

Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

association website: www.champlainheightscc.ca

register online: recreation.vancouver.ca



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Recreation Guide Spring & Summer 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), selilwítlulh (Tsleil-Waututh), and x'məθk'əyəm (Musqueam) Nations.



Hours of Operation

April 1-June 30

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

July 2- September 1

Monday-Thursday.....	7:00am-9:00pm
Friday	7:00am-8:00pm
Saturday & Sunday.....	9:00am-1:00pm
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

Marcie Richter 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.



vanrec.ca



In-person



604-718-6575

Registration starts

Thursday March 14
7pm online and in person.

Friday March 15
10am phone registration

Refunds, Withdrawals & Cancellations

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

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

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

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

Program Instructors Needed

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

Welcome to Champlain Heights!

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

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

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



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

Volunteers Needed!

Become a member and volunteer to help shape your community!

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

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

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

We have a new playground behind the community centre!

NEW

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.



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

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)

Description: 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!

496568 \$90/10 sess

Su 9:15 AM-9:55 AM Apr 14-Jun 23

Instructor: Lia Fletcher

Pre Ballet 3 & 4 (Kindy Ballet) -

Glow Kids Dance (6-7 yrs)

Description: 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!

496569 \$90/10 sess

Su 10:00 AM-10:40 AM Apr 14-Jun 23

Instructor: Lia Fletcher

Acro Jazz I & II -

Glow Kids Dance (8-12 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.

496571 \$90/10 sess

Su 11:50 AM-12:30 PM Apr 14-Jun 23

Instructor: Lia Fletcher

Ballet I & II -

Glow Kids Dance (8-12 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.

496570 \$110/10 sess

Su 10:45 AM-11:45 AM Apr 14-Jun 23

Instructor: Lia Fletcher



Glow Kids Dance Team Acro & Contemporary (All Groups)

(8-12 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.

496572 \$170/10 sess

Su 1:00 PM-2:30 PM Apr 14-Jun 23

Instructor: Lia Fletcher

Glow Kids Dance Team Group 1

(6-12 yrs)

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:

www.empireglow.ca instagram:

@empireglow.ca Facebook: Empire Glow

YouTube: Empire Glow

496562 \$187/11 sess

Tu 4:00 PM-5:30 PM Apr 09-Jun 18

Instructor: Lia Fletcher

Glow Kids Dance Team Group 1

(6-12 yrs)

496566

\$187/11 sess

Th 3:45 PM-5:15 PM Apr 11-Jun 20

Instructor: Lia Fletcher

Glow Kids Dance Team Group 2 & 3

(6-12 yrs)

496567

\$187/11 sess

Th 5:15 PM-6:45 PM Apr 11-Jun 20

Instructor: Lia Fletcher

Glow Kids Dance Team Group 2&3

(6-12 yrs)

496563

\$187/11 sess

Tu 5:30 PM-7:00 PM Apr 09-Jun 18

Instructor: Lia Fletcher

Glow Kids Dance Team Group 3

(6-12 yrs)

Empire Glow Email: info@empireglow.ca

496564

\$66/11 sess

Tu 7:00 PM-7:30 PM Apr 09-Jun 18

Instructor: Lia Fletcher

Glow Kids Dance Team JAZZ (All Groups)

(6-12 yrs)

496565

\$187/11 sess

W 4:00 PM-5:30 PM Apr 10-Jun 19

Instructor: Lia Fletcher

Education

Young Commander

Chess - Intermediate (8-16 yrs)

WHAT'S CONSIDERED THE MARTIAL ART OF THE MIND? 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. Instructor's Mission Statement: Strategies now, leader tomorrow.

496332 \$150/11 sess

Sa 10:50 AM-12:00 PM Apr 06-Jun 15

496468 \$75/5 sess

M-F 10:50 AM-12:00 PM Jul 08-Jul 12

496472 \$75/5 sess

M-F 10:50 AM-12:00 PM Jul 29-Aug 02

Instructor: Josefino (Joe) Soliven

Young Commander

Chess - Novice (5-12 yrs)

WHAT'S CONSIDERED THE MARTIAL ART OF THE MIND? 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. Instructor's Mission Statement: Strategies now, leader tomorrow.

496324 \$150/10 sess

Sa 9:30 AM-10:40 AM Apr 06-Jun 15

496337 \$75/5 sess

M-F 9:30 AM-10:40 AM Jul 08-Jul 12

496428 \$75/5 sess

M-F 9:30 AM-10:40 AM Jul 29-Aug 02

Instructor: Josefino (Joe) Soliven



@ActiveChamplain

Fitness & Health

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.

495337 \$84/11 sess

M 3:30 PM-4:15 PM Apr 08-Jun 24

Instructor: Suzette Lund

Zumba Kids

(7-11 yrs)

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure.

495338 \$84/11 sess

M 4:15 PM-5:15 PM Apr 08-Jun 24

Instructor: Suzette Lund

Sports



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. No drop-ins.

(4-6 yrs)

495204 \$93/10 sess

Th 4:15 PM-5:00 PM Apr 04-Jun 06

(7-12 yrs)

495205 \$103/10 sess

Th 5:00 PM-6:00 PM Apr 04-Jun 06

Instructor: Olympia Rhythmic Gymnastics

Journey Basketball

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.

(6-8 yrs)

495187 \$126/9 sess

M 5:30 PM-6:15 PM Apr 08-Jun 10

(9-12 yrs)

495188 \$126/9 sess

M 6:30 PM-7:30 PM Apr 08-Jun 10

Instructor: Journey Basketball



Tennis

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.

Mini Tennis (6-10 yrs)

496559 \$185/10 sess

Tu 3:30 PM-4:30 PM Apr 23-Jun 24

Junior Tennis (8-12 yrs)

496558 \$185/10 sess

Tu 4:30 PM-5:30 PM Apr 23-Jun 24

Instructor: Juan Carlos Maldonado

Shooting Stars Academy - Girls Basketball Skill Development

(9-13 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

496137 \$165/13 sess

Tu 5:45 PM-6:45 PM Apr 02-Jun 25

Instructor: Jesse Hundal

Birthday Parties

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

Saturdays

April 6-June 29
1:30PM-3:30PM

Sundays

April 7-June 30
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.

Stay & Play

(Up to 5 yrs)

Mondays

April 01-June 24
9:45-11:45 AM

\$3.50
drop-in

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

April 07-August 28
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.

Group Drumming



Group Drumming - Rhythm Meditation Mondays

(12 +yrs)

Raise your vibration, reduce stress and boost your mood as you experience the healing power of Group Drumming - the Healing Energy Algorithm. This is a facilitated rhythm circle where participants of all levels are coached in listening, connection, and concentration, and encouraged to create balance based on basic rhythms that we build upon. Body and percussion and voice are also introduced. Beginners and seasoned drummers will enjoy the experience of building community together and creating amazing energy and music leaving you feeling refreshed and energised! Drums and percussion are provided, but you are always welcome to bring your own.

496493	\$90/5 sess
M 6:15 PM-7:45 PM	Apr 08-May 06
496495	\$90/5 sess
M 6:15 PM-7:45 PM	May 27-Jun 24
496505	\$54/3 sess
M 6:15 PM-7:45 PM	Jul 08-Jul 22
496509	\$54/3 sess
M 6:15 PM-7:45 PM	Aug 12-Aug 26
<i>Instructor: Abby Greene Bull</i>	

Piano

(4 +yrs)



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

Spring

496513	\$360/12 sess
Th 3:30 PM-4:00 PM	Apr 04-Jun 20
499576	\$360/12 sess
Th 4:00 PM-4:30 PM	Apr 04-Jun 20
499577	\$360/12 sess
Th 4:30 PM-5:00 PM	Apr 04-Jun 20
499578	\$360/12 sess
Th 5:00 PM-5:30 PM	Apr 04-Jun 20
499579	\$360/12 sess
Th 5:30 PM-6:00 PM	Apr 04-Jun 20
499580	\$360/12 sess
Th 6:00 PM-6:30 PM	Apr 04-Jun 20
499581	\$360/12 sess
Th 6:30 PM-7:00 PM	Apr 04-Jun 20
499582	\$360/12 sess
Th 7:00 PM-7:30 PM	Apr 04-Jun 20
499583	\$360/12 sess
Th 7:30 PM-8:00 PM	Apr 04-Jun 20

496518	\$330/11 sess
Su 9:30 AM-10:00 AM	Apr 07-Jun 23
499584	\$330/11 sess
Su 10:00 AM-10:30 AM	Apr 07-Jun 23
499585	\$330/11 sess
Su 10:30 AM-11:00 AM	Apr 07-Jun 23
499586	\$330/11 sess
Su 11:00 AM-11:30 AM	Apr 07-Jun 23
499587	\$330/11 sess
Su 11:30 AM-12:00 PM	Apr 07-Jun 23
499588	\$330/11 sess
Su 12:00 PM-12:30 PM	Apr 07-Jun 23
499589	\$330/11 sess
Su 12:30 PM-1:00 PM	Apr 07-Jun 23
499590	\$330/11 sess
Su 1:00 PM-1:30 PM	Apr 07-Jun 23
499591	\$330/11 sess
Su 1:30 PM-2:00 PM	Apr 07-Jun 23
499592	\$330/11 sess
Su 2:00 PM-2:30 PM	Apr 07-Jun 23

Summer

496514	\$120/4 sess
Th 3:30 PM-4:00 PM	Jul 04-Jul 25
499593	
Th 4:00 PM-4:30 PM	Jul 04-Jul 25
499594	\$120/4 sess
Th 4:30 PM-5:00 PM	Jul 04-Jul 25
499595	\$120/4 sess
Th 5:00 PM-5:30 PM	Jul 04-Jul 25
499596	\$120/4 sess
Th 5:30 PM-6:00 PM	Jul 04-Jul 25
499597	\$120/4 sess
Th 6:00 PM-6:30 PM	Jul 04-Jul 25
499598	\$120/4 sess
Th 6:30 PM-7:00 PM	Jul 04-Jul 25
499599	\$120/4 sess
Th 7:00 PM-7:30 PM	Jul 04-Jul 25
499600	\$120/4 sess
Th 7:30 PM-8:00 PM	Jul 04-Jul 25
496515	\$120/4 sess
Th 3:30 PM-4:00 PM	Aug 08-Aug 29
499601	\$120/4 sess
Th 4:00 PM-4:30 PM	Aug 08-Aug 29
499602	\$120/4 sess
Th 4:30 PM-5:00 PM	Aug 08-Aug 29
499603	\$120/4 sess
Th 5:00 PM-5:30 PM	Aug 08-Aug 29
499604	\$120/4 sess
Th 5:30 PM-6:00 PM	Aug 08-Aug 29
499605	\$120/4 sess
Th 6:00 PM-6:30 PM	Aug 08-Aug 29
499606	\$120/4 sess
Th 6:30 PM-7:00 PM	Aug 08-Aug 29
499607	\$120/4 sess
Th 7:00 PM-7:30 PM	Aug 08-Aug 29
499608	\$120/4 sess
Th 7:30 PM-8:00 PM	Aug 08-Aug 29

music lessons
all ages



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.

Instructor: Rene Hugo-Sanchez

Spring

495189	\$253/11 sess
Tu 5:45 PM-6:15 PM	Apr 09-Jun 18
496079	\$253/11 sess
Tu 6:15 PM-6:45 PM	Apr 09-Jun 18
499609	\$253/11 sess
Tu 6:45 PM-7:15 PM	Apr 09-Jun 18
499610	\$253/11 sess
Tu 7:15 PM-7:45 PM	Apr 09-Jun 18
499611	\$253/11 sess
Tu 7:45 PM-8:15 PM	Apr 09-Jun 18
499612	\$253/11 sess
Tu 8:15 PM-8:45 PM	Apr 09-Jun 18

Summer

495190	\$253/8 sess
Tu 5:45 PM-6:15 PM	Jul 02-Aug 20
496080	\$253/8 sess
Tu 6:15 PM-6:45 PM	Jul 02-Aug 20
499613	\$253/8 sess
Tu 6:45 PM-7:15 PM	Jul 02-Aug 20
499614	\$253/8 sess
Tu 7:15 PM-7:45 PM	Jul 02-Aug 20
499615	\$253/8 sess
Tu 7:45 PM-8:15 PM	Jul 02-Aug 20
499616	\$253/8 sess
Tu 8:15 PM-8:45 PM	Jul 02-Aug 20

week long summer camps

Byte Camps

Byte Camp -

2D Video Game Design

(11-14 yrs)

Learn how to build a 2D game from the ground up using Godot, an awesome free software that uses a coding language similar to python. This is a coding camp, so be prepared to challenge yourself and learn some new skills. Time will be spent learning how to create advanced 2D vector artwork and animated character sprites to make your game look great. Some coding experience or Byte Camp's - Intro to Coding is recommended as a prerequisite.

496667

M Tu W Th F

9:00 AM-4:00 PM

\$395/5 sess

Jul 29-Aug 02

Instructor: Byte Camp

Byte Camp -

Claymation Movie Production

(9-12 yrs)

Description: Make your own clay characters come to life, just like Shaun the Sheep! Participants will work to build their own clay characters, sets and props; develop their own script; shoot their movie scenes; and then learn to edit and add sounds and special effects to complete the whole project. Don't worry parents, there will be plenty of time devoted to outdoor games and activities!

496664

M Tu W Th F

9:00 AM-4:00 PM

\$395/5 sess

Jul 22-Jul 26

Instructor: Byte Camp

Byte Camp - Foundations in A.I. (11-14 yrs)

AI is taking over the world. Learn how computers think, how to think like computers, and how to make the computers think like us. This camp will explore the basics of AI and give students an opportunity to build and train their own bots as they compete with other bots in simulated competitions.

496672

M Tu W Th F

9:00 AM-4:00 PM

\$395/5 sess

Aug 19-Aug 23

Instructor: Byte Camp

Byte Camp -

Introduction to Coding

(9-12 yrs)

Discover how much fun it is to build your own game! Students will be introduced to basic coding skills with easy to use drag-and-drop software, and get to use those skills to make their very own games. Students will also learn how to create their own 2D vector artwork to make characters and levels that are entirely their own. The final project is a game that you can access and play or proudly share with friends online.

496669

Tu W Th F

9:00 AM-4:00 PM

\$340/4 sess

Aug 06-Aug 09

Instructor: Byte Camp

Byte Camp -

Introduction to Coding Level 2

(9-12 yrs)

Level-Up your coding and artwork skills in this fun and challenging camp. Students will take on advanced character movements and level design to make characters, levels and gameplay that are entirely unique. The final project is a game that you can access and play or proudly share with friends online. Previous coding experience in Scratch or Byte Camp's - Intro to Coding is recommended as a prerequisite.

496671

M Tu W Th F

9:00 AM-4:00 PM

\$395/5 sess

Aug 26-Aug 30

Instructor: Byte Camp

Bricks 4 Kidz Camp



Bricks 4 Kidz Camp -

Extreme LEGO Ninjas

(6-10 yrs)

Ninjas...GO! Get ready to use your Spinjitzu skills to fight for honor and establish peace. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

496681

M Tu W Th F

9:30 AM-12:30 PM

\$220/5 sess

Jul 15-Jul 19

Instructor: Bricks 4 Kidz Vancouver

Bricks 4 Kidz Camp -

Extreme LEGO Ninjas

(6-10 yrs)

Ninjas...GO! Get ready to use your Spinjitzu skills to fight for honor and establish peace. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

496683

M Tu W Th F

1:00 PM-4:00 PM

\$220/5 sess

Jul 15-Jul 19

Instructor: Bricks 4 Kidz Vancouver

Bricks 4 Kidz Camp -

Galaxy Far Away

(6-10 yrs)

Join us on a journey through space! Our models will remind you of your favourite popular space movies as you pilot your LEGO spacecraft to the great beyond. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

496679

Tu W Th F

9:30 AM-12:30 PM

\$176/4 sess

Jul 02-Jul 05

Instructor: Bricks 4 Kidz Vancouver

Bricks 4 Kidz Camp -

Galaxy Far Away

(6-10 yrs)

Join us on a journey through space! Our models will remind you of your favourite popular space movies as you pilot your LEGO spacecraft to the great beyond. Using Bricks 4 Kidz® building instructions, campers use classic LEGO bricks, LEGO Technic, and electric motors to construct 1 - 3 projects per session. Campers will be given a break for an optional snack from home.

496680

Tu W Th F

1:00 PM-4:00 PM

\$176/4 sess

Jul 02-Jul 05

Instructor: Bricks 4 Kidz Vancouver

week long summer camps

Sports Camps

Rookie Ball- Baseball Camp

(6-8 yrs)

This camp is ideal for beginners and those with limited experience. Campers will enjoy learning baseball skills through fun activities and mini games that will be played at a faster pace than regular baseball. Instructors will use basic motor learning principles to teach the necessary movement skills for baseball. No equipment necessary.

499660

M Tu W Th F

2:00 PM-3:15 PM

\$145/5 sess

Jul 08-Jul 12

499661

M Tu W Th F

2:00 PM-3:15 PM

\$145/5 sess

Aug 12-Aug 16

Instructor: QAB Baseball



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.

495206

M-F

9:00 AM-11:00 AM

Aug 12-Aug 16

\$150/5 sess

495207

M-F

9:00 AM-11:00 AM

Aug 19-Aug 23

\$150/5 sess

Instructor: Olympia Rhythmic Gymnastics

Art Camp

Cartooning & Drawing Camp:

Level 1

(7-12 yrs)

This is a half-day summer camp to learn foundational drawing skills taught by a professional illustrator. No crafts or gimmicks, just the fundamentals of drawing and cartooning in a supportive, safe, and fun environment. Students will draw a variety of dynamic characters and unleash their imagination by creating a short comic strip of their own, step by step. All art supplies will be provided; however, if students have personal supplies they prefer, they can bring them. Students can bring a water bottle and a small snack. At the end of the week there will be a short Gallery Show open to families and guardians.

495563

M Tu W Th F

9:00 AM-12:00 PM

\$210/5 sess

Jul 08-Jul 12

495568

M Tu W Th F

9:00 AM-12:00 PM

\$210/5 sess

Aug 12-Aug 16

Instructor: Christache Ross

Cartooning & Drawing Camp:

Level 2

(9-15 yrs)

This is a fun, half-day summer camp to learn intermediate drawing skills taught by a professional illustrator. This class is suitable for students who have previously learned from Christache, or have taken other art classes. Students should be prepared to be challenged, but still have fun and be creative. Students will learn head construction and facial expressions, 3D objects in perspective, simplified human anatomy, and confident line work. These skills will be integrated into creating original artwork. All art supplies will be provided; however, if students have personal supplies they prefer, they may bring them. Students can bring a water bottle and a small snack. At the end of the week there will be a short Gallery Show open to families and guardians.

495565

M Tu W Th F

1:00 PM-4:00 PM

\$210/5 sess

Jul 08-Jul 12

495567

M Tu W Th F

1:00 PM-4:00 PM

\$210/5 sess

Aug 12-Aug 16

Instructor: Christache Ross

summer
daycamp

Community Fair

Saturday June 15 from 11am-3pm



Live Entertainment, food, inflatables & community booths.



summer
daycamp

Weekly from
9:00am-3:30pm

Sunsplash DAYCAMP

Get ready for a summer of outdoor fun and adventure!
Activities will include sports, cooperative games, arts & crafts, theatre,
dance parties, entertainers and special guests!
We will also go on walking out-trips to explore nature and the great outdoors!

Sunsplash



- Drop-off Time: 9:00 AM & Pick-up Time: 3:30 PM.
- Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.
- Outdoor day camps will operate rain or shine unless there is an Environment Canada Weather Warning.
- Children should dress appropriately for the weather.
- Please remember: bathing suit, hat, sunscreen, rain gear, lunch & snack, and water.
- Prior to camp, parents/guardians will receive an email with the Parent Communication & Policy Manual (including mandatory waiver/forms), outlining camp expectations and guidelines. These documents need to be handed in on the first day of camp or your child will not be able to attend.
- Parents/guardians must sign-in/out their child at drop-off & pick up, and complete the daily health screening questionnaire or the child will not be able to participate in the day's activities.
- Children are required to be dropped off no earlier or picked up no later than the official camp time. Penalty will apply.

Supported Sunsplash

- Limited additional support is available for children (6-12yrs) with disabilities wanting to attend the Sunsplash summer day camp.
- If you are interested in learning about this support please contact Access.services@vancouver.ca or call 604 654 0978 for information and an application form.
- There is a maximum of two weeks of support available per child and there are eligibility requirements.
- One to one support is not provided.
- Online registration is not available.
- Drop-off Time: 9:00 AM and pick-up time: 3:30 PM
- Children must have completed kindergarten and be eligible for grade 1 in order to register for camp.
- Outdoor day camps will operate rain or shine unless there is an Environment Canada Weather Warning.
- Children should dress appropriately for the weather. Please remember: bathing suit, hat, sunscreen, rain gear, lunch & snack, and water.
- Prior to camp, parents/guardians will receive an email with the Parent Communication & Policy Manual (including mandatory waiver/forms), outlining camp expectations and guidelines. These documents need to be handed in on the first day of camp or your child will not be able to attend.
- Parents/guardians must sign-in/out their child at drop-off & pick up, and complete the daily health screening questionnaire or the child will not be able to participate in the day's activities.
- Children are required to be dropped off no earlier or picked up no later than the official camp time. Penalty will apply.

Junior Sunsplash

(6-8 yrs)

Week 1	496585	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Jul 02-Jul 05
Week 2	499618	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 08-Jul 12
Week 3	499619	\$114/4 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 15-Jul 19
Week 4	499620	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 22-Jul 26
Week 5	499621	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 29-Aug 02
Week 6	499622	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 06-Aug 09
Week 7	499623	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 12-Aug 16
Week 8	499624	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 19-Aug 23
Week 9	499625	\$85/3 sess
M Tu W	9:00 AM-3:30 PM	Aug 26-Aug 28

Senior Sunsplash

(9-12 yrs)

Week 1	496586	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Jul 02-Jul 05
Week 2	499626	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 08-Jul 12
Week 3	499627	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 15-Jul 19
Week 4	499628	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 22-Jul 26
Week 5	499629	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 29-Aug 02
Week 6	499630	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 06-Aug 09
Week 7	499631	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 12-Aug 16
Week 8	499632	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 19-Aug 23
Week 9	499633	\$85/3 sess
M Tu W	9:00 AM-3:30 PM	Aug 26-Aug 28

Supported Junior Sunsplash

(9-12 yrs)

Week 1	496587	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Jul 02-Jul 05
Week 2	499634	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 08-Jul 12
Week 3	499635	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 15-Jul 19
Week 4	499636	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 22-Jul 26
Week 5	499637	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 29-Aug 02
Week 6	499638	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 06-Aug 09
Week 7	499639	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 12-Aug 16
Week 8	499640	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 19-Aug 23
Week 9	499641	\$85/3 sess
M Tu W	9:00 AM-3:30 PM	Aug 26-Aug 28

Supported Senior Sunsplash

(9-12 yrs)

Week 1	496588	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Jul 02-Jul 05
Week 2	499642	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 08-Jul 12
Week 3	499643	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 15-Jul 19
Week 4	499644	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 22-Jul 26
Week 5	499645	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 29-Aug 02
Week 6	499646	\$114/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 06-Aug 09
Week 7	499647	\$114/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 12-Aug 16
Week 8	499649	\$142/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 19-Aug 23
Week 9	499648	\$85/3 sess
M Tu W	9:00 AM-3:30 PM	Aug 26-Aug 28

summer
daycamp

Refund Policy: 8 days notice or more is needed for a full refund less a \$4.00 service charge 7 days notice or less, no refunds or transfers





Youth Summer Leadership Camp

11-14 yrs

This camp is for youth who are interested in building on their leadership skills!

Examples of activities include (but not limited to) team building games, workshops, crafts, community cleanups, special presentations and inspiring guest speakers tailored to youth leadership. Register now!

Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines. Youth should dress appropriately for the weather. Please remember: bathing suit, hat, sunscreen, rain gear, lunch & snack, and water. Prior to camp, parents/guardians will receive an email with the Parent Communication & Policy Manual (including mandatory waiver/forms), outlining camp expectations and guidelines. These documents need to be handed in on the first day of camp or your child will not be able to attend. Parents/guardians must sign-in/out their youth at drop-off & pick up. Children are required to be dropped off no earlier or picked up no later than the official camp time. Penalty may apply.

8 days notice for a full refund, including a \$4.00 administration fee. 7 days notice or less, no refunds or transfers.

THE SCHEDULE

Week 1	499651	\$108/4 sess
Tu W Th F	10:00 AM-3:30 PM	Jul 02-Jul 05
Week 2	499652	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Jul 08-Jul 12
Week 3	499653	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Jul 15-Jul 19
Week 4	499654	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Jul 22-Jul 26
Week 5	499655	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Jul 29-Aug 02
Week 6	499656	\$108/4 sess
Tu W Th F	10:00 AM-3:30 PM	Aug 06-Aug 09
Week 7	499657	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Aug 12-Aug 16
Week 8	499658	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Aug 19-Aug 23
Week 9	499659	\$135.5/5 sess
M Tu W Th F	10:00 AM-3:30 PM	Aug 26-Aug 30





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.

Tu W Th F 3:30 PM-6:30 PM Apr 02-Jun 28

Instructor: Youth Leader

Volunteer Opportunities

Youth Volunteering Orientation

(13-18 yrs)

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

496556

Free

Sa 2:00 PM-3:30 PM

Apr 13

496557

Free

Sa 2:00 PM-3:30 PM

Jul 06



@ActiveChamplain

youth

FRIDAY FUN 6:00-7:30PM

(10-18 yrs)

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

Tell your friends.

Lead by our Youth Leader.

The Last Friday of The Month!

Youth Leadership

Champlain Youth Council (13-17 yrs)

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. FREE

496555 Free
W 4:00 PM-5:00 PM Apr 03-Jun 26

Red Cross Babysitting Course (11-16 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!

496711 \$70
Sa 9:00 AM-4:00 PM Apr 13
496713 \$70
Sa 9:00 AM-4:00 PM Jun 29
Instructor: First Aid Hero

Red Cross Stay Safe (9-16 yrs)

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

496714 \$60
Sa 9:00 AM-3:00 PM Apr 06
496715 \$60
Sa 9:00 AM-3:00 PM Jun 22
Instructor: First Aid Hero

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!

496692 \$50/7 sess
Tu 4:00 PM-5:30 PM Apr 02-May 14
496696 \$43/6 sess
Tu 4:00 PM-5:30 PM May 21-Jun 25
Instructor: Youth Leader

Youth Dungeons & Dragons (10-16 yrs)

Come and take part in the Dungeons and Dragons adventure at Champlain Heights! D&D is a co-operative role-playing game and will be led by an experienced instructor. All levels are welcome, including beginners! You're welcome to bring your own supplies, but there will also be supplies available to those who need it. (Ages 10-16)

495182 \$75/10 sess
M 4:30 PM-7:30 PM Apr 08-Jun 24
495183 \$53/7 sess
M 4:30 PM-7:30 PM Jul 08-Aug 26
Instructor: Will Lochhead



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!

496478 \$84/14 sess
Th 6:15 PM-7:45 PM Apr 04-May 16
496480 \$72/12 sess
Th 6:15 PM-7:45 PM May 23-Jun 27
Instructor: Youth Leader

Sports

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.

496149 Free
F 3:30 PM-5:30 PM Apr 05-Jun 28
496151 Free
F 3:30 PM-5:30 PM Jul 05-Aug 30
Instructor: No Instructor

YOUTH OPEN GYM GRADE 5-12

WED - 3:30PM-6PM

THU - 6:15PM-8PM

FRI - (VBALL) 3:30PM-5:30PM

SAT - 2:45PM-3:45PM

SUN - 2:45PM-3:45PM



CHAMPLAIN HEIGHTS COMMUNITY CENTRE PRESCHOOL 2024/2025



**VIEW
ONLINE**

Mornings

3 year olds

Tuesday / Thursday 9:00am - 11:30am

\$164/month*

4 year olds

Monday / Wednesday / Friday 9:00am - 12:00pm


\$272/month*

3 & 4 year olds

Monday / Wednesday / Friday 9:00am - 12:00pm

& Tuesday / Thursday 9:00am - 11:30am

\$391/month*



Afternoons (For 3 & 4 year olds)

Tuesday / Thursday 12:45pm - 2:45pm

\$133/month*

Monday / Wednesday / Friday 12:45pm - 2:45pm

\$190/month*

Monday to Friday 12:45pm - 2:45pm

\$298/month*

* these fees DO NOT reflect the discounted ministry approved
child care fee reduction initiative (CCFRI). Final price may decrease slightly.

For more information about our preschool, please contact us
via email at pre-school@champlainheightscc.ca



licensed
childcare

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 15 for details.

Procedures for Champlain Heights Preschool

If you are interested in any of our 2024/2025 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 9th. During the summer break, we will be available for information and inquiries via email only. Please email the preschool email address at pre-school@champlainheightsscc.ca. The preschool teacher will check and respond to emails periodically, 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 \$133 | After \$329
*Before and After \$369

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).

Art & 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.

495963 \$84/12 sess
M 11:30 AM-1:00 PM **Apr 01-Jun 24**
495965 \$49/7 sess
M 11:30 AM-1:00 PM **Jul 08-Aug 26**
495967 \$91/13 sess
Tu 10:00 AM-11:30 AM **Apr 02-Jun 25**
495969 \$63/9 sess
Tu 10:00 AM-11:30 AM **Jul 02-Aug 27**
495970 \$91/13 sess
Th 10:45 AM-12:15 PM **Apr 04-Jun 27**
495972 \$63/9 sess
Th 10:45 AM-12:15 PM **Jul 04-Aug 29**
Instructor: Mimi Hai Yan Zhang



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!

496546 Free
Th 1:00 PM-3:00 PM **Apr 04-Aug 29**
No Instructor

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.

495186 \$72/12 sess
Th 10:00 AM-12:00 PM **Apr 04-Jun 20**
Instructor: Kirsten Person

Education

Recreational Bridge (55 + yrs)

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

495679 Free
W 12:00 PM-3:00 PM **Apr 03-Jun 26**
495682 Free
W 12:00 PM-3:00 PM **Jul 03-Aug 28**
Instructor: No Instructor

Fitness & Health

Barre Fitness (19 + yrs)

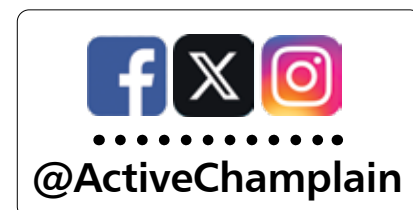
Barre fitness is distinguished from other group fitness activities by its use of the ballet barre and its incorporation of movements derived from ballet. These classical dance movements and positions are combined with those drawn from yoga and pilates, and other equipment is sometimes used in addition 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.

496309 \$117/13 sess
Sa 12:30 PM-1:30 PM **Apr 06-Jun 29**
496312 \$81/9 sess
Sa 12:30 PM-1:30 PM **Jul 06-Aug 31**
Instructor: Lubna Dalupang

Hatha Yoga - Beginner/Intermediate (19 +yrs)

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

496047 \$160/11 sess
W 6:30 PM-8:00 PM **Apr 10-Jun 19**
496050 \$60/5 sess
W 6:30 PM-8:00 PM **Jul 03-Jul 31**
Instructor: Shannon Piedt



Yoga for All (19 +yrs)

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

495450 \$87/6 sess
Th 7:00 PM-8:00 PM **Apr 11-May 16**
495451 \$87/6 sess
Th 7:00 PM-8:00 PM **May 23-Jun 27**
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.

496550 \$104/13 sess
Sa 9:10 AM-10:10 AM **Apr 06-Jun 29**
496551 \$72/9 sess
Sa 9:10 AM-10:10 AM **Jul 06-Aug 31**
496552 \$104/13 sess
Tu 7:00 PM-8:00 PM **Apr 02-Jun 25**
496553 \$72/9 sess
Tu 7:00 PM-8:00 PM **Jul 02-Aug 27**
Instructor: Lubna Dalupang

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.

495184 \$84/9 sess
F 11:45 AM-12:45 PM **Apr 05-May 31**
495185 \$84/6 sess
F 11:45 AM-12:45 PM **Jun 21-Jul 26**
Instructor: Bonnie McCoy

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.

495339 \$55/12 sess
F 5:30 PM-6:30 PM **Apr 12-Jun 28**
Instructor: Suzette Lund

adult & senior

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.

495191 \$80/4 sess
M 7:30 PM-9:00 PM Apr 08-Apr 29
495192 \$60/3 sess
M 7:30 PM-9:00 PM May 06-May 27
495193 \$80/4 sess
M 7:30 PM-9:00 PM Jun 03-Jun 24
495194 \$80/4 sess
M 7:30 PM-9:00 PM Jul 08-Jul 29
495195 \$60/3 sess
M 7:30 PM-9:00 PM Aug 12-Aug 26
Instructor: Simon Siu



Hunyuan Tai Chi (19 +yrs)

Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beijing, China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum, studied under Master Feng Xiufang eldest daughter of Grandmaster Feng Zhiqiang. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com. No class between May 6-June 3.

495340 \$15/5 sess
M 9:00 AM-11:00 AM Apr 01-29
495341 \$9/3 sess
M 9:00 AM-11:00 AM Jun 10-24
495342 \$21/7 sess
M 9:00 AM-11:00 AM Jul 08-Aug 26
Instructor: Margaret Miu Duen Lum

Hunyuan/Yang Style Beginner Tai Chi (Alternate)

(19 + yrs)

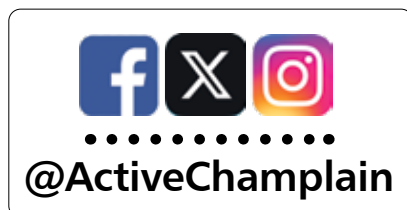
This class alternates each week between Hunyuan and Yang Style 24 form. Please see descriptions below for each style. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com. Hunyuan Tai Chi was created by Grandmaster Feng Zhiqiang of Beijing, China. This system combines the Xinyi Qigong and Chen Style Tai Chi. Instructor Margaret Lum, studied under Master Feng Xiufang eldest daughter of Grandmaster Feng Zhiqiang. The Yang Style 24 form is a simplified version of Yang Style Traditional Tai Chi. The traditional movements are condensed into 24 moves which can be completed in approximately 6 minutes. The characteristics of the Yang Style Tai Chi are the larger sweeping, graceful and slow movements. This allows people of all ages and fitness levels to start easily and continue to practice safely to improve their health. The lessons will incorporate the basic Yang Style movements with the goal of improving your flexibility, balance, and strength. The ultimate result of practicing tai chi will lead to better overall physical and mental wellbeing. No class between May 4-June 1.

495341 \$12/4 sess
Sa 9:15 AM-11:15 AM Apr 06-27
495342 \$12/4 sess
Sa 9:15 AM-11:15 AM Jun 8-29
495344 \$27/9 sess
Sa 9:15 AM-11:15 AM Jul 06-Aug 31
Instructor: Margaret Miu Duen Lum

Martial Gym for Seniors (55 +yrs)

Program focuses on 1) Fall prevention and preparation 2) Reduction of some common chronic pains. Exercises are purpose-driven versions of internal martial arts using modernized teaching methods. Improved blood circulation helps remove a very common root cause of ailments. Proper stretching and improved range of movement improve the quality of life as well as remove a lot of common pains. Strong muscles with proper body mechanics make daily tasks easier and safer. Simple skills and games provide the necessary stimulus to the neural system to stay sharp as well as to ensure a better and faster reaction. Instructor give hands-on corrections and adaptations where necessary.

496303 \$57.12/11 sess
M 8:45 AM-9:45 AM Apr 01-Jun 24
Instructor: Mario Lam



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

This is a self-led Tai Chi Club. No instruction provided. Previous experience is preferred.
496560 \$24/39 sess
Tu W Th 8:00 AM-9:00 AM Apr 02-Jun 27
496561 \$24/27 sess
Tu W Th 8:00 AM-9:00 AM Jul 02-Aug 29
Instructor: No Instructor

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. No class between May 3-31.

495342 \$24/4 sess
F 9:00 AM-11:00 AM Apr 05-26
495343 \$24/8 sess
F 9:00 AM-11:00 AM Jun 07-28
495345 \$27/4 sess
F 9:00 AM-11:00 AM Jul 05-Aug 30
Instructor: Art G Lum

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 ECPC stewards at ecpcstewards@gmail.com if you have any questions.

495978

Sa 10:00 AM-12:30 PM

Free

495979

Sa 10:00 AM-12:30 PM

May 11

495981

Sa 10:00 AM-12:30 PM

Free

May 25

Free

Jun 08

Instructor: Damian Assadi



Interpretive Nature Walk at Everett Crowley Park

(All Ages)

Did you know that Champlain Heights is home to Everett Crowley Park, one of the largest parks in the City? Join the ECP Committee for interpretive nature walks! Everett Crowley Park was a closed landfill for 25 years before its official opening as a park in 1987. Native and invasive plants have been slowly recolonizing the whole park, transforming it into a young forest of hardy deciduous trees and opportunistic blackberry. In this nature walk, you will learn about the park's history, ecology, community stewardship, and more. Meet in Everett Crowley Park in the parking lot off Kerr St (8200 Kerr St). Please pre-register. Please dress appropriately for the weather and wear sturdy, close-toed shoes. Weather permitting. Contact Damian (ECPC Chair) at ecpcstewards@gmail.com if you have any questions!

495992

Su 10:00 AM-12:00 PM

Free

Jun 23

495995

Su 10:00 AM-12:00 PM

Free

Aug 25

Instructor: Damian Assadi



We have a Monthly Midweek Movie Matinee (55 + yrs)

Wednesdays
10:30 AM-1:35 PM
\$3.33/person

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.

★ April 3 496063
★ May 1 496064
★ June 5 496069
★ July 3 496071
★ August 7 496072



adult & senior

Bus Trips

Chilliwack Tulip Festival

(55 +yrs)

Harrison Tulip Festival is the original tulip festival that takes place over a 3-5-week period, usually in April, sometimes into May, depending on the weather. Actual length depends on temperature as high temperatures pushes the tulips through faster. The festival has grown from a couple of hundred visitors per season, to nearly 50,000. The festival invites visitors to enjoy over 7 million tulips through designated pathways, as well as Hyacinths and double daffodils. After the festival we will be having lunch at the Mandarin Buffet Restaurant. Before we head home, we will visit the Chilliwack River Honey store. Their honey is 100% natural, unpasteurized and packaged by hand. The honey contains all the good things that the bees get from the flower. Guided by Simon Yan.

P/UP at Champlain CC

496573

\$60

Th 8:45 AM-3:30 PM

Apr 29

P/UP at Killarney CC

496574

\$60

Th 9:00 AM-3:30 PM

Apr 29

Instructor: Simon Yan



Full Bloom Lavender

(55 +yrs)

Full Bloom Lavender Farm is located in Langley and has over 2500 lavender plants and 11 different varieties. This family owned business opens the fields for about one month as the lavender reach their full bloom. There will also be a gift shop on site for you to purchase all things lavender. Following the visit we will have lunch at Boston Pizza. Guided by Simon Yan.

P/UP at Champlain CC

496577

\$85/1 sess

Tu 8:45 AM-3:00 PM

Jul 02

P/UP at Killarney CC

500624

\$85/1 sess

Tu 9:00 AM-3:00 PM

Jul 02

Instructor: Simon Yan

Gulf of Georgia Cannery

(55 +yrs)

Come visit the Gulf of Georgia Cannery, a National Historic Site representing the historical significance of Canada's West Coast fishing history. Following the tour of the cannery, you will have time to visit Steveston Village. This quaint fishing village at the mouth of the Fraser River was voted #1 Metro Vancouver neighbourhood out of 192 in 2020. Much of it was declared a heritage zone in 1960, which accounts the warm, old-timey vibe. Guided by Simon Yan.

P/UP at Champlain CC

496582

\$50

W 9:00 AM-3:30 PM

Aug 07

P/UP at Killarney CC

496581

\$50

W 9:15 AM-3:30 PM

Aug 07

Instructor: Simon Yan

Chilliwack Sunflower Festival

(55 + yrs)

Take a stroll along numerous pathways on 14 acres of flowers with 5-8 acres in bloom at any given time throughout the festival. This year the festival will have 45 gorgeous varieties of Sunflowers. There will also be dahlias, zinnias and cosmos bursting with colour. After viewing the fields we will be stopping at Harrison Hot Springs and have lunch at the Old Bavaria Haus.. Guided by Simon Yan.

P/UP at Champlain CC

496583

\$80

M 8:45 AM-5:00 PM

Aug 26

P/UP at Killarney CC

496584

\$80

M 9:00 AM-5:00 PM

Aug 26

Instructor: Simon Yan



Fraser Valley Heritage Rail

(55 + yrs)

Come to Cloverdale and experience the Fraser Valley Heritage Railway and learn about the interurban train network that existed in our region. It all starts at the Cloverdale railway station. This station is the exact replica of the original station built in 1910. We will board a fully restored B.C. Electric Interurban Railcar and have a chance to enjoy all the displays offered at the site. After visiting the Rail Station we will have lunch at Elisabeth's Chalet (included), a German Restaurant serving the area for over 40 years. Guided by Simon Yan.

P/UP at Champlain CC

496575

\$85

M 8:45 AM-3:15 PM

May 11

P/UP at Killarney CC

496576

\$85

M 9:00 AM-3:15 PM

May 11

Instructor: Simon Yan

Whistler Village

(55 + yrs)

Come spend the day in Whistler Village and discover why over two million people visit Whistler annually, primarily for alpine skiing and snowboarding and, in summer, mountain biking at Whistler Blackcomb. Its pedestrian village has won numerous design awards and Whistler has been voted among the top destinations in North America by major ski magazines since the mid-1990s. During the 2010 Winter Olympics, Whistler hosted most of the alpine, Nordic, luge, skeleton, and bobsled events. Guided by Simon Yan.

P/UP at Champlain CC

496580

\$50

F 7:45 AM-6:00 PM

Jul 19

P/UP at Killarney CC

496579

\$50

F 8:00 AM-6:00 PM

Jul 19

Instructor: Simon Yan



Sports



Badminton - Recreational

(19+ yrs)

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

495571 \$42/12 sess

M 8:00 PM-9:30 PM Apr 01-Jun 24

495572 \$24.5/7 sess

M 8:00 PM-9:30 PM Jul 08-Aug 26

Instructor: No Instructor

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.

495574 \$55.25/13 sess

W 8:15 PM-9:45 PM Apr 03-Jun 26

495576 \$38.25/9 sess

W 8:15 PM-9:45 PM Jul 03-Aug 28

Instructor: No Instructor

Basketball

(19+ yrs)

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

495578 \$45.5/13 sess

Tu 8:30 PM-9:45 PM Apr 02-Jun 25

495590 \$45.5/13 sess

Th 8:30 PM-9:45 PM Apr 04-Jun 27

495591 \$31.5/9 sess

Th 8:30 PM-9:45 PM Jul 04-Aug 29

495592 \$31.5/9 sess

Tu 8:30 PM-9:45 PM Jul 02-Aug 27

Instructor: No Instructor

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.

496523 \$45.5/13 sess

W 6:30 PM-8:00 PM Apr 03-Jun 26

496526 \$31.5/9 sess

W 6:30 PM-8:00 PM Jul 03-Aug 28

Instructor: No Instructor

Volleyball

(19 +yrs)

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

496139 \$89/13 sess

Sa 10:15 AM-12:15 PM Apr 06-Jun 29

496140 \$62/9 sess

Sa 10:15 AM-12:15 PM Jul 06-Aug 31

Instructor: No Instructor

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.

496538 \$45.5/13 sess

Tu 11:30 AM-1:30 PM Apr 02-Jun 25

496529 \$45.5/13 sess

Th 11:45 AM-1:45 PM Apr 04-Jun 27

496539 \$31.5/9 sess

Tu 11:30 AM-1:30 PM Jul 02-Aug 27

496536 \$31.5/9 sess

Th 11:45 AM-1:45 PM Jul 04-Aug 29

Instructor: No Instructor



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

adult & senior

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		Body Sculpt Apr 9-Aug 27 Leah	Full Body Power Apr 3-Aug 28 Betty-Lynn	Body Sculpt Apr 4-Aug 29 Betty-Lynn	Step Drills and Thrills Apr 5-Aug 30 Betty-Lynn
10:00 AM-11:00 AM	ReFit Apr 8-Aug 26 Rocio				
10:30 AM-11:30 AM			ReFit Apr 10-Aug 28 Betty-Lynn		ReFit Apr 5-Aug 30 Betty-Lynn

Schedule subject to change

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

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

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

Fees

Fitness Centre Admission Fees		
Fees	Adult	Youth/Senior
Drop-in	\$7.41	\$5.19
10-visit pass	\$66.69	\$46.71

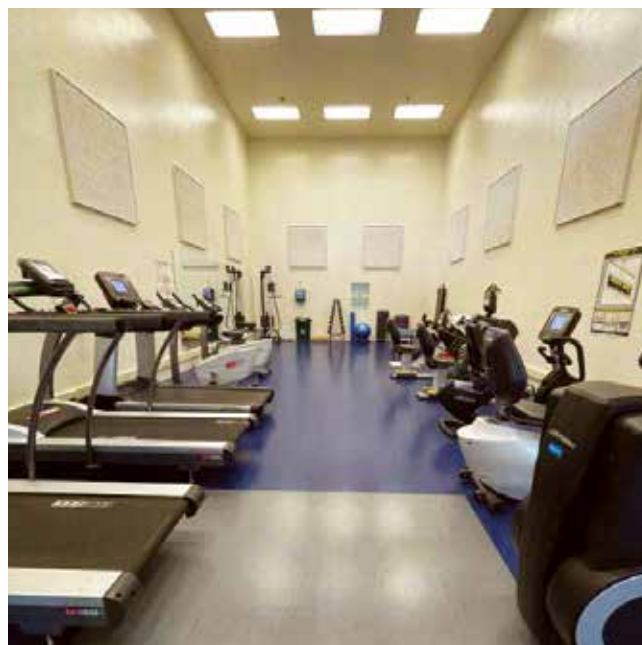
Monthly Flexipass		
Fees	Adult	Youth/Senior
1 month	\$59.95	\$41.96
3 month	\$161.87	\$113.31
12 month	\$517.97	\$362.58

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



Summer 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 (3-4 people)
1	\$61.66	\$92.46	\$129.70
3	\$170.87	\$256.35	\$347.38
5	\$274.83	\$423.22	\$509.51
10	\$493.36	\$785.98	\$926.37

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

Champlain Heights Fitness Centre

Happy Hearts Maintenance Program

Tuesday 2:00-3:00pm

Apr 2-Jun 25 #495196

July 2-Aug 27 #495198



Thursday 2:00-3:00pm

Apr 4-Jun 27 #495197

July 4-Aug 29 #495200

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

Apr 2-Jun 6 #495201

Jun 18-Aug 22 #495202



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

Requirements to attend:

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

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

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

Fitness for Youth/Older Adults

Youth (13-18 yrs)

Tuesday 4:30-5:30pm (Thursday-optional)

Apr 9-30 #496641

May 7-28 #496642

Jun 4-25 #496643

Jul 9-30 #496644

Aug 6-27 #496645

Older Adults (55+ yrs)

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

Apr 8-29 #496637

May 6-Jun 3 #496638
(no class May 20)

Jul 15-Aug 12 #496640
(no class Aug 5)

Jun 10-Jul 8 #496639
(no class Jul 1)

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
Cycle Fit 6pm-7pm	Cycle Core 6pm-7pm	Cycle Fit 6pm-7pm

Indoor Cycling Fees

Single visit	\$7.41
10 visit	\$66.69
Please visit us online at vanrec.ca to register for your session!	
Schedule is subject to change. Prices do not include tax.	



Squash Court

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

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

Court Rental Fees		
	Adult	Youth
Prime-time	\$17.63	\$12.34
Non-prime	\$12.59	\$8.81
10 visit pass (non refundable)		
Prime-time	\$158.67	
Non-prime	\$113.31	
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.

Facility Rentals

Are you looking for a room? We can help.

Steps to Rent a Room

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

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

**Staffing

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

+ Certificate of Insurance

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

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

EARTH FEST 2024

Saturday, April 27
in Everett Crowley Park
11AM - 3PM

Join in on this fun, family-
friendly community event
celebrating Earth Day!



earth day


We gratefully acknowledge that we live and work on the Unceded Ancestral Territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səliłwatał (Tsleil-Waututh) Nations.



EVERETT CROWLEY
PARK COMMITTEE

LEARN MORE
ABOUT THE ECPC:



 @ECPCSTEWARDS



CHAMPLAIN HEIGHTS COMMUNITY FAIR

Saturday June 15

11am – 3pm

FREE FOR ALL AGES!



**Live Entertainment,
concession stand, inflatables
& community booths**

Parking is limited, please consider
walking, biking or transit



community
day

Earth Fest

Join in on this fun,
family-friendly community
event, celebrating
Earth Day!

Saturday April 27
11:00am-3:00pm

Located at
Everett
Crowley Park.



Summer Fair

Come say hello and join in on the
live entertainment this
Summer with the Champlain
Heights Summer Fair.
Free for all ages- tell your friends
and bring your family!

Saturday June 15
11:00am-3:00pm



Shooting Stars Academy Girls Basketball Skill Development

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. 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
your own basketball.

Tuesday April 2-June 25
5:45pm-6:45pm
[496137](tel:496137)



Rookie Ball Baseball Camp (6-8yrs)

This camp is ideal for beginners and
those with limited experience. Campers
will enjoy learning baseball skills through
fun activities and mini games that will
be played at a faster pace than regular
baseball. Instructors will use basic
motor learning principles to teach the
necessary movement skills for baseball. No
equipment necessary.

Monday to Friday July 8-12
2:00pm-3:15pm
[499660](tel:499660)

Monday to Friday August 12-16
2:00pm-3:15pm
[499661](tel:499661)



Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

www.champlainheightscc.ca