

Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

www.champlainheightscc.ca



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Recreation Guide Fall 2026



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'məḡk'əyəm (Musqueam) Nations.



Hours of Operation

September 8-December 31

Monday-Thursday	7:00am-10:00pm
Friday.....	7:00am-9:00pm
Saturday & Sunday	9:00am-6:00pm
Fitness Centre	See website for hours.

Closed on statutory holidays

Please note: Operating hours subject to change

Recreation Staff

Community Recreation Supervisor

Shannon Donaghey-Antunes..... 604-718-6582

Recreation Programmer

(Centre) Maggie Vasicek..... 604-718-6578

Recreation Programmer

(Fitness Centre) Patrick Wong..... 604-349-4525

Community Youth Worker

Bernie Dionne..... 604-718-6581

Recreation Facility Clerk

Marcie Richter..... 604-718-6579

Building Service Worker

Surjit Bains..... 604-718-6575

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.



vanrec.ca



In-person



604-718-6575

Registration starts

Wednesday, August 12
7pm online and in person.

Thursday, August 13
10am phone registration

Facility Rentals

Are you looking for a room? We can help!

Steps to Rent a Room

1. Submit a formal room request to champlaincc@vancouver.ca.
2. The rental request will be reviewed within 7-10 business days (excluding Saturday and Sunday), and we will contact you before approving the request.
3. Please do not make a payment until you receive an email saying your request has been approved.

For more on rates, space size, capacity and other information, please visit champlainheightscc.ca

Note: Fees and operating hours are subject to change.

More Time to Enjoy Your Community Centre!

We're excited to share that, through collaboration between the Champlain Heights Community Association (CHCA) and Vancouver Park Board, weekend operating hours at the community centre have been extended for the remainder of the year.

The centre will now remain open until 6:00 p.m. on Saturdays and Sundays, giving everyone more time to enjoy programs, fitness, recreation, and time with family and friends.

This is a great example of how community involvement makes a real difference. The CHCA's volunteer board works alongside Park Board staff to enhance services and respond to local needs.

We hope these extended hours provide greater flexibility and opportunities for everyone to connect, stay active, and make the most of their community centre. We look forward to your feedback as we continue to work to improve services in the community.

**YOU'RE!
INVITED!**

Champlain Heights Community Centre Association Annual General Meeting

Wednesday November 4 at
7:30-9:30 PM.

Membership required 30 days
prior to the meeting to be
eligible to vote.

Program Instructors Wanted

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.

2025–2026 Board of Directors

Rob Baxter
Lorraine Huamali
Connor Huamali
Nancy Ogden
Damian Assadi
Juliana De Souza

Tanya Deutsch
Silvia Hagen
Maria Rantanen
Jedrek Salvador
Carla Urquhart

Champlain Heights Community Association Mission Statement

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

Program Cancellations, Transfers & Refunds

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

A \$4.00 administration fee per program, per person will be charged for all program refunds, unless the program is cancelled by the Community Centre.

Refund requests must be received by phone or in-person to the front office during operational hours with the required notice as outlined below.

- **Regular weekly programs (exceptions are noted below):** a prorated refund less the admin fee will be provided if requested up to 24 hours prior to the start of the scheduled second session, will be charged for the first session and the admin fee. No refunds thereafter.
- **One-day sessions and events, workshops or bus trips:** a full refund less the admin fee will be provided if requested at least 7 calendar days before the program start date. No refunds thereafter.
- **Week-long programs (such as day camps):** a full refund less the admin fee will be provided if requested at least 14 calendar days before the program start date. No refunds thereafter.
- **Birthday Parties and Room Rentals:** a full refund less the admin fee will be provided if requested at least 14 calendar days before the party start date. No refunds thereafter.
- **10 usage or monthly aerobic passes:** no refunds available.
- **Licensed Childcare:** refer to page 10 for details

Art & Dance

Art Adventurers

Explore, create, and discover! Children will enjoy a variety of imaginative art projects while building creativity, confidence, and artistic skills in a fun and supportive setting. All supplies included. Please dress for mess. No class Oct 12.

(5-7 yrs)

627593 \$60/6 sess
M 3:30 PM-4:30 PM Sep 14-Oct 26
 627594 \$60/6 sess
M 3:30 PM-4:30 PM Nov 02-Dec 07

(8-10 yrs)

627595 \$60/6 sess
M 4:40 PM-5:40 PM Sep 14-Oct 26
 627596 \$60/6 sess
M 4:40 PM-5:40 PM Nov 02-Dec 07
 Instructor: Ciara Thompson

Little Ballerinas **NEW**

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun program. Children must be able to participate without a parent in the room. We hope to have a showcase during the last session for families. More information www.KirbySnellDance.com.

(3-5 yrs)

631191 \$98/7 sess
Su 10:00 AM-10:40 AM Sep 13-Oct 25
 631193 \$98/7 sess
Su 10:00 AM-10:40 AM Nov 01-Dec 13

(4-6 yrs)

631196 \$98/7 sess
Su 10:45 AM-11:25 AM Sep 13-Oct 25
 631197 \$98/7 sess
Su 10:45 AM-11:25 AM Nov 01-Dec 13
 Instructor: Endorphin Rush Dance

Mini Hip Hop **NEW** (3-5 yrs)

This non-stop action-packed class includes hip-hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Dancers will improve coordination, musicality, expression, and learn dynamic choreographies. Please bring a water bottle, wear a comfortable dance outfit and bring clean indoor sneakers. There will be a presentation for family on the last day of the session. More information www.KirbySnellDance.com.

631200 \$98/7 sess
Su 11:30 AM-12:10 PM Sep 13-Oct 25
 631201 \$98/7 sess
Su 11:30 AM-12:10 PM Nov 01-Dec 13
 Instructor: Endorphin Rush Dance

My First Dance Class (2-4 yrs)

An introduction to creative dance. Aspiring little dancers will use songs, movement explorations and games to explore coordination, rhythm, spatial awareness and cooperation. Suitable for the youngest of dancers to experience a playful class with the support of their parents. This class is about having fun, working on coordination and becoming comfortable in a dance environment. More information www.KirbySnellDance.com.

631189 \$98/7 sess
Su 9:15 AM-9:55 AM Sep 13-Oct 25
 631190 \$98/7 sess
Su 9:15 AM-9:55 AM Nov 01-Dec 13
 Instructor: Endorphin Rush Dance

Children **NEW** Creative Ballet

(5-7 yrs)

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Please wear ballet slippers or clean indoor shoes (Please no socked feet directly on the floor). There will be a presentation for family on the last day of the session. More information www.KirbySnellDance.com.

631205 \$98/7 sess
Su 12:30 PM-1:30 PM Sep 13-Oct 25
 631207 \$98/7 sess
Su 12:30 PM-1:30 PM Nov 01-Dec 13
 Instructor: Endorphin Rush Dance

Hip Hop/Jazz **NEW** Fusion

(5-7 yrs)

Combine the style of hip-hop with the technical dance skills of jazz! Learn steps, jumps, turns, stretches and fun choreography to your favourite music. Please wear comfortable clothing and dance slippers or non-marking indoor running shoes. There will be a performance on the last day of class for friends and family. More information www.KirbySnellDance.com.

631211 \$98/7 sess
Su 1:35 PM-2:35 PM Sep 13-Oct 25
 631213 \$98/7 sess
Su 1:35 PM-2:35 PM Nov 01-Dec 13
 Instructor: Endorphin Rush Dance

Creative Dance **NEW** (5-7 yrs)

In this class kids will enjoy exploring movement concepts such as space, time, and energy, channeling their natural imagination, developing body awareness and coordination, and discovering how dance can express feelings and ideas. No class Sept 30.

635753 \$48/4 sess
W 3:30 PM-4:30 PM Sep 9-Oct 7
 635885 \$96/8 sess
W 3:30 PM-4:30 PM Oct 21-Dec 9
 Instructor: Kelsey Rottjers

Education

Baking Basics

(6-12 yrs)

This program is hands-on, inclusive, and filled with good cheer. During these class, children will basic baking techniques by a skilled baker, please bring a container to bring your weekly creations home. Camille has her Culinary Arts Diploma and has extensive experience teaching culinary classes to children.

627797 \$130/10 sess
Tu 3:30 PM-5:00 PM Sep 15-Oct 13
 Instructor: Camille Bourdon

Young Commander Chess - Intermediate

(8-13 yrs)

There's a strong correlation between chess and academic achievement including math, spatial analysis and higher level thinking skills such as visualization, critical thinking and foresight. Garbed with a commander (leader) self-image, kids get trained in life-skills goal setting: checkmate! Free complimentary chess kit for new students. No class Oct 10.

625815 \$182/14 sess
Sa 10:50 AM-12:00 PM Sep 12-Dec 19
 Instructor: Joe Soliven

Young Commander Chess - Novice

(5-12 yrs)

As a school academics in a game and leadership training model, playing chess and being smart are interconnected. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Clothed with a commander self-image amidst a 'friends-learning-together' classroom setting, kids get trained in life-skills goal-setting: checkmate! No Class Oct 10.

625814 \$182/14 sess
Sa 9:30 AM-10:40 AM Sep 12-Dec 19
 Instructor: Joe Soliven



MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL

Request your ballot by October 5.

ADVANCE VOTING

Vote early on October 3, 7, 10 or 13.

ELECTION DAY

Cast your vote on October 17.

QUESTIONS?

Call 3-1-1 or visit vancouver.ca/vote to plan your vote.



Martial Arts

Dutch Kickboxing (9-12 yrs)

Our Kids Dutch Kickboxing program is an engaging, high-energy class designed to help young athletes ages 9-12 build confidence, develop assertiveness, and learn practical martial arts skills. Students improve their fitness and discipline while having fun! This is a light to non-contact class that emphasizes technique, sportsmanship, and teamwork. It's designed to help kids enhance coordination and develop foundational defensive skills through play in a safe, supportive environment. No previous experience is needed to get started! Students will need to bring their own boxing gloves after two weeks.

629596 **TRIAL CLASS** \$5/1 sess
Tu 5:30 PM-6:30 PM Sep 15
 629591 \$160/10 sess
Tu 5:30 PM-6:30 PM Sep 22-Nov 24
 629598 **TRIAL CLASS** \$5/1 sess
F 5:30 PM-6:30 PM Sep 18
 629590 \$160/10 sess
F 5:30 PM-6:30 PM Sep 25-Nov 27
 Instructor: Micheal Ekkers

SunMither Taekwondo Little Ninjas

Taekwondo for kids is a fun martial art that teaches discipline, respect, and confidence. It helps improve strength, flexibility, and coordination through kicks and punches. Kids also learn focus, perseverance, and goal-setting as they progress through belt levels. Overall, it builds physical and mental skills while encouraging respect and self-control. No class Oct 12. Waiver form must be completed for participation, to be handed in by first class.

(3-4 yrs)

629941 \$108.5/13 sess
M 3:30 PM-4:00 PM Sep 14-Dec 14

(5-6 yrs)

630750 \$108.5/13 sess
M 4:00 PM-4:30 PM Sep 14-Dec 14
 Instructor: Bahareh Dehkordi

SunMither Taekwondo - white/yellow stripe/ yellow belt (6-9 yrs)

Taekwondo is a fun martial art that teaches discipline, respect, and confidence. It helps improve strength, flexibility, and coordination through kicks and punches. Kids also learn focus, perseverance, and goal-setting as they progress through belt levels. Overall, it builds physical and mental skills while encouraging respect and self-control. No class Oct 12. Waiver form must be completed for participation, to be handed in by first class. No class May 18.

629946 \$156/13 sess
M 4:30 PM-5:15 PM Sep 14-Dec 14
 Instructor: Bahareh Dehkordi

Sports

High 5 Sports Parent and Tot (2-3 yrs)

Parent & child program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No class Oct 17.

628957 \$175/7 sess
Sa 9:15 AM-10:00 AM Sep 05-Oct 24
 628960 \$175/7 sess
Sa 9:15 AM-10:00 AM Oct 31-Dec 12
 Instructor: Hai Doan



High 5 Sports (3-5 yrs)

This program that prioritizes the development of physical literacy. The goal is to motivate children to be active for life and unleashing the power of play. No class Oct 17.

628962 \$175/7 sess
Sa 10:00 AM-10:45 AM Sep 05-Oct 24
 628963 \$175/7 sess
Sa 10:00 AM-10:45 AM Oct 31-Dec 12
 Instructor: Hai Doan

High 5 Sports Floor Hockey (5-9 yrs)

This program reimagines physical literacy through the fast-paced excitement of floor hockey! With every pass, stickhandling move, and goal, kids dive into the action, building coordination, teamwork, and confidence in a high-energy environment. No class Sept 30.

628955 \$175/7 sess
W 4:30 PM-5:30 PM Sep 09-Oct 28
 Instructor: Hai Doan

High 5 Sports Indoor Soccer (5-8 yrs)

This program focuses on developing physical literacy through the exciting and dynamic world of soccer! From dribbling and passing to scoring thrilling goals, it introduces children to the joy of the beautiful game while building essential motor skills, coordination, and teamwork. No class Sept 30.

628953 \$175/7 sess
W 3:30 PM-4:30 PM Sep 09-Oct 28
 Instructor: Hai Doan

Journey Basketball Grassroots (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 if needed. No class Oct 12.

629487 \$140/10 sess
M 6:30 PM-7:30 PM Sep 14-Nov 23
 Instructor: 626565 Basketball Association

Journey Basketball Jr. Ballers (6-8 yrs)

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 if needed. No Class Oct 12.

629486 \$140/10 sess
M 5:30 PM-6:30 PM Sep 14-Nov 23
 Instructor: Journey Basketball Association

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.

630711 \$275/11 sess
Tu 4:35 PM-5:35 PM Sep 22-Dec 01
 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.

630707 \$275/11 sess
Tu 3:35 PM-4:35 PM Sep 22-Dec 01
 Instructor: Juan Carlos Maldonado

Rhythmic Gymnastics

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.

(4-6 yrs)

629430 \$210/14 sess
Th 3:45 PM-4:30 PM Sep 10-Dec 10

(7-12 yrs)

629431 \$224/14 sess
Th 4:30 PM-5:30 PM Sep 10-Dec 10
 Instructor: Olympia Gymnastics

Birthday Parties

We provide the room, bouncy castle, leader and you bring the food, decorations and accessories!

The first hour is spent in the gymnasium and the second hour is in the lounge.

Saturdays
Sep 05-Dec 12
2:00 PM-4:00 PM

Sundays
Sep 06-Dec 20
12:00 PM-2:00 PM

\$210/Party Up to 12 kids
(1 party attendant)

\$275/Party 13-24 kids
(2 party attendants)

- This package will accommodate up to a maximum 75 people.
- Please let us know 2 weeks in advance if you require a second attendant.

FREE
632548

Family Play Time

(Up to 5 yrs)

10:15-11:45 AM

Mondays Sep 14-Dec 14

No class Oct 12 & 26

A free drop-in parent-participation program for children aged 0-5 and their families to build connections, learn, and play! There will be open play, arts and crafts, and music.

This program is offered in partnership with South Vancouver Neighbourhood House.

www.southvan.org

Instructor: South Vancouver Neighbourhood House

\$3
drop-in

Gym Bugs Drop In

(Up to 6 yrs)

9:30 AM-11:30 AM

Wednesdays Sep 09-Dec 16

Sundays Sep 13-Dec 13

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.

Winter Daycamps

Frozen Ballet Camp (3-5 yrs)

100% Frozen Soundtrack Music is played in this creative ballet class designed to ignite your dancers imagination. No experience required as dancers learn the basics of ballet and expression through movement. Costumes are welcome, but not required. Beginner friendly. Bring your cameras! Presentation for parents on the last day! More info: www.kirbysnelldance.com

631219 \$92/4 sess
M-Th 9:15 AM-10:30 AM Dec 28-Dec 31
Instructor: Endorphin Rush Dance

Hip Hop Playground Camp (4-6 yrs)

Hip Hop Playground is an energetic introduction to hip hop dance. Dancers learn foundational grooves, rhythm, and short choreography combinations while building confidence and musicality. This camp balances structure and creativity, making it ideal for dancers who love high-energy movement and modern music. More info: www.KirbySnellDance.com

631221 \$92/4 sess
M-Th 10:45 AM-12:00 PM Dec 28-Dec 31
Instructor: Endorphin Rush Dance

K-Pop Demon Hunters Dance Camp (6-12 yrs)

In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own 'hunter' persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! More info: www.KirbySnellDance.com

631227 \$176/4 sess
M-Th 12:30 PM-3:00 PM Dec 28-Dec 31
Instructor: Endorphin Rush Dance

Rain City Holiday Hoops Camp (9-14 yrs)

Our expert coaches are pushing every player in this program to their limits, to help them reach their full potential on and off the court. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. ** Please bring your own basketball and water bottle**

625414 \$100/4 sess
M-Th 2:30 PM-4:00 PM Dec 21-Dec 24
625415 \$100/4 sess
M-Th 2:30 PM-4:00 PM Dec 28-Dec 31
Instructor: RainCity Basketball Club

Education

Champlain Cooking Club (11-16 yrs)

Come join the youth worker in the kitchen as we create some yummy food together. Simple meals and snacks that will help youth learn and develop safe kitchen habits including knife handling, cleaning, and food safety standards. Learn to make budget friendly, easy to make at home after school snacks and meals to impress your friends and family. Please bring a container to take home any leftovers.

625406 \$90/6 sess
Th 5:30 PM-7:00 PM Sep 17-Oct 22
625407 \$90/6 sess
Th 5:30 PM-7:00 PM Nov 05-Dec 10
Instructor: Youth Leader

FOODSAFE Level 1 for Youth (15-30 yrs)

A food handling, sanitation and work safety course designed for those working with food. The course covers important food safety and worker safety information including food-borne illness, receiving and storing food, preparing food, serving food, cleaning and sanitizing. Certification valid for 5 years. Please bring pens (blue, red), pencil/eraser, highlighters (2 colours), home address and contact information. Lunch is not provided however lunch is taken.

625944 \$50/1 sess
Sa 9:00 AM-4:00 PM Nov 14
Instructor: Paul Richardson



Winter Break Camp

(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!

Monday-Thursday 9:00 AM-3:30 PM

Week 1 Dec 21-Dec 24

630748 \$128/4 sess

Week 2 Dec 28-Dec 31

630749 \$128/4 sess

Instructor: Daycamp Instructors

Red Cross

Babysitting Course (11-17 yrs)

This course offers basic first aid and caregiving skills for youth 11-15 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!

625416 \$75/1 sess
Sa 9:00 AM-4:00 PM Oct 04
Instructor: First Aid Pro



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? Course includes First Aid training, active role-play, interactive learning and fun! Please bring a doll or teddy bear to the class. Please ensure you bring a NUT FREE lunch. Course Content: How to stay safe at home and within the community. How to prepare, recognize and respond to unexpected situations (inclement weather, strangers, unanticipated visits). First Aid Content: Check, Call, Care, Recovery Position, Conscious Choking, Feeling Unwell, Asthma, Anaphylaxis, Poisoning, Wound Care, Minor Cuts and Scrapes, Nose Bleeds, Life-Threatening Bleeds/Burns. Comes with a course manual and certificate of completion from the Canadian Red Cross

625417 \$75/1 sess
Sa 9:00 AM-1:00 PM Oct 18
Instructor: First Aid Pro

Standard First Aid (SFA) level 1 & CPR "C" (15-55 yrs)

SFA and CPR "C" is a blended program, this course will have an online component, which can be completed in 2-7 hrs, followed by a one day 7 hr in class course. After you register please send Bernie.dionne@vancouver.ca an email to receive the on line component. This must be completed 24 hours before the in class course date.

625945 \$115/1 sess
Sa 9:00 AM-4:00 PM Nov 07
Instructor: First Aid Pro

preschool & children

youth

Leadership

Champlain YC Winter Party

(13-18 yrs)

The Champlain Heights Youth Council will host a winter celebration party for those youth who have volunteered throughout September to December and who are members of the Champlain Heights Youth Council. ** Must have attended Youth Council and volunteered at events for a minimum of 20 hours to attend** To register please contact Bernie at bernie.dionne@vancouver.ca or call 604-718-6581 . ** Program times may be changed or cancelled on last minute notice!

625408 FREE/1 sess
F 5:30 PM-8:00 PM Dec 18
Instructor: Witton Chau



Champlain Youth Council

(13-18 yrs)

The Champlain Heights Youth Council wants to make a difference in the community. Our goal is to have a group of young people who can work together toward improving youth opportunities and experiences. The youth will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. The council will also have a representative sit on the Champlain Heights Community Association Board as well at City Wide Youth Council. A City Wide Youth Program Participant membership (free with OneCard) is required to join this program. To register please contact Bernie at bernie.dionne@vancouver.ca or call 604-718-6581 . ** Program times may be changed or cancelled on last minute notice!

625409 FREE/14 sess
F 5:30 PM-7:00 PM Sep 11-Dec 11
Instructor: Witton Chau

Social

YBeaYOUtiful Workshop

(8-10 yrs)

The BeaYOUtiful Foundation is dedicated to building confidence and self-love amongst young girls and non-binary youth. This interactive five-week Mental Wellness Program will allow attendees to explore specific feelings and emotions. Work with thoughtful, comforting and empowering female leaders and mentors as we cover various topics including what mental health means and feelings such as stress, fear, loneliness and change in a safe and intimate group setting. Sessions include a hybrid of valuable dialogue and creative activities. Whether you come with a friend or leave making new ones, we promise this is a girls group you will want to be a part of. ** This program is FREE for female and non-binary identifying youth and presented by the BeaYOUtiful Foundation, a registered Canadian Charity.

625321 FREE/5 sess
M 6:00 PM-7:30 PM Oct 26-Nov 23
Instructor: Bea Youthful

Preteen Girls Group (9-13 yrs)

Come join other female identifying youth at Champlain Heights for weekly activities like baking, cooking, crafting, games and more. Meet new friends, and try new things in a safe and inclusive space.

625411 \$56/7 sess
Tu 4:00 PM-5:30 PM Sep 15-Oct 27
625412 \$56/7 sess
Tu 4:00 PM-5:30 PM Nov 03-Dec 15
Instructor: Kelley Seneca

Sports

Volleyball BC: Smashball

(9-12 yrs)

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

625418 \$100/6 sess
Th 5:45 PM-7:00 PM Sep 17-Oct 22
625419 \$100/6 sess
Th 5:45 PM-7:00 PM Oct 29-Dec 03
Instructor: Volleyball BC

Badminton for Teens - Recreational (13-17 yrs)

Recreational badminton for teens. All levels welcome!

625941 \$30/6 sess
Tu 5:35 PM-6:50 PM Sep 15-Oct 20
625942 \$30/6 sess
Tu 5:35 PM-6:50 PM Nov 03-Dec 08
Instructor: No Instructor

Rain City Basketball

This program is for the focused athlete. Our expert coaches are pushing every player in this program to their limits, to help them reach their full potential on and off the court. These workouts are tough, they are designed to challenge you mentally, and physically. We will be working on advanced skill sets, and many high level game situations. You will improve as a player in your training, and you will also improve your understanding of the game, your basketball IQ will develop. This is a program for players who have dreams of playing past high school and beyond. We look forward to working with you. Get Better Here!! ** Please bring your own basketball and water bottle. No class Oct 11 & Dec 6.

(8-12 yrs)

625413 \$125/5 sess
Su 2:30 PM-4:00 PM Sep 20-Oct 25
625943 \$125/5 sess
Su 2:30 PM-4:00 PM Nov 08-Dec 13
(13-15 yrs)
629505 \$125/5 sess
Su 4:00 PM-5:30 PM Sep 20-Oct 25
629508 \$125/5 sess
Su 4:00 PM-5:30 PM Nov 08-Dec 13
Instructor: RainCity Basketball Club

Youth Open

Gym Drop-In

(10-19 yrs)

Free with a OneCard. Must be enrolled in the City Wide Youth Participant Program. To register please contact Bernie at bernie.dionne@vancouver.ca or call 604-718-6581. ** Program times may be changed or cancelled on last minute notice!

625422 FREE/15 sess
F 5:30 PM-8:55 PM Sep 04-Dec 18
Instructor: No Instructor

Youth Volleyball Drop-In

(13-19 yrs)

Bump, Set and Spike. There is no instructor and it is drop-in. Bring your own volleyball and water bottle. Free with a OneCard. Must be enrolled in City Wide Youth Participant Program. ** Program times may be changed or cancelled on last minute notice!

625423 FREE/16 sess
F 3:30 PM-5:30 PM Sep 04-Dec 18
Instructor: No Instructor

Licensed Childcare

Weekend Child Care

NEW

(5-12 yrs)

Do you work weekends? Need to attend an appointment on a Saturday or Sunday? Or simply need some time for yourself?

Our Licensed Weekend Child Care program is here to support your family! Our experienced educators provide full-day care for school-age children from 8:00 AM to 6:00 PM. Children enjoy a variety of engaging activities, including outdoor active play, sports, out trips, crafts, literacy activities, and more.

Our program also provides a light breakfast and two nutritious snacks each day. Lunch is not provided.

If you have any questions or require assistance with registration please contact the front desk in person or at 604-718-6575.

Registration for any day closes four days before the selected date.

Weekend Child Care: All Dates in One Place

606241 \$65/day

Every Sat & Sun
8:00 AM-6:00 PM

Sep 12-Dec 13

Kindergarten CCFRI Subsidy:
\$16/day

Grade 1+ CCFRI Subsidy:
\$5.75/day



This activity is your one-stop shop for all Weekend Child Care options! Simply select from 1 to 28 dates you need and register for all of them in a single transaction! Registration for any day closes four days before the selected date.

Please contact the front desk at 604-718-6575 or in person to arrange your subsidy refund.

Instructor: OSC Educators



Out of School Care (osc)

(Kindergarten to Grade 7)

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

Program schedule:

Before Care: 7:30 AM-9:00 AM (School drop off time)

After Care: 3:00 PM (School pick up time)-6:00 PM

Out Of
School Care
*Fees
Before and After
\$391

Our staff will pick up children for early dismissal as required by the school (with no extra cost). Professional Development (Pro-D) Days are not included in the monthly fees; parents must register and pay separately for this service which operates from 9:00am to 3:00pm (\$50/day).

The Out of School Care program is full with a waitlist. Please call 604-718-6575 to be added to the waitlist or simply scan the QR code below to add your child to a respective school waitlist by yourself.

*Fees may decrease based on approved Ministry funding (Child Care Fee Reduction Initiative).

**Captain
James Cook
Elementary School**
•Waitlist



**Champlain Heights
Community School
&
Champlain
Heights Annex**
•Waitlist



Pro-D Days

(Grades K-7)

Join us for a fun-filled day of activities during Professional Development (Pro-D) Day at our licensed Pro-D Day!

For added flexibility, we also offer Before Care (7:30AM-9:00AM) and After Care (3:00PM-6:00PM).

Additional fees may apply. We look forward to providing a safe, enriching experience for your child at our licensed Pro-D Day Care!

Priority registration is given to current Champlain Heights OSC participants. Registration for non-OSC participants will open three weeks prior to the start of the program. If the program is full, your child will be placed on the waitlist and you will be contacted if space becomes available. *Prices include applicable admission fees.

Pro-D Day (Provincial) Pumpkin Patch

630252 \$70(non OSC children)/1 sess; \$60 (OSC children)/1 sess
F 9:00 AM-3:00 PM Oct 23

School-specific Pro-D Days are TBA

\$60* (non OSC children)/1 sess; \$50* (OSC children)/1 sess
9:00 AM-3:00 PM
*plus admission fees

Pro-D Day (District) Clip And Climb

630717 \$80(non OSC children)/1 sess; \$70 (OSC children)/1 sess
M 9:00 AM-3:00 PM Nov 20

licensed
childcare

Licensed Childcare

Preschool 3-5 years old



Champlain Heights Community Centre Preschool is a play-based inclusive and nature-focused program.

We provide a safe, caring and fun environment where children are encouraged to explore, play and learn. We welcome all families and respect different cultures, beliefs and learning styles. Our program is flexible and adjusted to meet each child's individual needs.

Nature is an important part of our program. Children learn through exploring and investigating the natural world which helps build confidence, social skills and a strong foundation for future learning.

We plan activities based on the children's interests. These include free play, art, music, stories, STEAM, baking, gym, snack time and field trips.

Each class has a maximum of 20 children with two qualified teachers.



Procedures for Champlain Heights Preschool

Waitlist

If you are interested in any of our 2026–2027 preschool programs, please contact the front desk in person or by phone at 604-718-6575 to add your child to the waitlist or simply **scan the QR code** -> Families will be contacted when a space becomes available.



Registration

When a space becomes available, families will receive a registration package to complete and return to the preschool teacher. At registration, the following are required: a deposit for the first month and last month (June), a completed credit card authorization form for the remaining monthly fees, and a fully completed registration package.

Summer Break

The preschool is closed in July and August. During the Summer Break, staff are available by email only for information and inquiries. Please email pre-school@champlainheightscc.ca. Emails will be checked and responded to periodically during the break. Preschool registration remains open during the Summer Break.

Preschool Programs

(3 & 4 year olds)

Class Day	Class Time	Monthly Fee
Mon/Tue/Wed/Thu/Fri	9:00am-11:45am	\$397
Mon/Tue/Wed/Thu/Fri	12:15pm-3:00pm	\$397

Please Note: These fees do not reflect the Ministry-approved Child Care Fee Reduction Initiative (CCFRI).

Licensed Child Care Refund Policy

Licensed Summer OSC (Day Camp) & Licensed Pre-K Summer Camp

Written withdrawal requests must be received at least **10 business days (2 weeks)** before the first day of the registered camp week. Requests received **13 calendar days or less** before the first day of camp are **not eligible for a refund or transfer**.

Licensed Child Care (Preschool & Out-of-School Care)

One month's written notice is required to withdraw from the program. Notice must be received by the first calendar day of the child's final month of attendance. If proper notice is not provided, **one month's fees will be charged in lieu of notice. The June deposit is non-refundable.**

Weekend Child Care

Fees are refundable when at least one month's written notice of cancellation is provided. Cancellations received with less than one month's notice are non-refundable. **A \$4 administration fee** applies to all eligible refunds.

Art & Dance

Chinese

Classical Dance

(19+yrs)

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.

627501 \$112/16 sess

Tu 10:30 AM-12:00 PM Sep 08-Dec 22

627502 \$105/15 sess

Th 10:45 AM-12:15 PM Sep 10-Dec 17

627503 \$105/15 sess

F 11:15 AM-12:45 PM Sep 11-Dec 18

Instructor: Mimi Zhang

Line Dancing

NEW

(19+yrs)

A program of exercise and enthusiasm. Modern line dancing is a multiple dance steps including Salsa, Waltz, Bachata, Hip Hop, with contemporary songs. No class Sept 15, Oct 13, Nov 3, 10 and 17. Space permitting - Drop-in \$5.25.

631914 \$40/10 sess

Tu 10:30 AM-11:30 AM Sep 08-Dec 15

Instructor: Agnes Lo

Latin Dance

Fusion

NEW

(19+yrs)

Join a high-energy, welcoming Latin dance class where you'll build technique, boost fitness, and make lasting connections - no experience or partner required!

635881 \$210/15 sess

Sa 4:00 PM-5:00 PM Sep 12-Dec 19

Wreath Making Workshop with Erica Mulder

(8+ yrs)

Join eco-artist Erica Mulder for a Wreath Making workshop. Make your own wreath with a mix of native and non-native plants! We'll start by weaving wreath bases out of invasive holly branches. From there we'll decorate them with Douglas fir, holly, cedar, red alder and more. Participants will be invited to learn about the plants they are using and better understand them while working with them. All materials and tools will be included. Contact ecpcstewards@gmail.com with any questions.

631911 \$25/1 sess

Su 10:00 AM-12:00 PM Dec 06

Instructor: Erica Mulder/ECPC

Painting

NEW

Workshop

(19+ yrs)

Let's get our brushes and paper wet and colour them happy. In this beginner's watercolour workshop, you will learn how to do a wash, blend colours, and gain transparent techniques while painting a local Fraser River scene. Art materials will be provided.

635599 \$25/1 sess

W 10:00 AM-12:15 PM Oct 21

Instructor: Esmie Gayo McLaren

Fitness

Align and Empower Pilates Fusion

(19+yrs)

This mat Pilates class blends Pilates fundamentals with strength training using props such as dumbbells and resistance bands to support muscle tone and endurance. With a focus on alignment, core stability, and movement quality, you'll strengthen stabilizing muscles that support your joints while also challenging larger muscle groups for a complete full-body workout. Expect detailed alignment coaching and a somatic approach that builds a deeper connection to your body. Drop in \$19; space permitting. No class Sep 30 & Nov 11.

629748 \$68/4 sess

W 2:00 PM-3:00 PM Sep 09-Oct 07

629751 \$154.89/9 sess

W 2:00 PM-3:00 PM Oct 21-Dec 23

Instructor: Claudia Bulaievsky



Baby & Me Pilates

(19+yrs)

Pilates is a wonderful way to tone the body, rebuild abdominal strength, prevent shoulder tightness, and boost stamina through safe and effective exercises, with modifications offered for every body. The class is designed to flow organically, allowing time for bonding and soothing your baby whenever they need you. Along the way, we will also share observations about our babies? developmental patterns in movement, building community and connection among moms. Bring a cozy blanket for your baby (up to 10 months old). Drop in \$19; space permitting.

629779 \$70/5 sess

Th 9:30 AM-10:30 AM Sep 10-Oct 08

629787 \$70/4 sess

Th 9:30 AM-10:30 AM Nov 26-Dec 17

Instructor: Claudia Bulaievsky

Barre Core and More

(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. Drop in \$15, space permitting. No class Nov 11.

629500 \$168/14 sess

W 5:45 PM-7:00 PM Sep 09-Dec 16

629502 \$144/12 sess

Sa 10:30 AM-11:45 AM Sep 12-Dec 12

Instructor: Lubna Dalupang

Body Stories

NEW

(19+yrs)

A journey in experiential anatomy and organic movement improvisation to feel regulated and present in our bodies. In this class, we will develop a healthy dialogue with our mind-bodies building awareness through sensing, feeling and moving from within. Verbal cues and imagery about our body anatomy will help transform perception into expression and move into shared space through dance improvisation. Each class will have a focus on a different body part, and a different quality of energy. Drop in \$20; space permitting.

629928 \$90/5 sess

Sa 2:30 PM-3:45 PM Sep 19-Oct 17

Instructor: Claudia Bulaievsky

Dutch Kickboxing - Adult

(19+yrs)

Learn Dutch Kickboxing, the premier martial art from the Netherlands. Also known as Dutch Muay Thai, this striking art blends the best aspects of Boxing, Muay Thai and Kyokushin Karate. This is a technical, non-competition-focused class that includes shadowboxing, pad work and controlled sparring. Dutch Kickboxing is physically challenging and perfect for adults who want to get fitter while learning defensive skills in a fun and supportive environment. No previous experience needed to get started! Students will need their own boxing gloves after two weeks.

629597 **TRIAL CLASS** \$5/1 sess

Tu 6:35 PM-7:35 PM Sep 15

629593 \$224/10 sess

Tu 6:35 PM-7:35 PM Sep 22-Nov 24

629600 **TRIAL CLASS** \$5/1 sess

F 6:35 PM-7:35 PM Sep 18

629592 \$160/10 sess

F 6:35 PM-7:35 PM Sep 25-Nov 27

Instructor: Micheal Ekkers

adult

Fitness cont'd

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. Drop-in \$14; space permitting. No class Sept 30 and Nov 11.

629524 \$156/12 sess
W 6:30 PM-8:00 PM Sep 16-Dec 16
 Instructor: Shannon Piedt/Melanie Walker

Hatha Yoga - Intermediate (19+yrs)

The class will offer an intermediate experience with deep stretches, longer holds, up/down flow in/out of poses, while focusing on technique and alignment. We will move with breath, building and using our strength. Although intermediate, the class will be accessible if your body can access general healthy movement and body strength. Let's move, use (and love!) our bodies to access deeper poses, using modifications as no one body is the same. Drop-in \$15; space permitting.

629432 \$196/14 sess
Tu 7:45 PM-9:15 PM Sep 15-Dec 15
 Instructor: Melanie Walker

Outdoor Stroller Fitness with Carey (19+yrs)

Come join other parents and babies in the community. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place outdoors so bring what you need to keep your little(s) one happy. For your own enjoyment, this class is best for non-mobile babies or babies with limited mobility. Come for the workout, stay for the friendships. Participants should be 4+ weeks postpartum and 6+ weeks for caesareans. Participants will need a yoga mat and water bottle. Optional to bring their own resistance band. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop in \$16, space permitting. No class Oct 12.

626856 \$90/6 sess
M 1:00 PM-2:00 PM Sep 14-Oct 26
 626857 \$90/6 sess
M 1:00 PM-2:00 PM Nov 09-Dec 14
 Instructor: Carey Yuen

Yoga for All (19+yrs)

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. Improve your flexibility, strength, mental health and state of being by practicing easy twists, balances, stretches and inversions. Please bring your own mat. Drop in \$18, space permitting. For more info visit www.intoyoga.ca.

625542 \$108/7 sess
Th 7:00 PM-8:00 PM Sep 17-Oct 29
 625543 \$108/7 sess
Th 7:00 PM-8:00 PM Nov 05-Dec 17
 Instructor: Into Yoga

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. Drop in \$10, space permitting.

629509 \$120/15 sess
Tu 7:00 PM-8:00 PM Sep 15-Dec 22
 Instructor: Lubna Dalupang

Social

Postpartum Support Circle (19+yrs) **NEW**

Jessica Harrison is a mother, elementary school teacher, former education assistant, and postpartum doula with a passion for supporting mothers through the postpartum transition. Through both her professional and personal experiences, she has become deeply passionate about creating gentle, community-centered spaces where mothers feel seen, supported, and less alone. Jessica's approach focuses on emotional wellbeing, nourishment, connection, and practical support during early motherhood. She is the founder of Freya Postpartum Care, a Vancouver-based postpartum support practice rooted in warmth, compassion, and community care. No class Nov 11.

627077 \$150/6 sess
W 10:00 AM-11:30 AM Oct 21-Dec 2
 Instructor: Jessica Harrison



Education

Historical Walk of Champlain Heights (16+yrs) **NEW**

Enjoy a 2 hour historical walk outlining Champlain's transformation from 1940's bushland to a 1970's master plan fueled by ideas from the 1960's counter cultural revolution.

628971 \$10/1 sess
Sa 10:00 AM-12:00 PM Sep 19
 Instructor: Robert Howatson

Martial Arts

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 characteristics of the Yang Style Tai Chi are the larger sweeping, graceful and slow movements. 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.

632154 \$48/16 sess
Tu 8:45 AM-10:15 AM Sept 8-Dec 22
 632150 \$45/15 sess
F 9:00 AM-11:00 AM Sept 11-Dec 18
 Instructor: Art Lum

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.

M 8:00 PM-9:30 PM \$80/month
 626029 Sep 14-Sep 28
 626030 Oct 05-Oct 26
 626031 Nov 02-Nov 30
 626032 Dec 07-Dec 28
 Instructor: Master Simon Siu

Hunyuan Tai Chi Advanced (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. No class Oct 12.

632147 \$42/14 sess
M 9:00 AM-11:00 AM Sept 14-Dec 21
 Instructor: Margaret Lum

Hunyuan/Yang Style Intermediate Tai Chi (Alternate)

(19+yrs)

This class alternates each week between Hunyuan and Yang Style 24 form. Please see descriptions below for each style. 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.

632149 \$45/15 sess

Sa 9:00 AM-11:00 AM Sept 12-Dec 19

Instructor: Art Lum

Outdoor Activities

Everett Crowley Park: Mushroom Walk with Willoughby Arevalo (All Ages)

With hands of an artist, eyes of an ecologist, and the heart of a deeply connected human, DIY Mushroom Cultivation author Willoughby Arévalo brings the practical and the joyful together through the science and wonder of mycology. His work is an invitation to not only learn from fungi, but to grow ones true earthy relationships. Tracing mycelial webs through the forest, we will encounter and observe fungi with multiple senses to try to understand their worlds, lifeways, relationships and behaviour. The conversation will include basic principles of mushroom identification based on features visible with the naked eye, helping you be able to recognize mushroom form groups and work towards learning important genera and species. Learn where and how to safely collect specimens for ID and an honourable harvest. Connect with resources for further learning. Special attention will be given to some of the most ecologically impactful, edible, medicinal and toxic species.

631908 \$20/1 sess

W 4:00 PM-6:00 PM Nov 04

Instructor: Willoughby Arevalo



Photo by: Jangmi Choi

Bird Walk

(8+yrs)

Whether you are a new or experienced birder, join the Everett Crowley Park Committee and our experienced bird facilitators for a bird walk. Everett Crowley Park is a hotspot for birders in Metro Vancouver and it is home to 120 species of bird including both migratory and resident species. This is a great opportunity to learn about birds and how they are connected to the wider ecosystem. This walk will also offer an opportunity to meet new people and become more familiar with Everett Crowley Park.

631886 FREE/1 sess
Su 8:30 AM-10:30 AM Sep 20

631887 FREE/1 sess
Su 8:30 AM-10:30 AM Oct 25

631888 FREE/1 sess
Su 8:30 AM-10:30 AM Nov 29

631889 FREE/1 sess
Su 8:30 AM-10:30 AM Dec 13

Instructor: ECPC

Christmas Bird Count

(16+yrs)

The Everett Crowley Park Committee will be participating in Nature Vancouver's Christmas Bird Count for the second year. The Christmas Bird Count is the world's longest running community Science Project. The goal of the count is to have fun and learn about birds. As a bonus, the data collected helps scientists and others to track changes in bird populations across North America and around the world. Whether you are a new or experienced birder, join the Everett Crowley Park Committee to help contribute to vital community-science by joining this years Christmas Bird Count. Everett Crowley Park is a hotspot for birders in Metro Vancouver, and it is home to 120 species of birds including both migratory and resident species. Please preregister for this event. We will meet at Kerr Street parking lot. Please bring binoculars if you own them. Contact: ecpcstewards@gmail.com.

631893 FREE/1 sess
Sa 8:00 AM-10:00 AM Dec 19

Instructor: ECPC

Planting and Invasive Pull

(8+yrs)

Please replace the Planting and Invasive Pull program write up with the following: Get dirty, have fun, and help the environment! Join the Everett Crowley Park Committee for our fall planting events to plant native shrubs 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) at 10AM so we can walk down together. The exact work site for this event is to be confirmed. Contact ECPC stewards at ecpcstewards@gmail.com if you have any questions! This event is funded by the Habitat Conservation Trust Foundation and Park People.

631897 FREE/1 sess

Su 10:00 AM-1:00 PM Oct 18

631898 FREE/1 sess

Sa 10:00 AM-1:00 PM Nov 07

631902 FREE/1 sess

Sa 10:00 AM-1:00 PM Nov 21

Instructor: ECPC



Environmental Stewardship

(8+yrs)

Get dirty, have fun and help the environment! Join the Everett Crowley Park Committee 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. The exact work site for this event is to be confirmed. Please pre-register. Meet at the front entrance to the Champlain Heights Community Centre (3350 Maquinna Dr) at 10 AM so we can walk down together. Contact ECPC stewards at ecpcstewards@gmail.com if you have any questions!

631880 FREE/1 sess

Sa 10:00 AM-1:00 PM Sep 12

631882 FREE/1 sess

Sa 10:00 AM-1:00 PM Sep 26

631883 FREE/1 sess

Sa 10:00 AM-1:00 PM Oct 10

Instructor: ECPC

adult

Music - All Ages

Drum Circle 101-Percussion and Beyond (15+yrs)

Learn grooves through playful games, body and vocal percussion, and grounding rhythm meditation. Every session builds to a powerful group jam that sparks joy, freedom, and connection. All levels welcome. Drums provided or BYOD; global percussion encouraged. Drop in \$22; space permitting.

628942 \$72/4 sess
M 7:00 PM-8:30 PM Sep 14-Oct 05
628944 \$72/4 sess
M 7:00 PM-8:30 PM Oct 19-Nov 09
628945 \$72/4 sess
M 7:00 PM-8:30 PM Nov 16-Dec 07
Instructor: Abby Greene

Health Rhythms - Group Drumming: A Wellness Experience (18+yrs)

Through drums, percussion, and foundsound, you'll release stress, elevate your energy, and build meaningful connections with others. This all ages program welcomes everyone from first timers to lifelong drummers and celebrates creativity, mindfulness, and community. Instruments are ready for you. Come as you are. Leave uplifted. Drop in \$23; space permitting.

628949 \$40/2 sess
Sa 11:15 AM-12:15 PM Nov 07-Nov 21
Instructor: Abby Greene Bull

Health Rhythms - Parent Rhythm Recharge Drumming (18+yrs)

Take a break that actually recharges you. Young parents, come drum, laugh, and connect in a fun Health Rhythms session that melts stress and boosts your mood. Explore rhythm with drums, percussion, and found sound while building community. Instruments provided. Kids welcome. Joy encouraged. (focus is on adults - kids are not expected to drum) Drop in \$23; space permitting.

628948 \$40/2 sess
Sa 11:15 AM-12:15 PM Oct 03-Oct 17
Instructor: Abby Greene Bull

Guitar & Ukulele (8+yrs)

Private 30 minute lessons to work at your own level and pace. Learn technique, repertoire, basic theory and practicing skills. Participants must provide their own instrument and a digital tuner. A nylon string guitar or a soprano ukulele with strap is recommended for beginners. Books will be available at the first class for \$15 and up.

629424-629429 \$325/13 sess
Tu 5:45 PM-8:45 PM Sep 15-Dec 08
Instructor: Rene Hugo-Sanchez

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 class Oct 11. No refunds after 24 hours before the first class.

629560-629587 \$422.50/13 sess
Su 9:30 AM-3:30 PM Sep 13-Dec 13
629574-629586 \$487.50/15 sess
Th 3:30 PM-8:30 PM Sep 10-Dec 17

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.

628547 \$84/12 sess
Th 10:00 AM-12:00 PM Sep 17-Dec 03
Instructor: Kirsten Person

Bus Trips

Chehalis River Hatchery (55+yrs)

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 Champlain
631321 \$70/1 sess
W 8:00 AM-5:30 PM Oct 21
P/UP Killarney
631323 \$70/1 sess
W 8:15 AM-5:30 PM Oct 21
Instructor: Simon Yan

Holiday Light Tour (55+yrs)

Join us on this annual trip where we visit some of Metro Vancouver's greatest light displays. Be immersed in 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 Champlain
631341 \$15/1 sess
Tu 4:00 PM-10:00 PM Dec 08
P/UP Killarney
631343 \$15/1 sess
Tu 4:15 PM-10:00 PM Dec 08
P/UP Champlain
631344 \$15/1 sess
W 4:00 PM-10:00 PM Dec 09
P/UP Killarney
631345 \$15/1 sess
W 4:15 PM-10:15 PM Dec 09
Instructor: Simon Yan

Art & Dance

Health Rhythms - Group Drumming for Seniors (55+yrs)

Saturday Health Rhythms for Seniors is a fun, uplifting drumming circle that strengthens mind, body, and community. Seniors and people with disabilities enjoy easy to follow rhythms, percussion play, and shared laughter that enhance cognitive function and emotional well being. All abilities welcome. Instruments provided bring your curiosity and let the rhythm spark joy. Drop in \$23; space permitting.

628947 \$36/2 sess
Sa 11:15 AM-12:15 PM Sep 12-Sep 26
Instructor: Abby Greene Bull

Line Dancing - Absolute Beginner (55+yrs)

If you have never line-danced before or want to brush up on the basics, this easy beginner class is for you. All dances taught will be beginner level with a thorough walk-through of every dance done during the class. Have fun moving to a variety of music. Line dancing is done without partners.

628549 \$66/12 sess
F 10:30 AM-11:30 AM Sep 18-Dec 04
Instructor: Kirsten Person



@ActiveChamplain

Merry and Bright at Martini Town (55+yrs)

Merry & Bright is an annual holiday event hosted at Martini Town, a functioning outdoor film set that is transformed each year into a magical, immersive holiday experience. Guests can stroll through a twinkling small town, enjoy movie-style special-effects snow, and wander along an illuminated New York street, all brought to life through lights, music, and festive décor. Local artisans, live entertainers, and delicious hot drinks and comfort food will also be available at this venue to keep everyone warm and happy throughout the night.

P/UP Champlain

631349 \$35/1 sess
W 4:00 PM-9:00 PM Dec 16

P/UP Killarney

631351 \$35/1 sess
W 4:15 PM-9:00 PM Dec 16

Instructor: Simon Yan

Potters Christmas Store (55+yrs)

Each year, Potters Nursery transforms itself into Western Canada's largest Christmas store, boasting more than 28,000 square feet devoted to all things yuletide. The Christmas Store at Potters is the destination to find tens of thousands of holiday-related items. Following the store we will have lunch (included) at the Mandarin Garden Buffet in Abbotsford. Our last stop will be the Chilliwack Christmas Craft Market, a Fraser Valley holiday tradition. This is one of the longest running Christmas markets with artisans from all over BC under one roof. The market is the perfect destination for every gift seeker!

P/UP Champlain

631329 \$70/1 sess
Sa 8:15 AM-6:00 PM Nov 21

P/UP Killarney

631335 \$70/1 sess
Sa 8:15 AM-6:00 PM Nov 21

Instructor: Simon Yan

Royal MC Museum (55+yrs)

Come and re-discover the Royal BC Museum in Victoria. The Royal BC Museum is dedicated to preserving, researching and educating everyone about the natural and human stories that make up British Columbia. The feature exhibition during our visit will be about Ancient Egypt. This 9,000 sq. ft. exhibition features approximately 250 original ancient objects, immersive films, ambient sounds and scientifically reconstructed ancient Egyptian scents. Intimate, atmospheric spaces recreate a journey through death, rebirth and the afterlife. Following the museum you will have a chance to visit Victoria Harbour.

P/UP Champlain

631313 \$70/1 sess
W 6:00 AM-7:45 PM Oct 07

P/UP Killarney

631315 \$70/1 sess
W 6:15 AM-7:45 PM Oct 07

Instructor: Simon Yan

Sea to Sky Gondola (55+yrs)

Set between the Stawamus Chief and Shannon Falls, the Sea to Sky Gondola provides breathtaking views of Howe Sound, the majestic coastal forest and surrounding mountains. Once at the summit we will walk the two interpretive loop trails with cantilevered viewing platforms, the Sky Pilot suspension bridge (100 metres long) and have a chance to enjoy lunch (not included) on the patio overlooking Howe sound. Following the Sea to Sky Gondola we will visit Shannon Falls, the third highest waterfall in British Columbia at 335 metres (1,105 ft). Guided by Simon Yan.

P/UP Champlain

631235 \$70/1 sess
W 8:15 AM-5:00 PM Sep 02

P/UP Killarney

631305 \$70/1 sess
W 8:15 AM-5:00 PM Sep 02

Instructor: Simon Yan

Fitness

Aging with Strength (55+yrs)

This 6-week strength training class for older adults will provide the fundamentals of resistance training using bodyweight, dumbbells, and resistance bands. It will also include functional exercises for daily activities, stability training and stretching. No drop-ins. No class Sept 30 and Nov 11.

625398 \$52.5/6 sess
W 12:30 PM-1:30 PM Sep 09-Oct 21

625399 \$52.5/6 sess
W 12:30 PM-1:30 PM Oct 28-Dec 09

Instructor: Bonnie McCoy



MAKE YOUR VOICE HEARD THIS FALL!

Voting in the 2026 Vancouver Election is easier than ever.

VOTE BY MAIL

Request your ballot by October 5.

ADVANCE VOTING

Vote early on October 3, 7, 10 or 13.

ELECTION DAY

Cast your vote on October 17.

QUESTIONS?

Call 3-1-1 or visit vancouver.ca/vote to plan your vote.

CITY OF VANCOUVER | VANCOUVER VOTES

Chair Yoga Fusion (50+yrs)

Chair Yoga is a gentle form of yoga that can be done while seated or some poses can be done standing using a chair for support. Some benefits are: Builds strength, improves coordination and mobility, decreases stress and feel refreshed. Drop in \$12; space permitting.

628951 \$50/5 sess

Th 1:00 PM-2:00 PM Sep 10-Oct 08

628952 \$60/6 sess

Th 1:00 PM-2:00 PM Oct 29-Dec 03

Instructor: Meiko Tanaka

Strength and Stretch (55+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.

625400 \$131.25/15 sess

F 1:30 PM-2:30 PM Sep 11-Dec 18

Instructor: Bonnie McCoy

Martial Arts

Martial Gym for Seniors (55+yrs)

Program focuses on fall prevention and preparation as well as the 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 12 and Nov 9.

625634 \$61.88/13 sess

M 8:45 AM-9:45 AM Sep 14-Dec 21

Instructor: Mario Lam

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

Come and practice your skills in this self-led Tai Chi program. This practice time is for all styles of Tai Chi. No instruction provided. Previous experience is preferred. No class Sept 30 and Nov 11.

625824 \$47/47 sess

Tu W Th 8:00 AM-9:00 AM Sep 02-Dec 23

Instructor: No Instructor

Social

Intergenerational **NEW** Crafts and Games (55+yrs)

Calling Seniors to join our preschoolers in making a craft and playing games together.

627784 FREE/1 sess
M 9:30 AM-10:30 AM Oct 26

Intergenerational **NEW** Tea & Sweets (55+yrs)

Calling Seniors to join our preschoolers for tea and a homemade sweet.

627788 FREE/1 sess
M 1:45 PM-2:45 PM Nov 23

Knitting Club (19+yrs)

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

625819 FREE/16 sess
Th 1:00 PM-3:00 PM Sep 03-Dec 17
Instructor: No Instructor

Foot Care Clinic **NEW** (55+yrs)

30 minute appointments to have your toe nails cleaned and cut safely by a registered and certified foot care nurse. Manage your callus, corns, diabetic feet, fungal and ingrown nails. Foot assessment and teaching also provided to ensure healthy feet! Please bring a large towel. Please request a receipt from the foot care nurse. Registrations must be done at least two days prior to the appointment date.

F 12:15 PM-4:15 PM Sep 04
625816-626007 \$47/1 sess
F 12:15 PM-4:15 PM Oct 02
626008-626018 \$47/1 sess
Instructor: Nancy Lee

Recreational Bridge (55+yrs)

Some knowledge of the game is required. Play is based on availability of seats. New players welcome! Please register. No class Sept 30 and Nov 11.

625820 FREE/15 sess
W 1:00 PM-4:00 PM Sep 02-Dec 23
Instructor: No Instructor

Sports

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. This is a recreational program - all levels welcome.

625831 \$42.72/16 sess
Tu 12:15 PM-2:15 PM Sep 08-Dec 22
625836 \$40.05/15 sess
Th 11:45 AM-1:45 PM Sep 10-Dec 17
Instructor: No Instructor

Badminton Court Rental (16+yrs)

Enjoy recreational badminton. Please note that private lessons are prohibited during court rental times.

Court 1
636088 \$39.99/3 sess
Sa 3:45 PM-4:45 PM Sep 12-Sep 26
636089 \$53.32/4 sess
Sa 3:45 PM-4:45 PM Oct 03-Oct 31
636090 \$53.32/4 sess
Sa 3:45 PM-4:45 PM Nov 07-Nov 28
636091 \$26.66/2 sess
Sa 3:45 PM-4:45 PM Dec 05-Dec 12
636096 \$39.99/3 sess
Sa 4:45 PM-5:45 PM Sep 12-Sep 26
636097 \$53.32/4 sess
Sa 4:45 PM-5:45 PM Oct 03-Oct 31
636098 \$53.32/4 sess
Sa 4:45 PM-5:45 PM Nov 07-Nov 28
636099 \$26.66/2 sess
Sa 4:45 PM-5:45 PM Dec 05-Dec 12

Court 2
636092 \$39.99/3 sess
Sa 3:45 PM-4:45 PM Sep 12-Sep 26
636093 \$53.32/4 sess
Sa 3:45 PM-4:45 PM Oct 03-Oct 31
636094 \$53.32/4 sess
Sa 3:45 PM-4:45 PM Nov 07-Nov 28
636095 \$26.66/2 sess
Sa 3:45 PM-4:45 PM Dec 05-Dec 12
636100 \$39.99/3 sess
Sa 4:45 PM-5:45 PM Sep 12-Sep 26
636101 \$53.32/4 sess
Sa 4:45 PM-5:45 PM Oct 03-Oct 31
636102 \$53.32/4 sess
Sa 4:45 PM-5:45 PM Nov 07-Nov 28
636103 \$26.66/2 sess
Sa 4:45 PM-5:45 PM Dec 05-Dec 12
Instructor: No Instructor

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. A light lunch is provided.

A United Kingdom

625401 \$3.80/1 sess
W 10:30 AM-1:35 PM Sep 09

South Pacific

625403 \$3.80/1 sess
W 10:30 AM-1:35 PM Nov 04

Maudie

625402 \$3.80/1 sess
W 10:30 AM-1:35 PM Oct 07

Christmas in Connecticut

625404 \$3.80/1 sess
W 10:30 AM-1:35 PM Dec 02

older adult



Luncheons

(55+yrs)

Bring your friends or meet new friends. Enjoy a delicious homemade lunch!

October

MENU: Chicken pot pie and salad followed by dessert.

625425 \$9/1 sess
M 12:30 PM-1:30 PM Oct 19

November

MENU: Black bean chicken, rice and salad followed by dessert.

625426 \$9/1 sess
M 12:30 PM-1:30 PM Nov 16



December

MENU: Turkey, potatoes and veggies followed by dessert.

625427 \$9/1 sess
M 12:30 PM-1:30 PM Dec 14



@ActiveChamplain

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday
9:15 AM-10:15 AM		Body Sculpt Sep 08-Dec 22 <i>Ella</i>	Full Body Power Sep 09-Dec 23 <i>Betty-Lynn</i>	FUNctional Fitness Sep 10-Dec 17 <i>Betty-Lynn</i>
10:00 AM-11:00 AM	ReFit Sep 14-Dec 21 <i>Rocio</i>			
10:30 AM-11:30 AM			ReFit Sep 09-Dec 23 <i>Rocio</i>	

Fees	Adult (19-64)	Senior 65+ Youth
Drop-in	\$5.80	\$4.75
10-class card	\$53.00	\$44.00
1-month pass	\$51.00	\$41.00

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

FUNctional Fitness

Using weights, body weight and (HIIT) Cardio type movement this class will prepare you for your daily activities. It will develop competency in aerobic capacity, strength, bodyweight endurance, bodyweight skills, and power. Self paced for success at any level fitness while still enjoying music and group setting.

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. 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.

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.

Sports Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
Badminton 8:00 PM-9:30 PM 625502 \$56/14 sess Sep 14-Dec 21 No class Oct 12	Basketball 8:15 PM-9:45 PM 625503 \$76.50/17 sess Sep 01-Dec 22	Pickleball Beginner/Intermediate 6:30 PM-8:00 PM 625510 \$64/16 sess Sep 02-Dec 23 No class Sept 30	Basketball 8:15 PM-9:45 PM 625504 \$72/16 sess Sep 03-Dec 17	Volleyball 11:00 AM-1:00 PM 625505 \$56/14 sess Sep 05-Dec 12 No class Oct 17
		Ball Hockey (Co-ed) 8:15 PM-9:45 PM 625508 \$64/16 sess Sep 02-Dec 23 No class Sept 30		

adult & senior

Drop in Procedures

- 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 fee of \$5.25 will be collected once a drop-in spot is available.

Champlain Heights Fitness Centre

Fitness Centre Consultations

Consultations are available by appointment only. Please see fitness centre staff or front desk for more details. Minimum age is 13 to use the Fitness Centre. **Minimum age is 13 to use the Fitness Centre.**

Flexipass Membership

Enjoy flexible and affordable recreation with our all access pass. Purchase a monthly Flexi-pass 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	\$7.93	\$5.55
10-visit pass	\$71.37	\$49.95

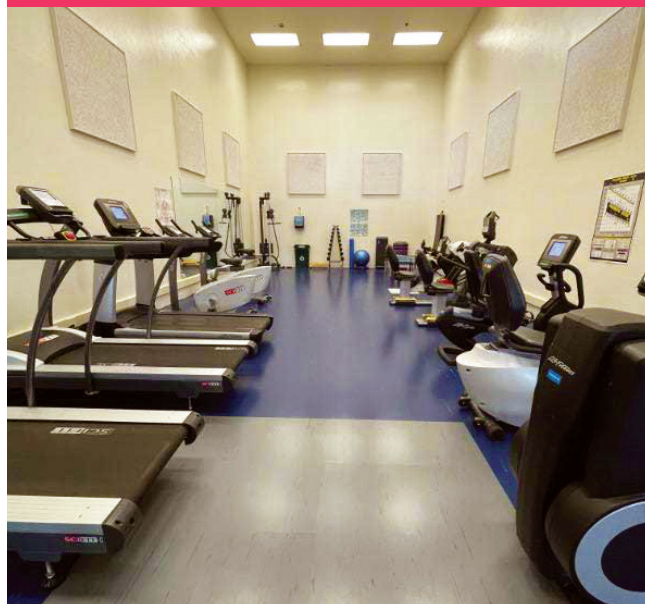
Monthly Flexipass		
Fees	Adult	Youth/Senior
1 month	\$64.15	\$44.91
3 month	\$173.21	\$121.25
12 month	\$554.26	\$387.98

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

Fitness Centre Hours

Monday-Thursday 7:00am-9:00pm
 Friday..... 7:00am-8:00 pm
 Saturday & Sunday 9:00am-6:00pm
 Stat Holidays Closed

*Hours may change, check with Community Centre



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 (3-4 people)
1	\$65.98	\$98.93	\$138.78
3	\$182.83	\$274.29	\$371.70
5	\$294.07	\$452.85	\$545.18
10	\$527.90	\$841.00	\$991.22

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

Champlain Heights Fitness Centre

Happy Hearts Maintenance Program



Register for one session per week

Tuesday 2:00-3:00pm

Sept 1 – Oct 27 #630997 | Nov 3 – Dec 29 #631743

Thursday 2:00-3:00pm

Sept 3 – Oct 29 #631014 | Nov 5 – Dec 17 #631747

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.

Happy Hearts Maintenance is designed to support participants as they build confidence and independence in their fitness journey.

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

Participation is limited to six (6) months.

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

Active Joints Program



Tuesday and Thursday 12:00-1:00pm

Sept 8 – Nov 12 #631021

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.

Indoor Cycling

Indoor cycling is a motivating exercise class that uses high-performance Keiser indoor cycling bicycles to burn calories, build muscle, and relieve stress.

- Patrons will register for classes online starting at noon 3 days prior to the class.
- Registered participants may enter the fitness centre 10 minutes before the class.
- Any open spots can be sold no earlier than 30 minutes prior to the class. Drop-in spaces are not guaranteed.
- Drop-in participants must arrive at least 10 minutes before class to register and pay.
- Please arrive on time to ensure the safety and enjoyment for everyone in the class. Participants arriving 5 minutes after class start time may not be admitted.



Monday	Wednesday	Thursday	Saturday
Cycle Fit 6pm-7pm	Cycle Fit 6pm-7pm	Cycle Fit 6pm-7pm	Cycle Fit 10am-11am
Please visit us online at vanrec.ca to register for your session! Schedule is subject to change.			

Indoor Cycling Fees	
Single visit	\$7.93
10 visit	\$71.37
Please visit us online at vanrec.ca to register for your session! All fees are 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!

Court Rental Fees			
	Adult	Youth/ Senior	10 visit pass
Prime-time	\$18.86	\$13.20	\$169.74
Non-prime	\$13.47	\$9.43	\$121.23
All fees above subject to change. Prices do not include tax			
Prime-time: after 3pm weekdays and all day weekends. Non-prime: before 3pm weekdays. Save 20% on admission when booking as a Flexipass holder.			

**→ Stay tuned for more exciting
Fitness Centre Programs/Workshops!**



Events Calendar

Fall

2026

Sept 26

Toy Drive

Are you looking to donate new or gently used toys? We will be accepting toys at the community centre on Saturday, September 19th between 9:00am-3:00pm. This is an opportunity for the community to come together to spread some love! The donated toys will be available for those in need on Saturday, September 26th from 10:00am-12:00pm.
☎625459 Sa 10:00 AM-12:00 PM

Oct 30

Halloween Carnival (2-13 yrs)

The Champlain Heights Youth Council will be hosting a Halloween Carnival on Friday October 30th. Come test out your costume, jump in the bouncy castle, play some games, take a walk through our Haunted House, make some fun crafts and earn some treats!
☎625410 F 6:30 PM-8:00 PM \$7/person

Dec 06

Pup Photos with Santa (16+yrs)

You and your friendly furry companions are invited to take a photo with Santa a digital copy of your family photo will be emailed to you. Don't miss out on this festive opportunity to celebrate the holiday season with your furry best friend. Note: All dogs must be leashed and owners are responsible for being in control of their pets at all times. DOGS ONLY. No cats or other pets. You must pre-register to book your time slot.

\$20/1 sess

☎631937 Su 3:00 PM-3:15 PM

☎631940 Su 3:15 PM-3:30 PM

☎631942 Su 3:30 PM-3:45 PM

☎631943 Su 4:00 PM-4:15 PM

☎631945 Su 4:15 PM-4:30 PM

☎631947 Su 4:30 PM-4:45 PM

☎631948 Su 4:45 PM-5:00 PM

Dec 06

Winter Fair (All Ages)

Join us for the beginning of winter with festive fun! There will be crafts, play gym with bouncy castle, light refreshments, photos with Santa and much more. Registration required.

FREE/person

☎627075 Su 4:00 PM-6:00 PM

Dec 19

Breakfast with Santa (All Ages)

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.

\$8/person

☎625457 Sa 9:30 AM-10:45 AM

☎625458 Sa 11:00 AM-12:15 PM



Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

www.champlainheightscc.ca • 604-718-6575