



**STRATHCONA
COMMUNITY CENTRE**

We take care of each other

WINTER/SPRING 2025 RECREATION GUIDE



WINTER/SPRING REGISTRATION BEGINS: Dec 14, 2024 @ 9am
DAY CAMP REGISTRATION: Please see page 9 for dates

601 Keefer Steet, Vancouver, BC, V6A 3V8 | 604-713-1838 | strathcc@vancouver.ca | www.strathconacc.ca

Jointly operated by the Vancouver Board of Parks and Recreation & the Strathcona Community Centre Association





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COMMUNITY CENTRE**
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Mission Statement

To sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the Strathcona Community.

Board of Directors

The Strathcona Community Centre Association (SCCA) and Vancouver Board of Parks and Recreation jointly operate the Strathcona Community Centre. The SCCA is governed by a locally elected Board of Directors made up of residents, community agency representatives and members at large. The SCCA is a provincially registered not-for-profit society and a federally registered charity. The SCCA Directors meet on the 3rd Tuesday of each month, and several times a year on active committees.

Membership

SCCA membership is free. Sign up with the front desk to join the Strathcona Community Centre Association.

Leisure Access Program

The Leisure Access Program provides Vancouver residents facing financial barriers access, at a reduced cost, to Park Board registered programs and services. Applications for Leisure Access Cards are available at our front office or at vancouverparks.ca. For you or your family to qualify for the Leisure Access Card program, you must be a Vancouver resident and have a family income from all sources below the income guidelines of the application form. For more information, contact the front desk or visit www.vancouver.ca/leisureaccess.

Message from the SCCA Board

We are very excited to kick off 2025, bringing you plenty of new programs and lots of old favourites.

Highlights include Friday evenings when youth fill the centre for our games room drop-in, open gym time and youth cooking club. The cooking club makes food for everyone to share together on Friday nights, offering a chance for youth across the community to connect over dinner. Night Hoops Basketball also returns in January. This free program for youth 12-18 is a great way for anyone interested in basketball to come together, grow their skills and connect with others.

Weekends are also when some of our most popular children's programs run including Little Chefs and gymnastics, get your spot before these sell out. Capoeira for both children and adults continues to grow in popularity too. Register for the season or try a drop-in class (space permitting). New seniors activities include indoor curling, karaoke and mah jong, joining our popular tai chi, wellness and luncheon programs.

Winter/Spring also means special events, with Family Day, a youth council-led Easter Fair and Summer Kick-off to look forward to this year. Or come take a food workshop like community kitchens, canning and Kurdish cooking throughout the season.

We are continually working hard to offer programs that are relevant and accessible for everyone in our community. If there are programs you would like to see, let us know – strathconacc@gmail.com.



DO YOU

- Live and/or work in Strathcona?
- Want to improve our centre and support staff?
- Like providing input on programs and the future of the centre?

FIND OUT MORE
strathconacc@gmail.com

JOIN OUR BOARD!

Share your experience as a member of our community and help us make Strathcona Community Centre better than ever!

Strathcona Recreation Subsidy

Everyone should have access to recreation.

25%, 50% or 75% subsidies for Strathcona residents facing financial barriers.

The Strathcona Recreation Subsidy offers the following benefits:

25% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs

50% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

Terms and conditions are subject to change.

75% Subsidy Includes:

- Strathcona Community Centre Association Recreation Programs
- Leisure Access Program Pass

Strathcona Recreation Subsidy does not include:

- Childcare
- Food programs and workshops
- Private lessons

Hours of Operation

Centre Hours

Mon-Fri 9:00AM - 9:00PM
 Sat 9:00AM - 5:00PM
 Sun 10:00AM - 2:00PM
 Feb 17 10:00AM - 2:00PM
 Apr 21 10:00AM - 2:00PM
 May 19 10:00AM - 2:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Feb 17 10:00AM - 1:30PM
 Apr 21 10:00AM - 1:30PM
 May 19 10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, Jan 1 CLOSED
 Apr 18 CLOSED
 Jul 1 CLOSED

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**Day Camp
 Registration: Please
 see page 9 for dates**

**How to Register:
 Winter/Spring Registration Opens
 Saturday December 14 @ 9:00AM**

In Person
 601 Keefer St.
 Vancouver V6A 3V8

By Phone
 604-713-1838


Online
 vancouver.ca/
 strathconarec

Contact Us


601 Keefer St.,
 Vancouver, BC V6A 3V8

Phone: 604-713-1838
 Fax: 604-713-1848

strathcc@vancouver.ca
 www.strathconacc.ca

 Strathcona Community Centre
 Association

 instagram.com/strathcc

 @strathcentre

 Strathcona CC



**STRATHCONA
 COMMUNITY CENTRE**

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General Information

Payment

All programs, rentals and drop-in fees **do not** include taxes and must be paid at time of registration. Cash, Debit, Visa, MasterCard and cheques are accepted at Strathcona Community Centre. Please make cheques payable to the "City of Vancouver". There is a \$35 service fee on any returned cheques or declined credit card payments.

Registering Late

Programs will be pro-rated on a class by class basis. Some classes will not accept registration after the 2nd class.

Cancellation

We reserve the right to cancel a program due to insufficient enrollment and will attempt to notify you at least 2 days prior to the start date.

Safe Access for Everyone

We are committed to creating welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

Refund Policy

All programs are subject to change or cancellation at any time due to unforeseen circumstances. Missed classes are not refundable.

- Refund requests made more than 48 business hours prior to the first class will receive a refund in full. Business days are deemed Mon-Fri.
- Refund requests made after this time will receive a pro-rated refund based on the number of sessions passed.

Day Camp Refund Policy:

- Refund requests must be received 10 working days (Mon-Fri) prior to the start date to receive a full refund.

Personal Information Protection

Any personal information the Strathcona Community Centre Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.

Licensed Child Care

Strathcona Community Preschool

Our licensed preschool programs all share the same philosophy of learning through play. Our Early Childhood Educators encourage & facilitate the children's early education through our curriculum of fine arts, language acquisition, literature, cooking, math, science, physical education, and exploration as well as by building relationships of trust and security. Your children's growing capacity for empathy, creativity and critical thinking will be nurtured and encouraged.

During the school year, Strathcona Licensed Childcare operates two preschool rooms for 20 children ages 3-5 years through to kindergarten entry.

Program Details

The following prices are for 2024-2025. Prices are subject to change

Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:00 AM-12:00 PM	\$140

To register for the Strathcona Licensed Child Care Waitlist, please e-mail strathconawaitlist@gmail.com or call 604-713-1838.

Strathcona Licensed Child Care

The SCCA is proud to offer the Strathcona Licensed Child Care (SLC) service to the community.

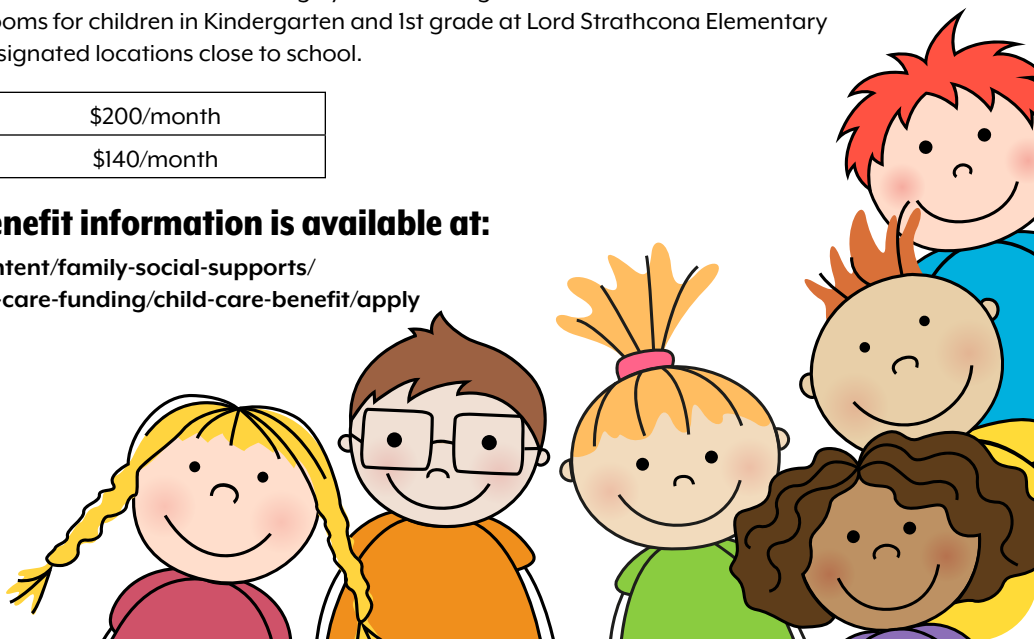
During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for roughly 170 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

Before & After School Care	\$200/month
After School Care	\$140/month

Affordable Childcare Benefit information is available at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit/apply>



Social

Caregiver and Tot Playtime

0-3 yrs | Strathcona Staff

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! This is a great way to meet your neighbors and make new friends! Program will pause for the Summer and reopen in the Fall. Drop-in \$1.50. No class Jan 15, Feb 14, 17, Apr 18, 21, 28 & May 19.

* M/W/F Jan 13-Mar 14	10:30 AM-12:00 PM
528660	\$1.50/24 sess
* M/W/F Mar 31-Jun 20	10:30 AM-12:00 PM
528858	\$1.50/24 sess

Arts

Hip Hop

3-5 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

* Sa Jan 11	11:00 AM-11:45 AM
536148	FREE TRIAL CLASS/1 sess
* Sa Jan 18-Mar 15	11:00 AM-11:45 AM
528685	\$99/9 sess
* Sa Apr 26-Jun 28	11:00 AM-11:45 AM
528883	\$110/10 sess

Little Ballerinas

3-5 yrs | Endorphin Rush Dance

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room.

* Sa Jan 11	10:15 AM-11:00 AM
536166	FREE TRIAL CLASS/1sess
* Sa Jan 18-Mar 15	10:15 AM-11:00 AM
528680	\$99/9 sess
* Sa Apr 26-Jun 28	10:15 AM-11:00 AM
528878	\$110/10 sess

Sports

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to focus on fostering appropriate physical development. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit www.bearfeetgymnastics.com. **Parent participation is required.**

No class Feb 16, Apr 20 & May 18.

* Su Jan 12-Mar 9	10:30 AM-11:15 AM
528642	\$88/8 sess
* Su Jan 12-Mar 9	11:30 AM-12:15 PM
528643	\$88/8 sess
* Su Apr 6-Jun 8	10:30 AM-11:15 AM
528840	\$88/8 sess
* Su Apr 6-Jun 8	11:30 AM-12:15 PM
528841	\$88/8 sess

Rainbow Bear Gymnastics

3-5 yrs | Bear Feet Gymnastics

Through the use of creative circuits, the children will have the opportunity to learn and practice new gymnastic skills with the support of their coach! This class will encourage the children to develop their attention span as well as their spatial/body awareness! We focus on fundamentals of gymnastics in this high energy super engaging class! The children will enjoy warm up games, circuits and creative strength building exercises all disguised as play! **Parent participation is required.** For more info, please visit www.bearfeetgymnastics.com. No class on Feb 16, Apr 20 & May 18.

* Su Jan 12-Mar 9	12:30 PM-1:15 PM
528756	\$88/8 sess
* Su Apr 6-Jun 8	12:30 PM-1:15 PM
528954	\$88/8 sess

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with cooperative games and a variety of ball sports. Our trained and certified coaches emphasize confidence and competence building over competition. Laugh and learn skills for life! No class Feb 16, Apr 20 & May 18.

* Su Jan 19-Mar 16	11:00 AM-12:00 PM
528769	\$136/8 sess
* Su Apr 13-Jun 15	11:00 AM-12:00 PM
528967	\$128/8 sess

Sportball - Parent & Tot Multisport

2-3 yrs | Sportball Vancouver

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sportball maintains a one-parent-per-child ratio policy in all Parent/Child programs. No class Feb 16, Apr 20 & May 18.

* Su Jan 19-Mar 16	10:15 AM-11:00 AM
528771	\$136/8 sess
* Su Apr 13-Jun 15	10:15 AM-11:00 AM
528969	\$136/8 sess

* **Winter 2025 Programs**
January – March

* **Spring 2025 Programs**
April – June

Preschool / Special Events

Family Day Pajama Party!

All Ages

Join us for our Family Day Pajama Party Event! This event will feature caregiver & tot toys, arts & crafts, face painting, & other activities for the whole family to enjoy! Snuggle up with your family to watch a movie with your loved ones in your comfiest pajamas!

*M Feb 17 10:30 AM-12:30 PM
528650 FREE



Hoopathon

Hoop-a-thon is an annual fundraiser located at Strathcona Community Centre, hosted by Rotary International. Kids and Youth in the Strathcona Basketball Program and members of the Rotary have 60 seconds to make as many free throws as possible with pledges made per basket.

Funds raised will go directly back into our program to continue making it affordable for everyone. These funds will also go towards scholarships to those living in East Vancouver and are involved with the community.

*Sa Apr 12 9:15 AM-11:45 AM
FREE



2025 Easter Fair

Come and join us for our Easter Fair and Egg Hunt at Strathcona Community Centre hosted by Strathcona's Youth Council! Each Egg Hunt will be in 10 minute increments, for ages 0 - 9 years old. Arts and crafts, games and activities will be available in addition to the Egg Hunt. Baskets will be available for use. No registration required.

*Sa Apr 19 10:00 AM-1:00 PM
533288 FREE



Summer Kick Off

All Ages

Join us for our pre-Summer Kick Off Event! This event will feature a bouncy castle, carnival games, youth led BBQ, arts & crafts, performances & other activities for the whole family to enjoy! Event will take place in parking lot by Pender St.

*Sa Jun 7 11:00 AM-1:00 PM
528848 FREE



Arts

Afterschool Hip Hop

6-10 yrs | Endorphin Rush Dance

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Make new friends while learning new Hip Hop skills. There will be a presentation on the last day of class for friends and family. No class on Feb 17, Apr 21 & May 19.

* M Jan 13	4:15 PM-5:00 PM
536145	FREE TRIAL CLASS/1 sess
* M Jan 20-Mar 10	4:15 PM-5:00 PM
528633	\$77/7 sess
* M Apr 14-Jun 23	4:15 PM-5:00 PM
528831	\$99/9 sess

Cartooning & Creativity!

5-15 yrs | Devan Dirocco

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? Comics? Video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class Feb 16, Apr 20 & May 18.

5-9 yrs	
* Su Jan 19-Mar 9	10:30 AM-11:30 AM
528662	\$70/7 sess
* Su Apr 13-Jun 15	10:30 AM-11:30 AM
528860	\$80/8 sess
10-15 yrs	
* Su Jan 19-Mar 9	11:45 AM-12:45 PM
528661	\$70/7 sess
* Su Apr 13-Jun 15	11:45 AM-12:45 PM
528859	\$80/8 sess

Dance Extreme

5-7 yrs | Endorphin Rush Dance

Explore different styles of dances! Enjoy an energetic exploration of movement in a warm, safe, inspiring environment. Styles may include Hip Hop, Latin Dance, Creative Movement, and Bollywood! No class on Feb 17, Apr 21 & May 19.

* M Jan 13	3:15 PM-4:15 PM
536146	FREE TRIAL CLASS/1 sess
* M Jan 20-Mar 10	3:15 PM-4:15 PM
528666	\$84/7 sess
* M Apr 14-Jun 23	3:15 PM-4:15 PM
528864	\$108/9 sess

Hip Hop Dance

5-8 yrs | Endorphin Rush Dance

Get your groove on!! Calling all b-boys and girls! Let's move and groove! This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats! Children must be able to participate without a parent in the room.

* Sa Jan 11	11:45 AM-12:45 PM
536147	FREE TRIAL CLASS/1 sess
* Sa Jan 18-Mar 15	11:45 AM-12:45 PM
528670	\$108/9 sess
* Sa Apr 26-Jun 28	11:45 AM-12:45 PM
528868	\$120/10 sess



* Winter 2025 Programs
January – March

* Spring 2025 Programs
April – June

Specialty Day Camps

Basketball Camp

6-12 yrs | Josh K.

Looking for your child to improve their skills in basketball and at the same time have fun doing it? Enroll in basketball camp with Coach Josh and have fun practicing the fundamentals and playing various games involving: passing, shooting, dribbling, rebounding. Elements such as sportsmanship and team play will be greatly emphasized. Children must be in at least grade 1 in order to register for camp.

6-9 yrs

M-F Mar 17-21 10:15 AM-12:15 PM
541199 \$50/5 sess

10-12 yrs

M-F Mar 17-21 12:30 PM-2:30 PM
541203 \$50/5 sess



Day Camp

Pro-D Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join the day camp leaders in our single-day, recreation based day camp! Your child will be expected to remain on site for the duration of the program day. Children should bring a lunch, water, and snacks. Daily activities will include arts & crafts, sports and games, and other activities in and around the Community Centre. A waiver for each student will need to be filled out prior to or start of camp.

* W Jan 15	9:00 AM-3:00 PM
528753	\$25/1 sess
* F Feb 14	9:00 AM-3:00 PM
528754	\$25/1 sess
* M Apr 28	9:00 AM-3:00 PM
528755	\$25/1 sess

Spring Break Day Camp

5-12 yrs | Supershine Day Camp Team

Come and join our day camp staff team for an exciting Spring Break program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must be currently in Kindergarten and turning 6 years old by December 31, 2025 to attend day camp. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

WEEK 1:

* M-F Mar 17-21	9:00 AM-4:00 PM
528808	\$125/5 sess

WEEK 2:

* M-F Mar 24-28	9:00 AM-4:00 PM
528809	\$125/5 sess

Education

Little Chefs

6-10 yrs | Jacob & Oasis

Come let your child in on some kitchen fun with Jacob & Oasis! They will alternate cooking a small meal or baking treats with your child. They will be obtaining kitchen skills and at the end of class, they will be sitting with their kitchen mates and enjoying their creations. No experience required! No class Feb 15, Apr 19, May 17, and June 7.

* Sa Jan 18-Mar 8	10:30 AM-12:00 PM
528682	\$84/7 sess
* Sa Apr 12-Jun 14	10:30 AM-12:00 PM
528880	\$84/7 sess

Afterschool Cooking for Kids!

9-12 yrs | Shaista Alami

Join Shaista in exploring the wonderful world of cooking! Learn new cooking and kitchen skills. Recipes will include making pizza, baking and delicious recipes that kids love to cook, and eat. No experience required!

* Th Jan 23-Mar 13	3:15 PM-5:15 PM
528631	\$64/8 sess
* Th Apr 10-May 22	3:15 PM-5:15 PM
528829	\$56/7 sess



SUPERSHINE SUMMER DAY CAMP



Supershine Summer Day Camp

5-14 yrs | Supershine Summer Day Camp

Come and join our summer day camp staff team for an exciting summer program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2025 to attend. Day camp participants must bring a packed lunch and dress appropriately for the weather. A waiver form must be completed prior to the start of the week. No class July 1 & Aug 4.

PRIORITY TO V6A RESIDENTS/STRATHCONA ELEMENTARY STUDENTS:

To ensure we provide equitable access to our Strathcona Community, we provide 1 week priority registration for those living in the V6A postal code **OR** for those attending Lord Strathcona Elementary School. *If you do not live in V6A but your child attends Strathcona Elementary, please bring your child's most recent report card.*

V6A/STRATH ELEM. – ITEMS TO BRING:

Residents living in V6A must provide both of the following items to register your child on May 3, 2025:

- Proof of address dating in the last 90 days (Hydro/Phone bill)
- Government Photo ID at time of registration.

Strathcona Elementary Students:

- Most recent report card
- Government Photo ID at time of registration

Time: 9:00 AM – 4:00 PM

Registration Dates

**V6A Residents/
Strath Elem. Students:**
May 3, 2025 @ 9AM In-Person

General Public:
May 10, 2025 @ 9AM In-Person
May 10, 2025 @ 1PM Phone-In
May 12, 2025 @ 9AM Online

Supershine Summer Day Camp Refund Policy

Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

WEEKS	DATES	COST	ACTIVITY # (5-7 yrs)	ACTIVITY # (8-10 yrs)	ACTIVITY # (10-13 yrs)
WEEK 1*	Jun 30-Jul 4	\$112	529027	529035	529019
WEEK 2	Jul 7-11	\$140	529028	529036	529020
WEEK 3	Jul 14-18	\$140	529029	529037	529021
WEEK 4	Jul 21-25	\$140	529030	529038	529022
WEEK 5	Jul 28-Aug 1	\$140	529031	529039	529023
WEEK 6*	Aug 5-8	\$112	529032	529040	529024
WEEK 7	Aug 11-15	\$140	529033	529041	529025
WEEK 8	Aug 18-22	\$140	529034	529042	529026

*4 day week

Red Cross At Home Alone

9-13 yrs | Prosafe First Aid

Do you or your parents want to feel confident knowing you are responsible on your own and have the skills to deal safely with an emergency situation?

Course Content

- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure

Activities

- Expecting The Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking Alone, Anaphylaxis and Use of EpiPen Auto-Injector, Life-Threatening External Bleeding)

* Sa Feb 1	9:00 AM-3:00 PM
528757	\$65/1 sess
* Sa May 3	9:00 AM-3:00 PM
528955	\$65/1 sess

Red Cross Babysitting Training

11-17 yrs | Prosafe First Aid

So you want to be a Babysitter? Or your parents want you to take this course to feel confident they could leave you home with your younger siblings. Babysitting with First Aid Hero emphasizes learning through real life scenarios covered in this course. Topics include Exploring this business of First Aid, Creating Safe Environments, Self Caring for ages 0-12, and First Aid Skills. Please bring lunch, snacks, plenty of water, med sized stuffed animal or baby doll, small blanket or medium sized towel.

* Sa Mar 1	9:15 AM-4:15 PM
528758	\$65/1 sess
* Sa May 31	9:15 AM-4:15 PM
528956	\$65/1 sess

Fitness & Health

Yoga Buggy!

5-9 yrs | Yoga Buggy

Join The Yoga Buggy for a fun class that incorporates music, yoga poses, games, mindfulness activities, storytelling, and dance. We are so excited to play Yoga with you!

5-6 yrs

* W Jan 22-Mar 12	528811	3:30 PM-4:00 PM	\$64/8 sess
* W Apr 23-Jun 11	529009	3:30 PM-4:00 PM	\$64/8 sess

7-9 yrs

* W Jan 22-Mar 12	528812	4:05 PM-4:50 PM	\$72/8 sess
* W Apr 23-Jun 11	529010	4:05 PM-4:50 PM	\$72/8 sess

Martial Arts

Axe Capoeira for Children

6-13 yrs | Kaj Rosberg

Capoeira is the perfect martial art for children and youth, combining dance, music, language, history, philosophy, fitness and acrobatics with martial arts in one class. Anyone can join! Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility.

6-8 yrs

* Tu/F Jan 14-Mar 14	528640	3:15 PM-4:10 PM	\$225/18 sess
* Tu/F Apr 22-Jun 13	528838	3:15 PM-4:10 PM	\$200/16 sess

9-13 yrs

* Tu/F Jan 14-Mar 14	528641	4:15 PM-5:10 PM	\$225/18 sess
* Tu/F Apr 22-Jun 13	536473	4:15 PM-5:10 PM	\$200/16 sess

Kung Fu: Choy Lee Fut

8-18 yrs | Amy P & Matthew W

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. This class will be combined with the Adult class. Children can drop-in for \$5.

* M/W Jan 6-Mar 31	528673	6:30 PM-7:30 PM	\$5/drop-in
* M/W Apr 2-Jun 30	528871	6:30 PM-7:30 PM	\$5/drop-in

Music

Piano

5+ yrs | Kaya, Aydan, Christina & Alicia

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. There are spaces available for new students. For further information about available space please contact the front desk at 604-713-1838.

* Jan 11-Mar 15
* Apr 5-Jun 20

Ukulele & Guitar Private Lessons

8+ yrs | Rene Hugo-Sanchez

The 30 minute classes focus on technique, repertoire, basic theory and practicing skills. Participants work at their own level and pace. Books available for \$15.00. Please contact the Community Centre 604-713-1838 for available times.

* Sa Jan 18-Mar 8
* Sa Apr 5-Jun 21

* Winter 2025 Programs
January – March

* Spring 2025 Programs
April – June

Sports

Spirit Bears Gymnastics

6-7 yrs | Bear Feet Gymnastics

Get ready to roll, jump, cartwheel and Bear walk your way through this fun and engaging class! This class will focus on building a solid foundation on which the children can grow on and continue to build their gymnastic skills. We work on fundamental movement patterns activities, some stretching/conditioning then on to some gymnastics circuits and always ends with a fun game! They will come out feeling strong as a Bear! No class Feb 15, Apr 19, May 17 & June 7.

6-7 yrs

* Sa Jan 11-Mar 8 2:00 PM-3:00 PM \$112/8 sess
528767

* Sa Apr 5-Jun 14 2:00 PM-3:00 PM \$112/8 sess
528965

8-9 yrs

* Sa Jan 11-Mar 8 3:15 PM-4:15 PM \$112/8 sess
528768

* Sa Apr 5-Jun 14 3:15 PM-4:15 PM \$112/8 sess
528966

Strathcona Basketball for Grades K-8 Coed

5-14 yrs | Jadon, Josh, Billy, Alex & Osiris

An introductory, skills and fun-based approach to basketball for grades K-2. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. No Session on Feb 15, Apr 21 & May 19.

This basketball program is geared for children in the Strathcona Community. Strathcona Elementary children and children living in V6A postal code will have 1 week priority and register on Dec 7 in person/by phone. The rest of the general public can register on Dec 14 for the remaining spots.

Grades K-2

* Sa Jan 11-Mar 22 9:05 AM-10:05 AM \$30/10 sess
528776

* Sa Apr 5-Jun 21 9:05 AM-10:05 AM \$30/10 sess
528974

Grades 3-5

* Sa Jan 11-Mar 22 10:10 AM-11:10 AM \$30/10 sess
528774

* Sa Apr 5-Jun 21 10:10 AM-11:10 AM \$30/10 sess
528972

Grades 6-8

* Sa Jan 11-Mar 22 11:15 AM-12:15 PM \$30/10 sess
528775

* Sa Apr 5-Jun 21 11:15 AM-12:15 PM \$30/10 sess
528973

Tennis Lessons 6-13 yrs

10-13 yrs | Wilson Tan

Learn the basics of how to rally. Develop skills important to tennis through games in an open skills environment. You will learn about basic skills and competencies to play tennis. Suitable for first-timers those new to tennis. Our ambition is to help you rally 6-10+ balls consecutively. No class Apr 20.

6-7 yrs

10:10 AM-10:55 AM \$45/5 sess
* Su Jan 12-Feb 9 528793

* Su Feb 23-Mar 23 536209

* Su Apr 6-May 11 536385

* Su May 25-Jun 22 536213

8-10 yrs

11:00 AM-12:00 PM \$60/5 sess

* Su Jan 12-Feb 9 528794

* Su Feb 23-Mar 23 536210

* Su Apr 6-May 11 536217

* Su May 25-Jun 22 536218

11-13 yrs

11:00 AM-12:00 PM \$60/5 sess

* Su Jan 12-Feb 9 528792

* Su Feb 23-Mar 23 536211

* Su Apr 6-May 11 536219

* Su May 25-Jun 22 536220



CAP-C (Community Action Program for Children)

The Community Action Program for Children (Cap-C) program is designed for low-income families with children ages 6 and under. Financial contribution from Public Health Agency of Canada in agreement with the Province of BC. Please register in person or phone at 604.713.1838.

For more information, please visit: <https://www.canada.ca/en/public-health/services/health-promotion/childhood-adolescence/programs-initiatives/community-action-program-children-capc.html>



Government
of Canada

Gouvernement
du Canada

✳️ **CAP-C Program Spring Dates (April-June 2025) will be released in March.**
Please check in with the front desk or contact 604-713-1838 for more information.

Baby & Me Time

0-2 yrs

Throughout the season, we'll explore different music from around the world, sing songs, play instruments, read stories & work with puppets etc. We also explore the essential sign language hand signs to help communication between parents & children. This will enable families to enjoy bonding with having fun with other families.

✳️ F Jan 24-Mar 14 1:00 PM-2:00 PM
528653 Free/8 sess

Parenting Workshop

19+ yrs

A source of support for parents and offering the opportunity to share parenting experience as well as to develop a greater understanding of child development. Workshops only on Jan 28 & Feb 25.

✳️ Tu Jan 28/Feb 25 10:30 AM-12:00 PM
528658 Free/2 sess

Physical Literacy & Play More

4-6 yrs

To increase their motor skills, hand eye coordination and receive overall health benefits to staying active. In addition to learning new skills, it fosters and teaches children to communicate and to learn and understand how to be part of the team.

✳️ Sa Jan 18-Mar 15 11:00 AM-12:00 PM
528659 Free/9 sess

Family Art

2-4 yrs

To develop children's capacities for thinking and creative expression, also to enhance their motor coordination through participation.

✳️ Tu Jan 21-Feb 18 12:30 PM-1:30 PM
528655 Free/5 sess

Moving Stories for Moms

19+ yrs

To provide parents a safe place where they can nourish themselves through music & movement, build community and leave their daily worries, responsibilities and caring for others outside for a one hour session.

✳️ F Jan 24-Feb 14 11:30 AM-1:00 PM
528657 Free/4 sess

English Conversation

19+ yrs

Informal conversation in a group setting to improve parents' English speaking & understanding. The content will cover practical everyday subjects and group led topics.

✳️ Tu Jan 21-Mar 11 10:30 AM-12:00 PM
528654 Free/6 sess

CAP-C - Food & Culture

19+ yrs

Parents of various cultural backgrounds connect to one another through sharing cooking skills & recipes.

✳️ Tu Feb 25-Mar 11 12:30 PM-2:00 PM
528656 Free/3 sess

Education

Strathcona Preteen and Youth Chess Club

11-17 yrs | Youth Staff

Are you interested in the world of chess? Learn to solve puzzles, play against others, and improve your skills in this programme. Run by a youth, this opportunity is great for young people to connect and challenge their skills.

* W Jan 15-Mar 26	3:15 PM-4:30 PM	528786	Free/11 Sess
* W Apr 16-Jun 25	3:15 PM-4:30 PM	528984	Free/11 sess

Martial Arts

Strathcona Police Judo Jrs.


10-15 yrs


Strathcona Youth Judo Club is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors.

Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo.

All 10-15yrs youth welcome! For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

* Jan 15-Mar 28	528785
W	5:00 PM-6:30 PM
F	5:30 PM-7:00 PM
	Free/22 sess
* Apr 23-Jun 27	528983
W	5:00 PM-6:30 PM
F	5:30 PM-7:00 PM
	Free/20 sess

 **Winter 2025 Programs**
January – March

 **Spring 2025 Programs**
April – June

Social

Youth Lounge

9-18 yrs | Youth Leader

Got some free time after school and looking for somewhere to hang out? Come by our youth lounge to relax, socialize, and play some games. We've got Ping-Pong, pool, foosball, and an assortment of games. No class Apr 18.

* Jan 2-Mar 28	528814
* Apr 3-Jun 27	529012
M/Th	3:30 PM – 7:30 PM
F	3:30 PM-8:30 PM

Sports

Night Hoops Basketball - Winter and Spring 2025

12-18 yrs

Night Hoops is all about youth passionate about basketball and eager to improve their game. This free program is designed for those aged 12-18, offering an inclusive space to develop life skills through workshops, compete in a basketball league, and connect with their peers. Whether you're new to the sport or an experienced player, Night Hoops provides an opportunity to learn and grow in a supportive environment. It's more than just basketball. It's about coming together as a community, building friendships, and proudly representing your neighbourhood. Night Hoops allows young players to be part of something bigger, learning teamwork, discipline, and leadership both on and off the court. This program will run until June 13, 2025. To register, please email aneesh.vashisht@vancouver.ca. No class Apr 18.

* F Jan 17-Jun 13	8:00 PM-9:00 PM	535845	Free
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Youth Gym Drop-In

9-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, ages 11-13 years are welcome to join from 3:30pm - 5pm. Older youth, ages 13-18 years are welcome to join from 5:00pm-8:00pm. No class Apr 18.

* F Jan 3-Mar 28	3:30 PM-8:00 PM	528813	Free
* F Apr 4-Jun 27	3:30 PM-8:00 PM	529011	Free

Youth Leadership

Friday Night Cooking Club

12-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. Cook, eat, and enjoy good company. This program runs as a community kitchen, participants will prepare a meal for youth at the facility and learn how to plan, prep, and serve food in a sanitary manner. No class Apr 18.

* F Jan 10-Mar 28	6:00 PM-8:00 PM	528669	Free/12 sess
* F Apr 11-Jun 27	6:00 PM-8:00 PM	528867	Free/11 sess

Strathcona Jr Youth Council (Gr. 5-7)

10-12 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Junior Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise, gain employment training, and learn everyday life skills, such as baking, crafting, and team work. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works! For more information, please contact the front desk at 604.713.1838 or email aneesh.vashisht@vancouver.ca.

- * Tu Jan 14-Mar 25 3:30 PM-4:45 PM
528783 Free/11 sess
- * Tu Apr 15-Jun 24 3:30 PM-4:45 PM
528981 Free/11 sess

Strathcona Jr. Leadership (Gr. 8-9)

12-15 yrs | Youth Leader

Strathcona Youth Leadership is for youth who want to learn leadership skills and community building through skill-building workshops, open discussion about social issues, and volunteer opportunities. Join for some great topics and opportunities to connect with community resources in the Strathcona area and learn new skills! For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

- * W Feb 5-Mar 12 4:45 PM-6:00 PM
528784 Free/6 sess
- * W May 7-Jun 11 4:45 PM-6:00 PM
528982 Free/6 sess

Strathcona Youth Council

13-18 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise for great causes, gain employment training, and plan events. This is a wonderful opportunity to learn about how non-profits function and experience how community collaboration works!

For more information, please contact aneesh.vashisht@vancouver.ca.

- * Sa Jan 11-Mar 29 10:30 AM-12:00 PM
528788 Free/12 sess
- * Sa Apr 5-Jun 28 10:30 AM-12:00 PM
528986 Free/13 sess

Youth Programs and Open Gym Schedule

**Please connect with the youth worker if you are interested in signing up for volunteer opportunities. Volunteer opportunities include helping out with after school kids programs on Tuesdays and Wednesdays.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Youth Lounge 3:30PM – 7:30PM	Jr Youth Council* Gr 5-7 3:30PM - 4:45PM	Pre-Teen & Youth Chess* Gr 6-12 3:15PM-4:30PM	Youth Lounge 3:30PM-7:30PM	Pre-Teen Open Gym Gr. 5-7 3:30PM-4:30PM	Youth Council* Gr 8-12 10:30AM – 12:00PM
		Jr Leadership* Gr 8-9 4:45PM-6:00PM		Youth Lounge Gr. 8-12 3:30PM - 8:30PM	
		Police Judo* 12-15yrs 5:00PM-6:30PM		Night Hoops Basketball Gr. 8-12 8:00-9:00PM	
	Police Judo* 12-15yrs 5:30PM – 7:00pm				
				Cooking Club* Gr. 8-12 6:00PM – 8:00pm	

Please note: Schedule subject to change. *Requires registration.

Education

Japanese Bookbinding

19+ yrs | Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience is necessary. All materials and tools will be provided.

* Su Feb 23 10:30 AM-1:30 PM
528663 \$59.95/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery

19+ yrs | Suzan Lee

Hand Sewing Japanese embroidery. Japan has many longstanding traditions. Embroidery is no exception. Sashiko is Japanese hand stitching technique. Wagara categorizes the many Japanese traditional stitch patterns. Learn to hand stitch in this beautiful and elegant way whether for purely a mindful practice, a decorative purpose or to visibly mend well loved items. No prior experience required. All materials and tools provided.

* Su Apr 13 10:30 AM-1:30 PM
528759 \$59.95/1 sess

Visible Mending by Hand NEW!

19+ yrs | Suzan Lee

Learn to mend well loved items to extend its life beautifully. Students will learn techniques to mend woven fabrics. Knit fabrics ie sweaters, tshirts, leggings are not covered. Students are welcome to bring own items for mending assessment. No prior experience necessary. All materials and tools supplied.

* Su Jun 15 10:30 AM-1:30 PM
528861 \$59.95/1 sess

Women's Personal Safety Team Workshop

19+ yrs | VPD Female Officers

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, 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 in case they are ever faced with a situation of unavoidable violence.

Please arrive by 5:40pm to fill out forms before the start of workshop.

* Th Apr 10 6:00PM-8:00PM
537006 Free with Registration/1 sess

Income Tax Clinic

19+ yrs | CVITP Volunteers

This free community volunteer run income tax clinic is for low income individuals and families. Please bring last years notice of assessment/tax return, T4s and Government-issued ID to the tax clinic. Must make an appointment. No class Apr 18.

If you are coming with another family member, please register in the timeslot following yours. **This class is registration only. Drop-ins will not be allowed.**

* F Mar 7/14/21/28

* F Apr 4/11/25

9:30 AM-9:50 AM

9:50 AM-10:10 AM

10:10 AM-10:30 AM

10:30 AM-10:50 AM

10:50 AM-11:10 AM

11:10 AM-11:30 AM

11:30 AM-11:50 AM

11:50 AM-12:10 PM

Closed between 12:10PM-12:50PM

12:50 PM-1:10 PM

1:10 PM-1:30 PM

1:30 PM-1:50 PM

1:50 PM-2:10 PM

2:10 PM-2:30 PM

Tatakizome Workshop NEW!

19+ yrs | Fernanda Mascarenhas

Tatakizome is a technique to capture the colours of plants onto fabric. Leaves and flowers are placed between two layers of fabric and "hammered" until their colours appear. In this workshop, have fun imprinting a small cotton tote bag and a bandana using rubber hammers, a spoon, or pebbles to press the plants onto the fabric. All material provided.

* Su May 4 10:30 AM-12:00 PM
540848 \$37/1 sess

Natural Dye & Shibori Workshop NEW!

19+ yrs | Fernanda Mascarenhas

This workshop combines two techniques: shibori and natural dyeing with plants. Shibori is a Japanese manual resist dyeing technique, which produces a number of different patterns on fabric. Each participant will learn some basic ways of tying, pinching and folding fabrics using rubber bands, clamps, pegs, and string, to create a one-of-a-kind cotton bandana. The workshop also explores the beauty of natural colour using plants. Teaching how to extract pigments from plants or food waste to make a dye bath, the participant will have a chance to dye their shibori-bandanas in them. There will be 2 or 3 colours of choice, made from plants or food waste available on the occasion such as turmeric, black tea, hibiscus, annatto seeds, marigolds, carrot tops, avocado pitch or onion skins. All material provided.

* Su Mar 23 11:00 AM-1:00 PM
540849 \$45/1 sess

Learning through Literacy

19+ yrs | Capilano University English For

Academic Purposes

This program is a successful collaboration of the Strathcona Community Centre, the Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills participants will be introduced to many resources and services in their community! Online classes occur once a month on Jan 29, Feb 26 & Mar 26.

9:30 AM-12:30 PM \$30/season
 * W Jan 15-Mar 26 528679
 * W Apr 2-Jun 4 528877

Fitness & Health

Adult Ballet - Open Level

19+ yrs | Endorphin Rush Dance

Ballet enthusiasts and former dancers unite! An open level, beginner friendly, ballet program designed for adult dancers to reap the benefits of ballet through exercises to condition the body, creativity and to compliment short choreographies. Soft ballet shoes are recommended. Please wear comfortable clothing for movement and bring a water bottle. Drop in \$15.00, if space permits.

No class Apr 18.

* F Jan 10 6:00 PM-7:00 PM
 528625 FREE TRIAL CLASS/1 sess
 * F Jan 17-Mar 14 6:00 PM-7:00 PM
 528624 \$117/9 sess
 * F Apr 4 6:00 PM-7:00 PM
 528823 FREE TRIAL CLASS/1 sess
 * F Apr 11-Jun 20 6:00 PM-7:00 PM
 528822 \$130/10 sess

Hatha Yoga **NEW!**

19+ yrs | Linh Jiang

This is an all levels yoga class where we will laugh, play, and move our wonderful bodies! We will work on meditation, breathing, and play around with some fun yoga postures and sequences. Our bodies will get a chance to build core strength, improve balance and get a cardio boost. Never tried yoga before? No need to worry as we will guide you step by step with helpful cueing and encouragement. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Let's have some fun! Please bring your own yoga mat to class. Drop-in \$11.43, if space permits.

* Th Jan 16-Mar 13 7:00 PM-8:15 PM
 528803 \$85.50/9 sess
 * Th Apr 10-May 15 7:00 PM-8:15 PM
 529001 \$57/6 sess
 * Th May 22-Jun 26 7:00 PM-8:15 PM
 535980 \$57/6 sess

Pilates

19+ yrs | Into Yoga

Pilates participants will learn the fundamentals of Pilates which promotes strength and stability while lengthening the muscles and supporting the spine. There will be a strong focus on connecting to the abdominal and pelvic floor muscles which is the key to strengthening the body's core muscles. Please bring your own mat. For more info, visit www.intoyoga.ca. Drop in \$18, if space permits.

* W Jan 15-Feb 12 7:00 PM-8:00 PM
 528751 \$77/5 sess
 * W Feb 19-Mar 26 7:00 PM-8:00 PM
 528752 \$92/6 sess
 * W Apr 9-May 14 7:00 PM-8:00 PM
 528949 \$92/6 sess
 * W May 21-Jun 25 7:00 PM-8:00 PM
 535875 \$92/6 sess

Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in \$10.50, if space permits. No class Apr 21.

* M Jan 6-Feb 10 6:15 PM-7:15 PM
 528777 \$57/6 sess
 * M Feb 24-Mar 31 6:15 PM-7:15 PM
 528778 \$57/6 sess
 * Th Jan 9-Feb 13 5:15 PM-6:15 PM
 528779 \$57/6 sess
 * Th Feb 20-Mar 27 5:15 PM-6:15 PM
 528780 \$57/6 sess
 * M Apr 7-May 12 6:15 PM-7:15 PM
 528975 \$47.50/5 sess
 * M May 26-Jun 30 6:15 PM-7:15 PM
 528976 \$57/6 sess
 * Th Apr 10-May 15 5:15 PM-6:15 PM
 528977 \$57/6 sess
 * Th May 22-Jun 26 5:15 PM-6:15 PM
 528978 \$57/6 sess

* Winter 2025 Programs
 January – March

* Spring 2025 Programs
 April – June

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Zumba

19+ yrs | Edie Chang

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It uses a variety of styles in its routines, including Cumbia, Soca, Merengue, Salsa, African, Reggaeton, Flamenco, Disco, and Bellydance. Zumba is a 'feel-happy' workout that is great for both the body and the mind. Drop-in \$11, if space permits. No class Apr 19.

* Tu Jan 7-Feb 11	7:00 PM-8:00 PM
528815	\$54/6 sess
* Sa Jan 11-Feb 8	10:00 AM-11:00 AM
528816	\$45/5 sess
* Tu Feb 18-Mar 25	7:00 PM-8:00 PM
528817	\$54/6 sess
* Sa Feb 22-Mar 29	10:00 AM-11:00 AM
528818	\$54/6 sess
* Tu Apr 8-May 13	7:00 PM-8:00 PM
529013	\$54/6 sess
* Sa Apr 5-May 10	10:00 AM-11:00 AM
529014	\$45/5 sess
* Tu May 20-Jun 24	7:00 PM-8:00 PM
529015	\$54/6 sess
* Sa May 24-Jun 28	10:00 AM-11:00 AM
529016	\$54/6 sess

Martial Arts

Aikido

19+ yrs | Tony Hind

Based on traditional Japanese hombu style, Aikido is a powerful, dynamic martial art that uses an attacker's momentum and energy and redirects it through fluid techniques that may involve joint locks, throws and pins. This class will include both basic and higher level techniques suitable for all participants, beginners and advanced students. Drop-in \$15, if space permits. No class Feb 15, Apr 19 & May 17.

* Sa Jan 11-Mar 22	11:30 AM-1:00 PM
528635	\$100/10 sess
* Sa Apr 5-Jun 28	11:30 AM-1:00 PM
528833	\$110/11 sess

Axe Capoeira

19+ yrs | Sheila Recuenco

Capoeira is the perfect martial art that combines dance, music, language, history, philosophy, fitness and acrobatics. Anyone can join! This is a beginner class for Adults, but youth aged 13 and up are welcome to join as well. Classes cover all aspects of Capoeira: martial arts, dance, music, acrobatics, culture, language and more. Focus on developing rhythm, reflexes, balance, coordination and increasing strength and flexibility. Drop-in \$12/class, if space permits.

* Tu Jan 14-Mar 11	5:30 PM-6:30 PM
528636	\$99/9 sess
* Tu Apr 8-Jun 10	5:30 PM-6:30 PM
528834	\$110/10 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy P. & Matthew W.

Enjoy fitness and endurance with practical self defense techniques focusing on artistic forms of the Choy Lee Fut Style. Workouts start with stretching and flexibility, then speed training practice and forms. Children can join at a reduced rate. All levels and new participants welcome! Drop in \$6.67, if space permits. No class Feb 17, Apr 21 & May 19.

* M/W Jan 6-29	6:30 PM-8:30 PM
528677	\$56/8 sess
* M/W Feb 3-26	6:30 PM-8:30 PM
528676	\$49/7 sess
* M/W Mar 3-31	6:30 PM-8:30 PM
528675	\$63/9 sess
* M/W Apr 2-30	6:30 PM-8:30 PM
528875	\$56/8 sess
* M/W May 5-28	6:30 PM-8:30 PM
528874	\$49/7 sess
* M/W Jun 2-30	6:30 PM-8:30 PM
528872	\$63/9 sess

RECREATION SPORTS PARTICIPANTS

Please refer to page 18 for registered, waitlist and drop-in information for all sports.

Sports

Badminton- Adult Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in at the front desk in person by 7:35pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$4, if space permits. No class on Feb 17, Apr 21 & May 19.

* M Jan 6-Mar 31	7:30 PM-8:50 PM
528644	\$39/12 sess
* M Apr 7-Jun 30	7:30 PM-8:50 PM
528842	\$35.75/11 sess

Badminton: Drop-In

5+ yrs | Non-Instructional

Drop-in badminton play at Strathcona for all ages. Come as a family, or make new friends. Play is self-monitored, so please be ready to rotate, share, and have fun. Limited number of rackets and birdies available to borrow - if you have your own, please bring. No class on Jun 7.

* Sa Jan 4-Mar 29	3:15 PM-4:45 PM
528646	\$5/drop-in
* Sa Apr 5-Jun 28	3:15 PM-4:45 PM
528844	\$5/drop-in

Basketball - Recreation

19+ yrs | Non-Instructional

Recreational co-ed basketball with limited spaces. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, if space permits.

* Tu Jan 7-Mar 25	7:15 PM-8:45 PM
528647	\$45/12 sess
* Su Jan 5-Mar 30	12:10 PM-2:00 PM
528648	\$5.25/drop-in
* Tu Apr 1-Jun 24	7:15 PM-8:45 PM
528845	\$48.75/13 sess
* Su Apr 6-Jun 29	12:10 PM-2:00 PM
528846	\$5.25/drop-in

RECREATION SPORTS PARTICIPANTS

REGISTRATION INFORMATION

Registered participants have up to 5 minutes after the program start time to physically check-in at the front desk before proceeding to the gym. All no-show spots will be sold at that time to drop-ins. Spots are non-transferable. Registered players are encouraged to call in to let us know they will not be playing.

DROP-IN INFORMATION

For drop-in lists, you may only register yourself. Spots are non-transferable. Drop-ins based on space permitting.

WAITLIST & DROP-IN PROCEDURES

First priority is for those who are registered. Registered participants have up to 5 minutes after the program start time to show up and check-in at the front desk. All no-show spots will be sold at that time to drop-ins.

Waitlist opens 30 minutes prior to time of play, no earlier. Once you have added your name to the list please wait by the front office. If there are any open spots, five minutes after the program start time, staff will announce the names from the drop-in waitlist. If you are not present at time of calling, we will move to the next person on the list.

Once paid for drop-in spot, you will receive a receipt. Please give receipt to staff upon entering the gymnasium for entry.

Pickleball - All Levels - Recreation

19+ yrs | Non-Instructional

Pickleball is a combination of Ping-Pong, tennis, and badminton. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a plastic, poly baseball with holes. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Registered participants must check in at the front desk in person no later than 5 minutes after start time to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.25, if space permits. 4 available drop-in spots available weekly on first come-first served basis.

★ W Jan 8-Feb 12	5:15 PM-6:30 PM
528749	\$28.56/6 sess
★ W Feb 19-Mar 26	5:15 PM-6:30 PM
536383	\$28.56/6 sess
★ W Apr 2-May 14	5:15 PM-6:30 PM
528947	\$33.32/7 sess
★ W May 21-Jun 25	5:15 PM-6:30 PM
528948	\$28.56/6 sess

Table Tennis - Saturday Drop-In

19+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. Drop-in to play for \$1 each visit. Please call 604-713-1838 on the day of for availability.

★ Sa Jan 4-Mar 29	9:30 AM-11:30 AM
528790	\$1/drop-in
★ Sa Apr 5-Jun 28	9:30 AM-11:30 AM
528988	\$1/drop-in

★ Winter 2025 Programs
January – March

★ Spring 2025 Programs
April – June

Tennis - Practice Review, Play & Build New Skills

19+ yrs | Wilson Tan

Now that you have the basic skills from our spring and summer programs. What's next? This program is a continuation of your progress & your journey into the tennis experience. Each class explores different tactical concepts, various spins, positioning options, and match preparedness which improves your game. This program is ideal for all adults who have taken our tennis programs before. Drill sessions program with tips. No class Feb 15, Apr 19 & May 17.

★ Sa Jan 4-Jan 25	1:45 PM-3:00 PM
528626	\$135/4 sess
★ Sa Feb 1-Mar 1	1:45 PM-3:00 PM
528627	\$135/4 sess
★ Sa Mar 8-Mar 29	1:45 PM-3:00 PM
528628	\$135/4 sess
★ Sa Apr 5-Apr 26	1:45 PM-3:00 PM
528827	\$101.25/3 sess
★ Sa May 3-May 31	1:45 PM-3:00 PM
528826	\$135/4 sess
★ Sa Jun 7-Jun 28	1:45 PM-3:00 PM
528825	\$135/4 sess

Volleyball - Adult Recreation Play

19+ yrs | Non-Instructional

Bump, set, spike and meet new people while enjoying some friendly, non-competitive games of recreational volleyball. Registered participants must check in at the front desk in person by 7:05pm to guarantee their spot, or spots will be sold to those on waitlist. Waitlist opens 30 minutes prior to time of play. Drop-in \$5.00, if space permits.

★ W Jan 8-Feb 12	7:00 PM-8:45 PM
528805	\$27/6 sess
★ W Feb 19-Mar 26	7:00 PM-8:45 PM
528806	\$27/6 sess
★ W Apr 2-May 14	7:00 PM-8:45 PM
529003	\$31.50/7 sess
★ W May 21-Jun 25	7:00 PM-8:45 PM
536382	\$27/6 sess

Food Programs

Canning Pickled Carrots & Daikon

19+ yrs | Strathcona Food Security Team
Learn to make delicious pickles with carrots & daikon. Learn how to preserve them using the hot water bath method. Everyone will take home 2 jars of pickles to enjoy. No canning experience required. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered. Please contact front desk 604.713.1838 to enroll your child.

* Tu Feb 11 6:30 PM-8:30 PM
528651 \$12/1 sess

Canning Salsa

19+ yrs | Strathcona Food Security Team

Join us for a hands-on workshop on making a salsa from scratch as well as how to preserve it using the hot water bath method. Everyone will take home 2 jars of salsa to enjoy. No canning experience required. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered. Please contact front desk 604.713.1838 to enroll your child.

* Tu May 27 6:30 PM-8:30 PM
528652 \$12/1 sess



Community Canning Group

19+ yrs | Strathcona Food Security Team

This is the regular group of canners that get together to can. This class teaches new canning skills, give participants a space to practice and contribute to stocking people's pantries.

6:30 PM-8:30 PM Free with Registration/1 sess
* Tu Jan 28 528665
* Tu Feb 25 534954
* W Apr 30 528863
* W May 28 534960

Kurdish Cooking

19+ yrs | Shireen Jahani

Join Shireen for a night of Kurdish cooking. Learn to make lobiaplav, a rice, beans and meat dish with saffron. After preparing the meal everyone will sit down and share the food together. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered. Please contact front desk 604.713.1838 to enroll your child.

* Tu Feb 4 6:30 PM-8:30 PM
528678 \$15/1 sess

Winter Community Kitchens

19+ yrs | Shaista Alami

Our winter Community Kitchen is the perfect opportunity to meet new friends, connect with neighbours and share in the joy of cooking and eating together. Participants will choose which recipes to cook each week and you'll have the chance to discover new flavours and dishes. Extra food will be prepared and available to take home. Seasoned and beginner cooks are welcomed!

* Tu Feb 4-25 3:00 PM-5:00 PM
528630 Free with Registration/4 sess

Spring Community Kitchens

19+ yrs | Shaista Alami

Our Spring Community Kitchen is the perfect opportunity to meet new friends, connect with neighbours and share in the joy of cooking and eating together. Participants will choose which recipes to cook each week and you'll have the chance to discover new flavours and dishes. Extra food will be prepared and available to take home. Seasoned and beginner cooks are welcomed!

* Tu Apr 1-22 3:00 PM-5:00 PM
535001 Free with Registration/4 sess

Strathcona Breakfast Program

We welcome all Strathcona Elementary School students to enjoy a balanced breakfast of fresh and nutritious food each weekday morning before school starts. No registration required. Children attending the school can pick up their breakfast by the North entrance off Pender St before school or in the classroom. The Breakfast Program is closed during school closures (Pro-D days, stat holidays, spring, summer and winter breaks).

Strathcona Backpack Program

The Backpack Program is a service for households with dependents 18 or under, who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, meat, meat alternatives and dry goods as per donation. Currently, the program is no longer accepting applications and the waitlist is closed. Please note: the program is closed between 12:00pm-1:00pm.

9:30 AM-12:00 PM/1:00PM-3:00PM
* F Jan 10-Mar 14 528773
* F Apr 4-Jun 27 528971

Art

Chinese Calligraphy

19+ yrs | Wai Yin Lau

Come and learn the ancient art of Chinese calligraphy. Participants will improve their writing skill through the use of ink, brush and paper.

* F Jan 3-Mar 28	9:30 AM-11:30 AM
528664	\$30/season
* F Apr 4-Jun 27	9:30 AM-11:30 AM
528862	\$30/season

Fitness & Health

Chair Yoga **NEW!**

50+ yrs | Linh Jjiang

Chair yoga stems from Hatha yoga which provides the same benefits for the mind and body as you would when practicing on a mat. We will use breathing techniques to help us get into our postures and to provide practice with limited flexibility and mobility issues. Poses are modified with the use of the chair to help with our balance throughout our practice. This class will help improve flexibility, strength and increase range of motions for our joints, which is especially important as we age. Other benefits are enhanced awareness and focus, greater muscle tone, increased confidence, reduced levels of stress and less physical pain. Like all yoga, we will move our spine in all directions including: forward fold, side stretch, twist, backbend and invert. If you are new, have limited mobility, a chronic illness or you've sustained an injury, chair yoga is a slower practice and can help you stay active for a healthy spine. Drop-in \$8.50, if space permits. No class Feb 17 & Apr 21.

* M Jan 13 (FREE TRIAL)	4:30 PM-5:30 PM
540864	Free/1 sess
* M Jan 20-Mar 3	4:30 PM-5:30 PM
540825	\$48/6 sess
* M Mar 31-May 12	4:30 PM-5:30 PM
540866	\$48/6 sess
* M May 26-Jun 23	4:30 PM-5:30 PM
540867	\$40/5 sess

Seniors Tai Chi

50+ yrs | May Fung

Join us for some easy and relaxing exercise. Our volunteer instructor will assist you to learn the different forms of Tai Chi movement. It helps to develop great mobility and balance. No experience necessary! No class Jan 15, Feb 12, 17, Mar 12, Apr 16, 18, 21, May 14, 19, Jun 4 & 25.

* M-F Jan 2-Mar 31	9:00 AM-10:30 AM
528766	Free with Registration/59 sess
* M-F Apr 1-Jun 30	9:00 AM-10:30 AM
528964	Free with Registration/58 sess

Wellness Program

50+ yrs | Anne Yue

This program provides information to help you be healthy and safe. Learn more about nutrition, exercise, flu shot, fall prevention, home safety and more! You can also have a chance to try out the modified osteofit exercise.

* Tu Jan 7-Mar 25	10:00 AM-12:00 PM
528807	Free with Registration/12 sess
* Tu Apr 1-Jun 24	10:00 AM-12:00 PM
529005	Free with Registration/13 sess

Wu's Tai Chi

50+ yrs | David Ho

A gentle art of health and well being for people of all ages and health conditions. The Tai Chi exercise helps to develop strength and balance. No experience necessary!

* Tu Jan 7-Mar 25	10:45 AM-11:45 AM
528810	Free with Registration/12 sess
* Tu Apr 1-Jun 24	10:45 AM-11:45 AM
529008	Free with Registration/13 sess

Strathcona Chinese Wellness Program for Stroke Survivors

50+ yrs

Come and join our wellness program designed for stroke survivors. Class entails light stretching and movement with time to meet and engage with other members. Fee for snacks not included but is optional for those who attend. Program is conducted in Cantonese.

* Th Jan 9-Mar 27	10:00 AM-12:30 PM
528782	Free with Registration/12 sess
* Th Apr 3-Jun 26	10:00 AM-12:30 PM
528980	Free with Registration/13 sess

Social

Indoor Curling

50+ yrs | Strathcona Staff

Come and socialize with other seniors in the seniors room and learn how to play curling! No class Feb 17, Apr 21, & May 19.

* M Jan 13-Mar 31	10:45 AM - 12:45 PM
528672	Free with Registration/11 sess
* M Apr 7-Jun 16	10:45 AM - 12:45 PM
528870	Free with Registration/9 sess

Mah Jong

50+ yrs | Volunteer

Come and learn how to play Mah-jong with others! We have volunteer instructors who will be able to teach you how to play or help facilitate a game. No experience required. No class Feb 17, Apr 21 & May 19.

* M Jan 13-Mar 31	1:30 PM-3:30 PM
528684	Free/11 sess
* M Apr 7-Jun 23	1:30 PM-3:30 PM
528882	Free/10 sess

* Winter 2025 Programs
January – March

* Spring 2025 Programs
April – June

Senior Social Luncheon

50+ yrs

Have a social lunch together where you can meet new people and chat over a nutritious meal. Please purchase tickets in advance as spaces are limited.

* W Jan 15 (Lunar New Year)	9:00 AM-1:00 PM
528763	\$9.52/1 sess
* W Feb 12	9:00 AM-1:00 PM
528760	\$9.52/1 sess
* W Mar 12	9:00 AM-1:00 PM
528761	\$9.52/1 sess
* W Apr 16	9:00 AM-1:00 PM
528958	\$9.52/1 sess
* W May 14	9:00 AM-1:00 PM
528959	\$9.52/1 sess
* W Jun 4 (Summer Solstice)	9:00 AM-1:00 PM
528960	\$11.43/1 sess
Summer Cruisers Opening Ceremony	
* W Jun 25	9:00 AM-1:00 PM
528762	\$9.52/1 sess

Senior's Karaoke (English)

50+ yrs | Non-Instructional

Come and socialize with other seniors in the seniors room on Mondays at 1pm where we will sing fan favourites. Songs will be in English. Registration required and non instructional. No class Feb 17, Apr 21 & May 19 due to stat holiday.

* M Jan 13-Mar 10	1:30 PM-3:00 PM
528764	Free/8 sess
* M Apr 7-Jun 16	1:30 PM-3:00 PM
528962	Free/9 sess

Table Tennis Drop-In for Seniors

50+ yrs | Non-Instructional

Everyone is welcome! This is a great way to socialize and keep active. Come by to the seniors room with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit.

Following dates will take place in the Activity Room: Jan 15, Feb 12, Mar 12, Apr 16, May 14 & Jun 4.

* W Jan 15-Mar 12	1:00 PM-3:00 PM
528791	\$0.95/drop-in
* W Apr 9-Jun 11	1:00 PM-3:00 PM
528989	\$0.95/drop-in



Summer Cruisers

Come and join other older adults in our Summer Cruisers program at Strathcona Community Centre! This out-trip program for older adults will be offered starting at the end of June 2025 for 7 weeks. The leaders of the program will organize exciting trips in and around Greater Vancouver.

For more detailed information, schedules will be available at the front office starting beginning of June.

Welcome to the Strathcona Fitness Centre!

Fitness Centre Hours

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Feb 17 10:00AM - 1:30PM
 Apr 21 10:00AM - 1:30PM
 May 19 10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, Jan 1 CLOSED
 Apr 18 CLOSED
 Jul 1 CLOSED

Fitness Consultations

Book up to 3 sessions with our Fitness Centre Staff! Free with drop-in admission, a valid flexipass or a usage pass. In your first session, learn how to use the equipment, get a personalized program and receive a card to track your progress. At your next session, our staff will monitor your exercise technique and answer any questions about your program. Book a third session if you need additional support or motivation. Please call the front desk to book a timeslot.

Stay home if you are sick. By entering our facilities you are declaring that you are in good health.

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$7.41	\$5.19	\$5.19
1 Month	\$59.95	\$41.96	\$41.96
3 Month	\$161.87	\$113.31	\$113.31
12 Month	\$517.97	\$362.58	\$362.58
10 Visit Usage Pass	\$66.69	\$46.71	\$46.71

Prices do not include GST.
 Prices subject to change without notice.

Personal Training/Semi Personal & Small Group Training

You can book 1, 3, 5, or 10 sessions, either privately or with a friend. Whether you are a beginner, over coming a plateau, rehabilitating from an injury or looking for a sport-specific workout, our Trainers will work with you to develop a customized plan designed to meet your goals.

Please visit <https://vancouver.ca/parks-recreation-culture/personal-training.aspx> to register and for more information.

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$61.66	\$92.46	\$129.70
3	\$170.87	\$256.35	\$347.38
5	\$274.83	\$423.22	\$509.51
10	\$493.36	\$785.98	\$926.37

Prices do not include GST.
 Prices subject to change without notice.



Room Rentals

Strathcona Community Centre has rooms for all occasions and meetings. We have a great gym space for indoor sports play and meeting facilities as well. **Please contact Raymond (raymond.eng@vancouver.ca) or the front desk at 604.713.1838 to book your rental.**

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	\$65.00	90.00 2 hours minimum
Seniors Room – 48'x28'	80	60	\$45.00	\$70.00
Activity Room – 34'x28'	40	30	\$40.00	\$65.00
Community Room – 34'x28'	40	30	\$40.00	\$65.00
DIGITAL EQUIPMENT – For Workshops, Seminars, Meetings				
LCD Projector (Projector screen included)	\$25.00			

Staff Charges

Rentals outside of regular operating hours or special circumstances require rental staff. Staffing charges are \$25 per hour with a minimum of 2 hours regardless of the duration of the rental. Full payment is due upon the confirmation of your rental with the Rental Coordinator.

Set-up and Take Down

All reservation times depicted on the Rental Agreement are inclusive to set up and clean up. All groups are responsible for their own set up, take down, and basic cleanup of the rented space. Cleaning supplies will be provided.

Cancellation & Refund Policy

1. When cancellation of a rental booking is done 10 or more business days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 5 and 10 business days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit.
3. When 5 business days or less notice is given for cancellation, no refund will be given, excluding the damage deposit.

**Liability insurance is required for all sport and/or high risk activities.*



GYMNASIUM



SENIORS ROOM



ACTIVITY ROOM



COMMUNITY ROOM

STRATHCONA CC

FAMILY DAY PAJAMA PARTY

JOIN US FOR OUR FAMILY DAY PAJAMA PARTY EVENT!
 SNUGGLE UP WITH YOUR FAMILY TO WATCH A MOVIE
 WITH YOUR LOVED ONES IN YOUR COMFIEST
 PAJAMAS!

TOYS | ARTS & CRAFTS | FACE PAINTING | GAMES

MONDAY, FEB 17TH
10:30AM-12:30PM

CALL OR CHECK US OUT ONLINE FOR
 MORE INFORMATION

AGES 5-14
YEARS OLD

SUPERSHINE
summer
DAY CAMP

REGISTRATION DATES

V6A Residents/Strathcona Elem. Students:

MAY 3, 2025 @ 9AM IN-PERSON

General Public:

MAY 10, 2025 @ 9AM IN-PERSON
MAY 10, 2025 @ 1PM PHONE-IN
MAY 12, 2025 @ 9AM ONLINE

More Information on Page 9

STRATHCONA COMMUNITY CENTRE

SUMMER KICK OFF

Save the Date

SATURDAY JUNE 7, 2025
11:00AM - 1:00PM

**MORE INFORMATION TO COME IN
 MARCH 2025!**

FREE ACTIVITIES FOR ALL AGES!

**601 KEEFER STREET
 BACK PARKING LOT
 (PENDER ST. ENTRANCE)**