

Recreation Guide

Spring & Summer 2026



SPRING & SUMMER PROGRAM REGISTRATION BEGINS SATURDAY APRIL 11

SUMMER DAY CAMP REGISTRATION BEGINS WEDNESDAY APRIL 8

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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

West Point Grey Community Centre



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





Spring & Summer 2026 Program Registration Starts

Saturday April 11

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

Summer Day Camp 2026 Registration Starts

Wednesday April 8

- Online at vanrec.ca & In-Person at 7:00pm
- By Phone on **Thursday April 9** at 10:00am

See pages
20-25.



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

Getting to West Point Grey

Community Centre by Public Transit

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

Getting to Jericho Hill Centre by Public Transit

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

Staff

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

Eric Bagnall.....Community Recreation Supervisor
 Andrea Mah (Preschool & Children's).....Recreation Programmer II
 Maya Smith (Adult & Senior's).....Recreation Programmer II
 Jessie Mann.....Recreation Facility Clerk
 Dawn Livesley (Rentals)Program Assistant III
 TBA (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

May 1-Jun 30

Mon-Thu 7:30am-10:00pm
 Fri..... 7:30am-8:00pm
 Sat & Sun..... 9:00am-5:00pm

Jul 1-Aug 31

Mon-Thu 7:30am-9:00pm
 Fri..... 7:30am-7:00pm
 Sat & Sun 9:00am-5:00pm

Modified Hours:

Aug 31, Sep 1 9:00am-5:00pm

Holiday/Maintenance Closure

May 18, Jul 1, Aug 3, Sep 2-7 Closed

Aberthau

May 1-Jun 30

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

Jul 1-Aug 31

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

Holiday/Maintenance Closure

May 18, Jul 1, Aug 3, 15, 16, Aug 31-Sep 7 Closed



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

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

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

Volunteer Opportunities at West Point Grey

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

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

West Point Grey Community Centre Association 2026 – 2027 Board of Directors

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

Gayle Gavin
Jovanka Meyers
Lisa Simonson
Murray Hendren

Ross Fahrni
Rodica Susnea
Tiffany Hamilton
Troy Abromaitis

Victor Alfonso
Katherine Hill
Louise Grady
Frank Heinzelmann

Our Mission Statement

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



President's Message – Spring & Summer 2026

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

Centre Highlights

- Summer Day Camp Streamline Registration – To enhance customer service, the Summer Day Camp registration process will be streamlined beginning this April. Registration for Summer Camps only will open on Wednesday, April 8, 2026 at 7:00pm for online and in-person, Thursday, April 9, 2026 at 10:00am for phone-in.
- Refund and Cancellation Policy changes – please take a moment to review our new policies.
- The Gym Building is now open earlier at 7:30am, Monday through Friday, providing extended access for all members.

Program Highlights

- 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!
- Kids Handbuilding: Clay creations – Dive into the wonderful world of clay! Kids will explore their creativity while learning essential hand-building techniques. Craft functional items like mugs, bowls, and vases, or let your imagination run wild with whimsical sculptures and clay creatures.
- Croquet and Lawn Bowling Lessons at West Point Grey Lawn Bowling Club – Enjoy this fun, outdoor activity where you can meet new friends while learning the strategic and competitive aspects of croquet and lawn bowling.
- The Journey of Dementia: Understanding, Empathy and Support – Join this four-part community course series designed to empower participants with knowledge, resources and strategies for supporting those living with dementia. Offered in collaboration with Home Instead.

New Program Offerings

- Take part in Seniors Acting + Storytelling and explore the joy of performance! This engaging program helps participants build confidence, improve movement and voice, and bring personal stories to life in creative, expressive ways.
- Reiki Certification Training (Levels 1-3) – 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.
- Are you a senior looking to stay active? Join us for beginner-friendly tennis lessons offered by Precision Tennis. Learn the basics of forehand and backhand rallying. If you're more of an advanced beginner, we also offer a program designed just for you!
- Join Precision Tennis coaches in a family-oriented program to learn tennis. This program introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange.
- 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!
- Playful Public Speaking - Learn to strengthen your voice, free your body language, and manage nerves, while exploring different speaking styles – from elevator pitches to inspirational storytelling.
- Chair Yoga – Move, stretch and relax in this gentle and accessible class designed for seniors. Using a chair for support, participants will improve flexibility, balance, and overall well-being in a safe and welcoming environment.

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

MAR 20 - APR 12, 2026

NETWORK

Adapted for the stage by **Lee Hall**
Based on the film by **Paddy Chayefsky**
DIRECTED BY KATHLEEN DUBORG

unitedplayers.com

March 20 - April 12, 2026
United Players of Vancouver

Or Festival

10 Minute Plays By Vancouver Artists

"To Be Or Not To Be?" We choose "Or"

April 15-18th, 2026
The Jericho Arts Centre
1675 Discovery St.

Tickets: www.orfestival.com

April 15 - 18, 2026
Or Festival Theatre Society

CITYSONG

by **Carys D. Coburn**
directed by Joan Bryans

April 30 - May 17, 2026 • Jericho Arts Centre
vitalsparktheatre.com • 604.224.8007 ext 3

April 30 - May 17, 2026
Vital Spark theatre

MAY 29 - JUN 21, 2026

ARMS and the MAN

By George Bernard Shaw
DIRECTED BY LAUREN TAYLOR

unitedplayers.com

May 29 - June 21, 2026
United Players of Vancouver

ENSEMBLE THEATRE COMPANY

RETURNS TO THE JERICH O ARTS CENTRE

A STREETCAR NAMED DESIRE BY TENNESSEE WILLIAMS
DIRECTED BY CHRIS LAM

PEERLESS BY JIEHAE PARK
DIRECTED BY KELTIE FORSYTH

A 20TH CENTURY CLASSIC PAIRED WITH A MODERN DARK COMEDY SPIN ON MACBETH

JULY 9-19

TICKETS & DETAILS AT ENSEMBLETHEATRECOMPANY.CA

July 9 - 19, 2026
Ensemble Theatre Company

TICKETS

OR Festival:
orfestival.com

CITYSONG:
vitalsparktheatre.com

Network, Arms and the Man:
unitedplayers.com or
604-224-8007 ext 2

ETC Summer Rep Festival:
A Streetcar Named Desire and Peerless
ensembletheatrecompany.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)

Rooted in gentle mobility, grounding techniques and guided improvisation, this collaborative dance class welcomes all bodies and all abilities. No experience necessary. This arts-and-health informed project draws on collaborative creative practices and is led by professional artists experienced in working with older populations, supporting community building and the creative expression of lived experience. Participants will also have the optional opportunity to share their work as part of an Arts and Health event.

Oak Room

610352

F

May 1-Jun 26

FREE/9 sess

12:30pm-2:00pm

INSTRUCTOR: RACHEL HELTEN

www.westpointgrey.org

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.



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 collaboration with staff during special events. The artists will also conduct a series of workshops during the Summer and early Fall related to the Lighting of Aberthau event in November. In addition, the artists will work with the West Point Grey Preschool in areas of nature/technology experiences, as well as other projects related to play experiences.

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 permitted. No session May 3, Aug 15, 16.

Contractor License Number: LAM0202072

WPG Gym

| | | |
|---------------|---------------|----------------|
| 612216-612233 | | \$240/1 sess |
| Sa | May 2-Jun 27 | 11:00am-2:00pm |
| 612217-612234 | | \$240/1 sess |
| Sa | May 2-Jun 27 | 2:00pm-5:00pm |
| 612235-612249 | | \$240/1 sess |
| Su | May 10-Jun 28 | 11:00am-2:00pm |
| 612236-612250 | | \$240/1 sess |
| Su | May 10-Jun 28 | 2:00pm-5:00pm |
| 612316-612328 | | \$240/1 sess |
| Sa | Jul 4-Aug 22 | 11:00am-2:00pm |
| 612317-612329 | | \$240/1 sess |
| Sa | Jul 4-Aug 22 | 2:00pm-5:00pm |
| 612330-612342 | | \$240/1 sess |
| Su | Jul 5-Aug 23 | 11:00am-2:00pm |
| 612331-612343 | | \$240/1 sess |
| Su | Jul 5-Aug 23 | 2:00pm-5:00pm |

INSTRUCTOR: BIRTHDAY PARTY LEADERS

Dance

1st Lyrical and Ballet Basics (3-5 yrs)



Learn proper breathing, strengthening, stretching, and the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. No class May 12.

Oak Room

| | | |
|--------|--------------|----------------|
| 616904 | | \$112/7 sess |
| Tu | May 5-Jun 23 | 9:30am-10:15am |

INSTRUCTOR: ILLUMA STUDIO

Family Jazz Funk, MTV Pop Star Asian Pop (All Ages)



As a family, come experience high dynamics cardio dance, Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Please wear comfortable clothing and bring a water bottle. No class May 12.

Oak Room

| | | |
|--------|--------------|-----------------|
| 616904 | | \$112/7 sess |
| Tu | May 5-Jun 23 | 10:15am-11:00am |

INSTRUCTOR: ILLUMA STUDIO

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. No class Jun 21.

Oak Room

| | | |
|--------|--------------|-----------------|
| 609842 | | \$80/8 sess |
| Su | May 3-Jun 28 | 11:00am-12:00pm |

INSTRUCTOR: LAURENCE SAUVE

Family Playtime

Family Playtime (1-8 yrs)

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

WPG Gym

| | | |
|--------|--------------|-------------------------------------|
| 611264 | | \$3.75/1 sess or \$35/10-visit pass |
| Sa | May 2-Jun 27 | 9:30am-11:00am |
| 611265 | | \$3.75/1 sess or \$35/10-visit pass |
| Su | May 3-Jun 28 | 9:30am-11:00am |
| 611269 | | \$3.75/1 sess or \$35/10-visit pass |
| Sa | Jul 4-Aug 22 | 9:30am-11:00am |
| 611270 | | \$3.75/1 sess or \$35/10-visit pass |
| Su | Jul 5-Aug 23 | 9:30am-11:00am |

Music

Private 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. Participants of all ages will develop their musical knowledge and playing abilities through established pedagogical approaches. Quoted price is for 30 minute lessons. No class May 15-18, Aug 3.

Music Room

| | | |
|----------------|---------------|----------------|
| 612551-612558 | | \$272/8 sess |
| M | May 4-Jun 29 | 3:15pm-9:15pm |
| 612559-612569 | | \$272/8 sess |
| Tu | May 5-Jun 23 | 12:45pm-9:15pm |
| 612572-612595 | | \$272/8 sess |
| Th | May 7-Jun 25 | 10:00am-9:30pm |
| 612596-612600 | | \$272/8 sess |
| F | May 1-Jun 26 | 1:15pm-4:15pm |
| 614200-614205 | | \$238/7 sess |
| M | Jul 6-Aug 24 | 3:15pm-8:15pm |
| 614206-614216 | | \$272/8 sess |
| Tu | Jul 7-Aug 25 | 12:45pm-8:15pm |
| 614217-614237 | | \$272/8 sess |
| Th | Jul 9-Aug 27 | 10:00am-8:30pm |
| 6142387-614242 | | \$238/7 sess |
| F | Jul 10-Aug 21 | 1:15pm-4:15pm |

INSTRUCTOR: JUNE LAM

Private Piano Lessons with Victoria (3+ yrs)

Participants develop a basic understanding of music theory and technique in a relaxed and creative atmosphere. More advanced students will learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and have fun learning at their own pace. Quoted price is for 30 minute lessons.

Music Room

| | | |
|---------------|---------------|---------------|
| 606589-606600 | | \$440/8 sess |
| W | May 6-Jun 24 | 1:00pm-8:00pm |
| 614272-614280 | | \$330/6 sess |
| W | Jul 15-Aug 19 | 2:45pm-8:00pm |

INSTRUCTOR: VICTORIA GOMON



Private Violin & Fiddle Lessons – Beginner and Intermediate (4-12 yrs)

Learn how to play the violin, improve your technique, and develop musicality on the instrument. Please bring your own instrument.

Meeting Room

| | | |
|--------|--------------|---------------|
| 613716 | | \$360/8 sess |
| W | Jul 8-Aug 26 | 4:00pm-4:45pm |
| 613717 | | \$360/8 sess |
| W | Jul 8-Aug 26 | 4:45pm-5:30pm |

INSTRUCTOR: TAMMY CHAN

Languages

Japanese programs take place at Jericho Hill Centre (JHC) 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. Please note that these classes are Japanese immersion-based. No class May 18.

JHC Preschool Room

3 yrs

| | | |
|--------|--------------|-----------------|
| 612885 | | \$92/8 sess |
| Tu | May 5-Jun 23 | 9:15am-10:30am |
| 612886 | | \$92/8 sess |
| Tu | May 5-Jun 23 | 10:45am-12:00pm |
| 612887 | | \$92/8 sess |
| Th | May 7-Jun 25 | 9:15am-10:30am |
| 612888 | | \$92/8 sess |
| Th | May 7-Jun 25 | 10:45am-12:00pm |

4 yrs

| | | |
|--------|--------------|-----------------|
| 612900 | | \$80.50/7 sess |
| M | May 4-Jun 22 | 9:15am-10:30am |
| 612901 | | \$80.50/7 sess |
| M | May 4-Jun 22 | 10:45am-12:00pm |
| 612902 | | \$92/8 sess |
| W | May 6-Jun 24 | 9:15am-10:30am |
| 612903 | | \$92/8 sess |
| W | May 6-Jun 24 | 10:45am-12:00pm |

5 yrs

| | | |
|--------|--------------|-----------------|
| 612889 | | \$103.50/9 sess |
| Sa | May 2-Jun 27 | 9:15am-10:30am |
| 612890 | | \$103.50/9 sess |
| Sa | May 2-Jun 27 | 10:45am-12:00pm |

INSTRUCTOR: HIROKO KASHIHARA

Summer Japanese Camp (3-5 yrs)

Children will learn the Japanese language through activity based methods including reading, writing and crafts. Please note that these classes are Japanese immersion based. No class Aug 3. This program takes place at Jericho Hill Centre at 4196 West 4th Avenue.

JHC Preschool Room

| | | |
|-------------|---------------|----------------|
| 612920 | | \$92/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 9:15am-12:00pm |
| 612921 | | \$115/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 9:15am-12:00pm |
| 612922 | | \$115/5 sess |
| M Tu W Th F | Aug 17-Aug 21 | 9:15am-12:00pm |

INSTRUCTOR: HIROKO KASHIHARA

Education

Beginner Chess (4-7 yrs)

Students will learn the rules of chess, explore some tactical concepts such as checkmates, forks, pins, etc., some basic strategy and familiarize themselves with the game. The homework will feature the tactical concepts learned in class. No class May 18, Aug 3.

Library

| | | |
|--------|--------------|---------------|
| 609829 | | \$98/7 sess |
| M | May 4-Jun 22 | 5:30pm-6:25pm |
| 609934 | | \$98/7 sess |
| M | Jul 6-Aug 24 | 5:30pm-6:25pm |

INSTRUCTOR: ASHTON TAYLOR

Health & Wellness

Yoga Mommies & Babies (0-2½ yrs)

Come join us for a morning yoga session. This program focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding. Please bring your own yoga mat. Drop-in \$15 (space permitting). No class Jun 21.

Oak Room

| | | |
|--------|--------------|----------------|
| 609841 | | \$96/8 sess |
| Su | May 3-Jun 28 | 9:45am-10:45am |

INSTRUCTOR: LAURENCE SAUVE

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. In the summer season, this program is weather dependent. Spaces are limited so register early to secure a plate.

Lounge

| | | |
|--------|--------|-----------------|
| 611266 | | FREE |
| Tu | May 12 | 10:00am-11:00am |
| 611267 | | FREE |
| Tu | Jun 9 | 10:00am-11:00am |



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

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

Dining Room & Conservatory

| | | |
|--------|--------------|----------------|
| 609833 | | \$26.25/7 sess |
| F | May 1-Jun 12 | 9:30am-11:30am |

INSTRUCTOR: LORENA MARQUES



West Point Grey is a nut-free facility.

Sports

West Point Grey Soccer Academy (3-5 yrs)

West Point Grey Soccer Academy is based on a unique coaching model that helps children of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development (physical, technique, psychological and social), all which help children to develop more than just their football skills.

WPG Gym

609879 \$162/8 sess
 W May 6-Jun 24 3:30pm-4:15pm
 INSTRUCTOR: GLYN ROBERTS



Sportball Indoor Basketball (4-6 yrs)

Children will be introduced to fundamental concepts of gameplay and will learn the basic skills and techniques of basketball to play with confidence in a supportive, non-competitive environment. Coaches zero in on skills like shooting, dribbling, and passing in fun, exciting, skill-focused games. No class Aug 21.

WPG Gym

612852 \$144/8 sess
 F May 1-Jun 19 3:45pm-4:45pm
 612857 \$144/8 sess
 F Jul 3-Aug 28 3:45pm-4:45pm
 INSTRUCTOR: SPORTBALL VANCOUVER

Indoor Tennis

Little Learners – Beginner Tennis Lessons (4-5 yrs)

The perfect introductory tennis course for children aged 4-5. This class fosters a lifelong love for tennis while developing basic coordination and motor skills through point-based games. Participants must bring their own racket.

WPG Gym

613919 \$204/8 sess
 Th May 7-Jun 25 5:45pm-6:45pm
 614473 \$102/4 sess
 Th Jul 9-Jul 30 4:30pm-5:30pm
 614474 \$102/4 sess
 Th Aug 6-Aug 27 4:30pm-5:30pm
 INSTRUCTOR: PRECISION TENNIS INC.

Little Learners – Advanced Beginner Tennis Lessons (4-5 yrs)

For young players with previous lesson experience. Students will develop more complex motor skills and knowledge of basic tennis tactics through a variety of point-based games. Participants must bring their own racket. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

613967 \$229.50/9 sess
 Sa May 2-Jun 27 12:30pm-1:30pm
 614499 \$102/4 sess
 Sa Jul 4-Jul 25 12:30pm-1:30pm
 614500 \$102/4 sess
 Sa Aug 1-Aug 22 12:30pm-1:30pm
 INSTRUCTOR: PRECISION TENNIS INC.

Outdoor Tennis

Little Learners – Beginner Tennis Lessons (4-5 yrs)

The perfect introductory tennis course for children aged 4-5. This class fosters a lifelong love for tennis while developing basic coordination and motor skills through point-based games. Participants must bring their own racket. This programs take place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

Trimble Park Tennis Courts

614862 \$230/8 sess
 Tu Jul 7-Aug 25 4:30pm-5:30pm
 INSTRUCTOR: PRECISION TENNIS INC.

Sportball programs take place at Jericho Hill Gymnasium (JHC) at 4180 West 4th Avenue.



Sportball Junior (16 mos-2 yrs)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation required. No class May 16, Aug 1.

JHC North Gym

612854 \$144/8 sess
 Sa May 2-Jun 27 9:30am-10:15am
 612859 \$126/7 sess
 Sa Jul 4-Aug 22 9:30am-10:15am
 INSTRUCTOR: SPORTBALL VANCOUVER

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

This program teaches children important introductory physical skills and helps them develop confidence in their abilities. Classes focus on refining, rehearsing and repeating skills and playing games in a fun, creative, non-competitive environment. No class May 16, Aug 1.

JHC North Gym

612855 \$144/8 sess
 Sa May 2-Jun 27 10:15am-11:00am
 612860 \$126/7 sess
 Sa Jul 4-Aug 22 10:15am-11:00am
 INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Indoor T-Ball (3-5 yrs)

Children will be introduced to fundamental concepts of gameplay and will learn the basic skills required to play ball with confidence. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. No class May 16, Aug 1.

JHC North Gym

612853 \$144/8 sess
 Sa May 2-Jun 27 11:00am-12:00pm
 612858 \$126/7 sess
 Sa Jul 4-Aug 22 11:00am-12:00pm
 INSTRUCTOR: SPORTBALL VANCOUVER

LICENSED PRESCHOOL




Play Based, Child-Led Learning


At West Point Grey Preschool, children learn through play in a warm, nurturing environment where curiosity is encouraged and confidence grows every day.

Our thoughtfully designed, play-based program supports the whole child - socially, emotionally, cognitively, and physically. Through guided exploration and hands-on activities, children develop problem-solving skills, independence, and a lifelong love of learning.



FOR MORE INFORMATION

 wpgpreschool@vancouver.ca

 604-257-8140

 facebook.com/wpgpreschool

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 permitted. No session May 3, Aug 15, 16. For more information, please email wpgbirthdayparties@vancouver.ca.

Contractor License Number: LAM0202072

WPG Gym

| | |
|------------------------------------|----------------|
| 612216-612233 | \$240/1 sess |
| Sa May 2-Jun 27 | 11:00am-2:00pm |
| 612217-612234 | \$240/1 sess |
| Sa May 2-Jun 27 | 2:00pm-5:00pm |
| 612235-612249 | \$240/1 sess |
| Su May 10-Jun 28 | 11:00am-2:00pm |
| 612236-612250 | \$240/1 sess |
| Su May 10-Jun 28 | 2:00pm-5:00pm |
| 612316-612328 | \$240/1 sess |
| Sa Jul 4-Aug 22 | 11:00am-2:00pm |
| 612317-612329 | \$240/1 sess |
| Sa Jul 4-Aug 22 | 2:00pm-5:00pm |
| 612330-612342 | \$240/1 sess |
| Su Jul 5-Aug 23 | 11:00am-2:00pm |
| 612331-612343 | \$240/1 sess |
| Su Jul 5-Aug 23 | 2:00pm-5:00pm |
| INSTRUCTOR: BIRTHDAY PARTY LEADERS | |

Pottery

Kids Hand Building: Clay Creations (9-13 yrs)

In this hand-building ceramics class, 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. Each session offers an exciting opportunity to express yourself and make one-of-a-kind pieces.

Pottery Studio

| | |
|------------------------|---------------|
| 610180 | \$250/6 sess |
| Th May 7-Jun 11 | 3:30pm-5:00pm |
| INSTRUCTOR: KYLEE BURT | |



Family Playtime

Family Playtime (1-8 yrs)

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

Contractor License Number: LAM0202072

WPG Gym

| | |
|-----------------|-------------------------------------|
| 611264 | \$3.75/1 sess or \$35/10-visit pass |
| Sa May 2-Jun 27 | 9:30am-11:00am |
| 611265 | \$3.75/1 sess or \$35/10-visit pass |
| Su May 3-Jun 28 | 9:30am-11:00am |
| 611269 | \$3.75/1 sess or \$35/10-visit pass |
| Sa Jul 4-Aug 22 | 9:30am-11:00am |
| 611270 | \$3.75/1 sess or \$35/10-visit pass |
| Su Jul 5-Aug 23 | 9:30am-11:00am |

Arts

Maevann Art Lessons

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

5-8 yrs

| | |
|-----------------|---------------|
| 609896 | \$180/6 sess |
| Th May 7-Jun 11 | 3:30pm-4:45pm |

8-12 yrs

| | |
|-------------------------|---------------|
| 609897 | \$192/6 sess |
| Th May 7-Jun 11 | 5:15pm-6:45pm |
| INSTRUCTOR: AISLING ELY | |

Drawing and Painting for Kids & Youth (7-17 yrs)

In this class, students will learn how to draw, shape and form images in perspective while creating compositional structures. 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 \$30 (space permitting). No class May 29.

Craft Room

| | |
|------------------------------------|---------------|
| 613140 | \$200/8 sess |
| F May 1-Jun 26 | 3:15pm-4:45pm |
| INSTRUCTOR: MOHAMMAD REZA ATASHZAD | |

Young Sculptors (6-9 yrs) NEW

Students will learn how to create wire sculptures and build upon them each class. Children will explore basic sculpting techniques such as shaping, building, and adding details while working with a variety of materials including modeling clay, fabric, and raffia.

Craft Room

| | |
|----------------------------|----------------|
| 613747 | \$300/8 sess |
| Su May 3-Jun 21 | 9:30am-10:30am |
| INSTRUCTOR: SHAHRZAD LAALI | |



Music

Private 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. Quoted price is for 30 minute lessons. No class May 15-18, Aug 3.

Music Room

| | | |
|----------------------|---------------|----------------|
| 612551-612558 | | \$272/8 sess |
| M | May 4-Jun 29 | 3:15pm-9:15pm |
| 612559-612569 | | \$272/8 sess |
| Tu | May 5-Jun 23 | 12:45pm-9:15pm |
| 612572-612595 | | \$272/8 sess |
| Th | May 7-Jun 25 | 10:00am-9:30pm |
| 612596-612600 | | \$272/8 sess |
| F | May 1-Jun 26 | 1:15pm-4:15pm |
| 614200-614205 | | \$238/7 sess |
| M | Jul 6-Aug 24 | 3:15pm-8:15pm |
| 614206-614216 | | \$272/8 sess |
| Tu | Jul 7-Aug 25 | 12:45pm-8:15pm |
| 614217-614237 | | \$272/8 sess |
| Th | Jul 9-Aug 27 | 10:00am-8:30pm |
| 6142387-614242 | | \$238/7 sess |
| F | Jul 10-Aug 21 | 1:15pm-4:15pm |
| INSTRUCTOR: JUNE LAM | | |

Private 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. Quoted price is for 30 minute lessons.

Music Room

| | | |
|----------------------------|---------------|---------------|
| 606589-606600 | | \$440/8 sess |
| W | May 6-Jun 24 | 1:00pm-8:00pm |
| 614272-614280 | | \$330/6 sess |
| W | Jul 15-Aug 19 | 2:45pm-8:00pm |
| INSTRUCTOR: VICTORIA GOMON | | |

Private Hang Drum Lessons (3+ yrs) NEW

Discover the soothing, meditative sound of the Handpan in this beginner friendly music program. Students will learn proper playing techniques, rhythmic patterns, and expressive improvisation on this unique steel instrument.

Meeting Room

| | | |
|------------------------------|--------------|---------------|
| 615619-615998 | | \$270/9 sess |
| F | May 1-Jun 26 | 9:15am-4:45pm |
| INSTRUCTOR: ESMAEEL BAHIRAEI | | |

www.westpointgrey.org

Private Violin & Fiddle Lessons – Beginner and Intermediate (4-12 yrs)

Learn how to play the violin, improve your technique, and develop musicality on the instrument. Please bring your own instrument.

Meeting Room

| | | |
|------------------------|--------------|---------------|
| 613716 | | \$360/8 sess |
| W | Jul 8-Aug 26 | 4:00pm-4:45pm |
| 613717 | | \$360/8 sess |
| W | Jul 8-Aug 26 | 4:45pm-5:30pm |
| INSTRUCTOR: TAMMY CHAN | | |

Languages

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

Japanese (Grade 1-6)

Learn Japanese through activity-based methods including reading, writing, and crafts. Children need to have some previous experience in the Japanese language. No class May 18.

JHC Preschool Room

Grade 1

| | | |
|--------|--------------|---------------|
| 612891 | | \$207/9 sess |
| F | May 1-Jun 26 | 3:45pm-5:30pm |

Grade 2A

| | | |
|--------|--------------|---------------|
| 612894 | | \$184/8 sess |
| W | May 6-Jun 24 | 3:45pm-5:30pm |

Grade 2B

| | | |
|--------|--------------|---------------|
| 612895 | | \$184/8 sess |
| Th | May 7-Jun 25 | 3:45pm-5:30pm |

Grade 3

| | | |
|--------|--------------|---------------|
| 612896 | | \$207/9 sess |
| F | May 1-Jun 26 | 3:45pm-5:30pm |

Grade 4

| | | |
|--------|--------------|---------------|
| 612897 | | \$161/7 sess |
| M | May 4-Jun 22 | 3:45pm-5:30pm |

Grade 5

| | | |
|-------------------|--------------|---------------|
| JHC West Art Room | | |
| 612898 | | \$184/8 sess |
| Th | May 7-Jun 25 | 3:45pm-5:30pm |

Grade 1-6

| | | |
|-------------------|--------------|---------------|
| JHC West Art Room | | |
| 612892 | | \$92/4 sess |
| Sa | May 9-Jun 20 | 1:00pm-4:00pm |

Grade 1-6 (Beginner)

| | | |
|------------------------------|--------------|---------------|
| 612893 | | \$161/7 sess |
| M | May 4-Jun 22 | 3:45pm-5:30pm |
| INSTRUCTOR: HIROKO KASHIHARA | | |

Summer Japanese – Grade 1-6

Children will learn the Japanese language through activity based methods such as reading, writing and crafts. Children do need to have some previous experience in the Japanese language. No class Aug 3.

JHC Preschool Room

Week 1

| | | |
|-----------|-------------|---------------|
| 612926 | | \$105/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 1:00pm-4:00pm |

Week 2

| | | |
|------------------------------|---------------|---------------|
| 612927 | | \$105/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 1:00pm-4:00pm |
| INSTRUCTOR: HIROKO KASHIHARA | | |

Education

Beginner Chess (4-7 yrs) NEW

Students will learn the rules of chess, explore some tactical concepts such as checkmates, forks, pins, etc., some basic strategy and familiarize themselves with the game. The homework will feature the tactical concepts learned in class. No class May 18, Aug 3.

Library

| | | |
|---------------------------|--------------|---------------|
| 609829 | | \$105/7 sess |
| M | May 4-Jun 22 | 5:30pm-6:25pm |
| 609934 | | \$105/7 sess |
| M | Jul 6-Aug 24 | 5:30pm-6:25pm |
| INSTRUCTOR: ASHTON TAYLOR | | |

Intermediate Chess (7-14 yrs) NEW

Students will learn chess notation and some simple theoretical endgames such as King and rook and King and pawn. They will also learn strategy through exploring some short games (miniatures) played by players of the past as well as their own games. No class May 18, Aug 3.

Library

| | | |
|---------------------------|--------------|---------------|
| 609831 | | \$105/7 sess |
| M | May 4-Jun 22 | 6:30pm-7:25pm |
| 609935 | | \$105/7 sess |
| M | Jul 6-Aug 24 | 6:30pm-7:25pm |
| INSTRUCTOR: ASHTON TAYLOR | | |

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

Dance

Family Jazz Funk, MTV Pop Star NEW Asian Pop (All Ages)

As a family, come experience high dynamics cardio dance, Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Please wear comfortable clothing and bring a water bottle. No class May 12.

Oak Room

| | | |
|---------------------------|--------------|-----------------|
| 616904 | | \$112/7 sess |
| Tu | May 5-Jun 23 | 10:15am-11:00am |
| INSTRUCTOR: ILLUMA STUDIO | | |

Martial Arts

Fencing for Beginners (10-13 yrs)

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class May 18, Aug 3.

JHC Phoenix Room

| | | |
|---------------------|--------------|----------------|
| 612504 | | \$100/8 sess |
| M | May 4-Jun 29 | 5:30pm-6:30pm |
| 612506 | | \$87.50/7 sess |
| M | Jul 6-Aug 24 | 5:30pm-6:30pm |
| INSTRUCTOR: BAC TAU | | |

First Aid Training

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

| | | |
|----------------------------|--------|---------------|
| 614394 | | \$80/1 sess |
| Su | Jun 14 | 9:00am-3:00pm |
| INSTRUCTOR: FIRST AID HERO | | |

Technology

Coding, Robotics, and NEW Digital Arts for Kids (5-12 yrs)

Kids will learn to code cartoons and games, design virtual worlds, program robots, and explore hands-on science projects.

Youth Room

| | | |
|----------------------------|--------------|---------------|
| 5-7 yrs | | |
| 613698 | | \$138/4 sess |
| Tu | May 5-May 26 | 3:45pm-4:45pm |
| 613698 | | \$138/4 sess |
| Tu | Jun 2-Jun 23 | 3:45pm-4:45pm |
| 8-12 yrs | | |
| 613698 | | \$138/4 sess |
| Tu | May 5-May 26 | 5:00pm-6:00pm |
| 613698 | | \$138/4 sess |
| Tu | Jun 2-Jun 23 | 5:00pm-6:00pm |
| INSTRUCTOR: STEMA LEARNING | | |

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

Students will learn how to design simple 3D models with hands-on experience using TinkerCAD and prepare them for 3D printing. All equipment provided. No class May 16.

Craft Room

| | | |
|------------------------------------|--------------|----------------|
| 612880 | | \$280/7 sess |
| Sa | May 2-Jun 20 | 9:00am-10:30am |
| INSTRUCTOR: WIZE COMPUTING ACADEMY | | |

Sports

Junior Beginner Badminton NEW Lessons (7-10 yrs)

For young players with no previous badminton experience. This class introduces basic rally techniques (grip, footwork and strokes). Participants must bring their own racket. No class Aug 3.

WPG Gym

| | | |
|-----------------------------------|--------------|-----------------|
| 613753 | | \$157.50/7 sess |
| M | May 4-Jun 22 | 3:45pm-4:45pm |
| 614539 | | \$157.50/7 sess |
| M | Jul 6-Aug 24 | 3:45pm-4:45pm |
| JHC South Gym | | |
| 617068 | | \$90/4 sess |
| Sa | Jul 4-Jul 25 | 9:15am-10:15am |
| 617069 | | \$90/4 sess |
| Sa | Aug 1-Aug 22 | 9:15am-10:15am |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

Split Second Basketball Skills Training (8-16 yrs)

Our Skills Training program is designed to help players advance their fundamentals in a fun and challenging environment. Coaches follow a comprehensive SSB curriculum to help players develop great habits in the major fundamental skills. No class May 18, Jun 10. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

| | | |
|-------------------------------------|--------------|---------------|
| 8-13 yrs | | |
| 609839 | | \$159/6 sess |
| M | May 4-Jun 15 | 7:00pm-8:15pm |
| 609838 | | \$159/6 sess |
| W | May 6-Jun 17 | 7:00pm-8:15pm |
| 12-16 yrs | | |
| 609874 | | \$159/6 sess |
| M | May 4-Jun 15 | 8:15pm-9:30pm |
| 609836 | | \$159/6 sess |
| W | May 6-Jun 17 | 8:15pm-9:30pm |
| INSTRUCTOR: SPLIT SECOND BASKETBALL | | |

Recreational NEW Gymnastics (5-10 yrs)

This program helps children build strength, coordination, balance, flexibility, and body awareness in a safe, fun, and supportive environment. No class May 12.

WPG Gym

| | | |
|------------------------------|--------------|---------------|
| 612367 | | \$184/8 sess |
| Tu | May 5-Jun 30 | 4:00pm-5:15pm |
| 612374 | | \$161/7 sess |
| Tu | Jul 7-Aug 18 | 4:00pm-5:15pm |
| INSTRUCTOR: FLYGYM VANCOUVER | | |

DRIVE Basketball Training Academy (8-13 yrs)

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

JHC North Gym

| | | |
|-----------------------------------|--------------|---------------|
| 609830 | | \$336/14 sess |
| Tu Th | May 5-Jun 25 | 7:00pm-8:30pm |
| INSTRUCTOR: DRIVE BASKETBALL INC. | | |



West Point Grey Soccer Academy (5-7 yrs)

Based on a unique coaching model that helps children of all abilities to grow, develop their skills and reach their potential. This program uses the four corner model that encompasses four key attributes that are vital for development (physical, technique, psychological and social).

WPG Gym

609880 \$162/8 sess
W May 6-Jun 24 4:15pm-5:00pm
INSTRUCTOR: GLYN ROBERTS

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

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 technical skills and improved decision making through guided game play.

WPG Gym

6-8 yrs
609877 **FREE TRIAL**
W May 6 5:15pm-6:15pm
609875 \$220/8 sess
W May 6-Jun 24 5:15pm-6:15pm

9-13 yrs
609878 **FREE TRIAL**
W May 6 6:15pm-7:30pm
609876 \$240/8 sess
W May 6-Jun 24 6:15pm-7:30pm
INSTRUCTOR: ICFDS CANADA LIMITED

Sportball Indoor Basketball (6-9 yrs)

Children will be introduced to fundamental concepts of gameplay and will learn the basic skills and techniques of basketball like shooting, dribbling, and passing in fun, exciting, skill-focused games. No class Aug 21.

WPG Gym

612851 \$144/8 sess
F May 1-Jun 19 4:45pm-5:45pm
612856 \$144/8 sess
F Jul 3-Aug 28 4:45pm-5:45pm
INSTRUCTOR: SPORTBALL VANCOUVER

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www.westpointgrey.org

Family Badminton: Learn to Play NEW

This class introduces basic gameplay techniques with a focus on developing confidence, rally skills and knowledge of point play tactics. Each youth (7-17 years) must register with an adult partner (18+); participants not registered as a family (child and supervising adult) will be withdrawn and/or transferred. Extra rackets are provided. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

617073 \$250/4 sess
Sa Jul 4-Jul 25 11:15am-12:15pm
617074 \$250/4 sess
Sa Aug 1-Aug 22 11:15am-12:15pm
INSTRUCTOR: PRECISION TENNIS INC.

Indoor Tennis

Rally Stars – Beginner Tennis Lessons (6-8 yrs)

The perfect introductory tennis course for children. This class introduces basic techniques (forehand, backhand, serve and return) in a “play-first” manner. Participants must bring their own racket.

WPG Gym

613917 \$204/8 sess
Th May 7-Jun 25 3:45pm-4:45pm
614471 \$102/4 sess
Th Jul 9-Jul 30 3:30pm-4:30pm
614472 \$102/4 sess
Th Aug 6-Aug 27 3:30pm-4:30pm
INSTRUCTOR: PRECISION TENNIS INC.

Family Beginner NEW Tennis Lessons (7+ yrs)

This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Each youth (7-12 years) must register with an adult partner (18+); participants not registered as a family (child and supervising adult) will be withdrawn and/or transferred. Extra rackets are provided. No class Jun 11. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC South Gym

613922 \$437.50/7 sess
Th May 7-Jun 25 7:15pm-8:15pm
614480 \$437.50/7 sess
Th Jul 9-Aug 20 7:00pm-8:00pm
INSTRUCTOR: PRECISION TENNIS INC.

Rally Stars – Intermediate Tennis Lessons (6-8 yrs)

For young players with solid rally fundamentals. This class further refines basic rally techniques and knowledge of tennis tactics. Rally consistency is emphasized while nurturing a lifelong passion for tennis through point-based games. Participants must bring their own racket. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

613969 \$229.50/9 sess
Sa May 2-Jun 27 1:30pm-2:30pm
614502 \$102/4 sess
Sa Jul 4-Jul 25 1:30pm-2:30pm
614503 \$102/4 sess
Sa Aug 1-Aug 22 1:30pm-2:30pm
INSTRUCTOR: PRECISION TENNIS INC.

Ace Academy – Beginner Tennis Lessons (9-12 yrs)

The perfect introductory tennis program for kids. This class introduces basic techniques (forehand, backhand, serve and return) in a “play-first” manner. Participants must bring their own racket.

WPG Gym

613918 \$204/8 sess
Th May 7-Jun 25 4:45pm-5:45pm
JHC North Gym
614506 \$102/4 sess
Sa Jul 4-Jul 25 2:30pm-3:30pm
614518 \$102/4 sess
Sa Aug 1-Aug 22 2:30pm-3:30pm
INSTRUCTOR: PRECISION TENNIS INC.

Ace Academy – Intermediate Tennis Lessons (9-12 yrs)

For young players with solid rally fundamentals. This class further refines basic rally techniques and knowledge of tennis tactics. Rally consistency is emphasized through point-based games. Participants must bring their own racket.

JHC North Gym

613971 \$229.50/9 sess
Sa May 2-Jun 27 2:30pm-3:30pm
WPG Gym
614476 \$102/4 sess
Th Jul 9-Jul 30 5:30pm-6:30pm
614477 \$102/4 sess
Th Aug 6-Aug 27 5:30pm-6:30pm
INSTRUCTOR: PRECISION TENNIS INC.

Outdoor Tennis

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

Summer Smash Tennis: Mini Aces (6-7½ yrs)

Lessons focus on developing fundamental movement, tracking, and racquet skills. An emphasis is placed on developing motor skills and physical literacy specific to tennis. Students are expected to bring their own rackets. No class May 18.

Trimble Park Tennis Courts

614560 \$172.50/6 sess
M May 4-Jun 15 4:15pm-5:00pm
INSTRUCTOR: SUMMER SMASH TENNIS



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

Lessons provide young beginners with little or no experience an introduction to the game through high energy, game-based lessons that use the ½ stage of the progressive tennis model. Students are expected to bring their own rackets.

Trimble Park Tennis Courts

614559 \$259/7 sess
Tu May 5-Jun 16 3:45pm-4:45pm
INSTRUCTOR: SUMMER SMASH TENNIS

Rally Stars – Beginner Tennis Lessons (6-8 yrs)

The perfect introductory tennis course for children aged 6-8. Based on the latest Tennis Canada methodologies, this class fosters a lifelong love for tennis while introducing basic techniques (forehand, backhand, serve and return) in a “play-first” manner. Participants must bring their own racket. No class Jun 13, 20.

Trimble Park Tennis Courts

614447 \$172.50/6 sess
Sa May 2-Jun 6 10:30am-11:30am
614871 \$128/8 sess
Tu Jul 7-Aug 25 5:30pm-6:30pm
614998 \$115/4 sess
Sa Jul 4-Jul 25 10:30am-11:30am
615000 \$115/4 sess
Sa Aug 1-Aug 22 10:30am-11:30am
INSTRUCTOR: PRECISION TENNIS INC.

Family (Parent + Child) Beginner Tennis Lessons (7+ yrs)

For parents and children just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Each youth (7-12 years) must register with an adult partner (18+); participants not registered as a family (child and supervising adult) will be withdrawn and/or transferred to a more suitable program. Extra rackets are provided. No class Aug 3.

Trimble Park Tennis Courts

615736 \$394.50/6 sess
Sa May 2-Jun 6 11:30am-12:30pm
614789 \$460.25/7 sess
M Jul 6-Aug 24 4:30pm-5:30pm
615009 \$263/4 sess
Sa Jul 4-Jul 25 11:30am-12:30pm
615010 \$263/4 sess
Sa Aug 1-Aug 22 11:30am-12:30pm
INSTRUCTOR: PRECISION TENNIS INC.

Arts

Upcycle Your Clothes: Eco-Printing with Plants (15+ yrs)

Upcycle your clothes using the magic of eco-printing with plants. In this workshop, you'll create nature-made patterns with leaves, flowers, and bark while learning the basics of this amazing natural dyeing technique. Participants are asked to bring one light-coloured item, preferably white, made of cotton, linen, or rayon. The fabric must be washed.

Dining Room

612842 \$85/1 sess
Sa May 16 10:00am-1:30pm
INSTRUCTOR: FERNANDA MASCARENHAS

Stitched Shibori & Natural Dye (15+ yrs)

Hand-dye a one-of-a-kind organic cotton bandana using a special technique to create patterns: the stitched shibori. The stitched-shibori bandana will naturally dye with plants such as onion skin or madder. All material provided.

Dining Room

612840 \$75/1 sess
Tu Jul 21 5:00pm-8:00pm
INSTRUCTOR: FERNANDA MASCARENHAS

Tatakizome on a Tote Bag Workshop (15+ yrs)

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

Dining Room

609835 \$55/1 sess
Tu Aug 11 6:00pm-8:00pm
INSTRUCTOR: FERNANDA MASCARENHAS





Drawing and Painting for Kids & Youth (7-17 yrs)

In this class, students will learn how to draw, shape and form images in perspective while creating compositional structures. 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 \$30 (space permitting). No class May 29.

Craft Room

| | | |
|------------------------------------|--------------|---------------|
| 613140 | | \$200/8 sess |
| F | May 1-Jun 26 | 3:15pm-4:45pm |
| INSTRUCTOR: MOHAMMAD REZA ATASHZAD | | |

Sports

Youth Beginner NEW Badminton Lessons (11-14 yrs)

For young players with no previous badminton experience. This class introduces basic rally techniques (grip, footwork and strokes) in a fun and encouraging environment with a focus on consistency and deliberate shot making. Participants must bring their own racket. No class May 18, Aug 3.

WPG Gym

| | | |
|-----------------------------------|--------------|-----------------|
| 613888 | | \$157.50/7 sess |
| M | May 4-Jun 22 | 4:45pm-5:45pm |
| 614540 | | \$157.50/7 sess |
| M | Jul 6-Aug 24 | 4:45pm-5:45pm |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

1.0-1.5 NTRP – Youth NEW Beginner Tennis Lessons (13-15 yrs)

For youth just starting to play. This class fosters a lifelong love for tennis while introducing the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Participants must bring their own racket. This program takes place at Trimble Park Tennis Courts at West 7th Avenue and Trimble Street.

Trimble Park Tennis Courts

| | | |
|-----------------------------------|--------------|-----------------|
| 614448 | | \$214.50/6 sess |
| Sa | May 2-Jun 6 | 9:30am-10:30m |
| 614772 | | \$143/8 sess |
| Sa | Jul 4-Jul 25 | 9:30am-10:30am |
| 614773 | | \$143/8 sess |
| Sa | Aug 1-Aug 22 | 9:30am-10:30am |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

www.westpointgrey.org

Martial Arts

Fencing for Beginners

Dodge, parry and lunge your way to a healthier body. All equipment is provided. Wear a t-shirt, sweatpants and running shoes. Beginners must purchase a manual from the instructor for \$20. No class May 18, Aug 3.

JHC Phoenix Room

| | | |
|---------------------|--------------|----------------|
| 10-13 yrs | | |
| 612504 | | \$100/8 sess |
| M | May 4-Jun 29 | 5:30pm-6:30pm |
| 612506 | | \$87.50/7 sess |
| M | Jul 6-Aug 24 | 5:30pm-6:30pm |
| 14+ yrs | | |
| 612502 | | \$100/8 sess |
| W | May 6-Jun 24 | 5:30pm-6:30pm |
| 612505 | | \$100/8 sess |
| W | Jul 8-Aug 26 | 5:30pm-6:30pm |
| INSTRUCTOR: BAC TAU | | |

First Aid Training

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

| | | |
|----------------------------|--------|---------------|
| 614394 | | \$80/1 sess |
| Su | Jun 14 | 9:00am-3:00pm |
| INSTRUCTOR: FIRST AID HERO | | |

Education

Career Preparation NEW Workshop (15-30 yrs)

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

| | | |
|--------------------|--------|----------------|
| 612879 | | \$60/1 sess |
| Sa | May 16 | 12:00pm-2:00pm |
| 613205 | | \$60/1 sess |
| Sa | May 30 | 12:00pm-2:00pm |
| Dining Room | | |
| 613206 | | \$60/1 sess |
| Su | Jun 7 | 12:00pm-2:00pm |
| 613207 | | \$60/1 sess |
| Su | Jun 28 | 12:00pm-2:00pm |

Library

| | | |
|----------------------------|--------|---------------|
| 613208 | | \$60/1 sess |
| F | Jul 10 | 2:00pm-4:00pm |
| 613209 | | \$60/1 sess |
| F | Jul 24 | 2:00pm-4:00pm |
| INSTRUCTOR: BHUMIKA LALLER | | |

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Summer Day Camps

Sunshine Day Camp (6-8 yrs)

This is a great option for children who are ready to spend a full day at camp and love being active adventurers. Stories, games, arts and crafts, baking, walks to the beach and out-trips to local attractions in the Lower Mainland by public transportation or charter bus will make this an exciting camp for this age group. No camp Jul 1, Aug 3.

Oak Room

| | | |
|-------------|---------------|---------------|
| 591825 | | \$148/4 sess |
| M Tu Th F | Jun 29-Jul 3 | 9:00am-3:30pm |
| 591826 | | \$185/5 sess |
| M Tu W Th F | Jul 6-Jul 10 | 9:00am-3:30pm |
| 591827 | | \$185/5 sess |
| M Tu W Th F | Jul 13-Jul 17 | 9:00am-3:30pm |
| 591828 | | \$185/5 sess |
| M Tu W Th F | Jul 20-Jul 24 | 9:00am-3:30pm |
| 591829 | | \$185/5 sess |
| M Tu W Th F | Jul 27-Jul 31 | 9:00am-3:30pm |
| 591830 | | \$148/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 9:00am-3:30pm |
| 591831 | | \$185/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 9:00am-3:30pm |
| 591832 | | \$185/5 sess |
| M Tu W Th F | Aug 17-Aug 21 | 9:00am-3:30pm |
| 591833 | | \$185/5 sess |
| M Tu W Th F | Aug 24-Aug 28 | 9:00am-3:30pm |

INSTRUCTOR: DAY CAMP LEADERS

Discoveries Adventure Day Camp (9-12 yrs)

This camp is for preteens who want to experience activities like bowling, rock climbing, Playland, kayaking, and swimming. Out-trips to local attractions in the Lower Mainland by public transportation or charter bus will make this an exciting camp for this age group while gaining leadership skills and making new friends. No camp Jul 1, Aug 3.

Dining Room

| | | |
|-------------|---------------|---------------|
| 591814 | | \$160/4 sess |
| M Tu Th F | Jun 29-Jul 3 | 9:00am-3:30pm |
| 591815 | | \$200/5 sess |
| M Tu W Th F | Jul 6-Jul 10 | 9:00am-3:30pm |
| 591816 | | \$200/5 sess |
| M Tu W Th F | Jul 13-Jul 17 | 9:00am-3:30pm |
| 591817 | | \$200/5 sess |
| M Tu W Th F | Jul 20-Jul 24 | 9:00am-3:30pm |
| 591818 | | \$200/5 sess |
| M Tu W Th F | Jul 27-Jul 31 | 9:00am-3:30pm |
| 591819 | | \$160/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 9:00am-3:30pm |
| 591820 | | \$200/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 9:00am-3:30pm |
| 591821 | | \$200/5 sess |
| M Tu W Th F | Aug 17-Aug 21 | 9:00am-3:30pm |
| 591822 | | \$200/5 sess |
| M Tu W Th F | Aug 24-Aug 28 | 9:00am-3:30pm |

INSTRUCTOR: DAY CAMP LEADERS

WPG Preschool Summer Smiles Camp (3-5 yrs)

Get ready for an unforgettable summer filled with laughter, learning, and adventure! Our Preschool Summer Smiles Camp offers a safe, nurturing environment where your little one can explore, create, and make new friends. With fun-filled activities like arts and crafts, nature exploration, games, water play and music, every day is a new opportunity for your child to grow and thrive. Bring a nut-free snack and water bottle. No camp Jul 1, Aug 3. **Children must be 3 years old by July 2026.** Lounge

Week 1

| | |
|-----------|--------------|
| 595406 | \$120/4 sess |
| M Tu Th F | Jun 29-Jul 3 |
| 595407 | \$120/4 sess |
| M Tu Th F | Jun 29-Jul 3 |

Week 2

| | |
|-------------|--------------|
| 595408 | \$150/5 sess |
| M Tu W Th F | Jul 6-Jul 10 |
| 595409 | \$150/5 sess |
| M Tu W Th F | Jul 6-Jul 10 |

Week 3

| | |
|-------------|---------------|
| 595410 | \$150/5 sess |
| M Tu W Th F | Jul 13-Jul 17 |
| 595411 | \$150/5 sess |
| M Tu W Th F | Jul 13-Jul 17 |

Week 4

| | |
|-------------|---------------|
| 595412 | \$150/5 sess |
| M Tu W Th F | Jul 20-Jul 24 |
| 595413 | \$150/5 sess |
| M Tu W Th F | Jul 20-Jul 24 |

Week 5

| | |
|-------------|---------------|
| 595414 | \$150/5 sess |
| M Tu W Th F | Jul 27-Jul 31 |
| 595415 | \$150/5 sess |
| M Tu W Th F | Jul 27-Jul 31 |

Week 6

| | |
|-----------|--------------|
| 595416 | \$120/4 sess |
| Tu W Th F | Aug 4-Aug 7 |
| 595417 | \$120/4 sess |
| Tu W Th F | Aug 4-Aug 7 |

Week 7

| | |
|-------------|---------------|
| 595418 | \$150/5 sess |
| M Tu W Th F | Aug 10-Aug 14 |
| 595419 | \$150/5 sess |
| M Tu W Th F | Aug 10-Aug 14 |

Week 8

| | |
|-------------|---------------|
| 595420 | \$150/5 sess |
| M Tu W Th F | Aug 17-Aug 21 |
| 595421 | \$150/5 sess |
| M Tu W Th F | Aug 17-Aug 21 |

Week 9

| | |
|-------------|---------------|
| 595422 | \$150/5 sess |
| M Tu W Th F | Aug 24-Aug 28 |
| 595423 | \$150/5 sess |
| M Tu W Th F | Aug 24-Aug 28 |

INSTRUCTOR: PRESCHOOL TEACHERS



Summer Day Camp 2026 Registration starts

Wednesday April 8 Online at vanrec.ca & In-Person at 7:00pm • Thursday April 9 By Phone at 10:00am

Preschool Specialty Camps



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

We have fun developing students' balance, jumping, throwing, catching, and racket skills.

Enjoy various activities that develop fine motor skills, body awareness, and cooperation.

Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and bring a water bottle. No camp Jul 1, Aug 3.

Tennis camps are held at the Trimble Park tennis courts, located at West 7th and Trimble Street.

Trimble Park Tennis Courts

| | | | |
|---------------------------|-----------------|---------------------------|-----------------|
| 594238 | \$122/4 sess | 594248 | \$122/4 sess |
| M Tu Th F Jun 29-Jul 3 | 9:15am-10:30am | M Tu Th F Jun 29-Jul 3 | 10:30am-11:45am |
| 594239 | \$152.50/5 sess | 594249 | \$152.50/5 sess |
| M Tu W Th F Jul 6-Jul 10 | 9:15am-10:30am | M Tu W Th F Jul 6-Jul 10 | 10:30am-11:45am |
| 594240 | \$152.50/5 sess | 594250 | \$152.50/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 9:15am-10:30am | M Tu W Th F Jul 13-Jul 17 | 10:30am-11:45am |
| 594241 | \$152.50/5 sess | 594251 | \$152.50/5 sess |
| M Tu W Th F Jul 20-Jul 24 | 9:15am-10:30am | M Tu W Th F Jul 20-Jul 24 | 10:30am-11:45am |
| 594242 | \$152.50/5 sess | 594252 | \$152.50/5 sess |
| M Tu W Th F Jul 27-Jul 31 | 9:15am-10:30am | M Tu W Th F Jul 27-Jul 31 | 10:30am-11:45am |
| 594243 | \$122/4 sess | 594253 | \$122/4 sess |
| Tu W Th F Aug 4-Aug 7 | 9:15am-10:30am | Tu W Th F Aug 4-Aug 7 | 10:30am-11:45am |
| 594244 | \$152.50/5 sess | 594254 | \$152.50/5 sess |
| M Tu W Th F Aug 10-Aug 14 | 9:15am-10:30am | M Tu W Th F Aug 10-Aug 14 | 10:30am-11:45am |
| 594245 | \$152.50/5 sess | 594255 | \$152.50/5 sess |
| M Tu W Th F Aug 17-Aug 21 | 9:15am-10:30am | M Tu W Th F Aug 17-Aug 21 | 10:30am-11:45am |
| 594246 | \$152.50/5 sess | 594256 | \$152.50/5 sess |
| M Tu W Th F Aug 24-Aug 28 | 9:15am-10:30am | M Tu W Th F Aug 24-Aug 28 | 10:30am-11:45am |

INSTRUCTOR: SUMMER SMASH TENNIS

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

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on a variety of different ball sports. Bring a nut-free snack and a water bottle. **This camp will operate rain or shine.**

Outside – North Grass Area

| | |
|---------------------------|-----------------|
| 592103 | \$90/5 sess |
| M Tu W Th F Jul 6-Jul 10 | 10:45am-12:00pm |
| 592105 | \$90/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 10:45am-12:00pm |
| 592109 | \$90/5 sess |
| M Tu W Th F Aug 10-Aug 14 | 10:45am-12:00pm |
| 592112 | \$90/5 sess |
| M Tu W Th F Aug 24-Aug 28 | 10:45am-12:00pm |

INSTRUCTOR: SPORTBALL VANCOUVER



Sportball Outdoor Soccer Camp (3½-5 yrs)

Children are introduced to the fundamental concepts of gameplay and teach the basic skills in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. **This camp will operate rain or shine.**

Outside – North Grass Area

| | |
|---------------------------|-----------------|
| 592105 | \$90/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 10:45am-12:00pm |

INSTRUCTOR: SPORTBALL VANCOUVER

STEM Camps

Science Explorer Camp (6-10 yrs)

Explore the inside of your body and learn about the organ systems and the cells that compose them. Discover cool chemical reactions, and how to solve a crime in this hands-on, science adventure! No camp Jul 1.

Craft Room

592122 \$256/4 sess
M Tu Th F Jun 29-Jul 3 9:00am-3:00pm
INSTRUCTOR: STEAM4KIDS

Wild Science Camp (6-10 yrs)

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

Craft Room

592124 \$320/5 sess
M Tu W Th F Jul 13-Jul 17 9:00am-3:00pm
INSTRUCTOR: STEAM4KIDS



Science Adventure Camp (6-10 yrs)

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Explore space and embark on a space mission, while learning how astronauts live in space.

Craft Room

592121 \$320/5 sess
M Tu W Th F Jul 27-Jul 31 9:00am-3:00pm
INSTRUCTOR: STEAM4KIDS

Brick-Bit Arcade Camp (5-10 yrs)

Revisit the time of 8-bit technology and interact with your favourite video games with LEGO® bricks. Construct up to three projects per session using classic LEGO® bricks, LEGO® Technic and electric motors. Bring a nut-free snack and water bottle. No camp Aug 3.

Craft Room

590334 \$176/4 sess
Tu W Th F Aug 4-Aug 7 9:30am-12:30pm
590335 \$176/4 sess
Tu W Th F Aug 4-Aug 7 1:00pm-4:00pm
INSTRUCTOR: REACH EDUCATION INC.



Space Blast Off Camp (6-10 yrs)

This is your chance to discover what lies outside our planet! Discover the science needed for rockets and learn what it takes to study space from the ground and from the air, as well as experiencing the life of an astronaut. Explore the farthest reaches of our solar system and the various space phenomena.

Craft Room

592123 \$320/5 sess
M Tu W Th F Aug 10-Aug 14 9:00am-3:00pm
INSTRUCTOR: STEAM4KIDS

Inventors and Inventions Camp (6-9 yrs)

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

Craft Room

592125 \$320/5 sess
M Tu W Th F Aug 24-Aug 28 9:00am-3:00pm
INSTRUCTOR: STEAM4KIDS

Sports Camps

DRIVE Basketball camps take place at Jericho Hill Gymnasium located at 4180 West 4th Avenue.



DRIVE Basketball Summer Day Camp (6-16 yrs)

Learn the fundamentals of shooting, dribbling, triple threat, 1 on 1 and more. You will learn the game in a fun and competitive learning environment. The camps are for boys and girls ages 6-16. Players will be placed into divisions based on age and skill levels. All campers receive a DRIVE T-Shirt for each camp that they attend. Players must bring their own regular size basketball. For sibling discount, please call the Main Office at 604.257.8140 ext. 1. No camp Jul 1, Aug 3.

JHC Gym

590242 \$252/4 sess
M Tu Th F Jun 29-Jul 3 10:00am-3:00pm
590243 \$315/5 sess
M Tu W Th F Jul 6-Jul 10 10:00am-3:00pm
590244 \$315/5 sess
M Tu W Th F Jul 13-Jul 17 10:00am-3:00pm
590245 \$315/5 sess
M Tu W Th F Jul 20-Jul 24 10:00am-3:00pm
590246 \$315/5 sess
M Tu W Th F Jul 27-Jul 31 10:00am-3:00pm
590247 \$252/4 sess
Tu W Th F Aug 4-Aug 7 10:00am-3:00pm
590248 \$315/5 sess
M Tu W Th F Aug 10-Aug 14 10:00am-3:00pm
590249 \$315/5 sess
M Tu W Th F Aug 17-Aug 21 10:00am-3:00pm
INSTRUCTOR: DRIVE BASKETBALL INC.



Summer Day Camp 2026

Registration starts

- **Wednesday April 8**
Online at vanrec.ca & In-Person
at 7:00pm
- **Thursday April 9** By Phone
at 10:00am

Sportball Outdoor Multi-Sport Camp (5-8 yrs)

Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on a variety of different ball sports. **This camp will operate rain or shine.** No camp Aug 3.

Outside – North Grass Area

Full Day

| | |
|---------------------------|---------------|
| 592107 | \$350/5 sess |
| M Tu W Th F Jul 20-Jul 24 | 9:00am-3:00pm |
| 592108 | \$280/4 sess |
| Tu W Th F Aug 4-Aug 7 | 9:00am-3:00pm |
| 592111 | \$350/5 sess |
| M Tu W Th F Aug 17-Aug 21 | 9:00am-3:00pm |

Half Day

| | |
|---------------------------|---------------|
| 592104 | \$200/5 sess |
| M Tu W Th F Jul 6-Jul 10 | 1:00pm-4:00pm |
| 592106 | \$200/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 1:00pm-4:00pm |
| 592110 | \$200/5 sess |
| M Tu W Th F Aug 10-Aug 14 | 1:00pm-4:00pm |
| 592113 | \$200/5 sess |
| M Tu W Th F Aug 24-Aug 28 | 1:00pm-4:00pm |

INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Outdoor Soccer Camp (5-8 yrs)

Children are introduced to the fundamental concepts of gameplay and teach the basic skills in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Please wear comfortable clothing, running shoes, and a water bottle.

This camp will operate rain or shine.

Outside – North Grass Area

| | |
|---------------------------|---------------|
| 592106 | \$200/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 1:00pm-4:00pm |

INSTRUCTOR: SPORTBALL VANCOUVER

Tennis Camps



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

Students will develop their tennis and athletic skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and bring a water bottle. No camp Jul 1, Aug 3. **Tennis camps are held at the Trimble Park tennis courts, located at West 7th and Trimble Street.**

Trimble Park Tennis Courts

| | |
|---------------------------|-----------------|
| 594228 | \$277/4 sess |
| M Tu Th F Jun 29-Jul 3 | 9:00am-12:00pm |
| 594229 | \$346.25/5 sess |
| M Tu W Th F Jul 6-Jul 10 | 9:00am-12:00pm |
| 594230 | \$346.25/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 9:00am-12:00pm |
| 594231 | \$346.25/5 sess |
| M Tu W Th F Jul 20-Jul 24 | 9:00am-12:00pm |
| 594232 | \$346.25/5 sess |
| M Tu W Th F Jul 27-Jul 31 | 9:00am-12:00pm |
| 594233 | \$277/4 sess |
| Tu W Th F Aug 4-Aug 7 | 9:00am-12:00pm |
| 594234 | \$346.25/5 sess |
| M Tu W Th F Aug 10-Aug 14 | 9:00am-12:00pm |
| 594235 | \$346.25/5 sess |
| M Tu W Th F Aug 17-Aug 21 | 9:00am-12:00pm |
| 594236 | \$346.25/5 sess |
| M Tu W Th F Aug 24-Aug 28 | 9:00am-12:00pm |

INSTRUCTOR: SUMMER SMASH TENNIS

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

Students will develop their skills each week through high energy, game-based lessons that follow the Summer Smash Progression. Students will be grouped according to age and skill to ensure appropriate level of challenge and progress. Students are expected to bring their own rackets, to come dressed in athletic clothing with athletic shoes, and bring a water bottle. No camp Jul 1, Aug 3. **Tennis camps are held at the Trimble Park tennis courts, located at West 7th and Trimble Street.**

Trimble Park Tennis Courts

| | |
|---------------------------|-----------------|
| 594259 | \$277/4 sess |
| M Tu Th F Jun 29-Jul 3 | 1:00pm-4:00pm |
| 594260 | \$346.25/5 sess |
| M Tu W Th F Jul 6-Jul 10 | 1:00pm-4:00pm |
| 594261 | \$346.25/5 sess |
| M Tu W Th F Jul 13-Jul 17 | 1:00pm-4:00pm |
| 594262 | \$346.25/5 sess |
| M Tu W Th F Jul 20-Jul 24 | 1:00pm-4:00pm |
| 594263 | \$346.25/5 sess |
| M Tu W Th F Jul 27-Jul 31 | 1:00pm-4:00pm |
| 594264 | \$277/4 sess |
| Tu W Th F Aug 4-Aug 7 | 1:00pm-4:00pm |
| 594265 | \$346.25/5 sess |
| M Tu W Th F Aug 10-Aug 14 | 1:00pm-4:00pm |
| 594266 | \$346.25/5 sess |
| M Tu W Th F Aug 17-Aug 21 | 1:00pm-4:00pm |
| 594267 | \$346.25/5 sess |
| M Tu W Th F Aug 24-Aug 28 | 1:00pm-4:00pm |

INSTRUCTOR: SUMMER SMASH TENNIS

Specialty Camps

Active Dance: Sing/Jazz Funk/Hip Hop/KPOP Camp (5¾-14 yrs)

Come learn a variety of dancing and aspects of musical theatre including some singing and acting through FUN games! Students will be introduced to Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches and learn the importance of breathing. No previous experience required. Campers will be grouped by age/skill upon in-camp assessment. Wear dry indoor shoes with non-marking soles (preferred), and comfortable clothing. Bring a water bottle and nut-free lunch.

Youth Room

595399 \$386.25/5 sess

M Tu W Th F Jul 6-Jul 10 9:10am-3:00pm

595400 \$386.25/5 sess

M Tu W Th F Jul 27-Jul 31 9:10am-3:00pm

INSTRUCTOR: ILLUMA STUDIO



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

Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre-production, production and post-production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film and movie trailer, complete with sound effects, music, voice, sound effects and special effects. Please note we provide clay and all arts supplies along with a nominal amount of LEGO®. No camp Aug 3.

Youth Room

592078 \$365/5 sess

M Tu W Th F Jul 13-Jul 17 9:00am-4:00pm

Library

592080 \$292/4 sess

Tu W Th F Aug 4-Aug 7 9:00am-4:00pm

INSTRUCTOR: FILM CAMP IN A BOX



Feature Film Making Camp (9-14 yrs)

Mentored by master filmmakers, campers will engage in hands-on exploration of the filmmaking process, including pre production, production and post production. Working in small crews, they will learn about cinematography, script writing and editing on iMovie. Campers will then create, act in and edit a short film and movie trailer, adding special effects, music, voices, titles, sound effects and the opportunity to work with AI in the digital storytelling process. Participants will have the opportunity to use our latest digital tools including Macbooks, 4K cameras, tripods, boom microphones, green screens and the use of an aerial drone.

Youth Room

592079 \$365/5 sess

M Tu W Th F Jul 20-Jul 24 9:00am-4:00pm

592082 \$365/5 sess

M Tu W Th F Aug 17-Aug 21 9:00am-4:00pm

INSTRUCTOR: FILM CAMP IN A BOX

Fire & Flower Empowerment Camp: Hummingbird (10-12 yrs)

This camp will explore different topics surrounding early adolescence and young adulthood such as examining stereotypes and body positivity, navigating friendship and power dynamics, and creating a culture of respect. We balance learning with relevant crafts, a daily dose of nature time, and provide space for vulnerability and openness with our daily heart circles. This is a LGBTQ2SIAP+ inclusive space and we welcome gender-diverse youth. In an effort to eliminate all financial barriers to participation, Fire & Flower camps are FREE and by application! For more information and to apply, please visit www.fireandflowergirls.org or contact empower@fireandflowergirls.org. No camp Aug 3.

Youth Room

592097 **FREE**/4 sess

Tu W Th F Aug 4-Aug 7 9:00am-3:00pm

INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY

Fire & Flower Empowerment Camp: Kingfisher (12-14 yrs)

This camp will explore different topics surrounding adolescence and young adulthood such as physical developments and emotional shifts, the diversity of anatomy in different bodies, and an in-depth look at menstruation. We balance learning with relevant crafts, a daily dose of nature time, and provide space for vulnerability and openness with our daily heart circles. This is a LGBTQ2SIAP+ inclusive space and we welcome gender-diverse youth. In an effort to eliminate all financial barriers to participation, Fire & Flower camps are FREE and by application! For more information and to apply, please visit www.fireandflowergirls.org or contact empower@fireandflowergirls.org.

Youth Room

592098 **FREE**/5 sess

M Tu W Th F Aug 10-Aug 14 9:00am-3:00pm

INSTRUCTOR: UNITED GIRLS OF THE WORLD SOCIETY



Music Video Production Camp (9-13 yrs)

Designed for creative campers, this camp covers every stage of music video production through hands-on activities guided by master filmmakers. In small crews, participants will interpret song lyrics, develop storylines, and film their own music videos using advanced cinematography and editing techniques. They'll enhance their videos with special effects and design promotional materials to share their creations.

Library

592081 \$365/5 sess

M Tu W Th F Aug 10-Aug 14 9:00am-4:00pm

INSTRUCTOR: FILM CAMP IN A BOX

Summer Japanese Camp (3-5 yrs)

Children will learn the Japanese language through activity based methods including reading, writing and crafts. Please note that these classes are Japanese immersion based. No class Aug 3. This program takes place at Jericho Hill Centre at 4196 West 4th Avenue.

JHC Preschool Room

| | | |
|-------------|---------------|----------------|
| 612920 | | \$92/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 9:15am-12:00pm |
| 612921 | | \$115/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 9:15am-12:00pm |
| 612922 | | \$115/5 sess |
| M Tu W Th F | Aug 17-Aug 21 | 9:15am-12:00pm |

INSTRUCTOR: HIROKO KASHIHARA

Summer Japanese – Grade 1-6

Children will learn the Japanese language through activity based methods such as reading, writing and crafts. Children do need to have some previous experience in the Japanese language. No class Aug 3.

JHC Preschool Room

Week 1

| | | |
|-----------|-------------|---------------|
| 612926 | | \$92/4 sess |
| Tu W Th F | Aug 4-Aug 7 | 1:00pm-4:00pm |

Week 2

| | | |
|-------------|---------------|---------------|
| 612927 | | \$115/5 sess |
| M Tu W Th F | Aug 10-Aug 14 | 1:00pm-4:00pm |

INSTRUCTOR: HIROKO KASHIHARA

Pottery Camp

Hand Building NEW Pottery Camp (8-12 yrs)

In this fun and creative camp, kids will learn the basics of hand-building pottery using simple techniques like pinching, coiling and slab building. Participants will design and shape their own clay projects. No experience needed - just imagination and willingness to get a little messy! All materials provided.

Pottery Studio

| | | |
|-------------|---------------|---------------|
| 597449 | | \$200/5 sess |
| M Tu W Th F | Jul 13-Jul 17 | 2:00pm-3:30pm |

INSTRUCTOR: KYLEE BURT

Refunds for Day Camps must be requested 10 days prior to the 1st scheduled day.



Summer Playground Program at Trimble Park



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

Monday-Friday
11:30am - 6:30pm
July 2 - Aug 31, 2026

Trimble Park
2250 Trimble Street
Vancouver, B.C.



• JOIN THE WPGCC IN CELEBRATING •

FATHER'S Day

On Sunday June 21st, honour the father figure in your life with:

- Free Fitness Centre Admission (All Day)
- Free Family Playtime Admission (9:30-11:00am)
- Free Outdoor games and activities (9:30-11:00am)

○ Located in the East Lawn

BRING THE WHOLE FAMILY AND SPEND THE DAY HAVING FUN AND BEING ACTIVE TOGETHER!

NO REGISTRATION REQUIRED

Adult & Seniors



Arts

Marbling Wellness NEW

Marbling art is a traditional Persian Art of creating patterns on colours floating on water. In this class, participants will get to learn about the history of marbling, and create their own art pieces by using three of the foundational marbling tools. No class May 18.

Oak Room

610898 \$130/4 sess
M May 4-Jun 1 1:00pm-2:00pm
INSTRUCTOR: AMIR KHATAMI



Acrylic Workshops

Unlike your typical paint night, this workshop blends learning with creating! First, practice the fundamentals of acrylics to build confidence. Then, bring it all together as you paint your very own artwork to take home. Ideal for beginners or anyone seeking to refine their skills and connect with the community.

Craft Room

Matisse-Inspired

614116 \$50/1 sess
M May 4 5:30pm-8:00pm

Bouquet

614120 \$50/1 sess
M Jun 22 5:30pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG

Watercolour Workshops

Join this beginner-level watercolour workshop to create your very own painting! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included but you are welcome to bring your own.

Craft Room

Stylish Friendship

614118 \$50/1 sess
M May 11 5:30pm-8:00pm

Summer Bouquet

614117 \$50/1 sess
M Jun 15 5:30pm-8:00pm

Monet-Inspired

614421 \$50/1 sess
M Jul 20 5:30pm-8:00pm

Sea-Shell

614423 \$50/1 sess
M Jul 27 5:30pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG

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. We will start with continuous exercises, then move onto exploring and developing individual ideas. Drop-in \$36 (no experience required). See receipt for supply list.

Meeting Room

609144 \$132/4 sess
Tu May 5-May 26 1:30pm-4:30pm
INSTRUCTOR: DAVIDE MERINO

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@westpointgreycc



Stitched Shibori & Natural Dye

Hand-dye a one-of-a-kind organic cotton bandana using a special technique to create patterns: the stitched shibori. The stitched-shibori bandana will naturally dye with plants such as onion skin or madder. All material provided.

Dining Room

612840 \$75/1 sess
Tu Jul 21 5:00pm-8:00pm
INSTRUCTOR: FERNANDA MASCARENHAS

Tatakizome on a Tote Bag Workshop

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

Dining Room

609835 \$55/1 sess
Tu Aug 11 6:00pm-8:00pm
INSTRUCTOR: FERNANDA MASCARENHAS

Senior's Acting + NEW Storytelling (55+ yrs)

This course will take participants through a series of skill developing activities aimed at improving spatial awareness, evocation, confidence and movement, as well as strengthening voice and breath. It will provide the opportunity for personal stories to be explored, dramatized and performed in an expressive and imaginative way. We will work up to writing and performing individual monologues or small scenes culminating in a last class performance for invited friends and family.

Oak Room

606438 \$120/8 sess
W May 6-Jun 24 10:30am-11:45am

Dining Room

606485 \$120/8 sess
W Jul 8-Aug 26 5:00pm-6:15pm
INSTRUCTOR: BEVERLY BARDAL



Watercolour Basics and Beyond

This program is ideal for beginners with no prior experience and those returning to build on their existing skills. 1) Basics: Covers foundational watercolour techniques and colour theory, giving you the confidence to start creating. 2) Beyond: Designed for those with prior experience, offering advanced projects to refine and expand your skills. No class Aug 20.

Dining Room

| | | |
|-----------------------------|--------------|---------------|
| 614119 | | \$296/8 sess |
| Th | May 7-Jun 25 | 6:00pm-8:00pm |
| 614422 | | \$296/8 sess |
| Th | Jul 2-Aug 27 | 6:00pm-8:00pm |
| INSTRUCTOR: CHLOE GREENBERG | | |



Drawing Landscapes, Flowers & Figures

Learn how to draw, shape and form images in perspective while creating compositional structures. We will explore topics including landscapes, flowers, figures and more. You will experiment with various texture, lines, tones, lights and shadows, as well as linear and atmospheric perspectives. Drop-in \$30 (space permitting). No class May 29.

Craft Room

| | | |
|------------------------------------|--------------|----------------|
| 613141 | | \$200/8 sess |
| F | May 1-Jun 26 | 12:00pm-1:15pm |
| INSTRUCTOR: MOHAMMAD REZA ATASHZAD | | |

Acrylic Painting

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. Drop-in \$35 (space permitting). No class May 29.

Craft Room

| | | |
|------------------------------------|--------------|---------------|
| 613139 | | \$240/8 sess |
| F | May 1-Jun 26 | 1:15pm-3:15pm |
| INSTRUCTOR: MOHAMMAD REZA ATASHZAD | | |

Upcycle Your Clothes: Eco-Printing with Plants

Upcycle your clothes using the magic of eco-printing with plants. In this workshop, you'll create nature-made patterns with leaves, flowers, and bark while learning the basics of this amazing natural dyeing technique. Participants are asked to bring one light-coloured item, preferably white, made of cotton, linen, or rayon. The fabric must be washed.

Dining Room

| | | |
|----------------------------------|--------|----------------|
| 612842 | | \$85/1 sess |
| Sa | May 16 | 10:00am-1:30pm |
| INSTRUCTOR: FERNANDA MASCARENHAS | | |

Dance

Folk Dancing

Join us for an informal evening of unique and fun dances from around the world. Beginners welcome. Come by yourself or with a friend! Partners are not required, and instruction is provided. Drop-in \$5 (space permitting). No class May 18.

Oak Room

| | | |
|---------------------------|--------------|---------------|
| 609167 | | \$32/8 sess |
| M | May 4-Jun 29 | 7:35pm-9:35pm |
| 609168 | | \$28/7 sess |
| M | Jul 6-Aug 24 | 6:15pm-8:15pm |
| 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. Drop-in \$18 (space permitting).

Oak Room

| | | |
|----------------------------------|---------------|---------------|
| 610923 | | \$5/1 sess |
| Tu | May 5 | 6:30pm-7:30pm |
| 610922 | | \$105/7 sess |
| Tu | May 12-Jun 23 | 6:30pm-7:30pm |
| 610996 | | \$120/8 sess |
| Tu | Jul 7-Aug 25 | 6:15pm-7:15pm |
| INSTRUCTOR: ENDORPHIN RUSH DANCE | | |

Intro to Latin Dance: Salsa, Mambo, and Bachata

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

Oak Room

| | | |
|----------------------------------|---------------|---------------|
| 610925 | | \$5/1 sess |
| Tu | May 5 | 7:30pm-8:30pm |
| 610924 | | \$105/7 sess |
| Tu | May 12-Jun 23 | 7:30pm-8:30pm |
| 610998 | | \$120/8 sess |
| Tu | Jul 7-Aug 25 | 7:15pm-8:15pm |
| INSTRUCTOR: ENDORPHIN RUSH DANCE | | |



Let's Dance

Let's Dance for fun and fitness! Learn short choreographed dance routines in a relaxed setting. Dances include a wide variety of dance styles to contemporary and world music. Dances based on choreography by Gayl DeCoursey. Class starts with a thorough warm-up and ends with mat cool down and stretching. All levels welcomed. Drop-in \$8.75 (space permitting).

Oak Room

| | | |
|-------------------------|--------------|-----------------|
| 609169 | | \$54/8 sess |
| Th | May 7-Jun 25 | 11:30am-12:30pm |
| INSTRUCTOR: GLENNA WONG | | |

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

Pottery

Beginner Wheel Throwing with Chu Chu

Join this wheel throwing class where you'll learn great techniques to start making your own cups, bowls and more! Trimming and glazing will follow in later classes. Clay must be purchased through the centre and pottery tools can also be purchased. Please note that registration after 2nd class must be approved by the instructor. No class May 18.

Pottery Studio

610196 \$360/8 sess
M May 4-Jun 29 5:30pm-8:30pm
INSTRUCTOR: SERENA CHU

Ceramic Lanterns NEW

Handbuilding method will be used in this 4 week workshop to create a garden lantern. We will look at historical references for information. No class May 19.

Pottery Studio

613696 \$200/4 sess
Tu May 5-Jun 2 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.

Pottery Studio

610915 \$320/8 sess
Tu May 5-Jun 23 5:30pm-9:00pm
INSTRUCTOR: DANIELLE GAGNIER

Pottery: Wheel Throwing, Beginners and All Levels

Learn the basics of pottery. In this class, you'll get a chance to play on the wheel, try hand building techniques, and glaze your own pots. The teacher will tailor instruction to the skill level you bring, so bring your ideas and inspiration. Clay must be purchased through the centre and pottery tools can also be purchased. Please note that registration after 2nd class must be approved by the instructor.

Pottery Studio

609244 \$360/8 sess
W May 6-Jun 24 6:30pm-9:30pm
INSTRUCTOR: DAYNA VREEKEN

Handbuilding Tableware with Chu Chu NEW

Make your own dishware set in this 6-part course! You will be making a dinner plate, a side plate, a bowl, a cup and some small dishes if time allows. Learn how to prep your clay slabs, make strong joints and use the templates provided. In our last class we will be glazing our work to make it food safe. Beginner friendly, all materials included. No class Jul 27, Aug 3.

Pottery Studio

611744 \$270/6 sess
M Jul 6-Aug 24 5:30pm-8:30pm



Ceramic Sculpture NEW

This ceramic sculpture course explores clay as a sculptural medium for expressive, conceptual, and functional forms. Students develop skills in handbuilding, construction, and surface treatment while investigating scale, structure, and material behavior.

Pottery Studio

618653 \$450/9 sess
Th Jul 2-Aug 27 5:30pm-8:30pm
INSTRUCTOR: BELLA BLANCA

Intermediate Pottery with Bella NEW

Build on foundational skills in this intermediate pottery course! Refine wheel throwing, handbuilding, and surface techniques while exploring more complex forms and intentional design. Emphasis on problem solving, glazing strategies, and personal style development through guided projects, demonstrations, and independent studio practice.

Pottery Studio

618654 \$400/8 sess
Th May 7-Jun 25 6:30pm-9:30pm
618643 \$400/8 sess
W Jul 8-Aug 26 5:30pm-8:30pm
INSTRUCTOR: BELLA BLANCA

Music

Private Piano Lessons with June (3½+ yrs)

Have you ever wanted to learn to read sheet music and to play the piano? This course accommodates new beginners, students with rudimentary musical knowledge, and students who want to learn or refresh their own piano skills. Quoted price is for 30 minute lessons. No class May 15-18, Aug 4.

Music Room

612551-612558 \$272/8 sess
M May 4-Jun 29 3:15pm-9:15pm
612559-612569 \$272/8 sess
Tu May 5-Jun 23 12:45pm-9:15pm
612572-612595 \$272/8 sess
Th May 7-Jun 25 10:00am-9:30pm
612596-612600 \$272/8 sess
F May 1-Jun 26 1:15pm-4:15pm
614200-614205 \$238/7 sess
M Jul 6-Aug 24 3:15pm-8:15pm
614206-614216 \$272/8 sess
Tu Jul 7-Aug 25 12:45pm-8:15pm
614217-614237 \$272/8 sess
Th Jul 9-Aug 27 10:00am-8:30pm
6142387-614242 \$238/7 sess
F Jul 10-Aug 21 1:15pm-4:15pm
INSTRUCTOR: JUNE LAM



Private 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. Quoted price is for 30 minute lessons.

Music Room

606589-606600 \$440/8 sess
W May 6-Jun 24 1:00pm-8:00pm
614272-614280 \$330/6 sess
W Jul 15-Aug 19 2:45pm-8:00pm
INSTRUCTOR: VICTORIA GOMON

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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. No class Jun 14, 21.

Library
606486 \$17.50/7 sess
Su May 3-Jun 28 10:30am-12:30pm

Private Hang NEW Drum Lessons (3+ yrs)

Discover the soothing, meditative sound of the Handpan in this beginner friendly music program. Students will learn proper playing techniques, rhythmic patterns, and expressive improvisation on this unique steel instrument. No music background is required. Quoted price is for 30 minute lessons.

Meeting Room
615619-615998 \$270/9 sess
F May 1-Jun 26 9:15am-4:45pm
INSTRUCTOR: ESMAEEL BAHIRAEI



Social

Coffee Social (All Ages)

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.

Lounge
611263 FREE
Tu May 5-Jun 30 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
611266 FREE
Tu May 12 10:00am-11:00am
611267 FREE
Tu Jun 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 \$2 (space permitting).

Library
609834 \$12/8 sess
Tu May 5-Jun 23 10:00am-12:00pm

The Journey of Dementia: Understanding, Empathy and Support – 4 Part Community Course Series

Understanding Aging: The Foundation

Explore what happens to the brain and body as we age, and learn to distinguish natural aging from dementia. This session builds empathy and understanding before diving into more complex topics around memory loss.

Library
610338 FREE
Tu Jun 9 1:00pm-2:30pm

What is Dementia? Understanding the Diagnosis

Learn about the science behind dementia and how it effects the brain. In this session, we will explore the symptoms and types of dementia to help you better understand and recognize the signs.

Library
610339 FREE
Tu Jun 16 1:00pm-2:30pm

Helping those Living with Dementia: The Human Experience

This session helps deepen empathy and understanding by exploring how dementia changes perception – not personality. Discover practical ways to connect and support with compassion.

Library
610336 FREE
Tu Jun 23 1:00pm-2:30pm

Supporting the Journey: Hope, Resources, and Community

This session empowers participants with practical knowledge, tools, and strategies to better support those living with dementia – showing that hope, purpose, and joy are possible at every stage of the journey.

Library
610337 FREE
Tu Jun 30 1:00pm-2:30pm
INSTRUCTOR: HOME INSTEAD

Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver

Aberthau Community Garden

Aberthau Community Permaculture and Eco Art Garden (NW Marine Drive between Discovery and Trimble Street). Located behind the Mansion and hosted by Village Vancouver (VV), the garden includes VV's recently expanded Collaborative Demonstration Permaculture Garden, the WPG Preschool Garden and art/garden projects by our artist residencies. Emphasizing permaculture design elements, it offers fun, inclusive social, educational, culinary, artistic, and cultural activities for community members. For more information, visit Village Vancouver at www.villagevancouver.org or email Ross Moster at ross@villagevancouver.org.

Outside – Community Garden

| | | |
|--------|--------------|-----------------|
| 614339 | | FREE/9 sess |
| Sa | May 2-Jun 27 | 10:00am-12:30pm |
| 614364 | | FREE/8 sess |
| Sa | Jul 4-Aug 22 | 10:00am-12:30pm |

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

Youth Room

| | | |
|--------|-------|---------------|
| 614340 | | \$25/1 sess |
| Th | May 7 | 6:30pm-8:30pm |

Pressure Canning

In this workshop with Amy Weeks, participants will learn the basics of using a pressure canner. You'll go over the most up to date canning methods, the equipment needed, and get a chance to practice pressure canning, and will go home with a jar of what you've canned. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$7 materials fee only).

Dining Room

| | | |
|--------|--------|---------------|
| 614341 | | \$33/1 sess |
| Tu | May 19 | 6:15pm-9:15pm |
| 616021 | | \$28/1 sess |
| Tu | Jul 28 | 6:30pm-8:30pm |

Permaculture Vancouver May Meetup

Join us for a community meal and an educational topic. This month: Tour of Aberthau Community Garden. Optionally, please either bring your own dinner or something to share for the potluck, and plate or bowl, and cutlery.

Outside – Community Garden

| | | |
|--------|--------|---------------|
| 614345 | | FREE |
| W | May 27 | 6:30pm-8:00pm |

Flavoured Vinegar

In this workshop with Carly, explore the art of creating flavourful vinegars with our hands-on workshop. Learn how to transform plain vinegar into delicious condiments perfect for cooking and enhancing dishes. Reduced fee for seniors (50 and over; \$10 materials fee only).

Dining Room

| | | |
|--------|-------|---------------|
| 616953 | | \$28/1 sess |
| Tu | Jun 2 | 6:30pm-8:30pm |

Quick Pickles NEW

In this workshop with Amy Weeks, participants will learn the basics of making a quick pickle in a mason jar, along with tips and tricks to ensure your pickles turn out crisp and delicious. This workshop is ideal both for spaces with or without access to a stove or full kitchen. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$6 materials fee only).

Dining Room

| | | |
|--------|-------|-----------------|
| 614384 | | \$26/1 sess |
| Su | Jun 7 | 10:30am-11:30am |

Healthy Soil for a Great Garden

Learn how to build your soil for a healthy, vibrant veggie garden. Find out how vigorous your soil is and what to add to it to improve its vitality! If you have a garden, you're invited to bring a CLEAR 1 liter container (with a lid) with a couple of cups of your garden soil, for some simple tests to learn how to improve it with natural fertilizers, soil amendments, and gardening techniques. Reduced fee for seniors (50 and over; \$6 materials fee only).

Library

| | | |
|--------|-------|---------------|
| 614343 | | \$28/1 sess |
| M | Jun 8 | 6:30pm-8:30pm |

Introduction to Vertical Gardening

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

Youth Room

| | | |
|--------|--------|---------------|
| 614344 | | \$20/1 sess |
| Th | Jun 11 | 6:30pm-8:30pm |

Drip Irrigation for a Waterwise World

In this workshop with Dr. Yael Stav, we'll discuss the various options for water-sensitive irrigation, and focus on drip irrigation systems and their benefits. We'll explore irrigation planning in different scenarios, from large gardens through to patio containers, and familiarize ourselves with the typical components of drip irrigation and their setup. Reduced fee for seniors (50 and over; \$5 materials fee only).

Outside – Community Garden

| | | |
|--------|--------|---------------|
| 614342 | | \$20/1 sess |
| Tu | Jun 23 | 6:30pm-8:30pm |

DIY Canning Soup in a Jar NEW

In this workshop with Carly Hilbert, create comforting, ready-to-eat meals with our DIY soup-in-a-jar workshop. Learn how to prepare, package, and can homemade soups for convenient meals throughout the year. Fee includes cost of all materials. Reduced fee for seniors (50 and over; \$10 materials fee only).

Dining Room

| | | |
|--------|--------|----------------|
| 617026 | | \$28/1 sess |
| Su | Jun 28 | 9:30am-11:30am |

Plant Walk NEW

Take a guided stroll, while learning about the native plants, trees, and flowers in the area. We will focus on plant identification, ecological relationships, and the medicinal or edible uses of plants. Reduced fee for seniors (50 and over; \$5 materials fee only).

Outside – Community Garden

| | | |
|--------|--------|---------------|
| 614346 | | \$21/1 sess |
| M | Jun 29 | 6:30pm-8:30pm |



Sauerkraut

In this workshop with Carly Hilbert, you'll learn the art of lacto-fermentation. Discover how to create delicious, probiotic-rich sauerkraut using simple equipment and minimal ingredients. Take home your freshly fermented sauerkraut and gain the skills to make this nutritious condiment at home. Reduced fee for seniors (50 and over; \$5 materials fee only).

Dining Room

616019 \$25/1 sess
M Jul 6 6:30pm-8:30pm

Fall and Winter Gardening NEW

In this workshop with Rhiannon Johnson, you'll learn how and when to plant cool-weather veggies such as kale, lettuce, parsley, coriander, spinach and swiss chard on your balcony or in your garden for a fall and winter feast! Reduced fee for seniors (50 and over; \$5 materials fee only).

Youth Room

614365 \$21/1 sess
W Jul 8 6:30pm-8:30pm



Homemade Kombucha Brewing

In this workshop with Eric Schwartz, we'll walk you through the key steps, answer your questions, and leave you prepared with basic knowledge and recipes you need to get your first successful batch of kombucha brewing and tasting great. Reduced fee for seniors (50 and over; \$5 materials fee only).

Youth Room

614367 \$27.50/1 sess
Th Jul 9 6:30pm-8:00pm

Water Bath Canning NEW

In this workshop, learn the basics of water bath canning and how to safely preserve high-acid foods such as jams, jellies, pickles, and certain fruits. Reduced fee for seniors (50 and over; \$10 materials fee only).

Dining Room

614368 \$28/1 sess
Th Aug 20 6:30pm-8:30pm
INSTRUCTOR: VILLAGE VANCOUVER

Bus Out Trips by Enjoy The Journey (50+ yrs)



Squamish Canyon

Experience the new Squamish Canyon – an immersive forest walk with towering boardwalks, a forest lounge, roaring Mamquam Falls, and interactive stories celebrating BC's wild beauty and culture. Package includes: Squamish Canyon ticket, lunch at Watershed Grill, Squamish Old Town, Sp'akw'us Feather Park. Level: Moderate *up to 80 stairs

Aberthau Mansion Entrance

612846 \$119/1 sess
M May 11 8:15am-5:45pm
INSTRUCTOR: ENJOY THE JOURNEY

Salt Spring Saturday Market

With over 140 artisans, this market has earned its reputation as a hotbed for world-class artisans and organic farmers. Vendors are joined by local entertainment, creating a fun and festive vibe. Package includes: Salt Spring Saturday Market, Scenic Gulf Islands Sail, all ferry fees. Level: Easy

Aberthau Mansion Entrance

612847 \$109/1 sess
Sa Jun 13 7:15am-7:15pm
INSTRUCTOR: ENJOY THE JOURNEY

Galiano Island

Experience the magic of BC's Wild West Coast featuring stunning views, marine park trails where local artisans await you on Galiano Island. Additional \$36 ferry fee for 64 years and under. Package includes: Montague Harbour Marine Park, Gray Peninsula escorted walk, lunch at Hummingbird Pub, Galiano Soap Works, Galiano shops. Level: Easy

Aberthau Mansion Entrance

612848 \$139/1 sess
M Jul 13 8:15am-8:15pm
INSTRUCTOR: ENJOY THE JOURNEY

Alpine Meadows Wildflowers

Enjoy a breathtaking day among vibrant wildflowers at Manning Park's unique Sub-Alpine Meadows. Stroll the Heather or Paintbrush Trails, enjoy a generous picnic lunch surrounded by mountain beauty, and soak up the fresh alpine air and stunning scenery. Package includes: Sub-Alpine Meadows, Alpine Wildflowers, Alpine Meadow Lookout, picnic table lunch, Escorted Meadow Walk. Level: Moderate

Lounge

612849 \$89/1 sess
Tu Aug 4 8:15am-6:15pm
INSTRUCTOR: ENJOY THE JOURNEY

Education

Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. The goal is to provide your loved ones with the greatest amount of support in the event of your passing. By organizing your affairs and documenting your plans, you help ensure that assets will be distributed, and final arrangements will be made, based on your objectives. Proper planning will minimize taxes; lower professional fees and other expenses; and maximize the funds your beneficiaries will receive.

Library

606013 FREE
Th May 21 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS

Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care.

Library

606016 FREE
Th Jun 25 10:00am-11:30am
INSTRUCTOR: DAVID PERKINS

Education cont'd

Playful Public Speaking NEW

Learn playful yet practical tools to deeply impact an audience. We'll explore how to strengthen your voice, free your body language, and regulate your nervous system. Each class will focus on a different style of speaking – from elevator pitches to inspirational storytelling.

Oak Room

611027 \$200/5 sess
Sa May 2-May 30 11:00am-12:30pm
INSTRUCTOR: JENNIFER GRENELLE

Languages

Spanish Conversation with Rossana

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

Library

Beginner

610126 \$200/9 sess
Tu May 5-Jun 30 4:30pm-5:45pm

Intermediate

610127 \$200/9 sess
Tu May 5-Jun 30 6:30pm-7:45pm

610147 \$200/9 sess
Tu Jul 7-Aug 25 6:30pm-7:45pm
INSTRUCTOR: ROSSANA MARIEZCURRENA

Japanese for Beginners NEW

Learn the basics of Japanese. This beginner course introduces Hiragana, Katakana, and essential phrases for travel, dining, shopping, and everyday situations. Each week you'll practice speaking, listening, reading, and writing in simple, real-life contexts. No prior knowledge is required. By the end of the course, you'll be able to hold short, practical conversations.

Library

609832 \$160/8 sess
Th May 7-Jun 25 6:00pm-8:00pm

610787 \$160/8 sess
Th Jul 2-Aug 20 6:00pm-8:00pm
INSTRUCTOR: SHEIDA SHIRZAD

Group Fitness

Zumba with Alesya

Zumba class combines Latin and International music with a fun and effective workout system. Have fun while you get fit and lose weight with high energy dance moves. Anyone can join the party! No session May 18, Aug 3.

WPG Gym

606493 \$6/drop-in
M May 4-Jun 24 9:10am-10:10am

606491 \$6/drop-in
W May 6-Jun 29 9:10am-10:10am

606507 \$6/drop-in
M Jul 6-Aug 10 9:10am-10:10am

606506 \$6/drop-in
W Jul 8-Aug 12 9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA

Strength & Stretch

In this class you'll have a complete body workout using weights, resistance bands and body weight. Activate all your muscles including core, hips and postural muscles. Be strong and lean. End with a stretch to increase mobility and flexibility and reduce stress. Please bring your own bands. No session May 18, Aug 3.

WPG Gym

606488 \$6/drop-in
M May 4-Jun 29 10:20am-11:20am

606503 \$6/drop-in
M Jul 6-Aug 10 10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA

Refit

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

WPG Gym

612989 \$6/drop-in
Tu May 5-Jun 30 9:30am-10:45am

612990 \$6/drop-in
Th May 7-Jun 25 9:30am-10:45am

612995 \$6/drop-in
Tu Jul 7-Aug 25 9:30am-10:45am

612996 \$6/drop-in
Th Jul 2-Aug 27 9:30am-10:45am
INSTRUCTOR: MAGGI CHEETHAM

Stretch & Core

The Stretch & Core workout will make you sweat and smile while building core strength, lean muscle, and killer glutes. We use a combination of Yoga, Pilates and classical Ballet techniques to sculpt and stretch body muscles. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves have options, so it's challenging but achievable whatever your level of fitness. Please bring your own yoga mat and bands.

WPG Gym

606489 \$6/drop-in
W May 6-Jun 24 10:20am-11:20am

606504 \$6/drop-in
W Jul 8-Aug 12 10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA

Stability, Mobility and Flexibility

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

Oak Room

612991 \$6/drop-in
W May 6-Jun 24 4:00pm-5:00pm

616105 \$6/drop-in
W Jul 8-Jul 29 4:30pm-5:30pm
INSTRUCTOR: MAGGI CHEETHAM

Zumba & Tone with Alesya

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

WPG Gym

606490 \$6/drop-in
F May 1-Jun 26 9:10am-10:10am

606505 \$6/drop-in
F Jul 3-Aug 14 9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA



Rise & Shine Bootcamp NEW with Kasia

Start your day with an energizing, full body workout designed to awaken your mind, strengthen your body, and set a powerful tone for the rest of the day. This class blends functional strength moves, body weight, and core exercises with cardio bursts, offering a comprehensive workout that targets multiple muscle groups, and improves overall fitness. No class May 18, Aug 3.

WPG Gym

| | | |
|-------------------------|--------------|---------------|
| 617832 | | \$85/5 sess |
| M | May 4-Jun 8 | 7:45am-8:45am |
| 617833 | | \$102/6 sess |
| W | May 6-Jun 10 | 7:45am-8:45am |
| 617834 | | \$119/7 sess |
| M | Jul 6-Aug 24 | 7:45am-8:45am |
| 617835 | | \$136/8 sess |
| W | Jul 8-Aug 26 | 7:45am-8:45am |
| INSTRUCTOR: KASIA BOREK | | |

Ballet Barre

This workout is a modern version of classic balletic training designed to train you like a dancer, developing long lean muscles, flexibility, increased stamina and improved posture. Lengthen and strengthen to move with grace and ease. Class incorporates classic ballet music and modern rhythms. Stand taller, feel thinner and be strong. This class will benefit any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body!

WPG Gym

| | | |
|--------------------------------|--------------|-----------------|
| 606487 | | \$6/drop-in |
| F | May 1-Jun 26 | 10:20am-11:20am |
| 606502 | | \$6/drop-in |
| F | Jul 3-Aug 14 | 10:20am-11:20am |
| INSTRUCTOR: ALESYA BOGAEVSKAYA | | |

Health & Wellness

Iyengar Yoga – Mixed Levels

Class 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 May 18.

Oak Room

| | | |
|----------------------------|--------------|----------------|
| 607141 | | \$147/7 sess |
| M | May 4-Jun 22 | 9:30am-11:00am |
| 607142 | | \$152/8 sess |
| Th | May 7-Jun 25 | 9:15am-10:30am |
| INSTRUCTOR: SHARON FRIESEN | | |

www.westpointgrey.org

Reiki Level 1 Certification: NEW Foundations of Energy Healing

Reiki Level 1 is the starting point of your Reiki journey. 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. Fee includes a manual and a certificate approved by the Canadian Reiki Association. No class May 18.

Youth Room

| | | |
|------------------------|--------------|---------------|
| 614402 | | \$245/7 sess |
| M | May 4-Jun 22 | 6:00pm-7:00pm |
| INSTRUCTOR: VIOLA CHOY | | |

Reiki Level 2 Certification: NEW Deepening the Healing Practice

Reiki Level 2 expands your ability to channel Reiki energy, with a focus on emotional healing and sending Distant Reiki across time and space. This level introduces powerful new symbols that enhance your healing practice and deepen your energetic connection. Fee includes a manual and a certificate approved by the Canadian Reiki Association. No class May 18.

Youth Room

| | | |
|------------------------|--------------|---------------|
| 614403 | | \$245/7 sess |
| M | May 4-Jun 22 | 7:15pm-8:15pm |
| INSTRUCTOR: VIOLA CHOY | | |

OASIS Vancouver Coastal Health Workshops

Introduction to Meditation

Learn basic meditation techniques for better pain, stress and sleep management.

Oak Room

| | | |
|--------|--------|-----------------|
| 612780 | | FREE |
| Tu | May 12 | 10:00am-11:00am |

Mindful Eating

Learn how your behaviours, thoughts and emotions affect your eating. Learn how to improve your relationship with food. This is an interactive class with discussion. Please also come with a pen and paper, and a cracker and a piece of chocolate or fruit.

Library

| | | |
|---------------|--------|-----------------|
| Part 1 | | FREE |
| 612778 | | FREE |
| Th | Jun 11 | 10:00am-12:00pm |
| Part 2 | | FREE |
| 612779 | | FREE |
| Th | Jun 18 | 10:00am-12:00pm |

Exercise & Arthritis

Learn about the benefits of exercise, the types of exercises you can do to support your joints, and signs that you are doing too much.

Library

| | | |
|--------|-------|-----------------|
| 612781 | | FREE |
| Tu | Jul 7 | 10:00am-12:00pm |

Managing Hip & Knee Arthritis

Learn about osteoarthritis in these commonly affected joints, ways of managing your arthritis without surgery, and what happens if you need joint replacement surgery.

Library

| | | |
|--------|--------|-----------------|
| 612782 | | FREE |
| Tu | Jul 14 | 10:00am-12:00pm |



Shoulder Arthritis

Learn about strategies for managing arthritis of the shoulder, including joint protection and activity modification, exercise and pain management.

Library

| | | |
|--------|--------|-----------------|
| 612784 | | FREE |
| Tu | Jul 21 | 10:00am-12:00pm |

Sleep & Stress Management

Learn evidence based strategies to effectively manage stress and sleep issues. Taught by a Registered Nurse.

Library

| | | |
|--------|--------|-----------------|
| 612783 | | FREE |
| Tu | Aug 18 | 10:00am-12:00pm |

Health & Wellness cont'd

Beginner Yoga – Vijnana Tradition

This class will provide you with a gentle and safe introduction to the principals of Hatha Yoga and the flow of movement in the body. Learn how to strengthen the inner core of the body to bring increased flexibility, groundedness and joy in your yoga practice. This program uses the practice of yoga postures, breath work and meditation. No new registrants/drop-ins after 2nd class (unless approved by instructor). Please bring your own yoga mat. No class May 18, Jun 15.

Dining Room

609159 \$102/6 sess
M May 4-Jun 22 6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER

Sound Bath Meditation & Reiki

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

Oak Room

613703 \$160/8 sess
Tu May 5-Jun 23 11:30am-1:00pm
614400 \$100/5 sess
W Jul 29-Aug 26 6:00pm-7:30pm
INSTRUCTOR: VIOLA CHOY

Laughter Yoga NEW

A light-hearted class that blends wellness and playfulness combining guided laughter with deep yogic breathing to boost mood, reduce stress, and energize the body. The class incorporates simple movements, breathwork, and gentle relation, concluding with a calming meditation at the end of each session. Drop-in \$25 (space permitting).

Dining Room

613736 \$140/7 sess
W May 6-Jun 17 6:00pm-7:00pm
INSTRUCTOR: VIOLA CHOY

Yin Yoga

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. Restoring the energy flow within the body and promoting flexibility, joint mobility, and relaxation. All levels of yoga are welcome. Modifications and guided use of props, breathwork, and mediation with be provided. Drop-in \$20 (space permitting).

Oak Room

612499 \$144/8 sess
W May 6-Jun 24 6:30pm-7:30pm
INSTRUCTOR: KENDRA RUHLAND

Slow Your Flow: NEW Mindful Meditation & Yoga

A slow, intentional practice that invites you to move with awareness and ease. Postures are held with attention to breath and alignment, allowing spaces to notice sensations, release tension, and build steady strength. You'll be guided to cultivate mindfulness on and off the mat, supporting relaxation, balance, and a deeper connection to yourself. Drop-in \$25 (space permitting).

Dining Room

613733 \$140/7 sess
W May 6-Jun 17 7:15pm-8:15pm
INSTRUCTOR: VIOLA CHOY

Feldenkrais Awareness through Movement

Discover your potential for effortless, efficient, elegant movement! Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. Classes may take place outside on the north grass area weather permitting. Drop-in \$25 (space permitting).

Oak Room

607157 \$133/7 sess
Th May 7-Jun 18 1:30pm-2:30pm
607158 \$133/7 sess
Sa May 2-Jun 13 9:15am-10:15am
607031 \$133/14 sess
Tu Jul 7-Aug 18 4:30pm-5:30pm
INSTRUCTOR: MARY LOU STANLEY

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

Oak Room

612545 \$168/8 sess
Th May 7-Jun 25 6:30pm-8:30pm
612547 \$189/9 sess
Th Jul 2-Aug 27 6:15pm-8:15pm
INSTRUCTOR: JANICE LEBLOND

Chair Yoga NEW

Enjoy gentle movement and stretching in this accessible class designed for seniors. Using a chair for support, participants will improve flexibility, balance, and relaxation in a safe and welcoming environment. No experience required. Drop-in \$15 (space permitting). No class June 5.

Oak Room

613712 \$96/8 sess
F May 1-Jun 26 9:30am-10:30am
INSTRUCTOR: LAURENCE SAUVE

Adapted Sports

Ball Hockey for Young Adults

Come join the 'West Point Grey Canucks', a ball hockey program designed to provide a fun, safe and supportive environment for young adults with developmental disabilities. Please contact Sarah Campbell, sarahjcampbell1111@gmail.com, to discuss the suitability of potential players. Each player must be able to work independently and use a hockey stick in a safe manner. No drop-ins.

WPG Gym

612686 \$54/9 sess
F May 1-Jun 26 6:00pm-7:15pm
INSTRUCTOR: SARAH CAMPBELL



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 morning Pickleball – Recreational: Drop-in registration opens at 6pm the day before each class:

- Tuesday class – call Monday at 6pm
- Thursday class – call Wednesday at 6pm

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.

Sign up for our Monthly Newsletter!
Learn more about upcoming programs and events.
www.westpointgrey.org

1.0-1.5 Adult Beginner NEW Badminton Lessons

For players with no previous badminton experience. This class introduces basic rally techniques (grip, footwork and strokes) in a fun and encouraging environment with a focus on consistency and deliberate shot making. Participants must bring their own racket. No class May 18, Aug 3.

WPG Gym

| | | |
|--------|--------------|-----------------|
| 613893 | | \$241.50/7 sess |
| M | May 4-Jun 22 | 5:45pm-7:00pm |
| 614537 | | \$192.50/7 sess |
| M | Jul 6-Aug 24 | 5:45pm-6:45pm |

INSTRUCTOR: PRECISION TENNIS INC.

2.0-2.5 Adult Advanced NEW Beginner Badminton Lessons

For adults with previous badminton experience and an understanding of fundamental rally techniques. Taught by NCCP-certified professionals, this class focuses on refining footwork, clears, smashes and drops, while enhancing your understanding of winning point-play tactics. Participants must bring their own racket. **ADVANCED BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

JHC South Gym

| | | |
|--------|--------------|-----------------|
| 614534 | | \$110/4 sess |
| Sa | Jul 4-Jul 25 | 10:15am-11:15am |
| 617072 | | \$110/4 sess |
| Sa | Aug 1-Aug 22 | 10:15am-11:15am |

INSTRUCTOR: PRECISION TENNIS INC.

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 May 18, Aug 3.

WPG Gym

| | | |
|--------|--------------|---------------|
| 614250 | | \$50/8 sess |
| M | May 4-Jun 29 | 7:30pm-9:30pm |

Goalies

| | | |
|--------|--------------|----------------|
| 614249 | | FREE/8 sess |
| M | May 4-Jun 29 | 7:30pm-9:30pm |
| 614252 | | \$43.75/7 sess |
| M | Jul 6-Aug 24 | 6:30pm-8:30pm |

Goalies

| | | |
|--------|--------------|---------------|
| 614251 | | FREE/7 sess |
| M | Jul 6-Aug 24 | 6:30pm-8:30pm |

Volleyball – Recreational

There is one full court: for beginners/non-competitive players and intermediate players.

WPG Gym

| | | |
|--------|--------------|----------------|
| 614253 | | \$56.25/9 sess |
| Tu | May 5-Jun 30 | 7:30pm-9:30pm |
| 614254 | | \$50/8 sess |
| Tu | Jul 7-Aug 25 | 6:30pm-8:30pm |

Badminton – Recreational

Basic knowledge and experience required. All levels welcome. Please bring your own rackets and shuttles.

WPG Gym

| | | |
|--------|--------------|-----------------|
| 614255 | | \$50/8 sess |
| W | May 6-Jun 24 | 8:00pm-9:45pm |
| 614266 | | \$50/8 sess |
| Th | May 7-Jun 25 | 11:30am-12:30pm |
| 614257 | | \$50/8 sess |
| W | Jul 8-Aug 26 | 6:30pm-8:30pm |
| 617187 | | \$56.25/9 sess |
| Th | Jul 2-Aug 27 | 11:30am-12:30pm |

Basketball – Recreational

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

WPG Gym

| | | |
|--------|--------------|----------------|
| 614258 | | \$50/8 sess |
| Th | May 7-Jun 25 | 7:30pm-9:30pm |
| 614259 | | \$56.25/9 sess |
| Th | Jul 2-Aug 27 | 6:30pm-8:30pm |

Pickleball – Recreational

Basic knowledge and experience required. All levels welcome! Please bring your own paddles and balls.

WPG Gym

| | | |
|--------|--------------|----------------|
| 614261 | | \$28.35/9 sess |
| Tu | May 5-Jun 30 | 7:45am-8:45am |
| 614262 | | \$25.20/8 sess |
| Th | May 7-Jun 25 | 7:45am-8:45am |
| 614260 | | \$50/8 sess |
| Th | May 7-Jun 25 | 1:00pm-3:00pm |
| 614880 | | \$25.20/8 sess |
| Tu | Jul 7-Aug 25 | 7:45am-8:45am |
| 614881 | | \$28.35/9 sess |
| Th | Jul 2-Aug 27 | 7:45am-8:45am |
| 614879 | | \$56.25/9 sess |
| Th | Jul 2-Aug 27 | 1:00pm-3:00pm |

Sports cont'd

Volleyball Skills Clinic

Build your skills and confidence on the court. You'll gain essential cues, tips, and guidance in each skill, making these clinics the perfect place to grow and reach new volleyball goals. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue. No class May 18, Jun 9.

JHC South Gym

Beginner

613256 \$250/8 sess
M May 4-Jun 29 7:30pm-9:30pm

613265 \$218.75/7 sess

Tu Jul 7-Aug 25 6:30pm-8:30pm

Intermediate

613257 \$218.75/7 sess

Tu May 5-Jun 23 7:30pm-9:30pm

613266 \$187.50/6 sess

M Jul 6-Aug 17 6:30pm-8:30pm

INSTRUCTOR: VOLLEYBALL BC



Lawn Bowling – Learn To Play

Come join us for lessons at the West Point Grey Lawn Bowling Club! A fun, social outdoor game where you will meet new friends. All equipment will be provided. Please wear comfy clothes and flat soled shoes. Sessions are held at West Point Grey Lawn Bowling Club, 4376 West 6th Avenue.

West Point Grey Lawn Bowling Club

605491 \$30/3 sess

Tu May 2-May 5 6:30pm-7:30pm

Sa Su 1:00pm-2:00pm

INSTRUCTOR: WEST POINT GREY LAWN BOWLING

Croquet – Learn To Play

Come play and experience the fun of Croquet! Enjoy this competitive, strategic, and social game while meeting new friends. All equipment will be provided. Please wear comfy clothes and flat soled shoes. Sessions are held at West Point Grey Lawn Bowling Club, 4376 West 6th Avenue.

West Point Grey Lawn Bowling Club

605490 \$30/3 sess

Tu May 2-May 5 6:30pm-7:30pm

Sa Su 1:00pm-2:00pm

INSTRUCTOR: WEST POINT GREY LAWN BOWLING

Indoor Tennis

Indoor tennis programs take place at Jericho Hill Gymnasium (JHC) 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. No class Jun 10.

JHC South Gym

614604 \$222/6 sess

W May 6-Jun 17 7:00pm-8:00pm

614603 \$277.50/6 sess

Sa May 9-Jun 13 10:45am-12:00pm

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 Jun 10.

JHC South Gym

614606 \$222/6 sess

W May 6-Jun 17 8:00pm-9:00pm

614605 \$277.50/6 sess

Sa May 9-Jun 13 9:30am-10:45am

INSTRUCTOR: SUMMER SMASH TENNIS

1.0-1.5 NTRP – Adult Beginner Tennis Lessons

For players just starting to play. This class introduces the basics of rallying (forehand and backhand) with a heavy emphasis placed on the ability to hold a long exchange. Participants must bring their own racket. No class Jun 11. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

JHC South Gym

613963 \$259/7 sess

Th May 7-Jun 25 8:15pm-9:15pm

613966 \$333/9 sess

Sa May 2-Jun 27 12:30pm-1:30pm

613968 \$333/9 sess

Sa May 2-Jun 27 1:30pm-2:30pm

613970 \$259/9 sess

Sa May 2-Jun 27 2:30pm-3:30pm

614490 \$259/7 sess

Th Jul 9-Aug 20 8:00pm-9:00pm

614522 \$148/4 sess

Sa Jul 4-Jul 25 12:30pm-1:30pm

614523 \$148/4 sess

Sa Jul 4-Jul 25 1:30pm-2:30pm

614524 \$148/4 sess

Sa Jul 4-Jul 25 2:30pm-3:30pm

614526 \$148/4 sess

Sa Aug 1-Aug 22 12:30pm-1:30pm

614527 \$148/4 sess

Sa Aug 1-Aug 22 1:30pm-2:30pm

614528 \$148/4 sess

Sa Aug 1-Aug 22 2:30pm-3:30pm

INSTRUCTOR: PRECISION TENNIS INC.





Outdoor Tennis

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

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 May 18. **Trimble Park Tennis Courts**

| | | |
|---------------------------------|--------------|-----------------|
| 614561 | | \$241.50/6 sess |
| M | May 4-Jun 15 | 6:15pm-7:15pm |
| 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.

Trimble Park Tennis Courts

| | | |
|---------------------------------|--------------|-----------------|
| 614557 | | \$241.50/6 sess |
| M | May 4-Jun 15 | 5:15pm-6:15pm |
| 614558 | | \$205/5 sess |
| W | May 6-Jun 3 | 5:15pm-6:15pm |
| INSTRUCTOR: SUMMER SMASH TENNIS | | |

2.0 NTRP – Adult Advanced Beginner Tennis Lessons

For players who can reliably rally 5-10 shots from half court using forehand or backhand. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. Participants must bring their own racket. No class Aug 3. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|-----------------------------------|--------------|-----------------|
| 614826 | | \$430.50/7 sess |
| M | Jul 6-Aug 24 | 7:00pm-8:30pm |
| 614973 | | \$328/8 sess |
| W | Jul 8-Aug 26 | 4:30pm-5:30pm |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

www.westpointgrey.org

Summer Smash Tennis: Feeding Frenzy (2.0-3.0)

Improve consistency and cardio through feeding drills. In this high energy class, coaches feed balls and provide feedback to help students develop their forehand, backhand, volleys, and serve through high repetition training. Students are encouraged to register for an Adult Beginner++ (2.0) or Intermediate class in addition to Feeding Frenzy. Students are expected to bring their own rackets.

Trimble Park Tennis Courts

| | | |
|---------------------------------|--------------|-----------------|
| 614588 | | \$281.75/7 sess |
| Tu | May 5-Jun 16 | 4:45pm-5:45pm |
| INSTRUCTOR: SUMMER SMASH TENNIS | | |

2.0 NTRP – Women’s Advanced Beginner Tennis Lessons NEW

For women who can reliably rally 5-10 shots from the service line using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. Participants must bring their own racket. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|-----------------------------------|--------------|---------------|
| 614915 | | \$246/8 sess |
| Th | Jul 9-Jul 30 | 7:00pm-8:30pm |
| 614972 | | \$246/8 sess |
| Th | Aug 6-Aug 27 | 7:00pm-8:30pm |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

2.5 NTRP – Women’s Pre-Intermediate Tennis Lessons NEW

For women who can reliably rally 5-10 shots from the baseline using both forehand and backhand. This class prepares students for intermediate-level programs, with a focus on building rally consistency at full court, reducing double faults, and effectively using volleys in point play. Participants must bring their own racket. No class Aug 3. **PRE-INTERMEDIATE PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|-----------------------------------|--------------|-----------------|
| 614817 | | \$430.50/7 sess |
| M | Jul 6-Aug 24 | 5:30pm-7:00pm |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

2.5 NTRP – Adult Pre-Intermediate Tennis Lessons

For players who can reliably rally 5-10 shots from the baseline using both forehand and backhand. This class prepares students for intermediate-level programs, with a focus on building rally consistency at full court, reducing double faults, and effectively using volleys in point play. Participants must bring their own racket. **PRE-INTERMEDIATE PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|-----------------------------------|--------------|----------------|
| 614446 | | \$246/6 sess |
| Sa | May 2-Jun 6 | 12:30pm-1:30pm |
| 614875 | | \$328/8 sess |
| Tu | Jul 7-Aug 25 | 6:30pm-7:30pm |
| 614976 | | \$328/8 sess |
| W | Jul 8-Aug 26 | 5:30pm-6:30pm |
| 614877 | | \$246/4 sess |
| Th | Jul 9-Jul 30 | 5:30pm-7:00pm |
| 615011 | | \$164/4 sess |
| Sa | Jul 4-Jul 25 | 12:30pm-1:30pm |
| 614882 | | \$246/4 sess |
| Th | Aug 6-Aug 27 | 5:30pm-7:00pm |
| 615012 | | \$164/4 sess |
| Sa | Aug 1-Aug 22 | 12:30pm-1:30pm |
| INSTRUCTOR: PRECISION TENNIS INC. | | |

Summer Smash Tennis: Adult Intermediate (2.5-3.0)

Improve consistency of groundstrokes, volleys, and serve. An opportunity for players with experience to refine technique while improving reception of wide, high, low, deep, and short balls. Through game-based learning, students will improve their ability to play within cooperative and competitive settings. Students are expected to bring their own rackets.

Trimble Park Tennis Courts

| | | |
|---------------------------------|-------------|-----------------|
| 614556 | | \$256.25/5 sess |
| W | May 6-Jun 3 | 4:00pm-5:15pm |
| INSTRUCTOR: SUMMER SMASH TENNIS | | |

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

55+ Outdoor Tennis

1.0-1.5 NTRP – 55+ NEW Beginner Tennis Lessons

For students aged 55+ just starting to play. This class introduces the basics of rallying (forehand and backhand) with an emphasis placed on the ability to hold a long exchange. Participants must bring their own racket. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|--------|--------------|---------------|
| 619428 | | \$328/8 sess |
| Tu | Jul 7-Aug 25 | 7:30pm-8:30pm |
| 614980 | | \$164/4 sess |
| Th | Jul 9-Jul 30 | 4:30pm-5:30pm |
| 614981 | | \$164/4 sess |
| Th | Aug 6-Aug 27 | 4:30pm-5:30pm |

INSTRUCTOR: PRECISION TENNIS INC.



2.0 NTRP – 55+ NEW Advanced Beginner Tennis Lessons

For students aged 55+ who can reliably rally 5-10 shots from the service line using forehand or backhand. This class reinforces fundamentals from the Beginner level. Players will build rally consistency, improve basic serve technique and develop effective volley fundamentals. Participants must bring their own racket. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

Trimble Park Tennis Courts

| | | |
|--------|--------------|---------------|
| 614979 | | \$328/8 sess |
| W | Jul 8-Aug 26 | 6:30pm-7:30pm |

INSTRUCTOR: PRECISION TENNIS INC.

Pickleball

The Pickleball Training Hall (2.75+)

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. Not suitable for beginners. No class May 11, 18.

WPG Gym

| | | |
|--------|--------------|----------------|
| 613739 | | \$189/7 sess |
| M | May 4-Jun 22 | 12:00pm-2:00pm |
| 613762 | | \$162/6 sess |
| M | Jul 6-Aug 17 | 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. And for advanced players looking to push their level on Court 1. Note: This is a COMPETITIVE development session, not suitable for new players. No class May 11, 18, Aug 3.

WPG Gym

| | | |
|--------|--------------|---------------|
| 613738 | | \$112/7 sess |
| M | May 4-Jun 29 | 2:00pm-3:30pm |
| 613759 | | \$96/6 sess |
| M | Jul 6-Aug 17 | 2:00pm-3:30pm |

INSTRUCTOR: CHRIS KOENTGES

The Spring 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; devise game plans for every type of opponent; learn how to bring your partner back from the abyss. Register with a partner; play and drill together with other teams at your level. We'll do our best to accommodate those without a partner. No class Aug 4.

WPG Gym

| | | |
|--------|--------------|----------------|
| 613740 | | \$243/9 sess |
| Tu | May 5-Jun 30 | 11:30am-1:00pm |
| 613763 | | \$189/7 sess |
| Tu | Jul 7-Aug 18 | 11:30am-1:00pm |

INSTRUCTOR: CHRIS KOENTGES

The Workshop for Positive Pickleball Players (3.25+)

You've completed various beginner pickleball programs. You know the rules and some basic strategy. But you feel kind of stuck. This is a supportive space to build confidence in stroke mechanics, shot selection, higher level positioning, slightly more advanced strategy, and to cultivate a relentlessly positive style of play.

WPG Gym

| | | |
|--------|--------------|---------------|
| 613741 | | \$243/9 sess |
| Tu | May 5-Jun 30 | 1:00pm-2:30pm |
| 613764 | | \$189/7 sess |
| Tu | Jul 7-Aug 18 | 1:00pm-2:30pm |

INSTRUCTOR: CHRIS KOENTGES

1.0-1.5 DUPR - Adult Beginner Pickleball Lessons

For players with no previous pickleball experience. This class introduces the basics of rallying and scoring with a focus on consistency and deliberate shot making. Extra paddles provided on-site. **BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

WPG Gym

| | | |
|--------|--------------|---------------|
| 613911 | | \$306/8 sess |
| W | May 6-Jun 24 | 1:15pm-2:45pm |
| 614469 | | \$306/8 sess |
| W | Jul 8-Aug 26 | 1:15pm-2:45pm |

INSTRUCTOR: PRECISION TENNIS INC.

2.0-2.5 DUPR – Adult Advanced Beginner Pickleball Lessons

For adults with previous pickleball experience and an understanding of fundamental rally techniques. Based on Pickleball Canada methodologies, this Precision Tennis class focuses on refining footwork, dinking, volleys, drives and drops, while enhancing your understanding of winning point-play tactics. Extra paddles provided on-site. **ADVANCED BEGINNER PLAYERS ONLY:** Players outside of the required playing level may be removed to ensure fair opportunity.

WPG Gym

| | | |
|--------|--------------|----------------|
| 613910 | | \$306/8 sess |
| W | May 6-Jun 24 | 11:45am-1:15pm |
| 614470 | | \$306/8 sess |
| W | Jul 8-Aug 26 | 11:45am-1:15pm |

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 80 fast-paced minutes on the court, where theories are put into practice alongside some of Vancouver's most interesting pickleball minds. This is a foundation program for advanced development.

WPG Gym

| | | |
|----------------------------|--------------|-----------------|
| 613748 | | \$216/8 sess |
| F | May 8-Jun 26 | 10:45am-12:40pm |
| 613761 | | \$189/7 sess |
| F | Jul 3-Aug 14 | 11:30am-12:40pm |
| INSTRUCTOR: CHRIS KOENTGES | | |

Pickleball For The People: Flow + Stroke + Strategy + Style

A supportive space to build confidence in stroke mechanics, shot selection, positioning, strategy, while cultivating poise, flow, and your own unique style. It's also a space to find new pickleball friends and have fun. Before each clinic, you'll receive notes and video. This is a development program for players who have previously completed a beginner program.

WPG Gym

| | | |
|----------------------------|--------------|----------------|
| 613745 | | \$216/8 sess |
| F | May 8-Jun 26 | 12:45pm-2:10pm |
| 613760 | | \$216/7 sess |
| F | Jul 3-Aug 21 | 12:45pm-2:10pm |
| INSTRUCTOR: CHRIS KOENTGES | | |

Pickleball - Social "Soft Game" Play (with Instruction)

End the week with a beloved West Point Grey tradition. Emphasis on patience, shot placement, smart positioning, and the chess match that is pickleball. No bangers. Tips will be offered from a coach. For anyone who has completed a beginner program.

WPG Gym

| | | |
|----------------------------|--------------|----------------|
| 613737 | | \$108/8 sess |
| F | May 8-Jun 26 | 2:15pm-3:15pm |
| 613758 | | \$94.50/7 sess |
| F | Jul 3-Aug 14 | 2:15pm-3:15pm |
| INSTRUCTOR: CHRIS KOENTGES | | |

Senior's Week

Vision Board Workshop

Join us for a relaxed Vision Board Workshop led by Eva Dugaro. We'll spend the afternoon exploring goals, inspirations, and the simple joy of creating something personal to continue the year with intention. Come enjoy some company, conversation, and a little inspiration for the rest of the year.

Library

| | | |
|--------------------------|-------|-----------------|
| 617743 | | FREE |
| M | Jun 1 | 10:00am-11:30am |
| INSTRUCTOR: HOME INSTEAD | | |

Helping those Living with Dementia: The Human Experience

This session helps deepen empathy and understanding by exploring how dementia changes perception - not personality. Discover practical ways to connect and support with compassion.

Library

| | | |
|--------------------------|-------|-----------------|
| 618339 | | FREE |
| M | Jun 2 | 10:00am-11:30am |
| INSTRUCTOR: HOME INSTEAD | | |

Chair Yoga

Enjoy gentle movement and stretching in this accessible class designed for seniors. Using a chair for support, participants will improve flexibility, balance, and relaxation in a safe and welcoming environment.

Oak Room

| | | |
|----------------------------|-------|----------------|
| 618491 | | FREE |
| M | Jun 5 | 9:30am-10:30am |
| INSTRUCTOR: LAURENCE SAUVE | | |



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 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 | \$37.73 | \$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

| | |
|--|-----------------|
| 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 May 18, Jul 1, Aug 3. 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. |
| | 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 Jul 1. |
| | Zumba® | Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session May 18, Jul 1, Aug 3. |
| | Zumba & Tone | Get fit salsa style! Includes Latin music and moves for the hottest workout around. |
| | Strength & Stretch | In this class you'll have a complete body workout using small weights, resistance bands and body weight. End with a stretch to increase mobility and flexibility and reduce stress. This class has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. Please bring your own bands. No session May 18, Aug 3. |
| | 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. No session Jul 1. |

Rentals



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

| ROOM | CAPACITY |
|-------------|----------|
| Oak Room | 60 |
| Library | 20 |
| Dining Room | 60 |
| Gardens | 90 |
| WPG Gym | 300 |

| FUNCTION | ROOMS | CAPACITY |
|---|---|---|
| Social, Wedding Party | Lounge, Dining Room, Oak Room & Kitchen | 90 sit down dinner 120 buffet/cocktail |
| Memorial Service, Recital, Birthday Party | Lounge, Dining Room & Kitchen | 90 |
| | Oak Room & Kitchen | 60 |

- *Low Season: Past Labour Day to May 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 up to 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. | | |

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.

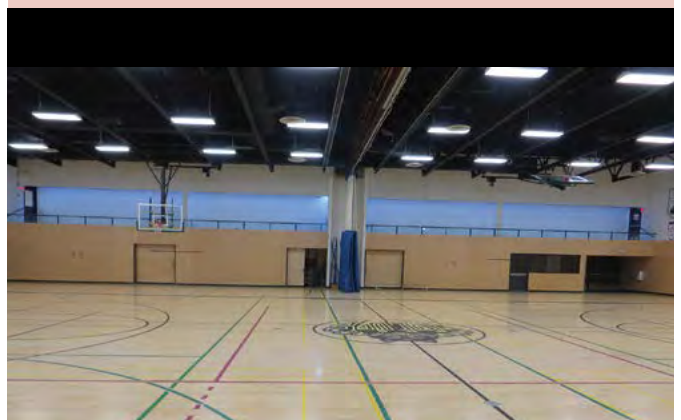


Jericho Hill Centre & Gymnasium

**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



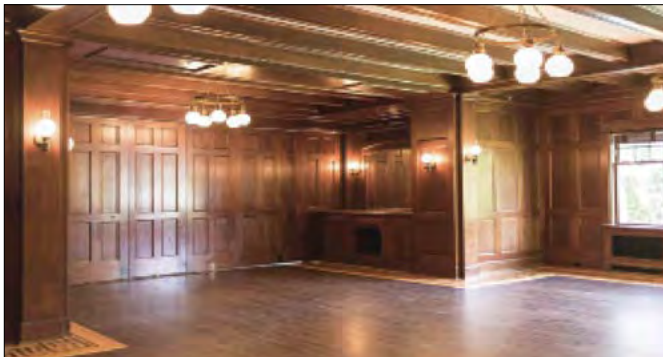
Gardens



Lounge



Gym



Dining Room

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.



Library



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 2nd scheduled class of the program.
- No refunds or transfers after the 2nd scheduled class of the program.
- Refund requests for specialty programs (special events, day trips, and workshops) must be submitted 7 days prior to the 1st scheduled class.
- Refunds for Birthday Parties must be requested 2 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.

SPRING 2026

EVENTS, CLASSES & PROGRAMS

FREE!

West Point Grey Branch

4566 West 10th Ave.

604.665.3982

PROGRAMS FOR CHILDREN

Kids' Afterschool Drop-in

Wednesdays, Apr 1 - Jun 24
3:30 - 4:30 pm

Join us for rotating STEAM activities, from LEGO to board games to STEM kits to crafts.

For Grades K-7 | Drop-in

Paws 4 Stories

Sundays, 11:00 am - 12:00 pm
Mar. 29, Apr. 19, May 24, June 14

Come practice your reading with a licensed therapy dog and their handler. 15-minute sessions.

For kids who are developing readers | Drop-in

Chess & Games Club

Fridays, Apr 3 - June 19
3:30 - 4:30 pm

Drop in for some chess fun with other kids or try our other games and toys.

For Grades K-12 | Drop-in

Babytime + Baby Stay & Play

Tuesdays, Mar 31 - May 12
11:15 am

Stories, songs, rhymes, fingerplays and puppets for babies and their caregivers. Stay and play with our toys afterwards.

Babies 0 - 18 months | Drop in

Family Storytime + Stay & Play

Wednesdays, Apr 1 - May 13
10:15 am

Stories, songs, rhymes for young children and their caregivers. Stay and play with our toys afterwards.

Age 0 - 5 | Drop in

Family Stay & Play

Saturdays, Apr 4 - June 27
Wednesdays, May 21 - June 24
10:00 am - 12:00 pm

Come and play with a special collection of toys in our program room.

For young children Age 0 to 5 | Drop in

EVENTS & CLASSES FOR ADULTS

ESL Conversation Practice

Fridays, Mar 27 - Jun 5 (no session on Apr 3) | 1:00 pm

Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up.

For intermediate speakers. (60 min)

All ages | Drop-in

Embroidery Basics

Tue, June 23 | 2:00 pm

Are you looking for a creative and relaxing hobby that lets you personalize your clothes and craft one-of-a-kind art? Try embroidery! In this hands-on workshop, you'll learn the essential skills to start your first project. All skill levels are welcome and all materials will be provided. (90 min)

For adults | Registration required

Indigenous Considerations for Newcomers

Tue, June 16 | 2:00 pm

Join us for a newcomer-friendly introduction to Indigenous matters in the traditional and ancestral territories of the Musqueam, Squamish, and Tsleil-Waututh Nations. We will cover Truth and Reconciliation, land acknowledgements, common terminology, and more. (90 min)

This class is appropriate for intermediate English speakers.

For adults | Registration required

For more events, program details or to register, visit vpl.ca.



Special Events

6
MAY

Licensed Preschool at Aberthau Open House

Our Open House is the opportunity to find out everything that you need to know about our Licensed Preschool at Aberthau. Meet the Preschool teachers, Ms. Alex and Ms. Lori, learn about the program and the curriculum, see the classroom with the daily set up of toys and equipment and ask any question that you might have about the program. Children are welcome and encouraged to attend the Open House. Registration required.

Dining Room & Conservatory

598005

FREE

W May 6 4:30pm-6:30pm

10
MAY

Mother's Day Tea Party (All Ages)

Join us for a warm and welcoming Mother's Day Tea Party. Enjoy tea, sweet and savoury treats, and friendly conversation as we celebrate mothers, caregivers, and the special people in our lives. A lively afternoon to connect, share, and celebrate together.

Dining Room & Lounge

616262

\$15/sess

Su May 10 10:00am-12:00pm

15
JUN

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

613178

FREE

M Jun 15 2:00pm-4:00pm
INSTRUCTOR: ALLISON BURNS

21
AUG

Outdoor Movie at West Point Grey – Super Mario Galaxy Movie (All Ages)

West Point Grey Community Centre in partnership with Fresh Air Cinemas are hosting a big screen movie, The Super Mario Galaxy Movie. Bring your blankets, picnic chairs and the whole family for a memorable Summer evening. Enjoy pre-movie crafts, music, and other fun activities! Parents and children must register.

Outside – East Grass Area

611273

FREE

F Aug 21 6:00pm-10:30pm

Senior's Week

Vision Board Workshop

Join us for a relaxed Vision Board Workshop led by Eva Dugaro. We'll spend the afternoon exploring goals, inspirations, and the simple joy of creating something personal to continue the year with intention. Come enjoy some company, conversation, and a little inspiration for the rest of the year.

Library

617743

FREE

M Jun 1 10:00am-11:30am
INSTRUCTOR: HOME INSTEAD



Helping those Living with Dementia: The Human Experience

This session helps deepen empathy and understanding by exploring how dementia changes perception - not personality. Discover practical ways to connect and support with compassion.

Library

618339

FREE

M Jun 2 10:00am-11:30am
INSTRUCTOR: HOME INSTEAD



Chair Yoga

Enjoy gentle movement and stretching in this accessible class designed for seniors. Using a chair for support, participants will improve flexibility, balance, and relaxation in a safe and welcoming environment.

Oak Room

618491

FREE

M Jun 5 9:30am-10:30am
INSTRUCTOR: LAURENCE SAUVE

