



DOUGLAS PARK
COMMUNITY CENTRE

Recreation Guide

Fall 2025

FALL
REGISTRATION
starts
August 12
at 7pm

at vanrec.ca



View
Programs
and Register
Online

SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkcc.org FOLLOW US at [@douglasparkcc](https://twitter.com/douglasparkcc)



801 West 22nd Avenue, Vancouver, BC V5Z 1Z8 • Tel: 604-257-8130 (press #1)

Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation



Thank you Vancouver Heritage Foundation for highlighting Douglas Park as a "Place that Matters."

PRESIDENT'S MESSAGE

Hello from the Douglas Park Community Association!

Douglas Park Community Association is grateful to operate on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.

I would like to begin with a shout out to Douglas Park's barred owl family. The owls brought out the hundreds of people and gave us the opportunity to interact with each other and create community.

Please mark your calendars for the Halloween Festival of Frights on October 25th and Breakfast with Santa on December 13th. In addition, Douglas Park is hosting a Repair Café on December 6th. Book an appointment to receive FREE in person repair help from our volunteer repairers. Register at www.spec.bc.ca/waste/repair-cafe/

Thank you to our programmers for offering new programs again this fall including Clay Social and Clay Crafting for children, a walking club for adults, and Chess to Life for seniors cognitive and social development.

Our Annual General Meeting will be held on Tuesday, December 2. To vote at the AGM, you need to be registered as a member of DPCA in accordance with the Societies Act (BC). You can become a member when registering for a program on Activenet or by speaking to the front desk. This complimentary annual membership is valid from September 1 until August 31.

Thank you to all the DPCA volunteers, board members, DPCA and Vancouver Park Board staff, and the Vancouver Park Board.

Christine Coleman
President



Fall REGISTRATION STARTS



Online
VANREC.CA

Tuesday August 12
Registration starts 7:00pm



In-person



By Phone
604-257-8130
ext. 1

Wednesday August 14
Registration starts 8:00am

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Offsite Heather Place

COMMUNITY CENTRE HOURS

Monday-Friday 7:30am-9:00pm

Saturday & Sunday 9:00am-4:00pm

Centre office close 30 minutes before scheduled closing time.

Centre office and Fitness Centre close 15 minutes before scheduled closing time, Monday through Friday.

Holiday Hours

September 1, 30, October 11, 12, 13,

November 11, December 24-January 1 Closed

MISSED CLASSES AND CANCELLATIONS

Missed classes

Participants are to attend all classes as scheduled for the program in which they are registered. In the event that a participant is unable to attend a scheduled class(es) during the program session, make-up classes or refunds for the missed class(es) will not be provided.

Cancellations

Douglas Park Community Centre reserves the right to cancel or alter any classes, times, costs or locations without notice as required due to insufficient registration, inclement weather, change of policy or availability of facilities or instructors. Full refunds will be issued for course cancellations only.

STAFF DIRECTORY

If you have any questions, contact us at 604-257-8130 ext 1.

Jody Gunderson Community Recreation Supervisor

Mandana Hashemi Recreation Facility Clerk

Garrett Wong Recreation Programmer II

Dominic Ponce Recreation Programmer I

Stratos Charalambides Community Youth Worker

Cynthia Lightbody Licensed Care Coordinator

GENERAL REGISTRATION INFORMATION

Don't delay, register early to avoid disappointment!

There are several easy ways to register for Douglas Park Community Centre programs and services, including online, over the telephone or in-person.

If you wait until the last day to register, courses might get full or great courses could get cancelled. Course availability can be found online or by telephone.

Late registrations will be accepted online or in-person beyond start date for most programs, subject to space availability. In the event that the course you selected is full, you may be placed on a waitlist.

Appropriate program selections and registration are the responsibility of the person registering for the program. Please review confirmation details on your registration receipt. Some programs are held offsite at Tapestry Community Rooms, Emily Carr Elementary School, Edith Cavell Elementary School, Heather Park Tennis Courts and Queen Elizabeth Park Tennis Courts.

Participants may transfer from one program to another if space is available.

Please arrive early to allow time for payment. Some drop-in programs and sports programs have maximum capacity participation limits, subject to first-come, first-served. All prices subject to GST where applicable.

REFUND POLICY

Refund Policy

Full refunds will be issued for all classes cancelled or changed by the centre. Pro-rated refunds are given after the start of the season.

One week notice for day camp, birthday party and one day workshop programs is needed to receive a full refund.

No refunds for any pottery program after the first 2 classes.

LEISURE ACCESS PROGRAM

The Leisure Access Program provides low-income Vancouver residents with access to basic recreation programs and services at Park Board facilities at a reduced cost. Upon qualifying, the subsidy is loaded on a OneCard for discounted access to all Park Board pools, rinks and participating fitness and community centres.

For more info visit:

www.vancouver.ca/parks-recreation-culture/leisure-access-card.aspx

Eligible Leisure Access Program patrons are eligible to access Douglas Park Community Centre association programs, up to 50% discount. Some programs, workshops, private lessons and services are exempt. Please enquire with staff regarding discount eligibility or financial aid.

ROOM RENTALS

Planning an event, meeting or social party? Our facilities are affordable, clean and located right in your community. We can accommodate events from 10 to 50 people with a variety of room sizes to choose from. Facility room rental rates are based on room type and operating/non-operating hours of availability. For more information please email douglasparkcommunitycentre@vancouver.ca

All prices subject to GST where applicable.

Douglas Park Licensed Preschool

www.douglaspreschoolopenhouse.blogspot.com



Douglas Park Preschool strives to provide high quality, affordable and accessible child care to all children and families. The Douglas Park Preschool classes provide children with an environment that fosters well-rounded social and learning, experiences, in a fun and safe space. Our enthusiastic and caring ECE Licensed Professionals provide a warm, nurturing environment for children to play, learn and grow in.

The preschool program follows an Emergent Curriculum philosophy; it is play-based with programming initiated by the children's interests. The program encourages exploration and creativity in a fun, stimulating environment through, art, music, dramatic/ creative play and outdoor play.

Other skills children will learn through social play within the classroom are math, science, creativity, literacy and language and problem solving. These skills are learned in the block area, at circle time, at free art and free play time.



Licensed Preschool 2025-2026

Ongoing Registration

- Child born 2022 is eligible to register for 3 year old preschool
- Child born 2021 is eligible to register for 4 year old preschool

Licensed Preschool 2025-2026 Class Days and Times



◆ Orca AM 4 Year Old
\$395/mth 557365
Mon/Wed/Fri 8:30-11:30am (3 hrs)

◆ Orca AM 3 & 4 Year Old Split
\$300/mth 557417
Tue/Thu 8:30-11:30am (3 hrs)

*Orca AM 4 Year Olds can also register for the Orca AM 3/4 Year Old Split class also to create a 5 day/week Morning program.

Must be registered in the Orca AM 4 year old program.



◆ Unicorn AM 3 Year Old
\$437/mth 557599
Mon-Fri 9:15-11:30am (2.25 hrs)

◆ Unicorn AM 3 Year Old
\$325/mth 557600
Mon/Wed/Fri 9:15-11:30am (2.25 hrs)

◆ Unicorn AM 3 Year Old
\$260/mth 558300
Tues/Thu 9:15-11:30am (2.25 hrs)

◆ Unicorn PM 4 Year Old
\$499/mth 558335
Mon-Fri 12:15-2:45pm (2.5 hrs)

◆ Unicorn PM 4 Year Old
\$340/mth 558337
Mon/Wed/Fri 12:15-2:45pm (2.5 hrs)

◆ Unicorn PM 4 Year Old
\$275/mth 558343
Tues/Thurs 12:15-2:45pm (2.5 hrs)

Contact Cynthia, Licensed Child Care Coordinator at 604-257-8134 or cynthia.lightbody@vancouver.ca for information on Licensed Care.

Register at douglasparkcc.org or www.vanrec.ca Phone: 604-257-8130 ext 1

Licensed School Age Care

We only offer care to children attending Emily Carr and Edith Cavell schools. Children are picked up at their school and walked back to the community centre. We only offer fulltime spaces (Mon-Fri).

2025-2026 Fees and Times

Aftercare Only (Mon-Fri)	\$489/month
Aftercare + Morning Care (Mon-Fri)	\$606/month

Aftercare	3:00pm - 6:00pm
Morning Care	7:30am - 9:00am

Our fees include scheduled school Professional Day coverage and Early Dismissals.

Winter Break Camp, Spring Break Camp, District Closure Camp and Summer Camp are all a separate internal priority registration with an additional cost to the monthly fee.

Morning Care is only available to those who have an Aftercare space.

Emily Carr K-1 at •Douglas Park

Emily Carr Gr. 2-3 Program at •Emily Carr School

Edith Cavell K-1 Program at •Edith Cavell School

Edith Cavell Gr 2-3 Program at •Douglas Park

Edith Cavell/Emily Carr Gr 4-7 Program at •Douglas Park

ALL OF OUR PROGRAMS ARE CURRENTLY FULL.

Please contact the front office or Cynthia at 604-257-8134 or email: cynthia.lightbody@vancouver.ca to put your child on the ongoing waitlist.

Kindercare 2025-2026

Registration has closed.

Emily Carr Reg #540807 | Edith Cavell Reg #540814

This registration is only for children registering into Kindergarten for the 2025-2026 school year.

Your child must be born in 2020. If your child is born in 2019 and is registering for Kindergarten, please contact us by email in advance of this registration. This registration is only for the Kindergarten year.

If your child does not get a Kindercare space at this time, you will need to contact Douglas Park in May 2026, to go on the Gr. 1 and Up ongoing waitlist for Emily Carr and Edith Cavell.

SAC Winter Break Daycamp 2025-2026

Kindergarten - 12 Years Old)

Monday Dec 22,
Tuesday Dec 23,
Friday Jan 2

8:00am-5:30pm
\$180/3 days
#581242

Registration ONLINE- No single day registration.
The centre is closed December 24 to January 1.
Camp will be offered for 3 days only.



Calendar of activities will be available at the office in December 2025.
Refund Policy: In order to receive a refund, notice must be given on December 9.
If notice is given on December 9, no refund will be issued.

All prices subject to GST where applicable.

PHYSICAL RECREATION

Parent and Tot Gym

0-5 yrs

Samantha Craig

A gym-play-based program with parent/caregiver participation. Make new friends in a family fun social program with toddler toys, interactive areas and sing-a-long songs. Wednesday's class includes an art activity. Drop-in \$5.00 space permitting. No class Oct 13, 27, 29, 31 and Nov 5.

M	9:00 AM-11:00 AM	Sep 8-Dec 15
		580521
W	9:00 AM-11:00 AM	Sep 3-Dec 17
		580524
F	9:00 AM-11:00 AM	Sep 5-Dec 5
		580525
\$65/13 sessions		
\$70/14 sessions		
\$65/13 sessions		

Sportball Drop-off Multisport

3-5 yrs

Sportball Vancouver

This program is designed to guide parents and their children through the introductory skills in a number of different ball sports. No class Sept 30, Oct 11 and Nov 11.

Drop-off

Tu	11:30 AM-12:15 PM	Sep 16-Oct 21
		573244
Tu	11:30 AM-12:15 PM	Nov 4-Dec 16
		573251
Sa	10:15 AM-11:00 AM	Sep 13-Oct 18
		573276
Sa	10:15 AM-11:00 AM	Nov 8-Nov 29
		573279
\$75/5 sessions		
\$90/6 sessions		
\$75/5 sessions		
\$60/4 sessions		

Parent and Tot 2-3 yrs – Parent participation required

Tu	10:45 AM-11:30 AM	Sep 16-Oct 21
		573239
Tu	10:45 AM-11:30 AM	Nov 4-Dec 16
		573241
Sa	9:30 AM-10:15 AM	Sep 13-Oct 18
		573269
Sa	9:30 AM-10:15 AM	Nov 8-Nov 29
		573270
\$75/5 sessions		
\$90/6 sessions		
\$75/5 sessions		
\$60/4 sessions		

High 5 Sports - Drop-off

3-5 yrs

Hai Doan

Our multi-sport program for children offers a diverse and engaging experience to introduce sports in a fun and supportive environment. Through age-appropriate activities and skilled coaching, children develop fundamental skills, teamwork, and a love for physical activity. No class Oct 12.

Parent and Tot 2-3 yrs – Parent participation required

Su	11:15 AM-12:00 PM	Sep 7-Oct 26
		575450
Su	11:15 AM-12:00 PM	Nov 2-Dec 14
		575454
\$140/7 sessions		
\$140/7 sessions		
\$140/7 sessions		
\$140/7 sessions		

Drop-off

Su	12:15 PM-1:00 PM	Sep 7-Oct 26
		575455
Su	12:15 PM-1:00 PM	Nov 2-Dec 14
		575469
\$140/7 sessions		

SOCIAL

Baby Sign Language

0-2 yrs

Into Yoga

Teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. Babies can sleep during class or you can bring some toys. Please bring your own mat or blanket to sit on. Only one parent or caregiver may accompany child. For more information visit www.intoyoga.ca No class Oct 13.

M	1:15 PM-2:00 PM	Sep 15-Oct 20
		5771693
\$77/5 sessions		

Douglas Dinos Playroom

0-5 yrs

Claudia Erichsen

The program focuses on the development of social skills and the exploration of engaging materials and activities that help with emotional, social, cognitive and physical development while having fun in a safe and inviting space. No class Sept 30.

Tu	10:00 AM-12:00 PM	Sep 9-Dec 9
		580749
Th	10:00 AM-12:00 PM	Sep 11-Dec 11
		580750
\$65/13 sessions		
\$70/14 sessions		

VISUAL ART

Parent and Child Pottery

3-5 yrs

Gabriella Cassell

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. Please bring an apron. No class Oct 11.

Sa	10:00 AM-11:00 AM	Sep 20-Nov 29
		577693
\$140/10 sessions		

EDUCATION

Science4Preschoolers

3-5 yrs

STEAM 4 Kids

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic, such as All About Animals, Bugs, Earthworks, Life In The Sea, Energy Burst, Moving Motions, Weather Wonders, etc. No class Oct 13 and 27.

M	4:00 PM-4:45 PM	Sep 8-Dec 1
		576037
\$200/11 sessions		

EFK: Jr Acoustical Engineering: Harmonic Quest

4-7 yrs

Engineering For Kids Vancouver

Young learners dive into the exciting world of acoustical engineering through hands-on projects and interactive digital experiences. Students will explore how sound is created, measured, and manipulated as they experiment with pitch, frequency, volume and vibrations. Whether building simple instruments, analyzing sound waves, or using creative tech tools, students will develop a foundational understanding of how sound works, and how engineers use that knowledge to design everything from musical instruments to sound systems. Harmonic Quest blends physical creation with digital discovery to spark curiosity and creativity!

Su 9:30 AM-10:30 AM Nov 2-Dec 7
\$144/6 sessions **577667**

EFK: Jr. Robotics Engineering: Prehistoric Path Finders

4-7 yrs

Engineering For Kids Vancouver

In this program, students will discover the prehistoric creatures of the past, while using the robotics of today and the future. Each day, students will tackle hands-on building challenges to help the mini-figure paleontologists discover prehistoric fossils using the LEGO® Spike Prime Essentials kit. They will learn a variety of computer programming concepts, such as sequences, loops, debugging, and more. Students will use the EFK Engineering Design Process to innovate and improve their designs. This program will take students on an exciting adventure back to the future! No class Oct 12.

Su 9:30 AM-10:30 AM Sep 14-Oct 26
\$130.5/6 sessions **577652**

PERFORMING ART

Music Together

0-5 yrs

Experience the joy of music! Our 9 award-winning music collections support you at home and keep the music making alive all week. Parent participation required. Siblings attend for reduced rate. Babies 6 months and under attend FREE with registered sibling. \$65 Music Together Licensing fee is non-refundable after first class. No class Sept 30 and Nov 11. www.WestSideMusicTogether.ca

Abigail

Tu 9:30 AM-10:15 AM Sep 23-Dec 2
\$218/9 sessions **571596**

Tu 10:30 AM-11:15 AM Sep 23-Dec 2
\$218/9 sessions **571597**

Tu 11:30 AM-12:15 PM Sep 23-Dec 2
\$218/9 sessions **571598**

Monica

Th 9:30 AM-10:15 AM Sep 25-Nov 27
\$235/10 sessions **571601**

Th 10:30 AM-11:15 AM Sep 25-Nov 27
\$235/10 sessions **571602**

Babies Only Music Together with Monica

0-8 months

Katherine Deane

Making music together from the very beginning will lead to a lifetime of shared musical enjoyment for both you and your child. Parent participation required. Twin siblings attend at a reduced tuition rate. \$65 Music Together Licensing fee is non-refundable after first class.

Th 11:30 AM-12:15 PM Sep 25-Nov 27
\$235/10 sessions **571603**

Dance With Me

1-3 yrs

Vancouver Performing Stars

Let your little one discover the joy of dance! These interactive parent-child classes blend movement basics, singing, and partner dance to create a fun-filled experience. Jive and bond together as your child explores rhythm and movement. Visit performingstars.ca for more information.

F 3:15 PM-4:00 PM Sep 19-Dec 12
\$208/13 sessions **575148**

Mini Ballet

3-4 yrs

Vancouver Performing Stars

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information.

F 4:00 PM-4:45 PM Sep 19-Dec 12
\$208/13 sessions **575141**

Preschool Ballet

3-4 yrs

Hannah Robertson

This class is an exciting introduction to the world of ballet. The class will start with a warm up to learn about the foundational elements of ballet. These include bending, stretching, and balancing. After the warm up, the young dancers will move across the floor, learning gallops, skips and leaps. Throughout the class, there is singing and imaginative play, ensuring that the class is fun and energetic. No class Oct 11 and 25.

Sa 9:15 AM-10:00 AM Sep 13-Nov 29
\$145/10 sessions **573603**

Colour Your Ideas - Art Knowledge & Creativity

4-6 yrs

Selinna Hsiao

This creative art program focuses on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas, spontaneous curiosity, lively imaginations, and unique personal styles. *Bring your coloured pencils! Drop-in fee: \$30. Instructor's website: selinnahsiao.com

Su 11:15 AM-12:00 PM Oct 19-Nov 30
\$175/7 sessions **573496**

Sportball Birthday Party

2-10 yrs

Sportball Vancouver offers high-energy, action-packed birthday parties for kids!

Kids enjoy a variety of sports and supervised games in a fun, structured and safe environment; festivities finish off with a traditional birthday celebration.

The kids will need to catch their breath before they blow out their candles!

**\$270/
party**

Parent/Guardian participation is required for the duration of the party for ages 2-3 yrs.
Inclusions: Sportball leader, gymnasium, tables, chairs.

15 children maximum for this package.

Up to 25 Kids with 2 Instructors can be added.

(Additional Fees) Exclusions: decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.

Saturdays

1:00-3:00 pm

Sep 6	577624
Sep 13	577627
Sep 20	577628
Sep 27	578569
Oct 4	577630
Oct 18	577639
Nov 8	577640
Nov 15	577641
Nov 22	577642
Nov 29	577650
Dec 20	577671

Sundays

1:00-3:00 pm

Sep 7	577653
Sep 14	577654
Sep 21	577656
Sep 28	577657
Oct 5	577658
Oct 19	577659
Oct 26	577660
Nov 9	577661
Nov 16	577662
Nov 23	577663
Nov 30	577664
Dec 7	578571
Dec 14	577666
Dec 21	577668

PHYSICAL RECREATION

Indoor Kids Tennis

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills with games and scoring, singles and doubles play. Coaching the "Play" in Children's Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. All players play with the best Ball, Court and Racquet Size that will help them succeed. No class Oct 12 and 13.

5-8 yrs

M	4:00 PM-5:00 PM	Sep 8-Oct 20
\$108/6 sessions		575598
M	4:00 PM-5:00 PM	Nov 3-Dec 8
\$108/6 sessions		575604
Su	9:15 AM-10:00 AM	Sep 14-Oct 26
\$96/6 sessions		575573
Su	9:15 AM-10:00 AM	Nov 9-Dec 14
\$96/6 sessions		575574

9-11 yrs

M	5:00 PM-6:00 PM	Sep 8-Oct 20
\$108/6 sessions		575612
M	5:00 PM-6:00 PM	Nov 3-Dec 8
\$108/6 sessions		575616
Su	10:00 AM-11:00 AM	Sep 14-Oct 26
\$108/6 sessions		575575
Su	10:00 AM-11:00 AM	Nov 9-Dec 14
\$108/6 sessions		575585

Recreational Gymnastics

6-11 yrs

Aldo Tobias

Our Kids Program focuses on building the foundations of gymnastics in a fun and supportive environment. Children will develop balance, coordination, and flexibility through age-appropriate exercises and activities. With our experienced coaches, we guide them step by step to gain confidence in various gymnastic skills such as rolls, handstands, cartwheels, and basic routines. No class Oct 29.

W	4:00 PM-5:00 PM	Sep 17-Dec 10
\$265/12 sessions		577714

Basketball

10-13 yrs

Andrew Tsuji

Considering starting your basketball journey or improving your skills? Join this fun and exciting CO-ED basketball program for youth, 9-13! All skill levels are welcome. No class Oct 11, 25 and Nov 1.

Sa	11:15 AM-12:30 PM	Sep 13-Nov 29
\$90/9 sessions		577427

To avoid the disappointment of a cancelled program, register early and invite your friends to join too!

Register
Early!

EDUCATION

Science4Kids

6-11 yrs

STEAM 4 Kids

STEAM4Kids inspires imaginative learning! These hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. No class Oct 13 and 27.

M	5:00 PM-6:00 PM	Sep 8-Dec 1
\$200/11 sessions		576057

Math4Kids

6-7 yrs

STEAM 4 Kids

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

6-7 yrs

W	3:45 PM-4:45 PM	Sep 17-Dec 3
\$200/12 sessions		576084

8-9 yrs

W	5:00 PM-6:00 PM	Sep 17-Dec 3
\$200/12 sessions		576339

LEGO Galaxy Far Away

5-10 yrs

Reach Education Inc.

Prepare for an epic adventure with LEGO and explore the galaxy far, far away! From the Tie Fighters to lightsaber duels, your favorite galactic moments are waiting to be built with LEGO. With Reach Education's building instructions, students will use LEGO Technic and electric motors to build 1 exciting project each session. On the final day, every camper can design and take home their very own mini-figure.

Th	4:00 PM-5:00 PM	Sep 25-Nov 13
\$160/8 sessions		576731

EFK: Robotics Engineering
Da Vinci's Designs

8-14 yrs

Engineering For Kids Vancouver

Welcome to Da Vinci's Workshop "a place where kids are inspired to become engineers, scientists, inventors, and artists just like Leonardo da Vinci. In this program, students will tackle complex robot-building challenges using the LEGO® Spike Prime robotics kit and learn to program their robot using block coding. They will explore concepts such as navigation, gear and pulley systems, catapults, and flywheels. Students will explore the early inventions of the Italian High Renaissance using the robotics technology of today!

Su	10:45 AM-12:15 PM	Nov 2-Dec 7
\$195.75/6 sessions		577679

EDUCATION CONT'D

**EFK: Software Engineering
Scratch Video Sensing****8-14 yrs**

Engineering For Kids Vancouver

Video sensing allows students to design and program their own video games and then test them by interacting with the program via webcam. In this Scratch program, students work together to create their own games, art, and musical instruments while exploring coding foundations.

Su 10:45 AM-12:15 PM Sep 14-Oct 26
\$216/6 sessions **577674**

VISUAL ART

Kids Pottery - Explore with Clay

This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Please bring an apron. No session Oct 11 and 13.

Sar Cherin 8-13 yrs

M 3:30 PM-5:00 PM Sep 15-Dec 8
\$270/12 sessions **576737**

Th 3:30 PM-5:00 PM Sep 18-Dec 4
\$270/12 sessions **576739**

Gabriella Cassell 6-8 yrs

Sa 11:15 AM-12:15 PM Sep 20-Nov 29
\$150/10 sessions **577694**

8-12 yrs

W 3:45 PM-5:15 PM Sep 17-Nov 26
\$247.5/11 sessions **577691**

Clay Crafting NEW**8-12 yrs**

Tea & Olive's Clayhouse

Create mini works of art with polymer clay! Learn basic hand-building techniques and follow step-by-step guides to create cute projects you can proudly display at home or gift to friends and family. All you need is patience and a passion for learning, and we provide the rest! No class Oct 13.

M 4:45 PM-5:45 PM Sep 8-Oct 27
\$154/7 sessions **573406**

M 4:45 PM-5:45 PM Nov 3-Dec 15
\$154/7 sessions **573411**

Clay Social NEW**8-12 yrs**

Tea & Olive's Clayhouse

This class is a casual atmosphere giving children the opportunity to create their very own beads, charms and keychains using polymer clay. Simple guidance and instruction will be given on how to manipulate clay and basic ideas can be provided for inspiration if needed. Clay and necessary hardware included! No class Sept 30.

Tu 4:00 PM-5:00 PM Sep 9-Oct 28
\$154/7 sessions **573416**

Tu 4:00 PM-5:00 PM Nov 4-Dec 16
\$154/7 sessions **573419**

Parent and Child Pottery

Gabriella Cassell

Focus will be on making various pottery projects and working together to make fun memories with your child. Parent participation required, only the child needs to register. Please bring an apron. No class Oct 12.

6-9 yrs

Su 9:30 AM-10:30 AM Sep 21-Nov 30
\$150/10 sessions **577696**

9-14 yrs

Su 11:00 AM-1:00 PM Sep 21-Nov 30
\$300/10 sessions **577699**

**Colour Your Ideas -
Art Knowledge & Creativity****7-11 yrs**

Selinna Hsiao

This creative art program focuses on developing students' understanding and application of fundamental colour theory, drawing and collage techniques*Bring your coloured pencils! Drop-in fee: \$30.

Su 10:00 AM-11:00 AM Oct 19-Nov 30
\$175/7 sessions **573494**

Festive Clay Crafting NEW**6-12 yrs**

Tea & Olive's Clayhouse

Make a family-friendly craft out of polymer clay and joy! Registered participants will make one special ornament that can bring holiday happiness for years to come! Please note: projects will be available for pick up the following week. Parent participation is required.

Sa 1:00 PM-2:30 PM Dec 6
\$25/1 sessions **581159**

**Halloween in a Bottle Crafting NEW****6-12 yrs**

Tea & Olive's Clayhouse

Celebrate Halloween cuteness in this family-friendly clay crafting workshop! Please note: this is not a 'make and take' craft; each registered participant will hand-build 2 simple projects that will be available for pick up the following week. Parent participation is required.

Su 1:00 PM-2:00 PM Oct 19
\$20/1 sessions **581160**

PERFORMING ART

Active French Immersion Tumble, Flex and Dance

ILLUMA Studio

This class is taught in French and adjusted to you child's language needs. Through proper tumbling and stretching, students will have a better understanding of their bodies and develop proper muscle memory.

6-8 yrs

Th 3:30 PM-4:30 PM Nov 20-Dec 18
\$80/5 sessions **580607**

9-14 yrs

Th 4:30 PM-5:30 PM Nov 20-Dec 18
\$80/5 sessions **580609**

**Junior Hip Hop****5-7 yrs**

Vancouver Performing Stars

This high energy class will help dancers improve their flexibility, confidence, coordination, and FREestyle skills. Dancers will learn fun and creative choreography to show parents on the last day of class. www.performingstars.ca No class Oct 30.

Th 4:00 PM-4:45 PM Sep 18-Dec 11
\$192/12 sessions **575127**

Junior Ballet**5-7 yrs**

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. www.performingstars.ca

F 4:45 PM-5:30 PM Sep 19-Dec 12
\$208/13 sessions **575147**

Hip Hop & Jazz

Vancouver Performing Stars

This high energy class will help dancers improve their flexibility, confidence, coordination, and break down the fundamentals of dance. Dive into fresh, dynamic choreography that builds confidence and coordination. No class Oct 30.

Junior 4-7 yrs

Th 4:45 PM-5:30 PM Sep 18-Dec 11
\$192/12 sessions **575133**

Senior 8-12 yrs

Th 5:30 PM-6:30 PM Sep 18-Dec 11
\$204/12 sessions **575134**

Junior Dance Mix**5-7 yrs**

Hannah Robertson

Children will get to dance, have fun and use their imagination in this dynamic class. Students will be introduced to the fundamentals of ballet and jazz, while also developing their own creative expression. Toward the end of the class, the students will get to expand their dance skills by learning leaps, jumps and turns. No class Oct 11 and 25.

Sa 10:15 AM-11:00 AM Sep 13-Nov 29
\$145/10 sessions **573605**

**Private Music Lessons 6+ yrs**

Private piano programs are 30 minutes.

Please check online to find the activity number at vanrec.ca

Learn piano from a qualified, experienced instructor.

The 30 minute private lessons focus on basic understanding of playing the piano in a safe, fun and friendly environment.

Lessons are catered according to the student age and ability. All ages and adult students welcome.

No session Sep 29, Oct 11, 12, 13.

Sunday	Monday	Wednesday	Saturday
Piano Lesson (6+ yrs) Kenny Ngo 9:30AM- 3:30PM Sep 7-Dec 7 \$338/13 sess	Piano Lesson (6+ yrs) Kenny Ngo 3:30PM-8:30PM Sep 8-Dec 8 \$312/12 sess	Piano Lesson (5+ yrs) Kaya Warner 3:30PM-8:30PM Sep 10-Dec 10 \$364/14 sess	Piano Lesson (5+ yrs) Kaya Warner 9:30AM- 3:30PM Sep 6-Dec 13 \$364/14 sess

All prices subject to GST where applicable.



View
Programs
and Register
Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Music Together 0-5 yrs 9:30 AM-10:15 AM	Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Music Together 0-5 yrs 9:30 AM-10:15 AM	Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Preschool Ballet 3-4 yrs 9:15 AM-10:00 AM	Indoor Kids Tennis 5-8 yrs 9:15 AM-10:00 AM
Baby Sign Language 0-2 yrs 1:15 PM-2:00 PM	Music Together 0-5 yrs 10:30 AM-11:15 AM	Math4Kids 6-7 yrs 3:45 PM - 4:45 PM	Music Together 0-5 yrs 10:30 AM-11:15 AM	Dance With Me 1-3 yrs 3:15 PM-4:00 PM	Sportball Multisport Parent and Tot 2-3 yrs 9:30 AM-10:15 AM	EFK: Jr. Robotics Engineering 4-6 yrs 9:30 AM-10:30 AM
Kids Pottery - Explore with Clay 8-12 yrs 3:30 PM-5:00 PM	Sportball Multisport Parent and Tot 2-3 yrs 10:45 AM-11:30 AM	Kids Pottery - Explore with Clay 8-12 yrs 3:45 PM-5:15 PM	Babies Only Music Together 0-5 yrs 11:30 AM-12:15 PM	Open Gym 10-13 yrs 3:15 PM - 4:15 PM	Parent and Child Pottery 3-5 yrs 10:00 AM-10:45 AM	Parent and Child Pottery 6-8 yrs 9:30 AM-10:30 AM
Science4 Preschoolers 3-5 yrs 4:00 PM-4:45 PM	Sportball Multisport Drop-off 3-5 yrs 11:30 AM-12:15 PM	Recreational Gymnastics 6-11 yrs 4:00 PM-5:00 PM	Mini Hip Hop 3-4 yrs 3:15 PM-4:00 PM	Mini Ballet 3-4 yrs 4:00 PM-4:45 PM	Sportball Multisport Drop-off 3-5 yrs 10:15 AM-11:00 AM	Indoor Kids Tennis 9-11 yrs 10:00 AM-11:00 AM

Indoor Kids Tennis - Beginner 6-8 yrs 4:00 PM-5:00 PM	Music Together 0-5 yrs 11:30 AM-12:15 PM	Douglas Park Junior Youth Council 10-13 yrs 4:00 PM-5:00 PM	Kids Pottery - Explore with Clay 8-13 yrs 3:30 PM-5:00 PM	Traditional Kung Fu: Beginner 6-18 yrs 4:30 PM-5:45 PM	Junior Dance Mix 5-7 yrs 10:15 AM-11:00 AM	EFK: Civil Engineering Strategic Strategies 7-11 yrs 10:45 AM-12:15 PM
Clay Crafting 8-12 yrs 4:45 PM-5:45 PM	Clay Social 8-12 yrs 4:00 PM-5:00 PM	Math4Kids 8-9 yrs 5:00 PM-6:00 PM	Junior Hip Hop 5-7 yrs 4:00 PM-4:45 PM	Traditional Kung Fu: Intermediate 6-18 yrs 4:30 PM-6:15 PM	Kids Pottery - Explore with Clay 6-8 yrs 11:00 AM-12:00 PM	Parent and Youth Pottery 9-14 yrs 11:00 AM-1:00 PM
Indoor Kids Tennis - Beginner 9-12 yrs 5:00 PM-6:00 PM	Traditional Kung Fu: Beginner 6-18 yrs 4:30 PM-6:15 PM	Douglas Park Senior Youth Council 13-18 yrs 5:00 PM-6:00 PM	LEGO Galaxy Far Away 5-10 yrs 4:00 PM-5:00 PM	Traditional Kung Fu: Advanced 6-18 yrs 4:30 PM-6:30 PM	Basketball 10-13 yrs 11:15 AM-12:30 PM	Indoor Kids Tennis 12-16 yrs 10:00 AM-11:00 AM
Science4Kids 6-11 yrs 5:00 PM-6:00 PM	Traditional Kung Fu: Intermediate 6-18 yrs 4:30 PM-6:15 PM		Junior Hip Hop & Jazz Dance 4-7 yr 4:45 PM-5:30 PM	Junior Ballet 5-7 yrs 4:45 PM-5:30 PM	Important Note: Please register early! Classes will get cancelled if there's a low number of participants; schedule is subject to change based on instructor availability and enrolment numbers.	High 5 Sports! Parent and Tot 2-3 yrs 11:15 AM-12:00 PM
	Traditional Kung Fu: Advanced 6-18 yrs 4:30 PM-6:30 PM		Senior Hip Hop & Jazz Dance 8-12 yrs 5:30 PM-6:30 PM	Friday Night Fun 11-14 yrs 6:00 PM-9:00 PM		High 5 Sports! Drop-off 3-5 yrs 12:15 PM-1:00 PM

LEGEND	SPORTS/PHYSICAL ACTIVITY	DANCE	MUSIC/ART	EDUCATION	LEADERSHIP/COMMUNITY
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EDUCATION

Emergency first aid with CPR C and AED for 14+**13-19 yrs**

First Aid Hero

Emergency First Aid with CPR C and AED Learn to save a life! This course will cover adult, child and infant choking and CPR. We will practice with the AED, learn minor wound care and how to deal with major bleeds. We will also discuss allergic reactions, seizures and more! * price includes pocket mask (for CPR)

Sa 9:00 AM-4:00 PM Dec 13
\$105/1 sessions **580632**

Red Cross Babysitting Training**11-15 yrs**

First Aid Hero

Learn how to care for children ages 0-12 years old! This course will cover basic first aid and the fundamentals for creating safe environments for children. You'll leave with the skills to start your own babysitting business. Fee includes a take-home workbook and certificate. Please bring a pencil, nut-free lunch, and medium-sized doll or teddy bear.

Sa 9:15 AM-3:45 PM Nov 15
\$72/1 sessions **580634**

Red Cross Stay Safe Training**9-13 yrs**

First Aid Hero

This workshop involves First Aid, Active role-play and Interactive fun! Please bring a pencil, nut-free lunch and medium-sized doll or teddy bear. Course Content:- Canadian Red Cross Principals- My Family and Me- My Time: Scheduled and Leisure Activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of EpiPen Auto-Injector, Life-Threatening External Bleeding). Please bring a lunch for the day.

Sa 9:15 AM-3:15 PM Oct 18
\$72/1 sessions **580635**

Food Safe - Level One**12-18 yrs**

Paul Richardson

In this same-day certification course, learn about why food poisonings occur and how to prevent them. This course is a valuable for anyone who handles food, including those whose current or future employment involves working with food. This course is taught by a certified public health inspector who will share amazing real-life restaurant inspection stories full of the best and worst examples of food handling imaginable! Please bring a pencil and a lunch.

Sa 9:15 AM-3:45 PM Nov 8
\$85/1 sessions **580633**

Follow us! DOUGLAS PARKCC**Visit our website! www.douglasparkcc.org****Douglas Park - Youth Cooking Group 10-16 yrs**

Stratos Charalambides

Come join the youth worker in the kitchen as we create a meal together. Simple meals that will help youth learn and develop safe kitchen habits including knife handling, cleaning, and food safety standards. Learn to make budget friendly, easy to make at home dinners to impress your friends and family. No class Sept 30.

Tu 4:30 PM-6:00 PM Sep 9-Oct 21
\$30/6 sessions **580768**

Douglas Park - Youth Cooking Group 10-16 yrs

Stratos Charalambides

Come join the youth worker in the kitchen as we create a meal together. Simple meals that will help youth learn and develop safe kitchen habits including knife handling, cleaning, and food safety standards. Learn to make budget friendly, easy to make at home dinners to impress your friends and family. No class Nov 11.

Tu 4:30 PM-6:00 PM Oct 28-Dec 16
\$35/7 sessions **580770**

MARTIAL ARTS

Traditional Kung Fu - Advanced**6-18 yrs**

Marquis Lung

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence and discipline. Class 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 a session or contact Sifu Marquis Lung (Master Instructor) for appropriate skill level prior to registration.

www.northernshaolin.com.

Tu F 4:30 PM-6:30 PM Sep 5-Dec 12
\$464/29 sessions **580643**

Traditional Kung Fu - Beginner**6-18 yrs**

Marquis Lung

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence, and discipline. Class 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 a session or contact Sifu Marquis Lung (Master Instructor) or Monica Tran for appropriate skill level prior to registration. www.northernshaolin.com. No class Sep 30, Oct 11, 28 & 31.

Tu F 4:30 PM-5:45 PM Sep 5-Dec 12
\$366/25 Sessions **580644**

Traditional Kung Fu - Intermediate 6-18 yrs

Marquis Lung

Learn traditional forms of Kung Fu, weapons, non-contact sparring and self-defence. Gain physical and mental strength, self confidence, and discipline. Class 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 a session or contact Sifu Marquis Lung (Master Instructor) or Monica Tran for appropriate skill level prior to registration. www.northernshaolin.com. No class Sep 30, Oct 11, 28 & 31. Tu F 4:30 PM-6:15 PM Sep 5-Dec 12 \$436/29 sessions **580645**

SOCIAL**Friday Night Fun**

11-14 yrs

Youth Leader

Spend your Friday nights with our awesome youth staff! We will be going on out trips and doing some activities on site. Fee is calculated on \$5.00 per/week and includes all out trips! Consent forms will need to be completed by all participants. Activities TBA - Poster on Youth Board F 6:00 PM-9:00 PM Sep 12-Dec 12 \$70/14 sessions **580627**

**Open Gym**

10-13 yrs

Youth Leader

Drop in after school for a game of soccer, or half-court basketball! Register to reserve your spot. F 3:15 PM-4:15 PM Sep 12-Dec 12 **580629**

YOUTH LEADERSHIP**Douglas Park Junior Youth Council** 10-13 yrs

Youth Leader

Join the Junior Youth Council on Wednesdays after school! Develop your leadership and make new friends. We will work together on community projects, including special events.

W
FREE

4:00 PM-5:00 PM

Sep 10-Dec 10
580625**Douglas Park Senior Youth Council** 13-18 yrs

Youth Leader

Meet fellow youth in the community and share your voice! The Douglas Park Senior Youth Council promotes youth program planning, for youth. Members help with community projects, special events, fundraising, and address current trends and issues found amongst youth. The council consists of an annually elected executive and is supervised by the Community Youth Worker and Douglas Park youth staff. Meetings are recorded for volunteer hours.

W
FREE

5:00 PM-6:00 PM

Sep 17-Dec 10
580626

All prices subject to GST where applicable.

Looking for a space to hold a private function?

*Located on a beautiful park with sports fields and a playground.
Douglas Park Community Centre offers a variety of rooms for hosting various events.*

How To:

- To inquire about room availability or to book a room, email:
DouglasPark.CommunityCentre@vancouver.ca

Rental Guidelines

- Rental times include set-up and clean up time.
- No after-hours' rentals available.
- Full payment for all rentals is required 7 days in advance, in order to secure booking.
- The rental group is responsible for their event set-up and the removal of all their decorations.
- Full refunds will be provided if bookings are cancelled more than 3 days in advance. Cancellations requested within three days prior to the rental date will be subject to a 50% cancellation fee; only 50% of the amount paid will be refunded.
- Rental groups may require adequate public liability and property damage insurance for their event.
- Collection of SOCAN (Society of Composers, Authors and Music Publishers of Canada) fees for all rental groups that play or perform copyrighted music. Groups will be charged the current SOCAN rate.
- BCLD special occasion permit and serving it right is needed for any alcohol beverage function.
- Fridge/kitchen area may be available upon request.

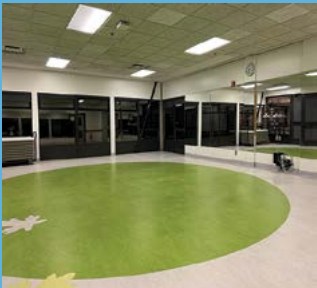
Inclusions

- Tables(2.5 ft x 6ft) and chairs

Exclusions

- Set-up & clean-up, table cloths, dishes/cutlery, play gym & audio/visual equipment (toys, music player, tv, projector).

Room	Capacity	Dimensions	Hourly Rate
Gymnasium	100	45ft x 65ft	\$45/hr
Douglas Lounge	50	33ft x 27ft	\$45/hr
Laurel Room	30	22ft x 45ft	\$35/hr
Heather Room	20	14ft x 21ft	\$25/hr
Willow Room	5	9ft x 14ft	\$20/hr



Douglas Lounge



Gymnasium



Laurel Room



Heather Room

Pickleball Advanced Play 4.0

19+ yrs

Sharon Hoy

These sessions will be organized and supervised by a facilitator to ensure that everyone will enjoy competitive games at the 4.0 level. Please ensure that you self-assess accurately as suitability will be monitored. Please bring your paddle and balls. No class Oct 13 and 27.

M 12:00 PM-3:30 PM Sep 15-Dec 22
\$148.57/13 sessions [573803](#)



Indoor Tennis - Beginner

19+ yrs

Mauro Liceaga Garcia

Never Played Before, Never touched a racquet! If you can rally-do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to 'Play and Have Fun' No class Oct 13.

M 6:15 PM-7:45 PM Sep 8-Oct 20
\$200/6 sessions [575618](#)
M 6:15 PM-7:45 PM Nov 3-Dec 8
\$200/6 sessions [575619](#)

Debunking Every Single Myth About Pickleball

19+ yrs

Chris Koentges

You've always been told there is a 'right way' to play pickleball. But every new piece of advice you get seems to contradict the next. Each week, we will debunk the most glaring misconceptions about strategy, positioning, and shot selection. For intermediate players, seeking the truth about pickleball. Please bring your own racquet and ball. The first half of this lesson is a classroom discussion, followed by an hour in the gym where theory is turned into practice. Drop-in \$27. No class Oct 8, 15 and 29.

W 5:25 PM-6:55 PM Sep 24-Dec 10
\$214.29/9 sessions [577719](#)

The Art and Science of Higher Level Pickleball

19+ yrs

Chris Koentges

A unique class for advanced players who have confidence in all the basic shots, but are still figuring out when to use them. Focus on positioning, strategy, effective teamwork and a lively discussion about how the country's fastest growing sport continues to evolve. Please bring your own racquet and ball. Drop-in \$27. No class Oct 8, 15 and 29.

W 7:00 PM-8:30 PM Sep 24-Dec 10
\$214.29/9 sessions [577722](#)

PIP Pickleball Lessons - Advanced Beginner Train and Play 2.5

19+ yrs

Paradise Island Pickleball

If you have taken beginner lessons and played but feel you need more coaching, this is the course for you. You will be expected to know the rules and be able to keep a rally going. You will learn about court positioning, game strategies, development of consistent and directional shots, and reducing unforced errors. After instruction and practice, with constructive feedback, you will play games to solidify learning. Please bring your paddle and balls. Drop-in \$27 if space available.

Th 12:00 PM-1:30 PM Sep 4-Oct 23
\$198.02/8 sessions [572749](#)
Th 12:00 PM-1:30 PM Nov 6-Dec 18
\$173.27/7 sessions [572750](#)

PIP Pickleball Lessons - Intermediate Train and Play 3.0

19+ yrs

Paradise Island Pickleball

Are you wondering about how to move up to the kitchen line with more ease and consistency, and how to strengthen your partnership? If so, this is the course for you. We will work on skill development as well as strategy to up your game. Self-assess accurately as suitability will be monitored. You should be able to serve, return serve, volley, dink, hit ground strokes, overheads and third shot drops with some consistency. Drop-in \$27.

Th 1:30 PM-3:00 PM Sep 4-Oct 23
\$198.02/8 sessions [572781](#)
Th 1:30 PM-3:00 PM Nov 6-Dec 18
\$181.93/7 sessions [572783](#)

Pickleball - Recreational

55+ yrs

No Instructor

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. This is for the beginner or recreational player and not for those that are competitive or advanced. Drop-in \$4 if space available. No class Oct 31.

F 1:00 PM-3:00 PM Sep 5-Dec 12
\$46.67/14 sessions [580537](#)

Pickleball Drop-in Procedures



1. First priority of play given for those who are registered
2. Drop-in's only if space available
3. Drop-in's will be placed onto a wait list 15 minutes before start time, in-person at the front desk
4. Registered participants have until 10 minutes past the start time before their spot is sold

PHYSICAL RECREATION CONT'D

Boccia**19+ yrs**

Justine Maurer

Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. No class Sept 30 and Oct 28.

Tu 12:45 PM-2:15 PM Sep 9-Dec 16
\$24.76/13 sessions **580599**

Douglas Park Runners**19+ yrs**

Tim Verkerk

The group will help you improve your running fitness, have you run in a social environment, help you meet your running goals and push you to improve. We run in various pave group so no one will run alone. Pre-requisite: You must be capable of running a minimum of 6km at a minimum of 6 minutes and 30 seconds pace. You should be able to run for 45 minutes on Tuesdays and Thursdays.

Tu Th 6:00 PM-7:30 PM Sep 2-Nov 27
\$70/24 sessions **578586**

PERFORMING ART

Adult Ballet - Open Level**19+ yrs**

Hannah Robertson

This class is for anyone interested in building strength and mobility through the art form of ballet. At the barre, we will focus on improving control, flexibility, and expression. After the barre, we will move into the center where we will continue to work on balance and coordination. No prior dance experience is required. Both beginners and experienced dancers will have opportunities to develop and expand their skills. No class Oct 11 and 25.

Sa 11:15 AM-12:15 PM Sep 13-Nov 29
\$160/10 sessions **573608**

Adult Ballet - Open Level**19+ yrs**

Laura Blythe

Each class will include warm up exercises at the barre followed by exercises in the centre of the room to build strength, coordination, and body connection. This class welcomes everyone who wants to dance and prioritizes inclusion and accessibility. Please wear comfortable clothing and socks or non-slip dance shoes if you have them. Drop-ins \$20 if space permits. No class Oct 13.

M 6:30 PM-7:45 PM Sep 15-Oct 27
\$114/6 sessions **581245**

M 6:30 PM-7:45 PM Nov 3-Dec 15
\$133/7 sessions **581246**

Classic Rock Choir **NEW****19+ yrs**

Scott Gould

A high-energy choir program celebrating classic rock hits with powerful vocals, dynamic harmonies, and iconic rock anthems.

Sa 2:00 PM-3:00 PM Oct 18-Nov 22
\$150/6 sessions **580395**

VISUAL ART

Adult Pottery - Beginner**19+ yrs**

Laura Van Der Linde

This class is for beginners and those looking to revisit the fundamentals of clay. Purchase clay at the first class. Please bring your own apron. No classes Sept 30 and Nov 11.

Tu 5:30 PM-8:00 PM Sep 16-Nov 18
\$360/8 sessions **573160**

Adult Pottery - Beginner**19+ yrs**

A fun and inspiring class that introduces participants to basic pottery making techniques. Purchase clay at the first class. No class Oct 11, Nov 5 and 6.

Brianne Siu

Sa 12:30 PM-3:30 PM Sep 13-Nov 29
\$495/11 sessions **574915**

Robyn Williams

W 9:30 AM-12:30 PM Sep 10-Dec 10
\$585/13 sessions **575237**

Th 9:30 AM-12:30 PM Sep 11-Dec 11
\$585/13 sessions **575246**

Adult Pottery - Intermediate**19+ yrs**

Laura Van Der Linde

This class is suited for experienced students who are comfortable working independently. This class is not for beginners. Purchase clay at the first class. Please bring your own apron. No classes Sept 30 and Nov 11.

Tu 10:00 AM-1:00 PM Sep 16-Nov 18
\$360/8 sessions **573155**

Tu 1:30 PM-4:30 PM Sep 16-Nov 18
\$360/8 sessions **573159**

Adult Pottery - Intermediate and Advanced**19+ yrs**

Learn to hand-build and/or throw larger and more complex forms. At least one year of pottery experience is recommended. Purchase clay at the first class. No class Oct 13, Nov 5, 6 and 7.

Sar Cherin

M 5:30 PM-8:30 PM Sep 15-Dec 8
\$540/12 sessions **576740**

Robyn Williams

W 5:45 PM-8:45 PM Sep 10-Dec 10
\$585/13 sessions **575249**

Th 5:45 PM-8:45 PM Sep 11-Dec 11
\$585/13 sessions **575251**

F 9:30 AM-12:30 PM Sep 12-Dec 12
\$585/13 sessions **575252**

Follow us! **DOUGLAS PARKCC** Visit our website! www.douglasparkcc.orgRegister at douglasparkcc.org or www.vanrec.ca Phone: 604-257-8130 ext 1

Adult Pottery - Intermediate and Advanced Wheel 19+ yrs

Brianne Siu

Express your creative talent in this relaxed and intimate environment. Honour where you are and focus on honing your craft on the wheel. You will learn new throwing techniques every week. We will also investigate form and surface decoration techniques with underglaze, slips, and glaze. Purchase clay on the first class.

F 5:30 PM-8:30 PM Sep 12-Dec 5
\$540/13 sessions 574925

Watercolour 19+ yrs

Chloe Greenberg

If you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included, but you are welcome to bring your own. Learn more about your instructor Chloe, at www.chloegreenberg.com

Pumpkin Patch

F 6:15 PM-8:45 PM Oct 31
\$50/1 sessions 577741

Floral Birthday Cake

Su 1:00 PM-3:30 PM Nov 16
\$50/1 sessions 577742

Christmas Card

F 6:15 PM-8:45 PM Dec 5
\$50/1 sessions 577743

Watercolour Basics and Beyond 19+ yrs

Chloe Greenberg

Learn the fundamental techniques to feel comfortable with watercolours through creative exercises and projects. Those of you with little experience to an intermediate level will bring projects of your own choice and be guided to the next best steps. Visit www.chloegreenberg.com/artssupplylist for your supply list.

W 6:15 PM-8:15 PM Oct 29-Dec 17
\$288/8 sessions 573344

FITNESS

Iyengar Yoga 19+ yrs

This method focuses on alignment, longer holds and moving your body with precision and mindfulness. Uses props by making poses accessible to all body shapes, sizes and capabilities. No session Dec 2.

Linda Shevloff

Tu 5:30 PM-7:00 PM Sep 9-Dec 9
\$216/12 sessions 569312

Grant Richards

TAP

Th 5:30 PM-7:00 PM Sep 4-Oct 23
\$144/8 sessions 572511
Th 5:30 PM-7:00 PM Oct 30-Dec 18
\$144/8 sessions 572513

Pilates Gentle Stretch 19+ yrs

Into Yoga

This class contains a mindful sequence of light core exercises and gentle stretches designed to relax tight muscles, open up the body and increase range of motion. Bring a mat to class. For more info visit www.intoyoga.ca Drop in \$18.

W 7:30 PM-8:30 PM Sep 10-Oct 29
\$123/8 sessions 571691
W 7:30 PM-8:30 PM Nov 5-Dec 17
\$108/7 sessions 571692

Essentrics 19+ yrs

Jana Birkett

A dynamic, full body workout suitable for all fitness levels (done in bare feet) that simultaneously combines stretching and strengthening while engaging all 650 muscles. Drop-in \$18.

Th 12:45 PM-1:55 PM Sep 4-Oct 16
\$93.33/7 sessions 569985
Th 12:45 PM-1:55 PM Oct 30-Dec 11
\$93.33/7 sessions 569986

Wah Tor Chi Kung (Qigong) for Health 19+ yrs

Florence Chan and Yuen Hing Tse

This gentle, accessible form of Qigong integrates posture, breath, and flowing motion to enhance both physical and mental well-being. Participants will learn to relax the body and mind, engage in diaphragmatic deep reverse breathing, and perform slow, graceful stretches.

Th 6:00 PM-7:00 PM Sep 4-Dec 11
\$191.43/15 sessions 574896

Pilates Movement Principles 19+ yrs

Kathleen Rojas

This class introduces essential Pilates principles through pre-Pilates and beginner exercises, with progressions offered for more experienced participants. You'll improve balance, posture, core stability, and mobility in a supportive, inclusive space designed for all bodies and abilities. Please arrive 10 minutes early for the first class to fill out a medical form. Drop in \$25.

FREE TRIAL

Tu 7:15 PM-8:15 PM Sep 2
FREE/1 sessions 573506
Tu 7:15 PM-8:15 PM Sep 9-Oct 14
\$120/6 sessions 573499
Tu 7:15 PM-8:15 PM Oct 21-Nov 25
\$100/6 sessions 573500

Flow Yoga and Body Rolling **TAP** 19+ yrs

Jennifer Rowbotham

Body rolling helps release tension in the muscles and increases flexibility. No class Nov 6. Please Note: Body rolling balls may be purchased through the instructor for \$52.64-\$56.00. Contact jarowbotham@shaw.ca.

Th 7:30 PM-9:00 PM Sep 4-Dec 18
\$225/15 sessions 573796

PHYSICAL RECREATION CONT'D

Post-Natal Mom & Baby Yoga**19+ yrs**

Dele Oyinloye

We'll move through gentle postures while deepening our connection to self and baby. Each week we'll focus on safely rebuilding stability and strength. Baby's emerging senses will be awakened through touch, song, and dance. This is a beginner-level Hatha class. All levels welcome. Drop-in \$32.

F	10:45 AM-11:45 AM	Sep 5-Oct 24
\$224/8 sessions		579622
F	10:45 AM-11:45 AM	Oct 31-Dec 12
\$196/7 sessions		579623

Tai Chi Kung Fu Fan and Health Qi Gong**19+ yrs**

Amy Li Hua Zhu

Tai chi kung fu fan using a traditional hand held fan is a physical exercise that is colourful and attractive. It is a fitness exercise with graceful movement and creates happy moods. A popular form of tai chi that is enjoyed by many! Drop in \$16. No class Oct 5 and 12.

Su	1:50 PM-2:45 PM	Sep 7-Dec 14
\$183/13 sessions		578676

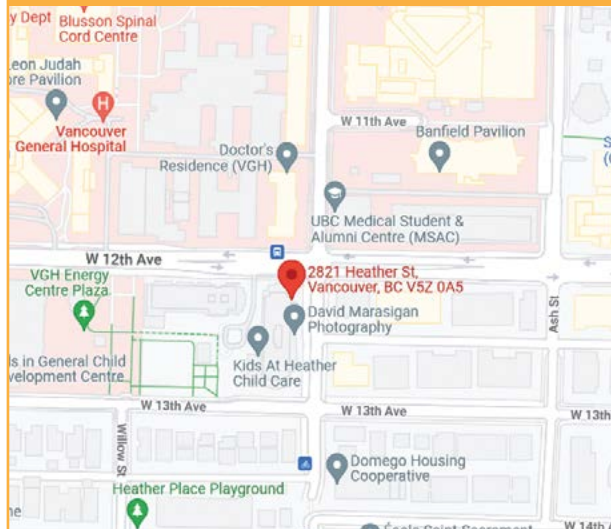
Tai Chi Yang Style 49 Forms**19+ yrs**

Amy Li Hua Zhu

The 49 posture Yang Style Tai Chi maintains whole boxing posture of the traditional routine. Compact structure, consecutive action, fashion and characteristic still exist, mainly to meet the requirement of competition and performance. Drop in \$16. No class Oct 5 and 12.

Su	2:50 PM-3:50 PM	Sep 7-Dec 14
\$183/13 sessions		578681

*Several of our programs take place at
Tapestry Community Rooms* **TAP**

Located at 2821 Heather Street.**Strength and Balance****55+ yrs**

Asal Nikoopour

This balance and mobility program for older adults will help improve your functional mobility, increase lower & upper body strength, improve balance and reduce fall risk. NO CLASS: Oct 13

M	9:30 AM-10:30 AM	Sep 8-Oct 27
\$105/7 sessions		577372
W	9:30 AM-10:30 AM	Sep 10-Oct 29
\$120/8 sessions		577373
M	9:30 AM-10:30 AM	Nov 3-Dec 15
\$105/7 sessions		579089
W	9:30 AM-10:30 AM	Nov 5-Dec 17
\$105/7 sessions		579090

Callanetics**19+ yrs**

Linda Shedden

Using a combination of mat work on the floor and some standing ballet inspired leg work, precise positioning and tiny movements, the CALLANETICS exercise method is a total body conditioning workout. CALLANETICS is a non-impact, gentle yet challenging exercise class that strengthens and tones your muscles fast.

W	11:00 AM-12:00 PM	Sep 10-Oct 29
\$135.6/8 sessions		573347
W	11:00 AM-12:00 PM	Nov 5-Dec 17
\$118.65/7 sessions		573348

Strong & Steady Pilates for Mid-life and Beyond**19+ yrs**

Kathleen Rojas

Build strength, stability, and confidence with this mindful Pilates class designed for midlife and beyond. You'll be guided through medically endorsed exercises to support bone and joint health, incorporating balance, weight-bearing, and gentle fascial release techniques. The focus is on core support, postural alignment, and functional movement to Please arrive 10 minutes early to the first class to fill out a medical form. Drop in \$20.

FREE TRIAL

F	9:00 PM-10:00 PM	Sep 5
FREE/1 sessions		573507
F	9:00 AM-10:00 AM	Sep 12-Oct 17
\$108/6 sessions		573503
F	9:00 AM-10:00 AM	Oct 24-Nov 28
\$108/6 sessions		573505

Strong HIIT Conditioning**19+ yrs**

Monika Schoenenberger

This is a high-intensity interval workout combined with cardio and strength training that will improve your fitness game whether you're a newbie or a seasoned fitness enthusiast. Be prepared to sweat and work hard. Drop-in \$12. No class Oct 12 and Nov 2.

Su	11:15 AM-12:15 PM	Sep 28-Nov 9
\$60/5 sessions		575199
Su	11:15 AM-12:15 PM	Nov 16-Dec 14
\$60/5 sessions		575201

Zumba

19+ yrs

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. A total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Drop-in \$14. No class Sept 30 and Nov 11.

Maira Daiha

Tu	9:30 AM-10:30 AM	Sep 2-Oct 21
\$84/7 sessions		579614
Tu	9:30 AM-10:30 AM	Nov 4-Dec 16
\$72/6 sessions		579615
Th	7:00 PM-8:00 PM	Sep 4-Oct 23
\$96/8 sessions		579620
Th	7:00 PM-8:00 PM	Nov 6-Dec 18
\$84/7 sessions		579621

Asal Nikoopour

Th	9:30 AM-10:30 AM	Sep 4-Oct 23
\$96/8 sessions		580544
Th	9:30 AM-10:30 AM	Nov 6-Dec 18
\$84/7 sessions		580546

Zumba Gold

19+ yrs

Asal Nikoopour

Low-impact dance-fitness class for beginners and seniors that uses fun music with easy-to-follow move to create a dynamic and fun fitness class. Zumba Gold classes strive to improve our strength, balance, flexibility and most importantly, the heart. Drop in \$14

F	11:45 AM-12:40 PM	Sep 5-Oct 24
\$96/8 sessions		580549
F	11:45 AM-12:40 PM	Nov 7-Dec 12
\$72/6 sessions		580550

Walking Club **NEW**

55+ yrs

Jana Birkett

A friendly walking group for seniors who enjoy light exercise, great conversation, and making new friends. Join us for relaxed strolls and plenty of laughs—no rush, just good company. All are welcome!

Tu	6:00 PM-7:00 PM	Sep 9-Oct 28
\$26.67/8 sessions		569987

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

Whether you're brand new to yoga or a seasoned practitioner, this all-levels yoga class is ideal for you. Your safety, and a pain-FREE practice, are of highest priority. Yoga can improve your flexibility, mobility, balance, bone density, and strength. Drop-in \$18 if space available. No class Oct 13 and Dec 5.

M	11:00 AM-12:00 PM	Sep 8-Oct 27
\$98/7 sessions		572731
M	11:00 AM-12:00 PM	Nov 3-Dec 15
\$98/7 sessions		572733
F	1:30 PM-2:30 PM	Sep 5-Oct 24
\$112/8 sessions		572735
F	1:30 PM-2:30 PM	Oct 31-Dec 19
\$98/7 sessions		572739

Little Mountain Step'n Clog - Beginner

19+ yrs

Join us for English clog and other step dances Saturdays at Douglas Park. We dance for fun and exercise, and occasionally perform. Wear hard-soled shoes.

Beginner

Sa	1:00 PM-2:30 PM	Nov 15
\$10/1 sessions		580484

Intermediate

Sa	1:00 PM-3:00 PM	Sep 6,20, Oct 4, 18, Nov 1 and 29
\$12/6 sessions		580483

EDUCATION**Eco-Voyage: Sustainable Journeys for All** **NEW**

19+ yrs

Silvana Martinez

Are you a newcomer learning to navigate Vancouver? Join an Eco-Voyage workshop with BEST to build your knowledge and confidence! Learn about Vancouver's public transit system, car and bike share opportunities, the benefits of multimodal commutes, and practical skills and resources to move around sustainably.

Th	5:30 PM-7:00 PM	Sep 25
FREE/1 sessions		578578

Linocut Printmaking

19+ yrs

Vancouver Tool Library

Learn how to carve your own design on a linoleum block and print it onto paper using linocut hand tools and water-based inks. A linocut is a relief printmaking process similar to a woodcut, using linoleum as the surface into which the design is carved and then printed.

Tu	6:15 PM-8:15 PM	Nov 25
\$60/1 sessions		577388
Th	6:15 PM-8:15 PM	Dec 11
\$60/1 sessions		577398

Interior Design Fun! Small Spaces

19+ yrs

Barbara Smyth

You will discover how to design a floor plan, set up furniture, select colors and lighting, manipulate textures and materials, and apply all of this knowledge to small spaces.

W	6:15 PM-7:30 PM	Sep 3-Sep 24
\$108/4 sessions		569988

Digital and Media Literacy: How to Identify Misinformation **NEW**

55+ yrs

Vancouver Region Educational Services

Students will gain a better understanding of some of the influences behind posts they see on news networks and social media platforms such as Facebook. Through a deep dive into social media posts and news articles, students will learn how to spot telltale signs of trustworthy and untrustworthy sources of information, cutting through the noise.

Sa	1:00 PM-3:00 PM	Nov 15
FREE/1 session		581020

EDUCATION CONT'D

Chess to Life: Seniors **NEW**
Cognitive & Social Engagement

19+ yrs

Abhiudai Mishra

An engaging, instructor-led chess program designed for seniors to promote memory, focus, and social connection. No experience needed just curiosity!

Th 10:30 AM-2:00 PM Sep 11-Oct 30
\$200/8 sessions **578649**

Eastern Medicine Approach to the Anxiety Solution

19+ yrs

Brian Jang

If anxiety, fatigue, or restless nights are becoming your unwelcome companions, you're not alone. We will unveil how Eastern Medicine, combined with modern understanding, offers solutions for navigating anxiety.

Th 6:30 PM-8:00 PM Oct 9
\$25/1 sessions **577404**

Vital Living with a Purpose

19+ yrs

Hisao Ichikawa

You will learn how to create your new destiny; practice living a new life; inspire happiness in yourself and others; accept criticism as medicine; choose right foods and thoughts; exercises for body and mind.

Th 6:45 PM-8:45 PM Oct 23
\$10/1 sessions **580004**

Christmas Cookie Decorating

19+ yrs

Open Pantry

Perfect for families and groups of friends of all ages, to create sweet memories together. We provide everything you'll need: freshly baked cookies, colorful icing, sprinkles galore, and expert guidance.

Th 5:15 PM-7:15 PM Dec 11
\$76.5/1 sessions **577740**

Fall Photo Gallery

Discover local photos from photographers in the community.

Sa 12:30 PM-3:00 PM Oct 4
Free/1 sessions **569762**

International Line Dance (Intermediate)

19+ yrs

Angela Wei

Experience the joy of music while exercising, relieving stress, and meeting friends. Instruction in Mandarin and English. No Session Oct 29 and Nov 5.

W 1:00 PM-2:30 PM Sep 3-Dec 17
\$84/14 sessions **573624**

Mini Pop-up Recycling Event

All Ages

Got used household and flexible plastics lying around waiting to be taken to a distant recycling depot? No need to wait! Drop them off at our free Mini Pop-up Recycling event right your neighbourhood! We will be collecting other small items such as household batteries, cell phones, smoke detectors and more.

Sa 10:00 AM-1:00 PM Dec 6
Free/1 sessions **579107**

Repair Cafe

Book an appointment to receive FREE in person repair help from our volunteer repairers (include: textiles, small appliances, bikes). Register at www.spec.bc.ca/waste/repair-cafe/

Sa 9:30 AM-1:00 PM Dec 6
Free/1 sessions **569763**

Embroidery: Hand Sewing Stitches

19+ yrs

Suzan Lee

Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experiences necessary. All tools and materials provided.

Th 5:45 PM-8:45 PM Oct 16
\$64.95/1 sessions **577417**

Medieval Bookbinding

19+ yrs

Suzan Lee

Learn to make a bound book from the medieval period. This particular technique had a practical business purpose; to record profits. Medieval merchants travelled far and wide, so their account books had to endure plenty of wear and tear. No prior experience is necessary. All tools and materials will be supplied.

Th 5:45 PM-8:45 PM Nov 13
\$64.95/1 sessions **577416**

Bento Cake Decorating

19+ yrs

Open Pantry

Whether you're a beginner or a seasoned pro, bento cake decorating workshop is perfect for anyone looking to learn new skills or just have a great time. You have your very own bento cake to gift for yourself or that special someone. We'll provide all the tools.

F 6:15 PM-8:45 PM Oct 17
\$76.5/1 sessions **577739**

Eco Printing Wool Socks With Fall Leaves

19+ yrs

Fernanda Mascarenhas

Make magical autumn imprints with plants while learning the secrets of this delightful natural dyeing technique! You will create beautiful merino wool socks printed with plants. In addition to the traditional dyeing plants, we will use fallen leaves and seeds gathered in the city streets in the Fall. All material provided.

Sa 12:30 PM-3:30 PM Oct 18
\$75/1 sessions **577700**

Guided Art Series

Bloom Sphere Inc.



Discover the calming power of creativity in this guided art workshop series designed to support wellness through mindfulness and self-expression. Whether you're exploring watercolor, collage, or mosaic, each session offers a welcoming space to relax, reflect, and reconnect? No art experience needed. All materials provided.

Watercolor & Wellness

55+ yrs

A soothing, beginner-friendly workshop using watercolors for relaxation and emotional clarity. Perfect for seniors looking to engage in gentle creative exploration.

F 1:00 PM-2:30 PM

Oct 10

\$50/1 sessions

578819

Collage & Conversation

55+ yrs

A hands-on collage-making class that sparks storytelling, reflection, and connection through themed prompts and mixed-media materials.

F 1:00 PM-2:30 PM

Nov 14

\$50/1 sessions

578820

Mindful Art for Self-Care

19+ yrs

Combines mindful breathing and expressive art (watercolor, visual journaling, or collage) for stress reduction and emotional release.

F 6:00 PM-7:30 PM

Nov 21

\$70/1 sessions

578822

Mosaic for Inner Balance

19+ yrs

A tactile, therapeutic experience using colored tiles and glass pieces to create meaningful designs. Great for slowing down and setting intentions.

F 6:00 PM-8:00 PM

Nov 28

\$90/1 sessions

578823

Poetry As Memoir: Generative Workshops to Tell Our Stories

NEW

19+ yrs

Page Getz

This is an 6-week course of generative prompts to guide writers to mine their pasts for poetry. It is intended for adults 19+ and will be especially interesting for seniors and folks with some miles on them. Seasoned poets will find the prompts inspiring and new writers will enjoy seeing their lives through the eyes of poetry. Participants should bring a notebook or laptop to write.

Su 1:15 PM-2:15 PM

Oct 26-Nov 30

\$100/6 sessions

579085

Sashiko Wagara: Hand Sewing Japanese Embroidery

19+ yrs

Suzan Lee

Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items. No prior experience required. All materials and tools provided.

Th 5:45 PM-8:45 PM

Sep 18

\$64.95/1 sessions

577420

Stitched Shibori and Natural Dye

19+ yrs

Fernanda Mascarenhas

Shibori is a group of manual resist dyeing techniques from Japan. The stitched-shibori bandana will naturally dye with plants such as turmeric, black tea, hibiscus, annatto seeds, marigolds, carrot tops, avocado pitches or onion skins. All material provided.

Sa 12:30 PM-3:30 PM

Sep 27

\$65/1 sessions

577705

SOCIAL

Social Club

19+ yrs

The Social Club for people with disabilities has been meeting at DPCC 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. No class Oct 13.

M 2:15 PM-4:15 PM

Sep 15-Dec 8

FREE/12 sessions

579597



For 'Makers' - BY HAND

19+ yrs

For those who enjoy knitting, crocheting, embroidery, beading, quilting, etc. Come and enjoy working alongside others with similar interests. Bring your current project, or one you mean to finish.

W 6:45 PM-8:45 PM

Sep 3-Dec 17

FREE/16 sessions

573324

Parlez-Vouz Francais

50+ yrs

L'Amicale 50+ Vancouver welcomes Francophones and Francophiles who are 50 years old and over, for a social program in French. All sessions are in French and a high level of fluency is required.

W 1:00 PM-3:00 PM

Sep 10-Dec 10

FREE/14 sessions

580771

Seniors Tuesday Social

55+ yrs

Spend a delightful afternoon enjoying games, workshops, movies, special events, socializing and meeting new seniors. No class Sept 30, Nov 11

Tu 1:30 PM-3:30 PM

Sep 9-Dec 9

FREE/12 sessions

579063

All prices subject to GST where applicable.



View
Programs
and Register
Online

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength and Balance 55 yrs+ 9:30 AM-10:30 AM	Zumba 19 yrs+ 9:30 AM-10:30 AM	Strength and Balance 55 yrs+ 9:30 AM-10:30 AM	Zumba 19 yrs+ 9:30 AM-10:30 AM	Strong & Steady Pilates for Mid-life and beyond 19 yrs+ 9:00 AM-10:00 AM	Adult Ballet-Open Level 19 yrs+ 11:15 AM-12:15 PM	ABC-Active & Strong 19 yrs+ 10:00 AM-11:00 AM
Yoga for Aging Well 55 yrs+ 11:00 AM-12:00 PM	Adult Pottery - Intermediate 19 yrs+ 10:00 AM-1:00 PM	Adult Pottery - Beginner 19 yrs+ 9:30 AM-12:30 AM	Adult Pottery - Beginner 19 yrs+ 9:30 AM-12:30 AM	Adult Pottery- Intermediate and Advance 19 yrs+ 9:30 AM-12:30 AM	Adult Pottery- Beginner 19 yrs+ 12:15 PM-3:45 PM	Strong HIIT Conditioning 19 yrs+ 11:15 AM-12:15 PM
Sports: Pickleball Advanced Play 4.0 19 yrs+ 12:00 PM-3:30 PM	Boccia 19 yrs+ 12:45 PM-2:15 PM	Callanetics 19 yrs+ 11:00 AM-12:00 PM	Chess to Life 19 yrs+ 10:30 AM-2:00 PM	Post-Natal Mom & Baby Yoga 19 yrs+ 10:45 AM-11:45 AM		
Social Club 19 yrs+ 2:15 PM-4:15 PM	Seniors Tuesday Social 55 yrs+ 1:30 PM-3:30 PM	International Line Dance (Intermediate) 19 yrs+ 1:00 PM-2:30 PM	PIP Pickleball Lessons- Advance Beginner Train and Play 2.5 19 yrs+ 12:00 PM-1:30 PM	Zumba Gold 19 yrs+ 11:45 AM-12:40 PM		
Adult Pottery- Intermediate and Advance 19 yrs+ 5:30 PM-8:30 PM	Adult Pottery - Intermediate 19 yrs+ 1:30 PM-4:30 PM	ABC-Intro to Walking Soccer 18 yrs+ 2:45 PM-3:45 PM	Essentrics 19 yrs+ 12:45 PM-1:55 PM	Pickleball - Recreational 55 yrs+ 1:00 PM-3:00 PM		
Indoor Tennis Beginner 19 yrs+ 6:15 PM-7:45 PM	Adult Pottery Beginner 19 yrs+ 5:30 PM-8:00 PM	Debunking Every Myth About Pickleball 19 and up 5:30 PM-7:00 PM	PIP Pickleball Lessons-Intermediate Train and Play 3.0 19 yrs+ 1:30 PM-3:00 PM	Yoga for Aging Well 55 yrs+ 1:30 PM-2:30 PM		
						Tai Chi Yang Style 26 Form 19 yrs+ 2:50 PM-10:30 PM

		<div><h1>SENIOR SOCIAL</h1><p>1:30-3:30pm</p><div><div><p>SEPTEMBER 9</p><p>Crafts and Tea</p></div><div><p>SEPTEMBER 16</p><p>Cooking</p></div><div><p>SEPTEMBER 23</p><p>Workshop</p></div><div><p>OCTOBER 7</p><p>Line Dancing</p></div><div><p>OCTOBER 14</p><p>Thanksgiving Luncheon</p></div><div><p>OCTOBER 21</p><p>Acrylic Paint Workshop</p></div><div><p>OCTOBER 28</p><p>Pumpkin Decorating</p></div><div><p>NOVEMBER 4</p><p>Art Workshop</p></div><div><p>NOVEMBER 18</p><p>Nurse Talk</p></div><div><p>NOVEMBER 25</p><p>Baking</p></div><div><p>DECEMBER 2</p><p>Wreath Making</p></div><div><p>DECEMBER 9</p><p>Holiday Luncheon</p></div><p>Activities are subject to change</p></div></div>					
	Adult Pottery- Intermediate and Advanced Wheel 19 yrs+ 5:30 PM-8:30 PM	Iyengar Yoga 19 yrs+ 5:30 PM-7:00 PM	Adult Pottery- Intermediate and Advance 19 yrs+ 5:45 PM-8:15 PM	Wah Tor Chi Kung (Qigong) for Health 19 yrs+ 6:00 PM-7:00 PM	Zumba 19 yrs+ 7:00 PM-8:00 PM	Flow Yoga and Body Rolling 19 yrs+ 7:30 PM-9:00 PM	Pilates Movement Principles with Hand Weights 19 yrs+ 7:15 PM-8:15 PM
	Adult Pottery- Intermediate and Advance 19 yrs+ 5:45 PM-8:45 PM	ABC-Yoga with a chair for multiple abilities 19 yrs+ 6:00 PM-7:00 PM	Interior Design Fun! Small Spaces 19 yrs+ 6:15 PM-7:30 PM	By Hands - for makers - a Free Weekly Drop In 19 and up 6:45 PM-8:45PM	The Art and Science of Higher Level Pickleball 19 yrs+ 7:15 PM-8:45 PM	Pilates Gentle Stretch 19 yrs+ 7:30 PM-8:30 PM	
	Iyengar Yoga 19 yrs+ 5:30 PM-7:00 PM	<div><h2>Important Note:</h2><p>Please register early!</p><p>Classes will get cancelled if there's a low number of participants; schedule is subject to change based on instructor availability and enrolment numbers.</p><div><h3>Follow us! DOUGLAS PARKCC</h3><p>Visit our website! www.douglasparkcc.org</p></div></div>					

LEADERSHIP/ COMMUNITY	EDUCATION	DANCE MUSIC/ART	SPORTS/PHYSICAL ACTIVITY	LEGEND
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Douglas Park Fall 2025



A Vancouver Park Board Program

ALL BODIES COMMUNITY RECREATION AND FITNESS

We are an inclusive, choice-based, community-anchored, health and wellness program welcoming all abilities, genders, ages, shapes, and sizes.

Our workouts are never meant to be punishing: we offer scalable easy to follow exercises designed to help you develop confidence and a foundation for health, fitness, or performance.

We teach skills and movements transferable to the "gym" and other activities. Our Learn to Play Sports are for folks wanting to return to or try a sport for the first time.

You can participate in ABC core programs by registering on the seasonal "Master Roster", and paying with one of the following methods:

- *Purchase an ABC flexipass (providing access to the Vancouver Park Board's arenas, pools and fitness centres);
 - *Purchase an ABC 10 visit usage card (good for 10 classes); or
 - *Purchase and ABC Drop-in
- *Please be sure to scan your pass, give your receipt or bracelet to the instructor, and sign the attendance roster.*

Introduction to Walking Soccer

19+ yrs

Instructor: ABC Volunteer

ABC Core Program - a variation on traditional soccer aimed at keeping people playing and involved with soccer. All abilities welcome and great for those with lack of mobility or for other reasons they are unable to play. ABC plays indoors but it can also be played outdoors

Wed Jan 8-Mar 12 2:45 PM-3:45 PM
Gymnasium Master Roster **573548**
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Active and Strong

19+ yrs

Instructor: ABC Volunteer

ABC Core Program - Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No Class Oct 1, Oct 13, Nov 10

Sun Sep 14-Dec 21 10:00 AM-11:00 PM
Douglas Lounge Master Roster **573548**
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Yoga Using a Chair **NEW**

19+ yrs

Instructor: ABC Volunteer

ABC Core Program - a new yoga group welcoming all abilities but designed for those with mobility challenges. Focusing on yoga and mindfulness to improve balance, strength, and provide stress relief, while building community in a supportive environment. Classes are guided by yoga instructors who understand mobility challenges. No Class Sept 30, Oct 14, Nov 11

Wed Sep 10-Dec 17 6:00 PM-7:00 PM
Douglas Lounge Master Roster **573548**
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

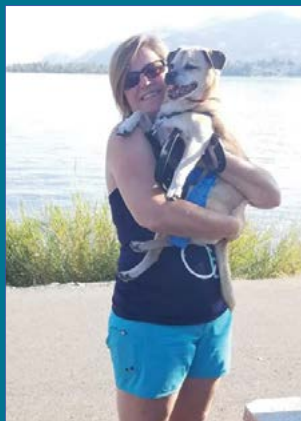
For more information about
ABC programs, schedules
changes, and program up dates
scan here.



ACHIEVE YOUR FITNESS GOALS

Work with our Personal Trainer Angela Ford to help you achieve your fitness goals!

We are pleased to welcome Angela Ford to Douglas Park as our on site personal trainer! Angela is a certified trainer with the BCRPA. Angela offers personal strength and fitness training as well as Introductory beginner fitness training. If you would like to inquire about personal training or booking times, please contact Dominic Ponce at Dominic.Ponce@vancouver.ca or 604-257-8110.



I am passionate about fitness and enjoy a healthy and active lifestyle with a wide variety of activities including team sports, paddle boarding, kayaking, swimming, pickleball, tennis, skiing and of course walking my dog, Marley.

My other passion is travel. I have trekked through the jungles in South East Asia, cycled the wine regions of Argentina, sailed the Australian Great Barrier Reef and survived cycling down the world's most dangerous road in Bolivia on a mountain bike! My career highlights include owning and operating a successful luxury dog daycare for small dogs and an organic smoothie company located at the BC Ferries Terminal on Vancouver Island.

Expertise:

- Third Age (45 years +) Fitness and Flexibility Programs
- Seniors Strength Training and Stretch Programs
- Women's Weight Training and Weight Loss Programs
- Introductory/Beginner Fitness

[VIEW ONLINE](#)

Personal Training

- Cost \$60/personal session
- 5 Session Personal Training Package: \$300 • 5 Session Group Training Package: \$215/person

HOURS

Monday-Friday 7:30AM-8:45PM
Saturday-Sunday 9:00AM-3:30PM

FITNESS EQUIPMENT

- Precor Elliptical
- Treadmill
- Life Fitness Recumbent Bike # 1
- Life Fitness Recumbent Bike # 2
- Stationary Bike # 1
- Stationary Bike # 2
- Cable Machine
- Hammer Strength Rower
- Hammer Strength Chest Press
- Hammer Strength Lat Pull Down
- Hammer Strength Seated Leg Press
- Hammer Strength Leg Curl
- Power Cable Machine
- Dumbbell (5lbs - 60 lbs)
- Kettlebell (misc.)
- Stability Ball
- Balance Trainer
- Benches



Fitness Centre

**Drop-in
\$4.05**

[VIEW ONLINE](#)

Pass Packages	Douglas Park Pass	Vancouver Parks Flexipass
10 Visit Pass	\$38.10	\$71.37
One Month Pass	\$33.81	\$64.15
Three Month Pass	\$68.57	\$173.21
Twelve Month Pass	\$190.48	\$554.26

All prices subject to GST where applicable.



DOUGLAS PARK COMMUNITY CENTRE

HALLOWEEN FESTIVAL OF FRIGHTS

0-9 yrs

DRESS UP IN YOUR FAVORITE COSTUME, ENJOY GAMES, CRAFTS AND TREATS. EVENT SUITABLE FOR CHILDREN AGES 0-8 YRS OLD.

PLEASE PRE-REGISTER IN ADVANCE, THIS POPULAR EVENT SELLS OUT.

\$5/CHILD (PARENTS AND CHILDREN UNDER 1 YEAR ARE FREE)

SATURDAY, OCTOBER 25
11:00 AM-1:00 PM

\$5/child
569764



All Ages

Breakfast with Santa

Join us for this festive family event. Enjoy a breakfast fit for Santa and all his little helpers, activities, entertainment and a special visit with Santa!

Event is suitable for all ages.

Please pre-register in advance, this popular event sells out.

All participants must be registered \$6/person

► 10:00 AM Seating 10:00 AM-11:30 AM **569761**
► 11:30 AM Seating 11:30 AM-1:00 PM **573265**

Saturday, December 13

SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkkcc.org FOLLOW US at [@douglasparkkcc](https://twitter.com/douglasparkkcc)



801 West 22nd Avenue, Vancouver, BC V5Z 1Z8 • Tel: 604-257-8130 (press #1)

Jointly operated by the Douglas Park Community Association and the Vancouver Board of Parks and Recreation