

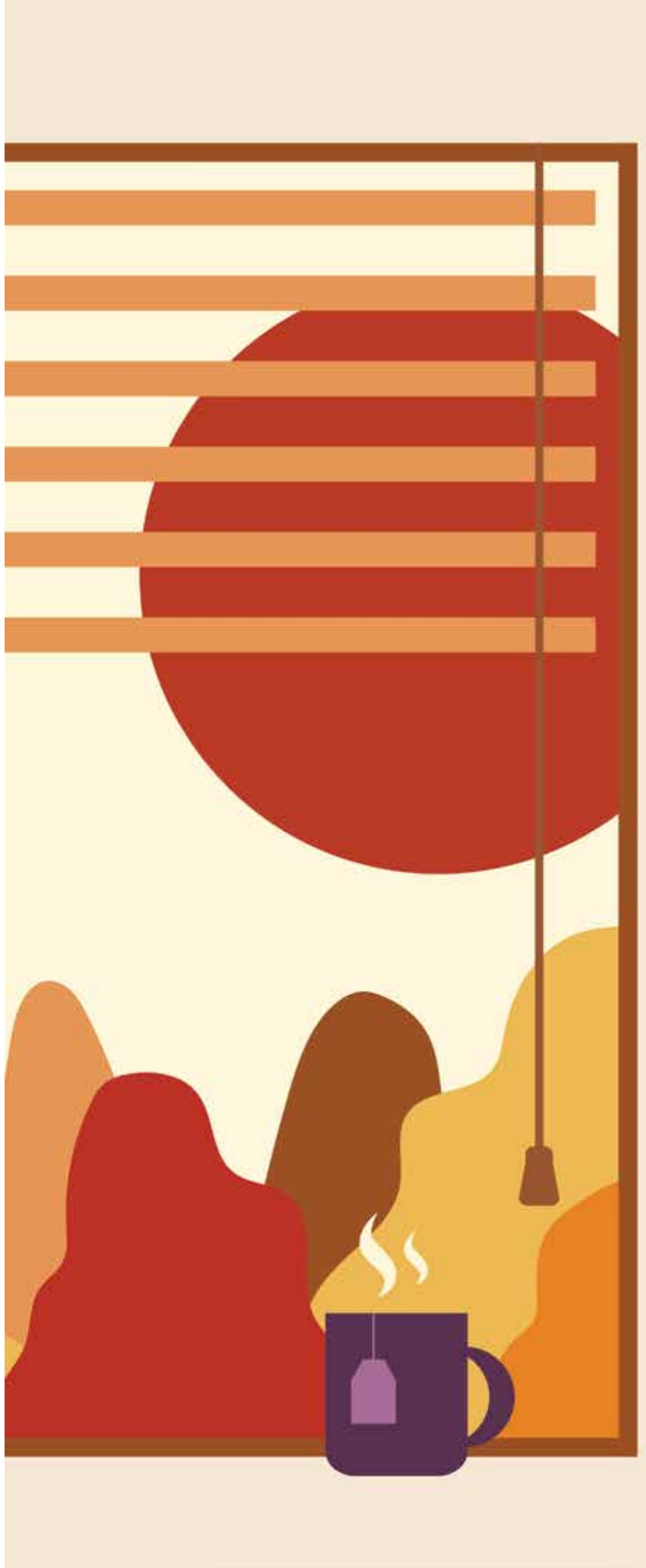
2021  
FALL

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# PROGRAM GUIDE

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

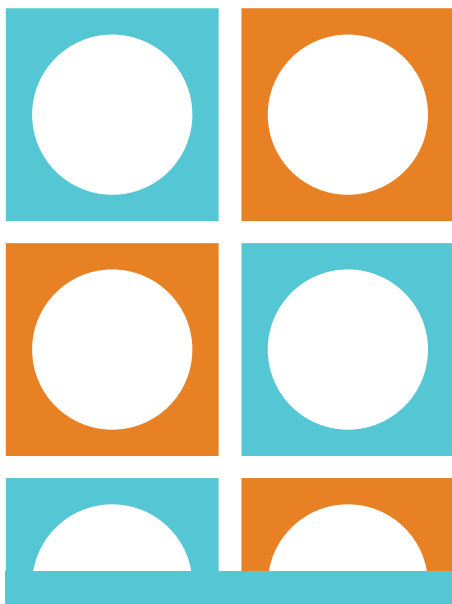


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# OUR FOUNDATIONAL PRINCIPLES

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



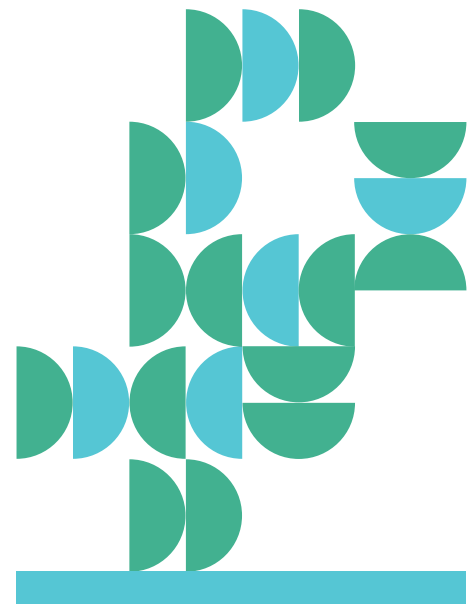
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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

# PROGRAM GUIDE

## REGISTER ONLINE

**Monday, August 16, 2021 at 12:00 PM**

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

## REGISTER IN PERSON

**Monday, August 16, 2021 at 12:00 PM**

Come to Wesbrook Community Centre or Old Barn Community Centre to register for your programs in person the good old fashioned way!

**WESBROOK COMMUNITY CENTRE**  
3335 WEBBER LANE

**OLD BARN COMMUNITY CENTRE**  
6308 THUNDERBIRD BLVD

## REGISTER BY PHONE

**Monday, August 16, 2021 at 12:00 PM**

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

**WESBROOK COMMUNITY CENTRE**  
604.822.4227

**OLD BARN COMMUNITY CENTRE**  
604.827.4469

## 2 POLICIES

## 6 LOCATIONS & HOURS

## 8 COMMUNITY EVENTS

## 11 CAMPS

## 13 TRY IT WEEK

## 14 ACTIVE KIDS

## 16 EARLY YEARS

## 18 CHILDREN



## 27 YOUTH

## 32 ADULTS & SENIORS

## 44 BRIDGING DIGITAL LITERACY & HEALTHY AGEING

## 48 INDEX

## 56 MAP

## 57 FITNESS CENTRE



# RECREATION POLICIES

For any updates to recreation policies, please visit [myuna.ca/recreation-policies](https://myuna.ca/recreation-policies)

## **CODE OF CONDUCT**

Our goal is to provide a safe, welcoming and respectful environment for our community members, staff and volunteers. All members and participants are expected to:

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

## **REGISTRATION, FEES AND DISCOUNTS**

- Registration is required for most classes.
- Registration is on a first come, first served basis.
- Individuals living in the UNA neighbourhoods are eligible to receive a resident discount on most programs.
- UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are also eligible to receive a discount.
- We encourage everyone to register early to avoid programs being cancelled due to insufficient registration.
- A late pick-up fee of \$10 for every five minutes following the end of the camp or program time may be charged.
- Drop-in classes: Drop-in fees must be paid before each class and the receipt must be provided to the instructor.

## **VIRTUAL CLASSES**

Same principles of an in-person class apply to a virtual class. The attendants must abide by the UNA code of conduct. It is everyone's responsibility to create a safe, friendly, and respectful environment.

## **CANCELLATIONS & REFUNDS**

- Full refunds will be issued for any programs cancelled by the UNA.
- Participant-requested refunds are prorated with an administration fee of \$10 per person.
- Refunds will be processed within 14 days.
- Refund requests must be made by emailing [programs@myuna.ca](mailto:programs@myuna.ca).

## **MULTI-CLASS PROGRAMS:**

- Refund requests must be submitted no later than one hour after the second class, after which, refunds may be considered on a case-by-case basis.

## **SINGLE-DAY PROGRAMS:**

- Pro-D Day Camps, events, workshops, lectures and other single-day programs are non-refundable within five days\* prior to the day of the program.

## **CAMPS:**

- Camps are non-refundable five days\* prior to the first day of camp.

\*Note: The last day to withdraw from a single-day program or camp starting on a Monday is the previous Tuesday.



## **PHOTOS**

Photos of program and event participants may be taken for marketing and promotions by the UNA and may appear on our website, social media accounts or print materials. Please inform a program coordinator if you have any concerns about having photos taken of you or your child. We will always inform participants of camera presence before taking close up photos. Group and large crowd photos may be taken without direct communication.

For users taking personal photos within the community centre, please be mindful of other users' privacy.

## **ADULT SPORT PROCEDURES**

- Registered participants have first priority for Adult Sport programs. Registration is a cost-effective way to ensure you have a space every week.
- Registered participants have up to 10 minutes after the program start time to show up. All no-show spots at that time will be sold to the drop-in wait list.
- Sign-up for the drop-in waitlist must be done **IN PERSON** and begins 30 minutes before the program begins.
- Each participant may put down at most two names (their own, plus one more).
- Waitlisted participants may not enter the gym until they have paid.
- Drop-in users must have an account in our registration system.

## **YOUTH OPEN GYM PROCEDURES**

- Sign in for Youth Open Gym starts 10 minutes before the program start time.
- Participants must pay before signing in for Youth Open Gym.
- Participants may only sign in for themselves.
- All participants will be given a stamp on the hand or wrist at the time of entry. Staff will monitor to ensure only participants with stamps are in the gym.
- Participants ages 9 to 12 must attend the Pre-Teen Open Gym time with parent supervision.
- Participants ages 13 to 18 may attend without parent supervision but must abide by the UNA Code of Conduct.
- Front desk staff reserve the right to ask participants to leave if they do not abide by the Code of Conduct and limit the number of participants in the gym at any time.
- Drop-in users must have an account in our registration system.

## **COMMUNITY SPACES**

Community centre staff reserve the right to make changes to the room schedules. The common areas at the community centres are public spaces and not available for private events. Private tutoring or other activities for which a fee is charged are not allowed in the common areas. These areas are also not intended for anyone to establish the space as a permanent location for their activities or operations. The common areas at WCC include the lounge, hallways, the Senior and Teen Centre, and splash pad. The common areas at the OBCC include the living room, John Young room and the foyer on the second floor. These spaces may be reserved for UNA programs or events.

### **CASUAL ROOM USE**

The music studios and the gymnasium are available for patrons during non-program hours for an affordable fee. These rooms are available on a first-come basis. For room reservations, please see our bookings page.

- Users must have an account in our registration system
- Users must leave the room clean and restored to the original condition in which it was found
- No food or drink is allowed in the room
- Furniture may not be re-arranged or added to the room
- Martial arts and self-defence training (i.e. sparring/boxing) are not permitted
- A \$2 access fee will be charged per user

### **MUSIC STUDIO CASUAL USE**

- Users may not move furniture (including the piano). No additional furniture or equipment will be provided
- No groups larger than four may use one studio at time
- Maximum use of one hour and A \$2 access fee will be charged per user
- Studio is closed one hour before a scheduled class and 30 minutes before the centre closes.

### **GYMNASIUM CASUAL ROOM USE**

- Users must wear appropriate, clean, non-marking footwear for all activity in the gymnasium.
- Front desk staff may approve room use for users who are engaging in independent active movement and dance activities
- Users may check-out equipment from the front desk.
- Additional equipment (e.g. nets, mats) are not available for use.

### **BOOKINGS**

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

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

For field bookings, please contact [fields@myuna.ca](mailto:fields@myuna.ca).



# FITNESS CENTRE POLICIES

## **RULES AND ETIQUETTE**

All fitness centre users must abide by the Rules & Etiquette. Community centre staff reserve the right to ask participants to leave if they do not abide by the Rules & Etiquette.



## **RESPECT**

- Bullying, harassment or any behaviour that demeans, ridicules or embarrasses a member, guest or employee will not be tolerated and could lead to expulsion from the UNA Fitness Centre or revocation of membership or pass.

## **ATTIRE & PERSONAL BELONGINGS**

- Proper athletic shoes and workout clothes must be worn when working out in the Fitness Centre.
- Bags, umbrellas, jackets, skateboards and other paraphernalia are not allowed past the Fitness Centre desk. Lockers are available for storing personal effects.

## **FOOD & DRINK**

- Drinks in resealable containers are allowed in the Fitness Centre, however, food, candy or gum are not.

## **SAFETY**

- Use equipment you have been given instruction on and ask staff for assistance on how to use unfamiliar equipment.
- Use spotters and weight training belts when training with heavy weights. Use collars on all bars at all times.
- Avoid dropping hand weights on the floor and dropping stacks of weights that are part of the weight machines.
- Keep the workout area clear. Do not rest on machines or linger in between sets.
- Be respectful of personal workout space.
- Avoid walking with weights or exercising too close to others.
- Report any equipment malfunction to staff immediately.
- If you feel faint or dizzy: stop, sit down and ask for assistance.

## **FEES AND REFUNDS**

- Fitness centre passes can be suspended once during the calendar year for medical reasons or an absence of five or more consecutive days.
- If cancelling a fitness centre pass, a partial refund with an administration fee of \$10 may be approved at the discretion of the facility coordinator or supervisor.
- Fitness centre drop-in fees must be paid prior to using the facilities and the receipt must be presented to the fitness centre attendant.

# LOCATIONS & HOURS



## Wesbrook Community Centre

3335 Webber Lane  
Vancouver, BC, V6S 0H3  
604.822.4227

### HOURS OF OPERATION

8:30 a.m. to 10:00 p.m. Monday to Thursday  
8:30 a.m. to 8:30 p.m. Friday  
8:30 a.m. to 6:00 p.m. Weekends  
10:00 a.m. to 4:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION

6:00 a.m. to 10:00 p.m. Monday to Thursday  
6:00 a.m. to 8:30 p.m. Friday  
8:30 a.m. to 6:00 p.m. Weekends  
10:00 a.m. to 4:00 p.m. Holidays



## Old Barn Community Centre

6308 Thunderbird Blvd  
Vancouver, BC, V6T 1Z4  
604.827.4469

### HOURS OF OPERATION

7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 4:00 p.m. Holidays

### FITNESS CENTRE HOURS OF OPERATION

7:00 a.m. to 7:00 p.m. Monday to Sunday  
10:00 a.m. to 4:00 p.m. Holidays



**UNA**

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# NEIGHBOURS DAY

Formerly Barn Raising



**Wesbrook Community Centre**

**SEPTEMBER 11, 1-4 PM**

Food • Music • Arts & Crafts • Dog Pack Walk and more!

**[myuna.ca/neighboursday](https://myuna.ca/neighboursday)**

# COMMUNITY EVENTS

## Try-It Week **ALL AGES**

**SEP 7**  
– **SEP 11**  
Various days  
and times  
**FREE**

We are offering free programs all week long as part of Try-It Week. Come try a new activity and meet program instructors! A variety of classes are available for children, adults and seniors, including sports & fitness, dog classes, music and more! Registration for each class is required. More info on page 11 and at [myuna.ca/tryit](https://myuna.ca/tryit)

**Wesbrook Community Centre**

## Neighbours Day **ALL AGES**



**SEP 11**  
Saturday  
1:00 PM  
– 4:00 PM  
**FREE**

Re-connect with your neighbours and see what is new in the UNA! Neighbours Day this year will be a small festival of various activities by the Wesbrook Splash Pad. Join us for food, music, arts, a dog pack walk and more! More info at [myuna.ca/neighboursday](https://myuna.ca/neighboursday).

**Wesbrook Community Centre**

#2797



## Musical Breakfast

**ALL AGES**

NEW

**SEP 25**  
Saturday,  
9:30 AM  
– 11:00 AM  
**FREE**

How about starting your Saturday by coming to the Old Barn to have breakfast and listen to a live concert? Food will be served and all the attendees need to be registered so that we can plan accordingly.

**Old Barn Community Centre**

#2816

## Theatre for the Young Audience: Oopsie **ALL AGES**

**OCT 2**  
Saturday,  
10:00 AM  
– 11:00 AM  
**FREE**

Dr. Cerebrum is on a quest for an answer: is it ok to make mistakes? With the help of the audience, the character intends to discover how the mistakes we make can lead us to new revelations. Award-winning actress Candice Roberts shares this fun and clever story about growth mindset and the creative process. This interactive theatrical experience is composed of a weaving of shadow puppetry, original music, tap dance and physical comedy. This play will be hosted in our facility accordingly to the Public Health restrictions in place. Registration is required.

**Guest Performer: Candice Roberts**

**Old Barn Community Centre**

#2806

## Electric Vehicle Meet N Greet **AGES 16+**



**OCT 21**

Thursday

5:00 PM

- 7:00 PM

FREE

Join this event if you're curious to learn more about the shift to Electric Vehicles, and how you can be involved. Whether you're interested in retrofitting your strata parkade for electric charging stations, or want to meet other UNA residents who have made the electric transition, this event will support the network. With presentations from service providers and electric vehicle experts, this Meet & Greet will provide education and connections for those interested in going electric. This event is free, but registration is required.

**Wesbrook Community Centre**

#2757

## Family Movie Night **ALL AGES**

Bring the whole family to the Old Barn once a month for Family Movie Night! \$2 admission per person. Popcorn, snacks and drinks are available for purchase, cash only. Chairs will be provided but feel free to bring your blankets and pillows. Parents must accompany their children. Doors open at 5:30 PM, movie starts at 6pm. Movie titles will be posted on the programs page of the UNA website.

**Old Barn Community Centre**

**SEP 18**

SA, 6:00 PM

- 8:00 PM

\$2.00

**OCT 16**

SA, 6:00 PM

- 8:00 PM

\$2.00

**NOV 20**

SA, 6:00 PM

- 8:00 PM

\$2.00

## Murder Mystery Dinner

**AGES 16+**



**OCT 27**

Wednesday,

6:00 PM

- 9:00 PM

\$10.00

You're invited to a murder mystery dinner! Join us for an evening of sleuthing to figure out whodunnit.

What is a murder mystery party? Guests are assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll need to work with other guests to gather important clues. However, keep in mind that one of the guests will be the murderer. It might even be you! No experience is needed - just enthusiasm! Costumes are encouraged.

**Old Barn Community Centre**

#2801

## Pumpkin Carving **AGES 5+**

**OCT 22**

Friday,

multiple

times

FREE

Bring your family, carve a pumpkin and take it home for Halloween! Costumes are encouraged. Registration is required, please register 1 member of a family. 1 pumpkin per family will be provided.

**4:00 PM – 5:00 PM**

#2859

**5:10 PM – 6:10 PM**

#2860

**6:20 PM – 7:20 PM**

#2861

**Wesbrook Community Centre**

## COMMUNITY EVENTS

### Halloween **ALL AGES**

**OCT 31**  
Sunday,  
3:00 PM  
- 6:00 PM  
FREE

WCC has been haunted! Join us for trick-or-treat, Halloween games and other spooktacular activities.

[Wesbrook Community Centre](#)

#2799

### Andy the Musical Scientist **ALL AGES**



**NOV 6**  
Saturday,  
10:00 AM  
- 11:00 AM  
FREE

Music can generate interest in science, just as science can inspire new approaches to music. Andy combines both to inspire children to think outside the box. He enthralls the audience with his amazing homemade inventions such as the musical hockey stick, Lego theremin and musical skateboard. Inspired by instruments he witnessed children making while travelling in Africa, they invoke a sense of wonder and curiosity in other cultures. Using humour and his hilarious character, the actor demonstrates the presence of technology in music, scientific principles of sound, and recycling in action. Registration is required.

**Guest Performer: Andy Kim**

[Old Barn Community Centre](#)

#2761

### Holiday Ornaments and Photos with Santa **ALL AGES**

**DEC 11**  
Saturday,  
10:00 AM  
- 1:00 PM  
FREE

Join Santa and his helpers at the OBCC for a day of holiday cheer! Bring your cameras to get photos with Santa. We will also have a variety of holiday ornaments for you to make and take home. To help us in planning, please register for this event.

[Old Barn Community Centre](#)

#2762



MORE EVENTS MAY BE ADDED  
THROUGHOUT THE SEASON. PLEASE  
CHECK **MYUNA.CA** FOR UPDATES.

# 2021 FALL TRY IT WEEK SCHEDULE

## We are offering free programs all week long at Wesbrook Community Centre!

Come try a new activity and meet program instructors! A variety of classes are available for children, adults and seniors, including sports & fitness, dog classes, music and more! Registration for each class is required.

● CHILDREN & YOUTH  
● ADULTS

TUESDAY SEPTEMBER 7	WEDNESDAY SEPTEMBER 8	THURSDAY SEPTEMBER 9	FRIDAY SEPTEMBER 10	SATURDAY SEPTEMBER 11
10:00 - 11:00 AM Seniors' Computer Literacy #2847	1:00 - 2:30 PM English Conversation I Intermediate #2844	10:00 - 11:00 AM Vinyasa Yoga #2857	9:45 - 10:30 AM Crafts with Ruta #2840	1:00 - 1:45 PM Dog Pack Walk #2832
10:00 - 11:30 AM Parent & Tot Gym Drop-In** #2768	1:00 - 2:30 PM Seniors' Activities and Games #2848	10:00 - 11:30 AM Parent & Tot Gym Drop-In** #2768	12:00 - 1:30 PM Advanced English Conversation: Lunchtime Series #2843	1:00 - 2:00 PM Craft Your Heart Out #2862
12:00 - 12:45 PM Cardio Core Bootcamp #2853	11:30 AM - 12:30 PM Power Yoga #2854	10:00 - 11:30 AM English ABCs #2846	4:00 - 6:00 PM Young Moviemakers #2841	2:00 - 2:45 PM Dog Pack Walk #2833
1:00 - 2:30 PM Mahjong #2849	4:45 - 5:30 PM Sportball Floor Hockey #2839	4:00 - 5:30 PM Active Kids Basketball #2851	5:30 - 6:30 PM Bollywood Dance #2841	
7:30 - 8:30 PM Jamming Together #2826	6:00 - 7:00 PM Retro Aerobics #2766	5:00 - 6:00 PM Science for Kids #2850		
**Registration is not necessary for Parent & Tot Gym, but a UNA profile is required to drop-in	7:00 - 8:00 PM Teen Ballet #2856	6:00 - 7:00 PM Singing Together #2825		
	8:15 - 9:15 PM Ballet Fitness #2855	6:30 - 7:30 PM Puppy Socialization #2831		



**CONTEST ALERT!**  
PARTICIPATE IN PROGRAMS FOR  
YOUR CHANCE TO WIN COOL  
PRIZES! CONTEST AND TRY-IT  
CLASSES DETAILS CAN BE FOUND  
AT [MYUNA.CA/TRYIT](https://myuna.ca/tryit)



FULL DETAILS CAN BE FOUND IN THIS  
GUIDE OR ONLINE AT [MYUNA.CA/TRYIT](https://myuna.ca/tryit)



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# EVENTS & BIRTHDAY PARTIES!

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Facility bookings at the **Old Barn**  
and **Wesbrook** Community Centres

**WORKSHOPS  
MEETINGS  
SOCIAL GATHERINGS  
BIRTHDAY PARTIES  
AND MORE!**

Hosting a meeting or event? We  
offer bookable rooms with state of  
the art technology and flex-space  
for various accomodations.

Visit **[myuna.ca/bookings](https://myuna.ca/bookings)**  
or e-mail **[bookings@myuna.ca](mailto:bookings@myuna.ca)**  
for more information.



# CHILDREN & YOUTH PRO-D DAY CAMPS

CAMPS ARE NON-REFUNDABLE  
FIVE DAYS PRIOR TO THE FIRST  
DAY OF THE CAMP. LATE PICK-  
UPS ARE SUBJECT TO A FEE.

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

**AGES 6-10**

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

**Instructor: Sportball Vancouver**

**WCC | SEP 24**

\$65.00 / 1

**F, 9:00 AM – 3:00 PM**

#2706

## Red Cross Babysitting **AGES 11-16**

Do you want to be a babysitter? Or do your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios. Covered in this course: Being a responsible leader, childhood characteristics and behaviours, creating safe environments, safely caring for ages 0-12, first aid skills and the business of babysitting.

**Instructor: First Aid Hero**

**WCC | SEP 24**

\$70.00 / 1

**F, 9:00 AM – 3:30 PM**

#2604

## Young Moviemakers Pro-D Day Camp

**AGES 6-12**



Participants will be introduced to the various elements of film production, including writing, visual storytelling, cinematography and post-production through the development of a one-day short film.

**Instructor: Young Moviemakers**

**WCC | OCT 22**

\$95.00 / 1

**F, 9:00 AM – 3:00 PM**

#2791

## Red Cross Stay Safe! **AGES 9-12**

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their own safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Course Content: Canadian Red Cross Principles, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices and First Aid

**Instructor: First Aid Hero**

**WCC | NOV 26**

\$70.00 / 1

**F, 9:00 AM – 3:00 PM**

#2605

ALL CAMPERS MUST HAVE A COMPLETED CAMP WAIVER.  
PLEASE PACK A LUNCH, SNACKS AND WATER BOTTLE,  
AND DRESS APPROPRIATELY FOR THE WEATHER.

# ACTIVE KIDS

## SCHOOL OF KINESIOLOGY

### ACTIVE KIDS

#### Multi-Sport and 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 | SEP 13 – NOV 29 M, 9:30 AM – 10:15 AM  
No class Oct 11  
\$198.00 / 11 #2610

#### Multi-Sport and Physical Literacy AGES 3-5

This fun, interactive and high energy class will create a safe space for your child to independently practice fundamental movement skills (such as running, jumping, kicking, throwing) as well as practice sport-specific skills and games (such as basketball, soccer, hockey, tennis, volleyball). Kinesiology student instructors will guide children through all activities with a focus on physical literacy development including motivation and confidence building. This is a great class to progress to after Multi-Sport and Playtime, or for your child's first experience in sport and physical activity.

Instructor: Active Kids School of Kinesiology

WCC | SEP 13 – NOV 29 M, 10:30 AM – 11:15 AM  
No class Oct 11  
\$198.00 / 11 #2611

#### 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 | SEP 13 – NOV 29 M, 4:00 PM – 4:45 PM  
No class Oct 11  
\$198.00 / 11 #2612

#### Soccer AGES 6-9

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

Instructor: Active Kids School of Kinesiology

WCC | SEP 13 – NOV 29 M, 5:00 PM – 5:45 PM  
No class Oct 11  
\$198.00 / 11 #2613





## 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

**No classes Nov 30**

WCC | SEP 14 – NOV 23

TU, 4:00 PM – 5:30 PM

\$264.00 / 11

#2614

WCC | SEP 16 – DEC 2

TH, 4:00 PM – 5:30 PM

**No classes Sep 30, Nov 11**

\$240.00 / 10

#2617

WCC | SEP 18 – DEC 4

SA, 12:00 PM – 1:30 PM

\$288.00 / 12

#2616

### AGES 12-16

WCC | SEP 16 – DEC 2

TH, 4:00 PM – 5:30 PM

**No classes Sep 30, Nov 11**

\$240.00 / 10

#2615

WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, ACTIVE AND MOTIVATIONAL LEARNING ENVIRONMENT.

## 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.



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

# EARLY YEARS PROGRAMS

## ARTS

### Parents and Me Creative Dance

**AGES 2-3**

A wonderful introductory dance class for toddlers and their parents/caregivers. You will be guided to help them learn the joy of dancing and imagining, and it will also strengthen the special bond that you have with them. We ask that one parent or guardian accompany their child.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | SEP 13 – NOV 29** **M, 2:30 PM – 3:15 PM**  
**No class Oct 11**  
 \$203.50 / 11 | Drop-in \$20.00 #2680

### Preschool Ballet **AGES 3-5**



Crossmaneuver makes dance fun and magical. Your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Dance is not just for girls so please feel free to bring boys to experience the magic of dance as well! Ballet attire, including tights and slippers, is recommended.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | SEP 15 – DEC 2** **W, 3:30 PM – 4:15 PM**  
 \$222.00 / 12 | Drop-in \$20.00 #2679

**WCC | SEP 19 – DEC 5** **SU, 11:45 AM – 12:30 PM**  
**No class Oct 10**  
 \$203.50 / 11 | Drop-in \$20.00 #2678

### Preschool Dance **AGES 3-5**

This creative class is a playful introduction for your preschooler to discover the world of dance. Your child will have creative freedom to explore and express themselves through movement to a wide variety of music.

**Instructor: Crossmaneuver Dance Theatre**

**WCC | SEP 13 – NOV 30** **M, 3:30 PM – 4:15 PM**  
**No class Oct 11**  
 \$203.50 / 11 | Drop-in \$18.00 #2677

**WCC | SEP 19 – DEC 5** **SU, 9:30 AM – 10:15 AM**  
**No class Oct 10**  
 \$203.50 / 11 | Drop-in \$18.00 #2676

### Crafts with Ruta **AGES 2-5**

Join Ruta in an engaging and tactile arts & crafts class! Toddlers along with their parent will create works of art using various materials. All supplies are provided, but please bring your own art smock or old t-shirt. 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 each room is limited. Adults will be required to wear masks in this program.

**Instructor: Ruta Zasaite**

**WCC | SEP 17 – OCT 29** **F, 9:45 AM – 10:30 AM**  
 \$35.00 / 7 #2702

**WCC | SEP 17 – OCT 29** **F, 10:45 AM – 11:30 AM**  
 \$35.00 / 7 #2703

**WCC | NOV 5 – DEC 10** **F, 9:45 AM – 10:30 AM**  
 \$30.00 / 6 #2704

**WCC | NOV 5 – DEC 10** **F, 10:45 AM – 11:30 AM**  
 \$30.00 / 6 #2075

**EDUCATION**

**Science for Kids AGES 3-6**

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you understand the world around you! Science for Kids preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.



**Instructor:** Joon Kim

**WCC | SEP 16 – DEC 9** **TH, 4:00 PM – 5:00 PM**  
**No classes Sep 30, Nov 11**  
 \$242.00 / 11 #2710

**PHYSICAL ACTIVITY**

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

This program introduces kids ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

**Instructor:** Sportball Vancouver

**WCC | SEP 15 – OCT 27** **W, 4:00 PM – 4:45 PM**  
 \$140.00 / 7 #2712

**WCC | NOV 3 – DEC 8** **W, 4:00 PM – 4:45 PM**  
 \$120.00 / 6 #2713

**SOCIAL**

**Parent & Tot Gym - Drop-In AGES 0-5**

It is playtime at the Wesbrook Gymnasium! Tots aged 0-5 can explore various climbing apparatus, sports equipment and exciting toys as they grow and develop socially. Parent supervision is required. Each session features circle time, an opportunity to sing, dance and listen to a story. Please note parents are expected to help with clean up. Drop-In: \$3.50 per child. Punch passes available for \$12.50/5 sessions.

**Instructor:** Ruta Zasaite and Cindy Feng

**WCC | SEP 7 – DEC 9** **TU+TH, 10:00 AM – 11:30 AM**  
**No drop-ins Sep 30, Nov 11, Nov 30**  
 \$3.50ea / 25 #2768

**Storytime at the Old Barn AGES 0-5**

A fun, child-centered time where community volunteers read books and sing songs. This program is in English and will incorporate other languages as well. No registration is required for this free, drop in program.

**Volunteer:** UNA Volunteer

**OBCC | SEP 9 – DEC 16** **TH, 10:30 AM – 11:00 AM**  
 FREE / 14 #2764

CALLING ALL PROGRAM  
INSTRUCTORS! IF YOU HAVE  
AN IDEA FOR A PROGRAM,  
SUBMIT YOUR PROPOSAL AT  
**MYUNA.CA/HOW-TO-SUBMIT-  
A-PROGRAM-PROPOSAL.**

# CHILDREN'S PROGRAMS

## ARTS

### Dance Foundations AGES 4-6

Dance Foundations introduces students to the basic training of ballet and contemporary dance. Students will develop their dance vocabulary through exploration and fun.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 13 – NOV 29 M, 4:30 PM – 5:30 PM  
No class Oct 11  
\$253.00 / 11 | Drop-in \$25.00 #2668

WCC | SEP 19 – DEC 5 SU, 10:30 AM – 11:30 AM  
No class Oct 10  
\$253.00 / 11 | Drop-in \$25.00 #2673

### Ballet | Level 1 AGES 6-8

For the young dancer who wants to learn the vocabulary and the syllabus of ballet in the most nurturing and wonderful environment. The class aims to develop technique, artistry and the love of dance in equal measures.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 1 W, 4:30 PM – 5:30 PM  
\$276.00 / 12 | Drop-in \$25.00 #2670

### Ballet | Level 2 AGES 7-10

This is a continuation of Ballet 1. Crossmaneuver wants to create a nurturing environment for students to continue to grow in their technique, their artistry and their love of dance.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 1 W, 5:45 PM – 6:45 PM  
\$276.00 / 12 | Drop-in \$25.00 #2671

### Teen Ballet AGES 11-16

For the students who have some training already in dance and want to pursue ballet in a nurturing, non-competitive, recreational setting. What a wonderful way to learn new skills, develop friendships, and promote healthy body awareness with artistry.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 15 – DEC 1 W, 7:00 PM – 8:00 PM  
\$276.00 / 12 | Drop-in \$25.00 #2672

### Contemporary Jazz | Level 1 AGES 7-10

Contemporary Jazz draws from many forms and is a fun and freer way to learn to dance. It is one of the dominating forms for dance companies across the world to use to explore, create and perform. This is an important class for the young dancer to develop new ways of moving.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 19 – DEC 5 SU, 12:45 PM – 1:45 PM  
No class Oct 10  
\$253.00 / 11 | Drop-in \$25.00 #2674

### Contemporary Jazz | Level 2 AGES 10-14

A continuation of Contemporary Jazz 1, for the dancer with dance experience, 9 years and up. This is a wonderful class that will focus on technique and choreography.

No class Oct 11

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 13 – NOV 29 M, 7:00 PM – 8:15 PM  
\$297.00 / 11 | Drop-in \$29.00 #2669

### Musical Theatre AGES 7-11

Let's sing, act and dance! An introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. The focus is on fun, games, and development of skills.

Instructor: Crossmaneuver Dance Theatre

WCC | SEP 13 – NOV 29 M, 5:45 PM – 6:45 PM  
No class Oct 10  
\$253.00 / 11 | Drop-in \$25.00 #2675

**ARTS**

# **Bollywood Dance** AGES 6-12

Have fun learning dance moves that are taking Bollywood by storm. Students will learn fun choreographed Bollywood routines while maintaining physical distance. No previous dance experience is required. Be prepared to sizzle and smile. Manali Yadav is a UNA resident has been performing and teaching Bollywood dance for several years. She is also a BollyX certified instructor.



**Instructor: Manali Yadav**

**WCC | SEP 17 – OCT 22** **F, 5:30 PM – 6:30 PM**  
\$54.00 / 6 #2744

**WCC | OCT 29 – DEC 3** **F, 5:30 PM – 6:30 PM**  
\$54.00 / 6 #2808

# **Drawing in 3D** AGES 8-14

Students will learn how to use simple geometries to create three-dimensional scenes! Students are required to bring their own drawing supplies (pencil, ruler, eraser, liner set and alcohol-based watercolour markers). Registration not accepted after the second session.

**Instructor: Winson Chiu**

**WCC | SEP 13 – DEC 13** **M, 6:30 PM – 8:30 PM**  
**No class Oct 11**  
\$247.00 / 13 #2603

# **Manga Style Cartooning** AGES 8-14

This course will focus on Japanese manga-style comics. Chibi (Q-type) style will be explored and practiced. Students are required to bring drawing supplies (pencil, ruler, eraser, liner set, alcohol-based watercolour markers). Registration not accepted after the second session.

**Instructor: Winson Chiu**

**WCC | SEP 13 – DEC 13** **M, 4:30 PM – 6:30 PM**  
**No class Oct 11**  
\$247.00 / 13 #2602

**EDUCATION**

# **Red Cross Stay Safe!** AGES 9-12

Real-world scenarios often call on children to respond to challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve their safety. Whether in their community or on their own, this group will be given better tools to Stay Safe! in a variety of different situations. Course Content: Canadian Red Cross Principals, My Family and Me, My Time: Scheduled and Leisure Activities, Expecting the Unexpected, Health Choices and First Aid.

**Instructor: First Aid Hero**

**WCC | NOV 26** **F, 9:00 AM – 3:00 PM**  
\$70.00 / 1 #2605

# **Red Cross Babysitting** AGES 11-16

Do you want to be a babysitter? Or do your parents want you to take this course so they feel confident leaving you at home alone? Babysitting with First Aid Hero emphasizes learning through real life scenarios.

Covered in this course: Being a responsible leader, childhood characteristics and behaviours, creating safe environments, safely caring for ages 0-12, first aid skills and the business of babysitting.

**Instructor: First Aid Hero**

**WCC | SEP 24** **F, 9:00 AM – 3:30 PM**  
\$70.00 / 1 #2604

**EDUCATION**

**English Reading and Writing | Beginner**

**AGES 6-12**

Share stories, expand your vocabulary and learn in a group setting. This class will build your English skills through games, activities and independent studies. Class curriculum follows the school system and students will be using the Learning Essentials workbook. The class is taught by Fatima, who has over 25 years of teaching experience. This is a beginner level class, focusing on learning the alphabetic, basic phonetics and simple vocabulary.

**Instructor: Fatima Sumar**

**WCC | SEP 14 – NOV 23** **TU, 3:30 PM – 4:30 PM**  
**No class Sep 21**  
\$130.00 / 10 #2750

**English Reading and Writing**

**VARIOUS AGES AND GRADES**

Share stories, expand your vocabulary and learn in a group setting. This class will build your English skills through games, activities and independent studies. Class curriculum follows the school system and students will be using the Learning Essentials workbook. The class is taught by Fatima, who has over 25 years of teaching experience. Basic level of English is required for this class. If your child is new to English, please register for the Beginner class.

**Instructor: Fatima Sumar**

**GRADES 1-2**  
**WCC | SEP 14 – NOV 23** **TU, 4:40 PM – 5:40 PM**  
**No class Sep 21**  
\$130.00 / 10 #2751

**GRADES 3-4**  
**WCC | SEP 14 – NOV 23** **TU, 5:50 PM – 6:50 PM**  
**No class Sep 21**  
\$130.00 / 10 #2753

**GRADES 5-6**  
**WCC | SEP 14 – NOV 23** **TU, 7:00 PM – 8:00 PM**  
**No class Sep 21**  
\$130.00 / 10 #2754

**Mastering Mandarin AGES 5-12**

**Instructor: Santored Enterprised Ltd.**

**BEGINNER I**

This class is geared towards students with no background knowledge of Chinese. The curriculum introduces the basics of PinYin phonetic system. Students will learn to read, write and understand over 100 Chinese characters by the end of three terms. The class is designed to foster a fun learning environment to let students experience, immerse, and fall in love with the Chinese language.

**WCC | SEP 18 – NOV 20** **SA, 10:30 AM – 12:00 PM**  
\$225.00 / 10 #2716

**BEGINNER II**

This class is for students with some experience with the Chinese language. This class will focus on mastering the PinYin phonetic system. Students will expand their Chinese vocabulary and learn to read, write and understand sentences. The class is designed to foster a fun learning environment to let students experience, immerse, and fall in love with the Chinese language.

**WCC | SEP 18 – NOV 20** **SA, 12:30 PM – 2:00 PM**  
\$225.00 / 10 #2717

**INTERMEDIATE**

This course is ideal for students who have mastered the PinYin phonetic system. Students will expand their knowledge of Chinese characters and words as they incorporate them into real life contexts, history and culture.

**WCC | SEP 18 – NOV 20** **SA, 2:15 PM – 3:45 PM**  
\$225.00 / 10 #2718

**INTERMEDIATE**

The focus of this class will be on comprehension, vocabulary expansion and writing complex sentences. Students should be mature enough to independently read, write and retell a story in Chinese.

**WCC | SEP 18 – NOV 20** **SA, 4:00 PM – 5:30 PM**  
\$225.00 / 10 #2719

**EDUCATION**

**Math-4-Kids AGES 8-13**

Math-4-Kids is a program that makes math practical and fun! The program teaches the essence of math and improves logical thinking. Children learn to apply math to everyday life and to work cooperatively. Students are encouraged to share their ideas and present their results to their classmates. By improving logical thinking and problem solving, kids gain confidence and learn skills in all aspects.

**Instructor: Jane Wu**

**GRADES 2-3**

WCC | SEP 13 – NOV 29

M, 3:30 PM – 4:30 PM

No class Oct 11

\$220.00 / 11

#2707

**GRADES 4-5**

WCC | SEP 13 – NOV 29

M, 4:40 PM – 5:40 PM

No class Oct 11

\$220.00 / 11

#2708

**GRADES 6-7**

WCC | SEP 13 – NOV 29

M, 5:50 PM – 6:50 PM

No class Oct 11

\$220.00 / 11

#2709

THROUGH KEY ROLES IN THE  
COMMUNITY, VOLUNTEERS ARE  
ABLE TO GAIN NEW SKILLS,  
HAVE NEW EXPERIENCES,  
AND MAKE NEW FRIENDS.  
[MYUNA.CA/ABOUT/VOLUNTEER](http://MYUNA.CA/ABOUT/VOLUNTEER)

**Science for Kids AGES 3-11**

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Science for Kids preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

**Instructor: Joon Kim**

**AGES 3-6**

WCC | SEP 16 – DEC 9

TH, 4:00 PM – 5:00 PM

No classes Sep 30, Nov 11

\$242.00 / 11

#2710

**AGES 7-11**

WCC | SEP 16 – DEC 9

TH, 5:00 PM – 6:00 PM

No classes Sep 30, Nov 11

\$242.00 / 11

#2711

**Young Movie-makers AGES 8-14**

Young Movie-makers 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. Visit [www.youngmoviemakers.ca](http://www.youngmoviemakers.ca) for more information.

**Instructor: Young Movie-makers**

WCC | SEP 17 – NOV 5

F, 4:00 PM – 6:00 PM

\$300.00 / 8

#2736





**MUSIC - PRIVATE LESSONS**

**Guitar Lessons AGES 8-18**

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

**Instructor: Tom Wherret**

**WCC | SEP 15 – DEC 1**  
\$360.00 / 12

**W, 3:30 PM – 7:30 PM**  
# various

**Violin Lessons AGES 5-18**

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

**Instructor: Andrew Ty**

**WCC | SEP 16 – DEC 2**  
\$414.00 / 12

**TH, 3:30 PM – 7:30 PM**  
# various

**Piano Lessons AGES 5-18**

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!

**Instructor: Derek Pang**

**WCC | SEP 13– DEC 6**  
**No class Oct 11**  
\$360.00 / 12

**M, 3:30 PM – 7:30 PM**  
# various

**WCC | SEP 15– DEC 1**  
\$360.00 / 12

**W, 3:20 PM – 8:30 PM**  
# various

**Instructor: Eshantha Peiris**

**WCC | SEP 18– DEC 11**  
**No classes Oct 9, Oct 21, Oct 30**  
\$330.00 / 10

**SA, 9:00 AM – 1:00 PM**  
# various

**NEW**

## BIRTHDAY PARTIES

### AT THE OLD BARN AND WESBROOK COMMUNITY CENTRES

The UNA offers three customized birthday party packages at our community centres. Take the stress away from party planning, and let our party leader help you create a memorable event!

Visit [myuna.ca/bookings](http://myuna.ca/bookings) or contact [bookings@myuna.ca](mailto:bookings@myuna.ca)





**PHYSICAL ACTIVITY**

**Badminton AGES 8-18**

Learn to improve your badminton skills step by step in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive and defensive strategies and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

**Instructor: Badminton & Beyond**

**AGES 8-12**

**WCC | SEP 17 – DEC 10** **F, 4:00 PM – 5:00 PM**  
\$195.00 / 13 #2618

**AGES 13-18**

**WCC | SEP 17 – DEC 10** **F, 5:00 PM – 6:30 PM**  
\$260.00 / 13 #2795

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

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable setting. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

**Instructor: Volleyball BC**

**WCC | SEP 18 – OCT 23** **SA, 2:00 PM – 3:30 PM**  
\$108.00 / 6 #2726

**WCC | OCT 30 – DEC 4** **SA, 2:00 PM – 3:30 PM**  
\$108.00 / 6 #2727

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

**Sportball: Floor Hockey AGES 4-9**

**Instructor: Sportball Vancouver**

**AGES 4-6**

This program introduces kids ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

**WCC | SEP 15 – OCT 27** **W, 4:00 PM – 4:45 PM**  
\$140.00 / 7 #2712

**WCC | NOV 3 – DEC 8** **W, 4:00 PM – 4:45 PM**  
\$120.00 / 6 #2713

**AGES 6-9**

This program introduces kids ages 6-9 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Coaches will not only focus on basic skills but also on teamwork.

**WCC | SEP 15 – OCT 27** **W, 4:45 PM – 5:30 PM**  
\$140.00 / 7 #2714

**WCC | NOV 3 – DEC 8** **W, 4:45 PM – 5:30 PM**  
\$120.00 / 6 #2715



## PHYSICAL ACTIVITY

### Kyokushin Karate AGES 5-12

Instructor: Anthony Evangelista

#### BEGINNER KIDS | AGES 5-9

This class is for kids new to martial arts, and for continuing members who are at White or Orange Belt level. Classes involve team-oriented activities and games to teach basic karate techniques and help develop social skills. This is an active program that emphasizes the values of respect, self-discipline and teamwork. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 Membership Fee to the instructor. Belt test date to be determined.

**WCC | SEP 14 – DEC 7** **TU, 6:00 PM – 6:50 PM**  
**No class Nov 30**  
 \$132.00 / 12 #2639

**WCC | SEP 16 – DEC 9** **TH, 6:00 PM – 6:50 PM**  
**No classes Sep 30, Nov 11**  
 \$121.00 / 11 #2638

#### KIDS | AGES 6-12

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. New students ages 10+ are welcome. Kids ages 6-9 years may participate in this class if they are current members with a Blue Belt or higher. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.



**WCC | SEP 14 – DEC 7** **TU, 7:00 PM – 8:30 PM**  
**No class Nov 30**  
 \$156.00 / 12 #2641

**WCC | SEP 16 – DEC 9** **TH, 7:00 PM – 8:30 PM**  
**No classes Sep 30, Nov 11**  
 \$143.00 / 11 #2640

### Kung Fu AGES 6-12

Learn traditional training methods, fundamental fighting techniques, and a combination of hand, weapon and combat forms in a fun, supportive environment. Improve your speed, strength, flexibility and endurance. All levels welcome.

Instructor: Daniel Pugh

**WCC | SEP 12 – DEC 12** **SU, 9:30 AM – 11:00 AM**  
**No classes Oct 10, Oct 17, Oct 24**  
 \$187.00 / 11 #2700

## Taekwondo AGES 4-12

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! Students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline. This classes is for ages 4-18.

**Beginner** - This program is for people who have never done Taekwondo or have a white belt.

**Intermediate** - This class is for students who presently hold a yellow belt or higher.

\*Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Taekwondo instructor regarding additional costs for the belt promotion test.

Instructor: Vancouver Martial Arts

### BEGINNER

WCC | SEP 12 – DEC 12

SU, 1:00 PM – 1:40 PM

No classes Oct 10, Oct 31

\$132.00 / 12

#2662

### INTERMEDIATE

WCC | SEP 12 – DEC 12

SU, 1:00 PM – 1:50 PM

No classes Oct 10, Oct 31

\$168.00 / 12

#2663

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

*Looking for an opportunity  
to participate and contribute  
to your community?*

# VOLUNTEER WITH US!

If you are at least 13 years of age and would like to volunteer in the UNA Community, please visit our website.



[myuna.ca/about/volunteer](https://myuna.ca/about/volunteer)



**SOCIAL**

**Pre-Teen Leadership AGES 9-12**

The Pre-Teen Leadership Program seeks to foster a safe and positive environment for youth aged 9 - 12. Members will learn and engage as a group with their community as leaders and volunteers. During weekly meetings, the group will explore a variety of activities, including educational workshops, games, and action-based projects.

**Instructor:** Hal Lackie

**WCC | SEP 13 – DEC 6** **M, 4:00 PM – 5:30 PM**  
**No class Oct 11**  
UNA FREE | PUBLIC \$30.00 / 13 #2720

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

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. Visit [4hbc.ca](http://4hbc.ca) for more information.

To register email [ubc4hclub@gmail.com](mailto:ubc4hclub@gmail.com). Yearly 4-H Club fees are \$120.

**Instructor:** 4-H Club

**WCC**  
**SEP 10, OCT 8, NOV 12, DEC 10** **F, 6:30 PM – 8:30 PM**  
\$120.00 / YEAR #2756



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

This full-year program is run by Girl Guides of Canada and fees are paid for the full year. Guides try new things, learn skills and have adventures. Open to individuals in grades 4-6. For more information and to register visit: [girlguides.ca](http://girlguides.ca)

**Instructor:** Girl Guides

**WCC**

**Families Read AGES 6-9**



Reading opens new worlds, brings laughter, and sparks imagination. This very unique program gives you and your child the chance to discover the joys of reading.

Hawthorn resident and UNA volunteer, Lee Weinstein, will use his experience as a literacy teacher to engage you and your child to become lifelong readers. Please note, parent/caregiver participation is strongly encouraged-learn along with your child. The program fee covers the a cost of the chosen book.

**Volunteer Instructor:** Lee Weinstein

**OBCC | OCT 6 – OCT 27** **W, 4:00 PM – 5:00 PM**  
\$10.00 / 4 #2815

**Rubik's Cube Club AGES 8-13**

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring the 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 is welcome from beginner to expert to join.

**Instructor:** Maksim Fu

**WCC | SEP 16 – DEC 16** **TH, 4:30 PM – 5:30 PM**  
FREE / 14 #2722

# YOUTH PROGRAMS

## ARTS

### Drawing & Painting AGES 11+

Learn brush strokes, colour and an understanding of form and value. Work at your own pace, exploring a variety of concepts, including still life and landscape. Please bring your own supplies. This class is for individuals with experience in drawing and painting and welcomes anyone ages 11 and up including adults.

Instructor: Dehai Wang

WCC | SEP 15 – NOV 17 W, 4:00 PM – 6:00 PM  
\$300.00 / 10 #2755



### Buddy Program with UHill Dance Club

AGES 12-18

NEW

This program is a collaborative project hosted by Uhill Dance Club. It is meant to support dancers to discover their potential by creatively expressing their emotions through forms of dance and movement.

The program aims to pair small groups of 1-4 participants with Uhill's top dance coaches. Working in small groups to maximize growth potential. The participants will be able to learn and explore various styles of dance from experienced dance coaches.

There will be several sessions of this program. Please check perfect mind for more details and to learn about this season's dance coaches.

VARIOUS DATES AND TIMES  
[VIEW DETAILS ONLINE](#)

### Jamming Together AGES 13+

NEW

Learn to participate in a musical jam. First, we will pick songs from familiar music that members of the group vote on. Then, the instructor will assist and support learning the song, and creating a live arrangement of the music. There will be an opportunity to solo for any musicians who would like to improvise during the jam. Participants need to have at least a beginner level of musical knowledge. Michael Fraser is a multi-genre musician, music producer and Safe and Connected Community Assistant.

Instructor: Michael Fraser

WCC | SEP 14 – OCT 19 TU, 7:30 PM – 8:30 PM  
FREE / 6 #2786

### Singing Together AGES 13+

NEW

Join Allison Anderson to sing and explore your voice! Our sessions will start with a vocal warm-up and a chance to stretch out, then we will work on a few songs. Whether you are a beginner or experienced, there will also be opportunities to sing solo and share songs that you already know.

Instructor: Allison Anderson

OBCC | SEP 16 – NOV 25 TH, 6:00 PM – 7:00 PM  
FREE / 11 #2785

### Rock Your English: Learn English Foundations Through Music AGES 13-18

NEW

VIRTUAL

This program is intended to strengthen students' foundational language skills, focusing on speaking, through the exploration of music. We will examine various genres, understand their cultural significance, and learn the vocabulary and grammatical structures to articulate their importance. Participants will hold meaningful conversations on the topic and create their playlist as a mock Youtube influencer performance.

Instructor: Tannis Sullivan

VIRTUAL | OCT 6 – DEC 8 W, 5:30 PM – 7:00 PM  
\$250.00 / 10 #2502

## PHYSICAL ACTIVITY

### Badminton AGES 13-18

Improve your badminton skills in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive / defensive strategies and demonstrate etiquette, sportsmanship and fair play. Bring your own badminton racket.

**Instructor: Badminton & Beyond**

WCC | SEP 17 – DEC 10 F, 5:00 PM – 6:30 PM  
\$260.00 / 13 #2795

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

Volleyball BC's Train & Play program is designed to help athletes work on the various skills of volleyball in a low pressure, enjoyable setting. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

**Instructor: Volleyball BC**

WCC | SEP 18 – OCT 23 SA, 2:00 PM – 3:30 PM  
\$108.00 / 6 #2729

WCC | OCT 30 – DEC 4 SA, 2:00 PM – 3:30 PM  
\$108.00 / 6 #2735

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.

### Kyokushin Karate | Youth AGES 13-18

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

**Instructor: Anthony Evangelista**

WCC | SEP 14 – DEC 7 TU, 7:00 PM – 8:30 PM  
No class Nov 30  
\$156.00 / 12 #2652

WCC | SEP 16 – DEC 9 TH, 7:00 PM – 8:30 PM  
No classes Sep 30, Nov 11  
\$143.00 / 11 #2651

### Taekwondo AGES 13-18

Join us for the fantastic experience of learning a Korean Martial Art/Self-defense and have fun! Students will learn basic kicking, punching, blocking, poomsaes (patterns), and nanchaku (weaponry). There will be games which focus on agility, balance, concentration, speed and self discipline. This classes is for ages 4-18.

**Beginner** - This program is for people who have never done Taekwondo or have a white belt.

**Intermediate** - This class is for students who presently hold a yellow belt or higher.

\*Uniforms are to be purchased from the instructor on the first day of class. You may speak with the Taekwondo instructor regarding additional costs for the belt promotion test.

**Instructor: Vancouver Martial Arts**

**BEGINNER**  
WCC | SEP 12 – DEC 12 SU, 1:00 PM – 1:40 PM  
No classes Oct 10, Oct 31  
\$132.00 / 12 #2662

**INTERMEDIATE**  
WCC | SEP 12 – DEC 12 SU, 1:00 PM – 1:50 PM  
No classes Oct 10, Oct 31  
\$168.00 / 12 #2663



**SOCIAL**

**Code Buddies AGES 13-18**



Code Buddies provides a basic coding experience to youth who are interested in the world of coding. Among the countless coding languages, we will focus on Python, known as a relatively easy language while being very functional and fun. We will be doing projects and learn all together.

**Instructor: Bryan Ryu**

**VIRTUAL | SEP 12 – DEC 12** **SU, 11:00 AM – 12:00 PM**  
FREE / 14 #2721

**Rubik's Cube Club AGES 8-13**

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring the 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 Cubes is welcome from beginner to expert to join.

**Instructor: Maksim Fu**

**WCC | SEP 16 – DEC 16** **TH, 4:30 PM – 5:30 PM**  
FREE / 14 #2722

**Pre-Teen Leadership AGES 9-12**

The Pre-Teen Leadership Program seeks to foster a safe and positive environment for youth aged 9 - 12. Members will learn and engage as a group with their community as leaders and volunteers. During weekly meetings, the group will explore a variety of activities, including educational workshops, games, and action-based projects.

**Instructor: Hal Lackie**

**WCC | SEP 13 – DEC 6** **M, 4:00 PM – 5:30 PM**  
**No class Oct 11**  
UNA FREE | PUBLIC \$30.00 / 13 #2720

**Youth Leadership Program AGES 13-18**

This youth-driven program looks at developing skills and knowledge in order to create a world that values personal growth, sustainability, connection, and social action. Each term this program takes on a different shape depending on the goals of the group but the common thread is to have fun, learn and become community leaders.

**Instructor: Hal Lackie**

**WCC | SEP 17 – DEC 10** **F, 4:00 PM – 6:30 PM**  
**No class Nov 12**  
UNA FREE | PUBLIC \$36.00 / 12 #2459



## THE CHILDREN'S GARDEN IS SEEKING VOLUNTEERS!

### AT THE OLD BARN COMMUNITY CENTRE

The Children's Garden at the Old Barn Community Centre is a volunteer-run garden, seeking new volunteers to lead garden education, support in garden maintenance, and be a part of the community! Volunteers of all ages and skill levels are welcome.

Visit their blog [unacg2014.wordpress.com](https://unacg2014.wordpress.com) or contact Olivia at [catalyst@fermi.ca](mailto:catalyst@fermi.ca) for more information.

## SOCIAL

### Toastmasters Youth Program **AGES 12-18**

Conducted by Toastmasters members, Vancouver Gavel Club helps youth build their communication and leadership skills to become tomorrow's leaders. The club is a place for youth to push themselves, make new friends and have fun! Unlike in a class where people learn from teachers' instructions, club members learn and build up confidence by making short impromptu and prepared speeches, taking meeting roles, and sharing & supporting each other.

**Instructor:** Vancouver Gavel Club

**WCC | SEP 15 – DEC 15** **W, 6:30 PM – 8:30 PM**  
\$154.00 / 14 #2496

### Youth Art Engagement Committee **AGES 13-18**



Art is a wonderful tool to create expression, connection and understanding. We are looking for youth artists, art enthusiasts and volunteers to establish a volunteer working group with the purpose of creating a community art gallery! During weekly committee meetings, members will receive volunteers hours while gaining practical experience that comes with planning an art gallery.

**Instructor:** Jimin Hong

**WCC | SEP 21 – DEC 7** **TU, 4:00 PM – 5:00 PM**  
FREE #2863

**CALLING ALL PROGRAM INSTRUCTORS!**  
**IF YOU HAVE AN IDEA FOR A PROGRAM,**  
**SUBMIT YOUR PROPOSAL AT [MYUNA.CA/](https://myuna.ca/how-to-submit-a-program-proposal)**  
**HOW-TO-SUBMIT-A-PROGRAM-PROPOSAL.**

## DROP-IN

### Youth Drop-in **AGES 12-18**

Youth Drop-in offers lounge space within WCC to folks 12-18 years old to socialize with peers and meet new friends. There will be various social, art, fun activities for participants to engage with. No registration is required, just stop by.

**Supervisor:** Hal Lackie

**WCC | SEP 12 – DEC 16** **TU, WE, TH, 3:00 PM – 5:30 PM**  
**No drop-in Nov 11**  
FREE

### Drop-in Basketball **AGES 12-18**

The gym will be open to high school students ages 13-18 to practice and play basketball! Register up to 6 days before each session to secure your spot.



**Supervisor:** Hal Lackie

**WCC | SEP 15 – DEC 15** **W, 6:00 PM – 7:00 PM**  
FREE / 14 #2723

### Open Studio | Dance **AGES 12-18**

Open Studio is a welcoming and supportive space for all dancers in the community to express themselves and share their passion for dance. This is a drop-in-style unstructured open studio space for youth to practice dancing, create choreography and meet other dancers in the community. Please register online, up to 6 days before each session, through our single booking system, or reach out to the supervisor for support.

**Instructors:** UHill Dance Club

**WCC | SEP 17 – DEC 17** **F, 3:30 PM – 4:30 PM**  
FREE / 14 #2724



# GET ACTIVE!

## PHYSICAL LITERACY FOR WOMEN

**Get Active!** is an initiative that aims to reduce psychosocial, cultural and financial barriers to physical activity participation. Build physical literacy and confidence in trying new fitness activities with Get Active!

This 4-month program starting September 2021 offers the following benefits to participants:

- Mentor to help with introduction to recreational activities
- Monthly social activities
- Subsidized UNA fitness and sports programs



Space is limited. **Applications close August 31, 2021 at 11:59 p.m.**  
Please visit our website for full details at [myuna.ca/get-active](https://myuna.ca/get-active)

# ADULTS & SENIORS PROGRAMS

## ARTS

### Chinese Folk Dance AGES 19+

A quick path to move from beginner to pro dancer. Learn Chinese classical folk dance. All levels are welcome

Instructor: Emily Li

WCC | SEP 15 – DEC 1 W, 1:00 PM – 2:30 PM  
\$360.00 / 12 #2656

WCC | SEP 17 – DEC 3 F, 1:00 PM – 2:30 PM  
\$360.00 / 12 #2657

### Jamming Together AGES 13+

Learn to participate in a musical jam. First, we will pick songs from familiar music that members of the group vote on. Then, the instructor will assist and support learning the song, and creating a live arrangement of the music. There will be an opportunity to solo for any musicians who would like to improvise during the jam. Participants need to have at least a beginner level of musical knowledge. Michael Fraser is a multi-genre musician, music producer and Safe and Connected Community Assistant.

Instructor: Michael Fraser

WCC | SEP 14 – OCT 19 TU, 7:30 PM – 8:30 PM  
FREE / 6 #2786

### Singing Together AGES 13+

Join Allison Anderson to sing and explore your voice! Our sessions will start with a vocal warm-up and a chance to stretch out, then we will work on a few songs. Whether you are a beginner or experienced, there will also be opportunities to sing solo and share songs that you already know.

Instructor: Allison Anderson

OBCC | SEP 16 – NOV 25 TH, 6:00 PM – 7:00 PM  
FREE / 11 #2785

## CANINE EDUCATION

### Good to Great - Basic Dog Manners

AGES 19+

NEW

These action filled classes review and build upon the basic skills, and tackle new challenges and questions that arise as dogs reach adolescence and adulthood. Explore the importance of enrichment and review body language basics. This class engages you to build skills for real life with your dog. Dogs should be 5 months or older, be up-to-date on vaccinations, friendly with strangers and other dogs, and wear a flat collar / harness and regular flat leash.

Instructor: Daisy Dog Training

WCC | SEP 14 – OCT 19 TU, 7:15 PM – 8:15 PM  
\$210.00 / 6 #2788

WCC | OCT 26 – DEC 7 TU, 7:15 PM – 8:15 PM  
No class Nov 30  
\$210.00 / 6 #2789

### Puppy Preschool AGES 19+

NEW

This fun socialization class will help you teach your puppy basic obedience skills. We'll discuss problem prevention, and answer the common questions pup owners have. We will learn about positive reinforcement, enrichment, body handling and more. Dogs should be between 7 - 18 weeks at the start of class. Please provide proof of the first set of vaccinations. All pups should be healthy when attending and wear a flat collar or harness and a regular flat leash.

Instructor: Daisy Dog Training

WCC | SEP 14 – OCT 19 TU, 6:00 PM – 7:00 PM  
\$210.00 / 6 #2759

WCC | OCT 26 – DEC 7 TU, 6:00 PM – 7:00 PM  
No class Nov 30  
\$210.00 / 6 #2787

### Puppy Socialization Drop-in AGES 19+

NEW

These drop-in sessions will focus on fun and socialization, but will also include training, information and helpful puppy tips. Dogs should be between 7 - 18 weeks of age. Please provide proof of the first set of vaccinations. All pups should be healthy when attending. Register for full program, or drop in for a single session (space permitting).

Instructor: Daisy Dog Training

WCC | SEP 16 – DEC 9 TH, 6:30 PM – 7:30 PM  
No classes Sep 30, Oct 21, Nov 11  
\$100.00 / 10 | Drop-in \$12.00 #2790

**Emergency First Aid & CPR-C/AED AGES 15+**

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

**Instructor: First Aid Hero**

WCC | NOV 20  
\$115.00 / 1

SA, 9:00 AM – 5:00 PM  
#2606

**Community Connection Night |  
General Insurance (Mandarin) AGES 18+**

The modern world is full of hazards. While the perils - accident, fire, sickness or death - may result in financial losses to your cars, houses or business, even traveling has the potential for losses. The need for safety and security is deeply entrenched in all of us, especially new immigrants. This lecture will briefly introduce the practical knowledge of Canadian general insurance through various small real cases in our daily life. We welcome everyone to join us for this discussion. This session will be held on Zoom and a link will be provided after registration.

**Instructor: Michael Chen**

VIRTUAL | OCT 14  
FREE / 1

TH, 7:00 PM – 8:00 PM  
#2804

**加拿大财产及责任保险生活小知识讲座**

在加拿大，财产及责任保险是人们在日常生活学习和工作中必不可少的重要部分。在北美地区，老百姓的法律意识强，赔偿金额高，一旦发生财产损失和人员伤亡，多数情况下，受害方都会诉诸于法律解决。对于新移民而言，保险是转移风险最普遍，最成熟，也是成本最低的选择方案。在生活中，您所开的车子、住的房子、做的生意、探亲旅行等等，都有需要了解财产和责任保险的相关内容，更多地了解这些方面的小知识，将会有助您更舒心、安全、自信地生活在加拿大… 这个讲座，Michael将会通过各种实际小案例向大家简单明了地介绍加拿大日常生活保险的实用小知识，欢迎大家有空一起来听听…

**SUCCESS: Settlement Services**

**AGES 18+**

This is a comprehensive settlement service that may include one-on-one inquiries on immigration, citizenship, housing, customs, medical and health, education, legal, family, employment, social benefits, transportation, and travel documents. Drop-in services are available at WCC on Tuesdays from 1 PM - 4 PM. Appointments can be made between 9:30 AM and 12 PM. \*You must bring your PR card to attend these services. Email [isipvanancouver@success.bc.ca](mailto:isipvanancouver@success.bc.ca) or phone 604-408-7274 ext: 2063 for more information.

**Instructor: SUCCESS**

WCC | DATES TBD  
FREE

TU, 9:30 AM – 4:00 PM  
#2802

**中桥移民安顿服务**

中桥提供各项移民安顿服务。服务地点改在WCC，秋季开始。致电 604. 408. 7274-2063获取更多信息。

**Immigrant Parent Sessions | Mandarin**

**AGES 18+**

This is a group session for Chinese immigrant parents who reside in the UBC area and have children attending surrounding public schools. It aims to connect Chinese newcomer parents, provide support, and share school and community settlement resources. Session is conducted mainly in Mandarin and will be held on Zoom. For registration please contact Esaine Mo, Settlement Worker with VSB (SWIS), at 778-228-8536 or [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca).

**Instructor: Esaine Mo (SWIS)**

VIRTUAL | SEP 9 – DEC 16  
FREE / 15

TH, 1:00 PM – 2:30 PM  
#2683

**移民家长信息交流会（国语）**

免费 “家长加油站（普通话为主/辅以广东话和英语）  
主办单位：温哥华教育局移民安顿工作者Esaine Mo巫小姐  
拨款来源：加拿大移民，难民及公民部  
宗旨：建立平台和家长共同努力广阔知识，自我增值，互动和联系  
日期：9月9日 - 12月16日  
时间：每周四下午1点  
地点：在线Zoom  
报名联系：巫小姐 工作手机：778-228-8536 / [emo@vsb.bc.ca](mailto:emo@vsb.bc.ca)

**EDUCATION**

**Intermediate English Conversation**

**AGES 18+**

Your ability to freely express is improved as you take part in discussions on topics both ordinary and unusual. Discover more about Canadian/ Western culture and attitudes and share your culture with new friends. This class will build confidence and increase your fluency and is an excellent class for newcomers.

**Volunteer Instructors: Alice Bradley and Victoria Harrison**

**WCC | SEP 15 – DEC 1**

**W, 1:00 PM – 2:30 PM**

\$36.00 / 12

#2732

**Advanced English Conversation |**

**Lunchtime Series AGES 18+**

Join us for a lively lunchtime discussion designed for you to practice your conversational English. Peter, the coordinator, has travelled widely in Asia and Europe and enjoys all kinds of topics. Express your ideas, complain, probe, ramble or just listen if that is your cup of tea. You are welcome to bring lunch and eat during this informal class.

**Volunteer Instructor: Peter Brock**

**WCC | SEP 17 – DEC 3**

**F, 12:00 PM – 1:30 PM**

\$36.00 / 12

#2733

**English Conversation | Virtual**

**AGES 18+**



Led by a UNA volunteer, this class provides you with an opportunity to practice conversational English in a friendly, supportive environment. Participants should have some basic vocabulary and be able to hold simple conversations. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning.

**Volunteer Instructor: Eileen LeGallais**

**VIRTUAL | SEP 14 – NOV 30**

**TU, 10:00 AM – 11:30 AM**

\$36.00 / 12

#2731

**English ABCs AGES 18+**

This volunteer-led class is a beginner course. Designed for people who have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The students will feel confident when using greetings, shopping, asking for time or directions, and answering the phone etc. The class is held in a friendly and social environment.

**Volunteer Instructor: Nancy Dagan**

**WCC | SEP 16 – DEC 2**

**TH, 10:00 AM – 11:30 AM**

**No class Nov 11**

\$33.00 / 11

#2730

**English Language Learners (ELL) |**

**Assessment AGES 19+**

Develop your conversation skills, build fluency and gain confidence in speaking English. This program focuses on listening, speaking and reading using structured materials that support practical English communication. A range of real-world topics will be covered - from shopping for food and seeing a doctor, to tourism and travel, to cultural exchange and exploration of values.



The assessment is free, but payment for the ELL program must be made at time of registration (fee will be transferred to the ELL program after the test).

**Instructors: Beverley Neville and Karen Godwin**

**WCC | SEP 16**

**TH, 9:30 AM – 11:30 AM**

\$396.00 / 1

#2608

## EDUCATION

**English Language Learners (ELL) AGES 19+**

Develop your conversation skills, build fluency and gain confidence in speaking English. This program focuses on listening, speaking and reading using structured materials that support practical English communication. A range of real-world topics will be covered - from shopping for food and seeing a doctor, to tourism and travel, to cultural exchange and exploration of values.

New participants must take the ELL Assessment #2608 prior to registration.

**Instructor: Karen Godwin**

**INTERMEDIATE**

**WCC | SEP 21 – NOV 25** **TU+TH, 9:30 AM – 11:30 AM**  
**No classes Sep 30, Nov 11**  
 \$396.00 / 18 #2621

**Instructor: Beverley Neville**

**ADVANCED**

**WCC | SEP 21 – NOV 25** **TU+TH, 9:30 AM – 11:30 AM**  
**No classes Sep 30, Nov 11**  
 \$396.00 / 18 #2621

**English ABCs for Mandarin Speakers**

**AGES 18+**

This volunteer-led class is a beginner course. Designed for people who speak Mandarin and have little or no experience with English. Basic vocabulary and sentences will be taught for conversational English. The students will feel confident when using greetings, shopping, asking for time or directions, and answering the phone etc. The class is held in a friendly and social environment.

**英语基础入门(适合国语学生)**

此课程是专门为国语学生设计的英语基础入门课程。学生会学习日常交流所需的基本词汇和句式。建议报名此课程的学生也考虑报名本页内其他英语会话课程，增加每周练习时间，加快学习进程。

**Volunteer Instructors: Amber Huang and Titus Yung**

**WCC | SEP 13 – DEC 6** **M, 10:00 AM – 11:30 AM**  
**No class Oct 11**  
 \$36.00 / 12 #2728

**Mandarin Conversation | Beginner**

**AGES 18+**



This volunteer-led class is for Beginner level students. Vocabulary and sentences will be taught for conversational Mandarin. Knowledge of Pinyin prior to the class is highly recommended. The students will gain confidence when using greetings, shopping, asking for time or directions, answering the phone etc. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

**Volunteer Instructor: Pei Xu**

**VIRTUAL | SEP 13 – DEC 6** **M, 8:15 PM – 9:10 PM**  
**No class Oct 11**  
 \$24.00 / 12 #2749

**Mandarin Conversation | Intermediate AGES 18+**

This volunteer-led class is for Intermediate level students. Vocabulary and sentences will be taught for conversational Mandarin. Knowledge of Pinyin prior to the class is highly recommended. The students will gain confidence when using greetings, shopping, asking for time or directions, answering the phone etc. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

**Volunteer Instructor: Pei Xu**

**VIRTUAL | SEP 13 – DEC 6** **M, 7:15 PM – 8:10 PM**  
**No class Oct 11**  
 \$24.00 / 12 #2748

**MUSIC - PRIVATE LESSONS**



**Guitar Lessons**

**AGES 18+**

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar.

These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

**Instructor: Tom Wherret**

**WCC | SEP 15 – DEC 1**  
\$360.00 / 12

**W, 3:30 PM – 7:30 PM**  
# various

**Violin Lessons AGES 18+**

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

**Instructor: Andrew Ty**

**WCC | SEP 16 – DEC 2**  
\$414.00 / 12

**W, 3:30 PM – 7:30 PM**  
# various

**Piano Lessons AGES 18+**

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!



**Instructor: Derek Pang**

**WCC | SEP 13– DEC 6**  
**No class Oct 11**  
\$360.00 / 12

**M, 3:30 PM – 7:30 PM**  
# various

**WCC | SEP 15– DEC 1**  
\$360.00 / 12

**W, 3:20 PM – 8:30 PM**  
# various

**Instructor: Eshantha Peiris**

**WCC | SEP 18– DEC 11**  
**No classes Oct 9, Oct 21, Oct 30**  
\$330.00 / 10

**SA, 9:00 AM – 1:00 PM**  
# various

**NEW**

## PHYSICAL ACTIVITY

**Ballet Fitness AGES 19+**

A fun and engaging class that uses the best of ballet, pilates, stretch, and strength for full-body conditioning. Become stronger, more flexible, increase your core-strength and improve your balance while experiencing movement and dance. Dance training is the best training for the body. Suitable for all fitness levels as well as for rehabilitation, injury prevention, and pre/post natal fitness.

**Instructor: Crossmaneuver Dance Theatre**

WCC | SEP 15 – DEC 1 W, 8:15 PM – 9:15 PM  
\$156.00 / 12 | Drop-in \$15.00 #2681

**Cardio Core Bootcamp AGES 19+**

Cardio Core Bootcamp is your full body workout combining cardio and strength conditioning all in one. Class variations include drills, strength and conditioning movements, partner work, and a variety of equipment. This class is great for all fitness levels.

Please bring your own yoga mat, towel and water. Shoes or anti-slip socks are also recommended.

**Instructor: Anthony Evangelista**

WCC | SEP 14 – DEC 7 TU, 12:00 PM – 12:45 PM  
No class Nov 30  
\$156.00 / 12 | Drop-in \$15.00 #2644

**Retro Aerobics! AGES 19+**

'80s-inspired workouts are making a comeback! This fitness class guarantees a fun work out to nostalgic '80s hits. "Get On Your Feet", get your "Footloose" and let's get "Physical"! Sweat bands and leg warmers are highly encouraged.

**Instructor: Anthony Evangelista**

WCC | SEP 15 – NOV 7 W, 6:00 PM – 7:00 PM  
\$130.00 / 10 #2767

**Get Active! Physical Literacy for Women**

AGES 19+

Get Active! is a program that teaches women how to be physically active. Fewer women than men are getting the recommended amount of physical activity. This initiative aims to reduce psychological, social, cultural and financial barriers to participation. Build physical literacy and confidence in trying new fitness activities with Get Active!

This 4-month program starting September 2021 offers the following benefits to participants:

- Mentor to help with introduction to recreational activities
- Monthly social activities
- Subsidized UNA fitness and sports programs

Applications closes August 31, 2021 at 11:59 PM.

For more details including application information, visit [myuna.ca/get-active](http://myuna.ca/get-active). Please contact [josie.chow@myuna.ca](mailto:josie.chow@myuna.ca) for inquiries.

**Instructor: Josie Chow**

DATES AND TIMES VARY

# various

**Zumba AGES 19+**

Zumba is a fun and high-energy workout inspired by Latin dance. Dance your way to fitness and join the Zumba movement!

**Instructor: DanZa Productions**

WCC | SEP 13 – DEC 6 M, 8:30 PM – 9:30 PM  
\$144.00 / 12 | Drop-in \$14.00 #2745

WCC | SEP 14 – DEC 7 TU, 7:00 PM – 8:00 PM  
\$156.00 / 13 | Drop-in \$14.00 #2746

WCC | SEP 18 – DEC 11 SA, 11:30 AM – 12:30 PM  
\$144.00 / 12 | Drop-in \$14.00 #2747



## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Basketball AGES 19+

Enjoy a fun and friendly evening of three on three half court basketball. These sessions are uninstructed and open to players of all skill level. 16 spots are available for registration and two are reserved for day of drop in. Drop in fees: \$6.00

**WCC | SEP 13 – DEC 20** **M, 6:00 PM – 7:45 PM**  
**No class Oct 11**  
 \$63.00 / 14 | Drop-in \$6.00 #2777

#### Volleyball AGES 19+

Enjoy a fun and friendly evening of volleyball. These sessions are uninstructed and open to players of all skill level. 22 spots are available for registration and two are reserved for day of drop in. Drop in fees: \$6.00

**WCC | SEP 15 – DEC 22** **W, 7:00 PM – 8:45 PM**  
 \$67.50 / 15 | Drop-in \$6.00 #2780

#### Kyokushin Karate | Adults AGES 19+

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor. Belt test date to be determined.

**Instructor: Anthony Evangelista**

**WCC | SEP 14 – DEC 7** **TU, 7:00 PM – 8:30 PM**  
**No class Nov 30**  
 \$180.00 / 12 #2643

**WCC | SEP 16 – DEC 9** **TH, 7:00 PM – 8:30 PM**  
**No classes Sep 30, Nov 11**  
 \$165.00 / 11 #2642



#### Badminton AGES 19+

Enjoy a fun and friendly evening of badminton. These sessions are uninstructed and open to players of all skill levels. 12 stops are available for registration and two are reserved for day of drop in.

**WCC | SEP 6 – DEC 20** **M, 8:00 PM – 9:45 PM**  
**No drop-in Oct 11**  
 \$67.50 / 15 | Drop-in \$6.00 #2763

**WCC | SEP 7 – DEC 21** **TU, 12:15 PM – 2:00 PM**  
 \$72.00 / 16 | Drop-in \$6.00 #2769

**WCC | SEP 10 – DEC 17** **F, 6:45 PM – 8:30 PM**  
 \$67.50 / 15 | Drop-in \$6.00 #2770

#### Family Badminton Court Bookings AGES 19+

Book a court for one hour and play badminton with your family! Maximum six family members per booking with at least one adult guardian (aged 19+). We do not take season registration for this offering, bookings for individual dates must be made.

**WCC | SEP 11 – DEC 18** **SA, 8:45 AM – 9:45 AM**  
**No drop-in Oct 9**  
 \$8.00 / 1 # various

**WCC | SEP 11 – DEC 18** **SA, 10:00 AM – 11:00 AM**  
**No drop-in Oct 9**  
 \$8.00 / 1 # various

**WCC | SEP 12 – DEC 19** **SU, 8:45 AM – 9:45 AM**  
**No drop-ins Oct 10, Oct 31**  
 \$8.00 / 1 # various

**WCC | SEP 11 – DEC 18** **SU, 10:00 AM – 11:00 AM**  
**No drop-ins Oct 10, Oct 31**  
 \$8.00 / 1 # various



**PHYSICAL ACTIVITY**

**Table Tennis AGES 19+**

Join us for 1.5 hrs of table tennis in the WCC gym. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in. Drop in: \$3.50.

**WCC | SEP 13 – DEC 20** **M, 11:30 AM – 1:00 PM**  
**No class Oct 11**  
 \$35.00 / 14 | Drop-in \$3.50 #2771

**WCC | SEP 7 – DEC 21** **TU, 2:15 PM – 3:45 PM**  
**No class Nov 30**  
 \$37.50 / 15 | Drop-in \$3.50 #2772

**Drop-in Table Tennis at the Old Barn**

**AGES 18+**

Drop in times are available for Table Tennis at the OBCC. Contact the front desk on the day you want to play to check for availability.

**DAYS AND TIMES SUBJECT TO AVAILABILITY**  
 Drop-in \$5.00 #2775

**Table Tennis for Seniors AGES 55+**

Seniors are invited for an hour of table tennis. These sessions are uninstructed and open to players of all skill levels. Six spaces are open for season registration and two are reserved for day of drop in. Drop in: \$2.00.

**WCC | SEP 10 – DEC 17** **F, 2:30 PM – 3:30 PM**  
**No class Sep 24**  
 FREE / 14 #2775

**Seniors Games and Activities AGES 55+**

Stay fit, active, and social! Come to the WCC gymnasium and try some senior friendly activities. Games will vary each week based on the interests of the group and may include croquet, beanbag toss, walking soccer and more. This is an excellent chance to meet others in the community.

**Volunteer Instructor: Mohsen Naseri**

**WCC | SEP 15 – DEC 15** **W, 1:00 PM – 2:30 PM**  
 FREE / 15 #2784

**UNA** UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# TRY IT WEEK

**SEPTEMBER 7-11**

Come try select fitness, art and educational programs for **FREE** at the WCC. Registration is required; reserve your spot at [myuna.ca/tryit](http://myuna.ca/tryit). More information can be found on page 11.



## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Pickleball Lessons AGES 19+

Come learn from one of the best Canada has to offer. Currently ranked 5th in Canada, Charles Neufeldt teaches pickleball all over Canada with the Canadian Pickleball Academy.

**Beginner** - Improve fundamental techniques through drills and game play. Key Points Include: Dinking, volleys, serve and return, 3rd shots, court positioning.

**Intermediate** - Improve skills through drills and game play. Key Points Include: Learning to neutralize hard hitters/ bangers, building consistency with third shots, developing a good understanding of ball placement, resetting the rally.

**Advanced** - Improve skills through advanced fast paced drills and game play with critical feedback. Key Points Include: Lots of foot work (be prepared to sweat), learning to create opportunities with the 3rd shot, putting away all types of balls, around the post shots, setting up the rally for victory, resetting the rally.

Instructor: Canadian Pickleball Academy

#### BEGINNER

WCC | SEP 17 – DEC 3 F, 9:00 AM – 10:30 AM  
No class Sep 24  
\$275.00 / 11 #2684

#### INTERMEDIATE

WCC | SEP 17 – DEC 3 F, 10:45 AM – 12:15 PM  
No class Sep 24  
\$275.00 / 11 #2685

#### ADVANCED

WCC | SEP 17 – DEC 3 F, 12:30 PM – 2:00 PM  
No class Sep 24  
\$275.00 / 11 #2686

#### 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 unstructured and open to players of all skill levels. 12 spots are available for registration and two are reserved for day of drop in. Drop in fees: \$6.00



WCC | SEP 13 – DEC 20 M, 1:45 PM – 3:30 PM  
\$67.50 / 15 | Drop-in \$6.00 #2773

WCC | SEP 9 – DEC 16 TH, 12:45 PM – 2:30 PM  
No class Sep 30  
\$63.00 / 14 | Drop-in \$6.00 #2774

#### Private Pickleball Lessons AGES 19+

Take your pickleball game to the next level with private lessons from Charles or Karina.

Instructor: Canadian Pickleball Academy

WCC | SEP 15 – OCT 13 W, 9:00 AM – 10:00 PM  
\$361.10 / 5 #2687

WCC | SEP 15 – OCT 13 W, 10:10 AM – 11:10 AM  
\$361.10 / 5 #2688

WCC | SEP 15 – OCT 13 W, 11:20 AM – 12:20 PM  
\$361.10 / 5 #2689

WCC | OCT 20 – NOV 17 W, 9:00 AM – 10:00 PM  
\$361.10 / 5 #2693

WCC | OCT 20 – NOV 17 W, 10:10 AM – 11:10 AM  
\$361.10 / 5 #2695

WCC | OCT 20 – NOV 17 W, 11:20 AM – 12:20 PM  
\$361.10 / 5 #2697

CALLING ALL PROGRAM INSTRUCTORS!  
IF YOU HAVE AN IDEA FOR A PROGRAM,  
SUBMIT YOUR PROPOSAL AT [MYUNA.CA/  
HOW-TO-SUBMIT-A-PROGRAM-PROPOSAL](https://myuna.ca/how-to-submit-a-program-proposal).

**Semi-Private Pickleball Lessons AGES 19+**

You and your game partner can take your pickleball game to the next level with a two person lesson from Charles or Karina. Please register for this timeslot with your pickleball partner.

**Instructor:** Canadian Pickleball Academy

WCC | SEP 15 – OCT 13 W, 9:00 AM – 10:00 PM  
\$206.25 / 5 #2691

WCC | SEP 15 – OCT 13 W, 10:10 AM – 11:10 AM  
\$206.25 / 5 #2691

WCC | SEP 15 – OCT 13 W, 11:20 AM – 12:20 PM  
\$206.25 / 5 #2692

WCC | OCT 20 – NOV 17 W, 9:00 AM – 10:00 PM  
\$206.25 / 5 #2694

WCC | OCT 20 – NOV 17 W, 10:10 AM – 11:10 AM  
\$206.25 / 5 #2699

WCC | OCT 20 – NOV 17 W, 11:20 AM – 12:20 PM  
\$206.25 / 5 #2696

**Gentle Yoga AGES 19+**

Gentle as a whisper, this meditative class will ease your mind and body. You will be guided through carefully orchestrated postures and thoughtful stretching. Designed to be slow-paced, you will have ample time and support to focus on your breath and movements. If you want a peaceful, nurturing practice, this is the class for you.



**Instructor:** Angie Datt

WCC | SEP 17 – DEC 3 F, 10:00 AM – 11:00 AM  
\$156.00 / 12 | Drop-in \$15.00 #2646

**Power Yoga AGES 19+**

Power Yoga, incorporates yoga positions with calisthenics, rehabilitation techniques, dynamic resistance exercises and active breathing techniques. Developed from DDP Yoga, all levels and abilities are welcome. Students can expect to get a good stretch, build strength and sweat!

**Instructor:** Anthony Evangelista

WCC | SEP 15 – DEC 1 W, 11:30 AM – 12:30 PM  
\$156.00 / 12 | Drop-in \$15.00 #2645

**ADULTS & SENIORS PROGRAMS****Vinyasa Yoga AGES 19+**

In Vinyasa Yoga we will explore bodily awareness, connection with our breath, and will work to establish a calm and focused state of mind. Expect to allow space for the heart to open, emotions to pass and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system.

**Instructor:** Negar Amini

WCC | SEP 14 – NOV 30 TU, 10:00 AM – 11:00 AM  
\$156.00 / 12 | Drop-in \$15.00 #2740

**Iyengar Yoga with Luci AGES 19+**

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, go deeper in poses designed to build strength, release tight muscles, improve balance, and calm the mind. The method is adapted for all ages and levels.

Luci Yamamoto, a certified Iyengar yoga teacher, has studied yoga since the late 1990s. A contemplative, disciplined practitioner, Luci's teaching style is articulate and rigorous. She encourages students to challenge themselves and to appreciate the precision and depth of Iyengar yoga. For more information, see [luciyamamoto.com](http://luciyamamoto.com).

**Instructor:** Luci Yamamoto

WCC | SEP 11 – OCT 30 SA, 10:00 AM – 11:15 AM  
No classes Oct 2, Oct 9  
\$108.00 / 6 | Drop-in \$20.00 #2659

WCC | NOV 27 – DEC 18 SA, 10:00 AM – 11:15 AM  
\$72.00 / 4 | Drop-in \$20.00 #2661

## ADULTS & SENIORS PROGRAMS

### SOCIAL

#### Introduction to UNA Programs **AGES 18+**

Join us for an overview of the UNA and our recreation programs! Registration is required for this free session.

Instructor: Linda Quamme

WCC | SEP 10 F, 1:00 PM – 2:00 PM  
FREE / 1 #2760

#### Murder Mystery Dinner

**AGES 16+**



You're invited to a murder mystery dinner! Join us for an evening of sleuthing to figure out whodunnit.

What is a murder mystery party? Guests are assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll need to work with other guests to gather important clues. However, keep in mind that one of the guests will be the murderer. It might even be you! No experience is needed - just enthusiasm! Costumes are encouraged.

Supervisor: Josie Chow

OBCC | OCT 27 W, 6:00 PM – 9:00 PM  
\$10.00 / 1 #2801

#### Bridge **AGES 18+**

Come and join our friendly group of regulars Tuesday and Thursday mornings! Helpful advice and encouragement is available. Drop in is intended for players with some knowledge of the game. To ensure enough players, registration is required for this free program.

Volunteer Instructor: John Maunsell

WCC | SEP 28 – DEC 16 TU+TH, 10:00 AM – 12:30 PM  
FREE / 24 #2779

#### Learn to Play Bridge **AGES 18+**

New to bridge? Join us for a 4 session crash course on the fundamentals of the game. Registration and attendance to all 4 sessions is required for this free program.

Volunteer Instructor: John Maunsell

WCC | SEP 14 – SEP 23 TU+TH, 10:00 AM – 12:30 PM  
FREE / 4 #2781

#### Mahjong (with English instruction) **AGES 55+**

Come and play the fun and simple social game of Mahjong, with easy rules to follow. English instructions are provided. All levels are welcome! No registration is required for this free drop-in program.

Volunteer Instructor: Sharon DeWreede

WCC | SEP 13 – DEC 13 M, 1:00 PM – 2:30 PM  
FREE / 13 #2778

#### Community Book Club **AGES 18+**

Join us on the first Wednesday of the month for a discussion of our chosen book. New members are always welcome and the club is suitable for an intermediate English level and up. Please register online.

**Oct 6** - *When Breath Becomes Air*, Paul Kalanithi, published 2016

**Nov 3** - *Taken by the Muse*, by Anne Wheeler, published 2020

**Dec 1** - *A Man Called Ove*, Fredrick Backman, published 2012

Volunteer Instructors: Shoreh Ravanshad and Sandra Lo

WCC | OCT 6, NOV 3, DEC 1 W, 10:00 AM – 12:00 PM  
FREE / 3 #2782

**SOCIAL**

**Community Circle at Wesbrook AGES 18+**

Community Circle gives new and long-time residents the opportunity to build community in an inclusive and friendly environment. Each week, volunteers facilitate a new topic to discuss. English is used as a common language and all levels are welcome.

**Volunteers: Chris Ryan and Cecilia Wang**

**WCC | ONGOING** **W, 12:00 PM – 1:30 PM**  
FREE #2630



**Strong At Heart AGES 19+**

Emotional resilience is our inner capacity to continue participating meaningfully in life and to maintain a positive outlook even during difficult times. Register to expand your ability to promote wellbeing in our community. Angela Low is a specialist in emotional intelligence, positive psychology and child development.

**Instructor: Angela Low**

**WCC | OCT 7 – OCT 28** **TH, 7:30 PM – 8:45 PM**  
FREE / 4 #2516

**Walk and Talk AGES 18+**

Meet new friends and get active while exploring UBC Campus and Pacific Spirit Park. All fitness levels welcome. Wear comfortable shoes and dress for the weather- walks will occur rain or shine. Please meet in the lobby at WCC. Registration is required for this program. Once you have registered, you may drop into any of the sessions.

**Volunteers: Victoria Harrison and Helen Aqua**

**WCC | ONGOING** **M, 10:00 AM – 11:30 AM**  
**No walks Sep 6, Oct 11**  
FREE #2739

# SIGN UP FOR EMERGENCY ALERTS

## Get Emergency Alerts Through Your UNA Account

Your UNA Account primary contact number is connected to UBC Alert, the university's mass notification system that sends alerts in urgent situations that pose an immediate safety or security risk to the community. If you have a UNA Account, we encourage you to check if your emergency contact information is correct by updating your "Primary Phone" in your UNA Profile Page. If you do not have a UNA Account, you can sign up online or by visiting any UNA community centre.

Visit [myuna.ca/una-account](https://myuna.ca/una-account) to sign up. More information on UBC Alerts can be found at [ready.ubc.ca/get-informed/ubc-alert](https://ready.ubc.ca/get-informed/ubc-alert).



# BRIDGING DIGITAL LITERACY AND HEALTHY AGEING

## EDUCATION

### Seniors' One-on-One Computer Help | Virtual **AGES 55+**

VIRTUAL

Seniors can book a free 1 hour session to get virtual computer help. Our Computer Specialist will guide you through any issues or questions you may have about your computer. Please email your requests to [computerhelp@myuna.ca](mailto:computerhelp@myuna.ca) for additional support. The ZOOM meeting link and ID for your one hour time slot will be emailed to you after registration.

Instructor: Sam Shahin

**VIRTUAL | SEP 14 – NOV 16** **TU, 10:00 AM – 4:00 PM**  
FREE # various

### Seniors' One-on-One Computer Help | In-person **AGES 55+**

NEW

Seniors can book a free 1/2 hour session to get in-person help with smart phones and tablets. Our Computer Specialist will answer your questions and help you learn how to use your devices more effectively. Please email your requests to [computerhelp@myuna.ca](mailto:computerhelp@myuna.ca) for additional support.



Instructor: Sam Shahin

**WCC | SEP 27 – DEC 6** **M, 1:00 PM – 4:00 PM**  
**No class Oct 11**  
FREE # various

### Seniors' Computer Workshop **AGES 55+**

Weekly computer workshops for seniors featuring a different topic each week. You will have time during the class to ask questions and practice what you learn. Registration required for each session.

Instructor: Sam Shahin

**WCC | SEP 27 – DEC 6** **M, 10:00 AM – 11:00 AM**  
**No class Oct 11**  
FREE / 10 # various

BUILT ON THE ACCOMPLISHMENTS OF YOUR PASSPORT TO WELLBEING AND HEALTHY SENIORS, RESILIENT COMMUNITY, BRIDGING DIGITAL LITERACY AND HEALTHY AGEING AIMS TO ENHANCE CONNECTIONS FOR SENIORS THROUGH A HYBRID PROGRAMMING MODEL THAT INCLUDES BOTH TRADITIONAL IN PERSON AND DIGITAL OFFERINGS. WE SEEK TO SUPPORT SENIORS' HEALTHY AGEING, SOCIAL PARTICIPATION, INTERGENERATIONAL RELATIONSHIP BUILDING AND DIGITAL LITERACY.

**Osteofit AGES 55+**

Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Osteofit is medically endorsed and based on published research. It was designed and updated by clinical specialists from BC Women's former Osteoporosis program. Osteofit instructors are specially trained and certified by BC Women's Hospital+Health Centre.

**Instructor: Angie Datt****WCC | SEP 16 – OCT 29**  
FREE / 7**TH, 11:15 AM – 12:15 PM**  
#2649**Virtual Osteofit AGES 55+**

Participate in Osteofit from home! Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment will be provided, pickup date and time will be announced closer to the start date. Space and equipment requirements:

- A device that connects to the internet (iPad, laptop) with the Zoom application downloaded
- 2m of space free of obstructions

**Instructor: Angie Datt****VIRTUAL | SEP 16 – OCT 29**  
FREE / 7**TH, 10:00 AM – 11:00 AM**  
#2648

REGISTER EARLY TO SECURE  
YOUR PLACE IN THE PROGRAM!

**Virtual Chair Yoga AGES 55+**

Join Angie for a chair yoga practice from the comfort of your own home. In this gentle class exercises will be done while sitting or standing holding onto a chair. We will focus on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at. Space and equipment requirements:

- A device that connects to the internet (iPad, laptop) with the Zoom application downloaded
- 2m of space free of obstructions
- A chair

**Instructor: Angie Datt****VIRTUAL | SEP 15 – OCT 28**  
FREE / 7**W, 10:00 AM – 11:00 AM**  
#2647**Virtual Tai Chi AGES 55+**

This traditional Chinese martial art will improve your physical and mental well-being through graceful, slow movements that promote focus and deep breathing. It is no surprise that Tai Chi is also known as moving meditation. Find peace and tranquility and strengthen your body, mind, and spirit from home. Space and equipment requirements:

- A device that connects to the internet (iPad, laptop) with the Zoom application downloaded
- 2m of space free of obstructions

**Instructor: Joyce Ma****VIRTUAL | SEP 13 – NOV 1**  
**No class Oct 11**  
FREE / 7**M, 10:00 AM – 11:00 AM**  
#2658

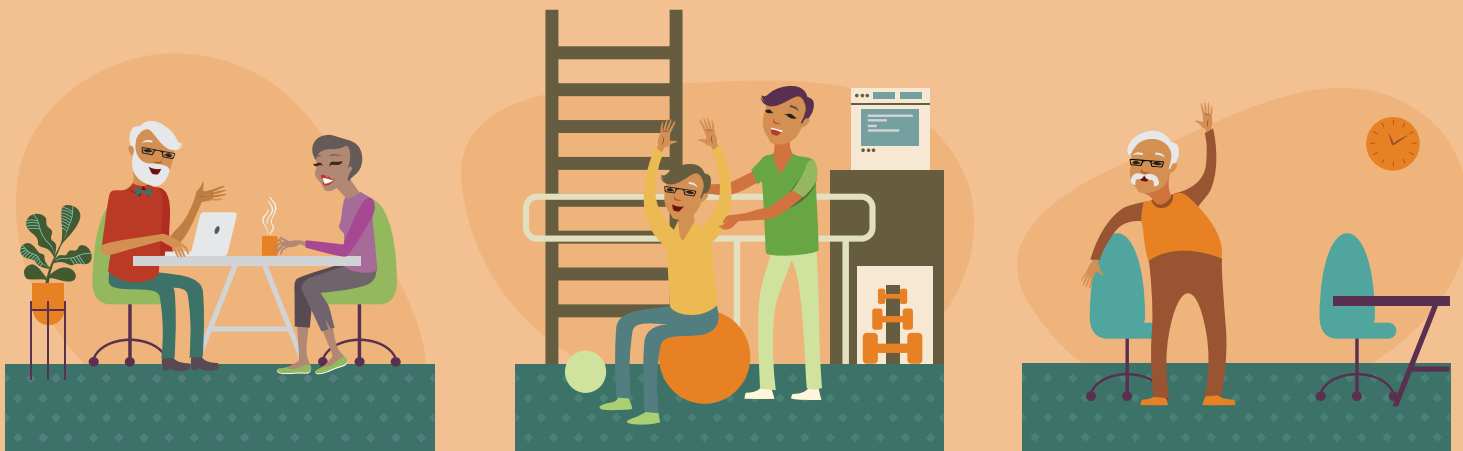


# BRIDGING DIGITAL LITERACY AND HEALTHY AGEING

Built on the accomplishments of *Your Passport to Wellbeing* and *Healthy Seniors, Resilient Community*, ***Bridging Digital Literacy and Healthy Ageing*** aims to enhance connections for seniors through a hybrid programming model that includes both traditional in person and digital offerings. We seek to support seniors' healthy ageing, social participation, intergenerational relationship building and digital literacy.

In this new phase, we will continue to offer free programs for seniors in physical activity, art, wellbeing and digital literacy until next spring, including:

**One-on-one Computer Help • Computer Class • Bridge • Tai Chi Activities & Games • Mahjong • Osteofit • Chair Yoga**



Stay tuned for updates at [myuna.ca](https://myuna.ca)

All three projects are funded by the New Horizons for Seniors Program from Employment and Social Development Canada.



## The Green Depot is OPEN!

The **Green Depot**, operated by the **UNA**, offers socially, economically, and environmentally responsible waste repurposing and disposal options to UNA and UBC community members.

Visit our website for hours of operation, and to learn more about the waste items that are accepted at the Green Depot.

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



# INDEX & SCHEDULE

ID #	PROGRAM	AGE	START DATE	DAY	START TIME	VENUE	MANDARIN TRANSLATION
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## COMMUNITY EVENTS - PAGES 8-10

2797	Neighbours Day	All Ages	Sep 11	Sat	1:00 PM	WCC	社区秋季欢庆
2812	Try-It Week	All Ages	Sep 7	Tue-Sat	various	WCC	社区课程体验周
2752	Family Movie Night	All ages	Sep 18	Sat	6:00 PM	OBCC	家庭电影之夜
2816	Musical Breakfast	All Ages	Sep 25	Sat	9:30 AM	OBCC	音乐早餐
2806	Theatre: Oopsie	All Ages	Oct 2	Sat	10:00 AM	OBCC	青少年剧场
2757	Electric Vehicle	Ages 16+	Oct 21	Thu	5:00 PM	WCC	电动车主见面会
2801	Murder Mystery	Ages 16+	Oct 27	Wed	6:00 PM	OBCC	疑案破解及晚餐
various	Pumpkin Carving	Ages 5+	Oct 22	Fri	4:00 PM	WCC	南瓜雕刻
2799	Halloween	All Ages	Oct 31	Sun	3:00 PM	WCC	万圣节
2761	Andy Scientist	All Ages	Nov 6	Sat	10:00 AM	OBCC	Andy 音乐科学家表演
2762	Holiday and Santa	All Ages	Dec 11	Sat	10:00 AM	OBCC	圣诞庆祝

## PRO-D DAY CAMPS - PAGE 13

2706	Sportball Multi-Sp.	Ages 6-10	Sep 24	Fri	9:00 AM	WCC	多项运动营
2604	Babysitting	Ages 11-16	Sep 24	Fri	9:00 AM	WCC	红十字会儿童看护课程
2791	Moviemakers	Ages 6-10	Oct 22	Fri	9:00 AM	WCC	少年电影制作
2605	Stay Safe!	Ages 9-12	Nov 26	Fri	9:00 AM	WCC	红十字会紧急救助和安全课程

## ACTIVE KIDS - PAGES 14-15

2611	Multi-Sp. Phys. Lit.	Ages 3-5	Sep 13	Mon	10:30 AM	WCC	少儿球类和健体运动
2610	Multi-Sp. + Play	Ages 1-3.	Sep 13	Mon	9:30 AM	WCC	多项球类和游戏
2612	Active Kids Soccer	Ages 3-5	Sep 13	Mon	4:00 PM	WCC	足球
2613	Active Kids Soccer	Ages 6-9	Sep 13	Mon	5:00 PM	WCC	足球
2614	Active Kids: B-ball	Ages 8-12	Sep 14	Tue	4:00 PM	WCC	篮球
2617	Active Kids: B-ball	Ages 8-12	Sep 16	Thu	4:00 PM	WCC	篮球
2616	Active Kids: B-ball	Ages 8-12	Sep 18	Sat	12:00 PM	WCC	篮球
2615	Active Kids: B-ball	Ages 12-16	Sep 16	Thu	4:00 PM	WCC	篮球

## EARLY YEARS - ARTS & EDUCATION - PAGES 16-17

2680	Creative Dance	Ages 2-3	Sep 13	Mon	2:30 PM	WCC	亲子舞蹈
2678	Preschool Ballet	Ages 3-5	Sep 19	Sun	11:45 AM	WCC	学前芭蕾
2679	Preschool Ballet	Ages 3-5	Sep 15	Wed	3:30 PM	WCC	学前芭蕾
2676	Preschool Dance	Ages 3-5	Sep 19	Sun	9:30 AM	WCC	学前舞蹈
2677	Preschool Dance	Ages 3-5	Sep 13	Mon	3:30 PM	WCC	学前舞蹈
2702	Crafts with Ruta	Ages 2-5	Sep 17	Fri	9:45 AM	WCC	和Ruta一起做手工
2703	Crafts with Ruta	Ages 2-5	Sep 17	Fri	10:45 AM	WCC	和Ruta一起做手工
2705	Crafts with Ruta	Ages 2-5	Nov 5	Fri	10:45 AM	WCC	和Ruta一起做手工
2704	Crafts with Ruta	Ages 2-5	Nov 5	Fri	9:45 AM	WCC	和Ruta一起做手工

### EARLY YEARS - PHYSICAL ACTIVITY & SOCIAL - PAGES 16-17

2764	Storytime	Ages 0-5	Sep 9	Thu	10:30 AM	OBCC	故事会
2768	Parent & Tot Gym	Ages 1-5	Sep 7	Tue/Thu	10:00 AM	WCC	亲子活动时间
2710	Science for Kids	Ages 3-6	Sep 16	Thu	4:00 PM	WCC	儿童科学
2712	Floor Hockey	Ages 4-6	Sep 15	Wed	4:00 PM	WCC	少儿曲棍球
2713	Floor Hockey	Ages 4-6	Nov 3	Wed	4:00 PM	WCC	少儿曲棍球

### CHILDREN - ARTS & EDUCATION - PAGES 18-22

2673	Dance Foundations	Ages 4-6	Sep 19	Sun	10:30 AM	WCC	舞蹈基础
2668	Dance Foundations	Ages 4-6	Sep 13	Mon	4:30 PM	WCC	舞蹈基础
2670	Ballet   Level 1	Ages 6-8	Sep 15	Wed	4:30 PM	WCC	芭蕾一级
2671	Ballet   Level 2	Ages 7-10	Sep 15	Wed	5:45 PM	WCC	芭蕾二级
2744	Bollywood Dance	Ages 6-12	Sep 17	Fri	5:30 PM	WCC	宝莱坞舞蹈
2808	Bollywood Dance	Ages 6-12	Oct. 29	Fri	5:30 PM	WCC	宝莱坞舞蹈
2674	Contemp. Jazz   L1	Ages 7-10	Sep 19	Sun	12:45 PM	WCC	当代爵士乐一级
2669	Contemp. Jazz   L2	Ages 10-14	Sep 13	Mon	7:00 PM	WCC	现代爵士舞二级
2672	Teen Ballet	Ages 11-16	Sep 15	Wed	7:00 PM	WCC	中级芭蕾舞
2675	Musical Theatre	Ages 7-11	Sep 13	Mon	5:45 PM	WCC	音乐剧场
2603	Drawing in 3D	Ages 8-14	Sep 13	Mon	6:30 PM	WCC	3D绘画
2602	Manga Cartooning	Ages 8-14	Sep 13	Mon	4:30 PM	WCC	卡通画
2604	Babysitting	Ages 11-16	Sep 24	Fri	9:00 AM	WCC	红十字会儿童看护课程
2605	Stay Safe!	Ages 9-12	Nov 26	Fri	9:00 AM	WCC	红十字会紧急救助和安全课程
2750	Read + Write   Beg.	Ages 6-12	Sep 14	Tue	3:30 PM	WCC	英语阅读和写作
2751	Read + Write Gr 1-2	Ages 7-8	Sep 14	Tue	4:30 PM	WCC	英语阅读和写作
2753	Read + Write Gr 3-4	Ages 9-10	Sep 14	Tue	5:30 PM	WCC	英语阅读和写作
2754	Read + Write Gr 5-6	Ages 11-12	Sep 14	Tue	6:30 PM	WCC	英语阅读和写作
2716	Mandarin   Beg. I	Ages 5-12	Sep 18	Sat	10:30 AM	WCC	汉语学习-初级
2717	Mandarin   Beg. II	Ages 5-12	Sep 18	Sat	12:30 PM	WCC	汉语学习-初级
2718	Mandarin   Int.	Ages 5-12	Sep 18	Sat	2:15 PM	WCC	汉语学习-中级
2719	Mandarin   Adv.	Ages 5-12	Sep 18	Sat	4:00 PM	WCC	汉语学习-高级
2707	Math-4-Kids Gr 2-3	Ages 8-9	Sep 13	Mon	3:30 PM	WCC	趣味数学
2708	Math-4-Kids Gr 4-5	Ages 10-11	Sep 13	Mon	4:40 PM	WCC	趣味数学
2709	Math-4-Kids Gr 6-7	Ages 12-13	Sep 13	Mon	5:50 PM	WCC	趣味数学
2711	Science for Kids	Ages 7-11	Sep 16	Thu	5:00 PM	WCC	儿童科学
2736	Moviemakers	Ages 8-14	Sep 17	Fri	4:00 PM	WCC	少年电影制作

## INDEX & SCHEDULE

### CHILDREN - MUSIC - PAGE 23

Various	Guitar	Ages 8+	Sep 15	Wed	3:30 PM	WCC	吉他
Various	Piano	Ages 5+	Sep 13	Mon	3:30 PM	WCC	钢琴
Various	Piano	Ages 5+	Sep 15	Wed	3:30 PM	WCC	钢琴
Various	Piano	Ages 5+	Sep 18	Sat	9:00 AM	WCC	钢琴
Various	Violin	Ages 5+	Sep 16	Thu	3:30 PM	WCC	小提琴

### CHILDREN - PHYSICAL ACTIVITY & SOCIAL - PAGES 24-26

2618	Badminton	Ages 8-12	Sep 17	Fri	4:00 PM	WCC	羽毛球
2714	Floor Hockey	Ages 6-9	Sep 15	Wed	4:45 PM	WCC	少儿曲棍球
2715	Floor Hockey	Ages 6-9	Nov 3	Wed	4:45 PM	WCC	少儿曲棍球
2700	Kung Fu	Ages 6-12	Sep 12	Sun	9:30 AM	WCC	功夫
2638	Karate   Beg.Kids	Ages 5-9	Sep 16	Thu	6:00 PM	WCC	极真空手道-儿童初级
2639	Karate   Beg.Kids	Ages 5-9	Sep 14	Tue	6:00 PM	WCC	极真空手道-儿童初级
2640	Karate   Kids	Ages 6-12	Sep 16	Thu	7:00 PM	WCC	极真空手道
2641	Karate   Kids	Ages 6-12	Sep 14	Tue	7:00 PM	WCC	极真空手道
2662	Tae Kwon Do   Beg.	Ages 4-12	Sep 12	Sun	1:00 PM	WCC	初学者跆拳道
2663	Tae Kwon Do   Int.	Ages 4-12	Sep 12	Sun	1:00 PM	WCC	中级跆拳道
2726	Volleyball BC	Ages 12-13	Sep 18	Sat	2:00 PM	WCC	排球: 培训和练习
2727	Volleyball BC	Ages 12-13	Oct 30	Sat	2:00 PM	WCC	排球: 培训和练习
2756	4-H Club	Ages 9-19	Sep 10	Fri	6:30 PM	WCC	4-H俱乐部
2765	Girl Guides Gr 4-5	Ages 9-11	Sep 16	Thu	6:30 PM	WCC	女童军
2758	Families Read	Ages 6-9	Sep 15	Wed	4:00 PM	OBCC	家庭阅读俱乐部

### YOUTH - PAGES 27-30

2755	Drawing & Painting	Ages 11+	Sep 15	Wed	4:00 PM	WCC	绘画课
2786	Jamming together	Ages 13-18	Sep 14	Tue	7:30 PM	WCC	一起来玩音乐
2785	Singing Together	Ages 13-18	Sep 14	Tue	6:00 PM	WCC	歌咏会
Various	Buddy Dance Club	Ages 12-18	various			WCC	UHi!舞蹈俱乐部辅导
2502	Rock Your English	Ages 13-18	Oct 6	Wed	5:30 PM	Virtual	提升英语基础 - 音乐英语不分家
2795	Badminton	Ages 13-18	Sep 17	Fri	5:00 PM	WCC	羽毛球
2721	Code Buddies	Ages 13-18	Sep 12	Sun	11:00 AM	Virtual	电脑编程俱乐部
2722	Rubik's Cube Club	Ages 8-13	Sep 16	Thu	4:30 PM	WCC	魔方俱乐部
2496	Youth Toastmasters	Ages 12-18	Sep 15	Wed	6:30 PM	WCC	高中生演讲俱乐部
2720	Pre-Teen Leadership	Ages 9-12	Sep 13	Mon	4:00 PM	WCC	少年领导力
2459	Youth Leadership	Ages 13-18	Sep 17	Fri	4:00 PM	WCC	青年领导力
2863	Youth Art Engage.	Ages 12-18	Sep 21	Tue	4:00 PM	WCC	青年艺术会
-	Youth Drop-in	Ages 12-18	Sep 21	Tue-Thu	3:00 PM	WCC	青年社交聚会
2723	Drop-in Basketball	Ages 12-18	Sep 15	Wed	6:00 PM	WCC	青年篮球时间
2724	Open Dance Studio	Ages 12-18	Sep 17	Fri	3:30 PM	WCC	舞蹈练习时间
2651	Karate   Youth	Ages 13-18	Sep 16	Thu	7:00 PM	WCC	空手道
2652	Karate   Youth	Ages 13-18	Sep 14	Tue	7:00 PM	WCC	空手道
2793	Tae Kwon Do   Beg.	Ages 13-18	Sep 12	Sun	1:00 PM	WCC	初学者跆拳道
2794	Tae Kwon Do   Int.	Ages 13-18	Sep 12	Sun	1:00 PM	WCC	中级跆拳道
2729	Volleyball BC	Ages 14-15	Sep 18	Sat	2:00 PM	WCC	排球: 培训和练习
2735	Volleyball BC	Ages 14-15	Oct 30	Sat	2:00 PM	WCC	排球: 培训和练习

**ADULTS & SENIORS - ARTS & EDUCATION - PAGES 32-35**

2657	Chinese Folk Dance	Ages 19+	Sep 17	Fri	1:00 PM	WCC	中国民族舞蹈
2656	Chinese Folk Dance	Ages 19+	Sep 15	Wed	1:00 PM	WCC	中国民族舞蹈
2518	Jamming Together	Ages 19+	Sep 14	Tue	7:30 PM	WCC	一起来玩音乐
2738	Singing Together	Ages 19+	Sep 14	Tue	6:00 PM	WCC	歌咏会
2788	Basic Dog Manners	Ages 19+	Sep 14	Tue	7:15 PM	WCC	成年狗基本训练
2789	Basic Dog Manners	Ages 19+	Oct 26	Tue	7:15 PM	WCC	成年狗基本训练
2759	Puppy Preschool	Ages 19+	Sep 14	Tue	6:00 PM	WCC	幼犬培训
2787	Puppy Preschool	Ages 19+	Oct 26	Tue	6:00 PM	WCC	幼犬培训
2790	Puppy Socialization	Ages 19+	Sep 16	Thu	6:30 PM	WCC	幼犬社交时间
2606	First Aid CPR-C/AED	Ages 15+	Nov 20	Sat	9:00 AM	WCC	安全急救培训课
2804	Comm.Connection	Ages 18+	Oct 14	Thu	7:00 PM	Virtual	家庭财产险讲座
2733	Eng. Conv. Lunch	Ages 18+	Sep 17	Fri	12:00 PM	WCC	英语会话高级
2749	Beg.Mandarin Conv.	Ages 18+	Sep 13	Mon	8:15 PM	Virtual	初级英语会话
2730	English ABCs	Ages 18+	Sep 16	Thu	10:00 AM	WCC	英语入门
2728	English ABCs Mand.	Ages 18+	Sep 13	Mon	10:00 AM	WCC	英语入门（国语）
2732	English Conv. Int.	Ages 18+	Sep 15	Wed	1:00 PM	WCC	中级英语会话
2731	Virtual Eng Conv.	Ages 18+	Sep 14	Tue	10:00 AM	Virtual	线上英语会话
2621	ELL I Advanced	Ages 19+	Sep 21	Tue/Thu	9:30 AM	WCC	高级成人英语ELL
2608	ELL I Assessment	Ages 19+	Sep 16	Tue/Thu	9:30 AM	WCC	成人英语测试
2607	ELL I Intermediate	Ages 19+	Sep 21	Tue/Thu	9:30 AM	WCC	中级成人英语ELL
2748	Int. Mandarin Conv.	Ages 18+	Sep 13	Mon	7:15 PM	Virtual	汉语学习 - 中级
2683	Immigrant Parent	Ages 18+	Sep 9	Thu	1:00 PM	WCC	移民家长信息交流会（国语）
2776	SUCCESS: Settle.	Ages 18+	TBD	Wed	9:30 AM	WCC	中侨移民安顿服务

**ADULTS & SENIORS - MUSIC - PAGE 36**

Various	Guitar	Ages 18+	Sep 15	Wed	3:30 PM	WCC	吉他
Various	Piano	Ages 18+	Sep 13	Mon	3:30 PM	WCC	钢琴
Various	Piano	Ages 18+	Sep 15	Wed	3:30 PM	WCC	钢琴
Various	Piano	Ages 18+	Sep 18	Sat	9:00 AM	WCC	钢琴
Various	Violin	Ages 18+	Sep 16	Thu	3:30 PM	WCC	小提琴

## INDEX & SCHEDULE

### ADULTS & SENIORS - PHYSICAL ACTIVITY - PAGES 37-41

2681	Ballet Fitness	Ages 19+	Sep 15	Wed	7:00 PM	WCC	芭蕾舞健身
2644	Cardio Core Bootc.	Ages 19+	Sep 14	Tue	12:00 PM	WCC	核心肌群训练营
2817	Get Active! Phys. Lit.	Ages 19+	Sep 7	Tue	6:00 PM	WCC	积极运动 - 女性健体知识提升项目
2767	Retro Aerobics!	Ages 19+	Sep 15	Wed	6:00 PM	WCC	成人有氧运动
2746	Zumba	Ages 19+	Sep 14	Tue	7:00 PM	WCC	Zumba舞
2747	Zumba	Ages 19+	Sep 18	Sat	11:30 AM	WCC	Zumba舞
2745	Zumba	Ages 19+	Sep 13	Mon	8:30 PM	WCC	Zumba舞
2642	Karate   Adults	Ages 19+	Sep 16	Thu	7:00 PM	WCC	极真空手道
2643	Karate   Adults	Ages 19+	Sep 14	Tue	7:00 PM	WCC	极真空手道
2770	Badminton	Ages 19+	Sep 10	Fri	6:45 PM	WCC	羽毛球
2769	Badminton	Ages 19+	Sep 7	Tue	12:15 PM	WCC	羽毛球
2763	Badminton	Ages 19+	Sep 6	Mon	8:00 PM	WCC	羽毛球
Various	Family Badminton	Ages 19+	Sep 11	Sat	8:45 AM	WCC	家庭羽毛球
Various	Family Badminton	Ages 19+	Sep 11	Sat	10:00 AM	WCC	家庭羽毛球
Various	Family Badminton	Ages 19+	Sep 12	Sun	8:45 AM	WCC	家庭羽毛球
Various	Family Badminton	Ages 19+	Sep 12	Sun	10:00 AM	WCC	家庭羽毛球
2777	Basketball	Ages 19+	Sep 13	Mon	6:00 PM	WCC	羽毛球
2773	Pickleball	Ages 19+	Sep 13	Mon	1:45 PM	WCC	匹克球练习
2774	Pickleball	Ages 19+	Sep 9	Thu	12:45 PM	WCC	匹克球练习
2684	Pickleb. Less.   Beg.	Ages 19+	Sep 17	Fri	9:00 AM	WCC	匹克球初级
2685	Pickleb. Less.   Int.	Ages 19+	Sep 17	Fri	10:45 AM	WCC	匹克球中级
2686	Pickleb. Less.   Adv.	Ages 19+	Sep 17	Fri	12:30 PM	WCC	匹克球高级
2697	Pickleb. Less.   Priv.	Ages 19+	Oct 20	Wed	11:20 AM	WCC	匹克球私教课
2695	Pickleb. Less.   Priv.	Ages 19+	Oct 20	Wed	10:10 AM	WCC	匹克球私教课
2687	Pickleb. Less.   Priv.	Ages 19+	Sep 15	Wed	9:00 AM	WCC	匹克球私教课
2688	Pickleb. Less.   Priv.	Ages 19+	Sep 15	Wed	10:10 AM	WCC	匹克球私教课
2689	Pickleb. Less.   Priv.	Ages 19+	Sep 15	Wed	11:20 AM	WCC	匹克球私教课
2693	Pickleb. Less.   Priv.	Ages 19+	Oct 20	Wed	9:00 AM	WCC	匹克球私教课
2699	Pickleb.   Semi Priv.	Ages 19+	Oct 20	Wed	11:20 AM	WCC	匹克球小班课
2696	Pickleb.   Semi Priv.	Ages 19+	Oct 20	Wed	10:10 AM	WCC	匹克球小班课
2691	Pickleb.   Semi Priv.	Ages 19+	Sep 15	Wed	10:10 AM	WCC	匹克球小班课
2690	Pickleb.   Semi Priv.	Ages 19+	Sep 15	Wed	9:00 AM	WCC	匹克球小班课
2692	Pickleb.   Semi Priv.	Ages 19+	Sep 15	Wed	11:20 AM	WCC	匹克球小班课
2694	Pickleb.   Semi Priv.	Ages 19+	Oct 20	Wed	9:00 AM	WCC	匹克球小班课
2771	Table Tennis	Ages 19+	Sep 13	Mon	11:30 AM	WCC	乒乓球
2772	Table Tennis	Ages 19+	Sep 7	Tue	2:15 PM	WCC	乒乓球
2775	Seniors Table Tenn.	Ages 55+	Sep 10	Fri	2:30 PM	WCC	老人乒乓球时间
-	Drop in Table Tenn.	Ages 18+	various			OBCC	乒乓球



#### ADULTS & SENIORS - PHYSICAL ACTIVITY - PAGES 37-41

2784	Seniors Games	Ages 55+	Sep 8	Wed	1:00 PM	WCC	老年活动时间
2780	Volleyball	Ages 19+	Sep 8	Wed	7:00 PM	WCC	羽毛球
2646	Gentle Yoga	Ages 19+	Sep 17	Fri	10:00 AM	WCC	轻柔瑜伽
2659	Iyengar Yoga - Luci	Ages 19+	Sep 11	Sat	10:00 AM	WCC	轻柔瑜伽
2660	Iyengar Yoga - Luci	Ages 19+	Oct 16	Sat	10:00 AM	WCC	轻柔瑜伽
2661	Iyengar Yoga - Luci	Ages 19+	Nov 27	Sat	10:00 AM	WCC	轻柔瑜伽
2645	Power Yoga	Ages 19+	Sep 15	Wed	11:30 AM	WCC	力量瑜伽
2740	Vinyasa Yoga	Ages 19+	Sep 14	Tue	10:00 AM	WCC	Vinyasa瑜伽

#### ADULTS & SENIORS - SOCIAL - PAGES 42-43

2760	Intro. to UNA	Ages 18+	Sep 10	Fri	1:00 PM	WCC	社区课程介绍会
2801	Murder Mystery	Ages 16+	Oct 27	Wed	6:00 PM	OBCC	疑案破解和晚餐
2779	Bridge	Ages 18+	Sep 28	Tue/Thu	10:00 AM	WCC	桥牌练习时间
2781	Learn Bridge	Ages 18+	Sep 14	Tue/Thu	10:00 AM	WCC	学习桥牌
2778	Mahjong (English)	Ages 55+	Sep 13	Mon	1:00 PM	WCC	麻将时间
2782	Book Club	Ages 18+	Oct 13	Wed	10:00 AM	WCC	社区读书俱乐部
2630	Community Circle	Ages 18+	Sep 1	Wed	12:00 PM	WCC	社区交流俱乐部
2739	Walk and Talk	Ages 18+	ongoing	Mon	10:00 AM	WCC	步行俱乐部
2516	Strong At Heart	Ages 19+	Oct 6	Wed	5:00 PM	WCC	心智增长课

#### BRIDGING DIGITAL LITERACY - PAGE 44

2649	Osteofit	Ages 55+	Sep 16	Thu	11:15 AM	Virtual	网上健骨课程
2647	Virtual Chair Yoga	Ages 55+	Sep 15	Wed	10:00 AM	Virtual	网上椅子瑜伽
2648	Virtual Osteofit	Ages 55+	Sep 16	Thu	10:00 AM	Virtual	网上健骨课程
2658	Virtual Tai Chi	Ages 55+	Sep 13	Mon	10:00 AM	Virtual	网上太极
various	Seniors' Comp. Help	Ages 55+	Sep 27	Mon	1:00 PM	Virtual	一对一电脑辅导（线上）
various	Seniors' Comp. Help	Ages 55+	Sep 14	Tues	10:00 AM	WCC	一对一电脑辅导（线下）
various	Sen. Comp. Wkshp	Ages 55+	Sep 27	Mon	10:00 AM	WCC	电脑培训课



## BECOME A UNA MEMBER TODAY

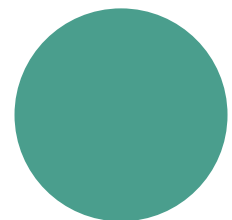
### Participate in Elections and General Meetings

A UNA Membership\* entitles eligible residents to participate at UNA general meetings and to vote and run in Board of Director elections.

You can verify and manage your membership online through your UNA Account or in-person at the Wesbrook Community Centre or the Old Barn Community Centre.

Visit [myuna.ca/una-account](https://myuna.ca/una-account) for more information.

\* Membership is not automatic when you sign up for a UNA Account or UNA Card – residents must opt-in and proof of address is required.



# FOOTBALL HOME OPENER

## UBC VS SASKATCHEWAN



**FRIDAY**  
**OCT 1** | **7 PM**

**FREE ADMISSION**  
*THIS GAME IS ON US*  
**THUNDERBIRD STADIUM**



**OUR THUNDERBIRD TEAMS ARE EXCITED TO BE COMPETING AGAIN.**  
COME OUT AND CHEER THEM ON AT THESE ADDITIONAL HOME OPENER EVENTS:

**WOMEN'S RUGBY**  
THURSDAY, SEPT 23 | 4PM

**WOMEN'S & MEN'S  
SOCCER**  
FRIDAY, SEPT 24 | 5:30 & 7:30PM

**MEN'S HOCKEY**  
FRIDAY, OCT 15 | 7PM

**WOMEN'S HOCKEY**  
FRIDAY, OCT 22 | 7PM

**WOMEN'S FIELD HOCKEY**  
FRIDAY, OCT 22 | 11AM

**WOMEN'S & MEN'S  
BASKETBALL**  
THURSDAY, OCT 28 | 6 & 8PM


**WOMEN'S & MEN'S  
VOLLEYBALL**  
FRIDAY, NOV 12 | 6 & 7:30PM

VISIT [GOTHUNDERBIRDS.CA](http://GOTHUNDERBIRDS.CA) FOR DETAILS

# UBC & UNA PROGRAM LOCATION MAP

- A** Chancellor Place
- B** East Campus
- C** Hawthorn Place
- D** Hampton Place
- E** Wesbrook Place

- ① UNA Office
- ② Wesbrook Community Centre
- ③ The Old Barn Community Centre
- ④ Osborne Centre
- ⑤ CiTR - The Nest
- ⑥ Student Recreation Centre

 Bus + Shuttle Loop





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# FITNESS CENTRE RATES

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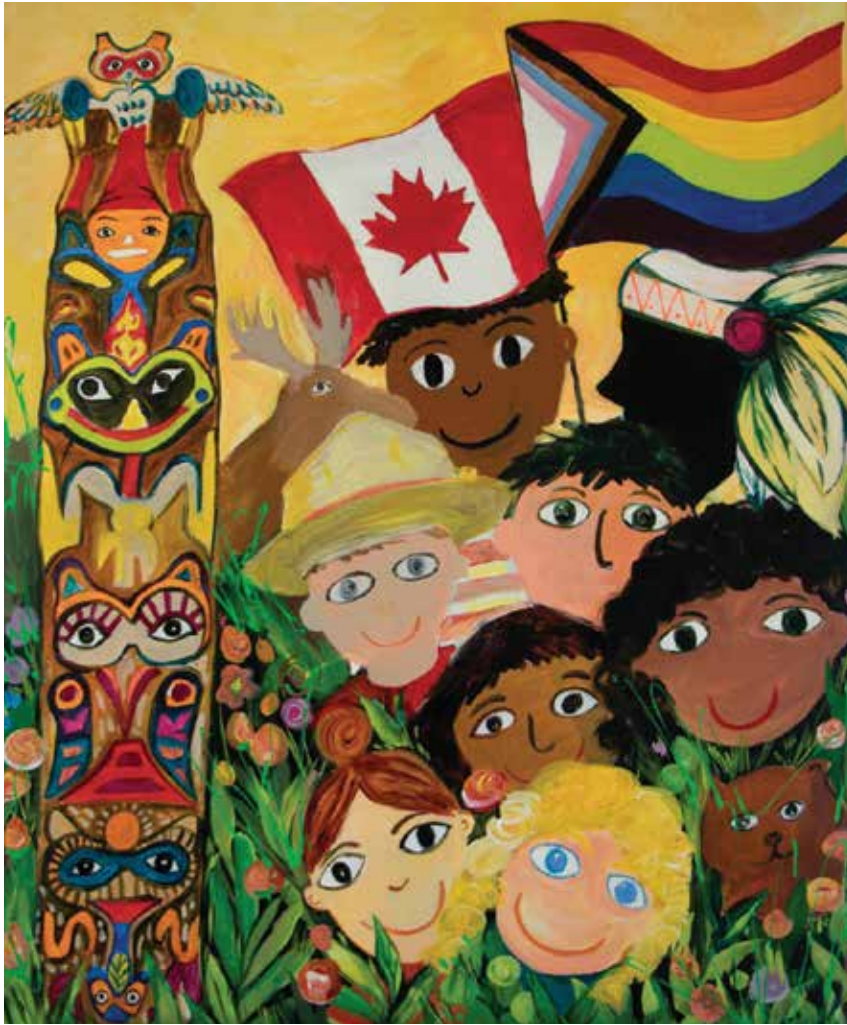
We are excited to welcome you back to our Fitness Centres. We are committed to providing you with a safe environment that aligns with communicable disease prevention measures recommended by the B.C. Recreation and Parks Association (BCRPA), WorkSafeBC and the Provincial Health Office. We understand this situation is ever evolving and are actively monitoring and adapting our solutions to ensure a continued focus on the health and safety of our patrons and staff.

## WESBROOK

	UNA/UBC	PUBLIC
<b>DROP IN</b>	\$7.00	\$10.00
<b>10 VISITS</b>	\$50.00	\$60.00
<b>1 MONTH</b>	\$50.00	\$60.00
<b>3 MONTHS</b>	\$120.00	\$150.00
<b>6 MONTHS</b>	\$220.00	\$250.00
<b>12 MONTHS</b>	\$400.00	\$450.00

## OLD BARN

	UNA/UBC	PUBLIC
<b>DROP IN</b>	\$4.00	\$7.00
<b>10 VISITS</b>	\$30.00	\$40.00
<b>1 MONTH</b>	\$30.00	\$40.00
<b>3 MONTHS</b>	\$80.00	\$100.00
<b>6 MONTHS</b>	\$150.00	\$200.00
<b>12 MONTHS</b>	\$250.00	\$350.00



**Grace Lee**, Grade 6



**Jimin Hong**, Age 16

# UNA ART SHOW CONTEST WINNERS

Canadian  
Multicultural  
Day 2021

For Canadian Multicultural Day (July 27, 2021) the UNA hosted an art show with the theme.

***"What does Canada mean to you?"***

We are pleased to present the winners of the contest, Jimin Hong and Grace Lee.

All the pieces submitted are on display at the Wesbrook Community Centre until mid-September. We invite you to come and see these beautiful works of art in person!