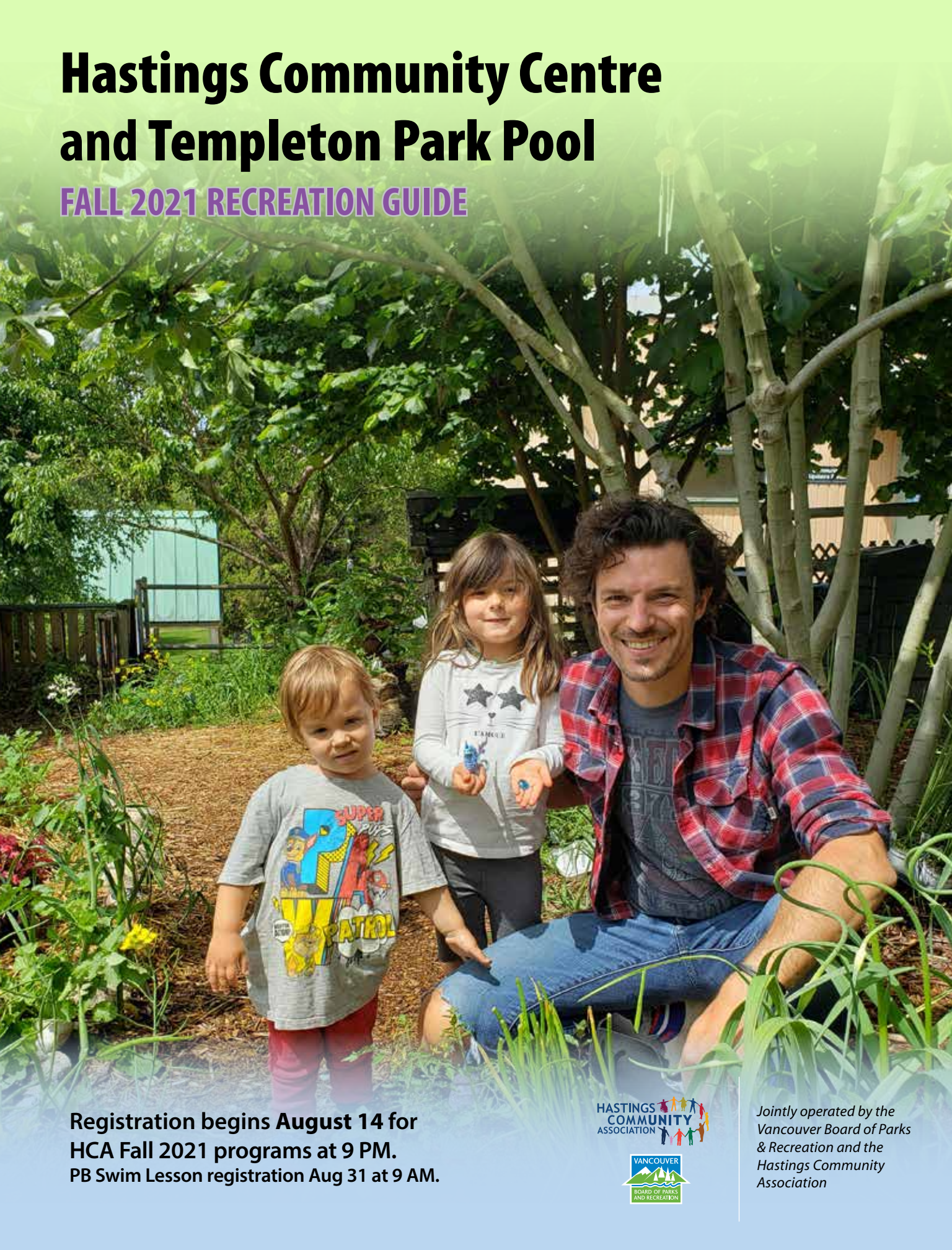


Hastings Community Centre and Templeton Park Pool

FALL 2021 RECREATION GUIDE



**Registration begins August 14 for
HCA Fall 2021 programs at 9 PM.
PB Swim Lesson registration Aug 31 at 9 AM.**



*Jointly operated by the
Vancouver Board of Parks
& Recreation and the
Hastings Community
Association*

Breakfast with Santa

Enjoy a pancake breakfast, crafty fun, face painting, sleigh photo booth and a special visit from Santa! Bring a camera if you wish to take a picture with the jolly fellow. Register early, as this event always sells out! This event is held at Hastings CC.

Sat Dec 11

10:30AM-12:30PM

\$8/adult, \$5/child



A poster for a Family Movie Night event. At the top, there is a red banner with five yellow stars. Below the banner is a blue background. In the center, there is a red and white marquee sign that says "FAMILY MOVIE NIGHT". Above the sign, it says "Hastings Youth Council presents". To the left of the sign, there is a blue box with white text that says "Register to save your spot!". To the right of the sign, it says "Fri Nov 16", "7:00 - 9:00pm", "All ages welcome!", and "Free Popcorn!". At the bottom left, there is a red and white striped popcorn bucket. At the bottom right, there is a black clapperboard with white text that says "HOLLYWOOD PRODUCTION", "DIRECTOR", "CAMERA", "DATE", "SCENE", and "TAKE". At the bottom right, there is a black box with white text that says "ADMISSION BY DONATION".

Hastings Youth Council
presents

**FAMILY
MOVIE NIGHT**

Register to
save your spot!

Fri Nov 16 #364285
7:00 - 9:00pm
All ages welcome!
Free Popcorn!

Hastings Community Centre
3096 Hastings St, Vancouver BC
604.718.6222

**ADMISSION
BY
DONATION**



A poster for a Halloween Carnival event. The background is orange. At the top, it says "HASTINGS YOUTH COUNCIL PRESENTS". Below that, in large black letters, is "HALLOWEEN CARNIVAL". Underneath, it says "Games, Mike's Critters, Carnival Games, Haunted House, Photo Station & More!". In the center, it says "Sat Oct 30" and "10:30 AM - 12:30 PM". To the left of the date is a silhouette of a witch on a broom, and to the right is a silhouette of a ghost. At the bottom, it says "\$5 Pre-Register / \$7 Drop-in | Ages 2 - 6". At the bottom right, there is a black box with white text that says "ADMISSION BY DONATION".

HASTINGS YOUTH COUNCIL PRESENTS

**HALLOWEEN
CARNIVAL**

Games, Mike's Critters, Carnival Games,
Haunted House, Photo Station & More!

Sat Oct 30
10:30 AM - 12:30 PM

\$5 Pre-Register / \$7 Drop-in | Ages 2 - 6

#364284

**ADMISSION
BY
DONATION**

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Hastings Community Centre

3096 E. Hastings Street
Vancouver, BC V5K 2A3
P: 604.718.6222 F: 604.718.6226



Templeton Park Pool

700 Templeton Drive
Vancouver, BC V5L 4N6
604.718.6252

Hours of Operation

Hastings Community Centre

| | |
|------------------|--------------------|
| Monday to Friday | 9:00 AM - 9:45 PM |
| Saturday | 9:00 AM - 4:45 PM |
| Sunday | 10:00 AM - 2:00 PM |

*Note: Front Office closes 15 minutes prior to the facility schedule.

Holiday Hours

| | | |
|----------------------|-----------|-----------------|
| Thanksgiving | Oct 11 | Closed |
| Remembrance Day | Nov 11 | Closed |
| Christmas Eve | Dec 24 | 9:00 AM-1:00 PM |
| Christmas/Boxing Day | Dec 25/26 | Closed |
| December 27/28 | | Closed |
| New Year's Eve | Dec 31 | 9:00 AM-1:00 PM |

Templeton Park Pool

Effective Sep 7-Dec 19

| | |
|--------------------|-------------------|
| Monday to Thursday | 6:30 AM - 9:30 PM |
| Friday | 6:30 AM - 8:00 PM |
| Saturday | 9:00 AM - 7:00 PM |
| Sunday | 2:00 PM - 7:00 PM |

*Note: Front Office closes 15 minutes prior to the facility schedule.

See pages 47 for program schedule.

Holiday Hours

| | | |
|-----------------|--------|-----------------|
| Labour Day | Sep 6 | 6:30 AM-2:00 PM |
| Thanksgiving | Oct 11 | 6:30 AM-2:00 PM |
| Remembrance Day | Nov 11 | 6:30 AM-2:00 PM |

Winter Interim Schedule Dec 20-Jan 3

Community Association Memberships

By registering for a program or event at Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association.

Hastings Community Association

Incorporated as a non-profit society in 1935, the Hastings Community Association (HCA) works in partnership with the Vancouver Park Board to provide recreation, social, educational and cultural opportunities in the Hastings-Sunrise area. The HCA provides subsidies for low income users and financial support to community programs. Through its activities and committees, the Association ensures that the community is represented at the Centre, Templeton Park Pool and in local planning and development issues such as the redevelopment of Hastings Park. The HCA has about 100 volunteers, and members of the public are encouraged to become involved.

Hastings Association Board

| | |
|-----------|---------------|
| President | Jukka Vuorma |
| 1st VP | Jason McGarry |
| Treasurer | Curtis Rowe |
| Secretary | Linda Foy |

Directors

Sherry Breshears, Vicki Bright, Cate Jones, Kathy Lau, Sarah Morreau, Ryan Moyer, Andrea Papineau

Donations

The Hastings Community Association is a registered charity #107470411 RR0001. Your donation of cash or required supplies or equipment to one of our programs or services will be gratefully accepted and an official receipt for income tax purposes will be given.

Parking Lot

The Centre operates several parking lots for activities at Hastings Park. Your parking dollars subsidize programs & activities offered by the Association.

Room Rentals

Rooms are available for social occasions, meetings, and indoor sports. Please see page 6 for more information.



HCA Membership Info

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity that jointly operates the Hastings Community Centre in cooperation with the Vancouver Park Board. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Your HCA membership gives you a chance to vote at our annual general meeting (AGM). Come in or call 604.718.6222 to register for your membership.

President's message

I would like to acknowledge that the Hastings Community Centre is on the unceded traditional territories of the Coast Salish peoples of the Səllwəṭəṭ (Tsleil-Waututh), Skwxwú7mesh (Squamish), and xʷməθkʷəy̓əm (Musqueam) Nations. In solidarity the Hastings Community Association will continue to support Urban Indigenous outreach that builds on a shared understanding of the past and a commitment to create a genuine 'Reconciliation in Action' moving forward.

Welcome, as I feel cautiously optimistic heading into the FALL program season and Phase 4 of the PB Covid-19 recovery plan. First of all, I'm excited about our last Hastings AGM that was held on June 16 complete with a new Board reflecting the strong diversity of the Hastings-Sunrise community. The review of the audited Financial statements shows the extraordinary work of the previous Board and PB/CCA staff in keeping our programs and services viable through the Covid-19 recovery period. This effort will continue as we head into the FALL program season with on-going work on the:

A. Hastings 'Artist In Residence' Program with Lori Snyder & Laura Cisneros will continue throughout the FALL period. We also want to submit an application to the City of Van – Cultural Grant – Fall intake for – Jan-June 2022 programs.

B. Food Security and Garden workshops i.e. – Gardening for Older Adults, Youth and Preschool Garden programs will continue highlighting the local Harvest season. Further collaboration will continue with the PB Urban Food Forest at Burrard View Park and Phase 2 of the PB Food Strategy engagement process.

C. APG - 2021 'Communities for Climate Hope' – we have completed the Climate engagement survey and will explore upcoming activities with the PB-City-CCA meetings this Nov. In the meantime we will continue our collaboration with UBC CALP Cool 'Hood Champs and explore options through the Greenest City grants.

Secondly, in September the Hastings Strategic Planning committee (HCA) will be working with a consultant to engage Board members and staff to set the direction of the Association's activities in light of current issues and needs experienced in the Hastings/Sunrise community. This work will also align with the PB Engagement/APG Specialist to develop a Community Centre Renewal Strategy and meeting schedule to explore options for a Hastings facility renewal in the next PB Capital plan.

Finally, great news the Templeton Park Pool, outside track is undergoing renovations into September that will really showcase the new children's/preschool playground equipment.

If you have further questions or are interested in volunteering for the Board contact us: hastingscommunityassociation@gmail.com. Stay tuned and I look forward to seeing you back with a safe Phase-4 recovery including more in-person recreation programs heading into the Fall season.

With Respect,
Jukka Vuorma
President, Hastings Community Association

Additional info & Board Member Profiles available on www.Hastingscc.ca, then click on "About HCC"

Hastings Community Association Programs

at Hastings Community Centre & Templeton Park Pool

Register Online

Starts Saturday, August 14 - 9:00 AM **NEW**

Program Search:

- Visit vancouver.ca/hastingsrec
- Click on "Register for Activities"
- Search using our course names, course codes or available filters

Program Registration:

- Click "Sign In" or "Create an Account" to set up your profile and password before registration opens for Winter programs
- Select "Forgot Your Password" if a previous account you used is not working. Call 3-1-1 if your account needs to be reset.

Register In-Person

Starts Saturday, August 14 - 9:00 AM **NEW**

On-going registration begins at 9:00 AM with Visa, MasterCard, American Express, cash, cheque or Debit during office hours (see page 3).

Register By Phone

Starts Saturday, August 14 - 9:45 AM **NEW**

Ongoing phone-in registration is 30 minutes after regular opening hours.

Swim Lesson Registration

Ongoing in-person and online. See page 44 for instructions.

Tuesday, August 31 - 9:00 AM **NEW**

Community Association Memberships

Please note that by signing up for a program or event at the Hastings Community Centre, you automatically receive a FREE membership to the Hastings Community Association (HCA), a non-profit society and registered charity that jointly operates the Hastings Community Centre in cooperation with the Vancouver Park Board. HCA relies on memberships to obtain social service grants that subsidize children, youth and seniors programs at the community centre. Memberships last until the end of the year and entitle you to voting rights at HCA's Annual General Meeting. We encourage you to support the community by becoming a member. However, when registering online, if you do not wish to become a member of HCA, you may opt-out by checking the box.

Payment

All programs, rentals and drop-in fees include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at both Hastings Community Centre & Templeton Park Pool. Please make cheques payable to the "City of Vancouver". There is a \$20 service fee on any returned cheques or declined credit card payments.

Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

Cancellation

We reserve the right to cancel a program due to insufficient enrollment and will attempt to notify you at least 2 days prior to the start date.

Subsidy

The Association may be able to subsidize the costs of some programs, should you be unable to pay the full amount, for a member currently enrolled in the Leisure Access Program. You can apply for a reduction in fees of up to 50% off of one program, per season, per person. Subsidies are not available for drop-ins, birthday party packages, private lessons or personal training. Please contact the Programmer for subsidies for Day Camps.

Refund Policy

Requests made more than 48 hours prior to the first class will receive a refund in full. Requests after this time will be charged a \$10 administration fee plus a pro-rated refund based on the number of sessions passed.

Day Camps (including Specialized Camps - dance, education, etc)

Refunds require a minimum of 10 working days notice before the first day of camps. A \$10 administration fee will be assessed for each activity.

Excelleration

Refunds require a minimum of 10 working days notice

Licensed Preschool and Out of School Care

Withdrawals require a 30 day written notice.

Private Lessons

No refund after the second class.

Workshops/One-Day Classes/Birthday Parties/Room Rentals

Refunds require a minimum of 10 working days' notice before the workshop. A \$10 administration fee will be assessed.

Swim Lessons

Please see Park Board refund policy on page 44.

Personal Information Protection

Any personal information the Hastings Community Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.



www.facebook.com/HastingsCommunityCentreAndTempletonParkPool

Hastings Community Centre has rooms for all kinds of social occasions, large or small. We also have a great gym space for indoor sports play and wonderful meeting facilities as well.

| ROOM | ROOM CAPACITY | | OPERATING HOURS \$ per hour | AFTER HOURS \$ per hour & staff |
|---|---------------|---------|--------------------------------|---|
| | MAX | COMFORT | | |
| LARGE GROUPS - Weddings, Birthdays, Receptions | | | | Staff Charges Apply |
| Gymnasium – 90’x66’ Please note: Mandatory insurance required. Visit eventpolicy.ca | N/A | N/A | N/A | \$115 2 hours minimum |
| Auditorium – 41’x49’ | 100 | 60-80 | \$50.00 | \$75.00 |
| Community Hall – 30’x42’ | 70 | 40-60 | \$40.00 | \$65.00 |
| Room 9 – 28’x30’ | 40 | 30 | \$30.00 | |
| *Templeton Activity Room with kitchen – 27’x46’ | 80 | 40 | \$35.00 | \$65.00 |
| MEETING ROOMS - Workshops, Seminars, Meetings | | | | |
| James Cork | 20-25 | 15 | \$20.00 | During Operational Hours Only See page 3. |
| Board Room | 25 | 15 | \$20.00 | |
| Room 11 | 10-20 | 12 | \$20.00 | |
| Burrardview (St. James Hospice) | 30 | 15 | \$20.00 | |
| DIGITAL EQUIPMENT- For Workshops, Seminars, Meetings | | | | |
| LCD Projector (Projector screen included) | \$25.00 | | | |

Contact Raymond (604.718.6222/raymond.eng@vancouver.ca) to book your rental.

*For Templeton Activity Room inquiries, call 604.718.6252.



Auditorium



Hastings Community Hall



Gymnasium

Club Contacts and Programs

Contact clubs directly to confirm meeting dates.

Hasting Community Centre Club Contacts

| | |
|--|--|
| Alcoholics Anonymous | Sober_wayne@hotmail.com |
| Hastings Little League | Kevin Clegg www.HCLL.ca kevinclegg@gmail.com |
| Iaido | Ken Maneker 604.254.1267 |
| Renfrew Kendo Club | Yoshiaki Taguchi 604.437.4378 |
| Rockhounds | Paul 604.266.9184 secretary.hcr@gmail.com www.hastingsrockhounds.com |
| Postcard Club | Margaret Waddington mwad@shaw.ca |
| TOPS - Take Off Pounds Sensibly | Support Group bini76@yahoo.ca |

Community Partners

| | | |
|---|--|--------------|
| Kiwassa Neighbourhood House | 2425 Oxford Street, Vancouver, BC V5K 1M7 | 604.254.5401 |
| Franklin Community School | 250 S. Skeena Street, Vancouver, BC V5K 4N8 | 604.713.4709 |
| Hastings Library | 2674 E. Hastings Street, Vancouver, BC V5K 1Z6 | 604.665.3959 |
| Frog Hollow Neighbourhood House | 2131 Renfrew Street, Vancouver, BC V5M 4M5 | 604.251.1225 |
| Hastings Community School | 2625 Franklin Street, Vancouver, BC V5K 3W7 | 604.713.5268 |
| Hastings North Business Improvement Assoc. | 2160 E. Hastings Street, Vancouver, BC V5K 1Z6 | 604.251.2401 |
| Hastings Sunrise Community Policing Centre | 2620 E. Hastings St., Vancouver, BC V5K 1Z6 | 604.717.3584 |

Birthday Parties!

Bouncy Castle Birthday Package (1-8 yrs)

| | | | |
|-----|----------------|----------------|--|
| Sat | Oct 2 - Dec 18 | 11:30am-1:30pm | \$179/party (No session Oct 30 & Dec 11) |
| Sat | Oct 2 - Dec 18 | 2:30pm-4:30pm | \$179/party (No session Oct 30 & Dec 11) |

- Auditorium room rental for 12 children (ages 2-8) and accompanying adults (Additional children will require an additional leader - see "Guests")
- Sound system with 3.5mm auxiliary input
- Ride-on cars, plasma cars, kids' basketball hoop, building blocks and mats will be available
- Inflatable bouncy castle with slide
- Leader for set-up/clean-up and supervision of the participants in the bouncy castle.
- Please bring your own knife, plates, cups and cutlery as the Centre does not provide them.

General Information:

- Please arrive no earlier than 30 minutes to set up for your party. A leader will be present to set up the inflatable and any tables and/or chairs.
- The party group is welcome to bring in a contracted face painter or balloon twister.
- The party group can bring any decorations they wish, but must remove the decorations by the end of the birthday
- Typically, the birthday cake is presented 30 minutes before the party ends.
- The party has 30 minutes after the party time to take out any of their belongings. During this time, the leader will take down the tables, chairs, inflatable, sweep and take out the garbage.

Guests:

Additional children welcome, up to a maximum of 24 (\$50 for an additional leader.)
Extra leader must be confirmed at least one week in advance of party date.
Room capacity is 60 people.

Registration & Refunds:

Register through phone, in-person or online. Cancellations require 10 working days' notice.

Questions:

If you have any questions, please call the Community Centre at 604-718-6222.



Hastings Community Preschool

Our program is a high quality, inclusive, community based preschool for children aged 3 to 5 years. Experienced Early Childhood Educators create learning opportunities in an environment which celebrates music, art, social development, physical activity and play. Children will have opportunities to explore nature and learn respect for the environment. The caring teachers provide support and resources for all children and their families.



Meet the Staff

Angela Pardek, Preschool Supervisor

Angela Pardek has worked as a Preschool Teacher at Hastings for over 25 years. Currently, she proudly leads the Preschool team as a Supervisor of the program. Angela's passion is working with the children and families of this community.

For more information about the Preschool, please contact Angela at 604.718.6234 or e-mail angela.pardek@vancouver.ca.

Preschool staff: Mary Andreola, Simone Harrop, Adelaida Ancheta, Lorraine Foth

Program Details

The following prices are for 2021-2022. Prices are subject to change.

| Ages | # of days | Days of the week | Program Time | Monthly Fee |
|---------|-----------|------------------|------------------|-------------|
| 3/4 yrs | 2 days | Tu/Th | 9:00 AM-11:15 AM | \$150 |
| 3/4 yrs | 3 days | M/W/F | 9:00 AM-11:15 AM | \$200 |
| 3/4 yrs | 5 days | M-F | 9:00 AM-11:15 AM | \$290 |
| 3/4 yrs | 3 days | Tu/W/Th | 9:00 AM-12:00 PM | \$250 |
| 3/4 yrs | 4 days | Tu-F | 12:45 PM-3:00 PM | \$250 |

Hastings Community out of School Care

The HCA is proud to offer the Licensed Out of School Care (OSC) service to the community. The OSC provides a safe drop off and pick up for children enrolled at A.R. Lord and Hastings Elementary schools. The program provides a stimulating environment for participants to be engaged in activities in a positive atmosphere. The program incorporates community field trips and Community Centre extras (i.e. outdoor use) wherever possible. Should your child be enrolled in another program in the Centre, staff are able to walk your son/daughter to the class.

ENROLLMENT

Registration is ongoing.
Contact us to have your
child(ren)'s name(s)
put on a waitlist.



CONTACT

Betty Sacco,
Acting OSC Supervisor

HastingsOSC@
vancouver.ca
604.718.6236

Meet the Staff

Staff are experienced school age and ECE trained staff. They do a fantastic job of creating a stimulating, interactive and cooperative environment to complement your child's school day.

Janice Manfron, Childcare and Association Manager

Janice loves living and working in the diverse community of Hastings-Sunrise. She started teaching Preschool at Hastings in 1999 and assisted in licensing the new OSC program in 2014. Janice continues to support the licensed childcare and family programs. Should you require additional information, contact Janice at 604.718.6232 or janice.manfron@vancouver.ca.

Betty Sacco, OSC Supervisor

Betty is our OSC Supervisor during the maternity leave of Lauren Barber. She is a long time community member and has been a staff member of the Out of School Care program since its inception. Betty's genuine love for children and their families make her an amazing asset to the program. If you require any information regarding the OSC, please contact Betty at 604.718.6236 or betty.sacco@vancouver.ca.

Program Hours and Fees

September 2021-June 2022

The following prices are for 2021-2022. Prices are subject to change.

| Before School Care | |
|--|-------------------------|
| 7:30-9:00 AM | \$154/month |
| Combination Before & After Care | |
| 7:30-9:00 AM & 3:00-6:00 PM | \$415/month |
| Pro-D Days | |
| 7:30 AM-6:00 PM | Included in monthly fee |
| School Closures (Winter/Spring/Summer) | |
| Not included in cost. Please see page 14 for Winter Day Camps. | |



About Us...

Our inclusive family focused drop-in welcomes all families and caregivers with children 5 years old and under. Our informal setting features play, stories, messy art, outdoor play and community information/resource areas. We emphasize, promote and encourage parent/caregiver participation, creative play, socialization, healthy child growth and development, health professional visits, parenting education, language development and nutrition programs. The Hastings Family Enrichment Centre is funded by the City of Vancouver and Hastings Community Association.



Family Enrichment Centre (604.718.6233)

The Family Drop-in is so excited to welcome you back. We are anticipating an early October opening.

Please look for further detailed information on exact re-opening date, operating hours and program scheduling on:

- Hastingscc.ca
- Instagram
- Social Media (Facebook)

DROP-IN FEES

| | |
|--------------------------|---------|
| Drop-In (Per Child) | \$2.75 |
| Punch Card (10 sessions) | \$25.00 |

*Please check monthly calendar for specific activities. Activities are subject to change.
All fees to be paid at the Front Office.*



Parent & Tot Gym

6 mths-5 yrs | FEC Staff

Let your tots burn off some energy by running and playing in a gym full of toys. There's lots of indoor fun in our gymnasium for young children. Foam modules, play area, infant area, hockey and riding cars are a few of the fun activities offered. Parental supervision required. No session Oct 30 & Dec 11.

10:30 AM-12:30 PM

\$2.75/child/drop-in

\$25/10 sess Punch Card

Tu/Th/Sa Sep 21-Dec 23

Special Events

Halloween Carnival

2-6 yrs | Non Instructional

Ready to trick-or-treat at Hastings Community Centre this Halloween? Celebrate with festive arts and crafts, themed carnival games, and a bouncy castle! We will also have be hosting Mike's Critters as a special station! Parent participation required.

This event is a youth-driven event, coordinated by the Hastings Youth Council. All proceeds go back to Youth Programs.

Sa Oct 30 10:30 am-12:30 pm
364284 \$5/1/child pre-registration, \$7/day of drop-in

Family Movie Night

2-14 yrs | No Instructor

The Hastings Heights Youth Council is hosting a family movie night on Fri Nov 19th! Wear your pajamas, bring your teddy and eat some popcorn while watching a movie with your family and friends. All ages welcome! Admission by donation

F Nov 19 7:00 pm-9:00 pm
364285 FREE

Breakfast with Santa

1+ yrs | Non Instructional

Enjoy a pancake breakfast, crafty fun, face painting, sleigh photo booth and a special visit from Santa! Bring a camera if you wish to take a picture with the jolly fellow. Pre-registration recommended as this event always sells out. Under 12 months old can attend for free. \$8/adult, \$5/child.

Sa Dec 11-Dec 11 10:30 AM-12:30 PM
359679 \$8/adult, \$5/child

Preschool (NB-5 yrs)

Dance



Vancouver Performing Stars Classes

Introduce your child to the world of ballet. These classes develop

coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Children will dance for parents on the last day of class. No class Oct 9, 10 & 31.

BALLET

3-4 yrs | Mini Ballet

Tu Sep 21-Nov 30 3:45 PM-4:30 PM
359767 \$143/11 sess

5-7 yrs | Junior Ballet

Tu Sep 21-Nov 30 4:30 PM-5:15 PM
359756 \$143/11 sess

8-12 yrs | Intermediate Ballet

Tu Sep 21-Nov 30 5:15 PM-6:00 PM
365615 \$143/11 sess

HIP HOP

3-4 yrs | Mini Hip Hop

Sa Sep 18-Dec 04 9:45 AM-10:30 AM
359768 \$143/11 sess

5-7 yrs | Junior Hip Hop

Sa Sep 18-Dec 04 10:30 AM-11:15 AM
359757 \$143/11 sess

8-12 yrs | Senior Hip Hop

Sa Sep 18-Dec 04 11:15 AM-12:15 PM
365617 \$154/11 sess

TPP Hip Hop Breakers

4-7yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.kirbySnellldance.com. No class Oct 9.

Sa Sep 18-Nov 27 2:15 PM-3:00 PM
364162 \$120/10 sess
Activity Room at *Templeton Park Pool

TPP Little Ballerinas

3-6 yrs | Endorphin Rush Dance And Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. Due to room occupancy, parents will not be permitted to enter the room. More info: www.kirbySnellldance.com No class Oct 9.

3-5 yrs

Sa Sep 18-Nov 27 12:15 PM-1:00 PM
364155 \$120/10 sess

4-6yrs

Sa Sep 18-Nov 27 1:15 PM-2:00 PM
364158 \$120/10 sess
Activity Room at *Templeton Park Pool

Music



Jump into Music 0-4 yrs | Monica Lee

This one of a kind music and movement program engages, educates, and entertains parent and

child while on a musical journey through different styles and cultures. Curriculum is designed to stimulate the whole brain and body via singing, dancing, drumming, parachuting, improvising, exploring instruments, jumping and playing. A family fun environment exploring world culture and music. All in person registered families enjoy a FREE Saturday morning 10am LIVE online class. Come jam along as Teacher Monica plays her Ukulele, special instruments and hosts guest puppets like the Three Little Birds while learning about music from around the world! Let's get together and Jump into Music! Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. Siblings receive a 25% discount but must register at the community centre front desk. \$18 drop-ins welcome if space permits. Check out our website www.jumpintomusic.ca No class Oct. 11

Tu Sep 14-Oct 26 9:30 AM-10:20 AM
359752 \$126/7 sess
Tu Sep 14-Oct 26 10:30 AM-11:20 AM
359751 \$126/7 sess
Tu Nov 02-Dec 7 9:30 AM-10:20 AM
359753 \$126/7 sess
Tu Nov 02-Dec 7 10:30 AM-11:20 AM
359754 \$126/7 sess

Courses marked **TPP** take place at
Templeton Park Pool



Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required. I am taking several COVID-19 safety precautions to keep our classes safe, such as limiting class size so there is plenty of space in class to maintain physical distancing, the room is well ventilated to provide fresh air (classes may be held outside if the weather permits), mats and high touch areas are sanitized between classes, caregivers & children over 6 years old are required to wear a mask in the classroom, and participants are asked to stay home if they have cold/flu/Covid symptoms, have been exposed to Covid in the last 14 days, have travelled outside of Canada in the last 14 days, or have been asked to self-isolated by any Public Health Authority. Please be advised that although precautions are made, due to novel COVID-19, you are taking this class at your own risk. You may choose to bring your own instruments or use the instructor's instruments, which have been sanitized before each class. (Instructor will send out an email before the start of the first class, please be sure you have a current email on file.). Sorry, there will be no drop-ins at this time. No class Oct 9 and Nov 13.

| | |
|------------------|-------------------|
| Sa Sep 11-Dec 04 | 11:15 AM-11:45 AM |
| 359605 | \$99/11 sess |
| W Sep 15-Dec 01 | 11:15 AM-11:45 AM |
| 359608 | \$108/12 sess |

Music with Jennifer Yamazaki

Adventures in Music

1-5 yrs | Jennifer Yamazaki

These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts & musicianship and also incorporate reaching goals in all other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfège/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings under 1 year old attend free. Caregiver participation is required. I am taking several COVID-19 safety precautions to keep our classes safe, such as limiting class size so there is plenty of space in class to maintain physical distancing, the room is well ventilated to provide fresh air (classes may be held outside if the weather permits), mats and high touch areas are sanitized between classes, caregivers & children over 6 years old are required to wear a mask in the classroom, and participants are asked to stay home if they have cold/flu/Covid symptoms, have been exposed to Covid in the last 14 days, have travelled outside of Canada in the last 14 days, or have been asked to self-isolated by any Public Health Authority. Please be advised that although precautions are made, due to novel COVID-19, you are taking this class at your own risk. You may choose to bring your own instruments or use the instructor's instruments, which have been sanitized before each class. (Instructor will send out an email before the start of the first class, please be sure you have a current email on file.). Sorry, there will be no drop-ins at this time. No class Oct 9 and Nov 13.

| | |
|------------------|-------------------|
| W Sep 15-Dec 01 | 9:15 AM-10:00 AM |
| 359607 | \$144/12 sess |
| W Sep 15-Dec 01 | 10:15 AM-11:00 AM |
| 359604 | \$144/12 sess |
| Sa Sep 11-Dec 04 | 9:15 AM-10:00 AM |
| 365619 | \$137.5/11 sess |
| Sa Sep 11-Dec 04 | 10:15 AM-11:00 AM |
| 359606 | \$137.5/11 sess |

MOTHER GOOSE REGISTRATION

In-person & phone-in registration begins on August 14. Priority given to new participants.

Returning participants can register starting August 18.

Registration not available online.

Mother Goose - Baby

0-1 yrs | Jennifer Yamazaki

Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. Snack provided and siblings welcome. No Class on Nov 11

Th Sep 23-Nov 25

10:15 AM-11:00 AM

363114

Free/9 sess

TPP Mother Goose - Baby

0-1 yrs | Jennifer Yamazaki

Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. Snack provided and siblings welcome. Tu Sep 21-Nov 23

11:30 AM-12:15 PM

363105

Free/10 sess

Activity Room at *Templeton Park Pool

Mother Goose - Toddler

1-4 yrs | Jennifer Yamazaki

Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. Snack provided and siblings welcome. No Class on Nov 11.

Th Sep 23-Nov 25

9:15 AM-10:00 AM

363113

Free/9 sess

TPP Mother Goose - Toddler

1-4 yrs | Jennifer Yamazaki

Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. Snack provided and siblings welcome. Tu Sep 21-Nov 23

10:30 AM-11:15 AM

363103

Free/10 sess

Activity Room at *Templeton Park Pool

Courses marked **TPP** take place at
Templeton Park Pool

Education

Intro to Baby Sign Language 0-2 yrs | Into Yoga

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

Tu Sep 21-Oct 19 11:30 AM-12:15 PM
359745 \$64/5 sess



Growing Kids 1-5 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Sessions will take place in the Community Hall or in the HCC Learning Garden.

M Sep 13-Oct 18 11:00 AM-11:30 AM
364109 Free/5 sess

M Nov 1-Dec 6 11:00 AM-11:30 AM
365684 Free/6 sess



Sportball

Sports instruction for kids

Refund Policy: Request made more than 48 hours prior to the first class will receive a full refund. Request after this time will be charged a \$10 administration fee plus a pro-rated refund based on the number of sessions passed.

Sportball Jr. 1-2 yrs | Sportball Vancouver

Toddlers and parents/caregivers focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Children are challenged according to their skill level and coaches help grownups understand proven teaching techniques.

W Sep 22-Oct 27 9:10 AM-9:55 AM
368459 \$90/6 sess

W 9:10 AM-9:55 AM
368460 \$90/6 sess

Sportball Parent & Child Multisport

2-3 yrs | Sportball Vancouver

This program helps preschoolers refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate activities. Sportball maintains a one-parent-per-child ratio policy in Parent Child programs to ensure that focus is kept on helping little ones practice and learn.

Sa Sep 18-Oct 30 9:10 AM-9:55 AM
365679 \$116/6 sess

Sa Nov 06-Dec 11 9:10 AM-9:55 AM
365681 \$116/6 sess

Sportball Multisport 3-5 yrs | Sportball Vancouver

Sportball lessons are packed with co-operative games, arts & crafts and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No session Oct 9.

Sa Sep 18-Oct 30 10:00 AM-10:45 AM
365680 \$116/6 sess

Sa Nov 06-Dec 11 10:00 AM-10:45 AM
365682 \$116/6 sess

Children (5-12 yrs)

Day Camp

Pro-D Day Camp 6-12 yrs | Youth Leader

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited! Refunds require a minimum of 10 days' notice BEFORE the start of camp. A \$10 administrative fee will be assessed for refunds.

CAMP - 9:00 am-3:00 pm \$28/1 sess
AFTER CARE - 3:00-5:30 pm \$8/ 1 sess

F Sep 24

Camp - 364286 After Care - 364291

F Oct 22

Camp - 364287 After Care - 364290

F Nov 26

Camp - 364288 After Care - 364289

December Break Day Camp 5-12 yrs | TBA Instructor

Join us for an exciting day camp that includes arts & crafts, out-trips, special events and more! Child must be currently attending Kindergarten to attend Safari Day Camp. Day camp participants must bring a packed lunch and dress appropriately for the weather and scheduled out-trip. A waiver form must be completed prior to the start of the week. Refunds require a minimum of 10 days' notice BEFORE the start of the week of camp. A \$10 administrative fee will be accessed for refunds. No camp Dec 24, 27, 28 & 31.

M-Th Dec 20-Dec 23 9:00 AM-4:00 PM
359899 \$120/4 sess

W/Th Dec 29-Dec 30 9:00 AM-4:00 PM
359900 \$60/2 sess

Education

Young Moviemakers

8-14 yrs | Young Moviemakers

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, scriptwriting, acting, editing and more; through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community.

Sa Oct 02-Nov 06 12:30 PM-4:30 PM
\$450/6 sess



Red Cross Babysitting Course

10-16 yrs | Community Care First Aid

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime.

Sa Oct 16 9:30 AM-4:30 PM
359869 \$75/1 sess
Sa Nov 20 9:30 AM-4:30 PM
359870 \$75/1 sess

Beginner Computer Programming

9-13 yrs | Tommy Nguyen

Learn beginner programming with Tommy, a UBC undergrad in Cognitive Systems. Students will learn how to think like a programmer and create simple projects that they could be proud of. A laptop or keyboard with just access to the internet via WiFi will be required in class for learning and practicing. No experience is required. Please bring your own laptop. No Class Oct 8. Instructor: Tommy Nguyen

Level 1

F Sep 17-Nov 26 3:30 PM-4:30 PM
371238 \$90/10 sess

Level 2

F Sep 17-Nov 26 4:40 PM-5:40 PM
371247 \$90/10 sess

Martial Arts

Karate

5-15 yrs | Jan Stefanovic

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class.

W F Sep 15-Dec 10 5:00 PM-6:00 PM
359760 \$182/26 sess
M Sep 13-Dec 6 5:00 PM-6:00 PM
365621 \$84/12 sess



Renfrew Kendo - Kids

7-18 yrs | Renfrew Kendo Dojo Society

Kendo developed from traditional techniques of Japanese swordsmanship known as kenjutsu. Kendo is a physically and mentally challenging activity that combines strong martial arts values with sporting-like physical elements. No class Dec 26 & 28.

Su Th Sep 14-Dec 28 7:00 PM-8:00 PM

Sports

Hastings Basketball

7-9 yrs | Mark Frroku

This basketball program provides an opportunity for children to participate and develop their basketball skills while developing themselves physically, emotionally, mentally, and cognitively. Register while there are still spaces!

Tu Sep 14-Nov 30 4:00 PM-5:00 PM
359723 \$48/12 sess

Tennis Lessons for Kids

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Lessons are held in the gym. No class Oct 10 and Oct 30. Instructor: Wilson Tan

Instructor: Wilson Tan

Tennis lessons for Kids 5-6 yrs

Tu Sep 14-Dec 07 6:45 PM-7:45 PM
359892 \$195/13 sess
Sa Sep 18-Dec 11 3:00 PM-4:45 PM
359891 \$288.75/11 sess

Tennis lessons for Kids 7-9 yrs

Tu Sep 14-Dec 07 6:45 PM-7:45 PM
359894 \$195/13 sess
Sa Sep 18-Dec 11 3:00 PM-4:45 PM
359893 \$288.75/11 sess

Tennis lessons for Kids 10-13 yrs

Tu Sep 14-Dec 07 6:45 PM-7:45 PM
359890 \$195/13 sess
Sa Sep 18-Dec 11 3:00 PM-4:45 PM
359889 \$288.75/11 sess

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Registration for courses will begin Wednesday, August 14 at 9 AM.



Music

Piano - Private Lessons

5+ yrs | Samuel Chan

Learn the basics of sitting, fingering, and be exposed to the rhythm of individual piano lessons. Emphasis will be on the practical aspect and general theory in these introductory 30 minute private lessons.

No keyboard or piano is required, however encouraged. Additional cost for books to be purchased. Sorry, no refunds after the second class. No class Oct 10 & 31.

| | |
|------------------|-------------------|
| Su Sep 19-Dec 05 | 10:45 AM-11:15 AM |
| 359787 | \$230/10 sess |
| Su Sep 19-Dec 05 | 11:15 AM-11:45 AM |
| 359788 | \$230/10 sess |
| Su Sep 19-Dec 05 | 11:45 AM-12:15 PM |
| 359789 | \$230/10 sess |
| Su Sep 19-Dec 05 | 12:15 PM-12:45 PM |
| 359790 | \$230/10 sess |

Private Piano with Iris

4+ yrs | Iris Lam

The private lessons are for preschool children and Adults who want to explore musical ideas like pitch, dynamics, tempo and rhythm and build important motor skills for piano. These lessons give children a foundation in music by engaging their minds and imaginations in a musically playful way (and can develop their life-long love for music). Lessons can be taught in English or Cantonese. Additional cost for books to be purchased. Sorry, no refunds after the second class. No Class Oct 11 and Nov 15.

| | |
|-----------------|------------------|
| M Sep 20-Dec 06 | 12:30 PM-1:00 PM |
| 359850 | \$230/10 sess |
| M Sep 20-Dec 06 | 1:00 PM-1:30 PM |
| 365604 | \$230/10 sess |
| M Sep 20-Dec 06 | 1:30 PM-2:00 PM |
| 365605 | \$230/11 sess |
| M Sep 20-Dec 06 | 2:00 PM-2:30 PM |
| 365606 | \$230/11 sess |

Private Piano with Anna

4+ yrs | Anna Kihara

Piano lessons are a great way for anyone to cultivate focus, creativity and commitment. Students will acquire skills in identifying and playing notes, rhythms and dynamics, all while having fun and gaining a sense of confidence as they learn to play new pieces. Piano lessons with Anna are a great way for students to build a strong musical foundation and express themselves through music. Lessons can be taught in English or Japanese. Additional cost for books to be purchased. No refunds after the second class. No class Oct 9.

| | |
|------------------|-------------------|
| Sa Sep 18-Dec 11 | 10:00 AM-10:30 AM |
| 359817 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 10:30 AM-11:00 AM |
| 359818 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 11:00 AM-11:30 AM |
| 359819 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 11:30 AM-12:00 PM |
| 359820 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 12:00 PM-12:30 PM |
| 359821 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 12:30 PM-1:00 PM |
| 359822 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 1:00 PM-1:30 PM |
| 359823 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 1:30 PM-2:00 PM |
| 359824 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 2:00 PM-2:30 PM |
| 359825 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 2:30 PM-3:00 PM |
| 359826 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 3:00 PM-3:30 PM |
| 359827 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 3:30 PM-4:00 PM |
| 359828 | \$276/12 sess |
| Sa Sep 18-Dec 11 | 4:00 PM-4:30 PM |
| 359829 | \$276/12 sess |

Acoustic Guitar - Private Lessons

5+ yrs | TBA

These 30 minute lessons are for students of all levels. Study the acoustic guitar with a patient, experienced teacher who specializes in finger picking, chording, song writing and improvisation. Students provide their own instrument. Sorry, no refunds after the second class. No class Oct 10.

| | |
|------------------|-------------------|
| Su Sep 19-Nov 28 | 10:15 AM-10:45 AM |
| 359593 | \$200/10 sess |
| Su Sep 19-Nov 28 | 10:45 AM-11:15 AM |
| 359594 | \$200/10 sess |
| Su Sep 19-Nov 28 | 11:15 AM-11:45 AM |
| 359595 | \$200/10 sess |
| Su Sep 19-Nov 28 | 11:45 AM-12:15 PM |
| 359596 | \$200/10 sess |
| Su Sep 19-Nov 28 | 12:15 PM-12:45 PM |
| 359597 | \$200/10 sess |
| Su Sep 19-Nov 28 | 12:45 PM-1:15 PM |
| 359598 | \$200/10 sess |
| Su Sep 19-Nov 28 | 1:15 PM-1:45 PM |
| 359599 | \$200/10 sess |

Yoga

TPP Family Yoga

4-12 yrs | Vivien Gomes

Yoga is natural wellspring of health: helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire the children about self-regulating and self-care. The class includes stories along with yoga sequences and relaxation. Yoga can aid in children development and bring more harmony into one's life. (No Class Oct.10)

4-7 yrs

| | |
|---------------------|------------------|
| Su Sep. 19- Oct. 31 | 9:30 AM-10:00 AM |
| 365579 | Free/6 sess |
| Su Nov.7- Dec.12 | 9:30 AM-10:00 AM |
| 365577 | Free/6 sess |

8-12 yrs

| | |
|---------------------|-------------------|
| Su Sep. 19- Oct. 31 | 10:15 AM-10:45 AM |
| 365578 | Free/6 sess |
| Su Nov.7 - Dec. 12 | 10:15 AM-10:45 AM |
| 365580 | Free/6sess |

Activity Room at *Templeton Park Pool

Courses marked **TPP** take place at
Templeton Park Pool



TGIF (9-12 yrs)

Fridays, 6:00-8:30 PM - Meets in the Games Room

This evening program provides a space for pre-teens to come and enjoy the scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Games Room, with scheduled activities to begin at approximately 6:15pm. Registration required.

This program is FREE and made possible by the Hastings Community Association (HCA).

Activities are subject to change.

| | | | |
|---------------------------------------|-------------------------------|--|--|
| Oct 15 Lip Sync Showdown | Oct 22 Pizza Making | Oct 29 Spooky Friday (Pumpkin Carving & Halloween Fun) | Nov 5 Brownies |
| Nov 12 Everyone's Birthday! | Nov 19 Karaoke | Nov 26 Give Thanks (Thanksgiving Dinner) | Dec 3 King Kong (Tower Building) |

For more information, please contact TJ, Community Youth Worker, at 604.718. 6231.

Tuesday Troopers

9-12 yrs | Youth Leader

Tuesday Troopers is for any pre-teen who identifies as a boy and/or non-binary and wants to take part! This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program. Downloadable forms will be available on the HCA website.

Tu Oct 12-Nov 30 3:00 pm-6:00 pm
364282 \$0/8 sess

Wednesday Star Friends

9-12 yrs | Youth Leader

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part! This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks! The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program. Downloadable forms will be available on the HCA website.

W Oct 13-Dec 01 3:00 pm-6:00 pm
364283 \$0/8 sess

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriate including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited! Refunds require a minimum of 10 days' notice BEFORE the start of camp. A \$10 administrative fee will be assessed for refunds.

CAMP - 9:00 am-3:00 pm \$28/1 sess
AFTER CARE - 3:00-5:30 pm \$8/ 1 sess

F Sep 24

Camp - 364286 After Care - 364291

F Oct 22

Camp - 364287 After Care - 364290

F Nov 26

Camp - 364288 After Care - 364289

December Break Day Camp

5-12 yrs | TBA Instructor

Join us for an exciting day camp that includes arts & crafts, out-trips, special events and more! Child must be currently attending Kindergarten to attend Safari Day Camp. Day camp participants must bring a packed lunch and dress appropriately for the weather and scheduled out-trip. A waiver form must be completed prior to the start of the week. Refunds require a minimum of 10 days' notice BEFORE the start of the week of camp. A \$10 administrative fee will be assessed for refunds. No camp Dec 24, 27, 28 & 31.

M-Th Dec 20-Dec 23 9:00 AM-4:00 PM
359899 \$120/4 sess
W/Th Dec 29-Dec 30 9:00 AM-4:00 PM
359900 \$60/2 sess

Hastings Ball Hockey League

10-12 yrs | Youth Leader

Calling all pre-teens in grades 5-7 looking for an after-school hockey program!

Introducing the Hastings Ball Hockey League (HBHL)!

This will be a fun, recreational ball hockey league supported by the Vancouver Police Department officers from the neighbourhood. Come connect with new friends, meet police officers, and meet youth volunteers taking part in this weekly co-ed session at Hastings Community Centre! All skill sets are welcome and the cost is FREE thanks to the Vancouver Police Foundation! This co-ed program (open to any pre-teen who identifies and/or non-binary) is for kids ages 10-12 (grades 5-7).

- **Registration is required - no drop-ins**
- **Waiver forms will be available on the HCA website**

Th Oct 7-Dec 2
370720

3:00 pm-5:15 pm
Free/8 sess



**VANCOUVER POLICE
FOUNDATION**

Teens (13-18 yrs)

Community Youth Development at Hastings CC

Youth Services at Hastings CC are a partnership between the Vancouver Board of Parks and Recreation and the Hastings Community Association.

Youth programs reflect the principles of CYD in the City of Vancouver: accessible, collaborative, and inclusive. Youth are respected, supported and involved in program planning, implementation and decision-making.



@YouthWorkerTJ

Follow or DM TJ on IG for any volunteering opportunities and youth initiatives.



Hastings Hydras Youth Dragon Boat Team

We are the Monsters of the Sea!

If you are interested in joining the 2020 season, please see TJ, Community Youth Worker. There will be a team meeting in December with practices starting in January 2020.

Please note: priority is given to returning paddlers.



Volunteering/Leadership

Hastings Youth Council 12-17 yrs | TJ Shukla

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special events, implement projects, and volunteer in the community. Meet new people, make new friends, get volunteers hours and give back to the community! Meetings are held on Saturdays. For more information, please contact TJ Shukla at 604.718.6231 or tj.shukla@vancouver.ca FREE

Looking for Volunteer Hours?

Volunteers are able to gain valuable work experience, build relationships with the Youth Worker and staff team and meet other youth. Some of these opportunities include:

- Open House
- Halloween Carnival
- Breakfast with Santa
- Day Camps
- After-School Programs
- Community Clean-ups and more!

Feel free to drop-by the Youth Worker office at Hastings Community Centre to connect with TJ, Community Youth Worker. You can reach him at 604.718.6231, or email at tj.shukla@vancouver.ca

PB City-Wide Youth Council

The City-Wide Youth Council connects youth from Vancouver's 20 diverse communities to work together on youth initiatives, local issues and Youth Week. Meetings are held at City Hall on the second Wednesday of the month. For more information, contact TJ, Community Youth Worker.



Dodgeball Tournament!

Join the Hastings Dodgeball team as we take on other youth teams across the city in the month of November! Games are held at different sites on Saturdays! Check with TJ Shukla, Community Youth Worker for more details!



GAMES ROOM Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--------------------------------------|---|---|------------------------------|
| All Ages – 9:00 AM - 3:00 PM | | | | | All Ages 9:30 AM - 1:30 PM | All Ages 10:15 AM-1:30 PM |
| Youth Grades 8-12 3:00-6:00 PM | Troopers Grades 4-7 3:00-5:30 PM (see page 17) | Star Friends Grades 4-7 3:00-5:30 PM (see page 17) | Youth Grades 8-12 3:00-6:00 PM | Youth Grades 8-12 3:00-5:30 PM | Hastings Youth Council 2:00-3:30 PM | |
| All Ages – 6:00-9:30 PM | | | | TGIF Grades 4-7 6:00-9:00 PM (see page 17) | All Ages 3:30 PM - 4:30 PM | |
| Please note: Schedule subject to change. No equipment will be handed out 15 minutes prior to closing. | | | | | | |

Youth Programs & Open Gym Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|--|---|--|---|---|--------|
| | Youth Drop-In @ TPP (Activity Room) Grades 8-12 3:00-4:55 PM Drop by to hang-out and play NBA 2K, NHL and other video games on the PS4. | Open Gym Grades 8-12 3:00-5:15 PM | Hastings Ball Hockey League Grades 5-7 3:00-5:15 PM | Basketball* Grades 8-12 3:15-9:30 PM Volleyball Grades 8-12 4:30-6:30 PM (Half Gym) | Hastings Youth Council 2:00-3:30 PM | |

Schedule subject to change.

PARENTAL/GUARDIAN RESPONSIBILITY: According to provincial guidelines, all children under the age of 9 are required to have parental/guardian 16 years or older supervision when not attending a registered Hastings program. This applies to all drop-in programs such as the Games Room, Open Gym. The staff at Hastings are not responsible for children left unattended after programs have finished. Parents/ guardians are responsible for picking up their children as soon as programs have ended.



Fitness Centre Hours of Operation

Fitness Centre will be closed on all statutory holidays. Hours subject to change.

| Sep 8-Dec 31 | MONDAY TO FRIDAY | SATURDAY | SUNDAY |
|--------------|-------------------|-------------------|--------------------|
| | 6:00 AM - 9:45 PM | 9:00 AM - 4:45 PM | 10:00 AM - 2:00 PM |

Aerobic & Fitness Centre Passes

Passes are non-transferable and non-refundable; however, patrons may receive one extension per year from 2 weeks up to 3 months due to illness, injury or travel. Please ask for more details about our pass extension guidelines.

*Discount

Youth (13-18 years), Older Adults (60+) years, Leisure Access Card holders receive 50% discount on monthly passes. Students currently attending school full-time receive a 45% discount on passes. Students must present course transcript that they are currently taking a minimum of 3 courses at local post-secondary institutions that are listed with the Hastings Community Centre (UBC, SFU, Langara, Capilano, Douglas, and others - full list available at the Front Office).

Fitness Centre Early Entry

Mon – Fri 6:00-9:00am

Due to the City of Vancouver Park Board cash compliance policy, cash cannot be accepted for early morning entrance to the fitness centre. Entrance to the Fitness Centre during these hours is restricted to only monthly or 10 visit pass holders. If you intend to work out during these hours, please purchase a pass before doing so during regular office operating hours.

Fitness Centre & Cardio Room

- Large selection of Lifefitness and Hammer Strength Pin-Select, Cable and plate-load machines
- Large selection of free weights
- Physio balls & medicine balls
- Body bars
- Bosu balls & balance boards
- Cardio Room
- Concept 2 Rowing Machines
- Elliptical trainers
- Upright and recumbent computerized bikes
- Treadmills
- Power Step Mill
- Keiser Spin Bike
- Precor AMT

Fitness Centre Etiquette

- Respectful behaviour, following Making All Recreation Safe (M.A.R.S.) guidelines
- Follow posted signage
- Chalk use not permitted

Orientation for Youth (13-16 yrs)

Youth can have a free orientation with one of our fitness attendants before working out on their own. Pick up a health screening and parental/guardian consent form from the main office. Once your form is completed, please call 604.718.6222 to book your appointment.

Fitness Attendants on Duty

Monday - Friday 6:00-10:00 AM

Monday - Thursday 3:45-8:45 PM

Note: No attendants on duty Saturday or Sunday.

Scovia Maeko BCRPA Certified Weight Training Leader

Romeo Mele BCRPA Strength Training, Exercise to Music, Personal Training, Special Core Stretching Certificate, Sports Specific Training Certificate

Personal Training

Book your one hour session with one of our seasoned trainers now! Sessions take place Mon to Fri between 7am and 9am, and Mon to Thurs between 4 and 8pm. Call 604.718.6222 to make your appointment. Purchase your 10-visit card from the Front Office.

\$35/1 sess

External Rehab Trainers

Hastings Community Association will only accept Rehab Trainers. We will no longer accept Outside Trainers.

| FITNESS CENTRE FEES | | | |
|---|-----------|--------------------------|--------------|
| | Adult | *Discount | |
| | 19-59 yrs | Youth 13-18 & Adults 60+ | Students 19+ |
| FC Drop-In | \$5 | N/A | N/A |
| Mild & Total Fitness | \$5 | \$4 | N/A |
| 10 visits | \$45 | N/A | N/A |
| 1 month | \$43.90 | \$22.06 | \$28.54 |
| 3 months | \$87.81 | \$43.90 | \$57.08 |
| 1 year | \$269.52 | \$134.76 | \$175.19 |
| <i>All pass holders and drop-in have the option to obtain a HCA membership. Prices listed do not include GST.</i> | | | |

| RACQUETBALL DROP-IN (re-opens Oct 4) | | |
|---|---------|------------------|
| | Adult | Youth/Adults 65+ |
| Single Booking (45 mins) | | |
| Prime time | \$10.78 | \$7.58 |
| Non-Prime time | \$7.19 | \$5.00 |
| Single Player | \$5.40 | \$3.84 |
| 10-Court Strip | | |
| Prime-Time | \$97.48 | - |
| Non-Prime time | \$64.56 | - |
| <i>Prime time: After 3:00pm weekdays and all day weekends Prices listed do include GST. Prices subject to change.</i> | | |

Aerobics Schedule (Sep 7-Dec 20)

No aerobics on Sep 6, Oct 11, Nov 11, Dec 20-31. Resumes Jan 4.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------|---|---------------------------------------|---|---------------------------------------|--------|
| MORNING | Step & Sculpt 9:15-10:15 AM Sharon | | Total Body Conditioning 9:15-10:15 AM Alex | | |
| | Mild & Total Fitness 10:30-11:25 AM Nargis | | | | |
| EVENING | | Step 5:30-6:30 PM Sharon | Step & Sculpt 5:30-6:30 PM Sharon | Step 5:30-6:30 PM Sharon | |

| CLASS | LEVEL | DESCRIPTION | DROP-IN | 10-VISIT PASS |
|---------------------------------|--|---|---------|---------------|
| Mild & Total Fitness | <i>Beginner</i> <i>This class is designed for older adults.</i> | Warm up, cardio, strengthening, using weights & bands, floor work and stretching. | \$4 | \$36.00 |
| Step Total Body Conditioning | <i>All Fitness Levels</i> | For participants who want a moderate cardio workout. Newcomers welcome. Choreographed patterns followed by strength training with weights and tubing. | \$5 | \$45.00 |
| Step & Sculpt | <i>Intermediate to Advanced</i> | For moderately fit individuals who want to increase their muscular endurance as well as challenge their cardiovascular system. Cardio is alternated with strength training. | | |

Other Fitness Classes

Fitness Schedule

Please see program description for exact dates and times. Program may be cancelled due to low enrolment.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|---------------------------------|---|-----------------|-----------------|
| | Mission FitPossible 9:45 AM-10:45 AM | | Mission FitPossible 9:45-10:45 AM | | |
| | Core and Strength for Seniors 10:00-11:00 AM | | | | |
| | Iyengar Yoga (Mix Lvl) 6:30-8:00 PM | Osteofit 1:00-2:00 PM | Iyengar Yoga (Beg) 6:30-8:00 PM | | |
| Hastings Bootcamp 6:45-7:45 PM | Abs, Butt and Core 7:45-8:45 PM | Iaido 6:15-8:15 PM | Renfrew Kendo 7:00-9:00 PM | LEGEND | |
| Learn To Run 10K 6:30-8:00 PM | Renfrew Kendo 8:15-9:30 PM | | | AM class | PM class |

Fitness

Abs, Butt, and Core

19+ yrs | Nicole Wutschnik

ABC - Improve your quality of life and workout performance in this Abs, Butt, and Core class. You will develop and strengthen your deep core, abdominal, and gluteal muscles, all while improving your posture, balance, and preventing injury. This class will use mostly body weight resistance so that you can focus on isolation and form. Bring a yoga mat and towel.

| | |
|------------------|-----------------|
| Tu Sep 21-Oct 26 | 7:45 PM-8:45 PM |
| 359592 | \$66/6 sess |
| Tu Nov 02-Dec 07 | 7:45 PM-8:45 PM |
| 359591 | \$66/6 sess |

TPP Circuit Training

19+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards Seniors looking to improve their strength.

| | |
|-------------------|-----------------|
| Tu Sept 14-Oct 26 | 8:00 AM-9:00 AM |
| 359689 | \$56/7 sess |
| Tu Nov 2-Dec 14 | 8:00 AM-9:00 AM |
| 359689 | \$56/7 sess |

Hastings Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Drop-in \$10, space permits. No class Oct 11.

| | |
|------------------|------------------|
| M Sep 13-Oct 25 | 6:45 PM-7:45 PM |
| 359724 | \$51/6 sess |
| M Nov 01-Dec 06 | 6:45 PM-7:45 PM |
| 359725 | \$51/6 sess |
| Sa Sep 18-Oct 23 | 9:05 AM-10:05 AM |
| 373333 | \$51/6 sess |
| Sa Nov 06-Dec 04 | 9:05 AM-10:05 AM |
| 373334 | \$42.50/5 sess |

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$6, space permitting. No class Nov 11.

| | |
|------------------|-----------------|
| Th Sep 16-Dec 09 | 1:00 PM-2:00 PM |
| 359780 | \$60/12 sess |

LearnToRun10K

19+ yrs | SportMed BC

Whether you are new to running or looking for a fun way to stay active, SportMedBC's LearnToRun10K is a progressive training program that utilizes a combination of running & walking to help gradually increase your strength and stamina. Guided by a team of trained leaders, you will build the endurance and confidence to prepare you to complete a 10K distance injury-free at the end of 13 weeks. Participants will meet with their leaders once per week, plus receive a comprehensive 13-week LearnToRun10K program, weekly coaching advice, nutrition tips, and access to additional training resources. Registration Information - No new registrations will be accepted after the 3rd session - No pro-rated price for late registrations are offered - Minimum number of participants required to run the program: 15 Refund Policy - Participants will be eligible for full refunds until the start of the first session - Participants are eligible for partial refunds (\$65.00) after the start of the first session, up until the end of the second week of the program - No refunds will be provided after the second week.

| | |
|-----------------|-----------------|
| M Sep 13-Dec 06 | 6:30 PM-8:00 PM |
| 359764 | \$99/13 sess |

Mission...FitPossible

19+ yrs | Romeo Mele

Start your mornings right. Better your functional movement. Increase cardio fitness. Increase muscle strength endurance, Inspire weight loss. This class provides participants with a fun energetic workout. YOUR MISSION? To mix different types of training such as HIIT, core stability, and functional movement to develop athleticism and inspire a happier, healthier you. Register at least one week in advance to allow our certified trainer enough time to discuss with you your goals and limitations. Drop-in \$20 if space permits.

| | |
|---------------------|------------------|
| Tu Th Sep 16-Dec 14 | 9:45 AM-10:45 AM |
| 359769 | \$266/26 sess |

Yoga

Iyengar Yoga - Beginner

19+ yrs | Bridget Donald

Join us to increase your flexibility, strength and relaxation. The Iyengar method of yoga involves meditation in action: with its focus on the details of the yoga poses and conscious movement, it helps to bring the body and mind into healthy alignment. Beginners and ongoing students are welcome in the class. Drop-in \$17.14, if space permits. No class Nov 11.

| | |
|-----------------|-----------------|
| Th Sep 23-Dec 2 | 6:30 PM-8:00 PM |
| 359746 | \$150/10 sess |

Iyengar Yoga - Mixed Level

19+ yrs | Siobhan Sloane-Seale

This yoga course will review all basics and go deeper. Iyengar yoga adapts to your personal needs, regardless of your age or state of health. In this class, you'll increase your flexibility, strength and body awareness. Drop-ins welcome with teacher approval. Drop-in \$18.00, space permitting, with instructor approval.

| | |
|-----------------|-----------------|
| Tu Nov 9-Dec 14 | 6:00 PM-7:30 PM |
| 359749 | \$90/6 sess |

TPP Creative Hatha Flow Yoga

16+ yrs | Hana Hermanek

Hatha classes are great for improving focus, breathing, circulation, digestion, and flexibility. Many students say they feel more relaxed after class and sleep better at night. Classes begin with a short grounding exercise, followed by a variety of poses, and finishing with a relaxing savasana. Keep your body limber and come do yoga! Beginners welcome. Drop-in \$14, if space permits.

| | |
|------------------|-----------------|
| Tu Sep 21-Oct 26 | 6:45 PM-8:00 PM |
| 365438 | \$75/6 sess |
| Tu Nov 02-Dec 07 | 6:45 PM-8:00 PM |
| 365439 | \$75/6 sess |

Activity Room at *Templeton Park Pool

Martial Arts

Please note: Adult & Older Adult programs are subject to GST.

Karate

5-15 yrs | Jan Stefanovic

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. No class Nov 11.

| | |
|-------------------|-----------------|
| W F Sep 15-Dec 10 | 5:00 PM-6:00 PM |
| 359760 | \$182/26 sess |
| M Sep 13-Dec 6 | 5:00 PM-6:00 PM |
| 365621 | \$84/12 sess |

Renfrew Kendo - Adults

19+ yrs | Renfrew Kendo Dojo Society
Kendo developed from traditional techniques of Japanese swordsmanship known as kenjutsu. Kendo is a physically and mentally challenging activity that combines strong martial arts values with sporting-like physical elements.

| | |
|------------------------|-----------------|
| Su Tu Th Sep 14-Dec 30 | 7:00 PM-9:30 PM |
| 359872 | \$TBA |

Iaido

19+ yrs | Shin Ken Kai



Iaido is the traditional use of the Japanese sword. The techniques help focus and develop your body, mind, and spirit. The practice will improve your flexibility and situational awareness. We train in two koryu (old schools) both of which are over 400 years old. Our practice includes traditional individual as well as two person Kenjutsu forms. Drop ins are \$10.00 if space permits.

| | |
|--------------------|-------|
| Su W Sep 12-Dec 22 | |
| 359741 | \$200 |

Yang style Tai Chi is known for its benefits of health, meditation and self-defense.

This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body posturing and whole body movement. Drop-in \$11.43, space permitting.

| | |
|--------------------|-----------------|
| M Th Sep 13-Sep 30 | 7:00 PM-9:00 PM |
| 363716 | \$60/6 sess |
| M Th Oct 4-Oct 28 | 7:00 PM-9:00 PM |
| 365685 | \$70/7 sess |
| M Th Nov 1-Nov 29 | 7:00 PM-9:00 PM |
| 365686 | \$80/8 sess |
| M Th Dec 2-Dec 16 | 7:00 PM-9:00 PM |
| 365687 | \$50/5 sess |

TPP Wenlido Women's Self Defense - Mothers & Daughters 8+yrs | Gaye Ferguson

Together moms, aunts, grandmas, guardians, and their young daughters, nieces and granddaughters will learn about the 4 A's of Wenlido: Awareness, Avoidance, Assertiveness and Action to threats and aggressive behaviour with the goal of increasing your young daughter's self confidence and physical skills in basic self defense techniques. Due to the nature of the class, masks are recommended.

| | |
|------------------|-----------------|
| Su Sep 19-Oct 10 | 2:00 PM-4:00 PM |
| 365460 | \$45/4 sess |

Activity Room at *Templeton Park Pool

Badminton

19+ yrs | Non Instructional

Please note: Space will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

Doubles play only. Register for the entire season and guarantee your spot each week. Registration plus drop-ins equals a maximum of 20 players. Drop-in is \$4.05 space permitting.

| | |
|------------------|-----------------|
| Tu Sep 14-Dec 21 | 8:00 PM-9:45 PM |
| 359624 | \$52.50/14 sess |

Basketball: Full Court

19+ yrs | No Instructor

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15 players for 3 teams of 5 playing full court. Drop-in is \$4.05. No session Nov 11.

| | |
|------------------|-----------------|
| Th Sep 09-Dec 16 | 8:00 PM-9:45 PM |
| 359644 | \$52.50/14 sess |

Indoor Soccer

19+ yrs | Non Instructional

Register to be guaranteed a spot every week. Maximum combined drop-in and registration is 15. Drop-in is \$4.05. Space will be held for registered participants for the first 15 minutes; after this time, spots will be sold to drop-in players. In the event that you are unable to attend any particular session, your registered spot is non-transferable. No class on Oct 11.

| | |
|-----------------|-----------------|
| M Sep 13-Dec 20 | 7:50 PM-9:50 PM |
| 359742 | \$60/14 sess |

TPP Tai Chi 19+ yrs | Guy Tomash

Sports

Courses marked **TPP** take place at
Templeton Park Pool

Badminton Court Reservation

19+ yrs | Non Instructional

Come and play badminton with family or friends during this 45 minute court reservations. Book your court for the season, bring your racquet, birdie and have a great time. Courts not booked in advance can be used on a drop-in basis (\$10.50/court). Courts are numbered 4-1 starting from the gym entrance. Court 4 available for drop-in. Sign-up 15 minutes before scheduled times.

Court 1

| | |
|------------------|-------------------|
| Su Sep 12-Dec 19 | 11:40 AM-12:25 PM |
| 359625 | \$135/15 sess |
| Su Sep 12-Dec 19 | 12:25 PM-1:10 PM |
| 359626 | \$135/15 sess |
| Su Sep 12-Dec 26 | 1:10 PM-1:55 PM |
| 359627 | \$135/15 sess |

Court 2

| | |
|------------------|-------------------|
| Su Sep 12-Dec 19 | 11:40 AM-12:25 PM |
| 359628 | \$135/15 sess |
| Su Sep 12-Dec 19 | 12:25 PM-1:10 PM |
| 359629 | \$135/15 sess |
| Su Sep 12-Dec 19 | 1:10 PM-1:55 PM |
| 359630 | \$135/15 sess |

Court 3

| | |
|------------------|-------------------|
| Su Sep 12-Dec 19 | 11:40 AM-12:25 PM |
| 359631 | \$135/15 sess |
| Su Sep 12-Dec 19 | 12:25 PM-1:10 PM |
| 359632 | \$135/15 sess |
| Su Sep 12-Dec 19 | 1:10 PM-1:55 PM |
| 359633 | \$135/15 sess |

Court 4

| | |
|------------------|-------------------|
| Su Sep 12-Dec 19 | 11:40 AM-12:25 PM |
| 359634 | \$10.50/1 sess |
| Su Sep 12-Dec 19 | 12:25 PM-1:10 PM |
| 359635 | \$10.50/1 sess |
| Su Sep 12-Dec 19 | 1:10 PM-1:55 PM |
| 359636 | \$10.50/1 sess |

Table Tennis**19+ yrs | No Instructor**

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. This is a registered program. Sorry no drop-ins. No class Oct 11.

| | |
|-------------------|------------------|
| MTh Sep 13-Dec 16 | 9:00 AM-12:00 PM |
| 359886 | \$58.5/28 sess |

Adult Tennis Lessons**19+ yrs | Wilson Tan**

Come and learn all fundamentals to play tennis while developing your match skills in a fun environment. Each session is designed to show you a different technique and to help you advance in your game. Suitable for beginner and novice players. No Session Oct 9.

| | |
|------------------|-----------------|
| Sa Sep 18-Oct 23 | 1:00 PM-3:00 PM |
| 359601 | \$300/6 sess |
| Sa Nov 06-Dec 11 | 1:00 PM-3:00 PM |
| 359603 | \$300/6 sess |
| W Sep 15-Dec 01 | 6:45 PM-8:15 PM |
| 359602 | \$450/12 sess |

Dance**Ballroom Dance - Beginners****19+ yrs | Faye Hung**

Come learn to cha cha, waltz and jive. Stay active by learning to ballroom dance. No partner required. No dance experience required. Drop-ins \$14, if space permits. No class Oct 15.

| | |
|-----------------|-----------------|
| F Sep 17-Oct 29 | 6:30 PM-7:30 PM |
| 359639 | \$67.5/6 sess |
| F Nov 05-Dec 10 | 6:30 PM-7:30 PM |
| 359640 | \$67.5/6 sess |

Ballroom Dance - Intermediate**19+ yrs | Faye Hung**

Don't feel like working out alone? Do you have two left feet? Come learn ballroom dancing. Try the cha cha and waltz and other dances. Socialize and meet friends in a fun and relaxing environment. Drop-ins \$14, if space permits. No class Oct 15.

| | |
|-----------------|-----------------|
| F Sep 17-Oct 29 | 7:30 PM-8:30 PM |
| 359641 | \$67.5/6 sess |
| F Nov 05-Dec 10 | 7:30 PM-8:30 PM |
| 359642 | \$67.5/6 sess |

Chinese Folk Dance: Beginners**19+ yrs | Pei Chun (Helen) Lin**

Chinese folk dances reach back into ancient times, rooted strongly in China's culture and history. From festival celebrations to ritualistic and religious ceremonies, the Chinese have cultivated a folk dance for many different times in life. Everyone is welcome to join us, drop-ins \$3.00 if space permits. No class Oct 11.

| | |
|-----------------|-----------------|
| M Sep 20-Dec 06 | 7:30 PM-9:00 PM |
| 359682 | \$22/11 sess |

Line Dance**19+ yrs | Phillis Lim**

Have fun learning the latest dance steps in this energetic recreational class. No need for a partner and all ages and ability levels are welcome. A variety of music and step-by-step instructions are provided by an experienced teacher. Join this high spirited class and enjoy the social, fitness, and health benefits. Drop-in \$6.67, if space permits.

| | |
|-----------------|-----------------|
| Tu Sep 21-Dec 7 | 1:00 PM-2:30 PM |
| 359765 | \$54/12 sess |
| W Sep 22-Dec 8 | 7:30 PM-9:00 PM |
| 359685 | \$54/12 sess |

Creative Arts**Chinese Brush Painting****19+ yrs | Florence Mak**

Learn how to paint flowers, birds and other animals and master this incredible art form. Bring brushes and painting materials you may have, or purchase a take-home starter set from the instructor for an additional cost of \$60.00. Drop-in \$10.00, if space permits. F Oct 01-Dec 03. 7:00 PM-9:00 PM. 359681. \$80/10 sess

*Looking for Music programs?
See page 15!*

Please note: Adult & Older Adult programs are subject to GST.

Education/Food & Garden



Food & Garden Programs

Many garden opportunities will be available for the summer! Look forward to Community Work Days, In-Garden Workshops, Garden to Table Cooking Workshops, and more!

Check out our Facebook Page at Hastings Community Centre Food & Garden Programs for up to date information!

Email seasonsoffoodhcc@gmail.com to join our Mailing List!

Seasons of Food

- A collection of hands-on cooking and nutrition workshops for all ages, facilitated by community food and nutrition experts
- Childminding included
- Varying prices

Hastings Community Learning Garden

- A community garden space in which fruits, vegetables, and herbs are grown and used within programming at the Community Centre
- Community Work Days and various workshops take place regularly from March through November

Comments, questions, or concerns can be directed to the Food & Garden Coordinator at seasonsoffoodhcc@gmail.com.



Growing Kids

1-5 yrs | Lisa Patterson

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities.

We'll cover a different topic each week. Caregivers must be present throughout the class. Sessions will take place in the Community Hall or in the HCC Learning Garden.

M Sep 13-Oct 18
364109

11:00 AM-11:30 AM
Free/5 sess

M Nov 1-Dec 6
365684

11:00 AM-11:30 AM
Free/6 sess

Gardening Corner for Older Adults

50+ yrs | Lisa Patterson

Are you interested in Gardening, but not sure where to start? Join us with other older adults in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own garden.

W Sep 15-Oct 20
364140

11:00 AM-12:00 PM
Free/6 sess

W Nov 3-Dec 8
364149

11:00 AM-12:00 PM
Free/6 sess



Fitness & Health

Core & Strength Training for Seniors

50+ yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards Seniors looking to improve their strength.

| | |
|------------------|-------------------|
| Tu Sep 14-Oct 26 | 10:00 AM-11:00 AM |
| 359688 | \$49/7 sess |
| Tu Nov 2-Dec 14 | 10:00 AM-11:00 AM |
| 365683 | \$49/7 sess |

TPP Circuit Training

19+yrs | Kelly Howatson

This is an exercise program integrating all components of physical fitness: strength, endurance, flexibility and coordination. Weights, bands, and mats will be incorporated into this one hour class geared towards Seniors looking to improve their strength.

| | |
|-------------------|-----------------|
| Tu Sept 14-Oct 26 | 8:00 AM-9:00 AM |
| 359689 | \$56/7 sess |
| Tu Nov 2-Dec 14 | 8:00 AM-9:00 AM |
| 359689 | \$56/7 sess |

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$6, space permitting. No class Nov 11.

| | |
|------------------|-----------------|
| Th Sep 16-Dec 09 | 1:00 PM-2:00 PM |
| 359780 | \$60/12 sess |

Education

Gardening Corner for Older Adults

50+ yrs | Lisa Patterson

Are you interested in Gardening, but not sure where to start? Join us with other older adults in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own garden.

| | |
|-----------------|-------------------|
| W Sep 15-Oct 20 | 11:00 AM-12:00 PM |
| 364140 | Free/6 sess |
| W Nov 3-Dec 8 | 11:00 AM-12:00 PM |
| 364149 | Free/6 sess |

Social

Karaoke Opera

50+ yrs | No Instructor

Bring your favorite CDs and sing your favourite opera tunes with an appreciative audience.

| | |
|-----------------|------------------|
| F Sep 24-Dec 17 | 12:30 AM-2:30 PM |
| 359758 | Free |

Karaoke Pop

50+ yrs | No Instructor

Enjoy this entertaining social gathering and sing your favorite pop tunes with an appreciative audience. No session Oct 11.
M Sep 20-Dec 17 12:30 PM-2:30 PM
359759 Free

Social Dance Drop-In

50+ yrs | No Instructor

This is where the passionate and avid dancers gather to dance, socialize, and share their creative moves. Join this high energy and spirited of this group. Dance to contemporary and old time favourites. Please come early as space is limited.

| | |
|-----------------|------------------|
| W Sep 22-Dec 15 | 12:30 PM-2:30 PM |
| 359875 | FREE |

Sports

Pickleball

50+ yrs | No Instructor

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Please note that this program is non-instructional. Maximum of 20 players. Drop-in \$3.50, if space permits.

| | |
|-----------------|-------------------|
| W Sep 15-Dec 15 | 10:45 AM-12:45 PM |
| 359804 | \$42/14 sess |

Pickleball Lessons

19+ yrs | Charles Neufeldt

Get active on the court with Pickleball. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! No prior experience necessary. Lessons will cover all the basics (Dink shots, Volleys, Serves, Footwork, Ground Strokes, Drop Shots, Lobs and Over Heads) to insure that no bad habits form. All equipment supplied.

Beginner

| | |
|-----------------|-----------------|
| W Sep 15-Oct 27 | 1:00 PM-2:00 PM |
| 359805 | \$105/7 sess |
| W Nov 3-Dec 15 | 1:00 PM-2:00 PM |
| 359806 | \$105/7 sess |

Intermediate/Advanced (50+ yrs)

| | |
|-----------------|-----------------|
| W Sep 15-Oct 27 | 2:00 PM-3:00 PM |
| 359807 | \$105/7 sess |
| W Nov 3-Dec 15 | 2:00 PM-3:00 PM |
| 359808 | \$105/7 sess |

Badminton - Older Adults

50+ yrs | Non Instructional

Come with friends and get active with badminton. It is great exercise that will help with your hand-eye coordination. All levels welcome. Bring your own equipment. Please note that this program is non-instructional. Maximum of 20 players. Drop-in \$3.50, if space permits.

| | |
|-----------------|------------------|
| F Sep 17-Dec 17 | 9:45 AM-12:15 PM |
| 370758 | \$42/14 sess |

We don't want to cancel good programs, but...

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Registration for courses will begin Wednesday, August 14 at 9 AM.

Courses marked **TPP** take place at
Templeton Park Pool

welcome to... TEMPLETON PARK POOL

Location

700 Templeton Dr., Vancouver, BC
Phone: 604-718-6252

Hours Of Operation

- Facility Hours and Stat Holidays: Page 3
- Pool Schedule: Page 31
- The office closes 15 minutes prior to the facility schedule and there is no entry to the pool.

Something for everyone!

Templeton Park Pool offers a variety of programs in and out of the water!

- Main pool (25 m) with slide, rope and 1m diving board
- Warm shallow pool
- Universal changeroom available for everyone
- Dry cedar sauna and whirlpool
- Fitness Centre – now air conditioned
- Swim programs for all ages and levels
- Recreation programs and fitness classes offered
- Activity room with kitchen available to rent for birthdays or events
- Outside running track and playground

Working Green...

Templeton has been retro fitted with:

- Solar panels that heat the whirlpool
- UV filtration for the Teach Pool and Whirlpool
- High efficiency boilers



SWIM SESSION DEFINITIONS

Public Swim Everyone welcome and pool is available for various aquatic activities including minimum one lane for lengths swimming. This is the best time to come with children or groups

Lengths Swim Open to all swimming abilities - number of lanes may vary (3 lanes min.)

1 Lane Only Pool space shared and one lane only available to swim lengths continuously.

Trans Swim Designated swim for trans gender and gender variant individuals, family & friends. See page 27.

Aqua-Fit Led by a certified instructor, one hour class in shallow water designed to work at your own pace. See page 27. Please pre-register.

Hot Tub and Sauna are available during Swim Sessions but closed during our cleaning times and you must exit the facility.

Admission policy for children

Children under 8 years of age must be within arms' reach of a responsible person at least 16 years of age. Infants cannot be left unattended on the pool deck.

For groups with children, the following ratios apply:

- 1 adult: 10 children 8 years old and older
- 1 adult: 5 children 7 years old or younger

*Please call ahead to ensure we can accommodate your group.

To keep our facility safe & clean for everyone:

- 1) Wipe your street shoes on the door mats
- 2) Bring "pool shoes"/take-off street shoes if going on deck
- 3) Park strollers in the lobby in stroller zone
- 4) Use plastic containers/bottles - no glass!
- 5) Shower with soap before using pool

Lockers

To secure your personal items while swimming or working out, please bring a quarter or your own lock.

Lockers use quarters which are returnable and are also outfitted with hasps for padlocks.

Leave your valuables at home. Sorry, locks cannot be left on over night to "reserve a locker" and will be cut off.

Leisure Access Program (LAP)

The LAP provides Vancouver residents who are in financial need with basic recreation opportunities. Ask at any Pool or Community Centre office for more information on how to apply.

Swimming Assessments

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available or refunded from the lesson. Call the front desk for best times to come in for an assessment at 604.718.6252.

Accessibility Features

Equipment available: Accessibility lift, portable pool stair case, shower wheelchair, universal change area, hand held showers and 2 designated parking spaces.

Lost and Found

Please call the front desk 604.718.6252 or visit the office to enquire about your belongings that you left behind and to see if they were turned in. We have so much Lost and Found that we can only keep items for 7 days and then we donate them.

What is new at the Pool?

As we move forward safely into the Fall season, Vancouver Park Board swimming pools continue to focus on re-opening back to full operations based on guidelines from governing organizations and management decisions.

Templeton is re-opening to more capacity and pre-COVID hours of operation. Swim sessions will be drop-in based, except for Aqua-fit.

NEW Session Breaks

For the safety of patrons and staff, we are continuing to schedule closures throughout the day for enhanced cleaning. These closures are the end of the swim sessions and all patrons are required to exit the facility. To allow staff time to clean we ask that all patrons exit the change rooms within 15 minutes of the end of the session. Pass scan or payment is required for readmission. This includes hot tub and sauna users.

NEW Aqua-fit

AquaFit continues to be a pre-registered program and registrants will be required to wear a wrist-band. The majority of aqua-fit spaces will be pre-registered with some spaces held for drop-in. To avoid disappointment we encourage participants to pre-register. Registration open 3 days in advance. Register for one session at a time. Online refund possible as currently available. Class dates and times are:
Tue 10:00am Thur 10:00am Sat 12:30pm

Swim Lessons

Parents at this time will not need to be in the water with children for Preschool levels and Swim Kids levels 1-4; except for Parent and Tot lessons.

Parents are able to view from the lobby but deck will be closed for fall season.

Swim Assessments / Lesson Level

If you are unsure of which level to register in, we offer swim assessments during our public swims. If your child is under 8 years, we require a parent/guardian to assist in the water during the assessment. Children registered in an inappropriate level will be moved to the proper level if space is available or refunded from the lesson.

Program Information

Trans, Gender Diverse & Two Spirit Swim

Ensuring trans and gender variant individuals have access to a safe and welcoming environment, the pool & fitness centre is reserved for the sole use of patrons who identify as trans, gender variant, two-spirit and their family and friends. Regular admission applies. All change facilities on site are universal for the duration of the Trans Swim program.

Sun On-going

11:30 AM- 1:30 PM

Wibit Days

Anticipated return in the winter of 2022.

Party Time!

Room Rentals

Templeton's Activity Room is available to rent and is suitable for meetings and small social gatherings. This room features a hardwood floor, opens on to the playground and has an adjoining kitchen. Max capacity is 80 people. Room size is 27' x 46'. Please call 604.718.6252 to enquire about available dates. \$35.00 per hour during facility hours. Damage deposit \$100.00.

Pool Rentals

Rent the Teach Pool or the Main Pool outside of our facility's operating hours for your own private function. Please call the Pool Programmer at 604.718.6252 to find out what dates are available. Prices are PB standard fees and include two lifeguards. Rates for the Teach Pool \$114.93/hour and the Main Pool \$233.56/hour (tax included).



We sell a variety of goggles, swim caps and accessories including soap, shampoo and combs.

Please note: Adult & Older Adult programs are subject to GST.

Swimming Registration

Registration for swimming lessons is on-going. You can register anytime online or in-person for the next available set of lessons. We open more lessons based on waitlists and pool space.

FALL LESSONS:

Tuesday, August 31

NEW TIME: 9:00 AM

How to Register On-line:

- Go to recreation.vancouver.ca to update or create your account.
- Click "Sign In"
- Login with your email address and confirm your account information is correct.

Never registered online before?

Go to:

- recreation.vancouver.ca
- Click "Sign In" or "Create an Account" to set up your profile and password before you register.

Swim Lesson Refunds & Cancellations

- Full refund five days or more prior to program start
- Partial refund within four days of program start or before second class
- No refund after second class
- No refunds on single session programs
- Transfers possible prior to second class the same administrative fees and policy for refunds apply to class transfers.
- Refunds from Debit card payment must be in person. Customers have the option to refund to PB account or by PB cheque.

Parent & Tot Program (PT) 4 months - 3 years

PT1 Starfish 4-12m • PT2 Duck 12-24 m • PT3 Sea Turtle 24-36m

This is a 30 min parent & tot participation program for babies and toddlers. One parent is required to be in the water. Ensure babies wear disposable swim diapers/pool pants.

| | | TUE | WED | THUR | SAT |
|--------|----------------|--------------------------------|-------------------------------|-------------------------------|--------------------------------|
| Fall | Set 1 Set 2 | Sep 14-Oct 19 Oct 26-Nov 30 | Sep 15-Oct 20 Oct 27-Dec 1 | Sep 16-Oct 21 Oct 28-Dec 2 | Sep 11-Oct 16 Oct 23-Nov 27 |
| PT 1/2 | | 9:15 AM | 1:00 PM | 9:15 AM | 9:30 AM |
| PT 3 | | | | | 10:30 AM |

Preschool (PS) 3 - 5 years

This program will take the preschooler through 5 progressive levels, from basic orientation to having the confidence in swimming a combination of the front crawl and back swim. 30 minute lessons.

Swim Kids (SK) 5 - 16 years

This program will build solid swim strokes, develops a competent understanding of water safety and includes a fitness component which builds endurance; encouraging lifelong fitness skills.

| | | MON & WED <small>*No class Oct 14 & Nov 11</small> | TUE & THURS | FRI | SAT |
|---------|-------------------------|--|--|--------------------|--------------------|
| Fall | Set 1 Set 2 Set 3 | Sep 8-Oct 6 (9) Oct 13-Nov 10 (9) Nov 15-Dec 15 (10) | Sep 7-Oct 7 (10) Oct 12-Nov 9 (9) Nov 16-Dec 16 (10) | Sep 10-Nov 26 (12) | Sep 11-Nov 27 (12) |
| PS 1 | | 5:00 PM / 6:30 PM | 4:30PM / 5:30PM | 4:30PM / 5:00 PM | 10 / 10:30 / 11AM |
| PS 2 | | 5:30 PM / 6:30 PM | 4:30PM / 5:30PM | 3:30PM | 10:00 / 10:30AM |
| PS 3 | | 6:00 PM | 4:00 PM | | 11:00 AM |
| PS 4/5 | | 6:00 PM | 5:30PM | | - |
| SK 1 | | 4:00 PM / 5:00 PM | 5:30PM | 4:00PM | 9:00 AM |
| SK 2 | | 4:30 PM / 5:30 PM | 5:30PM / 6:00PM | | 9:30 / 10:30 AM |
| SK 3 | | 5:30 PM / 6:30 PM | 4:00PM | | 9:30 / 10:30 AM |
| SK 4 | | 5:00 PM | 4:00PM / 6:30PM | | 9:00 AM |
| SK 5 | | 4:00PM / 5:15PM | 4:45 PM | | 9:00 AM |
| SK 6 | | 4:45 PM | 4:00 PM | | 9:45 AM |
| SK 7/8 | | 5:30 PM | 6:15 PM | | 11:00 AM |
| SK 9/10 | | 7:00 PM | 4:00 PM | | 1:00 PM |

If the class you want is full, please enquire about the waitlist and we will do our best to open classes to accommodate the waitlists.

Note: times listed above may change depending on registration numbers.

| SWIM LESSON FEES | 6 | 9 | 10 | 12 |
|-------------------------------|------|------|------|------|
| PARENT + TOT (30 min class) | \$47 | - | - | - |
| PRESCHOOL (30 min class) | \$47 | \$68 | \$75 | - |
| SWIM KIDS 1-4 (30 min class) | - | \$61 | \$68 | \$80 |
| SWIM KIDS 5-10 (40 min class) | - | \$69 | \$76 | \$90 |

*Not sure which swim level to register your child?
See page 27!*

Swimming Basics - Youth (13+) & Adults

These courses are designed to develop or increase swimmers' comfort in the water through basic flotation, movement, and breathing skills and to foster the basic knowledge, skills, and attitudes needed to stay safe in, on, and around the water. All lessons are 40 minutes long, unless noted otherwise.

| | MON | TUE | WED | THURS |
|---|---|-----|-----|-------|
| Basic 1 - Focus on progressions to front swim in shallow water. | We are taking waiting lists for Youth & Adult classes. | | | |
| Basic 2 - Focus on developing front/back crawl, comfort in deep water & swimming distance | | | | |
| Strokes 3 - Swimmers choose the strokes they wish to focus on. Must be able to front/back crawl 15m & is comfortable in deep water | | | | |

Private Swim Lessons

We offer Private lessons packages that are 30 minutes long and are available on a first come first serve basis. Register early to avoid disappointment! You can now register on-line or call the front office.

Should classes be full, please call to add your name to waitlist - we may be able to add more private lesson times.

LESSON PACKAGES:

| | |
|---|---|
| PRIVATE - Child/Youth/Adult lesson | \$30.50/person/class |
| SEMI-PRIVATE (2-3 people in class) | \$20.50/person/class; Additional \$10.50/person/class |
| <i>Instructor request/preference can not be guaranteed as scheduling is based on staff availability & pool space. *Does not include applicable taxes.</i> | |

Advanced Lifesaving**Bronze Medallion**

This is a program where students learn how to safely perform a water or land rescue. Techniques taught will include, but are not limited to, first aid skills on land and water, water rescues and CPR. It is a pre-requisite for Bronze Cross and for those interested in becoming Lifeguards. Pre-requisite: 13 years old and swim 500 metres in 14 minutes or Bronze Star. Must purchase manual. [Please put your name on waitlist at the Front Office.](#)

Sat/Sun TBD 12:30 PM-4:45 PM
\$202.68/6 sess (Manual: \$36.00)

Bronze Cross

This course is designed for lifesavers who want the challenge of more advanced training, including an introduction to safety supervision. Pre-requisite: Bronze Medallion. *Worth 2 Grade 11 high school credits. [Please put your name on waitlist at the Front Office.](#)

Sat/Sun TBD 12:30 PM-4:45 PM
\$202.68/6 sess (Manual: \$36.00)

Adapted Swim**Adapted Swim Lessons**

Lessons for people with disabilities who have been challenged in mainstream lessons. Please contact access.services@vancouver.ca for registration package and information.

Sat 11:00 AM / 11:30 AM

**Please note:**

Programs for 14+ are subject to GST

Fitness Centre

13 + yrs

A small but functional fitness centre – a great place to meet your neighbours. Please wear proper work out attire, leave your bag in the lockers provided and sign up for cardio equipment is 30 minutes. Please see Hours of Operation on page 3.

Equipment

CARDIO

- 1 Treadmill
- 1 Elliptical Trainer
- 1 Rowing machine
- 1 Stairmaster
- 1 Keiser spin bike
- 1 Recumbant bike
- 1 Lifecycle bike

STRENGTH MACHINES

- Leg press
- Duplex pulley
- Assorted weighted dumbbells, bars and medicine balls
- Mats, fitness balls and wobble/balance boards
- Shoulder press
- Leg extension/curl



Fitness Centre Orientation

If you are interested in a gym orientation, contact the front office for more information about a 45 min fitness centre orientation for one or two people. Par-Q forms must be completed prior to appointment.

Contact the Templeton Pool Front Office 604.718.6252.

Templeton Park Pool Club Contacts

Exceleration Multisport Club

See page 40 & 41 for more information.

N.I.F.T.Y. Family Swim-Socials

Clothing-optional, usually monthly, September to June.
See www.niftynude.org

Gators Swim Club

604.789.2819

www.gatorsswimclub.ca

Email: gatorsswimclub@shaw.ca

Pace Makers Masters Swim Club

Albert Souza

Email: asouza66@gmail.com

Super Sharks Swim Club

Super Sharks is a summer swim club and offers a flexible and manageable time commitment and a balance between achievement and fun.

Angel Lee Email: supersharks@telus.net

604.626.3868

Hastings Community Association Programs at Templeton Park Pool

| | |
|------------------------------|---------|
| Adventures in Music | page 13 |
| Core Training | page 33 |
| Exceleration Multi Sport | page 39 |
| Mother Goose | page 13 |
| Tai Chi | page 34 |
| Tai Chi Chu'an | page 34 |
| Wenlido-Women's Self Defense | page 35 |
| Youth Fitness | page 25 |

Courses marked **TPP** take place at **Templeton Park Pool**



Swim Boot Camp - see page 43

Schedule in effect: Fall - September 7 to December 19**MAIN POOL SCHEDULE**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---------|-----------|----------|--------------------------------|--------------------------------|--|
| Lengths 3 lanes - 6:30am - 9:00am | | | | | 1 lane 9:00am - 12:00pm | Trans Swim 1 lane 11:30am-1:30pm |
| Public Swim & 1 lane - 9:30am - 11:30am (Shallow end closed 10:00-11:00am for Aqua-fit) | | | | | | |
| Lengths 6 lanes - 12:00pm - 1:00pm | | | | | | |
| Public Swim 1:00pm - 3:00pm | | | | Public Swim 1:00pm - 4:30pm | Public Swim 2:00pm - 4:00pm | |
| 1 lane 3:30pm - 7:30pm | | | | 1 lane 4:30pm - 6:00pm | Lengths 4:00pm - 5:00pm | |
| Public Swim 8:00pm - 9:30pm | | | | Public Swim 6:30pm - 8:00pm | Public Swim 5:30pm - 7:00pm | |

TEACH POOL (TEMP 32° C (90° F), DEPTH 0.60 - 0.75 METRES)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------|---------|-----------|----------|-------------------------------------|------------------------------------|-----------------|
| 10:00am - 3:00 pm | | | | 10:00am - 1:00pm 1:30pm - 6:00pm | 2:00pm - 5:00pm 5:30pm - 7:00pm | 5:30pm - 7:00pm |

AQUAFIT (Shallow end, moderate level) (* indicates registered program see page 27)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|-------------------|-----------|-------------------|--------|--------------------|--------|
| | 10:00am-11:00am * | | 10:00am-11:00am * | | 12:30pm - 1:30pm * | |

FITNESS CENTRE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---------|-----------|----------|------------------|-----------------|-----------------|
| 6:30am - 9:30 pm | | | | 6:30am - 8:00 pm | 9:00am - 7:00pm | 2:00pm - 7:00pm |

AMENITIES / INFORMATION**Main Pool:** 6 Lanes – 25 Meters – Temp 28°C (83°F) – Depth 1.0-3.3 Meters**Teach Pool:** Temp 32°C (90°F) - Depth 0.60-0.75 meters

Main Pool • Teach Pool • Slide Diving Board • Swing Rope • Dry Sauna • Whirlpool • Fitness Centre • Universal Change Room • Activity Room with Kitchen

**Schedule and fees subject to change.*

| 2021 FEES* <i>Fees at time of printing. Subject to change.</i> | DROP-IN (Single) | USAGE PASS (10 visits) | FLEXIPASS | | |
|--|---|---------------------------|-----------|----------|----------|
| | | | 1 Month | 3 Month | 12 Month |
| Adult (19-64 years) | \$6.66 | \$55.92 | \$51.46 | \$138.95 | \$444.62 |
| Youth (13-18 years) | \$4.66 | \$37.72 | \$36.03 | \$97.26 | \$311.24 |
| Senior (65+ years) | \$4.66 | \$37.72 | \$36.03 | \$97.26 | \$311.24 |
| Child (5-12 years) | \$3.33 | \$26.94 | \$25.74 | \$69.48 | \$222.32 |
| Preschool (0-4 years) | Free | Free | Free | Free | Free |
| Family | \$3.20 per person min, 1-2 adults of the same household and their children under 19 | | | | |
| AquaFit Admission Included with regular admission. **Specialty Fitness Classes registration fees required. | | | | | |
| Discount Dip | 50% off admission: Adult \$3.21 / Senior & Youth \$2.23 / Child \$1.59 | | | | |

The Vancouver Board of Parks and Recreation maintains 200 parks and 40 major facilities throughout the City of Vancouver. The Park Board's mission is to provide, preserve and advocate for parks and recreation services to benefit people, communities and the environment. For more information visit vancouverparks.ca



Exceleration Activities Summary

Exceleration Triathlon and Multisport Club is a youth-focused triathlon. Participants are taught to swim, bike and run and many of older participants compete locally and regionally in triathlon. Our program is based out of Templeton Park Pool.

Fall Registration

September-December 2021

Registration Day : TBA

In our Adventure Tri and Kids of Steel programs, the initial focus is on the development of fundamental sport and movement skills, which provide a basis for lifelong participation in sport. Exceleration's programs emphasize respect for others and oneself, inclusion of others, generosity, gratitude, good sportsmanship, and healthy competition.

We offer programs for all ages:

Adventure Tri (Pre-K, K, Grade 1)

Kids of Steel (Grades 2-5)

Youth of Steel (Grades 6-7)

Youth (Grades 8-10)

Senior (Grades 11-12+)

Friends and Fitness (Special Program – Grades 6-12)

Adult Swimming (Ages 16+)

How to Register

Step 1: Register online through Vancouver Recreation or in-person/phone at Templeton Pool or Hastings CC

Step 2: Sign up for your required FREE Membership to Exceleration Triathlon and Multisport Club at www.excelerationtriclub.ca

Step 3: Get ready to swim, bike, run and have fun!

| | |
|---|--|
| <p>Adventure Tri (Pre-K – Grade 1) Choose from classes on Monday, Wednesday and Friday evenings and/or Saturday mornings.</p> <ul style="list-style-type: none"> A fun, movement-based group where energetic youngsters will learn fundamental movement skills in swimming, cycling, and running. Learn physical literacy through games, activities, and cooperative challenges. Focus on caring for others, developing basic respect and sportsmanship. <p>The Friday class includes swimming. All athletes are required to be able to swim for 25 meters (able to go under water, blow bubbles, swim a little bit!) to register for this session. No restrictions on bike or run.</p> | <p>Kids of Steel® (Grades 2-5) Choose from classes on Monday, Wednesday and Friday evenings and/or Saturday mornings.</p> <ul style="list-style-type: none"> Action-packed experience for children who love challenge, adventure, and sport. Sport-specific technical skills in swimming, cycling, and running. Overall sport skill development through games and team sports. Introduction to basic core and fitness training. Fun with friends. Personal-social responsibility and positive behavior in a sports setting. Need to be comfortable in deep water. <p><i>Advanced Youth of Steel option available – Please contact info2@excelerationtriclub.ca</i></p> |
| <p>Youth of Steel (Grades 6-7) Choose from classes on Monday, Wednesday and Friday evenings and/or Saturday mornings.</p> <ul style="list-style-type: none"> Learn to train and compete with a focus on overall fitness. Emphasis on learning to train (warm-up, cool down, volume, intensity). <ul style="list-style-type: none"> Advanced triathlon skills. Building self-awareness, personal responsibility, and athlete autonomy. Continued focus on sportsmanship and positive behavior in a team setting. <p><i>Advanced Youth of Steel option available – Please contact info2@excelerationtriclub.ca</i></p> | <p>Adult Swimming Sessions are Friday evenings and Saturday mornings.</p> <ul style="list-style-type: none"> Adults focus on fitness, health and developing skills with the help of swim coaches, triathlon coaches, and yoga teachers. Parents can swim on Saturdays at the same time as their kids: convenient & inspiring. |