

Recreation Guide

Fall 2026



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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





Fall 2026 Registration starts

Saturday, August 15 - Online at vanrec.ca & In-Person at 9:00am - By Phone at 12:00pm

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

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



Getting to West Point Grey Community Centre by Public Transit

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

Getting to Jericho Hill Centre by Public Transit

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

Staff

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

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

Free Parking Available!

Hours of Operation

WPG Main Office and Fitness Centre

Sep 1-Dec 20

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

Modified Hours

Aug 31, Sep 1 9:00am-5:00pm
Dec 21, 22, 23 9:00am-5:00pm
Dec 24 9:00am-3:00pm
Dec 25 Closed
Dec 26-31 9:00am-5:00pm
Jan 1 Closed
Jan 2-3 9:00am-5:00pm

Gymnasium Closure due to Municipal Election

(Fitness Centre to remain open) October 3, 7, 10, 13, 17

Holiday Hours

Sep 7, Sep 30, Oct 12, Nov 11, Dec 25, Jan 1 Closed

Aberthau

Sep 1-Dec 18

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

Holiday Hours

Sep 7, Sep 30, Oct 12, Nov 11, Dec 21-Jan 1 Closed



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

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

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

Volunteer Opportunities at West Point Grey

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

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

West Point Grey Community Centre Association 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 – Fall 2026

As we transition to fall programming, the West Point Grey Community Centre Association ("WPGCCA") is pleased that this is the 54rd 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 returning favourites.

Centre Highlights

- 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.
- Junior Beginner Badminton Lessons (7-10 yrs) – For young players with no previous badminton experience. This program introduces basic rally techniques (grip, footwork and strokes) and focus is placed on developing athleticism, coordination and basic tactical knowledge.
- 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

- 1st Lyrical and Ballet Basics – Learn proper breathing, strengthening, stretching, and the fundamentals of ballet!
- ABC Explorers – Join us for an educational program designed to support early literacy development in preschool children. To help prepare them for kindergarten, the program focuses on building language, comprehension, reading, and writing skills through play-based learning, interactive storytelling, and hands-on, multisensory activities.
- Air-Dry Clay & Creative Play (3-6 yrs) – This class introduces young children to the world of clay through fun, hands-on, and sensory-based activities.
- Artists, Architects and Designers! – Every class is a brand-new adventure, packed with exciting projects that strengthen fine motor skills (precise movements like cutting, drawing, colouring, coordination, etc.).
- Axe Capoeira Beginner Minis and Youth – This program introduces the children to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as teaching basic music skills.
- Brazilian Beats 1 & 2 – Join us to learn creative movements in different styles, such as jazz, hip-hop, and Brazilian dances.
- Drawing to Sculpture (6-12 yrs) – Students will develop foundational drawing skills using pencil while exploring subjects such as faces, bodies, animals, and nature.
- Introduction to AI Arts (12-17 yrs) – Students are introduced to the fundamentals of AI-generated art and prompt design, then transform printed AI creations into original hands-on artworks through drawing, collage, colour exploration, and storyboard development.
- 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.
- Explore Dance, Body & Soul, where rhythm, movement, and creativity come together to inspire physical well-being, confidence and connection.
- Latin Jazz – brings together vibrant Latin-inspired movement and jazz dance flair, offering an energetic and inclusive way to stay active, build confidence, and have fun.
- Ballet Flow: Grace in Motion combines ballet-inspired movement with contemporary flow to help participants build strength, improve mobility, and move with confidence.
- Writer's Workshop – offers a supportive space for writers to develop works in progress, receive thoughtful feedback, and strengthen their craft through guided discussion.
- Prenatal Coaching combines birth education with practical coaching to help expectant parents feel informed, empowered, and ready for the journey into parenthood.
- 360 Life Plan: Crucial Conversations provides expert-led education and practical resources to help participants plan ahead, make informed choices, and approach life's milestones with confidence.
- Restorative Sound Healing offers a calming weekly experience using crystal singing bowls, and gentle soundscapes to support relaxation, stress reduction, and overall well-being.



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



Jericho Arts Centre

UPCOMING SHOWS



1675 DISCOVERY STREET www.jerichoartscentre.com



September 4 - 27, 2026
United Players of Vancouver



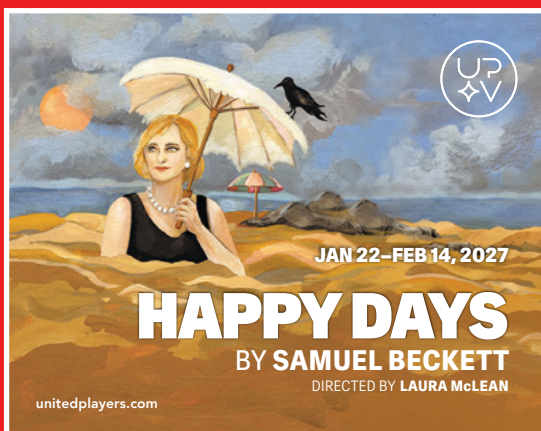
October 14 - 25, 2026
Curious Cats Theatre Collective



October 31 - November 15, 2026
The Smoking Gun Team



November 27 - December 20, 2026
United Players of Vancouver



January 22 - February 14, 2027
United Players of Vancouver

TICKETS

Running Wilde
A Small Miracle
Happy Days
unitedplayers.com

Time Stands Still
curiouscats.ca

The Browning Version
tickettailor.com

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



Community Arts & Culture

West Point Grey Community Centre Artist Residencies — Working With Our Communities

Aberthau/West Point Grey Studios Cherry Blossom Festival

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



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

626678

F

Sep 25–Dec 11

FREE/12 sess

12:30pm–2:00pm

INSTRUCTOR: RACHEL HELTEN



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 are permitted.

Contractor License Number: LAM0202072

WPG Gym

627245-627263	\$230/1 sess
Sa Sep 12-Dec 19	11:00am-2:00pm
627246-627264	\$230/1 sess
Sa Sep 12-Dec 19	2:00pm-5:00pm
627265-627293	\$230/1 sess
Su Sep 13-Dec 20	11:00am-2:00pm
627266-627294	\$230/1 sess
Su Sep 13-Dec 20	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Family Playtime

Family Playtime (1-8 yrs)

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.75 or purchase a 10-visit pass for \$35. No Session Oct 3, 10, 17, 31, Dec 5, 6.

Contractor License Number: LAM0202072

WPG Gym

627295	\$3.75/1 sess or \$35/10-visit pass
Sa Sep 12-Dec 19	9:30am-11:00am
627296	\$3.75/1 sess or \$35/10-visit pass
Su Sep 13-Dec 20	9:30am-11:00am
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Follow us on SOCIAL MEDIA
@westpointgreycc



Dance

1st Lyrical & Ballet Basics (3-5 yrs) NEW

Come express yourself through lyrical and basic ballet dance! Learn proper breathing, strengthening, stretching, and the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. No previous experience required. Please wear comfortable clothing and bring a water bottle.

Oak Room

627139	FREE TRIAL
Tu Sep 15	9:30am-10:15am
627124	\$160/10 sess
Tu Sep 22-Nov 24	9:30am-10:15am
INSTRUCTOR: ILLUMA STUDIO	

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

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.

Oak Room

627141	FREE TRIAL
Tu Sep 15	10:15am-11:00am
627125	\$250/10 sess
Tu Sep 22-Nov 24	10:15am-11:00am
INSTRUCTOR: ILLUMA STUDIO	

1st Urban Dance Hip Hop (3-5 yrs) NEW

Learn Urban Street Dance like Hip Hop, grooves and more! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Beginners welcome. Wear comfortable clothes and bring a water bottle.

Oak Room

627149	FREE TRIAL
Tu Sep 15	11:00am-11:45am
627127	\$160/10 sess
Tu Sep 22-Nov 24	11:00am-11:45am
INSTRUCTOR: ILLUMA STUDIO	

1st Jazz and Dance Sing Musical Theatre (3-5 yrs)

Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. No previous experience required. Wear comfortable clothes and bring a water bottle.

Oak Room

627153	FREE TRIAL
Tu Sep 15	11:45am-12:30pm
627129	\$160/10 sess
Tu Sep 22-Nov 24	11:45am-12:30pm
INSTRUCTOR: ILLUMA STUDIO	

Brazilian Beats 1 (3-5 yrs) NEW

Join us to learn creative movements in different styles, such as jazz, hip-hop, and Brazilian dances. Children will enhance their coordination, rhythm, memory, creativity and confidence, while having fun through structured or improvised moments. Drop-in \$20 (space permitting).

Dining Room

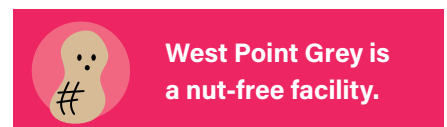
626832	\$225/15 sess
Tu Sep 8-Dec 15	2:00pm-3:00pm
627905	\$225/15 sess
Th Sep 10-Dec 17	2:00pm-3:00pm
INSTRUCTOR: LORENA MARQUES	

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 Oct 31.

Oak Room

626168	\$110/11 sess
Sa Sep 19-Dec 5	11:00am-12:00pm
INSTRUCTOR: LAURENCE SAUVE	





Health & Wellness

Yoga Mommies & Babies (0-2½ yrs)

This program focuses on fine and gross motor skills, body awareness, sensory and physical exploration, social skills, and parent-child bonding. Please bring your own yoga mat. Drop-in \$15 (space permitting). No class Oct 31.

Youth Room

626167		\$132/11 sess
Sa	Sep 19-Dec 5	9:45am-10:45am
INSTRUCTOR: LAURENCE SAUVE		

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. There is a focus on both playing the instrument as well as on musical theory. Quoted price is for 30 minute lessons. No class Oct 9-12.

Music Room

626222-628336		\$442/13 sess
M	Sep 14-Dec 14	3:15pm-9:15pm
626230-626263		\$476/14 sess
Tu	Sep 15-Dec 15	12:45pm-9:15pm
626237-626280		\$442/13 sess
Th	Sep 17-Dec 17	10:00am-9:30pm
626243-628466		\$408/12 sess
F	Sep 18-Dec 11	12:45pm-4:15pm
626248-626249		\$442/13 sess
Sa	Sep 19-Dec 19	9:15am-10:15am
626256-626257		\$408/12 sess
Su	Sep 20-Dec 13	9:15am-10:15am
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 learn the skill of performing, preparing for the RCM exams and festivals. Students benefit from personalized attention and learn at their own pace. Quoted price is for 30 minute lessons. No class Sep 30, Nov 11, 25.

Music Room

628343-628354		\$660/12 sess
W	Sep 9-Dec 16	1:00pm-8:00pm
INSTRUCTOR: VICTORIA GOMON		

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. It is recommended but not required that children enroll for both time slots. Please note that these classes are Japanese immersion-based. No class Sep 30, Oct 12, Nov 11.

JHC Preschool Room

3 yrs

626121		\$345/30 sess
Tu Th	Sep 8-Dec 17	9:15am-10:30am
626122		\$345/30 sess
Tu Th	Sep 8-Dec 17	10:45am-12:00pm

4 yrs

626125		\$299/26 sess
M W	Sep 9-Dec 16	9:15am-10:30am
626126		\$299/26 sess
M W	Sep 9-Dec 16	10:45am-12:00pm

5 yrs

626129		\$172.50/15 sess
Sa	Sep 12-Dec 19	9:15am-10:30am
626130		\$172.50/15 sess
Sa	Sep 12-Dec 19	10:45am-12:00pm
INSTRUCTOR: HIROKO KASHIHARA		

Education

ABC Explorers (4-5 yrs) ^{NEW}

This is an educational program designed to support early literacy development in preschool children. To help prepare them for kindergarten, the program focuses on building language, comprehension, reading, and writing skills through play-based learning, interactive storytelling, and hands-on, multisensory activities. No class Oct 12, Sep 30, Nov 11.

Dining Room

628460		\$156/13 sess
M	Sep 14-Dec 14	2:00pm-3:00pm
628461		\$156/13 sess
W	Sep 9-Dec 16	2:00pm-3:00pm
INSTRUCTOR: LORENA MARQUES		

Social

Pancake Thursdays (All Ages)

Calling all pancake lovers! Come join us for pancakes, coffee, treats, and conversation every 2nd Thursday 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

628433		\$2/1 sess
Th	Sep 10	10:00am-11:00am
628434		\$2/1 sess
Th	Oct 8	10:00am-11:00am
628435		\$2/1 sess
Th	Nov 12	10:00am-11:00am
628436		\$2/1 sess
Th	Dec 10	10:00am-11:00am

Learning Birds Parent & Tots (0-4 yrs)

Come along with your little one to learn, grow, socialize, and participate in a wide variety of sensory and developmentally-appropriate activities. Each Friday, parents/guardians and their tots can enjoy a fun-filled circle and story time with a certified educator. Parents/guardians must stay with their child(ren) during Parent & Tot Play. Drop-in \$5 (space permitting).

Dining Room & Conservatory

628464		\$56.25/15 sess
F	Sep 11-Dec 18	2:00pm-3:00pm
INSTRUCTOR: ALEXANDRA SPADARO		

Martial Arts

Axe Capoeira Beginner Minis (3-6 yrs) NEW

Capoeira is a multidisciplinary martial art from Brazil. This program introduces the children to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as teaching basic music skills.

WPG Gym

627241 \$210/14 sess
Th Sep 17-Dec 17 5:15pm-6:00pm
INSTRUCTOR: MARCUS VINICIOS MACIEL

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. No class Sep 30, Oct 7, Nov 11.

WPG Gym

626158 \$222.75/11 sess
W Sep 16-Dec 16 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 Dec 4.

WPG Gym

626153 \$144/8 sess
F Sep 11-Oct 30 3:45pm-4:45pm
626200 \$108/6 sess
F Nov 6-Dec 18 3:45pm-4:45pm
INSTRUCTOR: SPORTBALL VANCOUVER

sportball

Sportball Junior (16 mos-2 yrs)

Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation required. No class Oct 10. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

626156 \$108/6 sess
Sa Sep 12-Oct 24 9:30am-10:15am
626197 \$126/7 sess
Sa Nov 7-Dec 19 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 Oct 10. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

626157 \$108/6 sess
Sa Sep 12-Oct 24 10:15am-11:00am
626198 \$126/7 sess
Sa Nov 7-Dec 19 10:15am-11:00am
INSTRUCTOR: SPORTBALL VANCOUVER

Sportball Multi-Sport (3½-5 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 Oct 10. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

626155 \$108/6 sess
Sa Sep 12-Oct 24 11:00am-12:00pm
626199 \$126/7 sess
Sa Nov 7-Dec 19 11:00am-12:00pm
INSTRUCTOR: SPORTBALL VANCOUVER



Tennis

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

The perfect introductory tennis course for children. 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. No class Oct 13.

WPG Gym

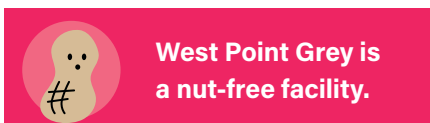
626140 \$157.50/6 sess
Tu Sep 8-Oct 20 4:45pm-5:45pm
628012 \$183.75/7 sess
Tu Oct 27-Dec 8 4:45pm-5:45pm
INSTRUCTOR: PRECISION TENNIS INC.

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

For young players with previous lesson experience. This class builds on fundamental rally skills learned in previous lessons. 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

626139 \$183.75/7 sess
Sa Sep 12-Oct 24 12:30pm-1:30pm
628064 \$157.50/6 sess
Sa Nov 7-Dec 12 12:30pm-1:30pm
INSTRUCTOR: PRECISION TENNIS INC.



West Point Grey



Community Centre

Learning Birds

For Parents and
Tots Ages 0 - 3

1:00 - 2:00 PM

Fridays

Ages 0 - 3

Drop-In \$5

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).

#628464

\$56.25/15 sessions



WPG Licensed Preschool

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

Monday - Friday

9:00 AM - 1:00 PM

3 - 5 years old

wpgpreschool@vancouver.ca



Children & Preteen

Birthday Parties

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

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

Contractor License Number: LAM0202072

WPG Gym

627245-627263	\$240/1 sess
Sa Sep 12-Dec 19	11:00am-2:00pm
627246-627264	\$240/1 sess
Sa Sep 12-Dec 19	2:00pm-5:00pm
627265-627293	\$240/1 sess
Su Sep 13-Dec 20	11:00am-2:00pm
627266-627294	\$240/1 sess
Su Sep 13-Dec 20	2:00pm-5:00pm
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Family Playtime

Family Playtime (1-8 yrs)

Climb, slide, ride, roll, jump, play with the sports equipment (soccer, floor hockey and basketball) or just bounce away in the Bouncy Castle. There is something for every child. Parents must stay with their child(ren) during Family Playtime. Drop-in \$3.75 or purchase a 10-visit pass for \$35. No Session Oct 3, 10, 17, 31, Dec 5, 6.

Contractor License Number: LAM0202072

WPG Gym

627295	\$3.75/1 sess or \$35/10-visit pass
Sa Sep 12-Dec 19	9:30am-11:00am
627296	\$3.75/1 sess or \$35/10-visit pass
Su Sep 13-Dec 20	9:30am-11:00am
INSTRUCTOR: BIRTHDAY PARTY LEADERS	

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

Arts

Drawing to Sculpture (6-12 yrs) ^{NEW}

Students will develop foundational drawing skills using pencil while exploring subjects such as faces, bodies, animals, and nature. Students will then bring their drawings to life by transforming them into simple sculptures using wire and air-dry clay. Each project is completed with painting and colour, encouraging creativity, imagination, and personal expression through both 2D and 3D art-making.

Craft Room

627239	\$290/12 sess
Tu Sep 15-Dec 1	5:00pm-6:15pm
INSTRUCTOR: GOLNAZ KIANIY	

Artists, Architects and Designers! (5-10 yrs) ^{NEW}

Kids will dive into hands-on creative activities—drawing, sculpting, building and designing in both 2D and 3D. Every class is a brand-new adventure, packed with exciting projects that strengthen fine motor skills (precise movements like cutting, drawing, colouring, coordination, etc.), and help develop neural connections that light up the creative part of the brain. All supplies will be provided. No class Nov 10.

Meeting Room

629003	\$280/10 sess
Tu Sep 15-Nov 24	5:30pm-6:30pm
INSTRUCTOR: CAROLINA ANDRADE PEREIRA	

Maevann Art Lessons (4-12 yrs)

Students experiment with painting, printmaking, 3D art, and mixed media while developing their artistic voice through peer critiques, art appreciation, and new hands-on projects each term. Drop-in \$35 (space permitting). No class Oct 29.

Craft Room

4-7 yrs	
627235	\$295/10 sess
Th Oct 1-Dec 10	3:30pm-4:45pm
8-12 yrs	
627236	\$295/10 sess
Th Oct 1-Dec 10	5:00pm-6:15pm
INSTRUCTOR: AISLING ELY	

Spooky Houses — Halloween Theme (Pro-D Day) (5-10 yrs) ^{NEW}

Join Small Creative Lab for a spooky and fun Pro-D Day inspired by mysterious Spooky Houses! Kids will design, build and decorate their own imaginative spooky house! From spider webs, crooked rooftops to glowing scary windows and ghosts. All supplies are included. Bring a lunch, nut-free snacks, and spooky ideas.

Library

629005	\$195/1 sess
F Oct 23	9:15am-3:00pm
INSTRUCTOR: CAROLINA ANDRADE PEREIRA	

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. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Drop-in \$30 (space permitting).

Craft Room

627629	\$200/16 sess
F Sep 11-Oct 30	3:15pm-4:45pm
627630	\$175/14 sess
F Nov 6-Dec 18	3:15pm-4:45pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD	





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. There is a focus on both playing the instrument as well as on musical theory. Quoted price is for 30 minute lessons. No class Oct 9-12.

Music Room

626222-626229		\$442/13 sess
M	Sep 14-Dec 14	3:15pm-9:15pm
626230-626263		\$476/14 sess
Tu	Sep 15-Dec 15	12:45pm-9:15pm
626238-626278		\$442/13 sess
Th	Sep 17-Dec 17	10:00am-9:30pm
628466-626247		\$408/12 sess
F	Sep 18-Dec 11	12:45pm-4:15pm
626248-626249		\$442/13 sess
Sa	Sep 19-Dec 19	9:15am-10:15am
626256-626257		\$408/12 sess
Su	Sep 20-Dec 13	9:15am-10:15am

INSTRUCTOR: JUNE LAM

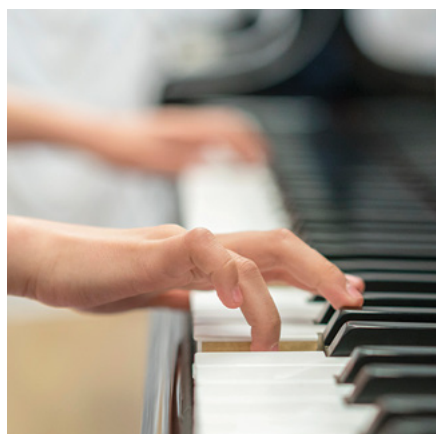
Private Piano Lessons with Victoria (3+ yrs)

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. No class Sep 30, Nov 11, 25.

Music Room

628343-628354		\$660/12 sess
W	Sep 9-Dec 16	1:00pm-8:00pm

INSTRUCTOR: VICTORIA GOMON



Languages

Japanese programs take place at
Jericho Hill Centre (JHC) 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 Sep 30, Oct 12, Nov 11.

JHC Preschool Room

Grade 1

626131		\$345/15 sess
Th	Sep 10-Dec 17	3:45pm-5:30pm

Grade 2A

626134		\$345/15 sess
F	Sep 11-Dec 18	3:45pm-5:30pm

Grade 2B

626135		\$299/13 sess
W	Sep 9-Dec 16	3:45pm-5:30pm

Grade 3

JHC West Art Room

626136		\$345/15 sess
Th	Sep 10-Dec 17	3:45pm-5:30pm

Grade 4

JHC West Art Room

626137		\$345/15 sess
F	Sep 11-Dec 18	3:45pm-5:30pm

Grade 5

626138		\$299/13 sess
M	Sep 14-Dec 14	3:45pm-5:30pm

Grade 6

627240		\$345/15 sess
Tu	Sep 8-Dec 15	3:45pm-5:30pm

Grade 1-8

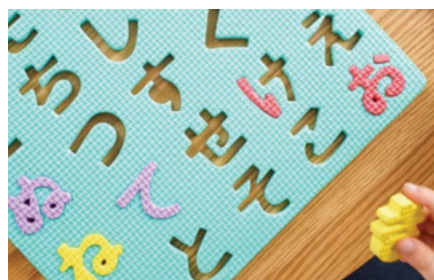
Dates for this program are Sep 12, 26, Oct 3, 17, Nov 7, 21, Dec 5, 19.

626132		\$184/8 sess
Sa	Sep 12-Dec 19	1:00pm-4:00pm

Grade 1-9 (Beginner/Intermediate)

JHC West Art Room

626133		\$322/14 sess
M	Sep 14-Dec 14	3:45pm-5:30pm



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

627526		\$80/1 sess
Su	Oct 18	9:00am-2:45pm
627527		\$80/1 sess
Su	Nov 15	9:00am-2:45pm

INSTRUCTOR: FIRST AID HERO

Technology

STEMA: Coding, Robotics, and Digital Arts for Kids (5-13 yrs) ^{NEW}

Kids learn to code cartoons and games, design virtual worlds, program robots, and explore hands-on science projects. Through creative challenges and robotics competitions, students build logical thinking, problem-solving, communication, and teamwork skills.

Youth Room

5-7 yrs

627021		\$210/7 sess
Tu	Sep 15-Oct 27	4:00pm-5:00pm
627062		\$210/7 sess
Tu	Nov 3-Dec 15	4:00pm-5:00pm

9-13 yrs

627022		\$210/7 sess
Tu	Sep 15-Oct 27	5:00pm-6:00pm
627063		\$210/7 sess
Tu	Nov 3-Dec 15	5:00pm-6:00pm

INSTRUCTOR: INNOVATEKIDS LEARNING INC.

Minecraft Jungle Architects (8-12 yrs)

Students will build layered habitats, explore exotic wildlife and ecosystems, and combine creativity with coding and conservation concepts through fun Minecraft challenges. Students are required to bring either an iPad/tablet or desktop/laptop device for the program. Devices can be provided by the instructor on request. No class Oct 31.

Library

627109		\$250/8 sess
Sa	Oct 3-Nov 28	9:00am-10:30am

INSTRUCTOR: WIZE COMPUTING ACADEMY

Technology

Robot Olympics Advanced (7-11 yrs)

Code athletic robots to compete in soccer matches, races, obstacle courses, and invention challenges! Students will explore motors, sensors, and block coding while participating in exciting daily robot tournaments. Students are required to bring either an iPad/tablet or laptop device for the program. Devices can be provided by the instructor on request. No class Oct 31.

Library

627116 \$250/8 sess
Sa Oct 3-Nov 28 10:45am-12:15pm
INSTRUCTOR: WIZE COMPUTING ACADEMY



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 Sep 30, Oct 12, Nov 11.

JHC Phoenix Room

10-13 yrs

626775 \$162.50/13 sess
M Sep 14-Dec 14 5:30pm-6:30pm

14+ yrs

626776 \$162.50/13 sess
W Sep 9-Dec 16 5:30pm-6:30pm
INSTRUCTOR: BAC TAU

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Axe Capoeira Beginner Youth (7-14 yrs) ^{NEW}

Capoeira is a multidisciplinary martial art from Brazil. This program introduces youth to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as teaching basic music skills.

WPG Gym

627244 \$210/14 sess
Th Sep 17-Dec 17 6:00pm-7:00pm
INSTRUCTOR: MARCUS VINICIOS MACIEL

Meet Marcus Vinicios Maciel, Instructor of Axe Capoeira



Mestrando Ossoduro (Marcus Vinicios Maciel) is a highly experienced Capoeira instructor with over 35 years of experience. He is known for helping youth build confidence, resilience, and strong character. His engaging classes combine Capoeira movement, music, culture, and history while creating a fun and supportive environment for learning. Below: Belt ceremony, June 7, 2026.



Sports

Junior Beginner Badminton Lessons (7-10 yrs) ^{NEW}

For young players with no previous badminton experience. This class introduces basic rally techniques (grip, footwork and strokes). Focus is placed on developing coordination and basic tactical knowledge. Participants must bring their own racket. No class Oct 12, Nov 9.

WPG Gym

627701 \$135/6 sess
M Sep 14-Oct 26 3:45pm-4:45pm
627716 \$135/6 sess
M Nov 2-Dec 14 3:45pm-4:45pm
INSTRUCTOR: PRECISION TENNIS INC.

Youth Advanced Beginner Badminton Lessons (11-14 yrs)

For young players with previous badminton experience and an understanding of fundamental rally techniques. 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. No class Oct 12, Nov 9.

WPG Gym

627702 \$135/6 sess
M Sep 14-Oct 26 4:45pm-5:45pm
628009 \$135/6 sess
M Nov 2-Dec 14 4:45pm-5:45pm
INSTRUCTOR: PRECISION TENNIS INC.

Split Second Basketball Skills Training (8-17 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 Oct 12, Nov 11. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-13 yrs

626152 \$159/6 sess
M Sep 21-Nov 2 7:00pm-8:15pm
626151 \$159/6 sess
W Oct 28-Dec 9 7:00pm-8:15pm

12-16 yrs

626150 \$159/6 sess
M Sep 21-Nov 2 8:15pm-9:30pm
626149 \$159/6 sess
W Oct 28-Dec 9 8:15pm-9:30pm
INSTRUCTOR: SPLIT SECOND BASKETBALL

@westpointgreyc



DRIVE Basketball Training Academy (8-13 yrs)

The Training Academy program will allow athletes to advance as they progress with their skills, athleticism and confidence. You will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. Players must bring their own regular size basketball. No class Oct 8, 20, 22. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

626120		\$552/23 sess
Tu Th	Sep 22-Dec 17	7:00pm-8:30pm
INSTRUCTOR: DRIVE BASKETBALL INC.		

West Point Grey Soccer Academy (5-7 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. No class Sep 30, Oct 7, Nov 11.

WPG Gym

626159		\$222.75/11 sess
W	Sep 16-Dec 16	4:15pm-5:00pm
INSTRUCTOR: GLYN ROBERTS		

Indoor Soccer with Brazilian Futsal Academy (7-12 yrs)

Brazilian Futsal Academy uses a structured and proven methodology inspired by the training at top Brazilian Soccer Clubs. We 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. No class Sep 30, Oct 7, Nov 11.

WPG Gym

7-10 yrs		
626114		FREE TRIAL
W	Sep 16	5:15pm-6:15pm
626112		\$308/11 sess
W	Sep 16-Dec 16	5:15pm-6:15pm
10-12 yrs		
626115		FREE TRIAL
W	Sep 16	6:15pm-7:30pm
626113		\$338.25/11 sess
W	Sep 16-Dec 16	6:15pm-7:30pm
INSTRUCTOR: ICFDS CANADA LIMITED		

Recreational Gymnastics for Kids (4-12 yrs) ^{NEW}

Participants will develop balance, coordination, flexibility, strength, and locomotion skills through age-appropriate exercises, obstacle courses, and engaging activities designed for their stage of development. Children are guided step by step as they learn essential gymnastics skills such as rolls, handstands, cartwheels, jumping, climbing, and basic routines on bars and beams.

WPG Gym

627237		\$288/12 sess
Th	Sep 17-Dec 3	3:45pm-4:45pm
INSTRUCTOR: FLYGYM VANCOUVER		

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 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 Dec 4.

WPG Gym

626154		\$144/8 sess
F	Sep 11-Oct 30	4:45pm-5:45pm
626201		\$108/6 sess
F	Nov 6-Dec 18	4:45pm-5:45pm
INSTRUCTOR: SPORTBALL VANCOUVER		



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

The perfect introductory tennis course for children. 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 Oct 13.

WPG Gym

626145		\$157.50/6 sess
Tu	Sep 8-Oct 20	3:45pm-4:45pm
628011		\$183.75/7 sess
Tu	Oct 27-Dec 8	3:45pm-4:45pm
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 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

626162		\$183.75/7 sess
Sa	Sep 12-Oct 24	1:30pm-2:30pm
628066		\$157.50/6 sess
Sa	Nov 7-Dec 12	1:30pm-2:30pm
INSTRUCTOR: PRECISION TENNIS INC.		

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

The perfect introductory tennis program for children. 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.

JHC North Gym

626110		\$183.75/7 sess
Sa	Sep 12-Oct 24	2:30pm-3:30pm
628075		\$157.50/6 sess
Sa	Nov 7-Dec 12	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. No class Oct 13.

WPG Gym

626111		\$157.50/6 sess
Tu	Sep 8-Oct 20	5:45pm-6:45pm
628016		\$183.75/7 sess
Tu	Oct 27-Dec 8	5:45pm-6:45pm



Arts

Introduction to AI Arts (12-17 yrs) ^{NEW}

Students are introduced to the fundamentals of AI-generated art and prompt design, then transform printed AI creations into original hands-on artworks through drawing, collage, colour exploration, and storyboard development.

Youth Room

[627551](#) \$246/8 sess
M Oct 19-Dec 7 4:00pm-6:00pm
INSTRUCTOR: CLAUDIO RIVERA SEQUEL

New Media Arts Exploration (12-17 yrs)

Explore digital media concepts through hands-on analog projects inspired by animation, interactive art, and installations. Each class mixes visual examples with creative analog activities such as collage, shadow theatre, and pattern designs.

Youth Room

[627565](#) \$246/8 sess
Th Oct 15-Dec 3 4:00pm-6:00pm
INSTRUCTOR: CLAUDIO RIVERA SEQUEL

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. We will explore topics including landscapes, still life, flowers, figures and more. Supplies are not included. Please bring any drawing and colouring material (coloured pencils, art markers, watercolours, pastels, acrylics, etc) to the first class. Drop-in \$30 (space permitting).

Craft Room

[627629](#) \$200/16 sess
F Sep 11-Oct 30 3:15pm-4:45pm
[627630](#) \$175/14 sess
F Nov 6-Dec 18 3:15pm-4:45pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD



Sports

Youth Advanced Beginner Badminton Lessons (11-14 yrs)

For young players with previous badminton experience and an understanding of fundamental rally techniques. 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. No class Oct 12, Nov 9.

WPG Gym

[627702](#) \$135/6 sess
M Sep 14-Oct 26 4:45pm-5:45pm
[628009](#) \$135/6 sess
M Nov 2-Dec 14 4:45pm-5:45pm
INSTRUCTOR: PRECISION TENNIS INC.

Split Second Basketball Skills Training (8-17 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 Oct 12, Nov 11. This program takes place at Jericho Hill Gym at 4180 West 4th Avenue.

JHC North Gym

8-13 yrs
[626152](#) \$159/6 sess
M Sep 21-Nov 2 7:00pm-8:15pm
[626151](#) \$159/6 sess
W Oct 28-Dec 9 7:00pm-8:15pm
12-16 yrs
[626150](#) \$159/6 sess
M Sep 21-Nov 2 8:15pm-9:30pm
[626149](#) \$159/6 sess
W Oct 28-Dec 9 8:15pm-9:30pm
INSTRUCTOR: SPLIT SECOND BASKETBALL

DRIVE Basketball Training Academy (8-13 yrs)

The Training Academy program will allow athletes to advance as they progress with their skills, athleticism and confidence. You will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. Players must bring their own regular size basketball. No class Oct 8, 20, 22. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue.

JHC North Gym

[626120](#) \$552/23 sess
Tu Th Sep 22-Dec 17 7:00pm-8:30pm
INSTRUCTOR: DRIVE BASKETBALL INC.

Martial Arts

Axe Capoeira Beginner Youth (7-14 yrs) ^{NEW}

Capoeira is a multidisciplinary martial art from Brazil. This program introduces youth to the basic fundamentals of the art form. We will cover basic kicks, movements, and acrobatics, as well as teaching basic music skills. No class Oct 13.

WPG Gym

[627244](#) \$195/13 sess
Th Sep 17-Dec 17 6:00pm-7:00pm
INSTRUCTOR: MARCUS VINICIOS MACIEL

Technology

STEMA: Coding, Robotics, and Digital Arts for Kids (5-13 yrs)

Kids learn to code cartoons and games, design virtual worlds, program robots, and explore hands-on science projects. Through creative challenges and robotics competitions, students build logical thinking, problem-solving, communication, and teamwork skills.

Youth Room

5-7 yrs
[627021](#) \$210/7 sess
Tu Sep 15-Oct 27 4:00pm-5:00pm
[627062](#) \$210/7 sess
Tu Nov 3-Dec 15 4:00pm-5:00pm
9-13 yrs
[627022](#) \$210/7 sess
Tu Sep 15-Oct 27 5:00pm-6:00pm
[627063](#) \$210/7 sess
Tu Nov 3-Dec 15 5:00pm-6:00pm
INSTRUCTOR: INNOVATEKIDS LEARNING INC.

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

[627526](#) \$80/1 sess
Su Oct 18 9:00am-3:00pm
[627527](#) \$80/1 sess
Su Nov 15 9:00am-3:00pm
INSTRUCTOR: FIRST AID HERO



Pottery

Beginner Wheel Throwing with Chu Chu

Learn techniques to start making your own cups, bowls and more! We will focus on proper centering and wall building with pro tips for each individual's progression. Clay must be purchased through the centre, and some tools can also be purchased. No class Sep 28, Oct 5, Oct 12.

Pottery Studio

626308

\$495/11 sess

M

Sep 14-Dec 14

5:30pm-8:30pm

INSTRUCTOR: SERENA CHU

Intermediate Pottery with Nora

Whether its throwing on the wheel or combining different hand building techniques, we will explore creative possibilities in clay. Students should be able to throw an 8 inch cylinder on the wheel prior to registering for this intermediate course. Clay must be purchased through the centre and pottery tools may be purchased for an additional amount. Please note that registration after 2nd class must be approved by the instructor. No class Nov 24.

Pottery Studio

626212

\$440/11 sess

Tu

Sep 22-Dec 8

2:00pm-5:00pm

INSTRUCTOR: NORA VAILLANT

Pottery with Danielle

Join us in a supportive coaching environment for your own clay inquiry. 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

626307

\$600/15 sess

Tu

Sep 8-Dec 15

5:30pm-9:00pm

INSTRUCTOR: DANIELLE GAGNIER

A Journey in Expressive Arts Therapy with Clay

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

Craft Room

628179

\$65/1 sess

W

Oct 7

1:00pm-4:00pm

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. Instruction will be tailored to your skill level 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. No class Sep 30, Nov 11.

Pottery Studio

626282

\$585/13 sess

W

Sep 9-Dec 16

6:30pm-9:30pm

INSTRUCTOR: DAYNA VREEKEN

MARK YOUR CALENDARS 2026

POTTERY SALE

ABERTHAU POTTERS

SAT DEC 5
10AM – 4PM

SUN DEC 6
11AM – 2PM



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

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www.westpointgrey.org

Pottery cont'd

Hand and Wheel with Bella NEW

Come get creative with clay in this multi-level class with a focus on wheel-throwing and hand-building. Open to beginners and those looking to refine and further their pottery practice. All experience levels welcome!

Pottery Studio

626779 \$675/15 sess
Th Sep 10-Dec 17 6:30pm-9:30pm
INSTRUCTOR: BELLA BLANCA

Arts

Watercolour Workshop Winter Bouquet

Join this beginner-level watercolour workshop to create your very own Winter Bouquet 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

628152 \$50/1 sess
M Nov 9 5:30pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG

Acrylic Workshop Christmas Tree Cards

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 Christmas Card artwork to take home. Ideal for beginners or anyone seeking to refine their skills and connect with the community. All art supplies are included.

Craft Room

628153 \$50/1 sess
M Nov 30 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

628156 \$186/6 sess
Tu Sep 15-Oct 20 1:30pm-4:30pm
628157 \$217/7 sess
Tu Oct 27-Dec 8 1:30pm-4:30pm
INSTRUCTOR: DAVIDE MERINO

Watercolour Basics & 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.

Dining Room

628151 \$333/9 sess
Th Oct 22-Dec 17 6:00pm-8:00pm
INSTRUCTOR: CHLOE GREENBERG

Acrylic Painting

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

Craft Room

627631 \$240/16 sess
F Sep 11-Oct 30 1:15pm-3:15pm
627632 \$210/14 sess
F Nov 6-Dec 18 1:15pm-3:15pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Watercolour Painting

This program will give you the chance to learn to apply watercolour painting by exploring the mediums full potential. Learn to use water, paper, colour, and brushes to create an endless variety of tones and atmosphere in your painting. We will focus on landscape painting techniques and studies of nature. (Supplies are not included, supply list available upon registration). Drop-in \$35 (space permitting).

Craft Room

627627 \$240/16 sess
F Sep 11-Oct 30 11:00am-1:00pm
627628 \$210/14 sess
F Nov 6-Dec 18 11:00am-1:00pm
INSTRUCTOR: MOHAMMAD REZA ATASHZAD

Floral Creative Lab (16+ yrs)

In this beginner-friendly workshop, participants will explore seasonal flowers and greenery while learning basic floral care, colour matching, and arrangement techniques. Each session will feature a different seasonal theme. No experience required. All flowers and tools are provided, and you'll take home your finished piece.

Dining Room

627187 \$40/1 sess
Sa Sep 12 10:00am-12:00pm
627188 \$40/1 sess
Sa Sep 19 10:00am-12:00pm
627189 \$40/1 sess
Sa Sep 26 10:00am-12:00pm
627190 \$40/1 sess
Sa Oct 3 10:00am-12:00pm
627191 \$40/1 sess
Sa Oct 10 10:00am-12:00pm
627192 \$40/1 sess
Sa Oct 17 10:00am-12:00pm
627193 \$40/1 sess
Sa Oct 24 10:00am-12:00pm
627194 \$40/1 sess
Sa Oct 31 10:00am-12:00pm
627195 \$40/1 sess
Sa Nov 7 10:00am-12:00pm
627196 \$40/1 sess
Sa Nov 14 10:00am-12:00pm
627197 \$40/1 sess
Sa Nov 21 10:00am-12:00pm
627198 \$40/1 sess
Sa Nov 28 10:00am-12:00pm
627200 \$40/1 sess
Sa Dec 5 10:00am-12:00pm
INSTRUCTOR: ELF FLORAL STUDIO



Arts cont'd

The Joy of Watercolour Painting

Enhance your drawing and painting skills while exploring a variety of subjects, including landscapes, still life, animals, portraits and more, all in a relaxed atmosphere. All supplies included in the course fees.

Craft Room

627728		\$210/7 sess
Sa	Sep 12-Oct 24	10:30am-12:00pm
628252		\$240/8 sess
Sa	Oct 31-Dec 19	10:30am-12:00pm
INSTRUCTOR: PHILIP TSANG		



Tending the Fire: An Expressive Arts Therapy Sampler ^{NEW}

This is an opportunity to try out Expressive Arts Therapy and how it can nudge open the door to our creativity. Facilitated by a therapist you will be guided in a few modes of expression touching on voice, movement, writing, painting, breathing and body awareness. No experience necessary.

Oak Room

629459		\$65/3 sess
Tu	Oct 6-Oct 20	1:00pm-4:00pm
INSTRUCTOR: DANIELLE GAGNIER		

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 Oct 12.

Oak Room

626680		\$52/13 sess
M	Sep 14-Dec 14	7:35pm-9:35pm
INSTRUCTOR: BILL THOMPSON		

Ballet Flow: Grace in Motion ^{NEW}

Ease into elegance with Ballet Flow, a ballet-inspired movement class designed for adults of all levels. Expect a fusion of ballet, contemporary flow, and conditioning that leaves you feeling lengthened, centered, and ready to take on the day. Whether you're returning to dance or just looking to reconnect with your body, Ballet Flow is your graceful gateway to movement. Drop-in \$18 (space permitting).

Oak Room

626216		\$5/1 sess
Tu	Sep 15	6:30pm-7:30pm
626214		\$90/6 sess
Tu	Sep 22-Oct 27	6:30pm-7:30pm
626217		\$5/1 sess
Tu	Nov 3	6:30pm-7:30pm
626215		\$90/6 sess
Tu	Nov 10-Dec 15	6:30pm-7:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE		



Latin Jazz ^{NEW}

Spice up your week with this feel-good fusion of Latin-inspired movement and jazz dance flair. Expect rhythm, sass, sweaty smiles, and absolutely zero pressure to already know what you're doing. Beginners are warmly welcomed, partners are not required, and bringing your boldest dance energy is highly encouraged. Drop-in \$18 (space permitting).

Oak Room

626220		\$5/1 sess
Tu	Sep 15	7:30pm-8:30pm
626218		\$90/6 sess
Tu	Sep 22-Oct 27	7:30pm-8:30pm
626221		\$5/1 sess
Tu	Nov 3	7:30pm-8:30pm
626219		\$90/6 sess
Tu	Nov 10-Dec 15	7:30pm-8:30pm
INSTRUCTOR: ENDORPHIN RUSH DANCE		



Let's Dance

Let's Dance for fun and fitness! Learn short choreographed dance routines in a relaxed setting spanning a variety of styles to contemporary and world music based on choreography by Gayl DeCoursey. We'll begin with a warm-up and end with mat cool down and stretching. All levels welcome. Drop-in (space permitting) \$8.75. No class Oct 1.

Oak Room

626467		\$47.25/7 sess
Th	Sep 10-Oct 29	11:30am-12:30pm
626468		\$47.25/7 sess
Th	Nov 5-Dec 17	11:30am-12:30pm
INSTRUCTOR: GLENNA WONG		

Dance cont'd

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

Oak Room

627599		FREE TRIAL
Th	Sep 10	6:30pm-8:30pm
627598		\$147/7 sess
Th	Sep 17-Oct 29	6:30pm-8:30pm
627600		\$147/7 sess
Th	Nov 5-Dec 17	6:30pm-8:30pm
INSTRUCTOR: JANICE LEBLOND		

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.

Oak Room

626678		FREE /12 sess
F	Sep 25-Dec 11	12:30pm-2:00pm
INSTRUCTOR: RACHEL HELTEN		

Music

Private Piano Lessons with June (3½+ yrs)

Have you ever wanted to learn to read sheet music and to play the piano? Or to be better able to assist and motivate your children with their piano homework? This course accommodates new beginners, students with rudimentary musical knowledge, and parents who want to learn or refresh their own piano skills. Quoted price is for 30 minute lessons. No class Oct 9-12.

Music Room

626222-626229		\$442/13 sess
M	Sep 14-Dec 14	3:15pm-9:15pm
626230-626263		\$476/14 sess
Tu	Sep 15-Dec 15	12:45pm-9:15pm
626238-626278		\$442/13 sess
Th	Sep 17-Dec 17	10:00am-9:30pm
628466-626247		\$408/12 sess
F	Sep 18-Dec 11	12:45pm-4:15pm
626248-626249		\$442/13 sess
Sa	Sep 19-Dec 19	9:15am-10:15am
626256-626257		\$408/12 sess
Su	Sep 20-Dec 13	9:15am-10:15am
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. No class Sep 30, Nov 11, 25.

Music Room

628343-628354		\$660/12 sess
W	Sep 9-Dec 16	1:00pm-8:00pm
INSTRUCTOR: VICTORIA GOMON		

Old-Tyme and Bluegrass Jam Session

Join us for vocal/instrumental sessions. Participants should be ready to lead songs of this genre, and should have enough jam session experience to be able to join in on an unfamiliar song, either by ear or by following a lead sheet. If you are bringing an instrument (sorry, no ukuleles) you should be at an intermediate level of mastery, be able to transpose quickly, and be fluent in the Nashville Numbering System.

Library

628195		\$32.50/13 sess
Su	Sep 13-Dec 6	10:30am-12:30pm

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 enjoy pancakes as a part of our Pancake Tuesday event (pre-registration required)! All ages welcome. No session Oct 1.

Lounge

628432		FREE
Th	Sep 17-Dec 17	10:00am-11:00am

Pancake Thursdays (All Ages)

Calling all pancake lovers! Come join us for pancakes, coffee, treats, and conversation every 2nd Thursday 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

628433		\$2/1 sess
Th	Sep 10	10:00am-11:00am
628434		\$2/1 sess
Th	Oct 8	10:00am-11:00am
628435		\$2/1 sess
Th	Nov 12	10:00am-11:00am
628436		\$2/1 sess
Th	Dec 10	10:00am-11:00am

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

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Social cont'd

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		
626144	\$22.50/15 sess	
Tu	Sep 8-Dec 15	10:00am-12:00pm

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		
627734	\$200/10 sess	
Tu	Sep 8-Nov 10	4:30pm-5:45pm
Intermediate		
627735	\$200/10 sess	
Tu	Sep 8-Nov 10	6:30pm-7:45pm
INSTRUCTOR: ROSSANA MARIEZCURRENA		

Education

Self Defense for Seniors ^{NEW}

Build confidence, awareness and practical self-defense skills in a safe and supportive environment. This senior-friendly class teaches simple techniques including, blocks, escapes, balance, reflexes, and personal safety strategies. No experience needed.

Oak Room		
635914	\$150/10 sess	
W F	Sep 9-Oct 9	10:45am-11:45am
INSTRUCTOR: CHRISTIAN HENO		

Your Key Decisions in Retirement

Join us for an enlightening presentation where we emphasize the importance of making informed, evidence-based financial decisions in retirement. Many people receive advice that focuses solely on investments, overlooking critical aspects of comprehensive financial and tax planning.

Library		
626674		FREE
W	Oct 7	10:00am-11:30am
INSTRUCTOR: DAVID PERKINS		

Estate Planning: Beyond the Will

Estate planning extends beyond just the legal documents. 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		
626675		FREE
W	Nov 4	10:00am-11:30am
INSTRUCTOR: DAVID PERKINS		

Tax Planning for Assisted Living and 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		
626677		FREE
W	Dec 2	10:00am-11:30am
INSTRUCTOR: DAVID PERKINS		

Writer's Workshop ^{NEW}

Writers develop and refine manuscript and excerpts through guided peer and workshop discussion, in a supportive and professional environment. Suitable for writers with works in progress seeking to strengthen and polish their work.

Library		
628304		FREE
Th	Sep 24	6:00pm-8:00pm
628305		FREE
Th	Oct 29	6:00pm-8:00pm
628306		FREE
Th	Nov 26	6:00pm-8:00pm
INSTRUCTOR: PAUL SASGES		

Prenatal Coaching ^{NEW}

This is a small group prenatal class that combines birth education with mental and emotional preparation for labour, birth, and postpartum. Participants learn about labour, medical options, and baby care while also developing practical tools for managing fear, staying grounded, and navigating decisions. The coaching based approach helps parents build confidence, prepare for the realities of birth, and enter parenthood feeling more prepared and excited.

Oak Room		
628275		\$385/7 sess
Su	Oct 11-Nov 22	10:00am-11:30am
INSTRUCTOR: VERENA ROSSA-ROCCO		

360 Life Plan: Protecting Your Health ^{NEW}

Health is a priority, not a luxury, and exercise is the essence of longevity. Staying active after 55 is crucial to our quality of life as we age—preserving independence, comfort, and mobility. By strengthening our muscles and improving balance, we help preserve bone density, enhance joint stability, improve posture, and support cognitive health—setting the foundation for living better, longer.

Library		
628145		FREE
Th	Sep 17	2:00pm-4:00pm
INSTRUCTOR: PAIGE BRETTE		



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Education cont'd

360 Life Plan: Protecting Your Assets & Legacy NEW

Estate planning is about more than documents: it's about clarity, comfort, and protecting the people and values that matter most. As we age, questions around wills, taxes, succession, and the fair transfer of assets become increasingly important. This session, featuring estate planning professionals Elyssa Lockhart, Marisa McGarry, and Don Woods, explores how legal tools, life insurance, and intentional legacy planning can preserve wealth, ease complexity, and support family continuity

Library
628146 FREE
Th Oct 15 2:00pm-4:00pm
INSTRUCTOR: PAIGE BRETTLE

360 Life Plan: Aging in Place: Accommodation & Lifestyle NEW

Home is more than a place; it's a foundation for safety, identity, and long-term wellbeing, especially as we navigate the realities of aging. Planning ahead is essential because the home we live in today may not meet the needs we have tomorrow—and preparing early allows us to stay independent, comfortable, and connected to the life we've built. In this session, subject-matter experts Corina Stainsby and Jordan Thomson help older Canadians explore aging in place from both practical and financial perspectives.

Library
628147 FREE
Th Nov 19 2:00pm-4:00pm
INSTRUCTOR: PAIGE BRETTLE



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
628118 FREE
Th Nov 5 11:00am-12:30pm

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
628119 FREE
Th Nov 12 11:00am-12:30pm

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
628116 FREE
Th Nov 19 11:00am-12:30pm

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
628117 FREE
Th Nov 26 11:00am-12:30pm
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 Collaborative Demonstration Permaculture Garden, the WPG Preschool Garden and art/garden projects by our artist residencies. Emphasizing permaculture design elements, it offers fun, social, educational, artistic, and cultural activities for community members. All levels of experience are welcome at our weekly garden work parties, including new gardeners (for more info: admin@villagevancouver.org. For more information, visit Village Vancouver at www.villagevancouver.org or email Ross Moster at ross@villagevancouver.org. The garden is a member of the Westside Neighbourhood Food Network, and is part of the Westside Permaculture Corridor.

Outside - Community Garden
628164 FREE/9 sess
Sa Sep 5-Oct 31 10:00am-12:30pm

Cardboard Frame Weaving Loom

In this workshop with Czarina Lobo, participants will learn the basics of weaving by creating a colourful bookmark using a simple cardboard loom. You'll explore various weaving techniques, including twining, tabby, and other basic stitches, while gaining hands-on experience with yarn and pattern design. Reduced fee for seniors (50 and over; \$5 materials fee only).

Youth Room
628165 \$25/1 sess
W Sep 16 6:30pm-8:30pm



Aberthau Community and Eco Art Garden Workshops Hosted by Village Vancouver



Hot Water Bath Canning

In this workshop with Amy Weeks, you will learn the basics of hot water bath canning. They'll learn about the most up to date canning methods, equipment needed and get some hands on experience canning and will create a jar to take home with them. We'll have a community seed library present, pick up some free seeds for your garden, swap or donate seeds. Reduced fee for seniors (50 and over; \$5 materials fee only).

Dining Room

628166 \$25/1 sess
Su Oct 4 11:00am-1:00pm

Permaculture Vancouver October Meetup

Join us for a community meal and an educational topic. (This month's topic TBD). Optionally, please either bring your own dinner or something to share for the potluck, and plate or bowl, and cutlery. We'll have a community seed library present—pick up some free seeds for your garden, swap or donate seeds.

Outside - Community Garden

628172 FREE
W Oct 21 6:30pm-8:30pm

Grow Your Own Sprouts and Microgreens

In this workshop with Inbar Saraf, you'll learn how to grow your own trays of microgreens at home and how to grow your own sprouts year-round. We'll look at the difference between sprouts and microgreens, review the many possible seeds that can be used for starting sprouts and microgreens, and look into troubleshooting common problems. You'll prepare your own microgreen tray, and sprouting jar to take home. Reduced fee for seniors (50 and over; \$10 materials fee only).

Youth Room

628167 \$27.50/1 sess
Th Oct 29 6:30pm-8:30pm

Sauerkraut

In this workshop with Amy Weeks, learn how to make your own delicious sauerkraut at home using a mason jar. Each person will get a jar to take home to ferment. You'll learn how lacto-fermentation works, the stages of the process, how to tell when it's ready and what to look out for along the way. Reduced fee for seniors (50 and over; \$5 materials fee only).

Dining Room

628168 \$25/1 sess
Tu Nov 3 6:45pm-8:45pm

Planning Your Spring Garden

In this workshop, Rhiannon Johnson covers the basics of planning, and then preparing and starting a food garden come Spring. You'll learn how to plan and prepare your garden space, as well as some simple techniques for starting plants indoors and in the garden, tailored to your space. Reduced fee for Seniors (50 and over; \$5 materials fee only).

Youth Room

628169 \$28/1 sess
Tu Nov 24 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

628170 \$27.50/1 sess
W Dec 2 6:30pm-8:00pm

Holiday Workshop: Kimchi

In this workshop with Amy Weeks, participants will learn to make a fresh kimchi that can be enjoyed the next day or stored in the fridge to ferment. Reduced fee for seniors (50 and over \$8 materials fee only).

Dining Room

628171 \$28/1 sess
M Dec 7 6:30pm-8:30pm

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



Sooke Potholes with Drea Harrison

Local guide Drea shares her knowledge of unique rock formations created by glaciers about 15,000 years ago. See striking geological features on scenic trails leading to amazing viewpoints. Mother Nature at its best! **Additional \$36 ferry fee for 64 years and under.** Package includes: Sooke Potholes local guide, 2 hours at Sooke Potholes Park, lunch at Mile 17 House Pub. Registration closes 2 weeks prior to the trip. Level: Easy

Aberthau Mansion Entrance

627505 \$129/1 sess
W Sep 16 6:45am-8:15pm
INSTRUCTOR: ENJOY THE JOURNEY

Queen of Peace

This Dominican Nun's Monastery is located at the base of Cloudburst Mountain in the Squamish Valley. Take a tour with Sister Claire, witness the sisters singing their morning hymns, and visit the monastery's chapel and unique gift shop. Lunch by the river in Squamish. Package includes: Queen of Peace Monastery Tour, Dominican Nun's daily singing, Squamish River Walk, lunch at The Watershed Grill. Registration closes 2 weeks prior to the trip. Level: Moderate

Aberthau Mansion Entrance

627506 \$109/1 sess
W Oct 28 7:15am-5:30pm
INSTRUCTOR: ENJOY THE JOURNEY

Arts Whistler Holiday Market

Join this tour of Whistler's original artisan market. Over 100 artisans of every type display their unique, quality handmade products. Spend time in the village too! This market makes for great Christmas shopping. Package includes: Squamish Adventure Centre, admission donation for Arts Whistler, 3 hours of free time. Registration closes 2 weeks prior to the trip.

Aberthau Mansion Entrance

627507 \$69/1 sess
Su Nov 29 8:15am-5:30pm
INSTRUCTOR: ENJOY THE JOURNEY

Timberline Country Christmas

Catch the holiday spirit at Timberline Ranch's Country Christmas at its 73-acre horse ranch. This is a "linear" event where you will progress from Christmas activity to activity at your own pace. Finish at the Coquitlam Christmas Night Market and Lights at Lafarge. Package includes: Timberline Country Christmas, buffet lunch at Mr. A's Patio Restaurant, covered wagon ride, Coquitlam Christmas Market, Lights at Lafarge. Registration closes 2 weeks prior to the trip.

Lounge

627508 \$109/1 sess
Su Dec 13 10:45am-8:00pm
INSTRUCTOR: ENJOY THE JOURNEY



Group Fitness

Zumba with Alesya

Zumba class combines Latin and International music with a fun and effective workout system. No session Oct 12.

WPG Gym

626288 \$6/drop-in
M Sep 14-Dec 14 9:10am-10:10am
626287 \$6/drop-in
W Sep 9-Dec 16 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. End with a stretch to increase mobility and flexibility and reduce stress. Please bring your own bands. No session Oct 12.

WPG Gym

626284 \$6/drop-in
M Sep 14-Dec 14 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. No session Oct 13.

WPG Gym

626463 \$6/drop-in
Tu Sep 29-Dec 15 9:30am-10:45am
626464 \$6/drop-in
Th Oct 1-Dec 17 9:30am-10:45am
INSTRUCTOR: MAGGI CHEETHAM

Stretch & Core

We use a combination of Yoga, Pilates and classical Ballet techniques to sculpt and stretch body muscles. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. Please bring your own yoga mat and bands. No session Sep 30, Oct 7, Nov 11.

WPG Gym

626285 \$6/drop-in
W Sep 9-Dec 16 10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA



Group Fitness cont'd

Piloga

Piloga class is a fusion of Pilates and Yoga for total mental and physical wellbeing! This class provokes a workout designed to improve total strength, flexibility, personal alignment and a stronger core. All levels welcome. First class of the season is FREE! Please arrive early as space is not guaranteed, check in with front desk staff first. Please bring your own yoga mat. No session Sep 30, Nov 11.

Oak Room		
626466		\$6/drop-in
W	Sep 9-Dec 16	1:00pm-2:00pm
INSTRUCTOR: BITA HAGHIGHIFARID		

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 alignment. Once we get that alignment stabilized, we can add resistance. No session Nov 11, Oct 14.

Oak Room		
626465		\$6/drop-in
W	Oct 7-Dec 16	4:00pm-5:00pm
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		
626286		\$6/drop-in
F	Sep 11-Dec 18	9:10am-10:10am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

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. Class incorporates classic ballet music and modern rhythms. For any fitness level with dance inspired deep stretching, strengthening and lengthening of the whole body!

WPG Gym		
626283		\$6/drop-in
F	Sep 11-Dec 18	10:20am-11:20am
INSTRUCTOR: ALESYA BOGAEVSKAYA		

Health & Wellness

Restorative Sound Healing NEW

This weekly sound healing session offers participants a calming, restorative space to unwind and reconnect. Using crystal singing bowls and other gentle instruments, the facilitator guides the group through a deep meditation. Relaxing sound experience designed to support stress reduction, emotional balance, and overall well-being.

Dining Room		
628293		\$160/8 sess
Tu	Sep 8-Oct 27	5:15pm-6:15pm
629817		\$140/7 sess
Tu	Nov 3-Dec 15	5:15pm-6:15pm
INSTRUCTOR: KOMAL SAXENA		

Guided Sound Bath & Meditation NEW

Step into a weekly calming, guided sound bath designed to help you slow down, reset, and reconnect. Gentle guidance will allow you to settle in and support your sound experience for deep relaxation and mental clarity. If you're feeling stressed, overwhelmed, or curious about meditation, this is a space to pause, rest, and experience a different kind of stillness. Drop-in \$19 (space permitting). No class Oct 12.

Oak Room		
630654		\$98/7 sess
M	Sep 14-Oct 26	5:00pm-6:00pm
630655		\$98/7 sess
M	Nov 2-Dec 14	5:00pm-6:00pm
INSTRUCTOR: ANA RIVAS		

Iyengar Yoga — Mixed Levels

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, you will learn essential yoga poses, use props, and hold poses longer. Please bring your own yoga mat. Drop-in \$25 (space permitting). No class Oct 12.

Oak Room		
626681		\$126/6 sess
M	Sep 14-Oct 26	9:30am-11:00am
626682		\$147/7 sess
M	Nov 2-Dec 14	9:30am-11:00am
626683		\$114/6 sess
Th	Sep 10-Oct 29	9:15am-10:30am
626684		\$133/7 sess
Th	Nov 5-Dec 17	9:15am-10:30am
INSTRUCTOR: SHARON FRIESEN		

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 Oct 31.

Youth Room		
626167		\$132/11 sess
Sa	Sep 19-Dec 5	9:45am-10:45am
INSTRUCTOR: LAURENCE SAUVE		

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. No new registrants/drop-ins after 2nd class (unless approved by instructor). No class Sep 21, Oct 12, Dec 7.

Dining Room		
626679		\$187/11 sess
M	Sep 14-Dec 14	6:30pm-8:00pm
INSTRUCTOR: GINNIE CRAMER		

Candlelit Yin Yoga

A slow paced meditative practice, designed to deeply open the body and support connective tissue, joint, and fascia health. Guided in a candlelit setting, this class uses long-held postures and mindful breathwork in 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 will be provided. No class Sep 16, 30, Nov 11, 25. Drop-in \$20 (space permitting).

Oak Room		
626281		\$90/5 sess
W	Sep 9-Oct 21	6:00pm-7:00pm
635780		\$90/5 sess
W	Oct 28-Dec 9	6:00pm-7:00pm
INSTRUCTOR: KENDRA RUHLAND		

Sign up for our Monthly Newsletter!

Learn more about upcoming programs and events.

www.westpointgrey.org

Health & Wellness cont'd

Sound Bath Meditation & Reiki

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 \$20 (space permitting). No class Sep 16, 30, Nov 11, 25.

Dining Room

626148		\$140/7 sess
W	Sep 9-Oct 28	6:00pm-7:30pm
627209		\$120/6 sess
W	Nov 4-Dec 16	6:00pm-7:30pm

INSTRUCTOR: VIOLA CHOY

Foot Care Clinic ^{NEW}

Uncomfortable feet holding you back? Our Registered Nurse and Orthopedic Technician brings over 12 years of specialized experience treating calluses, corns, thickened and ingrown nails. This clinic is held on the second floor. Please note that there is no elevator access, and the space is accessible only by stairs. Quoted price is for 40 minute session.

Craft Room

635781-635925		\$75/1 sess
Tu	Sep 8	12:00pm-2:00pm
638758-638761		\$75/1 sess
Tu	Oct 6	12:00pm-2:00pm
638762-638765		\$75/1 sess
Tu	Nov 3	12:00pm-2:00pm
638766-638769		\$75/1 sess
Tu	Dec 8	12:00pm-2:00pm

INSTRUCTOR: TYFFANY TUBAJON

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).

Oak Room

628159		\$84/7 sess
F	Sep 11-Oct 23	9:30am-10:30am
635996		\$96/8 sess
F	Oct 30-Dec 18	9:30am-10:30am

INSTRUCTOR: LAURENCE SAUVE

Feldenkrais Awareness Through Movement

Feldenkrais classes are composed of gentle innovative exercises which help you improve posture, release excess tension and develop greater flexibility and ease in your movement. Drop-in \$25 (space permitting). No class Oct 1.

Oak Room

626807		\$228/12 sess
Th	Sep 17-Dec 10	1:30pm-2:30pm
626808		\$228/12 sess
Sa	Sep 19-Dec 5	9:15am-10:15am

INSTRUCTOR: MARY LOU STANLEY

Reiki Level 1 Certification: Foundations of Energy Healing

Reiki Level 1 is the foundation of your Reiki journey. This introductory training focuses on self-healing and teaches you how to channel universal life force energy through your hands to support the physical, emotional, and spiritual wellbeing of yourself and others.

Oak Room

634780		\$280/2 sess
Su	Sep 13-Sep 20	10:30am-2:30pm

INSTRUCTOR: VIOLA CHOY

Seeing Clearly: Protecting Your Eyes & Vision ^{NEW}

Our eyes work hard for us, yet as we age, vision changes become more common. In this session, we'll talk about cataracts, glaucoma, macular degeneration, and other common eye conditions. You'll learn how early detection, proper care, and new treatments can help preserve your vision and keep you doing the things you love.

Library

628121		FREE
W	Sep 9	11:00am-12:30pm

INSTRUCTOR: HOME INSTEAD

Your Thyroid Matters: Small Gland, Big Impact ^{NEW}

The thyroid may be small, but it plays a huge role in keeping your body balanced and energized. We'll explore common thyroid problems such as hypothyroidism, hyperthyroidism, and nodules, as well as how these conditions can affect your energy, mood, and overall health. Learn what signs to watch for, what tests are available, and how treatment can help you feel your best.

Library

628121		FREE
W	Nov 25	11:00am-12:30pm

INSTRUCTOR: HOME INSTEAD

OASIS Vancouver Coastal Health Workshops

Pain Management and Arthritis

Learn evidence-based strategies to manage arthritic pain so that you can exercise, rest, and have a function-centered life. Taught by a Registered Nurse.

Library

627517		FREE
Th	Sep 17	10:00am-12:00pm

Hand Arthritis

This workshop will also include how to protect your hand joints during daily activities and exercises to maintain joint movement and strength.

Library

627518		FREE
Th	Oct 1	10:00am-12:00pm

Nutrition and Arthritis

Learn about the impact of diet and nutrients on arthritis, and strategies for healthy eating. Taught by a Registered Dietician.

Library

627519		FREE
Th	Oct 15	10:00am-12:00pm

INSTRUCTOR: OASIS VANCOUVER COASTAL HEALTH





Adapted Sports

Ball Hockey for Young Adults

A ball hockey program designed to provide a fun, safe, and supportive environment for young adults with developmental disabilities. Each player must be able to work independently and use a hockey stick in a safe manner. No drop-ins. Please bring a stick, helmet, athletic cup, gloves and sneakers. We prioritize safety, and players will not be able to play without safety equipment. No class Oct 23, Dec 4.

WPG Gym

628155		\$78/13 sess
F	Sep 11-Dec 18	6:00pm-7:15pm
INSTRUCTOR: SARAH CAMPBELL		

Sports

2.0-2.5 Adult Advanced Beginner Badminton Lessons

For adults with previous badminton experience and an understanding of fundamental rally techniques. 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. No class Oct 12.

WPG Gym

626102		\$207/6 sess
M	Sep 14-Oct 26	5:45pm-7:00pm
628010		\$207/6 sess
M	Nov 2-Dec 14	5:45pm-7:00pm
INSTRUCTOR: PRECISION TENNIS INC.		

Badminton — Recreational

Basic knowledge and experience required. All levels welcome! Please bring your own rackets and shuttles. No session Oct 7, Nov 11.

WPG Gym

628230		\$75/12 sess
W	Sep 9-Dec 16	8:00pm-9:45pm
628231		\$93.75/15 sess
Th	Sep 10-Dec 17	11:30am-12:30pm

Basketball — Recreational

Recreational 5 on 5 Co-Ed basketball.

WPG Gym

628224		\$93.75/15 sess
Th	Sep 10-Dec 17	7:30pm-9:30pm

Ball Hockey — Recreational

Bring your own hockey stick, wooden blades must have white tape. Protective equipment strongly recommended. Non-contact, zero tolerance for rough play. No session Oct 12.

WPG Gym

628229		\$81.25/13 sess
M	Sep 14-Dec 14	7:30pm-9:30pm
Goalies		
628228		FREE /13 sess
M	Sep 14-Dec 14	7:30pm-9:30pm

Pickleball — Recreational

Basic knowledge and experience required. All levels welcome! Please bring your own paddles and balls. No session Oct 13.

WPG Gym

628226		\$44.10/14 sess
Tu	Sep 8-Dec 15	7:45am-8:45am
628227		\$47.25/15 sess
Th	Sep 10-Dec 17	7:45am-8:45am
628225		\$93.75/15 sess
Th	Sep 10-Dec 17	1:00pm-3:00pm

Volleyball — Recreational

There is one full court: for beginners/non-competitive players and intermediate players. No session Oct 13.

WPG Gym

628217		\$87.50/14 sess
Tu	Sep 8-Dec 15	7:30pm-9:30pm

Volleyball Skills Clinic

Led by experienced coaches who are dedicated to building your skills and confidence on the court, you'll gain essential cues, tips, and guidance in each skill, making these clinics the perfect place to grow and reach new volleyball goals. This program takes place at Jericho Hill Gymnasium at 4180 West 4th Avenue. No class Oct, 8, 12, 22.

JHC South Gym

Beginner

628471		\$187.50/6 sess
M	Sep 14-Oct 26	7:30pm-9:30pm
628474		\$218.75/7 sess
M	Nov 2-Dec 14	7:30pm-9:30pm

Intermediate

628472		\$187.50/6 sess
Th	Sep 10-Oct 29	7:30pm-9:30pm
628711		\$218.75/7 sess
Th	Nov 5-Dec 17	7:30pm-9:30pm

INSTRUCTOR: VOLLEYBALL BC

Tennis

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

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.

JHC South Gym

626104		\$190/5 sess
Tu	Sep 8-Oct 6	7:15pm-8:15pm
626105		\$266/7 sess
Sa	Sep 12-Oct 24	12:30pm-1:30pm
626107		\$266/7 sess
Sa	Sep 12-Oct 24	2:30pm-3:30pm
627673		\$266/7 sess
Tu	Oct 27-Dec 8	7:15pm-8:15pm
628019		\$228/6 sess
Sa	Nov 7-Dec 12	12:30pm-1:30pm
628020		\$228/6 sess
Sa	Nov 7-Dec 12	2:30pm-3:30pm
INSTRUCTOR: PRECISION TENNIS INC.		

Summer Smash Tennis: Adult Beginner (1.0)

This program provides an introduction to the game with an eventual progression to rally and play within the full court setting. Participants must bring their own racket. No class Nov 11.

JHC South Gym

626164		\$237.50/5 sess
W	Nov 4-Dec 9	7:00pm-8:15pm
626163		\$332.50/7 sess
Sa	Sep 19-Oct 31	10:45am-12:00pm
INSTRUCTOR: SUMMER SMASH TENNIS		



Tennis cont'd

Summer Smash Tennis: Adult Beginner+ (1.5)

Continue developing fundamental skills. 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. Participants must bring their own racket.

JHC South Gym

626173		\$237.50/5 sess
W	Nov 4-Dec 9	8:15pm-9:30pm
626165		\$332.50/7 sess
Sa	Sep 19-Oct 31	9:30am-10:45am
626193		\$332.50/7 sess
Sa	Nov 7-Dec 19	10:45am-12:00pm
INSTRUCTOR: SUMMER SMASH TENNIS		

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

Continue your tennis journey! This "Adult Beginner Level 2" program is for players who have mastered the basics and are ready to tackle more. Focus is placed on developing groundstroke, serve and volley techniques while enhancing your understanding and execution of basic point-play tactics. Students should bring their own tennis racket. No class Oct 20.

JHC South Gym

627654		\$190/5 sess
Tu	Sep 8-Oct 6	8:15pm-9:15pm
627655		\$266/7 sess
Tu	Oct 27-Dec 8	8:15pm-9:15pm
INSTRUCTOR: PRECISION TENNIS INC.		

Summer Smash Tennis: Serving Clinic (2.0-3.0)

Improve serve consistency, placement, and confidence through focused repetition and technical guidance. In this clinic-style class, coaches break down the serve into clear, manageable steps and provide live feedback to help beginner and early-intermediate players (2.0-3.0 NTRP) develop a reliable and efficient service motion. Emphasis is placed on rhythm, balance, and coordination so players can start points with consistency and control.

JHC South Gym

626166		\$95/2 sess
W	Sep 16-Sep 23	7:00pm-8:15pm
INSTRUCTOR: SUMMER SMASH TENNIS		

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 expected to bring their own rackets.

JHC South Gym

627739		\$95/2 sess
W	Sep 16-Sep 23	8:15pm-9:30pm
INSTRUCTOR: SUMMER SMASH TENNIS		

Summer Smash Tennis: Adult Beginner++ (2.0)

Players who can rally consistently continue to develop ball control (direction, height, distance) and technique within cooperative and competitive contexts. An emphasis is placed on developing technique and ability for groundstrokes, volley, and serve. Students should repeat this course until they can confidently control the direction and height of forehand and backhand within a full court rally. Students are expected to bring their own rackets.

JHC South Gym

626194		\$332.50/7 sess
Sa	Nov 7-Dec 19	9:30am-10:45am
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. 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.

JHC South Gym

626106		\$266/7 sess
Sa	Sep 12-Oct 24	1:30pm-2:30pm
628022		\$228/6 sess
Sa	Nov 7-Dec 12	1:30pm-2:30pm
INSTRUCTOR: PRECISION TENNIS INC.		



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



Pickleball



The Pickleball Training Hall (3.0+)

We'll begin each week with detailed training exercises to isolate pickleball's basic movements. Throughout the program, these carefully constructed movements will integrate power, balance, agility, flexibility, proprioception, recovery and mindset into a profound flow state. For meticulous players keen to understand the details that get overlooked in conventional pickleball clinics (not suitable for beginners). No class Oct 5, 12.

WPG Gym

628137 \$297/11 sess
M Sep 14-Dec 7 12:00pm-2:00pm
INSTRUCTOR: CHRIS KOENTGES

Pickleball For Confident Intermediate Players (3.25+)

A unique session for experienced players seeking more challenging games. While participants should be comfortable with speed and power, the emphasis is on thoughtful strategic pickleball. Ideal for confident 3.25+ players, who are comfortable with power and speed, and for advanced players looking to push their level on Court 1. Note: This is a COMPETITIVE development session not suitable for new players. No class Oct 5, 12.

WPG Gym

628131 \$192/12 sess
M Sep 14-Dec 14 2:00pm-3:30pm
INSTRUCTOR: CHRIS KOENTGES

The Fall Doubles Pickleball Workshop (3.25+)

A unique workshop where partners are challenged to solve new sets of problems each week. Experiment with advanced positioning and stacking strategies; 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 Oct 6, 13.

WPG Gym

628139 \$270/11 sess
Tu Sep 15-Dec 1 12:15pm-1:45pm
INSTRUCTOR: CHRIS KOENTGES

The Workshop for Positive Pickleball Players (2.5+)

You've completed various beginner pickleball programs. You know the rules and some basic strategy, but you feel kind of stuck. This is a supportive space to build confidence in stroke mechanics, shot selection, higher level positioning, slightly more advanced strategy, and to cultivate a relentlessly positive style of play. No class Oct 6, 13.

WPG Gym

628141 \$297/12 sess
Tu Sep 15-Dec 8 1:45pm-3:15pm
INSTRUCTOR: CHRIS KOENTGES

2.0-2.5 DUPR — Adult Advanced Beginner Pickleball Lessons

For adults with previous pickleball experience and an understanding of fundamental rally techniques. This class focuses on refining footwork, dinking, volleys, drives and drops, while enhancing your understanding of winning point-play tactics. No class Sep 30, Oct 7, Nov 11.

WPG Gym

626108 \$431.75/11 sess
W Sep 9-Dec 9 11:45am-1:15pm
INSTRUCTOR: PRECISION TENNIS INC.

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. No class Sep 30, Oct 7, Nov 11.

WPG Gym

626103 \$431.75/11 sess
W Sep 9-Dec 9 1:15pm-2:45pm
INSTRUCTOR: PRECISION TENNIS INC.

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

628133 \$108/14 sess
F Sep 18-Dec 18 12:45pm-2:10pm
INSTRUCTOR: CHRIS KOENTGES

Tactics and Strategy for Thoughtful Intermediate Players

For emerging players finding their niche in the city's local pickleball culture and beyond. Each week begins with half an hour in the grand library, exploring the games unique history and evolving strategy. This is a foundation program for advanced development. No class Oct 2, 9.

WPG Gym & Library

628135 \$270/20 sess
F Sep 18-Dec 4 10:45am-12:40pm
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. No class Dec 4.

WPG Gym

628130 \$182/13 sess
F Sep 18-Dec 18 2:15pm-3:15pm
INSTRUCTOR: CHRIS KOENTGES

Follow us on SOCIAL MEDIA

@westpointgreycc



Fitness

WPG Fitness Centre

See page 3 for operating hours



Fitness Centre Orientation

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

Youth in the Fitness Centre (13-18 yrs)

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

FREE
Wi-Fi

Free PARKING
Available!

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

WPG Fitness Centre & Group Fitness Fees

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

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

Park Board OneCard Flexipasses

	Adult	Child	Youth/Senior
10-Visit Pass	\$71.37	\$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 cannot 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
		Piloga 1pm-2pm Bitu Oak Room		
		Stability, Mobility & Flexibility 4:00pm-5:00pm Maggi Oak Room	Group Fitness Fees Drop-in: \$6 Adults \$4.25 Youth/Students & Seniors No session Sep 30, Oct 7, 12, 13, 15, Nov 11. Schedule subject to change.	

Class		Description
Mild	Piloga	Piloga class is a fusion of Pilates and Yoga for total mental and physical wellbeing. This class provokes a workout designed to improve total strength, flexibility, coordination, agility, balance, and body awareness. No session Sep 30, Nov 11.
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. Please see pages 24 & 25 for program description. No session Oct 13, 15.
	Stability, Mobility & Flexibility	This class will address the concepts of good posture and alignment, exploring through movement and stretch/relaxing, Please see pages 24 & 25 for program description. No session Oct 14, Nov 11.
	Zumba®	Get fit salsa style! Includes Latin music and moves for the hottest workout around. No session Sep 30, Oct 7, 12, Nov 11.
	Zumba & Tone	Get fit salsa style! Includes Latin music and moves for the hottest workout around.
	Strength & Stretch	Get a complete body workout using small weights, resistance bands and body weight. This class has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful. Please bring your own bands.
	Stretch & Core	The Stretch and Core workout will make you sweat and smile while building core strength, lean muscle, and killer glutes. Please bring your own yoga mat and bands.

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.



Aberthau Mansion

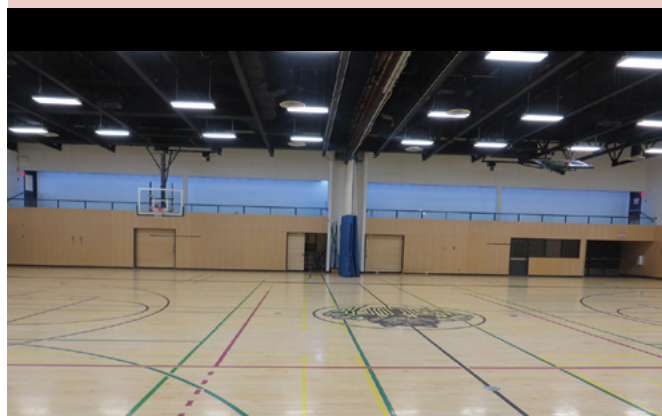
Jericho Hill Centre & Gymnasium

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



A Look Inside our Facilities Available for Rentals



Oak Room



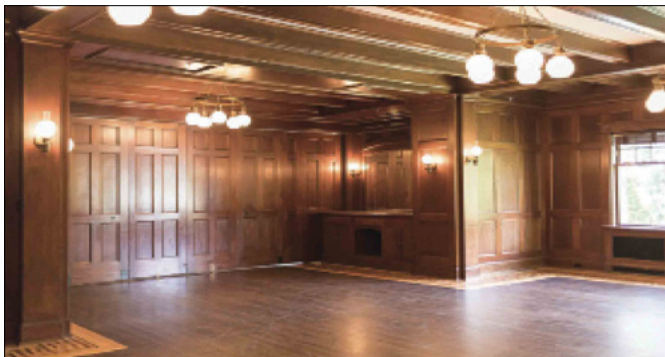
Gardens



Lounge



Gym



Dining Room



Library

Aberthau Mansion Tour is available virtually!

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



Things You Need to Know

3 Easy Ways to Register

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

Refunds, Cancellations and Program Changes

Registration

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

Membership

- Once you register for a program, you become a WPG member and have voting rights at the Annual General Meeting (AGM).

Refunds and Cancellations

- All refunds and transfers will be pro-rated with an administration fee of \$5 applied to each person and program.
- Full refunds will be issued for any program cancelled by the West Point Grey Community Centre.
- Refunds and transfers for regular programs must be requested prior to the start of the 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 information 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.

Fall 2026 Events, Classes & PROGRAMS

FREE!

West Point Grey Branch

4566 West 10th Ave.

604.665.3982

*Dates and times may be subject to change, and additional programs may be added.
Please check www.vpl.ca/events for most accurate listings*

PROGRAMS FOR CHILDREN

Family Storytime + Family Stay & Play

Wednesdays, Sept 16 - Dec 16
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, Sept 5 - Dec 19
Wednesdays, Sept 2-9, Dec 23-30
9:30 - 11:30 am

Come and play with a special collection of toys in our program room.
Age 0 - 5 | Drop in

Babytime + Baby Stay & Play

Tuesdays, Sept 15 - Dec 15
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

Kids' Afterschool Drop-in

Wednesdays, Sept 16 - Dec 16
3:30 - 4:30 pm

Join us for rotating STEAM activities, from LEGO to board games to STEM toys to crafts.
For Grades K-7 | Drop-in

Chess & Games Club

Fridays, Sept 18 - Dec 18
3:30 - 4:30 pm

Drop in for some chess fun with other kids or try the library's various games and toys.
For Grades K-12 | Drop-in

Paws 4 Stories

Sundays, 11:00 am - 12:00 pm
Monthly sessions, Dates TBD

Come practice your reading with a licensed therapy dog and their handler. 15-minute sessions.
For kids who are developing readers | Drop-in

EVENTS & CLASSES FOR ADULTS

ESL Conversation Practice

Fridays, Sept 18 - Dec 11
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)
Drop-in

Chinese Classic Book Club

Tue, Sept 11 | 2:00 pm

Love reading classic books in Chinese and want to share your thoughts and experiences with folks? Join our Chinese Classic Book Club. Every month we read a book and meet to engage in lively discussions of the books. (90 min)
喜歡讀經典著作又樂意與同好分享的書友，歡迎參加經典讀書會，每月讀一本名著，探索世界文庫的瑰寶。國語活動，粵語輔助

For adults | Registration required



**VANCOUVER
PUBLIC
LIBRARY**



SPECIAL EVENTS

1
OCT

Senior's Health Fair

Discover valuable resources to support your health and well-being at our Seniors Health Fair! A fun and welcoming community event hosted by the West Point Grey Community Centre in partnership with Home Instead. Meet local organizations, discover valuable resources, enjoy refreshments, connect with neighbours, and learn about programs and services that support healthy, independent aging. Bring your questions, bring a friend, and spend an enjoyable afternoon exploring everything our community has to offer.

Aberthau Main Floor

6264241

FREE

Th	Oct 1	10:00am-2:00pm
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25
NOV

Aberthau Holiday Celebration (All Ages)

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

Aberthau Main Floor

626454

\$1/1 sess

W	Nov 25	6:00pm-7:30pm
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28
OCT

Pumpkin Carving Night (All Ages)

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

Dining Room & Lounge

626451

\$10/1 sess

W	Oct 28	5:30pm-7:30pm
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12-13
DEC

Breakfast with Santa (All Ages)

Ho Ho Ho! Santa Claus is coming to town and will make a special stop to have breakfast with us at Aberthau Mansion! We will have a pancake breakfast, arts and crafts, and a visit with Santa, himself. This event is an annual sell out so please purchase your tickets for both children and adults in advance to ensure your seat.

Aberthau Main Floor

626458

\$15/1 sess

Sa	Dec 12	10:00am-12:00pm
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626459	\$15/1 sess
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Su	Dec 13	10:00am-12:00pm
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31
OCT

Halloween Carnival (1-8 yrs)

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

WPG Gym

626456

\$10/1 sess

Sa	Oct 31	11:00am-1:00pm
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16
DEC

Gingerbread House Decorating (All Ages)

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

Dining Room & Lounge

626460

\$15/1 sess

W	Dec 16	6:30pm-8:30pm
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