

Spring 2025

Recreation Guide

SPRING
REGISTRATION
starts
March 11
at 7pm

at vanrec.ca



DOUGLAS PARK COMMUNITY CENTRE

SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkcc.org FOLLOW US at @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.

We have much to keep you active this spring with new programs including Parent and Toddler Dance, Adult Ballet, Rumba, Cha Cha, Buff Bones and a Linocut Printmaking workshop. Thank you to the DPCA Program Committee and our Park Board programmers for providing new activities for the Douglas Park community each season.

Douglas Park offers licensed after school and before school care to families. We are pleased to be back up and running with 24 spots at Edith Cavell Elementary after closing due to seismic upgrading at the school. In total, DPCA now provides 116 kids with care at three locations – Edith Cavell Elementary, Emily Carr Elementary, and Douglas Park Community Centre. We'd like to acknowledge our childcare coordinator, Rosie Laforges, as well as our front-line staff of supervisors, assistants and support workers. You are great team and provide an essential service to the community.

Community Day will be held on Saturday, June 21 from 11-3pm. We look forward to seeing you all there!

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

Christine Coleman
President

TABLE OF CONTENTS

- Administration3
- Adult & Senior..... 17-27
- Birthday Parties8
- Community Association2
- Children, Preteen & Youth..... 9-16
- Early Childhood 6-7
- Licensed Preschool4
- Licensed School Age Care5
- Music Lessons - All Ages..... 23
- Rentals..... 16
- Special Events 28

 **SPRING
REGISTRATION STARTS**

 Online VANREC.CA	Tuesday March 11
 In-person	Registration starts 7:00pm
 By Phone	Wednesday March 12
604-257-8130 ext. 1	Registration starts 8:00am

 **SUMMER
REGISTRATION STARTS**

 Online VANREC.CA	Tuesday May 13
 In-person	Registration starts 7:00pm
 By Phone	Wednesday May 14
604-257-8130 ext. 1	Registration starts 8:00am



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.

WELCOME



provided by TELUS

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

April 18, 19, 20, 21, May 17, 18, 19 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

Sandra Alviar Recreation Facility Clerk

Garrett Wong Recreation Programmer II

Dominic Ponce Recreation Programmer I

Stratos Charalambides Community Youth Worker

Rosie Laforges Licensed Care Coordinator

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 douglaspark.communitycentre@vancouver.ca

All prices subject to GST where applicable.

Douglas Park Licensed Preschool

VIEW ONLINE

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.

APR 2
Licensed Preschool 2025-2026 Registration
 Begins online
Wednesday April 2 @ 7:00pm

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

MAR 5
Preschool Open House
Wednesday, March 5, 2025.
Anytime between 9:30-11:30am.
 Do you have a child born in 2021 or 2022?
 Are you looking for a preschool program for September 2025?
 Come and meet the teachers, see the preschool space and ask questions! Children are welcome.


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 5558300
 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)



Licensed Preschool Summer Adventures Daycamp

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.

Camp Readiness: This camp is not designed with a gradual entry process. The registered child must be able to transition into the camp comfortably and be comfortable staying without a guardian for the 2.5 hours of camp.

* **Withdraw or Refunds:** 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 2020, 2021 and 2022. You will be emailed a registration package in advance of your registered week. Weekly rates may be reduced if we are approved for the CCFRI.

AM Session:
 9:00am -11:30am

PM Session:
 12:15pm -2:45pm

*Week 1 and Week 6 are 4 day weeks

Registration is online at 7pm on April 30 vanrec.ca

<p>*Week 1 Bug Extravaganza Jun 30 - Jul 4 (no session July 1)</p> <p>AM \$115/4 day 558423 PM \$115 day 558424</p>	<p>Week 5 Under The Sea Jul 28-Aug 1</p> <p>AM \$140/5 days 558432 PM \$140/5 days 558433</p>
<p>Week 2 Around the World Jul 7 - Jul 11</p> <p>AM \$140/5 day 558425 PM \$140/5 day 558426</p>	<p>*Week 6 Science Exploration Aug 5 - Aug 8</p> <p>AM \$115/4 days 558434 PM \$115/4 days 558435</p>
<p>Week 3 Camping Adventures Jul 14 - Jul 18</p> <p>AM \$140/5 day 558427 PM \$140/5 day 558428</p>	<p>Week 7 Lost in Space Aug 11 - Aug 15</p> <p>AM \$140/5 day 558436 PM \$140/5 day 558437</p>
<p>Week 4 Fantasy & Fairytales Jul 21 - Jul 25</p> <p>AM \$140/5 day 558430 PM \$140/5 day 558431</p>	<p>Week 8 Into the Jungle Aug 18 - Aug 22</p> <p>AM \$140/5 day 558438 PM \$140/5 day 558439</p>

Contact Rosie, Licensed Child Care Coordinator at 604-257-8134 or rosie.laforges@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).

ALL OF OUR PROGRAMS ARE CURRENTLY FULL.

Please contact the front office or Rosie at 604-257-8134 to put your child on the ongoing waitlist.

SCHOOL AGE

VIEW ONLINE

2024-2025 Fees and Times

Aftercare Only (Mon-Fri) \$475/month
 Aftercare + Morning Care (Mon-Fri) \$590/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 •Douglas Park
 Edith Cavell Gr 2-3 Program at •Douglas Park
 Edith Cavell/Emily Carr Gr 4-7 Program at •Douglas Park

APR

3

Kindercare 2025-2026 Registration

Registration begins online on Thursday April 3, 2025 @ 7:00pm

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.



Summer Spectacular Daycamp



Our Douglas Park Summer Spectacular camp is a licensed daycamp. Children registered in our annual afterschool care program get priority registration on these spaces. Any remaining spaces open up to the public for this registration. All children must have completed Kindergarten in order to be eligible to register in the 5-6 year old program. No exceptions will be made, due to School Age Care licensing regulations. Proof of age may be required if questionable.

Please note: This camp does 2 field trips per week by school bus (Thirdwave Bus Services). Please bring a swimsuit, towel, hat, sunscreen, lunch, water-bottle and 2 snacks to camp every day (no nuts please).

- 5-6's born 2019 (completed Kindergarten and at least 5 yrs old but less than 6 yrs old by Dec 31/2024)
- 7-8's born 2017-2018 (at least 7 yrs old but less than 9 yrs old by Dec 31/2025)
- 9-12's born 2013-2016 (at least 9 yrs old but less than 13 yrs old by Dec 31/2025)

For all ages the times and fees are as follows:

*Short Day 10:00am - 4:00pm \$230
 *Week 1 & 6 is a (four-day) day camp (due to Statutory Holidays).
 Extended Day 8:00am - 5:30pm \$280

	5-7's Ext	5-7's Short	7-8 Ext	7-8's Short	9-12's Ext	9-12's Short
*Week 1 • Jun 30-Jul 4 No session Jul 1	556390	556391	557848	557849	557915	557916
Week 2 • Jul 7-11	556395	556400	557850	557851	557917	557918
Week 3 • Jul 14-18	556401	556402	557852	557853	557919	557920
Week 4 • Jul 21-25	556403	556404	557854	557855	557921	557922
Week 5 • Jul 28-Aug 1	556405	556406	557856	557858	557923	557924
*Week 6 • Aug 5-8	556408	556409	557909	557910	557925	557926
Week 7 • Aug 11-15	556411	556412	557911	557912	557927	557928
Week 8 • Aug 18-22	556418	556423	557913	557914	557929	557930

Registration is online at 7pm on April 30
vanrec.ca

Douglas Park CC Licensed Summer Spectacular Daycamp has been approved for the government CCFRI (Child Care Fee Reduction Initiative) for this year. The above camp fee has been further reduced at the time of registration, according to the criteria for approval. Children born in 2019 have a greater reduction than the older children.

PLEASE NOTE: This is a Licensed School Age Care daycamp. Douglas Park CC offers an annual childcare program to school age families. These families will have priority registration on these camp spaces. There will be limited spaces available to the public at the time of registration. Thank you for your understanding.

ACTIVITIES SUBJECT TO CHANGES DUE TO SCHEDULING AND WEATHER REFUND POLICY: Minimum 2 weeks notice from the start day of the week of the camp you are withdrawing from in order to get a refund. Anything less than 2 weeks notice is non-refundable. Please call the front office to request withdrawal.

Camp Activity Schedules will be available at douglasparkcc.org at the beginning of June.

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 session Apr 18, 21 and May 19

M	9:00 AM-11:00 AM	Mar 31-Jun 23	
			557559
W	9:00 AM-11:00 AM	Apr 2-Jun 25	
			557560
F	9:00 AM-11:00 AM	Apr 4-Jun 13	
			557561

Sportball Multisport

Sportball Vancouver

This program is designed to guide parents and their children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class Apr 12 and 19.

Parent and Tot

2-3 yrs

Parent participation required

Tu	10:45 AM-11:30 AM	Apr 8-May 13	
			530674
Tu	10:45 AM-11:30 AM	May 20-Jun 24	
			530675
Sa	9:30 AM-10:15 AM	Apr 5-May 10	
			530676
Sa	9:30 AM-10:15 AM	May 24-Jun 21	
			530677
Drop-off			
Tu	11:30 AM-12:15 PM	Apr 8-May 13	
			530672
Tu	11:30 AM-12:15 PM	May 20-Jun 24	
			530673
Sa	10:15 AM-11:00 AM	Apr 5-May 10	
			530678
Sa	10:15 AM-11:00 AM	May 24-Jun 21	
			530680

High 5 Sports

Hai Doan

Through age-appropriate activities and skilled coaching, children develop fundamental skills, teamwork, and a love for physical activity. We offer options ranging from soccer and basketball to tennis and hockey. With prioritizing inclusivity, skill development, and a lifelong enjoyment of sports. No session Apr 20 and May 18.

Parent and Tot

2-3 yrs

Parent participation required

Su	11:15 AM-12:00 PM	Apr 6-Jun 8	
			551870
Drop-off			
Su	12:15 PM-1:00 PM	Apr 6-Jun 8	
			551882

SOCIAL

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.

Tu	10:00 AM-12:00 PM	Apr 1-Jun 17	
			557548
Th	10:00 AM-12:00 PM	Apr 3-Jun 19	
			557550

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. No session Apr 21 and May 19

M	1:15 PM-2:00 PM	Apr 14-May 26	
			545964

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 session Apr 19 and May 17.

Sa	10:00 AM-10:45 AM	Apr 5-Jun 7	
			546093

EDUCATION

Science4Preschoolers

3-5 yrs

STEAM 4 Kids

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, and Weather Wonders. No session Apr 21 and May 19.

M	4:00 PM-4:45 PM	Apr 7-Jun 16	
			546085

Follow us! **DOUGLAS PARKCC**Visit our website! www.douglasparkcc.org

**EFK: Jr. Engineering Club
FUNdamentals**

4-6 yrs

Engineering For Kids Vancouver

Students will build projects that float, fly, zoom, buzz and hopefully stand strong in this FUNdamentals course and we look forward to seeing what they can create!

Su 9:30 AM-10:30 AM May 25-Jun 22
\$109/5 sessions 554587

EFK: Zany Zoo Engineers

4-6 yrs

Engineering For Kids Vancouver

Learn about engineering, mathematics, animals, and habitats while advancing their literacy skills through a variety of read alouds. They will work as zoo engineers and zoologists while using the EFK Engineering Design Process to design and build solutions to a variety of engineering challenges. No class Apr 20.

Su 9:30 AM-10:30 AM Apr 6-May 11
\$109/5 sessions 554581

PERFORMING ART**Music Together**

0-5 yrs

Katherine Deane

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. \$60 MT licensing fee non-refundable after first class.

Stephanie

Tu 9:30 AM-10:15 AM Apr 8-Jun 10
\$220/10 sessions 547363

Tu 10:30 AM-11:15 AM Apr 8-Jun 10
\$220/10 sessions 547366

Tu 11:30 AM-12:15 PM Apr 8-Jun 10
\$220/10 sessions 547367

Monica

Th 10:30 AM-11:15 AM Apr 10-Jun 12
\$220/10 sessions 547371

Parent and Toddler Dance NEW

0-3 yrs

Nicole Daniela Pavia

Parent and child will explore stretches, story dances, rhythm, traveling steps, and free-form improvisation. Practice moving as a group, cooperating, and following directions. Parent participation required.

W 3:45 PM-4:15 PM Apr 9-Jun 11
\$100/10 sessions 546076

Mini Ballet

3-4 yrs

Nicole Daniela Pavia

Enter into the world of ballet, learning the basics and fundamentals. We will combine the joy of movement with exciting games, imaginative exercises and make up dances to bring home. There will be no parents in the room for this class.

W 4:15 PM-5:00 PM Apr 9-Jun 11
\$100/10 sessions 546077

Hip Hop and Jazz

4-5 yrs

Nicole Daniela Pavia

A fun dance class where your kids will learn how to groove and move with style! They will be taught basic fundamentals of these two genres and dances to show off their moves. Children must be able to dance without a parent in the room.

W 5:00 PM-5:45 PM Apr 9-Jun 11
\$100/10 sessions 546078

**Babies Only Music Together
with Monica**

0-8 mnths

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. \$60 Music Together Licensing fee is non-refundable after first class.

Th 11:30 AM-12:15 PM Apr 10-Jun 12
\$220/10 sessions 547373

Mini Hip Hop

3-4 yrs

Vancouver Performing Stars

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information.

Th 3:15 PM-4:00 PM Apr 10-Jun 12
\$160/10 sessions 547307

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. No class Apr 18 and May 17

F 3:15 PM-4:00 PM Apr 4-Jun 13
\$144/9 sessions 547311

F 4:00 PM-4:45 PM Apr 4-Jun 13
\$144/9 sessions 547312

Preschool Ballet NEW

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 May 17.

Sa 9:15 AM-10:00 AM Apr 26-Jun 21
\$116/8 sessions 543464

All prices subject to GST where applicable.



Sportball Birthday Party

2-10 yrs

Sportball Vancouver offers high-energy, action-packed birthday parties for kids ranging in age from 2-10 years!

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!

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.



Saturday



Sa	1:00 PM-3:00 PM	Apr 26
\$270/1 sessions		553463
Sa	1:00 PM-3:00 PM	May 3
\$270/1 sessions		553464
Sa	1:00 PM-3:00 PM	May 10
\$270/1 sessions		553465
Sa	1:00 PM-3:00 PM	May 24
\$270/1 sessions		553466
Sa	1:00 PM-3:00 PM	May 31
\$270/1 sessions		553467
Sa	1:00 PM-3:00 PM	Jun 7
\$270/1 sessions		553468
Sa	1:00 PM-3:00 PM	Jun 14
\$270/1 sessions		553469



Sunday



Su	1:00 PM-3:00 PM	Apr 13
\$270/1 sessions		553471
Su	1:00 PM-3:00 PM	Apr 27
\$270/1 sessions		553473
Su	1:00 PM-3:00 PM	May 4
\$270/1 sessions		553474
Su	1:00 PM-3:00 PM	May 11
\$270/1 sessions		553475
Su	1:00 PM-3:00 PM	May 25
\$270/1 sessions		553476
Su	1:00 PM-3:00 PM	Jun 1
\$270/1 sessions		553477
Su	1:00 PM-3:00 PM	Jun 8
\$270/1 sessions		553478
Su	1:00 PM-3:00 PM	Jun 15
\$270/1 sessions		553479
Su	1:00 PM-3:00 PM	Jun 22
\$270/1 sessions		553481



PHYSICAL RECREATION

Kids Tennis

Mauro Liceaga Garcia

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 session Apr 20, 21, May 17, 18 and 19.

Indoor at Douglas Park Community Centre **5-8 yrs**
 M 4:00 PM-5:00 PM Apr 7-Jun 9
 \$144/8 sessions 548875
 Su 9:15 AM-10:00 AM Apr 6-Jun 8
 \$128/8 sessions 547402

9-11 yrs
 M 5:00 PM-6:00 PM Apr 7-Jun 9
 \$144/8 sessions 548876
 Su 10:00 AM-11:00 AM Apr 6-Jun 8
 \$144/8 sessions 547403

12-16 yrs
 Su 11:15 AM-12:15 PM Apr 6-Jun 8
 \$144/8 sessions 547405

Outdoor at Heather Park **HP** **5-8 yrs**
 Sa 9:00 AM-10:00 AM May 3-Jun 14
 \$114/6 sessions 548889

8-10 yrs
 Sa 10:00 AM-11:00 AM May 3-Jun 14
 \$114/6 sessions 548949

11-14 yrs
 Sa 11:00 AM-12:15 PM May 3-Jun 14
 \$132/6 sessions 548958

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

W 4:00 PM-5:00 PM Apr 2-Jun 18
 \$265/12 sessions 550117



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 session Apr 21 and May 19.

M 5:00 PM-6:00 PM Apr 7-Jun 16
 \$186/9 sessions 546086

LEGO Amazing Animals

5-10 yrs

Reach Education Inc.

Embark on an amazing animal adventure with LEGO® bricks! Using Reach Education building instructions, campers will construct wild creatures, animal habitats, and more with LEGO Technic, and electric motors. Each session, campers will complete 1 to 3 exciting animal-themed projects.

Th 4:00 PM-5:00 PM Apr 17-Jun 5
 \$160/8 sessions 549781

Art and Science Fusion: **NEW**
From Circuits to Creativity

5-11 yrs

Aesun Kim

Discover the wonders of art and science! Participants will design glowing artworks using simple circuits, learn about the chemistry of colors, and explore nature-inspired designs. Hands-on projects will spark creativity while teaching scientific concepts, making this course an inspiring blend of discovery and imagination. No class and May 17.

Sa 10:00 AM-11:00 AM Apr 26-Jun 7
 \$200/6 sessions 553226

Heather Park **HP**

Located at 702 W 18th Ave

Note: Outdoor tennis lessons do not run if it is raining because it is not safe to play on wet and slippery courts.



All prices subject to GST where applicable.

EDUCATION CONT'D

Cooking Fun in the Kitchen! 8-12 yrs

TBA

Explore the kitchen and cook around the world! Learn age-appropriate, lifelong kitchen skills while preparing and sharing a meal. Recipes will be different each week! No session May 18.

Su	10:00 AM-12:00 PM	Apr 27-Jun 8
		547329
\$78/6 sessions		
Su	1:00 PM-3:00 PM	Apr 27-Jun 8
		547330
\$78/6 sessions		

EFK: Aerospace Engineering Up Up and Away 7-11 yrs

Engineering For Kids Vancouver

Learn about the Forces of Flight and the mechanical components of airplanes, rockets, helicopters, and landing gear. They will explore concepts such as inertia, propulsion, lift, thrust, drag, gravity, and trajectory. Students will apply the EFK Engineering Design Process as they soar through inspiring hands-on engineering challenges.

Su	10:45 AM-12:15 PM	May 25-Jun 22
		554609
\$190/5 sessions		

EFK: Civil Engineering Strategic Strategies 7-11 yrs

Engineering For Kids Vancouver

Learn how to engineer while being mindful of the forces acting upon a structure, such as bending, compression, torsion, and shear. They will learn that shape and materials selection are critical to the success of towers, bridges, and highways. No class Apr 20.

Su	10:45 AM-12:15 PM	Apr 6-May 11
		554598
\$190/5 sessions		

VISUAL ART

Colour Your Ideas - Creative Drawing & Collage! 7-11 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 No session Apr 20 and May 18

Su	10:00 AM-11:00 AM	Apr 6-Jun 1
		546079
\$175/7 sessions		
Su	11:15 AM-12:15 PM	Apr 6-Jun 1
		546080
\$175/7 sessions		

Kids Pottery - Explore with Clay 8-12 yrs

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron. No session Apr 19, 21, May 17 and 19.

Gabriella Cassell		6-8 yrs
Sa	11:00 AM-12:00 PM	Apr 5-Jun 7
		546092
\$120/8 sessions		
Sarah Cherin		8-12 yrs
M	3:30 PM-5:00 PM	Apr 7-Jun 9
		546756
\$180/8 sessions		
Gabriella Cassell		18-12 yrs
W	3:45 PM-5:15 PM	Apr 2-Jun 4
		546091
\$225/10 sessions		

**Teen Pottery** 13-18 yrs

Sarah Cherin

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron.

Th	3:30 PM-5:15 PM	Apr 3-Jun 5
		546754
\$250/10 sessions		

Parent and Child Pottery

Gabriella Cassell

Come and join us for some pottery fun as we create projects out of clay. 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 session Apr 20 and May 18.

6-8 yrs		
Su	9:30 AM-10:30 AM	Apr 6-Jun 8
		546094
\$120/8 sessions		

9-14 yrs		
Su	11:00 AM-1:00 PM	Apr 6-Jun 8
		546095
\$240/8 sessions		

Family Fun Lip Gloss Making with Lily 6-12 yrs

Lily Sum

Join us to learn how to make lip gloss and balm from scratch using natural ingredients! Mix and match food grade flavour oils, cosmetic grade pigments and create your own personalized products. You will take home 5 lip glosses, 5 lip balms and written recipes. 1 registration required per family (up to 3 participants.) Visit soapifystudio.com for additional details.

Sa	12:00 PM-1:00 PM	May 31
		556630
\$62/1 sessions		
Sa	12:00 PM-1:00 PM	Jun 14
		556632
\$62/1 sessions		

Family Fun Soap Making with Lily 6-12 yrs

Lily Sum

Choose from over 30 scents, 60+ molds, endless colour combinations and learn how to create and make 6 personalized soaps to take home! No experience required and all supplies are included. 1 registration required per family (up to 3 participants.) Visit soapifystudio.com to view class details.

Sa	1:30 PM-3:30 PM	Apr 26
\$70/1 sessions		556626
Sa	1:30 PM-3:30 PM	May 31
\$70/1 sessions		556627
Sa	1:30 PM-3:30 PM	Jun 14
\$70/1 sessions		556628

PERFORMING ART

Junior Hip Hop 5-7 yrs

Vancouver Performing Stars

Want to learn how to move to and groove to your favorite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves through freestyle and fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. www.performingstars.ca

Th	4:00 PM-4:45 PM	Apr 10-Jun 12
\$160/10 sessions		547308

Junior Hip Hop & Jazz 5-7 yrs

Vancouver Performing Stars

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information.

Th	4:45 PM-5:30 PM	Apr 10-Jun 12
\$160/10 sessions		547309

Senior Hip Hop & Jazz 8-12 yrs

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. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information.

Th	5:30 PM-6:30 PM	Apr 10-Jun 12
\$170/10 sessions		547310

Junior Ballet 5-7 yrs

Vancouver Performing Stars

Develop strength, grace, and artistry through classical ballet training. Each class builds flexibility, coordination, and fluid motion - creating well-rounded dancers ready to shine. From foundational skills to choreography, dancers of all experience levels will grow and thrive. Ballet shoes and attire required. Visit performingstars.ca for more information. No class Apr 18 and May 17

F	4:45 PM-5:30 PM	Apr 4-Jun 13
\$144/9 sessions		547313

Junior Dance Mix **NEW** 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 May 17.

Sa	10:15 AM-11:00 AM	Apr 26-Jun 21
\$116/8 sessions		543470

Ballet Time with Strength and Stretch 11-14 yrs

ILLUMA Studio

Come learn proper breathing, strengthening, stretching and all the fundamentals of ballet. Students will enjoy a better understanding of their body and develop muscle memory. Having learned the essentials of ballet, our goal is for the student to improve physical awareness, have stronger core muscles, increase flexibility and stand tall with confidence. No session May 17.

Sa	12:45 PM-1:45 PM	Apr 26-Jun 14
\$119/7 sessions		555136

Active Jazz Funk, Pop Dance, and KPOP Sampler 8-14 yrs

ILLUMA Studio

Come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Learn teamwork while supporting classmates, have fun, and rise to a new challenge. No session May 17.

Sa	1:45 PM-2:45 PM	Apr 26-Jun 14
\$119/7 sessions		555132

Active Jazz Funk, Pop Dance, and KPOP Sampler Family 6+ yrs

ILLUMA Studio

As a family, come experience high dynamics cardio dance and Jazz Funk and Hip Hop fundamentals while vibing to Korean and Asian Pop Music! Dancers will refine their technique through choreography, strengthening, footwork, isolations, stretches and more! Learn teamwork while supporting classmates, have fun, and rise to a new challenge. Each person must register. No session May 17.

Sa	2:45 PM-3:45 PM	Apr 26-Jun 14
\$119/7 sessions		555135

Sign up for our newsletter and be the first to find DPCC's latest news, programs, contests, events and more!

www.douglasparkcc.org



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 9:00am-11:00am	Music Together 0-5 yrs 9:30am-10:15am	Parent and Tot Gym 0-5 yrs 9:00am-11:00am	Douglas Dinos Playroom 0-5 yrs 10:00am-12:00pm	Parent and Tot Gym 0-5 yrs 9:00am-11:00am	Preschool Ballet 3-4 yrs 9:15am-10:00am	Indoor Kids Tennis 5-8 yrs 9:15am-10:00am
Baby Sign Language 0-2 yrs 1:15pm-2:00pm	Douglas Dinos Playroom 0-5 yrs 10:00am-12:00pm	RALLY 2025 10-12 yrs 3:30 pm-6:00 pm	Music Together 0-5 yrs 10:30am-11:15am	Mini Ballet 3-4 yrs 3:15pm-4:00pm	Sportball Multisport Parent and Tot 2-3 yrs 9:30am-10:15am	EFK: Zany Zoo Engineers 4-6 yrs 9:30am-10:30am
Kids Pottery - Explore with Clay 8-12 yrs 3:30pm-5:00pm	Music Together 0-5 yrs 10:30am-11:15am	Parent and Toddler Dance 0-3 yrs 3:45pm-4:15pm	Babies Only Music Together with Joan 0-8 months 11:30am-12:15pm	Dungeons and Dragons 11-14 yrs 3:30pm-5:30pm	Art and Science Fusion 5-11 yrs 10:00am-11:00am	Parent and Child Pottery 6-8 yrs 9:30am-10:30am
RALLY 2025 10-12 yrs 3:30 pm-6:00 pm	Sportball Multisport Parent and Tot 2-3 yrs 10:45am-11:30am	Kids Pottery - Explore with Clay 8-12 yrs 3:45pm-5:15pm	Mini Hip Hop 3-4 yrs 3:15pm-4:00pm	RALLY 2025 10-12 yrs 3:30 pm-6:00 pm	Parent and Child Pottery 3-5 yrs 10:00am-10:45am	Indoor Kids Tennis 9-11 yrs 10:00am-11:00am
Science4 Preschoolers 3-5 yrs 4:00pm-4:45pm	Sportball Multisport Drop-off 3-5 yrs 11:30am-12:15pm	Recreational Gymnastics 6-11 yrs 4:00pm-5:00pm	Teen Pottery 13-18 yrs 3:30pm-5:15pm	Mini Ballet 3-5 yrs 4:00pm-4:45pm	Sportball Multisport Drop-off 3-5 yrs 10:15am-11:00am	Colour Your Ideas - Creative Drawing & Collage! 7-11 yrs 10:00am-11:00am
Indoor Kids Tennis - Beginner 6-8 yrs 4:00pm-5:00pm	Music Together 0-5 yrs 11:30am-12:15pm	Douglas Park Junior Youth Council 10-13 yrs 4:00pm-5:00pm	RALLY 2025 10-12 yrs 3:30 pm-6:00 pm	Traditional Kung Fu: Beginner 6-18 yrs 4:30pm-5:45pm	Junior Dance Mix 5-7 yrs 10:15am-11:00am	Colour Your Ideas - Creative Drawing & Collage! 7-11 yrs 11:15am-12:15pm

Indoor Kids Tennis - Beginner 9-12 yrs 5:00pm-6:00pm	Indoor Kids Tennis - Beginner 9-12 yrs 5:00pm-6:00pm	RALLY 2025 10-12 yrs 3:30 pm-6:00 pm	Mini Ballet 3-4 yrs 4:15pm-5:00pm	Junior Hip Hop 5-7 yrs 4:00pm-4:45pm	Traditional Kung Fu: Intermediate 6-18 yrs 4:30pm-6:15pm	Kids Pottery - Explore with Clay 6-8 yrs 11:00am-12:00pm	Cooking Fun in the Kitchen! 8-12 yrs 10:00am-12:00pm
Science4Kids 6-11 yrs 5:00pm-6:00pm	Douglas Park Youth Cooking Group 10-16 yrs 4:30pm-6:00pm	Douglas Park Senior Youth Council 13-18 yrs 5:00pm-6:00pm	LEGO Amazing Animals 5-10 yrs 4:00pm-5:00pm	Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Basketball 9-13 yrs 11:15am-12:30pm	EFK: Civil Engineering Strategic Strategies 7-11 yrs 10:45am-12:15pm	Parent and Youth Pottery 9-14 yrs 11:00am-1:00pm
<p>Important Note: 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>							
Indoor Kids Tennis 12-16 yrs 10:00am-11:00am	Indoor Kids Tennis 12-16 yrs 10:00am-11:00am	Traditional Kung Fu: Intermediate 6-18 yrs 4:30pm-6:15pm	Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Senior Hip Hop & Jazz Dance 8-12 yrs 5:30pm-6:30pm	Friday Fun 11-14 yrs 6:00pm-9:00pm	Family Fun Soap Making 6-12 yrs 1:30pm-3:30pm	Indoor Kids Tennis 12-16 yrs 10:00am-11:00am
Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Hip Hop and Jazz 4-5 yrs 5:00pm-5:45pm	Dungeons and Dragons 11-14 yrs 4:30pm-6:30pm	Junior Hip Hop & Jazz Dance 4-7 yr 4:45pm-5:30pm	Junior Ballet 5-7 yrs 4:45pm-5:30pm	Ballet Time with Strength and Stretch 11-14 yrs 12:45pm-1:45pm	High 5 Sports! Parent and Tot 2-3 yrs 11:15am-12:00pm
Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Traditional Kung Fu: Advanced 6-18 yrs 4:30pm-6:30pm	Dungeons and Dragons 13-18 yrs 6:45pm-8:45pm	Dungeons and Dragons 13-18 yrs 6:45pm-8:45pm	Active Jazz Funk, Hip Hop, Dance, and KPOP Sampler 8-14 yrs 1:45pm-2:45pm	Active Jazz Funk, Hip Hop, Dance, and KPOP Sampler Family 6+ yrs 2:45pm-3:45pm	High 5 Sports! Drop-off 3-5 yrs 12:15pm-1:00pm	High 5 Sports! Drop-off 3-5 yrs 12:15pm-1:00pm
<p>LEGEND</p> <p>SPORTS/PHYSICAL ACTIVITY</p> <p>DANCE</p> <p>MUSIC/ART</p> <p>EDUCATION</p> <p>LEADERSHIP/COMMUNITY</p>							
<p>Cooking Fun in the Kitchen! 8-12 yrs 1:00pm-3:00pm</p>							

All prices subject to GST where applicable.

EARLY YEARS, CHILDREN, YOUTH – SHCEUDLE

EDUCATION

Emergency first aid with CPR C and AED for 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 Apr 26
\$105/1 sessions 557036

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 May 31
\$72/1 sessions 557034

Red Cross Stay Safe Training 9-13 yrs

First Aid Hero

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? This workshop involves First Aid, Active role-play and Interactive fun! Please bring a 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 Jun 7
\$72/1 sessions 557529

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 Jun 14
\$85/1 sessions 557562

FITNESS & HEALTH

Douglas Park - Physical Literacy for youth 13-18 yrs

Stratos Charalambides

Youth wanting to learn more about the gym, look no further! This 4 week program will give you the opportunity to utilize our fitness Centre as well as having a personal trainer on-site to assist you with any questions you may have. Program Fee includes 1 month gym membership!

Sa 12:00 PM-1:30 PM May 3-May 31
\$47.15/5 sessions 557695

FOOD, COOKING AND GARDENING

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.

Tu 4:30 PM-6:00 PM Apr 8-May 13
\$30/6 sessions 557530

Tu 4:30 PM-6:00 PM May 20-Jun 24
\$30/6 sessions 557531

MARTIAL ARTS

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. 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 a session or contact Sifu Marquis Lung (Master Instructor) for appropriate skill level prior to registration. www.northernshaolin.com. NO CLASS FRIDAY APRIL 18th!

Tu F 4:30 PM-5:45 PM Apr 4-Jun 27
\$348/24 sessions 557026

Traditional Kung Fu - Advanced 6-18 yrs
Tu F 4:30 PM-6:30 PM Apr 4-Jun 27
\$396/24 sessions 557027

Traditional Kung Fu - Intermediate 6-18 yrs
Tu F 4:30 PM-6:15 PM Apr 4-Jun 27
\$372/24 sessions 557028

Follow us! **DOUGLAS PARKCC** Visit our website! www.douglasparkcc.org

SOCIAL

Dungeons and Dragons

Wake Cook

A Dungeons and Dragons group catered to brand new players. The campaign will be a Wizards of The Coast pre-made adventure, allowing new players easy access to the world of D&D. Topics covered will be character creation, combat rounds, and general roleplay/character acting!

11-14 yrs

Th 4:30 PM-6:30 PM Apr 3-Apr 24
\$16/4 sessions [557665](#)

13-18 yrs

Th 6:45 PM-8:45 PM Apr 3-Apr 24
\$16/4 sessions [557668](#)

F 3:30 PM-5:30 PM Jun 6-Jun 27
\$16/4 sessions [557669](#)

Friday Fun

11-14yrs

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.

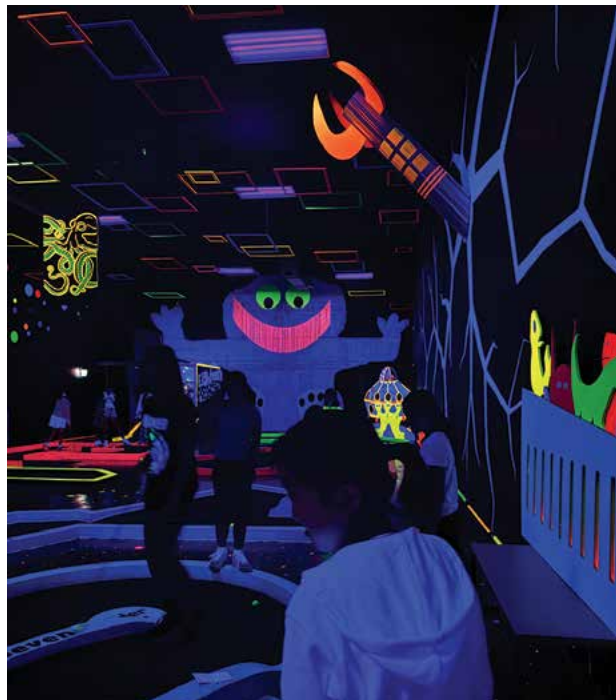
F 6:00 PM-8:45 PM Apr 11-Jun 20
\$50/10 sessions [557016](#)

Movie Night Hosted by Youth Council

Youth Leader

Come watch a big screen movie at Douglas Park! Free popcorn and raffle ticket are available at the door. Registration is recommended.

F 7:00 PM-8:45 PM Apr 25
Free! [557563](#)



SPECIAL EVENTS

Mothers Day Breakfast - Hosted by Youth Council

Youth Leader

Come join Douglas Park Community centre's Mothers day breakfast hosted by our very own Youth Council! Please Register for your child & or partner - Mothers eat free.

Sa 10:00 AM-2:00 PM May 10
\$5 [557021](#)

SPORTS

Open Gym

9-13 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 Apr 11-Jun 20
Free! [557017](#)

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 4:00 PM-5:00 PM Apr 2-Jun 18
Free! [557551](#)

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 5:00 PM-6:00 PM Apr 2-Jun 18
Free! [557552](#)

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.

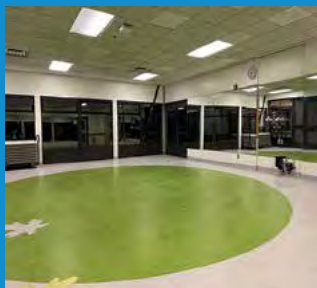
Inclusions

- 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



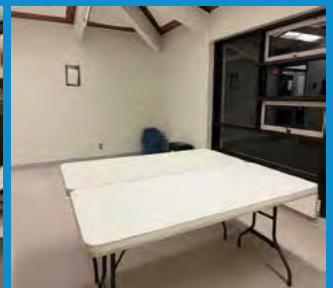
Douglas Lounge



Gymnasium



Laurel Room



Heather Room

Pickleball - 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 session Apr 18, 21 and May 19.

M	11:45 AM-1:45 PM	Mar 31-Jun 16
		557566
F	1:00 PM-3:00 PM	Apr 4-Jun 13
		557567

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 session Apr 21 and May 19.

M	6:15 PM-7:45 PM	Apr 7-Jun 9
		548880

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.

W	5:30 PM-7:00 PM	Apr 9-Jun 18
		557555

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.

W	7:15 PM-8:45 PM	Apr 9-Jun 18
		557557

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	Apr 3-May 8
		557687
Th	1:30 PM-3:00 PM	May 15-Jun 19
		557688



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	Apr 3-May 8
		557685
Th	12:00 PM-1:30 PM	May 15-Jun 19
		557686

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

Played individually, in pairs or teams, each side is given six balls, either red or blue, with the objective to throw balls as close as possible to the white target ball to earn points. All ages are welcome.

Tu 12:45 PM-2:15 PM Apr 1-Jun 17
\$22.86/12 sessions 557565

Douglas Park Runners

19+ yrs

Tim Verkerk

We are a social run group that meets two times a week. We run in various pace groups so no one will run alone. Prerequisite: 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.

Tu Th 6:00 PM-7:30 PM Apr 1-Jun 26
\$70/26 sessions 555085

Tennis - Beginner HP

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.

Tu Th 5:00 PM-6:30 PM May 6-May 15
\$138/4 sessions 549760
Tu Th 5:00 PM-6:30 PM Jun 3-Jun 12
\$138/4 sessions 549761

Tennis - Novice HP

19+ yrs

Mauro Liceaga Garcia

You can rally the real ball, however you recognize that you would have more fun if you were consistent in all strokes. This is your level-you will take it a few times to get.

Tu Th 5:00 PM-6:30 PM May 6-May 15
\$138/4 sessions 549765
Tu Th 5:00 PM-6:30 PM Jun 3-Jun 12
\$138/4 sessions 549766

Tennis - Novice Plus HP

19+ yrs

Mauro Liceaga Garcia

Get Fit: Learn New Skills: Novice Plus is where even more fun begins. Top Spin for your forehand, slice for the backhand and a consistent serve. Players will be introduced to tactics and strategiesFor singles and doubles.

Tu Th 6:45 PM-8:15 PM May 6-May 15
\$138/4 sessions 549767
Tu Th 6:45 PM-8:15 PM Jun 3-Jun 12
\$138/4 sessions 549768

Tennis - Intermediate

19+ yrs

Mauro Liceaga Garcia

You can play matches, singles and or doubles: You can serve, volley, and rally both sides. Coaches set individual goals; Stroke Improvement and more Evil and planned strategies will help you get more game & fun!

Tu Th 6:45 PM-8:15 PM May 6-May 15
\$138/4 sessions 549762
Tu Th 6:45 PM-8:15 PM Jun 3-Jun 12
\$138/4 sessions 549763

Little Mountain Step'n Clog

19+ yrs

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

Beginner

Sa 1:00 PM-2:30 PM May 24
\$5/1 sessions 548866

Intermediate

Sa 1:00 PM-3:00 PM Apr 26, May 10, 24, Jun 7, 14, 21
\$12/6 sessions 546906



PERFORMING ART

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

Hannah Robertson

We will start the class by learning the foundational ballet movements at the barre. 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 class May 17.

Sa 11:15 AM-12:15 PM Apr 26-Jun 21
\$128/8 sessions [543477](#)

VISUAL ART

Adult Pottery - Beginner 19+ yrs

Begin with guided projects in slab, coil, and pinch pot building and move on to wheel work and surface treatment. The focus of this class is to develop familiarity with the clay. Purchase clay at the first class. No class Apr 19 and May 17.

Robyn Williams

W 9:30 AM-12:30 PM Apr 9-Jun 11
\$450/10 sessions [552579](#)

Th 9:30 AM-12:30 PM Apr 10-Jun 12
\$450/10 sessions [552582](#)

Brianne Siu

Sa 12:30 PM-3:30 PM Apr 5-Jun 14
\$405/9 sessions [557602](#)

Adult Pottery - Intermediate 19+ yrs

Focus on hand building techniques, pinching, coiling, soft slab construction and the wheel. We will also investigate form and surface decoration. Class suitable for all levels. Purchase clay at first class. Please bring your own apron.

Laura Van Der Linde

Tu 10:00 AM-1:00 PM Apr 15-Jun 3
\$360/8 sessions [546065](#)

Tu 1:30 PM-4:30 PM Apr 15-Jun 3
\$360/8 sessions [546066](#)

Tu 5:30 PM-8:00 PM Apr 15-Jun 3
\$360/8 sessions [546067](#)

Brianne Siu

F 5:30 PM-8:30 PM Apr 4-Jun 13
\$450/10 sessions [557603](#)



All prices subject to GST where applicable.

Adult Pottery - Intermediate and Advanced

19+ yrs

Learn to hand-build and/or throw larger and more complex forms, improve piece throwing skills through repetition and development drills. Experience recommended. Purchase clay at the first class. No session Apr 18, 21 and May 19.

Sarah Cherin

M 5:30 PM-8:30 PM Apr 7-Jun 9
\$360/8 sessions [546757](#)

Robyn Williams

W 5:45 PM-8:45 PM Apr 9-Jun 11
\$450/10 sessions [552586](#)

Th 5:45 PM-8:45 PM Apr 10-Jun 12
\$450/10 sessions [552587](#)

F 9:30 AM-12:30 PM Apr 11-Jun 13
\$405/9 sessions [552584](#)

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 Apr 16-May 14
\$180/5 sessions [553450](#)

W 6:15 PM-8:15 PM May 21-Jun 25
\$216/6 sessions [557528](#)

Beginner-Level Scented Natural Wax Candle Making 19+ yrs

Jhansi Yedluri

You will learn the art of crafting your own scented candle from scratch. We will be using natural wax, fragrance oils are clean scents free of harmful chemicals such as phthalates, parabens, pesticides and cotton wicks free of lead. All supplies provided.

Th 5:30 AM-8:30 AM Apr 10
\$60/1 sessions [556615](#)

F 5:30 AM-8:30 AM May 9
\$60/1 sessions [556616](#)

F 5:30 AM-8:30 AM Jun 6
\$60/1 sessions [556618](#)

F 5:30 AM-8:30 AM Jun 27
\$60/1 sessions [556619](#)

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.

Bunny

F 6:15 PM-8:45 PM Apr 11
\$50/1 sessions [553451](#)

Mother's Day Card

F 6:15 PM-8:45 PM May 2
\$50/1 sessions [553452](#)

Connect Hearts

F 6:15 PM-8:45 PM Jun 20
\$50/1 sessions [553453](#)

EDUCATION

Dog Obedience - Beginner

19+ yrs

DOGSmart Training

For dogs over 6 Months. No aggression. Registration closes after 2nd class. The focus of beginner training is to learn everyday basic life skill exercises such as sit, stay, down, come when called, and proper leash handling methods while incorporating varying degrees distractions. This means that your dog must learn to pay attention to you under many situations. We use food, praise and play along with scientific learning principles to teach your dog how to achieve these goals. No class Apr 21.

M 6:25 PM-7:25 PM Apr 7-May 12
\$249/5 sessions [548694](#)

Dog Obedience - Walk This Way

19+ yrs

DOGSmart Training

For dogs over 6 Months. No aggression. Registration closes after 2nd class. Loose leash walking is a difficult skill for most dogs and it requires patience, planning, and persistence. In this class we'll teach you some unique ways to teach your dog how to walk calmly beside you all in a fun and friendly environment. No class Apr 21.

M 7:30 PM-8:30 PM Apr 7-May 12
\$249/5 sessions [548845](#)

Linocut Printmaking **NEW**

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 Apr 22
\$60/1 sessions [545834](#)
Su 12:30 PM-2:30 PM May 11
\$60/1 sessions [557277](#)

Natural Anti-Aging with Eastern Medicine **NEW**

19+ yrs

Brian Jang

Learn practical, hands-on techniques from Eastern medicine to improve your aging, sleep and elevate your emotional well-being. Learn simple self-care methods you can easily apply in daily life to feel more balanced, energized, and at peace.

Tu 7:00 PM-8:30 PM May 13
\$20/1 sessions [548849](#)

PARLEZ-VOUS FRANCAIS?

50+ yrs

Carine McEwen

French speaking social program. All sessions are in French and a high level of fluency is required. Drop-ins welcome!

W 1:00 PM-3:00 PM Apr 16-Jun 18
FREE/10 sessions [557518](#)

Coptic Bookbinding

19+ yrs

Suzan Lee

An Ancient Egyptian technique for binding a book. Its strength is proven when you flip and clap the covers together. Ideal for painting or sketching. No prior experience is necessary. All materials and tools are provided.

Th 5:45 PM-8:45 PM Apr 17
\$59.95/1 sessions [545835](#)

Spanish Conversation Beginners with Rossana

19+ yrs

Rossana Mariezcurrena

Come and practice, have fun speaking Spanish with role playing and practical situations. An opportunity to put into practice what you have learned and learn much more in a practical manner. Beginners and low level of knowledge. No session Apr 20 and May 18.

Th 6:30 PM-7:45 PM Apr 10-Jun 12
\$200/10 sessions [550390](#)

Su 1:00 PM-2:15 PM Apr 6-Jun 22
\$200/10 sessions [550389](#)

Moss Ball Workshop **NEW**

19+ yrs

Vancouver Tool Library

Kokedama balls are a globe of moss that contains soil and a plant. Create a hanging moss ball piece to make your own string garden at home. You will learn about soil, wrapping techniques, and plant care.

Su 12:30 PM-2:30 PM May 4
\$45/1 sessions [557279](#)

Su 12:30 PM-2:30 PM May 25
\$45/1 sessions [557278](#)

Floral Workshops

Blumen Floral

Come by and enjoy an evening of crafting your own unique floral creation with florists from Blumen Florals.

Spring Wreath

F 6:30 PM-8:30 PM Apr 25
\$80/1 sessions [559052](#)

Fresh Spring Bouquets

F 6:30 PM-8:30 PM May 30
\$80/1 sessions [559053](#)

Dried Spring Bouquets

F 6:30 PM-8:30 PM Jun 27
\$80/1 sessions [559054](#)

Bento Cake Decorating

Open Pantry

Join us for a fun and creative afternoon of cake decorating! 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. We'll provide all the tools you'll need to not only design your own cake but also to create new memories!

Th 6:15 PM-8:45 PM Apr 24
\$75/1 sessions [559051](#)

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 Apr 21, May 19

M	9:30 AM-10:30 AM	Apr 7-Jun 23
		556983
W	9:30 AM-10:30 AM	Apr 2-Jun 23
		556990

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

As we move through time, we need to keep moving our bodies. 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 Apr 18, 21 and May 9.

M	11:00 AM-12:00 PM	Apr 7-May 12
		546081
M	11:00 AM-12:00 PM	May 26-Jun 23
		546082
F	1:30 PM-2:30 PM	Apr 4-May 16
		546083
F	1:30 PM-2:30 PM	May 23-Jun 20
		546084

Boogie Boot Camp

19+ yrs

Asal Nikoopour

The first half of the class is 'follow the leader' choreographed dance fitness moves with lots of squats and lunges. The second half of this class focuses on strength training using your own body weight to targeting the arms, core and lower body. Bring a yoga mat and your water. Drop-in \$14.

Tu	7:00 PM-8:00 PM	Apr 1-May 13
		545984
Tu	7:00 PM-8:00 PM	May 20-Jun 24
		545987

Zumba

19+ yrs

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.

Maira Daiha

Tu	9:30 AM-10:30 AM	Apr 1-May 6
		557689
Tu	9:30 AM-10:30 AM	May 13-Jun 17
		557690
Th	7:00 PM-8:00 PM	Apr 3-May 8
		557691
Th	7:00 PM-8:00 PM	May 15-Jun 19
		557693

Asal Nikoopour

Th	9:30 AM-10:30 AM	Apr 3-May 15
		545985
Th	9:30 AM-10:30 AM	May 22-Jun 26
		545988

Iyengar Yoga

19+ yrs

Focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities.. Drop in \$21, space permitting. No class Apr 29.

Christine Rondeau

Tu	5:45 PM-7:00 PM	Apr 1-May 27
		557594

Grant Richards - TAP

Th	5:30 PM-7:00 PM	Apr 10-Jun 19
		545983



Flow Yoga and Body Rolling TAP

19+ yrs

Jennifer Rowbotham

Body rolling helps release tension in the muscles and increases flexibility. No session Apr 24 and May 1. 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	Apr 3-Jun 19
		545968

Zumba Gold

19+ yrs

Asal Nikoopour

Classes strive to improve our strength, balance, flexibility and most importantly, the heart. Come ready to sweat and prepare to leave feeling empowered and stronger. Drop in \$14 No session Apr 18.

F	11:45 AM-12:40 PM	Apr 4-May 16
		545986
F	11:45 AM-12:40 PM	May 23-Jun 27
		545992

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

Located at 2821 Heather Street.

All prices subject to GST where applicable.

FITNESS CONT'D

Social Dance **NEW** 19+ yrs

Raf Chen

Beginner level, no partner required. To build skills, expand ability and learn dance variations, suitable for singles and pairs. No class Apr 21 and May 19.

Rumba
M 5:00 PM-6:00 PM Apr 7 553236

FREE/1 sessions
M 5:00 PM-6:00 PM Apr 14-Jun 16 553227

\$80/8 sessions
Cha Cha

Tu 4:00 PM-5:00 PM Apr 8 553238

FREE/1 sessions
Tu 4:00 PM-5:00 PM Apr 15-Jun 17 553231

\$100/10 sessions

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.

W 11:00 AM-12:00 PM Apr 2-Jun 11 548838

International Line Dance (Intermediate) 19+ yrs

Angela Wei

Move to the melodies of old favorites and today's hits. Experience the joy of music while exercising, relieving stress, and meeting friends through Line Dance. This class is instructed in Mandarin and English.

W 1:00 PM-2:30 PM Apr 2-Jun 25 546098

Buff Bones **NEW** 30+ yrs

Kathleen Rojas

Combining Pilates, functional movement and strength training, it is perfect for those with low bone density of chronic pain. Please arrive 10 minutes early the first day to fill out medical form (new clients only). No session Apr 18.

W 2:10 PM-3:00 PM Apr 2-Apr 30 549772

\$90/5 sessions
W 2:10 PM-3:00 PM May 7-May 28 549775

\$72/4 sessions
W 2:10 PM-3:00 PM Jun 4-Jun 18 550134

\$54/3 sessions
F 9:00 AM-9:50 AM Apr 4-Apr 25 552520

\$54/3 sessions
F 9:00 AM-9:50 AM May 2-May 30 552522

\$90/5 sessions
F 9:00 AM-9:50 AM Jun 6-Jun 20 552524

\$54/3 sessions

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 Apr 9-May 14 545965

\$92/6 sessions
W 7:30 PM-8:30 PM May 21-Jun 25 545966

Essentrics 19+ yrs

Jana Birkett

A dynamic, full body workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will increase flexibility and mobility for a healthy, toned and pain-free body. Drop-in \$18.

Th 12:45 PM-1:55 PM Apr 3-May 8 545969

\$80/6 sessions
Th 12:45 PM-1:55 PM May 22-Jun 19 545971

Pilates Movement Principles with Hand Weights 19+ yrs

Kathleen Rojas

Ideal for beginners and experienced movers alike, discover pre-Pilates and beginner exercises safely and enjoyably. Enhance body awareness, strengthen, and move functionally while deepening your connection to breath, body, and core.

Th 7:15 PM-8:15 PM Apr 3-May 8 549770

\$150/6 sessions
Th 7:15 PM-8:15 PM May 15-Jun 19 549777

Yoga for Peri-Menopause and Menopause **NEW** 19+ yrs

Dele Oyinloye

The symptoms of Peri-Menopause and Menopause is a challenging yet beautiful life transition and will be supported through strengthening, grounding, and stress-reducing yoga asana. This is a hatha/restorative style of yoga. All levels welcome.

F 10:30 AM-11:30 AM Apr 4-Jun 13 550127

Relaxation Techniques with Rossana 19+ yrs

Rossana Mariezcurrena

Techniques help cope with stressful situations, cravings for smoking, eating, sleeping problems, exam situations and skin problems due to stress. Bring mat, blanket to lie on and cover up in case you feel cold and a voice recording device.

M 6:30 PM-8:30 PM Apr 28 550387

\$48/1 sessions
M 6:30 PM-8:30 PM May 26 550388

\$48/1 sessions
M 6:30 PM-8:30 PM Jun 23 550391

MARTIAL ARTS

Wah Tor Chi Kung (Qigong) for Health

19+ yrs

Florence Chan and Hing Tse

Chi Kung is an ancient Chinese exercise working with our vital energy through conscious effort. It is in combination of relaxation, breathing technique and coordinated movement to improve and maintain physical and mental wellness.

Th 6:00 PM-7:00 PM Apr 3-Jun 19
\$153.14/12 sessions [545979](#)

Tai Chi Kung Fu Fan with 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 \$15. No session Apr 20 and May 18.

Su 1:50 PM-2:45 PM Apr 6-Jun 29
\$147.4/11 sessions [557698](#)

Tai Chi Yang Style 26 Form

19+ yrs

Amy Li Hua Zhu

This Yang Style Tai Chi is short and concise, encompassing the traditional poses as its main movements are closely integrated and flows naturally. The presentation of the "cloud hand", Turn Body and Seven Stars hammer movement is an eye opener proven to enhance and improve health. Drop in \$15. No class Apr 20 and May 18.

Su 2:50 PM-3:50 PM Apr 6-Jun 29
\$147.4/11 sessions [557699](#)

OUT TRIP

Seniors Out Trip - Abbotsford Tulip Festival

Activity cost includes transportation and admissions. Please sign and complete activity waiver prior to program start time.

Th 9:30 AM - 3:00 PM May 1
\$80/session [559096](#)

SOCIAL

By Hand for Makers

19+ yrs

Non Instructional

For those who enjoy knitting, crocheting, beading, embroidery, macramé, and quilting. Bring your current project, or the one you keep meaning to finish, along with coffee/tea.

W 6:45 PM-8:45 PM Apr 2-Jun 25
FREE/13 sessions [545933](#)

Seniors Tuesday Social

55+ yrs

Spend a delightful afternoon enjoying games, workshops, special events, socializing and meeting new seniors.

Tu 1:30 PM-3:30 PM Apr 15-Jun 17
FREE/10 sessions [557019](#)

Seniors Social
1:30-3:30pm
Register at activity #[557019](#) to attend.

- April 15: Board Games
- April 22: Yoga
- April 29: Nutrition Workshop
- May 6: Crafts and Tea
- May 13: Sushi Making
- May 20: Bingo
- May 27: Luncheon
- June 3: Workshop
- June 10: Dance
- June 17: BBQ



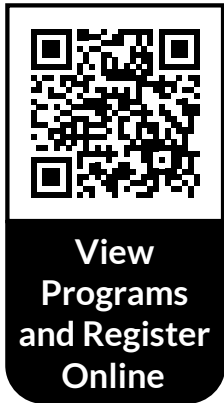
Private Piano Lessons 6+ yrs

Please check online to find your timeslot 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 Apr 19, 20, 21, May 17, 18 and 19.

Sunday	Monday	Thursday	Saturday
<p>Kenny Ngo 9:30AM- 3:30PM Apr 6-Jun 15 \$234/9 sess</p>	<p>Kenny Ngo 3:30PM- 8:30PM Apr 7-Jun 16 \$234/9 sess</p>	<p>Kaya Warner 3:30PM- 8:30PM Apr 2-Jun 18 \$312/12 sess</p>	<p>Kaya Warner 9:30AM-3:30PM Apr 5-Jun 21 \$260/10 sess</p>

All prices subject to GST where applicable.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Strength and Balance 55 yrs+ 9:30am-10:30am	Zumba 19 yrs+ 9:30am-10:30am	Strength and Balance 55 yrs+ 9:30am-10:30 am	Zumba 19 yrs+ 9:30am-10:30am	Buff Bones 30 yrs+ 9:00am-9:50am	Adult Ballet-Open Level 19 yrs+ 11:15am-12:15pm	ABC-Active & Strong 19 yrs+ 10:00am-11:00am
Yoga for Aging Well 55 yrs+ 11:00am-12:00pm	Adult Pottery - Intermediate 19 yrs+ 10:00am-1:00pm	Adult Pottery - Beginner 19 yrs+ 9:30am-12:30am	Adult Pottery - Beginner 19 yrs+ 9:30am-12:30am	Adult Pottery - Intermediate and Advance 19 yrs+ 9:30am-12:30am	Adult Pottery-Intermediate and Advanced 19 yrs+ 9:30am-12:30pm	Spanish Conversation Beginners with Rossana 19 yrs+ 1:00pm-2:15pm
Pickleball - Recreational 55 yrs+ 11:45am-1:45pm	Boccia 19 yrs+ 12:45pm-2:15pm	Callanetics 19 yrs+ 11:00am-12:00pm	PIP Pickleball Lessons-Advance Beginner Train and Play 2.5 19 yrs+ 12:00pm-1:30pm	Yoga for Peri-Menopause and Menopause 19 yrs+ 10:30am-11:30am		Tai Chi Kung Fu Fan with Health Qi Gong 19 yrs+ 1:50pm-2:45pm
ABC-Introduction to Walking Soccer 18 yrs+ 2:00pm-3:30pm	Seniors Tuesday Social 55 yrs+ 1:30pm-3:30pm	International Line Dance (Intermediate) 19 yrs+ 1:00pm-2:30pm	Essentrics 19 yrs+ 12:45pm-1:55pm	Zumba Gold 19 yrs+ 11:45am-12:40pm		Tai Chi Yang Style 26 Form 19 yrs+ 2:50pm-10:30am
Social Club 19 yrs+ 2:30pm-4:30pm	Adult Pottery - Intermediate 19 yrs+ 1:30pm-4:30pm	Parlez-vous Francais? 50 yrs+ 1:00pm-3:00pm	PIP Pickleball Lessons-Intermediate Train and Play 3.0 19 yrs+ 1:30pm-3:00pm	Pickleball - Recreational 55 yrs+ 1:00pm-3:00pm		
Rumba 19 yrs+ 5:00pm-6:00pm	Cha Cha 19 yrs+ 4:00pm-5:00pm	Buff Bones 30 yrs+ 2:10pm-3:00pm	Iyengar Yoga 19 yrs+ 5:30pm-7:00pm	Yoga for Aging Well 55 yrs+ 1:30pm-2:30pm		

		<p>Adult Pottery-Inter-mediate 19 yrs+ 5:30pm-8:30pm</p>	<p>Adult Pottery-Inter-mediate and Advance 19 yrs+ 5:45pm-8:15pm</p>	<p>ABC-Intro to Walking Soccer 18 yrs+ 2:45pm- 3:45pm</p>	<p>Adult Pottery - Inter-mediate 19 yrs+ 5:45pm-8:15pm</p>	<p>Adult Pottery-Inter-mediate and Advance 19 yrs+ 5:30pm-8:30pm</p>
<p>Wah Tor Chi Kung (Qigong) for Health 19 yrs+ 6:00pm-7:00pm</p>	<p>Debunking Every Myth About Pickleball 19 and up 5:30pm-7:00pm</p>	<p>Iyengar Yoga 19 yrs+ 5:45pm-7:00pm</p>	<p>Indoor Tennis Beginner 19 yrs+ 6:15pm-7:45pm</p>	<p>Spanish Conversation Intermediate with Rossana 19 yrs+ 6:30pm-7:45pm</p>	<p>Adult Pottery-Intermediate and Advance 19 yrs+ 5:45pm-8:45pm</p>	<p>Boogie Bootcamp 19 yrs+ 7:00pm-8:00pm</p>
<p>Dog Obedience - Come when called In and outdoors 19 yrs+ 6:24pm-7:25pm</p>	<p>Zumba 19 yrs+ 7:00pm-8:00pm</p>	<p>ABC-Intro to Athletic Interval Training 19 yrs+ 6:00pm-7:00pm</p>	<p>Dog Obedience-Adolescents Antics 19 yrs+ 7:30pm-8:30pm</p>	<p>Flow Yoga and Body Rolling 19 yrs+ 7:30pm-9:00pm</p>	<p>Watercolours Basics and Beyond 19 yrs+ 6:15pm-8:15pm</p>	<p>Pilates Movement Principles with Hand Weights 19 yrs+ 7:15pm-8:15pm</p>
<p>The Art and Science of Higher Level Pickleball 19 yrs+ 7:15pm-8:45pm</p>	<p>By Hands - for makers - a Free Weekly Drop In 19 and up 6:45pm-8:45pm</p>	<p>Important Note: 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>				

LEADERSHIP/COMMUNITY

EDUCATION

DANCE MUSIC/ART

SPORTS/PHYSICAL ACTIVITY

LEGEND

ADULT & SENIORS – SHCEUDLE

All prices subject to GST where applicable.

Douglas Park Spring 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

Mon Apr 7-Jun 16 2:00 PM-3:30 PM Gymnasium
 Wed Apr 9-Jun 14 2:45 PM-3:45 PM Gymnasium
[549527](#) ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



NEW!-Program TBA

Instructor: ABC Instructor

Wed Apr 9-Jun 25 6:00 PM-7:00 PM Douglas Lounge
[549527](#) ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



Active and Strong (19+ yrs)

Instructor: ABC Instructor

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 Apr 20 and May 18.

Sun Apr 6-Jun 22 10:00 AM-11:00 PM Douglas Lounge
[549527](#) ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



For more information about these and other ABC programs, schedules changes, and program updates please scan here or contact kate.lee@vancouver.ca

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



VIEW ONLINE

Pass Packages	Douglas Park Pass	Vancouver Parks Flexipass
10 Visit Pass	\$35.00	\$66.69
One Month Pass	\$31.90	\$59.95
Three Month Pass	\$60.00	\$161.87
Twelve Month Pass	\$180.00	\$517.97

All prices subject to GST where applicable.

There are three ways to participate in the free swap:

1. Swap it! Donate items for others to choose from and select new-to-you items dropped off by others.
2. Decluttering! Feel free to donate items without taking home anything new.
3. Nothing to donate? No problem! Everyone is welcome to take items home.

Douglas Park Free Item Swap All Ages

A free swap is an event where people give away items they no longer need and take something they can use. This reduces the amount of waste going to landfill and helps us declutter our homes.

**Saturday
April 6
1:30-3:30pm**



Free Swap rules: Donated items must be clean and in good working condition. Each person can donate 1-3 items. Items must be small enough to fit in a regular sized reusable bag (grocery bag). Exempt items: food, footwear, medicine, personal care products, broken/damaged/dirty items. Accepted items: clothing, housewares, small electronics, accessories, books, games, and art- We reserve the right to refuse any items we don't think are suitable.

Douglas Park Community Day

Step right up and be part of the excitement at Douglas Park Community Day festivities!

**Saturday
June 21
11am-3pm**

Prepare for an afternoon filled with delightful games, food, interactive fun, and community performances. Join us for an afternoon of wholesome celebration and entertainment! 546722

SEARCH AND REGISTER FOR PROGRAMS at www.douglasparkcc.org FOLLOW US at @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