

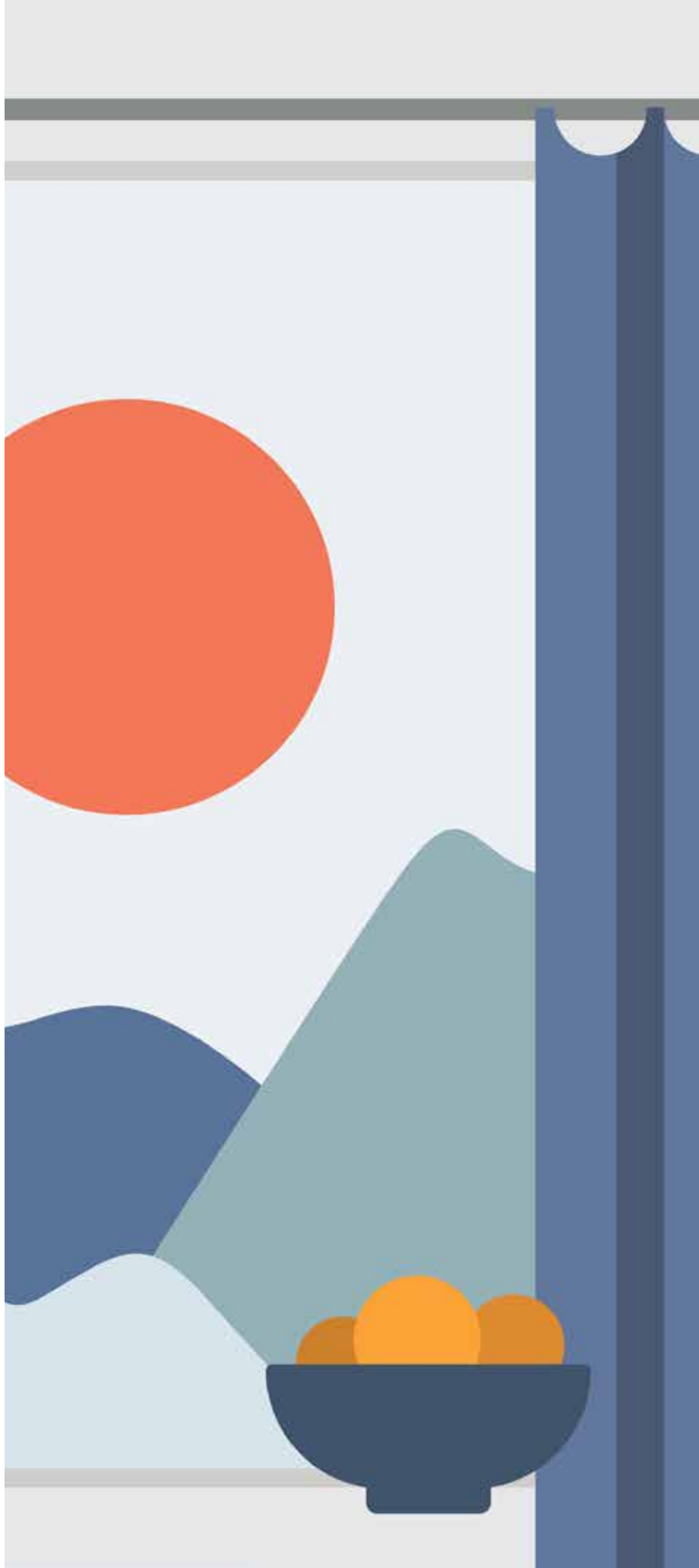
2021  
WINTER

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# PROGRAM GUIDE

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The Old Barn & Wesbrook  
Community Centres

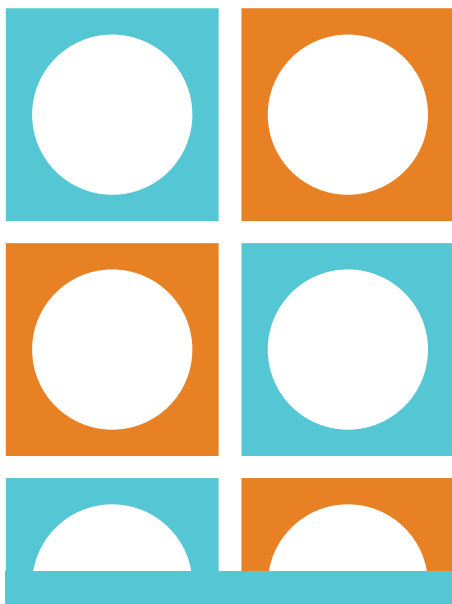


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# OUR FOUNDATIONAL PRINCIPLES

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



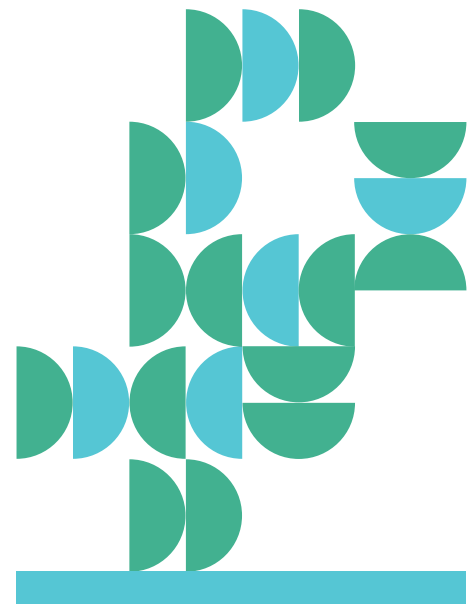
## Foster Well-being

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



## Enrich Experience

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



## Build Belonging

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

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# PROGRAM GUIDE

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## **REGISTER ONLINE**

Monday, December 14, 2020 at 12:00 PM

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

## **REGISTER BY PHONE**

Monday, December 14, 2020 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](tel:604.822.4227)

## **4 POLICIES**

## **6 LOCATIONS & HOURS**

## **8 CAMPS**

## **10 EARLY YEARS**

## **12 ACTIVE KIDS**



## **14 CHILDREN & YOUTH**

## **22 ADULTS & SENIORS**

## **30 HEALTHY SENIORS, RESILIENT COMMUNITY**

## **34 INDEX**

## **40 MAP**

## **41 FITNESS CENTRE**



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# WE ARE ALL IN THIS TOGETHER

Do your part to help keep our  
community centres safe.

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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.

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# YOUR **HEALTH** IS IMPORTANT TO US

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

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## **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

## **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](mailto: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

### 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. Please check **myuna.ca** to book an appointment.

8:30 a.m. to 8:30 p.m. Monday to Friday  
9:00 a.m. to 3:00 p.m. Weekends and 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**.

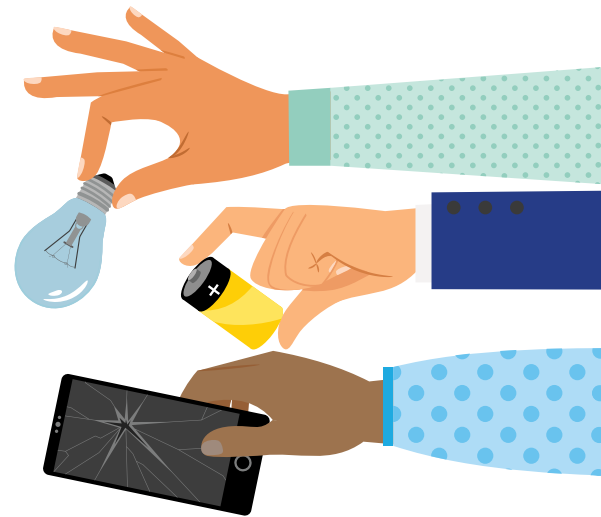




# The Green Depot is now OPEN!

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

**PUT  
WASTE  
IN ITS  
PLACE**

# CHILDREN & YOUTH CAMPS

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

## Crossmaneuver 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.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 22 – MAR 26 M-F, 10:00 AM – 12:00 PM  
\$195.00 / 5 #1542

## Crossmaneuver 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.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 22 – MAR 26 M-F, 1:00 PM – 3:00 PM  
\$195.00 / 5 #1544

## Crossmaneuver Camp AGES 7-13

Catch The Fear - Come with us to investigate what makes us afraid. Stories and inspirations will come from Neil Gaiman, Lemony Snicket, Alvin Schwartz, Roald Dahl. We will use our findings to create songs, dance, theatre and art.

Instructor: Crossmaneuver Dance Theatre

OBCC | MAR 15 – MAR 19 M-F, 9:00 AM – 4:00 PM  
\$425.00 / 5 #1543

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



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

### Claws, Codes & Constellations AGES 3-5

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the Science of Sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in Space.

Instructor: Mad Science of Greater Vancouver

WCC | MAR 15 – MAR 19 M-F, 10:00 AM – 12:00 PM  
\$150.00 / 5 #1548

### Brixology Camp AGES 6-11

Children will explore the world of engineering by using LEGO® bricks, children will build a different engineering-themed project. They will use critical thinking, cooperation, and creative problem-solving to test and improve creations. The types of engineering fields that children will explore includes mechanical, structural, aerospace, nautical, and bioengineering.

Instructor: Mad Science of Greater Vancouver

WCC | MAR 22 – MAR 26 M-F, 9:00 AM – 3:00 PM  
\$375.00 / 5 #1550

### 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

WCC | MAR 22 – MAR 26 M-F, 9:00 AM – 3:00 PM  
\$375.00 / 5 #1557

### Young Moviemakers Camp AGES 8-14

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. Work is then premiered in front of family, friends and the community.

Instructor: Young Moviemakers

WCC | MAR 15 – MAR 19 M-F, 9:00 AM – 4:00 PM  
\$450.00 / 5 #1547



# EARLY YEARS PROGRAMS

## ARTS

### Parents and Me Preschool Dance

AGES 2-3

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

No class Feb 15

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 M, 2:00 PM – 2:45 PM  
\$144.00 / 8 #1527

### Preschool Ballet AGES 3-5

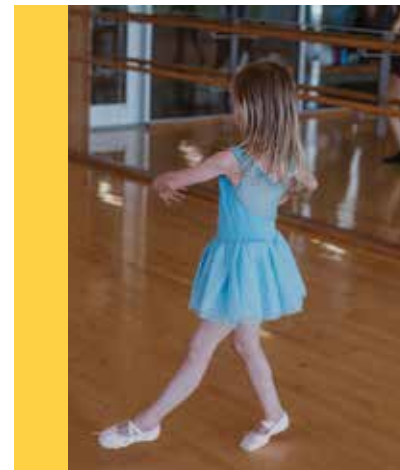
Crossmaneuver makes dance fun and magical. Your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Dance is not just for girls so please feel free to bring boys to experience the magic of dance as well! Ballet attire, including tights and slippers, is recommended.

No class Feb 15

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 M, 3:15 PM – 4:00 PM  
\$144.00 / 8 #1525

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



### Preschool Dance AGES 3-5

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

Instructor: Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 M, 1:00 PM – 1:45 PM  
No class Feb 15  
\$144.00 / 8 #1524

WCC | JAN 13 – MAR 10 W, 3:30 PM – 4:15 PM  
\$162.00 / 9 #1526

## 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

WCC | JAN 14 – MAR 11 TH, 4:00 PM – 5:00 PM  
\$198.00 / 9 #1406

**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 | JAN 13 – MAR 10** **W, 3:45 PM – 4:30 PM**  
\$180.00 / 9 #1513



**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!

**Instructor: Ruta Zasaite**

**TERM 1**

**WCC | JAN 12 – FEB 9** **TU, 9:30 AM – 10:00 AM**  
\$15.00 / 5 #1491

**WCC | JAN 12 – FEB 9** **TU, 10:15 AM – 10:45 AM**  
\$15.00 / 5 #1492

**WCC | JAN 12 – FEB 9** **TU, 11:00 AM – 11:30 AM**  
\$15.00 / 5 #1493

**WCC | JAN 14 – FEB 11** **TH, 9:30 AM – 10:00 AM**  
\$15.00 / 5 #1495

**WCC | JAN 14 – FEB 11** **TH, 10:15 AM – 10:45 AM**  
\$15.00 / 5 #1496

**WCC | JAN 14 – FEB 11** **TH, 11:00 AM – 11:30 AM**  
\$15.00 / 5 #1497

**TERM 2**

**WCC | FEB 16 – MAR 9** **TU, 9:30 AM – 10:00 AM**  
\$12.00 / 4 #1498

**WCC | FEB 16 – MAR 9** **TU, 10:15 AM – 10:45 AM**  
\$12.00 / 4 #1499

**WCC | FEB 16 – MAR 9** **TU, 11:00 AM – 11:30 AM**  
\$12.00 / 4 #1500

**WCC | FEB 18 – MAR 11** **TH, 9:30 AM – 10:00 AM**  
\$12.00 / 4 #1501

**WCC | FEB 18 – MAR 11** **TH, 10:15 AM – 10:45 AM**  
\$12.00 / 4 #1502

**WCC | FEB 18 – MAR 11** **TH, 11:00 AM – 11:30 AM**  
\$12.00 / 4 #1503

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 classes Feb 15, Mar 22

Instructor: Active Kids School of Kinesiology

WCC | JAN 11 – MAR 29 M, 9:30 AM – 10:15 AM  
\$180.00 / 10 #1466

#### 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 classes Feb 15, Mar 22

Instructor: Active Kids School of Kinesiology

WCC | JAN 11 – MAR 29 M, 10:30 AM – 11:15 AM  
\$180.00 / 10 #1467

#### 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 Feb 15

Instructor: Active Kids School of Kinesiology

WCC | JAN 11 – MAR 29 M, 4:00 PM – 4:45 PM  
\$198.00 / 11 #1479

#### 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 Feb 15

Instructor: Active Kids School of Kinesiology

WCC | JAN 11 – MAR 29 M, 5:00 PM – 5:45 PM  
\$198.00 / 11 #1481





## Basketball AGES 8-16

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

Instructor: Active Kids School of Kinesiology

**AGES 8-12**  
**WCC | JAN 12 – MAR 30** **TU, 4:00 PM – 5:30 PM**  
 \$288.00 / 12 #1484

**WCC | JAN 14 – APR 1** **TH, 4:00 PM – 5:30 PM**  
 \$288.00 / 12 #1485

**AGES 12-16**  
**WCC | JAN 14 – APR 1** **TH, 4:00 PM – 5:30 PM**  
 \$288.00 / 12 #1486

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.

*Looking for more ways to connect to your community?*

## FIND US ON FACEBOOK & TWITTER

**facebook.com/UNAcommunity**  
**twitter.com/UNAcommunity**



## SUBSCRIBE TO THE UNA COMMUNITY NEWSLETTER

Keep up-to-date with important announcements, events and community information.

**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 Feb 15

Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8

M, 4:15 PM – 5:15 PM

\$176.00 / 8

#1504

### Ballet | Level 1 AGES 6-8

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

Crossmaneuver Dance Theatre

WCC | JAN 13 – MAR 10

W, 4:30 PM – 5:30 PM

\$198.00 / 9

#1506

### Ballet | Level 2 AGES 8-11

This is a continuation of Ballet 1, for dancers age 8-11. Crossmaneuver wants to create a nurturing environment for students to continue to grow in their technique, their artistry and their love of dance.

No class Jan 27

Crossmaneuver Dance Theatre

WCC | JAN 13 – MAR 10

W, 7:00 PM – 8:00 PM

\$176.00 / 8

#1517

### Ballet | Level 3 AGES 10-15

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.



Crossmaneuver Dance Theatre

WCC | JAN 12 – MAR 9

TU, 7:00 PM – 8:15 PM

\$234.00 / 9

#1515

### Bollywood Dance AGES 13+

This dance class will give you a full body workout as you groove to the latest Bollywood music. You will learn some of the hottest dance moves that are taking Bollywood by storm. No dancing experience is required. Be prepared to smile and sizzle. This class welcomes youth (13 - 18) and adults.

Manali Yadav

WCC | JAN 15 – MAR 12

F, 7:00 PM – 8:00 PM

\$81.00 / 9

#1519

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



INTERESTED IN VOLUNTEERING?  
THERE ARE MANY OPPORTUNITIES  
TO PARTICIPATE AND CONTRIBUTE  
TO THE COMMUNITY.  
[MYUNA.CA/ABOUT/VOLUNTEER](https://myuna.ca/about/volunteer)

## ARTS

### Contemporary Jazz | Level 1 AGES 7-11

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.

No class Jan 27  
Crossmaneuver Dance Theatre

WCC | JAN 13 – MAR 10 W, 5:45 PM – 6:45 PM  
\$176.00 / 8 #1514

### Contemporary Jazz | Level 2 AGES 10-15

A continuation of Contemporary Jazz 1, for the dancer with dance experience, 10 years and up. This is a wonderful class that will focus on technique and choreography.

No class Feb 15  
Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 M, 6:45 PM – 8:00 PM  
\$208.00 / 8 #1510

### 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.

No class Feb 15  
Crossmaneuver Dance Theatre

WCC | JAN 11 – MAR 8 M, 5:30 PM – 6:30 PM  
\$176.00 / 8 #1518

## EDUCATION

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

NEW

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

WCC | JAN 22 FR, 9:00 AM – 3:00 PM  
\$70.00 / 1 #1488

### 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

WCC | FEB 12 FR, 9:00 AM – 3:30 PM  
\$70.00 / 1 #1487



**EDUCATION**

**English Reading and Writing | Gr 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**

**WCC | JAN 12 – MAR 9** **TU, 3:30 PM – 4:30 PM**  
\$117.00 / 9 #1478

**English Reading and Writing | Gr 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**

**WCC | JAN 12 – MAR 9** **TU, 4:45 PM – 5:45 PM**  
\$117.00 / 9 #1433

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

**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**

**AGES 3-6**  
**WCC | JAN 14 – MAR 11** **TH, 4:00 PM – 5:00 PM**  
\$198.00 / 9 #1406

**AGES 7-11**  
**WCC | JAN 14 – MAR 11** **TH, 5:15 PM – 6:15 PM**  
\$198.00 / 9 #1407

**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 Feb 15**

**Instructor: Jane Wu**

**WCC | JAN 11 – MAR 8** **M, 3:30 PM – 4:30 PM**  
\$200.00 / 8 #1434

**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](http://www.youngmoviemakers.ca) for more information.

**Instructor: Young Moviemakers**

**WCC | JAN 15 – MAR 5** **F, 4:00 PM – 6:00 PM**  
\$300.00 / 8 #1516

MUSIC - PRIVATE LESSONS

**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.



No class Jan 27

Instructor: Tom Wherret

WCC | JAN 13 – MAR 24 W, 3:00 PM – 8:10 PM  
\$300.00 / 10 #1528

**Piano Lessons** AGES 5-18

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

Instructor: Derek Pang

WCC | JAN 11 – MAR 22 M, 3:00 PM – 8:10 PM  
No class Feb 15  
\$300.00 / 10 #1529

WCC | JAN 13 – MAR 24 W, 3:00 PM – 8:10 PM  
No class Jan 27  
\$300.00 / 10 #1530

Instructor: Bassem Ghabrous

WCC | JAN 15 – MAR 26 F, 3:00 PM – 8:10 PM  
\$330.00 / 11 #1531

**Violin Lessons** AGES 5-18

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

Instructor: Andrew Ty

WCC | JAN 14 – MAR 25 TH, 3:00 PM – 8:10 PM  
\$379.50 / 11 #1532

WCC | JAN 15 – MAR 26 F, 3:00 PM – 8:10 PM  
\$379.50 / 11 #1533

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

### PHYSICAL ACTIVITY

#### Badminton AGES 8-18

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

**Instructor: Badminton & Beyond**

**AGES 8-12**

**WCC | JAN 15 – MAR 12**

\$135.00 / 9

**F, 4:00 PM – 5:00 PM**

#1489

**AGES 13-18**

**WCC | JAN 15 – MAR 12**

\$180.00 / 9

**F, 5:15 PM – 6:45 PM**

#1490



#### Kyokushin Karate | Beginner Kids AGES 4-9

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

**Instructor: Anthony Evangelista**

**WCC | JAN 12 – MAR 23**

\$121.00 / 11

**TU, 6:00 PM – 6:50 PM**

#1521

**WCC | JAN 14 – MAR 25**

\$121.00 / 11

**TH, 6:00 PM – 6:50 PM**

#1520

#### Kyokushin Karate AGES 6+

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

**Instructor: Anthony Evangelista**

**WCC | JAN 12 – MAR 23**

\$143.00 / 11

**TU, 7:00 PM – 8:30 PM**

#1523

**WCC | JAN 14 – MAR 25**

\$143.00 / 11

**TH, 7:00 PM – 8:30 PM**

#1522



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

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# FITNESS CENTRE

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## Come work out at the Wesbrook Fitness Centre!



The UNA re-opened the Wesbrook Fitness Centre as of October 15, 2020.  
We have made some important operational changes in order to re-open the facility safely including:



- Booked time slots for workouts
- Mandatory physical distancing
- New entry/exit procedures
- Reduced touch points
- Increased cleaning
- Mask wearing

To book a time slot, sign up for or log in  
to your UNA Account at [myuna.ca/login](https://myuna.ca/login).



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

# VOLUNTEER WITH US!

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



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



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

## 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 | JAN 13 – MAR 10

W, 3:45 PM – 4:30 PM

\$180.00 / 9

#1513

### 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

WCC | JAN 13 – MAR 10

W, 4:45 PM – 5:30 PM

\$180.00 / 9

#1508

### Youth Basketball Shooting Practice

AGES 13-18



The gym will be open to high school students to practice shooting and skill development. Each participant will have use of their own hoop and lots of space to social distance. Register before each session to secure your hoop and Bring Your Own Ball!

Supervisor: Hal Lackie

WCC | JAN 13 – MAR 10

W, 6:30 PM – 8:30 PM

No class Jan 27

\$3.00 ea / 8

#1536

WCC | JAN 14 – MAR 11

TH, 11:30 AM – 12:30 PM

\$3.00 ea / 8

#1537

PLEASE VISIT [MYUNA.CA/RECREATION-](https://myuna.ca/recreation-policies)  
POLICIES FOR OUR COVID-19 SAFETY  
MEASURES AND PROGRAM-SPECIFIC  
SAFETY PROTOCOLS.





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



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

Supervisor: Hal Lackie

**VIRTUAL | JAN 12 – MAR 9** **TU, 4:00 PM – 5:15 PM**  
UNA FREE | PUBLIC \$50.00 / 9 #1437

### SOCIAL

### The Short Hour **AGES 16+**



“The Short hour” is an intergenerational film club designed to create long-lasting bonds and bridging the generational gaps with the magical tool of Cinema. Once a week, we will come together virtually to embark on a cinematic journey. We will watch short films from a variety of genres and eras and have lively conversations. At the end of this course, you will have gained a new appreciation for short films as a tool for storytelling.

Instructor: Dalia Shalabi

**VIRTUAL | JAN 13 – MAR 24** **W, 4:00 PM – 5:00 PM**  
FREE / 11 #1591

### 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 classes Feb 15

Supervisor: Hal Lackie

**WCC | JAN 11 – MAR 8** **M, 4:00 PM – 5:15 PM**  
UNA FREE | PUBLIC \$50.00 / 8 #1435

### 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.

Supervisor: Hal Lackie

**WCC | JAN 15 – MAR 12** **F, 4:00 PM – 6:30 PM**  
UNA FREE | PUBLIC \$50.00 / 9 #1436

### 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.

No classes Feb 15

Supervisor: Hal Lackie

**WCC | JAN 11 – MAR 8** **M, 10:30 AM – 11:45 AM**  
FREE / 8 #1457

# ADULTS & SENIORS PROGRAMS

## ARTS

### Bollywood Dance **AGES 13+**

This dance class will give you a full body workout as you groove to the latest Bollywood music. You will learn some of the hottest dance moves that are taking Bollywood by storm. No dancing experience is required. Be prepared to smile and sizzle. This class welcomes youth (13-18) and adults.

**Instructor:** Manali Yadav

**WCC | JAN 15 – MAR 12** **F, 7:00 PM – 8:00 PM**  
\$81.00 / 9 #1470

### Chinese Folk Dance **AGES 19+**

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

**Instructor:** Emily Li

**WCC | JAN 11 – MAR 8** **M, 11:00 AM – 12:30 PM**  
No class Feb 15  
\$240.00 / 8 #1464

**WCC | JAN 13 – MAR 10** **W, 1:00 PM – 2:30 PM**  
\$270.00 / 9 #1465

**WCC | JAN 15 – MAR 12** **F, 1:00 PM – 2:30 PM**  
\$270.00 / 9 #1463

PROGRAMS MAY BE CANCELLED IF THERE IS INSUFFICIENT REGISTRATION A WEEK PRIOR TO THE START DATE. PLEASE REGISTER EARLY TO SECURE THE CLASSES. UNAVOIDABLE CLASS CANCELLATIONS WILL BE MADE UP AT THE END OF THE SESSION WHEN POSSIBLE.

## EDUCATION

### 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.

**Instructor:** Eileen LeGallais

**VIRTUAL | JAN 12 – MAR 23** **TU, 10:00 AM – 11:00 AM**  
\$22.00 / 11 #1443

### 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.

**Instructors:** Alice Bradley and Victoria Harrison

**VIRTUAL | JAN 13 – MAR 24** **W, 1:00 PM – 2:00 PM**  
\$22.00 / 11 #1444

### 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.

**Instructor:** Peter Brock

**VIRTUAL | JAN 15 – MAR 26** **F, 10:00 AM – 11:00 AM**  
\$22.00 / 11 #1447



**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.

**Instructor:** Nancy Dagan

**VIRTUAL | JAN 14 – MAR 25** TH, 10:00 AM – 11:00 AM  
\$22.00 / 11 #1446

**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.

**No class Feb 15**

**Instructor:** Amber Huang

**VIRTUAL | JAN 11 – MAR 22** M, 10:00 AM – 11:30 AM  
\$20.00 / 10 #1441

**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 Feb 15**

**Instructor:** Pei Xu

**VIRTUAL | JAN 11 – MAR 22** M, 8:15 PM – 9:10 PM  
\$20.00 / 10 #1442

**ADULTS & SENIORS  
PROGRAMS****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 Feb 15**

**Instructor:** Pei Xu

**VIRTUAL | JAN 11 – MAR 22** M, 7:15 PM – 8:10 PM  
\$20.00 / 10 #1722

**Intermediate French Conversation**

AGES 18+



Led by a UNA volunteer, this intermediate level conversation class will build on your existing French vocabulary and develop your ability to hold 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.

**Instructor:** UNA Volunteer

**VIRTUAL | JAN 13 – MAR 24** W, 1:00 PM – 2:00 PM  
\$22.00 / 11 #1445

## ADULTS & SENIORS PROGRAMS

### EDUCATION

#### Community Circle AGES 19+



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

Instructor: Josie Chow

**VIRTUAL | JAN 13 – MAR 31** **W, 12:00 PM – 1:30 PM**  
FREE / 12 #1720

#### Community Workshops AGES 19+



Community Workshops provide information on various topics of interest to the UNA community. For Winter term, please check the website for updates as we finalize workshop topics and dates.

**VIRTUAL | JAN 28** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1451

**VIRTUAL | FEB 25** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1452

**VIRTUAL | MAR 25** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1453

#### The Short Hour AGES 16+



“The Short hour” is an intergenerational film club designed to create long-lasting bonds and bridging the generational gaps with the magical tool of Cinema. Once a week, we will come together virtually to embark on a cinematic journey. We will watch short films from a variety of genres and eras and have lively conversations. At the end of this course, you will have gained a new appreciation for short films as a tool for storytelling.

Instructor: Dalia Shalabi

**VIRTUAL | JAN 13 – MAR 24** **W, 4:00 PM – 5:00 PM**  
FREE / 11 #1591

### SOCIAL

#### Virtual Murder Mystery AGES 19+



You're invited to a 1920s-themed virtual murder mystery! Join us for an evening of sleuthing to figure out whodunnit.

What is a murder mystery party? Guests are assigned characters and provided with a character guide with information to share and secrets to hide. To solve the murder mystery, you'll need to work with other guests to gather important clues. However, keep in mind that one of the guests will be the murderer. It might even be you! Registration closes January 21.

Instructor: Josie Chow

**VIRTUAL | JAN 28** **TH, 6:00 PM – 8:30 PM**  
FREE / 1 #1440



## MUSIC - PRIVATE LESSONS

## Guitar Lessons AGES 19+

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.

No class Jan 27

Instructor: Tom Wherret

WCC | JAN 13 – MAR 24 W, 3:00 PM – 8:10 PM  
\$300.00 / 10 #1528

## Piano Lessons AGES 19+

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

Instructor: Derek Pang

WCC | JAN 11 – MAR 22 M, 3:00 PM – 8:10 PM  
No class Feb 15  
\$300.00 / 10 #1529

WCC | JAN 13 – MAR 24 W, 3:00 PM – 8:10 PM  
No class Jan 27  
\$300.00 / 10 #1530

Instructor: Bassem Ghabrous

WCC | JAN 15 – MAR 26 F, 3:00 PM – 8:10 PM  
\$330.00 / 11 #1531



## Violin Lessons AGES 19+

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

Instructor: Andrew Ty

WCC | JAN 14 – MAR 25 TH, 3:00 PM – 8:10 PM  
\$379.50 / 11 #1532

WCC | JAN 15 – MAR 26 F, 3:00 PM – 8:10 PM  
\$379.50 / 11 #1533

THE UNA HAS TAKEN CAREFUL CONSIDERATIONS FOLLOWING B.C. RECREATION AND PARKS ASSOCIATION (BCRPA), WORKSAFE BC (WCB) AND B.C. PROVINCIAL GOVERNMENT GUIDELINES IN CREATING PROTOCOLS TO BE ABLE TO APPROACH RE-OPENING SAFELY AND REDUCE THE RISK OF TRANSMISSION OF COVID-19.

## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Cardio Core Bootcamp AGES 19+

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

Instructor: Anthony Evangelista

WCC | JAN 12 – MAR 17 TU, 12:00 PM – 12:45 PM  
\$130.00 / 10 #1471

#### Zumba AGES 19+

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

Instructor: DanZa Productions - Clara

WCC | JAN 14 – MAR 11 TH, 5:15 PM – 6:15 PM  
\$108.00 / 9 #1472

Instructor: DanZa Productions - Khartiya

WCC | JAN 15 – MAR 12 F, 5:30 PM – 6:30 PM  
\$108.00 / 9 #1653

#### Kyokushin Karate AGES 6+

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

Instructor: Anthony Evangelista

WCC | JAN 12 – MAR 23 TU, 7:00 PM – 8:30 PM  
\$165.00 / 11 #1477

WCC | JAN 14 – MAR 25 TH, 7:00 PM – 8:30 PM  
\$165.00 / 11 #1476

#### Badminton AGES 19+



Players of all levels are welcome to these friendly badminton games. These sessions are uninstructed. Registration is for a season, we are not offering drop ins at this time. Singles matches (one on one) is recommended but doubles is allowed as long as you play with the same partner (from your bubble) for the session. Please bring your own racquet and birdie, we are not currently lending out equipment.

##### TERM 1

WCC | JAN 11 – FEB 8 M, 6:15 PM – 7:15 PM  
\$15.00 / 5 #1558

WCC | JAN 11 – FEB 8 M, 7:30 PM – 8:30 PM  
\$15.00 / 5 #1559

WCC | JAN 12 – FEB 9 TU, 9:00 AM – 10:00 AM  
\$15.00 / 5 #1560

WCC | JAN 12 – FEB 9 TU, 10:15 AM – 11:15 AM  
\$15.00 / 5 #1561

##### TERM 2

WCC | FEB 22 – MAR 22 M, 6:15 PM – 7:15 PM  
\$15.00 / 5 #1562

WCC | FEB 22 – MAR 22 M, 7:30 PM – 8:30 PM  
\$15.00 / 5 #1563

WCC | FEB 16 – MAR 16 TU, 9:00 AM – 10:00 AM  
\$15.00 / 5 #1564

WCC | FEB 16 – MAR 16 TU, 10:15 AM – 11:15 AM  
\$15.00 / 5 #1565

REGISTRATION FOR TERM 2  
ADULT SPORTS WILL OPEN  
JANUARY 18 AT NOON

**Pickleball AGES 19+**

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. Registration is for the season, we are not offering drop ins at this time. Singles matches (one on one) is recommended but doubles is allowed as long as you play with the same partner for the session that is a part of your bubble. Please bring your own racquet and ball, we are not currently lending out equipment.

**TERM 1**

WCC | JAN 14 – FEB 11 TH, 9:00 AM – 10:00 AM  
\$15.00 / 5 #1566

WCC | JAN 14 – FEB 11 TH, 10:15 AM – 11:15 AM  
\$15.00 / 5 #1567

WCC | JAN 15 – FEB 12 F, 2:30 PM – 3:30 PM  
\$15.00 / 5 #1568

WCC | JAN 15 – FEB 12 F, 7:15 PM – 8:15 PM  
\$15.00 / 5 #1569

**TERM 2**

WCC | FEB 18 – MAR 18 TH, 9:00 AM – 10:00 AM  
\$15.00 / 5 #1570

WCC | FEB 18 – MAR 18 TH, 10:15 AM – 11:15 AM  
\$15.00 / 5 #1571

WCC | FEB 19 – MAR 19 F, 2:30 PM – 3:30 PM  
\$15.00 / 5 #1572

WCC | FEB 19 – MAR 19 F, 7:15 PM – 8:15 PM  
\$15.00 / 5 #1573

GET ACTIVE! PHYSICAL LITERACY FOR WOMEN IS A PROGRAM PROVIDING PHYSICAL ACTIVITY AND SOCIAL OPPORTUNITIES FOR WOMEN. THIS 3-MONTH PROGRAM. THIS 3-MONTH PROGRAM STARTS IN JANUARY, 2020, WITH IN-PERSON AND VIRTUAL COMPONENTS. REGISTRATION WILL OPEN IN DECEMBER. PLEASE SEE [MYUNA.CA/GET-ACTIVE](https://myuna.ca/get-active) FOR MORE INFORMATION.

**Pickleball Lessons AGES 19+**

Learn to play the popular sport of pickleball! 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****BEGINNER**

WCC | JAN 15 – FEB 12 F, 9:00 AM – 10:30 AM  
\$112.50 / 5 #1493

WCC | FEB 19 – MAR 19 F, 9:00 AM – 10:30 AM  
\$112.50 / 5 #1534

**INTERMEDIATE**

WCC | JAN 15 – MAR 19 F, 10:45 AM – 12:15 PM  
\$225.00 / 10 #1480

**ADVANCED**

WCC | JAN 15 – MAR 19 F, 12:30 PM – 2:00 PM  
\$250.00 / 10 #1482



## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Table Tennis AGES 19+

Join us for one hour sessions of table tennis in the Wesbrook Community Centre gym. These sessions are uninstructed and open to players of all skill levels. Registration is for the season, we are not offering drop ins at this time. Singles matches (one on one) is recommended. Please bring your own paddles and balls, we are not currently lending out equipment.

##### TERM 1

WCC | JAN 14 – FEB 11 TH, 1:15 PM – 2:15 PM  
\$15.00 / 5 #1574

WCC | JAN 14 – FEB 11 TH, 2:30 PM – 3:30 PM  
\$15.00 / 5 #1575

##### TERM 2

WCC | FEB 18 – MAR 18 TH, 1:15 PM – 2:15 PM  
\$15.00 / 5 #1576

WCC | FEB 18 – MAR 18 TH, 2:30 PM – 3:30 PM  
\$15.00 / 5 #1577

#### Gentle Yoga AGES 19+



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

Instructor: Angie Datt

WCC | JAN 15 – MAR 12 F, 10:00 AM – 11:00 AM  
\$117.00 / 9 #1460

#### Power Yoga AGES 19+

In this Power Yoga class, you will get a hybrid workout that incorporates yoga positions with calisthenics, rehabilitation techniques, dynamic resistance exercises and active breathing techniques for a more challenging and results-oriented workout with minimal impact. Developed from DDP Yoga, all levels and abilities are welcome.

Instructor: Anthony Evangelista

WCC | JAN 13 – MAR 17 W, 11:30 AM – 12:30 PM  
\$130.00 / 10 #1461

#### Vinyasa Yoga AGES 19+

In Vinyasa Yoga we will learn and explore bodily 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

WCC | JAN 12 – MAR 9 TU, 5:30 PM – 6:30 PM  
\$117.00 / 9 #1462

#### 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.

No class Feb 15

Instructor: Amy Qin

WCC | JAN 11 – MAR 22 M, 9:30 AM – 10:30 AM  
\$130.00 / 10 #1459

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.



# GET ACTIVE!

## PHYSICAL LITERACY FOR WOMEN

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

This 3-month program starting January 2021 offers the following benefits to participants:

- Mentor to help with introduction to recreational activities
- Monthly social activities
- Subsidized UNA physical activity programs



**Applications close December 14, 2020.**

Please visit our website for full details at [myuna.ca/get-active](https://myuna.ca/get-active)

# HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE

## ARTS

### Fabric Art: Shibori and Printing

AGES 55+

NEW

VIRTUAL

Join us for a journey of textile exploration! In this course, participants will learn how to 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 have a clear understanding of the processes and the knowledge to work independently on further explorations.

Instructor: Mariana Frochtengarten

VIRTUAL | JAN 15 – MAR 26  
FREE / 11

F, 1:00 PM – 2:15 PM  
#1535

### Rise Up and Sing! AGES 55+

VIRTUAL

Join Laurel Murphy 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. Laurel is a jazz singer and improviser and has been leading groups in Vancouver for 30 years.

Instructor: Laurel Murphy

VIRTUAL | JAN 12 – MAR 23  
FREE / 11

TU, 4:00 PM – 5:15 PM  
#1494

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/](http://WWW.MYUNA.CA/HEALTHY-SENIORS-RESILIENT-COMMUNITY/)

### The Short Hour AGES 16+

NEW

VIRTUAL

“The Short hour” is an intergenerational film club designed to create long-lasting bonds and bridging the generational gaps with the magical tool of Cinema. Once a week, we will come together virtually to embark on a cinematic journey. We will watch short films from a variety of genres and eras and have lively conversations. At the end of this course, you will have gained a new appreciation for short films as a tool for storytelling.

Instructor: Dalia Shalabi

VIRTUAL | JAN 13 – MAR 24  
FREE / 11

W, 4:00 PM – 5:00 PM  
#1591

### Music Speaks AGES 55+

NEW

VIRTUAL

Join Allison Anderson to share your favorite music and gain a well-rounded knowledge of the world's diverse and culturally rich musical story. Each weekly virtual session will offer a unique, interactive discussion on topics ranging from the lives and music of iconic composers, opera trivia, music history, voice, and acting performance techniques. To fully immerse yourself, a live performance will be given at the end of the month! A current doctoral candidate at the UBC School of Music, Allison is a singing actor and private voice instructor and has performed live on Broadway, as well as the operatic stage.

Instructor: Alison Anderson

VIRTUAL | MAR 4 – MAR 25  
FREE / 4

TH, 5:00 PM – 6:15 PM  
#1556



## EDUCATION

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



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.

Virtual sessions are scheduled for Mondays, in-person sessions are scheduled for Tuesdays. Please email your requests to [computerhelp@myuna.ca](mailto:computerhelp@myuna.ca) for additional support.

The ZOOM meeting link and ID will be emailed to you after registration.

**Instructor: Hesam Shahin**

**VIRTUAL | JAN 4 – MAR 29** **M, 9:00 AM – 5:00 PM**  
FREE / 13 # VARIES - VIEW ONLINE

**WCC | JAN 5 – MAR 30** **TU, 9:00 AM – 12:00 PM**  
FREE / 13 # VARIES - VIEW ONLINE

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



Join this monthly virtual Seniors' Computer Cafe to share your digital learning experience and get new tips to gain confidence online. Each session will focus on a different topic ranging from virtual communication, online shopping, social media, to cyber security.

**Jan 14:** Zoom Training

**Feb 11:** Online Security (1/2)

**Mar 11:** Online Security (2/2)

**Instructor: Hesam Shahin**

**VIRTUAL | JAN 14** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1538

**VIRTUAL | FEB 11** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1539

**VIRTUAL | MAR 11** **TH, 1:00 PM – 2:00 PM**  
FREE / 1 #1540



## PHYSICAL ACTIVITY

### Virtual Chair Yoga **AGES 55+**



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

**Instructor: Angie Datt**

**VIRTUAL | JAN 13 – MAR 3** **W, 11:00 AM – 12:00 PM**  
FREE / 8 #1475

### Virtual Osteofit **AGES 55+**



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

**Instructor: Angie Datt**

**VIRTUAL | JAN 14 – MAR 4** **TH, 10:00 AM – 11:00 AM**  
FREE / 8 #1474

## HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE

### PHYSICAL ACTIVITY

#### Virtual Tai Chi AGES 55+



Tai Chi is a traditional Chinese martial art that will help improve your physical and mental well-being through graceful, slow movements and deep breathing. Join Joyce to learn warm ups, basic poses and tai chi forms. This introductory class welcomes any experience levels.

No class Feb 15

Instructor: Joyce Ma

VIRTUAL | JAN 11 – MAR 8

M, 10:00 AM – 11:00 AM

FREE / 8

#1473

#### 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

VIRTUAL | JAN 12 – FEB 2

M, 7:00 PM – 8:00 PM

FREE / 4

#1549

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 the 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 and cooking, and more. Shize Li has extensive experience in leading Chinese seniors' art and wellness activities in the community.



#### 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

VIRTUAL | JAN 13 – MAR 31

W, 1:00 PM – 3:00 PM

FREE / 12

#1599

#### Seniors and Friends Virtual Talk

AGES 55+



This monthly Virtual Talk is to foster social connections among seniors in the community. Each session will be hosted by senior members in the UNA community to discuss topics that benefit the health and wellbeing of the seniors. If you have a topic to propose, please email [programs@myuna.ca](mailto:programs@myuna.ca).

Facilitator: Linda Quamme

VIRTUAL | JAN 21

TH, 1:00 PM – 2:30 PM

FREE / 1

#1448

VIRTUAL | FEB 18

TH, 1:00 PM – 2:30 PM

FREE / 1

#1449

VIRTUAL | MAR 18

TH, 1:00 PM – 2:30 PM

FREE / 1

#1450

# 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](https://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).

## INDEX & SCHEDULE

### CAMPS - PAGE 8

1543	Crossmaneuver Camp	Ages 7 - 13	Mar 15	M-F	9:00 AM	OBCC	Crossmaneuver 艺术春令营
1542	Crossmaneuver Camp	Ages 3 - 5	Mar 22	M-F	10:00 AM	OBCC	Crossmaneuver 艺术春令营
1544	Crossmaneuver Camp	Ages 5 - 7	Mar 22	M-F	1:00 PM	OBCC	Crossmaneuver 艺术春令营
1548	Claws, Codes & Const.	Ages 3 - 5	Mar 15	M-F	10:00 AM	WCC	疯狂科学：运动、代码、星座春令营
1550	Brixology Camp	Ages 6 - 11	Mar 22	M-F	9:00 AM	WCC	疯狂科学：乐高探索春令营
1557	Sportball Camp	Ages 6 - 9	Mar 22	M-F	9:00 AM	WCC	Sportball 春令营
1547	Young Moviemakers	Ages 8 - 14	Mar 15	M-F	9:00 AM	WCC	少年电影制作春令营

### EARLY YEARS - ARTS - PAGE 10

1527	Parents + Me Presch.	Ages 2 - 3	Jan 11	M	2:00 PM	WCC	亲子舞蹈
1525	Preschool Ballet	Ages 3 - 5	Jan 11	M	3:15 PM	WCC	学前芭蕾
1526	Preschool Dance	Ages 3 - 5	Jan 13	W	3:30 PM	WCC	学前舞蹈
1524	Preschool Dance	Ages 3 - 5	Jan 11	M	1:00 PM	WCC	学前舞蹈

### EARLY YEARS - EDUCATION - PAGE 10

1406	Mad Science	Ages 3 - 6	Jan 14	Th	4:00 PM	WCC	疯狂科学
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### EARLY YEARS - PHYSICAL ACTIVITY - PAGE 11

1513	Sportball: Floor Hockey	Ages 4 - 6	Jan 13	W	3:45 PM	WCC	少儿曲棍球
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### EARLY YEARS - SOCIAL - PAGE 11

1491	Circle Time with Ruta	Ages 0 - 5	Jan 12	Tu	9:30 AM	WCC	幼儿故事会
1492	Circle Time with Ruta	Ages 0 - 5	Jan 12	Tu	10:15 AM	WCC	幼儿故事会
1493	Circle Time with Ruta	Ages 0 - 5	Jan 12	Tu	11:00 AM	WCC	幼儿故事会
1495	Circle Time with Ruta	Ages 0 - 5	Jan 14	Th	9:30 AM	WCC	幼儿故事会
1496	Circle Time with Ruta	Ages 0 - 5	Jan 14	Th	10:15 AM	WCC	幼儿故事会
1497	Circle Time with Ruta	Ages 0 - 5	Jan 14	Th	11:00 AM	WCC	幼儿故事会
1498	Circle Time with Ruta	Ages 0 - 5	Feb 16	Tu	9:30 AM	WCC	幼儿故事会
1500	Circle Time with Ruta	Ages 0 - 5	Feb 16	Tu	11:00 AM	WCC	幼儿故事会
1499	Circle Time with Ruta	Ages 0 - 5	Feb 16	Tu	10:15 AM	WCC	幼儿故事会
1503	Circle Time with Ruta	Ages 0 - 5	Feb 18	Th	11:00 AM	WCC	幼儿故事会
1501	Circle Time with Ruta	Ages 0 - 5	Feb 18	Th	9:30 AM	WCC	幼儿故事会
1502	Circle Time with Ruta	Ages 0 - 5	Feb 18	Th	10:15 AM	WCC	幼儿故事会

### ACTIVE KIDS SCHOOL OF KINESIOLOGY - PAGES 12-13

1467	Multi-Sport + Phys. Liter.	Ages 3 - 5	Jan 11	M	10:30 AM	WCC	少儿球类和健体运动
1466	Multi-Sport + Playtime	Ages 1 - 3	Jan 11	M	9:30 AM	WCC	多项球类和游戏
1479	Soccer	Ages 3 - 5	Jan 11	M	4:00 PM	WCC	足球
1481	Soccer	Ages 6 - 9	Jan 11	M	5:00 PM	WCC	足球
1484	Basketball	Ages 8 - 12	Jan 12	Tu	4:00 PM	WCC	篮球
1486	Basketball	Ages 12 - 16	Jan 14	Th	4:00 PM	WCC	篮球
1485	Basketball	Ages 8 - 12	Jan 14	Th	4:00 PM	WCC	篮球

### CHILDREN & YOUTH - ARTS - PAGES 14-15

1504	Dance Foundations	Ages 4 - 6	Jan 11	M	4:15 PM	WCC	舞蹈基础
1506	Ballet   Level 1	Ages 6 - 8	Jan 13	W	4:30 PM	WCC	芭蕾一级
1517	Ballet   Level 2	Ages 8 - 11	Jan 13	W	7:00 PM	WCC	芭蕾二级
1515	Ballet   Level 3	Ages 10 - 15	Jan 12	Tu	7:00 PM	WCC	芭蕾三级
1519	Bollywood Dance	Ages 13+	Jan 15	F	7:00 PM	WCC	宝莱坞舞蹈
1514	Contemp.Jazz   Level 1	Ages 7 - 11	Jan 13	W	5:45 PM	WCC	现代爵士舞一级
1510	Contemp. Jazz   Level 2	Ages 9 - 15	Jan 11	M	6:45 PM	WCC	现代爵士舞二级
1518	Musical Theatre	Ages 7 - 11	Jan 11	M	5:30 PM	WCC	音乐剧场

### CHILDREN & YOUTH - EDUCATION - PAGES 15-16

1487	Red Cross Babysitting	Ages 11 - 16	Feb 12	F	9:00 AM	WCC	红十字会课程：儿童看护
1488	Red Cross Stay Safe!	Ages 9 - 12	Jan 22	F	9:00 AM	WCC	红十字会课程：少年安全教育
1478	English Read. Writ. Gr 1-2	Ages 5 - 7	Jan 12	Tu	3:30 PM	WCC	英语阅读和写作
1433	English Read. Writ. Gr 2-3	Ages 7 - 9	Jan 12	Tu	4:45 PM	WCC	英语阅读和写作
1407	Mad Science	Ages 7 - 9	Jan 14	Th	5:15 PM	WCC	疯狂科学
1434	Math-4-Kids	Ages 7 - 9	Jan 11	M	3:30 PM	WCC	趣味数学
1516	Young Moviemakers	Ages 8 - 14	Jan 15	F	4:00 PM	WCC	少年电影制作

### CHILDREN & YOUTH - MUSIC LESSONS - PAGE 17

1528	Guitar   Wednesday	Ages 5+	Jan 13	W	3:00 PM	WCC	吉他
1529	Piano   Monday	Ages 5+	Jan 11	M	3:00 PM	WCC	钢琴
1530	Piano   Wednesday	Ages 5+	Jan 13	W	3:00 PM	WCC	钢琴
1531	Piano   Friday	Ages 5+	Jan 15	F	3:00 PM	WCC	钢琴
1533	Violin   Friday	Ages 5+	Jan 15	F	3:00 PM	WCC	小提琴
1532	Violin   Thursday	Ages 5+	Jan 14	Th	3:00 PM	WCC	小提琴

### CHILDREN & YOUTH - PHYSICAL ACTIVITY - PAGES 18-20

1489	Badminton	Ages 8 - 12	Jan 15	F	4:00 PM	WCC	羽毛球
1490	Badminton	Ages 13 - 18	Jan 15	F	5:15 PM	WCC	羽毛球
1537	Youth Basketball Shoot.	Ages 13 - 18	Jan 14	Th	11:30 AM	WCC	青少年投篮时间
1536	Youth Basketball Shoot.	Ages 13 - 18	Jan 13	W	6:30 PM	WCC	青少年投篮时间
1508	Sportball: Floor Hockey	Ages 6 - 9	Jan 13	W	4:45 PM	WCC	曲棍球
1520	Kyokushin Karate   Begi.	Ages 4 - 9	Jan 14	Th	6:00 PM	WCC	极真空手道-儿童初级
1521	Kyokushin Karate   Begi.	Ages 4 - 9	Jan 12	Tu	6:00 PM	WCC	极真空手道-儿童初级
1522	Kyokushin Karate	Ages 6+	Jan 14	Th	7:00 PM	WCC	极真空手道
1523	Kyokushin Karate	Ages 6+	Jan 12	Tu	7:00 PM	WCC	极真空手道

### CHILDREN & YOUTH - SOCIAL - PAGE 21

1591	The Short Hour	Ages 16+	Jan 13	W	4:00 PM	Virtual	电影俱乐部
1457	Youth Art Engage.	Ages 13 - 18	Jan 11	M	10:30 AM	WCC	青年艺术设
1435	Pre-teen Leadership	Ages 9 - 12	Jan 11	M	4:00 PM	WCC	少年领导力项目
1437	Virtual Pre-Teen Lead.	Ages 9 - 12	Jan 12	Tu	4:00 PM	Virtual	少年领导力项目
1436	Youth Leadership	Ages 13 - 18	Jan 15	F	4:00 PM	WCC	青年领导力

## INDEX & SCHEDULE

### ADULTS & SENIORS - ARTS - PAGE 22

1470	Bollywood Dance	Ages 13+	Jan 15	F	7:00 PM	WCC	宝莱坞舞蹈
1463	Chinese Folk Dance	Ages 19+	Jan 15	F	1:00 PM	WCC	中国民族舞蹈
1465	Chinese Folk Dance	Ages 19+	Jan 13	W	1:00 PM	WCC	中国民族舞蹈
1464	Chinese Folk Dance	Ages 19+	Jan 11	M	11:00 AM	WCC	中国民族舞蹈

### ADULTS & SENIORS - EDUCATION + SOCIAL - PAGES 22-24

1447	Adv. English Conv.	Ages 18+	Jan 15	F	10:00 AM	Virtual	高级英语会话
1443	Beg. English Conv.	Ages 18+	Jan 12	Tu	10:00 AM	Virtual	英语会话 - 初级
1446	English ABCs	Ages 18+	Jan 14	Th	10:00 AM	Virtual	英语入门
1441	English ABCs Mandarin	Ages 18+	Jan 11	M	10:00 AM	Virtual	英语入门(国语)
1444	Int. English Conversation	Ages 18+	Jan 13	W	1:00 PM	Virtual	英语会话 - 中级
1445	Int. French Conversation	Ages 18+	Jan 13	W	1:00 PM	Virtual	中级法语会话
1442	Mandarin Conv. Beg.	Ages 18+	Jan 11	M	8:15 PM	Virtual	汉语学习 - 初级
1722	Mandarin Conv. Int.	Ages 18+	Jan 11	M	7:15 PM	Virtual	汉语学习 - 中级
1720	Community Circle	Ages 18+	Jan 13	W	12:00 PM	Virtual	
1451	Community Workshop	Ages 19+	Jan 28	Th	1:00 PM	Virtual	社区讲座 - 二月
1452	Community Workshop	Ages 19+	Feb 25	Th	1:00 PM	Virtual	社区讲座 - 一月
1453	Community Workshop	Ages 19+	Mar 25	Th	1:00 PM	Virtual	社区讲座 - 三月
1440	Virtual Murder Mystery	Ages 19+	Jan 28	Th	6:00 PM	Virtual	谋杀谜案
1591	The Short Hour	Ages 16+	Jan 13	W	4:00 PM	Virtual	电影俱乐部

### ADULTS & SENIORS - MUSIC LESSONS - PAGE 25

1528	Guitar   Wednesday	Ages 19+	Jan 13	W	3:00 PM	WCC	吉他
1529	Piano   Monday	Ages 19+	Jan 11	M	3:00 PM	WCC	钢琴
1530	Piano   Wednesday	Ages 19+	Jan 13	W	3:00 PM	WCC	钢琴
1531	Piano   Friday	Ages 19+	Jan 15	F	3:00 PM	WCC	钢琴
1533	Violin   Friday	Ages 19+	Jan 15	F	3:00 PM	WCC	小提琴
1532	Violin   Thursday	Ages 19+	Jan 14	Th	3:00 PM	WCC	小提琴

### ADULTS & SENIORS - PHYSICAL ACTIVITY - PAGES 26-29

1471	Cardio Core Bootcamp	Ages 19+	Jan 12	Tu	12:00 PM	WCC	核心肌群训练营
1472	Zumba	Ages 19+	Jan 14	Th	5:15 PM	WCC	ZUMBA舞
1476	Kyokushin Karate	Ages 6+	Jan 14	Th	7:00 PM	WCC	极真空手道
1477	Kyokushin Karate	Ages 6+	Jan 12	Tu	7:00 PM	WCC	极真空手道
1558	Badminton (Term 1)	Ages 19+	Jan. 11	M	6:15 PM	WCC	羽毛球
1559	Badminton (Term 1)	Ages 19+	Jan 11	M	7:30 PM	WCC	羽毛球
1560	Badminton (Term 1)	Ages 19+	Jan 12	Tu	9:00 AM	WCC	羽毛球
1561	Badminton (Term 1)	Ages 19+	Jan 12	Tus	10:15 PM	WCC	羽毛球
1562	Badminton (Term 2)	Ages 19+	Feb 22	M	6:15 PM	WCC	羽毛球
1563	Badminton (Term 2)	Ages 19+	Feb 22	M	7:30 PM	WCC	羽毛球
1564	Badminton (Term 2)	Ages 19+	Feb 16	Tu	9:00 AM	WCC	羽毛球

1565	Badminton (Term2)	Ages 19+	Feb 16	Tu	10:15 PM	WCC	羽毛球
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#### ADULTS & SENIORS - PHYSICAL ACTIVITY - PAGES 26-29

1566	Pickleball (Term 1)	Ages 19+	Jan 14	Th	9:00 AM	WCC	匹克球练习
1567	Pickleball (Term 1)	Ages 19+	Jan 14	Th	10:15 AM	WCC	匹克球练习
1568	Pickleball (Term 1)	Ages 19+	Jan 15	F	2:30 PM	WCC	匹克球练习
1569	Pickleball (Term 1)	Ages 19+	Jan 15	F	7:15 PM	WCC	匹克球练习
1570	Pickleball (Term 2)	Ages 19+	Feb 18	Th	9:00 AM	WCC	匹克球练习
1571	Pickleball (Term 2)	Ages 19+	Feb 18	Th	10:15 AM	WCC	匹克球练习
1572	Pickleball (Term 2)	Ages 19+	Feb 19	F	2:30 PM	WCC	匹克球练习
1573	Pickleball (Term 2)	Ages 19+	Feb 19	F	7:15 PM	WCC	匹克球练习
1483	Pickleball Lessons   Beg.	Ages 19+	Jan 15	F	9:00 AM	WCC	匹克球初级
1534	Pickleball Lessons   Beg.	Ages 19+	Feb 19	F	9:00 AM	WCC	匹克球初级
1480	Pickleball Lessons   Int.	Ages 19+	Jan 15	F	10:45 AM	WCC	匹克球中级
1482	Pickleball Lessons   Adv.	Ages 19+	Jan 15	F	12:30 PM	WCC	匹克球高级
1574	Table Tennis (Term 1)	Ages 19+	Jan 14	Th	1:15 PM	WCC	乒乓球
1575	Table Tennis (Term 1)	Ages 19+	Jan 14	Th	2:30 PM	WCC	乒乓球
1576	Table Tennis (Term 2)	Ages 19+	Feb 18	Th	1:15 PM	WCC	乒乓球
1577	Table Tennis (Term 2)	Ages 19+	Feb 18	Th	2:30 PM	WCC	乒乓球
1460	Gentle Yoga	Ages 19+	Jan 15	F	10:00 AM	WCC	轻柔瑜伽
1461	Power Yoga	Ages 19+	Jan 13	W	11:30 AM	WCC	力量瑜伽
1462	Vinyasa Yoga	Ages 19+	Jan 12	Tu	5:30 PM	WCC	Vinyasa瑜伽
1459	Yoga in Mandarin	Ages 19+	Jan 11	M	9:30 AM	WCC	中文瑜伽

#### HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE - PAGES 30-33

1535	Fabric Art: Shibori. Print	Ages 55+	Jan 14	Th	1:00 PM	Virtual	织品艺术：染色和印刷
1494	Rise up and sing!	Ages 55+	Jan 12	Tu	4:00 PM	Virtual	快乐歌唱
1591	The Short Hour	Ages 16+	Jan 13	W	4:00 PM	Virtual	电影俱乐部
1556	Music Speaks	Ages 55+	Mar 4	Th	5:00 PM	Virtual	音乐之魅力
1607	One-on-One Comp. Help	Ages 55+	Jan 4	M	9:00 AM	Virtual	一对一电脑辅导
1624	One-on-One Comp. Help	Ages 55+	Jan 5	Tu	9:00 AM	WCC	一对一电脑辅导
1538	Seniors' Computer Cafe	Ages 55+	Jan 14	Th	1:00 PM	Virtual	老年电脑俱乐部
1539	Seniors' Computer Cafe	Ages 55+	Feb 11	Th	1:00 PM	Virtual	老年电脑俱乐部
1540	Seniors' Computer Cafe	Ages 55+	Mar 11	Th	1:00 PM	Virtual	老年电脑俱乐部
1475	Virtual Chair Yoga	Ages 55+	Jan 13	W	11:00 AM	Virtual	网上椅子瑜伽
1474	Virtual Osteofit	Ages 55+	Jan 14	Th	10:00 AM	Virtual	网上健骨课程
1473	Virtual Tai Chi	Ages 55+	Jan 11	M	10:00 AM	Virtual	网上太极
1549	Virtual Tai Chi - Level 2	Ages 55+	Jan 12	Tu	7:00 PM	Virtual	太极 - 中级
1448	Seniors + Friends Virtual	Ages 55+	Jan 21	Th	1:00 PM	Virtual	老年之友座谈会
1449	Seniors + Friends Virtual	Ages 55+	Feb 18	Th	1:00 PM	Virtual	老年之友座谈会
1450	Seniors + Friends Virtual	Ages 55+	Mar 18	Th	1:00 PM	Virtual	老年之友座谈会
1599	Chinese Seniors Virtual	Ages 55+	Jan 13	W	1:00 PM	Virtual	老人社交俱乐部(国语)



**UNA**

UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# **LUNAR NEW YEAR 2021 CELEBRATE FROM HOME YEAR OF THE OX**

**FRIDAY, FEBRUARY 12  
ONLINE**

**LUNAR NEW YEAR CELEBRATION VIDEO SHOWCASING THE VARIOUS WAYS  
THE COMMUNITY CAN CELEBRATE THE EVENT FROM HOME**

**MORE INFORMATION ONLINE SOON!**



Presented by the **2021 Lunar New Year Working Group**



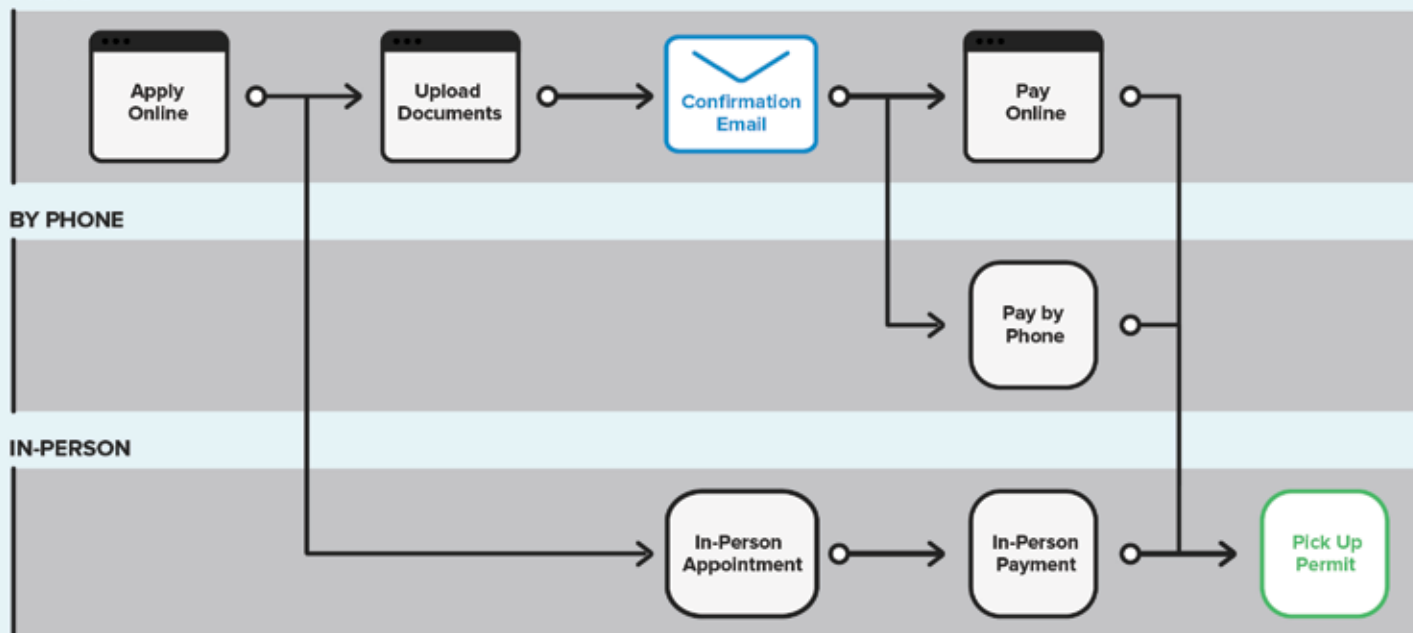
# APPLY ONLINE FOR PARKING PERMITS AND PASSES

## Need to renew or apply for a parking permit or pass?

Submit your parking requirements online, wait for processing and make an appointment to pick-up your pass at the Wesbrook Community Centre.

For more information, visit [myuna.ca/parking](https://myuna.ca/parking).


### ONLINE

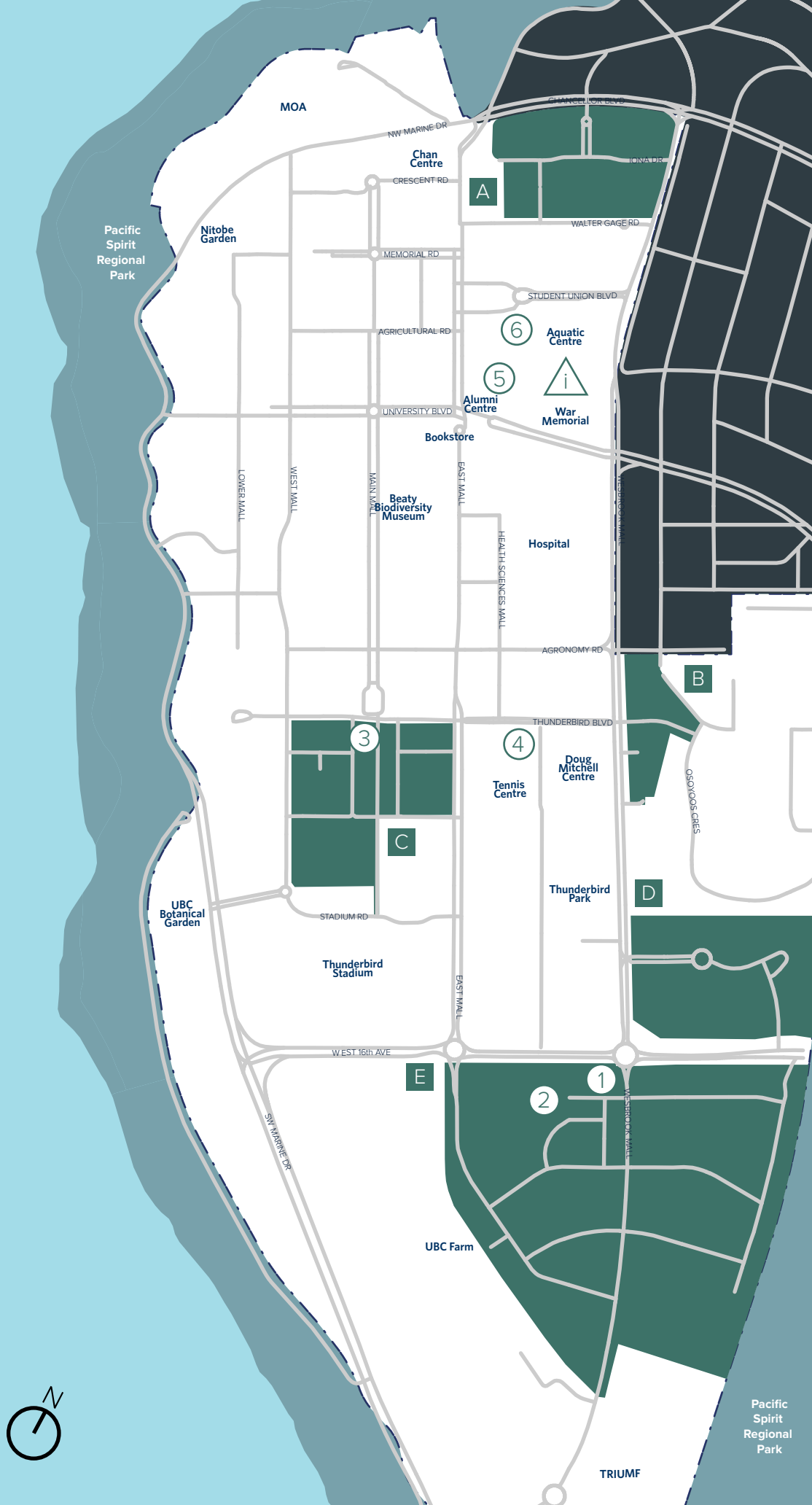


# UBC & UNA PROGRAM LOCATION MAP

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

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

 Bus + Shuttle Loop



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# FITNESS CENTRE RATES

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We are excited to welcome you back to 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
DROP IN	\$7.00	\$10.00
10 VISITS	\$50.00	\$60.00
1 MONTH	\$50.00	\$60.00
3 MONTHS	\$120.00	\$150.00
6 MONTHS	\$220.00	\$250.00
12 MONTHS	\$400.00	\$450.00

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.



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# OUR WINTER COVER

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**DESIGN BY:**  
Alicia Carvalho

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Our Program Guide Winter 2021 cover is a nod to the “new normal” that we’ve all had to adjust to in recent times.

A lot of us are keeping close to home during the pandemic and the UNA has made concessions and adjustments to our programs to make sure that we’re catering to the needs of our community. From the introduction of new online classes and running smaller, physically distanced group fitness classes to putting in place new programs to address the needs of our seniors, we’re committed to creating a safe environment for physical activity and learning.