14, Nov 11
\$165.00 / 11 | Drop-in \$16.00 #10109

WCC | SEP 12 – DEC 12 TH, 5:15 PM – 6:15 PM
No class Oct 31
\$195.00 / 13 | Drop-in \$16.00 #10112

Express HIIT | Lunchtime AGES 19+

Get in a power workout in only 30 minutes! High-Intensity Interval Training (HIIT) uses techniques that pair high- and low-intensity exercises to increase cardio fitness and strengthen and sculpt the entire body. Suitable for all fitness levels.

Instructor: Hanif Teja

WCC | SEP 12 – DEC 12 TH, 12:00 PM – 12:30 PM
No class Oct 31
\$143.00 / 13 | Drop-in \$12.00 #10179

Express Spin | Morning AGES 18+

Spin into strength and conditioning. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or to push their fitness goals.

Instructor: Brianne Orr-Alvarez

WCC | SEP 9 – DEC 9 M, 7:45 AM – 8:15 AM
No classes Sep 30, Oct 14, Nov 11
\$130.00 / 11 | Drop-in \$14.00 #10176



WE ARE LOOKING FOR 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 teachers • Fitness & Spin instructors • Personal Trainers

Visit our website for more details myuna.ca/careers

ADULTS & SENIORS PROGRAMS

FITNESS

Fit Together AGES 18+

Bring your baby to fitness class! These are designed specifically for new parents to get a full-body workout, increase energy and build muscle while meeting others in an environment that is safe and friendly for babies.

Suitable for infants four weeks and older. Mobile babies and toddlers are welcome, as are all fitness levels and people in any trimester of pregnancy. Birthing parents should be four weeks postpartum, or six weeks for c-section births, and should obtain medical clearance before attending the first class.

Instructor: Nicole Kraumanis

WCC | SEP 9 – DEC 9 M, 11:55 AM – 12:55 PM
No classes Sep 30, Oct 14, Nov 11
\$165.00 / 11 | Drop-in \$16.00 #10196

Full Body Bootcamp AGES 19+

Challenge your body and mind by taking it to the next level! Build power, endurance, strength, and cardio while having fun! Throughout the 50-minute 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: Hanif Teja

OBCC | SEP 9 – DEC 9 M, 7:45 PM – 8:45 PM
No classes Sep 30, Oct 14, Nov 11
\$165.00 / 11 | Drop-in \$17.50 #10181

Instructor: Nicole Kraumanis

OBCC | SEP 11 – DEC 11 W, 9:45 AM – 10:30 AM
\$140.00 / 14 | Drop-in \$15.00 #10197

OBCC | SEP 12 – DEC 12 TH, 7:00 PM – 7:45 PM
No class Oct 31
\$214.50 / 13 | Drop-in \$16.50 #10195



Learn to Run Clinic AGES 18+

Get ready for your fall runs or learn to run properly with the Wesbrook Road Runners. 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 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 | SEP 3 – OCT 22 TU, 6:00 PM – 7:00 PM
\$96.00 / 8 | Drop-in \$13.00 #10182

Pilates | Beginner 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 | SEP 10 – DEC 10 TU, 9:25 AM – 10:25 AM
\$210.00 / 14 | Drop-in \$16.00 #10110

WCC | SEP 12 – DEC 12 TH, 9:30 AM – 10:30 AM
No class Oct 31
\$195.00 / 13 | Drop-in \$16.00 #10111



2024

DIWALI FESTIVAL

Share the joy and beauty of this festival of lights and celebrate the Indian New Year.

Sunday, October 27, 2024 | 2 - 4:30 P.M.
Wesbrook Community Centre

Enjoy a cup of Indian chai. Have a henna design painted on your hand. Learn how to wear a sari. Watch Indian classical and learn to do some Bollywood dance moves.

Indian snacks will be available for cash purchase.

Free Admission.

Brought to you by

The Diwali Committee

In cooperation with

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

ADULTS & SENIORS PROGRAMS

FITNESS

Spin AGES 19+

Spin into strength and conditioning. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or to push their fitness goals.

Instructor: Michelle Ko

WCC | SEP 8 – DEC 8 **SU, 8:30 AM – 9:15 AM**
No classes Oct 13, Oct 27
 \$175.00 / 12 | Drop-in \$18.50 #10191

WCC | SEP 10 – DEC 10 **TU, 7:15 AM – 8:00 AM**
 \$227.50 / 14 | Drop-in \$18.50 #10194

WCC | SEP 13 – DEC 13 **F, 6:45 PM – 7:30 PM**
 \$227.50 / 14 | Drop-in \$18.50 #10192

WCC | SEP 10 – DEC 10 **TU, 7:40 PM – 8:25 PM**
 \$227.50 / 14 | Drop-in \$18.50 #10193

Zumba AGES 19+

Zumba is inspired by Latin dance, including salsa, merengue and samba, and is accompanied by international music. Participants execute basic sequences designed as a workout that combines aerobic and interval training. The motivating and invigorating atmosphere makes classes as enjoyable as having a dance party with friends.

Instructor: TBD

WCC | SEP 9 – DEC 9 **M, 12:30 PM – 1:30 PM**
No classes Sep 30, Oct 14, Nov 11
 \$157.30 / 11 | Drop-in \$15.00 #10202

Instructor: Marcela Guzman

WCC | SEP 11 – DEC 11 **W, 6:35 PM – 7:35 PM**
 \$196.00 / 14 | Drop-in \$15.00 #10190

Instructor: Herald Kane

WCC | SEP 14 – DEC 14 **SA, 11:30 AM – 12:30 PM**
No class Oct 12
 \$182.00 / 13 | Drop-in \$15.00 #10184

YOGA

Chair Yoga with Angie AGES 19+

Participants sit – or stand holding onto a chair for balance – as they move through accessible stretches and modified yoga postures that are extremely gentle to support increasing mobility and mindfulness and reduce stiffness. Suitable for any level, all ages and mobility levels. Please bring a yoga mat.

Instructor: Angie Datt

WCC | SEP 12 – DEC 12 **TH, 1:00 PM – 2:00 PM**
No class Oct 31
 \$130.00 / 13 | Drop-in \$11.00 #10116

Gentle & Restorative Yoga AGES 19+

Blend relaxation with restoration in this gentle & restorative yoga class. Participants move through gentle yoga movements to relax and decompress in the first half of this class, while the second half is dedicated to supported postures, using props such as blocks and bolsters, to promote deep relaxation, rest and healing. Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

WCC | SEP 10 – DEC 10 **TU, 10:30 AM – 11:45 AM**
 \$210.00 / 14 | Drop-in \$16.00 #10117

Gentle Yoga with Angie AGES 19+

Relax, decompress, rejuvenate and relish. Participants in this gentle all-levels class move through postures and breath work to improve body awareness, flexibility, strength and balance, while releasing tension. Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

WCC | SEP 13 – DEC 13 **F, 10:00 AM – 11:00 AM**
 \$210.00 / 14 | Drop-in \$15.00 #10118

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

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

EVENTS at the BARN

Join us for some fun events
at the Barn this Fall!

Sep 21 - Stand-Up Comedy | Ages 19+

Oct 26 - Trivia Night | All ages

Oct 29 - Murder Mystery Dinner | Ages 16+

Nov 23 - SPARK Animation Film Festival | All ages

Dec 7 - Stand-Up Comedy | Ages 19+



For more details, please visit
myuna.ca/events/



YOGA

Hatha Yoga with Ritu AGES 19+

Start the first half of this gentle hatha yoga class with focused breath work. This will lay a strong foundation for the second half, where we'll move mindfully through postures. Every posture will be expertly guided to enhance your mobility, flexibility, and strength. Rooted in ancient yoga traditions, expect Sanskrit names and soothing mantra chants, all designed for a slower-paced experience. Postural adjustments will be given to ensure your comfort and progress.

Instructor: Ritu Verma

WCC | SEP 11 – DEC 11 **W, 9:45 AM – 10:45 AM**
\$240.00 / 14 | Drop-in \$25.00 #10199

Iyengar Yoga with Brian | Intermediate AGES 19+

Learn the fundamentals of Iyengar Yoga, a dynamic, progressive method rooted in the traditional eight limbs or petals of yoga. Asana are practiced with precision and alignment to safely develop mobility, strength, and balance. Longer asana holds evolve stamina, breath awareness, and mental clarity.



Instructor: Brian Hogencamp

WCC | SEP 11 – DEC 11 **W, 10:45 AM – 12:15 PM**
\$280.00 / 14 | Drop-in \$21.00 #10175

WCC | SEP 12 – DEC 12 **TH, 6:25 PM – 7:40 PM**
No class Oct 31
\$260.00 / 13 | Drop-in \$21.00 #10174

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. luciyamamoto.com.

Instructor: Luci Yamamoto

WCC | SEP 14 – NOV 2 **SA, 10:00 AM – 11:15 AM**
No class Oct 12
\$126.00 / 7 | Drop-in \$20.00 #10188

WCC | NOV 30 – DEC 21 **SA, 10:00 AM – 11:15 AM**
\$72.00 / 4 | Drop-in \$20.00 #10189

Prenatal & Postnatal Yoga AGES 19+

Experience the joy of motherhood with me through these nurturing and gentle yoga classes. These ancient yogic practices will enhance your postural alignment, relieve pregnancy discomfort, and promote calmness.

These classes will accelerate postnatal recovery. Breath work will be the foundation of these classes. Participants will experience slower-paced and carefully guided movements to improve mindfulness, mobility, and strength. Postural modifications will be given as needed. Doctor's approval is recommended.

Instructor: Ritu Verma

WCC | SEP 11 – DEC 11 **W, 11:00 AM – 12:00 PM**
\$280.00 / 14 | Drop-in \$25.00 #10200

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

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

Instructor: Ritu Verma

WCC | SEP 8 – DEC 8 SU, 5:15 PM – 6:30 PM
No classes Oct 13, Oct 27
\$156.00 / 12 | Drop-in \$15.00 #10201

Yoga in English & Mandarin with Kate
AGES 19+

Develop resilience and reduce stress. Participants practice standing and floor postures that integrate posture and breathing to promote mindfulness, while developing flexibility, strength, control, balance and improved range of motion. Class will be conducted both in English and Mandarin. Modifications are offered, making this yoga class suitable for all levels.

Instructor: Kate Tsai

WCC | SEP 11 – DEC 11 W, 12:30 PM – 1:30 PM
\$182.00 / 14 | Drop-in \$14.00 #10186

Yoga in Mandarin with Kate AGES 19+

Develop resilience and reduce stress. Participants practice standing and floor postures that integrate posture and breathing to promote mindfulness, while developing flexibility, strength, control, balance and improved range of motion. Modifications are offered, making this yoga class suitable for all levels.

Instructor: Kate Tsai

WCC | SEP 9 – DEC 9 M, 10:45 AM – 11:45 AM
No classes Sep 30, Oct 14, Nov 11
\$143.00 / 11 | Drop-in \$14.00 #10185

WCC | SEP 13 – DEC 13 F, 11:15 AM – 12:15 PM
\$182.00 / 14 | Drop-in \$14.00 #10187

PHYSICAL ACTIVITY**Badminton** AGES 18+

Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own racquet.

WCC | SEP 9 – DEC 9 M, 2:15 PM – 3:45 PM
No classes Sep 30, Oct 14, Nov 11
\$55.00 / 11 #10108

WCC | SEP 13 – DEC 13 F, 7:45 PM – 9:15 PM
\$70.00 / 14 #10106

Badminton Drop-In AGES 18+

Drop-in and play badminton. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 10 – DEC 10 TU, 12:00 PM – 1:30 PM
No class Sep 24
Drop-in \$6.50 #10143

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger

WCC | SEP 14 – DEC 14 SA, 8:45 AM – 10:15 AM
No classes Sep 28, Oct 12, Nov 9
Drop-in \$3.00 #10166

WCC | SEP 15 – DEC 15 SU, 4:00 PM – 5:30 PM
No classes Sep 29, Oct 13, Oct 27, Nov 10
Drop-in \$3.00 #10165

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Basketball AGES 18+

Enjoy a fun and friendly game of casual three-on-three half court or 5 on 5 full court basketball. These sessions are uninstructed and open to players of all skill level. Games are to be self-lead, and self-refereed.

WCC | SEP 12 – DEC 12

TH, 7:45 PM – 9:15 PM

\$70.00 / 14

#10297

Basketball Drop-In AGES 18+

Drop-in and play basketball. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 9 – DEC 9

M, 6:00 PM – 7:30 PM

No classes Sep 30, Oct 14, Nov 11

Drop-in \$6.50

#10139



Pickleball Lessons | Learn to Play AGES 19+

Learn to play pickleball. Participants experiment with this paddle sport that has elements of other racquet sports, including badminton, tennis and table tennis. Technique is expanded through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more.

Instructor: Chris Koentges

WCC | SEP 11 – NOV 27

W, 9:00 AM – 10:30 AM

\$300.00 / 12

#10227

Pickleball Lessons | Intermediate AGES 19+

Improve at pickleball. Participants experiment and expand technique through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more.

Suitable for those with some experience or for those who have completed the beginner program.

Instructor: Chris Koentges

WCC | SEP 11 – NOV 27

W, 10:45 AM – 12:15 PM

\$300.00 / 12

#10228

Pickleball Lessons | Accelerated Development AGES 18+

Practice competitive pickleball. Participants en route to 3.5+ push their skills through drills and fast-paced matches that require advanced footwork, positioning and true teamwork. Suitable for experienced players and confident athletes.

Instructor: Chris Koentges

WCC | SEP 8 – NOV 24

SU, 10:45 AM – 12:15 PM

No classes Oct 13, Oct 27, Nov 10

\$275.00 / 11

#10140

REGISTERED SPORTS ARE FULL-SEASON REGISTRATION PROGRAMS. THE NO-SHOW WAITLIST OPENS 30 MINUTES PRIOR TO THE SESSION, IN-PERSON ONLY. BOOKED SPOTS ARE HELD FOR 10 MINUTES AFTER THE DROP-IN BEGINS. AFTER 10 MINUTES, SPOTS WILL BE RESOLD TO THOSE ON THE NO-SHOW WAITLIST. FOR FULL RECREATION POLICIES, SEE PAGES 2-3,

PHYSICAL ACTIVITY

Pickleball Lessons | Advanced Doubles

AGES 18+

Practice pickleball in pairs. Participants refine and challenge their skills through drills and fast-paced matches that require advanced footwork, positioning and teamwork. Suitable for experienced players and confident athletes.

Registration in pairs is ideal. Each individual must register separately. Single players will also be accommodated.

Instructor: Chris Koentges

WCC | SEP 13 – NOV 29 F, 8:45 AM – 10:15 AM
No classes Oct 25, Nov 22
\$250.00 / 10 #10225

Pickleball AGES 18+

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. Bring your own paddle.

WCC | SEP 9 – DEC 9 M, 8:00 PM – 9:30 PM
No classes Sep 30, Oct 14, Nov 11
\$55.00 / 11 #10136

WCC | SEP 13 – DEC 13 F, 10:30 AM – 12:00 PM
No classes Oct 25, Nov 22
\$60.00 / 12 #10137

Pickleball Drop-In AGES 18+

Drop-in and play pickleball. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 12 – DEC 12 TH, 1:45 PM – 3:15 PM
Drop-in \$6.50 #10142

Family Pickleball Drop-In ALL AGES

Play pickleball with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Family group must consist at minimum 2 people, one of which is 19 years of age or older and the other is 18 years of age or younger.

WCC | SEP 15 – DEC 15 SU, 9:00 AM – 10:30 AM
No classes Oct 13, Oct 27, Nov 10
Drop-in \$3.00 #10303

Table Tennis AGES 19+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

WCC | SEP 9 – DEC 9 M, 11:15 AM – 12:45 PM
No classes Sep 30, Oct 14, Nov 11
\$55.00 / 11 | Drop-in \$6.50 #10138

WCC | SEP 10 – DEC 10 TU, 2:15 PM – 3:45 PM
\$70.00 / 14 | Drop-in \$6.50 #10141

Table Tennis Drop-In AGES 19+

Drop-in and play table tennis. A maximum of 20 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 13 – DEC 13 F, 12:15 PM – 1:45 PM
No classes Oct 25, Nov 22
Drop-in \$6.50 #10134

DROP-IN SPORTS CAN BE BOOKED UP TO 48 HOURS IN ADVANCE FOR UNA RESIDENTS, AND 24 HOURS IN ADVANCE FOR NON-UNA RESIDENTS. BOOKED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. FOR FULL RECREATION POLICIES, SEE PAGES 2-3.



Winter Festival

Old Barn Community Centre
Saturday, December 14 | 10 a.m.-1 p.m.

Join us in celebrating the holiday season at the
Old Barn Community Centre.

Photo with Santa, crafts, hot chocolate and many more!



For more details visit [**myuna.ca/events/**](https://myuna.ca/events/)

PHYSICAL ACTIVITY

Volleyball AGES 18+

Play volleyball in a fun, social setting. These sessions are uninstructed and open to players of all skill levels.

WCC | SEP 14 – DEC 14 **SA, 5:45 PM – 7:15 PM**
No classes Sep 28, Oct 12, Nov 9
 \$55.00 / 11 | Drop-in \$6.50 #10153

**Volleyball Drop-In** AGES 18+

Drop-in and play volleyball. A maximum of 26 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 11 – DEC 11 **W, 7:45 PM – 9:15 PM**
No class Oct 2
 Drop-in \$6.50 #10145

Karate AGES 19+

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family Karate class, designed for students from ages 6 and up, offers parents the option to train with their children.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

TEENS & ADULTS | AGES 19+
WCC | SEP 10 – DEC 10 **TU, 8:00 PM – 9:00 PM**
 \$210.00 / 14 #10130

FAMILY KARATE
WCC | SEP 10 – DEC 10 **TU, 7:00 PM – 8:00 PM**
 \$210.00 / 14 #10124

OBCC | SEP 13 – DEC 13 **F, 7:00 PM – 8:00 PM**
 \$210.00 / 14 #10133

Tai Chi AGES 19+

Calm and ground the mind and body. Participants explore this practice, developed thousands of years ago in China, to harmonize the mind-and-body connection. Participants combine slow, smooth, intentional and flowing movements and sequences with deep breathing to build flexibility, strength, discipline and concentration. No experience required. Suitable for all ages.

Instructor: Patricia Szeto

WCC | OCT 1 – DEC 10 **TU, 6:30 PM – 7:30 PM**
 \$187.00 / 11 | Drop-in \$19.00 #10157

Tai Chi & Qi Gong AGES 19+

The intention of these sessions is to use these two practices to bring harmony to the body and mind. This practice builds flexibility, strength, discipline, and concentration. The first half of each class will focus on fundamental Tai Chi movements, followed by a Qi Gong and meditation practice. No experience required.

Instructor: Patricia Szeto

WCC | OCT 6 – DEC 15 **SU, 6:30 PM – 7:30 PM**
No classes Oct 13, Oct 27, Nov 10
 \$153.00 / 8 | Drop-in \$19.00 #10159

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

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Indoor Soccer AGES 19+

Indoor soccer, or futsal, played by rotating teams of 6 players. These matches will last roughly 7 minutes before the team that is sitting is rotated into play. Sessions are self-refereed and self-timed by participants. Hockey nets will be used as goals at the far ends of the gymnasium, and specific futsal balls will be provided. Indoor soccer shoes or runners are required; studded cleats will not be permitted.

WCC | SEP 12 – DEC 12 TH, 5:45 PM – 7:15 PM
\$70.00 / 14 #10156

Walking Soccer Club AGES 19+

Participants, who love playing soccer but prefer a slower pace, enjoy this alternative that involves no physical contact or running, allowing them to practice this beloved sport in a safe setting. Registration is required.

Volunteer: UNA Volunteers

WCC | OCT 2 – DEC 11 W, 1:00 PM – 2:30PM
FREE / 11 #10098

Soccer Skills for Women AGES 19+

Learn soccer from a pro. Participants are guided by Heather, a former professional soccer player, to learn and improve basic skills in a fun and supportive environment. Instruction is in Mandarin and English.

Volunteer: Heather Chen

WCC | SEP 12 – DEC 12 TH, 12:00 PM – 1:15 PM
No Class Oct 31
FREE / 13 #10011

MUSIC

Community Choir | Drop-In AGES 13+

Sing in this intergenerational choir! This is a no-audition choir, for ages 13+, where participants select some of the repertoire to sing together and in harmony. Musicians are welcome to bring instruments.

Instructor: TBA

OBCC | SEP 11 – DEC 11 W, 7:00 PM – 8:00 PM
Drop-in \$5.00 #10096

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructor: Andrea Minden

WCC | SEP 8 – DEC 8 SU, 1:00 PM – 5:00 PM
No classes Oct 13, Oct 27
\$420.00 / 12 #various



MUSIC LESSONS OFFER PRIORITY
REGISTRATION FOR PREVIOUS
STUDENTS FROM FALL TO SUMMER.
REGISTER IN FALL TO SECURE YOUR
SPOT FOR UP TO A YEAR!

Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance. Royal Conservatory of Music (RCM) preparation is available.

Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Derek Pang

WCC | SEP 9 – DEC 9 M, 3:30 PM – 9:00 PM
No classes Sep 30, Oct 14, Nov 11
\$385.00 / 11 #various

WCC | SEP 11 – DEC 11 W, 3:30 PM – 9:00 PM
\$490.00 / 14 #various

Instructor: Nancy Chang



WCC | SEP 10 – DEC 10 TU, 3:30 PM – 7:45 PM
\$490.00 / 14 #various

Instructor: Bassem Ghabrous

WCC | SEP 12 – DEC 12 TH, 3:30 PM – 9:00 PM
\$490.00 / 14 #various

WCC | SEP 14 – DEC 14 SA, 10:00 AM – 3:00 PM
No class Oct 12
\$455.00 / 13 #various

Instructor: Portia Sun

WCC | SEP 13 – DEC 13 F, 3:30 PM – 7:45 PM
\$490.00 / 14 #various

Guitar AGES 8+

Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own guitar. Music books for purchase may be recommended in the first class.

Instructor: Vanja Djak

WCC | SEP 13 – DEC 13 F, 4:30 PM – 9:00 PM
\$490.00 / 14 #various

ADULTS & SENIORS
PROGRAMS**Group Guitar | Beginner** AGES 14+

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

Instructor: Matt Stapleton

WCC | SEP 9 – DEC 9 M, 6:30 PM – 7:30 PM
No classes Sep 30, Oct 14, Nov 11
\$220.00 / 11 #9936

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 | SEP 9 – DEC 9 M, 7:30 PM – 8:30 PM
No classes Sep 30, Oct 14, Nov 11
\$220.00 / 11 #9935

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available.

Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructors: Andrew Ty

WCC | SEP 12 – DEC 12 TH, 3:30 PM – 9:00 PM
\$490.00 / 14 #various

WEBBROOK VILLAGE

30+
SHOPS
SERVICES
DINING

save  foods

BC LIQUOR STORES

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AT
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Bridge | Advanced AGES 19+

Card lovers unite. Participants, ages 19+, drop-in to play this captivating, challenging and strategic trick-taking card game. Participants should have a strong knowledge of the game, including bidding and card playing.

Volunteer: John Maunsell

WCC | SEP 10 – DEC 10 TU, 10:00 AM – 12:30 PM
FREE / 16 #10040

Community Board Game Night

ALL AGES



Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Come join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee, tea and small snacks will be provided.

This weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver.

Volunteer: Brandon Trajano

WCC | SEP 13 – DEC 13 F, 6:00PM – 10:00PM
No class Sep 20
FREE / 13 #10240

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 aged 16+ who want to meet their neighbours, initiate friendships as well as strengthen community bonds. Register to receive program updates.

Volunteer: Judy Burge

OBCC | SEP 11 – DEC 11 W, 7:00 PM – 8:30 PM
FREE / 14 #10233

Mahjong | English & Mandarin AGES 19+

Match sets and pairs in this classical Chinese game of tiles. Participants learn to play, improve their understanding, skill and speed in handling the tiles, while making friends in a social setting. Everyone aged 19+ is welcome. Experience with Mahjong is not required. Registration is required to receive email updates for this no-cost program.

Volunteer: UNA Volunteer

WCC | SEP 2 – DEC 16 M, 1:00 PM – 3:00 PM
FREE / 16 #10041

Let's Cook Club ALL AGES

Cook a dish, share a dish. Participants enjoy a cooking workshop that features a new recipe each session. Each session is followed by a potluck, consisting of dishes that participants bring to class to share with others.

Volunteer: Andrea Garcia

WCC | SEP 24 TU, 6:00 PM – 8:00 PM
FREE / 1 #10230

WCC | OCT 29 TU, 6:00 PM – 8:00 PM
FREE / 1 #10231

WCC | NOV 26 TU, 6:00 PM – 8:00 PM
FREE / 1 #10232

ADULTS & SENIORS PROGRAMS

SOCIAL

Newcomers' English Club AGES 19+

This free volunteer-led drop-in program provides a place for newcomers to practice their English skills and ask questions as they adjust to a new community. There will be a new topic each week based on the needs of the group. Please register to receive program updates.

Volunteers: Doreen and Paula

WCC | SEP 12 – NOV 7 TH, 1:00 PM – 2:30 PM
No class Oct 31
FREE / 8 #10008

Newcomers Support AGES 13+



This program is designed for newcomers who have moved to BC in the past 5 years. Each week, different topics will be discussed to learn about the community, school system, and more. Speakers speak English, and sometimes a mandarin translator is available. Please register for each individual workshop of interest.

Instructor: UNA Staff and Volunteers

WCC | SEP 14 – DEC 7 SA, 10:00 AM – 11:30 AM
FREE / 13 #various

Volunteer Open House AGES 13+



Join us to discover how you can get involved in the community! Meet other passionate volunteers and hear about their experiences over light refreshments. Learn about various volunteer opportunities from events, to weekly programs, and more.

Instructor: UNA Staff

WCC | SEP 14 SA, 2:00 PM – 3:30 PM
FREE / 1 | Drop-in #10037

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.

Volunteer: UNA Volunteer

OBCC | SEP 28, OCT 26, NOV 30 SA, 10:00 AM–12:00 PM
FREE / 3 #10235

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.

Volunteer: Andrea Garcia

WCC | SEP 22, OCT 20, NOV 17 SU, 10:00 AM – 12:00 PM
FREE / 3 #10226

Pokemon Trading Card Game AGES 10+



Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.

Volunteer: Emile Yang

WCC | SEP 14 – DEC 14 SA, 3:30 PM – 4:30PM
No class Oct 12
FREE / 13 #10248



UPCOMING THUNDERBIRDS FALL HIGHLIGHT HOME GAMES



HOME OPENERS

M SOCCER

VS. UBC OKANAGAN
FRI, AUG 23 | 7 PM
THUNDERBIRD STADIUM



W HOCKEY

VS. MOUNT ROYAL
FRI, OCT 11 | 7 PM
THUNDERBIRD ARENA



FOOTBALL

VS. ALBERTA
FRI, AUG 30 | 6 PM
THUNDERBIRD STADIUM



W VOLLEYBALL

VS. REGINA
FRI, OCT 25 | 7 PM
WAR MEMORIAL GYM



W RUGBY

VS. LETHBRIDGE
SUN, SEPT 15 | 1 PM
LORD AND BUCK FIELD



M VOLLEYBALL

VS. BRANDON
THU, OCT 31 | 6 PM
WAR MEMORIAL GYM



W FIELD HOCKEY

VS. CALGARY
SAT, SEPT 28 | 11 AM
LORD AND BUCK FIELD



BASKETBALL

VS. TRINITY WESTERN
SAT, NOV 2 | W4 M6PM
WAR MEMORIAL GYM



M HOCKEY

VS. CALGARY
FRI, OCT 4 | 7 PM
THUNDERBIRD ARENA



LAST REGULAR HOME GAME OF THE SEASON

W SOCCER

VS. VICTORIA
SUN, OCT 6 | 1 PM
THUNDERBIRD STADIUM



2024 FESTIVALS & CHAMPIONSHIPS

SOCCER

THUNDERSTRUCK

FRI, SEPT 13
W 5 PM VS. UBC OKANAGAN
M 7:30 PM VS. LETHBRIDGE
THUNDERBIRD STADIUM



FOOTBALL

HOMECOMING

FRI, SEPT 20 | 6 PM
VS. SASKATCHEWAN
THUNDERBIRD STADIUM



BASKETBALL

COURTSIDE

FRI, NOV 23 |
W4 M6PM
VS. CALGARY
WAR MEMORIAL GYM



SWIMMING

CANADA WEST SWIMMING CHAMPIONSHIPS

UBC AQUATIC CENTRE



FOR INFORMATION, FULL SCHEDULE AND TICKETS VISIT

GOTHUNDERBIRDS.CA

SCAN FOR MORE



ADULTS & SENIORS PROGRAMS

SOCIAL

Saturday Afternoon Tea | Mandarin AGES 19+

遗嘱和遗产计划

RBC人员介绍遗嘱和遗产计划。周六中文茶话会/ 年龄19岁以上。志愿者会在当天准备好茶和咖啡，我们也欢迎各位自带茶点一起分享。请注意，该项目需要注册。本次茶话会会以普通话进行。

Wills and Estate Planning

RBC Staff will present information on wills and estate planning. Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration required. Please note, this session is in Mandarin.

Volunteer: RBC Staff

WCC | OCT 19
FREE / 1

SA, 1:00 PM – 3:00 PM
#10066

Saturday Afternoon Tea AGES 19+

Dementia - Stages, Assessment and Screening

Join us for an interactive and informative session. Topics will include the stages of dementia, and assessment and screening. Neerja Singh holds a PhD in Psychology and Aging with extensive experience and is passionate about improving the lives of older adults with dementia.

Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration required. Please note, this session is in English.

Volunteer: Neerja Singh

WCC | SEP 21
FREE / 1

SA, 1:00 PM – 3:00 PM
#10067

Saturday Afternoon Tea AGES 19+

Medical Emergency Preparedness: In Case of Emergency (ICE)

Helen Aqua, long time UNA volunteer and Advance Care Planner will show you what you can do to be prepared for a medical emergency. Topics include: how to set up medical information on your smart phone, options for medical IDs, and how to create medical history documents.



Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration required. Please note, this session is in English.

Volunteer: Helen Aqua

WCC | NOV 16
FREE / 1

SA, 1:00 PM – 3:00 PM
#10070

Sewing and Knitting Studio AGES 13+

Participants meet to sew and knit together, creating a space where participants can learn from one another – whether that is basic sewing skills, quilting or making clothing. This is an unstructured program. Sewing machines and a variety of knitting supplies will be available.

Volunteer: Sonia Soltana

WCC | SEP 8 – DEC 15
No sessions Oct 13, Oct 27
FREE / 13

SU, 1:00 PM – 3:00 PM
#10060

SOCIAL

Walk and Talk Club AGES 19+

Explore the outdoors, socialize and boost fitness while exploring Pacific Spirit Park, the UBC campus and surrounding neighbourhoods by foot. Participants are welcome to have a warm beverage, eat lunch, and socialize after the walk.

Walks take place weekly, regardless of the weather. Please dress appropriately and wear supportive footwear. Registration is required for this no-cost program.

Volunteer: Helen Aqua

WCC | SEP 9 – DEC 16 M, 10:00 AM – 11:30 AM
No sessions Sep 30, Oct 14, Nov 11
FREE / 14 #10061

Women's Social Club AGES 19+

Gather over lunch hour to socialize, connect with neighbours and residents, and form social connections and friendships that keep loneliness at bay.

Anyone who identifies as a woman is welcome. Registration is required to receive email updates for this no-cost program.

Volunteer: Alice Bradley

OBCC | SEP 10 – DEC 10 TU, 12:00 PM – 1:30 PM
FREE / 14 #10042



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 for a drop-in schedule!



Please familiarize yourself with drop-in procedures on pages 2-3.

LIVE WELL, STAY STRONG SENIORS 55+

ARTS

Art Studio for Seniors AGES 55+

Participants ages 55+ bring their supplies to a collaborative, open and flexible setting where they develop works of art alongside others.

Suitable for all levels of artists and enthusiasts. Registration is required to receive email updates for this no-cost, volunteer-led program.

Volunteer: UNA Volunteer

WCC | SEP 12 – DEC 12 TH, 9:30 AM – 11:30 AM
FREE / 14 #10025

Creative Art Studio | Youth & Seniors

AGES 55+



This program focuses on promoting intergenerational art making through meaningful conversations and experiences.

Volunteer: Chloe Kang

WCC | SEP 10 – DEC 10 TU, 3:30 PM – 5:30 PM
FREE / 14 #10104

Chinese Dance for Seniors AGES 55+

Mix traditional Chinese dance with social time. Participants enjoy this space to connect with Chinese culture and traditions, and to build community while being physically active.

This program is taught in Mandarin and English. Registration is required.

Volunteer: Florence Luo

OBCC | SEP 8 – DEC 15 SU, 4:00 PM – 6:00 PM
No class Oct 13
FREE / 14 #10064

EDUCATION

Community Digital Support AGES 19+

Drop-in for tech support. Receive guidance, assistance, tips and troubleshooting support for your smartphone, tablet or laptop. Volunteers provide support to community members with questions about using devices, navigating software, managing files and images, using or installing applications, as well as connecting to the internet and use of data, among other topics.

Available in English and Mandarin. Please register to receive updates.

Volunteer: UNA Volunteer

WCC | SEP 14 – DEC 7 SA, 10:00 AM – 12:00 PM
No session Oct 12
FREE / 12 #10028

Tech-Savvy Mondays for Seniors AGES 55+



Tackle technology and boost online literacy. Participants, ages 55+, bring their questions about interacting with computer devices and the online world to volunteers, who offer one-on-one and group

support. Topics covered may include: setting up email, exporting images from email or your phone, using Zoom and Facebook.

Participants must bring a device (phone, laptop, tablet). Registration is required for this volunteer-led program.

Volunteer: UNA Volunteer

WCC | SEP 9 – DEC 9 M, 1:45 PM – 3:00 PM
No classes Sep 30, Oct 14, Nov 11
FREE / 11 #10082

EDUCATION

Dementia Support Circle AGES 19+



Neerja Singh has a PhD in Psychology and Aging. For each session, she and her volunteers will plan topics and activities based on the needs and interest of the participants. This program is open to everyone: people experiencing dementia, caregivers, family members and anyone interested in learning more about dementia. Tea will be provided and the room is available after the program for those who wish to stay for an unstructured social time.

Volunteer: Neerja Singh

WCC | SEP 13 – DEC 13 F, 10:00 AM – 11:00 AM
FREE / 14 #10079

English ABCs for Seniors AGES 55+

Start from scratch. Participants in this class, designed for seniors who have little or no experience with the English language, learn basic vocabulary and sentences that support real-life interactions. Led by youth volunteers, this class provides a welcoming and slow-paced environment for new language learners. Registration is required.

Volunteer: UNA Volunteer

WCC | SEP 8 – DEC 8 SU, 10:00 AM – 11:30 AM
No classes Oct 13, Oct 27
FREE / 12 #10026



FITNESS

AquaFit | West Hampstead AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance.

Instructor: Hanif Teja

S | SEP 10 – DEC 10 TU, 1:00 PM – 1:50 PM
\$126.00 / 14 | Drop-in \$9.00 #10178

AquaFit | Balmoral AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance.

Suitable for all fitness, mobility and swim levels, and all ages are welcome.

Instructor: Hanif Teja

S | SEP 9 - DEC 9 M, 11:00 AM - 12:00 PM
No classes Sep 30, Oct 13, Nov 11
\$88.00 / 11 | Drop-in \$9.00 #10362

S | SEP 12 – DEC 12 TH, 1:30 PM – 2:20 PM
No class Oct 31
\$117.00 / 13 | Drop-in \$9.00 #10177

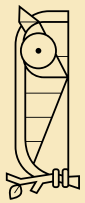
Zumba | Seniors AGES 55+



Zumba is inspired by Latin dance, including salsa, merengue and samba, and is accompanied by international music. Participants execute basic sequences designed as a workout that combines aerobic and interval training. The slower paced and friendly atmosphere makes classes as enjoyable as having a dance party with friends. This class is designed for older adults and folks who are just beginning their fitness journey.

Instructor: Herald Kane

WCC | SEP 14 – DEC 14 SA, 12:45 PM – 1:45 PM
No class Oct 12
\$105.00 / 13 | Drop-in \$15.00 #9937



THE CAMPUS RESIDENT

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MYUNA.CA/RECREATION/PROGRAMS.

FITNESS

Osteofit | West Hampstead AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment. Equipment is not provided for remote sessions.

Osteofit instructors are trained and certified by BC Women's Hospital + Health Centre.

Instructor: Angie Datt

S | SEP 9 – DEC 9 **M, 3:00 PM – 4:00 PM**
No classes Sep 30, Oct 14, Nov 11
\$99.00 / 11 | Drop-in \$9.00 #10114

Osteofit AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment.

Osteofit instructors are trained and certified by BC Women's Hospital + Health Centre.

Instructor: Angie Datt

WCC | SEP 9 – DEC 9 **M, 1:00 PM – 2:00 PM**
No classes Sep 30, Oct 14, Nov 11
\$100.00 / 11 | Drop-in \$10.00 #10113

OBCC | SEP 12 – DEC 12 **TH, 11:00 AM – 12:00 PM**
No classes Oct 24, Oct 31
\$130.00 / 12 | Drop-in \$10.00 #10115

SPORT

Badminton for Seniors AGES 55+



Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels over the age of 55. Bring your own racquet.

WCC | SEP 10 – DEC 10 **TU, 2:15 PM – 3:45 PM**
No session Sep 24
\$52.00 / 13 | Drop-in \$4.00 #10029

WCC | SEP 13 – DEC 13 **F, 12:15 PM – 1:45 PM**
No session Oct 25
\$52.00 / 13 | Drop-in \$4.00 #10033

Seniors' Gym AGES 55+

Participants ages 55+ can stay healthy and active by joining volunteer-led games and activities in Seniors' Gym! Activities will be low intensity. Please wear indoor walking shoes.

Volunteer: UNA Volunteer

WCC | SEP 9 – DEC 9 **M, 11:15 AM – 12:15 PM**
No classes Sep 30, Oct 14, Nov 11
FREE / 11 #10035

Table Tennis for Seniors AGES 55+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to seniors ages 55+ of all skill levels. Bring your own paddle.

WCC | SEP 13 – DEC 13 **F, 2:30 PM – 3:30 PM**
No class Oct 25
\$52.00 / 13 | Drop-in \$4.00 #10065

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.

Volunteer: Florence Luo

WCC | SEP 28, OCT 26, NOV 30 **SA, 7:00 PM – 8:30 PM**
FREE / 3 #10063

Song Circle for Seniors AGES 55+

Join in a casual sing-along! Songs will be in multiple languages.

Volunteer: UNA Volunteer

WCC | SEP 13 – DEC 13 **F, 10:00 AM – 11:30 AM**
No class Nov 22
FREE / 13 #10043



INDEX & SCHEDULE

Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
COMMUNITY EVENTS – PAGES 8-9							
	Neighbours Day	All Ages	Sep 7	Sat	12:00 PM	WCC	邻里日
	Don't Tell Comedy	Ages 19+	Sep 21	Sat	7:30 PM	tba	脱口秀喜剧
	Don't Tell Comedy	Ages 19+	Dec 7	Sat	7:30 PM	tba	脱口秀喜剧
	Halloween	All Ages	Oct 31	Thu	4:00 PM	WCC	万圣节
	Diwali	All Ages	Oct 27	Sun	2:00 PM	WCC	排灯节
10295	SPARK Animation Film Screening	All Ages	Nov 23	Sat	6:00 PM	OBCC	动画
	Winter Festival	All Ages	Dec 14	Sat	10:00 AM	OBCC	圣诞节
10000	Murder Mystery Dinner	Ages 16+	Oct 29	Tue	6:00 PM	OBCC	剧本杀晚宴
9875	Yard Sale	All Ages	Nov 9	Sat	10:00 AM	WCC	旧货集
10239	Family Movie Night	All Ages	Sep 14	Sat	6:00 PM	OBCC	家庭电影之夜
10241	Sustainability by the Seasons	All Ages	Sep 10	Tue	4:00 PM	WCC	可持续性讲座
10247	Karaoke: Sing and Socialize	All Ages	Sep 13	Fri	6:00PM	OBCC	卡拉OK
CAMPS – PAGE 10							
10020	Crossmaneuver - Pro-D Day Camp	Ages 6-12	Sep 20	Fri	9:00 AM	WCC	Pro-D 表演及艺术一日营
10016	WIZE- Pro-D day Lego Camp	Ages 6-10	Nov 22	Fri	9:00 AM	WCC	Pro-D 乐高一日营
10012	Sportball: Pro-D Day Multi-Sport camp	Ages 6-10	Oct 25	Fri	9:00 AM	WCC	Pro-D 球类运动一日营
ACTIVE KIDS – PAGES 12-13							
10019	Active Kids: Multi-Sport and Playtime	Ages 1-3	Sep 9	Mon	9:30 AM	WCC	多项球类和游戏
10018	Active Kids: Mini Sport & Games	Ages 3-5	Sep 9	Mon	10:15 AM	WCC	少儿球类和健体运动
10013	Active Kids: Soccer	Ages 3-5	Sep 9	Mon	4:00 PM	WCC	足球
10015	Active Kids: Soccer	Ages 6-9	Sep 9	Mon	4:45 PM	WCC	足球
10022	Active Kids: Basketball	Ages 8-12	Sep 10	Tue	4:00 PM	WCC	篮球
10024	Active Kids: Basketball	Ages 8-12	Sep 12	Thu	4:00 PM	WCC	篮球
10021	Active Kids: Basketball	Ages 8-12	Sep 14	Sat	12:15 PM	WCC	篮球
10023	Active Kids: Basketball	Ages 12-16	Sep 12	Thu	4:00 PM	WCC	篮球
10077	Active Kids: Girls Play Basketball	Ages 8-12	Sep 14	Sat	10:30 AM	WCC	女子篮球
EARLY YEARS – PAGES 14-17							
9971	Parent & Child: Hip-Hop	Ages 2-5	Sep 14	Sat	9:30 AM	WCC	亲子嘻哈舞
10053	Preschool Ballet	Ages 3-4	Sep 15	Sun	11:25 AM	WCC	学前芭蕾
10052	Preschool Dance	Ages 2-3	Sep 15	Sun	9:30 AM	WCC	学前舞蹈
10049	Preschool Dance	Ages 2-3	Sep 16	Mon	3:30 PM	WCC	学前舞蹈
10030	Preschool Ballet	Ages 3-4	Sep 18	Wed	3:30 PM	WCC	学前芭蕾
9999	Crafts with Ruta	Ages 2-5	Sep 13	Fri	10:45 AM	WCC	Ruta 手工课
9998	Crafts with Ruta	Ages 2-5	Sep 13	Fri	9:45 AM	WCC	Ruta 手工课
10001	Crafts with Ruta	Ages 2-5	Oct 18	Fri	9:45 AM	WCC	Ruta 手工课
10002	Crafts with Ruta	Ages 2-5	Oct 18	Fri	10:45 AM	WCC	Ruta 手工课
10004	Crafts with Ruta	Ages 2-5	Nov 22	Fri	10:45 AM	WCC	Ruta 手工课
10003	Crafts with Ruta	Ages 2-5	Nov 22	Fri	9:45 AM	WCC	Ruta 手工课
9990	Music Together	Ages 0-5	Sep 17	Tue	9:30 AM	OBCC	亲子音乐
9992	Music Together	Ages 0-5	Sep 17	Tue	10:30 AM	OBCC	亲子音乐
9997	Preschool Drawing	Ages 3-5	Oct 7	Mon	10:10 AM	WCC	学前绘画
9996	Preschool Drawing	Ages 3-5	Oct 7	Mon	9:15 AM	WCC	学前绘画
9984	Group Piano for Preschoolers	Ages 3-5	Sep 18	Wed	11:10 AM	WCC	学前钢琴小班课

Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
EARLY YEARS – PAGES 14-17							
9983	Group Ukulele Circle	Ages 3-5	Sep 18	Wed	10:20 AM	WCC	尤克里里小队
9981	Smart Start Music	Ages 0-3	Sep 18	Wed	9:30 AM	WCC	智能启蒙音乐
10212	Science for Kids	Ages 3-6	Sep 12	Thu	4:00 PM	WCC	少儿科学
10213	Science for Kids	Ages 3-6	Nov 7	Thu	4:00 PM	WCC	少儿科学
10229	Karate Kids Martial Arts and Movements	Ages 4-6	Sep 13	Fri	6:15 PM	OBCC	空手道/武术运动
10078	Kids on Wheels Parent & Tot	Ages 2-3	Sep 14	Sat	10:00 AM	OBCC	儿童单车
10080	Kids on Wheels Preschool	Ages 3-5	Sep 14	Sat	11:15 AM	OBCC	幼儿单车
10170	Sportball: Floor Hockey	Ages 4-6	Sep 11	Wed	3:45 PM	WCC	少儿曲棍球
10171	Sportball: Floor Hockey	Ages 4-6	Oct 30	Wed	3:45 PM	WCC	少儿曲棍球
10223	Parent & Tot: Gym Drop In	Ages 0-5	Sep 8	Sun	10:00 AM	OBCC	亲子活动时间
10221	Parent & Tot: Gym Drop In	Ages 0-5	Sep 10	Tue/Thu	10:00 AM	WCC	亲子活动时间
10237	Babytime	Ages 0-1	Sep 26	Thu	10:00 AM	WCC	幼儿活动时间
10238	Storytime at the Old Barn Community Centre	Ages 0-5	Sep 13	Fri	10:00 AM	OBCC	Old Barn 故事阅读
CHILDREN – PAGES 18-27							
9968	K-Pop Hip-Hop	Ages 6-10	Sep 10	Tue	3:30 PM	WCC	韩式嘻哈
9974	Classical Indian Dance: Bharata Natyam	Ages 5-18	Sep 14	Sat	4:00 PM	WCC	印度传统舞蹈: 婆罗多舞
9970	K-Pop Hip-Hop	Ages 6-10	Sep 14	Sat	11:15 AM	WCC	韩式嘻哈
10055	Ballet	Ages 6-8	Sep 15	Sun	12:15 PM	WCC	芭蕾一级
10056	Contemporary Jazz	Ages 6-8	Sep 15	Sun	1:20 PM	WCC	现代爵士舞
10054	Dance Foundations	Ages 5-6	Sep 15	Sun	10:20 AM	WCC	舞蹈基础
10058	Street Dance Moves	Ages 7-10	Sep 15	Sun	2:25 PM	WCC	嘻哈街舞
10048	Dance Foundations	Ages 5-6	Sep 16	Mon	4:20 PM	WCC	舞蹈基础
10032	Ballet	Ages 6-8	Sep 18	Wed	4:20 PM	WCC	芭蕾一级
10034	Ballet	Ages 8-10	Sep 18	Wed	5:25 PM	WCC	芭蕾二级
10050	Musical Theatre	Ages 6-8	Sep 16	Mon	5:25 PM	WCC	舞台歌舞剧
10051	Musical Theatre	Ages 9-12	Sep 16	Mon	6:30 PM	WCC	舞台歌舞剧
10125	Eco papermaking workshop	Ages 6+	Oct 6	Sun	2:00 PM	WCC	变废为宝: 生态纸坊
10100	Creative Arts	Ages 6-9	Sep 9	Mon	3:30 PM	WCC	创意艺术
10107	Creative Arts	Ages 9-12	Sep 9	Mon	5:00 PM	WCC	创意艺术
9933	Manga Art	Ages 9-14	Oct 5	Sat	2:15 PM	WCC	漫画课
9932	Manga Art	Ages 6-9	Oct 19	Sat	1:00 PM	WCC	漫画课
9975	Young Moviemakers	Ages 8-14	Sep 13	Fri	4:00 PM	WCC	少年电影制作
10161	English Reading and Writing Gr 1-2	Ages 6-8	Sep 9	Mon	6:00 PM	WCC	英语阅读与写作1-2年级
10162	English Reading and Writing Gr 1-2	Ages 6-8	Sep 11	Wed	6:00 PM	WCC	英语阅读和写作1-2年级
10163	English Reading and Writing Gr 3-4	Ages 8-10	Sep 9	Mon	7:00 PM	WCC	英语阅读与写作3-4年级
10164	English Reading and Writing Gr 3-4	Ages 8-10	Sep 11	Wed	7:00 PM	WCC	英语阅读与写作3-4年级
10167	Mastering Mandarin Beginner	Ages 5-18	Sep 14	Sat	10:00 AM	WCC	汉语学习-初级
10168	Mastering Mandarin Intermediate	Ages 5-18	Sep 14	Sat	11:30 AM	WCC	汉语学习-中级
10169	Mastering Mandarin Advanced	Ages 5-18	Sep 14	Sat	1:00 PM	WCC	汉语学习-高级
10220	3D Modeling and Printing for Kids	Ages 8-12	Sep 24	Tue	4:00 PM	WCC	科学课3D建模和打印
10222	Code, Control & Fly Drones	Ages 8-12	Sep 28	Sat	4:45 PM	WCC	编码、控制和驾驶无人机
10219	Engineering & Robotics - Lego WeDo	Ages 6-8	Sep 28	Sat	3:00 PM	WCC	机械工程 - 乐高
10075	Math-4-Kids Gr 3-4	Ages 8-10	Sep 9	Mon	3:30 PM	WCC	数学3-4年级
10076	Math-4-Kids Gr 5-6	Ages 10-12	Sep 9	Mon	4:35 PM	WCC	数学5-6年级
10210	Science for Kids	Ages 7-11	Sep 12	Thu	5:00 PM	WCC	少儿科学
10211	Science for Kids	Ages 7-11	Nov 7	Thu	5:00 PM	WCC	少儿科学

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Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
CHILDREN – PAGES 18-27							
10047	Minecraft Coders Beginner	Ages 7-10	Sep 12	Thu	6:15 PM	WCC	我的世界初级编程课
10069	Minecraft Coders Intermediate	Ages 9-12	Sep 10	Tue	7:00 PM	WCC	我的世界中级编程课
10072	Badminton Beginner	Ages 8-10	Sep 13	Fri	4:00 PM	WCC	羽毛球 初级
10172	Sportball: Floor Hockey	Ages 6-9	Sep 11	Wed	4:30 PM	WCC	少儿曲棍球
10173	Sportball: Floor Hockey	Ages 6-9	Oct 30	Wed	4:30 PM	WCC	少儿曲棍球
10087	Open Gym Pre-teen	Ages 9-12	Sep 11	Wed	5:30 PM	WCC	少年开放体育馆
10165	Family Badminton Drop-In	All Ages	Sep 15	Sun	4:00 PM	WCC	家庭羽毛球
10166	Family Badminton Drop-In	All Ages	Sep 14	Sat	8:45 AM	WCC	家庭羽毛球
10303	Family Pickleball Drop-in	All Ages	Sep 15	Sun	9:00 AM	WCC	家庭匹克球
10229	Karate Kids Martial Arts and Movements	Ages 4-6	Sep 13	Fri	6:15 PM	OBCC	空手道/武术运动
10127	Family Karate	Ages 6-12	Sep 10	Tue	7:00 PM	WCC	家庭空手道
10132	Family Karate	Ages 6-12	Sep 13	Fri	7:00 PM	OBCC	家庭空手道
10147	Tae Kwon Do Kids	Ages 4-12	Sep 8	Sun	1:00 PM	WCC	儿童跆拳道
10248	Pokemon Trading Card Game	Ages 10+	Sep 14	Sat	3:30PM	WCC	宝可梦集换式卡牌游戏
10240	Community Board Game Night	All Ages	Sep 13	Fri	6:00PM	WCC	社区棋盘游戏之夜
10224	4-H Club	Ages 9-19	Sep 13	Fri	6:30 PM	WCC	4-H俱乐部
9994	Chess Basics: An Introductory Guide	Ages 7-12	Sep 13	Fri	4:00 PM	WCC	初级国际象棋
9991	Pre-teen Leadership	Ages 9-12	Sep 9	Mon	4:00 PM	WCC	青少年领导力
10236	Girl Guides Grades 4-6	Ages 9-11	Sep 19	Thu	6:00 PM	OBCC	女童军
9995	Galileo's Gang	Ages 11-13	Sept 12	Thu	3:30 PM	WCC	伽利略俱乐部
various	Flute Sunday	Ages 8+	Sep 8	Sun	1:00 PM	WCC	长笛 周日
various	Piano Monday	Ages 5+	Sep 9	Mon	3:30 PM	WCC	钢琴 周一
9936	Group Guitar Beginner	Ages 14+	Sep 9	Mon	6:30 PM	WCC	吉他小班课-初级
9935	Group Guitar Intermediate	Ages 14+	Sep 9	Mon	7:30 PM	WCC	吉他小班课 - 中级
various	Piano Tuesday	Ages 5+	Sep 10	Tue	3:30 PM	WCC	钢琴 周二
10096	Community Choir-Drop-In	Ages 13+	Sep 11	Wed	7:00 PM	OBCC	社区合唱团
various	Piano Wednesday	Ages 5+	Sep 11	Wed	3:30 PM	WCC	钢琴 周三
various	Guitar Friday	Ages 8+	Sep 13	Fri	4:30 PM	WCC	吉他 周五
various	Piano Friday	Ages 5+	Sep 13	Fri	3:30 PM	WCC	钢琴 周五
various	Violin Thursday	Ages 5+	Sep 12	Thu	3:30 PM	WCC	小提琴 周四
various	Piano Thursday	Ages 5+	Sep 12	Thu	3:30 PM	WCC	钢琴 周四
various	Piano Saturday	Ages 5+	Sep 14	Sat	10:00 AM	WCC	钢琴 周六
YOUTH – PAGES 28-34							
9973	Active Dance and Sing Musical Theatre	Ages 9-14	Sep 10	Tue	5:30 PM	WCC	歌舞舞台剧
9969	K-Pop Hip-Hop	Ages 11-16	Sep 10	Tue	4:30 PM	WCC	韩式嘻哈
10252	K-Pop Hip-Hop	Ages 11-16	Sep 14	Sat	10:15 AM	WCC	韩式嘻哈
10062	Intermediate Ballet	Ages 13+	Sep 15	Sun	3:30 PM	WCC	芭蕾三级
10123	Drawing & Painting	Ages 11-18	Sep 11	Wed	3:30 PM	WCC	绘画课
10160	Quiet Study Hours	Ages 13-18	Sep 11	Wed	8:00 PM	WCC	安静学习时间
10158	Quiet Study Hours	Ages 13-18	Sep 9	Mon	8:00 PM	WCC	安静学习时间
10089	Youth Social Drop-In	Ages 13-18	Sep 13	Fri	6:00 PM	WCC	青少年社交
10094	Youth Social Drop-In	Ages 13-18	Sep 10	Tue	6:00 PM	WCC	青少年社交
10150	Peer Tutoring	Ages 13-18	Sep 10	Tue	4:00 PM	WCC	同学辅导项目
9987	Intermediate Coding	Ages 13-18	Sep 15	Sun	11:35 AM	WCC	中级编程
9985	Introduction to Coding	Ages 12-17	Sep 15	Sun	10:30 AM	WCC	初级编程
10218	Toastmasters Youth Program	Ages 12-17	Sep 11	Wed	6:30 PM	WCC	青少年演讲俱乐部

Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
YOUTH – PAGES 28-34							
10298	Red Cross Babysitting	Ages 11-14	Oct 13	Sun	9:00 AM	WCC	红十字会保姆课程
10074	Badminton Intermediate	Ages 11-16	Sep 13	Fri	5:00 PM	WCC	羽毛球中级
10073	Badminton Advanced	Ages 13-18	Sep 13	Fri	6:00 PM	WCC	羽毛球高级
10081	Badminton Drop-in Youth	Ages 13-18	Sep 15	Sun	5:35 PM	WCC	青年羽毛球 Drop-In
10083	Basketball Drop-in Youth	Ages 13-18	Sep 10	Tue	5:45 PM	WCC	青年篮球 Drop-In
10126	Family Karate	Ages 13-18	Sep 10	Tue	7:00 PM	WCC	家庭空手道
10131	Family Karate	Ages 13-18	Sep 13	Fri	7:00 PM	OBCC	家庭空手道
10165	Family Badminton Drop-In	All Ages	Sep 8	Sun	4:00 PM	WCC	家庭羽毛球
10166	Family Badminton Drop-In	All Ages	Sep 14	Sat	8:45 AM	WCC	家庭羽毛球
10303	Family Pickleball Drop-in	All Ages	Sep 8	Sun	9:00 AM	WCC	家庭匹克球
10129	Teens & Adults Karate	Ages 10-18	Sep 10	Tue	8:00 PM	WCC	青少年和成人空手道
10149	Tae Kwon Do Youth	Ages 13-18	Sep 8	Sun	1:00 PM	WCC	青年跆拳道
10215	Volleyball BC: Train and Play	Ages 13-16	Sep 14	Sat	2:15 PM	WCC	Volleyball BC: 排球训练
10216	Volleyball BC: Train and Play	Ages 13-16	Nov 2	Sat	2:15 PM	WCC	Volleyball BC: 排球训练
10155	Volleyball Drop-in Youth	Ages 13-18	Sep 14	Sat	4:00 PM	WCC	青年排球 Drop-In
10152	Open Gym Youth	Ages 13-18	Sep 14	Sat	7:45 PM	WCC	青年运动 – Open Gym
10086	Open Gym Youth	Ages 13-18	Sep 11	Wed	5:30 PM	WCC	青年运动 – Open Gym
10248	Pokemon Trading Card Game	Ages 10+	Sep 14	Sat	3:30PM	WCC	宝可梦集换式卡牌游戏
10240	Community Board Game Night	All Ages	Sep 13	Fri	6:00PM	WCC	社区棋盘游戏之夜
10007	Chess for Beginners & Intermediate Players	Ages 13-18	Sep 12	Thu	3:30 PM	WCC	初中级国际象棋
10103	Creative Art Studio Youth & Seniors	Ages 13-18	Sep 10	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
10006	Rubik's Cube Club	Ages 11-18	Sep 12	Thu	3:30 PM	WCC	魔方俱乐部
10009	Youth Craft Workshop	Ages 13-18	Sep 11	Wed	3:30 PM	WCC	青年手工坊
9943	Youth Leadership	Ages 13-18	Sep 13	Fri	3:30 PM	WCC	青年领导力
ADULTS – PAGES 38-61							
9934	Dance Fusion	Ages 19+	Sep 9	Mon	7:45 PM	WCC	混合舞蹈
9939	Chinese Folk Dance	Ages 19+	Sep 10	Tue	12:30 PM	WCC	中国民族舞蹈
10119	Ballet Drop-In Intermediate	Ages 15+	Sep 13	Fri	5:00 PM	WCC	成年中/高级芭蕾舞健身
9940	Chinese Folk Dance	Ages 19+	Sep 13	Fri	12:30 PM	WCC	中国民族舞蹈
10128	Classical Indian Dance: Bharata Natyam	Ages 19+	Sep 14	Sat	2:30 PM	WCC	印度传统舞蹈: 婆罗多舞
10038	Adult Ballet Beginner	Ages 19+	Sep 18	Wed	7:45 PM	WCC	成年芭蕾舞
10120	Introduction to Drawing	Ages 16+	Sep 11	Wed	5:45 PM	WCC	素描
10121	Introduction to Watercolour Painting	Ages 16+	Sep 11	Wed	7:30 PM	WCC	水彩画
10203	Introduction to Drawing	Ages 16+	Oct 30	Wed	5:45 PM	WCC	素描
10206	Introduction to Watercolour Painting	Ages 16+	Oct 30	Wed	7:30 PM	WCC	水彩画
10046	Puppy Preschool	Ages 19+	Sep 10	Tue	6:00 PM	WCC	幼犬培训
10045	Good to Great: Manners and More	Ages 19+	Sep 10	Tue	7:15 PM	WCC	狗狗规矩培训
9982	English Conversation for Mandarin Speaker	Ages 19+	Sep 9	Mon	9:30 AM	WCC	英语入门 (国语)
10017	English Conversation Beginner Thursdays	Ages 19+	Sep 12	Thu	10:00 AM	WCC	英语会话 初级
10044	English Conversation Intermediate	Ages 19+	Sep 10	Tue	10:00 AM	WCC	英语会话 中级
10102	English Conversation Intermediate	Ages 19+	Sep 11	Wed	1:00 PM	WCC	英语会话 中级
10014	English Conversation Intermediate	Ages 19+	Sep 12	Thu	7:00 PM	OBCC	英语会话 中级
10031	English Conversation Advanced	Ages 19+	Sep 13	Fri	10:00 AM	OBCC	英语会话 高级
10101	French Beginner	Ages 19+	Sep 10	Tue	6:30 PM	OBCC	法语 初级
10039	French Intermediate	Ages 19+	Sep 9	Mon	1:00 PM	WCC	法语 中级
10027	French Advanced Grammar	Ages 19+	Sep 9	Mon	2:30 PM	WCC	法语 高级语法
10234	French Club	Ages 19+	Sep 12	Thu	1:30 PM	OBCC	法语俱乐部

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Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
ADULTS – PAGES 38-61							
10079	Dementia Support Circle	Ages 19+	Sep 13	Fri	10:00 AM	WCC	失智症互助小组
9938	Korean Parent Support Circle	Ages 19+	Sep 17	Tue	12:30 AM	WCC	韩国家长互助交流会
9941	SUCCESS: Settlement Services I	Ages 19+	Sep 10	Tue	9:00 AM	WCC	中侨移民安顿服务
10010	VSB Parents Power-up Sessions	Ages 19+	Sep 12	Thu	1:00 PM	Virtual	温哥华教育局新移民家长中英文讲座
10183	10K in 8 Weeks	Ages 18+	Sep 5	Thu	6:00 PM	WCC	8周跑万米
10112	Barre Pilates	Ages 19+	Sep 12	Thu	5:15 PM	WCC	芭蕾普拉提
10179	Express HIIT Lunchtime	Ages 19+	Sep 12	Thu	12:00 PM	WCC	午间极速高燃脂训练
10176	Express Spin Morning	Ages 19+	Sep 9	Mon	7:45 AM	WCC	早晨极速单车
10196	Fit Together	Ages 19+	Sep 9	Mon	11:55 AM	WCC	亲子健身训练
10198	Full Body Bootcamp	Ages 19+	Sep 12	Wed	10:45 AM	OBCC	全身训练营
10182	Learn to Run Clinic	Ages 19+	Sep 3	Tue	6:00 PM	WCC	跑步诊所
10110	Pilates Beginner	Ages 19+	Sep 10	Tue	9:25 AM	WCC	芭蕾普拉提
10194	Spin	Ages 19+	Sep 10	Tue	7:15 AM	WCC	极速单车
10190	Zumba	Ages 19+	Sep 11	Wed	6:35 PM	WCC	Zumba舞
10116	Chair Yoga with Angie	Ages 19+	Sep 12	Thu	1:00 PM	WCC	椅子瑜伽
10117	Gentle & Restorative Yoga	Ages 19+	Sep 10	Tue	10:30 AM	WCC	恢复性瑜伽
10118	Gentle Yoga with Angie	Ages 19+	Sep 13	Fri	10:00 AM	WCC	轻柔瑜伽
10199	Hatha Yoga with Ritu	Ages 19+	Sep 11	Wed	9:45 AM	WCC	Hatha瑜伽
10174	Iyengar Yoga with Brian Intermediate	Ages 19+	Sep 12	Thu	6:25 PM	WCC	Brian二级艾杨格瑜伽
10188	Iyengar Yoga with Luci	Ages 17+	Sep 14	Sat	10:00 AM	WCC	Iyengar瑜伽
10189	Iyengar Yoga with Luci	Ages 17+	Nov 30	Sat	10:00 AM	WCC	Iyengar瑜伽
10200	Prenatal & Postnatal Yoga	Ages 19+	Sep 11	Wed	11:00 AM	WCC	产前后瑜伽
10201	Restorative Yoga	Ages 19+	Sep 8	Sun	5:15 PM	WCC	恢复性瑜伽
10186	Yoga in English & Mandarin with Kate	Ages 19+	Sep 11	Wed	12:30 PM	WCC	Kate中文瑜伽
10187	Yoga in Mandarin with Kate	Ages 19+	Sep 13	Fri	11:15 AM	WCC	中文Hatha瑜伽
10106	Badminton	Ages 18+	Sep 13	Fri	7:45 PM	WCC	羽毛球
10108	Badminton	Ages 18+	Sep 9	Mon	2:15 PM	WCC	羽毛球
10143	Badminton Drop-In	Ages 18+	Sep 10	Tue	12:00 PM	WCC	羽毛球
10165	Family Badminton Drop-In	All Ages	Sep 15	Sun	4:00 PM	WCC	家庭羽毛球
10166	Family Badminton Drop-In	All Ages	Sep 14	Sat	8:45 AM	WCC	家庭羽毛球
10297	Basketball	Ages 18+	Sep 12	Thu	7:45 PM	WCC	羽毛球
10139	Basketball Drop-In	Ages 18+	Sep 9	Mon	6:00 PM	WCC	篮球
10156	Indoor Soccer	Ages 19+	Sep 12	Thu	6:00 PM	WCC	匹克球练习
10227	Pickleball Lessons Learn to Play	Ages 18+	Sep 11	Wed	9:00 AM	WCC	匹克球初级
10228	Pickleball Lessons Intermediate	Ages 18+	Sep 11	Wed	10:45 AM	WCC	匹克球中级
10140	Pickleball Lessons Accelerated Dev.	Ages 18+	Sep 8	Sun	10:45 AM	WCC	匹克球晋级训练
10225	Pickleball Lessons Advanced Doubles	Ages 18+	Sep 13	Fri	8:45 AM	WCC	匹克球高级双打
10136	Pickleball	Ages 18+	Sep 9	Mon	8:00 PM	WCC	匹克球
10137	Pickleball	Ages 18+	Sep 13	Fri	10:30 AM	WCC	匹克球
10142	Pickleball Drop-In	Ages 18+	Sep 12	Thu	1:45 PM	WCC	匹克球练习
10303	Family Pickleball Drop-in	All Ages	Sep 8	Sun	9:00 AM	WCC	家庭羽毛球
10138	Table Tennis	Ages 19+	Sep 9	Mon	11:15 AM	WCC	乒乓球
10141	Table Tennis	Ages 19+	Sep 10	Tue	2:15 PM	WCC	乒乓球
10134	Table Tennis Drop-In	Ages 19+	Sep 13	Fri	12:15 PM	WCC	乒乓球
10153	Volleyball	Ages 18+	Sep 14	Sat	5:45 PM	WCC	排球
10145	Volleyball Drop-In	Ages 18+	Sep 11	Wed	7:45 PM	WCC	排球

Course ID	Program	Age	First Date	Days	Start Time	Location	Mandarin Translation
ADULTS – PAGES 38-61							
10130	Teens & Adults Karate	Ages 19+	Sep 10	Tue	8:00 PM	WCC	青少年/成年人空手道
10124	Family Karate	Ages 19+	Sep 10	Tue	7:00 PM	WCC	家庭空手道
10133	Family Karate	Ages 19+	Sep 13	Fri	7:00 PM	OBCC	家庭空手道
10157	Tai Chi	Ages 19+	Oct 1	Tue	6:30 PM	WCC	太极
10159	Tai Chi & Qi Gong	Ages 19+	Oct 6	Sun	6:30 PM	WCC	太极/气功
10098	Walking Soccer	Ages 19+	Oct 2	Wed	1:00 PM	WCC	慢走足球
10011	Soccer Skills for Women	Ages 19+	Sep 12	Thu	12:00 PM	WCC	女士足球
10248	Pokemon Trading Card Game	Ages 10+	Sep 14	Sat	3:30PM	WCC	口袋妖怪集换式卡牌游戏
10240	Community Board Game Night	All Ages	Sep 13	Fri	6:00PM	WCC	社区棋盘游戏之夜
10233	Food for Thought: Meaningful Conversations	Ages 16+	Sep 11	Wed	7:00 PM	OBCC	精神食粮：一系列有意义的对话活动
10008	Newcomers' English Club	Ages 19+	Sep 12	Thu	1:00 PM	WCC	新居民初级英语
10037	Open House: Volunteering for UNA	Ages 13+	Sep 24	Sat	1:30 PM	WCC	在社区当志愿者
various	Newcomers Support	Ages 13+	Sep 14	Sat	10:00 AM	WCC	新移民互助小组
10066	Saturday Aft. Tea Mandarin 遗嘱和遗产计划	Ages 19+	Oct 19	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
10067	Saturday Afternoon Tea: Dementia	Ages 19+	Sep 21	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
10070	Saturday Afternoon Tea: Medical Emergency	Ages 19+	Nov 16	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
10040	Bridge Advanced	Ages 19+	Sep 10	Tue	10:00 AM	WCC	桥牌练习时间
10041	Mahjong English & Mandarin	Ages 19+	Sep 2	Mon	1:00 PM	WCC	麻将
10230	Let's Cook Club	All Ages	Sep 24	Tue	6:00 PM	WCC	美食烹饪俱乐部
10231	Let's Cook Club	All Ages	Oct 29	Tue	6:00 PM	WCC	美食烹饪俱乐部
10232	Let's Cook Club	All Ages	Nov 26	Tue	6:00 PM	WCC	美食烹饪俱乐部
10235	Old Barn Book Club	Ages 16+	Sep 28	Sat	10:00 AM	OBCC	Old Barn 读书俱乐部
10060	Sewing and Knitting Studio	Ages 13+	Sep 8	Sun	1:00 PM	WCC	社区缝纫工作室
10061	Walk and Talk Club	Ages 19+	Sep 9	Mon	10:00 AM	WCC	边走边聊俱乐部
10226	Wesbrook Book Club	Ages 19+	Sep 22	Sun	10:00 AM	WCC	社区读书俱乐部
10042	Women's Social Club	Ages 19+	Sep 10	Tue	12:00 PM	OBCC	女士社交俱乐部
SENIORS – PAGES 62-65							
10025	Art Studio for Seniors	Ages 55+	Sep 12	Thu	9:30 AM	WCC	老年开放艺术馆
10104	Creative Art Studio Youth & Seniors	Ages 55+	Sep 10	Tue	3:30 PM	WCC	创意艺术工作室
10064	Chinese Dance for Seniors	Ages 55+	Sep 15	Sun	4:00 PM	OBCC	中式老年舞蹈
10026	English ABCs for Seniors	Ages 55+	Sep 8	Sun	10:00 AM	WCC	老年英语
10082	Tech-Savvy Mondays for Seniors	Ages 55+	Sep 9	Mon	1:45 PM	WCC	老人电脑培训课
10028	Community Digital Support	Ages 19+	Sep 14	Sat	10:00 AM	WCC	社区电脑辅导
10079	Dementia Support Circle	Ages 19+	Sep 13	Fri	10:00 AM	WCC	失智症互助小组
10033	Badminton for Seniors Fri	Ages 55+	Sep 13	Fri	12:15 PM	WCC	老年羽毛球
10029	Badminton for Seniors Tues	Ages 55+	Sep 10	Tue	2:15 PM	WCC	老年羽毛球
10035	Seniors' Gym	Ages 55+	Sep 9	Mon	11:15 AM	WCC	老人锻炼时间
10065	Table Tennis for Seniors	Ages 55+	Sep 13	Fri	2:30 PM	WCC	乒乓球
10178	AquaFit West Hampstead	Ages 55+	Sep 10	Tue	1:00 PM	Satellite	West Hampstead 区 水中健身
10362	AquaFit Balmoral	Ages 55+	Sep 9	Mon	1:30 PM	Satellite	Balmoral 区 水中健身
10177	AquaFit Balmoral	Ages 55+	Sep 12	Thu	1:30 PM	Satellite	Balmoral 区 水中健身
10114	Osteofit West Hampstead	Ages 55+	Sep 9	Mon	3:00 PM	Satellite	健骨课程
10115	Osteofit	Ages 55+	Sep 12	Thu	11:00 AM	OBCC	网上健骨课程
9937	Zumba Seniors	Ages 55+	Sep 14	Sat	12:45 PM	WCC	Zumba 舞
10063	Dance Party for Seniors	Ages 55+	Sep 28	Sat	7:00 PM	WCC	老年舞蹈之夜
10043	Song Circle for Seniors	Ages 55+	Sep 13	Fri	10:00 AM	WCC	老年人唱歌活动

MEET YOUR FITNESS GOALS

AT THE **NEW** OLD BARN FITNESS CENTRE

New equipment, a new room layout and new fitness programs await you at the **Old Barn Fitness Centre!**

Join a **yoga class**, **fitness class**, or **bootcamp**

Hop on one of our new **treadmills**, **rowing machine** or **skierg machine**



Visit our website at **myuna.ca/facilities** for our location and hours or visit **myuna.ca/fitness** for information on health and fitness services.

PERSONALIZED FITNESS TRAINING

Our ***certified trainers*** are ready to teach you safe and correct training techniques whatever your current fitness level to help you ***reach your goals.***

View Old Barn and Wesbrook Fitness Centre operating hours, equipment and rates at **myuna.ca/fitness**.

For your safety and the safety of our facility users, we do not allow outside personal trainers to conduct business in our Fitness Centres. For questions and personal training opportunities, please contact **Fitness Centre Supervisor Kieran Petty** at **kieran.petty@myuna.ca**.



NEIGHBOURS DAY

FESTIVITIES
FUN & FOOD

WESBROOK COMMUNITY CENTRE

Free
Entry

12-5pm

myuna.ca/neighboursday

