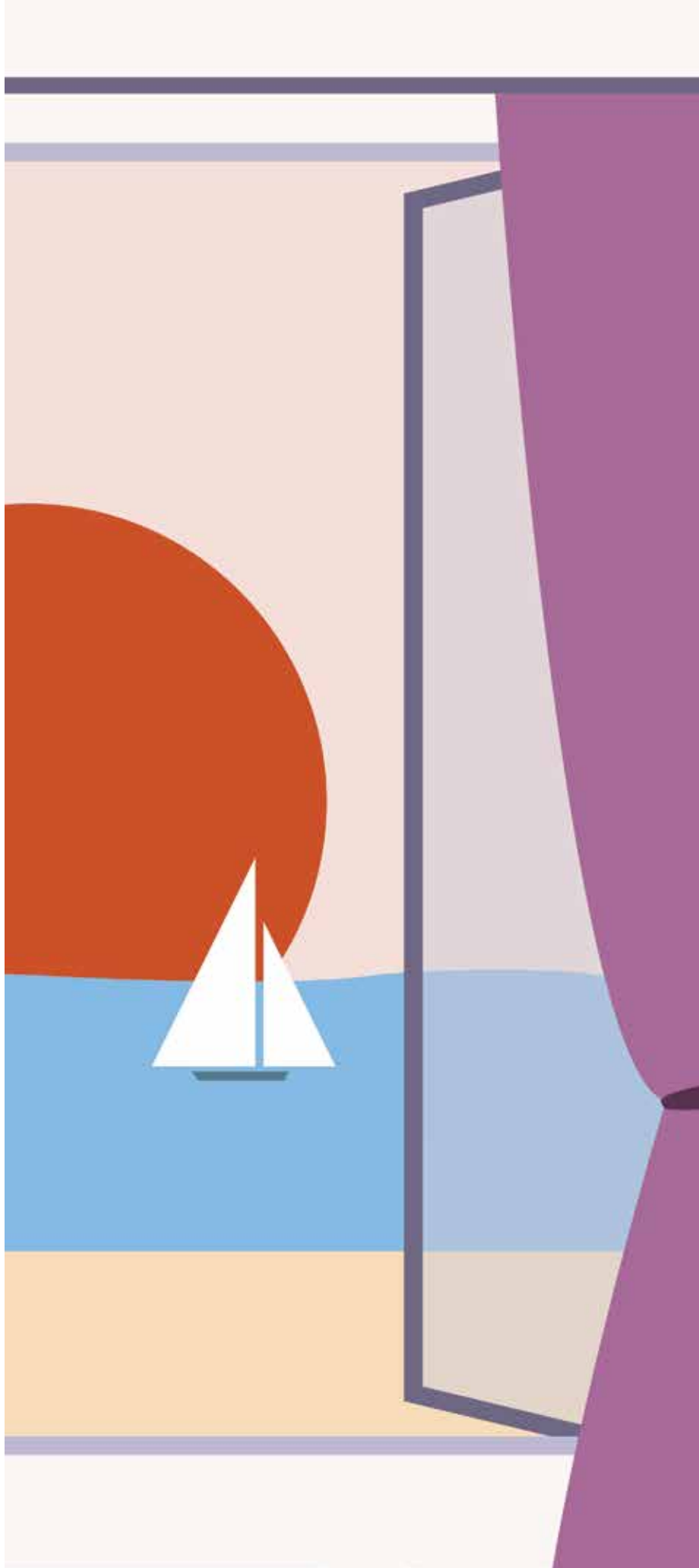


2021
**SPRING &
SUMMER**

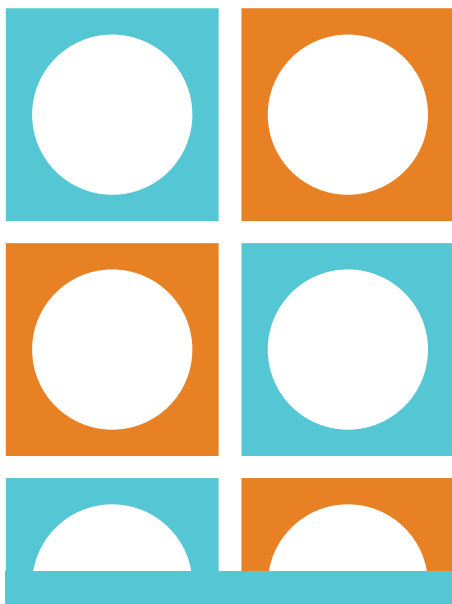
PROGRAM GUIDE

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



OUR FOUNDATIONAL PRINCIPLES

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



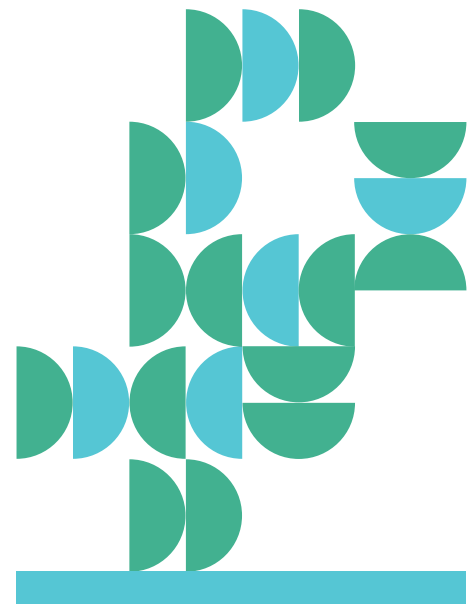
Foster Well-being

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



Enrich Experience

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



Build Belonging

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

PROGRAM GUIDE

Please read through the COVID-19 Safety Measures at [myuna.ca/recreation-policies](https://www.myuna.ca/recreation-policies) before registering.

REGISTER ONLINE

Monday, March 15, 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

REGISTER BY PHONE

Monday, March 15, 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

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RESILIENT COMMUNITY**

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WE ARE ALL IN THIS TOGETHER

Do your part to help keep our
community centres safe.

Visit **myuna.ca**
for more information
on our community
centre safety
measures.



**Stay at home,
if you're sick
or have flu-like
symptoms.**



**Keep a
distance of
2 metres away
from others.**



**Wash your
hands
frequently with
soap and water.**



**Self-isolate,
if you're a
returning
traveller.**



**Wear a
face mask.**



**Cough or
sneeze into
your elbow.**

Visit **myuna.ca**
for more information
on our community
centre safety
measures.

YOUR **HEALTH** IS IMPORTANT TO US

We've implemented safety measures
to reduce the risk of transmission of COVID-19.

MODIFIED PROGRAMS

- Smaller classes
- Virtual programs offered
- Limited equipment sharing
- Health screenings

ENGINEERING CONTROLS

- Reduced room capacities
- Plexiglass barriers
- Additional signage
- Floor markers

CLEANING AND DISINFECTING

- Enhanced cleaning
- Staff training
- Hand washing
- PPEs and masks

FLEXIBLE REFUNDS

- Refunds due to illness
- Prorated fees

RECREATION POLICIES

For up-to-date COVID-19 related policies, please visit 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.

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.

MULTI-CLASS PROGRAMS:

- Refund requests must be submitted no later than one hour after the second class.

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.

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.
- 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.

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

Wesbrook Community Centre is open to registered program participants and to those who have pre-booked appointments for service during hours of operation. The centre remains closed to the general public at this time. Please check **myuna.ca** for updates.

8:30 a.m. to 8:30 p.m. Monday to Friday
8:30 a.m. to 5:30 p.m. Weekends
9:00 a.m. to 3:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

The Wesbrook Community Centre Fitness Centre is accessible by appointment only during hours of operation. Appointments can be booked online on our website at **myuna.ca**.

8:30 a.m. to 8:30 p.m. Monday to Friday
8:30 a.m. to 5:30 p.m. Weekends
9:00 a.m. to 3:00 p.m. Holidays



Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.827.4469

HOURS OF OPERATION

Old Barn Community Centre is open only for registered program participants with limited hours. The centre remains closed to the general public at this time, however, please check **myuna.ca** for updates.

FITNESS CENTRE HOURS OF OPERATION

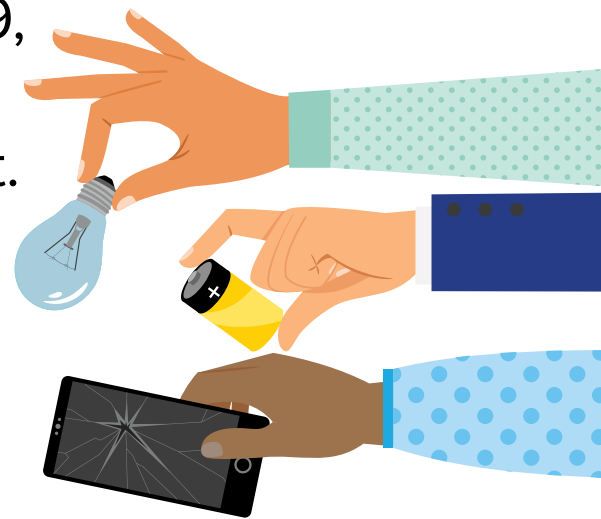
The Old Barn Community Centre Fitness Centre remains closed at this time. Please check **myuna.ca** for updates. You may book an appointment to work out at the Wesbrook Community Centre Fitness Centre at **myuna.ca**.



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.

Due to the precautionary measures we are taking regarding COVID-19, the experience of coming to the Green Depot will be a bit different. We encourage you to visit our website for hours of operation, and to learn more about the safety measures in place.



myuna.ca/depot



**PUT
WASTE
IN ITS
PLACE**

COMMUNITY EVENTS

Easter Crafts (Parent & Tot) **AGES 3-5**



APR 1
Thursday
2:00 PM
- 3:00 PM
FREE

Join us for a free fun and engaging Easter arts & crafts session! With help from an accompanying parent, children will create whimsical decorations to take home.

All art supplies will be provided.
Registration is required.

Instructor: Karen Martin

[Wesbrook Community Centre](#)

SPRING
#2054

Easter Crafts **AGES 6-12**



Join us for a free fun and engaging Easter arts & crafts session! Children will create whimsical decorations to take home. All art supplies will be provided, but bringing an art smock or old tshirt is recommend. Registration is required.

Instructor: Karen Martin

[Wesbrook Community Centre](#)

SPRING
#2038

#2048

APR 1
TH, 3:30 PM
- 4:30 PM
FREE

APR 1
TH, 5:00PM
- 6:00 PM
FREE

Theatre for the Young Audience: OOPSIE **AGES 3+**



APR 24
Saturday
11:00 AM
- 12:00 PM
FREE

Dr. Cerebrum is on a quest for an answer: *is it ok to make mistakes?* With the help from 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 by 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. It may be delivered online, if necessary. Registration is required.

Guest Performer: Candy Bones Theatre

[Wesbrook Community Centre](#)

SPRING
#2104



Community Art Show: Register to perform! **ALL AGES**



APR 30
Friday,
6:30 PM
- 8:00 PM
FREE

The community art show is an invitation to celebrate the art and self-expression produced by members of our community. Music, poetry, dance and all forms of performance made by artists of all ages are more than welcome in our show! The show will be streamed to the UNA YouTube page. Register to the program if you would like to perform. Send any questions to vicente.regis@myuna.ca.

Supervisor: Vicente Regis

Virtual

SPRING
#2102

Mother's Day Celebration: Abayomi **ALL AGES**



MAY 8
Saturday,
10:30 AM
- 12:00 PM
FREE

Let's celebrate Mother's Day learning how to make Abayomi, a traditional African rag doll, made solely through knots. We will use the same technique and a variety of different fabrics to express our own culture and identity, taking this as an opportunity to connect with others and to celebrate diversity. This session intends to be a fun and playful experience to be attended by families. This play will be hosted in our facility accordingly to the Public Health restrictions in place. It may be delivered online, if necessary. Registration is required.

Instructor: Mariana Frochtengarten

Wesbrook Community Centre

SPRING
#2101



Children's Garden **ALL AGES**

The Children's Garden at the Old Barn Community Centre is a volunteer-run garden that supports community engagement, nurtures a love of nature and gardening, and teaches children, youth and adults about organic gardening. New volunteers of all ages and skill levels

are welcome. To learn more, please visit our blog: unacg2014.wordpress.com/

Please note that due to COVID restrictions, the operation of the Children's Garden has been modified. Contact Olivia at catalyst@fermi.ca for information on how you can become involved.

Old Barn Community Centre

Canada Day **ALL AGES**

JUL 1
Thursday,
time tbc

Canada Day celebrations will look a little different this year. Find the most up to date information on Canada Day activities on in our newsletter and on our website.

Wesbrook Community Centre

SUMMER
#2138

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

CHILDREN & YOUTH CAMPS

REGISTRATION FOR SUMMER CAMPS
OPENS ON MARCH 15, 2021 AT NOON.

Crossmaneuver Performing Arts Camp

AGES 3-5

Join us for a magical, nurturing and a highly creative arts camp for preschool aged children. Enjoy music, dancing and storytelling. Come create wonderful art together for the week, perfect for a young one's first camp experience. For more information, visit crossmaneuver.com.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 19 – JUL 23 M-F, 10:00 AM – 12:00 PM
\$195.00 / 5 #1995

OBCC | AUG 16 – AUG 20 M-F, 10:00 AM – 12:00 PM
\$195.00 / 5 #1996

Crossmaneuver Performing Arts Camp

AGES 5-7

Fall in love with the Arts! Sing, dance, act and make amazing art projects in this camp. Your child will grow in confidence, develop diverse skills and discover the joy of self-expression through various art forms. For more information, visit crossmaneuver.com.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 19 – JUL 23 M-F, 1:00 PM – 3:00 PM
\$195.00 / 5 #1992

OBCC | AUG 16 – AUG 20 M-F, 1:00 PM – 3:00 PM
\$195.00 / 5 #1994

Crossmaneuver Performing Arts Camp

AGES 7-13

This is so much more than a Performing Arts camp. Sure, we sing, dance, and act, but we also do visual arts and design! We dive into a story and create our very own show. In this camp, learn chess and also a love story from Marostica, Veneto Italy. Be prepared to be immersed in becoming the king, queen, bishop, rook, knights and pawns as we recreate a human scale chess game. For more information, visit crossmaneuver.com.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | AUG 9 – AUG 13 M-F, 9:00 AM – 4:00 PM
\$425.00 / 5 #1990



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

Eureka! The Inventor's Camp **AGES 6-12**

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said “invention is 10% inspiration and 90% perspiration”, this camp is 100% FUN!

Instructor: Mad Science of Greater Vancouver

SUMMER

OBCC | JUL 5 – JUL 9 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #2109

3, 2, 1 Blast Off! Camp **AGES 7-12**



This is your chance to be a rocket scientist! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air. Investigate the four forces of flight, learn the Rocket Safety Code, and

explore the science involved in rocket design. In addition, experience the life of an astronaut as you suit up for a space flight.

Instructor: Mad Science of Greater Vancouver

SUMMER

OBCC | AUG 3 – AUG 6 **TU-F, 9:00 AM – 3:00 PM**
\$300.00 / 4 #2110

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

Secret Agent Lab Camp **AGES 6-11**

Enter the mysterious and multifaceted world of Secret Agent Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

Instructor: Mad Science of Greater Vancouver

SUMMER

OBCC | AUG 30 – SEP 3 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #2115

Young Moviemakers Camp **AGES 8-14**

Young Moviemakers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of your very own short film. New and returning students are welcome. youngmoviemakers.ca.

Instructor: Young Moviemakers

SUMMER

WCC | AUG 16 – AUG 20 **M-F, 9:00 AM – 4:00 PM**
\$450.00 / 5 #2005

OBCC | AUG 23 – AUG 27 **M-F, 9:00 AM – 4:00 PM**
\$450.00 / 5 #2107

Sportball Camp **AGES 6-9**

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

SUMMER

WCC | JUL 12 – JUL 16 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #2136

WCC | JUL 26 – JUL 30 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #2001

WCC | AUG 23 – AUG 27 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #2002

CHILDREN & YOUTH CAMPS

Summer Adventures Camp

Ignite your inner adventurer with this week long summer camp! Campers can look forward to a mix of team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the great outdoors on walking out-trips to locations like the UBC Farm and Pacific Spirit Park. Campers should wear clothes they are comfortable running around in and that can get messy during arts and crafts. This camp will go outdoors rain or shine, please ensure campers are prepared for the weather. We recommend a hat for the sun and rain jacket and layers for the rain. All campers must bring a packed lunch and water in a backpack.



A FULL CAMP
TIMETABLE CAN BE
FOUND ON PAGE 27
TO HELP YOU PLAN
FOR YOUR SUMMER!

AGES 5-7

Instructor: UNA Summer Camp Leader

SUMMER

WCC | JUL 5 – JUL 9 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1938

WCC | JUL 12 – JUL 17 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1945

WCC | JUL 19 – JUL 23 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1947

WCC | JUL 26 – JUL 30 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1950

WCC | AUG 3 – AUG 6 TU-F, 9:00 AM – 3:30 PM
\$240.00 / 4 #1955

WCC | AUG 9 – AUG 13 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1961

WCC | AUG 16 – AUG 20 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1963

WCC | AUG 23 – AUG 27 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1966

WCC | AUG 30 – SEP 3 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1969

AGES 8-12

Instructor: UNA Summer Camp Leader

SUMMER

WCC | JUL 5 – JUL 9 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1942

WCC | JUL 12 – JUL 17 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1946

WCC | JUL 19 – JUL 23 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1948

WCC | JUL 26 – JUL 30 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1949

WCC | AUG 3 – AUG 6 TU-F, 9:00 AM – 3:30 PM
\$240.00 / 4 #1957

WCC | AUG 9 – AUG 13 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1959

WCC | AUG 16 – AUG 20 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1964

WCC | AUG 23 – AUG 27 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1967

WCC | AUG 30 – SEP 3 M-F, 9:00 AM – 3:30 PM
\$300.00 / 5 #1970

REGISTRATION FOR SUMMER CAMPS
OPENS ON MARCH 15, 2021 AT NOON.

SUMMER 2021 PROGRAM PREVIEW



Get a sneak peek of what we are planning for summer! Class information can be found on pages 40-41.



More programs will be added as we get closer to July. Registration for weekly summer programs will open on May 31 at noon.

Full details can be found at **myuna.ca/recreation**.



Note: Summer Camp registration opens on March 15 at noon. See pages 10-12 for information.

EARLY YEARS PROGRAMS

ARTS

Parents and Me Creative Dance

AGES 2-3

NEW

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.

No class May 24

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 12 – JUN 21

M, 2:00 PM – 2:45 PM

\$180.00 / 10

#2012

Creative Dance AGES 2-5

NEW

Dance and movement is so joyful. In this class young ones will improve their coordination, and focus while learning to express themselves creatively. This class focuses on dance, games and having fun. It is a wonderful first class to open your child to the world of dance.

No class May 24

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 12 – JUN 21

M, 3:15 PM – 4:00 PM

\$180.00 / 10

#2015

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. Ballet attire, including tights and slippers, is recommended.

No class May 23

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 11 – JUN 20

SU, 11:30 AM – 12:15 PM

\$180.00 / 10

#2111



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

SPRING

WCC | APR 14 – JUN 23

W, 3:30 PM – 4:15 PM

\$198.00 / 11

#2020

Crafts with Ruta AGES 2-5

NEW

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.

Instructor: Ruta Zasaite

SPRING

WCC | APR 16 – JUN 25

W, 9:30 AM – 10:15 AM

\$55.00 / 11

#1951



EDUCATION

Mad Science AGES 3-6

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

Instructor: Mad Science Of Greater Vancouver

SPRING

WCC | APR 15 – JUN 24
\$242.00 / 11

TH, 4:00 PM – 5:00 PM
#1931

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 | APR 14 – JUN 23
\$220.00 / 11

W, 3:45 PM – 4:30 PM
#1933



SOCIAL

Circle Time with Ruta AGES 0-5

Join Ruta in an intimate Circle Time at Wesbrook Community Centre! Sing, dance and socialize with other families from a safe distance in these intimate sessions. Please bring your own noise makers such as drums, egg shakers or even a pot and wooden spoon! Children must be accompanied by one adult only.

Instructor: Ruta Zasaite

SPRING

WCC | APR 13 – JUN 22
\$33.00 / 11

TU, 9:30 AM – 10:00 AM
#1937

WCC | APR 13 – JUN 22
\$33.00 / 11

TU, 10:15 AM – 10:45 AM
#1939

WCC | APR 13 – JUN 22
\$33.00 / 11

TU, 11:00 AM – 11:30 AM
#1940

WCC | APR 15 – JUN 24
\$33.00 / 11

TH, 9:30 AM – 10:00 AM
#1941

WCC | APR 15 – JUN 24
\$33.00 / 11

TH, 10:15 AM – 10:45 AM
#1943

WCC | APR 15 – JUN 24
\$33.00 / 11

TH, 11:00 AM – 11:30 AM
#1944

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

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).

No class May 24

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 3 – JUN 14

M, 9:30 AM – 10:15 AM

\$108.00 / 6

#2072

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.

No class May 24

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 3 – JUN 14

M, 10:30 AM – 11:15 AM

\$108.00 / 6

#2073

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.

No class May 24

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 3 – JUN 14

M, 4:00 PM – 4:45 PM

\$108.00 / 6

#2074

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.

No class May 24

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 3 – JUN 14

M, 5:00 PM – 5:45 PM

\$108.00 / 6

#2075





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

SPRING AGES 8-12

WCC | MAY 4 – JUN 15 TU, 4:00 PM – 5:30 PM
\$168.00 / 7 #2078

WCC | MAY 6 – JUN 17 TH, 4:00 PM – 5:30 PM
\$168.00 / 7 #2079

SPRING AGES 12-16

WCC | MAY 6 – JUN 17 TH, 4:00 PM – 5:30 PM
\$168.00 / 7 #2080

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

CHILDREN & YOUTH 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.

No class May 24

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 12 – JUN 21

M, 4:15 PM – 5:15 PM

\$220.00 / 10

#2006

Ballet | Level 1 AGES 5-7



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 | APR 14 – JUN 23

W, 4:30 PM – 5:30 PM

\$242.00 / 11

#2008

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

SPRING

WCC | APR 14 – JUN 23

W, 5:45 PM – 6:45 PM

\$242.00 / 11

#2009

Pre-Teen Ballet AGES 9-13

NEW

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.

No class May 23

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 11 – JUN 20

SU, 12:30 PM – 1:30 PM

\$260.00 / 10

#2108

Bollywood Dance AGES 7-13

NEW

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 that has been performing and teaching Bollywood dance for several years.

Instructor: Manali Yadav

SPRING

WCC | APR 23 – JUN 11

F, 5:00 PM – 6:00 PM

\$72.00 / 8

#2131

CRAZI Dance Crew | Open Studio AGES 12-18

CRAZI Dance Crew 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.

Instructor: Helene Wang

SPRING

WCC | APR 16 – JUN 25

F, 3:30 PM – 4:30 PM

\$3.00 ea / 10

#2077

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

ARTS

Contemporary Jazz | Level 1 AGES 6-9

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

SPRING

WCC | APR 14 – JUN 23

W, 7:00 PM – 8:00 PM

\$242.00 / 11

#2010

Contemporary Jazz | Level 2 AGES 9-13

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 May 24

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 12 – JUN 21

M, 6:45 PM – 8:00 PM

\$260.00 / 10

#2007

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

SPRING

WCC | APR 12 – JUN 21

M, 5:30 PM – 6:30 PM

\$242.00 / 11

#2011

Craft Your Heart Out AGES 13-18



Are you looking to learn a new skill, polish up on old ones, or start a new project? This weekly program will explore different forms of tactile art such as Knitting, Jewelry making, Embroidery And Cross-Stitch. Participants will be able to craft their heart out. All supplies will be provided.

No class May 15

Instructor: Lizz Beth Ashley

SPRING

WCC | APR 17 – JUN 26

SA, 1:00 PM – 2:00 PM

\$30.00 / 10

#2132

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 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.

Instructor: First Aid Hero

SPRING

WCC | APR 26

M, 9:00 AM – 3:00 PM

\$70.00 / 1

#1926

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.

Instructor: First Aid Hero

SPRING

WCC | MAY 15

SA, 9:00 AM – 3:30 PM

\$70.00 / 1

#1925

EDUCATION

English Reading and Writing | Grades 1-2

AGES 5-7

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 written and spoken English level is required.

Instructor: Fatima Sumar

SPRING

WCC | APR 20 – JUN 22

TU, 3:30 PM – 4:30 PM

\$130.00 / 10

#1923

English Reading and Writing | Grades 2-3

AGES 7-9

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 written and spoken English level is required.

Instructor: Fatima Sumar

SPRING

WCC | APR 20 – JUN 22

TU, 4:45 PM – 5:45 PM

\$130.00 / 10

#1924

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

Mad Science AGES 3-11

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

Instructor: Mad Science of Greater Vancouver

SPRING

AGES 3-6

WCC | APR 15 – JUN 24

TH, 4:00 PM – 5:00 PM

\$242.00 / 11

#1931

SPRING

AGES 7-11

WCC | APR 15 – JUN 24

TH, 5:15 PM – 6:15 PM

\$242.00 / 11

#1930

Math-4-Kids AGES 7-9

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.



No class May 24

Instructor: Jane Wu

SPRING

WCC | APR 12 – JUN 21

M, 3:30 PM – 4:30 PM

\$250.00 / 10

#1927

EDUCATION

Young Moviemakers AGES 8-14

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

Instructor: Young Moviemakers

SPRING

WCC | APR 16 – JUN 4

F, 4:00 PM – 6:00 PM

\$300.00 / 8

#1934

Kids' Shield | Level 1 AGES 9-14



KIDS' SHIELD offers a comprehensive cyber security program to empower children to proactively protect themselves while they are surfing online. This platform uses an interdisciplinary approach to integrate technology, engineering, artificial intelligence plus the arts into learning. We believe that the best way to fight online dangers is through Education, and that can start at any age. KIDS' SHIELD provides a global cyber security certification program designed to help kids understand the dangers that come with being online and the things they can do to protect themselves from cyber threats. For more information, visit kidsshield.ca.

Instructor: Kids' Shield

SPRING

VIRTUAL | APR 13 – JUN 1

TU, 6:00 PM – 7:00 PM

\$200.00 / 8

#1929

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.

Ignite your Spring

NEW ART PROJECTS FOR A NEW SEASON!



Postal Art Project

Theatre for the Young Audience

Community Art Show

Craft Your Heart Out

Full program details can be
found in this guide or at
myuna.ca/recreation

MUSIC - EDUCATION & PRIVATE LESSONS

Virtual Music Theory AGES 8-18



Continue your music education with music theory over zoom. The goal of the course is toward RCM Grade 6 Theory examination fulfillment in order to complete co-requisites for RCM practical exam certificate awards. However, it is not necessary to take the exam if theory is learned for general musicianship as an audit course. Instructor will suggest exam dates after a few lessons of instruction and assessment. It is expected that the student has at least above a grade 4 level of piano or other practical instrument. Familiarity using Zoom will also be necessary if online. Instructor will suggest where to purchase additional materials.

Instructor: Eliza Za

SPRING

VIRTUAL | APR 12 – JUN 28

M, 5:00 PM – 6:00 PM

\$360.00 / 12

#1844

Guitar Lessons AGES 5-18

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

SPRING

WCC | APR 14 – JUN 23

W, 3:20 PM – 8:30 PM

\$330.00 / 11

#1986



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

SPRING

WCC | APR 12 – JUN 21

M, 3:20 PM – 8:30 PM

No class May 24

\$300.00 / 10

#1978

WCC | APR 14 – JUN 23

W, 3:20 PM – 8:30 PM

\$330.00 / 11

#1979

Instructor: Bassem Ghabrous

SPRING

WCC | APR 16 – JUN 25

F, 3:20 PM – 8:30 PM

\$330.00 / 11

#1983

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

SPRING

WCC | APR 15 – JUN 24

TH, 3:20 PM – 8:30 PM

\$379.50 / 11

#1971

WCC | APR 16 – JUN 25

F, 3:00 PM – 8:10 PM

\$379.50 / 11

#1972

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

SPRING

AGES 8-12

WCC | APR 16 – JUN 25

\$165.00 / 11

F, 4:00 PM – 5:00 PM

#1921

SPRING

AGES 13-18

WCC | APR 16 – JUN 25

\$220.00 / 11

F, 5:15 PM – 6:45 PM

#1922

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

SPRING

WCC | APR 17 – MAY 15

\$90.00 / 5

SA, 1:00 PM – 2:30 PM

#2139

WCC | MAY 29 – JUN 26

\$90.00 / 5

SA, 1:00 PM – 2:30 PM

#2140

**CHILDREN & YOUTH
PROGRAMS****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

SPRING

WCC | APR 14 – JUN 23

\$220.00 / 11

W, 3:45 PM – 4:30 PM

#1933

Sportball: Floor Hockey 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.

Instructor: Sportball Vancouver

SPRING

WCC | APR 14 – JUN 23

\$220.00 / 11

W, 4:45 PM – 5:30 PM

#1932

EASTER CRAFTS

April 1, 2021**AGES 3-6 at 3-4 PM | AGES 6-12 at 3:30-4:30 PM and 5-6 PM**

Children will create whimsical decorations to take home in a fun and engaging arts & crafts session. All art supplies will be provided, but bringing an art smock or old tshirt is recommend. Registration is required.



CHILDREN & YOUTH PROGRAMS

PHYSICAL ACTIVITY

Kyokushin Karate | 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 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. During COVID-19 students will be assigned a physically distanced space in the gym - there will be no physical contact.

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.

Instructor: Anthony Evangelista

SPRING

WCC | APR 13 – JUN 22

TU, 6:00 PM – 6:50 PM

\$121.00 / 11

#2081

WCC | APR 15 – JUN 24

TH, 6:00 PM – 6:50 PM

\$121.00 / 11

#2083

Kyokushin Karate AGES 6-18

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 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. During COVID-19 students will be assigned a physically distanced space in the gym - there will be no physical contact.

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.

Instructor: Anthony Evangelista

SPRING

WCC | APR 13 – JUN 22

TU, 7:00 PM – 8:30 PM

\$143.00 / 11

#2082

WCC | APR 15 – JUN 24

TH, 7:00 PM – 8:30 PM

\$143.00 / 11

#2084

Taekwondo AGES 4-18

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. During COVID-19 students will be assigned a physically distanced space in the gym - there will be no physical contact.

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.

No class May 23

Instructor: Vancouver Martial Arts

SPRING

BEGINNER

WCC | APR 11 – JUN 20

SU, 1:00 PM – 1:40 PM

\$110.00 / 10

#1988

INTERMEDIATE

WCC | APR 11 – JUN 20

SU, 1:00 PM – 1:50 PM

\$140.00 / 10

#1989

PROGRAMS MAY CHANGE DUE TO COVID-19 RESTRICTIONS. FOR THE MOST UP-TO-DATE PROGRAM INFORMATION, VISIT [MYUNA.CA/RECREATION/PROGRAMS](https://myuna.ca/recreation/programs).

PHYSICAL ACTIVITY

Youth Strength & Movement

AGES 13-18



Have you ever wanted to learn the basics of strength and movement? Local Kinesiologist Coach Kara, can teach you how to move your body in an optimal way. Over the course of this 10 week program, master the movement fundamentals of mobility work, pushing, pulling, hinging your hips, squatting and core stability. This is for those interested in discovering their own body's capabilities whilst unlocking new potential in a fun and non-threatening environment.

Instructor: Coach Kara

WCC | APR 15 – JUN 17

TH, 3:30 PM – 4:30 PM

\$75.00 / 10

#2133

Youth Basketball Shooting Practice

AGES 13-18

The gym will be open to high school students to drop-in and practice shooting and skill development. Each participant will have use of their own hoop and lots of space to social distance. Register up to 6 days before each session to secure your hoop and Bring Your Own Ball! Please stay at your hoop and at your key, as with the ongoing Covid-19 pandemic playing together in groups is not permitted at this time.

Supervisor: Hal Lackie

SPRING

WCC | APR 14 – JUN 23

W, 6:30 PM – 7:30 PM

\$3.00 ea / 11

#2076



*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

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

SOCIAL

Postal Art Project AGES 8-18



This project seeks to connect youth with seniors in the form of a pen pal project. Participants will be invited to exchange 5 old fashion posted letters with their pals, and each letter will be a unique art project. Juli Talerico, artist and educator, will facilitate the process, compile art kits, provide an instructional video for each project and engage with participants by email. This program is a beautiful way to participate in an artistic experience and at the same time nurture connections in the community. There will be no sessions or online meetings for this program. Register to participate.

Instructor: Juli Talerico

SPRING

ONGOING | FREE

#2099

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.

No class May 24

Instructor: Samika Bhimani

SPRING

WCC | APR 12 - MAY 31

M, 4:00 PM - 5:15 PM

UNA FREE | PUBLIC \$35.00 / 7

#1912

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.

Virtual Youth Leadership AGES 12-18



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.

Instructors: Hal Lackie and Samika Bhimani

SPRING

VIRTUAL | APR 15 - JUN 24

TH, 4:00 PM - 6:00 PM

UNA FREE | PUBLIC \$50.00 / 11

#1931

Youth Leadership Program AGES 13-18

Challenge yourself while contributing to your community. Join other UNA youth as you explore everything the UBC campus has to offer while building connections and leadership skills. Every term this group will combine fun social opportunities with personal growth, and volunteer-based action projects.

Instructors: Hal Lackie and Samika Bhimani

SPRING

WCC | APR 16 - JUN 25

F, 4:00 PM - 6:30 PM

UNA FREE | PUBLIC \$50.00 / 11

#1911

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. This committee is limited to 8 members maximum, and registration is required.

Instructor: Susan Sun

SPRING

WCC | APR 12 - MAY 31

M, 5:00 PM - 6:00 PM

FREE / 11

#2135

SUMMER CAMP TIMETABLE

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

Summer camp registration opens **March 15 at noon**. For full camp details, view pages 10-12 in this guide or myuna.ca/recreation

| | | | | | |
|--|---|--|---|--|--|
| SUMMER CAMPS WEEK 1 JUL 5-9 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM Eureka! Inventor's Camp 6-12 YEARS |  | |
| SUMMER CAMPS WEEK 2 JUL 12-16 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM Sportball Camp 6-9 YEARS | | |
| SUMMER CAMPS WEEK 3 JUL 19-23 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 10:00 AM - 12:00 PM Crossmaneuver Performing Arts 3-5 YEARS | 1:00 PM - 3:00 PM Crossmaneuver Performing Arts 5-7 YEARS |  |
| SUMMER CAMPS WEEK 4 JUL 26-30 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM Sportball Camp 6-9 YEARS | | |
| SUMMER CAMPS WEEK 5 AUG 3-6 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM 3, 2, 1 Blast Off! Camp 7-12 YEARS | | |
| SUMMER CAMPS WEEK 6 AUG 9-13 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 4:00 PM Crossmaneuver Performing Arts 7-13 YEARS | | |
| SUMMER CAMPS WEEK 7 AUG 16-20 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 10:00 AM - 12:00 PM Crossmaneuver Performing Arts 3-5 YEARS | 1:00 PM - 3:00 PM Crossmaneuver Performing Arts 5-7 YEARS | 9:00 AM - 4:00 PM Young Moviemakers 8-14 YEARS |
| SUMMER CAMPS WEEK 8 AUG 23-27 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM Sportball Camp 6-9 YEARS | 9:00 AM - 4:00 PM Young Moviemakers 8-14 YEARS | |
| SUMMER CAMPS WEEK 9 AUG 30-SEP 3 | 9:00 AM - 3:30 PM Summer Adventures 5-7 YEARS | 9:00 AM - 3:30 PM Summer Adventures 8-12 YEARS | 9:00 AM - 3:00 PM Secret Agent Lab Camp 6-11 YEARS | OLD BARN COMMUNITY CENTRE 6308 THUNDERBIRD BLVD. WESBROOK COMMUNITY CENTRE 3335 WEBBER LANE | |

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. During COVID-19 dancers will be assigned a space in the studio. There will be no physical contact.

Instructor: Emily Li

SPRING

WCC | APR 12 – JUN 21

M, 11:00 AM – 12:30 PM

No class May 24

\$270.00 / 10

#1916

WCC | APR 14 – JUN 23

W, 1:00 PM – 2:30 PM

\$297.00 / 11

#1917

WCC | APR 16 – JUN 25

F, 1:00 PM – 2:30 PM

\$297.00 / 11

#1918

EDUCATION

Beginner English Conversation

AGES 18+



Led by a UNA volunteer, this beginner level 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. An invitation link will be sent to registered participants prior to the first session.

Volunteer Instructor: Eileen LeGallais

SPRING

VIRTUAL | APR 13 – JUN 22

TU, 10:00 AM – 11:00 AM

\$22.00 / 11

#1956

Intermediate English Conversation

AGES 18+



Led by UNA volunteers, this Intermediate level class will give you the opportunity to practice more complex conversations and build vocabulary in a friendly, supportive environment. 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 Instructors: Alice Bradley and Victoria Harrison

SPRING

VIRTUAL | APR 14 – JUN 23

W, 1:00 PM – 2:00 PM

\$22.00 / 11

#1958

Advanced English Conversation

AGES 18+



The Advanced English class will be whatever we make it. Peter, the co-ordinator, 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. Hopefully we can overcome the limitations of online meetings. The class will be held on Zoom and an invitation link will be sent to registered participants prior to the first session.

Volunteer Instructor: Peter Brock

SPRING

VIRTUAL | APR 16 – JUN 25

F, 10:00 AM – 11:00 AM

\$22.00 / 11

#1962

VIRTUAL PROGRAMS WILL TAKE PLACE ON ZOOM. PLEASE MAKE SURE YOUR EMAIL IS UP TO DATE ON YOUR UNA ACCOUNT AND DOWNLOAD THE ZOOM APPLICATION AHEAD OF THE FIRST CLASS.

English ABCs AGES 18+

Led by a UNA volunteer, this entry level class is for people with little or no English. Basic vocabulary and simple sentences will be taught. 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: Nancy Dagan

SPRING

VIRTUAL | APR 15 – JUN 24 **TH, 10:00 AM – 11:00 AM**
\$22.00 / 11 #1960

English ABCs for Mandarin Speakers

AGES 18+



Led by a UNA volunteer, this class is for Mandarin speakers with little or no English. Basic vocabulary and simple sentences will be taught. 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.

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。课程在网上教授，要求学生在上课期间开启视频以便更好地参与。会议链接会在课前发到学生邮箱里。



No class May 24

Volunteer Instructors: Amber Huang and Titus Yung

SPRING

VIRTUAL | APR 12 – JUN 21 **M, 10:00 AM – 11:30 AM**
\$20.00 / 10 #1936

Mandarin Conversation | Beginner

AGES 18+



This volunteer-led class is a beginner course. Basic vocabulary and sentences will be taught for conversational Mandarin. Knowledge of Pingyin 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.

No class May 24

Volunteer Instructor: Pei Xu

SPRING

VIRTUAL | APR 12 – JUN 21 **M, 8:15 PM – 9:10 PM**
\$20.00 / 10 #1954

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 Pingyin 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.

No class May 24

Volunteer Instructor: Pei Xu

SPRING

VIRTUAL | APR 12 – JUN 21 **M, 7:15 PM – 8:10 PM**
\$20.00 / 10 #1953

ADULTS & SENIORS PROGRAMS

EDUCATION

Community Workshops AGES 19+



April 15 - Introduction to the IELTS Exam: This workshop, conducted by Andy Wilkins, will outline the structure of the exam and focus on strategies to improve your language skills and your score! The session will conclude with a question and answer period.

May 27 - Outdoor Safety: Interested in hiking and exploring the lower mainland? Join us as we discuss safety tips including trip planning, packing the essentials, outdoor travel tips, and more.

June 1 - UNA Orientation: Join us for an overview of neighbourhood services and opportunities, including programs, community gardens, volunteering and more.

SPRING

VIRTUAL | APR 15
FREE / 1

TH, 7:00 PM – 9:00 PM
#2150

VIRTUAL | MAY 27
FREE / 1

TH, 7:00 PM – 8:00 PM
#2151

VIRTUAL | JUN 1
FREE / 1

TU, 1:00 PM – 2:00 PM
#2152

Trails and Tales AGES 19+



With the intention of promoting safe and connected outdoor exercise among adults and seniors in the UNA community, Trails and Tales is designed to enrich the experience of walking and running in our local trails. Join this six week virtual program to get educational tips on the science behind exercise and share your observations and reflections with a community of practice. Matthew Noseworthy is a Master of Science student in the Neuroscience program in the Aging, Mobility, and Cognitive Health Lab at UBC.

Instructor: Matthew Noseworthy

SPRING

WCC | MAY 17 – JUN 21
FREE / 6

M, 5:00 PM – 6:00 PM
#2154

SOCIAL

Community Circle AGES 18+



Community Circle gives new and long term residents the opportunity to build community in an inclusive and friendly environment. Volunteers facilitate new weekly topics, and English is used as a common language; all levels are welcome. Sessions will be held on Zoom, and registration is encouraged but not required.

Instructor: Chris Ryan and Cecilia Wang

SPRING

VIRTUAL | APR 14 – JUN 23
FREE / 11

W, 12:00 PM – 1:30 PM
#1965

Living with Change and Uncertainty

AGES 16+



April 21 - Science for Supporting Well-Being

An overview of mental health and the science of mindfulness to navigate change and uncertainty of these times.

May 5 - Managing Emotions More Skillfully

Recognize emotional reactive body cues that often arise with impulses, and explore tools to thoughtfully respond.

May 19 - The Negative Bias and Science of Gratitude

We explore the role gratitude can play in supporting the immune system, concentration, stamina and positivity.

Instructor: BC Crisis Centre

SPRING

VIRTUAL | APR 21
FREE / 1

W, 7:00 PM – 8:00 PM
#2146

VIRTUAL | MAY 5
FREE / 1

W, 7:00 PM – 8:00 PM
#2147

VIRTUAL | MAY 19
FREE / 1

W, 7:00 PM – 8:00 PM
#2148

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

SPRING

VIRTUAL | JUN 2 – JUN 23
FREE / 4

W, 7:00 PM – 8:15 PM
#2116

MUSIC - EDUCATION & PRIVATE LESSONS

Virtual Music Theory AGES 18+



Continue your music education with music theory over zoom. The goal of the course is toward RCM Grade 6 Theory examination fulfilment in order to complete co-requisites for RCM practical exam certificate awards. However, it is not necessary to take the exam if theory is learned for general musicianship as an audit course. Instructor will suggest exam dates after a few lessons of instruction and assessment. It is expected that the student has at least above a grade 4 level of piano or other practical instrument. Familiarity using Zoom will also be necessary if online. Instructor will suggest where to purchase additional materials.

Instructor: Eliza Za

SPRING
VIRTUAL | APR 12 – JUN 28 M, 5:00 PM – 6:00 PM
\$360.00 / 12 #1844

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

SPRING
WCC | APR 14 – JUN 23 W, 3:20 PM – 8:30 PM
\$330.00 / 11 #1986



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

SPRING
WCC | APR 12– JUN 21 M, 3:20 PM – 8:30 PM
No class May 24
\$300.00 / 10 #1978

WCC | APR 14– JUN 23 W, 3:20 PM – 8:30 PM
\$330.00 / 11 #1979

Instructor: Bassem Ghabrous

SPRING
WCC | APR 16– JUN 25 F, 3:20 PM – 8:30 PM
\$330.00 / 11 #1983

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

SPRING
WCC | APR 15 – JUN 24 TH, 3:20 PM – 8:30 PM
\$379.50 / 11 #1971

WCC | APR 16 – JUN 25 F, 3:00 PM – 8:10 PM
\$379.50 / 11 #1972

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Badminton AGES 19+



Players of all levels are welcome to play friendly badminton games. Due to the current BC public health order that restricts group adult sports we have re-structured our adult sports as court bookings for two people. This may change as restrictions lift. Check our website for updates to this program. Please bring your own racquet and birdie, we are not currently lending out equipment.

SPRING

WCC | APR 12 – JUN 21 M, 6:15 PM – 7:15 PM
No class May 24
\$6.00 ea court booking / 10

WCC | APR 12 – JUN 21 M, 7:30 PM – 8:30 PM
No class May 24
\$6.00 ea court booking / 10

WCC | APR 13 – JUN 22 TU, 9:00 AM – 10:00 AM
\$6.00 ea court booking / 11

WCC | APR 13 – JUN 22 TU, 10:15 AM – 11:15 AM
\$6.00 ea court booking / 11

WCC | APR 16 – JUN 25 F, 7:00 PM – 8:00 PM
\$6.00 ea court booking / 11

Family Badminton AGES 5+

Book a court for one hour and play badminton with members of your household. Maximum four family members per booking.

No class May 23

SPRING
WCC | APR 11 – JUN 20 SU, 9:00 AM – 10:00 AM
\$10.00 ea court booking / 10

WCC | APR 11 – JUN 20 SU, 10:15 AM – 11:15 AM
\$10.00 ea court booking / 10

WCC | APR 11 – JUN 20 SU, 11:30 AM – 12:30 PM
\$10.00 ea court booking / 10

Kyokushin Karate AGES 19-22

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. 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

* Please note, due to the current public health order this class is only open to adults 19 - 22. The age maximum will be removed when restrictions relax*

Instructor: Anthony Evangelista

WCC | APR 13 – JUN 22 TU, 7:00 PM – 8:30 PM
\$165.00 / 11 #2089

WCC | APR 15 – JUN 24 TH, 7:00 PM – 8:30 PM
\$165.00 / 11 #2090

Pickleball Lessons AGES 19+

Introductory lessons with a professional instructor are a great way to learn the basics of the game and gain confidence. Played pickleball before? Improve and master your skills with intermediate or advanced lessons.

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

SPRING
BEGINNER
WCC | APR 16 – JUN 18 F, 9:00 AM – 10:30 AM
\$225.00 / 10 #2114

INTERMEDIATE
WCC | APR 16 – JUN 18 F, 10:45 AM – 12:15 PM
\$225.00 / 10 #2112

ADVANCED
APR 16 – JUN 18 F, 12:30 PM – 2:00 PM
\$225.00 / 10 #2113

Pickleball AGES 19+

Pickleball mixes elements of badminton, table tennis and tennis. Due to the current BC public health order that restricts group adult sports we have re-structured our adult sports as court bookings for two people. This may change as restrictions lift. Check our website for updates to this program. Please bring your own racquet and ball, we are not currently lending out equipment.

SPRING

WCC | APR 14 – JUN 23 W, 12:45 PM – 1:45 PM
\$6.00 ea court booking / 11

WCC | APR 14 – JUN 23 W, 2:00 PM – 3:00 PM
\$6.00 ea court booking / 11

WCC | APR 15 – JUN 24 TH, 10:00 AM – 11:00 AM
\$6.00 ea court booking / 11

WCC | APR 15 – JUN 24 TH, 11:15 AM – 12:15 PM
\$6.00 ea court booking / 11

WCC | APR 11 – JUN 20 SU, 2:30 PM – 3:30 PM
No class May 23
\$6.00 ea court booking / 11

WCC | APR 11 – JUN 20 SU, 3:45 PM – 4:45 PM
No class May 23
\$6.00 ea court booking / 11

Pickleball Lessons | Private AGES 19+

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

Instructor: Canadian Pickleball Academy

SPRING

WCC | APR 14 – MAY 12 W, 9:00 AM – 10:00 AM
\$361.10 / 5 #2117

WCC | APR 14 – MAY 12 W, 10:10 AM – 11:10 AM
\$361.10 / 5 #2119

WCC | APR 14 – MAY 12 W, 11:20 AM – 12:20 PM
\$361.10 / 5 #2121

WCC | MAY 19 – JUN 16 W, 9:00 AM – 10:00 AM
\$361.10 / 5 #2123

WCC | MAY 19 – JUN 16 W, 10:10 AM – 11:10 AM
\$361.10 / 5 #2122

WCC | MAY 19 – JUN 16 W, 11:20 AM – 12:20 PM
\$361.10 / 5 #2120

Pickleball Lessons | Semi-Private 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

SPRING

WCC | APR 14 – MAY 12 W, 9:00 AM – 10:00 AM
\$185.00 / 5 #2124

WCC | APR 14 – MAY 12 W, 10:10 AM – 11:10 AM
\$185.00 / 5 #2125

WCC | APR 14 – MAY 12 W, 11:20 AM – 12:20 PM
\$185.00 / 5 #2126

WCC | MAY 19 – JUN 16 W, 9:00 AM – 10:00 AM
\$185.00 / 5 #2127

WCC | MAY 19 – JUN 16 W, 10:10 AM – 11:10 AM
\$185.00 / 5 #2128

WCC | MAY 19 – JUN 16 W, 11:20 AM – 12:20 PM
\$185.00 / 5 #2129

Table Tennis AGES 19+

Book one hour sessions of table tennis in the Wesbrook Community Centre gym. Due to the current BC public health order that restricts group adult sports we have re-structured our adult sports as court bookings for two people. This may change as restrictions lift. Check our website for updates to this program. Please bring your own paddles and balls, we are not currently lending out equipment.

SPRING

WCC | APR 15 – JUN 24 TH, 1:15 PM – 2:15 PM
\$6.00 ea court booking / 11

WCC | APR 15 – JUN 24 TH, 2:30 PM – 3:30 PM
\$6.00 ea court booking / 11

ADULTS & SENIORS PROGRAMS

PHYSICAL ACTIVITY

Exhilarate Yoga AGES 19+



Exhilarate 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. Please note, this class has been modified to be a low intensity version of our Power Yoga class. Students can expect to get a good stretch and build strength with a focus on keeping our heart rates down.

Instructor: Anthony Evangelista

SPRING

WCC | APR 14 – JUN 23

\$143.00 / 11

W, 11:30 AM – 12:30 PM

#2093

Exhilarate Yoga | Virtual AGES 19+



Stay active by taking Exhilarate Yoga from the comfort of your home! During COVID-19 we want to ensure people have the flexibility to exercise in a space that they feel safe in. Anthony will be teaching students in person and online simultaneously.

Instructor: Anthony Evangelista

SPRING

VIRTUAL | APR 14 – JUN 23

\$143.00 / 11

W, 11:30 AM – 12:30 PM

#2094

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

SPRING

WCC | APR 16 – JUN 25

\$143.00 / 11

F, 10:00 AM – 11:00 AM

#1999

Gentle Yoga | Virtual AGES 19+



Stay active by taking Gentle Yoga from the comfort of your home! During COVID-19 we want to ensure people have the flexibility to exercise in a space that they feel safe in. Angie will be teaching students in person and online simultaneously.

Instructor: Angie Datt

SPRING

VIRTUAL | APR 16 – JUN 25

\$143.00 / 11

F, 10:00 AM – 11:00 AM

#2000

DUE TO COVID-19 THE UNA HAS
SUSPENDED YOGA MAT RENTALS AND
REMOVED ALL SHARED EQUIPMENT,
INCLUDING YOGA PROPS. PLEASE
BRING YOUR OWN ITEMS TO CLASS.

PHYSICAL ACTIVITY

Vinyasa Yoga AGES 19+

In Vinyasa Yoga we will learn and explore body awareness, and an ability to establish a calm and focused state of mind while being aware of the breath at all times. 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

SPRING

WCC | APR 13 – JUN 22

TU, 5:30 PM – 6:30 PM

\$143.00 / 11

#1919

Yoga in Mandarin AGES 19+

Group yoga taught in Mandarin for all levels of experience. This class will introduce a basic yoga practice and guide students to do proper positions. Yoga in Mandarin will help you to improve your balance, flexibility and strength in a welcoming and supportive environment.

国语瑜伽课

从基础姿势开始，学习通过呼吸引领身体去运动，增强身体各部分的力量和柔韧性，学习避免身体受伤的技巧。国语授课。欢迎报名。

No class May 22

Instructor: Amy Qin

SPRING

WCC | APR 17 – JUN 19

SA, 9:00 AM – 10:00 AM

\$117.00 / 9

#2130



INSTRUCTORS NEEDED!



The UNA is committed to providing inclusive and accessible recreational, educational and fitness programs to every member in the UNA Community.

We are currently looking for program instructors starting Fall 2021 onwards for the following areas:

- Fitness instructors
- Photography, videography, fine arts and mixed media instructors (for children, adults and seniors)
- Poetry and Creative writing instructors (for children, youth and seniors)
- Weekend piano instructor
- Speakers and workshop leaders
- Volunteer French/English instructors
- Volunteer social club leaders (knitting, neighbourhood walks/runs)

Apply at myuna.ca/recreation

HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE

ARTS

Fabric Art: Shibori and Printing

AGES 55+



Join us for a journey of textile exploration! In this course, participants will learn how to dye and create patterns on natural fibre fabrics using principles of the Japanese Shibori technique, as well as stamps and other printing tools. Attendees will receive an art kit and will be encouraged in the virtual sessions to combine the different methods they learn. On completion, participants will be invited to do an art exhibition with their creations.

Instructor: Mariana Frochtengarten

SPRING

VIRTUAL | APR 16 – JUN 18
FREE / 10

F, 1:00 PM – 2:15 PM
#2098

THE HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE SEEKS TO SUPPORT SENIORS IN OUR COMMUNITY DURING COVID-19 THROUGH FREE VIRTUAL DIGITAL LITERACY, WELLNESS AND SOCIAL PROGRAMS. THIS INITIATIVE HAS BEEN MADE POSSIBLE BY THE NEW HORIZONS FOR SENIORS PROGRAM FROM EMPLOYMENT & SOCIAL DEVELOPMENT CANADA (ESDC).

PLEASE VISIT OUR WEBSITE AT
WWW.MYUNA.CA/HEALTHY-SENIORS-RESILIENT-COMMUNITY/

Postal Art Project AGES 55+



This project seeks to connect youth with seniors in the form of a pen pal project. Participants will be invited to exchange 5 old fashion posted letters with their pals, and each letter will be a unique art project. Juli Talerico, artist and educator, will facilitate the process, compile art kits, provide an instructional video for each project and engage with participants by email. This program is a beautiful way to participate in an artistic experience and at the same time nurture connections in the community. There will be no sessions or online meetings for this program. Register to participate.



Instructor: Juli Talerico

SPRING

ONGOING | FREE

#2099

Rise Up and Sing! AGES 55+



Join Allison Anderson to sing and explore your voice from the comfort of your home. This virtual session will start with a vocal warm-up and a chance to stretch out, then we will work on songs, with recorded tracks. 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

SPRING

VIRTUAL | APR 13 – JUN 15
FREE / 10

TU, 4:00 PM – 5:15 PM
#2097

EDUCATION

One-on-One Computer Help **AGES 55+**

VIRTUAL

In this one-on-one session, the Computer Specialist will provide step-by-step coaching and help you find solutions to the problems or questions you have with your devices, software, and applications. Please email your requests to 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: Hesam Shahin

SPRING

VIRTUAL | APR 12 – JUN 14

M, 9:00 AM – 4:00 PM

FREE

VARIES - VIEW ONLINE

Seniors' Computer Cafe **AGES 55+**

VIRTUAL

Join this monthly virtual Seniors' Computer Cafe to share your digital learning experience and get new tips to gain confidence online. Please note, these sessions will be held on Zoom and a link will be sent to registered participants.

Apr 15 - Computer hardware, basics of using a mouse, special keys on the keyboard

May 13 (Part 1) and Jun 17 (Part 2) - Windows 10 Settings: Uninstall an app, adjust display settings, adjust power & sleep settings, adjust time and language settings, manage printers/scanners and bluetooth devices

Instructor: Hesam Shahin

SPRING

VIRTUAL | APR 15

TH, 1:00 PM – 2:00 PM

FREE / 1

#1975

VIRTUAL | MAY 13

TH, 1:00 PM – 2:00 PM

FREE / 1

#1976

VIRTUAL | JUN 17

TH, 1:00 PM – 2:00 PM

FREE / 1

#1977



PHYSICAL ACTIVITY

Virtual Chair Yoga **AGES 55+**

VIRTUAL

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.

Instructor: Angie Datt

SPRING

VIRTUAL | APR 14 – JUN 2

W, 10:00 AM – 11:00 AM

FREE / 8

#1991

Virtual Osteofit **AGES 55+**

VIRTUAL

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.

Instructor: Angie Datt

SPRING

VIRTUAL | APR 15 – JUN 3

TH, 10:00 AM – 11:00 AM

FREE / 8

#1993

HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE

PHYSICAL ACTIVITY

Virtual Tai Chi | Level 1 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.

No class May 24

Instructor: Joyce Ma

SPRING

VIRTUAL | APR 12 – JUN 7

M, 10:00 AM – 11:00 AM

FREE / 8

#2105

Virtual Tai Chi | Level 2 AGES 55+



Find peace and tranquility while strengthening your body, mind, and spirit from home. In this intermediate class Joyce will guide participants through tai chi forms. This class is best suited for people who have done tai chi before.

Instructor: Joyce Ma

SPRING

VIRTUAL | APR 13 – JUN 1

TU, 7:00 PM – 8:00 PM

FREE / 8

#210

VIRTUAL PROGRAMS WILL TAKE PLACE
ON ZOOM. PLEASE CREATE AN ACCOUNT
AND DOWNLOAD THE ZOOM APPLICATION
AHEAD OF THE FIRST CLASS.

SOCIAL

Chinese Seniors' Virtual Social Club

AGES 55+



This Club creates a virtual space for Chinese seniors in the UNA community to connect, socialize and do things together. The activities include singing, drawing, practising calligraphy, playing Tai Chi, sharing recipes, cooking, and more. Shize Li has extensive experience in leading Chinese seniors' art and wellness activities in the UNA.

社区老人网上社交俱乐部 (中文)

欢迎参加中文老人网上社交俱乐部，在李世泽老师带领下，社交、健身、唱歌、学习书法和画画，以及分享美食烹饪技巧。免费活动。

Instructor: Shize Li

SPRING

VIRTUAL | APR 14 – JUN 16

W, 1:30 PM – 3:30 PM

FREE / 10

#2137

Seniors & Friends Virtual Talk AGES 55+



This monthly Virtual Talk is to foster social connections among seniors in the community and will be hosted by senior members in the UNA community benefiting the health and wellbeing of seniors. Register for each session to receive the Zoom link.

Apr 22 - bc211 Services: Life isn't always easy, but finding help can be. The bc211 services connects you to programs and services in your community.

May 20 - Staying Active with the Men's Community

Network: Get inspired to move as members of the Men's Community Network share their experiences hiking, biking and walking around campus and the lower mainland. This session is open to all seniors.

Jun 24 - Campus Connections: Find out what's happening on the UBC campus. There are many free and low cost programs and opportunities available.

Facilitator: Linda Quamme

VIRTUAL | APR 22

TH, 1:00 PM – 2:30 PM

FREE / 1

#2141

VIRTUAL | MAY 20

TH, 1:00 PM – 2:30 PM

FREE / 1

#2144

VIRTUAL | JUN 24

TH, 1:00 PM – 2:30 PM

FREE / 1

#2143

HEALTHY SENIORS, RESILIENT COMMUNITY

The ***Healthy Seniors, Resilient Community*** project is tailored to support seniors in our community during COVID-19 through free virtual digital literacy programs, wellness and social programs. Programs in this project were created with the help of direct feedback from the UNA's senior community.

Please visit our website for programs at **myuna.ca/programs**.



This initiative has been made possible by the University Neighbourhoods Association (UNA) and the New Horizons for Seniors Program from Employment and Social Development Canada (ESDC).



SUMMER 2021 PROGRAM PREVIEW

Over the next few pages, get a sneak peek of what we are planning for the summer season!

More programs will be added as we get closer to July. Registration for weekly summer programs will open on May 31 at noon. Full details at myuna.ca/recreation.

Note: Camp registration opens March 15 at noon, see pages 10-12 for details.

EARLY YEARS - PHYSICAL ACTIVITY

Sportball: Outdoor Soccer AGES 4-6



Instructor: Sportball Vancouver

SUMMER

UNA FIELD | JUL 7 – AUG 25

\$160.00 / 8

W, 4:30 PM – 5:30 PM

#1952

Kyokushin Karate AGES 6-18

Instructor: Anthony Evangelista

SUMMER

WCC | JUL 6 – AUG 24

\$104.00 / 8

TU, 7:00 PM – 7:30 PM

#2086

WCC | JUL 8 – AUG 26

\$104.00 / 8

TH, 7:00 PM – 7:30 PM

#2088

CHILDREN & YOUTH - PHYSICAL ACTIVITY

Badminton AGES 8-18

Instructor: Badminton & Beyond

SUMMER

AGES 8-12

WCC | JUL 9 – AUG 27

\$120.00 / 8

F, 4:00 PM – 5:00 PM

#1997

SUMMER

AGES 13-18

WCC | JUL 9 – AUG 27

\$160.00 / 8

F, 5:15 PM – 6:45 PM

#1998

Sportball: Outdoor Soccer AGES 6-9



Instructor: Sportball Vancouver

SUMMER

UNA FIELD | JUL 7 – AUG 25

\$160.00 / 8

W, 5:45 PM – 6:45 PM

#1910

Kyokushin Karate | Beginner Kids AGES 5-9

Instructor: Anthony Evangelista

SUMMER

WCC | JUL 6 – AUG 24

\$88.00 / 8

TU, 6:00 PM – 6:50 PM

#2085

WCC | JUL 8 – AUG 26

\$88.00 / 8

TH, 6:00 PM – 6:50 PM

#2087



Kyokushin Karate AGES 19-22

Instructor: Anthony Evangelista

SUMMERWCC | JUL 6 – AUG 24 TU, 6:00 PM – 7:30 PM
\$120.00 / 8 #2091WCC | JUL 8 – AUG 26 TH, 7:00 PM – 8:30 PM
\$120.00 / 8 #2092**Exhilarate Yoga** AGES 19+

Instructor: Anthony Evangelista

SUMMERWCC | JUL 7 – AUG 25 W, 11:30 AM – 12:30 PM
\$104.00 / 8 #2095**Exhilarate Yoga | Virtual** AGES 19+

Instructor: Anthony Evangelista

SUMMERVIRTUAL | JUL 7 – AUG 25 W, 11:30 AM – 12:30 PM
\$104.00 / 8 #2096**Gentle Yoga** AGES 19+

Instructor: Angie Datt

SUMMERWCC | JUL 9 – AUG 27 F, 10:00 AM – 11:00 AM
\$104.00 / 8 #2003**Gentle Yoga | Virtual** AGES 19+

Instructor: Angie Datt

SUMMERVIRTUAL | JUL 9 – AUG 27 F, 10:00 AM – 11:00 AM
\$104.00 / 8 #2004**Vinyasa Yoga** AGES 19+

Instructor: Negar Amini

SUMMERWCC | JUL 6 – AUG 31 F, 10:00 AM – 11:00 AM
\$117.00 / 9 #1920**ALL AGES - PRIVATE MUSIC LESSONS****Guitar** AGES 5+

Instructor: Tom Wherrett

SUMMERWCC | JUL 7 – AUG 25 W, 3:20 PM – 8:30 PM
\$240.00 / 8 #1987**Piano** AGES 5+

Instructor: Derek Pang

SUMMERWCC | JUL 5 – AUG 24 M, 3:20 PM – 8:30 PM
No class Aug 2
\$210.00 / 7 #1981WCC | JUL 7 – AUG 25 W, 3:20 PM – 8:30 PM
\$240.00 / 8 #1982

Instructor: Bassem Ghabrous

SUMMERWCC | JUL 9 – AUG 27 F, 3:20 PM – 8:30 PM
\$240.00 / 8 #1984**Violin** AGES 5+

Instructor: Andrew Ty

SUMMERWCC | JUL 8 – AUG 26 TH, 3:20 PM – 8:30 PM
No class Aug 2
\$276.00 / 8 #1973WCC | JUL 9 – AUG 27 F, 3:20 PM – 8:30 PM
\$276.00 / 8 #1974

WEAVING WELLNESS

A MENTAL HEALTH INITIATIVE

Looking after your wellbeing is more important than ever. **Weaving Wellness** is a new UNA initiative that aims to make mental health resources more accessible to the community.

Full details at myuna.ca/weaving-wellness

LIVING WITH CHANGE & UNCERTAINTY

Instructor: BC Crisis Centre
7-8 PM | AGES 16+

Join this 3-session webinar series to learn practical tools that support managing emotions, fostering healthy relationships and coping with the unique stressors of these times. The program is free, but registration is required for each individual session.

April 21 - Science for Supporting Well-Being

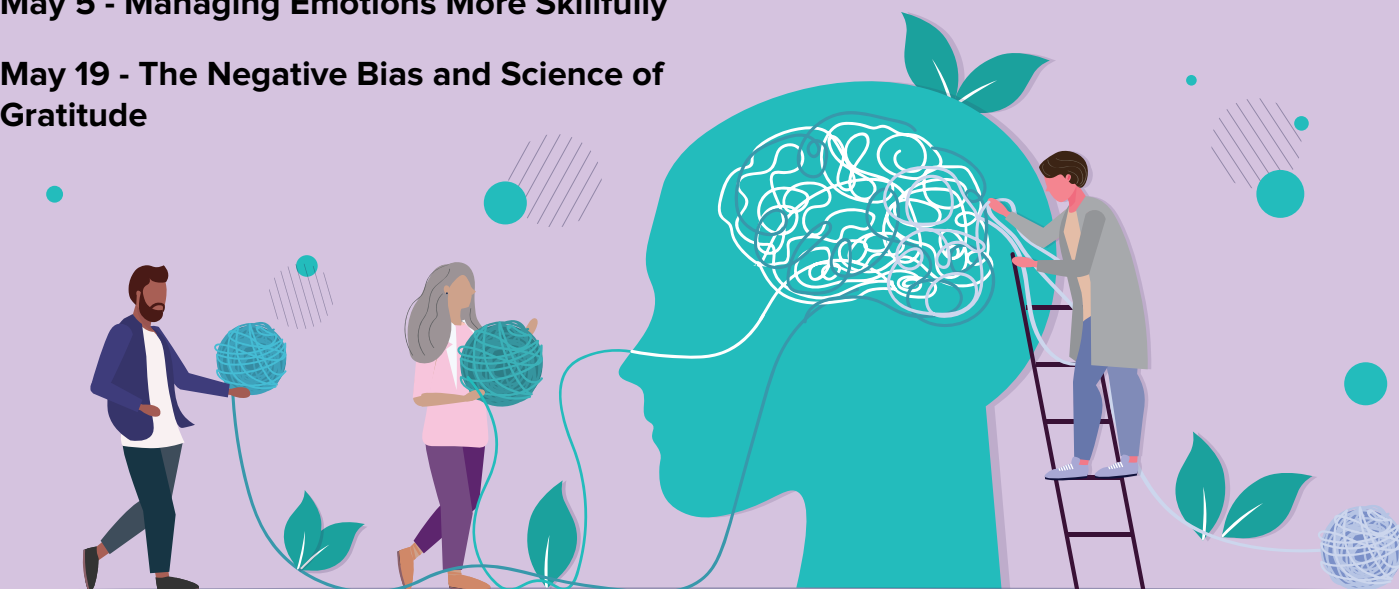
May 5 - Managing Emotions More Skillfully

May 19 - The Negative Bias and Science of Gratitude

STRONG AT HEART

Instructor: Angela Low
4 sessions | 7-8:15 PM
Wednesdays, June 2-23

Expand your capacity to maintain and promote mental and emotional well-being, and maintain a positive outlook even during difficult times. Facilitated by a specialist in emotional intelligence, positive psychology and child development.



INDEX & SCHEDULE

COMMUNITY EVENTS - PAGES 8-9

| | | | | | | | |
|------|----------------------------|-------------|--------|-----|----------|---------|--------------|
| 2054 | Easter Crafts (Parent Tot) | Ages 3 - 6 | Apr 1 | Thu | 2:00 PM | WCC | 复活节亲子手工活动 |
| 2038 | Easter Crafts | Ages 6 - 12 | Apr 1 | Thu | 3:30 PM | WCC | 复活节手工活动 |
| 2048 | Easter Crafts | Ages 6 - 12 | Apr 1 | Thu | 5:00 PM | WCC | 复活节手工活动 |
| 2104 | Theatre for the Young | Ages 3 + | Apr 24 | Sat | 11:00 AM | WCC | 青少年剧院 |
| 2102 | Community Art Show | Ages 5 + | Apr 30 | Fri | 6:30 PM | Virtual | 社区艺术表演- 演员招募 |
| 2101 | Mother's Day: Abayomi | Ages 3 + | May 8 | Sat | 10:30 AM | WCC | “母亲节”庆祝 |
| 2138 | Canada Day | All ages | Jul 1 | Thu | TBC | WCC | 加拿大国庆日 |

CAMPS - PAGES 10-12

| | | | | | | | |
|------|-------------------------|-------------|--------|------|----------|------|------------|
| 1995 | Crossmaneuver Perform. | Ages 3 - 5 | Jul 19 | M-F | 10:00 AM | OBCC | 艺术夏令营 |
| 1996 | Crossmaneuver Perform. | Ages 3 - 5 | Aug 16 | M-F | 10:00 AM | OBCC | 艺术夏令营 |
| 1992 | Crossmaneuver Perform. | Ages 5 - 7 | Jul 19 | M-F | 1:00 PM | OBCC | 艺术夏令营 |
| 1994 | Crossmaneuver Perform. | Ages 5 - 7 | Aug 16 | M-F | 1:00 PM | OBCC | 艺术夏令营 |
| 1990 | Crossmaneuver Perform. | Ages 7 - 13 | Aug 9 | M-F | 9:00 AM | OBCC | 艺术夏令营 |
| 2110 | 3, 2, 1 Blast Off! Camp | Ages 7 - 12 | Aug 3 | Tu-F | 9:00 AM | OBCC | 太空和火箭发射夏令营 |
| 2109 | Eureka! Inventor's Camp | Ages 6 - 12 | Jul 5 | M-F | 9:00 AM | OBCC | 科学发明家夏令营 |
| 2115 | Secret Agent Lab Camp | Ages 6 - 11 | Aug 30 | M-F | 9:00 AM | OBCC | 科学秘密侦探夏令营 |
| 2005 | Young Movie-makers | Ages 8 - 14 | Aug 16 | M-F | 9:00 AM | WCC | 少年电影制作夏令营 |
| 2107 | Young Movie-makers | Ages 8 - 14 | Aug 23 | M-F | 9:00 AM | OBCC | 少年电影制作夏令营 |
| 2136 | Sportball Camp | Ages 6 - 9 | Jul 12 | M-F | 9:00 AM | WCC | 球类夏令营 |
| 2001 | Sportball Camp | Ages 6 - 9 | Jul 26 | M-F | 9:00 AM | WCC | 球类夏令营 |
| 2002 | Sportball Camp | Ages 6 - 9 | Aug 23 | M-F | 9:00 AM | WCC | 球类夏令营 |
| 1938 | Summer Adventures | Ages 5 - 7 | Jul 5 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1942 | Summer Adventures | Ages 8 - 12 | Jul 5 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1945 | Summer Adventures | Ages 5 - 7 | Jul 12 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1946 | Summer Adventures | Ages 8 - 12 | Jul 12 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1947 | Summer Adventures | Ages 5 - 7 | Jul 19 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1948 | Summer Adventures | Ages 8 - 12 | Jul 19 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1950 | Summer Adventures | Ages 5 - 7 | Jul 26 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1949 | Summer Adventures | Ages 8 - 12 | Jul 26 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1955 | Summer Adventures | Ages 5 - 7 | Aug 3 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1957 | Summer Adventures | Ages 8 - 12 | Aug 3 | Tu-F | 9:00 AM | WCC | 探险夏令营 |
| 1961 | Summer Adventures | Ages 5 - 7 | Aug 9 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1959 | Summer Adventures | Ages 8 - 12 | Aug 9 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1963 | Summer Adventures | Ages 5 - 7 | Aug 16 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1964 | Summer Adventures | Ages 8 - 12 | Aug 16 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1966 | Summer Adventures | Ages 5 - 7 | Aug 23 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1967 | Summer Adventures | Ages 8 - 12 | Aug 23 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1969 | Summer Adventures | Ages 5 - 7 | Aug 30 | M-F | 9:00 AM | WCC | 探险夏令营 |
| 1970 | Summer Adventures | Ages 8 - 12 | Aug 30 | M-F | 9:00 AM | WCC | 探险夏令营 |

INDEX & SCHEDULE

EARLY YEARS - PAGES 14-15

| | | | | | | | |
|------|-------------------------|------------|--------|-----|----------|-----|------------|
| 2012 | Parents + Me Cr. Dance | Ages 2 - 3 | Apr 12 | Mon | 2:00 PM | WCC | 亲子创意舞蹈 |
| 2015 | Creative Dance | Ages 2 - 5 | Apr 12 | Mon | 3:15 PM | WCC | 创意舞蹈 |
| 2111 | Preschool Ballet | Ages 3 - 5 | Apr 11 | Sun | 11:30 AM | WCC | 学前芭蕾 |
| 2020 | Preschool Dance | Ages 3 - 5 | Apr 14 | Wed | 3:30 PM | WCC | 学前舞蹈 |
| 1951 | Crafts with Ruta | Ages 2 - 5 | Apr 16 | Fri | 9:30 AM | WCC | 和Ruta一起做手工 |
| 1931 | Mad Science | Ages 3 - 6 | Apr 15 | Thu | 4:00 PM | WCC | 疯狂科学 |
| 1933 | Sportball: Floor Hockey | Ages 4 - 6 | Apr 14 | Wed | 3:45 PM | WCC | 少儿曲棍球 |
| 1937 | Circle Time with Ruta | Ages 0 - 5 | Apr 13 | Tue | 9:30 AM | WCC | 幼儿故事会 |
| 1939 | Circle Time with Ruta | Ages 0 - 5 | Apr 13 | Tue | 10:15 AM | WCC | 幼儿故事会 |
| 1940 | Circle Time with Ruta | Ages 0 - 5 | Apr 13 | Tue | 11:00 AM | WCC | 幼儿故事会 |
| 1941 | Circle Time with Ruta | Ages 0 - 5 | Apr 15 | Thu | 9:30 AM | WCC | 幼儿故事会 |
| 1943 | Circle Time with Ruta | Ages 0 - 5 | Apr 15 | Thu | 10:15 AM | WCC | 幼儿故事会 |
| 1944 | Circle Time with Ruta | Ages 0 - 5 | Apr 15 | Thu | 11:00 AM | WCC | 幼儿故事会 |

ACTIVE KIDS - PAGES 16-17

| | | | | | | | |
|------|---------------------------|--------------|-------|-----|----------|-----|-----------|
| 2072 | Multi-Sport + Playtime | Ages 1 - 3 | May 3 | Mon | 9:30 AM | WCC | 多项球类和游戏 |
| 2073 | Multi-Sport Physical Lit. | Ages 3 - 5 | May 3 | Mon | 10:30 AM | WCC | 少儿球类和健体运动 |
| 2074 | Soccer | Ages 3 - 5 | May 3 | Mon | 4:00 PM | WCC | 足球 |
| 2075 | Soccer | Ages 6 - 9 | May 3 | Mon | 5:00 PM | WCC | 足球 |
| 2078 | Basketball | Ages 8 - 12 | May 4 | Tue | 4:00 PM | WCC | 篮球 |
| 2080 | Basketball | Ages 12 - 16 | May 6 | Thu | 4:00 PM | WCC | 篮球 |
| 2079 | Basketball | Ages 8 - 12 | May 6 | Thu | 4:00 PM | WCC | 篮球 |

CHILDREN & YOUTH - ARTS & EDUCATION - PAGES 18-21

| | | | | | | | |
|------|--------------------------|--------------|--------|-----|----------|---------|-------------------|
| 2006 | Dance Foundations | Ages 4 - 6 | Apr 12 | Mon | 4:15 PM | WCC | 舞蹈基础 |
| 2008 | Ballet Level 1 | Ages 5 - 7 | Apr 14 | Wed | 4:30 PM | WCC | 芭蕾一级 |
| 2009 | Ballet Level 2 | Ages 7 - 10 | Apr 14 | Wed | 5:45 PM | WCC | 芭蕾二级 |
| 2131 | Bollywood Dance | Ages 7 - 13 | Apr 23 | Fri | 5:00 PM | WCC | 宝莱坞舞蹈 |
| 2010 | Contemp. Jazz Lv 1 | Ages 6 - 9 | Apr 14 | Wed | 7:00 PM | WCC | 当代爵士乐一级 |
| 2007 | Contemp. Jazz Lv 2 | Ages 9 - 13 | Apr 12 | Mon | 6:45 PM | WCC | 现代爵士舞二级 |
| 2108 | Pre-Teen Ballet | Ages 9 - 13 | Apr 11 | Sun | 12:30 PM | WCC | 中级芭蕾舞 |
| 2077 | CRAZI Dance Crew | Ages 12 - 18 | Apr 16 | Fri | 3:30 PM | WCC | CRAZI舞团 - 舞者公开招募 |
| 2011 | Musical Theatre | Ages 7 - 11 | Apr 12 | Mon | 5:30 PM | WCC | 音乐剧场 |
| 2132 | Craft Your Heart | Ages 13 - 18 | Apr 17 | Sat | 1:00 PM | WCC | 手工设计 |
| 1925 | Red Cross Babysitting | Ages 11 - 16 | May 15 | Sat | 9:00 AM | WCC | 红十字会儿童看护课程 |
| 1926 | Red Cross Stay Safe! | Ages 9 - 12 | Apr 26 | Mon | 9:00 AM | WCC | 红十字会紧急救助和安全课程 |
| 1923 | Eng. Read/Write Gr 1-2 | Ages 5 - 7 | Apr 20 | Tue | 3:30 PM | WCC | 英语阅读和写作 |
| 1924 | Eng. Read/Write Gr 2-3 | Ages 7 - 9 | Apr 20 | Tue | 4:45 PM | WCC | 英语阅读和写作 |
| 1931 | Mad Science | Ages 3 - 6 | Apr 15 | Thu | 4:00 PM | WCC | 疯狂科学 |
| 1930 | Mad Science | Ages 7 - 11 | Apr 15 | Thu | 5:15 PM | WCC | 疯狂科学 |
| 1927 | Math-4-Kids | Ages 7 - 9 | Apr 12 | Mon | 3:30 PM | WCC | 趣味数学和科学 |
| 1929 | Kids' Shield - Level 1 | Ages 9 - 14 | Apr 13 | Tue | 6:00 PM | Virtual | 儿童网络安全培训课程 - 护盾一级 |
| 934 | Young Moviemakers | Ages 8 - 14 | Apr 16 | Fri | 4:00 PM | WCC | 少年电影制作 |

CHILDREN & YOUTH - PHYSICAL ACTIVITY - PAGES 23-25

| | | | | | | | |
|------|---------------------------|--------------|--------|-----|----------|-----|------------|
| 1921 | Badminton | Ages 8 - 12 | Apr 16 | Fri | 4:00 PM | WCC | 羽毛球 |
| 1922 | Badminton | Ages 13 - 18 | Apr 16 | Fri | 5:15 PM | WCC | 羽毛球 |
| 2133 | Foundations Movement | Ages 13 - 18 | Apr 17 | Sat | 11:30 AM | WCC | 运动基础 |
| 1933 | Sportball: Floor Hockey | Ages 4 - 6 | Apr 14 | Wed | 3:45 PM | WCC | 少儿曲棍球 |
| 1932 | Sportball: Floor Hockey | Ages 6 - 9 | Apr 14 | Wed | 4:45 PM | WCC | 曲棍球 |
| 2083 | Kyokushin Karate Beg. | Ages 5 - 9 | Apr 15 | Thu | 6:00 PM | WCC | 极真空手道-儿童初级 |
| 2081 | Kyokushin Karate Beg | Ages 5 - 9 | Apr 13 | Tue | 6:00 PM | WCC | 极真空手道-儿童初级 |
| 2082 | Kyokushin Karate | Ages 6 - 18 | Apr 13 | Tue | 7:00 PM | WCC | 极真空手道 |
| 2084 | Kyokushin Karate | Ages 6 - 18 | Apr 15 | Thu | 7:00 PM | WCC | 极真空手道 |
| 1988 | TaeKwonDo Beginner | Ages 4 - 18 | Apr 11 | Sun | 1:00 PM | WCC | 初学者跆拳道 |
| 1989 | TaeKwonDo Int | Ages 4 - 18 | Apr 11 | Sun | 1:00 PM | WCC | 初学者跆拳道 |
| 2139 | Volleyball BC: Train Play | Ages 12 - 15 | Apr 17 | Sat | 1:00 PM | WCC | 排球: 培训和练习 |
| 2140 | Volleyball BC: Train Play | Ages 12 - 15 | May 29 | Sat | 1:00 PM | WCC | 排球: 培训和练习 |
| 2076 | Youth Basketball Shoot. | Ages 13 - 18 | Apr 14 | Wed | 6:30 PM | WCC | 青年篮球投球练习 |

CHILDREN & YOUTH - SOCIAL - PAGE 26

| | | | | | | | |
|------|--------------------------|--------------|---------|-----|---------|---------|--------------|
| 2135 | Youth Art Engagement | Ages 13 - 18 | Apr 12 | Mon | 5:00 PM | WCC | 青年艺术社团 |
| 2118 | Postal Art Project | Ages 8 - 18 | ongoing | | | WCC | 信笺传书项目 - 笔友会 |
| 1912 | Pre-Teen Leadership | Ages 9 - 12 | Apr 12 | Mon | 4:00 PM | WCC | 少年领导力 |
| 1913 | Virtual Youth Leadership | Ages 12 - 18 | Apr 15 | Thu | 4:00 PM | Virtual | 青年领导力 |
| 1911 | Youth Leadership | Ages 13 - 18 | Apr 16 | Fri | 4:00 PM | WCC | 青年领导力 |

ADULTS & OLDER ADULTS - ARTS & EDUCATION - PAGES 28-30

| | | | | | | | |
|------|-------------------------|-----------|--------|-----|----------|---------|--------------------|
| 1916 | Chinese Folk Dance | Ages 19 + | Apr 12 | Mon | 11:00 AM | WCC | 中国民族舞蹈 |
| 1917 | Chinese Folk Dance | Ages 19 + | Apr 14 | Wed | 1:00 PM | WCC | 中国民族舞蹈 |
| 1918 | Chinese Folk Dance | Ages 19 + | Apr 16 | Fri | 1:00 PM | WCC | 中国民族舞蹈 |
| 1962 | Advanced English Conv. | Ages 18 + | Apr 16 | Fri | 10:00 AM | Virtual | 高级英语会话 |
| 1956 | Beginner English Conv. | Ages 18 + | Apr 12 | Tue | 10:00 AM | Virtual | 英语会话 - 初级 |
| 1954 | Beginner Mandarin Conv. | Ages 18 + | Apr 12 | Mon | 8:15 PM | Virtual | 汉语学习 - 初级 |
| 1960 | English ABCs | Ages 18 + | Apr 15 | Thu | 10:00 AM | Virtual | 英语入门 |
| 1936 | English ABCs - Mandarin | Ages 18 + | Apr 12 | Mon | 10:00 AM | Virtual | 英语入门(国语) |
| 1958 | Intermediate Eng. Conv. | Ages 18 + | Apr 14 | Wed | 1:00 PM | Virtual | 英语会话 - 中级 |
| 2154 | Trails and Tales | Ages 19+ | May 17 | Mon | 5:00 PM | WCC | 学习走路和跑步: 户外运动与减缓衰老 |
| 2150 | Community Workshops | Ages 18 + | Apr 13 | Thu | 7:00 PM | Virtual | 社区讲座系列 |
| 2151 | Community Workshops | Ages 18 + | May 27 | Thu | 7:00 PM | Virtual | 社区讲座系列 |
| 2152 | Community Workshops | Ages 18 + | Jun 1 | Tue | 1:00 PM | Virtual | 社区讲座系列 |
| 2146 | Living with Change | Ages 16+ | Apr 21 | Wed | 7:00 PM | Virtual | 应对变化和不确定性培训系列 |
| 2147 | Living with Change | Ages 16+ | May 5 | Wed | 7:00 PM | Virtual | 应对变化和不确定性培训系列 |
| 2148 | Living with Change | Ages 16+ | May 19 | Wed | 7:00 PM | Virtual | 应对变化和不确定性培训系列 |
| 2116 | Strong At Heart | Ages 19+ | Jun 2 | Wed | 7:00 PM | Virtual | 逆境情康培训系列 |
| 1953 | Int. Mandarin Conv. | Ages 18+ | Apr 12 | Mon | 7:15 PM | Virtual | 汉语学习 - 中级 |

INDEX & SCHEDULE

ADULTS & OLDER ADULTS - PHYSICAL ACTIVITY - PAGES 32-35

| | | | | | | | |
|------|---------------------------|--------------|--------|-----|----------|---------|--------------|
| 2090 | Kyokushin Karate | Ages 19 - 22 | Apr 15 | Thu | 7:00 PM | WCC | 极真空手道 |
| 2089 | Kyokushin Karate | Ages 19 - 22 | Apr 13 | Tue | 7:00 PM | WCC | 极真空手道 |
| 2114 | Pickleball Lessons Beg | Ages 19 + | Apr 16 | Fri | 9:00 AM | WCC | 匹克球初级 |
| 2112 | Pickleball Lessons Int | Ages 19 + | Apr 16 | Fri | 10:45 AM | WCC | 匹克球中级 |
| 2113 | Pickleball Lessons Adv | Ages 19 + | Apr 16 | Fri | 12:30 PM | WCC | 匹克球高级 |
| 2117 | Pickleball Lessons Prv. | Ages 19 + | Apr 14 | Wed | 9:00 AM | WCC | 匹克球私教课 |
| 2119 | Pickleball Lessons Prv. | Ages 19 + | Apr 14 | Wed | 10:10 AM | WCC | 匹克球私教课 |
| 2121 | Pickleball Lessons Prv. | Ages 19 + | Apr 14 | Wed | 11:20 AM | WCC | 匹克球私教课 |
| 2123 | Pickleball Lessons Prv. | Ages 19 + | May 19 | Wed | 9:00 AM | WCC | 匹克球私教课 |
| 2122 | Pickleball Lessons Prv. | Ages 19 + | May 19 | Wed | 10:10 AM | WCC | 匹克球私教课 |
| 2120 | Pickleball Lessons Prv. | Ages 19 + | May 19 | Wed | 11:20 AM | WCC | 匹克球私教课 |
| 2124 | Pickleball Semi Private | Ages 19 + | Apr 14 | Wed | 9:00 AM | WCC | 匹克球私教课 |
| 2125 | Pickleball Semi Private | Ages 19 + | Apr 14 | Wed | 10:10 AM | WCC | 匹克球私教课 |
| 2126 | Pickleball Semi Private | Ages 19 + | Apr 14 | Wed | 11:20 AM | WCC | 匹克球私教课 |
| 2127 | Pickleball Semi Private | Ages 19 + | May 19 | Wed | 9:00 AM | WCC | 匹克球私教课 |
| 2128 | Pickleball Semi Private | Ages 19 + | May 19 | Wed | 10:10 AM | WCC | 匹克球私教课 |
| 2129 | Pickleball Semi Private | Ages 19 + | May 19 | Wed | 11:20 AM | WCC | 匹克球私教课 |
| 2093 | Exhilarate Yoga | Ages 19 + | Apr 14 | Wed | 11:30 AM | WCC | 动感瑜伽 |
| 2094 | Exhilarate Yoga - Virtual | Ages 19 + | Apr 14 | Wed | 11:30 AM | Virtual | 线上动感瑜伽 |
| 1999 | Gentle Yoga | Ages 19 + | Apr 16 | Fri | 10:00 AM | WCC | 轻柔瑜伽 |
| 2000 | Gentle Yoga - Virtual | Ages 19 + | Apr 16 | Fri | 10:00 AM | Virtual | 线上轻柔瑜伽 |
| 1919 | Vinyasa Yoga | Ages 19 + | Apr 13 | Tue | 5:30 PM | WCC | Vinyasa Yoga |
| 2130 | Yoga in Mandarin | Ages 19 + | Apr 17 | Sat | 9:00 AM | WCC | 中文瑜伽 |
| 1965 | Community Circle | Ages 18 + | Apr 14 | Wed | 12:00 PM | Virtual | 社区朋友圈 |
| | Badminton | Ages 19 + | Apr 12 | Mon | 6:15 PM | WCC | 羽毛球私教课 |
| | Badminton | Ages 19 + | Apr 12 | Mon | 7:30 PM | WCC | 羽毛球私教课 |
| | Badminton | Ages 19 + | Apr 13 | Tue | 9:00 AM | WCC | 羽毛球私教课 |
| | Badminton | Ages 19 + | Apr 13 | Tue | 10:15 AM | WCC | 羽毛球私教课 |
| | Badminton | Ages 19 + | Apr 16 | Fri | 7:00 PM | WCC | 羽毛球私教课 |
| | Family Badminton | Ages 5+ | Apr 11 | Sun | 9:00 AM | WCC | 家庭羽毛球 |
| | Family Badminton | Ages 5+ | Apr 11 | Sun | 10:15 AM | WCC | 家庭羽毛球 |
| | Family Badminton | Ages 5+ | Apr 11 | Sun | 11:30 AM | WCC | 家庭羽毛球 |
| | Pickleball | Ages 19 + | Apr 14 | Wed | 12:45 PM | WCC | 匹克球 |
| | Pickleball | Ages 19 + | Apr 14 | Wed | 2:00 PM | WCC | 匹克球 |
| | Pickleball | Ages 19 + | Apr 15 | Thu | 10:00 AM | WCC | 匹克球 |
| | Pickleball | Ages 19 + | Apr 15 | Thu | 11:15 AM | WCC | 匹克球 |
| | Pickleball | Ages 19 + | Apr 11 | Sun | 2:30 PM | WCC | 匹克球 |
| | Pickleball | Ages 19 + | Apr 11 | Sun | 3:45 PM | WCC | 匹克球 |
| | Table Tennis | Ages 19 + | Apr 15 | Th | 1:15 PM | WCC | 乒乓球 |
| | Table Tennis | Ages 19 + | Apr 15 | Th | 2:30 PM | WCC | 乒乓球 |

HEALTHY SENIORS - PAGES 36-38

| | | | | | | | |
|---------|------------------------------|-----------|---------|-----|----------|---------|--------------|
| 2098 | Fabric Art: Shibori Printing | Ages 55 + | Apr 16 | Fri | 1:00 PM | Virtual | 绞染和印花艺术 |
| 2118 | Postal Art Project | Ages 55 + | ongoing | | | WCC | 信笺传书项目 - 笔友会 |
| 2137 | Chinese Seniors Online | Ages 55 + | Apr 14 | Wed | 1:30 PM | Virtual | 华语老年线上社交俱乐部 |
| 2097 | Rise up and Sing! | Ages 55 + | Apr 13 | Tue | 4:00 PM | Virtual | 老年歌友会 |
| various | One-on-One Comp Help | Ages 55 + | various | Mon | | Virtual | 一对一电脑辅导 |
| 1975 | Seniors' Computer Cafe | Ages 55 + | Apr 15 | Thu | 1:00 PM | Virtual | 老年电脑座谈会 |
| 1976 | Seniors' Computer Cafe | Ages 55 + | May 13 | Thu | 1:00 PM | Virtual | 老年电脑座谈会 |
| 1977 | Seniors' Computer Cafe- | Ages 55 + | Jun 17 | Thu | 1:00 PM | Virtual | 老年电脑座谈会 |
| 1991 | Virtual Chair Yoga | Ages 55 + | Apr 14 | Wed | 10:00 AM | Virtual | 网上椅子瑜伽 |
| 1993 | Virtual Osteofit | Ages 55 + | Apr 15 | Thu | 10:00 AM | Virtual | 网上健骨课程 |
| 2105 | Virtual Tai Chi Level 1 | Ages 55 + | Apr 12 | Mon | 10:00 AM | Virtual | 网上太极一级 |
| 2106 | Virtual Tai Chi Level 2 | Ages 55 + | Apr 13 | Tue | 7:00 PM | Virtual | 网上太极二级 |
| 2141 | Seniors and Friends Virtual | Ages 55 + | Apr 22 | Thu | 1:00 PM | Virtual | 老年之友座谈会 |
| 2144 | Seniors and Friends Virtual | Ages 55 + | May 20 | Thu | 1:00 PM | Virtual | 老年之友座谈会 |
| 2143 | Seniors and Friends Virtual | Ages 55 + | Jun 24 | Thu | 1:00 PM | Virtual | 老年之友座谈会 |


ALL AGES MUSIC - PAGES 22+31

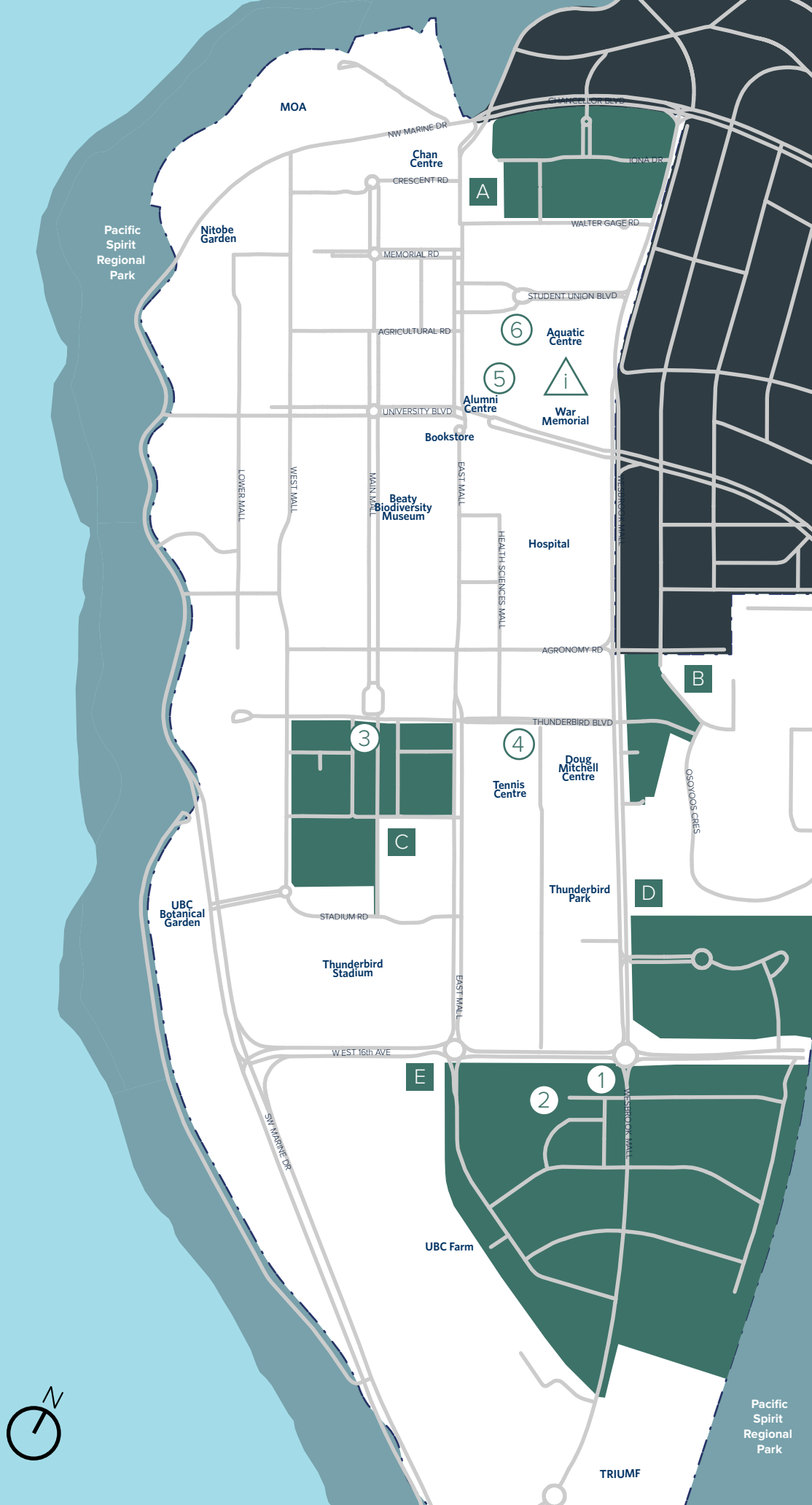
| | | | | | | | |
|------|----------------------|----------|--------|-----|---------|---------|---------|
| 1844 | Virtual Music Theory | Ages 8 + | Apr 12 | Mon | 5:00 PM | Virtual | 线上音乐理论课 |
| 1986 | Guitar Wednesday | Ages 5 + | Apr 14 | Wed | 3:20 PM | WCC | 吉他 |
| 1978 | Piano Monday | Ages 5 + | Apr 12 | Mon | 3:20 PM | WCC | 钢琴 |
| 1979 | Piano Wednesday | Ages 5 + | Apr 14 | Wed | 3:20 PM | WCC | 钢琴 |
| 1983 | Piano Friday | Ages 5 + | Apr 16 | Fri | 3:20 PM | WCC | 钢琴 |
| 1971 | Violin Thursday | Ages 5 + | Apr 15 | Thu | 3:20 PM | WCC | 小提琴 |
| 1972 | Violin Friday | Ages 5 + | Apr 16 | Fri | 3:20 PM | WCC | 小提琴 |

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



FITNESS CENTRE RATES



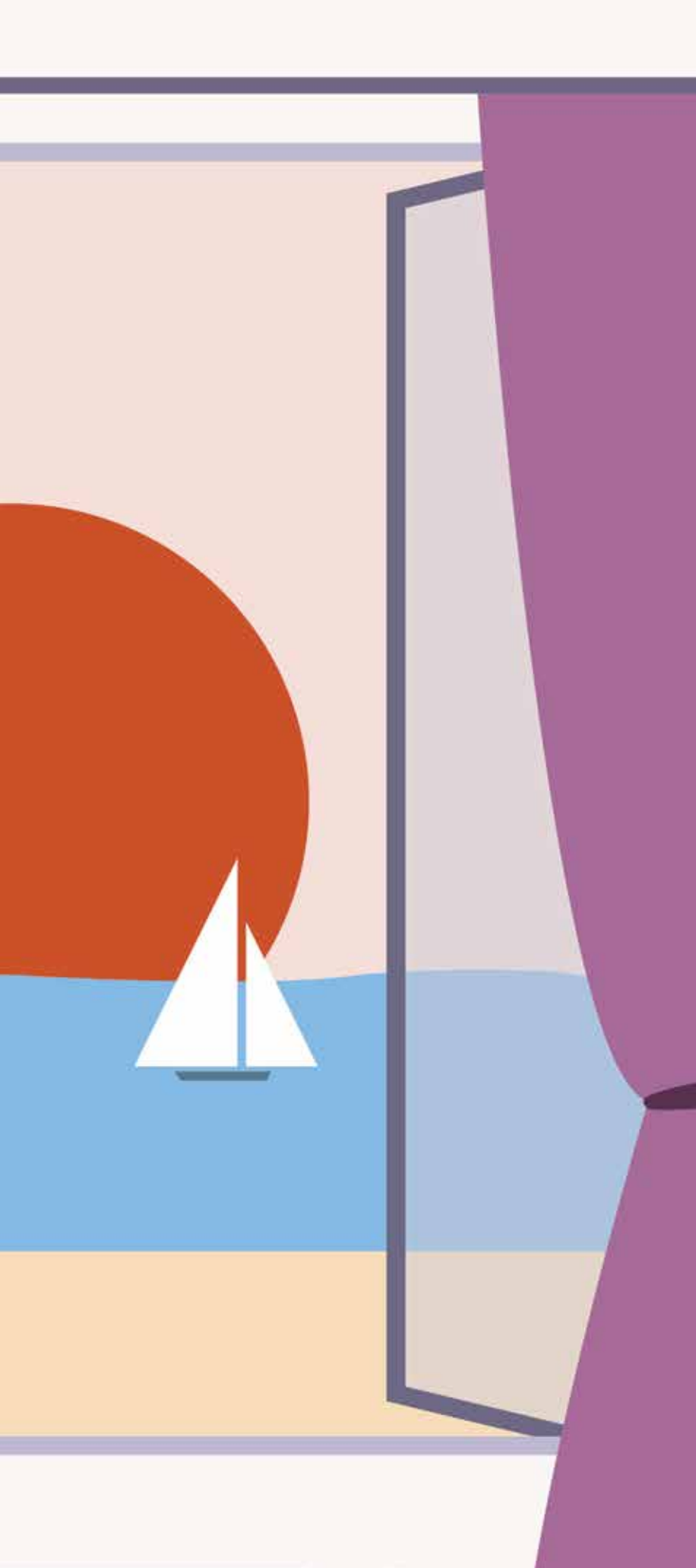
We are excited to welcome you back to the Fitness Centre. We are committed to providing you with a safe environment that aligns with COVID-19 safety protocols from the B.C. Recreation and Parks Association (BCRPA), WorkSafeBC and the Provincial Health Office. We understand this situation is ever evolving and are actively monitoring and adapting our solutions to ensure a continued focus on the health and safety of patrons and staff.

WESBROOK

| | UNA/UBC | PUBLIC |
|-----------|----------|----------|
| 10 VISITS | \$50.00 | \$60.00 |
| 1 MONTH | \$50.00 | \$60.00 |
| 3 MONTHS | \$120.00 | \$150.00 |

*Please keep an eye on the UNA website for adapted offerings as Provincial Health Orders change.

Old Barn Community Centre Fitness Passes will be honoured at the Wesbrook Community Fitness Centre while the Old Barn Community Centre Fitness Centre remains closed. Thank you for your patience and for bearing with us during the pandemic – it is our priority to ensure that we are keeping everyone safe by minimizing touch points, optimizing staffing and enhancing cleaning in our re-opened facilities.



OUR SPRING / SUMMER COVER

DESIGN BY:
Alicia Carvalho

Continuing with our 2021 theme, our Spring/Summer cover features the season's pink and pastel colours, the ocean which surrounds our neighbourhoods and dreams of travelling as we patiently stay at home to keep ourselves and our loved ones safe.

Our Spring/Summer 2021 Program Guide contains a catalogue of Spring programs and Summer camps offerings, but we've held off on including other Summer programs because we wanted to be able to adjust our programming as the pandemic landscape shifts. We'll be releasing supplementary materials with Summer programming information in the coming months, so please keep an eye out for those. Visit our website at myuna.ca or subscribe to our community newsletter at myuna.ca/subscribe.