



DOUGLAS PARK COMMUNITY CENTRE

Fall 2026

Recreation Guide



FALL
Registration
starts
August 11
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 the Douglas Park Community Association!

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

DPCA is delighted to welcome Sally Chan as our new Community Recreation Supervisor ("CRS").

As you may already know, Douglas Park Community Centre is operated jointly by the Vancouver Park Board and DPCA under a joint operating agreement. DPCA's primary role under the agreement is the development, delivery, and staffing of programming at Douglas Park.

As the CRS, Sally is the management representative of the Park Board at Douglas Park providing official oversight of the facility and supporting DPCA with the delivery of programming and services. DPCA is looking forward to working with Sally and benefiting from her leadership.

Thank you to our programmers for researching and offering, among others, the following new programs for the community this fall: VAFC Grasshoppers Soccer; Mandarin Play Club, Snow-Skin Mochi Mooncake; DataSavvy Kids: Smart Money & Big Decisions; Partner Yoga; Moving with Ease - Balance, Core and Flow; Classical Chinese Dance; and, Laughter Club.

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

Wishing you a great autumn.

Christine Coleman
President



FALL REGISTRATION STARTS



Online
vanrec.ca

Tuesday August 11
7:00pm



In-person



By Phone
604-257-8130 ext. 1

Wednesday August 12
8:00am

IMPORTANT - NEW REFUND POLICY

All refunds are subject to a \$5.00 administrative fee (the "Administrative Fee") per program, unless such program is cancelled by the Douglas Park Community Centre.

Requests for refunds must be received by phone, in-person, or by e-mail to douglasparkcc@vancouver.ca and are subject to the following conditions:

Single Day Programs:

For one-day sessions (e.g. birthday parties, workshops, special events, or personal training), fourteen (14) days' notice is required for a full refund minus the Administrative Fee. No refunds thereafter.

Multiple Day Programs:

Cancellation must occur:

- Minimum of seven (7) days before the start of a program for a full refund minus the Administrative Fee;
- Minimum of two (2) days before the second class for a prorated refund minus the Administrative Fee; and
- No refunds after the second class.

Camp Programs:

For all-day camps (including licensed day camps), fourteen (14) days' notice is required for a full refund minus the Administrative Fee. No refunds thereafter.

Licensed Preschool and School Age Care Program:

Notice of one calendar month plus one day is required, in writing to douglasparkcc@vancouver.ca, for all cancellations to receive a full refund, minus the Administrative Fee. Without such prior notice, the full deposit shall be forfeited. We will not issue refunds after March 31.

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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

September 5, 6, 7, 30
 October 10, 11, 12
 November 11
 December 24 – Jan 3, 2027

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 douglasparkccc@vancouver.ca

Sally Chan Community Recreation Supervisor
 Susie Vu Recreation Facility Clerk
 Garrett Wong Recreation Programmer II
 Dominic Ponce Recreation Programmer I
 Stratos Charalambides Community Youth Worker
 Cynthia Lightbody Licensed Care Coordinator

GENERAL REGISTRATION INFORMATION

Don't delay, register early to avoid disappointment!

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

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

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

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

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

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

UPDATE TO REFUND POLICY

We have updated our refund policy. As of today, all refunds will deduct a small administrative fee, and we require more advanced notice if you want a refund.

We made this change for two reasons. First, we hope it will help free up spots more quickly for others on our waitlists. Second, we incur fees for every purchase transaction – money we would much rather put towards programs and events for you, your family, and your community.

Our updated refund policy will be posted on your registration confirmation when you register for your next program or event.

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 douglasparkccc@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. If appropriate notice is given (see below for policy), 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.

ONGOING REGISTRATION – UNICORN AM

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

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

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



REFUND POLICY

Families are required to provide one calendar month plus one day's notice, in writing to douglasparkkcc@vancouver.ca, for any withdrawal to receive a full refund, minus the Administrative Fee.

Without such prior notice, the full deposit shall be forfeited.

No withdrawals/refunds after
March 31 2027.

Fees will be reduced due to the Child Care Fee Reduction Initiative (CCFRI).



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

Register at douglasparkkcc.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.

SCHOOL AGE

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



All programs are currently full with a long wait list.
To add your school age child to the waitlist, please use the following activity number that corresponds with that school:

- Edith Cavell #611784
- Emily Carr #611786

Information regarding children entering kindergarden in September 2027 will be published in our Spring brochure.

REFUND POLICY:

Notice of one calendar month plus one day is required, in writing to douglasparkccc@vancouver.ca, for all cancellations to receive a full refund, minus the Administrative Fee.
Without such prior notice, the full deposit shall be forfeited.
We will not issue refunds after March 31 2027.

SAC Winter Break Daycamp

Kindergarten - 12 years old

Mon ♦ Dec 21
Tues ♦ Dec 22
Wed ♦ Dec 23

8:00AM-5:30PM

Registration Online
#636316

No single day registration.
Camp will be offered for
3 days only.

The centre is closed
Dec 24-Jan 3



\$185 / 3 Days

Rates will be reduced at the time
of registration due to the Child Care
Fee Reduction Initiative (CCFRI)

Registration opens

Tuesday
Oct 27th
7:00PM

Anyone who
registers
before this
time will be
unenrolled
and notified.

Internal
SAC
children
will get
priority
registration

Refund Policy: In order to receive a refund, notice must be given on **December 7**.
If notice is given after December 7, no refund will be provided.

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 Sep 30, Oct 7, 12, Nov 11 and 18.

M	9:00 AM-11:00 AM	Sep 14-Dec 14
		627105
W	9:00 AM-11:00 AM	Sep 9-Dec 16
		627106
F	9:00 AM-11:00 AM	Sep 11-Dec 18
		627111

Baby Sign Language

0-2 yrs

Into Yoga

Babies understand and can communicate long before they are able to speak. 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 No class Oct 12.

M	1:15 PM-2:00 PM	Sep 14-Oct 19
		627064

PHYSICAL RECREATION

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. No class Oct 13.

Tu	10:45 AM-11:30 AM	Sep 15-Oct 27
		628413
Tu	10:45 AM-11:30 AM	Nov 3-Dec 15
		628415

Sportball Indoor Soccer

3-5 yrs

Sportball Vancouver

This program 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. No class Oct 13.

Tu	11:30 AM-12:15 PM	Sep 15-Oct 27
		628417
Tu	11:30 AM-12:15 PM	Nov 3-Dec 15
		628419

VAFC Grasshoppers Soccer

NEW

2-3 yrs

Vancouver Athletic Football Club

VAFC Grasshoppers introduces children to soccer through playful games, movement, coordination, and basic ball skills. Sessions build confidence, listening skills, and comfort with sport in a fun, supportive environment. Parent/caregiver participation may be included. No class Oct 13.

Tu	2:30 PM-3:15 PM	Sep 15-Oct 27
		636535
Tu	2:30 PM-3:15 PM	Nov 3-Dec 15
		636557
Tu	3:30 PM-4:15 PM	Sep 15-Oct 27
		636558
Tu	3:30 PM-4:15 PM	Nov 3-Dec 15
		636560
Th	3:30 PM-4:15 PM	Sep 17-Oct 29
		637942
Th	3:30 PM-4:15 PM	Nov 5-Dec 17
		637943

Sportball Multisport

Sportball Vancouver

This program is designed to guide parents and their children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. No class Dec 12.

Parent and Tot – Parent participation required 2-3 yrs

Sa	9:30 AM-10:15 AM	Sep 12-Sep 26
		628420
Sa	9:30 AM-10:15 AM	Nov 7-Dec 19
		628424

Drop-off 3-5 yrs

Sa	10:15 AM-11:00 AM	Sep 12-Sep 26
		628426
Sa	10:15 AM-11:00 AM	Nov 7-Dec 19
		628427

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. No class Oct 11.

Parent and tot – Parent participation required 2-3 yrs

Su	11:15 AM-12:00 PM	Sep 13-Nov 1
		629572
Su	11:15 AM-12:00 PM	Nov 8-Dec 20
		629573

Drop-off 3-5 yrs

Su	12:15 PM-1:00 PM	Sep 13-Nov 1
		629575
Su	12:15 PM-1:00 PM	Nov 8-Dec 20
		629578

IMPORTANT: NEW REFUND POLICY!

See Page 2 for more details.

EDUCATION

Mandarin Play Club **NEW**

3-5 yrs

Jing Fang

It would be a drop-off program where children learn practical and age appropriate Mandarin words and phrases through body movement, games, dramatic play, music, crafts, and interactive activities. The focus is on helping young children build early listening and speaking confidence in Mandarin in a fun and low pressure environment. Each session also includes a hands-on cultural experience, such as calligraphy, brush painting, traditional crafts or holiday traditions, to help children learn about Chinese culture. No class Oct 11.

Su	11:00 AM-12:00 PM	Sep 13-Nov 1
		630141
Su	11:00 AM-12:00 PM	Nov 8-Dec 13
		630142

Science4Preschoolers

3-5 yrs

STEAM 4 Kids

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our science preschool programs are engaging hands-on learning experiences for children.. No class Oct 12. Topics will be different each set.

M	4:00 PM-4:45 PM	Sep 14-Oct 26
		629006
M	4:00 PM-4:45 PM	Nov 2-Dec 7
		629009

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	Sep 24-Nov 26
		629118

Music Together

0-5 yrs

Katherine Deane

Experience the joys of music-making! 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	Sep 22-Nov 24
		629111

Tu	10:30 AM-11:15 AM	Sep 22-Nov 24
		629113

Monica

Th	9:30 AM-10:15 AM	Sep 24-Nov 26
		629115

Th	10:30 AM-11:15 AM	Sep 24-Nov 26
		629117

Mini Ballet

3-4 yrs

Vancouver Performing Stars

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 Oct 9.

F	3:30 PM-4:15 PM	Sep 18-Dec 4
		637185

F	5:00 PM-5:45 PM	Sep 18-Dec 4
		637195

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 Oct 10 and 31.

Sa	9:15 AM-10:00 AM	Sep 19-Dec 5
		626787

Junior Dance Mix

4-6 yrs

Hannah Robertson

Children will get to dance, have fun and use their imagination in this dynamic class. Students will be introduced to the fundamentals of ballet and jazz, while also developing their own creative expression. Toward the end of the class, the students will get to expand their dance skills by learning leaps, jumps and turns. No class Oct 10 and 31.

Sa	10:15 AM-11:00 AM	Sep 19-Dec 5
		626789

VISUAL ART

Parent and Child Pottery

4-6 yrs

Anabella Kwiatkowski

Spend some bonding time with your little one making pottery. You will make different projects in each class such as a print of your little one's hand. Children must be accompanied by one adult and only siblings who are registered may attend. Please bring an apron. No class Oct 10.

Sa	1:15 PM-2:15 PM	Sep 19-Nov 28
		630196

Colour Your Ideas - Art Knowledge & Creativity

4-6 yrs

Selinna Hsiao

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

Su	11:15 AM-12:00 PM	Oct 18-Nov 22
		628811

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.

Saturdays 1:00-3:00 pm

Sep 12 635355
Sep 19 635356
Sep 26 635357
Oct 24 635358
Nov 7 635359
Nov 14 635360
Nov 21 635361
Nov 28 635362
Dec 5 635363

Sundays 1:00-3:00 pm

Sep 13 635366
Sep 20 635368
Sep 27 635371
Oct 4 635377
Oct 18 635378
Oct 25 635591
Nov 1 635592
Nov 8 635593
Nov 15 635594
Nov 22 635595
Nov 29 635596
Dec 6 635597
Dec 13 635598

**\$270/
party**

MUSIC LESSONS

Private Music Lessons 6+ yrs

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

Sunday	Monday	Wednesday	Thursday	Friday	Saturday
Piano Lesson 6+ yrs Kenny Ngo 9:30AM- 3:30PM Sep 13-Dec 13 \$351/13 ses	Piano Lesson 6+ yrs Kenny Ngo 3:30PM- 8:30PM Sep 14-Dec 14 \$351/13 sess	Piano Lesson 6+ yrs Andrea Chang 3:30PM- 6:30PM Nov 4-Dec 16 \$189/7 sess	Piano Lesson 6+ yrs Kaya Warner 3:30PM- 8:30PM Sep 10-Dec 10 \$324/12 sess	Piano Lesson 6+ yrs Andrea Chang 3:30PM- 6:30PM Nov 6-Dec 18 \$189/7 sess	Piano Lesson 6+ yrs Justin Wong 9:30AM- 3:30PM Sep 12-Dec 12 \$351/13 ses

Piano Lessons

6+ yrs

Kenny Ngo, Kaya Warner, Andrea Chang, and Justin Wong
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 Sep 30, Oct 10, 11, 12, Nov 11.

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.

Violin Lesson

6+ yrs

Ali Nourbakhsh
9:30AM- 4:00PM

Sep 12-Oct 31
\$455/7 sess

Nov 7-Dec 19
\$455/7 sess

PHYSICAL RECREATION

Indoor Kids Tennis

Mauro Liceaga Garcia

Build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. No class Oct 11 and 12.

5-8 yrs

M	4:00 PM-5:00 PM	Sep 14-Oct 26
		636823
\$114/6 sessions		
M	4:00 PM-5:00 PM	Nov 2-Dec 7
		636824
\$114/6 sessions		
Su	9:15 AM-10:00 AM	Sep 13-Oct 25
		636724
\$102/6 sessions		
Su	9:15 AM-10:00 AM	Nov 1-Dec 6
		636725
\$102/6 sessions		

9-11 yrs

M	5:00 PM-6:00 PM	Sep 14-Oct 26
		636825
\$114/6 sessions		
M	5:00 PM-6:00 PM	Nov 2-Dec 7
		636826
\$114/6 sessions		
Su	10:00 AM-11:00 AM	Sep 13-Oct 25
		636727
\$114/6 sessions		
Su	10:00 AM-11:00 AM	Nov 1-Dec 6
		636728
\$114/6 sessions		

Recreational Gymnastics

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 Sept 30, Oct 7 and Nov 11.

W	4:00 PM-5:00 PM	Sep 9-Dec 2
		636420
\$275/10 sessions		

EDUCATION

Science4Kids

STEAM 4 Kids

Hands-on science programs are themed around a particular area of science. Children engage in exciting hands-on activities, watch spectacular demonstrations, and take home things that relate to what they learnt that day. No class Oct 12. Topics will be different each set.

M	5:00 PM-6:00 PM	Sep 14-Oct 26
		629011
\$120/6 sessions		
M	5:00 PM-6:00 PM	Nov 2-Dec 7
		629012
\$120/6 sessions		

LEGOs in Motion

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	Sep 15-Oct 20
		634872
\$120/6 sessions		
Tu	4:00 PM-5:00 PM	Oct 27-Dec 1
		634873
\$120/6 sessions		

Math4Kids

STEAM 4 Kids

Our amazing program aims to enhance critical thinking skills by fostering problem solving, logical reasoning, analytical abilities, and abstract thinking. Topics will be different each set.

6-7 yrs

Th	3:50 PM-4:40 PM	Sep 10-Oct 22
		629069
\$131.25/7 sessions		
Th	3:50 PM-4:40 PM	Oct 29-Dec 10
		629077
\$131.25/7 sessions		

8-9 yrs

Th	4:50 PM-5:40 PM	Sep 10-Oct 22
		629078
\$131.25/7 sessions		
Th	4:50 PM-5:40 PM	Oct 29-Dec 10
		629080
\$131.25/7 sessions		

Snow-Skin Mochi Mooncake

NEW

4-12 yrs

Abraham Wong

A fun, hands-on parent-child workshop where families make traditional Hong Kong-style mochi mooncakes (no-bake snow skin mooncakes) together. Each pair shapes, colors, and decorates their own mochi mooncakes to take home in a gift box, plus a recipe card to make them again as a family. No baking required ' kids do the shaping with parents helping each step. Parent participation required.

Sa	9:45 AM-11:45 AM	Sep 12
		635050
\$65/1 sessions		

Kids Emotional Resilience Breathwork

6-12 yrs

Pneuma Institute Of Canada

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 Oct 10.

Sa	12:30 PM-2:00 PM	Sep 19-Oct 17
		627047
\$88/4 sessions		
Sa	12:30 PM-2:00 PM	Nov 7-Dec 5
		630149
\$110/5 sessions		

Creative Writing:

It's the Right Time to Write!

NEW

7-12 yrs

Tanya Banerjee

Adventure into the world of creative writing! Through writing prompts, hands-on activities, examples, and sharing, we'll write original stories, poems, songs, and more! Ready to use your imagination? No class Oct 11.

Su	10:00 AM-11:00 AM	Sep 20-Nov 29
		634361
\$200/10 sessions		

IMPORTANT:
NEW REFUND POLICY!

See [Page 2](#) for details.

EDUCATION CONT'D

DataSavvy Kids: NEW
Smart Money & Big Decisions

9-12 yrs

Biljana Stojkova & Yanne Stojkov

Your child will learn to set a real savings goal and calculate exactly how to reach it, money math most adults wish they'd learned before age 12. Led by two PhD's using the DataSavvy Method. All materials included.

Su 11:00 AM-12:00 PM Oct 18-Dec 6
\$225/8 sessions 634356

Young Commander Chess

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, non-verbal reasoning ability and higher level thinking skills such as visualization and foresightFREE complimentary chess kit for new students. No class Oct 11.

Novice/Beginner 5-12 yrs
Su 1:20 PM-2:20 PM Sep 13-Nov 1
\$91/7 sessions 629996
Su 1:20 PM-2:20 PM Nov 8-Dec 20
\$91/7 sessions 630045

Intermediate/Advanced 8-13 yrs
Su 2:30 PM-3:30 PM Sep 13-Nov 1
\$91/7 sessions 629997
Su 2:30 PM-3:30 PM Nov 8-Dec 20
\$91/7 sessions 630048

DAYCAMP

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 9:00 AM-3:00 PM Dec 21-Dec 23
\$236/3 sessions 629020



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 Sept 30, Oct 10, 12, and Nov 11.

7-9 yrs

Anabella Kwiatkowski

Sa 2:30 PM-3:30 PM Sep 19-Nov 28
\$180/10 sessions 630197

8-13 yrs

Sar Cherin

M 3:30 PM-5:00 PM Sep 21-Dec 7
\$247.5/11 sessions 636574

Gabriella Cassell

W 3:45 PM-5:15 PM Sep 9-Dec 2
\$247.5/11 sessions 630422

Th 3:30 PM-5:00 PM Sep 24-Dec 10
\$270/12 sessions 636575

Sushi Roll Workshops

5+ yrs

Motoko Eto

Adults are also welcome to join on their own everyone can enjoy this hands-on sushi art experience! Children must be Accompanied by an Adult.

Autumn Moon Rabbit Roll

Celebrate the harvest moon with this adorable rabbit design. Create a charming piece of edible art that perfectly captures the spirit of autumn.

Sa 2:00 PM-3:30 PM Sep 19
\$60/1 sessions 636001

Spooky Jack-o'-Lantern Roll

Get into the spooky spirit! Learn to craft a fun Jack-o'-Lantern design that is sure to be the highlight of your Halloween table.

Sa 2:00 PM-3:30 PM Oct 17
\$60/1 sessions 636002

Harvest Grapes Roll

Celebrate the beauty of the harvest season with this vibrant grape design. A colorful and elegant roll that brings the flavors of autumn to life.

Sa 2:00 PM-3:30 PM Nov 07
\$60/1 sessions 636003

Festive Santa Roll

Spread holiday cheer with our festive Santa design! A perfect, heartwarming creation to make your Christmas celebrations extra special.

Sa 2:00 PM-3:30 PM Dec 5
\$60/1 sessions 636004

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 Oct 11.

6-9 yrs

Su 9:30 AM-10:30 AM Sep 13-Dec 6
\$204/12 sessions 630426

9-15 yrs

Su 11:00 AM-1:00 PM Sep 13-Dec 6
\$408/12 sessions 630427



ARTKo. Creative Explorers

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 Oct 10.

6-9 yrs

Sa 10:30 AM-11:45 AM Sep 12-Nov 21
\$270/10 sessions 628812

10-13 yrs

Sa 12:30 PM-1:45 PM Sep 12-Nov 21
\$270/10 sessions 628813

Colour Your Ideas - Art Knowledge & Creativity

Selinn Hsiao

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

Su 10:00 AM-11:00 AM Oct 18-Nov 22
\$150/6 sessions 628810

PERFORMING ART

Junior Ballet

Vancouver Performing Stars

Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality, while strengthening their flexibility and coordination skills. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. Visit www.performingstars.ca for more information. No class Oct 9.

F 4:15 PM-5:00 PM Sep 18-Dec 4
\$181.5/11 sessions 637207

Move & Create: Introduction to Contemporary Dance

NEW

8-10 yrs

Hannah Robertson

This introduction to contemporary dance is designed for creative, energetic kids who love to move. The class will begin with exercises to work on coordination, flexibility and dance technique. Alongside building technical skills, we will use our imagination and creativity to make our own dances. No class Oct 10 and 31.

Sa 11:15 AM-12:00 PM Sep 19-Dec 5
\$145/10 sessions 626790

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. No previous experience required. No class Sept 30 and Nov 11.

6-10 yrs

W 3:30 PM-4:30 PM Sep 16-Dec 9
\$176/11 sessions 630468

8-15 yrs

W 4:30 PM-5:30 PM Sep 16-Dec 9
\$176/11 sessions 630469

SOCIAL

Rubik's Cube Social Club

7-12 yrs

Cubing BC Community Society

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 Oct 12.

M 6:15 PM-7:15 PM Sep 14-Oct 26
\$72/6 sessions 629588

M 6:15 PM-7:15 PM Nov 2-Dec 7
\$72/6 sessions 629589

The Curious Crafters Club

NEW

9-12 yrs

Tea & Olive's Clayhouse

This class is where the seriously determined creative can learn how to crochet, design and make their own buttons, accessories and more! Feeling calm and staying present will be emphasized to support the positive mindset and atmosphere necessary for creative flow and quality maker production. All supplies included!

M 5:00 PM-6:00 PM Sep 28-Dec 7
\$220/10 sessions 636577



All prices subject to GST where applicable.

PRESCHOOL, CHILDREN AND YOUTH PROGRAMS FOR FALL 2026			
Monday	Tuesday	Wednesday	Thursday
Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Music Together 0-5 yr 9:30 AM-10:15 AM	Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Music Together 0-5 yrs 9:30 AM-10:15 AM
Baby Sign Language 0-2 yrs 1:15 PM-2:00 PM	Music Together 0-5 yrs 10:30 AM-11:15 AM	Active KPOP Hip Hop Dance Sampler 6-9 yrs 3:30 PM – 4:30 PM	Music Together 0-5 yrs 10:30 AM-11:15 AM
Kids Pottery - Explore with Clay 8-12 yrs 3:30 PM-5:00 PM	Sportball Parent and Tot Indoor Soccer 2-3 yrs 10:45 AM-11:30 AM	Kids Pottery - Explore with Clay 8-12 yrs 3:45 PM-5:15 PM	Babies Only Music Together 0-5 yrs 11:30 AM-12:15 PM
Science4Preschoolers 3-5 yrs 4:00 PM-4:45 PM	Sportball Indoor Soccer 3-5 yrs 11:30 AM-12:15 PM	Recreational Gymnastics 6-11 yrs 4:00 PM-5:00 PM	Kids Pottery – Explore with Clay 8-13 yrs 3:30 PM-5:00 PM
Rubik's Cube Social Club 7-12 yrs 4:30 PM - 5:30 PM	VAFC Grasshoppers Soccer 2-3 yrs 2:30 PM-3:15PM	Active KPOP Hip Hop Dance Sampler 8-15 yrs 4:30pm – 5:30pm	VAFC Grasshoppers Soccer 2-3 yrs 3:30 PM – 4:15 PM
Science4Kids 6-11 yrs 5:00 PM-6:00 PM	VAFC Grasshoppers Soccer 2-3 yrs 3:30 PM – 4:15 PM	Douglas Park Junior Youth Council 10-13 yrs 4:00 PM-5:00 PM	Math4Kids 8-9 yrs 3:45 PM - 4:35 PM
The Curious Crafters Club 9-12 yrs 5:00 PM – 6:00 PM	LEGOs in Motion 5-10 yrs 4:00 PM – 5:00 PM	Douglas Park Senior Youth Council 13-18 yrs 5:00 PM-6:00 PM	Douglas Park – Youth Cooking Group 10-16 yrs 4:30 pm – 6:00 pm
	Douglas Park – Youth Cooking Group 10-16 yrs 4:30 pm – 6:00 pm		Math4Kids 10-11 yrs 4:40 PM - 5:30 PM

DOUGLAS PARK COMMUNITY CENTRE		
Friday	Saturday	Sunday
Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	Preschool Ballet 3-4 yrs 9:15 AM - 10:00 AM	Indoor Kids Tennis 5-8 yrs 9:15 AM-10:00 AM
Open Gym 10-13 yrs 3:15 PM - 4:15 PM	Sportball Multisport Parent and Tot 2-3 yrs 9:30 AM-10:15 AM	Parent and Child Pottery 6-8 yrs 9:30 AM-10:30 AM
Friday Night Fun 11-14 yrs 6:00 PM-9:00 PM	Sportball Multisport Drop-off 3-5 yrs 10:15 AM-11:00 AM	Indoor Kids Tennis 9-11 yrs 10:00 AM-11:00 AM
	Junior Dance Mix 4-6 yrs 10:15 AM- 11:00AM	Creative Writing: It's the Right Time to Write! 7-12 yrs 10:00am - 11:00am
	ARTKo. Creative Explorers 6-9 yrs 10:30 AM - 11:45 AM	Mandarin Play Club 3-5 yrs 11:00am - Noon
	Move & Create: Introduction to Contemporary Dance 8-10 yrs 11:15 AM - Noon	Parent and Child Pottery 9-14 yrs 11:00 AM-1:00 PM
	ARTKo. Creative Explorers 10-13 yrs 12:30 PM - 1:45 PM	High 5 Sports! Parent and Tot 2-3 yrs 11:15 AM - 12:00 PM
	Kids Emotional Resilience Breathwork 6-12 yrs 12:30 PM- 2:00 PM	High 5 Sports! Drop-off 3-5 yr 12:15 PM - 1:00 PM
	Parent and Child Pottery 3-5 yrs 1:15 PM-2:15 PM	Young Commander Chess: Novice/Beginner I & II 5-12 yrs 1:20pm-2:20pm
	Kids Pottery - Explore with Clay 6-8 yrs 2:30 PM - 3:30 PM	Young Commander Chess: Intermediate/ Advanced 8-13 yrs 2:30pm-3:30pm

Legend

 Sports/
Physical Activity

 Dance

 Music/Art

 Educational

 Leadership/
Community

IMPORTANT NOTE:

Please register early!

Classes will get cancelled if there's a low number of participants.

Schedule is subject to change based on instructor availability and enrolment numbers.

Follow us!

DOUGLAS
PARKCCVisit our
website!www.douglasparkcc.org

IMPORTANT:

NEW
REFUND
POLICY!See **Page 2** for
more details.

EDUCATION & TRAININGS

Emergency first aid with CPR C and AED for 14+

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
\$105/1 session

Sep 26
637367

**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
\$72/1 session

Nov 07
637370

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
\$72/1 session

Nov 21
637371

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
\$85/1 session

Oct 17
637368

FOOD & COOKING

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.

Th 4:00 PM-5:15 PM
\$24/4 sessions

Oct 8-Oct 29
637347

Th 4:00 PM-5:15 PM
\$24/4 sessions

Nov 05-Nov 26
637360

Th 4:00 PM-5:15 PM
\$18/3 sessions

Dec 03-Dec 17
637361

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
\$24/4 sessions

Oct 06-Oct 27
637348

Tu 4:30 PM-6:00 PM
\$24/4 sessions

Nov 03-Nov 24
637356

Tu 4:30 PM-6:00 PM
\$18/3 sessions

Dec 01-Dec 15
637361

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
\$35/7 sessions

Sep 18-Oct 30
637374

F 6:00 PM-8:45 PM
\$35/7 sessions

Nov 06-Dec 11
637377

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

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

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. No Class Wednesday September 30th or Wednesday November 11th.

W 4:00 PM-5:00 PM Oct 07-Dec 09
Free! 637363

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. No Class Wednesday September 30th or Wednesday November 11th.

W 5:00 PM-6:00 PM Oct 07-Dec 09
Free! 637364

MARTIAL ARTS

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

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

Beginner 6-18 yrs
Tu F 4:30 PM-5:45 PM Sep 08-Dec 15
\$408/28 sessions 635046

Intermediate 6-18 yrs
Tu F 4:30 PM-6:15 PM Sep 08-Dec 15
\$436/28 sessions 635047

Advanced 6-18 yrs
Tu F 4:30 PM-6:30 PM Sep 08-Dec 15
\$464/28 sessions 635048

MUSIC LESSONS

Private Music Lessons 6+ yrs

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

Sunday	Monday	Wednesday	Thursday	Friday	Saturday
Piano Lesson 6+ yrs Kenny Ngo 9:30AM- 3:30PM Sep 13-Dec 13 \$351/13 ses	Piano Lesson 6+ yrs Kenny Ngo 3:30PM- 8:30PM Sep 14-Dec 14 \$351/13 sess	Piano Lesson 6+ yrs Andrea Chang 3:30PM- 6:30PM Nov 4-Dec 16 \$189/7 sess	Piano Lesson 6+ yrs Kaya Warner 3:30PM- 8:30PM Sep 10-Dec 10 \$324/12 sess	Piano Lesson 6+ yrs Andrea Chang 3:30PM- 6:30PM Nov 6-Dec 18 \$189/7 sess	Piano Lesson 6+ yrs Justin Wong 9:30AM- 3:30PM Sep 12-Dec 12 \$351/13 ses

Piano Lessons 6+ yrs
 Kenny Ngo, Kaya Warner, Andrea Chang,
 and Justin Wong

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 Sep 30, Oct 10, 11, 12, Nov 11.

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.

Violin Lesson
 6+ yrs
 Ali Nourbakhsh

9:30AM- 4:00PM

Sep 12-Oct 31
\$455/7 sess

Nov 7-Dec 19
\$455/7 sess

IMPORTANT: NEW REFUND POLICY!

See **Page 2** for more details.

All prices subject to GST where applicable.

Looking for a space to hold a private function?

Located on a beautiful park with sports fields and a playground.

Douglas Park Community Centre offers a variety of rooms for hosting various events.

How To:

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

Rental Guidelines:

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

Inclusions:

- Tables (2.5 ft x 6ft) and chairs

Exclusions:

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

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



Douglas Lounge



Gymnasium



Laurel Room



Heather Room

PHYSICAL RECREATION

Pickleball Advanced Play 4.0

19+ yrs

Sharon Hoy

These sessions will be organized and supervised by a facilitator to ensure that everyone will enjoy competitive games at the 4.0 level. Please ensure that you self-assess accurately as suitability will be monitored. Please bring your paddle and balls. No class Oct 12.

M 12:00 PM-3:30 PM Sep 14-Dec 14
\$148.57/13 sessions 626773

Indoor Tennis - Beginner

19+ yrs

Mauro Liceaga Garcia

Never Played Before, Never touched a racquet! If you can rally-do not take this program. Players use low compression balls and are taught a very successful Beginner to Novice Skill Package and how to 'Play and Have Fun' No class Oct 12.

M 6:15 PM-7:45 PM Sep 14-Oct 26
\$211.43/6 sessions 636827
M 6:15 PM-7:45 PM Nov 2-Dec 7
\$211.43/6 sessions 636828

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

Debunking Every Single Myth About Pickleball 2.75+

19+ yrs

Chris Koentges

You've always been told there is a 'right way' to play pickleball. But every new piece of advice you get seems to contradict the next. Each week, we will debunk the most glaring misconceptions about strategy, positioning, and shot selection. Please bring your own racquet and ball. The first half of this lesson is a classroom discussion, followed by an hour in the gym where theory is turned into practice. Drop-in \$27. No class Sep 30, Oct 7 and Nov 11.

W 5:25 PM-6:55 PM Sep 9-Oct 28
\$142.86/6 sessions 636255
W 5:25 PM-6:55 PM Nov 4-Dec 16
\$142.86/6 sessions 636256

The Art and Science of Higher Level Pickleball 3.25+

19+ yrs

Chris Koentges

A unique class for advanced players who have confidence in all the basic shots, but are still figuring out when to use them. Focus on positioning, strategy, effective teamwork and a lively discussion about how the country's fastest growing sport continues to evolve. Please bring your own racquet and ball. Drop-in \$27. No class Sep 30, Oct 7 and Nov 11.

W 7:00 PM-8:30 PM Sep 9-Oct 28
\$142.86/6 sessions 636257
W 7:00 PM-8:30 PM Nov 4-Dec 16
\$142.86/6 sessions 636258

PIP Pickleball Lessons -**Advanced Beginner Train and Play 2.5** 19+ yrs

Paradise Island Pickleball

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

Th 12:00 PM-1:30 PM Sep 10-Oct 29
\$198.1/8 sessions 636247
Th 12:00 PM-1:30 PM Nov 5-Dec 17
\$173.27/7 sessions 636248

PIP Pickleball Lessons -**Intermediate Train and Play 3.0**

19+ yrs

Paradise Island Pickleball

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

Th 1:30 PM-3:00 PM Sep 10-Oct 29
\$198.1/8 sessions 636249
Th 1:30 PM-3:00 PM Nov 5-Dec 17
\$173.27/7 sessions 636250

Pickleball - Recreational

55+ yrs

No Instructor

Pickleball is a combination of Ping-Pong, tennis, and badminton and has been enjoyed for over 20 years by people of all ages. This mini-tennis game is played by 2 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. This is for the beginner or recreational player and not for those that are competitive or advanced. Drop-in \$5 if space available.

F 1:00 PM-3:00 PM Sep 11-Oct 30
\$30.48/8 sessions 636251
F 1:00 PM-3:00 PM Nov 6-Dec 18
\$26.67/7 sessions 636253

Boccia

19+ yrs

Claire Coleman

Boccia is the Paralympic version of Bocce and is a sport of control and accuracy that can be played by anyone. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. Played individually, in pairs or teams, each side is given six balls, either red or blue, with the objective to throw balls as close as possible to the white target ball to earn points. All ages are welcome. No class Oct 13.

Tu 12:45 PM-2:15 PM Sep 15-Dec 15
\$24.76/13 sessions 628241

IMPORTANT: NEW REFUND POLICY!

See Page 2 for details.

PHYSICAL RECREATION CONT'D

Strength and Balance

55+ yrs

Asal Nikooupour

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 Sept 30.

M	9:30 AM-10:30 AM	Sep 14-Oct 5
\$60/4 sessions		627529
W	9:30 AM-10:30 AM	Sep 9-Oct 7
\$60/4 sessions		627531
M	9:30 AM-10:30 AM	Oct 19-Nov 16
\$75/5 sessions		635991
M	9:30 AM-10:30 AM	Nov 23-Dec 14
\$60/4 sessions		635992
W	9:30 AM-10:30 AM	Oct 14-Nov 4
\$60/4 sessions		635994
W	9:30 AM-10:30 AM	Nov 18-Dec 16
\$75/5 sessions		635995

Yoga for Aging Well

55+ yrs

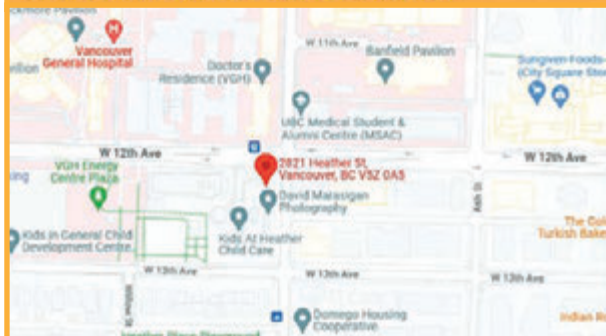
Joan DeVerteuil

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. Drop-in \$18 if space available. No class Oct 12 and Dec 4.

M	11:00 AM-12:00 PM	Sep 14-Oct 26
\$84/6 sessions		628814
M	11:00 AM-12:00 PM	Nov 2-Dec 14
\$98/7 sessions		628815
F	1:30 PM-2:30 PM	Sep 11-Oct 23
\$98/7 sessions		628816
F	1:30 PM-2:30 PM	Oct 30-Dec 18
\$98/7 sessions		628817



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

**Iyengar Yoga**

19+ yrs

Join this yoga class to increase your flexibility, strength and awareness of your body. The Iyengar method focuses on alignment, longer holds and moving your body with precision and mindfulness. Iyengar yoga uses many props such as belts, bricks, chairs and blankets making poses accessible to all body shapes, sizes and capabilities. No class Sept 15 and Oct 1.

Christine Rondeau @ Douglas Park Community Centre

Tu	5:30 PM-7:00 PM	Sep 8-Oct 27
\$140/7 sessions		630456
Tu	5:30 PM-7:00 PM	Nov 3-Dec 15
\$140/7 sessions		630457
Linda Shevloff @ Tapestry room 2821 Heather St.		
Th	5:30 PM-7:00 PM	Sep 10-Oct 29
\$140/7 sessions		629991
Th	5:30 PM-7:00 PM	Nov 5-Dec 17
\$140/7 sessions		629992

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. No class Sept 30.

W	7:30 PM-8:30 PM	Sep 16-Nov 4
\$108/7 sessions		627065
W	7:30 PM-8:30 PM	Nov 18-Dec 16
\$77/5 sessions		627066

Partner Yoga**NEW**

19+ yrs

Into Yoga

Partner yoga is a collaborative practice where two people use shared weight and balance to deepen poses, fostering trust and communication. It involves mirrored poses, assisted stretches, and synchronized breathing. Using poses like back-to-back sitting, assisted twists, or standing counter-balance, the practice helps to achieve deeper stretches and reduce stress. Key benefits include strengthened relationships, enhanced flexibility, and a fun, playful challenge. For more info visit intoyoga.ca. Drop in \$18.

Th	7:30 PM-8:30 PM	Sep 17-Oct 29
\$108/7 sessions		628805
Th	7:30 PM-8:30 PM	Nov 5-Dec 17
\$108/7 sessions		628806

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. Perfect for anyone looking to move better, feel stronger, and build a lasting foundation for lifelong movement. Please arrive 10 minutes early for the first class to fill out a medical form. Drop in \$25.

Tu	7:15 PM-8:05 PM	Sep 15-Oct 27
\$140/7 sessions		627098
Tu	7:15 PM-8:05 PM	Nov 3-Dec 15
\$140/7 sessions		627099

Moving With Ease - Balance, Core and Flow

NEW

55+ yrs

Michael Dagenais

Moving with Ease is a Balance, Core and Flow Programme designed to maintain autonomy and enhance body awareness, confidence and coordination in older adults. Drawing from Qigong, Taijiquan and contemporary dance, the programme develops proprioception, postural stability and fluid adaptability through joyful, improvisational movement. Emphasis is placed on ease of movement rather than on fear-driven fall avoidance. No class Sep 30 and Nov 11.

W 12:30 PM-2:00 PM Sep 16-Dec 2
\$180/10 sessions 635342

Flow Yoga and Body Rolling

TAP

19+ yrs

Jennifer Rowbotham

Body rolling helps release tension in the muscles and increases flexibility. No class Oct 1, 8, 15, 22 Please Note: Body rolling balls may be purchased through the instructor for \$52.64-\$56.00. Contact jarowbotham@shaw.ca. If trying a class for the first time, students may borrow a ball from the instructor. Classes held at the Tapestry Community Room: 2821 Heather St. 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 Sep 3-Dec 17
\$204/12 sessions 631935

Boogie Boot Camp

19+ yrs

Asal Nikooupour

The first half of the class is 'follow the leader' dance fitness moves for a killer cardio workout. The second half of this class focuses on strength training using weights targeting the arms, core and lower body. All of these movements are done to the beats you know and love.

Tu 7:00 PM-8:00 PM Sep 8-Oct 6
\$60/5 sessions 632610

Tu 7:00 PM-8:00 PM Oct 20-Nov 10
\$48/4 sessions 632612

Tu 7:00 PM-8:00 PM Nov 17-Dec 15
\$60/5 sessions 632613

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. www.callaneticsvancouver.com

W 11:00 AM-12:00 PM Sep 9-Oct 28
\$118.65/7 sessions 627532

W 11:00 AM-12:00 PM Nov 4-Dec 16
\$101.7/6 sessions 627534

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. This class will increase flexibility and mobility for a healthy, toned and pain-FREE body. Drop-in \$19.

Th 12:45 PM-1:55 PM Sep 10-Oct 22
\$105/7 sessions 627117

Th 12:45 PM-1:55 PM Nov 5-Dec 17
\$105/7 sessions 627118

Strong & Steady Pilates for Mid-life and Beyond

19+ yrs

Kathleen Rojas

Build strength, stability, and confidence with this mindful Pilates class designed for midlife and beyond. You'll be guided through medically endorsed exercises to support bone and joint health, incorporating balance, weight-bearing, and gentle fascial release techniques. 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 Sep 11-Oct 23
\$126/7 sessions 627214

F 9:30 AM-10:20 AM Oct 30-Dec 11
\$126/7 sessions 627218

Strong HIIT Conditioning

19+ yrs

Monika Schoenenberger

This is a high-intensity interval workout combined with cardio and strength training that will improve your fitness game whether you're a newbie or a seasoned fitness enthusiast. Be prepared to sweat and work hard. Drop-in \$12. No class Oct 11

Su 11:15 AM-12:15 PM Sep 27-Nov 1
\$60/5 sessions 636386

Su 11:15 AM-12:15 PM Nov 8-Dec 6
\$60/5 sessions 636387

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.

Maira Daiha

Tu 9:30 AM-10:30 AM Sep 15-Oct 27
\$72/6 sessions 636046

Tu 9:30 AM-10:30 AM Nov 3-Dec 15
\$84/7 sessions 636049

Th 7:00 PM-8:00 PM Sep 10-Oct 29
\$96/8 sessions 636051

Th 7:00 PM-8:00 PM Nov 5-Dec 17
\$84/7 sessions 636053

Asal Nikooupour

Th 9:30 AM-10:30 AM Sep 10-Oct 8
\$60/5 sessions 632575

Th 9:30 AM-10:30 AM Oct 15-Nov 12
\$60/5 sessions 632578

Th 9:30 AM-10:30 AM Nov 19-Dec 17
\$60/5 sessions 632579

Zumba Gold

19+ yrs

Asal Nikooupour

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 Sep 11-Oct 9
\$60/5 sessions 632590

F 11:45 AM-12:40 PM Oct 16-Nov 13
\$60/5 sessions 632593

F 11:45 AM-12:40 PM Nov 20-Dec 18
\$60/5 sessions 632594

PHYSICAL RECREATION CONT'D

Wah Tor Chi Kung for Health

19+ yrs

Florence Chan & Yuen Hing Tse

Wah Tor Chi Kung is a traditional Chinese wellness practice that cultivates vital energy (chi) through mindful movement, deep breathing, and focused relaxation. This gentle, accessible form of Chi Kung integrates posture, breath, and flowing motion to enhance both physical and mental well-being. No class Oct 29.

Th 6:00 PM-7:00 PM Sep 10-Nov 19
\$134/10 sessions 627208

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. Kung Fu fans are available for FREE use in class. Drop in \$16. No class Oct 11, 18 and 25.

Su 1:50 PM-2:45 PM Sep 13-Dec 20
\$168.96/12 sessions 634151

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. This Tai Chi style is suitable for every age group and is appreciated by Tai Chi lovers around the world. Drop in \$16. No class Oct 11, 18 and 25.

Su 2:50 PM-3:50 PM Sep 13-Dec 20
\$168.96/12 sessions 634153

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. Drop-ins \$19.00.

M 8:45 PM-8:45 PM Sep 2-Dec 7
\$90/6 sessions 638085

VISUAL ART

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, sgraffito and photolithography. At least one year of pottery experience is recommended. Purchase clay at the first class. No class Oct 12.

Sar Cherin

M 5:30 PM-8:30 PM Sep 21-Dec 7
\$495/11 sessions 636576

Gabriella Cassell

F 9:30 AM-12:30 PM Sep 11-Dec 4
\$585/13 sessions 630413

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 Sep 8-Oct 27
\$360/8 sessions 628807

Tu 1:30 PM-4:30 PM Sep 8-Oct 27
\$360/8 sessions 628808

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 Sep 8-Oct 27
\$360/8 sessions 628809

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. No class Sep 30 Nov 11.

W 9:30 AM-12:30 PM Sep 16-Dec 16
\$585/13 sessions 630053

Th 9:30 AM-12:30 PM Sep 17-Dec 10
\$585/13 sessions 630054

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. No class Sep 30 and Nov 11.

W 5:45 PM-8:45 PM Sep 16-Dec 16
\$540/12 sessions 630056

Th 5:45 PM-8:45 PM Sep 17-Dec 10
\$585/13 sessions 630057

Adult Pottery - Intermediate and Advanced Wheel

19+ yrs

Brianna Siu

Designed for those with previous wheel-throwing experience, this class offers the opportunity to refine techniques, throw larger forms, and expand your creative expression. Weekly demonstrations, hands-on practice, and individualized guidance will help participants develop their skills in a supportive studio environment. Participants should feel comfortable centring clay and be able to throw a 4-inch cylinder.

F 5:30 PM-8:30 PM Sep 25-Dec 4
\$495/11 sessions 630194

Adult Pottery - Beginner

19+ yrs

Brianne 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 Oct 10.

Sa 9:45 AM-12:45 PM

Sep 26-Dec 5

\$450/10 sessions

630195

Acrylic - Vancouver Cityscape

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 Vancouver Cityscape artwork to take home. All art supplies are included.

M 6:15 PM-8:45 PM

Nov 2

\$50/1 sessions

629079

Paint Party Workshop

19+ yrs

Divinity Chan

Mommy & Me Beach Paint Party

Each of you will paint your own canvas, and when put together side by side, your artwork becomes one beautiful tropical beach scene with swaying palm trees and ocean views. No experience required. Just bring yourself and your paint buddy we'll provide the rest.

Sa 1:15 PM-3:15 PM

Sep 12

\$45/1 sessions

636044

Autumn Blue Pumpkin Paint Party

Think pumpkins have to be orange? Think again. Join us for Autumn Blue, a modern take on fall featuring elegant white pumpkins, and bold blue hues. Whether you've never picked up a paintbrush or think you are "not creative" No experience required.

Sa 1:15 PM-3:15 PM

Oct 24

\$45/1 sessions

636045

Mosaic Snowflake Holiday Watercolour Card Paint Party

Experience the whimsical flow of watercolours as you paint your own Snowflake greeting cards. Watch the vibrant paints move and blend creating the perfect background for the white snowflake. No experience needed. Art Supplies, tools and easy step-by-step instructions are provided to create two art cards.

Sa 1:15 PM-3:15 PM

Nov 28

\$45/1 sessions

636047

Frosty Jr. Holiday Wood Ornament Paint Party

Wanna paint a snowman? Let's create some FUN snow magic painting two adorable 3 wood ornaments that you can hang in your home or gift to your family and friends. Supplies, tools and easy step-by-step instructions are provided. No art experience required and all supplies and step by step instructions will be provided.

Sa 1:15 PM-3:15 PM

Dec 12

\$45/1 sessions

636048

Colour from the Kitchen:**Napkins Dyed with Food Scraps**

19+ yrs

Fernanda Mascarenhas

In this workshop, we will transform kitchen scraps, avocado pits, carrot tops, and onion skins 'into a set of four dyed cotton napkins. Participants will work with 2 natural colours and learn the basics of natural dyeing, turning what would otherwise be discarded into something beautiful. All materials included.

F 6:15 PM-8:15 PM

Oct 9

\$65/1 sessions

633381

Eco-Printing Wool Socks with Fall Leaves

19+ yrs

Fernanda Mascarenhas

Make magical autumn imprints with plants while learning the secrets of this delightful natural dyeing technique! You will create a beautiful pair of merino wool socks printed with plants. In addition to the traditional dyeing plants, we will use fallen leaves and seeds gathered in the city streets in the Fall. All materials provided. This workshop aims to teach the basic concepts of Eco Printing, a delightful natural dyeing technique.

Sa 12:00 PM-3:00 PM

Nov 21

\$85/1 sessions

633388

Embroidery: Hand Sewing Stitches

19+ yrs

Suzan Lee

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

Th 5:45 PM-8:45 PM

Oct 1

\$74.95/1 sessions

633304

Frugal Traveler's Leather Notebook Bookbinding

19+ yrs

Suzan Lee

Learn to make a leather notebook with multiple removable inserts. Inserts are quick to make and no fuss to replace. Why frugal? You'll use everyday supplies that's inexpensive and simple to repair. No prior experience necessary.

Th 5:45 PM-8:45 PM

Oct 22

\$84.95/1 sessions

633303

**IMPORTANT: NEW REFUND POLICY!**See **Page 2** for more details.

All prices subject to GST where applicable.

VISUAL ART CONT'D

Tatakizome on a Totebag

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 1:00 PM-3:00 PM

\$55/1 sessions

Sep 13

633385

The Pumpkin Tee:**Embroidery & Dye with Annatto Seeds**

19+ yrs

Fernanda Mascarenhas

In this workshop, we will embroider a simple pumpkin motif onto a cotton t-shirt and then naturally dye it with annatto seeds, giving it a delicate, warm orange hue. Participants will learn the basics of both embroidery and natural dyeing, turning a plain t-shirt into something unique and handmade. A fun, creative activity for all levels. All materials included.

Sa 12:30 PM-3:30 PM

\$75/1 sessions

Oct 24

633382

Watercolour - Christmas Card - Ornaments

19+ yrs

Chloe Greenberg

Join this beginner-level watercolour workshop to create your very own Christmas Card - Ornaments painting! Even if you have never held a brush before, you are in the right place to learn how to discover your inner artsy side. All skill levels are welcome, and all supplies are included.

M 6:15 PM-8:45 PM

\$50/1 sessions

Nov 23

629081

Métis Dot Art

19+ yrs

Kelly Poitras

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.

Tu 6:15 PM-8:45 PM

\$15/1 sessions

Oct 6

637271

**Watercolour Basics and Beyond**

19+ yrs

Chloe Greenberg

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. Art supply list: www.chloegreenberg.com/artsupplylist

W 6:15 PM-8:15 PM

\$296/8 sessions

Oct 21-Dec 16

629026

PERFORMING ART

Classical Chinese Dance**NEW**

19+ yrs

Monica Wu

This program will cover various Chinese style dances, including Classical Chinese dance, folk and ethnic dance, and contemporary Chinese dance. No experience is required. Come and have fun, while learning basic moves, combinations and choreographed pieces. Please come with comfortable clothes and shoes, and get ready to move for the whole class. Register for the FREE Trial Class on Sep 11.

FREE Trial 19+ yrs

F 11:00 AM-12:30 PM

FREE/1 sessions

F 11:00 AM-12:30 PM

\$104/13 sessions

Sep 11

636529

Sep 18-Dec 11

636217

International Line Dance (Intermediate)

19+ yrs

Angela Wei

Experience the joy of music while exercising and move to the melodies of old favorites and today's hits! Achieve stress relief and meet friends (old & new) through Line Dance. This class is instructed in English and Mandarin. No class Sept 30, Nov 11, Nov 18

W 1:00 PM-2:30 PM

\$77/11 sessions

Sep 9-Dec 16

633309

EDUCATION

Music to your Ears: Songwriting**NEW**

19+ yrs

Tanya Banerjee

Through discussions, song examples, and writing activities, we'll explore foundational songwriting elements, song structures, and ways to find inspiration, while workshoping your lyrical creations. Get ready to jam! No class Oct 11.

Su 11:15 AM-12:45 PM

\$200/10 sessions

Sep 20-Nov 29

634366

Introduction to Creative Writing**NEW**

19+ yrs

Tamar Harris & Sarah Brown

When I am writing, I am trying to find out who I am, Who we are, what we are capable of, how we feel, how we lose and stand up," said Maya Angelou. In this spirit, we will work together to help you express yourself, gain confidence as a writer, and position yourself in a community of writers. We read examples for inspiration, use warm-up activities, and practice writing stories, plays, poems, and letters.

F 6:15 PM-7:45 PM

\$80/4 sessions

Oct 16-Nov 6

635773

Artei 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

Oct 13

\$80/1 sessions

636474

Tu 6:00 PM-8:00 PM

Nov 17

\$80/1 sessions

636475

Traditional Baked Mooncake**NEW**

19+ yrs

Abraham Wong

Celebrate Mid-Autumn Festival by making your own traditional Hong Kong-style mooncakes from scratch. In this hands-on workshop, you'll learn the techniques behind the classic salted egg yolk and lotus seed paste mooncake making the dough, shaping and filling, pressing with traditional wooden molds, and baking the final mooncakes ready to take home. Each participant leaves with a box of finished mooncakes and recipe cards to recreate them. Suitable for all skill levels, no baking experience required. Led by Abraham Wong, a Hong Kong-born, Vancouver-based chef featured by CBC Vancouver for traditional Mid-Autumn mooncake teaching.

Th 6:30 PM-8:30 PM

Sep 17

\$65/1 sessions

635051

Beats for the Brain**NEW**

55+ yrs

Rishima Bahadoorsingh

Join the BC Brain Wellness Program to experience the joy and health benefits of drumming! Drumming is a simple, effective way to improve focus, memory, and physical coordination. Enjoy a relaxing, friendly environment where you can connect with others and learn easy rhythms for wellness. We will also explore using the power of our own voices to complement our rhythms.

W 12:30 PM-2:30 PM

Dec 9

FREE/1 sessions

636854

SOCIAL**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 Oct 12.

M 2:15 PM-4:15 PM

Sep 21-Dec 14

FREE/12 sessions

635921

By Hand - for Makers -**a FREE Weekly Drop In**

19+ yrs

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

Sep 2-Dec 16

FREE/16 sessions

635045

Little Mountain Step'n Clog - Beginner

19+ yrs

No Instructor

Traditional and contemporary clog and step dances. Wear hard-soled shoes. Some dance experience beneficial.

Sa 10:00 AM-11:00 AM

Oct 17

\$10/1 sessions

635625

Little Mountain Step'n Clog - Intermediate

19+ yrs

No Instructor

Traditional and contemporary clog and step dances. Intermediate level dancers (at least two previous clog dance terms). Wear hard-soled shoes. Classes on: Sep 19, 26; Oct 3, 17; Nov 14, 28; Dec 5.

Sa 10:00 AM-12:00 PM

Sep 19-Dec 5

\$14/7 sessions

635600

Seniors Tuesday Social

55+ yrs

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

Tu 1:30 PM-3:30 PM

Sep 8-Dec 15

FREE/15 sessions

634312

Karaoke**NEW**

19+ yrs

Aggie Cheung

Sing! Join with your friends or meet new ones! Let's sing together for fun in a supportive environment! Singing promotes happiness & good health! Sing solo, duet or in a group! All adults & seniors welcome. All languages welcome. No singing experience required.

Tu 11:45 AM-12:45 PM

Sep 15-Dec 15

\$49/14 sessions

635336

Laughter Club**NEW**

19+ yrs

Aggie Cheung

Laughter is the best medicine! The art of laughing for no reason & the science of breathing, with plenty of health benefits! This Laughter Club is fun laughing & deep breathing exercises we can do together, sitting or standing! Let's de-stress, relax, unwind & energize together!

Tu 10:30 AM-11:30 AM

Sep 8

\$3.33/1 sessions

635335

Tu 10:30 AM-11:30 AM

Oct 13

\$3.33/1 sessions

635973

Tu 10:30 AM-11:30 AM

Nov 10

\$3.33/1 sessions

635974

Tu 10:30 AM-11:30 AM

Dec 8

\$3.33/1 sessions

635975

Mahjong Social**NEW**

55+ yrs

Join us for a friendly Mahjong Social open to all skill levels! Whether you're new to the game or an experienced player, come enjoy casual games, meet new people, and practice your skills in a welcoming environment. Drop-in \$2. No session Sept 21, Oct 12.

M 11:00 AM-1:00 PM

Sep 14-Dec 14

\$24/12 sessions

636960

IMPORTANT: NEW REFUND POLICY!See [Page 2](#) for details.

ADULT & SENIORS PROGRAMS FOR FALL 2026

Monday	Tuesday	Wednesday	Thursday
Strength and Balance 55 yrs+ 9:30 AM-10:30 AM	Zumba 19 yrs+ 9:30am – 10:30am	Strength and Balance 55 yrs+ 9:30 AM-10:30 AM	Zumba 19 yrs+ 9:30am – 10:30am
Yoga for Aging Well 55 yrs+ 11:00 AM-12:00 PM	Adult Pottery - Intermediate 19 yrs+ 10am– 1pm	Adult Pottery – Beginner and Intermediate 19 yrs+ 9:30am – 12:30am	Adult Pottery – Beginner and intermediate 19 yrs+ 9:30am – 12:30am
Pickleball Advanced Play 4.0 19 yrs+ 12:00 PM – 3:30 PM	Karaoke Club 55 yrs+ 11:45AM-12:45 PM	Callanetics 19 yrs+ 11am – 12pm	PIP Pickleball Lessons – Advance Beginner Train and Play 2.5 19 yrs+ 12pm – 1:30pm
Social Club 19 yrs+ 2:15pm-4:15pm	Boccia 19 yrs+ 12:45 PM-2:15 PM	Moving With Ease - Balance, Core and Flow 55 yrs+ 12:30PM – 2:00PM	Essentrics 19 yrs+ 12:45pm – 1:55pm
Adult Pottery – Intermediate and Advance 19 yrs+ 5:30pm – 8:30pm	Seniors Tuesday Social 55 yrs+ 1:30 PM-3:30 PM	International Line Dance (Intermediate) 19 yrs+ 1pm – 2:30pm	PIP Pickleball Lessons – Intermediate Train and Play 3.0 19 yrs+ 1:30pm – 3pm
	Adult Pottery - Intermediate 19 yrs+ 1:30pm – 4:30pm	ABC – Intro to Walking Soccer 18 yrs+ 2:45 PM- 3:45 PM	Iyengar Yoga 19 yrs+ 5:30m – 7pm
	Iyengar Yoga 19 yrs+ 5:30 PM – 7:00 PM	Debunking Every Myth About Pickleball 19 yrs+ 5:25pm – 6:55pm	Adult Pottery –Advanced 19 yrs+ 5:45pm – 8:15pm
	Adult Pottery - Beginner 19 yrs+ 5:30pm – 8:30pm	Adult Pottery –Advanced 19 yrs+ 5:45pm – 8:45pm	Wah Tor Chi Kung 19 yrs+ 6pm – 7pm
	Boogie Boot Camp 19 yrs+ 7:00pm-8:00pm	ABC - Yoga with a chair for multiple abilities (DP Wed) 19 yrs+ 6:15pm-7:15pm	Zumba 19 yrs+ 7pm – 8pm
	Pilates Movement Principles 19 yrs+ 7:15pm-8:15pm	By Hands - for makers - a Free Weekly Drop In 19 yr+ 6:45m – 8:45pm	Flow Yoga and Body Rolling 19 yrs+ 7:30pm – 9pm
		The Art and Science of Higher Level Pickleball 19 yrs+ 7:00pm – 8:45pm	Partner Yoga 19 yrs+ 7:30 PM-8:30PM
		Yogalates 19 yrs+ 7:30pm – 8:30pm	

DOUGLAS PARK COMMUNITY CENTRE		
Friday	Saturday	Sunday
Strong & Steady Pilates for Mid-life and Beyond 19 yrs+ 9:30am-10:20am	Adult Pottery – Beginner 19 yrs+ 9:45am-12:45pm	ABC – Active & Strong 19 yrs+ 10am-11am
Adult Pottery-Intermediate and Advance 19 yrs+ 9:30am – 12:30am	Little Mountain Step'n Clog - Intermediate 19 yrs+ 10:00 AM-12:00 PM	Music to your Ears: Songwriting 19 yrs+ 11:15am – 12:45pm
Zumba Gold 19 yrs+ 11:45am-12:40pm		Strong HIIT Conditioning 19 yrs+ 11:15am – 12:15pm
Classical Chinese Dance 19 yrs+ 11:00am-12:30pm		Tai Chi Kung Fu Fan with Health Qi Gong 19 yrs+ 1:50pm – 2:45pm
Pickleball - Recreational 55 yrs+ 1pm – 3pm		Tai Chi Yang Style 49 Forms 19 yrs+ 2:50pm – 3:50pm
Yoga for Aging Well 55 yrs+ 1:30pm-2:30pm		
Adult Pottery – Intermediate and Advanced Wheel 19 yrs+ 5:30m – 8:30pm		

Legend	
	Sports/ Physical Activity
	Dance/ Music/ Art
	Leadership/ Community

IMPORTANT NOTE:

Please register early!

Classes will get cancelled if there's a low number of participants.

Schedule is subject to change based on instructor availability and enrolment numbers.

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PARKCC**
Visit our
website!
www.douglasparkcc.org

IMPORTANT:
**NEW
REFUND
POLICY!**
See **Page 2** for
more details.

Douglas Park Fall 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 an 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 Volunteer

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

Gymnasium

W 2:45 PM-3:45 PM Sep 9 – Dec 16
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 633800

Active and Strong

19+ yrs

ABC Volunteer

ABC Core program - Accommodating a range of fitness levels Active and Strong is group exercise class led by registered fitness professionals. Using a non-choreographed format with a focus on improved health and function, classes include strength, mobility and cardiovascular training as well as balance, coordination and agility. Thoughtful coaching provides various options in a welcoming and inclusive environment. No class Oct 11.

Douglas Lounge

Su 10:00 AM-11:00 AM Sep 20 – Dec 20
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 633800

Yoga Using a Chair **NEW**

19+ yrs

ABC Volunteer

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

Douglas Lounge

Su 6:15 PM-7:15 PM Sep 9 – Dec 16
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 633800

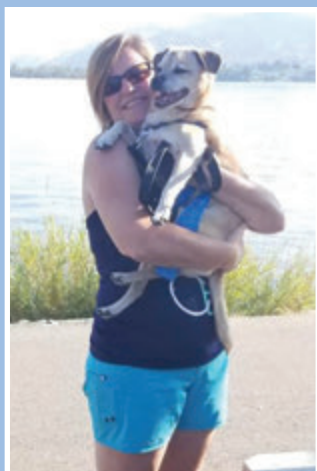


For more information about these and other ABC programs, schedules changes, and program updates please scan here or [contact kate.lee@vancouver.ca](mailto:kate.lee@vancouver.ca)

ACHIEVE YOUR FITNESS GOALS

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

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



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

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

Expertise:

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

Personal Training

- Individual Personal Session: \$60
- 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

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.

HALLOWEEN

Fesitval of Frights

Dress up in your favorite costume, enjoy games, Crafts and treats.

Saturday October 31

11:00 AM–1:00 PM



Registration #626833

Event suitable for children ages 0-9 yrs old.

*Parents and children under 1 year are FREE.



\$5
*per child

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

Breakfast with Santa

Join us for this festive family event.

Enjoy a breakfast fit for Santa and all his little helpers, activities, entertainment and a special visit with Santa!

Event is suitable for all ages. All participants must be registered.

Saturday December 12

10:00AM–11:30AM

Registration #626834

11:30AM–1:00PM

Registration #626835

All
Ages

\$6
per person



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

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

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

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

