

Recreation Guide

Winter 2024



**REGISTRATION
BEGINS
SATURDAY
DECEMBER 9**

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4397 West 2nd Avenue, Vancouver, BC V6R 1K4 604.257.8140

www.westpointgrey.org | vancouver.ca/westpointgreyrec

[@westpointgreycc](https://twitter.com/westpointgreycc)



Our Facilities





REGISTRATION
BEGINS
SATURDAY
DECEMBER 9
vanrec.ca

Winter 2024 Registration starts

Saturday December 9 • Online at vanrec.ca & In-Person at 9:00am • By Phone at 12:00pm

The West Point Grey Community Centre (WPGCC) consists of six buildings including Aberthau Mansion, the gymnasium, fitness centre, pottery studio and Jericho Hill Centre gymnasium and cafeteria buildings which are located at 4196 West 4th Avenue.

Our neighbourhood pool, Lord Byng is located on 3990 West 14th Avenue.



Getting to West Point Grey Community Centre by Public Transit

West Point Grey Community Centre is located at 4397 West 2nd Avenue and is easily accessible by public transit. The #4 UBC and #84 UBC express bus stops at West 4th Ave and North West Marine Drive. When you get off the bus head northeast on West 4th Ave towards NW Marine Dr, turn left on NW Marine Dr, and turn left again on West 2nd to the community centre.

Getting to Jericho Hill Centre by Public Transit

Jericho Hill Centre is located at 4196 West 4th Avenue and is also easily accessible by public transit. The #4 UBC bus stops at West 4th Ave and 4100 Block. When you get off the bus cross the street heading south and follow the driveway up to Jericho Hill Centre.

Staff

Eric Bagnall Community Recreation Supervisor
Andrea Mah (Preschool & Children's) Recreation Programmer II
TBA (Adult & Senior's) Recreation Programmer II
Jessie Mann Recreation Facility Clerk
Leeanne Trieu (Rentals) Program Assistant III
Saoirse Kennedy (Special Events) Program Assistant III
Bernadette Paetz City-Wide Arts Programmer
Dennis Yaco Building Service Worker

Free PARKING
Available!

Hours of Operation

WPG Main Office and Fitness Centre

Fitness Centre closes 15 minutes prior to the time listed below.

Jan 2-Apr 30

Mon-Thu 8:00am-10:00pm
Fri 8:00am-7:45pm
Sat & Sun 9:00am-5:00pm

Holiday Hours

Jan 1, Feb 19, Mar 29-Apr 1 Closed

Aberthau

Jan 2-Apr 30

Mon-Thu 9:00am-9:45pm
Fri 9:00am-7:30pm
Sat 9:00am-4:45pm
Sun 9:00am-3:00pm

Holiday Hours

Jan 1, Feb 19, Mar 29-Apr 1 Closed

Follow us on SOCIAL MEDIA





What Can I Do To Be More Involved In My Community?

Being involved in your community makes you a more responsible citizen. You are taking an active role in helping to shape your community. Being more involved can also give you a voice in your community. There are many ways to get involved in your community. Making new connections to your community benefits everyone. If you want to help out in your community, all you need is free time and the desire to make your neighbourhood a better place. You can inspire others as well as yourself!

Do you enjoy making a difference and helping others? Would you like to gain experience and skills, while working as a team to create great experiences for people in this community?

Volunteer Opportunities at West Point Grey

- Community Centre Association Board and or Committee Member • Special Events
- Adult Programs • Outdoor Programs • Children's Programs* • Day Camps* and more!

**Volunteers working with children, youth and persons who are vulnerable must pass a Police Information Check.*

West Point Grey Community Centre Association 2023 – 2024 Board of Directors

Andre Lanz
Darcy Higgs
Dennis Higgs
Elizabeth Murphy

Gayle Gavin
Keta Kosman
Kimberly McAfee
Lisa Simonson

Murray Hendren
Rodica Susnea
Ross Fahrni
Ruizhi Liu

Tiffany Hamilton
Troy Abromaitis
William McLean

Our Mission Statement

To provide artistic, cultural, educational, health, fitness and recreational activities within an inclusive organization that fosters well-being and community.



President's Message – Winter 2024

As we transition to our winter programming, the West Point Grey Community Centre Association (“WPGCCA”) is pleased that this is the 54th year that we have been jointly operating the West Point Grey Community Centre with the Vancouver Board of Parks and Recreation (“Park Board”) since 1972. In 2018 we signed a new Joint Operating Agreement (JOA) to strengthen our relationship. The WPGCCA Board appreciates all of our wonderful hardworking community centre staff, including our new Community Recreation Supervisor, Eric Bagnall.

Here are a few of our new program highlights:

Preschool & Children

- **“Little Learners” and “Rally Stars”** – Beginner Tennis Lessons for Kids – Your little ones will learn the fundamentals of tennis using modified equipment such as smaller rackets.
- **Ivy's Breakfast Club** – Basketball Player Development – Kids will focus on footwork, ball handling, shooting, passing, and defense in a thrilling and fun-filled environment.
- **Spring Break** - Camps with Bricks 4 Kidz, Steam 4 Kids, DRIVE Basketball, Fire & Flower Empowerment, Sportball, Wize Computing Academy, and Film Camp In A Box.
- **Zumba® Kids and Jr.** – Combine movement, music, community and a healthy lifestyle for children. These fitness classes are rocking, high-energy dance parties, and kid-friendly routines!

Adults & Seniors

- **Zumba® Gold** – This is a low impact dance-fitness class for beginners and seniors. With easy to follow moves to create a dynamic and fun fitness class, Zumba® Gold strives to improve your balance, strength, flexibility, and heart.
- **Adult Beginner Tennis Lessons** – For players with some or no tennis experience, but would like to learn the sport! Players will learn the basics of rallying, volleys, serving, footwork, point-play, and how the scoring system works. Classes will be fun and engaging, with a “play to learn” approach.
- **Beginner Ballet** – Try a free Beginner Ballet class! An open level ballet program designed for dancers who want to learn ballet through exercises to condition the body, creativity and to compliment short choreographies.
- **Beginner Contemporary Dance** – Try a free Beginner Contemporary Dance class! Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Play with pushing boundaries, gravity, breathtaking imagery, intricate gestures, strength, art, and movement vs stillness.
- **Watercolour 101** – Create your own captivating artwork using watercolour. Learn brushstrokes, brush techniques, and colour mixing. Gain the experience you need through and unleash your artistic creativity!

Special Events

- Join us for our returning and popular Winter events such as Family Day (Feb 17), Breakfast with Bunny (Mar 23), and the Spring Market (Apr 20)!



Thank you for your continuing patronage and interest in our Community Centre.
Enjoy all this season has to offer!

Elizabeth Murphy
President, West Point Grey Community Centre Association



Community Arts & Culture

West Point Grey Community Centre Artist Residencies Working With Our Communities

Aberthau/West Point Grey Studios – Cherry Blossom Festival

We are pleased to have a cultural residency partnership with the Vancouver Cherry Blossom Festival Society (VCBF) for arts and cultural programming/events at Aberthau/West Point Grey. This partnership will open the doors to unique arts and cultural programming that connects creativity to natural environments and diverse new audiences for the community. The Festival is passionate about making opportunities to explore the creative process and new cross-cultural collaborations with local emerging and professional artists and sharing the resulting new work with the public. VCBF will be collaborating with existing user groups, resident artists and garden stewards and will tap into current special events happening here. Check out events here www.vcbf.ca.

Aberthau/West Point Grey Studios – Music off the Page

As a practicing musician, Roisin Adams hopes to inspire collaborations between musicians (from beginner to professional), to stimulate the community with contemporary music and discourse and offer accessible programming that explore sound and music for participants of all ages. Their work in the Fieldhouse studio project will be to build on artistic and learning practices to develop music appreciation and musical collaborations with the ultimate goal of encouraging interest in music and connecting Vancouver's vibrant musical community to the community at large. For performances, workshops and events go to www.musicoffthepageblog.weebly.com.

The Dezza Dance Residency Aberthau Mansion Oak Room

This residency facilitates the creation and performance of new contemporary dance works with emerging and midcareer dancers. Under the direction of dancer/choreographer Desirée Dunbar, dancers develop their own vocabulary and express themselves with peer support. These dancers then collaborate with other community dance groups and professional artists, creating performances for the public. Peek in to view open rehearsals in the Oak Room on Thursdays, Jan 19-Mar 23 from 10:30am-12:30pm. For more information, please visit www.dezzadance.com.

Collaborative Creative Dance for Older Adults (55+ yrs)

An arts project that uses the collaborative creative strategies developed in the Arts and Health Project, encouraging and supporting seniors to express their life experience and knowledge creatively in groups working with professional artists who have training in this work. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

487574

FREE/10 sess

F Jan 19-Mar 22

12:30pm-2:00pm

INSTRUCTOR: DEZZA DANCE

Aberthau Community Permaculture and Eco Art Garden

We have expanded the garden! A whole new section has been added to the base garden thanks to funding from the Park Board's Access to Nature fund (NW Marine Drive between Discovery and Trimble Street). Located behind the Mansion and hosted by Village Vancouver (VV), the garden includes VV's Collaborative Demonstration Permaculture Garden, the WPG Preschool Garden and art/garden projects by our artist residencies. All levels of experience are welcome at our weekly garden work parties, including new gardeners (inquire at ACG@villagevancouver.ca). For more information, visit Village Vancouver at www.villagevancouver.ca or email Ross Moster at ross@villagevancouver.ca. The garden is a member of the Westside Neighbourhood Food Network, and is part of the Westside Permaculture Corridor.

Elm Park Fieldhouse Studio Residency

Elm Park Fieldhouse Studio Residency Experiments in Living is a project designed to question our surroundings and better understand the things we take for granted in our daily lives. Through a series of dynamic collaborations with artists, community members, recreation centres, and local businesses we hope to re-imagine objects and activities found within a typical home. Workshops have included Silk Transfer Collage, Kraftwerks Klub, Exercise your drawing skills en plein air. For more information, please visit www.experimentsinliving.tumblr.com.

McBride Park Fieldhouse Studio Residency

3350 W 4th Avenue @ Waterloo Street

This residency will have a food, gardening and environmental focus with partnerships by artist collectives like Loco Moto Art/IMAPON whose work has an ecological focus. For more information, please visit www.imapon.org or locomotoart.weebly.com. Happenings in the community will include seed sharing libraries, plant swaps, pollinator walks, preserving food and public art interventions. The hope is to create positive local responses to our climate change and food system challenges.

About the Artist Studio Residencies in Parks and Park Facilities

Vancouver Park Board's Fieldhouse Studio program transformed former care-takers' suites in parks or underused facilities across Vancouver into active spaces for community engaged creative practices. In each cycle artist collectives, food, greening and environmental groups are given free access to these spaces in exchange for engaging neighbours, colleagues and curious visitors in imaginative, collaborative work in parks. These inspiring projects lead communities into deeper conversations about living in the urban environment. Find out more about all 24 Fieldhouse Programs across the Vancouver Park Board at www.vancouver.ca/parks-recreation-culture/fieldhouse-programs.aspx



January 19 - February 11, 2024
United Players of Vancouver



March 22 - April 14, 2024
United Players of Vancouver



May 31 - June 23, 2024
United Players of Vancouver



March 6 - 9, 2024
Fabulist Theatre



May 3 - 19, 2024
Vital Spark

TICKETS

The OR Festival:
orfestival.com/tickets

The Freedom of the City:
vitalsparktheatre.com

**Gertrude & Alice,
The Trip to Bountiful,
When We Were Singing:**
unitedplayers.com or
604-224-8007 ext 3

Want to volunteer? Check out the websites:
jerichoartscentre.com & [united players.com](http://unitedplayers.com)

Infant & Preschool

Birthday Parties

Bouncy Castle Party Time – Birthday Party (1-8 yrs)

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30 mins for set-up, 2 hrs for the party, 30 mins for clean-up and two birthday party leaders. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$65 for up to 36 children (two weeks' notice must be provided or the max of 24 children must be upheld). Contractor License Number: LAM0202072

WPG Gym

486571-486584	\$190/1 sess
Sa Jan 6-Apr 27	11:00am-2:00pm
486587-486600	\$190/1 sess
Sa Jan 6-Apr 27	2:00pm-5:00pm
486605-486620	\$190/1 sess
Su Jan 7-Apr 28	11:00am-2:00pm
486622-486637	\$190/1 sess
Su Jan 7-Apr 28	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Family Playtime

Family Playtime (1-8 yrs)

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.50 or purchase a 10-visit pass for \$32.50. No session Feb 17 (Family Day Event), Mar 30, 31, Apr 20. Contractor License Number: LAM0202072

WPG Gym

485840	\$3.50/1 sess or \$32.50/10-visit pass
Sa Jan 6-Apr 27	9:30am-11:00am
485841	\$3.50/1 sess or \$32.50/10-visit pass
Su Jan 7-Apr 14	9:30am-11:00am

Dance

Asian Pop/KPOP/Hip Hop – Parent and Child (0-6 yrs)

Caregiving adult and their preschooler to dance together and learn hip-hop fundamentals! Meet other parents, have fun, and rise to a new challenge with your child. No previous experience required. Parent/guardian participation required. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486270	\$224/14 sess
Sa Jan 13-Apr 27	9:30am-10:30am
INSTRUCTOR: ILLUMA STUDIO	

Asian KPOP/Hip Hop – Family (4-18 yrs)

Come dance to various fun music genres that may include Korean Pop (KPOP), Hip Hop, age appropriate TikTok trends, Afro Beats, and Chinese Pop music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace. Embrace teamwork while supporting classmates and having fun. No previous experience required. Learned skills showcasing will be announced on occasion during the course. Parent/guardian participation required. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486272	\$224/14 sess
Sa Jan 13-Apr 27	12:30pm-1:30pm
INSTRUCTOR: ILLUMA STUDIO	

Follow us on SOCIAL MEDIA



Health & Wellness

Zumba® Kids Jr. (4-6 yrs) NEW

Zumba® Kids Jr. classes are designed to combine movement, music, community and a healthy lifestyle for children. These fitness classes are rocking, high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. No class Mar 29.

Oak Room

486193	\$63/7 sess
F Jan 19-Mar 1	4:00pm-5:00pm
486195	\$63/7 sess
F Mar 8-Apr 26	4:00pm-5:00pm
INSTRUCTOR: LAURENCE SAUVE	



Education

Science for Preschoolers (3-5 yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our preschool programs are engaging, and are hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic. No class Feb 19.

Youth Room

486143	\$160/8 sess
M Jan 15-Mar 11	2:30pm-3:30pm
INSTRUCTOR: STEAM 4 KIDS	



Languages

Japanese programs take place at Jericho Hill Centre located at 4196 West 4th Avenue.



Japanese (3-5 yrs)

This Japanese program has been in operation at WPG for over 25 years and continues to emphasize the importance of creativity and social development in the acquisition of language skills. Children will learn the Japanese language through activity based methods including reading, writing and crafts. The 9:15am class focuses on language (word play) and music and the 10:45am class focuses on arts and crafts and traditional Japanese games. It is recommended but not required that children enroll for both time slots. If enrolling for both timeslots, it is mandatory for parents to pick up their children in between the two classes. Please note that these classes are Japanese immersion based which means they are in Japanese. However, children do not need to have experience with the Japanese language to register. No class Feb 19, Mar 18, 19, 20, 21, 23, 25, 26, 27, 28, 30, Apr 1. This program takes place at Jericho Hill Centre at 4196 West 4th Avenue.

JHC Preschool Room

3 yrs

485842		\$280/14 sess
Tu Th	Jan 9-Apr 25	9:15am-10:30am
485843		\$280/14 sess
Tu Th	Jan 9-Apr 25	10:45am-12:00pm

4 yrs

485844		\$260/13 sess
M W	Jan 8-Apr 24	9:15am-10:30am
485845		\$260/13 sess
M W	Jan 8-Apr 24	10:45am-12:00pm

5 yrs

485846		\$140/14 sess
Sa	Jan 13-Apr 27	9:15am-10:30am
485847		\$140/14 sess
Sa	Jan 13-Apr 27	10:45am-12:00pm

INSTRUCTOR: HIROKO KASHIHARA

www.westpointgrey.org

Music

Piano Lessons with June (3+ yrs)

June's lessons for the young beginners includes various fun activities such as alphabet games, playing and singing using props and musical theory books. Quoted price is for half hour lessons. This course is for beginners or students with some music knowledge. Participants will increase their musical knowledge and playing technique through pedagogical learning. No class Feb 16, 17, 18, 19, Mar 29, 30, 31, Apr 1.

Music Room

484774-484791		\$455/14 sess
M	Jan 8-Apr 22	10:15am-9:30pm
484792-484656		\$552.50/17 sess
Tu	Jan 2-Apr 23	3:30pm-9:30pm
484800		\$828.75/17 sess
Tu	Jan 2-Apr 23	7:00pm-7:45pm
484801-484822		\$552.50/17 sess
Th	Jan 4-Apr 25	10:15am-9:30pm
484823-484824		\$731.25/15 sess
F	Jan 5-Apr 26	4:30pm-6:00pm
484825		\$487.50/15 sess
F	Jan 5-Apr 26	6:00pm-6:30pm
484826-484833		\$487.50/15 sess
Sa	Jan 6-Apr 27	10:45am-2:45pm
484834-484838		\$731.25/15 sess
Su	Jan 7-Apr 28	9:00am-12:00pm
484839-484844		\$487.50/15 sess
Su	Jan 7-Apr 28	12:00pm-3:00pm

INSTRUCTOR: JUNE LAM

Guitar Lessons with Diego

Guitar lessons will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience). We will also learn pop songs, rock songs, blues, jazz and world music. No class Mar 30.

Library

487863-487882		\$348/12 sess
Sa	Jan 20-Apr 13	10:00am-1:00pm

INSTRUCTOR: DIEGO KOHL

Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class on Jan 31, Mar 6, 27, Apr 3, 10.

Music Room

484536		\$907.50/11 sess
W	Jan 10-Apr 24	2:30pm-3:15pm
484537		\$605/11 sess
W	Jan 10-Apr 24	3:30pm-4:30pm
484539		\$907.50/11 sess
W	Jan 10-Apr 24	4:30pm-5:15pm
484540		\$605/11 sess
W	Jan 10-Apr 24	5:30pm-6:00pm
484541		\$1210/11 sess
W	Jan 10-Apr 24	6:00pm-7:00pm
484542		\$605/11 sess
W	Jan 10-Apr 24	7:00pm-7:30pm

INSTRUCTOR: VICTORIA GOMON



Specialty Camps

Sportball Multi-Sport Camp (3½-5 yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on a variety of different ball sports. This camp runs rain or shine. No camp Mar 29.

WPG North Grass Area

486757		\$200/5 sess
M Tu W Th F	Mar 18-Mar 22	10:00am-12:00pm
486758		\$160/4 sess
M Tu W Th	Mar 25-Mar 28	10:00am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

Sports

GrassRoots Soccer – Preschool (3-5 yrs)

GrassRoots Soccer is about more than just improving children's soccer skills. It's based on a unique coaching model that helps boys and girls of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development physical, technique, psychological and social, all which help children to develop more than just their football skills. They will gain confidence, self esteem, learn to work in teams and improve their decision making.

WPG Gym

486773		\$161.20/8 sess
W	Jan 10-Feb 28	3:20pm-4:05pm
486774		\$161.20/8 sess
W	Mar 6-Apr 24	3:20pm-4:05pm

INSTRUCTOR: GLYN ROBERTS

Sportball Indoor Soccer (4-6 yrs)

Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

WPG Gym

485862		\$162/9 sess
F	Jan 19-Mar 15	3:30pm-4:30pm
485863		\$72/4 sess
F	Apr 5-Apr 26	3:30pm-4:30pm

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor Basketball (4-6 yrs)

Sportball Indoor Basketball programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Lebron in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focused games.

WPG Gym

485856		\$162/9 sess
F	Jan 19-Mar 15	4:30pm-5:30pm
485857		\$72/4 sess
F	Apr 5-Apr 26	4:30pm-5:30pm

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Junior (16 mos-2 yrs)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation required. No class Feb 17. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC North Gym

485866		\$144/8 sess
Sa	Jan 20-Mar 16	9:30am-10:15am
485867		\$72/4 sess
Sa	Apr 6-Apr 27	9:30am-10:15am

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Multi-Sport Parent & Tot (2-3 yrs)

Parents and caregivers can have a direct hand in a preschooler's development through our Multi-Sports programs. Parent & Tot programs teach children important introductory physical skills and help them develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. No class Feb 17. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC North Gym

485868		\$144/8 sess
Sa	Jan 20-Mar 16	10:15am-11:00am
485869		\$72/4 sess
Sa	Apr 6-Apr 27	10:15am-11:00am

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball/Baseball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No class Feb 17. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC North Gym

485864		\$144/8 sess
Sa	Jan 20-Mar 16	11:00am-12:00pm
485865		\$72/4 sess
Sa	Apr 6-Apr 27	11:00am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

Tennis

Little Learners – Beginner Tennis for Kids Level 1 (4-5 yrs)

"Little Learners" is the perfect introductory course for your little ones aged 4-5. This Level 1 class aims to foster a love for tennis, while also ensuring immediate success in the sport. We use modified equipment such as smaller rackets, nets, and decompressed tennis balls to make learning enjoyable and interactive. With a focus on developing core motor skills, and with parents involved in the learning process, this class aims to cultivate an individualized approach to learning tennis. Your child will learn the fundamentals of the game while practicing in a variety of fun drills and games designed to improve their skills. Parent/guardian participation required.

WPG Gym

486196		\$125/5 sess
Th	Jan 11-Feb 8	3:30pm-4:20pm
486197		\$125/5 sess
Th	Feb 15-Mar 14	3:30pm-4:20pm
486198		\$150/6 sess
Th	Mar 21-Apr 25	3:30pm-4:20pm

INSTRUCTOR: PRECISION TENNIS INC.

Little Learners – Beginner Tennis for Kids Level 2 (4-5 yrs)

Level 2 of our "Little Learners" program takes a further step in your child's tennis journey. Introducing more complex motor skills and the basics of tennis strategy, this class aims to build on the fundamentals learned in Level 1. Parents are encouraged to engage in the learning process, fostering a supportive and fun environment for the child. With modified equipment and age-appropriate courts, we ensure your child is given the best possible start to their tennis journey. Parent/guardian participation required.

WPG Gym

486199		\$125/5 sess
Th	Jan 11-Feb 8	4:20pm-5:10pm
486200		\$125/5 sess
Th	Feb 15-Mar 14	4:20pm-5:10pm
486201		\$150/6 sess
Th	Mar 21-Apr 25	4:20pm-5:10pm

INSTRUCTOR: PRECISION TENNIS INC.



West Point Grey Licensed Preschool at Aberthau

Our Licensed Preschool offers care for children ages 30 months-5 years in the West Point Grey Community within a “Learning through Play” environment.

Limited spaces available for the 2023-2024 school year.



30 Month Old Program

Tue and Thu 9:15am-11:15am \$170/month

3 Year Old Program

Mon, Wed and Fri 9:00am-11:30am \$190/month

4 Year Old Program

Mon, Tue, Wed and Thu 12:15pm-3:15pm \$296/month

This age group includes the weekly family fun phonics program.

This program provides a stimulating environment while enabling children to develop creative, social, emotional, physical and intellectual skills.

The curriculum includes structured and non-structured activities which allow children to make individual choices, experience group activities and meet the unique needs and abilities of each child.

Themes are developmentally appropriate and are expanded on based on each specific age group.

Children & Preteen

Specialty Camps

CSI Lab Camp (6-10 yrs)

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

Craft Room

486144 \$325/5 sess
M Tu W Th F Mar 18-Mar 22 9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS

Bricks 4 Kidz® – Jurassic Brick Land Camp (5-10 yrs)

Put on your hiking boots and camouflage as we learn about animals that roamed the earth and swam the seas during the Jurassic period. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home. No camp Mar 29.

Dining Room

486148 \$220/5 sess
M Tu W Th F Mar 18-Mar 22 9:30am-12:30pm

Library

486149 \$176/4 sess
M Tu W Th Mar 25-Mar 28 1:00pm-4:00pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Bricks 4 Kidz® – LEGO® Arcade Adventures Camp (5-10 yrs)

Revisit the time of 8-bit technology and interact with your favourite arcade and video game characters using LEGO®. Using Bricks 4 Kidz® building instructions, campers use classic LEGO® bricks, LEGO® Technic, and electric motors to construct 1-3 projects per session. Campers will be given a break for an optional snack from home. No camp Mar 29.

Dining Room

486150 \$220/5 sess
M Tu W Th F Mar 18-Mar 22 1:00pm-4:00pm

Library

486151 \$176/4 sess
M Tu W Th Mar 25-Mar 28 9:30am-12:30pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

Fire & Flower's Empowerment Camp (10-12 yrs)

This specialty day camp empowers girls in their awesome transition into young womanhood. Each of our camps explore different themes and our Hummingbird Camp focuses on body positivity, media literacy and friendship dynamics. Our Kingfisher Camp focuses on the physical and emotional changes in puberty including an in-depth look at menstruation and anatomy. No camp Mar 29.

Youth Room

Kingfisher Camp

486180 \$350/5 sess
M Tu W Th F Mar 18-Mar 22 9:00am-3:00pm

Hummingbird Camp

486179 \$280/4 sess
M Tu W Th Mar 25-Mar 28 9:00am-3:00pm
INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY

Space Explorer Camp (6-10 yrs)

This is your chance to discover what lies outside our planet! Children will learn what it takes to be a true globetrotter! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air, as well as experiencing the life of an astronaut. Explore the farthest reaches of our solar system and the various space phenomena. This stellar camp is your ticket to the stars! No camp Mar 29.

Craft Room

486145 \$260/4 sess
M Tu W Th Mar 25-Mar 28 9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS

VPS Dance Camp “Trolls” (6-12 yrs)

Step into the world of dance! In this “Trolls” themed dance camp, we will explore the foundations of multiple dance disciplines, including ballet, jazz, contemporary, and hip hop. Throughout the week the dancers will dive into learning proper technique and fun, creative choreography to different pieces of music. Students should bring a lunch and water bottle. No camp Mar 29.

JHC Gym Stage

488314 \$252/4 sess
M Tu W Th Mar 25-Mar 28 10:00am-4:00pm
INSTRUCTOR: VANCOUVER PERFORMING STARS

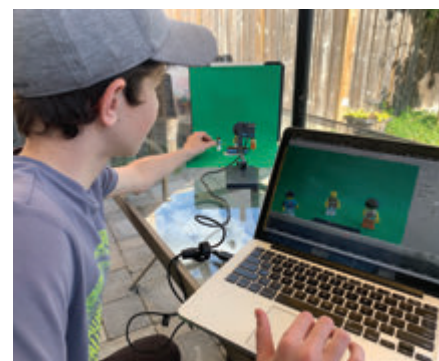
Technology Camps

LEGO® Stop Motion Animation Camp (7-12 yrs)

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box Claymation and LEGO® animation process, including pre-production, production and post-production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film and movie trailer, complete with sound effects, music, voice, sound effects and special effects. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre. Please bring your own LEGO® or mini figurines that they would like to use in their animation.

Meeting Room

486470 \$320/5 sess
M Tu W Th F Mar 18-Mar 22 9:00am-4:00pm
INSTRUCTOR: FILM CAMP IN A BOX



WIZE – Animation, Games & Storytelling in Scratch Jr (6-8 yrs)

Adventures with Star Wars and Super Heroes. Build your favourite games and animations. Students will learn and create projects, games and animation using a block-based visual programming language called Scratch. Please bring a tablet or an iPad.

Library

486309 \$290/5 sess
M Tu W Th F Mar 18-Mar 22 1:00pm-3:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY



WIZE – Animation & Game Development in Scratch (8-12 yrs)

Adventures with Star Wars and Super Heroes. Build your favourite games and animations. Students will learn and create projects, games and animation using a block-based visual programming language called Scratch. Please bring a Windows PC or Macbook or Chromebook with Chrome or Safari web browser installed, and a 3-button mouse with a scroll wheel is recommended.

Library

486308 \$290/5 sess
M Tu W Th F Mar 18-Mar 22 9:00am-12:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

WIZE – Coding and Modding in Minecraft (8-12 yrs)

Students get to go beyond just playing Minecraft, they get to program it! They imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize their ideas. No prior coding experience needed. No camp Mar 29. Please bring a Windows PC or Macbook or Chromebook with Chrome or Safari web browser installed, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

486310 \$232/4 sess
M Tu W Th Mar 25-Mar 28 9:00am-12:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

WIZE – Engineering & Robotics LEGO® WeDo (6-8 yrs)

Build and code your robots and bring them to action – engineering and robotics using LEGO® WeDo. Working with motors and sensors and seeing them rolling according to your story makes this camp so much fun! No camp Mar 29. Please bring a tablet or an iPad with Bluetooth.

Meeting Room

486311 \$232/4 sess
M Tu W Th Mar 25-Mar 28 1:00pm-3:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

Follow us on SOCIAL MEDIA



Sports Camps

DRIVE Basketball Spring Break Camp (6-16 yrs)

In these 5-day camps, you will learn the fundamentals of shooting, dribbling, triple threat, 1 on 1 and more. You will learn the game in a fun and competitive learning environment. Players will be placed into divisions based on age and skill levels. All campers receive a DRIVE T-Shirt for each camp that they attend. For sibling discount, please call the Main Office at 604.257.8140 ext. 1. No camp Mar 29. Camp takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC Gym

485871 \$305/5 sess
M Tu W Th F Mar 18-Mar 22 10:00am-3:00pm
485872 \$244/4 sess
M Tu W Th Mar 25-Mar 28 10:00am-3:00pm
INSTRUCTOR: DRIVE BASKETBALL INC.



Sportball Multi-Sport Camp (5-8 yrs)

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on a variety of different ball sports. This camp is rain or shine. No camp Mar 29.

WPG North Grass Area

486761 \$300/5 sess
M Tu W Th F Mar 18-Mar 22 1:00pm-4:00pm
486762 \$240/4 sess
M Tu W Th Mar 25-Mar 28 1:00pm-4:00pm
INSTRUCTOR: SPORTBALL VANCOUVER

Arts



Illustration & Storytelling: NEW Make A Film (7-9 yrs)

Students will be able to unlock the magical fusion of visual art and storytelling in the captivating world of film with our Illustration & Storytelling class. This course is a creative journey that delves into the heart of cinematic storytelling, utilizing the powerful medium of illustration to make compelling films.

Craft Room

486767 \$270/6 sess
W Jan 24-Feb 28 4:00pm-5:00pm
INSTRUCTOR: ZEN MAKER LAB

Watercolour Painting for Kids and Youth (7-16 yrs)

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. Supplies are not included, supply list available upon registration. No class Mar 29, Apr 12.

Craft Room

484529 \$160/8 sess
F Jan 5-Feb 23 3:30pm-5:30pm
484530 \$140/7 sess
F Mar 1-Apr 26 3:30pm-5:30pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Technology

Build A Drawing Robot & Code in Python (9-13 yrs)

In this class, you'll immerse yourself in the world of robotics and coding, as you construct your very own drawing robot and learn to program it using Python.

Meeting Room

486767 \$270/6 sess
W Jan 24-Feb 28 4:00pm-5:30pm
INSTRUCTOR: ZEN MAKER LAB

WIZE – Coding & Modding in Minecraft (8-12 yrs)

Students get to go beyond just playing Minecraft, they get to program it! Create and share mods in Minecraft by learning programming concepts and applying them. Students apply their skills to write and deploy code in the Minecraft environment. No prior coding experience needed. Please bring a Windows PC or Macbook or Chromebook with Chrome or Safari web browser installed, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

486379 \$290/8 sess
Sa Jan 20-Mar 9 9:15am-10:45am
INSTRUCTOR: WIZE COMPUTING ACADEMY

WIZE – Animation & Game Development in Scratch (8-12 yrs)

Students will learn and create projects, games and animation using block-based visual programming language. Please bring a Windows PC or Macbook or Chromebook with Chrome or Safari web browser installed, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

486378 \$290/8 sess
Sa Jan 20-Mar 9 11:00am-12:30pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

WIZE – Animation, Games & Storytelling in Scratch Jr (6-8 yrs)

Build your favorite games and animations. Learn to code using Scratch. Please bring a tablet or iPad.

Meeting Room

486380 \$290/8 sess
Sa Jan 20-Mar 9 1:00pm-2:30pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

Education

Science for Kids (6-11 yrs)

Spark imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. No class Feb 19.

Youth Room

486142 \$160/8 sess
M Jan 15-Mar 11 3:45pm-4:45pm
INSTRUCTOR: STEAM 4 KIDS

Design Thinking for Children – Creative Problem Solving (8-14 yrs)

Creativity is a natural and innate quality in every child, but it can sometimes fade as they grow and adapt to societal norms. However, just like a muscle, creative thinking can be strengthened when nurtured through the development of observation and questioning skills. Design thinking, an approach that expands upon creativity, is a powerful tool for solving problems and focuses on enhancing human experiences. In this engaging session, your child will have the opportunity to apply Design Thinking to address real-life issues they identify in their surroundings or classroom.

Library

486190 \$199/5 sess
Su Jan 14-Feb 11 10:00am-12:00pm
INSTRUCTOR: NANDINI PRIYA RABELLI

Red Cross Babysitting (11-16 yrs)

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviours to essential content on leadership and professional conduct as a babysitter. This updated curriculum provides improved learning when it comes to giving the appropriate care in the event of an emergency. Please bring a nut-free lunch, snacks, water bottle and a teddy or doll to practice with.

Dining Room

487631 \$75/1 sess
Su Mar 3 9:00am-5:00pm
INSTRUCTOR: FIRST AID HERO

Red Cross StaySafe (9-13 yrs)

This is a Canadian Red Cross course that teaches children how to respond to real-world scenarios and how to deal with challenges. The Stay Safe! program teaches applicable and age-appropriate skills, while increasing and reinforcing a youth's capacity to improve his or her own safety. Please bring a nut-free lunch, snacks, and a water bottle.

Dining Room

487634 \$75/1 sess
Su Apr 7 9:00am-3:00pm
INSTRUCTOR: FIRST AID HERO

Dance

Asian Pop/KPOP/Hip Hop – Parent and Child (0-6 yrs)

Caregiving adult and their preschooler to dance together and learn hip-hop fundamentals! Meet other parents, have fun, and rise to a new challenge with your child. No previous experience required. Parent/guardian participation required. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486270 \$224/14 sess
Sa Jan 13-Apr 27 9:30am-10:30am
INSTRUCTOR: ILLUMA STUDIO

KPOP/Hip Hop/Dance Sampler (6-14 yrs)

Come dance to dynamic cardio Korean Pop (KPOP) and Hip Hop music while being introduced to Chinese Mandarin language. An active bilingual class will allow the student to be more engaged in language learning. Embrace teamwork while supporting classmates and having fun. No previous experience required. Learned skills showcasing will be announced on occasion during the course. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486271 \$224/14 sess
Sa Jan 13-Apr 27 10:30am-11:30am
INSTRUCTOR: ILLUMA STUDIO



Sports

Brazilian Soccer Schools – Skills Development

Brazilian Soccer Schools is the World's leading technical development soccer academy. Our professional staff teach from a comprehensive syllabus and use the Brazilian version of Futsal to help our young players gain confidence and mastery of the ball. Children will develop new skills and better decision making through guided game play. No class Feb 19, Apr 1.

WPG Gym

6-8 yrs

486214		\$192.50/7 sess
M	Jan 8-Feb 26	5:00pm-6:00pm
486212		\$220/8 sess
W	Jan 10-Feb 28	5:15pm-6:15pm
486215		\$192.50/7 sess
M	Mar 4-Apr 22	5:00pm-6:00pm
486213		\$220/8 sess
W	Mar 6-Apr 24	5:15pm-6:15pm

9-12 yrs

486218		\$210/7 sess
M	Jan 8-Feb 26	6:00pm-7:15pm
486216		\$220/8 sess
W	Jan 10-Feb 28	6:15pm-7:15pm
486219		\$210/7 sess
M	Mar 4-Apr 22	6:00pm-7:15pm
486217		\$220/8 sess
W	Mar 6-Apr 24	6:15pm-7:15pm

INSTRUCTOR: ICFDS CANADA LIMITED

Split Second Basketball Skills Training (8-11 yrs)

Split Second Skills Training programs are the best place for players to learn to play the right way. Our Skills Training programs are designed to help players advance their fundamentals in a fun and challenging environment. No class Feb 19. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

486126		\$240/8 sess
M	Jan 15-Mar 11	7:00pm-8:15pm
486125		\$240/8 sess
M	Jan 15-Mar 11	8:15pm-9:30pm
486123		\$240/8 sess
W	Jan 17-Mar 6	7:00pm-8:15pm
486122		\$240/8 sess
W	Jan 17-Mar 6	8:15pm-9:30pm

INSTRUCTOR: SPLIT SECOND BASKETBALL

www.westpointgrey.org

Sportball Indoor Basketball

Sportball Indoor Basketball programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Lebron in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focused games.

WPG Gym

6-9 yrs

485858		\$162/9 sess
Tu	Jan 16-Mar 12	3:30pm-4:30pm
485859		\$90/5 sess
Tu	Apr 2-Apr 30	3:30pm-4:30pm

9-12 yrs

485860		\$162/9 sess
Tu	Jan 16-Mar 12	4:30pm-5:30pm
485861		\$90/5 sess
Tu	Apr 2-Apr 30	4:30pm-5:30pm

INSTRUCTOR: SPORTBALL VANCOUVER



DRIVE Basketball Training Academy (8-13 yrs)

Athletes develop the fundamentals while improving their overall skills. Open to athletes from Gr. 3-7. The Training Academy program will allow athletes to advance as they progress with their skills, athleticism and confidence. You will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. They will also be playing games and learning team concepts in a fun and competitive environment. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC North Gym

485838		\$480/20 sess
Tu Th	Jan 9-Mar 14	7:00pm-8:30pm
485839		\$192/8 sess
Tu Th	Apr 2-Apr 30	7:00pm-8:30pm

INSTRUCTOR: DRIVE BASKETBALL INC.

GrassRoots Soccer – Children (5-7 yrs)

GrassRoots Soccer is about more than just improving children's soccer skills. It's based on a unique coaching model that helps boys and girls of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development physical, technique, psychological and social, all which help children to develop more than just their football skills.

WPG Gym

486771		\$174.40/8 sess
W	Jan 10-Feb 28	4:10pm-5:10pm
486772		\$174.40/8 sess
W	Mar 6-Apr 24	4:10pm-5:10pm

INSTRUCTOR: GLYN ROBERTS

Small Steps Basketball (8-13 yrs)

This program is focused on teaching basketball to beginners where the instructor will cater to the unique learning needs of every student. Activities will include both fundamental skill development (shooting, dribbling, passing, and layups), fun team games, and scrimmages. A limited number of basketballs are available to borrow. Players are encouraged to bring their own regular size basketball. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

486101		\$120/10 sess
Sa	Jan 13-Mar 16	12:30pm-1:30pm

INSTRUCTOR: HARRY CHAE

Ivy's Breakfast Club – Basketball Player Development (9-13 yrs)

NEW

Led by the dynamic Coach Ivy, a former assistant coach for renowned university teams (Simon Fraser and Capilano), our program caters to kids in grades 4-7. Unleash your potential as we focus on footwork, ball handling, shooting, passing, and defense, empowering you to apply these skills in real game situations. Please bring your own basketball. No class Feb 17, Mar 30. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC Gym

487429		\$150/6 sess
Sa	Jan 13-Feb 24	3:00pm-4:15pm
487430		\$200/8 sess
Sa	Mar 2-Apr 27	3:00pm-4:15pm

INSTRUCTOR: IVY'S BREAKFAST CLUB

Tennis

Rally Stars – Beginner Tennis for Kids Level 1 (6-8 yrs)

"Rally Stars" is our Level 1 Progressive Tennis program for children aged 6-8. Our program aims to introduce the sport of tennis in an interactive way and to ensure immediate success for young players. The use of modified equipment makes the sport more accessible to younger athletes, promoting their skill develop at a much faster rate. Alongside technical training, we stress the importance of competition as an essential aspect of player development, introducing practice matches in a friendly and encouraging environment. Please fill out the Activity Waiver at www.precisiontennis.ca/waiver before attending the first day of class.

WPG Gym

486202		\$125/5 sess
Th	Jan 11-Feb 8	5:10pm-6:00pm
486203		\$125/5 sess
Th	Feb 15-Mar 14	5:10pm-6:00pm
486204		\$150/6 sess
Th	Mar 21-Apr 25	5:10pm-6:00pm
INSTRUCTOR: PRECISION TENNIS INC.		

Tennis Lessons – Youth Aces (11-15 yrs)

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquets, to come dressed in athletic clothing with athletic shoes, and water bottle. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC South Gym

486497		\$247.50/6 sess
Sa	Jan 13-Feb 17	1:15pm-2:30pm
486498		\$206.25/5 sess
Sa	Feb 24-Mar 23	1:15pm-2:30pm
488600		\$165/4 sess
Sa	Apr 6-Apr 27	1:15pm-2:30pm
INSTRUCTOR: SUMMER SMASH TENNIS		

Family Playtime

Family Playtime (1-8 yrs)

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.50 or purchase a 10-visit pass for \$32.50. No session Feb 17 (Family Day Event), Mar 30, 31, Apr 20.

WPG Gym

485840		\$3.50/1 sess or \$32.50/10-visit pass
Sa	Jan 6-Apr 27	9:30am-11:00am
485841		\$3.50/1 sess or \$32.50/10-visit pass
Su	Jan 7-Apr 14	9:30am-11:00am

Birthday Parties



Bouncy Castle Party Time – Birthday Party (1-8 yrs)

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30 mins for set-up, 2 hrs for the party, 30 mins for clean-up and two birthday party leaders. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$65 for up to 36 children (two weeks' notice must be provided or the max of 24 children must be upheld). Contractor License Number: LAM0202072

WPG Gym

486571-486584		\$190/1 sess
Sa	Jan 6-Apr 27	11:00am-2:00pm
486587-486600		\$190/1 sess
Sa	Jan 6-Apr 27	2:00pm-5:00pm
486605-486620		\$190/1 sess
Su	Jan 7-Apr 28	11:00am-2:00pm
486622-486637		\$190/1 sess
Su	Jan 7-Apr 28	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS		

Martial Arts

Fencing for Beginners (10-12 yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class Feb 19, Apr 1.

JHC Phoenix Room

484525		\$37.50/6 sess
M	Jan 8-Feb 12	5:30pm-6:30pm
484526		\$37.50/6 sess
M	Mar 4-Apr 8	5:30pm-6:30pm
INSTRUCTOR: BAC TAU		

Health & Wellness

Zumba® Kids (7-12 yrs)

Zumba® Kids classes are designed to combine movement, music, community and a healthy lifestyle for children. These fitness classes are rocking, high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. No class Mar 29.

Oak Room

486192		\$63/7 sess
F	Jan 19-Mar 1	5:00pm-6:00pm
486194		\$63/7 sess
F	Mar 8-Apr 26	5:00pm-6:00pm
INSTRUCTOR: LAURENCE SAUVE		

Adapted

Adapted KPOP/Hip Hop/Ethnic Dance Sampler (8-14 yrs)

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486273		\$224/14 sess
Sa	Jan 13-Apr 27	11:30am-12:30pm
INSTRUCTOR: ILLUMA STUDIO		



Languages

Japanese programs take place at
Jericho Hill Centre located at
4196 West 4th Avenue.

Japanese – Grades 1-6

This Japanese program has been in operation at WPG for over 25 years and continues to emphasize the importance of creativity and social development in the acquisition of language skills. Children will learn the Japanese language through activity based methods such as reading, writing and crafts. Children do need to have some previous experience in the Japanese language. No class Feb 19, Mar 18, 19, 20, 21, 22, 25, 26, 27, 28, 29, Apr 1. This program takes place at Jericho Hill Centre at 4196 West 4th Avenue.

JHC Preschool Room

Grade 1

485848 \$252/14 sess
Th Jan 11-Apr 25 3:45pm-5:30pm

Grade 2A

485851 \$252/14 sess
F Jan 12-Apr 26 3:45pm-5:30pm

Grade 2B

485852 \$216/12 sess
M Jan 8-Apr 22 3:45pm-5:30pm

Grade 3

485853 \$252/14 sess
Tu Jan 9-Apr 23 4:00pm-5:45pm

Grade 4

JHC West Art Room

485854 \$252/14 sess
Th Jan 11-Apr 25 4:00pm-5:45pm

Grade 5

485855 \$252/14 sess
W Jan 10-Apr 24 3:45pm-5:30pm

Grade 1-6

Dates for this class are Jan 13, 27, Feb 10, 24, Mar 2, 9, Apr 6, 20.

JHC West Art Room

485849 \$168/8 sess
Sa Jan 13-Apr 20 1:00pm-4:00pm

Grades 1-6 (Beginner)

485850 \$216/12 sess
M Jan 8-Apr 22 3:45pm-5:30pm
INSTRUCTOR: HIROKO KASHIHARA

Music



Piano Lessons with June (3+ yrs)

June's lessons for the young beginners includes various fun activities such as alphabet games, playing and singing using props and musical theory books. Quoted price is for half hour lessons. This course is for beginners or students with some music knowledge. Participants will increase their musical knowledge and playing technique through pedagogical learning. No class Feb 16, 17, 18, 19, Mar 29, 30, 31, Apr 1.

Music Room

484774-484791 \$455/14 sess
M Jan 8-Apr 22 10:15am-9:30pm
484792-484656 \$552.50/17 sess
Tu Jan 2-Apr 23 3:30pm-9:30pm
484800 \$828.75/17 sess
Tu Jan 2-Apr 23 7:00pm-7:45pm
484801-484822 \$552.50/17 sess
Th Jan 4-Apr 25 10:15am-9:30pm
484823-484824 \$731.25/15 sess
F Jan 5-Apr 26 4:30pm-6:00pm
484825 \$487.50/15 sess
F Jan 5-Apr 26 6:00pm-6:30pm
484826-484833 \$487.50/15 sess
Sa Jan 6-Apr 27 10:45am-2:45pm
484834-484838 \$731.25/15 sess
Su Jan 7-Apr 28 9:00am-12:00pm
484839-484844 \$487.50/15 sess
Su Jan 7-Apr 28 12:00pm-3:00pm
INSTRUCTOR: JUNE LAM

Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class on Jan 31, Mar 6, 27, Apr 3, 10.

Music Room

484536 \$907.50/11 sess
W Jan 10-Apr 24 2:30pm-3:15pm
484537 \$605/11 sess
W Jan 10-Apr 24 3:30pm-4:30pm
484539 \$907.50/11 sess
W Jan 10-Apr 24 4:30pm-5:15pm
484540 \$605/11 sess
W Jan 10-Apr 24 5:30pm-6:00pm
484541 \$1210/11 sess
W Jan 10-Apr 24 6:00pm-7:00pm
484542 \$605/11 sess
W Jan 10-Apr 24 7:00pm-7:30pm
INSTRUCTOR: VICTORIA GOMON

Guitar Lessons with Diego

Guitar lessons will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience). We will also learn pop songs, rock songs, blues, jazz and world music. No class Mar 30.

Library

487863-487882 \$348/12 sess
Sa Jan 20-Apr 13 10:00am-1:00pm
INSTRUCTOR: DIEGO KOHL

Preteen & Youth

Arts

Watercolour Painting for Kids and Youth (7-16 yrs)

Explore the world of watercolour painting. This program is for children who want to learn how to use water, paper, colour and brushes to create an endless variety of tones in their paintings. Supplies are not included, supply list available upon registration. No class Mar 29, Apr 12.

Craft Room

484529		\$160/8 sess
F	Jan 5-Feb 23	3:30pm-5:30pm
484530		\$140/7 sess
F	Mar 1-Apr 26	3:30pm-5:30pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD		



Dance

Beginner Ballet for Adults (16+ yrs)

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop-in \$18 (space permitting).

Oak Room

486108		FREE TRIAL
Tu	Jan 16	7:00pm-8:00pm
486106		\$90/6 sess
Tu	Jan 23-Feb 27	7:00pm-8:00pm
486109		FREE TRIAL
Tu	Mar 5	7:00pm-8:00pm
486107		\$120/8 sess
Tu	Mar 12-Apr 30	7:00pm-8:00pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS		



Beginner Contemporary Dance (16+ yrs)

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Think creative freedom! Play with pushing boundaries, gravity, breathtaking imagery, intricate gestures, complex vs simple, strength, art, movement vs stillness in this open level, beginner friendly class. Please wear comfortable clothing. Drop-in \$18 (space permitting).

Oak Room

486112		FREE TRIAL
Tu	Jan 16	8:00pm-9:00pm
486111		\$90/6 sess
Tu	Jan 23-Feb 27	8:00pm-9:00pm
486114		FREE TRIAL
Tu	Mar 5	8:00pm-9:00pm
486113		\$120/8 sess
Tu	Mar 12-Apr 30	8:00pm-9:00pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS		

Specialty Camps

DRIVE Basketball Spring Break Camp (6-16 yrs)

Our spring camp will be offered in limited capacity and will be following strict health guidelines. In these 5-day camps, you will learn the fundamentals of shooting, dribbling, triple threat, 1 on 1 and more. You will learn the game in a fun and competitive learning environment. Players will be placed into divisions based on age and skill levels. All campers receive a DRIVE T-Shirt for each camp that they attend. For sibling discount, please call the Main Office at 604.257.8140 ext. 1. No camp Mar 29. Camp takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC Gym

485871		\$305/5 sess
M Tu W Th F	Mar 18-Mar 22	10:00am-3:00pm
485872		\$244/4 sess
M Tu W Th	Mar 25-Mar 28	10:00am-3:00pm
INSTRUCTOR: DRIVE BASKETBALL INC.		





Adapted

Ball Hockey for Young Adults (16+ yrs)

Come join the 'West Point Grey Canucks', a youth ball hockey program designed to provide a fun, safe and supportive environment for youth with developmental disabilities. Please contact Norah Flaherty at norahflaherty@gmail.com to discuss the suitability of potential players. Each player must be able to work independently and use a hockey stick in a safe manner. No drop-ins. No session Mar 29, Apr 19.

WPG Gym

485837 \$85.71/15 sess

F Jan 5-Apr 26 6:00pm-7:15pm
INSTRUCTOR: NORAH FLAHERTY



Adapted KPOP/Hip Hop/Ethnic Dance Sampler (8-14 yrs)

Come enjoy our adapted dance experience while vibing to various fun dance genres including Korean Pop (KPOP), Hip Hop and other ethnic music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace! No previous experience required. Students will be accompanied by a guardian/parent; the adult's participation is optional but preferred. At the beginning of class, please let the instructor learn your child's preferences and needs based on their neural divergent/spectrum situation so that we can aim to customize your family's experience. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486273 \$224/14 sess

Sa Jan 13-Apr 27 11:30am-12:30pm
INSTRUCTOR: ILLUMA STUDIO

Asian KPOP/Hip Hop – NEW Family (4-18 yrs)

Come dance to various fun music genres that may include Korean Pop (KPOP), Hip Hop, age appropriate TikTok trends, Afro Beats, and Chinese Pop music! Dancers will learn choreography, footwork, isolations, stretches and more at their own pace. Embrace teamwork while supporting classmates and having fun. No previous experience required. Learned skills showcasing will be announced on occasion during the course. Parent/guardian participation required. Wear shoes with non-marking soles, comfortable sports clothing, and bring a water bottle. No class Mar 23, 30.

Dining Room

486272 \$224/14 sess

Sa Jan 13-Apr 27 12:30pm-1:30pm
INSTRUCTOR: ILLUMA STUDIO

Martial Arts



Fencing for Beginners (14+ yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class Feb 19, Apr 1.

JHC Phoenix Room

484527 \$60/6 sess

W Jan 10-Feb 14 5:30pm-6:30pm

484528 \$60/6 sess

W Mar 6-Apr 10 5:30pm-6:30pm
INSTRUCTOR: BAC TAU

Tennis



Tennis Lessons – Youth Aces (11-15 yrs)

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Students are expected to bring their own racquets, to come dressed in athletic clothing with athletic shoes, and water bottle. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC South Gym

486497 \$247.50/6 sess

Sa Jan 13-Feb 17 1:15pm-2:30pm

486498 \$206.25/5 sess

Sa Feb 24-Mar 23 1:15pm-2:30pm

488600 \$165/4 sess

Sa Apr 6-Apr 27 1:15pm-2:30pm
INSTRUCTOR: SUMMER SMASH TENNIS

Adults & Seniors

Arts

Abstract Painting – Introduction

Express with colours and textures, combining traditional and non-traditional ways, applying colour and variety of materials onto canvas, paper, or wooden panels. Use different media with brushes, knives and other tools made of wood, plastics, metal, paper or cardboard. Learn the use of colour (acrylics or oils), pastels, charcoal, and pencils. We will start with continuous exercises, then move onto exploring and developing individual ideas. Drop-in \$36 (space permitting). See receipt for supply list. No class Feb 19, Mar 18, Mar 25, Apr 1.

Craft Room

484533		\$186/6 sess
M	Jan 8-Feb 12	1:30pm-4:30pm
484860		\$186/6 sess
M	Feb 26 -Apr 22	1:30pm-4:30pm
INSTRUCTOR: DAVIDE MERINO		

Watercolour 101

Learn brushstrokes, explore wet-on-wet and dry-brush techniques, and understand colour mixing, tonal value, and harmony. You'll gain the experience you need through creative exercises and projects to unleash your artistic creativity. By the end of this program, you'll have a solid foundation in watercolour painting and the ability to create captivating artwork. Please visit www.chloegreenberg.com/artsupplylist for a list of supplies you will need. Start your watercolour adventure today!

Craft Room

485870		\$272/8 sess
W	Jan 10-Feb 28	6:00pm-8:00pm
486015		\$272/8 sess
W	Mar 6-Apr 24	6:00pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG		

Watercolour Painting

This program will give you the chance to learn to apply watercolour painting by exploring the medium's full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature (flowers). No class Mar 22, 29, Apr 12.

Craft Room

484531		\$240/8 sess
F	Jan 5-Feb 23	1:00pm-3:30pm
484532		\$180/6 sess
F	Mar 1-Apr 26	1:00pm-3:30pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD		



The Joy of Drawing and Painting

Learn and improve your drawing or painting skills such as landscape, still life, animals, and portraits. Demonstration will be provided with a new subject in every session. All supplies are included in the course fees.

Craft Room

484534		\$308/11 sess
Sa	Jan 13-Mar 23	10:30am-12:00pm
INSTRUCTOR: PHILIP TSANG		

Dance

Folk Dancing

Join us for an informal evening of unique dances from various countries. Beginners welcome. Come by yourself or with a friend. Instruction provided for beginners. Drop-in \$6 (space permitting). No class Feb 19, Apr 1.

Oak Room

483976		\$56/14 sess
M	Jan 8-Apr 22	7:45pm-9:45pm
INSTRUCTOR: BILL THOMPSON		

Beginner Ballet for Adults (16+ yrs)

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop-in \$18 (space permitting).

Oak Room

486108		FREE TRIAL
Tu	Jan 16	7:00pm-8:00pm
486106		\$90/6 sess
Tu	Jan 23-Feb 27	7:00pm-8:00pm
486109		FREE TRIAL
Tu	Mar 5	7:00pm-8:00pm
486107		\$120/8 sess
Tu	Mar 12-Apr 30	7:00pm-8:00pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS		

Ballroom Dance – Level 1 and 2

Social interaction, poise, confidence and exercise are some of the benefits of Ballroom dance: For return students this is a great opportunity to review skills developing more techniques and styling. Concentrating in 4 Dances: Foxtrot, Swing, Waltz and Rumba

Oak Room

483980		\$180/10 sess
W	Jan 10-Mar 13	12:00pm-1:00pm
INSTRUCTOR: LINDA SHORT		

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Beginner Contemporary Dance (16+ yrs)

Contemporary dance is a style of expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet. Think creative freedom! Play with pushing boundaries, gravity, breathtaking imagery, intricate gestures, complex vs simple, strength, art, movement vs stillness in this open level, beginner friendly class. Please wear comfortable clothing. Drop-in \$18 (space permitting).

Oak Room

486112		FREE TRIAL
Tu	Jan 16	8:00pm-9:00pm
486111		\$90/6 sess
Tu	Jan 23-Feb 27	8:00pm-9:00pm
486114		FREE TRIAL
Tu	Mar 5	8:00pm-9:00pm
486113		\$120/8 sess
Tu	Mar 12-Apr 30	8:00pm-9:00pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS		

Adult Hip Hop

This open-level class is fun and challenging for all experiences and dance backgrounds, whether you're a beginner, advanced, or getting your groove back. Expect a foundational warmup and stretch, followed by choreography that blends old school moves with new styles. Drop-in \$12 (space permitting). No class Feb 19

Oak Room

486232		\$150/10 sess
M	Jan 15-Mar 25	5:00pm-6:00pm
INSTRUCTOR: YASMINE SHEMES		

Salsa Dance

Whether you always wanted to learn salsa or you already know, this is the class for you to have a mini latin salsa party! This is a cardio-fun class where you will learn salsa basic/intermediate steps, body awareness exercises, and styling moves using proper body technique, plus you will learn choreographies every class! You don't need a partner for this class. Laura is latina, dance instructor, fitness instructor specialist and dance therapist. She has been dancing salsa and teaching it from a very young age.

Oak Room

487569		\$120/8 sess
Sa	Jan 20-Mar 9	10:45am-11:45am
INSTRUCTOR: LAURA ARROYO		

Pottery

Beginner Wheel Throwing with Chu Chu

Live your "Ghost" moment and join this beginner wheel throwing class where you'll learn great techniques to start making your own cups, bowls and more! There will be a focus on proper centering and wall building with pro tips for each individual's progression. Trimming and glazing will follow in later classes. No class Feb 12, 19, Apr 1.

Pottery Studio

484523		\$585/13 sess
M	Jan 8-Apr 22	5:30pm-8:30pm
INSTRUCTOR: SERENA CHU		

Pottery with Danielle

Come explore the mysteries of working with clay. All basics will be covered and instruction is tailored to your skill level. You will get a chance to play on the wheel and try out hand building techniques. Bring your ideas and inspiration. Beginners welcome.

Pottery Studio

484524		\$560/14 sess
Tu	Jan 23-Apr 23	6:00pm-9:30pm
INSTRUCTOR: DANIELLE GAGNIER		



Intermediate Pottery with Nora

Whether it's throwing on the wheel or combining different hand building techniques, we will explore creative possibilities in clay. Come and see how your skills progress. Students should have had at least one pottery class prior to registering for this intermediate course. Clay must be purchased through the centre and pottery tools may be available for purchase. Registration after 2nd class must be approved by the instructor. No class Feb 22. Complimentary studio hours may be available during the week, free of charge, for students currently enrolled in ceramics courses during the current season.

Pottery Studio

486137		\$320/8 sess
Th	Jan 4-Feb 29	10:00am-1:00pm
INSTRUCTOR: NORA VAILLANT		

Pottery: Wheel Throwing, Beginners and All Levels

Wheel throwing and hand building: learn the basics of pottery. In this class you'll get a chance to play on the wheel, try hand building techniques, and glaze your own pots. The teacher will tailor instruction to the skill level you bring, so bring your ideas and inspiration. No class Jan 24, Feb 21, Apr 3.

Pottery Studio

484520		\$540/12 sess
W	Jan 10-Apr 17	3:00pm-6:00pm
484521		\$540/12 sess
W	Jan 10-Apr 17	6:30pm-9:30pm
INSTRUCTOR: DAYNA VREEKEN		

Teapot Essentials Workshop: NEW Intermediate/Advanced

In this 3 week course, we will explore how to make your own teapot. Teapots are the vessel that requires applying a wide range of ceramic skills to accomplish. As such, to take this class, please ensure you can throw a 6 inch cylinder with even walls. We will not be discussing how to throw, but there will be demos on lidded jars, coning in and shaping, spouts and handles. You will walk away with your very own teapot! Registration includes half a bag of clay per person (M340). No class Mar 6.

Pottery Studio

484522		\$175/3 sess
Sa	Mar 2-Mar 23	11:00am-2:00pm
INSTRUCTOR: DAYNA VREEKEN		

Group Fitness

Zumba Gold® NEW

Zumba Gold® is a lower-intensity version of the typical Zumba® class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold® will provide a suitable option for older adults seeking alternative means of reaching their exercise goals. No session Feb 19, Mar 29, Apr 1.

WPG Gym

488507		\$5.50/drop-in
M	Jan 8-Apr 29	8:00am-9:00am
488508		\$5.50/drop-in
W	Jan 10-Apr 24	8:00am-9:00am
488509		\$5.50/drop-in
F	Jan 12-Apr 26	8:00am-9:00am
INSTRUCTOR: LAURENCE SAUVE		

Zumba with Alesya

Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session Feb 19, 26, Apr 1.

WPG Gym

483960		\$5.50/drop-in
M	Jan 8-Apr 22	9:10am-10:10am
483961		\$5.50/drop-in
W	Jan 10-Apr 24	9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

Strength and Tone

In this class you'll have a complete body workout using weights, resistance bands and body weight. Activate all your muscles including core, hips and postural muscles. Be strong and lean. End with a stretch to increase mobility and flexibility and reduce stress. This class has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. Please bring your own light weights, and bands. No session Feb 19, 26.

WPG Gym

483963		\$5.50/drop-in
M	Jan 8-Apr 22	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

Piloga

Piloga class is a fusion of Pilates and Yoga for total mental and physical wellbeing! This class provokes a workout designed to improve total strength, flexibility, personal alignment and a stronger core. All levels welcome. First class of the season is FREE! Please arrive early as space is not guaranteed, check in with front desk staff first. No session Feb 19, Mar 30, Apr 1.

Oak Room

483979		\$5.50/drop-in
M	Jan 15-Apr 22	1:00pm-2:00pm
INSTRUCTOR: BITA HAGHIGHIFARID		

Refit

A mild-moderate 'go at your own pace' level class great for older adults and people who are new or returning to fitness after experiencing medical problems. While focusing on good posture and good movement patterns we work carefully to increase aerobic fitness, strength, flexibility, coordination, agility, balance and body awareness.

WPG Gym

483969		\$5.50/drop-in
Tu	Jan 9-Apr 23	9:30am-10:45am
483970		\$5.50/drop-in
Th	Jan 11-Apr 25	9:30 am-10:45 am
INSTRUCTOR: MAGGI CHEETHAM		

Stretch and Flex

The Stretch and Core Workout will make you sweat and smile while building core strength, lean muscle, and killer glutes. We use a combination of Yoga, Pilates and classical Ballet techniques to sculpt and stretch body muscles. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves have options, so it's challenging but achievable whatever your level of fitness. Please bring your own yoga mat and bands. No session Feb 21.

WPG Gym

483964		\$5.50/drop-in
W	Jan 10-Apr 24	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		



Stability, Mobility and Flexibility

This is a small class, mostly mat work using some very simple props (supplied). We work on the idea that our joints function so much better when they are stabilized and strengthened in our best possible alignment. Once we get that alignment stabilized, we can get optimal movement patterns in those joints. And then, we can add resistance. If you are working with a therapist, I can include their recommended exercises for you.

Oak Room

483971		\$5.50/drop-in
W	Jan 10-Apr 24	4:00pm-5:00pm
INSTRUCTOR: MAGGI CHEETHAM		

Zumba and Tone with Alesya

Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session Feb 23, Mar 30.

WPG Gym

483962		\$5.50/drop-in
F	Jan 12-Apr 26	9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

Ballet Barre

The Ballet Barre Workout is a modern version of classic balletic training designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Lengthen and strengthen to move with grace and ease. Class incorporates classic ballet music and modern rhythms. Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body! Drop-ins allowed. No session Feb 23, Mar 30.

WPG Gym

483965		\$5.50/drop-in
F	Jan 12-Apr 26	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		



Education

Estate Planning: What You Should Know

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive. Join us for an informative 90-minute workshop on estate planning hosted by Certified Executor Advisor, David Perkins, CFP, EPC, CEA.

Library

485269

FREE

W Jan 17 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS

Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities.

Library

484547

FREE

W Feb 21 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS

Health & Wellness

Iyengar Yoga – Mixed Levels

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, you will learn essential yoga poses, use props, and hold poses longer. The method is adapted for all ages and abilities. For more information, please visit www.sharonfriesen.com. No class Feb 19, Apr 1.

Oak Room

483972		\$126/7 sess
M	Jan 8-Feb 26	9:30am-11:00am
483973		\$120/8 sess
Th	Jan 11-Feb 29	9:15am-10:15am
483975		\$126/7 sess
M	Mar 4-Apr 22	9:30am-11:00am
483974		\$120/8 sess
Th	Mar 7-Apr 25	9:15am-10:15am
INSTRUCTOR: SHARON FRIESEN		

Yoga Beginner – Vijnana Tradition

This class will provide you with a gentle and safe introduction to the principals of Hatha Yoga and the flow of movement in the body. Learn how to strengthen the inner core of the body to bring increased flexibility, groundedness and joy in your yoga practice. This program uses the practice of yoga postures, breath work and meditation. No class Jan 29, Feb 12, 19, Mar 11, Apr 1. No new registrants/drop-ins after 2nd class (unless approved by instructor).

Dining Room

484548		\$117/9 sess
M	Jan 15-Apr 15	6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER		

LeBlond Technique

This class offers slow stretching, core strengthening, deep relaxation and intelligent body awareness. Experience the fusion of modern and classical dance techniques, Pilates and Yoga. You will learn techniques based on good alignment of the skeletal system, muscular development to support the skeletal system, deep breathing, and healthy body mechanics. This is a class for anyone who wants to be healthy, fit and active for the rest of their lives. Exercises are executed on floor mats. This is a physical meditation at its best. Drop-in \$25 (space permitting). First class FREE for new participants.

Oak Room

Adv

484549		\$189/9 sess
Tu	Jan 2-Feb 27	6:30pm-8:30pm
484550		\$168/8 sess
Tu	Mar 5-Apr 23	6:30pm-8:30pm

Beg/Int

484551		\$189/9 sess
Th	Jan 4-Feb 29	6:30pm-8:30pm
484552		\$168/8 sess
Th	Mar 7-Apr 25	6:30pm-8:30pm
INSTRUCTOR: JANICE LEBLOND		

JUST DANCE

A mix of dance styles – including ballet, modern, jazz, Latin and Folk – in short choreographed routines to world music, plus one longer routine developed over each eight-week session. Mat cool-down at end of class. All levels welcome. Drop-ins allowed.

WPG Gym

487483		\$72/12 sess
M	Jan 15-Apr 15	11:30am-12:30pm
INSTRUCTOR: KERSTIN LUETTICH		

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Health & Wellness cont'd

Collaborative Creative Dance for Older Adults

An arts project that uses the collaborative creative strategies developed in the Arts and Health Project, encouraging and supporting seniors to express their life experience and knowledge creatively in groups working with professional artists who have training to work with the older populations. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

487574

FREE

Fri Jan 12-Mar 15 12:30pm-2:00pm
INSTRUCTOR: DEZZA DANCE

Feldenkrais Awareness Through Movement

Discover your potential for effortless, efficient, elegant movement! Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. For more information, please visit www.mstanley.com/feldenkrais-classes. Drop-in \$25 (space permitting). No class Mar 7, 30, Apr 4, 6.

Oak Room

483977

\$209/11 sess

Th Jan 18-Apr 11 1:30pm-2:30pm

483978

\$209/11 sess

Sa Jan 20-Apr 13 9:15am-10:15am
INSTRUCTOR: MARY LOU STANLEY

Restorative Workshop

This dynamic movement workshop designed by Tania Clarke (Move Deeply Wellness) combines somatic movement, restorative yoga and functional exercise techniques to help you get grounded in your body, relieve persistent tension, and settle your mind. Included with each workshop are online video classes emailed to you afterwards to help you maintain your own home practice. If you find you often have stuck tension that just won't go away, these techniques can be the key to keeping your body tuned up and feeling great.

Oak Room

Hips & Core

483966

\$45/1 sess

Su Jan 21 1:00pm-3:30pm

Feet, Legs & Hips

483967

\$45/1 sess

Su Feb 25 10:30am-12:30pm

Neck & Back

483968

\$45/1 sess

Su Mar 24 10:30am-12:30pm
INSTRUCTOR: TANIA CLARKE

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Aberthau Playground

The playground renewal at West Point Grey Community Centre (Aberthau Mansion) was completed in March 2023.

The new
playground
features:

- A climbing play structure
- A play hut
- Rubber surfacing
- Springer toys
- New seating
- A picnic table

We would like to thank the West Point Grey Community Centre Association, Vancouver Board of Parks and Recreation, and Tire Stewardship of BC for their support in this project.



@westpointgreyc



Introducing Victoria Goman

Victoria Goman began her music studies in her native Tashkent, Uzbekistan, at the Special School for the Gifted. After her arrival in Canada at the age of 14, her studies continued at the Manitoba Conservatory of Music and Arts. During her tenure there, Victoria was the recipient of numerous awards and scholarships, including being named outstanding solo performer by Wednesday Morning Musicales, the Royal Conservatory of Music Alumni Association, the Junior Musical Club, and the Winnipeg Music Competition Festival. In addition, Victoria has been a recipient of the Aikins Memorial Trophy, as well as the Bach Festival Trophy for her outstanding performance of the works of J.S. Bach.

Victoria went on to complete her Bachelor of Music and Master of Music degrees under the tutelage of Lee Kum-Sing at the University of British Columbia. In addition, she was awarded a scholarship to study at Orford Arts Centre with Andre Laplante and Sergei Babayan. Victoria has also participated in master classes with Angela Cheng, Janina Fialkowska, and Mark Zeltzer.

Since graduating, Victoria has performed as both a soloist and chamber musician in Canada, the U.S., Switzerland, the Netherlands and Norway, including performing at Carnegie Hall in New York. Victoria is also part of a piano-violin duo, Diva Musica, which has performed all over North America and Europe, and released their first CD in 2008.

In addition to her busy performance career, Victoria maintains an active teaching studio. Her dedication to sharing her passion for music with her students and inspiring them to achieve the utmost in their studies is the driving force behind her teaching methodology. With more than 25 years of experience, she has successfully taught students of all levels and ages, from young children to older adults, and her students routinely take top marks and prizes at local festivals, exams and competitions.



Music



Piano Lessons with June (3+ yrs)

June's lessons for the young beginners includes various fun activities such as alphabet games, playing and singing using props and musical theory books. Quoted price is for half hour lessons. This course is for beginners or students with some music knowledge. Participants will increase their musical knowledge and playing technique through pedagogical learning. No class Feb 16, 17, 18, 19, Mar 29, 30, 31, Apr 1.

Music Room

484774-484791		\$455/14 sess
M	Jan 8-Apr 22	10:15am-9:30pm
484792-484856		\$552.50/17 sess
Tu	Jan 2-Apr 23	3:30pm-9:30pm
484800		\$828.75/17 sess
Tu	Jan 2-Apr 23	7:00pm-7:45pm
484801-484822		\$552.50/17 sess
Th	Jan 4-Apr 25	10:15am-9:30pm
484823-484824		\$731.25/15 sess
F	Jan 5-Apr 26	4:30pm-6:00pm
484825		\$487.50/15 sess
F	Jan 5-Apr 26	6:00pm-6:30pm
484826-484833		\$487.50/15 sess
Sa	Jan 6-Apr 27	10:45am-2:45pm
484834-484838		\$731.25/15 sess
Su	Jan 7-Apr 28	9:00am-12:00pm
484839-484844		\$487.50/15 sess
Su	Jan 7-Apr 28	12:00pm-3:00pm

INSTRUCTOR: JUNE LAM

Guitar Lessons with Diego

Guitar lessons will include technique, reading, constructing melodies and bass lines as well as learning a variety of different chords (complexity depends on level of enrollment and students' previous experience). We will also learn pop songs, rock songs, blues, jazz and world music. No class Mar 30.

Library

487863-487882		\$348/12 sess
Sa	Jan 20-Apr 13	10:00am-1:00pm
INSTRUCTOR: DIEGO KOHL		

Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class on Jan 31, Mar 6, 27, Apr 3, 10.

Music Room

484536		\$907.50/11 sess
W	Jan 10-Apr 24	2:30pm-3:15pm
484537		\$605/11 sess
W	Jan 10-Apr 24	3:30pm-4:30pm
484539		\$907.50/11 sess
W	Jan 10-Apr 24	4:30pm-5:15pm
484540		\$605/11 sess
W	Jan 10-Apr 24	5:30pm-6:00pm
484541		\$1210/11 sess
W	Jan 10-Apr 24	6:00pm-7:00pm
484542		\$605/11 sess
W	Jan 10-Apr 24	7:00pm-7:30pm
INSTRUCTOR: VICTORIA GOMON		

Accelerated Adult Music Theory NEW

This class is designed for any adult aficionado of music, particularly for parents of young music students. We will cover levels 1-5 of RCM music theory, which will enable you to assist your children with their music homework and sight reading skills. Participants are welcome to bring their children's homework to class for guidance, discussion and feedback. No class Feb 19, Apr 1.

Music Room

486211		\$210/7 sess
M	Jan 8-Feb 26	9:15am-10:15am
487657		\$210/7 sess
M	Mar 4-Apr 22	9:15am-10:15am
INSTRUCTOR: JUNE LAM		

Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver



Cordage

In this workshop with CZarina Lobo, you'll create your own small upcycled mason jar holder using cordage made from scrap fibres. We'll show you how to make rope and then use the rope to hand sew coiled baskets. All materials will be provided; bring a mason jar for a mould if you can. Reduced fee for seniors (50 and over, \$5 materials fee only).

Youth Room

483981 \$18/1 sess
W Jan 18 6:30pm-8:30pm

Hydroponics 101

In this workshop, Jessica Jones will provide an overview of the different types of hydroponic growing methods, the pros and cons of each, the alternatives and challenges of growing under LEDs, and how to grow beyond leafy greens and herbs. Fee includes cost of all materials. Free for seniors (50 and over)

Craft Room

483994 \$16/1 sess
Th Feb 15 6:30pm-8:30pm

Growing Superfoods

Enhance your health by adding home-grown superfoods to your plate! In this workshop with Rhiannon Johnson, you'll learn how to grow your own superfoods (some of which are best grown indoors, and others outdoors) such as kale, ginger, turmeric, sprouts, and blueberries. Reduced fee for seniors (50 and over).

Dining Room

483985 \$16/1 sess
Su Feb 4 2:45pm-4:45pm

DIY Sugar Scrubs and Bath Salts

In this workshop, Rashmi GC will share recipes and show you how to make colourful and fragrant sugar scrubs and bath salts to pamper yourself. Each participant will make and take a jar of sugar scrub and a jar of bath salts home with them. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$10 materials fee only).

Youth Room

483984 \$25/1 sess
Sa Feb 10 11:00am-1:00pm

Permaculture Vancouver Meetup

Join Village Vancouver in their monthly Permaculture Meetups, held at McBride Park Fieldhouse (2049 Waterloo Street, West 4th avenue and Waterloo). Join them for a community meal and an educational topic, participate in a seed swap and share a potluck! For more information, please contact Village Vancouver at info@villagevancouver.ca.

McBride Park Fieldhouse

483983		FREE
W	Feb 21	6:30pm-8:30pm
483986		FREE
W	Mar 20	6:30pm-8:30pm
483990		FREE
W	Apr 17	6:30pm-8:30pm

Aberthau Community Garden

Aberthau Community Permaculture and Eco Art Garden (NW Marine Drive between Discovery and Trimble Street). Emphasizing permaculture design elements, it offers fun, inclusive social, educational, culinary, artistic, and cultural activities for community members. All levels of experience are welcome at our weekly garden work parties, including new gardeners (for more info: ACG@villagevancouver.ca).

For more information, visit Village Vancouver at www.villagevancouver.ca or email Ross Moster at ross@villagevancouver.ca. The garden is a member of the Westside Neighbourhood Food Network, and is part of the Westside Permaculture Corridor.

WPG Community Garden

483997		FREE
Sa	Mar 2-Apr 27	10:00am-12:30pm

Grow Your Own Microgreens

Learn how to grow your own trays of microgreens at home year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting microgreens, and look into troubleshooting common problems. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$5 materials fee only).

Youth Room

483989		\$25/1 sess
Sa	Mar 9	11:00am-1:00pm



Gardening in a Changing Climate

In this workshop with Rhiannon Johnson, you'll learn how to set up your garden to be resistant to variations and extremes in weather and how to adapt your food garden to a changing climate. Learn gardening techniques to help make your veggie gardens more resilient to extreme weather, hot and cold conditions and fluctuating weather patterns. Reduced fee for seniors (50 and over, \$5 materials fee only).

Youth Room

483988	\$16/1 sess
Su	Mar 10 2:30pm-4:30pm

DIY Beeswax Wraps

In this workshop with Rashmi GC, participants will learn how to make beeswax wraps using the least wasteful methods. Each participant will make and take beeswax wraps home with them, and we'll also discuss other easy to implement zero waste ideas. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$10 materials fee only).

Youth Room

483987	\$25/1 sess
F	Mar 22 5:30pm-7:30pm

Making Jute and Wool Baskets

Learn the basics of weaving using jute and wool in this workshop with CZarina Lobo. Using techniques such as twining, we'll make a small basket or water bottle carrier. The knowledge you'll gain can be applied to any natural and fabric fibres, as well as towards making larger baskets.

Craft Room

483991	\$18/1 sess
Tu	Apr 9 6:30 pm-8:30pm

Crafted Tea Making

In this workshop, Laura will be sharing about how to gather, preserve and make your own herbal teas. Learn how to use conscious dreaming practices to deepen our relationships with plants and with plant medicine as a practice. We'll discuss some of the benefits of sleep time habits. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$5 material fee only).

Craft Room

483993	\$15/1 sess
Sa	Apr 13 11:00am-1:00pm

Planting with the Moon Phase

In this workshop with Laura Cisneros, you'll learn about planting, harvesting, and the relation between planting and the moon phases. You don't have to be an astronomer to test your green thumb with moon-phase gardening. It is as easy as working with a daily calendar! Reduced fee for seniors (50 and over, \$5 materials cost only).

Craft Room

483995	\$20/1 sess
Su	Apr 21 1:00pm-3:00pm

Tennis

Tennis Lessons – Adult Beginner+ Clinic (2.0)

Continue developing fundamental skills in a small group setting. This program builds on technique and positioning introduced in Adult Beginner in order to become more confident rallying and playing within the full court setting. Students should have taken Adult Beginner with Summer Smash or have equivalent experience. Students are expected to bring their own racquets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class Mar 13. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC South Gym

486495	\$247.50/6 sess
W	Jan 10-Feb 14 8:15pm-9:30pm
486487	\$247.50/6 sess
Sa	Jan 13-Feb 17 9:30am-10:45am
486496	\$206.25/5 sess
W	Feb 21-Mar 27 8:15pm-9:30pm
486488	\$206.25/5 sess
Sa	Feb 24-Mar 23 9:30am-10:45am
486490	\$206.25/5 sess
Sa	Feb 24-Mar 23 12:00pm-1:15pm
488603	\$165/4 sess
W	Apr 3-Apr 24 7:00pm-8:15pm
488604	\$165/4 sess
W	Apr 3-Apr 24 8:15pm-9:30pm
488594	\$165/4 sess
Sa	Apr 6-Apr 27 9:30am-10:45am
488595	\$165/4 sess
Sa	Apr 6-Apr 27 10:45am-12:00pm
488596	\$165/4 sess
Sa	Apr 6-Apr 27 12:00pm-1:15pm
INSTRUCTOR: SUMMER SMASH TENNIS	

Adult Beginner ^{NEW} Tennis Lessons (Level 1)

This program is for players with some or no tennis experience. Players will learn the basics of rallying (forehand and backhand) with heavy emphasis on being consistent and able to hold a long exchange. Other skills like volleys, serving, footwork, point-play and the scoring system will be introduced. Students must bring their own tennis racket.

WPG Gym

487417	\$175/5 sess
Th	Jan 11-Feb 8 6:15pm-7:15pm
487418	\$175/5 sess
Th	Feb 15-Mar 14 6:15pm-7:15pm
487500	\$210/6 sess
Th	Mar 21-Apr 25 6:15pm-7:15pm
INSTRUCTOR: PRECISION TENNIS INC.	



Tennis Lessons – Adult Beginner Clinic

Learn how to play tennis! This program provides an introduction to the game with an eventual progression to rally and play within the full court setting. Students are expected to bring their own racquets, to come dressed in athletic clothing with athletic shoes, and water bottle. This program takes place at Jericho Hill WPG Gym at 4180 West 4th Avenue.

JHC South Gym

486493	\$247.50/6 sess
W	Jan 10-Feb 14 7:00pm-8:15pm
486494	\$206.25/5 sess
W	Feb 21-Mar 27 7:00pm-8:15pm
486489	\$247.50/6 sess
Sa	Jan 13-Feb 17 12:00pm-1:15pm
486491	\$247.50/6 sess
Sa	Jan 13-Feb 17 10:45am-12:00pm
486492	\$206.25/5 sess
INSTRUCTOR: SUMMER SMASH TENNIS	

Sports

Adult Sport Drop-in Procedures

1. First priority for play is for registered participants. Registered participants have 10 minutes after activity start time to arrive, or the spot may be sold to a drop-in participant.

2. Two available drop-in spots will be available at 10am on the day of by calling in at 604.257.8140 press 1. After that, names will go on a wait list and if a registered spot comes available, it will be sold 10 minutes after the game starts.

3. After 10 minutes, the Front Office will announce names from the drop-in wait list. Drop-in participants can now purchase a drop-in admission to join into the activity.

For safety and attendance, only registered participants and paid drop-in participants are allowed into gymnasium. Adult sports programs are for ages 19 years and up. No warm-ups. No spectators. All adult sports programs are non-instructional. Please register in the program suitable for your level of participation.

Ball Hockey – Recreational

Bring your own hockey stick, wooden blades must have white tape. Protective equipment strongly recommended. Non-contact, zero tolerance for rough play. Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list. Registered participants/guaranteed drop-in players must show up no later than 10 minutes after the start time of the program, or your spot may be sold to drop-in players. No session Feb 19, Apr 1.

WPG Gym

484546		\$70/14 sess
M	Jan 8-Apr 22	7:30pm-9:30pm

Goalies

484545		FREE
M	Jan 8-Apr 22	7:30pm-9:30pm

Volleyball – Recreational

There will be one full court: for beginners/non-competitive players and intermediate players. Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list. Registered participants must show up no later than 10 minutes after the start time of the program, or your spot may be sold to drop-in players.

WPG Gym

484544		\$80/16 sess
Tu	Jan 9-Apr 23	7:45pm-9:45pm



Basketball – Recreational

Recreational 5 on 5 Co-Ed basketball. Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list. Registered participants/guaranteed drop-in players must show up no later than 10 minutes after the start time of the program, or your spot may be sold to drop-in players.

WPG Gym

484543		\$80/16 sess
Th	Jan 11-Apr 25	7:30pm-9:30pm

Fencing for Beginners (10-12 yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class Feb 19.

JHC Phoenix Room

484525		\$37.5/6 sess
M	Jan 8-Feb 12	5:30pm-6:30pm

484526		\$37.5/6 sess
M	Mar 4-Apr 8	5:30pm-6:30pm

INSTRUCTOR: BAC TAU

Volleyball Skills & Training Clinic

Taught by a Volleyball BC coach, This program is open to those with little to no volleyball experience. Each session will introduce a new skill and end in modified game play.

JHC South Gym

Beginner

483956		\$215/8 sess
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Tu	Jan 9-Feb 27	7:30pm-9:30pm
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485578		\$215/8 sess
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Tu	Mar 5-Apr 23	7:30pm-9:30pm
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Intermediate

483957		\$215/8 sess
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Th	Jan 4-Feb 22	7:30pm-9:30pm
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485580		\$215/8 sess
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Th	Feb 29-Apr 25	7:30pm-9:30pm
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INSTRUCTOR: VOLLEYBALL BC

Martial Arts

Fencing for Beginners (14+ yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class Feb 19, Apr 1.

JHC Phoenix Room

484527		\$60/6 sess
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W	Jan 10-Feb 14	5:30pm-6:30pm
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484528		\$60/6 sess
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W	Mar 6-Apr 10	5:30pm-6:30pm
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INSTRUCTOR: BAC TAU

Adapted

Ball Hockey for Young Adults (16+ yrs)

Come join the 'West Point Grey Canucks', a youth ball hockey program designed to provide a fun, safe and supportive environment for youth with developmental disabilities. Please contact Norah Flaherty at norahflaherty@gmail.com to discuss the suitability of potential players. Each player must be able to work independently and use a hockey stick in a safe manner. No drop-ins. No session Mar 29, Apr 19.

WPG Gym

485837		\$85.90/15 sess
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F	Jan 5-Apr 26	6:00pm-7:15pm
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INSTRUCTOR: NORAH FLAHERTY



Pickleball

Pickleball is Everything: Level 3

The sequel to Aberthau Mansion's "Pickleball Is Everything" program will tackle an intriguing new question each week. Each week, we'll explore a different question, present research and evidence in the classroom, discuss the material, then put theory to practice on the court. Please contact the instructor before registering via jerichohillpickleball@gmail.com. No class Feb 19, Mar 4, Apr 1.

Library & WPG Gym

485069		\$250/10 sess
M	Jan 22-Apr 15	12:00pm-2:00pm
	INSTRUCTOR: CHRIS KOENTGES	



Pickleball for Confident Intermediate Players (3.25+)

A unique session for experienced players seeking more challenging games. While participants should be comfortable with speed and power, the emphasis is on thoughtful strategic pickleball. Ideal for confident 3.25+ players, who are comfortable with power and speed and for advanced players looking to push their level on Court 1. Note: This is a COMPETITIVE development session. Please contact the instructor before registering via jerichohillpickleball@gmail.com. No class Feb 19, Apr 1.

WPG Gym

485070		\$150/10 sess
M	Jan 22-Apr 15	2:00 pm-3:30 pm
	INSTRUCTOR: CHRIS KOENTGES	

Competitive Pickleball: Doubles Workshop

A unique workshop where partners are challenged to solve new sets of problems each week. Experiment with advanced positioning and stacking strategies; devise game plans for every type of opponent; learn how to bring your partner back from the abyss. Register with a partner; play and drill together with other teams. We'll do our best to accommodate those without a partner. Please contact the coaches for more information before registering via jerichohillpickleball@gmail.com. No class Mar 5.

Library & WPG Gym

485081		\$275/11 sess
Tu	Jan 30-Apr 16	11:00am-1:00pm
	INSTRUCTOR: CHRIS KOENTGES	

The Workshop for Positive Pickleball Players

You've completed various beginner pickleball programs. You know the rules and some basic strategy, but you feel somewhat stuck. This is a supportive space to build confidence in stroke mechanics, shot selection, higher level positioning, slightly more advanced strategy, and to cultivate a relentlessly positive style of play. Please contact the instructor before registering via jerichohillpickleball@gmail.com.

WPG Gym

485420		\$175/7 sess
Tu	Jan 16-Feb 27	1:00pm-2:30pm
486322		\$175/7 sess
Tu	Mar 5-Apr 16	1:00pm-2:30pm
	INSTRUCTOR: CHRIS KOENTGES	

Pickleball: Supervised Soft Game (2.75+) with Instruction

A session for thoughtful intermediate players interested in honing their soft game. Emphasis on soft game, positional play, strategy, and how to be a good doubles partner. The instructor will arrange games, circulate through the gym to offer tips. Note: This is a FRIENDLY development session for players who have been assessed at 2.75+. Please contact the instructor before registering via jerichohillpickleball@gmail.com.

WPG Gym

485421		\$175/7 sess
W	Jan 10-Feb 21	12:30pm-2:00pm
486327		\$200/8 sess
W	Feb 28-Apr 7	12:30pm-2:00pm
	INSTRUCTOR: CHRIS KOENTGES	

Pickleball Tactics and Strategy for Thoughtful Players

For emerging players, attempting to find their niche in the city's local pickleball culture—and beyond. Each week begins with 30 minutes in the classroom, exploring the game's unique history and evolving strategy. Followed by an hour on the court, where theories are put into practice alongside some of Vancouver's most interesting pickleball minds. This is the foundation program for advanced development. Please contact the instructor before registering via jerichohillpickleball@gmail.com. No class Mar 29.

Library & WPG Gym

485424		\$175/7 sess
F	Jan 12-Feb 23	11:00am-12:45pm
485428		\$200/8 sess
F	Mar 1-Apr 26	11:00am-12:45pm
	INSTRUCTOR: CHRIS KOENTGES	

Pickleball For The People: Intro Program for Beginner

For the uncoordinated, the clumsy, the timid, and anyone left behind by any other sport. A light-hearted introduction to pickleball's rules and etiquette, basic techniques, and a relentlessly positive style of play. Together, we'll discover how an innocent backyard game became the country's fastest growing sport. No class Mar 29.

WPG Gym

485430		\$175/7 sess
F	Jan 12-Feb 23	12:45pm-2:10pm
485431		\$175/7 sess
F	Mar 8-Apr 26	12:45pm-2:10pm
	INSTRUCTOR: CHRIS KOENTGES	

Pickleball: Social Soft Game Play

End the week with our friendly West Point Grey tradition. Emphasis on patience, shot placement, smart positioning, and the chess match that is pickleball. No bangers. Tips will be offered from a coach. No class Mar 29.

WPG Gym

485433		\$180/15 sess
F	Jan 12-Apr 26	2:15pm-3:15pm
	INSTRUCTOR: CHRIS KOENTGES	

Fitness

Get Back into Fitness!

See page 3 for operating hours



Fitness Centre Orientation

New to fitness or unfamiliar with our equipment? With the purchase of a fitness centre pass you can book a free orientation with one of our knowledgeable staff.

Youth in the Fitness Centre (13-18 yrs)

Did you know that starting a fitness program now is not only safe but can put you on a lifetime path to better health and fitness? Our qualified fitness professionals would love to show you the ropes. Free orientation for individuals or groups (max 4). Inquire within.

Personal Training

For the very beginner who has never set foot in a gym to the weekend warrior and the most elite athlete. Personal training is available for all levels and abilities. Please see front desk for trainer request forms.

Private Sessions

1 Session	\$52.00
5 Sessions	\$239.00
10 Sessions	\$413.00

*Personal Training sessions expire 6 months after date of purchase.

Small Group Sessions

Additional \$25 per session up to 6 people.

*Drop-in Fitness Centre fee is not reflected in price.



Free PARKING
Available!

All listed prices
for Adult, Older Adult
& Seniors' Programs
do not include tax.

Fitness Centre & Group Fitness Fees

	Adult 19+ yrs	Youth/Student/Senior
Drop-in	\$5.50	\$4.25
10 Visit Pass	\$43.00	\$32.55
1 Month	\$38.20	\$30.00
3 Months (Fitness Centre only)	\$92.00	\$69.50
6 Months (Fitness Centre only)	\$170.00	\$126.75
1 Year (Fitness Centre only)	\$299.20	\$215.50

Please note above fees are only for WPGCC. The Leisure Access Program (LAP) is accepted at WPGCC. LAP holders eligible for a 50% discount on Fitness Centre & Group Fitness drop-in and monthly passes. WPG 10 visit passes expire two years from date of issue.

Park Board OneCard Flexipasses

	Adult	Child	Youth/Senior
10 Visit Pass	\$61.51	\$30.76	\$43.06
1 Month	\$53.83	\$26.92	\$37.68
3 Month	\$145.34	\$72.67	\$101.74
12 Month	\$465.09	\$232.55	\$325.56


Please note 10 Visit Passes and Flexipasses are eligible at all Vancouver Park Board facilities, includes fitness centre, ice rink and pools.

Corporate rates only apply to PB Flexipasses, not 10 Visit Passes. Senior and Youth are considered already discounted within PB, therefore the corporate discount can not be applied.

Separate Fee Structure

Outside Trainer Fee	\$95.25 10 Visit Pass \$11.43 Drop-in*
External Rehab Specialists *In addition to Fitness Centre drop-in fee	\$5.37 Drop-in*
All fees above subject to change	

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba Gold®  8:00am-9:00am Laurence WPG Gym		Zumba Gold®  8:00am-9:00am Laurence WPG Gym		Zumba Gold®  8:00am-9:00am Laurence WPG Gym
Zumba 9:10am-10:10am Alesya WPG Gym	Refit 9:30am-10:45am Maggi WPG Gym	Zumba 9:10am-10:10am Alesya WPG Gym	Refit 9:30am-10:45am Maggi WPG Gym	Zumba & Tone 9:10am-10:10am Alesya WPG Gym
Strength & Tone 10:20am-11:20am Alesya WPG Gym		Stretch & Core 10:20am-11:20am Alesya WPG Gym		Ballet Barre 10:20am-11:20am Alesya WPG Gym
Piloga 1:00pm-2:00pm Bitia Oak Room		Stability, Mobility & Stretch 4:00pm-5:00pm Maggi Oak Room	Group Fitness Fees Drop-in \$5.50 Adults & \$4.25 Youth/Students & Seniors Schedule subject to change. No session Feb 19, 23, 26, Mar 30, Apr 1. Please check online or call to confirm.	

Group Fitness Class Descriptions

Piloga

Piloga class is a fusion of Pilates and Yoga for total mental and physical wellbeing. This class provokes a workout designed to improve total strength, flexibility, personal alignment and a stronger core. All levels welcome. First class of the season is FREE! No session Feb 19, Mar 30, Apr 1.

Refit

A mild level class great for older adults and people who are new or returning to fitness after experiencing medical problems While focusing on good posture and good movement patterns we work carefully to increase aerobic fitness, strength, flexibility, coordination, agility, balance and body awareness.

Zumba & Tone

Get fit salsa style! Includes Latin music and moves for the hottest workout around.

Ballet Barre

The Ballet Barre Workout is designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Everyone can do it, you don't need to be a dancer! No session Feb 23, Mar 30.

Stretch & Core

The Stretch and Core Workout will make you sweat and smile while building core strength, lean muscle, and killer glutes. We use a combination of Yoga, Pilates and classical Ballet techniques to sculpt and stretch body muscles. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. Please bring your own yoga mat and bands.

Strength & Tone

In this class you'll have a complete body workout using small weights, resistance bands and body weight. End with a stretch to increase mobility and flexibility and reduce stress. This class has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. Please bring your own light weights, and bands. No session Feb 19, 26.

Stability, Mobility & Stretch

This class will address the concepts of good posture and alignment. We will explore through movement, bodyweight strength and stretch/relaxing, how these concepts combined create stability and optimal movement patterns in our joints.

Zumba

Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session Feb 19, 26, Apr 1.

Zumba Gold®

Zumba Gold® is a lower-intensity version of the typical Zumba® class and was designed to meet the anatomical, physiological and psychological needs of seniors. Zumba Gold® will provide a suitable option for older adults seeking alternative means of reaching their exercise goals. No session Feb 19, Mar 29, Apr 1.

Rentals



ROOM	CAPACITY	HOURLY RATE	DAILY RATE
Oak Room	60	\$46	Daily Rates available upon request.
Library	20	\$36	
Lounge	30	\$46	
Dining Room	60	\$46	Please enquire for more information.
Gardens	90	\$36	
WPG Gym	300	\$55	n/a

*Non-profit and commercial rates are available. Contact the Rental Liaison at 604.257.8169 for details.

FUNCTION	ROOMS	CAPACITY	RATE
Social, Wedding Party	Lounge, Dining Room, Oak Room & Kitchen	90 sit down dinner 125 buffet/cocktail	\$1115 Low Season* \$1315 High Season**
Memorial Service, Recital, Birthday Party	Lounge, Dining Room & Kitchen	90	\$128/hour
	Oak Room & Kitchen	60	\$80/hour

*Low Season: January 1 to May 31 and post Labour Day to December 31. **High Season: June 1 to Labour Day.
Staff supervision is required at \$25 per hour outside of operational hours and on weekends.
Additional fees may apply. Rates are subject to change without notice.
Hourly rentals only accepted 8 weeks in advance.

EQUIPMENT AVAILABLE	QUANTITY	RATE
Round Tables (60")	12	\$10/table
White Resin Ceremony Chairs	90	\$4/chair
Banquet Chairs (interior use only)	90	included
Rectangular (30" x 72") tables	18	included

ROOM	CAPACITY	HOURLY RATE
1/2 Gym	Sport Rentals Only	\$53
Full Gym		\$88
Stage	40	\$25
1/2 Gym & Stage	390	\$71
*Limited availability.		

Aberthau Mansion

Aberthau Mansion is a 1912 heritage house on the west side of Vancouver near Jericho Park and Jericho Beach.

The Mansion is surrounded by beautiful gardens with a stunning view of the North Shore mountains. The classic decor with intimate yet comfortable rooms makes it the perfect venue for your meeting, wedding or private event.



Jericho Hill Centre & Gymnasium

The Jericho Hill Centre is located at 4196 West 4th Ave.
The Gymnasium is located at 4180 West 4th Ave.
See location map on page 2.

Hourly rentals only accepted 8 weeks in advance.
All rentals are paid in full at the time of booking. Staff supervision is required at \$25 per hour outside of operational hours.
Please note we only permit sports rentals in the gym.



Jericho Hill Gym
@westpointgreycc



A Look Inside our Facilities Available for Rentals



Oak Room



Gardens



Lounge



Gym



Dining Room



Library

Aberthau Mansion Tour is available Virtually!

Take a 360 degree tour of the mansion.
Check out our programming spaces and those rooms
that may be just perfect for your rental needs.
Follow the link on our website at www.westpointgrey.org.



For additional pictures and more detailed information visit www.westpointgrey.org



3 Easy Ways to Register

1. Register on-line on the Parks Board site at www.vanrec.ca.
2. In Person: Payment can be made by Cash, Cheque, Debit, Visa or MasterCard.
3. By Phone: Payable by Visa or MasterCard 604.257.8140. *Press 1 to speak with a staff person.*

Refunds, Cancellations and Program Changes

Registration

- Program receipts can be obtained from the office or by email.
- Register early or the Community Centre may need to cancel or postpone programs due to insufficient registration.
- Programs are subject to change or cancellation on short notice.

Membership

- Once you register for a program you become a WPG member and have voting rights at the AGM.

Refunds and Cancellations

- Please note an administrative fee of \$5 will be charged for all requested course refunds or transfers.
- Full refunds will be issued for all programs cancelled prior to the start date of the program. Pro-rated refunds, based upon the number of classes that have passed, will be provided for classes cancelled after the start date and where instruction has been provided. Anyone who is unable to attend a program due to a change of date or time will be provided with a full refund for that class.
- If you withdraw from a course, we are pleased to give you a refund. Refunds will be pro-rated from the date you request the refund.
- Refunds for Birthday Parties and Private Music classes are only given with two weeks' notice prior to the start date.
- Refunds for Day Camps will be provided with one weeks' notice (7 days).
- Refunds for 1-2 Day Workshops and Programs, Special Events and Day Trips are given with 48 hours' notice prior to the start date.
- WPG 10 visit cards expire two years after date of purchase.
- Personal Training packages expire 6 months after date of purchase.

OneCard

With the OneCard you can access the entire network of Park Board pools, rinks and fitness centres. You also have access to rooms during non-programmed time. Please inquire at the front desk.

Leisure Access/Program Subsidies

Program subsidies through the Leisure Access program are available for those on limited income. For more info or to apply, contact our Front Desk, 311, or www.vancouver.ca/leisureaccess.

Safe Access For Everyone (S.A.F.E.)

We promote the values of the S.A.F.E. Code of Conduct:

- Treat all patrons with respect
- Do not tolerate abusive or disrespectful language
- Appreciate that programs and facilities are provided for the enjoyment of everyone
- Respect public property and the property of others
- Enjoy recreation in your City

Stay Connected with West Point Grey!

Canada's New Anti-Spam Legislation (CASL) came into effect on July 1, 2014 and requires that you provide your consent to receive any emailed publication. We value our relationship with you and would like to continue providing relevant information such as:

- Upcoming Promotions
- Exciting Events
- New Programs
- Discounts and more!

To continue receiving electronic communications from us, please provide your email address when registering on line or in person. If you should change your mind at any time, just let us know and we'll delete your address from our list.

Personal Information Protection Policy

In the course of providing programs and services, the West Point Grey Community Centre Association collects personal information of our members and other individuals participating in classes, workshops, projects, events, or renting the facility. This information may be used for communication purposes regarding current or upcoming events, matters affecting the operations of the West Point Grey Community Centre or the West Point Grey Community Centre Association or its members, processing payments, statistical or human resource purposes, or for the provision of programs or services.

We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, please call our front desk at 604.257.8140.



Looking to teach a program at West Point Grey CC?

If you're interested in teaching a program or workshop please download our program proposal form at www.westpointgrey.org or pick up a form at the main office.



Churches		
Our Lady of Perpetual Help	604-224-4344	www.olphchurch.ca
St. Helens Anglican	604-224-0212	www.pointgreyanglican.org
University Chapel	604-222-0800	www.universitychapel.org
West Point Grey Baptist	604-228-9747	www.wpgbc.org
West Point Grey Presbyterian	604-224-7744	www.presbyterian.ca
West Point Grey United Church	604-224-4388	www.wpguc.com
Community Groups		
Fiesta		www.pointgreyfiesta.org
West Point Grey Branch Library, VPL	604-665-3982	www.vpl.ca
Point Grey BIA		www.pointgreyvillage.com
WPG Residents Association	604-228-0302	www.wpgra.ca
Day Cares		
ABC University Day Care	604-228-5885	abcdaycarevancouver.com
Quadra Day Care	604-224-5911	
Preschools		
Family Montessori at Jericho Hill	604-224-2643	www.familymontessori.com
Sunflower Academy	604-222-1114	www.sunfloweracademy.com
West Point Grey Preschool at Aberthau	604-257-8140	www.westpointgrey.org/programs/licensed-preschool
Westbrook Parent Participation	604-928-0831	www.wesbrookpreschool.com
Recreation Facilities		
Atlantis Swimming Programs	604-874-6464	www.pedalheads.com
Brock House Society - Seniors Activity Centre	604-228-1461	www.brockhousesociety.com
Jericho Sailing Centre	604-224-4177	www.jsca.bc.ca
Jericho Stewardship Group		www.jerichostewardship.ca
Lord Byng Pool	604-222-6090	www.vancouver.ca
Pacific Spirit Park Society	604-224-5739	www.pacificspiritparksociety.org
Tapestry at Westbrook Village	604-225-5000	www.discovertapestry.com
West Point Grey Lawn Bowlers	604-224-6556	www.wpglawnbowling.ca
Recreation Sport Organizations		
Vancouver United FC	604-261-7232	www.vancouverunitedfc.com
Jericho Baseball	778-239-7286	www.jerichobaseball.com
Vancouver Pacific Swim Club	604-736-0411	www.vancouverpacificswimclub.com
Schools - Elementary		
Jules Quesnel	604-713-4577	www.quesnel.vsb.bc.ca
Our Lady of Perpetual Help	604-228-8811	www.olphbc.ca
Queen Elizabeth	604-713-5408	www.queenelizabeth.vsb.bc.ca
Queen Mary	604-713-5464	www.queenmary.vsb.bc.ca
West Point Grey Academy	604-222-8750	www.wpga.ca
Schools - Secondary		
Lord Byng	604-713-8171	www.vsb.bc.ca/schools/lord-byng
West Point Grey Academy	604-222-8750	www.wpga.ca
West Point Grey CC Affiliated & User Groups		
Aberthau Pottery Club		www.aberthauptotters.com
Jericho Arts Centre	604-224-8007	www.jerichoartscentre.com

If you would like to be included in our community directory call 604.257.8140

Events Calendar



Family Day

Join in on the fun with Family Day with West Point Grey!
We will have free Activities for all, so come on down
and enjoy our Bouncy Castle, free access to the Fitness
Centre, cupcake decorating, and more!
Stay tuned for more details.
WPG Gym

Saturday, February 17, 9:30am-2:30pm
485550 FREE

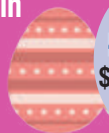
Contractor License Number: LAM0202072

Breakfast with Bunny

Bring the whole family to celebrate Easter with the
Easter Bunny while enjoying a continental breakfast,
crafts and an Easter Egg Hunt that happens
on the grounds of Aberthau Mansion.

This event is an annual sell out so please purchase
your tickets for both children and adults in
advance to ensure your seat.

Aberthau Main Floor



485549
\$15/child



Saturday
March 23
10:00am-
12:00pm



Spring Market

*Finished your
spring cleaning?*



Don't miss out on this fabulous opportunity
to buy and sell a variety of items!
Items and equipment must be in new or lightly used condition.
This is not a venue for commercial businesses to sell their
products. Selling food products are not permitted.

Free admission. WPG Gym

Contact the main office at (604) 257-8140 to pick your table for the event.

485552 \$20/table

Saturday
April 20
10:00am-2:00pm

