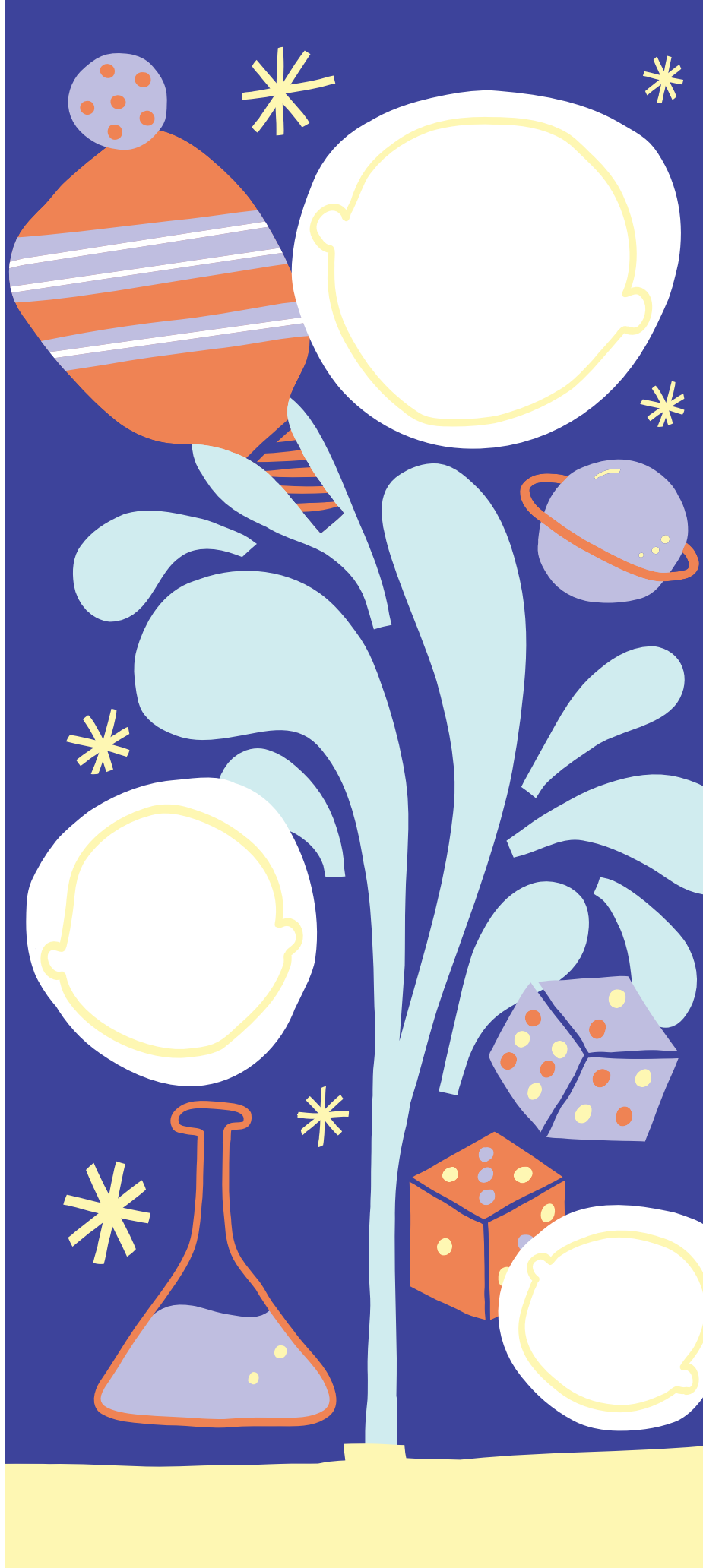


PROGRAM GUIDE



DRAW
friendly
FACES

UNA UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



Get access and discounts with a

UNA CARD



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



PROGRAM GUIDE

REGISTER ONLINE

Monday, March 9, 2026 at 9:00 AM

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

REGISTER IN PERSON

Monday, March 9, 2026 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, March 9, 2026 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.

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.

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	-



SPORTS DROP-IN

The UNA provides a variety of drop-in sports.

- UNA residents (those living in the following UNA-designated areas and buildings: Chancellor Place, East Campus, Hampton Place, Hawthorn Place, Wesbrook Place, Central Building or Focal Building) can book a spot for drop-in online or in-person up to 48 hours prior to the drop-in session.
- Non-UNA residents (UBC students/staff/faculty, UBC Inspired Community Card holders, and members of the public) can book a spot for drop-in online or in-person up to 24 hours prior to the drop-in session.
- Booked drop-in spots shall be held for 10 minutes after the drop-in session begins. If the participant has not arrived within 10 minutes of the drop-in session's starting time, the participant's booked drop-in spot may be re-listed.
- All users must be registered in our system through a UNA Account.
- All paid participants will receive a wristband, which must be visibly displayed.
- Spectators are not permitted in the gym during the drop-in sports sessions.
- Drop-ins are non-refundable and non-transferable.

REGISTERED SPORTS

Registered sports are full-season registration programs, which allow drop-ins if spots are available.

- The 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 waitlist.
- Registered sports drop-in fees are non-refundable and non-transferable.

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 with an hourly fee 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 Old Barn Community Centres is 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 Wesbrook Community Centre and the Collings Softball Field is located at Nobel Park.

Bookings

To inquire about booking UNA facilities or fields, please visit myuna.ca/bookings or contact 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.

COMMUNITY CENTRE CODE OF CONDUCT

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.

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 EventPolicy prior to your event taking place at either centre. Visit eventpolicy.ca.
- Please include set-up and takedown time in your event time.
- A Special Event Permit (SEP) must be obtained if you intend to serve alcohol at your event.
- An event assistant is available at an additional cost.

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

myuna.ca/bookings

bookings@myuna.ca

604.632.3114



COMMUNITY EVENTS

Family Movie Night ALL AGES

APR 11 Bring the whole family to the Old Barn
MAY 2 Community Centre for Family Movie Night.
JUN 6 Admission is \$2.00 per person. Caregivers
JUL 11 must accompany their children. Popcorn,
AUG 8 snacks and drinks are available for cash
 Saturday and card purchase. Chairs will be provided
 6:00 PM but feel free to bring your blankets and
 - 8:30 PM pillows for maximum comfort. Doors open
 \$2.00 at 5:30 PM, movie starts at 6:00 PM.

April 11: *Inside Out 2*
May 2: *Raya and the Last Dragon*
June 6: *Dr. Seuss' the Lorax*
July 11: *The Bad Guys 2*
August 8: *The Super Mario Galaxy Movie*

Instructor: UNA Staff

Old Barn Community Centre
 #14343 / #14359

Easter at the UNA ALL AGES

APR 4 Experience an egg hunt, family activities,
 Saturday crafts, and more — all in celebration of
 9:30 AM Easter at Old Barn Community Centre.
 - 11:30 AM Visit myuna.ca/events/easter2026 for
 more info and to register for updates.

Old Barn Community Centre
 #14702

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

Night Shift - Open Mic (Performers) AGES 19+

APR 18
 Saturday
 7:00 PM
 - 9:30 PM

Join us for Night Shift: Open Mic! An event for up and coming artists who would like to find a platform to showcase their craft. This event encourages the likes of musicians, poets, comedians and any other artists to try out things they have been hoping to get into. Each performance should aim to be between 5-10 minutes and is encouraged to be self sufficient with equipment. Microphone will be provided. Visit myuna.ca/nightshift for more info and to register for your spot to perform.

Old Barn Community Centre
 #14705

Night Shift - Open Mic (Attendees) AGES 19+

APR 18
 Saturday
 7:00 PM
 - 9:30 PM

Join us for Night Shift: Open Mic! An event for up and coming artists who would like to find a platform to showcase their craft. Supportive crowd, casual atmosphere. Visit myuna.ca/nightshift for more info and to register for the event.

Old Barn Community Centre
 #14706

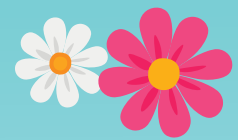
Night Shift - Disco Dance AGES 19+



MAY 23
 Saturday
 7:00 PM
 - 9:30 PM
 \$2.00

Join us for Night Shift: Disco Dance! An event full of groovy dancing, food, drinks, and so much more. Register online to secure your spot on the dance floor!

Old Barn Community Centre
 #14707



EASTER AT THE UNA BUNNY BUSINESS

Hop into a morning of egg hunts, cozy hot cocoa, crafts, and community fun for all ages!

Saturday, April 4, 2026 | 9:30–11:30 AM
Old Barn Community Centre

- * **Egg Hunts Every 10 Minutes:** Starting at 9:30 AM, age-specific hunts ensure every bunny gets a chance to find treasures. Ages 0–2 start first, followed by older groups throughout the morning.
- * **Cozy Hot Cocoa Station:** Warm up with a delicious cup of cocoa, perfect for kids and adults alike.
- * **Community Fun:** Meet neighbors, enjoy springtime activities, and make memories together.
- * **Costume Friendly:** Dress up as your favorite bunny, chick, or spring character! Treats awarded for creativity.
- * **Chocolate Galore:** Expect plenty of chocolate treats - fun for all ages!

No matter the weather, the egg hunt will continue. If it gets rainy, we'll move the fun indoors.



For more information, please visit the UNA Events Calendar online at myuna.ca/events/easter2026.



Youth Event AGES 13-18



JUN 5

Friday
Time TBA
FREE

Something BIG is coming! Save the date for our annual Youth Event organized by the UNA's Youth Leaders. Stay tuned for more information. This is a UNA and UBC Inspired program.

Wesbrook Community Centre

#14479

Indigenous Peoples Day

ALL AGES

JUN 21

Sunday
Time TBA
FREE

In recognition of National Indigenous Peoples Day on June 21, the UNA is hosting learning opportunities for community members throughout the day. Register at myuna.ca/indigenous-peoples-day to receive updates.

Old Barn Community Centre

#14703

Canada Day ALL AGES

JUL 1

Wednesday
11:00 AM
- 2:00 PM
FREE

Celebrate Canada Day at the Wesbrook Community Centre. Games, crafts, music, and more. Hope to see you there! Visit myuna.ca/event/canadaday2026 for more info and to register for updates.

Wesbrook Community Centre

#14704





CANADA DAY AT THE UNA

**Come together for a Canada Day
full of community, fun, and connection.**

Wednesday, July 1st | 11:00 AM–2:00 PM
Wesbrook Community Centre
Free Family Event | All Ages Welcome



Celebrate Canada Day with your neighbours at the Wesbrook Community Centre! This fun-filled community event will feature activities, music, games, and treats for the whole family. Whether you're looking to get active, get creative, or just enjoy a day out with friends and neighbours, there will be something for everyone.

Event Highlights

- 🍁 **Arts & Crafts**
Get creative with family-friendly activities.
- 🍁 **Music & Entertainment**
Local DJ and musical performances throughout the day.
- 🍁 **BBQ & Snacks**
Enjoy tasty bites, cake, and more.
- 🍁 **Games & Activities**
Lawn games, family friendly sports, and surprises for all ages.

Schedule Snapshot

- 🍁 **11:00 AM** – Event opens
- 🍁 **11:30 AM** – Opening welcome
- 🍁 **12:30 PM** – Cake cutting
- 🍁 **2:00 PM** – Event closes
- 🍁 **All Day** – Music, arts, games, and family fun

Don't forget: Bring a water bottle, sunscreen, and your Canadian spirit!

For more info or to volunteer, contact volunteer@myuna.ca.



Visit myuna.ca/event/canadaday2026 for more info and to register for updates.

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructor: Andrea Minden

SPRING
WCC | APR 12 – JUN 21 **SU, 1:00 PM – 5:00 PM**
 No class May 17
 \$350.00 / 10 #various

SUMMER
WCC | JUL 5 – AUG 23 **SU, 1:00 PM – 5:00 PM**
 No class Aug 2
 \$245.00 / 7 #various

Group Guitar | Beginner AGES 14+

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

Instructor: Matt Stapleton

SPRING
WCC | APR 13 – JUN 22 **M, 6:30 PM – 7:30 PM**
 No class May 18
 \$200.00 / 10 #14548

SUMMER
WCC | JUL 6 – AUG 24 **M, 6:30 PM – 7:30 PM**
 No class Aug 3
 \$140.00 / 7 #14734

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

SPRING
WCC | APR 13 – JUN 22 **M, 7:30 PM – 8:30 PM**
 No class May 18
 \$200.00 / 10 #14549

SUMMER
WCC | JUL 6 – AUG 24 **M, 7:30 PM – 8:30 PM**
 No class Aug 3
 \$140.00 / 7 #14735

ALL AGES PROGRAMS

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

SPRING
WCC | APR 10 – JUN 26 **F, 4:30 PM – 9:00 PM**
 \$420.00 / 12 #various

SUMMER
WCC | JUL 3 – AUG 28 **F, 4:30 PM – 9:00 PM**
 \$315.00 / 9 #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.

Instructor: Andrew Ty

SPRING
WCC | APR 9 – JUN 18 **TH, 3:30 PM – 9:00 PM**
 \$385.00 / 11 #various

SUMMER
WCC | JUL 2 – AUG 27 **TH, 3:30 PM – 9:00 PM**
 \$315.00 / 9 #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

SPRING
WCC | APR 13 – JUN 22 **M, 3:30 PM – 8:15 PM**
No class May 18
\$350.00 / 10 #various

WCC | APR 8 – JUN 24 **W, 3:30 PM – 8:15 PM**
\$420.00 / 12 #various

SUMMER
WCC | JUL 6 – AUG 24 **M, 3:30 PM – 8:15 PM**
No class Aug 3
\$245.00 / 7 #various

WCC | JUL 8 – AUG 26 **W, 3:30 PM – 8:15 PM**
\$280.00 / 8 #various

Instructor: Nancy Chang

SPRING
WCC | APR 7 – JUN 23 **TU, 3:30 PM – 8:15 PM**
\$420.00 / 12 #various

SUMMER
WCC | JUL 7 – AUG 18 **TU, 3:30 PM – 8:15 PM**
\$245.00 / 7 #various



Piano AGES 5+ (CONTINUED)

Instructor: Bassem Ghabrous

SPRING
WCC | APR 9 – JUN 18 **TH, 3:30 PM – 8:30 PM**
No class April 23, 30
\$315.00 / 9 #various

WCC | APR 11 – JUN 27 **SA, 10:00 AM – 3:00 PM**
No class April 25, May 2, May 16
\$315.00 / 9 #various

SUMMER
WCC | JUL 2 – AUG 27 **TH, 3:30 PM – 8:30 PM**
\$315.00 / 9 #various

WCC | JUL 4 – AUG 29 **SA, 10:00 AM – 3:00 PM**
No class Aug 1
\$280.00 / 8 #various

Instructor: Portia Sun

SPRING
WCC | APR 10 – JUN 26 **F, 3:30 PM – 7:45 PM**
\$420.00 / 12 #various

SUMMER
WCC | JUL 3 – AUG 28 **F, 3:30 PM – 7:45 PM**
\$315.00 / 9 #various

SOCIAL

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.

Instructor: Andrea Garcia

SPRING
WCC | APR 21 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #14360

WCC | MAY 19 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #14361

WCC | JUN 16 **TU, 6:00 PM – 8:00 PM**
FREE / 1 #14362



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

SPRING
WCC | APR 10, MAY 8, JUN 12 **F, 6:00 PM – 9:30 PM**
FREE / 3 #14331

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. Children 18 or under must be accompanied by an adult (19+) for this activity (up to 3 children per adult). Visit myuna.ca/recreation-policies/ for further clarification.

SPRING
WCC | APR 4 – JUN 27 **SA, 8:45 AM – 10:15 AM**
No class Apr 11
Drop-in \$3.00 / 12 #14647

SUMMER
WCC | JUL 4 – AUG 29 **SA, 8:45 AM – 10:15 AM**
Drop-in \$3.00 / 9 #14642

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. Children 18 or under must be accompanied by an adult (19+) for this activity (up to 3 children per adult). Visit myuna.ca/recreation-policies/ for further clarification.

SPRING
WCC | APR 5 – JUN 28 **SU, 9:00 AM – 10:30 AM**
No classes Apr 12, May 3, May 31, Jun 14
Drop-in \$3.00 / 9 #14646

SUMMER
WCC | JUL 12 – AUG 30 **SU, 9:00 AM – 10:30 AM**
No classes July 26, Aug 16
Drop-in \$3.00 / 6 #14644

Drop-In Open Gym ALL AGES

This drop-in program is open to all - please be considerate and share the space. Children must be supervised by an adult. Limited equipment is provided. A maximum of 24 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.

SUMMER
WCC | JUL 3 – AUG 28 **F, 10:00 AM – 11:30 AM**
Drop-in \$3.00 / 9 #14652

WCC | JUL 4 – AUG 29 **SA, 10:45 AM – 11:45 AM**
Drop-in \$3.00 / 9 #14654

WCC | JUL 7 – AUG 25 **TU, 10:00 AM – 11:30 AM**
Drop-in \$3.00 / 8 #14649

WCC | JUL 8 – AUG 26 **W, 10:00 AM – 11:30 AM**
Drop-in \$3.00 / 8 #14651

CHILDREN'S PRO-D DAY AND SUMMER CAMPS

PRO-D DAY 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

SPRING

WCC | APR 20

\$99.00 / 1

M, 9:00 AM – 3:00 PM

#14711

Sportball: Pro-D Day Multi-Sport Camp AGES 5-8

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

SPRING

WCC | APR 20

\$75.00 / 1

M, 9:00 AM – 3:00 PM

#14712

SUMMER CAMPS

Summer Adventures Camps AGES 5-7 & 8-11

Ignite your inner adventurer at Summer Adventures Camp! Campers can expect to participate in exciting team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the UBC area and beyond on out-trips to locations like Pacific Spirit Regional Park, local playgrounds, and more.

Instructor: UNA Staff

SUMMER

WCC | JUL 6 – AUG 28

\$240.00 / 4 | \$300.00 / 5

M-F, 9:00 AM – 3:30 PM

#various

Feature FilmMaking Camp AGES 9-14

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box movie making camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the filmmaking process, including pre-production, production and post production. Working in

small crews, they will learn about cinematography, script writing and editing on Final Cut Pro. Campers will then create, act in and edit a short film and movie trailer, adding special effects, music, voices, titles and sound effects. Participants will have the opportunity to use

our latest technology, including MacBooks, 4K cameras, tripods, boom microphones, green screens and the use of an aerial drone. Crews will also create their own promotions and advertising links to showcase their short film to the world. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

Instructor: Film Camp In a Box

SUMMER

OBCC | AUG 24 – AUG 28

\$400.00 / 5

M-F, 9:00 AM – 3:00 PM

#14768



Crossmaneuver Performing Arts Camp

AGES 4-7

Join an all-arts camps 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

SUMMER

OBCC | JUL 13 – JUL 17 M-F, 9:00 AM – 3:00 PM
\$425.00 / 5 #14764

OBCC | AUG 17 – AUG 21 M-F, 9:00 AM – 3:00 PM
\$425.00 / 5 #14766

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

Crossmaneuver Performing Arts Camp

AGES 7-12

This is the most magical camp, when we sing, dance, make art to bring the imagination to life. So magical that it is fitting that we'll be exploring Mozart's timeless masterpiece *The Magic Flute* where imagination has no limits, and the *Queen of Night* reigns. And yes, we might even sing some opera. Don't miss out. Experience this classical story through music, dance, and art.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 20 – JUL 24 M-F, 9:00 AM – 3:00 PM
\$450.00 / 5 #14765

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

SUMMER

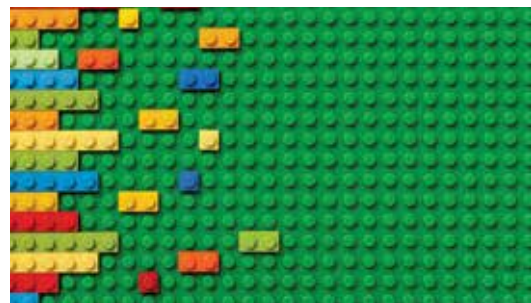
WCC | JUL 20 – JUL 24 M-F, 9:00 AM – 3:00 PM
\$395.00 / 5 #14769

WCC | AUG 24 – AUG 28 M-F, 9:00 AM – 3:00 PM
\$395.00 / 5 #14770

LEGO® Bricks Stop Motion Animation Camp

AGES 6-12

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box. Mentored by master filmmakers, campers engages in hands-on exploration of the stop motion animation process, including pre production, production and post production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. Please note we do provide Clay and all arts supplies along with a nominal amount of LEGO®. We encourage participants to bring their own LEGO® and toys to supplement the creation of their film.



*LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse Film Camp in a Box.

Instructor: Film Camp In a Box

SUMMER

OBCC | JUL 6 – JUL 10 M-F, 9:00 AM – 3:00 PM
\$400.00 / 5 #14767

CHILDREN'S PRO-D DAY AND SUMMER CAMPS

SUMMER CAMPS

Young Moviemakers Camp AGES 8-14

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

www.youngmoviemakers.ca.

Instructor: Young Moviemakers

SUMMER

OBCC | JUL 27 – JUL 31 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #14771

OBCC | AUG 4 – AUG 7 **TU-F, 9:00 AM – 3:00 PM**
\$360.00 / 4 #14772

OBCC | AUG 10 – AUG 14 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #14773

WIZE-STEM-Coding, Minecraft, AR/VR

AGES 7-11

In this camp, students dive into the world of augmented and virtual reality (AR/VR) by building their own virtual tours, interactive stories, games, and simulations. AR/VR allows students to think and create in multiple dimensions—incorporating 3D design, coding, voiceovers, music, and video. The possibilities are endless! For this camp it is required to bring a Windows PC, MacBook, Chromebook, or iPad for each day of camp. A three-button mouse with a scroll wheel is recommended. Material fees of \$50.00 will be charged upon registration.

Instructor: WIZE Academy

SUMMER

WCC | JUL 13 – JUL 17 **M-F, 9:00 AM – 3:00 PM**
\$400.00 / 5 #14774

WIZE-STEM-Coding, Robotics and 3D Printing Camp AGES 7-11

Embark on a thrilling summer adventure with Wize Academy's Coding and Robotics Camp! Learn to Code in Minecraft, Build Robots with Lego and Print 3D creatures all in one camp. For this camp it is required to bring a Windows PC, MacBook, Chromebook, or iPad for each day of camp. A three-button mouse with a scroll wheel is recommended. Material fees of \$50.00 will be charged upon registration.

Instructor: WIZE Academy

SUMMER

WCC | AUG 17 – AUG 21 **M-F, 9:00 AM – 3:00 PM**
\$400.00 / 5 #14775

Floor Hockey and Soccer Camp AGES 6-10

Sportball's Floor Hockey and Soccer summer camp introduces children to a variety of hockey and soccer skills with scrimmages, accompanied with team building games and activities. PLUS, arts and crafts, snack time, stories and more! Please bring a name-labeled water bottle and nut-free snacks.

Instructor: Sportball Vancouver

SUMMER

WCC | AUG 4 – AUG 7 **TU-F, 9:00 AM – 3:00 PM**
\$300.00 / 4 #14778



SUMMER CAMPS

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

SUMMER

WCC | JUL 6 – JUL 10

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#14777

WCC | AUG 10 – AUG 14

M-F, 9:00 AM – 3:00 PM

\$375.00 / 5

#14779

SUPERHERO Summer Camp AGES 6-16



Kumakai Karate Vancouver's SUPERHERO camp is an exciting summer camp that combines martial arts training with comic creation to help students unlock their inner superhero!

Students will learn foundational grappling and

striking skills with a focus on self defence and building strong bodies. Techniques include takedowns, control positions, kicks and punches.

Drawing and comics lessons will include concepts of shapes and proportions, how to build characters and backgrounds, and ways to use text. Students may experiment with designing their own cover, splash page, or 3 panel comic.

Instructor: Kumakai Karate

SUMMER

WCC | JUL 27 – JUL 31

M-F, 9:00 AM – 3:00 PM

\$450.00 / 5

#14776



NATIONAL INDIGENOUS PEOPLES DAY

Sunday
June 21, 2026
Old Barn
Community Centre



Honouring, learning, and
celebrating Indigenous
cultures together.

Join us for a day of learning, connection, and celebration in honour of National Indigenous Peoples Day. This community event will provide opportunities to engage with Indigenous cultures, share knowledge, and collaborate with neighbours in meaningful ways.

Stay tuned for details as activities and programming finalize.
For more information please visit
myuna.ca/indigenous-peoples-day



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

SPRING

OBCC | APR 11 – JUN 27 SA, 9:30 AM – 10:15 AM

No class May 16

\$140.25 / 11 | Drop-in \$15.00 #14653

SUMMER

OBCC | JUL 4 – AUG 29 SA, 9:30 AM – 10:15 AM

No class Aug 1

\$102.00 / 8 | Drop-in \$15.00 #14751

Parents/Guardians and Me Dance Class AGES 1.5-3



Develop a shared love of dance in this class with children and their caregivers. Learn to dance with music, props, imagination, and joy.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 13 – JUN 22 M, 3:30 PM – 4:15 PM

No class May 18

\$210.00 / 10 | Drop-in \$23.00 #14648

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

SPRING

WCC | APR 8 – JUN 17 W, 3:30 PM – 4:15 PM

\$231.00 / 11 | Drop-in \$23.00 #14641

WCC | APR 12 – JUN 21 SU, 11:25 AM – 12:10 PM

No class May 17

\$210.00 / 10 | Drop-in \$23.00 #14643

WCC | APR 12 – JUN 21 SU, 1:30 PM – 2:15 PM

No class May 17

\$210.00 / 10 | Drop-in \$23.00 #14645

SUMMER

WCC | JUL 5 – AUG 16 SU, 11:25 AM – 12:10 PM

No class Aug 2

\$126.00 / 6 | Drop-in \$23.00 #14748

WCC | JUL 5 – AUG 16 SU, 1:30 PM – 2:15 PM

No class Aug 2

\$126.00 / 6 | Drop-in \$23.00 #14749

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

SPRING

WCC | APR 12 – JUN 21 SU, 9:30 AM – 10:15 AM

No class May 17

\$210.00 / 10 | Drop-in \$23.00 #14650

SUMMER

WCC | JUL 5 – AUG 16 SU, 9:30 AM – 10:15 AM

No class Aug 2

\$126.00 / 6 | Drop-in \$23.00 #14750

ARTS

Group Piano for Preschoolers AGES 3-5

Join us for a fun musical adventure with our Group Piano for Preschoolers program. Lessons include music games, listening, singing, reading music notations and playing rhythmic activities. All equipment will be sanitized before and after use. Parental participation is optional.

Instructor: Gloria Yu

SPRING

OBCC | APR 12 – JUN 28 **SU, 12:50 PM – 1:35 PM**
No class May 17
 \$286.00 / 11 #14661

SUMMER

OBCC | JUL 5 – AUG 30 **SU, 12:50 PM – 1:35 PM**
No class Aug 2
 \$208.00 / 8 #14752

Group Ukulele Circle AGES 3-5

Learn ukulele basics in this fun and stress-free program. Sing songs, play musical games and learn 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

SPRING

OBCC | APR 12 – JUN 28 **SU, 12:00 PM – 12:45 PM**
No class May 17
 \$286.00 / 11 #14658

SUMMER

OBCC | JUL 5 – AUG 30 **SU, 12:00 PM – 12:45 PM**
No class Aug 2
 \$208.00 / 8 #14753

FOR FULL RECREATION POLICIES,
SEE PAGES 2-3.

Music Together with Donalyn 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

SPRING

OBCC | APR 14 – JUN 16 **TU, 9:15 AM – 10:00 AM**
 \$190.00 / 10 #14663

OBCC | APR 14 – JUN 16 **TU, 10:15 AM – 11:00 AM**
 \$190.00 / 10 #14665

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 Zasite

SPRING

WCC | APR 11 – JUN 27 **SA, 10:00 AM – 10:45 AM**
No class May 16
 \$121.00 / 11 #14667

EARLY YEARS PROGRAMS

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

SPRING

WCC | APR 13 – JUN 15

M, 3:30 PM – 4:15 PM

No class May 18

\$198.00 / 9

#14522

PHYSICAL ACTIVITY

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

SPRING

WCC | MAY 4 – JUN 22

M, 10:30 AM – 11:15 AM

No class May 18

\$154.00 / 7

#14406



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

SPRING

WCC | MAY 4 – JUN 22

M, 4:00 PM – 4:45 PM

No class May 18

\$162.75 / 7

#14407

Sportball: Outdoor Soccer AGES 4-6

This program introduces the fundamental concepts of soccer gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place rain or shine at UNA Community Field, located beside the Wesbrook Community Centre.

Instructor: Sportball Vancouver

SUMMER

WCC | JUL 8 – AUG 26

W, 3:45 PM – 4:30 PM

\$160.00 / 8

#14898

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

SPRING

WCC | APR 8 – JAN 24

W, 4:00 PM – 4:45 PM

\$240.00 / 12

#14515

SOCIAL

Babytime Drop-In AGES 0-1.5

Co-facilitated by a former children's librarian who is a current UBC faculty member, as well as student librarians, this program is modelled on public library programs for babies. Join other parents and caregivers for 30 minutes of rhymes, songs, and books to support your baby's early language and literacy growth. Following this, families are invited to stay, play, and connect with others in the community for an additional 30 minutes.

Instructor: Tess Prendergast

SPRING

WCC | APR 9 – JUN 25 TH, 10:00 AM – 11:00 AM
No class Apr 23
FREE / 11 #14344

SUMMER

WCC | JUL 9 – AUG 20 TH, 10:00 AM – 11:00 AM
No class Aug 6
FREE / 6 #14901

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

SPRING

WCC | APR 7 – JUN 25 TU/TH, 9:30 AM – 11:00 AM
Drop-in \$3.50 ea / 24 #14356

OBCC | APR 12 – JUN 21 SU, 10:00 AM – 11:30 AM
No class May 17
Drop-in \$3.50 ea / 10 #14357

Storytime at the Old Barn Community Centre AGES 0-5

Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories read aloud by UNA volunteers. Registration is required at the front desk before joining each session. There is no cost for this program.

Instructor: UNA Volunteer

SPRING

OBCC | APR 10 – JUN 26 F, 10:00 AM – 11:00 AM
FREE / 12 #14348

OTHER ● WCC ● OBCC ●

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION
25 YEARS

OLD BARN COMMUNITY CENTRE

FAMILY MOVIE NIGHT

Bring the whole family to the Old Barn Community Centre for Family Movie Night.

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 p.m. Movie starts at 6 p.m. \$2.00 entry.**

April 11

Inside Out 2

May 2

Raya and the Last Dragon

June 6

Dr. Seuss' The Lorax

July 11

The Bad Guys 2

August 8

The Super Mario Galaxy Movie

No registration required.



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

SPRING

WCC | APR 7 – JUN 23

TU, 5:30 PM – 6:30 PM

\$216.00 / 12 | Drop-in \$20.00

#14608

Ballet AGES 6-10

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

SPRING

AGES 6-8

WCC | APR 12 – JUN 21

SU, 12:15 PM – 1:15 PM

No class May 17

\$260.00 / 10 | Drop-in \$29.00

#14555

AGES 8-10

WCC | APR 8 – JUN 17

W, 5:25 PM – 6:25 PM

\$286.00 / 11 | Drop-in \$29.00

#14553

SUMMER

AGES 6-8

WCC | JUL 5 – AUG 16

SU, 12:15 PM – 1:15 PM

No class Aug 2

\$156.00 / 6 | Drop-in \$29.00

#14744

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

SPRING

WCC | APR 11 – JUN 27

SA, 4:00 PM – 5:00 PM

No class May 16

\$176.00 / 11

#14610

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

SPRING

WCC | APR 8 – JUN 17

W, 4:20 PM – 5:20 PM

\$286.00 / 11 | Drop-in \$29.00

#14556

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

SPRING

WCC | APR 12 – JUN 21

SU, 10:20 AM – 11:20 AM

No class May 17

\$260.00 / 10 | Drop-in \$29.00

#14558

WCC | APR 13 – JUN 22

M, 4:20 PM – 5:20 PM

No class May 18

\$260.00 / 10 | Drop-in \$29.00

#14558

SUMMER

WCC | JUL 5 – AUG 16

SU, 10:20 AM – 11:20 AM

No class Aug 2

\$156.00 / 6 | Drop-in \$29.00

#14745

Dance Fusion for Kids AGES 6-9

Move, groove and dance. Children ages 6-9 explore the basics of K-pop, jazz-funk and hip-hop through choreography, music and games that build coordination, rhythm and self-confidence. Focus is on creativity, teamwork and expression in a dynamic and supportive beginner-friendly environment. A great way to discover the joy of dance.

Instructor: Yan Guo

SPRING

WCC | APR 10 – JUN 26

F, 4:00 PM – 5:00 PM

\$300.00 / 12

#14611

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

SPRING

WCC | APR 7 – JUN 23

TU, 3:30 PM – 4:30 PM

\$216.00 / 12 | Drop-in \$20.00

#14600

OBCC | APR 11 – JUN 27

SA, 11:15 AM – 12:15 PM

No class May 16

\$198.00 / 11 | Drop-in \$20.00

#14599

SUMMER

OBCC | JUL 4 – AUG 29

SA, 11:15 AM – 12:15 PM

No class Aug 1

\$144.00 / 8 | Drop-in \$20.00

#14746

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

SPRING

AGES 6-9

WCC | APR 13 – JUN 22

M, 5:25 PM – 6:25 PM

No class May 18

\$260.00 / 10 | Drop-in \$29.00

#14588

AGES 10-13

WCC | APR 13 – JUN 22

M, 6:30 PM – 7:30 PM

No class May 18

\$260.00 / 10 | Drop-in \$29.00

#14589

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

SPRING

WCC | APR 11 – JUN 27

SA, 1:00 PM – 2:00 PM

No class May 16

\$176.00 / 11 | Drop-in \$17.00

#14428

Creative Writing AGES 7-12

Expand creative writing and literacy. Children, ages 7 to 12, 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

SPRING

AGES 7-9

WCC | APR 8 – JUN 24

W, 3:30 PM – 4:30 PM

\$180.00 / 12

#14620

AGES 9-12

WCC | APR 8 – JUN 24

W, 5:00 PM – 6:15 PM

\$225.00 / 12

#14622

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

ARTS

Young Moviemakers AGES 8-14

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

Instructor: Young Moviemakers

SPRING
WCC | APR 10 – JUN 26 **F, 4:00 PM – 6:00 PM**
\$450.00 / 12 #14625

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

SPRING
WCC | APR 11 – APR 18 **SA, 4:00 PM – 5:30 PM**
\$30.00 / 2 #14631

WCC | MAY 9 – MAY 23 **SA, 4:00 PM – 5:30 PM**
No class May 16
\$30.00 / 2 #14632

WCC | JUN 13 – JUN 20 **SA, 4:00 PM – 5:30 PM**
\$30.00 / 2 #14633

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 construct scenes that literally leap off the page. This is a youth volunteer-led program and funded through a UBC Inspiring Community Grant.

Instructor: Kacey Liu

SPRING
WCC | APR 9 – MAY 14 **TH, 4:45 PM – 5:45 PM**
FREE / 6 #14474

Creative Arts AGES 6-12

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

Instructor: Yasaman Moussavi

SPRING
AGES 6-9
WCC | APR 13 – JUN 22 **M, 3:30 PM – 4:40 PM**
No class May 18
\$210 / 10 #14635

AGES 9-12
WCC | APR 13 – JUN 22 **M, 5:00 PM – 6:30 PM**
No class May 18
\$230.00 / 10 #14636

VIEW UNA RECREATION POLICIES AT
MYUNA.CA/RECREATION-POLICIES.



ARTS

Manga Art AGES 6-14

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

Instructor: Ceylon Coates

SPRING
AGES 6-9

WCC | APR 18 – JUN 27

SA, 11:15 AM – 12:15 PM

No class May 16

\$150.00 / 10

#14628

AGES 9-14

WCC | APR 18 – JUN 27

SA, 12:45 PM – 1:45 PM

No class May 16

\$150.00 / 10

#14629

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

SPRING

WCC | APR 18 – JUN 27

SA, 2:00 PM – 3:00 PM

No class May 16

\$150.00 / 10

#14630

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

SPRING

WCC | APR 20

M, 9:00 AM – 5:00 PM

\$90.00 / 1

#14609

English Reading and Writing | Grades 1-4

AGES 6-10

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

SPRING

GR 1-2 | AGES 6-8

WCC | APR 13 – JUN 22

M, 6:00 PM – 7:00 PM

No class May 18

\$150.00 / 10

#14413

WCC | APR 16 – JUN 25

TH, 6:00 PM – 7:00 PM

\$165.00 / 11

#14415

GR 3-4 | AGES 8-10

WCC | APR 13 – JUN 22

M, 7:00 PM – 8:00 PM

No class May 18

\$150.00 / 10

#14414

WCC | APR 16 – JUN 25

TH, 7:00 PM – 8:00 PM

\$165.00 / 11

#14416

EDUCATION

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 confidence through daily life conversations, songs, games, and story-telling while exploring French culture. An excellent starting point for those interested in late-entry French Immersion, or anyone with a love of language exploration.

Instructor: Mighty Moose

SPRING
WCC | APR 8 – JUN 24 **W, 7:00 PM – 8:00 PM**
\$300.00 / 12 #14412

Cantonese for Kids AGES 5-8

Students 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: Familogue Education Society

SPRING
WCC | APR 9 – JUN 25 **TH, 4:00 PM – 5:00 PM**
\$300.00 / 12 #14409

Mandarin Conversation for Beginners AGES 8-12

Learn beginner Mandarin. 欢迎你! (Welcome!) Participants explore 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 required in this youth volunteer-led program.

Instructors: Khelani Zhou and Emily Lin

SPRING
WCC | APR 12 – JUN 21 **SU, 3:00 PM – 4:00 PM**
No class May 17
FREE / 10 #14471

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 from the instructor on the first day of class.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 11 – JUN 27 **SA, 10:00 AM – 11:30 AM**
No class May 16
\$308.00 / 11 #14565

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

SPRING
WCC | APR 11 – JUN 27 **SA, 11:30 AM – 1:00 PM**
No class May 16
\$308.00 / 11 #14566

Mastering Mandarin | Advanced AGES 5-18

Calling lovers of Mandarin. 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

SPRING
WCC | APR 11 – JUN 27 **SA, 1:00 PM – 2:30 PM**
No class May 16
\$308.00 / 11 #14567

EDUCATION

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

SPRING
WCC | APR 7 – JUN 16 TU, 3:30 PM – 4:30 PM
No classes Apr 28, May 26
FREE / 9 #14446

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

Instructors: Richard Zhu and Edward Liu

SPRING
WCC | APR 12 – MAY 24 SU, 1:00 PM – 2:30 PM
No class May 17
FREE / 6 #14475

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

SPRING
WCC | APR 9 – JUN 18 TH, 3:30 PM – 4:30 PM
FREE / 11 #14454

Math4Kids | Grades 1-6 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

SPRING
GR 1-2 | AGES 6-8
WCC | APR 15 – JUN 17 W, 3:30 PM – 4:30 PM
\$200.00 / 10 #14519

GR 3-4 | AGES 8-10
WCC | APR 15 – JUN 17 W, 4:30 PM – 5:30 PM
\$200.00 / 10 #14520

GR 5-6 | AGES 10-12
WCC | APR 15 – JUN 17 W, 5:45 PM – 6:45 PM
\$200.00 / 10 #14521

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

SPRING
WCC | APR 13 – JUN 15 M, 4:30 PM – 5:30 PM
No class May 18
\$198.00 / 9 #14517

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

CHILDREN'S PROGRAMS

EDUCATION

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

SPRING
WCC | APR 12 – JUN 21 **SU, 10:30 AM – 12:00 PM**
No class May 17
FREE / 10 #14473

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

SPRING
WCC | APR 7 – JUN 23 **TU, 6:00 PM – 7:00 PM**
\$180.00 / 12 #14410

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

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

SPRING
WCC | APR 12 – JUN 21 **SU, 3:30 PM – 5:00 PM**
No class May 17
\$20.00 / 10 #14472

Coding and Modding in Minecraft AGES 8-12

Students get to go beyond just playing Minecraft, they get to program it! They imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize their ideas. We are excited to see what amazing ideas and mods students come up with! 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 three-button mouse with a scroll wheel is recommended.

Instructor: WIZE Academy

SPRING
WCC | APR 11 – JUN 6 **SA, 3:00 PM – 4:30 PM**
No class May 16
\$300.00 / 8 #14536

Engineering & Robotics with VEX Go! AGES 6-10

In this exciting hands-on course, young learners will dive into the world of engineering and robotics using VEX kits. Students will explore basic engineering concepts, learn to build and program robots, and solve fun 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 prior experience is necessary—just curiosity and enthusiasm! A tablet or an iPad with Bluetooth are required.

Instructor: WIZE Academy

SPRING
WCC | APR 11 – JUN 6 **SA, 4:45 PM – 6:15 PM**
No class May 16
\$300.00 / 8 #14537

EDUCATION

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. Contact programs@myuna.ca to waive licensing fee if participant has taken a Minecraft Coders course within the previous nine months at the UNA.

Instructor: Haitao Li

SPRING
WCC | APR 9 – JUN 25 **TH, 5:45 PM – 6:45 PM**
\$180.00 / 12 #14411



Young Aviation Program AGES 8-12

This program offers a fun and engaging way for children to explore the exciting world of aviation. Each week, participants will focus on a different topic—such as airplane parts, aviation careers, types of aircraft, space exploration, and more. Through hands-on STEM activities led by a youth volunteer from the Royal Canadian Air Cadets, participants will gain a deeper understanding of the nuts and bolts of aviation. This is a youth volunteer-led program.

Instructors: Paxton Fok and Cameron Chung

SPRING
WCC | APR 11 – MAY 2 **SA, 4:00 PM – 5:00 PM**
FREE / 4 #14478

Peer Tutoring AGES 9-12

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. Young people are asked to bring in their own materials to work on with the tutors in a calm, quiet, and supportive environment. Participants 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 9-12
WCC | APR 14 – JUN 16 **TU, 4:00 PM – 5:00 PM**
FREE / 10 #14319

AGES 11-12
WCC | APR 11 – JUN 20 **SA, 12:00 PM – 1:00 PM**
No class May 16
FREE / 10 #14321



CHILDREN'S 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!, 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 \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 7 – JUN 23

TU, 6:30 PM – 7:15 PM

\$192.00 / 12

#14598

Parents are required to sign up alongside their children

OBCC | APR 10 – JUN 26

F, 6:15 PM – 7:00 PM

\$192.00 / 12

#14604

SUMMER

Parents are required to sign up alongside their children

WCC | JUL 7 – AUG 25

TU, 6:30 PM – 7:15 PM

\$128.00 / 8

#14606

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

SPRING

WCC | APR 9 – JUN 25

TH, 7:00 PM – 8:00 PM

\$192.00 / 12

#14603



Family Karate AGES 7-12

Karate is more than kicking and punching. Through regular practice, students build strength through sport, confidence through self-defence, and focus through Kata (forms), preparing them for life's challenges. Classes are mixed-age, so kids, adults, and families may train together. Students must 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

SPRING

WCC | APR 7 – JUN 23

TU, 7:15 PM – 8:15 PM

\$192.00 / 12

#14601

WCC | APR 9 – JUN 25

TH, 5:15 PM – 6:15 PM

\$192.00 / 12

#14602

OBCC | APR 10 – JUN 26

F, 7:00 PM – 8:00 PM

\$192.00 / 12

#14605

SUMMER

WCC | JUL 7 – AUG 25

TU, 7:15 PM – 8:15 PM

\$128.00 / 8

#14607

Tae Kwon Do | Kids AGES 4-12

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

Instructor: Vancouver Martial Arts

SPRING

WCC | APR 12 – JUN 28

SU, 1:00 PM – 1:50 PM

No class May 17

\$220.00 / 11

#14525

SUMMER

WCC | JUL 5 – AUG 30

SU, 1:00 PM – 1:50 PM

No class Aug 2

\$160.00 / 8

#14526

PHYSICAL ACTIVITY

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

SPRING

WCC | APR 10 – JUN 26 F, 4:00 PM – 5:00 PM

No class Jun 5

\$198.00 / 11 #14534

SUMMER

WCC | JUL 3 – AUG 28 F, 4:00 PM – 5:00 PM

\$162.00 / 9 #14535

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

SPRING

WCC | MAY 5 – JUN 23 TU, 4:30 PM – 6:00 PM

\$236.00 / 8 #14401

WCC | MAY 7 – JUN 25 TH, 4:00 PM – 5:30 PM

\$236.00 / 8 #14402

WCC | MAY 9 – JUN 27 SA, 12:15 PM – 1:45 PM

No class May 16

\$206.50 / 7 #14404

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



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

SPRING

WCC | MAY 9 – JUN 27 SA, 10:30 AM – 12:00 PM

No class May 16

\$206.50 / 7 #14403

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

SPRING

WCC | MAY 4 – JUN 22 M, 5:00 PM – 5:45 PM

No class May 18

\$162.75 / 7 #14408

CHILDREN'S PROGRAMS

PHYSICAL ACTIVITY

Sportball: Outdoor Soccer AGES 6-9

This program introduces fundamental concepts of soccer gameplay and basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in skill-focused games. Classes take place rain or shine on the field outside of the Wesbrook Community Centre.

Instructor: Sportball Vancouver

SUMMER

WCC | JUL 8 – AUG 26

W, 4:30 PM – 5:15 PM

\$160.00 / 8

#14899

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

SPRING

WCC | APR 8 – JUN 24

W, 4:45 PM – 5:30 PM

\$240.00 / 12

#14516

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

SPRING

WCC | APR 11 – JUN 20

SA, 2:15 PM – 3:45 PM

No class May 16

\$180.00 / 10

#14616

SUMMER

WCC | JUL 4 – AUG 29

SA, 12:15 PM – 1:45 PM

No class Aug 1

\$144.00 / 8

#14617

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/

SPRING

WCC | APR 8 – JUN 24

W, 4:00 PM – 5:30 PM

\$3.00 / 12

#14450

SUMMER

WCC | JUL 8 – AUG 26

W, 4:00 PM – 5:30 PM

\$3.00 / 8

#14563

SOCIAL

4-H Club AGES 9-19

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

Instructor: 4-H Club

SPRING

WCC | APR 10, MAY 8, JUN 5

F, 6:30 PM – 8:30 PM

ubc4hclub@gmail.com / 3

#14347

SUMMER

WCC | JUL 3, AUG 7

F, 6:30 PM – 8:30 PM

ubc4hclub@gmail.com / 2

#14358

Beaver Scouts AGES 5-7

Join Beaver Scouts. This is a full-year program that 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, please visit www.scouts.ca.

Instructor: Scouts Canada

SPRING

OBCC | APR 12 – JUN 21

SU, 1:45 PM – 2:45 PM

No class May 17

scouts.ca / 10

#14346

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

- **Wesbrook Community Centre**
Social Room with optional gym access
- **Old Barn Community Centre**
Meeting Rooms 1 and 2

BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50.00)**
- 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 with your date and room requested, activity selection, number of participants and age range, and add on requests (if any).

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 to register.

Instructor: Girl Guides

SPRING

OBCC | APR 9 – JUN 25

girlguides.ca / 12

TH, 6:00 PM – 7:30 PM

#14328

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

SPRING

WCC | APR 10 – JUN 19

FREE / 11

F, 4:00 PM – 5:00 PM

#14457

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

SPRING

WCC | APR 9 – JUN 18

FREE / 11

TH, 4:30 PM – 5:30 PM

#14456

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

SPRING

WCC | APR 13 – JUN 15

No classes Apr 20, May 18

FREE / 8

M, 4:00 PM – 5:30 PM

#14272



SUMMER CAMP TIMETABLE

CHILDREN'S
PROGRAMS

WEEK 1 JUL 6-10	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Lego® Bricks Stop Motion Animation AGES 6-12	9:00 AM-3:00 PM Multi-Sport AGES 6-10
WEEK 2 JUL 13-17	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Crossmaneuver Performing Arts AGES 4-7	9:00 AM-3:00 PM WIZE-STEM - Coding, Minecraft, AR/VR AGES 7-11
WEEK 3 JUL 20-24	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Crossmaneuver Performing Arts AGES 7-12	9:00 AM-3:00 PM K-Pop Hip-Hop AGES 6-12
WEEK 4 JUL 27-31	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:00 PM SUPERHERO AGES 6-16
WEEK 5 AUG 4-7	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:00 PM Floor Hockey & Soccer AGES 6-10
WEEK 6 AUG 10-14	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Moviemakers AGES 8-14	9:00 AM-3:00 PM Multi-Sport AGES 6-10
WEEK 7 AUG 17-21	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Crossmaneuver Performing Arts AGES 4-7	9:00 AM-3:00 PM WIZE-STEM - Coding, Robotics, 3D Printing AGES 7-11
WEEK 8 AUG 24-28	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Feature Film Making AGES 9-14	9:00 AM-3:00 PM K-Pop Hip-Hop AGES 6-12



**SCAN ME
FOR CAMP
AVAILABILITY!**

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

Summer camp registration opens on
March 9, 2026 at 9:00 AM.

For full camp details, view pages 14-17 or
visit myuna.ca/camps.



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

SPRING

WCC | APR 7 – JUN 23 TU, 4:30 PM – 5:30 PM
\$216.00 / 12 | Drop-in \$20.00 #14699

OBCC | APR 11 – JUN 27 SA, 10:15 AM – 11:15 AM
No class May 16
\$198.00 / 11 | Drop-in \$20.00 #14698

SUMMER

OBCC | JUL 4 – AUG 29 SA, 10:15 AM – 11:15 AM
No class Aug 1
\$144.00 / 8 | Drop-in \$20.00 #14747

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

SPRING

WCC | APR 12 – JUN 21 SU, 2:25 PM – 3:25 PM
No class May 17
\$180.00 / 10 | Drop-in \$20.00 #14695



Novel Writing AGES 13-17

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

Instructor: Kelly Dycavinu

SPRING

WCC | APR 9 – JUN 18 TH, 5:00 PM – 6:15 PM
\$206.25 / 11 #14697

Foundations of Acting AGES 12-14



This program will give teens an introduction to acting on stage; helping them build confidence, creativity and collaborative skills. Through a mix of improv games, storytelling exercises, and techniques, participants will explore character, story, voice, movement, and collaboration. Throughout the program, participants will work on a short monologue or scene. The focus of the program is on curiosity, confidence, and learning by doing, not perfection, with an optional performance at the end.

Instructor: Amanda Haggett

SPRING

WCC | APR 9 – MAY 28 TH, 4:00 PM – 5:00 PM
\$132.00 / 8 #14754

Creative Art Studio | Youth & Seniors AGES 13-18

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

Instructor: Chloe Kang

SPRING

WCC | APR 14 – JUN 16 TU, 3:30 PM – 4:45 PM
FREE / 10 #14303

ARTS

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

SPRING

WCC | APR 13 – JUN 15

M, 3:30 PM – 4:30 PM

No classes Apr 20, May 18

FREE / 8

#14273

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

SPRING

WCC | APR 8 – JUN 24

W, 3:30 PM – 5:30 PM

\$360.00 / 12

#14696

Painting through Art History AGES 10-16

NEW

This course introduces youth to art history in a creative and engaging way. Each session focuses on a different art style or movement, where participants will learn about the history, techniques, and key artists behind it. Inspired by the topic, they will then create their own painting and will have a unique artwork to take home at the end of each session. Some of the topics are: Expressionism, Cubism, Surrealism, Pop Art and more.

Instructor: Shahrzad Laali

SPRING

WCC | APR 12 – JUN 21

SU, 5:30 PM – 7:00 PM

No class May 17

\$280.00 / 10

#14701

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



Stay in the know. Don't miss out.

YOUTH PROGRAMS

ARTS

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

SPRING

WCC | APR 8 – JUN 17

W, 3:30 PM – 5:00 PM

FREE / 11

#14449

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. Registration required at the front desk or in the Youth & Senior Room. Subscribe to @unacommunity for updates.

Instructor: UNA Staff

SPRING

WCC | APR 17 – JUN 19

F, 6:00 PM – 7:30 PM

No classes May 8, May 15, June 5

FREE / 7

#14458

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

SPRING

WCC | APR 12 – JUN 21

SU, 3:00 PM – 4:00 PM

No class May 17

FREE / 10

#14470

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, and taking on Executive roles within their club.

Instructor: Vancouver Gavel Club

SPRING

WCC | APR 1 – JUN 17

W, 6:30 PM – 8:30 PM

\$144.00 / 12

#14564

UBC Active Kids

604 822 0207
kim.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 20, 31 and 42 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.



EDUCATION

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

SPRING

WCC | APR 7 – JUN 16

TU, 3:30 PM – 4:30 PM

No classes Apr 28, May 26

FREE / 9

#14447

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. Young people are asked to bring in their own materials to work on with the tutors in a calm, quiet, and supportive environment. Participants 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

SPRING

WCC | APR 14 – JUN 16

TU, 4:00 PM – 5:00 PM

FREE / 10

#14317

AGES 13-15

WCC | APR 11 – JUN 20

SA, 12:00 PM – 1:00 PM

No class May 16

FREE / 10

#14323

University & Career Mentorship

AGES 13-18



This program provides high school students with guidance and support as they explore post-secondary pathways. Through personalized mentoring and group learning, participants gain insight into university applications, essay writing, and course planning. Students are guided throughout the process to build confidence, clarify goals, and prepare for future academic success. This is a volunteer-led program.

Participation in this program does not guarantee admission to any university or post-secondary institution.

Instructor: Lindsay Yan

SPRING

WCC | APR 7 – MAY 12

TU, 4:00 PM – 5:30 PM

FREE / 6

#14481

Youth Event AGES 13-18



Something BIG is coming! Save the date for our annual Youth Event organized by the UNA's Youth Leaders. Stay tuned for more information. This is a UNA and UBC Inspired program.

Instructor: UNA Youth Leaders

AGES 13-18

SPRING

WCC | JUN 5

F, TIME TBA

FREE

#14479



MARTIAL ARTS

Family Karate AGES 13-18

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 (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

SPRING
WCC | APR 7 – JUN 23 **TU, 7:15 PM – 8:15 PM**
\$192.00 / 12 #14590

WCC | APR 9 – JUN 25 **TH, 5:15 PM – 6:15 PM**
\$192.00 / 12 #14592

OBCC | APR 10 – JUN 26 **F, 7:00 PM – 8:00 PM**
\$192.00 / 12 #14595

SUMMER
WCC | JUL 7 – AUG 25 **TU, 7:15 PM – 8:15 PM**
\$128.00 / 8 #14596

Karate: Kickboxing and Pad Work AGES 13-18

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

SPRING
WCC | APR 9 – JUN 25 **TH, 7:00 PM – 8:00 PM**
\$192.00 / 12 #14593

MARTIAL ARTS

Youth and Adult Karate AGES 10-18

Karate is more than kicking and punching. Through regular practice, students build strength through sport, confidence through self-defence, and focus through forms, preparing them for life's challenges. Students must be insured members of Karate BC through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00, depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 7 – JUN 23 **TU, 8:15 PM – 9:15 PM**
\$192.00 / 12 #14591

SUMMER
WCC | JUL 7 – AUG 25 **TU, 8:15 PM – 9:15 PM**
\$128.00 / 8 #14597

Youth and Adult Karate: Kata and Kumite

AGES 10-18

Karate is more than kicking and punching. Cycle through 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. 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

SPRING
WCC | APR 9 – JUN 25 **TH, 8:00 PM – 9:00 PM**
\$192.00 / 12 #14594

Tae Kwon Do | Youth AGES 13-18

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

Instructor: Vancouver Martial Arts

SPRING
WCC | APR 12 – JUN 28 **SU, 1:00 PM – 1:50 PM**
No class May 17
\$220.00 / 11 #14523

SUMMER
WCC | JUL 5 – AUG 30 **SU, 1:00 PM – 1:50 PM**
No class Aug 2
\$160.00 / 8 #14524

Chess for Beginners & Intermediate Players

AGES 13-18

This program encompasses a broad spectrum of chess topics including openings, strategies for the middle game, essential endgame principles, and tactical maneuvers. 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

SPRING

WCC | APR 9 – JUN 18

TH, 4:30 PM – 5:30 PM

FREE / 11

#14455

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

SPRING

WCC | APR 9 – JUN 18

TH, 3:30 PM – 4:15 PM

FREE / 11

#14453

Youth Night Committee AGES 13-18

Youth Nights are held every Friday evening. 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 every second week beginning Apr 7. Applications Due: bit.ly/26springync due March 5. Youth will be notified via email by Friday, March 6. Committee members will need to help facilitate and setup the program on Fridays from 5:45 PM-7:45 PM. Committee members will receive volunteer hours at the end of the term.

Instructor: UNA Staff

SPRING

WCC | APR 7 – JUN 19

TU/F, 6:00 PM – 7:30 PM

No classes May 8, May 15, Jun 5

FREE / 15

#14482

SPORTS

Badminton | Intermediate AGES 11-16

Refine your skills in a fun, friendly environment with experienced coaches. Learn through drills and games, highlighting offensive and defensive strategies, etiquette, and fair play. Bring your own badminton racquet.

Instructor: Wings Badminton

SPRING

WCC | APR 10 – JUN 26

F, 5:00 PM – 6:00 PM

No class Jun 5

\$198.00 / 11

#14530

SUMMER

WCC | JUL 3 – AUG 28

F, 5:00 PM – 6:00 PM

\$162.00 / 9

#14531

Badminton | Advanced AGES 13-18

Refine your skills in a fun, friendly environment with experienced coaches. Learn through drills and games, highlighting offensive and defensive strategies, etiquette, and fair play. Bring your own badminton racquet.

Instructor: Wings Badminton

SPRING

WCC | APR 10 – JUN 26

F, 6:00 PM – 7:30 PM

No class Jun 5

\$280.50 / 11

#14532

SUMMER

WCC | JUL 3 – AUG 28

F, 6:00 PM – 7:30 PM

\$229.50 / 9

#14533

Youth Badminton Drop-in AGES 13-18

This drop-in badminton program is open to 18 youth of all skills ability. Three courts are available for these uninstructed drop-ins. Participants must bring a racquet. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING

WCC | APR 12 – JUN 28

SU, 7:30 PM – 8:30 PM

Drop-in \$3.00 ea / 12

#14459

SUMMER

WCC | JUL 5 – AUG 30

SU, 7:30 PM – 8:30 PM

Drop-in \$3.00 ea / 9

#14559

SPORTS

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

SPRING
WCC | MAY 7 – JUN 25 **TH, 4:00 PM – 5:30 PM**
\$236.00 / 8 #14405

Youth Basketball Drop-in AGES 13-18

Drop-in and play basketball. Set, spike, block and serve in this uninstructed drop-in. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING
WCC | APR 14 – JUN 30 **TU, 3:30 PM – 4:45 PM**
Drop-in \$3.00 ea / 12 #14448

SUMMER
WCC | JUL 7 – AUG 25 **TU, 4:30 PM – 6:00 PM**
Drop-in \$3.00 ea / 8 #14560

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.

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

SPRING
WCC | APR 11 – JUN 20 **SA, 2:15 PM – 3:45 PM**
No class May 16
\$180.00 / 10 #14614

SUMMER
WCC | JUL 4 – AUG 29 **SA, 12:15 PM – 1:45 PM**
No class Aug 1
\$144.00 / 8 #14615

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. 26 participants can reserve spots by paying the drop-in fee in advance. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING
WCC | APR 11 – JUN 27 **SA, 4:00 PM – 5:30 PM**
Drop-in \$3.00 ea / 12 #14466

SUMMER
WCC | JUL 4 – AUG 29 **SA, 2:00 PM – 3:30 PM**
Drop-in \$3.00 ea / 9 #14554

Youth Flag Football AGES 13-18

Participants will learn the fundamentals of flag football and play games together in a fun and supportive environment. Bring water, mouth guard, turf cleats - NO SPIKES - and weather appropriate clothing. Registration required to participate. This is a youth volunteer-led program.

Instructor: Kaleb Kim

SPRING
SPORTS FIELDS | APR 10 – JUN 19 **F, 3:30 PM – 5:00 PM**
No classes May 15, June 5
FREE / 9 #14480

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. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING

WCC | APR 9 – JUN 25 TH, 11:25 AM – 12:25 PM
Drop-in \$3.00 ea / 12 #14452

WCC | APR 13 – JUN 22 M, 11:25 AM – 12:25 PM
Drop-in \$3.00 ea / 11 #14271

Open Gym | Youth AGES 13-18

These 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. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING

WCC | APR 8 – JUN 24 W, 5:45 PM – 7:15 PM
Drop-in \$3.00 ea / 12 #14451

WCC | APR 11 – JUN 27 SA, 7:45 PM – 8:45 PM
Drop-in \$3.00 ea / 12 #14467

SUMMER

WCC | JUL 4 – AUG 29 SA, 6:00 PM – 7:30 PM
Drop-in \$3.00 ea / 9 #14557

WCC | JUL 8 – AUG 26 W, 5:45 PM – 7:15 PM
Drop-in \$3.00 ea / 8 #14561

WCC | JUL 9 – AUG 27 TH, 4:15 PM – 5:45 PM
Drop-in \$3.00 ea / 8 #14562



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!



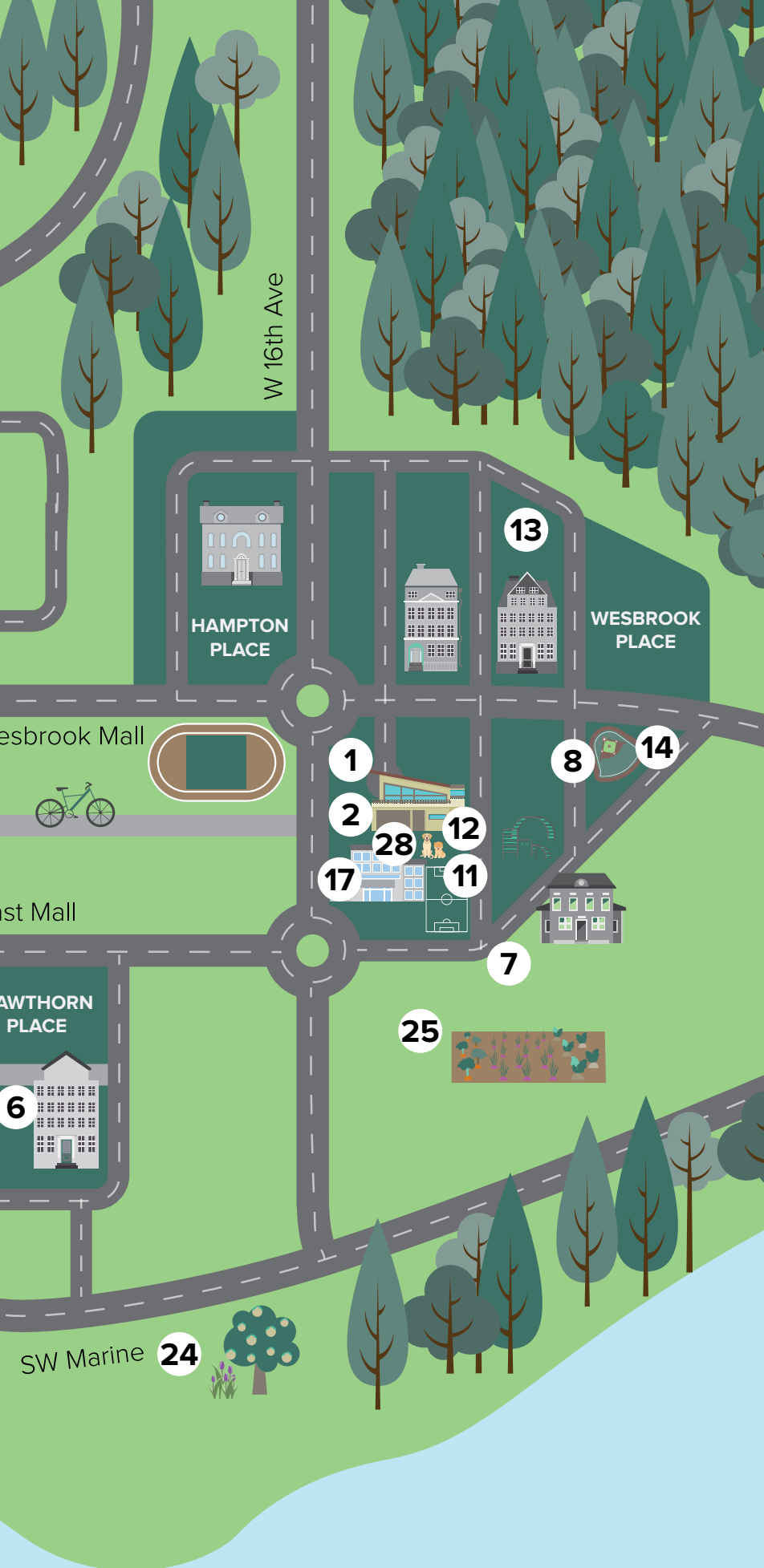
Join Modo and get
\$100 in driving credit!



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 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

SPRING
WCC | APR 8 – JUN 17 W, 7:45 PM – 8:45 PM
\$187.00 / 11 | Drop-in \$18.00 #14486

SUMMER
WCC | JUL 5 – AUG 16 SU, 2:25 PM – 3:25 PM
No class Aug 2
\$102.00 / 6 | Drop-in \$18.00 #14739

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

SPRING
WCC | APR 11 – JUN 27 SA, 5:00 PM – 6:30 PM
No classes May 16, May 30
Drop-in \$10.00 ea / 10 #14490

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.

SPRING
WCC | APR 7 – JUN 23 TU, 12:30 PM – 2:00 PM
Drop-in \$7.50 ea / 12 #14488

WCC | APR 10 – JUN 26 F, 12:30 PM – 2:00 PM
Drop-in \$7.50 ea / 12 #14491

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

SPRING
WCC | APR 11 – JUN 27 SA, 2:30 PM – 4:00 PM
No class May 16
\$264.00 / 11 #14494

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

SPRING
WCC | APR 13 – JUN 22 M, 6:45 PM – 8:00 PM
No class May 18
\$280.00 / 10 | Drop-in \$30.00 #14495

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

SPRING
WCC | APR 9 – JUN 18 TH, 6:30 PM – 7:45 PM
\$206.25 / 11 #14498

Public Speaking Workshop: The Self

AGES 18+

NEW

Public Speaking for Adults takes place across three connected workshops: Finding Your Voice, Understanding Your Audience, and Connecting with Your Material.

Participants are welcome to join one session or all three. Together, the workshops break down the public speaking triangle: The self, the audience, and the material. These corners will give the participants practical tools they can use in everyday speaking situations. ESL learners are welcome.

This workshop explores "The Self" point of the public speaking triangle. Participants will reflect on their personal perceptions of public speaking, identify their challenges, and begin discovering their unique voice. The session moves from self-awareness to low-pressure exercises that build confidence and presence.

Instructor: Amanda Haggett

SPRING

WCC | APR 11

SA, 6:00 PM – 8:00 PM

\$60.00 / 1

#14755

**Public Speaking Workshop:
The Audience**

AGES 18+

NEW

This workshop explores "The Audience" point of the public speaking triangle. Participants will reflect on how to identify who they're speaking to, connect their objective to the audience's needs, and understand how accessible language makes communication clearer and more effective for everyone. This session moves from recognizing common audience-related misconceptions to actively shaping communication choices with intention and clarity.

Instructor: Amanda Haggett

SPRING

WCC | MAY 2

SA, 6:00 PM – 8:00 PM

\$60.00 / 1

#14756

**Public Speaking Workshop:
The Material**

AGES 18+

NEW

This workshop explores "The Material" point of the public speaking triangle. Participants will be introduced to differing communication and learning styles, how this influences how your message is received within presentations, and how to ensure your presentation material is accessible to your audience. This workshop will help participants turn raw ideas into clear, accessible material that supports confident, effective speaking.

Instructor: Amanda Haggett

SPRING

WCC | MAY 30

SA, 6:00 PM – 8:00 PM

\$60.00 / 1

#14757

Clay Creations: Pottery Workshop

AGES 18+

NEW

Join us for hands-on Clay Creations Workshops, each one designed around a unique theme and perfect for all skill levels. Every workshop runs over two sessions:

- Session 1: Shape, build, and create your themed piece
- Session 2: After your work is bisque-fired, return to add colour and personality through glazing.

Then simply pick up your beautifully finished, fully fired creation and enjoy it for years to come! Each workshop features a unique theme, from functional kitchen pieces like spatula rests and small dishes to charming décor such as candle holders. We teach beginner-friendly techniques to help you create sustainable, long-lasting pieces you'll love to use and display. Light snacks and beverages are provided, and all materials are included. Get creative, learn something new, and have fun in a relaxed, welcoming space. Create. Glaze. Cherish.

Instructor: Maryam Ahmadian

SPRING

WCC | APR 25 – MAY 2

SA, 3:30 PM – 5:00 PM

\$70.00 / 2

#14529

WCC | MAY 30 – JUN 6

SA, 3:30 PM – 5:00 PM

\$70.00 / 2

#14538

WCC | JUN 27 – JUL 4

SA, 3:30 PM – 5:00 PM

\$70.00 / 2

#14539

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:
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**Together we can
make a difference.**
Sign Up Today at
myuna.ca/volunteering

ARTS

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 will be charged upon the registration.

Instructor: Suzan Lee

SPRING

WCC | APR 12
\$45.00 / 1

SU, 10:00 AM – 12:00 PM
#14514

WCC | MAY 3
\$45.00 / 1

SU, 10:00 AM – 12:00 PM
#14736

WCC | MAY 24
\$45.00 / 1

SU, 10:00 AM – 12:00 PM
#14518

Coptic Bookbinding Workshop AGES 18+

An Ancient Egyptian technique for binding a book that requires no glue or paste. Its strength is proven when you flip and clap the covers together (like a sketchbook) and it refuses to weaken. Ideal for painting or sketching. No prior experience is necessary. All materials and tools are provided. Material fees of \$16 will be charged upon the registration.

Instructor: Suzan Lee

SPRING

WCC | APR 12
\$54.00 / 1

SU, 12:15 PM – 3:15 PM
#14527

Caterpillar Stitch Bookbinding Workshop AGES 18+



Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover book pop! No prior experience. All materials and tools are provided. A material fee of \$16.00 will be charged upon registration.

Instructor: Suzan Lee

SPRING

WCC | MAY 3
\$54.00 / 1

SU, 12:15 PM – 3:15 PM
#14737

Medici Leather Bookbinding Workshop AGES 18+

Learn to make an Italian ledger bound book in leather. The Medici was a well known Florentine family of bankers at the dawn of the Period of Enlightenment. Their surviving ledgers revealed a bookbinding method that is straightforward yet aesthetically elegant. Today, the same elegance can be applied for artistic or personal purposes. No prior experience is necessary. All materials and tools will be provided. A materials fee of \$26 will be charged upon registration.

Instructor: Suzan Lee

SPRING

WCC | MAY 24

SU, 12:15 PM – 3:15 PM

\$54.00 / 1

#14528

Japanese Box Workshop AGES 18+

Make a beautiful box using an historical Japanese method. Beautiful decorative paper and bookcloth are used to finish a box roughly 8 x 3 x 2 with a pair of bone clasp closures. The box's historical purpose was to house a worthy gift or precious items. No prior bookbinding or box making experience is necessary. All materials and tools provided. A materials fee of \$28 will be charged upon registration.

Instructor: Suzan Lee

SUMMER

WCC | JUL 19

SU, 10:00 AM – 3:00 PM

\$90.00 / 1

#14738

Clamshell Box Workshop AGES 18+

This box is commonly used to encase a book for safe-keeping from moisture, bugs and dust. It can safekeep other items, too. Also known as drop back or solander box, students will transform it into a book like structure to shelve, store or hide items in plain sight. No prior bookbinding or box making experience is necessary. All materials and tools provided. A materials fee of \$28 will be charged upon registration.

Instructor: Suzan Lee

SUMMER

WCC | AUG 16

SU, 10:00 AM – 3:00 PM

\$90.00 / 1

#14740

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

SPRING

WCC | APR 12 – MAY 24

SU, 3:30 PM – 5:00 PM

No class May 17

\$114.00 / 6

#14507

Introduction to Drawing AGES 18+

Learn to sketch and draw in a relaxed and accommodating atmosphere. Participants in this introductory program are guided to hone their observational abilities through experimentation, discussion, excursions and group critiques. Art supplies are provided. Participants may wish to bring their own sketchbooks.

Instructor: Yasaman Moussavi

SPRING

WCC | APR 7 – JUN 23

TU, 6:00 PM – 7:30 PM

\$300.00 / 12

#14509

SUMMER

WCC | JUL 7 – AUG 25

TU, 6:00 PM – 7:30 PM

\$200.00 / 8

#14741

ARTS

Watercolour Painting | Beginner AGES 16+

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

Instructor: Yasaman Moussavi

SPRING

WCC | APR 8 – JUN 24

W, 5:45 PM – 7:15 PM

\$300.00 / 12

#14508

SUMMER

WCC | JUL 8 – AUG 26

W, 5:45 PM – 7:15 PM

\$200.00 / 8

#14742

Watercolour Painting | Intermediate AGES 16+

Watercolor Intermediate level is a project-based class designed for students with a foundational understanding of color theory and basic painting techniques. In this course, students explore a variety of subject matters, enhancing their skills through hands-on practice and creativity. Emphasizing the joy of the painting process, students work together as a community, supporting one another as they refine their projects and complete their individual works with confidence and artistic expression.

Instructor: Yasaman Moussavi

SPRING

WCC | APR 8 – JUN 24

W, 7:30 PM – 9:00 PM

\$300.00 / 12

#14513

SUMMER

WCC | JUL 8 – AUG 26

W, 7:30 PM – 9:00 PM

\$200.00 / 8

#14743

Zentangle Meditative Art 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

SPRING

WCC | APR 11

SA, 12:00 PM – 2:00 PM

\$60.00 / 1

#14540

WCC | MAY 23

SA, 12:00 PM – 2:00 PM

\$60.00 / 1

#14541



Culturally Curious English AGES 19+

Take your English skills to a new level in this interactive, theme-based language class! This class will draw on history, pop culture, and literature to dive into nuance, style, idiomatic expressions, and more. In the process, students will strengthen vocabulary, grammar, and overall comprehension and speaking. Intermediate to advanced English skills are required. Let's explore where language and culture meet!

Instructor: Julie Wang

SPRING

WCC | APR 7 – MAY 26

TU, 12:30 PM – 2:00 PM

\$136.00 / 8

#14398

English Conversation | Beginner AGES 19+

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

Instructor: Connie Mao

SPRING

WCC | APR 9 – JUN 25

TH, 10:00 AM – 11:30 AM

\$36.00 / 12

#14786

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.

SPRING

Instructor: James Feng

WCC | APR 7 – JUN 23

TU, 10:00 AM – 11:30 AM

\$36.00 / 12

#14784

Instructors: Alice Bradley and Linda Quiney

WCC | APR 8 – JUN 17

W, 10:00 AM – 11:30 AM

\$33.00 / 11

#14785

Instructor: Ava Wang

OBCC | APR 9 – JUN 25

TH, 7:00 PM – 8:30 PM

\$36.00 / 12

#14792

English Conversation | Advanced AGES 19+

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

Instructor: Claire Ha

SPRING

WCC | APR 13 – JUN 22

M, 11:00 AM – 12:30 PM

No class May 18

\$30.00 / 10

#14783

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

SPRING

WCC | APR 13 – JUN 22

M, 9:15 AM – 10:45 AM

No class May 18

\$30.00 / 10

#14782





Night Shift Presents

OPEN MIC

Step into the spotlight or cheer from the crowd.
Night Shift Open Mic is back at the Barn.

April 18, 2026 | 7:00–9:30 PM
Old Barn Community Centre



To register, please visit
myuna.ca/nightshift

**Night
Shift**



Night Shift Presents

DISCO DANCE

The lights go low, the disco comes alive.
A new event in the Night Shift series.

May 23, 2026 | 7:00–9:30 PM
Old Barn Community Centre



**Night
Shift**

To register, please visit
myuna.ca/nightshift



French | Intermediate AGES 19+

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

Instructor: Catherine Black

SPRING

WCC | APR 13 – JUN 22

M, 1:00 PM – 2:30 PM

No class May 18

\$150.00 / 10

#14399

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

SPRING

WCC | APR 13 – JUN 22

M, 2:30 PM – 3:15 PM

No class May 18

FREE / 10

#14400

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

SPRING

OBCC | APR 9 – JUN 25

TH, 1:30 PM – 2:30 PM

FREE / 12

#14345

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

Korean Parent Support Circle AGES 19+

This group, run by the Vancouver School Board (VSB), offers Korean-speaking parents who reside in the UBC area and have children attending local public schools with support and community settlement resources, while bringing people together. Please register by calling or emailing Jenny Choi, VSB Settlement Worker in Schools | T: 778-229-4270 | E: hchoi@vsb.bc.ca

Instructor: Jenny Choi (SWIS)

SPRING

WCC | APR 21, MAY 19, JUN 16

TU, 12:30 PM – 2:30 PM

FREE / 3

#14790

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

SPRING

WCC | APR 14, MAY 12, JUN 9

TU, 9:30 AM – 4:00 PM

FREE / 3

#14788

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

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 visit bit.ly/pssreferralform or email mandarin4pss@gmail.com.

Instructor: Parent Support BC

SPRING

WCC | APR 18, MAY 2, MAY 16, JUN 6, JUN 20

SA, 6:00 PM – 8:00 PM

FREE / 5

#14793

VSBSWIS Parents Power Up | Mandarin and English **AGES 19+**

This is a group session for immigrant parents who reside in the UBC area and have children attending surrounding public schools. Free 免费每月一次实体 Parents Power-Up Sessions 家长加油站 presented in person Once a month. Organizer/Host 主办: Esaine Mo 巫小姐, VSB Settlement Worker with SWIS Program 温哥华教育局移民安顿工作者. Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 加拿大移民, 难民及公民部拨款出资. Goals: A platform that enables parents' connection, empowerment and resources/knowledge sharing. 目的: 给家长提供一个平台互相联系鼓励, 分享资源和知识. Registration/Contact 登记和查询: Esaine Mo 巫小姐 at work cell: 778-228-8536 or email: emo@vsb.bc.ca

Instructor: Esaine Mo

SPRING

WCC | APR 15, MAY 20, JUN 17

W, 1:00 PM – 2:30 PM

FREE / 3

#14864

ADULTS PROGRAMS

FITNESS & 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 April 27, 2026 at 12pm. To register and learn more about BC Brain Wellness Program, visit bcbrainwellness.ca or contact 604-827-4386 or brain.wellness@ubc.ca.

Instructor: BC Brain Wellness Program Instructor

SPRING

OBCC | MAY 6 – JUN 24

W, 12:30 PM – 1:30 PM

FREE / 8

#14487



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

SHOULD YOU TAKE THAT TO THE GREEN DEPOT?

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



GREEN DEPOT



FITNESS & YOGA

Express Lunchtime Bootcamp AGES 19+

Express Lunchtime Bootcamp is a fast-paced, 30-minute full-body workout designed for those who want 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

SPRING
OBCC | APR 9 – JUN 25 **TH, 12:15 PM – 12:45 PM**
\$120.00 / 12 | Drop-in \$11.00 #14512

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 (low, moderate or high) at which they want to work throughout the class.

Instructor: Hanif Teja

SPRING
OBCC | APR 13 – JUN 22 **M, 7:45 PM – 8:35 PM**
No class May 18
\$165.00 / 10 | Drop-in \$17.50 #14435

SUMMER
OBCC | JUL 6 – AUG 24 **M, 7:45 PM – 8:35 PM**
No class Aug 3
\$115.50 / 7 | Drop-in \$17.50 #14437

Instructor: Nicole Kraumanis

SPRING
OBCC | APR 8 – JUN 24 **W, 9:45 AM – 10:35 AM**
\$198.00 / 12 | Drop-in \$17.50 #14510

OBCC | APR 9 – JUN 25 **TH, 7:30 PM – 8:20 PM**
\$198.00 / 12 | Drop-in \$17.50 #14511

SUMMER
OBCC | JUL 8 – AUG 26 **W, 9:45 AM – 10:35 AM**
\$132.00 / 8 | Drop-in \$17.50 #14691

OBCC | JUL 2 – AUG 27 **TH, 7:30 PM – 8:20 PM**
\$148.50 / 9 | Drop-in \$17.50 #14694

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

SPRING
WCC | APR 7 – JUN 23 **TU, 9:25 AM – 10:25 AM**
\$180.00 / 12 | Drop-in \$16.00 #14233

SUMMER
WCC | JUL 7 – AUG 18 **TU, 9:25 AM – 10:25 AM**
No class Jul 21
\$90.00 / 6 | Drop-in \$16.00 #14237

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.

在这堂充满活力的课程中，将经典普拉提原则与轻重量手持哑铃相结合，全面塑形并增强全身肌力。课程重点放在体态调整、平衡能力及核心稳定性训练上，是一项低冲击性的锻炼方式，可有效锻炼全身主要肌群。加入轻重量训练有助于提升肌肉线条与耐力，同时不增加关节负担。课程将根据不同体能水平提供相应调整，适合各类学员参加。本课程以英语和普通话双语授课。

Instructor: Abby (Yang) Zhang

SPRING
WCC | APR 9 – JUN 25 **TH, 9:30 AM – 10:30 AM**
\$180.00 / 12 | Drop-in \$16.00 #14234

Pilates Strength Fusion AGES 19+

In this fusion of classical Pilates and functional strength training, participants 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 experience required.

Instructor: Abby (Yang) Zhang

SPRING

WCC | APR 13 – JUN 22 **M, 9:30 AM – 10:30 AM**
No classes Apr 20, May 18
\$135.00 / 9 | Drop-in \$16.00 #14232

WCC | APR 10 – JUN 26 **F, 11:10 AM – 12:10 PM**
\$180.00 / 12 | Drop-in \$16.00 #14235

SUMMER

WCC | JUL 6 – AUG 17 **M, 9:30 AM – 10:30 AM**
No classes Jul 20, Aug 3
\$75.00 / 5 | Drop-in \$16.00 #14236

Learn to Run Clinic AGES 16+

Get ready for your spring runs or learn to run properly with the Wesbrook Road Runners. This clinic is designed for cruisers, pacers, and racers. Whether you want to run your personal best or just learn to live a healthy lifestyle, run in a social atmosphere. The clinic includes one group run a week, guest speakers on various topics on running on May 12 and Jun 16, free gait analysis, and a detailed running program.

Instructor: Hanif Teja

SPRING

WCC | APR 28 – JUN 23 **TU, 6:00 PM – 7:00 PM**
\$108.00 / 9 | Drop-in \$13.00 #14429

Race Ready Run Clinic AGES 16+

Designed for cruisers, pacers, and racers with prior running experience. Whether you're chasing a personal best or maintaining a healthy lifestyle, join us in a supportive, social environment. This clinic helps runners prepare for the annual Vancouver Half Marathon and 5K on June 28, and includes talks on Hill Training (May 14) and Race Day Tips (Jun 18).

Instructor: Hanif Teja

SPRING

WCC | APR 30 – JUN 25 **TH, 6:00 PM – 7:00 PM**
\$108.00 / 9 | Drop-in \$13.00 #14430

Run Talk Tuesday | Learn to Run Clinic

AGES 16+

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 | MAY 12 **TU, 6:00 PM – 7:00 PM**
\$5.00 / 1 #14424

WHY CROSS-TRAINING MATTERS: TIPS FOR RACE DAY

WCC | JUN 16 **TU, 6:00 PM – 7:00 PM**
\$5.00 / 1 #14425

Run Talk Thursday | Race Ready Run Clinic

AGES 16+

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 Race Ready Run Clinic.

Instructor: Christine Blanchette

RUNNER'S TOOLBOX: TIPS FOR HILL TRAINING

WCC | MAY 14 **TH, 6:00 PM – 7:00 PM**
\$5.00 / 1 #14426

WHY CROSS-TRAINING MATTERS: TIPS FOR RACE DAY

WCC | JUN 18 **TH, 6:00 PM – 7:00 PM**
\$5.00 / 1 #14427

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

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

FITNESS & YOGA

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

SPRING
WCC | APR 12 – JUN 21 **SU, 8:30 AM – 9:15 AM**
No class May 17
\$175.00 / 10 | Drop-in \$18.50 #14441

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

SPRING
WCC | APR 13 – JUN 22 **M, 7:45 AM – 8:15 AM**
No class May 18
\$130.00 / 10 | Drop-in \$14.00 #14442

WCC | APR 9 – JUN 25 **TH, 7:30 AM – 8:00 AM**
\$156.00 / 12 | Drop-in \$14.00 #14440

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

SPRING
OBCC | APR 7 – JUN 23 **TU, 6:30 PM – 7:30 PM**
\$168.00 / 12 | Drop-in \$15.00 #14253

WCC | APR 8 – JUN 24 **W, 6:35 PM – 7:35 PM**
\$168.00 / 12 | Drop-in \$15.00 #14254

SUMMER
OBCC | JUL 7 – AUG 25 **TU, 6:30 PM – 7:30 PM**
\$112.00 / 8 | Drop-in \$15.00 #14255

WCC | JUL 8 – AUG 26 **W, 6:35 PM – 7:35 PM**
\$112.00 / 8 | Drop-in \$15.00 #14256

Instructor: Herald Kane Bustamante Cabaddu

SPRING
WCC | APR 9 – JUN 25 **TH, 6:30 PM – 7:30 PM**
\$168.00 / 12 | Drop-in \$15.00 #14244

WCC | APR 11 – JUN 27 **SA, 11:30 AM – 12:30 PM**
No class May 16
\$154.00 / 11 | Drop-in \$15.00 #14245

SUMMER
WCC | JUL 2 – AUG 27 **TH, 6:30 PM – 7:30 PM**
\$126.00 / 9 | Drop-in \$15.00 #14246



FITNESS & YOGA

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

SPRING

WCC | APR 7 – JUN 23 TU, 10:35 AM – 11:50 AM
\$180.00 / 12 | Drop-in \$16.00 #14238

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

SPRING

WCC | APR 10 – JUN 26 F, 10:00 AM – 11:00 AM
\$180.00 / 12 | Drop-in \$16.00 #14241

WCC | JUL 3 – AUG 21 F, 10:00 AM – 11:00 AM
No class Jul 24
\$105.00 / 7 | Drop-in \$16.00 #14243

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

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



Sign up today and let's build
community together.

FITNESS & YOGA

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

SPRING

WCC | APR 7 – MAY 19

\$140.00 / 7 | Drop-in \$21.00

TU, 6:30 PM – 7:30 PM

#14501

WCC | JUN 2 – JUN 23

\$80.00 / 4 | Drop-in \$21.00

TU, 6:30 PM – 7:30 PM

#14502

SUMMER

WCC | JUL 7 – AUG 4

\$100.00 / 5 | Drop-in \$21.00

TU, 6:30 PM – 7:30 PM

#14505

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

SPRING

WCC | APR 8 – MAY 20

\$140.00 / 7 | Drop-in \$21.00

W, 10:15 AM – 11:45 AM

#14503

WCC | JUN 3 – JUN 24

\$80.00 / 4 | Drop-in \$21.00

W, 10:15 AM – 11:45 AM

#14504

SUMMER

WCC | JUL 8 – AUG 5

No class Jul 22

\$80.00 / 4 | Drop-in \$21.00

W, 10:15 AM – 11:45 AM

#14506

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 information, see luciyamamoto.com. Drop-in available, space permitting.

Instructor: Luci Yamamoto

SPRING

WCC | APR 18 – MAY 9

\$80.00 / 4 | Drop-in \$22.00

SA, 10:00 AM – 11:15 AM

#14443

WCC | MAY 23 – JUN 27

\$120.00 / 6 | Drop-in \$22.00

SA, 10:00 AM – 11:15 AM

#14483

SUMMER

WCC | JUL 18 – AUG 22

\$120.00 / 6 | Drop-in \$22.00

SA, 10:00 AM – 11:15 AM

#14444

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

SPRING

WCC | APR 13 – JUN 22

No classes Apr 20, May 18

\$117.00 / 9 | Drop-in \$14.00

M, 12:00 PM – 12:45 PM

#14248



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

SPRING

WCC | APR 8 – JUN 24 W, 1:15 PM – 2:15 PM
\$156.00 / 12 | Drop-in \$14.00 #14249

SUMMER

WCC | JUL 29 – AUG 19 W, 1:15 PM – 2:15 PM
\$52.00 / 4 | Drop-in \$14.00 #14250

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. Pose 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。

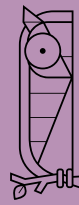
Instructor: Kate Tsai

SPRING

WCC | APR 13 – JUN 22 M, 10:45 AM – 11:45 AM
No classes Apr 20, May 18
\$117.00 / 9 | Drop-in \$14.00 #14247

SUMMER

WCC | JUL 27 – AUG 17 M, 10:45 AM – 11:45 AM
No class Aug 3
\$39.00 / 3 | Drop-in \$14.00 #14251



THE CAMPUS RESIDENT

IS YOUR SOURCE FOR LOCAL NEWS

CALL FOR VOLUNTEERS

Are you passionate about local journalism?

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

Ready to start?

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



WE'RE ONLINE

Visit our new website and read our monthly digital issues at thecampusresident.ca.



DELIVERED TO YOUR EMAIL

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

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 \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 7 – JUN 23 **TU, 6:30 PM – 7:15 PM**
\$192.00 / 12 #14577

Parents are required to sign up alongside their children
OBCC | APR 10 – JUN 26 **F, 6:15 PM – 7:00 PM**
\$192.00 / 12 #14583

SUMMER
Parents are required to sign up alongside their children
WCC | JUL 7 – AUG 25 **TU, 6:30 PM – 7:15 PM**
\$128.00 / 8 #14585

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 \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 7 – JUN 23 **TU, 7:15 PM – 8:15 PM**
\$192.00 / 12 #14578

WCC | APR 9 – JUN 25 **TH, 5:15 PM – 6:15 PM**
\$192.00 / 12 #14580

OBCC | APR 10 – JUN 26 **F, 7:00 PM – 8:00 PM**
\$192.00 / 12 #14584

SUMMER
WCC | JUL 7 – AUG 25 **TU, 7:15 PM – 8:15 PM**
\$128.00 / 8 #14586



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



MARTIAL ARTS

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

SPRING
WCC | APR 9 – JUN 25 **TH, 7:00 PM – 8:00 PM**
 \$192.00 / 12 #14581

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

SPRING
WCC | APR 7 – JUN 23 **TU, 8:15 PM – 9:15 PM**
 \$192.00 / 12 #14579

SUMMER
WCC | JUL 7 – AUG 25 **TU, 8:15 PM – 9:15 PM**
 \$128.00 / 8 #14587

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

SPRING
WCC | APR 9 – JUN 25 **TH, 8:00 PM – 9:00 PM**
 \$192.00 / 12 #14582

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

SPRING
WCC | APR 7 – JUN 26 **M-F, 8:45 AM – 9:45 AM**
No class May 18
 FREE / 58 #14731



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 raquet.

SPRING

WCC | APR 10 – JUN 26 **F, 2:00 PM – 3:30 PM**
No session Jun 5
 \$55.00 / 11 | Drop-in \$6.50 #14619

WCC | APR 10 – JUN 26 **F, 7:45 PM – 9:15 PM**
No session Jun 5
 \$55.00 / 11 | Drop-in \$6.50 #14621

WCC | APR 13 – JUN 22 **M, 2:00 PM – 3:30 PM**
No sessions Apr 20, May 18
 \$45.00 / 9 | Drop-in \$6.50 #14618

Drop-In Badminton AGES 19+

Drop-in and play badminton. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Drop-in Sports Procedures: myuna.ca/recreation-policies

SPRING

WCC | APR 5 – JUN 28 **SU, 5:45 PM – 7:15 PM**
 Drop-in \$6.50 ea / 13 #14624

WCC | APR 7 – JUN 23 **TU, 11:30 AM – 1:00 PM**
 Drop-in \$6.50 ea / 12 #14623

SUMMER

WCC | JUL 3 – AUG 28 **FRI, 7:45 PM – 9:15 PM**
 Drop-in \$6.50 ea / 9 #14626

WCC | JUL 5 – AUG 30 **SU, 5:45 PM – 7:15 PM**
 Drop-in \$6.50 ea / 9 #14627

Basketball AGES 19+

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

SPRING

WCC | APR 9 – JUN 25 **TH, 7:45 PM – 9:15 PM**
 \$60.00 / 12 | Drop-in \$6.50 #14640

Drop-In Basketball AGES 19+

Drop-in and play basketball. A maximum of 24 participants can reserve spots by paying the drop-in fee in advance. Drop-in Sports Procedures: myuna.ca/recreation-policies

SPRING

WCC | APR 13 – JUN 29 **M, 8:15 PM – 9:45 PM**
No session May 18
 Drop-in \$6.50 ea / 11 #14639

SUMMER

WCC | JUL 2 – AUG 27 **TH, 7:45 PM – 9:15 PM**
 Drop-in \$6.50 ea / 9 #14637

WCC | JUL 6 – AUG 24 **M, 8:00 PM – 9:30 PM**
No session Aug 3
 Drop-in \$6.50 ea / 7 #14638

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.

UNAUNIVERSITY
NEIGHBOURHOODS
ASSOCIATION25
YEARS**UNA**

SUMMER CAMP

Multiple camps each
week at the
Wesbrook and Old
Barn Community
Centres from
Jul. 6 to Aug. 28.

Summer Adventures Camp:

At UNA Summer Adventures Camp, we're turning summer into an unforgettable experience for kids aged 5-11! Each week, campers will dive into a world of excitement with action-packed sports, creative arts & crafts, thrilling team-based games, and exciting out-trips. With a new theme every week, there's fun for everyone! Campers will explore, create, and discover through themed activities, games, and a special field trip to cap off the week. Whether they're crafting masterpieces, scoring goals, or exploring the community, every day is a new adventure you won't want to miss!

External Camps:

At UNA Camps, there is a summer full of fun and learning for every aspiring artist, athlete, and innovator! Each weekly camp becomes a hub of inspiration where kids can try themselves at moviemaking, build digital universes in AR/VR World, play sports, find their groove with dance programs or their voice and character with performing arts. From the teamwork found on the various sport fields to the disciplined fun of karate, we offer a diverse playground for every personality!



**Spaces are filling up fast. Register
now and let the adventures begin!**

For registration, please visit myuna.ca/programs



ADULTS PROGRAMS

SPORTS

Pickleball AGES 19+

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

SPRING

WCC | APR 10 – JUN 26 **F, 10:30 AM – 12:00 PM**
\$60.00 / 12 | Drop-in \$6.50 #14660

WCC | APR 12 – JUN 28 **SU, 3:45 PM – 5:15 PM**
No session May 17
\$55.00 / 11 | Drop-in \$6.50 #14659

Pickleball Lessons | Learn to Play for Beginners AGES 18+

Learn to play! 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

SPRING

WCC | APR 8 – JUN 24 **W, 11:55 AM – 1:25 PM**
\$300.00 / 12 #14572

WCC | MAY 31 – JUN 28 **SU, 10:45 AM – 12:15 PM**
\$125.00 / 5 #14575

SUMMER

WCC | JUL 5 – AUG 30 **SU, 10:45 AM – 12:15 PM**
No class Aug 2
\$200.00 / 8 #14576



Pickleball Lessons | Intermediate AGES 18+

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 who have completed the beginner program. Participants are required to bring a paddle.

Instructor: Chris Koentges

SPRING

WCC | APR 8 – JUN 24 **W, 10:20 AM – 11:50 AM**
\$300.00 / 12 #14571

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 for more information.

Instructor: Chris Koentges

SPRING

WCC | APR 8 – JUN 24 **W, 8:45 AM – 10:15 AM**
\$180.00 / 12 #14570

WCC | APR 12, MAY 3, MAY 31, JUN 14 **SU, 9:00AM – 10:30AM**
\$60.00 / 4 #14568

SUMMER

WCC | JUL 5, JUL 26, AUG 16 **SU, 9:00 AM – 10:30 AM**
\$45.00 / 3 #14569

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.

SPORTS

Pickleball Lessons | Advanced Doubles

AGES 17+

Practice 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

SPRING

WCC | APR 10 – JUN 26

F, 8:45 AM – 10:15 AM

No classes May 8, May 22

\$250.00 / 10

#14573

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

SPRING

WCC | APR 12 – MAY 3

SU, 10:45 AM – 12:15 PM

\$100.00 / 4

#14574

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. Drop-in Sports Procedures: myuna.ca/recreation-policies/

SPRING

WCC | APR 9 – JUN 25

TH, 2:00 PM – 3:30 PM

Drop-in \$6.50 ea / 12

#14657

WCC | APR 11 - JUN 27

SA, 6:00 PM - 7:30 PM

No session May 16

Drop-in \$6.50 ea / 11

#14993

SUMMER

WCC | JUL 4 – AUG 29

SA, 4:00 PM – 5:30 PM

Drop-in \$6.50 ea / 9

#14655

WCC | JUL 5 – AUG 30

SU, 3:45 PM – 5:15 PM

Drop-in \$6.50 ea / 9

#14656

OTHER



WCC



OBCC



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.



UNAUNIVERSITY
NEIGHBOURHOODS
ASSOCIATION25
YEARSAGES
16+

UNA RUN CLUBS

Start your running journey today!

Whether you're new to running or an experienced racer, join us in our weekly run clubs to live a healthier lifestyle while meeting new friends. Run clubs are aligned to prepare you for the annual Vancouver Half Marathon and 5K held on June 28, 2026.

Learn to Run Clinic

Apr 28 - Jun 23
Tuesdays, 6–7 p.m.
Wesbrook Community Centre

New to running? Join Learn to Run Clinic, a gentle approach where running is combined with walking.

Race Ready Run Clinic

Apr 30 - Jun 25
Thursdays, 6–7 p.m.
Wesbrook Community Centre

Looking for a challenge? Join Race Ready Run Clinic, a technical approach where hill and speed training is combined with tempo runs.

Both programs will feature run talks presented by TV host and fitness enthusiast Christine Blanchette.



For more information, check out myuna.ca/programs or contact the run club instructor Hanif Teja at hanif.teja@myuna.ca.

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.

SPRING

WCC | APR 9 – JUN 25

TH, 6:00 PM - 7:30 PM

\$60.00 / 12 | Drop in \$6.50

#14990

Drop-In Futsal AGES 18+

Drop-in and play Futsal (indoor soccer). A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Drop-in Sports Procedures:

myuna.ca/recreation-policies

SUMMER

WCC | JUL 2 – AUG 27

TH, 6:00 PM - 7:30 PM

Drop in \$6.50 ea / 9

#14664

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

SPRING

WCC | APR 9 – JUN 25

TH, 11:30 AM – 12:30 PM

FREE / 12

#14340



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.

SPRING

WCC | APR 8 – JUN 24

W, 2:00 PM – 3:30 PM

\$60.00 / 12 | Drop-in \$6.50

#14666

WCC | APR 10 – JUN 26

F, 12:15 PM – 1:45 PM

No session Jun 5

\$55.00 / 11 | Drop-in \$6.50

#14668

Drop-In Table Tennis AGES 19+

Drop-in and play table tennis. Drop-in Sports Procedures:

myuna.ca/recreation-policies

SPRING

WCC | APR 6 – JUN 29

M, 11:45 AM – 1:15 PM

No sessions Apr 20, May 18

Drop-in \$6.50 ea / 11

#14669

SUMMER

WCC | JUL 6 – AUG 24

M, 4:00 PM – 5:30 PM

No session Aug 3

Drop-in \$6.50 ea / 7

#14670

ADULTS PROGRAMS

SPORTS

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.

SPRING

WCC | APR 13 – JUN 22

M, 6:15 PM – 7:45 PM

No session May 18

\$50.00 / 10 | Drop-in \$6.50

#14674

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.

SPRING

WCC | APR 8 – JUN 24

W, 7:45 PM – 9:15 PM

Drop-in \$6.50 ea / 12

#14671

SUMMER

WCC | JUL 6 – AUG 24

M, 6:00 PM – 7:30 PM

No session Aug 3

Drop-in \$6.50 ea / 7

#14672

WCC | JUL 8 – AUG 26

W, 7:45 PM – 9:15 PM

Drop-in \$6.50 ea / 8

#14673

SOCIAL

Newcomers Support Program 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: Peng Wang

SPRING

WCC | APR 18 – JUN 21

SA, 10:00 AM – 11:30 AM

No classes May 16, Jun 13

FREE / 8

#14791

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

SPRING

WCC | APR 18

SA, 2:00 PM – 3:30 PM

FREE / 1

#14794

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

SPRING

OBCC | APR 13 – JUN 22

M, 6:30 PM – 8:00 PM

No class May 18

FREE / 10

#14789

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 and Paula

SPRING

WCC | APR 9 – MAY 28

TH, 1:00 PM – 2:30 PM

FREE / 8

#14787

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

SPRING

OBCC | APR 8 – JUN 24

W, 7:00 PM – 8:30 PM

FREE / 12

#14330

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.

April 26: *Americanah* by Chimamanda Ngozi Adichie

May 24: *The Book Thief* by Markus Zusak

June 21: *A Gentleman in Moscow* by Amor Towles

Instructors: Andrea Garcia

SPRING

WCC | APR 26, MAY 24, JUN 21

SU, 10:00 AM – 12:00 PM

FREE / 3

#14339

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

SPRING

OBCC | APR 7 – JUN 23

TU, 12:00 PM – 1:30 PM

FREE / 12

#14341

Sewing and Knitting Studio AGES 13+

Participants meet to sew and knit together, creating a space where participants can learn from one another – whether that is basic sewing skills, quilting or making clothing. Sewing machines and a variety of knitting supplies will be available. This is a free, volunteer-led, uninstructed drop-in program. Please register at the front desk upon arrival.

Instructor: UNA Volunteer

SPRING

WCC | APR 12 – JUN 21

SU, 1:00 PM – 3:00 PM

No class May 17

FREE / 10

#14693



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

SPRING

OBCC | APR 12 – JUN 28

SU, 3:30 PM – 5:00 PM

No classes May 17, Jun 21

FREE / 10

#14730

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 English and Mandarin. Registration is required.

Instructor: UNA Volunteer

SPRING

OBCC | APR 8 – JUN 24

W, 9:15 AM – 10:45 AM

FREE / 12

#14727

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: UNA Volunteer

SPRING

WCC | APR 9 – JUN 25

TH, 9:30 AM – 11:30 AM

FREE / 12

#14708

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

SPRING

WCC | APR 14 – JUN 16

TU, 3:30 PM – 4:45 PM

FREE / 10

#14302

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

SPRING

WCC | APR 13 – JUN 15

M, 3:30 PM – 4:30 PM

No classes Apr 20, May 18

FREE / 8

#14301

EDUCATION

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

SPRING

WCC | APR 12 – JUN 28

SU, 10:00 AM – 11:30 AM

No class Jun 21

FREE / 11

#14723

Community Digital Support AGES 19+

Drop-in for tech support. You will receive assistance, support, tips and troubleshooting guidance for your smartphone, tablet or laptop. Come with your questions about understanding your devices, navigating software, managing files and images, using or installing apps, as well as connecting to the Internet and using data, among other topics. Support is available in English and Mandarin. This is a free, volunteer-led drop-in program. Register at the Front Desk on arrival.

Instructor: UNA Volunteer

WCC | APR 11 – JUN 27

SA, 10:00 AM – 12:00 PM

No class May 16

FREE / 11

#14724

SUMMER

WCC | JUL 4 – AUG 29

SA, 10:00 AM – 12:00 PM

No class Aug 1

FREE / 9

#14801

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

Healthy Aging Seminar Series AGES 55+

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 | APR 16

TH, 11:00 AM – 12:30 PM

FREE / 1

#14839

WCC | MAY 21

TH, 11:00 AM – 12:30 PM

FREE / 1

#14840

WCC | JUN 18

TH, 11:00 AM – 12:30 PM

FREE / 1

#14841



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

SPRING

BALMORAL | APR 13 – JUN 22 M, 1:30 PM – 2:20 PM
No class May 18
\$80.00 / 10 | Drop-in \$9.00 #14431

BALMORAL | APR 9 – JUN 25 TH, 1:30 PM – 2:20 PM
\$96.00 / 12 | Drop-in \$9.00 #14432

SUMMER

BALMORAL | JUL 6 – AUG 24 M, 1:30 PM – 2:20 PM
No class Aug 3
\$56.00 / 7 | Drop-in \$9.00 #14438

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

SPRING

W. HAMPSTEAD | APR 7 – JUN 23 TU, 1:00 PM – 1:50 PM
\$96.00 / 12 | Drop-in \$9.00 #14433

SUMMER

W. HAMPSTEAD | JUL 7 – AUG 25 TU, 1:00 PM – 1:50 PM
\$64.00 / 8 | Drop-in \$9.00 #14439

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

SPRING

WCC | APR 9 – JUN 25 TH, 12:15 PM – 12:45 PM
\$84.00 / 12 | Drop-in \$8.00 #14434

SUMMER

WCC | JUL 2 – AUG 20 TH, 12:15 PM – 12:45 PM
No class Jul 23
\$49.00 / 7 | Drop-in \$8.00 #14436

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

SPRING

WCC | APR 13 – JUN 22 M, 1:00 PM – 2:00 PM
No classes Apr 20, May 18
\$90.00 / 9 | Drop-in \$11.00 #14242

WCC | APR 9 – JUN 25 TH, 11:00 AM – 12:00 PM
\$120.00 / 12 | Drop-in \$11.00 #14240

SUMMER

WCC | JUL 6 – AUG 17 M, 1:00 PM – 2:00 PM
No classes Jul 20, Aug 3
\$50.00 / 5 | Drop-in \$11.00 #14489

Chair Yoga with Angie AGES 45+

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

Instructor: Angie Datt

SPRING

WCC | APR 9 – JUN 25 TH, 1:00 PM – 2:00 PM
\$120.00 / 12 | Drop-in \$11.00 #14239

SPORTS

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.

SPRING

WCC | APR 13 – JUN 29 M, 8:45 AM – 10:00 AM
No class Apr 20
\$31.50 / 10 | Drop-in \$3.15 #14760

WCC | APR 9 – JUN 26 TH, 12:45 PM - 1:45 PM
\$30.00 / 12 | Drop-in \$2.50 #14872

SUMMER

WCC | JUL 13 – AUG 24 M, 8:45 AM – 10:00 AM
No classes Jul 27, Aug 3, Aug 10
\$12.60 / 4 | Drop-in \$3.15 #14798

WCC | JUL 16 – AUG 27 TH, 12:45 PM – 1:45 PM
No classes Jul 30, Aug 6, Aug 13
\$10.00 / 4 | Drop-in \$2.50 #14761

OLDER ADULTS PROGRAMS

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.

SPRING

WCC | APR 8 – JUN 24 W, 2:00 PM – 3:30 PM
\$48.00 / 12 | Drop-in \$4.00 #14758

WCC | APR 10 – JUN 26 F, 12:30 PM - 1:45 PM
\$ 48.00/ 12 | Drop-in \$4.00 #14759

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

SPRING

WCC | APR 13 – JUN 22 M, 10:15 AM – 11:15 AM
No classes Apr 20, May 18
FREE / 9 #14726



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:

Personal Trainers • Fitness & Spin instructors

Visit our website for more details: myuna.ca/careers

OLDER ADULTS PROGRAMS

SPORTS

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

SPRING
WCC | APR 7 – JUN 23 **TU, 1:30 PM – 3:00 PM**
FREE / 12 #14729

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.

SPRING
WCC | APR 10 – JUN 26 **F, 2:15 PM – 3:30 PM**
\$34.65 / 11 | Drop-in \$3.15 #14843

SUMMER
WCC | JUL 10 – AUG 28 **F, 2:15 PM – 3:30 PM**
\$25.20 / 8 | Drop-in \$3.15 #14762

Whist AGES 55+

Participants, learn to play and improve their understanding of this class 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

SPRING
WCC | APR 7 – JUN 30 **TU, 10:00 AM – 12:00 PM**
FREE / 13 #14714

SOCIAL

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

SPRING
WCC | APR 7 – JUN 16 **TU, 10:00 AM – 11:30 AM**
FREE / 11 #14713

Soups and Social AGES 55+

Connect and nourish at Soups and Social. This monthly lunch brings together seniors to cultivate conversation, friendship and social connections.

Instructor: UNA Staff

SPRING
WCC | APR 23 **TH, 11:30 AM – 12:30 PM**
\$3.50 / 1 #14844

WCC | MAY 28 **TH, 11:30 AM – 12:30 PM**
\$3.50 / 1 #14845

WCC | JUN 25 **TH, 11:30 AM – 12:30 PM**
\$3.50 / 1 #14846

Walk & Talk Club AGES 19+

Explore the outdoors, socialize and boost fitness at the Walk & Talk Club. You can 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 Wesbrook Community Centre after each walk. Registration is required for this no-cost program.

Instructor: Helen Aqua

SPRING
WCC | APR 13 – JUN 22 **M, 10:00 AM – 12:00 PM**
FREE / 11 #14709

SUMMER
WCC | JUL 6 – AUG 31 **M, 10:00 AM – 12:00 PM**
FREE / 9 #14800

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 30 minutes before each session.

Instructor: UNA Volunteer

SPRING

WCC | APR 9 – JUN 25

TH, 10:00 AM – 12:30 PM

FREE / 12

#14728

SUMMER

WCC | JUL 2 – AUG 27

TH, 10:00 AM – 12:30 PM

FREE / 9

#14803

Chinese Pocket Card Games | Drop-In

AGES 65+



Ready, set, play! Come play Chinese Pocket Card Games with friends! Space is limited to 14 participants who are able to attend for the entire 3-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start).

Instructor: UNA Volunteer

SPRING

WCC | APR – JUN

F, 10:00 AM – 1:00 PM

FREE / 12

#14988

SUMMER

WCC | JUL 3 – AUG 28

F, 10:00 AM – 1:00 PM

FREE / 9

#14989

**OLDER ADULTS
PROGRAMS****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: UNA Volunteers

SPRING

WCC | APR 13 – JUN 29

M, 1:00 PM – 3:00 PM

FREE / 12

#14725

SUMMER

WCC | JUL 6 – AUG 31

M, 1:00 PM – 3:00 PM

FREE / 9

#14796



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. 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



INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
COMMUNITY EVENTS - PAGE 8							
14343	Family Movie Night Spring	All Ages	Apr 11	Sat	6:00 PM	OBCC	家庭电影之夜
14359	Family Movie Night Summer	All Ages	Jul 11	Sat	6:00 PM	OBCC	家庭电影之夜
14702	Easter	All Ages	Apr 4	Sat	9:30 AM	OBCC	复活节
14703	Indigenous Peoples Day	All Ages	Jun 21	Sun	TBA	OBCC	原住民日
14704	Canada Day	All Ages	Jul 1	Wed	11:00 AM	WCC	加拿大日
14705	Night Shift - Open Mic (Performers)	Ages 19+	Apr 18	Sat	7:00 PM	OBCC	夜班 - 开放麦 (表演者)
14706	Night Shift - Open Mic (Attendees)	Ages 19+	Apr 18	Sat	7:00 PM	OBCC	夜班 - 开放麦 (参与者)
14707	Night Shift - Disco Dance	Ages 19+	May 23	Sat	7:00 PM	OBCC	夜班 - 迪斯科舞会
ALL AGES - PAGE 11							
14542	Flute Sunday	Ages 8+	Apr 12	Sun	1:00 PM	WCC	长笛
14715	Flute Sunday	Ages 8+	Jul 5	Sun	1:00 PM	WCC	长笛
14734	Group Guitar Beginner	Ages 14+	Jul 6	Mon	6:30 PM	WCC	吉他小班课-初级
14548	Group Guitar Beginner	Ages 14+	Apr 13	Mon	6:30 PM	WCC	吉他小班课-初级
14735	Group Guitar Intermediate	Ages 14+	Jul 6	Mon	7:30 PM	WCC	吉他小班课 - 中级
14549	Group Guitar Intermediate	Ages 14+	Apr 13	Mon	7:30 PM	WCC	吉他小班课 - 中级
14552	Guitar Fri	Ages 8+	Apr 10	Fri	4:30 PM	WCC	吉他
14722	Guitar Fri	Ages 8+	Jul 3	Fri	4:30 PM	WCC	吉他
14550	Piano Tue	Ages 5+	Apr 7	Tue	3:30 PM	WCC	钢琴
14720	Piano Tue	Ages 5+	Jul 7	Tue	3:30 PM	WCC	钢琴
14547	Piano Wed	Ages 5+	Apr 8	Wed	3:30 PM	WCC	钢琴
14719	Piano Wed	Ages 5+	Jul 8	Wed	3:30 PM	WCC	钢琴
14544	Piano Thu	Ages 5+	Apr 9	Thu	3:30 PM	WCC	钢琴
14717	Piano Thu	Ages 5+	Jul 2	Thu	3:30 PM	WCC	钢琴
14551	Piano Fri	Ages 5+	Apr 10	Fri	3:30 PM	WCC	钢琴
14721	Piano Fri	Ages 5+	Jul 3	Fri	3:30 PM	WCC	钢琴
14545	Piano Sat	Ages 5+	Apr 11	Sat	10:00 AM	WCC	钢琴
14733	Piano Sat	Ages 5+	Jul 4	Sat	10:00 AM	WCC	钢琴
14546	Piano Mon	Ages 5+	Apr 13	Mon	3:30 PM	WCC	钢琴
14718	Piano Mon	Ages 5+	Jul 6	Mon	3:30 PM	WCC	钢琴
14543	Violin Thu	Ages 5+	Apr 9	Thu	3:30 PM	WCC	小提琴
14716	Violin Thu	Ages 5+	Jul 2	Thu	3:30 PM	WCC	小提琴
14360	Let's Cook Club	All Ages	Apr 21	Tue	6:00 PM	WCC	美食烹饪俱乐部
14361	Let's Cook Club	All Ages	May 19	Tue	6:00 PM	WCC	美食烹饪俱乐部
14362	Let's Cook Club	All Ages	Jun 16	Tue	6:00 PM	WCC	美食烹饪俱乐部
14331	Community Board Game Night	All Ages	Apr 10	Fri	6:00 PM	WCC	社区棋盘游戏之夜
14647	Drop-In Family Badminton	All Ages	Apr 4	Sat	8:45 AM	WCC	家庭羽毛球
14642	Drop-In Family Badminton	All Ages	Jul 4	Sat	8:45 AM	WCC	家庭羽毛球
14646	Drop-In Family Pickleball	All Ages	Apr 5	Sun	9:00 AM	WCC	家庭匹克球练习时间
14644	Drop-In Family Pickleball	All Ages	Jul 12	Sun	9:00 AM	WCC	家庭匹克球练习时间
14652	Drop-In Open Gym	All Ages	Jul 3	Fri	10:00 AM	WCC	即时加入体育馆
14654	Drop-In Open Gym	All Ages	Jul 4	Sat	10:45 AM	WCC	即时加入体育馆
14649	Drop-In Open Gym	All Ages	Jul 7	Tue	10:00 AM	WCC	即时加入体育馆
14651	Drop-In Open Gym	All Ages	Jul 8	Wed	10:00 AM	WCC	即时加入体育馆

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
PRO D DAY & SUMMER CAMPS - PAGE 14							
14711	K-Pop Hip-Hop I Pro-D Day Camp	Ages 6-10	Apr 20	Mon	9:00 AM	WCC	嘻哈韩流职业发展日营
14712	Sportball: Pro-D Day Multi-Sport Camp	Ages 5-8	Apr 20	Mon	9:00 AM	WCC	Pro-D球类营
14768	Feature FilmMaking Camp	Ages 9-14	Aug 24	M-F	9:00 AM	OBCC	故事片制作营
14764	Crossmaneuver Performing Arts Camp	Ages 4-7	Jul 13	M-F	9:00 AM	OBCC	Crossmaneuver 表演艺术营
14765	Crossmaneuver Performing Arts Camp	Ages 7-12	Jul 20	M-F	9:00 AM	OBCC	Crossmaneuver 表演艺术营
14766	Crossmaneuver Performing Arts Camp	Ages 4-7	Aug 17	M-F	9:00 AM	OBCC	Crossmaneuver 表演艺术营
14769	K-Pop Hip-Hop Dance Camp	Ages 6-12	Jul 20	M-F	9:00 AM	WCC	韩式嘻哈舞夏令营
14770	K-Pop Hip-Hop Dance Camp	Ages 6-12	Aug 24	M-F	9:00 AM	WCC	韩式嘻哈舞夏令营
14767	LEGO® Bricks Stop Motion Animation Camp	Ages 6-12	Jul 6	M-F	9:00 AM	OBCC	乐高定格动画和黏土动画夏令营
14771	Young Filmmakers Camp	Ages 8-14	Jul 27	M-F	9:00 AM	OBCC	电影制作夏令营
14773	Young Filmmakers Camp	Ages 8-14	Aug 10	M-F	9:00 AM	OBCC	电影制作夏令营
14772	Young Filmmakers Camp	Ages 8-14	Aug 4	Tu-F	9:00 AM	OBCC	电影制作夏令营
14774	WIZE-STEM-Coding, Minecraft, AR/VR	Ages 7-11	Jul 13	M-F	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
14775	WIZE-STEM-Coding, Robotics 3D Print Camp	Ages 7-11	Aug 17	M-F	9:00 AM	WCC	科学营: 编程, 机器人和3D打印
14778	Floor Hockey and Soccer camp	Ages 6-10	Aug 4	Tu-F	9:00 AM	WCC	地板冰球和足球营
14777	Multi-Sport Camp	Ages 6-10	Jul 6	M-F	9:00 AM	WCC	综合运动营
14779	Multi-Sport Camp	Ages 6-10	Aug 10	M-F	9:00 AM	WCC	综合运动营
14776	SUPERHERO Summer Camp	Ages 6-16	Jul 27	M-F	9:00 AM	WCC	超级英雄空手道夏令营
14678	Summer Adventures Camp	Ages 8-11	Jul 27	M-F	9:00 AM	WCC	夏季探险营
14689	Summer Adventures Camp	Ages 5-7	Aug 17	M-F	9:00 AM	WCC	夏季探险营
14682	Summer Adventures Camp	Ages 8-11	Aug 24	M-F	9:00 AM	WCC	夏季探险营
14690	Summer Adventures Camp	Ages 5-7	Aug 24	M-F	9:00 AM	WCC	夏季探险营
14679	Summer Adventures Camp	Ages 8-11	Aug 4	M-F	9:00 AM	WCC	夏季探险营
14680	Summer Adventures Camp	Ages 8-11	Aug 10	M-F	9:00 AM	WCC	夏季探险营
14681	Summer Adventures Camp	Ages 8-11	Aug 17	M-F	9:00 AM	WCC	夏季探险营
14688	Summer Adventures Camp	Ages 5-7	Aug 10	M-F	9:00 AM	WCC	夏季探险营
14683	Summer Adventures Camp	Ages 5-7	Jul 6	M-F	9:00 AM	WCC	夏季探险营
14684	Summer Adventures Camp	Ages 5-7	Jul 13	M-F	9:00 AM	WCC	夏季探险营
14676	Summer Adventures Camp	Ages 8-11	Jul 13	M-F	9:00 AM	WCC	夏季探险营
14677	Summer Adventures Camp	Ages 8-11	Jul 20	M-F	9:00 AM	WCC	夏季探险营
14686	Summer Adventures Camp	Ages 5-7	Jul 27	M-F	9:00 AM	WCC	夏季探险营
14685	Summer Adventures Camp	Ages 5-7	Jul 20	M-F	9:00 AM	WCC	夏季探险营
14675	Summer Adventures Camp	Ages 8-11	Jul 6	M-F	9:00 AM	WCC	夏季探险营
14687	Summer Adventures Camp	Ages 5-7	Aug 4	Tu-F	9:00 AM	WCC	夏季探险营
EARLY YEARS - PAGE 18							
14653	Parent & Child: Hip-Hop	Ages 2-5	Apr 11	Sat	9:30 AM	OBCC	亲子嘻哈舞
14751	Parent & Child: Hip-Hop	Ages 2-5	Jul 4	Sat	9:30 AM	OBCC	亲子嘻哈舞
14643	Preschool Ballet	Ages 3-4	Apr 12	Sun	11:25 AM	WCC	学前芭蕾
14645	Preschool Ballet	Ages 3-4	Apr 12	Sun	1:30 PM	WCC	学前芭蕾
14748	Preschool Ballet	Ages 3-4	Jul 5	Sun	11:25 AM	WCC	学前芭蕾
14749	Preschool Ballet	Ages 3-4	Jul 5	Sun	1:30 PM	WCC	学前芭蕾
14641	Preschool Ballet	Ages 3-4	Apr 8	Wed	3:30 PM	WCC	学前芭蕾
14650	Preschool Dance	Ages 2-3	Apr 12	Sun	9:30 AM	WCC	学前舞蹈
14750	Preschool Dance	Ages 2-3	Jul 5	Sun	9:30 AM	WCC	学前舞蹈

INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
EARLY YEARS - PAGE 18							
14648	Parents/Guardians and Me Dance Class	Ages 1.5-3	Apr 13	Mon	3:30 PM	WCC	亲子舞蹈课
14752	Group Piano for Preschoolers	Ages 3-5	Jul 5	Sun	12:50 PM	OBCC	学前小班钢琴
14661	Group Piano for Preschoolers	Ages 3-5	Apr 12	Sun	12:50 PM	OBCC	学前小班钢琴
14753	Group Ukulele Circle	Ages 3-5	Jul 5	Sun	12:00 PM	OBCC	尤克里里小队
14658	Group Ukulele Circle	Ages 3-5	Apr 12	Sun	12:00 PM	OBCC	尤克里里小队
14663	Music Together with Donalyn	Ages 0-5	Apr 14	Tue	9:15 AM	OBCC	亲子音乐
14665	Music Together with Donalyn	Ages 0-5	Apr 14	Tue	10:15 AM	OBCC	亲子音乐
14667	Crafts with Ruta	Ages 2-5	Apr 11	Sat	10:00 AM	WCC	Ruta 手工课
14522	Science for Preschoolers	Ages 3-5	Apr 13	Mon	3:30 PM	WCC	学前少儿科学
14406	Active Kids: Multi-Sport & Playtime	Ages 1.5-3	May 4	Mon	10:30 AM	WCC	多项球类和游戏
14407	Active Kids: Soccer	Ages 3-5	May 4	Mon	4:00 PM	WCC	足球
14515	Sportball: Floor Hockey	Ages 4-6	Apr 8	Wed	4:00 PM	WCC	少儿曲棍球
14344	Babytime Drop-In	Ages 0-1.5	Apr 9	Thu	10:00 AM	WCC	幼儿活动时间
14901	Babytime Drop-In	Ages 0-1.5	Jul 9	Thu	10:00 AM	WCC	幼儿活动时间
14357	Parent & Tot: Gym Drop In	Ages 0-5	Apr 12	Sun	10:00 AM	OBCC	亲子活动时间
14356	Parent & Tot: Gym Drop-In	Ages 0-5	Apr 7	Tu/Th	9:30 AM	WCC	亲子活动时间
14348	Storytime at the Old Barn Community Centre	Ages 0-5	Apr 10	Fri	10:00 AM	OBCC	少儿故事会
CHILDREN - PAGE 22							
14608	Active Hip-Hop, Dance, Stretch & Strength	Ages 9-14	Apr 7	Tue	5:30 PM	WCC	嘻哈舞蹈伸展和力量
14553	Ballet	Ages 8-10	Apr 8	Wed	5:25 PM	WCC	芭蕾
14555	Ballet	Ages 6-8	Apr 12	Sun	12:15 PM	WCC	芭蕾
14744	Ballet	Ages 6-8	Jul 5	Sun	12:15 PM	WCC	芭蕾
14610	Classical Indian Dance: Bharata Natyam	Ages 5-17	Apr 11	Sat	4:00 PM	WCC	印度传统舞蹈: 婆罗多舞
14556	Contemporary Jazz Ballet	Ages 6-8	Apr 8	Wed	4:20 PM	WCC	现代爵士
14558	Dance Foundations	Ages 5-6	Apr 12	Sun	10:20 AM	WCC	舞蹈基础
14558	Dance Foundations	Ages 5-6	Apr 13	Sun	4:20 PM	WCC	舞蹈基础
14745	Dance Foundations	Ages 5-6	Jul 5	Sun	10:20 AM	WCC	舞蹈基础
14611	Dance Fusion for Kids	Ages 6-9	Apr 10	Fri	4:00 PM	WCC	儿童融合舞蹈
14600	K-Pop Hip-Hop	Ages 6-10	Apr 7	Tue	3:30 PM	WCC	韩式嘻哈
14599	K-Pop Hip-Hop	Ages 6-10	Apr 11	Sat	11:15 AM	OBCC	韩式嘻哈
14746	K-Pop Hip-Hop	Ages 6-10	Jul 4	Sat	11:15 AM	OBCC	韩式嘻哈
14589	Musical Theatre	Ages 10-13	Apr 13	Mon	6:30 PM	WCC	舞台剧
14588	Musical Theatre	Ages 6-9	Apr 13	Mon	5:25 PM	WCC	舞台剧
14428	Zumba Dance for Kids	Ages 6-10	Apr 11	Sat	1:00 PM	WCC	儿童尊巴舞蹈
14622	Creative Writing	Ages 9-12	Apr 8	Wed	5:00 PM	WCC	创意写作
14620	Creative Writing	Ages 7-9	Apr 8	Wed	3:30 PM	WCC	创意写作
14625	Young Moviemakers	Ages 8-14	Apr 10	Fri	4:00 PM	WCC	少年电影制作
14631	Art Expression: Drawing & Painting	Ages 6-12	Apr 11	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
14632	Art Expression: Drawing & Painting	Ages 6-12	May 9	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
14633	Art Expression: Drawing & Painting	Ages 6-12	Jun 13	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
14474	Build & Bloom: Crafting 3D Books	Ages 8-10	Apr 9	Thu	4:45 PM	WCC	建造与绽放: 通过艺术和建筑制作 3D 图书
14636	Creative Arts	Ages 9-12	Apr 13	Mon	5:00 PM	WCC	创意艺术
14635	Creative Arts	Ages 6-9	Apr 13	Mon	3:30 PM	WCC	创意艺术

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CHILDREN - PAGE 22							
14628	Manga Art	Ages 6-9	Apr 18	Sat	11:15 AM	WCC	漫画课
14629	Manga Art Beginner	Ages 9-14	Apr 18	Sat	12:45 PM	WCC	漫画课
14630	Manga Art Intermediate	Ages 9-14	Apr 18	Sat	2:00 PM	WCC	漫画艺术 中级
14609	Red Cross Babysitting	Ages 11-14	Apr 20	Mon	9:00 AM	WCC	红十字会儿童看护课程
14409	Cantonese for Kids	Ages 5-8	Apr 9	Thu	4:00 PM	WCC	儿童粤语课
14415	English Reading and Writing Gr 1-2	Ages 6-8	Apr 16	Thu	6:00 PM	WCC	英语阅读和写作1-2年级
14413	English Reading and Writing Gr 1-2	Ages 6-8	Apr 13	Mon	6:00 PM	WCC	英语阅读和写作1-2年级
14414	English Reading and Writing Gr 3-4	Ages 8-10	Apr 13	Mon	7:00 PM	WCC	三&四年级英语阅读写作
14416	English Reading and Writing Gr 3-4	Ages 8-10	Apr 13	Thu	7:00 PM	WCC	三&四年级英语阅读写作
14412	French Conversation for Kids	Ages 5-12	Apr 8	Wed	7:00 PM	WCC	儿童法语课
14471	Mandarin Conversation for Beginners	Ages 8-12	Apr 12	Sun	3:00 PM	WCC	初学者普通话会话
14565	Mastering Mandarin Beginner	Ages 5-18	Apr 11	Sat	10:00 AM	WCC	汉语学习-初级
14566	Mastering Mandarin Intermediate	Ages 5-18	Apr 11	Sat	11:30 AM	WCC	汉语学习-中级
14567	Mastering Mandarin Advanced	Ages 5-18	Apr 11	Sat	1:00 PM	WCC	汉语学习-高级
14446	Youth Public Speaking Club	Ages 10-12	Apr 7	Tue	3:30 PM	WCC	儿童演讲俱乐部
14475	History Adventurers	Ages 10-12	Apr 12	Sun	1:00 PM	WCC	历史探险家
14454	Galileo's Gang	Ages 11-13	Apr 9	Thu	3:30 PM	WCC	伽利略俱乐部
14519	Math4Kids Gr 1-2	Ages 6-8	Apr 15	Wed	3:30 PM	WCC	1-2年级数学
14520	Math4Kids Gr 3-4	Ages 8-10	Apr 15	Wed	4:30 PM	WCC	Ages 3-4年级数学
14521	Math4Kids Gr 5-6	Ages 10-12	Apr 15	Wed	5:45 PM	WCC	Ages 5-6年级数学
14517	Science for Kids	Ages 6-11	Apr 13	Mon	4:30 PM	WCC	少儿科学
14473	Youth Environmental Alliance	Ages 8-12	Apr 12	Sun	10:30 AM	WCC	青少年环保联盟
14410	AI Adventure Lab	Ages 9-14	Apr 7	Tue	6:00 PM	WCC	人工智能探险实验室
14472	Build It: Digital Mechanical Design	Ages 8-12	Apr 12	Sun	3:30 PM	WCC	构建数字机械设计
14536	Coding and Modding in Minecraft	Ages 8-12	Apr 11	Sat	3:00 PM	WCC	我的世界编码建模
14537	Engineering & Robotics with VEX Go!	Ages 6-10	Apr 11	Sat	4:45 PM	WCC	VEX GO编程和机器人
14411	Minecraft Coders	Ages 7-12	Apr 9	Thu	5:45 PM	WCC	我的世界编程课程
14478	Young Aviation Program	Ages 8-12	Apr 11	Sat	4:00 PM	WCC	儿童航空课程
14319	Peer Tutoring	Ages 9-12	Apr 14	Tue	4:00 PM	WCC	同学辅导项目
14321	Peer Tutoring	Ages 11-12	Apr 11	Sat	12:00 PM	WCC	同学辅导项目
14598	Karate Kids Martial Arts and Movement	Ages 4-6	Apr 7	Tue	6:30 PM	WCC	家长空手道 武术和运动
14601	Family Karate	Ages 7-12	Apr 7	Tue	7:15 PM	WCC	家庭空手道
14603	Family Karate: Kickboxing and Pad Work	Ages 7-12	Apr 9	Thu	7:00 PM	WCC	家庭空手道
14534	Badminton Beginner	Ages 8-10	Apr 10	Fri	4:00 PM	WCC	羽毛球初级
14535	Badminton Beginner	Ages 8-10	Jul 3	Fri	4:00 PM	WCC	羽毛球初级
14401	Active Kids: Basketball	Ages 8-12	May 5	Tue	4:30 PM	WCC	篮球
14402	Active Kids: Basketball	Ages 8-12	May 7	Thu	4:00 PM	WCC	篮球
14404	Active Kids: Basketball	Ages 8-12	May 9	Sat	12:15 PM	WCC	篮球
14403	Active Kids: Girls Play Basketball	Ages 8-12	May 9	Sat	10:30 AM	WCC	女子篮球
14408	Active Kids: Soccer	Ages 6-9	May 4	Mon	5:00 PM	WCC	足球
14516	Sportball: Floor Hockey	Ages 6-9	Apr 8	Wed	4:45 PM	WCC	少儿曲棍球
14602	Family Karate	Ages 5-12	Apr 9	Thu	5:15 PM	WCC	家庭空手道
14605	Family Karate	Ages 7-12	Apr 10	Fri	7:00 PM	OBCC	家庭空手道
14607	Family Karate	Ages 7-12	Jul 7	Tue	7:15 PM	WCC	家庭空手道

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Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
CHILDREN - PAGE 22							
14604	Karate Kids Martial Arts and Movement	Ages 4-6	Apr 10	Fri	6:15 PM	OBCC	空手道/武术运动
14606	Karate Kids Martial Arts and Movement	Ages 4-6	Jul 7	Tue	6:30 PM	WCC	空手道/武术运动
14525	Tae Kwon Do Kids	Ages 4-12	Apr 12	Sun	1:00 PM	WCC	儿童跆拳道
14526	Tae Kwon Do Kids	Ages 4-12	Jul 5	Sun	1:00 PM	WCC	儿童跆拳道
14450	Open Gym Pre-Teen	Ages 9-12	Apr 8	Wed	4:00 PM	WCC	少年开放体育馆
14563	Open Gym Pre-Teen	Ages 9-12	Jul 8	Wed	4:00 PM	WCC	少年开放体育馆
14616	Volleyball BC: Learn and Play	Ages 8-12	Apr 11	Sat	2:15 PM	WCC	排球: 学习和比赛
14617	Volleyball BC: Learn and Play	Ages 8-12	Jul 4	Sat	12:15 PM	WCC	排球: 学习和比赛
14347	4-H Club	Ages 9-19	Apr 10	Fri	6:30 PM	WCC	4-H俱乐部
14358	4-H Club	Ages 9-19	Jul 3	Fri	6:30 PM	WCC	4-H俱乐部
14346	Beaver Scouts	Ages 5-7	Apr 12	Sun	1:45 PM	OBCC	童子军
14456	Chess for Beginners & Intermediate Players	Ages 11-12	Apr 9	Thu	4:30 PM	WCC	初中级国际象棋
14328	Girl Guides Grades 4-6	Ages 9-11	Apr 9	Thu	6:00 PM	OBCC	女童军
14457	Chess Basics	Ages 7-12	Apr 10	Fri	4:00 PM	WCC	初级国际象棋
14272	Pre-teen Leadership	Ages 9-12	Apr 13	Mon	4:00 PM	WCC	青少年领导力
YOUTH - PAGE 36							
14699	K-pop hip-hop	Ages 11-18	Apr 7	Tue	4:30 PM	WCC	韩式嘻哈
14698	K-pop hip-hop	Ages 11-18	Apr 11	Sat	10:15 AM	OBCC	韩式嘻哈
14747	K-pop hip-hop	Ages 11-18	Jul 4	Sat	10:15 AM	OBCC	韩式嘻哈
14695	Teen Ballet	Ages 13-19	Apr 12	Sun	2:25 PM	WCC	少年芭蕾舞
14697	Novel Writing	Ages 13-17	Apr 9	Thu	5:00 PM	WCC	小说写作
14754	Foundations of Acting	Ages 12-14	Apr 9	Thu	4:00 PM	WCC	表演基础训练
14303	Creative Art Studio Youth & Seniors	Ages 13-18	Apr 14	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
14273	Digital Art Youth & Seniors	Ages 13-18	Apr 13	Mon	3:30 PM	WCC	数字艺术
14696	Drawing & Painting	Ages 11-18	Apr 8	Wed	3:30 PM	WCC	绘画课
14701	Painting through Art History	Ages 10-16	Apr 12	Sun	5:30 PM	WCC	艺术史中的绘画之旅
14449	Youth Open Studios	Ages 13-18	Apr 8	Wed	3:30 PM	WCC	青少年开放工作室
14458	Youth Night	Ages 13-18	Apr 17	Fri	6:00 PM	WCC	青少年社交夜
14470	Mandarin Conversation for Beginners	Ages 13-18	Apr 12	Sun	3:00 PM	WCC	初学者普通话会话
14564	Toastmasters Youth Program	Ages 12-17	Apr 1	Wed	6:30 PM	WCC	青少年演讲俱乐部
14447	Youth Public Speaking Club	Ages 12-13	Apr 7	Tue	3:30 PM	WCC	儿童演讲俱乐部
14317	Peer Tutoring	Ages 13-18	Apr 14	Tue	4:00 PM	WCC	同学辅导项目
14323	Peer Tutoring	Ages 13-15	Apr 11	Sat	12:00 PM	WCC	同学辅导项目
14481	University & Career Mentorship	Ages 13-18	Apr 7	Tue	4:00 PM	WCC	大学与职业指导计划
14479	Youth Event	Ages 13-18	Jun 5	Fri	TBA	WCC	青少年派对
14590	Family Karate	Ages 13-18	Apr 7	Tue	7:15 PM	WCC	家庭空手道
14593	Family Karate: Kickboxing and Pad Work	Ages 13-18	Apr 9	Thu	7:00 PM	WCC	家庭空手道
14591	Youth and Adult Karate	Ages 10-18	Apr 7	Tue	8:15 PM	WCC	青少年/成年人空手道
14594	Youth and Adult Karate: Kata and Kumite	Ages 10-18	Apr 9	Thu	8:00 PM	WCC	青少年/成年人空手道
14523	Tae Kwon Do Youth	Ages 13-18	Apr 12	Sun	1:00 PM	WCC	青少年跆拳道
14530	Badminton Intermediate	Ages 11-16	Apr 10	Fri	5:00 PM	WCC	羽毛球中级
14531	Badminton Intermediate	Ages 11-16	Jul 3	Fri	5:00 PM	WCC	羽毛球中级
14532	Badminton Advanced	Ages 13-18	Apr 10	Fri	6:00 PM	WCC	羽毛球高级
14533	Badminton Advanced	Ages 13-18	Jul 3	Fri	6:00 PM	WCC	羽毛球高级

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YOUTH - PAGE 36							
14405	Active Kids: Basketball	Ages 12-16	May 7	Thu	4:00 PM	WCC	篮球
14480	Youth Flag Football	Ages 13-18	Apr 10	Fri	3:30 PM	Field	青年旗杆橄榄球
14592	Family Karate	Ages 13-18	Apr 9	Thu	5:15 PM	WCC	家庭空手道
14595	Family Karate	Ages 13-18	Apr 10	Fri	7:00 PM	OBCC	家庭空手道
14596	Family Karate	Ages 13-18	Jul 7	Tue	7:15 PM	WCC	家庭空手道
14524	Tae Kwon Do Youth	Ages 13-18	Jul 5	Sun	1:00 PM	WCC	青少年跆拳道
14597	Youth and Adult Karate	Ages 10-18	Jul 7	Tue	8:15 PM	WCC	青少年/成年人空手道
14614	Volleyball BC: Train and Play	Ages 12-15	Apr 11	Sat	2:15 PM	WCC	排球: 培训和练习
14615	Volleyball BC: Train and Play	Ages 12-15	Jul 4	Sat	12:15 PM	WCC	排球: 培训和练习
14455	Chess for Beginners & Intermediate Players	Ages 13-18	Apr 9	Thu	4:30 PM	WCC	初中级国际象棋
14453	Rubik's Cube Club	Ages 11-18	Apr 9	Thu	3:30 PM	WCC	魔方俱乐部
14482	Youth Night Committee	Ages 13-18	Apr 7	Tu/Fr	6:00 PM	WCC	青年之夜委员会
14459	Youth Badminton Drop-in	Ages 13-18	Apr 12	Sun	7:30 PM	WCC	青少年羽毛球
14559	Youth Badminton Drop-in	Ages 13-18	Jul 5	Sun	7:30 PM	WCC	青少年羽毛球
14448	Youth Basketball Drop-in	Ages 13-18	Apr 14	Tue	3:30 PM	WCC	青少年篮球活动时间
14560	Youth Basketball Drop-in	Ages 13-18	Jul 7	Tue	4:30 PM	WCC	青少年篮球活动时间
14452	Lunchtime Open Gym Youth	Ages 12-18	Apr 9	Thu	11:25 AM	WCC	青少年午餐运动时间
14271	Lunchtime Open Gym Youth	Ages 12-18	Apr 13	Mon	11:25 AM	WCC	青少年午餐时间运动
14451	Open Gym Youth	Ages 13-18	Apr 8	Wed	5:45 PM	WCC	青少年运动
14467	Open Gym Youth	Ages 13-18	Apr 11	Sat	7:45 PM	WCC	青少年运动
14557	Open Gym Youth	Ages 13-18	Jul 4	Sat	6:00 PM	WCC	青少年运动
14561	Open Gym Youth	Ages 13-18	Jul 8	Wed	5:45 PM	WCC	青少年运动
14562	Open Gym Youth	Ages 13-18	Jul 9	Thu	4:15 PM	WCC	青少年运动
14466	Youth Volleyball Drop-in	Ages 13-18	Apr 11	Sat	4:00 PM	WCC	青少年排球
14554	Youth Volleyball Drop-in	Ages 13-18	Jul 4	Sat	2:00 PM	WCC	青少年排球
ADULTS - PAGE 46							
14486	Adult Ballet	Ages 16+	Apr 8	Wed	7:45 PM	WCC	成年芭蕾舞
14739	Adult Ballet	Ages 16+	Jul 5	Sun	2:25 PM	WCC	成年芭蕾舞
14490	Ballet Drop-In Intermediate	Ages 15+	Apr 11	Sat	5:00 PM	WCC	成年中级芭蕾健身
14488	Chinese Folk Dance Drop-In	Ages 19+	Apr 7	Tue	12:30 PM	WCC	中国民族舞蹈
14491	Chinese Folk Dance Drop-In	Ages 19+	Apr 10	Fri	12:30 PM	WCC	中国民族舞蹈
14494	Classical Indian Dance: Bharata Natyam	Ages 18+	Apr 11	Sat	2:30 PM	WCC	印度传统舞蹈: 婆罗多舞
14495	Dance Fusion	Ages 18+	Apr 13	Mon	6:45 PM	WCC	混合舞蹈
14498	Novel Writing	Ages 18+	Apr 9	Thu	6:30 PM	WCC	小说写作
14755	Public Speaking Workshop	Ages 18+	Apr 11	Sat	6:00 PM	WCC	公众演讲工坊
14756	Public Speaking Workshop	Ages 18+	May 2	Sat	6:00 PM	WCC	公众演讲工坊
14757	Public Speaking Workshop	Ages 18+	May 30	Sat	6:00 PM	WCC	公众演讲工坊
14514	Bookbinding Studio	Ages 18+	Apr 12	Sun	10:00 AM	WCC	装订工坊
14736	Bookbinding Studio	Ages 18+	May 3	Sun	10:00 AM	WCC	装订工坊
14518	Bookbinding Studio	Ages 18+	May 24	Sun	10:00 AM	WCC	装订工坊
14527	Coptic Bookbinding Workshop	Ages 18+	Apr 12	Sun	12:15 PM	WCC	科普特装订工作坊
14737	Caterpillar Stitch Bookbinding Workshop	Ages 18+	May 3	Sun	12:15 PM	WCC	毛毛虫缝线装帧工坊
14528	Medici Leather Bookbinding Workshop	Ages 18+	May 24	Sun	12:15 PM	WCC	皮革装帧工坊

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ADULTS - PAGE 46							
14738	Japanese Box Workshop	Ages 18+	Jul 19	Sun	10:00 AM	WCC	日式木匣工坊
14740	Clamshell Box Workshop	Ages 18+	Aug 16	Sun	10:00 AM	WCC	贝壳盒工坊
14507	Chinese Traditional Painting	Ages 18+	Apr 12	Sun	3:30 PM	WCC	一起学中国传统画
14529	Clay Creations: Pottery Workshop	Ages 18+	Apr 25	Sat	3:30 PM	WCC	陶艺创作：陶器工坊
14538	Clay Creations: Pottery Workshop	Ages 18+	May 30	Sat	3:30 PM	WCC	陶艺创作：陶器工坊
14539	Clay Creations: Pottery Workshop	Ages 18+	Jun 27	Sat	3:30 PM	WCC	陶艺创作：陶器工坊
14509	Introduction to Drawing	Ages 18+	Apr 7	Tue	6:00 PM	WCC	素描
14741	Introduction to Drawing	Ages 18+	Jul 7	Tue	6:00 PM	WCC	素描
14508	Watercolour Painting Beginner	Ages 16+	Apr 8	Wed	5:45 PM	WCC	水彩画
14742	Watercolour Painting Beginner	Ages 16+	Jul 8	Wed	5:45 PM	WCC	水彩画
14513	Watercolour Painting Intermediate	Ages 16+	Apr 8	Wed	7:30 PM	WCC	中级水彩画
14743	Watercolour Painting Intermediate	Ages 16+	Jul 8	Wed	7:30 PM	WCC	中级水彩画
14540	Zentangle Meditative Art Workshop	Ages 18+	Apr 11	Sat	12:00 PM	WCC	禅绕冥想艺术工坊
14541	Zentangle Meditative Art Workshop	Ages 18+	May 23	Sat	12:00 PM	WCC	禅绕冥想艺术工坊
14398	Culturally Curious English	Ages 19+	Apr 7	Tue	12:30 PM	WCC	文化好奇英语课
14786	English Conversation Beginner Thu	Ages 19+	Apr 9	Thu	10:00 AM	WCC	英语会话初级
14792	English Conversation Intermediate Thu	Ages 19+	Apr 9	Thu	7:00 PM	OBCC	中级英语会话
14784	English Conversation Intermediate Tue	Ages 19+	Apr 7	Tue	10:00 AM	WCC	英语会话中级
14785	English Conversation Intermediate Wed	Ages 19+	Apr 8	Wed	10:00 AM	WCC	中级英语会话
14783	English Conversation Advanced Mon	Ages 19+	Apr 13	Mon	11:00 AM	WCC	英语会话高级
14782	English Conv. for Mandarin Speakers Beginner	Ages 19+	Apr 13	Mon	9:15 AM	WCC	英语入门(国语)
14399	French Intermediate	Ages 19+	Apr 13	Mon	1:00 PM	WCC	法语会话中级
14400	French Advanced Grammar	Ages 19+	Apr 13	Mon	2:30 PM	WCC	法语-高级语法
14345	French Club	Ages 19+	Apr 9	Thu	1:30 PM	OBCC	法语俱乐部
14790	Korean Parent Support Circle	Ages 19+	Apr 21	Tue	12:30 PM	WCC	韩国家长互助交流会
14788	SUCCESS: Settlement Mandarin & English	Ages 19+	Apr 14	Tue	9:30 AM	WCC	中侨移民安顿服务
14793	Vancouver Mandarin Parenting Support Group	Ages 19+	Apr 18	Sat	6:00 PM	WCC	温哥华普通话家长支持小组
14864	VSBC SWIS Parents Power Up Mandarin/English	Ages 19+	Apr 15	Wed	1:00 PM	WCC	温哥华教育局新移民家长中文讲座
14487	BC Brain Wellness Intergen. Ballroom Dance	Ages 19+	May 6	Wed	12:30 PM	OBCC	BC Brain Wellness Program 跨世代交谊舞
14512	Express Lunchtime Bootcamp	Ages 19+	Apr 9	Thu	12:15 PM	OBCC	午间速成训练营
14435	Full Body Bootcamp	Ages 19+	Apr 13	Mon	7:45 PM	OBCC	全身训练营
14437	Full Body Bootcamp	Ages 19+	Jul 6	Mon	7:45 PM	OBCC	全身训练营
14510	Full Body Bootcamp	Ages 19+	Apr 8	Wed	9:45 AM	OBCC	全身训练营
14511	Full Body Bootcamp	Ages 19+	Apr 9	Thu	7:30 PM	OBCC	全身训练营
14691	Full Body Bootcamp	Ages 19+	Jul 8	Wed	9:45 AM	OBCC	全身训练营
14694	Full Body Bootcamp	Ages 19+	Jul 2	Thu	7:30 PM	OBCC	全身训练营
14233	Core Pilates Beginner-Intermediate	Ages 19+	Apr 7	Tue	9:25 AM	WCC	核心普拉提 初级-中级
14237	Core Pilates Beginner-Intermediate	Ages 19+	Jul 7	Tue	9:25 AM	WCC	核心普拉提 初级-中级
14234	Full Body Pilates (English & Mandarin)	Ages 19+	Apr 9	Thu	9:30 AM	WCC	全身普拉提 (英语及普通话授课)
14232	Pilates Strength Fusion	Ages 19+	Apr 13	Mon	9:30 AM	WCC	普拉提力量融合
14235	Pilates Strength Fusion	Ages 19+	Apr 10	Fri	11:10 AM	WCC	普拉提力量融合
14236	Pilates Strength Fusion	Ages 19+	Jul 6	Mon	9:30 AM	WCC	普拉提力量融合
14441	Spin	Ages 18+	Apr 12	Sun	8:30 AM	WCC	极速单车
14442	Express Spin Morning	Ages 18+	Apr 13	Mon	7:45 AM	WCC	急速单车 早上
14440	Express Spin Morning	Ages 18+	Apr 9	Thu	7:30 AM	WCC	急速单车 早上

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
ADULTS - PAGE 46							
14429	Learn to Run Clinic	Ages 16+	Apr 28	Tue	6:00 PM	WCC	跑步诊所
14424	Run Talk Tue Learn to Run Clinic	Ages 16+	May 12	Tue	6:00 PM	WCC	周二跑步讲座 学习跑步诊所
14425	Run Talk Tue Learn to Run Clinic	Ages 16+	Jun 16	Tue	6:00 PM	WCC	周二跑步讲座 学习跑步诊所
14430	Race Ready Run Clinic	Ages 16+	Apr 30	Thu	6:00 PM	WCC	竞赛跑诊所
14426	Run Talk Thu Race Ready Run Clinic	Ages 16+	May 14	Thu	6:00 PM	WCC	周四跑步讲座
14427	Run Talk Thu Race Ready Run Clinic	Ages 16+	Jun 18	Thu	6:00 PM	WCC	周四跑步讲座
14253	Zumba	Ages 19+	Apr 7	Tue	6:30 PM	OBCC	Zumba舞
14254	Zumba	Ages 19+	Apr 8	Wed	6:35 PM	WCC	Zumba舞
14255	Zumba	Ages 19+	Jul 7	Tue	6:30 PM	OBCC	Zumba舞
14256	Zumba	Ages 19+	Jul 8	Wed	6:35 PM	WCC	Zumba舞
14244	Zumba	Ages 19+	Apr 9	Thu	6:30 PM	WCC	Zumba舞
14245	Zumba	Ages 19+	Apr 11	Sat	11:30 AM	WCC	Zumba舞
14246	Zumba	Ages 19+	Jul 2	Thu	6:30 PM	WCC	Zumba舞
14238	Gentle & Restorative Yoga	Ages 19+	Apr 7	Tue	10:35 AM	WCC	柔和与恢复性瑜伽
14241	Gentle Yoga with Angie	Ages 19+	Apr 10	Fri	10:00 AM	WCC	轻柔瑜伽
14243	Gentle Yoga with Angie	Ages 19+	Jul 3	Fri	10:00 AM	WCC	轻柔瑜伽
14501	Iyengar Yoga with Brian Fundamentals	Ages 18+	Apr 7	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽 初级
14502	Iyengar Yoga with Brian Fundamentals	Ages 18+	Jun 2	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽 初级
14505	Iyengar Yoga with Brian Fundamentals	Ages 18+	Jul 7	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽 初级
14503	Iyengar Yoga with Brian Intermediate	Ages 18+	Apr 8	Wed	10:15 AM	WCC	Brian 中级艾扬格瑜伽
14504	Iyengar Yoga with Brian Intermediate	Ages 18+	Jun 3	Wed	10:15 AM	WCC	Brian 中级艾扬格瑜伽
14506	Iyengar Yoga with Brian Intermediate	Ages 18+	Jul 8	Wed	10:15 AM	WCC	Brian 中级艾扬格瑜伽
14443	Iyengar Yoga with Luci	Ages 17+	Apr 18	Sat	10:00 AM	WCC	Iyengar瑜伽
14483	Iyengar Yoga with Luci	Ages 17+	May 23	Sat	10:00 AM	WCC	Iyengar瑜伽
14444	Iyengar Yoga with Luci	Ages 17+	Jul 18	Sat	10:00 AM	WCC	Iyengar瑜伽
14248	Lunchtime Yoga	Ages 19+	Apr 13	Mon	12:00 PM	WCC	午间瑜伽
14249	Yoga Fusion in Mandarin	Ages 19+	Apr 8	Wed	1:15 PM	WCC	中文瑜伽
14250	Yoga Fusion in Mandarin	Ages 19+	Jul 29	Wed	1:15 PM	WCC	中文瑜伽
14247	Yoga in Mandarin with Kate	Ages 19+	Apr 13	Mon	10:45 AM	WCC	Kate中文瑜伽
14251	Yoga in Mandarin with Kate	Ages 19+	Jul 27	Mon	10:45 AM	WCC	Kate中文瑜伽
14578	Family Karate	Ages 19+	Apr 7	Tue	7:15 PM	WCC	家庭空手道
14581	Karate: Kickboxing and Pad Work	Ages 19+	Apr 9	Thu	7:00 PM	WCC	家庭空手道
14579	Youth and Adult Karate	Ages 19+	Apr 7	Tue	8:15 PM	WCC	家庭空手道
14582	Youth and Adult Karate: Kata and Kumite	Ages 19+	Apr 9	Thu	8:00 PM	WCC	家庭空手道
14731	Tai Chi	Ages 19+	Apr 7	Mo-Fr	8:45 AM	WCC	太极
14619	Badminton	Ages 19+	Apr 10	Fri	2:00 PM	WCC	羽毛球
14624	Drop-In Badminton	Ages 19+	Apr 5	Sun	5:45 PM	WCC	羽毛球
14621	Badminton	Ages 19+	Apr 10	Fri	7:45 PM	WCC	羽毛球
14618	Badminton	Ages 19+	Apr 13	Mon	2:00 PM	WCC	羽毛球
14640	Basketball	Ages 19+	Apr 9	Thu	7:45 PM	WCC	羽毛球
14639	Drop-In Basketball	Ages 19+	Apr 13	Mon	8:15 PM	WCC	篮球
14580	Family Karate	Ages 19+	Apr 9	Thu	5:15 PM	WCC	家庭空手道
14584	Family Karate	Ages 19+	Apr 10	Fri	7:00 PM	OBCC	家庭空手道
14586	Family Karate	Ages 19+	Jul 7	Tue	7:15 PM	WCC	家庭空手道

INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
ADULTS - PAGE 46							
14577	Karate Parents Martial Arts and Movement	Ages 19+	Apr 7	Tue	6:30 PM	WCC	家长空手道 武术和运动
14583	Karate Parents Martial Arts and Movement	Ages 19+	Apr 10	Fri	6:15 PM	OBCC	家长空手道 武术和运动
14585	Karate Parents Martial Arts and Movement	Ages 19+	Jul 7	Tue	6:30 PM	WCC	家长空手道 武术和运动
14660	Pickleball	Ages 19+	Apr 10	Fri	10:30 AM	WCC	匹克球
14657	Drop-In Pickleball	Ages 18+	Apr 9	Thu	2:00 PM	WCC	匹克球练习
14659	Pickleball	Ages 19+	Apr 12	Sun	3:45 PM	WCC	匹克球
14572	Pickleball Lessons Learn to Play for Beginners	Ages 18+	Apr 8	Wed	11:55 AM	WCC	匹克球初级
14575	Pickleball Lessons Learn to Play for Beginners	Ages 18+	May 31	Sun	10:45 AM	WCC	匹克球初级
14576	Pickleball Lessons Learn to Play for Beginners	Ages 18+	Jul 5	Sun	10:45 AM	WCC	匹克球晋级训练
14571	Pickleball Lessons Intermediate	Ages 18+	Apr 8	Wed	10:20 AM	WCC	匹克球中级
14570	Pickleball Lessons Guided Interm. Soft Game	Ages 18+	Apr 8	Wed	8:45 AM	WCC	匹克球软球中级
14573	Pickleball Lessons Advanced Doubles	Ages 18+	Apr 9	Fri	8:45 AM	WCC	匹克球高级双打
14574	Pickleball Lessons Accelerated Dev. 3.7	Ages 15+	Apr 12	Sun	10:45 AM	WCC	匹克球初级
14568	Pickleball Lessons Guided Interm. Soft Game	Ages 18+	Apr 12	Sun	9:00 AM	WCC	匹克球中级
14569	Pickleball Lessons Guided Interm. Soft Game	Ages 18+	Jul 5	Sun	9:00 AM	WCC	匹克球中级
14662	Futsal	Ages 19+	Apr 11	Sat	6:00 PM	WCC	室内足球
14664	Drop-In Futsal	Ages 18+	Jul 4	Sat	6:00 PM	WCC	足球即兴活动
14340	Soccer Skills for Women	Ages 19+	Apr 9	Thu	11:30 AM	WCC	女子室内行走足球
14666	Table Tennis	Ages 19+	Apr 8	Wed	2:00 PM	WCC	乒乓球
14669	Drop-In Table Tennis	Ages 19+	Apr 6	Mon	11:45 AM	WCC	乒乓球
14668	Table Tennis	Ages 19+	Apr 10	Fri	12:15 PM	WCC	乒乓球
14674	Volleyball	Ages 19+	Apr 13	Mon	6:15 PM	WCC	排球
14671	Drop-In Volleyball	Ages 19+	Apr 8	Wed	7:45 PM	WCC	排球
14791	Newcomers Support Program	Ages 19+	Apr 11	Sat	10:00 AM	WCC	新移民互助小组
14794	Open House: Volunteering for UNA	Ages 13+	Apr 11	Sat	2:00 PM	WCC	UNA志愿者开放日
14789	Spanish & English Conversation Exchange	Ages 13+	Apr 13	Mon	6:30 PM	OBCC	西班牙语英语交流
14787	Newcomers' English Club	Ages 19+	Apr 9	Thu	1:00 PM	WCC	新移民英语俱乐部
14330	Food for Thought: A Series of Conversations	Ages 16+	Apr 8	Wed	7:00 PM	OBCC	精神食粮：一系列有意义的对话活动
14339	Wesbrook Book Club	Ages 19+	Apr 26	Sun	10:00 AM	WCC	社区读书俱乐部
14341	Women's Social Club	Ages 19+	Apr 7	Tue	12:00 PM	OBCC	女士社交俱乐部
14693	Sewing and Knitting Studio	Ages 13+	Apr 12	Sun	1:00 PM	WCC	社区缝纫工作室
14623	Drop-In Badminton	Ages 19+	Apr 7	Tue	11:30 AM	WCC	羽毛球
14626	Drop-In Badminton	Ages 19+	Jul 3	Fri	7:45 PM	WCC	羽毛球
14627	Drop-In Badminton	Ages 19+	Jul 5	Sun	5:45 PM	WCC	羽毛球
14638	Drop-In Basketball	Ages 19+	Jul 6	Mon	8:00 PM	WCC	篮球
14637	Drop-In Basketball	Ages 19+	Jul 2	Thu	7:45 PM	WCC	篮球
14655	Drop-In Pickleball	Ages 18+	Jul 4	Sat	4:00 PM	WCC	匹克球练习
14656	Drop-In Pickleball	Ages 18+	Jul 5	Sun	3:45 PM	WCC	匹克球练习
14670	Drop-In Table Tennis	Ages 19+	Jul 6	Mon	4:00 PM	WCC	乒乓球
14672	Drop-In Volleyball	Ages 19+	Jul 6	Mon	6:00 PM	WCC	排球
14673	Drop-In Volleyball	Ages 19+	Jul 8	Wed	7:45 PM	WCC	排球

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
OLDER ADULTS - PAGE 72							
14730	Chinese Dance for Seniors	Ages 55+	Apr 12	Sun	3:30 PM	OBCC	中式老年舞蹈
14727	Senior Choir	Ages 55+	Apr 8	Wed	9:15 AM	OBCC	老年合唱团
14708	Art Studio for Seniors	Ages 55+	Apr 9	Thu	9:30 AM	WCC	老年开放艺术馆
14302	Creative Art Studio Youth & Seniors	Ages 55+	Apr 14	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
14301	Digital Art Youth & Seniors	Ages 55+	Apr 13	Mon	3:30 PM	WCC	数字艺术
14723	English ABCs for Seniors	Ages 55+	Apr 12	Sun	10:00 AM	WCC	老年英语
14724	Community Digital Support	Ages 19+	Apr 11	Sat	10:00 AM	WCC	社区电脑辅导
14801	Community Digital Support	Ages 19+	Jul 4	Sat	10:00 AM	WCC	社区电脑辅导
14839	Healthy Aging Seminar Series	Ages 55+	Apr 16	Thu	11:00 AM	WCC	健康老龄化研讨会系列
14840	Healthy Aging Seminar Series	Ages 55+	May 21	Thu	11:00 AM	WCC	健康老龄化研讨会系列
14841	Healthy Aging Seminar Series	Ages 55+	Jun 18	Thu	11:00 AM	WCC	健康老龄化研讨会系列
14431	Aquafit Balmoral	Ages 55+	Apr 13	Mon	1:30 PM	BALM	水上运动 - Balmoral
14432	Aquafit Balmoral	Ages 55+	Apr 9	Thu	1:30 PM	BALM	水上运动 - Balmoral
14438	Aquafit Balmoral	Ages 55+	Jul 6	Mon	1:30 PM	BALM	水上运动 - Balmoral
14433	Aquafit West Hampstead	Ages 55+	Apr 7	Tue	1:00 PM	W.HAM	水上运动 - West Hampstead
14439	Aquafit West Hampstead	Ages 55+	Jul 7	Tue	1:00 PM	W.HAM	水上运动 - West Hampstead
14434	Functional Strength for Older Adults	Ages 45+	Apr 9	Thu	12:15 PM	WCC	老年功能性力量训练
14436	Functional Strength for Older Adults	Ages 45+	Jul 2	Thu	12:15 PM	WCC	老年功能性力量训练
14242	Osteofit with Angie	Ages 45+	Apr 13	Mon	1:00 PM	WCC	健骨课程
14240	Osteofit with Angie	Ages 45+	Apr 9	Thu	11:00 AM	WCC	健骨课程
14489	Osteofit with Angie	Ages 45+	Jul 6	Mon	1:00 PM	WCC	健骨课程
14239	Chair Yoga with Angie	Ages 45+	Apr 9	Thu	1:00 PM	WCC	椅子瑜伽
14758	Badminton for Seniors Wed	Ages 55+	Apr 8	Wed	2:00 PM	WCC	老年羽毛球
14759	Badminton for Seniors Fri	Ages 55+	Apr 10	Fri	12:30 PM	WCC	老年羽毛球
14760	Pickleball for Seniors Mon	Ages 55+	Apr 13	Mon	8:45 AM	WCC	匹克球
14872	Pickleball for Seniors Thu	Ages 55+	Apr 9	Thu	12:45 PM	WCC	匹克球
14798	Pickleball for Seniors Mon	Ages 55+	Jul 6	Mon	8:45 AM	WCC	匹克球
14761	Pickleball for Seniors Thu	Ages 55+	Jul 9	Thu	12:45 PM	WCC	匹克球
14726	Seniors' Gym	Ages 55+	Apr 13	Mon	10:15 AM	WCC	老人锻炼时间
14729	Walking Soccer Club	Ages 40+	Apr 7	Tue	1:30 PM	WCC	慢走足球
14843	Table Tennis for Seniors	Ages 55+	Apr 10	Fri	2:15 PM	WCC	老年人乒乓球
14762	Table Tennis for Seniors	Ages 55+	Jul 10	Fri	2:15 PM	WCC	老年人乒乓球
14714	Whist	Ages 55+	Apr 7	Tue	10:00 AM	WCC	惠斯特纸牌游戏
14713	Song Circle for Seniors	Ages 55+	Apr 7	Tue	10:00 AM	WCC	老年人唱歌活动
14844	Soups and Social	Ages 55+	Apr 23	Thu	11:30 AM	WCC	汤和社交
14845	Soups and Social	Ages 55+	May 28	Thu	11:30 AM	WCC	汤和社交
14846	Soups and Social	Ages 55+	Jun 25	Thu	11:30 AM	WCC	汤和社交
14709	Walk & Talk Club	Ages 19+	Apr 13	Mon	10:00 AM	WCC	步行俱乐部
14800	Walk & Talk Club	Ages 19+	Jul 6	Mon	10:00 AM	WCC	步行俱乐部
14728	Bridge Advanced Drop-In	Ages 19+	Apr 9	Thu	10:00 AM	WCC	桥牌练习时间
14803	Bridge Advanced Drop-In	Ages 19+	Jul 2	Thu	10:00 AM	WCC	桥牌练习时间
14988	Chinese Pocket Card Games Seniors Drop-In	Ages 65+	Apr 10	Fri	10:00 AM	WCC	中国纸牌
14989	Chinese Pocket Card Games Seniors Drop-In	Ages 65+	Jul 3	Fri	10:00 AM	WCC	中国纸牌
14725	Mahjong Drop-In	Ages 19+	Apr 13	Mon	1:00 PM	WCC	麻将 中英文
14796	Mahjong Drop-In	Ages 19+	Jul 6	Mon	1:00 PM	WCC	麻将 中英文

**YOUR TEAM.
YOUR COMMUNITY.
YOUR THUNDERBIRDS.**

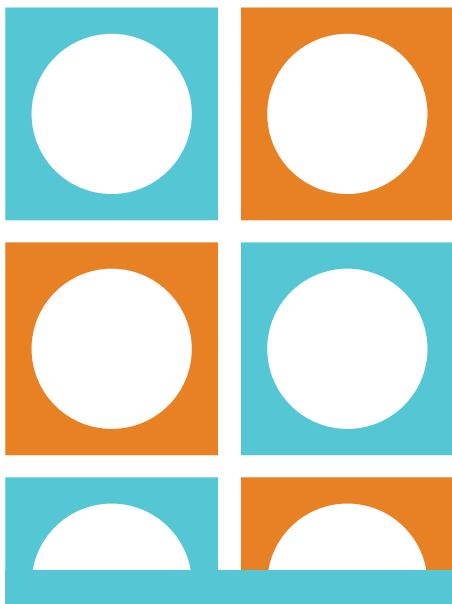


SCAN FOR OUR SCHEDULE

GOTHUNDERBIRDS.CA

OUR FOUNDATIONAL PRINCIPLES

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



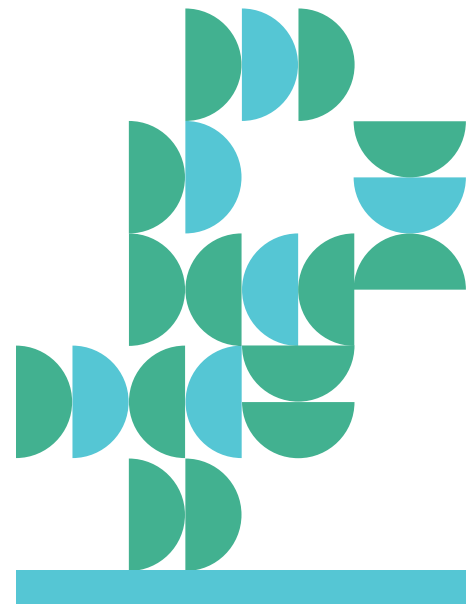
Foster Well-being

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



Enrich Experience

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



Build Belonging

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



Spring Art Fair 2026

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

Saturday, March 14 | 11:00 AM – 2:30 PM
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 AM – 2:30 PM

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 PM

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 AM – 2:30 PM

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 AM – 2:30 PM

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, 2025.

Learn more at 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, 2025
and close February 15, 2026.

Sign up today at myuna.ca/springartfair