



Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association

TO REGISTER: vancouver.ca/marpoleoakridgerec

FITNESS CENTRE: vancouver.ca/marpoleoakridgrefitness

COMMUNITY CENTRE: marpoleoakridge.org



**Marpole-Oakridge
Community Centre**

**FALL 2025
RECREATION
GUIDE**

PROGRAMS RUNNING

Sep 2–Dec 24, 2025

FALL PROGRAM REGISTRATION STARTS

Online/In-Person..... MONDAY, AUGUST 11 @ 7:00pm
By Phone..... TUESDAY, AUGUST 12 @ 10:00am

GET IN TOUCH WITH US

990 West 59th Avenue
 (At the corner of Oak Street)
 Vancouver, BC V6P 1X9

COMMUNITY CENTRE
 604-257-8180 (press 1)
marpolecc@vancouver.ca
marpoleoakridge.org

OPERATING HOURS
 Sep 2-Dec 24, 2025

COMMUNITY CENTRE & FITNESS CENTRE

Mon-Thu 9:00am-9:00pm
 Fri 9:00am-8:00pm
 Sat 9:00am-4:00pm
 Sun & Stat Holidays CLOSED
 Dec 24 9:00am-1:00pm
 (Closed Sep 30, Oct 13, Nov 11,
 Dec 25, 2025-Jan 1, 2026)

*Centre Office closes 15 minutes
 earlier than the community centre*

RACQUETBALL COURT
 See page 21 for details

SAUNA & WHIRLPOOL
 See page 21 for hours

Facility Rentals info on page 22,
 at www.marpoleoakridge.org
 or at the front desk.

MOCA VISION & MISSION

Our mission is to offer accessible and diverse leisure opportunities to enhance the well-being of individuals and strengthen a sense of community in a safe and welcoming environment.

Jointly operated by the Vancouver Board of Parks and Recreation and the Marpole-Oakridge Community Association.

Interactive Brochure available at www.vancouver.ca/marpoleoakridgerec and www.marpoleoakridge.org

REGISTER

ONLINE

recreation.vancouver.ca and browse our activities

BY PHONE

604-257-8180 (press 1) and please have your credit card number and course numbers ready

IN PERSON

You can register yourself and up to two other people in each course

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ADMINISTRATIVE INFORMATION

► **Protection of Personal Information:** In the course of providing programs and services, MOCA collects personal information from individuals participating in classes, workshops, events or rentals. The information may be used for communication purposes regarding current or upcoming events, processing payments, or statistical purposes. We respect the importance of protecting the personal information that we collect. For information on our privacy policies and practices, or to contact our Privacy Officer, call 604-257-8180 or email marpoleoakridgecc@gmail.com

► **Leisure Access Program (LAP):** The Vancouver Park Board LAP is for Vancouver residents who face financial barriers. MOCA allows a 50% discount off most centre programs for those who qualify for the LAP. LAP discount does not apply to: private music lessons, special events, one-day workshops/out-trips, private court rentals, uniforms, material fees and 10 usage passes. Week-long camps are limited to one discount per person, per season. Applications available at the front desk.

► Refund Policy (by phone/in person)

- A \$5.00 administration fee per program, per person will be charged for all program refunds, unless the program is cancelled by the Community Centre.
- Refund requests must be received by phone or in-person to the front office during operational hours with the required notice as outlined below.
- Regular weekly programs (exceptions are noted below): a full refund less the admin fee will be provided if requested at least 7 calendar days before the program start date. Refunds requested within 6 calendar days of the program start date and up to 72 hours before the start of the scheduled second session, will be charged for the first session and the admin fee. No refunds thereafter.
- One-day sessions and events, workshops, out-trips, and court rentals: a full refund less the admin fee will be provided if requested at least 7 calendar days before the program start date. No refunds thereafter.
- Week-long programs (such as day camps): a full refund less the admin fee will be provided if requested at least 14 calendar days before the program start date. No refunds thereafter.
- 10 usage passes (dance, sports, aerobics) and 1 month aerobics passes: no refunds.
- Aerobics FitPass: full refunds are not available. Refunds requested before the halfway point of the season (based on pass dates), will be charged 50% of the total pass fee and the admin fee. No refunds thereafter.
- Material fees and uniforms: no refunds.



PARENT-TOT • PRESCHOOL



DANCE/MUSIC

Uke & Me

3-5 yrs

Explore this fun instrument through colours, numbers, jamming and singing along to your favourite tunes. No experience is required. Ukuleles are provided for use in class (though you may bring your own if you prefer). Parent participation required. Drop-ins welcome if space permits.

► 568960 \$113.40/7 sess
Sep 19-Oct 31 F 11:00am-11:30am
► 568961 \$113.40/7 sess
Nov 7-Dec 19 F 11:00am-11:30am
Musical Expressions

Wee Expressions O-4 yrs

Come and join us on an adventure of imagination in songs while we engage a child through a mixture of free play & structure. In our classes, parents and children alike take pleasure in the interactive nature of the classes and jointly participate in singing, instrument playing, learning manners, brain gym, accompanying song actions, baby sign language and dances with a refreshing sense of exploration and fun. Wee Expressions is more than the traditional children's music program. Our curriculum is based on researched methods surrounding the benefits of music infused with Music Therapy techniques. \$7.50 music fee included. Drop-ins welcome, space permitting, \$22/child.

► 568958 \$120.90/7 sess
Sep 19-Oct 31 F 10:05am-10:50am
► 568959 \$120.90/7 sess
Nov 7-Dec 19 F 10:05am-10:50am
Musical Expressions • Alex

Zumbini®

O-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst for kids ages 0-5, the Zumbini® program combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® is the 1st early childhood education program to create a true "360°" experience, with live classes and the "Zumbini® Time" interactive TV show on BabyFirst TV. Parent participation required. Children 6 months and under attend free with a registered sibling. www.zumbini.com.

Kalino Finds the Music

► 575861 \$160/8 sess
Sep 10-Oct 29 W 9:30am-10:15am
► 575862 \$160/8 sess
Sep 10-Oct 29 W 10:30am-11:15am

Hill and the Dance

► 575868 \$140/7 sess
Nov 5-Dec 17 W 9:30am-10:15am
► 575869 \$140/7 sess
Nov 5-Dec 17 W 10:30am-11:15am
Maayan Amitov

Kinetic Kids Movement Parent & Tot

2-3 yrs

A fun and active focus on basic gross motor skills featuring simple obstacle courses, agility drills, climbing and free play in a safe environment. Parent participation required. No class Oct 13.

► 580526 \$90/6 sess
Sep 15-Oct 27 M 10:15am-11:00am
► 580527 \$90/6 sess
Nov 3-Dec 8 M 10:15am-11:00am
Kinetic Kids

SPORTS/SOCIAL

Parent & Tot

Drop-in Playtime O-5 yrs

Tots, toddlers & children—along with their parent or caregiver—are welcome to puzzles, books, toys and more. There is an infant area for those not yet walking, with toys best suited for little hands. Parent participation required. Basement location. No session Oct 11.

► 580522 Drop-in \$2.50/child
Sep 13-Dec 6 Sa 10:45am-12:15pm

Sportball Parent & Tot Multisport

2-3 yrs

Helps preschoolers 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. Sportball maintains a one-parent-per-child ratio policy. More at sportball.ca.

Set 1

No class Oct 11.

► 574956 \$114/6 sess
Sep 13-Oct 25 Sa 10:20am-11:05am
► 577357 \$114/6 sess
Sep 19-Oct 24 F 4:45pm-5:30pm

Set 2

No class Nov 8.

► 574958 \$95/5 sess
Nov 1-Dec 6 Sa 10:20am-11:05am
► 577360 \$114/6 sess
Nov 7-Dec 12 F 4:45pm-5:30pm
Sportball Vancouver

Family

Drop-in Gym O-12 yrs

Family drop-in playtime for families during long weekends. Bouncy castle and little kid play area on one half of the gym, and sports stations in the other half. Parent participation is required.

► 580523 Drop-in \$3/child
Oct 11 Sa 11:00am-1:15pm
► 581476 Drop-in \$3/child
Dec 20 Sa 11:00am-1:00pm

SPECIAL EVENTS!

- Halloween Howlers, Oct 25
- Breakfast with Santa, Dec 13
- Holiday Fun & Games, Dec 13
- Photos with Santa, Dec 13

See page 23 for more info

PRESCHOOL



PERFORMING ARTS

Creative Ballet

3-5 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit and ballet slippers or clean indoor shoes. There will be a presentation for family on the last day of the session.

► 575654 \$98/7 sess

Sep 13-Oct 25 Sa 10:20am-11:05am

► 575656 \$98/7 sess

Nov 1-Dec 13 Sa 10:20am-11:05am

Children's Creative Ballet

4-6 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit and ballet slippers or clean indoor shoes. There will be a presentation for family on the last day of the session.

► 575657 \$98/7 sess

Sep 13-Oct 25 Sa 11:10am-11:55am

► 575658 \$98/7 sess

Nov 1-Dec 13 Sa 11:10am-11:55am

Endorphin Rush Dance

Jazz/Ballet

3.5-5 yrs

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. Please wear ballet / dance slippers or clean indoor shoes. There will be a presentation for family on the last day of the session.

► 575670 \$98/7 sess

Sep 13-Oct 25 Sa 2:10pm-2:55pm

► 575671 \$98/7 sess

Nov 1-Dec 13 Sa 2:10pm-2:55pm

Endorphin Rush Dance

Mini Hip Hop Breakers

3.5-5 yrs

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

► 575638 \$98/7 sess

Sep 13-Oct 25 Sa 9:30am-10:15am

► 575651 \$98/7 sess

Nov 1-Dec 13 Sa 9:30am-10:15am

Endorphin Rush Dance

Mini Hip Hop Breakers

4-6 yrs

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

► 575665 \$98/7 sess

Sep 13-Oct 25 Sa 1:20pm-2:05pm

► 575667 \$98/7 sess

Nov 1-Dec 13 Sa 1:20pm-2:05pm

Endorphin Rush Dance

Family

Drop-in Gym

0-12 yrs

Family drop-in playtime for families. Bouncy castle and little kid play area on one half of the gym, and sports stations in the other half. Parent participation is required.

► 580523 Drop-in \$3/child

Oct 11 Sa 11:00am-1:15pm

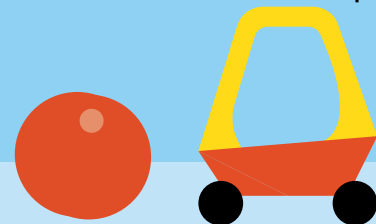
► 581476 Drop-in \$3/child

Dec 20 Sa 11:00am-1:00pm



MUSIC LESSONS

for all ages. See page 11 for more information.



PRESCHOOL



ART

Preschool Drawing

3.5-5 yrs

New lessons every session! Our colourful, engaging lessons will inspire big imaginations. Your budding artist will soar as they draw a vibrant rainbow, an adventurous airplane, and a mouthwatering ice cream sundae. And who could resist sketching a friendly lion? These fun, skill-building activities also help develop fine motor skills, spatial reasoning, and focus while building confidence!

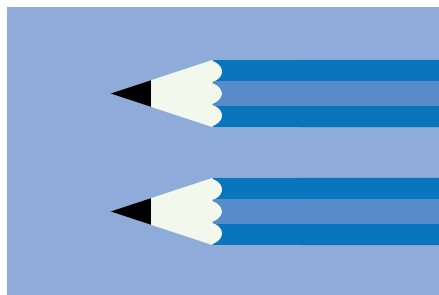
► 575426 \$132/6 sess
Sep 24-Oct 29 W 3:30pm-4:20pm
Young Rembrandts

Preschool Drawing

3.5-5 yrs

New lessons every session! Does your little one love to doodle? Your artist will explore shapes and patterns with colourful, gift-wrapped presents. Each lesson builds pre-writing skills, hand-eye coordination, and an early love for learning. Don't miss out, join us today!

► 575438 \$132/6 sess
Nov 5-Dec 10 W 3:30pm-4:20pm
Young Rembrandts



SPORTS

Sportball Multisport

3.5-5 yrs

Refine, rehearse, repeat. Coaches focus on the basic skills common to all sports like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. For more info, visit www.sportball.ca.

Set 1

No class Oct 11.

► 574947 \$114/6 sess
Sep 13-Oct 25 Sa 9:15am-10:10am
► 577355 \$114/6 sess
Sep 19-Oct 24 F 3:45pm-4:45pm

Set 2

No class Nov 8.

► 574954 \$95/5 sess
Nov 1-Dec 6 Sa 9:15am-10:10am
► 577359 \$114/6 sess
Nov 7-Dec 12 F 3:45pm-4:45pm

Sportball Vancouver

Sportball

Outdoor Soccer 3.5-5 yrs

Introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, rain or shine; Parent is required to remain on the field for children's safety. For more info, visit www.sportball.ca.

► 574960 \$95/5 sess
Sep 17-Oct 15 W 5:00pm-6:00pm
Sportball Vancouver

MARTIAL ARTS

Sunmither Taekwondo

Little Ninjas 3.5-6 yrs

Taekwondo for kids is a fun martial art that teaches discipline, respect, and confidence. It helps improve strength, flexibility, and coordination through kicks and punches. Kids also learn focus, perseverance, and goal-setting as they progress through belt levels. Overall, it builds physical and mental skills while encouraging respect and self-control. Uniform is available for purchase through the front office for \$60 plus tax. Waiver form must be completed for participation, to be handed in by first class.

Little Ninjas • 3.5-5 yrs

No class Sep 30, Nov 11.

► 575753 \$93/12 sess
Sep 16-Dec 16 Tu 3:45pm-4:15pm
► 575774 \$108.50/14 sess
Sep 18-Dec 18 Th 3:30pm-4:00pm

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Little Ninjas Plus • 3.5-6 yrs

For those who have completed a previous session of Taekwondo Little Ninjas.

No class Sep 30, Nov 11.

► 575767 \$93/12 sess
Sep 16-Dec 16 Tu 4:15pm-4:45pm
► 575776 \$108.50/14 sess
Sep 18-Dec 18 Th 4:00pm-4:30pm
Bahareh Dehkordi

Kinetic Kids

3.5-5 yrs

This Fundamentals class develops essential movements and fundamental motor skills (e.g. coordination, balance, reaction time and agility), plus group games that emphasize teamwork and following instructions.

No class Oct 13.

► 580528 \$90/6 sess
Sep 15-Oct 27 M 11:15am-12:00pm
580529 \$90/6 sess
► Nov 3-Dec 8 M 11:15am-12:00pm
Kinetic Kids



PRESCHOOL/CHILDREN'S



SPECIAL EVENTS

HALLOWEEN HOWLERS CARNIVAL 1-12 yrs

Come dressed in your Halloween finest for a fun filled evening of creepy crafts, boo-tiful face painting, spooktacular games, entertainment, and more! Parent or guardian participation is required.

► 567920 \$8/child
Oct 24 F 5:30pm-7:00pm

HALLOWEEN HAUNTED HOUSE 7 yrs+

Stay tuned for our upcoming Haunted House! This event is brought to you by the MO Youth Council. See page 23 for more info.

► 578976 By Donation
Oct 27-30 M-Th 5:00pm-7:00pm



BREAKFAST WITH SANTA 1 yr+

Join Santa's helpers for pancakes, goodies, refreshments and family fun, including play time in the gym and a visit from Santa. Bring your camera and your appetite! Seating is first come, first serve. Breakfast will be served at 10:15am sharp. Parent participation and payment is required. No online registration. Phone in registration starts Aug 12 at 10am.

► 567915 \$8.50/person
Dec 13 Sa 10:00am-12:00pm



Photos with Santa All Ages

See page 23 for details. \$10 per family per 10 minute time slot.

► 579521-579535 \$10/family
Dec 13 Sa 12:00pm-12:40pm

Holiday Fun & Games 1-12 yrs

See page 23 for details.

► 579506 \$6/child
Dec 13 Sa 12:30pm-1:30pm
► 581494 \$6/child
Dec 13 Sa 1:35pm-2:35pm

DANCE

Children's Creative Ballet 4-6 yrs

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love exploring their creative expression in this fun and welcoming class. Children must be able to participate without a parent in the room. Please wear ballet outfit and ballet slippers or clean indoor shoes. There will be a presentation for family on the last day of the session.

► 575657 \$98/7 sess
Sep 13-Oct 25 Sa 11:10am-11:55am
► 575658 \$98/7 sess
Nov 1-Dec 13 Sa 11:10am-11:55am
Endorphin Rush Dance

Jazz/Ballet 5-7 yrs

Children will learn the fundamentals of both ballet and jazz dance while developing their own creative expression. The dancer's mobility, balance, and coordination will be improved in this fun and welcoming program. Children must be able to participate without a parent in the room. Please wear ballet / dance slippers or clean indoor shoes. There will be a presentation for family on the last day of the session

► 575660 \$98/7 sess
Sep 13-Oct 25 Sa 12:15pm-1:15pm
► 575661 \$98/7 sess
Nov 1-Dec 13 Sa 12:15pm-1:15pm
Endorphin Rush Dance

CHILDREN



PERFORMING ARTS/DANCE

Performance Class

8-17 yrs

Students will be trained in dance fundamentals and refine their technique essential for performance. We will be working on hip hop, street dance and jazz funk dance skills, choreography and formation, strength development, footwork, isolations, stretches and everything related to get you stage ready! Previous dance experience recommended. Performance opportunities will be announced during the season. Dress: shoes with non-marking soles and comfortable sports clothing.

FREE TRIALS

8-9 yrs

► 580122 FREE
Sep 17 W 3:30pm-4:30pm

10-11 yrs

► 580121 FREE
Sep 10 W 3:30pm-4:30pm

8-11 yrs

► 580119 \$240/12 sess
Sep 24-Dec 10 W 3:30pm-4:30pm

FREE TRIALS

12-14 yrs

► 580124 FREE
Sep 17 W 4:30pm-5:45pm

15-17 yrs

► 580123 FREE
Sep 10 W 4:30pm-5:45pm

► 580120 \$300/12 sess
Sep 24-Dec 10 W 4:30pm-5:45pm
PraiseTEAM

Hip Hop, Dance, Stretch & Strength

Through proper breathing, strengthening, and stretching, students will have a better understanding of their bodies and develop proper muscle memory. Our goal is for the student to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence.

No class Nov 8.

► 578863 \$204/12 sess
Sep 13-Dec 6 Sa 12:30pm-1:30pm
Praise TEAM

KPOP (Korean Pop)/ Hip Hop Open

6-17 yrs

Students will experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals. Students will refine cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge. No previous experience required. Bring your water bottle! Find us on FB/IG @PraiseTEAMstudio.

6-12 yrs

► 578857 \$238/14 sess
Sep 11-Dec 11 Th 3:30pm-4:30pm
No session Nov 8



ART & EDUCATION

FUNDamental Drawing

6-12 yrs

New lessons every session! Let's make this back-to-school season a masterpiece! Young Rembrandts' drawing lessons will ignite your child's creativity and sharpen their artistic skills. We'll tackle creative projects like a detailed gumball machine, a mouthwatering sandwich, and a dazzling Egyptian headdress that'll whisk your artist back in time. A fall-themed illustration will introduce them to warm and cool colour theory. With every lesson, your child will enhance their art skills, strategic thinking and self-expression. Creativity is calling; sign up now!

► 575436 \$132/6 sess
Sep 24-Oct 29 W 4:30pm-5:30pm
Young Rembrandts

FUNDamental Drawing

6-12 yrs

New lessons every session! Turn your child's love for art into something extraordinary this season! Young Rembrandts classes bring fresh, exciting projects like a globetrotting koala, a video game-inspired still life, and a playful nutcracker. We'll even create a silly squid dressed as a holiday tree! Every lesson strengthens your child's focus, fine motor skills, and creativity. From holiday inspiration to everyday fun, there's so much to discover; enroll your child now!

► 575441 \$132/6 sess
Nov 5-Dec 10 W 4:30pm-5:30pm
Young Rembrandts

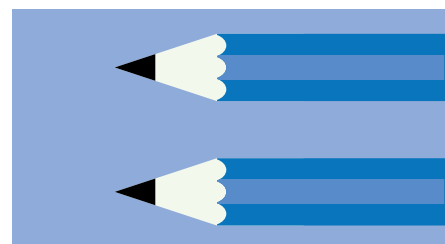
Mixed Media Art

6-12 yrs

Instructor-led hands on exploration of artworks composed from a combination of different media or materials. Encourages creativity and sharing in a fun, artistic space. Supplies provided.

No class Oct 13, Oct 20, Nov 24.

► 575858 \$144/12 sess
Sep 8-Dec 15 M 5:45pm-6:45pm
Raquel Quintanilla



CHILDREN



ART & EDUCATION

Design & Architecture for Kids 6-13 yrs

Embark on a journey of architectural discovery with engaging, playful hands-on classes! Explore the fascinating worlds of famous architects, design concepts, and captivating buildings, unleashing their creativity through the creation of 2D drawings and 3D models. We transform learning into an exciting adventure, encouraging children to observe and appreciate their built and natural surroundings. As they delve into fresh concepts, their vocabulary blossoms, and their fine motor skills thrive through the exciting process of drawing and model-making.

6-9 yrs • Kids

No class Sep 30, Nov 11.

► 568967 \$330/11 sess
Sep 23-Dec 16 Tu 3:45pm-5:00pm

8-13 yrs • Tweens

No class Sep 30, Nov 11.

► 569001 \$330/11 sess
Sep 23-Dec 16 Tu 5:15pm-6:30pm
Petit Architect Design For Kids Ltd.

Simple Machines 5-6 yrs

Discover the basics of levers, pulleys, wheel, and inclined planes. Through hands-on play, students build and experiment with machines in action.

► 579249 \$140/7 sess
Sep 11-Oct 30 Th 4:00pm-5:00pm
Zen Maker Lab

ReadMakePlay 5-6 yrs

Storytime meets STEM! Kids dive into imaginative tales and bring them to life by building projects inspired by the books they read.

► 579255 \$120/6 sess
Nov 6-Dec 18 Th 4:00pm-5:00pm
Zen Maker Lab

Junior Robotics 7-8 yrs

A perfect start for young minds to enter the world of robotics, combining learning how simple sensors, motors, and creative problem-solving work with coding.

► 579258 \$140/7 sess
Sep 11-Oct 30 Th 5:15pm-6:15pm
Zen Maker Lab

Stop Motion 7-8 yrs

Students bring their imagination to life by creating stop-motion animations and illustrating their own short stories.

► 579260 \$120/6 sess
Nov 6-Dec 18 Th 5:15pm-6:15pm
Zen Maker Lab

SPORTS

Badminton Lessons

8-14 yrs

Whether you're a complete beginner or already have some experience, our sessions are designed to help you grow at your own pace in a friendly and supportive environment. You'll learn essential techniques, improve your footwork and game strategy—all while building confidence, discipline, and teamwork.

Beginner I

8-10 yrs

The perfect starting point for those new to the sport. This program focuses on building basic skills such as grip, footwork, strokes, and simple game rules in a fun and encouraging environment. No prior experience needed—just bring your energy, racket, and proper gym wear and we'll take care of the rest! Great for developing coordination, confidence, and a love for the game. Please bring your own racquet. No class Oct 11.

► 575987 \$82.50/11 sess
Sep 13-Nov 29 Sa 11:15am-12:00pm

Beginner II

10-14 yrs

This beginner-friendly badminton program is designed for pre-teens and teens looking to learn the basics of the game in a fun, supportive setting. Participants will develop essential skills like grip, footwork, serving, and rallying, while building coordination, confidence, and teamwork. No experience needed—just a willingness to learn and have fun on the court! Please bring your own racquet. No class Oct 11.

► 575990 \$110/11 sess
Sep 13-Nov 29 Sa 12:00pm-12:55pm

Intermediate

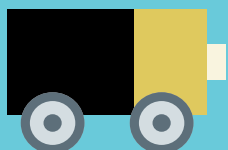
10-14 yrs

Designed for players with basic badminton experience, this intermediate program helps pre-teens and teens sharpen their skills and elevate their game. Training focuses on improving footwork, shot variety, game strategy, and match play—all in a supportive, energetic environment. Perfect for young athletes ready to take the next step in their badminton journey. Please bring your own racquet. No class Oct 11.

► 575992 \$110/11 sess
Sep 13-Nov 29 Sa 12:55pm-1:55pm
Raymond Wong

STEM LAB PROGRAMS

See page 12 for more information on STEM Lab programs, Mechanics & Electronics. For ages 8-11 yrs.



CHILDREN



SPORTS

Kids Indoor Tennis Lessons 7.5-15 yrs

Continue developing a tennis foundation and build confidence. Lessons provide young players with some experience the ability to continue developing their skills through high energy, game-based lessons that use the ¾ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a solid technical foundation. Please bring your own racquet. Lessons held in the gymnasium.

Junior Aces • 7.5-10 yrs

► 576044	\$210/7 sess
Sep 13-Oct 25	Sa 2:05pm-3:00pm
► 576048	\$180/6 sess
Nov 1-Dec 6	Sa 2:05pm-3:00pm

Youth Aces • 11-15 yrs

► 576050	\$210/7 sess
Sep 13-Oct 25	Sa 3:00pm-4:00pm
► 576052	\$180/6 sess
Nov 1-Dec 6	Sa 3:00pm-4:00pm

Summer Smash Tennis

Table Tennis for Kids 6-12 yrs

A supportive and engaging environment for players of all levels. Participants will develop through a mix of interactive drills, friendly competition, and skill-building exercises.

► 579425	\$40/5 sess
Sep 8-Oct 6	M 3:30pm-4:30pm
► 579426	\$40/5 sess
Oct 20-Nov 17	M 3:30pm-4:30pm

Curtis Chow

Kids Indoor Soccer 6-11 yrs

An introduction to soccer. Cooperative games and basic soccer skills within a safe environment for children to learn about fair play, tolerance, inclusion, and respect, and to build confidence.

No class Oct 13, Oct 20, Nov 24.

6-8 yrs

► 575854	\$120/12 sess
Sep 8-Dec 15	M 3:30pm-4:30pm

8.5-11 yrs

No class Oct 13, Oct 20, Nov 24.

► 575857	\$120/12 sess
Sep 8-Dec 15	M 4:35pm-5:35pm

Raquel Quintanilla

Sportball Outdoor Soccer 5-7 yrs

Fundamental concepts of gameplay and the basic skills to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes are outdoors, rain or shine; Parent is required to remain on the field for children's safety. www.sportball.ca.

► 574964	\$95/5 sess
Sep 17-Oct 15	W 6:00pm-7:00pm

Sportball Vancouver

SPORTS

Volleyball: Learn to Play 9-12 yrs

This introductory program guides players into the game by building the core skills of passing, setting, attacking and serving through targeted drills, small sided gameplay and loud, fun movement challenges! Active, guided discovery of the game led by experienced and accredited coaches!

No class Oct 13.

► 575514	\$113.75/7 sess
Sep 27-Oct 27	M 5:45pm-7:00pm
► 575554	\$113.75/7 sess
Nov 3-Dec 15	M 5:45pm-7:00pm

Volleyball BC

Volleyball: Train & Play 13-16 yrs

Sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical and tactical skills of volleyball using both the traditional and conceptual approach.

No class Oct 13.

► 575518	\$113.75/7 sess
Sep 8-Oct 27	M 5:45pm-7:00pm
► 575560	\$113.75/7 sess
Nov 3-Dec 15	M 5:45pm-7:00pm

Volleyball BC

Basketball: DRIVE Training Academy 6-12 yrs

Athletes develop the fundamentals while improving their overall skills. This program will allow athletes to advance as they progress with their skills, athleticism and confidence. They will learn the fundamentals of shooting, passing, triple threat, scoring moves and more. They will also be playing games and learning team concepts in a fun and competitive environment.

6-8 yrs

No class Sep 30, Nov 11.

► 569163	\$126/12 sess
Sep 16-Dec 16	Tu 3:35pm-4:35pm
► 569164	\$147/14 sess
Sep 18-Dec 18	Th 3:35pm-4:35pm

9-12 yrs

No class Sep 30, Nov 11.

► 569165	\$156/12 sess
Sep 16-Dec 16	Tu 4:35pm-5:50pm
► 569166	\$182/14 sess
Sep 18-Dec 18	Th 4:35pm-5:50pm

DRIVE Basketball Inc.

CHILDREN



MARTIAL ARTS

KEES

Tae Kwon Do

5-15 yrs

Taekwondo is a martial art and an Olympic sport that originated from Korea. This training system is made up of symmetrical body exercises or techniques designed for self defense and unarmed combat, making use of the hands and feet for offense and defense techniques. Taekwondo has a tradition of strict discipline and structure that trains both the mind and body while placing great emphasis on the development of moral values, appropriate behavior, and positive attitudes. KEES TKD Uniform is required: \$70 tax included. Testing and Promotion: Please see information online or speak to instructor.

Beginner/Intermediate • 5-7 yrs

No class Oct 13.

► 575825 \$168/14 sess

Sep 8-Dec 15 M 3:45pm-4:30pm

► 575828 \$180/15 sess

Sep 12-Dec 19 F 3:45pm-4:30pm

Beginner/Intermediate • 8-15 yrs

No class Oct 13.

► 575827 \$168/14 sess

Sep 8-Dec 15 M 4:30pm-5:15pm

► 575829 \$180/15 sess

Sep 12-Dec 19 F 4:30pm-5:15pm

Advanced • 8-15 yrs

► 575830 \$180/15 sess

Sep 12-Dec 19 F 5:15pm-6:00pm

KEES Tae Kwon Do

Self Defense

Krav-Jitsu

6-14 yrs

Build confidence, keep fit, improve grades and bully proof with the most effective self-defense program available! Kids learn realistic street safety and effective self-defense in a fun and cooperative environment. 2 multi-black belt instructors (male and female) teach striking, ground protection, weapons safety, escapes (grabbed/pinned), rolls, falling, pad hitting and more.

► 569180

\$169/13 sess

Sep 18-Dec 11 Th 6:15pm-7:15pm

Hit And Run Self Defense



PLEASE NOTE

Martial Arts classes: Waiver form must be completed for participation and handed in by first class.

MARTIAL ARTS

Wushu/Kung Fu 6-15 yrs

An introduction to the fundamentals of Wushu, a Chinese Martial Arts. Children will develop basic punching, kicking and form techniques while learning discipline, respect, and self confidence. Please wear loose fitting clothing and clean (indoor only) flat rubber sole shoes. Uniform and shoes (\$100) are required, available for purchase through the front office.

Beginner/Intermediate • 6-12 yrs

No class Nov 8.

► 575835 \$150/10 sess

Sep 27-Dec 6 Sa 2:45pm-3:45pm

No class Oct 13.

► 575834 \$165/11 sess

Sep 29-Dec 15 M 4:30pm-5:30pm

Intermediate • 8-15 yrs

No class Nov 8.

► 575837 \$150/10 sess

Sep 27-Dec 6 Sa 1:45pm-2:45pm

Ken Low

SunMither

Taekwondo

6-15 yrs

Taekwondo for kids is a fun martial art that teaches discipline, respect, and confidence. It helps improve strength, flexibility, and coordination through kicks and punches. Kids also learn focus, perseverance, and goal-setting as they progress through belt levels. Overall, it builds physical and mental skills while encouraging respect and self-control. Purchase of a uniform is available for purchase through the front office for \$60 plus tax. Waiver form must be completed for participation, to be handed in by first class.

White/yellow stripe/yellow belt

6-8 yrs

No class Sep 30, Nov 11.

► 575769 \$144/12 sess

Sep 16-Dec 16 Tu 4:45pm-5:30pm

► 575777 \$168/14 sess

Sep 18-Dec 18 Th 4:30pm-5:15pm

Green stripe/green and up belt

9-15 yrs

No class Sep 30, Nov 11.

► 575772 \$186/12 sess

Sep 16-Dec 16 Tu 5:30pm-6:30pm

► 575778 \$168/14 sess

Sep 18-Dec 18 Th 5:15pm-6:00pm

Bahareh Dehkordi



PRIVATE MUSIC LESSONS

Piano Lessons

5 yrs+

Discover the joy of music and the piano through fun and engaging songs and pieces. Students will build solid technique through enjoyable exercises while developing dexterity, listening skills, rhythm, and music theory. Lessons are tailored to all ages and skill levels and are offered in 30-minute sessions.

No class Oct 13.

► 569117-569121 \$422.50/13 sess

Sep 15-Dec 15 M 3:30pm-5:30pm
Musical Expressions

—

No classes Sep 30, Oct 14 and Nov 11

► 569108-569116 \$302.50/11 sess

Sep 9-Dec 9 Tu 3:30pm-6:30pm
Roy Sun

—

► 569370-570287 \$385/14 sess

Sep 10-Dec 10 W 2:30pm-5:30pm

► 569364-570284 \$385/14 sess

Sep 11-Dec 11 Th 3:30pm-5:30pm

No class Oct 10.

► 569187-569212 \$357.50/13 sess

Sep 12-Dec 12 F 3:30pm-6:00pm

No class Oct 11.

► 569174-569186 \$357.50/13 sess

Sep 13-Dec 13 Sa 9:30am-11:30am

Andrea Chang

—

► 579371-579376 \$300/12 sess

Sep 18-Dec 4 Th 5:00pm-7:00pm

No class Oct 11.

► 579995-580000 \$300/12 sess

Sep 13-Dec 6 Sa 10:30am-12:30pm

Brendan Wong

Private Guitar/ Ukulele/Drums Lessons

6 yrs+

Have you always wanted to learn a string instrument or the drums? We offer private lessons in guitar, ukulele, and drums to help you get started on your musical journey. Our program is designed around individual interests and foundational goals, supporting everyone from absolute beginners to the prodigies of tomorrow. All lessons take place in a fun, relaxed, and stress-free environment. Students learning guitar or ukulele are required to bring their own instrument to each lesson

No class Sep 30, Nov 11.

► 569167-569179 \$390/12 sess

Sep 16-Dec 16 Tu 3:00pm-7:30pm

Musical Expressions

Private Flute Lessons

7 yrs+

Enjoy private flute lessons and learn at your own pace. All levels welcome, from beginners to students needing coaching in school band and orchestra programs. Lessons are 30 minutes. Please bring your own flute. Music books are extra. More info at andreaminden.ca

No classes Sep 30 and Nov 11.

► 579969-579972 \$366/12 sess

Sep 9-Dec 9 Tu 4:00pm-5:30pm

Andrea Minden



VOCAL TRAINING

See page 16

Private Singing Lessons

10 yrs+

Enjoy private singing lessons in a safe, supportive environment—no experience needed! All levels welcome. With over 15 years of experience as both a music instructor and professional operatic soprano, Gina teaches a wide range of styles, from pop and musical theatre to opera. Beginners will build vocal confidence and range, while advanced singers will refine technique, interpretation, and performance skills.

► 580003-580995 \$390/13 sess

Sep 17-Dec 10 W 10:00am-12:00pm

No lesson Oct 9.

► 580131-581015 \$390/13 sess

Sep 11-Dec 11 Th 5:00pm-7:45pm

No lessons Oct 11, Nov 1.

► 580132-581048 \$360/12 sess

Sep 13-Dec 13 Sa 10:00am-1:45pm

Gina Morel

Private Violin Lessons

6 yrs+

Join as a complete beginner or tune up your violin skills. All levels welcome! Learn the violin in a supportive environment with a dedicated teacher, who will guide you to get the appropriate size and type of violin. Preparation for the Royal Conservatory of Music exams is a possibility for those who wish to have their learning level recognized.

► 579973-579978 \$440/8 sess

Sep 3-Oct 22 W 3:30pm-7:30pm

► 579979-579990 \$440/8 sess

Oct 29-Dec 17 W 3:30pm-7:30pm

Ali Nourbakhsh

PRE-TEEN

EDUCATION

Cooking

11-13yrs

Lets get cooking in the kitchen. Each week we will make a different recipe from scratch. Together we will meal prep, cook, eat, and clean.

► 580511 \$18/3 sess

Sep 9-Sep 23 Tu 3:30pm-5:30pm

► 580514 \$24/4 sess

Oct 7-Oct 28 Tu 3:30pm-5:30pm

No class Nov 11.

► 580515 \$18/3 sess

Nov 4-Nov 25 Tu 3:30pm-5:30pm

Emily Hansen

Crochet and Create

12-18 yrs

This engaging crochet course is designed specifically for youth. Participants will gain gross motor skills and patience, with a focus on practicing healthy mental health habits. Young crafters will gain the confidence to hook their way into an exciting hobby and come home with their own crochet project. Materials and snacks included.

► 579427 \$40/8 sess

Sep 5-Oct 24 F 4:00pm-5:30pm

Tammy Tsui

STEM Lab Mechanics

8-11 yrs

Get hands-on with science! In this course, you'll build an exciting project every session and take each one home. From a hydraulic-powered crane to an elastic-propelled boat, you'll explore how simple machines work through fun, interactive builds. Have fun while learning. All materials included.

► 580452 \$105/5 sess

Sep 18-Oct 16 Th 6:00pm-7:00pm

Grethel Serrano Rangel

STEM Lab Electronics

8-11 yrs

Ready to take your STEM skills to the next level? In this electrifying course, you'll dive into the world of circuits and electricity by powering your own projects, including an electric car and working lamp. Get creative, explore real-world science concepts, and bring your machines to life! All materials included.

► 580453 \$130/5 sess

Nov 6-Dec 4 Th 6:00pm-7:00pm

Grethel Serrano Rangel

SOCIAL

Pre- Teen Club 9-12 yrs

Calling all grade 4, 5, 6, & 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, movies, baking, and games. No session Sept 26 & Oct 31.

• Sep 12: Slime Stress Ball

• Sep 19: Aquarium Nightlight

• Oct 3: Raft Challenge

• Oct 10: Spaghetti Tacos

• Oct 17: Paper Squishies

• Oct 24: Pumpkin Carving

• Nov 7: Naan Pizza

• Nov 14: Create your own Piggy Bank

• Nov 21: The Grand Chipion (chip challenge)

• Nov 28: Glow in the Dark Lanterns

• Dec 5: Cookie Bars Baking

• Dec 12: Video Game/Pool Tournament

► 578970 Drop-in \$2

Sep 12-Dec 12 F 4:00pm-5:15pm

MO Youth Volunteers & Staff

Pre-Teen Movie Night

9-12 yrs

Get ready for a monthly movie night like no other with our Pre-Teen Movie Club, where friends, fun, and films come together! Each month, pre-teens are invited to join us for an exciting evening of age-appropriate movies with popcorn, juice box and pizza. From laugh-out-loud comedies and thrilling adventures to animated classics, we hand-pick films that entertain & spark imagination.

► 578972 \$5/1 sess

Sep 19 F 5:45pm-7:45pm

► 579381 \$5/1 sess

Oct 17 F 5:45pm-7:45pm

► 579382 \$5/1 sess

Nov 21 F 5:45pm-7:45pm

► 579383 \$5/1 sess

Dec 19 F 5:45pm-7:45pm

Youth Volunteers & Staff

OUT TRIPS

Bubble Tea Outing

9-12 yrs

Join us for a fun-filled afternoon that starts with a trip to Chatime Bubble Tea on Cambie Street, grab your custom drink; fruity, milky, chewy, or classic, it's your call! Once we are back the fun continues with video games and team fun back at the community centre!

Youth Leader

► 579391 \$10/1 sess

Sep 12 F 5:30pm-7:30pm

Youth Leaders

Escape Room

9-12 yrs

Do you think you have what it takes to crack the codes and solve the puzzles that will open the escape room doors? Come test out your critical thinking skills by joining us on this fun and challenging trip to EXIT in Richmond.

► 579392 \$25/1 sess

Oct 10 F 5:15pm-7:45pm

Youth Leader

Ice Skating

9-12 yrs

Grab your gloves, lace up your skates, and join us on our Pre-Teen Ice Skating Trip! Whether you're a pro on the ice or a beginner just learning to glide, come chill out with friends and make some unforgettable winter memories.

► 579387 \$10/1 sess

Nov 7 F 5:00pm-8:00pm

Youth Leader

Gingerbread House Competition

9-12 yrs

Do you and your friends have what it takes to build the most epic gingerbread house this centre has ever seen?! Sign-up for this friendly competition! Teams are made up of 3 members. First place will be awarded a prize for each member. Hot chocolate and treats will be provided for everyone.

► 579393 \$10/1 sess

Dec 12 F 5:30pm-7:30pm

Youth Leader

DID YOU KNOW? Youth can borrow equipment from the front desk or the youth room with a valid Go Card or One Card.

YOUTH



LEADERSHIP

Snack Bar Training

15-18 yrs

The Snack Bar Crew is looking for responsible, friendly, and task oriented youth to help manage the Snack Bar after school. This training will provide the skills to successfully work in a customer service setting. Training will cover: customer service, cash handling, inventory, and proper food handling. Volunteers are required to take the FoodSafe Level 1 course to volunteer in the Snack Bar. This training is mandatory for all youth volunteering.

► 579423

FREE/1 sess

Sep 11 Th 4:00pm-6:00pm
Community Youth Worker

EDUCATION/ LEADERSHIP

FoodSafe Level 1

13-18 yrs

This 8 hour course covers food handling, sanitation, and work safety to prepare you for the food service industry. The course covers foodborne illnesses, receiving and storing food, preparing and serving food, cleaning and sanitation. This is a great certificate to add to your resume and great knowledge to have! Certification is valid for 5 years.

► 578980

\$85/1 sess

Sep 20 Sa 9:00am-4:00pm
Paul Richardson

Babysitting Course

11-18 yrs

The Canadian Red Cross Babysitting course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter. Babysitting promises to deepen and enhance the responsibility that older youth feel when caring for younger children. This updated curriculum, complete with new science, also provides improved learning when it comes to giving the appropriate care in the event of an emergency. The course includes a course manual and certificate of completion from the Canadian Red Cross.

► 578984

\$90/1 sess

Oct 24 F 9:00am-4:00pm
First Aid Pro

Emergency First Aid Blended with CPR/AED C

14-18 yrs

Basic one day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. This course is equivalent to Occupational First Aid Level 1 (OFA Level 1) and is recognized by WorkSafeBC. Note this is a blended course, student's will need to complete half of the course online (between 1-3 hours) at their leisure.

► 578982

\$100/1 sess

Nov 21 F 11:00am-3:00pm
First Aid Pro

MO Youth Council

13-18 yrs

MOYC is looking for youth interested in improving their community by sharing ideas & opinions. The MOYC plans, organizes, and implements special events, programs, out-trips, fundraisers and activities for other youth and families in the community. Coming up this fall:

- School Year Kick Off
- Halloween Howlers
- Haunted House
- Fundraisers

► 578969

FREE/14 sess

Sep 10-Dec 10 W 4:00pm-5:30pm
MO Youth Council Members

Youth Room

12-18 yrs

Drop by and hang out with your friends! Play pool, Nintendo Switch, board games, and more! Call the front desk at 604.257.8180 for information.

► 578967

Youth Volunteer Orientation

13-18 yrs

Mandatory orientation for youth wanting to volunteer for MOCC programs, special events and youth council. Training will provide information on volunteer rights and expectations, guidelines, emergency procedures, volunteer opportunities, and volunteer sign-up. Don't miss it! Next volunteer intake is January 2026.

► 579424

FREE/1 sess

Sep 18 Th 4:00pm-6:00pm
Community Youth Worker

VOLUNTEER INFORMATION

13-18yrs

Want to be a youth volunteer?

1. Pick up a Youth Volunteer Application form at the front desk or youth room info board in the hallway or access on Instagram @mocc.youth in the bio.
2. Complete application form, have it signed by a parent/guardian, and drop off at the front desk or in the youth room.
3. Sign up for the youth volunteer orientation.

*Deadline for application is Sep 12.
Next volunteer intake is January 2026.*

YOUTH

SOCIAL/EVENTS

Santa Selfies 9-18yrs

Get ready to bring the holiday magic to your feed! Join us for Santa Selfies, the ultimate holiday hangout in the youth room where YOU get to chill with the one and only Santa Claus. Whether you're feeling festive, funny, or full of holiday spirit, come strike a pose, and snap a selfie!

► 581493 FREE/1 sess
Dec 17 W 4:00pm-6:00pm

SPORTS

Night Hoops 11-16 yrs

Open to players of all skill levels, Night Hoops offers weekly practices led by caring mentors at local community centres. This Fall, teams will practice at their respective sites and come together for three exciting 3x3 tournaments, in November, and December; hosted at a central community centres. No session Oct 24.

► 578975 FREE/9 sess
Oct 3-Dec 5 F 4:00pm-8:00pm
Night Hoops Coaches

SOCIAL/EVENTS

School Year Kick Off

12-18 yrs

We are excited and looking forward to another school year! Check out this fun event from the Marpole-Oakridge Youth Council. There will be hot dogs, veggie dogs, chips, treats, and lots more! Bring all your friends!

► 579422 FREE/1 sess
Sep 26 F 4:00pm-6:00pm

Ice Skating

13-18 yrs

Join us at Sunset Rink with friends and other youth in the community! Cost includes skate rental & bus fare. Meet in the youth room & bring your waiver form.

► 579457 \$5/1 sess
Oct 2 F 4:30pm-8:00pm
► 579458 \$5/1 sess
Nov 6 F 4:30pm-8:00pm
Youth Leaders

YOUTH DROP-IN SCHEDULE • Sep 3-Dec 19, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Youth Room Drop-In 3:00pm-5:00pm (no session Oct 13) ► 578967	Youth Room Drop-In CLOSED ► 578967	Youth Room Drop-In 3:00pm-7:00pm ► 578967	Youth Room Drop-in 3:00pm-5:00pm ► 578967	Youth Room Drop-in 3:00pm-7:45pm ► 578967
	Youth Table Tennis 3:15pm-4:30pm (no session Sep 30 & Nov 11) ► 578966	Youth Table Tennis 3:15pm-3:50pm ► 578966		Youth Table Tennis 3:15pm-7:45pm ► 578966
		Youth Open Gym 3:15pm-4:30pm ► 578956		Youth Badminton 3:15pm-4:45pm (no session Dec 12) ► 578959
		Youth Volleyball 4:30pm-5:45pm ► 578957		Youth Basketball 4:50pm-6:30pm (no session Dec 12) ► 578960

- Youth are required to scan their One Card upon arrival in the youth room. Sign up in the youth room with the Community Youth Worker.
- Don't forget, we have sports equipment available for borrowing in the gym! Ask the staff or volunteer.

Snack Bar Schedule

Monday 3:30pm-5:30pm
Tuesday 3:30pm-5:30pm
Wednesday 3:30pm-6:00pm
Thursday 3:30pm-5:30pm
Friday 3:30pm-6:30pm



AEROBICS SCHEDULE • Sep 2-Dec 20, 2025

Group Fitness

Monday *no class Oct 13	Tuesday *no classes Sep 30, Nov 11	Wednesday	Thursday	Friday	Saturday
Step & Strength 9:20am-10:20am Rilla ▶ 548025	Tabata & Stretch 9:20am-10:20am Sarah ▶ 548026	Muscle Madness 9:20am-10:20am Charlene ▶ 548021	Zumba 9:20am-10:20am Marina ▶ 548030	HIIT 9:20am-10:20am Bonnie ▶ 548020	Zumba 9:15am-10:15am Marina ▶ 548031
Refit 10:25am-11:25am Don ▶ 548022		Refit 10:25am-11:25am Sarah ▶ 548023		Refit 10:25am-11:25am Bonnie ▶ 548024	
Total Body Conditioning 6:00pm-7:00pm Charlene (Auditorium) ▶ 551726	Zumba 6:00pm-7:00pm Marina ▶ 548029	Total Body Conditioning 6:00pm-7:00pm Don ▶ 548027			

FITNESS

High Intensity (HIIT) Interval Training

Get your sweat on with this full-body 60-minute high intensity interval class consisting of 70% cardio and 30% strength training. The equipment, moves, format and music will be ever-changing to keep you coming back for more! High and low modifications will be provided.

Sep 5-Dec 19 F 9:20am-10:20am

Muscle Madness

This full body workout is designed to increase strength, mobility and stability using weights, resistance bands and your own body weight. Suitable for all fitness levels.

Sep 3-Dec 17 W 9:20am-10:20am

Step and Strength

A total body conditioning class using the step for cardio and weights for strength work. Moderate to challenging with options provided. No fancy footwork. We will start with choreography as an introduction for those new to step. No class Oct 13.

Sep 8-Dec 15 M 9:20am-10:20am

Tabata & Stretch

Get ready to move with bursts of cardio combined with resistance band strength using your own body weight. Work at your own pace. Stretch to follow. No class Sep 30, Nov 11.

Sep 2-Dec 16 Tu 9:20am-10:20am

Refit

Get back into your fitness routine or start a new one with hi-low aerobic patterns to challenge your cardio vascular system, strength training and core conditioning. Suitable for all levels as options to challenge your fitness and coordination will be provided throughout. End the class with a relaxing stretch. No class Oct 13.

Sep 8-Dec 15 M 10:25am-11:25am

Sep 3-Dec 17 W 10:25am-11:25am

Sep 5-Dec 19 F 10:25am-11:25am

Zumba

Zumba is a mix of dance and fitness: a fusion of Latin and international music and movement.

Sep 2-Dec 16 Tu 6:00pm-7:00pm

Sep 4-Dec 18 Th 9:20am-10:20am

Sep 6-Dec 20 Sa 9:15am-10:15am

Total Body Conditioning

This class will provide a combination of exercises, cardio routines, core work, and agility drills with a cool down stretch. It will give you a fun, challenging workout and a functionally fit core. No class Oct 13.

Sep 3-Dec 17 W 6:00pm-7:00pm

Sep 8-Dec 15 M 6:00pm-7:00pm

Fees

	Adult 19-64 yrs	Senior 65 yrs+
Drop-In	\$6.52	\$5.78
10 Ticket	\$57.38	\$42.86
1 Month Aerobics Pass	\$60	\$50.24
FitPass Unlimited Sep 3-Dec 20, 2025	\$204.05	\$171.90

Prices do not include GST

ADULTS



DANCE

Line Dance with Ember

19 yrs+

Line dance for fun. Meet new friends and exercise your body and mind by dancing to all genres of music and dance styles.

Beyond Beginner

Prior knowledge of basic dance steps is recommended. Drop-in \$7.14 + tax.

► 569188		\$83.33/14 sess
Sep 11-Dec 1	Th	6:30pm-8:00pm
► 569191		\$77.38/13 sess
Sep 13-Dec 6	Sa	11:30am-1:00pm

Line Dance Social

Join us for a lively afternoon of Line Dancing, designed for those with previous experience in Ember's classes! This social event is the perfect chance to get moving to familiar tunes, enjoy some fun dancing, and reconnect with fellow dancers.

► 569184		\$12/sess
Dec 13	Sa	12:30pm-3:30pm
Ember Schira		

Line Dance with Vivian

19 yrs+

Classes will be conducted mainly in English, Chinese translation available if needed. It is a beginner/high beginners level. Dances will be include; Cha Cha, Mambo, Waltz, Rumba, Samba! First 30 minutes will be easy slow dances then little faster music for the second half of the lesson. Drop-in \$7.14 + tax.

Beginner

► 569230		\$83.33/14 sess
Sep 12-Dec 12	F	1:30pm-3:00pm

Beginner Plus

No class Oct 13.

► 569277		\$77.38/13 sess
Sep 8-Dec 8	M	1:30pm-3:00pm

Intermediate

► 569228		\$83.33/14 sess
Sep 10-Dec 10	W	1:30pm-3:00pm
Vivian Lau		

Line Dance Social with Vivian

Opportunity for Vivian's current students to celebrate the season all together in the Auditorium. Afternoon will include dancing and time for socializing.

► 580129		\$12.62/sess
Dec 15	M	11:30am-3:00pm

DANCE

Belly Dance Fitness and Fun

19 yrs+

Strengthen your core, your pelvic floor, and your self confidence while making new friends! Drop-in \$15.

No class Sep 30, Nov 11.

► 579369		\$141.43/11 sess
Sep 16-Dec 9	Tu	7:00pm-8:00pm
Sylvie Royer		

Ballroom Dance

19 yrs+

Come learn the rumba, samba, cha cha, paso double and jive. Stay active by learning to ballroom dance. No partner required. No dance experience required. Drop-in \$15.

Latin

► 580235		\$156/12 sess
Oct 2-Dec 18	Th	9:30am-10:30am
► 580239		\$156/12 sess
Oct 2-Dec 18	Th	10:30am-11:30am
► 580242		\$156/12 sess
Oct 4-Dec 20	Sa	1:30pm-2:30pm
► 580243		\$156/12 sess
Oct 4-Dec 20	Sa	2:30pm-3:30pm
Raf Chen		

Ballroom Dance

19 yrs+

Come learn the waltz, tango, viennese waltz, slow foxtrot and the quickstep. Stay active by learning to ballroom dance. No partner required. No dance experience required. Drop-in \$15.

Standard

No class Nov 11.

► 580216		\$130/10 sess
Oct 7-Dec 16	Tu	9:30am-10:30am
► 580217		\$130/13 sess
Oct 7-Dec 16	Tu	10:30am-11:30am
Raf Chen		

Intro to Ballet

19 yrs+

A beginner's ballet class for those with little or no dance experience. Learn the basic positions, barre exercises, simple centre work and most of all, the joy of movement with your body. Wear ballet slippers or socks to class and have fun. No class Oct 13.

► 579365		\$197.14/12 sess
Sep 15-Dec 8	M	5:30pm-7:00pm
Kuei-ming Lin		

Ballet for Beginners

19 yrs+

This is an easy going ballet class for those who want to dance some more after learning the basic vocabularies of ballet. Learn a barre routine, some centre work and easy dances. Wear ballet slippers or socks to class and have fun. No class Oct 13.

► 579367		\$197.14/12 sess
Sep 15-Dec 8	M	7:15pm-8:45pm
Kuei-ming Lin		

Vocal Training Beginner

19 yrs+

Designed for both singers and non-singers alike. If you can speak, you can sing! You'll learn how to captivate an audience not just by singing, but by mastering stage movement and audience interaction. We'll help you develop the complete package, so you can shine both on stage and off. Come discover your talents and see where they can take you.

► 580579		\$136/8 sess
Sep 25-Nov 13	Th	6:30pm-8:30pm
Jan Cooper		

ADULTS



HEALTH & WELLNESS

Cardio Pilates 19 yrs+

A fusion of classic Pilates movements, fat burning cardio exercises and full body strengthening exercises with use of hand weights, flex bands and small stability balls. Improve cardiovascular endurance, core balance, and tone your entire body. Drop-in \$14.52+ tax.

► 580274		\$91/7 sess
Sep 10-Oct 22	W	6:00pm-7:00pm
► 580275		\$91/7 sess
Oct 29-Dec 10	W	6:00pm-7:00pm
Emily O. Chan		

Hatha Yoga 19 yrs+

The classic postures of Hatha Yoga will stretch and release tired muscles. Breathwork detoxifies and energizes. We finish with long, deep relaxation to refresh and revitalize. Drop-in space permitting \$15.24 plus tax.

► 569233		\$86.67/7 sess
Sep 17-Oct 29	W	9:30am-10:30am
► 569234		\$86.67/7 sess
Nov 5-Dec 17	W	9:30am-10:30am
Janet Ward		

Iyengar Yoga 19 yrs+

The Iyengar method is adaptable to suit individual needs. Increased flexibility, reduced risk of injury, enhanced fitness for sports, relaxation for the mind and an increase of self-confidence are a few of the benefits one can experience. Drop-in \$23 + tax. No session Oct 11.

► 580571		\$252/12 sess
Sep 13-Dec 6	Sa	9:30am-11:00am
Grant Richards		



Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.

vancouver.ca/park-board-pride

DANCE

Social Dance Practice 19 yrs+

Come join in on some fun and dance! It's a great way to stay active. No instruction provided. No partner necessary. Drop-in \$3.09 + tax or purchase a 10 visit pass \$25 + tax.

No class Sep 30 and Nov 11

► 580257		
Sep 9-Dec 16	Tu	12:30pm-3:00pm
► 580258		
Sep 11-Dec 18	Th	12:30pm-3:00pm

ART

The Joy of Acrylic Painting 19 yrs+

Learn a new way to express your creativity! Following a demonstration, learn step by step to paint a beautiful image using a new technique with oil paint. Materials included.

► 580272		\$145.50/6 sess
Sep 17-Oct 22	W	10:00am-12:00pm
► 580273		\$145.50/6 sess
Oct 29-Dec 3	W	10:00am-12:00pm
Philip Tsang		

The Joy of Drawing 19 yrs+

Learn and improve your drawing skill and technique such as still lifes, landscapes, animals, portraits and many more. Drawing demonstrations will be provided with a new subject in every session. Materials are included.

► 580269		\$120/6 sess
Sep 18-Oct 23	Th	10:00am-11:30am
► 580271		\$120/6 sess
Oct 30-Dec 4	Th	10:00am-11:30am
Philip Tsang		

ART

Zen Doodle Card Making 19 yrs+

Discover the art of Zen Doodle card making! In this relaxing, hands-on class, you'll learn simple doodling techniques to create stunning, one-of-a-kind greeting cards. No experience required. Join us for a fun, mindful crafting session. No class Sep 30

► 580584		\$12/4 sess
Sep 16-Oct 14	Tu	1:30pm-2:45pm
► 580585		\$12/4 sess
Nov 18-Dec 9	Tu	1:30pm-2:45pm
Winnie Lai		

MARTIAL ARTS

Iaido 16 yrs+

Iaido is the traditional Japanese martial art of drawing and cutting with the samurai sword. Develop awareness, centeredness, sincerity, a calm mind, and mental and physical harmony through the practice of traditional sword techniques. Beginners are welcome to join. Drop-in \$14.29 + tax.

No class Oct 31.

► 569181		\$156.67/14 sess
Sep 12-Dec 19	F	5:45pm-7:15pm
Peter Pao		

Tai Chi Learn & Practice 19 yrs+

Join this dedicated group to learn and practice Tai Chi 24, 48, & 85 form. All levels are welcome. Drop-in \$3.10 + tax. No class Sep 30, Nov 11.

► 569213		\$34.29/13 sess
Sep 9-Dec 16	Tu	10:00am-11:30am
Jack Fong		

ADULTS



SPORTS

Family Badminton Court Rental

7 yrs+

Children 7-12 must be accompanied by an adult. Maximum 1 court booking per family. Players must supply their own racquets and birds.

Various times available. Check online or call Centre at 604.257.8180 ex 1

Table Tennis

19 yrs+

Drop-in table tennis for everyone. Three full size tables available. Please play in pairs or doubles. First come, first served basis. Players of all skill levels are welcome. Please bring own equipment. Schedule subject to change. Drop-in \$2.38 + tax/person, per two-hour time slot. Ten usage card: \$22.

- Monday 10am-12pm, 1-3pm
- Tuesday 10am-12pm, 1-3pm, 6:30-8:30pm
- Wednesday 1-3pm, 6:30-8:30pm
- Thursday 10am-12pm, 1-3pm
- Friday 10am-12pm, 1-3pm

No sess Sep 23, Oct 9, Oct 24, Nov 21, Nov 27
 ▶ 581545

Sep 2-Dec 23

Adult Indoor Tennis Lessons: Feeding Frenzy (2.0-3.0)

Improve consistency and cardio through feeding drills. Coaches will feed balls and provide feedback to help students develop their forehand, backhand, volleys, and serve through high repetition training. Please bring your own racquet.

▶ 581535 \$150/4 sess
 Sep 15-Oct 6 M 2:00pm-3:15pm
 ▶ 581536 \$150/4 sess
 Oct 20-Nov 10 M 2:00pm-3:15pm
 Summer Smash Tennis

Tennis Lessons: Adult Beginner (1.0)

Learn to play tennis in a small group setting. This course provides an introduction to the game with an eventual progression to rally and play within the full court setting. Please bring your own racquet.

▶ 581537 \$187.50/5 sess
 Nov 17-Dec 15 M 2:00pm-3:15pm
 Summer Smash Tennis

SPORTS

Pickleball Stage 1: Learn to Play

19 yrs

Come try this fun, popular, and easy-to-learn sport that blends elements of badminton, tennis, and table tennis! This class is perfect for beginners or intermediate beginners who are new to the game or have only played a few times. You'll learn proper form and technique for executing shots, as well as how to move safely and efficiently on the court. No need to purchase a paddle – all equipment is provided.

▶ 580576 \$140/5 sess
 Sep 5-Oct 3 F 1:45pm-3:15pm
 ▶ 580577 \$140/5 sess
 Oct 10-Nov 7 F 1:45pm-3:15pm
 ▶ 580578 \$168/6 sess
 Nov 14-Dec 19 F 1:45pm-3:15pm

Pickleball Stage 2: Games & Drills

19 yrs+

For players who have ideally completed Stage 1: Learn to Play. You are going to love playing these fun drill games, which will help you improve your game. As with any game, it is not practice that makes perfect but perfect practice that makes perfect! We'll work on doubles strategy, communication, ball control, shot selection, and focus more on placement over power. Paddles and all equipment will be provided. No class Sep 30

▶ 580572 \$130/5 sess
 Sep 2-Oct 7 Tu 10:45am-12:45pm
 ▶ 580573 \$104/4 sess
 Oct 14 - Nov 4 Tu 10:45am-12:45pm
 ▶ 580574 \$130/5 sess
 Nov 18-Dec 16 Tu 10:45am-12:45pm
 Mona Lee

Pickleball Court Rental

19 yrs+

Each spot booked is for one court, with a maximum of 4 players. Players must supply their own racquets and birds.

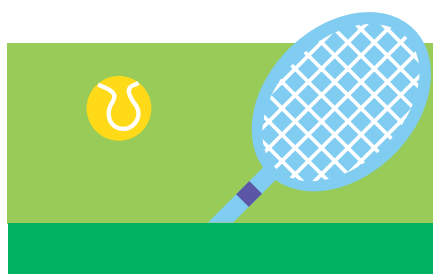
Weekly \$17.86/court
 Sep 3-Dec 17 W 1:50pm-3:05pm

Repair Cafe

Sat Nov 8th • 9:30am-2:30pm

Book an appointment to receive FREE in person repair help from our volunteer repairers. One repair item per person.

spec.bc.ca/waste/repair-cafe/



GYM SPORTS SCHEDULE • Sep 2-Dec 23, 2025

Monday *no sessions Oct 13	Tuesday *no sessions Sep 30 & Nov 11	Wednesday	Thursday	Friday
Recreational Badminton (19+) 11:40am-1:40pm		Recreational Badminton (19+) 11:40am-1:40pm	Pickleball (19+) 10:45-12:45pm	Recreational Badminton (19+) 11:40am-1:40pm
	Pickleball (19+) 1:00pm-3:00pm	Pickleball Court Rental (19+) 1:50pm-3:05pm	Pickleball (19+) 1:00pm-3:00pm	
Recreational Basketball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Recreational Intermediate Volleyball (19+) 7:10pm-9:00pm	Advanced Doubles Badminton (19+) 7:10pm-9:00pm	

SPORTS

Recreational Basketball

19 yrs+

Full-court recreational basketball. This is a very popular program, early registration is recommended. No session Oct 13.

► 579451 \$92.86/15 sess; Drop-in \$7.14
Sep 8-Dec 22 M 7:10pm-9:00pm

Recreational Volleyball Intermediate

19 yrs+

Fast paced volleyball for recreational intermediate players. Participants must have a good understanding of the rules, game strategies and demonstrate good ball control. Supervisors have the right to direct players to appropriate level of play. No sessions Sep 30, Nov 11.

► 579452 \$92.86/15 sess; Drop-in \$7.14
Sep 2-Dec 23 Tu 7:10pm-9:00pm

► 579453 \$99.05/16 sess; Drop-in \$7.14
Sep 3-Dec 17 W 7:10pm-9:00pm

Advanced Doubles Badminton

19 yrs+

Volunteer badminton supervisors have the right to direct players to appropriate level of play. Most games are played in doubles on a court rotational basis. Please bring own equipment and birdies.

► 579454 \$99.05/16 sess; Drop-in \$7.14
Sep 4-Dec 18 Th 7:10pm-9:00pm

Recreational Badminton

19 yrs+

Volunteer badminton supervisors have the right to direct players to appropriate level of play. Most games are played in doubles on a court rotational basis. Please bring your own racquet and birdies. No sessions Oct 13.

► 579437 Drop-in \$5.24
Sep 8-Dec 22 M 11:40am-1:40pm

► 579438 Drop-in \$5.24
Sep 3-Dec 17 W 11:40am-1:40pm

► 579439 Drop-in \$5.24
Sep 5-Dec 19 F 11:40am-1:40pm

10 visit pass \$45.24 + tax, pass is valid for Mon, Wed, Fri AM badminton programs.

Pickleball

19 yrs+

Get active on the court with Pickleball, a fun and easy to learn sport that will have you coming back for more. Please note that this program is non-instructional. Paddles available for use. Maximum 24 players, 18 registered and 6 drop-in spaces. Register for the entire season or drop-in, space permitting \$5.24 + tax. No sessions Sep 30, Nov 11.

► 579440 \$67.86/15 sess
Sep 2-Dec 23 Tu 1:00pm-3:00pm

► 579445 \$72.38/16 sess
Sep 4-Dec 18 Th 10:45am-12:45pm

► 579442 \$72.38/16 sess
Sep 4-Dec 18 Th 1:00pm-3:00pm

Drop-in Procedures

- Registered participants have 15 mins after the scheduled start time to sign-in at the front desk or their spot will be given to a drop-in participant.
- Registered spots cannot be transferred to other participants.
- Drop-in players can sign-up 30 minutes prior to the program start time. Drop-ins must be present and in-person. First come, first served basis. No phone-ins. No name proxies.
- After 15 minutes, staff will announce names from the drop-in wait list who can then pay and join activity.
- For safety and attendance, only registered participants and paid drop-in participants are allowed inside gymnasium. Adult sports programs are for ages 19+. No warm-ups. No spectators.
- Drop-in fees collected once spot is available. See specific sport for fee.

NOTE • Prices do not include GST

SOCIAL

Seniors Luncheon**55 yrs+**

You are invited to our bi-monthly luncheon. Have a social lunch where you can meet new people and chat over a lovely meal. Please register early as space is limited.

Oktoberfest

► 569214 \$10/1 sess
Oct 9 Th 12:00pm-1:30pm

Holiday Kickoff

► 569215 \$10/1 sess
Nov 27 Th 12:00pm-1:30pm

Music and Desserts in the Spirit of Christmas**50 yrs+**

Enjoy live performances of holiday favorites — sing along or simply listen and relax. Celebrate the season with festive melodies, good company, and the joy of togetherness.

► 580605 Free, pre-registration required.
Dec 12 F 1:00pm-2:30pm

Seniors' Social & Games**50 yrs+**

Join a friendly group for conversation or to play various available games—scrabble, cribbage or cards. Tuesday and/or Thursday 1pm-3pm.

No session Sep 30, Nov 11.

► 579466 \$2.86/season
Sep 2-Dec 23 Tu 1:00pm-3:00pm
► 579467 \$2.86/season
Sep 4-Dec 18 Th 1:00pm-3:00pm

Crafts for Seniors**50 yrs+**

Explore your artistic side with various themes which are volunteer sponsored and supplies are provided. Join us to make unique and creative crafts!

Mindful Drawing

Practice of drawing with engaging mindfulness techniques, encouraging awareness and reducing stress.

► 569223 \$4.76/1 sess
Sep 9 Tu 1:00pm-3:00pm

Fun with Acrylic

► 569224 \$4.76/1 sess
Oct 14 Tu 1:00pm-3:00pm

Kookies with Kari

► 569225 \$9.52/1 sess
Nov 18 Tu 1:00pm-3:00pm

Wreath/Centrepiece

► 569226 \$14.28/1 sess
Dec 16 Tu 1:00pm-3:00pm

Karaoke**50 yrs+**

Register for some fun while singing along with your friends. You can bring your own music or select available options. English and all languages welcome. Drop-in \$3.81 if space permits. No session Oct 13.

► 576086 \$20/7 sess; Drop-in \$3.81
Sep 8-Oct 27 M 11:45am-2:45pm

► 579482 \$20/7 sess; Drop-in \$3.81
Nov 3-Dec 15 M 11:45am-2:45pm

► 576087 \$22.86/8 sess; Drop-in \$3.81
Sep 12-Oct 31 F 11:45am-2:45pm

► 579484 \$20/7 sess; Drop-in \$3.81
Nov 7-Dec 19 F 11:45am-2:45pm

Wai Sin

Tea Time**50 yrs+**

Enjoy a relaxing break with coffee or tea while chatting casually in Mandarin, Cantonese, or English. Join us for lighthearted games, fun crafts, gentle exercise videos, and the occasional special presentation.

► 579468 \$2.86/season
Sep 4-Dec 18 Th 10:00am-12:00pm

Gardens to the Sea:**A Day of Discovery****55 yrs+**

Join us for a delightful charter bus trip featuring three scenic stops. Begin the day at Darts Hill Garden, a stunning 7.5-acre property cultivated over 75 years. Next, explore, shop, and have lunch at your own pace along the beautiful White Rock Promenade and Marine Drive, a beloved seaside destination. Conclude the day at Historic Stewart Farmhouse. Don't forget to sign and complete the activity waiver before we hit the road. Details subject to change.

► 581161 \$29/1 sess
Sep 12 F 9:30am-3:30pm

Scam Prevention for Seniors

► 581581 FREE/1 sess
Dec 3 W 10:00am-12:00pm
Presented by the VPD

Adventures on Transit BC Ferries**50 yrs+**

Take public transit from Marpole to Tsawwassen, then enjoy a scenic round-trip ferry ride to Swartz Bay with breathtaking views. Relax in the Seascapes Lounge with unlimited coffee, tea, and soft drinks for an additional \$6. Lunch is available for purchase from a curated menu. Seniors travel free on BC Ferries every Wednesday. Please bring a Compass Card and submit a signed waiver form. Trip details are subject to change.

► 580592 \$4.76/1 sess
Sep 24 W 9:00am-4:00pm

Scenic Day Trip: Westham Island & Ladner Adventures**55 yrs+**

Join us for a relaxing day trip from Marpole to Westham Island and Ladner Village, featuring visits to beautiful parks, charming local farms, and a lively shopping plaza. Browse restaurants and shops at Trenant Park Square and a final visit to Richmond Country Farms. It's the perfect outing for seniors to enjoy fresh air, nature, and friendly company! Don't forget to sign and complete the activity waiver before we hit the road. Please note details subject to change.

► 581167 \$24/1 sess
Oct 22 W 9:30am-3:30pm

Adventures on Transit Chinese Storytelling Museum**50 yrs +**

Take public transit from Marpole to the Chinese Storytelling museum (admission included in fee), explore the exhibits, then go to the New Town Bakery and Restaurant (participants responsible for food). Participant to have compass card and waiver form signed. Trip details subject to change.

► 580604 \$14.29/1 sess
Nov 5 W 9:30am-2:30pm

Mobile Technology BC Services Card App**55 yrs+**

How to download the BC Services Card app and set up My BC services Card to access a variety of government services. Bring your mobile device.

► 581256 ENGLISH \$20/2 sess ► 581257 CHINESE \$20/2 sess
Oct 21-Oct 28 Tu 11:00am-12:30pm Oct 21-Oct 28 Tu 1:00pm-2:30pm

FITNESS CENTRE

Fitness Centre

Prices do not include tax and are subject to change

	Adult 19-64 yrs	Youth 13-18 yrs	Senior 65 yrs+
Drop-in • Single Visit	\$7.93	\$5.55	\$5.55
10-Visit Pass*	\$71.37	\$49.95	\$49.95
Flexipass • 1-month	\$64.15	\$44.91	\$44.91
Flexipass • 3-month	\$173.21	\$121.25	\$121.25
Flexipass • 12-month	\$554.26	\$387.98	\$387.98
<i>Please note: Passes are not accepted at Hastings, Kerrisdale, Killarney, and Sunset fitness centres</i>			

Racquetball Courts

Prices do not include tax. Admission includes access to the courts and fitness centre.

	Adult 19-64 yrs	Youth 13-18 yrs & Seniors 65+	10-visit pass
Prime time (45 mins) • Mon-Fri, 3pm to closing • Weekends all day	\$18.86	\$13.20	\$169.74
Non-prime time (45 mins) • Mon-Fri, 3pm to closing	\$13.47	\$9.43	\$121.23
Singles • For individual practice and play • No reservations	\$9.43	\$6.60	

Personal Training Fees

Prices do not include tax and are subject to change

	Private 1 Person	Semi-Private 2 People	Group 3-4 people
1 Session	\$65.98	98.93	\$138.78
3 Session	\$182.83	\$252.85	\$371.70
5 Session	\$294.07	\$452.85	\$545.18
10 Session	\$527.90	\$841.00	\$997.22

FITNESS

Fitness for Youth

13-18 yrs

Guided four week program for Youth ages 13-18 years. A completed Par-Q and consent form are required prior to participation.

► 580113

FREE with fitness centre admission

Sept 12-Dec 12 F 3:30pm-4:30pm



SAUNA • Hours of Operation

- Mon to Thu: 9am-1:45pm & 3:30pm-8:45pm (closed daily 1:45pm-3:30pm)
- Fri: 9am-1:45pm & 3:15pm-7:45pm (closed daily 1:45pm-3:15pm)
- Sat: 9am-3:45pm
- Sun & Stat Holidays CLOSED

FITNESS CENTRE & RACQUETBALL COURT

Hours of Operation

- See page 2

PLEASE NOTE Centre Office closes 15 minutes earlier than the community centre.

www.vancouver.ca/marpoleoakridgefitness for up to date information

RENTAL INFORMATION

Marpole-Oakridge Room Rentals • Visit marpoleoakridge.org for more information

- Our rooms are ideal for sports, meetings, social functions, birthday parties and special occasions. User groups are responsible for room set up and room take down, which will be included in your rental time. Rental requests will be finalized upon payment of rental fees.
- To book a room, requests are to be completed through an online rental request process at vancouver.ca. Requests can be submitted up to 2 months in advance and no less than 14 days prior to date of rental. If unable to complete online rental process, or request is less than 14 days prior

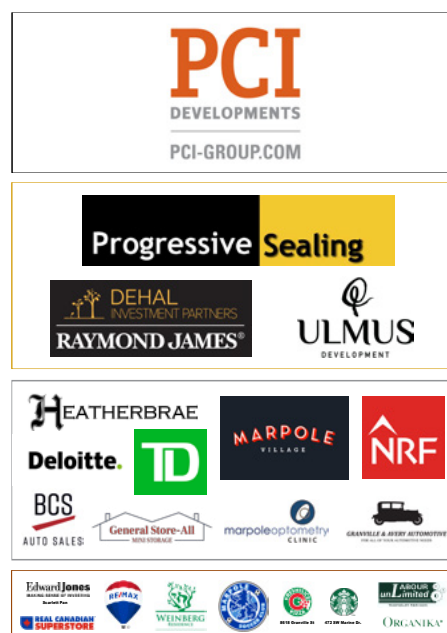
to rental date, please submit request to marpole.rentals@vancouver.ca including details such as date of request, time, nature of event, number of people, contact information and any special requests, and we will follow up with an email whether or not we can accommodate them. A rental request form is also available for pick up at the front office.

- Use of television, projector, laptop, sport equipment, or bouncy castle are not available for rentals.
- Kitchen access only available for Upper Lounge rentals.

Room (Max Capacity)	Dimensions	Non-Prime Time Mon-Thurs (9am-9pm) Friday (9am-8pm) Saturday (9am-4pm)	Prime Time Mon-Thurs (9pm-Midnight) Friday (8pm-Midnight) Saturday (4pm-Midnight) Sunday (9am-Midnight)
Gymnasium – Sports only (100)	90' x 64'	\$52/hr + tax	\$82/hr + tax
Auditorium (100)	72' x 24'	\$46/hr + tax	\$76/hr + tax
Upper Lounge (70)	48' x 30'	\$46/hr + tax	\$76/hr + tax
Club Room (50)	49' x 20'	\$39/hr + tax	\$69/hr + tax
Social Room (30)	29' x 22'	\$29/hr + tax	\$59/hr + tax
Lower Lounge (30)	26' x 20'	\$29/hr + tax	\$59/hr + tax

**Additional fees may apply depending on the nature of the rental (e.g. SOCAN and ReSound Fees, Staffing, Damage Deposits, Insurance) **

SPECIAL EVENT RECOGNITION • Sat Jun 7, 2025





UPCOMING SPECIAL EVENTS

TSBC License #LAMO202804

Halloween Howlers 1.5+ yrs

Come dressed in your Halloween finest for a fun filled evening of creepy crafts, boo-tiful face painting, spooktacular games, entertainment, and more! Parent or guardian participation is required.

► 567920 \$8/person
Oct 24 F 5:00pm-6:30pm



Haunted House

7+ yrs

Save the Date! Step inside if you dare! Test your level of scare as you navigate through our chilling Haunted House. Three levels of scare available, recommended for 7 yrs+. Will you make it through without losing your nerve? Join us for a night of thrills, chills, and spooky fun! Proceeds go directly to support the Marpole Youth Program.

► 578976 By Donation
Oct 27-30 M-Th 5:00pm-7:00pm
Marpole Youth Council



Breakfast with Santa

1-9 yrs

Join Santa's helpers for pancakes, goodies, coffee, juice and family entertainment, including play time in the gym, before a visit from Santa. Bring your camera and your appetite! Seating is on a first come, first serve basis. Breakfast will be served at 10:15 am sharp. Register early to guarantee breakfast! Children under 1yr are free. Parent participation and payment is required. No online registration.

1-9 yrs
► 567915 \$8.50/person
Dec 13 Sa 10:00am-12:00pm



Photos with Santa

All Ages

Who says Santa only comes on Christmas Eve? Avoid long line-ups and register your immediate family to get a photo with Santa! Please bring your cameras/phones as photos will be taken with your own personal device. Registration is required. Space is limited. Please register under 1 adult for the immediate family (2 adults and children). Max 3 poses. Please arrive at the beginning of your time slot. 3 families per 10 minute time slot.

► 579521 \$10/family
Dec 13 Sa 12:00pm-12:10pm
► 579530 \$10/family
Dec 13 Sa 12:10pm-12:20pm
► 579534 \$10/family
Dec 13 Sa 12:20pm-12:30pm
► 579535 \$10/family
Dec 13 Sa 12:30pm-12:40pm



Holiday Fun & Games 1-12 yrs

Register your child for some fun holiday carnival games and an individual photo with Santa, without the long lineups! Please bring your own cameras/phones. Registration is required. Family photos with Santa can be purchased separately. Parent supervision required.

► 579506 \$6/child
Dec 13 Sa 12:30pm-1:30pm
► 581494 \$6/child
Dec 13 Sa 1:35pm-2:35pm



**Marpole-Oakridge
Community Centre**

FALL 2025 RECREATION GUIDE

**Marpole-Oakridge
Community Centre**

**990 West 59th Avenue
Vancouver, BC V6P 1X9**

Tel: 604.257.8180 (press 1)

marpolecc@vancouver.ca

X @MarOakCA

f @marpoleoakridgecc

@marpoleoakridgecc



Programs and daycamps for kids

Seniors' programs and social events

Adult group fitness classes

**Adult sports, health & wellness,
martial arts classes**

Special events and day trips

Youth activities & volunteering

Music, arts and crafts

Learning workshops

Facility rentals

**Fitness centre, sauna,
whirlpool, racquetball court**

