



# Recreation Guide

Spring & Summer 2025



**REGISTRATION  
BEGINS  
SATURDAY  
APRIL 12**

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

[www.westpointgrey.org](http://www.westpointgrey.org) | [vancouver.ca/westpointgreyrec](http://vancouver.ca/westpointgreyrec)  
[@westpointgreycc](https://www.instagram.com/westpointgreycc)





# Our Facilities

## West Point Grey Community Centre



Facilities and Neighbourhood Map  
604-257-8140 | www.westpointgrey.org





## Spring & Summer 2025 Registration starts

Saturday April 12 • Online at [vanrec.ca](http://vanrec.ca) & In-Person at 9:00am • By Phone at 12:00pm

REGISTRATION  
BEGINS  
SATURDAY  
APRIL 12

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 14<sup>th</sup> Avenue.



### Getting to West Point Grey Community Centre by Public Transit

Free PARKING  
Available!

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
- Dawn Livesley (Rentals) .....Program Assistant III
- Kelsey Roufousse (Special Events) .....Program Assistant III
- Dennis Yaco.....Building Service Worker

[www.westpointgrey.org](http://www.westpointgrey.org)

### 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 1

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

##### Holiday Hours

May 21, Jul 1, Aug 4, Sep 1 ..... Closed

### Aberthau

##### May 1-Jun 30

Mon-Thu .....	9:00am-9:45pm
Fri .....	9:00am-5:00pm
Sat & Sun .....	9:00am-3:00pm

##### Jul 1-Sep 1

Mon-Thu .....	9:00am-8:30pm
Fri .....	9:00am-5:00pm
Sat & Sun .....	Closed

##### Holiday Hours

May 19, Jul 1, Aug 4, Aug 25-Sep 1 ..... 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 2024 – 2025 Board of Directors

Elizabeth Murphy (President)  
Darcy Higgs (Vice-President)  
Kimberly McAfee (Treasurer)  
Andre Lanz  
Dennis Higgs

Gayle Gavin  
Jovanka Meyers  
Lisa Simonson  
Murray Hendren

Ross Fahrni  
Rodica Susnea  
Tiffany Hamilton  
Troy Abromaitis

Victor Alfonso  
Katherine Hill  
Louise Grady  
Frank Heinzelmann

#### 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 2025

As we transition to our spring and summer programming, the West Point Grey Community Centre Association (“WPGCCA”) is pleased that this is the 53rd 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, including new and return favourites.

### Program Highlights:

- Dive into fun and engaging art lessons through Maevann Art Lessons where children will learn a variety of art mediums, from painting to clay, in a fun and inspiring environment. Unleash your child's creative spirit alongside fellow young artists.
- Join us in this rocking and high-energy Zumba® Kids Jr. dance program. With specially choreographed, kid-friendly routines and all the music kids love, they are sure to be grooving and breaking out their best moves.
- Let your child unleash their inner tech genius with WIZE Computing Academy! They'll have a blast coding, engineering, and building robots while becoming a tech whiz.
- Yoga Mommies & Babies – Start your morning with a peaceful yoga session alongside your little one! This program focuses on developing motor skills, sensory exploration, and strengthening the bond between parent and child in a calming and supportive environment.
- Join Kendra for rejuvenating Gentle Hatha, and Afternoon Deep stretch yoga classes designed to relax, restore, and energize your body and mind.
- Boost your well-being with our seniors workshops, proudly presented by the COSCO Seniors Health and Wellness Institute Society, offering valuable resources and support for a healthier, and more active lifestyle.
- Get ready to Rise Up with a dynamic 30-minute yoga session followed by 30 minutes of high-energy Zumba.
- Join our watercolour workshops with creative themes like Floral Bouquet Cards, Doorways, and Sea Urchins.

### New Program Offerings:

- Children's Beginner Jazz – Let your child groove into the world of Jazz dance! They'll learn the basics, build new skills, and have a blast showing off their moves.
- Creative Adventures – Watch your child's imagination soar as they dive into arts and crafts! From designing personalized cards to making cool bookmarks, this fun and interactive program will spark their creativity and let them explore endless possibilities.
- Engineering For Kids Club and Robotics – Join the ultimate engineering squad and collaborate to create innovative tech solutions! Your child will dive into fun team activities, building essential STEM skills like coding, design thinking, and creative problem-solving while having a blast.
- Shoot, dribble, pass, and score with Ivy's Breakfast Youth Basketball Club! Your child will strengthen their skills in shooting, ball handling, finishing, passing, and footwork – all while working with an experienced high-performance coach. With personalized instruction, fun drills, and plenty of teamwork, they'll boost their confidence and take their game to the next level.
- Interview, Resume & Cover Letter Writing, and Public Speaking & Presentation Skills – Level up your interview, resume, cover letter, and public speaking skills with Bhumika Laller, an expert instructor from CDI College! Whether you're prepping for a big interview or refining your presentation skills, Bhumika will guide you through every step to help you shine.
- Soy Candle Making Workshops – Join us and explore the art of creating beautiful, scented candles! Learn the basics of wax melting, fragrance blending, and pouring techniques. You'll leave with your own 2 handcrafted candles and the skills to make more.
- Hop on board for our exciting Bus Out Trip Tours! This season, we're heading to Secret Cove Sunshine Coast, taking a scenic train tour, exploring Coquihalla Canyon Park, and soaking in the beauty of the Richmond Sunflower Festival. Don't miss out on these unforgettable adventures.
- Ûphoria Yoga: Parents & Tots and Preschoolers – Stretch, play, and bond with your little one as you explore the fund world of yoga through stories, songs, and props. It's a perfect way to connect, relax, and have fun together.
- Embrace the beauty of summer in our new Summer Plein Drawing classes where you will capture stunning outdoor landscapes and beach scenes.



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





**May 2 - 18, 2025**  
Vital Spark

Emma Watson is 19 and new in town. She and her sisters must marry, fast. If not, they face poverty, spinsterhood, or worse. So far so familiar. But there's a problem: Jane Austen didn't finish the story. Who will write Emma's happy ending now?

Based on her incomplete novel, this sparkingly witty play, appearing in North America for the first time, looks under the bonnet of Jane Austen and asks: What can characters do when their author abandons them?



**May 30 - June 22, 2025**  
United Players of Vancouver

A powerful political figure, Sir Robert Chiltern, M.P., is threatened with destruction by a secret past. Lady Chiltern believes that her husband is a paragon of morality and virtue until she finds out about his secret past and blackmail is threatened. Wilde at his wittiest best.

### 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).

### TICKETS

**The Watsons:**  
[vitalsparktheatre.com](http://vitalsparktheatre.com)

**An Ideal Husband:**  
[unitedplayers.com](http://unitedplayers.com) or  
604-224-8007 ext 2

### PRESENTING:

**United Players of Vancouver  
2025-26 Season**

**METAMORPHOSES**  
Sept 5 – 28, 2025

Based on the Myths of Ovid, written and originally directed by Mary Zimmerman, an Emerging Director Project, directed by Larisse Campbell, Seamus Fera and Chris Lam

**THE CRICKET ON THE HEARTH**  
Nov 28 – Dec 21, 2025

A novella by Charles Dickens, adapted by Sarah Rodgers and Naomi Wright, original music and lyrics by Christopher King, directed by Sarah Rodgers, music direction by Christopher King

**THE REPLACEMENT WIFE**  
Jan 23 – Feb 15, 2026

By Aaron Bushkowsky, directed by Johnna Wright – in association with Solo Collective

### NETWORK

**Mar 20 – Apr 12, 2026**

Adapted for the stage by Lee Hall, based on the Paddy Chayefsky film, directed by Kathleen Duborg

### ARMS AND THE MAN

**May 29 – Jun 21, 2026**

By George Bernard Shaw

All plays subject to availability

**Learn more at [unitedplayers.com](http://unitedplayers.com)**

**SEASON TICKETS ON SALE NOW**





# 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](http://www.vcbf.ca).



### 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. For more information, please visit [www.dezzadance.com](http://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 to work with the older populations. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

558118

F

May 2-Jun 27

FREE/9 sess

12:30pm-2:00pm

INSTRUCTOR: DEZZA DANCE

### Aberthau Community Permaculture and Eco Art Garden

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

### Aberthau/West Point Grey Studios – Loco Moto Art Collective

Artists, Laura Lee Coles and Robert Scharein will continue an artist residency with the West Point Grey Community Centre/Aberthau Mansion by contributing sound and digital art visual art installations. In addition, the artists will work with the West Point Grey preschool in areas of nature/art projects centering around gardening, nature soundwalks, and exploration of nature/technology experiences, as well as other projects related to play experiences.

### 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](http://www.vancouver.ca/parks-recreation-culture/fieldhouse-programs.aspx).

# Infant & Preschool

## Birthday Parties

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

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30 mins for set-up, 2 hrs for the party, 30 mins for clean-up and two birthday party leaders. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$65 for up to 36 children (two weeks' notice must be provided or the max of 24 children must be upheld). No balloons are permitted.

**Contractor License Number: LAM0202072**

**WPG Gym**

<a href="#">555086-555102</a>		\$230/1 sess
Sa	May 3-Jun 28	11:00am-2:00pm
<a href="#">555087-555103</a>		\$230/1 sess
Sa	May 3-Jun 28	2:00pm-5:00pm
<a href="#">555104-555120</a>		\$230/1 sess
Su	May 4-Jun 29	11:00am-2:00pm
<a href="#">555105-555121</a>		\$230/1 sess
Su	May 4-Jun 29	2:00pm-5:00pm
<a href="#">555876-555890</a>		\$230/1 sess
Sa	Jul 5-Aug 23	11:00am-2:00pm
<a href="#">555877-555891</a>		\$230/1 sess
Sa	Jul 5-Aug 23	2:00pm-5:00pm
<a href="#">555892-555906</a>		\$230/1 sess
Su	Jul 6-Aug 24	11:00am-2:00pm
<a href="#">555897-555907</a>		\$230/1 sess
Su	Jul 6-Aug 24	2:00pm-5:00pm

INSTRUCTOR: BIRTHDAY PARTY LEADERS

## Dance

### Zumba® Kids Jr. (3-5 yrs)

Classes are designed to combine movement, music, community and a healthy lifestyle for children. 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.

**Oak Room**

<a href="#">550609</a>		\$36/4 sess
Su	May 4-May 25	11:00am-12:00pm

INSTRUCTOR: LAURENCE SAUVE

## Health & Wellness

### Uphoria Yoga: **NEW** Parents & Tots (0-2½ yrs)

We will introduce you and your little one to the benefits of yoga through the use of playful stories, songs, and props. Not your typical yoga experience, this program is designed to help toddlers build strength and mobility in a fun and vibrant environment. Come play, explore, and connect with your little one in this dynamic and cheerful program!

**Oak Room**

<a href="#">557466</a>		\$175/8 sess
Tu	May 6-Jun 24	10:00am-11:00am

INSTRUCTOR: UPHORIA YOGA

### Yoga Mommies **NEW** & Babies (0-2½ yrs)

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. Please bring your own yoga mat.

**Oak Room**

<a href="#">553943</a>		\$68/4 sess
Su	May 4-May 25	9:45am-10:45am

INSTRUCTOR: LAURENCE SAUVE

## Family Playtime

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.75 or purchase a 10-visit pass for \$35.

**WPG Gym**

<a href="#">555926</a>		\$3.75/1 sess or \$35/10-visit pass
Sa	May 3-Jun 28	9:30am-11:00am
<a href="#">555930</a>		\$3.75/1 sess or \$35/10-visit pass
Su	May 4-Jun 29	9:30am-11:00am
<a href="#">555927</a>		\$3.75/1 sess or \$35/10-visit pass
Sa	Jul 5-Aug 23	9:30am-11:00am
<a href="#">555931</a>		\$3.75/1 sess or \$35/10-visit pass
Su	Jul 6-Aug 24	9:30am-11:00am

## Music

### Piano Lessons with June (3½+ 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. 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 16-19, Aug 4.

**Music Room**

<a href="#">555026-555031</a>		\$231/7 sess
M	May 5-Jun 23	3:30pm-9:30pm
<a href="#">555032-555037</a>		\$264/8 sess
Tu	May 6-Jun 24	3:30pm-9:30pm
<a href="#">555038-555053</a>		\$297/9 sess
Th	May 1-Jun 26	10:15am-9:30pm
<a href="#">555054-555060</a>		\$297/9 sess
F	May 2-Jun 27	12:15pm-4:15pm
<a href="#">558490-558495</a>		\$198/6 sess
M	Jul 7-Aug 18	3:30pm-9:30pm
<a href="#">558496-558500</a>		\$231/7 sess
Tu	Jul 8-Aug 19	3:30pm-9:30pm
<a href="#">558501-558528</a>		\$264/8 sess
Th	Jul 3-Aug 21	10:15am-9:30pm
<a href="#">558517-558523</a>		\$231/7 sess
F	Jul 4-Aug 22	12:15pm-4:15pm

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**

<a href="#">556931-556937</a>		\$680/8 sess
W	May 7-Jun 25	2:45pm-8:00pm
<a href="#">556947-556953</a>		\$595/7 sess
W	Jul 2-Aug 20	2:45pm-8:00pm

INSTRUCTOR: VICTORIA GOMON





## Languages

Japanese programs take place at Jericho Hill Centre 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. No class May 19.

JHC Preschool Room

#### 3-4 yrs

550567		\$165/15 sess
M W	May 5-Jun 25	9:15am-10:30am
550568		\$165/15 sess
M W	May 5-Jun 25	10:45am-12:00pm
550565		\$187/17 sess
Tu Th	May 1-Jun 26	9:15am-10:30am
550566		\$187/17 sess
Tu Th	May 1-Jun 26	10:45am-12:00pm

#### 5 yrs

550569		\$99/9 sess
Sa	May 3-Jun 28	9:15am-10:30am
550570		\$99/9 sess
Sa	May 3-Jun 28	10:45am-12:00pm

### Summer Japanese (3-5 yrs)

Children will learn the Japanese language through activity based methods including reading, writing and crafts. Please note that these classes are Japanese immersion-based. However, children do not need to have experience with the Japanese language to register. No class Aug 4.

JHC Preschool Room

550654		\$40/4 sess
Tu W Th F	Aug 5-Aug 8	9:15am-10:30am
550655		\$40/4 sess
Tu W Th F	Aug 5-Aug 8	10:45am-12:00pm
550656		\$50/5 sess
M Tu W Th F	Aug 11-Aug 15	9:15am-10:30am
550657		\$50/5 sess
M Tu W Th F	Aug 11-Aug 15	10:45am-12:00pm
550658		\$50/5 sess
M Tu W Th F	Aug 18-Aug 22	9:15am-10:30am
550659		\$50/5 sess
M Tu W Th F	Aug 18-Aug 22	10:45am-12:00pm

INSTRUCTOR: HIROKO KASHIHARA

## Education

### Science for Preschoolers (3-5 yrs)

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Topics in this session include: Dinosaurs, Seeking Our Senses, Ecosystem Explorations, Energy & Motion, Human Body, Water Works, etc.

Craft Room

550589		\$140/7 sess
W	May 7-Jun 18	2:45pm-3:30pm

INSTRUCTOR: STEAM 4 KIDS



### EFK: Jr. Engineering Club: **FUNDamentals (4-6 yrs)**

Students will become mechanical engineers to design the ultimate playground. Playgrounds are packed full of simple machines such as levers, wheels and axles, inclined planes, and pulleys. Students will learn about the simple machines they encounter every day at the playground, while advancing their literacy skills through a variety of read alouds.

Library

557570		\$174/8 sess
Th	May 1-Jun 19	3:30pm-4:30pm

INSTRUCTOR: ENGINEERING FOR KIDS

### Kids Planting Herbs (4-5 yrs)

Join us in planting a small planter of herbs that you can take home and watch grow larger. Learn what makes plants happy and what makes them grow bigger. Discover the different shapes and smells of herbs! You'll also get some seeds to take home and grow!

WPG Community Garden

556508		\$7/1 sess
Su	Jun 15	4:00pm-5:00pm

INSTRUCTOR: VILLAGE VANCOUVER

## Social

### Learning Birds – **Parent & Tots (0-3 yrs)**

Come along with your little one to learn, grow, socialize, and participate in a wide variety of sensory and developmentally-appropriate activities. Each Friday, parents/guardians and their tots can enjoy a fun-filled circle and story time with a certified educator. Parents/guardians must stay with their child(ren) during Parent & Tot Play. Drop-in \$4 (space permitting).

Dining Room

550580		\$30/8 sess
F	May 2-Jun 20	9:30am-11:30am

INSTRUCTOR: LORENA MARQUES

## Sports

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

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

Based on Tennis Canada's "Red 1" curriculum, the Precision Tennis "Little Learners Level 1" program develops basic coordination and motor skills through point-based games. Extra tennis rackets are available to borrow on-site. No class Aug 4.

Trimble Tennis Courts

556828		\$165/6 sess
M	Jul 7-Aug 18	4:30pm-5:30pm

INSTRUCTOR: PRECISION TENNIS INC.

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

Based on Tennis Canada's "Red 2" curriculum, the Precision Tennis "Little Learners Level 2" program builds on fundamental techniques learned in previous lessons, while introducing more complex motor skills and the basics of tennis tactics. Extra tennis rackets are available to borrow on-site.

Trimble Tennis Courts

556829		\$192.50/7 sess
Tu	Jul 8-Aug 19	4:30pm-5:30pm

INSTRUCTOR: PRECISION TENNIS INC.

## Sports cont'd

### Summer Smash Tennis: Mini Fundamentals (4-5 yrs)

Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing an athletic foundation in a group setting. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and water bottle.

Trimble Tennis Courts

550603 \$187.25/7 sess  
W May 7-Jun 18 3:45pm-4:30pm  
INSTRUCTOR: SUMMER SMASH TENNIS

### West Point Grey Soccer Academy (3-6 yrs)

West Point Grey Soccer Academy uses 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

550607 \$162/8 sess  
W May 7-Jun 25 3:45pm-4:30pm  
INSTRUCTOR: GLYN ROBERTS

## Sportball

### 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

558082 \$144/8 sess  
Tu May 6-Jun 24 4:00pm-5:00pm  
550595 \$144/8 sess  
F May 2-Jun 20 4:30pm-5:30pm  
558226 \$126/7 sess  
F Jul 4-Aug 22 4:00pm-5:00pm  
551556 \$144/8 sess  
F Jul 4-Aug 22 4:30pm-5:30pm  
INSTRUCTOR: SPORTBALL VANCOUVER

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

Children are introduced to fundamental concepts of gameplay and teach the basic skills 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

551932 \$126/7 sess  
W Jul 9-Aug 20 4:45pm-5:30pm  
INSTRUCTOR: SPORTBALL VANCOUVER



### Sportball Outdoor Soccer (3½-5 yrs)

Children are introduced to the fundamental concepts of gameplay and teach the basic skills 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 – East Grass Area

552455 \$126/7 sess  
W Jul 9-Aug 20 5:30pm-6:30pm  
INSTRUCTOR: SPORTBALL VANCOUVER

### Sportball Indoor Soccer (4-6 yrs)

Kickstart your day! This program introduces fundamental concepts of gameplay and teaches the basic skills in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

WPG Gym

550596 \$144/8 sess  
F May 2-Jun 20 3:30pm-4:30pm  
551557 \$144/8 sess  
F Jul 4-Aug 22 3:30pm-4:30pm  
INSTRUCTOR: SPORTBALL VANCOUVER

Saturday Sportball programs take place at Jericho Hill Gymnasium at 4180 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 17, Aug 2.

JHC North Gym

550598 \$126/7 sess  
Sa May 3-Jun 21 9:30am-10:15am  
551559 \$108/6 sess  
Sa Jul 5-Aug 16 9:30am-10:15am  
INSTRUCTOR: SPORTBALL VANCOUVER

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

The Parent & Tot program teaches children important introductory physical skills and help them develop confidence in their abilities. The programs also help adults understand proven teaching techniques that can be applied outside of Sportball classes. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. No class May 17, Aug 2.

JHC North Gym

550599 \$126/7 sess  
Sa May 3-Jun 21 10:15am-11:00am  
551562 \$108/6 sess  
Sa Jul 5-Aug 16 10:15am-11:00am  
INSTRUCTOR: SPORTBALL VANCOUVER

### Sportball Indoor T-Ball (3-5 yrs)

Sportball T-Ball/Baseball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No class May 17, Aug 2.

JHC North Gym

550597 \$126/7 sess  
Sa May 3-Jun 21 11:00am-12:00pm  
551558 \$108/6 sess  
Sa Jul 5-Aug 16 11:00am-12:00pm  
INSTRUCTOR: SPORTBALL VANCOUVER





# PRESCHOOL AT ABERTHAU

Children can learn and grow in a safe, nurturing environment with the help of our experienced teachers and engaging curriculum.

## 3 Years Old

M Tu W Th 9am-11:30am \$260/month

## 4 Years Old

M Tu W Th 12:30pm-3:30pm \$304/month



Play-based  
learning



Developmental  
curriculum



Outdoor  
play





# Children & Preteen



## Birthday Parties

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

Have fun in the gym with our Playtime toys, sports equipment and our large Bouncy Castle. Party includes 30 mins for set-up, 2 hrs for the party, 30 mins for clean-up and two birthday party leaders. You bring everything else including decorations, food and cake. Max 24 children. Additional flat rate of \$65 for up to 36 children (two weeks' notice must be provided or the max of 24 children must be upheld). No balloons are permitted.

**Contractor License Number: LAM0202072**

WPG Gym

555086-555102	\$230/1 sess
Sa May 3-Jun 28	11:00am-2:00pm
555087-555103	\$230/1 sess
Sa May 3-Jun 28	2:00pm-5:00pm
555104-555120	\$230/1 sess
Su May 4-Jun 29	11:00am-2:00pm
555105-555121	\$230/1 sess
Su May 4-Jun 29	2:00pm-5:00pm
555876-555890	\$230/1 sess
Sa Jul 5-Aug 23	11:00am-2:00pm
555877-555891	\$230/1 sess
Sa Jul 5-Aug 23	2:00pm-5:00pm
555892-555906	\$230/1 sess
Su Jul 6-Aug 24	11:00am-2:00pm
555897-555907	\$230/1 sess
Su Jul 6-Aug 24	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. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.75 or purchase a 10-visit pass for \$35.

WPG Gym

555926	\$3.75/1 sess or \$35/10-visit pass
Sa May 3-Jun 28	9:30am-11:00am
555930	\$3.75/1 sess or \$35/10-visit pass
Su May 4-Jun 29	9:30am-11:00am
555927	\$3.75/1 sess or \$35/10-visit pass
Sa Jul 5-Aug 23	9:30am-11:00am
555931	\$3.75/1 sess or \$35/10-visit pass
Su Jul 6-Aug 24	9:30am-11:00am



## Pro-D Day Camp

### Active Dance Sing/Jazz Funk/Hip Hop/KPOP Camp (5-14 yrs)

Students will be introduced to Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. No previous experience required. Campers will be grouped by age/skill upon in-camp assessment. Bring a water bottle and nut-free lunch.

Youth Room

554399	\$108.75/1 sess
F May 16	9:00am-3:00pm
554400	\$108.75/1 sess
Tu May 20	9:00am-3:00pm

INSTRUCTOR: ILLUMA STUDIO

## Arts

### Maevann After School Art Lessons (5-10 yrs)

Explore a variety of art materials including acrylic paint, various printmaking techniques, mixed media, clay work, and 3D elements. Each project will have an over-arching theme with room for modification based on the student grouping and their interests. Drop-in \$35 (space permitting). No class May 19.

Craft Room

550583	\$171/6 sess
M May 5-Jun 16	3:45pm-5:15pm

INSTRUCTOR: AISLING ELY

### Creative Adventures (5-10 yrs) NEW

This is a fun and interactive creative program for kids! Explore the world of arts and crafts by designing personalized greeting cards, colourful bookmarks, unique origami, and more. Enhance creativity, improve fine motor skills, and unleash your imagination in a supportive, hands-on environment. Perfect for young artists and crafty minds! No class May 19.

Meeting Room

554643	\$175/7 sess
M May 5-Jun 23	4:00pm-5:00pm

INSTRUCTOR: ARSHI AGGARWAL

### Drawing and 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. For more information, please visit [www.atashzad.com](http://www.atashzad.com). Supplies are not included; supply list available upon registration. Drop-in \$30 (space permitting).

Craft Room

557275	\$176/8 sess
F May 2-Jun 20	3:15pm-4:45pm

INSTRUCTOR: MOHAMMAD REZA ATASHZAD





## Dance

### Children's **NEW** Beginner Jazz (6-12 yrs)

An introduction to the world of Jazz dance! Ranging from the worlds of Broadway and Fosse, to commercial and jazz funk; jazz is expressive, fun and rich in history. We will start class with a gentle warm up and stretch, followed by some foundational technique and a short combo at the end to show off our new skills. Drop-in \$15 (space permitting). No class May 19.

Oak Room

554694 \$78/6 sess  
M May 5-Jun 16 4:30pm-5:30pm  
INSTRUCTOR: RACHEL TARASOFF

## Pottery



### Introduction to Children's Handbuilding: Clay Creations (9-12 yrs)

In this hand-building ceramics program, you'll explore your creativity while learning foundational techniques for working with clay. Craft functional items like mugs, bowls, plant pots, and vases, or let nature inspire you to create imaginative sculptures and whimsical clay creatures.

Pottery Studio

552825 \$250/6 sess  
Th May 1-Jun 5 3:30pm-5:00pm  
INSTRUCTOR: KYLEE BURT

## Music

### Piano Lessons with June (3½+ 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. 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 16-19, Aug 4.

Music Room

555026-555031 \$231/7 sess  
M May 5-Jun 23 3:30pm-9:30pm  
555032-555037 \$264/8 sess  
Tu May 6-Jun 24 3:30pm-9:30pm  
555038-555053 \$297/9 sess  
Th May 1-Jun 26 10:15am-9:30pm  
555054-555060 \$297/9 sess  
F May 2-Jun 27 12:15pm-4:15pm  
558490-558495 \$198/6 sess  
M Jul 7-Aug 18 3:30pm-9:30pm  
558496-558500 \$231/7 sess  
Tu Jul 8-Aug 19 3:30pm-9:30pm  
558501-558528 \$264/8 sess  
Th Jul 3-Aug 21 10:15am-9:30pm  
558517-558523 \$231/7 sess  
F Jul 4-Aug 22 12:15pm-4:15pm  
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

556931-556937 \$680/8 sess  
W May 7-Jun 25 2:45pm-8:00pm  
556947-556953 \$595/7 sess  
W Jul 2-Aug 20 2:45pm-8:00pm  
INSTRUCTOR: VICTORIA GOMON

## Languages

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

### Japanese – Grades 1-9

Children will learn the Japanese language through activity-based methods including reading, writing, and crafts. Children need to have some previous experience in the Japanese language. No class May 19.

JHC Preschool Room

#### Grade 1

550571 \$176/8 sess  
W May 7-Jun 25 3:45pm-5:30pm

#### Grade 2A

550574 \$198/9 sess  
Th May 1-Jun 26 3:45pm-5:30pm

#### Grade 2B

550575 \$198/9 sess  
F May 2-Jun 27 3:45pm-5:30pm

#### Grade 3

550576 \$154/7 sess  
M May 5-Jun 23 4:00pm-5:45pm

#### Grade 4

550577 \$176/8 sess  
Tu May 6-Jun 24 3:45pm-5:30pm

#### Grade 5

JHC West Art Room  
550578 \$198/9 sess  
Th May 1-Jun 26 4:00pm-5:45pm

#### Grade 6

JHC West Art Room  
550874 \$176/8 sess  
W May 7-Jun 25 3:45pm-5:30pm

#### Grade 1-6

Dates for this program are May 3, 17, Jun 17, 21.  
550572 \$88/4 sess  
Sa May 3-Jun 21 1:00pm-4:00pm  
550652 \$100/5 sess  
M Tu W Th F Aug 11-Aug 15 1:00pm-4:00pm  
550653 \$100/5 sess  
M Tu W Th F Aug 18-Aug 22 1:00pm-4:00pm

#### Grade 1-9 (Beginner/Intermediate)

JHC West Art Room  
550573 \$154/7 sess  
M May 5-Jun 23 3:45pm-5:30pm  
INSTRUCTOR: HIROKO KASHIHARA

## Technology

### WIZE – 3D Modelling & Printing (7-10 yrs)

Learn the art of 3D designing by creating your cool designs. Students will learn how to design simple 3D models and prepare them for 3D printing. Take home your design as a great memoir of this program. Bring a tablet or iPad with Bluetooth.

Youth Room

557595 \$300/8 sess  
 Tu May 6-Jun 24 4:00pm-5:30pm  
 INSTRUCTOR: WIZE COMPUTING ACADEMY

### WIZE – Engineering & Robotics: VEX Robotics (6-8 yrs)

Young learners will dive into the world of engineering and robotics using VEX kits. Students will explore basic engineering concepts, learn to build and program robots, and solve fun challenges that spark creativity and critical thinking. No prior experience is necessary. Bring a tablet or an iPad with Bluetooth.

Youth Room

557596 \$300/8 sess  
 Tu May 6-Jun 24 5:30pm-7:00pm  
 INSTRUCTOR: WIZE COMPUTING ACADEMY

### EFK: Engineering Kids Club! (7-12 yrs)

Become part of an engineering club and work together to create innovative tech solutions, explore real-world engineering challenges, and develop entrepreneurial thinking. This interactive, hands-on program offers young learners a fun and dynamic introduction to technology, problem-solving, and innovation. Each week, participants will engage in team-based activities to build essential STEM skills – coding, design thinking, and creative problem-solving.

Library

557576 \$288/8 sess  
 Th May 1-Jun 19 4:30pm-6:00pm  
 INSTRUCTOR: ENGINEERING FOR KIDS

As of September 3, 2024,  
 waitlists for all programs  
 have been removed.

### EFK: Jr. Robotics Engineering: Ozobot Explorers (5-7 yrs)

Join us for an exciting journey in robotics engineering that transforms coding from complex to fun! In this program, kids will embark on hands-on adventures with tiny, versatile Ozobot robots, mastering programming basics through interactive play. Students will develop skills in foundational coding concepts using colour codes to program their robots, such as creating sequences, recognizing patterns, and problem-solving through hands-on exploration – all while unleashing their creativity to solve problems and build innovative solutions!

Library

557571 \$180/8 sess  
 F May 2-Jun 20 3:30pm-4:30pm  
 INSTRUCTOR: ENGINEERING FOR KIDS

## Education

### Science for Kids (6-11 yrs)

Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. Topics in this session include: Dinosaurs, Seeking Our Senses, Ecosystem Explorations, Energy & Motion, Human Body, Water Works, etc.

Craft Room

550588 \$140/7 sess  
 W May 7-Jun 18 3:45pm-4:45pm  
 INSTRUCTOR: STEAM 4 KIDS

### Public Speaking & Presentation Skills (12+ yrs)

This workshop offers participants practical, real-world strategies for mastering public speaking and delivering engaging presentations. We will cover essential techniques for speaking confidently and effectively on stage, whether in front of a large audience or in smaller, more intimate settings. Participants will learn how to structure their presentations, engage their audience, and use their voice and body language to create a lasting impact.

Youth Room

555243 \$100/4 sess  
 Th Jun 5-Jun 26 6:00pm-8:00pm  
 INSTRUCTOR: BHUMIKA LALLER

### Red Cross Babysitting (11-15 yrs)

Designed to teach essential child care skills, safety practices, first aid, and preparing participants to confidently care for children of various ages. Please bring a nut-free lunch, water bottle, and a medium doll/teddy to practice on.

Dining Room

557111 \$80/1 sess  
 Sa May 31 9:00am-5:00pm  
 INSTRUCTOR: FIRST AID HERO

### Red Cross StaySafe (9-13 yrs)

Do you have the skills to deal safely with an emergency situation? This workshop involves first aid, active role-play, and interactive fun! Please bring a nut-free lunch, snacks, and a water bottle.

Dining Room

557112 \$80/1 sess  
 Su May 11 9:00am-3:00pm  
 INSTRUCTOR: FIRST AID HERO

### Playing in the Dirt (6-9 yrs)

Join us in learning about plants by 'playing in the dirt' and planting seedlings into a pot that you take home to watch grow. You'll also get some seeds to take home and grow!

WPG Community Garden

556504 \$7/1 sess  
 Su Jun 15 3:00pm-4:00pm  
 INSTRUCTOR: VILLAGE VANCOUVER

## 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 19, Aug 4.

JHC Phoenix Room

#### 8-11 yrs

554637 \$50/8 sess  
 M May 5-Jun 30 5:30pm-6:30pm  
 554642 \$37.50/6 sess  
 M Jul 7-Aug 18 5:30pm-6:30pm

#### 12+ yrs

554636 \$80/8 sess  
 W May 7-Jun 25 5:30pm-6:30pm  
 554641 \$80/8 sess  
 W Jul 2-Aug 20 5:30pm-6:30pm  
 INSTRUCTOR: BAC TAU





## Sports

### Ivy's Breakfast Club – **NEW** Youth Basketball Skill Development

This program focuses on building strong fundamental skills, including shooting, ball handling, finishing, passing, footwork, and decision-making through a mix of skill-building drills, small-sided games, and transition play. Led by an experienced high-performance coach, this program provides personalized instruction, engaging drills, and a fun learning environment to help young athletes improve their game, build confidence, and develop teamwork skills. Please bring your own basketball. Drop-in \$30 (space permitting).

WPG Gym

#### 9-12 yrs

556583 \$225/9 sess  
Th May 1-Jun 26 3:30pm-4:45pm

#### 13-16 yrs

556584 \$225/9 sess  
Th May 1-Jun 26 5:00pm-6:15pm  
INSTRUCTOR: IVY'S BREAKFAST CLUB

### Introducing Coach Ivan



Ivan is an experienced basketball coach and youth leader with over 12 years of expertise in player development across various competitive levels. His coaching background includes roles as an assistant coach at Simon Fraser University and Capilano University, as well as coaching positions at numerous schools and basketball clubs in Vancouver. He specializes in teaching fundamental skills, game strategy, and decision-making while fostering confidence and leadership in young athletes. His approach emphasizes skill development, teamwork, and a positive, inclusive learning environment to help athletes reach their full potential.

Follow us on SOCIAL MEDIA

@westpointgreycc



www.westpointgrey.org

### Family Pickleball Workshop (10+ yrs)

Youth and their parent/guardian can learn pickleball basics together, including rules, etiquette, basic strokes, and gameplay strategies. Each youth (10-18 yrs) and adult parent/guardian (19+ yrs) must register and pay. A limited number of pickleball paddles are available to borrow. No class May 19.

WPG Gym

550564 \$280/7 sess  
M May 5-Jun 23 3:30pm-4:30pm  
INSTRUCTOR: CHRIS KOENTGES

### Summer Smash Tennis:

#### Mini Aces (6-7½ yrs)

Start or continue learning tennis. 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 rackets, to come dressed in athletic clothing with athletic shoes, and water bottle. No class May 19. This program takes place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

Trimble Tennis Courts

558477 \$160.50/6 sess  
M May 5-Jun 16 4:00pm-5:00pm  
INSTRUCTOR: SUMMER SMASH TENNIS

### Brazilian Soccer Schools – Futsal & Technical Development

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

WPG Gym

#### 6-8 yrs

550560 \$192.50/7 sess  
M May 5-Jun 23 4:45pm-5:45pm

550559 \$220/8 sess  
W May 7-Jun 25 5:30pm-6:30pm

#### 9-13 yrs

550562 \$210/7 sess  
M May 5-Jun 23 5:45pm-7:00pm

550561 \$240/8 sess  
W May 7-Jun 25 6:30pm-7:45pm  
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 19, Jun 11. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

#### 8-12 yrs

550594 \$159/6 sess  
M May 5-Jun 16 7:00pm-8:15pm

550593 \$159/6 sess  
W May 7-Jun 18 7:00pm-8:15pm

#### 12-16 yrs

550592 \$159/6 sess  
M May 5-Jun 16 8:15pm-9:30pm

550591 \$159/6 sess  
W May 7-Jun 18 8:15pm-9:30pm  
INSTRUCTOR: SPLIT SECOND BASKETBALL



### Sportball Indoor Basketball **NEW**

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

WPG Gym

#### 6-9 yrs

558083 \$144/8 sess  
Tu May 6-Jun 24 5:00pm-6:00pm

558227 \$126/7 sess  
Tu Jul 8-Aug 19 5:00pm-6:00pm

#### 9-12 yrs

558084 \$144/8 sess  
Tu May 6-Jun 24 6:00pm-7:00pm  
INSTRUCTOR: SPORTBALL VANCOUVER

## Sports cont'd

### DRIVE Basketball Training Academy (8-13 yrs)

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. Players must bring their own regular size basketball. No class Jun 10, 12. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

550563 \$360/15 sess  
 Tu Th May 1-Jun 26 7:00pm-8:30pm  
 INSTRUCTOR: DRIVE BASKETBALL INC.

### West Point Grey Soccer Academy (6-9 yrs)

West Point Grey Soccer Academy uses 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

550608 \$174/8 sess  
 W May 7-Jun 25 4:30pm-5:30pm  
 INSTRUCTOR: GLYN ROBERTS

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

Based on Tennis Canada's "Red 1" curriculum, the Precision Tennis "Rally Stars Level 1" program introduces basic techniques (forehand, backhand, serve and return) in a "play-first" manner. Extra tennis rackets are available to borrow on-site. This program takes place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

Trimble Tennis Courts

556830 \$192.50/7 sess  
 W Jul 9-Aug 20 4:30pm-5:30pm  
 INSTRUCTOR: PRECISION TENNIS INC.

### Sportball Outdoor Soccer (5-7 yrs)

Children are introduced to fundamental concepts of gameplay and teach the basic skills 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

551931 \$126/7 sess  
 W Jul 9-Aug 20 6:30pm-7:30pm  
 INSTRUCTOR: SPORTBALL VANCOUVER



### Rally Stars – Tennis Lessons for Kids Level 2 (6-8 yrs)

Based on Tennis Canada's "Red 2" curriculum, the Precision Tennis "Rally Stars Level 1" program further develops basic rally skills and techniques while building an understanding of scoring and tactics. Extra tennis rackets are available to borrow on-site. This program takes place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

Trimble Tennis Courts

556833 \$220/8 sess  
 Th Jul 3-Aug 21 4:30pm-5:30pm  
 INSTRUCTOR: PRECISION TENNIS INC.

### 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 rackets.

Trimble Tennis Courts

558554 \$175/5 sess  
 Tu May 20-Jun 17 3:45pm-4:45pm  
 JHC South Gym  
 550602 \$165/4 sess  
 Sa May 3-May 24 12:00pm-1:15pm  
 557806 \$165/4 sess  
 Sa May 31-Jun 21 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. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

557802 \$165/4 sess  
 Sa May 3-May 24 12:00pm-1:15pm  
 557803 \$165/4 sess  
 Sa May 31-Jun 21 12:00pm-1:15pm  
 INSTRUCTOR: SUMMER SMASH TENNIS

### Summer Smash Tennis: Youth Aces (11-16 yrs)

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience and 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. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

557808 \$165/4 sess  
 Sa May 3-May 24 1:15pm-2:30pm  
 557809 \$165/4 sess  
 Sa May 31-Jun 21 1:15pm-2:30pm  
 INSTRUCTOR: SUMMER SMASH TENNIS





# Preteen & Youth

## Arts

### Drawing and 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. For more information, please visit [www.atashzad.com](http://www.atashzad.com). Supplies are not included; supply list available upon registration. Drop-in \$30 (space permitting).

Craft Room

557275

\$198/9 sess

F May 2-Jun 20 3:15pm-4:45pm  
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

## Sports

### Family Pickleball Workshop (10+ yrs)

In this program, youth and their parent/guardian can learn pickleball basics together, including rules, etiquette, basic strokes, and gameplay strategies. You'll learn a positive style of play, which includes communication strategies and puzzle solving. Each youth (10-18 yrs) and adult parent/guardian (19+ yrs) must register and pay. A limited number of pickleball paddles are available to borrow. No class May 19.

WPG Gym

550564

\$280/7 sess

M May 5-Jun 23 3:30pm-4:30pm  
INSTRUCTOR: CHRIS KOENTGES

## Martial Arts

### Fencing for Beginners (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. This program takes place at Jericho Hill Centre 4196 West 4th Avenue. No class May 19.

JHC Phoenix Room

554636

\$80/8 sess

W May 7-Jun 25 5:30pm-6:30pm

554642

\$80/8 sess

W Jul 2-Aug 20 5:30pm-6:30pm  
INSTRUCTOR: BAC TAU

## Day Camp

### 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 and our Hummingbird Camp focuses on body positivity, media literacy, and friendship. Learning is balanced with nature time, games, and crafts. LGBTQ2SIAP+ inclusive space. An Expression of Interest application can be completed on [www.fireandflowergirls.org](http://www.fireandflowergirls.org). For more info, please contact [empower@fireandflowergirls.org](mailto:empower@fireandflowergirls.org). No camp Aug 4.

Youth Room

Hummingbird

553944

FREE/4 sess

Tu W Th F Aug 5-Aug 8 9:00am-3:00pm

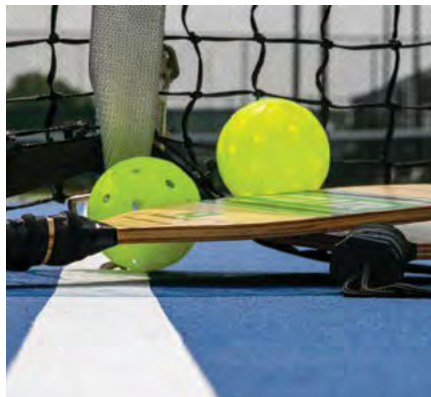
Kingfisher

553945

FREE/5 sess

M Tu W Th F Aug 11-Aug 15 9:00am-3:00pm

INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY



### Summer Smash Tennis: Youth Aces (11-16 yrs)

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience and 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. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

557808

\$165/4 sess

Sa May 3-May 24 1:15pm-2:30pm

557809

\$165/4 sess

Sa May 31-Jun 21 1:15pm-2:30pm  
INSTRUCTOR: SUMMER SMASH TENNIS

## Technology

### EFK: Engineering Kids Club! (7-12 yrs) NEW

Become part of an engineering club and work together to create innovative tech solutions, explore real-world engineering challenges, and develop entrepreneurial thinking. This interactive, hands-on program offers young learners a fun and dynamic introduction to technology, problem-solving, and innovation. Each week, participants will engage in team-based activities to build essential STEM skills – coding, design thinking, and creative problem-solving.

Library

557576

\$288/8 sess

Th May 1-Jun 19 4:30pm-6:00pm  
INSTRUCTOR: ENGINEERING FOR KIDS



## Education

### Interview Preparation (15+ yrs) NEW

Led by an experienced instructor from CDI College, this program is designed to help participants navigate the interview process with ease. Through interactive lessons, you'll learn essential techniques, including how to answer common and behavioral interview questions, present yourself professionally, and make a lasting impression on employers. The program will conclude with one-on-one mock interviews, where you'll receive personalized feedback to refine your approach and enhance your success. Drop-in \$40 (space permitting). No class May 19.

#### Library

554943 \$240/8 sess

M W May 5-Jun 2 6:00pm-8:00pm

556326 \$240/8 sess

M W Jul 7-Jul 30 6:00pm-8:00pm

INSTRUCTOR: BHUMIKA LALLER



### Public Speaking & Presentation Skills (12+ yrs) NEW

We will cover essential techniques for speaking confidently and effectively on stage, whether in front of a large audience or in smaller, more intimate settings. Participants will learn how to structure their presentations, engage their audience, and use their voice and body language to create a lasting impact. Drop-in \$30 (space permitting).

#### Youth Room

555243 \$100/4 sess

Th Jun 5-Jun 26 6:00pm-8:00pm

#### Library

556327 \$100/4 sess

Th Jul 31-Aug 21 6:00pm-8:00pm

INSTRUCTOR: BHUMIKA LALLER



### Resume & Cover Letter Writing (15+ yrs) NEW

Enhance your job application skills. Led by an experienced instructor from CDI College, this workshop is designed to help participants create strong, professional resumes and cover letters. Through hands-on guidance, you will learn how to craft compelling application materials, optimize your resume to pass Applicant Tracking Systems (ATS), and highlight your skills effectively. Whether you're entering the workforce or looking to refine your job search strategy, this workshop will provide the tools you need to stand out. Drop-in \$35 (space permitting).

#### Youth Room

554847 \$150/6 sess

Th May 8-May 22 6:00pm-8:00pm

Sa May 10-May 24 10:00am-12:00pm

#### Library

556328 \$150/6 sess

Tu Th Jul 8-Jul 24 6:00pm-8:00pm

INSTRUCTOR: BHUMIKA LALLER

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CANADIAN  
RED CROSS

### Red Cross Babysitting (11-15 yrs)

So, you want to be a babysitter? Do you or your parents want to feel confident knowing you are responsible and able to care for others on your own? Please bring a nut-free lunch, water bottle, and a medium doll/teddy to practice on.

#### Dining Room

557111

\$80/1 sess

Sa May 31 9:00am-5:00pm

INSTRUCTOR: FIRST AID HERO



### Red Cross StaySafe (9-13 yrs)

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves first aid, active role-play, and interactive fun! Please bring a nut-free lunch, snacks, and a water bottle.

#### Dining Room

557112

\$80/1 sess

Su May 11 9:00am-3:00pm

INSTRUCTOR: FIRST AID HERO

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# 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 4.

### Oak Room

554698		\$140/4 sess
M W Th F	Jun 30-Jul 4	9:00am-3:30pm
554699		\$175/5 sess
M Tu W Th F	Jul 7-Jul 11	9:00am-3:30pm
554700		\$175/5 sess
M Tu W Th F	Jul 14-Jul 18	9:00am-3:30pm
554701		\$175/5 sess
M Tu W Th F	Jul 21-Jul 25	9:00am-3:30pm
554702		\$175/5 sess
M Tu W Th F	Jul 28-Aug 1	9:00am-3:30pm
554703		\$140/4 sess
Tu W Th F	Aug 5-Aug 8	9:00am-3:30pm
554704		\$175/5 sess
M Tu W Th F	Aug 11-Aug 15	9:00am-3:30pm
554705		\$175/5 sess
M Tu W Th F	Aug 18-Aug 22	9:00am-3:30pm

INSTRUCTOR: DAY CAMP LEADERS

## Discoveries Adventure Day Camp (9-12 yrs)

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 4.

### Dining Room

554706		\$156/4 sess
M W Th F	Jun 30-Jul 4	9:00am-3:30pm
554707		\$195/5 sess
M Tu W Th F	Jul 7-Jul 11	9:00am-3:30pm
554708		\$195/5 sess
M Tu W Th F	Jul 14-Jul 18	9:00am-3:30pm
554709		\$195/5 sess
M Tu W Th F	Jul 21-Jul 25	9:00am-3:30pm
554710		\$195/5 sess
M Tu W Th F	Jul 28-Aug 1	9:00am-3:30pm
554711		\$156/4 sess
Tu W Th F	Aug 5-Aug 8	9:00am-3:30pm
554712		\$195/5 sess
M Tu W Th F	Aug 11-Aug 15	9:00am-3:30pm
554713		\$195/5 sess
M Tu W Th F	Aug 18-Aug 22	9:00am-3:30pm

INSTRUCTOR: DAY CAMP LEADERS

## WPG Preschool Summer Smiles Camp (3-5 yrs)

Get ready for an unforgettable summer filled with laughter, learning, and adventure! Our Preschool Summer Smiles Camp offers a safe, nurturing environment where your little one can explore, create, and make new friends. With fun-filled activities like arts and crafts, nature exploration, games, water play and music, every day is a new opportunity for your child to grow and thrive. Bring a nut-free snack and water bottle. **Children must be 3 years old by the start of the camp date.** **This camp takes place at Jericho Hill Centre at 4196 West 4th Avenue.**

### JHC North Room

#### Week 1

557772		\$75/3 sess
W Th F	Jul 2-Jul 4	9:00am-12:00pm
557773		\$75/3 sess
W Th F	Jul 2-Jul 4	12:45pm-3:45pm

#### Week 2

557774		\$125/5 sess
M Tu W Th F	Jul 7-Jul 11	9:00am-12:00pm
557775		\$125/5 sess
M Tu W Th F	Jul 7-Jul 11	12:45pm-3:45pm

#### Week 3

557776		\$125/5 sess
M Tu W Th F	Jul 14-Jul 18	9:00am-12:00pm
557777		\$125/5 sess
M Tu W Th F	Jul 14-Jul 18	12:45pm-3:45pm

#### Week 4

557778		\$125/5 sess
M Tu W Th F	Jul 21-Jul 25	9:00am-12:00pm
557779		\$125/5 sess
M Tu W Th F	Jul 21-Jul 25	12:45pm-3:45pm

#### Week 5

557780		\$125/5 sess
M Tu W Th F	Jul 28-Aug 1	9:00am-12:00pm
557781		\$125/5 sess
M Tu W Th F	Jul 28-Aug 1	12:45pm-3:45pm

#### Week 6

557782		\$100/4 sess
Tu W Th F	Aug 5-Aug 8	9:00am-12:00pm
557783		\$100/4 sess
Tu W Th F	Jul 28-Aug 1	12:45pm-3:45pm

#### Week 7

557784		\$125/5 sess
M Tu W Th F	Aug 11-Aug 15	9:00am-12:00pm
557785		\$125/5 sess
M Tu W Th F	Aug 11-Aug 15	12:45pm-3:45pm

#### Week 8

557786		\$125/5 sess
M Tu W Th F	Aug 18-Aug 22	9:00am-12:00pm
557787		\$125/5 sess
M Tu W Th F	Aug 18-Aug 22	12:45pm-3:45pm

INSTRUCTOR: PRESCHOOL TEACHERS



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

## Preschool Camp

### WPG Preschool Summer Smiles Camp (3-5 yrs)

Get ready for an unforgettable summer filled with laughter, learning, and adventure! Our Preschool Summer Smiles Camp offers a safe, nurturing environment where your little one can explore, create, and make new friends. With fun-filled activities like arts and crafts, nature exploration, games, water play and music, every day is a new opportunity for your child to grow and thrive. Bring a nut-free snack and water bottle. Children must be 3 years old by the start of the camp date. **See page 19 for dates and times.**

### Meet the Teachers!



**Ms. Taby** I am a passionate educator with a unique cultural background, being half Mexican and half Chinese, and having grown up moving internationally.

With a degree in developmental child psychology and early childhood education, I am dedicated to encouraging children to learn in as many ways possible. Outside of my professional life, I enjoy a wide variety of hobbies and have a love for travel, which fuels my curiosity and adaptability.



**Ms. Mariia** Hello, I'm Miss Mariia! With seven years of experience in education, I'm passionate about Early Childhood Education because these early years shape a child's lifelong love of learning. I strive to create a warm, supportive environment where children feel safe to explore, ask questions, and build confidence.



**Ms. Lori** Hello, I have over 15 years of teaching experience. As an enthusiastic, fun, hard-working, and progressive professional in Early Childhood Education, my goal is to remain on the cutting-edge of educational advancements for the sake of children's total development – mentally, emotionally and physically.

## Film Camps

### Hollywood Filmmaking Camp (9-14 yrs)

Lights, camera, action! Step into the world of filmmaking with Film Camp in a Box. In this hands-on camp, young filmmakers will explore every stage of production – from scriptwriting and cinematography to digital editing – using tools like Final Cut, iMovie, and Canva. Equipped with 4K cameras, drones, green screens, and more, campers will create and star in their own short film and movie trailer.

**Library**  
553963 \$350/5 sess  
M Tu W Th F Jul 14-Jul 18 9:00am-4:00pm  
INSTRUCTOR: FILM CAMP IN A BOX

### LEGO® Animation Camp (7-14 yrs)

Bring your LEGO® creations to life in this exciting stop-motion animation camp with Film Camp in a Box! Guided by master filmmakers, campers will explore every stage of animation – from set design and scriptwriting to production and post-production. Working in small crews, participants will animate LEGO® characters and scenes, creating their own short film and trailer. Using tools like Canvas and AI-powered soundtracks, they'll add music, sound effects, voiceovers, and special effects for a professional finish.

**Library**  
553964 \$350/5 sess  
M Tu W Th F Jul 21-Jul 25 9:00am-4:00pm  
INSTRUCTOR: FILM CAMP IN A BOX

### Music Video Production Camp (7-14 yrs)

Designed for creative campers, this program covers every stage of music video production – from concept to final cut – through hands-on activities guided by master filmmakers. In small crews, participants will interpret song lyrics, develop storylines, and film their own music videos using advanced cinematography and editing techniques. No camp Aug 4.

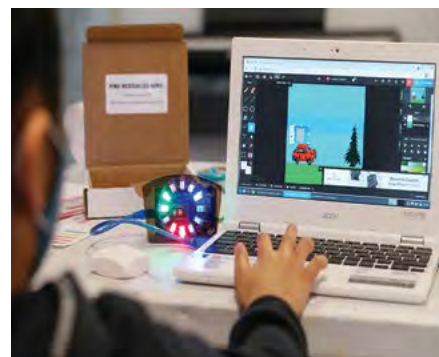
**Library**  
553965 \$280/4 sess  
Tu W Th F Aug 5-Aug 8 9:00am-4:00pm  
INSTRUCTOR: FILM CAMP IN A BOX

## Technology Camps

### WIZE – Coding & 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**  
557587 \$280/5 sess  
M Tu W Th F Jul 7-Jul 11 9:00am-12:00pm  
INSTRUCTOR: WIZE COMPUTING ACADEMY



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

This is a project-based camp for young learners, providing exposure to the Scratch programming language, creating different levels and themes with interactive media. Students will learn and create projects, games and animation using a block-based visual programming language called Scratch. Bring a tablet or an iPad.

**Library**  
557588 \$280/5 sess  
M Tu W Th F Jul 7-Jul 11 1:00pm-4:00pm  
INSTRUCTOR: WIZE COMPUTING ACADEMY

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## WIZE – Coding in **NEW** Augmented (AR) & Virtual Reality (VR) Camp (8-12 yrs)

Throughout the camp, children will learn to create and manipulate virtual environments, develop interactive simulations, and bring their imaginations to life through coding. They will dive into the fundamentals of spatial computing, understanding how to design and program immersive experiences that captivate and engage users. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Youth Room

557590 \$280/5 sess  
M Tu W Th F Jul 21-Jul 25 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 & Robotics using LEGO® WeDo. Working with motors and sensors and seeing them rolling according to your story makes this class so much fun! Bring a tablet or iPad with Bluetooth.

Youth Room

557591 \$280/5 sess  
M Tu W Th F Jul 21-Jul 25 1:00pm-4:00pm  
INSTRUCTOR: WIZE COMPUTING ACADEMY

## LEGO® Mining & Crafting Camp (5-10 yrs)

Dive into the world of Minecraft through LEGO® bricks! Using Reach Education building instructions, campers will craft structures and mobs using LEGO® Technic™, batteries, and electric motors. Each session, campers will complete 1-3 exciting projects. On the final day, every camper will design and take home their very own mini-figure. Bring a nut-free snack and water bottle. No camp Aug 4.

Craft Room

553960 \$176/4 sess  
Tu W Th F Aug 5-Aug 8 9:30am-12:30pm  
553959 \$176/4 sess  
Tu W Th F Aug 5-Aug 8 1:00pm-4:00pm  
INSTRUCTOR: REACH EDUCATION INC.

## WIZE – Artificial Intelligence & **NEW** Machine Learning Camp (8-12 yrs)

In this camp, students explore the exciting world of Artificial Intelligence (AI) through PictoBlox, a beginner-friendly coding platform. They will learn AI concepts such as image and speech recognition, face detection, and machine learning. They will also experiment with chatbot creation and train AI models to recognize patterns. Bring a Windows PC, Macbook, Chromebook or iPad, and a 3-button mouse with a scroll wheel is recommended.

Library

557592 \$280/5 sess  
M Tu W Th F Aug 11-Aug 15 9:00am-12:00pm  
INSTRUCTOR: WIZE COMPUTING ACADEMY



## WIZE – 3D Modelling & Printing Camp (8-12 yrs)

Learn the art of 3D designing by creating your cool designs. 3D design and printing teaches important STEAM concepts and design thinking. Students will learn how to design simple 3D models and prepare them for 3D printing. Take home your design as a great memoir of this summer camp. Bring a tablet or iPad with Bluetooth.

Library

557593 \$280/5 sess  
M Tu W Th F Aug 11-Aug 15 1:00pm-4:00pm  
INSTRUCTOR: WIZE COMPUTING ACADEMY

## Sports Camps

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



## Summer Smash Tennis: Junior Fundamentals + Aces Camp (7½-10 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, and bring a water bottle. No camp Jul 1, Aug 4.

Trimble Tennis Courts

559074 \$276/4 sess  
M Tu W Th F Jun 30-Jul 4 9:00am-12:00pm  
559075 \$345/5 sess  
M Tu W Th F Jul 7-Jul 11 9:00am-12:00pm  
559076 \$345/5 sess  
M Tu W Th F Jul 14-Jul 18 9:00am-12:00pm  
559077 \$345/5 sess  
M Tu W Th F Jul 21-Jul 25 9:00am-12:00pm  
559078 \$345/5 sess  
M Tu W Th F Jul 28-Aug 1 9:00am-12:00pm  
559079 \$276/4 sess  
M Tu W Th F Aug 5-Aug 8 9:00am-12:00pm  
559080 \$345/5 sess  
M Tu W Th F Aug 11-Aug 15 9:00am-12:00pm  
559081 \$345/5 sess  
M Tu W Th F Aug 18-Aug 22 9:00am-12:00pm  
INSTRUCTOR: SUMMER SMASH TENNIS

## Sports Camps cont'd

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



### Summer Smash Tennis: Mini Fundamentals Camp (4-5 yrs)

We have fun developing students' balance, jumping, throwing, catching, and racket skills. Enjoy various activities that develop fine motor skills, body awareness, and cooperation. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and bring a water bottle. No camp Jul 1, Aug 4.

Trimble Tennis Courts

557613	\$184/4 sess
M Tu W Th F Jun 30-Jul 4	9:30am-11:30am
557614	\$230/5 sess
M Tu W Th F Jul 7-Jul 11	9:30am-11:30am
557615	\$230/5 sess
M Tu W Th F Jul 14-Jul 18	9:30am-11:30am
557616	\$230/5 sess
M Tu W Th F Jul 21-Jul 25	9:30am-11:30am
557617	\$230/5 sess
M Tu W Th F Jul 28-Aug 1	9:30am-11:30am
557618	\$184/4 sess
M Tu W Th F Aug 5-Aug 8	9:30am-11:30am
557619	\$230/5 sess
M Tu W Th F Aug 11-Aug 15	9:30am-11:30am
557620	\$230/5 sess
M Tu W Th F Aug 18-Aug 22	9:30am-11:30am

INSTRUCTOR: SUMMER SMASH TENNIS

### Summer Smash Tennis: Youth Fundamentals + Aces Camp (11-16 yrs)

Students will develop their 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, and bring a water bottle. No camp Jul 1, Aug 4.

Trimble Tennis Courts

557613	\$276/4 sess
M Tu W Th F Jun 30-Jul 4	1:00pm-4:00pm
557614	\$345/5 sess
M Tu W Th F Jul 7-Jul 11	1:00pm-4:00pm
557615	\$345/5 sess
M Tu W Th F Jul 14-Jul 18	1:00pm-4:00pm
557616	\$345/5 sess
M Tu W Th F Jul 21-Jul 25	1:00pm-4:00pm
557617	\$345/5 sess
M Tu W Th F Jul 28-Aug 1	1:00pm-4:00pm
557618	\$276/4 sess
M Tu W Th F Aug 5-Aug 8	1:00pm-4:00pm
557619	\$345/5 sess
M Tu W Th F Aug 11-Aug 15	1:00pm-4:00pm
557620	\$345/5 sess
M Tu W Th F Aug 18-Aug 22	1:00pm-4:00pm

INSTRUCTOR: SUMMER SMASH TENNIS

### 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. 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. Players must bring their own regular size basketball. For sibling discount, please call the Main Office at 604.257.8140 ext. 1. No camp Jul 1, Aug 4. Camp takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC Gym

550954	\$252/4 sess
M W Th F Jun 30-Jul 4	10:00am-3:00pm
550955	\$315/5 sess
M Tu W Th F Jul 7-Jul 11	10:00am-3:00pm
550956	\$315/5 sess
M Tu W Th F Jul 14-Jul 18	10:00am-3:00pm
550957	\$315/5 sess
M Tu W Th F Jul 21-Jul 25	10:00am-3:00pm
550958	\$315/5 sess
M Tu W Th F Jul 28-Aug 1	10:00am-3:00pm
550960	\$252/4 sess
Tu W Th F Aug 5-Aug 8	10:00am-3:00pm
550961	\$315/5 sess
M Tu W Th F Aug 11-Aug 15	10:00am-3:00pm

INSTRUCTOR: DRIVE BASKETBALL INC.

### 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. Bring a nut-free snack and a water bottle (labelled with child's name) each day. This camp is located outdoors and is rain or shine.

Outside – East Grass Area

551923	\$150/5 sess
M Tu W Th F Jul 7-Jul 11	10:45am-12:00pm
551924	\$150/5 sess
M Tu W Th F Aug 11-Aug 15	10:45am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

As of September 3, 2024, waitlists for all programs have been removed.





## Sportball Outdoor Multi-Sport Camp (5-8 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. Bring a nut-free snack and a water bottle (labelled with child's name) each day. This camp is located outdoors and is rain or shine. No camp Aug 4.

Outside – East Grass Area

### Half Day

551925 \$270/5 sess

M Tu W Th F Jul 7-Jul 11 1:00pm-4:00pm

551926 \$270/5 sess

M Tu W Th F Aug 11-Aug 15 1:00pm-4:00pm

### Full Day

551927 \$350/5 sess

M Tu W Th F Jul 21-Jul 25 9:00am-3:00pm

551928 \$280/4 sess

Tu W Th F Aug 5-Aug 8 9:00am-3:00pm

551929 \$350/5 sess

M Tu W Th F Aug 18-Aug 22 9:00am-3:00pm

INSTRUCTOR: SPORTBALL VANCOUVER



## Sportball Outdoor Soccer Camp NEW

Children are introduced to the fundamental concepts of gameplay and teach the basic skills 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 camp will operate rain or shine.

Outside – North Grass Area

### 3½-5 yrs

551930 \$150/5 sess

M Tu W Th F Jul 14-Jul 18 10:45am-12:00pm

### 5-8 yrs

552464 \$270/5 sess

M Tu W Th F Jul 14-Jul 18 1:00pm-4:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

[www.westpointgrey.org](http://www.westpointgrey.org)



## Specialty Camps

### CSI Lab Camp (6-10 yrs)

Enter the mysterious and multifaceted world of CSI Lab. Come discover detection – use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science! No camp Jul 1.

Craft Room

553939 \$248/4 sess

M W Th F Jun 30-Jul 4 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.

Craft Room

553940 \$310/5 sess

M Tu W Th F Jul 14-Jul 18 9:00am-3:00pm

INSTRUCTOR: STEAM 4 KIDS

### 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. Explore space and embark on a space mission, while learning how astronauts live in space.

Craft Room

553937 \$310/5 sess

M Tu W Th F Jul 28-Aug 1 9:00am-3:00pm

INSTRUCTOR: STEAM 4 KIDS

### 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!

Craft Room

553936 \$310/5 sess

M Tu W Th F Aug 18-Aug 22 9:00am-3:00pm

INSTRUCTOR: STEAM 4 KIDS

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## Specialty Camps cont'd



### 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 and our Hummingbird Camp focuses on body positivity, media literacy, and friendship. Learning is balanced with nature time, games, and crafts. LGBTQ2SIAP+ inclusive space. An Expression of Interest application can be completed on [www.fireandflowergirls.org](http://www.fireandflowergirls.org). For more info, please contact [empower@fireandflowergirls.org](mailto:empower@fireandflowergirls.org). No camp Aug 4.

Youth Room

#### Hummingbird

553944 **FREE/4 sess**  
Tu W Th F Aug 5-Aug 8 9:00am-3:00pm

#### Kingfisher

553945 **FREE/5 sess**  
M Tu W Th F Aug 11-Aug 15 9:00am-3:00pm  
INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY

### Space Blast Off Camp (6-10 yrs)

Children will learn what it takes to be a true globetrotter! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air, as well as experiencing the life of an astronaut. Explore the farthest reaches of our solar system and the various space phenomena.

Craft Room

553938 **\$310/5 sess**  
M Tu W Th F Aug 11-Aug 15 9:00am-3:00pm  
INSTRUCTOR: STEAM 4 KIDS



## Dance Camps

### Active Tumble, Flex & Dance Camp (5-14 yrs)

Through proper breathing, strengthening, tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Having learned the proper techniques, our goal is for the student to have better physical awareness, stronger core muscles, have fun tumbling, increase flexibility, and stand tall with confidence. No previous experience required. Bring a nut-free snack/lunch and water bottle.

Lounge

554078 **\$245/5 sess**  
M Tu W Th F Jul 14-Jul 18 9:05am-12:00pm  
INSTRUCTOR: ILLUMA STUDIO

### Active Dance Sing/Jazz Funk/Hip Hop/KPOP Camp (5-14 yrs)

Students will be introduced to Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches, and learn the importance of breathing. Through purposeful games, students will refine their presentation and public speaking skills. No previous experience required. Bring a nut-free snack/lunch and water bottle.

Lounge

554079 **\$225/5 sess**  
M Tu W Th F Jul 14-Jul 18 12:00pm-3:00pm  
554081 **\$225/5 sess**  
M Tu W Th F Jul 28-Aug 1 12:00pm-3:00pm  
554082 **\$245/5 sess**  
M Tu W Th F Aug 18-Aug 22 9:05am-12:00pm  
INSTRUCTOR: ILLUMA STUDIO

### Active Dance: Jazz Funk, Hip Hop & Asian Pop Camp (5-14 yrs)

A beginner/intermediate camp buffet of Hip Hop, Locking, Popping, Street Dance, Korean Pop (KPOP), and other dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! No previous experience required. Bring a nut-free snack/lunch and water bottle.

Lounge

554080 **\$245/5 sess**  
M Tu W Th F Jul 28-Aug 1 9:05am-12:00pm  
554083 **\$225/5 sess**  
M Tu W Th F Aug 18-Aug 22 12:00pm-3:00pm  
INSTRUCTOR: ILLUMA STUDIO



**As of September 3, 2024, waitlists for all programs have been removed.**





# Summer Playground Program at Trimble Park



Enjoy family-friendly programs and events at Vancouver's Trimble Park this Summer! Take advantage of both supervised and unsupervised activities. Come join us for a swim in our wading pool! Please note we are closed on stat holidays.



West Point Grey  
Community Centre  
Association

Monday-Friday | Trimble Park  
11:30am - 6:30pm | 2250 Trimble Street  
July 2 - Aug 22, 2025 | Vancouver, B.C.

# Adult & Seniors



## Arts

### Creative Drawing

Learn the importance of focal points, while developing a clear understanding of design, composition and perspective. Pencil and paper are used as you learn the importance of tonal values, light direction and how to draw successfully from a reference spot. Supplies are not included; a list of required materials will be provided during the first class. Drop-in \$30 (space permitting).

#### Meeting Room

556956 \$200/8 sess  
 Tu May 6-Jun 24 9:30am-12:00pm  
 INSTRUCTOR: GEORGIA YOUNGS



### Abstract Painting

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. Drop-in \$32 (no experience required). See receipt for supply list.

#### Craft Room

554727 \$124/8 sess  
 Tu May 6-May 27 1:30pm-4:30pm  
 INSTRUCTOR: DAVIDE MERINO

### Creative Painting Using Acrylics – Beginners to Advanced

Students will create a simple painting each week on a small canvas using photographs. Students will be introduced to the medium, covering basic drawing techniques, an overview of color theory and its application, and guidance on selecting and purchasing the right art supplies. Drop-in \$30 (space permitting).

#### Meeting Room

556957 \$200/8 sess  
 W May 7-Jun 25 12:30pm-3:00pm  
 INSTRUCTOR: GEORGIA YOUNGS



### Watercolour Basics and Beyond

This program is perfect for beginners without experience or those returning to build on their skills from Watercolour 101 or a previous Basics and Beyond class. Each session offers two parts: 1) Basics covers foundational watercolour techniques and colour theory, giving you the confidence to start creating. 2) Beyond is designed for those with prior experience, offering advanced projects to refine and expand your skills.

#### Craft Room

554646 \$288/8 sess  
 Th May 1-Jun 19 6:00pm-8:00pm  
 558391 \$216/6 sess  
 Th Jul 3-Aug 7 6:00pm-8:00pm  
 INSTRUCTOR: CHLOE GREENBERG

### Watercolour Workshops

Join one of these beginner-level watercolour workshops! 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 but you are welcome to bring your own. Learn more about your instructor Chloe, at [www.chloegreenberg.com](http://www.chloegreenberg.com)

#### Craft Room

### Floral Bouquet Card

554647 \$50/1 sess  
 Tu May 6 5:30pm-8:00pm

### Doorway

554648 \$50/1 sess  
 Tu Jun 3 5:30pm-8:00pm

### Sea Urchin

558392 \$50/1 sess  
 Tu Aug 5 5:30pm-8:00pm  
 INSTRUCTOR: CHLOE GREENBERG

### Summer Plein Aire NEW Drawing Class

These classes are meant to help those who want to learn about how to capture the great outdoors, whether it is majestic homes or beach scenes. Bring your pencils, eraser and a good size sketch pad and let's get started. Bring a stool for yourself to sit on, sun screen, hat, water bottle and good shoes for walking. These sessions will give you a chance to bone up on how to focus on areas of interest. Basic drawing techniques will be explored. Rainy days will be held indoors. Please meet in the Lounge each week. Drop-in \$30 (space permitting).

#### Lounge

559159 \$75/3 sess  
 Tu Jul 8-Jul 22 9:30am-12:00pm  
 559160 \$75/3 sess  
 Tu Aug 5-Aug 19 9:30am-12:00pm  
 INSTRUCTOR: GEORGIA YOUNGS

### Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

[www.westpointgrey.org](http://www.westpointgrey.org)

### Follow us on SOCIAL MEDIA

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## Soy Candle Making Workshop NEW

Join our candle-making workshop to explore the art of creating beautiful, scented candles! Learn the basics of wax melting, fragrance blending, and pouring techniques. Perfect for beginners or anyone looking to add a personal touch to their home decor. Leave with your own two handcrafted candles and the skills to make more!

### Oak Room

556341		\$75/1 sess
Sa	May 3	1:00pm-2:00pm
556343		\$75/1 sess
Sa	May 17	1:00pm-2:00pm
556344		\$75/1 sess
Sa	May 31	1:00pm-2:00pm
557045		\$75/1 sess
W	Jun 18	6:30pm-7:30pm
557342		\$75/1 sess
W	Jul 9	6:30pm-7:30pm
557389		\$75/1 sess
W	Aug 20	6:30pm-7:30pm

### Youth Room

557042		\$75/1 sess
Th	Jun 5	6:30pm-7:30pm
557068		\$75/1 sess
Th	Jun 26	6:30pm-7:30pm
557343		\$75/1 sess
Th	Jul 17	6:30pm-7:30pm
557344		\$75/1 sess
Th	Jul 31	6:30pm-7:30pm
557386		\$75/1 sess
Th	Aug 7	6:30pm-7:30pm

INSTRUCTOR: NAVNEET KAUR

## Drawing and Painting

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, linear and atmospheric perspectives. Supplies are not included; supply list available upon registration. Drop-in \$30 (space permitting).

### Craft Room

557274		\$270/9 sess
F	May 2-Jun 20	9:30am-10:45am

INSTRUCTOR: MOHAMMAD REZA ATASHZAD

## Dance

### Dance & Flow

Let's move! This class will explore different styles of contemporary dance and improvisation. You will have 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 phase. Drop-in \$7.50 (space permitting). No class May 19, Aug 4.

### Oak Room

554478		\$42/7 sess
M	May 5-Jun 23	11:30am-12:30pm

INSTRUCTOR: KERSTIN LUETTICH

### Folk Dancing

Join us for an informal evening of unique and fun dances from around the world. Beginners welcome. Come by yourself or with a friend! Partners are not required, and instruction is provided. Drop-in \$5 (space permitting). No class May 19.

### Oak Room

552821		\$28/7 sess
M	May 5-Jun 23	7:35pm-9:35pm
556846		\$24/6 sess
M	Jul 7-Aug 18	6:15pm-8:15pm

INSTRUCTOR: BILL THOMPSON

## Intro to Latin Dance: NEW

### Salsa, Mambo, and Bachata

Latin Dancers and Enthusiasts enjoy a fun, and stress-free latin dance experience under the guidance of a professional dance leader. Through the session your dance technique and vocabulary will improve in the styles of Samba, Salsa, Mambo, and Bachata. All levels are welcome. Drop-in \$18, if space permits. No partner required.

### Oak Room

553030		FREE TRIAL
Tu	May 6	7:30pm-8:30pm
553029		\$105/7 sess
Tu	May 13-Jun 24	7:30pm-8:30pm
554591		FREE TRIAL
Tu	Jul 8	7:15pm-8:15pm
554592		\$90/6 sess
Tu	Jul 15-Aug 19	7:15pm-8:15pm

INSTRUCTOR: ENDORPHIN RUSH DANCE

## Pottery

### Beginner Wheel Throwing with Chu Chu

Join this beginner wheel throwing class where you'll learn great techniques to start making your own cups, bowls and more! There will be a focus on proper centering and wall building with pro tips for each individuals progression. Clay must be purchased through the centre and pottery tools can also be purchased. Please note that registration after 2nd class must be approved by the instructor. No class May 19.

### Pottery Studio

556383		\$360/8 sess
M	May 5-Jun 30	5:30pm-8:30pm
556385		\$270/6 sess
M	Jul 7-Aug 18	5:30pm-8:30pm

INSTRUCTOR: SERENA CHU

### Intermediate Pottery: Throwing and Hand Building

Topics may include throwing larger, lidded vessels, tips for trimming, improving glazing and more. In the first class we'll discuss possible projects and demonstrations, based on the skill level of students and their interests. Students must be able to centre at least one pound of clay, and know the basics of wheel throwing (centering, wall pulling and trimming). This class is not suitable for beginners. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$43.

### Pottery Studio

557440		\$360/8 sess
Tu	May 6-Jun 24	5:30pm-8:30pm

INSTRUCTOR: LISA WARREN

### Pottery: Wheel Throwing, Beginners and All Levels

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.

### Pottery Studio

553048		\$360/8 sess
W	May 7-Jun 25	6:30pm-9:30pm

INSTRUCTOR: DAYNA VREEKEN

## Pottery cont'd

### Pottery: Intermediate NEW Wheel Class Bootcamp

Learn to focus on improving your throwing skills by completing throwing challenges for each of the four weeks. Everything we throw will be considered and talked about before we cut it in half to see how we are growing and what skills to work on for the next round. Nothing we make in this class will be fired or glazed and so you must come prepared to let go of the final product and enter with a learning mindset. Participants must be able to throw a 5 inch cylinder with consistent walls. Please also bring some paper or a sketch book, a pencil, and a ruler. 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.

Pottery Studio

553051 \$180/4 sess  
W Jul 2-Jul 23 6:30pm-9:30pm  
INSTRUCTOR: DAYNA VREEKEN



### Pottery Workshops NEW

These beginner friendly workshops are perfect for anyone who is interested in trying out pottery for the first time. Clay must be purchased through the centre and pottery tools can be purchased for an additional \$43.

Pottery Studio

#### Fruit Plate Workshop

559392 \$60/1 sess  
Tu Jun 3 1:30pm-3:30pm

#### Working with Coil Workshop

559393 \$60/1 sess  
Tu Jun 17 1:30pm-3:30pm

#### Wall Planter Workshop

559394 \$60/1 sess  
Tu Jul 8 1:30pm-3:30pm  
INSTRUCTOR: OLIVE CARROLL

## Music

### Piano Lessons with June

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. 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 16-19, Aug 4.

Music Room

555026-555031		\$231/7 sess
M	May 5-Jun 23	3:30pm-9:30pm
555032-555037		\$264/8 sess
Tu	May 6-Jun 24	3:30pm-9:30pm
555038-555053		\$297/9 sess
Th	May 1-Jun 26	10:15am-9:30pm
555054-555060		\$297/9 sess
F	May 2-Jun 27	12:15pm-4:15pm
558490-558495		\$198/6 sess
M	Jul 7-Aug 18	3:30pm-9:30pm
558496-558500		\$231/7 sess
Tu	Jul 8-Aug 19	3:30pm-9:30pm
558501-558528		\$264/8 sess
Th	Jul 3-Aug 21	10:15am-9:30pm
558517-558523		\$231/7 sess
F	Jul 4-Aug 22	12:15pm-4:15pm

INSTRUCTOR: JUNE LAM

### Piano Lessons with Victoria

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class Jul 9. Quoted price is for 30 minute lessons.

Music Room

556931-556937		\$680/8 sess
W	May 7-Jun 25	2:45pm-8:00pm
556947-556953		\$595/7 sess
W	Jul 2-Aug 20	2:45pm-8:00pm

INSTRUCTOR: VICTORIA GOMON

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### 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 5-8 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.

Music Room

555025		\$270/9 sess
Th	May 1-Jun 26	9:15am-10:15am
558489		\$240/8 sess
Th	Jul 3-Aug 21	9:15am-10:15am

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 an unfamiliar song, 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.

Library

552392		\$17.50/7 sess
Su	May 4-Jun 15	10:30am-12:30pm

## Social

### Mah Jong NEW

Bring your lunch/snack and come and learn this Chinese game about numbered and pictured tiles. Great for the mind, all levels welcome. This is a non-instructional program. Drop-in \$1.50 (space permitting). No session May 8.

Oak Room

550585		\$9/9 sess
Th	May 1-Jun 19	11:00am-1:00pm

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## Languages

### Spanish Conversation with Rossana

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

#### Beginner

554468 \$160/8 sess  
Tu May 6-Jun 24 4:30pm-5:45pm

#### Intermediate

554469 \$160/8 sess  
Tu May 6-Jun 24 6:45pm-8:00pm  
INSTRUCTOR: ROSSANA MARIEZCURRENA

## Education

### Interview Preparation NEW

Led by an experienced instructor from CDI College, this program is designed to help participants navigate the interview process with ease. Through interactive lessons, you'll learn essential techniques, including how to answer common and behavioral interview questions, present yourself professionally, and make a lasting impression on employers. The program will conclude with one-on-one mock interviews, where you'll receive personalized feedback to refine your approach and enhance your success. Drop-in \$40 (space permitting). No class May 19.

Library

554943 \$240/8 sess  
M W May 5-Jun 2 6:00pm-8:00pm  
INSTRUCTOR: BHUMIKA LALLER

### 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.

Library

550780 **FREE**  
Th May 8 10:00am-11:30am  
INSTRUCTOR: DAVID PERKINS

[www.westpointgrey.org](http://www.westpointgrey.org)



### Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. 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.

Library

550779 **FREE**  
Th Jun 26 10:00am-11:30am  
INSTRUCTOR: DAVID PERKINS

### Public Speaking & Presentation Skills NEW

We will cover essential techniques for speaking confidently and effectively on stage, whether in front of a large audience or in smaller, more intimate settings. Participants will learn how to structure their presentations, engage their audience, and use their voice and body language to create a lasting impact. Drop-in \$30 (space permitting).

Youth Room

555243 \$100/4 sess  
Th Jun 5-Jun 26 6:00pm-8:00pm  
INSTRUCTOR: BHUMIKA LALLER

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Learn more about upcoming programs and events.  
[www.westpointgrey.org](http://www.westpointgrey.org)

### Resume & Cover Letter Writing NEW

Led by an experienced instructor from CDI College, this workshop is designed to help participants create strong, professional resumes and cover letters. Through hands-on guidance, you will learn how to craft compelling application materials, optimize your resume to pass Applicant Tracking Systems (ATS), and highlight your skills effectively. Drop-in \$35 (space permitting).

Youth Room

554847 \$150/6 sess  
Th May 8-May 22 6:00pm-8:00pm  
Sa May 10-May 24 10:00am-12:00pm

Library

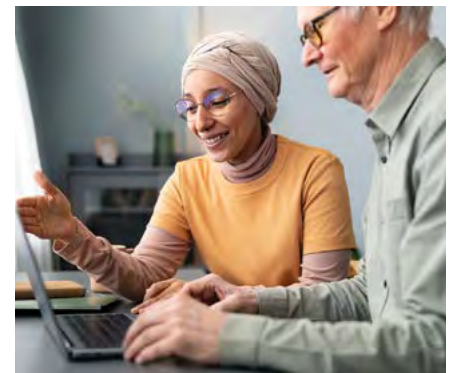
556328 \$150/6 sess  
Tu Th Jul 8-Jul 24 6:00pm-8:00pm  
INSTRUCTOR: BHUMIKA LALLER

### Social Connectedness

Loneliness and isolation can affect your health as a senior. This workshop examines the social determinants of health and well-being. It helps participants to determine the level of connectedness they need and how to achieve it.

Oak Room

560262 **FREE**  
W May 14 11:30am-1:30pm  
INSTRUCTOR: COSCO SENIORS HEALTH AND WELLNESS INSTITUTE SOCIETY



### Technology and Aging

Learn how technology can help manage the demands of daily living, connect with family and friends, and access assistance when needed.

Oak Room

560264 **FREE**  
Th Jun 5 11:30am-1:30pm  
INSTRUCTOR: COSCO SENIORS HEALTH AND WELLNESS INSTITUTE SOCIETY

## Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

### 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. Emphasizing permaculture design elements, it offers fun, inclusive social, educational, culinary, artistic, and cultural activities for community members. All levels of experience are welcome at our weekly garden work parties, including new gardeners (for more info: [ACG@villagevancouver.ca](mailto:ACG@villagevancouver.ca)). For more information, about Village Vancouver, visit [www.villagevancouver.ca](http://www.villagevancouver.ca) or email Ross Moster at [ross@villagevancouver.ca](mailto:ross@villagevancouver.ca). The garden is a member of the Westside Neighbourhood Food Network, and is part of the Westside Permaculture Corridor.

#### WPG Community Garden

556844		FREE
Sa	May 3-Jun 28	10:00am-12:30pm
556804		FREE
Sa	Jul 5-Aug 30	10:00am-12:30pm

### Healthy Soil for a Great Garden

This 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. Reduced fee for seniors (50 and over; \$5 materials fee only).

#### Youth Room

556492		\$25/1 sess
M	May 12	6:30pm-8:30pm

### Making Jute and Wool Baskets

Learn the basics of weaving using jute and wool with CZarina Lobo. Using techniques such as twining, we'll make a small basket or water bottle carrier. The knowledge you'll gain can be applied to any natural and fabric fibres, as well as towards making larger baskets. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$5 materials fee only).

#### Craft Room

556487		\$20/1 sess
Tu	May 20	6:30pm-8:30pm

### Permaculture Vancouver Meetup

Join us for a community meal and an educational topic. Optionally, please either bring your own dinner or something to share for the potluck, and plate or bowl, and cutlery. Part of our 9th Annual Westside Food Festival (May 20-Jul 7).

#### Youth Room

556493		FREE
W	May 28	6:30pm-8:30pm
556494		FREE
W	Jun 18	6:30pm-8:30pm
556811		FREE
W	Jul 16	6:30pm-8:30pm

### Grow Your Own Sprouts and Microgreens NEW

Microgreens are tasty and nutritious greens that can be eaten, like sprouts, as a fresh snack or added to salads, smoothies and soups. In this workshop with Dr. Yael Stav, you'll learn how to grow your own trays of microgreens at home. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home. Reduced fee for seniors (50 and over; \$10 materials fee only).

#### Youth Room

556490		\$25/1 sess
Th	May 29	6:30pm-8:30pm

### Flavoured Vinegar NEW

In this workshop with Carly Hilbert, explore the art of creating flavourful vinegars with our hands-on workshop. Learn how to transform plain vinegar into delicious condiments perfect for cooking and enhancing dishes. Topics include: Choosing base vinegars and flavouring ingredients, proper sanitation techniques for vinegar-making, techniques for cold infusion vs. hot infusion methods, creating flavoured vinegars like apple cider vinegar, balsamic vinegar, and herb-infused vinegars, using flavoured vinegars in various recipes, and proper storage and shelf-life of homemade vinegars. Take home your own batch of flavoured vinegar creations to elevate your cooking and add unique flavours to your dishes. Reduced fee for seniors (50 and over; \$7 materials fee only).

#### Youth Room

556499		\$26/1 sess
Sa	May 31	11:00am-1:00pm

### Container and Windowsill Gardening

In this workshop with Rhiannon Johnson, you'll learn basic techniques for growing food in small containers, windowsills, and other hard to grow places. Reduced fee for seniors (50 and over; \$5 materials fee only).

#### Youth Room

556488		\$20/1 sess
Sa	Jun 14	1:00pm-3:00pm

### Kids Planting Herbs (4-5 yrs) NEW

Join Village Vancouver Westside Neighbourhood Food Network and Rhiannon Johnson in planting a small planter of herbs that you can take home and watch grow larger. Learn what makes plants happy and what makes them grow bigger. Discover the different shapes and smells of herbs! You'll also get some seeds to take home and grow!

#### WPG Community Garden

556508		\$7/1 sess
Su	Jun 15	4:00pm-5:00pm





## Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

### Playing in the Dirt (6-9 yrs) NEW

Join Village Vancouver Westside Neighborhood Food Network and Rhiannon Johnson in learning about plants by 'playing in the dirt' and planting seedlings into a pot that you take home to watch grow. You'll also get some seeds to take home and grow!

WPG Community Garden

556504 \$7/1 sess  
Su Jun 15 3:00pm-4:00pm



### Growing Tasty Tomatoes NEW

With the right conditions, tomatoes are easy to grow and taste terrific homegrown! Learn how to grow tomatoes in your sunny garden or containers. In this workshop with Rhiannon Johnson, we'll cover different types of tomatoes, starting from seed vs. buying a start, soil, care, and what to expect. To keep your tomatoes healthy, we'll talk about tomato diseases and how to avoid them. You'll learn how and when to harvest the tomatoes and how to ripen the green ones in the fall. Reduced fee for seniors (50 and over; \$5 materials fee only).

Youth Room

556509 \$20/1 sess  
M Jun 16 6:30pm-8:30pm

### Introduction to Vertical Gardening

In this workshop with Dr. Yael Stav, we'll review the opportunities for, and benefits of, growing food gardens in an urban setting. We'll discuss the different systems and technologies available for gardening and talk about the principles of setting up a successful food garden on fences, walls, and balconies, including watering, weight, light and plant choice considerations. Reduced fee for seniors (50 and over; \$5 materials fee only).

Craft Room

556491 \$20/1 sess  
Tu Jun 24 6:30pm-8:30pm

### Pickling Workshop NEW

In this workshop with Carly Hilbert, discover the art of pickling with hands-on pickling workshop. Learn how to transform fresh vegetables and fruits into tangy, crunchy delights perfect for snacking, adding to sandwiches, or enhancing salads. You will leave with a batch of freshly made pickles and the knowledge to continue pickling at home. Reduced fee for seniors (50 and over; \$10 materials fee only).

WPG Kitchen

558972 \$28/1 sess  
W Jun 25 6:30pm-8:30pm

### Pressure Canning

In this workshop with Carly Hilbert, expand your canning capabilities with our pressure canning workshop. Learn how to safely preserve low-acid foods like meats, vegetables, and soups using a pressure canner. Practice pressure canning your own jars and leave with confidence to can a wide variety of foods at home. Reduced fee for seniors (50 and over; \$10 materials fee only).

Youth Room

556808 \$28/2 sess  
W Jul 2 6:30pm-8:30pm

### Homemade Kombucha Brewing

Want to make your own Kombucha but don't know how? In this Village Vancouver Westside Neighbourhood Food Network workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of Kombucha brewing and tasting great. Plus, we'll provide handouts and online resources to support your learning. Reduced fee for seniors (50 and over; \$5 materials fee only).

Dining Room

556807 \$20/1 sess  
Tu Jul 15 6:30pm-8:00pm



### DIY Soup in a Jar

In this workshop with Carly Hilbert, create comforting, ready-to-eat meals with our DIY soup-in-a-jar workshop. Learn how to prepare, package, and can homemade soups for convenient meals throughout the year. Reduce fee for seniors (50 and over; \$13 materials fee only).

Youth Room

556805 \$30/1 sess  
Th Jul 24 6:30pm-8:30pm

### Sauerkraut NEW

In this workshop with Carly Hilbert, learn the art of lacto-fermentation with our sauerkraut workshop. Discover how to create delicious, probiotic-rich sauerkraut using simple equipment and minimal ingredients. Reduced fee for seniors (50 and over; \$10 materials fee only).

Youth Room

556809 \$28/1 sess  
W Aug 6 6:30pm-8:30pm

### Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

[www.westpointgrey.org](http://www.westpointgrey.org)

## Bus Out Trips by Enjoy The Journey

### Secret Cove Sunshine Coast

Explore the Sunshine Coast aka the "Best Place on Earth"! Visit Davis Bay, an Ancient Forest and 5-star Rockwater Secret Cove Resort for lunch. Package includes: Boardwalk Rockwater Secret Cove Resort, lunch at Rockwater Secret Cove Resort, Hidden Groves, Davis Bay, Gibson's Landing, and ferry fee (included for 65+ yrs, additional \$10 ferry fee for 64 yrs and under). Level: Easy

**Aberthau Mansion Entrance**

**550617** \$150/1 sess  
W May 21 7:30am-8:00pm

### The Train Tour

Take an outdoor 2-mile miniature railway ride through woodlands, bridges and tunnels. Learn about the first passenger train to Vancouver in 1887. Enjoy lunch beside a train car in Gastown and finish the day on the West Coast Express Waterfront Station to Mission City Station. Package includes: Burnaby Central Railway, Miniature Railway Ride, Engine #374 Exhibit, lunch at Old Spaghetti Factory, and a West Coast Express ticket. Level: Easy

**Aberthau Mansion Entrance**

**550618** \$130/1 sess  
F Jun 20 9:45am-7:00pm

### Coquihalla Canyon Park

The Coquihalla Canyon Provincial Park is filled with natural scenic beauty highlighted by The Othello Tunnels offering some of British Columbia's most beautiful landscapes. Join an escorted flat 3.5km return walk through the newly reopened 4 tunnels and enjoy a generous picnic table lunch at the park. Afternoon refreshments are served at Bridal Falls. Package includes: Escorted walk through Othello Tunnels, Coquihalla Canyon picnic lunch, and Bridal Falls afternoon refreshments. Level: Moderate

**Aberthau Mansion Entrance**

**550619** \$120/1 sess  
Th Jul 31 7:15am-5:45pm



### Richmond Sunflower Festival

Stroll through over 20 acres with 90 varieties of sunflowers, dahlias, and other flowers. This tour includes a morning walk, a delicious lunch and free time around Steveston featuring a sweet treat at Fisherman's Wharf. Package includes: Sunflower Festival admission, lunch at Sharkey's Seafood Grille, Brunswick Trail escorted walk, free time around Steveston, and Timothy's Frozen Yogurt. Level: Easy

**Aberthau Mansion Entrance**

**550620** \$130/1 sess  
M Aug 25 8:30am-5:30pm

## 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 19, Aug 4.

**WPG Gym**

**552838** \$6/drop-in  
M May 5-Jun 30 9:10am-10:10am  
**552837** \$6/drop-in  
W May 7-Jun 25 9:10am-10:10am  
**552863** \$6/drop-in  
M Jul 7-Aug 11 9:10am-10:10am  
**552862** \$6/drop-in  
W Jul 2-Aug 13 9:10am-10:10am  
INSTRUCTOR: ALESYA BOGAEVSKAYA

### Piloga

A fusion of Pilates and Yoga for total mental and physical wellbeing! All levels welcome. First class of the season is FREE! Please bring your own yoga mat. No session May 19.

**Oak Room**

**554645** \$6/drop-in  
M May 5-Jun 23 1:00pm-2:00pm  
INSTRUCTOR: BITA HAGHIGHIFARID

### Strength and Stretch

Join us for a complete body workout using weights, resistance bands and body weight. End with a stretch to increase mobility and flexibility and reduce stress. Please bring your own bands. No session May 19, Aug 4.

**WPG Gym**

**552834** \$6/drop-in  
M May 5-Jun 30 10:20am-11:20am  
**552859** \$6/drop-in  
M Jul 7-Aug 11 10:20am-11:20am  
INSTRUCTOR: ALESYA BOGAEVSKAYA

### 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**

**550676** \$6/drop-in  
Tu May 6-Jun 24 9:30am-10:45am  
**550677** \$6/drop-in  
Th May 1-Jun 26 9:30am-10:45am  
**550688** \$6/drop-in  
Tu Jul 8-Aug 19 9:30am-10:45am  
**550689** \$6/drop-in  
Th Jul 3-Aug 21 9:30am-10:45am  
INSTRUCTOR: MAGGI CHEETHAM

### Stretch & Core

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**

**552835** \$6/drop-in  
W May 7-Jun 25 10:20am-11:20am  
**552860** \$6/drop-in  
W Jul 2-Aug 13 10:20am-11:20am  
INSTRUCTOR: ALESYA BOGAEVSKAYA

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## Stability, Mobility and Flexibility

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.

Oak Room

550678		\$6/drop-in
W	May 7-Jun 25	4:00pm-5:00pm
550690		\$6/drop-in
W	Jul 2-Aug 20	4:00pm-5:00pm
INSTRUCTOR: MAGGI CHEETHAM		



## 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.

WPG Gym

560381		\$6/drop-in
Th	May 1-Jun 19	11:30am-12:30pm
560382		\$6/drop-in
Th	Jul 3-Aug 21	11:30am-12:30pm
INSTRUCTOR: LAURENCE SAUVE		

## Zumba & 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

552836		\$6/drop-in
F	May 2-Jun 27	9:10am-10:10am
552861		\$6/drop-in
F	Jul 4-Aug 15	9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

[www.westpointgrey.org](http://www.westpointgrey.org)

## Ballet Barre

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

552833		\$6/drop-in
F	May 2-Jun 27	10:20am-11:20am
552858		\$6/drop-in
F	Jul 4-Aug 15	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

## Rise Up

Rise up is the perfect lift up! Starting with a 30 min workout of Zumba® followed by 30 min of Hatha Yoga. Bring yourself, a towel, a water bottle, a blanket and a yoga mat. Drop-in \$20.

Oak Room

550708		\$95/5 sess
Sa	May 3-May 31	11:00am-12:00pm
INSTRUCTOR: LAURENCE SAUVE		

## Health & Wellness

### Iyengar Yoga – Mixed Levels

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, you will learn essential yoga poses, use props, and hold poses longer. The method is adapted for all ages and abilities. For more information, please visit [www.sharonfriesen.com](http://www.sharonfriesen.com). Please bring your own yoga mat. Drop-in \$22 (space permitting). No class on May 19.

Oak Room

552976		\$140/7 sess
M	May 5-Jun 23	9:30am-11:00am
552977		\$162/9 sess
Th	May 1-Jun 26	9:15am-10:30am
INSTRUCTOR: SHARON FRIESEN		

### Beginner Yoga – Vijnana Tradition

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). Please bring your own yoga mat. No class May 19, 26.

Dining Room

552875		\$119/7 sess
M	May 5-Jun 30	6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER		

## Üphoria Yoga: Parents & Tots NEW

We will introduce you and your little one to the benefits of yoga through the use of playful stories, songs, and props. Not your typical yoga experience, this program is designed to help toddlers build strength and mobility in a fun and vibrant environment. Come play, explore, and connect with your little one in this dynamic and cheerful program!

Oak Room

558220		<b>FREE TRIAL</b>
Tu	May 6	10:00am-10:45am
557466		\$115.50/7 sess
Tu	May 13-Jun 24	10:00am-10:45am
INSTRUCTOR: ÜPHORIA YOGA		

## Afternoon Deep Stretch Yoga

Targeting all areas of the body, slow paced and gentle, this class has participants hold yoga poses, while increasing healthy movement and rejuvenation within the deep connective tissues of the body through myofascial release. Modifications and guided use of props will be provided. Please bring your own yoga mat. Drop-in \$18 (space permitting). No class Aug 13.

Oak Room

556884		\$128/8 sess
Tu	May 6-Jun 24	2:00pm-3:00pm
558383		\$112/7 sess
W	Jul 2-Aug 20	5:15pm-6:15pm
INSTRUCTOR: KENDRA RUHLAND		

## Gentle Hatha

Slow paced and gentle guidance through static poses emphasizing safe alignment and body awareness while increasing balance, mindfulness, flexibility, and relaxation. Connecting to mind, body, and breath with breathwork practice and guided meditation. Please bring your own yoga mat. Drop-in \$18 (space permitting). No class Aug 13.

Oak Room

556883		\$128/8 sess
Tu	May 6-Jun 24	3:15pm-4:15pm
558384		\$128/8 sess
W	Jul 2-Aug 20	4:00pm-5:00pm
INSTRUCTOR: KENDRA RUHLAND		

## Health & Wellness cont'd

### 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

554579		<b>FREE TRIAL</b>
Tu	May 6	6:30pm-7:30pm
554583		\$105/7 sess
Tu	May 13-Jun 24	6:30pm-7:30pm
554590		<b>FREE TRIAL</b>
Tu	Jul 8	6:15pm-7:15pm
554589		\$90/6 sess
Tu	Jul 15-Aug 19	6:15pm-7:15pm

INSTRUCTOR: ENDORPHIN RUSH DANCE

### Leblond Technique: Yoga, Pilates and Dance

Experience the fusion of yoga, Pilates, classical, and modern dance techniques. 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. Class begins with floor exercises, progressing to body ball, and dance training. This is fitness for life, everyone is welcome. Please bring your own yoga mat. Drop-in \$25 (space permitting).

#### Dining Room

554736		\$147/7 sess
Tu	May 6-Jun 24	6:30pm-8:30pm
562951		<b>FREE TRIAL</b>
Tu	Jun 3	6:30pm-8:30pm
554753		\$147/7 sess
Tu	Jul 8-Aug 19	6:15pm-8:15pm

#### Oak Room

554735		<b>FREE TRIAL</b>
Th	May 1	6:30pm-8:30pm
554734		\$168/8 sess
Th	May 8-Jun 26	6:30pm-8:30pm
554752		\$168/8 sess
Th	Jul 3-Aug 21	6:15pm-8:15pm

INSTRUCTOR: JANICE LEBLOND



### 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. Please bring your own yoga mat. Drop-in \$25 (space permitting).

#### Oak Room

552533		\$95/5 sess
Th	May 1-May 29	1:30pm-2:30pm
552534		\$95/5 sess
Sa	May 3-May 31	9:15am-10:15am
552575		\$133/7 sess
Tu	Jul 8-Aug 19	4:00pm-5:00pm

INSTRUCTOR: MARY LOU STANLEY

## 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 19.

#### JHC Phoenix Room

554636		\$80/8 sess
W	May 7-Jun 25	5:30pm-6:30pm
554641		\$80/8 sess
W	Jul 2-Aug 20	5:30pm-6:30pm

INSTRUCTOR: BAC TAU

## Adapted Sports

### Ball Hockey for Young Adults

Come join the 'West Point Grey Canucks', a ball hockey program designed to provide a fun, safe and supportive environment for young adults with developmental disabilities. Contact Norah Flaherty, and Bob Levy at [norahflaherty@gmail.com](mailto:norahflaherty@gmail.com), and [robertlevy0@gmail.com](mailto:robertlevy0@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

552355		\$30/5 sess
F	May 2-May 30	6:00pm-7:15pm

INSTRUCTOR: NORAH FLAHERTY

## MOVE FOR HEALTH DAY

**Friday, May 9, 2025**

**Join us for a day of activity, fun, and fitness!**

**Get moving, feel great, and take the first step towards a healthier you!**




**Celebrate and connect with our vibrant senior community at West Point Grey! Join us for activities, fun, and workshops all week long.**

**June 2-6, 2025**

## SENIOR'S WEEK

For more information, visit: [westpointgrey.org](http://westpointgrey.org)





## 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. We do not accept voicemails.
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 the gymnasium. Adult sports programs are for ages 19 years and up. No warm-ups. No spectators. All adult sports programs are non-instructional. Please register in the program suitable for your level of participation.

### Ball Hockey – Recreational

Bring your own hockey stick, wooden blades must have white tape. Protective equipment strongly recommended. Non-contact, zero tolerance for rough play. Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list (we do not accept voicemails). 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 19, Aug 4.

#### WPG Gym

558124		\$44/8 sess
M	May 5-Jun 30	7:30pm-9:30pm
558962		\$33/6 sess
M	Jul 7-Aug 18	6:30pm-8:30pm

#### Goalies

558123		FREE/8 sess
M	May 5-Jun 30	7:30pm-9:30pm
558961		FREE/6 sess
M	Jul 7-Aug 18	6:30pm-8:30pm

### Volleyball Skills Clinic

Led by experienced coaches who are dedicated to building your skills and confidence on the court, you'll gain essential cues, tips, and guidance in each skill, making these clinics the perfect place to grow and reach new volleyball goals. No class Jun 10, 12. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

#### JHC South Gym

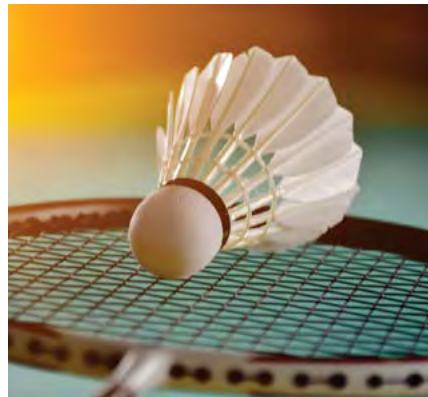
##### Beginner

559843		\$220/7 sess
Tu	May 6-Jun 24	6:30pm-8:30pm
560487		\$165/6 sess
Tu	Jul 8-Aug 12	6:30pm-8:30pm

##### Advanced

559844		\$220/7 sess
Th	May 8-Jun 26	6:30pm-8:30pm
560485		\$165/6 sess
Th	Jul 10-Aug 14	6:30pm-8:30pm

INSTRUCTOR: VOLLEYBALL BC



### 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 (we do not accept voicemails). 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

558129		\$44/8 sess
Tu	May 6-Jun 24	7:30pm-9:30pm
558960		\$38.50/7 sess
Tu	Jul 8-Aug 19	6:30pm-8:30pm

### Badminton – Recreational

This is a pilot program. Basic knowledge and experience required. All levels welcome! Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list (we do not accept voicemails). 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. Please bring your own rackets and shuttles.

#### WPG Gym

558139		\$44/8 sess
W	May 7-Jun 25	8:00pm-9:45pm
558965		\$44/8 sess
W	Jul 2-Aug 20	7:00pm-8:45pm

### Pickleball – Recreational

This is a pilot program. Basic knowledge and experience required. All levels welcome! Drop-in players can call in starting at 10:00am the day of the program to get on the drop-in list (we do not accept voicemails). 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. Please bring your own paddles and balls.

#### WPG Gym

558145		\$44/8 sess
W	May 7-Jun 25	11:30am-1:30pm
558963		\$44/8 sess
W	Jul 2-Aug 20	11:30am-1:30pm
558146		\$49.50/9 sess
Th	May 1-Jun 26	1:00pm-3:00pm
558964		\$44/8 sess
Th	Jul 3-Aug 21	1:00pm-3:00pm

### 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 (we do not accept voicemails). 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

558131		\$49.50/9 sess
Th	May 1-Jun 26	7:30pm-9:30pm
558966		\$44/8 sess
Th	Jul 3-Aug 21	6:30pm-8:30pm

## Tennis

### Summer Smash Tennis: Adult Beginner (1.0)

This program provides an introduction to the game with an eventual progression to rally and play within the full court setting. Students are expected to bring their own rackets. No class May 19, Jun 11.

#### Trimble Tennis Courts

<a href="#">557840</a>		\$229.50/6 sess
M	May 5-Jun 16	5:15pm-6:15pm
<a href="#">558555</a>		\$191.25/5 sess
Tu	May 20-Jun 17	4:45pm-5:45pm

#### JHC South Gym

<a href="#">550601</a>		\$210/6 sess
W	May 7-Jun 18	7:00pm-8:00pm
<a href="#">557798</a>		\$175/4 sess
Sa	May 3-May 24	9:30am-10:45am
<a href="#">557799</a>		\$175/4 sess
Sa	May 31-Jun 21	9:30am-10:45am

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 should repeat this course until they can confidently rally from the baseline with forehand and backhand. Students are expected to bring their own rackets. No class May 19, Jun 11.

#### Trimble Tennis Courts

<a href="#">557833</a>		\$229.50/6 sess
M	May 5-Jun 16	6:15pm-7:15pm
<a href="#">557805</a>		\$329/7 sess
W	May 7-Jun 18	4:30pm-5:45pm

#### JHC South Gym

<a href="#">550604</a>		\$175/4 sess
Sa	May 3-May 24	10:45am-12:00pm
<a href="#">557807</a>		\$175/4 sess
Sa	May 31-Jun 21	10:45am-12:00pm
<a href="#">557804</a>		\$210/6 sess
W	May 7-Jun 18	8:00pm-9:00pm

INSTRUCTOR: SUMMER SMASH TENNIS

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

### Summer Smash Tennis: Adult Beginner+ + (2.0)

Players who can rally consistently continue to develop ball control (direction, height, distance) and technique. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Students are expected to bring their own rackets. This program takes place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

#### Trimble Tennis Courts

<a href="#">557800</a>		\$329/7 sess
W	May 7-Jun 18	5:45pm-7:00pm

INSTRUCTOR: SUMMER SMASH TENNIS

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

For players with little-to-no previous tennis experience. Based on Tennis Canada's progressive tennis methodology, the Precision Tennis "Adult Beginner Level 1" program develops the basics of rallying (forehand and backhand) with a heavy emphasis placed on consistency and the ability to hold a long exchange. No class Jun 14, Aug 4.

#### Trimble Tennis Courts

<a href="#">556369</a>		\$322/16 sess
Sa	May 3-Jun 28	9:30am-10:30am
<a href="#">556831</a>		\$241.50/6 sess
M	Jul 7-Aug 18	5:30pm-6:30pm
<a href="#">556818</a>		\$281.75/7 sess
W	Jul 9-Aug 20	5:30pm-6:30pm
<a href="#">556827</a>		\$322/8 sess
Sa	Jul 5-Aug 23	9:30am-10:30am

INSTRUCTOR: PRECISION TENNIS INC.

### 2.0-2.5 NTRP – Adult Beginner Tennis Lessons (Level 2)

Based on Tennis Canada's progressive tennis methodology, the Precision Tennis "Adult Beginner Level 2" program is for players who have mastered the basics and are ready to tackle more. Focus is placed on developing groundstroke, serve and volley techniques while enhancing your understanding and execution of basic point-play tactics. No class Jun 14, Aug 4.

#### Trimble Tennis Courts

<a href="#">556370</a>		\$322/8 sess
Sa	May 3-Jun 28	10:30am-11:30am
<a href="#">556815</a>		\$241.50/6 sess
M	Jul 7-Aug 18	6:30pm-7:30pm
<a href="#">556816</a>		\$281.75/7 sess
Tu	Jul 8-Aug 19	5:30pm-6:30pm
<a href="#">556820</a>		\$281.75/7 sess
W	Jul 9-Aug 20	6:30pm-7:30pm
<a href="#">556817</a>		\$322/8 sess
Th	Jul 3-Aug 21	5:30pm-6:30pm
<a href="#">556814</a>		\$322/8 sess
Sa	Jul 5-Aug 23	10:30am-11:30am

INSTRUCTOR: PRECISION TENNIS INC.

### 3.0 NTRP – Adult Intermediate Tennis Lessons (Level 1)

Moving into the intermediate bracket, this program is for players with solid fundamentals who can maintain 5+ shot baseline rallies. Based on Tennis Canada's Progressive Tennis methodology, the Precision Tennis "Adult Intermediate Level 1" program introduces more advanced point play strategies, while refining groundstroke, volley, and serve techniques. No class Jun 14, Aug 4.

#### Trimble Tennis Courts

<a href="#">556374</a>		\$322/8 sess
Sa	May 3-Jun 28	11:30am-12:30pm
<a href="#">556823</a>		\$241.50/6 sess
M	Jul 7-Aug 18	7:30pm-8:30pm
<a href="#">556819</a>		\$281.75/7 sess
Tu	Jul 8-Aug 19	6:30pm-7:30pm
<a href="#">556826</a>		\$281.75/7 sess
W	Jul 9-Aug 20	7:30pm-8:30pm
<a href="#">556821</a>		\$322/8 sess
Th	Jul 3-Aug 21	6:30pm-7:30pm
<a href="#">556832</a>		\$322/8 sess
Sa	Jul 5-Aug 23	11:30am-12:30pm

INSTRUCTOR: PRECISION TENNIS INC.





## Tennis cont'd

### 3.5 NTRP – Adult Intermediate Tennis Lessons (Level 2)

Based on the latest Tennis Canada methodologies, the Precision Tennis “Adult Intermediate Level 2” program focuses on enhancing tactical awareness, ball spin, improving shot selection, and the mental aspects of the game. Participants will be introduced to match play scenarios to better understand the dynamics of competitive play. No class Jun 14.

Trimble Tennis Courts

556372		\$322/8 sess
Sa	May 3-Jun 28	12:30pm-1:30pm
556824		\$281.75/14 sess
Tu	Jul 8-Aug 19	7:30pm-8:30pm
556825		\$322/16 sess
Th	Jul 3-Aug 21	7:30pm-8:30pm
556822		\$322/16 sess
Sa	Jul 5-Aug 23	12:30pm-1:30pm

INSTRUCTOR: PRECISION TENNIS INC.



## Pickleball

### The Pickleball Training Hall

Professional players move on the court with almost preternatural grace and power. We'll begin upstairs (or outside) each week with detailed training exercises to isolate basic movements. On the court, we'll put these movements into a more complex set of stroke mechanics in situational drills and games. Throughout the program, these carefully constructed movements will integrate power, balance, agility, flexibility, proprioception, recovery and mindset into a profound flow state. No class May 19, Aug 4.

WPG Gym

557678		\$175/7 sess
M	May 5-Jun 23	12:00pm-2:30pm
558461		\$100/4 sess
M	Jul 14-Aug 11	12:00pm-1:30pm

INSTRUCTOR: CHRIS KOENTGES

### Pickleball For Confident Intermediate Players (3.25+)

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. Note: This is a COMPETITIVE development session – not suitable for new players. No class May 19.

WPG Gym

557673		\$105/7 sess
M	May 5-Jun 23	2:05pm-3:25pm
558458		\$60/4 sess
M	Jul 14-Aug 11	2:05pm-3:25pm

INSTRUCTOR: CHRIS KOENTGES



### The Doubles Pickleball Workshop

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.

WPG Gym

<b>Skill Level 3.25+</b>		
557680		\$200/8 sess
Tu	May 6-Jun 24	11:30am-1:00pm
<b>Skill Level 3.0+</b>		
558462		\$150/6 sess
Tu	Jul 8-Aug 12	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.

WPG Gym

557682		\$200/8 sess
Tu	May 6-Jun 24	1:00pm-2:30pm
558463		\$150/6 sess
Tu	Jul 8-Aug 12	1:00pm-2:30pm

INSTRUCTOR: CHRIS KOENTGES

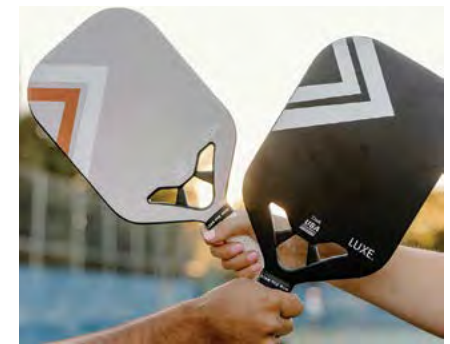
### Tactics and Strategy for Thoughtful Intermediate Players

Each week begins with a half an hour classroom session, exploring the game's unique history and evolving strategy. Followed by 70 fast-paced minutes on the court, where theories are put into practice. This is a foundation program for advanced development. No class May 23.

WPG Gym

557677		\$175/7 sess
F	May 2-Jun 20	10:45am-12:40pm

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.

WPG Gym

557675		\$200/8 sess
F	May 2-Jun 20	12:45pm-2:10pm
558459		\$125/5 sess
F	Jul 11-Aug 8	1:10pm-2:35pm

INSTRUCTOR: CHRIS KOENTGES

**As of September 3, 2024, waitlists for all programs have been removed.**

# 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.

Follow us on SOCIAL MEDIA

@westpointgreyc



FREE  
Wi-Fi

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
<b>Drop-in</b>	\$6.00	\$4.25
<b>10 Visit Pass</b>	\$47.25	\$35.75
<b>1 Month</b>	\$42.00	\$33.00
<b>3 Months</b> (Fitness Centre only)	\$101.00	\$76.00
<b>6 Months</b> (Fitness Centre only)	\$187.00	\$139.50
<b>12 Months</b> (Fitness Centre only)	\$329.00	\$237.00

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
1 Month	\$64.15	\$32.08	\$44.91
3 Months	\$173.21	\$86.61	\$121.25
12 Months	\$554.26	\$277.13	\$387.98

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

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## Group Fitness Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Zumba</b> 9:10am-10:10am Alesya WPG Gym	<b>Refit</b> 9:30am-10:45am Maggi WPG Gym	<b>Zumba</b> 9:10am-10:10am Alesya WPG Gym	<b>Refit</b> 9:30am-10:45am Maggi WPG Gym	<b>Zumba &amp; Tone</b> 9:10am-10:10am Alesya WPG Gym
<b>Strength &amp; Stretch</b> 10:20am-11:20am Alesya WPG Gym		<b>Stretch &amp; Core</b> 10:20am-11:20am Alesya WPG Gym	<b>Zumba Gold®</b> 11:30am-12:30pm Laurence WPG Gym	<b>Ballet Barre</b> 10:20am-11:20am Alesya WPG Gym
<b>Piloga</b> 1:00pm-2:00pm Bitia Oak Room		<b>Stability, Mobility &amp; Flexibility</b> 4:00pm-5:00pm Maggi Oak Room	<b>Group Fitness Fees</b> Drop-in \$6 Adults, \$4.25 Youth/Students & Seniors No session May 19, Jul 1, Aug 4. Schedule subject to change.	

Class		Description
Mild	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.
	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 19.
Moderate to Challenging	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 Jul 1.
	Stability, Mobility & Flexibility	This class will address the concepts of good posture and alignment. We will explore through movement, bodyweight strength and stretch/relaxing, how these concepts combined create stability and optimal movement patterns in our joints.
	Zumba®	Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session May 19, Aug 4.
	Zumba & Tone	Get fit salsa style! Includes Latin music and moves for the hottest workout around.
	Strength & Stretch	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 bands. No session May 19, Aug 4.
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.	

# Rentals



ROOM	CAPACITY	HOURLY RATE	DAILY RATE
Oak Room	60	\$49	Daily Rates available upon request.
Library	20	\$39	
Lounge	30	\$49	
Dining Room	60	\$49	Please enquire for more information.
Gardens	90	\$39	
WPG Gym	300	\$60	n/a

Contact the Rental Liaison at [wpgcc@vancouver.ca](mailto: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	\$1,226.50 Low Season* \$1,446.50 High Season**
Memorial Service, Recital, Birthday Party	Lounge, Dining Room & Kitchen	90	\$132/hour
	Oak Room & Kitchen	60	\$85/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 \$28 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")	11	\$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	\$60
Full Gym		\$95

\*Limited availability.

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## Aberthau Mansion

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

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



## Jericho Hill Centre & Gymnasium

The Jericho Hill Centre is located at 4196 West 4th Ave.

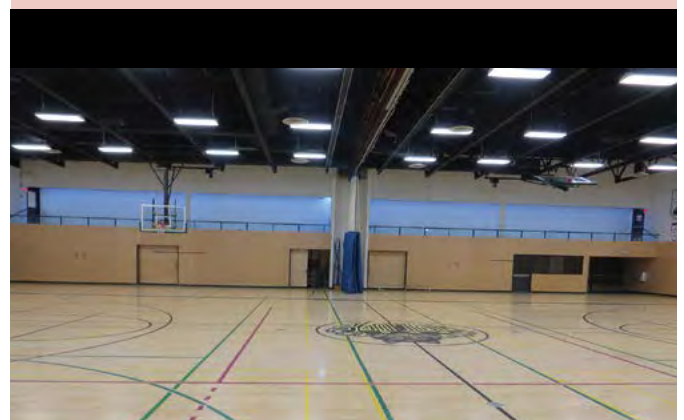
The Gymnasium is located at 4180 West 4th Ave.

See location map on page 2.

Hourly rentals only accepted 8 weeks in advance, or as may be available.

All rentals are paid in full at the time of booking.

Staff supervision is required at \$28 per hour outside of operational hours. Please note we only permit sports rentals in the gym, with few exceptions.



Jericho Hill Gym

[@westpointgreyc](https://www.instagram.com/westpointgreyc)





## A Look Inside our Facilities Available for Rentals



Oak Room



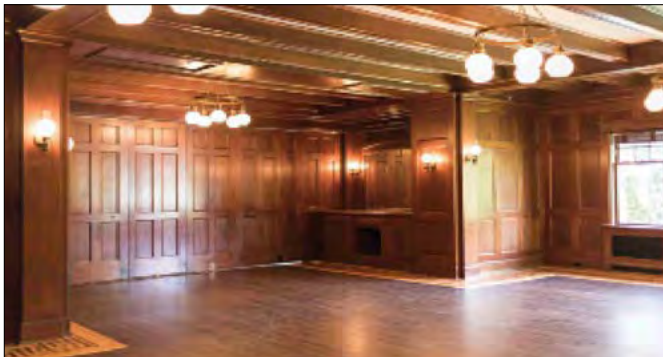
Gardens



Lounge



Gym



Dining Room

### 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](http://www.westpointgrey.org).



Library



## 3 Easy Ways to Register

1. Register on-line on the Parks Board site at [www.vanrec.ca](http://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 prior to the start of the scheduled second class of the program.
- No refunds or transfers after the second scheduled class of the program.
- 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](http://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](http://www.westpointgrey.org) or pick up a form at the main office.



Join us for

# SENIOR'S WEEK



Mark your Calendars!



## June 2-6, 2025 is Senior's Week!

Celebrate and connect with our vibrant senior community at West Point Grey! Join us for activities, fun, and workshops all week long.

More details to come:

Visit [westpointgrey.org](http://westpointgrey.org) for more information





# Special Events

## Watercolour Workshops

Join one of these beginner-level watercolour workshops! 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 but you are welcome to bring your own. Learn more about your instructor Chloe, at [www.chloegreenberg.com](http://www.chloegreenberg.com).

Craft Room

<b>Floral Bouquet Cards</b>	554647	May 6	\$50/1 sess
	Tu		5:30pm-8:00pm
<b>Doorway</b>	554648	Jun 3	\$50/1 sess
	Tu		5:30pm-8:00pm
<b>Sea Urchin</b>	558392	Aug 5	\$50/1 sess
	Tu		5:30pm-8:00pm



## MOVE FOR HEALTH DAY

Friday, May 9, 2025

JOIN US FOR A DAY OF ACTIVITY, FUN, AND FITNESS! GET MOVING, FEEL GREAT, AND TAKE THE FIRST STEP TOWARDS A HEALTHIER YOU!

FREE

MORE DETAILS TO COME - VISIT [WESTPOINTGREY.ORG](http://WESTPOINTGREY.ORG)

FOR MORE INFORMATION!



ENJOY A MOVIE UNDER THE STARS WITH THE SCREENING OF

# MOANA 2

FREE

West Point Grey Community Centre in partnership with Fresh Air Cinemas are hosting a big screen movie, Moana 2. Bring your blankets, picnic chairs and the whole family for a memorable Summer evening. Parents and children must register.

Outside - East Grass Area

555124  
F

Aug 15

FREE  
8:30pm-10:30pm

## Join us for Pancake Tuesdays!

Calling all pancake lovers! Come join us for a morning of conversation, coffee, and of course pancakes every 2nd Tuesday of the month! All ages welcome. Spaces are limited so register early to secure a plate!

Lounge

556622	May 13	10:00am-11:00am
Tu		
556623	Jun 10	10:00am-11:00am
Tu		
556624	Jul 8	10:00am-11:00am
Tu		
556625	Aug 12	10:00am-11:00am
Tu		



'Free!'

