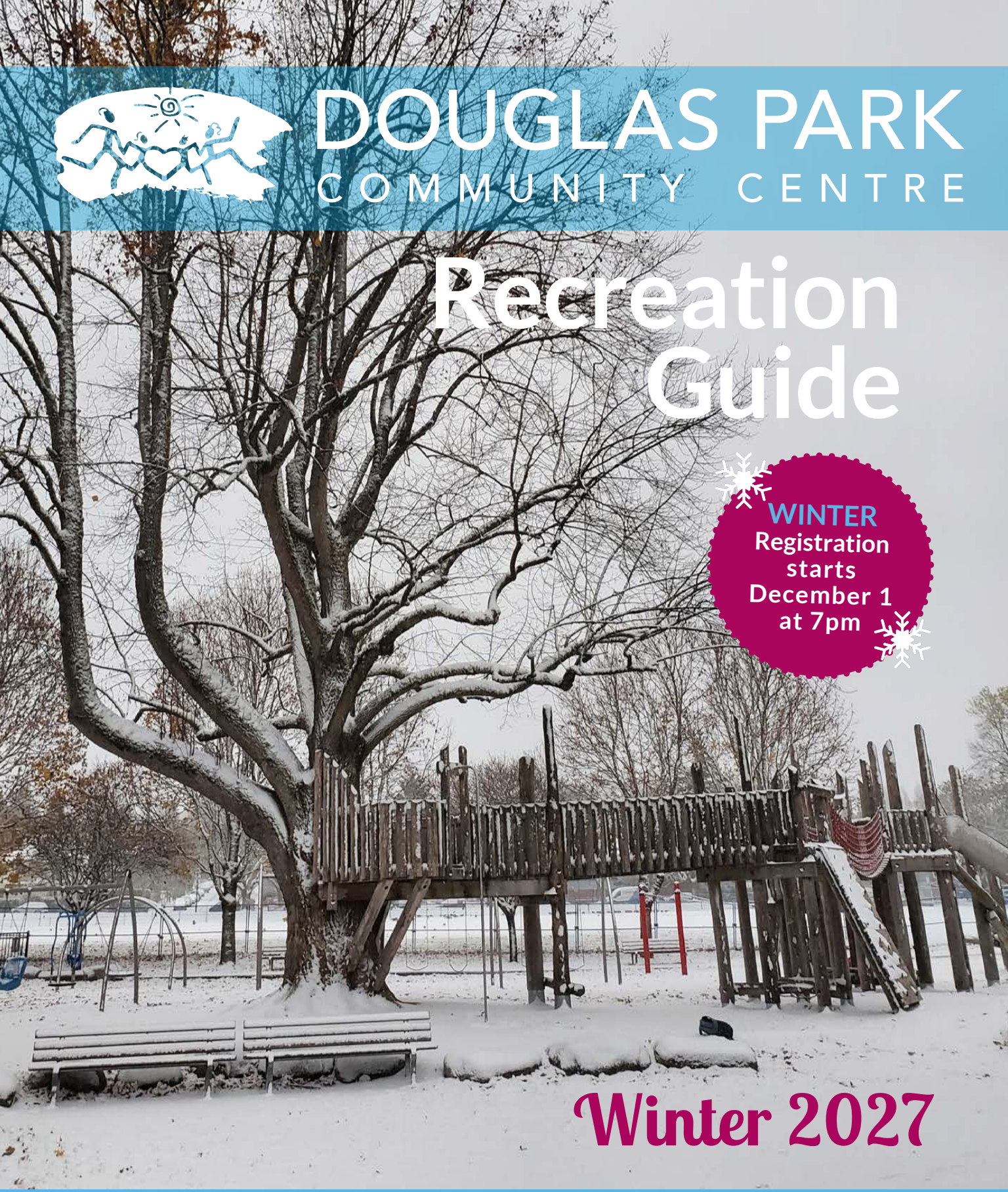
DOUGLAS PARK COMMUNITY CENTRE

Recreation Guide

WINTER
Registration starts December 1 at 7pm



Winter 2027

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

WELCOME

PRESIDENT'S MESSAGE

Hello from the Douglas Park Community Association!

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

A big thank you to our programmers, who have been busy researching and creating fresh offerings for the community this winter, including: Gentle Method Jiu Jitsu (7-15); Discover, Create & Speak Persian (6-12); Pilates: Return to Movement (19+); Photography Club (19+); When Reading and Spelling Feel Hard: Practical Next Steps (19+).

Our Plan: Three Goals, One Welcoming Centre
DPCA's strategic plan guides our planning and is based on three goals:

- Improve inclusiveness;
- Plan for a vibrant, healthy community centre; and
- Make Douglas Park Community Centre a "third space", a place where people meet voluntarily and casually for easy, friendly conversation

Help us be more inclusive. We want Douglas Park to feel like a safe and welcoming space for everyone. We would like to hear from you ideas, in whatever way you are most comfortable: a chat with a board member or staff, a note at the front desk, or an email to douglasparkcc@vancouver.ca.

Healthy finances.
Thank you to our finance chair, Andrew Slack, for looking after our books so carefully. Thanks to his steady work, DPCA is in good financial shape, essentials for us to be a healthy and vibrant centre, able to make improvements as we go, and save for a spray park.

Have a Cup!
Big news from the lobby: we now have a coffee machine that makes all kinds of hot and cold drinks, fancy and plain, from lattes and cappuccinos to hot chocolates and more. Since it arrived, the response has been wonderful, and we love seeing so many of you enjoying it.

If you haven't tried it yet, please make a point of popping in to try it, and tell us what you think. Your favourites, suggestions and honest feedback all help us make it better.

A big thank you to Sally, our Community Recreation Supervisor, for making this happen! She researched the options, brought a clear report to the board and, as always, brought her "can do" attitude to the whole project. We're so grateful for her energy and initiative.

Join Us at the AGM
Our Annual General Meeting is scheduled for Tuesday, February 16 at 7pm.
To vote at the AGM, you need to be a registered DPCA member under the Societies Act (BC). Membership is easy: sign up when you register for a program on Activenet, or just ask at the front desk. It's complimentary and valid from September 1 to August 31.

Join the Team
DPCA is looking for new directors to join our finance committee. Interested? Email douglasparkcc@vancouver.ca or drop by the front office.

Thank You.
We would like to give a huge thank you to Cynthia Lightbody and wish her all the best. Cynthia worked with Douglas Park for 6 years with the last year and a half in the licensed childcare position. We are grateful for the hard work she put in. We would also like to extend a warm welcome to Saoirse Kennedy, our new licensed childcare coordinator. We couldn't be more thrilled to have her join us.

Our heartfelt thanks to all our DPCA volunteers, board members, DPCA and Vancouver Park Board staff, and the Vancouver Park Board itself. Our community centre wouldn't be the same without you.

Wishing you a warm, cozy winter!

WINTER REGISTRATION STARTS

Online
vanrec.ca
In-person
Tuesday December 1
7:00pm

By Phone
604-257-8130
ext. 1
Wednesday December 2
8:00am

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
February 13, 14, 15
March 26, 27, 28, 29

STAFF DIRECTORY

If you have any questions, contact us at 604-257-8130 ext 1. or email at douglasparkcc@vancouver.ca

Sally Chan .....Community Recreation Supervisor
Susie Vu ..... Recreation Facility Clerk
Garrett Wong ..... Recreation Programmer II
Dominic Ponce .....Recreation Programmer I
Lauren Jackie ..... Community Youth Worker (acting)
Saoirse Kennedy ..... Licensed Care Coordinator

DPCCA MEMBERSHIP

Douglas Park Community Centre Association (DPCCA) membership provides local community members and park users with an opportunity to participate in the governance of the Association, including having a voice and voting rights at the Annual General Meeting (AGM).

Annual Membership are valid from Sept to Aug 31 each year.

TABLE OF CONTENTS

Administration 3
Adult & Senior 17-26
Birthday Parties 8
Community Association 2
Children, Preteen & Youth 9-15
Early Childhood 6-7
Licensed Preschool 4
Licensed School Age Care 5
Music Lessons - All Ages 8
Room Rentals 16
Fitness Centre 27
Special Events 28

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.

ROOM RENTALS

Planning an event, meeting or social party?

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

IMPORTANT – 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:

a. Minimum of seven (7) days before the start of a program for a full refund minus the Administrative Fee;
b. Minimum of two (2) days before the second class for a pro-rated refund minus the Administrative Fee; and
c. 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.

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.

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.

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 douglaspark.childcare@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 Inititiave (CCFRI).



Contact douglaspark.childcare@vancouver.ca for more information **on Licensed Childcare Services.**

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.
Current School Age Care participants will get priority.

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 bropchure.

REFUND POLICY:
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 2027**.



SAC Spring Break Camp 2027

(Kindergarten -12 yrs old)

Registration ONLINE - No single day registration.

Camp is from 8:00am - 5:30pm

Internal SAC families will receive an email with further drop off and pick up details.

WEEK 1
March 15–19
#656014
$288 / 5 Sessions

WEEK 2
March 22–25
#656015
$230.40 / 4 Sessions

REFUND POLICY: In order to receive a refund, final day to withdraw is February 28, 2027.
If notice is given on March 1, 2027 or later, no refund will be given

Note: This camp is a licensed camp and part of our Licensed Child Care program therefore there are only a minimal number of spaces available to the public for this registration.
Families that are currently registered in our aftercare program will get priority registration on all other spaces

Contact douglaspark.childcare@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 Feb 15 Siblings under 8 months old are free.

M	9:00 AM-11:00 AM	Jan 4-Mar 8
$45/9 sessions		648356
W	9:00 AM-11:00 AM	Jan 6-Mar 10
$50/10 sessions		648357
F	9:00 AM-11:00 AM	Jan 8-Mar 12
$50/10 sessions		648358

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.

M	1:15 PM-2:00 PM	Jan 11-Feb 8
$77/5 sessions		644369

Tiny Tot Kitchen with BUBU — 2-5 yrs

Abraham Wong

Each little chef cooks side by side with their grown-up, and while the food bakes, BUBU takes the stage. One caregiver and one child for $75 + GST. Each additional child is $45.

Su	11:00 AM-12:30 PM	Feb 7
$75/1 sessions		654971

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.

Tu	10:45 AM-11:30 AM	Jan 19-Mar 9
$120/8 sessions		645378

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	Jan 19-Mar 9
$120/8 sessions		645379

VAFC Grasshoppers Parent and Tot Soccer — 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.

Th	3:30 PM-4:15 PM	Jan 7-Feb 4
$62.5/5 sessions		649263
Th	3:30 PM-4:15 PM	Feb 11-Mar 11
$62.5/5 sessions		649264

Sportball Multisport

Sportball Vancouver

This program is designed to guide parents and their children through the introductory skills in a number of different ball sports. Games and skills are taught in a fun and creative manner by using story lines to encourage participation. All programs are non-competitive and focus on success while building confidence. No class Feb 13.

Parent and Tot – Parent participation required 2-3 yrs

Sa	9:30 AM-10:15 AM	Jan 16-Mar 13
$120/8 sessions		645382

Drop-off 3-5 yrs

Sa	10:15 AM-11:00 AM	Jan 16-Mar 13
$120/8 sessions		645383

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 Feb 14.

Parent and Tot – Parent participation requried 2-3 yrs

Su	11:15 AM-12:00 PM	Jan 10-Mar 14
$198/9 sessions		647139

Drop-off 3-5 yrs

Su	12:05 PM-12:50 PM	Jan 10-Mar 14
$198/9 sessions		647140

MARTIAL ARTS

Parent and Tot Gentle Method Jiu Jitsu — NEW — 3-6 yrs

Gentle Method Jiu Jitsu

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Professor Steve and Coach Leona bring their unique background in psychological behaviour intervention and fitness training, adhering to all learning needs and levels. Parent participation requrired. No class Feb 14.

Su	12:30 PM-1:15 PM	Jan 10-Mar 14
$189/9 sessions		645785

EDUCATION

Science4Preschoolers — 3-5 yrs

STEAM 4 Kids

Enjoy engaging demonstrations, perform simple experiments and discover how science can you better understand the world around you! Our science preschool programs are engaging hands-on learning experiences for children. Topics include: Super Sticky Stuff, Slime Time, Junior Reactors, Glow Show, Lab Works, etc. No class Feb 15.

M 3:30 PM-4:15 PM Jan 4-Mar 1
$160/8 sessions 645795

EFK: Chem Kid — 4-6 yrs

Engineering For Kids Vancouver

Through playful activities and creative experiments, students will unravel the mysteries of matter. From fizzing chemical reactions to dazzling color changes, they'll delight in the magic of transformation as they learn about atoms, molecules, and the forces that drive these reactions. Learning about chemical engineering has never been more fun! No class Feb 14.

Su 9:30 AM-10:30 AM Jan 10-Feb 21
$130/6 sessions 655030

Mandarin Play Club

Jing Fang

Mandarin Play Club is an immersive, play based Mandarin Chinese class for preschool-aged children. 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 Feb 14.

Parent and Tot – Parent participation requried 1-3 yrs

Su 9:45 AM-10:30 AM Jan 10-Mar 7
$160/8 sessions 645413

Drop-off 3-5 yrs

Su 11:00 AM-12:00 PM Jan 10-Mar 7
$160/8 sessions 644349



PERFORMING ART

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 Feb 12

F 3:30 PM-4:15 PM Jan 8-Mar 12
$153/9 sessions 647288
F 5:00 PM-5:45 PM Jan 8-Mar 12
$153/9 sessions 647293

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 Jan 14-Mar 11
$227/9 sessions 647273

Music Together — 0-5 yrs

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 Jan 12-Mar 9
$227/9 sessions 647268
Tu 10:30 AM-11:15 AM Jan 12-Mar 9
$227/9 sessions 647269

Monica

Th 9:30 AM-10:15 AM Jan 14-Mar 11
$227/9 sessions 647270
Th 10:30 AM-11:15 AM Jan 14-Mar 11
$227/9 sessions 647272

VISUAL ART

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 No class on Feb 14.

Su 11:15 AM-12:00 PM Jan 17-Feb 28
$150/6 sessions 644351

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.

Additional Coach Fee: $90

Saturdays 1:00-3:00 pm

Jan 9	654271
Jan 16	654272
Jan 23	654273
Jan 30	654274
Feb 20	654275
Feb 27	654276
Mar 6	654277
Mar 13	654278

$270/ party

Sundays 1:00-3:00 pm

Jan 10	654279
Jan 17	654280
Jan 24	654281
Jan 31	654282
Feb 7	654283
Feb 21	654284
Feb 28	654285
Mar 7	654286
Mar 14	654287

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	Thursday	Friday	Saturday
Piano Lesson 6+ yrs Kenny Ngo 9:30AM- 3:30PM **Jan 10-Mar 7** $216/8 sess	**Piano Lesson** 6+ yrs Kenny Ngo 3:30PM- 8:30PM **Jan 4-Mar 8** $243/9 sess	**Violin Lesson** 6+ yrs Ali Nourbakhsh 3:30PM- 8:30PM **Jan 5-Mar 23** $780/12 sess	**Piano Lesson** 6+ yrs Kaya Warner 3:30PM- 6:30PM **Jan 7-Mar 11** $270/10 sess	**Piano Lesson** 6+ yrs Justin Wong 9:30AM- 3:30PM **Jan 9-Mar 6** $216/8 sess

Piano Lessons 6+ yrs

Kenny Ngo, Kaya Warner, 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 Feb 13 14 and 15.

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.

PHYSICAL RECREATION

Indoor Kids Tennis

Mauro Liceaga Garcia

Coaching the "Play" in Children's Programs allow the players of whatever age and skill to build the basics of movement, racquet skills, and respect for play to prepare for the level of competitive fun they choose. No class Feb 14 and 15.

5-8 yrs

M	4:00 PM-5:00 PM	Jan 11-Mar 8
$152/8 sessions		649857
Su	9:15 AM-10:00 AM	Jan 10-Mar 7
$136/8 sessions		649850

9-11 yrs

M	5:00 PM-6:00 PM	Jan 11-Mar 8
$152/8 sessions		649858
Su	10:00 AM-11:00 AM	Jan 10-Mar 7
$152/8 sessions		649854

Recreational Gymnastics — 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.

W	4:00 PM-5:00 PM	Jan 13-Mar 3
$220/8 sessions		655196

MARTIAL ARTS

Axe Capoeira NEW

Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility No class Feb 15.

5-8 yrs

M	4:30 PM-5:15 PM	Jan 11-Mar 8
$80/8 sessions		654372

9-13 yrs

M	5:15 PM-6:15 PM	Jan 11-Mar 8
$104/8 sessions		654399

Gentle Method Jiu Jitsu NEW

Gentle Method Jiu Jitsu

Gentle Method JJ offers beginner-friendly Brazilian Jiu-Jitsu classes for children with age-specific programming that builds confidence, discipline, and self-defence skills with positional techniques and light sparring games. Professor Steve and Coach Leona bring their unique background in psychological behaviour intervention and fitness training, adhering to all learning needs and levels.

7-9 yrs

Th	4:45 PM-5:30 PM	Jan 7-Mar 11
$210/10 sessions		645145

10-15 yrs

Th	5:30 PM-6:30 PM	Jan 7-Mar 11
$210/10 sessions		645146

EDUCATION

Discover, Create & Speak Persian NEW

Atiyeh Golbaf

A fun and creative Persian language and culture class for children! Students will learn and practice Persian through songs, poems, stories, crafts, art and age appropriate readings from Persian literature, including stories from the Shahnameh. Through conversation, games, and creative activities, children will build confidence while discovering the beauty of the Persian language and culture.

6-8 yrs

Sa	10:30 AM-11:30 AM	Jan 9-Mar 6
$224/8 sessions		651587

9-12 yrs

Sa	12:00 PM-1:00 PM	Jan 9-Mar 6
$224/8 sessions		651589

Robotics and Coding NEW — 8-12 yrs

Stema Learning Centre

Explore coding, robotics, engineering, AI, and digital arts with STEMA! This program encourages creativity, teamwork, and problem-solving through exciting projects. beginners are welcome with activities tailored to students' ages and abilities. All equipment and materials are provided.

Tu	3:45 PM-5:00 PM	Jan 12-Mar 9
$270/9 sessions		652505

EFK: Mysteries of Matter — 7-12 yrs

Engineering For Kids Vancouver

This program is designed to ignite curiosity and inspire discovery while exploring topics such as chemical engineering, states of matter, physical properties, chemical change, and acidity. Using hands-on projects and the EFK Engineering Design Process, students will unravel the mysteries of matter and discover the underlying principles shaping our universe. No class Feb 14.

Su	10:45 AM-12:15 PM	Jan 10-Feb 21
$240/7 sessions		655033

Nova's Nature Detectives NEW — 5-7 yrs

Yanne Stojkov

Become a Data Detective with Nova! Children hunt patterns in nature, investigate mushrooms and pine cones, discover symmetry in butterfly wings, and solve playful detective challenges. Through stories, colouring, sorting, counting and simple charts, they discover math is hiding everywhere in nature. A screen-free adventure, no experience required.

Th	4:30 PM-5:30 PM	Jan 7-Feb 4
$100/5 sessions		649439
Th	4:30 PM-5:30 PM	Feb 11-Mar 11
$100/5 sessions		649441

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. Topics include: Super Sticky Stuff, Slime Time, Junior Reactors, Glow Show, Lab Works, etc. No class Feb 15.

M	4:30 PM-5:30 PM	Jan 4-Mar 1
$160/8 sessions		645797

All prices subject to GST where applicable.

EDUCATION CONT'D

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.

Sa	12:30 PM-2:00 PM	Jan 16-Jan 30
$66/3 sessions		645678
Sa	12:30 PM-2:00 PM	Feb 20-Mar 13
$88/4 sessions		648269

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. Topics will be different each set. No class Feb 14.

6-7 yrs

Su	9:15 AM-10:05 AM	Jan 10-Mar 7
$150/8 sessions		647248

8-9 yrs

Su	10:30 AM-11:20 AM	Jan 10-Mar 7
$150/8 sessions		647250

The Curious Crafters Club 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!

Tu	5:00 PM-6:00 PM	Jan 12-Mar 9
$198/9 sessions		653509

Creative Writing: It's the Right Time to Write! 10-12 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, and more! No class Feb 14.

Su	10:00 AM-11:00 AM	Jan 10-Mar 7
$200/8 sessions		649446

Young Commander Chess: Novice/Beginner I & II 5-12 yrs

Joe Soliven

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 foresight. Open to anyone new or with limited knowledge of chess-art basics. Drop-ins welcomed, space permitting. Free complimentary chess kit for new students. No class Feb 14.

Su	1:20 PM-2:20 PM	Jan 10-Mar 14
$117/9 sessions		645403

Young Commander Chess: Intermediate/Advanced 8-13 yrs

Joe Soliven

Open to anyone proficient with pins, forks, decoy, outpost, zugzwang and other chess tactics and advanced strategies. Free complimentary chess kit for new students. No class Feb 14.

Su	2:30 PM-3:40 PM	Jan 10-Mar 14
$135/9 sessions		645405

VISUAL ART

Kids Pottery - Explore with Clay 8-13 yrs

Imagination, creativity and getting your hands muddy are a great experience for kids. This class focuses on handbuilding techniques, pinching, coiling and soft slabs. Projects will be themed for the season. Please bring an apron. No class Feb 15.

TBA Instructor

M	3:30 PM-5:00 PM	Jan 11-Mar 8
$180/8 sessions		651681
Th	3:30 PM-5:00 PM	Jan 14-Mar 4
$180/8 sessions		651682

Gabriella Cassell

W	3:45 PM-5:15 PM	Jan 6-Mar 10
$225/10 sessions		649290

Art Sushi 5+ yrs

Motoko Eto

Perfect for kids and parents to enjoy a hands-on culinary adventure. Children must be accompanied by an Adult.

Sa	2:00 PM-3:30 PM	Feb 6
$60/1 sessions		655788
Sa	2:00 PM-3:30 PM	Mar 6
$60/1 sessions		655789

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 Feb 15.

6-9 yrs

Su	9:30 AM-10:30 AM	Jan 10-Mar 7
$136/8 sessions		649291

9-15 yrs

Su	11:00 AM-1:00 PM	Jan 10-Mar 7
$272/8 sessions		649292

ARTKo. Creative Winter Wonderland 6-12 yrs

Lena Ko

Explore drawing, acrylic painting, and mixed media inspired by global and K-culture influences. Each session encourages creativity, experimentation, and self-expression in a fun, supportive environment. All art supplies are included, and artwork goes home after each session. Drop-in: $32. @lena_artkokids. No class Feb 13.

Sa	10:30 AM-11:45 AM	Jan 23-Mar 13
$210/7 sessions		645811

Colour Your Ideas - Art Knowledge & Creativity

7-11 yrs

Selinna Hsiao

This creative art program focuses on developing students' understanding and application of fundamental colour theory, drawing and collage techniques, and the elements and principles of art that will spark artistic ideas. *Bring your coloured pencils! Drop-in fee: $30. Instructor's website: selinnahsiao.com No class on Feb 14.

Su 10:00 AM-11:00 AM Jan 17-Feb 28
$150/6 sessions 644350

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 Jan 6-Mar 10
$160/10 sessions 645788

8-15 yrs
W 4:30 PM-5:30 PM Jan 6-Mar 10
$160/10 sessions 645790

Junior Ballet

5-7 yrs

Vancouver Performing Stars

In this ballet class, dancers will learn essential ballet techniques every performer should know. Along with learning choreography, dancers will be encouraged to explore their own creative expression and learn how to dance with a fluid movement quality.. Previous dance experience is welcome, but not required. Appropriate ballet shoes and attire must be worn. No class Feb 12

F 4:15 PM-5:00 PM Jan 8-Mar 12
$153/9 sessions 647296

DAY CAMP

EFK: Civil Engineering: Build n Bash Camp

6-12 yrs

Engineering For Kids Vancouver

Experience the excitement of engineering as you design, build, and destroy what you've made, all guided by the EFK Engineering Design Process. Students will design and construct structures and push them to their limits through thrilling experiments involving crushing, catapulting, collisions, and earthquakes.

M Tu W Th 9:00 AM-3:30 PM Mar 22-Mar 25
$336/4 sessions 655044

IMPORTANT: REFUND POLICY!
See Page 3 for more details.

EFK: Martian Engineering Expedition Space Camp

6-12 yrs

Engineering For Kids Vancouver

Through hands-on challenges, 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-3:30 PM Mar 15-Mar 19
$420/5 sessions 655042

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 9:00 AM-3:00 PM Mar 22-Mar 25
$308/4 sessions 645799

Camp Rock Production Camp

7-12 yrs

Vancouver Performing Stars

Take centre stage at Camp Rock! Inspired by the tv smash hit, campers will dive into creating a production with the popular songs and dynamic choreography. Performers will wrap up the week with a fully staged "Final Jam" showcase for family and friends. Let's see you shine in the spotlight! Visit www.performingstars.ca for more information.

M Tu W Th 9:30 AM-3:30 PM Mar 22-Mar 25
$295/4 sessions 647299

Robotics and Coding Camp NEW

8-12 yrs

Stema Learning Centre

Explore coding, robotics, engineering, AI, and digital arts with STEMA! This program encourages creativity, teamwork, and problem-solving through exciting projects. beginners are welcome with activities tailored to students' ages and abilities. All equipment and materials are provided.

M Tu W Th F 9:00 AM-3:00 PM Mar 15-Mar 19
$399/10 sessions 653233

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 Mar 15-Mar 19
$300/5 sessions 647176
M Tu W Th 1:00 PM-4:00 PM Mar 22-Mar 25
$240/4 sessions 647222

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 Mar 15-Mar 19
$385/5 sessions 645798

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 yrs 9:30 AM-10:15 AM	**Parent and Tot Gym** 0-5 yrs 9:00 AM-11:00 AM	**Music Together** 0-5 yrs 9:30 AM-10:15 AM
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	**Active KPOP Hip Hop Dance Sampler** 8-15 yrs 4:30pm – 5:30pm	**Kids Pottery – Explore with Clay** 8-13 yrs 3:30 PM-5:00 PM
Indoor Kids Tennis 5-8 yrs 4:00 pm – 5:00pm	**Robotics and Coding** 8-12 yrs 3:45 pm – 5:00pm	**Douglas Park Junior Youth Council** 10-13 yrs 4:30 PM-5:15 PM	**VAFC Grasshoppers Parent and Tot Soccer** 2-3 yrs 3:30 PM - 4:15 PM
Axe Capoeira 5-8 yrs 4:30 PM - 5:15 PM	**Traditional Kung Fu** 6-18 yrs 4:30 pm – 6:30 pm	**Douglas Park Senior Youth Council** 13-18 yrs 5:15 PM-6:15 PM	**Nova's Nature Detectives** 5-7 yrs 4:30 pm – 5:30 pm
Indoor Kids Tennis 9-11 yrs 5:00 PM-6:00 PM	**The Curious Crafters Club** 9-12 yrs 5:00 PM – 6:00 PM		**Gentle Method Jiu Jitsu** 7-9 yrs 4:45 PM - 5:30 PM
Axe Capoeira 9-13 yrs 5:15 PM – 6:15 PM			**Gentle Method Jiu Jitsu** 10-15 yrs 5:30 pm – 6:30 pm

LEGEND

- Sports/ Physical Activity
- Dance
- Music/ Art
- Educational
- Leadership/ Community

DOUGLAS PARK COMMUNITY CENTRE

Friday	Saturday	Sunday	
Parent and Tot Gym 0-5 yrs 9:00 AM-11:00 AM	**Sportball Multisport Parent and Tot** 2-3 yrs 9:30 AM-10:15 AM	**Indoor Kids Tennis** 5-8 yrs 9:15 AM-10:00 AM	**Math4Kids** 6-7 yrs 9:15 am – 10:05 am
Mini Ballet 3-4 yrs 3:30 PM – 4:15 PM	**Sportball Multisport Drop-off** 3-5 yrs 10:15 AM-11:00 AM	**Parent and Child Pottery** 6-8 yrs 9:30 AM-10:30 AM	**Mandarin Play Club** 1-3 yrs 9:45am – 10:30 am
Junior Ballet 5-7 yrs 4:15 pm – 5:00 pm	**Discover, Create & Speak Persian** 6-8 yrs 10:30 AM- 11:30 AM	**Indoor Kids Tennis** 9-11 yrs 10:00 AM-11:00 AM	**Colour Your Ideas - Art Knowledge & Creativity** 7-11 yrs 10:00 am – 11:00 am
Mini Ballet 3-4 yrs 5:00 pm – 5:45pm	**ARTKo. Creative Winter Wonderland** 6-9 yrs 10:30 AM - 11:45 AM	**Creative Writing: It's the Right Time to Write!** 7-12 yrs 10:00am – 11:00am	**Math4Kids** 8-9 yrs 10:30 am – 11:20 am
Traditional Kung Fu 6-18 yrs 4:30 pm – 6:30 pm	**Discover, Create & Speak Persian** 6-8 yrs Noon – 1:00 PM	**Parent and Child Pottery** 9-14 yrs 11:00 AM-1:00 PM	**Mandarin Play Club** 3-5 yrs 11:00am – Noon
Friday Night Fun 11-14 yrs 6:00 PM-8:45 PM	**Kids Emotional Resilience Breathwork** 6-12 yrs 12:30 PM- 2:00 PM	**Creative Writing: It's the Right Time to Write!** 15-17 yrs 11:15am – 12:15 am	**Colour Your Ideas - Art Knowledge & Creativity** 4-6 yrs 11:15 am – Noon
		High 5 Sports! Parent and Tot 2-3 yrs 11:15 AM – 12:00 PM	**High 5 Sports! Drop-off** 3-5 yrs 12:15 PM – 1:00 PM
		Parent and Tot Gentle Method Jiu Jitsu 3-6 yrs 12:30 pm – 1:15pm	**Young Commander Chess: Novice/Beginner I & II** 5-12 yrs 1:20pm-2:20pm
		Young Commander Chess: Intermediate/ Advanced 8-13 yrs 2:30pm-3:30pm	

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.

IMPORTANT:
REFUND POLICY!
See Page 3 for more details.

All prices subject to GST where applicable.

NEW WAITLIST MANAGEMENT PROCESS

A new waitlist process will begin next season. When a spot opens, an email will be sent to the address on your account with a 24-hour registration link. You can use this link to enroll or remove yourself from the waitlist.

If you do not register within 24 hours, the link will expire and you will be removed from the waitlist.

FAQ

How will I know when a spot opens?
The system will send you an email with a link to register. Please check your spam/junk folder if you do not see the email notification

How long do I have to register?
You will have 24 hours to register before the link expires. The 24 hour clock starts once the email notification is sent. Once it expires, you will be removed from the waitlist for that activitiy. You will need to be re-added back onto the waitlist

What if I didn't receive the email?
Please contact the site to confirm your email attached to your account. Advise the site staff team to check if there are duplicate accounts with your name and different email adresses.

STAY CONNECTED WITH DOUGLAS PARK!

@DouglasParkCCA

Follow us on **Instagram** to stay up to date on upcoming events, programs, workshops, and everything happening at Douglas Park Community Centre!

www.douglasparkcc.org

Or visit our **website**!

SANTA SWAP

DOUGLAS PARK COMMUNITY CENTRE

10am–1pm
Saturday December 12
NO REGISTRATION DROP-IN ONLY



You don't have to bring something to take something.

SIZE: each item must fit inside a regular size reusable grocery bag.

CONDITION: items must be clean & in good working order.

QUANTITY: bring a maximum of 2 items, take up to 10 items.

HOW THE SWAP WORKS:

1. **Check in** your donated items.
2. **Browse** the swap tables and select items you can use.
3. **Check out** your selected items.

What to bring	What NOT to bring
Art	Bedding, pillows, & cushions
Books	Food
Clothing & accessories	Footwear
Electronics	Furniture
Household goods	Medicine
Music	Personal care products
Toys & games	Hazardous items

WE RESERVE THE RIGHT TO REFUSE ITEMS BASED ON THEIR SIZE OR TYPE.

IMPORTANT:
Please be advised that using or taking items from the free market is done at your own risk. The items are offered by other members of the community and have not been inspected for safety, or fitness for any purpose, by the City of Vancouver.

IMPORTANT: REFUND POLICY! See Page 3 for more details.

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 4:30 PM-5:15 PM Jan 6-Mar 10
$0/10 sessions 651219

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 5:15 PM-6:15 PM Jan 6-Mar 10
$0/10 sessions 651221

MARTIAL ARTS

Traditional Kung Fu — 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 Jan 5-Mar 12
$312/20 sessions 647520

Intermediate 6-18 yrs
Tu F 4:30 PM-6:15 PM Jan 5-Mar 12
$332/20 sessions 647528

Advanced 6-18 yrs
Tu F 4:30 PM-6:30 PM Jan 5-Mar 12
$352/20 sessions 647518

DAY CAMP

Youth Spring Break Camp - Week 1 — 9-13 yrs

Youth Leader

Come join us for an awesome week of all day spring break adventures! We meet in the Youth Room (black door facing the parking lot) to start our day Completed consent forms are required on or before the first day of camp. (Activities subject to change)

M Tu W Th F 9:00 AM-4:00 PM Mar 15-Mar 19
$200/5 sessions 649418

Youth Spring Break Camp - Week 2 — 9-13 yrs

Youth Leader

Come join us for an awesome week of all day spring break adventures! We meet in the Youth Room (black door facing the parking lot) to start our day Completed consent forms are required on or before the first day of camp. (Activities subject to change)

M Tu W Th 9:00 AM-4:00 PM Mar 22-Mar 25
$160/4 sessions 649419

EDUCATION

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.

Su 9:15 AM-3:15 PM Jan 24
$90/1 sessions 645406
Su 9:15 AM-3:15 PM Mar 14
$90/1 sessions 645407

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.

Su 8:45 AM - 3:45 PM Mar 21
$90/ 1 Session 656408

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 Jan 8-Mar 12
$50/10 sessions 651233

Creative Writing: It's the Right Time to Write! — 15-17 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 Feb 14.

Su 11:15 AM-12:15 PM Jan 10-Mar 7
$200/8 sessions 651398

Looking for a space to hold a private function?

Located on a beatiful 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: douglasparkcc@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 ocassion permit and serving it right is needed for any alccohol 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 Feb 15.

M 12:00 PM-3:30 PM Jan 4-Mar 15
$114.29/10 sessions 644367

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 Feb 15.

M 6:15 PM-7:45 PM Jan 11-Mar 8
$281.9/8 sessions 649859

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

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.

Tu 2:30 PM-4:15 PM Jan 5-Mar 16
$41.9/11 sessions 641735

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. For intermediate players, seeking the truth about pickleball. Please bring your own racquet and ball. The first half of this lesson is a classroom discussion, followed by an hour in the gym where theory is turned into practice. Drop-in $28. No class Feb 17 and 24.

W 5:25 PM-6:55 PM Jan 13-Mar 24
$222.86/9 sessions 649875

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 $28. No class Feb 17 and 24.

W 7:00 PM-8:30 PM Jan 13-Mar 24
$222.86/9 sessions 649877

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 Jan 7-Feb 4
$128.57/5 sessions 649861
Th 12:00 PM-1:30 PM Feb 11-Mar 11
$128.57/5 sessions 649863

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 Jan 7-Feb 4
$128.57/5 sessions 649867
Th 1:30 PM-3:00 PM Feb 11-Mar 11
$128.57/5 sessions 649868

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.

Tu 12:45 PM-2:15 PM Jan 5-Mar 9
$19.05/10 sessions 645124

IMPORTANT: REFUND POLICY!
See Page 3 for details.

All prices subject to GST where applicable.

FITNESS

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 Feb 15

M	9:30 AM-10:30 AM	Jan 4-Feb 1
$75/5 sessions		654079
W	9:30 AM-10:30 AM	Jan 6-Feb 3
$75/5 sessions		654927
M	9:30 AM-10:30 AM	Feb 8-Mar 8
$60/4 sessions		655766
W	9:30 AM-10:30 AM	Feb 10-Mar 10
$75/5 sessions		655767

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 Feb 15.

M	11:00 AM-12:00 PM	Jan 4-Feb 1
$70/5 sessions		645777
M	11:00 AM-12:00 PM	Feb 8-Mar 8
$56/4 sessions		645778
F	1:30 PM-2:30 PM	Jan 8-Feb 5
$70/5 sessions		645779
F	1:30 PM-2:30 PM	Feb 12-Mar 12
$70/5 sessions		645780

Laughter Yoga
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!

Tu	10:30 AM-11:30 AM	Jan 12
$3.33/1 sessions		654317
Tu	10:30 AM-11:30 AM	Feb 16
$3.33/1 sessions		654318
Tu	10:30 AM-11:30 AM	Mar 9
$3.33/1 sessions		654320

Pilates: Return to Movement NEW
19+ yrs

Kathleen Rojas

Explore movement in your body at your own pace in an empowering environment. We'll explore stability, body awareness, and ways to build greater trust and confidence in your movement. Exercises can be adapted to meet individual needs, allowing you to discover what feels right for your body. Important: Participants must be medically cleared for movement. New participants should arrive 10 minutes early to complete a waiver. Drop-in $22. No class Feb 15.

M	6:30 PM-7:20 PM	Jan 4-Jan 25
$80/4 sessions		647240
M	6:30 PM-7:20 PM	Feb 1-Mar 1
$80/4 sessions		647241
M	6:30 PM-7:20 PM	Mar 8-Mar 22
$60/3 sessions		647242

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	Jan 13-Feb 17
$92/6 sessions		644370
W	7:30 PM-8:30 PM	Feb 24-Mar 31
$92/6 sessions		644371

Partner Yoga
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. For more info visit intoyoga.ca. Drop in $18.

Th	7:30 PM-8:30 PM	Jan 14-Feb 18
$92/6 sessions		644372
Th	7:30 PM-8:30 PM	Feb 25-Mar 25
$77/5 sessions		644373

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	Jan 7-Mar 11
$150/10 sessions		644354

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. Drop-ins $19.00. No Class Feb 15.

M	7:45 PM-8:45 PM	Feb 8-Mar 22
$90/6 sessions		655768

Flow Yoga and Body Rolling TAP
19+ yrs

Jennifer Rowbotham

Body rolling helps release tension in the muscles and increases flexibility. 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	Jan 7-Mar 11
$170/10 sessions		645125

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.. Drop-in $24 if space available. TAP drop-in must be paid at the community centre over the pohne on the evening of the class. No class Feb 16, Mar 16 and 23.

Christine Rondeau

Tu	5:30 PM-7:00 PM	Jan 5-Mar 30
$200/10 sessions		645414

Linda Shevloff - TAP

Th	5:30 PM-7:00 PM	Jan 7-Mar 25
$240/12 sessions		647228

Pilates Movement Principles
19+ yrs

Kathleen Rojas

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	Jan 5-Feb 9
$120/6 sessions		647232
Tu	7:15 PM-8:05 PM	Feb 23-Mar 23
$100/5 sessions		647233

Boogie Boot Camp
19+ yrs

Asal Nikoopour

Get your cardio and full body strength training in one class! This high energy program incorporates dance and strength training in a fun 60 min. class. 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	Jan 5-Feb 2
$60/5 sessions		648382
Tu	7:00 PM-8:00 PM	Feb 9-Mar 9
$60/5 sessions		648383

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

Kathleen Rojas

You'll be guided through medically endorsed exercises to support bone and joint health, incorporating balance, weight-bearing, and gentle fascial release techniques. The focus is on core support, postural alignment, and functional movement to 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	Jan 8-Feb 5
$90/5 sessions		647234
F	9:30 AM-10:20 AM	Feb 12-Mar 12
$90/5 sessions		647236

IMPORTANT: REFUND POLICY!
See Page 3 for details.

Moving With Ease - Balance, Core and Flow
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.

W	12:30 PM-2:00 PM	Jan 6-Mar 10
$180/10 sessions		651956

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! If you like Pilates, you will love CALLANETICS.

W	11:00 AM-12:00 PM	Jan 6-Mar 10
$169.5/10 sessions		651949

Wah Tor Chi Kung for Health
19+ yrs

Florence Chan & Yuen Hing Tse

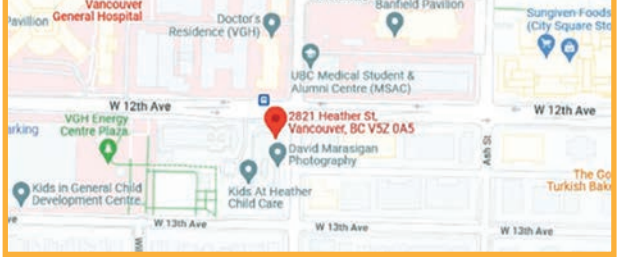
In this beginner-friendly class, participants will explore the benefits of Chi Kung through relaxation of the body and mind, deep breathing, gentle stretching, and slow, graceful movements. Regular practice can help improve flexibility, balance, body awareness, and overall wellness. No previous experience is required. All levels are welcome.

Th	6:00 PM-7:00 PM	Jan 7-Mar 11
$134/10 sessions		644368



Several of our programs take place at Tapestry Community Rooms

Located at 2821 Heather Street. TAP



All prices subject to GST where applicable.

FITNESS CONT'D

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 Feb 7 and 14.

Su	1:50 PM-2:45 PM	Jan 10-Mar 21
$129.6/9 sessions		654719

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 Feb 7 and 14.

Su	2:50 PM-3:50 PM	Jan 10-Mar 21
$129.6/9 sessions		654721

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	Jan 5-Feb 2
$60/5 sessions		648455
Tu	9:30 AM-10:30 AM	Feb 9-Mar 9
$60/5 sessions		648459
Th	7:00 PM-8:00 PM	Jan 7-Feb 4
$60/5 sessions		648460
Th	7:00 PM-8:00 PM	Feb 11-Mar 11
$60/5 sessions		648461

Asal Nikoopour

Th	9:30 AM-10:30 AM	Jan 7-Feb 4
$60/5 sessions		648393
Th	9:30 AM-10:30 AM	Feb 11-Mar 11
$60/5 sessions		648395

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	Jan 8-Feb 5
$60/5 sessions		648397
F	11:45 AM-12:40 PM	Feb 12-Mar 12
$60/5 sessions		648398

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 Feb 15.

TBA Instructor

M	5:30 PM-8:30 PM	Jan 11-Mar 8
$360/8 sessions		651680

Gabriella Cassell

F	9:30 AM-12:30 PM	Jan 8-Mar 12
$450/10 sessions		649289

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	Jan 12-Mar 2
$360/8 sessions		647143
Tu	1:30 PM-4:30 PM	Jan 12-Mar 2
$360/8 sessions		647172

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	Jan 12-Mar 2
$360/8 sessions		647173

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	Jan 13-Mar 10
$405/9 sessions		649092
Th	9:30 AM-12:30 PM	Jan 14-Mar 11
$405/9 sessions		649093

IMPORTANT: REFUND POLICY!
See Page 3 for more details.



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, sgrafitto and photo lithography. Experience recommended. Bring your own towel and apron. Purchase clay at the first class.

W 5:45 PM-8:45 PM Jan 13-Mar 10
$405/9 sessions 649095
Th 5:45 PM-8:45 PM Jan 14-Mar 11
$405/9 sessions 649097

Adult Pottery - Intermediate and Advanced Wheel
19+ yrs

Brianne 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 centreing clay and be able to throw a 4-inch cylinder.

F 5:30 PM-8:30 PM Jan 8-Mar 5
$405/9 sessions 647261

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 Feb 13.

Sa 9:45 AM-12:45 PM Jan 9-Mar 6
$360/8 sessions 647263

Watercolour - Winter Bouquet
19+ yrs

Chloe Greenberg

Join this beginner-level watercolour workshop to create your very own Winter Bouquet 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, but you are welcome to bring your own.

M 6:15 PM-8:45 PM Jan 25
$50/1 sessions 647466

Acrylic Paint
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. All art supplies are included.

Coastal Winter Scene
M 6:15 PM-8:45 PM Feb 22
$50/1 sessions 647472

Coastal Blooms
F 6:15 PM-8:45 PM Mar 19
$50/1 sessions 647474

Natural Dye & Shibori – Bandana
19+ yrs

Fernanda Mascarenhas

This workshop combines 2 techniques, shibori and natural dyeing, to create a one-of-a-kind Bandana. Shibori is a Japanese manual resist dyeing technique which uses rubber bands, clamps, and string to tie, pinch and fold the fabric to create patterns. The workshop also teaches how to extract colours from plants such as turmeric and madder. All material provided.

Su 10:00 AM-12:00 PM Mar 14
$65/1 sessions 655769

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 Session March 3.

W 6:15 PM-8:15 PM Jan 13-Mar 10
$296/8 sessions 647465

Playful Mindfulness - Unlock Creative Thinking
19+ yrs

Divinity Chan

A grounded practice using doodles to reduce stress, regain mental clarity and self-expression. You will be guided through low-pressure doodling using shapes, lines, and colours to calm your system and recharge your mind. Learn practical techniques you can use when you're feeling stuck by tapping into lateral thinking and reconnecting with your idea flow. No creative skill needed and all supplies will be provided.

F 6:15 PM-8:15 PM Feb 12
$45/1 sessions 654994

Playful Mindfulness - Using Creativity with Watercolours
19+ yrs

Divinity Chan

A grounded practice using relaxed brushstrokes to reduce stress, regain mental clarity and self-expression. Divinity Chan will guide you through low-pressure exercises using shapes, lines, and colours. No creative skill needed and supplies are provided or bring your own. Please bring a hair dryer. This is not a replacement for therapy, but a creative self-care space.

Sa 1:15 PM-3:15 PM Jan 23
$50/1 sessions 654983

VISUAL ART CONT'D

Cherry Blossom Wine Glass Paint Party 19+ yrs
Divinity Chan

Let your creativity Blossom. Come join us painting on a wine glass inspired by Vancouver's beautiful spring - the iconic cherry blossoms. This a perfect event to bring your mom, or friends or... just yourself! Our seasoned host Divinity (@Divinityart) will be guiding you to paint and you get to take home a keepsake wine glass. All art supplies are provided so just show up and have some FUN!

F 6:15 PM-7:15 PM Feb 26
$25/1 sessions 654999

Watercolour Rose Monogram 19+ yrs
Divinity Chan

Embark on an artistic adventure with us as you learn the magic of watercolors! You'll create a beautiful monogram rose with your chosen alphabetic letter that showcases the elegance of nature in watercolours. This class is for beginners and all supplies—including easy, step-by-step instructions—are provided so you can focus on the FUN.

Sa 1:15 PM-3:15 PM Feb 20
$45/1 sessions 654984

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 Jan 6-Mar 31
FREE/13 sessions 648220

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 Feb 11
$74.95/1 sessions 652072

Medieval Longstitch Leather Bookbinding 19+ yrs
Suzan Lee

Learn a Medieval technique practiced by both guild bookbinders and laymen. Straight forward stitching results in a complex visual that resembles the many stringed mandolin. Students will complete a leatherbound book ideal for artwork or journaling. No prior experience is necessary. All materials and tools are provided.

Th 5:45 PM-8:45 PM Mar 11
$84.95/1 sessions 652074

Photography Club TAP NEW 19+ yrs
Shauna Strickland

Join a supportive group of beginner, intermediate, and amateur photographers to share and discuss your current work. All you need is a camera, basic computer skills, and a love of taking pictures. We meet every two weeks to explore themes, exchange tips and - of course - share your favourite recent photographs.

Th 6:45 PM-7:45 PM Jan 14, 28, Feb 11, 25, Mar 11
$40/5 sessions 654814

PERFORMING ART

Classical Chinese Dance 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. Please come with comfortable clothes and shoes, and get ready tomove for the whole class.

F 11:00 AM-12:30 PM Jan 8-Mar 12
$80/10 sessions 651953

International Line Dance 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.

Improver

F 1:00 PM-2:30 PM Jan 8-Mar 12
$70/10 sessions 651746

Intermediate

W 1:00 PM-2:30 PM Jan 6-Mar 10
$70/10 sessions 647338

EDUCATION

The Life Audit NEW 19+ yrs
Chloe Greenberg

Most of us review our work regularly, but rarely take time to review our life. The Life Audit is an evening to step back, see the whole picture, and get more clear on the one thing worth your attention next. Through guided reflection and simple prompts, you'll look at where things stand across the areas that matter most to you and leave with one clear next step. Ideal for anyone who feels busy but isn't sure they're heading where they want to go. Learn more about the organizer at www.chloegreenberg.com.

F 6:30 PM-8:30 PM Jan 15
$35/1 sessions 655781

Siu Mai, Three Ways 19+ yrs
Abraham Wong

Siu mai are the familiar open-topped steamed dumplings served at dim sum restaurants. Participants make pork, shrimp & shiitake mushroom; curry seafood; and chicken & water chestnut.

W 6:30 PM-8:30 PM Jan 20
$65/1 sessions 654970

When Reading and Spelling Feel Hard: Practical Next Steps NEW 19+ yrs
Maryanne Ware

Led by a Certified Orton-Gillingham Practitioner and Structured Literacy specialist, this practical workshop helpsparents understand why their child may be struggling withreading or spelling, what skills support literacy development,and how to help at home. Leave with greater clarity, practicalstrategies, and clear next steps. No diagnosis required.

M 6:15 PM-7:45 PM Feb 8
FREE/1 sessions 654328

Introduction to Rug Hooking NEW 19+ yrs

Corinne Sanderson

In this introductory course you will learn the basics of rug hooking, including a brief history of the craft, essential equipment and material, and the foundational techniques of creating loops to successfully begin a small mat project. All required introductory equipment and supplies will be supplied in a take home kit. The session will include 2.5 hours of instruction, followed by 30 minutes for questions if required.

Su	12:30 PM-3:30 PM	Feb 28
$65/1 sessions		651954



Radiant Babies in Motion: Expand Potential NEW 19+ yrs

Mariah-Jane Thies

Participants explore foundational developmental movement patterns through their own bodies and begin connecting these patterns to early coordination, posture, sensory development and voluntary movement.

Su	10:00 AM-12:00 PM	Mar 21
$40/1 sessions		651679

Writing Young Adult Fiction 19+ yrs

Tanya Banerjee

Dive into a world of young adult fiction, in any genre! Through discussions, writing activities and prompts, we will explore different young adult elements while workshopping your young adult stores, wherever you are at. No class Feb 15.

M	6:30 PM-7:30 PM	Jan 11-Mar 8
$200/8 sessions		649445

Reverse Aging – How to Age Without Getting Old 19+ yrs

Brian Jang

Discover practical ways to support healthy aging and keep your body and mind active as you get older. This interactive workshop explores the important roles of quality sleep, regular movement, brain and nervous system health, and nutrition in maintaining long-term physical and cognitive function. Participants will learn simple strategies they can use at home, including acupressure points, Tai Chi-inspired movements, sleep and lifestyle tips, and evidence-informed supplement suggestions.

Th	6:30 PM-8:00 PM	Jan 21
$20/1 sessions		651946

AI Foundations NEW 19+ yrs

Ingrid Schneller

For decades, artificial intelligence (AI) has been featured in movies and novels. This course tackles the myths and misconceptions about AI. Join us for a lively, interactive class where fun tasks are assigned. A final project will allow students to showcase a creative project such as a story, art or video. Students will discover how AI can be applied to your lifestyle, hobbies and working life. This course covers discussions of ethics and identity protection.

Th	6:30 PM-8:30 PM	Jan 21-Feb 25
$85/6 sessions		651399

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 Feb 15.

M	2:15 PM-4:15 PM	Jan 11-Mar 8
FREE/8 sessions		654037

Free Art Gathering NEW 19+ yrs

Chloe Greenberg

A relaxed evening of painting and connection. Bring a project you're working on or try something new, and paint alongside others who love to create. Whether you're a beginner or have been painting for years, it's a welcoming space to make art and new friends. Please bring your own supplies, no instruction is included. Here is a suggested list for watercolours at www.chloegreenberg.com/artsupplylist.

Sa	12:00 PM-2:00 PM	Mar 13
FREE/1 sessions		655782

Karaoke 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	Jan 12
$49/1 sessions		654324
Tu	11:45 AM-12:45 PM	Feb 16
$49/1 sessions		654325
Tu	11:45 AM-12:45 PM	Mar 09
$49/1 sessions		654326

Seniors Tuesday Social 55+ yrs

Non Instructional

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

Tu	1:30 PM-3:30 PM	Jan 12-Mar 9
Free/9 sessions		651999

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	**Adult Pottery – Beginner and Intermediate** 19 yrs+ 9:30am – 12:30am	**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	**Callanetics** 19 yrs+ 11am – 12pm	**Adult Pottery – Beginner and intermediate** 19 yrs+ 9:30am – 12:30am
Pickleball Advanced Play 4.0 19 yrs+ 12:00 PM – 3:30 PM	**Boccia** 19 yrs+ 12:45 PM-2:15 PM	**Moving With Ease - Balance, Core and Flow** 55 yrs+ 12:30PM – 2:00PM	**PIP Pickleball Lessons – Advance Beginner Train and Play 2.5** 19 yrs+ 12pm – 1:30pm
Social Club 19 yrs+ 2:15pm-4:15pm	**Seniors Tuesday Social** 55 yrs+ 1:30 PM-3:30 PM	**International Line Dance (Intermediate)** 19 yrs+ 1pm – 2:30pm	**Essentrics** 19 yrs+ 12:45pm – 1:55pm
Adult Pottery – Intermediate and Advance 19 yrs+ 5:30pm – 8:30pm	**Adult Pottery - Intermediate** 19 yrs+ 1:30pm – 4:30pm	**ABC – Intro to Walking Soccer** 18 yrs+ 2:45 PM- 3:45 PM	**PIP Pickleball Lessons Intermediate Train and Play 3.0** 19 yrs+ 1:30pm – 3pm
Pilates: Return to Movement 19 yrs+ 6:30 PM – 7:20 PM	**Pickleball – Recreational** 55 yrs+ 2:30 PM – 4:15 PM	**Debunking Every Myth About Pickleball** 19 yrs+ 5:25pm – 6:55pm	**Iyengar Yoga** 19 yrs+ 5:30m – 7pm
	Iyengar Yoga 19 yrs+ 5:30 PM – 7:00 PM	**Adult Pottery –Advanced** 19 yrs+ 5:45pm – 8:45pm	**Adult Pottery –Advanced** 19 yrs+ 5:45pm – 8:15pm
	Adult Pottery - Beginner 19 yrs+ 5:30pm – 8:30pm	**ABC – Active and Strong (DP Wed)** 19 yrs+ 6:00pm-7:00pm	**Wah Tor Chi Kung** 19 yrs+ 6pm – 7pm
	Boogie Boot Camp 19 yrs+ 7:00pm-8:00pm	**Watercolour Basics and Beyond** 19 yrs+ 6:15pm – 8:15 pm	**AI Foundations** 19 yrs+ Jan 21 – Feb 25
	Pilates Movement Principles 19 yrs+ 7:15pm-8:15pm	**By Hands - for makers - a Free Weekly Drop In** 19 yrs+ 6:45m – 8:45pm	**Zumba** 19 yrs+ 7pm – 8pm
		The Art and Science of Higher Level Pickleball 19 yrs+ 7:00pm – 8:45pm	**Flow Yoga and Body Rolling** 19 yrs+ 7:30pm – 9pm
		Yogalates 19 yrs+ 7:30pm – 8:30pm	**Partner Yoga** 19 yrs+ 7:30 PM-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 Advanced 19 yrs+ 9:30am – 12:30am		**Tai Chi Kung Fu Fan with Health Qi Gong** 19 yrs+ 1:50pm – 2:45pm
Classical Chinese Dance 19 yrs+ 11:00am-12:30pm		**Tai Chi Yang Style 49 Forms** 19 yrs+ 2:50pm – 3:50pm
Zumba Gold 19 yrs+ 11:45am-12:40pm		
International Line Dance (Improver) 19 yrs+ 1pm – 2:30pm		
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
- Education

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 PARKCC
Visit our website!
www.douglasparkcc.org

IMPORTANT:
REFUND POLICY!
See Page 3 for more details.

All prices subject to GST where applicable.

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. No classes stat holidays

Wed 2:45 PM-3:45 PM Jan 6 – Mar 10
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 642012





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 classes stat holidays or stat weekends

Wed 6:15 PM-7:15 PM Jan 6 – Mar 10
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 642012
Sun 10:00 AM-11:00 PM Jan 10 – Mar 14
ABC Drop-in, ABC 10 Pass Card, or ABC Flexi-Pass 642012

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

ACHIEVE YOUR FITNESS GOALS

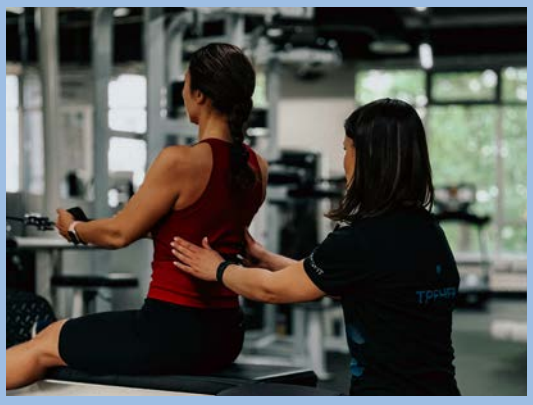
Work with our Personal Trainers to help you achieve your fitness goals!

For any inquiries regarding personal training services, availability, or future bookings at Douglas Park Community Centre, please contact Dominic Ponce at Dominic.Ponce@vancouver.ca or 604-257-8110 for more information and updates.

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



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.

FEB
SAT
6

Family Day Celebration

Celebrate BC Family Day with Douglas Park CC!



Saturday February 6

1:00PM–3:00PM

Registration #648156

Entertainment, arts & crafts, light refreshments and fun for the whole family!

MAR
SAT
20



Join us for Eggciting activities, indoor egg hunt and the Easter Bunny!

Saturday March 20

10:00 AM–12:00 PM

Registration #648154

Event held in Gymnasium

Suitable for children ages **0-9 yrs old.**

*Parents and children Under 1 year are **FREE.**

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