

Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6
www.champlainheightscc.ca



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Recreation Guide Spring & Summer 2025



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 (Tsilil-Waututh), and x̱məθḵə'yəm (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-August 31

Monday-Thursday 7:00am-9:00pm
 Friday..... 7:00am-8:00pm
 Saturday & Sunday 9:00am-4:00pm
 Fitness Centre See website for hours.

Closed on statutory holidays

Please note: Operating hours subject to change

→All spring programs are highlighted in yellow

Recreation Staff

Community Recreation Supervisor

Grant Matsuda 604-718-6582

Recreation Programmer

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

Recreation Programmer

(Fitness Centre) Patrick Wong..... 604-257-8490

Community Youth Worker

Jessica McCallum..... 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

Wednesday March 12
 7pm online and in person.

Thursday March 13
 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.



@ActiveChamplain

Extended Summer Hours!

The Champlain Heights Community Association is pleased to be funding extended hours on weekends this summer. In response to requests by the community and due to the higher volume of activities around the centre, including the new playground and pickleball, we would like to ensure that there is extended access to the bathrooms and other amenities, for those who enjoy what our community centre has to offer.



July 2 to August 30 on Saturdays and Sundays (9am - 4pm) we are extending the hours from 1 pm close to 4pm.

The CHCA, in partnership with the Vancouver Parks Board, are looking at ways to offer even more access to the Champlain Heights Community. We will be observing the success of this trial period and will also be looking to add more programs during these extended hours.

If you have programming ideas and would like to volunteer a couple of hours a month, for your community, please join our program committee. Meetings are at the centre, every 2nd Tuesday of the month at 6:15 pm.

Regards,

Board of Directors - Champlain Heights Community Association

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.

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.

2024-2025 Board of Directors

Andrew Pereda
Robert Baxter
Nancy Ogden
Lorraine Huamali
María Rantanen
Trevor Van Hemert
Damian Assadi

Juliana De Souza
Silvia Hagen
Aly Woodward
David Day
Cole Reintsma
Darko Sikman

Champlain Heights Community Association Mission Statement

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

Dance

Pre-Ballet I & II -

Glow Kids Dance (3-5 yrs)

Through playful exercises and whimsical music, pre-ballet encourages creativity, fosters self-expression, and ignites a lifelong love for the elegance of ballet. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), and hair up away from face. Don't forget your water bottle! No class Feb 16. Must have taken Pre-Ballet I & II during the Winter 2025 season. No class Apr 20 and May 18.

547830 \$100/10 sess
Su 9:15 AM-9:55 AM Apr 06-Jun 22
Instructor: Lia Fletcher

Pre Ballet 3 & 4 (Kindy Ballet) -

Glow Kids Dance (5-7 yrs)

Designed specifically for budding ballerinas and ballerinos, pre-ballet is a magical introduction to the fundamental technique and expressive beauty of classical ballet. In this nurturing and imaginative environment, children cultivate poise, coordination, and musicality while exploring the foundations of ballet positions, leaps, and turns. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), and hair up away from face. Don't forget your water bottle! Must have taken Pre Ballet 3 & 4 during the Winter 2025 season. No class Apr 20 and May 18.

547831 \$100/10 sess
Su 10:00 AM-10:40 AM Apr 06-Jun 22
Instructor: Lia Fletcher

Ballet I & II -

Glow Kids Dance (8-10 yrs)

Ballet is known to provide grace, poise, and technique needed to be proficient in all other areas of dance, and it is best introduced at a young age. This class is designed to help young dancers with posture, flexibility, fitness, balance, self-discipline, and self-confidence. For a full dance experience, make sure to sign up for Acro Jazz I right after this class. Attire: pink leotard, pink ballet tights, pink ballet shoes purchased at a dance shop (no H&M slippers please), hair up away from face, water bottle. Must have been enrolled in Ballet I & II during the Winter 2025 season. No class Apr 20 and May 18.

547832 \$100/10 sess
Su 10:45 AM-11:25 AM Apr 06-Jun 22
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. No class Apr 20 and May 18. Attire: pink leotard, convertible pink ballet tights, foot undies, hair up and away from face, water bottle.

547833 \$100/10 sess
Su 11:30 AM-12:10 PM Apr 06-Jun 22
Instructor: Lia Fletcher

Glow Kids Dance Team Acro &

Contemporary 3 & 4 (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. No class Apr 20 and May 18.

547834 \$180/10 sess
Su 12:30 PM-2:00 PM Apr 06-Jun 22
Instructor: Lia Fletcher

Glow Kids Dance Team Acro & Contemporary Group 1

(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. No class Apr 20 and May 18.

547835 \$120/10 sess
Su 2:00 PM-3:00 PM Apr 06-Jun 22
Instructor: Lia Fletcher

Glow Kids Dance Team Group 3 & 4

(6-12 yrs)

At Glow Kids Dance, we offer high quality dance instruction from pre-ballet to first year of pointe. We also offer acro, lyrical, contemporary and jazz. Our academic year runs from September until June. No class May 27 and May 29. Find us at

www.empireglow.ca or
instagram: @empireglow.ca

547837 \$132/11 sess
Tu 5:00 PM-6:00 PM Apr 01-Jun 17

547838 \$132/11 sess
Th 4:45 PM-5:45 PM Apr 03-Jun 19
Instructor: Lia Fletcher

Glow Kids Dance Team

Group 3

(6-12 yrs)

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. No class May 27 and May 29.

547839 \$132/11 sess
Tu 4:00 PM-5:00 PM Apr 01-Jun 17

547840 \$132/11 sess
Th 3:45 PM-4:45 PM Apr 03-Jun 19
Instructor: Lia Fletcher

Glow Kids Dance Team

Group 4

(6-12 yrs)

At Glow Kids Dance, we offer high quality dance instruction from pre-ballet to first year of pointe. We also offer acro, lyrical, contemporary and jazz. Our academic year runs from September until June, and we showcase our dancers in our yearly Spring recital. No class May 27.

547841 \$198/11 sess
Tu 6:00 PM-7:30 PM Apr 01-Jun 17
Instructor: Lia Fletcher

Glow Kids Dance Team

Group 4

(6-12 yrs)

At Glow Kids Dance, we offer high quality dance instruction from pre-ballet to first year of pointe. We also offer acro, lyrical, contemporary and jazz. Our academic year runs from September until June, and we showcase our dancers in our yearly Spring recital. No class May 29.

547842 \$132/11 sess
Th 5:45 PM-6:45 PM Apr 03-Jun 19
Instructor: Lia Fletcher

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)

546480 \$150/10 sess
Th 4:15 PM-5:00 PM Apr 10-Jun 12
(7-12 yrs)

546482 \$160/10 sess
Th 5:00 PM-6:00 PM Apr 10-Jun 12
Instructor: Olympia Gymnastics

Zumba Jr.

(5-6 yrs)

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure. No class April 21 and May 19

548355 \$70/10 sess
M 3:30 PM-4:15 PM Apr 07-Jun 23
Instructor: Suzette Lund

Junior Ballet **NEW** (5-7 yrs)

Develop strength, grace, and artistry through classical ballet training. Students master essential techniques while exploring their own creative expression through movement. Each class builds flexibility, coordination, and fluid motion - creating well-rounded dancers ready to shine. From foundational skills to choreography, dancers of all experience levels will grow and thrive. Ballet shoes and attire required. Visit performingstars.ca for more information. No class Apr 19 and May 17.

550466 \$128/8 sess
Sa 1:30 PM-2:15 PM Apr 06-Jun 22
 Instructor: Vancouver Performing Stars



Junior Hip Hop **NEW** (5-7 yrs)

In this high-energy hip hop class, you'll learn to move with style and swagger as we break down the fundamentals of hip hop dance. Dive into fresh, dynamic choreography that builds confidence and coordination. Join our supportive dance community and discover just how incredible it feels to express yourself through movement! Visit performingstars.ca for more information. No class Apr 19 and May 17.

550468 \$128/8 sess
Sa 2:15 PM-3:00 PM Apr 06-Jun 22
 Instructor: Vancouver Performing Stars

Mini Ballet **NEW** (3-5 yrs)

VPS Ballet Classes lay the foundation for graceful movement for young dancers while sparking their imagination! Dancers will work on developing coordination, rhythm, and musical expression. Through playful exercises and creative movement, dancers learn ballet fundamentals in an encouraging environment. Students gain confidence and independence as they attend class on their own. Ballet shoes and attire required. Visit performingstars.ca for more information. No class Apr 19 and May 17.

550466 \$128/8 sess
Sa 3:00 PM-3:45 PM Apr 06-Jun 22
 Instructor: Vancouver Performing Stars

Zumba Kids (7-11 yrs)

Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add activities and cultural exploration elements into the class structure. No class Apr 21 and May 19.

548381 \$70/10 sess
M 4:15 PM-5:15 PM Apr 07-Jun 23
 Instructor: Suzette Lund

Education

Young Commander

Chess - Novice (5-12 yrs)

There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. 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. No Class Apr 19 and May 17.

549226 \$105/7 sess
Sa 9:30 AM-10:40 AM Apr 12-Jun 7
 Instructor: Joe Soliven

Young Commander

Chess - Intermediate (8-13 yrs)

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.

549228 \$105/7 sess
Sa 10:50 AM-12:00 PM Apr 12-Jun 7
 Instructor: Joe Soliven

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 Apr 19, May 17 and Aug 2.

547843 \$198/8 sess
Sa 9:15 AM-10:00 AM Apr 05-Jun 07
547845 \$198/8 sess
Sa 9:15 AM-10:00 AM Jul 05-Aug 30
 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 Apr 19, May 17 and Aug 2.

547844 \$198/8 sess
Sa 10:00 AM-10:45 AM Apr 05-Jun 07
547846 \$198/8 sess
Sa 10:00 AM-10:45 AM Jul 05-Aug 30
 Instructor: Hai Doan

Parent & Tot **NEW**

Sportball (2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

546809 \$102/6 sess
Tu 11:30 AM-12:15 PM Apr 08-May 13
 Instructor: Sportball Vancouver

Parent & Tot **NEW**

Sportball (2-3 yrs)

This program helps pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

546810 \$102/6 sess
Tu 11:30 AM-12:15 PM May 20-Jun 24
 Instructor: Sportball Vancouver

Sportball **NEW**

Junior (16-24 months)

This 45-minute program is a perfect introduction to Sportball. Children and parents participate in sports, creative games, songs, rhymes, stories, bubble time and much more. Although these programs focus more on exploration, children will be introduced to a different sport each week. Parent participation required.

546806 \$102/6 sess
Tu 10:45 AM-11:30 AM Apr 08-May 13
546807 \$102/6 sess
Tu 10:45 AM-11:30 AM May 20-Jun 24
 Instructor: Sportball Vancouver

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.

549219 \$211/10 sess
Tu 3:30 PM-4:30 PM Apr 22-Jun 24
 Instructor: Juan Carlos Maldonado

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
Apr 12-Aug 30
 1:30PM-3:30PM

Sundays
Apr 6-Aug 31
 1:00PM-3:00PM

\$165/Party Up to 12 kids
 (1 party attendant)

\$225/Party 13-24 kids
 (2 party attendants)

- This package will accommodate up to a maximum 50 people.
- Please let us know 2 weeks in advance if you require a second attendant.



Stay & Play (Up to 5 yrs)

\$3.50 drop-in
 548178

Mondays Apr 14-Jun 16
9:45-11:45 AM

Meet other parents and caregivers from the neighbourhood. This is a great way to network and get support from other parents while the kids play. We will have a short story time to end each session. No food will be provided, however, children may bring their own snacks and water.

No sessions on holidays or Pro-D Days.

*Parent participation required, but price is only per child*Drop-in \$3.50/child

Instructor: Aly Woodward



\$3.50 drop-in
 546238

Gym Bugs Drop In (Up to 6 yrs)

9:30-11:30 AM

Wednesdays Apr 02-Jun 25

Sundays Apr 06-Jun 22

Sundays Jul 06-Aug 24

Come and play, climb and run with your child on Sunday mornings. There are cars, balls and a climbing apparatus to keep your child busy. Bouncy castle and play area with toys too!

Parent participation required.

A great place to meet other families!

Drop-in price is per child.

Children 12 months and under are free.

Music Lessons—All Ages



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 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, depending on the instrument and level.

546186	\$265.54/11 sess
Tu 5:45 PM-6:15 PM	Apr 08-Jun 17
546187	\$265.54/11 sess
Tu 6:15 PM-6:45 PM	Apr 08-Jun 17
546188	\$265.54/11 sess
Tu 6:45 PM-7:15 PM	Apr 08-Jun 17
546189	\$265.54/11 sess
Tu 7:15 PM-7:45 PM	Apr 08-Jun 17
546190	\$265.54/11 sess
Tu 7:45 PM-8:15 PM	Apr 08-Jun 17
546191	\$265.54/11 sess
Tu 8:15 PM-8:45 PM	Apr 08-Jun 17
546192	\$168.98/7 sess
Tu 5:45 PM-6:15 PM	Jul 08-Aug 19
546193	\$168.98/7 sess
Tu 6:15 PM-6:45 PM	Jul 08-Aug 19
546194	\$168.98/7 sess
Tu 6:45 PM-7:15 PM	Jul 08-Aug 19
546195	\$168.98/7 sess
Tu 7:15 PM-7:45 PM	Jul 08-Aug 19
546196	\$168.98/7 sess
Tu 7:45 PM-8:15 PM	Jul 08-Aug 19
546197	\$168.98/7 sess
Tu 8:15 PM-8:45 PM	Jul 08-Aug 19

Instructor: Hugo-Sanchez

Group Drumming - from Rhythm to Wellness (12+yrs)

Hum Drum? Let's Drum!! Experience the healing power of rhythm, which reduces stress and boosts your mood. Engage in fun games that enhance your awareness of space and rhythm. Enjoy being mindful and having fun while connecting with others. Drums and percussions are provided. Beginners welcome. Improve your cognitive function and overall well-being through the rhythmic beats. Let's drum our way to better health and happiness! 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. No class April 21, May 19, 26, Jun 2, 9 and 16.

547100	FREE TRIAL
M 6:15 PM-7:45 PM	Apr 07
547102	\$109/6 sess
M 6:15 PM-7:45 PM	Apr 14-Jun 30
547133	\$109/6 sess
M 6:15 PM-7:45 PM	Jul 07-Aug 25

Instructor: Abby Greene Bull

Piano (4+yrs)

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

Thursdays - Spring

548122	\$390/13 sess
Th 3:30 PM-4:00 PM	Apr 03-Jun 26
548124	\$390/13 sess
Th 4:00 PM-4:30 PM	Apr 03-Jun 26
548125	\$390/13 sess
Th 4:30 PM-5:00 PM	Apr 03-Jun 26
548127	\$390/13 sess
Th 5:00 PM-5:30 PM	Apr 03-Jun 26
548128	\$390/13 sess
Th 5:30 PM-6:00 PM	Apr 03-Jun 26
548130	\$390/13 sess
Th 6:00 PM-6:30 PM	Apr 03-Jun 26
548131	\$390/13 sess
Th 6:30 PM-7:00 PM	Apr 03-Jun 26
548132	\$390/13 sess
Th 7:00 PM-7:30 PM	Apr 03-Jun 26
548133	\$390/13 sess
Th 7:30 PM-8:00 PM	Apr 03-Jun 26
548134	\$390/13 sess
Th 8:00 PM-8:30 PM	Apr 03-Jun 26
548140	\$390/13 sess
Th 8:30 PM-9:00 PM	Apr 03-Jun 26

Thursdays - Summer

557845	\$292.50/9 sess
Th 3:30 PM-4:00 PM	Jul 3-Aug 28
557835	\$292.50/9 sess
Th 4:00 PM-4:30 PM	Jul 3-Aug 28
558836	\$292.50/9 sess
Th 4:30 PM-5:00 PM	Jul 3-Aug 28
557837	\$292.50/9 sess
Th 5:00 PM-5:30 PM	Jul 3-Aug 28
557838	\$292.50/9 sess
Th 5:30 PM-6:00 PM	Jul 3-Aug 28
557839	\$292.50/9 sess
Th 6:00 PM-6:30 PM	Jul 3-Aug 28
557841	\$292.50/9 sess
Th 6:30 PM-7:00 PM	Jul 3-Aug 28
557842	\$292.50/9 sess
Th 7:00 PM-7:30 PM	Jul 3-Aug 28
557843	\$292.50/9 sess
Th 7:30 PM-8:00 PM	Jul 3-Aug 28
557844	\$292.50/9 sess
Th 8:00 PM-8:30 PM	Jul 3-Aug 28



Sundays - Spring

548151	\$357.50/11 sess
Su 9:30 AM-10:00 AM	Apr 06-Jun 29
548152	\$357.50/11 sess
Su 10:00 AM-10:30 AM	Apr 06-Jun 29
548153	\$357.50/11 sess
Su 10:30 AM-11:00 AM	Apr 06-Jun 29
548154	\$357.50/11 sess
Su 11:00 AM-11:30 AM	Apr 06-Jun 29
548155	\$357.50/11 sess
Su 11:30 AM-12:00 PM	Apr 06-Jun 29
548158	\$357.50/11 sess
Su 12:00 PM-12:30 PM	Apr 06-Jun 29
548159	\$357.50/11 sess
Su 12:30 PM-1:00 PM	Apr 06-Jun 29
548167	\$357.50/11 sess
Su 1:00 PM-1:30 PM	Apr 06-Jun 29
548168	\$357.50/11 sess
Su 1:30 PM-2:00 PM	Apr 06-Jun 29
548169	\$357.50/11 sess
Su 2:00 PM-2:30 PM	Apr 06-Jun 29
548171	\$357.50/11 sess
Su 2:30 PM-3:00 PM	Apr 06-Jun 29

Sundays - Summer

549257	\$227.50/7 sess
Su 9:30 AM-10:00 AM	Jul 06-Aug 24
549258	\$227.50/7 sess
Su 10:00 AM-10:30 AM	Jul 06-Aug 24
549259	\$227.50/7 sess
Su 10:30 AM-11:00 AM	Jul 06-Aug 24
549260	\$227.50/7 sess
Su 11:00 AM-11:30 AM	Jul 06-Aug 24
549261	\$227.50/7 sess
Su 11:30 AM-12:00 PM	Jul 06-Aug 24
549262	\$227.50/7 sess
Su 12:00 PM-12:30 PM	Jul 06-Aug 24
549263	\$227.50/7 sess
Su 12:30 PM-1:00 PM	Jul 06-Aug 24
549264	\$227.50/7 sess
Su 1:00 PM-1:30 PM	Jul 06-Aug 24
549265	\$227.50/7 sess
Su 1:30 PM-2:00 PM	Jul 06-Aug 24
549266	\$227.50/7 sess
Su 2:00 PM-2:30 PM	Jul 06-Aug 24
549267	\$227.50/7 sess
Su 2:30 PM-3:00 PM	Jul 06-Aug 24
549268	\$227.50/7 sess
Su 3:00 PM-3:30 PM	Jul 06-Aug 24

Instructor: Musical Expressions

week long summer camps

Educational Camps

Pre-K Summer Camp **NEW** (5yrs)

Our play-based licensed program is for children attending Kindergarten in September 2025. We provide a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack & lunch time, outdoor play, a WET day and a field trip during the week. There are 20 children in the class and 2 licensed preschool teachers. Please note that priority registration will be given to children currently enrolled in our Champlain Heights Community Centre Preschool program. Any remaining spots will be open to the public on a first come first served basis on March 12th at 7:00pm. If your child requires 1 on 1 support, please contact the preschool teachers.

548804		\$120/3 sess
W Th F	9:30 AM-1:30 PM	Jul 02-Jul 04
548978		\$200/5 sess
M Tu W Th F	9:30 AM-1:30 PM	Jul 07-Jul 11
548979		\$200/5 sess
M Tu W Th F	9:30 AM-1:30 PM	Jul 14-Jul 18

Instructor: Child Care Staff

Young Commander Chess Camp-Novice (5-13 yrs)

As a school academic in a game, playing chess and being smart are interconnected. There's a strong correlation between chess and academic achievement including math, spatial analysis and non-verbal reasoning ability. Chess teaches higher level thinking skills such as visualization, analysis and critical thinking. Chess allows kids to connect with something in the real world which in turn, fires up their desire to learn. 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.

548457		\$100/5 sess
M Tu W Th F	9:00 AM-10:30 AM	Jul 07-Jul 11
548465		\$100/5 sess
M Tu W Th F	9:00 AM-10:30 AM	Aug 11-Aug 15

Instructor: Joe Soliven

Young Commander Chess Camp-Intermediate (8-13 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.

548466		\$100/5 sess
M Tu W Th F	10:35 AM-12:05 PM	Jul 07-Jul 11
548468		\$100/5 sess
M Tu W Th F	10:35 AM-12:05 PM	Aug 11-Aug 15

Instructor: Joe Soliven

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 Scratch and get to use those skills to make their very own games. Students will 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.

549097		\$395/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Jul 21-Jul 25

Instructor: Byte Camp



Byte Camp-Python Coding Level 1 (11-14 yrs)

Learn Python coding! Master basic coding concepts like variables, loops, and conditionals, and see your creativity come to life with hands-on exercises. The final project? A Python-based program you can proudly share with friends and keep as a fun and functional creation to showcase your coding journey!

549083		\$340/4 sess
Tu W Th F	9:00 AM-4:00 PM	Aug 5-Aug 8

Instructor: Byte Camp

Byte Camp-Claymation Movie Production (9-12 yrs)

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!

551133		\$395/5 sess
M Tu W Th F	9:00 AM-4:00 PM	Aug 18-Aug 22

Instructor: Byte Camp

Lego Stop Motion Animation Camp (7-12 yrs)

Fill your day with action, adventure and a lot of comedy with Film Camp in A Box Senior Claymation and Lego animation camp. Mentored by master filmmakers, campers will engage in hands-on exploration of the stop motion animation process, including pre-production, production and post-production. Working in small crews, they will learn about stop motion animation, set design, script writing and editing. Campers will then create their own stop motion animation and edit a short film and movie trailer, complete with sound effects, music, voice, sound effects and special effects. Movies will be presented at our red carpet, popcorn film festival and archived on our digital theatre.

553270		\$90/1 sess
M	9:00 AM-4:00 PM	Jun 30

Instructor: Film Camp in A Box

summer
daycamp

week long summer camps

Art Camps

The Art of Tennis Camp **NEW** (6-12 yrs)

Join us The Art of tennis, in a all-day children's camp filled with the essentials of creative art and self-motivating sport. The combination of tennis and art will let your child explore their inner strength. The day is broken down into morning and afternoon events, which allow the child to be part of an all-day activity program. The program is based upon physical activity in the morning with the game of tennis, and continues with a creative art and games program in the afternoon.

554746		\$375/5 sess
M Tu W Th F	9:00AM-3:30 PM	Jul 7-Jul 11
554747		\$375/5 sess
M Tu W Th F	9:00AM-3:30 PM	Jul 14-Jul 18
554748		\$375/5 sess
M Tu W Th F	9:00AM-3:30 PM	Aug 18-Aug 22
554749		\$375/5 sess
M Tu W Th F	9:00AM-3:30 PM	Aug 25-Aug 29

Instructor: Juan Carlos Maldonado

Animal Cartoon Camp (6-12 yrs)

Laugh-out-loud-funny! Mind-bendingly-adorable! Awesome-beyond-belief! These are just some of the words that best describe our Cartoon Animals Workshop. If your child is a fan of cuddly animals and funny cartoons, this drawing workshop is especially tailored for his or her needs. Over the course of five days, our students will learn how to draw animals of all shapes, sizes, and colours. They will learn how to personify ordinary animals, transforming them into fully-realized cartoon characters. Be a part of the something fun and special. Enroll your budding artist today!

549068		\$215/5 sess
M Tu W Th F	9:15 AM-12:15 PM	Aug 25-Aug 29

Instructor: Young Rembrandts



Anime Manga Drawing Camp (6-12 yrs)

Calling all otaku kids! Join the Anime Manga workshop and learn to draw your favourite Japanese style art. This five-day workshop will tap into everyone's imagination while learning to draw cute manga inspired characters, accessories and costumes. Your child's talent is about to take off - register now to save your child's spot in this kawaii workshop focused on technique and creativity!

549073		\$215/5 sess
M Tu W Th F	12:45 PM-3:45 PM	Aug 25-Aug 29

Instructor: Young Rembrandts

Dance & Yoga Camps

Creative Dance Camp **NEW** (3-5 yrs)

This lively camp invites young children to explore the joy of movement and music, fostering creativity and self-expression. They will build confidence in their bodies and develop essential motor skills. By exploring time, space, rhythm, and energy while expanding their movement vocabulary and unlocking the magic of expression and dance.

553303		\$62/5 sess
M Tu W Th F	1:00 PM-2:30 PM	Jul 07-Jul 11

Instructor: Claudia Bulaivsky

Let's Dance from Around the World Camp **NEW** (6-9 yrs)

Embark on an unforgettable journey through dance! Each session takes us to a different part of the world to explore and learn dances unique to that region. Along the way, we'll broaden our expressive vocabulary, learn about different cultures, deepen our understanding of diverse rhythms, and have tons of fun. Every class concludes with a lively dance circle and improvisation, fostering confidence and self-expression. Places we'll visit include India, Cuba, China, Brazil, Egypt, and Spain. So, get your luggage ready—it's time to dance around the globe!

553305		\$62/5 sess
M Tu W Th F	2:30 PM-4:00 PM	Jul 07-Jul 11

Instructor: Claudia Bulaivsky

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.

546794		\$200/5 sess
M Tu W Th F	1:00 PM-4:00 PM	Jul 07-Jul 11
546795		\$200/5 sess
M Tu W Th F	1:00 PM-4:00 PM	Aug 11-Aug 15

Instructor: Olympia Gymnastics

Yoga Dance and Art Camp **NEW** (6-10 yrs)

Come join Smiley Kylie for a week of yoga, dance and mindful crafts. Throughout the week we will build to give a short performance at the end of the day on Friday. All crafts will be nature based (as much as possible) learning knots, weaving, imaginary and sensory based. Please bring a lunch, snack, hat and yoga mat (if you have one).

546131		\$275/10 sess
M Tu W Th F	9:00 AM-3:00 PM	Aug 11-Aug 15

Instructor: Kylie Railton

Zumba Kids Camp

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

(5-6 yrs)		\$60/5 sess
548389		Jul 21-Jul 25
M Tu W Th F	1:00 PM-2:30 PM	\$60/5 sess
548386		Jul 28-Aug 1
M Tu W Th F	1:00 PM-2:30 PM	(7-11 yrs)
548391		\$60/5 sess
M Tu W Th F	2:30 PM-4:00 PM	Jul 21-Jul 25
548390		\$60/5 sess
M Tu W Th F	2:30 PM-4:00 PM	Jul 28-Aug 1

Instructor: Suzette Lund

week long summer camps

Sports Camps

Multi Sport Camp **NEW**

(5-8 yrs)

Welcome to our exciting sports camp tailored specifically for 5-8 year olds! At our camp, young athletes will embark on a journey of discovery, skill-building, and fun-filled experiences in a safe and supportive environment. From soccer to basketball, tennis to hockey, our coaches will guide campers through a variety of sports activities designed to enhance coordination, teamwork, and confidence. Through interactive drills, games, and friendly competitions, children will not only develop their athletic abilities but also learn valuable life skills such as sportsmanship, resilience, and cooperation. With an emphasis of fostering a love for physical activity and healthy habits, our sports camp promises an unforgettable summer of growth, friendship, and endless fun!

548050 \$225/5 sess
M Tu W Th F 1:00 PM-4:00 PM **Aug 25-Aug 29**
 Instructor: Hai Doan

Sportball Basketball & Floor Hockey Camp **NEW**

(5-8 yrs)

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch or snack as well as a name labeled water bottle.

546849 \$176/4 sess
Tu W Th F 1:00 PM-4:00 PM **Aug 05-Aug 08**
 Instructor: Vancouver Sportball



Sportball Floor Hockey & Soccer Camp **NEW**

(5-8 yrs)

Sportball Floor Hockey and Soccer is an action-packed camp which introduces children to a variety of skills and gameplay in both sports, plus arts and crafts, snack time, co-operative games and more! Camps may run indoors and outdoors, depending on weather. Please bring a nut free lunch or snack as well as a name labeled water bottle.

546848 \$220/5 sess
M Tu W Th F 1:00 PM-4:00 PM **Jul 28-Aug 01**
 Instructor: Vancouver Sportball

Sportball Multi-Sport Camp **NEW**

(5-8 yrs)

Sportball's action-packed camps introduce children to a variety of ball sports and activities PLUS arts and crafts, snack time, stories, co-operative games and more! Please be sure to bring a nut free snack or lunch and a labeled water bottle.

546847 \$220/5 sess
M Tu W Th F 1:00 PM-4:00 PM **Jul 14-Jul 18**
 Instructor: Vancouver Sportball

Journey Basketball Camp

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)

546792 \$112.50/5 sess
M Tu W Th F 1:00 PM-2:30 PM **Jul 21-Jul 25**

(9-12 yrs)

546793 \$112.50/5 sess
M Tu W Th F 2:30 PM-4:00 PM **Jul 21-Jul 25**
 Instructor: Journey Basketball Association



Kids on Wheels Parent & Tot Balance Bike Camp **NEW**

(2-3 yrs)

Introduce your child to the joy of cycling with our balance bike summer camp! Designed for beginners and intermediate riders, this camp focuses on building confidence, improving risk management, and developing essential skills like stopping, turning, gliding, and balancing. Children will get comfortable using balance bikes and helmets (provided or bring your own) through fun games, bike-themed books, and songs. Parents and caregivers actively participate, learning tips to support their child's safe riding journey and ensuring a collaborative, enriching experience. Balance bikes and helmets are provided, though participants are welcome to bring their own gear.

553268 \$120/5 sess
M Tu W Th F 1:15 PM-2:15 PM **Aug 18-Aug 22**
 Instructor: BC Cycling Coalition

Kids on Wheels Preschool Bike Camp **NEW**

(2-3 yrs)

Embark on an exciting journey with our dynamic balance bike camp, packed with fun on-bike and off-bike activities! Each day, children will navigate an interactive riding course, practice essential skills like stopping, gliding, balancing, and turning, and learn about road signs and safety rules. Off the bike, kids will enjoy building their own biking maps, reading books, coloring, singing, and engaging in creative crafts. Designed for intermediate and advanced riders, this camp boosts confidence, enhances risk management, and prepares children for a smooth transition to pedal bikes—no training wheels needed! Balance bikes and helmets are provided, though participants are welcome to bring their own gear. As a drop-off program, parents and caregivers can relax while children thrive in a supportive, independent environment.

553269 \$200/5 sess
M Tu W Th F 2:30 PM-3:50 PM **Aug 18-Aug 22**
 Instructor: BC Cycling Coalition

Sun splash DAYCAMP



summer
daycamp

Weekly
from
9:00am-
3:30pm

See [page 12](#)
for dates and
fees.

Sun splash

- 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 Sun splash

- 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.
- This camp also employes a designated Behaviour Support Leader (BSL), who works with families and day camp staff to help campers needing additional support to be able to participate in day camp.

Sun splash DAYCAMP

Summer daycamp is a full-day, play-based recreation program, similar to recess, focusing on friendships and play through loosely structured fun group activities and games. This is not a licensed child care program. Our staff are primarily between the ages of 18 and 22. We meet at the Champlain Heights Main School in the community rooms, which is a loud, open space with fluorescent lighting.

In addition to on-site activities, daycamp includes 1-2 field trips per week to various attractions around Vancouver, using charter buses, public transit and/or by foot.

We incorporate daily visual schedules, and offer a cool-down and sensory tools for participants. Please contact the Programmer Maggie Vasicek if you have any questions about how we may support your child's participation.

summer
daycamp

Junior Sunsplash

(6-8 yrs)

Week 1	554797	\$93/3 sess
W Th F	9:00 AM-3:30 PM	Jul 02-Jul 04
Week 2	554798	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 07-Jul 11
Week 3	554800	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 14-Jul 18
Week 4	554801	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 21-Jul 25
Week 5	554802	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 28-Aug 01
Week 6	554803	\$124/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 05-Aug 08
Week 7	554805	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 11-Aug 15
Week 8	554806	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 18-Aug 22
Week 9	554809	\$124/4 sess
M Tu W Th	9:00 AM-3:30 PM	Aug 25-Aug 28

Senior Sunsplash

(9-12 yrs)

Week 1	554816	\$93/3 sess
W Th F	9:00 AM-3:30 PM	Jul 02-Jul 04
Week 2	554818	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 07-Jul 11
Week 3	554820	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 14-Jul 18
Week 4	554821	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 21-Jul 25
Week 5	554822	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 28-Aug 01
Week 6	554823	\$124/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 05-Aug 08
Week 7	554824	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 11-Aug 15
Week 8	554826	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 18-Aug 22
Week 9	554827	\$124/4 sess
M Tu W Th	9:00 AM-3:30 PM	Aug 25-Aug 28

Supported Junior Sunsplash

(6-8 yrs)

Week 1	554984	\$93/3 sess
W Th F	9:00 AM-3:30 PM	Jul 02-Jul 04
Week 2	554985	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 07-Jul 11
Week 3	554986	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 14-Jul 18
Week 4	554987	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 21-Jul 25
Week 5	554988	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 28-Aug 01
Week 6	554989	\$124/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 05-Aug 08
Week 7	554990	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 11-Aug 15
Week 8	554991	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 18-Aug 22
Week 9	554992	\$124/4 sess
M Tu W Th	9:00 AM-3:30 PM	Aug 25-Aug 28

Supported Senior Sunsplash

(9-12 yrs)

Week 1	554993	\$93/3 sess
W Th F	9:00 AM-3:30 PM	Jul 02-Jul 04
Week 2	554995	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 07-Jul 11
Week 3	554996	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 14-Jul 18
Week 4	554997	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 21-Jul 25
Week 5	554999	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Jul 28-Aug 01
Week 6	555000	\$124/4 sess
Tu W Th F	9:00 AM-3:30 PM	Aug 05-Aug 08
Week 7	555001	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 11-Aug 15
Week 8	555003	\$155/5 sess
M Tu W Th F	9:00 AM-3:30 PM	Aug 18-Aug 22
Week 9	555005	\$124/4 sess
M Tu W Th	9:00 AM-3:30 PM	Aug 25-Aug 28

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

Summer Camp (11-14 yrs)



Summer Youth Leadership Camp (11-14 yrs)

This camp is for youth ages 11-14 who are interested in building on their leadership skills and exporting the city. 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 along with fun out trips! Register now! Parents/Guardians will receive an email of the Parent Communication/Policy manual and forms prior to camp, outlining camp expectations and guidelines.

Week 1

545951 \$87.30/3 sess
W Th F 10:00 AM-3:30 PM Jul 02-Jul 04

Week 2

545952 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Jul 07-Jul 11

Week 3

545953 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Jul 14-Jul 18

Week 4

546031 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Jul 21-Jul 25

Week 5

546032 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Jul 28-Aug 01

Week 6

546033 \$116.40/4 sess
Tu-F 10:00 AM-3:30 PM Aug 05-Aug 08

Week 7

546034 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Aug 11-Aug 15

Week 8

546035 \$145.50/5 sess
M-F 10:00 AM-3:30 PM Aug 18-Aug 22

Week 9

546036 \$116.40/4 sess
M-Th 10:00 AM-3:30 PM Aug 25-Aug 28

Instructor: Youth Leader

Food, Cooking and Gardening

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.

544315 \$62.50/5 sess

Th 5:00 PM-6:30 PM Apr 17-May 15

544316 \$62.50/5 sess

Th 5:00 PM-6:30 PM May 22-Jun 19

Instructor: Youth Leader

Social

Friday Family Movie-Night at the Museum (All Ages)

In partnership with the Collingwood Policing Centre, Champlain Heights Youth Council invites children and families to join us for a family friendly movie night! Concession will be open to purchase popcorn and other light refreshments, all proceeds go towards the Champlain youth programs. Adult supervision is required for children 8 and under. We will be watching 2007's Night at the Museum which is rated PG.

546868 \$2/1 sess

F 6:30 PM-8:30 PM May 30

Instructor: Collingwood Policing Centre

Family Open Gym NEW (All Ages) (5+yrs)

No online registration, this is non instructional drop-in program only. Come bring your family and friends to our open gym space and practice your skills, shoot some hoops or share a game. Children 10 and under must be accompanied by an adult. Bring your own equipment, some equipment available to borrow with a valid one card.

548560 Free

Th 3:15 PM-4:15 PM Apr 10-Jun 26

548559 Free

M 4:15 PM-6:15 PM Jun 30-Aug 25

Tu W Th 4:15 PM-5:15 PM Jul 02-Aug 28

Friday Fun (10-18 yrs)

Sign up to join in on our Friday Fun activity on the first Friday of every month. Meet new friends while playing video games, creating art or teaming up for trivia night. Capture the flag will be outside on the back field

Dodgeball

546658 Free

F 6:30 PM-8:00 PM Apr 04

Cookie Decorating

546660 \$5.50/ 1 sess

F 6:30 PM-8:00 PM May 02

Capture the Flag

546659 Free

F 6:30 PM-8:00 PM Jun 06

Instructor: Youth Leader

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. No class May 20.

544575 \$44/6 sess

Tu 4:00 PM-5:30 PM Apr 01-May 06

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) No class Apr 21 and Aug 4.

544313 \$65/5 sess

M 4:30 PM-7:30 PM Apr 07-May 12

544314 \$65/5 sess

M 4:30 PM-7:30 PM May 26-Jun 23

546598 \$65/5 sess

M 4:30 PM-7:30 PM Jul 07-Aug 11

Instructor: Will Lochhead

BeaYOUtiful Workshop- Mental Wellness (9-12 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. 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.

553972 FREE

Tu 6:00 PM-7:45 PM May 13-Jun 10

Instructor: BeaYOUtiful Foundation

youth

Sports

Volleyball BC:

Smashball **NEW** (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! No class Apr 20.

546750 \$85/5 sess

Su 2:30 PM-3:45 PM Apr 06-May 11

546753 \$85/5 sess

Su 2:30 PM-3:45 PM May 25-Jun 22

Instructor: Volleyball BC

Youth Open Gym

Drop-In

(8-18 yrs)

No online registration, this is a drop-in program. Get active and brush up on your skills. We have all the equipment just bring some friends and have some FUN! A valid OneCard is required to borrow any equipment. FREE

546665 **Apr 2-Jun 28** **Free**

W 3:30 PM-5:00 PM

Th 6:15 PM-7:45 PM

F 7:00 PM-8:45 PM

Sa 2:45 PM-3:45 PM

548557 **Jul 4-Aug 29** **Free**

Th 5:30 PM-7:15 PM

F 6:00 PM-7:45 PM

Sa Su 2:45 PM-3:45 PM

Instructor: No Instructor

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.

544353 **Free**

F 3:30 PM-5:30 PM Apr 04-Jun 27

546260 **Free**

F 4:00 PM-6:00 PM Jul 04-Aug 29

Instructor: Non Instructional

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.

549220 \$211/10 sess

Tu 4:30 PM-5:30 PM Apr 22-Jun 24

Instructor: Juan Carlos Maldonado

Shooting Stars Academy - Girls Basketball Skill Development (10-14 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 with some basketball experience. Please bring a water bottle and it is recommended participants bring their own basketballs.

546390 \$160/10 sess

W 5:15 PM-6:15 PM Apr 09-Jun 11

Instructor: Jesse Hundal



Night Hoops

(12-18 yrs)

Night Hoops Night Hoops is a free basketball program in Vancouver that provides a welcoming space for newcomers, at-risk youth, and young athletes to play, learn, and connect. Focused on mentorship, skill development, and teamwork, the program supports players aged 13-18 in building confidence on and off the court. This Spring 2025, from April 4th to June 20th, Night Hoops will run a community youth league with continuous games, skills sessions, and tournaments, giving participants regular opportunities to play and improve. As part of its commitment to making basketball more accessible, the program will also host a Spring Tournament Series, bringing together teams from different neighborhoods to enjoy the game in a supportive environment. Whether you're looking to get involved, meet new people, or just love basketball, Night Hoops is a place to be part of something positive. No Program on April 18.

555721 **Free**

F 6:00 PM-7:30 PM Apr 4-Jun 20

Instructor: Night Hoops Instructor

Journey Basketball

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 Apr 21 and May 19.

(6-8 yrs)

546790 \$140/10 sess

M 5:30 PM-6:15 PM Apr 07-Jun 23

(9-12 yrs)

546791 \$140/10 sess

M 6:30 PM-7:30 PM Apr 07-Jun 23

Instructor: Journey Basketball Association

Youth Leadership

Champlain

Youth Council

(13-18 yrs)

Come join a youth led community group that plans a bunch of fun activities and events to benefit the members of our neighbourhood. 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. No group on Apr 19 and May 17.

535911 **Free**

Sa 11:00AM-12:30PM Apr 05-Jun 14

Instructor: Youth Leader

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? Expect to learn about first Aid, practice active role-play, learn through interactive and cooperative examples and have fun! Each participant will need to bring a nut free lunch and snack.

548891 \$65

Sa 9:00 AM-3:00 PM May 31

Instructor: First Aid Hero

Youth Summer

Day Camp Volunteer

Orientation

(13-18 yrs)

Are you youth who is interested in volunteering in one of our many day camp programs this summer? All volunteers must complete an orientation if they wish to volunteer over the summer. This is open to youth ages 13 and up who have completed grade 8. Come ready to play some games and get to know your fellow volunteers. Snacks will be provided

546061 **Free**

F 3:30 PM-5:30 PM Jun 27

Instructor: Jessica McCallum

BC YOUTH WEEK

"BC Youth Week is a provincial celebration of youth held annually during the first week of May. It is a week of fun filled interaction and a celebration intended to build a strong connection between youth and their communities. This event is intended to highlight the interests, accomplishments, and diversity of youth across the province."

<https://www.bcyouthweek.com/>

To stay up to date on Vancouver City Wide youth week events please follow @cwycvancouver on instagram. For local events please chat with your Community Youth Worker.



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.

W 3:30 PM-6:30 PM

Apr 1-Jun 30

Instructor: Youth Leader

youth

FRIDAY FUN 6:30-8:00PM (10-18 yrs)

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

Join in on our Friday Fun activity on the first Friday of every month. Meet new friends while playing video games, creating art or teaming up for trivia night. Snacks and Prizes included!

The First Friday of The Month!

Dodgeball

546658 Free F 6:30 PM-8:00 PM Apr 04

Cookie Decorating

546660 \$5.5 F 6:30 PM-8:00 PM May 02

Capture the Flag

546659 Free F 6:30 PM-8:00 PM Jun 06



CHAMPLAIN HEIGHTS COMMUNITY CENTRE PRESCHOOL 2025/2026



VIEW ONLINE

Mornings

3 year olds

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

\$169/month*

4 year olds

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

\$281/month*

3 & 4 year olds

Monday / Wednesday / Friday 9:00am - 12:00pm
& Tuesday / Thursday 9:00am - 11:30am

\$386/month*



Afternoons (For 3 & 4 year olds)

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

\$140/month*

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

\$196/month*

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

\$307/month*

* These fees DO NOT reflect the discounted ministry approved
child care fee reduction initiative (CCFRI).

*Final fees may decrease.



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 16 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 Spring Break (March 15-30, 2025) and Summer Break (June 30-Sept 7, 2025). During Spring & Summer Break, we will be available for information and inquires via email only. Please email the preschool email address at pre-school@champlainheightscc.ca for more information or to inquire about registration during the summer. The preschool teacher will check and respond to emails periodically during the break.

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.

licensed
childcare

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 may slightly decrease based on approved Ministry Funding (Child Care Fee Reduction Fee Initiative).

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.

547824	\$91/13 sess
Tu 10:00 AM-11:30 AM	Apr 01-Jun 24
547825	\$91/13 sess
Th 10:45 AM-12:15 PM	Apr 03-Jun 26
547826	\$91/13 sess
F 11:15 AM-12:45 PM	Apr 04-Jun 27
547827	\$56/8 sess
Tu 10:00 AM-11:30 AM	Jul 08-Aug 26
547828	\$63/9 sess
Th 10:45 AM-12:15 PM	Jul 03-Aug 28
547829	\$63/9 sess
F 11:15 AM-12:45 PM	Jul 04-Aug 29

Instructor: Mimi Zhang

Cha Cha NEW (19+yrs)

International style Latin dance. Beginner level, no partner required. Built skills, expand ability and learn variations, suitable for singles and/or pairs. \$13 drop-in, space permitting. No class April 21 and May 19.

554760	FREE TRIAL
M 2:00 PM-3:00 PM	Apr 07
549271	\$90/9 sess
M 2:00 PM-3:00 PM	Apr 14-Jun 23

Instructor: Raf Chen



Rumba NEW (19+yrs)

International style Latin dance. Beginner level, no partner required. Built skills, expand ability and learn variations, suitable for singles and/or pairs. \$13 drop-in, space permitting. No class April 21 and May 19.

554770	FREE TRIAL
M 1:00 PM-2:00 PM	Apr 07
549270	\$90/9 sess
M 1:00 PM-2:00 PM	Apr 14-Jun 23

Instructor: Raf Chen

Education

Everyday Spanish: NEW Fun & Practical Communication (19+yrs)

Are you ready to take your first steps into learning Spanish? Whether you're interested in traveling, exploring a new culture, or simply learning for fun, this course is designed to help absolute beginners start speaking Spanish confidently. Our Spanish Classes for Adults provides a fun, supportive, and interactive environment where you'll learn essential communication skills for everyday life. Through five carefully crafted modules, you'll build a strong foundation in vocabulary and grammar, gain confidence in simple conversations, and explore the rich cultures of Spanish-speaking countries.

549158	\$150/10 sess
W 7:00 PM-8:30 PM	Apr 02-Jun 04

Instructor: Susan Reyes



Fitness

Baby & Me Fitness with Carey (19+yrs)

Come join other parents and babies in your community. It will be an all levels class with strength & cardio intervals, mobility work, and postnatal-specific core work. The class takes place indoors 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.

548099	\$90/6 sess
M 1:00 PM-2:00 PM	Apr 07-May 12
548100	\$75/5 sess
M 1:00 PM-2:00 PM	May 26-Jun 23

Instructor: Carey Yuen

Baby & Me Pilates (19+yrs)

Pilates is a great way to tone back your body, rebuilding abdominal strength, preventing shoulder tightness and boosting your stamina through safe exercises offered with modifications for every body. The benefits of exercising with your baby/toddler are twofold as you will be nourishing the bond, sensing, moving and giggling together. For soon to be moms, pelvic floor exercises, toning and aligning will support you in staying fit as well. Bring your own mat and a cozy blanket for your baby or toddler up to 1 year old. Drop in \$18; space permitting. Claudia Bulaievsky is a certified Pilates instructor and dance educator.

549636	\$64/5 sess
Th 9:30 AM-10:30 AM	Apr 24-May 15
549637	\$64/4 sess
Th 9:30 AM-10:30 AM	Jun 05-Jun 26
549638	\$80/5 sess
Th 9:30 AM-10:30 AM	Jul 03-Jul 31
549369	\$64/4 sess
Th 9:30 AM-10:30 AM	Aug 07-Aug 28

Instructor: Claudia Bulaievsky

Barre Fitness (19+yrs)

Barre fitness is distinguished from other 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 \$15.00, space permitting. No class Apr 19.

546850	\$110/10 sess
Sa 10:30 AM-11:30 AM	Apr 12-Jun 21
546851	\$99/9 sess
Sa 10:30 AM-11:30 AM	Jul 05-Aug 30

Instructor: Lubna Dalupang

Outdoor Stroller NEW 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 Aug 4.

548101	\$90/6 sess
M 1:00 PM-2:00 PM	Jul 07-Aug 18

Instructor: Carey Yuen

Prenatal Fitness with Carey

(19+yrs)

Come join other moms-to-be in your community at Prenatal Fitness, an all-levels, all trimesters welcome, fitness class. This class includes strength & cardio intervals, mobility work, and prenatal-specific core work. We will address common prenatal discomforts through movement, while increasing flexibility and strength. Come for the workout, stay for the friendships. Participants are welcome to bring their own yoga mat and resistance band - equipment will also be available. A water bottle is recommended. Participants are recommended to have a health care practitioner's approval should there be any concerns surrounding the pregnancy. Instructor is a Certified Pre & Postnatal Fitness Specialist. Drop in \$16, space permitting.

548102	\$105/7 sess
Tu 5:45 PM-6:45 PM	Apr 01-May 13
548104	\$75/5 sess
Tu 5:45 PM-6:45 PM	May 27-Jun 24
548105	\$105/7 sess
Tu 5:45 PM-6:45 PM	Jul 08-Aug 19
Instructor: Carey Yuen	

Somatic Pilates Fusion

(19+yrs)

This body conditioning practice enhances mobility, core strength, alignment, functional movement and aids in injury recovery. Blended somatic movement exercises deepen awareness of your nervous system and support integration from within. Modifications are available to fit your unique needs, encouraging a strong connection to your well-being. Claudia Bulaievsky is a certified Pilates instructor and dance educator. Drop in \$16; space permitting.

554577	\$100/7 sess
W 9:30 AM-10:30 AM	Apr 09-May 21
554631	\$58/4 sess
W 9:30 AM-10:30 AM	Jun 04-Jun 25
554638	\$72/5 sess
W 10:30 AM-11:30 AM	Jul 02-Jul 30
554639	\$58/4 sess
W 10:30 AM-11:30 AM	Aug 06-Aug 27
Instructor: Claudia Bulaievsky	

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 \$10.00, space permitting.

546852	\$104/13 sess
Tu 7:00 PM-8:00 PM	Apr 01-Jun 24
546853	\$104/8 sess
Tu 6:00 PM-7:00 PM	Jul 08-Aug 26
Instructor: Lubna Dalupang	

Martial Arts

Wing Chun Kung Fu

(13+yrs)

This style of Kung Fu is the most practiced in the world. It is a quick and effective self-defense system. Classes are designed to be challenging and rewarding. Individuals will develop strength, flexibility, discipline and confidence. No class Apr 21 and May 19. No internet registration. Please call or register in person.

543723	\$60/3 sess
M 7:30 PM-9:00 PM	Apr 07-Apr 28
543724	\$60/3 sess
M 7:30 PM-9:00 PM	May 05-May 26
543725	\$100/5 sess
M 7:30 PM-9:00 PM	Jun 02-Jun 30
547208	\$80/4 sess
M 7:00 PM-8:30 PM	Jul 07-Jul 28
547209	\$60/3 sess
M 7:00 PM-8:30 PM	Aug 11-Aug 25
Instructor: Simon Siu	

Yoga

Hatha Yoga - Beginner/Intermediate

(19+yrs)

Do you want to better understand, connect, or accept your body? Would you like to quiet the mind? Hatha yoga makes this accessible to people of all ages, physical abilities, and body types. 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. Drop-in \$13.33; space permitting.

546096	\$168/12 sess
W 6:30 PM-8:00 PM	Apr 02-Jun 18
546097	\$70/5 sess
W 6:30 PM-8:00 PM	Jul 02-Jul 30
Instructor: Shannon Piedt/Melanie Walker	

Yoga for All

(19+yrs)

This program will help students of all levels cultivate a strong body, a powerful mind, and a peaceful heart. 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. \$18 drop-in, space permitting. For more info visit www.intoyoga.ca.

543721	\$92/6 sess
Th 7:00 PM-8:00 PM	Apr 10-May 15
543722	\$92/6 sess
Th 7:00 PM-8:00 PM	May 22-Jun 26
Instructor: Into Yoga	

Sports

Badminton - Recreational

(19+yrs)

All levels welcome! Please pre register, drop-in availability limited. No class April 21, May 19 and Aug 4. Drop-ins \$5.00; space permitting.

546507	\$44/11 sess
M 8:00 PM-9:30 PM	Apr 07-Jun 30
546509	\$28/7 sess
M 7:15 PM-8:45 PM	Jul 07-Aug 25
Instructor: No Instructor	

Ball Hockey (Co-ed) - All Levels

(19+yrs)

Please bring your own equipment. Eye protection 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. Drop-ins \$5.00; space permitting.

546512	\$52/13 sess
W 8:15 PM-9:45 PM	Apr 02-Jun 25
546513	\$36/9 sess
W 7:15 PM-8:45 PM	Jul 02-Aug 27
Instructor: No Instructor	

Basketball

(19+yrs)

Come shoot hoops and scrimmage. Please bring your own basketball. Drop-ins \$5.00; space permitting.

546520	\$52/13 sess
Tu 8:30 PM-9:45 PM	Apr 01-Jun 24
546524	\$32/8 sess
Tu 7:30 PM-8:45 PM	Jul 08-Aug 26
546531	\$52/13 sess
Th 8:30 PM-9:45 PM	Apr 03-Jun 26
546533	\$36/9 sess
Th 7:30 PM-8:45 PM	Jul 03-Aug 28
Instructor: No Instructor	

Pickleball - Beginner/Intermediate

(19+yrs)

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. We encourage new players to join. NON-INSTRUCTIONAL.

546502	\$52/13 sess
W 6:30 PM-8:00 PM	Apr 02-Jun 25
546505	\$36/9 sess
W 5:30 PM-7:00 PM	Jul 02-Aug 27
Instructor: No Instructor	

Volleyball

(19+yrs)

Get your adrenaline pumping by playing some recreational volleyball. Drop-ins \$5.00; space permitting. No class Apr 19 and Jun 14.

546515	\$44/11 sess
Sa 11:00 AM-1:00 PM	Apr 05-Jun 28
546517	\$36/9 sess
Sa 11:00 AM-1:00 PM	Jul 05-Aug 30
Instructor: No Instructor	

Outdoor Activities

Bird Walk

(10+yrs)

Whether you are a new or experienced birder, join the Everett Crowley Park Committee and our experienced bird facilitators for a bird walk in Everett Crowley Park. 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. This event is part of regular bird programming facilitated by ECPC's Bird Team. Take a look at Everett Crowley Park Committees other events to sign up for more birding opportunities. Please pre register for this event. This event is focused at participants 10+ years old. Meet at the Kerr Street Parking lot/ Kerr street entrance to Everett Crowley park. Please contact ecpcstewards@gmail.com with any questions or to cancel your registration.

547851 FREE/1 sess
Su 8:30 AM-10:00 AM **Apr 20**
 Instructor: ECPC

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.

547847 FREE/1 sess
Sa 10:00 AM-1:00 PM **Apr 12**

547848 FREE/1 sess
Sa 10:00 AM-1:00 PM **May 24**

547849 FREE/1 sess
Sa 10:00 AM-1:00 PM **May 31**

547850 FREE/1 sess
Sa 10:00 AM-1:00 PM **Jun 14**

547854 FREE/1 sess
Sa 10:00 AM-1:00 PM **Jul 12**

547855 FREE/1 sess
Sa 10:00 AM-1:00 PM **Aug 09**
 Instructor: ECPC



@ActiveChamplain

Global Big Day Bird Walk

(10+yrs)

Whether you are a new or experienced birder, join the Everett Crowley Park Committee and our experienced bird facilitators for a bird walk in Everett Crowley Park. 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. This event is part of regular bird programming facilitated by ECPC's Bird Team. Please pre register for this event. This event is focused at participants 10+ years old. Meet at the Kerr Street Parking lot/ Kerr street entrance to Everett Crowley park. Please contact ecpcstewards@gmail.com with any questions or to cancel your registration.

547852 FREE/1 sess
Sa 9:00 AM-11:00 AM **May 10**
 Instructor: ECPC

Nature Walk

(10+yrs)

Join the Everett Crowley Park Committee for a nature walk in Everett Crowley Park. Learn about the unique and complex history of the park and how it's history has shaped the ecology and space it is today. On this walk, you will be led by long term ECPC volunteers who will share their rich in-depth knowledge of Everett Crowley Park and the surrounding Champlain Heights Neighbourhood. This is an opportunity to learn more about native and invasive plants, restoration efforts in Everett Crowley Park, and the role of community stewardship in ecological recovery. Please pre register for this event. Meet at the Kerr Street Parking Lot/entrance to Everett Crowley Park. Please email ecpcstewards@gmail.com with any questions.

547853 FREE/1 sess
Su 10:00 AM-12:00 PM **Jun 22**
 Instructor: ECPC

Join The Everett Crowley Park Committee



ECPC are looking for new lead volunteers





- Share your ideas, skills or knowledge
- Work with a small volunteer team of community members with a passion for environmental stewardship.
- Make connections within the local community
- Develop skills in urban park restoration, species monitoring and event organization

Scan the QR code to fill out our 'expression of interest' google form or email us at ecpcstewards@gmail.com



(<https://tinyurl.com/45z2vf5>)



ECPC is proud to be a sub-committee of the Champlain Heights Community Association.

The Everett Crowley Park Committee humbly acknowledges that we work and live on the unceded traditional territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and səlliwətaʔ (Tsilil-Waututh) Peoples.

adult

Bus Trips

Othello Tunnels, Creekside Creamery (55+yrs)

On this trip we will be visiting Coquihalla Canyon Park which is the home of the Othello Tunnels. The tunnels were constructed in 1914 when the Canadian Pacific Railway decided a route was necessary to link the Kootney Region with the British Columbia coast by rail. The park highlights the Kettle Valley Railway grade that passes through the canyon and the five tunnels. After visiting the tunnels we will have lunch (included) at Boston Pizza in Hope. Before we head home we will visit Creekside Cheese and Creamery, a small farm-based creamery nestled into the mountains at the eastern end of British Columbia's lush and beautiful Fraser Valley. Guided by Simon Yan

P/UP CHAMPLAIN

549203 \$75/1 sess
 Tu 8:15 AM-5:15 PM May 20

P/UP KILLARNEY

549204 \$75/1 sess
 Tu 8:30 AM-5:15 PM May 20

Instructor: Simon Yan



Tulip Festival & Lunch (55+yrs)

Harrison Tulip Festival is the original tulip festival that takes place over a 3-5-week period, usually in April. 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 (included) at the Black Forest Restaurant in Harrison Hot Springs. Guided by Simon Yan.

P/UP CHAMPLAIN

549200 \$90/1 sess
 W 8:15 AM-4:15 PM Apr 23

P/UP KILLARNEY

549201 \$90/1 sess
 W 8:30 AM-4:15 PM Apr 23

Instructor: Simon Yan



Peak to Peak Gondola & Bridge (55+yrs)

Spanning the distance between Whistler and Blackcomb Mountains, the record breaking PEAK 2 PEAK Gondola provides an unparalleled perspective of views of towering volcanic peaks, coastal rainforests, and ancient glaciers. The PEAK 2 PEAK Gondola is just one part of the Summer Alpine Experience. Whistler Blackcomb has found a way to make your visit to the Peak even more unforgettable, the Cloudraker Skybridge and Raven's Eye. Please note: To reach the Cloudraker Suspension Bridge it takes approximately 10 to 20 minutes to hike the Peak Express Traverse from the Roundhouse down to the base of the Peak Chair. It is about 0.6 kilometres downhill to the chair. On the way back it is uphill all the way with an elevation gain of 63 metres. Depending on the fitness levels it may be challenging after a day of adventuring. Make sure to take water and snacks, leave plenty of time and energy to walk back, and take lots of breaks on your way out.

P/UP CHAMPLAIN

549212 \$135/1 sess
 W 8:15 AM-5:00 PM Jul 23

P/UP KILLARNEY

549214 \$135/1 sess
 W 8:30 AM-5:15 PM Jul 23

Instructor: Simon Yan

Sea to Sky Gondola (55+yrs)

The Sea to Sky Gondola was constructed back in 2013 and has now become one of BC's biggest tourist attractions. At the summit, you will have access to a wide array of outdoor experiences, including two different interpretive loop walking trails with cantilevered viewing platforms, the spectacular Sky Pilot Suspension Bridge, numerous hiking trails, rock climbing, access trails to backcountry routes and much more. There is restaurant and café at the summit lodge for you to have a bite to eat while enjoying the breathtaking views (Lunch is not included on this trip). Please note, the two interpretive trails are 400 meters and 1.6km respectively. There are slight elevation gains and please wear appropriate footwear.

P/UP CHAMPLAIN

549208 \$100/1 sess
 W 8:45 AM-4:30 PM Jun 25

P/UP KILLARNEY

549209 \$100/1 sess
 W 9:00 AM-4:30 PM Jun 25

Instructor: Simon Yan

Smit's Cheese, Dickens Sweets & British Museum (55+yrs)

Come and explore the Fraser Valley as we visit a few of the local stops in the Chilliwack area. Our first stop will be Smit's and Co.w Cheese Farm. Smits & Co.w is a small family owned and operated farm and cheese making business. They take the milk from their mixed herd of Holstein and Brown Swiss cows and use a traditional method to produce an excellent gouda style cheese. Following the cheese farm we will be having high tea (included) at Oliver's Tea room located in Dicken's Sweets and British Museum. They have the largest selection of British foods, sweets and teas in Western Canada. Before heading home, we will stop at Hofstede's Country Barn where you'll discover a bounty of fresh fruits and vegetables. Venture further & you'll find a grocery section filled with local gems, world imports (one of the largest selections of Dutch candy & licorice in the Fraser Valley), and unique specialty items.

P/UP CHAMPLAIN

549215 \$55/1 sess
 Th 8:45 AM-4:00 PM Aug 14

P/UP KILLARNEY

549216 \$55/1 sess
 Th 9:00 AM-4:00 PM Aug 14

Instructor: Simon Yan

High Tea - Seniors Social (55+ yrs)

Saturday April 12, 11:30 AM-1:30 PM

The Champlain Heights Youth Council is hosting a Seniors Social with tea and sweets. Great social opportunity for Champlain's youth and seniors to mix and mingle! The Youth Council will be hosting some fun activities and games for all to participate in.

555804 FREE

Instructor: Champlain Heights Youth Council and Youth Leader



older adult

Dance

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. No class Apr 18 and May 16.

545946 \$55/10 sess
F 10:30 AM-11:30 AM Apr 04-Jun 20
Instructor: Kirsten Person



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.

545947 \$84/12 sess
Th 10:00 AM-12:00 PM Apr 03-Jun 19
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.

545958 FREE/11 sess
W 1:00 PM-4:00 PM Apr 09-Jun 18
545957 FREE/9 sess
W 12:30 PM-3:30 PM Jul 02-Aug 27
Instructor: No Instructor

Fitness

Seniors MultiFITT (55+yrs)

This multi-activity class is structured to enhance cardiorespiratory and musculoskeletal health in older adults by combining walking/gait techniques & agility, coordination, resistance & functional training, balance, stability and flexibility. Drop-ins \$8.00, space permitting.

546582 \$91/13 sess
W 12:30 PM-1:30 PM Apr 02-Jun 25
546859 \$63/9 sess
W 11:45 AM-12:45 PM Jul 02-Aug 27
Instructor: Bonnie McCoy



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.

546588 \$104/13 sess
F 1:15 PM-2:15 PM Apr 04-Jun 27
546860 \$72/9 sess
F 11:45 AM-12:45 PM Jul 04-Aug 29
Instructor: Bonnie McCoy

Stronglife Circuit Training (55+yrs) **NEW**

A moderate to higher intensity group fitness circuit training class that focuses on functional movement to improve posture, balance and strength. Each week, we will be focusing and progressing on multiple muscles groups that incorporate movements in sport and your everyday life. Drop-ins \$17.00, space permitting.

548052 \$91/5 sess
Tu 8:45 AM-9:45 AM Apr 22-May 20
548094 \$91/5 sess
Tu 8:45 AM-9:45 AM May 27-Jun 24
Instructor: Jonathan Yeung

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.

548352 \$50/10 sess
F 5:30 PM-6:30 PM Apr 11-Jun 20
Instructor: Suzette Lund

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 Apr 21, May 19 and May 26.

545950 \$47.60/10 sess
M 8:45 AM-9:45 AM Apr 07-Jun 30
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.

547248 \$26/39 sess
Tu W Th 8:00 AM-9:00 AM Apr 01-Jun 26
547253 \$18/26 sess
Tu W Th 8:00 AM-9:00 AM Jul 02-Aug 28
Instructor: No Instructor

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. For more information contact Art Lum 604-250-0982 or artlum25@gmail.com. No class Apr 21, May 19 and Aug 4.

548108 \$33/11 sess
M 9:00 AM-11:00 AM Apr 07-Jun 30
548111 \$21/7 sess
M 9:00 AM-11:00 AM Jul 07-Aug 25
Instructor: Margaret & Art Lum

older adult

Hunyuanyang Style Intermediate Tai Chi (Alternate) (19+yrs)

This class alternates each week between Hunyuanyang 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. Hunyuanyang 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.

548116 \$39/13 sess
Sa 9:00 AM-11:00 AM Apr 05-Jun 28
548117 \$27/9 sess
Sa 9:00 AM-11:00 AM Jul 05-Aug 30
 Instructor: Margaret & Art Lum



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 Apr 18.

548112 \$36/12 sess
F 9:00 AM-11:00 AM Apr 04-Jun 27
548113 \$27/9 sess
F 9:00 AM-11:00 AM Jul 04-Aug 29
 Instructor: Margaret & Art Lum

Social

Knitting Club (19+yrs)

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

545959 FREE/12 sess
Th 1:00 PM-3:00 PM Apr 03-Jun 19
545960 FREE/9 sess
Th 1:00 PM-3:00 PM Jul 03-Aug 28
 Instructor: Self Led

Midweek Movie Matinee (55+yrs)

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

Father of the Bride
546496 \$3.33/1 sess
W 10:30 AM-1:35 PM Apr 02
Bringing Up Baby
546497 \$3.33/1 sess
W 10:30 AM-1:35 PM May 07
Cheaper by the Dozen
546498 \$3.33/1 sess
W 10:30 AM-1:35 PM Jun 04

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. All equipment is provided. This is a recreational program - all levels welcome.

546485 \$34.71/13 sess
Tu 12:15 PM-2:15 PM Apr 01-Jun 24
546491 \$21.36/8 sess
Tu 10:45 AM-12:45 PM Jul 08-Aug 26
546494 \$34.71/13 sess
Th 11:45 AM-1:45 PM Apr 03-Jun 26
546492 \$21.36/8 sess
Th 10:45 AM-12:45 PM Jul 10-Aug 28
 Instructor: No Instructor



older adult

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 directors@champlainheightscc.ca

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 AM-10:15 AM		Body Sculpt Apr 01-Jun 24 Jul 08-Aug 26 Rocio	Full Body Power Apr 02-Jun 25 Jul 02-Aug 27 Betty-Lynn	FUNctional Fitness Apr 03-Jun 26 Jul 03-Aug 28 Betty-Lynn	Step Drills and Thrills Apr 04-Jun 27 Jul 04-Aug 29 Betty-Lynn
10:00 AM-11:00 AM	ReFit Apr 07-Jun 30 Jul 07-Aug 25 Rocio				
10:30 AM-11:30 AM			ReFit Apr 02-Jun 25 Jul 02-Aug 27 Betty-Lynn		ReFit Apr 04-Jun 27 Jul 04-Aug 29 Betty-Lynn

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.

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.

adult & senior



Champlain Heights Fitness Centre

Fitness Centre Consultations

Take advantage of our fitness consultations!

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

Flexipass Membership

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

Fees

Fitness Centre Admission Fees		
Fees	Adult	Youth/Senior
Drop-in	\$7.93	\$5.55
10-visit pass	\$71.37	\$49.95

Monthly Flexipass		
Fees	Adult	Youth/Senior
1 month	\$64.15	\$44.95
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-10:00pm
 Friday 7:00am-9:00 pm
 Saturday & Sunday 9:00am-4:00pm
 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



Tuesday 2:00-3:00pm
Apr 1-Jun 24 #548034 | Jul 8-Aug 26 #548035

Thursday 2:00-3:00pm
Apr 3-Jun 26 #548036 | Jul 3-Aug 28 #548037

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 completely 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 1-Jun 5 #548032 | Jun 17-Aug 21 #548033

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

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.

Youth (13-18 yrs)		
Tuesday 4:30-5:30pm (Thursday-optional)		
Apr 1-Apr 22 #548038	May 6-May 27 #548039	Jun 3-Jun 24 #548040
Jul 8-Jul 29 #548041	Aug 5-Aug 26 #548042	

Older Adults (55+ yrs)		
Wednesday 5:30-6:30pm (Monday-optional)		
Apr 2-Apr 23 #548043	May 7-May 28 #548044	Jun 4-Jun 25 #548045
Jul 2-Jul 23 #548046	Aug 6-Aug 27 #548047	

Indoor Cycling

Monday	Wednesday	Saturday
Cycle Fit 6pm-7pm	Cycle Fit 6pm-7pm	Cycle Fit 10am-11am

Indoor Cycling Fees	
Single visit	\$7.93
10 visit	\$71.37
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!

Court Rental Fees			
	Adult	Youth/ Senior	10 visit pass (non refundable)
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.			

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 before approving the request.
3. 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	\$39.00
Lounge & Kitchen	50	23×54	Large Meetings, Socials	\$45.35
Meeting Room	15	20×15	Small Meetings	\$26.00
Additional Charges	Charges will be added at the time of approval			
Staffing	For rentals outside of the hours of operation.* **			\$21.00/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



Summer Fair

Join us for a vibrant and exciting community celebration at our annual Summer Fair! This family-friendly event will feature an array of interactive attractions, live performances, and delicious food, offering something for everyone to enjoy.

Saturday June 14 | 11:00am-3:00pm

Free for all ages- tell your friends and bring your family!



Easter Event

(All Ages)

Hop into Spring at Our Easter Celebration!

Join us for a fun-filled day of family activities in the gymnasium, including Easter crafts, games, a play gym, a bouncy castle, and a special visit from the Easter Bunny!

For even more Easter excitement, separate paid registration is available for Breakfast and Brunch with Bunny, and our Easter Egg Hunt.

Saturday April 19 **FREE**
Gym Activities 10:00 AM-1:00 PM

Breakfast with the Bunny \$8.00

554285 9:45 AM-11:00 AM

Brunch with the Bunny \$8.00

554287 11:15 AM-12:30 PM

Easter Egg Hunt \$5.00

554346 10:45AM
554349 11:30AM
554350 12:15PM



Earth Fest

(All Ages)

Join our annual community event and spring celebration based in Everett Crowley Park. Join the Everett Crowley Park Committee (ECPC) for fun sustainability-themed booths and family friendly activities! The entertainment and activities are free and wheelchair accessible. Follow the signs from the Kerr parking lot entrance to get to our festival site. Any questions, or want to get involved? Contact Damian (ECPC Chair) at

ecpcstewards@gmail.com!

534433

FREE

Saturday April 26
11:00 AM-3:00 PM



Champlain Heights Community Centre

3350 Maquinna Drive Vancouver, BC V5S 4C6

www.champlainheightscc.ca • 604-718-6575