



Ages  
3-5

# Licensed Preschool Summer Adventures Daycamp

2.5 hours  
a day Morning  
& Afternoon  
sessions

Mon to Fri | AM Session: 9:00am-11:30am  
\*except Week 1 and 6 | PM Session: 12:15pm-2:45pm

**Week 1** *To Infinity, and Beyond!*

**Space Camp**

Jun 29 - Jul 3

To start our summer off, we will be travelling to the far reaches of the galaxy and discovering all we can about space. Be prepared for rocket ship building, constellation exploring and maybe even some aliens!

AM \$85/4 days (\*no class July 1) 16001.311DP\*  
PM \$85/4 days (\*no class July 1) 16001.312DP\*

**Week 2** *Bon Appetit!*

**Little Chefs Week**

Jul 6 - Jul 10

Not only will we have fun baking and cooking with age appropriate recipes, we will travel around the world as well! Pizza in Italy, crepes in France and much, much more. Pack your bags, and your appetite too!

AM \$105/5 days 16002.311DP  
PM \$105/5 days 16002.312DP

**Week 3** *If You Go Out In The Woods!*

**Camping Week**

Jul 13 - Jul 17

Sleeping bags, tents, and s'mores, oh my! If you can't make it out to nature this summer, we will bring it to you. Your little camper will go on nature scavenger hunts, sing songs around the (indoor, flameless!) campfire and learn how to build their own lantern!

AM \$105/5 days 16003.311DP  
PM \$105/5 days 16003.312DP

**Week 4** *Reading Rainbow!*

**Book Week**

Jul 20 - Jul 24

This week, we will dive headfirst into the world of books and literature. We will rediscover some favorites, like Dr. Seuss, Pete the Cat and Eric Carle. A new book or author each day, with fun art and activities to enhance the experience!

AM \$105/5 days 16004.311DP  
PM \$105/5 days 16004.312DP

**Week 5** *Mount Olympus & the Douglas Park Olympics!*

**Sports Week**

Jul 27 - Jul 31

Sports, gross motor games and team relays will challenge both children and adults alike! We will begin by learning about Ancient Greece and the history of the games and then try our hand at making it onto our very own podium.

AM \$105/5 days 16005.311DP  
PM \$105/5 days 16005.312DP

Each themed week children will engage in art activities, science, and experiments, creative play, water activities and storytelling. Bring a healthy snack (no nuts please) and water bottle. You can choose from either a morning or an afternoon session and each class is 2.5 hrs in duration. \*Withdraw or Refunds: written notice must be given at least two weeks prior to your child's first day of camp to receive a refund. \*\* Child must be born 2010, 2011, 2012.

After registration, please pick up a registration package from the Front Office.



**Week 6** *Mad Scientist Laboratory!*

**Science Week**

Aug 4 - Aug 7

Fizz, pop, bang! The children will get hands on with some exciting experiments and discovering this week. Everything from glow-in-the-dark science to flubber, your little scientist will surely amaze you with their natural curiosity for the world around them!

AM \$85/4 days (\*no class Aug 3) 16006.311DP\*  
PM \$85/4 days (\*no class Aug 3) 16006.312DP\*

**Week 7** *Ahoy, Landlubbers!!*

**Adventure Week**

Aug 10 - Aug 14

Get ready for adventure on the high seas, complete with treasure maps and ship building! Of course, if castles and crowns are more your pace, we will have that too!

AM \$105/5 days 16007.311DP  
PM \$105/5 days 16007.312DP

**Week 8** *Cirque du Summer!*

**Circus Week**

Aug 17 - Aug 21

Lions, and tigers, and bears, oh my! Students will spend this under the Big Top practicing their tumbling, balancing, and even juggling. There is sure to be lots of sensory fun for everyone, from cotton candy painting and popcorn experiments, and parachute play to designing clown hats!

AM \$105/5 days 16008.311DP  
PM \$105/5 days 16008.312DP

**Week 9** *Splish, Splash!*

**Water Week**

Aug 24 - Aug 28

Let's wrap up the summer with all things WATER! We'll dive in and explore under the sea, experiment with water science and turn the class into a seashore paradise. Don't forget bathing suits and towels, as we are sure to get wet this week!

AM \$105/5 days 16009.311DP  
PM \$105/5 days 16009.312DP



# Summer Spectacular Daycamp

Our Douglas Park Summer Spectacular program for children to participate in developmentally appropriate, stimulating activities and out trips. These fun-filled, challenging programs give children a chance to socialize with friends while experiencing many crafts, games, sports, science and adventure activities.

All children must have completed Kindergarten in order to be eligible to register in the 5-7 year old program. No exceptions will be made, due to School Age Care Licensing regulations. Proof of age may be required if questionable.

For all ages the times and fees are as follows:

**Short Day** 10:00am - 4:00pm **\$165**  
**Extended Day** 8:00am - 5:30pm **\$195**

Not sure which age group to register for?

**Born 2008 to 2009 : 5-7's Camp**  
 (must have completed Kindergarten)  
**Born 2007 to 2008 : 7-8's Camp**  
**Born 2004 to 2006 : 9-12's Camp**

These spaces are limited and on a first come, first registered basis. If only full day spaces are available when you register, you must pay the full day rates.

Please Note: Week 1 & Week 6 are a four-day camp (due to the Statutory Holidays). **Short Day \$135 & Extended Day \$165**

Please bring a swim suit, towel, hat, sunscreen, lunch, water-bottle and 2 snacks to camp everyday (no nuts please).

## Summer Spectacular Calendar : 5-7's, 7-8's, 9-12's

|                | Monday                                    | Tuesday  | Wednesday                          | Thursday   | Friday                            |
|----------------|---|--|------------------------------------|--|-----------------------------------|
| <b>Week 1</b>  | Jun 29<br>Centre Day<br>Meet 'N Greet Fun | Jun 30<br>King George<br>Spray Park            | Jul 1<br>STAT<br>CLOSED            | Jul 2<br>Splashdown<br>Waterpark                                 | Jul 3<br>Ambleside                |
| <b>Week 2</b>  | Jul 6<br>Centre Day<br>Urban Safari Zoo   | Jul 7<br>Granville Island<br>Waterpark         | Jul 8<br>Planetarium               | Jul 9<br>Centre Day<br>Minute to Win it!<br>*9-12's: Hillcrest   | Jul 10<br>Second Beach            |
| <b>Week 3</b>  | Jul 13<br>Centre Day<br>Rockwalll         | Jul 14<br>Steveston<br>Waterpark               | Jul 15<br>Capilano<br>Suspension   | Jul 16<br>Centre Day<br>Rock Star Party<br>*9-12's: Hillcrest    | Jul 17<br>Third Beach             |
| <b>Week 4</b>  | Jul 20<br>Centre Day<br>Legorama          | Jul 21<br>Stanley Park<br>Waterpark            | Jul 22<br>Reifel Bird<br>Sanctuary | Jul 23<br>Centre Day<br>Painter Party<br>*9-12's: Hillcrest      | Jul 24<br>Deep Cove               |
| <b>Week 5</b>  | Jul 27<br>★ Centre Day<br>African Drums   | Jul 28<br>South Arm Pool                       | Jul 29<br>Grouse Mountain          | Jul 30<br>Centre Day<br>Out of This World!<br>*9-12's: Hillcrest | Jul 31<br>Kits Beach              |
| <b>Week 6</b>  | Aug 3<br>STAT<br>CLOSED                   | Aug 4<br>Centre Day<br>Pirates &<br>Princesses | Aug 5<br>Bowen Island              | Aug 6<br>Queen's Park<br>Petting Zoo                             | Aug 7<br>Ambleside<br>Beach       |
| <b>Week 7</b>  | Aug 10<br>Centre Day<br>Capoiara Dance    | Aug 11<br>Stanley Park<br>Ecology Centre       | Aug 12<br>Castle Fun Park          | Aug 13<br>Centre Day<br>Fear Factor<br>*9-12's: Hillcrest        | Aug 14<br>Whyte Cliff<br>Park     |
| <b>Week 8</b>  | Aug 17<br>Centre Day<br>Master Chef       | Aug 18<br>Lynn Canyon                          | Aug 19<br>Splashdown<br>Waterpark  | Aug 20<br>Centre Day<br>Water Fun!<br>*9-12's: Hillcrest         | Aug 21<br>Spanish Banks<br>Beach  |
| <b>Week 9</b>  | Aug 24<br>★ Centre Day<br>Magic Day       | Aug 25<br>6 pack Volleyball<br>(Indoor beach)  | Aug 26<br>BC Mining<br>Museum      | Aug 27<br>Centre Day<br>Animal Madness<br>*9-12's: Hillcrest     | Aug 28<br>Centennial<br>Beach BBQ |
| <b>Week 10</b> | School Age Care (SAC) children only       |  |                                    |  |                                   |

**REFUND POLICY:** Minimum 2 weeks written notice from the start day of the week of the camp you are withdrawing from in order to get a refund minus a \$5 admin fee. Anything less than 2 weeks notice is non-refundable. Written notice can be emailed to [rosie.laforges@vancouver.ca](mailto:rosie.laforges@vancouver.ca)

★ UPDATED JUNE 2015

**VAFC Soccer Skill Development 5-12 yrs**

Emphasis on development of fundamental individual technical and ball control skills. Please dress for outdoor weather. VAFC Head Coach Steve Weston.

**Kids Start**

Mon - Fri 9:30am - 12:00pm  
\$120/5 sessions

**Junior Development**

Mon - Fri 9:30am - 12:00pm  
\$120/5 sessions

**Youth Development**

Mon - Fri 9:30am - 12:00pm  
\$120/5 sessions



**5-7 yrs**

Jun 29 - Jul 3  
23516.301DP

**8-10 yrs**

Jun 29 - Jul 3  
23516.302DP

**11-12 yrs**

Jun 29 - Jul 3  
23516.303DP

**Coerver Coaching Soccer Camp 6-14 yrs**

The COERVER method teaches the technical and creative skills needed by the soccer player of tomorrow. Fee includes an Adidas Coerver jersey. For more information, call 604-219-0792. Held outdoors.

Mon - Fri 9:00am - 12:00pm  
\$106.50/5 sessions

Aug 24 - Aug 28  
23505.301DP

**Sportball with Friends Daycamp 3-5 yrs**

Children participate in the skills and games of eight different ball sports. Camps also incorporate arts and crafts, music, co-operative games, snack time and theme days. Scheduled to be held outdoors.

Mon - Fri  
9:30am - 11:30am - Morning  
1:00pm - 3:00pm - Afternoon  
\$136.50/5 sessions

Jul 6 - Jul 10  
13536.301DP  
13536.302DP

Mon - Fri  
9:30am - 11:30am - Morning  
1:00pm - 3:00pm - Afternoon  
\$136.50/5 sessions

Jul 20 - Jul 24  
13537.301DP  
13537.302DP

**Amusement Park - Ticket to Ride! 6-12 yrs**

Get your ticket to ride at Bricks 4 Kidz very own Amusement Park!

Sat 9:30am - 11:15am  
\$130/6 sessions

Jul 18 - Aug 22  
24541.301DP

**Jr. Robotics 6-12 yrs**

Learn how to write programs using LEGO® WeDoTM software to control and operate unique Bricks 4 Kidz models that they build.

Sat 11:45am - 1:30pm  
\$150/6 sessions

Jul 18 - Aug 22  
24542.301DP

**Jr. Robotics Camp 6-12 yrs**

The Bricks 4 Kidz® new Junior Robotics camp offers all the fun of building with LEGO® bricks, PLUS the challenge of computer programming!

Mon - Thu 9:00am - 1:00pm  
\$145.50/4 sessions

Aug 31 - Sep 3  
24531.301DP

**Piano Lessons – Private 6+ yrs**

Learn piano from a qualified, experienced instructor. All ages and adults students welcome. Summer lessons do not allow priority to Fall registration.

Mon 2:00pm - 6:00pm **Emily Lee**  
\$82/4 sessions

Jul 6 - Jul 27  
21010.301DP-.308DP

Sat 10:00am - 1:00pm **Kelly Kim**  
\$122/6 sessions (\*no class Aug 1)

Jul 11 - Aug 22\*  
21015.301DP-.306DP

**Summer Art Camps with Sarah Hayes**

**Design and Build 3-6 yrs**

Mon - Fri 9:15am - 11:15am  
\$62/4 sessions (\*no class Jul 1)  
Tue - Fri 1:45pm - 3:45pm  
\$62/4 sessions

Jun 29 - Jul 5\*  
12041.301DP  
Aug 4 - Aug 7  
12041.302DP

**Scientifically Speaking 3-6 yrs**

An exciting class where children learn the basics of science.

Mon - Fri 11:30am - 1:30pm  
\$62/4 sessions (\*no class Jul 1)

Jun 29 - Jul 5\*  
12020.301DP

**Mixed Media Art 3-6 yrs**

Get creative using various art materials and techniques.

Mon - Fri 1:45pm - 3:45pm  
\$62/4 sessions (\*no class Jul 1)  
Tue - Fri 11:30am - 1:30pm  
\$62/4 sessions

Jun 29 - Jul 5\*  
12047.301DP  
Aug 4 - Aug 7  
12047.302DP

**Story Time Art 3-6 yrs**

Enjoy classic children stories and inspired art related projects.

Tue - Fri 9:15am - 11:15am  
\$62/4 sessions

Aug 4 - Aug 7  
12026.301DP

**Mixed Media Art 6-12 yrs**

Expand on advanced projects using all forms of material.

Mon - Fri 4:00pm - 6:00pm  
\$62/4 sessions (\*no class Jul 1)

Jun 29 - Jul 5\*  
22047.301DP

**Fabric Art Camp NEW 7-12 yrs**

Use fabric and a variety of materials to make summertime projects.

Tue - Fri 4:00pm - 6:00pm  
\$72/4 sessions

Aug 4 - Aug 7  
22043.301DP

**Street Hockey Camp with Ron Way 6-15 yrs**

Held outdoors. Safety goggles will be provided and mandatory. ABS composite hockey sticks provided.

\* Wooden hockey sticks are not permitted. Please arrive early to complete forms, or pick up forms from Front Office in advance. Max 36 children. Drop-in \$25

Mon/Fri 9:00am - 1:00pm  
\$50/2 sessions (\*no class Jul 1)  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions  
Wed/Fri 9:00am - 1:00pm  
\$50/2 sessions (\*no class Aug 3)  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions  
Mon/Wed/Fri 9:00am - 1:00pm  
\$75/3 sessions

Jun 29 - Jul 3\*  
23504.301DP  
Jul 6 - Jul 10  
23504.302DP  
Jul 13 - Jul 17  
23504.303DP  
Jul 20 - Jul 24  
23504.304DP  
Jul 27 - Jul 31  
23504.305DP  
Aug 5 - Aug 7\*  
23504.306DP  
Aug 10 - Aug 14  
23504.307DP  
Aug 17 - Aug 21  
23504.308DP



# Summer Leadership Program

## Weekly Themes for Summer Leadership - Age 10 to 14

Monday to Friday 12:00pm - 6:00pm



The leadership program has a different theme each week. Learn thru hands-on activities, teamwork and workshops. Use creative thinking and fun to make the most of your summer months. Contact [starla.bayley@vancouver.ca](mailto:starla.bayley@vancouver.ca) for program details and calendar. \* No class July 1st and August 3rd.

|                |                                      |                                 |            |             |
|----------------|--------------------------------------|---------------------------------|------------|-------------|
| <b>Week 1</b>  | <b>June 29 - July 3 (M-F)*</b>       | <b>Money Management</b>         | \$100/week | 35401.301DP |
| <b>Week 2</b>  | <b>July 6 - July 10 (M-F)</b>        | <b>Multi-Media</b>              | \$125/week | 35402.301DP |
| <b>Week 3</b>  | <b>July 13 - July 17 (M-F)</b>       | <b>Environment</b>              | \$125/week | 35403.301DP |
| <b>Week 4</b>  | <b>July 20 - July 24 (M-F)</b>       | <b>Science &amp; Technology</b> | \$125/week | 35404.301DP |
| <b>Week 5</b>  | <b>July 27 - July 31 (M-F)</b>       | <b>Health &amp; Fitness</b>     | \$125/week | 35405.301DP |
| <b>Week 6</b>  | <b>August 4 - August 7 (Tu-F)*</b>   | <b>Brain Games</b>              | \$100/week | 35406.301DP |
| <b>Week 7</b>  | <b>August 10 - August 14 (M-F)</b>   | <b>Activism</b>                 | \$125/week | 35407.301DP |
| <b>Week 8</b>  | <b>August 17 - August 21 (M-F)</b>   | <b>Time Management</b>          | \$125/week | 35408.301DP |
| <b>Week 9</b>  | <b>August 24 - August 28 (M-F)</b>   | <b>Culture and Diversity</b>    | \$125/week | 35409.301DP |
| <b>Week 10</b> | <b>August 31 - September 4 (M-F)</b> | <b>Modern Music</b>             | \$125/week | 35410.301DP |

### Bridging Program - Leadership Games

9:00am - 12:00pm

(Only for those registering in the above Leadership Weekly Programs)

Worried about your child(ren) between the hours of 9:00am-12:00pm when the leadership program starts? Register in our Bridging Program - Leadership Games and know that your child will be supervised from 9:00am to the end of the Leadership program at 6:00pm. Fees for this program are \$50.00 for the week that your child(ren) are registered in the corresponding leadership camp.

(\* No program on July 1 for Canada Day - Bridging Program - Leadership Games for this week is \$40.00

(\*\*) No program for BC Day - Bridging Program - Leadership Games for this week is \$40.00



### Traditional Kung-Fu

6+ yrs

Sifu Marquis Lung (Tue) and Jason Chu (Fri)

Learn traditional forms, weapon forms, sparring and self-defence. Gain physical and mental strength, develop self-confidence and discipline. Classes are taught in partnership with Marquis Lung Traditional Kung Fu Academy. A member fee for the Northern Shaolin Lung Chi Cheung Association is included in program course fee. This class meets twice a week on Tuesdays and Fridays. Please visit session or contact Sifu Marquis Lung (Master Instructor) for appropriate skill level prior to registration. Youth and adults are welcome to join. [www.northernshaolin.com](http://www.northernshaolin.com)

#### Beginner

Tue 4:15pm - 5:30pm / Fri 4:30pm - 5:45pm  
\$112.50/13 sessions

Jul 3 - Aug 14  
33401.301DP

#### Intermediate

Tue 4:15pm - 5:45pm / Fri 4:30pm - 6:00pm  
\$125.50/13 sessions

Jul 3 - Aug 14  
33402.302DP

#### Advanced

Tue 4:15pm - 5:55pm / Fri 4:30pm - 6:30pm  
\$132/13 sessions

Jul 3 - Aug 14  
33401.303DP

### Red Cross Babysitting Training NEW 11+ yrs

First Aid Hero

Exploring the Business of Babysitting - Creating Safe Environments - Safely Caring for ages 0-12 yrs - First Aid Skills. Please bring a lunch for the day. Register early, spaces limited.

Sat Jul 4  
\$63/person

Sat Aug 29  
\$63/person



8:30am - 3:30pm  
27226.301DP

8:30am - 3:30pm  
27226.302DP

### Youth Café - Saturdays

Sat 10:00am - 2:00pm

Support the Youth Council on Saturdays. The youth volunteer operated café in the main lobby serves hotdogs, sandwiches, hot soup, light snacks and drinks! All proceeds go to youth programs and services.

Jul 2015 - Aug 2015 35504.201DP



## Skateboarding *FUNdamental Skills with Jeff Cole* 8-12 yrs

Level I focuses on key fundamentals such as foot placement, pushing, proper safety, terminology, and some basic tricks. Helmet is mandatory. Safety padding is recommended.

### Level One - Beginners

|  |                                |
|--|--------------------------------|
| Mon 4:00pm - 5:15pm<br>\$45/3 sessions | Jul 6 - Jul 20<br>33907.301DP  |
| Mon 4:00pm - 5:15pm<br>\$45/3 sessions | Aug 10 - Aug 24<br>33907.302DP |

Level II focuses on tricks, ollies, kick flips and ramp tricks. Level II requires basic level of board control and ability either through Level I completion or an assessment by Jeff. Helmet is mandatory. Safety padding is recommended.

### Level Two - Inter/Adv.

|  |                                |
|--|--------------------------------|
| Fri 4:00pm - 5:15pm<br>\$45/3 sessions | Jul 10 - Jul 24<br>33908.301DP |
| Fri 4:00pm - 5:15pm<br>\$45/3 sessions | Aug 14 - Aug 28<br>33908.302DP |

## Drop-In Sk8 with Jeff Cole 6-8 yrs\*, 9-14 yrs

We will skateboard until the end of October. Launch ramps, fun boxes, grind rails and benches! Helmets are required. No program on rainy days. We will also visit some popular skate boarding parks once a month. No drop-in July 3, July 31 and Aug 3.

\* Parents must be attendance with children between the age of 6-8 yrs.

|  |   |
|--|---|
| Mon 3:00pm - 5:00pm<br>Fri 3:00pm-5:00pm<br>FREE   | Apr 10 - Jun 26<br>Apr 10 - Jun 26<br>33905.202DP |
| Mon 2:00pm - 4:00pm<br>Fri 2:00pm - 4:00pm<br>FREE | July 6-Aug 31<br>July 6-Aug 31<br>33905.302DP     |

## Youth Socials & Volunteering Activities NEW

### Mid-Week Youth Activity 13-18 yrs

Come meet new friends or bring your own! Each week we will be experiencing a different adventure at Douglas Park and around Vancouver. Please register at the front desk. Activities take place between 4:00pm and 8:00pm. \*requires consent form

|             |                   |             |
|-------------|-------------------|-------------|
| July 8      | Barbeque          | 35501.301DP |
| July 15     | Capture the Flag* | 35502.301DP |
| July 22     | Volleyball/Soccer | 35503.301DP |
| July 29     | Bocce Ball        | 35504.301DP |
| JuAugust 5  | Chalk Art         | 35505.301DP |
| August 12   | Water Fight       | 35506.301DP |
| August 19   | Swimming *        | 35507.301DP |
| August 26   | Night Hike*       | 35508.301DP |
| September 2 | Frisbee Golf      | 33509.301DP |

### Y.E.S. NEW (Youth Engaging Seniors) 13-18 yrs

The YES program provides positive opportunities to volunteer and hang out with the seniors in our community. You will play games and have a snack - who knows you might learn a little something too.

|                           |                              |
|---------------------------|------------------------------|
| Tue 3:30pm-4:30pm<br>FREE | August 4 & 18<br>33801.301DP |
|---------------------------|------------------------------|

### Photo Scavenger Hunt NEW 13-17 yrs

Travel around town following a list of clues. This adventure will have you learning new things about your city with every turn you make. Participants will be in two teams each lead by a DP staff member. Snack and transportation will be provided.

|                             |                         |
|-----------------------------|-------------------------|
| Fri 6:00pm - 8:30pm<br>FREE | July 3<br>35702.301DP   |
| Fri 6:00pm - 8:30pm<br>FREE | August 7<br>35702.302DP |

## Friday Night Fun 8-12 yrs

Spend Friday nights with the Douglas Park Staff, doing things like playing in the gym, running around outside or cozying up to watch a cool movie. We have more spaces available for registration than there are spots for kids - so it is a first come first serve - maximum 20 participants.

|                             |                                     |
|-----------------------------|-------------------------------------|
| Fri 6:00pm - 8:30pm<br>FREE | July 4 - September 4<br>35450.301DP |
|-----------------------------|-------------------------------------|

## Card Club 9-16 yrs

Come and bring your gaming cards and gather with other like-minded individuals. Learn different skills and strategies while building on new and current friendships.

|                           |                                     |
|---------------------------|-------------------------------------|
| Sat 1:00pm-3:00pm<br>FREE | July 4 - September 4<br>35512.301DP |
|---------------------------|-------------------------------------|

## Fishing for Beginners 13-16 yrs

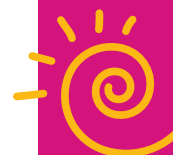
Join the CYW for some Saturday afternoon fishing in locally stocked lakes. Learn about using bait, types of fish in local waters and fishing sustainably.

|   |                                 |
|---|---------------------------------|
| Saturday 2:00pm - 6:00pm<br>\$60/4 sessions | July 4 - July 25<br>35701.302DP |
|---|---------------------------------|

## PIP - Volunteers 13-18 yrs

Hang out with other youth and get in some volunteer hours. Some of the responsibilities will be to help with set up for the concert series in the park, serve food and beverages to the community and to have fun. Keep track of your hours and apply them to your high school graduation. If this is something that you are interested in please contact the Community Youth Worker - Starla Bayley at 604-257-6951 or starla.bayley@vancouver.ca

**RBL Basketball Summer Camps 2015**  
**RBL Basketball - July 2015 Training Camps - See page 11.**



# Kids Tennis

## Red Ball Camp

5-7 yrs

This program uses a scaled 1/2 size court, play is with a low compression Red or Foam Balls. All classes are 5 sessions.

|     |               |                 |    |      |             |
|-----|---------------|-----------------|----|------|-------------|
| M-F | Jul 6-Jul 10  | 10:00am-12:00pm | QE | \$80 | 23511.301DP |
| M-F | Jul 20-Jul 24 | 10:00am-12:00pm | QE | \$80 | 23511.302DP |
| M-F | Jul 27-Jul 31 | 10:00am-12:00pm | QE | \$80 | 23511.303DP |
| M-F | Aug 10-Aug 14 | 10:00am-12:00pm | QE | \$80 | 23511.304DP |
| M-F | Aug 31-Sep 4  | 10:00am-12:00pm | QE | \$80 | 23511.305DP |

## Orange Ball Camp

7-9 yrs

This program uses a modified 3/4 court play is with an Orange low compression ball. All classes are 5 sessions.

|     |               |                 |    |      |             |
|-----|---------------|-----------------|----|------|-------------|
| M-F | Jul 6-Jul 10  | 10:00am-12:00pm | QE | \$80 | 23512.301DP |
| M-F | Jul 20-Jul 24 | 10:00am-12:00pm | QE | \$80 | 23512.302DP |
| M-F | Jul 27-Jul 31 | 10:00am-12:00pm | QE | \$80 | 23512.303DP |
| M-F | Aug 10-Aug 14 | 10:00am-12:00pm | QE | \$80 | 23512.304DP |
| M-F | Aug 31-Sep 4  | 10:00am-12:00pm | QE | \$80 | 23512.305DP |

## Green Ball Camp

9-12 yrs

This camp program uses 3/4 and Full court, play is with a Green Dot low compression ball. All classes are 5 sessions.

|     |               |                 |    |      |             |
|-----|---------------|-----------------|----|------|-------------|
| M-F | Jul 6-Jul 10  | 10:00am-12:00pm | QE | \$80 | 23513.301DP |
| M-F | Jul 20-Jul 24 | 10:00am-12:00pm | QE | \$80 | 23513.302DP |
| M-F | Jul 27-Jul 31 | 10:00am-12:00pm | QE | \$80 | 23513.303DP |
| M-F | Aug 10-Aug 14 | 10:00am-12:00pm | QE | \$80 | 23513.304DP |
| M-F | Aug 31-Sep 4  | 10:00am-12:00pm | QE | \$80 | 23513.305DP |

## Teen Tennis Camp

13-18 yrs

This camp program uses 3/4 and Full court, play is with a Green Dot low compression ball. All classes are 5 sessions.

|     |               |                 |    |      |             |
|-----|---------------|-----------------|----|------|-------------|
| M-F | Jul 6-Jul 10  | 10:00am-12:00pm | QE | \$80 | 33513.301DP |
| M-F | Jul 20-Jul 24 | 10:00am-12:00pm | QE | \$80 | 33513.302DP |
| M-F | Jul 27-Jul 31 | 10:00am-12:00pm | QE | \$80 | 33513.303DP |
| M-F | Aug 10-Aug 14 | 10:00am-12:00pm | QE | \$80 | 33513.304DP |
| M-F | Aug 31-Sep 4  | 10:00am-12:00pm | QE | \$80 | 33513.305DP |



# Adult Tennis

## Beginner Level 1.0-1.5

**What you can do:** For those who have never had lessons or tried tennis before. Wear flat-soled shoes; bring a self-forgiving attitude. **What you will learn:** The serve, forehand, backhand, volleys, lobs and the smash! All classes are 4 sessions.

|      |                 |                 |    |      |              |
|------|-----------------|-----------------|----|------|--------------|
| M-Th | Jul 6-Jul 9     | 6:00pm-8:00pm   | HP | \$96 | 43511.301DP  |
| Sa   | Jul 11-Aug 8*   | 10:00am-12:00pm | QE | \$96 | 43511.311DP* |
| M/W  | Jul 27-Aug 10** | 6:00pm-8:00pm   | HP | \$96 | 43511.302DP  |

(\*no class Aug 1) (\*\*no class Aug 3)

## Novice Level 2.0-2.5

**What you can do:** Practiced 20 hours after Beginner Program. Consistently rally 10 Balls in a row from 3/4 court, serve using a full motion or have completed a Beginner Level. Practiced 20 hours after Beginner Program. **What you will learn:** All the above, consistently, at full court, with an easy-play ball. All classes are 4 sessions.

|      |                 |                 |    |      |              |
|------|-----------------|-----------------|----|------|--------------|
| M-Th | Jul 6-Jul 9     | 6:00pm-8:00pm   | HP | \$96 | 43512.301DP  |
| Sa   | Jul 11-Aug 8*   | 10:00am-12:00pm | QE | \$96 | 43512.311DP* |
| M/W  | Jul 27-Aug 10** | 6:00pm-8:00pm   | HP | \$96 | 43512.302DP  |

(\*no class Aug 1) (\*\*no class Aug 3)

## Novice Plus Level 2.5-3.0

**What you can do:** Practiced 30 hours after Novice Program Rally 8 Balls in a row from full court, 70% 2nd serve, hit FH & BH volleys. **What you will learn:** To improve placement and consistency, add topspin to the f/h, slice to the volley & b/h, and spin to the serve. All classes are 4 sessions.

|       |               |               |    |      |             |
|-------|---------------|---------------|----|------|-------------|
| M-Th  | Jul 13-Jul 16 | 6:00pm-8:00pm | HP | \$96 | 43513.301DP |
| Tu/Th | Aug 11-Aug 20 | 6:00pm-8:00pm | HP | \$96 | 43513.302DP |

## Lower Intermediate 3.0-3.5

**What you can do:** Practiced 30 Hours following Novice Plus Lessons. Make the same mistakes or have difficulty when trying to add pace to a rally. **What you will learn:** How to use footwork & focus to add pace, and improve placement and consistency. All classes are 4 sessions.

|       |               |               |    |      |             |
|-------|---------------|---------------|----|------|-------------|
| M-Th  | Jul 13-Jul 16 | 6:00pm-8:00pm | HP | \$96 | 43514.301DP |
| Tu/Th | Aug 11-Aug 20 | 6:00pm-8:00pm | HP | \$96 | 43514.302DP |

Locations are **Heather Park(HP)** and **Queen Elizabeth Park(QE)**. Tennis Lessons are provided by Gord Hauka's Tennis. Direct all questions regarding player's levels to Gord at [www.gordhaukastennis.com](http://www.gordhaukastennis.com) Player to coach ratio is 6-1.

## SPORTS

### Indoor Hockey

19+ yrs

\$5/drop-in, space permitting. Eye guards are strongly recommended.

Tue 7:05pm - 9:00pm  
\$32/8 sessions

Jul 7 - Aug 25  
43001.301DP



## Summer Pottery Classes

### Teen Pottery NEW

13-18 yrs

Kate Metten

Each student will develop basic hand building skills and wheel throwing skills.

Mon 4:00pm - 6:00pm Jul 6 - Aug 31\*  
\$100/8 sessions (\*no class Aug 3) 32201.301DP

### Ceramics with Maggie 19+ yrs

Maggie Boyd

This is a project based ceramics workshop. Learn basic ceramic skills to allow you to create projects out of clay. Combine hand-building and wheel throwing.

Mon 6:30pm - 9:00pm Jul 6 - Aug 31\*  
\$150/8 sessions (\*no class Aug 3) 42206.301DP

### Handbuilding NEW

19+ yrs

Maggie Boyd

Learn a variety of methods for making functional and sculptural forms. Great for beginners and experienced artists.

Tue 6:30pm - 9:00pm Jul 7 - Aug 25  
\$150/8 sessions 42205.301DP

### Wheel Throwing - Mini NEW

19+ yrs

Rochelle Davidson

For students who are able to center, and throw cylinders and bowls reasonably well. Due to the shortness and focus (skill development) of the course, projects may not be fired.

Thu 6:30pm - 9:00pm Jul 9 - Jul 23  
\$63/3 sessions 42204.301DP  
Thu 6:30pm - 9:00pm Aug 13 - Aug 27  
\$63/3 sessions 42204.302DP

## DANCE

### Adult Beginner Tap: Levels 1 & 2

Allison Berry

Learn some basic tap steps and simple routines.

Wed 7:00pm - 9:00pm Jul 8 - Aug 12  
\$82/6 sessions 41602.301D

### Ballet Fit See page 8.

### Beginner Adult Ballet

Suzu Kaitman

Get fit and have fun while learning the art of ballet. Ballet shoes recommended. Perfect for beginners.

Sat 12:35pm - 1:25pm Jul 18 - Aug 29\*  
\$60/6 sessions (\*no class Aug 1) 41621.301DP

### Zumba See page 8.

## ART

### Chinese Calligraphy - Advanced

Pansy Poon

Advanced course on the ancient art of Chinese handwriting. Participants need to be right handed.

Sat 10:00am - 12:00pm Jul 11 - Aug 29  
\$103/8 sessions 42008.301DP

## HEALTH & WELLNESS

### Pilates - Matwork

Pilates Unlimited

Improve core strength and increase flexibility with this non-impact exercise. Pre-requisite for Level 2 is Level 1.

#### Level I

Mon 6:30pm - 7:30pm Jun 29 - Aug 31\*  
\$116/9 sessions (\*no class Aug 3) 44201.302DP  
Thu 7:30pm - 8:30pm Jul 2 - Aug 27  
\$116/9 sessions 44201.304DP

#### Level II

Mon 7:30pm - 8:30pm Jun 29 - Aug 31\*  
\$116/9 sessions (\*no class Aug 3) 44202.301DP  
Thu 6:30pm - 7:30pm Jul 2 - Aug 27  
\$116/9 sessions 44202.303DP

### OsteoGo Exercise See page 8.

### Tai Chi Chuan - 88 Posture Yang Tradition

Paul Leung

Class will be led in English, Cantonese and Mandarin.

#### Beginner

Mon/Thu 7:15pm - 8:45pm Jul 6 - Aug 31\*  
\$153/16 sessions (\*no class Aug 3) 43402.301DP

#### Intermediate

Mon/Thu 7:45pm - 9:15pm Jul 6 - Aug 31\*  
\$153/16 sessions (\*no class Aug 3) 43405.301DP

## GENERAL INTEREST

### Dog Education

Scott Taylor

#### Beginner: Canine Good Citizen

For dogs of any age from puppies to adult.

Thu 7:05pm - 8:05pm Jul 2 - Jul 23 45401.301DP  
Thu 7:05pm - 8:05pm Jul 30 - Aug 20 45401.302DP



#### Advanced: Vancouver City Dog

Builds on the foundation of the Canine Good Citizen program - advances the reliability of your dog's off leash heeling and recall.

Thu 8:15pm - 9:15pm Jul 2 - Jul 23 45401.304DP  
Thu 20 8:15pm - 9:15pm Jul 30 - Aug 45401.305DP

The successful completion of each level should take clients between 2 and 3 sets of 4 classes at each level. Drop-ins \$20, \$78/4 set\*, \$152/8 set \*refunds prorated by drop-ins and then group rates  
Hollywood North Canine Training & Talent ([www.hnk9.com](http://www.hnk9.com))



| Tuesday  | Wednesday   | Thursday                                   | Friday   | Saturday                                 |
|--|---|--|--|--|
| Zumba <b>D</b><br>9:30am - 10:30am                   |  | Zumba <b>D</b><br>9:30am - 10:30am         |  | Fat Burner <b>D</b><br>9:15am - 10:15am  |
| <b>D</b><br>Circuit-Style Workout<br>6:00pm - 7:00pm | <b>D</b><br>OsteoGo Exercise<br>11:30am - 12:30 pm                                | <b>D</b><br>Body Sculpt<br>5:55pm - 6:55pm | <b>D</b><br>OsteoGo Exercise<br>11:30am - 12:30pm                                  | Zumba <b>D</b><br>10:30am - 11:30am      |
|  |   |  |  | Ballet Fit <b>D</b><br>11:35am - 12:25pm |

**FITNESS CLASSES**

**Fat Burner**

Melanie Ma  
A fun, high energy workout for all levels that burns fat! Learn dance exercises and choreographed combinations. Finishes with strength training using free weights and/or dynabands and a cool-down stretch. **Sat 9:15am - 10:15am / Drop-in \$4 or 10 visits \$35**

**Circuit-Style Workout**

Melanie Ma  
Come join the fun to train and build! Stay exhilarated by mixing it up as you travel from one station to another in a timed format. Training includes cardiovascular drills, strength and stretching work. Equipment and props used. **Tue 6:00pm - 7:00pm / Drop-in \$4 or 10 visits \$35**

**Body Sculpt**

Melanie Ma  
A mid-tempo cardio workout incorporating power moves. A longer sculpt session focusing on building functional strength and inner core stability including the use of free weights and dynabands. Accommodates all fitness levels. **Thu 5:55pm - 6:55pm / Drop-in \$4 or 10 visits \$35**

**OsteoGo Exercise**

Keno Kinoshita  
Maintain your physical independence when you strengthen muscles for stability, improve balance and agility with Keno. \$7/drop-in.  
 Wed/Fri 11:30am - 12:30pm Apr 8 - Jun 26\* 44106.201DP  
 \$138/23 sessions (\*no class Jun 19)  
 Wed 11:30am - 12:30pm Apr 8 - Jun 24 44106.202DP  
 \$78/12 sessions  
 Fri 11:30am - 12:30pm Apr 10 - Jun 26\* 44106.203DP  
 \$71/11 sessions (\*no class Jun 19)  
 Wed/Fri 11:30am - 12:30pm Jul 3 - Jul 31 44106.301DP  
 \$54/9 sessions  
 Wed 11:30am - 12:30pm Jul 3 - Jul 29 44106.302DP  
 \$30/5 sessions  
 Fri 11:30am - 12:30pm Jul 10 - Jul 31 44106.303DP  
 \$30/5 sessions

**Zumba**



Fuses hypnotic Latin and international rhythms with easy to follow moves to create a dynamic workout system that will blow you away. ZUMBA® utilizes the principles of fitness training to maximize caloric output, fat burning and total body toning. It uses a variety of styles including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Funk, and Belly-dance. \$11/drop-in.

**Elizabeth Leon**

Thr 9:30am - 10:30am Mar 26 - Jun 25  
 \$126/14 sessions 44112.202DP

Tues 9:30am - 10:30am Jun 30 - Aug 25  
 \$81/9 sessions 44112.301DP

Thr 9:30am - 10:30am Jul 2 - Aug 27  
 \$81/9 sessions 44112.302DP

**Lesley Maranhao**

Sat 10:30am - 11:30am Apr 11 - Jun 20\*  
 \$90/10 sessions (\*no class Jun 13) 44112.203DP

Sat 10:30am - 11:30am Jul 4 - Aug 29  
 \$81/9 sessions 44112.303DP

**Ballet Fit**

**BALLETFIT**

**Suzy Kaitman**

A ballet inspired workout using principles of classical dance to tone your entire body! Includes elements of barre work, cardio, core and flexibility to inspirational and beautiful non-traditional electronic music. No previous dance experience necessary. \$14/drop-in.

Sat 11:35am - 12:25pm Apr 11 - Jun 20\*  
 \$80/8 sessions (\*no class May 2, May 16 and Jun 13) 44114.201DP

Sat 11:35am - 12:25pm Jul 18 - Aug 29\*  
 \$60/6 sessions (\*no class Aug 1) 44114.301DP

**WE WANT TO HEAR FROM YOU!**

What activities would you like to see offered? Do you have feedback about any of our current activities? Would you like to offer a course? Get in touch! [douglasparkcc@vancouver.ca](mailto:douglasparkcc@vancouver.ca)



# Young At Heart

Young at Heart meets **every Tuesday**.

It is an inclusive, drop-in seniors program. It provides recreational, social, cultural, and educational activities to support and connect the seniors to the community. It has been proved that an active life style helps to maintain a healthy mind, body, spirit and overall well-being.

## Young At Heart Newsletter

The Young At Heart Newsletter is published monthly with the current activities and it is available at the centre.

For more information please contact **Lucy at 604-257-8133; email: luz.ichikawa@vancouver.ca**



## TUESDAY SENIORS PROGRAM

### Game Clubs

The benefits of bridge, scrabble, and other games are numerous. They help you to think, to remember, to create strategy, to socialize, and to laugh. Hope to see you at one of our clubs.

### Bridge Club

No instructor, Self-Guided. Join this casual group for a fun game of bridge. All skill levels are welcome!

**Tue & Thu 1:30pm - 3:00pm**

**FREE**

### Scrabble Club

No instructor, Self-Guided. Let's have fun making words that you know and learn some new ones. New members are welcome.

**Tue 12:45pm - 1:45pm**

**FREE**

### Gentle Movement to Music

Lucy Ichikawa

This class offers a series of gentle movements to maintain, improve, and build strength, flexibility, mobility, and balance. It has been proved that music stimulates the brain, relieves stress, and enhances body movements. Rejuvenate your mind and body. Note: It is not a dance class. "Every move is a good move". No class Aug 4, 11, 18, 25.

**Tue 2:00pm - 2:45pm**

**FREE**

### Dinners

Join us for a delicious full-course dinner. It includes homemade soup, salad, entrée, dessert, & tea or coffee. Call at 604-257-8130 (press #1) by noon on Monday of each week to order your dinner in advance.

**Tue 5:00pm - 6:15pm**

**\$6.50/person**

## AFTERNOON SOCIAL

You are welcome to drop by and spend a delightful afternoon enjoying games, workshops, movies, special events, socializing, and meeting new seniors. Light refreshments such as cookies, fruit and tea are served. Please check the monthly Young At Heart Newsletter for the list of activities and guest speakers. Refreshments are served from 3:00pm to 3:30pm. Newcomers will receive one complimentary tea.

**Tue 3:00pm - 5:00pm**

**\$1 / Drop-in**

**Tuesdays 3:30pm - 4:30pm (Our Guests)**

**Jul 14**

**Sing-Along** by Kaye Atkinson

**Jul 28**

**Art Therapy** With Janine Ray

**Aug 25**

**Kidney & Diabetes**  
by Donald Gulak B. Sc. Pharm

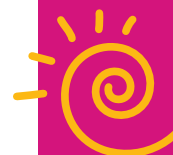
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## Summer Outdoor Tea with Live Music

**Tue 3:00pm - 4:30pm**

Come and enjoy the outdoors with a cup of tea and refreshments for only a loonie. The afternoon will feature live music by Jeff Alan Tacak. Don't forget to wear your favorite hat. Hope to see you there! Tea Service at 3pm. Live Music starts 3:30 to 4:30pm. 55802.201DP



SENIORS BUS TRIPS

**JUN 17** Fairburn Heritage Farm + Chemainus Murals  
 Wed 6:45am - 8:00pm \$109/person  
 55724.201DP

Learn about the history of Fairburn and the water buffalo. Travel to Chemainus for a narrated coach tour of the outdoor, vibrant mural art gallery, depicting the town's cultural rich history and visit the market. Activity Level: Easy **PACKAGE INCLUDES:** • Fairburn Farm and Water Buffalo Tour • Fresh Buffalo Mozzarella Tasting • Lunch at Fairburn Farms • Chemainus Murals narrated coach sightseeing • Chemainus Wednesday Farmers Market free time

**JUL 3** Buntzen Lake  
 Fri 9:30am - 3:30pm \$17/person  
 55711.301DP

Come and enjoy one day retreat at Buntzen Lake located in the beautiful Belcarra North of Port Moody.

**JUL 20** Peak-2-Peak (Whistler) + Lil'wat Cultural Centre  
 Mon 9:00am - 5:45pm \$129/person  
 55725.301DP

Enjoy lunch at the Peak-2-Peak's Roundhouse Lodge (on your own) or on free time in Whistler Village. Activity Level: Easy **PACKAGE INCLUDES:** • Peak-2-Peak Gondola ticket • Lil'wat Cultural Centre guided tour • Squamish Adventure Centre • Free time Whistler Village • All fees and taxes

**AUG 6** Sea to Sky Gondola  
 Thu 10:15am - 4:45pm \$119/person  
 55726.301DP

Set between Shannon Falls and Stawamus Chief in Squamish. Visit the viewing platforms, explore two featured interpretive loop trails, a suspension bridge or relax at the new lodge's restaurant. Activity Level: Easy **PACKAGE INCLUDES:** • Sea to Sky Gondola ticket (ride 10 mins) • Shannon Falls Guided Walk • Lunch at Watershed Grill on the Squamish River • All fees and taxes

**AUG 27** White Rock Promenade & Pier + The Honeybee Centre  
 Thu 9:45am - 4:30pm \$25/person  
 55727.301DP

Come enjoy a day in Surrey/White Rock. We'll enjoy an hour long guided tour and tea & coffee at the Honeybee centre in Surrey. Fees are included.

**SEP 21** Wildlife Safari Tour  
 Mon 7:30am - 5:30pm \$139/person  
 55728.301DP

Nature at its finest -Wildlife viewing has included bears, seals, herons, coyote, deer, great white sturgeon, ducks and plenty of eagles to name a few. Finish the day at Cascade Falls Park in Mission home to the brand new suspension bridge and viewing platform. Activity Level: Easy **PACKAGE INCLUDES:** • 1.5 hour Fraser/Harrison Safari Cruise • 22 passenger fully climate controlled • Lunch at Kilby Historic site • Admission to the museum and farm • Cascade Falls Bridge escorted walk • All fees and taxes

**JUN 16** Gentle Movement to Music Special Event  
*Toning your body & Tuning your Mind*

Tue 1:00pm - 4:00pm June 16 54809.201DP

Promoting good health and preventing illness is important, so come along or come with a friend and join us to celebrate BC Health and Fitness Day.

- 1:00pm - 2:00pm Kundalini Yoga on chair or yoga mat with Lucy Ichikawa
- 2:00pm - 3:00pm Gong's Healing Sound of Power with Paul Bissonnette
- 3:30pm - 4:30pm Refreshments (Douglas Lounge)

What to bring: • Comfortable clothing • Yoga mat (If you don't have one, we will provide one) • Bring a blanket for relaxation, for your own comfort.  
 Note: Please take your shoes off and leave them by the gym entrance door.

**Free Event**

but registration is required to attend. 604-257-8130 (press #1)



# Wednesday Social Club

Every Wednesday 3:00pm - 7:00pm

The Wednesday Social Club for people with disabilities has been meeting at Douglas Park Community Centre since 1968.

It is a social, recreational, and supportive environment where people come for friendship and connection. We are very inclusive; all are welcome to come and participate.

The club meets every Wednesday 3:00pm - 7:00pm.

We enjoy a variety of activities, including wheelchair floor hockey, games, sing-alongs, crafts, movies, guest speakers, special events, outings, and social dinners. There is no charge to attend this program, except dinners.

## Wednesday Social Club Newsletter

The Wednesday Social Club Newsletter is published monthly providing information on planned activities and it is available at the centre.

For more information please contact **Lucy at 604-257-8133; email: luz.ichikawa@vancouver.ca**

## Wheelchair Floor Hockey with The Vancouver Fire Department Fire Fighters

Come and join us for this monthly fun game with the Vancouver Fire Department fire fighters on the fourth Wednesday of the month. **No games July 29th and August 26th.**

Wed 6:00pm - 7:00pm

## Outings

Let's get together for this social outing, the third Wednesday of each month, we go out as a group. Pick up a Wednesday Social Club Newsletter for more information at the centre.

## Wednesday Social Dinners

Join old friends or make new ones while enjoying a delicious full course dinner. Please call at 604-257-8130 (press #1) by noon on Tuesday of each week to order your dinner.

Wed 4:30pm - 5:30pm

\$6.50/person



# RBL Basketball Summer Camps 2015

Have fun and be challenged to improve your basketball skills with others your age. Camps feature experienced instructors in quality gyms with multiple baskets set at grade-appropriate heights. Limited enrollment in each camp. Basketball camps for children entering applicable listed Grades in September 2015. For more information visit [www.rblbasketball.ca](http://www.rblbasketball.ca)



| Entering Grade in Sept. |              |                         |                  | Site |       |             |
|-------------------------|--------------|-------------------------|------------------|------|-------|-------------|
| Boys/Girls              | Grade 2/3    | Mon Aug 17 - Fri Aug 21 | 9:00am - 11:00am | St.P | \$100 | 23001.302DP |
| Boys                    | Grade 4/5/6  | Mon Aug 17 - Fri Aug 21 | 9:00am - 12:00pm | St.P | \$130 | 23001.305DP |
| Boys                    | Grades 6/7/8 | Mon Aug 17 - Fri Aug 21 | 1:00pm - 4:00pm  | St.P | \$130 | 23001.308DP |



# RBL Basketball - July 2015 Training Camps

Programs offer daily, Monday-Friday, training at St. Patrick's Elementary School gym, 110 East 12th Avenue (just west of Main Street). Sign up for 1, 2, or 3 weeks. For boys entering Grades 4/5/6 or Grades 6/7/8 in September 2015.

| Entering Grade in Sept. |             |                         |                   | Site  |       |             |
|-------------------------|-------------|-------------------------|-------------------|-------|-------|-------------|
| Boys                    | Grade 4/5/6 | Mon Jul 6 - Fri Jul 24  | 10:00am - 12:00pm | St. P | \$250 | 23002.301DP |
| Boys                    | Grade 4/5/6 | Mon Jul 6 - Fri Jul 10  | 10:00am - 12:00pm | St. P | \$99  | 23002.302DP |
| Boys                    | Grade 4/5/6 | Mon Jul 13 - Fri Jul 17 | 10:00am - 12:00pm | St. P | \$99  | 23002.303DP |
| Boys                    | Grade 4/5/6 | Mon Jul 20 - Fri Jul 24 | 10:00am - 12:00pm | St. P | \$99  | 23002.304DP |
| Boys                    | Grade 6/7/8 | Mon Jul 6 - Fri Jul 24  | 12:00pm - 2:00pm  | St. P | \$250 | 23002.305DP |
| Boys                    | Grade 6/7/8 | Mon Jul 6 - Fri Jul 10  | 12:00pm - 2:00pm  | St. P | \$99  | 23002.306DP |
| Boys                    | Grade 6/7/8 | Mon Jul 13 - Fri Jul 17 | 12:00pm - 2:00pm  | St. P | \$99  | 23002.307DP |
| Boys                    | Grade 6/7/8 | Mon Jul 20 - Fri Jul 24 | 12:00pm - 2:00pm  | St. P | \$99  | 23002.308DP |

### Site information

St.P: Programs held at St. Patrick's Elementary School gym, 110 East 12th Avenue (just west of Main St.)  
[www.rblbasketball.ca](http://www.rblbasketball.ca)  
 or contact **Richard Poritz 604-269-0221**





**DOUGLAS PARK COMMUNITY CENTRE**

801 West 22nd Ave. Vancouver, BC V5Z 1Z8  
 tel. 604-257-8130 (press #1)  
 fax. 604-257-8532  
 email. douglasparkcc@vancouver.ca

Follow us at   / DOUGLASPARKCC

**REGISTRATION INFORMATION**

Registration is on a first come, first served basis. [www.douglasparkcc.org](http://www.douglasparkcc.org)

**SUMMER HOURS OF OPERATION**

**Effective Jun 28 to Sep 5**

|                    |                 |                            |
|--------------------|-----------------|----------------------------|
| Monday - Thursday  | 7:45am - 9:30pm | <b>Office Hours</b>        |
| Friday             | 9:00am - 8:00pm | Centre office and Exercise |
| Saturday           | 9:00am - 3:30pm | Room close 1/2 hour before |
| Sunday & Holidays* | CLOSED          | scheduled closing time     |

**Community Centre Closed** - Jun 28, Jul 1, Aug 3, Sep 6 and Sep 7.

**EXERCISE ROOM**

Our exercise room offers stair climbers, stationary bikes, a recumbent bike, an elliptical trainer, weights and a treadmill! With each workout, you are required to pay a drop-in or scan your pass at the front office.

- Lockers are provided for your use while you work out. Please bring your own lock.

**EXERCISE ROOM FEES**

|                            |         |
|----------------------------|---------|
| Drop-in                    | \$3.75  |
| 3 month pass               | \$58    |
| 6 month pass               | \$106   |
| 1 year pass                | \$177   |
| 10 visits                  | \$32.50 |
| Drop-in Leisure Access Fee | \$1.90  |

**SUMMER HOURS - EXERCISE ROOM**

**Effective Jun 28 to Sep 5**

|                    |                 |                            |
|--------------------|-----------------|----------------------------|
| Monday - Thursday  | 6:30am - 9:00pm | <b>Office Hours</b>        |
| Friday             | 6:30am - 8:00pm | Centre office and Exercise |
| Saturday           | 9:00am - 3:00pm | Room close 1/2 hour before |
| Sunday & Holidays* | CLOSED          | scheduled closing time     |

**Community Centre Closed** - Jun 28, Jul 1, Aug 3, Sep 6 and Sep 7.



**Mon to Wed**  
10:00am - 5:00pm  
**Thurs and Fri**  
10:00am - 8:00pm  
**Saturday**  
10:00am - 3:00pm  
**Opens Monday**  
**Jun 29**

**Douglas Park Wading Pool**

Schedule and hours subject to change.  
Closed Sundays and statutory holidays.



**Performance in the Park**  
Thursday Evenings starting at 5:30pm

**Jul 9 to Aug 27**  
**Free Family Fun!**

July 9 - Will Stroet  
 July 16 - Music with Marnie  
 July 23 - Deanna Knight & the Hot Club of Mars  
 July 30 - The Rogue Messengers  
 Aug 6 - Tony Prophet  
 Aug 13 - Rio Samaya  
 Aug 20 - March Hare Band  
 Aug 27 - Barboonyacks

