



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/marpoleoakridgefitness

COMMUNITY CENTRE: marpoleoakridge.org



Changing Aging Program • page 20



Marpole-Oakridge
Community Centre

WINTER 2026 RECREATION GUIDE



Grand Hallway of NEW facility
on Park Drive

PROGRAMS RUNNING

Jan 2–Mar 31, 2026

WINTER PROGRAM REGISTRATION:

IN-PERSON/ONLINE • Monday, December 8 @ 7:00pm

BY PHONE • Tuesday, December 9 @ 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

Jan 2-Apr 2, 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

Closed Jan 1, Feb 16, 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** 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, call 604.257.8180 (1) 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 available.
- 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/SOCIAL

Zumbini®

TJ and his PJ

O-5 yrs

Sing, dance and play as you bond with your child! Created by Zumba® and BabyFirst, Zumbini® combines music, dance and playing instruments for 45 minutes of can't-stop, won't-stop bonding, learning and fun! Zumbini® creates 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 can attend free with a registered sibling. www.zumbini.com.

► 588438 \$180/9 sess

Jan 14-Mar 11 W 9:30am-10:15am

► 588439 \$180/9 sess

Jan 14-Mar 11 W 10:30am-11:15am

Maayan Amitov

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. Parents and children alike will 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. 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.

► 586903 \$153.30/9 sess; Drop-in \$22

Jan 16-Mar 13 F 10:05am-10:50am

Musical Expressions

SPORTS/SOCIAL

Sportball Parent & Tot Multisport 2-3.5 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 in all Parent Child programs to ensure that focus is kept on helping little ones practice and progress. For more, visit www.sportball.ca.

► 586914 \$171/9 sess

Jan 16-Mar 13 F 4:45pm-5:30pm

No class Feb 14.

► 586911 \$152/8 sess

Jan 17-Mar 14 Sa 10:20am-11:05am

Sportball Vancouver

SPECIAL EVENTS

Family Craft & Movie Night All ages

45 minutes for Family Craft Time before the movie at 6pm! Movie will be announced 2 weeks before the event. See page 23 for more info.

► 595895 FREE

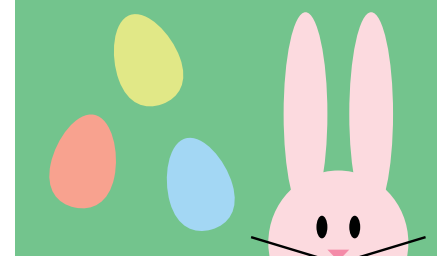
Feb 13 F 5:00pm-8:00pm

Easter Eggstravaganza & Hunt All ages

Enjoy easter themed crafts, exciting games, and a bouncy castle, followed by an Easter egg hunt in small groups downstairs. See page 23 for more info.

► 586876 \$8/child

Mar 28 Sa 10:00am-12:00pm



Please note our
DAYCAMPS are in green

Parent & Tot Drop-In Playtime O-5yrs

Tots, toddlers and preschoolers—along with their parent or caregiver—are welcome to puzzles, books, toys, matted play area and more. An infant area is also available for those not yet walking, with toys best suited for little hands. No session Feb 14.

► 592045 Drop-in \$2.50

Jan 10-Feb 28 Sa 10:45am-12:15pm

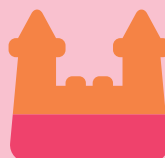


Family Day Drop-In Gym O-12 yrs

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.

► 589721 FREE

Feb 14 Sa 11:00am-1:00pm



PRESCHOOL

ART/SPORT

Preschool Drawing Trial Class

3.5-5 yrs

In this lesson, children will learn to draw an adorable teddy bear, using simple shapes and guided steps that make the process easy and exciting. They'll experiment with lines, colours, and basic drawing techniques that build fine motor skills and confidence. This trial class gives families a glimpse into our warm, supportive art environment, where every child's artwork is celebrated!

► 597009

\$5/1 sess

Jan 14

W

3:30pm-4:20pm

Preschool Drawing

3.5-5 yrs

Young artists will be delighted as they draw a mouthwatering pizza, an endearing duck, and adorable characters like a playful puppy and a silly parrot. We'll even set sail on a drawing adventure with a very cool pirate ship! Give your child the gift of creativity and confidence.

► 586702

\$176/8 sess

Jan 21-Mar 11

W

3:30pm-4:20pm

Young Rembrandts

Kinetic Kids

Fundamentals

3.5-5 yrs

This is a high-energy, hands-on program designed to help little ones build strength, coordination, and confidence through a blend of exciting games, obstacle courses, and creative free play. With a perfect mix of guided activities and child-led exploration, children will grow their physical skills for everyday movement! www.kinetickids.ca. No class Feb 14.

► 596737

\$120/8 sess

Jan 17-Mar 14

Sa

1:45pm-2:30pm

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, visit www.sportball.ca.

► 586913

\$171/9 sess

Jan 16-Mar 13

F

3:45pm-4:45pm

No class Feb 14.

► 586909

\$152/8 sess

Jan 17-Mar 14

Sa

9:15am-10:10am

Sportball Vancouver

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.

► 588300

\$140/10 sess

Jan 10-Mar 14

Sa

10:20am-11:05am

Endorphin Rush 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.

► 588302

\$140/10 sess

Jan 10-Mar 14

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.

► 588321

\$140/10 sess

Jan 10-Mar 14

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 a dynamic choreography. Please wear a comfortable dance outfit.

► 588298

\$140/10 sess

Jan 10-Mar 14

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 a dynamic choreography. Please wear a comfortable dance outfit.

► 588312

\$140/10 sess

Jan 10-Mar 14

Sa

1:20pm-2:05pm

Endorphin Rush Dance

PRESCHOOL DANCE CAMPS!

Please see page 5 for camps running Mar 16-27, 2026

PRESCHOOL



MARTIAL ARTS

SunMither Taekwondo Little Ninjas 3.5-5 yrs

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available for approximately \$60 plus tax. Option of a t-shirt and belt uniform for \$30 plus tax. Waiver form must be completed for participation, to be handed in by first class.

► 588394 \$93/12 sess
Jan 6-Mar 24 Tu 3:45pm-4:15pm
► 588427 \$93/12 sess
Jan 8-Mar 26 Th 3:30pm-4:00pm
Bahareh Dehkordi

SunMither Taekwondo Little Ninjas Plus 3.5-6 yrs

For those who've completed a previous session of Tae Kwon Do Little Ninjas. Waiver form must be completed for participation by first class.

► 588395 \$93/12 sess
Jan 6-Mar 24 Tu 4:15pm-4:45pm
► 588428 \$93/12 sess
Jan 8-Mar 26 Th 4:00pm-4:30pm
Bahareh Dehkordi

Construction is underway on your new Marpole Community Centre. For the latest updates, visit <https://vancouver.ca/parks-recreation-culture/marpole-community-centre-renewal.aspx>.

CAMPS/EVENTS

Spring Break Camp 6-12 yrs

Join us for action filled days. Children will participate in physical, social and educational activities including: games, sports, theatre, and crafts. Waiver form required, that needs to be completed and handed in on the first day of camp. Refund requests must be made 14 days before the first day of camp, by phone/in person.

► 588334 \$170/5 sess
Mar 16-Mar 20 M-F 9:15am-3:15pm
► 588344 \$170/5 sess
Mar 23-Mar 27 M-F 9:15am-3:15pm
Daycamp Leader

SPECIAL EVENTS

Family Craft & Movie Night All ages

45 minutes for Family Craft Time before the movie at 6pm! See p. 23 for more info.

► 595895 FREE
Feb 13 F 5:00pm-8:00pm

Easter Eggstravaganza & Hunt All ages

Enjoy easter themed crafts, exciting games, and a bouncy castle, followed by an Easter egg hunt in small groups downstairs. See page 23 for more info.

► 586876 \$8/child
Mar 28 Sa 10:00am-12:00pm

SPECIALTY DAYCAMPS

► **CAMP REFUND POLICY:** Refund requests must be made 14 days before the first day of camp, by phone or in person. Otherwise, no refunds.

Music Exploration Camp 3-6 yrs

Explore this fun instrument through colours, numbers, musical story telling, jamming and singing along to your favourite tunes. No experience is required. Instruments and ukulele are provided for use in class. Parent participation required. Drop-ins welcome if space permits.

► 596381 \$80/5 sess
Mar 16-Mar 20 M-F 9:30am-10:00am
► 597010 \$80/5 sess
Mar 23-Mar 27 M-F 9:30am-10:00am
Musical Expressions

Frozen Ballet Dance Camp 3-5 yrs

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

► 588359 \$109/5 sess
Mar 23-Mar 27 M-F 12:30pm-1:45pm
Endorphin Rush Dance

Hip Hop Dance Camp 4-7 yrs

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. Through the week we will work on a choreographed dance. Get ready to cheer with gusto as there is a presentation for family on the last day! Please bring a filled water bottle each day. More info: www.kirbysnellldance.com

► 588364 \$109/5 sess
Mar 23-Mar 27 M-F 2:00pm-3:15pm
Endorphin Rush Dance

Mark your calendar
for Summer Camp registration
Wed Apr 8 @ 7pm.

SPECIALTY CAMPS



SPRING BREAK CAMPS • MAR 16-27, 2026

► **CAMP REFUND POLICY:** Refund requests must be made 14 days before the first day of camp, by phone or in person. Otherwise, no refunds.
Waiver Forms: need to be completed and handed in on first day of camp.

CHILDREN'S DAYCAMPS

K-Pop Demon Hunters Theme Dance Camp

6-12 yrs

In this high energy dance camp, kids learn K-Pop inspired choreography while stepping into a world of fantasy and adventure as brave Demon Hunters. Each day combines dynamic dance training, fun games, and creative activities where campers design their own 'hunter' persona, complete with special powers and dramatic flair. Perfect for friendship making! Designed for kids who love music, dance, and a little bit of magic! More info: www.kirbysnelldance.com
 ► 588350 \$220/5 sess
 Mar 23-Mar 27 M-F 9:30am-12:00pm
 Endorphin Rush Dance

Musical Theatre Camp: Act, Dance, Sing FUN!

6-13 yrs

Learn the technical and artistic aspects of a musical theatre performance, including minimal singing, acting and dancing. We'll learn choreographed routines set to the music of famous musicals while supporting classmates, having fun, and rising to a challenge.
 ► 589731 \$210/5 sess
 Mar 16-Mar 20 M-F 12:15pm-3:15pm
 Praise TEAM

Dance Camp: Jazz Funk, Hip Hop & Asian Pop

6-13 yrs

A beginner/intermediate level camp to learn Hip Hop dance and be exposed to fundamental dance styles including Korean Pop (KPOP). Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more! Meet friends, have fun, and allow your child to rise to a new challenge.

► 589729 \$210/5 sess
 Mar 16-Mar 20 M-F 9:15am-12:15pm
 ► 597313 \$210/5 sess
 Mar 23-Mar 27 M-F 12:15pm-3:15pm
 Praise TEAM

Kids Basketball Camp

7-12 yrs

Focus for this program is on developing individual playing skills; understanding and playing as a team on both offense and defense; improving shooting skills and providing conditioning exercises. Please bring a water bottle and dress in proper attire.

► 588573 \$100/4 sess
 Mar 16-Mar 19 M-Th 3:45pm-5:45pm
 ► 588575 \$100/4 sess
 Mar 23-Mar 26 M-Th 3:45pm-5:45pm
 DRIVE Basketball Inc.

CHILDREN'S DAYCAMPS

Character Creation:

Anime/Manga

Drawing Camp

6-12 yrs

If you have Manga Mania, sign up for this class. We will be drawing and colouring all things ANIME! Artists will learn to draw their own anime style characters ranging from easy to challenging: this is a great way to perfect those skills and learn new manga tricks. Each day students will complete multiple pieces of artwork like customized faces, animals, sugoi action and more ARTastic drawings.

► 586704 \$215/5 sess
 Mar 23-Mar 27 M-F 9:15am-12:15pm
 Young Rembrandts

Cartoon Stories

Workshop Camp

6-12 yrs

Each day artists will create multiple drawings telling a story. We will draw human and animal cartoon characters in many different situations to practice depicting all types of facial and body expressions. Register now to find out what happened to the cat who chased a very confident mouse and to the girl who jumped in too many rain puddles!

► 586705 215/5 sess
 Mar 23-Mar 27 M-F 12:45pm-3:45pm
 Young Rembrandts

Arts in Motion Camp

6-11 yrs

Through the week, participants will be engaged in singing, playing, movement, creating and self-expression via different activities: Group Ukulele, Rhythmic learning, Art Time (hands-on activities making art through various mediums—will be able to take home things they make including instruments) and Drum Time (a fusion of movement, singing, African drumming & Taiko drumming.)

► 596390 \$376/5 sess
 Mar 16-Mar 20 M-F 10:00am-3:00pm
 ► 596391 \$376/5 sess
 Mar 23-Mar 27 M-F 10:00am-3:00pm
 Musical Expressions



CHILDREN

PERFORMING ARTS

KPOP (Korean Pop)/ Hip Hop Open 6-17 yrs

Students will experience high dynamics cardio Korean Pop Music Dance and learn Hip Hop fundamentals in one class! Students will refine their technique through cardio dance skills, strengthening, footwork, isolations, stretches and more!

6-12 yrs

► 589668 \$170/10 sess

Jan 8-Mar 12 Th 3:30pm-4:30pm

► 589670 \$170/10 sess

Jan 10-Mar 14 Sa 10:30am-11:30am

10-17 yrs

► 589669 \$170/10 sess

Jan 8-Mar 12 Th 4:30pm-5:30pm

► 589671 \$170/10 sess

Jan 10-Mar 14 Sa 11:30am-12:30pm

Praise TEAM

CHILDREN'S DAYCAMPS

PERFORMING ARTS

► See page 6 for Refund Policy

Architecture & Nature Camp 7-12 yrs

In this hands-on camp, kids will explore the exciting world of biophilic architecture—a way of building that connects people with the natural world. Campers will discover how trees, shells, honeycombs, and rivers inspire architects to create buildings that are beautiful, sustainable, and full of life. Detailed camp description online.

► 597311 \$430/5 sess

Mar 16-Mar 20 M-F 9:15am-3:00pm

Petit Architect Design For Kids Ltd.

Modernism Architecture Camp 7-12 yrs

In this camp, kids will explore Modernism, a movement in architecture that changed how we see buildings. Instead of castles and ornament, modern architects dreamed up clean lines, open spaces, glass walls, and futuristic forms that shaped the cities we know today. Detailed camp description online.

► 597312 \$430/5 sess

Mar 23-Mar 27 M-F 9:15am-3:00pm

Petit Architect Design For Kids Ltd.

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.

► 588302 \$140/10 sess

Jan 10-Mar 14 Sa 11:10am-11:55am

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 a dynamic choreography. Please wear a comfortable dance outfit.

► 588312 \$140/10 sess

Jan 10-Mar 14 Sa 1:20pm-2:05pm

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.

► 588309 \$150/10 sess

Jan 10-Mar 14 Sa 12:15pm-1:15pm

Endorphin Rush Dance

Hip Hop, Dance, Stretch & Strength 9-17 yrs

Through proper breathing, strengthening, and stretching, learn to have a better understanding of your bodies and develop proper muscle memory. Learn proper techniques to have better physical awareness, stronger core muscles, increase flexibility and stand tall with confidence.

► 589735 \$170/10 sess

Jan 7-Mar 11 W 5:45pm-6:45pm

► 589672 \$170/10 sess

Jan 10-Mar 14 Sa 12:30pm-1:30pm

Praise TEAM

Performance Class 10-16 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. See online for dress code.

► 589733 \$250/10 sess

Jan 7-Mar 11 W 4:30pm-5:45pm

Praise TEAM

Please note our
DAYCAMPS are in green

CHILDREN



EDUCATION

FUNDamental Drawing

6-12 yrs

Transform afterschool into an adventure of art and discovery with Young Rembrandts! Your elementary-aged artist will explore basic composition with the Fish Below Ice project and they will travel to the Great Wall of China right from their desk. Sports fans will cheer for our Hockey Player drawing, while budding historians can learn about the master strokes of Leonardo Da Vinci and Franz Marc's Blue Horse. It's a season filled with creativity and learning—perfect for enhancing your child's drawing and colouring expertise. Enroll your young creator today!

► 586703 \$176/8 sess
Jan 21-Mar 11 W 4:30pm-5:30pm
Young Rembrandts

Design & Architecture for Kids

7-12 yrs

Young architects will explore the fascinating worlds of famous architects and design concepts, growing 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 surrounding. All supplies provided and students will bring home their models.

► 588935 \$240/8 sess
Jan 20-Mar 10 Tu 5:30pm-6:45pm
Petit Architect Design For Kids Ltd.

Stem Lab Mechanics

8-11 yrs

Don't miss the last STEM course until fall! In this hands-on program, you'll combine the power of mechanics and electricity to build exciting take-home projects each session, like a working forklift and an electric elevator (this last one will be completed on tow sessions). All materials included.

► 595878 \$125/5 sess
Jan 15-Feb 12 Th 6:00pm-7:00pm
Gretel Serrano Rangel

Lego Robotics

6-11 yrs

The LEGO Education WEDO 2.0 system provides an exciting experience into the world of Robotics! WEDO 2.0 supports a hands-on, minds on learning experience. Using LEGO elements, and experimentation, and incorporates activities across science, engineering, and technology with STEM education. No prior robotics experience necessary. Students will be assigned projects according to their abilities and returning students will be given new more challenging builds and coding.

Lego Robotics 1

► 597447 \$100/4 sess
Jan 12-Feb 2 M 4:00pm-5:30pm

Lego Robotics 2

The LEGO Education WEDO 2.0 for beginners and returning students.

► 597448 \$100/4 sess
Feb 9-Mar 2 M 4:00pm-5:30pm
Tomorrow's Playground

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 Feb 16.

► 588942 \$138/8 sess
Jan 12-Mar 9 M 5:45pm-7:00pm
Volleyball BC

Volleyball:

Train & Play

13-16 yrs

The Train & Play 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 Feb 16.

► 589538 \$138/8 sess
Jan 12-Mar 9 M 5:45pm-7:00pm
Volleyball BC

Kids Indoor Soccer

6-11 yrs

An introduction to soccer. Cooperative games and basic soccer skills will be taught. Soccer provides a safe environment for children to play soccer, to learn about fair play, tolerance, inclusion, and respect, and to build confidence. No class Feb 16.

6-8 yrs

► 588631 \$88/8 sess
Jan 12-Mar 9 M 3:30pm-4:30pm

8.5-11 yrs

► 588632 \$88/8 sess
Jan 12-Mar 9 M 4:35pm-5:35pm
Raquel Quintanilla

NEW SPECIALTY CAMPS

New Specialty Camps for Spring Break this year! See **pages 5-7** for all camps offered during Spring Break Mar 16-27, 2026.

- Music Exploration Camp
- Arts in Motion Camp
- Architecture & Nature Camp
- Modernism Architecture Camp

CHILDREN

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 support 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 Feb 14.

► 588640

\$80/10 sess

Jan 10-Mar 21 Sa 11:15am-12:00pm
Raymond Wong

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 Feb 14.

► 588643

\$105/10 sess

Jan 10-Mar 21 Sa 12:00pm-12:55pm
Raymond Wong

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. No class Feb 14.

► 588644

\$105/10 sess

Jan 10-Mar 21 Sa 12:55pm-1:55pm
Raymond Wong

SPORTS

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

► 588567 \$110/10 sess

Jan 6-Mar 10 Tu 3:35pm-4:35pm

► 588569 \$110/10 sess

Jan 8-Mar 12 Th 3:35pm-4:35pm

9-12 yrs

► 588570 \$137.50/10 sess

Jan 6-Mar 10 Tu 4:35pm-5:50pm

► 588571 \$137.50/10 sess

Jan 8-Mar 12 Th 4:35pm-5:50pm

DRIVE Basketball Inc.

Table Tennis for Kids

6-12 yrs

This table tennis program provides 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. No session Feb 16.

► 595903 \$45/8 sess

Jan 12-Mar 9 M 3:30pm-4:30pm

Curtis Chow

Table Tennis

Rentals for Families 6 yrs+

A time for kids and parents to play together. Two tables available for two families (max 6 people), per time slot. Adult supervision at all times. Children must be 6 years of age or older. 1 adult to register for appropriate timeslot.

\$5/1 sess

Weekly M 4:45pm-5:45pm

Weekly M 6:00pm-7:00pm

Summer Smash

Tennis: Kids Indoor

Tennis Lessons 7-15 yrs

Young players with some experience continue to develop their skills through high energy, game-based lessons that use the ½ stage of the progressive tennis model. An emphasis is placed on inspiring a love for the game while building a strong technical foundation. Please bring your own racquet. Class takes place in the gymnasium.

Junior Aces

7-10 yrs

► 588936 \$150/5 sess

Jan 10-Feb 7 Sa 2:05pm-3:00pm

► 588937 \$180/6 sess

Feb 21-Mar 28 Sa 2:05pm-3:00pm

Youth Aces

11-15 yrs

► 588938 \$150/5 sess

Jan 10-Feb 7 Sa 3:00pm-4:00pm

► 588939 \$180/6 sess

Feb 21-Mar 28 Sa 3:00pm-4:00pm

Summer Smash Tennis

CHILDREN



MARTIAL ARTS

SunMither Taekwondo

6-15 yrs

Everyone can benefit from martial arts according to their needs and lifestyle. Learning these new techniques will improve mental and physical development. Purchase of a uniform will be available for \$60 plus tax.

6-9 yrs

White/yellow stripe/yellow belt

► 588396 \$144/12 sess

Jan 6-Mar 24 Tu 4:45pm-5:30pm

► 588429 \$144/12 sess

Jan 8-Mar 26 Th 4:30pm-5:15pm

7-15 yrs

Green stripe/green and up belt

► 588404 \$186/12 sess

Jan 6-Mar 24 Tu 5:30pm-6:30pm

► 588430 \$144/12 sess

Jan 8-Mar 26 Th 5:15pm-6:00pm

Bahareh Dehkordi



PLEASE NOTE

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

Wushu/Kung Fu 6-15 yrs

An introduction to the fundamentals of Wushu, a Chinese Martial Art. Develop basic punching, kicking and forms techniques while learning discipline, respect, and self confidence. Uniform and shoes are required (\$100 for both, or \$70 for uniform, \$40 for shoes, + tax) and are available through the front office.

Beginner/Intermediate

No class Feb 16.

► 589681 \$135/9 sess

Jan 12-Mar 16 M 4:30pm-5:30pm

► 589684 \$165/11 sess

Jan 10-Mar 21 Sa 2:45pm-3:45pm

Ken Low

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. two multi-black belt instructors (male and female) teach striking, ground protection, weapons safety, escapes (grabbed/pinned), rolls, falling, pad hitting and more. Waiver form to be completed for participation.

► 588687 \$130/10 sess

Jan 8-Mar 12 Th 6:15pm-7:15pm

Hit And Run Self Defense

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. 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 Tae Kwon Do training uniform required for \$70 plus tax. Please purchase through community centre. See online description or speak to the instructor about belt testing. No class Feb 16.

5-7 yrs • Beginner/Intermediate

No class Feb 16.

► 588278 \$120/10 sess

Jan 12-Mar 23 M 3:45pm-4:30pm

► 588280 \$144/12 sess

Jan 9-Mar 27 F 3:45pm-4:30pm

8-15 yrs • Beginner/Intermediate

No class Feb 16.

► 588279 \$120/10 sess

Jan 12-Mar 23 M 4:30pm-5:15pm

► 588281 \$144/12 sess

Jan 9-Mar 27 F 4:30pm-5:15pm

8-15 yrs • Advanced

► 588283 \$144/12 sess

Jan 9-Mar 27 F 5:15pm-6:00pm

KEES Tae Kwon Do

MUSIC LESSONS



PRIVATE MUSIC LESSONS

Piano Lessons

5 yrs+

Love the world of music and the piano through most enjoyable songs and pieces. Develop proper technique with fun exercises. Piano lessons cover dexterity, listening, rhythm, and theory. For all ages and levels. Lessons are scheduled in 30 minute time slots.

No classes Feb 16

► 589198-589202 \$292.50/9 sess

Jan 5-Mar 9 M 3:30pm-5:30pm

Musical Expressions

—

No classes Feb 17

► 590223-590229 \$275/10 sess

Jan 6-Mar 17 Tu 3:30pm-7:00pm

Roy Sun

—

► 593523-593531 \$275/10 sess

Jan 10-Mar 14 Sa 10:00am-1:30pm

Fiorella Alvarenga Morales

—

► 588657-588663 \$275/10 sess

Jan 7-Mar 11 W 2:30pm-6:00pm

► 588664-588669 \$275/10 sess

Jan 8-Mar 12 Th 3:30pm-6:30pm

► 588670-588674, 588773 \$275/10 sess

Jan 9-Mar 13 F 3:30pm-6:30pm

► 588675-588679 \$275/10 sess

Jan 10-Mar 14 Sa 9:30am-12:30pm

Andrea Chang

—

► 593126-593129 \$250/10 sess

Jan 8-Mar 12 Th 5:00pm-7:00pm

► 593130-593133 \$250/10 sess

Jan 10-Mar 14 Sa 10:30am-12:30pm

Brendan Wong

► 590216-590221 \$280/10 sess

Jan 6-Mar 10 Tu 10:30am-1:30pm

Iris Lam

Private Guitar/Drums or Ukulele Lessons

6 yrs+

Have you always wanted to learn a string instrument? We offer private guitar or even ukulele lessons to get you started. This program is based on special interests and fundamental goals that serve the humble of beginners all the way to tomorrow's prodigies. All classes are set in a fun, stress free environment. All students are required to bring their own guitar or ukulele to the lessons.

► 589203-589212 \$325/10 sess

Jan 6-Mar 10 Tu 3:00pm-8:00pm

Musical Expressions-Alex Figueroa

Private Singing Lessons

10 yrs+

Private singing lessons are for people of all ages who love to sing, no experience necessary. Students will learn to express themselves through singing and having fun! Lessons are scheduled in 30 minute time slots. No classes Feb 15, 19, 20

► 541651-541655 \$274.50/9 sess

Jan 8-Mar 12 W 10:00am-11:30am

► 541656-541661 \$274.50/9 sess

Jan 9-Mar 13 Th 5:00pm-7:40pm

► 541662-541669 \$274.50/9 sess

Jan 11-Mar 8 Sa 10:00am-1:15pm

Gina Morel

Private Violin Lessons

6 yrs+

Join as a complete beginner or tune up your violin skills. Students of all levels are welcome! Learn the violin in a supportive environment with a dedicated teacher, who will also provide you with information on how 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.

► 588651-588655 \$605/11 sess

Jan 7-Mar 18 W 3:30pm-7:30pm

Ali Nourbakhsh

Private Flute Lessons

7 yrs+

Enjoy private flute lessons and learn at your own pace. All levels are welcome, from beginners to students needing coaching in school band and orchestra programs. Lessons are scheduled in 30 minute time slots. All levels are welcome. Please bring your own flute. Music books are extra. For more info visit www.andreaminden.ca

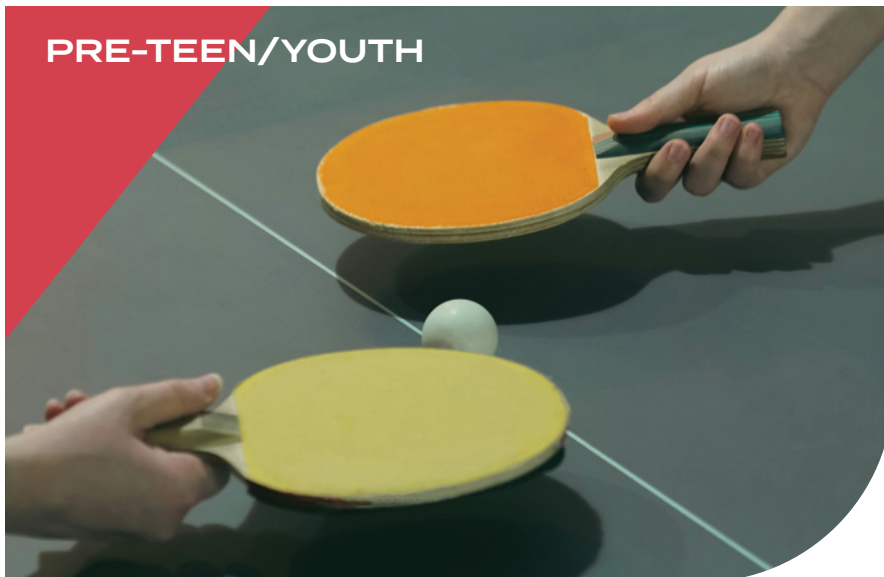
► 593113-593116 \$305/10 sess

Jan 6-Mar 10 Tu 4:00pm-5:30pm

Andrea Minden



PRE-TEEN/YOUTH



PRE-TEEN OUTINGS

Pre-Teen Vancouver Art Gallery Outing 9-12 yrs

Discover art, creativity, and inspiration on a fun trip to the Vancouver Art Gallery! Please submit a waiver.

► 596896 \$10/1 sess
Jan 23 F 5:00pm-8:00pm

Pre-Teen Bubble Tea Outing 9-12 yrs

Let's walk to Cambie St. for bubble tea!

► 596894 \$10/1 sess
Feb 6 F 5:30pm-7:30pm

Crochet & Create 12-18 yrs

This engaging crochet course designed specifically for youth to learn the art of crochet. Through this hands-on course, participants will gain gross motor skills and patience, with a focus on practicing healthy mental health habits. By the end of this course, young crafters will gain the confidence needed to hook their way into a new, exciting hobby and come home with their own crochet project. Materials and snacks included with registration fee. No session Feb 13.

► 596374 \$40/8 sess
Jan 16-Mar 13 F 4:00pm-5:30pm
Tammy Tsui

EDUCATION

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. This updated curriculum, complete with new science, provides improved learning for giving appropriate care in the event of an emergency. Includes a course manual and certificate of completion from the Canadian Red Cross.

► 595881 \$90/1 sess
Feb 7 Sa 9:00am-4:00pm
First Aid Pro

Cooking Skills 11-13 yrs

Each week we will make a different recipe from scratch. Together we will meal prep, cook, eat, and clean.

► 595883 \$24/4 sess
Jan 6-Jan 27 Tu 3:30pm-5:30pm
► 595884 \$24/4 sess
Feb 3-Feb 24 Tu 3:30pm-5:30pm
Callie Almonte

Vancouver Youth Symphony Ensemble 9-13yrs

Our goal is to make orchestral music accessible and fun by combining strings and band instruments into a full symphony orchestra. Learn teamwork, rhythm, and musical expression through rehearsals led by student instructors from Sir Winston Churchill Secondary. Bring your own instrument.

► 597273 FREE
Jan 16-Mar 13 F 4:00pm-5:30pm
Sir Winston Churchill Student Volunteers

PRE-TEEN SOCIAL

Pre-Teen Movie Club 9-12 yrs

Get ready for monthly movie nights! Pre-teens are invited to an 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.

► 595901 \$5/1 sess
Jan 16 F 5:45pm-7:45pm
► 595902 \$5/1 sess
Feb 20 F 5:45pm-7:45pm
Helen Dejene & MO Youth Volunteers

Pre-Teen Club 9-12 yrs

Calling all grade 4, 5, 6 and 7's! Meet other pre-teens in the neighborhood and join us every Friday evening for arts & crafts, movies, games and more. Weekly Activities:

- Jan 16: Rain Cloud Jar (science experiment)
- Jan 20: Cake Pops
- Jan 30: Raft Challenge
- Feb 6: Squishies
- Feb 13: Rice Krispies Heart Treats
- Feb 20: Galaxy Jars
- Feb 27: Soap Making
- Mar 6: Pipe Cleaner Art
- Mar 13: Tacos

► 595632 \$2 drop-in
Jan 16-Mar 13 F 4:00pm-5:15pm
Helen Dejene & MO Youth Volunteers

Youth Camp 11-14yrs

Fun, learning, and friendship in a safe and welcoming environment. Campers will enjoy local out trips, creative arts and crafts, and team-building games that encourage leadership, confidence, and cooperation. Activities are designed to make the most of our community spaces and nearby parks while inspiring curiosity and connection. Each day provides opportunities to build essential life skills such as problem-solving, communication, and responsibility, all while having fun with peers and supportive leaders.

► 596311 \$165/5 sess
Mar 16-Mar 20 M-F 9:30am-3:30pm
► 596320 \$165/5 sess
Mar 23-Mar 27 M-F 9:30am-3:30pm
Helen Dejene

YOUTH



LEADERSHIP

Youth Volunteer Orientation 13-18 yrs

Mandatory orientation for youth who want to volunteer for MOCC programs, special events and youth council. Training will provide information on volunteer rights & expectations, guidelines, emergency procedures, volunteer opportunities, and volunteer sign-up. Next intake in April.

► 596310 FREE/1 sess
Jan 15 Th 4:00pm-6:00pm
Community Youth Worker

MO Youth Council 13-18 yrs

The Marpole-Oakridge Youth Council is looking for youth interested in improving their community by sharing their ideas, opinions, and thoughts. The MOYC plans, organizes, and implements special events, programs, out-trips, fundraisers and activities for other youth and families in the community.

Things we are working on this winter:

- Winter Wonderland
- Pink Shirt Day
- Fundraisers

► 595898 FREE/10 sess
Jan 7-Mar 11 W 4:00pm-5:30pm
MO Youth Council Members

MO Youth Room 12-18 yrs

Drop by and hang out with your friends! You can play pool, Nintendo Switch, play board games, do arts and crafts. Check schedule for daily hours on page 14. No session Feb 16.

► 595900 FREE

EVENTS

Women's Personal Safety Team Workshop 12-18 yrs

A group of dedicated VPD female officers have been increasing women's safety as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training for situations of unavoidable violence. Please arrive by 4:40pm to complete forms.

► 595644 FREE/1 sess
Jan 28 W 5:00pm-7:00pm
Vancouver Police Department

Winter Wonderland 12-18 yrs

Vendor booths, treats & drinks, crafts, games and more! This is one winter event you won't want to miss! See page 23 for details.

► 596907 Free/1 sess
Jan 30 F 4:00pm-6:00pm

Youth Vendors for Winter Wonderland 13-18 yrs

Are you a creative maker, artist, or entrepreneur? Youth vendors are invited to set up a table and sell or display their handmade items, art, or small business creations. Spots are limited, sign up now.

► 596986 Free/1 sess
Jan 30 F 4:00pm-6:00pm

PERSONAL DEV'T

HIGH FIVE Certificate 13-18 yrs

HIGH FIVE® Principles of Healthy Child Development (PHCD) is a 4-hour training that will help front-line leaders working with children aged 4 to 12 with the tools to enhance the quality of the programs they are leading.

► 596323 \$60/1 sess
Mar 19 Th 11:00am-4:00pm

Emergency First Aid & CPR/AED C (Blended) 14-18 yrs

Basic one day course offering lifesaving first aid and cardiopulmonary resuscitation (CPR) skills for the workplace or home. This course meets legislation requirements for provincial/territorial worker safety and insurance boards and includes the latest first aid and CPR guidelines. It is equivalent to Occupational First Aid Level 1. A 3-year Emergency First Aid with CPR/AED Level C certification from the Canadian Red Cross will be awarded with successful completion. This course has an on-line component and 4 hours of in-person training.

► 595879 \$100/1 sess
Feb 13 F 11:00am-3:00pm
First Aid Pro

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! Certification is valid for 5 years.

► 595896 \$85/1 sess
Feb 28 Sa 9:00am-4:00pm
Paul Richardson

Babysitting Course 11-18 yrs

See page 12 for details.

DID YOU KNOW?

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



YOUTH • January 5-March 13, 2026

Monday *No sessions Feb 16	Tuesday	Wednesday	Thursday	Friday										
Youth Room Drop-In 3:00pm-5:00pm No sess Feb 16	Youth Room Drop-In 3:00pm-5:30pm	Youth Room Drop-In 3:00pm-6:30pm	Youth Room Drop-In 5:00pm-6:30pm	Youth Room Drop-in 3:00pm-7:45pm No sess Jan 2										
	Youth Table Tennis 3:15pm-4:30pm	Youth Table Tennis 3:15pm-3:55pm		Youth Table Tennis 3:15pm-7:15pm										
		Youth Open Gym 3:15pm-4:30pm		Youth Badminton 3:15pm-4:45pm										
		Youth Volleyball 4:30pm-5:45pm		Youth Basketball 4:50pm-6:20pm No sess Jan 2 & Jan 30										
 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 <table><tr><td>Monday</td><td>3:30pm-5:30pm</td></tr><tr><td>Tuesday</td><td>3:30pm-5:30pm</td></tr><tr><td>Wednesday</td><td>3:30pm-6:00pm</td></tr><tr><td>Thursday</td><td>3:30pm-5:30pm</td></tr><tr><td>Friday</td><td>3:30pm-7:00pm</td></tr></table> 			Monday	3:30pm-5:30pm	Tuesday	3:30pm-5:30pm	Wednesday	3:30pm-6:00pm	Thursday	3:30pm-5:30pm	Friday	3:30pm-7:00pm
Monday	3:30pm-5:30pm													
Tuesday	3:30pm-5:30pm													
Wednesday	3:30pm-6:00pm													
Thursday	3:30pm-5:30pm													
Friday	3:30pm-7:00pm													

SPORTS

Athletic Foundation

13-18 yrs

This program is designed for youth aged 13+ yrs, including athletes and those exploring various sports. The focus is on developing physical characteristics such as strength, speed, and agility, while building an athletic foundation and fundamental movement competencies. Participants are exposed to a wide range of movement patterns to develop coordination, control, and overall physical capacity that supports performance in any sport or activity. Training is progressive, age-appropriate, and structured to help youth move efficiently, safely, and effectively while reducing injury risk and supporting long-term physical development. No session Feb 13.

► 595646 \$120/8 sess
Jan 16-Mar 13 F 6:15pm-7:15pm
Cean Bod-oy

Night Hoops

11-16 yrs

Join Night Hoops, a free, community-driven basketball program where passion meets purpose. Designed for youth ages 11 to 16, Night Hoops blends skill-building, mentorship, and teamwork in a positive, high-energy environment. Led by experienced coaches and community mentors, players develop confidence, leadership, and lifelong friendships both on and off the court. All equipment is provided, just show up ready to play and be part of something bigger. No session Feb 13.

► 595631 FREE/7 sess
Jan 16-Mar 6 F 6:30pm-8:00pm
Night Hoops

Volleyball: Train & Play

13-16 yrs

Info on page 10. No class Feb 16.

► 589538 \$138/8 sess
Jan 12-Mar 9 M 5:45pm-7:00pm
Volleyball BC

SOCIAL

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 Jan 14.
Next volunteer intake is April 2026.*

AEROBICS SCHEDULE • January 2-April 2, 2026

Group Fitness

Monday *no classes Feb 16	Tuesday	Wednesday	Thursday	Friday	Saturday
Step & Strength 9:20am-10:20am Rilla ▶ 589331	Tabata & Stretch 9:20am-10:20am Sarah ▶ 589332	Muscle Madness 9:20am-10:20am Charlene ▶ 589327	Zumba 9:20am-10:20am Marina ▶ 589336	HIIT 9:20am-10:20am Bonnie ▶ 589326	Zumba 9:15am-10:15am Marina ▶ 589337
Refit 10:25am-11:25am Don ▶ 589328		Refit 10:25am-11:25am Sarah ▶ 589329		Refit 10:25am-11:25am Bonnie ▶ 589330	
Total Body Conditioning 6:00pm-7:00pm Charlene ▶ 589334 *Auditorium*	Zumba 6:00pm-7:00pm Marina ▶ 589335	Total Body Conditioning 6:00pm-7:00pm Don ▶ 589333 * Jan 28 - Auditorium	NEW FOR 2026! Feel stronger and move with confidence in Changing Aging , a fun, evidence-based fitness program for adults 55+. Join the UBC Kinesiology team and track your progress with supportive, skilled instruction—see page 20 for details.		

FITNESS

High Intensity (HIIT) Interval Training

Get your sweat on with this full-body HIIT class with 70% cardio and 30% strength training. The equipment, moves, format and music will be ever-changing to keep you coming back! High and low modifications will be provided.

Jan 2-Mar 27 F 9:20am-10:20am
Bonnie Kramer

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.

Jan 7-Apr 1 W 9:20am-10:20am
Charlene Wharton

Refit

Get back into your fitness routine with a fun complete workout incorporating progressively challenging strength exercises, hi/low cardio, and core work and a relaxing stretch. Options provided throughout. No class Feb 16.

Jan 5-Mar 30 M 10:25am-11:25am
Don Walden

Jan 7-Apr 1 W 10:25am-11:25am
Sarah Groberman

Jan 2-Mar 27 F 10:25am-11:25am
Bonnie Kramer

Step & Strength

A total body conditioning class using the step for cardio, weights for strength work and a mat for stretching to end the class. Moderate to challenging with options provided. No class Feb 16.

Jan 5-Mar 30 M 9:20am-10:20am
Rilla Hallwood

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.

Jan 6-Mar 31 Tu 9:20am-10:20am
Sarah Groberman

Total Body Conditioning

A combination of exercises, cardio routines, core work, and agility drills with a cool down stretch. You will have a fun, challenging workout and a functionally fit core.

Jan 7-Apr 1 W 6:00pm-7:00pm
Don Walden

Jan 5-Mar 30 M 6:00pm-7:00pm
Charlene Wharton

Zumba

A fusion of dance and fitness, combining Latin and international music with movement.

Jan 6-Mar 31 Tu 6:00pm-7:00pm
Jan 8-Apr 2 Th 9:20am-10:20am

Jan 3-Mar 28 Sa 9:15am-10:15am
Marina Orlova

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 Jan 2-Apr 2, 2026	\$165.75	\$139.75

Prices do not include GST

- 10 usage passes & 1 month aerobics passes: no refunds available
- FitPass: full refunds not available. Refunds requested before the halfway point of the season (based on pass dates), will be charged 50% of the total pass fee see page 2 for complete refund policy

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

Beyond Beginner

► 589245			\$71.43/12 sess
Jan 8-Mar 26	Th	6:30pm-8:00pm	
► 589787			\$71.43/12 sess
Jan 10-Mar 28	Sa	11:30am-1:00pm	
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, if space permits.

Beginner Plus

No class Feb. 16

► 589775			\$71.43/12 sess
Jan 5-Mar 30	M	1:30pm-3:00pm	

Intermediate

► 589776			\$77.38/13 sess
Jan 7-Apr 1	W	1:30pm-3:00pm	

Beginner

► 589777			\$71.43/12 sess
Jan 9-Mar 27	F	1:30pm-3:00pm	

Vivian Lau

Vocal Training for Beginners

19 yrs+

Our Vocal and Talent Development program is designed for both singers and non-singers alike. If you've ever thought you couldn't sing, this program is for you—because if you can speak, you can sing! For those who are already singers, this is your opportunity to unlock your full potential by expanding your range and power.

► 596746			\$136/8 sess
Jan 29-Mar 19	Th	6:30pm-8:00pm	
Jan Cooper			

DANCE

Intro to Ballet

19 yrs+

This is a beginners 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 Feb 16.

► 588685			\$164.29/10 sess
Jan 12-Mar 23	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 Feb 16.

► 588684			\$164.29/10 sess
Jan 12-Mar 23	M	7:15pm-8:45pm	
Kuei-ming Lin			

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

► 589312	Sa	\$143/11 sess
Jan 17-Mar 28		1:30pm-2:30pm
► 589313	Sa	\$143/11 sess
Jan 17-Mar 28		2:30pm-3:30pm

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

► 589314			\$130/10 sess
Jan 13-Mar 17	Tu	9:30am-10:30am	
► 589315			\$130/10 sess
Jan 13-Mar 17	Tu	10:30am-11:30am	
Raf Chen			

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.

► 593548	\$3.09/drop-in; 10 tickets \$26.19
Jan 6-Mar 31	Tu 12:30pm-3:00am
► 593549	\$3.09/drop-in; 10 tickets \$26.19
Jan 8-Apr 2	Th 12:30pm-3:00pm
MO Volunteer	

Belly Dance for Fun & Fitness

19 yrs+

The ancient art of getting together and celebrating life to middle eastern, Egyptian and North African music and drum beats. Folk dancing takes everyday movements and elevates them into beautiful artistic expressions. Drop-in \$15.

► 593535			\$102.86/8 sess
Jan 20-Mar 10	Tu	7:00pm-8:00pm	
Sylvie Royer			



ADULTS



ART/DRAWING

Zen Doodle Card Making

19 yrs+

Discover the art of Zen Doodle card marking! In this relaxing, hands-on class, you'll learn simple doodling techniques to create stunning, one-of-a-kind greeting cards. No experience needed, just bring your creativity. Perfect for stress relief and self-expression. Join us for a fun, mindful crafting session. Supplies required; 1 black micron PN pen, 05 or 08 size.

► 597828 \$12/4 sess

Jan 6-Jan 27 Tu 1:30pm-2:45pm

► 597829 \$12/4 sess

Mar 10-Mar 31 Tu 1:30pm-2:45pm

Winnie Lai

Chinese Painting

19 yrs+

This course is designed for beginners and covers the essential techniques of Chinese painting. Students will gain hands-on experience with traditional tools and materials, including the Chinese brush, rice paper, Chinese ink, and Chinese paints. By the end of the program, students will complete 8 paintings and gain confidence in their creative expressions. Supply list on receipt, purchase once program is confirmed to proceed.

► 593593 \$230/6 sess • \$20/materials

Jan 27-Mar 3 Th 6:00pm-7:30pm

Rachel Yung

The Joy of Acrylic Painting

19 yrs+

Learn a new way to express your creativity! We will learn a step by step demonstration to paint a beautiful image each session using a new technique with oil paint. Materials included. Philip speaks English, Mandarin, Cantonese and Taiwanese.

► 593325 \$150/6 sess

Jan 28-Mar 4 W 10:00am-12:00pm

Philip Tsang

The Joy of Drawing

19 yrs+

Learn and improve your drawing skill and technique with still lifes, landscapes, animals, portraits and more. Drawing demonstrations will be provided with a new subject in every session, and the class will have fun completing a beautiful drawing. Drawing materials are included.

► 593327 \$126/6 sess

Jan 29-Mar 5 Th 10:00am-11:30am

Philip Tsang

The Joy of Watercolour

19 yrs+

This program introduces essential watercolour painting techniques. Through guided projects including landscapes, still life, animals, and portraits, you'll become familiar with the unique properties of watercolour while exploring both traditional and contemporary styles. All materials are provided by the instructor.

► 593391 \$136/6 sess

Jan 29-Mar 5 Th 11:35am-1:05pm

Philip Tsang

MARTIAL ARTS

Iaido

19 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 welcome. Drop in \$14.29 + tax.

► 592977 FREE Trial class, pre-register

Jan 3 Sa 10:30am-12:30pm

► 592978 FREE Trial class, pre-register

Jan 3 Sa 1:15pm-2:45pm

► 592982 \$144/12 sess

Jan 9-Mar 27 F 5:45pm-7:15pm

Peter Pao

Tai Chi Learn & Practice

19 yrs+

Join this dedicated group to learn and practice the Tai Chi 24, 48 and 85 forms. The 85 forms a real traditional routine offers greater health benefits. Open to all levels welcome. Drop-in \$3.10 + tax.

► 589309 \$34.29/13 sess

Jan 6-Mar 31 Tu 10:00am-11:30am

Jack Fong

HEALTH & WELLNESS

Pilates:

Core & Balance

19 yrs+

Join us for a revitalizing Mat Pilates session designed to build a strong foundation from the inside out. You will learn classical exercises to increase core strength, stability, and balance, while also lengthening muscles and relieving tension. All fitness levels welcome.

► 596717 \$130/10 sess

Jan 13-Mar 17 Tu 7:00pm-8:00pm

Emily O. Chan

Hatha Yoga

19 yrs+

Enjoy the classic postures of Hatha Yoga to 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 + tax.

► 588686 \$123.80/10 sess

Jan 7-Mar 11 W 9:30am-10:30am

Janet Ward

QUEER INCLUSION

Check out the weekly programs offered across Vancouver for 2STGD and 2SLGBTQIA+ folks of all ages.
vancouver.ca/Queer-Inclusion



ADULTS



HEALTH & WELLNESS

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. Drop-in \$23 + tax.

► 593173 \$210/11 sess
Jan 10-Mar 21 Sa 9:30am-11:00am
Grant Richards

Vinyasa Yoga 19 yrs+

Experience a grounding yet uplifting Vinyasa flow that links breath with movement to build strength and flexibility. For all experience levels, this class weaves together postures, breathwork, and sequences, leaving you feeling refreshed and balanced in both body and mind. No class Feb 16.

► 589937 FREE Trial class
Jan 5 M 7:15pm-8:15pm
► 589991 \$162.50/10 sess
Jan 12-Mar 23 M 7:15pm-8:15pm
Pinky Bitanga

Laughter Yoga 19 yrs+

The art of laughing for no reason and the science of breathing, with plenty of health benefits. Laughter Yoga is not traditional yoga and also does not rely on jokes or comedy. Laughter yoga is all about fun laughing and breathing exercises we can all do together.

► 595865 FREE Trial class
Jan 15 Th 6:30pm-7:30pm
► 596714 \$80/8 sess
Jan 22-Mar 12 Th 6:30pm-7:30pm
Aggie Cheung

Open Sound Bath Meditation 19 yrs+

Immerse yourself in deep relaxation with our open weekly sound bath meditation sessions. Designed for all experience levels, these sessions use the soothing vibrations of crystal singing bowls and chimes to calm the mind, release stress, and promote inner balance. Please bring a yoga mat, blanket, pillow, and anything else you need to feel comfortable lying down. Drop-in \$25 + GST

► 593556 \$140/7 sess
Jan 23-Mar 6 F 11:30am-1:00pm
Viola Choy

Table Tennis 19 yrs+

Drop-in table tennis for everyone. First come first serve basis. Please bring own equipment. Schedule subject to change. Drop-in \$2.86 + tax/person, per 2 hour time slot. 10 usage card \$22 + GST. No sess Feb 12, Feb 16, Mar 12.

• Monday 10am-12pm*, 1-3pm*
• Tuesday 10am-12pm, 1-3pm, 6:30-8:30pm
• Wednesday 1-3pm, 6:30pm-8:30pm
• Thursday 10am-12pm*, 1-3pm
• Friday 10am-12pm, 1-3pm
► 596722 Jan 6-Mar 14

Table Tennis Rentals for Families 6 yrs+

Details online and on p. 9.

Weekly M 5:45pm-7:00pm
Weekly M 6:00pm-7:00pm
\$5/1 sess

SPORTS

Pickleball Stage 2: No More Pop Ups 19 yrs+

One of the biggest challenges in pickleball is keeping your shots low and controlled. In this class, you'll learn how to avoid "popping up" the ball, so you don't give your opponents an easy put-away. Master low shots, smart shots, and winning shots.

► 593002 \$56/2 sess
Jan 2-Jan 9 F 1:45pm-3:15pm
Mona Lee

Pickleball Stage 1 Learn to Play 19 yrs+

Come try this fun, popular, easy-to-learn, and exciting sport. Designed for beginner players or intermediate beginners who have never played or have only played a few times. You will learn the correct form & technique to execute shots as well as to move safely and efficiently around the court.

► 593004 \$168/6 sess
Feb 6-Mar 13 F 1:45pm-3:15pm
Mona Lee

Pickleball Fun Round Robin 19 yrs+

For players who have completed Stage 1: Learn to Play. Join us for a FUN round robin while learning key strategies to elevate your gameplay! Timed play where you'll play with a new partner against a new opponent every round. It's a great mix of learning, playing, and having a blast on the court!

► 593098 \$28/1 sess
Mar 31 Tu 10:45am-12:45pm
Mona Lee

Pickleball Court Rental

Each registration is for one court, max 4 players. Players must supply their own paddles and pickleballs.

► 596749-596756 \$17.86/1 sess
Weekly W 1:50pm-3:05pm
Check online for more additional dates.

Adult Tennis Lessons: Feeding Frenzy (2.0-3.0) 19 yrs+

See online for class description. No class Feb 16.

► 597334 \$150/4 sess
Jan 12-Feb 2 M 1:50pm-3:05pm
No class Feb 16.

► 597862 \$150/4 sess
Feb 9-Mar 9 M 1:50pm-3:05pm
Summer Smash Tennis

GYM SPORTS SCHEDULE • Jan 5-Apr 2, 2026

Monday *no sessions Feb 16	Tuesday	Wednesday	Thursday	Friday
Recreational Badminton (19+) 11:40am-1:40pm		Recreational Badminton (19+) 11:40am-1:40pm	Pickleball (19+) 10:45-12:45pm **ends Mar 12**	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 Badminton

19 yrs+

Volunteer badminton supervisors have the right to direct players to an appropriate level of play. Most games are played in doubles on a court rotational basis. No single court games, unless time and/or skill level permits. Please bring your own racquet/birdies. No session Feb 16.

► 596696	Drop-in \$5.24
Jan 5-Mar 30 M	11:40am-1:40pm
► 596697	Drop-in \$5.24
Jan 7-Apr 1 W	11:40am-1:40pm
► 596698	Drop-in \$5.24
Jan 9-Mar 27 F	11:40am-1:40pm

10 VISIT PASS

\$45.24 + tax • Pass is valid for Monday, Wednesday, Friday AM badminton programs.

Pickleball

19 yrs+

Get active on the court with Pickleball. It is a fun and easy to learn sport that will have you coming back for more. Maximum 24 players, 18 registered and 6 drop-in spaces. Drop-in space permitting.

► 596692	\$58.81/13 sess; Drop-in \$5.24
Jan 6-Mar 31 Tu	1:00pm-3:00pm
► 596694	\$45.24/10 sess; Drop-in \$5.24
Jan 8-Mar 12 Th	10:45am-12:45pm
► 596693	\$58.81/13 sess; Drop-in \$5.24
Jan 8-Apr 2 Th	1:00pm-3:00pm

Recreational Basketball

19 yrs+

Full-court recreational basketball. No session Feb 16.

► 596699 \$74.29/12 sess; Drop-in \$7.14
Jan 5-Mar 30 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.

► 596700	\$80.48/13 sess; Drop-in \$7.14
Jan 6-Mar 31 Tu	7:10pm-9:00pm
► 596701	\$80.48/13 sess; Drop-in \$7.14
Jan 7-Apr 1 W	7:10pm-9:00pm

Advanced Doubles Badminton

19 yrs+

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

► 596706 \$80.48/13 sess; Drop-in \$7.14
Jan 8-Apr 2 Th 7:10pm-9:00pm

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.

NOTE • Prices do not include GST

SENIORS



SOCIAL

UBC Museums Bus Trip

Travel by charter bus to the University of British Columbia for visits to the Museum of Anthropology and the Beaty Biodiversity Museum. Enjoy lunch at the Gallery Patio and Lounge (at your own expense). Fee includes: admission to both museums and charter bus transportation. Don't forget to sign and complete the activity waiver before we hit the road. Please note details subject to change.

► 596736 \$59/1 sess
Apr 1 W 10:00am-3:30pm

HEALTH & WELLNESS

Changing Aging 55 yrs+

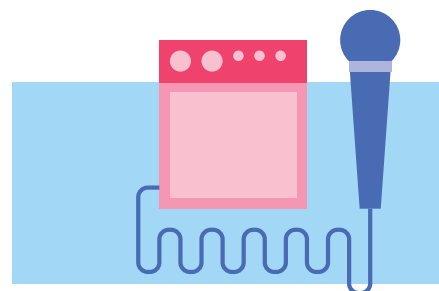
Changing Aging is an evidence-based exercise program for older adults (55+ years) delivered by specially trained UBC BodyWorks School of Kinesiology student instructors. It focuses on strength, mobility, and cardiovascular health through muscle and bone strengthening exercises followed by intervals of aerobic exercise. Fitness assessments are offered at the start and end of the program in order to monitor your progress. An initial assessment at UBC is required to join the program, with follow-up assessments annually. Complete the BodyWorks questionnaire at <https://kin.educ.ubc.ca/bodyworks-gaq> or call 604.827.5059 or email bodyworks@ubc.ca for more information. No program Feb 16 & Apr 6. No online registration.

► 596689 \$408/24 sess
Jan 12-Apr 9 M & Th 9:30am-10:30am
UBC School of Kinesiology

Sleep & Stress Management

Learn about the relationship between stress and sleep and how to better manage both using evidence based practices. Presented by OASIS.

► 597851 FREE, pre-registration required
Mar 5 Th 11:00am-12:00pm



SOCIAL

Karaoke

Register for some fun while singing along with your friends. You can bring your own music or select available options onsite. English and all languages are welcome. Drop-in if space permits.

► 588636 \$31.43/11 sess; Drop-in \$3.81
Jan 12-Mar 30 M 11:45am-2:45pm
► 588637 \$34.29/12 sess; Drop-in \$3.81
Jan 9-Mar 27 F 11:45am-2:45pm
Wai Sin

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.

Mardi Gras

► 587841 \$10/1 sess
Feb 12 Th 12:00pm-1:30pm

St. Patrick's Day

► 587842 \$10/1 sess
Mar 12 Th 12:00pm-1:30pm

Tea Time

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. Registration required.

► 593121 \$2.86/season
Jan 8-Mar 12 Th 10:00am-12:00pm

Seniors' Social and Games

Join a friendly group for conversation or to play various available games—scrabble, cribbage or cards.

► 593168 \$2.86/season
Jan 6-Mar 31 Tu 1:00pm-3:00pm
► 593170 \$2.86/season
Jan 8-Apr 2 Th 1:00pm-3:00pm

Crafts for Seniors

Explore your artistic side with various themes which are volunteer sponsored and supplies are provided.

Macrame or Chinese Knots

► 593474 \$4.76/1 sess
Feb 3 Tu 1:00pm-3:00pm

Kimihimo Lanyard

► 596724 \$4.76/1 sess
Mar 3 Tu 1:00pm-3:00pm

Adventures on Transit:

A Day of Culture 55 yrs+

The goal of the Adventures on Transit program is to gain knowledge and experience using public transit while exploring. Join us as we visit the Bill Reid Gallery (\$10), enjoy lunch at JJ Bean (at your own expense). Please bring your Compass Card and photo ID

► 596725 \$15/1 sess
Feb 25 W 10:00am-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, 9am-3pm	\$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	\$274.29	\$371.70
5 Session	\$294.07	\$452.85	\$545.18
10 Session	\$527.90	\$841.00	\$997.22

2026 FEES

2025 fees listed are current at time of printing. 2026 fees will take effect in January. Fees subject to change. For fitness centre info and current pricing, visit vancouver.ca/marpoleoakridgefitness

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

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 & Damage Deposit

SOCAN and ReSound fees	With dancing	\$44.13+\$18.51 = \$62.64 plus tax
	Without dancing	\$22.06+\$9.25 = \$31.31 plus tax
Staffing (2 hour min)	Additional staff costs are applicable for after hours rental	\$30/hour plus tax
Damage deposit	Damage deposit fee will be collected for all rental at time of rental confirmation	\$25-\$350 depending on type of rental
Insurance	• https://vancouver.ca/doing-business/insurance-requirements-for-filming-event-and-facility-use.aspx • Liability insurance is required for sports, high performance dance or any "high risk" activities, including any event with alcohol. Insurance is to be purchased from an external source. Visit www.vancouver.ca for more information • The policy shall contain a cross liability clause and name the City of Vancouver, Vancouver Board of Parks and Recreation, and the Marpole-Oakridge Community Association, their officials, officers, employees, servants, and agents as "additional insureds" with respect to liability arising out of the rental.	

**Additional fees may apply depending on the nature of the rental (e.g. SOCAN and ReSound Fees, Staffing, Damage Deposits, Insurance) **
Prices do not include tax and are subject to change



UPCOMING SPECIAL EVENTS

TSBC License #LAMO202804

Youth Vendors for Winter Wonderland 13-18yrs

Are you a creative maker, artist, or entrepreneur? Here's your chance to showcase your talents at our Winter Wonderland event! We're inviting youth vendors to set up a table and sell or display their handmade items, artwork, or small business creations. Spots are limited—sign up now! Once registered, you'll receive event details and next steps.

► 596986 Free/1 sess
Jan 30 F 4:00pm-6:00pm



Winter Wonderland 13-18yrs

Step into a festive winter celebration filled with vendor booths, tasty treats and drinks, hands-on crafts, fun games, and more! Gather your friends and join us for an unforgettable Winter Wonderland experience.

► 596907 Free / 1 sess
Jan 30 F 4:00pm-6:00pm



Family Day Activities All Ages

Family Craft & Movie Night • All Ages

Start your long weekend with hands-on craft fun, then settle in for a cozy family movie! Bring a blanket, pillow, and your PJ's for a night of creativity and laughs.

► 595895 FREE
Fri Feb 13 5:00pm-8:00pm

5:00-5:45pm • Craft Time

6:00pm • Movie Begins

Movie announced Feb 1 • Concession available



Family Day Drop-In Gym • 0-12 yrs

Enjoy active family playtime with a bouncy castle, little-kid area, and sports stations. Parent participation required.

► 589721 FREE
Feb 14 Sa 11:00am-1:00pm

Easter Eggstravaganza and Hunt All Ages

Enjoy easter themed crafts, exciting games, and a bouncy castle, followed by an Easter egg hunt in small groups downstairs. Time slots for the hunt will be organized upon arrival. The Easter Bunny will stop by for photos between 10:30am-11:30am, so bring your camera! Parent participation and advance registration for children are required.

Youth concession fundraiser available 11am-1pm.

► 586876 \$8/child
Mar 28 Sa 10:00am-12:00pm



NEW MARPOLE COMMUNITY CENTRE

Construction is well underway for your new Marpole Community Centre, anticipated to open in Fall 2026. The renewed 42,000 square foot community centre will include a childcare centre for 74 children. Perimeter landscaping will include new trees, basketball courts, an outdoor performance space, and gathering areas.





**Marpole-Oakridge
Community Centre**

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

**COMMUNITY CENTRE:
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**

