

2026  
WINTER

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# PROGRAM GUIDE

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



## Light Your Way

Draw fun patterns in your lantern and fill it with wishes! Each shape and color should shine a light on your goals and dreams for the year.

**Win a prize!** Drop off your drawing at the WCC and help us build a collage. Follow [@unacommunity](#) on Instagram for details.





LIVE  
AT  
UBC

liveatubc.ca



U

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.

NOW OPEN:

**CHACHI'S**

**Blvd.**

**Rain OR Shine**  
ICE CREAM

**BODYENERGYCLUB**

★  
**BROWNS CRAFTHOUSE**  
KITCHEN & BAR

大排档  
SESAME

**jamjar**  
Folk Lebanese Food



**Chatime**

**JJBean**  
COFFEE ROASTERS

Uncle  
**FATIH'S**  
pizza

**NORI**  
BENTO & UDON

**KINTON RAMEN**

**Steve's**  
POKÉ BAR

# PROGRAM GUIDE

## **REGISTER ONLINE**

Monday, December 15, 2025 at 9:00 AM

View our Program Guide to find the program you want! You can then use the course number to register online directly, at [www.myuna.ca](http://www.myuna.ca)

## **REGISTER IN PERSON**

Monday, December 15, at 9:00 AM

Come to WCC or OBCC to register for your programs in person the good old fashioned way!

**OLD BARN COMMUNITY CENTRE**  
**6308 THUNDERBIRD BLVD**

**WESBROOK COMMUNITY CENTRE**  
**3335 WEBBER LANE**

## **REGISTER BY PHONE**

Monday, December 15, 2025 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



For full Recreation Policies including drop-in procedures, fitness and personal training policies, and additional information on public spaces, please visit

[myuna.ca/recreation-policies](https://myuna.ca/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.



## PROGRAM POLICIES

### Registration, Fees and Discounts

- Programs are subject to change without notice.
- Refund requests due to illness require a certified medical note from a licenced medical practitioner.
- Refund requests are considered from the date they have been received. Retroactive refunds will not be considered.
- Refunds will be prorated accordingly and processed within 10 business days. Non-refundable processing fees are applied.
- Refund requests can be made in-person at the community centres, by phone (604.800.9865), or by emailing [programs@myuna.ca](mailto:programs@myuna.ca).

Activity	Cancellation Deadline to Receive a Refund	Non-Refundable Processing Fee
Multi-class programs (excluding camps)	One business day after the first class	\$10.00
Single Day Programs (e.g. events, workshops, lectures)	5 business days prior to the event/program	\$10.00
Camps (multi-day and single-day)	10 business days prior to the first day of camp	\$20.00
Drop-ins	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	-



## **FITNESS POLICIES**

### **Fitness Centre Memberships/Drop-Ins**

#### **Fees and Validity**

- A valid Fitness Centre Membership or drop-in pass must be paid prior to entering the fitness facility.
- Fitness Centre Memberships are non-transferable.
- Fitness Centre drop-in passes are non-refundable and non-transferable to another patron or day (from the date of purchase). Proof of purchase must be presented to the Fitness Centre Attendant.
- Separate Fitness Centre Memberships and drop-in passes must be purchased for Wesbrook and Old Barn Fitness Centres.

### **Personal Training**

#### **Fees and Validity**

- A valid personal training package must be purchased prior to starting any personal training sessions. Remaining sessions on expired packages are not transferable to a new package.

#### **Refunds and Cancellations**

- No refund after seven days after date-of-purchase or after the first completed personal training session.
- No session cancellations/reschedules within 24 hours of the upcoming session. Sessions may be rescheduled if given at least 24 hours notice; otherwise, a refund will not be issued for a missed session.



## **PUBLIC SPACES**

### **Casual Room Use**

There are some rooms that offer casual room use to the public to drop-in to when programs, events, or bookings are not scheduled. In addition, limited access to the music studios, dance studio, or Old Barn meeting rooms are available when programs, events or bookings are not scheduled.

### **Community Centre Community Spaces**

The communal areas at the community centres are for community members to socialize, meet family members or friends, read, or relax. Communal Space at Wesbrook and OBCCs are not intended for anyone to establish the space as a permanent location for their activities or operations.

### **Community Green Space – Fields**

The UNA operates two sports fields in Wesbrook Place. The UNA Community Field is located beside the WCC and the Collings Softball Field is located at Nobel Park.

### **Bookings**

To inquire about booking UNA facilities or fields, please visit [myuna.ca/bookings](https://myuna.ca/bookings) or contact [bookings@myuna.ca](mailto:bookings@myuna.ca).

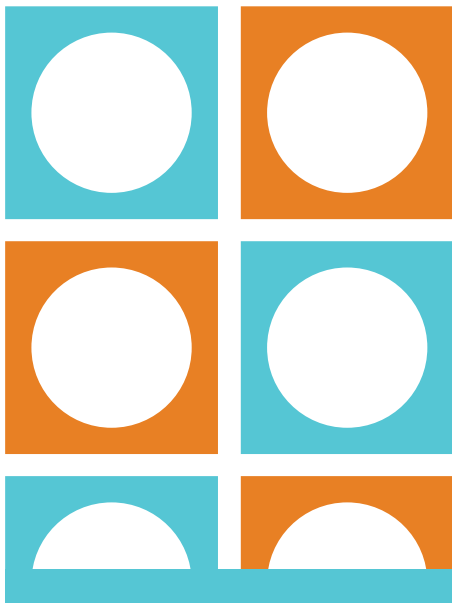
Please note, for-profit businesses that offer programs similar to our current and potential program offerings are not permitted. If you are a business or individual that has an idea for running a program in our facilities, please submit an Online Program Proposal.

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# OUR FOUNDATIONAL PRINCIPLES

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



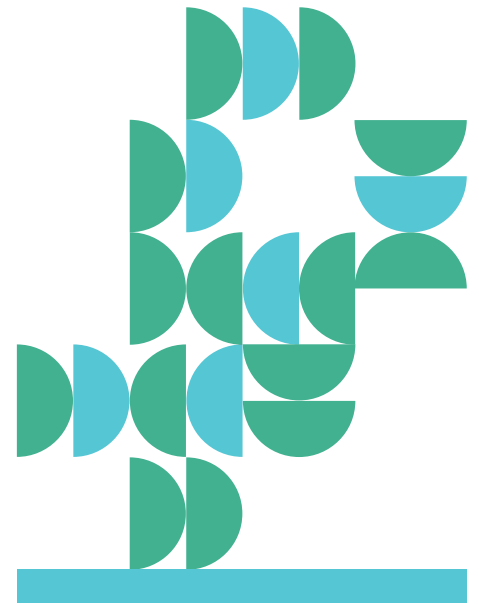
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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

# LOCATIONS & HOURS



## Wesbrook Community Centre

3335 Webber Lane  
Vancouver, BC, V6S 0H3  
604.800.9865

### 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!**



## 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	25	\$60.00
112	Gymnasium Full	6402 Sq Ft	348	\$100.00
112E	Gymnasium East Half	3182 Sq Ft	174	\$80.00
112W	Gymnasium West Half	3192 Sq Ft	174	\$80.00
201	Multi-Purpose Room	935 Sq Ft	45	\$80.00
114	Social Room	916 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	10	\$25.00
202	Studio B	258 Sq Ft	10	\$25.00

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

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

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

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

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

604.632.3114



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION





# COMMUNITY EVENTS

## Family Movie Night ALL AGES

**JAN 17**  
**FEB 7**  
**MAR 7**  
Saturday  
6:00 PM  
- 8:30 PM  
\$2.00

Bring the whole family to the Old Barn for Family Movie Night. Admission is \$2.00 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash and card purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort.

Doors open at 5:30 PM, movie starts at 6:00 PM.

**Jan 17:** How to Train Your Dragon (2025)

**Feb 7:** Sonic the Hedgehog 3

**Mar 7:** Zootopia 2

Instructor: **UNA Staff**

**Old Barn Community Centre**

#13131

## Family Day ALL AGES

**FEB 16**  
Monday  
11:00 AM  
- 2:00 PM

Looking for things to do with your family on this special day? WCC and UNA fields will open up for families to explore different activities at their own time. Come to use the community spaces and spend an active and fun-filled Family Day with your beloved ones! Register in advance for access to the family programming.

**Wesbrook Community Centre**

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

## Lunar New Year ALL AGES

**FEB 22**  
Sunday  
1:00 PM  
- 4:00 PM  
FREE

Celebrate the Year of the Horse at Wesbrook Community Centre! Enjoy Chinese and Korean music, dance, crafts, games, and more. Local artists of all ages are invited to join a horse-themed art exhibition and friendly competition. Submit artworks by February 8 at the Lunar New Year Display at the Wesbrook Community Centre.

**Wesbrook Community Centre**

## Spring Art Fair ALL AGES

**MAR 14**  
Saturday  
11:00 AM  
- 2:30 PM  
FREE

Come celebrate the arts on March 14, 2026 at the Spring Art Fair! Community members will showcase their talents in this day of creativity and wonder. Enjoy art galleries, shop at the artisan market, take in music and performances, and more!

Doors and artisan market open at 11:00 a.m.  
Performances start at 12:00 p.m.

Please stay tuned for upcoming updates.

**Wesbrook Community Centre**





### Night Shift | Secret Comedy Show **AGES 19+**

**JAN 24**

Saturday

7:00 PM

- 9:30 PM

Join us for Night Shift: Secret Comedy Show (shhhhhh!!). This event is a ticketed event but is hosted by a third party. Stay tuned for the link for registration. Day of registration subject to availability - act soon!

**Old Barn Community Centre**

#13862

### Night Shift | Singles Night **AGES 19+**

**FEB 14**

Saturday

7:00 PM

- 9:30 PM

\$5.00

Join us for a fun and relaxed Singles Night! Meet new people, enjoy great conversation, and connect over fun games, music, and light refreshments. Whether you're looking to make new friends or find a spark, this evening is all about good vibes and genuine connections. Ages 19+ welcome!

**Old Barn Community Centre**

#13863

# Family Day with the UNA



Join us for a day of family-friendly activities, creative crafts, and quality time together.

**Monday, February 16, 2026**

**11:00 a.m.–2:00 p.m.**

**Wesbrook Community Centre**

Bring your family and make lasting memories together. Enjoy programs, creative crafts, open field play, and free snacks. All ages are welcome. Registration is required and spots fill quickly! Visit [myuna.ca/familyday](https://myuna.ca/familyday) to secure your spot.



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# COMMUNITY CENTRE CODE OF CONDUCT

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## **THE UNA'S GOAL IS TO PROVIDE A SAFE, WELCOMING AND RESPECTFUL ENVIRONMENT FOR VISITORS AND STAFF.**

All visitors are expected to:

- Treat each other with respect, courtesy and fairness.
- Respect everyone regardless of diversity or ability.
- Use the facility and all equipment in a safe and appropriate manner.

### **Visitors are ENCOURAGED to:**

- Conduct themselves in a manner that is respectful to other visitors and staff.
- Respect all UNA property and the property of others. Check with staff before using any equipment and/or rooms.
- Follow all facility rules, program-specific rules and/or requests of instructors or staff.
- Maintain orderly and safe entry/exit areas. Do not loiter in high-traffic areas including doorways, aisles and stairways.
- Limit active play to appropriate areas.
- Clean-up after themselves, including putting all waste and recyclables in the proper receptacles.

### **Visitors are PROHIBITED from:**

- Using profanity or demeaning language, intimidation, taunts, teasing or ridiculing that results in abusive or harassing language or behaviour.
- Using tobacco or vaping in any form.
- Using drugs or any other intoxicating substance while at the facility or being under the influence of such substances while using the facility. Alcohol is only permitted for UNA approved bookings with a valid liquor license.
- Playing personal audio equipment at a volume that disturbs others.
- Riding bicycles or scooters, skating or skateboarding inside the facility or leaving these items unattended.
- Using cellphones or taking any photos while in the restrooms, locker rooms or change rooms.
- Changing in an area of the facility that is not a restroom, locker room or change room.
- Misusing common areas, including conducting private tutoring or other activities for which a fee is charged.

# ALL AGES PROGRAMS

## 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.

Instructors: Andrea Minden

WCC | JAN 4 – MAR 15 SU, 1:00 PM – 5:00 PM  
No classes Feb 15, Feb 22  
\$315.00 / 9 #various

### Group Guitar | Beginner AGES 14+

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

Instructor: Matt Stapleton

WCC | JAN 5 – MAR 9 M, 6:30 PM – 7:30 PM  
No class Feb 16  
\$180.00 / 9 #13784

### 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 acoustic guitar.

Instructor: Matt Stapleton

WCC | JAN 5 – MAR 9 M, 7:30 PM – 8:30 PM  
No class Feb 16  
\$180.00 / 9 #13785

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

### 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 classical guitar with nylon strings and foot rest. Music books for purchase may be recommended in the first class.

Instructor: Vanja Djak

WCC | JAN 9 – MAR 13 F, 4:30 PM – 9:00 PM  
\$350.00 / 10 #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 | JAN 8 – MAR 12 TH, 3:30 PM – 9:00 PM  
\$350.00 / 10 #various

## ALL AGES PROGRAMS

### MUSIC

#### 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 | JAN 5 – MAR 9** **M, 3:30 PM – 8:15 PM**  
No class Feb 16  
\$315.00 / 9 #various

**WCC | JAN 7 – MAR 11** **W, 3:30 PM – 8:15 PM**  
\$350.00 / 10 #various

Instructor: Nancy Chang

**WCC | JAN 6 – MAR 10** **TU, 3:30 PM – 8:15 PM**  
\$350.00 / 10 #various

Instructor: Bassem Ghabrous

**WCC | JAN 8 – MAR 12** **TH, 3:30 PM – 8:30 PM**  
\$350.00 / 10 #various

**WCC | JAN 10 – MAR 7** **SA, 10:00 AM – 3:00 PM**  
No class Feb 14  
\$280.00 / 8 #various

Instructor: Portia Sun

**WCC | JAN 9 – MAR 13** **F, 3:30 PM – 7:45 PM**  
\$350.00 / 10 #various



### SOCIAL

#### 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 gaming. There is a collection of games available for use, but feel free to bring your own. Coffee and tea will be provided. This monthly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver. This is a free drop-in program, but please register at the front desk upon arrival.

Instructor: UNA Volunteer

**WCC | JAN 9, FEB 6, MAR 6** **F, 6:00 PM – 9:30 PM**  
FREE / 3 #13150

#### 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. Each participant must be registered individually and children under 16 must be accompanied by an adult.

Instructors: Andrea Garcia

**WCC | JAN 27** **TU, 6:00 PM – 8:00 PM**  
FREE / 1 #13201

**WCC | FEB 24** **TU, 6:00 PM – 8:00 PM**  
FREE / 1 #13213

**WCC | MAR 24** **TU, 6:00 PM – 8:00 PM**  
FREE / 1 #13217



## SPORTS

### Drop-In Family Badminton ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 18 or under for this activity (up to 3 children per adult). Please see [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/) for further clarification.

WCC | JAN 10 – MAR 28

SA, 8:45 AM – 10:15 AM

No session Mar 14

Drop-in \$3.00 ea / 11

#14013

### Drop-In Family Pickleball ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 18 or under for this activity (up to 3 children per adult). Please see [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/) for further clarification.

WCC | JAN 11 – MAR 29

SU, 9:00 AM – 10:30 AM

No session Feb 1, Feb 22, Mar 1

Drop-in \$3.00 ea / 9

#14012



UNA

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# Family MOVIE NIGHT

## OLD BARN COMMUNITY CENTRE

Join us for **Family Movie Night** and enjoy a cozy evening together at the Barn. Chairs will be provided, but feel free to bring blankets and pillows for extra comfort. Popcorn, snacks, and drinks will be available for purchase (cash or card). Caregivers must accompany children.

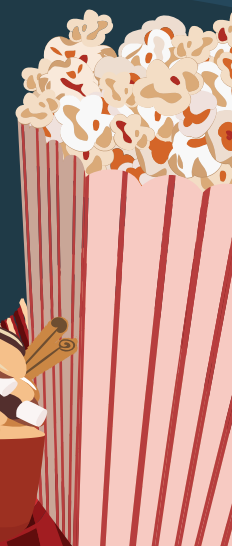
Doors open at 5:30 p.m. Movie begins at 6:00 p.m.

**\$2.00**  
ENTRY

**January 17**  
How to Train Your  
Dragon (2025)

**February 7**  
Sonic the Hedgehog 3

**March 7**  
Zootopia 2



# CHILDREN'S PRO-D DAY AND SPRING CAMPS

## CAMPS

### K-Pop Hip-Hop | Pro-D Day Camp AGES 6-10

Join this beginner-intermediate level pro-d day camp to explore hip-hop and Korean Pop (K-Pop) dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required.

Instructor: Praise TEAM

WCC | JAN 12 M, 9:00 AM – 3:00 PM  
\$99.00 / 1 #13788

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

AGES 6-10

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

Instructor: Sportball Vancouver

WCC | FEB 13 F, 9:00 AM – 3:00 PM  
\$75.00 / 1 #13846

### Crossmaneuver Creation and Performance Art Camp AGES 7-12

Calling all brave artists between age 7-12. Participants will sing, dance, design artwork, and create an original production and performance to end the week off. We will be diving into the world of Coraline, by Neil Gaiman. "Being brave doesn't mean you aren't scared. Being brave means you are scared, really scared, badly scared, and you do the right thing anyway."

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 16 – MAR 20 M-F, 9:00 AM – 4:00 PM  
\$450.00 / 5 #13936

### Crossmaneuver Performing Arts Camp

AGES 4-7

Join an all-arts camp for children ages 4-7! Explore dance, music, stories, singing and make wonderful art together for the week. It's a magical, nurturing, and highly creative environment for young creatives to experience.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 23 – MAR 27 M-F, 9:00 AM – 3:00 PM  
\$425.00 / 5 #13938

### K-Pop Hip-Hop | Dance Camp AGES 6-12

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

Instructor: Praise TEAM

WCC | MAR 16 – MAR 20 M-F, 9:00 AM – 3:00 PM  
\$395.00 / 5 #13913

### CSI Lab Camp AGES 6-11

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



Instructor: STEAM 4 Kids

WCC | MAR 16 – MAR 20 M-F, 9:00 AM – 3:00 PM  
\$385.00 / 5 #14101

## CAMPS

### WIZE Spring Break Camp: Coding in Minecraft, AR/VR, Robotics, and Unplugged STEM Activities AGES 6-11

The camp offers a dynamic mix of technology and creativity through Coding in Minecraft, AR/VR, Robotics, and Unplugged STEM Activities. Campers will build and code in Minecraft Education worlds, create immersive AR/VR experiences using DelightEX, and design robots with LEGO WeDo kits. Along with fun offline STEM challenges, participants will strengthen their problem-solving, teamwork, and critical-thinking skills in an engaging, hands-on environment.

For this camp it is required to bring Windows PC, MacBook, Chromebook, or iPad for each day of camp. A 3-button mouse with a scroll wheel is recommended. Material fees \$50 will be charged upon registration.

Instructor: Wize-Academy

WCC | MAR 23 – MAR 27 M-F, 9:00 AM – 3:00 PM  
\$400.00 / 5 #14049

### Sportball: Multi-Sport Camp AGES 6-10

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

All participants will need to bring their own snack, water bottle and lunch. Please dress appropriately for the weather.

Instructor: Sportball Vancouver

WCC | MAR 23 – MAR 27 M-F, 9:00 AM – 3:00 PM  
\$375.00 / 5 #13906

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.



# Need a ride? Carshare with Modo!

Residents of the UBC Neighbourhood Housing Areas can claim \$100 in driving credit and drive at the lowest rates when signing up for Modo!



Join Modo and get  
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# EARLY YEARS PROGRAMS

## ARTS

### 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

**OBCC | JAN 10 – MAR 7** **SA, 9:30 AM – 10:15 AM**  
**No class Feb 14**  
 \$102.00 / 8 | Drop-in \$15.00 #13849



### 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 soft ballet slippers, are recommended.

Instructor: Crossmaneuver Dance Theatre

**WCC | JAN 4 – MAR 15** **SU, 11:25 AM – 12:10 PM**  
**No classes Feb 15, Feb 22**  
 \$189.00 / 9 | Drop-in \$23.00 #13716

**WCC | JAN 4 – MAR 15** **SU, 1:30 PM – 2:15 PM**  
**No classes Feb 15, Feb 22**  
 \$189.00 / 9 | Drop-in \$23.00 #13718

**WCC | JAN 7 – MAR 11** **W, 3:30 PM – 4:15 PM**  
 \$210.00 / 10 | Drop-in \$23.00 #13814

### 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 | JAN 4 – MAR 15** **SU, 9:30 AM – 10:15 AM**  
**No classes Feb 15, Feb 22**  
 \$189.00 / 9 | Drop-in \$23.00 #13713

**WCC | JAN 5 – MAR 9** **M, 3:30 PM – 4:15 PM**  
**No class Feb 16**  
 \$189.00 / 9 | Drop-in \$23.00 #13773

### 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

**OBCC | JAN 4 – MAR 15** **SU, 12:50 PM – 1:35 PM**  
**No classes Feb 15, Feb 22**  
 \$234.00 / 9 #13728

### 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

**OBCC | JAN 4 – MAR 15** **SU, 12:00 PM – 12:45 PM**  
**No classes Feb 15, Feb 22**  
 \$234.00 / 9 #13740

**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 \$65.00 Music Together® licensing fee is non-refundable after the first class.

**Instructor: Music Together**

**OBCC | JAN 13 – MAR 10** **TU, 9:15 AM – 10:00 AM**  
\$171.00 / 9 #13803

**OBCC | JAN 13 – MAR 10** **TU, 10:15 AM – 11:00 AM**  
\$171.00 / 9 #13805

**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 | JAN 10 – MAR 7** **SA, 10:00 AM – 10:45 AM**  
**No class Feb 14**  
\$88.00 / 8 #13895

## EDUCATION

**Science for Preschoolers** AGES 3-5

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 topic.

**Instructor: STEAM 4 Kids**

**WCC | JAN 7 – MAR 11** **W, 3:30 PM – 4:15 PM**  
\$220.00 / 10 #13955

## SPORTS

**Active Kids: Multi-Sport & Playtime** AGES 1.5-3

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 12 – MAR 16** **M, 10:30 AM – 11:15 AM**  
**No class Feb 16**  
\$198.00 / 9 #13923

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

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 12 – MAR 16** **M, 4:00 PM – 4:45 PM**  
**No class Feb 16**  
\$209.25 / 9 #13922

**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 | JAN 7 – MAR 11** **W, 4:00 PM – 4:45 PM**  
\$200.00 / 10 #13950



## EARLY YEARS PROGRAMS

### SOCIAL

#### **Babytime Drop-In** 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. Registration is required at the Front Desk before joining each session. There is no cost for this program.

Instructor: Tess Prendergast

**WCC | JAN 22 – MAR 26** **TH, 10:00 AM – 11:00 AM**  
**No class Feb 19**  
FREE / 9 #13122

#### **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.

Instructor: Sherrie Duan

**OBCC | JAN 4 – MAR 29** **SU, 10:00 AM – 11:30 AM**  
**No class Feb 15**  
Drop-in \$3.50 ea / 12 #13087

#### **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.

Instructor: Sherrie Duan

**WCC | JAN 6 – MAR 12** **TU/TH, 9:30 AM – 11:00 AM**  
Drop-in \$3.50 ea / 20 #13117



#### **Spanish Storytime Drop-In** AGES 0-5

Drop in for Spanish-speaking storytime. Caregivers, toddlers and preschoolers will listen to stories, sing and dance in the first half of these drop-in sessions, while the latter portions offer space for Spanish-speaking families to connect and build community in a supportive environment. Non-Spanish speakers are welcome. Registration is required at the Front Desk before joining each session. There is no cost for this program.

Instructor: Lauren von Gogh

**OBCC | JAN 10 – MAR 28** **SA, 10:00 AM – 11:00 AM**  
**No class Feb 14**  
FREE / 11 #13100

#### **Storytime at the OBCC** 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. Registration is required at the Front Desk before joining each session. There is no cost for this program.

Instructor: Sahon Abdella

**OBCC | JAN 9 – MAR 27** **F, 10:00 AM – 11:00 AM**  
FREE / 12 #13155



# CHILDREN'S PROGRAMS

## ARTS

### Active Hip-Hop, Dance, Stretch & Strength

AGES 9-14

A fun and active class to get kids moving to energetic hip-hop beats with mix of cardio, strength and stretching. Students build body awareness, improve balance, and develop flexibility to strengthen core muscles, increase confidence, and encourage proper posture, while keeping the energy high and the atmosphere playful. Students work toward achieving splits and backbends as skills grow. Pair this class with the K-Pop/Hip Hop session for an even more enriching experience. No prior experience required.

Instructor: Praise TEAM

WCC | JAN 6 – MAR 10 TU, 5:30 PM – 6:30 PM  
\$180.00 / 10 | Drop-in \$20.00 #13797

### 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 | JAN 4 – MAR 15 SU, 12:15 PM – 1:15 PM  
No classes Feb 15, Feb 22  
\$234.00 / 9 | Drop-in \$29.00 #13717

### Ballet AGES 8-10

Build on the foundational skills by attending ballet. 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 | JAN 7 – MAR 11 W, 5:25 PM – 6:25 PM  
\$260.00 / 10 | Drop-in \$29.00 #13819

### Classical Indian Dance: Bharata Natyam

AGES 5-17

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 | JAN 10 – MAR 7 SA, 4:00 PM – 5:00 PM  
No class Feb 14  
\$128.00 / 8 #13856

### Contemporary Jazz Ballet AGES 6-8

This is a blended class of both contemporary jazz and ballet technique, that trains the dancer in technique and versatility. This class will allow for more expression, creativity, and musicality, all in a wonderfully engaging and supportive environment.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 7 – MAR 11 W, 4:20 PM – 5:20 PM  
\$260.00 / 10 | Drop-in \$29.00 #13817

### 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 | JAN 4 – MAR 15 SU, 10:20 AM – 11:20 AM  
No classes Feb 15, Feb 22  
\$234.00 / 9 | Drop-in \$29.00 #13715

WCC | JAN 5 – MAR 9 M, 4:20 PM – 5:20 PM  
No class Feb 16  
\$234.00 / 9 | Drop-in \$29.00 #13744

**Dance Fusion for Kids** AGES 6-9

Move, groove and dance. Children, ages 6 to 9, will explore the basics of K-pop, Jazz-Funk and Hip-Hop through choreography, music and games that build coordination, rhythm and self-confidence. Classes focus on creativity, teamwork and expression in a dynamic and supportive environment. This is a beginner-friendly dance class that offers a great way to discover the joy of dance.

**Instructor:** Yan Guo

**WCC | JAN 9 – MAR 13** **F, 4:00 PM – 5:00 PM**  
\$250.00 / 10 #13841

**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 | JAN 6 – MAR 10** **TU, 3:30 PM – 4:30 PM**  
\$180.00 / 10 | Drop-in \$20.00 #13794

**OBCC | JAN 10 – MAR 7** **SA, 11:15 AM – 12:15 PM**  
**No class Feb 14**  
\$144.00 / 8 | Drop-in \$20.00 #13852

**Musical Theatre** AGES 6-13

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 6-9**  
**WCC | JAN 5 – MAR 9** **M, 5:25 PM – 6:25 PM**  
**No class Feb 16**  
\$234.00 / 9 | Drop-in \$29.00 #13746

**AGES 10-13**  
**WCC | JAN 5 – MAR 9** **M, 6:30 PM – 7:30 PM**  
**No class Feb 16**  
\$234.00 / 9 | Drop-in \$29.00 #13772

**Private Dance Hour** AGES 6-12

Looking to focus on personal training goals, refine choreography, or explore a blend of both? Join private dance sessions tailored just for you. Work with an instructor to deepen your practice in Ballet, Contemporary, Jazz, or Musical Theatre. Register your interest by emailing [programs@myuna.ca](mailto:programs@myuna.ca). This is a flexible, drop-in style offering — payment is confirmed for each session. You're welcome to book a single class or reserve several in advance.

**Instructor:** Crossmaneuver Dance Theatre

**WCC | JAN 4 – MAR 15** **SU, 3:30 PM – 4:30 PM**  
**No classes Feb 15, Feb 22**  
Drop-in \$58.00 ea / 9 #13738

**Try It Week: Zumba Dance for Kids**

AGES 6-10

Try Zumba Dance for Kids during Try It Week! Experience the fun of Zumba. Children, ages 6 to 10, will experience an energetic dance class that is inspired by Latin dance, including salsa, merengue, reggaeton and cumbia. Children will be guided through easy-to-follow dance routines, moving to upbeat music. The enjoyable and supportive atmosphere promotes fitness and coordination. No dance experience is required.

**Instructor:** Maryam Baghaeyan

**WCC | JAN 10** **SA, 1:00 PM – 2:00 PM**  
FREE / 1 #13986

**Zumba Dance for Kids** AGES 6-10

Experience the fun of Zumba. Children, ages 6 to 10, will experience an energetic dance class that is inspired by Latin dance, including salsa, merengue, reggaeton and cumbia. Children will be guided through easy-to-follow dance routines, moving to upbeat music. The enjoyable and supportive atmosphere promotes fitness and coordination. No dance experience is required.

**Instructor:** Maryam Baghaeyan

**WCC | JAN 17 – MAR 28** **SA, 1:00 PM – 2:00 PM**  
**No classes Feb 14, Mar 14**  
\$144.00 / 9 | Drop-in \$17.00 #13755

## CHILDREN'S PROGRAMS

### ARTS

#### Art Expression: Drawing & Painting AGES 6-12

Join our engaging drawing and painting workshops designed to inspire imagination, independent thinking, and creative expression.

Each workshop includes two sessions per month, centered around a unique themed project. Over the season, participants can register for one, two, or all three workshops, each offering new techniques and artistic exploration.

With an open and flexible teaching style, students are encouraged to develop their own artistic voice. All materials are included.



Instructor: Floria Lu

**WCC | JAN 10 – JAN 24** **SA, 4:00 PM – 5:30 PM**  
**No class Jan 17**  
 \$30.00 / 2 #13959

**WCC | FEB 7 – FEB 21** **SA, 4:00 PM – 5:30 PM**  
**No class Feb 14**  
 \$30.00 / 2 #14035

**WCC | MAR 7 – MAR 21** **SA, 4:00 PM – 5:30 PM**  
**No class Mar 14**  
 \$30.00 / 2 #14036

#### Build & Bloom: Crafting 3D Books AGES 8-10

Build & Bloom is a creative hands-on program for children to design and build 3D pop-up books. Blending art, architecture, and storytelling, students learn to sketch and deconstruct scenes that literally leap off the page. This is a youth volunteer-led program.

Instructor: Kacey Liu

**WCC | JAN 15 - FEB 26** **TH, 4:45 - 5:45 PM**  
**No class Feb 12**  
 FREE / 6 #14130

#### Creative Arts AGES 6-12

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

Instructor: Yasaman Moussavi

**AGES 6-9**  
**WCC | JAN 5 – MAR 9** **M, 3:30 PM – 4:40 PM**  
**No class Feb 16**  
 \$189.00 / 9 #13782

**AGES 9-12**  
**WCC | JAN 5 – MAR 9** **M, 5:00 PM – 6:30 PM**  
**No class Feb 16**  
 \$207.00 / 9 #13783

#### Creative Writing AGES 7-12

Expand creative writing literacy. Children will explore a wide range of writing styles and techniques, including narrative, poetry and creative non-fiction. They will read prose, poems and comics, learning how writers use different topics and techniques to tell stories and convey details and information. Group and individual activities are part of this program. All supplies are provided.

Instructor: Kelly Dycavinu

**AGES 7-9**  
**WCC | JAN 7 – MAR 11** **W, 3:30 PM – 4:30 PM**  
 \$150.00 / 10 #13812

**AGES 9-12**  
**WCC | JAN 7 – MAR 11** **W, 4:45 PM – 6:00 PM**  
 \$187.50 / 10 #13811

#### Culture Connect: Crafting Around the World AGES 5-8

Craft and explore cultures. Children, ages 5 to 8, will be introduced to and explore cultural celebrations from around the world through creative hands-on art projects. Each session highlights a holiday or tradition and features a themed craft inspired by that celebration, such as making lanterns for Diwali or paper roll hyacinths for Nowruz.

Instructor: UBC Bright Lights Youth Mentors Club

**WCC | JAN 8, FEB 12, MAR 12** **TH, 4:45 PM – 5:45 PM**  
 \$7.50 / 3 #13127



**Manga Art | Beginner 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 6-9**

**WCC | JAN 17 – MAR 7**

**SA, 11:15 AM – 12:15 PM**

**No class Feb 14**

\$105.00 / 7

#13891

**AGES 9-14**

**WCC | JAN 17 – MAR 7**

**SA, 12:45 PM – 1:45 PM**

**No class Feb 14**

\$105.00 / 7

#13892

**Manga Art | Intermediate AGES 9-14**

Learn to draw Manga, the Japanese art form. Youth, who have mastered the fundamentals, will delve into character design. This program covers dynamic poses, advanced facial expressions, refined anatomy, the depiction of aging and an in-depth study of clothing. Participants will expand their unique artistic style, further developing their creative skills.

**Instructor: Ceylon Coates**

**WCC | JAN 17 – MAR 7**

**SA, 2:00 PM – 3:00 PM**

**No class Feb 14**

\$105.00 / 7

#13893

**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.

[youngmoviemakers.ca](http://youngmoviemakers.ca)

**Instructor: Young Moviemakers**

**WCC | JAN 9 – MAR 13**

**F, 4:00 PM – 6:00 PM**

\$375.00 / 10

#13845

**EDUCATION****Cantonese for Kids AGES 5-8**

Explore Cantonese. Children, ages 5 to 8, will build foundational Cantonese literacy skills through cultural learning, interactive story-telling, dynamic games and creative expression. Children will have opportunities to solidify their vocabulary, character recognition, and grammar. Suitable for any level of experience with Cantonese. Optional online parent sessions are available to support children with learning outside of the classroom.

**Instructor: Famlogue Education Society**

**WCC | JAN 8 – MAR 12**

**TH, 4:00 PM – 5:00 PM**

\$250.00 / 10

#13932

**French Conversation for Kids AGES 5-12**

Spark your child's love for French with this fun and interactive program. Learn the basics and improve your confidence through daily life conversations, songs, games, and storytelling - all while exploring French culture. This program is an excellent starting point for children who may be interested in late-entry French Immersion, or anyone with a love of language exploration.

**Instructor: Mighty Moose**

**WCC | JAN 7 – MAR 11**

**W, 7:00 PM – 8:00 PM**

\$250.00 / 10

#13940



**EDUCATION**

**English Reading and Writing | Gr 1-2**

**AGES 6-8**

In this welcoming and supportive class, children will expand vocabulary and practice English in a group setting. Participants engage in collaboration, interactive activities, and independent work to grow their comprehension, spelling, sentence structure, and punctuation skills. To register, participants must have completed Kindergarten and be eligible for Grade 1.

**Instructor: Raquel Portillo Henriquez**

**WCC | JAN 5 – MAR 9** **M, 6:00 PM – 7:00 PM**  
**No class Feb 16**  
\$135.00 / 9 #13942

**WCC | JAN 8 – MAR 12** **TH, 6:00 PM – 7:00 PM**  
\$150.00 / 10 #13944

**English Reading and Writing | Gr 3-4**

**AGES 8-10**

In this welcoming and supportive class, children will expand vocabulary and practice English in a group setting. Participants engage in collaboration, interactive activities, and independent work to grow their comprehension, spelling, sentence structure, and punctuation skills.

**Instructor: Raquel Portillo Henriquez**

**WCC | JAN 5 – MAR 9** **M, 7:00 PM – 8:00 PM**  
**No class Feb 16**  
\$135.00 / 9 #13943

**WCC | JAN 8 – MAR 12** **TH, 7:00 PM – 8:00 PM**  
\$150.00 / 10 #13945

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

**Mandarin Conversation for Beginners**

**AGES 8-12**

Learn beginner Mandarin. 欢迎你! (Welcome!) Participants will explore language by playing games, doing simple writing activities, learning high-frequency words, discovering Chinese culture and enjoying traditional stories of magic, wisdom and adventure. No experience is required. This is a youth volunteer-led program.

**Instructors: Khelani Zhou and Emily Lin**

**WCC | JAN 4 – MAR 8** **SU, 3:00 PM – 4:00 PM**  
**No classes Feb 15, Feb 22**  
FREE / 8 #13879

**Mastering Mandarin | Beginner 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. Workbooks are available to purchase directly from the instructor on the first day of class.

**Instructor: Santored Enterprises Ltd**

**WCC | JAN 10 – MAR 7** **SA, 10:00 AM – 11:30 AM**  
**No class Feb 14**  
\$224.00 / 8 #13946

**Mastering Mandarin | Intermediate AGES 5-18**

Explore and expand Mandarin. Young participants expand their knowledge of the PinYin phonetic system as well as their recognition, comprehension and pronunciation of Chinese characters. Participants learn to read, write, listen and speak sentences in a setting that fosters enjoyable learning and love for this Chinese language. Suitable for participants with some knowledge of Mandarin. Workbooks are available to purchase directly from the instructor on the first day of class.

**Instructor: Santored Enterprises Ltd**

**WCC | JAN 10 – MAR 7** **SA, 11:30 AM – 1:00 PM**  
**No class Feb 14**  
\$224.00 / 8 #13947

**EDUCATION**

**Mastering Mandarin | Advanced AGES 5-18**

Calling lovers of Mandarin language. Young participants refine their knowledge of the PinYin phonetic system and pronunciation of Chinese characters through reading, writing, listening and engaging in dialogue about real-life scenarios, Chinese history and culture. Suitable for participants who are versed in the PinYin phonetic system. Workbooks are available to purchase directly from the instructor on the first day of class.

**Instructor: Santored Enterprises Ltd**

**WCC | JAN 10 – MAR 7** **SA, 1:00 PM – 2:30 PM**  
**No class Feb 14**  
\$224.00 / 8 #13948

**Galileo's Gang AGES 11-13**

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

**Instructors: Cathy Chen and Renee Jiang**

**WCC | JAN 8 – MAR 12** **TH, 3:30 PM – 4:30 PM**  
FREE / 10 #13831

**History Adventurers AGES 10-12**

This course is designed for young and curious minds who love stories and history. With hands-on and interactive activities, we will cover fascinating mythologies and famous inventions that have a major influence in our world today. This is a youth volunteer-led program.

**Instructor: Richard Zhu and Edward Liu**

**WCC | JAN 4 - FEB 8** **SU, 1:00 PM - 2:30 PM**  
FREE / 6 #13877

**Math4Kids AGES 6-12**

Have fun with math! In this program, children learn math concepts and logical thinking through engaging activities. Gain problem solving skills, learn to think outside the box, and build confidence in Math4Kids!



**Instructor: STEAM 4 Kids**

**GR 1-2 | AGES 6-8** **WCC | JAN 5 – MAR 9** **M, 3:30 PM – 4:30 PM**  
**No class Feb 16**  
\$180.00 / 9 #14042



**GR 3-4 | AGES 8-10** **WCC | JAN 5 – MAR 9** **M, 4:30 PM – 5:30 PM**  
**No class Feb 16**  
\$180.00 / 9 #13952

**GR 5-6 | AGES 10-12** **WCC | JAN 7 – MAR 11** **W, 5:45 PM – 6:45 PM**  
\$200.00 / 10 #13953

**Peer Tutoring AGES 5-12**

This tutoring program is created by youth for youth and children, providing a supportive group setting and space where participants are assisted with their studies and homework. Youth may register for the program to secure a spot, but drop-in is available on the day of. This is a youth volunteer-led program.

**Instructor: UNA Volunteer**

**AGES 5-12** **WCC | JAN 6 – MAR 10** **TU, 4:00 PM – 5:00 PM**  
FREE / 10 #13830

**AGES 11-12** **WCC | JAN 10 – MAR 8** **SA, 12:00 PM – 1:00 PM**  
**No classes Feb 14**  
FREE / 8 #13967

**EDUCATION**

**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 that 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.

Please bring a packed lunch, a snack, and a doll or teddy bear to practice with.

**Instructor: ProSafe Training**

**WCC | FEB 13** **F, 9:00 AM – 5:00 PM**  
\$90.00 / 1 #13941

**Science for Kids AGES 6-11**

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 topic.

**Instructor: STEAM 4 Kids**

**WCC | JAN 7 – MAR 11** **W, 4:30 PM – 5:30 PM**  
\$220.00 / 10 #13954

**AI Adventure Lab AGES 9-14**

This class will introduce students to artificial intelligence (AI) through fun, game-based adventures. Students will explore machine learning and AI concepts using open-source tools to design and test their own games. Beginners will learn block-based coding and advanced students will transition into Python to build a foundation of knowledge for future development in AI and robotics. Students are required to bring a laptop or tablet that can connect to the internet.

**Instructor: Haitao Li**

**WCC | JAN 6 – MAR 10** **TU, 6:00 PM – 7:00 PM**  
\$150.00 / 10 #13937

**Build It: Digital Mechanical Design AGES 8-12**

This course develops mastery of Fusion 360 and advanced 3D modeling for mechanical engineering and robotics. Students will design, simulate, and build components, learning key concepts like weight distribution, thermodynamics, and physics. Through hands-on projects, they will turn digital models into functional systems, gaining CAD skills and mechanical insight—no experience needed. Ideal for aspiring engineers. This is a youth volunteer-led program.

**Instructor: Max Chen**

**WCC | JAN 4 – MAR 8** **SU, 3:30 PM – 5:00 PM**  
**No classes Feb 15, Feb 22**  
\$16.00 / 8 #13828

**Coding and Modding in Minecraft AGES 8-12**

Students go beyond playing Minecraft, they get to program it! Imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize ideas. Students are challenged to think logically and apply their critical reasoning skills to create mods by learning to write and deploy code in the Minecraft environment. No prior coding experience needed. A Windows PC or Macbook or Chromebook/ Ipad are required. A 3-button mouse with a scroll wheel is recommended.

**Instructor: WIZE Academy**

**WCC | JAN 10 – MAR 7** **SA, 3:00 PM – 4:30 PM**  
**No class Feb 14**  
\$300.00 / 8 #14024

**Engineering & Robotics with VEX Go!** AGES 6-10

In this hands-on course, learners dive into the world of engineering and robotics using VEX kits. Explore basic engineering concepts, learn to build and program robots, and solve challenges that spark creativity and critical thinking. This course encourages teamwork, problem-solving, and a love for STEM as students bring their ideas to life through robotics. No experience necessary—just curiosity and enthusiasm! A Tablet or an iPad with Bluetooth are required.

**Instructor:** WIZE Academy

**WCC | JAN 10 – MAR 7** **SA, 4:45 PM – 6:15 PM**  
**No class Feb 14**  
 \$300.00 / 8 #14025

**Minecraft Coders** AGES 7-12

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.

**Instructor:** Haitao Li

**WCC | JAN 8 – MAR 12** **TH, 5:45 PM – 6:45 PM**  
 \$150.00 / 10 #13935

**Youth Environmental Alliance** AGES 8-12

This program is designed to spark curiosity and build eco-awareness to empower young participants to explore nature, understand environmental challenges, and become active stewards of their communities. This hands-on program brings environmental learning to life through fun and interactive activities. Field trips will be scheduled periodically and will require parent participation. This is a youth volunteer-led program.

**Instructors:** Deemah Almegbel and Anushka Ebin

**WCC | JAN 4 – MAR 8** **SU, 10:30 AM – 12:00 PM**  
**No classes Feb 15, Feb 22**  
 FREE / 8 #13894

**Youth Public Speaking Club** AGES 10-12

Inspire young minds with the art of public speaking. Participants will gain an understanding of the fundamentals of public speaking from experienced leaders. They will have opportunities to hone and refine this useful and lifelong skill through lessons and practice. There will be a semi-formal competition towards the end of the program. This is a youth-led program from the Future Leaders Society.

**Instructor:** Eric Chen

**WCC | JAN 6 – MAR 10** **TU, 3:30 PM – 4:30 PM**  
**No classes Jan 20, Feb 17**  
 FREE / 8 #13826

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

Blend self-defence, martial art and discipline. 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-defence techniques and overall fitness.

**Instructor:** Vancouver Martial Arts

**WCC | JAN 4 – MAR 29** **SU, 1:00 PM – 1:50 PM**  
**No class Feb 22**  
 \$228.00 / 12 #13956

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



**MARTIAL ARTS**

**Karate Kids | Martial Arts and Movement**

**AGES 4-6**

This is a fun, play-based program that mixes 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! Parents are recommended to sign up in the Karate Parents section to train alongside their children, modeling healthy habits and building strong, confident and safe bodies together.

**Instructor: Kumakai Karate**

**WCC | JAN 6 – MAR 10** **TU, 6:30 PM – 7:15 PM**  
\$160.00 / 10 #13983

**OBCC | JAN 9 – MAR 13** **F, 6:15 PM – 7:00 PM**  
\$160.00 / 10 #13988

**Family Karate**

This is an action packed class focused on striking, punching and kicking. Designed to improve your overall fitness and conditioning, each week will introduce different pad work drills and training for correct foot and head movement. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**AGES 5-12**  
**WCC | JAN 8 – MAR 12** **TH, 5:15 PM – 6:15 PM**  
\$160.00 / 10 #13985

**AGES 7-12**  
**WCC | JAN 6 – MAR 10** **TU, 7:15 PM – 8:15 PM**  
\$160.00 / 10 #13984

**OBCC | JAN 9 – MAR 13** **F, 7:00 PM – 8:00 PM**  
\$160.00 / 10 #13989

**Family Karate | Kickboxing and Pad Work**

**AGES 7-12**

This is an action packed class focused on striking, punching and kicking. Designed to improve your overall fitness and conditioning, each week will introduce different pad work drills and training for correct foot and head movement. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**WCC | JAN 8 – MAR 12** **TH, 7:00 PM – 8:00 PM**  
\$160.00 / 10 #13987

**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. Please visit [girlguides.ca](http://girlguides.ca) to register.

**Instructor: Girl Guides**

**OBCC | JAN 8 – MAR 26** **TH, 6:00 PM – 7:30 PM**  
[girlguides.ca](http://girlguides.ca) / 12 #13091

**4-H Club AGES 9-19**

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. Visit [4hbc.ca](http://4hbc.ca) for more information. To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$150.00.

**Instructor: 4-H Club**

**WCC | JAN 9, FEB 6, MAR 6** **F, 6:30 PM – 8:30 PM**  
[ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com) / 3 #13076

# 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 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

- **WCC**  
Social Room with optional gym access
- **OBCC**  
Meeting Rooms 1 and 2

## BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50.00)**
- 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.)

## 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
- 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.

## HOW TO BOOK YOUR PARTY

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

## SOCIAL

### Beaver Scouts AGES 5-7

This is a full-year Beaver Scouts program provides opportunities for children, ages 5 to 7, to experience and learn about outdoor adventure skills, leadership, the environment, active and healthy living, citizenship, beliefs and values, among other areas. To register, visit [scouts.ca](https://scouts.ca).

Instructor: Scouts Canada

**OBCC | JAN 4 – MAR 29** **SU, 1:45 PM – 3:15 PM**  
No class Feb 15  
[scouts.ca](https://scouts.ca) / 12 #13109

### Chess for Beginners & Intermediate Players AGES 11-12

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.

Instructor: James Koo

**WCC | JAN 8 – MAR 12** **TH, 4:30 PM – 5:30 PM**  
FREE / 10 #13916

### Chess Basics 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 | JAN 9 – MAR 13** **F, 4:00 PM – 5:00 PM**  
FREE / 10 #13832

### Pre-teen Leadership AGES 9-12

In this program, participants will discover who they are as leaders by fostering a sense of belonging in our community. They will have the opportunity to challenge and enrich their ideas around leadership, community, collaboration, and complex problems. Participants will gain a breadth of experiences by exploring our community, its people and places, organizing community events, nurturing old and new relationships, and by challenging themselves. This is a UNA and UBC Inspired program.

Instructor: UNA Staff

**WCC | JAN 5 – MAR 9** **M, 4:00 PM – 5:30 PM**  
No classes Jan 12, Feb 16  
FREE / 10 #13833

## SPORTS

### Active Kids: Basketball AGES 8-12

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

**WCC | JAN 13 – MAR 17** **TU, 4:30 PM – 6:00 PM**  
\$295.00 / 10 #13920

**WCC | JAN 15 – MAR 19** **TH, 4:00 PM – 5:30 PM**  
\$295.00 / 10 #13919

**WCC | JAN 17 – MAR 28** **SA, 12:15 PM – 1:45 PM**  
No classes Feb 14, Mar 14  
\$265.50 / 9 #13918



SPORTS

## 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 | JAN 17 – MAR 28 SA, 10:30 AM – 12:00 PM  
No classes Feb 14, Mar 14  
\$265.50 / 9 #13917

## Active Kids: Soccer AGES 6-9

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

Instructor: Active Kids School of Kinesiology

WCC | JAN 12 – MAR 16 M, 5:00 PM – 5:45 PM  
No class Feb 16  
\$209.25 / 9 #13921

## Badminton | Beginner AGES 8-10

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

Instructor: Wings Badminton

WCC | JAN 9 – MAR 6 F, 4:00 PM – 5:00 PM  
\$162.00 / 9 #14021

## 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 | JAN 7 – MAR 11 W, 4:45 PM – 5:30 PM  
\$200.00 / 10 #13949

## Volleyball BC: Learn and Play AGES 8-12



This fun and fast-paced program serves as an exciting invitation into the volleyball world, focusing on the basic skills of serve, pass, set, and attack, which are then tested in small-sided gameplay. Coaches will introduce a big idea each week with appropriate skill-based adaptations to ensure all athletes are engaged and learning at all levels.

Instructor: Volleyball BC

WCC | JAN 10 – MAR 7 SA, 2:15 PM – 3:45 PM  
No class Feb 14  
\$144.00 / 8 #14027

## Open Gym | Pre-Teen AGES 9-12

Participants can practice and play sports with friends and neighbours during this open gym session. A maximum of 15 participants can reserve spots by paying the drop-in fee in advance. Parent supervision required. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior 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.

Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

WCC | JAN 7 – MAR 11 W, 4:00 PM – 5:30 PM  
Drop-in \$3.00 ea / 10 #13875

# YOUTH PROGRAMS

## ARTS

### K-Pop Hip-Hop AGES 11-18

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 | JAN 6 – MAR 10 TU, 4:30 PM – 5:30 PM  
\$180.00 / 10 | Drop-in \$20.00 #13795

OBCC | JAN 10 – MAR 7 SA, 10:15 AM – 11:15 AM  
No class Feb 14  
\$144.00 / 8 | Drop-in \$20.00 #13851

### Teen Ballet AGES 13-19

Welcoming dancers of all experience levels, Teen Ballet will focus on posture, ballet fundamentals, coordination, musicality, strength and agility. Most of all, it would provide a nurturing, fun, safe environment to explore artistic expression.

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 4 – MAR 15 SU, 2:25 PM – 3:25 PM  
No classes Feb 15, Feb 22  
\$162.00 / 9 | Drop-in \$20.00 #13737

### Novel Writing AGES 13-17

Students will learn how to plot and storyboard a narrative, develop characters and design conflicts for long-form fiction. Participants will practice an element of writing and apply them to their narratives. This class will also include peer editing and feedback. Students will receive guidance and opportunities to showcase written work. Supplies are included.

Instructor: Kelly Dycavinu

WCC | JAN 8 – MAR 12 TH, 5:00 PM – 6:15 PM  
\$187.50 / 10 #13834

## Creative Art Studio | Youth & Seniors

AGES 13-18

This program focuses on promoting intergenerational art making through meaningful conversations and experiences. All art materials are provided. This is a youth volunteer-led program.

Instructor: Chloe Kang

WCC | JAN 6 – MAR 10 TU, 3:30 PM – 4:45 PM  
FREE / 10 #13888

### Digital Art | Youth & Seniors AGES 13-18

This intergenerational program provides a unique opportunity to learn how to draw and paint with digital art. Participants will practice using drawing tools, brushes, and color palettes to make unique doodles and illustrations. Participants must bring their own personal tablets and download a paid app. This is a youth volunteer-led program.

Instructor: Astrid Wang

WCC | JAN 5 – MAR 9 M, 5:00 PM – 6:00 PM  
No classes Jan 12, Feb 16  
FREE / 8 #13824

### 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 | JAN 7 – MAR 11 W, 3:30 PM – 5:30 PM  
\$300.00 / 10 #13807

### Youth Open Studios AGES 13-18

Join us for free arts and crafts workshops and earn volunteer hours while creating meaningful art for the seniors in the neighbourhood. No experience needed—just bring your creativity! You'll have the opportunity to present your artwork to the residents or keep it for yourself as a personal creation. This is a youth volunteer-led program.

Instructors: Fatemeh Farschchi and Iana Kim

WCC | JAN 7 – MAR 11 W, 3:30 PM – 5:00 PM  
FREE / 10 #13890



## EDUCATION

### Introduction to Coding AGES 13-18

Introduction to Coding 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. Participants will be guided through the process, allowing them to not only gain a solid understanding of coding, but also having 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. This is a youth-volunteer led program.

Instructor: Claire Hua

WCC | JAN 4 – MAR 8 SU, 10:30 AM – 11:30 AM  
No classes Feb 15, Feb 22  
\$16.00 / 8 #13885

### Intermediate Coding AGES 13-18

Take your coding skills to the next level with our Intermediate Coding class! Building on 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 to 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. This is a youth volunteer-led program.

Instructor: Claire Hua

WCC | JAN 4 – MAR 8 SU, 11:35 AM – 12:35 PM  
No classes Feb 15, Feb 22  
\$16.00 / 8 #13886

FOR FULL RECREATION POLICIES,  
SEE PAGES 2-3.

# UNA YOUTH NEWSLETTER

*All the cool stuff.  
None of the spam.*



Want to know what's actually going on at Wesbrook? From basketball nights and creative workshops to leadership programs and volunteer gigs — we've got you covered.

With the UNA Youth Newsletter, get updates on upcoming events, new programs, and ways to get involved — straight to your inbox. Sign up now. It's free, it's easy, and it's just for youth.

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



**Stay in the know. Don't miss out.**

## YOUTH PROGRAMS

### EDUCATION

#### Mandarin Conversation for Beginners

AGES 13-18

Learn beginner Mandarin. 欢迎你! (Welcome!) Participants will explore language by playing games, doing simple writing activities, learning high-frequency words, discovering Chinese culture and enjoying traditional stories of magic, wisdom and adventure. No experience is required. This is a youth volunteer-led program.

Instructors: Khelani Zhou and Emily Lin

**WCC | JAN 4 – MAR 8** **SU, 3:00 PM – 4:00 PM**  
**No classes Feb 15, Feb 22**  
FREE / 8 #13878

#### Toastmasters Youth Program - Vancouver Gavel Club AGES 12-17

An affiliate of Toastmasters International, Gavel empowers its members to become confident and effective public speakers and leaders. It's a place for youth to push themselves, make new friends and have fun. With the guidance of an experienced Toastmasters member, participants learn by making prepared and improvised speeches, taking notes, providing feedback to other members, taking on meeting roles, leading meetings, and taking on Executive roles within their club.

Instructor: Vancouver Gavel Club

**WCC | JAN 7 – MAR 11** **W, 6:30 PM – 8:30 PM**  
\$120.00 / 10 #13958

#### Youth Public Speaking Club AGES 12-13

Inspire young minds with the art of public speaking. Participants will gain an understanding of the fundamentals of public speaking from experienced leaders. They will have opportunities to hone and refine this useful and lifelong skill through lessons and practice. There will be a semi-formal competition towards the end of the program. This is a youth-led program from the Future Leaders Society.

Instructor: Eric Chen

**WCC | JAN 6 – MAR 10** **TU, 3:30 PM – 4:30 PM**  
**No classes Jan 20, Feb 17**  
FREE / 7 #13827

#### Peer Tutoring AGES 13-18

This tutoring program is created by youth for youth and children, providing a supportive group setting and space where participants are assisted with their studies and homework. Youth may register for the program to secure a spot, but drop-in is available on the day of. This is a youth volunteer-led program.

Instructor: UNA Volunteer

**AGES 13 - 18**  
**WCC | JAN 6 – MAR 10** **TU, 4:00 PM – 5:00 PM**  
FREE / 10 #13829

**AGES 13 - 15**  
**WCC | JAN 10 – MAR 8** **SA, 12:00 PM – 1:00 PM**  
FREE / 9 #13968

## UBC Active Kids

604 822 0267  
kin.ubc.ca/activekids  
info.activekids@ubc.ca  
UBC Osborne Centre

UBC Active Kids has collaborated with Wesbrook Community Centre to design and deliver custom recreational sport and physical literacy programs for UNA Residents!

Led by UBC Kinesiology student coaches, Active Kids strives to create a fun, safe, and inclusive environment that focuses on building confidence, competence, and a healthy relationship with physical activity.

Please flip to pages 17, 30, 31 and 38 of this guide to see our Soccer, Basketball, and Multisport programs available at the Wesbrook Community Centre.

**"GYMNASTICS" DISCOUNTS FOR UNA MEMBERS!**  
10% discount on Wednesday and/or Friday morning Parent & Tot and Preschool classes at the Osborne Centre.



## 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.

**Instructor: James Koo****WCC | JAN 8 – MAR 12****TH, 4:30 PM – 5:30 PM**

FREE / 10

#13882

## 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: Bob Zhang****WCC | JAN 8 – MAR 12****TH, 3:30 PM – 4:15 PM**

FREE / 10

#13881

## Youth Night Committee **AGES 13-18**

Youth Nights are held every Friday evening from 6-8 PM.

Apply to be part of the Youth Night Committee to plan, budget, and implement Youth Nights. This is a great opportunity to collaborate with peers to create a fun and safe environment for other youth to enjoy. Tuesday sessions will be held on: Jan 6, Jan 20, Feb 3, Feb 17, and Mar 3. Applications due Thursday, Dec 11: <https://bit.ly/46Qhc3z>. Youth will be notified via email by Friday, Dec 12. Committee members will receive volunteer hours at the end of the term. Please note that Youth Night Committee members will need to help facilitate and setup the program on Fridays from 6:00 - 8:00 PM.

**Instructor: UNA Staff****WCC | JAN 6 – MAR 13****TU/F, 6:00 PM – 7:30 PM****No class Feb 13**

FREE / 12

#13883

## Youth Night **AGES 13-18**

Join us for Youth Night, where you can hang out, play games, sing karaoke, attend workshops, and get creative with crafts—all in a fun and safe space designed just for you! Free snacks provided. This program is run by the Youth Night Committee. Register at the front desk or in the Youth & Senior Room. Subscribe to [@unacommunity](#) for updates.

**Instructor: UNA Staff****WCC | JAN 16 – MAR 13****F, 6:00 PM – 8:00 PM****No class Feb 13**

FREE / 8

#13884

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

The Youth Leadership Program will empower participants to embark on a journey of self-discovery, helping them uncover their unique leadership styles and cultivate essential skills for driving positive change. Through interactive workshops, mentorship, and self-directed projects, youth will gain confidence and tools to become impactful leaders in their communities. This is a UNA and UBC Inspired program.

The Program is on 2-semester system, similar to that of VSB (Sept - Jan 2025, Feb - June 2026). The team will collaborate to organize 1 major event this season on June 5, and assist with Kids Take Over UBC on February 15, and UNA's Easter event on April 4. Applications Due on Friday, Jan 16: <https://bit.ly/46ByrEu>. Youth will be notified via email by Friday, Jan 23.

Please note: Youth (not a parent/guardian) are expected to fill out the application to indicate interest in the program. This is a competitive program and only individuals demonstrating dedication and consistency will be accepted.

**Instructor: Hannie Chia****WCC | FEB 6 – JUN 12****F, 3:30 PM – 5:30 PM****No classes Feb 13, Mar 20, Mar 27, Apr 3, May 15**

FREE / 4

#13889



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION



# Spring Art Fair 2026

**Bloom into spring at this annual gathering of makers, performers, and neighbours of all ages!**

**Saturday, March 14 | 11 a.m.–2:30 p.m.**  
**Wesbrook Community Centre**

Celebrate the arrival of spring with a community celebration of art, creativity, and performance for all ages! The Spring Art Fair brings together local artisans, performers, and families for a day filled with music, crafts, and creativity.

## Event Highlights:

### **Craft Market 11:00 a.m.–2:30 p.m.**

Browse a vibrant selection of handcrafted goods, art, and unique creations from local artisans. From jewelry and textiles to home décor and gifts, there's something for everyone at the Spring Craft Market.

### **Live Performances (All ages) 12:00–2:15 p.m.**

Enjoy live performances from talented community members including dancers, singers, musicians, magicians, and puppeteers! Whether you're joining the fun on stage or cheering from the audience, this lineup of family-friendly entertainment is not to be missed.

### **Art Gallery 11:00 a.m.–2:30 p.m.**

Discover works by local artists and youth creators in our pop-up community art gallery. A celebration of imagination and expression from across our neighbourhood.

### **Painting & Art Activities 11:00 a.m.–2:30 p.m.**

Get creative with hands-on art stations for all ages. Try interactive art projects guided by local facilitators, perfect for families and aspiring artists alike.



## Become a Vendor

Share your handmade goods or artwork with the community!

Vendor applications open December 15.  
Learn more at [myuna.ca/springartfair](https://myuna.ca/springartfair)



## Sign Up to Perform

Got a talent to share? Join our performance lineup — open to all ages and experience levels.

Performer applications open December 15 and close February 15.  
Sign up today at [myuna.ca/springartfair](https://myuna.ca/springartfair)

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

Blend self-defence, martial art and discipline. 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-defence techniques and overall fitness.

**Instructor:** Vancouver Martial Arts

**WCC | JAN 4 – MAR 29** **SU, 1:00 PM – 1:50 PM**  
**No class Feb 22**  
 \$240.00 / 12 #13957

**Family Karate AGES 13-18**

Karate is more than kicking and punching. Through the regular practice, students will build strength through sport, confidence through self-defence, and focus through Kata (forms), preparing them to take on all of life's biggest challenges. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor:** Kumakai Karate

**WCC | JAN 6 – MAR 10** **TU, 7:15 PM – 8:15 PM**  
 \$160.00 / 10 #13990

**WCC | JAN 8 – MAR 12** **TH, 5:15 PM – 6:15 PM**  
 \$160.00 / 10 #13992

**OBCC | JAN 9 – MAR 13** **F, 7:00 PM – 8:00 PM**  
 \$160.00 / 10 #13995

**Family Karate: Kickboxing and Pad Work**

**AGES 13-18**

Focus on striking, punching and kicking; designed to improve fitness and conditioning, each week introduces different pad work drills and training for correct foot and head movement. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor:** Kumakai Karate

**WCC | JAN 8 – MAR 12** **TH, 7:00 PM – 8:00 PM**  
 \$160.00 / 10 #13993

**Youth and Adult 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. This class is designed to challenge students from ages 10 and up. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor:** Kumakai Karate

**WCC | JAN 6 – MAR 10** **TU, 8:15 PM – 9:15 PM**  
 \$160.00 / 10 #13991

**Youth and Adult Karate: Kata and Kumite**

**AGES 10-18**



Karate is more than kicking and punching. Each week we will cycle through the themes of Kata (forms), ground grappling, close contact striking, stand up grappling, and long range sparring. We strive for the practical application and realistic training of martial

arts. This class is designed to challenge students from ages 10 and up. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

**Instructor:** Kumakai Karate

**WCC | JAN 8 – MAR 12** **TH, 8:00 PM – 9:00 PM**  
 \$160.00 / 10 #13994



## SPORTS

### Badminton AGES 11-18

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

**Instructor: Wings Badminton**

**INTERMEDIATE AGES 11-16**

**WCC | JAN 9 – MAR 6**

\$162.00 / 9

**F, 5:00 PM – 6:00 PM**

#14022

**ADVANCED AGES 13-18**

**WCC | JAN 9 – MAR 6**

\$229.50 / 9

**F, 6:00 PM – 7:30 PM**

#14023

### Youth Badminton Drop-in 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. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior 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.

Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

**WCC | JAN 4 – MAR 29**

**No class Feb 22**

Drop-in \$3.00 ea / 12

**SU, 7:30 PM – 8:30 PM**

#13868

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.

### Active Kids: Basketball AGES 12-16

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**

**WCC | JAN 15 – MAR 19**

\$295.00 / 10

**TH, 4:00 PM – 5:30 PM**

#13924

### Youth Basketball Drop-in 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 for UNA residents and 24 hours for non-UNA residents prior 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.

Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

**WCC | JAN 6 – MAR 24**

Drop-in \$3.00 ea / 10

**TU, 3:15 PM – 4:15 PM**

#13869

## SPORTS

## Lunchtime Open Gym | Youth AGES 12-18

Open gym are uninstructed drop-ins providing an opportunity for youth to play sports with their friends and neighbours. A maximum of 15 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior 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.

Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

**WCC | JAN 5 – MAR 23** **M, 11:25 AM – 12:25 PM**  
**No classes Feb 16, Jan 12**  
Drop-in \$3.00 ea / 10 #13912

**WCC | JAN 8 – MAR 26** **TH, 11:25 AM – 12:25 PM**  
Drop-in \$3.00 ea / 12 #13871

## 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. A maximum of 30 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior 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.

Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

**WCC | JAN 7 – MAR 25** **W, 5:45 PM – 7:15 PM**  
Drop-in \$3.00 ea / 12 #13870

**WCC | JAN 10 – MAR 28** **SA, 5:45 PM – 7:15 PM**  
**No classes Feb 21, Mar 14**  
Drop-in \$3.00 ea / 11 #13872

TO ENSURE YOU RECEIVE IMPORTANT  
REGISTRATION INFORMATION AND  
WAITLIST NOTIFICATION EMAILS,  
PLEASE ADD **SUPPORT@MYUNA.CA** TO  
YOUR SAFE EMAIL SENDERS LIST.



## Volleyball BC: Train and Play AGES 12-15

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 | JAN 10 – MAR 7** **SA, 2:15 PM – 3:45 PM**  
**No class Feb 14**  
\$144.00 / 8 #14026

## Youth Volleyball Drop-in 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. A maximum of 26 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior 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.

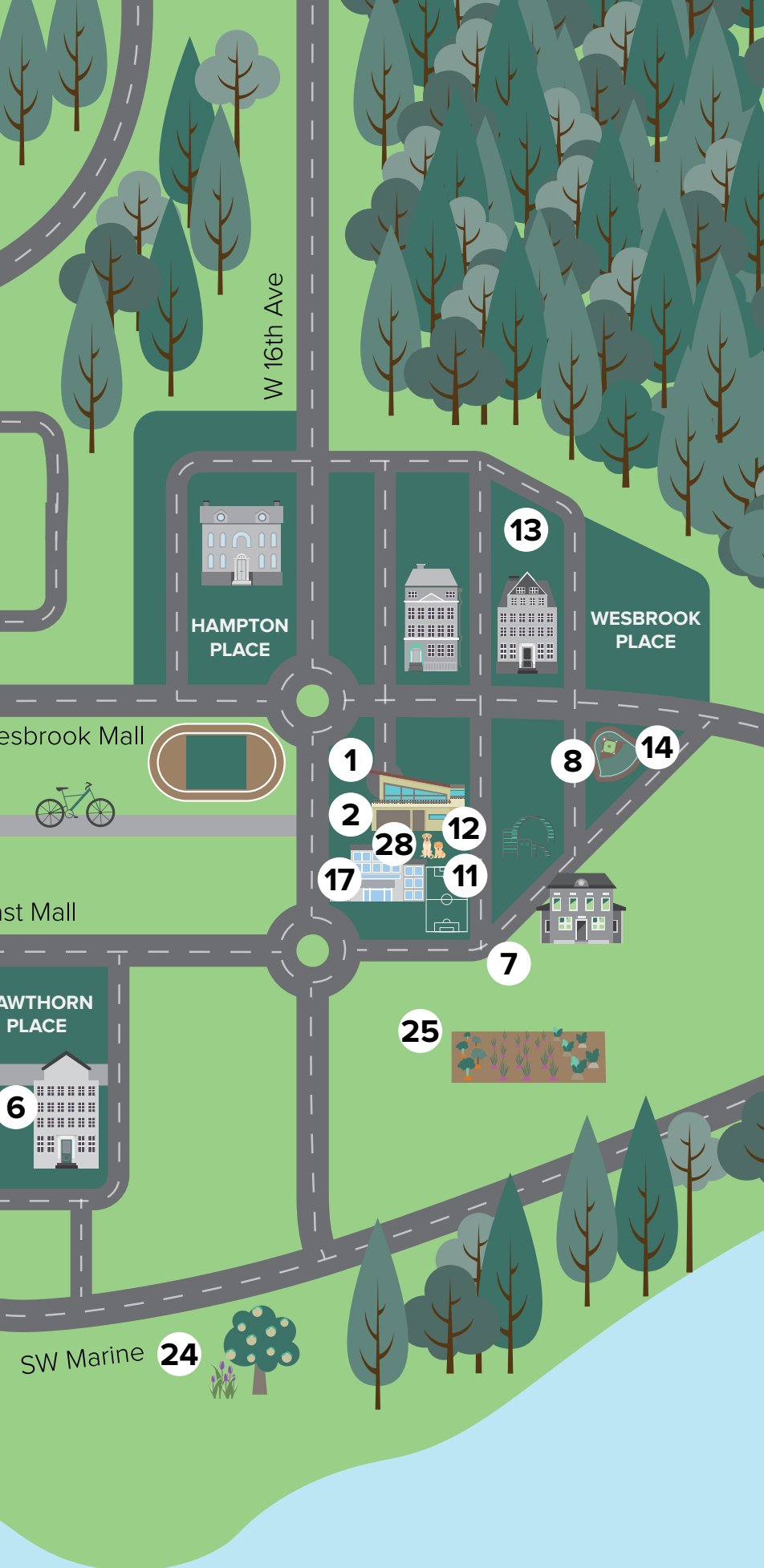
Drop-in Sports Procedures: [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/)

**WCC | JAN 10 – MAR 28** **SA, 4:00 PM – 5:30 PM**  
**No class Mar 14**  
Drop-in \$3.00 ea / 9 #13874

# UNA POINTS OF INTEREST

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. UNA Dog Park
13. Michael Smith Park
14. Collings Field

15. University Hill Elementary
16. Norma Rose Point School
17. University Hill Secondary

18. Museum of Anthropology
19. Nitobe Memorial Garden
20. UBC Aquatic Centre
21. Beaty Biodiversity Museum
22. Thunderbird Sports Centre
23. UBC Library
24. UBC Botanical Garden
25. UBC Farm
26. Tennis Centre
27. Student Recreation Centre

28. Westbrook Child Care Centre
29. Vista Point Child Care Centre

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

# ADULTS 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 | JAN 7 – MAR 11 W, 7:45 PM – 8:45 PM  
\$170.00 / 10 | Drop-in \$18.00 #13821

### 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. Register to all classes or for single drop-ins.

Instructor: Juliet Oshiro

WCC | JAN 10 – MAR 28 SA, 5:00 PM – 6:30 PM  
No classes Feb 14, Mar 14  
Drop-in \$10.00 ea / 10 #13897

### Chinese Folk Dance | Drop-In AGES 19+

These uninstructed drop-in sessions provide dancers the space to explore the rhythm, movement, and culture of classical Chinese dance. Dancers should have some experience with Chinese Folk Dance.

WCC | JAN 6 – MAR 10 TU, 12:30 PM – 2:00 PM  
Drop-in \$7.50 ea / 10 #13793

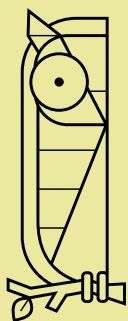
WCC | JAN 9 – MAR 13 F, 12:30 PM – 2:00 PM  
No class Feb 13  
Drop-in \$7.50 ea / 9 #13844

### Classical Indian Dance: Bharata Natyam AGES 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 | JAN 10 – MAR 7 SA, 2:30 PM – 4:00 PM  
No class Feb 14  
\$192.00 / 8 #13855



# THE CAMPUS RESIDENT

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## THECAMPUSRESIDENT.CA



**Dance Fusion** AGES 18+

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 | JAN 5 – MAR 9 M, 6:45 PM – 8:00 PM  
 No class Feb 16  
 \$252.00 / 9 | Drop-in \$30.00 #13781

**Novel Writing** AGES 18+

Students will learn how to plot and storyboard a narrative, develop characters and design conflicts for long-form fiction. Participants will practice an element of writing and apply them to their narratives. This class will also include peer editing and feedback. Students will receive guidance and opportunities to showcase written work. Supplies are included.

Instructor: Kelly Dycavinu

WCC | JAN 8 – MAR 12 TH, 6:30 PM – 7:45 PM  
 \$187.50 / 10 #13835

**Bookbinding Studio** AGES 18+

Enjoy two hours of uninterrupted bookbinding time. Bring your projects and work on them. Get advice from an instructor and be inspired by other book makers. All experience levels are welcome. Basic bookbinding materials and tools are provided. Material fees of \$9.00 will be charged upon the registration.

Instructor: Suzan Lee

WCC | FEB 8 SU, 10:00 AM – 12:00 PM  
 \$45.00 / 1 #13729

WCC | MAR 8 SU, 10:00 AM – 12:00 PM  
 \$45.00 / 1 #13730

# Volunteers

## ARE THE HEART AND SOUL OF OUR COMMUNITY



Join our Volunteer team and make  
a difference in your community!  
Opportunities for all languages,  
backgrounds, and interest.

**Volunteer for:**  
**Community Events | Birthday Parties**  
**Family Movie Nights**



**Together we can  
make a difference.**  
 Sign Up Today at  
[myuna.ca/volunteering](https://myuna.ca/volunteering)

**ARTS**

**Chinese Traditional Painting** AGES 18+

Participants will explore the xieyi (freehand) style of Chinese traditional painting, focusing on flower-and-bird subjects, while mastering the use of traditional materials such as ink, rice paper, and natural pigments. Through step-by-step instruction, participants will learn essential brush techniques, composition principles, and the symbolic meanings embedded in classic motifs like flowers and birds. This program not only focuses on developing technical skills but also fosters an appreciation for the cultural and philosophical contexts of this art form. Whether you are a beginner eager to start your artistic journey or an experienced artist looking to refine your skills, this course provides a nurturing and inspiring environment to cultivate your creativity and artistic expression.

**Instructor:** Li Yuan

**WCC | JAN 4 – MAR 8** **SU, 3:30 PM – 5:00 PM**  
**No classes Feb 15, Feb 22**  
\$152.00 / 8 #13712

**Embroidery: Hand Sewing Stitches**

AGES 18+



Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials provided. Material fees of \$16.00 will be charged upon the registration.

**Instructor:** Suzan Lee

**WCC | MAR 8** **SU, 12:15 PM – 3:15 PM**  
\$54.00 / 1 #13732

**Medieval Tacket Leather Bookbinding**

AGES 18+



Make a book using an unusual historical technique called tacket; defined by packing tight coils of thread along the spine stitching. It is a straightforward and beautiful historical aesthetic. No prior experience necessary. All tools and materials provided. Material fees of \$26.00 will be charged upon the registration.

**Instructor:** Suzan Lee

**WCC | FEB 8** **SU, 12:15 PM – 3:15 PM**  
\$54.00 / 1 #13731

**Weaving Wellness | Zentangle Workshop** AGES 18+



Zentangle® is an easy-to-learn, meditative drawing method that transforms simple lines and shapes into intricate works of art. In this two-part workshop, Certified Zentangle Teacher (CZT) Natasha Dash will guide you step by step through a series of patterns, showing how to combine them into a beautiful, abstract tiles. The process encourages mindfulness, relaxation, and creativity, making it accessible to everyone—no prior art experience required. Participants often leave feeling calmer, more focused, and inspired by their own creativity. All supplies are included, and each participant will complete at least two finished pieces during the sessions. The workshop is ideal for adults looking for a creative outlet, stress relief, or simply a fun way to spend an afternoon. Join us and experience how anything is possible, one stroke at a time®.

**Instructor:** Natasha Dash

**WCC | JAN 31** **SA, 12:30 PM – 2:30 PM**  
FREE / 1 #13900

**WCC | FEB 7** **SA, 12:30 PM – 2:30 PM**  
FREE / 1 #13903

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

**Culturally Curious English** AGES 19+

Expand and refine English-language learning. As an intermediate to advanced English-language learner, you will dive into the cultural aspects of the English language, while improving grammar, vocabulary,

comprehension and speaking. Themes, history, regional and pop culture, as well as literature, texts and audio-visual materials will support broadening and deepening knowledge and comprehension.

Instructor: Julie Wang

**WCC | JAN 6 – MAR 10** **TU, 12:30 PM – 2:00 PM**  
**No class Feb 17**  
 \$153.00 / 9 #13727

**English Conversation for Mandarin Speakers | Beginner** AGES 19+

Learn to converse in English. Participants have language-supportive opportunities to learn and practice basic English vocabulary and sentences that support real-life interactions. Registration is required.

Instructor: Titus Yung

**WCC | JAN 5 – MAR 9** **M, 9:15 AM – 10:45 AM**  
**No classes Jan 12, Feb 16**  
 \$24.00 / 8 #13779

**English Conversation | Beginner | Thursdays** 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.

Instructors: Nancy Zhang and Connie Mao

**WCC | JAN 8 – MAR 12** **TH, 10:00 AM – 11:30 AM**  
 \$30.00 / 10 #14050

**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: James Feng

**WCC | JAN 6 – MAR 10** **TU, 10:00 AM – 11:30 AM**  
 \$30.00 / 10 #13789

Instructors: Alice Bradley and Linda Quiney

**WCC | JAN 7 – MAR 11** **W, 1:00 PM – 2:30 PM**  
 \$30.00 / 10 #13780

Instructor: Ava Wang

**OBCC | JAN 8 – MAR 12** **TH, 7:00 PM – 8:30 PM**  
 \$30.00 / 10 #13796

**English Conversation | Advanced | Mondays** 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 practise listening, comprehension, pronunciation and fluency in group and one-on-one settings. Registration is required for this volunteer-led program.

Instructor: Claire Ha

**WCC | JAN 5 – MAR 9** **M, 11:00 AM – 12:30 PM**  
**No classes Jan 12, Feb 16**  
 \$24.00 / 8 #13787

## ADULTS PROGRAMS

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



### EDUCATION

#### French | Intermediate AGES 19+

Build confidence and fluency in French. Participants expand vocabulary, comprehension, phrases and practise 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 | JAN 5 – MAR 9

No class Feb 16

\$135.00 / 9

M, 1:00 PM – 2:30 PM

#13725

#### 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 | JAN 5 – MAR 9

No class Feb 16

FREE / 9

M, 2:30 PM – 3:15 PM

#13726

#### French Club AGES 19+

Come to the Living Room for a chance to practice speaking French along with other French language learners. Participants should have learned at least some basic French already and are encouraged to speak only French during the sessions. Please register to receive program updates.

Instructor: Julie Wang and Florence Barbour

OBCC | JAN 8 – MAR 26

FREE / 12

TH, 1:30 PM – 2:30 PM

#13221



## GET INVOLVED. GIVE BACK. STAY CONNECTED.

### Subscribe to the *UNA Volunteers Newsletter*!

Looking to make a difference in your community?

The **UNA Volunteers Newsletter** brings you the latest on volunteer opportunities for all ages in your community. Whether you're a student looking to earn hours, a senior eager to stay active, or anyone in between, there's a place for you to lend a hand and connect with others. Be the first to know about upcoming events, ongoing programs, and special calls for help. Sign up today and become part of the heartbeat of our community.

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



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

Instructor: Jenny Choi (SWIS)

WCC | JAN 20, FEB 17 TU, 12:30 PM – 2:30 PM  
FREE / 2 #13518

**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 | JAN 13, FEB 10, MAR 9 TU, 9:30 AM – 4:00 PM  
FREE / 3 #13790

**VSB English Conversation Circle** AGES 19+

In collaboration with WCC/UNA, the VSB Settlement Workers In Schools (SWIS) Program is offering in-person English Conversation Circle (Intermediate level) on a variety of topics to assist newcomer parents to achieve more fluency and confidence in their English through conversation in an informal setting.

Instructor: VSB Volunteers

WCC | JAN 7 – MAR 4 W, 10:00 AM – 11:30 AM  
No classes Jan 14, Feb 11, Mar 11  
FREE / 7 #14051

**ADULTS  
PROGRAMS****Vancouver Mandarin Parenting Support Group** AGES 19+

Parenting Support Groups are free, anonymous, and confidential self-help groups providing parents and caregivers with a safe space to share their stories, build communities, learn new skills, receive emotional support, and discover new services and resources.

To register, you can click on [bit.ly/pssreferralform](https://bit.ly/pssreferralform) or email [mandarin4pss@gmail.com](mailto:mandarin4pss@gmail.com).

Instructor: Parent Support BC

WCC | JAN 17, FEB 7, FEB 21, MAR 7 SA, 6:00 PM – 8:00 PM  
FREE / 4 #14033

**Weaving Wellness | Naloxone Training**

AGES 16+



Naloxone, also known by the brand name Narcan, is a medication used to reverse the effects of an opioid drug overdose. This free training not only provides individuals with the ability to respond quickly and effectively in overdose situations, but it also helps reduce the stigma associated with drug addiction. By educating the public about opioid abuse and overdose prevention, Naloxone training fosters a sense of empathy and understanding towards those struggling with addiction, encouraging communities to offer support rather than judgment. This 90-minute workshop will cover Canada's opioid epidemic, overdose risk factors, administering Naloxone, aftercare, and more. Participants will each receive a free Naloxone kit to take home.

Instructor: Fundamental First Aid

WCC | FEB 21 SA, 12:30 PM – 2:00 PM  
FREE / 1 #13933





NIGHT SHIFT PRESENTS

# SECRET *Comedy Show*

A SECRET LINEUP. A NIGHT OF LAUGHS.  
DARE TO FIND OUT WHO'S ON STAGE.

January 24, 2026 | 7:00–9:30 PM | Ages 19+  
Old Barn Community Centre

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



NIGHT SHIFT PRESENTS

# Singles Night

February 14, 2026  
7:00–9:30 PM  
Old Barn Community Centre

MEET NEW PEOPLE. MAKE NEW FRIENDS.  
MAYBE FIND A SPARK.

Ages 19+ | Hosted evening  
[myuna.ca/nightshift](https://myuna.ca/nightshift)





## FITNESS &amp; YOGA

**BC Brain Wellness Program |  
Intergenerational Ballroom Dance** AGES 19+

The BC Brain Wellness Program will offer a weekly intergenerational ballroom dance class for adults with neurological conditions, care partners, and older adults, led by an interdisciplinary team of dance instructors, a community musician, a physiotherapist, and UBC students. The first class series will start with Waltz, the classical ballroom dance. Graceful and elegant, the measured flow of the Waltz will sweep you around the dancefloor in timeless style. In the second class series, you will explore a contrasting dance, either the Cha-Cha or Jive. The lively and rhythmic Cha-Cha has its origins in Cuba and is danced to upbeat, syncopated Latin music, and the Jive is an energetic and bouncy dance evolved from the African-American Lindy Hop and swing Jazz music of the 1930s and 40s. Registration opens on December 15, 2025 at 12pm. To register and learn more about BC Brain Wellness Program, visit [bcbrainwellness.ca](https://bcbrainwellness.ca) or contact [brain.wellness@ubc.ca](mailto:brain.wellness@ubc.ca).

**Instructor: BC Brain Wellness Program Instructor**

**OBCC | JAN 28 – MAR 11** **W, 12:30 PM – 1:30 PM**  
FREE / 7 #13804

**Core Pilates | Beginner-Intermediate**  
AGES 19+

In this dynamic class, traditional mat Pilates is blended with light hand weights to build deep core strength and stability. You will be guided through a full body workout with a focus on controlled movement, mindful breathing, and functional strength, leaving you feeling toned and sculpted. This class is designed for participants with some Pilates experience or for ready-to-progress beginners. Modifications will be provided.

**Instructor: Abby (Yang) Zhang**

**WCC | JAN 6 – MAR 10** **TU, 9:25 AM – 10:25 AM**  
\$150.00 / 10 | Drop-in \$16.00 #13858

**Express Lunchtime Bootcamp** AGES 19+

Express Lunchtime Bootcamp is a fast-paced, 30-minute full-body workout designed for anyone who wants stay active without sacrificing their schedule. Classes are high-energy and combines strength and cardio in interval-style exercise circuits. Participants choose the intensity level (low, moderate or high) at which they want to work throughout the class.

**Instructor: Nicole Kraumanis**

**OBCC | JAN 8 – MAR 12** **TH, 12:15 PM – 12:45 PM**  
\$100.00 / 10 | Drop-in \$11.00 #13939

**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 | JAN 5 – MAR 23** **M, 7:45 AM – 8:15 AM**  
\$156.00 / 12 | Drop-in \$14.00 #13742

**WCC | JAN 8 – MAR 26** **TH, 7:30 AM – 8:00 AM**  
\$156.00 / 12 | Drop-in \$14.00 #13743

TO ENSURE YOU RECEIVE  
IMPORTANT REGISTRATION  
INFORMATION AND WAITLIST  
NOTIFICATION EMAILS,  
PLEASE ADD [SUPPORT@MYUNA.CA](mailto:SUPPORT@MYUNA.CA)  
TO YOUR SAFE EMAIL SENDERS LIST.

# FITNESS CENTRES & PERSONAL TRAINING



*We empower you to achieve your fitness goals by providing industry leading fitness facilities and support.*

## PERSONAL TRAINING

Our certified personal trainers are here to support your fitness goals. We always start with an assessment to record and determine your current fitness level, questions and goals. From there, you can mix and match personal training sessions based on what you need. Please note, the intro package for personal training is a one-time 90-minute session.

PACKAGE	UNA/UBC	PUBLIC
INTRO	\$99.00	\$99.00
1 SESSION	\$55.00	\$60.00
3 SESSIONS	\$157.50	\$172.50
6 SESSIONS	\$300.00	\$330.00
12 SESSIONS	\$570.00	\$600.00
24 SESSIONS	\$1,080.00	\$1,080.00
GROUP 2 CLIENTS, 1 SESSION	\$90.00	\$100.00
GROUP 2 CLIENTS, 3 SESSIONS	\$255.00	\$285.00
GROUP 2 CLIENTS, 6 SESSIONS	\$480.00	\$540.00
GROUP 2 CLIENTS, 12 SESSIONS	\$900.00	\$1,020.00
GROUP 3 CLIENTS, 1 SESSION	\$120.00	\$135.00
GROUP 3 CLIENTS, 3 SESSIONS	\$345.00	\$375.00
GROUP 3 CLIENTS, 6 SESSIONS	\$660.00	\$720.00
GROUP 3 CLIENTS, 12 SESSIONS	\$1,200.00	\$1,380.00

## WESBROOK

Our Wesbrook Fitness Centre is a bright space with open ceilings and windows overlooking Wesbrook Village and the community centre gymnasium. The fitness centre has a variety of equipment including spin bikes, treadmills, ellipticals, universal gym, free weights, and bosu balls.

**WCC Fitness Centre: 604.639.4576**

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

## OLD BARN

If you want a more private experience, the OBCC is located in the heart of Hawthorn Place. This smaller studio style space is equipped with free weights, universal gym machine, cardio machines, and TRX suspension equipment.

**OBCC Fitness Centre: 604.639.4577**

	UNA/UBC	PUBLIC	YOUTH
DROP-IN	\$4.00	\$7.00	\$4.00
10 VISITS	\$30.00	\$40.00	\$25.00
1 MONTH	\$30.00	\$40.00	\$25.00
3 MONTHS	\$80.00	\$110.00	\$55.00
6 MONTHS	\$150.00	\$200.00	\$100.00
12 MONTHS	\$250.00	\$350.00	\$160.00

## Full Body Bootcamp AGES 19+

Sweat in this fast-paced, full-body circuit training workout. Participants perform interval exercises that require strength and cardio to target varying muscle groups and improve total-body fitness and mobility. Participants choose the intensity level at which they want to work throughout the class.

Instructor: Hanif Teja

**OBCC | JAN 5 – MAR 23** **M, 7:45 PM – 8:35 PM**  
**No class Feb 16**  
\$181.50 / 11 | Drop-in \$17.50 #13764

Instructor: Nicole Kraumanis

**OBCC | JAN 7 – MAR 11** **W, 9:45 AM – 10:35 AM**  
\$165.00 / 10 | Drop-in \$17.50 #13813

**OBCC | JAN 8 – MAR 12** **TH, 7:30 PM – 8:20 PM**  
\$165.00 / 10 | Drop-in \$17.50 #13934

## Full Body Pilates (English & Mandarin)



AGES 19+

In this dynamic class, classical Pilates principles are blended with light hand weights to sculpt and strengthen the entire body. With an emphasis on posture, balance and core stability, this low-impact class targets all major muscle groups. The use of weights boost muscle tone and endurance without compromising joint safety. Modifications will be provided for all fitness levels. This program is taught in English and Mandarin.

Instructor: Abby (Yang) Zhang

**WCC | JAN 8 – MAR 12** **TH, 9:30 AM – 10:30 AM**  
\$150.00 / 10 | Drop-in \$16.00 #13859

## Learn to Run Clinic AGES 18+

Get ready for your winter 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 learn to live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The program includes one group run a week, guest speakers on various topics on running on February 17 and March 31, free gait analysis, and a detailed running program.

Instructor: Hanif Teja

**WCC | JAN 27 – APR 14** **TU, 6:00 PM – 7:00 PM**  
\$144.00 / 12 | Drop-in \$13.00 #13766

## Run Talk Tuesday | Learn to Run Clinic

AGES 18+

Join us for an educational talk on various running topics and tips presented by TV host and fitness enthusiast Christine Blanchette! These sessions are free for registered participants of Learn to Run Clinic.

Instructor: Christine Blanchette

**RUNNER'S TOOLBOX: TIPS FOR HEALTHY RUNNING**  
**WCC | FEB 17** **TU, 6:00 PM – 7:00 PM**  
\$5.00 / 1 #13768

**WHY CROSS-TRAINING MATTERS: TIPS FOR RACE DAY**  
**WCC | MAR 31** **TU, 6:00 PM – 7:00 PM**  
\$5.00 / 1 #13769

## Run 10K Faster Clinic AGES 18+

This clinic is designed for cruisers, pacers, and racers with running experience. Whether you want to run your personal best or a live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The clinic is designed to help runners prepare for the Vancouver Sun Run on April 19, 2026. The program includes a talks on Feb 19 and Apr 2.

Instructor: Hanif Teja

**WCC | FEB 5 – APR 16** **TH, 6:00 PM – 7:00 PM**  
\$132.00 / 11 | Drop-in \$13.00 #13767

## Run Talk Thursday | Run 10K Faster Clinic

AGES 18+

Join us for an educational talk on various running topics and tips presented by TV host and fitness enthusiast Christine Blanchette! This session is free for registered participants of Run 10K Faster Clinic.

Instructor: Christine Blanchette

**RUNNER'S TOOLBOX: TIPS FOR HILL TRAINING**  
**WCC | FEB 19** **TH, 6:00 PM – 7:00 PM**  
\$5.00 / 1 #13770

**RUNNER'S TOOLBOX: TIPS FOR RACE DAY**  
**WCC | APR 2** **TH, 6:00 PM – 7:00 PM**  
\$5.00 / 1 #13771

**FITNESS & YOGA**

**Pilates Strength Fusion AGES 19+**

In this fusion class of classical Pilates and functional strength training, participants will work on enhancing posture, core control, and total body tone. Using weights, resistance bands, and body weight, this low-impact class emphasizes control, breathwork, and muscle activation and supports balance, coordination, and injury prevention. Suitable for all fitness levels. No prior Pilates experience required.

**Instructor: Abby (Yang) Zhang**

**WCC | JAN 5 – MAR 9** **M, 9:30 AM – 10:30 AM**  
**No classes Jan 12, Feb 16**  
 \$120.00 / 8 | Drop-in \$16.00 #13857

**WCC | JAN 9 – MAR 13** **F, 11:10 AM – 12:10 PM**  
 \$150.00 / 10 | Drop-in \$16.00 #13860

**Pilates Strength Fusion (Express) AGES 19+**



In this express (45-minute) fusion class of classical Pilates and functional strength training, participants will work on enhancing posture, core control, and total body tone. Using weights, resistance bands, and body weight, this low-impact class emphasizes control, breathwork, and muscle activation and supports balance, coordination, and injury prevention. Suitable for all fitness levels. No prior Pilates experience required.

**Instructor: Abby (Yang) Zhang**

**WCC | JAN 7 – MAR 11** **W, 9:20 AM – 10:05 AM**  
 \$115.00 / 10 | Drop-in \$12.50 #13914

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

**Try It Week: Spin AGES 18+**



Try Spin during Try It Week! 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 | JAN 4** **SU, 8:30 AM – 9:15 AM**  
 FREE / 1 #13979

**Spin 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 | JAN 11 – MAR 29** **SU, 8:30 AM – 9:15 AM**  
**No class Feb 22**  
 \$192.50 / 11 | Drop-in \$18.50 #13741

**Zumba AGES 19+**

Zumba is inspired by Latin dance, including salsa, merengue, reggaeton and cumbia, and is accompanied by international music from all over the world. 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: Maryam Baghaeyan**

**OBCC | JAN 6 – MAR 24** **TU, 6:30 PM – 7:30 PM**  
 \$168.00 / 12 | Drop-in \$15.00 #13753

**WCC | JAN 7 – MAR 25** **W, 6:35 PM – 7:35 PM**  
 \$168.00 / 12 | Drop-in \$15.00 #13754

**Instructor: Herald Kane Bustamante Cabaddu**

**WCC | JAN 8 – MAR 26** **TH, 6:30 PM – 7:30 PM**  
 \$168.00 / 12 | Drop-in \$15.00 #13745

**WCC | JAN 10 – MAR 28** **SA, 11:30 AM – 12:30 PM**  
**No class Mar 14**  
 \$154.00 / 11 | Drop-in \$15.00 #13747

## 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 | JAN 6 – MAR 10 TU, 10:35 AM – 11:50 AM  
\$150.00 / 10 | Drop-in \$16.00 #13757

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

## 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 | JAN 9 – MAR 13 F, 10:00 AM – 11:00 AM  
\$150.00 / 10 | Drop-in \$16.00 #13760

## Iyengar Yoga with Brian | Fundamentals

AGES 18+

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 | JAN 27 – FEB 24 TU, 6:30 PM – 7:30 PM  
\$100.00 / 5 | Drop-in \$21.00 #13899

WCC | MAR 3 – MAR 24 TU, 6:30 PM – 7:30 PM  
\$80.00 / 4 | Drop-in \$21.00 #13901

## Iyengar Yoga with Brian | Intermediate

AGES 18+

Learn intermediate aspects 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 | JAN 28 – MAR 11 W, 10:15 AM – 11:45 AM  
\$140.00 / 7 | Drop-in \$21.00 #13902

## Iyengar Yoga with Luci AGES 17+

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, build strength, release tension, improve balance, and calm the mind. Open to all levels; expect to challenge yourself at your own level. For more information, see [luciyamamoto.com](http://luciyamamoto.com).

Instructor: Luci Yamamoto

WCC | JAN 10 – FEB 14 SA, 10:00 AM – 11:15 AM  
\$120.00 / 6 | Drop-in \$22.00 #13751

WCC | FEB 21 – MAR 28 SA, 10:00 AM – 11:15 AM  
No class Mar 14  
\$100.00 / 5 | Drop-in \$22.00 #13752



**FITNESS & YOGA**

**Try It Week: Lunchtime Yoga** AGES 19+



Try Lunchtime Yoga during Try It Week! Practice yoga at lunchtime. You will explore graceful sequences, gentle stretches, and balancing poses while honoring your body's needs in this class focused on gentle pace and deep focus and breath. Align your body,

find tranquility, and enhance body awareness. Classes conclude with restorative poses and guided relaxation to achieve a sense of inner calm.

**Instructor: Kate Tsai**

**WCC | JAN 5** **M, 12:00 PM – 12:45 PM**  
FREE / 1 #13982

**Lunchtime Yoga** AGES 19+

Practice yoga at lunchtime. You will explore graceful sequences, gentle stretches, and balancing poses while honoring your body's needs in this class focused on gentle pace and deep focus and breath. Align your body, find tranquility, and enhance body awareness. Classes conclude with restorative poses and guided relaxation to achieve a sense of inner calm.

**Instructor: Kate Tsai**

**WCC | JAN 19 – MAR 9** **M, 12:00 PM – 12:45 PM**  
**No class Feb 16**  
\$91.00 / 7 | Drop-in \$14.00 #13748

**Weaving Wellness | Bunny Yoga**



AGES 16+

Bunny yoga is a calming experience that blends traditional yoga poses with the soothing presence of free-roaming bunnies. Participants engage in deep breathing, gentle movements, and present moment awareness, all while being surrounded by adorable bunnies to promote a sense of joy, comfort, and relaxation. Suitable for all skill levels, participants will leave the session feeling refreshed and emotionally uplifted. This session is open to anyone 16 years and older (minors must be accompanied by an adult 19+). Registration is required.

**Instructor: The Farm Friends & Kate Tsai**

**WCC | MAR 6** **F, 12:15 PM – 1:15 PM**  
FREE / 1 #13965

**WCC | MAR 6** **F, 1:35 PM – 2:35 PM**  
FREE / 1 #13966

**Weaving Wellness | Mindful Meditation** AGES 19+



Discover the practice of mindfulness meditation in this welcoming workshop for all levels. Through guided exercises, you'll learn to bring gentle awareness to your breath, bodily sensations, and sounds around you. Whether you're new to meditation or have previous experience, this accessible practice helps cultivate presence, reduce stress, and develop a deeper connection with yourself. Come as you are - no experience needed. Leave feeling more grounded, calm, and present. Registration is required.

**Instructor: Mitsuyo Ikari**

**WCC | FEB 28** **SA, 12:30 PM – 1:45 PM**  
FREE / 1 #13964

PLEASE BRING YOUR OWN MAT  
TO YOGA CLASSES. MATS ARE  
AVAILABLE TO BORROW IF NEEDED.



#### FITNESS & YOGA

### Yoga Fusion in Mandarin AGES 19+

Come enjoy this Yoga Fusion class! It includes 15 minutes of strength training to help build muscle mass, 30 minutes of flow yoga to enhance cardiovascular health, and 15 minutes of stretching to improve flexibility. This class is designed to benefit all areas of your fitness needs.

本瑜伽課程中，15分鐘將結合肌力訓練，讓你健骨增肌，預防肌少症及骨質疏鬆；30分鐘流動瑜伽可提高心肺功能；最後15分鐘伸展，增加身體柔軟度。這是一堂符合您全面健身需求的瑜伽課程。

Instructor: Kate Tsai

WCC | JAN 7 – MAR 11 W, 1:15 PM – 2:15 PM  
\$130.00 / 10 | Drop-in \$14.00 #13750

### Yoga in Mandarin with Kate AGES 19+

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

无论你想保持体态、增加关节活动力、放松紧绷的肌肉或减低压力，瑜伽都可以帮助你。在这个课程里，我们通过瑜伽体式，在站姿与躺坐姿间进行流动。着重对身体的觉察，对位的提醒，进而达到肌耐力、专注力与控制力的提升。体式的变式在课程中也会提及，让不同程度的学员可以依据个人的能力练习。欢迎初学者。

Instructor: Kate Tsai

WCC | JAN 5 – MAR 9 M, 10:45 AM – 11:45 AM  
No classes Jan 12, Feb 16  
\$104.00 / 8 | Drop-in \$14.00 #13749

## NEW TO THE NEIGHBOURHOOD? FIND YOUR COMMUNITY WITH US!



### Sign up for the *UNA Newcomers Newsletter*

Whether you've just moved to the neighbourhood or are settling into life in a new country, the *UNA Newcomers Newsletter* is your friendly guide to getting connected.

Find out about programs, workshops, and events designed to help you meet neighbours, learn new skills, and feel at home in your new community. From language and cultural exchange programs to family-friendly events and newcomer support sessions – there's something here for everyone.

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



Sign up today and let's build  
community together.

## ADULTS PROGRAMS

### MARTIAL ARTS

#### Karate Parents | Martial Arts and Movement AGES 19+

This is a fun, play-based program that mixes 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! Parents have the opportunity to train alongside their children, modeling healthy habits and building strong, confident and safe bodies together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50 to \$70 depending on age and belt level.

Instructor: Kumakai Karate

WCC | JAN 6 – MAR 10 TU, 6:30 PM – 7:15 PM  
\$160.00 / 10 #13973

OBCC | JAN 9 – MAR 13 F, 6:15 PM – 7:00 PM  
\$160.00 / 10 #13980

#### Family 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 (forms), preparing them to take on all of life's biggest challenges. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50 to \$70 depending on age and belt level.

Instructor: Kumakai Karate

WCC | JAN 6 – MAR 10 TU, 7:15 PM – 8:15 PM  
\$160.00 / 10 #13974

WCC | JAN 8 – MAR 12 TH, 5:15 PM – 6:15 PM  
\$160.00 / 10 #13976

OBCC | JAN 9 – MAR 13 F, 7:00 PM – 8:00 PM  
\$160.00 / 10 #13981

#### Family Karate: Kickboxing and Pad Work

AGES 19+

This is an action packed class focused on striking, punching and kicking. Designed to improve your overall fitness and conditioning, each week will introduce different pad work drills and training for correct foot and head movement. Our class is mixed-age, so kids, adults, and families may all train together. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

WCC | JAN 8 – MAR 12 TH, 7:00 PM – 8:00 PM  
\$160.00 / 10 #13977

#### Youth and Adult 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. This class is designed to challenge students from ages 10 and up. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

WCC | JAN 6 – MAR 10 TU, 8:15 PM – 9:15 PM  
\$160.00 / 10 #13975

#### Youth and Adult Karate: Kata and Kumite

AGES 19+

Karate is more than kicking and punching. Each week we will cycle through the themes of Kata (forms), ground grappling, close contact striking, stand up grappling, and long range sparring. We strive for the practical application and realistic training of martial arts. This class is designed to challenge students from ages 10 and up. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

WCC | JAN 8 – MAR 12 TH, 8:00 PM – 9:00 PM  
\$160.00 / 10 #13978

## MARTIAL ARTS

### Tai Chi AGES 19+

An indoor Tai Chi session has been arranged as an alternative for the group during inclement weather. Outdoor activities remain open to all individuals, who may join the team at any time. Please note that the indoor facility is exclusively for group use and is only available when outdoor practice is not possible.

Instructor: UNA Volunteer

WCC | JAN 5 – MAR 27 M-F, 8:45 AM – 9:45 AM  
FREE / 60 #13458

## SPORTS

### Badminton AGES 19+

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

WCC | JAN 5 – MAR 9 M, 2:00 PM – 3:30 PM  
No session Feb 16  
\$45.00 / 9 | Drop-in \$6.50 #14006

WCC | JAN 9 – MAR 13 F, 2:00 PM – 3:30 PM  
\$50.00 / 10 | Drop-in \$6.50 #14007

WCC | JAN 9 – MAR 6 F, 7:45 PM – 9:15 PM  
No session Feb 13  
\$40.00 / 8 | Drop-in \$6.50 #14008

### Drop-In Badminton AGES 19+

Drop-in and play badminton. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. 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 | JAN 6 – MAR 10 TU, 11:30 AM – 1:00 PM  
Drop-in \$6.50 ea / 10 #14014

WCC | JAN 4 – MAR 29 SU, 5:45 PM – 7:15 PM  
No session Feb 22  
Drop-in \$6.50 ea / 12 #14016

# MASQUERADE DANCE PARTY

December 19, 2025  
6:30PM-9:00PM



Join your neighbours for an evening  
of carols, music, dancing and hot chocolate  
at the Wesbrook Community  
Centre gymnasium

This free event is open to everyone and will  
feature Scottish dancing, a live DJ and hot  
chocolate bar. Dance to your favourite hits  
and get into the holiday spirit.

Dress vintage/casual.

## ADULTS PROGRAMS

### SPORTS

#### Basketball AGES 19+

Enjoy a fun, friendly game of casual 3 on 3 half or 5 on 5 full court basketball. Sessions are uninstructed and open to players of all skill level. Games are self-lead, and self-refereed.

**WCC | JAN 8 – MAR 26** **TH, 7:45 PM – 9:15 PM**  
\$60.00 / 12 | Drop-in \$6.50 #14009

#### Drop-In Basketball AGES 19+

Drop-in and play basketball. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. 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 | JAN 5 – MAR 23** **M, 8:15 PM – 9:45 PM**  
**No session Feb 16**  
Drop-in \$6.50 ea / 11 #14017

#### Pickleball AGES 19+

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

**WCC | JAN 9 – MAR 13** **F, 10:30 AM – 12:00 PM**  
**No session Feb 13**  
\$45.00 / 9 | Drop-in \$6.50 #14005

**WCC | JAN 4 – MAR 29** **SU, 3:45 PM – 5:15 PM**  
**No session Feb 22**  
\$60.00 / 12 | Drop-in \$6.50 #14004

#### Drop-In Pickleball 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 for UNA residents, and 24 hours for non-UNA residents. 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 | JAN 8 – MAR 12** **TH, 2:00 PM – 3:30 PM**  
Drop-in \$6.50 ea / 10 #14018

#### Pickleball Lessons | Learn to Play for Beginners AGES 18+

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. Bring your own paddle, or borrow one from the instructor.

**Instructor: Chris Koentges**

**WCC | JAN 7 – MAR 11** **W, 11:55 AM – 1:25 PM**  
\$250.00 / 10 #13930

#### Pickleball Lessons | Intermediate AGES 18+

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. Participants are required to bring a paddle.

**Instructor: Chris Koentges**

**WCC | JAN 7 – MAR 11** **W, 10:20 AM – 11:50 AM**  
\$250.00 / 10 #13929

**WCC | MAR 1 – MAR 29** **SU, 10:45 AM – 12:15 PM**  
\$125.00 / 5 #13926

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 SESSION BEGINS. AFTER 10 MINUTES, SPOTS WILL BE RESOLD TO THOSE ON THE NO-SHOW WAITLIST. FOR FULL RECREATION POLICIES, SEE PAGES 2-3.



## Pickleball Lessons | Guided Intermediate Soft Game **AGES 18+**

A session for thoughtful intermediate players interested in honing their soft game. Emphasis on soft game, positional play, strategy, and how to be a good doubles partner. The instructor will arrange games and circulate through the gym to offer tips.

Note: This is a FRIENDLY development session for players who have been assessed at 2.75+. Please contact the programmer or instructor if you require more information.

Instructor: Chris Koentges

WCC | JAN 7 – MAR 11 W, 8:45 AM – 10:15 AM  
\$150.00 / 10 #13928

WCC | JAN 4, FEB 1, MAR 1 SU, 9:00 AM – 10:30 AM  
\$45.00 / 3 #13925

## Pickleball Lessons | Advanced Doubles **AGES 18+**

Practise pickleball in pairs. Participants refine and challenge their skills through drills and fast-paced matches that require advanced footwork, positioning and teamwork.

Registration in pairs is ideal. Each individual must register separately. Single players will also be accommodated. Suitable for experienced players and confident athletes. Participants are required to bring a paddle.

Instructor: Chris Koentges

WCC | JAN 9 – MAR 13 F, 8:45 AM – 10:15 AM  
No class Feb 6, Feb 13  
\$200.00 / 8 #13931

## Pickleball Lessons | Accelerated Development 3.75+ **AGES 15+**

Practice competitive pickleball. Advanced students push their skills through drills and fast-paced matches that require advanced footwork, positioning and true teamwork.

Suitable for experienced players and confident athletes. Participants are required to bring a paddle.

Instructor: Chris Koentges

WCC | JAN 4 – FEB 1 SU, 10:45 AM – 12:15 PM  
\$125.00 / 5 #13927

# Fitness Try It Week at Wesbrook Community Centre

Come try a new fitness program for free!  
**January 4-10, 2026**

## Spin

Jan 4 | 8:30–9:15 a.m.

## Lunchtime Yoga

Jan 5 | 12:00–12:45 p.m.

## Functional Strength for Older Adults

Jan 8 | 12:15–12:45 p.m.

## Zumba Dance for Kids |

Jan 10 | 1:00–2:00 p.m.

Only select fitness programs are included in **Try It Week**. Registration is required, visit [myuna.ca/programs](https://myuna.ca/programs) and search using key words "Try It Week".







# BCRPA

## *Choose to Move & ActivAge*

## Live a Healthier, Active Life with BCRPA!

Choose to Move and ActivAge are free three month motivational coaching programs for older adults wishing to become more physically active. Participants will receive individual and group support from a BCRPA Fitness Leader who will develop a physical activity plan tailored for each participant.

Participants must attend the **Choose to Move Information Session** on January 8, 2026 to be eligible for **Choose to Move**. Registration for **ActivAge** is limited to eligible participants registered in **Choose to Move**. Remaining spots open up to public on January 13, 2026.

### SCHEDULE

- **Choose to Move Information Session**

Thursday, January 8 | 9:45–10:45 a.m. | Old Barn Community Centre

- **Choose to Move**

Thursdays, January 22–March 12 | 9:45–10:45 a.m. | Old Barn Community Centre

- **ActivAge**

Thursdays, January 22–March 12 | 11:00 a.m.–12:00 p.m. | Old Barn Community Centre



To learn more about Choose to Move, visit [choosetomove.ca](https://choosetomove.ca).

To register, please complete the screening questionnaire at [myuna.ca/bcrpa](https://myuna.ca/bcrpa) by December 31, 2025.

## SPORTS

## Futsal 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. Indoor soccer shoes or runners are required; studded cleats will not be permitted.

**WCC | JAN 8 – MAR 26** **TH, 6:00 PM – 7:30 PM**  
\$60.00 / 12 | Drop-in \$6.50 #14197

**WCC | JAN 10 – MAR 7** **SA, 6:00 PM – 7:30 PM**  
**No sessions Feb 14, Feb 21**  
\$35.00 / 7 | Drop-in \$6.50 #14010

## 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. Anyone who identifies as a woman is welcome. Registration is required.

**Instructor: Heather Chen**

**WCC | JAN 8 – MAR 26** **TH, 11:30 AM – 12:30 PM**  
FREE / 12 #13095

## Walking Soccer Club AGES 40+

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.

**Instructor: Nils Bradley**

**WCC | JAN 6 – MAR 10** **TU, 1:30 PM – 3:00 PM**  
FREE / 10 #13739

## 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 | JAN 7 – MAR 11** **W, 2:00 PM – 3:30 PM**  
\$50.00 / 10 | Drop-in \$6.50 #14002

**WCC | JAN 9 – MAR 13** **F, 12:15 PM – 1:45 PM**  
**No session Feb 13**  
\$45.00 / 9 | Drop-in \$6.50 #14003

## Drop-In Table Tennis AGES 19+

Drop-in and play table tennis. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. 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 | JAN 5 – MAR 9** **M, 11:45 AM – 1:15 PM**  
**No session Feb 16**  
Drop-in \$6.50 ea / 9 #14019

## Volleyball AGES 19+

Play volleyball in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. 28 players maximum, every team is required to have one rotating sub if the program is full.

**WCC | JAN 5 – MAR 23** **M, 6:15 PM – 7:45 PM**  
**No session Feb 16**  
\$55.00 / 11 | Drop-in \$6.50 #14011

## Drop-In Volleyball AGES 19+

Drop-in and play volleyball. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. 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 | JAN 7 – MAR 25** **W, 7:45 PM – 9:15 PM**  
Drop-in \$6.50 ea / 12 #14020

# 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.



## SOCIAL

### Open House: Volunteering for UNA 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: Peng Wang

WCC | JAN 10  
FREE / 1

SA, 2:00 PM – 3:30 PM  
#14030

### Bridge | Advanced | Drop-In AGES 19+

Sharpen your Bridge card game. Drop-in to play this captivating, challenging and strategic trick-taking card game. You should have a strong knowledge of this game, including how to bid and play the game. Space is limited to 16 participants. Registration is required at the Front Desk before joining each session. Registration opens 30 minutes before each session. There is no cost for this program.

Instructor: Janet Herron Floyd

WCC | JAN 8 – MAR 26  
FREE / 12

TH, 10:00 AM – 12:30 PM  
#13866

### Mahjong | Drop-In AGES 19+

Discover Mahjong! Join us for this classic Chinese game of tiles in a relaxed and social setting. No experience is necessary, just bring your curiosity and enjoy the fun! If you're new to Mahjong, be sure to attend the first two sessions of the season, when friendly guidance will be provided. After these two sessions, no further instruction will be given, and play will be self-guided, so beginners won't want to miss out!

Space is limited to 14 participants who are able to attend for the entire 2-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start). This program is free of charge. Come play, connect, and enjoy!

Instructors: Sandra and Mary

WCC | JAN 5 – MAR 23  
No class Feb 16  
FREE / 11

M, 1:00 PM – 3:00 PM  
#13867

## 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.

**Instructors:** Doreen Alexander and Paula Coughlan

**WCC | JAN 8 - MAR 5 TH, 1:00 PM – 2:30 PM**

FREE / 8

#14034

**Newcomers Support Series** AGES 19+

This new free series program is designed for newcomers to the province in recent 5 years or anyone believes they need newcomer supports.

**Instructor:** UNA Staff

**WCC | JAN 10 – MAR 8**

**SA, 10:00 AM – 11:30 AM**

**No class Feb 14**

FREE / 8

#14029

**Food for Thought: A Series of Meaningful Conversations** AGES 16+

Meet your neighbours, make new friends and build community! We welcome everyone 16+ to join this interactive, facilitated, multi-media conversation series. In a safe and inclusive environment, people of all backgrounds are encouraged to share their perspectives and experiences relating to weekly topics. Through thoughtful discussions and light-hearted debates, we can strengthen personal connections within the UNA community!

**Instructor:** Judy Burge

**OBCC | JAN 7 – MAR 25**

**W, 7:00 PM – 8:30 PM**

FREE / 12

#13099

**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. Anyone 16 years old and up is encouraged to participate. Please register to receive program updates.

**Jan 31:** *Someone who will love you in all your damaged glory* by Raphael Bob-Waksberg

**Feb 28:** *Beloved* by Toni Morrison

**Mar 28:** *Atonement* by Ian McEwan

**Instructor:** Saige Park

**OBCC | JAN 31, FEB 28, MAR 28 SA, 11:15 AM – 1:15 PM**

FREE / 3

#13133

**Sewing & 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 a volunteer-led, uninstructed program. Sewing machines and a variety of knitting supplies will be available. Registration is required.

**Instructor:** Grace Ewart

**WCC | JAN 11 – MAR 29**

**SU, 1:00 PM – 3:00 PM**

**No class Feb 22**

FREE / 11

#13873

# WEAVING WELLNESS

## A MENTAL HEALTH INITIATIVE

### Wesbrook Community Centre

Weaving Wellness invites you to take time for yourself and explore ways to nurture your mind and body. This mental health and wellness workshop series blends creativity, mindful movement, and practical learning to help you relax, recharge, and build resilience. Join us in strengthening personal well-being and fostering a caring, connected community.

- **Zentangle Workshop:** January 31 and February 7 | 12:30–2:30 p.m.
- **Naloxone Training:** February 21 | 12:30–2 p.m.
- **Mindful Meditation:** February 28 | 12:30–1:45 p.m.
- **Bunny Yoga:** March 6 | 12:15–1:15 p.m. and 1:35–2:35 p.m.

[myuna.ca/weaving-wellness](https://myuna.ca/weaving-wellness)





## SOCIAL

**Spanish & English Conversation Exchange**

AGES 13+

This volunteer-led conversation group provides participants with a chance to practice conversational Spanish and English in an informal, supportive environment and is open to all levels of either language. It is for both English speakers who want to learn Spanish and Spanish speakers who want to learn English. Topics will be guided by the group and suggestions from the volunteers.

Instructor: Marie Cummings

**OBCC | JAN 5 – MAR 9** **M, 6:30 PM – 8:00 PM**  
**No classes Feb 16, Jan 12**  
 FREE / 8 #13802

**Walk & Talk Club** AGES 19+

Explore the outdoors, socialize and boost fitness at the Walk + Talk Club. You can select one of two walking speeds to experience Pacific Spirit Park, the UBC campus and surrounding neighbourhoods by foot. Walks take place weekly, regardless of the weather. Please dress appropriately and wear supportive footwear. You are welcome to have a warm beverage, lunch and socialize at the WCC after each walk. Registration is required for this no-cost program.

Instructor: Helen Aqua

**WCC | JAN 5 – MAR 23** **M, 10:00 AM – 11:30 AM**  
**No class Feb 16**  
 FREE / 11 #13775

**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.

**Jan 25:** *When Morning Comes* by Arushi Raina**Mar 1:** *The Death Of Ivan Ilyich* by Leo Tolstoy**Mar 29:** *Fresh Water for Flowers* by Valeri Perrin

Instructors: Andrea Garcia

**WCC | JAN 25, MAR 1, MAR 29** **SU, 10:00 AM – 12:00 PM**  
 FREE / 3 #13083

**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.

Instructor: Alice Bradley and Dorota Mann

**OBCC | JAN 6 – MAR 10** **TU, 12:00 PM – 1:30 PM**  
 FREE / 10 #13149



# OLDER ADULTS PROGRAMS

## ARTS

### Chinese Dance for Seniors AGES 55+

Mix traditional Chinese dance with social time. You will enjoy this welcoming space to connect and enjoy Chinese culture and traditions, build and broaden your community and be physically active. Instruction provided in Mandarin and English. Registration is required.

Instructor: UNA Volunteer

OBCC | JAN 4 – MAR 15  
FREE / 11

SU, 3:30 PM – 5:00 PM  
#13777

### Senior Choir AGES 55+

Join the UNA's Seniors Choir. Are you a seasoned singer with experience reading music and learning melodies independently, and can you commit to attending weekly practices? This four-part harmony choir sings songs in Mandarin and English. Registration is required.

Instructor: Di Yan

OBCC | JAN 7 – MAR 11  
FREE / 10

W, 9:15 AM – 10:45 AM  
#13776

### Art Studio for Seniors AGES 55+

Create art in a relaxing studio. You will have access to an open, collaborative and self-directed creative space to develop your individual artwork in the company of other adults ages 55+. Suitable for all levels of artists. Please bring your own supplies. Registration is required.

Instructor: Sheril and Ian

WCC | JAN 8 – MAR 26  
FREE / 12

TH, 9:30 AM – 11:30 AM  
#13733

### Creative Art Studio | Youth & Seniors

AGES 55+

This program focuses on promoting intergenerational art making through meaningful conversations and experiences. All art materials are provided. This is a youth volunteer-led program.

Instructor: Chloe Kang

WCC | JAN 6 – MAR 10  
FREE / 10

TU, 3:30 PM – 4:45 PM  
#13887

### Digital Art | Youth & Seniors AGES 55+

This intergenerational program provides a unique opportunity to learn how to draw and paint with digital art. Participants will practice using drawing tools, brushes, and color palettes to make unique doodles and illustrations. Participants must bring their own personal tablets and download a paid app. This is a youth volunteer-led program

Instructor: Astrid Wang

WCC | JAN 5 – MAR 9  
No classes Jan 12, Feb 16  
FREE / 8

M, 5:00 PM – 6:00 PM  
#13825



## 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

Visit our website for more details: [myuna.ca/careers](https://myuna.ca/careers)

**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.

Instructor: Sabrina Huang

**WCC | JAN 4 – MAR 15** **SU, 10:00 AM – 11:30 AM**  
**No class Feb 22**  
 FREE / 10 #13896

**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. Help is available in English and Mandarin.

This is a free drop-in program and registration is required. Please register at the Front Desk on arrival, before joining the program.

Instructor: UNA Volunteers

**WCC | JAN 10 – MAR 28** **SA, 10:00 AM - 12:00 PM**  
**No Class Mar 14**  
 Free / 12 #13898

**Healthy Aging Seminar Series** AGES 45+

Join monthly seminars on healthy aging. The topic of each month will be posted in advance. This is a volunteer-led program. Registration is required.

Instructor: UNA Volunteer

**WCC | JAN 15** **TH, 11:00 AM – 12:30 PM**  
 FREE / 1 #13734

**WCC | FEB 12** **TH, 11:00 AM – 12:30 PM**  
 FREE / 1 #13735

**WCC | MAR 12** **TH, 11:00 AM – 12:30PM**  
 FREE / 1 #13736

**OLDER ADULTS**  
PROGRAMS**FITNESS & YOGA****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 55+ are welcome.

This program is only open to residents of Balmoral.

Instructor: Hanif Teja

**BALMORAL | JAN 5 – MAR 23** **M, 1:30 PM – 2:20 PM**  
**No class Feb 16**  
 \$88.00 / 11 #13761

**BALMORAL | JAN 8 – MAR 26** **TH, 1:30 PM – 2:20 PM**  
 \$96.00 / 12 #13763

**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. Suitable for all fitness, mobility and swim levels, and 55+ are welcome.

This program is only open to residents of West Hampstead.

Instructor: Hanif Teja

**W. HAMPSTEAD | JAN 6 – MAR 24** **TU, 1:00 PM – 1:50 PM**  
 \$96.00 / 12 #13762



## OLDER ADULTS PROGRAMS

### FITNESS & YOGA

#### BCRPA Choose to Move (Information Session) AGES 55+

NEW

Choose to Move is a free 3-month motivational coaching program for older adults wishing to become more physically active. It is a discussion group with educational and social elements, not a fitness class. Choose to Move is free and flexible and provides eligible participants with motivation and support in building healthy active habits. Participants will receive individual and group support from a BCRPA Fitness Leader who will develop a physical activity plan tailored to each participant.

To learn more, visit [choosetomove.ca](https://choosetomove.ca). **Participants must attend this Choose to Move Information Session to be eligible for the program.**

OBCC | JAN 8  
FREE / 1

TH, 9:45 AM – 10:45 AM  
#13798

#### BCRPA Choose to Move AGES 55+

NEW

Choose to Move is a free 3-month motivational coaching program for older adults wishing to become more physically active. It is a discussion group with educational and social elements, not a fitness class. Choose to Move is free and flexible and provides eligible participants with motivation and support in building healthy active habits. Participants will receive individual and group support from a BCRPA Fitness Leader who will develop a physical activity plan tailored to each participant.

To learn more, visit [choosetomove.ca](https://choosetomove.ca). **Participants must attend the Choose to Move Information Session on January 8, 2026 to be eligible for the program.**

Please visit [myuna.ca/bcrpa](https://myuna.ca/bcrpa) to begin the Choose to Move screening process.

OBCC | JAN 22 – MAR 12  
FREE / 8

TH, 9:45 AM – 10:45 AM  
#13800

#### BCRPA ActivAge AGES 55+

NEW

ActivAge is an add-on program to help Choose to Move participants reach their physical activity goals. ActivAge is a free 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (stretching, activity, and cool-down) based on ActivAge training. This fun and social program will help get participants moving in a relaxed environment with likeminded people. ActivAge focuses on improving activities associated with daily living, strengthening muscles used daily (i.e bending, lifting, and stretching). Each session incorporates physical activities that engage participants and features in-class discussions and resources to improve overall health and physical wellbeing.



Registration for ActivAge is limited to eligible participants registered in Choose to Move. Remaining spots become available on January 13, 2026.

OBCC | JAN 22 – MAR 12  
FREE / 8

TH, 11:00 AM – 12:00 PM  
#13801

#### Try It Week: Functional Strength for Older Adults AGES 45+

NEW

Try Functional Strength for Older Adults during Try It Week! This program focuses on improving everyday activities by mimicking real world movements, strength, flexibility, balance, and mobility. Examples of functional exercises may include sit-to-stands for getting up from chairs, step-ups for climbing stairs, squats for general leg strength, and upper body strength moves such as rows to help with lifting and carrying. Functional fitness is particularly important for active older adults wishing to preserve function and maintain independence.

Instructor: Hanif Teja

WCC | JAN 8  
FREE / 1

TH, 12:15 PM – 12:45 PM  
#13996

## Functional Strength for Older Adults

AGES 45+



Functional Strength for Older Adults focuses on improving everyday activities by mimicking real world movements, strength, flexibility, balance, and mobility. Examples of functional exercises may include sit-to-stands for getting up from chairs, step-ups for climbing stairs, squats for general leg strength, and upper body strength moves such as rows to help with lifting and carrying. Functional fitness is particularly important for active older adults wishing to preserve function and maintain independence.

Instructor: Hanif Teja

WCC | JAN 15 – MAR 12 TH, 12:15 PM – 12:45 PM  
\$63.00 / 9 | Drop-in \$8.00 #13765

## Osteofit with Angie AGES 45+

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 | JAN 5 – MAR 9 M, 1:00 PM – 2:00 PM  
No classes Jan 12, Feb 16  
\$80.00 / 8 | Drop-in \$11.00 #13756

WCC | JAN 8 – MAR 12 TH, 11:00 AM – 12:00 PM  
\$100.00 / 10 | Drop-in \$11.00 #13759

## Chair Yoga with Angie AGES 45+

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 | JAN 8 – MAR 12 TH, 1:00 PM – 2:00 PM  
\$100.00 / 10 | Drop-in \$11.00 #13758

## OLDER ADULTS PROGRAMS

### MARTIAL ARTS

#### Tai Chi AGES 19+

An indoor Tai Chi session has been arranged as an alternative for the group during inclement weather. Outdoor activities remain open to all individuals, who may join the team at any time. Please note that the indoor facility is exclusively for group use and is only available when outdoor practice is not possible.

Instructor: UNA Volunteer

WCC | JAN 5 – MAR 27 M-F, 8:45 AM – 9:45 AM  
FREE / 60 #13458

### SPORTS

#### Badminton for Seniors AGES 55+

Play badminton in a fun, social setting. These sessions are uninstructed and open to seniors ages 55+ of all skill levels. Bring your own racket. Registration is required.

WCC | JAN 7 – MAR 11 W, 2:00 PM – 3:30 PM  
\$40.00 / 10 | Drop-in \$4.00 #13999

WCC | JAN 9 – MAR 6 F, 12:30 PM – 1:45 PM  
No session Feb 13  
\$26.00 / 8 | Drop-in \$3.25 #14000

#### Pickleball for Seniors AGES 55+

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. Registration is required.

WCC | JAN 5 – MAR 9 M, 8:45 AM – 9:45 AM  
No session Feb 16  
\$22.50 / 9 | Drop-in \$2.50 #13997

WCC | JAN 8 – MAR 12 TH, 12:45 PM – 1:45 PM  
\$25.00 / 10 | Drop-in \$2.50 #13998

## OLDER ADULTS PROGRAMS



### SPORTS

#### Seniors' Gym AGES 55+

Participants ages 55+ can stay healthy and active by joining volunteer-led games and activities in Seniors' Gym! Registration is required.

Instructor: UNA Volunteer

**WCC | JAN 5 – MAR 9** **M, 10:15 AM – 11:15 AM**  
**No class Feb 16**  
FREE / 9 #13880

#### Walking Soccer Club AGES 40+

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.

Instructor: Nils Bradley

**WCC | JAN 6 – MAR 10** **TU, 1:30 PM – 3:00 PM**  
FREE / 10 #13739

#### Table Tennis for Seniors AGES 55+

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

**WCC | JAN 9 – MAR 6** **F, 2:30 PM – 3:30 PM**  
**No session Feb 13**  
\$20.00 / 8 | Drop-in \$2.50 #14001

### SOCIAL

#### Bridge | Advanced | Drop-In AGES 19+

Sharpen your Bridge card game. Drop-in to play this captivating, challenging and strategic trick-taking card game. You should have strong knowledge of this game, including how to bid and play the game. Space is limited to 16 participants. Registration is required at the Front Desk before joining each session. Registration opens 30 minutes before each session. There is no cost for this program.

Instructor: Janet Herron Floyd

**WCC | JAN 8 – MAR 26** **TH, 10:00 AM – 12:30 PM**  
FREE / 12 #13866

#### Mahjong | Drop-In AGES 19+

Discover Mahjong! Join us for this classic Chinese game of tiles in a relaxed and social setting. No experience is necessary, just bring your curiosity and enjoy the fun! If you're new to Mahjong, be sure to attend the first two sessions of the season, when friendly guidance will be provided. After these two sessions, no further instruction will be given, and play will be self-guided, so beginners won't want to miss out!

Space is limited to 14 participants who are able to attend for the entire 2-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start). This program is free of charge. Come play, connect, and enjoy!

Instructors: Sandra and Mary

**WCC | JAN 5 – MAR 23** **M, 1:00 PM – 3:00 PM**  
**No class Feb 16**  
FREE / 11 #13867

#### Whist AGES 55+

Participants, learn to play and improve their understanding of this classic English trick-taking card game. This is a fun game that is easy to learn that requires a minimal strategy. Everyone aged 55+ is welcome. Experience with Whist is not required. Registration is required.

Instructor: Nils Bradley

**WCC | JAN 6 – MAR 24** **TU, 10:00 AM – 12:00 PM**  
FREE / 12 #13876

Sewing & 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 a volunteer-led, uninstructed program. Sewing machines and a variety of knitting supplies will be available. Registration is required.

Instructor: Grace Ewart

WCC | JAN 11 – MAR 29 SU, 1:00 PM – 3:00 PM  
No class Feb 22  
FREE / 11 #13873

Song Circle for Seniors AGES 55+

Join in a casual sing-along! Songs will be primarily in Mandarin with songs in other languages introduced based on participants' interests and language abilities. Registration is required.

Instructor: UNA Volunteer

WCC | JAN 6 – MAR 10 TU, 10:00 AM – 11:30 AM  
FREE / 10 #13778

Soups and Social AGES 55+

Connect and nourish at Soups + Social. This monthly lunch brings together seniors to cultivate conversation, friendship and social connections. Each session features a fresh, nourishing soup prepared by the BC Brain Wellness Program team, with dietitian Raihan Hassen, who will be sharing nutrition tips and answering questions.

WCC | JAN 8 TH, 11:30 AM – 12:30 PM  
\$3.50 / 1 #13961

WCC | FEB 5 TH, 11:30 AM – 12:30 PM  
\$3.50 / 1 #13962

WCC | MAR 5 TH, 11:30 AM – 12:30 PM  
\$3.50 / 1 #13963

Walk & Talk Club AGES 19+

Explore the outdoors, socialize and boost fitness at the Walk + Talk Club. You can select one of two walking speeds to experience Pacific Spirit Park, the UBC campus and surrounding neighbourhoods by foot. Walks take place weekly, regardless of the weather. Please dress appropriately and wear supportive footwear. You are welcome to have a warm beverage, lunch and socialize at the WCC after each walk. Registration is required for this no-cost program.

Instructor: Helen Aqua

WCC | JAN 5 – MAR 23 M, 10:00 AM – 12:00 PM  
No class Feb 16  
FREE / 11 #13775



INTRODUCING THE UNA  
SENIORS NEWSLETTER

Your monthly guide to programs, workshops, and events in our community

Looking to stay active, connected, and involved? The new *UNA Seniors Newsletter* is here to keep you in the know about everything happening in your community – from fitness classes and arts programs to social gatherings, tech workshops, and more. Whether you're a long-time resident or newly exploring what's available, this newsletter is a great way to discover activities tailored to your interests, meet new people, and make the most of your time in the community.

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





# INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>COMMUNITY EVENTS - PAGE 8</b>							
	Family Day	All ages	Feb 16	Mon	11:00 AM	WCC	“家庭日”庆祝
	Lunar New Year	All ages	Feb 22	Sun	1:00 PM	WCC	农历新年
	Spring Art Fair	All ages	Mar 14	Sat	11:00 AM	WCC	春季艺术集
13862	Night Shift - Secret Comedy Show	Ages 19+	Jan 24	Sat	7:00 PM	OBCC	夜班 - 秘密喜剧秀
13863	Night Shift - Singles Night	Ages 19+	Feb 14	Sat	7:00 PM	OBCC	夜班 - 单身之夜
13131	Family Movie Night	All ages	Jan 17	Sat	6:00 PM	OBCC	家庭电影之夜
<b>MUSIC - PAGE 11</b>							
13711	Flute   Sunday	Ages 8+	Jan 4	Sun	1:00 PM	WCC	长笛
13784	Group Guitar   Beginner	Ages 14+	Jan 5	Mon	6:30 PM	WCC	吉他小班课-初级
13785	Group Guitar   Intermediate	Ages 14+	Jan 5	Mon	7:30 PM	WCC	吉他小班课 - 中级
13840	Guitar   Friday	Ages 8+	Jan 9	Fri	4:30 PM	WCC	吉他
13839	Piano   Friday	Ages 5+	Jan 9	Fri	3:30 PM	WCC	钢琴
13786	Piano   Monday	Ages 5+	Jan 5	Mon	3:30 PM	WCC	钢琴
13848	Piano   Saturday	Ages 5+	Jan 10	Sat	10:00 AM	WCC	钢琴
13823	Piano   Thursday	Ages 5+	Jan 8	Thu	3:30 PM	WCC	钢琴
13792	Piano   Tuesday	Ages 5+	Jan 6	Tue	3:30 PM	WCC	钢琴
13808	Piano   Wednesday	Ages 5+	Jan 7	Wed	3:30 PM	WCC	钢琴
13822	Violin   Thursday	Ages 5+	Jan 8	Thu	3:30 PM	WCC	小提琴
<b>ALL AGES - PAGE 12</b>							
13201	Let's Cook Club	All ages	Jan 27	Tue	6:00 PM	WCC	美食烹饪俱乐部
13213	Let's Cook Club	All ages	Feb 24	Tue	6:00 PM	WCC	美食烹饪俱乐部
13217	Let's Cook Club	All ages	Mar 24	Tue	6:00 PM	WCC	美食烹饪俱乐部
13150	Community Board Game Night	All ages	Jan 9	Fri	6:00 PM	WCC	社区棋盘游戏之夜
14013	Drop-In Family Badminton	All ages	Jan 10	Sat	8:45 AM	WCC	家庭羽毛球
14012	Drop-In Family Pickleball	All ages	Jan 11	Sun	9:00 AM	WCC	家庭匹克球练习时间
<b>CAMPS - PAGE 13</b>							
13788	K-Pop Hip-Hop   Pro-D Day Camp	Ages 6-10	12-Jan	Mon	9:00 AM	WCC	嘻哈韩流职业发展日营
13846	Sportball: Pro-D Day Multi-Sport Camp	Ages 6-10	Feb 13	Fri	9:00 AM	WCC	Pro-D球类营
13936	Creation and Performance Art Crossmaneuver Camp	Ages 7-12	16-Mar	Mon-Fri	9:00 AM	OBCC	儿童表演春假营
13938	Crossmaneuver Performing Arts Camp	Ages 4-7	23-Mar	Mon-Fri	9:00 AM	OBCC	Crossmaneuver 表演艺术营
13913	K-Pop Hip-Hop Dance Camp	Ages 6-12	16-Mar	Mon-Fri	9:00 AM	WCC	韩式嘻哈舞夏令营
14101	CSI Lab	Ages 6-11	16-Mar	Mon-Fri	9:00 AM	WCC	犯罪现场实验室营
14049	WIZE Camp: Minecraft, AR/VR, Robotics, STEM	Ages 6-11	23-Mar	Mon-Fri	9:00 AM	WCC	WIZE春假营: Minecraft编程、AR/VR体验、机器人制作及离线STEM活动
13906	Sportball: Multi-Sport Camp	Ages 6-10	23-Mar	Mon-Fri	9:00 AM	WCC	综合运动营
<b>EARLY YEARS - PAGE 16</b>							
13849	Parent & Child: Hip-Hop	Ages 2-5	Jan 10	Sat	9:30 AM	OBCC	亲子嘻哈舞
13814	Preschool Ballet	Ages 3-4	Jan 7	Wed	3:30 PM	WCC	学前芭蕾
13718	Preschool Ballet	Ages 3-4	Jan 4	Sun	1:30 PM	WCC	学前芭蕾
13716	Preschool Ballet	Ages 3-4	Jan 4	Sun	11:25 AM	WCC	学前芭蕾
13773	Preschool Dance	Ages 2-3	Jan 5	Mon	3:30 PM	WCC	学前芭蕾
13713	Preschool Dance	Ages 2-3	Jan 4	Sun	9:30 AM	WCC	学前芭蕾

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>EARLY YEARS - PAGE 16</b>							
13728	Group Piano for Preschoolers	Ages 3-5	Jan 4	Sun	12:50 PM	OBCC	学前小班钢琴
13740	Group Ukulele Circle	Ages 3-5	Jan 4	Sun	12:00 PM	OBCC	尤克里里小队
13805	Music Together	Ages 0-5	Jan 13	Tue	10:15 AM	OBCC	亲子音乐
13803	Music Together	Ages 0-5	Jan 13	Tue	9:15 AM	OBCC	亲子音乐
13895	Crafts with Ruta	Ages 2-5	Jan 10	Sat	10:00 AM	WCC	Ruta 手工课
13955	Science for Preschoolers	Ages 3-5	Jan 7	Wed	3:30 PM	WCC	学前少儿科学
13923	Active Kids: Multi-Sport & Playtime	Ages 1.5-3	Jan 12	Mon	10:30 AM	WCC	多项球类和游戏
13922	Active Kids: Soccer	Ages 3-5	Jan 12	Mon	4:00 PM	WCC	足球
13950	Sportball: Floor Hockey	Ages 4-6	Jan 7	Wed	4:00 PM	WCC	少儿曲棍球
13122	Babytime Drop-In	Ages 0-1.5	Jan 22	Thu	10:00 AM	WCC	幼儿活动时间
13087	Parent & Tot: Gym Drop-In	Ages 0-5	Jan 4	Sun	10:00 AM	OBCC	亲子活动时间
13117	Parent & Tot: Gym Drop-In	Ages 0-5	Jan 6	Tue/Thu	9:30 AM	WCC	亲子活动时间
13100	Spanish Storytime Drop-In	Ages 0-5	Jan 10	Sat	10:00 AM	OBCC	儿童西班牙语故事时间
13155	Storytime at the OBCC	Ages 0-5	Jan 9	Fri	10:00 AM	OBCC	少儿故事会
<b>CHILDREN - PAGE 20</b>							
13797	Active Hip-Hop, Dance, Stretch & Strength	Ages 9-14	Jan 6	Tue	5:30 PM	WCC	歌舞舞台剧
13819	Ballet	Ages 8-10	Jan 7	Wed	5:25 PM	WCC	芭蕾
13717	Ballet	Ages 6-8	Jan 4	Sun	12:15 PM	WCC	芭蕾
13856	Classical Indian Dance: Bharata Natyam	Ages 5-17	Jan 10	Sat	4:00 PM	WCC	印度传统舞蹈: 婆罗多舞
13817	Contemporary Jazz Ballet	Ages 6-8	Jan 7	Wed	4:20 PM	WCC	现代爵士
13744	Dance Foundations	Ages 5-6	Jan 5	Mon	4:20 PM	WCC	舞蹈基础
13715	Dance Foundations	Ages 5-6	Jan 4	Sun	10:20 AM	WCC	舞蹈基础
13841	Dance Fusion for Kids	Ages 6-9	Jan 9	Fri	4:00 PM	WCC	儿童融合舞蹈
13852	K-Pop Hip-Hop	Ages 6-10	Jan 10	Sat	11:15 AM	OBCC	韩式嘻哈
13794	K-Pop Hip-Hop	Ages 6-10	Jan 6	Tue	3:30 PM	WCC	韩式嘻哈
13738	Private Dance Hour	Ages 6-12	Jan 4	Sun	3:30 PM	WCC	私人舞蹈时段
13986	Try It Week: Zumba Dance for Kids	Ages 6-10	Jan 10	Sat	1:00 PM	WCC	体验周: 儿童尊巴舞蹈
13755	Zumba Dance for Kids	Ages 6-10	Jan 17	Sat	1:00 PM	WCC	儿童尊巴舞蹈
13812	Creative Writing	Ages 7-9	Jan 7	Wed	3:30 PM	WCC	创意写作
13811	Creative Writing	Ages 9-12	Jan 7	Wed	4:45 PM	WCC	创意写作
13845	Young Moviemakers	Ages 8-14	Jan 9	Fri	4:00 PM	WCC	少年电影制作
13746	Musical Theatre	Ages 6-9	Jan 5	Mon	5:25 PM	WCC	舞台剧
13772	Musical Theatre	Ages 6-9	Jan 5	Mon	6:30 PM	WCC	舞台剧
14036	Art Expression: Drawing & Painting	Ages 6-12	Mar 7	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
13959	Art Expression: Drawing & Painting	Ages 6-12	Jan 10	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
14035	Art Expression: Drawing & Painting	Ages 6-12	Feb 7	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
14130	Build & Bloom	Ages 8-10	Jan 15	Thu	4:45 PM	WCC	建造与绽放: 通过艺术和建筑制作 3D 图书
13782	Creative Arts	Ages 6-9	Jan 5	Mon	3:30 PM	WCC	创意艺术
13783	Creative Arts	Ages 9-12	Jan 5	Mon	5:00 PM	WCC	创意艺术
13127	Culture Connect: Crafting Around the World	Ages 5-8	Jan 8	Thu	4:45 PM	WCC	儿童文化工艺品
13891	Manga Art	Ages 6-9	17-Jan	Sat	11:15 AM	WCC	漫画课
13892	Manga Art   Beginner	Ages 9-14	17-Jan	Sat	12:45 PM	WCC	漫画课
13893	Manga Art   Intermediate	Ages 9-14	17-Jan	Sat	2:00 PM	WCC	漫画艺术   中级
13941	Red Cross Babysitting	Ages 11-14	Feb 13	Fri	9:00 AM	WCC	红十字会儿童看护课程

## INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>CHILDREN - PAGE 20</b>							
13932	Cantonese for Kids	Ages 5-8	Jan 8	Thu	4:00 PM	WCC	儿童粤语课
13944	English Reading and Writing   Gr 1-2	Ages 6-8	Jan 8	Thu	6:00 PM	WCC	英语阅读和写作1-2年级
13942	English Reading and Writing   Gr 1-2	Ages 6-8	Jan 5	Mon	6:00 PM	WCC	英语阅读和写作1-2年级
13945	English Reading and Writing   Gr 3-4	Ages 8-10	Jan 8	Thu	7:00 PM	WCC	三&四年级英语阅读写作
13943	English Reading and Writing   Gr 3-4	Ages 8-10	Jan 5	Mon	7:00 PM	WCC	三&四年级英语阅读写作
13940	French Conversation for Kids	Ages 5-12	Jan 7	Wed	7:00 PM	WCC	儿童法语课
13879	Mandarin Conversation for Beginners	Ages 8-12	Jan 4	Sun	3:00 PM	WCC	初学者普通话会话
13946	Mastering Mandarin   Beginner	Ages 5-18	Jan 10	Sat	10:00 AM	WCC	汉语学习-初级
13947	Mastering Mandarin   Intermediate	Ages 5-18	Jan 10	Sat	11:30 AM	WCC	汉语学习-中级
13948	Mastering Mandarin   Advanced	Ages 5-18	Jan 10	Sat	1:00 PM	WCC	汉语学习-高级
13826	Youth Public Speaking Club	Ages 10-12	Jan 6	Tue	3:30 PM	WCC	青少年演讲俱乐部
13831	Galileo's Gang	Ages 11-13	Jan 8	Thu	3:30 PM	WCC	伽利略俱乐部
14042	Math4Kids   Gr 1-2	Ages 6-8	Jan 5	Mon	3:30 PM	WCC	1-2年级数学
13952	Math4Kids   Gr 3-4	Ages 8-10	Jan 5	Mon	4:30 PM	WCC	3-4年级数学
13953	Math4Kids   Gr 5-6	Ages 10-12	Jan 7	Wed	5:45 PM	WCC	5-6年级数学
13954	Science for Kids	Ages 6-11	Jan 7	Wed	4:30 PM	WCC	少儿科学
13894	Youth Environmental Alliance	Ages 8-12	Jan 4	Sun	11:00 AM	WCC	青少年环保联盟
13828	Build It: Digital Mechanical Design	Ages 8-12	Jan 4	Sun	3:30 PM	WCC	构建数字机械设计
13937	AI Adventure Lab	Ages 9-14	Jan 6	Tue	6:00 PM	WCC	人工智能探险实验室
14024	Coding and Modding in Minecraft	Ages 8-12	Jan 10	Sat	3:00 PM	WCC	我的世界编码建模
14025	Engineering & Robotics with VEX Go!	Ages 6-12	Jan 10	Sat	4:45 PM	WCC	VEX GO编程和机器人
13935	Minecraft Coders	Ages 7-12	Jan 8	Thu	5:45 PM	WCC	我的世界编程课程
13967	Peer Tutoring	Ages 11-12	Jan 10	Sat	12:00 PM	WCC	同学辅导项目
13830	Peer Tutoring	Ages 5-12	Jan 6	Tue	4:00 PM	WCC	同学辅导项目
14021	Badminton   Beginner	Ages 8-10	Jan 9	Fri	4:00 PM	WCC	羽毛球初级
13949	Sportball: Floor Hockey	Ages 6-9	Jan 7	Wed	4:45 PM	WCC	少儿曲棍球
13919	Active Kids: Basketball	Ages 8-12	Jan 15	Thu	4:00 PM	WCC	篮球
13918	Active Kids: Basketball	Ages 8-12	Jan 17	Sat	12:15 PM	WCC	篮球
13920	Active Kids: Basketball	Ages 8-12	Jan 13	Tue	4:30 PM	WCC	篮球
13917	Active Kids: Girls Play Basketball	Ages 8-12	Jan 17	Sat	10:30 AM	WCC	女子篮球
13921	Active Kids: Soccer	Ages 6-9	Jan 12	Mon	5:00 PM	WCC	足球
13989	Family Karate	Ages 7-12	Jan 9	Fri	7:00 PM	OBCC	家庭空手道
13985	Family Karate	Ages 5-12	Jan 8	Thu	5:15 PM	WCC	家庭空手道
13984	Family Karate	Ages 7-12	Jan 6	Tue	7:15 PM	WCC	家庭空手道
13987	Family Karate: Kickboxing and Pad Work	Ages 7-12	Jan 8	Thu	7:00 PM	WCC	家庭空手道
13988	Karate Kids   Martial Arts and Movement	Ages 4-6	Jan 9	Fri	6:15 PM	OBCC	空手道/武术运动
13983	Karate Kids   Martial Arts and Movement	Ages 4-6	Jan 6	Tue	6:30 PM	WCC	家长空手道   武术和运动
13956	Tae Kwon Do   Kids	Ages 4-12	Jan 4	Sun	1:00 PM	WCC	儿童中级跆拳道
14027	Volleyball BC: Learn and Play	Ages 8-12	Jan 10	Sat	2:15 PM	WCC	排球基础知识: 学习与实践
13109	Beaver Scouts	Ages 5-7	Jan 4	Sun	1:45 PM	OBCC	童子军
13916	Chess for Beginners & Intermediate Players	Ages 11-12	Jan 8	Thu	4:30 PM	WCC	初中级国际象棋
13091	Girl Guides   Grades 4-6	Ages 9-11	Jan 8	Thu	6:00 PM	OBCC	女童军
13832	Chess Basics	Ages 7-12	Jan 9	Fri	4:00 PM	WCC	初级国际象棋
13833	Pre-teen Leadership	Ages 9-12	Jan 5	Mon	4:00 PM	WCC	青少年领导力
13875	Open Gym   Pre-Teen	Ages 9-12	Jan 7	Wed	4:00 PM	WCC	少年开放体育馆

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>YOUTH - PAGE 32</b>							
13851	K-Pop Hip-Hop	Ages 11-18	Jan 10	Sat	10:15 AM	OBCC	韩式嘻哈
13795	K-Pop Hip-Hop	Ages 11-18	Jan 6	Tue	4:30 PM	WCC	韩式嘻哈
13737	Teen Ballet	Ages 13-19	Jan 4	Sun	2:25 PM	WCC	中级芭蕾舞
13834	Novel Writing	Ages 13-17	Jan 8	Thu	5:00 PM	WCC	小说写作
13888	Creative Art Studio   Youth & Seniors	Ages 13-18	Jan 6	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
13824	Digital Art   Youth & Seniors	Ages 13-18	Jan 5	Mon	5:00 PM	WCC	数字艺术
13807	Drawing & Painting	Ages 11-18	Jan 7	Wed	3:30 PM	WCC	绘画课
13890	Youth Open Studios	Ages 13-18	Jan 7	Wed	3:30 PM	WCC	青少年开放工作室
13884	Youth Night	Ages 13-18	Jan 16	Fri	6:00 PM	WCC	青少年社交夜
13886	Intermediate Coding	Ages 13-18	Jan 4	Sun	11:35 AM	WCC	中级编程
13885	Introduction to Coding	Ages 13-18	Jan 4	Sun	10:30 AM	WCC	初级编程
13878	Mandarin Conversation for Beginners	Ages 13-18	Jan 4	Sun	3:00 PM	WCC	初学者普通话会话
13958	Toastmasters Youth Program - Gavel Club	Ages 12-17	Jan 7	Wed	6:30 PM	WCC	青少年演讲俱乐部
13827	Youth Public Speaking Club	Ages 12-13	Jan 7	Tue	3:30 PM	WCC	青少年演讲俱乐部
13968	Peer Tutoring	Ages 13-15	Jan 10	Sat	1:00 PM	WCC	同学辅导项目
13829	Peer Tutoring	Ages 13-18	Jan 6	Tue	4:00 PM	WCC	同学辅导项目
14022	Badminton   Intermediate	Ages 11-16	Jan 9	Fri	5:00 PM	WCC	羽毛球中级
14023	Badminton   Advanced	Ages 13-18	Jan 9	Fri	6:00 PM	WCC	羽毛球高级
13924	Active Kids: Basketball	Ages 12-16	Jan 15	Thu	4:00 PM	WCC	篮球
13957	Tae Kwon Do   Youth	Ages 13-18	Jan 4	Sun	1:00 PM	WCC	青少年跆拳道中级
13995	Family Karate	Ages 13-18	Jan 9	Fri	7:00 PM	OBCC	家庭空手道
13992	Family Karate	Ages 13-18	Jan 8	Thu	5:15 PM	WCC	家庭空手道
13990	Family Karate	Ages 13-18	Jan 6	Tue	7:15 PM	WCC	家庭空手道
13993	Family Karate: Kickboxing and Pad Work	Ages 13-18	Jan 8	Thu	7:00 PM	WCC	家庭空手道
13991	Youth and Adult Karate	Ages 10-18	Jan 6	Tue	8:15 PM	WCC	青少年/成年人空手道
13994	Youth and Adult Karate: Kata and Kumite	Ages 10-18	Jan 8	Thu	8:00 PM	WCC	青少年/成年人空手道
14026	Volleyball BC: Train and Play	Ages 13-16	Jan 10	Sat	2:15 PM	WCC	排球: 培训和练习
13882	Chess for Beginners & Intermediate Players	Ages 13-18	Jan 8	Thu	4:30 PM	WCC	初中级国际象棋
13881	Rubik's Cube Club	Ages 11-18	Jan 8	Thu	3:30 PM	WCC	魔方俱乐部
13889	Youth Leadership	Ages 13-18	Feb 6	Fri	3:30 PM	WCC	青少年领导力
13883	Youth Night Committee	Ages 13-18	Jan 6	Tue/Fri	6:00 PM	WCC	青年之夜委员会
13868	Youth Badminton Drop-in	Ages 13-18	Jan 4	Sun	7:30 PM	WCC	青少年羽毛球
13869	Youth Basketball Drop-in	Ages 13-18	Jan 6	Tue	3:15 PM	WCC	青少年篮球活动时间
13871	Lunchtime Open Gym   Youth	Ages 12-18	Jan 8	Thu	11:25 AM	WCC	青少年运动
13912	Lunchtime Open Gym   Youth	Ages 12-18	Jan 5	Mon	11:25 AM	WCC	青少年午餐时间运动
13870	Open Gym   Youth	Ages 13-18	Jan 7	Wed	5:45 PM	WCC	青少年运动
13872	Open Gym   Youth	Ages 13-18	Jan 10	Sat	7:45 PM	WCC	青少年运动
13874	Youth Volleyball Drop-in	Ages 13-18	Jan 10	Sat	4:00 PM	WCC	青少年排球
<b>ADULTS - PAGE 42</b>							
13821	Adult Ballet   Beginner	Ages 16+	Jan 7	Wed	7:45 PM	WCC	成年芭蕾舞
13897	Ballet Drop-In   Intermediate	Ages 15+	Jan 10	Sat	5:00 PM	WCC	成年中/高级芭蕾健身
13844	Chinese Folk Dance   Drop-In	Ages 19+	Jan 9	Fri	12:30 PM	WCC	中国民族舞蹈
13793	Chinese Folk Dance   Drop-In	Ages 19+	Jan 6	Tue	12:30 PM	WCC	中国民族舞蹈
13855	Classical Indian Dance: Bharata Natyam	Ages 18+	Jan 10	Sat	2:30 PM	WCC	印度传统舞蹈: 婆罗多舞
13781	Dance Fusion	Ages 18+	Jan 5	Mon	6:45 PM	WCC	混合舞蹈

## INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>ADULTS - PAGE 42</b>							
13835	Novel Writing	Ages 18+	Jan 8	Thu	6:30 PM	WCC	小说写作
13730	Bookbinding Studio	Ages 18+	Mar 8	Sun	10:00 AM	WCC	装订工坊
13729	Bookbinding Studio	Ages 18+	Feb 8	Sun	10:00 AM	WCC	装订工坊
13712	Chinese Traditional Painting	Ages 18+	Jan 4	Sun	3:30 PM	WCC	一起学中国传统画
13732	Embroidery: Hand Sewing Stitches	Ages 18+	Mar 8	Sun	12:15 PM	WCC	刺绣: 手工缝纫针法
13731	Medieval Tacket Leather Bookbinding	Ages 18+	Feb 8	Sun	12:15 PM	WCC	中世纪铆钉皮书籍装订
13900	Weaving Wellness   Zentangle Workshop	Ages 18+	Jan 31	Sat	12:30 PM	WCC	编织健康   禅绕画工作坊
13903	Weaving Wellness   Zentangle Workshop	Ages 18+	Feb 7	Sat	12:30 PM	WCC	编织健康   禅绕画工作坊
13727	Culturally Curious English	Ages 19+	Jan 6	Tue	12:30 PM	WCC	文化好奇英语课
13787	English Conversation   Advanced   Mondays	Ages 19+	Jan 5	Mon	11:00 AM	WCC	英语会话高级
13780	English Conversation   Intermediate	Ages 19+	Jan 7	Wed	1:00 PM	WCC	中级英语会话
13796	English Conversation   Intermediate	Ages 19+	Jan 8	Thu	7:00 PM	OBCC	中级英语会话
13789	English Conversation   Intermediate	Ages 19+	Jan 6	Tue	10:00 AM	WCC	英语会话中级
14050	English Conversation   Beginner	Ages 19+	08-Jan	Thu	10:00 AM	WCC	英语初级会话
13779	English Conv. for Mandarin Speakers Beginner	Ages 19+	Jan 5	Mon	9:15 AM	WCC	英语入门(国语)
13725	French   Intermediate	Ages 19+	Jan 5	Mon	1:00 PM	WCC	法语会话中级
13726	French   Advanced Grammar	Ages 19+	Jan 5	Mon	2:30 PM	WCC	法语-高级语法
13221	French Club	Ages 19+	Jan 8	Thu	1:30 PM	OBCC	法语俱乐部
13518	Korean Parent Support Circle	Ages 19+	Jan 20	Tue	12:30 PM	WCC	韩国家长互助交流会
13790	SUCCESS: Settlement Mandarin & English	Ages 19+	Jan 13	Tue	9:30 AM	WCC	中侨移民安顿服务
14033	Vancouver Mandarin Parenting Support Group	Ages 19+	Jan 17	Sat	6:00 PM	WCC	温哥华普通话家长支持小组
13933	Weaving Wellness   Naloxone Training	Ages 16+	Feb 21	Sat	12:30 PM	WCC	编织健康   纳洛酮使用培训
14008	Badminton	Ages 19+	Jan 9	Fri	7:45 PM	WCC	羽毛球
14007	Badminton	Ages 19+	Jan 9	Fri	2:00 PM	WCC	羽毛球
14006	Badminton	Ages 19+	Jan 5	Mon	2:00 PM	WCC	羽毛球
14009	Basketball	Ages 19+	Jan 8	Thu	7:45 PM	WCC	羽毛球
13804	BC Brain Wellness   Interger. Ballroom Dance	Ages 19+	Jan 28	Wed	12:30 PM	OBCC	BC Brain Wellness 跨世代交谊舞
13858	Core Pilates   Beginner-Intermediate	Ages 19+	Jan 6	Tue	9:25 AM	WCC	核心普拉提   初级-中级
13939	Express Lunchtime Bootcamp	Ages 19+	Jan 8	Thu	12:15 PM	OBCC	午间速成训练营
13742	Express Spin   Morning	Ages 18+	Jan 5	Mon	7:45 AM	WCC	急速单车   早上
13743	Express Spin   Morning	Ages 18+	Jan 8	Thu	7:30 AM	WCC	急速单车   早上
13764	Full Body Bootcamp	Ages 19+	Jan 5	Mon	7:45 PM	OBCC	全身训练营
13813	Full Body Bootcamp	Ages 19+	Jan 7	Wed	9:45 AM	OBCC	全身训练营
13934	Full Body Bootcamp	Ages 19+	Jan 8	Thu	7:30 PM	OBCC	全身训练营
13859	Full Body Pilates (English & Mandarin)	Ages 19+	Jan 8	Thu	9:30 AM	WCC	全身普拉提(英语及普通话授课)
13857	Pilates Strength Fusion	Ages 19+	Jan 5	Mon	9:30 AM	WCC	普拉提力量融合
13860	Pilates Strength Fusion	Ages 19+	Jan 9	Fri	11:10 AM	WCC	普拉提力量融合
13914	Pilates Strength Fusion (Express)	Ages 19+	Jan 7	Wed	9:20 AM	WCC	普拉提力量融合(速成班)

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>ADULTS - PAGE 42</b>							
13766	Learn to Run Clinic	Ages 18+	Jan 27	Tue	6:00 PM	WCC	跑步诊所
13768	Run Talk Tuesday   Learn to Run Clinic	Ages 18+	Feb 17	Tue	6:00 PM	WCC	周二跑步讲座   学习跑步诊所
13769	Run Talk Tuesday   Learn to Run Clinic	Ages 18+	Mar 31	Tue	6:00 PM	WCC	周二跑步讲座   学习跑步诊所
13767	Run 10K Faster Clinic	Ages 18+	Feb 5	Thu	6:00 PM	WCC	10公里跑速提升训练营
13770	Run Talk Runner's Toolbox: Run 10K Faster Clin.	Ages 18+	Feb 19	Thu	6:00 PM	WCC	周四跑步讲座
13771	Run Talk Runner's Toolbox: Run 10K Faster Clin.	Ages 18+	Apr 2	Thu	6:00 PM	WCC	周四跑步讲座
13979	Try It Week: Spin	Ages 18+	Jan 4	Sun	8:30 AM	WCC	体验周: 极速单车
13741	Spin	Ages 18+	Jan 11	Sun	8:30 AM	WCC	极速单车
13753	Zumba	Ages 19+	Jan 6	Tue	6:30 PM	OBCC	Zumba舞
13754	Zumba	Ages 19+	Jan 7	Wed	6:35 PM	WCC	Zumba舞
13745	Zumba	Ages 19+	Jan 8	Thu	6:30 PM	WCC	Zumba舞
13747	Zumba	Ages 19+	Jan 10	Sat	11:30 AM	WCC	Zumba舞
13757	Gentle & Restorative Yoga	Ages 19+	Jan 6	Tue	10:35 AM	WCC	柔和与恢复性瑜伽
13760	Gentle Yoga with Angie	Ages 19+	Jan 9	Fri	10:00 AM	WCC	轻柔瑜伽
13899	Iyengar Yoga with Brian   Fundamentals	Ages 18+	Jan 27	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽   初级
13901	Iyengar Yoga with Brian   Fundamentals	Ages 18+	Mar 3	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽   初级
13902	Iyengar Yoga with Brian   Intermediate	Ages 18+	Jan 28	Wed	10:15 AM	WCC	Brian 中级艾扬格瑜伽
13751	Iyengar Yoga with Luci	Ages 17+	Jan 10	Sat	10:00 AM	WCC	Iyengar瑜伽
13752	Iyengar Yoga with Luci	Ages 17+	Feb 21	Sat	10:00 AM	WCC	Iyengar瑜伽
13982	Try It Week: Lunchtime Yoga	Ages 19+	Jan 5	Mon	12:00 PM	WCC	体验周: 午间瑜伽
13748	Lunchtime Yoga	Ages 19+	Jan 19	Mon	12:00 PM	WCC	午间瑜伽
13965	Weaving Wellness   Bunny Yoga	Ages 16+	Mar 6	Fri	12:15 PM	WCC	编织健康   兔兔瑜伽
13966	Weaving Wellness   Bunny Yoga	Ages 16+	Mar 6	Fri	1:35 PM	WCC	编织健康   兔兔瑜伽
13964	Weaving Wellness   Mindful Meditation	Ages 19+	Feb 28	Sat	12:30 PM	WCC	编织健康   正念冥想
13750	Yoga Fusion in Mandarin	Ages 19+	Jan 7	Wed	1:15 PM	WCC	Kate中文瑜伽
13749	Yoga in Mandarin with Kate	Ages 19+	Jan 5	Mon	10:45 AM	WCC	Kate中文瑜伽
13981	Family Karate	Ages 19+	Jan 9	Fri	7:00 PM	OBCC	家庭空手道
13976	Family Karate	Ages 19+	Jan 8	Thu	5:15 PM	WCC	家庭空手道
13974	Family Karate	Ages 19+	Jan 6	Tue	7:15 PM	WCC	家庭空手道
13977	Family Karate: Kickboxing and Pad Work	Ages 19+	Jan 8	Thu	7:00 PM	WCC	家庭空手道
13980	Karate Parents   Martial Arts and Movement	Ages 19+	Jan 9	Fri	6:15 PM	OBCC	家长空手道   武术和运动
13973	Karate Parents   Martial Arts and Movement	Ages 19+	Jan 6	Tue	6:30 PM	WCC	家长空手道   武术和运动
13458	Tai Chi	Ages 19+	Jan 5	Mon-Fri	8:45 AM	WCC	太极
13975	Youth and Adult Karate	Ages 19+	Jan 6	Tue	8:15 PM	WCC	家庭空手道
13978	Youth and Adult Karate: Kata and Kumite	Ages 19+	Jan 8	Thu	8:00 PM	WCC	家庭空手道
14005	Pickleball	Ages 19+	Jan 9	Fri	10:30 AM	WCC	匹克球
14004	Pickleball	Ages 19+	Jan 4	Sun	3:45 PM	WCC	匹克球
13927	Pickleball Lessons   Accelerated Development	Ages 15+	Jan 4	Sun	10:45 AM	WCC	匹克球晋级训练
13931	Pickleball Lessons   Advanced Doubles	Ages 15+	Jan 9	Fri	8:45 AM	WCC	匹克球高级双打
13928	Pickleball Lessons   Guided Interm. Soft Game	Ages 18+	Jan 7	Wed	8:45 AM	WCC	匹克球中级
13925	Pickleball Lessons   Guided Interm. Soft Game	Ages 18+	Jan 4	Sun	9:00 AM	WCC	匹克球中级
13929	Pickleball Lessons   Intermediate	Ages 18+	Jan 7	Wed	10:20 AM	WCC	匹克球中级
13926	Pickleball Lessons   Learn to Play for Beginners	Ages 18+	Mar 1	Sun	10:45 AM	WCC	匹克球初级
13930	Pickleball Lessons   Learn to Play for Beginners	Ages 18+	Jan 7	Wed	11:55 AM	WCC	匹克球初级



## INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>ADULTS - PAGE 42</b>							
14010	Futsal	Ages 19+	Jan 10	Sat	6:00 PM	WCC	室内足球
14197	Futsal	Ages 19+	Jan 8	Thu	6:00 PM	WCC	室内足球
13095	Soccer Skills for Women	Ages 19+	Jan 8	Thu	11:30 AM	WCC	女子室内行走足球
14003	Table Tennis	Ages 19+	Jan 9	Fri	12:15 PM	WCC	乒乓球
14002	Table Tennis	Ages 19+	Jan 7	Wed	2:00 PM	WCC	乒乓球
14011	Volleyball	Ages 19+	Jan 5	Mon	6:15 PM	WCC	排球
14029	Newcomers Support Series	Ages 19+	Jan 10	Sat	10:00 AM	WCC	新移民互助小组
14030	Open House: Volunteering for UNA	Ages 13+	Jan 10	Sat	2:00 PM	WCC	UNA志愿者开放日
13802	Spanish & English Conversation Exchange	Ages 13+	Jan 5	Mon	6:30 PM	OBCC	西班牙语与英语会话交流
13099	Food for Thought: Meaningful Conversations	Ages 16+	Jan 7	Wed	7:00 PM	OBCC	精神食粮：一系列有意义的对话活动
13133	Old Barn Book Club	Ages 16+	Jan 31	Sat	11:15 AM	OBCC	Old Barn读书俱乐部
13873	Sewing & Knitting Studio	Ages 13+	Jan 11	Sun	1:00 PM	WCC	社区缝纫工作室
13083	Wesbrook Book Club	Ages 19+	Jan 25	Sun	10:00 AM	WCC	社区读书俱乐部
13149	Women's Social Club	Ages 19+	Jan 6	Tue	12:00 PM	OBCC	女士社交俱乐部
14014	Drop-In Badminton	Ages 19+	Jan 6	Tue	11:30 AM	WCC	羽毛球
14016	Drop-In Badminton	Ages 19+	Jan 4	Sun	5:45 PM	WCC	羽毛球
14017	Drop-In Basketball	Ages 19+	Jan 5	Mon	8:15 PM	WCC	篮球
14018	Drop-In Pickleball	Ages 18+	Jan 8	Thu	2:00 PM	WCC	匹克球练习
14019	Drop-In Table Tennis	Ages 19+	Jan 5	Mon	11:45 AM	WCC	乒乓球
14020	Drop-In Volleyball	Ages 19+	Jan 7	Wed	7:45 PM	WCC	排球
<b>OLDER ADULTS - PAGE 66</b>							
13777	Chinese Dance for Seniors	Ages 55+	Jan 4	Sun	3:30 PM	OBCC	中式老年舞蹈
13776	Senior Choir	Ages 55+	Jan 7	Wed	9:00 AM	OBCC	老年合唱团
13733	Art Studio for Seniors	Ages 55+	Jan 8	Thu	9:30 AM	WCC	老年开放艺术馆
13887	Creative Art Studio   Youth & Seniors	Ages 55+	Jan 6	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
13825	Digital Art   Youth & Seniors	Ages 55+	Jan 5	Mon	5:00 PM	WCC	数字艺术
13896	English ABCs for Seniors	Ages 55+	Jan 4	Sun	10:00 AM	WCC	老年英语
13734	Healthy Aging Seminar Series	Ages 45+	Jan 15	Thu	11:00 AM	WCC	健康老龄化研讨会系列
13735	Healthy Aging Seminar Series	Ages 45+	Feb 12	Thu	11:00 AM	WCC	健康老龄化研讨会系列
13736	Healthy Aging Seminar Series	Ages 45+	Mar 12	Thu	11:00 AM	WCC	健康老龄化研讨会系列
14000	Badminton for Seniors   Fri	Ages 55+	Jan 9	Fri	12:30 PM	WCC	老年羽毛球
13999	Badminton for Seniors   Wed	Ages 55+	Jan 7	Wed	2:00 PM	WCC	老年羽毛球
13761	AquaFit   Balmoral	Ages 55+	Jan 5	Mon	1:30 PM	BALM	水上运动 - Balmoral
13763	AquaFit   Balmoral	Ages 55+	Jan 8	Thu	1:30 PM	BALM	水上运动 - Balmoral
13762	AquaFit   West Hampstead	Ages 55+	Jan 6	Tue	1:00 PM	W.HAM	水上运动 - West Hampstead
13798	BCRPA Choose to Move (Information Session)	Ages 55+	Jan 8	Thu	9:45 AM	OBCC	BCRPA 选择运动 (信息介绍)
13800	BCRPA Choose to Move	Ages 55+	Jan 22	Thu	9:45 AM	OBCC	BCRPA 选择运动
13801	BCRPA ActivAge	Ages 55+	Jan 22	Thu	11:00 AM	OBCC	BCRPA 活动年龄
13996	Try It Week: Functional Strength   Older Adults	Ages 45+	Jan 8	Thu	12:15 PM	WCC	体验周：老年功能性力量训练
13765	Functional Strength for Older Adults	Ages 45+	Jan 15	Thu	12:15 PM	WCC	老年功能性力量训练

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
<b>OLDER ADULTS - PAGE 66</b>							
13756	Osteofit with Angie	Ages 45+	Jan 5	Mon	1:00 PM	WCC	网上健骨课程
13759	Osteofit with Angie	Ages 45+	Jan 8	Thu	11:00 AM	WCC	网上健骨课程
13997	Pickleball for Seniors   Mon	Ages 55+	Jan 5	Mon	8:45 AM	WCC	匹克球
13998	Pickleball for Seniors   Thurs	Ages 55+	Jan 8	Thu	12:45 PM	WCC	匹克球
13880	Seniors' Gym	Ages 55+	Jan 5	Mon	10:15 AM	WCC	老人锻炼时间
13739	Walking Soccer Club	Ages 40+	Jan 6	Tue	1:30 PM	WCC	慢走足球
14001	Table Tennis for Seniors	Ages 55+	Jan 9	Fri	2:30 PM	WCC	老年人乒乓球
13758	Chair Yoga with Angie	Ages 45+	Jan 8	Thu	1:00 PM	WCC	椅子瑜伽
13876	Whist	Ages 55+	Jan 6	Tue	10:00 AM	WCC	惠斯特纸牌游戏
13778	Song Circle for Seniors	Ages 55+	Jan 6	Tue	10:00 AM	WCC	老年人唱歌活动
13961	Soups and Social	Ages 55+	Jan 8	Thu	11:30 AM	WCC	社交午餐
13962	Soups and Social	Ages 55+	Feb 5	Thu	11:30 AM	WCC	社交午餐
13963	Soups and Social	Ages 55+	Mar 5	Thu	11:30 AM	WCC	社交午餐
13775	Walk & Talk Club	Ages 19+	Jan 5	Mon	10:00 AM	WCC	步行俱乐部
13866	Bridge   Advanced   Drop-In	Ages 19+	Jan 8	Thu	10:00 AM	WCC	桥牌练习时间
13867	Mahjong   Drop-In	Ages 19+	Jan 5	Mon	1:00 PM	WCC	麻将   中英文



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## MEN'S HOCKEY

JANUARY

FRI 9 & SAT 10 | FRI 30 & SAT 31



## WOMEN'S & MEN'S VOLLEYBALL

JANUARY

FEBRUARY

FRI 16 & SAT 17 | FRI 13 & SAT 14



## MEN'S RUGBY

JANUARY

FEBRUARY

SAT 24 & SAT 31 | SAT 7



## WOMEN'S HOCKEY

JANUARY

FEBRUARY

FRI 16 & SAT 17 | FRI 6 & SAT 7



## BASEBALL HOME OPENER

FEBRUARY

FRI 20



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SEASON 2025-2026

# PLAYOFFS

BASKETBALL | VOLLEYBALL | HOCKEY

FEBRUARY 20 - MARCH 1  
SCHEDULES TBD



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# LUNAR NEW YEAR 2026

## Year of the Horse

**Sunday, February 22, 2026 | 1:00–4:00 p.m.**  
**Wesbrook Community Centre**

Join us in welcoming the Year of the Horse at Wesbrook Community Centre. This family event will showcase Chinese and Korean cultures — featuring free music and dance performances, traditional crafts, games and other activities.

### Call for local artists!

We will be hosting a horse-themed community artwork exhibition during the celebration. Artists of all ages are invited to submit their artworks in a friendly competition which will take place during the event.

Please submit your artworks at the Wesbrook Community Centre before February 8, 2026.

This is a **FREE** event. No registration is required. We invite you to dress up in traditional attire.



Please visit [myuna.ca/lny2026](https://myuna.ca/lny2026)  
for more information.

