

Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

association website: www.champlainheightscc.ca

register online: vanrec.ca



Registration
starts
Thursday, August 3
vanrec.ca

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Recreation Guide Fall 2023



Jointly operated by the Vancouver Board of Parks and Recreation and the Champlain Heights Community Association

Champlain Heights Community Centre is grateful to live, work, and play on the unceded and ancestral territories of the skwxwú7mesh (Squamish), selilwítlulh (Tsleil-Waututh), and xʷməθkʷəy̓əm (Musqueam) Nations.

**Registration
starts**

August 3, 7pm,
online and in person.

August 4, 10am,
phone registration



Hours of Operation

September 3-December 31

Monday-Thursday..... 7:00am-10:00pm
 Friday 7:00am-9:00pm
 Saturday & Sunday..... 9:00am-4:00pm
 Fitness CentreSee website for hours.

Closed on statutory holidays

Please note: Operating hours subject to change

Recreation Staff

Community Recreation Supervisor

Grant Matsuda..... 604-718-6582

Recreation Programmer

(Centre) Dave Leach 604-718-6578

Recreation Programmer

(Fitness Centre) Patrick Wong 604-257-8490

Community Youth Worker

Stratos Charalambides..... 604-718-6581

Recreation Facility Clerk

..... 604-718-6579

Don't Be Disappointed...

Great courses with excellent instructors sometimes get cancelled because people wait until the last minute to register. Courses are based on a minimum number of registrations to recover costs. Please register early!

Cover photo: (Red Alder Trail by Grace Nombrado).

Page 2 and back cover photos: (Fraser River & Autumn Trees by Marilyn Weare).

How to Register

We accept cash, debit & credit.
 Please have your program names & numbers ready.



Online at vanrec.ca



In-person



Phone 604-718-6575

Refunds, Withdrawals & Cancellations

Programs and fees are subject to change without notice. We encourage everyone to register early to avoid cancellations or changes due to insufficient registration.

Prorated refunds may be requested 24 hours prior to the second scheduled class. No refunds after this time. Refund requests are subject to a \$4 administration fee.

Note: Please check online for specific refund policies for daycamp programs, special events, private lessons and workshops.

For programs cancelled by the centre, prorated refunds will be issued.

Program Instructors Needed

If you have a special talent or passion, we would like to hear from you. Consider sharing your expertise with the community by becoming a program instructor. Please call the appropriate Programmer to discuss your ideas.

Welcome to Champlain Heights!

The Champlain Heights Community Association is a group of dedicated volunteers responsible for shaping programming, hiring staff, raising funds, accessing grants, developing rental policy, advocating for our parks and ensuring that decisions affecting the community are made at the grassroots level.

The revenue generated through programs and rentals stays in our community and is invested in activities for children, special events, facility enhancements and park programs.

The Community Association advocates for the community in partnership with the Vancouver Park Board to improve recreation programming, parks, and community stewardship initiatives.



Champlain Heights is: Kerr St to the West, Boundary Rd to the East, 49th Ave to the North and the Fraser River to the South.

Volunteers Needed!

Become a member and volunteer to help shape your community!

The Association welcomes community-minded people to join our committees and Board of Directors and help develop great programming for our neighbourhood.

To vote in the Annual General Meeting (AGM) one must obtain a voting membership 30 days prior to the meeting.

For more information, contact the Board of Directors at andrew.pereda.chca@gmail.com

We have a new playground behind the community centre!

For ages 5-12

The 2023 school year concluded with the Community Centre's long awaited playground finally being opened on the south side of the building. From the day it's been opened it's seen continual use by our families and offers sand and water play, as well as slides and climbing activities for all age groups to enjoy. There's even a water mister to cool off in on especially hot days, and water refill station to keep everyone hydrated.



2022-2023 Board of Directors

Andrew Pereda	Damian Assadi
Scott Glasgow	Silvia Hagen
Andrei Studenov	Hope Wolf
Rob Innes	Seven Carnegie
Maria Rantanen	

Champlain Heights Community Association Mission Statement

To provide equal access to quality leisure services for individuals residing in Champlain Heights.

Dance with Lia Fletcher

preschool & children

Pre-Ballet 1 & 2- Glow Kids Dance

(3-5 yrs)

Through playful exercises and whimsical music, pre-ballet encourages creativity, fosters self-expression, and ignites a lifelong love for the elegance of ballet. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), and hair up away from face. Don't forget your water bottle! No class Oct 8.

468878

\$81/9 sess

Su 9:15 AM-9:55 AM Sep 17-Nov 26

Instructor: Lia Fletcher

Pre Ballet 3 & 4 (Kindy Ballet) -

Glow Kids Dance

(6-7 yrs)

Designed specifically for budding ballerinas and ballerinos, pre-ballet is a magical introduction to the fundamental technique and expressive beauty of classical ballet. In this nurturing and imaginative environment, children cultivate poise, coordination, and musicality while exploring the foundations of ballet positions, leaps, and turns. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), and hair up away from face. Don't forget your water bottle! No class Oct 8.

468885

\$81/9 sess

Su 10:00 AM-10:40 AM Sep 17-Nov 26

Instructor: Lia Fletcher

Ballet I & II -

Glow Kids Dance

(8-10 yrs)

Ballet is known to provide grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. For a full dance experience, make sure to sign up for Acro Jazz I right after this class. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), hair up away from face, water bottle. No class Oct 8.

469202

\$99/9 sess

Su 10:45 AM-11:45 AM Sep 17-Nov 26

Instructor: Lia Fletcher

Acro Jazz I & II -

Glow Kids Dance

(8-10 yrs)

This super fun class starts with a warm-up followed by acrobatic movements (bridges, somersaults, cartwheels), and it ends in a jazz dance. This class will help your child develop coordination, rhythm, concentration, and strength. For a full dance experience, make sure to sign up for Ballet I right before this class. Attire: pink leotard, convertible pink ballet tights, foot undies, hair up and away from face, water bottle. No class Oct 8.

469203

\$81/9 sess

Su 11:50 AM-12:30 PM Sep 17-Nov 26

Instructor: Lia Fletcher



Glow Kids Dance Program

At Glow Kids Dance, we offer high quality dance instruction from pre-ballet to first year of pointe. We also offer acro, lyrical, contemporary and jazz.

Our academic year runs from September until June, and we showcase our dancers in our yearly Spring recital.

Important dates: Fall classes will run from September 12 until November 30, 2023.

We will start rehearsing for our recital in the Fall, and recital costumes will be ordered in December. Our recital will take place on Sunday, March 17, 2024 at Moberly Arts and Cultural Centre.

You can find us online: website: www.empireglow.ca.

Group 1 & 2

No class Oct 10 & 31.

468634

\$110/10 sess

Tu 4:00 PM-5:00 PM

Sep 12-Nov 28

Group 3, 4 & 5

No Class Oct 12.

468652

\$121/11 sess

Th 5:45 PM-6:45 PM

Sep 14-Nov 30

Group 1 & 2

No class Oct 12.

468643

\$121/11 sess

Th 3:45 PM-4:45 PM

Sep 14-Nov 30

Group 3, 4 & 5

No Class Oct 10 and 31.

468638

\$110/10 sess

Tu 6:00 PM-7:00 PM

Sep 12-Nov 28

Group 2, 3 & 4

No Class Oct 10 and 31.

468637

\$110/10 sess

Tu 5:00 PM-6:00 PM

Sep 12-Nov 28

Group 5

No Class Oct 10 and 31.

468639

\$60/10 sess

Tu 7:00 PM-7:30 PM

Sep 12-Nov 28

Group 2, 3 & 4

No Class Oct 12.

468649

\$121/11 sess

Th 4:45 PM-5:45 PM

Sep 14-Nov 30

JAZZ (All Groups)

(8-13 yrs)

468642

\$187/11 sess

W 4:00 PM-5:30 PM

Sep 13-Nov 29

Team Acro & Contemporary (8-13 yrs)

No class Oct 7.

468656

\$153/9 sess

Sa 2:00 PM-3:30 PM

Sep 16-Nov 25

Glow Kids Dance Team

In order to join our dance team, students are required to have taken at least one year of ballet prior to joining, and to demonstrate focus and passion for dance.

Dance team members are expected to take dance classes at least three times per week and to join the team in our recital, competitions and other community events.

If your child is interested in joining the Glow Kids Dance team, please contact the instructor for more details.

You can find us online

Website: www.empireglow.ca | Instagram: [@empireglow.ca](https://www.instagram.com/empireglow.ca) | Facebook & YouTube: Empire Glow

Sports for Kids

Junior Tennis (8-12 yrs)

This class continues to develop tennis skills for those students who have already learned basic tennis. Students will participate in a variety of fun drills and games to enhance their skills. Students will also be given the opportunity for game play.

469392 \$210/15 sess
Tu 4:30 PM-5:30 PM Sep 12-Dec 19
 Instructor: Juan Carlos Maldonado

Mini Tennis (6-10 yrs)

This class is an introduction to tennis for children. Students are introduced to basic forehand and backhand skills, while developing hand eye coordination through a variety of fun games and activities.

469394 \$210/15 sess
Tu 3:30 PM-4:30 PM Sep 12-Dec 19
 Instructor: Juan Carlos Maldonado

Rhythmic Gymnastics (4-6 yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon.

469376 \$139.5/15 sess
Th 4:15 PM-5:00 PM Sep 14-Dec 21
 Instructor: Olympia Rhythmic Gymnastics

Rhythmic Gymnastics (7-12 yrs)

Come and join our Rhythmic gymnastics programs in a fun recreational format! Rhythmic Gymnastics is a beautiful combination of gymnastics, ballet, along with the self expression and rhythm of dance by using hand apparatus such as rope, hoop, ball, clubs or ribbon. No drop-ins.

469379 \$154.5/15 sess
Th 5:00 PM-6:00 PM Sep 14-Dec 21
 Instructor: Olympia Rhythmic Gymnastics

Journey Basketball (6-8 yrs)

Journey Basketball is designed to provide children & youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect. Participants are encouraged to bring their own usable basketball if they have one, but will be provided a basketball for the session if they don't. No Class Oct 9

468610 \$98/7 sess
M 5:30 PM-6:15 PM Sep 11-Oct 30
 Instructor: Journey Basketball

468616 \$98/7 sess
M 5:30 PM-6:15 PM Nov 6-Dec 18
 Instructor: Journey Basketball

Journey Basketball (9-12 yrs)

Journey Basketball is designed to provide children & youth of all abilities with organized and skill appropriate basketball training programs. We aim to help youth develop their skills as a basketball player while also showing them the importance of hard work, the power of confidence and the value of respect. Participants are encouraged to bring their own usable basketball if they have one, but will be provided a basketball for the session if they don't. No Class Oct 9

468611 \$98/7 sess
M 6:30 PM-7:30 PM Sep 11-Oct 30
 Instructor: Journey Basketball

468618 \$98/7 sess
M 6:30 PM-7:30 PM Nov 6-Dec 18
 Instructor: Journey Basketball

Zumba Jr. (3-6 yrs)

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. No Class Oct 9

469324 \$77/11 sess
M 3:30 PM-4:15 PM Sep 11-Nov 27
 Instructor: Suzette Lund

Zumba Kids (7-11 yrs)

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. No Class Oct 9

469326 \$77/11 sess
M 4:15 PM-5:15 PM Sep 11-Nov 27
 Instructor: Suzette Lund

Educational

Chess for Kids - Intermediate

(8-16 yrs)

As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fire up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen come into being, kids get trained in life-skills goal-setting: 'checkmate'! (trapmate). What's more chess provides a mental armor plate: 'commander' (leader) self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. No Classes Sep 30 or Nov. 11

468604 \$143/11 sess
Sa 11:00 AM-12:20 PM Sep 23-Dec 16
 Instructor: Josefino (Joe) Soliven

Chess for Kids - Novice

(5-12 yrs)

As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fire up their desire to learn. Joining in this Sherlock-Holmes-world of tactics and strategies, where the chessmen come into being, kids get trained in life-skills goal-setting: 'checkmate'! (trapmate). What's more chess provides a mental armor plate: 'commander' (leader) self-image whereby kids can draw upon and develop a well-rounded discipline, amidst a friendly social setting where art meets science and math with fun. No Classes Sep 30 or Nov. 11

468607 \$143/11 sess
Sa 9:30 AM-10:50 AM Sep 23-Dec 16
 Instructor: Josefino (Joe) Soliven

preschool & children

Winter Break Day Camp

Winter Break Camp - Week 1

(5-12 yrs)

Join us for crafts, games, baking and fun this winter at Champlain for our Winter Break Day Camps. Registration is weekly. Space is limited so be sure to register!

469262 \$78/3 sess
W Th F 9:00 AM-3:30 PM Dec 27-29
 Instructor: TBA Instructor

Winter Break Camp - Week 2

(5-12 yrs)

Join us for crafts, games, baking and fun this winter at Champlain for our Winter Break Day Camps. Registration is weekly. Space is limited so be sure to register!

469263 \$104/4 sess
Tu W Th F 9:00 AM-3:30 PM Jan 02-05
 Instructor: TBA Instructor



@ActiveChamplain

Birthday Parties

Want a party, but not the hassle?
Let us help and do the hard work for you.

Saturdays

Sep 16-Dec 16
1:30PM-3:30PM

Sundays

Sep 17-Dec 17
1:00PM-3:00PM

\$150/Party Up to 12 kids
(1 party attendant)

\$210/Party 13-24 kids
(2 party attendants)

We provide the room and bouncy castle, you bring the food, decorations and accessories!
The first hour is spent in the gymnasium and second hour is in the lounge.

\$3.50 drop-in

Stay & Play

(Up to 5 yrs)

Monday

September 11-December 18

9:45-11:45 AM

Meet other parents and caregivers from the neighbourhood. This is a great way to network and get support from other parents while the kids play. We will have a short story time to end each session. No food will be provided, however, children may bring their own snacks and water. No sessions on holidays or Pro-D Days. *Parent participation required, but price is only per child* Drop-in \$3.50/child
Instructor: Aly Woodward

\$2.75 drop-in

Gym Bugs Drop In

(Up to 6 yrs)

Sunday & Wednesdays

September 13-December 20

9:30-11:30 AM

Come and play, climb and run with your child on Sunday mornings. There are cars, balls and a climbing apparatus to keep your child busy. Bouncy castle and play area with toys too!
Parent participation required.
A great place to meet other families!
Drop-in price is per child.
Children 12 months and under are free.

Music Lessons—All Ages

Group Drumming



Drum Circle 101 (12+ yrs)

Raise your vibration and boost your mood as you ignite your inner Rhythm and connect with others to experience the healing energy algorithm- endorphins and serotonin in full flow! This is a facilitated drum circle where all levels of drummers are coached in open listening, concentration, and creating balance based on basic rhythms that we build upon. No experience necessary. Seasoned drummers and beginners will enjoy the experience of building Community together and creating amazing energy and music leaving you feeling refreshed and energized! Drums and percussion are provided, but you are always welcome to bring your own.

469204 \$105/7 sess
M 6:15 PM-7:45 PM Sep 11-Oct 23
472511 \$90/6 sess
M 6:15 PM-7:45 PM Nov 06-Dec 11
 Instructor: Abby Greene Bull

Piano

(4+ yrs)



Musical Expressions takes on a creative and intuitive approach to music learning. With goals and learning styles varying from student to student, we help you first determine what you want to achieve, so we can make it our goal to get you there! From the basic beginners to preparing exams, all students will be encouraged to tap into their creative sides and be taught to express themselves through improvisation. Each class session is 30 minutes long. If you're learning at a grade 5 level or above, please book two half hour sessions to ensure enough time for the lesson. All music books and materials purchased separately and ordered through teachers. Visit www.musicaexpressions.ca for more info. No refunds after 24 hours before the first class. No Class Oct 8.

Sunday:

466586 \$420/14 sess
Su 9:30 AM-10:00 AM Sep 10-Dec 17
472393 \$420/14 sess
Su 10:00 AM-10:30 AM Sep 10-Dec 17
472394 \$420/14 sess
Su 10:30 AM-11:00 AM Sep 10-Dec 17
472395 \$420/14 sess
Su 11:00 AM-11:30 AM Sep 10-Dec 17
472396 \$420/14 sess
Su 11:30 AM-12:00 PM Sep 10-Dec 17
472397 \$420/14 sess
Su 12:00 AM-12:30 AM Sep 10-Dec 17
472398 \$420/14 sess
Su 12:30 AM-1:00 AM Sep 10-Dec 17
472399 \$420/14 sess
Su 1:00 AM-1:30 AM Sep 10-Dec 17
472400 \$420/14 sess
Su 1:30 AM-2:00 AM Sep 10-Dec 17

Thursday:

472401 \$450/15 sess
Th 3:00 PM-3:30 PM Sep 14-Dec 21
466587 \$450/15 sess
Th 3:30 PM-4:00 PM Sep 14-Dec 21
472402 \$450/15 sess
Th 4:00 PM-4:30 PM Sep 14-Dec 21
472403 \$450/15 sess
Th 4:30 PM-5:00 PM Sep 14-Dec 21
472404 \$450/15 sess
Th 5:00 PM-5:30 PM Sep 14-Dec 21
472405 \$450/15 sess
Th 5:30 PM-6:00 PM Sep 14-Dec 21
472406 \$450/15 sess
Th 6:00 PM-6:30 PM Sep 14-Dec 21
472407 \$450/15 sess
Th 6:30 PM-7:00 PM Sep 14-Dec 21
472408 \$450/15 sess
Th 7:00 PM-7:30 PM Sep 14-Dec 21
 Instructor: Musical Expressions

music lessons
all ages



Instructor: Rene Hugo-Sanchez



Guitar & Ukulele

(8+ yrs)

Private 30 minute lessons to work at your own level and pace. The classes are focused on technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument, a note book and a digital tuner for string instruments (nylon string guitar recommended for beginners). Books will be available at the first class for \$15 and up, depending on the instrument, style and level.

469250 \$276/12 sess
Tu 5:45 PM-6:15 PM Sep 12-Nov 28
472413 \$276/12 sess
Tu 6:15 PM-6:45 PM Sep 12-Nov 28
472414 \$276/12 sess
Tu 6:45 PM-7:15 PM Sep 12-Nov 28

472416 \$276/12 sess
Tu 7:15 PM-7:45 PM Sep 12-Nov 28
472417 \$276/12 sess
Tu 7:45 PM-8:15 PM Sep 12-Nov 28
472510 \$276/12 sess
Tu 8:15 PM-8:45 PM Sep 12-Nov 28

Instructor: Rene Hugo-Sanchez

Check out our NEW Playground behind the Centre.



Education

Standard First Aid with CPR C/AED

(14-55 yrs)

SFA and CPR "C" is a blended program, this course will have an online component, followed by a one day 7 hr in class course. After you register please send stratos.charalambides@vancouver.ca an email to receive the online component. This portion must be completed 24 hours before the in class course date. In this comprehensive course participants will learn: preparing to respond- Emergency Medical Services; Check, Call, Care- Airway Emergencies- Breathing & Circulation Emergencies- First Aid for Respiratory & Cardiac Arrest- Head & Spine Injuries- Bone, Muscle & Joint Injuries- Wound Care- Sudden Medical Emergencies- Environmental Emergencies

469989 \$160/1 sess
Sa 9:00 AM-4:00 PM Nov 04
Instructor: First Aid Hero

Red Cross Babysitting Course

(11-16 yrs)

This course offers basic first aid and caregiving skills for youth 11-16 years old. Participants learn how to provide care to children in a variety of age groups, and how to prevent and respond to emergencies. The course also offers youth the skills to promote themselves as babysitters to prospective families. Each participant will need to bring a nut free lunch and snack, and a doll or teddy bear for practice.

469987 \$63/1 sess
Sa 9:00 AM-4:00 PM Oct 14
Instructor: First Aid Hero

Red Cross Stay Safe

(9-16 yrs)

Stay Safe! (Home Alone). Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation? First Aid. Active role-play! Interactive and fun! Course Content- Canadian Red Cross Principals- My Family and Me- My Time: Scheduled and Leisure Activities- Expecting The Unexpected- Healthy Choices- First Aid (Handwashing, Check, Call, Care, Complete Choking- Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding)

469988 \$63/1 sess
Sa 9:00 AM-3:00 PM Nov 18
Instructor: First Aid Hero



@ActiveChamplain

Cooking

Champlain Cooking Club

(10-18 yrs)

Learn how to make a simple meal with other youth in the community. Once all the hard work is done we shall all feast together!

469597 \$60/5 sess
Th 6:15 PM-7:45 PM Sep 14-Oct 12
469598 \$60/5 sess
Th 6:15 PM-7:45 PM Oct 19-Nov 16
469599 \$60/5 sess
Th 6:15 PM-7:45 PM Nov 23-Dec 21
Instructor: Youth Leader

Volunteering

Youth Volunteering Orientation

(13-18 yrs)

We are always looking for enthusiastic, responsible, and motivated volunteers to assist in a variety of programs! After completing an application form and attending the orientation, youth will be able to give back to the Champlain Heights community by assisting in a variety of recreational programs and special events. Application forms are available at the front desk and via our website www.champlainheightscc.ca/volunteering-at-chcc/ Please make sure to register and attend the mandatory volunteer orientation as there will only be one orientation per season.

470000 FREE!
Sa 2:00 PM-3:30 PM Sep 16

Check out weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered in various community centres across the city.

2STGD@vancouver.ca
queerincclusion@vancouver.ca
vancouver.ca/park-board-pride



Social

Games Room Drop-In

(11-18 yrs)

No online registration, this is a drop-in program. Come hang out in our youth room and chill! Or play ping pong or pool. Bring your friends and meet new people! OneCard required to borrow equipment.

M Tu W Th F 3:30 PM-6:30 PM
Instructor: Youth Leader



Youth Dungeons & Dragons

(10-16 yrs)

Come and take part in the Dungeons and Dragons adventure at Champlain Heights! D&D is a co-operative role-playing game and will be led by an experienced instructor. All levels are welcome, including beginners! You're welcome to bring your own supplies, but there will also be supplies available to those who need it.

469985 \$75/6 sess
M 4:30 PM-7:30 PM Sep 11-Oct 16
469986 \$75/6 sess
M 4:30 PM-7:30 PM Nov 06-Dec 11
Instructor: Will Lochhead

Preteen Girls Group! (9-13 yrs)

Come join other preteen girls at Champlain Heights for weekly activities like baking, cooking, crafting and other fun things!

469982 \$42/5 sess
Tu 4:00 PM-5:30 PM Sep 12-Oct 10
469983 \$42/5 sess
Tu 4:00 PM-5:30 PM Oct 17-Nov 14
469984 \$42/5 sess
Tu 4:00 PM-5:30 PM Nov 21-Dec 19
Instructor: Youth Leader

Drop-In

Tabletop Games

(All Ages)

FREE - Register ahead of time to reserve your spot. Tabletop gaming has come a long way since Monopoly! Whether you're playing some old standbys, or wanting to dive into something brand new, we are opening the upstairs lounge for people to explore and share this fantastic hobby with others. A collection will be provided including some great strategy, dexterity, social, and party games. Come prepared to learn, or bring your own games and get ready to meet and teach others in this great social gathering space.

W 7:00 PM-9:45 PM FREE
469992 Nov 8 469993 Nov 15
469995 Nov 22 469994 Nov 29
Instructor: No Instructor

Adapted Recreation

Programs for Youth! (10-16 yrs)

Come join our Adapted programs ran by specialty leaders! Email dawn.livesley@vancouver.ca for registration or more information.

470566 \$50/10 sess
Sa 11:15 AM-12:45 PM Sep 16-Nov 25
Instructor: Adapted Program Leader

Youth Leadership

Champlain

Youth Council

(13-17 yrs)

We are a youth-led community group that plans a bunch of fun activities and events to benefit the members of our neighborhood. We're inviting all youth (Grade 8 and up) to join us on our event planning adventures! As a part of the Champlain Heights Community Centre, we'll be bringing a bunch of fantastic events and initiatives to our surrounding community. You'll also be making volunteer hours along the way for your efforts. For more information and to sign up please contact the Youth Worker,

stratos.charalambides@vancouver.ca
469990 FREE
W 4:00 PM-5:00 PM Sep 13-Dec 13
Instructor: Stratos Charalambides

Sports

Youth Volleyball

Drop-In

(12-18 yrs)

No online registration, this is a drop-in program. This is a non-instructional/practice volleyball session, nets will be set up and balls will be available in exchange of a OneCard.

470002 FREE!
F 3:30 PM-5:30 PM Sep 08-Dec 15
Instructor: No Instructor

youth

FRIDAY FUN 6:00-7:30PM

(10-18 yrs)

Sign up for any or all of the Friday Fun activities and meet other youth.

Tell your friends.

Lead by our Youth Leader.

Jeopardy Night — \$2

470006 Sep 08

Snacks and Games — \$2

470007 Sep 22

Painting Night — \$5

470008 Oct 06

Bath Bombs — \$5

470004 Oct 20

Trivia Night — \$2

470009 Nov 03

Board Games and Snacks — \$2

470005 Dec 01

Super Smash Bros. — \$2

470010 Dec 15



VIEW ONLINE

CHAMPLAIN HEIGHTS COMMUNITY CENTRE PRESCHOOL 2023/2024

MORNINGS

3 YEAR OLDS

TUESDAY / THURSDAY 9:00AM - 11:30AM

\$160/MONTH*

4 YEAR OLDS

MONDAY / WEDNESDAY / FRIDAY 9:00AM - 12:00PM

\$265/MONTH*

3 & 4 YEAR OLDS

MONDAY / WEDNESDAY / FRIDAY 9:00AM - 12:00PM

& TUESDAY / THURSDAY 9:00AM - 11:30AM

\$380/MONTH*

AFTERNOONS (FOR 3 & 4 YEAR OLDS)

TUESDAY / THURSDAY 12:45PM - 2:45PM

\$130/MONTH*

MONDAY / WEDNESDAY / FRIDAY 12:45PM - 2:45PM

\$185/MONTH*

MONDAY TO FRIDAY 12:45PM - 2:45PM

\$290/MONTH*

* FEES MAY SLIGHTLY DECREASE BASED ON APPROVED MINISTRY FUNDING
(CHILD CARE FEE REDUCTION FEE INITIATIVE)

FOR MORE INFORMATION ABOUT OUR PRESCHOOL, PLEASE CONTACT US
VIA EMAIL AT PRE-SCHOOL@CHAMPLAINHEIGHTSCC.CA



Preschool 3-5 years old



We believe that each child is an individual and must be respected for his or her own unique qualities and capacity to play and learn. Champlain Heights Preschool is a play-based program which provides a warm, positive, safe and fun environment that invites active engagement and exploration for all children.

We are an inclusive program in which we welcome all families and respect different beliefs, values, cultures and learning styles. We adjust and modify our program to meet the needs of each individual child.

Children's development in all areas is greatly enhanced when they are interested in what they are learning. Hence, we follow emergent curriculum based on the children's interests to create meaningful learning experiences.

Champlain Heights Preschool is a nature preschool, meaning nature is infused into all aspects of our program including outdoor experience and indoor spaces. Through exploring and investigating nature along with the positive teaching of these important life skills, we believe that children will be primed for pro-social behaviour and succeed later in life.

Activities include free play, STEAM, arts and crafts, music, story time, baking, gym, snack time, as well as pre-planned field trips throughout the year. There are a maximum of 20 children in each class and 2 qualified teachers.

Fee Information

See pages 10 for details.

Procedures for Champlain Heights Preschool

If you are interested in any of our 2023/2024 preschool programs, please contact the front desk, in person or by calling 604-718- 6575, to add your child to the waitlist. When spaces come available, parents will be informed. Please note that joining the waitlist does not guarantee enrolment into the school year. Children who have completed the 3-year-old preschool program will be given priority for the 4-year-old class of the subsequent year.

Preschool is closed for summer break and the preschool teachers will return September 5th. During the summer break, we will be available for information and inquiries via email only. Please email the preschool email address at pre-school@champlainheightsscc.ca. The preschool teacher will check and respond to emails periodically.

To complete registration, the contacted parents will receive a registration package (either be picked up or emailed) to be completed and returned to the preschool teacher. A deposit for the first (September) and last (June) months of the program will be required at registration. At the same time, a completed credit card authorization form will be required for the balance of the year.

Please Note: All requests to withdraw your child from the program must be made by giving one month's written notice to the preschool. You are required to give notice by the first calendar day of the month. The program will charge one month's fees in lieu of proper notice. The June deposit is non-refundable for registrations after January.

Out of School Care *Fees

Before \$130 | After \$320
Before and After \$359

Out of School Care

Kindergarten to Grade 7

Drop-off to and pick-up from Captain James Cook Elementary, Champlain Heights Community Elementary & Champlain Heights Annex.

This program is full with a waitlist. Please call 604-718-6575 to be added to the waitlist.

*Fees will slightly decrease based on approved Ministry Funding (Child Care Fee Reduction Fee Initiative).

Martial Arts

Wing Chun Kung Fu

(13+ yrs)

This style of Kung Fu is the most common style and is one of the most practiced in the world. It is a quick and effective self-defense system. Classes are designed to be fun, challenging and rewarding. Individuals will develop strength, flexibility, discipline and confidence. Program is offered twice a week: Monday and Saturday. If you would like to register for two days a week at a discounted rate, please register for both Monday and Saturday courses. No internet registration. Please call or register in person.

468574 \$60/3 sess
M 7:30 PM-9:00 PM Sep 11-Sep 25
Instructor: Simon Siu

468575 \$100/5 sess
M 7:30 PM-9:00 PM Oct 2-Oct 30
Instructor: Simon Siu

468577 \$80/4 sess
M 7:30 PM-9:00 PM Nov 6-Nov 27
Instructor: Simon Siu

468578 \$60/3 sess
M 7:30 PM-9:00 PM Dec 4- Dec 18
Instructor: Simon Siu

Hunyuan Tai Chi (19+ yrs)

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beijing, China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum, studied under Master Feng Xiufang eldest daughter of Grandmaster Feng Zhiqiang. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com.

469205 \$30/10 sess
M 8:30 AM-10:30 AM Oct 16-Dec 18
Instructor: Margaret Miu Duen Lum

Martial Gym for Seniors

(55+ yrs)

Program focuses on 1) Fall prevention and preparation 2) Reduction of some common chronic pains. Exercises are purpose-driven versions of internal martial arts using modernized teaching methods. Improved blood circulation helps remove a very common root cause of ailments. Proper stretching and improved range of movement improve the quality of life as well as remove a lot of common pains. Strong muscles with proper body mechanics make daily tasks easier and safer. Simple skills and games provide the necessary stimulus to the neural system to stay sharp as well as to ensure a better and faster reaction. Instructor give hands-on corrections and adaptations where necessary. No class Oct 23 and 30

469249 \$61.88/13 sess
M 8:45 AM-9:45 AM Sep 11-Dec 18
Instructor: Mario Lam

Hunyuan/Yang Style Beginner Tai Chi (Alternate)

(19+ yrs)

This class alternates each week between Hunyuan and Yang Style 24 form. Please see descriptions below for each style. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com. Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beijing, China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum, studied under Master Feng Xiufang eldest daughter of Grandmaster Feng Zhiqiang. The Yang Style 24 form is a simplified version of Yang Style Traditional Tai Chi. The traditional movements are condensed into 24 moves which can be completed in approximately 6 minutes. The characteristics of the Yang Style Tai Chi are the larger sweeping, graceful and slow movements. This allows people of all ages and fitness levels to start easily and continue to practice safely to improve their health. The lessons will incorporate the basic Yang Style movements with the goal of improving your flexibility, balance, and strength. The ultimate result of practicing tai chi will lead to better overall physical and mental wellbeing.

469207 \$27/9 sess
Sa 9:15 AM-11:15 AM Sep 16-Dec 16
Instructor: Margaret Miu Duen Lum

Seniors' Self-Led Tai Chi Club

(55+ yrs)

This is a self-led Tai Chi Club. No instruction provided. Previous experience is preferred.

469208 \$26/43 sess
Tu W Th 8:00 AM-9:00 AM Sep 12-Dec 19

Yang Style 24, 48, 88 Form Tai Chi (Advanced)

(19+ yrs)

The Yang Style 24 form is a simplified version of Yang Style Traditional Tai Chi. The traditional movements are condensed into 24 moves which can be completed in approximately 6 minutes. The characteristics of the Yang Style Tai Chi are the larger sweeping, graceful and slow movements. This allows people of all ages and fitness levels to start easily and continue to practice safely to improve their health. The lessons will incorporate the basic Yang Style movements with the goal of improving your flexibility, balance, and strength. The ultimate result of practicing tai chi will lead to better overall physical and mental wellbeing. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com.

469206 \$33/11 sess
F 9:00 AM-11:00 AM Oct 13-Dec 22
Instructor: Margaret Miu Duen Lum

Fitness & Health

Barre Fitness

(19+ yrs)

Barre fitness is distinguished from other group fitness activities by its use of the ballet barre and its incorporation of movements derived from ballet. These classical dance movements and positions are combined with those drawn from yoga and pilates, and other equipment is sometimes used in addition to the barre, such as resistance bands, exercise balls and hand weights. Barre classes focus on strength, alignment and core engagement. Great for posture, strength, balance and rehabilitation.

469253 \$126/14 sess
Sa 12:30 PM-1:30 PM Sep 16-Dec 16
Instructor: Lubna Dalupang

Hatha Yoga - Beginner/Intermediate

(19+ yrs)

Do you want to better understand, connect, or accept your body? Do you need to address body stiffness, soreness or simply move? Would you like to quiet the mind? Hatha yoga makes this accessible to people of all ages, physical abilities, and body types. Everyone is welcome! Co-teachers Shannon and Melanie teach yoga poses, breathing practices, and awareness of mind and body to build inner and outer strength, aiming to take the intimidation out of yoga. This program will be presented in person at Champlain Heights. Registration or drop-in available.

469285 \$168/14 sess
W 6:30 PM-8:00 PM Sep 13-Dec 13
Instructor: Shannon Piedt

Yoga for All

(19+ yrs)

This program will help students of all levels cultivate a strong body, a powerful mind, and a peaceful heart. Moving dynamically with breath through flowing gentle yoga postures you will build whole body strength, unwind tight joints, and restore physical, mental & emotional balance. This beginner level class offers new and experienced students a safe, fun and supportive environment to explore the foundation postures and breathing techniques of Hatha Yoga. Improve your flexibility, strength, mental health and state of being by practicing easy twists, balances, stretches and inversions. Please bring your own mat. For more info visit www.intoyoga.ca.

469309 \$101/7 sess
Th 7:00 PM-8:00 PM Sep 14-Oct 26
469310 \$101/7 sess
Th 7:00 PM-8:00 PM Nov 2-Dec 14
Instructor: Into Yoga



Champlain Heights Fitness Centre

Please see www.vancouver.ca for hours and fees.

Zumba with Lubna (19+ yrs)

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. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

469367 \$120/15 sess
Tu 7:00 PM-8:00 PM Sep 12-Dec 19

No Class Dec 9

469369 \$112/14 sess
Sa 9:10 AM-10:10 AM Sep 9-Dec 16

Instructor: Lubna Dalupang

Zumba Gold (45+ yrs)

The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

469320 \$55/11 sess

F 5:30 PM-6:30 PM Sep 15-Nov 24

Instructor: Suzette Lund

Strength and Stretch (19+yrs)

Developing and maintaining muscle strength and joint health is key for older adults. For those who want to improve their functional strength and stability, this chair-based strength program is designed to improve muscular strength, bone density, posture, range of motion, and flexibility.

469209 \$56/8 sess

F 11:45 AM-12:45 PM Sep 8-Oct 27

469210 \$56/8 sess

F 11:45 AM-12:45 PM Nov 3-Dec 22

Instructor: Bonnie McCoy

Dance

Chinese Classical Dance (19+ yrs)

Chinese classical dance is filled with rich culture and splendid form. Haiyan Zhang wishes to share the beauty of Chinese and other different cultural dances for everyone to enjoy. Dance forms includes: traditional Chinese, Tibetan, Xinjiang, Mongolian, Korean, and more! This course is led with traditional movements explained in Mandarin. Understanding of the Mandarin language an asset but not necessary for participation.

468593 \$112/16 sess

Tu 10:00 AM-11:30 AM Sep 5-Dec 19

468594 \$119/17 sess

Th 10:45 AM-12:15 PM Aug 31-Dec 21

468595 \$98/14 sess

M 11:30 AM-1:00 PM Sep 4-Dec 18

Instructor: Mimi Hai Yan Zhang

Line Dancing Seniors' (55+yrs)

Fun and good exercise in a warm and welcoming environment for those who have had some line dancing experience. New dances as well as old favourites are taught to a variety of music. In each class there is a thorough walk-through of every dance. No partner required.

469381 \$74.36/13 sess

Th 10:00 AM-12:00 PM Sep 14-Dec 7

Instructor: Kirsten Person

Outdoor Activities

Planting Day in Everett Crowley Park (All Ages)

Celebrate the Fall season with planting in Everett Crowley Park and help grow an urban forest in this fun, family friendly event. Join the ECP Committee to remove invasives, to plant native shrubs and wildflowers, and to learn more about the history & ecology of the 5th largest park in Vancouver. Gloves, tools and light refreshments are provided. Please dress appropriately for the weather and wear sturdy, close-toed shoes. Weather permitting. No experience required! Please pre-register. Meet at the front entrance to the Champlain Heights Community Centre (3350 Maquinna Dr). Contact Damian (ECPC Chair) at ecpcstewards@gmail.com if you have any questions!

473809

Su 10:00 AM- 1:00 PM

Free

Nov 5

Instructor: Damian Assadi

Everett Crowley Park Stewardship (All Ages)

Get dirty, have fun and help the environment! Join us for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park. Gloves, tools and light refreshments are provided. Please dress appropriately for the weather and wear sturdy, close-toed shoes. Weather permitting. Please pre-register. Meet at the front entrance to the Champlain Heights Community Centre (3350 Maquinna Dr). Contact Damian (ECPC Chair) at ecpcstewards@gmail.com if you have any questions!

473797

Sa 10:00 AM-12:30 PM Sep 9, Oct 14, Nov 18

Instructor: Damian Assadi

Social

Community Board Games (All Ages)

This free weekly drop in event is an opportunity to get around a table with your friends and neighbors to explore the tabletop gaming hobby. There will be a rotating collection of games provided, ranging from the old to the new. The event host will be available to teach these games to you, as well as answer any questions that come up as you play them. This event is held upstairs and is welcome to all ages, though no childcare is provided.

469258

FREE/15 sess

W 7:00 PM-9:30 PM Sep 13-Dec 20

Instructor: No Instructor

Check out our weekly programs and special events for 2STGD and 2SLGBTQIA+ children, youth, adults, and seniors offered by our Queer Inclusion team in various community centres across the city.



2STGD@vancouver.ca
queerinclusion@vancouver.ca
vancouver.ca/park-board-pride



adult & senior

Sports for Adults

Badminton - Recreational

(19+yrs)

Recreational badminton. All levels welcome! Please pre register, drop-in availability limited.

469251 \$42/15 sess

M 8:00 PM-9:30 PM Sep 11-Dec 18

Ball Hockey (Co-ed) - All Levels

(19+yrs)

Co-ed, non-contact ball hockey for all levels. Please bring your own equipment. Eye protection strongly recommended. Drop-in players can sign up in-person for themselves only 30 minutes prior to the program start time. Please bring both a red and blue shirt to rotate teams.

469252 \$55.25/15 sess

W 8:15 PM-9:45 PM Sep 13-Dec 20

Basketball

(19+yrs)

Come shoot hoops and scrimmage. Please bring your own basketball.

469254 \$29.25/15 sess

Th 8:30 PM-9:45 PM Sep 14-Dec 21

469255 \$29.25/15 sess

Tu 8:30 PM-9:45 PM Sep 12-Dec 19

Volleyball

(19+yrs)

Get your adrenaline pumping by playing some recreational volleyball. A great way to exercise and meet new people.

469359 \$56.76/15 sess

Sa 10:15 AM-12:15 PM Sep 9-Dec 23



@ActiveChamplain

Drop-in Sports Policy

Registered participants have until 10 minutes after the scheduled start time to sign-in at the front desk or their spot will be given to a drop-in player.

Drop-in players can sign up in-person for themselves only 30 minutes prior to the program start time.

Drop-in fees will be collected once a drop-in spot is available.

Pickleball - Recreational (All Levels)

(55+yrs)

Pickleball is a combination of ping-pong, tennis and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddles and a plastic wiffle ball. All equipment is provided. This is a recreational program - all levels welcome.

469354 \$45.5/15 sess

Th 11:45 AM-1:45 PM Sep 14-Dec 21

469356 \$45.5/15 sess

Tu 11:30 AM-1:30 PM Sep 12-Dec 19

Pickleball - Beginner/Intermediate

(19+ yrs)

Pickleball is a combination of ping-pong, tennis and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddles and a plastic wiffle ball. All equipment is provided. This is a beginner to intermediate level program. but we encourage new players to join. NON-INSTRUCTIONAL.

469346 \$45.5/15 sess

W 6:30 PM-8:00 PM Sep 13-Dec 20

Seniors Social

Recreational Bridge (55+ yrs)

Some knowledge of the game is required. Play is based on availability of seats. New players welcome! Please register.

469371

FREE/15 sess

W 12:00 PM-3:00 PM Sep 13-Dec 20



Knitting Club

(19+yrs)

Why knit alone when you can knit with friends? Bring your projects along to this friendly and supportive group. Everyone welcome!

469331

FREE/16 sess

Th 1:00 PM-3:00 PM Sep 7-Dec 21

Midweek

Movie Matinee

(55+ yrs)

In partnership with the Collingwood Policing Centre, Champlain Heights Community Centre invites older adults to join us for a chance to meet new friends and watch movies. Registration is required. Movies announced two weeks before the date. A light lunch is provided.

469408

\$3.33/1 sess

W 10:30 AM-1:35 PM

Oct 4

469412

\$3.33/1 sess

W 10:30 AM-1:35 PM

Nov 1

469409

\$3.33/1 sess

W 10:30 AM-1:35 PM

Dec 6

Volunteers Needed!

Become a member and volunteer to help shape your community!

The Association welcomes community-minded people to join our committees and Board of Directors and help develop great programming for our neighbourhood.

To vote in the Annual General Meeting (AGM) one must obtain a voting membership 30 days prior to the meeting.



For more information, contact the Board of Directors at andrew.pereda.chca@gmail.com

Special Events

Bus Trip-Kensington Prairie Farm and Lunch (55+ yrs)

Pick up @ Champlain Heights Community Centre, 3350 Maquinna Drive, Vancouver, BC V5S 4C6 Kensington Prairie Farm and Lunch at White Spot Catherine Simpson and Jim Dales established Kensington Prairie Farm in 2000 on five acres of land in Surrey, BC in an area historically known as Kensington Prairie County. Home to 12 alpacas, the farm quickly grew to 30+ animals and in 2006, Kensington Prairie Farm relocated to Langley, BC and expanded its operations from 5 to 45 acres. Granddaughter, Dee began working at the farm when she was 8 years old and has since begun managing the store and livestock. We will have a chance to learn more about the alpacas on the farm with a guided tour. Following the farm we will visit the White Spot for lunch (included). Cost: Prairie Farm: \$8 White Spot: \$35.00/senior

P/UP at Champlain CC

469212 \$60/1 sess
Tu 8:45 AM-2:45 PM Sep 12
 Instructor: Simon Yan

P/UP at Killarney CC

469213 \$60/1 sess
Tu 9:00 AM-3:00 PM Sep 12
 Instructor: Simon Yan



Bus Trip - Langley Cranberry Festival (55+ yrs)

Pick up @ Champlain Heights Community Centre, 3350 Maquinna Drive, Vancouver, BC V5S 4C6 Langley Cranberry Festival and Fort Langley Enjoy the Thanksgiving Long weekend with the 27th annual Cranberry Festival held in Langley. There will be unique vendors, free entertainment and family activities as Langley celebrates the harvest and history of the cranberry in Fort Langley. The Fort Langley National Historic Site will be first in our visit, then you will have time to meander through all of the festivities. There will be an abundance of food vendors that will be serving many different types of food (lunch not included). Following the festival we will visit the Fort Wine Company and tour the cranberry fields before heading home.

P/UP at Champlain CC

469215 \$16
Sa 8:45 AM-4:00 PM Oct 07
 Instructor: Simon Yan

P/UP at Killarney CC

469216 \$16
Sa 9:00 AM-4:00 PM Oct 07
 Instructor: Simon Yan

Bus Trip-Chehalis River Hatchery (55+ yrs)

Champlain pickup 8:15am Chehalis River Hatchery, Weaver Creek Spawning Channel, Lunch at the Blackforest Café The Chehalis River Hatchery was originally constructed in 1982 to enhance salmon stocks in the Chehalis and Harrison rivers. Today the hatchery receives thousands of visitors that come to learn more about salmon. The hatchery produces coho, chinook, chum and pink salmon, as well as steelhead and sea-going cutthroat trout which produces coho, sockeye, chum and steelhead for a number of local tributaries that lead to the Fraser River. After the hatchery our next stop will be the Weaver Creek Spawning Channel. Since its construction in 1965, Weaver Creek spawning channel has proven a great success. The run of sockeye today is more than 200 times the size of the run produced from Weaver Creek alone prior to 1965. From the Spawning Channel we will head on over to Harrison Hot Springs and have lunch at the infamous Black Forest Café (included).

P/UP at Champlain CC

469241 \$65/1 sess
F 8:15 AM-4:30 PM Oct 20
 Instructor: Simon Yan

P/UP at Killarney CC

469237 \$65/1 sess
F 8:30 AM-4:15 PM Oct 20
 Instructor: Simon Yan

Bus Trip - OWL Centre and Casino Lunch (55+ yrs)

Champlain pickup 8:45am. OWL Rehabilitation Centre and lunch at Cascades Casino Buffet OWL (Orphaned Wildlife) Rehabilitation Society is a registered non-profit organization whose staff and volunteers are dedicated to the rescue, rehabilitation, and release of injured and orphaned raptors and to educating the public on the conservation and importance of them. The facility specializes in birds of prey only (eagles, falcons, hawks, ospreys, owls, & vultures) and has rescued thousands of patients since the beginning of OWL. Following OWL, we will stop by the newest Casino in Metro Vancouver, Cascades Casino in Delta where we will have lunch at the Buffet (included) and have some time for you to try your luck. Cost: OWL Centre: \$5.00/senior Cascades Casino Buffet: \$32.00

P/UP at Champlain CC

469243 \$57/1 sess
Tu 8:45 AM-4:00 PM Nov 07
 Instructor: Simon Yan

P/UP at Killarney CC

469244 \$57/1 sess
Tu 9:00 AM-4:00 PM Nov 07
 Instructor: Simon Yan

Bus Trip - Holiday Lights Tour (55+ yrs)

Champlain pickup: 5:45pm Holiday Lights Tour Join us on this annual trip where we visit some of Metro Vancouver's greatest light displays. Be prepared to be put into the Holiday Spirit with joyous music and wonderful company. The trip will also have a stop halfway so one can stretch their legs and enjoy a light snack (cost of snacks not included).

P/UP at Champlain CC

469248 Free
M 5:45 PM-10:00 PM Dec 18
 Instructor: Simon Yan

P/UP at Killarney CC

469245 Free
M 5:45 PM-10:00 PM Dec 18
 Instructor: Simon Yan

P/UP at Champlain CC

469247 Free
Tu 5:45 PM-10:00 PM Dec 19
 Instructor: Simon Yan

P/UP at Killarney CC

469246 Free
Tu 6:00 PM-10:00 PM Dec 19
 Instructor: Simon Yan

adult & senior

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		Circl Mobility Sep 12-Dec 19 <i>Leah</i>	NEW Full Body Power Sep 13-Dec 10 <i>Betty-Lynn</i>	Circl Mobility Sep 14-Dec 21	Step Drills and Thrills Sep 15-Dec 22 <i>Betty-Lynn</i>
10:00 AM-11:00 AM	ReFit Sep 11-Dec 18 <i>Rocio</i>				
10:30 AM-11:30 AM			ReFit Sep 13-Dec 10 <i>Leah</i>		ReFit Sep 15-Dec 22 <i>Betty-Lynn</i>

Schedule subject to change

Fees	Adult (19-64)	Senior 65+/ Youth
Drop-in	\$5.50	\$4.75
10-class card	\$50.50	\$44.00
1-month pass	\$48.50	\$41.00

All fees above subject to change. Prices do not include tax



Step Drills and Thrills

High energy class filled with intervals, choreography, weights and more. Total body from head to toe. Step platform optional and newbies always welcome.

Full Body Power

High Energy Full Body Class to Increase power, strength, endurance and a happy heart. Work at your own pace in interval formats of Tabata, HITT, Ladders and Strong by Zumba Includes warm-up and final stretch.

Circl Mobility

Release. Restore. Renew. CIRCL MOBILITY helps to improve posture, circulation, range of motion and joint health.

ReFit-Monday

A fun class including all components of fitness: cardio, strength, balance and flexibility. This class focus on training the body and mind to perform every day activities and avoid injury while doing them. All levels welcome

ReFit-Wednesday

Fitness with Purpose for those needing a lighter pace work-out. Working on internal and external systems to effect change or maintain a desired level of fitness. Fun factor included.

ReFit-Friday

Fitness with Purpose for those needing a lighter pace work-out. Working on internal and external systems to effect change or maintain a desired level of fitness. Fun factor included.

adult & senior



Champlain Heights Fitness Centre

Fitness Centre Consultations

Take advantage of our fitness consultations!

With the price of admission or included in your membership pass, our Fitness Centre staff will show you in the initial session how to use equipment, create a personalized fitness program, and you will receive a card to track your progress. At the next session, our staff will monitor your exercise technique and answer any questions about your fitness program. Book a third session if you need additional support, motivation or a change in your program! Call ahead to book up to 3 sessions with our highly trained fitness centre staff.

Flexipass Membership

Enjoy flexible and affordable recreation with our no contract all access pass. Purchase a monthly Flexipass at any Park Board fitness centre and receive unlimited access to our 15 fitness centres, 9 indoor pools and 8 ice rinks. For more information and locations, visit vancouverparks.ca

Fees

Fitness Centre Admission Fees		
Fees	Adult	Youth/Senior
Drop-in	\$6.99	\$4.89
10-visit pass	\$61.51	\$43.06

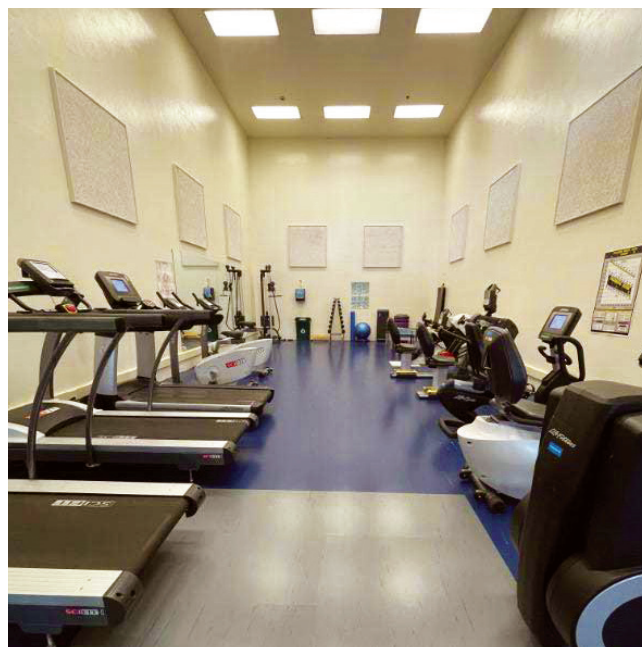
Monthly Flexipass		
Fees	Adult	Youth/Senior
1 month	\$53.83	\$37.68
3 month	\$145.34	\$101.74
12 month	\$465.09	\$325.56

All fees above subject to change. Prices do not include tax.



Fitness Centre Hours

Monday-Thursday 7:00am-10:00pm
 Friday 7:00am-9:00 pm
 Saturday & Sunday 9:00am-4:00pm
 Stat Holidays Closed



Personal Training

Improve your health and wellness with support from our certified personal trainers

Our trainers will work with you to develop a customized fitness plan designed to meet your fitness goals and fit your busy schedule. Whether you are a beginner, overcoming a plateau, rehabilitating from an injury or looking for sport-specific workouts, our trainers will motivate you in each 1 hour session.



Scanning the code below will direct you to a Vancouver Park Board site that will provide you with more information regarding personal training and the necessary forms and steps required to get you started.

Personal Training Fees			
Sessions	Private (1 person)	Semi-private (2 people)	Group
1	\$58.17	\$87.23	\$122.36
3	\$161.20	\$241.84	\$327.72
5	\$259.27	\$399.26	\$480.67
10	\$465.43	\$741.49	\$873.93

All fees above subject to change. Prices do not include tax.

Champlain Heights Fitness Centre

Happy Hearts Maintenance Program

Tuesday 2:00-3:00pm

Sept 5-Dec 12 #467074

Thursday 2:00-3:00pm

Sept 7-Dec 14 #467075



The VGH Centre for Cardiovascular Health and Vancouver Parks & Recreation have partnered to bring you a long-term cardiac exercise program in the community. This program is for individuals who have recently completed a medically supervised cardiac rehabilitation program and would like to benefit from ongoing peer support and guidance provided by experienced fitness leaders.

Registration is FREE but you must have a current Happy Hearts Flexi-pass to participate in the program.

You must meet the requirements to register:

- You must have completed a medically supervised cardiac rehabilitation (ie. Happy Hearts Plus or a hospital based program) within the last 6 months.
- You have not had a change in symptoms or health status in the interim.
- You understand that it is not a medically supervised program.
- You understand that you are responsible for monitoring your own responses during exercise.
- You understand that you will seek medical clearance to participate if any new or unusual symptoms occur.
- Returning participants may continue registration as long as there are no health contraindications or have been cleared by a physician to participate.

Happy Heart Physician Clearance Form is required. Available for pickup and drop off at the front desk.

Active Joints Program

Tuesday and Thursday 12:00-1:00pm

Sept 12-Nov 16 #467076



This program provides supervised group exercise for people recovering from hip or knee replacement surgery in a 10 week program. The objective is to increase physical activity levels and confidence in participants with the help of trained staff who are supported by VCH physiotherapists.

Requirements to attend:

- Minimum 6 weeks post-op joint replacement surgery
- Able to ambulate independently +/- mobility aid. **(If not, the client must arrange to have a support person present for the duration of the session.)**
- Medically cleared to exercise

To attend this program, you need to complete the Joint Replacement Program Application Form. Ask your physiotherapist to fill out any specific recommendations. Bring the completed referral form to Champlain Height Community Centre or fax to 604-718-6580, Attn: Patrick Wong

Registration is FREE but you must have a current Flexi-pass to participate in the program.

Fitness for Youth/Older Adults

Youth (13-18 yrs)

Tuesday 5:30-6:30pm (Thursday-optional)

Sept 5-26 #468511

Oct 3-24 #468512

Nov 7-28 #468514

Older Adults (55+ yrs)

Monday 5:30-6:30pm (Wednesday-optional)

Sept 11-Oct 2 #468516

Oct 16-Nov 6 #468518

Nov 20-Dec 11 #468520

Staff guide participants through a four week program covering all components of a complete fitness regime. Feel more confident in any fitness centre. NOTE: completed Par-Q and Consent & Release are required. Drop-in adm w/valid Flexi-pass or Usage pass required. Maximum 4 registered. Priority given to first time registrants.

Small Group Training Circuit Training



Wednesday 7:15-8:15am Sept 13-Oct 11 #469042 | Nov 1-29 #469043

Enjoy the same intimate coaching experience as a personal training session while exercising in an exclusive and dedicated space in a group of 4. Prior to your session, we ask that you assess your physical activity readiness by completing the PAR-Q+. Go online www.eparmedx.com/wp-content/uploads/2022/12/ParQ-Plus-Jan-2023-Fillable-1.pdf or pick up a copy at the front desk. Bring the completed form with you to the session. All 4 spots must be filled to run the program. A full refund will be provided if the program is cancelled. **\$120.17+tax/person**

Indoor Cycling

Monday	Wednesday	Thursday
Cycle Fit 6pm-7pm	Cycle Core 6pm-7pm	Cycle Fit 6pm-7pm

Indoor Cycling Fees

Single visit	\$6.99
10 visit	\$61.51
Please visit us online at vanrec.ca to register for your session!	
Schedule is subject to change. Prices do not include tax.	

Squash Court

Each court booking is for 45 minutes. Admission includes access to the court and fitness centre. Please call us to reserve your court!

Save 20% on admission when booking as a Flexipass holder.

Court Rental Fees		
	Adult	Youth
Prime-time	\$16.63	\$11.64
Non-prime	\$11.88	\$8.32
10 visit pass (non refundable)		
Prime-time	\$149.67	
Non-prime	\$106.92	
All fees above subject to change. Prices do not include tax.		

Prime-time: after 3:00pm weekdays and all day weekends.

Non-prime: before 3:00pm weekdays.

Facility Rentals

Are you looking for a room? We can help.

Steps to Rent a Room

1. Check for room availability at vanrec.ca – Facility Use Request.
2. Submit a formal room request at vanrec.ca or email champlaincc@vancouver.ca. Please include in the email dates, times, activity, which room and the amount of people.
3. The rental request will be reviewed within 7-10 business days (excluding Saturday and Sunday), and we will contact before approving the request.
4. Please do not make a payment until you receive an email saying your request has been approved.

Room	Max Capacity	Approx Size	Suitable for	Hourly Rate
Gymnasium	75	79×49	Sports only	\$37.13
Lounge & Kitchen	50	23×54	Large Meetings, Socials	\$43.18
Meeting Room	15	20×15	Small Meetings	\$24.75
Additional Charges	Charges will be added at the time of approval			
Staffing	For rentals outside of the hours of operation.* **			\$20.00/hour
SOCAN & RESOUND	Music royalty fees will apply to all user groups that choose to play music. For more information, please see: www.socan.ca , www.resound.ca			Without dancing \$34.79 With dancing \$69.64
Damage Deposit	A damage deposit may be required at the discretion of the community centre			\$100
Insurance	Liability Insurance is required for sports, dance or any higher risk activities such as large events. Insurance is purchased from an external source.+			

**Staffing

A minimum call out of 2 hours is required. Rental Supervisors may be employed to oversee the event to ensure compliance of the rental policies, to ensure building is secure and provide emergency assistance if required.

+ Certificate of Insurance

Liability Information Depending on the risk level assessed for your event, a certificate of insurance depicting a minimum of \$2 million liability with the City of Vancouver, Vancouver Park Board and Champlain Heights Community Association named as additional insurers. You may wish to use your own broker or you www.eventpolicy.ca.

For more on rates, space size, capacity and other information, please visit champlainheightscc.ca – Facilities – Rental Rentals. Please note fees and hours of operation are subject to change

Events Calendar

**15
SEP**

Family Movie Night (Zootopia)

The Champlain Heights Youth Council is hosting a family movie night! Wear your pajamas, bring your teddy and watch a movie with your family and friends. All ages welcome! Adult supervision required for children 8 years and younger. Admission by donation.

F Sep 15 6:30 PM-8:30 PM 469996 FREE!

**13
OCT**

Family Movie Night

The Champlain Heights Youth Council is hosting a family movie night! Wear your pajamas, bring your teddy and watch a movie with your family and friends. All ages welcome! Adult supervision required for children 8 years and younger. Admission by donation.

F Oct 13 6:30 PM-8:30 PM 469998 FREE!

**27
OCT**

Halloween Carnival (2-13 yrs)

The Champlain Heights Youth Council will be hosting a Halloween Carnival on Friday October 27th. Come test out your costume, play some games and maybe get some candy...

F Oct 27 6:30 PM-8:30 PM 470003 FREE!

**17
NOV**

Family Movie Night

The Champlain Heights Youth Council is hosting a family movie night! Wear your pajamas, bring your teddy and watch a movie with your family and friends. All ages welcome! Adult supervision required for children 8 years and younger. Admission by donation.

F Nov 17 6:30 PM-8:30 PM 469999 FREE!

**8
DEC**

Family Movie Night

The Champlain Heights Youth Council is hosting a family movie night! Wear your pajamas, bring your teddy and watch a movie with your family and friends. All ages welcome! Adult supervision required for children 8 years and younger. Admission by donation.

F Dec 08 6:30 PM-8:30 PM 469997 FREE!

**9
DEC**

Breakfast with Santa

Join us for a pancake breakfast, a visit from Santa Claus followed by entertainment. This annual family event is very popular and always a sell-out so register early. Pre-registration is mandatory. Price is per person - exception is children 18 months and under are free but please register to reserve their space.

Sa	Dec 09	9:30 AM-11:00 AM	469385	\$8/1 sess
Sa	Dec 09	11:00 AM-12:30 PM	469387	\$8/1 sess



Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

www.champlainheightscc.ca