



# SUMMER PROGRAMS



**2021**



# HOW TO REGISTER/GET MORE INFO ON OUR PROGRAMS:

## **Online**

- Visit [www.vanrec.ca](http://www.vanrec.ca)
- Ensure you have an ActiveNet account - if you have a pass and do not have an online account with the Vancouver Park Board, please register your email at the front desk.
- Enter the program name into the “Search by keyword OR number” area

## **Phone**

- Call 604-718-6575
- Please note – we serve those at the front desk before the phone; if you are put on hold, please be patient

## **In person**

**Champlain Heights Community Centre**

**3350 Maquinna Drive Vancouver, BC | V5S 4C6**

**604-718-6575**

**[www.champlainheightscc.ca](http://www.champlainheightscc.ca)**

# Children

## **JUNIOR SUNSPLASH**

*Ages: 6-9 yrs. old*

July 5 - Sep 3 M, T, W, TH, F  
8:45am-3:15pm

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors.

## **SUPPORTED JUNIOR SUNSPLASH**

*Ages: 6-9 yrs. old*

July 5 - Sep 3 M, T, W, TH, F  
8:45am-3:15pm

Limited additional support is available for children with disabilities, there are eligibility requirements. If you are interested in learning about this support please contact [Access.services@vancouver.ca](mailto:Access.services@vancouver.ca) or call 778-231-3114 for info and an application form.

## **SENIOR SUNSPLASH**

*Ages: 9-12 yrs. old*

July 5 - Sep 3 M, T, W, TH, F  
9am-3:30pm

Activities will include sports, cooperative games, arts & crafts, theatre, dance parties, entertainers and special guests! We will also go on walking out-trips to explore nature and the great outdoors.

## **SUPPORTED SENIOR SUNSPLASH**

*Ages: 9-12 yrs. old*

July 5 - Sep 3 M, T, W, TH, F  
9am-3:30pm

Limited additional support is available for children with disabilities, there are eligibility requirements. If you are interested in learning about this support please contact [Access.services@vancouver.ca](mailto:Access.services@vancouver.ca) or call 778-231-3114 for info and an application form.

## **CARTOONING & DRAWING CAMP**

*Ages 7-10 yrs. old*

July 5 - Aug 20 - M, T, W, TH, F  
9am-12pm or 1pm-4pm

A fun, half-day summer camp learning drawing skills with professional illustrator, Christache.

## **ZUMBA KIDS**

*Ages 6-11 yrs. old*

July 5 - Aug 30  
Mondays 4:15pm-5:15pm

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure. Class will spend time outdoor on the plaza, weather permitting.

# Children

## **GUITAR & UKULELE**

*Ages 8 and up*

July 6 - Aug 31

Tuesdays:

4:30-pm-5:00pm , 5:15pm-5:45pm

6:00-6:30pm, 6:45-7:15pm

Private 30 minute lessons to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills.

## **JOURNEY BASKETBALL**

*Ages 9-12 yrs. old*

July 7 - Aug 25

Wednesdays

4pm-5pm

*Ages 13-18*

5:15-6:15pm

Journey Basketball is designed to provide children & youth of all abilities with organized and skill appropriate basketball training programs.

## **BRICKS 4 KIDZ CAMP**

*Ages 6-10 yrs. old*

July 12 - Aug 3 - M, T, W, TH, F

9am-12pm or 1pm-4pm

Weekly themed LEGO® based summer camp.

## **BYTE CAMP**

*Ages:*

*9-12 yrs. old July 26 - July 30 & Aug 23 - 27*

*11-14 yrs. old Aug 9 - Aug 13*

July 26-Aug 27 M, T, W, TH, F

9am-4pm

Weekly themed camps- claymation, building an app, and intro to coding

# Youth

## **YOUTH BASKETBALL**

*Ages: 12-18*

July 2 - Aug 27

Fridays:

4:45pm-5:45pm

Saturdays:

12:30pm- 1:30pm

Non-instructional gym time. Get active and put on your running shoes, practice your shots and dribbling skills!

## **YOUTH VOLLEYBALL**

*Ages: 12-18*

July 2-Aug 27

Fridays 3:30pm-4:30pm

This non-instructional volleyball session is strictly for recreational skills training only! Net will be setup for use.

# Youth

## **YOUTH LEADERSHIP CAMP**

*Ages: 11-14*

July 5 - Sep 3 M, T, W, TH, F  
10am-3:30pm

This camp is for youth who are interested in building on their leadership skills! Camp this year will consist of site-based activities, programming and presenters!

## **CHAMPLAIN YOUTH COUNCIL**

*Ages: 12-18*

Meeting info contact:

[kyla.sattler@vancouver.ca](mailto:kyla.sattler@vancouver.ca)

The Champlain 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. Join us in meeting new people and gain volunteer hours for graduation.

# Adult/Senior

## **AEROBICS | REFIT MONDAY**

July 5 - July 26

*Mondays 10:30am - 11:30am*

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. Please bring your own mat.

## **AEROBICS | REFIT FRIDAY**

July 9- July 30

*Fridays 10:30am - 11:30am*

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. Bring your own mat and filled water bottle.

## **AEROBICS | TGIF**

July 9- July 30

*Fridays 9:15am - 10:15am*

A moderate to intense level class of three 20 minute segments incorporating a combination of several types of classes, including hi/lo, body sculpting, and stretching. Bring your own mat and filled water bottle.

## **OUTDOOR HATHA YOGA | BEGINNER/INTERMEDIATE**

Session 1: July 7- July 28

Session 2: Aug 4 - Aug 25

*Wednesdays 6pm - 7:15pm*

This hatha yoga class makes yoga accessible to people of all ages, physical abilities and body types. Please bring own mat.

## **ZUMBA WITH LUBNA**

July 3- Sep 4

*Tuesdays 6:15pm - 7:15pm*

*Saturdays 9:15am- 10:15pm*

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba classes feature exotic rhythms set to high-energy Latin and International beats.

## **ACRYLIC PAINT POURING WORKSHOP | CANDLE HOLDERS**

July 24- 10am - 11:30am

Acrylic pouring is a fun and creative way to make abstract art on all sorts of objects. We look at the basic techniques, like a dirty pour, and a simple pour as well as a list of acrylic pouring supplies. Paint and supplies are all included.

## **ACRYLIC PAINT POURING WORKSHOP | CANVASES**

Aug 14- 10am - 11:30am

During this workshop you will create your very own pouring masterpiece! Learn basic techniques including dirty pour and a simple pour, as well as how to create a flow and beautiful cells throughout your painting. Each participant will make one clay pot.

## **CHINESE CLASSICAL DANCE**

July 7- Sep 2

*Wednesdays 1130am - 12pm*

*Thursdays 11am - 12:30pm*

Chinese classical dance is filled with rich culture and splendid form. Dance forms includes: traditional Chinese, Tibetan, XinJiang, Mongolian, Korean, and more!

## **STRENGTH AND STRETCH**

Jul 6-Jul 27 & Aug 10- Aug 31

*Tuesdays 1pm - 2pm & 2:15 -*

*3:15pm*

A low impact class for older adults or those starting out. Cardio is 20-25 minutes. Bring your own mat and filled water bottle. No equipment will be used.

## **PICKELBALL (COURT 1 & 2)**

July 5- Aug 30

*Mondays:*

*4:15pm - 5pm, 5:15pm - 6pm,*

*6:15pm - 7pm*

Renter is responsible for finding their own opponent. Bring your own paddle and clearly marked ball to indicate the owner.

## **PICKELBALL (COURT 1 & 2)**

July 7- Sep 1

*Wednesdays:*

*12:30pm - 1:15pm, 1:30pm - 2:15pm,*

*2:30pm - 3:15pm*

Renter is responsible for finding their own opponent. Bring your own paddle and clearly marked ball to indicate the owner.

## **PICKELBALL (COURT 1 & 2)**

July 7- Sep 1

*Fridays:*

*12:00pm - 12:45pm, 1pm - 1:45pm,*

*2pm - 2:45pm*

Renter is responsible for finding their own opponent. Bring your own paddle and clearly marked ball to indicate the owner.