

# Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

association website: [www.champlainheightscc.ca](http://www.champlainheightscc.ca)

register online: [vanrec.ca](http://vanrec.ca)



## What's Inside

Welcome to the Champlain Heights Community Association .....	3
Preschool & Children's Programs .....	4-6
Birthday Parties .....	6
Music Lessons .....	7
Youth Programs .....	8-9
Licensed Childcare ..	10-11
Adult & Senior's Programs .....	12-15
Group Fitness .....	16
Fitness Centre .....	17-18
Events Calendar .....	20



## Recreation Guide Winter 2024



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), selilwitulh (Tsleil-Waututh), and x'məθk'əyəm (Musqueam) Nations.

## Registration starts

**Thursday December 7**  
online and in person  
starts 7pm

**Friday December 8**  
phone registration  
starts 10am



## Hours of Operation January 2-March 31

Monday-Thursday..... 7:00am-10:00pm  
Friday ..... 7:00am-9:00pm  
Saturday & Sunday..... 9:00am-4:00pm  
Fitness Centre .....See 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

TBA ..... 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!

## How to Register

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



**Online at [vanrec.ca](http://vanrec.ca)**



**In-person**



**Phone 604-718-6575 ext. 1**

## 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](mailto:andrew.pereda.chca@gmail.com)

## 2023-2024 Board of Directors

Andrew Pereda  
Scott Glasgow  
Damian Assadi  
Silvia Hagen  
Andrei Studenov  
Shannon Carnegie  
María Rantanen

Juliana De Souza  
Nancy Ogden  
Lorraine Huamali  
Trevor Van Hemert  
Aly Woodward  
Kevin Preston

## 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.



## Champlain Heights Community Association Mission Statement

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

# Dance with Lia Fletcher

## Pre-Ballet I & II -

### 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!

Su Jan 21-Mar 10 9:15 AM-9:55 AM  
#483142 Lia Fletcher \$63/7 sess

## 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!

Su Jan 21-Mar 10 10:00 AM-10:40 AM  
#483145 Lia Fletcher \$63/7 sess

## 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.

Su Jan 21-Mar 10 11:50 AM-12:30 PM  
#483152 Lia Fletcher \$63/7 sess

## 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.

Su Jan 21-Mar 10 10:45 AM-11:45 AM  
#483146 Lia Fletcher \$77/7 sess

## Glow Kids Dance Program

**GLOW KIDS DANCE** 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.

Winter classes will run from January until March 2024.

Our dress rehearsal will take place on Saturday, March 16, 2024 at Moberly Arts and Cultural Centre (MACC). Our recital will take place on Sunday, March 17, 2024 at MACC.

Spring Classes will run from April 9 until June 23, 2024.

In June, we will host a parent viewing day for all dancers. Also in the month of June, our dance team members will take their exams, receive their report cards, receive their certificates, and we will host an end of the year party.

### Group 1 & 2

(6-12 yrs)

Th Jan 18-Mar 14 3:45 PM-4:45 PM  
#483133 Lia Fletcher \$99/9 sess

### Group 1 & 2

(6-12 yrs)

Tu Jan 16-Mar 12 4:00 PM-5:00 PM  
#483122 Lia Fletcher \$99/9 sess

### Group 1 & 2

(6-12 yrs)

Tu Jan 16-Mar 12 4:00 PM-5:00 PM  
#483122 Lia Fletcher \$99/9 sess

### Group 2, 3 & 4

(6-12 yrs)

Tu Jan 16-Mar 12 5:00 PM-6:00 PM  
#483124 Lia Fletcher \$99/9 sess

### Group 2, 3 & 4

(6-12 yrs)

Th Jan 18-Mar 14 4:45 PM-5:45 PM  
#483136 Lia Fletcher \$99/9 sess

### Group 3, 4 & 5

(6-12 yrs)

Th Jan 18-Mar 14 5:45 PM-6:45 PM  
#483137 Lia Fletcher \$99/9 sess

### Group 3, 4 & 5

(6-12 yrs)

Tu Jan 16-Mar 12 6:00 PM-7:00 PM  
#483125 Lia Fletcher \$99/9 sess

### Group 5

(6-12 yrs)

Tu Jan 16-Mar 12 7:00 PM-7:30 PM  
#483126 Lia Fletcher \$54/9 sess

### JAZZ (All Groups)

(6-12 yrs)

W Jan 17-Mar 13 4:00 PM-5:30 PM  
#483130 Lia Fletcher \$153/9 sess

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

## Glow Kids Dance Acro & Contemporary (All Groups)

(8-10 yrs)

This class starts with a warm-up followed by acrobatic movements (bridges, somersaults, cartwheels), and it ends in a jazz dance. 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.

Sa Jan 20-Mar 09 2:00 PM-3:30 PM  
#483139 Lia Fletcher \$119/7 sess



# Sports

## 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.

**Tu Jan 09-Mar 26 4:30 PM-5:30 PM**  
**#483189** Juan Carlos Maldonado \$168/12 sess

## 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.

**Th Jan 11-Mar 14 4:15 PM-5:00 PM**  
**#483199** Olympia Rhythmic Gymnastics \$93/10 sess

## 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.

**Th Jan 11-Mar 14 5:00 PM-6:00 PM**  
**#483202** Olympia Rhythmic Gymnastics \$103/10 sess

## Journey Basketball (9-12yrs)

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 Feb. 19

**M Jan 15-Mar 18 6:30 PM-7:30 PM**  
**#483089** Journey Basketball \$126/9 sess

## 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.

**Tu Jan 09-Mar 26 3:30 PM-4:30 PM**  
**#483192** Juan Carlos Maldonado \$168/12 sess

# Spring Break Day Camp



## Spring Break Daycamp

Join Champlain Heights Community Centre for a week of fun! The days will be filled with out trips and fun activities at the community centre. This program is not licensed, therefore children must be currently enrolled in kindergarten to attend. Note: Schedule subject to change

### Week 1 (6-13 yrs)

**M-F Mar 18-Mar 22 9:00 AM-3:30 PM**  
**#483559** TBA Instructor \$140/5 sess

### Week 2 (6-13 yrs)

**M-F Mar 25-Mar 29 9:00 AM-3:30 PM**  
**#483560** TBA Instructor \$140/5 sess

## Cartooning & Drawing Camp (7-13 yrs)

A fun, half-day summer camp learning drawing skills with professional illustrator, Christache. No crafts or gimmicks, just solid fundamentals of drawing and cartooning in a supportive, safe and fun environment. We'll learn techniques by studying well-known cartoon characters as well as inventing original characters of our own. Drawing experience is not required, just an interest in making some art and a willingness to try. As part of the cost of this course some art supplies will be provided: Pencils, Ink pen, eraser, sharpener, loose-leaf paper. Students should bring their own sketchbook and pencil case (if they can), water bottle and small snack.

**M-F Mar 25-Mar 29 9:00 AM-12:00 PM**  
**#486116** Christache Ross \$205/5 sess

**M-F Mar 25-Mar 29 1:00 PM-4:00 PM**  
**#486118** Christache Ross \$205/5 sess

## Rhythmic Gymnastics Camp (6-12 yrs)

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

**M-F Mar 18-Mar 22 9:00 AM-11:00 AM**  
**#486638** Olympia Rhythmic Gymnastics \$150/5 sess

**M-F Mar 25-Mar 29 9:00 AM-11:00 AM**  
**#486639** Olympia Rhythmic Gymnastics \$150/5 sess

# Fitness

## 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.

**M Jan 08-Mar 25 3:30 PM-4:15 PM**  
**#481789** Suzette Lund \$84/12 sess

## 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.

**M Jan 08-Mar 25 4:15 PM-5:15 PM**  
**#481790** Suzette Lund \$84/12 sess

# Educational



## Chess for Kids

"NEGOTIATION IS THE GAME OF LIFE." - Newsweek. 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. Joining in this Sherlock-Holmes-world of tactics and strategies, kids get trained in life-skills goal-setting: checkmate! What's more, chess provides a mental armor - 'commander' (TEAM 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. Chess folder kit included.

### Intermediate (8-16 yrs)

**Sa Jan 13-Mar 16 11:00 AM-12:20 PM**  
**#483207** Josefino (Joe) Soliven \$130/10 sess

### Novice (5-12 yrs)

**Sa Jan 13-Mar 16 9:30 AM-10:50 AM**  
**#483208** Josefino (Joe) Soliven \$130/10 sess

preschool & children



# Birthday Parties

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

## Saturdays

Jan 6-Mar 30  
1:30PM-3:30PM

## Sundays

Jan 7-Mar 31  
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

January 08-March 25

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

January 07-March 31

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



### 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.

**M Jan 08-Mar 25 6:15 PM-7:45 PM**  
**#483251** Abby Greene Bull \$180/12 sess



## 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](http://www.musicaexpressions.ca) for more info. No refunds after 24 hours before the first class.

### Thursday

<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>3:30 PM-4:00 PM</b>
<b>#483196</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>4:00 PM-4:30 PM</b>
<b>#485884</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>4:30 PM-5:00 PM</b>
<b>#485885</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>5:00 PM-5:30 PM</b>
<b>#485886</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>5:30 PM-6:00 PM</b>
<b>#485887</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>6:00 PM-6:30 PM</b>
<b>#485888</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>6:30 PM-7:00 PM</b>
<b>#485889</b>	Musical Expressions	\$300/11 sess
<b>Th</b>	<b>Jan 11-Mar 14</b>	<b>7:00 PM-7:30 PM</b>
<b>#485890</b>	Musical Expressions	\$300/11 sess

### Sunday

<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>9:30 AM-10:00 AM</b>
<b>#483195</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>10:00 AM-10:30 AM</b>
<b>#485891</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>10:30 AM-11:00 AM</b>
<b>#485892</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>11:00 AM-11:30 AM</b>
<b>#485893</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>11:30 AM-12:00 PM</b>
<b>#485894</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>12:00 AM-12:30 AM</b>
<b>#485895</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>12:30 AM-1:00 AM</b>
<b>#485896</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>1:00 AM-1:30 AM</b>
<b>#485897</b>	Musical Expressions	\$270/9 sess
<b>Su</b>	<b>Jan 07-Mar 10</b>	<b>1:30 AM-2:00 AM</b>
<b>#485898</b>	Musical Expressions	\$270/9 sess



## 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.

<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>5:45 PM-6:15 PM</b>
<b>#485899</b>	Rene Hugo-Sanchez	\$253/11 sess
<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>6:15 PM-6:45 PM</b>
<b>#485900</b>	Rene Hugo-Sanchez	\$253/11 sess
<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>6:45 PM-7:15 PM</b>
<b>#485901</b>	Rene Hugo-Sanchez	\$253/11 sess
<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>7:15 PM-7:45 PM</b>
<b>#485902</b>	Rene Hugo-Sanchez	\$253/11 sess
<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>7:45 PM-8:15 PM</b>
<b>#485903</b>	Rene Hugo-Sanchez	\$253/11 sess
<b>Tu</b>	<b>Jan 09-Mar 19</b>	<b>8:15 PM-8:45 PM</b>
<b>#485904</b>	Rene Hugo-Sanchez	\$253/11 sess

**Check out our NEW Playground behind the Centre.**





# Education

# Sports

# Volunteering

## 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 call the centre 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

**Sa Mar 30 9:00 AM-5:00 PM**  
**#469989** First Aid Hero \$160/1 sess

## 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.

**Sa Jan 20 9:00 AM-5:00 PM**  
**#469987** First Aid Hero \$60/1 sess

## 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)

**Sa Feb 24 9:00 AM-3:00 PM**  
**#469988** First Aid Hero \$60/1 sess



@ActiveChamplain

## Youth Volleyball Drop-In (12-18 yrs)

No online registration, this is a drop-in program. Come practice your volleys, bumps, and serves every Friday at Champlain CC gym! This is a non-instructional/practice volleyball session, nets will be set up and balls will be available in exchange of a OneCard.

**F Jan 12-Mar 29 3:30 PM-5:30 PM**  
**#483546** No Instructor \$0/12 sess

## Shooting Stars Academy Girls Basketball Skill Development (10-13 yrs)

Calling all future shooting stars! Are you interested in playing basketball and developing your skills? Our skill development sessions are designed to focus on the Fundamentals of basketball: dribbling, shooting, passing, defense. We also focus on developing friendships and teamwork, confidence, leadership, fitness and promoting a healthy lifestyle in a safe and fun way. The Shooting Stars Skill Development Program is open to girls of all skill levels. No prior experience is required; just a passion for the game and a desire to learn and have fun. Please bring a water bottle and it is recommended participants bring their own basketballs. Instructors: Shooting Stars Academy Coaches

**Tu Jan 09-Mar 12 5:45 PM-6:45 PM**  
**#484427** TBD TBD \$185/10 sess

## 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.champlainheightsscc.ca/volunteering-at-chcc/](http://www.champlainheightsscc.ca/volunteering-at-chcc/) Please make sure to register and attend the mandatory volunteer orientation as there will only be one orientation per season.

**Sa TBD 2:00 PM-3:30 PM**  
**#483552** Youth Leader \$60/12 sess

**Th Feb 22-Mar 28 6:15 PM-7:45 PM**  
**#483553** Youth Leader \$60/12 sess

## 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!

**Th Jan 11-Feb 15 6:15 PM-7:45 PM**  
**#483552** Youth Leader \$60/12 sess

**Th Feb 22-Mar 28 6:15 PM-7:45 PM**  
**#483553** Youth Leader \$60/12 sess

### YOUTH OPEN GYM

### GRADES 5-12

WED - 3:30PM-6PM

FRI- (VBALL) 3:30-5PM

FRI - 5PM-8:45PM

SAT - 2:45PM-3:45PM

SUN - 2:45PM-3:45PM



## Social

### 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!

**Tu Jan 09-Feb 13 4:00 PM-5:30 PM**  
#483554 Youth Leader \$48/6 sess

**Tu Feb 20-Mar 26 4:00 PM-5:30 PM**  
#483555 Youth Leader \$48/6 sess

### Youth Dungeons & Dragons

(8-12 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.

**M Jan 08-Feb 12 4:30 PM-7:30 PM**  
#483547 Will Lochhead \$75/6 sess

**M Feb 19-Mar 25 4:30 PM-7:30 PM**  
#483548 Will Lochhead \$75/6 sess



### 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 Leadership

### Champlain

### Youth Council

(13-17 yrs)

If you are interested or want to sign up PLEASE EMAIL [stratos.charalambides@vancouver.ca](mailto:stratos.charalambides@vancouver.ca)  
We're 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.

**W Jan 10-Mar 27 4:00 PM-5:00 PM**  
#483550 Youth Leader FREE/12 sess



## 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.**

**The Last Friday Of The Month!**

youth

**VIEW  
ONLINE**

# CHAMPLAIN HEIGHTS COMMUNITY CENTRE PRESCHOOL 2023/2024

## MORNINGS

3 YEAR OLDS

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

\$152/MONTH\*

4 YEAR OLDS

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

\$208/MONTH\*

3 & 4 YEAR OLDS

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

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

\$285/MONTH\*

## AFTERNOONS (FOR 3 & 4 YEAR OLDS)

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

\$130/MONTH\*

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

\$158/MONTH\*

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

\$195/MONTH\*

\* THESE FEES REFLECT THE DISCOUNTED MINISTRY APPROVED  
CHILD CARE FEE REDUCTION FEE INITIATIVE (CCFRI)

FOR MORE INFORMATION ABOUT OUR PRESCHOOL, PLEASE CONTACT US  
VIA EMAIL AT [PRE-SCHOOL@CHAMPLAINHEIGHTSCC.CA](mailto:PRE-SCHOOL@CHAMPLAINHEIGHTSCC.CA)



# Licensed Childcare

VIEW  
ONLINE

## 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 3rd. During the summer break, we will be available for information and inquiries via email only. Please email the preschool email address at [pre-school@champlainheightscc.ca](mailto:pre-school@champlainheightscc.ca). The preschool teacher will check and respond to emails periodically, during the summer.

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. 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.

**M Jan 08-Jan 29 7:30 PM-9:00 PM**  
#483080 Simon Siu \$80/4 sess

**M Feb 05-Feb 26 7:30 PM-9:00 PM**  
#483081 Simon Siu \$80/4 sess

**M Mar 04-Mar 25 7:30 PM-9:00 PM**  
#483082 Simon Siu \$80/4 sess

## 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](mailto:artlum25@gmail.com).

**M Jan 08-Mar 25 9:00 AM-11:00 AM**  
#483488 Margaret Miu Duen Lum \$36/12 sess

## 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](mailto: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.

**Sa Jan 13-Mar 30 9:15 AM-11:15 AM**  
#483490 Margaret Miu Duen Lum \$36/12 sess

## 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.

**M Jan 08-Mar 25 8:45 AM-9:45 AM**  
#483494 Mario Lam \$57.12/12 sess

## Seniors' Self-Led Tai Chi Club (55+ yrs)

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

**Tu W Th Jan 09-Mar 28 8:00 AM-9:00 AM**  
#483492 No Instructor \$24/36 sess

## 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](mailto:artlum25@gmail.com).

**F Jan 12-Mar 29 9:00 AM-11:00 AM**  
#483491 Art G Lum \$36/12 sess

# 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.

**Sa Jan 06-Mar 02 12:30 PM-1:30 PM**  
#483083 Lubna Dalupang \$90/9 sess

## 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.

**W Jan 10-Mar 27 6:30 PM-8:00 PM**  
#483495 Shannon Piedt \$160/12 sess

## 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](http://www.intoyoga.ca).

**Th Jan 18-Feb 22 7:00 PM-8:00 PM**  
#481791 Into Yoga \$87/6 sess

**Th Feb 29-Mar 28 7:00 PM-8:00 PM**  
#481792 Into Yoga \$72/5 sess



@ActiveChamplain



## Champlain Heights Fitness Centre

Please see [www.vancouver.ca](http://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.

**Sa Jan 06-Mar 02 9:10 AM-10:10 AM**  
**#483085** Lubna Dalupang \$72/9 sess

**Tu Jan 09-Mar 05 7:00 PM-8:00 PM**  
**#483086** Lubna Dalupang \$72/9 sess

## 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.

**F Jan 05-Mar 22 11:45 AM-12:45 PM**  
**#483499** Bonnie McCoy \$84/12 sess

## 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.

**F Jan 12-Mar 22 5:30 PM-6:30 PM**  
**#481788** Suzette Lund \$55/11 sess

# 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.

**M Jan 08-Mar 25 11:30 AM-1:00 PM**  
**#483100** Mimi Hai Yan Zhang \$84/12 sess

**Tu Jan 09-Mar 26 10:00 AM-11:30 AM**  
**#483092** Mimi Hai Yan Zhang \$84/12 sess

**Th Jan 11-Mar 28 10:45 AM-12:15 PM**  
**#483093** Mimi Hai Yan Zhang \$84/12 sess

## Line Dancing (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.

**Th Jan 11-Mar 28 10:00 AM-12:00 PM**  
**#483498** Kirsten Person \$68.64/12 sess

# Outdoor Activities

## Everett Crowley Park Stewardship (All Ages)

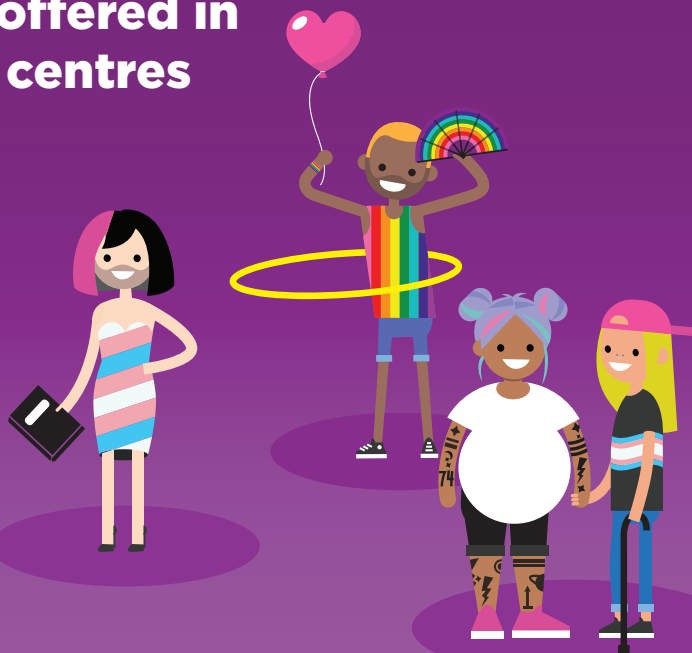
Get dirty, have fun and help the environment! Join us for monthly stewardship events to help remove invasive plants and learn more about the unique history and ecology of Everett Crowley Park. Gloves, tools and light refreshments are provided. Please dress appropriately for the weather and wear sturdy, 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](mailto:ecpcstewards@gmail.com) if you have any questions!

**Sa Feb 10 & Mar 9 10:00 AM-1:00 PM**  
**#473797** Damian Assadi Free



**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](mailto:2STGD@vancouver.ca)  
[queer inclusion@vancouver.ca](mailto:queer inclusion@vancouver.ca)  
[vancouver.ca/park-board-pride](http://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.

**M Jan 08-Mar 25 8:00 PM-9:30 PM**  
#483503 No Instructor \$40/12 sess

## 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.

**W Jan 10-Mar 27 8:15 PM-9:45 PM**  
#483507 No Instructor \$51/12 sess

## Basketball

(19+ yrs)

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

**Th Jan 11-Mar 28 8:30 PM-9:45 PM**  
#483509 No Instructor \$27/12 sess

**Tu Jan 09-Mar 26 8:30 PM-9:45 PM**  
#483510 No Instructor \$27/12 sess

## Volleyball

(19+ yrs)

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

**Sa Jan 06-Mar 30 10:15 AM-12:15 PM**  
#483512 No Instructor \$61.5/13 sess



@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 - 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.

**W Jan 10-Mar 27 6:30 PM-8:00 PM**  
#483513 No Instructor \$40/12 sess

## 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.

**Tu Jan 09-Mar 26 11:30 AM-1:30 PM**  
#483516 No Instructor \$40/12 sess

**Th Jan 11-Mar 28 11:45 AM-1:45 PM**  
#483515 No Instructor \$40/12 sess

# Seniors Social

## 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!

**Th Sep 07-Dec 21 1:00 PM-3:00 PM**  
#483519 No Instructor FREE/16 sess



## Recreational Bridge

(55+ yrs)

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

**W Jan 10-Mar 27 12:00 PM-3:00 PM**  
#483518 No Instructor \$0/12 sess

## 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.

**W Jan 10 10:30 AM-1:35 PM**  
#483541 No Instructor \$3.33/1 sess

**W Feb 07 10:30 AM-1:35 PM**  
#483543 No Instructor \$3.33/1 sess

**W Mar 06 10:30 AM-1:35 PM**  
#483544 No Instructor \$3.33/1 sess





# Bus Trips

## Chinese Canadian Museum and Cindy's Palace

(55+ yrs)

The Chinese Canadian Museum is now permanently at home inside the Wing Sang Building, with the official public opening on July 1, 2023. Originally built in 1889 by Chinese merchant Yip Sang for his business' Wing Sang Company, the Wing Sang Building is the oldest structure in Vancouver's Chinatown. This heritage building expanded in 1902 and 1912, and housed Yip Sang's growing family including three wives and 23 children. The Museum is to honour the history, contributions, and heritage of Chinese Canadians. Following the museum we will be having a Chinese inspired lunch at Cindy's Palace. Guided by Simon Yan

P/UP at Champlain CC

W Jan 17 9:00 AM-2:15 PM  
#483723 Simon Yan \$65/1 sess  
P/UP at Killarney CC

W Jan 17 9:15 AM-2:15 PM  
#483723 Simon Yan \$65/1 sess



## Irving House and Lunch at the Boat House

(55+ yrs)

The Irving House is a heritage site residing in New Westminster, British Columbia. It is a one and a half storey tall building which is known to be the oldest house in the Lower Mainland that is still completely intact. It is located at the corner of Royal Avenue and Merivale Street in its original location. With 14 furnished rooms to enjoy, Irving House is a must-see for everyone interested in New Westminster's past and anyone interested in the Victorian and Edwardian periods, heritage architecture or colonial BC. Guided by Simon Yan

P/UP at Champlain CC

Tu Feb 13 8:30 AM-3:00 PM  
#483726 Simon Yan \$65/1 sess  
P/UP at Killarney CC

Tu Feb 13 8:45 AM-3:00 PM  
#483726 Simon Yan \$65/1 sess



## Metro Vancouver Waste to Energy Facility and Lunch at the Cactus Club

(55+ yrs)

Metro Vancouver is responsible for waste reduction, recycling planning, and disposing of the waste generated by residents and businesses in our region. In addition to operating regional recycling and waste centres and a waste-to-energy facility, we are working hard to reduce waste, and improve reuse and recycling systems. On this engaging tour, we will visit the Waste-to-Energy Facility to explore strategies for reducing waste and to discover how 25 percent of Metro Vancouver's garbage (280,000 tonnes) is turned into enough electricity to power 16,000 homes each year! Please note the following dress code requirements: Long sleeves (can be a shirt, blouse or a jacket). Long, ankle length pants and socks. Flat heel shoes or work boots. Do not wear the following on a tour: sandals, open toe, high-heel, or stiletto footwear. Following the tour we will be having lunch at the Cactus Club Restaurant.

P/UP at Champlain CC

W Mar 06 8:45 AM-3:15 PM  
#483730 Simon Yan \$50/1 sess  
P/UP at Killarney CC

W Mar 06 9:00 AM-3:15 PM  
#483730 Simon Yan \$50/1 sess

## 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](mailto:andrew.pereda.chca@gmail.com)



# Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		<b>Body Sculpt</b> Jan 9-Mar 26 Leah	<b>Full Body Power</b> Jan 10-Mar 27 Betty-Lynn	<b>Body Sculpt</b> Jan 11-Mar 28 Betty-Lynn	<b>Step Drills and Thrills</b> Jan 12-Mar 29 Betty-Lynn
10:00 AM-11:00 AM	<b>ReFit</b> Jan 8-Mar 25 Rocio				
10:30 AM-11:30 AM			<b>ReFit</b> Jan 10-Mar 27 Leah		<b>ReFit</b> Jan 12-Mar 29 Betty-Lynn

Schedule subject to change

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

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

## Body Sculpt

Train smart with a mindful session using dumbbells and bodyweight exercises to get a full body workout. Classes vary each week but are movement pattern based and will always include squat, lunge, bend, twist, push & pull exercises that optimize full body functionality. Build muscular strength and endurance, improve cardiovascular fitness, develop better coordination and improve body awareness while shaping, toning and having fun. Suitable for a range of fitness levels from beginner to advanced.

## 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 with Cardio bursts plus body weight exercises allows you to work at your own pace to increase power, strength, endurance and a Happy Heart. Includes warm-up and final stretch.

## 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.





# 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](http://vancouverparks.ca)

## Fees

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

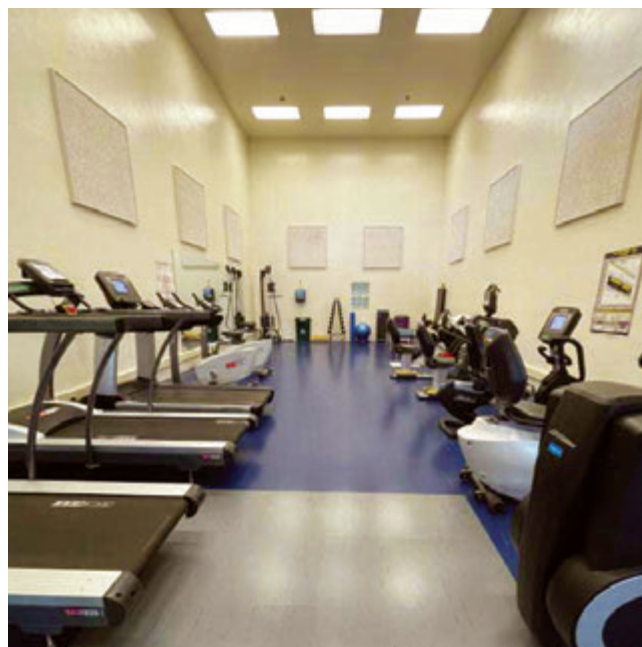
Monthly Flexipass		
Fees	Adult	Youth/Senior
1 month	\$53.83	\$37.68
3 month	\$145.34	\$101.74
12 month	\$465.09	\$325.56

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**

Jan 9-Mar 26 #483047

**Thursday 2:00-3:00pm**

Jan 11-Mar 28 #483048



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**

Jan 9-Mar 14 #483045



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)		
<b>Tuesday 5:30-6:30pm (Thursday-optional)</b>		
Jan 9-Jan 30 #483054	Feb 6-Feb 27 #483055	Mar 5-Mar 26 #483062
Older Adults (55+ yrs)		
<b>Monday 5:30-6:30pm (Wednesday-optional)</b>		
Jan 8-Jan 29 #483064	Feb 5-Mar 4 #483066 (No class Feb 19)	Mar 11-Apr 1 #483068

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.

## Indoor Cycling

Monday	Wednesday	Thursday
<b>Cycle Fit</b> 6pm-7pm	<b>Cycle Core</b> 6pm-7pm	<b>Cycle Fit</b> 6pm-7pm
Indoor Cycling Fees		
<b>Single visit</b>		\$6.99
<b>10 visit</b>		\$61.51
<b>Please visit us online at <a href="http://vanrec.ca">vanrec.ca</a> to register for your session!</b>		
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](http://vanrec.ca) – Facility Use Request.
2. Submit a formal room request at [vanrec.ca](http://vanrec.ca) or email [champlaincc@vancouver.ca](mailto: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
<b>Additional Charges</b>	Charges will be added at the time of approval			
<b>Staffing</b>	For rentals outside of the hours of operation.* **			\$20.00/hour
<b>SOCAN &amp; RESOUND</b>	Music royalty fees will apply to all user groups that choose to play music. For more information, please see: <a href="http://www.socan.ca">www.socan.ca</a> , <a href="http://www.resound.ca">www.resound.ca</a>			Without dancing \$34.79 With dancing \$69.64
<b>Damage Deposit</b>	A damage deposit may be required at the discretion of the community centre			\$100
<b>Insurance</b>	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](http://www.eventpolicy.ca).

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

# Events Calendar

**20**  
**JAN**

## **Robbie Burns Event** (55+ yrs)

**Please join us in celebrating Robbie Burns' birthday day.**

The afternoon will include traditional bagpipe music, highland dancing and of course a taste of haggis, if you dare! We will also enjoy an early dinner of shepherd's pie, salad and dessert. Come dressed in your tartan or plaid and celebrate this fine Scot.

Sa Jan 20 11:00 AM-2:00 PM 486644 \$15

**17**  
**FEB**

## **Family Day Kick Off** (All Ages)

**Celebrate BC Family Day at Champlain Heights CC.**

Sa Feb 17 10:00 AM-1:00 PM 486645 FREE

**12**  
**MAR**

## **Personal Safety Workshop for Women** (16+ yrs)

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, as part of the VPD Women's Personal Safety Team since 2013.

Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:40pm to fill out forms before the start of workshop. Van.

Police Dept.

Tu Mar 12 6:00 PM-8:00 PM 480504 FREE

**30**  
**MAR**

## **Breakfast with Bunny** (All Ages)

**Bring the entire family to have brunch and fun with the Easter Bunny.**

Food will be available from 10:00-11:30am followed by a hunt at 11:30am.

Event will also include entertainment, crafts and games. Make some great holiday memories in your community. 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 Mar 30 10:00 AM-12:00 PM 486021 \$6



**Champlain Heights Community Centre**

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

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