

Recreation Guide

Fall 2025



**REGISTRATION
BEGINS
SATURDAY
AUGUST 16**

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

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



Our Facilities



Photo credits: Cover page – *Fall in Love*, *Watercolour on paper* by M.R., Atashrad. Page 36 – *The Song of Autumn 2017 Watercolour on paper* by M.R., Atashrad.

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



Fall 2025 Registration Starts

Saturday August 16 • Online at vanrec.ca & In-Person at 9:00am • By Phone at 12:00pm

The West Point Grey Community Centre (WPGCC) consists of six buildings including Aberthau Mansion, the gymnasium, fitness centre, pottery studio and Jericho Hill Centre gymnasium and cafeteria buildings which are located at 4196 West 4th Avenue. Our neighbourhood pool, Lord Byng, is located on 3990 West 14th Avenue.

REGISTRATION
BEGINS
SATURDAY
AUGUST 16



Getting to West Point Grey Community Centre by Public Transit

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

Getting to Jericho Hill Centre by Public Transit

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

Staff

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

Eric Bagnall.....Community Recreation Supervisor
Andrea Mah (Preschool & Children's).....Recreation Programmer II
Maya Smith (Adult & Senior's).....Recreation Programmer II
Jessie Mann.....Recreation Facility Clerk
Dawn Livesley (Rentals)Program Assistant III
Kelsey Roufousse (Special Events)Program Assistant III
Dennis Yaco.....Building Service Worker

www.westpointgrey.org

Free PARKING
Available!

Hours of Operation



WPG Main Office and Fitness Centre

Sep 1-Dec 21

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

Dec 22, 23 9:00am-5:00pm

Dec 24 9:00am-3:00pm

Dec 25, 26 Closed

Dec 27-31 9:00am-5:00pm

Holiday Hours

Sep 1, Sep 30, Oct 13, Nov 11, Dec 25, Dec 26, Jan 1 Closed

Aberthau

Sep 1-Dec 19

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

Holiday Hours

Sep 1, Sep 30, Oct 13, Nov 11, Dec 20-Jan 1 Closed

Follow us on SOCIAL MEDIA

@westpointgreycc





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 – Fall 2025

As we transition to fall 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:

- *Hop on board for our exciting Bus Out Trip Tours!* This season, we're heading to Harrison to sightsee bald eagles, a drive through Manning Park to view the scenic fall colours of the Cascade Mountains, and Langley to check out Martini Town. Don't miss out on these unforgettable adventures.
- *Engineering For Kids* – 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!
- *Science for Preschoolers & Kids* is back for your children to enjoy engaging, hands-on learning and demonstrations, perform simple experiments, and discover how science can help you better understand the world around you.
- *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.
- *Calling all Latin dancers and enthusiasts!* Join us for our Intro to Latin Dance: Salsa, Mambo, and Bachata, taught by a professional dance leader. Sharpen your dance techniques and dance in style.

New Program Offerings:

- *Reiki Certification Training (Levels 1-4)* – Join Viola Choy, certified Reiki teacher, in your Reiki journey. Trainings will focus on self-healing and learning how to channel energy through your hands to support physical, emotional, and spiritual well-being for yourself and others. After completion of each course, you will receive a certificate approved by the Canadian Reiki Association.
- *Open Sound Bath Meditation Sessions* – Take a pause from your busy week and immerse yourself in deep relaxation. Each session uses the soothing vibrations of crystal singing bowls and chimes to calm the mind, release stress, and promote inner balance.
- *Reading Music for Kids with Brian Cook* – Discover the joy of reading music in a fun, interactive setting! Brian will guide participants through singing a variety of songs while learning to read simple melodies from songbooks. Together, explore the basics of reading and writing music, and develop an ear for how different notes and melodies create musical expression.
- *Adult Beginner Musical Theatre Dance* – Step into the spotlight with this fun and welcoming introduction to the world of musical theatre. Open to all levels, this program explores a variety of musical styles while building confidence through movement.
- *Learning Birds – Parent & Tots*: Come along with your little one to learn, grow, and socialize. Parents/guardians and their tots can enjoy a fun-filled circle and story time with our teacher.
- Shoot, dribble, pass, and score with our *Kickstart Soccer Academy!* Your child will enjoy drills, games, and scrimmages led by experienced and enthusiastic coaches.
- Join *Kendra in Candlelit Yin Yoga*, a slow paced meditative practice that works into the body's connective tissue with long passive holds in gentle releasing yoga poses. All levels are welcome.
- *Coast Salish Weaving Workshop* – Discover the traditional techniques of Salish Wool Weaving! The Coastal Nations have a rich cultural past that includes the collection, spinning and weaving from mountain goat wool.
- *Coffee Social* – Come drop by for a warm cup of coffee, light refreshments, and friendly conversation! Whether you're new to the neighbourhood or a long-time resident, this is a great chance to connect, relax, and enjoy time together in the beautiful Aberthau Mansion.



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



September 5 - 28, 2025
United Players of Vancouver



October 2 - 18, 2025
Honeybee Productions



October 23 - November 1, 2025
DSR Productions



November 28 - December 21, 2025
United Players of Vancouver



January 23 - February 15, 2026
United Players of Vancouver

TICKETS

Outside Mullingar
eventbrite.ca
(search: Outside Mullingar)

Dracula
dsrproductions.com

Metamorphoses
The Cricket on the Hearth
The Replacement Wife
unitedplayers.com or

604-224-8007 ext 2
Season tickets on sale now!

Want to volunteer? Check out the websites:
jerichoartscentre.com & unitedplayers.com



Community Arts & Culture

West Point Grey Community Centre Artist Residencies Working With Our Communities

Aberthau/West Point Grey Studios – Cherry Blossom Festival

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



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.

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

571242

F

Oct 3-Dec 5

FREE/10 sess

12:30pm-2:00pm

INSTRUCTOR: DEZZA DANCE

Aberthau Community Permaculture and Eco Art Garden

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



Elm Park Fieldhouse Studio Residency

Patchbay is a station where people of all ages and abilities may gather to play music together, learn and share skills in music technology and creative expression, discover new ways of listening, and experiment with music and sound in a supportive environment.

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.

McBride Park Fieldhouse Studio Residency

Community Arts Council of Vancouver (CACV) provides a free and low barrier space for artists in Vancouver to connect with community through the arts. Artists are invited to activate the Fieldhouse as 3 types of spaces (artist studio space, exhibition space, and public projects/workshop space).

Find out more about all 24 Fieldhouse Programs across the Vancouver Park Board at:

www.vancouver.ca/parks-recreation-culture/fieldhouse-programs.aspx

Infant & Preschool



Birthday Parties



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

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. For more information, please email wpgbirthdayparties@vancouver.ca.

Contractor License Number: LAM0202072

WPG Gym

569889-569913	\$240/1 sess
Sa Sep 6-Dec 13	11:00am-2:00pm
569890-569914	\$240/1 sess
Sa Sep 6-Dec 13	2:00pm-5:00pm
569915-569941	\$240/1 sess
Su Sep 7-Dec 14	11:00am-2:00pm
569916-569942	\$240/1 sess
Su Sep 7-Dec 14	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Dance

Zumba® Kids Jr. (3-6 yrs)

Zumba® Kids Jr. classes are designed to combine movement, music, community and a healthy lifestyle for children. These fitness classes are rocking, high-energy dance parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more.

Oak Room

568754	\$117/13 sess
Su Sep 14-Dec 7	11:00am-12:00pm
INSTRUCTOR: LAURENCE SAUVE	

Health & Wellness

Yoga Mommies & Babies (2 mos-2½ yrs)

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

568753	\$156/13 sess
Su Sep 14-Dec 7	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. No session Oct 25, Dec 6, 7. **Contractor License Number: LAM0202072**

WPG Gym

570266	\$3.75/1 sess or \$35/10-visit pass
Sa Sep 6-Dec 13	9:30am-11:00am
570267	\$3.75/1 sess or \$35/10-visit pass
Su Sep 7-Dec 14	9:30am-11:00am
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

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. No class Oct 10-13, Nov 7-11.

Music Room

571501-571508	\$924/14 sess
M Sep 8-Dec 15	3:15pm-9:15pm
571517-571523	\$700/14 sess
Tu Sep 2-Dec 16	3:15pm-9:15pm
571543-571549	\$297/16 sess
Th Sep 4-Dec 18	3:15pm-9:30pm
571574-571578	\$462/14 sess
F Sep 5-Dec 19	1:15pm-4:15pm
571586-571593	\$429/13 sess
Sa Sep 6-Dec 13	10:45am-2:45pm
571594	\$650/13 sess
Su Sep 7-Dec 14	9:00am-10:15am
INSTRUCTOR: JUNE LAM	

Sing Along NEW with Brian (All Ages)

Join Brian for a lively performance featuring classic children's songs and his own original tunes. This fun-filled event for kids and parents combines storytelling and music in an engaging, interactive experience. Sing along to both familiar favorites and catchy new songs. Lyric sheets will be provided. Brian Cook is a professional songwriter and musician. He brings his vast experience in music to share with kids and families.

Library

572736	FREE
M Sep 15	4:00pm-4:45pm
572734	FREE
M Oct 27	4:00pm-4:45pm
INSTRUCTOR: BRIAN COOK	



West Point Grey is a nut-free facility.



Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. No class Sep 17, 24, Dec 10.

Music Room

571250-578852

\$660/12 sess

W Sep 10-Dec 17 1:30pm-8:00pm
INSTRUCTOR: VICTORIA GOMON



Violin & Fiddle Lessons – NEW Beginner (4½-11 yrs)

Perfect for beginners, this class introduces you to the fundamentals of violin playing. Tammy will guide you step-by-step to develop your skills, build confidence, and fall in love with your instrument. A concert of songs and fiddle music will be given at the end of the program.

Dining Room

571004

\$422.50/14 sess

Sa Sep 6-Dec 6 11:30am-12:30pm
INSTRUCTOR: TAMMY CHAN

Violin & Fiddle Lessons – NEW Intermediate (4½-11 yrs)

Designed for those with prior experience, this intermediate-level class will help you build on your existing technique and musicality. Tammy will guide you in refining your sound, expanding your repertoire, and deepening your connection with the instrument. A concert of songs and fiddle music will be given at the end of the program. No class Sep 30, Nov 11.

Dining Room

570998

\$422.50/14 sess

Tu Sep 2-Dec 16 4:00pm-5:00pm
INSTRUCTOR: TAMMY CHAN

www.westpointgrey.org

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. The 9:15am class focuses on language (word play) and music and the 10:45am class focuses on arts and crafts and traditional Japanese games. It is recommended but not required that children enroll for both time slots. If enrolling for both timeslots, it is mandatory for parents to pick up their children in between the two classes. Please note that these classes are Japanese immersion-based. No class Sep 30, Oct 13, Nov 11.

JHC Preschool Room

3-4 yrs

568725 \$333.50/29 sess

M W Sep 8-Dec 17 9:15am-10:30am

568726 \$333.50/29 sess

M W Sep 8-Dec 17 10:45am-12:00pm

568723 \$322/28 sess

Tu Th Sep 9-Dec 18 9:15am-10:30am

568724 \$322/28 sess

Tu Th Sep 9-Dec 18 10:45am-12:00pm

5 yrs

568727 \$161/14 sess

Sa Sep 13-Dec 13 9:15am-10:30am

568728 \$161/14 sess

Sa Sep 13-Dec 13 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! Each session provides an interactive, age-appropriate exploration of a specific science topic. No class Oct 13.

Craft Room

570181

\$240/12 sess

M Sep 8-Dec 1 2:45pm-3:30pm

INSTRUCTOR: STEAM4KIDS

EFK: Digging for Dinos (4-8 yrs)

There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! Your child's help is needed to excavate these fossils and move them to museums for kids all over the world to learn about. In these lessons, students will learn about engineering, mathematics, dinosaurs, and fossils. They will work as paleontologists and engineers to design and build solutions to a variety of engineering challenges.

Library

570189

\$120/6 sess

Th Sep 11-Oct 16 3:30pm-4:30pm

INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

EFK: Playful Playground NEW Engineers (4-8 yrs)

Students will become mechanical engineers that have been hired to design the ultimate playground in their community. Playgrounds are packed full of simple machines such as levers, wheels and axles, inclined planes, and pulleys. They will tackle fun and engaging challenges while using the EFK Engineering Design Process.

Library

570754

\$130.50/6 sess

Th Nov 6-Dec 11 3:30pm-4:30pm

INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

Social

Pancake Tuesdays (All Ages)

Calling all pancake lovers! Come join us for pancakes, coffee, treats, and conversation every 2nd Tuesday of the month! It's a great opportunity to meet others from the community! All ages welcome. Spaces are limited so register early to secure a plate.

Lounge

569943

FREE

Tu Sep 9 10:00am-11:00am

569944

FREE

Tu Oct 14 10:00am-11:00am

569945

FREE

Tu Nov 4 10:00am-11:00am

569946

FREE

Tu Dec 9 10:00am-11:00am

Social cont'd

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. 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). Drop-in \$4 (space permitting).

Dining Room

568738 \$56.25/15 sess

F Sep 5-Dec 12 9:30am-11:30am
INSTRUCTOR: LORENA MARQUES

Tennis

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

The perfect introductory tennis course for child. This program develops basic coordination and motor skills through point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca). This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

570882 \$178.50/7 sess

Sa Sep 13-Oct 25 12:30pm-1:30pm

570883 \$178.50/7 sess

Sa Nov 11-Dec 13 12:30pm-1:30pm

INSTRUCTOR: PRECISION TENNIS INC.

Little Learners – NEW Beginner Level 2 (4-5 yrs)

For young players with previous tennis experience. This program builds on fundamental rally skills learned in previous lessons, while nurturing a lifelong passion for tennis. Students will develop more complex motor skills and knowledge of basic tennis tactics through a variety of point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca).

WPG Gym

570798 \$178.50/7 sess

Th Sep 11-Oct 23 3:45pm-4:45pm

570800 \$178.50/7 sess

Th Oct 30-Dec 11 3:45pm-4:45pm

INSTRUCTOR: PRECISION TENNIS INC.

Sports

West Point Grey Soccer Academy (3-5 yrs)

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

568751 \$303.75/15 sess

W Sep 10-Dec 17 3:30pm-4:15pm

INSTRUCTOR: GLYN ROBERTS

Sportball Indoor Soccer (4-6 yrs)

Kickstart your day! Sportball Indoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. No class Oct 31, Dec 5.

WPG Gym

568747 \$198/11 sess

F Sep 19-Dec 12 3:30pm-4:30pm

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor Basketball (4-6 yrs)

Sportball Indoor Basketball programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Lebron in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focused games. No class Oct 31, Dec 5.

WPG Gym

568744 \$198/11 sess

F Sep 19-Dec 12 4:30pm-5:30pm

INSTRUCTOR: SPORTBALL VANCOUVER

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

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 Oct 11.

JHC North Gym

568749 \$234/13 sess

Sa Sep 13-Dec 13 9:30am-10:15am

INSTRUCTOR: SPORTBALL VANCOUVER

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

This program teaches children important introductory physical skills and help them develop confidence in their abilities. The program 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 Oct 11.

JHC North Gym

568750 \$234/13 sess

Sa Sep 13-Dec 13 10:15am-11:00am

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball/Baseball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No class Oct 11.

JHC North Gym

568748 \$234/13 sess

Sa Sep 13-Dec 13 11:00am-12:00pm

INSTRUCTOR: SPORTBALL VANCOUVER

WEST POINT GREY PRESCHOOL



Play-based
learning



Developmentally
appropriate
curriculum



Outdoor
play

At West Point Grey Preschool, we believe that play is the foundation of meaningful learning. Our play-based program is thoughtfully designed to support your child's growth in all areas—social, emotional, physical, and cognitive. Through guided exploration and hands-on activities, children build confidence, develop problem-solving skills, and foster a lifelong love of learning in a nurturing and safe environment.

3 Years Old (557755)

M Tu W Th 9am–11:30am \$260/month

4 Years Old (557758)

M Tu W Th 12:30pm–3:30pm \$304/month

More Information



wpgpreschool@vancouver.ca



604-257-8140



@WestPointGreyPreschool

ENROLL NOW



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. For more information, please email wpgbirthdayparties@vancouver.ca.

Contractor License Number: LAM0202072

WPG Gym

569889-569913	\$240/1 sess
Sa Sep 6-Dec 13	11:00am-2:00pm
569890-569914	\$240/1 sess
Sa Sep 6-Dec 13	2:00pm-5:00pm
569915-569941	\$240/1 sess
Su Sep 7-Dec 14	11:00am-2:00pm
569916-569942	\$240/1 sess
Su Sep 7-Dec 14	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

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. No session Oct 25, Dec 6, 7. **Contractor License Number: LAM0202072**

WPG Gym

570266	\$3.75/1 sess or \$35/10-visit pass
Sa Sep 6-Dec 13	9:30am-11:00am
570267	\$3.75/1 sess or \$35/10-visit pass
Su Sep 7-Dec 14	9:30am-11:00am
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

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. Wear dry indoor shoes with non-marking soles (preferred), and comfortable clothing. Bring a water bottle and nut-free lunch.

Youth Room

571727	\$108.75/1 sess
F Sep 19	9:00am-3:00pm
571728	\$108.75/1 sess
F Oct 24	9:00am-3:00pm
571729	\$108.75/1 sess
F Nov 21	9:00am-3:00pm
INSTRUCTOR: ILLUMA STUDIO	

Pottery



Kids Hand Building: Clay Creations (9-12 yrs)

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. No class Nov 19.

Pottery Studio

569650	\$250/6 sess
Th Sep 11-Oct 16	3:30pm-5:00pm
570043	\$250/6 sess
Th Oct 30-Dec 11	3:30pm-5:00pm
INSTRUCTOR: KYLEE BURT	

Arts

Art From The Heart (5-8 yrs) NEW

Create from your heart! This class includes a wide variety of drawing, painting, and mixed-media art projects. Students will learn how to draw using different lines, shapes, colours, textures, form, space, and value. Students will also learn the basics of handling acrylic paints and brushes while exploring a variety of different drawing and painting techniques. Drop-in \$25 (space permitting).

Craft Room

571431	\$140/7 sess
W Sep 10-Oct 22	3:45pm-4:45pm
571438	\$140/7 sess
W Oct 29-Dec 10	3:45pm-4:45pm
INSTRUCTOR: VIOLA CHOY	

Creative Art (9-12 yrs) NEW

Students will be introduced to art projects that combine drawing, painting, and mixed-media techniques. They will learn to draw three-dimensionally using different lines, shapes, colours, textures, form, space, and value. Classes will also focus on the fundamentals of composition, tone, and colour blending with proper balance, contrast, emphasis, proportion, rhythm, variety, and unity through art. Drop-in \$25 (space permitting).

Craft Room

571443	\$140/7 sess
W Sep 10-Oct 22	5:00pm-6:00pm
571445	\$140/7 sess
W Oct 29-Dec 10	5:00pm-6:00pm
INSTRUCTOR: VIOLA CHOY	

Maevann Art Lessons (5-9 yrs)

Explore a variety of art materials including acrylic paint, various printmaking techniques, mixed media, clay work, and 3D elements. There will be an art history and appreciation element to familiarize students with the greater art world and provide inspiration. Drop-in \$35 (space permitting).

Craft Room

568739	\$285/10 sess
Th Oct 9-Dec 11	3:45pm-5:15pm
INSTRUCTOR: AISLING ELY	



The Art Lab (13-17 yrs) NEW

Unleash your creativity in this hands-on art program designed for teens ready to deepen their artistic skills. Through guided projects in drawing, illustration, painting, and mixed media, students will explore tools, techniques, and styles while developing their unique artistic voice. Students will learn core concepts like composition, tone, colour blending, and three-dimensional drawing, while applying design principles such as balance, contrast, and unity. Drop-in \$25 (space permitting). No class Oct 9.

Meeting Room

571570		\$120/6 sess
Th	Sep 11-Oct 23	5:15pm-6:15pm
571571		\$140/7 sess
Th	Oct 30-Dec 11	5:15pm-6:15pm

INSTRUCTOR: VIOLA CHOY

Drawing and Painting for Kids & Youth (7-16 yrs)

Students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. I would be happy to help you with any of these mediums. Drop-in \$35 (space permitting).

Craft Room

571600		\$196/7 sess
F	Sep 5-Oct 17	3:15pm-4:45pm
579201		\$196/7 sess
F	Oct 24-Dec 5	3:15pm-4:45pm

INSTRUCTOR: MOHAMMAD REZA ATASHZAD

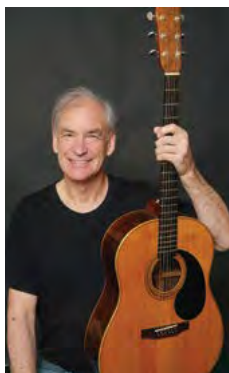
Creative Adventures (5-10 yrs) NEW

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. No class Oct 13.

Meeting Room

570651		\$200/8 sess
Sa	Sep 20-Nov 8	10:00am-11:00am

INSTRUCTOR: ARSHI AGGARWAL



Introducing Musician Brian Cook

Brian Cook is a professional songwriter, performer and teacher of music. Throughout the 1970s, Brian taught guitar at Bill Lewis Music, a popular guitar school in Vancouver. In 1981, he was a recording artist for A&M Records, recording an album of his original guitar compositions. Brian is a professional musician who has studied and performed music throughout his life in Vancouver, Toronto and New York. He has written music for TV, radio and film. In 1999, Brian became a father, and his music shifted to writing songs for his kids. Brian now lives in Vancouver, where he performs regularly at festivals and events for families. Brian brings a lifetime of music experience to share with people of all ages.

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. No class Oct 10-13, Nov 7-11.

Music Room

571501-571508		\$924/14 sess
M	Sep 8-Dec 15	3:15pm-9:15pm
571517-571523		\$700/14 sess
Tu	Sep 2-Dec 16	3:15pm-9:15pm
571543-571549		\$297/16 sess
Th	Sep 4-Dec 18	3:15pm-9:30pm
571574-571578		\$462/14 sess
F	Sep 5-Dec 19	1:15pm-4:15pm
571586-571593		\$429/13 sess
Sa	Sep 6-Dec 13	10:45am-2:45pm
571594		\$650/13 sess
Su	Sep 7-Dec 14	9:00am-10:15am

INSTRUCTOR: JUNE LAM



Sing Along with Brian (All Ages) NEW

Join Brian for a lively performance featuring classic children's songs and his own original tunes. This fun-filled event for kids and parents combines storytelling and music in an engaging, interactive experience. Sing along to both familiar favorites and catchy new songs. Lyric sheets will be provided.

Library

572736		FREE
M	Sep 15	4:00pm-4:45pm
572734		FREE
M	Oct 27	4:00pm-4:45pm

INSTRUCTOR: BRIAN COOK

Reading Music for Kids with Brian Cook (6-10 yrs) NEW

Together, we'll explore the basics of reading and writing music, and develop an ear for how different notes and melodies create musical expression. Parent participation encouraged. No session Oct 13.

Library

572721		\$60/4 sess
M	Sep 22-Oct 20	4:00pm-5:00pm

INSTRUCTOR: BRIAN COOK

Songwriting for Kids with Brian Cook (6-10 yrs) NEW

This workshop series is for parents and their children to experience writing a song together. Through looking at a selection of children's picture books. We will make up rhymes, develop lyrics, explore rhythms and melody, and sing the songs we have written. Parent participation encouraged.

Library

572715		\$60/4 sess
M	Nov 3-Nov 24	4:00pm-5:00pm

INSTRUCTOR: BRIAN COOK

Music cont'd

Violin & Fiddle Lessons – NEW Beginner (4½-11 yrs)

Perfect for beginners, this class introduces you to the fundamentals of violin playing. Tammy will guide you step-by-step to develop your skills, build confidence, and fall in love with your instrument. A concert of songs and fiddle music will be given at the end of the program.

Meeting Room

571004 \$422.50/14 sess
Sa Sep 6-Dec 6 11:30am-12:30pm
INSTRUCTOR: TAMMY CHAN



Violin & Fiddle Lessons – NEW Intermediate (4½-11 yrs)

Designed for those with prior experience, this intermediate-level class will help you build on your existing technique and musicality. Tammy will guide you in refining your sound, expanding your repertoire, and deepening your connection with the instrument. A concert of songs and fiddle music will be given at the end of the program. No class Sep 30, Nov 11.

Dining Room

570998 \$422.50/14 sess
Tu Sep 2-Dec 16 4:00pm-5:00pm
INSTRUCTOR: TAMMY CHAN

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 Sep 30, Oct 13, Nov 11.

JHC Preschool Room

Grade 1

568729 \$345/15 sess
F Sep 12-Dec 19 3:45pm-5:30pm

Grade 2A

568732 \$345/15 sess
W Sep 10-Dec 17 3:45pm-5:30pm

Grade 2B

568733 \$345/15 sess
Th Sep 11-Dec 18 3:45pm-5:30pm

Grade 3

568734 \$345/15 sess
F Sep 12-Dec 19 3:45pm-5:30pm

Grade 4

568735 \$322/14 sess
M Sep 8-Dec 15 3:45pm-5:30pm

Grade 5

568736 \$299/13 sess
Tu Sep 9-Dec 16 3:45pm-5:30pm

Grade 6

West Art Room
568737 \$345/15 sess
Th Sep 11-Dec 18 3:45pm-5:30pm

Grade 7

572502 \$345/15 sess
W Sep 10-Dec 17 3:45pm-5:30pm

Grade 1-8

Dates for this program are Sep 13, 27, Oct 4, 18, Nov 1, 15, Dec 6, 13.

JHC Preschool Room

568730 \$184/8 sess
Sa Sep 13-Dec 13 1:00pm-4:00pm

Grade 1-9 (Beginner/Intermediate)

West Art Room
568731 \$322/14 sess
M Sep 8-Dec 15 3:45pm-5:30pm
INSTRUCTOR: HIROKO KASHIHARA

Education

Science for Kids (6-11 yrs)

Spark imaginative learning! This hands-on science program is themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. No class Oct 13.

Craft Room

570187 \$240/12 sess
M Sep 8-Dec 1 3:45pm-4:45pm
INSTRUCTOR: STEAM4KIDS

Math4Kids (Grade 1-6) NEW

MATH4Kids aims to enhance critical thinking skills by fostering problem-solving, logical reasoning, analytical abilities, and abstract thinking. To do this, our program is based on problem-solving and puzzles, rather than solely looking at straight numbers and symbols.

Library

Grade 1-2

570180 \$180/12 sess
W Sep 10-Nov 26 3:45pm-4:45pm

Grade 3-4

571111 \$180/12 sess
W Sep 10-Nov 26 4:45pm-5:45pm

Grade 5-6

571112 \$180/12 sess
W Sep 10-Nov 26 5:45pm-6:45pm
INSTRUCTOR: STEAM4KIDS

EFK: Digging for Dinos (4-8 yrs)

There has been an amazing discovery! Paleontologists have just uncovered a million-year-old dig site that is full of fossils! These fossils include dinosaur bones, imprints, eggs, and more! Your child's help is needed to excavate these fossils and move them to museums for kids all over the world to learn about. In these lessons, students will learn about engineering, mathematics, dinosaurs, and fossils. They will work as paleontologists and engineers while using the EFK Engineering Design Process to design and build solutions to a variety of engineering challenges.

Library

570189 \$120/6 sess
Th Sep 11-Oct 16 3:30pm-4:30pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org



EFK: Playful Playground NEW Engineers (4-8 yrs)

Students will become mechanical engineers that have been hired to design the ultimate playground in their community. Playgrounds are packed full of simple machines such as levers, wheels and axles, inclined planes, and pulleys. They will tackle fun and engaging challenges while using the EFK Engineering Design Process.

Library
570754 \$120/6 sess
Th Nov 6-Dec 11 3:30pm-4:30pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

EFK: Enviro Bots (8-14 yrs)

As robotics engineers, you will design eco-friendly solutions for modern challenges. In this program you will take-on exciting and complex hands-on robot building challenges using the LEGO Spike Prime® robotics kit and learn to program them using block coding. We will explore fascinating concepts such as machine learning and AI, mechanical advantage, and energy transfer.

Library
570190 \$196.50/6 sess
Th Sep 11-Oct 16 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER



EFK: Civil Engineering NEW Strategic Structures (8-14 yrs)

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. Students will learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways.

Library
570755 \$196.50/6 sess
Th Nov 6-Dec 11 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

www.westpointgrey.org

EFK: Engineering Kids Club! (8-14 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.

Library
570188 \$196.50/6 sess
F Sep 12-Oct 17 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

EFK: E-Sports League: NEW Epic Arenas (7-14 yrs)

Students will get the opportunity to play prototype arena layouts in the Rocket Labs mode with a virtual reality-inspired aesthetic. Throughout the program, students will work in teams and compete against each other in a series of matches to progress to the final tournament.

Library
570756 \$180/6 sess
F Nov 7-Dec 12 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

WIZE – Python Programming (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. All equipment provided. No class Oct 11.

Library
572758 \$300/8 sess
Sa Oct 4-Nov 29 9:00am-10:30am
INSTRUCTOR: WIZE COMPUTING ACADEMY

WIZE – Engineering & Robotics: VEX Robotics (8-12 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. No class Oct 11. All equipment provided.

Library
572759 \$300/8 sess
Sa Oct 4-Nov 29 10:45am-12:15pm
INSTRUCTOR: WIZE COMPUTING ACADEMY

First Aid Training

Red Cross Babysitting (11-15 yrs)

So, you want to be a babysitter? What you will learn: Responsibility and leadership skills, decision making and behaviour management, child developmental strategies, feeding, diapering, dressing, safety awareness and prevention, and first aid for babysitters. Please bring a nut-free lunch, water bottle, and a medium doll/teddy to practice on.

Dining Room
572701 \$70/1 sess
Sa Oct 4 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
572702 \$70/1 sess
Sa Nov 15 9:15am-3:15pm
INSTRUCTOR: FIRST AID HERO

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 Oct 13.

JHC Phoenix Room
8-11 yrs
571244 \$87.50/14 sess
M Sep 8-Dec 15 5:30pm-6:30pm

12-18 yrs
571243 \$100/16 sess
W Sep 3-Dec 17 5:30 PM-6:30 PM
INSTRUCTOR: BAC TAU

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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 Oct 13.

WPG Gym

568818 \$200/10 sess
M Sep 15-Nov 24 3:30pm-4:30pm
INSTRUCTOR: CHRIS KOENTGES



Kickstart Soccer Academy NEW

Children will enjoy age appropriate drills, games, and scrimmages led by experienced and enthusiastic coaches, whether your child is new to the sport or looking to sharpen their skills. No class Oct 13.

WPG Gym

6-9 yrs

570160 \$126/7 sess
M Sep 8-Oct 27 4:45pm-5:45pm
570782 \$126/7 sess
M Nov 3-Dec 15 4:45pm-5:45pm

10-12 yrs

570161 \$189/7 sess
M Sep 8-Oct 27 5:45pm-7:15pm
570783 \$189/7 sess
M Nov 3-Dec 15 5:45pm-7:15pm
INSTRUCTOR: JOHN CASTANOS

Split Second Basketball Skills Training (8-16 yrs)

This 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 Oct 8, 13, 22. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-12 yrs

568743 \$238.50/9 sess
M Sep 15-Nov 17 7:00pm-8:15pm
568742 \$238.50/9 sess
W Sep 17-Nov 26 7:00pm-8:15pm

12-16 yrs

568741 \$238.50/9 sess
M Sep 15-Nov 17 8:15pm-9:30pm
568740 \$238.50/9 sess
W Sep 17-Nov 26 8:15pm-9:30pm
INSTRUCTOR: SPLIT SECOND BASKETBALL

Sportball Indoor Basketball (6-9 yrs)

Sportball Indoor Basketball programs introduce fundamental concepts of gameplay and teach the basic skills required to shoot it like Lebron in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focused games. No class Sep 30, Nov 11.

WPG Gym

568745 \$216/12 sess
Tu Sep 9-Dec 9 3:30pm-4:30pm
INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor Basketball (9-12 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. No class Sep 30, Nov 11.

WPG Gym

568746 \$216/12 sess
Tu Sep 9-Dec 9 4:30pm-5:30pm
INSTRUCTOR: SPORTBALL VANCOUVER

DRIVE Basketball Training Academy (8-13 yrs)

This program will allow athletes to advance as they progress with their skills. Players will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. Players must bring their own regular size basketball. No class Sep 30, Oct 9, 23, Nov 6, 11. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

568720 \$576/24 sess
Tu Th Sep 9-Dec 16 7:00pm-8:30pm
INSTRUCTOR: DRIVE BASKETBALL INC.

West Point Grey Soccer Academy (5-7 yrs)

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

568752 \$303.75/15 sess
W Sep 10-Dec 17 4:15pm-5:00pm
INSTRUCTOR: GLYN ROBERTS

Brazilian Futsal Academy – Soccer Development (6-13 yrs)

Brazilian Futsal Academy uses a structure and proven methodology inspired by the training methods of top Brazilian Soccer Clubs. 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.

WPG Gym

6-8 yrs

568716 \$385/14 sess
W Sep 17-Dec 17 5:30pm-6:30pm

9-13 yrs

568718 \$420/14 sess
W Sep 17-Dec 17 6:30pm-7:45pm
INSTRUCTOR: ICFDS CANADA LIMITED

**Waitlists for all programs
have been removed.**



Rally Stars – Beginner Level 2 (6-8 yrs)

For young players with previous tennis experience. This program builds on fundamental rally skills while nurturing a lifelong passion for tennis. This class further develops basic tennis techniques while building an understanding of tennis scoring and tactics through point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca).

WPG Gym

570795		\$178.50/7 sess
Th	Sep 11-Oct 23	4:45pm-5:45pm
570797		\$178.50/7 sess
Th	Oct 30-Dec 11	4:45pm-5:45pm

Ace Academy – Beginner Level 2 (9-12 yrs)

For young players with previous tennis experience. This program builds on fundamental rally skills while nurturing a lifelong passion for tennis. Focus is placed on developing rally consistency through a variety of point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca).

WPG Gym

570796		\$178.50/7 sess
Th	Sep 11-Oct 23	5:45pm-6:45pm
570799		\$178.50/7 sess
Th	Oct 30-Dec 11	5:45pm-6:45pm

Saturday Tennis with Precision Tennis NEW

Looking for something new while your little one learns? Why not make the most of your time and join us on the court! While your child enjoys their out tennis lesson, you can too – learn the game, get active, and have fun alongside them. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

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

The perfect introductory tennis course for child. This program develops basic coordination and motor skills through point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca).

JHC North Gym

570882		\$178.50/7 sess
Sa	Sep 13-Oct 25	12:30pm-1:30pm
570883		\$178.50/7 sess
Sa	Nov 1-Dec 13	12:30pm-1:30pm

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

This program develops the basics of rallying (forehand and backhand) with a heavy emphasis placed on consistency and the ability to hold a long exchange. Students should bring their own tennis racket. Extra rackets available upon request (email: hello@precisiontennis.ca).

JHC South Gym

571026		\$259/7 sess
Sa	Sep 13-Oct 25	12:30pm-1:30pm
571031		\$259/7 sess
Sa	Sep 13-Oct 25	1:30pm-2:30pm
571034		\$259/7 sess
Sa	Sep 13-Oct 25	2:30pm-3:30pm
571029		\$259/7 sess
Sa	Nov 1-Dec 13	12:30pm-1:30pm
571033		\$259/7 sess
Sa	Nov 1-Dec 13	1:30pm-2:30pm
571035		\$259/7 sess
Sa	Nov 1-Dec 13	2:30pm-3:30pm



Rally Stars – Beginner Level 1 (6-8 yrs) NEW

The perfect introductory tennis course for your child. Based on the latest Tennis Canada methodologies, the Precision Tennis “Rally Stars – Beginner Level 1” class fosters a lifelong love for tennis while developing basic coordination and motor skills through point-based games. Extra rackets available upon request (email: hello@precisiontennis.ca).

JHC North Gym

570884		\$178.50/7 sess
Sa	Sep 13-Oct 25	1:30pm-2:30pm
570885		\$178.50/7 sess
Sa	Nov 1-Dec 13	1:30pm-2:30pm

Ace Academy – Beginner Level 1 (9-12 yrs)

The perfect introductory tennis course for your child. This program introduces basic techniques (forehand, backhand, serve and return) in a “play-first” manner. Extra rackets available upon request (email: hello@precisiontennis.ca).

JHC North Gym

570880		\$178.50/7 sess
Sa	Sep 13-Oct 25	2:30pm-3:30pm
570881		\$178.50/7 sess
Sa	Nov 1-Dec 13	2:30pm-3:30pm

Pre-teen & Youth

Arts

Drawing and Painting for Kids & Youth (7-16 yrs)

Students will learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Drop-in \$35 (space permitting).

Craft Room

571600		\$196/7 sess
F	Sep 5-Oct 17	3:15pm-4:45pm
579201		\$196/7 sess
F	Oct 24-Dec 5	3:15pm-4:45pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD		



Natural Dye & Shibori Workshop (15+ yrs)

This workshop combines two techniques: shibori and natural dyeing with plants. Each participant will learn some basic ways of tying, pinching and folding fabrics using rubber bands, clamps, pegs, and string, to create a one-of-a-kind cotton bandana. All materials provided.

Oak Room

572549		\$55/1 sess
Sa	Sep 20	2:00pm-4:00pm
INSTRUCTOR: FERNANDA MASCARENHAS		

Eco Printing Wool Socks with Plants (15+ yrs)

This workshop aims to teach the basic concepts of Eco Printing. This process uses leaves, flowers, seeds, and bark to print colours and shapes directly on the fabric, creating unique designs. Each participant will create one pair of merino wool socks while learning about dyeing plants, the different fabric types, and the use of mordants or colour fasteners. All materials provided.

Oak Room

572551		\$75/1 sess
Su	Oct 5	1:00pm-4:00pm
INSTRUCTOR: FERNANDA MASCARENHAS		

Dance

Beginner Musical Theatre Dance (16+ yrs) NEW

Step into the spotlight with this fun and welcoming introduction to the world of musical theatre - no experience necessary. Open to all levels, this program explores a variety of musical styles while building confidence through movement. No class Oct 13.

Oak Room

572427		\$300/10 sess
M	Sep 15-Nov 24	5:00pm-6:00pm
INSTRUCTOR: CARINA ZIAMANN		

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 Oct 13.

JHC Phoenix Room

8-11 yrs

571244		\$87.50/14 sess
M	Sep 8-Dec 15	5:30pm-6:30pm

12-18 yrs

571243		\$100/16 sess
W	Sep 3-Dec 17	5:30 PM-6:30 PM
INSTRUCTOR: BAC TAU		

Sports



Split Second Basketball Skills Training (8-16 yrs)

This 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 Oct 13. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-12 yrs

568743		\$318/12 sess
M	Sep 15-Dec 8	7:00pm-8:15pm
568742		\$371/14 sess
W	Sep 10-Dec 10	7:00pm-8:15pm

12-16 yrs

568741		\$318/12 sess
M	Sep 15-Dec 08	8:15pm-9:30pm
568740		\$371/14 sess
W	Sep 10-Dec 10	8:15pm-9:30pm
INSTRUCTOR: SPLIT SECOND BASKETBALL		





Education

EFK: Enviro Bots (8-14 yrs)

Welcome to the Enviro Bots engineering team! As robotics engineers, you will design eco-friendly solutions for modern challenges. In this program you will take-on exciting and complex hands-on robot building challenges using the LEGO Spike Prime® robotics kit and learn to program them using block coding. We will explore fascinating concepts such as machine learning and AI, mechanical advantage, and energy transfer.

Library

570190 \$196.50/6 sess
Th Sep 11-Oct 16 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER



EFK: Civil Engineering Strategic Structures (8-14 yrs)

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. Students will learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways.

Library

570755 \$196.50/6 sess
Th Nov 6-Dec 11 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

EFK: Engineering Kids Club! (8-14 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.

Library

570188 \$196.50/6 sess
F Sep 12-Oct 17 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

www.westpointgrey.org

EFK: E-Sports League: Epic Arenas (7-14 yrs)

Students will get the opportunity to play prototype arena layouts in the Rocket Labs mode with a virtual reality-inspired aesthetic. Throughout the program, students will work in teams and compete against each other in a series of matches to progress to the final tournament.

Library

570756 \$180/6 sess
F Nov 7-Dec 12 4:30pm-6:00pm
INSTRUCTOR: ENGINEERING FOR KIDS VANCOUVER

Career Preparation Workshop NEW

This workshop is designed to help students build confidence and essential skills for entering the workforce. Participants will review the fundamentals of resume and cover letter writing, receive personalized feedback on their current documents, and learn key techniques for successful interview preparation.

Library

580681 \$75/1 sess
Sa Sep 13 10:00am-2:00pm
580685 \$75/1 sess
Sa Sep 20 10:00am-2:00pm
580686 \$75/1 sess
Sa Sep 27 10:00am-2:00pm
580689 \$75/1 sess
Sa Oct 11 10:00am-2:00pm
INSTRUCTOR: BHUMIKA LALLER



FoodSafe Level 1

FoodSafe Level 1 is a specialized training program tailored for frontline food service workers, including cooks, servers, bus-persons, dish-washers, and deli workers. This comprehensive course provides vital knowledge on food safety practices and worker safety protocols.

Dining Room

577385 \$100/sess
Sa Oct 18 9:00pm-5:00pm
INSTRUCTOR: FIRST AID HERO

First Aid Training

Standard First Aid & CPR-C/AED (Blended) (16+ yrs)

This one day course includes CPR and choking procedures for adult, children, and infants, basic first aid skills, and comprehensive first aid skills. This course is for those interested in learning a variety of complex emergencies. An online module must be completed prior to the date of the course.

Dining Room

572703 \$165/1 sess
Sa Sep 20 9:00am-5:00pm
INSTRUCTOR: FIRST AID HERO

Red Cross Babysitting (11-15 yrs)

So, you want to be a babysitter? What you will learn: Responsibility and leadership skills, decision making and behaviour management, child developmental strategies, feeding, diapering, dressing, safety awareness and prevention, and first aid for babysitters. Please bring a nut-free lunch, water bottle, and a medium doll/teddy to practice on.

Dining Room

572701 \$70/1 sess
Sa Oct 4 9:00am-5:00pm
INSTRUCTOR: FIRST AID HERO

Emergency First Aid & CPR-C/AED (Blended) (16+ yrs)

This half day course introduces skills on how to deal with life threatening emergencies. Emphasis is placed on Airway, Breathing and Circulation as well as critical interventions for each. An online module must be completed prior to the date of the course.

Dining Room

572705 \$115/1 sess
Su Nov 2 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!

Dining Room

572702 \$70/1 sess
Sa Nov 15 9:15am-3:15pm
INSTRUCTOR: FIRST AID HERO

Adult & Seniors

Arts

Watercolour Workshop

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 supplies are included, but you are welcome to bring your own.

Craft Room

Fall Pattern

571238 \$50/1 sess
M Oct 27 5:30pm-8:00pm

Winter Scene

571240 \$50/1 sess
M Nov 17 5:30pm-8:00pm

Christmas Card

571239 \$50/1 sess
M Dec 8 5:30pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG

Watercolour Holiday Cards Workshop

Learn how to make your own beautiful holiday cards with various watercolour techniques. All materials such as paints, brushes, matching blank cards and envelopes are provided. All skill levels are welcome.

Craft Room

579202 \$57/1 sess
F Dec 12 1:45pm-4:45pm

579203 \$57/1 sess
F Dec 19 1:45pm-4:45pm

INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Creative Drawing – Beginner to Intermediate

Students will explore focal points, design, composition, and perspective. Through guided practice, students will learn to observe and use positive and negative space, apply reference points, and utilize techniques like the inverted T to improve accuracy in drawing from observation. Drop-in \$30 (space permitting). No class Sep 30, Nov 11.

Meeting Room

568829 \$200/10 sess
Tu Sep 9-Nov 25 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 \$36 (no experience required). See receipt for supply list. No class Sep 30, Nov 11.

Meeting Room

569660 \$186/12 sess
Tu Sep 9-Oct 21 1:30pm-4:30pm

569661 \$186/12 sess
Tu Oct 28-Dec 9 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

568830 \$200/10 sess
W Sep 10-Nov 12 9:30am-12:00 pm
INSTRUCTOR: GEORGIA YOUNGS



Artful Expressions

NEW

Unleash your creativity and explore the vibrant world of visual art in this dynamic class designed for all skill levels. This program offers a well-rounded introduction to drawing, painting, and mixed-media techniques. Students will learn fundamental drawing techniques, including line, shading, proportion, and perspective, along with colour theory, painting methods using acrylic and watercolour, and mixed-media art that incorporates a variety of materials and techniques. Drop-in \$25 (space permitting).

Craft Room

571459 \$140/7 sess
W Sep 10-Oct 22 6:15pm-7:15pm

571461 \$140/7 sess
W Oct 29-Dec 10 6:15pm-7:15pm

INSTRUCTOR: VIOLA CHOY

Watercolour Basics and Beyond

This program is perfect for beginners without experience and those returning to build on their skills from a previous Basics and Beyond class. 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.

Dining Room

571237 \$288/8 sess
Th Oct 30-Dec 18 6:00pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG



Acrylic Painting

Enjoying and relaxing with acrylic painting as an expressive and vibrant medium. You will learn how to use the brushes to achieve a variety of techniques including blending, glazing, lifting, wet on wet and over dry to create different textures and brush strokes on your artwork. We will focus on beautiful landscapes, flowers and figures. (Supplies are not included, supply list available upon registration). Drop-in \$35 (space permitting).

Craft Room

571599		\$196/7 sess
F	Sep 5-Oct 17	1:15pm-3:15pm
579174		\$196/7 sess
F	Oct 24-Dec 5	1:15pm-3:15pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD		

The Joy of Drawing and Painting

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

Craft Room

570038		\$525/15 sess
Sa	Sep 6-Dec 13	10:00am-11:30am
INSTRUCTOR: PHILIP TSANG		

Natural Dye & Shibori Workshop

This workshop combines two techniques: shibori and natural dyeing with plants. Each participant will learn some basic ways of tying, pinching and folding fabrics using rubber bands, clamps, pegs, and string, to create a one-of-a-kind cotton bandana. All materials provided.

Oak Room

572549		\$55/1 sess
Sa	Sep 20	2:00pm-4:00pm
INSTRUCTOR: FERNANDA MASCARENHAS		

Eco Printing Wool Socks with Plants

This workshop aims to teach the basic concepts of Eco Printing. This process uses leaves, flowers, seeds, and bark to print colours and shapes directly on the fabric, creating unique designs. Each participant will create one pair of merino wool socks while learning about dyeing plants, the different fabric types, and the use of mordants or colour fasteners. All materials provided.

Oak Room

572551		\$75/1 sess
Su	Oct 5	1:00pm-4:00pm
INSTRUCTOR: FERNANDA MASCARENHAS		

Dance

Adult Beginner ^{NEW} Musical Theatre Dance

Step into the spotlight with this fun and welcoming introduction to the world of musical theatre – no experience necessary. Open to all levels, this program explores a variety of musical styles while building confidence through movement. No class Oct 13.

Oak Room

572427		\$300/10 sess
M	Sep 15-Nov 24	5:00pm-6:00pm
INSTRUCTOR: CARINA ZIAMANN		

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 Oct 13.

Oak Room

569659		\$56/14 sess
M	Sep 8-Dec 15	7:35pm-9:35pm
INSTRUCTOR: BILL THOMPSON		

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). No class Sep 30, Nov 11.

Oak Room

569844		\$5/1 sess
Tu	Sep 9	6:30pm-7:30pm
569843		\$90/6 sess
Tu	Sep 16-Oct 28	6:30pm-7:30pm
569848		\$5/1 sess
Tu	Nov 4	6:30pm-7:30pm
569847		\$75/5 sess
Tu	Nov 18-Dec 16	6:30pm-7:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE		

Intro to Latin Dance: Salsa, Mambo, and Bachata

Latin dancers and enthusiasts enjoy a fun Latin dance experience. Through the session, your dance technique and vocabulary will improve in the styles of Samba, Salsa, Mambo, and Bachata. All levels are welcome. No partner required. Drop-in \$18 (space permitting). No class Sep 30, Nov 11.

Oak Room

569888		\$5/1 sess
Tu	Sep 9	7:30pm-8:30pm
569845		\$90/6 sess
Tu	Sep 16-Oct 28	7:30pm-8:30pm
569846		\$5/1 sess
Tu	Nov 4	7:30pm-8:30pm
569887		\$75/5 sess
Tu	Nov 18-Dec 16	7:30pm-8:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE		



Collaborative Creative Dance for Older Adults

An arts project that uses the collaborative creative strategies to encourage and support seniors to express their life experience and knowledge creatively. Based on the foundation of collaboration, the project builds community and strengthens cultural and social understandings.

Oak Room

571242		FREE/10 sess
F	Oct 3-Dec 5	12:30pm-2:00pm
INSTRUCTOR: DEZZA DANCE		

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Pottery

Beginner Wheel Throwing with Chu Chu

In this beginner wheel throwing class, 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 Oct 13, 20.

Pottery Studio

569651 \$540/12 sess
M Sep 8-Dec 8 5:30pm-8:30pm
INSTRUCTOR: SERENA CHU

A Journey in Expressive Arts Therapy with Clay NEW

This quiet contemplative class offers an opportunity to step out of our ordinary ways of knowing and take time to tune into a deeper knowing of ourselves. This guided practice opens a channel to our intuition and helps us learn what it has to reveal to us, informing our everyday life. All ages are welcome! No clay experience necessary. This is a process class so we will not be producing pieces to fire in the kiln.

Oak Room

572699 \$60/1 sess
Tu Oct 28 1:00pm-4:00pm
INSTRUCTOR: DANIELLE GAGNIER

Intermediate Pottery with Nora

Whether its throwing on the wheel or combining different hand building techniques, we will explore creative possibilities in clay. Students should be able to throw an 8 inch cylinder on the wheel prior to registering for this intermediate course. Clay must be purchased through the centre and pottery tools may be purchased for an additional amount. Please note that registration after 2nd class must be approved by the instructor. No class Sep 30, Nov 11, 25.

Pottery Studio

569667 \$440/11 sess
Tu Sep 16-Dec 16 2:00pm-5:00pm
INSTRUCTOR: NORA VAILLANT

Pottery with Danielle

Beginners are welcome and will be provided with introductory guidance. Process explorations, hand building and decoration techniques will be introduced. 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 Sep 30, Nov 11.

Pottery Studio

569831 \$480/12 sess
Tu Sep 16-Dec 16 5:30pm-9:00pm
INSTRUCTOR: DANIELLE GAGNIER

Pottery: Wheel Throwing, Beginners and All Levels

In this program, you'll get a chance to play on the wheel, try hand building techniques, and glaze your own pots. 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 Nov 5, 26.

Pottery Studio

569739 \$585/13 sess
W Sep 10-Dec 17 6:30pm-9:30pm
INSTRUCTOR: DAYNA VREEKEN



3-Day Animal Teapot Workshop NEW

Build your own functional sculptural teapot in the form of an animal. These animal teapots will be first built as solid forms, then hollowed out and reassembled as functional teapots. On day 1, day Jai will begin with a demonstration and everyone will start their teapots as solid animal forms. On day 2, everyone will hollow out the teapots and add any final details onto the animals such as fur texture and a handle. Day 3 will be focused on final details and painting underglaze onto the leather-hard clay, which will then be carved into, to add colour and more textures to the teapot.

Pottery Studio

569759 \$300/3 sess
Th Sep 18-Oct 2 5:30pm-8:30pm
INSTRUCTOR: JAI SALLAY-CARRINGTON

Social

Coffee Social (All Ages) NEW

Come drop by for a warm cup of coffee, light refreshments, and friendly conversation! Whether you're new to the neighbourhood or a long-time resident, this is a great chance to connect, relax, and enjoy time together in the beautiful Aberthau Mansion. Every second Tuesday of the month enjoy pancakes as a part of our Pancake Tuesday event (pre-registration required)! All ages welcome. No session Sep 30, Nov 11.

Lounge

570561 FREE
Tu Sep 2-Dec 16 10:00am-11:00am



Pancake Tuesdays (All Ages)

Calling all pancake lovers! Come join us for pancakes, coffee, treats, and conversation every 2nd Tuesday of the month! It's a great opportunity to meet others from the community! All ages welcome. Spaces are limited so register early to secure a plate.

Lounge

569943 FREE
Tu Sep 9 10:00am-11:00am
569944 FREE
Tu Oct 14 10:00am-11:00am
569945 FREE
Tu Nov 4 10:00am-11:00am
569946 FREE
Tu Dec 9 10:00am-11:00am



Mah Jong

Bring your lunch 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 Nov 11.

Library

572825

\$8/8 sess

Tu Oct 21-Dec 16 11:00am-1:00pm
INSTRUCTOR: NON INSTRUCTIONAL

Music

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

570990

\$35/14 sess

Su Sep 7-Dec 7 10:30am-12:30pm

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. No class Sep 30, Nov 11.

Library

Beginner

571695

\$200/10 sess

Tu Sep 16-Dec 2 4:30pm-5:45pm

Intermediate

571696

\$200/10 sess

Tu Sep 16-Dec 2 6:30pm-7:45pm
INSTRUCTOR: ROSSANA MARIEZCURENA

Education

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. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities.

Library

569638

FREE

Tu Sep 9 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS



Tech Cafe

Do you need support or want to learn more about your handheld or computer devices such as sending photos in emails or navigating through your phone? Sign up for a free 1-on-1 session and we will be able to show you tips and help you with questions you have. Call 604.257.8149 to reserve your timeslot in advance. Timeslots are in increments of 30 minutes. No session Sep 30, Nov 11.

Library

572822

FREE

Tu Sep 16-Nov 25 1:30pm-3:30pm

Falls Prevention Workshop

The alarming impact falls have on the well-being of seniors and hazards that contribute to the likelihood of falls are reviewed. Safeguards and suggested exercises to improve balance and strength are recommended.

Library

570082

FREE

W Sep 3 11:30am-1:30pm
INSTRUCTOR: COSCO SENIORS HEALTH AND WELLNESS INSTITUTE SOCIETY

Bus Out Trips by Enjoy The Journey



Manning Fall Colours

Heading to Manning Park, we drive through the scenic fall colours of the Cascade Mountains. Have lunch at the Manning Park Resort before heading to Lightning Lake for a walk along its shores. Package includes: Manning Park, lunch at Manning Park Resort, Lightning Lake, Hope Slide, Rhododendron Flats. Level: Easy

Aberthau Mansion Entrance

569771

\$120/1 sess

Th Oct 16 7:45am-6:30pm

Harrison Bald Eagle Tour

Travel to the Chehalis/Harrison River Estuary to view large numbers of Bald and Golden Eagles. Find your perch at the Sandpiper Resort's Observation Deck, separate forested area, and the Chehalis River Hatchery. Package includes: Lunch at River's Edge Restaurant, multiple eagle viewing locations, Chehalis River Hatchery. Level: Easy

Aberthau Mansion Entrance

569772

\$135/1 sess

M Nov 24 7:45am-5:15pm

Merry & Bright at Martini Town

Experience holiday movie magic at Merry & Bright at Martini Town, a film backlot in Langley! As a functioning set, Martini Town brings everything you love about your go-to holiday movies to life. Package includes: Admission and escorted entry to Merry & Bright at Martini Town, Olive Garden two course lunch, Potters Christmas Store. Level: Easy

Aberthau Mansion Entrance

569773

\$120/1 sess

Th Dec 4 10:45am-7:30pm

Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

Introduction to Vertical Gardening

In this workshop with Dr. Yael Stav, we'll discuss the different systems and technologies available for gardening. We'll 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).

Library

571249 \$20/1 sess
M Nov 17 6:30pm-8:30pm



Permaculture Vancouver October 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. We'll have a community seed library present – pick up some free seeds for your garden, swap or donate seeds.

Youth Room

571248 FREE
W Oct 22 6:30pm-8:30pm

Cordage and Coiled Basket

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

Youth Room

571246 \$20/1 sess
Th Sep 18 6:30pm-8:30pm



Aberthau Community Garden

Aberthau Community Permaculture and Eco Art Garden (NW Marine Drive between Discovery and Trimble Street). Emphasizing permaculture design elements, it offers fun, inclusive social, educational, culinary, artistic, and cultural activities for community members. All levels of experience are welcome at our weekly garden work parties, including new gardeners (for more info: admin@villagevancouver.org). For more information, visit Village Vancouver at www.villagevancouver.org or email Ross Moster at ross@villagevancouver.org. The garden is a member of the Westside Neighbourhood Food Network, and is part of the Westside Permaculture Corridor.

WPG Community Garden

571245 FREE/8 sess
Sa Sep 6-Oct 25 10:00am-12:30pm
INSTRUCTOR: VILLAGE VANCOUVER



Health & Wellness

OASIS Vancouver Coastal Health Workshop

Nutrition for Arthritis

Join Registered Dietician, Arlaina Waisman, to learn about the impact of diet and nutrients on arthritis, and strategies for healthy eating.

Library

571217 FREE
Tu Sep 16 10:00am-12:00pm

Hand Arthritis

Join Physiotherapist, Anna Spillane, to learn specific strategies for managing arthritis in the hands. This workshop will also include how to protect your hand joints during daily activities and exercises to maintain joint movement and strength.

Library

571218 FREE
Tu Sep 23 10:00am-12:00pm

Pain Management for Arthritis

Join Registered Nurse, Susan Johnson, to learn evidence-based strategies to manage arthritic pain so that you can exercise, rest, and have a function-centered life.

Library

571219 FREE
Tu Oct 7 10:00am-12:00pm

Managing Hip & Knee Arthritis

Join Occupational Therapist, Louise Lydon, to learn about arthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery.

Library

571223 FREE
Tu Oct 14 10:00am-12:00pm

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org



Choose to Move | Get Active



Information Session

Participants **MUST** attend the Information Session to be eligible for the full program.

581908 **FREE**
W Sep 10 10:00am-11:00am

Choose To Move

Choose To Move (CTM) is a program for seniors who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class; it's a motivational coaching program where you will meet with coach and other participants to discuss ways to incorporate more physical activity into your life. Please note participants **MUST** attend the Information Session to be eligible for the full program.

Oak Room
581910 **FREE/13 sess**
W Sep 17-Dec 10 10:00am-11:00am
INSTRUCTOR: KITTY YUNG

ActivAge™

ActivAge™ is led by a BCRPA registered Fitness Leader with an Older Adult specialty. This physical activity program is for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives. Please note participants **MUST** attend the Information Session to be eligible for the full program.

Oak Room
581909 **FREE/13 sess**
W Sep 17-Dec 10 11:00am-12:00pm
INSTRUCTOR: KITTY YUNG

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. Please bring your own yoga mat. Drop-in \$25 (space permitting). No class Oct 13.

Oak Room
569654 \$147/7 sess
M Sep 8-Oct 27 9:30am-11:00am
569655 \$147/7 sess
M Nov 3-Dec 15 9:30am-11:00am
569656 \$152/8 sess
Th Sep 11-Oct 30 9:15am-10:30am
569657 \$133/7 sess
Th Nov 6-Dec 18 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 Sep 29, Oct 6, 13.

Dining Room
570044 \$187/11 sess
M Sep 8-Dec 8 6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER

Open Sound Bath NEW Meditation Session

Take a pause from your busy week and immerse yourself in deep relaxation with our open weekly sound bath meditation sessions. Designed for all experience levels, these sessions use the soothing vibrations of crystal singing bowls and chimes to calm the mind, release stress, and promote inner balance. Please bring a yoga mat, blanket, pillow, and anything else you need to feel comfortable lying down.

Oak Room
571579 \$10/1 sess
Tu Sep 9 11:30am-12:30pm
571580 \$10/1 sess
Tu Sep 16 11:30am-12:30pm
571581 \$10/1 sess
Tu Sep 23 11:30am-12:30pm
571582 \$10/1 sess
Tu Oct 7 11:30am-12:30pm
571583 \$10/1 sess
Tu Oct 14 11:30am-12:30pm
571584 \$10/1 sess
Tu Oct 21 11:30am-12:30pm
571585 \$10/1 sess
Tu Oct 28 11:30am-12:30pm
INSTRUCTOR: VIOLA CHOY

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. No class Sep 30, Nov 11.

Dining Room
571233 \$168/8 sess
Tu Sep 2-Oct 28 6:30pm-8:30pm
571232 \$126/6 sess
Tu Nov 4-Dec 16 6:30pm-8:30pm
Oak Room
571230 \$168/8 sess
Th Sep 4-Oct 23 6:30pm-8:30pm
571231 \$147/7 sess
Th Nov 6-Dec 18 6:30pm-8:30pm
INSTRUCTOR: JANICE LEBLOND

Health & Wellness cont'd

Deep Stretch Yoga

This slow paced and gentle class has participants holding yoga poses, with nourishing rejuvenation for the deep connective tissues within the body. Modifications and guided use of props, breathwork, and meditation will be provided. Please bring your own yoga mat. Drop-in \$18 (space permitting).

Oak Room

570019 \$192/12 sess
W Sep 3-Nov 19 5:30pm-6:30pm
INSTRUCTOR: KENDRA RUHLAND

Candlelit Yin Yoga NEW

This class is a slow paced meditative practice, that works into the body's connective tissue with long passive holds in gentle releasing yoga poses. Modifications and guided use of props, breathwork, and meditation will be provided. Please bring your own yoga mats. Drop-in \$18 (space permitting).

Oak Room

570020 \$192/12 sess
W Sep 3-Nov 19 6:45pm-7:45pm
INSTRUCTOR: KENDRA RUHLAND

Feldenkrais Awareness through 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

569652 \$209/11 sess
Th Sep 11-Nov 20 1:30pm-2:30pm
569653 \$209/11 sess
Sa Sep 13-Nov 22 9:15am-10:15am
INSTRUCTOR: MARY LOU STANLEY

Yoga Mommies & Babies (2 mos-2½ yrs) NEW

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

568753 \$136/8 sess
Su Sep 28-Nov 16 9:45am-10:45am
INSTRUCTOR: LAURENCE SAUVE

Reiki Certification Training

All courses include a manual and certificate approved by the Canadian Reiki Association.



Introducing Viola Choy

Viola is a Certified Reiki Master Teacher with extensive experience in energy healing and holistic wellness. Trained in the Usui tradition of Reiki, she has supported countless clients and students on their path to physical, emotional, and spiritual wellbeing. Blending intuitive wisdom with traditional Reiki practices, Viola offers a nurturing and grounded space for deep healing and self-discovery.

Reiki Level 1 Certification: Foundations of Energy Healing

This introductory training focuses on self-healing and learning to channel universal life force energy through your hands to support physical, emotional, and spiritual well-being for yourself and others.

Dining Room

572835 \$245/1 sess
Su Sep 21 9:15am-4:15pm
572839 \$245/1 sess
Su Nov 9 9:15am-4:15pm
INSTRUCTOR: VIOLA CHOY



Reiki Level 2 Certification: Deepening the Healing Practice

This level introduces powerful new symbols that enhance your healing practice and deepen your energetic connection. By the end of this level, you'll be equipped to perform Distant Reiki and support others on a deeper emotional and mental level.

Dining Room

572845 \$245/1 sess
Su Sep 28 9:15am-4:15pm
572846 \$245/1 sess
Su Nov 16 9:15am-4:15pm
INSTRUCTOR: VIOLA CHOY

Reiki Level 3: Reiki Master Certification

Reiki Level 3, also known as the Reiki Master level, is the final stage in the traditional Reiki training system. This level deepens your connection to Reiki energy and equips you with advanced tools and techniques for handling more complex healing situations.

Dining Room

573394 \$245/1 sess
Su Oct 5 9:15am-4:15pm
573395 \$245/1 sess
Su Nov 23 9:15am-4:15pm
INSTRUCTOR: VIOLA CHOY

Reiki Level 4: Reiki Teacher Certification (Part 1 & 2)

Reiki Level 4 is the final and most advanced stage of Reiki training, designed for those who feel called to teach and attune others to Reiki. This level goes beyond the Reiki Master (Level 3), focusing on mastery through teaching, empowerment, and spiritual development. Prerequisites: Participants must have completed Reiki Levels 1-3 and logged at least five practice Reiki sessions per level. Upon completion, you will be qualified to teach and certify others in all levels of Reiki.

Dining Room

573396 \$560/2 sess
Sa Su Oct 11-Oct 12 9:15am-4:15pm
577402 \$560/2 sess
Sa Su Nov 29-Nov 30 9:15am-4:15pm
INSTRUCTOR: VIOLA CHOY



Martial Arts

2SLGBTQIA+ Safety Workshop NEW

In collaboration with the West Point Grey Community Centre, Renfrew Park Community Centre, and Vancouver Police Department's Diversity Section and Women's Personal Safety Team, this unique workshop includes a safety seminar and a physical learning portion. The presentation and discussion section will focus on situational awareness, de-escalation, and reporting. The hands-on portion will teach self-protection tactics designed to be easily learned and remembered by individuals with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:10pm to fill out forms before the start of workshop.

Renfrew Park Community Centre – Room 110

578006

FREE

W Nov 26 5:30pm-8:30pm
INSTRUCTOR: VANCOUVER POLICE DEPARTMENT

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 Oct 13.

JHC Phoenix Room

571244

\$87.50/14 sess

M Sep 8-Dec 15 6:45pm-7:45pm
INSTRUCTOR: BAC TAU

Adapted Sports

Ball Hockey for Young Adults

A ball hockey program designed to provide a fun, safe, and supportive environment for young adults with developmental disabilities. Each player must be able to work independently and use a hockey stick in a safe manner. No drop-ins. No class Oct 24, Dec 5.

WPG Gym

569788

\$84/14 sess

F Sep 5-Dec 19 6:00pm-7:15pm
INSTRUCTOR: SARAH CAMPBELL

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www.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 early starts. 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. No session Oct 13.

WPG Gym

570934

\$77/14 sess

M Sep 8-Dec 15 7:30pm-9:30pm

Goalies

570933

FREE/14 sess

M Sep 8-Dec 15 7:30pm-9:30pm

Volleyball – Recreational

There is one full court: for beginners/non-competitive players and intermediate players. Please bring your own volleyball. No session Sep 30, Nov 11.

WPG Gym

570927

\$77/14 sess

Tu Sep 2-Dec 16 7:30pm-9:30pm

Badminton – Recreational

This is a pilot program. Basic knowledge and experience required. All levels welcome! Please bring your own rackets and shuttles.

WPG Gym

570930

\$88/16 sess

W Sep 3-Dec 17 8:00pm-9:45pm



Pickleball – Recreational

This is a pilot program. Basic knowledge and experience required. All levels welcome! Please bring your own paddles and balls.

WPG Gym

570939

\$88/16 sess

Th Sep 4-Dec 18 1:00pm-3:00pm

Basketball – Recreational

Recreational 5 on 5 Co-Ed basketball. Please bring your own basketball.

WPG Gym

570924

\$88/16 sess

Th Sep 4-Dec 18 7:30pm-9:30pm

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

Tennis

Tennis programs take place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

Summer Smash Tennis: Adult Beginner (1.0)

This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Students are expected to bring their own rackets.

JHC South Gym

570169		\$277.50/6 sess
W	Nov 5-Dec 10	7:00pm-8:15pm
570167		\$277.50/6 sess
Sa	Sep 13-Oct 18	9:30am-10:45am
570172		\$370/8 sess
Sa	Oct 25-Dec 13	9:30am-10:45am
INSTRUCTOR: SUMMER SMASH TENNIS		

Summer Smash Tennis: Adult Beginner+ (1.5)

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 Oct 8, 22.

JHC South Gym

570164		\$231.25/5 sess
W	Sep 17-Oct 29	7:00pm-8:15pm
570166		\$277.50/6 sess
Sa	Sep 13-Oct 18	10:45am-12:00pm
570168		\$370/8 sess
Sa	Oct 25-Dec 13	10:45am-12:00pm
570170		\$277.50/6 sess
W	Nov 5-Dec 10	8:15pm-9:30pm
INSTRUCTOR: SUMMER SMASH TENNIS		

Summer Smash Tennis: Adult Beginner+ + (2.0)

Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. 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. No class Oct 8, 22.

JHC South Gym

570165		\$231.25/5 sess
W	Sep 17-Oct 29	8:15pm-9:30pm
INSTRUCTOR: SUMMER SMASH TENNIS		



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

This program develops the basics of rallying (forehand and backhand) with a heavy emphasis placed on consistency and the ability to hold a long exchange. Students should bring their own tennis racket. Extra rackets available upon request (email: hello@precisiontennis.ca). No class Oct 9, Nov 6.

JHC South Gym

570759		\$185/5 sess
Th	Sep 11-Oct 16	7:15pm-8:15pm
571026		\$259/7 sess
Sa	Sep 13-Oct 25	12:30pm-1:30pm
571031		\$259/7 sess
Sa	Sep 13-Oct 25	1:30pm-2:30pm
571034		\$259/7 sess
Sa	Sep 13-Oct 25	2:30pm-3:30pm
570760		\$222/6 sess
Th	Oct 30-Dec 11	7:15pm-8:15pm
571029		\$259/7 sess
Sa	Nov 1-Dec 13	12:30pm-1:30pm
571033		\$259/7 sess
Sa	Nov 1-Dec 13	1:30pm-2:30pm
571035		\$259/7 sess
Sa	Nov 1-Dec 13	2:30pm-3:30pm
INSTRUCTOR: PRECISION TENNIS INC.		

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

This 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. Students should bring their own tennis racket. Extra rackets available upon request (email: hello@precisiontennis.ca). No class Oct 9, Nov 6.

JHC South Gym

570761		\$185/5 sess
Th	Sep 11-Oct 16	8:15pm-9:15pm
570762		\$222/6 sess
Th	Oct 30-Dec 11	8:15pm-9:15pm
INSTRUCTOR: PRECISION TENNIS INC.		

Pickleball

The Pickleball Training Hall

We'll begin each week with detailed training exercises to isolate pickleball's basic movements. On the court, we'll put these movements into a more complex set of stroke mechanics in situational drills and games. Throughout the program, these carefully constructed movements will integrate power, balance, agility, flexibility, proprioception, recovery and mindset into a profound flow state. No class Oct 13.

WPG Gym

568823		\$270/10 sess
M	Sep 15-Nov 24	12:00pm-2:00pm
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 Oct 13.

WPG Gym

568819		\$192/12 sess
M	Sep 15-Dec 8	2:00pm-3:30pm
INSTRUCTOR: CHRIS KOENTGES		

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The Fall Doubles Pickleball Workshop (3.25+)

A unique workshop where partners are challenged to solve new sets of problems each week. Experiment with advanced positioning and stacking strategies; and devise game plans for every type of opponent. Register with a partner; play and drill together with other teams at your level. We'll do our best to accommodate those without a partner. No class Sep 30, Oct 21, Nov 11.

WPG Gym

568824	\$216/8 sess
Tu	Sep 16-Nov 25 11:30am-1:00pm
INSTRUCTOR: CHRIS KOENTGES	

The Workshop for Positive Pickleball Players

You've completed various beginner pickleball programs. You know the rules and some basic strategy, but you feel kind of stuck. This is a supportive space to build confidence in stroke mechanics, shot selection, higher level positioning, slightly more advanced strategy, and to cultivate a relentlessly positive style of play. No class Sep 30, Oct 21, Nov 11.

WPG Gym

568825	\$270/10 sess
Tu	Sep 16-Dec 9 1:00pm-2:30pm
INSTRUCTOR: CHRIS KOENTGES	

2.0-2.5 Adult Beginner Pickleball Lessons (Level 2)

Continue your pickleball journey with the Precision Pickleball "Adult Beginner Level 2" program! Based on Pickleball Canada methodologies, this course focuses on refining footwork, dinking, volleys, drives and drops, while enhancing your understanding of winning point-play tactics. **BEGINNERS ONLY:** New players who surpass a 2.5 player rating will be removed at the instructor's discretion to ensure fair opportunity.

WPG Gym

578598	\$178.50/7 sess
W	Sep 10-Oct 22 11:45am-12:45pm
578599	\$178.50/7 sess
W	Oct 29-Dec 10 11:45am-12:45pm
INSTRUCTOR: PRECISION TENNIS INC.	

1.0-1.5 Women's Beginner Pickleball Lessons (Level 1)

For women with little-to-no previous pickleball experience. Based on Pickleball Canada methodologies, Precision Pickleball's "Adult Beginner Level 1" program develops the basics of rallying with a heavy emphasis placed on consistency and the ability to hold a long exchange. **BEGINNERS ONLY:** New players who surpass a 1.5 player rating will be removed at the instructor's discretion to ensure fair opportunity.

WPG Gym

578594	\$178.50/7 sess
W	Sep 10-Oct 22 12:45pm-1:45pm
578595	\$178.50/7 sess
W	Oct 29-Dec 10 12:45pm-1:45pm
INSTRUCTOR: PRECISION TENNIS INC.	



1.0-1.5 Adult Beginner Pickleball Lessons (Level 1)

For players with little-to-no previous pickleball experience. Based on Pickleball Canada methodologies, Precision Pickleball's "Adult Beginner Level 1" program develops the basics of rallying with a heavy emphasis placed on consistency and the ability to hold a long exchange. **BEGINNERS ONLY:** New players who surpass a 1.5 player rating will be removed at the instructor's discretion to ensure fair opportunity.

WPG Gym

578596	\$178.50/7 sess
W	Sep 10-Oct 22 1:45pm-2:45pm
578597	\$178.50/7 sess
W	Oct 29-Dec 10 1:45pm-2:45pm
INSTRUCTOR: PRECISION TENNIS INC.	



Tactics and Strategy for Thoughtful Intermediate Players

Each week begins with half an hour in the Library, 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 Oct 10, 17.

WPG Gym & Library

568822	\$225/9 sess
F	Sep 19-Nov 28 10:45am-12:40pm
INSTRUCTOR: CHRIS KOENTGES	

Pickleball For The People: The Beginners/Novice Workshop

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

568820	\$351/13 sess
F	Sep 19-Dec 12 12:45pm-2:10pm
INSTRUCTOR: CHRIS KOENTGES	

Pickleball – Social Soft Game Play for Novice/Intermediate

You've taken some lessons and are still gathering the confidence to play your first games. Or maybe you find the chaos of open play sessions a little intimidating. While players should know the rules and how to keep score, these are development sessions. Emphasis is on fun, patience, and helping each other improve together. No class Dec 5.

WPG Gym

568821	\$180/12 sess
F	Sep 19-Dec 12 2:15pm-3:15pm
INSTRUCTOR: CHRIS KOENTGES	

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.

FREE
Wi-Fi

Free PARKING
Available!

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

WPG Fitness Centre & Group Fitness Fees

	Adult	Youth/Student/Senior
Drop-in	\$6.00	\$4.25
10-Visit Pass	\$47.25	\$35.75
1 Month	\$42.00	\$33.00
3 Months (Fitness Centre only)	\$101.00	\$76.00
6 Months (Fitness Centre only)	\$187.00	\$139.50
12 Months (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
10-Visit Pass	\$71.37	\$35.73	\$49.95
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

Group Fitness Drop-in Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba 9:10am-10:10am Alesya WPG Gym	Refit 9:30am-10:45am Maggi WPG Gym	Zumba 9:10am-10:10am Alesya WPG Gym	Refit 9:30am-10:45am Maggi WPG Gym	Zumba & Tone 9:10am-10:10am Alesya WPG Gym
Strength & Stretch 10:20am-11:20am Alesya WPG Gym		Stretch & Core 10:20am-11:20am Alesya WPG Gym		Ballet Barre 10:20am-11:20am Alesya WPG Gym
		Stability, Mobility & Flexibility 4:00pm-5:00pm Maggi Oak Room	Group Fitness Fees Drop-in \$6 Adults, \$4.25 Youth/Students & Seniors No session Sep 30, Oct 13, Nov 11. Schedule subject to change.	

Class	Description
Moderate to Challenging	Ballet Barre The Ballet Barre Workout is designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Everyone can do it; you don't need to be a dancer!
	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 Sep 30, Oct 7, 9, Nov 11.
	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. No session Oct 8.
	Zumba® Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session Oct 13.
	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 Oct 13.
	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	
Dining Room	60	\$49	Please enquire for more information.
Gardens	90	\$39	
WPG Gym	300	\$60	N/A

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

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

- *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.
- Additional fees may apply. Rates are subject to change without notice.
- Room rentals only accepted 8 weeks in advance.
- Main floor rentals accepted 1 year in advance.

EQUIPMENT AVAILABLE	QUANTITY	RATE
Round Tables (60")	11	\$10/table
White Resin Chairs (outdoor use only)	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

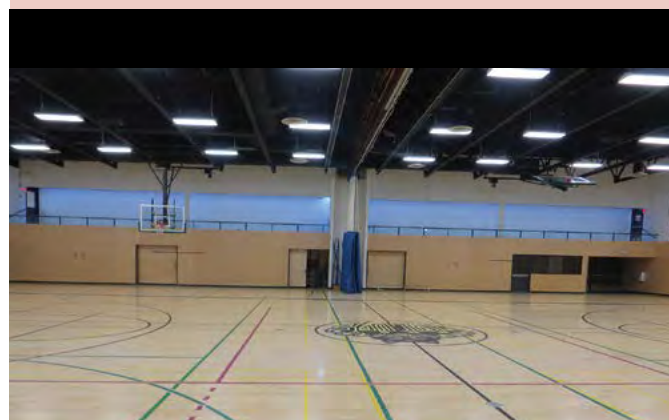
The Jericho Hill Centre is located at 4196 West 4th Ave.
The Gymnasium is located at 4180 West 4th Ave.

[See location map on page 2.](#)

Hourly rentals only accepted 8 weeks in advance, or as 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

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



A Look Inside our Facilities Available for Rentals



Oak Room



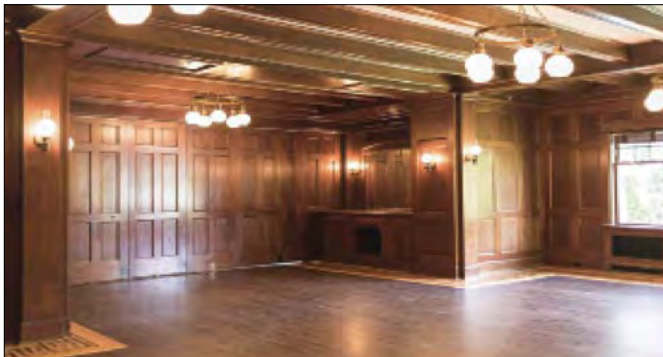
Gardens



Lounge



Gym



Dining Room



Library

Aberthau Mansion Tour is available Virtually!

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



Things You Need to Know

3 Easy Ways to Register

1. Register on-line on the Parks Board site at www.vanrec.ca.
2. In Person: Payment can be made by Cash, Cheque, Debit or Credit Card.
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 Annual General Meeting (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.

OneCard

With the OneCard you can access the entire network of Park Board pools, rinks and fitness centres. Please inquire at the front desk.

Leisure Access/Program Subsidies

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

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

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

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

Stay Connected with West Point Grey!

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

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

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

Personal Information Protection Policy

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

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



Looking to teach a program at West Point Grey CC?

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



Adult Colouring Club

Relax and enjoy the many benefits of colouring with like-minded creatives. We'll provide the colouring pages and pencil crayons!

Sundays, Aug 3 – Sep 28
2:00 p.m. – 3:00 p.m.

West Point Grey Branch
4566 W. 10th Ave.

FREE
Drop-in.

For more information: 604.665.3974 | vpl.ca/events



VANCOUVER
PUBLIC
LIBRARY

MARK YOUR CALENDARS 2025

POTTERY SALE

ABERTHAU POTTERS

SAT DEC 6
10AM – 4PM

SUN DEC 7
11AM – 2PM



WEST POINT GREY COMMUNITY CENTRE GYM
4397 W 2nd AVENUE, VANCOUVER

BROWSE ANYTIME:
www.aberthauptotters.com
facebook.com/AberthauPotters
instagram/aberthau_potters



CALENDAR

Fall Upcoming Events

8
SEP

Devil's Club Bead Making Workshop (16+ yrs)

Join Cheximiya Allison Burns Joseph in creating your own devils club bead. The devil's club is used as protection in the Squamish Culture. You will sand and shape the bead with sandpaper and create the hole to have your bead made into a necklace.

Oak Room

571776

FREE

M Sep 8 4:00pm-6:00pm
INSTRUCTOR: ALLISON BURNS

16
SEP

Salish Wool Weaving Workshop (16+ yrs)

Join Cheximiya Allison Burns Joseph and discover the traditional techniques of Salish Wool Weaving! The Coastal Nations have a rich cultural past that includes the collection, spinning and weaving from mountain goat wool. Create your own woven cuff/keepsake while learning the traditional technique used by the Squamish nation.

Oak Room

571775

FREE

Tu Sep 16 2:00pm-4:00pm
INSTRUCTOR: ALLISON BURNS

25
OCT

Halloween Carnival (1-8 yrs)

Join us for some thrills and chills at our annual Halloween Carnival! Come dressed in costume and enjoy ghoulish games, freaky fun, and a bewitched bouncy castle. Parents must accompany children, but do not need a ticket. Treats for all!

WPG Gym

570273

\$10/1 sess

Sa Oct 25 11:00am-1:00pm

15
SEP

Sing Along with Brian (All Ages)

NEW

Join Brian for a lively performance featuring classic children's songs and his own original tunes. This fun-filled event for kids and parents combines storytelling and music in an engaging, interactive experience. Sing along to both familiar favorites and catchy new songs. Lyric sheets will be provided. Brian Cook is a professional songwriter and musician. .

Library

572736

FREE

M Sep 15 4:00pm-4:45pm

572734

FREE

M Oct 27 4:00pm-4:45pm
INSTRUCTOR: BRIAN COOK

29
OCT

Pumpkin Carving Night (All Ages)

Enjoy a night of family fun with pumpkin carving, hot chocolate and treats. Pumpkins will be supplied for each family, therefore pre-registration is required. Stencils and limited tools will be available for use but participants are encouraged to bring their own. Parent/guardian participation is required.

Dining Room & Lounge

570275

\$10/1 sess

W Oct 29 5:30pm-7:30pm

1
NOV

Acrylic Paint Event – Mountains

Join us for a fun paint event where your instructor will help bring out your inner artist, even if you've never held a brush before! This beginner-level experience is designed to teach you how to paint while also creating a sense of community connection. All skill levels are welcome, and all supplies are included. Please note that this is a non-alcoholic event.

Oak Room

571241

\$50/1 sess

Sa Nov 1 11:30am-2:00pm
INSTRUCTOR: CHLOE GREENBERG

26
NOV

Aberthau Holiday Celebration (All Ages)

Get into the holiday spirit with us as we welcome the community to an evening of entertainment, holiday treats, crafts and fun for everyone in Aberthau Mansion. All ages welcome, adults must accompany children.

Aberthau Main Floor

570274

FREE

W Nov 26 6:00pm-7:15pm

13
DEC

Breakfast with Santa (All Ages)

Ho Ho Ho! Santa Claus is coming to town and will make a special stop to have breakfast with us at Aberthau Mansion!

14
DEC

We will have a pancake breakfast, arts and crafts, and a visit with Santa, himself. This event is an annual sell out so please purchase your tickets for both children and adults in advance to ensure your seat.

Aberthau Main Floor

570270

\$15/1 sess

Sa Dec 13 10:00am-12:00pm

570271

\$15/1 sess

Su Dec 14 10:00am-12:00pm

17
DEC

Gingerbread House Decorating (All Ages)

Bring the family to build and decorate your very own Gingerbread house while enjoying holiday treats, crafts, and music. The fee includes one gingerbread house and all supplies. Pre-registration and parent/guardian participation is required for this event.

Dining Room & Lounge

570272

\$15/1 sess

W Dec 17 6:30pm-8:30pm