

2026
SPRING &
SUMMER

PROGRAM GUIDE

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



Cherish Your Friends

Sketch your favourite friends and neighbours! The people you draw are part of the special community that makes you feel at home.

Win a \$50 gift card! Drop off your drawing at the Wesbrook Community Centre and help us build a collage. Follow [@unacomunity](#) on Instagram for details.



Get access and discounts with a
UNA CARD



With a UNA Card, UNA residents get free access or discounts to various UBC recreation and cultural facilities, the Vancouver Public Library and UNA community centres.

**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, work-shops, 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 Community Centre for Family Movie Night.

MAY 2 Admission is \$2.00 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash and card purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort. Doors open at 5:30 PM, movie starts at 6:00 PM.

JUN 6 Saturday 6:00 PM - 8:30 PM \$2.00

JUL 11

AUG 8

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, crafts, and more — all in celebration of Easter at Old Barn Community Centre.

Saturday 9:30 AM - 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

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



Youth Event AGES 13-18

NEW

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



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.



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 No class May 17 \$350.00 / 10 | SU, 1:00 PM – 5:00 PM #various |
|--|--|

| | |
|---|--|
| SUMMER WCC JUL 5 – AUG 23 No class Aug 2 \$245.00 / 7 | SU, 1:00 PM – 5:00 PM #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 No class May 18 \$200.00 / 10 | M, 6:30 PM – 7:30 PM #14548 |
|--|---------------------------------------|

| | |
|---|---------------------------------------|
| SUMMER WCC JUL 6 – AUG 24 No class Aug 3 \$140.00 / 7 | M, 6:30 PM – 7:30 PM #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 No class May 18 \$200.00 / 10 | M, 7:30 PM – 8:30 PM #14549 |
|--|---------------------------------------|

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

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

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

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructor: Andrew Ty

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

| | |
|---|--|
| SUMMER WCC JUL 2 – AUG 27 \$315.00 / 9 | TH, 3:30 PM – 9:00 PM #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 | SU, 9:00 AM – 10:30 AM |
| 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 | F, 10:00 AM – 11:30 AM |
| No class Apr 11 | | #14652 |

| | | |
|-----------------------------|-------------------------------|--------------------------------|
| SUMMER | | |
| WCC JUL 4 – AUG 29 | SA, 8:45 AM – 10:15 AM | SA, 10:45 AM – 11:45 AM |

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

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.

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



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**

\$425.00 / 5

M-F, 9:00 AM – 3:00 PM

#14764

OBCC | AUG 17 – AUG 21

\$425.00 / 5

M-F, 9:00 AM – 3:00 PM

#14766

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**

\$450.00 / 5

M-F, 9:00 AM – 3:00 PM

#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**

\$395.00 / 5

M-F, 9:00 AM – 3:00 PM

#14769

WCC | AUG 24 – AUG 28

\$395.00 / 5

M-F, 9:00 AM – 3:00 PM

#14770

**CHILDREN'S
PRO-D DAY AND
SUMMER CAMPS**

CAMPS ARE NON-REFUNDABLE TEN DAYS PRIOR TO THE FIRST DAY OF THE CAMP.

LATE PICK-UPS ARE SUBJECT TO A FEE.

SEE PAGES 2-3 FOR FULL RECREATION POLICIES.

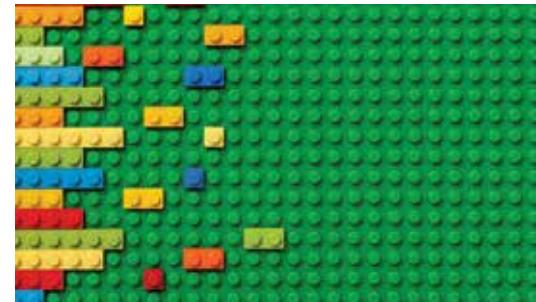
LEGO® Bricks Stop Motion Animation Camp

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 engage 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**

\$400.00 / 5

M-F, 9:00 AM – 3:00 PM

#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
\$375.00 / 5

M-F, 9:00 AM – 3:00 PM
#14777

WCC | AUG 10 – AUG 14
\$375.00 / 5

M-F, 9:00 AM – 3:00 PM
#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
\$450.00 / 5

M-F, 9:00 AM – 3:00 PM
#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 | |

| | |
|------------------------------|------------------------------|
| WCC APR 12 – JUN 21 | SU, 1:30 PM – 2:15 PM |
| No class May 17 | |

| | |
|------------------------------|------------------------------|
| WCC APR 12 – JUN 21 | SU, 1:30 PM – 2:15 PM |
| No class May 17 | |

| | |
|-----------------------------|--------------------------------|
| SUMMER | |
| WCC JUL 5 – AUG 16 | SU, 11:25 AM – 12:10 PM |
| No class Aug 2 | |

| | |
|-----------------------------|------------------------------|
| WCC JUL 5 – AUG 16 | SU, 1:30 PM – 2:15 PM |
| No class Aug 2 | |

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 | |

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

No class May 18

\$198.00 / 9

M, 3:30 PM – 4:15 PM

#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

No class May 18

\$154.00 / 7

M, 10:30 AM – 11:15 AM

#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

No class May 18

\$162.75 / 7

M, 4:00 PM – 4:45 PM

#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

\$160.00 / 8

W, 3:45 PM – 4:30 PM

#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

\$240.00 / 12

W, 4:00 PM – 4:45 PM

#14515

SOCIAL**Babytme 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 ●



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 | Floral Decorations |

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

TU, 5:30 PM – 6:30 PM
#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
No class May 17
\$260.00 / 10 | Drop-in \$29.00

SU, 12:15 PM – 1:15 PM
#14555

AGES 8-10

WCC | APR 8 – JUN 17
\$286.00 / 11 | Drop-in \$29.00

W, 5:25 PM – 6:25 PM
#14553

SUMMER

AGES 6-8

WCC | JUL 5 – AUG 16
No class Aug 2
\$156.00 / 6 | Drop-in \$29.00

SU, 12:15 PM – 1:15 PM
#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
No class May 16

\$176.00 / 11

SA, 4:00 PM – 5:00 PM
#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
\$286.00 / 11 | Drop-in \$29.00

W, 4:20 PM – 5:20 PM
#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
No class May 17

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

SU, 10:20 AM – 11:20 AM
#14558

WCC | APR 13 – JUN 22

No class May 18

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

M, 4:20 PM – 5:20 PM

#14558

SUMMER

WCC | JUL 5 – AUG 16

No class Aug 2

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

SU, 10:20 AM – 11:20 AM

#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
\$300.00 / 12

F, 4:00 PM – 5:00 PM
#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
\$216.00 / 12 | Drop-in \$20.00

TU, 3:30 PM – 4:30 PM
#14600

OBCC | APR 11 – JUN 27
No class May 16
\$198.00 / 11 | Drop-in \$20.00

SA, 11:15 AM – 12:15 PM
#14599

SUMMER
OBCC | JUL 4 – AUG 29
No class Aug 1
\$144.00 / 8 | Drop-in \$20.00

SA, 11:15 AM – 12:15 PM
#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
No class May 18
\$260.00 / 10 | Drop-in \$29.00

M, 5:25 PM – 6:25 PM
#14588

AGES 10-13
WCC | APR 13 – JUN 22
No class May 18
\$260.00 / 10 | Drop-in \$29.00

M, 6:30 PM – 7:30 PM
#14589

CHILDREN'S PROGRAMS**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
No class May 16
\$176.00 / 11 | Drop-in \$17.00

SA, 1:00 PM – 2:00 PM
#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
\$180.00 / 12

W, 3:30 PM – 4:30 PM
#14620

AGES 9-12

WCC | APR 8 – JUN 24
\$225.00 / 12

W, 5:00 PM – 6:15 PM
#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
No class May 18
\$210 / 10**

M, 3:30 PM – 4:40 PM

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
No class May 16
\$150.00 / 10

SA, 11:15 AM – 12:15 PM
#14628

AGES 9-14
WCC | APR 18 – JUN 27
No class May 16
\$150.00 / 10

SA, 12:45 PM – 1:45 PM
#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
No class May 16
\$150.00 / 10

SA, 2:00 PM – 3:00 PM
#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
\$90.00 / 1

M, 9:00 AM – 5:00 PM
#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
No class May 18
\$150.00 / 10

M, 6:00 PM – 7:00 PM
#14413

WCC | APR 16 – JUN 25
\$165.00 / 11

TH, 6:00 PM – 7:00 PM
#14415

GR 3-4 | AGES 8-10
WCC | APR 13 – JUN 22
No class May 18
\$150.00 / 10

M, 7:00 PM – 8:00 PM
#14414

WCC | APR 16 – JUN 25
\$165.00 / 11

TH, 7:00 PM – 8:00 PM
#14416

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 storytelling 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: Familoque 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.

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 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
\$180.00 / 12

TH, 5:45 PM – 6:45 PM
#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
FREE / 4

SA, 4:00 PM – 5:00 PM
#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
FREE / 10

TU, 4:00 PM – 5:00 PM
#14319

AGES 11-12
WCC | APR 11 – JUN 20
No class May 16
FREE / 10

SA, 12:00 PM – 1:00 PM
#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 | | | #14525 |

| SUMMER | | | |
|----------------------|--|-----------------------|--------|
| WCC JUL 5 – AUG 30 | | SU, 1:00 PM – 1:50 PM | |
| No class Aug 2 | | | #14526 |

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 |

| | |
|-----------------------------|-------------------------------|
| WCC MAY 9 – JUN 27 | SA, 12:15 PM – 1:45 PM |
| No class May 16 | |

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 | |

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 | |

FOR THE MOST UP-TO-DATE
PROGRAM INFORMATION, VISIT OUR
ONLINE REGISTRATION PAGE AT
MYUNA.CA/RECREATION/PROGRAMS.

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 | \$180.00 / 10 | #14616 |
|--------|-----------------------|------------------------|---------------|--------|
| SUMMER | WCC JUL 4 – AUG 29 | SA, 12:15 PM – 1:45 PM | \$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

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|----------------------|----------------------|------------|--------|
| 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 |

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.)

HOW TO BOOK YOUR PARTY

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



SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY

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

ACTIVITY SELECTION

Art Party

- Painting activities led by a birthday party leader
- 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.

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

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

FREE / 11

W, 3:30 PM – 5:00 PM

#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 @unacomunity for updates.

Instructor: UNA Staff

SPRING

WCC | APR 17 – JUN 19

No classes May 8, May 15, June 5

FREE / 7

F, 6:00 PM – 7:30 PM

#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

No class May 17

FREE / 10

SU, 3:00 PM – 4:00 PM

#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

\$144.00 / 12

W, 6:30 PM – 8:30 PM

#14564

UBC Active Kids

604.822.0207
@ 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

NEW

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

NEW

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**



YOUTH PROGRAMS

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

| | | |
|---------------|-----------------------|--------|
| \$192.00 / 12 | TH, 5:15 PM – 6:15 PM | |
| | | #14592 |

OBCC | APR 10 – JUN 26

| | | |
|---------------|----------------------|--------|
| \$192.00 / 12 | F, 7:00 PM – 8:00 PM | |
| | | #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

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 | | #14614 |

| | | |
|-----------------------------|-------------------------------|--------|
| SUMMER | | |
| WCC JUL 4 – AUG 29 | SA, 12:15 PM – 1:45 PM | |
| No class Aug 1 | | #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 | | #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!**



In partnership with

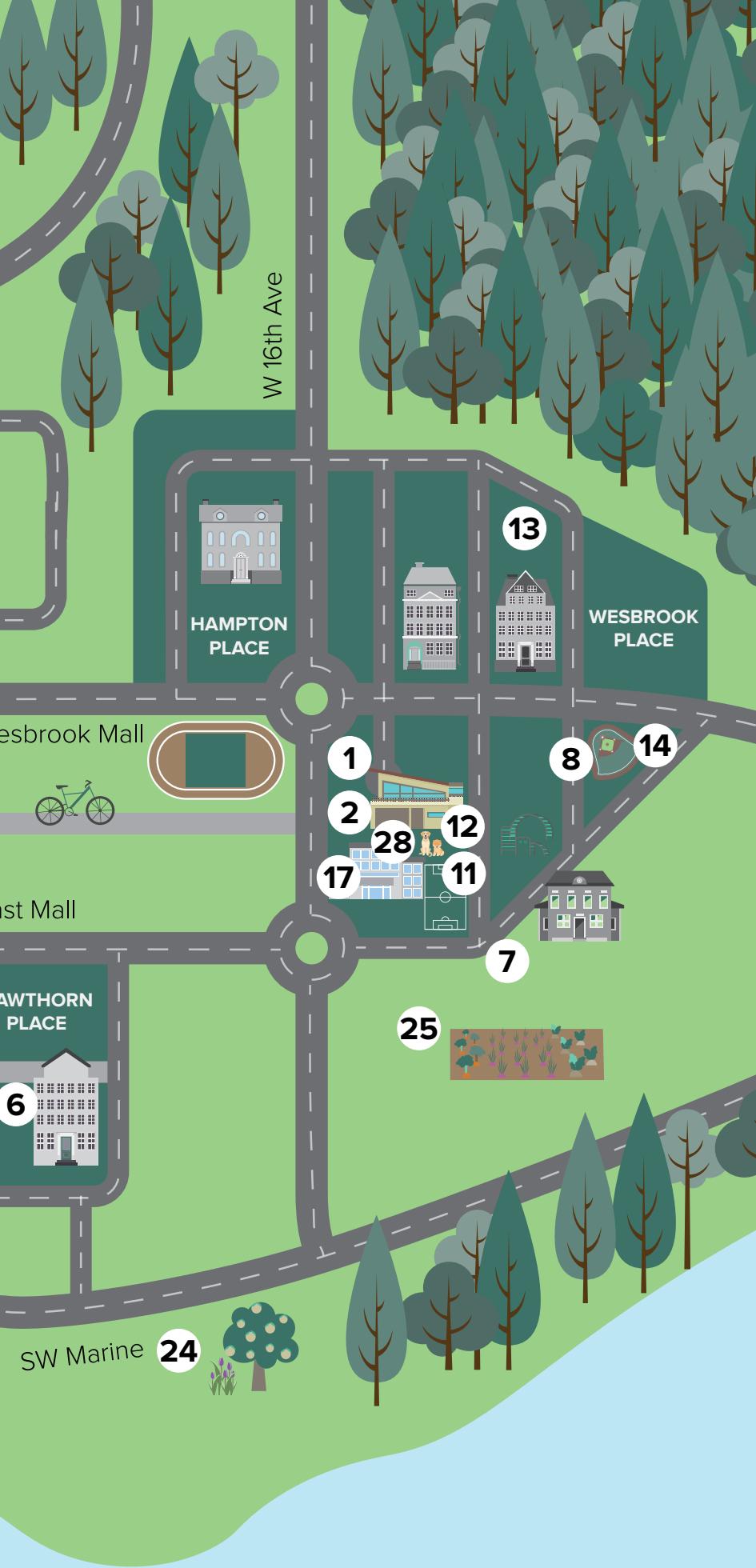


THE UNIVERSITY OF BRITISH COLUMBIA
Campus + Community Planning

UNA POINTS OF INTEREST

Facilities, neighbourhoods and others





1. UNA Main Office
2. Wesbrook Community Centre
3. Old Barn Community Centre
4. Old Barn Children's Garden
5. Hawthorn Community Garden
6. Rhodo Community Garden
7. Greenway Community Garden
8. Nobel Community Garden
9. Iona Green Park
10. Jim Taylor Park
11. UNA Field / Splash Pad
12. 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. Wesbrook 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 | | |

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 | | |
|------------------------|-----------------------|--------|
| Drop-in \$7.50 ea / 12 | F, 12:30 PM – 2:00 PM | #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

NEW

AGES 18+

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

\$60.00 / 1

SA, 6:00 PM – 8:00 PM

#14755

**Public Speaking Workshop:
The Audience**

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

\$60.00 / 1

SA, 6:00 PM – 8:00 PM

#14756

**Public Speaking Workshop: The Material**

NEW

AGES 18+

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

\$60.00 / 1

SA, 6:00 PM – 8:00 PM

#14757

Clay Creations: Pottery Workshop

NEW

AGES 18+

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

\$70.00 / 2

SA, 3:30 PM – 5:00 PM

#14529

WCC | MAY 30 – JUN 6

\$70.00 / 2

SA, 3:30 PM – 5:00 PM

#14538

WCC | JUN 27 – JUL 4

\$70.00 / 2

SA, 3:30 PM – 5:00 PM

#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:
Community Events | Birthday Parties
Family Movie Nights



**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+

NEW

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
\$54.00 / 1

SU, 12:15 PM – 3:15 PM
#14528

Japanese Box Workshop AGES 18+

NEW

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
\$90.00 / 1

SU, 10:00 AM – 3:00 PM
#14738

Clamshell Box Workshop AGES 18+

NEW

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
\$90.00 / 1

SU, 10:00 AM – 3:00 PM
#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
No class May 17
\$114.00 / 6

SU, 3:30 PM – 5:00 PM
#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
\$300.00 / 12

TU, 6:00 PM – 7:30 PM
#14509

SUMMER
WCC | JUL 7 – AUG 25
\$200.00 / 8

TU, 6:00 PM – 7:30 PM
#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+

NEW

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
\$136.00 / 8

TU, 12:30 PM – 2:00 PM
#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
\$36.00 / 12

TH, 10:00 AM – 11:30 AM
#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
\$36.00 / 12

TU, 10:00 AM – 11:30 AM
#14784

Instructors: Alice Bradley and Linda Quiney

WCC | APR 8 – JUN 17
\$33.00 / 11

W, 10:00 AM – 11:30 AM
#14785

Instructor: Ava Wang

OBCC | APR 9 – JUN 25
\$36.00 / 12

TH, 7:00 PM – 8:30 PM
#14792

**ADULTS
PROGRAMS**

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

No class May 18

\$30.00 / 10

M, 11:00 AM – 12:30 PM

#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

No class May 18

\$30.00 / 10

M, 9:15 AM – 10:45 AM

#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

To register, please visit
myuna.ca/nightshift



**Night
Shift**



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+****ADULTS
PROGRAMS**

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

VSB SWIS 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

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

\$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

\$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.**

ADULTS PROGRAMS

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
\$180.00 / 12 | Drop-in \$16.00

TU, 10:35 AM – 11:50 AM
#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
\$180.00 / 12 | Drop-in \$16.00

F, 10:00 AM – 11:00 AM
#14241

WCC | JUL 3 – AUG 21
No class Jul 24
\$105.00 / 7 | Drop-in \$16.00

F, 10:00 AM – 11:00 AM
#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 **TU, 6:30 PM – 7:30 PM**
\$140.00 / 7 | Drop-in \$21.00 #14501

WCC | JUN 2 – JUN 23 **TU, 6:30 PM – 7:30 PM**
\$80.00 / 4 | Drop-in \$21.00 #14502

SUMMER
WCC | JUL 7 – AUG 4 **TU, 6:30 PM – 7:30 PM**
\$100.00 / 5 | Drop-in \$21.00 #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 **W, 10:15 AM – 11:45 AM**
\$140.00 / 7 | Drop-in \$21.00 #14503

WCC | JUN 3 – JUN 24 **W, 10:15 AM – 11:45 AM**
\$80.00 / 4 | Drop-in \$21.00 #14504

SUMMER
WCC | JUL 8 – AUG 5 **W, 10:15 AM – 11:45 AM**
No class Jul 22
\$80.00 / 4 | Drop-in \$21.00 #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 **SA, 10:00 AM – 11:15 AM**
\$80.00 / 4 | Drop-in \$22.00 #14443

WCC | MAY 23 – JUN 27 **SA, 10:00 AM – 11:15 AM**
\$120.00 / 6 | Drop-in \$22.00 #14483

SUMMER
WCC | JUL 18 – AUG 22 **SA, 10:00 AM – 11:15 AM**
\$120.00 / 6 | Drop-in \$22.00 #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 **M, 12:00 PM – 12:45 PM**
No classes Apr 20, May 18
\$117.00 / 9 | Drop-in \$14.00 #14248



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
\$156.00 / 12 | Drop-in \$14.00

W, 1:15 PM – 2:15 PM
#14249

SUMMER

WCC | JUL 29 – AUG 19
\$52.00 / 4 | Drop-in \$14.00

W, 1:15 PM – 2:15 PM
#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

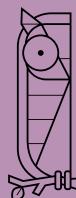
WCC | APR 13 – JUN 22
No classes Apr 20, May 18
\$117.00 / 9 | Drop-in \$14.00

M, 10:45 AM – 11:45 AM
#14247

SUMMER

WCC | JUL 27 – AUG 17
No class Aug 3
\$39.00 / 3 | Drop-in \$14.00

M, 10:45 AM – 11:45 AM
#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.

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
\$192.00 / 12

TH, 7:00 PM – 8:00 PM
#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
\$192.00 / 12

TU, 8:15 PM – 9:15 PM
#14579

SUMMER

WCC | JUL 7 – AUG 25
\$128.00 / 8

TU, 8:15 PM – 9:15 PM
#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
\$192.00 / 12

TH, 8:00 PM – 9:00 PM
#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
No class May 18
FREE / 58

M-F, 8:45 AM – 9:45 AM
#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

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

TH, 7:45 PM – 9:15 PM

#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.

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



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 No session May 17 | F, 10:30 AM – 12:00 PM | |
| \$60.00 / 12 Drop-in \$6.50 | | #14660 |

| | | |
|---|------------------------------|--------|
| WCC APR 12 – JUN 28 No session May 17 | SU, 3:45 PM – 5:15 PM | |
| \$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 |

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

| | |
|---|--------------------------------|
| SUMMER | |
| WCC JUL 5 – AUG 30 No class Aug 2 | SU, 10:45 AM – 12:15 PM |



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.

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

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
No classes May 8, May 22

\$250.00 / 10

F, 8:45 AM – 10:15 AM

#14574

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

\$100.00 / 4

SU, 10:45 AM – 12:15 PM

#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

Drop-in \$6.50 ea / 12

TH, 2:00 PM – 3:30 PM

#14657

WCC | APR 11 - JUN 27

No session May 16

Drop-in \$6.50 ea / 11

SA, 6:00 PM - 7:30 PM

#14993

SUMMER

WCC | JUL 4 – AUG 29

Drop-in \$6.50 ea / 9

SA, 4:00 PM – 5:30 PM

#14655

WCC | JUL 5 – AUG 30

Drop-in \$6.50 ea / 9

SU, 3:45 PM – 5:15 PM

#14656

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.



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.



AGES
16+

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

\$60.00 / 12 | Drop in \$6.50

TH, 6:00 PM - 7:30 PM

#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

Drop in \$6.50 ea / 9

TH, 6:00 PM - 7:30 PM

#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

FREE / 12

TH, 11:30 AM – 12:30 PM

#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

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

W, 2:00 PM – 3:30 PM

#14666

WCC | APR 10 – JUN 26

No session Jun 5

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

F, 12:15 PM – 1:45 PM

#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

No sessions Apr 20, May 18

Drop-in \$6.50 ea / 11

M, 11:45 AM – 1:15 PM

#14669

SUMMER

WCC | JUL 6 – AUG 24

No session Aug 3

Drop-in \$6.50 ea / 7

M, 4:00 PM – 5:30 PM

#14670

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.

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

No session May 18

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

M, 6:15 PM – 7:45 PM

#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

Drop-in \$6.50 ea / 12

W, 7:45 PM – 9:15 PM

#14671

SUMMER

WCC | JUL 6 – AUG 24

No session Aug 3

Drop-in \$6.50 ea / 7

M, 6:00 PM – 7:30 PM

#14672

WCC | JUL 8 – AUG 26

Drop-in \$6.50 ea / 8

W, 7:45 PM – 9:15 PM

#14673

Instructor: Peng Wang

SPRING

WCC | APR 18 – JUN 21

No classes May 16, Jun 13

FREE / 8

SA, 10:00 AM – 11:30 AM

#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

FREE / 1

SA, 2:00 PM – 3:30 PM

#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

No class May 18

FREE / 10

M, 6:30 PM – 8:00 PM

#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
EFEE / 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
EPFEE /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

No classes May 17, Jun 21

FREE / 10

SU, 3:30 PM – 5:00 PM

#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

FREE / 12

W, 9:15 AM – 10:45 AM

#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

FREE / 12

TH, 9:30 AM – 11:30 AM

#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

FREE / 10

TU, 3:30 PM – 4:45 PM

#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

No classes Apr 20, May 18

FREE / 8

M, 3:30 PM – 4:30 PM

#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
\$120.00 / 12 | Drop-in \$11.00

TH, 1:00 PM – 2:00 PM
#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
No class Apr 20
\$31.50 / 10 | Drop-in \$3.15

M, 8:45 AM – 10:00 AM
#14760

WCC | APR 9 – JUN 26
\$30.00 / 12 | Drop-in \$2.50

TH, 12:45 PM - 1:45 PM
#14872

SUMMER

WCC | JUL 13 – AUG 24
No classes Jul 27, Aug 3, Aug 10
\$12.60 / 4 | Drop-in \$3.15

M, 8:45 AM – 10:00 AM
#14798

WCC | JUL 16 – AUG 27
No classes Jul 30, Aug 6, Aug 13
\$10.00 / 4 | Drop-in \$2.50

TH, 12:45 PM – 1:45 PM
#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
\$48.00 / 12 | Drop-in \$4.00

W, 2:00 PM – 3:30 PM
#14758

WCC | APR 10 – JUN 26
\$ 48.00/ 12 | Drop-in \$4.00

F, 12:30 PM - 1:45 PM
#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
No classes Apr 20, May 18
FREE / 9

M, 10:15 AM – 11:15 AM
#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 | #14729 |
|--------|----------------------|-----------------------|--------|
| | FREE / 12 | | |

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 | #14843 |
|--------|-------------------------------|----------------------|--------|
| | \$34.65 / 11 Drop-in \$3.15 | | |

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

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 | #14714 |
|--------|----------------------|-------------------------|--------|
| | FREE / 13 | | |

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 | #14713 |
| FREE / 11 | | |

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 | #14844 |
|--------|--------------|-------------------------|--------|
| | \$3.50 / 1 | | |

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

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

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 | #14709 |
|--------|-----------------------|------------------------|--------|
| | FREE / 11 | | |

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

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 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 Moviemakers Camp | Ages 8-14 | Jul 27 | M-F | 9:00 AM | OBCC | 电影制作夏令营 |
| 14773 | Young Moviemakers Camp | Ages 8-14 | Aug 10 | M-F | 9:00 AM | OBCC | 电影制作夏令营 |
| 14772 | Young Moviemakers 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 |

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| 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 | Babysitter Drop-In | Ages 0-1.5 | Apr 9 | Thu | 10:00 AM | WCC | 幼儿活动时间 |
| 14901 | Babysitter 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: 绘画作坊 |
| 14632 | Art Expression: Drawing & Painting | Ages 6-12 | May 9 | Sat | 4:00 PM | WCC | 艺术表达: 绘画作坊 |
| 14633 | Art Expression: Drawing & Painting | Ages 6-12 | Jun 13 | Sat | 4:00 PM | WCC | 艺术表达: 绘画作坊 |
| 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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| 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 |
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| 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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| 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 |
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| 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 | VSB 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 |

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| 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 |

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| 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 | 皮克球软球中级 |
| 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 |

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| 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.

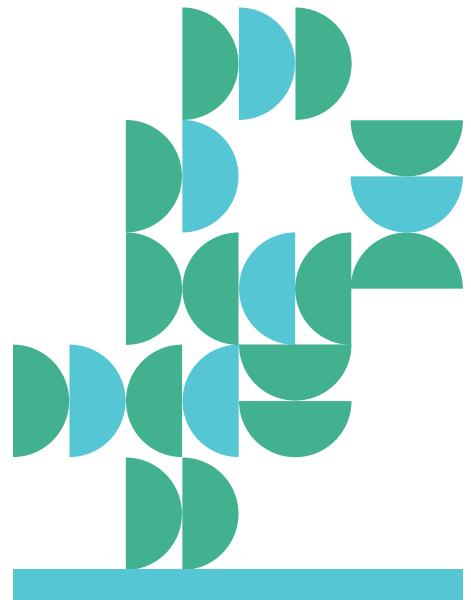
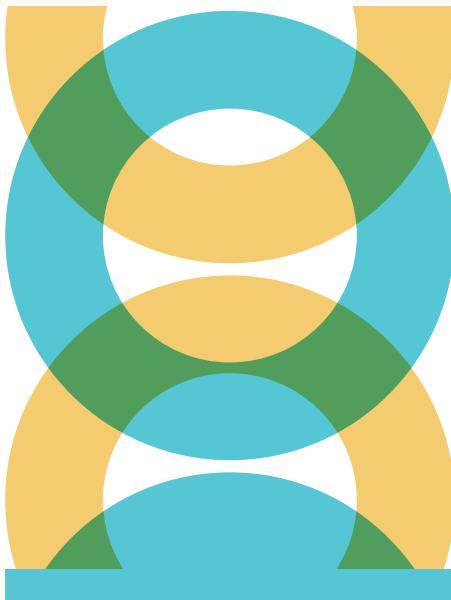
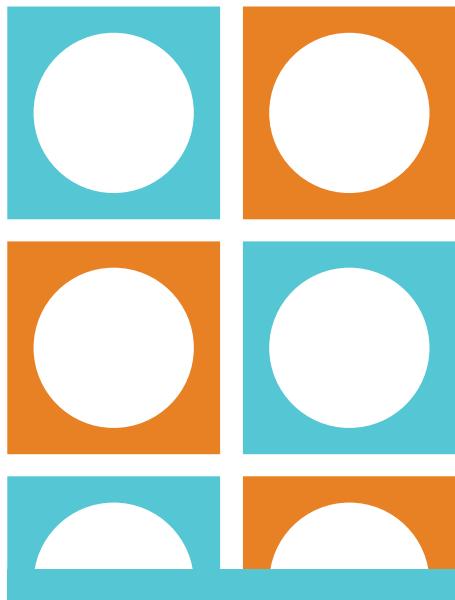


SCAN FOR OUR SCHEDULE

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

