

2026  
FALL

# PROGRAM GUIDE

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



## Remember Your Best Moments

Decorate your leaf with playful patterns and bright designs! Each line and swirl should tell the story of a happy memory.

**Win a \$50 gift card!** Drop off your drawing at the Wesbrook Community Centre and help us build a collage. Follow **@unacommunity** on Instagram for details.



**UNA**UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION25  
YEARS

# SENIORS OPEN HOUSE

Discover new activities, meet new friends, and experience everything our seniors community has to offer.

**AGE  
55+**

**September 10, 2026 | 9:30 a.m.–3 p.m.**  
**Wesbrook Community Centre**

Join us for a free day of programs and activities designed for adults aged 55+. Explore arts, music, fitness, sports, games, and social activities while getting to know the community.



- Free registered classes
- Drop-in sports and games
- Free access to the Wesbrook Fitness Centre for the day
- Light refreshments from 12–2 p.m. at the Social Room

A UNA Account is required to register for all activities, including free Fitness Centre access.

Registration opens: Monday, August 17, 2026, at 9 a.m.

For the full schedule and to register, visit [myuna.ca/seniorsopenhouse](https://myuna.ca/seniorsopenhouse).



**Questions? Contact Akhila Varghese,**  
**Seniors Coordinator, at [akhila.varghese@myuna.ca](mailto:akhila.varghese@myuna.ca).**

**UNA**UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION25  
YEARS

## Wesbrook Community Centre **TRY IT WEEK**

**COME TRY A NEW CLASS FOR FREE  
DURING TRY IT WEEK!**



Only select programs are included in Try It Week.  
Registration is required for each class to save your spot.

To register, please visit [myuna.ca/tryitweek](https://myuna.ca/tryitweek)

- ★ Sept 8, 2026 | 6–7 p.m.  
**AI Adventure Lab**
- ★ Sept 8, 2026 | 6:30–7:15 p.m.  
**Karate: Parent and Child**
- ★ Sept 8, 2026 | 6:30–7:30 p.m.  
**Iyengar Yoga with Brian**
- ★ Sept 9, 2026 | 1:15–2:15 p.m.  
**Yoga Fusion in Mandarin**
- ★ Sept 10, 2026 | 7:30–8 a.m.  
**Express Spin**
- ★ Sept 10, 2026 | 6:30–7:30 p.m.  
**Absolute Beginner Improv**
- ★ Sept 10, 2026 | 6:45–7:45 p.m.  
**Karate: Kickboxing and Fitness**
- ★ Sept 11, 2026 | 11:10 a.m.–12:10 p.m.  
**Pilates Strength Fusion**

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# PROGRAM GUIDE

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## REGISTER ONLINE

Monday, August 17, 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](http://www.myuna.ca)

## REGISTER IN PERSON

Monday, August 17, 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, August 17, 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](https://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](mailto:programs@myuna.ca).

| Activity                                               | Cancellation Deadline to Receive a Refund                        | Non-Refundable Processing Fee |
|--------------------------------------------------------|------------------------------------------------------------------|-------------------------------|
| Multi-class programs (excluding camps)                 | One business day after the first scheduled class.                | \$10.00                       |
| Single Day Programs (e.g. events, workshops, lectures) | 5 business days prior to the event/program                       | \$10.00                       |
| Camps (multi-day and single-day)                       | 10 business days prior to the first day of camp                  | \$20.00                       |
| Drop-ins                                               | No refund, no transfers                                          | -                             |
| Programs cancelled by the UNA                          | Full refund                                                      | -                             |
| Classes cancelled by the UNA                           | Classes that are unable to be rescheduled will be fully refunded | -                             |
| Drop-ins cancelled by the UNA                          | Full refund for applicable sessions                              | -                             |



## SPORTS DROP-IN

The UNA provides a variety of drop-in sports.

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

## REGISTERED SPORTS

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

- The waitlist opens 30 minutes prior to the session, in-person only.
- Booked spots are held for 10 minutes after the session begins. After 10 minutes, spots will be resold to those on the waitlist.
- Registered sports drop-in fees are non-refundable and non-transferable.

## **FITNESS POLICIES**

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

#### **Fees and Validity**

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

### **Personal Training**

#### **Fees and Validity**

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

#### **Refunds and Cancellations**

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



## **PUBLIC SPACES**

### **Casual Room Use**

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

### **Community Centre Community Spaces**

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

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

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

### **Bookings**

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

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

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# COMMUNITY CENTRE CODE OF CONDUCT

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

All visitors are expected to:

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

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

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

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

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

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

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

604.632.3114



# COMMUNITY EVENTS

## Neighbours Day: Community Block Party **ALL AGES**

**SEP 12**  
Saturday  
11:00 AM  
- 3:00 PM  
FREE

Join us for Neighbours Day: Community Block Party, the UNA's signature annual celebration bringing our community together for a day of fun, food, and connection. Enjoy a lively neighbourhood gathering featuring BBQ favourites, live entertainment, kids market, and family-friendly activities for all ages. From inflatables, face painting, balloon art, storytelling, and hands-on crafts to sensory play and a watermelon-eating contest, there's something for everyone. Come celebrate, connect with neighbours, and make lasting memories together!

[Wesbrook Community Centre](#)

## Family Movie Night **ALL AGES**

**SEP 19**  
**OCT 3**  
**NOV 7**  
**DEC 5**  
Saturday  
6:00 PM  
- 8:30 PM  
\$2.00

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Admission is \$2.00 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash 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.

**September 19:** Hoppers

**October 3:** GOAT

**November 7:** Toy Story 5

**December 5:** Minions and Monsters

[Old Barn Community Centre](#)

#15791

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

## Family Pumpkin Carving

**ALL AGES**

**OCT 23**  
Friday  
3:30 PM,  
- 6:40 PM  
\$8.00 /  
party

Calling all artists and pumpkin enthusiasts! Family Pumpkin Carving is your chance to create ghoulishly delightful masterpieces with your loved ones. Register ONE member of your party for these 50 minute carving sessions - one pumpkin per registration. Parent/guardian participation required.

**Instructor: UNA Staff**

[Wesbrook Community Centre](#)

#16162: 3:30 PM - 4:20 PM

#16163: 4:40 PM - 5:30 PM

#16164: 5:50 PM - 6:40 PM

## Spooktacular Halloween

**ALL AGES**

**OCT 30**  
Friday  
4:00 PM  
- 7:00 PM  
FREE

Get ready for a frightfully fun evening at Spooktacular Halloween! Explore our famous Haunted House, show off your creativity in the Costume Contest, enjoy games and festive activities, and don't forget to collect plenty of candy along the way. Put on your favourite costume, bring your family and friends, and join us for a spooktacular celebration filled with Halloween fun and community spirit!

[Wesbrook Community Centre](#)

## Diwali **ALL AGES**

**NOV 8**  
Sunday  
2:30 PM  
- 5:00 PM  
FREE

Share the joy and beauty of this festival of lights and celebrate the Indian New Year. Enjoy a cup of chai. Have a henna design painted on your hand. Learn how to wear a sari. Watch Indian classical dances and learn to do Bollywood moves. Indian snacks will be available for cash sale.

[Wesbrook Community Centre](#)

## Baby and Toddler Clothing Swap ALL AGES

**NOV 21**  
Saturday  
12:00 pm  
- 1:30 PM  
FREE

Come get the next season and size while decluttering at Wesbrook Community Centre! Bring your clean, gently used items to share with other families. We're accepting:

- Clothing sizes newborn to 5 years
- Baby and toddler gear
- Maternity clothing and postpartum supplies

**Donation drop-off:** November 16-20 at Wesbrook Community Centre.

**Swap day:** Come browse and take home new-to-you items on November 21 from 12:00-1:30 PM. This is a free community swap, and no registration is required.

**Wesbrook Community Centre**

#15781

## Don't Tell Comedy AGES 19+

**NOV 21**  
Saturday  
8:00 PM  
- 9:45 PM  
\$25.00

Get ready for a night of surprise comedy with Don't Tell Comedy. Known for sold-out shows in more than 100 cities across the US, UK, and Canada, Don't Tell brings top comedians to unique venues, with the lineup revealed only when the show begins. You may recognize performers from Just For Laughs, CBC, Netflix, and more. The secret location will be shared with ticket holders before the event. Tickets aren't on sale yet, but will be available to purchase for \$25.00 later this fall at [donttellcomedy.com/cities/vancouver-bc](https://donttellcomedy.com/cities/vancouver-bc). Doors opens at 7:30 PM.

**Secret Location**

## Winter Festival ALL AGES

**DEC 12**  
Saturday  
10:00 AM  
- 1:00 PM  
FREE

Kick off the holiday season at the UNA's annual Winter Festival! Meet Santa for festive photo, get creative with holiday crafts, warm up with a cup of hot chocolate, and enjoy fun-filled activities for all ages. Bring your family, friends, and holiday spirit for a magical morning of community, laughter, and seasonal cheer.

**Old Barn Community Centre**

## Winter Masquerade Dance Party ALL AGES

**DEC 18**  
Friday  
6:30 PM  
- 9:00 PM  
FREE

Celebrate the season with your neighbours at this festive evening of music, dancing, and holiday fun! Enjoy live music, dance to your favourite hits, warm up with a delicious hot chocolate from our hot chocolate bar, and soak up the holiday spirit in a welcoming community atmosphere.

**Wesbrook Community Centre**



UNA

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION  
25 YEARS

# SPOOKTACULAR HALLOWEEN

Gather your little ghosts and goblins for  
an unforgettable Halloween celebration

**OCTOBER 30, 2026 • 4-7 P.M.**

**WESBROOK COMMUNITY CENTRE**

Get ready for a frightfully fun, family-friendly evening at the  
UNA's annual Spooktacular Halloween celebration!

Explore our famous Haunted House, win a prize for your  
costume, enjoy games and activities, and collect plenty of  
candy along the way. Whether you're coming with family,  
friends, or flying solo, everyone is welcome for an evening  
of spooky fun and community spirit.



Learn more: [myuna.ca/events](https://myuna.ca/events)

**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: Nancy Chang

**WCC | SEP 15 – DEC 15** **TU, 3:30 PM – 8:15 PM**  
\$490.00 / 14 #various

Instructor: Derek Pang

**WCC | SEP 14 – DEC 14** **M, 3:30 – 8:15 PM**  
**No class Oct 12**  
\$455.00 / 13 #various

**WCC | SEP 16 – DEC 9** **W, 3:30 – 8:15 PM**  
**No classes Sep 30, Nov 11**  
\$385.00 / 11 #various

Instructor: Bassem Ghabrous

**WCC | SEP 17 – DEC 3** **TH, 3:30 PM – 8:30 PM**  
**No class Oct 29**  
\$385.00 / 11 #various

**WCC | SEP 19 – DEC 12** **SA, 10:00 AM – 3:00 PM**  
**No class Oct 10**  
\$420.00 / 12 #various

Instructor: Portia Sun

**WCC | SEP 18 – DEC 11** **F, 3:30 PM – 4:00 PM**  
**No class Oct 30**  
\$420.00 / 12 #various

**Flute and Recorder AGES 6+**

Learn to play flute, recorder, or both! Learn, improve and refine skills including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Recommended flute age is 7+ and recorder age 6+. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own instrument. Music books for purchase will be recommended in the first class.

Instructors: Andrea Minden

**WCC | SEP 20 – DEC 13** **SU, 1:00 – 5:00 PM**  
**No classes Oct 11, Nov 8**  
\$385.00 / 11 #various

**ALL AGES PROGRAMS****Guitar AGES 8+**

Learn to play guitar! Participants of any level learn, improve and refine 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

**WCC | SEP 18 – DEC 11** **F, 4:30 PM – 9:00 PM**  
**No class Oct 30**  
\$420.00 / 12 #various

**Group Guitar | Beginner AGES 14+**

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

Instructor: Matt Stapleton

**WCC | SEP 14 – DEC 14** **M, 6:30 PM – 7:30 PM**  
**No class Oct 12**  
\$260.00 / 13 #15971

**Group Guitar | Intermediate AGES 14+**

The intermediate class is for those who know a few basic guitar chords and want to continue learning and advancing their skills. Participants will learn new chords and refine their skills through playing in a group setting. Participants are required to bring their own acoustic guitar.

Instructor: Matt Stapleton

**WCC | SEP 14 – DEC 14** **M, 7:30 PM – 8:30 PM**  
**No class Oct 12**  
\$260.00 / 13 #15972

## 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!

### MUSIC

#### Violin AGES 5+

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

Instructors: Andrew Ty

WCC | SEP 17 – DEC 3 TH, 3:30 PM – 9:00 PM  
No class Oct 29  
\$385.00 / 11 #various

### SOCIAL

#### Food with Friends ALL AGES

Do you love trying new foods and meeting new people? Each session features a cooking demo by a home chef, followed by a themed potluck where participants are invited to bring a dish to share. Each participant must be registered individually, and an adult must accompany children under 16. We encourage registration to help plan food for the cooking demo, though front desk registration is available.

Instructor: Andrea Garcia

Demo: English Afternoon Tea by Nicky Foxall  
Potluck Theme: Tea Time Favourites (Sweet or Savoury)  
WCC | OCT 6 TU, 6:00 PM – 8:00 PM  
FREE / 1 #16128

Demo: Diwali Snacks, both Sweet and Savoury by Nidhi Raina and Nicky Foxall  
Potluck theme: Finger Foods & Appetizers

WCC | OCT 20 TU, 6:00 PM – 8:00 PM  
FREE / 1 #16127

Demo: Brazilian Christmas Chicken Salad and Cheese Bread by Solange Ruiz  
Potluck Theme: Favourite Holiday Dishes

WCC | NOV 17 TU, 6:00 PM – 8:00 PM  
FREE / 1 #16129

#### 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. Tea will be provided. This monthly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver. This is a free drop-in program, but please register at the front desk upon arrival.

Instructor: UNA Volunteer

WCC | SEP 18, OCT 9, NOV 6, DEC 4 F, 6:00 PM – 9:30 PM  
FREE / 4 #15794

### SPORTS

#### Drop-In Family Badminton ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. Children 18 or under must be accompanied by an adult (19+) for this activity (up to 3 children per adult). See [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/) for further clarification.

WCC | SEP 19 – DEC 12 SA, 8:45 AM – 10:15 AM  
No class Nov 21  
Drop-in \$3.00 ea / 12 #15779

#### 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). See [myuna.ca/recreation-policies/](https://myuna.ca/recreation-policies/) for further clarification.

WCC | SEP 27 – DEC 13 SU, 9:00 AM – 10:30 AM  
No classes Oct 18, Nov 8, Nov 15, Dec 13  
Drop-in \$3.00 ea / 8 #15783

## 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

WCC | SEP 21

\$102.00 / 1

M, 9:00 AM – 3:00 PM

#15986

WCC | OCT 23

\$102.00 / 1

F, 9:00 AM – 3:00 PM

#15988

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

## CHILDREN'S PRO-D DAY CAMPS

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

AGES 6-10

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

Instructor: Sportball Vancouver

WCC | NOV 20

\$75.00 / 1

F, 9:00 AM – 3:00 PM

#15987



# Volunteers

ARE THE HEART AND SOUL  
OF OUR COMMUNITY



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

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

**Together we can make a difference.**

Sign Up Today at [myuna.ca/volunteering](https://myuna.ca/volunteering)

# TRY IT WEEK

CURIOUS ABOUT OUR FALL PROGRAMS? JOIN US FOR TRY-IT WEEK AND ENJOY FREE TRIAL CLASSES. IT'S THE PERFECT CHANCE TO EXPLORE SOMETHING NEW, MEET OUR INSTRUCTORS, AND DISCOVER A PROGRAM YOU'LL LOVE THIS SEASON. REGISTRATION REQUIRED.

## CHILDREN

### Try It Week: AI Adventure Lab AGES 9-14 NEW



This class will introduce students to artificial intelligence (AI) through fun, game-based adventures. Students will explore machine learning and AI concepts using open-source tools to design and test their own games. Beginners will learn block-based coding and advanced students will transition into Python to build a foundation

of knowledge for future development in AI and robotics. Students are required to bring a laptop or tablet that can connect to the internet.

Instructor: Haitao Li

WCC | SEP 8  
FREE / 1

TU, 6:00 PM – 7:00 PM  
#16141

### Try It Week: Karate: Kickboxing and Fitness AGES 8-12 NEW

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

Instructor: Kumakai Karate

WCC | SEP 10  
FREE / 1

TH, 6:45 PM – 7:45 PM  
#16146

### Try It Week: Karate: Parent and Child AGES 4-7 NEW

This is a fun, play-based program that mixes calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! Parents are required to sign up 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

WCC | SEP 8  
FREE / 1

TU, 6:30 PM – 7:15 PM  
#16142

## YOUTH

### Try It Week: Karate: Kickboxing and Fitness AGES 13-18 NEW

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

Instructor: Kumakai Karate

WCC | SEP 10  
FREE / 1

TH, 6:45 PM – 7:45 PM  
#16147

## ADULTS

### Try It Week: Absolute Beginner Improv AGES 19+ NEW

Want to try improv without performance anxiety? This is a zero-pressure hour of judgement-free fun and shared laughter. No scripts, spotlights, and no expectation to be funny on command. We'll play accessible group games in a welcoming space to help you shake off the mental fog and have a laugh. Plus, you'll leave with easy exercises you can totally steal for your own game nights or team-building days!

Instructors: Amanda Haggett

WCC | SEP 10  
FREE / 1

TH, 6:30 PM – 7:30 PM  
#16176

**Try It Week: Iyengar Yoga with Brian**

NEW

AGES 18+

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

Instructor: Brian Hogencamp

WCC | SEP 8

TU, 6:30 PM – 7:30 PM

FREE / 1

#15955

**Try It Week: Yoga Fusion in Mandarin**

NEW

AGES 19+

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

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

Instructor: Kate Tsai

WCC | SEP 9

W, 1:15 PM – 2:15 PM

FREE / 1

#15956

**Try It Week: Pilates Strength Fusion**

NEW

AGES 19+

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

Instructor: Abby (Yang) Zhang

WCC | SEP 11

F, 11:10 AM – 12:10 PM

FREE / 1

#15958

**Try It Week: Express Spin**

AGES 18+

NEW

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

Instructor: Brianne Orr-Alvarez

WCC | SEP 10

TH, 7:30 AM – 8:00 AM

FREE / 1

#15957

**Try It Week: Karate: Kickboxing and Fitness**

AGES 19+

NEW

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

Instructor: Kumakai Karate

WCC | SEP 10

TH, 6:45 PM – 7:45 PM

FREE / 1

#16148

**Try It Week: Karate: Parent and Child**

AGES 19+

NEW

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 learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! Parents are required to sign up alongside their children, modeling healthy habits and building strong, confident and safe bodies together. Students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$50.00 to \$70.00 depending on age and belt level.

Instructor: Kumakai Karate

WCC | SEP 8

TU, 6:30 PM – 7:15 PM

FREE / 1

#16143

TRY IT  
WEEK

# ACTIVE KIDS SCHOOL OF KINESIOLOGY

WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. PHYSICAL LITERACY IS THE CONFIDENCE, COMPETENCE, AND UNDERSTANDING TO VALUE AND ENGAGE WITH PHYSICAL ACTIVITY FOR LIFE. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, AND ENCOURAGING LEARNING ENVIRONMENT.

## Active Kids: Multi-Sport & Playtime AGES 1-3

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 kids in a fun warm up, organize sport games and skill builders, and end class with free play. A parent or guardian is required to participate (only one parent/guardian can be accommodated).

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 30** **M, 10:30 AM – 11:15 AM**  
No classes Sep 21, Oct 12  
\$220.00 / 10 #15761

## 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 develop agility, balance, and coordination as well as build fundamental movement skills and soccer specific skills through fun and developmentally appropriate soccer activities and games.

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 30** **M, 4:00 PM – 4:45 PM**  
No class Oct 12  
\$255.75 / 11 #15762

## Active Kids: Basketball AGES 8-16

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

Instructor: Active Kids School of Kinesiology

**AGES 8-12**  
**WCC | SEP 15 – DEC 1** **TU, 4:30 PM – 6:00 PM**  
No class Sep 29  
\$324.50 / 11 #15760

**WCC | SEP 17 – DEC 3** **TH, 4:00 PM – 5:30 PM**  
\$354.00 / 12 #15759

**WCC | SEP 19 – DEC 5** **SA, 12:15 PM – 1:45 PM**  
No classes Oct 10, Nov 21  
\$295.00 / 10 #15757

**AGES 12-16**  
**WCC | SEP 17 – DEC 3** **TH, 4:00 PM – 5:30 PM**  
\$354.00 / 12 #15758

## Active Kids: Soccer AGES 6-9

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

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 30** **M, 5:00 PM – 5:45 PM**  
No class Oct 12  
\$255.75 / 11 #15763

## Active Kids: Girls Play Basketball AGES 8-12

This recreational program focuses on physical literacy development through basketball skills development and game play. The program is taught by female-identified Active Kids Coaches that foster positive, inclusive and safe environments for girls and self-identifying females to participate. Build fundamental movement skills such as dribbling, passing, shooting and rebounding as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

**WCC | SEP 19 – DEC 5** **SA, 10:30 AM – 12:00 PM**  
No classes Oct 10, Nov 21  
\$295.00 / 10 #15756



# 2026 DIWALI

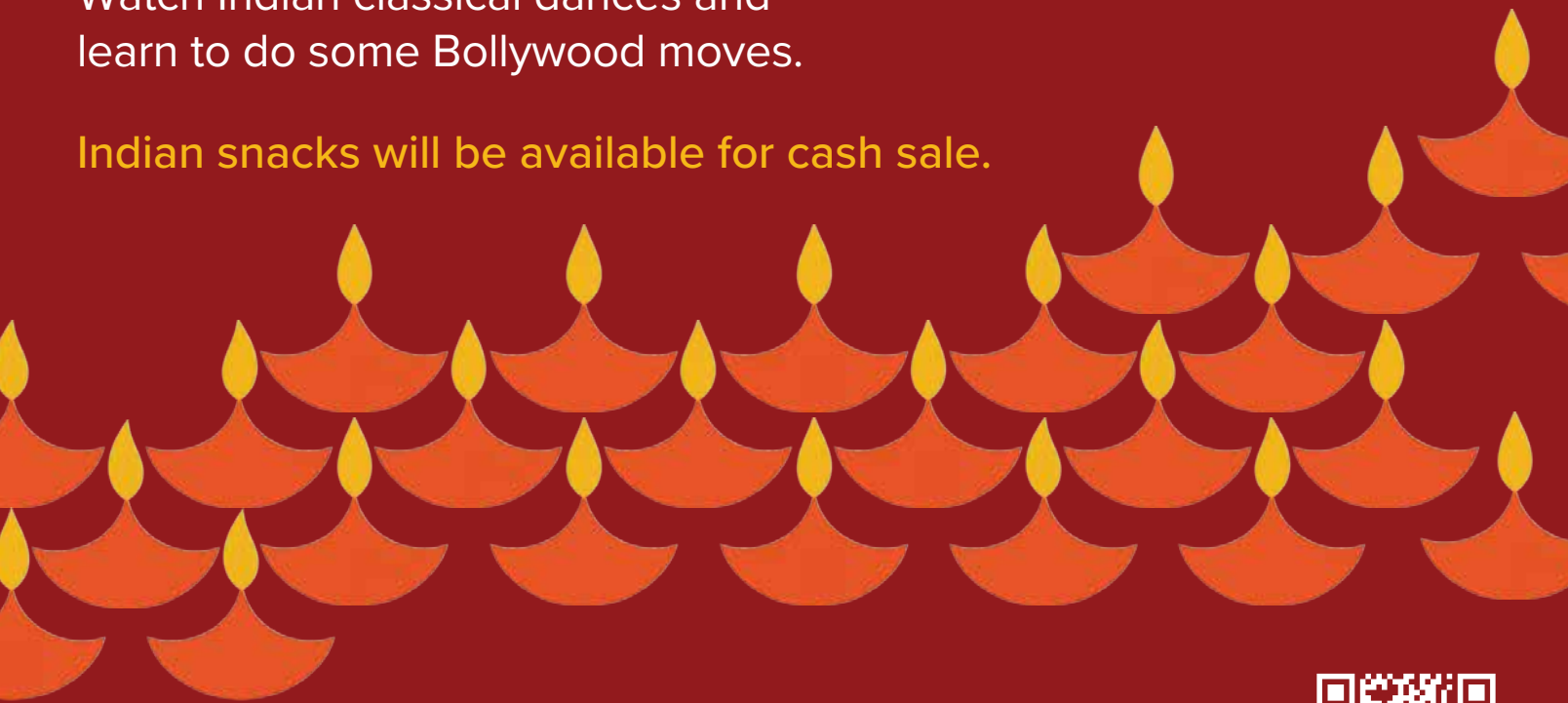
at the Wesbrook Community Centre

**Sunday | November 8, 2026 | 2:30-5 p.m.**

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

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

**Indian snacks will be available for cash sale.**



This event is brought to you by the Diwali Committee.

Learn more by visiting **[myuna.ca/diwali](https://myuna.ca/diwali)**.



# EARLY YEARS PROGRAMS

## ARTS

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

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

Instructor: Praise TEAM

**OBCC | SEP 19 – DEC 5** **SA, 9:30 AM – 10:15 AM**  
**No class Oct 10**  
 \$153.00 / 11 | Drop-in \$15.00 #15990

### Parents/Guardians and Me Dance Class AGES 0-3

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

**WCC | SEP 14 – DEC 14** **M, 3:30 PM – 4:15 PM**  
**No class Oct 12**  
 \$286.00 / 13 | Drop-in \$23.00 #15907

### Preschool Ballet AGES 3-4

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

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 16 – DEC 9** **W, 3:30 PM – 4:15 PM**  
**No classes Sep 30, Nov 11**  
 \$242.00 / 11 | Drop-in \$23.00 #15911

**WCC | SEP 20 – DEC 13** **SU, 12:30 PM – 1:15 PM**  
**No classes Oct 11, Nov 8**  
 \$242.00 / 11 | Drop-in \$23.00 #15949

### Preschool Dance AGES 2-3

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

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 20 – DEC 13** **SU, 9:30 AM – 10:15 AM**  
**No classes Oct 11, Nov 8**  
 \$242.00 / 11 | Drop-in \$23.00 #15933

### Group Piano for Preschoolers AGES 3-5

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

Instructor: Gloria Yu

**OBCC | SEP 20 – DEC 13** **SU, 12:50 PM – 1:35 PM**  
**No classes Oct 11, Oct 25, Nov 8**  
 \$260.00 / 10 #15940

### Group Ukulele Circle AGES 3-5

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

Instructor: Gloria Yu

**OBCC | SEP 20 – DEC 13** **SU, 12:00 PM – 12:45 PM**  
**No classes Oct 11, Oct 25, Nov 8**  
 \$260.00 / 10 #15943



**Crafts with Ruta AGES 2-5**

Preschoolers and caregivers will explore using various materials and mediums to create tactile artworks in each themed series of workshops.

Instructor: Ruta Zasaite

**Nature, Harvest & Woodland Animals**

Young artists will explore the beauty of the fall through seasonal crafts, creating adorable woodland animals and colorful harvest themed projects. Classes are designed to encourage creativity, develop fine motor skills and discover self-expression in a fun and supportive environment. 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.

**WCC | SEP 19 – OCT 17** **SA, 10:00 AM – 10:45 AM**  
**No class Oct 10**  
 \$44.00 / 4 #15868

**Friendly Ghosts, Bats, and Pumpkins**

Young artists are introduced to friendly Halloween characters through playful and age-appropriate crafts. Children will enjoy creating cute seasonal decorations and festive keepsakes while exploring different textures, colors and materials. 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.

**WCC | OCT 24 – OCT 31** **SA, 10:00 AM – 10:45 AM**  
 \$22.00 / 2 #15869

**Arctic Animals, Snowmen, and Holidays**

Celebrate the magic of winter through cozy crafts, snowy creations and arctic animals. Children will make snowflakes, penguins, mittens, holiday crafts, and snowy sensory art projects while exploring creativity through imaginative play. 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.

**WCC | NOV 7 – DEC 12** **SA, 10:00 AM – 10:45 AM**  
 \$66.00 / 6 #15870

**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. No registration required.**



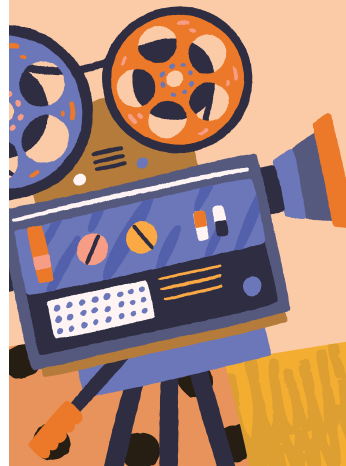
**SEP 19 HOPPERS**

**OCT 3 GOAT**

**NOV 7 TOY STORY 5**

**DEC 5 MINIONS AND MONSTERS**

For questions, please contact Gillian Bobert, at [gillian.bobert@myuna.ca](mailto:gillian.bobert@myuna.ca)



## EARLY YEARS PROGRAMS

### EDUCATION

#### Science for Preschoolers AGES 3-5

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you understand the world around you with an engaging hands-on learning experience. Each session provides an interactive, age-appropriate exploration of a specific science topic. Topics this term include: Heatwave, Magnetic Magic, Optical Illusions, Sonic Sound, Tantalizing Taste, etc.

Instructor: STEAM 4 Kids

WCC | SEP 14 – DEC 7 M, 3:30 PM – 4:15 PM  
No class Oct 12  
\$264.00 / 12 #15710

#### Babytime Drop-In AGES 0-2

Enjoy a free, welcoming, drop-in library-style program that supports your baby's early language and literacy while connecting with other families. Led by a former children's librarian and current UBC faculty member alongside student librarians, each session includes 30 minutes of rhymes, songs, and stories and 30 minutes of free play and social time. Open to parents and caregivers with babies aged 0-2 years. Older siblings and other family members are welcome! Register at the front desk upon arrival.

Instructor: Tess Prendergast

WCC | SEP 17 – DEC 17 TH, 10:00 AM – 11:00 AM  
No classes Nov 5, Nov 12  
FREE / 12 #15777

### SOCIAL

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

Caregivers, toddlers and preschoolers will listen to stories, sing and dance in these drop-in sessions, which also offer a space for families to connect and build community, all while sharpening their Spanish skills.

Instructor: Luis Alberto Torres Cruz

OBCC | SEP 19 – DEC 5 SA, 10:00 AM – 11:00 AM  
No class Oct 10  
FREE / 11 #15884

#### 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

OBCC | SEP 18 – DEC 11 F, 10:00 AM – 11:00 AM  
FREE / 13 #15697

### SPORTS

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

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

Instructor: Sportball Vancouver

WCC | SEP 16 – OCT 21 W, 4:00 PM – 4:45 PM  
No class Sep 30  
\$100.00 / 5 #15700

WCC | OCT 28 – DEC 9 W, 4:00 PM – 4:45 PM  
No class Nov 11  
\$120.00 / 6 #15702

#### 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: UNA Staff

OBCC | SEP 20 – DEC 13 SU, 10:00 AM – 11:30 AM  
No class Oct 11  
Drop-in \$3.50 ea #15797

WCC | SEP 15 – DEC 15 TU/TH, 9:30 AM – 11:00 AM  
No class Sep 29  
Drop-in \$3.50 ea #15796

# 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<br>Children | Resident<br>Rate | Non-<br>Residents |
|-----------------------|------------------|-------------------|
| 1-12                  | \$275.00         | \$295.00          |
| 13-24                 | \$325.00         | \$345.00          |

## VENUES

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

## BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50.00)**
- Cutlery, cups, and plates **(\$25.00)**
- Face painting **(\$25.00)**
- Gift bags **(\$10.00/child)**

## TIME SLOTS

One hour allotted for set-up and clean-up and two hours allotted for activity and party time.

- **Old Barn**  
Saturday 1:30 p.m. - 4:30 p.m.  
(party time 2:00 - 4:00 p.m.)
- **Wesbrook**  
Sunday 1:30 p.m. - 4:30 p.m.  
(party time 2:00 - 4:00 p.m.)

## SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY

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

## ACTIVITY SELECTION

### Art Party

- Painting activities led by a birthday party leader
- Individual canvases for each participant.

### Sports Party

- Active games and sport activities led by a party attendant. (Examples include soccer, dodgeball, bench ball, and tag games.)
- Game requests are available.

## BOOKING AND REFUND POLICY

Bookings must be made at least 2 weeks in advance. An administration fee of \$5.00 is charged to all refunds. Refund rates: More than 2 weeks' notice: full refund; 2 weeks' notice: 50% refund; less than one week: no refund.

## HOW TO BOOK YOUR PARTY

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



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

Instructor: Praise TEAM

WCC | SEP 15 – DEC 15 TU, 5:30 PM – 6:30 PM  
\$266.00 / 14 | Drop-in \$21.00 #15989

### Ballet AGES 6-8

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

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 20 – DEC 13 SU, 11:25 AM – 12:25 PM  
No classes Oct 11, Nov 8  
\$286.00 / 11 | Drop-in \$29.00 #15896

### Ballet AGES 8-10

Dancers learn sequences, develop technique and artistry while improving posture, flexibility, and balance, while gaining self-discipline and confidence in a supportive and nurturing environment. This class is suitable for beginners as well as experienced dancers with previous dance training.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 16 – DEC 9 W, 5:25 PM – 6:25 PM  
No classes Sep 30, Nov 11  
\$286.00 / 11 | Drop-in \$29.00 #15893

### Classical Indian Dance: Bharata Natyam

AGES 5-17

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

Instructor: Vidya Kotamraju

WCC | SEP 19 – DEC 12 SA, 3:30 PM – 5:00 PM  
No class Oct 10  
\$288.00 / 12 #15979

### Contemporary Jazz Ballet AGES 6-8

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

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 16 – DEC 9 W, 4:20 PM – 5:20 PM  
No classes Sep 30, Nov 11  
\$286.00 / 11 | Drop-in \$29.00 #15898

### Dance Foundations AGES 4-6

Dance Foundations is a fun and engaging one-hour class for children ages 4-6. The class introduces the basics of ballet and contemporary dance. Young dancers develop coordination, musicality, creativity, and confidence while building a strong foundation for future dance training. It's an ideal step before moving into more specialized forms of dance.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 20 – DEC 13 SU, 10:20 AM – 11:20 AM  
No classes Oct 11, Nov 8  
\$286.00 / 11 | Drop-in \$29.00 #15900

WCC | SEP 21 – DEC 14 M, 4:20 PM – 5:20 PM  
No class Oct 12  
\$312.00 / 12 | Drop-in \$29.00 #15903

**ARTS**

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

Move, groove, and enjoy the joy of dance! We will guide children in exploring a variety of dance styles and choreography foundations, including Jazz-Funk and more. Through the class, children will develop coordination, rhythm, and self-confidence. The program encourages self-expression and teamwork in a fun, energetic, and supportive environment. This class is a wonderful opportunity for children to discover the joy of dance and develop a lasting interest

**Instructor:** Yan Guo

**WCC | SEP 18 – DEC 11** **F, 4:00 PM – 5:15 PM**  
**No class Oct 30**  
 \$360.00 / 12 #15941

**K-Pop Hip-Hop** AGES 6-10

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

**Instructor:** Praise TEAM

**WCC | SEP 15 – DEC 15** **TU, 3:30 PM – 4:30 PM**  
 \$266.00 / 14 | Drop-in \$21.00 #15993

**OBCC | SEP 19 – DEC 5** **SA, 11:15 AM – 12:15 PM**  
**No class Oct 10**  
 \$209.00 / 11 | Drop-in \$21.00 #15992



**Private Dance Hour** AGES 6-12

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

**Instructor:** Crossmaneuver Dance Theatre

**WCC | SEP 20 – DEC 13** **SU, 3:30 PM – 4:30 PM**  
**No classes Oct 11, Nov 8**  
 Drop-in \$58.00 ea / 11 #15923

**Musical Theatre** AGES 6-13

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

**Instructor:** Crossmaneuver Dance Theatre

**AGES 6-9**  
**WCC | SEP 21 – DEC 14** **M, 5:25 PM – 6:25 PM**  
**No class Oct 12**  
 \$312.00 / 12 | Drop-in \$29.00 #15918

**AGES 10-13**  
**WCC | SEP 21 – DEC 14** **M, 6:30 PM – 7:30 PM**  
**No class Oct 12**  
 \$312.00 / 12 | Drop-in \$29.00 #15920

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

VIEW UNA RECREATION POLICIES AT  
[MYUNA.CA/RECREATION-POLICIES](http://MYUNA.CA/RECREATION-POLICIES).

**ARTS**

**Creative Writing-Rapid Writers AGES 9-15**

For young writers who have stories gushing out of them. This course builds on The Elements of Storytelling and incorporates feedback and revision into the writing process so that students develop their work beyond a first draft. They will experience a friendly and inviting workshop process where they have the opportunity to share their writing, receive personalized feedback and encouragement, and produce publications.

Instructor: Kelly Dycavinu

**WCC | SEP 16 – NOV 4**  
**No classes Sep 30, Oct 7**  
\$90.00 / 6

**W, 3:30 PM – 4:30 PM**

#15969

**Creative Writing |  
Mythology AGES 9-12**

Children, ages 9 to 12, will explore myths from around the world including Greek, Norse, Norwegian, Persian, and more. They will read original myths and modern-day retellings, learning why myths are important and how these stories shape us. Students will incorporate mythic components into their own writing and produce their own origin story or mythic retelling. Group and individual activities are part of this program. All supplies are provided.

Instructor: Kelly Dycavinu

**WCC | SEP 16 – NOV 4**  
**No classes Sep 30, Oct 7**  
\$112.50 / 6

**W, 5:00 PM – 6:15 PM**

#15970



**Dungeons and Dragons Club AGES 8-12**

**NEW**

Dungeons and Dragons is a fun storytelling game where players assume the roles of characters on a fantasy adventure. Participants will collaboratively explore a sprawling fantasy world and learn to tell their own character's stories while working with their peers in a fun campaign. No prior experience necessary. Participants are encouraged to bring their own materials (dice, character sheets, pencils) although all essential materials will be provided.

Instructor: Tomas Rocha

**WCC | SEP 14 – DEC 14**  
**No classes Sep 21, Oct 12**  
\$120.00 / 12

**M, 3:30 PM – 5:00 PM**

#15861

**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](http://www.youngmoviemakers.ca)

Instructor: Young Moviemakers

**WCC | SEP 18 – DEC 11**  
**No class Oct 30**  
\$450.00 / 12

**F, 4:00 PM – 6:00 PM**

#15865

**Unscripted: Acting & Co-Creating  
AGES 11-14**

**NEW**

Don't memorize someone else's script. Come and contribute to your own. Welcome to a different kind of acting workshop. In this creative, collaborative program, we will work together to create a short, original performance from scratch. Through improv games, character work, and storytelling exercises, everyone will get to help shape the characters, contribute to the script, and take the stage. It's a fun, supportive space to explore your imagination, find your crew, build your confidence, and perform a brand-new mini-show for family and friends.

Instructors: Amanda Haggett

**WCC | OCT – NOV 26**  
**No class Nov 12**  
\$150.00 / 8

**TH, 4:00 PM – 5:00 PM**

#15876

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

Join our engaging drawing and painting workshops designed to inspire imagination, independent thinking, and creative expression. Each workshop includes two sessions per month, centered around a unique themed project. Over the season, participants can register for one, two, or all three workshops, each offering new techniques and artistic exploration. With an open and flexible teaching style, students are encouraged to develop their own artistic voice. All materials are included.

**Instructor:** Floria Lu

**WCC | SEP 19 – SEP 26** **SA, 4:00 PM – 5:30 PM**  
\$30.00 / 2 #15842

**WCC | OCT 17 – OCT 24** **SA, 4:00 PM – 5:30 PM**  
\$30.00 / 2 #15843

**WCC | NOV 7 – NOV 14** **SA, 4:00 PM – 5:30 PM**  
\$30.00 / 2 #15844

**Creative Arts** AGES 6-12

In Creative Arts, students will explore visual art elements through hands-on making and experimentation. Each week, students will work with different materials and techniques such as drawing, painting, collage, and mixed media in a playful studio environment. Students will build confidence with materials while developing core visual arts skills, learning by doing, exploring ideas, and discovering their creative voice. All materials will be provided.

**Instructor:** Yasaman Moussavi

**AGES 6-8**  
**WCC | SEP 14 – DEC 14** **M, 3:30 PM – 4:40 PM**  
**No class Oct 12**  
\$273.00 / 13 #15944

**AGES 9-12**  
**WCC | SEP 14 – DEC 14** **M, 5:00 PM – 6:30 PM**  
**No class Oct 12**  
\$299.00 / 13 #15942

**Clay Creations** AGES 6-9

Students will be introduced to clay-making through meaningful and engaging activities that encourage creativity, sensory exploration, storytelling, and imaginative hand-building.

**Instructors:** Maryam Ahmadian and Sheyda Mirtaheri

**WCC | SEP 20 – DEC 13** **SU, 3:30 PM – 4:30 PM**  
**No classes Sep 20, Oct 11, Nov 8, Nov 29**  
\$225.00 / 9 #15963

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

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

**Instructor:** UBC Bright Lights Youth Mentors Club

**WCC | SEP 17, OCT 8, NOV 12** **TH, 4:45 PM – 5:45 PM**  
\$7.50 / 3 #15696

**The Art of Alphas: Bracelets of  
Passion and Friendship** AGES 8-12

Embrace the fantasies and wear your creativity! Children will learn the basics of weaving friendship bracelets and utilize this fun, motivating tool to turn colourful threads into amazing personal designs. This program offers a relaxed and friendly social environment where children will gain hands-on experience through a guided process of crafting handmade accessories. This a youth volunteer-led program.

**Instructors:** Emma Yang and Mina Hwang

**WCC | SEP 15 – DEC 15** **TU, 4:00 PM – 5:00 PM**  
FREE / 14 #15770

**ARTS**

**Manga Art | Beginner AGES 6-9**

Learn to draw Manga, the Japanese art form. Participants will 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**

**WCC | SEP 19 – DEC 12** **SA, 11:15 AM – 12:15 PM**  
**No class Oct 10**  
 \$180.00 / 12 #15833

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

Learn to draw Manga, the Japanese art form. Participants will 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**

**WCC | SEP 19 – DEC 12** **SA, 12:45 PM – 1:45 PM**  
**No class Oct 10**  
 \$180.00 / 12 #15834

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



Designed for individuals who have already mastered the fundamentals, this program emphasizes character design. It covers dynamic poses, an in-depth study of clothing, advanced facial expressions, refined anatomy, and the depiction of aging. Participants will also have the opportunity to expand their unique artistic style and further develop their creative skills. All materials are provided.

**Instructor: Ceylon Coates**

**WCC | SEP 19 – DEC 12** **SA, 2:00 PM – 3:00 PM**  
**No class Oct 10**  
 \$180.00 / 12 #15835

**EDUCATION**

**Red Cross Babysitting AGES 11-14**

Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old, perform basic first aid and be successful in the business of babysitting. This program not only prepares participants to become babysitters, it also helps their parents feel confident that they are learning to be safe and independent to be left home alone. Participants receive a Red Cross certificate for successful completion of the course. Please bring a packed lunch, a snack, and a doll or teddy bear to practice with.

**Instructor: ProSafe Training**

**WCC | OCT 23** **F, 9:00 AM – 5:00 PM**  
 \$90.00 / 1 #15724

**Red Cross Stay Safe! AGES 9-13**



Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations.

**Course Content:** Canadian Red Cross Principals, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices and First Aid.

**Instructor: ProSafe Training**

**WCC | NOV 20** **F, 10:00 AM – 4:00 PM**  
 \$70.00 / 1 #15725



**Cantonese for Kids** AGES 5-8

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

**Instructor: Familogue Education Society**

**WCC | SEP 17 – DEC 3** **TH, 4:30 PM – 5:30 PM**  
**No class Oct 29**  
 \$275.00 / 11 #15705

**English Conversation for Children**

AGES 5-8



Practice English through exciting hands-on experiments, games, karaoke, and more fun activities. Each session introduces practical vocabulary for children who will practice speaking in full sentences

and build pronunciation skills with guided support. This is a youth-led volunteer program.

**Instructor: UNA Volunteer**

**WCC | SEP 20 – NOV 6** **F, 3:30 PM – 4:30 PM**  
**No class Oct 30**  
 FREE / 6 #15858

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.

**English Reading and Writing** GRADES 1-4

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

**Instructor: Raquel Portillo Henriquez**

**GR 1-2**  
**WCC | SEP 14 – DEC 14** **M, 6:00 PM – 7:00 PM**  
**No class Oct 12**  
 \$195.00 / 13 #15708

**GR 3-4**  
**WCC | SEP 14 – DEC 14** **M, 7:00 PM – 8:00 PM**  
**No class Oct 12**  
 \$195.00 / 13 #15709

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

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

**Instructor: Mighty Moose**

**AGES 5-8**  
**WCC | SEP 16 – DEC 9** **W, 5:15 PM – 6:15 PM**  
**No classes Sep 30, Nov 11**  
 \$275.00 / 11 #16171

**AGES 9-12**  
**WCC | SEP 16 – DEC 9** **W, 6:30 PM – 7:30 PM**  
**No classes Sep 30, Nov 11**  
 \$275.00 / 11 #16179



**EDUCATION**

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

An introduction to Mandarin. Young participants explore the basics of the PinYin phonetic system and are introduced to more than 100 Chinese characters in an enjoyable learning atmosphere that fosters a love for this Chinese language. Suitable for participants with little or no knowledge of Mandarin. Workbooks are available to purchase directly from the instructor on the first day of class.

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 19 – DEC 12** **SA, 10:00 AM – 11:30 AM**  
**No class Oct 10**  
\$336.00 / 12 #15753

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

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

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 19 – DEC 12** **SA, 11:30 AM – 1:00 PM**  
**No class Oct 10**  
\$336.00 / 12 #15754

POPULAR PROGRAMS FILL UP  
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**Mastering Mandarin | Advanced AGES 5-18**

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

**Instructor: Santored Enterprises Ltd**

**WCC | SEP 19 – DEC 12** **SA, 1:00 PM – 2:30 PM**  
**No class Oct 10**  
\$336.00 / 12 #15755

**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 3-button mouse with a scroll wheel is recommended.

**Instructor: WIZE Academy**

**WCC | SEP 19 – DEC 12** **SA, 3:00 PM – 4:30 PM**  
**No class Oct 10**  
\$450.00 / 12 #15714

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

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

**Instructors: Cathy Chen and Renee Jiang**

**WCC | SEP 17 – DEC 3** **TH, 3:30 PM – 4:30 PM**  
**FREE / 12** #15768

**Math4Kids | Gr 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**

**GR 1-2 AGES 6-8**

**WCC | SEP 16 – DEC 9**

**W, 3:30 PM – 4:25 PM**

**No classes Sep 30, Nov 11**

\$220.00 / 11

#15726

**GR 3-4 AGES 8-10**

**WCC | SEP 16 – DEC 9**

**W, 4:30 PM – 5:25 PM**

**No classes Sep 30, Nov 11**

\$220.00 / 11

#15712

**GR 5-6 AGES 10-12**

**WCC | SEP 16 – DEC 9**

**W, 5:30 PM – 6:25 PM**

**No classes Sep 30, Nov 11**

\$220.00 / 11

#15713

**Science for Kids AGES 6-11**

Spark imaginative learning! Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics this term include: Heatwave, Magnetic Magic, Optical Illusions, Sonic Sound, Tantalizing Taste, etc.

**Instructor: STEAM 4 Kids**

**WCC | SEP 14 – DEC 7**

**M, 4:30 PM – 5:30 PM**

**No class Oct 12**

\$264.00 / 12

#15711

**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.

**Instructor: Mehar Hundal**

**WCC | SEP 20 – DEC 13**

**SU, 10:30 AM – 12:00 PM**

**No classes Oct 11, Nov 8**

FREE / 11

#15848

**AI Adventure Lab AGES 9-14**

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

**Instructor: Haitao Li**

**WCC | SEP 15 – DEC 15**

**TU, 6:00 PM – 7:00 PM**

\$210.00 / 14

#15706

**AI for All**

**AGES 8-13**



This program brings hands-on artificial intelligence and coding education to younger learners in the community. As AI reshapes industries and everyday life, this course

will explore why AI matters, how it works, and how to use it responsibly and creatively. Lessons will be interactive and beginner-friendly. Tablet or laptop required for participation. This is a youth volunteer-led program.

**Instructor: Calvin Shu**

**WCC | SEP 19 – OCT 31**

**SA, 2:00 PM – 3:00 PM**

**No class Oct 10**

FREE / 6

#15888

**EDUCATION**

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

This course introduces youth to basic robotics through engaging activities focused on 3D design, electronics, sensors, and coding. Participants will learn fundamental concepts and apply their knowledge in creative projects with guidance from experienced youth volunteers in a safe environment. Students will come away with a better understanding of robotics, inspiring further exploration in the field. This is a youth volunteer-led program.

**Instructor: Steven Wei**

**WCC | SEP 20 – DEC 13**

**SU, 3:30 PM – 5:00 PM**

**No classes Oct 11, Nov 8**

\$22.00 / 11

#15860

**Build Your First App with AI** AGES 8-12



This program is a hands-on workshop where young participants will learn how to build their own AI-powered app — no coding experience required. Participants must bring their own laptop. This is a youth volunteer-led program.

**Instructor: Selena Lee**

**WCC | SEP 20 – OCT 19**

**SU, 3:00 PM – 4:00 PM**

**No class Oct 11**

FREE / 4

#15859

**Engineering & Robotics with VEX Go!** AGES 6-12

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**

**WCC | SEP 19 – DEC 12**

**SA, 4:45 PM – 6:15 PM**

**No class Oct 10**

\$450.00 / 12

#15715

**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. Please contact [programs@myuna.ca](mailto:programs@myuna.ca) to waive licensing fee if participant has taken a Minecraft Coders course within the previous 9 months at the UNA.

**Instructor: Haitao Li**

**WCC | SEP 17 – DEC 3**

**TH, 5:45 PM – 6:45 PM**

**No classes Sep 24, Nov 12**

\$150.00 / 10

#15707

**Peer Tutoring** AGES 9-18

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**

**WCC | SEP 15 – DEC 15**

**TU, 4:00 PM – 5:00 PM**

FREE / 14

#15866

**MARTIAL ARTS**

**Karate: Fundamentals** AGES 7-12

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

**Instructor: Kumakai Karate**

**WCC | SEP 15 – DEC 15** **TU, 7:15 PM – 8:15 PM**  
**No class Sep 29**  
 \$208.00 / 13 #15801

**WCC | SEP 17 – DEC 3** **TH, 5:45 PM – 6:45 PM**  
 \$192.00 / 12 #15814

**OBCC | SEP 18 – DEC 11** **F, 7:00 PM – 8:00 PM**  
 \$208.00 / 13 #15823

**Karate: Kickboxing and Fitness** AGES 8-12

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

**Instructor: Kumakai Karate**

**WCC | SEP 17 – DEC 3** **TH, 6:45 PM – 7:45 PM**  
 \$192.00 / 12 #15728

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 PROGRAM INFORMATION, VISIT OUR  
 ONLINE REGISTRATION PAGE AT  
[MYUNA.CA/RECREATION/PROGRAMS](https://myuna.ca/recreation/programs).

**Karate: Parent and Child** AGES 4-7

This is a fun, play-based program that mixes calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! Parents are required to sign up 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**

**WCC | SEP 15 – DEC 15** **TU, 6:30 PM – 7:15 PM**  
**No class Sep 29**  
 \$208.00 / 13 #15799

**OBCC | SEP 18 – DEC 11** **F, 6:15 PM – 7:00 PM**  
 \$208.00 / 13 #15820

**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**

**WCC | SEP 20 – DEC 13** **SU, 1:00 PM – 1:50 PM**  
**No classes Oct 11, Nov 8**  
 \$220.00 / 11 #15719



**SPORTS**

**Badminton | Beginner AGES 8-10**

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

**Instructor: Wings Badminton**

**WCC | SEP 18 – DEC 11** **F, 4:00 PM – 5:00 PM**  
**No class Oct 30**  
\$216.00 / 12 #15716

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

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

**Instructor: Volleyball BC**

**WCC | SEP 19 – DEC 12** **SA, 2:15 PM – 3:45 PM**  
**No classes Oct 10, Nov 21**  
\$198.00 / 11 #15721

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

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

**Instructor: Sportball Vancouver**

**WCC | SEP 16 – OCT 21** **W, 4:45 PM – 5:30 PM**  
**No class Sep 30**  
\$100.00 / 5 #15699

**WCC | OCT 28 – DEC 9** **W, 4:45 PM – 5:30 PM**  
**No class Nov 11**  
\$120.00 / 6 #15701

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

Participants can practice and play sports with friends and neighbours during this open gym session. No need for parent supervision. A maximum of 15 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours for UNA residents and 24 hours for non-UNA residents prior the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released. Drop-in Sports Procedures:

[myuna.ca/recreation-policies/](http://myuna.ca/recreation-policies/)

**WCC | SEP 16 – DEC 9** **W, 4:00 PM – 5:30 PM**  
\$3.00 / 13 #15851



**SOCIAL**

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

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

**Instructor: 4-H Club**

**WCC | SEP 11, OCT 2, NOV 6, DEC 5 F/SA, 6:30 PM–8:30 PM**  
[ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com) / 4 #15733

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

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

**Instructor: Girl Guides**

**OBCC | SEP 10 – DEC 17 TH, 6:00 PM – 7:30 PM**  
**No class Dec 10**  
[girlguides.ca](http://girlguides.ca) / 14 #15695

**Chess for Beginners & Intermediate Players  
AGES 11-18**

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

**Instructor: Nathan Yang**

**WCC | SEP 17 – DEC 3 TH, 4:30 PM – 5:30 PM**  
FREE / 12 #15855

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

**Chess Basics AGES 7-12**

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

**Instructor: Henry Zhou**

**WCC | SEP 18 – DEC 11 F, 4:00 PM – 5:00 PM**  
**No classes Oct 23, Oct 30**  
FREE / 11 #15773

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

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

**Instructor: UNA Staff**

**WCC | SEP 21 – DEC 14 M, 4:00 PM – 5:30 PM**  
**No classes Sep 21, Oct 12**  
FREE / 11 #15862

# YOUTH PROGRAMS

## ARTS

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

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

Instructor: Praise TEAM

**WCC | SEP 15 – DEC 15** **TU, 4:30 PM – 5:30 PM**  
\$266.00 / 14 | Drop-in \$21.00 #15994

**OBCC | SEP 19 – DEC 5** **SA, 10:15 AM – 11:15 AM**  
**No class Oct 10**  
\$209.00 / 11 | Drop-in \$21.00 #15991

### Teen Ballet AGES 12-19

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

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 20 – DEC 13** **SU, 1:20 PM – 2:20 PM**  
**No classes Oct 11, Nov 8**  
\$198.00 / 11 | Drop-in \$20.00 #15959



### Guitar Club AGES 13+

This beginner-friendly guitar club will help new players learn basic chords, simple strumming patterns, and beginner songs in a relaxed group setting. Participants will need to bring their own acoustic or classical guitar. This is a youth volunteer-led program.

Instructor: Matthew Sun

**WCC | SEP 16 – DEC 9** **W, 4:00 PM – 5:00 PM**  
**No classes Sep 30, Nov 11**  
FREE / 11 #15973

### Drawing & Painting AGES 11-18

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

Instructor: Jennifer Kim

**WCC | SEP 16 – DEC 9** **W, 3:30 PM – 5:30 PM**  
**No classes Sep 30, Nov 11**  
\$330.00 / 11 #15995

### Unscripted: Acting & Co-Creating AGES 13-14



Don't memorize someone else's script. Come and contribute to your own. Welcome to a different kind of acting workshop. In this creative, collaborative program, we will work together to create a short, original performance from scratch. Through improv games, character work, and storytelling exercises, everyone will get to help shape the characters, contribute to the script, and take the stage. It's a fun, supportive space to explore your imagination, find your crew, build your confidence, and perform a brand-new mini-show for family and friends.

Instructor: Amanda Haggett

**WCC | OCT 1 – NOV 26** **TH, 4:00 PM – 5:00 PM**  
**No class Nov 12**  
\$150.00 / 8 #15875

## Beginner Mandarin Through Calligraphy **AGES 12+**



This introductory program combines Mandarin learning with traditional Chinese calligraphy. Participants will explore Chinese culture through practicing simple characters, pronunciation, and brush techniques in a creative and welcoming environment. Participants will also learn the stories and culture behind each Chinese character. This is a youth volunteer-led program.

Instructors: Zoe Zhou and Xiwen Jing

WCC | SEP 17 – DEC 3

TH, 4:00 PM – 5:00 PM

No class Sep 24

FREE / 11

#16151

## Peer Tutoring **AGES 9-18**

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

WCC | SEP 15 – DEC 15

TU, 4:00 PM – 5:00 PM

FREE / 14

#15867

## Toastmasters Youth Program | Greater 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, including leading meetings
- Taking on Executive roles within their club

Instructor: Vancouver Gavel Club

WCC | SEP 16 – DEC 16

W, 6:30 PM – 8:30 PM

No classes Sep 30, Nov 11

\$144.00 / 12

#16244

# DON'T TELL Comedy

November 21, 2026 | 8–9:45 p.m.



**A SECRET VENUE.**

**A SURPRISE LINEUP.**

**GET YOUR TICKETS SOON.**

**19+**

Get ready for a night of surprise comedy with Don't Tell Comedy. Known for sold-out shows in more than 100 cities across the US, UK, and Canada, Don't Tell brings top comedians to unique venues, with the lineup revealed only when the show begins.

You may recognize performers from Just For Laughs, CBC, Netflix, and more. The secret location will be shared with ticket holders before the event.

**Doors open: 7:30 p.m.**

**TICKETS: \$25** (available soon)

Buy tickets this fall at

[donttellcomedy.com/cities/vancouver-bc](https://donttellcomedy.com/cities/vancouver-bc)



**MARTIAL ARTS**

**Karate: Fundamentals** 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**

**WCC | SEP 15 – DEC 15** **TU, 7:15 PM – 8:15 PM**  
**No class Sep 29**  
 \$208.00 / 13 #15803

**WCC | SEP 17 – DEC 3** **TH, 5:45 PM – 6:45 PM**  
 \$192.00 / 12 #15809

**OBCC | SEP 18 – DEC 11** **F, 7:00 PM – 8:00 PM**  
 \$208.00 / 13 #15824

**Karate: Kickboxing and Fitness** 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**

**WCC | SEP 17 – DEC 3** **TH, 6:45 PM – 7:45 PM**  
 \$192.00 / 12 #15730

**Karate: Youth and Adult** AGES 10-18

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

**Instructor: Kumakai Karate**

**WCC | SEP 15 – DEC 15** **TU, 8:15 PM – 9:15 PM**  
**No class Sep 29**  
 \$208.00 / 13 #15805

**WCC | SEP 17 – DEC 3** **TH, 8:00 PM – 9:00 PM**  
 \$192.00 / 12 #15818

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

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**

**WCC | SEP 20 – DEC 13** **SU, 1:00 PM – 1:50 PM**  
**No classes Oct 11, Nov 8**  
 \$220.00 / 11 #15720

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

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 OR [MYUNA.CA/RECREATION-POLICIES](http://MYUNA.CA/RECREATION-POLICIES).

## SPORTS

### Badminton | Intermediate AGES 11-16

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

Instructor: Wings Badminton

**WCC | SEP 18 – DEC 11** **F, 5:00 PM – 6:00 PM**  
**No class Oct 30**  
 \$216.00 / 12 #15717

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



This drop-in program is open to youth of all skills and abilities. One court is available for these drop-ins. Participants may bring their own racquet or they may borrow one from the front desk. A maximum of 6 participants can reserve spots by registering in advance.

Instructor: UNA Staff

**WCC | SEP 21 – DEC 14** **M, 11:25 AM – 12:25 PM**  
**No class Oct 12**  
 Free Drop-in #16196

### Badminton | Advanced AGES 13-18

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

Instructor: Wings Badminton

**WCC | SEP 18 – DEC 11** **F, 6:00 PM – 7:30 PM**  
**No class Oct 30**  
 \$306.00 / 12 #15718

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

This drop-in program is open to youth of all skills ability to play badminton. Three courts are available for these uninstructed drop-ins. Participants must bring a racquet. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance.

**WCC | SEP 20 – DEC 13** **SU, 7:30 PM – 8:30 PM**  
**No class Nov 8**  
 Drop-in \$3.00 ea / 12 #15849



## SPORTS

### Open Gym | Youth AGES 13-18

Open gym are uninstructed drop-ins providing an opportunity for youth to play sports with their friends and neighbours. A maximum of 30 participants can reserve spots by paying the drop-in fee in advance.

**WCC | SEP 16 – DEC 9** **W, 5:45 PM – 7:15 PM**  
Drop-in \$3.00 ea / 13 #15852

**WCC | SEP 19 – DEC 12** **SA, 7:30 PM – 8:30 PM**  
**No class Nov 7**  
Drop-in \$2.00 ea / 12 #15854

### Youth Table Tennis Drop-in AGES 13-18

Drop-in and play table tennis. A maximum of 24 participants can reserve spots by paying the drop-in fee in advance.

**WCC | SEP 17 - DEC 3** **TH, 6:00 PM - 7:30 PM**  
Drop-in \$3.00 ea / 12 #15854



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

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

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

**Instructor: Volleyball BC**

**WCC | SEP 19 – DEC 12** **SA, 2:15 PM – 3:45 PM**  
**No classes Oct 10, Nov 21**  
\$198.00 / 11 #15722

### Youth Volleyball Drop-in AGES 13-18

Set, spike, block and serve in this uninstructed drop-in. Youth practice their agility and hand-eye coordination in a casual, non-competitive setting where volleyball enthusiasts of all levels can connect. A maximum of 26 participants can reserve spots by paying the drop-in fee in advance.

**WCC | SEP 19 – DEC 12** **SA, 4:00 PM – 5:30 PM**  
**No class Nov 7**  
Drop-in \$3.00 ea / 12 #15853

**Youth Leadership AGES 13-18**

The Youth Leadership Program will empower participants to embark on a journey of self-discovery, helping them uncover their unique leadership styles and cultivate essential skills for driving positive change. Through interactive workshops, mentorship, and self-directed projects, youth will gain confidence and tools to become impactful leaders in their communities. This is a UNA and UBC Inspired program. The Program is on a 2-semester system, similar to that of VSB (Sept - Jan 2026, Feb - June 2027). The team will collaborate to organize 1 major event at the end of the season, and assist with other UNA signature events. Youth Leaders must be available for our Halloween event on Oct 30.

Apply online by Thursday, September 10:

[bit.ly/26fallyouthleadership](http://bit.ly/26fallyouthleadership). Group interviews will be conducted the week of Friday, September 18, decisions sent by September 21. Please note: Youth (not a parent/guardian) are expected to fill out the application to indicate interest in the program. We are expecting quite a few applications, so please be descriptive.

**Instructor: Hannie Chia**

**WCC | SEP 25 – JAN 29** **F, 4:00 PM – 6:00 PM**  
**No classes Oct 23, Nov 20, Dec 18, Dec 25, Jan 1**  
 FREE / 14 #15847

**Youth Night Committee AGES 13-18**

Apply to be part of the Youth Night Committee to plan, budget, and implement Youth Nights. This is a great opportunity to collaborate with peers to create a fun and safe environment for other youth to enjoy. The Committee meets every other Tuesday starting Sep 15. Apply online by Thursday, September 10: [bit.ly/26fallync](http://bit.ly/26fallync). Youth will be notified via email by Friday, September 11. Please note that Youth Night Committee members will need to help facilitate and setup the program on Fridays at 6:15 PM. Committee members will receive volunteer hours at the end of the term.

**Instructor: UNA Staff**

**WCC | SEP 15 – DEC 11** **TU/F, 6:00 PM – 7:30 PM**  
**No class Oct 30**  
 FREE / 19 #15863

**Youth Night AGES 13-18**

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

**Instructor: UNA Staff**

**WCC | SEP 18 – DEC 11** **F, 6:30 PM – 8:00 PM**  
**No class Oct 30**  
 FREE / 12 #15864

**Chess for Beginner & Intermediate Players AGES 11-18**

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

**Instructor: Nathan Yang**

**WCC | SEP 17 – DEC 3** **TH, 4:30 PM – 5:30 PM**  
 FREE / 12 #15856

**Rubik's Cube Club AGES 13-18**

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring logic puzzles you would like to share, discuss and share methods to solve the puzzle. There are varieties of Rubik's Cubes in this club as well. Every level of Rubik's Cubers are welcome from beginner to expert to join. This is a youth volunteer-led program.

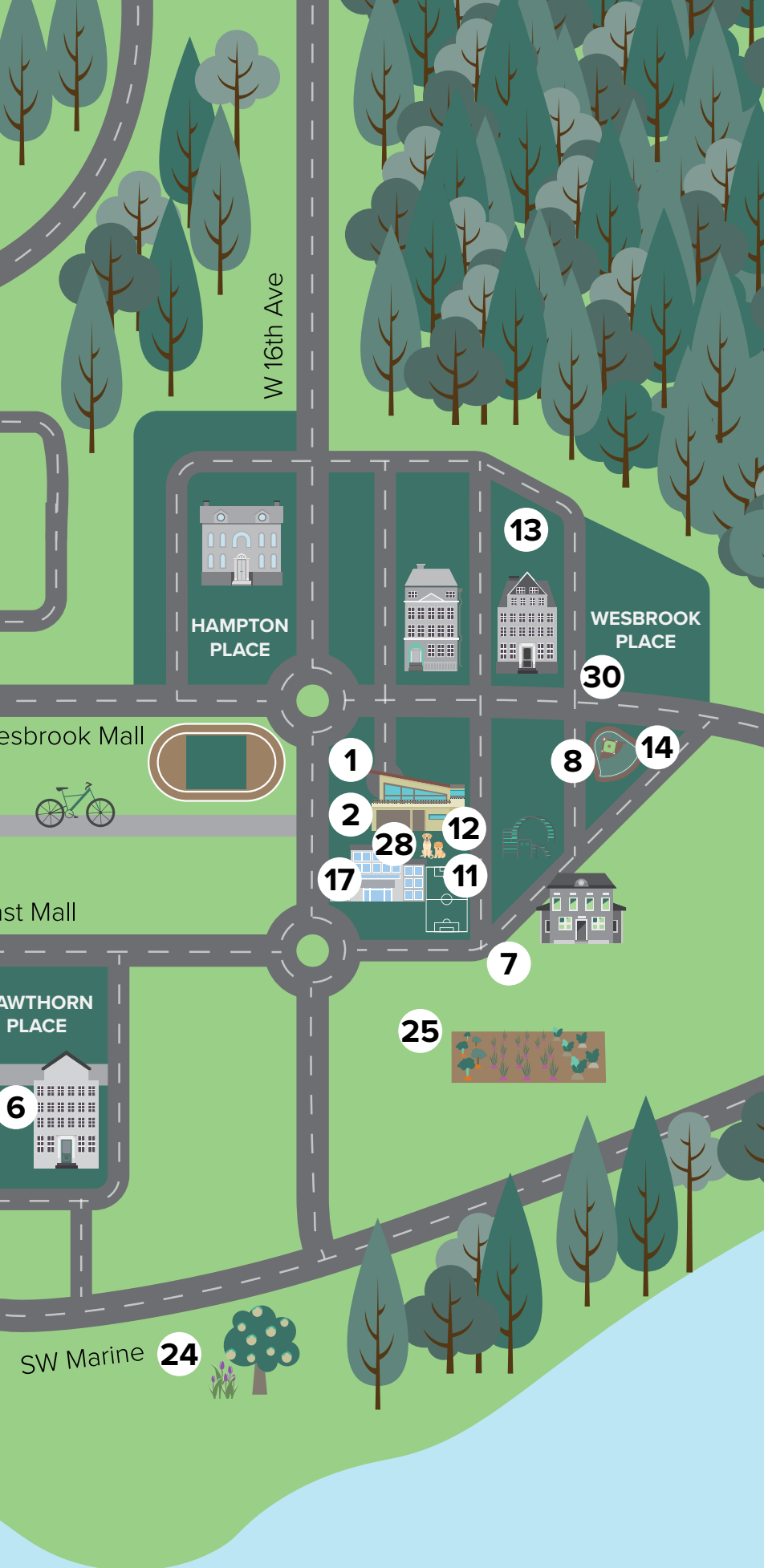
**Instructors: Bob Zhang and Hajin Jeon**

**WCC | SEP 17 – DEC 3** **TH, 3:30 PM – 4:15 PM**  
 FREE / 12 #15767

# 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
30. Nobel Park Child Care Centre

UNA facilities, gardens and parks

VSB schools

UBC facilities

Child care

# ADULTS PROGRAMS

THE UNA PROVIDES SELECT FULL-SEASON PROGRAMS WITH DROP-IN OPPORTUNITIES (E.G. DANCE, GROUP FITNESS, MARTIAL ARTS, PILATES, YOGA). REGISTER FOR DROP-IN IN PERSON OR ONLINE.

## 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

**WCC | SEP 16 – DEC 9** **W, 7:45 PM – 8:45 PM**  
No classes Sep 30, Nov 11  
\$198.00 / 11 | Drop-in \$20.00 #15891

**WCC | SEP 20 – DEC 13** **SU, 2:30 PM – 3:30 PM**  
No classes Oct 11, Nov 8  
\$198.00 / 11 | Drop-in \$20.00 #15960

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

Instructor: Juliet Oshiro

**WCC | SEP 19 – DEC 12** **SA, 5:00 PM – 6:30 PM**  
No classes Oct 10, Nov 7  
Drop-in \$10.00 ea / 11 #15946

### Chinese Folk Dance AGES 19+

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

Instructor: Emily Li

**WCC | SEP 15 – DEC 15** **TU, 12:30 PM – 2:30 PM**  
\$560.00 / 14 | Drop-in \$42.00 #15846

**WCC | SEP 17 – DEC 10** **TH, 2:15 PM – 3:45 PM**  
\$390.00 / 13 | Drop-in \$31.50 #15845

**WCC | SEP 18 – DEC 11** **F, 12:30 PM – 2:30 PM**  
No class Oct 30  
\$480.00 / 12 | Drop-in \$42.00 #15841

### Classical Indian Dance: Bharata Natyam

AGES 18+

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

Instructor: Vidya Kotamraju

**WCC | SEP 19 – DEC 12** **SA, 2:00 PM – 3:30 PM**  
No class Oct 10  
\$288.00 / 12 #15978

### Dance Fusion AGES 18+

Blend advanced dance with choreography. Participants experience a variety of dance genres and movement styles - from K-Pop to jazz-funk to hip-hop - that use choreography to improve balance, coordination, strength, flexibility and confidence. Participants develop dance skills and techniques that enhance footwork, isolations, popping and locking and expression. Suitable for participants of differing dance backgrounds and levels. This program is taught in Mandarin and English.

Instructor: Yan Guo

**WCC | SEP 14 – DEC 14** **M, 6:45 PM – 8:00 PM**  
No class Oct 12  
\$364.00 / 13 | Drop-in \$30.00 #15939

## ARTS

**Guitar Club** AGES 13+

This beginner-friendly guitar club will help new players learn basic chords, simple strumming patterns, and beginner songs in a relaxed group setting. Participants will need to bring their own acoustic or classical guitar. This is a youth volunteer-led program.

**Instructor:** Matthew Sun

**WCC | SEP 16 – DEC 9** **W, 4:00 PM – 5:00 PM**  
**No classes Sep 30, Nov 11**  
 FREE / 11 #15974

**Clay Creations: Pottery Workshop** AGES 18+

Create. Glaze. Cherish. Join us for this hands-on Clay Creations Workshops -- perfect for all skill levels.

Every workshop takes place over two sessions:

- Session 1: Shape, build, and create your themed piece
- Session 2: Once your work has been bisque-fired, return to add colour and personality through glazing

After the final firing, simply pick up your beautifully finished creation and enjoy it for years to come! Each workshop explores a different theme, from functional kitchen pieces like spatula rests and small dishes to charming accessories such as candle holders and decorative home décor. We focus on teaching beginner-friendly techniques that help you craft sustainable, long-lasting pieces you will be proud to use and show off. Light snacks and beverages are provided, and all materials are included. Come get creative, learn something new, and have fun in a relaxed, welcoming environment.

**Instructors:** Maryam Ahmadian and Sheyda Mirtaheri

**WCC | NOV 21 – NOV 28** **SA, 4:00 PM – 5:30 PM**  
 \$70.00 / 2 #15961

**WCC | DEC 5 – DEC 12** **SA, 4:00 PM – 5:30 PM**  
 \$70.00 / 2 #15962

FOR FULL RECREATION POLICIES,  
SEE PAGES 2-3.

**Medieval Longstitch Leather Bookbinding**

AGES 18+

Learn a Medieval technique practiced by both guild bookbinders and laymen. Straight forward stitching results in a complex visual that resembles the many stringed mandolin. Students will complete a leatherbound book ideal for artwork or journaling. No prior experience is necessary. All materials and tools are provided.

**Instructor:** Suzan Lee

**WCC | OCT 4** **SU, 12:15 PM – 3:15 PM**  
 \$54.00 / 1 #15874

**Coptic Bookbinding Workshop** AGES 18+

Coptic Bookbinding. 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

**WCC | NOV 15** **SU, 12:15 PM – 3:15 PM**  
 \$54.00 / 1 #15877

**Introduction to Printmaking** AGES 19+

A beginner-friendly printmaking course using recycled, found, and traditional materials. Participants will explore approachable printmaking processes while building confidence through experimentation, repetition, layering, and personal expression. No art experience required.

**Instructor:** Bowen Sun

**WCC | OCT 5 – NOV 30** **M, 10:00 AM – 11:30 AM**  
**No class Oct 12**  
 \$240.00 / 8 #15883



## Start your running journey today!

Whether you're new to running or an experienced runner, 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 Great Trek held on October 24, 2026.

### Learn to Run Clinic

**September 1–October 20 | 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.

### 10K in 8 Weeks

**September 3–October 22 | Thursdays, 6–7 p.m.**  
**Wesbrook Community Centre**

Looking for a challenge? Join 10K in 8 Weeks, a technical approach where hill and speed training is combined with tempo runs.

Both programs will feature run talks presented by various speakers including Alex Evans, Dr. Rozina Budhwani, Alex Northley, and TV host and fitness enthusiast Christine Blanchette.

For more information, check out [myuna.ca/programs](https://myuna.ca/programs) or contact the run club instructor Hanif Teja at [hanif.teja@myuna.ca](mailto:hanif.teja@myuna.ca).



## 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

**WCC | SEP 16 – DEC 9**

**W, 5:45 PM – 7:15 PM**

No classes Sep 30, Nov 11

\$275.00 / 11

#15952

### 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

**WCC | SEP 16 – DEC 9**

**W, 7:30 PM – 9:00 PM**

No classes Sep 30, Nov 11

\$275.00 / 11

#15954

## EDUCATION

### Emergency First Aid and CPR-C/AED AGES 15+

This one-day program (6-8 hours) introduces skills on how to deal with life threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation as well as critical interventions for each. This program includes: Red Cross History, Preparing to Respond, Emergency Medical Services, Check/Call/Care, Airway Emergencies, Breathing and Circulation Emergencies, First Aid for Respiratory and Cardiac Arrest, and Wound Care.

Instructor: ProSafe Training

**WCC | SEP 21**

**M, 8:30 AM – 4:30 PM**

\$115.00 / 1

#15723

**Finding Ease Workshop** AGES 19+

This 4-month mindfulness series offers a space to pause, reconnect, and cultivate greater ease within yourself and in relationship with others. Each 60-minute session explores a different theme through guided practice, reflection, and discussion. You'll learn simple, practical tools to support greater awareness and well-being in daily life. An optional 15-minute office hour follows each session for additional questions and sharing. Join a single workshop as an introduction to mindfulness or attend the full series to deepen your understanding and experience the benefits of ongoing practice. Suitable for beginners and anyone wishing to refresh or deepen their practice.

**Instructor:** Mitsuyo Ikari

**Intro to Mindfulness: Finding Your Anchor**

This welcoming session introduces the foundations of mindfulness in a simple, practical way. Together, we'll explore what mindfulness is (and isn't), and how to establish a steady home base using the body, breath, and other anchors. You'll be guided through gentle practices to help settle the mind and nervous system, and connect with the present moment. We'll also create a supportive group environment with clear guidelines and a chance to reflect on what brings you here.

**WCC | SEP 19**

\$16.00 / 1

**SA, 12:15 PM – 1:30 PM**

#16125

**Coming Home to the Body: Working with Emotions**

In this session, we deepen our practice by using bodily sensations as an anchor for awareness. You'll explore how emotions show up physically and how tuning into these sensations can support emotional balance and understanding. Through guided meditation, we'll practice noticing sensations and meeting emotions with curiosity rather than resistance. This workshop offers practical tools to navigate everyday stress and reactivity.

**WCC | OCT 17**

\$16.00 / 1

**SA, 12:15 PM – 1:30 PM**

#16132

REGISTER EARLY TO ENSURE YOUR  
PROGRAM MEETS THE MINIMUM  
REGISTRATION REQUIREMENTS!

**Understanding the Mind: Relating to Thoughts**

This session focuses on becoming more aware of thinking patterns and exploring our relationship to thoughts. Through simple and engaging exercises—such as noticing and gently labeling thoughts—you'll learn to observe the mind with more clarity and less judgment. Guided meditations will include awareness of sounds and thoughts, helping you develop steadiness and perspective. This workshop supports greater ease in responding to worry, overthinking, and mental busyness.

**WCC | NOV 14**

\$16.00 / 1

**SA, 12:15 PM – 1:30 PM**

#16134

**Cultivating Kindness: Opening the Heart**

Building on the foundations developed throughout the series, you'll be introduced to a gentle and powerful practice that supports the cultivation of goodwill toward yourself and others. We'll explore phrases and intentions that support warmth, care, and connection. This practice can help soften self-criticism, strengthen resilience, and nurture a sense of belonging. Whether you're new or continuing from previous sessions, this workshop offers a meaningful way to integrate mindfulness into daily life through kindness.

**WCC | DEC 12**

\$16.00 / 1

**SA, 12:15 PM – 1:30 PM**

#16136



**EDUCATION**

**The Birth Circle** AGES 19+



This small-group prenatal class offers comprehensive preparation for labour, birth, and early postpartum, with a strong focus on the mental and emotional side of birth. Along with learning about the stages of labour, coping strategies, medical options, partner support, and postpartum topics such as breastfeeding and sleep, participants develop practical tools to work with intensity, stay grounded during labour, and approach birth as a team. Understand what to expect in the maternity care system and feel confident taking an active role in care. Only the pregnant participant should register; partners are included in the registration fee and do not need to register separately. For more information, visit [kindlingbirth.com](http://kindlingbirth.com).

**Instructor:** Verena Rossa, MD, PhD | Kindling Birth Coaching

**OBCC | OCT 13 – NOV 24** **TU, 7:20 PM – 8:50 PM**  
\$385.00 / 7 #15967

**Communicating with Confidence**  
AGES 18+



Do you ever freeze up when speaking in a meeting, sharing a story with friends, or trying to find the right words? You're not alone. Each workshop offers a supportive, low-pressure space design to help you speak with confidence. Each session is tailored to a specific audience: Social Anxiety, Newcomers, and Emerging Professionals. In each workshop, you'll gain practical strategies to help you build confidence to speak up, handle questions, and practice sharing an idea in a room where everyone is cheering you on.

**Instructors:** Amanda Haggett

**WCC | OCT 17** **SA, 3:00 PM – 5:00 PM**  
\$60.00 / 1 #15871

**WCC | NOV 21** **SA, 3:00 PM – 5:00 PM**  
\$60.00 / 1 #15872

**WCC | DEC 5** **SA, 3:00 PM – 5:00 PM**  
\$60.00 / 1 #15873

VIEW UNA RECREATION POLICIES AT  
[MYUNA.CA/RECREATION-POLICIES](http://MYUNA.CA/RECREATION-POLICIES).

**Beginner Mandarin Through Chinese Calligraphy** AGES 12+



This introductory program combines Mandarin learning with traditional Chinese calligraphy. Participants will explore Chinese culture through practicing simple characters, pronunciation, and brush techniques in a creative and welcoming environment. Participants will also learn the stories and culture behind each Chinese character. This is a youth volunteer-led program.

**Instructors:** Zoe Zhou and Xiwen Jing

**WCC | SEP 17 – DEC 3** **TH, 4:00 PM – 5:00 PM**  
**No class Sep 24**  
FREE / 11 #16153

**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

**OBCC | SEP 14 – NOV 23** **M, 12:15 PM – 1:45 PM**  
**No class Oct 12**  
\$170.00 / 10 #15704

**WCC | SEP 15 – NOV 24** **TU, 12:30 PM – 2:00 PM**  
**No class Oct 13**  
\$170.00 / 10 #15703

## EDUCATION

**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.

Instructors: Connie Mao and Cynthia Tian

**WCC | SEP 17 – DEC 10** **TH, 10:00 AM – 11:30 AM**  
**No class Oct 29**  
 \$36.00 / 12 #15578

**English Conversation | Intermediate**  
AGES 19+

This volunteer-led class provides participants with an opportunity to practice conversational English in a friendly, supportive environment. Participants take part in various discussions, discover Canadian/Western culture, and share their culture with new friends. Suitable for participants who are able to have simple conversations in English. Registration is required.



Instructor: James Feng

**WCC | SEP 15 – DEC 8** **TU, 10:00 AM – 11:30 AM**  
 \$39.00 / 13 #15580

Instructors: Alice Bradley and Linda Quiney

**WCC | SEP 16 – DEC 9** **W, 1:00 PM – 2:30 PM**  
**No classes Sep 30 Nov 11**  
 \$33.00 / 11 #15576

Instructor: Paniz Pakravan

**OBCC | SEP 17 – DEC 3** **TH, 7:00 PM – 8:30 PM**  
 \$36.00 / 12 #15584

**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

**WCC | SEP 14 – DEC 14** **M, 11:00 AM – 12:30 PM**  
**No class Oct 12**  
 \$39.00 / 13 #15577

**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

**WCC | SEP 17 - NOV 5** **TU, 1:00 PM – 2:30 PM**  
 Free / 8 #16178

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

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

Instructor: Titus Yung

**WCC | SEP 14 – DEC 14** **M, 9:15 AM – 10:45 AM**  
**No class Oct 12**  
 \$39.00 / 13 #15583

UNA

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION  
25 YEARS

# Winter Festival

DEC  
12

10 AM  
TO 1 PM

Old Barn  
Community Centre

Celebrate the season  
with festive fun for the  
whole family!

Learn more: [myuna.ca/events](https://myuna.ca/events)

UNA

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION  
25 YEARS

# WINTER MASQUERADE DANCE PARTY

DECEMBER 18, 2026  
Wesbrook Community  
Centre | 6:30–9 p.m.

An enchanting evening of music, dancing, and holiday cheer.

Visit [myuna.ca/events](https://myuna.ca/events) for event details.

**French | Intermediate AGES 19+**

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

Instructor: Catherine Black

**WCC | SEP 21 – DEC 14** **M, 1:00 PM – 2:30 PM**  
**No class Oct 12**  
 \$180.00 / 12 #15694

**French | Advanced Grammar AGES 19+**

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

Instructor: Catherine Black

**WCC | SEP 21 – DEC 14** **M, 2:30 PM – 3:15 PM**  
**No class Oct 12**  
 \$180.00 / 12 #15698

**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: UNA Volunteer

**OBCC | SEP 17 – DEC 10** **TH, 1:30 PM – 2:30 PM**  
 FREE / 13 #15788

TO ENSURE YOU RECEIVE IMPORTANT  
 REGISTRATION INFORMATION AND  
 WAITLIST NOTIFICATION EMAILS,  
 PLEASE ADD **HELP@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](mailto:hchoi@vsb.bc.ca)

Instructor: Jenny Choi (SWIS)

**WCC | SEP 15, OCT 20, NOV 17, DEC 15** **TU, 12:30 – 2:15 PM**  
 FREE / 4 #15581

**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. Residency documents such as your Citizenship Certificate, Valid Study/Work Permit, Permanent Resident Card, Confirmation of Permanent Residence document, as well as Confirmation or Acknowledgement of Refugee Claim documents are required to attend appointments. Call 604-684-1628.

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。\*咨询时，需出示您的居留身份证件，公民身份证明、有效学习/工作许可、永久居民卡、永久居留确认文件以及难民申请确认或认可文件。预约请致电：604-684-1628。

Instructor: SUCCESS

**WCC | OCT 13, NOV 10, DEC 8** **TU, 9:30 AM – 4:00 PM**  
 FREE / 3 #15582

# 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 a stretching area, stair climber, treadmills, multi-functional squat racks, and free weights.

**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 Old Barn Fitness Centre 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 |



## EDUCATION

### Vancouver Mandarin Parenting Support Group AGES 19+

Parenting Support Groups are free, anonymous, and confidential self-help groups providing parents and caregivers with a safe space to share their stories, build communities, learn new skills, receive emotional support, and discover new services and resources. To register, you can click on [bit.ly/pssreferralform](http://bit.ly/pssreferralform) or email [mandarin4pss@gmail.com](mailto:mandarin4pss@gmail.com).

育儿支持小组是免费、匿名且保密的自助团体，为父母和看护人提供一个安全的空间，让他们能够分享自己的故事、建立社群、学习新技能、获得情感支持，并发现新的服务和资源。如需注册，您可以点击 [bit.ly/pssreferralform](http://bit.ly/pssreferralform) 或发送电子邮件至 [mandarin4pss@gmail.com](mailto:mandarin4pss@gmail.com)

Instructor: Parent Support BC

WCC | SEP 19, OCT 3, 17, NOV 7, 21, DEC 5 SA, 6:00–8:00 PM  
FREE / 6 #15585

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

This is a group session for immigrant parents who reside in the UBC area and have children attending surrounding public schools. Free, presented in person once a month. 免费每月一次实体

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](mailto:emo@vsb.bc.ca)

Instructor: Esaine Mo (SWIS)

WCC | SEP 16, OCT 21, NOV 18 W, 1:00 PM – 2:30 PM  
FREE / 3 #15579

OTHER ● WCC ● OBCC ●



# DROP-IN TODAY

DROP-IN FOR A GAME,  
OR TRY A CLASS  
BEFORE YOU COMMIT.



[myuna.ca/drop-in](http://myuna.ca/drop-in)



**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 August 24, 2026 at 12 pm. To register and learn more about BC Brain Wellness Program, visit [bcbrainwellness.ca](https://bcbrainwellness.ca) or contact 604-827-4386 or [brain.wellness@ubc.ca](mailto:brain.wellness@ubc.ca).

**Instructor: BC Brain Wellness Program Instructor**

**OBCC | SEP 16 – DEC 9** **W, 12:30 PM – 1:30 PM**  
**No classes Sep 30, Nov 11**  
FREE / 11 #15999

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

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

**Instructor: Abby (Yang) Zhang**

**WCC | SEP 15 – DEC 8** **TU, 9:25 AM – 10:25 AM**  
**No classes Oct 13, Oct 20**  
\$165.00 / 11 | Drop-in \$16.00 #15886

**Express Core Pilates in Mandarin**

**AGES 19+**



Express Core Pilates is a fast-paced, results-driven workout designed to ignite your core in just 45 minutes. This class targets the abs, obliques, lower back, and deep stabilizing muscles through dynamic, functional movements and controlled strength exercises. Expect a powerful burn, improved posture, better balance, and a stronger, more defined core without spending hours in the gym. Perfect for all fitness levels, modifications are always provided so you can work at your own intensity. Quick, efficient, and effective; feel the burn and leave stronger.



**45分钟核心普拉提 Express Core Pilates** 是一堂45分钟高效核心普拉提课程，结合动态动作与控制性力量训练，重点强化腹部、侧腰、下背及深层稳定肌群。课程帮助改善体态、增强平衡感与核心力量，打造更紧实有力的身体线条。适合所有程度参加，并提供动作调整，让你按照自己的节奏训练。快速、高效、有感。

**Instructor: Abby (Yang) Zhang**

**WCC | SEP 16 – DEC 9** **W, 9:20 AM – 10:05 AM**  
**No classes Sep 30, Oct 14, Oct 21, Nov 11**  
\$103.50 / 9 | Drop-in \$12.50 #15887

**Express Spin | Morning AGES 18+**

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

**Instructor: Brianne Orr-Alvarez**

**WCC | SEP 14 – DEC 14** **M, 7:15 AM – 7:45 AM**  
**No class Oct 12**  
\$169.00 / 13 | Drop-in \$14.00 #15908

**WCC | SEP 17 – DEC 10** **TH, 7:30 AM – 8:00 AM**  
\$169.00 / 13 | Drop-in \$14.00 #15909

## FITNESS &amp; YOGA

**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

**OBCC | SEP 14 – DEC 14** **M, 7:45 PM – 8:35 PM**  
**No classes Oct 12, Oct 26**  
 \$198.00 / 12 | Drop-in \$17.50 #15917

**OBCC | SEP 16 – DEC 9** **W, 10:00 AM – 10:50 AM**  
**No classes Sep 30, Oct 28, Nov 11**  
 \$165.00 / 10 | Drop-in \$17.50 #15919

**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

**WCC | SEP 17 – DEC 10** **TH, 9:30 AM – 10:30 AM**  
**No classes Oct 15, Oct 22**  
 \$165.00 / 11 | Drop-in \$16.00 #15889

**Pilates Strength Fusion** AGES 19+

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

**Instructor:** Abby (Yang) Zhang

**WCC | SEP 14 – DEC 7** **M, 9:30 AM – 10:30 AM**  
**No classes Oct 12, Oct 19**  
 \$165.00 / 11 | Drop-in \$16.00 #15885

**WCC | SEP 18 – DEC 11** **F, 11:10 AM – 12:10 PM**  
**No classes Oct 16, Oct 23**  
 \$165.00 / 11 | Drop-in \$16.00 #15890

**Spin** AGES 18+

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

**Instructor:** Brianne Orr-Alvarez

**WCC | SEP 20 – DEC 13** **SU, 8:30 AM – 9:15 AM**  
**No classes Oct 11, Nov 8**  
 \$192.50 / 11 | Drop-in \$18.50 #15910

**Spin en Español** AGES 18+

Spin en Español is an indoor cycling class for everyone - from total beginners to members of the Spanish-speaking community. The focus will be on coming together, moving to great music, learning a little Spanish along the way, and building community through exercise and language learning. No experience in cycling or Spanish is required.

**Instructor:** Brianne Orr-Alvarez

**WCC | SEP 15 – DEC 15** **TU, 7:45 PM – 8:30 PM**  
 \$245.00 / 14 | Drop-in \$18.50 #15912

**FITNESS & YOGA**

**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 with the Wesbrook Road Runners in a social atmosphere. The program will include one group run a week, guest speakers on various running topics on Sep 15, Sep 22 and Oct 13, free gait analysis, and a detailed running program.

Instructor: Hanif Teja

**WCC | SEP 1 – OCT 20** **TU, 6:00 PM – 7:00 PM**  
\$96.00 / 8 | Drop-in \$13.00 #15951

**10K in 8 Weeks AGES 16+**

This run clinic is designed for cruisers, pacers, and racers with some previous running experience. Whether you want to run your personal best or just live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The clinic is designed to help runners prepare for the last great run of the year; The Great Trek on October 24, 2026. The program also includes guest speakers on various running topics on Sept 24 and Oct 15.

Instructor: Hanif Teja

**WCC | SEP 3 – OCT 22** **TH, 6:00 PM – 7:00 PM**  
\$96.00 / 8 | Drop-in \$13.00 #15953



**Run Talk Tuesday | Learn to Run Clinic**

**AGES 16+**

Join us for educational talks on various running topics and tips.

Instructor: Alex Evans, Runner Services Assistant at RUNVAN

**THE HISTORY OF THE GREAT TREK**  
**WCC | SEP 15** **TU, 6:00 PM – 7:00 PM**  
FREE / 1 #15985

Instructor: Christine Blanchette, TV host and fitness enthusiast

**RUNNER'S TOOLBOX: TIPS FOR HEALTHY RUNNING**  
**WCC | SEP 22** **TU, 6:00 PM – 7:00 PM**  
FREE / 1 #15980

Instructor: Dr. Rozina Budhwani, chiropractor and running enthusiast

**TIPS FOR INJURY PREVENTION**  
**WCC | OCT 13** **TU, 6:00 PM – 7:00 PM**  
FREE / 1 #15983

**Run Talk Thursday | 10K in 8 Weeks**

**AGES 16+**

Join us for educational talks on various running topics and tips.

Instructor: Christine Blanchette, TV host and fitness enthusiast

**RUNNER'S TOOLBOX: TIPS FOR HILL TRAINING**  
**WCC | SEP 24** **TH, 6:00 PM – 7:00 PM**  
FREE / 1 #15981

Instructor: Alex Northley, UBC REC's Intramural Events Coordinator

**THE HISTORY OF THE GREAT TREK**  
**WCC | OCT 15** **TH, 6:00 PM – 7:00 PM**  
FREE / 1 #15984



## FITNESS & YOGA

### Zumba AGES 19+

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

Instructor: Maryam Baghaeyan

**OBCC | SEP 15 – DEC 15** **TU, 6:15 PM – 7:15 PM**  
\$196.00 / 14 | Drop-in \$15.00 #15934

**WCC | SEP 16 – DEC 9** **W, 6:35 PM – 7:35 PM**  
**No classes Sep 30, Nov 11**  
\$154.00 / 11 | Drop-in \$15.00 #15935

Instructor: Herald Kane Bustamante Cabaddu

**WCC | SEP 19 – DEC 12** **SA, 11:25 AM – 12:25 PM**  
**No class Oct 10**  
\$168.00 / 12 | Drop-in \$15.00 #15916

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

# BEYOND THE MILES

AGES 16+

**SEPTEMBER 15 – OCTOBER 15, 2026**  
**6 P.M. | WESBROOK COMMUNITY CENTRE**

*Join us at Wesbrook for **FREE** educational talks on various topics and tips from guest speakers!*

Whether you're an avid runner, interested in meeting members of UNA run clubs, or just curious to learn, there is a topic for you. Free to join for anyone 16+. Registration is required. Please visit [myuna.ca/programs](https://myuna.ca/programs) and search using key words "run talk".

**For more information, check out [myuna.ca/programs](https://myuna.ca/programs) or contact Hanif Teja at [hanif.teja@myuna.ca](mailto:hanif.teja@myuna.ca).**

### SEPT 15 The History of the Great Trek

Presented by Alex Evans, Runner Services Assistant at RUNVAN.

### SEPT 22 Tips for Healthy Running

Presented by Christine Blanchette, TV host and fitness enthusiast.

### SEPT 24 Tips for Hill Training

Presented by Christine Blanchette, TV host and fitness enthusiast.

### OCT 13 Tips for Injury Prevention

Presented by Dr. Rozina Budhwani, chiropractor and running enthusiast.

### OCT 15 The History of the Great Trek

Presented by Alex Northley, Intramural Events Coordinator at UBC Recreation.



**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**

**WCC | SEP 15 – DEC 8** **TU, 10:35 AM – 11:50 AM**  
\$195.00 / 13 | Drop-in \$16.00 #15894

**Gentle Yoga with Angie** AGES 19+

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

**Instructor: Angie Datt**

**WCC | SEP 18 – DEC 11** **F, 10:00 AM – 11:00 AM**  
\$195.00 / 13 | Drop-in \$16.00 #15899

**Iyengar Yoga with Brian | Fundamentals**

AGES 18+

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

**Instructor: Brian Hogencamp**

**WCC | SEP 22 – OCT 27** **TU, 6:30 PM – 7:30 PM**  
\$120.00 / 6 | Drop-in \$21.00 #15901

**WCC | NOV 3 – DEC 15** **TU, 6:30 PM – 7:30 PM**  
\$140.00 / 7 | Drop-in \$21.00 #15902

**Iyengar Yoga with Brian | Intermediate**

AGES 18+

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

**Instructor: Brian Hogencamp**

**WCC | OCT 1 – NOV 5** **TH, 6:30 PM – 7:45 PM**  
**No class Oct 8**  
\$100.00 / 5 | Drop-in \$21.00 #15904

**WCC | NOV 12 – DEC 3** **TH, 6:30 PM – 7:45 PM**  
\$80.00 / 4 | Drop-in \$21.00 #15905

**Iyengar Yoga with Luci** AGES 17+

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

**Instructor: Luci Yamamoto**

**WCC | SEP 19 – NOV 7** **SA, 10:00 AM – 11:15 AM**  
\$160.00 / 8 | Drop-in \$22.00 #15930

**WCC | NOV 28 – DEC 12** **SA, 10:00 AM – 11:15 AM**  
\$60.00 / 3 | Drop-in \$22.00 #15932

**Lunchtime Yoga** AGES 19+

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

**Instructor: Kate Tsai**

**WCC | SEP 14 – DEC 14** **M, 12:00 PM – 12:45 PM**  
**No classes Oct 12, Nov 9**  
\$156.00 / 12 | Drop-in \$14.00 #15926

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

#### FITNESS & YOGA

### Yoga Fusion in Mandarin AGES 19+

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

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

Instructor: Kate Tsai

WCC | SEP 16 – DEC 9 W, 1:15 PM – 2:15 PM

No classes Sep 30, Nov 4, Nov 11

\$130.00 / 10 | Drop-in \$14.00 #15928

### Yoga in Mandarin with Kate AGES 19+

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

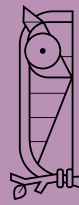
无论你想保持体态、增加关节活动力、放松紧绷的肌肉或减低压力，瑜伽都可以帮助你。在这个课程里，我们通过瑜伽体式，在站姿与躺坐姿间进行流动。着重对身体的觉察，对位的提醒，进而达到肌耐力、专注力与控制力的提升。体式的变式在课程中也会提及，让不同程度的学员可以依据个人的能力练习。欢迎初学者。

Instructor: Kate Tsai

WCC | SEP 14 – DEC 14 M, 10:45 AM – 11:45 AM

No classes Oct 12, Nov 9

\$156.00 / 12 | Drop-in \$14.00 #15927



# THE CAMPUS RESIDENT

IS YOUR SOURCE FOR LOCAL NEWS

## CALL FOR VOLUNTEERS

### Are you passionate about local journalism?

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

### Ready to start?

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



### WE'RE ONLINE

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



### DELIVERED TO YOUR EMAIL

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

## ADULTS PROGRAMS

### MARTIAL ARTS

#### Karate: Fundamentals 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

**WCC | SEP 15 – DEC 15** **TU, 7:15 PM – 8:15 PM**  
**No class Sep 29**  
\$208.00 / 13 #15802

**WCC | SEP 17 – DEC 3** **TH, 5:45 PM – 6:45 PM**  
\$192.00 / 12 #15811

**OBCC | SEP 18 – DEC 11** **F, 7:00 PM – 8:00 PM**  
\$208.00 / 13 #15822

#### Karate: Parent and Child 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 are required to sign up 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

**WCC | SEP 15 – DEC 15** **TU, 6:30 PM – 7:15 PM**  
**No class Sep 29**  
\$208.00 / 13 #15800

**OBCC | SEP 18 – DEC 11** **F, 6:15 PM – 7:00 PM**  
\$208.00 / 13 #15821

#### Karate: Kickboxing and Fitness AGES 19+

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

Instructor: Kumakai Karate

**WCC | SEP 17 – DEC 3** **TH, 6:45 PM – 7:45 PM**  
\$192.00 / 12 #15729

## 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](https://myuna.ca/careers)



**MARTIAL ARTS****Karate: Youth and Adult AGES 19+**

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

Instructor: Kumakai Karate

**WCC | SEP 15 – DEC 15** **TU, 8:15 PM – 9:15 PM**  
**No class Sep 29**  
 \$208.00 / 13 #15806

**WCC | SEP 17 – DEC 3** **TH, 8:00 PM – 9:00 PM**  
 \$192.00 / 12 #15819

**Tai Chi AGES 19+**

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

Instructor: UNA Volunteer

**WCC | SEP 14 – DEC 16** **M-F, 8:45 AM – 9:45 AM**  
**No classes Sep 30, Oct 12, Oct 30, Nov 11**  
 FREE / 63 #16044

**SPORTS****Badminton AGES 19+**

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

**WCC | SEP 14 – DEC 14** **M, 2:00 PM – 3:30 PM**  
**No classes Sep 21, Oct 12**  
 \$60.00 / 12 | Drop-in \$6.50 #15771

**WCC | SEP 18 – DEC 11** **F, 2:00 PM – 3:30 PM**  
**No classes Oct 23, Oct 30, Nov 20**  
 \$50.00 / 10 | Drop-in \$6.50 #15766

**WCC | SEP 18 – DEC 11** **F, 7:45 PM – 9:15 PM**  
**No class Oct 30**  
 \$60.00 / 12 | Drop-in \$6.50 #15769

**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. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

**WCC | SEP 15 – DEC 15** **TU, 11:30 AM – 1:00 PM**  
**No class Sep 29**  
 Drop-in \$6.50 ea / 13 #15787

**WCC | SEP 20 – DEC 13** **SU, 5:45 PM – 7:15 PM**  
**No class Nov 8**  
 Drop-in \$6.50 ea / 12 #15782

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

## ADULTS PROGRAMS



### SPORTS

#### 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.

**WCC | SEP 17 – DEC 3** **TH, 8:00 PM – 9:30 PM**  
\$60.00 / 12 | Drop-in \$6.50 #15785

#### Basketball Drop-In AGES 18+

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

**WCC | SEP 14 – DEC 14** **M, 8:15 PM – 9:45 PM**  
**No class Oct 12**  
Drop-in \$6.50 ea / 13 #15776

#### Pickleball AGES 19+

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

**WCC | SEP 18 – DEC 11** **F, 10:30 AM – 12:00 PM**  
**No classes Oct 23, Nov 20**  
\$55.00 / 11 | Drop-in \$6.50 #15764

**WCC | SEP 20 – DEC 13** **SU, 3:45 PM – 5:15 PM**  
**No classes Oct 11, Nov 8**  
\$55.00 / 11 | Drop-in \$6.50 #15780

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

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

Instructor: Chris Koentges

**WCC | SEP 16 – DEC 9** **W, 11:55 AM – 1:25 PM**  
**No classes Sep 30, Nov 11**  
\$275.00 / 11 | Drop-in \$25.00 #15838

**WCC | NOV 15 – DEC 13** **SU, 10:45 AM – 12:15 PM**  
\$125.00 / 5 | Drop-in \$25.00 #15840

#### Pickleball Lessons | Intermediate AGES 18+

Improve at pickleball. Participants experiment and expand technique through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more. Suitable for those with some experience or for those who have completed the beginner program. Participants are required to bring a paddle.

Instructor: Chris Koentges

**WCC | SEP 16 – DEC 9** **W, 10:20 AM – 11:50 AM**  
**No classes Sep 30, Nov 11**  
\$275.00 / 11 | Drop-in \$25.00 #15837

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

A session for thoughtful intermediate players interested in honing their soft game. Emphasis on soft game, positional play, strategy, and how to be a good doubles partner. The instructor will arrange games and circulate through the gym to offer tips. Note: This is a FRIENDLY development session for players who have been assessed at 2.75+. Please contact the programmer or instructor if you require more information.

Instructor: Chris Koentges

**WCC | SEP 16 – DEC 9** **W, 8:45 AM – 10:15 AM**  
**No classes Sep 30, Nov 11**  
\$165.00 / 11 | Drop-in \$15.00 #15836

**WCC | SEP 20, OCT 18, NOV 15, DEC 13** **SU, 9:00 – 10:30 AM**  
\$60.00 / 4 | Drop-in \$15.00 #16139

**Pickleball Lessons | Advanced Doubles****AGES 17+**

Practise pickleball in pairs. Participants refine and challenge their skills through drills and fast-paced matches that require advanced footwork, positioning and teamwork. Registration in pairs is ideal. Each individual must register separately. Single players will also be accommodated. Suitable for experienced players and confident athletes. Participants are required to bring a paddle.

**Instructor: Chris Koentges**

**WCC | SEP 18 – DEC 11** **F, 8:45 AM – 10:15 AM**  
**No classes Oct 23, Nov 20**  
 \$275.00 / 11 | Drop-in \$25.00 #15839

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

Practice competitive pickleball. Advanced students push their skills through drills and fast-paced matches that require advanced footwork, positioning and true teamwork. Suitable for experienced players and confident athletes. Participants are required to bring a paddle.

**Instructor: Chris Koentges**

**WCC | SEP 20 – OCT 25** **SU, 10:45 AM – 12:15 PM**  
**No class Oct 11**  
 \$125.00 / 5 | Drop-in \$25.00 #16140

**Drop-In Pickleball****AGES 18+**

Drop-in and play pickleball. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

**WCC | SEP 17 – DEC 10** **TH, 2:00 PM – 3:30 PM**  
 Drop-in \$6.50 ea / 13 #15786

**WCC | SEP 19 – DEC 12** **SA, 6:00 PM – 7:15 PM**  
**No class Nov 7**  
 Drop-in \$6.50 ea / 12 #15778

**Table Tennis****AGES 19+**

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

**WCC | SEP 16 – DEC 9** **W, 2:00 PM – 3:30 PM**  
**No classes Sep 30, Nov 11**  
 \$55.00 / 11 | Drop-in \$6.50 #15789

**WCC | SEP 18 – DEC 11** **F, 12:15 PM – 1:45 PM**  
**No classes Oct 23, Oct 30, Nov 20**  
 \$50.00 / 10 | Drop-in \$6.50 #15765

**Drop-In Table Tennis****AGES 19+**

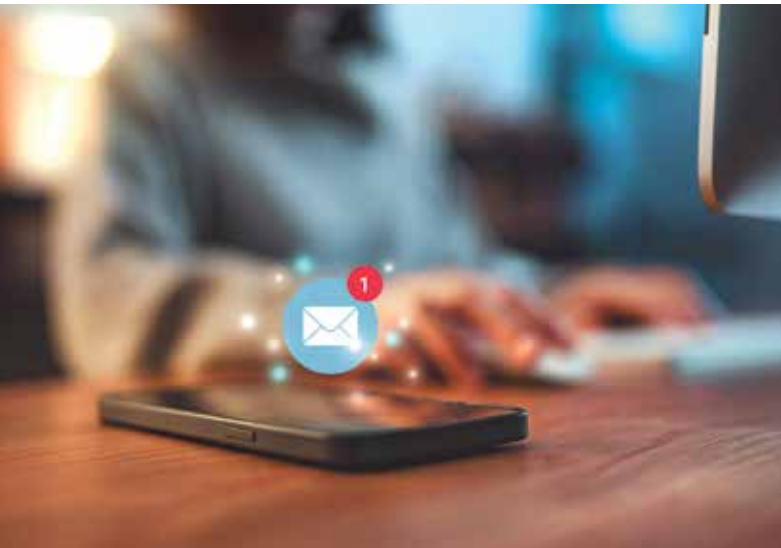
Drop-in and play table tennis. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

**WCC | SEP 3** **TH, 9:00 AM – 10:30 AM**  
 Drop-in \$6.50 ea / 1 #16024

**WCC | SEP 14 – DEC 14** **M, 11:45 AM – 1:15 PM**  
**No class Sep 21**  
 Drop-in \$6.50 ea / 13 #15775



# 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.



## SPORTS

### Soccer Skills for Women AGES 19+

Learn soccer from a pro. Participants are guided by Heather, a former professional soccer player, to learn and improve basic skills in a fun and supportive environment. Instruction is in Mandarin and English. Anyone who identifies as a woman is welcome. Registration is required.

Instructor: Heather Chen

WCC | SEP 17 – DEC 10

TH, 11:30 AM – 12:30 PM

FREE / 13

#15795

### Volleyball AGES 19+

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

WCC | SEP 14 – DEC 14

M, 6:15 PM – 7:45 PM

No class Oct 12

\$65.00 / 13 | Drop-in \$6.50

#15774

### Drop-In Volleyball AGES 19+

Drop-in and play volleyball. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

WCC | SEP 16 – DEC 9

W, 7:45 PM – 9:15 PM

No classes Sep 30, Nov 11

Drop-in \$6.50 ea / 11

#15790

**Newcomers Support Program** AGES 19+

This free series is designed for newcomers who have arrived in the province within the past five years, or for anyone who feels they would benefit from newcomer support. A different topic will be explored each week. Participants are welcome to attend the sessions that match their interests and availability. There is no need to attend every session. Session topics will be announced between one week and one month in advance. For questions or more information, please email [peng.wang@myuna.ca](mailto:peng.wang@myuna.ca).

**WCC | SEP 19 – DEC 5** **SA, 10:00 AM – 11:30 AM**  
**No classes Oct 10, Oct 31**  
 FREE / 10 #15636

**Seniors Open House: Mahjong | English & Mandarin** AGES 19+

Join our regular Mahjong group on a special class aimed at welcoming new members into the community. New players welcome! This program will be a part of the UNA Seniors Open House event. Match sets and pairs in this classical Chinese game of tiles. Participants learn to play, improve their understanding, skill and speed in handling the tiles, while making friends in a social setting. Everyone aged 19+ is welcome. Experience with Mahjong is not required.

Instructor: UNA Volunteer

**WCC | SEP 10** **TH, 1:00 PM – 3:00 PM**  
 FREE / 1

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

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

Instructor: Judy Burge

**OBCC | SEPT 16 – DEC 9** **W, 7:00 PM – 8:30 PM**  
**No classes Sep 30, Nov 11**  
 FREE / 12 #15731

**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.

**Sep 27:** *Floating City* by Sakamoto Kerri  
**Oct 25:** *There Are Rivers in the Sky* by Elif Shafak  
**Nov 29:** *The Story of Arthur Truluv* by Elizabeth Berg

Instructors: Andrea Garcia

**WCC | SEP 27, OCT 25, NOV 29** **SU, 10:00 AM – 12:00 PM**  
 FREE / 3 #15674

**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.

Instructors: Alice Bradley and Dorota Mann

**OBCC | SEP 15 – DEC 15** **TU, 12:00 PM – 1:30 PM**  
 FREE / 14 #1578

**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, unstructured drop-in program. Please register at the front desk upon arrival.

Instructor: UNA Volunteer

**WCC | SEP 20 – DEC 13** **SU, 1:00 PM – 3:00 PM**  
**No classes Oct 11, Nov 8**  
 FREE / 11 #15734

# OLDER ADULTS PROGRAMS

## ARTS

### Seniors Open House: Art Studio for Seniors AGES: 55+



Join our regular Art Studio for Seniors group on a special class aimed at welcoming new members into the community. 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

WCC | SEP 10 TH, 9:30 PM – 11:30 PM  
FREE / 1 #16202

### 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

WCC | SEP 17 – DEC 10 TH, 9:30 AM – 11:30 AM  
FREE / 13 #15690

### Chinese Dance for Seniors AGES 55+

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

Instructor: UNA Volunteer

OBCC | SEP 20 – DEC 13 SU, 3:30 PM – 5:00 PM  
No class Oct 11  
FREE / 12 #15688

### Dance Party For Seniors AGES 55+



Hit the dance floor and groove to a variety of classic tunes, featuring a mix of rock and roll, pop, folk, and other fun dance styles! No dance partner needed! When you're ready for a break, rest in our seating area and enjoy connecting with others who share your love of music. Registration is required.

Instructor: UNA Volunteer

WCC | SEP 18 – DEC 11 F, 7:00 PM – 9:00 PM  
No class Oct 30  
FREE / 12 #15687

### Seniors Open House: Senior Choir AGES 55+

Join our regular group for a special class to welcome new members with experience reading music and learning melodies independently, who are committed to attending weekly practices. This four-part harmony choir sings songs in English and Mandarin. Registration required.



Instructor: UNA Volunteer

WCC | SEP 10 TH, 12:00 PM – 1:30 PM  
FREE / 1 #16203

### 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 required.

Instructor: UNA Volunteer

OBCC | SEP 16 – DEC 9 W, 9:15 AM – 10:45 AM  
No classes Sep 30, Nov 11  
FREE / 11 #15681

## EDUCATION

### Safety and Preparedness Series AGES 45+



Join monthly seminars on Safety and Preparedness. This is a volunteer-led program. Registration is required.

Instructor: UNA Volunteer

WCC | OCT 29 TH, 11:00 AM – 12:30 PM  
FREE / 1 #15964

WCC | NOV 26 TH, 11:00 AM – 12:30 PM  
FREE / 1 #15965

**English ABCs for Seniors** AGES 55+

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

**Instructor:** Sabrina Huang

**WCC | SEP 20 – DEC 13** **SU, 10:00 AM – 11:30 AM**  
**No class Nov 8**  
 FREE / 12 #15689

**Finding Ease Workshop** AGES 55+

This 4-month mindfulness series offers a space to pause, reconnect, and cultivate greater ease within yourself and in relationship with others. Each 60-minute session explores a different theme through guided practice, reflection, and discussion. You'll learn simple, practical tools to support greater awareness and well-being in daily life. An optional 15-minute office hour follows each session for additional questions and sharing. Join a single workshop as an introduction to mindfulness or attend the full series to deepen your understanding and experience the benefits of ongoing practice. Suitable for beginners and anyone wishing to refresh or deepen their practice.

**Instructor:** Mitsuyo Ikari

**Intro to Mindfulness: Finding Your Anchor**

This welcoming session introduces the foundations of mindfulness in a simple, practical way. Together, we'll explore what mindfulness is (and isn't), and how to establish a steady home base using the body, breath, and other anchors. You'll be guided through gentle practices to help settle the mind and nervous system, and connect with the present moment. We'll also create a supportive group environment with clear guidelines and a chance to reflect on what brings you here.



**WCC | SEP 19** **SA, 12:15 PM – 1:30 PM**  
 \$14.00 / 1 #16126

**OLDER ADULTS**  
PROGRAMS**Coming Home to the Body: Working with Emotions**

In this session, we deepen our practice by using bodily sensations as an anchor for awareness. You'll explore how emotions show up physically and how tuning into these sensations can support emotional balance and understanding. Through guided meditation, we'll practice noticing sensations and meeting emotions with curiosity rather than resistance. This workshop offers practical tools to navigate everyday stress and reactivity.

**WCC | OCT 17** **SA, 12:15 PM – 1:30 PM**  
 \$14.00 / 1 #16131

**Understanding the Mind: Relating to Thoughts**

This session focuses on becoming more aware of thinking patterns and exploring our relationship to thoughts. Through simple and engaging exercises—such as noticing and gently labeling thoughts—you'll learn to observe the mind with more clarity and less judgment. Guided meditations will include awareness of sounds and thoughts, helping you develop steadiness and perspective. This workshop supports greater ease in responding to worry, overthinking, and mental busyness.

**WCC | NOV 14** **SA, 12:15 PM – 1:30 PM**  
 \$14.00 / 1 #16133

**Cultivating Kindness: Opening the Heart**

Building on the foundations developed throughout the series, you'll be introduced to a gentle and powerful practice that supports the cultivation of goodwill toward yourself and others. We'll explore phrases and intentions that support warmth, care, and connection. This practice can help soften self-criticism, strengthen resilience, and nurture a sense of belonging. Whether you're new or continuing from previous sessions, this workshop offers a meaningful way to integrate mindfulness into daily life through kindness.

**WCC | DEC 12** **SA, 12:15 PM – 1:30 PM**  
 \$14.00 / 1 #16135

## OLDER ADULTS PROGRAMS

### EDUCATION

#### Healthy Aging Seminar Series AGES 45+

Join monthly seminars on healthy aging. This is a volunteer-led program. Registration is required.

Instructor: UNA Volunteer

**WCC | SEP 17** **TH, 11:00 AM – 12:30 PM**  
FREE / 1 #15906

**WCC | OCT 15** **TH, 11:00 AM – 12:30 PM**  
FREE / 1 #15913

**WCC | NOV 12** **TH, 11:00 AM – 12:30 PM**  
FREE / 1 #15914

**WCC | DEC 3** **TH, 11:00 AM – 12:30 PM**  
FREE / 1 #15915

#### Transit Education Workshop For Seniors

AGES 55+

Learn how to use public transit to access green space with confidence. The session includes an interactive workshop

by Better Environmentally Sound Transportation (BEST) on using transit to access green spaces, a guided group transit ride to Jericho Beach Park, Trishaw rides in Jericho Beach Park in collaboration with Vancouver Cycling Without Age (VCWA) and a transit ride back to Westbrook Community Centre. Limited spots available for the bus excursion and priority given to folks who can attend both the education workshop and the excursion.

This workshop is funded by Translink, in collaboration with Better Environmentally Sound Transportation (BEST) and Vancouver Cycling Without Age (VCWA).

Instructors: UNA Staff, BEST Mobility and VCWA

**WCC | SEP 26** **SA, 12:30 PM – 4:30 PM**  
FREE / 1 #15966



### 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

**BALM | SEP 14 – DEC 14** **M, 1:30 PM – 2:20 PM**  
**No classes Oct 12, Oct 26**  
\$96.00 / 12 | Drop-in \$9.00 #15921

**BALM | SEP 17 – DEC 10** **TH, 1:30 PM – 2:20 PM**  
**No class Oct 29**  
\$96.00 / 12 | Drop-in \$9.00 #15922

#### 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. This program is open to residents of West Hampstead.

Instructor: Hanif Teja

**W.HAM | SEP 15 – DEC 15** **TU, 1:00 PM – 1:50 PM**  
**No class Oct 27**  
\$104.00 / 13 | Drop-in \$9.00 #15924

#### Seniors Open House: 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 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. Registration required.

Instructor: Hanif Teja

**WCC | SEP 10** **TH, 12:15 PM – 12:45 PM**  
FREE / 1 #16006

## Functional Strength for Older Adults

AGES 45+

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

Instructor: Hanif Teja

WCC | SEP 17 – DEC 10 TH, 12:15 PM – 12:45 PM  
No class Oct 29  
\$84.00 / 12 | Drop-in \$8.00 #15925

## Seniors Open House: 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. Registration is required.

Instructor: Angie Datt

WCC | SEP 10 TH, 10:00 AM – 11:00 AM  
FREE / 1 #16005

## 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 group classes have a low participant-to-instructor ratio and provide a supportive environment. Osteofit instructors are trained and certified by BC Women's Hospital Health Centre.

Instructor: Angie Datt

WCC | SEP 14 – DEC 7 M, 1:00 PM – 2:00 PM  
No class Oct 12  
\$120.00 / 12 | Drop-in \$11.00 #15892

WCC | SEP 17 – DEC 10 TH, 11:00 AM – 12:00 PM  
\$130.00 / 13 | Drop-in \$11.00 #15897

## OLDER ADULTS PROGRAMS

## Seniors Open House: Chair Yoga with Angie

AGES 45+



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

Instructor: Angie Datt

WCC | SEP 10 TH, 1:00 PM – 2:00 PM  
FREE / 1 #16007

## Chair Yoga with Angie

AGES 45+

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

Instructor: Angie Datt

WCC | SEP 17 – DEC 10 TH, 1:00 PM – 2:00 PM  
\$130.00 / 13 | Drop-in \$11.00 #15895

## 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

WCC | SEP 15 – DEC 15 TU, 1:30 PM – 3:00 PM  
No class Sep 29  
FREE / 13 #15679

## OLDER ADULTS PROGRAMS

### SPORTS

#### Seniors Open House: Pickleball for Seniors Drop-In 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 required.

WCC | SEP 10  
FREE / 1

TH, 12:45 PM – 1:45 PM  
#16154

#### Pickleball for Seniors AGES 55+

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

WCC | SEP 14 – DEC 14  
No classes Oct 12, Sep 21  
37.80 / 12 | Drop-in \$4.15

M, 8:45 AM – 10:00 AM  
#15670

WCC | SEP 17 – DEC 10  
32.50 / 13 | Drop-in \$3.50

TH, 12:45 PM – 1:45 PM  
#16137

#### Badminton for Seniors AGES 55+

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

WCC | SEP 16 – DEC 16  
52.50 / 14 | Drop-in \$4.75

W, 2:00 PM – 3:30 PM  
#15680

WCC | SEP 18 – DEC 11  
No classes Oct 23, Oct 30, Nov 20  
31.50 / 10 | Drop-in \$4.15

F, 12:30 PM – 1:45 PM  
#15682

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

#### Seniors Open House: Badminton for Seniors Drop-In AGES 55+



Join our Badminton for Seniors Drop-in aimed at welcoming new members into the community in a fun, social setting. These uninstructed sessions are open to seniors ages 55+ of all skill levels. Bring your own racket.

WCC | SEP 10  
FREE / 1

TH, 11:00 PM – 12:15 PM  
#16154

#### Seniors Open House: Table Tennis for Seniors Drop-In AGES 55+



Join our Table Tennis for Seniors Drop-in aimed at welcoming new members into the community in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

WCC | SEP 10  
FREE / 1

TH, 11:00 PM – 12:15 PM  
#16158

#### Table Tennis for Seniors AGES 55+

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

WCC | SEP 18 – DEC 11  
No classes Nov 20, Oct 23, Oct 30  
31.50 / 10 | Drop-in \$3.15

F, 2:15 PM – 3:30 PM  
#15683

#### Seniors Open House: Seniors' Gym AGES 55+

Join our regular Seniors Gym group on a special class aimed at welcoming new members into the community. Participants ages 55+ can stay healthy and active by joining volunteer-led games and activities in Seniors' Gym! Registration required.

Instructor: UNA Volunteer



WCC | SEP 10  
FREE / 1

TH, 9:30 AM – 10:30 AM  
#16155

#### Seniors' Gym AGES 55+

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

Instructor: UNA Volunteer

WCC | SEP 14 – DEC 14  
No classes Sep 21, Oct 12  
FREE / 13

M, 10:15 AM – 11:15 AM  
#15672

**Tea and Games** AGES 55+

Love playing games? Join other boardgamers for a game or two. Don't know how to play, no worries we will teach or learn together. There is a collection of games available for use, but feel free to bring your own. Coffee and tea will be provided. Limited spots available and registration required.

Instructor: UNA Volunteer

WCC | SEP 15 – DEC 15      TU, 12:30 PM – 3:30 PM  
FREE / 14      #15675

**Soups and Social**

AGES 55+

Connect and nourish at Soups and Social. Join us each month more a cozy lunch where you can enjoy delicious homemade soup and connect with friends both familiar and new!



WCC | SEP 24      TH, 11:00 AM – 12:30 PM  
\$3.50 / 1      #15945

WCC | OCT 22      TH, 11:00 AM – 12:30 PM  
\$3.50 / 1      #15947

WCC | NOV 19      TH, 11:00 AM – 12:30 PM  
\$3.50 / 1      #15948

WCC | DEC 10      TH, 11:00 AM – 12:30 PM  
\$3.50 / 1      #15950

**Chinese Pocket Card Games for Seniors | Drop-In** AGES 65+

Ready, set, play! Come play Chinese Pocket Card Games with friends in a relaxed and social setting. Space is limited to 14 participants who are able to attend for the entire 3-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start). This program is free of charge. Come play, connect, and enjoy!

Instructor: UNA Volunteer

WCC | SEP 18 – DEC 11      F, 10:00 AM – 1:00 PM  
FREE / 13      #15684

**OLDER ADULTS  
PROGRAMS****Walk and Talk Club | Monday** AGES 19+

Explore the outdoors, socialize and boost fitness at the Walk and Talk Club's Monday morning walks. 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 11:45am onwards. Registration is required for this no-cost program.

Instructor: Helen Aqua

WCC | SEP 14 – DEC 14      M, 10:00 AM – 1:00 PM  
FREE / 14      #15669

**Walk and Talk Club | Tuesday** AGES 19+

Explore the outdoors, socialize and boost fitness with the Walk and Talk Club's Tuesday morning walk. This walk is designed for people who wish or must walk with a slower pace and travel a shorter distance more comfortably than the original Monday walks. You will experience parts of 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 use walking sticks, walkers, or canes to assist you. Registration is required for this no-cost program.

Instructor: Helen Aqua

WCC | SEP 15 – DEC 15      TU, 10:00 AM – 11:30 AM  
FREE / 14      #15673

**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: UNA Volunteer

WCC | SEP 15 – DEC 15      TU, 10:00 AM – 12:30 PM  
FREE / 14      #16166

## OLDER ADULTS PROGRAMS

### SOCIAL

#### Community Digital Support | Drop-In

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. This is a free, volunteer-led drop-in program. Registration can be done at the Front Desk on arrival.

Instructor: UNA Volunteer

WCC | SEP 19 – DEC 12

SA, 10:00 AM – 12:00 PM

FREE / 13

#16152

#### Seniors Open House: Bridge | Drop In AGES 19+

Join our regular Bridge group on a special class aimed at welcoming new members into the community. Sharpen your Bridge card game and play this captivating, challenging and strategic trick-taking card game. You should have strong knowledge, including how to bid and play the game. Space is limited to 16 participants. Registration is required at the Front Desk before joining each session.



Instructor: UNA Volunteer

WCC | SEP 10

TH, 10:00 AM – 12:30 PM

FREE / 1

#16204

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

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

Instructor: UNA Volunteer

WCC | SEP 17 – DEC 10

TH, 10:00 AM – 12:30 PM

FREE / 13

#15691

#### Song Circle for Seniors AGES 55+

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

Instructor: UNA Volunteer

WCC | SEP 15 – DEC 15

TU, 10:00 AM – 12:00 PM

FREE / 12

#15677

#### Seniors Open House: Mahjong | Drop In AGES 19+



Join our regular Mahjong group on a special class aimed at welcoming new members into the community. New players welcome! Join us for this classic Chinese game of tiles in a relaxed and social setting. No experience is necessary, just bring your curiosity and enjoy the fun! If you're new to Mahjong, be sure to attend the first two sessions of the season, when friendly guidance will be provided. After these two sessions, no further instruction will be given, and play will be self-guided, so beginners won't want to miss out! Space is limited to 14 participants who are able to attend for the entire 2-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start).

Instructor: UNA Volunteer

WCC | SEP 10

TH, 1:00 PM – 3:00 PM

FREE / 1

#16205

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

Join us for this classic Chinese game of tiles in a relaxed and social setting. No experience is necessary, just bring your curiosity and enjoy the fun! If you're new to Mahjong, be sure to attend the first two sessions of the season, when friendly guidance will be provided. After these two sessions, no further instruction will be given, and play will be self-guided, so beginners won't want to miss out! Space is limited to 14 participants who are able to attend for the entire 2-hour session. Please register at the Front Desk before each session (registration opens 30 minutes before and closes 30 minutes after the start).

Instructor: UNA Volunteer

WCC | SEP 14 – DEC 14

M, 1:00 PM – 3:00 PM

FREE / 14

#15671

# INDEX & SCHEDULE

| Course ID                        | Program                                     | Age        | First Date | Day | Start Time | Location | Mandarin Translation |
|----------------------------------|---------------------------------------------|------------|------------|-----|------------|----------|----------------------|
| <b>COMMUNITY EVENTS - PAGE 8</b> |                                             |            |            |     |            |          |                      |
|                                  | Neighbours Day                              | All Ages   | Sep 12     | Sat | 11:00 AM   | WCC      | 邻里日                  |
| 15791                            | Family Movie Night                          | All Ages   | Sep 19     | Sat | 6:00 PM    | OBCC     | 家庭电影之夜               |
| 16162                            | Family Pumpkin Carving                      | All Ages   | Oct 23     | Fri | 3:30 PM    | WCC      | 家庭南瓜雕刻               |
| 16163                            | Family Pumpkin Carving                      | All Ages   | Oct 23     | Fri | 4:40 PM    | WCC      | 家庭南瓜雕刻               |
| 16164                            | Family Pumpkin Carving                      | All Ages   | Oct 23     | Fri | 5:50 PM    | WCC      | 家庭南瓜雕刻               |
|                                  | Halloween                                   | All Ages   | Oct 30     | Fri | 4:00 PM    | WCC      | 万圣节                  |
|                                  | Diwali                                      | All Ages   | Nov 08     | Sun | 2:00 PM    | WCC      | 排灯节                  |
| 15781                            | Baby and Toddler Clothing Swap              | All Ages   | Nov 21     | Sat | 12:00 PM   | WCC      | 婴幼儿服装交换会             |
|                                  | Don't Tell Comedy                           | Ages 19+   | Nov 21     | Sat | 8:00 PM    | Secret   | 单口喜剧                 |
|                                  | Winter Festival                             | All Ages   | Dec 12     | Sat | 10:00 AM   | OBCC     | 圣诞节                  |
|                                  | Winter Masquerade Dance Party               | All Ages   | Dec 18     | Fri | 6:30 PM    | WCC      | 冬季化妆舞会               |
| <b>ALL AGES - PAGE 11</b>        |                                             |            |            |     |            |          |                      |
| 16159                            | Flute and Recorder                          | Ages 6+    | Sep 20     | Sun | 1:30 PM    | WCC      | 长笛与竖笛   周日           |
| 15881                            | Piano                                       | Ages 5+    | Sep 17     | Thu | 3:30 PM    | WCC      | 钢琴                   |
| 15880                            | Piano                                       | Ages 5+    | Sep 19     | Sat | 10:00 AM   | WCC      | 钢琴                   |
| 15976                            | Piano                                       | Ages 5+    | Sep 18     | Fri | 3:30 PM    | WCC      | 钢琴                   |
| 15977                            | Guitar                                      | Ages 8+    | Sep 18     | Fri | 3:30 PM    | WCC      | 吉他                   |
| 15971                            | Group Guitar I Beginner                     | Ages 14+   | Sep 14     | Mon | 6:30 PM    | WCC      | 吉他小班课-初级             |
| 15971                            | Group Guitar I Intermediate                 | Ages 14+   | Sep 14     | Mon | 7:30 PM    | WCC      | 吉他小班课 - 中级           |
| 15879                            | Violin                                      | Ages 5+    | Sep 17     | Thu | 3:30 PM    | WCC      | 小提琴                  |
| 16128                            | Food with Friends                           | All Ages   | Oct 6      | Tue | 6:00 PM    | WCC      | 美食与朋友                |
| 16127                            | Food with Friends                           | All Ages   | Oct 20     | Tue | 6:00 PM    | WCC      | 美食与朋友                |
| 16129                            | Food with Friends                           | All Ages   | Nov 17     | Tue | 6:00 PM    | WCC      | 美食与朋友                |
| 15794                            | Community Board Game Night                  | All Ages   | Sep 18     | Fri | 6:00 PM    | WCC      | 社区棋盘游戏之夜             |
| 15779                            | Drop-In Family Badminton                    | All Ages   | Sep 19     | Sat | 8:45 AM    | WCC      | 家庭羽毛球                |
| 15783                            | Drop-In Family Pickleball                   | All Ages   | Sep 20     | Sun | 9:00 AM    | WCC      | 家庭匹克球                |
| 15986                            | K-Pop Hip-Hop I Pro-D Day Camp              | Ages 6-10  | Sep 21     | Mon | 9:00 AM    | WCC      | 韩式嘻哈营                |
| 15988                            | K-Pop Hip-Hop I Pro-D Day Camp              | Ages 6-10  | Oct 23     | Fri | 9:00 AM    | WCC      | 韩式嘻哈营                |
| 15987                            | Sportball: Pro-D Day Multi-Sport Camp       | Ages 6-10  | Nov 20     | Fri | 9:00 AM    | WCC      | Pro-D球类营             |
| <b>TRY IT WEEK - PAGE 14</b>     |                                             |            |            |     |            |          |                      |
| 16141                            | Try It Week: AI Adventure Lab               | Ages 9-14  | Sep 08     | Tue | 6:00 PM    | WCC      | 人工智能探险实验室            |
| 16146                            | Try It Week: Karate: Kickboxing and Fitness | Ages 8-12  | Sep 10     | Thu | 6:45 PM    | WCC      | 家庭空手道                |
| 16142                            | Try It Week: Karate: Parent and Child       | Ages 4-7   | Sep 08     | Tue | 6:30 PM    | WCC      | 亲子空手道                |
| 16147                            | Try It Week: Karate: Kickboxing and Fitness | Ages 13-18 | Sep 10     | Thu | 6:45 PM    | WCC      | 家庭空手道                |
| 16176                            | Try It Week: Improv                         | Ages 19+   | Sep 10     | Thu | 6:30 PM    | WCC      | 试听体验周: 即兴表演          |
| 15957                            | Try It Week: Express Spin                   | Ages 18+   | Sep 10     | Thu | 7:30 AM    | WCC      | 急速单车                 |
| 15958                            | Try It Week: Pilates Strength Fusion        | Ages 19+   | Sep 11     | Fri | 11:10 AM   | WCC      | 体验周: 普拉提力量融合         |
| 15955                            | Try It Week: Iyengar Yoga with Brian        | Ages 18+   | Sep 08     | Tue | 6:30 PM    | WCC      | 体验周: Brian 艾扬格瑜伽     |
| 15956                            | Try It Week: Yoga Fusion in Mandarin        | Ages 19+   | Sep 9      | Wed | 1:15 PM    | WCC      | 体验周: Kate 中文瑜伽       |
| 16148                            | Try It Week: Karate: Kickboxing and Fitness | Ages 19+   | Sep 10     | Thu | 6:45 PM    | WCC      | 家庭空手道                |
| 16143                            | Try It Week: Karate: Parent and Child (19+) | Ages 19+   | Sep 08     | Tue | 6:30 PM    | WCC      | 亲子空手道                |
| <b>EARLY YEARS - PAGE 18</b>     |                                             |            |            |     |            |          |                      |
| 15990                            | Parent & Child: Hip-Hop                     | Ages 2-5   | Sep 19     | Sat | 9:30 AM    | OBCC     | 亲子嘻哈舞                |
| 15907                            | Parents / Guardians and Me Dance Class      | Ages 0-3   | Sep 14     | Mon | 3:30 PM    | WCC      | 亲子舞蹈班                |

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| <b>EARLY YEARS - PAGE 18</b> |                                              |            |            |       |            |          |                      |
| 15949                        | Preschool Ballet                             | Ages 3-5   | Sep 20     | Sun   | 12:30 PM   | WCC      | 学前芭蕾                 |
| 15911                        | Preschool Ballet                             | Ages 3-4   | Sep 16     | Wed   | 3:30 PM    | WCC      | 学前芭蕾                 |
| 15933                        | Preschool Dance                              | Ages 2-3   | Sep 20     | Sun   | 9:30 AM    | WCC      | 学前舞蹈                 |
| 15940                        | Group Piano for Preschoolers                 | Ages 3-5   | Sep 20     | Sun   | 12:50 PM   | OBCC     | 学前小班钢琴               |
| 15943                        | Group Ukulele Circle                         | Ages 3-5   | Sep 20     | Sun   | 12:00 PM   | OBCC     | 尤克里里小队               |
| 15868                        | Crafts with Ruta: Nature, Harvest, Animals   | Ages 2-5   | Sep 19     | Sat   | 10:00 AM   | WCC      | Ruta 手工课             |
| 15869                        | Crafts with Ruta: Ghosts, Bats, Pumpkins     | Ages 2-5   | Oct 24     | Sat   | 10:00 AM   | WCC      | Ruta 手工课             |
| 15870                        | Crafts with Ruta: Animals, Snowmen, Holidays | Ages 2-5   | Nov 7      | Sat   | 10:00 AM   | WCC      | Ruta 手工课             |
| 15710                        | Science for Preschoolers                     | Ages 3-5   | Sep 14     | Mon   | 3:30 PM    | WCC      | 学前少儿科学               |
| 15700                        | Sportball: Floor Hockey                      | Ages 4-6   | Sep 16     | Wed   | 4:00 PM    | WCC      | 少儿曲棍球                |
| 15702                        | Sportball: Floor Hockey                      | Ages 4-6   | Oct 28     | Wed   | 4:00 PM    | WCC      | 少儿曲棍球                |
| 15761                        | Active Kids: Multi-Sport & Playtime          | Ages 1-3   | Sep 14     | Mon   | 10:30 AM   | WCC      | 多项球类和游戏              |
| 15762                        | Active Kids: Soccer                          | Ages 3-5   | Sep 14     | Mon   | 4:00 PM    | WCC      | 足球                   |
| 15777                        | Babytime Drop-In                             | Ages 0-2   | Sep 17     | Thu   | 10:00 AM   | WCC      | 幼儿活动时间               |
| 15797                        | Parent & Tot: Gym Drop In                    | Ages 0-5   | Sep 20     | Sun   | 10:00 AM   | OBCC     | 亲子活动时间               |
| 15796                        | Parent & Tot: Gym Drop-In                    | Ages 0-5   | Sep 15     | Tu/Th | 9:30 AM    | WCC      | 亲子活动时间               |
| 15884                        | Spanish Storytime Drop-In                    | Ages 0-5   | Sep 19     | Sat   | 10:00 AM   | OBCC     | 儿童西班牙语故事时间           |
| 15697                        | Storytime at the Old Barn Community Centre   | Ages 0-5   | Sep 18     | Fri   | 10:00 AM   | OBCC     | 少儿故事会                |
| <b>CHILDREN - PAGE 22</b>    |                                              |            |            |       |            |          |                      |
| 15989                        | Active Hip-Hop, Dance, Stretch & Strength    | Ages 9-14  | Sep 15     | Tue   | 5:30 PM    | WCC      | 活力嘻哈、舞蹈、拉伸与力量训练      |
| 15896                        | Ballet                                       | Ages 6-8   | Sep 20     | Sun   | 11:25 AM   | WCC      | 芭蕾                   |
| 15893                        | Ballet                                       | Ages 8-10  | Sep 16     | Wed   | 5:25 PM    | WCC      | 芭蕾                   |
| 15979                        | Classical Indian Dance: Bharata Natyam       | Ages 5-17  | Sep 19     | Sat   | 3:30 PM    | WCC      | 印度传统舞蹈: 婆罗多舞         |
| 15898                        | Contemporary Jazz Ballet                     | Ages 6-8   | Sep 16     | Wed   | 4:20 PM    | WCC      | 现代爵士                 |
| 15900                        | Dance Foundations                            | Ages 4-6   | Sep 20     | Sun   | 10:20 AM   | WCC      | 舞蹈基础                 |
| 15903                        | Dance Foundations                            | Ages 5-6   | Sep 21     | Mon   | 4:20 PM    | WCC      | 舞蹈基础                 |
| 15941                        | Dance Fusion for Kids                        | Ages 6-9   | Sep 18     | Fri   | 4:00 PM    | WCC      | 儿童融合舞蹈               |
| 15992                        | K-Pop Hip-Hop                                | Ages 6-10  | Sep 19     | Sat   | 11:15 AM   | OBCC     | 韩式嘻哈                 |
| 15993                        | K-Pop Hip-Hop                                | Ages 6-10  | Sep 15     | Tue   | 3:30 PM    | WCC      | 韩式嘻哈                 |
| 15923                        | Private Dance Hour                           | Ages 6-12  | Sep 20     | Sun   | 3:30 PM    | WCC      | 私人舞蹈时段               |
| 15918                        | Musical Theatre                              | Ages 6-9   | Sep 21     | Mon   | 5:25 PM    | WCC      | 舞台剧                  |
| 15920                        | Musical Theatre                              | Ages 10-13 | Sep 21     | Mon   | 6:30 PM    | WCC      | 舞台剧                  |
| 15969                        | Creative Writing                             | Ages 9-12  | Sep 16     | Wed   | 3:30 PM    | WCC      | 创意写作                 |
| 15970                        | Creative Writing                             | Ages 9-12  | Sep 16     | Wed   | 5:00 PM    | WCC      | 创意写作                 |
| 15861                        | Dungeons and Dragons Club                    | Ages 8-12  | Sep 14     | Mon   | 3:30 PM    | WCC      | 龙与地下城小组              |
| 15865                        | Young Moviemakers                            | Ages 8-14  | Sep 18     | Fri   | 4:00 PM    | WCC      | 少年电影制作               |
| 15876                        | Unscripted: Acting & Co-Creating             | Ages 11-12 | Sep 24     | Thu   | 4:00 PM    | WCC      | 即兴舞台: 表演与共创          |
| 15843                        | Art Expression: Drawing & Painting           | Ages 6-12  | Oct 17     | Sat   | 4:00 PM    | WCC      | 艺术表达: 绘画工作坊          |
| 15842                        | Art Expression: Drawing & Painting           | Ages 6-12  | Sep 19     | Sat   | 4:00 PM    | WCC      | 艺术表达: 绘画工作坊          |
| 15844                        | Art Expression: Drawing & Painting           | Ages 6-12  | Nov 7      | Sat   | 4:00 PM    | WCC      | 艺术表达: 绘画工作坊          |
| 15963                        | Clay Creations                               | Ages 6-9   | Sep 20     | Sun   | 3:30 PM    | WCC      | 黏土创作                 |
| 15944                        | Creative Arts                                | Ages 6-8   | Sep 14     | Mon   | 3:30 PM    | WCC      | 创意艺术课                |
| 15942                        | Creative Arts                                | Ages 9-12  | Sep 14     | Mon   | 5:00 PM    | WCC      | 创意艺术课                |
| 15696                        | Culture Connect: Crafting Around the World   | Ages 5-8   | Sep 17     | Thu   | 4:45 PM    | WCC      | 儿童文化工艺品              |

| Course ID          | Program                              | Age        | First Date | Day | Start Time | Location | Mandarin Translation |
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| CHILDREN - PAGE 22 |                                      |            |            |     |            |          |                      |
| 15833              | Manga Art   Beginner                 | Ages 6-9   | Sep 19     | Sat | 11:15 AM   | WCC      | 漫画艺术   初级            |
| 15834              | Manga Art   Intermediate             | Ages 9-14  | Sep 19     | Sat | 12:45 PM   | WCC      | 漫画艺术   中级            |
| 15835              | Manga Art   Advanced                 | Ages 9-14  | Sep 19     | Sat | 2:00 PM    | WCC      | 漫画艺术   高级            |
| 15770              | The Art of Alphas: Bracelets         | Ages 8-12  | Sep 15     | Tue | 4:00 PM    | WCC      | 阿尔法艺术: 手环            |
| 15724              | Red Cross Babysitting                | Ages 11-14 | Oct 23     | Fri | 9:00 AM    | WCC      | 红十字会儿童看护课程           |
| 15725              | Red Cross Stay Safe!                 | Ages 9-13  | Nov 20     | Fri | 10:00 AM   | WCC      | 红十字会紧急救助和安全课程        |
| 15705              | Cantonese for Kids                   | Ages 5-8   | Sep 17     | Thu | 4:30 PM    | WCC      | 儿童粤语课                |
| 15858              | English Conversation for Children    | Ages 5-8   | Sep 20     | Fri | 3:30 PM    | WCC      | 儿童英语对话               |
| 15708              | English Reading and Writing   Gr 1-2 | Ages 6-8   | Sep 14     | Mon | 6:00 PM    | WCC      | 英语阅读和写作1-2年级         |
| 15709              | English Reading and Writing   Gr 3-4 | Ages 8-10  | Sep 14     | Mon | 7:00 PM    | WCC      | 三&四年级英语阅读写作          |
| 16171              | French Conversation for Kids         | Ages 5-8   | Sep 16     | Wed | 5:15 PM    | WCC      | 儿童法语课                |
| 16171              | French Conversation for Kids         | Ages 9-12  | Sep 16     | Wed | 6:30 PM    | WCC      | 儿童法语课                |
| 15755              | Mastering Mandarin   Advanced        | Ages 5-18  | Sep 19     | Sat | 1:00 PM    | WCC      | 汉语学习-高级              |
| 15753              | Mastering Mandarin   Beginner        | Ages 5-18  | Sep 19     | Sat | 10:00 AM   | WCC      | 汉语学习-初级              |
| 15754              | Mastering Mandarin   Intermediate    | Ages 5-18  | Sep 19     | Sat | 11:30 AM   | WCC      | 汉语学习-中级              |
| 15714              | Coding and Modding in Minecraft      | Ages 8-12  | Sep 19     | Sat | 3:00 PM    | WCC      | 我的世界编码建模             |
| 15768              | Galileo's Gang                       | Ages 11-13 | Sep 17     | Thu | 3:30 PM    | WCC      | 伽利略俱乐部               |
| 15726              | Math4Kids   Gr 1-2                   | Ages 6-8   | Sep 16     | Wed | 3:30 PM    | WCC      | 1-2年级数学              |
| 15712              | Math4Kids   Gr 3-4                   | Ages 8-10  | Sep 16     | Wed | 4:30 PM    | WCC      | 3-4年级数学              |
| 15713              | Math4Kids   Gr 5-6                   | Ages 10-12 | Sep 16     | Wed | 5:30 PM    | WCC      | 5-6年级数学              |
| 15711              | Science for Kids                     | Ages 6-11  | Sep 14     | Mon | 4:30 PM    | WCC      | 少儿科学                 |
| 15848              | Youth Environmental Alliance         | Ages 8-12  | Sep 20     | Sun | 10:30 AM   | WCC      | 青少年环保联盟              |
| 15706              | AI Adventure Lab                     | Ages 9-14  | Sep 15     | Tue | 6:00 PM    | WCC      | 人工智能探险实验室            |
| 15888              | AI for All                           | Ages 8-13  | Sep 19     | Sat | 2:00 PM    | WCC      | 人人都能学AI              |
| 15860              | Build It: Digital Mechanical Design  | Ages 8-12  | Sep 20     | Sun | 3:30 PM    | WCC      | 构建数字机械设计             |
| 15859              | Build Your First App with AI         | Ages 8-12  | Sep 20     | Sun | 3:00 PM    | WCC      | AI小小创客               |
| 15715              | Engineering & Robotics with VEX Go!  | Ages 6-12  | Sep 19     | Sat | 4:45 PM    | WCC      | VEX GO编程和机器人         |
| 15707              | Minecraft Coders                     | Ages 7-12  | Sep 17     | Thu | 5:45 PM    | WCC      | 我的世界编程课程             |
| 15866              | Peer Tutoring                        | Ages 9-12  | Sep 15     | Tue | 4:00 PM    | WCC      | 同学辅导项目               |
| 15801              | Karate: Fundamentals                 | Ages 7-12  | Sep 15     | Tue | 7:15 PM    | WCC      | 空手道基础                |
| 15814              | Karate: Fundamentals                 | Ages 7-12  | Sep 17     | Thu | 5:45 PM    | WCC      | 空手道基础                |
| 15823              | Karate: Fundamentals                 | Ages 7-12  | Sep 18     | Fri | 7:00 PM    | OBCC     | 空手道基础                |
| 15728              | Karate: Kickboxing and Fitness       | Ages 8-12  | Sep 17     | Thu | 6:45 PM    | WCC      | 空手道: 踢拳与健身           |
| 15799              | Karate: Parent and Child             | Ages 4-7   | Sep 15     | Tue | 6:30 PM    | WCC      | 亲子空手道                |
| 15820              | Karate: Parent and Child             | Ages 4-7   | Sep 18     | Fri | 6:15 PM    | OBCC     | 亲子空手道                |
| 15719              | Tae Kwon Do   Kids                   | Ages 4-12  | Sep 20     | Sun | 1:00 PM    | WCC      | 儿童中级跆拳道              |
| 15716              | Badminton   Beginner                 | Ages 8-10  | Sep 18     | Fri | 4:00 PM    | WCC      | 羽毛球初级                |
| 15760              | Active Kids: Basketball              | Ages 8-12  | Sep 15     | Tue | 4:30 PM    | WCC      | 篮球                   |
| 15759              | Active Kids: Basketball              | Ages 8-12  | Sep 17     | Thu | 4:00 PM    | WCC      | 篮球                   |
| 15757              | Active Kids: Basketball              | Ages 8-12  | Sep 19     | Sat | 12:15 PM   | WCC      | 篮球                   |
| 15756              | Active Kids: Girls Play Basketball   | Ages 8-12  | Sep 19     | Sat | 10:30 AM   | WCC      | 女子篮球                 |
| 15699              | Sportball: Floor Hockey              | Ages 6-9   | Sep 16     | Wed | 4:45 PM    | WCC      | 少儿曲棍球                |
| 15701              | Sportball: Floor Hockey              | Ages 6-9   | Oct 28     | Wed | 4:45 PM    | WCC      | 少儿曲棍球                |
| 15763              | Active Kids: Soccer                  | Ages 6-9   | Sep 14     | Mon | 5:00 PM    | WCC      | 足球                   |

## INDEX & SCHEDULE

| Course ID                 | Program                                    | Age        | First Date | Day     | Start Time | Location | Mandarin Translation |
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| <b>CHILDREN - PAGE 22</b> |                                            |            |            |         |            |          |                      |
| 15721                     | Volleyball BC: Learn and Play              | Ages 8-12  | Sep 19     | Sat     | 2:15 PM    | WCC      | 排球: 学习和比赛            |
| 15851                     | Open Gym I Pre-Teen                        | Ages 9-12  | Sep 16     | Wed     | 4:00 PM    | WCC      | 少年开放体育馆              |
| 15733                     | 4-H Club                                   | Ages 9-19  | Sep 11     | Fri/Sat | 6:30 PM    | WCC      | 4-H俱乐部               |
| 15855                     | Chess for Beginners & Intermediate Players | Ages 11-12 | Sep 17     | Thu     | 4:30 PM    | WCC      | 初中级国际象棋              |
| 15695                     | Girl Guides I Grades 4-6                   | Ages 9-11  | Sep 10     | Thu     | 6:00 PM    | OBCC     | 女童军                  |
| 15773                     | Chess Basics                               | Ages 7-12  | Sep 18     | Fri     | 4:00 PM    | WCC      | 初级国际象棋               |
| 15862                     | Pre-teen Leadership                        | Ages 9-12  | Sep 21     | Mon     | 4:00 PM    | WCC      | 青少年领导力               |
| <b>YOUTH - PAGE 34</b>    |                                            |            |            |         |            |          |                      |
| 15991                     | K-Pop Hip-Hop                              | Ages 11-18 | Sep 19     | Sat     | 10:15 AM   | OBCC     | 韩式嘻哈                 |
| 15994                     | K-Pop Hip-Hop                              | Ages 11-18 | Sep 15     | Tue     | 4:30 PM    | WCC      | 韩式嘻哈                 |
| 15959                     | Teen Ballet                                | Ages 12-19 | Sep 20     | Sun     | 1:20 PM    | WCC      | 少年芭蕾舞                |
| 15973                     | Guitar Club                                | Ages 13+   | Sep 16     | Wed     | 4:00 PM    | WCC      | 吉他社                  |
| 15995                     | Drawing & Painting                         | Ages 11-18 | Sep 16     | Wed     | 3:30 PM    | WCC      | 绘画课                  |
| 16173                     | Youth Open Studios                         | Ages 8-18  | Sep 10     | Sat     | 12:30 PM   | WCC      | 开放工作室                |
| 15875                     | Unscripted: Acting & Co-Creating           | Ages 13-14 | Oct 1      | Thu     | 4:00 PM    | WCC      | 即兴舞台: 表演与共创          |
| 16151                     | Beginner Mandarin Through Calligraphy      | Ages 12-18 | Sep 17     | Thu     | 4:00 PM    | WCC      | 初级书法学中文              |
| 15867                     | Peer Tutoring                              | Ages 13-18 | Sep 15     | Tue     | 4:00 PM    | WCC      | 同学辅导项目               |
| 16244                     | Toastmasters Youth Program - Gavel Club    | Ages 12-17 | Sep 16     | Wed     | 6:30 PM    | WCC      | 青少年演讲俱乐部             |
| 15803                     | Karate: Fundamentals                       | Ages 13-18 | Sep 15     | Tue     | 7:15 PM    | WCC      | 空手道基础                |
| 15809                     | Karate: Fundamentals                       | Ages 13-18 | Sep 17     | Thu     | 5:45 PM    | WCC      | 空手道基础                |
| 15824                     | Karate: Fundamentals                       | Ages 13-18 | Sep 18     | Fri     | 7:00 PM    | OBCC     | 空手道基础                |
| 15730                     | Karate: Kickboxing and Fitness             | Ages 13-18 | Sep 17     | Thu     | 6:45 PM    | WCC      | 空手道: 踢拳与健身           |
| 15805                     | Karate: Youth and Adult                    | Ages 10-18 | Sep 15     | Tue     | 8:15 PM    | WCC      | 青少年/成年人空手道           |
| 15818                     | Karate: Youth and Adult                    | Ages 10-18 | Sep 17     | Thu     | 8:00 PM    | WCC      | 青少年/成年人空手道           |
| 15720                     | Tae Kwon Do I Youth                        | Ages 13-18 | Sep 20     | Sun     | 1:00 PM    | WCC      | 青少年跆拳道               |
| 15718                     | Badminton I Advanced                       | Ages 13-18 | Sep 18     | Fri     | 6:00 PM    | WCC      | 羽毛球高级                |
| 15717                     | Badminton I Intermediate                   | Ages 11-16 | Sep 18     | Fri     | 5:00 PM    | WCC      | 羽毛球中级                |
| 15849                     | Youth Badminton Drop-in                    | Ages 13-18 | Sep 20     | Sun     | 7:30 PM    | WCC      | 青少年羽毛球               |
| 15758                     | Active Kids: Basketball                    | Ages 12-16 | Sep 17     | Thu     | 4:00 PM    | WCC      | 篮球                   |
| 15854                     | Open Gym I Youth                           | Ages 13-18 | Sep 19     | Sat     | 7:30 PM    | WCC      | 青少年运动                |
| 15852                     | Open Gym I Youth                           | Ages 13-18 | Sep 16     | Wed     | 5:45 PM    | WCC      | 青少年运动                |
| 15722                     | Volleyball BC: Train and Play              | Ages 12-15 | Sep 19     | Sat     | 2:15 PM    | WCC      | 排球: 培训和练习            |
| 15853                     | Youth Volleyball Drop-in                   | Ages 13-18 | Sep 19     | Sat     | 4:00 PM    | WCC      | 青少年排球                |
| 15856                     | Chess for Beginners & Intermediate Players | Ages 13-18 | Sep 17     | Thu     | 4:30 PM    | WCC      | 初中级国际象棋              |
| 15767                     | Rubik's Cube Club                          | Ages 13-18 | Sep 17     | Thu     | 3:30 PM    | WCC      | 魔方俱乐部                |
| 15847                     | Youth Leadership                           | Ages 13-18 | Sep 25     | Fri     | 4:00 PM    | WCC      | 青少年领导力               |
| 15863                     | Youth Night Committee                      | Ages 13-18 | Sep 15     | Tu/Fr   | 6:00 PM    | WCC      | 青年之夜委员会              |
| 15864                     | Youth Night                                | Ages 13-18 | Sep 18     | Fri     | 6:30 PM    | WCC      | 青年之夜                 |
| <b>ADULTS - PAGE 42</b>   |                                            |            |            |         |            |          |                      |
| 15960                     | Adult Ballet                               | Ages 16+   | Sep 20     | Sun     | 2:30 PM    | WCC      | 成年芭蕾舞                |
| 15891                     | Adult Ballet                               | Ages 16+   | Sep 16     | Wed     | 7:45 PM    | WCC      | 成年芭蕾舞                |
| 15946                     | Ballet Drop-In I Intermediate              | Ages 15+   | Sep 19     | Sat     | 5:00 PM    | WCC      | 成年中/高级芭蕾健身           |
| 15846                     | Chinese Folk Dance                         | Ages 19+   | Sep 15     | Tue     | 12:30 PM   | WCC      | 中国民族舞蹈               |
| 15845                     | Chinese Folk Dance                         | Ages 19+   | Sep 17     | Thu     | 2:15 PM    | WCC      | 中国民族舞蹈               |
| 15841                     | Chinese Folk Dance                         | Ages 19+   | Sep 18     | Fri     | 12:30 PM   | WCC      | 中国民族舞蹈               |

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| <b>ADULTS - PAGE 42</b> |                                                |          |            |       |            |          |                                  |
| 15978                   | Classical Indian Dance: Bharata Natyam         | Ages 18+ | Sep 19     | Sat   | 2:00 PM    | WCC      | 印度传统舞蹈: 婆罗多舞                     |
| 15939                   | Dance Fusion                                   | Ages 18+ | Sep 14     | Mon   | 6:45 PM    | WCC      | 混合舞蹈                             |
| 15974                   | Guitar Club                                    | Ages 19+ | Sep 16     | Wed   | 4:00 PM    | WCC      | 吉他俱乐部                            |
| 15961                   | Clay Creations: Pottery Workshop               | Ages 18+ | Nov 21     | Sat   | 4:00 PM    | WCC      | 陶艺创作: 陶器工坊                       |
| 15962                   | Clay Creations: Pottery Workshop               | Ages 18+ | Dec 5      | Sat   | 4:00 PM    | WCC      | 陶艺创作: 陶器工坊                       |
| 15874                   | Medieval Longstitch Leather Bookbinding        | Ages 18+ | Oct 4      | Su-Mo | 12:15 PM   | WCC      | 皮革装帧工坊                           |
| 15877                   | Coptic Bookbinding Workshop                    | Ages 18+ | Nov 15     | Sun   | 12:15 PM   | WCC      | 科普特装订工作坊                         |
| 15883                   | Introduction to Printmaking                    | Ages 19+ | Oct 5      | Mon   | 10:00 AM   | WCC      | 版画入门                             |
| 15954                   | Watercolour Painting   Intermediate            | Ages 16+ | Sep 16     | Wed   | 7:30 PM    | WCC      | 中级水彩画                            |
| 15952                   | Watercolour Painting   Beginner                | Ages 16+ | Sep 16     | Wed   | 5:45 PM    | WCC      | 初级水彩画                            |
| 15723                   | Emergency First Aid and CPR-C/AED              | Ages 15+ | Sep 21     | Mon   | 8:30 AM    | WCC      | 紧急急救与心肺复苏术CPR-C/自动体外除颤器AED       |
| 16125                   | Finding Ease Workshop                          | Ages 19+ | Sep 19     | Sat   | 12:15 PM   | WCC      | 寻找轻松之道工作坊                        |
| 16132                   | Finding Ease Workshop                          | Ages 19+ | Oct 17     | Sat   | 12:15 PM   | WCC      | 寻找轻松之道工作坊                        |
| 16134                   | Finding Ease Workshop                          | Ages 19+ | Nov 14     | Sat   | 12:15 PM   | WCC      | 寻找轻松之道工作坊                        |
| 16136                   | Finding Ease Workshop                          | Ages 19+ | Dec 12     | Sat   | 12:15 PM   | WCC      | 寻找轻松之道工作坊                        |
| 15967                   | The Birth Circle                               | Ages 19+ | Oct 13     | Tue   | 7:20 PM    | OBCC     | 孕育之环                             |
| 16153                   | Beginner Mandarin Chinese Calligraphy          | Ages 19+ | Sep 17     | Thu   | 4:00 PM    | WCC      | 初级书法学中文                          |
| 15871                   | Communicating with Confidence                  | Ages 18+ | Oct 17     | Sat   | 3:00 PM    | WCC      | 自信沟通                             |
| 15872                   | Communicating with Confidence                  | Ages 18+ | Nov 21     | Sat   | 3:00 PM    | WCC      | 自信沟通                             |
| 15873                   | Communicating with Confidence                  | Ages 18+ | Dec 5      | Sat   | 3:00 PM    | WCC      | 自信沟通                             |
| 15704                   | Culturally Curious English                     | Ages 19+ | Sep 14     | Mon   | 12:15 PM   | OBCC     | 文化好奇英语课                          |
| 15703                   | Culturally Curious English                     | Ages 19+ | Sep 15     | Tue   | 12:30 PM   | WCC      | 文化好奇英语课                          |
| 15577                   | English Conversation   Advanced                | Ages 19+ | Sep 14     | Mon   | 11:00 AM   | WCC      | 英语会话高级                           |
| 15578                   | English Conversation   Beginner                | Ages 19+ | Sep 17     | Thu   | 10:00 AM   | WCC      | 英语会话初级                           |
| 15584                   | English Conversation   Intermediate            | Ages 19+ | Sep 17     | Thu   | 7:00 PM    | OBCC     | 英语会话中级                           |
| 15580                   | English Conversation   Intermediate            | Ages 19+ | Sep 15     | Tue   | 10:00 AM   | WCC      | 英语会话中级                           |
| 15576                   | English Conversation   intermediate            | Ages 19+ | Sep 16     | Wed   | 1:00 PM    | WCC      | 中级英语会话                           |
| 15583                   | English Conv. for Mandarin Speakers   Beginner | Ages 19+ | Sep 14     | Mon   | 9:15 AM    | WCC      | 英语入门(国语)                         |
| 15698                   | French   Advanced Grammar                      | Ages 19+ | Sep 21     | Mon   | 2:30 PM    | WCC      | 法语-高级语法                          |
| 15694                   | French   Intermediate                          | Ages 19+ | Sep 21     | Mon   | 1:00 PM    | WCC      | 法语中级                             |
| 15788                   | French Club                                    | Ages 19+ | Sep 17     | Thu   | 1:30 PM    | OBCC     | 法语俱乐部                            |
| 15581                   | Korean Parent Support Circle                   | Ages 19+ | Sep 15     | Tue   | 12:30 PM   | WCC      | 韩国家长互助交流会                        |
| 15582                   | SUCCESS: Settlement   Mandarin & English       | Ages 19+ | Oct 13     | Tue   | 9:30 AM    | WCC      | 中侨移民安顿服务                         |
| 15585                   | Vancouver Mandarin Parenting Support Group     | Ages 19+ | Sep 19     | Sat   | 6:00 PM    | WCC      | 温哥华普通话家长支持小组                     |
| 15579                   | VSBC SWIS Parents Power Up   Mandarin/English  | Ages 19+ | Sep 17     | Thu   | 1:00 PM    | WCC      | 温哥华教育局新移民家长中文讲座                  |
| 15999                   | BC Brain Wellness   Intergen. Ballroom Dance   | Ages 19+ | Sep 16     | Wed   | 12:30 PM   | OBCC     | BC Brain Wellness Program 跨世代交谊舞 |
| 15886                   | Core Pilates   Beginner-Intermediate           | Ages 19+ | Sep 15     | Tue   | 9:25 AM    | WCC      | 核心普拉提   初级-中级                    |
| 15887                   | Express Core Pilates in Mandarin               | Ages 19+ | Sep 16     | Wed   | 9:20 AM    | WCC      | 普通话核心普拉提                         |
| 15908                   | Express Spin   Morning                         | Ages 18+ | Sep 14     | Mon   | 7:15 AM    | WCC      | 急速单车   早上                        |
| 15909                   | Express Spin   Morning                         | Ages 18+ | Sep 17     | Thu   | 7:30 AM    | WCC      | 急速单车   早上                        |
| 15917                   | Full Body Bootcamp                             | Ages 19+ | Sep 14     | Mon   | 7:45 PM    | OBCC     | 全身训练营                            |
| 15919                   | Full Body Bootcamp                             | Ages 19+ | Sep 16     | Wed   | 10:00 AM   | OBCC     | 全身训练营                            |
| 15889                   | Full Body Pilates (English & Mandarin)         | Ages 19+ | Sep 17     | Thu   | 9:30 AM    | WCC      | 全身普拉提(英语及普通话授课)                  |

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| Course ID               | Program                                | Age      | First Date | Day   | Start Time | Location | Mandarin Translation |
|-------------------------|----------------------------------------|----------|------------|-------|------------|----------|----------------------|
| <b>ADULTS - PAGE 42</b> |                                        |          |            |       |            |          |                      |
| 15885                   | Pilates Strength Fusion                | Ages 19+ | Sep 14     | Mon   | 9:30 AM    | WCC      | 普拉提力量融合              |
| 15890                   | Pilates Strength Fusion                | Ages 19+ | Sep 18     | Fri   | 11:10 AM   | WCC      | 普拉提力量融合              |
| 15910                   | Spin                                   | Ages 18+ | Sep 20     | Sun   | 8:30 AM    | WCC      | 极速单车                 |
| 15912                   | Spin en Español                        | Ages 18+ | Sep 15     | Tue   | 7:45 PM    | WCC      | 西班牙语动感单车             |
| 15951                   | Learn to Run Clinic                    | Ages 16+ | Sep 1      | Tue   | 6:00 PM    | WCC      | 跑步诊所                 |
| 15953                   | 10K in 8 Weeks                         | Ages 16+ | Sep 3      | Thu   | 6:00 PM    | WCC      | 8周跑10公里              |
| 15985                   | Run Talk Tuesday   Learn to Run Clinic | Ages 16+ | Sep 15     | Tue   | 6:00 PM    | WCC      | 周二跑步讲座   学习跑步诊所      |
| 15980                   | Run Talk Tuesday   Learn to Run Clinic | Ages 16+ | Sep 22     | Tue   | 6:00 PM    | WCC      | 周二跑步讲座   学习跑步诊所      |
| 15983                   | Run Talk Tuesday   Learn to Run Clinic | Ages 16+ | Oct 13     | Tue   | 6:00 PM    | WCC      | 周二跑步讲座   学习跑步诊所      |
| 15981                   | Run Talk Thursday   10K in 8 Weeks     | Ages 16+ | Sep 24     | Thu   | 6:00 PM    | WCC      | 周四跑步讲座               |
| 15984                   | Run Talk Thursday   10K in 8 Weeks     | Ages 16+ | Oct 15     | Thu   | 6:00 PM    | WCC      | 周四跑步讲座               |
| 15934                   | Zumba                                  | Ages 19+ | Sep 15     | Tue   | 6:15 PM    | OBCC     | Zumba舞               |
| 15935                   | Zumba                                  | Ages 19+ | Sep 16     | Wed   | 6:35 PM    | WCC      | Zumba舞               |
| 15916                   | Zumba                                  | Ages 19+ | Sep 19     | Sat   | 11:25 AM   | WCC      | Zumba舞               |
| 15894                   | Gentle & Restorative Yoga              | Ages 19+ | Sep 15     | Tue   | 10:35 AM   | WCC      | 柔和与恢复性瑜伽             |
| 15899                   | Gentle Yoga with Angie                 | Ages 19+ | Sep 18     | Fri   | 10:00 AM   | WCC      | 轻柔瑜伽                 |
| 15901                   | Iyengar Yoga with Brian   Fundamentals | Ages 18+ | Sep 22     | Tue   | 6:30 PM    | WCC      | Brian 艾扬格瑜伽   初级     |
| 15902                   | Iyengar Yoga with Brian   Fundamentals | Ages 18+ | Nov 3      | Tue   | 6:30 PM    | WCC      | Brian 艾扬格瑜伽   初级     |
| 15904                   | Iyengar Yoga with Brian   Intermediate | Ages 18+ | Oct 1      | Thu   | 6:30 PM    | WCC      | Brian 中级艾扬格瑜伽        |
| 15905                   | Iyengar Yoga with Brian   Intermediate | Ages 18+ | Nov 12     | Thu   | 6:30 PM    | WCC      | Brian 中级艾扬格瑜伽        |
| 15930                   | Iyengar Yoga with Luci                 | Ages 17+ | Sep 19     | Sat   | 10:00 AM   | WCC      | Iyengar 瑜伽           |
| 15932                   | Iyengar Yoga with Luci                 | Ages 17+ | Nov 28     | Sat   | 10:00 AM   | WCC      | Iyengar 瑜伽           |
| 15926                   | Lunchtime Yoga                         | Ages 19+ | Sep 14     | Mon   | 12:00 PM   | WCC      | 午间瑜伽                 |
| 15928                   | Yoga Fusion in Mandarin                | Ages 19+ | Sep 16     | Wed   | 1:15 PM    | WCC      | Kate 中文瑜伽            |
| 15927                   | Yoga in Mandarin with Kate             | Ages 19+ | Sep 14     | Mon   | 10:45 AM   | WCC      | Kate 中文瑜伽            |
| 15800                   | Karate: Parent and Child (19+)         | Ages 19+ | Sep 15     | Tue   | 6:30 PM    | WCC      | 亲子空手道                |
| 15821                   | Karate Parent and Child (19+)          | Ages 19+ | Sep 18     | Fri   | 6:15 PM    | OBCC     | 亲子空手道                |
| 15802                   | Karate: Fundamentals                   | Ages 19+ | Sep 15     | Tue   | 7:15 PM    | WCC      | 空手道基础                |
| 15811                   | Karate: Fundamentals                   | Ages 19+ | Sep 17     | Thu   | 5:45 PM    | WCC      | 空手道基础                |
| 15822                   | Karate: Fundamentals                   | Ages 19+ | Sep 18     | Fri   | 7:00 PM    | OBCC     | 空手道基础                |
| 15729                   | Karate: Kickboxing and Fitness         | Ages 19+ | Sep 17     | Thu   | 6:45 PM    | WCC      | 家庭空手道                |
| 15806                   | Karate: Youth and Adult                | Ages 19+ | Sep 15     | Tue   | 8:15 PM    | WCC      | 青少年/成年人空手道           |
| 15819                   | Karate: Youth and Adult                | Ages 19+ | Sep 17     | Thu   | 8:00 PM    | WCC      | 青少年/成年人空手道           |
| 16044                   | Tai Chi                                | Ages 19+ | Sep 14     | Mo-Fr | 8:45 AM    | WCC      | 太极                   |
| 15771                   | Badminton                              | Ages 19+ | Sep 14     | Mon   | 2:00 PM    | WCC      | 羽毛球                  |
| 15766                   | Badminton                              | Ages 19+ | Sep 18     | Fri   | 2:00 PM    | WCC      | 羽毛球                  |
| 15769                   | Badminton                              | Ages 19+ | Sep 18     | Fri   | 7:45 PM    | WCC      | 羽毛球                  |
| 15787                   | Drop-In Badminton                      | Ages 19+ | Sep 15     | Tue   | 11:30 AM   | WCC      | 羽毛球                  |
| 15782                   | Drop-In Badminton                      | Ages 19+ | Sep 20     | Sun   | 5:45 PM    | WCC      | 羽毛球                  |
| 15785                   | Basketball                             | Ages 19+ | Sep 17     | Thu   | 8:00 PM    | WCC      | 羽毛球                  |
| 15776                   | Basketball Drop-In                     | Ages 18+ | Sep 14     | Mon   | 8:15 PM    | WCC      | 篮球                   |
| 15789                   | Table Tennis                           | Ages 19+ | Sep 16     | Wed   | 2:00 PM    | WCC      | 乒乓球                  |
| 15765                   | Table Tennis                           | Ages 19+ | Sep 18     | Fri   | 12:15 PM   | WCC      | 乒乓球                  |
| 16024                   | Drop-In Table Tennis                   | Ages 19+ | Sep 3      | Thu   | 9:00 AM    | WCC      | 乒乓球                  |
| 15775                   | Drop-In Table Tennis                   | Ages 19+ | Sep 14     | Mon   | 11:45 AM   | WCC      | 乒乓球                  |

| Course ID                     | Program                                          | Age      | First Date | Day | Start Time | Location | Mandarin Translation  |
|-------------------------------|--------------------------------------------------|----------|------------|-----|------------|----------|-----------------------|
| <b>ADULTS - PAGE 42</b>       |                                                  |          |            |     |            |          |                       |
| 15764                         | Pickleball                                       | Ages 19+ | Sep 18     | Fri | 10:30 AM   | WCC      | 匹克球                   |
| 15780                         | Pickleball                                       | Ages 19+ | Sep 20     | Sun | 3:45 PM    | WCC      | 匹克球                   |
| 16140                         | Pickleball Lessons   Accelerated Dev. 3.75+      | Ages 15+ | Sep 20     | Sun | 10:45 AM   | WCC      | 匹克球晋级训练               |
| 15839                         | Pickleball Lessons   Advanced Doubles            | Ages 17+ | Sep 18     | Fri | 8:45 AM    | WCC      | 匹克球高级双打               |
| 15836                         | Pickleball Lessons   Guided Interm. Soft Game    | Ages 18+ | Sep 16     | Wed | 8:45 AM    | WCC      | 匹克球中级                 |
| 16139                         | Pickleball Lessons   Guided Interm. Soft Game    | Ages 18+ | Sep 20     | Sun | 9:00 AM    | WCC      | 匹克球中级                 |
| 15837                         | Pickleball Lessons   Intermediate                | Ages 18+ | Sep 16     | Wed | 10:20 AM   | WCC      | 匹克球中级                 |
| 15838                         | Pickleball Lessons   Learn to Play for Beginners | Ages 18+ | Sep 16     | Wed | 11:55 AM   | WCC      | 匹克球初级                 |
| 15840                         | Pickleball Lessons   Learn to Play for Beginners | Ages 18+ | Nov 15     | Sun | 10:45 AM   | WCC      | 匹克球初级                 |
| 15786                         | Drop-In Pickleball                               | Ages 18+ | Sep 17     | Thu | 2:00 PM    | WCC      | 匹克球练习                 |
| 15778                         | Drop-In Pickleball                               | Ages 18+ | Sep 19     | Sat | 6:00 PM    | WCC      | 匹克球练习                 |
| 15795                         | Soccer Skills for Women                          | Ages 19+ | Sep 17     | Thu | 11:30 AM   | WCC      | 女子室内行走足球              |
| 15774                         | Volleyball                                       | Ages 19+ | Sep 14     | Mon | 6:15 PM    | WCC      | 排球                    |
| 15790                         | Drop-In Volleyball                               | Ages 19+ | Sep 16     | Wed | 7:45 PM    | WCC      | 排球                    |
| 15636                         | Newcomers Support Program                        | Ages 19+ | Sep 19     | Sat | 10:00 AM   | WCC      | 新移民互助小组               |
| 16205                         | Seniors O/H: Mahjong   English & Mandarin        | Ages 19+ | Sep 10     | Thu | 1:00 PM    | WCC      | 麻将                    |
| 15731                         | Food for Thought: Meaningful Conversations       | Ages 16+ | Sept 16    | Wed | 7:00 PM    | OBCC     | 精神食粮：一系列有意义的对话活动      |
| 15674                         | Wesbrook Book Club                               | Ages 19+ | Sep 27     | Sun | 10:00 AM   | WCC      | 社区读书俱乐部               |
| 15784                         | Women's Social Club                              | Ages 19+ | Sep 15     | Tue | 12:00 PM   | OBCC     | 女士社交俱乐部               |
| 15734                         | Sewing and Knitting Studio                       | Ages 13+ | Sep 20     | Sun | 1:00 PM    | WCC      | 社区缝纫工作室               |
| <b>OLDER ADULTS - PAGE 64</b> |                                                  |          |            |     |            |          |                       |
| 15688                         | Chinese Dance for Seniors                        | Ages 55+ | Sep 20     | Sun | 3:30 PM    | OBCC     | 中式老年舞蹈                |
| 15687                         | Dance Party For Seniors                          | Ages 55+ | Sep 18     | Fri | 7:00 PM    | WCC      | 长者舞会                  |
| 15681                         | Senior Choir                                     | Ages 55+ | Sep 16     | Wed | 9:15 AM    | OBCC     | 老年合唱团                 |
| 15690                         | Art Studio for Seniors                           | Ages 55+ | Sep 17     | Thu | 9:30 AM    | WCC      | 老年开放艺术馆               |
| 16126                         | Finding Ease Workshop                            | Ages 55+ | Sep 19     | Sat | 12:15 PM   | WCC      | 寻找轻松之道工作坊             |
| 16131                         | Finding Ease Workshop                            | Ages 55+ | Oct 17     | Sat | 12:15 PM   | WCC      | 寻找轻松之道工作坊             |
| 16133                         | Finding Ease Workshop                            | Ages 55+ | Nov 14     | Sat | 12:15 PM   | WCC      | 寻找轻松之道工作坊             |
| 16135                         | Finding Ease Workshop                            | Ages 55+ | Dec 12     | Sat | 12:15 PM   | WCC      | 寻找轻松之道工作坊             |
| 15689                         | English ABCs for Seniors                         | Ages 55+ | Sep 20     | Sun | 10:00 AM   | WCC      | 老年英语                  |
| 15914                         | Healthy Aging Seminar Series                     | Ages 45+ | Nov 12     | Thu | 11:00 AM   | WCC      | 健康老龄化研讨会系列            |
| 15913                         | Healthy Aging Seminar Series                     | Ages 45+ | Oct 15     | Thu | 11:00 AM   | WCC      | 健康老龄化研讨会系列            |
| 15906                         | Healthy Aging Seminar Series                     | Ages 45+ | Sep 17     | Thu | 11:00 AM   | WCC      | 健康老龄化研讨会系列            |
| 15915                         | Healthy Aging Seminar Series                     | Ages 45+ | Dec 3      | Thu | 11:00 AM   | WCC      | 健康老龄化研讨会系列            |
| 15964                         | Safety and Preparedness Series                   | Ages 45+ | Oct 29     | Thu | 11:00 AM   | WCC      | 安全与应急准备系列             |
| 15965                         | Safety and Preparedness Series                   | Ages 45+ | Nov 26     | Thu | 11:00 AM   | WCC      | 安全与应急准备系列             |
| 15966                         | Transit Education Workshop For Seniors           | Ages 55+ | Sep 26     | Sat | 12:30 PM   | WCC      | 老年人公共交通教育研讨会          |
| 15921                         | Aquafit   Balmoral                               | Ages 55+ | Sep 14     | Mon | 1:30 PM    | BALM     | 水上运动 - Balmoral       |
| 15922                         | Aquafit   Balmoral                               | Ages 55+ | Sep 17     | Thu | 1:30 PM    | BALM     | 水上运动 - Balmoral       |
| 15924                         | Aquafit   West Hampstead                         | Ages 55+ | Sep 15     | Tue | 1:00 PM    | W.HAM    | 水上运动 - West Hampstead |
| 16006                         | Seniors O/H: Functional Strength   Older Adults  | Ages 45+ | Sep 10     | Thu | 12:15 PM   | WCC      | 长者开放日：老年功能性力量训练       |
| 15925                         | Functional Strength for Older Adults             | Ages 45+ | Sep 17     | Thu | 12:15 PM   | WCC      | 老年功能性力量训练             |

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| Course ID                     | Program                                     | Age      | First Date | Day | Start Time | Location | Mandarin Translation |
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| <b>OLDER ADULTS - PAGE 64</b> |                                             |          |            |     |            |          |                      |
| 16005                         | Seniors O/H: Osteofit with Angie            | Ages 45+ | Sep 10     | Thu | 10:00 AM   | WCC      | 长者开放日: 健骨课程          |
| 15892                         | Osteofit with Angie                         | Ages 45+ | Sep 14     | Mon | 1:00 PM    | WCC      | 健骨课程                 |
| 15897                         | Osteofit with Angie                         | Ages 45+ | Sep 17     | Thu | 11:00 AM   | WCC      | 健骨课程                 |
| 16007                         | Seniors Open House: Chair Yoga with Angie   | Ages 45+ | Sep 10     | Thu | 1:00 PM    | WCC      | 长者开放日: 椅子瑜伽          |
| 15895                         | Chair Yoga with Angie                       | Ages 45+ | Sep 17     | Thu | 1:00 PM    | WCC      | 椅子瑜伽                 |
| 15682                         | Badminton for Seniors   Fri                 | Ages 55+ | Sep 18     | Fri | 12:30 PM   | WCC      | 老年羽毛球                |
| 15680                         | Badminton for Seniors   Wed                 | Ages 55+ | Sep 16     | Wed | 2:00 PM    | WCC      | 老年羽毛球                |
| 16154                         | Seniors O/H: Pickleball for Seniors Drop-In | Ages 55+ | Sep 10     | Thu | 12:45 PM   | WCC      | 匹克球                  |
| 15670                         | Pickleball for Seniors   Mon                | Ages 55+ | Sep 14     | Mon | 8:45 AM    | WCC      | 匹克球                  |
| 16137                         | Pickleball for Seniors   Thurs              | Ages 55+ | Sep 17     | Thu | 12:45 PM   | WCC      | 匹克球                  |
| 15679                         | Walking Soccer Club                         | Ages 40+ | Sep 15     | Tue | 1:30 PM    | WCC      | 慢走足球                 |
| 15683                         | Table Tennis for Seniors                    | Ages 55+ | Sep 18     | Fri | 2:15 PM    | WCC      | 老年人乒乓球               |
| 15675                         | Tea and Games                               | Ages 55+ | Sep 15     | Tue | 12:30 PM   | WCC      | 茶与游戏                 |
| 15948                         | Soups and Social                            | Ages 55+ | Nov 19     | Thu | 11:00 AM   | WCC      | 汤与社交                 |
| 15945                         | Soups and Social                            | Ages 55+ | Sep 24     | Thu | 11:00 AM   | WCC      | 汤与社交                 |
| 15950                         | Soups and Social                            | Ages 55+ | Dec 10     | Thu | 11:00 AM   | WCC      | 汤与社交                 |
| 15947                         | Soups and Social                            | Ages 55+ | Oct 22     | Thu | 11:00 AM   | WCC      | 汤与社交                 |
| 15669                         | Walk and Talk Club (Monday)                 | Ages 19+ | Sep 14     | Mon | 10:00 AM   | WCC      | 步行俱乐部                |
| 15673                         | Walk and Talk Club (Tuesday)                | Ages 19+ | Sep 15     | Tue | 10:00 AM   | WCC      | 步行俱乐部                |
| 16152                         | Community Digital Support   Drop-In         | Ages 19+ | Sep 19     | Sat | 10:00 AM   | WCC      | 社区电脑辅导               |
| 16204                         | Seniors Open House: Bridge                  | Ages 19+ | Sep 10     | Thu | 10:00 AM   | WCC      | 桥牌练习时间               |
| 15691                         | Bridge   Advanced   Drop-In                 | Ages 19+ | Sep 17     | Thu | 10:00 AM   | WCC      | 桥牌练习时间               |
| 15684                         | Chinese Pocket Card Games Drop-In           | Ages 65+ | Sep 18     | Fri | 10:00 AM   | WCC      | 中国纸牌                 |
| 16166                         | Whist                                       | Ages 55+ | Sep 15     | Tue | 10:00 AM   | WCC      | 惠斯特纸牌游戏              |
| 15677                         | Song Circle for Seniors                     | Ages 55+ | Sep 15     | Tue | 10:00 AM   | WCC      | 老年人唱歌活动              |
| 15671                         | Mahjong   Drop-In                           | Ages 19+ | Sep 14     | Mon | 1:00 PM    | WCC      | 麻将                   |
| 15672                         | Seniors' Gym                                | Ages 55+ | Sep 14     | Mon | 10:15 AM   | WCC      | 老人锻炼时间               |



## 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](https://myuna.ca/depot)



## GREEN DEPOT

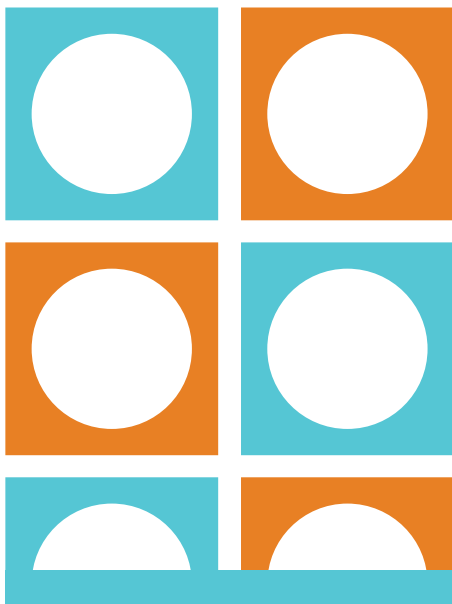


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# OUR FOUNDATIONAL PRINCIPLES

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



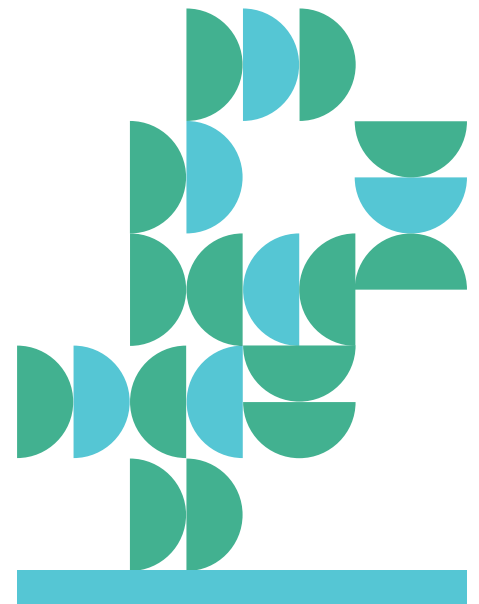
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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



# FALL HIGHLIGHT HOME GAMES

## HOME OPENERS

**MEN'S SOCCER** VS. UFV  
THU, AUG 27 | 6 PM  
THUNDERBIRD STADIUM



**MEN'S HOCKEY** VS. MAN  
THU, OCT 9 | 7 PM  
THUNDERBIRD ARENA



**MEN'S RUGBY**  
SAT, SEP 5 | 2:30 PM  
UBC CAMPUS



**WOMEN'S HOCKEY** VS. TWU  
FRI, OCT 16 | 7 PM  
FATHER BAUER



**FOOTBALL** VS. ALBERTA  
FRI, SEP 11 | 6 PM  
THUNDERBIRD STADIUM



**WOMEN'S FIELD HOCKEY** VS. CGY  
SAT, OCT 17 | 11 AM  
WRIGHT FIELD



**WOMEN'S SOCCER** VS. UBCO  
FRI, SEP 18 | 5 PM  
KEN WOODS FIELD



**BASKETBALL** VS. TWU  
THU, OCT 29 | W 5:30 PM M 7:30 PM  
WAR MEMORIAL GYM



**WOMEN'S RUGBY** VS. CGY  
SAT, SEP 19 | 1 PM  
UBC CAMPUS



**VOLLEYBALL** VS. CGY  
FRI, OCT 23 | M 5:30 PM W 7:15 PM  
WAR MEMORIAL GYM



FOR THE LATEST INFORMATION, FULL SCHEDULE & TICKETS VISIT [GOTHUNDERBIRDS.CA](http://GOTHUNDERBIRDS.CA)



## FESTIVALS & CHAMPIONSHIPS



**FRI, SEP 18 | 6 PM**  
THUNDERBIRD STADIUM

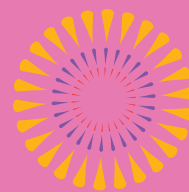


**NOV 12 - 15**  
THUNDERBIRD STADIUM



**NOV 27**  
**M 5:30PM W 7:15PM**  
WAR MEMORIAL GYM





SEPTEMBER 12, 2026 | 11 A.M.–3 P.M.

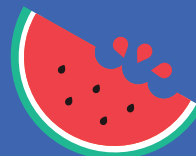
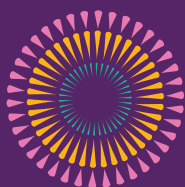
# NEIGHBOURS DAY

WESBROOK  
COMMUNITY CENTRE

Join your neighbours for our biggest  
community celebration of the year.

## Event Highlights:

- BBQ Snack Bar
- Live Entertainment
- Face Painting
- Crafts with Ruta
- Balloon Art
- Kids' Market
- Inflatables
- And much more!



Learn more:  
[myuna.ca/neighboursday](https://myuna.ca/neighboursday)

