2027
**WINTER**

# PROGRAM GUIDE

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




UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# SPRING ART FAIR 2027

**March 13, 2027 | 11 a.m.–2:30 p.m.**
**Wesbrook Community Centre**

## Celebrate the arts right in our community!

Come experience a vibrant day filled with talent as local creators, from rising young artists to seasoned professionals, share their works through live performances, gallery exhibitions, and a unique artisan marketplace. Jump into creative workshops and add your own spark to the artistic energy of our community.

## What's Going On:

**Live Performances | 12:00–2:15 p.m.**

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

**Arts and Crafts Workshops | 11:00 a.m.–2:30 p.m.**

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

Bring cash as not all artisans will accept credit cards.



## Get Involved!

**Apply to be an Artisan Vendor:**
Apply between December 7–February 15

**Sign-up to Perform:**
Apply between December 7–February 15

**Volunteer with Us:** Sign-up on **myuna.ca/volunteering**

**For more information, visit myuna.ca/springartfair or scan the QR code.**

# PROGRAM GUIDE

### REGISTER ONLINE

**Monday, December 14, 2026 at 9:00 AM**

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

### REGISTER IN PERSON

**Monday, December 14, 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, December 14, 2026 at 9:00 AM**

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

**604.800.9865**

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# **RECREATION** POLICIES

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

## PROGRAM POLICIES

**Registration, Fees and Discounts**

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

| Activity | Cancellation Deadline to Receive a Refund | Non-Refundable Processing Fee |
|---|---|---|
| Multi-class programs (excluding camps) | One business day after the first 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.

## PERSONAL INFORMATION COLLECTION AND PRIVACY

The UNA collects personal information of our members and other individuals for the purposes of providing access and participation to classes, workshops, projects, events, or rentals.

Personal information will be collected and used in accordance with s.26 (c) of the Freedom of Information and Protection of Privacy Act.

For questions regarding the collection of personal information, please contact privacy@myuna.ca.



## PUBLIC SPACES

**Casual Room Use**

There are some rooms that offer casual room use with a fee to the public, to drop-in to when programs, events, or bookings are not scheduled, including the music studios, dance studio or Old Barn meeting rooms. Payment must be made in person at the front desk.

**Community Centre Community Spaces**

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

**Community Green Space – Fields**

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

**Bookings**

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

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

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# COMMUNITY CENTRE **CODE OF CONDUCT**

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

All visitors are expected to:

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

**Visitors are ENCOURAGED to:**

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

**Visitors are PROHIBITED from:**

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

# LOCATIONS
# & HOURS



## Wesbrook Community Centre

3335 Webber Lane
Vancouver, BC, V6S 0H3
604.800.9865

**HOURS OF OPERATION**

8:30 a.m. to 10:00 p.m. Monday to Friday
8:30 a.m. to 9:00 p.m. Weekends
10:00 a.m. to 5:00 p.m. Holidays

**FITNESS CENTRE HOURS OF OPERATION**

6:00 a.m. to 9:45 p.m. Monday to Friday
7:00 a.m. to 8:45 p.m. Weekends
7:00 a.m. to 4:45 p.m. Holidays



## Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.800.9865

**HOURS OF OPERATION**

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

**FITNESS CENTRE HOURS OF OPERATION**

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

# ROOM RENTALS

Looking for space to host a meeting or event? **Wesbrook** and the **Old Barn Community Centres** have a variety of rooms with state-of-the-art audio/visual equipment and various accommodations to meet your needs.

**WORKSHOPS**

**MEETINGS**

**LECTURES**

**SOCIAL GATHERINGS**

**RECEPTIONS**

**CELEBRATION OF LIFE**

**BIRTHDAY PARTIES**

**STRATA MEETINGS**

**AND MORE!**





## OLD BARN

| FACILITY | SQUARE FOOT | CAPACITY* | HOURLY RATE |
|---|---|---|---|
| Meeting Room 1 | 986 Sq Ft | 60 | $60.00 |
| Meeting Room 1 & 2 | 1711 Sq Ft | 100 | $100.00 |
| Meeting Room 2 | 725 Sq Ft | 50 | $60.00 |

OTHER WCC OBCC

# WESBROOK



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

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

**myuna.ca/bookings**

**bookings@myuna.ca**

**604.632.3114**





UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# COMMUNITY EVENTS

## UNA Budget Consultation and Open House ALL AGES

**JAN 28**
Thursday
5:00 PM
- 7:00 PM

The 2027–2028 UNA Draft Budget Consultation will take place in the final week of January 2027. Residents are invited to review the draft budget and provide feedback on how UNA resources, revenues, and expenditures are planned and managed. Residents can also attend the Budget Consultation Open House on Thursday, January 28, 2027, at 5:00 p.m. at the Wesbrook Community Centre. UNA staff and Board members will be available to answer questions and hear resident feedback.



Feedback will be reviewed by the UNA Finance and Audit Committee and then provided to the UNA Board of Directors before the budget is approved.

Wesbrook Community Centre

## 2027 Lunar New Year Celebration ALL AGES

**FEB 13**
Saturday
12:00 PM
- 4:00 PM

Welcome to the year of the Goat! Celebrate Lunar New Year with the UNA community at a fun-filled family event highlighting Chinese and Korean cultures, with activities for all ages. A Year of the Goat art exhibition will also be on display.

**12:00–2:00 pm**: Explore cultural booths, enjoy games and crafts, and savour traditional teas and festive treats.
**2:00–4:00 pm**: Enjoy the Lunar New Year Gala featuring music, dance, and cultural performances.

Traditional attire is welcome. No registration is required. Pets are not permitted.

Wesbrook Community Centre

## Family Movie Night ALL AGES

**JAN 9**
**FEB 6**
**MAR 6**
Saturday
6:00 PM
- 8:30 PM
$2.00 pp

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 5:30 PM, movie starts 6:00 PM.
**Jan 9**: Moana (2026)
**Feb 6**: BFG
**Mar 6**: Shaun the Sheep: The Beast of Mossy Bottom

Old Barn Community Centre

## Family Day ALL AGES

**FEB 15**
Monday
11:00 AM
- 2:00 PM

Join us for a fun-filled Family Day with the UNA community at Wesbrook Community Centre! Enjoy a day of family-friendly activities, connection, and time together. Bring your family and celebrate the day with us. All ages are welcome!

Wesbrook Community Centre

## Spring Art Fair ALL AGES

**MAR 13**
Saturday
11:00 AM
- 2:30 PM

Celebrate the arts right in our community! Come experience a vibrant day filled with talent as local creators, from rising young artists to seasoned professionals, share their works through live performances, gallery exhibitions, and a unique artisan marketplace. Jump into creative workshops and add your own spark to the artistic energy of our community.

Wesbrook Community Centre

## Easter Eggstravaganza ALL AGES

**MAR 27**
Saturday
10:00 AM
- 12:00 PM

Join us for a fun-filled Easter morning at the Old Barn Community Centre!

Bring your family and friends to enjoy a festive community celebration filled with activities, creativity, and opportunities to spend time together. Come celebrate the season with your neighbours and make some wonderful memories!

Old Barn Community Centre

## Weaving Wellness | Be Ready Children: Emergency Preparedness Workshop with LEGO® AGES 6-12

NEW

This fun, interactive workshop uses LEGO® to introduce children to emergency preparedness in a safe, age-appropriate way. Through guided discussions and hands-on building activities, children will explore who their safe people are, where their safe places are, and what essential items they might need in an emergency. The workshop encourages creativity, confidence, and early preparedness skills. Prizes and treats will be provided. Registration required, spaces are limited.

**Instructor: Canadian Red Cross**

**WCC | JAN 20** — **W, 4:00 PM – 5:00 PM**
FREE / 1 — #17280

## Weaving Wellness | Be Ready Youth: Emergency Preparedness Workshop with LEGO® AGES 13-18

NEW

This engaging workshop uses LEGO® as a creative, hands-on way for youth to explore the four steps of emergency preparedness: knowing the hazards and risks, making an emergency plan, building an emergency kit, and making connections. Activities and discussions help participants develop practical preparedness skills, work collaboratively, and consider potential career opportunities in emergency management and related fields. Prizes and treats will be provided. Registration required, spaces are limited.

**Instructor: Canadian Red Cross**

**WCC | JAN 21** — **TH, 6:00 PM – 7:30 PM**
FREE / 1 — #17281

## Weaving Wellness | Self Defense for Busy People AGES 12+

NEW

You are invited to join 2 multi-black belt Self Defense instructors (female and male) for an empowering self-defense workshop featuring realistic self-defense, street/work/travel safety, escapes, key striking, de-escalation, weapons safety, exciting demos, improvised weapons and more in this fun and safe class. Visit hitandrunselfdefense.com Registration required, spaces are limited. Workshop open to ages 12+.

**Instructors: Hit and Run Self Defense**

**WCC | FEB 7** — **SU, 3:45 PM – 5:15 PM**
FREE / 1 — #17143

## Weaving Wellness | The Nervous System Reset AGES 19+

NEW

Through intentional nervous system regulation practices, guided reflection, and immersive crystal sound bath, this experience creates space to slow down, reset, and return to life with greater emotional balance and direction. Learn about mental clarity and strategies to reduce stress and burnout and leave feeling relieved with renewed energy. Led by Stephanie Bowman, sound practitioner and founder of The Mindful Modern. Registration is required.

**Instructor: Stephanie Bowman (The Mindful Modern)**

**WCC | FEB 27** — **SA, 12:45 PM – 2:15 PM**
FREE / 1 — #17020

## Weaving Wellness | Wine and Watercolour AGES 19+

NEW

Spend a relaxing evening immersed in creativity, mindfulness, and the art of watercolour. In this welcoming, beginner-friendly workshop, you will be guided by an experienced teaching artist as you explore watercolour techniques, mindful breathing, and creative expression, all while sipping on a complimentary glass of wine. Slow down, reconnect with yourself, and enjoy the creative process while creating a finished watercolour piece to take home.

**Instructor: Yasaman Moussavi**

**WCC | MAR 6** — **SA, 12:45 PM – 2:15 PM**
FREE / 1 — #16977

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



# ALL AGES PROGRAMS

MUSIC

## Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance. Royal Conservatory of Music (RCM) preparation is available. Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

**Instructor: Derek Pang**

**WCC | JAN 6 – MAR 24** **W, 3:30 PM – 8:15 PM**
$420.00 / 12 #17030

**WCC | JAN 11 – MAR 22** **M, 3:30 PM – 8:15 PM**
**No class Feb 15**
$350.00 / 10 #17029

**Instructor: Nancy Chang**

**WCC | JAN 5 – MAR 16** **TU, 3:30 PM – 8:15 PM**
$385.00 / 11 #16973

**Instructor: Bassem Ghabrous**

**WCC | JAN 7 – MAR 25** **TH, 3:30 PM – 8:30 PM**
$385.00 / 12 #16867

**WCC | JAN 9 – MAR 20** **SA, 10:00 AM – 3:00 PM**
**No classes Feb 13, Mar 13**
$315.00 / 9 #16866

**Instructor: Portia Sun**

**WCC | JAN 8 – MAR 19** **F, 3:30 PM – 7:45 PM**
**No classes Feb 12, Mar 12**
$315.00 / 9 #16974

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

## Flute & Recorder AGES 6+

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

**Instructors: Andrea Minden**

**WCC | JAN 10 – MAR 21** **SU, 1:00 PM – 5:00 PM**
**No class Feb 14**
$350.00 / 10 #16864

## Guitar | Friday AGES 8+



Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own classical guitar with nylon strings and foot rest. Music books for purchase may be recommended in the first class.

**Instructor: Vanja Dijak**

**WCC | JAN 8 – MAR 19** **F, 4:30 PM – 9:00 PM**
**No class Feb 12**
$350.00 / 10 #16986

## Group Guitar | Beginner AGES 14+

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

**Instructor: Matt Stapleton**

**WCC | JAN 11 – MAR 22** **M, 6:30 PM – 7:30 PM**
**No class Feb 15**
$200.00 / 10 #16971

MUSIC

## Group Guitar | Intermediate AGES 14+

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

**Instructor: Matt Stapleton**

**WCC | JAN 11 – MAR 22** **M, 7:30 PM – 8:30 PM**
**No class Feb 15**
$200.00 / 10 #16972

## Violin | Thursday AGES 5+

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

**Instructors: Andrew Ty**

**WCC | JAN 7 – MAR 25** **TH, 3:30 PM – 9:00 PM**
$385.00 / 12 #16865

SOCIAL

## Food with Friends ALL AGES

Do you love trying new foods and meeting new people? Join us at Food with Friends! 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 advance registration to help us plan the appropriate amount of food for the cooking demo, though registration at the front desk upon arrival is also available.

**Instructors: Andrea Garcia**

**WCC | JAN 26** **TU, 6:00 PM – 8:00 PM**
FREE / 1 #16815

**WCC | FEB 16** **TU, 6:00 PM – 8:00 PM**
FREE / 1 #16816

**WCC | MAR 16** **TU, 6:00 PM – 8:00 PM**
FREE / 1 #16817

## 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 | JAN 8, FEB 5, MAR 5** **F, 6:00 PM – 9:30 PM**
FREE / 3 #16773

SPORT

## Drop-In Family Badminton ALL AGES

Play badminton with your family! A maximum of 18 participants can participate. Please arrive 15 minutes early to reserve your spot on the day of. 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/ for further clarification.

**WCC | JAN 9 – MAR 20** **SA, 8:45 AM – 10:15 AM**
**No classes Jan 23, Feb 13, Mar 13**
Drop-in $3.00ea / 8 #16899

## Drop-In Family Pickleball ALL AGES

Play pickleball with your family! A maximum of 18 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/ for further clarification.

**WCC | JAN 17 – MAR 21** **SU, 9:00 AM – 10:30 AM**
**No class Feb 14**
Drop-in $3.00ea / 4 #17130

# CHILDREN'S PRO-D DAY & SUMMER CAMPS

## PRO-D DAY CAMPS

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

Sportball's action-packed Pro-D Day camps introduce children to a variety of ball sports and activities PLUS arts and crafts, snack time, stories, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please bring a nut free snack and lunch with a name labeled water bottle.

**Instructor: Sportball Vancouver**

**WCC | FEB 12** — **F, 9:00 AM – 3:00 PM**
$75.00 / 1 — #16931

## SPRING BREAK CAMPS

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

Wanna join the circus for a week? Using the circus as a theme, we will create an original production incorporating singing, dancing, acting, and visual arts. We will also dive into some beautiful circus arts: acrobatics, balance acts, and flexibility feats. It will be a magnificent week.

**Instructor: Crossmaneuver Dance Theatre**

**OBCC | MAR 15 – MAR 19** — **M-F, 9:00 AM – 4:00 PM**
$460.00 / 5 — #16933

### Crossmaneuver Preschool Performing Arts Camp AGES 3-4

Give your little one a joyful springtime adventure at our magical Preschool Spring Break Arts Camp! Designed especially for ages 3–4, this half-day camp invites young artists to explore dance, music, theatre, and visual art in a warm, nurturing environment where creativity blooms.

**Instructor: Crossmaneuver Dance Theatre**

**OBCC | MAR 22 – MAR 25** — **M-TH, 9:00 AM – 12:00 PM**
$208.00 / 4 — #16934

### Crossmaneuver Performing Arts Camp
AGES 5-7

Join an all-arts camps for children ages 5-7! Explore dance, music, stories, singing and make wonderful art together for the week. It's a magical, nurturing, and highly creative environment for young creatives to experience. There will be a singing and dancing performance on the last day.

**Instructor: Crossmaneuver Dance Theatre**

**OBCC | MAR 22 – MAR 25** — **M-TH, 9:00 AM – 3:00 PM**
$352.00 / 4 — #16935

### DIY Bear Design Camp AGES 8-12




Design your very own plushie bear! In this immersive hands-on plushie design studio, campers will sketch and create a custom plush bear before selecting fabrics to cut, hand-sew, and stuff. Campers will then craft a unique wardrobe of custom clothing and accessories to bring their handcrafted companion to life. A $20.00 materials fee will be charged upon registration.

**Instructor: Ceylon Coates**

**WCC | MAR 22 – MAR 25** — **M-TH, 9:00 AM – 3:00 PM**
$280.00 / 4 — #16868

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

Sportball's action-packed spring break camps introduce children to a variety of ball sports and waterplay games and activities, PLUS arts and crafts, snack time, stories, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please bring a name labeled water bottle with a nut free snack and lunch.

**Instructor: Sportball Vancouver**

**WCC | MAR 15 – MAR 19** — **M-F, 9:00 AM – 3:00 PM**
$375.00 / 5 — #16932

> 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.



**SPRING BREAK CAMPS**

## SUPERHERO Spring Break Camp AGES 6-16

Kumakai Karate Vancouver's SUPERHERO CAMP! is an exciting camp that combines martial arts training with comic creation to help students unlock their inner superhero! Students will learn foundational grappling and striking skills with a focus on self defense and building strong bodies. Techniques include takedowns, control positions, kicks and punches. Drawing and comics lessons will include concepts of shapes and proportions, how to build characters and backgrounds, and ways to use text. Students may experiment with designing their own cover, splash page, or 3 panel comic.

**Instructor: Kumakai Karate**

**WCC | MAR 22 – MAR 25** **M-TH, 9:00 AM – 3:00 PM**
$360.00 / 4 #16928

## WIZE Tech Quest: Robotics, AI & Minecraft
AGES 7-11

Get ready for a week of robotics, artificial intelligence, and Minecraft! Campers will design and program robots, explore exciting AI concepts, and take on creative Minecraft challenges while developing their coding, problem-solving, and engineering skills. Through hands-on projects and STEM challenges, students will build, code, experiment, and explore the possibilities of technology.

For this camp it is required to bring Windows PC, MacBook, Chromebook, or iPad for each day of camp. A 3-button mouse with a scroll wheel is recommended. Material fees: $50.00 will be charged upon registration.

**Instructor: WIZE Academy**

**WCC | MAR 15 – MAR 19** **M-F, 9:00 AM – 3:00 PM**
$400.00 / 5 #16929

## WIZE Digital Makers: App Development, 3D Printing & STEM AGES 7-11

Step into the world of digital creation and innovation! Campers will explore mobile app development, 3D modelling and printing, Minecrafted AI, and hands-on STEM challenges. Students will design their own mobile apps, design 3D models, explore AI through Minecraft, and take on creative STEM challenges that encourage them to think, build, create, and problem-solve.

For this camp it is required to bring Windows PC, MacBook, Chromebook, or iPad for each day of camp. A 3-button mouse with a scroll wheel is recommended. Material fees: $40.00 will be charged upon registration.

**Instructor: WIZE Academy**

**WCC | MAR 22 – MAR 25** **M-TH, 9:00 AM – 3:00 PM**
$320.00 / 4 #16930

## Young Moviemakers Camp AGES 8-14

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

**Instructor: Young Moviemakers**

**WCC | MAR 15 – MAR 19** **M-F, 9:00 AM – 3:00 PM**
$450.00 / 5 #16927

# 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 1.5-3

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 11 – MAR 8** **M, 10:30 AM – 11:15 AM**
**No class Feb 15**
$186.00 / 8 #17121

## Active Kids: Soccer AGES 3-5

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 11 – MAR 22** **M, 4:00 PM – 4:45 PM**
**No class Feb 15**
$245.00 / 10 #17122

## Active Kids: Basketball AGES 8-16

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

**Instructor: Active Kids School of Kinesiology**

**AGES 8-12**
**WCC | JAN 12 – MAR 23** **TU, 4:30 PM – 6:00 PM**
$341.00 / 11 #17124

**WCC | JAN 14 – MAR 25** **TH, 4:00 PM – 5:30 PM**
$341.00 / 11 #17125

**WCC | JAN 16 – MAR 20** **SA, 12:15 PM – 1:45 PM**
**No classes Jan 23, Feb 13, Mar 13**
$217.00 / 7 #17128

**AGES 12-16**
**WCC | JAN 14 – MAR 25** **TH, 4:00 PM – 5:30 PM**
$341.00 / 11 #17126

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

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 16 – MAR 20** **SA, 10:30 AM – 12:00 PM**
**No classes Jan 23, Feb 13, Mar 13**
$217.00 / 7 #17127

## Active Kids: Soccer AGES 6-9

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

**Instructor: Active Kids School of Kinesiology**

**WCC | JAN 11 – MAR 22** **M, 5:00 PM – 5:45 PM**
**No class Feb 15**
$245.00 / 10 #17123

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# Family Day

## February 15, 2027 | 11 a.m.–2 p.m.
## Wesbrook Community Centre

Join us for a fun-filled Family Day with the UNA community at Wesbrook Community Centre! Enjoy a day of family-friendly activities, connection, and time together. Bring your family and celebrate the day with us.

All ages are welcome! Registration is required!



**More details at myuna.ca/familyday**







# EARLY YEARS PROGRAMS

ARTS

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

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

**Instructor: Praise TEAM**

**OBCC | JAN 9 – MAR 20** **SA, 9:30 AM – 10:15 AM**
**No classes Feb 13, Mar 13**
$123.75 / 9 | Drop-in $15.00 #16976

## Parents/Guardians and Me Dance Class AGES 1.5-3

Develop a shared love of dance in this class with children and their caregivers. Learn to dance with music, props, imagination, and joy. Drop-in option is available until Feb 8, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 11 – MAR 8** **M, 3:30 PM – 4:15 PM**
**No class Feb 15**
$176.00 / 8 | Drop-in $23.00 #16948

## 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 Drop-in option is available until Feb 3, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 6 – MAR 10** **W, 3:30 PM – 4:15 PM**
$220.00 / 10 | Drop-in $23.00 #16949

**WCC | JAN 10 – MAR 14** **SU, 12:30 PM – 1:15 PM**
**No class Feb 14**
$198.00 / 9 | Drop-in $23.00 #16955

## 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. Drop-in option is available until Feb 7. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 10 – MAR 14** **SU, 9:30 AM – 10:15 AM**
**No class Feb 14**
$198.00 / 9 | Drop-in $23.00 #16957

## 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. Ukuleles are provided for the students who do not have their own ukulele. Parent participation is optional.

**Instructor: Gloria Yu**

**OBCC | JAN 10 – MAR 14** **SU, 12:00 PM – 12:45 PM**
**No class Feb 14**
$234.00 / 9 #16964

## 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 | JAN 10 – MAR 14** **SU, 12:50 PM – 1:35 PM**
**No class Feb 14**
$234.00 / 9 #16963

ARTS

## Crafts with Ruta AGES 2-5

Prechoolers and caregivers will explore using various materials and mediums to create tactile artowrks in each themed series of workshops. Supplies are provided. Art smocks or old t-shirts are recommended. Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in the room is limited.

**Instructor: Ruta Zasaite**

**Paper Food Crafts & Friendship**
Children will explore their artistic side by crafting miniature food masterpieces like colorful paper pizzas and textured felt and clay donuts. After mixing up a menu of delicious food-themed art, we will wrap up the fun by creating hand-made Valentine's crafts to take home to friends and family!

**WCC | JAN 9 – FEB 6** **SA, 10:00 AM – 10:45 AM**
$55.00 / 5 #16979

**Jump into Spring**
Welcoming the sunny days ahead! Young artists will celebrate the changing season by diving into bright, nature-inspired art. Little makers will use their imaginations to construct vibrant rainbows, build charming custom bird-houses, design bugs and bloom creations to decorate your home for spring.

**WCC | FEB 20 – MAR 20** **SA, 10:00 AM – 10:45 AM**
**No class Mar 13**
$44.00 / 4 #16980

EDUCATION

## Science for Preschoolers AGES 3-5

Enjoy engaging demonstrations, perform simple experi-ments and discover how science can you better under-stand the world around you! Our science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appro-priate 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 | JAN 11 – MAR 1** **M, 3:30 PM – 4:15 PM**
**No class Feb 15**
$154.00 / 7 #16908

OTHER WCC OBCC

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

OLD BARN COMMUNITY CENTRE

# FAMILY MOVIE NIGHT

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

ENTRY $2

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.**



JAN 9 MOANA (2026)

FEB 6 BFG

MAR 6 SHAUN THE SHEEP: THE BEAST OF MOSSY BOTTOM





For questions, please contact Gillian Bobert, at **gillian.bobert@myuna.ca**.

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 | JAN 6 – FEB 10** **W, 4:00 PM – 4:45 PM**
$120.00 / 6 #16990

**WCC | FEB 17 – MAR 24** **W, 4:00 PM – 4:45 PM**
$120.00 / 6 #16992

SOCIAL

## Babytime Drop-In AGES 0-2

Enjoy a welcoming, 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 for families. Registration is required at the Front Desk before attending each session.

**Instructor: Tess Prendergast**

**WCC | JAN 7 – MAR 25** **TH, 10:00 AM – 11:00 AM**
**No class Feb 18**
FREE / 11 #16812

## 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: Agrin Aboutorabi**

**OBCC | JAN 10 – MAR 21** **SU, 10:00 AM – 11:30 AM**
**No class Feb 14**
Drop-in $3.50 ea / 10 #16819

## Parent & Tot: Gym Drop-In AGES 0-5

Children ages 0-5, accompanied by caregivers, explore climbing structures, sports equipment and toys to facilitate 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.

**Instructors: Samantha Adachi and Haelley Yu**

**WCC | JAN 5 – MAR 11** **TU/TH, 9:30 AM – 11:00 AM**
Drop-in $3.50 ea / 20 #16820

## Spanish Storytime Drop-In AGES 0-5

Caregivers, toddlers and preschoolers will listen to stories, sing and dance in these free drop-in sessions, which also offer a space for families to connect and build community, all while sharpening their Spanish skills. Registration is required at the Front Desk before joining each session.

**Instructor: Luis Alberto Torres Cruz**

**OBCC | JAN 9 – MAR 20** **SA, 10:00 AM – 11:00 AM**
**No class Feb 13**
FREE / 10 #16774

## Storytime at Wesbrook Community Centre AGES 0-5

Parents and caregivers are invited to bring their children aged 0–5 for 30 minutes of songs and stories led by UNA volunteers. Each free session includes visual retellings of nursery rhymes and read-aloud stories. Registration is required at the Front Desk before attending each session.

**Instructor: Samantha Adachi**

**WCC | JAN 5 – MAR 23** **TU, 11:30 AM – 12:00 PM**
FREE / 11 #17148

## 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. Free registration is required at the Front Desk before joining each session.

**Instructor: UNA Volunteer**

**OBCC | JAN 8 – MAR 19** **F, 10:00 AM – 11:00 AM**
FREE / 11 #16818

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# CELEBRATE YOUR BIRTHDAY WITH THE UNA!



Our party packages are full of fun and exciting activities to make any birthday memorable. We'll take care of all the decorations, activities, and planning so all you have to do is enjoy the celebration. Choose between an art-themed or sports-themed party, your preferred venue and time, and leave the rest of the planning to us.

*Party bookings must be made at least two weeks in advance. A kitchen is available for storing food in the fridge. Decorations and facilitated activities are included.

**PRICING**

| Number of Children | Resident Rate | Non-Residents |
|---|---|---|
| 1-12 | $275.00 | $295.00 |
| 13-24 | $325.00 | $345.00 |

**VENUES**

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

**BIRTHDAY PARTY ADD-ONS**

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

**TIME SLOTS**

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

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

**SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY**

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

**ACTIVITY SELECTION**

**Art Party**

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

**Sports Party**

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



**HOW TO BOOK YOUR PARTY**

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

**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.

# 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 atmosphere playful. They 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.

**Instructor: Praise TEAM**

**WCC | JAN 5 – MAR 23** **TU, 5:30 PM – 6:30 PM**
$228.00 / 12 | Drop-in $21.00 #16975

## Active Urban Dance: Hip Hop and Breaking AGES 6-13

NEW

Learn Hip Hop, Breaking and Street Dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and rise to a new challenge!

**Instructor: Praise TEAM**

**OBCC | JAN 9 – MAR 20** **SA, 11:15 AM – 12:15 PM**
**No classes Feb 13, Mar 13**
$171.00 / 9 | Drop-in $21.00 #16952



## 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. Drop-in option is available until Feb 7, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 10 – MAR 14** **SU, 11:25 AM – 12:25 PM**
**No class Feb 14**
$234.00 / 9 | Drop-in $29.00 #16943

## Ballet AGES 8-10

In this class, young 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. We are thrilled to give participants a chance to feature their work at the upcoming Spring Art Fair on March 13. Drop-in option is available until Feb 3, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 6 – MAR 10** **W, 5:25 PM – 6:25 PM**
$260.00 / 10 | Drop-in $29.00 #16926

## Classical Indian Dance: Bharata Natyam

AGES 5-17

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

**Instructor: Vidya Kotamraju**

**WCC | JAN 9 – MAR 20** **SA, 4:00 PM – 5:00 PM**
**No classes Feb 13, Mar 13**
$144.00 / 9 #16985

## 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. Drop-in option is available until Feb 3, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 6 – MAR 10** **W, 4:20 PM – 5:20 PM**
$260.00 / 10 | Drop-in $29.00 #16944

## 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. Drop-in option is available until Feb 8, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 10 – MAR 14** **SU, 10:20 AM – 11:20 AM**
**No class Feb 14**
$234.00 / 9 | Drop-in $29.00 #16945

**WCC | JAN 11 – MAR 8** **M, 4:20 PM – 5:20 PM**
**No class Feb 15**
$208.00 / 8 | Drop-in $29.00 #16946



## Dance Fusion for Kids AGES 7-10

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 | JAN 8 – MAR 12** **F, 4:00 PM – 5:15 PM**
**No class Feb 12**
$270.00 / 9 #17012

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

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

**Instructor: Praise TEAM**

**WCC | JAN 5 – MAR 23** **TU, 3:30 PM – 4:30 PM**
$228.00 / 12 | Drop-in $21.00 #16978

> 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.

## ARTS

### 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. 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 | JAN 10 – MAR 14** **SU, 3:30 PM – 4:30 PM**
**No class Feb 14**
$522.00 / 9 #16953

### Tumble, Flex and Dance AGES 6-13 NEW

Good posture matters at any age, but it is important for young bodies to develop the correct muscle memory from the very beginning. Through proper breathing, strengthening, tumbling, and stretching, students will have a better understanding of their bodies. Having learned the proper techniques, our goal is for the students to have better physical awareness, a stronger core while having fun with tumbling, increasing flexibility, and standing tall with confidence. We are looking forward to having your child learn rolls, acrobatic movements, and work towards achieving their splits and cartwheel!

**Instructor: Praise TEAM**

**OBCC | JAN 9 – MAR 20** **SA, 10:15 AM – 11:15 AM**
**No classes Feb 13, Mar 13**
$171.00 / 9 | Drop-in $21.00 #16951

### 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. We are thrilled to give participants a chance to feature their work at the upcoming Spring Art Fair on March 13. Drop-in option is available until Feb 8, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

AGES 6-9
**WCC | JAN 11 – MAR 8** **M, 5:25 PM – 6:25 PM**
**No class Feb 15**
$208.00 / 8 | Drop-in $29.00 #16947

AGES 10-13
**WCC | JAN 11 – MAR 8** **M, 6:30 PM – 7:30 PM**
**No class Feb 15**
$208.00 / 8 | Drop-in $29.00 #17013

### 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 | JAN 13 – MAR 10** **W, 3:30 PM – 4:30 PM**
**No class Jan 20**
$120.00 / 8 #16968

### 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 | JAN 13 – MAR 10** **W, 5:00 PM – 6:15 PM**
**No class Jan 20**
$150.00 / 8 #16969

## Dungeons and Dragons Club AGES 8-12

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 | JAN 11 – MAR 15** **M, 3:30 PM – 5:00 PM**
**No class Feb 15**
$90.00 / 9 #16981

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

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

**Instructor: Floria Lu**

**WCC | JAN 16 – JAN 23** **SA, 4:00 PM – 5:30 PM**
$30.00 / 2 #16961

**WCC | FEB 20 – FEB 27** **SA, 4:00 PM – 5:30 PM**
$30.00 / 2 #16962

## Creative Arts AGES 6-9

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**

**WCC | FEB 22 – MAR 22** **M, 3:30 PM – 4:40 PM**
$105.00 / 5 #16989

## Creative Arts AGES 9-12

In Creative Arts, students will explore visual art elements and a variety of art-making techniques through hands-on, project-based learning. Each session will focus on a new creative project, helping students build skills while developing their artistic ideas. Working thematically, students will work with a range of subjects inspired by nature, everyday life ,and contemporary art. Students will be encouraged to explore ideas through experimentation and personal interpretation. This engaging studio class is perfect for young artists who love to make, experiment and discover their artistic voice. All materials will be supplied.

**Instructor: Yasaman Moussavi**

**WCC | FEB 22 – MAR 22** **M, 5:00 PM – 6:30 PM**
$115.00 / 5 #16988

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

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

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

**WCC | JAN 14, FEB 11, MAR 11** **TH, 4:45 PM – 5:45 PM**
$7.50 / 3 #16821



ARTS

## Manga Art | Beginner AGES 6-9

Learn to draw Manga, the Japanese art form. Participants explore the fundamentals of character stylization and proportions, animation, facial expressions, shading and colouring techniques, learning skills to experiment creating their own anime-type style. Each block includes four sessions. Sign-up for one or both! All materials provided.

**Instructor: Ceylon Coates**

**WCC | JAN 9 – JAN 30** **SA, 11:15 AM – 12:15 PM**
$60.00 / 4 #16869

**WCC | FEB 6 – MARCH 6** **SA, 11:15 AM – 12:15 PM**
**No class Feb 13**
$60.00 / 4 #16870

## Manga Art | Intermediate AGES 9-14

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

**Instructor: Ceylon Coates**

**WCC | JAN 9 – MAR 20** **SA, 12:45 PM – 1:45 PM**
**No classes Feb 13, Mar 13**
$135.00 / 9 #16871

## 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 | JAN 9 – MAR 20** **SA, 2:00 PM – 3:00 PM**
**No classes Feb 13, Mar 13**
$135.00 / 9 #16872

## Print Together: Family Printmaking Workshop AGES 6-12

NEW

A fun and beginner-friendly printmaking workshop for children and their parents or caregivers to create together. Families will explore simple printmaking techniques using safe, water-based inks and everyday, found, and recycled materials. Each of these four workshops will introduce a different project, with opportunities to experiment with textures, shapes, colors, layering, and creative ways of making prints.

Families are also welcome to bring small, flat textured materials from home—such as leaves, corrugated cardboard, lace, or other interesting found materials—to experiment with during the workshop.

No previous art experience is required.

Instructor: Bowen Sun

**WCC | JAN 10, 24, FEB 7, 21** **SU, 2:00 PM – 4:00 PM**
$120.00 / 4 #16925

## Young Moviemakers AGES 8-14

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

**Instructor: Young Moviemakers**

**WCC | JAN 8 – MAR 12** **F, 4:00 PM – 6:00 PM**
**No class Feb 12**
$337.50 / 9 #17010

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.

## 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 | MAR 22** **M, 9:00 AM – 5:00 PM**
$90.00 / 1 #16878

## 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 | JAN 7 – MAR 25** **TH, 4:30 PM – 5:30 PM**
**No classes Feb 11, Feb 18**
$250.00 / 10 #16937

## 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 will guided support. This is a youth-led volunteer program.

**Instructor: UNA Volunteer**

**WCC | JAN 8 – FEB 12** **F, 3:30 PM – 4:30 PM**
FREE / 6 #17064

## English Reading and Writing | Grades 1-4

AGES 6-10

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

**Instructor: Raquel Portillo Henriquez**

GRADES 1-2 | AGES 6-8
**WCC | JAN 11 – MAR 22** **M, 6:00 PM – 7:00 PM**
**No class Feb 15**
$150.00 / 10 #16905

GRADES 3-4 | AGES 8-10
**WCC | JAN 11 – MAR 22** **M, 7:00 PM – 8:00 PM**
**No class Feb 15**
$150.00 / 10 #16906



## 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. This program provides textbooks and worksheets. A $10 non-refundable material fee will be charged upon registration.

**Instructor: Mighty Moose**

AGES 5-8
**WCC | JAN 6 – MAR 24** **W, 5:30 PM – 6:30 PM**
$300.00 / 12 #17041

AGES 9-12
**WCC | JAN 6 – MAR 24** **W, 6:45 PM – 7:45 PM**
$300.00 / 12 #17042

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 | JAN 9 – MAR 20** **SA, 10:00 AM – 11:30 AM**
**No classes Feb 13, Mar 13**
$252.00 / 9 #16912

## Mastering Mandarin | Intermediate
AGES 5-18

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

**Instructor: Santored Enterprises Ltd**

**WCC | JAN 9 – MAR 20** **SA, 11:30 AM – 1:00 PM**
**No classes Feb 13, Mar 13**
$252.00 / 9 #16913

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

## Mastering Mandarin | Advanced AGES 5-18

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

**Instructor: Santored Enterprises Ltd**

**WCC | JAN 9 – MAR 20** **SA, 1:00 PM – 2:30 PM**
**No classes Feb 13, Mar 13**
$252.00 / 9 #16914

## 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 | JAN 9 – MAR 20** **SA, 3:00 PM – 4:30 PM**
**No classes Feb 13, Mar 13**
$337.50 / 9 #16876

## Galileo's Gang AGES 11-13

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

**Instructors: Cathy Chen and Renee Jiang**

**WCC | JAN 7 – MAR 25** **TH, 3:30 PM – 4:30 PM**
**No class Jan 28**
FREE / 11 #17050

## Math4Kids | Grades 1-6 AGES 6-12

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

**Instructor: STEAM 4 Kids**

GRADES 1-2 AGES 6-8
**WCC | JAN 6 – MAR 3** **W, 3:30 PM – 4:25 PM**
$180.00 / 9 #16909

GRADES 3-4 AGES 8-10
**WCC | JAN 6 – MAR 3** **W, 4:30 PM – 5:25 PM**
$180.00 / 9 #16910

GRADES 5-6 AGES 10-12
**WCC | JAN 6 – MAR 3** **W, 5:30 PM – 6:25 PM**
$180.00 / 9 #16911

## 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 | JAN 11 – MAR 1** **M, 4:30 PM – 5:30 PM**
**No class Feb 15**
$154.00 / 7 #16907

## 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 | JAN 10 – MAR 21** **SU, 10:30 AM – 12:00 PM**
**No class Feb 14**
FREE / 10 #17052

## History Adventures AGES 10-12

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

**Instructor: Edward Liu**

**WCC | JAN 10 – MAR 21** **SU, 1:00 PM – 2:30 PM**
**No class Feb 14**
FREE / 10 #17051

## AI Adventure Lab AGES 9-14




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

**Instructor: Haitao Li**

**WCC | JAN 5 – MAR 23** **TU, 6:00 PM – 7:00 PM**
$180.00 / 12 #16903

EDUCATION

## 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 responsibility 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 | JAN 9 – JAN 30** **SA, 2:00 PM – 3:00 PM**
FREE / 6 #17049

## Young Aviation Program AGES 8-10

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

**Instructor: Paxton Fok**

**WCC | JAN 9 – JAN 30** **SA, 4:30 PM – 5:30 PM**
FREE / 4 #17063

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

## 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 | JAN 10 – JAN 31** **SU, 3:00 PM – 4:00 PM**
FREE / 4 #17065

## 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 is required.**

**Instructor: WIZE Academy**

**WCC | JAN 9 – MAR 20** **SA, 4:45 PM – 6:15 PM**
**No classes Feb 13, Mar 13**
$337.50 / 9 #16877

## 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 to waive licensing fee if participant has taken a Minecraft Coders course within the previous 9 months at the UNA.

**Instructor: Haitao Li**

**WCC | JAN 7 – MAR 25** **TH, 5:45 PM – 6:45 PM**
$180.00 / 12 #16904

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# 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**

## EDUCATION

### Peer Tutoring AGES 9-12

This tutoring program is created by youth for youth and children, providing a supportive group setting and space where participants are assisted with their studies and homework. Young people are asked to bring in their own materials to work on with the tutors in a calm, quiet, and supportive environment. Participants may register for the program to secure a spot, but drop-in is available on the day of. This is a youth volunteer-led program.

**Instructor: UNA Volunteer**

**WCC | JAN 12 – MAR 23** **TU, 4:00 PM – 5:00 PM**
FREE / 11 #17081

## 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 | JAN 5 – MAR 9** **TU, 7:15 PM – 8:15 PM**
$170.00 / 10 | Drop-in $30.00 #16998

**WCC | JAN 7 – MAR 11** **TH, 5:45 PM – 6:45 PM**
**No class Feb 4**
$153.00 / 9 | Drop-in $30.00 #17005

**OBCC | JAN 8 – MAR 12** **F, 7:00 PM – 8:00 PM**
$170.00 / 10 | Drop-in $30.00 #17018

### 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. We can accommodate for age and experience levels. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are $50.00 to $70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**WCC | JAN 7 – MAR 11** **TH, 6:45 PM – 7:45 PM**
$170.00 / 10 | Drop-in $30.00 #17001

### 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 | JAN 5 – MAR 9** **TU, 6:30 PM – 7:15 PM**
$170.00 / 10 | Drop-in $30.00 #16994

**OBCC | JAN 8 – MAR 12** **F, 6:15 PM – 7:00 PM**
$170.00 / 10 | Drop-in $30.00 #17014

### 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 | JAN 10 – MAR 21** **SU, 1:00 PM – 1:50 PM**
**No class Feb 14**
$200.00 / 10 #16882

## Badminton | Beginner AGES 8-10

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

**Instructor: Wings Badminton**

**WCC | JAN 8 – MAR 19** **F, 4:00 PM – 5:00 PM**
**No classes Feb 12, Mar 12**
$162.00 / 9 #16879

## Sportball: Floor Hockey AGES 6-9

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

**Instructor: Sportball Vancouver**

**WCC | JAN 6 – FEB 10** **W, 4:45 PM – 5:30 PM**
$120.00 / 6 #16991

**WCC | FEB 17 – MAR 24** **W, 4:45 PM – 5:30 PM**
$120.00 / 6 #16993

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

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

**Instructor: Volleyball BC**

**WCC | JAN 9 – MAR 6** **SA, 2:15 PM – 3:45 PM**
**No classes Jan 23, Feb 13**
$133.00 / 7 #16917

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

## 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/

**WCC | JAN 6 – MAR 24** **W, 4:00 PM – 5:30 PM**
Drop-in $3.00 ea / 12 #17056



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 www.4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are $150.

**Instructor: 4-H Club**

**WCC | JAN 8, FEB 5, MAR 5** **F, 6:30 PM – 8:30 PM**
ubc4hclub@gmail.com / 3 #16814

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

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

**Instructor: Girl Guides**

**OBCC | JAN 7 – MAR 25** **TH, 6:00 PM – 7:30 PM**
girlguides.ca / 12 #16771



## Pre-teen Leadership AGES 9-12

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

**Instructor: UNA Staff**

**WCC | JAN 11 – MAR 8** **M, 4:00 PM – 5:30 PM**
**No class Feb 15**
FREE / 8 #17088

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

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

**Instructors: Nathan Yang and James Koo**

**WCC | JAN 7 – MAR 25** **TH, 4:45 PM – 5:45 PM**
**No class Jan 28**
FREE / 11 #17061

## Chess Basics AGES 7-12

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

**Instructor: Henry Zhou**

**WCC | JAN 8 – MAR 19** **F, 4:00 PM – 5:00 PM**
FREE / 11 #17159

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# Easter Eggstravaganza

## March 27, 2027 | 10 a.m.–12 p.m.
## Old Barn Community Centre

Join us for a fun-filled Easter morning at the Old Barn Community Centre!  Bring your family and friends to enjoy a festive community celebration filled with activities, creativity, and opportunities to spend time together. Come celebrate the season with your neighbours and make some wonderful memories!

**More details at myuna.ca/events**



# 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 | JAN 5 – MAR 23** **TU, 4:30 PM – 5:30 PM**
$228.00 / 12 | Drop-in $21.00 #17072

## 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. Drop-in option is available until Feb 7, 2027. After that date, participants are encouraged to register for the program.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | JAN 10 – MAR 14** **SU, 1:20 PM – 2:20 PM**
**No class Feb 14**
$162.00 / 9 | Drop-in $20.00 #16950

## Guitar Club AGES 13+

This beginner-friendly guitar club will help new players learn basic chords, simple strumming patters, 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 | JAN 6 – MAR 24** **W, 4:00 PM – 5:00 PM**
$24.00 / 12 #17046

## Speech Arts AGES 13-18

NEW

Discover how to express yourself with confidence! This fun, practical class teaches youth how to use their voice, body, and facial expressions to speak clearly and connect with their audience or peers. Led by an experienced Speech Arts instructor, you will learn to interpret text, understand tone, and connect with what you are saying, so your message comes across clearly. Practice text and script interpretation, vocal power, stage presence, and performance skills.

Designed for all youth, including English Language Learners!

**Instructors: Amanda Haggett**

**WCC | JAN 14 – MAR 11** **TH, 4:00 PM – 5:00 PM**
**No class Jan 28**
$150.00 / 8 #16966

## Drawing & Painting AGES 11-18



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

**Instructor: Jennifer Kim**

**WCC | JAN 6 – MAR 10** **W, 3:30 PM – 5:30 PM**
$300.00 / 10 #16954

ARTS

## The SEED Project Arts Workshop

NEW

AGES 10-18

The Seed Project (Supplying Essentials for Education in Distress) believes every child deserves quality education. Supporting youth in crisis zones through educational supplies and stable learning environments, we bridge the gap between crisis and classroom, empowering the next generation to rebuild their communities through knowledge. Interactive art workshops combine creative expression and advocacy in a welcoming space with light refreshments and conversation. Participants' artworks will be featured on theseedsproject.ca. This is a youth-led volunteer program.

**Instructor: The SEED Project**

**WCC | JAN 8 – MAR 19** **F, 5:30 PM – 7:30 PM**
FREE / 11 #17095

DROP-IN

## 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 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 | JAN 15 – MAR 19** **F, 6:30 PM – 8:00 PM**
**No class Feb 12**
FREE / 9 #17080



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

EDUCATION

## Beginner Mandarin Through Calligraphy

AGES 12-18

This youth volunteer-led 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.

**Instructors: Zoe Zhou and Xiwen Jing**

**WCC | JAN 7 – MAR 25** **TH, 4:00 PM – 5:00 PM**
**No class Jan 28**
FREE / 11 #17048

## Build It: Digital Mechanical Design AGES 13-18

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 | JAN 10 – MAR 21** **SU, 3:30 PM – 5:00 PM**
**No class Feb 14**
$20.00 / 10 #17066

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

## EDUCATION

### 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: Greater Vancouver Gavel Club**

**WCC | JAN 6 – MAR 10** **W, 6:30 PM – 8:30 PM**
$120.00 / 10 #16873

### Peer Tutoring AGES 13-18

This tutoring program is created by youth for youth and children, providing a supportive group setting and space where participants are assisted with their studies and homework. Young people are asked to bring in their own materials to work on with the tutors in a calm, quiet, and supportive environment. Participants may register for the program to secure a spot, but drop-in is available on the day of. This is a youth volunteer-led program.

**Instructor: UNA Volunteer**

**WCC | JAN 12 – MAR 23** **TU, 4:00 PM – 5:00 PM**
FREE / 11 #17160

## MARTIAL ARTS

### 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 | JAN 10 – MAR 21** **SU, 1:00 PM – 1:50 PM**
**No class Feb 14**
$200.00 / 10 #16883

### Karate: Fundamentals AGES 13-18

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

**Instructor: Kumakai Karate**

**WCC | JAN 5 – MAR 9** **TU, 7:15 PM – 8:15 PM**
$170.00 / 10 | Drop-in $30.00 #16997

**WCC | JAN 7 – MAR 11** **TH, 5:45 PM – 6:45 PM**
**No class Feb 4**
$153.00 / 9 | Drop-in $30.00 #17004

**OBCC | JAN 8 – MAR 12** **F, 7:00 PM – 8:00 PM**
$170.00 / 10 | Drop-in $30.00 #17016

MARTIAL ARTS

## 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. We can accommodate for age and experience levels. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are $50.00 to $70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**WCC | JAN 7 – MAR 11** **TH, 6:45 PM – 7:45 PM**
$170.00 / 10 | Drop-in $30.00 #17002

## 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. We strive for the practical application and realistic training of martial arts. Class is designed to challenge students from ages 10 and up. Students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are $50.00 to $70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**WCC | JAN 5 – MAR 9** **TU, 8:15 PM – 9:15 PM**
$170.00 / 10 | Drop-in $30.00 #17000

**WCC | JAN 7 – MAR 11** **TH, 8:00 PM – 9:00 PM**
$170.00 / 10 | Drop-in $30.00 #17007

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 | JAN 8 – MAR 19** **F, 5:00 PM – 6:00 PM**
**No classes Feb 12, Mar 12**
$162.00 / 9 #16880

## 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 | JAN 8 – MAR 19** **F, 6:00 PM – 7:30 PM**
**No classes Feb 12, Mar 12**
$229.50 / 9 #16881

## Lunchtime Youth Badminton Drop-in

AGES 13-18

This drop-in program is open to youth of all skills and abilities to play badminton. 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. 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/

**Instructor: UNA Staff**

**WCC | JAN 11 – MAR 8** **M, 11:25 AM – 12:25 PM**
**No class Feb 15**
FREE / 8 #17053

> 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.

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.

## SPORTS

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

**WCC | JAN 10 – MAR 21** **SU, 7:30 PM – 8:30 PM**
**No class Feb 14**
Drop-in $3.00 ea / 10 #17054

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

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

**WCC | JAN 5 – MAR 23** **TU, 3:15 PM – 4:15 PM**
Drop-in $2.00 ea / 12 #17055

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

**WCC | JAN 6 – MAR 24** **W, 5:45 PM – 7:15 PM**
Drop-in $3.00 ea / 12 #17057

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

**WCC | JAN 7 – MAR 25** **TH, 6:00 PM – 7:30 PM**
**No class Jan 28**
Drop-in $3.00 ea / 11 #17059

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

**WCC | JAN 9 – MAR 20** **SA, 4:00 PM – 5:30 PM**
**No classes Feb 13 Mar 13**
Drop-in $3.00 ea / 9 #17060

### Volleyball BC: Train and Play AGES 13-16

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

**Instructor: Volleyball BC**

**WCC | JAN 9 – MAR 6** **SA, 2:15 PM – 3:45 PM**
**No classes Jan 23, Feb 13**
$133.00 / 7 #16918

### Beyond the Game: Youth Sports Forum AGES 13-18

NEW

A discussion-based program where youth explore soccer, basketball, baseball, football, and other sports. Participants will discuss teams, players, tactics, major events and current sports topics while sharing opinions, debating ideas, and connecting with other sports fans. This is a youth-led volunteer program.

**Instructor: Anthony Kim**

**WCC | JAN 7 – MAR 25** **TH, 6:00 PM – 7:30 PM**
**No class Jan 28**
FREE / 11 #17094

## 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 tolls to become impactful leaders in their communities. This is a UNA and UBC Inspired program. The Program is on 2-semester system, similar to that of VSB (Sept 2026 - Jan 2027, Feb - June 2027). The team will collaborate to organize 1 major event this season on June 4, and assist with Kids Take Over UBC on February 14, and UNA's Easter event on March 27.

Applications Due on Friday, January 16, 2027: https://bit.ly/27springyouthleadership. Youth will be notified via email by Friday, Jan 22.

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

**Instructor: UNA Staff**

**WCC | FEB 5 – JUN 11** **F, 4:00 PM – 6:00 PM**
**No classes Feb 12, Apr 2**
FREE / 17 #17087

## Youth Night Committee AGES 13-18

Youth Nights are held every Friday evening from 6:30-8:00 PM. Apply to be part of the Youth Night Committee to plan, budget, and implement Youth Nights. This is a great opportunity to collaborate with peers to create a fun and safe environment for other youth to enjoy. The Committee meets every other Tuesday starting January 12, 2027.

Apply online by Thursday, January 7, 2027: https://bit.ly/27winterync. Youth will be notified via email by Friday, January 8.

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 | JAN 12 – MAR 19** **TU/F, 6:00 PM – 7:30 PM**
**No classes Jan 19, Feb 2, Feb 16, Mar 2, Mar 16**
FREE / 15 #17086

## Chess for Beginners & Intermediate Players
AGES 13-18

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

**Instructors: Nathan Yang and James Koo**

**WCC | JAN 7 – MAR 25** **TH, 4:45 PM – 5:45 PM**
**No class Jan 28**
FREE / 11 #17062

## Rubik's Cube Club AGES 11-18

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

**Instructors: Bob Zhang and Hajin Jeon**

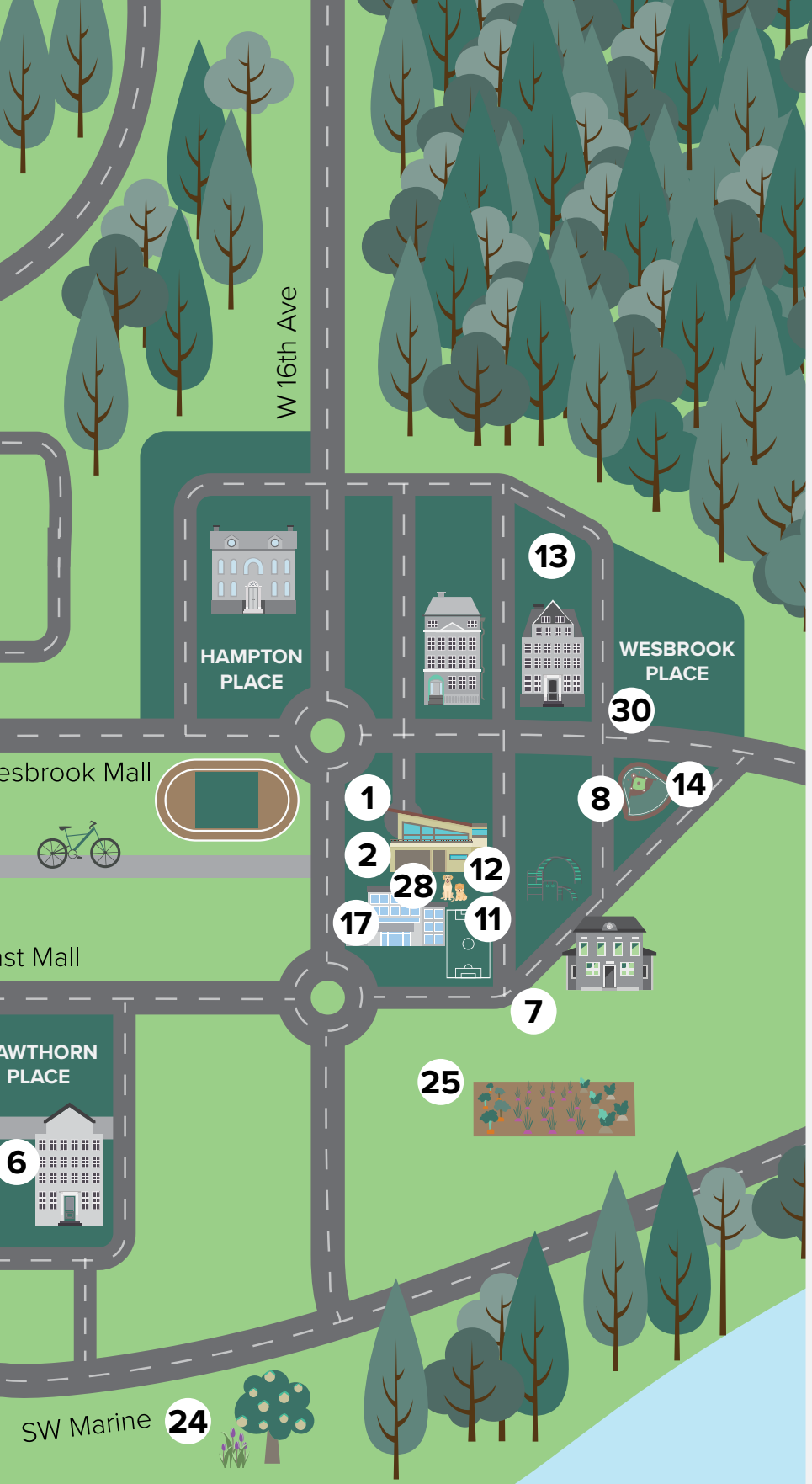
**WCC | JAN 7 – MAR 25** **TH, 3:30 PM – 4:15 PM**
**No class Jan 28**
FREE / 11 #17044



# 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 | JAN 6 – MAR 10** — **W, 7:45 PM – 8:45 PM**
$180.00 / 10 | Drop-in $20.00 — #16942

**WCC | JAN 10 – MAR 14** — **SU, 2:30 PM – 3:30 PM**
**No class Feb 14**
$162.00 / 9 | Drop-in $20.00 — #16936

### 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 | JAN 9 – MAR 20** — **SA, 5:00 PM – 6:30 PM**
**No classes Feb 13, Mar 13**
Drop-in $10.00 ea / 9 — #16967

### 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: Aileen Wang**

**WCC | JAN 5 – MAR 9** — **TU, 12:30 PM – 2:00 PM**
Drop-in $16.00 / 10 — #16958

**WCC | JAN 8 – MAR 19** — **F, 12:30 PM – 2:00 PM**
Drop-in $16.00 / 12 — #16959

### Classical Indian Dance: Bharata Natyam AGES 18+

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

**Instructor: Vidya Kotamraju**

**WCC | JAN 9 – MAR 20** — **SA, 2:30 PM – 4:00 PM**
**No classes Feb 13, Mar 13**
$216.00 / 9 — #16984



## Dance Fusion AGES 18+

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

**Instructor: Yan Guo**

**WCC | JAN 11 – MAR 22** **M, 6:45 PM – 8:00 PM**
**No class Feb 15**
$280.00 / 10 | Drop-in $30.00 #16987

## Line Dancing AGES 15+ NEW

Kick up your heels and learn to line dance with Wildflower! In this beginner-friendly class, we teach a few classic and modern line dances step by step, taking our time so everyone feels comfortable before the music starts. Each session wraps up with a full run-through to the actual song, so you'll leave knowing the dance and ready to hit any dance floor. No experience or partner needed. This program is brought to you by Wildflower Line Dancing with instructors Alex and Lily.

**Instructor: Wildflower Line Dancing**

**WCC | JAN 6 – MAR 10** **W, 10:30 AM – 12:00 PM**
Drop-in $10.00 ea / 10 #17157

**WCC | JAN 10 – MAR 21** **SU, 5:00 PM – 6:30 PM**
**No class Feb 14**
Drop-in $10.00 ea / 10 #17158

## Absolute Beginner Improv Drop-in NEW

AGES 19+

Absolute Beginner Improv is back! Have you always wanted to try improv but never had the chance? Consider this your invitation to give it a whirl in a supportive, low-pressure setting. You'll play classic improv games, learn fundamental techniques, and share a lot of laughs with cool people. Drop in whenever your schedule allows! Let's have some fun.

**Instructors: Amanda Haggett**

**WCC | JAN 14, FEB 11, MAR 11** **TH, 6:30 PM – 7:30 PM**
Drop-in $10.00 ea / 3 #16924



## Guitar Club AGES 19+

This beginner-friendly guitar club will help new players learn basic chords, simple strumming patters, 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 | JAN 6 – MAR 24** **W, 4:00 PM – 5:00 PM**
$24.00 / 12 #17045

## Chinese Brush Painting AGES 18+ NEW

Explore the art of Chinese brush painting through four traditional subjects: orchids, bamboo, chrysanthemums, and plum blossoms. The instructor will explain and demonstrate each technique step by step, followed by guided practice. Students will learn basic brushwork, ink tones, and composition as they create their own paintings. No prior experience is required. Open to all participants. Instruction will be provided in Mandarin and basic English.

**Instructor: Lisa Yan**

**WCC | JAN 7 – MAR 25** **TH, 6:00 PM – 8:00 PM**
$300.00 / 12 #17009

FOR FULL RECREATION POLICIES,
SEE PAGES 2-3.

ARTS

## 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 | JAN 30 – FEB 6** **SA, 4:00 PM – 5:30 PM**
$70.00 / 2 #16970

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

## Cross Structure Leather Bookbinding NEW

AGES 18+

An unusual bookbinding technique from 16th century that connects leather covers via slots and opens completely flat. Linen thread stitches further secure covers. No prior experience is necessary. All tools and materials will be supplied.

**Instructor: Suzan Lee**

**WCC | MAR 14** **SU, 10:00 AM – 1:00 PM**
$60.00 / 1 #16982

## Embroidery: Hand Sewing Stitches NEW

AGES 18+



Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials provided.

**Instructor: Suzan Lee**

**WCC | MAR 14** **SU, 1:30 PM – 4:30 PM**
$60.00 / 1 #16983

## 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 | JAN 6 – MAR 24** **W, 5:45 PM – 7:15 PM**
$300.00 / 12 #17011

## Finding Warmth Workshop AGES 19+

NEW

This 3-month mindfulness series invites us to pause and notice the moments of warmth, ease, connection, and joy that are already part of our lives. Through guided meditation, reflection, and simple playful exercises, we'll explore how paying attention to pleasant experiences can help us feel more nourished and connected. Rather than seeking happiness or pushing away what is difficult, we'll practice making space to receive and appreciate what is already there. 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. Please note the mindfulness offerings shared here are intended to support awareness, self-care, and well-being. They are educational in nature and are not a replacement for psychotherapy, counseling, or medical care.

**Instructor: Mitsuyo Ikari**

**Session 1: Finding Moments of Joy**
What makes you happy? Slow down and notice the simple moments that bring warmth, ease, or joy to everyday life. Through guided meditation, reflection, and a playful exercise, explore what happens when we pause to notice and receive these pleasant experiences.

**WCC | JAN 16** **SA, 12:15 PM – 1:30 PM**
$16.00 / 1 #17021

**Session 2: Making Space for Difficult Feelings**
What happens when difficult feelings arise? Explore how we can meet sadness, anger, frustration, or disappointment with curiosity and kindness. Through guided meditation and reflection, practice making space for difficult emotions without needing to push them away or immediately change them.

**WCC | FEB 20** **SA, 12:15 PM – 1:30 PM**
$16.00 / 1 #17023

**Session 3: Sharing Our Humanity**
Our wish for happiness, safety, and connection is something we share with others. Through guided meditation, reflection, and a compassionate practice, explore our common humanity and how recognizing our shared experiences can open the heart to greater connection and care.

**WCC | MAR 20** **SA, 12:15 PM – 1:30 PM**
$16.00 / 1 #17025

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

## 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. This program also helps families understand what to expect in the maternity care system and feel confident taking an active role in their care. Offered by Kindling Birth Coaching founder Verena Rossa, MD, PhD. For more information, please visit www.kindlingbirth.com.

Registration is per couple. Only the pregnant participant should register. Partners are included in the registration fee and do not need to register separately.

**Instructor: Verena Rossa**

**OBCC | JAN 26 – MAR 9** **TU, 6:45 PM – 8:30 PM**
$385.00 / 7 #17031



EDUCATION

## Beginner Mandarin Through Chinese Calligraphy AGES 19+

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 | JAN 7 – MAR 25** **TH, 4:00 PM – 5:00 PM**
**No class Jan 28**
FREE / 11 #17047

## 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 | JAN 11 – MAR 8** **M, 12:00 PM – 1:30 PM**
**No class Feb 15**
$136.00 / 8 #16875

**WCC | JAN 12 – MAR 9** **TU, 12:30 PM – 2:00 PM**
**No class Feb 16**
$136.00 / 8 #16874

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

## 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 | JAN 7 – MAR 11** **TH, 10:00 AM – 11:30 AM**
$30.00 / 10 #16786

## English Conversation | Intermediate
AGES 19+

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

**Instructor: James Feng**

**WCC | JAN 5 – MAR 9** **TU, 10:00 AM – 11:30 AM**
$30.00 / 10 #16784

**Instructors: Alice Bradley and Linda Quiney**

**WCC | JAN 6 – MAR 10** **W, 1:00 PM – 2:30 PM**
$30.00 / 10 #16785

**Instructor: Paniz Pakravan**

**OBCC | JAN 7 – MAR 11** **TH, 7:00 PM – 8:30 PM**
$30.00 / 10 #16787

## 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 | JAN 11 – MAR 8** **M, 11:00 AM – 12:30 PM**
**No class Feb 15**
$24.00 / 8 #16782

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

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

**Instructor: Titus Yung**

**WCC | JAN 11 – MAR 8** **M, 9:15 AM – 10:45 AM**
**No class Feb 15**
$24.00 / 8 #16783

## 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 | JAN 11 – MAR 8** **M, 1:00 PM – 2:30 PM**
**No class Feb 15**
$120.00 / 8 #16915

## 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. **Registration available only to French | Intermediate (#16915) participants**.

**Instructor: Catherine Black**

**WCC | JAN 11 – MAR 8** **M, 2:30 PM – 3:15 PM**
**No class Feb 15**
FREE / 8 #16916

## 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 | JAN 7 – MAR 25** **TH, 1:30 PM – 2:30 PM**
FREE / 12 #16813

## Korean Parent Support Circle AGES 19+

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

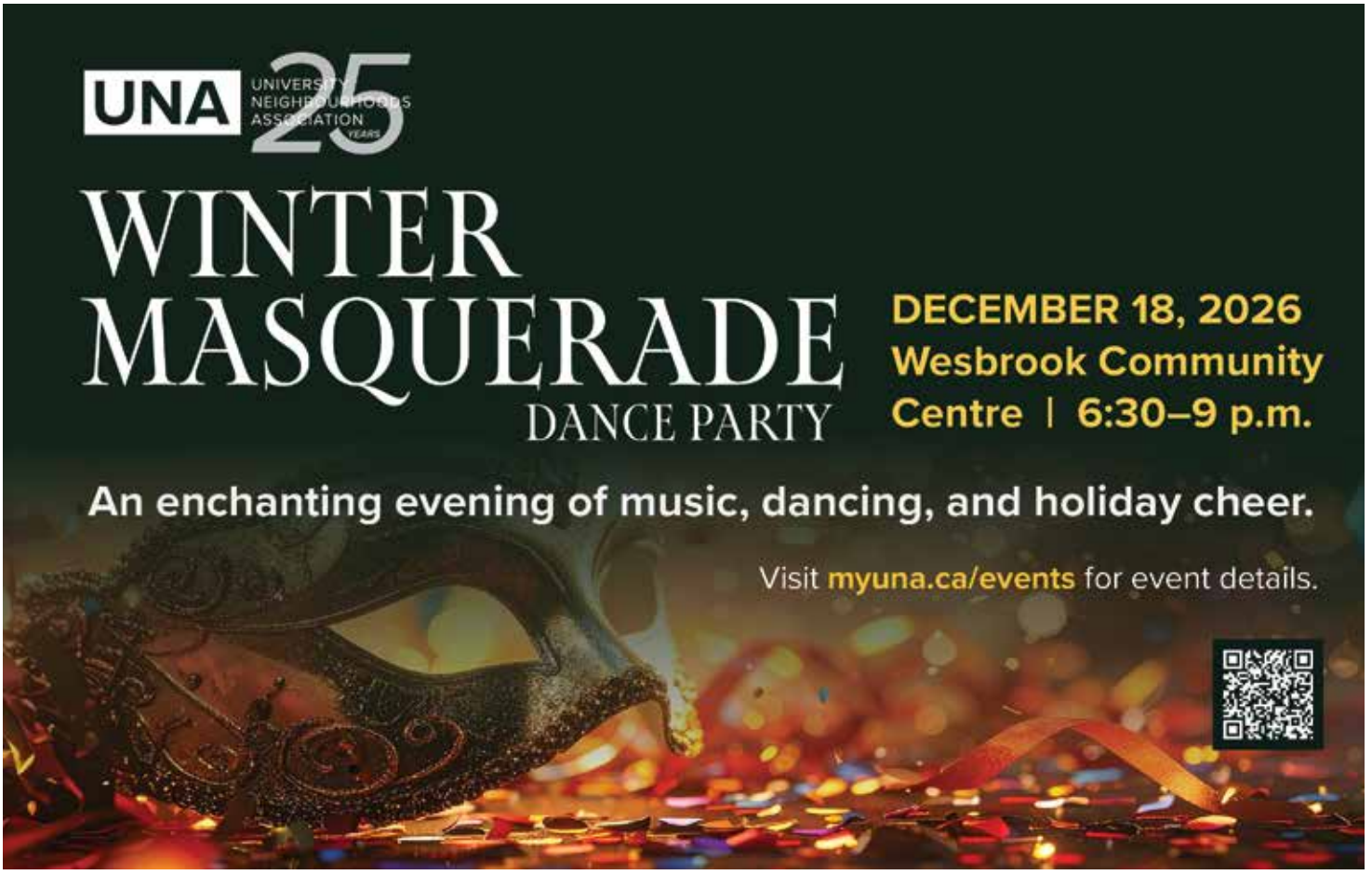
**Instructor: Jenny Choi (SWIS)**

**WCC | FEB 16** **TU, 12:30 PM – 2:15 PM**
FREE / 1 #16790



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


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


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 for event details.

EDUCATION

## SUCCESS: Settlement Services | Mandarin & English AGES 19+

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

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

SUCCESS中侨安顿服务提供免费一对一咨询。内容包括新移民福利、就业、英文学习、移民、公民入籍、住房、海关、医疗卫生、教育、法律、家庭、社会福利、交通、旅行证件等等。 每月一次在 Wesbrook 社区中心提供预询服务的日期如下： *咨询时，需出示您的永久居民卡或永久居民确认信。

**Instructor: SUCCESS**

**WCC | JAN 12, FEB 9, MAR 9** **TU, 9:30 AM – 4:00 PM**
FREE / 3 #16792

## 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 or email 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 或发送电子邮件至 mandarin4pss@gmail.com

**Instructor: Parent Support BC**

**WCC | JAN 17, FEB 6, 20, MAR 6, 20** **SA, 6:00 PM – 8:00 PM**
FREE / 5 #16791

## VSB SWIS Parents Power Up | Mandarin and English AGES 19+

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

**Instructor: Esaine Mo (SWIS)**

**WCC | JAN 20, FEB 17** **W, 12:30 PM – 2:00 PM**
FREE / 2 #16789

FITNESS & YOGA

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

The BC Brain Wellness Program offers a weekly intergenerational ballroom dance class for adults with neurological conditions, care partners, and older adults, led by dance instructors, a community musician, a physiotherapist, and UBC students. The series begins with Waltz, the classical ballroom dance. Graceful and elegant, its measured flow sweeps you around the dancefloor in timeless style. Depending on class interest, we may explore a contrasting dance: Cha-Cha or Jive. The lively Cha-Cha originated in Cuba and is danced to upbeat, syncopated Latin music, while Jive is an energetic dance evolved from the African-American Lindy Hop and swing jazz of the 1930s and 40s. Registration opens December 15, 2026, at 12 pm. To register and learn more, visit bcbrainwellness.ca or contact 604-827-4386 or brain.wellness@ubc.ca.

**Instructor: BC Brain Wellness Program Instructor**

**OBCC | JAN 13 – MAR 10** **W, 12:30 PM – 1:30 PM**
FREE / 9 #16545

# 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 |



FITNESS & YOGA

## Core Pilates | Beginner-Intermediate
AGES 19+

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

**Instructor: Abby (Yang) Zhang**

**WCC | JAN 5 – MAR 2** **TU, 9:25 AM – 10:25 AM**
$135.00 / 9 | Drop-in $16.00 #16527

## 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 | JAN 6 – MAR 3** **W, 9:20 AM – 10:05 AM**
$103.50 / 9 | Drop-in $12.50 #16528

OTHER WCC OBCC

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION 25 YEARS

# DROP-IN TODAY

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



myuna.ca/drop-in

FITNESS & YOGA

## Express Spin | Morning AGES 18+

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

**Instructor: Brianne Orr-Alvarez**

**WCC | JAN 11 – MAR 22** — **M, 7:15 AM – 7:45 AM**
**No class Feb 15**
$130.00 / 10 | Drop-in $14.00 — #16531

**WCC | JAN 7 – MAR 25** — **TH, 7:30 AM – 8:00 AM**
**No class Feb 18**
$143.00 / 11 | Drop-in $14.00 — #16533

## 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 | JAN 11 – MAR 22** — **M, 7:45 PM – 8:35 PM**
**No class Feb 15**
$165.00 / 10 | Drop-in $17.50 — #16594

**OBCC | JAN 6 – MAR 24** — **W, 10:00 AM – 10:50 AM**
$198.00 / 12 | Drop-in $17.50 — #16596



## 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 | JAN 7 – MAR 4** — **TH, 9:30 AM – 10:30 AM**
$135.00 / 9 | Drop-in $16.00 — #16529

## Pilates Strength Fusion AGES 19+

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

**Instructor: Abby (Yang) Zhang**

**WCC | JAN 11 – MAR 1** — **M, 9:30 AM – 10:30 AM**
**No class Feb 15**
$105.00 / 7 | Drop-in $16.00 — #16526

**WCC | JAN 8 – MAR 5** — **F, 11:10 AM – 12:10 PM**
**No class Feb 12**
$120.00 / 8 | Drop-in $16.00 — #16530

## 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 Feb 9, free gait analysis, and a detailed running program.

**Instructor: Hanif Teja**

**WCC | JAN 19 – APR 13** **TU, 6:00 PM – 7:00 PM**
$156.00 / 13 | Drop-in $13.00 #16599

## Run 10K Faster Clinic AGES 16+

This 10K clinic is designed for cruisers, pacers, and racers with some previous running experience. Whether you want to run your personal best or just a live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. The clinic is designed to help runners prepare for the annual Vancouver Sun Run held on April 18, 2027. The program also includes a talk on Tips for Winter Training on February 11.

**Instructor: Hanif Teja**

**WCC | JAN 21 – APR 15** **TH, 6:00 PM – 7:00 PM**
$156.00 / 13 | Drop-in $13.00 #16600

## Run Talk Tuesday | Learn to Run Clinic

AGES 16+

Join us for an educational talk on various running topics and tips.

**Instructor: Christine Blanchette**

RUNNER'S TOOLBOX: HOW TO SET GOALS & KEEP THEM
**WCC | FEB 9** **TU, 6:00 PM – 7:00 PM**
FREE / 1 #17034

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

## Run Talk Thursday | Run 10K Faster Clinic

AGES 16+

Join us for an educational talk on various running topics and tips.

**Instructor: Christine Blanchette**

RUNNER'S TOOLBOX: TIPS FOR WINTER TRAINING
**WCC | FEB 11** **TH, 6:00 PM – 7:00 PM**
FREE / 1 #17035

## Spin AGES 18+

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

**Instructor: Brianne Orr-Alvarez**

**WCC | JAN 10 – MAR 21** **SU, 8:30 AM – 9:15 AM**
**No class Feb 14**
$175.00 / 10 | Drop-in $18.50 #16534



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

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**

**WCC | JAN 6 – MAR 24** **W, 6:35 PM – 7:35 PM**
$168.00 / 12 | Drop-in $15.00 #17027

**WCC | JAN 7 – MAR 25** **TH, 5:15 PM – 6:15 PM**
$168.00 / 12 | Drop-in $15.00 #17028

**Instructor: Herald Kane Bustamante Cabaddu**

**WCC | JAN 9 – MAR 20** **SA, 11:25 AM – 12:25 PM**
**No classes Feb 13, Mar 13**
$126.00 / 9 | Drop-in $15.00 #16539

## Gentle & Restorative Yoga AGES 19+

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

**Instructor: Angie Datt**

**WCC | JAN 5 – MAR 9** **TU, 10:35 AM – 11:50 AM**
$150.00 / 10 | Drop-in $16.00 #16541

## Gentle Yoga with Angie AGES 19+

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

**Instructor: Angie Datt**

**WCC | JAN 8 – MAR 12** **F, 10:00 AM – 11:00 AM**
**No class Feb 12**
$135.00 / 9 | Drop-in $16.00 #16544

## Iyengar Yoga with Brian | Fundamentals
AGES 18+

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

**Instructor: Brian Hogencamp**

**WCC | JAN 26 – MAR 23** **TU, 6:30 PM – 7:30 PM**
$180.00 / 9 | Drop-in $21.00 #16736

## Iyengar Yoga with Brian | Intro to Intermediate AGES 18+

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

**Instructor: Brian Hogencamp**

**WCC | JAN 28 – MAR 25** **TH, 6:30 PM – 7:45 PM**
**No class Mar 11**
$160.00 / 8 | Drop-in $21.00 #16737

## 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.

**Instructor: Luci Yamamoto**

**WCC | JAN 16 – FEB 6** **SA, 10:00 AM – 11:15 AM**
$80.00 / 4 | Drop-in $22.00 #16729

**WCC | FEB 20 – MAR 20** **SA, 10:00 AM – 11:15 AM**
**No class Mar 13**
$80.00 / 4 | Drop-in $22.00 #16730

## Lunchtime Yoga AGES 19+



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

**Instructor: Kate Tsai**

**WCC | JAN 11 – MAR 8** **M, 12:00 PM – 12:45 PM**
**No class Feb 15**
$104.00 / 8 | Drop-in $14.00 #16576

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

## Yoga Fusion in Mandarin AGES 19+

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

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

**Instructor: Kate Tsai**

**WCC | JAN 6 – MAR 10** **W, 1:15 PM – 2:15 PM**
$130.00 / 10 | Drop-in $14.00 #16577

## Yoga in Mandarin with Kate AGES 19+

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

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

**Instructor: Kate Tsai**

**WCC | JAN 11 – MAR 8** **M, 10:45 AM – 11:45 AM**
**No class Feb 15**
$104.00 / 8 | Drop-in $14.00 #16575

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 | JAN 5 – MAR 9** **TU, 7:15 PM – 8:15 PM**
$170.00 / 10 | Drop-in $30.00 #16996

**WCC | JAN 7 – MAR 11** **TH, 5:45 PM – 6:45 PM**
**No class Feb 4**
$153.00 / 9 | Drop-in $30.00 #17006

**OBCC | JAN 8 – MAR 12** **F, 7:00 PM – 8:00 PM**
$170.00 / 10 | Drop-in $30.00 #17017

## Karate: Parent and Child (19+) 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 | JAN 5 – MAR 9** **TU, 6:30 PM – 7:15 PM**
$170.00 / 10 | Drop-in $30.00 #16995

**OBCC | JAN 8 – MAR 12** **F, 6:15 PM – 7:00 PM**
$170.00 / 10 | Drop-in $30.00 #17015

## 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. We can accommodate for age and experience levels. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are $50.00 to $70.00 depending on age and belt level.

**Instructor: Kumakai Karate**

**WCC | JAN 7 – MAR 11** **TH, 6:45 PM – 7:45 PM**
$170.00 / 10 | Drop-in $30.00 #17003

## 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 | JAN 5 – MAR 9** **TU, 8:15 PM – 9:15 PM**
$170.00 / 10 | Drop-in $30.00 #16999

**WCC | JAN 7 – MAR 11** **TH, 8:00 PM – 9:00 PM**
$170.00 / 10 | Drop-in $30.00 #17008

## Tai Chi AGES 19+

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

**Instructor: UNA Volunteer**

**WCC | JAN 5 – MAR 25** **M-F, 8:45 AM – 9:45 AM**
**No classes Feb 15, Mar 18, 22, 23, 24, 25**
FREE / 52 #17118

REGISTERED SPORTS MAY PROVIDE DROP-IN ON THE DAY OF THE PROGRAM, SUBJECT TO AVAILABILITY. DROP-IN REGISTRATION OPENS 30 MINUTES BEFORE THE PROGRAM BEGINS, IN PERSON ONLY. FOR MORE INFORMATION: **MYUNA.CA/RECREATION-POLICIES/**

## SPORTS

### Badminton AGES 19+

Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own raquet. This is a registered sport. Drop-in available on the day of the program, subject to availability.

**WCC | JAN 8 – MAR 5** — **F, 2:00 PM – 3:30 PM**
**No class Feb 12**
$40.00 / 8 | Drop-in $6.50 — #16895

**WCC | JAN 8 – MAR 19** — **F, 7:45 PM – 9:15 PM**
**No classes Feb 12, Mar 12**
$45.00 / 9 | Drop-in $6.50 — #16896

**WCC | JAN 11 – MAR 8** — **M, 2:00 PM – 3:30 PM**
**No class Feb 15**
$40.00 / 8 | Drop-in $6.50 — #16885

### 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 | JAN 5 – MAR 9** — **TU, 11:30 AM – 1:00 PM**
Drop-in $6.50 / 10 — #16887

**WCC | JAN 10 – MAR 21** — **SU, 5:45 PM – 7:15 PM**
**No class Feb 14**
Drop-in $6.50 / 10 — #16902



OTHER ● WCC ● OBCC ●


THE CAMPUS RESIDENT
IS YOUR SOURCE FOR LOCAL NEWS

# CALL FOR VOLUNTEERS

## Are you passionate about local journalism?

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

### Ready to start?

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

### WE'RE ONLINE

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

### DELIVERED TO YOUR EMAIL

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

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. This is a registered sport. Drop-in available on the day of the program, subject to availability.

**WCC | JAN 7 – MAR 25** **TH, 8:00 PM – 9:30 PM**
$60.00 / 12 | Drop-in $6.50 #16891

## Drop-In Basketball AGES 19+

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

**WCC | JAN 11 – MAR 22** **M, 8:15 PM – 9:45 PM**
**No class Feb 15**
Drop-in $6.50 / 10 #16886

## 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. This is a registered sport. Drop-in available on the day of the program, subject to availability.

**WCC | JAN 8 – MAR 12** **F, 10:30 AM – 12:00 PM**
**No classes Feb 12**
$45.00 / 9 | Drop-in $6.50 #16893

**WCC | JAN 10 – MAR 21** **SU, 3:45 PM – 5:15 PM**
**No class Feb 7, 14**
$45.00 / 9 | Drop-in $6.50 #16901

## Drop-In Pickleball AGES 19+

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

**WCC | JAN 7 – MAR 11** **TH, 2:00 PM – 3:30 PM**
Drop-in $6.50 / 10 #16890

**WCC | JAN 9 – MAR 20** **SA, 6:00 PM – 7:15 PM**
**No classes Feb 13, Mar 13**
Drop-in $6.50 / 9 #16900

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

Practice competitive pickleball. Participants en route to 3.75+ 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. Please contact the coach chris@pbjamboree.com with questions. **This is a shortened series with a total of 4 sessions.**

**Instructor: Chris Koentges**

**WCC | JAN 10 – JAN 31** **SU, 10:45 AM – 12:15 PM**
$104.00 / 4 | Drop-in $26.00 #17119

## Pickleball Lessons | Advanced Doubles 3.5+

AGES 15+

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

Note: This is a FRIENDLY development session for players who have been assessed at 3.0+. Please contact the coach chris@pbjamboree.com with questions.

**Instructor: Chris Koentges**

**WCC | JAN 8 – MAR 12** **F, 8:45 AM – 10:15 AM**
**No classes Feb 12, 19**
$208.00 / 8 | Drop-in $26.00 #16941

## Pickleball Lessons | Guided Intermediate Soft Game 3.0+ AGES 15+

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 coach chris@pbjamboree.com with questions.

**Instructor: Chris Koentges**

**WCC | JAN 6 – MAR 10** **W, 8:45 AM – 10:15 AM**
$160.00 / 10 | Drop-in $16.00 #16939

## Pickleball Lessons | Guided Intermediate Soft Game 3.25+ AGES 15+

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, circulate through the gym to offer tips. **This program runs bi-weekly**.

Note: This is a FRIENDLY development session for players who have been assessed at 3.25+. Please contact the coach chris@pbjamboree.com with questions.

**Instructor: Chris Koentges**

**WCC | JAN 10 – MAR 21** **SU, 9:00 AM – 10:30 AM**
**No classes Jan 17, 31, Feb 14, 28, Mar 14**
$96.00 / 6 | Drop-in $16.00 #17043

## Pickleball Lessons | Intermediate 3.0+

AGES 15+

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

**Instructor: Chris Koentges**

**WCC | JAN 6 – MAR 10** **W, 10:20 AM – 11:50 AM**
$260.00 / 10 | Drop-in $26.00 #16938

## Pickleball Lessons | Learn to Play for Beginners AGES 15+

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. Participants are required to bring a paddle.

**Instructor: Chris Koentges**

**WCC | JAN 6 – MAR 10** **W, 11:55 AM – 1:25 PM**
$260.00 / 10 | Drop-in $26.00 #16940

## Pickleball Lessons | Learn to Play for Beginners AGES 15+

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. **This is a shortened series with a total of 4 sessions**. Participants are required to bring a paddle.

**Instructor: Chris Koentges**

**WCC | FEB 7 – MAR 7** **SU, 10:45 AM – 12:15 PM**
**No class Feb 14**
$104.00 / 4 | Drop-in $26.00 #17120

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



SPORTS

## Drop-In Table Tennis AGES 19+

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

**WCC | JAN 6 – MAR 10** **W, 2:00 PM – 3:30 PM**
Drop-in $6.50 / 10 #17131

**WCC | JAN 8 – MAR 12** **F, 12:15 PM – 1:45 PM**
**No class Feb 12**
Drop-in $6.50 / 9 #17132

**WCC | JAN 11 – MAR 8** **M, 11:45 AM – 1:15 PM**
**No class Feb 15**
Drop-in $6.50 / 8 #16884

## Soccer Skills for Women AGES 19+

Learn and improve basic soccer skills in a fun and supportive environment. Anyone who identifies as a woman is welcome. Registration is required.

**Instructor: UNA Volunteer**

**WCC | JAN 7 – MAR 11** **TH, 11:30 AM – 12:30 PM**
FREE / 10 #16808

## 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. This is a registered sport. Drop-in available on the day of the program, subject to availability.

**WCC | JAN 11 – MAR 22** **M, 6:15 PM – 7:45 PM**
**No class Feb 15**
$50.00 / 10 | Drop-in $6.50 #17129

## Drop-In Volleyball AGES 19+

Drop-in and play volleyball. A maximum of 28 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time for UNA residents, and 24 hours for non-UNA residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

**WCC | JAN 6 – MAR 24** **W, 7:45 PM – 9:15 PM**
Drop-in $6.50 / 12 #16889



## 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**



SOCIAL

### Newcomers Support Program AGES 19+

The Program offers free weekly sessions on a variety of topics designed to help newcomers settle into the community, access essential services, and build the knowledge and confidence they need to enjoy life in our neighbourhoods.

Registration for each session opens two weeks before the session date. Please note that the session schedule may change without notice.

**Instructor: Peng Wang**

**WCC | JAN 9 – MAR 27** **SA, 10:00 AM – 11:30 AM**
**No classes Feb 13, Mar 13**
FREE / 10 #various

### 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**

**WCC | JAN 6 – MAR 24** **W, 7:00 PM – 8:30 PM**
FREE / 12 #17197

OTHER WCC OBCC

# SUBSCRIBE TO THE POPULAR UNA COMMUNITY NEWSLETTER



Keep informed on what's going on in our community by signing up to receive the UNA's weekly newsletter. The newsletter contains information about community centre programming, discounts from UBC and partner organizations, events for all ages, road works, community consultations, neighbourhood issues, UNA governance, snow removal and more.

It's one of our most popular communications tools and it is delivered to subscribers' inboxes every Friday afternoon.

SOCIAL

## Newcomers' English Club AGES 19+

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

**Instructors: Doreen and Paula**

**WCC | JAN 7 – MAR 4** **TH, 1:00 PM – 2:30 PM**
**No class Jan 28**
FREE / 8 #16788

## Sewing and Knitting Studio AGES 13+

Participants meet to sew and knit together, creating a space where participants can learn from one another – whether that is basic sewing skills, quilting or making clothing.

Sewing machines and a variety of knitting supplies will be available. This is a free, volunteer-led, uninstructed drop-in program. Please register at the front desk upon arrival.

**Instructor: UNA Volunteer**

**WCC | JAN 10 – MAR 21** **SU, 1:00 PM – 3:00 PM**
**No class Feb 14**
FREE / 10 #16810



## Old Barn Book Club AGES 16+

This Book Club is for people who are interested in lively discussion with a diverse age group of participants. Anyone 16 years old and up is encouraged to participate. Please register to receive program updates.

**Jan 23**: *Evicted: Poverty and Profit in the American City* by Matthew Desmond
**Feb 20**: *Aphorisms on Love and Hate* by Friedrich Nietzsche
**Mar 20**: *The Idiot* by Fyodor Dostoevsky

**Instructor: Saige Park**

**OBCC | JAN 23, FEB 20, MAR 20** **SA, 11:15 AM – 1:15 PM**
FREE / 3 #16807

## Wesbrook Book Club AGES 19+

Enjoy a conversation with your neighbours about the book of the month. This program is suitable for those with intermediate English skills, and new members are always welcome. Register to receive program updates.

**Jan 31**: *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows
**Feb 28**: *My Indian Summer* by Joseph Kakwinokanasum
**Mar 21**: *Where the Crawdads Sing* by Delia Owens

**Instructors: Andrea Garcia**

**WCC | JAN 31, FEB 28, MAR 21** **SU, 10:00 AM – 12:00 PM**
FREE / 3 #16775

## 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 | JAN 5 – MAR 9** **TU, 12:00 PM – 1:30 PM**
FREE / 10 #16809

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# WEAVING WELLNESS

## A MENTAL HEALTH INITIATIVE

### Wesbrook Community Centre

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

- **Be Ready Children: Emergency Preparedness Workshop with LEGO®**
  Wednesday, January 20, 2027 | 4–5 p.m. AGES 6-12
- **Be Ready Youth: Emergency Preparedness Workshop with LEGO®**
  Thursday, January 21, 2027 | 6-7:30 p.m. AGES 13-18
- **Self Defense for Busy People**
  Sunday, February 7, 2027 | 3:45–5:15 p.m. AGES 12+
- **The Nervous System Reset**
  Saturday, February 27, 2027 | 12:45–2:15 p.m. AGES 19+
- **Wine and Watercolour**
  Saturday, March 6, 2027 | 12:45–2:15 p.m. AGES 19+

myuna.ca/weaving-wellness



# OLDER ADULTS PROGRAMS

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

**ARTS**

## Chinese Dance for Seniors AGES 55+

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

**Instructor: UNA Volunteer**

**OBCC | JAN 10 – MAR 21** **SU, 3:30 PM – 5:00 PM**
FREE / 11 #17079

## 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 outside in our seating area and enjoy connecting with others who share your love of music. Registration required.

**Instructor: UNA Volunteer**

**WCC | JAN 8 – MAR 19** **F, 7:00 PM – 9:00 PM**
**No class Feb 12**
FREE / 10 #17117



## Senior Choir AGES 55+

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

**Instructors: Julia Zhu, Di Yan and Ivy Gao**

**OBCC | JAN 6 – MAR 10** **W, 9:15 AM – 11:15 AM**
FREE / 10 #17099

## 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 | JAN 7 – MAR 18** **TH, 9:30 AM – 11:30 AM**
FREE / 11 #17113

EDUCATION

## Finding Warmth Workshop AGES 55+ NEW

This 3-month mindfulness series invites us to pause and notice the moments of warmth, ease, connection, and joy that are already part of our lives. Through guided meditation, reflection, and simple playful exercises, we'll explore how paying attention to pleasant experiences can help us feel more nourished and connected. Rather than seeking happiness or pushing away what is difficult, we'll practice making space to receive and appreciate what is already there. An optional 15-minute "office hour" follows each session for additional questions and sharing. Join a single workshop or attend the full series to deepen your experience. Suitable for beginners and anyone wishing to refresh or further their practice.



**Instructor: Mitsuyo Ikari**

SESSION 1: FINDING MOMENTS OF JOY
**WCC | JAN 16** — **SA, 12:15 PM – 1:30 PM**
$14.00 / 1 — #17022

SESSION 2: MAKING SPACE FOR DIFFICULT FEELINGS
**WCC | FEB 20** — **SA, 12:15 PM – 1:30 PM**
$14.00 / 1 — #17024

SESSION 3: SHARING OUR HUMANITY
**WCC | MAR 20** — **SA, 12:15 PM – 1:30 PM**
$14.00 / 1 — #17026

## English ABCs for Seniors AGES 55+

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

**Instructor: Sabrina Huang**

**WCC | JAN 10 – MAR 20** — **SU, 10:00 AM – 11:30 AM**
FREE / 10 — #17078

## Healthy Aging Seminar Series AGES 45+

Join monthly seminars on healthy aging. This is a volunteer-led program. Registration is required. Funded by the Government of Canada's New Horizons for Seniors Program.

**Instructor: UNA Volunteer**

**WCC | JAN 14** — **TH, 11:00 AM – 12:30 PM**
FREE / 1 — #17089

**WCC | FEB 4** — **TH, 11:00 AM – 12:30 PM**
FREE / 1 — #17090

**WCC | MAR 11** — **TH, 11:00 AM – 12:30 PM**
FREE / 1 — #17091

## Safety and Preparedness Series

AGES 45+

Join monthly seminars on Safety and Preparedness. This is a volunteer-led program. Registration is required. Funded by the Government of Canada's New Horizons for Seniors Program

**Instructor: UNA Volunteer**

**WCC | JAN 21** — **TH, 11:00 AM – 12:30 PM**
FREE / 1 — #17092

**WCC | FEB 11** — **TH, 11:00 AM – 12:30 PM**
FREE / 1 — #17093

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

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 | JAN 11 – MAR 22** **M, 1:30 PM – 2:20 PM**
**No class Feb 15**
$80.00 / 10 | Drop-in $9.00 #16593

**BALM | JAN 7 – MAR 25** **TH, 1:30 PM – 2:20 PM**
$96.00 / 12 | Drop-in $9.00 #16598

## Aquafit | West Hampstead AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance. Suitable for all fitness, mobility and swim levels, and 55+ are welcome.



This program is only open to residents of West Hampstead.

**Instructor: Hanif Teja**

**W.HAM | JAN 5 – MAR 23** **TU, 1:00 PM – 1:50 PM**
$96.00 / 12 | Drop-in $9.00 #16595

## Functional Strength for Older Adults

AGES 45+

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

**Instructor: Hanif Teja**

**WCC | JAN 7 – MAR 11** **TH, 12:15 PM – 12:45 PM**
$70.00 / 10 | Drop-in $8.00 #16597

## Osteofit with Angie AGES 45+

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

**Instructor: Angie Datt**

**WCC | JAN 11 – MAR 8** **M, 1:00 PM – 2:00 PM**
**No class Feb 15**
$80.00 / 8 | Drop-in $11.00 #16540

**WCC | JAN 7 – MAR 11** **TH, 11:00 AM – 12:00 PM**
$100.00 / 10 | Drop-in $11.00 #16543

## Chair Yoga with Angie AGES 45+

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

**Instructor: Angie Datt**

**WCC | JAN 7 – MAR 11** **TH, 1:00 PM – 2:00 PM**
$100.00 / 10 | Drop-in $11.00 #16542

**SPORTS**

## Badminton for Seniors AGES 55+

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

**WCC | JAN 6 – MAR 10** **W, 2:00 PM – 3:30 PM**
$37.50 / 10 | Drop-in $4.75 #17100

**WCC | JAN 8 – MAR 12** **F, 12:00 PM – 1:45 PM**
**No classes Feb 12**
$28.35 / 9 | Drop-in $4.15 #17101

## Pickleball for Seniors AGES 55+

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

**WCC | JAN 11 – MAR 8** **M, 8:45 AM – 10:00AM**
**No classes Feb 15**
$25.20 / 8 | Drop-in $4.15 #17039

**WCC | JAN 7 – MAR 11** **TH, 12:45 PM – 1:45 PM**
$25.00 / 10 | Drop-in $3.50 #17114



## Seniors' Gym AGES 55+

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

**Instructor: UNA Volunteer**

**WCC | JAN 11 – MAR 8** **M, 10:15 AM – 11:15 AM**
**No classes Feb 15**
FREE / 9 #17038

## 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.

**Instructors: Nils Bradley and Mohsen Naseri**

**WCC | JAN 5 – MAR 9** **TU, 1:30 PM – 3:00 PM**
FREE / 9 #17075

## Table Tennis for Seniors AGES 55+

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

**WCC | JAN 8 – MAR 5** **F, 2:15 PM – 3:30 PM**
**No classes Feb 12**
$25.20 / 8 | Drop-in $3.15 #17116

SOCIAL

## 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. Hot water and tea will be provided. Bring your own mug! Registration required.

**Instructor: UNA Volunteer**

**WCC | JAN 5 – MAR 23** **TU, 12:30 PM – 3:30 PM**
FREE / 12 #17076

## 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 | JAN 5 – MAR 23** **TU, 10:00 AM – 12:00 PM**
FREE / 12 #17073

## 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.

**Instructors: Julia Zhu and Kirby Huangfu**

**WCC | JAN 5 – MAR 23** **TU, 10:00 AM – 12:00PM**
**No class Mar 16**
FREE / 11 #17074

## 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! Each session features a fresh nourishing soup prepared by BC Brain Wellness Program team and an interactive nutrition workshop led by Dietitian Raihan Hassen. Funded by the Government of Canada's New Horizons for Seniors Program

**WCC | JAN 28** **TH, 11:00 AM – 12:30 PM**
$3.50 / 1 #17096

**WCC | FEB 18** **TH, 11:00 AM – 12:30 PM**
$3.50 / 1 #17097

**WCC | MAR 25** **TH, 11:00 AM – 12:30 PM**
$3.50 / 1 #17098

## Walk and Talk Club (Monday) AGES 19+

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

**Instructor: Helen Aqua**

**WCC | JAN 11 – MAR 29** **M, 10:00 AM – 12:00 PM**
FREE / 12 #17036

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

## Walk and Talk Club (Tuesday) AGES 55+

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 | JAN 5 – MAR 23** **TU, 10:00 AM – 12:45 PM**
FREE / 12 #17037

## 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 | JAN 9 – MAR 27** **SA, 10:00 AM – 12:00 PM**
**No classes Feb 13, Mar 13**
FREE / 10 #17077

## 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 | JAN 7 – MAR 25** **TH, 10:00 AM – 12:30 PM**
FREE / 12 #17112

## 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 | JAN 8 – MAR 20** **F, 10:00 AM – 1:00 PM**
FREE / 11 #17115

## Mahjong | Drop-In AGES 19+

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

**Instructor: UNA Volunteer**

**WCC | JAN 11 – MAR 29** **M, 1:00 PM – 3:00 PM**
**No class Feb 15**
FREE / 11 #17040

# **INDEX** & SCHEDULE

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **COMMUNITY EVENTS - PAGES 8-9** | | | | | | | |
| 16811 | Family Movie Night | All Ages | Jan 9 | Sat | 6:00 PM | OBCC | 家庭电影之夜 |
| | UNA Budget Consultation and Open House | All Ages | Jan 28 | Thu | 5:00 PM | WCC | UNA预算咨询开放日 |
| | 2027 Lunar New Year Celebration | All Ages | Feb 13 | Sat | 12:00 PM | WCC | 春节庆祝活动 |
| | Family Day | All Ages | Feb 15 | Mon | 11:00 AM | WCC | 家庭日庆祝活动 |
| | Spring Art Fair | All Ages | Mar 13 | Sat | 11:00 AM | WCC | 春日艺术节 |
| | Easter Eggstravaganza | All Ages | Mar 27 | Sat | 10:00 AM | OBCC | 复活节庆祝活动 |
| 17280 | Weaving Wellness | Be Ready Children | Ages 6-12 | Jan 20 | Wed | 4:00 PM | WCC | 编织健康系列 | 儿童自然灾害应急准备讲座 |
| 17281 | Weaving Wellness | Be Ready Youth | Ages 13-18 | Jan 21 | Thu | 6:00 PM | WCC | 编织健康系列 | 青少年自然灾害应急准备讲座 |
| 17143 | Weaving Wellness | Self Defense | Ages 12+ | Feb 7 | Sun | 3:45 PM | WCC | 编织健康系列 | 忙碌人士的自卫与防身 |
| 17020 | Weaving Wellness | The Nervous System Reset | Ages 19+ | Feb 27 | Sat | 12:45 PM | WCC | 编织健康系列 | 神经系统重置 |
| 16977 | Weaving Wellness | Wine and Watercolour | Ages 19+ | Mar 6 | Sat | 6:30 PM | WCC | 编织健康系列 | 葡萄酒与水彩 |
| **ALL AGES - PAGES 10-11** | | | | | | | |
| 17029 | Piano | Monday | Ages 5+ | Jan 11 | Mon | 3:30 PM | WCC | 钢琴 | 周一 |
| 17030 | Piano | Wednesday | Ages 5+ | Jan 6 | Wed | 3:30 PM | WCC | 钢琴 | 周三 |
| 16973 | Piano | Tuesday | Ages 5+ | Jan 5 | Tue | 3:30 PM | WCC | 钢琴 | 周二 |
| 16867 | Piano | Thursday | Ages 5+ | Jan 7 | Thu | 3:30 PM | WCC | 钢琴 | 周四 |
| 16866 | Piano | Saturday | Ages 5+ | Jan 9 | Sat | 10:00 AM | WCC | 钢琴 | 周六 |
| 16974 | Piano | Friday | Ages 5+ | Jan 8 | Fri | 3:30 PM | WCC | 钢琴 | 周五 |
| 16864 | Flute & Recorder | | Ages 6+ | Jan 10 | Sun | 1:00 PM | WCC | 长笛与竖笛 | 周日 |
| 16986 | Guitar | Friday | Ages 8+ | Jan 8 | Fri | 4:30 PM | WCC | 吉他 | 周五 |
| 16971 | Group Guitar | Beginner | Ages 14+ | Jan 11 | Mon | 6:30 PM | WCC | 吉他小班课 | 初级 |
| 16972 | Group Guitar | Intermediate | Ages 14+ | Jan 11 | Mon | 7:30 PM | WCC | 吉他小班课 | 中级 |
| 16865 | Violin | Thursday | Ages 5+ | Jan 7 | Thu | 3:30 PM | WCC | 小提琴 | 周四 |
| 16815 | Food with Friends | | All Ages | Jan 26 | Tue | 6:00 PM | WCC | 美食烹饪俱乐部 |
| 16816 | Food with Friends | | All Ages | Feb 16 | Tue | 6:00 PM | WCC | 美食烹饪俱乐部 |
| 16817 | Food with Friends | | All Ages | Mar 16 | Tue | 6:00 PM | WCC | 美食烹饪俱乐部 |
| 16773 | Community Board Game Night | | All Ages | Jan 8 | Fri | 6:00 PM | WCC | 社区棋盘游戏夜 |
| 16899 | Drop-In Family Badminton | | All Ages | Jan 9 | Sat | 8:45 AM | WCC | 家庭羽毛球 |
| 17130 | Drop-In Family Pickleball | | All Ages | Jan 17 | Sun | 9:00 AM | WCC | 家庭匹克球 |
| **CAMPS - PAGES 12-13** | | | | | | | |
| 16931 | Sportball: Multi-Sport Pro-D Day Camp | | Ages 6-10 | Feb 12 | Fri | 9:00 AM | WCC | PRO-D球类一日营 |
| 16933 | Crossmaneuver | Creation Perform. Art Camp | Ages 7-12 | Mar 15 | Mon-Fri | 9:00 AM | OBCC | Crossmaneuver: 创意表演与马戏艺术春令营 |
| 16934 | Crossmaneuver Preschool Perform. Arts Camp | | Ages 3-4 | Mar 22 | Mon-Thu | 9:00 AM | OBCC | Crossmaneuver: 学前班表演艺术春令营 |
| 16935 | Crossmaneuver Performing Arts Camp | | Ages 5-7 | Mar 22 | Mon-Thu | 9:00 AM | OBCC | Crossmaneuver: 表演艺术营春令营 |
| 16868 | DIY Bear Design Camp | | Ages 8-12 | Mar 22 | Mon-Thu | 9:00 AM | WCC | DIY熊熊手工设计春令营 |
| 16932 | Sportball: Multi-Sport Spring Break Camp | | Ages 6-10 | Mar 15 | Mon-Fri | 9:00 AM | WCC | Sportball: 综合运动春令营 |
| 16928 | SUPERHERO Spring Break Camp | | Ages 6-16 | Mar 22 | Mon-Thu | 9:00 AM | WCC | 超级英雄空手道春令营 |
| 16929 | WIZE Tech Quest: Robotics, AI & Minecraft | | Ages 7-11 | Mar 15 | Mon-Fri | 9:00 AM | WCC | WIZE 科技探险春令营：机器人、AI 与 Minecraft |
| 16930 | WIZE Digital Makers: App Dev., 3D Print. STEM | | Ages 7-11 | Mar 22 | Mon-Thu | 9:00 AM | WCC | WIZE 数字创造春令营：App 开发、3D 打印与 STEM |
| 16927 | Young Moviemakers Camp | | Ages 8-14 | Mar 15 | Mon-Fri | 9:00 AM | WCC | 电影制作春令营 |

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **ACTIVE KIDS - PAGE 14** | | | | | | | |
| 17121 | Active Kids: Multi-Sport & Playtime | Ages 1.5-3 | Jan 11 | Mon | 10:30 AM | WCC | Active Kids: 多项球类运动与游戏 |
| 17122 | Active Kids: Soccer | Ages 3-5 | Jan 11 | Mon | 4:00 PM | WCC | Active Kids: 足球课 |
| 17128 | Active Kids: Basketball | Ages 8-12 | Jan 16 | Sat | 12:15 PM | WCC | Active Kids: 篮球课 |
| 17125 | Active Kids: Basketball | Ages 8-12 | Jan 14 | Thu | 4:00 PM | WCC | Active Kids: 篮球课 |
| 17124 | Active Kids: Basketball | Ages 8-12 | Jan 12 | Tue | 4:30 PM | WCC | Active Kids: 篮球课 |
| 17127 | Active Kids: Girls Play Basketball | Ages 8-12 | Jan 16 | Sat | 10:30 AM | WCC | Active Kids: 女子篮球课 |
| 17123 | Active Kids: Soccer | Ages 6-9 | Jan 11 | Mon | 5:00 PM | WCC | Active Kids: 足球课 |
| 17126 | Active Kids: Basketball | Ages 12-16 | Jan 14 | Thu | 4:00 PM | WCC | Active Kids: 篮球课 |
| **EARLY YEARS - PAGES 16-18** | | | | | | | |
| 16976 | Parent & Child: Hip-Hop | Ages 2-5 | Jan 9 | Sat | 9:30 AM | OBCC | 亲子嘻哈舞 |
| 16948 | Parents/Guardians and Me Dance Class | Ages 1.5-3 | Jan 11 | Mon | 3:30 PM | WCC | 亲子舞蹈班 |
| 16949 | Preschool Ballet | Ages 3-4 | Jan 6 | Wed | 3:30 PM | WCC | 学前芭蕾 |
| 16955 | Preschool Ballet | Ages 3-4 | Jan 10 | Sun | 12:30 PM | WCC | 学前芭蕾 |
| 16957 | Preschool Dance | Ages 2-3 | Jan 10 | Sun | 9:30 AM | WCC | 学前舞蹈 |
| 16964 | Group Ukulele Circle | Ages 3-5 | Jan 10 | Sun | 12:00 PM | OBCC | 尤克里里小班 |
| 16963 | Group Piano for Preschoolers | Ages 3-5 | Jan 10 | Sun | 12:50 PM | OBCC | 学前钢琴小班 |
| 16979 | Crafts w Ruta: Paper Food Crafts & Friendships | Ages 2-5 | Jan 9 | Sat | 10:00 AM | WCC | Ruta 手工课：纸质食物制作 |
| 16980 | Crafts with Ruta: Jump into Spring | Ages 2-5 | Feb 20 | Sat | 10:00 AM | WCC | Ruta 手工课：踏入春天 |
| 16908 | Science for Preschoolers | Ages 3-5 | Jan 11 | Mon | 3:30 PM | WCC | 学前科学启蒙 |
| 16990 | Sportball: Floor Hockey | Ages 4-6 | Jan 6 | Wed | 4:00 PM | WCC | 少儿曲棍球 |
| 16992 | Sportball: Floor Hockey | Ages 4-6 | Feb 17 | Wed | 4:00 PM | WCC | 少儿曲棍球 |
| 16812 | Babytime Drop-In | Ages 0-2 | Jan 7 | Thu | 10:00 AM | WCC | 幼儿活动时间 |
| 16819 | Parent & Tot: Gym Drop In | Ages 0-5 | Jan 10 | Sun | 10:00 AM | OBCC | 亲子活动时间 |
| 16820 | Parent & Tot: Gym Drop-In | Ages 0-5 | Jan 5 | Tue/Thu | 9:30 AM | WCC | 亲子活动时间 |
| 16774 | Spanish Storytime Drop-In | Ages 0-5 | Jan 9 | Sat | 10:00 AM | OBCC | 儿童西班牙语故事时间 |
| 17148 | Storytime at Wesbrook Community Centre | Ages 0-5 | Jan 5 | Tue | 11:30 AM | WCC | Wesbrook少儿故事时间 |
| 16818 | Storytime at the Old Barn Community Centre | Ages 0-5 | Jan 8 | Fri | 10:00 AM | OBCC | Old Barn少儿故事时间 |
| **CHILDREN - PAGES 20-32** | | | | | | | |
| 16975 | Active Hip-Hop, Dance, Stretch & Strength | Ages 9-14 | Jan 5 | Tue | 5:30 PM | WCC | 活力嘻哈、舞蹈、伸展和力量训练 |
| 16952 | Active Urban Dance: Hip Hop and Breaking | Ages 6-13 | Jan 9 | Sat | 11:15 AM | OBCC | 活力街舞：嘻哈与霹雳舞 |
| 16943 | Ballet | Ages 6-8 | Jan 10 | Sun | 11:25 AM | WCC | 芭蕾 |
| 16926 | Ballet | Ages 8-10 | Jan 6 | Wed | 5:25 PM | WCC | 芭蕾 |
| 16985 | Classical Indian Dance: Bharata Natyam | Ages 5-17 | Jan 9 | Sat | 4:00 PM | WCC | 印度传统舞蹈：婆罗多舞 |
| 16944 | Contemporary Jazz Ballet | Ages 6-8 | Jan 6 | Wed | 4:20 PM | WCC | 现代爵士芭蕾 |
| 16945 | Dance Foundations | Ages 4-6 | Jan 10 | Sun | 10:20 AM | WCC | 舞蹈基础 |
| 16946 | Dance Foundations | Ages 4-6 | Jan 11 | Mon | 4:20 PM | WCC | 舞蹈基础 |
| 17012 | Dance Fusion for Kids | Ages 7-10 | Jan 8 | Fri | 4:00 PM | WCC | 儿童融合舞蹈 |
| 16978 | K-Pop Hip-Hop | Ages 6-10 | Jan 5 | Tue | 3:30 PM | WCC | 韩式嘻哈 |
| 16953 | Private Dance Hour | Ages 6-12 | Jan 10 | Sun | 3:30 PM | WCC | 私人舞蹈时间 |
| 16951 | Tumble, Flex and Dance | Ages 6-13 | Jan 9 | Sat | 10:15 AM | OBCC | 翻滚、柔韧与舞动 |
| 16947 | Musical Theatre | Ages 6-9 | Jan 11 | Mon | 5:25 PM | WCC | 舞台剧 |
| 17013 | Musical Theatre | Ages 10-13 | Jan 11 | Mon | 6:30 PM | WCC | 舞台剧 |

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# SHOULD YOU TAKE THAT TO THE GREEN DEPOT?

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




## YES

The Green Depot accepts:

- Small household appliances
- Clothing, textiles, and shoes
- Household electronics
- Flexible plastics
- Light bulbs
- Batteries
- Household smoke and CO alarms
- Ink cartridges and writing instruments
- Foam packing blocks

## NO

The Green Depot does not accept:

- Foam food containers
- Broken light bulbs
- Commercial fire alarms
- Automotive or marine batteries
- Large household appliances
- Residential recycling
- Thrift store items
- Aerosoles and propane canisters

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **CHILDREN - PAGES 20-32** | | | | | | | |
| 16968 | Creative Writing-Rapid Writers | Ages 9-15 | Jan 13 | Wed | 3:30 PM | WCC | 创意写作—快速写手 |
| 16969 | Creative Writing-Mythology | Ages 9-12 | Jan 13 | Wed | 5:00 PM | WCC | 创意写作—神话与传说 |
| 16981 | Dungeons and Dragons Club | Ages 8-12 | Jan 11 | Mon | 3:30 PM | WCC | DND龙与地下城俱乐部 |
| 16961 | Art Expression: Drawing & Painting | Ages 6-12 | Jan 16 | Sat | 4:00 PM | WCC | 艺术表达： 绘画工作坊 |
| 16962 | Art Expression: Drawing & Painting | Ages 6-12 | Feb 20 | Sat | 4:00 PM | WCC | 艺术表达： 绘画工作坊 |
| 16989 | Creative Arts | Ages 6-9 | Feb 22 | Mon | 3:30 PM | WCC | 创意艺术课 |
| 16988 | Creative Arts | Ages 9-12 | Feb 22 | Mon | 5:00 PM | WCC | 创意艺术课 |
| 16821 | Culture Connect: Crafting Around the World | Ages 5-8 | Jan 14 | Thu | 4:45 PM | WCC | 儿童文化工艺品 |
| 16869 | Manga Art \| Beginner | Ages 6-9 | Jan 9 | Sat | 11:15 AM | WCC | 漫画课 \| 初级 |
| 16870 | Manga Art \| Beginner | Ages 6-9 | Feb 6 | Sat | 11:15 AM | WCC | 漫画课 \| 初级 |
| 16871 | Manga Art \| Intermediate | Ages 9-14 | Jan 9 | Sat | 12:45 PM | WCC | 漫画课 \| 高级 |
| 16872 | Manga Art \| Advanced | Ages 9-14 | Jan 9 | Sat | 2:00 PM | WCC | 漫画 \| 中级 |
| 16925 | Print Together: Family Printmaking Workshop | Ages 6-12 | Jan 10 | Sun | 2:00 PM | WCC | 一起印刷：亲子版画工作坊 |
| 17010 | Young Moviemakers | Ages 8-14 | Jan 8 | Fri | 4:00 PM | WCC | 电影制作 |
| 16878 | Red Cross Babysitting | Ages 11-14 | Mar 22 | Mon | 9:00 AM | WCC | 红十字会儿童看护课程 |
| 16937 | Cantonese for Kids | Ages 5-8 | Jan 7 | Thu | 4:30 PM | WCC | 儿童粤语课 |
| 17064 | English Conversation for Children | Ages 5-8 | Jan 8 | Fri | 3:30 PM | WCC | 儿童英语对话 |
| 16905 | English Reading and Writing \| Gr 1-2 | Ages 6-8 | Jan 11 | Mon | 6:00 PM | WCC | 英语阅读和写作1-2年级 |
| 16906 | English Reading and Writing \| Gr 3-4 | Ages 8-10 | Jan 11 | Mon | 7:00 PM | WCC | 英语阅读和写作3-4年级 |
| 17042 | French Conversation for Kids | Ages 9-12 | Jan 6 | Wed | 6:45 PM | WCC | 儿童法语课 |
| 17041 | French Conversation for Kids | Ages 5-8 | Jan 6 | Wed | 5:30 PM | WCC | 儿童法语课 |
| 16912 | Mastering Mandarin \| Beginner | Ages 5-18 | Jan 9 | Sat | 10:00 AM | WCC | 汉语学习-初级 |
| 16913 | Mastering Mandarin \| Intermediate | Ages 5-18 | Jan 9 | Sat | 11:30 AM | WCC | 汉语学习-中级 |
| 16914 | Mastering Mandarin \| Advanced | Ages 5-18 | Jan 9 | Sat | 1:00 PM | WCC | 汉语学习-高级 |
| 16876 | Coding and Modding in Minecraft | Ages 8-12 | Jan 9 | Sat | 3:00 PM | WCC | 我的世界编码建模 |
| 17050 | Galileo's Gang | Ages 11-13 | Jan 7 | Thu | 3:30 PM | WCC | 伽利略俱乐部 |
| 16909 | Math4Kids \| Gr 1-2 | Ages 6-8 | Jan 6 | Wed | 3:30 PM | WCC | 1-2年级数学 |
| 16910 | Math4Kids \| Gr 3-4 | Ages 8-10 | Jan 6 | Wed | 4:30 PM | WCC | 3-4年级数学 |
| 16911 | Math4Kids \| Gr 5-6 | Ages 10-12 | Jan 6 | Wed | 5:30 PM | WCC | 5-6年级数学 |
| 16907 | Science for Kids | Ages 6-11 | Jan 11 | Mon | 4:30 PM | WCC | 少儿科学 |
| 17052 | Youth Environmental Alliance | Ages 8-12 | Jan 10 | Sun | 10:30 AM | WCC | 青少年环保联盟 |
| 17051 | History Adventures | Ages 10-12 | Jan 10 | Sun | 1:00 PM | WCC | 历史探险家 |
| 16903 | AI Adventure Lab | Ages 9-14 | Jan 5 | Tue | 6:00 PM | WCC | 人工智能探险实验室 |
| 17049 | AI for All | Ages 8-13 | Jan 9 | Sat | 2:00 PM | WCC | 人人都能学AI |
| 17063 | Young Aviation Program | Ages 8-10 | Jan 9 | Sat | 4:30 PM | WCC | 儿童航空课程 |
| 17065 | Build Your First App with AI | Ages 8-12 | Jan 10 | Sun | 3:00 PM | WCC | AI小小创客 |
| 16877 | Engineering & Robotics with VEX Go! | Ages 6-12 | Jan 9 | Sat | 4:45 PM | WCC | VEX GO编程和机器人 |
| 16904 | Minecraft Coders | Ages 7-12 | Jan 7 | Thu | 5:45 PM | WCC | 我的世界编程课程 |
| 17081 | Peer Tutoring | Ages 9-12 | Jan 12 | Tue | 4:00 PM | WCC | 同伴课后辅导 |

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **CHILDREN - PAGES 20-32** | | | | | | | |
| 17005 | Karate: Fundamentals | Ages 7-12 | Jan 7 | Thu | 5:45 PM | WCC | 空手道：基础 |
| 17018 | Karate: Fundamentals | Ages 7-12 | Jan 8 | Fri | 7:00 PM | OBCC | 空手道：基础 |
| 16998 | Karate: Fundamentals | Ages 7-12 | Jan 5 | Tue | 7:15 PM | WCC | 空手道：基础 |
| 17001 | Karate: Kickboxing and Fitness | Ages 8-12 | Jan 7 | Thu | 6:45 PM | WCC | 空手道：踢拳与健身 |
| 17014 | Karate: Parent and Child | Ages 4-7 | Jan 8 | Fri | 6:15 PM | OBCC | 亲子空手道 |
| 16994 | Karate: Parent and Child | Ages 4-7 | Jan 5 | Tue | 6:30 PM | WCC | 亲子空手道 |
| 16882 | Tae Kwon Do \| Kids | Ages 4-12 | Jan 10 | Sun | 1:00 PM | WCC | 跆拳道 \| 儿童班 |
| 16879 | Badminton \| Beginner | Ages 8-10 | Jan 8 | Fri | 4:00 PM | WCC | 羽毛球初级课 |
| 16991 | Sportball: Floor Hockey | Ages 6-9 | Jan 6 | Wed | 4:45 PM | WCC | 少儿曲棍球 |
| 16993 | Sportball: Floor Hockey | Ages 6-9 | Feb 17 | Wed | 4:45 PM | WCC | 少儿曲棍球 |
| 16917 | Volleyball BC: Learn and Play | Ages 8-12 | Jan 9 | Sat | 2:15 PM | WCC | BC排球协会：启蒙与练习 |
| 17056 | Open Gym \| Pre-Teen | Ages 9-12 | Jan 6 | Wed | 4:00 PM | WCC | 少年开放体育馆 |
| 16814 | 4-H Club | Ages 9-19 | Jan 8 | Fri | 6:30 PM | WCC | 4-H俱乐部 |
| 16771 | Girl Guides \| Grades 4-6 | Ages 9-11 | Jan 7 | Thu | 6:00 PM | OBCC | 女童军 \| 4-6年级 |
| 17088 | Pre-teen Leadership | Ages 9-12 | Jan 11 | Mon | 4:00 PM | WCC | 青少年领导力 |
| 17061 | Chess for Beginners & Intermediate Players | Ages 11-12 | Jan 7 | Thu | 4:45 PM | WCC | 初中级国际象棋 |
| 17159 | Chess Basics | Ages 7-12 | Jan 8 | Fri | 4:00 PM | WCC | 初级国际象棋 |
| **YOUTH - PAGES 34-39** | | | | | | | |
| 17072 | K-Pop Hip-Hop | Ages 11-16 | Jan 5 | Tue | 4:30 PM | WCC | 韩式嘻哈 |
| 16950 | Teen Ballet | Ages 12-19 | Jan 10 | Sun | 1:20 PM | WCC | 青少年芭蕾舞 |
| 17046 | Guitar Club | Ages 13+ | Jan 6 | Wed | 4:00 PM | WCC | 吉他社 |
| 16966 | Speech Arts | Ages 13-18 | Jan 14 | Thu | 4:00 PM | WCC | 演讲艺术 |
| 16954 | Drawing & Painting | Ages 11-18 | Jan 6 | Wed | 3:30 PM | WCC | 绘画课 |
| 17095 | The SEED Project Arts Workshop | Ages 10-18 | Jan 8 | Fri | 5:30 PM | WCC | SEED项目艺术工作坊 |
| 17080 | Youth Night | Ages 13-18 | Jan 15 | Fri | 6:30 PM | WCC | 青少年社交夜 |
| 17048 | Beginner Mandarin Through Calligraphy | Ages 12-18 | Jan 7 | Thu | 4:00 PM | WCC | 初级书法学中文 |
| 17066 | Build It: Digital Mechanical Design | Ages 13-18 | Jan 10 | Sun | 3:30 PM | WCC | 构建数字机械设计 |
| 16873 | Toastmasters Youth Program - Gavel Club | Ages 12-17 | Jan 6 | Wed | 6:30 PM | WCC | 青少年头马演讲俱乐部 |
| 17160 | Peer Tutoring | Ages 13-18 | Jan 12 | Tue | 4:00 PM | WCC | 同伴课后辅导 |
| 17004 | Karate: Fundamentals | Ages 13-18 | Jan 7 | Thu | 5:45 PM | WCC | 空手道：基础 |
| 17016 | Karate: Fundamentals | Ages 13-18 | Jan 8 | Fri | 7:00 PM | OBCC | 空手道：基础 |
| 16997 | Karate: Fundamentals | Ages 13-18 | Jan 5 | Tue | 7:15 PM | WCC | 空手道：基础 |
| 17002 | Karate: Kickboxing and Fitness | Ages 13-18 | Jan 7 | Thu | 6:45 PM | WCC | 空手道：踢拳与健身 |
| 17007 | Karate: Youth and Adult | Ages 10-18 | Jan 7 | Thu | 8:00 PM | WCC | 空手道：青少年与成人 |
| 17000 | Karate: Youth and Adult | Ages 10-18 | Jan 5 | Tue | 8:15 PM | WCC | 空手道：青少年与成人 |
| 16883 | Tae Kwon Do \| Youth | Ages 13-18 | Jan 10 | Sun | 1:00 PM | WCC | 跆拳道 \| 青少年班 |
| 16880 | Badminton \| Intermediate | Ages 11-16 | Jan 8 | Fri | 5:00 PM | WCC | 羽毛球 \| 中级 |
| 16881 | Badminton \| Advanced | Ages 13-18 | Jan 8 | Fri | 6:00 PM | WCC | 羽毛球 \| 高级 |
| 17053 | Lunchtime Youth Badminton Drop-in | Ages 13-18 | Jan 11 | Mon | 11:25 AM | WCC | 青少年午间羽毛球 |
| 17054 | Youth Badminton Drop-in | Ages 13-18 | Jan 10 | Sun | 7:30 PM | WCC | 青少年羽毛球 |
| 17055 | Youth Basketball Drop-in | Ages 13-18 | Jan 5 | Tue | 3:15 PM | WCC | 青少年篮球 |
| 17057 | Open Gym \| Youth | Ages 13-18 | Jan 6 | Wed | 5:45 PM | WCC | 青少年体育馆开放时间 |
| 17059 | Youth Table Tennis Drop-in | Ages 13-18 | Jan 7 | Thu | 6:00 PM | WCC | 青少年乒乓球 |

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **YOUTH - PAGES 34-39** | | | | | | | |
| 16918 | Volleyball BC: Train and Play | Ages 13-16 | Jan 9 | Sat | 2:15 PM | WCC | BC排球协会：培训与训练 |
| 17060 | Youth Volleyball Drop-in | Ages 13-18 | Jan 9 | Sat | 4:00 PM | WCC | 青少年排球 |
| 17094 | Beyond the Game: Youth Sports Forum | Ages 13-18 | Jan 7 | Thu | 6:00 PM | WCC | 超越比赛：青少年体育论坛 |
| 17062 | Chess for Beginners & Intermediate Players | Ages 13-18 | Jan 7 | Thu | 4:45 PM | WCC | 初中级国际象棋 |
| 17044 | Rubik's Cube Club | Ages 11-18 | Jan 7 | Thu | 3:30 PM | WCC | 魔方俱乐部 |
| 17087 | Youth Leadership | Ages 13-18 | Feb 5 | Fri | 4:00 PM | WCC | 青少年领导力 |
| 17086 | Youth Night Committee | Ages 13-18 | Jan 12 | Tue/Fri | 6:00 PM | WCC | 青少年社交夜委员会 |
| **ADULTS - PAGES 42-62** | | | | | | | |
| 16942 | Adult Ballet | Ages 16+ | Jan 6 | Wed | 7:45 PM | WCC | 成年芭蕾舞 |
| 16936 | Adult Ballet | Ages 16+ | Jan 10 | Sun | 2:30 PM | WCC | 成年芭蕾舞 |
| 16967 | Ballet Drop-In \| Intermediate | Ages 15+ | Jan 9 | Sat | 5:00 PM | WCC | 成年中/高级芭蕾 – Drop-In |
| 16958 | Chinese Folk Dance | Ages 19+ | Jan 5 | Tue | 12:30 PM | WCC | 中国民族舞蹈 |
| 16959 | Chinese Folk Dance | Ages 19+ | Jan 8 | Fri | 12:30 PM | WCC | 中国民族舞蹈 |
| 16984 | Classical Indian Dance: Bharata Natyam | Ages 18+ | Jan 9 | Sat | 2:30 PM | WCC | 印度传统舞蹈：婆罗多舞 |
| 16987 | Dance Fusion | Ages 18+ | Jan 11 | Mon | 6:45 PM | WCC | 混合舞蹈 |
| 17157 | Line Dancing | Ages 15+ | Jan 6 | Wed | 10:30 AM | WCC | 排舞 |
| 17158 | Line Dancing | Ages 15+ | Jan 10 | Sun | 5:00 PM | WCC | 排舞 |
| 16924 | Absolute Beginner Improv Drop-in | Ages 19+ | Jan 14 | Thu | 6:30 PM | WCC | 零基础即兴表演 |
| 17045 | Guitar Club | Ages 19+ | Jan 6 | Wed | 4:00 PM | WCC | 吉他俱乐部 |
| 17009 | Chinese Brush Painting | Ages 18+ | Jan 7 | Thu | 6:00 PM | WCC | 中国画 |
| 16970 | Clay Creations: Pottery Workshop | Ages 18+ | Jan 30 | Sat | 4:00 PM | WCC | 陶艺创作：陶器工坊 |
| 16982 | Cross Structure Leather Bookbinding | Ages 18+ | Mar 14 | Sun-Mon | 10:00 AM | WCC | 交叉结构皮革装订 |
| 16983 | Embroidery: Hand Sewing Stitches | Ages 18+ | Mar 14 | Sun | 1:30 PM | WCC | 刺绣：手缝针法 |
| 17011 | Watercolour Painting \| Beginner | Ages 16+ | Jan 6 | Wed | 5:45 PM | WCC | 水彩画 \| 初级 |
| 17021 | Finding Warmth Workshop | Ages 19+ | Jan 16 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17023 | Finding Warmth Workshop | Ages 19+ | Feb 20 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17025 | Finding Warmth Workshop | Ages 19+ | Mar 20 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17031 | The Birth Circle | Ages 19+ | Jan 26 | Tue | 6:45 PM | OBCC | 孕育之环 |
| 17047 | Beginner Mandarin Chinese Calligraphy | Ages 19+ | Jan 7 | Thu | 4:00 PM | WCC | 初级书法学中文 |
| 16874 | Culturally Curious English | Ages 19+ | Jan 12 | Tue | 12:30 PM | WCC | 文化好奇英语课 |
| 16875 | Culturally Curious English | Ages 19+ | Jan 11 | Mon | 12:00 PM | OBCC | 文化好奇英语课 |
| 16782 | English Conversation \| Advanced \| Mon | Ages 19+ | Jan 11 | Mon | 11:00 AM | WCC | 英语会话高级 \| 周一 |
| 16786 | English Conversation \| Beginner \| Thur | Ages 19+ | Jan 7 | Thu | 10:00 AM | WCC | 英语会话初级 \| 周四 |
| 16787 | English Conversation \| Intermediate \| Thu | Ages 19+ | Jan 7 | Thu | 7:00 PM | OBCC | 英语会话中级 \| 周四 |
| 16784 | English Conversation \| Intermediate \| Tue | Ages 19+ | Jan 5 | Tue | 10:00 AM | WCC | 英语会话中级 \| 周二 |
| 16785 | English Conversation \| intermediate \| Wed | Ages 19+ | Jan 6 | Wed | 1:00 PM | WCC | 英语会话中级 \| 周三 |
| 16783 | English Conv. Mandarin Speakers \| Beginner | Ages 19+ | Jan 11 | Mon | 9:15 AM | WCC | 国语基础的英语入门 \| 初级 |
| 16915 | French \| Intermediate | Ages 19+ | Jan 11 | Mon | 1:00 PM | WCC | 法语 \| 中级 |
| 16916 | French \| Advanced Grammar | Ages 19+ | Jan 11 | Mon | 2:30 PM | WCC | 法语 \| 高级语法 |
| 16813 | French Club | Ages 19+ | Jan 7 | Thu | 1:30 PM | OBCC | 法语俱乐部 |

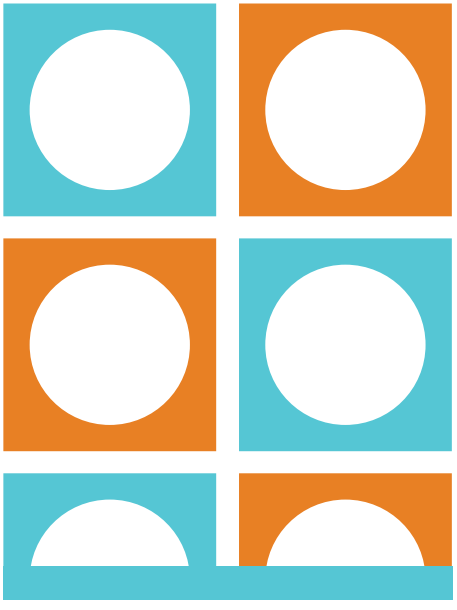
| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **ADULTS - PAGES 42-62** | | | | | | | |
| 16790 | Korean Parent Support Circle | Ages 19+ | Feb 16 | Tue | 12:30 PM | WCC | 韩国家长互助交流会 |
| 16792 | SUCCESS: Settlement \| Mandarin & English | Ages 19+ | Jan 12 | Tue | 9:30 AM | WCC | 中侨移民安顿服务 |
| 16791 | Vancouver Mandarin Parenting Support Group | Ages 19+ | Jan 16 | Sat | 6:00 PM | WCC | 温哥华普通话家长支持小组 |
| 16789 | VSB SWIS Parents \| Mandarin & English | Ages 19+ | Jan 20 | Wed | 12:30 PM | WCC | 温哥华教育局新移民家长中英讲座 |
| 16545 | BC Brain Wellness \| Ballroom Dance | Ages 19+ | Jan 13 | Wed | 12:30 PM | OBCC | BC 脑健康 \| 跨世代交谊舞 |
| 16527 | Core Pilates \| Beginner-Intermediate | Ages 19+ | Jan 5 | Tue | 9:25 AM | WCC | 核心普拉提 \| 初级–中级 |
| 16528 | Express Core Pilates in Mandarin | Ages 19+ | Jan 6 | Wed | 9:20 AM | WCC | 核心普拉提 \| 国语 |
| 16531 | Express Spin \| Morning | Ages 18+ | Jan 11 | Mon | 7:15 AM | WCC | 急速单车 \| 早上 |
| 16533 | Express Spin \| Morning | Ages 18+ | Jan 7 | Thu | 7:30 AM | WCC | 急速单车 \| 早上 |
| 16594 | Full Body Bootcamp | Ages 19+ | Jan 11 | Mon | 7:45 PM | OBCC | 全身训练营 |
| 16596 | Full Body Bootcamp | Ages 19+ | Jan 6 | Wed | 10:00 AM | OBCC | 全身训练营 |
| 16529 | Full Body Pilates (English & Mandarin) | Ages 19+ | Jan 7 | Thu | 9:30 AM | WCC | 全身普拉提 \| 中英授课 |
| 16599 | Learn to Run Clinic | Ages 16+ | Jan 19 | Tue | 6:00 PM | WCC | 长跑训练 |
| 16526 | Pilates Strength Fusion | Ages 19+ | Jan 11 | Mon | 9:30 AM | WCC | 普拉提力量融合 |
| 16530 | Pilates Strength Fusion | Ages 19+ | Jan 8 | Fri | 11:10 AM | WCC | 普拉提力量融合 |
| 16600 | Run 10K Faster Clinic | Ages 16+ | Jan 21 | Thu | 6:00 PM | WCC | 10公里跑速提升训练营 |
| 17034 | Run Talk Tuesday \| Learn to Run Clinic | Ages 16+ | Feb 9 | Tue | 6:00 PM | WCC | 周二跑步讲座 \| 长跑训练 |
| 17035 | Run Talk Thursday \| Run 10K Faster Clinic | Ages 16+ | Feb 11 | Thu | 6:00 PM | WCC | 周四跑步讲座 \| 10公里跑速提升训练营 |
| 16534 | Spin | Ages 18+ | Jan 10 | Sun | 8:30 AM | WCC | 极速单车 |
| 17027 | Zumba | Ages 19+ | Jan 6 | Wed | 6:35 PM | WCC | Zumba舞 |
| 17028 | Zumba | Ages 19+ | Jan 7 | Thu | 5:15 PM | WCC | Zumba舞 |
| 16539 | Zumba | Ages 19+ | Jan 9 | Sat | 11:25 AM | WCC | Zumba舞 |
| 16541 | Gentle & Restorative Yoga | Ages 19+ | Jan 5 | Tue | 10:35 AM | WCC | 柔和与恢复性瑜伽 |
| 16544 | Gentle Yoga with Angie | Ages 19+ | Jan 8 | Fri | 10:00 AM | WCC | 轻柔瑜伽 – Angie |
| 16736 | Iyengar Yoga with Brian \| Fundamentals | Ages 18+ | Jan 26 | Tue | 6:30 PM | WCC | Brian艾扬格瑜伽 \| 初级 |
| 16737 | Iyengar Yoga with Brian \| Intro to Intermediate | Ages 18+ | Jan 28 | Thu | 6:30 PM | WCC | Brian艾扬格瑜伽 \| 初级至中级 |
| 16729 | Iyengar Yoga with Luci | Ages 17+ | Jan 16 | Sat | 10:00 AM | WCC | Iyengar瑜伽 – Luci |
| 16730 | Iyengar Yoga with Luci | Ages 17+ | Feb 20 | Sat | 10:00 AM | WCC | Iyengar瑜伽 – Luci |
| 16576 | Lunchtime Yoga | Ages 19+ | Jan 11 | Mon | 12:00 PM | WCC | 午间瑜伽 |
| 16577 | Yoga Fusion in Mandarin | Ages 19+ | Jan 6 | Wed | 1:15 PM | WCC | 中文融合瑜伽 – Kate |
| 16575 | Yoga in Mandarin with Kate | Ages 19+ | Jan 11 | Mon | 10:45 AM | WCC | 中文瑜伽 – Kate |
| 16996 | Karate: Fundamentals | Ages 19+ | Jan 5 | Tue | 7:15 PM | WCC | 空手道：基础 |
| 16995 | Karate: Parent and Child (19+) | Ages 19+ | Jan 5 | Tue | 6:30 PM | WCC | 亲子空手道（19岁+） |
| 17015 | Karate Parent and Child (19+) | Ages 19+ | Jan 8 | Fri | 6:15 PM | OBCC | 亲子空手道（19岁+） |
| 17017 | Karate: Fundamentals | Ages 19+ | Jan 8 | Fri | 7:00 PM | OBCC | 空手道：基础 |
| 17006 | Karate: Fundamentals | Ages 19+ | Jan 7 | Thu | 5:45 PM | WCC | 空手道：基础 |
| 17003 | Karate: Kickboxing and Fitness | Ages 19+ | Jan 7 | Thu | 6:45 PM | WCC | 空手道：踢拳与健身 |
| 17008 | Karate: Youth and Adult | Ages 19+ | Jan 7 | Thu | 8:00 PM | WCC | 空手道：青少年与成人 |
| 16999 | Karate: Youth and Adult | Ages 19+ | Jan 5 | Tue | 8:15 PM | WCC | 空手道：青少年与成人 |
| 17118 | Tai Chi | Ages 19+ | Jan 5 | Mon-Fri | 8:45 AM | WCC | 太极 \| 周一至周五 |

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **ADULTS - PAGES 42-62** | | | | | | | |
| 16885 | Badminton | Ages 19+ | Jan 11 | Mon | 2:00 PM | WCC | 羽毛球 |
| 16896 | Badminton | Ages 19+ | Jan 8 | Fri | 7:45 PM | WCC | 羽毛球 |
| 16895 | Badminton | Ages 19+ | Jan 8 | Fri | 2:00 PM | WCC | 羽毛球 |
| 16887 | Drop-In Badminton | Ages 19+ | Jan 5 | Tue | 11:30 AM | WCC | 羽毛球 |
| 16891 | Basketball | Ages 19+ | Jan 7 | Thu | 8:00 PM | WCC | 篮球 |
| 16886 | Drop-In Basketball | Ages 19+ | Jan 11 | Mon | 8:15 PM | WCC | 篮球 |
| 16901 | Pickleball | Ages 19+ | Jan 10 | Sun | 3:45 PM | WCC | 匹克球 |
| 16893 | Pickleball | Ages 19+ | Jan 8 | Fri | 10:30 AM | WCC | 匹克球 |
| 16890 | Drop-In Pickleball | Ages 19+ | Jan 7 | Thu | 2:00 PM | WCC | 匹克球 |
| 17119 | Pickleball Lessons \| Accelerated Dev. 3.75+ | Ages 15+ | Jan 10 | Sun | 10:45 AM | WCC | 匹克球晋级训练 3.75+ |
| 16941 | Pickleball Lessons \| Advanced Doubles 3.5+ | Ages 15+ | Jan 8 | Fri | 8:45 AM | WCC | 匹克球高级双打 3.5+ |
| 16939 | Pickleball Lessons \| Interm. Soft Game 3.0+ | Ages 15+ | Jan 6 | Wed | 8:45 AM | WCC | 匹克球中级软球战术 3.0+ |
| 17043 | Pickleball Lessons \| Interm. Soft Game 3.25+ | Ages 15+ | Jan 10 | Sun | 9:00 AM | WCC | 匹克球中级软球战术 3.25+ |
| 16938 | Pickleball Lessons \| Intermediate 3.0+ | Ages 15+ | Jan 6 | Wed | 10:20 AM | WCC | 匹克球中级课程 3.0+ |
| 16940 | Pickleball Lessons \| Learn to Play for Beginners | Ages 15+ | Jan 6 | Wed | 11:55 AM | WCC | 匹克球初级课程 |
| 17120 | Pickleball Lessons \| Learn to Play for Beginners | Ages 15+ | Feb 7 | Sun | 10:45 AM | WCC | 匹克球初级课程 |
| 17131 | Drop-In Table Tennis | Ages 19+ | Jan 6 | Wed | 2:00 PM | WCC | 乒乓球 |
| 16808 | Soccer Skills for Women | Ages 19+ | Jan 7 | Thu | 11:30 AM | WCC | 女子室内足球 |
| 17129 | Volleyball | Ages 19+ | Jan 11 | Mon | 6:15 PM | WCC | 排球 |
| 16889 | Drop-In Volleyball | Ages 19+ | Jan 6 | Wed | 7:45 PM | WCC | 排球 |
| 16902 | Drop-In Badminton | Ages 19+ | Jan 10 | Sun | 5:45 PM | WCC | 羽毛球 |
| 16900 | Drop-In Pickleball | Ages 19+ | Jan 9 | Sat | 6:00 PM | WCC | 匹克球 |
| 17132 | Drop-In Table Tennis | Ages 19+ | Jan 8 | Fri | 12:15 PM | WCC | 乒乓球 |
| 16884 | Drop-In Table Tennis | Ages 19+ | Jan 11 | Mon | 11:45 AM | WCC | 乒乓球 |
| 16781 | Newcomers Support Program | Ages 19+ | Jan 9 | Sat | 10:00 AM | WCC | 新移民互助小组 |
| 16788 | Newcomers' English Club | Ages 19+ | Jan 7 | Thu | 1:00 PM | WCC | 新移民英语俱乐部 |
| 16772 | Food for Thought: Meaningful Conversations | Ages 16+ | Jan 6 | Wed | 7:00 PM | OBCC | 精神食粮：一系列有意义的对话活动 |
| 16807 | Old Barn Book Club | Ages 16+ | Jan 23 | Sat | 11:15 AM | OBCC | Old Barn读书俱乐部 |
| 16775 | Wesbrook Book Club | Ages 19+ | Jan 31 | Sun | 10:00 AM | WCC | 社区读书俱乐部 |
| 16809 | Women's Social Club | Ages 19+ | Jan 5 | Tue | 12:00 PM | OBCC | 女士社交俱乐部 |
| 16810 | Sewing and Knitting Studio | Ages 13+ | Jan 10 | Sun | 1:00 PM | WCC | 社区缝纫工作室 |
| **OLDER ADULTS - PAGES 64-69** | | | | | | | |
| 17079 | Chinese Dance for Seniors | Ages 55+ | Jan 10 | Sun | 3:30 PM | OBCC | 中式老年舞蹈 |
| 17117 | Dance Party For Seniors | Ages 55+ | Jan 8 | Fri | 7:00 PM | WCC | 中式老年舞蹈 |
| 17099 | Senior Choir | Ages 55+ | Jan 6 | Wed | 9:15 AM | OBCC | 老年合唱团 |
| 17113 | Art Studio for Seniors | Ages 55+ | Jan 7 | Thu | 9:30 AM | WCC | 老年开放艺术馆 |
| 17022 | Finding Warmth Workshop | Ages 55+ | Jan 16 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17024 | Finding Warmth Workshop | Ages 55+ | Feb 20 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17026 | Finding Warmth Workshop | Ages 55+ | Mar 20 | Sat | 12:15 PM | WCC | “寻找温暖”工作坊 |
| 17078 | English ABCs for Seniors | Ages 55+ | Jan 10 | Sun | 10:00 AM | WCC | 老年英语 |

| Course ID | Program | Age | First Date | Day | Start Time | Location | Mandarin Translation |
|---|---|---|---|---|---|---|---|
| **OLDER ADULTS - PAGES 64-69** | | | | | | | |
| 17089 | Healthy Aging Seminar Series | Ages 45+ | Jan 14 | Thu | 11:00 AM | WCC | 健康老龄化研讨会系列 |
| 17090 | Healthy Aging Seminar Series | Ages 45+ | Feb 4 | Thu | 11:00 AM | WCC | 健康老龄化研讨会系列 |
| 17091 | Healthy Aging Seminar Series | Ages 45+ | Mar 11 | Thu | 11:00 AM | WCC | 健康老龄化研讨会系列 |
| 17092 | Safety and Preparedness Series | Ages 45+ | Jan 21 | Thu | 11:00 AM | WCC | 健康老龄化研讨会系列 |
| 17093 | Safety and Preparedness Series | Ages 45+ | Feb 11 | Thu | 11:00 AM | WCC | 健康老龄化研讨会系列 |
| 16593 | Aquafit \| Balmoral | Ages 55+ | Jan 11 | Mon | 1:30 PM | BALM | 水上运动 – Balmoral |
| 16598 | Aquafit \| Balmoral | Ages 55+ | Jan 7 | Thu | 1:30 PM | BALM | 水上运动 – Balmoral |
| 16595 | Aquafit \| West Hampstead | Ages 55+ | Jan 5 | Tue | 1:00 PM | W.HAM | 水上运动 – West Hampstead |
| 16597 | Functional Strength for Older Adults | Ages 45+ | Jan 7 | Thu | 12:15 PM | WCC | 老年功能性力量训练 |
| 16540 | Osteofit with Angie | Ages 45+ | Jan 11 | Mon | 1:00 PM | WCC | 健骨课程 – Angie |
| 16543 | Osteofit with Angie | Ages 45+ | Jan 7 | Thu | 11:00 AM | WCC | 健骨课程 – Angie |
| 16542 | Chair Yoga with Angie | Ages 45+ | Jan 7 | Thu | 1:00 PM | WCC | 椅子瑜伽 – Angie |
| 17101 | Badminton for Seniors \| Fri | Ages 55+ | Jan 8 | Fri | 12:00 PM | WCC | 老年羽毛球 \| 周五 |
| 17100 | Badminton for Seniors \| Wed | Ages 55+ | Jan 6 | Wed | 2:00 PM | WCC | 老年羽毛球 \| 周三 |
| 17039 | Pickleball for Seniors \| Mon | Ages 55+ | Jan 11 | Mon | 8:45 AM | WCC | 老年匹克球 \| 周一 |
| 17114 | Pickleball for Seniors \| Thurs | Ages 55+ | Jan 7 | Thu | 12:45 PM | WCC | 老年匹克球 \| 周四 |
| 17038 | Seniors' Gym | Ages 55+ | Jan 11 | Mon | 10:15 AM | WCC | 老人锻炼时间 |
| 17075 | Walking Soccer Club | Ages 40+ | Jan 5 | Tue | 1:30 PM | WCC | 慢走足球 |
| 17116 | Table Tennis for Seniors | Ages 55+ | Jan 8 | Fri | 2:15 PM | WCC | 老年乒乓球 |
| 17076 | Tea and Games | Ages 55+ | Jan 5 | Tue | 12:30 PM | WCC | 茶水与游戏 |
| 17073 | Whist | Ages 55+ | Jan 5 | Tue | 10:00 AM | WCC | 惠斯特纸牌游戏 |
| 17074 | Song Circle for Seniors | Ages 55+ | Jan 5 | Tue | 10:00 AM | WCC | 老年人唱歌活动 |
| 17096 | Soups and Social | Ages 55+ | Jan 28 | Thu | 11:00 AM | WCC | 社交午餐 |
| 17097 | Soups and Social | Ages 55+ | Feb 18 | Thu | 11:00 AM | WCC | 社交午餐 |
| 17098 | Soups and Social | Ages 55+ | Mar 25 | Thu | 11:00 AM | WCC | 社交午餐 |
| 17036 | Walk and Talk Club (Monday) | Ages 19+ | Jan 11 | Mon | 10:00 AM | WCC | 步行俱乐部 \| 周一 |
| 17037 | Walk and Talk Club (Tuesday) | Ages 55+ | Jan 5 | Tue | 10:00 AM | WCC | 步行俱乐部 \| 周二 |
| 17077 | Community Digital Support \| Drop-In | Ages 19+ | Jan 9 | Sat | 10:00 AM | WCC | 社区电脑辅导 |
| 17112 | Bridge \| Advanced \| Drop-In | Ages 19+ | Jan 7 | Thu | 10:00 AM | WCC | 桥牌练习时间 |
| 17115 | Chinese Pocket Card Games Seniors Drop-In | Ages 65+ | Jan 8 | Fri | 10:00 AM | WCC | 中式纸牌游戏 |
| 17040 | Mahjong \| Drop-In | Ages 19+ | Jan 11 | Mon | 1:00 PM | WCC | 麻将 \| 中英文 |

# OUR FOUNDATIONAL PRINCIPLES

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



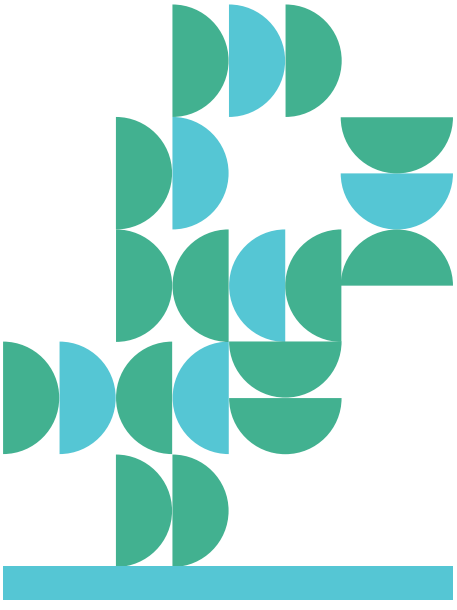
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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

Get access and discounts with a

# UNA CARD




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

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

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

AGES 16+



# UNA RUN CLUBS

## Start your running journey today!

Whether you're taking your first steps or looking to improve your pace, there's a run club for you! Get active, meet new friends and work towards the Vancouver Sun Run on April 18, 2027

## Learn to Run Clinic

**January 19 – April 13 | Tuesdays, 6–7 p.m.**
**Wesbrook Community Centre**

New to running? Build your confidence with a beginner-friendly program that combines walking and running.

## Run 10K Faster Clinic

**January 21 – April 15 | Thursdays, 6–7 p.m.**
**Wesbrook Community Centre**

Ready to pick up the pace? Improve your speed and endurance with hill training, speed workouts and tempo runs.

**Both programs feature special run talks with TV host and fitness enthusiast Christine Blanchette.**

**Register today at myuna.ca/programs**

**Questions? Contact Hanif Teja at hanif.teja@myuna.ca.**

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# RUN TALKS FOR EVERYONE!

AGES 16+

## You don't have to join a run club to join the conversation!

Get inspired, learn something new and connect with fellow running enthusiasts at our UNA Run Club talks, featuring TV host and fitness enthusiast Christine Blanchette.

Whether you're a seasoned runner, just getting started or simply curious about running, everyone is welcome!

**Open to all community members — no run club membership required.**



**Learn more at myuna.ca/programs**

**For more information, contact Hanif Teja at hanif.teja@myuna.ca.**

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION

# LUNAR NEW YEAR 2027

## Welcome the Year of the Goat!

**Saturday, February 13, 2027 | 12:00–4:00 p.m.**
**Wesbrook Community Centre**

Celebrate Lunar New Year with the UNA community! Experience Chinese and Korean cultures through festive activities, traditional arts, and performances for the whole family.

**12:00–2:00 p.m.**
**Cultural Activities**
Cultural Booths • Games & Crafts
Traditional Teas & Festive Treats

**2:00–4:00 p.m.**
**Lunar New Year Gala**
Music, dance and cultural performances.

**This is a FREE event. No registration is required.**
Traditional attire is welcome. Pets are not permitted.

## Call for Artworks!

### Year of the Goat Art Exhibition

Celebrate the Year of the Goat with us by sharing your creativity! We're inviting community members of all ages to submit artwork featuring goats, sheep, and rams for a special Lunar New Year exhibit.

**Submit your artwork: January 25–29, 2027**

Drop-off at the Wesbrook Community Centre front desk during regular opening hours.

**Exhibition: February 1–13, 2027**

On display at Wesbrook Community Centre, including during our Lunar New Year celebration!

Flat, wall-ready pieces are ideal. Artworks will be displayed as space allows.

