



DOUGLAS PARK COMMUNITY CENTRE

Recreation Guide

Spring & Summer 2026



SPRING & SUMMER

Registration starts
March 17
at 7pm

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



801 West 22nd Avenue, Vancouver, BC V5Z 1Z8 • Tel: 604-257-8130 (#1) • E: douglasparkcc@vancouver.ca

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 Douglas Park Community Association!

Welcome to Spring/Summer 2026.

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

Vancouver will be hosting 7 FIFA world cup soccer games between June 13th and July 7th. As such, Douglas Park's June Community Day will not be in its traditional one day form this year but rather celebrations will be spread across the summer through enhanced Performance in the Park concerts by including games and other activities. Mark the following Thursday evenings on your calendar: July 16, 30, August 13 and 20. World cup games will be shown in the lobby. Pop on by and cheer!

DPCA received a great response to our call for community members to join the board resulting in 5 new directors. Thank you, and welcome to our new directors.

The DPCA board would like to acknowledge and thank our Community Recreation Supervisor Jody Gunderson. She has been the heart of the centre for the last 8 years. Sadly, she is now needed at another community centre. They are lucky to have her, we will miss her, and we wish her ongoing success in her career.

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

See you in the park!

Christine Coleman
President



Spring & Summer
REGISTRATION STARTS



Online
VANREC.CA

Tuesday March 17
Registration starts 7:00pm



In-person



By Phone
604-257-8130
ext. 1

Wednesday March 18
Registration starts 8:00am



Summer Day Camp
REGISTRATION STARTS



Online
VANREC.CA

Wednesday, April 8
Registration starts 7:00pm



In-person



By Phone
604-257-8130
ext. 1

Thursday, April 9
Registration starts 10:00am

Follow us! DOUGLAS PARKCC

Visit our website! www.douglasparkcc.org

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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.

Closed Dates
April 3, 4, 5, 6, May 16, 17, 18,
July 1, 5, 12, 19, 26, August 1, 2, 3, 9, 16, 23, 30,
September 5, 6, 7Closed

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. or email at douglasparkcc@vancouver.ca

TBA..... Community Recreation Supervisor
 Susie Vu Recreation Facility Clerk
 Garrett Wong Recreation Programmer II
 Dominic Ponce Recreation Programmer I
 Stratos CharalambidesCommunity 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 douglasparkcc@vancouver.ca

Licensed Preschool 2026-2027 Registration



All preschool classes will run out of the Unicorn Room and are for children born in 2022 and 2023.

At the time of registration, you will be required to pay a refundable deposit. This deposit will be used to pay June's fees, unless 1 month of withdrawal notice is given. In this case, the deposit will be refunded.

Douglas Park Preschool strives to provide high quality, affordable, and accessible childcare. Our environment fosters well-rounded social and learning experiences for children to play, grow and learn alongside enthusiastic and caring Early Childhood Educators.

Registration opens online on Tuesday, March 17 at 7:00 PM

◆ ***Unicorn AM 3 days/week**
 \$350 Mon/Wed/Fri
 9:00 - 11:30 AM
 Activity # - 616899

◆ ***Unicorn PM 3 days/week**
 \$350 Mon/Wed/Fri
 12:15 - 2:45 PM
 Activity # - 616906

◆ **Unicorn AM 2 days/week**
 \$283 Tues/Thurs
 9:00 - 11:30 AM
 Activity # - 616908

◆ **Unicorn PM 2 days/week**
 \$283 Tues/Thurs
 12:15 - 2:45 PM
 Activity # - 616907

◆ **Unicorn AM 5 days/week**
 \$513 Mon-Fri
 9:00 - 11:30 AM
 Activity # - 616911

◆ **Unicorn PM 5 days/week**
 \$513 Mon-Fri
 12:15 - 2:45 PM
 Activity # - 616916



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.

Registration
 Online
 March 17
 7:00 PM
vanrec.ca

<p>*Week 1 <i>Around the World</i> 9:00 AM - 12:00 PM</p>	<p>Jun 29 - Jul 3 (no session July 1) \$*138/4 day 612366</p>	<p>Week 4 <i>Under the Star</i> 9:00 AM - 12:00 PM</p>	<p>Jul 20 - Jul 24 \$172/5 day 615828</p>
<p>Week 2 <i>Camping Adventures</i> 9:00 AM - 12:00 PM</p>	<p>Jul 6 - Jul 10 \$172/5 day 615826</p>	<p>Week 5 <i>Into the Jungle</i> 9:00 AM - 12:00 PM</p>	<p>Jul 28-Aug 1 \$172/5 day 615829</p>
<p>Week 3 <i>Fantasy & Fairytales</i> 9:00 AM - 12:00 PM</p>	<p>Jul 13 - Jul 17 \$172/5 day 615827</p>	<p>*Week 6 <i>Science Fun</i> 9:00 AM - 12:00 PM</p>	<p>Aug 4 - Aug 7 (no session August 1) \$*138/4 day 615847</p>

Camp Readiness: This camp is not designed with a gradual entry process. The registered child will be able to transition into the camp comfortably and be comfortable staying without a guardian for the 3 hours of camp.

Withdraws & Refunds: notice must be given at least two weeks prior to your child's first day of camp to receive a refund. Children must be born in 2021, 2022, or 2023. You will be emailed a registration package in advance of your registered week. Weekly rates will be reduced due to the Child Care Fee reduction Initiative.

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

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

Licensed School Age Care 2026-2027 Registration

Children attending School Age Care must attend Edith Cavell or Emily Carr Elementary School.
 Children can attend AM and PM care, or just PM care. Pro-D Days and early dismissals are included.
 Winter, Spring and Summer break camps are offered at an additional fee.
 Douglas Park children will get priority registration for camps.



All programs are currently full with a long wait list.
 To add your child going into Gr. 2 and up to the waitlist:
 ***Register them at any time using the activity number that corresponds with their school.

- Edith Cavell Activity# [611784](#)
- Emily Carr Activity# [611786](#)

To add your child who will be starting Kindergarten or Gr. 1 in September 2026 to the waitlist:

***Children who will be starting Kindergarten or Gr. 1 in Sept 2026 can be added to the wait list on **March 17th at 7 PM**, using the activity number that corresponds with their school.

Times:
 AM Care (M-F) 7:30-9:00 AM
 PM Care (M-F) 3:00-6:00 PM

Fees:
 PM Care Only: \$503/month
 AM + PM Care: \$623/month



Summer Spectacular Daycamp



Please register child by year of birth (*Note: all children must have completed Kindergarten in order to register for the 2020 program. No exceptions will be made due to licensing regulations).



Extended Day: 7:30 AM – 6:00 PM
 \$288/5 days
 \$236/4 days (*Stat holidays weeks 1+6)

Short Day: 10:00 AM – 4:00 PM
 \$236/5 days
 \$200/4 days (*Stat holiday weeks 1+6)

	2020	2020 Short	2018-2019	2018-2019 Short	2013-2017	2013-2017 Short
Week 1 • Jun 29-Jul 3	608852	614686	614690	614693	614696	614720
Week 2 • Jul 6-10	614728	615202	615190	615209	615194	615211
Week 3 • Jul 13-17	615598	615600	615601	615678	615679	615680
Week 4 • Jul 20-24	615681	615682	615683	615684	615685	615686
Week 5 • Jul 27-31	615792	615793	615794	615795	615796	615797
Week 6 • Aug 4-7	615798	615799	615800	615801	615802	615803
Week 7 • Aug 10-14	615804	615805	615806	615807	615808	615809
Week 8 • Aug 17-21	615850	615980	615981	615982	615983	615984
Week 9 • Aug 24-28	615985	615986	615987	615988	615989	615990

Registration online
 April 8
 7:00 PM
vanrec.ca

*Internal SAC children will get priority registration before registration opens to the public

Douglas Park CC Licensed Summer Spectacular Day Camp has been approved for the CCFRI (Child Care Fee Reduction Initiative) funding this year. Camp fees will be reduced at time of registration.

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

All prices subject to GST where applicable.

SOCIAL

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 May 18.

M	9:00 AM-11:00 AM	Apr 13-Jun 22
		613244
W	9:00 AM-11:00 AM	Apr 8-Jun 24
		613245
F	9:00 AM-11:00 AM	Apr 10-Jun 12
		613246



Baby Sign Language

0-2 yrs

Into Yoga

Babies understand and can communicate long before they are able to speak. Research shows that babies who learn Sign Language learn quicker and talk earlier. Using songs and games learn how to teach your baby basic American Sign Language (ASL) so they can better convey their wants and needs and relieve unnecessary frustration. The instructor will teach you the signs and songs so you can practice at home. Babies can sleep during class or you can bring some toys. Newborn to 24 months. 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

M	1:15 PM-2:00 PM	Apr 13-May 11
		602253

Douglas Dinos Playroom

0-5 yrs

Claudia Erichsen

This is a free play based program for 0-5 years that requires parent/caregiver participation and provides opportunities for social interaction for both the caregiver and the child. 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. Mid-morning song circles include movement, signing and fun. A positive influence on your child's early development.

Tu	10:00 AM-12:00 PM	Mar 31-Jun 16
		613238
Th	10:00 AM-12:00 PM	Apr 2-Jun 18
		613240

PHYSICAL RECREATION

High 5 Sports

Hai Doan

Our multi-sport program for children offers a diverse and engaging experience, introducing participants to a variety of 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. We offer options ranging from soccer and basketball to tennis and hockey. With prioritizing inclusivity, skill development, and a lifelong enjoyment of sports, we unleash the power to play! No class May 17.

2-3yrs

Parent and Tot - Parent participation required

Su	11:15 AM-12:00 PM	Apr 12-Jun 21
		606247

3-5 yrs

Drop-off

Su	12:15 PM-1:00 PM	Apr 12-Jun 21
		606248

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. 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 Aug 1

Sa	10:15 AM-11:00 AM	Apr 11-May 9
		603819
Sa	10:15 AM-11:00 AM	May 23-Jun 27
		603821
Sa	10:15 AM-11:00 AM	Jul 4-Aug 22
		604316

Sportball Indoor Soccer

3-5 yrs

Sportball Vancouver

Kickstart your day! Sportball Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

Tu	11:30 AM-12:15 PM	Apr 7-May 12
		603807
Tu	11:30 AM-12:15 PM	May 19-Jun 23
		603809

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Visit our website! www.douglasparkcc.org

Sportball Parent and Tot Indoor Soccer 2-3 yrs

Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parent participation is required.

Tu	10:45 AM-11:30 AM	Apr 7-May 12
\$90/6 sessions		603804
Tu	10:45 AM-11:30 AM	May 19-Jun 23
\$90/6 sessions		603805

Sportball Parent and Tot Multisport 2-3 yrs

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 Aug 1

Sa	9:30 AM-10:15 AM	Apr 11-May 9
\$75/5 sessions		603813
Sa	9:30 AM-10:15 AM	May 23-Jun 27
\$90/6 sessions		603816
Sa	9:30 AM-10:15 AM	Jul 4-Aug 22
\$105/7 sessions		604315

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 May 16.

Sa	10:00 AM-11:00 AM	Apr 11-Jun 6
\$120/8 sessions		613168

EDUCATION

Science4Preschoolers

3-5 yrs

STEAM 4 Kids

Enjoy engaging demonstrations, perform simple experiments and discover how science can help 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 May 18.

M	4:00 PM-4:45 PM	Apr 13-Jun 15
\$180/9 sessions		610354

EFK: Jr. Engineering: Playful Playground Engineers

4-5 yrs

Engineering For Kids Vancouver

Students will become mechanical engineers that have been hired to design the ultimate playground in their community. Students will learn about the simple machines they encounter every day at the playground, while advancing their literacy skills through a variety of read alouds. They will tackle fun and engaging challenges while using the EFK Engineering Design Process. We can't wait to play!

Su	9:30 AM-10:30 AM	Apr 12-May 10
\$100/5 sessions		614869

EFK: Jr. Robotics: Jungle Explorers 4-5 yrs

Engineering For Kids Vancouver

Are you ready to go on an exciting jungle adventure with robots? In this program, students will tackle a variety of engineering challenges and use the LEGO® Spike Essentials robotics kit to develop innovative solutions. They will learn about jungle ecology, as well as valuable coding concepts, such as sequences, loops, conditional statements, and debugging. Student will learn how to build, code, test, and use the Engineering Design Process to improve their designs. This program is sure to be a roaring good time!

Su	9:30 AM-10:30 AM	May 24-Jun 28
\$160/6 sessions		614870



PERFORMING ART

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. www.WestSideMusicTogether.ca

Th 11:30 AM-12:15 PM Apr 9-Jun 11
\$235/10 sessions 607047

Music Together

0-5 yrs

Katherine Deane

Experience the joys of music! Our 9 award-winning music collections and research-based curriculum supports parents at home and keeps the music making alive all week. Parent participation required. Siblings attend at a reduced tuition rate and children 6 months and under attend free with a registered sibling. \$65 Music Together Licensing fee is non-refundable after first class. www.WestSideMusicTogether.ca

Abigail

Tu 9:30 AM-10:15 AM Apr 7-Jun 9
\$235/10 sessions 607041

Tu 10:30 AM-11:15 AM Apr 7-Jun 9
\$235/10 sessions 607043

Tu 11:30 AM-12:15 PM Apr 7-Jun 9
\$235/10 sessions 607044

Monica

Th 9:30 AM-10:15 AM Apr 9-Jun 11
\$235/10 sessions 607045

Th 10:30 AM-11:15 AM Apr 9-Jun 11
\$235/10 sessions 607046

Junior Ballet

5-7 yrs

Vancouver Performing Stars

Dancers learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and 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. Visit www.performingstars.ca for more info. No class May 15.

F 3:30 PM-4:15 PM Apr 17-Jun 19
\$153/9 sessions 607075

Preschool Ballet

3-4 yrs

Hannah Robertson

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 16.

Sa 9:15 AM-10:00 AM May 9-Jun 20
\$87/6 sessions 607876

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 www.performingstars.ca for more information. No class May 15.

F 4:15 PM-5:00 PM Apr 17-Jun 19
\$153/9 sessions 607080

F 5:00 PM-5:45 PM Apr 17-Jun 19
\$153/9 sessions 607081

**Mini Hip Hop & Jazz**

3-4 yrs

Vancouver Performing Stars

Wiggle, giggle, and groove! This high-energy class introduces little movers to the exciting world of hip hop and jazz through fun, age-appropriate movement. Your child will build flexibility, coordination, and confidence while learning basic dance fundamentals in a playful, supportive environment. With upbeat music and creative choreography, dancers will discover the joy of expressing themselves through movement - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca

Th 4:00 PM-4:45 PM Apr 16-Jun 18
\$170/10 sessions 607062

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!

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.

\$270/
party

Saturdays

1:00-3:00 pm

Apr 11	608150
Apr 18	608175
Apr 25	608176
May 2	608177
May 9	608178
May 23	608179
May 30	608180
Jun 6	608181
Jun 13	608183
Jun 27	608184
Jul 4	608266
Jul 11	608267
Jul 1	608269
Jul 25	608270
Aug 8	608271
Aug 15	608272
Aug 22	608276
Aug 29	608277

Sundays

1:00-3:00 pm

Apr 12	608251
Apr 19	608252
Apr 26	608253
May 3	608254
May 10	608257
May 24	608258
May 31	608259
Jun 7	608261
Jun 14	608262
Jun 21	608263
Jun 28	608264
Jul 19	608280

[VIEW ONLINE](#)

MUSIC LESSONS

Private Music Lessons 6+ yrs

Private piano and handpan programs are 30 minutes. Private violin programs are 1 hour.
Please check online to find the activity number at vanrec.ca

Sunday	Monday	Tuesday	Wednesday	Saturday
<p>Piano Lesson (6+ yrs) Kenny Ngo 9:30AM-3:30PM</p> <p>Apr 12-Jun 14 \$234/9 sess</p>	<p>Piano Lesson (6+ yrs) Kenny Ngo 3:30PM-8:30PM</p> <p>Apr 13-Jun 15 \$208/9 sess</p> <p>Jun 29-Aug 17 \$182/7 sess</p>	<p>Handpan (Hangdrum) Lesson (5+ yrs) Esmaeel Bahiraie 3:30PM-8:30PM</p> <p>Apr 7-Jun 16 \$418/11 sess</p> <p>Jul 7-Aug 25 \$304/8 sess</p>	<p>Piano Lesson (5+ yrs) Kaya Warner 3:30PM-8:30PM</p> <p>Apr 8-Jun 17 \$286/11 sess</p>	<p>Piano Lesson (5+ yrs) Kaya Warner 9:30AM-3:30PM</p> <p>Apr 11-Jun 20 \$260/10 sess</p> <p>Jul 4-Jul 25 \$104/4 sess</p>



<p>Violin Lesson (6+ yrs) Ali Nourbakhsh 9:30AM-4:00PM</p> <p>Apr 11-Jun 27 \$715/11 sess</p> <p>Jul 4-Aug 29 \$520/8 sess</p>

Handpan (Hangdrum) Lessons NEW 6+ yrs

Discover the soothing, meditative sound of the Handpan in this beginner-friendly music program. Students will learn proper playing techniques, rhythmic patterns, and expressive improvisation on this unique steel instrument. No musical background is required. Guided by an experienced Handpan performer and instructor, participants will explore creativity, reduce stress, and enjoy a welcoming, supportive learning environment. Instruments will be provided.



Piano Lessons 6+ yrs

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 class May 16, 17, Aug 3

Violin Lessons - Private 6+ yrs

Ali Nourbakhsh

Join as a complete beginner or tune up your violin skills. Students of all ages and levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how to get the appropriate size and type of violin. Preparation for Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized. No class May 16 and Aug 1.



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

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

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 May 17, 18.

5-8 yrs

M 4:00 PM-5:00 PM Apr 13-Jun 15

\$162/9 sessions 612510

Su 9:15 AM-10:00 AM Apr 12-Jun 14

\$144/9 sessions 612508

9-11 yrs

M 5:00 PM-6:00 PM Apr 13-Jun 15

\$162/9 sessions 612511

Su 10:00 AM-11:00 AM Apr 12-Jun 14

\$162/9 sessions 612509



Outdoor Kids Tennis at Heather Park

Mauro Liceaga Garcia

Run & Fundamentals. Basic Rally, Footwork and Racquet skills. 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.

6-8 yrs

Tu 3:45 PM-4:45 PM Apr 21-May 26

\$117/6 sessions 612999

Th 3:45 PM-4:45 PM Apr 23-May 28

\$117/6 sessions 613000

Recreational Gymnastics

6-11 yrs

Flygym Vancouver

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 8-Jun 10

\$275/10 sessions 613150

VISUAL ART

Kids Pottery - Explore with Clay

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 class May 16, 18.

6-8 yrs

Gabriella Cassell

Sa 11:15 AM-12:15 PM Apr 11-Jun 6

\$160/8 sessions 613165

8-13 yrs

Sar Cherin

M 3:30 PM-5:00 PM Apr 13-Jun 8

\$180/8 sessions 607591

Th 3:30 PM-5:00 PM Apr 16-Jun 11

\$202.5/9 sessions 607598

Gabriella Cassell

W 3:45 PM-5:15 PM Apr 8-Jun 3

\$202.5/9 sessions 613164

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 class May 17.

6-9 yrs

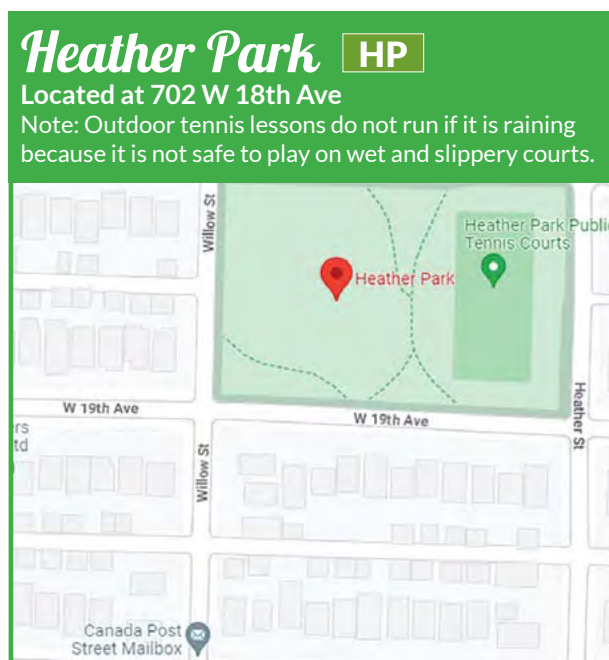
Su 9:30 AM-10:30 AM Apr 12-Jun 7

\$128/8 sessions 613170

9-15 yrs

Su 11:00 AM-1:00 PM Apr 12-Jun 7

\$256/8 sessions 613172



All prices subject to GST where applicable.

VISUAL ART CONT'D

ARTKo. Creative Explorers **NEW**

Lena Ko

An engaging art workshop inspired by global and K-culture influences. Participants explore drawing, painting, and mixed media while developing creativity and confidence. Each session encourages playful experimentation and self-expression in a supportive, community-centered environment. @lena_artkokids No class May 16.

6-9 yrs

Sa 10:30 AM-11:45 AM Apr 18-Jun 13
\$200/8 sessions [612538](#)

10-13 yrs

Sa 12:30 PM-1:45 PM Apr 18-Jun 13
\$200/8 sessions [612540](#)

Colour Your Ideas-Art Knowledge & Creativity

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 class Jun 21 and Aug 1.

4-6 yrs

Su 11:15 AM-12:00 PM May 24-Jun 28
\$125/5 sessions [605764](#)

Sa 11:15 AM-12:00 PM Jul 4-Aug 22
\$175/7 sessions [605766](#)

7-11 yrs

Su 10:00 AM-11:00 AM May 24-Jun 28
\$125/5 sessions [605763](#)

Sa 10:00 AM-11:00 AM Jul 4-Aug 22
\$175/7 sessions [605765](#)

Clay Fidget Click-y **NEW** **8-12 yrs**

Tea & Olive's Clayhouse

Make your very own fidget clicker! This Easter-inspired polymer claychick will have you 'clicking' all day long! Please note: projects will be ready for pick-up within 2 to 3 weeks.

Su 1:00 PM-2:00 PM Apr 26
\$20/1 sessions [606990](#)

Summer "Sunny Stones" Clay **8-12 yrs**

Tea & Olive's Clayhouse

These cute polymer clay worry-stones are calming and soothing to the touch, a mindfulness tool to help bring your awareness back to the present moment! Please note: projects will be ready for pick-up within 2 to 3 weeks.

Su 1:00 PM-2:00 PM Jun 14
\$20/1 sessions [607009](#)

PERFORMING ART

Active KPOP Hip Hop Dance Sampler

ILLUMA Studio

Learn a variety of dance such as KPOP, Hip Hop, and street dance! Students will broaden their dance knowledge and refine their technique of these variety dance styles throughout the season. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @illumastudio.

6-10 yrs

W 3:30 PM-4:30 PM Apr 1-Jun 17
\$192/12 sessions [610481](#)

8-15 yrs

W 4:30 PM-5:30 PM Apr 1-Jun 17
\$192/12 sessions [610486](#)

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

Vancouver Performing Stars

This high-energy class gives young dancers the best of both worlds as they learn the fundamentals of both hip hop and jazz dance. Through exciting, dynamic choreography set to their favorite upbeat music, every dancer grows their skills and confidence - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca.

Th 4:45 PM-5:30 PM Apr 16-Jun 18
\$170/10 sessions [607067](#)

Senior Hip Hop & Jazz **8-12 yrs**

Vancouver Performing Stars

Get the best of both worlds in this combo class with hip hop and jazz dance! Dancers will level up their skills while learning fun and creative choreography set to their favorite songs. Together, dancers will develop the confidence and strength that define dynamic performers - then shine in a special showcase for families on the final day! Learn more at www.performingstars.ca.

Th 5:30 PM-6:30 PM Apr 16-Jun 18
\$180/10 sessions [607070](#)



Junior Dance Mix

4-7 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 16.

Sa 10:15 AM-11:00 AM May 9-Jun 20
\$87/6 sessions 607879

EDUCATION

Kids Emotional Resilience Breathwork

NEW

4-12 yrs

Noriko Tunnah

This music-led breathwork program helps children build emotional strength, confidence, and self-awareness. Beautiful soundscapes support kids in calming their nervous system, connecting with inner peace, and expressing feelings safely. Each session offers conscious breathing, quiet reflection, and simple creative activities to help children navigate life's challenges with clarity and resilience. No class May 17.

Sa 12:30 PM-1:30 PM Apr 25-Jun 6
\$110/6 sessions 614590

Rubik's Cube Social Club

7-12 yrs

Cubing BC Community Society

Build your Rubik's cube skills and make new friends! The Rubik's Cube Kids Social Club is designed for kids aged 7-12 who love all things cubing! All levels welcome. Cubes, cube covers, timers, and mats are provided for use within the program time. Participants can also bring their own equipment. No class May 18.

M 4:30 PM-5:30 PM Apr 13-Apr 27
\$36/3 sessions 606741

M 4:30 PM-5:30 PM May 4-May 25
\$36/3 sessions 606744

M 4:30 PM-5:30 PM Jun 1-Jun 22
\$48/4 sessions 606747

M 4:30 PM-5:30 PM Jul 6-Jul 27
\$48/4 sessions 606980

M 4:30 PM-5:30 PM Aug 10-Aug 31
\$48/4 sessions 606981

EFK Civil Engineering: Strategic Structures

6-10 yrs

Engineering For Kids Vancouver

Put on your hardhat and get ready to raise the roof with the fun and excitement of civil engineering. In this camp, students will 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. Each day, students will use the EFK Engineering Design Process to engage in captivating civil engineering challenges. This camp is sure to take learners' curiosity and skills to new heights.

Su 10:45 AM-12:15 PM Apr 12-May 10
\$150/5 sessions 614873

EFK: Robotics Engineering- Enviro Bots

6-10 yrs

Engineering For Kids Vancouver

Welcome to the Enviro Bots engineering team! As robotics engineers, you will design eco-friendly solutions for modern challenges. In this program you will take on exciting and complex hands-on robot building challenges using the LEGO Spike Prime® robotics kit and learn to program them using block coding. We will explore fascinating concepts such as machine learning and AI, mechanical advantage, and energy transfer. Get ready to learn about environmentally friendly practices and engineering solutions for a greener future!

Su 10:45 AM-12:15 PM May 24-Jun 28
\$240/6 sessions 614874



LEGOs in Motion

5-10 yrs

Reach Education Inc.

Using illustrated building instructions, participants use LEGO Technic and electric motors to construct 1 project per session. Participants will be building a variety of gadgets & gizmos that may range from animals, to space, to transportation. All LEGO models are designed for movement.

Tu 4:00 PM-5:00 PM Apr 14-Jun 2
\$160/8 sessions 607032

Math4Kids

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.

8-9 yrs

Th 3:45 PM-4:35 PM Apr 9-Jun 11
\$187.5/10 sessions 610377

10-11 yrs

Th 4:40 PM-5:30 PM Apr 9-Jun 11
\$187.5/10 sessions 610380

EDUCATION CONT'D

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 May 18.

M 5:00 PM-6:00 PM Apr 13-Jun 15
\$180/9 sessions [610357](#)

WIZE - Engineering & Robotics-LEGO WeDo

6-8 yrs

Wize Computing Academy

Build and Code your robots and bring them to action - Engineering & Robotics using Lego WeDo. Working with motors and sensors and seeing them rolling according to your story makes this camp so much fun! You will need to bring a Tablet or an iPad with Bluetooth. No class on May 16.

Sa 11:00 AM-12:30 PM Apr 18-Jun 13
\$300/8 sessions [610760](#)

WIZE - Game Design & Development in Roblox

9-12 yrs

Wize Computing Academy

Roblox is a game-creation website where users design and upload their own games and play games that other people have created in a multiplayer environment. It provides the perfect way to learn programming, 3D modeling & game design with Roblox Studio. You will need to bring a A Windows PC or Macbook or Chromebook. A 3-button mouse with a scroll wheel is recommended No class on May 16.

Sa 12:45 PM-2:15 PM Apr 18-Jun 13
\$300/8 sessions [610761](#)

Young Commander Chess: Novice/Newbie I & II

5-13 yrs

Joe Soliven

As school academics in a game ' and leadership training model - playing chess and being smart are inter-connected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Knighted with a 'Commander' (leader) self-image in a 'friends-learning-together' classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. Instructor's Mission Statement: 'Strategies now, leader tomorrow.' NOVICE/NEWBIE I': anyone new or with limited knowledge of chess-art basics: moves, captures, checkmates, special moves, notation, etc. Drop-ins welcomed, space permitting. No class May 17, Jun 7 and 21.

Su 2:30 PM-3:30 PM Apr 19-Jun 28
\$104/8 sessions [603302](#)



Summer Day Camp Registration Update

Starting 2026, all Vancouver community centres will share one city-wide registration date.

There will no longer be separate dates for each community centre.



Registration opens:

Wednesday April 8, 7pm online at vanrec.ca and in person.
Thursday April 9, 10am phone registration.

Each community centre will feature its summer day camp programs in their upcoming recreation guide.

Check release dates for guides here:

www.vancouver.ca/parks-recreation-culture/daycamps-and-childcare-community-centres.aspx

PHYSICAL RECREATION

Street Hockey Day Camp

6-15 yrs

Ron Way

Classes are held outdoors rain or shine (it rarely rains) on the basketball courts, please dress accordingly. Goggles are provided as well as sticks. You can bring your own stick, as long as it's not a wooden blade. Goalies are welcome! Equipment provided if needed. Please note: Child has to have completed Kindergarten to participate in this program. Drop-in \$35 if space available. Drop-in's need to complete a waiver.

M F	9:00 AM-1:00 PM	Jun 29-Jul 3	
\$70/2 sessions			602367
M W F	9:00 AM-1:00 PM	Jul 6-Jul 10	
\$105/3 sessions			602368
M W F	9:00 AM-1:00 PM	Jul 13-Jul 17	
\$105/3 sessions			602369
M W F	9:00 AM-1:00 PM	Jul 20-Jul 24	
\$105/3 sessions			602370
M W F	9:00 AM-1:00 PM	Jul 27-Jul 31	
\$105/3 sessions			602371
W F	9:00 AM-1:00 PM	Aug 5-Aug 7	
\$70/2 sessions			602372
M W F	9:00 AM-1:00 PM	Aug 10-Aug 14	
\$105/3 sessions			602373
M W F	9:00 AM-1:00 PM	Aug 17-Aug 21	
\$105/3 sessions			602374
M W F	9:00 AM-1:00 PM	Aug 24-Aug 28	
\$105/3 sessions			602375
M W F	9:00 AM-1:00 PM	Aug 31-Sep 4	
\$105/3 sessions			605721

Tennis Camp at Heather Park **HP**

Mauro Liceaga Garcia

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.

4-5 yrs			
M Tu W Th F	10:00 AM-11:15 AM	Jul 6-Jul 10	
\$122.5/5 sessions			612640
M Tu W Th F	10:00 AM-11:15 AM	Aug 10-Aug 14	
\$122.5/5 sessions			612694
6-8 yrs			
M Tu W Th F	11:30 AM-1:00 PM	Jul 6-Jul 10	
\$145/5 sessions			612641
M Tu W Th F	11:30 AM-1:00 PM	Aug 10-Aug 14	
\$145/5 sessions			612695
9-14 yrs			
M Tu W Th F	1:30 PM-4:00 PM	Jul 6-Jul 10	
\$235/5 sessions			612642
M Tu W Th F	1:30 PM-4:00 PM	Aug 10-Aug 14	
\$235/5 sessions			612696

Recreational Gymnastics Camp

6-11 yrs

Flygym Vancouver

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 Jul 1.

M Tu Th F	11:00 AM-12:00 PM	Jun 29-Jul 3	
\$165/4 sessions			613827

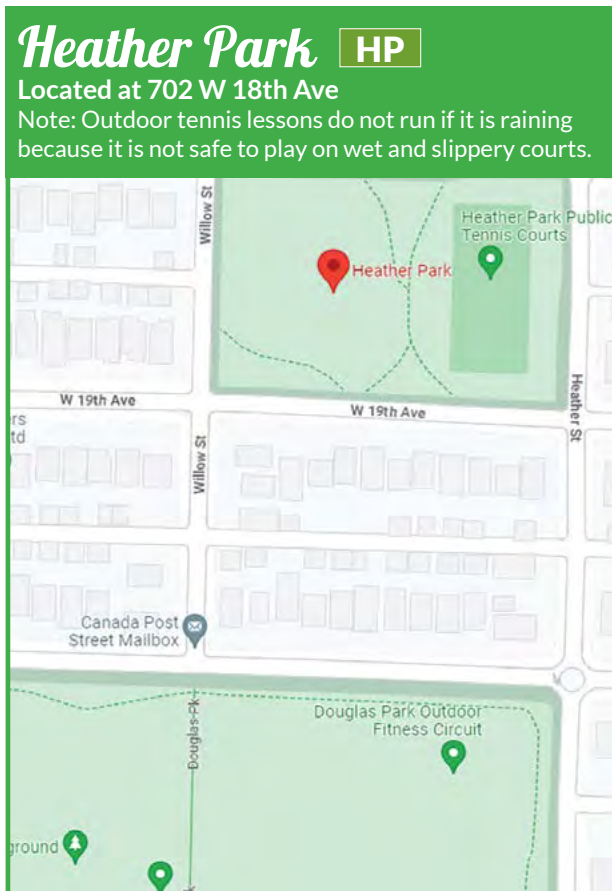
Kinetic Kids Fundamentals Camp **NEW**

6-8 yrs

Kinetic Kids

Get ready to jump, run and play your way through movement-packed fun! Kinetic Kids Fundamentals is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! Please bring a nut free snack and a labelled water bottle

M Tu W Th F	9:00 AM-12:00 PM	Jul 27-Jul 31	
\$260/5 sessions			614982



DAY CAMP



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

All prices subject to GST where applicable.



PHYSICAL RECREATION CONT'D

High 5 Sports Multisport Drop-off Camp

3-5 yrs

Hai Doan

Our multi-sport program for children offers a diverse and engaging experience, introducing participants to a variety of 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. We offer options ranging from soccer and basketball to tennis and hockey. With prioritizing inclusivity, skill development, and a lifelong enjoyment of sports, we unleash the power to play!

Tu W Th F	10:00 AM-11:15 AM	Aug 4-Aug 7
\$100/4 sessions		613267
M Tu W Th F	10:00 AM-11:15 AM	Aug 10-Aug 14
\$125/5 sessions		613286
M Tu W Th F	10:00 AM-11:15 AM	Aug 24-Aug 28
\$125/5 sessions		613289

High 5 Sports - Indoor Soccer/ Floor Hockey Camp

6-9 yrs

Hai Doan

Children will develop their athletic abilities but also learn valuable life skills such as sportsmanship, resilience, and cooperation. With an emphasis of fostering a love for physical activity and healthy habits, our sports camp promises an unforgettable summer of growth, friendship, and endless fun! Please bring a nut free snack and a labelled water bottle

Tu W Th F	1:00 PM-4:00 PM	Aug 4-Aug 7
\$208/4 sessions		613269
M Tu W Th F	1:00 PM-4:00 PM	Aug 10-Aug 14
\$260/5 sessions		613290
M Tu W Th F	1:00 PM-4:00 PM	Aug 24-Aug 28
\$260/5 sessions		613291

Sportball Outdoor Soccer Camp

Sportball Vancouver

Learn fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

3-5 yrs

M Tu W Th F	10:45 AM-12:00 PM	Aug 10-Aug 14
\$85/5 sessions		604793

5-8 yrs

M Tu W Th F	9:30 AM-3:30 PM	Jul 20-Jul 24
\$350/5 sessions		604792
M Tu W Th F	1:00 PM-4:00 PM	Aug 10-Aug 14
\$195/5 sessions		604794

Sportball Multisport Camp

5-8 yrs

Sportball Vancouver

Kickstart your day! Sportball camps introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games.

M Tu W Th F	9:30 AM-3:30 PM	Aug 17-Aug 21
\$350/5 sessions		604805

Coerver Coaching Soccer Camp

5-14 yrs

Coerver BC

Focuses on individual skills development and small group play. Registration includes a full uniform. Classes held outdoors at Douglas Park Field.

M Tu W Th F	9:00 AM-12:00 PM	Aug 24-Aug 28
\$225/5 sessions		600929

EDUCATION

Wild Science Camp

6-11 yrs

STEAM 4 Kids

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

M Tu W Th F	9:00 AM-3:00 PM	Jul 6-Jul 10
\$375/5 sessions		610385

WIZE - 3D Modelling and Printing

8-12 yrs

Wize Computing Academy

Learn the art of 3D designing by creating your cool designs. Take home your design as a great memoir of this Summer Camp. You will need to bring a Windows PC or Macbook or Chromebook. A 3-button mouse with a scroll wheel is recommended

M Tu W Th F	9:00 AM-12:00 PM	Jul 6-Jul 10
\$300/5 sessions		611277

Young Commander Chess: Novice/Newbie I & II Camp

5-10 yrs

Joe Soliven

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Knighted with a 'Commander' (leader) self-image in a 'friends-learning-together' classroom setting, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students.

M Tu W Th F	1:00 PM-2:10 PM	Jul 6-Jul 10
\$75/5 sessions		603303
M Tu W Th F	2:20 PM-3:30 PM	Jul 6-Jul 10
\$75/5 sessions		603304
Tu W Th F	2:00 PM-3:30 PM	Aug 4-Aug 7
\$80/4 sessions		603305
Tu W Th F	3:40 PM-5:10 PM	Aug 4-Aug 7
\$80/4 sessions		603306



LEGO Round the World **TAP**

5-10 yrs

Reach Education Inc.

Our master builders will be learning about important cultural landmarks as they explore the world from America to Australia. Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W Th F 9:30 AM-12:30 PM Jul 6-Jul 10
 \$220/5 sessions [607033](#)
 M Tu W Th F 1:00 PM-4:00 PM Jul 6-Jul 10
 \$220/5 sessions [607035](#)



EFK: Power and Energy: Agent of Change Camp

6-12 yrs

Engineering For Kids Vancouver

Power and energy are what everything requires to move, turn on, light up, and make noise. In The Agent of Change camp, students will break up into engineering teams and help each other to create unique ways to harness, manipulate, and use energy efficiently. Each day, students will have the chance to add a power-up light to their power and energy meter by completing that day's camp challenge.

M Tu W Th F 9:00 AM-3:00 PM Jul 13-Jul 17
 \$420/5 sessions [614876](#)

LEGO BrickCraft **TAP**

5-10 yrs

Reach Education Inc.

Take Minecraft from the screen to the table with LEGO® bricks! Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity and provide an extraordinary atmosphere for children. Campers will be given a break for an optional snack from home. Supplies included.

M Tu W Th F 9:30 AM-12:30 PM Jul 13-Jul 17
 \$220/5 sessions [607036](#)
 M Tu W Th F 1:00 PM-4:00 PM Jul 13-Jul 17
 \$220/5 sessions [607037](#)

Byte Camp ' Foundations in AI **TAP** 11-14 yrs

Byte Camp

AI is taking over the world. Learn how computers think, how to think like computers, and how to make the computers think like us. This camp will explore the basics of AI and give students an opportunity to build and train their own bots as they compete with other bots in simulated competitions.

M Tu W Th F 9:00 AM-4:00 PM Jul 20-Jul 24
 \$410/5 sessions [606714](#)

EFK: Engineering Electrified: Scratch, Switches & Sound Camp

6-12 yrs

Engineering For Kids Vancouver

Get charged up for a week of electrical engineering and hands-on discovery! Campers explore circuitry, magnetism, and static electricity while tackling exciting engineering challenges using our EFK Engineering Design Process. Through creative building and experimentation with Scratch and Makey Makey, students will design interactive projects and bring their ideas to life.

M Tu W Th F 9:00 AM-3:00 PM Jul 20-Jul 24
 \$420/5 sessions [614878](#)

Science Adventures Camp

6-11 yrs

STEAM 4 Kids

Come prepared to do some decoding and learn how to communicate using special codes. Children will gain an increased appreciation for the earth and discover what role science can play in preserving our planet. Learn about the Science of Sport and what football players, ballet dancers, and scientists have in common. Explore space and embark on a space mission, while learning how astronauts live in Space.

M Tu W Th F 9:00 AM-3:00 PM Jul 20-Jul 24
 \$375/5 sessions [610389](#)

CSI Lab Camp

6-11 yrs

STEAM 4 Kids

Enter the mysterious and multifaceted world of CSI Lab. Come discover detection - use decoding skills to analyze evidence and become a mystery solver. Have fun with case-breaking science!

M Tu W Th F 9:00 AM-3:00 PM Jul 27-Jul 31
 \$375/5 sessions [612507](#)



EFK: Mechanical Engineering: Master Machines Camp

6-12 yrs

Engineering For Kids Vancouver

Gear up for an exciting week of mechanical engineering! In this camp, students will explore several of the mechanical forces that create movement in various machines. Students will work as mechanical engineers using EFK's Engineering Design Process to create exciting, hands-on projects that spin, cascade, launch, pivot, dig, and race. These projects will demonstrate fascinating concepts, such as hydraulics, friction, velocity, aerodynamics, acceleration, and mechanical advantage.

Tu W Th F 9:00 AM-12:00 PM Aug 4-Aug 7
 \$168/4 sessions [614883](#)

All prices subject to GST where applicable.



EDUCATION CONTD

LEGO Cinematic Crossovers **TAP** 5-10 yrs

Reach Education Inc.

Construct up to three projects per session using classic Lego® bricks, Lego® Technic and electric motors. Reach Education® offers Lego® brick-building activities that engage curiosity and creativity. Supplies included.

Tu W Th F 9:30 AM-12:30 PM Aug 4-Aug 7
 \$176/4 sessions 607038
 Tu W Th F 1:00 PM-4:00 PM Aug 4-Aug 7
 \$176/4 sessions 607039

Byte Camp ‘ Introduction to Coding **TAP** 9-12 yrs

Byte Camp

Students will be introduced to basic coding skills with Scratch and get to use those skills to make their very own games. Students will learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

M Tu W Th F 9:00 AM-4:00 PM Aug 10-Aug 14
 \$410/5 sessions 606732

WIZE - Animation, Games & Storytelling in Scratch Jr 6-8 yrs

Wize Computing Academy

Unleash your child’s imagination with an immersive Augmented Reality (AR) & Virtual Reality (VR) learning experience that blends STEAM, creativity, and future-ready digital skills. You will need to bring a Tablet or a an iPad with Bluetooth.

M Tu W Th F 1:00 PM-4:00 PM Aug 10-Aug 14
 \$300/5 sessions 610786

Several of our programs take place at **Tapestry Community Rooms** **TAP**
 Located at 2821 Heather Street.

WIZE - AR/VR Creators Lab 8-12 yrs

Wize Computing Academy

Unleash your child’s imagination with an immersive Augmented Reality (AR) & Virtual Reality (VR) learning experience that blends STEAM, creativity, and future-ready digital skills. You will need to bring a A Windows PC or Macbook or Chromebook. A 3-button mouse with a scroll wheel is recommended.

M Tu W Th F 9:00 AM-12:00 PM Aug 10-Aug 14
 \$300/5 sessions 610785

EFK: Space Camp: Martiain Engineering Expeditions Camp 6-12 yrs

Engineering For Kids Vancouver

Students will learn about the technology and innovation required for human habitation on Mars while fostering collaboration, communication, and critical thinking skills. From designing spacecraft to creating sustainable habitats, they’ll apply creativity, problem-solving, and EFK’s Engineering Design process to tackle practical engineering problems inspired by NASA’s groundbreaking missions.

M Tu W Th F 9:00 AM-3:00 PM Aug 10-Aug 14
 \$420/5 sessions 614969



Inventors and Inventions Camp 6-11 yrs

STEAM 4 Kids

Children will overcome a series of challenges using basic materials, simple machines, tips from famous inventors and the most important of all ‘ their mind. With a little bit of ingenuity children will create catapults and forts, construct working light sticks to take home and assemble a set of circuits with batteries and light bulbs. While Thomas Edison said ‘invention is 10% inspiration and 90% perspiration’, this camp is 100% FUN!

M Tu W Th F 9:00 AM-3:00 PM Aug 17-Aug 21
 \$375/5 sessions 610400

EFK: Civil Engineering: Build n Bash Camp 6-12 yrs

Engineering For Kids Vancouver

Discover how civil engineers build strong structures... and what it takes to make them break! In this week-long camp, students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes. Experience the excitement of engineering as you design, build, and destroy what you’ve made, all guided by the EFK Engineering Design Process. Join us for a week of smashing innovation and engineering excitement!

M Tu W Th F 9:00 AM-3:00 PM Aug 17-Aug 21
 \$420/5 sessions 614970

WIZE - Coding and Modding in Minecraft

8-12 yrs

Wize Computing Academy

Adventures Coding and Modding in Minecraft - Play your favorite game Minecraft and build Mods and bring more action to your creative or survival world of Minecraft. You will need to bring a A Windows PC or Macbook or Chromebook. A 3-button mouse with a scroll wheel is recommended

M Tu W Th F 9:00 AM-12:00 PM Aug 24-Aug 28
\$300/5 sessions 610836



WIZE - Engineering & Robotics-LEGO WeDo

6-8 yrs

Wize Computing Academy

Build and Code your robots and bring them to action - Engineering & Robotics using Lego WeDo. Working with motors and sensors and seeing them rolling according to your story makes this camp so much fun!! You will need to bring a Tablet or a an iPad with Bluetooth.

M Tu W Th F 1:00 PM-4:00 PM Aug 24-Aug 28
\$300/5 sessions 610841

EFK: Print It! 3D Engineering and Maker Camp

6-12 yrs

Engineering For Kids Vancouver

This program introduces students to one of today's most exciting and versatile technologies: 3D printing. In this hands-on camp, students will explore the fundamentals of 3D printing and computer-aided design (CAD) as they design and create their own custom 3D models. Starting from a hand-drawn concept, students will learn how to transform a 2D idea into a 3D object by extruding and refining their designs for printing. Along the way, they'll develop problem-solving, design, and engineering skills while bringing their ideas to life.

M Tu W Th F 9:00 AM-3:00 PM Aug 31-Sep 4
\$420/5 sessions 614971

Space Explorers Camp

6-11 yrs

STEAM 4 Kids

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

M Tu W Th F 9:00 AM-3:00 PM Aug 31-Sep 4
\$375/5 sessions 610403

PERFORMING ART

Active KPOP Hip Hop Dance Sampler Camp

ILLUMA Studio

Learn a variety of dance such as KPOP, Hip Hop, and street dance! Students will broaden their dance knowledge and refine their technique. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. Class curriculum will be different between same-subject sessions throughout the year; we welcome repeat students at our classes! FB/IG @illumastudio.

6-8 yrs

M Tu W Th F 9:00 AM-12:00 PM Jul 13-Jul 17
\$240/5 sessions 611029

9-13 yrs

M Tu W Th F 12:15 PM-3:15 PM Jul 13-Jul 17
\$240/5 sessions 611032

VPS Gabby's Dance Adventure

5-8 yrs

Vancouver Performing Stars

Dancers step into Gabby's cat-tastic world through fun, high-energy dance routines and creative movement. Campers explore rhythm, coordination, and expressive performance in various dance forms. With teamwork, imagination, and plenty of sparkle, dancers build confidence and bring their dances to life in an end-of-week showcase. www.performingstars.ca

M Tu W Th F 9:30 AM-2:30 PM Jul 20-Jul 24
\$300/5 sessions 607082

VPS Pop Stars Dance Camp

5-8 yrs

Vancouver Performing Stars

Dancers dive into high-energy choreography and pop-star styles inspired by Taylor Swift, K-Pop idols, and today's chart-topping artists. Campers build strength, musicality, and confidence while learning how to dance with star power. Working as a team, they create an exciting end-of-week performance. www.performingstars.ca.

M Tu W Th F 9:30 AM-2:30 PM Aug 10-Aug 14
\$300/5 sessions 607084



DAY CAMP



All prices subject to GST where applicable.



VISUAL ART

Kids Pottery Camp

8-12 yrs

Laura Van Der Linde

Enjoy a fun-filled week of pottery and fun! An overview of hand-building (table) techniques will be taught. Suitable for returning students and beginners. Please note this camp includes outdoor play time.

M Tu W Th F	1:00 PM-4:00 PM	Jul 6-Jul 10
\$290/5 sessions		603310
M Tu W Th F	9:00 AM-12:00 PM	Jul 13-Jul 17
\$290/5 sessions		603311
M Tu W Th F	9:00 AM-12:00 PM	Jul 20-Jul 24
\$290/5 sessions		603312
M Tu W Th F	9:00 AM-12:00 PM	Aug 17-Aug 21
\$290/5 sessions		603313
M Tu W Th F	1:00 PM-4:00 PM	Aug 24-Aug 28
\$290/5 sessions		603314

Gabriella Cassell

M Tu W Th F	9:00 AM-12:00 PM	Jul 27-Jul 31
\$290/5 sessions		614662
Tu W Th F	9:00 AM-12:00 PM	Aug 4-Aug 7
\$232/4 sessions		614663
M Tu W Th F	9:00 AM-12:00 PM	Aug 10-Aug 14
\$290/5 sessions		614664

Art Camp: Race to the Bottom of the Ocean

6-12 yrs

Alex Lam

In this art camp, students will explore a variety of visual art activities, including painting, drawing, and creating 3D art. From painting watery scenes to depicting crabs, seahorses, and dolphins, children will have fun engaging their creative minds through several different mediums. Art supplies are included.

M Tu W Th F	9:30 AM-3:00 PM	Jul 27-Jul 31
\$285/5 sessions		600930

Art Camp: Race to the Depth of the Jungle

6-12 yrs

Alex Lam

Kids will explore a variety of animals, including the biggest land animals, those with the longest necks, heavy giants that run fast, and powerful big cats. Children will create their own artwork while exploring new techniques, learning about color and shape, and experimenting with a variety of art media. Art supplies are included.

Tu W Th F	9:30 AM-3:00 PM	Aug 4-Aug 7
\$240/4 sessions		600931

Playground & Wading Pool

Opens Monday June 29 Monday to Saturday
 Mon-Wed: 11:30am-5:30pm
 Thu-Fri: 11:30am-7:30pm
 Sat: 11:30am-3:30pm

Come enjoy a variety of activities, games, crafts and theme days led by our Playground Leaders.

Wading pool hours of operation may be affected by inclement weather. Schedule subject to change.

EDUCATION

Emergency first aid with CPR C and AED for

14-19 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 25
\$105/1 sessions		616131
Sa	9:00 AM-4:00 PM	Jul 11
\$105/1 sessions		616143



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 30
\$72/1 sessions		616135
Sa	9:15 AM-3:45 PM	Aug 08
\$72/1 sessions		616146

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 06
\$72/1 sessions		616136
Sa	9:15 AM-3:15 PM	Aug 15
\$72/1 sessions		616147

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 13
\$85/1 sessions		616132
Sa	9:15 AM-3:45 PM	Jul 25
\$85/1 sessions		616144

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 21-May 12
\$20/4 sessions		617612
Th	4:30 PM-6:00 PM	Apr 09-May 14
\$30/6 sessions		617613
Th	4:30 PM-6:00 PM	Apr 23-May 14
\$20/4 sessions		617616
Th	4:30 PM-6:00 PM	May 21-Jun 25
\$30/6 sessions		617614
Th	4:30 PM-6:00 PM	Jul 09-Aug 20
\$35/7 sessions		617615



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.

F	6:00 PM-8:45 PM	Apr 10-Jun 19
\$55/11 sessions		616133
F	6:00 PM-8:45 PM	Jul 10-Aug 28
\$40/8 sessions		616145

All prices subject to GST where applicable.

SPORTS

Traditional Kung Fu – Advanced

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	Apr 07 -Jun 30	
	\$16/25 sessions		616137
Tu F	4:30 PM-6:30 PM	Jul 03 – Aug 11	
	\$16/12 sessions		616156

Traditional Kung Fu – Beginner

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	Apr 07-June 30	
	\$14/25 sessions		616138
Tu F	4:30 PM-6:30 PM	Jul 03 – Aug 11	
	\$14/12 sessions		616157

Traditional Kung Fu – Intermediate

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	Apr 07 – Jun 30	
	\$15/25 sessions		616139
Tu F	4:30 PM-6:30 PM	Jul 03 – Aug 11	
	\$15/12 sessions		616158

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 10-Jun 19	
	\$0/11 sessions		616134

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 01-Jun 17	
	FREE/12 sessions		616129

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 01-Jun 17	
	FREE/12 sessions		616130

Summer Leadership Day Camp 11-14 yrs

Youth Leader

Leadership camp is for today's youth promoting tomorrow's future. Youth will be engaged in developing leadership skills such as, teamwork, communication skills, goal setting and encouraging the development of a healthy mind. Each day will be filled with various activities as well as out trips. PLEASE NOTE: Please pack a nut free snack, lunch and a pre-filled water bottle for your child each day and dress appropriately for the weather. For the safety of your child, Parental Consent Forms must be completed and received at the centre prior or on the day of your child's first day in camp. Children will not be permitted in the program until the completed form is received

M W Th F	10:00 AM-4:00 PM	Jul 06-Jul 10	
	\$152/4 sessions		616148
M Tu W Th F	10:00 AM-4:00 PM	Jul 06-Jul 10	
	\$190/5 sessions		616149
M Tu W Th F	10:00 AM-4:00 PM	Jul 13-Jul 17	
	\$190/5 sessions		616150
M Tu W Th F	10:00 AM-4:00 PM	Jul 20-Jul 24	
	\$190/5 sessions		616151
M Tu W Th F	10:00 AM-4:00 PM	Jul 27-Jul 31	
	\$190/5 sessions		616152
Tu W Th F	10:00 AM-4:00 PM	Aug 04-Aug 07	
	\$152/4 sessions		616153
M Tu W Th F	10:00 AM-4:00 PM	Aug 10-Aug 14	
	\$190/5 sessions		616154
M Tu W Th F	10:00 AM-4:00 PM	Aug 17-Aug 21	
	\$190/5 sessions		616155

Follow us! **DOUGLAS PARKCC**

Visit our website! www.douglasparkcc.org

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

[VIEW ONLINE](#)

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.

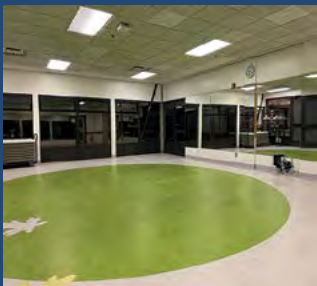
Inclusions

- 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



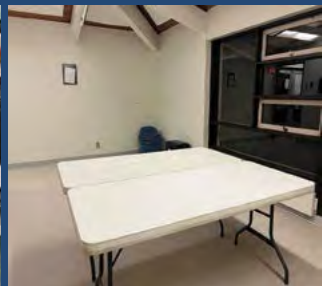
Douglas Lounge



Gymnasium



Laurel Room



Heather Room

PHYSICAL RECREATION

Pickleball - Recreational

55+ yrs

No Instructor

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 May 18,, Jul 13, 14, 15, 16 and 17

M	1:00 PM-3:00 PM	Apr 13-Jun 15
\$30/9 sessions		613510
F	1:00 PM-3:00 PM	Apr 10-Jun 12
\$33.33/10 sessions		613508
M	1:00 PM-3:00 PM	Jun 29-Jul 27
\$13.33/4 sessions		617192
Tu	1:00 PM-3:00 PM	Jun 30-Jul 28
\$13.33/4 sessions		617193
W	1:00 PM-3:00 PM	Jul 8-Jul 29
\$10/3 sessions		617194
Th	1:00 PM-3:00 PM	Jul 2-Jul 30
\$13.33/4 sessions		617195
F	1:00 PM-3:00 PM	Jul 3-Jul 31
\$13.33/4 sessions		617196

Debunking Every Single Myth About Pickleball

19+ yrs

Chris Koentges

Each week, we will debunk the most glaring misconceptions about strategy, positioning, and shot selection. 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 5:25 PM-6:55 PM	Apr 1-Jun 17
\$285.71/12 sessions	614379

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. Please bring your own racquet and ball. Drop-in \$27.

W 7:00 PM-8:30 PM	Apr 1-Jun 17
\$285.71/12 sessions	614380

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

PIP Pickleball Lessons - Intermediate Train and Play 3.0

19+ yrs

Paradise Island Pickleball

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 2-May 7
\$148.51/6 sessions	614385
Th 1:30 PM-3:00 PM	May 14-Jun 11
\$123.76/5 sessions	614387

PIP Pickleball Lessons - Advanced Beginner Train and Play 2.5

19+ yrs

Paradise Island Pickleball

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. Please bring your paddle and balls. Drop-in \$27 if space available.

Th 12:00 PM-1:30 PM	Apr 2-May 7
\$148.51/6 sessions	614381
Th 12:00 PM-1:30 PM	May 14-Jun 11
\$123.76/5 sessions	614382

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 May 18.

M 6:15 PM-7:45 PM	Apr 13-Jun 15
\$300/9 sessions	612512

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' Keep the Fun and run in your game though play and competition.

Tu Th 5:00 PM-6:30 PM	May 5-May 14
\$145.33/4 sessions	612727
Tu Th 5:00 PM-6:30 PM	May 19-May 28
\$145.33/4 sessions	612734
Tu Th 6:45 PM-8:15 PM	Jun 2-Jun 11
\$145.33/4 sessions	613027
Tu Th 6:45 PM-8:15 PM	Jun 16-Jun 25
\$145.33/4 sessions	613028
Tu Th 5:00 PM-6:30 PM	Jul 7-Jul 16
\$145.33/4 sessions	612788
Tu Th 5:00 PM-6:30 PM	Jul 21-Jul 30
\$145.33/4 sessions	613040
Tu Th 6:45 PM-8:15 PM	Aug 4-Aug 13
\$145.33/4 sessions	612799
Tu Th 6:45 PM-8:15 PM	Aug 18-Aug 27
\$145.33/4 sessions	613041

Tennis - Intermediate

19+ yrs

Mauro Liceaga Garcia

You can play matches, singles and or doubles: You can serve, volley, and rally both sides. 'YOU WANT MORE' 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 5-May 14	
\$145.33/4 sessions			612744
Tu Th	6:45 PM-8:15 PM	May 19-May 28	
\$145.33/4 sessions			612748
Tu Th	5:00 PM-6:30 PM	Jun 2-Jun 11	
\$145.33/4 sessions			613025
Tu Th	5:00 PM-6:30 PM	Jun 16-Jun 25	
\$145.33/4 sessions			613038
Tu Th	6:45 PM-8:15 PM	Jul 7-Jul 16	
\$145.33/4 sessions			612829
Tu Th	6:45 PM-8:15 PM	Jul 21-Jul 30	
\$145.33/4 sessions			613051
Tu Th	5:00 PM-6:30 PM	Aug 4-Aug 13	
\$145.33/4 sessions			612830
Tu Th	5:00 PM-6:30 PM	Aug 18-Aug 27	
\$145.33/4 sessions			613052

Tennis - Novice Plus

19+ yrs

Mauro Liceaga Garcia

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 strategies for singles and doubles.

Tu Th	6:45 PM-8:15 PM	May 5-May 14	
\$145.33/4 sessions			612750
Tu Th	6:45 PM-8:15 PM	May 19-May 28	
\$145.33/4 sessions			612754
Tu Th	6:45 PM-8:15 PM	Jul 7-Jul 16	
\$145.33/4 sessions			612833
Tu Th	5:00 PM-6:30 PM	Aug 4-Aug 13	
\$145.33/4 sessions			612835
Tu Th	5:00 PM-6:30 PM	Jun 2-Jun 11	
\$145.33/4 sessions			613026
Tu Th	5:00 PM-6:30 PM	Jun 16-Jun 25	
\$145.33/4 sessions			613039
Tu Th	6:45 PM-8:15 PM	Jul 21-Jul 30	
\$145.33/4 sessions			613053
Tu Th	5:00 PM-6:30 PM	Aug 18-Aug 27	
\$145.33/4 sessions			613054



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.



Tennis - Novice

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 5-May 14	
\$145.33/4 sessions			612736
Tu Th	5:00 PM-6:30 PM	May 19-May 28	
\$145.33/4 sessions			612738
Tu Th	6:45 PM-8:15 PM	Jun 2-Jun 11	
\$145.33/4 sessions			613035
Tu Th	6:45 PM-8:15 PM	Jun 16-Jun 25	
\$145.33/4 sessions			613036
Tu Th	5:00 PM-6:30 PM	Jul 7-Jul 16	
\$145.33/4 sessions			612811
Tu Th	5:00 PM-6:30 PM	Jul 21-Jul 30	
\$145.33/4 sessions			613042
Tu Th	6:45 PM-8:15 PM	Aug 4-Aug 13	
\$145.33/4 sessions			612820
Tu Th	6:45 PM-8:15 PM	Aug 18-Aug 27	
\$145.33/4 sessions			613043

All prices subject to GST where applicable.

PHYSICAL RECREATION CONT'D

Boccia

19+ yrs

Claire Coleman

Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. 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.

Tu 12:45 PM-2:15 PM Apr 7-Jun 23
\$22.86/12 sessions 603315

Little Mountain Step'n Clog - Intermediate

19+ yrs

Traditional and choreographed English step and clog dances: instruction, with options for performance. Intermediate level (at least 6 months of tap/clog/step dancing experience). Wear hard-soled shoes. Classes on: Apr 11, 18; May 2, 30; June 6, 13, 27.

Sa 10:00 AM-12:00 PM Apr 11-Jun 27
\$12/7 sessions 611611

FITNESS

Yoga for Aging Well

55+ yrs

Joan DeVerteuil

As we move through time, we need to keep moving our bodies. 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. In addition to physical health benefits, yoga has a calming effect on the mind and nervous system. Drop-in \$18 if space available. No class May 8.

M 11:00 AM-12:00 PM Apr 13-May 11
\$70/5 sessions 602376

M 11:00 AM-12:00 PM May 25-Jun 22
\$70/5 sessions 602377

F 1:30 PM-2:30 PM Apr 10-May 15
\$70/5 sessions 602378

F 1:30 PM-2:30 PM May 22-Jun 26
\$84/6 sessions 602379

At Heather Place

Tu 3:30 PM-4:30 PM Jul 7-Aug 25
\$98/7 sessions 617184

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: May 18, 20, 25.

M 9:30 AM-10:30 AM Apr 13-Jun 22
\$135/9 sessions 607921

W 9:30 AM-10:30 AM Apr 15-Jun 17
\$135/9 sessions 607922

Restorative Yoga

19+ yrs

Dele Oyinloye

Using the support of bolsters, blocks, and blankets to support the body, these restorative yoga classes aim to relax and calm your mind and body. Postures are held for several minutes allowing the body to reset and restore balance. Drop-in \$12. No class May 18

M 6:00 PM-7:00 PM Apr 13-Jun 22
\$100/10 sessions 613521

Iyengar Yoga

19+ yrs

Join this yoga class to increase your flexibility, strength and awareness of your body. Iyengar yoga uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities.

Christine Rondeau

Tu 5:30 PM-7:00 PM Mar 31-May 19
\$144/8 sessions 604781

Linda Shevloff - at Tapestry

Th 5:30 PM-7:00 PM Apr 2-Jun 18
\$216/12 sessions 604782

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.

Tu 7:15 PM-8:15 PM Apr 7-May 12
\$120/6 sessions 614289

Tu 7:15 PM-8:15 PM May 19-Jun 23
\$120/6 sessions 614290

Tu 7:15 PM-8:15 PM Jul 7-Aug 25
\$160/8 sessions 614293

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. You will leave the class feeling like you've had a great workout, and maybe even standing a little taller! www.callaneticsvancouver.com

W 11:00 AM-12:00 PM Apr 1-May 6
\$101.7/6 sessions 607924

W 11:00 AM-12:00 PM May 13-Jun 17
\$101.7/6 sessions 616042

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

Jennifer Rowbotham

Learn where you hold tension and emotion, and how to breathe to focus your concentration and calm the body and mind. Body rolling balls may be purchased through the instructor for \$52.64-\$56.00. Drop-in \$20 space permitting. Drop-in fees are paid that evening at Douglas Park Community Centre or over the telephone only.

Th 7:30 PM-9:00 PM Apr 2-Jun 11
\$187/11 sessions 606417

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 29-Jun 24
\$63/9 sessions 611722
F 7:00 PM-8:30 PM Jul 10-Aug 28
\$56/8 sessions 612442

International Line Dance (Intermediate) - Review 19+ yrs

These are guided review sessions for Angela Wei's previous classes - enjoy the music while exercising, relieving stress and meeting friends.

W 1:00 PM-2:30 PM Apr 1-Apr 22
\$24/4 sessions 611723

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 Apr 9-Jun 11
\$140/10 sessions 602245

Yogalates 19+ yrs

Into Yoga

Yogalates is a form of exercise that draws inspiration from Yoga and Pilates for a stronger mind body connection. The class will be structured with elements of Yoga & Pilates woven into the class. Yogalates offers benefits such as increased strength and mobility, while improving posture, stress level and overall well-being. For more info visit www.intoyoga.ca. Drop in \$18.

W 7:30 PM-8:30 PM Apr 8-May 13
\$92/6 sessions 602250
W 7:30 PM-8:30 PM May 20-Jun 24
\$92/6 sessions 602251
W 7:30 PM-8:30 PM Jul 8-Aug 26
\$123/8 sessions 602252

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

Kathleen Rojas

The focus is on core support, postural alignment, and functional movement to help you move with greater ease, resilience, and energy both on the mat and in everyday life. Ideal for those supporting bone health, managing chronic pain, or seeking a steady, sustainable approach to fitness. Please arrive 10 minutes early to the first class to fill out a medical form. Drop in \$20.

F 9:30 AM-10:20 AM Apr 10-May 15
\$108/6 sessions 614291
F 9:30 AM-10:20 AM May 22-Jun 26
\$108/6 sessions 614292

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.

Indoor

Asal Nikoopour
Th 9:30 AM-10:30 AM Apr 2-Jun 11
\$132/11 sessions 613539

Maira Daiha

Tu 9:30 AM-10:30 AM Mar 31-May 5
\$72/6 sessions 614283
Tu 9:30 AM-10:30 AM May 12-Jun 16
\$72/6 sessions 614285
Th 7:00 PM-8:00 PM Apr 2-May 7
\$72/6 sessions 614286
Th 7:00 PM-8:00 PM May 14-Jun 18
\$72/6 sessions 614287

Outdoor at Willow Trees

Asal Nikoopour
Th 9:30 AM-10:30 AM Jul 2-Jul 30
\$60/5 sessions 614106



Several of our programs take place at **Tapestry Community Rooms** **TAP** Located at 2821 Heather Street.

FITNESS CONT'D

Zumba with Weights

19+ yrs

Asal Nikoopour

Your cardio and strength workout covered with 30 minutes of Zumba and 30 minutes of strength training. The second half of this class focuses on strength training with hand weights, coupled with squats and lunges for a total body workout. Drop-in \$12.

Tu 7:00 PM-8:00 PM Mar 31-Jun 16
\$120/12 sessions 613545

Zumba Gold

19+ yrs

Asal Nikoopour

Zumba Gold is a 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. Come ready to sweat and prepare to leave feeling empowered and stronger. Drop in \$14

F 11:45 AM-12:40 PM Apr 10-Jun 12
\$120/10 sessions 613544

Outdoor at Willow Trees

F 11:45 AM-12:40 PM Jul 3-Jul 24
\$48/4 sessions 614108

Wah Tor Chi Kung 1

9+ yrs

Florence Chan & Tuen Hing Tse

Learn proper posture and fundamental movements for exercising chi flow in the body. Come to experience the relaxation of body and mind through cultivating your life energy. No prior experience is required.

Th 6:00 PM-7:00 PM Apr 2-Jun 18
\$153.14/12 sessions 603072

Tai Chi Kung Fu Fan Second Set 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! Kung Fu fans are available for free use in class. Drop in \$16. No class May 17.

Su 1:50 PM-2:45 PM Apr 19-Jun 21
\$126.69/9 sessions 607891

Tai Chi Yang Style 49 Forms

19+ yrs

Amy Li Hua Zhu

The 49 posture Yang Style Tai Chi boxing (no contact) 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. This class is instructed by master Amy Zhu who was a disciple of Grand Master Yang Jun (5th Yang Family Tai Chi chuam lineage holder). She is also a international Tai Chi champion and certified Tai Chi instructor. Drop in \$16. No class May 17.

Su 2:50 PM-3:50 PM Apr 19-Jun 21
\$126.69/9 sessions 607892

PERFORMING ART

Adult Ballet - Open Level

18+ yrs

Hannah Robertson

This class is for anyone interested in building strength and mobility through the art form of ballet. No prior dance experience necessary. The class will be focused on improving strength, flexibility and coordination in a joyful and welcoming environment. No class May 16. Drop-in \$18.

Sa 11:15 AM-12:15 PM May 9-Jun 20
\$96/6 sessions 607885

Classic Rock Choir **NEW**

19+ yrs

Scott Gould

Do you love to sing along with your favourite classic rock songs in the car or around the house? Classic Rock Choir is for you! So much fun to sing these great songs with a group. We start where you are. Singers of all levels welcome. No class May 16 or 23.

Sa 2:00 PM-3:00 PM Apr 25-Jun 20
\$175/7 sessions 607893

VISUAL ART

Goodwill Cactus Clay

18+ yrs

Tea & Olive's Clayhouse

Little cacti, big intentions! These polymer clay succulents perform triple-duty: to look adorable on your desk while spreading awareness and raising funds for an amazing organization! Projects will be ready for pick-up within 2 to 3 weeks.

F 6:30 PM-8:00 PM Aug 14
\$25/1 sessions 607097

Adult Pottery - Intermediate and Advanced

19+ yrs

Take your throwing and hand-building skills to the next level in this class. Learn to hand-build and/or throw larger and more complex forms, improve piece throwing skills through repetition and development drills, and build a repertoire of surface decorating techniques including texturing, carving, and sgraffito. At least one year of pottery experience is recommended. Purchase clay at the first class. No class May 18 and Aug 3

Sar Cherin

M 5:30 PM-8:30 PM Apr 13-Jun 8
\$360/8 sessions 607596

M 5:30 PM-8:30 PM Jul 6-Aug 24
\$315/7 sessions 607599

Robyn Williams

F 9:30 AM-12:30 PM Apr 10-Jun 19
\$495/11 sessions 610140

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.

Tu	10:00 AM-1:00 PM	Apr 14-Jun 16
\$450/10 session		603307
Tu	1:30 PM-4:30 PM	Apr 14-Jun 16
\$450/10 session		603308

**Adult Pottery - Beginner**

19+ yrs

Laura Van Der Linde

This class is for beginners and those looking to revisit the fundamentals of clay. Gain an understanding of hand building and wheel throwing. Purchase clay at the first class. Please bring your own apron.

Tu	5:30 PM-8:00 PM	Apr 14-Jun 16
\$450/10 sessions		603309

Adult Pottery - Advanced

19+ yrs

Robyn Williams

Take your throwing and hand-building skills to the next level in this class. Learn to hand-build and/or throw larger and more complex forms, improve piece throwing skills through repetition and development drills, and build a repertoire of surface decorating techniques including texturing, carving, sgraffito and photo lithography. Experience recommended. Bring your own towel and apron. Purchase clay at the first class.

W	5:45 PM-8:45 PM	Apr 1-Jun 17
\$540/12 sessions		610137
Th	5:45 PM-8:45 PM	Apr 2-Jun 18
\$540/12 sessions		610138

Adult Pottery - Beginner

19+ yrs

Brianna Siu

A fun and inspiring class that introduces participants to basic pottery making techniques. The class will 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 and begin to understand the chemistry of glazes and surface treatment. Purchase clay at the first class. No class May 16.

Sa	12:30 PM-3:30 PM	Apr 11-Jun 6
\$360/8 sessions		606672

Adult Pottery - Beginner and Intermediate

19+ yrs

Robyn Williams

A fun and inspiring class that introduces participants to basic pottery making techniques and reinforces knowledge of materials and tools. The class will 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 and begin to understand the chemistry of glazes and surface treatment. Please bring your own apron and towel. Purchase clay at the first class.

W	9:30 AM-12:30 PM	Apr 1-Jun 17
\$540/12 sessions		609411
Th	9:30 AM-12:30 PM	Apr 2-Jun 18
\$540/12 sessions		609413

Adult Pottery - Boot Camp

19+ yrs

Robyn Williams

This is the high intensity crossfit pottery class you have all been waiting for! Boot camp will be an intensive throwing course taking place over two evenings for potters who want to improve centering, pulling up and finishing both bowls and cylinders. Students will undertake drills and practice skills with no view to finishing any project. Clay will be provided for this class, and we will learn the process of recycling all the clay that we use. This is not a beginner class. Students must be able to center clay proficiently to get the most out of this class.

W Th	4:45 PM-8:45 PM	Jul 8-Jul 9
\$120/2 sessions		610149

Adult Pottery

19+ yrs

Brianna 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.

Intermediate and Advance Wheel

F	5:30 PM-8:30 PM	Apr 10-Jun 5
\$405/9 sessions		606670

Intermediate Wheel

F	5:30 PM-8:30 PM	Jul 10-Aug 21
\$315/7 sessions		606674

Adult Pottery - Printing on Clay

19+ yrs

Robyn Williams

If you have ever asked "how did they get that image on that mug" this is the class for you. This introduction to printing on clay will cover stenciling, relief blocking, water slide decal making and screen printing. You will learn the process and application of these techniques and leave with a toolbox full of decorating ideas and a completed screen to print your own rice paper screen print decals. Clay can be purchased during the first class. An extra fee for screen printing materials and print blocks will be payable to the instructor.

W Th	4:45 PM-8:45 PM	Jul 22-Jul 23
\$120/2 sessions		610162

VISUAL ART CONT'D

Adult Pottery - Throw Big or Go Home 19+ yrs

Robyn Williams

Do you want to take your throwing to the next level, literally! If you find yourself stuck in the 2lb rut or you are struggling to make a 6inch pot into a 10inch pot this class is for you. It will cover different techniques to help you center, pull up and shape pots over 3lbs in weight. We will learn that technique, not brute strength, is the key to "upping" your throwing game. This class is a great followup to the Boot Camp intensive or just for throwers who are confident centering and pulling up pots up to 1kg (2lb). Purchase clay on first day of class.

W Th 4:45 PM-8:45 PM Jul 15-Jul 16
\$120/2 sessions 610158

Adult Pottery Level Up Your Technique 19+ yrs

Gabriella Cassell

Join this three day pottery workshop to get your throwing to the next level! In this workshop we will be progressing your throwing skills by working past barriers, throwing larger, diversifying the forms you are able to create, and making your time on the wheel efficient and satisfying! If you are passionate about developing your skills, craving some one on one instruction, or looking for some solid hours in the studio, this three day workshop is perfect for you! Students must be able to center clay to participate in this class.

Tu W Th 5:30 PM-8:30 PM Aug 18-Aug 20
\$135/3 sessions 614665

**Adult Pottery Surface Decoration** 19+ yrs

Gabriella Cassell

Decorating your clay creation is an important yet often overlooked part of the pottery process. In this three day workshop students will learn a variety of techniques to decorate the surface their clay pieces. We will explore sgraffito, etching, inlay, sodium silicate application and many more decorative techniques! Learn how to create visually complex ceramic works. This class does not cover how to throw/handbuild. Students must be confident in their own abilities to work with clay, in order to fully benefit from this workshop.

Tu W Th 5:30 PM-8:30 PM Aug 25-Aug 27
\$135/3 sessions 614667

Acrylic Paint Workshops

19+ yrs

Chloe Greenberg

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

Van Gogh Sunflowers

M 6:15 PM-8:45 PM Aug 10
\$50/1 sessions 607963

Italy Cityscape

M 6:15 PM-8:45 PM Jun 1
\$50/1 sessions 607945

Magnolias

M 6:15 PM-8:45 PM Apr 13
\$50/1 sessions 607942

Tropical Jungle

F 6:15 PM-8:45 PM Jul 10
\$50/1 sessions 607961

Natural Dye & Shibori

19+ yrs

Fernanda Mascarenhas

This workshop weaves together two ancient techniques 'shibori and natural dyeing' to create a one-of-a-kind organic cotton bandana. Shibori is a traditional Japanese resist-dyeing technique that uses rubber bands, wooden sticks, and string to tie, pinch, and fold the fabric, forming unique patterns. Participants will also explore the magic of colour extraction from plants and everyday food waste, such as onion skins, turmeric, black tea, and madder. All materials are provided.

Su 10:00 AM-12:00 PM Apr 19
\$65/1 sessions 613181

Tatakizome on a Tote Bag

19+ yrs

Fernanda Mascarenhas

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

Su 10:00 AM-12:00 PM May 24
\$55/1 sessions 613182



EDUCATION

Listen to Your Body: Meditation and Movement

19+ yrs

Fernanda Mascarenhas

By interspersing meditation sessions with body movement practices, you can connect with your body-mind deeply and gently. Inspired by Zazen, the Zen-Buddhist meditation, and the Japanese body technique seita-ho, it is an invitation to slow down and be able to listen to nature outside and inside us. Through subtle touches and simple and spontaneous movements, we slowly wake up the awareness of our body, bringing our mind to the present moment. No Session May 18.

M 7:15 PM-8:45 PM Apr 20-Jun 15
\$138/8 sessions 613183

Arte Phire Natural Perfume

19+ yrs

Lalla Aydi Djellal

Immerse yourself in the art of natural perfumery. In this hands-on workshop, you'll explore the world of botanical scents, learn to blend base, heart, and top notes. Discover how scent, memory, and nature intertwine as you explore essential notes, citrus, floral, wood, and spice, and craft a personalized 10 ml perfume to take home. Each session reflects the mood of the season, using only natural ingredients. All materials are included. No experience needed!

Tu 6:00 PM-8:00 PM May 19
\$80/1 sessions 615496
Tu 6:00 PM-8:00 PM Jun 30
\$80/1 sessions 615498
Tu 6:00 PM-8:00 PM Jul 14
\$80/1 sessions 615500
Tu 6:00 PM-8:00 PM Aug 4
\$80/1 sessions 615501

Watercolour Painting

19+ yrs

Chloe Greenberg

Join this beginner-level watercolour workshop! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome. Painter's tape will be helpful to bring, otherwise, all supplies are included. Learn more about your instructor Chloe, at www.chloegreenberg.com

Mushrooms and Moss

F 6:15 PM-8:45 PM Aug 7
\$50/1 sessions 607962

Glowing Sunset

M 6:15 PM-8:45 PM Jun 29
\$50/1 sessions 607946

Indigo Flowers

M 6:15 PM-8:45 PM Apr 20
\$50/1 sessions 607943

Lavender Field

M 6:15 PM-8:45 PM Jul 6
\$50/1 sessions 607953

Wildflowers

M 6:15 PM-8:45 PM May 25
\$50/1 sessions 607944

Watercolour Basics and Beyond

19+ yrs

Chloe Greenberg

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

W 6:15 PM-8:15 PM Apr 8-May 13
\$222/6 sessions 607939
W 6:15 PM-8:15 PM May 20-Jul 8
\$259/7 sessions 607940
W 6:15 PM-8:15 PM Jul 15-Aug 26
\$259/7 sessions 607941

Métis Dot Art **NEW**

19+ yrs

Kelly Poitras

Participants will learn about the Cultural Medicine of Métis Dot Art. A form of art which represents the Métis Beadwork our ancestors are well known for and being recognized as 'The Flower Peoples'. Kelly Poitras provides an opportunity for learning the Métis Culture and Traditions while teaching grounding techniques and confidence in a safe space. Métis Dot Art also represents a form of touch therapy as the painted dots are raised and provides comfort when you run your fingers over them.

Tu 6:15 PM-8:15 PM May 19
\$15/1 sessions 615812
Tu 6:15 PM-8:15 PM Jul 14
\$15/1 sessions 615813
Tu 6:15 PM-8:15 PM Aug 18
\$15/1 sessions 615815

Dream Catchers Workshop **NEW**

19+ yrs

Sabian M. Rawcliffe

A 4" lace wrapped ring, where participants will learn the technique of dream catcher web weaving and hear the Ojibway legend of the spider woman and my personal teachings on the significance of dream catchers in my culture.

Tu 6:15 PM-8:15 PM May 26
\$15/1 sessions 616029

Drum Making Workshop **NEW**

19+ yrs

Sabian M. Rawcliffe

The drum workshop will be a 10" natural deerhide on a laminated maple frame using synthetic sinew.

F 6:15 AM-8:15 AM Jun 19
\$100/1 sessions 616030

Japanese Bookbinding

19+ yrs

Suzan Lee

Make up to 3 books using a historical technique common in Asia. No prior experience is necessary. All materials and tools will be provided.

Th 5:45 PM-8:45 PM Jul 23
\$64.95/1 sessions 607967

EDUCATION CONT'D

Coptic Bookbinding

19+ yrs

Suzan Lee

An Ancient Egyptian technique for binding a book that requires no glue or paste. Its strength is proven when you flip and clap the covers together (like a sketchbook) and it refuses to weaken. Ideal for painting or sketching. No prior experience is necessary. All materials and tools are provided.

Th 5:45 PM-8:45 PM May 14
\$64.95/1 sessions 607968

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'll have your very own bento cake to gift for yourself or that special someone. 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 30
\$76.5/1 sessions 615503

Th 6:15 PM-8:45 PM May 21
\$76.5/1 sessions 615504

Th 6:15 PM-8:45 PM Jun 11
\$76.5/1 sessions 615505

French Home Cooking NEW

19+ yrs

Valentin Camosseto

A friendly and fun cooking class where participants discover easy, homemade French dishes and desserts like tartiflette, beef stew, or chocolate fondant. Perfect for beginners of all ages who want to learn, cook together, and enjoy delicious food in a warm and social environment.

Th 7:00 PM-8:30 PM Apr 16
\$60/1 sessions 605760

Th 7:00 PM-8:30 PM May 21
\$60/1 sessions 605761

Th 7:00 PM-8:30 PM Jun 18
\$60/1 sessions 605762

Family Sushi Art Night

5+ yrs

Motoko Eto

Kids and parents will create a beautiful sushi roll together — fun, creative, and delicious. No experience needed! Adults are also welcome to join on their own — everyone can enjoy this hands-on sushi art experience! Parent registration is required with child.

Dandelion Roll
Th 6:15 PM-7:45 PM Apr 9
\$60/1 sessions 615617

Orca Roll
Th 6:15 PM-7:45 PM May 14
\$60/1 sessions 615631

Strawberry Roll
Th 6:15 PM-7:45 PM Jun 4
\$60/1 sessions 615636

Don't fall in love with your AI

19+ yrs

Donna MacKinnon

AI is rapidly changing virtually every aspect of our current reality in a wild-west landscape of competing apps and nefarious actors. This brief workshop is a primer to will cover the basics of protecting yourself from sextortion, fraud, stalking, and other privacy and security-related concerns arising from AI.

Tu 6:00 PM-8:30 PM May 26
\$30/1 sessions 616862

SOCIAL

Seniors Tuesday Social

55+ yrs

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

Tu 1:30 PM-3:30 PM Apr 14-Jun 16
Free/9 sessions 607925



Seniors Week Social: Cultural Workshop

55+ yrs

Join us as we explore the versatile uses of banana leaves! Learn how to wrap delicious food, craft natural food containers, and create beautiful table napkins decorated with flowers. Enjoy personal stories of growing up in Asia and discover how banana leaves have long been used as an eco-friendly and sustainable choice in food preparation.

Tu 1:30 PM-3:30 PM Jun 2
Free/1 sessions 614127

Social Club

19+ yrs

The Social Club for people with disabilities has been meeting at Douglas Park Community Centre since 1968. It is a social, recreational, and supportive environment where people come for friendship and connection. We are very inclusive; all are welcome to come and participate. Enjoy a variety of activities, including wheelchair basketball, games, sing-a-longs, crafts, movies and guest speakers. There will be lunches once a month. No class May 18.

M 2:15 PM-4:15 PM Apr 13-Jun 22
FREE/10 sessions 613522

By Hand - for Makers - A Free Weekly Drop In

19+ yrs

Non Instructional

An ongoing free weekly drop-in for those who enjoy beading, crocheting, embroidery, knitting, quilting you get the idea.

W 6:45 PM-8:45 PM Apr 01-Jun 24
Free/13 sessions 607931
W 6:45 PM-8:45 PM Jul 08-Aug 26
Free/8 sessions 607932

Nature Journaling Workshop Series NEW

19+ yrs

Love going on nature walks? Interested in turning your time outdoors into a creative and thoughtful hobby? These hands-on workshops introduces the art of nature journaling! Participants will learn how to bind their own journals, make natural inks, and explore ways to identify local plants and animals using tools like iNaturalist, Merlin, and field guides. Together, we will also reflect on eco-emotions and create beautiful hapazomes (leaf and flower prints) to include in our journals. One week notice required to receive a full refund.

Journal Making

Sa 10:30 AM-12:00 PM Apr 25
\$58/1 sessions 615578

Nature Paint/Ink making

Sa 10:30 AM-12:00 PM May 2
\$62/1 sessions 616052

Eco-emotions & Nature weaving

Su 10:30 AM-12:00 PM May 31
\$52/1 sessions 615580



Posture & Peace: Simple Moves to Kill Anxiety & Fix Your Neck

19+ yrs

Brian Jang

Does your body feel like it's aging faster than you are? Chronic neck tension isn't just a physical ache—it's a "vitality bottleneck" that leaves you feeling anxious, tired, and stuck in a cycle of stress. This 60-minute session, you will learn to:

- Identify the Bottleneck: See how poor posture chokes off your energy flow.
- The 2-Minute Reset: Practical moves to lower anxiety and lift your head.
- Reverse the Aging Cycle: Reclaim the poise and breath of your younger self. Stop managing tension and start reclaiming your life. Realign your posture, restore your peace.

Th 6:30 PM-8:00 PM May 7
\$25/1 sessions 613179

Paint Party Workshops

19+ yrs

Divinity Chan

No art experience required and all supplies and step by step instructions will be provided.

Bridgerton Wine Glass Paint Party

The garden is in FULL bloom so let's capture the floral beauty. Paint with your mom as a Mother's Day experience or just with your friends for a FUN filled time where you will be painting floral art onto wine glasses - perfect for after-work relaxation or gift-giving. All levels are welcome so let your creativity shine!

Sa 1:00 PM-3:00 PM May 9
\$45/1 sessions 617079

Stargazer Fairy Acrylic Paint Party

Let's fly into a world of fairy magic as we get lost among the stars! Come relax with us as we paint a fairy against a dreamy galaxy sky of cosmic color blends. You will learn simple blending techniques that will create a mesmerizing effect. Whether you think you're "not creative" or you secretly love fantasy aesthetics, this guided paint night is designed to help you create a stunning celestial fairy painting step-by-step.

Th 6:15 PM-8:15 PM Jun 11
\$45/1 sessions 617080

Sunflowers Wine Bottle Paint Party

Unplug from life and create something beautiful! If you've ever said "I'm not artistic," this event was literally designed for you. Divinity (artist) breaks the painting down into simple steps so you can create a stunning sunflower wine bottle — even if this is your first time holding a brush. Add some fairy lights and watch the wine bottle glow.

F 6:15 PM-8:15 PM Aug 21
\$45/1 sessions 617081

OUTINGS & BUS EXCURSIONS

Seniors Out Trip - Abbotsford Tulip Festival

55+ yrs

Activity cost includes transportation and admissions. Bring you own lunch or buy food at an on-site vendor. Activity will happen rain or shine. Please sign and complete activity waiver prior to program start time.

Th 9:30 AM-3:30 PM Apr 30
TBA/1 session 615605

Seniors Out Trip - Sun Flower Festival

55+ yrs

Activity cost includes transportation and admissions. Bring you own lunch or buy food at an on-site vendor. Activity will happen rain or shine. Please sign and complete activity waiver prior to program start time.

Th 9:30 AM-3:30 PM Aug 27
TBA/1 session 615606

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 Visit our website! www.douglasparkcc.org

Douglas Park Spring 2026



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

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

Instructor: ABC Volunteer

Wed Apr 8-Jun 24 2:45 PM-3:45 PM Gymnasium
[Master Roster 607203](#) ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass



Yoga Using a Chair

NEW

19+ yrs

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 June 24

Wed Apr 8-Jun 17 6:15 PM-7:15 PM Douglas Lounge
[Master Roster 607203](#) ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass

Active and Strong

19+ yrs

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 May 17

Sun Apr 12-Jun 28 10:00 AM-11:00 PM Douglas Lounge
[Master Roster 607203](#) 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

[VIEW ONLINE](#)

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

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	Flexipass Adult	Flexipass Youth/Senior
Single Visit	\$4.05	\$7.93	\$5.55
10 visits	\$38.10	\$71.37	\$49.95
1 month	\$33.81	\$64.15	\$44.91
3 months	\$68.57	\$173.21	\$121.25
12 months	\$190.48	\$554.26	\$387.98

All prices subject to GST where applicable.

Playground & Wading Pool







Come enjoy a variety of activities, games, crafts and theme days led by our Playground Leaders.

Wading pool hours of operation may be affected by inclement weather. Schedule subject to change.

Performance in the Park All Ages

Our Summer Performance Series Returns!
Experience live outdoor performances in a vibrant community setting.

Thursdays
5:00 PM - 7:30 PM

-  JULY 16
-  JULY 30
-  AUGUST 13
-  AUGUST 20

Artist lineup announcement coming soon – stay tuned on our Website: www.douglasparkcc.org/ and Instagram: @douglasparkcca

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



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