

2025
**SPRING &
SUMMER**

PROGRAM GUIDE

Recreation Programs at the
Wesbrook Community Centre &
Old Barn Community Centre





LIVE
AT
UBC

liveatubc.ca



U

All of your favourite eateries at the centre of UBC. There's outdoor space to relax and socialize with friends and family outdoors plentiful bike lock-ups, underground parking and the Bus Exchange just steps away.

NOW OPEN:



CHIPOTLE

Blvd.

Rain OR Shine
ICE CREAM

BODYENERGYCLUB



BROWNS CRAFTHOUSE
KITCHEN & BAR

大排档
SESAME

Jamjar
Folk Lebanese Food

Chatime

JJBean
COFFEE ROASTERS

Uncle
FATIH'S
pizza

NORI
BENTO & UDON

KINTON RAMEN

Steve's
POKÉ BAR

PROGRAM GUIDE

REGISTER ONLINE

Monday, March 10, 2025 at 9:00 AM

View our Program Guide to find the program you want! You can then use the course number to register online directly, at www.myuna.ca

REGISTER IN PERSON

Monday, March 10, 2025 at 9:00 AM

Come to Wesbrook Community Centre or Old Barn Community Centre to register for your programs in person the good old fashioned way!

OLD BARN COMMUNITY CENTRE
6308 THUNDERBIRD BLVD

WESBROOK COMMUNITY CENTRE
3335 WEBBER LANE

REGISTER BY PHONE

Monday, March 10, 2025 at 9:00 AM

Call one of our community centres and let us assist you in registering for your programs.

604.822.4227

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RECREATION POLICIES



CODE OF CONDUCT

We all deserve to work, play and participate in an environment where we are treated with dignity and respect. The UNA is committed to creating such an environment because it brings out the full potential in each of us, which, in turn, contributes directly to our community success.

The UNA is committed to providing a community gathering place that is free of discrimination of all types and from abusive, offensive or harassing behavior.

All members of the community, including UNA employees are expected to support an inclusive environment by adhering to the following conduct standards:

- Treat others with dignity and respect at all times.
- Address and report inappropriate behavior and comments that are discriminatory, harassing, abusive, offensive or unwelcome.
- Avoid slang or idioms that might not translate across cultures.
- Support arrangements for those with different needs, abilities and/or obligations.
- Confront the decisions or behaviors of others that are based on conscious or unconscious biases.
- Use the facility and equipment in a safe and appropriate way.
- Be open-minded and listen when given constructive feedback regarding others' perception of your conduct.
- The UNA will not tolerate discrimination, harassment or any behavior or language that is abusive, offensive or unwelcome.

See the full Code of Conduct Policy on our website for more information.



REFUNDS, CANCELLATIONS & PROGRAM CHANGES

- Programs are subject to change without notice.
- Refund requests due to illness require a certified medical note from a licenced medical practitioner. Retroactive refunds will not be considered. Refunds are considered from the date received.
- Refunds will be prorated accordingly and processed within 10 business days.
- Refund requests can be made in person at the community centres, by phone (604.822.4227) or by emailing programs@myuna.ca.

Activity	Cancellation Deadline to Receive a Refund	Non-Refundable Processing Fee
Multi-class programs (Does not include camps)	One business day after the first class	\$10.00
Single Day Programs (single day camp, events, workshops, lectures)	Five business days prior to the camp/event/program	\$10.00
Multi-Day Camps	10 business days prior to the first day of camp	\$20.00
Drop-In	No refund, no transfers	-
Personal Training	No refund after 7 days after date-of-purchase or after the first completed personal training session. No session cancellations/reschedules within 24 hours of the upcoming session.	\$10.00
Programs cancelled by the UNA	Full refund	-
Classes cancelled by the UNA.	Classes unable to be rescheduled will be fully refunded	-
Drop-Ins cancelled by the UNA	Full refund for applicable sessions	-

PROGRAMS WITH DROP-IN OPTIONS

PROCEDURES

The UNA provides select full-season programs with drop-in opportunities (e.g. dance, group fitness, martial arts, pilates, yoga). Register for drop-in programs in person or online.

- Drop-in participants must check in at the front desk to pay for the session. Receipt must be presented to the instructor.
- If a program is fully registered, drop-ins are not accepted.
- Drop-In Programs are non-refundable and non-transferable.

DROP-IN SPORTS PROCEDURES

The UNA provides a variety of drop-in sports.

- UNA residents can book a spot for drop-in sports online or in-person 48 hours prior to the drop-in session.
- Non-UNA residents (UBC, UBC Inspired community card holders, and public members) can book a spot for drop-in sports online or in-person 24 hours prior to the drop-in session.
- Booked spots are held for 10 minutes after the drop-in begins. After 10 minutes, spots can be re-sold.
- All users must have an account in our registration system.
- All paid participants will receive a wristband, which must be visibly displayed.
- Spectators are not permitted in the gym during the sports drop-ins.
- Drop-in sports are non-refundable and non-transferable.

FAMILY SPORT DROP-IN

- Drop-in registration opens 30 minutes prior to the session, in person only.
- A family is defined as at least one person ages 19+ with at least one person ages 18 and under, to a maximum of four individuals per family.

REGISTERED SPORTS PROCEDURES

Registered sports are full-season registration programs.

- The no-show waitlist opens 30 minutes prior to the session, in-person only.
- Booked spots are held for 10 minutes after the drop-in begins. After 10 minutes, spots will be resold to those on the no-show waitlist.
- Registered sport drop-in fees are non-refundable and non-transferable.

REGISTRATION POLICIES

REGISTRATION, FEES AND DISCOUNTS

- Most program registration is on a first come, first served basis. Fees are payable at the time of registration.
- UNA residents are eligible to receive a resident discount when applicable.
- Current UBC staff/student/faculty (including their children) and UBC Inspired Community Service Card Holders are eligible to receive a discount when applicable.
- Drop-in fees must be paid before each class by the participant. A receipt or wristband must be provided to the instructor. No exceptions. Lost receipts or wristbands will not be refunded.
- Children under the age of 12 who are not picked up on time from a program or camp will be charged \$25.00 for every 15 minutes until picked up by a parent or guardian.
- Children under the age of 12 who are not picked up on time from After-Camp Care will be charged \$50.00 for every 15 minutes until picked up by a parent or guardian.

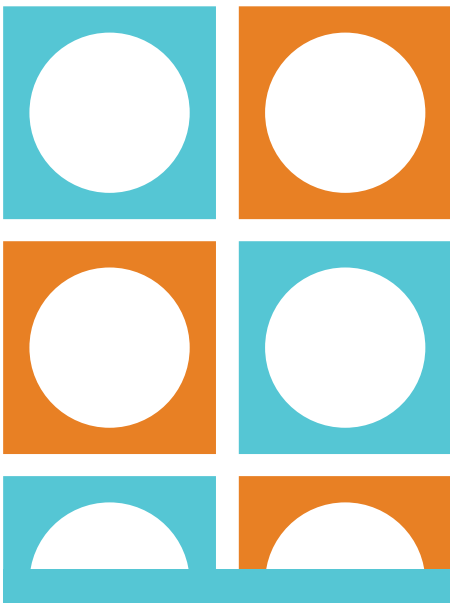
CASUAL ROOM USE

We encourage members of the community to make use of the common spaces at both community centres. WCC & OBCC rooms are available to be booked by contacting: bookings@myuna.ca. In addition, limited access to the music studios, dance studio, gym, or Old Barn meeting rooms are available when programs, events or bookings are not scheduled.

- When spaces are free from programs, events, or bookings, users may inquire at the front desk for access.
- Fee must be paid along with completing a signed room use waiver prior to the entry or use of the room.
- Maximum use is two hours a day.
- Cost is \$3.00/person/hour for Gym; \$5.00/person/hour for other rooms.
- Instructional lessons are not allowed during the casual room use.
- Food or drink is not allowed in the room.
- Users are responsible for room cleanliness.
- Users are responsible for any damage incurred due to the use of the room.
- Individual users must be 13 years or older. Children 12 years or under must be always supervised by an adult (18+) who will be charged with the fee.
- Staff will reserve the right to make changes to the room schedules.

OUR FOUNDATIONAL PRINCIPLES

At the University Neighbourhoods Association (UNA), we stand by three Foundational Principles that guide the work that we do in all of our community centres and recreation services.



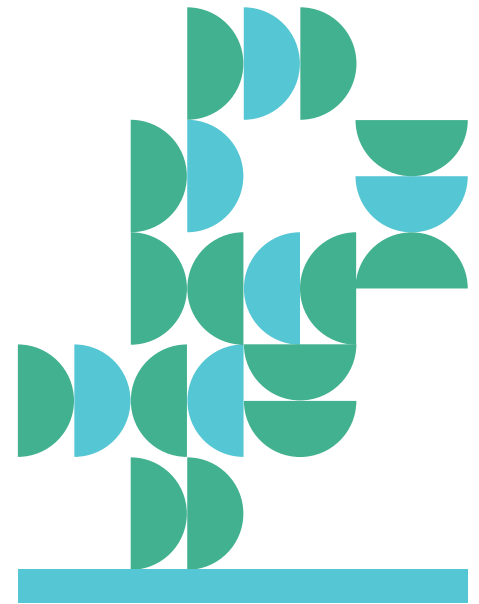
Foster Well-being

We believe in nurturing our community's motivation, confidence, knowledge and understanding of the value of engaging in physical and wellness activities by providing access to a wide range of programs and events.



Enrich Experience

We aim to deliver a high-quality experience for our community members through instructors and program content that inspire happiness, passion and creativity.



Build Belonging

We strive to create a safe and inclusive environment that is conducive to building community, strengthening connections and cultivating a sense of belonging.

LOCATIONS & HOURS



Wesbrook Community Centre

3335 Webber Lane
Vancouver, BC, V6S 0H3
604.800.9865

HOURS OF OPERATION

8:30 a.m. to 10:00 p.m. Monday to Friday
8:30 a.m. to 9:00 p.m. Weekends
10:00 a.m. to 5:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

6:00 a.m. to 9:45 p.m. Monday to Friday
7:00 a.m. to 8:45 p.m. Weekends
7:00 a.m. to 4:45 p.m. Holidays



Old Barn Community Centre

6308 Thunderbird Blvd
Vancouver, BC, V6T 1Z4
604.800.9865

HOURS OF OPERATION

7:00 a.m. to 9:00 p.m. Monday to Saturday
7:00 a.m. to 7:00 p.m. Sunday
10:00 a.m. to 5:00 p.m. Holidays

FITNESS CENTRE HOURS OF OPERATION

7:00 a.m. to 8:45 p.m. Monday to Saturday
7:00 a.m. to 6:45 p.m. Sunday
10:00 a.m. to 4:45 p.m. Holidays

ROOM RENTALS

Looking for space to host a meeting or event? **Wesbrook** and the **Old Barn Community Centres** have a variety of rooms with state-of-the-art audio/visual equipment and various accommodations to meet your needs.

WORKSHOPS

MEETINGS

LECTURES

SOCIAL GATHERINGS

RECEPTIONS

CELEBRATION OF LIFE

BIRTHDAY PARTIES

STRATA MEETINGS

AND MORE!



OLD BARN

FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
Meeting Room 1	986 Sq Ft	60	\$60.00
Meeting Room 1 & 2	1711 Sq Ft	100	\$100.00
Meeting Room 2	725 Sq Ft	50	\$60.00

WESBROOK

ROOM RENTALS

ROOM #	FACILITY	SQUARE FOOT	CAPACITY*	HOURLY RATE
107	Art Room	1022 Sq Ft	47	\$60.00
206	Board Room	393 Sq Ft	20	\$60.00
211	Dance Studio	990 Sq Ft	30	\$60.00
112	Gymnasium Full	6402 Sq Ft	348	\$100.00
112E	Gymnasium East Half	3182 Sq Ft	174	\$80.00
112W	Gymnasium West Half	3192 Sq Ft	174	\$80.00
201	Multi-Purpose Room	935 Sq Ft	45	\$80.00
114	Social Room	916 Sq Ft	44	\$80.00
205	Studio A	258 Sq Ft	10	\$25.00
202	Studio B	258 Sq Ft	10	\$25.00

*Room capacities may be reduced to comply with public health requirements.

- Rates listed include the room, tables and chairs, and AV equipment in applicable spaces. The rates do not include the price of any rental equipment or catering services.
- Processing time is two weeks. Please send booking inquiries ahead of time.
- Insurance liability must be purchased through Event Policy prior to your event taking place at either centre.
- Please include set-up and takedown time in your event time.
- A Special Occasions license must be obtained if you intend to serve alcohol at your event.
- An event assistant is available at an additional cost.

Visit our website to view pictures of the rooms, or contact us to make an appointment to view the spaces in person.

myuna.ca/bookings

bookings@myuna.ca

604.800.9865



COMMUNITY EVENTS

VISIT THE UNA EVENTS CALENDAR TO
STAY UP-TO-DATE WITH OUR LATEST
EVENTS! WWW.MYUNA.CA/EVENTS

Family Movie Night ALL AGES

APR 12
MAY 10
JUN 14
JUL 12
AUG 9

Saturday
6:00 PM
- 8:30 PM
\$2.00

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Admission is \$2.00 per person. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash and card purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort. Doors open at 5:30 PM, movie starts at 6:00 PM.

April 12 - The Wild Robot
May 10 - Trolls Band Together
June 14 - Moana 2
July 12 - Paddington in Peru
August 9 - Turning Red

Instructor: **UNA Staff**

Old Barn Community Centre

#11579

Eggstravaganza ALL AGES

APR 19

Saturday
9:30 AM
- 11:30 AM
FREE

Gather your family and friends for festive activities at the Old Barn Community Centre! Join us for a fun-filled Easter Egg Hunt and get creative with community crafts. It's a wonderful opportunity to make memories and enjoy the holiday together. No registration required - just bring your friends and family to enjoy the fun!

Old Barn Community Centre

JUN 21
Saturday
1:00 PM
- 2:00 PM
FREE

Kung Jaadee: Haida & Squamish Stories



ALL AGES

On June 21, for National Indigenous Peoples Day, we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada. In her live storytelling performance, Kung Jaadee shares her telling of a few famous Haida and Squamish legends. Kung Jaadee is a professional storyteller, educator and author who has been sharing First Nations stories for 30-plus years across Canada. She belongs to the X̱aayda (Haida), x̱m̱əθḵəy̱əm (Musqueam), Sḵw̱x̱w̱ú7mesh (Squamish), Tlingit, Tsleil-Waututh Nations, and is also part Hawaiian.

Old Barn Community Centre

#12026

JUL 1
Tuesday
11:00 AM
- 2:00 PM
FREE

Canada Day

ALL AGES

Celebrate Canada Day with us as we come together to honor our community and reflect on our shared journeys in becoming Canadian. Experience live music, participate in games and arts & crafts, play our National sport, enjoy free cake, and more!

Wesbrook Community Centre



COMMUNITY CENTRE CODE OF CONDUCT

THE UNA'S GOAL IS TO PROVIDE A SAFE, WELCOMING AND RESPECTFUL ENVIRONMENT FOR VISITORS AND STAFF.

All visitors are expected to:

- Treat each other with respect, courtesy and fairness.
- Respect everyone regardless of diversity or ability.
- Use the facility and all equipment in a safe and appropriate manner.

Visitors are ENCOURAGED to:

- Conduct themselves in a manner that is respectful to other visitors and staff.
- Respect all UNA property and the property of others. Check with staff before using any equipment and/or rooms.
- Follow all facility rules, program-specific rules and/or requests of instructors or staff.
- Maintain orderly and safe entry/exit areas. Do not loiter in high-traffic areas including doorways, aisles and stairways.
- Limit active play to appropriate areas.
- Clean-up after themselves, including putting all waste and recyclables in the proper receptacles.

Visitors are PROHIBITED from:

- Using profanity or demeaning language, intimidation, taunts, teasing or ridiculing that results in abusive or harassing language or behaviour.
- Using tobacco or vaping in any form.
- Using drugs or any other intoxicating substance while at the facility or being under the influence of such substances while using the facility. Alcohol is only permitted for UNA approved bookings with a valid liquor license.
- Playing personal audio equipment at a volume that disturbs others.
- Riding bicycles or scooters, skating or skateboarding inside the facility or leaving these items unattended.
- Using cellphones or taking any photos while in the restrooms, locker rooms or change rooms.
- Changing in an area of the facility that is not a restroom, locker room or change room.
- Misusing common areas, including conducting private tutoring or other activities for which a fee is charged.

CHILDREN'S PRO-D DAY AND SUMMER CAMPS

PRO-D DAY CAMPS

Sportball: Pro-D Day Multi-Sport Camp

AGES 6-10

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities, in addition to arts and crafts, snack time, stories, music, co-operative games and more! Please pack weather-appropriate clothing, a water bottle, nut free lunch and snack.

Instructor: Sportball Vancouver

SPRING

WCC | APR 28

M, 9:00 AM – 3:00 PM

\$75.00 / 1

#11549

SUMMER CAMPS

Summer Adventures Camps AGES 5-7 & 8-11

Ignite your inner adventurer at Summer Adventures Camp! Campers can expect team games, sports, arts and crafts, science experiments, playground time and more! Adventurers will explore the UBC area on out-trips to locations like Pacific Spirit Park, local playgrounds, and more.

Instructor: UNA Staff

SUMMER

WCC | JUL 7 – AUG 29

M-F, 9:00 AM – 3:30 PM

\$240.00 / 4 | 300.00 / 5

#various

Crossmaneuver Performing Arts Camp

AGES 3-5

Fall in love with the Arts! Sing, dance, act and make amazing art projects in this camp. Your child will grow in confidence, develop diverse skills and discover the joy of self-expression through various art forms. For more information, visit crossmaneuver.com

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 21 – JUL 25

M-F, 10:00 AM – 12:00 PM

\$215.00 / 5

#11839

Crossmaneuver Performing Arts Camp

AGES 4-7

Join an all-arts camps for children ages 4-7! Explore dance, music, stories, singing and make wonderful art together for the week. It's a magical, nurturing, and highly creative environment for young creatives to experience.

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | AUG 18 – AUG 22

M-F, 9:00 AM – 3:00 PM

\$420.00 / 5

#11836

Creation and Performance Art Crossmaneuver Camp AGES 7-13

Join a camp exploring an array of interdisciplinary artforms. Campers will sing and dance, design artwork, and create an original story and performance to end off the week! This camp's theme is of mystery and intrigue, exploring the world of a Famous Art Heist!

Instructor: Crossmaneuver Dance Theatre

SUMMER

OBCC | JUL 14 – JUL 18

M-F, 9:00 AM – 4:00 PM

\$450.00 / 5

#11840

Floor Hockey & Soccer Camp AGES 6-10

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack as well as a name labeled water bottle.

Instructor: Sportball Vancouver

SUMMER

WCC | AUG 5 – AUG 8

TU-F, 9:00 AM – 3:00 PM

\$300.00 / 4

#11750

CAMPS ARE NON-REFUNDABLE TEN DAYS
PRIOR TO THE FIRST DAY OF THE CAMP.
LATE PICK-UPS ARE SUBJECT TO A FEE.
SEE PAGES 2-3 FOR FULL POLICIES.

SUMMER CAMPS

K-Pop/Hip-Hop Dance Camp AGES 6-12

Grooves first, moves second. Join this beginner-intermediate level camp to explore hip-hop and Korean Pop (K-Pop) dance styles. Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. Learned skills will be showcased on the last day of camp. No previous experience required. Dress: shoes with non-marking soles and comfortable sports clothing. Bring your water bottle!

Instructor: Praise TEAM

SUMMER

WCC | JUL 21 – JUL 25 M-F, 9:00 AM – 3:00 PM
\$395.00 / 5 #11758

WCC | AUG 25 – AUG 29 M-F, 9:00 AM – 3:00 PM
\$395.00 / 5 #11763

Lego Stop Motion Animation and Claymation Camp AGES 8-12



Fill your week with action, adventure and a lot of comedy! Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre production, production and post production. Working in small crews, they will create movie sets, write a script, shoot animations and edit their blockbuster short and movie trailer. Movies will be presented at our red carpet, popcorn film festival and archived on our digitaltheatre.

Instructor: Film Camp In A Box

SUMMER

OBCC | JUL 7 – JUL 11 M-F, 9:00 AM – 3:00 PM
\$400.00 / 5 #11834

OBCC | AUG 25 – AUG 29 M-F, 9:00 AM – 3:00 PM
\$400.00 / 5 #11835

Multi-Sport Camp AGES 6-10

Sportball's action-packed camps introduce a variety of ball sports, waterplay games and activities, arts and crafts, snack time, stories, music, co-operative games and more! Participants will need to bring their own snack, water bottle and lunch. Please dress appropriately for the weather.

Instructor: Sportball Vancouver

SUMMER

WCC | JUL 7 – JUL 11 M-F, 9:00 AM – 3:00 PM
\$375.00 / 5 #11748

OTHER ● WCC ● OBCC ●

Family MOVIE NIGHT

Old Barn Community Centre

Bring the whole family to the Old Barn Community Centre for Family Movie Night. Caregivers must accompany their children. Popcorn, snacks and drinks are available for cash and card purchase. Chairs will be provided but feel free to bring your blankets and pillows for maximum comfort. Doors open at 5:30 p.m. Movie starts at 6 p.m.



April 12 - The Wild Robot
May 10 - Trolls Band Together
June 14 - Moana 2
July 12 - Paddington in Peru
August 9 - Turning Red

SUMMER CAMPS

Young Moviemakers Camp

AGES 8-14

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed!

www.youngmoviemakers.ca

Instructor: Young Moviemakers

SUMMER

OBCC | JUL 28 – AUG 1 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #11764

OBCC | AUG 5 – AUG 8 **TU-F, 9:00 AM – 3:00 PM**
\$360.00 / 4 #11765

OBCC | AUG 11 – AUG 15 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #11766

Soccer Camp AGES 6-10

Sportball Soccer is an action-packed camp which introduces children to a variety of soccer skills and gameplay, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch and snack as well as a name labeled water bottle.

Instructor: Sportball Vancouver

SUMMER

WCC | AUG 11 – AUG 15 **M-F, 9:00 AM – 3:00 PM**
\$375.00 / 5 #11751

Superhero Karate Summer Camp



AGES 7-17



Kumakai Karate Vancouver's Superhero Summer Camp is an exciting summer camp that combines martial arts training with comic creation to help students unlock their inner superhero. Students will learn foundational grappling and striking skills with a focus on self defense and building strong bodies. Techniques include takedowns, control positions, kicks and punches. Drawing and comics lessons will include concepts of shapes and proportions, how to build characters

and backgrounds, and ways to use text. Students may experiment with designing their own cover, splash page, or 3 panel comic.

Instructor: Kumakai Karate

SUMMER

WCC | JUL 28 – AUG 1 **M-F, 9:00 AM – 3:00 PM**
\$450.00 / 5 #11833

WIZE-STEM-Coding, Robotics and 3D Printing Camp AGES 8-12

Embark on a thrilling summer adventure with Wize Academy's Coding and Robotics Camp! Learn to Code in Minecraft, Build Robots with Lego and print 3D creatures all in one camp. Please bring a Windows PC, MacBook, Chromebook, or iPad for each day of camp. A 3-button mouse with a scroll wheel is recommended. An additional \$50.00 non-refundable material fee will be applied upon registration.

Instructor: WIZE Academy

SUMMER

WCC | JUL 14 – JUL 18 **M-F, 9:00 AM – 3:00 PM**
\$400.00 / 5 #11754

WCC | AUG 18 – AUG 22 **M-F, 9:00 AM – 3:00 PM**
\$400.00 / 5 #11755

CELEBRATE YOUR BIRTHDAY WITH THE UNA!



Our party packages are full of fun and exciting activities to make any birthday memorable. We'll take care of all the decorations, activities, and planning so all you have to do is enjoy the celebration. Choose between an art-themed or sports-themed party, your preferred venue and time, and leave the rest of the planning to us.

*Party bookings must be made at least two weeks in advance. A kitchen is available for storing food in the fridge. Decorations and facilitated activities are included.

PRICING

Number of Children	Resident Rate	Non-Residents
1-12	\$275.00	\$295.00
13-24	\$325.00	\$345.00

VENUES

- **Wesbrook Community Centre**
Social Room with optional gym access
- **Old Barn Community Centre**
Meeting Rooms 1 and 2

BIRTHDAY PARTY ADD-ONS

- Themed decorations – all party decorations provided with your choice of a theme. Theme options include: superhero, princess, sports, forest/woodland animals, Star Wars. **(\$50.00)**
- Cutlery, cups, and plates **(\$25.00)**
- Face painting **(\$25.00)**
- Gift bags **(\$10.00/child)**

TIME SLOTS

One hour allotted for set-up and clean-up and two hours allotted for activity and party time.

- **Old Barn**
Saturday 1:30 p.m. - 4:30 p.m.
(party time 2:00 - 4:00 p.m.)
- **Wesbrook**
Sunday 1:30 p.m. - 4:30 p.m.
(party time 2:00 - 4:00 p.m.)

SAMPLE SCHEDULE BASED ON A SATURDAY AFTERNOON PARTY

- **1:30-2:00 p.m.** Set-up
- **2:00-2:10 p.m.** Guests arrive
- **2:10-3:30 p.m.** Activity time
- **3:30-4:00 p.m.** Cake/party time
- **4:00-4:30 p.m.** Clean-up

ACTIVITY SELECTION

Art Party

- Painting activities led by a birthday party leader
- Large splatter paint piece for the birthday person to take home and individual canvases for each participant.

Sports Party

- Active games and sport activities led by a party attendant. (Examples include soccer, dodgeball, bench ball, and tag games.)
- Game requests are available.



HOW TO BOOK YOUR PARTY

Email bookings@myuna.ca with your date and room requested, activity selection, number of participants and age range, and add on requests (if any).

BOOKING AND REFUND POLICY

Bookings must be made at least 2 weeks in advance. An administration fee of \$5.00 is charged to all refunds. Refund rates: More than 2 weeks' notice: full refund; 2 weeks' notice: 50% refund; less than one week: no refund.

ACTIVE KIDS SCHOOL OF KINESIOLOGY

Active Kids: Multi-Sport and Playtime

AGES 1.5-3

This fun, interactive and high energy class will introduce your child to agility, balance, coordination and basic fundamental movement skills. Your child will learn to run, jump, kick, throw and catch through a variety of sports and games with an emphasis on developing physical literacy. Kinesiology student instructors will guide children in a fun warm up, organize sport games and skill builders, and end each class with free play. A parent or guardian is required to participate (only one parent/guardian can be accommodated).

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 5 – JUN 23



M, 10:30 AM – 11:15 AM

No class May 19

\$147.00 / 7

#11686

Active Kids: Basketball AGES 8-16

This recreational basketball program focuses on physical literacy through basketball skills development and game play. Through a variety of fun games and drills, Active Kids trained instructors will build fundamental movement skills in dribbling, passing, shooting and rebounding, as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

SPRING | AGES 8-12

WCC | MAY 6 – JUN 24

TU, 4:00 PM – 5:30 PM

\$224.00 / 8

#11667

WCC | MAY 8 – JUN 26

TH, 4:00 PM – 5:30 PM

\$224.00 / 8

#11682

WCC | MAY 10 – JUN 21

SA, 12:15 PM – 1:45 PM

No class May 17

\$168.00 / 6

#11670

AGES 12-16

WCC | MAY 8 – JUN 26

TH, 4:00 PM – 5:30 PM

\$224.00 / 8

#11678

WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. PHYSICAL LITERACY IS THE CONFIDENCE, COMPETENCE, AND UNDERSTANDING TO VALUE AND ENGAGE WITH PHYSICAL ACTIVITY FOR LIFE. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, AND ENCOURAGING LEARNING ENVIRONMENT.

Active Kids: Girls Play Basketball AGES 8-12

This is a recreational basketball program focusing on the physical literacy development through basketball skills development and game play. This program is taught by female-identified Active Kids coaches that will foster positive, inclusive and safe environments for girls and self-identifying females to participate in Basketball. They will build fundamental movement skills such as dribbling, passing, shooting and rebounding as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

SPRING

WCC | MAY 10 – JUN 21

SA, 10:30 AM – 12:00 PM

No class May 17

\$168.00 / 6

#11684

Active Kids: Soccer AGES 3-9

This recreational indoor soccer program focuses on principles of the Active Start stage of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop agility, balance, and coordination as well as build fundamental movement skills and soccer specific skills through fun and developmentally appropriate soccer activities and games.

Instructor: Active Kids School of Kinesiology

SPRING | AGES 3-5

WCC | MAY 5 – JUN 23

M, 4:00 PM – 4:45 PM

No class May 19

\$154.00 / 7

#11689

AGES 6-9

WCC | MAY 5 – JUN 23

M, 4:45 PM – 5:30 PM

No class May 19

\$154.00 / 7

#11688

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION



EGGSTRAVAGANZA

Join us for a morning
of Easter fun!

Saturday | April 19, 2025 | 9:30 a.m. - 11:30 a.m.
Old Barn Community Centre



Gather your family and friends for festive activities at the Old Barn Community Centre! Join us for a fun-filled Easter Egg Hunt and get creative with community crafts. It's a wonderful opportunity to make memories and enjoy the holiday together.



No registration required — just bring your friends and family to enjoy the fun!

myuna.ca/event/easter

EARLY YEARS PROGRAMS

ARTS

Parent & Child: Hip-Hop AGES 2-5

Explore the movements and sounds of hip hop. Caregivers and toddlers dance together, meet others and try out new moves in a nurturing social setting. An adult is required to accompany a child.

Instructor: Praise TEAM

SPRING

OBCC | APR 12 – JUN 21 SA, 9:30 AM – 10:15 AM

No classes Apr 19, May 17

\$114.75 / 9 | Drop-in \$15.00 #11672

Preschool Ballet AGES 3-4

In this program, your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. All genders are welcome to explore the magic of movement and dance in this nurturing environment. Ballet attire, including ballet flats, are recommended.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 6 – JUN 22 SU, 11:25 AM – 12:10 PM

No classes Apr 20, May 4, May 18

\$180.00 / 9 | Drop-in \$22.00 #11691

WCC | APR 6 – JUN 22 SU, 1:30 PM – 2:15 PM

No classes Apr 20, May 4, May 18

\$180.00 / 9 | Drop-in \$22.00 #11692

WCC | APR 9 – JUN 18 W, 3:30 PM – 4:15 PM

\$220.00 / 11 | Drop-in \$22.00 #11663

SUMMER

WCC | JUL 6 – AUG 17 SU, 11:25 AM – 12:10 PM

No class Aug 3

\$120.00 / 6 | Drop-in \$22.00 #11746

WCC | JUL 6 – AUG 17 SU, 1:30 PM – 2:15 PM

No class Aug 3

\$120.00 / 6 | Drop-in \$22.00 #11854

Preschool Dance AGES 2-3

In this playful introduction to dance, preschoolers explore body movement, dance moves and creative self-expression, accompanied by a variety of music.

Instructor: Crossmaneuver Dance Theatre

SPRING

WCC | APR 6 – JUN 22 SU, 9:30 AM – 10:15 AM

No classes Apr 20, May 4, May 18

\$180.00 / 9 | Drop-in \$22.00 #11694

WCC | APR 7 – JUN 16 M, 3:30 PM – 4:15 PM

No classes Apr 21, May 19

\$180.00 / 9 | Drop-in \$22.00 #11544

SUMMER

WCC | JUL 6 – AUG 17 SU, 9:30 AM – 10:15 AM

No class Aug 3

\$120.00 / 6 | Drop-in \$22.00 #11747

Group Piano for Preschoolers AGES 3-5

A fun musical adventure through our Group Piano for Preschoolers. Our lessons include music games, listening, singing, reading music notations and playing rhythmic activities. All equipment will be sanitized before and after use. Parents participation is optional.

Instructor: Gloria Yu

SPRING

OBCC | APR 6 – JUN 22 SU, 12:50 PM – 1:35 PM

No classes Apr 20, May 4, May 18

\$234.00 / 9 #11685

SUMMER

OBCC | JUL 6 – AUG 24 SU, 12:35 PM – 1:20 PM

No class Aug 3

\$182.00 / 7 #11869

VIEW UNA RECREATION POLICIES AT
MYUNA.CA/RECREATION-POLICIES.

ARTS

Group Ukulele Circle AGES 3-5

Learn ukulele basics in this fun and stress-free program. Singing songs, playing music games and learning to read the music notes and chords. Ukulele are provided for the students who did not have their own ukulele. Parents participation is optional.

Instructor: Gloria Yu

SPRING
OBCC | APR 6 – JUN 22 **SU, 12:00 PM – 12:45 PM**
No classes Apr 20, May 4, May 18
 \$234.00 / 9 #11683

SUMMER
OBCC | JUL 6 – AUG 24 **SU, 1:25 PM – 2:10 PM**
No class Aug 3
 \$182.00 / 7 #11870

Music Together AGES 0-5

Connect young children with their inner musician. Caregivers and tots in these early childhood music classes have fabulous amounts of fun that are equal parts uplifting and magical. Musicality is nurtured through singing, moving to music, listening, watching and experimenting with instruments.



Caregiver participation is required. Siblings six months of age and under attend at no cost, with their registered sibling. The Music Together® licensing fee is non-refundable after the first class.

Instructor: Music Together

SPRING
OBCC | APR 8 – JUN 10 **TU, 9:00 AM – 9:45 AM**
 \$180.00 / 10 #11562

OBCC | APR 8 – JUN 10 **TU, 10:00 AM – 10:45 AM**
 \$180.00 / 10 #11563

Smart Start Music AGES 0-3

Smart Start is a program which uses music, along with other art forms, to teach cognitive skills to young children. It builds on the RCM's decades of music pedagogy in early childhood, with input from the RCM's Director of Research, Dr. Sean Hurchins, a neuroscientist. We recognize that children learn in various ways, so it is crucial to tailor our instruction to suit each child's learning needs. By integrating drama, dance and visual art, we created a comprehensive learning experience that engages children physically, visually and socially. Parents participation is required.

Instructor: Gloria Yu

SPRING
WCC | APR 9 – JUN 25 **W, 9:45 AM – 10:30 AM**
 \$312.00 / 12 #11660

SUMMER
OBCC | JUL 6 – AUG 24 **SU, 11:45 PM – 12:30 PM**
No class Aug 3
 \$182.00 / 7 #11868

Crafts with Ruta AGES 2-5

Make arts and crafts together. Preschoolers and caregivers explore using various materials and mediums to create tactile art works in this creativity-building class.

Supplies are provided. Art smocks or old t-shirts are recommended. Children must be accompanied by one adult only. Each child in a family must register for an individual spot in the program as space in the room is limited.

Instructor: Ruta Zasaite

SPRING
WCC | APR 11 – MAY 16 **F, 9:45 AM – 10:30 AM**
No class Apr 18
 \$55.00 / 5 #11571

WCC | APR 11 – MAY 16 **F, 10:45 AM – 11:30 AM**
No class Apr 18
 \$55.00 / 5 #11572

WCC | MAY 23 – JUN 20 **F, 9:45 AM – 10:30 AM**
 \$55.00 / 5 #11573

WCC | MAY 23 – JUN 20 **F, 10:45 AM – 11:30 AM**
 \$55.00 / 5 #11574

EARLY YEARS PROGRAMS

EDUCATION

Science for Preschoolers AGES 3-5

Enjoy engaging demonstrations, perform simple experiments, and discover how science can you better understand the world around you! Our science programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topics.

Instructor: STEAM 4 Kids

SPRING

WCC | APR 9 – JUN 11 W, 3:30 PM – 4:15 PM
\$220.00 / 10 #11803

WCC | APR 10 – JUN 12 TH, 3:30 PM – 4:15 PM
\$220.00 / 10 #11800

PHYSICAL ACTIVITY

Sportball: Floor Hockey AGES 4-9

Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

SPRING | AGES 4-6

WCC | APR 9 – JUN 25 W, 3:45 PM – 4:30 PM
\$240.00 / 12 #11831

AGES 6-9

WCC | APR 9 – JUN 25 W, 4:30 PM – 5:15 PM
\$240.00 / 12 #11832

TO ENSURE YOU RECEIVE IMPORTANT
REGISTRATION INFORMATION AND
WAITLIST NOTIFICATION EMAILS,
PLEASE ADD SUPPORT@MYUNA.CA TO
YOUR SAFE EMAIL SENDERS LIST.

Sportball: Outdoor Soccer AGES 4-9

NEW

Sportball: Outdoor 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. Classes take place on the UNA field outside the Wesbrook Community Centre.

Instructor: Sportball Vancouver

SUMMER | AGES 4-6

SPORTS FIELDS | JUL 9 – AUG 20 W, 3:45 PM – 4:30 PM
\$140.00 / 7 #11858

AGES 6-9

SPORTS FIELDS | JUL 9 – AUG 20 W, 4:30 PM – 5:15 PM
\$140.00 / 7 #11860

Sportball: Parent and Child T-Ball

NEW

AGES 2-3.5

Sportball Parent and Child T-Ball classes focus on the basic skills required to play ball with confidence in fun, exciting, skill-focused games. With the guidance of their Sportball Coach, parents and children zero in on different baseball skills such as hitting, catching, throwing and base running.

Instructor: Sportball Vancouver

SUMMER

NOBEL DIAMOND | JUL 5 – AUG 23 SA, 1:00 PM – 1:45 PM
No class Aug 2
\$140.00 / 7 #11861

Sportball: T-Ball AGES 3-5.5

NEW

Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting, running bases and fielding in fun, exciting, skill-focused play.

Instructor: Sportball Vancouver

SUMMER

NOBEL DIAMOND | JUL 5 – AUG 23 SA, 2:00 PM – 2:45 PM
No class Aug 2
\$140.00 / 7 #11862

SOCIAL

Parent & Tot: Gym Drop In AGES 0-5

Children ages 0-5, accompanied by caregivers, explore climbing structures, sports equipment and other toys to facilitate their growth, coordination and social development. Sessions include circle time, with singing, dancing and a story. Drop-in: \$3.50 per child. Punch passes: \$12.50/5 sessions.

Instructor: Sherrie Duan

SPRING
WCC | APR 8 – JUN 26 TU/TH, 10:00 AM – 11:30 AM
Drop-in \$3.50ea / 9 #11578

Instructor: Emma Hancock

SPRING
OBCC | APR 13 – JUN 22 SU, 10:00 AM – 11:30 AM
No classes Apr 20, May 18
Drop-in \$3.50ea / 9 #11577

Storytime at the Old Barn Community Centre AGES 0-5

Parents and caregivers are invited to bring their toddlers and preschoolers to the Old Barn Living Room for stories read aloud by UNA volunteers. This is a free drop-in program and registration is not required.

Instructor: UNA Volunteer

SPRING
OBCC | APR 11 – JUN 27 F, 10:00 AM – 11:00 AM
No class Apr 18
FREE / 11 #11581



SUBSCRIBE TO THE POPULAR UNA COMMUNITY NEWSLETTER



Keep informed on what's going on in our community by signing up to receive the UNA's weekly newsletter. The newsletter contains information about community centre programming, discounts from UBC and partner organizations, events for all ages, road works, community consultations, neighbourhood issues, UNA governance, snow removal and more.

It's one of our most popular communications tools and it is delivered to subscribers' inboxes every Friday afternoon.



CHILDREN'S PROGRAMS

ARTS

Ballet AGES 6-8

Introduce ballet to young dancers. Children learn to combine basic technique, including positions of arms and feet, with their own body movement. This course fosters a love of movement and dance through playful activities in a nurturing environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 6 – JUN 22 SU, 12:15 PM – 1:15 PM
No classes Apr 20, May 4, May 18
\$225.00 / 9 | Drop-in \$28.00 #11690

SUMMER
WCC | JUL 6 – AUG 17 SU, 12:15 PM – 1:15 PM
No class Aug 3
\$150.00 / 6 | Drop-in \$28.00 #11855



Ballet AGES 8-10

Build on the foundational skills by attending ballet. In this class, young dancers learn sequences, develop technique and artistry while improving posture, flexibility, balance, and gaining self-discipline and confidence in a supportive and nurturing environment.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 9 – JUN 25 W, 5:25 PM – 6:25 PM
\$300.00 / 12 | Drop-in \$28.00 #11661

SUMMER
WCC | JUL 6 – AUG 17 SU, 3:30 PM – 4:30 PM
No class Aug 3
\$150.00 / 6 | Drop-in \$28.00 #11857

VIEW UNA RECREATION POLICIES AT
MYUNA.CA/RECREATION-POLICIES.

Classical Indian Dance: Bharata Natyam

AGES 5-18

Originating from the south of India, Bharata Natyam is one of 8 classical Indian dance forms. This program provides a welcoming and supporting environment to explore graceful movements, intricate footwork, and storytelling of the dance form. Welcoming all levels of experience and cultural backgrounds, this class is an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

SPRING
WCC | APR 12 – JUN 21 SA, 4:00 PM – 5:00 PM
No classes Apr 19, May 17
\$171.00 / 9 #11668

Contemporary Jazz Ballet AGES 6-13

This is a blended class of both contemporary jazz and ballet technique, that trains the dancer in technique and versatility. This class will allow for more expression, creativity, and musicality, all in a wonderfully engaging and supportive environment.

Instructor: Crossmaneuver Dance Theatre

SPRING | AGES 10-13
WCC | APR 6 – JUN 22 SU, 3:30 PM – 4:30 PM
No classes Apr 20, May 4, May 18
\$225.00 / 9 | Drop-in \$28.00 #11687

AGES 6-8
WCC | APR 9 – JUN 18 W, 4:20 PM – 5:20 PM
\$275.00 / 11 | Drop-in \$28.00 #11662

Dance Foundations AGES 5-6

Introduce the basics to little dancers. Children explore movement, coordination and balance through playful exercises and games that encourage a love of movement and dance.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 6 – JUN 22 SU, 10:20 AM – 11:20 AM
No classes Apr 20, May 4, May 18
\$225.00 / 9 | Drop-in \$28.00 #11693

WCC | APR 7 – JUN 16 M, 4:20 PM – 5:20 PM
No classes Apr 21, May 19
\$225.00 / 9 | Drop-in \$28.00 #11543

SUMMER
WCC | JUL 6 – AUG 17 SU, 10:20 AM – 11:20 AM
No class Aug 3
\$150.00 / 6 | Drop-in \$28.00 #11740

Active Hip-Hop, Dance, Stretch & Strength AGES 9-14



Learn the technical and artistic aspects of a musical theatre performance, including singing, acting and dancing. Students will learn choreographed routines set to the music of famous musicals. Learn teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required; content is accessible and adapted to the learner's level. Learned skills showcasing will be announced during the course.

Instructor: Praise TEAM

SPRING

WCC | APR 8 – JUN 24 TU, 5:30 PM – 6:30 PM
\$204.00 / 12 | Drop-in \$19.00 #11566



Young Movie-makers AGES 8-14

Young Movie-makers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. www.youngmoviemakers.ca

Instructor: Young Movie-makers

SPRING

WCC | APR 11 – JUN 20 F, 4:00 PM – 6:00 PM
No class Apr 18
\$375.00 / 10 #11575

K-Pop Hip-Hop AGES 6-10

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, children develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING

WCC | APR 8 – JUN 24 TU, 3:30 PM – 4:30 PM
\$204.00 / 12 | Drop-in \$19.00 #11564

OBCC | APR 12 – JUN 21 SA, 11:15 AM – 12:15 PM
No classes Apr 19, May 17
\$153.00 / 9 | Drop-in \$19.00 #11671

Art Expression: Drawing & Painting Workshop AGES 6-12

Join a fun drawing and painting workshop that fosters independent thinking, imagination, and free expression. Through an open teaching approach, students are encouraged to expressive themselves freely through creative art freedom. Each workshop focuses on a different theme. Register in one or all of the workshops!

Instructor: Floria Lu

SPRING

WCC | APR 26 SA, 4:00 PM – 5:30 PM
\$15.00 / 1 #11677

WCC | MAY 24 SA, 4:00 PM – 5:30 PM
\$15.00 / 1 #11679

WCC | JUN 21 SA, 4:00 PM – 5:30 PM
\$15.00 / 1 #11681

Musical Theatre AGES 6-13

Create and collaborate. Children are nurtured to explore their creativity, imagination and expression with this inspiring and dynamic art form that combines singing, acting and dancing in a supportive musical theatre environment.

Instructor: Crossmaneuver Dance Theatre

SPRING | AGES 6-9

WCC | APR 7 – JUN 16 M, 5:25 PM – 6:25 PM
No classes Apr 21, May 19
\$225.00 / 9 | Drop-in \$28.00 #11545

AGES 10-13

WCC | APR 7 – JUN 16 M, 6:30 PM – 7:30 PM
No classes Apr 21, May 19
\$225.00 / 9 | Drop-in \$28.00 #11546

CHILDREN'S PROGRAMS

ARTS

Creative Arts AGES 6-12

In this creative arts class, students explore many concepts and ideas through the potentiality of materials such as paints, paper and fabrics. Each week, we will explore visual elements such as line, color, volume, and form through creative art projects. Students will be introduced to new concepts and new materials, exploring them through different activities. All materials are supplied.

Instructor: Yasaman Moussavi

SPRING | AGES 6-9

WCC | APR 7 – JUN 23

M, 3:30 PM – 4:40 PM

No classes Apr 21, May 19

\$210.00 / 10

#11541

AGES 9-12

WCC | APR 7 – JUN 23

M, 5:00 PM – 6:30 PM

No classes Apr 21, May 19

\$230.00 / 10

#11542



Manga Art AGES 6-14

Learn to draw Manga, the Japanese art form. Participants explore and build on the fundamentals of character stylization and proportions, animation, facial expressions, shading and colouring techniques, providing them with the skills to experiment creating their own anime-type style. All materials are provided.

Instructor: Ceylon Coates

SPRING | AGES 6-9

WCC | APR 12 – JUN 21

SA, 1:00 PM – 2:00 PM

No classes Apr 19, May 17

\$135.00 / 9

#11674

AGES 9-14

WCC | APR 12 – JUN 21

SA, 2:15 PM – 3:15 PM

No classes Apr 19, May 17

\$135.00 / 9

#11675

EDUCATION

3D Modeling and Printing AGES 8-12

Unlock curiosity to create. Youth strengthen their STEAM (science, technology, engineering, art and math) skills, while having fun. They'll learn to design 3D models from scratch, create prototypes, and prepare them for 3D printing. Participants will also witness a 3D product being printed. A Windows PC, Macbook, Chromebook or Ipad are required. A 3-button mouse with a scroll wheel is recommended.

Instructor: WIZE Academy

SPRING

WCC | APR 22 – JUN 10

TU, 4:00 PM – 5:30 PM

\$300.00 / 8

#11809

Coding and Modding in Minecraft AGES 8-12

Students get to go beyond playing Minecraft; they get to program it! Imagine, create and share amazing mods in Minecraft by learning programming concepts and applying them to realize ideas. Students are challenged to think logically and apply their critical reasoning skills to create mods by learning to write and deploy code in the Minecraft environment. No prior coding experience needed. A Windows PC, Macbook, Chromebook or Ipad are required. A 3-button mouse with a scroll wheel is recommended.

Instructor: WIZE Academy

SPRING

WCC | APR 26 – JUN 21

SA, 3:00 PM – 4:30 PM

No class May 17

\$300.00 / 8

#11807

Engineering with VEX Robotics AGES 6-10

In this exciting hands-on course, young learners will dive into the world of engineering and robotics using VEX kits. Students will explore basic engineering concepts, learn to build and program robots, and solve fun challenges that spark creativity and critical thinking. This course encourages teamwork, problem-solving, and a love for STEM as students bring their ideas to life through robotics. No prior experience is necessary—just curiosity and enthusiasm! A Tablet or an iPad with Bluetooth are required.

Instructor: WIZE Academy

SPRING

WCC | APR 26 – JUN 21

SA, 4:45 PM – 6:15 PM

No class May 17

\$300.00 / 8

#11808

Minecraft Coders | Beginner AGES 7-10

Introduce learners to the world of coding. Participants use collaborative games and hands-on activities to explore programming concepts and develop computer literacy in a creative and non-competitive atmosphere. Participants use online educational platforms Scratch and Minecraft Education to work with variables, looping, patterns, conditions and data structures, while solving problems and thinking critically and creatively.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is \$20.00 per child and is non-refundable. Please contact programs@myuna.ca to waive licensing fee if participant has taken a UNA Minecraft coders course within the previous 9 months.

Instructor: Haitao Li

SPRING
WCC | APR 10 – JUN 26 **TH, 6:00 PM – 7:00 PM**
 \$180.00 / 12 #11753



Red Cross Babysitting AGES 11-14

Participants are taught how to be responsible leaders, create safe environments, distinguish childhood characteristics and behaviours, safely care for children 0-12 years old and perform basic first aid. This program prepares participants to become babysitters and also helps their parents feel confident that they are learning to be safe and independent to be left home alone.

Participants receive a Red Cross certificate for successful completion of the course.

Instructor: ProSafe Training

SPRING
WCC | MAY 18 **SU, 9:00 AM – 5:00 PM**
 \$80.00 / 1 #11864

SUMMER
WCC | AUG 3 **SU, 9:00 AM – 5:00 PM**
 \$80.00 / 1 #11865

Minecraft Coders | Intermediate AGES 9-12

Build on the introductory Minecraft Coding course. Participants deepen their skills with design patterns, creating complex functions, modifying codes, optimizing code performance, and debugging in order to elevate their coding proficiency.

Participants must bring a device that can connect to the Internet. The Minecraft licensing fee is a non-refundable \$20.00 fee per child. Please contact programs@myuna.ca to waive licencing fee if participant has taken a Minecraft Coders course within the previous 9 months at the UNA.

Instructor: Haitao Li

SPRING
WCC | APR 8 – JUN 24 **TU, 6:00 PM – 7:00 PM**
 \$180.00 / 12 #11752

English Reading and Writing | Grades 1-4
 AGES 6-10

Children will expand vocabulary and learn English in a group setting. Participants engage in collaboration, interactive activities and independent practice to expand their vocabulary, comprehension, spelling, sentence structure and punctuation to support strengthening their reading and writing skills.

Instructor: Raquel Portillo Henriquez

SPRING | AGES 6-8
WCC | APR 7 – JUN 23 **M, 6:00 PM – 7:00 PM**
No classes Apr 21, May 19
 \$140.00 / 10 #11761

WCC | APR 9 – JUN 25 **W, 6:00 PM – 7:00 PM**
 \$168.00 / 12 #11762

SPRING | AGES 8-10
WCC | APR 7 – JUN 23 **M, 7:00 PM – 8:00 PM**
No classes Apr 21, May 19
 \$140.00 / 10 #11759

WCC | APR 9 – JUN 25 **W, 7:00 PM – 8:00 PM**
 \$168.00 / 12 #11760

FOR THE MOST UP-TO-DATE PROGRAM INFORMATION, VISIT OUR ONLINE REGISTRATION PAGE AT MYUNA.CA/RECREATION/PROGRAMS.

EDUCATION

Mastering Mandarin | Beginner AGES 5-18

An introduction to Mandarin. Young participants explore the basics of the PinYin phonetic system and are introduced to more than 100 Chinese characters in an enjoyable learning atmosphere that fosters a love for this Chinese language. Suitable for participants with little or no knowledge of Mandarin.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 12 – JUN 21 SA, 10:00 AM – 11:30 AM
 No classes Apr 19, May 17
 \$252.00 / 9 #11828

Mastering Mandarin | Intermediate
 AGES 5-18

Explore and expand Mandarin. Young participants expand their knowledge of the PinYin phonetic system as well as their recognition, comprehension and pronunciation of Chinese characters. Participants learn to read, write, listen and speak sentences in a setting that fosters enjoyable learning and love for this Chinese language. Suitable for participants with some knowledge of Mandarin.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 12 – JUN 21 SA, 11:30 AM – 1:00 PM
 No classes Apr 19, May 17
 \$252.00 / 9 #11829

Mastering Mandarin | Advanced AGES 5-18

Calling lovers of Mandarin language. Young participants refine their knowledge of the PinYin phonetic system and pronunciation of Chinese characters through reading, writing, listening and engaging in dialogue about real-life scenarios, Chinese history and culture. Suitable for participants who are versed in the PinYin phonetic system.

Instructor: Santored Enterprises Ltd

SPRING
WCC | APR 12 – JUN 21 SA, 1:00 PM – 2:30 PM
 No classes Apr 19, May 17
 \$252.00 / 9 #11830

Math4Kids AGES 8-12



Have fun with math! In this program, children learn math concepts and logical thinking through engaging activities. Gain problem solving skills, learn to think outside the box, and build confidence in Math4Kids!

Instructor: STEAM 4 Kids

SPRING | GRADE 3-4
WCC | APR 7 – JUN 12 M, 3:30 PM – 4:15 PM
 No classes Apr 21, May 19
 \$242.00 / 11 #11804

SPRING | GRADE 5-6
WCC | APR 7 – JUN 12 M, 4:30 PM – 5:30 PM
 No classes Apr 21, May 19
 \$242.00 / 11 #11805

Peer Tutoring AGES 5-12

This drop-in style program, created by youth for youth, provides a supportive group setting and space where youth are assisted with their studying and homework. No registration required. This is a youth-led program.

Instructors: Sue Ah Oh and Lisa Jatskevich

SPRING
WCC | APR 8 – JUN 24 TU, 4:00 PM – 5:00 PM
 FREE / 12 #12030



MUSIC LESSONS OFFER PRIORITY
REGISTRATION FOR PREVIOUS
STUDENTS FROM FALL TO SUMMER.
REGISTER IN FALL TO SECURE YOUR
SPOT FOR UP TO A YEAR!

EDUCATION

Science for Kids AGES 6-11

Spark 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.

Instructor: **STEAM 4 Kids**

SPRING
WCC | APR 9 – JUN 11 W, 4:30 PM – 5:30 PM
\$220.00 / 10 #11802

WCC | APR 10 – JUN 12 TH, 4:30 PM – 5:30 PM
\$220.00 / 10 #11801

MUSIC

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructors: **Andrea Minden**

SPRING
WCC | APR 6 – JUN 22 SU, 1:00 PM – 5:00 PM
No classes Apr 20, May 18
\$350.00 / 10 #various

SUMMER
WCC | JUL 6 – AUG 24 SU, 1:00 PM – 5:00 PM
No class Aug 3
\$245.00 / 7 #various

Guitar AGES 8+

Learn to play guitar! Participants of any level learn, improve and refine their skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs on this versatile instrument. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own classical guitar with nylon strings and foot rest. Music books for purchase may be recommended in the first class.

Instructor: **Vanja Dijak**

SPRING
WCC | APR 11 – JUN 20 F, 4:30 PM – 9:00 PM
No class Apr 18
\$350.00 / 10 #various

SUMMER
WCC | JUL 4 – AUG 29 F, 4:30 PM – 9:00 PM
\$315.00 / 9 #various

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructors: **Andrew Ty**

SPRING
WCC | APR 10 – JUN 26 TH, 3:30 PM – 9:00 PM
\$420.00 / 12 #various

SUMMER
WCC | JUL 3 – AUG 28 TH, 3:30 PM – 9:00 PM
\$315.00 / 9 #various

CHILDREN'S PROGRAMS

MUSIC

Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance. Royal Conservatory of Music (RCM) preparation is available. Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Derek Pang

SPRING
WCC | APR 7 – JUN 23 M, 3:30 PM – 8:15 PM
No classes Apr 21, May 19
\$350.00 / 10 #various

WCC | APR 9 – JUN 25 W, 3:30 PM – 8:15 PM
\$420.00 / 12 #various

SUMMER
WCC | JUL 7 – AUG 25 M, 3:30 PM – 8:15 PM
No class Aug 4
\$245.00 / 7 #various

WCC | JUL 2 – AUG 27 W, 3:30 PM – 8:15 PM
\$315.00 / 9 #various

Piano (CONTINUED)

Instructor: Nancy Chang

SPRING
WCC | APR 8 – JUN 24 TU, 3:30 PM – 8:15 PM
\$420.00 / 12 #various

SUMMER
WCC | JUL 8 – AUG 26 TU, 3:30 PM – 8:15 PM
\$280.00 / 8 #various

Instructor: Bassem Ghabrous

SPRING
WCC | APR 10 – JUN 26 TH, 3:30 PM – 8:30 PM
\$420.00 / 12 #various

WCC | APR 12 – JUN 21 SA, 10:00 AM – 3:00 PM
No classes Apr 19, May 17
\$315.00 / 9 #various

SUMMER
WCC | JUL 3 – AUG 28 TH, 3:30 PM – 8:30 PM
\$315.00 / 9 #various

WCC | JUL 5 – AUG 23 SA, 10:00 AM – 3:00 PM
No class Aug 2
\$245.00 / 7 #various

Instructor: Portia Sun

SPRING
WCC | APR 11 – JUN 20 F, 3:30 PM – 7:45 PM
No class Apr 18
\$350.00 / 10 #various

SUMMER
WCC | JUL 4 – AUG 29 F, 3:30 PM – 7:45 PM
\$315.00 / 9 #various

UNA UNIVERSITY NEIGHBOURHOODS ASSOCIATION



FREE INDIGENOUS STORYTELLING WORKSHOP

SATURDAY, JUNE 21
FROM 1-2 P.M.

OLD BARN COMMUNITY CENTRE

On June 21, for National Indigenous Peoples Day, we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada.

In her live storytelling performance, Kung Jaadee shares her telling of a few famous Haida and Squamish legends.

Registration is recommended:



SUMMER CAMP TIMETABLE

WEEK 1 JUL 7-11	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Lego Stop Motion AGES 8-12	9:00 AM-3:00 PM Multi-Sport AGES 6-10
WEEK 2 JUL 14-18	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-4:00 PM Creation Performance Art Crossmaneuver AGES 7-13	9:00 AM-3:00 PM WIZE-STEM - Coding, Robotics, 3D Printing AGES 8-12
WEEK 3 JUL 21-25	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	10:00 AM-12:00 PM Crossmaneuver Performing Arts AGES 3-5	9:00 AM-3:00 PM K-Pop Hip Hop AGES 6-12
WEEK 4 JUL 28-AUG 1	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Filmmakers AGES 8-14	9:00 AM-3:00 PM Superhero Karate AGES 7-17
WEEK 5 AUG 5-8	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Filmmakers AGES 8-14	9:00 AM-3:00 PM Floor Hockey & Soccer AGES 6-10
WEEK 6 AUG 11-15	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Young Filmmakers AGES 8-14	9:00 AM-3:00 PM Soccer AGES 6-10
WEEK 7 AUG 18-22	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Crossmaneuver Performing Arts AGES 4-7	9:00 AM-3:00 PM WIZE-STEM - Coding, Robotics, 3D Printing AGES 8-12
WEEK 8 AUG 25-29	9:00 AM-3:30 PM Summer Adventures AGES 5-7 & 8-11	9:00 AM-3:00 PM Lego Stop Motion AGES 8-12	9:00 AM-3:00 PM K-Pop Hip Hop AGES 6-12



SCAN ME
FOR CAMP
AVAILABILITY!

PLEASE PACK A LUNCH,
SNACK, AND WATER BOTTLE,
AND DRESS APPROPRIATELY
FOR THE WEATHER. CAMPS
ARE NON-REFUNDABLE TEN
DAYS PRIOR TO THE FIRST DAY
OF THE CAMP. LATE PICK-UPS
ARE SUBJECT TO A FEE.

Summer camp registration opens on
March 10, 2025 at 9:00 AM. For full
camp details, view pages 10-12 or visit
myuna.ca/camps.





SPORTS

Badminton | Beginner AGES 8-10

Learn Badminton basics and improve your skills in a fun and friendly environment. Students will develop their play in drills and game activities, learn basic offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructors: Calista Ng and Raynold Quan

SPRING
WCC | APR 11 – JUN 27 **F, 4:00 PM – 5:00 PM**
No class Apr 18
 \$165.00 / 11 #11695

SUMMER
WCC | JUL 4 – AUG 29 **F, 4:00 PM – 5:00 PM**
 \$135.00 / 9 #11703

TO ENSURE YOU RECEIVE IMPORTANT
 REGISTRATION INFORMATION AND
 WAITLIST NOTIFICATION EMAILS,
 PLEASE ADD **SUPPORT@MYUNA.CA** TO
 YOUR SAFE EMAIL SENDERS LIST.

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 6-12 for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification.

Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING
WCC | APR 26 – JUN 21 **SA, 8:45 AM – 10:15 AM**
No class May 17
 Drop-in \$3.00ea / 8 #11819

SUMMER
WCC | JUL 5 – AUG 23 **SA, 8:45 AM – 10:15 AM**
No class Aug 2
 Drop-in \$3.00ea / 7 #11820

Family Pickleball Drop-in ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 18 or under for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification.

Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING
WCC | APR 6 – JUN 22 **SU, 9:00 AM – 10:30 AM**
No class Apr 20
 Drop-in \$3.00ea / 11 #11821

SUMMER
WCC | JUL 6 – AUG 24 **SU, 8:45 AM – 10:15 AM**
No class Aug 3
 Drop-in \$3.00ea / 7 #11822

Karate Kids | Martial Arts and Movement

AGES 4-6 & 18+

This fun program mixes play with calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! They will build strong, confident and safe bodies. Parents are encouraged but not required to participate with their children to help model healthy habits. Adults Spring sections of #11779 (Tue), and #11786 (Fri). Adults Summer section is #11789 (Tue). All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 8 – JUN 24 TU, 6:15 PM – 7:00 PM
\$180.00 / 12 #11778

OBCC | APR 11 – JUN 27 F, 6:15 PM – 7:00 PM
No class Apr 18
\$165.00 / 11 #11782

SUMMER

WCC | JUL 8 – AUG 26 TU, 6:15 PM – 7:00 PM
\$120.00 / 8 #11787

Family Karate AGES 7-12

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family Karate class, designed for students from ages 7 and up, offers parents the option to train with their children. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING

WCC | APR 8 – JUN 24 TU, 7:00 PM – 8:00 PM
\$180.00 / 12 #11773

OBCC | APR 11 – JUN 27 F, 7:00 PM – 8:00 PM
No class Apr 18
\$165.00 / 11 #11783

SUMMER

WCC | JUL 8 – AUG 26 TU, 7:00 PM – 8:00 PM
\$120.00 / 8 #11789



Tae Kwon Do | Beginner AGES 4-12

Blend self-defense, martial art and discipline. Young participants explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defense techniques and overall fitness.

Instructor: Vancouver Martial Arts

SPRING

WCC | APR 6 – JUN 22 SU, 1:00 PM – 1:50 PM
No class Apr 20
\$198.00 / 11 #11811

SUMMER

WCC | JUL 6 – AUG 24 SU, 1:00 PM – 1:50 PM
No class Aug 3
\$126.00 / 7 #11813

Open Gym | Pre-teen AGES 9-12

Participants can practice and play sports with friends and neighbours during this open gym session.

SPRING

WCC | APR 9 – JUN 25 W, 5:30 PM – 7:00 PM
Drop-in \$3.00ea / 12 #11507

SUMMER

WCC | JUL 2 – AUG 27 W, 4:10 PM – 5:40 PM
Drop-in \$3.00ea / 9 #11612

CHILDREN'S PROGRAMS

SPORTS

Sportball: Floor Hockey AGES 4-9

Children learn the fundamental skills of floor hockey, including stick safety, ball handling and control, passing and shooting, as well as teamwork, sharing and taking turns.

Instructor: Sportball Vancouver

SPRING | AGES 4-6

WCC | APR 9 – JUN 25 W, 3:45 PM – 4:30 PM
\$240.00 / 12 #11831

AGES 6-9

WCC | APR 9 – JUN 25 W, 4:30 PM – 5:15 PM
\$240.00 / 12 #11832

Sportball: Outdoor Soccer AGES 4-9



Sportball: Outdoor 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. Classes take place on the UNA field outside the Wesbrook Community Centre.

Instructor: Sportball Vancouver

SUMMER | AGES 4-6

UNA FIELD | JUL 9 – AUG 20 W, 3:45 PM – 4:30 PM
\$140.00 / 7 #11858

AGES 6-9

UNA FIELD | JUL 9 – AUG 20 W, 4:30 PM – 5:15 PM
\$140.00 / 7 #11860

Volleyball BC: Smashball AGES 9-12



Smashball is a new, fun way for youth to learn how to play volleyball. Smashball lets kids compete and play while focusing on the most fun part of the game- smashing the ball! By teaching through gameplay, Smashball develops physical and games-literacy. As athletes advance, Smashball becomes faster and competitive to match their new skills. Smashball is fast-paced, engaging, and a lot of fun!

Instructor: Volleyball BC

SUMMER

WCC | JUL 5 – AUG 23 SA, 12:40 PM – 2:10 PM
No class Aug 2
\$126.00 / 7 #11817

SOCIAL

4-H Club AGES 9-19

The 4-H program provides youth with the opportunity to become productive and self-assured while contributing to their community. The program runs once a month year round, and fees paid are for the full year. Visit 4hbc.ca for more information. To register email ubc4hclub@gmail.com. Yearly 4-H Club fees are \$150.00.

Instructor: 4-H Club

SPRING

WCC | APR 11, MAY 9, JUN 13 F, 6:30 PM – 8:30 PM
FREE / 3 #11587

SUMMER

WCC | JUL 11, AUG 8 F, 6:30 PM – 8:30 PM
FREE / 2 #11588

Chess Basics: An Introductory Guide for Entry-level Players AGES 7-12

This program is designed for individuals who are just beginning to learn chess or have some basic knowledge of the game. This program aims to help participants understand all the rules of chess and have fun playing the game. In this program, you will learn the strategies to successfully start, play, and end a game. The class will be split into two parts. The first part will cover an essential concept in chess, while the second part will consist of playing chess against classmates. This is a youth volunteer-led program.

Instructor: Henry Zhou

SPRING

WCC | APR 11 – JUN 20 F, 4:00 PM – 5:00 PM
No class Apr 18
FREE / 10 #11498

Community Board Game Night ALL AGES

Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Come join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee and tea will be provided. This weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver. This is a free drop-in program and registration is not required.

Instructors: Brandon Trajano

SPRING

WCC | APR 11, MAY 2, JUN 6 F, 6:00 PM – 9:30 PM
FREE / 3 #11665

Galileo's Gang AGES 11-13

This program will help grow the scientist within, giving children the opportunity to perform fun and educational experiments. As the program continues, we will increase the complexity of the topic and deepen the children's understanding of scientific experiments. This is a youth volunteer-led program.

Instructor: Cathy Chen

SPRING

WCC | APR 10 – JUN 26 TH, 3:30 PM – 4:30 PM
FREE / 12 #11501

Girl Guides | Grades 4-6 AGES 9-11

Girl Guides is a full-year program that creates opportunities for young participants to problem solve, develop resilience and leadership, practice teamwork, be resourceful, experience outdoor recreation and build self-confidence, independence and life skills, while making lifelong friends. Open to individuals in grades 4-6. Please visit girlguides.ca to register.

Instructor: Girl Guides

SPRING

OBCC | APR 3 – JUN 19 TH, 6:00 PM – 7:30 PM
girlguides.ca / 12 #11589

Pokemon Trading Card Game AGES 10+

Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.

Instructor: Emile Yang

SPRING

WCC | APR 12 – JUN 7 SA, 3:30 PM – 5:00 PM
No classes Apr 19, May 17
FREE / 7 #11847

Pre-teen Leadership AGES 9-12

In this program, participants will discover who they are as leaders by fostering a sense of belonging in our community. They will have the opportunity to challenge and enrich their ideas around leadership, community, collaboration, and complex problems. Participants will gain a breadth of experiences by exploring our community, its people and places, organizing community events, nurturing old and new relationships, and by challenging themselves.

Instructor: UNA Staff

SPRING

WCC | APR 7 – JUN 23 M, 4:00 PM – 5:30 PM
No classes Apr 21, Apr 28, May 19
FREE / 9 #11511

PROGRAMS MAY BE CANCELLED IF THERE ISN'T SUFFICIENT REGISTRATION A WEEK PRIOR TO THE START DATE. PLEASE REGISTER EARLY TO SECURE THE CLASSES. UNAVOIDABLE CLASS CANCELLATIONS WILL BE MADE UP AT THE END OF THE SESSION WHEN POSSIBLE.

YOUTH PROGRAMS

ARTS

Creative Art Studio | Youth & Seniors

AGES 13-18

This program focuses on promoting intergenerational art making through meaningful conversations and experiences. All art materials are provided. This is a youth volunteer-led program.

Instructor: Chloe Kang

SPRING

WCC | APR 8 – JUN 24

TU, 3:30 PM – 4:45 PM

FREE / 12

#12132

Drawing & Painting AGES 11-18

Embark on an artistic adventure. Youth, whether they are newly discovering these artforms or are experienced artists, work at their own pace to explore self-expression and build on the fundamentals, using a variety of mediums. Techniques covered include 3-D drawing, shading, colour theory, composition, form and brush strokes.

Instructor: Jennifer Kim

SPRING

WCC | APR 9 – JUN 25

W, 3:30 PM – 5:30 PM

\$360.00 / 12

#11539

Digital Art | Youth & Seniors AGES 13-18

This program provides a unique opportunity to learn how to draw and paint with digital art. Participants will practice using drawing tools, brushes, and color palettes to make unique doodles and illustrations. Participants must bring their own personal tablets and download a paid app. This is a youth volunteer-led program.

Instructor: Astrid Wang

SPRING

WCC | APR 7 – JUN 23

M, 4:45 PM – 5:45 PM

No classes Apr 21, Apr 28, May 19

FREE / 9

#12133

K-Pop Hip-Hop AGES 11-16

K-pop dance and hip hop unite in this unique class. Focused on the fundamentals of movement that characterizes these popular genres, youth develop dance skills and techniques to enhance footwork, isolations, popping and locking, cardio strength, flexibility and expression.

Instructor: Praise TEAM

SPRING

WCC | APR 8 – JUN 24

TU, 4:30 PM – 5:30 PM

\$204.00 / 12 | Drop-in \$19.00

#11565

OBCC | APR 12 – JUN 21

SA, 10:15 AM – 11:15 AM

No classes Apr 19, May 17

\$153.00 / 9 | Drop-in \$19.00

#11669

MUSIC

Group Guitar | Beginner AGES 14+

The beginner class will introduce participants the basics of guitar. Learn chords to start playing songs in a fun group setting! Participants are required to bring their own acoustic guitar.

Instructor: Matt Stapleton

SPRING

WCC | APR 7 – JUN 23

M, 6:30 PM – 7:30 PM

No classes Apr 21, May 19

\$200.00 / 10

#11547

SUMMER

WCC | JUL 7 – AUG 25

M, 6:30 PM – 7:30 PM

No class Aug 4

\$140.00 / 7

#11726

Group Guitar | Intermediate AGES 14+

The intermediate class is for those who know a few basic guitar chords and want to continue learning and advancing their skills. Participants will learn new chords and refine their skills through playing in a group setting. Participants are required to bring their own acoustic guitar.

Instructor: Matt Stapleton

SPRING

WCC | APR 7 – JUN 23

M, 7:30 PM – 8:30 PM

No classes Apr 21, May 19

\$200.00 / 10

#11548

SUMMER

WCC | JUL 7 – AUG 25

M, 7:30 PM – 8:30 PM

No class Aug 4

\$140.00 / 7

#11727

Introduction to Coding AGES 12-17

Code Buddies provides a basic experience to the world of coding. Utilizing the versatile and user-friendly language of Python, students will learn foundational concepts and skills of programming through hands-on projects and group learning. Our volunteer instructors will guide students through the process to gain a solid understanding of coding, and have fun while doing it. Join this journey of discovery and unleash the potential of technology. Students are encouraged to bring laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

SPRING
WCC | APR 6 – JUN 22 SU, 10:30 AM – 11:30 AM
 No classes Apr 20, May 18
 \$18.20 / 10 #11503

Intermediate Coding AGES 13-18

Take your coding skills to the next level! Building on the foundations learned in our Introduction class, students delve deeper into the capabilities of Python and explore advanced programming. From data structures and algorithms, to object-oriented programming and error handling, students have the opportunity to expand their knowledge and improve coding proficiency. Combining individual and group projects, students apply their skills in real-world scenarios and work on complex tasks. Take steps towards becoming a proficient coder! Students are encouraged to bring laptops or tablets to be able to do hands-on coding.

Instructor: Code Connect

SPRING
WCC | APR 6 – JUN 22 SU, 11:35 AM – 12:35 PM
 No classes Apr 20, May 18
 \$18.20 / 10 #11502

Toastmasters Youth Program AGES 12-17

An affiliate of Toastmasters International, this program supports youth to become confident public speakers. Participants learn to deliver prepared and impromptu speeches and to evaluate others' in a supportive and encouraging atmosphere that calms nerves. Participants also develop leadership skills, make friends and have fun.

Instructor: Vancouver Gavel Club

SPRING
WCC | APR 9 – JUN 18 W, 6:30 PM – 8:30 PM
 \$132.00 / 11 #11806

Peer Tutoring AGES 5-18

This drop-in style program, created by youth for youth, provides a supportive group setting and space where youth are assisted with their studying and homework. No registration required. This is a youth-led program.

Instructors: Sue Ah Oh and Lisa Jatskevich

SPRING
WCC | APR 8 – JUN 24 TU, 4:00 PM – 5:00 PM
 FREE / 12 #11505

SPORTS

Badminton | Intermediate AGES 11-16

Improve your badminton skills in a fun and friendly environment. Students will develop their play in drills and game activities, learn basic offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructors: Calista Ng and Raynold Quan

SPRING
WCC | APR 11 – JUN 27 F, 5:00 PM – 6:00 PM
 No class Apr 18
 \$165.00 / 11 #11700

SUMMER
WCC | JUL 4 – AUG 29 F, 5:00 PM – 6:00 PM
 \$135.00 / 9 #11701

Badminton | Advanced AGES 13-18

Refine your Badminton skills and techniques in a fun and friendly environment. Students will develop their play in drills and game activities, learn offensive and defensive strategies, and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.

Instructors: Calista Ng and Raynold Quan

SPRING
WCC | APR 11 – JUN 27 F, 6:00 PM – 7:30 PM
 No Class Apr 18
 \$247.50 / 11 #11697

SUMMER
WCC | JUL 4 – AUG 29 F, 6:00 PM – 7:30 PM
 \$202.50 / 9 #11704

SPORTS

Badminton Drop-in | Youth AGES 13-18

This drop-in program is opened to youth of all skills ability to play badminton. Three courts are available for these uninstructed drop-ins. Participants must bring a racquet.

SPRING

WCC | APR 6 – JUN 22 **SU, 5:45 PM – 7:05 PM**
Drop-in \$3.00ea / 12 #11515

SUMMER

WCC | JUL 6 – AUG 24 **SU, 5:45 PM – 7:05 PM**
Drop-in \$3.00ea / 8 #11616

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 6-12 for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification. Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING

WCC | APR 26 – JUN 21 **SA, 8:45 AM – 10:15 AM**
No class May 17
Drop-in \$3.00ea / 8 #11819

SUMMER

WCC | JUL 5 – AUG 23 **SA, 8:45 AM – 10:15 AM**
No class Aug 2
Drop-in \$3.00ea / 7 #11820

TO ENSURE YOU RECEIVE IMPORTANT
REGISTRATION INFORMATION AND
WAITLIST NOTIFICATION EMAILS,
PLEASE ADD SUPPORT@MYUNA.CA TO
YOUR SAFE EMAIL SENDERS LIST.

Basketball Drop-in | Youth AGES 13-18

Drop-in and play basketball. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 8 – JUN 24 **TU, 5:45 PM – 6:45 PM**
Drop-in \$3.00ea / 12 #11516

SUMMER

WCC | JUL 8 – AUG 26 **TU, 5:45 PM – 6:45 PM**
Drop-in \$3.00ea / 8 #11611

Family Pickleball Drop-in ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 18 or under for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification. Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING

WCC | APR 6 – JUN 22 **SU, 9:00 AM – 10:30 AM**
No class Apr 20
Drop-in \$3.00ea / 11 #11821

SUMMER

WCC | JUL 13 – AUG 24 **SU 8:45AM – 10:15 AM**
No class Aug 3
Drop-in \$3.00ea / 7 #11822

Youth Indoor Soccer Drop-in



AGES 13-18

Indoor soccer, or futsal, played by rotating teams of 6 players. These matches will last roughly 7 minutes before the team that is sitting is rotated into play. Sessions are self-refereed and self-timed by participants. Hockey nets will be used as goals at the far ends of the gymnasium, and specific futsal balls will be provided. Indoor soccer shoes or runners are required; studded cleats will not be permitted.

SUMMER

WCC | JUL 3 – AUG 28 **TH, 4:00 PM – 5:30 PM**
Drop-in \$3.00ea / 9 #11615

Volunteers

ARE THE HEART AND SOUL OF OUR COMMUNITY



Join our Volunteer team and make a difference in your community!
Opportunities for all languages, backgrounds, and interest.

Volunteer for:

Community Events | Birthday Parties | Family Movie Nights



Together we can make a difference.

Sign Up Today at myuna.ca/volunteering

SPORTS

Volleyball BC: Train and Play AGES 13-16



Volleyball BC's Train & Play program is designed to help youth work on the various skills, including coordination and timing to execute set, serves, spikes, blocks and footwork. These sessions employ the use of modified game play to develop both the physical and conceptual skills necessary to achieve success in the sport of volleyball.

Instructor: Volleyball BC

SPRING
WCC | APR 12 – JUN 21 **SA, 2:15 PM – 3:45 PM**
 No classes Apr 19, May 17
 \$162.00 / 9 #11814

SUMMER
WCC | JUL 5 – AUG 23 **SA, 2:15 PM – 3:45 PM**
 No class Aug 2
 \$126.00 / 7 #11815

Volleyball Drop-in | Youth AGES 13-18

Set, spike, block and serve in this uninstructed drop-in. Youth practice their agility and hand-eye coordination in a casual, non-competitive setting where volleyball enthusiasts of all levels can connect.

SPRING
WCC | APR 12 - JUN 21 **SA, 4:00 PM – 5:30 PM**
 Drop-in \$3.00ea / 11 #11521

SUMMER
WCC | JUL 2 – AUG 27 **W, 6:00 PM – 7:30 PM**
 Drop-in \$3.00ea / 9 #11837

WCC | JUL 5 – AUG 23 **SA, 4:00 PM – 5:30 PM**
 Drop-in \$3.00ea / 8 #11614

WCC | JUL 7 – AUG 25 **M, 4:30 PM – 6:00 PM**
 Drop-in \$3.00ea / 8 #11610

Open Gym | Youth AGES 13-18

Open gym are uninstructed drop-ins providing an opportunity for youth to play sports with their friends and neighbours.

SPRING
WCC | APR 9 – JUN 25 **W, 5:30 PM – 7:00 PM**
 Drop-in \$3.00ea / 12 #11508

WCC | APR 12 – JUN 21 **SA, 7:45 PM – 8:45 PM**
 Drop-in \$3.00ea / 11 #11504

SUMMER
WCC | JUL 2 – AUG 27 **W, 4:10 PM – 5:40 PM**
 Drop-in \$3.00ea / 9 #11613

Lunchtime Youth Basketball AGES 12-18



This program provides youth with a chance to hustle on court, improve their game, and stay active during their lunch break. This is a youth volunteer-led program.

Instructor: Maksim Fu

SPRING
WCC | APR 7 – JUN 23 **M, 11:35 AM – 12:20 PM**
 No classes Apr 21, Apr 28, May 19
 FREE / 9 #12143

Youth Flag Football AGES 13-18



Participants will learn the fundamentals of flag football and play games together in a fun and supportive environment. Bring water, mouth guard, turf cleats - NO SPIKES - and weather appropriate clothing.

Instructors: Kaleb Kim, Henry Mefferd, and Zach Dawson

SPRING
UNA FIELD | APR 11 – JUN 27 **F, 3:30 PM – 5:30 PM**
 No classes Apr 18, Jun 27
 FREE / 10 #12148

Family Karate AGES 13-18

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family Karate class, designed for students from ages 6 and up, offers parents the option to train with their children. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 8 – JUN 24 TU, 7:00 PM – 8:00 PM
\$180.00 / 12 #11774

OBCC | APR 11 – JUN 27 F, 7:00 PM – 8:00 PM
No class Apr 18
\$165.00 / 11 #11784

SUMMER
WCC | JUL 8 – AUG 26 TU, 7:00 PM – 8:00 PM
\$120.00 / 8 #11790

Youth & Adults Karate AGES 10-18

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Youth and Adult class is designed to challenge students from ages 10 and up. All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 8 – JUN 24 TU, 8:00 PM – 9:00 PM
\$180.00 / 12 #11777

WCC | APR 10 – JUN 26 TH, 8:00 PM – 9:00 PM
\$180.00 / 12 #11780

SUMMER
WCC | JUL 8 – AUG 26 TU, 8:00 PM – 9:00 PM
\$120.00 / 8 #11792

**Tae Kwon Do | Advanced** AGES 12-18

Blend self-defense, martial art and discipline. Young participants explore kicks, punches, blocks, strikes and patterns (poomsae) that are the movement fundamentals in this Korean martial art, while developing agility, balance, footwork, concentration, speed, discipline, self-defense techniques and overall fitness.

Instructor: Vancouver Martial Arts

SPRING
WCC | APR 6 – JUN 22 SU, 1:00 PM – 1:50 PM
No class Apr 20
\$198.00 / 11 #11810

SUMMER
WCC | JUL 6 – AUG 24 SU, 1:00 PM – 1:50 PM
No class Aug 3
\$126.00 / 7 #11812

PROGRAMS MAY BE CANCELLED
IF THERE ISN'T SUFFICIENT
REGISTRATION A WEEK PRIOR
TO THE START DATE. PLEASE
REGISTER EARLY TO SECURE THE
CLASSES. UNAVOIDABLE CLASS
CANCELLATIONS WILL BE MADE
UP AT THE END OF THE SESSION
WHEN POSSIBLE.

SOCIAL

Community Board Game Night ALL AGES



Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee and tea will be provided. This

weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver. This is a free drop-in program and registration is not required.

Instructors: Brandon Trajano

SPRING
WCC | APR 11, MAY 2, JUN 6 F, 6:00 PM – 9:30 PM
FREE / 3 #11665

Pokemon Trading Card Game AGES 10+

Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.

Instructor: Emile Yang

SPRING
WCC | APR 12 – JUN 7 SA, 3:30 PM – 5:00 PM
No classes Apr 19, May 17
FREE / 7 #11847

Quiet Study Hours AGES 13-18

This is a drop-in for youth to study in a quiet space.

SPRING
WCC | APR 7 – JUN 23 M, 8:00 PM – 9:30 PM
No classes Apr 21, Apr 28, May 19
FREE / 9 #11512

WCC | APR 9 – JUN 25 W, 8:00 PM – 9:30 PM
FREE / 12 #11509

Rubik's Cube Club AGES 11-18

This club is for people who are interested in logic puzzles, including Rubik's Cubes. All age groups are welcome to join. Bring logic puzzles you would like to share, discuss and share methods to solve the puzzle. There are varieties of Rubik's Cubes in this club as well. Every level of Rubik's Cubers are welcome from beginner to expert to join. This is a youth volunteer-led program.

Instructors: Maksim Fu and Bob Zhang

SPRING
WCC | APR 10 – JUN 26 TH, 3:30 PM – 4:15 PM
FREE / 12 #11513

Youth Night AGES 13-18

Join us for Youth Night! Hang out, play games, sing karaoke, attend workshops, and get creative with crafts in a fun and safe space. Free snacks provided. Subscribe to our IG for updates on weekly themed nights: @unacommunity

Instructor: UNA Staff

SPRING
WCC | APR 8 – JUN 24 TU, 6:00 PM – 8:00 PM
FREE / 12 #11519

WCC | APR 11 – JUN 20 F, 6:00 PM – 8:00 PM
No class Apr 18
FREE / 10 #11520

Youth Open Studios AGES 13-18



Grab a friend and get creative! Youth are invited to explore their creativity in a supportive and collaborative environment. Whether you have a work-in-progress or want to start something entirely new, this is the perfect opportunity to experiment, create, and grow as an artist. A variety of art supplies will be made available for use. All skill levels are welcome! This is a youth volunteer-led program.

Instructor: UNA Youth Volunteer

SPRING
WCC | APR 9 – JUN 25 W, 3:30 PM – 5:00 PM
FREE / 12 #11510

UNA

UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

UNA SUMMER CAMPS

Give your child an unforgettable summer filled with adventure! Sign them up for exciting camps in dance, sports, robotics, filmmaking, and more — endless fun and discovery await!

Registration opens March 10, 2025 at 9 a.m.



Visit myuna.ca/camps for more info.



UNA POINTS OF INTEREST

Facilities, neighbourhoods and others



14

Chancellor Blvd.



15



EAST CAMPUS

University Blvd.



28

CHANCELLOR PLACE

9



CENTRAL & FOCAL BUILDINGS



19



T

21



26



22

Thunderbird Blvd.

25



NW Marine

20

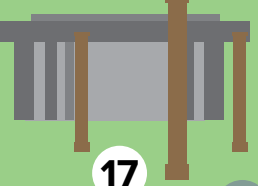


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17



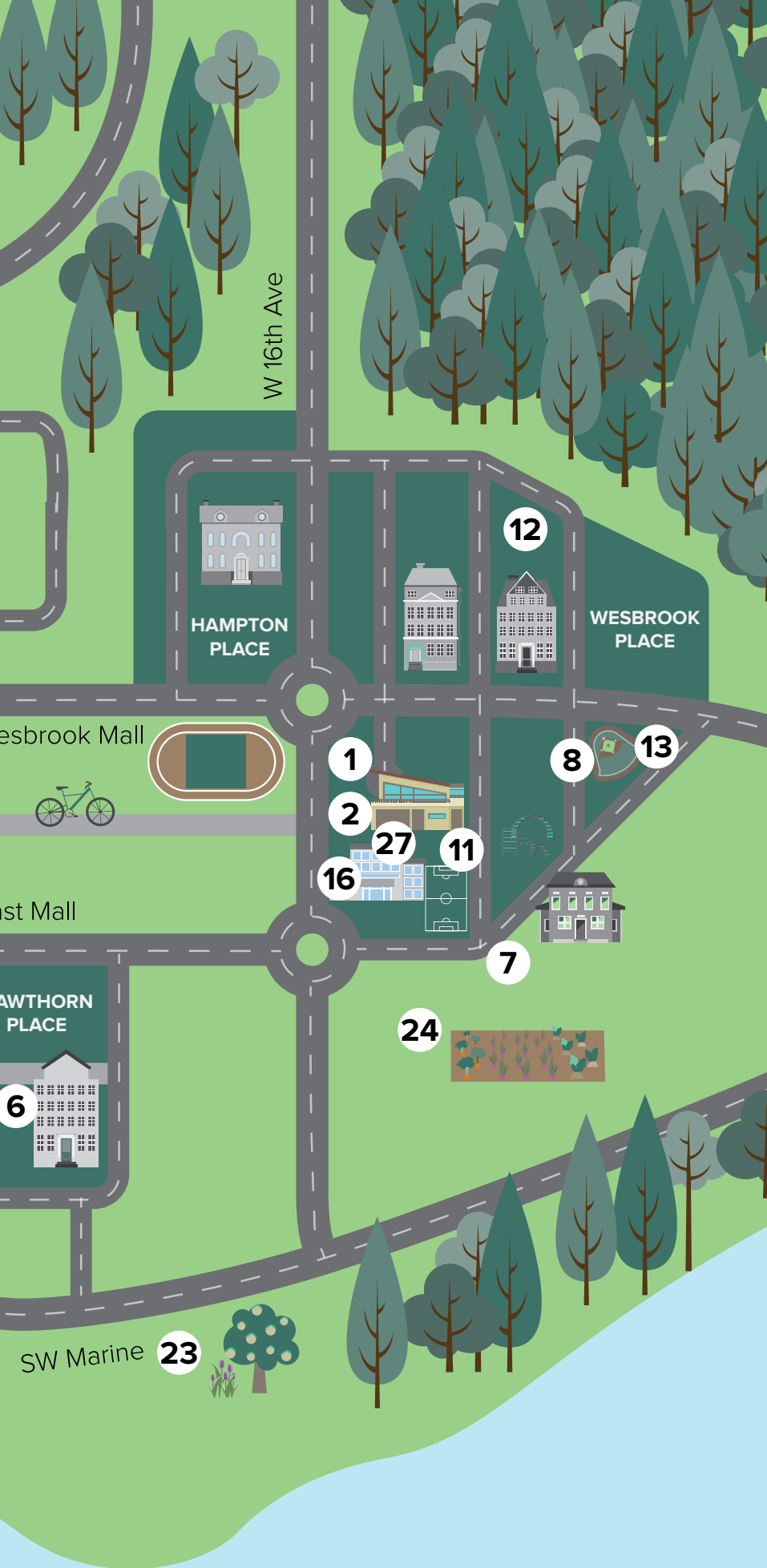
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4

West Mall

18





- 1.** UNA Main Office
- 2.** Wesbrook Community Centre
- 3.** Old Barn Community Centre
- 4.** Old Barn Children's Garden
- 5.** Hawthorn Community Garden
- 6.** Rhodo Community Garden
- 7.** Greenway Community Garden
- 8.** Nobel Community Garden
- 9.** Iona Green Park
- 10.** Jim Taylor Park
- 11.** UNA Field / Splash Pad
- 12.** Michael Smith Park
- 13.** Collings Field
- 14.** University Hill Elementary
- 15.** Norma Rose Point School
- 16.** University Hill Secondary
- 17.** Museum of Anthropology
- 18.** Nitobe Memorial Garden
- 19.** UBC Aquatic Centre
- 20.** Beaty Biodiversity Museum
- 21.** Thunderbird Sports Centre
- 22.** UBC Library
- 23.** UBC Botanical Garden
- 24.** UBC Farm
- 25.** Tennis Centre
- 26.** Student Recreation Centre
- 27.** Wesbrook Child Care Centre
- 28.** Vista Point Child Care Centre

- UNA facilities, gardens and parks
- VSB schools
- UBC facilities
- Child care

ADULTS & SENIORS PROGRAMS

ARTS

Adult Ballet | Beginner AGES 16+

Dance for better flexibility, balance, strength, stamina and grace. Ballet terms and positions are learned at the barre, followed by short dance sequences at centre and across the floor. This class is suitable for beginner to intermediate level dancers. Ballet shoes or socks recommended.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 9 – JUN 18 W, 7:45 PM – 8:45 PM
\$176.00 / 11 | Drop-in \$17.00 #11664

Adult Contemporary Ballet AGES 16+



Contemporary ballet is a beautiful form that combines classical ballet with modern dance. It engages the body fully and is less rigid than classical ballet. This is a wonderful class that is perfect for body conditioning, training, and the promotion of a variety of dance techniques.

Instructor: Crossmaneuver Dance Theatre

SPRING
WCC | APR 6 – JUN 22 SU, 2:25 PM – 3:25 PM
No classes Apr 20, May 4, May 18
\$144.00 / 9 | Drop-in \$17.00 #11849

SUMMER
WCC | JUL 6 – AUG 17 SU, 2:25 PM – 3:25 PM
No class Aug 3
\$96.00 / 6 | Drop-in \$17.00 #11853

PROGRAMS MAY BE CANCELLED IF THERE ISN'T SUFFICIENT REGISTRATION A WEEK PRIOR TO THE START DATE. PLEASE REGISTER EARLY TO SECURE THE CLASSES. UNAVOIDABLE CLASS CANCELLATIONS WILL BE MADE UP AT THE END OF THE SESSION WHEN POSSIBLE.

Ballet Drop-In | Intermediate AGES 15+

Enjoy classical ballet as a drop-in class. Improve your technique and artistry as you work through barre and centre combinations. This is an intermediate class for participants familiar with most ballet steps and terminology.

Instructor: Juliet Oshiro

SPRING
WCC | APR 12 – JUN 21 SA, 5:00 PM – 6:30 PM
No classes Apr 19, May 17
Drop-in \$10.00ea / 9 #11676

Chinese Folk Dance AGES 19+

Dance and experience the rhythm, movement, choreography and culture of this classical Chinese art form. Everyone is welcome from beginners and enthusiasts to advanced dancers. This class is taught in Mandarin.

Instructor: Emily Li

SPRING
WCC | APR 8 – JUN 24 TU, 12:30 PM – 2:00 PM
\$360.00 / 12 | Drop-in \$33.00 #11561

WCC | APR 11 – JUN 20 F, 12:30 PM – 2:00 PM
No class Apr 18
\$300.00 / 10 | Drop-in \$33.00 #11570

SUMMER
WCC | JUL 4 – AUG 22 F, 12:30 PM – 2:00 PM
No class Jul 25
\$210.00 / 7 | Drop-in \$33.00 #11768

WCC | JUL 8 – AUG 19 TU, 12:30 PM – 2:00 PM
No class Jul 22
\$180.00 / 6 | Drop-in \$33.00 #11767

Classical Indian Dance: Bharata Natyam AGES 19+

Originating from the south of India, Bharata Natyam is one of the 8 classical Indian dance forms. This program provides a welcoming and supporting environment to explore the graceful movements, intricate footwork, and storytelling of the dance form. Welcoming all levels of experience and all cultural backgrounds, this class offers an opportunity to connect with Indian heritage and embrace the beauty of this ancient art.

Instructor: Vidya Kotamraju

SPRING
WCC | APR 12 – JUN 21 SA, 2:30 PM – 4:00 PM
No classes Apr 19, May 17
\$252.00 / 9 #11666

TO ENSURE YOU RECEIVE IMPORTANT REGISTRATION INFORMATION AND WAITLIST NOTIFICATION EMAILS, PLEASE ADD SUPPORT@MYUNA.CA TO YOUR SAFE EMAIL SENDERS LIST.

ARTS

Dance Fusion AGES 18+

Blend advanced dance with choreography. Participants experience a variety of dance genres and movement styles - from K-Pop to jazz-funk to hip-hop - that use choreography to improve balance, coordination, strength, flexibility and confidence. Participants develop dance skills and techniques that enhance footwork, isolations, popping and locking and expression. Suitable for participants of differing dance backgrounds and levels. This program is taught in Mandarin and English.

Instructor: Yan Guo

SPRING

WCC | APR 7 – JUN 23 M, 6:45 PM – 8:00 PM

No classes Apr 21, May 19

\$180.00 / 10 | Drop-in \$20.00 #11540

Introduction to Drawing AGES 16+

This course will provide fundamental drawing techniques to understand the visual elements of art, such as composition, form, lines, texture, and depth, using a variety of techniques and materials. It will focus on both observational and imaginative drawing. Whether you're a beginner eager to discover the joys of drawing or an experienced artist seeking to refine your skills, this course caters to all levels and interests

Instructor: Yasaman Moussavi

SPRING

WCC | APR 10 – JUN 26 TH, 6:00 PM – 7:30 PM

\$300.00 / 12 #11702



THE CAMPUS RESIDENT

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CALL FOR VOLUNTEERS

Are you passionate about local journalism?

The Campus Resident newspaper is actively seeking volunteer contributors to write news articles, feature stories, and opinion pieces, as well as photographers to document news and events in our community. No experience is required – just a strong interest in local news and an affinity for storytelling.

Ready to start?

Send a short bio (150 words) to editor@thecampusresident.ca and tell us how you'd like to contribute.



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ARTS

Chinese Traditional Painting AGES 18+



Participants will explore the xieyi (free-hand) style of Chinese traditional painting, focusing on flower-and-bird subjects, while mastering the use of traditional materials such as ink, rice paper, and natural pigments. Through step-by-step instruction, participants will learn essential brush techniques, composition principles, and the symbolic meanings embedded in classic motifs like flowers and birds. This program not only focuses on developing technical skills but also fosters an appreciation for the cultural and philosophical contexts of this art form. Whether you are a beginner eager to start your artistic journey or an experienced artist looking to refine your skills, this course provides a nurturing and inspiring environment to cultivate your creativity and artistic expression.

Instructor: Li Yuan

SPRING
WCC | APR 6 – MAY 25 SU, 3:00 PM – 4:30 PM
No classes Apr 20, May 18
\$114.00 / 6 #11724

Watercolour Painting | Beginner AGES 16+

In this watercolor class, students will explore watercolor as a painting medium. They will be introduced to a variety of techniques. The course includes painting from both observation and photographs. Students will learn about landscape painting and paint from nature!

Instructor: Yasaman Moussavi

SPRING
WCC | APR 9 – JUN 25 W, 5:45 PM – 7:15 PM
\$300.00 / 12 #11706

Watercolour Painting | Intermediate



AGES 16+



Watercolor Elementary level is a project-based class designed for students with a foundational understanding of color theory and basic painting techniques. In this course, students explore a variety of subject matters, enhancing their skills through hands-on practice and creativity.

Emphasizing the joy of the painting process, students work together as a community, supporting one another as they refine their projects and complete their individual works with confidence and artistic expression.

Instructor: Yasaman Moussavi

SPRING
WCC | APR 9 – JUN 25 W, 7:30 PM – 9:00 PM
\$300.00 / 12 #11708

MUSIC

Flute AGES 8+

Learn to play flute! Participants learn, improve and refine their skills, including note reading, scales, posture, breath control and music interpretation, as well as artistry and theory. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own flute. Music books for purchase will be recommended in the first class.

Instructors: Andrea Minden

SPRING
WCC | APR 6 – JUN 22 SU, 1:00 PM – 5:00 PM
No classes Apr 20, May 18
\$350.00 / 10 #various

SUMMER
WCC | JUL 6 – AUG 24 SU, 1:00 PM – 5:00 PM
No class Aug 3
\$245.00 / 7 #various

Piano AGES 5+

Learn to play piano! Participants learn, improve and refine their skills, including note reading, scales, chord progressions, listening, rhythm, ear training, and performance. Royal Conservatory of Music (RCM) preparation is available. Music books for purchase will be recommended in the first class. Access to a piano for additional practice is required.

Instructor: Derek Pang

SPRING
WCC | APR 7 – JUN 23 M, 3:30 PM – 8:15 PM
No classes Apr 21, May 19
 \$350.00 / 10 #various

WCC | APR 9 – JUN 25 W, 3:30 PM – 8:15 PM
 \$420.00 / 12 #various

SUMMER
WCC | JUL 7 – AUG 25 M, 3:30 PM – 8:15 PM
No class Aug 4
 \$245.00 / 7 #various

WCC | JUL 2 – AUG 27 W, 3:30 PM – 8:15 PM
 \$315.00 / 9 #various

Instructor: Nancy Chang

SPRING
WCC | APR 8 – JUN 24 TU, 3:30 PM – 8:15 PM
 \$420.00 / 12 #various

SUMMER
WCC | JUL 8 – AUG 26 TU, 3:30 PM – 8:15 PM
 \$280.00 / 8 #various

Instructor: Bassem Ghabrous

SPRING
WCC | APR 10 – JUN 26 TH, 3:30 PM – 8:30 PM
 \$420.00 / 12 #various

WCC | APR 12 – JUN 21 SA, 10:00 AM – 3:00 PM
No classes Apr 19, May 17
 \$315.00 / 9 #various

SUMMER
WCC | JUL 3 – AUG 28 TH, 3:30 PM – 8:30 PM
 \$315.00 / 9 #various

WCC | JUL 5 – AUG 23 SA, 10:00 AM – 3:00 PM
No class Aug 2
 \$245.00 / 7 #various

Piano (CONTINUED)

Instructor: Portia Sun

SPRING
WCC | APR 11 – JUN 20 F, 3:30 PM – 7:45 PM
No class Apr 18
 \$350.00 / 10 #various

SUMMER
WCC | JUL 4 – AUG 29 F, 3:30 PM – 7:45 PM
 \$315.00 / 9 #various

Guitar AGES 8+

Learn to play guitar! Participants of any level learn, improve and refine skills, including note reading, fretting and chord placement, listening, rhythm, ear training, and playing songs. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own classical guitar with nylon strings and foot rest. Music books for purchase may be recommended in the first class.

Instructor: Vanja Dijk

SPRING
WCC | APR 11 – JUN 20 F, 4:30 PM – 9:00 PM
No class Apr 18
 \$350.00 / 10 #various

SUMMER
WCC | JUL 4 – AUG 29 F, 4:30 PM – 9:00 PM
 \$315.00 / 9 #various

Violin AGES 5+

Learn to play violin! Participants learn, improve and refine their skills, including note reading, scales, posture, bow hold and coordination and artistry. Royal Conservatory of Music (RCM) preparation is available. Participants must bring their own violin. Music books for purchase will be recommended in the first class.

Instructor: Andrew Ty

SPRING
WCC | APR 10 – JUN 26 TH, 3:30 PM – 9:00 PM
 \$420.00 / 12 #various

SUMMER
WCC | JUL 3 – AUG 28 TH, 3:30 PM – 9:00 PM
 \$315.00 / 9 #various

ADULTS & SENIORS PROGRAMS

EDUCATION

Emergency Child Care First Aid **AGES 16+**

Emergency Child Care is a one-day course designed to introduce caregivers to injury prevention and the emergency treatment of life-threatening emergencies faced by children and infants. The course covers lifesaving first aid skills such as cardiopulmonary resuscitation (CPR and AED) for children, and babies, treatment of choking patients, major bleeding, respiratory emergencies, and a variety of medical emergencies such as poisoning. This course meets the first aid training requirements of Schedule C of the Child Care Licencing Regulation.

Instructor: ProSafe Training

SUMMER

WCC | AUG 2

SA, 8:30 AM – 5:30 PM

\$115.00 / 1

#11866

English Conversation for Mandarin Speakers | Beginner **AGES 19+**

Learn to converse in English. Participants have language-supportive opportunities to learn and practise basic English vocabulary and sentences that support real-life interactions. Registration is required.

Instructor: Titus Yung

SPRING

WCC | APR 7 – JUN 23

M, 9:30 AM – 11:00 AM

No classes Apr 21, May 19

\$30.00 / 10

#11523

English Conversation | Beginner **AGES 19+**

Start conversing in English in this volunteer-led program. Beginner English language learners practise listening, comprehension, vocabulary and pronunciation in a group setting. Registration is required.

Instructor: UNA Volunteer

SPRING

WCC | APR 10 – JUN 27

TH, 10:00 AM – 11:30 AM

\$36.00 / 12

#11530

English Conversation | Intermediate

AGES 19+

This volunteer-led class provides an opportunity to practice conversational English in a friendly, supportive environment. Take part in discussions and discover Canadian/Western culture with new friends. Suitable for participants able to have simple conversations in English. Registration required.

Instructor: James Feng

SPRING

WCC | APR 8 – JUN 24

TU, 10:00 AM – 11:30 AM

\$36.00 / 12

#11524

Instructors: Alice Bradley and Linda Quiney

SPRING

WCC | APR 9 – JUN 25

W, 1:00 PM – 2:30 PM

\$36.00 / 12

#11529

Instructor: Krona Daniel

SPRING

OBCC | APR 10 – JUN 26

TH, 7:00 PM – 8:30 PM

\$36.00 / 12

#11550

English Conversation | Advanced **AGES 19+**

Refine proficiency and confidence by having opportunities to discuss topics in a volunteer-led, informal and supportive environment. Advanced language learners practice listening, comprehension, pronunciation and fluency in group and one-on-one settings. Registration is required.

Instructor: UNA Volunteer

SPRING

OBCC | APR 11 – JUN 28

F, 10:00 AM – 11:30 AM

No class Apr 18

\$33.00 / 11

#11553

Spanish & English Conversation Exchange **AGES 19+**

This volunteer-led conversation group provides a chance to practice conversational Spanish and English, for all levels of both English speakers who want to learn Spanish and Spanish speakers who want to learn English. Topics will be guided by the group and suggestions from volunteers.

Instructor: Marie Cummings

SPRING

OBCC | APR 14 – JUN 23

M, 6:30 PM – 8:00 PM

No classes Apr 21, May 19

FREE / 9

#1203

French | Beginner I AGES 19+

In this introductory French class, participants explore basic vocabulary, phrases and practice pronunciation and listening. This safe learning environment offers participants the tools to be able to build confidence for real-life conversations in French.

Instructor: Manaal Yasir

SPRING

OBCC | APR 15 – JUN 24

TU, 6:30 PM – 8:00 PM

\$165.00 / 11

#11756

French | Beginner II AGES 19+

The program is aimed towards learners who have basic French skills and want to deepen their understanding of the everyday language. The program will teach them how to elaborate on simple sentences from

the Beginner French I program and develop these into present, past and future tenses. It will also focus on improving listening, reading, speaking and writing abilities and elaborate on everyday vocabulary through practical exercises, interactive activities, and regular assessments. It can also be used as a refresher program for students who may want to brush up on their past skills.

Instructor: Manaal Yasir

SPRING

WCC | APR 17 – JUN 26

TH, 6:00 PM – 7:30 PM

\$198.00 / 11

#11757

French | Intermediate AGES 19+

Build confidence and fluency in French. Participants expand vocabulary, comprehension, phrases and practice pronunciation and listening. They also build proficiency through conversation and cultural discussions in small group settings that support safe learning spaces.

Instructor: Catherine Black

SPRING

WCC | APR 7 – JUN 23

M, 1:00 PM – 2:30 PM

No classes Apr 21, May 19

\$150.00 / 10

#11738

French | Intermediate | Advanced Grammar AGES 19+

Build confidence and fluency in French grammar. This is an extension of the Intermediate French class, and good competency in French is required.

Instructor: Catherine Black

SPRING

WCC | APR 7 – JUN 23

M, 2:30 PM – 3:15 PM

No classes Apr 21, May 19

FREE / 10

#11739

French Club AGES 19+

Come to the Old Barn Living Room to practice speaking French with other French language learners. Participants should have learned at least some basic French already and are encouraged to speak only French during the sessions. Please register to receive program updates.

Instructor: Julie Wang

SPRING

OBCC | APR 10 – JUN 12

TH, 1:30 PM – 2:30 PM

FREE / 10

#11582

Community Digital Support AGES 19+

Drop-in for tech support. Receive guidance, assistance, tips and troubleshooting support for your smartphone, tablet or laptop. Volunteers provide support to community members with questions about using devices, navigating software, managing files and images, using or installing applications, as well as connecting to the internet and use of data, among other topics. Available in English and Mandarin. Please register to receive updates.

Instructor: UNA Volunteer

SPRING

WCC | APR 12 – JUN 21

SA, 10:00 AM – 12:00 PM

No classes Apr 19, May 17

FREE / 9

#11443

SUMMER

WCC | JUL 5 – AUG 23

SA, 10:00 AM – 12:00 PM

No class Aug 2

FREE / 7

#11445

ADULTS & SENIORS PROGRAMS

EDUCATION

Dementia Support Circle AGES 45+

Neerja Singh has a PhD in Psychology and Aging. For each session, she and her volunteers will plan topics and activities based on the needs and interests of the participants. This program is open to everyone: people experiencing dementia, caregivers, family members and anyone interested in learning more about dementia. Tea will be provided and the room is available after the program for those who wish to stay for an unstructured social time.

Instructor: Neerja Singh

SPRING
WCC | APR 12 – JUN 21 SA, 2:00 PM – 3:00 PM
No classes Apr 19, May 17
FREE / 9 #11448

Korean Parent Support Circle AGES 19+

This group, run by the Vancouver School Board (VSB), offers Korean-speaking parents who reside in the UBC area and have children attending local public schools with support and community settlement resources, while bringing people together.

Please register by calling or emailing Jenny Choi, VSB Settlement Worker in Schools | T: 778-229-4270 | E: hchoi@vsb.bc.ca

Instructor: Jenny Choi (SWIS)

SPRING
WCC | APR 15, MAY 20, JUN 17 TU, 12:30 PM – 2:15 PM
FREE / 3 #11525



SUCCESS: Settlement Services | Mandarin & English AGES 19+

Tap into support and settlement services for newcomers. Receive free one-on-one sessions that support them through all stages of their journey into Canadian life, including employment, language, health and education. Appointments are recommended. PR cards or Confirmation of Permanent Resident documents are required to attend appointments. Call 604-408-7274 ext: 2063

SUCCESS中侨安顿服务提供免费一对一咨询。内容包括新移民福利、就业、英文学习、移民、公民入籍、住房、海关、医疗卫生、教育、法律、家庭、社会福利、交通、旅行证件等等。每月一次在 Wesbrook 社区中心提供预约服务的日期如下：*咨询时，需出示您的永久居民卡或永久居民确认信。

Instructor: SUCCESS

SPRING
WCC | APR 8, MAY 13, JUN 10 TU, 9:30 AM – 4:00 PM
FREE / 3 #11526

SUMMER
WCC | JUL 8, AUG 12 TU, 9:30 AM – 4:00 PM
FREE / 2 #11528

Vancouver Mandarin Parenting Support Group 温哥华国语育儿支持小组 AGES 19+

Parenting Support Groups are free, anonymous, and confidential self-help groups providing parents and caregivers with a safe space to share their stories, build communities, learn new skills, receive emotional support, and discover new services and resources. Please visit bit.ly/pssreferralform or email mandarin4pss@gmail.com to register.

Instructor: Parent Support BC

SPRING
TBA | APR 25, MAY 15, JUN 20 12:00 PM – 1:30 PM
FREE / 3 #12168

FITNESS CENTRES & PERSONAL TRAINING



We empower you to achieve your fitness goals by providing industry leading fitness facilities and support.

PERSONAL TRAINING

Our certified personal trainers are here to support your fitness goals. We always start with an assessment to record and determine your current fitness level, questions and goals. From there, you can mix and match personal training sessions based on what you need. Please note, the intro package for personal training is a one-time 90-minute session.

PACKAGE	RESIDENT	PUBLIC
INTRO	\$99.00	\$99.00
1 SESSION	\$55.00	\$60.00
3 SESSIONS	\$157.50	\$172.50
6 SESSIONS	\$300.00	\$330.00
12 SESSIONS	\$570.00	\$600.00
24 SESSIONS	\$1,080.00	\$1,080.00
GROUP 2 CLIENTS, 1 SESSION	\$90.00	\$100.00
GROUP 2 CLIENTS, 3 SESSIONS	\$255.00	\$285.00
GROUP 2 CLIENTS, 6 SESSIONS	\$480.00	\$540.00
GROUP 2 CLIENTS, 12 SESSIONS	\$900.00	\$1,020.00
GROUP 3 CLIENTS, 1 SESSION	\$120.00	\$135.00
GROUP 3 CLIENTS, 3 SESSIONS	\$345.00	\$375.00
GROUP 3 CLIENTS, 6 SESSIONS	\$660.00	\$720.00
GROUP 3 CLIENTS, 12 SESSIONS	\$1,200.00	\$1,380.00

WESBROOK

Our Wesbrook Fitness Centre is a bright space with open ceilings and windows overlooking Wesbrook Village and the community centre gymnasium. The fitness centre has a variety of equipment including spin bikes, treadmills, ellipticals, universal gym, free weights, and bosu balls.

	UNA/UBC	PUBLIC	YOUTH
DROP-IN	\$7.00	\$10.00	\$7.00
10 VISITS	\$50.00	\$60.00	\$40.00
1 MONTH	\$50.00	\$60.00	\$40.00
3 MONTHS	\$120.00	\$150.00	\$110.00
6 MONTHS	\$220.00	\$250.00	\$200.00
12 MONTHS	\$400.00	\$450.00	\$350.00

OLD BARN

If you want a more private experience, the Old Barn Community Centre is located in the heart of Hawthorn Place. This smaller studio style space is equipped with free weights, universal gym machine, cardio machines, and TRX suspension equipment.

	UNA/UBC	PUBLIC	YOUTH
DROP-IN	\$4.00	\$7.00	\$4.00
10 VISITS	\$30.00	\$40.00	\$25.00
1 MONTH	\$30.00	\$40.00	\$25.00
3 MONTHS	\$80.00	\$110.00	\$55.00
6 MONTHS	\$150.00	\$200.00	\$100.00
12 MONTHS	\$250.00	\$350.00	\$160.00

ADULTS & SENIORS PROGRAMS

EDUCATION

Volunteer Open House AGES 13+

Join us to discover how you can get involved in the community! Meet other passionate volunteers and hear about their experiences over light refreshments. Learn about various volunteer opportunities from events, to weekly programs, and more.

Instructor: Peng Wang

SPRING
WCC | APR 12 SA, 2:00 PM – 3:30 PM
FREE / 1 #11555

VSBC Parents Power-up Sessions | Chinese and English AGES 19+

Parents Power-Up 家长加油站, run by the Vancouver School Board (VSB), offers group sessions for immigrant parents who reside in the UBC area and have children attending local public schools. These are drop-in sessions that provide community settlement resources and bring newcomers together. Sessions are available in Cantonese and Mandarin.

Funded by Immigrations, Refugees and Citizenship Canada (IRCC) 加拿大移民, 难民及公民部拨款出资

Registration/Contact 登记和查询: Esaine Mo 巫小姐 at work cell: 778-228-8536 or email: emo@vsb.bc.ca

Instructor: Esaine Mo (SWIS)

SPRING
VIRTUAL | APR 10 – JUN 27 TH, 1:00 PM – 2:30 PM
FREE / 12 #11552

VIEW UNA RECREATION POLICIES AT
MYUNA.CA/RECREATION-POLICIES.

FITNESS & YOGA

ABM NeuroMovement AGES 18+

Experience NeuroMovement to reduce back, neck, and shoulder pain. In these mat-based classes, you will be guided through a sequence of gentle, innovative movements. By moving slowly and with attention, your nervous system discovers new possibilities resulting in more efficient movement, a feeling of lightness, reduction in aches and pains, and an increased sense of self-awareness. These classes are based on the work of Moshe Feldenkrais. Please visit clairesandham.ca to learn more about ABM NeuroMovement.

Instructor: Claire Sandham

SPRING
WCC | APR 9 – MAY 21 W, 11:45 AM – 12:45 PM
\$105.00 / 7 | Drop-in \$16.00 #11603

SUMMER
WCC | JUN 11 – JUL 30 W, 11:45 AM – 12:45 PM
No class Jul 23
\$105.00 / 7 | Drop-in \$16.00 #11643

Barre Pilates AGES 19+

Participants combine high-repetition, low-impact intentional movements with a hint of Pilates in this Barre workout. Benefits include core conditioning, cardio, endurance, strength, improved range of motion and better overall fitness. Suitable for all fitness levels. No prior barre or Pilates experience required.

Instructor: Abby (Yang) Zhang

SPRING
WCC | APR 7 – JUN 23 M, 9:30 AM – 10:30 AM
No classes Apr 21, May 19, Jun 2, Jun 9
\$120.00 / 8 | Drop-in \$16.00 #11557

WCC | APR 11 – JUN 27 F, 11:10 AM – 12:10 PM
No classes Apr 18, Jun 6, Jun 13
\$135.00 / 9 | Drop-in \$16.00 #11560

SUMMER
WCC | JUL 7 – AUG 18 M, 9:30 AM – 10:30 AM
No classes Jul 21, Aug 4
\$75.00 / 5 | Drop-in \$16.00 #11631

WCC | JUL 4 – AUG 22 F, 11:10 AM – 12:10 PM
No class Jul 25
\$105.00 / 7 | Drop-in \$16.00 #11634

GET RACE-READY WITH US!

This run clinic is designed for cruisers, pacers, and racers with some previous running experience. We take a technical approach that involves hill training, tempo runs, and speed training. This run club is aligned with the annual Vancouver Half Marathon and 5K on June 22, 2025.

RACE READY RUN CLINIC

MAY 1 – JUN 19 | Thursdays | 6 PM – 7 PM

Wesbrook Community Centre



For more information,
check out myuna.ca/programs
or contact the run instructor
Hanif Teja at hanif.teja@myuna.ca



ADULTS & SENIORS PROGRAMS

FITNESS & YOGA

Cardio Kickboxing AGES 18+



Ready for a high energy, full body workout? Cardio kickboxing combines traditional kickboxing techniques with cardio fun in a well-rounded workout for all fitness levels. The program focuses on flexibility, endurance and coordination along with elements of self-defense. Participants will leave this class feeling empowered, strong, and refreshed.

Instructor: KFitness Kickboxing Academy

SPRING

WCC | APR 11 – JUN 27 **F, 7:30 PM – 8:30 PM**
No class Apr 18
 \$220.00 / 11 | Drop-in \$21.00 #11657

SUMMER

WCC | JUL 7 – AUG 25 **M, 8:15 PM – 9:15 PM**
No class Aug 4
 \$140.00 / 7 | Drop-in \$21.00 #11659

WCC | JUL 4 – AUG 29 **F, 7:30 PM – 8:30 PM**
 \$180.00 / 9 | Drop-in \$21.00 #11658

Express HIIT | Lunchtime AGES 19+

Are you someone looking to fit in a workout into your busy day? UNA's Express HIIT bootcamp-style workout is a mix between movements of high and low intensities that will hit all aspects of a full-body power workout. By combining bodyweight movements, strength training and aerobic elements, Express HIIT will target full body workouts leaving you feeling toned and sculpted from head to toe. Levels of intensities and difficulty can be customized.

Instructor: Hanif Teja

SPRING

WCC | APR 10 – JUN 26 **TH, 12:15 PM – 12:45 PM**
 \$132.00 / 12 | Drop-in \$12.00 #11608

SUMMER

WCC | JUL 3 – AUG 21 **TH, 12:15 PM – 12:45 PM**
No class Jul 24
 \$77.00 / 7 | Drop-in \$12.00 #11645

Express Spin | Morning AGES 18+

Spin into strength and conditioning. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or to push their fitness goals.

Instructor: Brianne Orr-Alvarez

SPRING

WCC | APR 7 – JUN 23 **M, 7:45 AM – 8:15 AM**
No classes Apr 21, May 19
 \$130.00 / 10 | Drop-in \$14.00 #11601

WCC | APR 10 – JUN 26 **TH, 7:30 AM – 8:00 AM**
 \$156.00 / 12 | Drop-in \$14.00 #11602

SUMMER

WCC | AUG 7 – AUG 21 **TH, 7:30 AM – 8:00 AM**
 \$39.00 / 3 | Drop-in \$14.00 #11642

Full Body Bootcamp AGES 19+

Sweat in this fast-paced, full-body circuit training workout. Participants perform interval exercises that require strength and cardio to target varying muscle groups and improve total-body fitness and mobility. Participants choose the intensity level (low, moderate or high) at which they want to work throughout the class.

Instructor: Hanif Teja

SPRING

OBCC | APR 7 – JUN 23 **M, 7:45 PM – 8:30 PM**
No classes Apr 21, May 19
 \$165.00 / 10 | Drop-in \$17.50 #11606

SUMMER

OBCC | JUL 7 – AUG 25 **M, 7:45 PM – 8:30 PM**
No class Aug 4
 \$115.50 / 7 | Drop-in \$17.50 #11647

Instructor: Nicole Kraumanis

SPRING

OBCC | APR 9 – JUN 11 **W, 9:45 AM – 10:35 AM**
 \$165.00 / 10 | Drop-in \$17.50 #11624

OBCC | APR 10 – JUN 12 **TH, 7:00 PM – 7:50 PM**
 \$165.00 / 10 | Drop-in \$17.50 #11625

Pilates | Beginner-Intermediate AGES 19+

Barre is a workout that combines lightweight, high repetition moves to help tone and sculpt even the smallest muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This special fitness class offers a twist of Pilates on the classic and popular barre classes and will leave you feeling toned and sculpted. No prior experience to barre or Pilates is necessary, but a willingness to learn and have fun is an absolute must.



muscles. Combining the small movements with large range of motion exercises will help to elevate the heart rate and increase strength and cardio fitness levels. This special fitness class offers a twist of Pilates on the classic and popular barre classes and will leave you

Instructor: Abby (Yang) Zhang

SPRING
WCC | APR 8 – JUN 24 TU, 9:25 AM – 10:25 AM
No classes Jun 3, Jun 10
\$150.00 / 10 | Drop-in \$16.00 #11558

SUMMER
WCC | JUL 8 – AUG 19 TU, 9:25 AM – 10:25 AM
No class Jul 22
\$90.00 / 6 | Drop-in \$16.00 #11632

Pilates | Full Body Sculpt AGES 19+

Participants combine high-repetition, low-impact intentional movements with a hint of Pilates in this Barre workout. Benefits include core conditioning, cardio, endurance, strength, improved range of motion and better overall fitness. Suitable for all fitness levels. No prior barre or Pilates experience required.

Instructor: Abby (Yang) Zhang

SPRING
WCC | APR 10 – JUN 26 TH, 9:30 AM – 10:30 AM
No classes Jun 5, Jun 12
\$150.00 / 10 | Drop-in \$16.00 #11559

SUMMER
WCC | JUL 3 – AUG 21 TH, 9:30 AM – 10:30 AM
No class Jul 24
\$105.00 / 7 | Drop-in \$16.00 #11633

ALL DROP-IN PARTICIPANTS WILL RECEIVE
A WRISTBAND AS PROOF OF PAYMENT.

Race Ready Run Clinic AGES 18+ NEW

This run clinic is designed for cruisers, pacers, and racers with some previous running experience. Whether you want to run your personal best or live a healthy lifestyle, run with the Wesbrook Road Runners in a social atmosphere. We take a technical approach to your running that involves hill training, tempo runs, and speed training. The clinic is designed to help runners prepare for the annual Vancouver Half-Marathon and 5K held on June 22, 2025.

Instructor: Hanif Teja

SPRING
WCC | MAY 1 – JUN 19 TH, 6:00 PM – 7:00 PM
\$96.00 / 8 | Drop-in \$13.00 #11609

Spin AGES 18+

Spin into strength and conditioning. Participants incorporate dynamic full-body movements into a high-intensity, low-impact cardio and endurance workout on indoor spin cycles. Participants select resistance, intensity and speed to match fitness levels or to push their fitness goals.

Instructor: TBD

SPRING
WCC | APR 6 – JUN 22 SU, 8:30 AM – 9:15 AM
No classes Apr 20, May 18
\$175.00 / 10 | Drop-in \$18.50 #11622

WCC | APR 8 – JUN 24 TU, 7:45 PM – 8:30 PM
\$210.00 / 12 | Drop-in \$18.50 #11623

SUMMER
WCC | JUL 6 – AUG 24 SU, 8:30 AM – 9:15 AM
No class Aug 3
\$122.50 / 7 | Drop-in \$18.50 #11654

WCC | JUL 8 – AUG 26 TU, 7:45 PM – 8:30 PM
\$140.00 / 8 | Drop-in \$18.50 #11653

ADULTS & SENIORS PROGRAMS

FITNESS & YOGA

Zumba AGES 19+

Zumba is inspired by Latin dance, including salsa, merengue and samba, and is accompanied by international music. Participants execute basic sequences designed as a workout that combines aerobic and interval training. The motivating and invigorating atmosphere makes classes as enjoyable as having a dance party with friends.

Instructor: Maryam Baghaeyan

SPRING

WCC | APR 9 – JUN 25 W, 6:35 PM – 7:35 PM
\$168.00 / 12 | Drop-in \$15.00 #11621

SUMMER

WCC | JUL 2 – AUG 27 W, 6:35 PM – 7:35 PM
\$126.00 / 9 | Drop-in \$15.00 #11652

Instructor: Herald Kane Bustamante Cabaddu

SPRING

WCC | APR 10 – JUN 26 TH, 6:45 PM – 7:45 PM
\$168.00 / 12 | Drop-in \$15.00 #11617

WCC | APR 12 – JUN 21 SA, 11:30 AM – 12:30 PM
No classes Apr 19, May 17
\$126.00 / 9 | Drop-in \$15.00 #11618

SUMMER

WCC | JUL 3 – AUG 28 TH, 6:45 PM – 7:45 PM
\$126.00 / 9 | Drop-in \$15.00 #11649



Chair Yoga with Angie AGES 19+

Participants sit – or stand holding onto a chair for balance – as they move through accessible stretches and modified yoga postures that are extremely gentle to support increasing mobility and mindfulness and reduce stiffness. Suitable for any level, all ages and mobility levels. Please bring a yoga mat.

Instructor: Angie Datt

SPRING

WCC | APR 10 – JUN 26 TH, 1:00 PM – 2:00 PM
\$120.00 / 12 | Drop-in \$11.00 #11595

Gentle Yoga with Angie AGES 19+

Relax, decompress, rejuvenate and relish. Participants in this gentle all-levels class move through postures and breath work to improve body awareness, flexibility, strength and balance, while releasing tension. Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

SPRING

WCC | APR 11 – JUN 27 F, 10:00 AM – 11:00 AM
No class Apr 18
\$165.00 / 11 | Drop-in \$16.00 #11597

SUMMER

WCC | JUL 4 – AUG 22 F, 10:00 AM – 11:00 AM
No class Jul 25
\$105.00 / 7 | Drop-in \$16.00 #11637

Gentle & Restorative Yoga AGES 19+

Blend relaxation with restoration in this gentle & restorative yoga class. Participants move through gentle yoga movements to relax and decompress in the first half of this class, while the second half is dedicated to supported postures, using props such as blocks and bolsters, to promote deep relaxation, rest and healing. Suitable for any level, all ages and mobility levels.

Instructor: Angie Datt

SPRING

WCC | APR 8 – JUN 24 TU, 10:35 AM – 11:50 AM
\$180.00 / 12 | Drop-in \$16.00 #11596

SUMMER

WCC | JUL 8 – AUG 19 TU, 10:35 AM – 11:50 AM
No class Jul 22
\$90.00 / 6 | Drop-in \$16.00 #11638

FITNESS & YOGA

Hatha Yoga with Ritu AGES 19+

Start the first half of this gentle hatha yoga class with focused breath work. This will lay a strong foundation for the second half, where we'll move mindfully through postures. Every posture will be expertly guided to enhance your mobility, flexibility, and strength. Rooted in ancient yoga traditions, expect Sanskrit names and soothing mantra chants, all designed for a slower-paced experience. Postural adjustments will be given to ensure your comfort and progress.

Instructor: Ritu Verma

SPRING
WCC | APR 8 – JUN 24 TU, 10:00 AM – 11:00 AM
\$240.00 / 12 | Drop-in \$21.00 #11626

SUMMER
WCC | JUL 10 – AUG 21 TH, 11:00 AM – 12:00 PM
No class Jul 24
\$120.00 / 6 | Drop-in \$21.00 #11655

Iyengar Yoga with Brian | Fundamentals

AGES 18+

Learn the fundamentals of Iyengar Yoga, a dynamic, progressive method rooted in the traditional eight limbs or petals of yoga. Asana are practiced with precision and alignment to safely develop mobility, strength, and balance. Longer asana holds evolve stamina, breath awareness, and mental clarity.

Instructor: Brian Hogencamp

SPRING
WCC | APR 8 – JUN 24 TU, 6:30 PM – 7:30 PM
No class Apr 22
\$220.00 / 11 | Drop-in \$21.00 #11598

SUMMER
WCC | JUL 8 – AUG 26 TU, 6:30 PM – 7:30 PM
\$160.00 / 8 | Drop-in \$21.00 #11641

YOGA AND FITNESS PARTICIPANTS UNDER AGE 18 REQUIRE A WAIVER SIGNED BY A PARENT OR GUARDIAN.

Iyengar Yoga with Brian | Intermediate

AGES 18+

Learn intermediate aspects of Iyengar Yoga, a dynamic progressive method rooted in the traditional eight limbs or petals of yoga. Asana are practiced with precision and alignment to safely develop mobility, strength, and balance. Longer asana holds evolve stamina, breath awareness, and mental clarity.

Instructor: Brian Hogencamp

SPRING
WCC | APR 9 – JUN 25 W, 10:00 AM – 11:30 AM
No class Apr 23
\$220.00 / 11 | Drop-in \$21.00 #11600

WCC | APR 10 – JUN 26 TH, 5:20 PM – 6:35 PM
No class Apr 24
\$220.00 / 11 | Drop-in \$21.00 #11599

SUMMER
WCC | JUL 2 – AUG 20 W, 10:00 AM – 11:30 AM
No class Jul 23
\$140.00 / 7 | Drop-in \$21.00 #11640

WCC | JUL 3 – AUG 28 TH, 5:20 PM – 6:35 PM
\$180.00 / 9 | Drop-in \$21.00 #11639

Iyengar Yoga with Luci AGES 17+

Iyengar yoga focuses on precise alignment, step-by-step instruction, and individualized feedback. In this class, go deeper in poses designed to build strength, release tight muscles, improve balance, and calm the mind. The method is adapted for all ages and levels. For more information, see luciyamamoto.com. Space permitting, drop-in: public \$22.00, UNA/UBC \$19.80. Note: Please bring your own mat and any other props that you might need.

Instructor: Luci Yamamoto

SPRING
WCC | APR 26 – JUN 7 SA, 10:00 AM – 11:15 AM
No class May 17
\$120.00 / 6 | Drop-in \$22.00 #11629

SUMMER
WCC | JUL 12 – AUG 2 SA, 10:00 AM – 11:15 AM
\$80.00 / 4 | Drop-in \$22.00 #11651



UNIVERSITY
NEIGHBOURHOODS
ASSOCIATION

CARDIO KICKBOXING AT WESBROOK

NEW!

Ready for a high energy, full body workout? Cardio kickboxing combines traditional kickboxing techniques with cardio fun in a well-rounded workout for all fitness levels. Elements of self-defense are also included in this 60-minute class.

SPRING

APR 11 - JUN 27 | Fridays
7:30 pm - 8:30 pm | #11657

SUMMER

JUL 7 - AUG 25 | Mondays
8:15 pm - 9:15 pm | #11659

JUL 4 - AUG 29 | Fridays
7:30 pm - 8:30 pm | #11658



For more information,
checkout myuna.ca/programs

Lunchtime Yoga AGES 19+

Explore graceful sequences, gentle stretches, and balancing poses while honoring your body's needs in this class focused on gentle pace and deep focus and breath. Align your body, find tranquility, and enhance body awareness. Conclude with restorative poses and guided relaxation to achieve a sense of inner calm.

Instructor: TBD

SPRING
WCC | APR 7 – JUN 23 M, 12:00 PM – 1:00 PM
 No classes Apr 21, May 19
 \$130.00 / 10 | Drop-in \$14.00 #11604

SUMMER
WCC | JUL 7 – AUG 18 M, 12:00 PM – 1:00 PM
 No classes Jul 21, Aug 4
 \$65.00 / 5 | Drop-in \$14.00 #11644

Prenatal & Postnatal Yoga AGES 19+

Experience the joy of motherhood through gentle yoga classes. Ancient practices enhance postural alignment, relieve pregnancy discomfort, promotes calmness, improves mindfulness, mobility, and strength. Classes accelerate postnatal recovery, with breath work being the foundation. Experience slower-paced and guided movements. Modifications will be given. Doctor's approval is recommended.

Instructor: Ritu Verma

SPRING
WCC | APR 8 – JUN 24 TU, 11:15 AM – 12:15 PM
 \$240.00 / 12 | Drop-in \$21.00 #11627

SUMMER
WCC | JUL 10 – AUG 21 TH, 1:00 PM – 2:00 PM
 No class Jul 24
 \$120.00 / 6 | Drop-in \$21.00 #11656

Restorative Yoga AGES 19+

Participants explore restorative yoga poses comprised of reclining postures that are supported by yoga props (such as blankets, bolsters and blocks) to promote deep relaxation, rest and healing. Please bring your own mat to class. Mats are available at a limited quantity to borrow if needed.

Instructor: Ritu Verma

SPRING
WCC | APR 6 – JUN 22 SU, 5:15 PM – 6:30 PM
 No classes Apr 20, May 18
 \$200.00 / 10 | Drop-in \$22.00 #11628

Yoga Fusion in Mandarin AGES 19+

Enjoy this Yoga Fusion class which includes 15 minutes of strength training to help build muscle mass, 30 minutes of flow yoga to enhance cardiovascular health, and 15 minutes of stretching to improve flexibility. This class is designed to benefit all areas of your fitness needs.

本瑜伽课程中，15分钟将结合肌力训练，让你健骨增肌，预防肌少症及骨质疏松；30分钟流动瑜伽可提高心肺功能；最后15分钟伸展，增加身体柔软度。这是一堂符合您全面健身需求的瑜伽课程。

Instructor: Kate Tsai

SPRING
WCC | APR 9 – JUN 25 W, 1:15 PM – 2:15 PM
 \$156.00 / 12 | Drop-in \$14.00 #11620

Yoga in Mandarin with Kate AGES 19+

Yoga can help you get in shape, improve range of motion, release muscle tightness, and reduce stress. In this course, you will learn essential yoga poses and the alignments will be addressed. The focus is on mindful movements in standing and floor postures to develop strength, focus and control. Poses variations and modifications will be offered to ensure students can work at their own level. Advanced and beginner yogi's are welcome.

无论你想保持体态、增加关节活动力、放松紧绷的肌肉或减低压力，瑜伽都可以帮助你。在这个课程里，我们通过瑜伽体式，在站姿与躺坐姿间进行流动。着重对身体的觉察，对位的提醒，进而达到肌耐力、专注力与控制力的提升。体式的变式在课程中也会提及，让不同程度的学员可以依据个人的能力练习。欢迎初学者。

Instructor: Kate Tsai

SPRING
WCC | APR 7 – JUN 23 M, 10:45 AM – 11:45 AM
 No classes Apr 21, May 19
 \$130.00 / 10 | Drop-in \$14.00 #11619

SUMMER
WCC | JUL 7 – AUG 18 M, 10:45 AM – 11:45 AM
 No classes Jul 14, Jul 21, Aug 4
 \$52.00 / 4 | Drop-in \$14.00 #11650

ADULTS & SENIORS PROGRAMS

SPORTS

Badminton AGES 18+

Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own raquet.

SPRING

WCC | APR 7 – JUN 23 M, 2:15 PM – 3:45 PM
No classes Apr 21, Apr 28, May 19
\$45.00 / 9 | Drop-in \$6.50 #11698

WCC | APR 11 – JUN 27 F, 7:45 PM – 9:15 PM
No class Apr 18
\$55.00 / 11 | Drop-in \$6.50 #11699

SUMMER

WCC | JUL 4 – AUG 29 F, 7:45 PM – 9:15 PM
\$45.00 / 9 | Drop-in \$6.50 #11705

Badminton Drop-In AGES 18+

Drop-in and play badminton. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 8 – JUN 24 TU, 12:00 PM – 1:30 PM
Drop-in \$6.50ea / 12 #11796

WCC | APR 6 – JUN 22 SU, 7:10 PM – 8:40 PM
No class Apr 20
Drop-in \$6.50ea / 11 #11797

SUMMER

WCC | JUL 5 – AUG 23 SA, 10:30 AM – 12:00 PM
Drop-in \$6.50ea / 8 #11799

WCC | JUL 6 – AUG 24 SU, 7:10 PM – 8:40 PM
No class Aug 3
Drop-in \$6.50ea / 7 #11798

ALL DROP-IN PARTICIPANTS WILL
RECEIVE A WRISTBAND AS PROOF
OF PAYMENT.

Family Badminton Drop-In ALL AGES

Play badminton with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 6-12 for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification.

Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING

WCC | APR 26 – JUN 21 SA, 8:45 AM – 10:15 AM
No class May 17
Drop-in \$3.00ea / 8 #11819

SUMMER

WCC | JUL 5 – AUG 23 SA, 8:45 AM – 10:15 AM
No class Aug 2
Drop-in \$3.00ea / 7 #11820

Basketball AGES 18+

Enjoy a fun and friendly game of casual three-on-three half court or 5 on 5 full court basketball. These sessions are uninstructed and open to players of all skill level. Games are to be self-lead, and self-refereed.

SPRING

WCC | APR 10 – JUN 26 TH, 7:45 PM – 9:15 PM
\$60.00 / 12 | Drop-in \$6.50 #11707

SUMMER

WCC | JUL 3 – AUG 28 TH, 7:45 PM – 9:15 PM
\$45.00 / 9 | Drop-in \$6.50 #11709

Basketball Drop-In AGES 18+

Drop-in and play basketball. A maximum of 22 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 7 – JUN 23 M, 8:00 PM – 9:30 PM
No classes Apr 21, May 19
Drop-in \$6.50ea / 10 #11816

SUMMER

WCC | JUL 7 – AUG 25 M, 8:00 PM – 9:30 PM
No class Aug 4
Drop-in \$6.50ea / 7 #11818

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UNA CARD



With a UNA Card, UNA residents get free access or discounts to various UBC recreation and cultural facilities, the Vancouver Public Library and UNA community centres.

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ADULTS & SENIORS PROGRAMS

SPORTS

Pickleball AGES 18+

Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

SPRING

WCC | APR 11 – JUN 27 **F, 10:30 AM – 12:00 PM**
No class Apr 18
 \$50.00 / 10 | Drop-in \$6.50 #11711

WCC | APR 12 – JUN 21 **SA, 5:45 PM – 7:15 PM**
No classes Apr 19, May 17
 \$45.00 / 9 | Drop-in \$6.50 #11712

WCC | APR 6 – JUN 22 **SU, 4:00 PM – 5:30 PM**
No classes Apr 20, May 18
 \$50.00 / 10 | Drop-in \$6.50 #11710

SUMMER

WCC | JUL 5 – AUG 23 **SA, 5:45 PM – 7:15 PM**
No class Aug 2
 \$35.00 / 7 | Drop-in \$6.50 #11713

WCC | JUL 6 – AUG 24 **SU, 4:00 PM – 5:30 PM**
No class Aug 3
 \$35.00 / 7 | Drop-in \$6.50 #11714

REGISTERED SPORTS ARE FULL-SEASON PROGRAMS. THE NO-SHOW WAITLIST OPENS 30 MINUTES PRIOR TO THE SESSION, IN-PERSON ONLY. BOOKED SPOTS ARE HELD FOR 10 MINUTES AFTER DROP-IN BEGINS. AFTER 10 MINUTES, SPOTS ARE RESOLD TO THOSE ON THE WAITLIST. FULL POLICIES ARE ON PAGES 2-3.

Pickleball Lessons | Learn to Play (Beginner) AGES 18+

Learn to play pickleball. Participants experiment with this paddle sport that has elements of other racquet sports, including badminton, tennis and table tennis. Technique is expanded through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 9 – JUN 25 **W, 11:40 AM – 1:10 PM**
 \$300.00 / 12 | Drop-in \$25.00 #11744

Pickleball Lessons | Guided Intermediate Soft Game AGES 18+

A session for thoughtful intermediate players, interested in honing their soft game. Emphasis on soft game, positional play, strategy, and how to be a good doubles partner. The instructor will arrange games, circulate through the gym to offer tips. Note: This is a FRIENDLY development session for players who have been assessed at 2.75+. Please contact the programmer or instructor if you require more information. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 9 – JUN 25 **W, 8:30 AM – 10:00 AM**
 \$180.00 / 12 | Drop-in \$15.00 #11742

Pickleball Lessons | Intermediate AGES 18+

Improve at pickleball. Participants experiment and expand technique through matches and drills that focus on dinking, volleys, third shots, drives, court positioning and more. Suitable for those with some experience or for those who have completed the beginner program. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING

WCC | APR 9 – JUN 25 **W, 10:05 AM – 11:35 AM**
 \$300.00 / 12 | Drop-in \$25.00 #11741

SPORTS

Pickleball Lessons | Accelerated Development AGES 18+

Practise competitive pickleball. Participants en route to 3.5+ push their skills through drills and fast-paced matches that require advanced footwork, positioning and true teamwork. Suitable for experienced players and confident athletes. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING
WCC | APR 6 – JUN 22 SU, 10:45 AM – 12:15 PM
No class Apr 20
 \$275.00 / 11 | Drop-in \$25.00 #11743

Pickleball Lessons | Advanced Doubles AGES 18+

Practise pickleball in pairs. Participants refine and challenge their skills through drills and fast-paced matches that require advanced footwork, positioning and teamwork. Registration in pairs is ideal. Each individual must register separately. Single players will also be accommodated. Suitable for experienced players and confident athletes. Participants are required to bring a racquet.

Instructor: Chris Koentges

SPRING
WCC | APR 11 – JUN 27 F, 8:45 AM – 10:15 AM
No class Apr 18
 \$275.00 / 11 | Drop-in \$25.00 #11745

Pickleball Drop-In AGES 18+

Drop-in and play pickleball. A maximum of 18 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time for residents and 24 hours for non-residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING
WCC | APR 10 – JUN 26 TH, 1:45 PM – 3:15 PM
 Drop-in \$6.50ea / 12 #11823

Pickleball Drop-In | 45 Min AGES 18+



Drop-in and play a quick couple games of pickleball. A maximum of 12 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time for residents and 24 hours for non-residents. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.



SUMMER
WCC | JUL 6 – AUG 24 SU, 12:00 PM – 12:45 PM
No class Aug 3
 Drop-in \$3.50ea / 7 #11827

Family Pickleball Drop-in ALL AGES

Play pickleball with your family! A maximum of 16 participants can participate. Please arrive 30 minutes early to reserve your spot on the day of. It is required that minimum one adult of 19+ accompany at minimum one child 18 or under for this activity (up to 3 children per adult). Please see myuna.ca/recreation-policies/ for further clarification.

Reminder to all participants: please ensure you are sharing the courts with all participants equally.

SPRING
WCC | APR 6 – JUN 22 SU, 9:00 AM – 10:30 AM
No class Apr 20
 Drop-in \$3.00ea / 11 #11821

SUMMER
WCC | JUL 13 – AUG 24 SU 8:45AM – 10:15 AM
No class Aug 3
 Drop-in \$3.00ea / 7 #11822

DROP-IN SPORTS CAN BE BOOKED UP TO 48 HOURS IN ADVANCE FOR UNA RESIDENTS, AND 24 HOURS IN ADVANCE FOR NON-UNA RESIDENTS. BOOKED PARTICIPANTS HAVE UP TO 10 MINUTES AFTER THE PROGRAM START TIME TO SHOW UP. FOR FULL RECREATION POLICIES, SEE PAGES 2-3.

ADULTS & SENIORS PROGRAMS

SPORTS

Indoor Soccer (Futsal) AGES 19+

Indoor soccer, or futsal, played by rotating teams of 6 players. These matches will last roughly 7 minutes before the team that is sitting is rotated into play. Sessions are self-refereed and self-timed by participants. Hockey nets will be used as goals at the far ends of the gymnasium, and specific futsal balls will be provided. Indoor soccer shoes or runners are required; studded cleats will not be permitted.

SPRING

WCC | APR 10 – JUN 26 TH, 6:00 PM – 7:30 PM
\$60.00 / 12 | Drop-in \$6.50 #11716

SUMMER

WCC | JUL 3 – AUG 28 TH, 6:00 PM – 7:30 PM
\$45.00 / 9 | Drop-in \$6.50 #11718

Soccer Skills for Women AGES 19+

Learn soccer from a pro. Participants are guided by Heather, a former professional soccer player, to learn and improve basic skills in a fun and supportive environment. Instruction is in Mandarin and English. Anyone who identifies as a woman is welcome. Registration is required.

Instructors: Ann Tian and Dora Li

SPRING

WCC | APR 10 – JUN 22 TH, 12:00 PM – 1:15 PM
FREE / 12 #11911

Table Tennis AGES 19+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

SPRING

WCC | APR 7 – JUN 23 M, 11:45 AM – 1:15 PM
No classes Apr 21, Apr 28, May 19
\$45.00 / 9 | Drop-in \$6.50 #11721

WCC | APR 8 – JUN 24 TU, 2:00 PM – 3:30 PM
\$60.00 / 12 | Drop-in \$6.50 #11720

Table Tennis Drop-In AGES 19+

Drop-in and play table tennis. A maximum of 20 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 11 – JUN 27 F, 12:15 PM – 1:45 PM
No class Apr 18
Drop-in \$6.50ea / 11 #11824

SUMMER

WCC | JUL 7 – AUG 26 M, 2:15 PM – 3:45 PM
No class Aug 4
Drop-in \$6.50ea / 7 #11825

WCC | JUL 9 – AUG 27 W, 2:15 PM – 3:45 PM
Drop-in \$6.50ea / 8 #11826

Volleyball AGES 18+

Play volleyball in a fun, social setting. These sessions are uninstructed and open to players of all skill levels. 28 players maximum, every team is required to have one rotating sub if the program is full.

SPRING

WCC | APR 7 – JUN 23 M, 6:00 PM – 7:30 PM
No classes Apr 21, May 19
\$50.00 / 10 | Drop-in \$6.50 #11722

SUMMER

WCC | JUL 7 – AUG 25 M, 6:15 PM – 7:45 PM
No class Aug 4
\$35.00 / 7 | Drop-in \$6.50 #11723

Volleyball Drop-In AGES 18+

Drop-in and play volleyball. A maximum of 26 participants can reserve spots by paying the drop-in fee in advance. Registration opens 48 hours before the drop-in time. Spots of pre-registered participants will be held until 10 minutes after the program start time at which point any no-show spots will be released.

SPRING

WCC | APR 9 – JUN 25 W, 7:45 PM – 9:15 PM
Drop-in \$6.50ea / 12 #11794

SUMMER

WCC | JUL 2 – AUG 27 W, 7:45 PM – 9:15 PM
Drop-in \$6.50ea / 9 #11795

**YOUR TEAM.
YOUR COMMUNITY.
YOUR THUNDERBIRDS.**



SCAN FOR OUR SCHEDULE

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ADULTS & SENIORS PROGRAMS

SPORTS

Walking Soccer Club AGES 40+

Participants, who love playing soccer but prefer a slower pace, enjoy this alternative that involves no physical contact or running, allowing them to practise this beloved sport in a safe setting. Registration is required.

Instructor: Nils Bradley

SPRING
WCC | APR 9 – JUN 25 **W, 1:15 PM – 2:45 PM**
FREE / 12 #11469

Karate Parents | Martial Arts and Movement AGES 4-6 & 18+

This fun program mixes play with calisthenics and martial arts to give students the foundation needed to participate in any sport. Students will learn to fall, crawl, stand, run, jump, carry, throw, punch and kick! They will build strong, confident and safe bodies. Parents are encouraged but not required to participate with their children to help model healthy habits. Children's Spring sections of #11778 (Tu) and #11782 (Fri). Children's Summer section is #11787 (Tu).

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 8 – JUN 24 **TU, 6:15 PM – 7:00 PM**
\$180.00 / 12 #11779

OBCC | APR 11 – JUN 27 **F, 6:15 PM – 7:00 PM**
No class Apr 18
\$165.00 / 11 #11786

SUMMER
WCC | JUL 8 – AUG 26 **TU, 6:15 PM – 7:00 PM**
\$120.00 / 8 #11788

Family Karate AGES 19+

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Family Karate class, designed for students from ages 6 and up, offers parents the option to train with their children.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 8 – JUN 24 **TU, 7:00 PM – 8:00 PM**
\$180.00 / 12 #11775

OBCC | APR 11 – JUN 27 **F, 7:00 PM – 8:00 PM**
No class Apr 18
\$165.00 / 11 #11785

SUMMER
WCC | JUL 8 – AUG 26 **TU, 7:00 PM – 8:00 PM**
\$120.00 / 8 #11791

Youth & Adults Karate AGES 19+

Karate is more than kicking and punching. Through the regular practice of this martial art, students will build strength through sport, confidence through self-defence, and focus through Kata, preparing them to take on all of life's biggest challenges. Our Youth and Adult class is designed to challenge students from ages 10 and up.

All students are required to be insured members of Karate BC (Provincial Sport Organization) through Kumakai Karate Vancouver. Annual fees are \$45.00 to \$65.00 depending on age and belt level.

Instructor: Kumakai Karate

SPRING
WCC | APR 8 – JUN 24 **TU, 8:00 PM – 9:00 PM**
\$180.00 / 12 #11776

WCC | APR 10 – JUN 26 **TH, 8:00 PM – 9:00 PM**
\$180.00 / 12 #11781

SUMMER
WCC | JUL 8 – AUG 26 **TU, 8:00 PM – 9:00 PM**
\$120.00 / 8 #11793

SOCIAL

Food for Thought: A Series of Meaningful Conversations AGES 16+

Meet your neighbours, make friends and build community! We welcome everyone who is interested in taking part in an interactive, facilitated, multi-media discussion in a safe environment involving people of all backgrounds and all ages (16+) who want to meet their neighbours, initiate friendships as well as strengthen community bonds. Register to receive program updates.

Instructor: Judy Burge

SPRING
OBCC | APR 9 – JUN 18 W, 7:00 PM – 8:30 PM
FREE / 11 #11592



Newcomer Support Program AGES 13+

This new free series program is designed for newcomers to the province in recent 5 years or anyone believes they need newcomer supports. This session is for sharing experiences: Secondary School Course Selection Tea and coffee are provided.

Instructor: Peng Wang

SPRING
WCC | APR 12 – JUN 7 SA, 10:00 AM – 11:30 AM
No classes Apr 19, Apr 26, May 17
FREE / 8 #11554

Newcomers' English Club AGES 19+

This free volunteer-led drop-in program provides a place for newcomers to practice their English skills and ask questions as they adjust to a new community. There will be a new topic each week based on the needs of the group. Please register to receive program updates.

Instructors: Doreen and Paula

SPRING
WCC | APR 10 – JUN 26 TH, 1:00 PM – 2:30 PM
FREE / 12 #11551

Saturday Afternoon Tea AGES 19+

Saturday Afternoon Tea gives residents the opportunity to build community and learn in an inclusive and friendly environment. Each month a new speaker will facilitate a new informative session and discussion topic. Our volunteers will prepare tea and coffee and you are welcome to bring a snack or dessert to share with the group. Registration is required for this free program.

Instructor: UNA Volunteer

SPRING
WCC | APR 12, MAY 24, JUN 7 SA, 1:00 PM – 3:00 PM
FREE / 3 #11456, #11457, #11458

SUMMER
WCC | JUL 19, AUG 16 SA, 1:00 PM – 3:00 PM
FREE / 2 #11454, #11455

Bridge | Advanced AGES 19+

Card lovers unite. Participants, ages 19+, drop-in to play this captivating, challenging and strategic trick-taking card game. Participants should have a strong knowledge of the game, including bidding and card playing. Registration is required for this free program.

Instructor: UNA Volunteer

SPRING
WCC | APR 8 – JUN 24 TU, 10:00 AM – 12:30 PM
FREE / 12 #11440

SUMMER
WCC | JUL 8 – AUG 26 TU, 10:00 AM – 12:30 PM
FREE / 8 #11441

ADULTS & SENIORS PROGRAMS

SOCIAL

Mahjong | English & Mandarin AGES 19+

Match sets and pairs in this classical Chinese game of tiles. Participants learn to play, improve their understanding, skill and speed in handling the tiles, while making friends in a social setting. Everyone aged 19+ is welcome. Experience with Mahjong is not required. Registration is required to receive email updates for this no-cost program.

Instructor: UNA Volunteer

SPRING
WCC | APR 7 – JUN 23 M, 1:00 PM – 3:00 PM
FREE / 12 #11452

SUMMER
WCC | JUL 7 – AUG 25 M, 1:00 PM – 3:00 PM
FREE / 8 #11453

Community Board Game Night ALL AGES

Are you interested in card games, modern board games, RPG, or tabletop wargames but don't have any prior experience? Or are you a board game veteran? Come join us for a fun and friendly night of drop-in gaming. There is a collection of games available for use, but feel free to bring your own. Coffee and tea will be provided. This weekly community meeting is for all ages, but children 12 and younger must be accompanied by a caregiver. This is a free drop-in program and registration is not required.

Instructors: Brandon Trajano

SPRING
WCC | APR 11, MAY 2, JUN 6 F, 6:00 PM – 9:30 PM
FREE / 3 #11665

Let's Cook Club ALL AGES

Cook a dish, share a dish. Participants enjoy a cooking workshop that features a new recipe each session. Each session is followed by a potluck, consisting of dishes that participants bring to class to share with others.

Instructors: Andrea Garcia

SPRING
WCC | MAY 27 TU, 6:00 PM – 8:00 PM
FREE / 1 #11584

WCC | JUN 24 TU, 6:00 PM – 8:00 PM
FREE / 1 #11585

WCC | APR 29 TU, 6:00 PM – 8:00 PM
FREE / 1 #11583

Old Barn Book Club AGES 16+

This Book Club is for people who are interested in lively discussion with a diverse age group of participants. It will also incorporate projects related to increasing literacy resources to vulnerable people. Anyone 16 years old and up is encouraged to participate. Please register to receive program updates.

Book titles TBD.

Instructor: UNA Volunteer

SPRING
OBCC | APR 26, MAY 31, JUN 21 SA, 10:00 AM – 12:00 PM
FREE / 3 #11680

Pokemon Trading Card Game AGES 10+

Learn about the cards, strategies, and stories behind the popular Pokemon Trading Card Game. After learning the basics through the lessons, you will practice your skills by playing the game with other students. No prior experience or card collection is required.

Instructor: Emile Yang

SPRING
WCC | APR 12 – JUN 7 SA, 3:30 PM – 5:00 PM
No classes Apr 19, May 17
FREE / 7 #11847

SOCIAL

Sewing and Knitting Studio AGES 13+

Participants meet to sew and knit together, creating a space where participants can learn from one another – whether that is basic sewing skills, quilting or making clothing. This is an unstructured program. Sewing machines and a variety of knitting supplies will be available.

Instructor: Sonia Soltana

SPRING
WCC | APR 6 – JUN 22 SU, 1:00 PM – 3:00 PM
No classes Apr 20, May 18
 FREE / 10 #11461

Walk and Talk Club AGES 19+

Explore the outdoors, socialize and boost fitness while exploring Pacific Spirit Park, the UBC campus and surrounding neighbourhoods by foot. Participants are welcome to have a warm beverage, eat lunch, and socialize after the walk. Walks take place weekly, regardless of the weather. Please dress appropriately and wear supportive footwear. Registration is required for this free program.



Instructor: Helen Aqua

SPRING
WCC | APR 7 – JUN 23 M, 10:00 AM – 11:30 AM
 FREE / 12 #11467

SUMMER
WCC | JUL 7 – AUG 25 M, 10:00 AM – 11:30 AM
 FREE / 8 #11466

Wesbrook Book Club AGES 19+

Enjoy a conversation with your neighbours about the book of the month. This program is suitable for those with intermediate English skills and new members are always welcome. Register to receive program updates.

Apr 27: *Sweet Bean Paste* by Durian Sukegawa
May 25: *The Samurai's Garden* by Gail Tsukiyama
June 22: *Caste: The Origins of Our Discontents* by Isabel Wilkerson.

Instructor: Andrea Garcia

SPRING
WCC | APR 27, MAY 25, JUN 22 SU, 10:00 AM – 12:00 PM
 FREE / 3 #11586

Women's Social Club AGES 19+

Gather over lunch hour to socialize, connect with neighbours and residents, and form social connections and friendships that keep loneliness at bay. Anyone who identifies as a woman is welcome. Registration is required to receive email updates for this no-cost program.

Instructor: Alice Bradley

SPRING
OBCC | APR 8 – JUN 24 TU, 12:00 PM – 1:30 PM
 FREE / 12 #11473

TO ENSURE YOU RECEIVE IMPORTANT REGISTRATION INFORMATION AND WAITLIST NOTIFICATION EMAILS, PLEASE ADD SUPPORT@MYUNA.CA TO YOUR SAFE EMAIL SENDERS LIST.

SENIORS 55+ PROGRAMS

ARTS

Art Studio for Seniors AGES 55+

Participants ages 55+ bring their supplies to a collaborative, open and flexible setting, where they develop works of art alongside others.

Instructor: Bowen Sun

SPRING

WCC | APR 10 – JUN 26
FREE / 12

TH, 9:30 AM – 11:30 AM
#11436

Chinese Dance for Seniors AGES 55+

Mix traditional Chinese dance with social time. Enjoy space to connect with Chinese culture and traditions, and to build community while being physically active. This program is taught in Mandarin and English. Registration is required.

Instructor: Florence Luo

SPRING

OBCC | APR 6 – JUN 22
No classes Apr 20, May 18
FREE / 10

SU, 3:00 PM – 4:30 PM

#11444

Creative Art Studio | Youth & Seniors

AGES 55+

This program focuses on promoting intergenerational art making through meaningful conversations and experiences. All art materials are provided. This is a youth volunteer-led program.

Instructor: Chloe Kang

SPRING

WCC | APR 8 – JUN 24
FREE / 12

TU, 3:30 PM – 4:45 PM
#12144

Digital Art | Youth & Seniors AGES 55+

This program provides a unique opportunity to learn how to draw and paint with digital art. Participants will practice using drawing tools, brushes, and color palettes to make unique doodles and illustrations. Participants must bring their own personal tablets and download a paid app. This is a youth volunteer-led program.

Instructor: Astrid Wang

SPRING

WCC | APR 7 – JUN 23
No classes Apr 21, Apr 28, May 19
FREE / 9

M, 4:45 PM – 5:45 PM

#12134

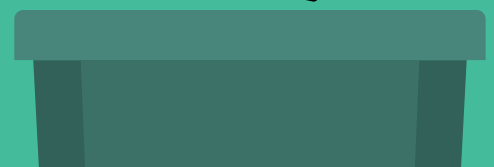


SHOULD YOU TAKE THAT TO THE GREEN DEPOT?

The **UNA Green Depot** offers a convenient spot to deposit various materials for reuse and recycling. Learn more at myuna.ca/depot



GREEN DEPOT



EDUCATION

English ABCs for Seniors AGES 55+

Start from scratch. Participants in this class, designed for seniors who have little or no experience with the English language, learn basic vocabulary and sentences that support real-life interactions. Led by youth volunteers, this class provides a welcoming and slow-paced environment for new language learners. Registration is required.

Instructor: UNA Volunteer

SPRING
WCC | APR 6 - JUN 22 SU, 10:00 AM - 11:30 AM
No classes Apr 20, May 18
FREE / 10 #11450

Tech-Savvy Mondays for Seniors AGES 55+

Tackle technology and boost online literacy. Participants, ages 55+, bring their questions about interacting with computer devices and the online world to volunteers, who offer one-on-one and group support. Topics covered may include: setting up email, exporting images from email or your phone, using Zoom and Facebook.

Participants must bring a device (phone, laptop, tablet). Registration is required for this volunteer-led program.

Instructor: UNA Volunteer

SPRING
WCC | APR 7 - JUN 23 M, 1:45 PM - 3:00 PM
No classes Apr 21, May 19
FREE / 10 #11465



FITNESS & YOGA

AquaFit | Balmoral AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance. Suitable for all fitness, mobility and swim levels, and 55+ are welcome; this program is only open to residents of Balmoral.

Instructor: Hanif Teja

SPRING
BALMORAL | APR 7 - JUN 23 M, 11:00 AM - 11:50 AM
No classes Apr 21, May 19
\$80.00 / 10 | Drop-in \$9.00 #11605

SUMMER
BALMORAL | JUL 7 - AUG 25 M, 11:00 AM - 11:50 AM
No class Aug 4
\$56.00 / 7 | Drop-in \$9.00 #11648

AquaFit | West Hampstead AGES 55+

Participants enjoy a fitness class in the shallow end of the swimming pool, using water and pool equipment to create resistance that conditions muscles and builds cardio endurance. Suitable for all fitness, mobility and swim levels, and 55+ are welcome; this program is only open to residents of West Hampstead.

Instructor: Hanif Teja

SPRING
W. HAMPSTEAD | APR 8 - JUN 24 TU, 1:00 PM - 1:50 PM
\$96.00 / 12 | Drop-in \$9.00 #11607

SUMMER
W. HAMPSTEAD | JUL 8 - AUG 26 TU, 1:00 PM - 1:50 PM
\$64.00 / 8 | Drop-in \$9.00 #11646

SENIORS 55+ PROGRAMS

FITNESS & YOGA

Osteofit with Angie AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment. Osteofit instructors are trained and certified by BC Women's Hospital Health Centre.

Instructor: Angie Datt

SPRING

WCC | APR 7 – JUN 23 M, 1:00 PM – 2:00 PM
No classes Apr 21, May 19
\$100.00 / 10 | Drop-in \$11.00 #11594

SUMMER

WCC | JUL 7 – AUG 18 M, 1:00 PM – 2:00 PM
No classes Jul 21, Aug 4
\$50.00 / 5 | Drop-in \$11.00 #11636

Osteofit | West Hampstead AGES 55+

Exercise safely and gently with specialized instructors. Participants receive a combination of exercise and education designed for individuals with osteoporosis, low-bone density or who are at risk of fractures and falls. Osteofit classes have a low participant-to-instructor ratio and provide a supportive group environment. Equipment is not provided for remote sessions. Osteofit instructors are trained and certified by BC Women's Hospital + Health Centre. This program is only open to residents of West Hampstead. Please see our other offering for Osteofit at Wesbrook.

Instructor: Angie Datt

SPRING

W. HAMPSTEAD | APR 7 – JUN 23 M, 3:00 PM – 4:00 PM
No classes Apr 21, May 19
\$90.00 / 10 | Drop-in \$9.00 #11591

SUMMER

W. HAMPSTEAD | JUL 7 – AUG 25 M, 3:00 PM – 4:00 PM
No class Aug 4
\$63.00 / 7 | Drop-in \$9.00 #11635

SPORTS

Badminton for Seniors AGES 55+

Play badminton in a fun, social setting. These sessions are uninstructed and open to players of all skill levels over the age of 55. Bring your own racquet.

SPRING

WCC | APR 8 – JUN 24 TU, 2:15 PM – 3:45 PM
\$48.00 / 12 | Drop-in \$4.00 #11439

WCC | APR 11 – JUN 27

No class Apr 18 F, 12:30 PM – 2:00 PM
\$44.00 / 11 | Drop-in \$4.00 #11438

Seniors Pickleball AGES 55+



Pickleball mixes elements of badminton, table tennis and tennis, and is one of the fastest growing sports in North America. These sessions are uninstructed and open to players of all skill levels. Bring your own paddle.

SPRING

WCC | APR 7 – JUN 23 M, 8:45 AM – 10:15 AM
No classes Apr 21, Apr 28, May 19
\$36.00 / 9 | Drop-in \$4.00 #11852

SUMMER

WCC | JUL 8 – AUG 26 TU, 4:00 PM – 5:30 PM
\$32.00 / 8 | Drop-in \$4.00 #11883

Table Tennis for Seniors AGES 55+

Play table tennis in a fun, social setting. These sessions are uninstructed and open to seniors ages 55+ of all skill levels. Bring your own paddle.

SPRING

WCC | APR 11 – JUN 27 F, 2:30 PM – 3:30 PM
No class Apr 18
\$44.00 / 11 | Drop-in \$4.00 #11463

Seniors' Gym AGES 55+

Participants ages 55+ can stay healthy and active by joining volunteer-led games and activities in Seniors' Gym! Activities will be low intensity. Please wear indoor walking shoes.

Instructor: Ann Tian

SPRING

WCC | APR 7 – JUN 23 M, 1:00 PM – 2:00 PM
No classes Apr 21, Apr 28, May 19
FREE / 9 #11459

SOCIAL

Dance Party for Seniors AGES 55+

Hit the dance floor and groove to a variety of classic tunes - from rock and roll, pop and disco to jazz, rhythm and soul. No dance partner needed! When you're ready for a break, rest in our adjacent seating area and enjoy connecting with others who share your love of music. Please register to receive program updates.

Instructor: Florence Luo

SPRING
WCC | APR 26, MAY 31, JUN 14 SA, 7:00 PM – 8:30 PM
FREE / 3 #11446

Seniors' Hour at Wesbrook AGES 55+



Come enjoy a range of social and physical activities while creating new friendships and exchanging ideas in a fun, safe, and inclusive space! Registration is required to receive email updates for this no-cost program. Drop-ins are welcome, space allowing.

Instructor: UNA Staff

SPRING
WCC | APR 8 – JUN 24 TU, 1:00 PM –2:00 PM
FREE / 12 #11474

SUMMER
WCC | JUL 8 – AUG 26 TU, 1:00 PM –2:00 PM
FREE / 8 #11475

Song Circle for Seniors AGES 55+

Join in a casual sing-along! Songs will be in multiple languages.

Instructor: Julia (Ningling) Zhu

SPRING
WCC | APR 8 – JUN 24 TU, 10:00 AM – 11:30 AM
FREE / 12 #11462

Whist AGES 55+

Participants learn to play and improve their understanding of this classic English trick-taking card game. This is a fun game that is easy to learn and requires a minimal strategy. Everyone aged 55+ is welcome. Experience with Whist is not required. Registration is required to receive email updates for this no cost program.

Instructor: Nils Bradley

SPRING
WCC | APR 9 – JUN 25 W, 10:00 AM – 12:00 PM
FREE / 12 #11471



WE ARE LOOKING FOR INSTRUCTORS!

The UNA is committed to providing inclusive and accessible recreational, educational and fitness programs to every member in the UNA Community.

Have a program you want to offer? We are currently looking for instructors in the following areas:

- Music teachers • Fitness & Spin instructors • Personal Trainers

Visit our website for more details: myuna.ca/careers

INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
COMMUNITY EVENTS - PAGE 8							
11579	Family Movie Night	All ages	Apr 12	Sat	6:00 PM	OBCC	家庭电影之夜
	Eggstravaganza	All ages	Apr 19	Sat	9:30 AM	OBCC	彩蛋大派对
12026	Kung Jaadee: Haida & Squamish Stories	All ages	Jun 21	Sat	1:00 PM	OBCC	原住民讲故事
	Canada Day	All ages	Jul 1	Tue	11:00 AM	WCC	加拿大日
CAMPS - PAGE 10							
11549	Sportball: Pro-D Day Multi-Sport camp	6-10	Apr 28	Mon	9:00 AM	WCC	Pro-D球类营
various	UNA Summer Camps	5-7 & 8-11	Jul 7	Mon-Fri	9:00 AM	WCC	夏令探险营
11839	Crossmaneuver Performing Arts Camp	3-5	Jul 21	Mon-Fri	10:00 AM	OBCC	艺术夏令营
11836	Crossmaneuver Performing Arts Camp	4-7	Aug 18	Mon-Fri	9:00 AM	OBCC	Crossmaneuver 表演艺术营
11840	Creation & Perform. Art Crossmaneuver Camp	7-13	Jul 14	Mon-Fri	9:00 AM	OBCC	儿童表演春假营
11750	Floor Hockey & Soccer Camp	6-10	Aug 5	Tue-Fri	9:00 AM	WCC	地板曲棍球和足球营
11758	K-Pop/Hip-Hop Dance Camp	6-12	Jul 21	Mon-Fri	9:00 AM	WCC	韩式嘻哈舞夏令营
11763	K-Pop/Hip-Hop Dance Camp	6-12	Aug 25	Mon-Fri	9:00 AM	WCC	韩式嘻哈舞夏令营
11834	Lego Stop Motion Animation Claymation Camp	8-12	Jul 7	Mon-Fri	9:00 AM	OBCC	乐高定格动画和黏土动画夏令营
11835	Lego Stop Motion Animation Claymation Camp	8-12	Aug 25	Mon-Fri	9:00 AM	OBCC	乐高定格动画和黏土动画夏令营
11764	Young Moviemakers Camp	8-14	Jul 28	Mon-Fri	9:00 AM	OBCC	电影制作夏令营
11765	Young Moviemakers Camp	8-14	Aug 5	Mon-Fri	9:00 AM	OBCC	电影制作夏令营
11766	Young Moviemakers Camp	8-14	Aug 11	Mon-Fri	9:00 AM	OBCC	电影制作夏令营
11748	Multi-Sport Camp	6-10	Jul 7	Mon-Fri	9:00 AM	WCC	综合运动营
11751	Soccer Camp	6-10	Aug 11	Mon-Fri	9:00 AM	WCC	足球训练营
11833	Superhero Karate Summer Camp	7-17	Jul 28	Mon-Fri	9:00 AM	WCC	超级英雄空手道夏令营
11754	WIZE-STEM - Coding, Robotics, 3D Camp	8-12	Jul 14	Mon-Fri	9:00 AM	WCC	科学营: 编程, 机器人和3D打印
11755	WIZE-STEM - Coding, Robotics, 3D Camp	8-12	Aug 18	Mon-Fri	9:00 AM	WCC	科学营: 编程, 机器人和3D打印
ACTIVE KIDS - PAGE 14							
11686	Active Kids: Multi-Sport and Playtime	1.5-3	May 5	Mon	10:30 AM	WCC	多项球类和游戏
11667	Active Kids: Basketball	8-12	May 6	Tue	4:00 PM	WCC	篮球
11682	Active Kids: Basketball	8-12	May 8	Thu	4:00 PM	WCC	篮球
11670	Active Kids: Basketball	8-12	May 10	Sat	12:15 PM	WCC	篮球
11678	Active Kids: Basketball	12-16	May 8	Thu	11:00 AM	WCC	篮球
11684	Active Kids: Girls Play Basketball	8-12	May 10	Sat	10:30 AM	WCC	女子篮球
11689	Active Kids: Soccer	3-5	May 5	Mon	4:00 PM	WCC	足球
11688	Active Kids: Soccer	6-9	May 5	Mon	4:45 PM	WCC	足球
EARLY YEARS - PAGE 16							
11672	Parent & Child: Hip-Hop	2-5	Apr 12	Sat	9:30 AM	OBCC	亲子嘻哈舞
11691	Preschool Ballet	3-4	Apr 6	Sun	11:25 AM	WCC	学前芭蕾
11692	Preschool Ballet	3-4	Apr 6	Sun	1:30 PM	WCC	学前爵士舞
11663	Preschool Ballet	3-4	Apr 9	Wed	3:30 PM	WCC	学前芭蕾
11746	Preschool Ballet	3-4	Jul 6	Sun	11:25 AM	WCC	学前芭蕾
11854	Preschool Ballet	3-4	Jul 6	Sun	1:30 PM	WCC	学前芭蕾
11694	Preschool Dance	2-3	Apr 6	Sun	9:30 AM	WCC	学前舞蹈
11544	Preschool Dance	2-3	Apr 7	Mon	3:30 PM	WCC	学前舞蹈
11747	Preschool Dance	2-3	Jul 6	Sun	9:30 AM	WCC	学前舞蹈
11685	Group Piano for Preschoolers	3-5	Apr 6	Sun	12:50 PM	OBCC	学前小班钢琴
11869	Group Piano for Preschoolers	3-5	Jul 6	Sun	12:35 PM	OBCC	学前小班钢琴

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
EARLY YEARS - PAGE 16							
11683	Group Ukulele Circle	3-5	Apr 6	Sun	12:00 PM	OBCC	尤克里里小队
11870	Group Ukulele Circle	3-5	Jul 6	Sun	1:25 PM	OBCC	尤克里里小队
11562	Music Together	0-5	Apr 8	Tue	9:00 AM	OBCC	亲子音乐
11563	Music Together	0-5	Apr 8	Tue	10:00 AM	OBCC	亲子音乐
11660	Smart Start Music	0-3	Apr 9	Wed	9:45 AM	WCC	智能启蒙音乐
11868	Smart Start Music	0-3	Jul 6	Sun	11:45 PM	OBCC	智能启蒙音乐
11571	Crafts with Ruta	2-5	Apr 11	Fri	9:45 AM	WCC	Ruta 手工课
11572	Crafts with Ruta	2-5	Apr 11	Fri	10:45 AM	WCC	Ruta 手工课
11573	Crafts with Ruta	2-5	May 23	Fri	9:45 AM	WCC	Ruta 手工课
11574	Crafts with Ruta	2-5	May 23	Fri	10:45 AM	WCC	Ruta 手工课
11803	Science for Preschoolers	3-5	Apr 9	Wed	3:30 PM	WCC	学前少儿科学
11800	Science for Preschoolers	3-5	Apr 10	Thu	3:30 PM	WCC	学前少儿科学
11831	Sportball: Floor Hockey	4-6	Apr 9	Wed	3:45 PM	WCC	少儿曲棍球
11858	Sportball: Outdoor Soccer	4-6	Jul 9	Wed	3:45 PM	Fields	户外足球
11861	Sportball: Parent and Child T-Ball	2-3.5	Jul 5	Sat	1:00 PM	Fields	亲子垒球
11862	Sportball: T-Ball	3-5.5	Jul 5	Sat	2:00 PM	Fields	少儿垒球
11577	Parent & Tot: Gym Drop In	0-5	Apr 13	Sun	10:00 AM	OBCC	亲子活动时间
11578	Parent & Tot: Gym Drop In	0-5	Apr 8	Tue/Thu	10:00 AM	WCC	亲子活动时间
11581	Storytime at the Old Barn Community Centre	0-5	Apr 11	Fri	10:00 AM	OBCC	少儿故事会
CHILDREN - PAGE 20							
11690	Ballet	6-8	Apr 6	Sun	12:15 PM	WCC	芭蕾
11661	Ballet	8-10	Apr 9	Wed	5:25 PM	WCC	芭蕾
11857	Ballet	8-10	Jul 6	Sun	3:30 PM	WCC	芭蕾
11855	Ballet	6-8	Jul 6	Sun	12:15 PM	WCC	芭蕾
11668	Classical Indian Dance: Bharata Natyam	5-18	Apr 12	Sat	4:00 PM	WCC	印度传统舞蹈: 婆罗多舞
11687	Contemporary Jazz Ballet	10-13	Apr 6	Sun	3:30 PM	WCC	现代爵士
11662	Contemporary Jazz Ballet	6-8	Apr 9	Wed	4:20 PM	WCC	现代爵士
11693	Dance Foundations	5-6	Apr 6	Sun	10:20 AM	WCC	舞蹈基础
11543	Dance Foundations	5-6	Apr 7	Mon	4:20 PM	WCC	舞蹈基础
11740	Dance Foundations	5-6	Jul 6	Sun	10:20 AM	WCC	舞蹈基础
11566	Active Hip-Hop, Dance, Stretch & Strength	9-14	Apr 8	Tue	5:30 PM	WCC	活力街舞、舞蹈、伸展与力量
11564	K-Pop Hip-Hop	6-10	Apr 8	Tue	3:30 PM	WCC	韩式嘻哈
11671	K-Pop Hip-Hop	6-10	Apr 12	Sat	11:15 AM	OBCC	韩式嘻哈
11545	Musical Theatre	6-9	Apr 7	Mon	5:25 PM	WCC	舞台剧
11546	Musical Theatre	10-13	Apr 7	Mon	6:30 PM	WCC	舞台剧
11575	Young Movie-makers	8-14	Apr 11	Fri	4:00 PM	WCC	少年电影制作
11677	Art Expression: Drawing & Painting Workshop	6-12	Apr 26	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
11679	Art Expression: Drawing & Painting Workshop	6-12	May 24	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
11681	Art Expression: Drawing & Painting Workshop	6-12	Jun 21	Sat	4:00 PM	WCC	艺术表达: 绘画工作坊
11541	Creative Arts	6-9	Apr 7	Mon	3:30 PM	WCC	创意艺术
11542	Creative Arts	9-12	Apr 7	Mon	5:00 PM	WCC	创意艺术
11674	Manga Art	6-9	Apr 12	Sat	1:00 PM	WCC	漫画课
11675	Manga Art	9-14	Apr 12	Sat	2:15 PM	WCC	漫画课
11864	Red Cross Babysitting	11-14	May 18	Sun	9:00 AM	WCC	红十字会儿童看护课程
11865	Red Cross Babysitting	11-14	Aug 3	Sun	9:00 AM	WCC	红十字会儿童看护课程
11761	English Reading and Writing Gr 1-2	6-8	Apr 7	Mon	6:00 PM	WCC	英语阅读和写作1-2年级
11762	English Reading and Writing Gr 1-2	6-8	Apr 9	Wed	6:00 PM	WCC	英语阅读和写作1-2年级

INDEX & SCHEDULE

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
CHILDREN - PAGE 20							
11759	English Reading and Writing Gr 3-4	8-10	Apr 7	Mon	7:00 PM	WCC	三&四年级英语阅读写作
11760	English Reading and Writing Gr 3-4	8-10	Apr 9	Wed	7:00 PM	WCC	三&四年级英语阅读写作
11828	Mastering Mandarin Beginner	5-18	Apr 12	Sat	10:00 AM	WCC	汉语学习-初级
11829	Mastering Mandarin Intermediate	5-18	Apr 12	Sat	11:30 AM	WCC	汉语学习-中级
11830	Mastering Mandarin Advanced	5-18	Apr 12	Sat	1:00 PM	WCC	汉语学习-高级
11809	3D Modeling and Printing	8-12	Apr 22	Tue	4:00 PM	WCC	科学课3D建模和打印
11807	Coding and Modding in Minecraft	8-12	Apr 26	Sat	3:00 PM	WCC	我的世界编码建模
11808	Engineering & Robotics with VEX Go!	6-10	Apr 26	Sat	4:45 PM	WCC	VEX GO编程和机器人
11804	Math4Kids Grade 3-4	8-10	Apr 7	Mon	3:30 PM	WCC	数学3-4年级
11805	Math4Kids Grade 5-6	10-12	Apr 7	Mon	4:30 PM	WCC	数学5-6年级
11802	Science for Kids	6-11	Apr 9	Wed	4:30 PM	WCC	少儿科学
11801	Science for Kids	6-11	Apr 10	Thu	4:30 PM	WCC	少儿科学
11753	Minecraft Coders Beginner	7-10	Apr 10	Thu	6:00 PM	WCC	我的世界初级编程课
11752	Minecraft Coders Intermediate	9-12	Apr 8	Tue	6:00 PM	WCC	我的世界课程
11506	Peer Tutoring	5-12	Apr 8	Tue	4:00 PM	WCC	同学辅导项目
11695	Badminton Beginner	8-10	Apr 11	Fri	4:00 PM	WCC	羽毛球
11703	Badminton Beginner	8-10	Jul 4	Fri	4:00 PM	WCC	羽毛球
11832	Sportball: Floor Hockey	6-9	Apr 9	Wed	4:30 PM	WCC	少儿曲棍球
11860	Sportball: Outdoor Soccer	6-9	Jul 9	Wed	4:30 PM	Fields	户外足球
11817	Volleyball BC: Smashball	9-12	Jul 5	Sat	12:40 PM	WCC	砸球
11819	Family Badminton Drop-In	All ages	Apr 26	Sat	8:45 AM	WCC	家庭羽毛球
11820	Family Badminton Drop-In	All ages	Jul 5	Sat	8:45 AM	WCC	家庭羽毛球
11821	Family Pickleball Drop-in	All ages	Apr 6	Sun	9:00 AM	WCC	家庭匹克球练习时间
11822	Family Pickleball Drop-in	All ages	Jul 6	Sun	8:45 AM	WCC	家庭匹克球练习时间
11507	Open Gym Pre-teen	9-12	Apr 9	Wed	5:30 PM	WCC	少年开放体育馆
11612	Open Gym Pre-teen	9-12	Jul 2	Wed	4:10 PM	WCC	少年开放体育馆
11778	Karate Kids Martial Arts and Movement	4-6	Apr 8	Tue	6:15 PM	WCC	空手道/武术运动
11782	Karate Kids Martial Arts and Movement	4-6	Apr 11	Fri	6:15 PM	OBCC	空手道/武术运动
11787	Karate Kids Martial Arts and Movement	4-6	Jul 8	Tue	6:15 PM	WCC	空手道/武术运动
11773	Family Karate	7-12	Apr 8	Tue	7:00 PM	WCC	家庭空手道
11783	Family Karate	7-12	Apr 11	Fri	7:00 PM	OBCC	家庭空手道
11789	Family Karate	7-12	Jul 8	Tue	7:00 PM	WCC	家庭空手道
11811	Tae Kwon Do Beginner	4-12	Apr 6	Sun	1:00 PM	WCC	儿童跆拳道
11813	Tae Kwon Do Beginner	4-12	Jul 6	Sun	1:00 PM	WCC	儿童跆拳道
11588	4-H Club	9-19	Jul 11	Fri	6:30 PM	WCC	4-H俱乐部
11587	4-H Club	9-19	Apr 11	Fri	6:30 PM	WCC	4-H俱乐部
11498	Chess Basics: Entry-level Players	7-12	Apr 11	Fri	4:00 PM	WCC	初级国际象棋
11501	Galileo's Gang	11-13	Apr 10	Thu	3:30 PM	WCC	伽利略俱乐部
11511	Pre-teen Leadership	9-12	Apr 7	Mon	4:00 PM	WCC	青少年领导力
11589	Girl Guides Grades 4-6	9-11	Apr 3	Thu	6:00 PM	OBCC	女童军
11665	Community Board Game Night	All ages	Apr 11	Fri	6:00 PM	WCC	社区棋盘游戏之夜
11847	Pokemon Trading Card Game	10+	Apr 12	Sat	3:30 PM	WCC	口袋妖怪集换式卡牌游戏
11531	Flute Sunday	8+	Apr 6	Sun	1:00 PM	WCC	长笛
11737	Flute Sunday	8+	Jul 6	Sun	1:00 PM	WCC	长笛

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
CHILDREN - PAGE 20							
11569	Guitar Friday	8+	Apr 11	Fri	4:30 PM	WCC	吉他
11735	Guitar Friday	8+	Jul 4	Fri	4:30 PM	WCC	吉他
11533	Piano Monday	5+	Apr 7	Mon	3:30 PM	WCC	钢琴
11725	Piano Monday	5+	Jul 7	Mon	3:30 PM	WCC	钢琴
11534	Piano Tuesday	5+	Apr 8	Tue	3:30 PM	WCC	钢琴课
11728	Piano Tuesday	5+	Jul 8	Tue	3:30 PM	WCC	钢琴课
11535	Piano Wednesday	5+	Apr 9	Wed	3:30 PM	WCC	钢琴
11731	Piano Wednesday	5+	Jul 2	Wed	3:30 PM	WCC	钢琴
11536	Piano Thursday	5+	Apr 10	Thu	3:30 PM	WCC	钢琴
11732	Piano Thursday	5+	Jul 3	Thu	3:30 PM	WCC	钢琴
11537	Piano Friday	5+	Apr 11	Fri	3:30 PM	WCC	钢琴课
11734	Piano Friday	5+	Jul 4	Fri	3:30 PM	WCC	钢琴课
11538	Piano Saturday	5+	Apr 12	Sat	10:00 AM	WCC	钢琴
11736	Piano Saturday	5+	Jul 5	Sat	10:00 AM	WCC	钢琴
11532	Violin Thursday	5+	Apr 10	Thu	3:30 PM	WCC	小提琴
11733	Violin Thursday	5+	Jul 3	Thu	3:30 PM	WCC	小提琴
YOUTH - PAGE 32							
11565	K-Pop Hip-Hop	11-16	Apr 8	Tue	4:30 PM	WCC	韩式嘻哈
11669	K-Pop Hip-Hop	11-16	Apr 12	Sat	10:15 AM	OBCC	韩式嘻哈
11539	Drawing & Painting	11-18	Apr 9	Wed	3:30 PM	WCC	绘画课
11726	Group Guitar Beginner	14+	Jul 7	Mon	6:30 PM	WCC	吉他小班课-初级
11547	Group Guitar Beginner	14+	Apr 7	Mon	6:30 PM	WCC	吉他小班课-初级
11727	Group Guitar Intermediate	14+	Jul 7	Mon	7:30 PM	WCC	吉他小班课 - 中级
11548	Group Guitar Intermediate	14+	Apr 7	Mon	7:30 PM	WCC	吉他小班课 - 中级
11503	Introduction to Coding	12-17	Apr 6	Sun	10:30 AM	WCC	初级编程
11502	Intermediate Coding	13-18	Apr 6	Sun	11:35 AM	WCC	电脑编程俱乐部
11806	Toastmasters Youth Program	12-17	Apr 9	Wed	6:30 PM	WCC	高中生演讲俱乐部
11700	Badminton Intermediate	11-16	Apr 11	Fri	5:00 PM	WCC	羽毛球中级
11701	Badminton Intermediate	11-16	Jul 4	Fri	5:00 PM	WCC	羽毛球中级
11697	Badminton Advanced	13-18	Apr 11	Fri	6:00 PM	WCC	羽毛球高级
11704	Badminton Advanced	13-18	Jul 4	Fri	6:00 PM	WCC	羽毛球高级
11515	Badminton Drop-in Youth	13-18	Apr 6	Sun	5:45 PM	WCC	高中生羽毛球练习时间
11616	Badminton Drop-in Youth	13-18	Jul 6	Sun	5:45 PM	WCC	高中生羽毛球练习时间
11819	Family Badminton Drop-In	All ages	Apr 26	Sat	8:45 AM	WCC	家庭羽毛球
11820	Family Badminton Drop-In	All ages	Jul 5	Sat	8:45 AM	WCC	家庭羽毛球
11516	Basketball Drop-in Youth	13-18	Apr 8	Tue	5:45 PM	WCC	青少年篮球活动时间
11611	Basketball Drop-in Youth	13-18	Jul 8	Tue	5:45 PM	WCC	青少年篮球活动时间
11821	Family Pickleball Drop-in	All ages	Apr 6	Sun	9:00 AM	WCC	家庭匹克球练习时间
11822	Family Pickleball Drop-in	All ages	Jul 6	Sun	8:45 AM	WCC	家庭匹克球练习时间
11615	Youth Indoor Soccer Drop-in	13-18	Jul 3	Thu	4:00 PM	WCC	青年室内足球
11814	Volleyball BC: Train and Play	13-16	Apr 12	Sat	2:15 PM	WCC	排球: 培训和练习
11815	Volleyball BC: Train and Play	13-16	Jul 5	Sat	2:15 PM	WCC	排球: 培训和练习
11521	Volleyball Drop-in Youth	13-18	Apr 12	Sat	4:00 PM	WCC	青少年排球
11837	Volleyball Drop-in Youth	13-18	Jul 2	Wed	6:00 PM	WCC	青少年排球
11614	Volleyball Drop-in Youth	13-18	Jul 5	Sat	4:00 PM	WCC	青少年排球
11610	Volleyball Drop-in Youth	13-18	Jul 7	Mon	4:30 PM	WCC	青少年排球

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Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
YOUTH - PAGE 32							
11508	Open Gym Youth	13-18	Apr 9	Wed	5:30 PM	WCC	青少年体育活动时间
11504	Open Gym Youth	13-18	Apr 12	Sat	7:45 PM	WCC	青少年运动
11613	Open Gym Youth	13-18	Jul 2	Wed	4:10 PM	WCC	青少年体育活动时间
11774	Family Karate	13-18	Apr 8	Tue	7:00 PM	WCC	家庭空手道
11784	Family Karate	13-18	Apr 11	Fri	7:00 PM	OBCC	家庭空手道
11790	Family Karate	13-18	Jul 8	Tue	7:00 PM	WCC	家庭空手道
11777	Youth & Adults Karate	10-18	Apr 8	Tue	8:00 PM	WCC	青少年和成人空手道
11780	Youth & Adults Karate	10-18	Apr 10	Thu	8:00 PM	WCC	青少年和成人空手道
11792	Youth & Adults Karate	10-18	Jul 8	Tue	8:00 PM	WCC	青少年和成人空手道
11810	Tae Kwon Do Advanced	12-18	Apr 6	Sun	1:00 PM	WCC	青少年跆拳道
11812	Tae Kwon Do Advanced	12-18	Jul 6	Sun	1:00 PM	WCC	青少年跆拳道
11512	Quiet Study Hours	13-18	Apr 7	Mon	8:00 PM	WCC	安静学习时间
11509	Quiet Study Hours	13-18	Apr 9	Wed	8:00 PM	WCC	安静学习时间
11519	Youth Night	13-18	Apr 8	Tue	6:00 PM	WCC	青少年社交夜
11520	Youth Night	13-18	Apr 11	Fri	6:00 PM	WCC	青少年社交夜
11505	Peer Tutoring	5-18	Apr 8	Tue	4:00 PM	WCC	同学辅导项目
11665	Community Board Game Night	All ages	Apr 11	Fri	6:00 PM	WCC	社区棋盘游戏之夜
11500	Creative Art Studio Youth & Seniors	13-18	Apr 8	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
11893	Digital Art Youth & Seniors	13-18	Apr 7	Mon	4:45 PM	WCC	数字艺术
11527	Lunchtime Youth Basketball	12-18	Apr 7	Mon	11:35 AM	WCC	午休篮球
11847	Pokemon Trading Card Game	10+	Apr 12	Sat	3:30 PM	WCC	口袋妖怪集换式卡牌游戏
11513	Rubik's Cube Club	11-18	Apr 10	Thu	3:30 PM	WCC	魔方俱乐部
11576	Youth Flag Football	13-18	Apr 11	Fri	3:30 PM	Fields	青年旗杆橄榄球
11510	Youth Open Studios	13-18	Apr 9	Wed	3:30 PM	WCC	青少年开放工作室
ADULTS & SENIORS - PAGE 42							
11664	Adult Ballet Beginner	16+	Apr 9	Wed	7:45 PM	WCC	成年芭蕾舞
11849	Adult Contemporary Ballet	16+	Apr 6	Sun	2:25 PM	WCC	成人现代芭蕾
11853	Adult Contemporary Ballet	16+	Jul 6	Sun	2:25 PM	WCC	成人现代芭蕾
11676	Ballet Drop-In Intermediate	15+	Apr 12	Sat	5:00 PM	WCC	成年中/高级芭蕾健身
11561	Chinese Folk Dance	19+	Apr 8	Tue	12:30 PM	WCC	中国民族舞蹈
11767	Chinese Folk Dance	19+	Jul 8	Tue	12:30 PM	WCC	中国民族舞蹈
11570	Chinese Folk Dance	19+	Apr 11	Fri	12:30 PM	WCC	中国民族舞蹈
11768	Chinese Folk Dance	19+	Jul 4	Fri	12:30 PM	WCC	中国民族舞蹈
11666	Classical Indian Dance: Bharata Natyam	19+	Apr 12	Sat	2:30 PM	WCC	印度传统舞蹈: 婆罗多舞
11540	Dance Fusion	18+	Apr 7	Mon	6:45 PM	WCC	混合舞蹈
11702	Introduction to Drawing	16+	Apr 10	Thu	6:00 PM	WCC	素描
11724	Chinese Traditional Painting	18+	Apr 6	Sun	3:00 PM	WCC	一起学中国传统画
11706	Watercolour Painting Beginner	16+	Apr 9	Wed	5:45 PM	WCC	水彩画
11708	Watercolour Painting Intermediate	16+	Apr 9	Wed	7:30 PM	WCC	初级水彩画
11531	Flute Sunday	8+	Apr 6	Sun	1:00 PM	WCC	长笛
11737	Flute Sunday	8+	Jul 6	Sun	1:00 PM	WCC	长笛
11569	Guitar Friday	8+	Apr 11	Fri	4:30 PM	WCC	吉他
11735	Guitar Friday	8+	Jul 4	Fri	4:30 PM	WCC	吉他
11533	Piano Monday	5+	Apr 7	Mon	3:30 PM	WCC	钢琴
11725	Piano Monday	5+	Jul 7	Mon	3:30 PM	WCC	钢琴
11728	Piano Tuesday	5+	Jul 8	Tue	3:30 PM	WCC	钢琴课
11534	Piano Tuesday	5+	Apr 8	Tue	3:30 PM	WCC	钢琴课

Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
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11535	Piano Wednesday	5+	Apr 9	Wed	3:30 PM	WCC	钢琴
11731	Piano Wednesday	5+	Jul 2	Wed	3:30 PM	WCC	钢琴
11536	Piano Thursday	5+	Apr 10	Thu	3:30 PM	WCC	钢琴
11732	Piano Thursday	5+	Jul 3	Thu	3:30 PM	WCC	钢琴
11537	Piano Friday	5+	Apr 11	Fri	3:30 PM	WCC	钢琴课
11734	Piano Friday	5+	Jul 4	Fri	3:30 PM	WCC	钢琴课
11538	Piano Saturday	5+	Apr 12	Sat	10:00 AM	WCC	钢琴
11736	Piano Saturday	5+	Jul 5	Sat	10:00 AM	WCC	钢琴
11532	Violin Thursday	5+	Apr 10	Thu	3:30 PM	WCC	小提琴
11733	Violin Thursday	5+	Jul 3	Thu	3:30 PM	WCC	小提琴
11866	Emergency Child Care First Aid	16+	Aug 2	Sat	8:30 AM	WCC	紧急儿童护理急救
11523	English Conv. for Mandarin Beginner	19+	Apr 7	Mon	9:30 AM	WCC	英语入门(国语)
11530	English Conversation Beginner	19+	Apr 10	Thu	10:00 AM	WCC	初级英语会话
11524	English Conversation Intermediate	19+	Apr 8	Tue	10:00 AM	WCC	英语会话中级
11529	English Conversation Intermediate	19+	Apr 9	Wed	1:00 PM	WCC	中级英语会话
11550	English Conversation Intermediate	19+	Apr 10	Thu	7:00 PM	OBCC	英语会话中级
11553	English Conversation Advanced	19+	Apr 11	Fri	10:00 AM	OBCC	英语会话高级
11756	French Beginner I	19+	Apr 15	Tue	6:30 PM	OBCC	初级法语 I
11757	French Beginner II	19+	Apr 17	Thu	6:00 PM	WCC	法语初级 II
11738	French Intermediate	19+	Apr 7	Mon	1:00 PM	WCC	法语会话中级
11739	French Intermediate Advanced Grammar	19+	Apr 7	Mon	2:30 PM	WCC	法语-高级语法
11582	French Club	19+	Apr 10	Thu	1:30 PM	OBCC	法语俱乐部
11443	Community Digital Support	19+	Apr 12	Sat	10:00 AM	WCC	社区电脑辅导
11445	Community Digital Support	19+	Jul 5	Sat	10:00 AM	WCC	社区电脑辅导
11448	Dementia Support Circle	45+	Apr 12	Sat	2:00 PM	WCC	失智症互助小组
11525	Korean Parent Support Circle	19+	Apr 15	Tue	12:30 PM	WCC	韩国家长互助交流会
11528	SUCCESS: Settlement Mandarin & English	19+	Jul 8	Tue	9:30 AM	WCC	中侨移民安顿服务
11526	SUCCESS: Settlement Mandarin & English	19+	Apr 8	Tue	9:30 AM	WCC	中侨移民安顿服务
11555	Volunteer Open House	13+	Apr 12	Sat	2:00 PM	WCC	志愿者开放日
11552	VSB Parents Power-up Chinese & English	19+	Apr 10	Thu	1:00 PM	Virtual	温哥华教育局新移民家长中文讲座
11603	ABM NeuroMovement	18+	Apr 9	Wed	11:45 AM	WCC	ABM 神经运动
11643	ABM NeuroMovement	18+	Jun 11	Wed	11:45 AM	WCC	ABM 神经运动
11557	Barre Pilates	19+	Apr 7	Mon	9:30 AM	WCC	芭蕾普拉提
11560	Barre Pilates	19+	Apr 11	Fri	11:10 AM	WCC	芭蕾普拉提
11631	Barre Pilates	19+	Jul 7	Mon	9:30 AM	WCC	芭蕾普拉提
11634	Barre Pilates	19+	Jul 4	Fri	11:10 AM	WCC	芭蕾普拉提
11657	Cardio Kickboxing	18+	Apr 11	Fri	7:30 PM	WCC	有氧搏击
11659	Cardio Kickboxing	18+	Jul 7	Mon	8:15 PM	WCC	有氧搏击
11658	Cardio Kickboxing	18+	Jul 4	Fri	7:30 PM	WCC	有氧搏击
11608	Express HIIT Lunchtime	19+	Apr 10	Thu	12:15 PM	WCC	快速 HIIT 午间
11645	Express HIIT Lunchtime	19+	Jul 3	Thu	12:15 PM	WCC	快速 HIIT 午间
11601	Express Spin Morning	18+	Apr 7	Mon	7:45 AM	WCC	急速单车 早上
11602	Express Spin Morning	18+	Apr 10	Thu	7:30 AM	WCC	急速单车 早上
11642	Express Spin Morning	18+	Aug 7	Thu	7:30 AM	WCC	急速单车 早上
11609	Race Ready Run Clinic	18+	May 1	Thu	6:00 PM	WCC	竞赛跑诊所
11606	Full Body Bootcamp	19+	Apr 7	Mon	7:45 PM	OBCC	全身训练营
11647	Full Body Bootcamp	19+	Jul 7	Mon	7:45 PM	OBCC	全身训练营

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Course ID	Program	Age	First Date	Day(s)	Start Time	Location	Mandarin Translation
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11624	Full Body Bootcamp	19+	Apr 9	Wed	9:45 AM	OBCC	全身训练营
11625	Full Body Bootcamp	19+	Apr 10	Thu	7:00 PM	OBCC	全身训练营
11558	Pilates Beginner-Intermediate	19+	Apr 8	Tue	9:25 AM	WCC	初级普拉提
11632	Pilates Beginner-Intermediate	19+	Jul 8	Tue	9:25 AM	WCC	初级普拉提
11559	Pilates Full Body Sculpt	19+	Apr 10	Thu	9:30 AM	WCC	核心普拉提
11633	Pilates Full Body Sculpt	19+	Jul 3	Thu	9:30 AM	WCC	核心普拉提
11622	Spin	18+	Apr 6	Sun	8:30 AM	WCC	极速单车
11623	Spin	18+	Apr 8	Tue	7:45 PM	WCC	极速单车
11654	Spin	18+	Jul 6	Sun	8:30 AM	WCC	极速单车
11653	Spin	18+	Jul 8	Tue	7:45 PM	WCC	极速单车
11621	Zumba	19+	Apr 9	Wed	6:35 PM	WCC	Zumba舞
11652	Zumba	19+	Jul 2	Wed	6:35 PM	WCC	Zumba舞
11617	Zumba	19+	Apr 10	Thu	6:45 PM	WCC	Zumba舞
11618	Zumba	19+	Apr 12	Sat	11:30 AM	WCC	Zumba舞
11649	Zumba	19+	Jul 3	Thu	6:45 PM	WCC	Zumba舞
11595	Chair Yoga with Angie	19+	Apr 10	Thu	1:00 PM	WCC	椅子瑜伽
11597	Gentle Yoga with Angie	19+	Apr 11	Fri	10:00 AM	WCC	轻柔瑜伽
11637	Gentle Yoga with Angie	19+	Jul 4	Fri	10:00 AM	WCC	轻柔瑜伽
11596	Gentle & Restorative Yoga	19+	Apr 8	Tue	10:35 AM	WCC	柔和与恢复性瑜伽
11638	Gentle & Restorative Yoga	19+	Jul 8	Tue	10:35 AM	WCC	柔和与恢复性瑜伽
11626	Hatha Yoga with Ritu	19+	Apr 8	Tue	10:00 AM	WCC	Hatha瑜伽
11655	Hatha Yoga with Ritu	19+	Jul 10	Thu	11:00 AM	WCC	Hatha瑜伽
11598	Iyengar Yoga with Brian Fundamentals	18+	Apr 8	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽 初级
11641	Iyengar Yoga with Brian Fundamentals	18+	Jul 8	Tue	6:30 PM	WCC	Brian 艾扬格瑜伽 初级
11600	Iyengar Yoga with Brian Intermediate	18+	Apr 9	Wed	10:00 AM	WCC	Brian中级艾扬格瑜伽
11599	Iyengar Yoga with Brian Intermediate	18+	Apr 10	Thu	5:20 PM	WCC	Brian中级艾扬格瑜伽
11640	Iyengar Yoga with Brian Intermediate	18+	Jul 2	Wed	10:00 AM	WCC	Brian中级艾扬格瑜伽
11639	Iyengar Yoga with Brian Intermediate	18+	Jul 3	Thu	5:20 PM	WCC	Brian中级艾扬格瑜伽
11629	Iyengar Yoga with Luci	17+	Apr 26	Sat	10:00 AM	WCC	Iyengar瑜伽
11651	Iyengar Yoga with Luci	17+	Jul 12	Sat	10:00 AM	WCC	Iyengar瑜伽
11604	Lunchtime Yoga	19+	Apr 7	Mon	12:00 PM	WCC	午间瑜伽
11644	Lunchtime Yoga	19+	Jul 7	Mon	12:00 PM	WCC	午间瑜伽
11627	Prenatal & Postnatal Yoga	19+	Apr 8	Tue	11:15 AM	WCC	产前后瑜伽
11656	Prenatal & Postnatal Yoga	19+	Jul 10	Thu	1:00 PM	WCC	产前后瑜伽
11628	Restorative Yoga	19+	Apr 6	Sun	5:15 PM	WCC	恢复性瑜伽
11620	Yoga Fusion in Mandarin	19+	Apr 9	Wed	1:15 PM	WCC	Kate中文瑜伽
11619	Yoga in Mandarin with Kate	19+	Apr 7	Mon	10:45 AM	WCC	Kate中文瑜伽
11650	Yoga in Mandarin with Kate	19+	Jul 7	Mon	10:45 AM	WCC	Kate中文瑜伽
11698	Badminton	18+	Apr 7	Mon	2:15 PM	WCC	羽毛球
11699	Badminton	18+	Apr 11	Fri	7:45 PM	WCC	羽毛球
11705	Badminton	18+	Jul 4	Fri	7:45 PM	WCC	羽毛球
11796	Badminton Drop-In	18+	Apr 8	Tue	12:00 PM	WCC	羽毛球
11797	Badminton Drop-In	18+	Apr 6	Sun	7:10 PM	WCC	羽毛球
11799	Badminton Drop-In	18+	Jul 5	Sat	10:30 AM	WCC	羽毛球
11798	Badminton Drop-In	18+	Jul 6	Sun	7:10 PM	WCC	羽毛球
11819	Family Badminton Drop-In	All ages	Apr 26	Sat	8:45 AM	WCC	家庭羽毛球
11820	Family Badminton Drop-In	All ages	Jul 5	Sat	8:45 AM	WCC	家庭羽毛球

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11707	Basketball	18+	Apr 10	Thu	7:45 PM	WCC	羽毛球
11709	Basketball	18+	Jul 3	Thu	7:45 PM	WCC	羽毛球
11816	Basketball Drop-In	18+	Apr 7	Mon	8:00 PM	WCC	篮球
11818	Basketball Drop-In	18+	Jul 7	Mon	8:00 PM	WCC	篮球
11711	Pickleball	18+	Apr 11	Fri	10:30 AM	WCC	匹克球
11712	Pickleball	18+	Apr 12	Sat	5:45 PM	WCC	匹克球
11710	Pickleball	18+	Apr 6	Sun	4:00 PM	WCC	匹克球
11713	Pickleball	18+	Jul 5	Sat	5:45 PM	WCC	匹克球
11714	Pickleball	18+	Jul 6	Sun	4:00 PM	WCC	匹克球
11744	Pickleball Lessons Learn to Play (Beginner)	18+	Apr 9	Wed	11:40 AM	WCC	匹克球初级
11742	Pickleball Lessons Guided Intern. Soft Game	18+	Apr 9	Wed	8:30 AM	WCC	匹克球中级
11741	Pickleball Lessons Intermediate	18+	Apr 9	Wed	10:05 AM	WCC	匹克球中级
11743	Pickleball Lessons Accelerated Dev.	18+	Apr 6	Sun	10:45 AM	WCC	匹克球晋级训练
11745	Pickleball Lessons Advanced Doubles	18+	Apr 11	Fri	8:45 AM	WCC	匹克球高级双打
11823	Pickleball Drop-In	18+	Apr 10	Thu	1:45 PM	WCC	匹克球练习
11827	Pickleball Drop-In 45 Min	18+	Jul 6	Sun	12:00 PM	WCC	匹克球练习
11821	Family Pickleball Drop-in	All ages	Apr 6	Sun	9:00 AM	WCC	家庭匹克球练习时间
11822	Family Pickleball Drop-in	All ages	Jul 6	Sun	8:45 AM	WCC	家庭匹克球练习时间
11716	Indoor Soccer (Futsal)	19+	Apr 10	Thu	6:00 PM	WCC	室内足球
11718	Indoor Soccer (Futsal)	19+	Jul 3	Thu	6:00 PM	WCC	室内足球
11911	Soccer Skills for Women	19+	Apr 10	Thu	12:00 PM	WCC	女子足球
11721	Table Tennis	19+	Apr 7	Mon	11:45 AM	WCC	乒乓球
11720	Table Tennis	19+	Apr 8	Tue	2:00 PM	WCC	乒乓球
11824	Table Tennis Drop-In	19+	Apr 11	Fri	12:15 PM	WCC	乒乓球
11825	Table Tennis Drop-In	19+	Jul 7	Mon	2:15 PM	WCC	乒乓球
11826	Table Tennis Drop-In	19+	Jul 9	Wed	2:15 PM	WCC	乒乓球
11722	Volleyball	18+	Apr 7	Mon	6:00 PM	WCC	排球
11723	Volleyball	18+	Jul 7	Mon	6:15 PM	WCC	排球
11794	Volleyball Drop-In	18+	Apr 9	Wed	7:45 PM	WCC	羽毛球
11795	Volleyball Drop-In	18+	Jul 2	Wed	7:45 PM	WCC	羽毛球
11469	Walking Soccer Club	40+	Apr 9	Wed	1:15 PM	WCC	慢走足球
11779	Karate Parents Martial Arts and Movement	18+	Apr 8	Tue	6:15 PM	WCC	家长空手道 武术和运动
11786	Karate Parents Martial Arts and Movement	18+	Apr 11	Fri	6:15 PM	OBCC	家长空手道 武术和运动
11788	Karate Parents Martial Arts and Movement	18+	Jul 8	Tue	6:15 PM	WCC	家长空手道 武术和运动
11775	Family Karate	19+	Apr 8	Tue	7:00 PM	WCC	家庭空手道
11785	Family Karate	19+	Apr 11	Fri	7:00 PM	OBCC	家庭空手道
11791	Family Karate	19+	Jul 8	Tue	7:00 PM	WCC	家庭空手道
11776	Youth & Adults Karate	19+	Apr 8	Tue	8:00 PM	WCC	青少年/成年人空手道
11781	Youth & Adults Karate	19+	Apr 10	Thu	8:00 PM	WCC	青少年/成年人空手道
11793	Youth & Adults Karate	19+	Jul 8	Tue	8:00 PM	WCC	青少年/成年人空手道
11554	Newcomer Support Program	13+	Apr 12	Sat	10:00 AM	WCC	新移民互助小组
11551	Newcomers' English Club	19+	Apr 10	Thu	1:00 PM	WCC	新居民社交时间
11456	Saturday Afternoon Tea	19+	Apr 12	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
11457	Saturday Afternoon Tea	19+	May 24	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
11458	Saturday Afternoon Tea	19+	Jun 7	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
11454	Saturday Afternoon Tea	19+	Jul 19	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾
11455	Saturday Afternoon Tea	19+	Aug 16	Sat	1:00 PM	WCC	老年周末下午茶和嘉宾

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11592	Food for Thought: Meaningful Conversations	16+	Apr 9	Wed	7:00 PM	OBCC	精神食粮: 一系列有意义的对话活动
11440	Bridge Advanced	19+	Apr 8	Tue	10:00 AM	WCC	桥牌练习时间
11441	Bridge Advanced	19+	Jul 8	Tue	10:00 AM	WCC	桥牌练习时间
11452	Mahjong English & Mandarin	19+	Apr 7	Mon	1:00 PM	WCC	麻将
11453	Mahjong English & Mandarin	19+	Jul 7	Mon	1:00 PM	WCC	麻将
11665	Community Board Game Night	All ages	Apr 11	Fri	6:00 PM	WCC	社区棋盘游戏之夜
11584	Let's Cook Club	All ages	May 27	Tue	6:00 PM	WCC	美食烹饪俱乐部
11585	Let's Cook Club	All ages	Jun 24	Tue	6:00 PM	WCC	美食烹饪俱乐部
11583	Let's Cook Club	All ages	Apr 29	Tue	6:00 PM	WCC	美食烹饪俱乐部
11680	Old Barn Book Club	16+	Apr 26	Sat	10:00 AM	OBCC	Old Barn 读书俱乐部
11847	Pokemon Trading Card Game	10+	Apr 12	Sat	3:30 PM	WCC	口袋妖怪集换式卡牌游戏
11461	Sewing and Knitting Studio	13+	Apr 6	Sun	1:00 PM	WCC	社区缝纫工作室
12037	Spanish & English Conversation Exchange	19+	Apr 14	Mon	6:30 PM	OBCC	西班牙语和英语会话交流
11467	Walk and Talk Club	19+	Apr 7	Mon	10:00 AM	WCC	步行俱乐部
11466	Walk and Talk Club	19+	Jul 7	Mon	10:00 AM	WCC	步行俱乐部
11586	Wesbrook Book Club	19+	Apr 27	Sun	10:00 AM	WCC	社区读书俱乐部
11473	Women's Social Club	19+	Apr 8	Tue	12:00 PM	OBCC	女士社交俱乐部
SENIORS - PAGE 68							
11436	Art Studio for Seniors	55+	Apr 10	Thu	9:30 AM	WCC	老年开放艺术馆
11444	Chinese Dance for Seniors	55+	Apr 6	Sun	3:00 PM	OBCC	中式老年舞蹈
11450	English ABCs for Seniors	55+	Apr 6	Sun	10:00 AM	WCC	老年英语
11465	Tech-Savvy Mondays for Seniors	55+	Apr 7	Mon	1:45 PM	WCC	老人电脑培训课
11605	AquaFit Balmoral	55+	Apr 7	Mon	11:00 AM	BALM	水上运动 - Balmoral
11648	AquaFit Balmoral	55+	Jul 7	Mon	11:00 AM	BALM	水上运动 - Balmoral
11607	AquaFit West Hampstead	55+	Apr 8	Tue	1:00 PM	W.HAM	水上运动 - West Hampstead
11646	AquaFit West Hampstead	55+	Jul 8	Tue	1:00 PM	W.HAM	水上运动 - West Hampstead
11594	Osteofit with Angie	55+	Apr 7	Mon	1:00 PM	WCC	网上健骨课程
11636	Osteofit with Angie	55+	Jul 7	Mon	1:00 PM	WCC	网上健骨课程
11591	Osteofit West Hampstead	55+	Apr 7	Mon	3:00 PM	W.HAM	健骨课程
11635	Osteofit West Hampstead	55+	Jul 7	Mon	3:00 PM	W.HAM	健骨课程
11439	Badminton for Seniors Tues	55+	Apr 8	Tue	2:15 PM	WCC	老年羽毛球
11438	Badminton for Seniors Fri	55+	Apr 11	Fri	12:30 PM	WCC	老年羽毛球
11852	Seniors Pickleball	55+	Apr 7	Mon	8:45 AM	WCC	匹克球
11883	Seniors Pickleball	55+	Jul 8	Tue	4:00 PM	WCC	匹克球
11463	Table Tennis for Seniors	55+	Apr 11	Fri	2:30 PM	WCC	乒乓球
11459	Seniors' Gym	55+	Apr 7	Mon	1:00 PM	WCC	老人锻炼时间
11497	Creative Art Studio Youth & Seniors	55+	Apr 8	Tue	3:30 PM	WCC	青少年及老年开放艺术工作室
11894	Digital Art Youth & Seniors	55+	Apr 7	Mon	4:00 PM	WCC	数字艺术
11462	Song Circle for Seniors	55+	Apr 8	Tue	10:00 AM	WCC	老年人唱歌活动
11474	Seniors' Hour at Wesbrook	55+	Apr 8	Tue	1:00 PM	WCC	长者时间
11475	Seniors' Hour at Wesbrook	55+	Jul 8	Tue	1:00 PM	WCC	长者时间
11446	Dance Party for Seniors	55+	Apr 26	Sat	7:00 PM	WCC	老年舞蹈之夜
11471	Whist	55+	Apr 9	Wed	10:00 AM	WCC	惠斯特纸牌游戏

WESBROOK VILLAGE

30+
SHOPS
SERVICES
DINING

save  foods

BC LIQUOR STORES

SHOPPERS 
DRUG MART

Sports Illustrated
CLUBHOUSE



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JULY 01 | **TUESDAY**
11:00 AM - 2:00 PM

WESBROOK COMMUNITY CENTRE

Celebrate Canada Day with us as we come together to honor our community and reflect on our shared journeys in becoming Canadian. Experience live music, participate in games and arts & crafts, play our National sport, enjoy free cake, and more!

