

Recreation Guide

Spring & Summer 2024



**REGISTRATION
BEGINS
SATURDAY
APRIL 13**

What's Inside

■ Community Arts & Culture	7	■ Adults & Seniors	24-37
■ WPG Community Centre Association . .	4 & 5	■ Sports	34-37
■ Infant & Preschool	8-11	■ Fitness Centre & Personal Training	38
■ Licensed Preschool	11	■ Group Fitness Classes	28, 29 & 39
■ Children & Preteen	12-16	■ Rentals	40-41
■ Youth	16	■ Things You Need To Know	42
■ Summer Day Camps	17-23	■ Special Events	44



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

www.westpointgrey.org | vancouver.ca/westpointgreyrec
@westpointgreycc



Our Facilities





REGISTRATION
STARTS

**SATURDAY
APRIL 13
VANREC.CA**

Spring & Summer 2024 Registration starts

Saturday April 13 • 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

We are here to ensure your recreation experience is a positive one, please feel free to contact us.

Eric Bagnall.....Community Recreation Supervisor
Andrea Mah (Preschool & Children's).....Recreation Programmer II
Maya Smith (Adult & Senior's).....Recreation Programmer II
Jessie Mann.....Recreation Facility Clerk
Leeanne Trieu (Rentals & Special Events).....Program Assistant III
Bernadette PaetzCity Wide Arts Programmer
Dennis Yaco.....Building Service Worker

Free PARKING
Available!

Hours of Operation

WPG Main Office and Fitness Centre



May 1-Jun 30

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

Jul 1-Sep 2

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

Holiday Hours

May 20, Jul 1, Aug 5 & Sep 2..... Closed

Aberthau

May 1-Jun 30

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

Jul 1-Sep 2

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

Holiday Hours

May 20, Jul 1, Aug 5 & Sep 2..... Closed



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

Murray Hendren
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 – Spring/Summer 2024

As we transition to our spring & summer programming, the West Point Grey Community Centre Association (“WPGCCA”) is pleased that this is the 52nd 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, and we look forward to working with them on another great season of Community Centre programs.

We are pleased to advise that the WPG Fitness Centre has new opening hours. Kickstart your workout as early as 8:00am!

Program Highlights:

- Day camps are back again this summer with much more to offer! We have camps ranging from filming, video production, STEM, dance, sports to preschool, LEGO, robotics, and coding.
- Expanding our tennis program offerings with Precision Tennis Inc. to provide a different skill level programs for children and adults on Saturdays at Trimble Park.
- Beginner Ballet for Adults – beginner friendly ballet program designed to condition the body, express creativity, and to compliment short choreographies.
- Adult Beginner Samba – follow the beat to Samba rhythms, music varying from relaxed bossa nova songs to high-energy drum ensembles. Expect a lively and joyful class with swaying hips, fancy footwork, and elegant upper body movement.

New program offerings:

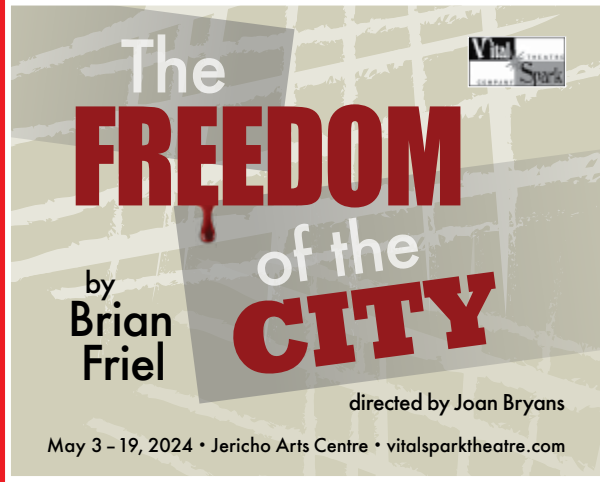
- This August we are offering our WPG Preschool Summer Smiles Camp for children ages 3-5 years old. Join us for half the day or the whole day action packed with indoor and outdoor free play, arts and crafts, STEM, cooking, walks around the community and beach, and much more!
- Hand Building Clay programs are back on Sundays for children to have fun and connect with clay. Children will be working on projects every week and will be taught how to use the tools to express themselves through clay.
- Prenatal Yoga – this is an invitation for expecting moms to focus on breathing, relaxation and postures and relieving common discomforts of pregnancy and techniques to reduce pain contributing to an easier delivery
- Sole Motion Walking Soccer for 55+ – walking soccer is a great alternative for those who are looking to try something new, promote health and safety, and fun in a recreational setting.
- Yoga Mommies & Babies – come join us for a morning yoga session. This program focuses on fine and gross motor skills, sensory and physical exploration, and parent-child bonding
- Introducing new activities for seniors to participate in for free! Join us at Aberthau Mansion, our 111 year old Heritage building, for Bridge, knitting and crocheting, every 2nd Tuesday of the month for pancake Tuesdays, and our Tech Café. Meet new friends, old friends, socialize and have fun.
- Bus trips are back at West Point Grey! Majestic Mayne in June, Malahat SkyWalk in July, and Harrison Sunflower Festival in August.
- Food Skills for Families: Cooking Connections for the Active Senior is back and the 6-session program is free!
- The Culinary Series: Italian Cuisine, a 3-session workshop hosted by our local culinary school and restaurant, D.I.C.E.D. Discovery Café located down the street.

Please note our Refund and Cancellation Policy changes, and take a moment to review our new policies.



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



THE FREEDOM OF THE CITY
By Brian Friel
directed by Joan Bryans

When the police disrupt a peaceful civil rights protest, three unarmed strangers take refuge from the streets and end up sheltering in the Lord Mayor’s office. As they settle in, word spreads about its “occupation” and the motley trio is transformed into a band of armed and desperate terrorists, news that is taken up by the church, the media, the army, the law and a creator of folk songs, all of whom use the narrative for their own diverse ends.

May 3 - 19, 2024
Vital Spark



WHEN WE WERE SINGING
written & composed by Dorothy Dittrich,
directed by Roy Surette
in association with Touchstone Theatre

A saga of friends and lovers, career crisis and personal angst. It is a story that switches gears in an instant to get at the heart of what makes people tick. **When We Were Singing** is an investigation of the friendship between four urban-dwelling lost souls. Work, loves, hopes, dreams, fears, failures – the story is pulled from the same source as our own lives. A musical like few others!

May 31 - June 23, 2024
United Players of Vancouver

TICKETS **The Freedom of the City:**
vitalsparktheatre.com
When We Were Singing:
unitedplayers.com or
604-224-8007 ext 3

ABOUT JAC

The Jericho Arts Centre was commissioned by the Vancouver Parks Board in 1993. It is a 120-seat performance venue located in an historical building, which is leased from the Vancouver Board of Parks and Recreation. It is operated by a non-profit society – Friends of Jericho Arts Centre Society (FoJACS).

Interested in volunteering?
Check out the websites: jerichoartscentre.com & [united players.com](http://unitedplayers.com)



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/vents 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. No class June 14.

Oak Room

498001

F

Apr 19-Jun 21

FREE/9 sess

12:30pm-2:00pm

INSTRUCTOR: DEZZA DANCE

www.westpointgrey.org

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



Infant & Preschool



Birthday Parties

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

Package 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 \$65 for up to 36 children (two weeks notice must be provided). Contractor License Number: LAM0202072

WPG Gym

504356-504364	\$210/1 sess
Sa May 4-Jun 29	11:00am-2:00pm
504365-504373	\$210/1 sess
Sa May 4-Jun 29	2:00pm-5:00pm
504374-504382	\$210/1 sess
Su May 5-Jun 30	11:00am-2:00pm
504383-504391	\$210/1 sess
Su May 5-Jun 30	2:00pm-5:00pm
504392-504398	\$210/1 sess
Sa Jul 6-Aug 17	11:00am-2:00pm
504399-504405	\$210/1 sess
Sa Jul 6-Aug 17	2:00pm-5:00pm
504406-504412	\$210/1 sess
Su Jul 7-Aug 18	11:00am-2:00pm
504413-504419	\$210/1 sess
Su Jul 7-Aug 18	2:00pm-5:00pm

INSTRUCTOR: BIRTHDAY PARTY LEADERS

Family Playtime

Climb, slide, ride, roll, jump, play with the sports equipment 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.

WPG Gym

498633	\$3.50/1 sess or \$32.50/10-visit pass
Sa May 4-Jun 29	9:30am-11:00am
498634	\$3.50/1 sess or \$32.50/10-visit pass
Su May 5-Jun 30	9:30am-11:00am
506063	\$3.50/1 sess or \$32.50/10-visit pass
Sa Jul 6-Aug 17	9:30am-11:00am
506064	\$3.50/1 sess or \$32.50/10-visit pass
Su Jul 7-Aug 18	9:30am-11:00am

Dance

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.

Dining Room

498531	\$72/8 sess
Su May 5-Jun 23	1:00pm-2:00pm
INSTRUCTOR: LAURENCE SAUVE	

Health & Wellness

Yoga Mommies & Babies NEW

Come join us for a morning yoga session. This program focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding.

Oak Room

498567	\$153/9 sess
Su May 5-Jun 30	9:30am-10:30am
INSTRUCTOR: LAURENCE SAUVE	

Education

Science for Preschoolers (3-5 yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how using science can 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.

Meeting Room

502109	\$140/7 sess
F May 3-Jun 14	2:15pm-3:00pm
INSTRUCTOR: STEAM 4 KIDS	

Languages

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

Japanese (3-5 yrs)

Children will learn the Japanese language through activity based methods including reading, writing and crafts. 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. No class May 20, Aug 5.

JHC Preschool Room

3 yrs

498637	\$140/14 sess
Tu Th May 7-Jun 20	9:15am-10:30am
498638	\$140/14 sess
Tu Th May 7-Jun 20	10:45am-12:00pm

4 yrs

498639	\$140/14 sess
M W May 1-Jun 19	9:15am-10:30am
498640	\$140/14 sess
M W May 1-Jun 19	10:45am-12:00pm

5 yrs

498641	\$80/8 sess
Sa May 4-Jun 22	9:15am-10:30am
498642	\$80/8 sess
Sa May 4-Jun 22	10:45am-12:00pm

Summer Japanese (3-5 yrs)

JHC Preschool Room

503007	\$40/4 sess
Tu W Th F Aug 6-Aug 9	9:15am-10:30am
503008	\$40/4 sess
Tu W Th F Aug 6-Aug 9	10:45am-12:00pm
503009	\$50/5 sess
M Tu W Th F Aug 12-Aug 16	9:15am-10:30am
503010	\$50/5 sess
M Tu W Th F Aug 12-Aug 16	10:45am-12:00pm
503011	\$50/5 sess
M Tu W Th F Aug 19-Aug 23	9:15am-10:30am
503012	\$50/5 sess
M Tu W Th F Aug 19-Aug 23	10:45am-12:00pm

INSTRUCTOR: HIROKO KASHIHARA



Music

Piano Lessons with June (3+ yrs)

June's lessons for young beginners include various fun activities such as playing musical alphabet games, singing, and using props to help engage the young learner. There is a focus on both playing the instrument as well as on musical theory. This course accommodates new beginners and students with rudimentary musical knowledge. Participants of all ages will develop their musical knowledge and playing abilities through established pedagogical approaches. Quoted price is for 30 minute lessons. No class May 20, Jul 1, Aug 5.

Music Room

500900-503993		\$227.50/7 sess
M	May 6-Jun 24	10:15am-9:00pm
500951-500960		\$260/8 sess
Tu	May 7-Jun 25	3:30pm-9:30pm
500963-500989		\$292.50/9 sess
Th	May 2-Jun 27	10:15am-9:30pm
500991-500993		\$292.50/9 sess
F	May 3-Jun 28	4:30pm-6:30pm
500994-501014		\$130/4 sess
Sa	May 4-May 25	10:45am-2:45pm
501015-501024		\$130/4 sess
Su	May 5-May 26	9:00am-3:00pm
501112-501365		\$130/4 sess
M	Jul 8-Jul 29	10:15am-8:30pm
501327-501334		\$195/6 sess
Tu	Jul 2-Aug 6	3:30pm-8:30pm
501337-501357		\$195/6 sess
Th	Jul 4-Aug 8	10:15am-8:30pm

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. Quoted price is for 30 minute lessons.

Music Room

499414-499423		\$495/9 sess
W	May 1-Jun 26	2:30pm-7:30pm
499427-499436		\$385/7 sess
W	Jul 3-Aug 14	2:30pm-7:30pm

INSTRUCTOR: VICTORIA GOMON

Sports

Sportball Soccer

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. **This program will operate rain or shine.**

4-6 yrs

WPG Gym

501785		\$144/8 sess
F	May 3-Jun 21	3:30pm-4:30pm

3½-5 yrs

Outside – North Grass Area

501802		\$144/8 sess
W	Jul 3-Aug 21	5:30pm-6:30pm

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

501790		\$144/8 sess
Tu	May 7-Jun 25	4:30pm-5:30pm

501784		\$144/8 sess
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F	May 3-Jun 21	4:30pm-5:30pm
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INSTRUCTOR: SPORTBALL VANCOUVER

West Point Grey

Soccer Academy (3-6 yrs)

West Point Grey Soccer Academy is about more than just improving children's soccer skills. It's based on a unique coaching model that helps children 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

498636		\$181.35/9 sess
W	May 1-Jun 26	3:20pm-4:05pm

INSTRUCTOR: GLYN ROBERTS

Sportball Parent & Tot Outdoor Soccer (2-3 yrs)

Sportball Parent & Tot Soccer program introduces 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. Parent/guardian participation is mandatory. **This program will operate rain or shine.**

Outside – North Grass Area

501804		\$144/8 sess
W	Jul 3-Aug 21	4:45pm-5:30pm

INSTRUCTOR: SPORTBALL VANCOUVER



Sports cont'd

Saturday Sportball programs take place at Jericho Hill Centre located at 4196 West 4th Avenue

Sportball Junior (16 mos-2 yrs)

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 May 18, Aug 3, 10.

JHC North Gym

501787		\$126/7 sess
Sa	May 4-Jun 22	9:30am-10:15am
501800		\$108/6 sess
Sa	Jul 6-Aug 24	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. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. No class May 18, Aug 3, 10.

JHC North Gym

501788		\$126/7 sess
Sa	May 4-Jun 22	10:15am-11:00am
501801		\$108/6 sess
Sa	Jul 06-Aug 24	10:15am-11:00am

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor T-Ball (3-5 yrs)

Sportball T-Ball 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 May 18, Aug 3, 10.

JHC North Gym

501786		\$126/7 sess
Sa	May 4-Jun 22	11:00am-12:00pm
501799		\$108/6 sess
Sa	Jul 6-Aug 24	11:00am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

Tennis

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

Level 1 focuses on introducing tennis through fun, engaging activities. With TPA-certified instructors, the program emphasizes basic skills, coordination, and fostering a love for the game, following Tennis Canada standards. It's the perfect start for young enthusiasts to learn in a supportive, enjoyable setting. See you on the courts! Students must bring their own tennis racket.

Trimble Tennis Courts

504199		\$110/4 sess
Sa	May 4-May 25	9:15am-10:15am
504222		\$110/4 sess
Sa	Jul 6-Jul 27	9:15am-10:15am
504218		\$110/4 sess
M	Jul 8-Jul 29	4:30pm-5:30pm
504238		\$82.50/3 sess
M	Aug 12-Aug 26	4:30pm-5:30pm

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 while following the Tennis Canada's Progressive Tennis model. 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. See you on the courts! Students must bring their own tennis racket.

Trimble Tennis Courts

504200		\$137.50/5 sess
Sa	Jun 1-Jun 29	9:15am-10:15am
504219		\$137.50/5 sess
Tu	Jul 2-Jul 30	4:30pm-5:30pm
504226		\$137.50/5 sess
Sa	Aug 3-Aug 31	9:15am-10:15am
504242		\$110/4 sess
Tu	Aug 6-Aug 27	4:30pm-5:30pm

INSTRUCTOR: PRECISION TENNIS INC.

Little Learners – Beginner Tennis Lessons for Kids Level 3 (4-5 yrs)

This program builds on foundational skills, introducing more advanced techniques and game understanding. Led by TPA-certified instructors and adhering to Tennis Canada standards, the focus is on enhancing stroke precision, footwork, and tactical play. It offers a supportive environment for skill advancement, fostering both the competitive spirit and love for the game. Students must bring their own tennis racket.

Trimble Tennis Courts

504233		\$137.50/5 sess
W	Jul 3-Jul 31	4:30pm-5:30pm
504247		\$110/4 sess
W	Aug 7-Aug 28	4:30pm-5:30pm

INSTRUCTOR: PRECISION TENNIS INC.

Refund and Cancellation Policy Changes

See page 42 for more information.

Follow us on SOCIAL MEDIA

@westpointgreycc



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.

Registration is now open for the 2024-2025 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 12:30pm-3:30pm \$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

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. Drop-in \$25 (space permitting).

Craft Room

498014 \$180/9 sess
 F May 3-Jun 28 4:30pm-6:00pm
 INSTRUCTOR: MOHAMMAD REZA ATASHZAD



Pottery

Hand Building Clay (9-12 yrs) NEW

A time for kids to have fun and connect with clay, a great medium! This is a hand building program, where kids will be taught the tools to express themselves through clay, and will work on a mixture of independent and guided projects every week. Some guided projects include: nature+flower making, functional pottery+slab vessels, candles+carving, still-life+sculptures, and more! The last two classes will focus on underglazing and glazing the work made throughout the workshop.

Pottery Studio

503460 \$224/8 sess
 Su Jul 7-Aug 25 9:30am-11:00am
 503479 \$224/8 sess
 Su Jul 7-Aug 25 11:30am-1:00pm
 INSTRUCTOR: REUBEN KING

Technology

WIZE – Coding & 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. Students are challenged to think logically and apply their critical reasoning skills to create mods by learning to write and deploy code in the Minecraft environment. No prior coding experience needed. 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.

Youth Room

503165 \$290/8 sess
 F May 3-Jun 21 4:00pm-5:30pm
 INSTRUCTOR: WIZE COMPUTING ACADEMY



WIZE – Code, Control and Fly Drones (8-12 yrs)

Experience the thrill of control, coding and flying Drones! Learn computer science fundamentals thru hands-on experimentation. Use both block and text-based coding to control drones. Start with simple programs where you automate drone's flight path, learn to build your own custom drone controller. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

503164 \$300/8 sess
 Sa May 4-Jun 22 10:00am-11:30am
 INSTRUCTOR: WIZE COMPUTING ACADEMY

Education



Science for Kids (6-11 yrs)

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

Meeting Room

502108 \$140/7 sess
 F May 3-Jun 14 3:20pm-4:20pm
 INSTRUCTOR: STEAM 4 KIDS

Human & Nature: Hands-On NEW Sustainability Series for Youth (7-13 yrs)

Join the Human & Nature Youth Club on a wild adventure of discovery and action! Our monthly Hands-On Sustainability Series immerses young minds (grades 1-8) in engaging workshops that explore the fascinating world around us and empower them to become agents of positive change. Through fun, hands-on activities, interactive challenges, and real-world exploration, youth will: Uncover the wonders of nature: Spark a passion for sustainability; and become empowered changemakers. Each month, we'll dive deep into a new theme, such as: Nature Detectives, Eco-Crafts, Sustainable Superheroes, and more! Drop-in \$40 (space permitting).

Youth Room

503162 \$75/2 sess
 Sa May 4, Jun 1 10:00am-1:00pm
 503163 \$75/2 sess
 Sa Jul 6, Aug 3 10:00am-1:00pm
 INSTRUCTOR: HUMAN AND NATURE YOUTH CLUB



Dance

Zumba® Kids (7-11 yrs) NEW

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, reggaetón, cumbia and more.

Dining Room

498530		\$72/8 sess
Su	May 5-Jun 23	2:00pm-3:00pm
INSTRUCTOR: LAURENCE SAUVE		



Sports

Brazilian Soccer Schools – Skills Development

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 May 20.

WPG Gym

6-8 yrs		
498629		\$192.50/7 sess
M	May 6-Jun 24	5:00pm-6:00pm
498628		\$247.50/9 sess
W	May 1-Jun 26	5:15pm-6:15pm
9-12 yrs		
498631		\$210/8 sess
M	May 6-Jun 24	6:00pm-7:15pm
498630		\$247.50/9 sess
W	May 1-Jun 26	6:15pm-7:15pm
INSTRUCTOR: ICFDS CANADA LIMITED		

Split Second Basketball Skills Training

Our Skills Training program is designed to help players advance their fundamentals in a fun and challenging environment. Coaches follow a comprehensive SSB curriculum to help players develop great habits in the major fundamental skills. No class May 20, Jun 12. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-12 yrs		
498655		\$210/7 sess
M	May 6-Jun 24	7:00pm-8:15pm
498653		\$210/7 sess
W	May 1-Jun 19	7:00pm-8:15pm

12-16 yrs		
498654		\$210/7 sess
M	May 6-Jun 24	8:15pm-9:30pm
498652		\$210/7 sess
W	May 1-Jun 19	8:15pm-9:30pm
INSTRUCTOR: SPLIT SECOND BASKETBALL		

Sportball Indoor Basketball (6-9 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

501789		\$144/8 sess
Tu	May 7-Jun 25	3:30pm-4:30pm
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. No class Jun 13. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

498632		\$384/16 sess
Tu Th	May 2-Jun 27	7:00pm-8:30pm
INSTRUCTOR: DRIVE BASKETBALL INC.		

West Point Grey Soccer Academy (6-9 yrs)

West Point Grey Soccer Academy is about more than just improving children's soccer skills. It's based on a unique coaching model that helps children 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

498635		\$195.30/9 sess
W	May 1-Jun 26	4:10pm-5:10pm
INSTRUCTOR: GLYN ROBERTS		

Sportball Outdoor Soccer (5-7 yrs)

Kickstart your day! Sportball Outdoor Soccer program introduces 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.

The program will operate rain or shine.

Outside – North Grass Area

501803		\$144/8 sess
W	Jul 3-Aug 21	6:30pm-7:30pm
INSTRUCTOR: SPORTBALL VANCOUVER		

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. Participants will build confidence, stay active, and develop a genuine passion for basketball and sports. 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

498651		\$60/5 sess
Sa	May 11-Jun 29	12:30pm-1:30pm
499932		\$60/5 sess
Sa	Jul 6-Aug 3	12:30pm-1:30pm
INSTRUCTOR: HARRY CHAE		

Martial Arts

Fencing for Beginners (8-12 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 May 20, Jul 1, Aug 5.

JHC Phoenix Room

497808		\$43.75/7 sess
M	May 6-Jun 24	5:30pm-6:30pm
497815		\$43.75/7 sess
M	Jul 8-Aug 19	5:30pm-6:30pm

INSTRUCTOR: BAC TAU

Tennis

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

This program sharpens rally skills and introduces strategic gameplay under the guidance of TPA-certified instructors, adhering to Tennis Canada standards. It's designed to enhance competitive play readiness through focused training on serve accuracy, rally consistency, and tactical awareness, ensuring a comprehensive understanding of tennis dynamics. See you on the courts! Students must bring their own tennis racket.

Level 1

Trimble Tennis Courts

504201		\$110/4 sess
Sa	May 4-May 25	11:15am-12:15pm
504220		\$110/4 sess
M	Jul 8-Jul 29	5:30pm-6:30pm
504224		\$110/4 sess
Sa	Jul 6-Jul 27	11:15am-12:15pm
504239		\$82.50/3 sess
M	Aug 12-Aug 26	5:30pm-6:30pm

Level 2

504202		\$137.50/5 sess
Sa	Jun 1-Jun 29	11:15am-12:15pm
504221		\$110/4 sess
Th	Jul 4-Jul 25	4:30pm-5:30pm
504251		\$137.50/5 sess
Th	Aug 1-Aug 29	4:30pm-5:30pm
504228		\$137.50/5 sess
Sa	Aug 3-Aug 31	11:15am-12:15pm

INSTRUCTOR: PRECISION TENNIS INC.

Tennis programs take place at Trimble Park Tennis Courts, located at West 7th Avenue and Trimble Street.

Summer Smash Tennis: Mini Aces (5½-7½ yrs)

Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. Students are expected to bring their own tennis racket. No class May 20.

Trimble Tennis Courts

505062		\$205.50/6 sess
M	May 6-Jun 17	3:45pm-4:45pm

INSTRUCTOR: SUMMER SMASH TENNIS



Summer Smash Tennis: Junior Fundamentals (7½-10 yrs)

Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. Students are expected to bring their own racket, to come dressed in athletic clothing with athletic shoes, and water bottle.

Trimble Tennis Courts

505066		\$248.50/7 sess
Tu	May 7-Jun 18	3:30pm-4:30pm

JHC South Gym

505072		\$165/4 sess
Sa	May 4-May 25	12:00pm-1:15pm

505081		\$165/4 sess
Sa	Jun 1-Jun 22	12:00pm-1:15pm

INSTRUCTOR: SUMMER SMASH TENNIS

Summer Smash Tennis: Junior Aces (7½-10 yrs)

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle.

Trimble Tennis Courts

505067		\$142/4 sess
W	May 1-May 22	3:45pm-4:45pm
505153		\$142/4 sess
W	May 29-Jun 19	3:45pm-4:45pm

INSTRUCTOR: SUMMER SMASH TENNIS

Summer Smash Tennis: Youth Fundamentals (11-15 yrs)

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. Students are expected to bring their own racquets, to come dressed in athletic clothing with athletic shoes, and water bottle.

Trimble Tennis Courts

505154		\$178/4 sess
W	May 1-May 22	4:45pm-6:00pm
505155		\$178/4 sess
W	May 29-Jun 19	4:45pm-6:00pm

INSTRUCTOR: SUMMER SMASH TENNIS

Summer Smash Tennis: Youth Aces (11-15 yrs)

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle.

JHC South Gym

505073		\$165/4 sess
Sa	May 4-May 25	1:15pm-2:30pm

505086		\$165/4 sess
Sa	Jun 1-Jun 22	1:15pm-2:30pm

INSTRUCTOR: SUMMER SMASH TENNIS



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). Contractor License Number: LAM0202072

WPG Gym

504356-504364	\$210/1 sess
Sa May 4-Jun 29	11:00am-2:00pm
504365-504373	\$210/1 sess
Sa May 4-Jun 29	2:00pm-5:00pm
504374-504382	\$210/1 sess
Su May 5-Jun 30	11:00am-2:00pm
504383-504391	\$210/1 sess
Su May 5-Jun 30	2:00pm-5:00pm
504392-504398	\$210/1 sess
Sa Jul 6-Aug 17	11:00am-2:00pm
504399-504405	\$210/1 sess
Sa Jul 6-Aug 17	2:00pm-5:00pm
504406-504412	\$210/1 sess
Su Jul 7-Aug 18	11:00am-2:00pm
504413-504419	\$210/1 sess
Su Jul 7-Aug 18	2:00pm-5:00pm

INSTRUCTOR: BIRTHDAY PARTY LEADERS

Family Playtime

Climb, slide, ride, roll, jump, play with the sports equipment 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.

WPG Gym

498633	\$3.50/1 sess or \$32.50/10-visit pass
Sa May 4-Jun 29	9:30am-11:00am
498634	\$3.50/1 sess or \$32.50/10-visit pass
Su May 5-Jun 30	9:30am-11:00am
506063	\$3.50/1 sess or \$32.50/10-visit pass
Sa Jul 6-Aug 17	9:30am-11:00am
506064	\$3.50/1 sess or \$32.50/10-visit pass
Su Jul 7-Aug 18	9:30am-11:00am

Languages

Japanese – Grades 1-6

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 May 20. This program takes place at Jericho Hill Centre at 4196 West 4th Avenue.

JHC Preschool Room

Grade 1

498644	\$144/8 sess
Th May 2-Jun 20	3:45pm-5:30pm

Grade 2A

498646	\$144/8 sess
F May 3-Jun 21	3:45pm-5:30pm

Grade 2B

498647	\$126/7 sess
M May 6-Jun 24	3:45pm-5:30pm

Grade 3

498648	\$144/8 sess
Tu May 7-Jun 25	4:00pm-5:45pm

Grade 4

JHC West Art Room

498649	\$162/9 sess
Th May 2-Jun 27	4:00pm-5:45pm

Grade 5

498650	\$162/9 sess
W May 1-Jun 26	3:45pm-5:30pm

Grade 1-6

Dates for this class are May 4, 25, Jun 8, 22.

498645	\$84/4 sess
Sa May 4-Jun 22	1:00pm-4:00pm

Grade 1-6 (Beginner)

JHC West Art Room

498643	\$126/7 sess
M May 6-Jun 24	3:45pm-5:30pm

Grade 1-6 (Summer)

503005	\$100/5 sess
M Tu W Th F Aug 12-Aug 16	1:00pm-4:00pm
503006	\$100/5 sess
M Tu W Th F Aug 19-Aug 23	1:00pm-4:00pm

INSTRUCTOR: HIROKO KASHIHARA

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Music

Piano Lessons with June (3+ yrs)

June's lessons for young beginners include various fun activities such as playing musical alphabet games, singing, and using props to help engage the young learner. There is a focus on both playing the instrument as well as on musical theory. This course accommodates new beginners and students with rudimentary musical knowledge. Participants of all ages will develop their musical knowledge and playing abilities through established pedagogical approaches. Quoted price is for 30 minute lessons. No class May 20, Jul 1, Aug 5.

Music Room

500900-503993	\$227.50/7 sess
M May 6-Jun 24	10:15am-9:00pm
500951-500960	\$260/8 sess
Tu May 7-Jun 25	3:30pm-9:30pm
500963-500989	\$292.50/9 sess
Th May 2-Jun 27	10:15am-9:30pm
500991-500993	\$292.50/9 sess
F May 3-Jun 28	4:30pm-6:30pm
500994-501014	\$130/4 sess
Sa May 4-May 25	10:45am-2:45pm
501015-501024	\$130/4 sess
Su May 5-May 26	9:00am-3:00pm
501112-501365	\$130/4 sess
M Jul 8-Jul 29	10:15am-8:30pm
501327-501334	\$195/6 sess
Tu Jul 2-Aug 6	3:30pm-8:30pm
501337-501357	\$195/6 sess
Th Jul 4-Aug 8	10:15am-8:30pm

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. Quoted price is for 30 minute lessons.

Music Room

499414-499423	\$495/9 sess
W May 1-Jun 26	2:30pm-7:30pm
499427-499436	\$385/7 sess
W Jul 3-Aug 14	2:30pm-7:30pm

INSTRUCTOR: VICTORIA GOMON

Preteen & Youth



Arts

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

Explore the world of watercolour painting. 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. Drop-in \$25 (space permitting).

Craft Room

498014 \$180/9 sess
 F May 3-Jun 28 4:30pm-6:00pm
 INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Education

Human & Nature: Hands-On Sustainability Series for Youth (7-13 yrs) NEW

Join the Human & Nature Youth Club on a wild adventure of discovery and action! Our monthly Hands-On Sustainability Series immerses young minds (grades 1-8) in engaging workshops that explore the fascinating world around us and empower them to become agents of positive change. Through fun, hands-on activities, interactive challenges, and real-world exploration, youth will: Uncover the wonders of nature: Spark a passion for sustainability; become empowered changemakers. Each month, we'll dive deep into a new theme, such as: Nature Detectives, Eco-Crafts, Sustainable Superheroes, and more! Drop-in \$40 (space permitting).

Youth Room

503162 \$75/2 sess
 Sa May 4, Jun 1 10:00am-1:00pm
 503163 \$75/2 sess
 Sa Jul 6, Aug 3 10:00am-1:00pm
 INSTRUCTOR: HUMAN AND NATURE YOUTH CLUB

Follow us on SOCIAL MEDIA

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Martial Arts

Fencing for Beginners

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 May 20, Aug 5.

JHC Phoenix Room

8-12 yrs
 497808 \$43.75/7 sess
 M May 6-Jun 24 5:30pm-6:30pm
 497815 \$43.75/7 sess
 M Jul 8-Aug 19 5:30pm-6:30pm
 14+ yrs
 497831 \$90/9 sess
 W May 1-Jun 26 5:30pm-6:30pm
 497832 \$80/8 sess
 W Jul 3-Aug 21 5:30pm-6:30pm
 INSTRUCTOR: BAC TAU

Sports

Split Second Basketball Skills Training

Split Second Skills Training programs are the best place for players to learn to play the right way. Our Skills Training Program is designed to help players advance their fundamentals in a fun and challenging environment. Coaches follow a comprehensive SSB curriculum to help players develop great habits in the major fundamental skills. No class May 20, Jun 12. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-12 yrs
 498655 \$210/7 sess
 M May 6-Jun 24 7:00pm-8:15pm
 498653 \$210/7 sess
 W May 1-Jun 19 7:00pm-8:15pm
 12-16 yrs
 498654 \$210/7 sess
 M May 6-Jun 24 8:15pm-9:30pm
 498652 \$210/7 sess
 W May 1-Jun 19 8:15pm-9:30pm
 INSTRUCTOR: SPLIT SECOND BASKETBALL

Tennis

Summer Smash Tennis: Youth Fundamentals (11-15 yrs)

Start learning tennis in a fun and supportive environment. Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the 1/2 stage of the progressive tennis model. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle.

Trimble Tennis Courts

505154 \$178/4 sess
 W May 1-May 22 4:45pm-6:00pm
 505155 \$178/4 sess
 W May 29-Jun 19 4:45pm-6:00pm
 INSTRUCTOR: SUMMER SMASH TENNIS



Summer Smash Tennis: Youth Aces (11-15 yrs)

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the 3/4 stage of the progressive tennis model. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle.

JHC South Gym

505073 \$165/4 sess
 Sa May 4-May 25 1:15pm-2:30pm
 505086 \$165/4 sess
 Sa Jun 1-Jun 22 1:15pm-2:30pm
 INSTRUCTOR: SUMMER SMASH TENNIS



Summer Day Camps

Sunshine Day Camp (6-8 yrs)

This is a great option for children who are ready to spend a full day at camp and love being active adventurers. Stories, games, arts and crafts, baking, walks to the beach and out-trips to local attractions in the Lower Mainland by public transportation or charter bus will make this an exciting camp for this age group. No camp Jul 1, Aug 5.

Oak Room

503752		\$132/4 sess
Tu W Th F	Jul 2-Jul 5	9:00am-3:30pm
503753		\$165/5 sess
M Tu W Th F	Jul 8-Jul 12	9:00am-3:30pm
503754		\$165/5 sess
M Tu W Th F	Jul 15-Jul 19	9:00am-3:30pm
503755		\$165/5 sess
M Tu W Th F	Jul 22-Jul 26	9:00am-3:30pm
503756		\$165/5 sess
M Tu W Th F	Jul 29-Aug 2	9:00am-3:30pm
503757		\$132/4 sess
Tu W Th F	Aug 6-Aug 9	9:00am-3:30pm
503758		\$165/5 sess
M Tu W Th F	Aug 12-Aug 16	9:00am-3:30pm
503759		\$165/5 sess
M Tu W Th F	Aug 19-Aug 23	9:00am-3:30pm

INSTRUCTOR: DAY CAMP LEADERS

Discoveries Adventure Day Camp (9-12 yrs)

Get ready for a summer of 100% fun and adventure! This camp is for preteens who want to experience activities like bowling, rock climbing, Playland, kayaking, and swimming. Out-trips to local attractions in the Lower Mainland by public transportation or charter bus will make this an exciting camp for this age group while gaining leadership skills and making new friends. No camp Jul 1, Aug 5.

Dining Room

503760		\$148/4 sess
Tu W Th F	Jul 2-Jul 5	9:00am-3:30pm
503761		\$185/5 sess
M Tu W Th F	Jul 8-Jul 12	9:00am-3:30pm
503762		\$185/5 sess
M Tu W Th F	Jul 15-Jul 19	9:00am-3:30pm
503763		\$185/5 sess
M Tu W Th F	Jul 22-Jul 26	9:00am-3:30pm
503764		\$185/5 sess
M Tu W Th F	Jul 29-Aug 2	9:00am-3:30pm
503765		\$148/4 sess
Tu W Th F	Aug 6-Aug 9	9:00am-3:30pm
503766		\$185/5 sess
M Tu W Th F	Aug 12-Aug 16	9:00am-3:30pm
503767		\$185/5 sess
M Tu W Th F	Aug 19-Aug 23	9:00am-3:30pm

INSTRUCTOR: DAY CAMP LEADERS



\$150 per week

Ages 3-5

West Point Grey

Preschool Summer Smiles Camp

AM Session: 9:00am-12:00pm
PM Session: 12:45pm-3:45pm

August 6-August 23, 2024

(604) 257-8140
Register here!

Preschool Camps

Tiny Inventors Camp (5-6 yrs)

Calling all curious kindergarteners! Get ready for an adventure-packed week where imagination knows no bounds. At Tiny Inventors Camp, we blend science, art, and exploration to ignite young minds. Here's a sneak peek at our stellar lineup of activities: Design, build, and test your very own mini catapults! Learn about force, angles, and launch mechanisms. Explore Martian landscapes, building Mars rovers, and dream of future space colonies. Put on your green thumbs and dig into botany. Learn about photosynthesis, plant parts, and growth cycles. Plant seeds, nurture sprouts, and watch your little garden thrive! Bring a nut-free snack and water bottle.

Meeting Room

502147		\$200/4 sess
Tu W Th F	Jul 2-Jul 5	9:00am-12:00pm
502148		\$200/4 sess
Tu W Th F	Jul 2-Jul 5	12:30pm-3:30pm

INSTRUCTOR: ZEN MAKER LAB

Sportball Outdoor Multi-Sport Camp (3½-5 yrs)

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 will operate rain or shine.

Outside – North Grass Area

501792		\$150/5 sess
M Tu W Th F	Jul 8-Jul 12	10:45am-12:00pm
501793		\$150/5 sess
M Tu W Th F	Aug 12-Aug 16	10:45am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER



WPG Preschool Summer Smiles Camp (3-5 yrs)

Summer camp for preschoolers are back! Come join us for an action packed day filled with indoor and outdoor free play, arts and crafts, STEM, cooking, and walks around the community and beach. Children will have the opportunity to make new friends, practice teamwork, and build strong relationships. Bring a nut-free snack and water bottle.

Dining Room & Conservatory

505584		\$100/4 sess
Tu W Th F	Aug 6-Aug 9	9:00am-12:00pm
505585		\$100/4 sess
Tu W Th F	Aug 6-Aug 9	12:45pm-3:45pm
505586		\$125/5 sess
M Tu W Th F	Aug 12-Aug 16	9:00am-12:00pm
505587		\$125/5 sess
M Tu W Th F	Aug 12-Aug 16	12:45pm-3:45pm
505588		\$125/5 sess
M Tu W Th F	Aug 19-Aug 23	9:00am-12:00pm
505589		\$125/5 sess
M Tu W Th F	Aug 19-Aug 23	12:45pm-3:45pm

INSTRUCTOR: TABATHA MARIN

Tennis Camps

Tennis camps take place at Trimble Park Tennis Courts, located at West 7th Avenue and Trimble Street.



Summer Smash Tennis: Junior Fundamentals+ Aces Camp (8-13 yrs)

Students will develop their tennis and athletic skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, lunch and water bottle. This camp will operate rain or shine. No camp Jul 1, Aug 5.

Trimble Tennis Courts

505161		\$372/4 sess
Tu W Th F	Jul 2-Jul 5	9:00am-3:00pm
505162		\$465/5 sess
M Tu W Th F	Jul 8-Jul 12	9:00am-3:00pm
505163		\$465/5 sess
M Tu W Th F	Jul 15-Jul 19	9:00am-3:00pm
505165		\$465/5 sess
M Tu W Th F	Jul 22-Jul 26	9:00am-3:00pm
505166		\$465/5 sess
M Tu W Th F	Jul 29-Aug 02	9:00am-3:00pm
505167		\$372/4 sess
Tu W Th F	Aug 6-Aug 9	9:00am-3:00pm
505168		\$465/5 sess
M Tu W Th F	Aug 12-Aug 16	9:00am-3:00pm
505169		\$465/5 sess
M Tu W Th F	Aug 19-Aug 23	9:00am-3:00pm
505170		\$465/5 sess
M Tu W Th F	Aug 26-Aug 30	9:00am-3:00pm

INSTRUCTOR: SUMMER SMASH TENNIS





Film Camps NEW

LEGO® Stop Motion Animation Camp (8-12 yrs)

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box Claymation and LEGO® Animation Camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion 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.

Library
502180 \$335/5 sess
M Tu W Th F Jul 8-Jul 12 9:00am-4:00pm
502188 \$335/5 sess
M Tu W Th F Aug 12-Aug 16 9:00am-4:00pm
INSTRUCTOR: FILM CAMP IN A BOX

Feature Film Making Camp (9-14 yrs)

Fill your week with action, adventure and a lot of comedy with Film Camp in A Box movie making camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the filmmaking process, including pre production, production and post production. Working in small crews, they will learn about cinematography, script writing and editing on imovie. Campers will then create, act in and edit a short film and movie trailer, adding special effects, music, voices, titles, sound effects and the opportunity to work with AI in the digital storytelling process. Participants will have the opportunity to use our latest digital tools including Macbooks, 4K cameras, tripods, boom microphones, green screens and the use of an aerial drone. Crews will also create their own promotions and advertising links to showcase their short film to the world. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

Library
502181 \$335/5 sess
M Tu W Th F Jul 15-Jul 19 9:00am-4:00pm
502187 \$268/4 sess
Tu W Th F Aug 6-Aug 9 9:00am-4:00pm
INSTRUCTOR: FILM CAMP IN A BOX

Music Video Production Camp (9-14 yrs)

Rock and Roll all night and every day in our Music Video Production workshop. Mentored by master filmmakers, campers will engage in hands-on exploration of the music video production process, including pre production, production and post production. Working collaboratively in small crews, they will learn about cinematography specific to music videos and advanced editing techniques. Using an existing pop culture song, campers will listen to the lyrics, learn them and create their own story and meaning. They will then act in and edit their full music video. Crews will also create their own promotions and advertising links to showcase their music video to the world. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

Library
502185 \$335/5 sess
M Tu W Th F Jul 22-Jul 26 9:00am-4:00pm
INSTRUCTOR: FILM CAMP IN A BOX

STEM Camps

STEAM Sampler Zen Bot Camp (9-11 yrs)

Robotics isn't just the future, it's the here and now. In this hands-on camp students will learn the perfect combination of electronics, 3D design and 3D printing, and working with basic tools for assembly. By putting together their own Arduino-powered robot, students will learn everything from assembling and fabricating parts to developing the skills needed to customize and create their own future robotic projects. Participants will learn how to review code and make modifications to impact the robot's movement. No previous experience necessary.

Craft Room
502149 \$396/4 sess
Tu W Th F Jul 2-Jul 5 9:00am-3:00pm
Youth Room
502158 \$495/5 sess
M Tu W Th F Jul 29-Aug 2 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB

West Point Grey Community Centre is a nut-free facility.

WIZE – Coding and Modding in Minecraft Camp (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. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Library
503168 \$240/4 sess
Tu W Th F Jul 2-Jul 5 9:00am-12:00pm
Meeting Room
503169 \$290/5 sess
M Tu W Th F Jul 22-Jul 26 9:00am-12:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY



WIZE – Engineering & Robotics LEGO® WeDo Camp (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! Bring a tablet or an iPad with Bluetooth.

Library
503173 \$216/4 sess
Tu W Th F Jul 2-Jul 5 1:00pm-3:00pm
Meeting Room
503174 \$260/5 sess
M Tu W Th F Jul 15-Jul 19 1:00pm-3:00pm
503172 \$260/5 sess
M Tu W Th F Jul 22-Jul 26 1:00pm-3:00pm
503170 \$216/4 sess
Tu W Th F Aug 6-Aug 9 1:00pm-3:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

STEM Camps cont'd

Motors & Movement: Build a Kinetic Sculpture Camp (9-11 yrs)

Motors and moving electricity is changing the way we travel through the world around us! In this camp, participants will learn about kinetic art and what it means to extend our perspective to incorporate multidimensional movement. Using electronic circuits, participants will learn about what common components drive these works of art how we design them. Participants will learn about 3D design, 3D printing, gears and movement, and how to use basic tools to assemble a kinetic sculpture that uses circuits, gears and motors to move. Participants will also learn about design and apply concepts while they decorate their kinetic sculpture. No previous experience necessary.

Craft Room

502151 \$495/5 sess
M Tu W Th F Jul 8-Jul 12 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB



Junior Coding & Robotics: Mission Code Breaker Camp (7-9 yrs)

Kids love secret codes and puzzles, and we'll explore all sorts of codes and mysteries that existed before computer programming like morse, nautical flags, trail markers, baseball signals, code wheels, treasure maps, and more. Using creative storytelling, each week our robots will learn how to crack another mysterious code or puzzle while we learn how to program the robots. No experience needed.

Youth Room

502157 \$495/5 sess
M Tu W Th F Jul 15-Jul 19 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB

Engineering A Green City Camp (7-9 yrs)

A hands-on engineering, designing, and building camp where we explore the different types of engineering required to first make a city work. We will dive into how our cities work using the applied science of Power, Environmental, Mechanical, Structural and Civil Engineering. Then we will add the lens of ClimateTech, and design our cities to include renewable energies, cleaner transportation, energy-efficient buildings, greener communities, and emerging climate technologies.

Meeting Room

502156 \$495/5 sess
M Tu W Th F Jul 8-Jul 12 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB

WIZE – Code, Control and Fly Drones Camp (8-12 yrs)

Learn computer science fundamentals thru hands-on experimentation. Use both block and text-based coding to control drones. Start with simple programs where you automate a drone's flight path, learn to build your own custom drone controller. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

503177 \$300/5 sess
M Tu W Th F Jul 15-Jul 19 9:00am-12:00pm
503178 \$248/4 sess
Tu W Th F Aug 6-Aug 9 9:00am-12:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

Build A Python Discord Bot Camp (11-12 yrs)

Students will be introduced to Python coding and learn how to edit the code for their own bot for the popular Discord messaging tool. This will include coding basics, using open-source libraries and interfacing with 3rd party APIs, all fundamentals for a career in computer science or engineering. Past maker experience is helpful but no previous experience necessary. A laptop is required for this camp. If you don't have one, you can rent one from us for the week for \$30.

Craft Room

502155 \$495/5 sess
M Tu W Th F Jul 29-Aug 2 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB

WIZE – LEGO® Spike Prime Camp (8-12 yrs)

Unleash your child's potential with a fun and engaging robotics and coding approach that combines STEAM, computer science, and critical life skills. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Library

503171 \$290/5 sess
M Tu W Th F Jul 29-Aug 2 9:00am-12:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY



WIZE – Game Design & Development in Roblox Camp (8-12 yrs)

Roblox is a game-creation website where users design and upload their own games and play games that other people have created in a multiplayer environment. It provides the perfect way to learn programming, 3D modeling and game design with Roblox Studio. Bring a Windows PC, Macbook or Chromebook, and a 3-button mouse with a scroll wheel is recommended.

Meeting Room

503176 \$290/5 sess
M Tu W Th F Jul 29-Aug 2 1:00pm-4:00pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

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.

Youth Room

502191 \$220/5 sess
M Tu W Th F Aug 12-Aug 16 1:00pm-4:00pm
502192 \$220/5 sess
M Tu W Th F Aug 12-Aug 16 9:30am-12:30pm
INSTRUCTOR: BRICKS 4 KIDZ VANCOUVER

West Point Grey Community
Centre is a nut-free facility.



Sports Camps

Sportball Outdoor Multi-Sport Camp (5-7 yrs)

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 will operate outdoors and is rain or shine.**

Outside – North Grass Area

501796	\$280/4 sess
Tu W Th F Jul 2-Jul 5	9:00am-3:00pm
501794	\$270/5 sess
M Tu W Th F Jul 8-Jul 12	1:00pm-4:00pm
501797	\$350/5 sess
M Tu W Th F Jul 22-Jul 26	9:00am-3:00pm
501795	\$270/5 sess
M Tu W Th F Aug 12-Aug 16	1:00pm-4:00pm
501798	\$350/5 sess
M Tu W Th F Aug 19-Aug 23	9:00am-3:00pm
INSTRUCTOR: SPORTBALL VANCOUVER	

DRIVE Basketball Summer Day Camp (6-16 yrs)

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. The camps are for boys and girls ages 6-16. 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. Camp takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC Gym

499079	\$315/5 sess
M Tu W Th F Jul 15-Jul 19	10:00am-3:00pm
499080	\$315/5 sess
M Tu W Th F Jul 22-Jul 26	10:00am-3:00pm
499081	\$315/5 sess
M Tu W Th F Jul 29-Aug 2	10:00am-3:00pm
499084	\$315/5 sess
M Tu W Th F Aug 19-Aug 23	10:00am-3:00pm
499085	\$315/5 sess
M Tu W Th F Aug 26-Aug 30	10:00am-3:00pm
INSTRUCTOR: DRIVE BASKETBALL INC.	

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Bike Camps

Kids on Wheels Parent & Tot Balance Bike Camp (2-3 yrs)

Our camp is tailored to introduce young riders to the thrill of biking while prioritizing safety and riding skills development. We'll focus on familiarizing children with balance bikes and the importance of helmet usage, all while equipping parents with essential knowledge on fostering safe riding habits. Through engaging activities and games, we'll delve into five fundamental skills: stopping, turning, gliding, balancing, and awareness. Balance bikes and helmets are provided, though children are welcome to bring their own gear. Parent/guardian participation is required.

Pottery Studio Parking Lot

506071	\$130/5 sess
M Tu W Th F Aug 19-Aug 23	9:30am-10:30am
INSTRUCTOR: BC CYCLING COALITION	



Kids on Wheels Preschool Balance Bike Camp (3-6 yrs)

Our camp offers a variety of engaging activities aimed at building essential riding skills. From thrilling games to navigating our specially designed course, children practice five key abilities when riding: stopping, turning, gliding, balancing, and environment awareness. We will delve into road signs and safety regulations, dive into captivating storybooks, unleash creativity through art projects, and fine-tune bike mechanics in our mechanic corner. Balance bikes and helmets are provided, though children are welcome to bring their own gear.

Pottery Studio Parking Lot

506072	\$200/5 sess
M Tu W Th F Aug 19-Aug 23	10:45am-12:00pm
INSTRUCTOR: BC CYCLING COALITION	

Specialty Camps

Fire & Flower Empowerment Camp (10-12 yrs)

Often called, "the BEST camp ever!" this specialty day camp empowers girls and non-binary youth in their incredible transition into adolescence. This is a place where you can be real - about your joys and challenges – and be accepted and celebrated for who you are. Each of our camps explore different themes. Our Hummingbird Camp focuses on body positivity, media literacy, and friendship dynamics, and our Kingfisher Camp focuses on the physical and emotional changes in puberty including an in-depth look at anatomy and menstruation. Learning is balanced with daily time in nature, games, and crafts. It's like a daytime sleepover for 5 days! LGBTQ2SIAP+ inclusive space. Parents/guardians are invited to join Friday afternoon. Bursaries available. For more information, please visit www.fireandflowergirls.org.

Youth Room

Kingfisher

502194	\$330/5 sess
M Tu W Th F Jul 8-Jul 12	9:15am-3:15pm

Hummingbird

502193	\$330/5 sess
M Tu W Th F Jul 22-Jul 26	9:15am-3:15pm
INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY	

Inventors and Inventions Camp (7-11 yrs)

Inventing means curiosity, practicality, necessity, cooperation, and dreaming! Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all – their mind. With a little bit of ingenuity, children will create catapults and forts, construct working light sticks to take home, and things to survive on a deserted island.

Lounge

502110	\$310/5 sess
M Tu W Th F Jul 8-Jul 12	9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS	

Refund and Cancellation Policy Changes

See page 42 for more information.

Specialty Camps cont'd

Creative Makers & Illustration Camp (7-9 yrs)

If your child loves drawing and making cartoons this animation camp is for you! During the week, your child will learn animation skills for making their own films. Students will bring their sketchbook to life through animation while learning about designing and animating 3D characters. Explore different cultural graphic art styles from countries around the world such as Japanese anime character design. In addition, they will design their own storyboards and fabricate miniature characters. By the end of this camp, your child will have the chance to showcase what they have learnt and produced throughout the week by screening their stop-motion animation films! No previous experience necessary.

Craft Room

502154 \$495/5 sess
M Tu W Th F Jul 15-Jul 19 9:00am-3:00pm
INSTRUCTOR: ZEN MAKER LAB

Science Explorer Camp (6-10 yrs)

Explore the inside of your body and learn about the organ systems and the cells that compose them. Discover cool chemical reactions, and how to solve a crime in this hands-on, science adventure!

Lounge

502111 \$310/5 sess
M Tu W Th F Jul 22-Jul 26 9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS

Wild Science Camp (6-10 yrs)

Kids put on their engineer's hats for this exciting week of science activities. They also learn about chemical reactions that they might encounter in their daily lives and the nature of birds and beasts, as they take a walk on the wild side of science.

Youth Room

502112 \$248/4 sess
Tu W Th F Aug 6-Aug 9 9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS

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Science Adventure Camp (6-10 yrs)

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

Craft Room

502113 \$310/5 sess
M Tu W Th F Aug 19-Aug 23 9:00am-3:00pm
INSTRUCTOR: STEAM 4 KIDS

Dance Camps



Dance Extreme (Dance Sampler) NEW Camp (9-12 yrs)

Explore a number of different dance styles in this upbeat and welcoming dance camp. Children will leave feeling proud of their new dance skills, and have a great time making new friends. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hop Hop, Acrobatic Dance, Creative Movement, and Bollywood! Please wear comfortable clothing and bring water and clean indoor shoes for dancing. There will be breaks for eating, and resting/meditation. There will be a presentation for family members on the last day of camp. No experience required, all dancers welcome.

JHC Gym Stage

505873 \$375/5 sess
M Tu W Th F Jul 15-Jul 19 9:30am-3:30pm
503776 \$375/5 sess
M Tu W Th F Aug 19-Aug 23 9:30am-3:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

Act, Dance, Sing FUN! Camp (5-12 yrs)

Learn the technical and artistic aspects of a musical theatre performance, including minimal singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the camp.

Youth Room

503156 \$256/5 sess
M Tu W Th F Aug 19-Aug 23 9:15am-12:30pm
INSTRUCTOR: ILLUMA STUDIO



Active Hip Hop, Jazz Funk and Pop Dance Camp (5-12 yrs)

Come dance to Jazz Funk, Hip Hop and Pop music for cardio training! No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the camp. Camp curriculum will be different between same-subject sessions; we welcome repeat students at our camps!

Youth Room

503155 \$240/5 sess
M Tu W Th F Aug 19-Aug 23 12:30pm-3:30pm
INSTRUCTOR: ILLUMA STUDIO



West Point Grey
Community Centre

WPG Preschool

Summer Smiles Camp

Worried your child might need to stay active this summer? Sign them up for our preschool summer camp!



Our Activities:
Water play, Beach Walks, STEM Building, Cooking, Arts & Crafts, Relay Races & More!

\$150
PER WEEK



DATE:

Tuesday August 6 ~
Friday August 23, 2024

AGES:

3 ~ 5 Years (New students welcome!)

Time-slots available per Day:

AM SESSION: 9AM-12PM

PM SESSION: 12:45PM-3:45PM

For more information contact:
+1 (604) 257 8140

Adult & Seniors



Arts

Watercolour Workshops NEW

Join this beginner-level watercolour workshop to go from learning basic techniques to creating your very own painting! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included. Learn more about Chloe, your instructor at chloegreenberg.com.

Abstract Landscape

Dining Room

503529 \$50/1 sess
Su May 12 9:30am-12:00pm

Meditation

Oak Room

503530 \$50/1 sess
Su Jun 23 1:30pm-4:00pm

Strawberries

Oak Room

503532 \$50/1 sess
Su Jul 14 1:30pm-4:00pm
INSTRUCTOR: CHLOE GREENBERG

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! No class May 29, Jun 5.

Craft Room

503526 \$204/6 sess
W May 1-Jun 19 1:00pm-3:00pm
503527 \$204/6 sess
W Jul 3-Aug 7 6:00pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG



Drawing Landscapes, Flower & Figures NEW

You will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscape, flowers, figures and more. Throughout the course, you will experiment with various textures, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. For more information, please visit www.atashzad.com. Supplies are not included, supply list available upon registration. Drop-in \$36 (space permitting).

Craft Room

501557 \$270/9 sess
F May 3-Jun 28 10:00am-12:00pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Acrylic Painting NEW

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. For more information, please visit www.atashzad.com. Supplies are not included, supply list available upon registration. Drop-in \$36 (space permitting).

Craft Room

501556 \$270/9 sess
F May 3-Jun 28 12:30pm-2:30pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

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). For more information, visit www.atashzad.com. Supplies are not included, supply list available upon registration. Drop-in \$36 (space permitting).

Craft Room

498013 \$270/9 sess
F May 3-Jun 28 2:30pm-4:30pm
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

500256 \$224/8 sess
Sa May 4-Jun 22 10:30am-12:00pm
INSTRUCTOR: PHILIP TSANG

Abstract Painting – Introduction

Learn to express with colours and textures, combining traditional and non-traditional ways of painting, applying colour and a 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 May 20.

Craft Room

498397 \$93/3 sess
M May 6-May 27 1:30pm-4:30pm
INSTRUCTOR: DAVIDE MERINO



Dance

Dance & Flow

This class aims to provide socially fulfilling and meaningful experiences through dance regardless of your abilities, age and gender. With uplifting music, the format of the class includes a warm-up, sequences of choreography and a cool down. Just dance and have fun! All levels welcome. Drop-in \$7.50 (space permitting). No class May 20.

WPG Gym

498007

\$42/7 sess

M May 6-Jun 24 11:30am-12:30pm
INSTRUCTOR: KERSTIN LUETTICH

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 \$18 (space permitting). No class May 20.

Oak Room

500047

\$105/7 sess

M May 6-Jun 24 6:15pm-7:15pm
INSTRUCTOR: YASMINE SHEMESH

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 \$5 (space permitting). No class May 20.

Oak Room

498004

\$28/7 sess

M May 6-Jun 24 7:45pm-9:45pm
INSTRUCTOR: BILL THOMPSON

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**Refund and Cancellation
Policy Changes**

See page 42 for more information.



Beginner Ballet for Adults

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

502235

FREE TRIAL

Tu May 7 7:00pm-8:00pm

\$105/7 sess

502234

Tu May 14-Jun 25 7:00pm-8:00pm

502988

FREE TRIAL

Tu Jul 2 6:30pm-7:30pm

\$105/7 sess

502987

Tu Jul 9-Aug 20 6:30pm-7:30pm

INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

Adult Beginner Samba NEW

Samba no pé (samba of the foot) is a solo dance from Brazil. Samba rhythms follow a 2/4 beat, and the music can vary from relaxed bossa nova songs to high-energy drum ensembles. Expect a lively and joyful class with swaying hips, fancy footwork, and elegant upper body movement. Please wear comfortable clothing, and dance barefoot or in shoes. Drop-in \$18 (space permitting).

Oak Room

502237

FREE TRIAL

Tu May 7 8:00pm-9:00pm

\$105/7 sess

502236

Tu May 14-Jun 25 8:00pm-9:00pm

502986

FREE TRIAL

Tu Jul 2 7:30pm-8:30pm

\$105/7 sess

502985

Tu Jul 9-Aug 20 7:30pm-8:30pm

INSTRUCTOR: ENDORPHIN RUSH DANCE AND FITNESS

Ballroom Dance – Level 1 & 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

497999

\$162/9 sess

W May 1-Jun 26 11:00am-12:00pm
INSTRUCTOR: LINDA SHORT

Just Dance

A mix of dance styles - including ballet, modern, jazz, Latin and Folk – in short choreographed routines to world music. Mat cool-down at the end of each class. All levels welcome. Drop-in \$8.75 (space permitting).

WPG Gym

498008

\$60.75/9 sess

Th May 2-Jun 27 11:30am-12:30pm

500011

\$40.50/6 sess

Th Jul 4-Aug 8 11:30am-12:30pm

INSTRUCTOR: GAYL DECOURSEY

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 to work with the older populations. The project builds community and strengthens cultural and social understandings. No class Jun 14.

Oak Room

498001

FREE/9 sess

F Apr 19-Jun 21 12:30pm-2:00pm
INSTRUCTOR: DEZZA DANCE

Culinary

The Culinary Series: NEW Italian Cuisine

Learn the art of Italian cooking with this four part culinary series. You will learn traditional recipes from a classically European trained chef who spent years working throughout France and Italy, learning the trades and traditions from old-world culinary pioneers. Chef Don Guthro is excited to welcome you to his kitchen where you will learn the art of antipasti, fresh pasta making, secondo (main course), and dolce (dessert). This cooking series takes place at DICED Discovery Restaurant at 1515 Discovery Street.

DICED Discovery Restaurant

503013 \$380/4 sess
Tu May 7-May 28 7:00pm-9:00pm
INSTRUCTOR: DICED DISCOVERY RESTAURANT

Cooking Connections for NEW the Active Senior

This curriculum focuses on eating well and staying active for overall great health. It is designed for the needs of older adults and provides an opportunity to meet new friends and reinforces healthy eating habits.

Kitchen

505580 FREE/6 sess
Tu Th May 21-Jun 6 11:00am-2:00pm
INSTRUCTOR: FOOD SKILLS FOR FAMILIES

Social

Knitting & Crocheting Together NEW

Enjoy knitting and crocheting while making new friends in the community! Bring your own needles/hook and yarn. All ages welcome. Please note no instruction is provided. No session May 20.

Library

499390 FREE
M Tu W Th F May 1-Jun 26 9:30am-12:30pm

Bridge – Social (55+ yrs) NEW

Join our group on Tuesdays and enjoy the game of Bridge. Please note that no instruction is provided. New players are always welcome. Tables are available on a first come, first serve basis.

Oak Room

499389 FREE
Tu May 7-Jun 25 10:30am-1:30pm

Pancake Tuesdays NEW

Calling all pancake lovers! Come join us for pancakes every 2nd Tuesday of the month! All ages welcome. Please call the front desk at 604.257.8140 ext. 1 to secure a plate. Cutoff will be the Thursday prior (May 9, Jun 6).

Kitchen

499391 \$2/1 sess
Tu May 14, Jun 11 10:00am-12:00pm

Bus Out Trips NEW



Majestic Mayne

Experience one of the most historic and beautiful of the Gulf Islands. Teeming with scenic vistas and stories of bygone days, this island is truly unique and worthy of exploration. Package includes: Georgina Point Lighthouse, Japanese Gardens, Arbutus Forest Walk, lunch at Springwater Lodge. Additional \$36 ferry fee included for 64 years and under. Level: Easy

Aberthau Mansion Entrance

505751 \$185/1 sess
M Jun 17 8:15am-7:45pm
INSTRUCTOR: ENJOY THE JOURNEY

Malahat SkyWalk

Experience the ultimate natural high at Vancouver Island's newest attraction! Malahat SkyWalk is an accessible 600m TreeWalk through a beautiful arbutus forest leading to a spectacular sightseeing lookout. Package includes: Malahat SkyWalk, lunch at Jack's Place, Adventure Net. Additional for \$36 ferry fee included for 64 years and under. Level: Moderate

Aberthau Mansion Entrance

504195 \$195/1 sess
Th Jul 18 7:00am-8:00pm
INSTRUCTOR: ENJOY THE JOURNEY

Harrison Sunflower Festival

5 acres of show gardens featuring 15 varieties of sunflower, some reach over 12 feet tall! The Harrison Sunflower Festival does not disappoint! Treat yourself to a delicious lunch at the picturesque River's Edge Restaurant, a stop at a cheese farm and fresh ice cream at Birchwood Dairy Farm. Package includes: Sunflower Festival admission, lunch at River's Edge Restaurant, Farm House Natural Cheese, Birchwood Dairy Farm Ice Cream. Level: Easy

Aberthau Mansion Entrance

504196 \$119/1 sess
Tu Aug 20 7:30am-5:15pm
INSTRUCTOR: ENJOY THE JOURNEY

Pottery

Hand-Building Pottery with Chu Chu

Learn to love hand-built tableware pottery! In this series, you will learn how to prep your clay slabs, use moulds, create strong joints, make templates and more. We will also be exploring different ways to surface decorate including adding textured patterns, adding coloured slips and carving. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$43. Please note that registration after 2nd class must be approved by the instructor. No class May 20, Aug 5.

Pottery Studio

498498 \$225/5 sess
M May 6-Jun 10 5:30pm-8:30pm
498566 \$270/6 sess
M Jul 8-Aug 19 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. Clay must be purchased through the centre and pottery tools may be purchased (limited supply). Please note that registration after 2nd class must be approved by the instructor.

Pottery Studio

501148 \$320/8 sess
Tu May 7-Jun 25 6:00pm-9:30pm
INSTRUCTOR: DANIELLE GAGNIER



Wheel Throwing NEW Functional Pottery

Students will be encouraged to think deeply about the everyday objects they use, and how as a ceramicist changing small aspects of these items to enhance their functionality. Repetition throwing techniques of foundational functional shapes will be covered. Students will be encouraged to dive into a couple different functional avenues and make sets of works. Students are recommended to have wheel-throwing experience. Clay is purchased separately.

Pottery Studio

503407 \$280/8 sess
W Jul 4-Aug 22 10:00am-1:00pm
INSTRUCTOR: REUBEN KING

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. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$43. Please note that registration after 2nd class must be approved by the instructor. No class Jul 10.

Pottery Studio

501733 \$405/9 sess
W May 1-Jun 26 3:00pm-6:00pm
501734 \$405/9 sess
W May 1-Jun 26 6:30pm-9:30pm
502017 \$315/7 sess
W Jul 3-Aug 21 5:30pm-8:30pm
INSTRUCTOR: DAYNA VREEKEN

Pottery Workshop: Kilns 101 NEW

In this workshop, participants will learn the basics of kiln operation. We will cover kiln programming and maintenance, loading and unloading of work and proper care of kiln shelves. A great starting point for anyone wanting to start their own ceramic practice.

Pottery Studio

503559 \$60/1 sess
Th May 2 11:00am-1:00pm
INSTRUCTOR: LISA WARREN

Pottery Workshop: NEW Lidded Vessels

In this workshop we will explore different techniques for creating lids and containers. Demonstrations will include methods such as throwing off the hump, the closed form and other useful ways to create lidded vessels. Potters will have a chance to try these techniques with help from their instructor. Glazing will be covered in the last class. Participants must have previous experience in pottery, and must be able to centre 3 pounds of clay on the pottery wheel. No class May 30.

Pottery Studio

503581 \$135/3 sess
Th May 16-Jun 6 10:00am-1:00pm
INSTRUCTOR: LISA WARREN

Music

Accelerated Adult Music Theory

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 May 20.

Music Room

500942 \$157.50/7 sess
M May 6-Jun 24 9:00pm-9:45pm
500897 \$210/7 sess
Th May 2-Jun 27 9:15am-10:15am
INSTRUCTOR: JUNE LAM

Guitar/Ukulele – NEW

Private Lessons (6+ yrs)

Study acoustic/electric guitar or ukulele with a patient and experienced teacher. These 30 minute lessons are for students of all levels, focusing on music that interests you and exploring topics in songwriting, improvisation, and harmony. Students provide their own instrument. Quoted price is for 30 minute lessons.

Library

501735-501745 \$144/9 sess
W May 1-Jun 26 3:00pm-8:00pm
INSTRUCTOR: NATHANIEL CAGUIAT

Piano Lessons with June (3+ yrs)

Have you ever wanted to learn to read sheet music and to play the piano? Or to be better able to assist and motivate your children with their piano homework? This course accommodates new beginners, students with rudimentary musical knowledge, and parents who want to learn or refresh their own piano skills. Participants of all ages will develop their musical knowledge and playing abilities through established pedagogical approaches. Quoted price is for 30 minute lessons. No class May 20, Jul 1, Aug 5.

Music Room

Music Room

500900-503993 \$227.50/7 sess
M May 6-Jun 24 10:15am-9:00pm
500951-500960 \$260/8 sess
Tu May 7-Jun 25 3:30pm-9:30pm
500963-500989 \$292.50/9 sess
Th May 2-Jun 27 10:15am-9:30pm
500991-500993 \$292.50/9 sess
F May 3-Jun 28 4:30pm-6:30pm
500994-501014 \$130/4 sess
Sa May 4-May 25 10:45am-2:45pm
501015-501024 \$130/4 sess
Su May 5-May 26 9:00am-3:00pm
501112-501365 \$130/4 sess
M Jul 8-Jul 29 10:15am-8:30pm
501327-501334 \$195/6 sess
Tu Jul 2-Aug 6 3:30pm-8:30pm
501337-501357 \$195/6 sess
Th Jul 4-Aug 8 10:15am-8:30pm
INSTRUCTOR: JUNE LAM

Old-Tyme and Bluegrass Jam Session

This is a vocal/instrumental session. Participants should be ready to lead songs of this genre, and should have enough jam session experience to be able to join in on tunes, either by ear or by following a lead sheet. If you are bringing an instrument (sorry – no ukuleles) you should be at an intermediate level of mastery, be able to transpose quickly, and be fluent in the Nashville Numbering System. Masks are strongly recommended by the instructor.

Library

498011 \$20/8 sess
Su May 5-Jun 23 10:00am-12:00pm

Language

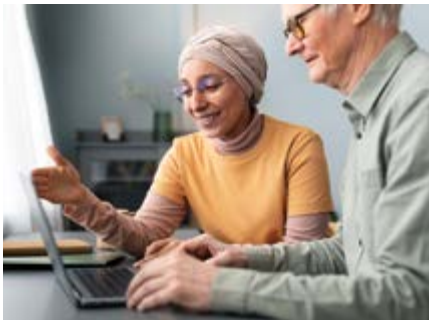


Spanish Conversation NEW with Rossana – Intermediate

Come and practice your conversations in Spanish. Get used to different ways to speak, some local ways, and a bit of culture. We will practice in role play situations and talk about different topics each class.

Library
505250 \$160/8 sess
Tu May 7-Jun 25 6:00pm-7:15pm
INSTRUCTOR: ROSSANA MARIEZCURRENA

Education



Tech Cafe NEW

Do you need support with your electronic devices? Or just simply want to learn more about the functionality behind your phone, laptop or tablet? Sign up for a free session and we will be able to show you tips on how to troubleshoot through daily issues that you may be having. Call the front desk at 604.257.8140 ext. 1 to reserve your timeslot. Timeslots are in increments of 30 minutes. No session May 20.

Library
499673 FREE
M Th May 2-Jun 27 1:00pm-3:00pm



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
498992 FREE
Th May 9 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS



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.

Youth Room
498993 FREE
Tu Jul 16 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS

Refund and Cancellation Policy Changes

See page 42 for more information.

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Group Fitness

Zumba with Alesya

Zumba class combines Latin and International music with a fun and effective workout system. Have fun while you get fit and lose weight with high energy dance moves. Anyone can join the party! No session May 20.

WPG Gym

499934		\$5.50/drop-in
M	May 6-Jun 24	9:10am-10:10am
499847		\$5.50/drop-in
W	May 1-Jun 26	9:10am-10:10am
499945		\$5.50/drop-in
M	Jul 8-Aug 12	9:10am-10:10am
499944		\$5.50/drop-in
W	Jul 10-Aug 7	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. 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. No session May 20.

WPG Gym

499936		\$5.50/drop-in
M	May 6-Jun 24	10:20am-11:20am
499947		\$5.50/drop-in
M	Jul 8-Aug 12	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 May 20.

Oak Room

499846		\$5.50/drop-in
M	May 6-Jun 24	1:00pm-2:00pm
INSTRUCTOR: BITA HAGHIGHIFARID		

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.

WPG Gym

499387		\$5.50/drop-in
Tu	May 7-Jun 25	8:15am-9:15am
499388		\$5.50/drop-in
Th	May 9-Jun 27	8:15am-9:15am
499459		\$5.50/drop-in
Tu	Jul 2-Aug 13	8:15am-9:15am
499460		\$5.50/drop-in
Th	Jul 4-Aug 15	8:15am-9:15am
INSTRUCTOR: LAURENCE SAUVE		

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

497860		\$5.50/drop-in
Tu	May 7-Jun 25	9:30am-10:45am
497867		\$5.50/drop-in
Th	May 9-Jun 27	9:30am-10:45am
497884		\$5.50/drop-in
Tu	Jul 2-Aug 13	9:30am-10:45am
497887		\$5.50/drop-in
Th	Jul 4-Aug 15	9:30am-10:45am
INSTRUCTOR: MAGGI CHEETHAM		

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

497871		\$5.50/drop-in
W	May 8-Jun 26	4:00pm-5:00pm
INSTRUCTOR: MAGGI CHEETHAM		

Stretch and 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.

WPG Gym

499937		\$5.50/drop-in
W	May 1-Jun 26	10:20am-11:20am
499949		\$5.50/drop-in
W	Jul 3-Aug 14	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

Zumba and Tone with Alesya

Zumba and Tone is fantastic! A great way to sculpt and tone your body all over! This high energy class blends body-sculpting techniques and specific Zumba dance moves into one calorie burning class. We use one, two or three pounds dumbbells.

WPG Gym

499935		\$5.50/drop-in
F	May 3-Jun 28	9:10am-10:10am
499946		\$5.50/drop-in
F	Jul 5-Aug 9	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!

WPG Gym

499942		\$5.50/drop-in
F	May 3-Jun 28	10:20am-11:20am
499950		\$5.50/drop-in
F	Jul 5-Aug 9	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

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 www.sharonfriesen.com. Drop-in \$21 (space permitting). No class May 20.

Oak Room

498005		\$126/7 sess
M	May 6-Jun 24	9:30am-11:00am
498006		\$120/8 sess
Th	May 9-Jun 27	9:15am-10:15am
	INSTRUCTOR: SHARON FRIESEN	



Restorative Yoga NEW

A practice of stretching and release with the support of yoga props, this class features opening poses with passive stretching, bringing awareness and relaxation within. Connecting you with mind, body and breath through breathwork and guided meditation. Modification and guided use of props will be provided. Drop-in \$18 (space permitting). No class May 20, Aug 5, 12.

Oak Room

499288		\$105/7 sess
M	May 6-Jun 24	5:00pm-6:00pm
499299		\$80/5 sess
M	Jul 8-Aug 19	5:00pm-6:00pm
	INSTRUCTOR: KENDRA RUHLAND	

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Beginner Yoga – 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 new registrants/drop-ins after 2nd class (unless approved by instructor). No class May 20.

Dining Room

498015		\$91/7 sess
M	May 6-Jun 24	6:30pm-8:00pm
	INSTRUCTOR: GINNIE CRAMER	

Hatha Yoga NEW

A class welcome for all levels of yoga. Participants will be guided through static poses increasing balance, strength, flexibility and relaxation. Connecting to mind, body and breath with breathwork practice and guided meditation. Modifications will be provided and guided use of yoga props. Drop-in \$18 (space permitting). No class Aug 5, 12.

Youth Room

499260		\$128/8 sess
Tu	May 7-Jun 25	12:00pm-1:00pm
500522		\$96/6 sess
M	Jul 8-Aug 19	6:15pm-7:15pm
	INSTRUCTOR: KENDRA RUHLAND	

Yang + Yin Yoga NEW

In this practice participants will be guided through Yang where they work to develop strength and heat within the muscles by actively holding poses with focused breathing, this portion of the practice is done through upright poses. Balancing out both physically and mentally, with Yin portion of the practice we target deeper into the connective tissue of the body, coming down to the mat releasing and relaxing, including breathwork and meditation practice. Modification and guided use of props will be provided. Drop-in \$18 (space permitting).

Youth Room

499262		\$128/8 sess
Tu	May 7-Jun 25	1:15pm-2:15pm
	INSTRUCTOR: KENDRA RUHLAND	

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. Exercises are executed on floor mats. Drop-in \$25 (space permitting).

Dining Room

Beginner

498010		\$168/8 sess
Tu	May 7-Jun 25	6:30pm-8:30pm
501226		FREE TRIAL
Tu	Jul 2	6:30pm-8:30pm
501221		\$147/7 sess
Tu	Jul 9-Aug 20	6:30pm-8:30pm

Beginner/Intermediate

507757		FREE TRIAL
Tu	May 2	6:30pm-8:30pm
498009		\$168/3 sess
Th	May 9-Jun 27	6:30pm-8:30pm
501220		\$147/7 sess
Th	Jul 11-Aug 22	6:30pm-8:30pm
	INSTRUCTOR: JANICE LEBLOND	

Parkinson's Prevention/Intervention Program (40+ yrs) NEW

It is widely accepted that well designed physical activity is a good way to treat patients with Parkinson's disease and also to help prevent or delay the onset of its symptoms. Join Richard in this specially developed fitness program that combines various techniques to address the challenges and symptoms of Parkinson's. The class format provides the feel of personal training sessions to achieve maximum benefits.

WPG Gym

500074		\$135/9 sess
W	May 1-Jun 26	11:30am-12:30pm
	INSTRUCTOR: RICHARD PELCZ	

Refund and Cancellation Policy Changes

See page 42 for more information.



Morning Deep Stretch Yoga NEW

Reaching the upper and lower body, this class has participants holding yoga poses and deep stretching through safe alignment and increasing healthy movement within the deep connective tissues of the body. This practice brings awareness and relaxation within, connecting you with mind, body and breath through breathwork and guided meditation, leaving you feeling centered and refreshed ready for the day ahead. Modifications will be provided and guided use of yoga props. Drop-in \$18 (space permitting).

Youth Room

500518		\$144/9 sess
Th	May 2-Jun 27	10:30am-11:30am
INSTRUCTOR: KENDRA RUHLAND		

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. Classes may take place outside on the north grass area weather permitting. For more information, please visit www.mlstanley.com/feldenkrais-classes. Drop-in \$25 (space permitting). No class May 16, 18.

Oak Room

498002		\$114/6 sess
Th	May 2-Jun 13	1:30pm-2:30pm
498003		\$114/6 sess
Sa	May 4-Jun 15	9:15am-10:15am
501183		\$133/7 sess
Tu	Jul 2-Aug 13	4:00pm-5:00pm
INSTRUCTOR: MARY LOU STANLEY		

Yoga Mommies & Babies NEW

Come join us for a morning yoga session. This program focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding.

Oak Room

498567		\$153/9 sess
Su	May 5-Jun 30	9:30am-10:30am
INSTRUCTOR: LAURENCE SAUVE		

Prenatal Yoga NEW

Prenatal Yoga invites expecting moms to combine exercise and thoughts with each other. With an emphasis on breath, relaxation and postures that will increase strength and endurance, this class focuses on relieving common discomforts of pregnancy and techniques to reduce pain contributing to an easier delivery.

Oak Room

498587		\$153/9 sess
Su	May 5-Jun 30	10:45am-11:45am
INSTRUCTOR: LAURENCE SAUVE		



Somatics and Sound Healing

Be guided through a gentle restorative movement class featuring gentle somatic exercise and restorative yoga, then enjoy a 30 minute healing sound journey designed to help you drop into your parasympathetic nervous system and find deep relaxation. Tania combines nature soundscapes and live instruments including crystal bowls, koshi chimes, cello, tongue drum and more. Somatic exercise is ideal for releasing stuck tension in a gentle way. Suitable for all levels. Please wear comfortable layers and bring water. Learn more about Tania and her restorative offerings at movedeeply.com.

Oak Room

498452		\$65/1 sess
Su	May 12	1:30pm-3:30pm
498453		\$65/1 sess
Su	Jun 9	1:30pm-3:30pm
INSTRUCTOR: TANIA CLARKE		

Floral Workshops

Blossom & Bloom NEW Floral Design Workshop

The Blossom & Bloom Floral Design Workshops are a creative journey into the art of flower arrangement with both fresh and dry flowers. This engaging workshop offers hands-on experience in crafting stunning floral displays, ideal for various occasions. Participants will learn about flower selection, care, arrangement techniques, and basic color theory, making it perfect for those looking to enhance their creative skills or beautify their living spaces.

Oak Room

506305		\$75/1 sess
Sa	May 25	11:30am-1:30pm
506328		\$75/1 sess
W	May 29	6:00pm-8:00pm
506329		\$75/1 sess
F	Jun 14	5:00pm-7:00pm
506330		\$75/1 sess
F	Jun 21	5:00pm-7:00pm
INSTRUCTOR: LOTUS FLOWER BOUTIQUE		

Tatakizome Workshop NEW

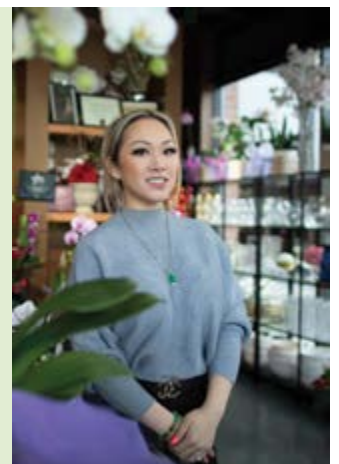
Tatakizome is a technique to capture the colours of plants onto fabric. Leaves and flowers are placed between two layers of fabric and "hammered" until their colours appear. In this workshop, have fun imprinting cotton bandanas using rubber hammers, a spoon, or pebbles to press the plants onto the fabric. All materials provided.

Oak Room

506504		\$37/1 sess
Su	Jun 16	2:00pm-3:30pm
INSTRUCTOR: FERNANDA MASCARENHAS		

Introducing Natalie Chow

My name is Natalie Chow and I am the founder of Lotus Flower Boutique. This store is a culmination of my family's legacy in floristry, which began at Brentwood Florists Inc. Here at Lotus Flower Boutique, I've woven together the rich experiences and skills I gained from my parents' shop, crafting a unique brand that merges traditional expertise with modern aesthetics. My journey in the floral industry, from its humble beginnings to this moment, is encapsulated in every arrangement and service we offer. This boutique is more than just a business; it's a personal narrative of growth, resilience, and the enduring allure of flowers, all deeply entrenched in the heritage of my family and our dedication to the community.



Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

Healthy Soil for a Great Garden

Now's the time to improve your soil for better garden yield! This Village Vancouver Westside Neighbourhood Food Network workshop with Rhiannon Johnson is suitable for folks who have a gardening space, as well as for anyone who would like to start gardening. Learn how to build your soil for a healthy, vibrant veggie garden. Find out how vigorous your soil is and what to add to it to improve its vitality! If you have a garden, you're invited to bring a CLEAR 1 liter container (with a lid) with a couple of cups of your garden soil, for some simple tests to learn how to improve it with natural fertilizers, soil amendments, and gardening techniques. Fee includes testing materials. Free for seniors (50 and over, \$5 materials cost only).

Youth Room

504024 \$25/1 sess
M May 13 6:30pm-8:30pm

Planting with the Moon Phase

In this Village Vancouver Westside Neighbourhood Food Network 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! Free for seniors (50 and over, \$5 materials cost only).

Youth Room

504031 \$20/1 sess
M Jun 24 6:30pm-8:30pm

Native Edibles Talk and Walk

It can be easy to forget about the wealth of food that grows all around us. In this Village Vancouver Westside Neighbourhood Food Network workshop, you'll learn about edible plants that call our region home. Lori Snyder from the Métis Nation will discuss how to identify and harvest wild, edible, and medicinal plants in an ethical way, and more! Reduced fee for seniors (50 and over).

Youth Room

504194 \$20/1 sess
Tu May 7 6:30pm-8:30pm

Mandala of Dreams and Nature

In this Village Vancouver Westside Neighbourhood Food Network workshop with Laura Cisneros, participants will create a plant-based mandala on which they will stamp their dreams. While maintaining balance to create the mandala, we will share some practices on how to live in harmony with all that exists. We will also share about the plants we are adding to our art, their habitats, their food, and their medicinal properties, and we will share some stories about these plants. Fee includes cost of all materials. Free for seniors (50 and over, \$5 materials fee only).

Youth Room

504025 \$20/1 sess
Tu May 28 6:30pm-8:30pm



Mason Jar Salads and Meal Planning

In this Village Vancouver Westside Neighbourhood Food Network workshop with Rashmi GC, you'll learn how to plan healthier options for meals throughout the week. Prepare a personalized menu plan for yourself and get tips about meal prep. Make and take home a mason jar salad! Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504026 \$25/1 sess
Tu Jun 4 6:30pm-8:30pm

Crafted Tea Making

In this Village Vancouver Westside Neighbourhood Food Network 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's easy as working with a daily calendar! Free for seniors (50 and over, \$5 materials cost only).

Youth Room

504021 \$20/1 sess
Tu Jun 11 6:30pm-8:30pm

Indoor Vertical Gardening

In this Village Vancouver Westside Neighbourhood Food Network workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food in vertical gardens in an indoor setting. We'll discuss the different systems and technologies available for gardening vertically indoors, and talk about the principles of setting up a successful garden, including watering, weight, light and plant choice considerations. Reduced fee for seniors (50 and over).

Youth Room

504033 \$20/1 sess
Tu Jun 18 6:30pm-8:30pm

Zero Waste in the Kitchen and DIY Beeswax Wraps

In this Village Vancouver Westside Neighbourhood Food Network workshop with Rashmi GC, we'll talk about how to reduce food waste, package-free grocery shopping, proper segregation of kitchen waste, recycling and composting. Workshop participants will make beeswax wraps to take home with them. Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504036 \$25/1 sess
Tu Jul 23 6:30pm-8:30pm

Cool Summer Drinks

In this Village Vancouver Westside Neighbourhood Food Network, Rashmi GC will be talking about the various types of cool drinks made in India for the Summer season. She'll show workshop participants how to make different types of cool drinks using spices, herbs, fruits, yoghurt, etc., including drinks such as Shikanji, Nimbu Paani, Paanaka, Majjige, Chaas, Aam Panna, Lassi, Jal Jeera, etc. Participants will get to taste all the cool drinks we make (think of beer tasting in shot glasses style), and also get to take home what we make (bring a couple of containers!). Fee includes cost of all materials. Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504035 \$25/1 sess
Tu Aug 6 6:30pm-8:30pm



Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

Permaculture Vancouver Meetup (@ McBride)

Join us for a community meal and an educational topic (this month's topic – TBD). Optionally, please either bring your own dinner or something to share for the potluck, and plate or bowl, and cutlery. At McBride Park Fieldhouse (2049 Waterloo St @ 4th and Waterloo).

McBride Park Fieldhouse

504029		FREE
W	May 15	6:30pm-8:30pm
504030		FREE
W	Jun 19	6:30pm-8:30pm
504040		FREE
W	Jul 17	6:30pm-8:30pm

DIY Sugar Scrubs and Bath Salts

We 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. Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504023		\$25/1 sess
W	May 22	6:30pm-8:30pm

Making Jute and Wool Baskets

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. Fee includes cost of all materials. Free for seniors (50 and over, \$5 materials fee only).

Youth Room

504028		\$20/1 sess
W	Jun 5	6:30pm-8:30pm

Mini-Macrame Wall Hangings

Learn how to make a mini wall hanging using macrame techniques, and each participant will craft a wall hanging in a beautiful pattern to take home! We'll also discuss different patterns and which yarns are suitable for creating other items using macrame techniques. Fee includes cost of all materials. Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504034		\$25/1 sess
W	Jul 3	6:30pm-8:30pm

www.westpointgrey.org

Container and Windowsill Gardening

Learn basic techniques for growing food in small containers, windowsills, and other hard to grow places. Reduced fee for seniors (50 and over).

Youth Room

504027		\$20/1 sess
F	Jun 7	11:00am-1:00pm



Aberthau Community Garden

Aberthau Community Permaculture and Eco Art Garden (NW Marine Drive between Discovery and Trimble Street). Located behind the Mansion and hosted by Village Vancouver (VV), the garden includes VV's recently expanded 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 (for more info: ACG@villagevancouver.ca). For more information, visit Village Vancouver at www.villagevancouver.ca or email Ross Moster at ross@villagevancouver.ca.

WPG Community Garden

504019		FREE
Sa	May 4-Jun 29	10:00am-12:30pm
504351		FREE
Sa	Jul 6-Aug 31	10:00am-12:30pm

DIY Crochet Dishcloths

In this Village Vancouver Westside Neighbourhood Food Network workshop with Rashmi GC, you'll learn how to make cotton dishcloths using crochet techniques, and each participant will create a dishcloth in a beautiful pattern to take home! We'll also discuss different patterns and yarns suitable for making dishcloth. Free for seniors (50 and over, \$11 materials fee only).

Youth Room

504022		\$25/1 sess
Sa	Jun 29	1:00pm-3:00pm

Gardening in the Fall

This Village Vancouver Westside Neighbourhood Food Network workshop with Jessica Jones will focus on tips to end the summer season with a bountiful harvest and decide on what you need to plant for growth in the fall. We'll cover how to direct seed crops and store root crops, seeding and planting dates for transplants, how to overwinter crops and cover cropping, growing in extreme climatic events like heat waves or flooding, and preventing pest and disease damage at the end of the season. Free for seniors (50 and over, \$5 materials fee only).

Youth Room

504037		\$25/1 sess
Sa	Jul 6	1:00pm-3:00pm

Kids Can Grow Food Tool (5-7 yrs)

This Village Vancouver Westside Neighbourhood Food Network workshop with Jessica Jones emphasizes the numerous benefits of children spending time in the garden! They learn the responsibility of caring for a plant and are more willing to try new vegetables when it's grown themselves. We will learn the stages of a plant and what a seed needs to grow in an outdoor and tactile environment. Come ready to get wet and get your hands in the soil! There will be free seeds and containers so that each child can bring home a plant of their own to care for. At McBride Park Fieldhouse (2049 Waterloo St @ 4th and Waterloo).

McBride Park Fieldhouse

504038		FREE
Sa	Jul 6	4:00pm-5:00pm

Urban Gardening

This Village Vancouver Westside Neighbourhood Food Network workshop with Jessica Jones will focus on how to grow your own food in the city. Among the topics we'll cover: care of leafy greens and edible flowers from seedlings to harvest in a patio container, ingredients of a potting soil that will grow healthy plants in containers, and how to successfully transplant and care for a container garden. Reduced fee for seniors (50 and over).

Youth Room

504039		\$25/1 sess
Sa	Aug 11	11:00am-1:00pm

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.

JHC Phoenix Room

497831		\$90/9 sess
W	May 1-Jun 26	5:30pm-6:30pm
497832		\$80/8 sess
W	Jul 3-Aug 21	5:30pm-6:30pm

INSTRUCTOR: BAC TAU



Adapted Programs

Ball Hockey for Young Adults

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.

WPG Gym

498627		\$54/9 sess
F	May 3-Jun 28	6:00pm-7:15pm

INSTRUCTOR: NORAH FLAHERTY

Tennis



1.0-1.5 NTRP – Adult Beginner Tennis Lessons (Level 1)

This program is for players with some or no tennis experience. Tennis Canada's progressive tennis approach is used to introduce the fundamentals of tennis. 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. Classes are fun and engaging, with a "play to learn" approach being used. See you on the courts! Students must bring their own tennis racket. No class Jul 1, Aug 5.

Trimble Tennis Courts

504203		\$151/4 sess
Sa	May 4-May 25	10:15am-11:15am
504223		\$151/4 sess
M	Jul 8-Jul 29	6:30pm-7:30pm
504230		\$188.75/5 sess
Tu	Jul 2-Jul 30	5:30pm-6:30pm
504246		\$188.75/5 sess
W	Jul 3-Jul 31	5:30pm-6:30pm
504234		\$151/4 sess
Th	Jul 4-Jul 25	5:30pm-6:30pm
504214		\$151/4 sess
Sa	Jul 6-Jul 27	10:15am-11:15am
504240		\$113.25/3 sess
M	Aug 12-Aug 26	6:30pm-7:30pm
504243		\$151/4 sess
Tu	Aug 6-Aug 27	5:30pm-6:30pm
504248		\$151/4 sess
W	Aug 7-Aug 28	5:30pm-6:30pm
504252		\$188.75/5 sess
Th	Aug 1-Aug 29	5:30pm-6:30pm

INSTRUCTOR: PRECISION TENNIS INC.



1.5-2.0 NTRP – Adult Beginner Tennis Lessons (Level 2)

This level is a step above Beginner Level 1. Participants at this level have a basic understanding of the game and are now ready to refine their skills. They'll focus on better ball control, improved accuracy, and advancing their serving and returning techniques. Using the Progressive Tennis model, students will work on enhancing their consistency and coordination. See you on the courts! Students must bring their own tennis racket.

Trimble Tennis Courts

504205		\$188.75/5 sess
Sa	Jun 1-Jun 29	10:15am-11:15am
504231		\$188.75/5 sess
Tu	Jul 2-Jul 30	6:30pm-7:30pm
504235		\$188.75/5 sess
W	Jul 3-Jul 31	6:30pm-7:30pm
504236		\$151/4 sess
Th	Jul 4-Jul 25	6:30pm-7:30pm
504244		\$151/4 sess
Tu	Aug 6-Aug 27	6:30pm-7:30pm
504249		\$151/4 sess
W	Aug 7-Aug 28	6:30pm-7:30pm
504253		\$188.75/5 sess
Th	Aug 1-Aug 29	6:30pm-7:30pm
504215		\$188.75/5 sess
Sa	Aug 3-Aug 31	10:15am-11:15am

INSTRUCTOR: PRECISION TENNIS INC.

Refund and Cancellation Policy Changes

See page 42 for more information.



2.5-3.0 NTRP – Adult Intermediate Tennis Lessons (Level 1)

Moving into the intermediate bracket, participants at this level have a good grasp of tennis fundamentals. The aim here is to develop better court awareness, tactical strategy, and an introduction to different playing styles. The Progressive Tennis model will be employed to work on precision, consistency, and strategic play. See you on the courts! Students must bring their own tennis racket. No class Jul 1, Aug 5.

Trimble Tennis Courts

504204		\$151/4 sess
Sa	May 4-May 25	12:15pm-1:15pm
504225		\$151/4 sess
M	Jul 8-Jul 29	7:30pm-8:30pm
504232		\$188.75/5 sess
Tu	Jul 2-Jul 30	7:30pm-8:30pm
504237		\$151/4 sess
Th	Jul 4-Jul 25	7:30pm-8:30pm
504216		\$151/4 sess
Sa	Jul 6-Jul 27	12:15pm-1:15pm
504241		\$113.25/3 sess
M	Aug 12-Aug 26	7:30pm-8:30pm
504245		\$151/4 sess
Tu	Aug 6-Aug 27	7:30pm-8:30pm
504250		\$151/4 sess
W	Aug 7-Aug 28	7:30pm-8:30pm
504254		\$188.75/5 sess
Th	Aug 1-Aug 29	7:30pm-8:30pm

INSTRUCTOR: PRECISION TENNIS INC.

3.0-3.5 NTRP – Adult Intermediate Tennis Lessons (Level 2)

This level is for those who have developed a well-rounded understanding of the game. The focus will be on enhancing tactical awareness, ball spin, improving shot selection, and the mental aspects of the game. Participants will also be introduced to match play scenarios to better understand the dynamics of competitive play. The Progressive Tennis model will guide these advancements. See you on the courts! Students must bring their own tennis racket.

Trimble Tennis Courts

504198		\$188.75/5 sess
Sa	Jun 1-Jun 29	12:15pm-1:15pm
504229		\$188.75/5 sess
W	Jul 3-Jul 31	7:30pm-8:30pm
504217		\$188.75/5 sess
Sa	Aug 3-Aug 31	12:15pm-1:15pm

INSTRUCTOR: PRECISION TENNIS INC.

Summer Smash Tennis: Adult Beginner (1.0)

Learn how to play tennis in a small group setting. This course 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 rackets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class May 20, Jun 12.

Trimble Tennis Courts

505063		\$264/6 sess
M	May 6-Jun 17	5:00pm-6:15pm
JHC South Gym		
505157		\$165/4 sess
W	May 1-May 22	7:00pm-8:15pm
505070		\$165/4 sess
Sa	May 4-May 25	9:30am-10:45am
505071		\$165/4 sess
Sa	May 4-May 25	10:45am-12:00pm
505158		\$123.75/3 sess
W	May 29-Jun 19	7:00pm-8:15pm
505077		\$165/4 sess
Sa	Jun 1-Jun 22	9:30am-10:45am
505079		\$165/4 sess
Sa	Jun 1-Jun 22	10:45am-12:00pm

INSTRUCTOR: SUMMER SMASH TENNIS

Summer Smash Tennis: Adult Beginner+ (1.5)

Continue developing fundamental skills in a small group setting. This program builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class May 20. This program takes place at Trimble Park tennis courts, located at West 7th Avenue and Trimble Street.

Trimble Tennis Courts

505064		\$264/6 sess
M	May 6-Jun 17	6:15pm-7:30pm
505139		\$308/7 sess
Tu	May 7-Jun 18	4:30pm-5:45pm

INSTRUCTOR: SUMMER SMASH TENNIS

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Summer Smash Tennis: Adult Beginner+ (1.5)

Continue developing fundamental skills in a small group setting. This program builds on technique and strategy from Adult Beginner in order to become more confident rallying and playing with serve within the full court setting. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class Jun 12. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

505159		\$165/4 sess
W	May 1-May 22	8:15pm-9:30pm
505160		\$123.75/3 sess
W	May 29-Jun 19	8:15pm-9:30pm

INSTRUCTOR: SUMMER SMASH TENNIS

Summer Smash Tennis: Adult Beginner+ + (2.0)

Solidify your foundation for all strokes. Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class June 12. This program takes place at Trimble Park tennis courts, located at West 7th Avenue and Trimble Street.

Trimble Tennis Courts

505068		\$186/4 sess
W	May 1-May 22	5:45pm-7:00pm
505156		\$139.50/3 sess
W	May 29-Jun 19	5:45pm-7:00pm

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.

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

498000		\$45/9 sess
Th	May 2-Jun 27	7:30pm-9:30pm
504354		\$40/8 sess
Th	Jul 4-Aug 22	6:30pm-8:30pm

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 May 20.

WPG Gym

497998		\$35/7 sess
M	May 6-Jun 24	7:30pm-9:30pm
504353		\$30/6 sess
M	Jul 8-Aug 19	6:30pm-8:30pm

Goalies

497997		FREE/7 sess
M	May 6-Jun 24	7:30pm-9:30pm
504352		FREE/6 sess
M	Jul 8-Aug 19	6:30pm-8:30pm



Sole Motion Walking Soccer (55+ yrs) NEW

Walking soccer is a great alternative for individuals who are unable to play the game in its traditional format, for those who are looking to try something new, and to promote health and safety in a fun, recreational setting. The game is a non-competitive, non-contact, self-refereed version of soccer, where participants walk instead of run, play with smaller-sized nets, and must keep the ball below knee height at all times. The program will include 10 minutes of development warm-up exercises, 15 minutes of technical skill (passing, dribbling, shooting), 20 minutes of game play, and we will finish off with 5 minutes of “cool down” recovery exercises.

WPG Gym

503459		\$135/9 sess
Th	May 2-Jun 27	1:00pm-1:50pm

Outside – North Grass Area

504197		\$120/8 sess
Th	Jul 4-Aug 22	1:00pm-1:50pm

INSTRUCTOR: ICFDS CANADA LIMITED



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

498012		\$40/8 sess
Tu	May 7-Jun 25	7:45pm-9:45pm
504355		\$40/8 sess
Tu	Jul 2-Aug 20	6:30pm-8:30pm

Volleyball Skills & Training Clinic

The beginner level is open to those with little to no volleyball experience. The intermediate level is open to participants who have some volleyball experience. Participants must be rally ready and keep a rally going at least 7/10 times, and be comfortable with the basic skills as forearm passing, setting and attacking. Each session will introduce a new skill and end in modified game play. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue. No class Jun 13, Aug 6, 8, 13, 15.

JHC South Gym

Beginners

500643		\$220/8 sess
Tu	May 7-Jun 25	7:30pm-9:30pm
500645		\$137.50/5 sess
Tu	Jul 9-Aug 20	6:30pm-8:30pm

Intermediate

500644		\$192.50/7 sess
Th	May 9-Jun 27	7:30pm-9:30pm
500646		\$137.50/5 sess
Th	Jul 11-Aug 22	6:30pm-8:30pm

INSTRUCTOR: VOLLEYBALL BC



Pickleball

The Pickleball Training Hall

We'll begin in a classroom each week with detailed training exercises to isolate pickleball's basic movements. On the court, we'll put these movements into a more complex set of stroke mechanics in situational drills and games. The Training Hall will leave you stronger, faster and balanced, equipped to play your best games on the court and train off-court. No class Jul 29, Aug 5.

WPG Gym

504946		\$125/5 sess
M	May 27-Jun 24	12:00pm-2:00pm
505033		\$125/5 sess
M	Jul 8-Aug 19	12:00pm-2:00pm
INSTRUCTOR: CHRIS KOENTGES		

Pickleball for Intermediate Players (3.25+ with Instruction)

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. No class Jul 29, Aug 5.

WPG Gym

504944		\$75/5 sess
M	May 27-Jun 24	2:00pm-3:30pm
505027		\$75/5 sess
M	Jul 8-Aug 19	2:00pm-3:30pm
INSTRUCTOR: CHRIS KOENTGES		

The Spring Doubles Pickleball 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. No class Jul 30.

WPG Gym

504943		\$150/6 sess
Tu	May 21-Jun 25	11:00am-1:00pm
505032		\$150/6 sess
Tu	Jul 9-Aug 20	11:30am-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 kind of 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. No class Jul 30.

WPG Gym

504950		\$150/6 sess
Tu	May 21-Jun 25	1:00pm-2:30pm
505034		\$150/6 sess
Tu	Jul 9-Aug 20	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+. No class May 15.

WPG Gym

504949		\$90/6 sess
W	May 22-Jun 26	12:45pm-2:15pm
505031		\$30/2 sess
W	Aug 14-Aug 21	12:45pm-2:15pm
INSTRUCTOR: CHRIS KOENTGES		

Pickleball Tactics and Strategy for Intermediate Players

For emerging players, attempting to find their niche in the city's local pickleball culture—and beyond. Each week begins with half an hour in the grand library, exploring the game's unique history and evolving strategy. Followed by 80 fast-paced minutes on the court, where theories are put into practice alongside some of Vancouver's most interesting pickleball minds. This is a foundation program for advanced development. No class Jul 26, Aug 2.

WPG Gym

504947		\$175/7 sess
F	May 17-Jun 28	11:00am-12:45pm
505029		\$150/6 sess
F	Jul 5-Aug 23	11:30am-1:15pm
INSTRUCTOR: CHRIS KOENTGES		

Pickleball For The People: Intro Program for Beginner/Novice

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 Jul 26, Aug 2.

WPG Gym

504945		\$175/7 sess
F	May 17-Jun 28	12:45pm-2:10pm
505028		\$150/6 sess
F	Jul 5-Aug 23	1:15pm-2:40pm
INSTRUCTOR: CHRIS KOENTGES		

Pickleball: Social Soft Game Play (All Levels)

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 Jul 26, Aug 2.

WPG Gym

504948		\$105/7 sess
F	May 17-Jun 28	2:15pm-3:15pm
505030		\$90/6 sess
F	Jul 5-Aug 23	2:45pm-3:45pm
INSTRUCTOR: CHRIS KOENTGES		

Refund and Cancellation Policy Changes

See page 42 for more information.

Fitness



WPG Fitness Centre

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 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 Bita 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 No session May 20, Jul 1, Aug 5. Schedule subject to change.	

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. No session May 2.

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. No session May 2.

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!

Stretch & Core

The Stretch and Core workout will make you sweat and smile while building core strength, lean muscle, and killer glutes. 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 May 20, Jul 1, Aug 5.

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. No session May 1.

Zumba

Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session May 20, Jul 1, Aug 5.

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.

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

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.



Contact the Rental Liaison at wpgcc@vancouver.ca for details.

FUNCTION	ROOMS	CAPACITY	RATE
Social, Wedding Party	Lounge, Dining Room, Oak Room & Kitchen	90 sit down dinner 120 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

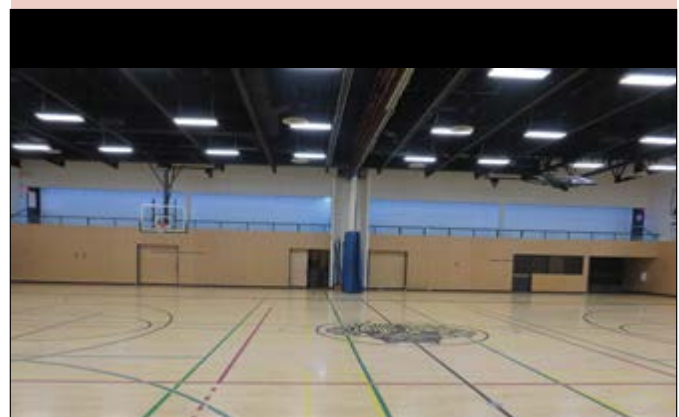
ROOM	CAPACITY	HOURLY RATE
1/2 Gym	Sport Rentals Only	\$53
Full Gym		\$88
Stage	40	\$25
1/2 Gym & Stage	390	\$71
*Limited availability.		

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



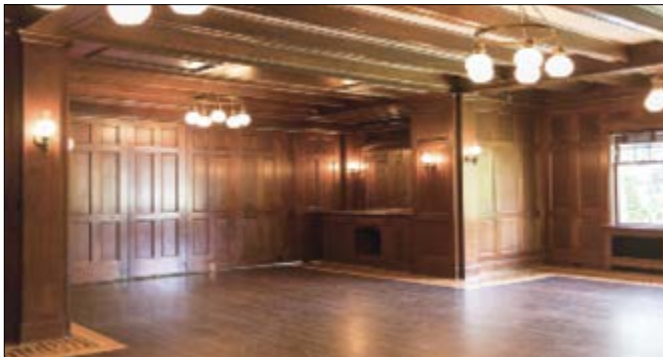
Gardens



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

- All refunds and transfers will be pro-rated with an administration fee of \$5 applied to each person and program.
- Full refunds will be issued for any program cancelled by the West Point Grey Community Centre.
- Refunds and transfers for regular programs must be requested 48 hours prior to start of the scheduled second class. No refunds or transfers after the 2nd scheduled class.
- Refund requests for specialty programs (special events, private music lessons, day trips, personal training, and workshops) must be submitted 7 days prior to the 1st scheduled class.
- Refunds for Birthday Parties must be requested two weeks prior to the scheduled date. There will be an administration fee of \$10 applied to all birthday party cancellations.
- Refunds for Day Camps must be requested 10 days prior to the 1st scheduled day. There will be an administration fee of \$10 applied to each person and program.
- 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.aberthaupotters.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



Paint Between the Wines at Aberthau

Wine and paint at Aberthau means we paint, sip and socialize! Join us for a fun session where your instructor will help bring out your inner artist while enjoying a complimentary glass of wine and finger food bites. Beginner-level focused, but all skill levels are welcome. All supplies are included. Participants will be able to take home their creations once the event is over. Learn more about Chloe, your instructor at chloegreenberg.com.

Oak Room

505747		\$50/1 sess
F	May 17	6:00pm-8:30pm
506095		\$50/1 sess
Su	Jun 2	1:30pm-4:00pm
505748		\$50/1 sess
F	Jul 12	6:00pm-8:30pm

INSTRUCTOR: CHLOE GREENBERG

Watercolour Workshops NEW

Join this beginner-level watercolour workshop to go from learning basic techniques to creating your very own painting! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included. Learn more about Chloe, your instructor at chloegreenberg.com.

Abstract Landscape

503529 Dining Room \$50/1 sess
Su May 12 9:30am-12:00pm

Meditation

503530 Oak Room \$50/1 sess
Su Jun 23 1:30pm-4:00pm

Strawberries

503532 Oak Room \$50/1 sess
Su Jul 14 1:30pm-4:00pm

INSTRUCTOR: CHLOE GREENBERG



Outdoor Movie at West Point Grey

West Point Grey Community Centre in partnership with Fresh Air Cinemas are hosting a big screen movie. Bring your blankets, picnic chairs and the whole family for a memorable Summer evening. Parents and children must register.

Outside – East Grass Area

502041 FREE
F Aug 16 8:30pm-10:30pm