



Hastings Community Centre



2021 Summer Programs and Daycamps

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Preschool Programs

Music

Adventures in Music for Babies (0-1 yrs)

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Adventures In Music for Babies is a music class that encourages different ways for caregivers to engage with their baby through musical activities. Each activity incorporates reaching goals in other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance. Best of all you and your child will learn many fun ways to bond with each other through music. Caregiver participation is required.

Instructor: Jennifer Yamazaki

F Jul 09-Aug 13	11:15 AM-11:45 AM
335527	\$54/6 sess
F Jul 09-Aug 13	12:00 PM-12:30 PM
335528	\$54/6 sess
W Jul 07-Aug 11	11:15 AM-11:45 AM
335575	\$54/6 sess

Adventures in Music (1-5 yrs)

Welcome to Adventures In Music! These classes have been specially designed using my background in music education and music therapy. Activities in these classes target the learning of musical concepts &

musicianship and also incorporate reaching goals in all other domains of child development, such as Language/speech, Social, Emotional, Physical (fine and gross motor), cognitive, spiritual/creative. We'll sing songs, chant rhymes, play instruments together, and dance, while exploring a variety of musical concepts such as rhythm, solfege/pitch, tempo, dynamics, improv, etc. Best of all your child will learn many fun ways to express themselves through music! Siblings under 1 year old attend free. Caregiver participation is required.

Instructor: Jennifer Yamazaki

F Jul 09-Aug 13	10:15 AM-11:00 AM
335523	\$75/6 sess
Sa Jul 10-Aug 14	9:15 AM-10:00 AM
335524	\$75/6 sess
F Jul 09-Aug 13	9:15 AM-10:00 AM
335525	\$75/6 sess
Sa Jul 10-Aug 14	10:15 AM-11:00 AM
335526	\$75/6 sess
Sa Jul 10-Aug 14	11:15 AM-12:00 PM
335529	\$75/6 sess
W Jul 07-Aug 11	10:15 AM-11:00 AM
335551	\$75/6 sess
W Jul 07-Aug 11	9:15 AM-10:00 AM
335553	\$75/6 sess
Sa Jul 10-Aug 14	12:15 PM-1:00 PM
335555	\$75/6 sess

Mother Goose In The Park - Babies

(0-1 yrs)

Join Jennifer for Mother Goose at Burrardview. Meet with old friends or make some new ones while learning and singing songs, rhymes, finger plays, lap bounces and more! Caregivers must accompany their children. Please note that this program takes place at [Burrardview Park - 650 North Penticton Street](#). If it is raining, we will meet in the Community Room underneath the St. James Cottage Hospice (entrance is on the north side of the building, bottom floor). Pre-registration required. Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. Participants are expected to bring their own mats. This class is registration only. Drop-ins will not be allowed.

Instructor: Jennifer Yamazaki

Th Jul 08-Aug 12	10:15 AM-11:00 AM
338643	\$0/6 sess

Mother Goose In The Park - Toddlers

(1-3 yrs)

Join Jennifer for Mother Goose at Burrardview. Meet with old friends or make some new ones while learning and singing songs, rhymes, finger plays, lap bounces and more! Caregivers must accompany their children. Please note that this program takes place at [Burrardview Park - 650 North Penticton Street](#). If it is raining, we will meet in the Community Room underneath the St. James Cottage Hospice (entrance is on the north side of the building, bottom floor). Pre-registration required. Caregiver participation required & siblings welcome. Please note: Due to the popularity of this program and free cost, there is a limit of 1 class/child/season. Participants are expected to bring their own mats. This class is registration only. Drop-ins will not be allowed.

Instructor: Jennifer Yamazaki

Th Jul 08-Aug 12	9:15 AM-10:00 AM
338642	\$0/6 sess

Education

Growing Kids

(1.5-4 yrs)

Get your kids excited about the world of growing things! Join us in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Caregivers must be present throughout the class. Sessions will take place in the HCC Learning Garden. This class is registration only. Drop-ins will not be allowed.

Instructor: Lisa Patterson

M Jul 05-Jul 26	10:00 AM-10:30 AM
339161	\$0/4 sess
M Jul 05-Jul 26	11:00 AM-11:30 AM
339162	\$0/4 sess

Sports

Sportball Parent & Child Multisport

(2-3 yrs)

Sportball Parent & Child programs help pre-schoolers to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. 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. No class July 31. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag.

Sa Jul 10-Aug 21	9:00 AM-9:45 AM
336128	\$116/6 sess

Sportball Multisport

(3-5 yrs)

Sportball lessons are packed with co-operative games, arts & crafts 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 session July 31. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag.

Sa Jul 10-Aug 21	10:00 AM-10:45 AM
336129	\$116/6 sess

Children's Programs

Dance

Make-A-Musical Day Camp

(7-14 yrs)

In this intensive "create-a-musical" full day camp, students will be immersed in the world of musical theatre. Sing, dance, act with our energetic instructors leading the way to create a mini production! www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Vancouver Performing Stars

M-F Jul 26-Jul 30	9:00 AM-3:00 PM
331437	\$249/5 sess
M-F Aug 09-Aug 13	9:00 AM-3:00 PM
331438	\$249/5 sess

Music

Private Piano with Anna

(4+ yrs)

Private piano lessons help children explore musical ideas such as pitch, dynamics, tempo and rhythm while fostering values of commitment and confidence. Lessons also engage children's minds and fine motor skills, and as they develop as pianists, piano will become a source of joy, fulfillment and expression for students.

****COVID-19 guidelines:** Students are required to wash or sanitize hands before and after class, as well as wear a mask. Instructor will also wear a mask during lessons and wash hands regularly. There will be 2 pianos in the room, one for student use and the other for instructor use, to maintain physical distancing measures. There will be 15-minute breaks between each student for air circulation and to fully sanitize pianos and chairs. Additional cost for books to be purchased. No refunds after the second class. Participants are expected to bring their own mask.

Instructor: Anna Kihara

W Jul 07-Aug 11	10:00 AM-10:30 AM
338198	\$138/6 sess
W Jul 07-Aug 11	10:45 AM-11:15 AM
338200	\$138/6 sess
W Jul 07-Aug 11	11:30 AM-12:00 PM
338202	\$138/6 sess
W Jul 07-Aug 11	12:15 PM-12:45 PM
338203	\$138/6 sess
W Jul 07-Aug 11	1:00 PM-1:30 PM
338204	\$138/6 sess
W Jul 07-Aug 11	1:45 PM-2:15 PM
338205	\$138/6 sess
W Jul 07-Aug 11	2:30 PM-3:00 PM
338206	\$138/6 sess
W Jul 07-Aug 11	3:15 PM-3:45 PM
338207	\$138/6 sess
W Jul 07-Aug 11	4:00 PM-4:30 PM
338208	\$138/6 sess
F Jul 09-Aug 13	10:00 AM-10:30 AM
338209	\$138/6 sess
F Jul 09-Aug 13	10:45 AM-11:15 AM
338210	\$138/6 sess
F Jul 09-Aug 13	11:30 AM-12:00 PM
338211	\$138/6 sess
F Jul 09-Aug 13	12:15 PM-12:45 PM
338212	\$138/6 sess
F Jul 09-Aug 13	1:00 PM-1:30 PM
338213	\$138/6 sess
F Jul 09-Aug 13	1:45 PM-2:15 PM
338214	\$138/6 sess
F Jul 09-Aug 13	2:30 PM-3:00 PM
338215	\$138/6 sess
F Jul 09-Aug 13	3:15 PM-3:45 PM
338216	\$138/6 sess
F Jul 09-Aug 13	4:00 PM-4:30 PM
338217	\$138/6 sess
Sa Jul 10-Aug 14	9:00 AM-9:30 AM
338218	\$138/6 sess
Sa Jul 10-Aug 14	9:45 AM-10:15 AM
338220	\$138/6 sess
Sa Jul 10-Aug 14	10:30 AM-11:00 AM
338221	\$138/6 sess

Sa Jul 10-Aug 14 338222	11:15 AM-11:45 AM \$138/6 sess
Sa Jul 10-Aug 14 338223	12:00 PM-12:30 PM \$138/6 sess

Martial Arts

Karate

(5-15 yrs)

Participants will learn the basics of Goju Ryu Karate Do: discipline, etiquette, flexibility, forms (kata), punches and kicks. This program is for children with little or no experience. Karate uniform \$42-\$52 depending on size. Must purchase Karate BC insurance for \$35 on karatebc.org by second class otherwise the participant cannot participate in the class. This class is skill-based and no contact. Due to room occupancy, parents will not be permitted to enter the room. No class on August 2nd.

M Jul 05-Aug 23 336021	4:45 PM-5:45 PM \$77/7 sess
W & F Jul 07-Aug 27 336022	4:45 PM-5:45 PM \$112/16 sess

Sports Day Camps

Spirit Bear Gymnastics Day Camp

(5-8 yrs)

Get ready to roll, jump and cartwheel your way through this movement packed day camp! Each day children will have the opportunity to learn and practice new gymnastics tumbling skills through the use of creative circuits and activities. They are sure to make new friends, and get in a good workout! This camp will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! Please provide a healthy lunch, water, sunscreen and a hat. We will break half way through the day to have lunch and to play at the park.

Instructor: Bear Feet Gymnastics

M Tu W Th F Jul 19-Jul 23 336137	10:00 AM-3:00 PM \$175/5 sess
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Sportball Multisport Camp

(4-6 yrs)

Sportball's action-packed camps introduce children to a variety of ball sports and waterplay games and activities PLUS snack time, stories, music, co-operative games and more! Camps may run indoors and outdoors, depending on the location and weather. Please pack a labelled water bottle and nut free snack for each day of the camp. Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. If you have already purchased an equipment package from a previous Sportball Camp or weekly program, please phone 604-718-6222 to register and we can waive the charge.

M Tu W Th F Jul 05-Jul 09 341491	1:00 PM-3:30 PM \$170/5 sess
Tu W Th F Aug 03-Aug 06 341493	9:30 AM-12:00 PM \$140/4 sess

Tennis Camp

(5-7 yrs)

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet.

M Tu W Th F Jul 12-Jul 16 336161	10:00 AM-12:00 PM \$140/10 sess
M Tu W Th F Jul 26-Jul 30	10:00 AM-12:00 PM

336162	\$140/5 sess
M Tu W Th F Aug 09-Aug 13	10:00 AM-12:00 PM
336163	\$140/5 sess
M Tu W Th F Aug 23-Aug 27	10:00 AM-12:00 PM
336164	\$140/5 sess
M Tu W Th F Jul 12-Jul 16	12:30 PM-2:30 PM
336167	\$140/5 sess
M Tu W Th F Jul 26-Jul 30	12:30 PM-2:30 PM
336170	\$140/5 sess
M Tu W Th F Aug 09-Aug 13	12:30 PM-2:30 PM
336171	\$140/5 sess
M Tu W Th F Aug 23-Aug 27	12:30 PM-2:30 PM
336173	\$140/5 sess

Tennis Camp (7-12 yrs)

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet.

M Tu W Th F Jul 12-Jul 16	10:00 AM-12:00 PM
336175	\$140/5 sess
M Tu W Th F Jul 26-Jul 30	10:00 AM-12:00 PM
336176	\$140/5 sess
M Tu W Th F Aug 09-Aug 13	10:00 AM-12:00 PM
336177	\$140/5 sess
M Tu W Th F Aug 23-Aug 27	10:00 AM-12:00 PM
336178	\$140/5 sess
M Tu W Th F Jul 12-Jul 16	12:30 PM-2:30 PM
336188	\$140/5 sess
M Tu W Th F Jul 26-Jul 30	12:30 PM-2:30 PM
336190	\$140/5 sess
M Tu W Th F Aug 09-Aug 13	12:30 PM-2:30 PM
336192	\$140/5 sess
M Tu W Th F Aug 23-Aug 27	12:30 PM-2:30 PM
336193	\$140/5 sess

Sports

Tennis Lessons (5-7 yrs)

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet.

Tu Jul 06-Aug 24	4:30 PM-6:00 PM
336195	\$168/8 sess
Sa Jul 10-Aug 28	11:00 AM-12:30 PM
336201	\$168/8 sess

Tennis Lessons (7-12 yrs)

Participate in this innovative program and develop tennis fundamentals. Players learn self-rally, cooperative rally, volley and serve. Scaled down courts, nets, racquets, foam and low compression balls are used to maximize success. Please bring your own racquet.

Tu Jul 06-Aug 24	4:30 PM-6:00 PM
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336200 \$168/8 sess
Sa Jul 10-Aug 28 11:00 AM-12:30 PM
336202 \$168/8 sess

Education

At Home Alone and First Aid for Kids (10-14 yrs)

This fun and active workshop helps prepare children to be at home alone and to respond to medical emergencies. Important skills are learned through interactive lessons and role play that help make both you and your child more confident when they are at home alone.

Instructor: Kidproof Safety

Sa Jul 10-Jul 10 9:00 AM-1:00 PM
331377 \$40/1 sess

Educational Day Camps

Bricks 4 Kidz - Arcade Adventures (5-10 yrs)

Jump into the world of classic arcade and video games! Revisit the time of 8-bit technology and interact with your favorite characters using LEGO. Children work on 2 to 3 LEGO Projects per camp day using a variety of LEGO Technic pieces, LEGO Bricks, and LEGO Mosaics. Campers will also be given time to expand their creativity with LEGO free play plus a break time for an optional snack-from-home. All go home from our programs with a custom designed Minifigure.

Instructor: Bricks 4 Kidz Vancouver

M Tu W Th F Jul 05-Jul 09 1:30 PM-4:30 PM
331381 \$190/5 sess

Bricks 4 Kidz - Brick Critters (5-10 yrs)

It's a zoo in here! Build various critters including buzzing bees, fluttering butterflies and more. Students will love these moving models that celebrate the wonders of the animal kingdom. Children work on 2 to 3 LEGO Projects per camp day using a variety of LEGO Technic pieces, LEGO Bricks, and LEGO Mosaics. Campers will also be given time to expand their creativity with LEGO free play plus a break time for an optional snack-from-home. All go home from our programs with a custom designed Minifigure.

Instructor: Bricks 4 Kidz Vancouver

M Tu W Th F Jul 12-Jul 16 1:30 PM-4:30 PM
331382 \$190/5 sess

Bricks 4 Kidz - Galaxy Far Away (5-10 yrs)

Join us on an adventurous journey through space! Our models will remind you of your favourite popular space movies as you pilot your LEGO spacecraft to the great beyond. All campers go home with a customized Minifigure. Children will be given a break time for an optional snack from home.

Instructor: Bricks 4 Kidz Vancouver

M Tu W Th F Jul 19-Jul 23 1:30 PM-4:30 PM
331383 \$190/5 sess

Bricks 4 Kidz - Heroes & Villians

(5-10 yrs)

Lurk in the shadows and master build with the Bat Clan. But be warned, as a superhero there is no fame, no fun, and no fortune - only justice! Children will be given time for an optional snack from home. All go home from our programs with a custom designed Minifigure.

Instructor: Bricks 4 Kidz Vancouver

M Tu W Th F Jul 26-Jul 30 **1:30 PM-4:30 PM**
331384 \$190/5 sess

Young Moviemakers

(8-14 yrs)

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, scriptwriting, acting, editing and more, through the creation and production of a short film. With the help of our experienced film directors, participants work in groups to develop and produce their own film, which is then premiered in front of family, friends and the community. Due to room occupancy, parents will not be permitted to enter the room.

Tu W Th F Aug 03-Aug 06 **9:00 AM-4:00 PM**
335990 \$360/4 sess

M Tu W Th F Aug 09-Aug 13 **9:00 AM-4:00 PM**
335992 \$450/5 sess

M Tu W Th F Aug 16-Aug 20 **9:00 AM-4:00 PM**
335995 \$450/5 sess

M Tu W Th F Aug 23-Aug 27 **9:00 AM-4:00 PM**
335997 \$450/5 sess

Summer Day Camps

Safari Day Camp

(6-7 yrs)

Join us for an exciting summer program that includes arts & crafts, walking trips to local parks, and more! Child must have completed Kindergarten/going into Grade 1 and turning 6 years old by December 31, 2021 to attend this Safari 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. Please note: Before and after care is available. No sessions July 1 or August 2. Downloadable Waivers & Forms can be found at our website under the Programs tab: <https://hastingscc.ca>.

M Tu W Th F Jul 05-Jul 09 (Week 1) **9:00 AM-3:30 PM**
331399 \$135/5 sess

M Tu W Th F Jul 12-Jul 16 (Week 2) **9:00 AM-3:30 PM**
331400 \$135/5 sess

M Tu W Th F Jul 19-Jul 23 (Week 3) **9:00 AM-3:30 PM**
331401 \$135/5 sess

M Tu W Th F Jul 26-Jul 30 (Week 4) **9:00 AM-3:30 PM**
331402 \$135/5 sess

Tu W Th F Aug 03-Aug 06 (Week 5) **9:00 AM-3:30 PM**
331403 \$108/4 sess

M Tu W Th F Aug 09-Aug 13 (Week 6) **9:00 AM-3:30 PM**
331404 \$135/5 sess

M Tu W Th F Aug 16-Aug 20 (Week 7) **9:00 AM-3:30 PM**
331405 \$135/5 sess

M Tu W Th F Aug 23-Aug 27 (Week 8) **9:00 AM-3:30 PM**
331406 \$135/5 sess

Voyages Day Camp (8-10 yrs)

Join us for an exciting summer program that includes arts & crafts, walking trips to local parks, and more! 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. Please note: Before and after care is available. No sessions July 1 or August 2. Downloadable Waivers & Forms can be found at our website under the Programs tab: <https://hastingscc.ca>.

M Tu W Th F Jul 05-Jul 09 (Week 1) 331411	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 12-Jul 16 (Week 2) 331412	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 19-Jul 23 (Week 3) 331413	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 26-Jul 30 (Week 4) 331414	9:00 AM-3:30 PM \$135/5 sess
Tu W Th F Aug 03-Aug 06 (Week 5) 331415	9:00 AM-3:30 PM \$108/4 sess
M Tu W Th F Aug 09-Aug 13 (Week 6) 331416	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Aug 16-Aug 20 (Week 7) 331417	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Aug 23-Aug 27 (Week 8) 331418	9:00 AM-3:30 PM \$135/5 sess

Youth Adventures Day Camp (11-13 yrs)

The Youth Adventure day camp is an exciting day camp for pre-teens to develop and grow their leadership skills! With a youth-driven focus, leaders will engage and partake in fun activities and initiatives in the local area. 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. Please note: Before and after care is available. No sessions July 1 or August 2. Downloadable Waivers & Forms can be found at our website under the Programs tab: <https://hastingscc.ca>.

M Tu W Th F Jul 05-Jul 09 (Week 1) 331428	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 12-Jul 16 (Week 2) 331429	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 19-Jul 23 (Week 3) 331430	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Jul 26-Jul 30 (Week 4) 331431	9:00 AM-3:30 PM \$135/5 sess
Tu W Th F Aug 03-Aug 06 (Week 5) 331432	9:00 AM-3:30 PM \$108/4 sess
M Tu W Th F Aug 09-Aug 13 (Week 6) 331433	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Aug 16-Aug 20 (Week 7) 331434	9:00 AM-3:30 PM \$135/5 sess
M Tu W Th F Aug 23-Aug 27 (Week 8) 331435	9:00 AM-3:30 PM \$135/5 sess

Waitlist - Hastings Inclusion Day Camp (6-10 yrs)

Our Safari & Voyages summer day camps support inclusion sports for children with physical or developmental challenges. Inclusion children will be integrated with Camp Safari and Camp Voyages to participate in recreational activities such as swimming, arts & crafts, physical fitness and special out-trips. If you would

like to register for the Inclusion Camp, please contact Access Services at access.services@vancouver.ca or 604 718 5853. You can pick up registration forms at the front office. Due to demand, we are only able to allow up to 2 weeks per participant.

M Tu W Th F Jul 05-Jul 09 (Week 1) 331420	9:00 AM-3:30 PM \$0/5 sess
M Tu W Th F Jul 12-Jul 16 (Week 2) 331421	9:00 AM-3:30 PM \$0/5 sess
M Tu W Th F Jul 19-Jul 23 (Week 3) 331422	9:00 AM-3:30 PM \$0/5 sess
M Tu W Th F Jul 26-Jul 30 (Week 4) 331423	9:00 AM-3:30 PM \$0/5 sess
Tu W Th F Aug 03-Aug 06 (Week 5) 331424	9:00 AM-3:30 PM \$0/4 sess
M Tu W Th F Aug 09-Aug 13 (Week 6) 331425	9:00 AM-3:30 PM \$0/5 sess
M Tu W Th F Aug 16-Aug 20 (Week 7) 331426	9:00 AM-3:30 PM \$0/5 sess
M Tu W Th F Aug 23-Aug 27 (Week 8) 344753	9:00 AM-3:30 PM \$0/5 sess

Hastings Summer Day Camp - After Care (6-12 yrs)

After Care is available only for participants registered in Day Camp Safari, Voyages, and Youth Adventures at Hastings Community Centre.

M Tu W Th F Jul 05-Jul 09 (Week 1) 331392	3:30 PM-5:30 PM \$35/5 sess
M Tu W Th F Jul 12-Jul 14 (Week 2) 344543	3:30 PM-5:30 PM \$35/5 sess
M Tu W Th F Jul 22-Jul 23 (Week 3) 344545	3:30 PM-5:30 PM \$35/5 sess
M Tu W Th F Jul 26-Jul 30 (Week 4) 344546	3:30 PM-5:30 PM \$35/5 sess
Tu W Th F Aug 03-Aug 06 (Week 5) 344547	3:30 PM-5:30 PM \$28/4 sess
M Tu W Th F Aug 09-Aug 13 (Week 6) 344548	3:30 PM-5:30 PM \$35/5 sess
M Tu W Th F Aug 16-Aug 20 (Week 7) 344549	3:30 PM-5:30 PM \$35/5 sess
M Tu W Th F Aug 23-Aug 27 (Week 8) 344550	3:30 PM-5:30 PM \$35/5 sess

Hastings Summer Day Camp - Before Care (6-12 yrs)

Before Care is available only for participants registered in Day Camp Safari, Voyages, and Youth Adventures at Hastings Community Centre.

M Tu W Th F Jul 05-Jul 09 344551	7:30 AM-9:00 AM \$30/5 sess
M Tu W Th F Jul 12-Jul 16 344552	7:30 AM-9:00 AM \$30/5 sess
M Tu W Th F Jul 19-Jul 23 344553	7:30 AM-9:00 AM \$30/5 sess
M Tu W Th F Jul 26-Jul 30 344554	7:30 AM-9:00 AM \$30/5 sess
Tu W Th F Aug 03-Aug 06	7:30 AM-9:00 AM

344556	\$24/4 sess
M Tu W Th F Aug 09-Aug 13	7:30 AM-9:00 AM
344558	\$30/5 sess
M Tu W Th F Aug 16-Aug 20	7:30 AM-9:00 AM
344559	\$30/5 sess
M Tu W Th F Aug 23-Aug 27	7:30 AM-9:00 AM
344560	\$30/5 sess

Adult Programs

Education

Cool 'Hood Champs Workshop

All Ages | Cheryl Ng

Concerned about the climate crisis? Wonder how to be part of the solution? Want to join a community of Earth-minded people? Then sign up for Cool 'Hood Champs, where you'll learn to champion climate action within your community! Through a series of fun, hands-on workshops, you will learn to

- Identify climate impacts and solutions within your neighbourhood
- Envision your ideal climate-friendly neighbourhood
- Craft and implement your very own climate action plans
- Connect your climate action with the City of Vancouver's and BC's climate policies

All participants will be given access to FREE training materials, including the popular Citizen's Coolkit for all ages.

Cool 'Hood Champs is led by a team of climate change & urban forestry experts from UBC's Collaborative for Advanced Landscape Planning. For more information & testimonials from previous participants, visit <https://calp.forestry.ubc.ca/home/cool-hood-champs/>. Questions? Contact cheryl.ng@ubc.ca.

Note: Participants will need to commit to attending all 3 workshops (Cool 'Hood Champs Workshop online and in person). While we won't decline individuals who'd like to join only 1 or 2 sessions, we strongly encourage everyone to join the full series to make the most out of it.

The July 10 workshop will be fully outdoors. Please meet at the Community Hall located on the East Pender Street side of the Community Centre.

The July 3 and July 24 workshops will be online. We will be using the platform Webex. You will have to download the application and create a username and password. We will give you a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class.

This class is registration only. Drop-ins will not be allowed.

Sa Jul 03	10:00 AM-12:00 PM
342230	\$0/1 sess
Sa Jul 10	10:00 AM-12:30 PM
342258	\$0/1 sess
Sa Jul 24	10:00 AM-12:00 PM
342241	\$0/1 sess

Gardening Corner for Older Adults

50+ yrs | Lisa Patterson

Are you interested in gardening, but not sure where to start? Join us with other older adults in the garden to learn about plants, soil, seeds and insects through fun and engaging activities. We'll cover a different topic each week. Increase your knowledge and become comfortable working in your own garden. Classes will take place in the HCC Learning Garden. This class is registration-only. Drop-ins will not be allowed.

Tu Jul 06-Jul 27 11:00 AM-12:00 PM
339169 \$0/4 sess

Fitness and Sports

Total Body Workout for Older Adults

50+ yrs | Kelly Howatson

This moderate level class will help to increase your energy level, lift your mood and improve your ability to undertake normal activities of daily living. Class activities include balance, strength, core stability and stretching. All exercises can be adapted for seated or standing. Participants are expected to bring their own mats. This class is registration-only. Drop-ins will not be allowed.

Tu Jul 06-Aug 10 10:30 AM-11:30 AM
339006 \$42/6 sess

Full Body (no equipment) Workout

19+ yrs | Kelly Howatson

Get ready to work your core, legs, arms, back and glutes in this full body workout. You will be in your own space when doing the exercises to properly maintain social distance. Participants are expected to bring their own mats and to wear proper footwear and fitness attire. This class is registration only. Drop-ins will not be allowed.

Th Jul 08-Aug 12 11:15 AM-12:15 PM
339005 \$48/6 sess

Osteofit

19+ yrs | Berdjis Bahrami

This is an exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. Drop-in \$3.81, space permitting.

W Jul 07-Aug 25 12:30 PM-1:30 PM
331397 \$28/8 sess

Pickleball Private Lessons

50+ yrs | Charles Neufeldt

Come learn from one of the best Canada has to offer. Currently ranked 5th in Canada, Charles Neufeldt teaches pickle ball all over Canada with the Canadian Pickleball Academy. He currently competes at the 5.0/PRO level. In this beginner class, players will have the chance to improve fundamental technique through drills and game play. Don't buy paddles yet! Paddles will be available to try before purchasing for an additional fee. Scoring and rules will be reviewed but to give yourself a head start if you've never played before, type into YouTube: "how to play: pickle ball" for a 5 minute video. Key points include: Dinking, Volleys, Serve and return, 3rd shots, Court Positioning. This class is held at the tennis courts at Pandora Park. If it is raining, we will meet in the gymnasium at the Hastings Community Centre. Participants are expected to bring their own equipment (if required). This class is registration only. Drop-ins will not be allowed.

W July 7 -Aug 11 1:15 PM-2:00 PM
341402 \$300/6 sess

W July 7 - Aug 11 2:15 PM-3:00 PM
341400 \$300/6 sess

Private Tennis Lessons

19+ yrs

Private 1:1 tennis lessons. The classes are focused on the particular needs of the player, working towards improvement, built from the base skills up. We are going to teach you and help you develop the skills you need to play better in match situations. If you are looking to improve your match play skills, we can help you. Please bring your own racquet.

W Jul 07-Aug 25 **3:45 PM-4:45 PM**

336209 \$400/8 sess

W Jul 07-Aug 25 **5:00 PM-6:00 PM**

336214 \$400/8 sess

Fitness Centre

Come enjoy a workout session at our Fitness Centre. Visit for a one-hour session you can book online. While the layout of our Fitness Centre has been updated to allow for physical distancing requirements, you will still be able to select from a great variety of exercise equipment. Each site offers cardio equipment, selectorized strength equipment, free weights, and more. Capacity has been lowered and cleaning standards enhanced to provide all participants with a safe and clean environment. We identified all high-touch points within our Fitness Centre and the staff will clean these throughout and between each session. Our Fitness Centre is cleaned, maintained, and sanitized in accordance with established health guidelines and standards. Fitness staff will be available at each site should you have any questions.

- Please arrive at the location no more than 5 minutes prior to the start of your reserved session fully dressed for your workout.
- If you arrive after the start of your reserved session, you are considered a no-show and your spot will be made available for drop-in.
- Each no-show will have one visit deducted from a 10-visit pass, or a monthly/yearly pass will have their expiry date adjusted less one day.
- To cancel your reservation, please call 604.718.6222; 48 hours' notice required to avoid penalty.
- There is no access to changing rooms or showers. You will be able to access washrooms.
- Bring your own water bottle - water filling stations are on (where available).
- Follow our signage as well as directions of our Fitness staff.
- Keep a 2 metre distance from others at all times.
- Open for reservations each Friday at 12pm for up the upcoming week. (Monday to Saturday)
- Scan entry using a 1-month, 3-month, 1-year, or 10-visit pass
- Please reserve your time to visit:

https://ca.apm.activecommunities.com/vancouver/Activity_Search; search Hastings Fitness Centre

Enjoy your visit and welcome back!

Hastings Fitness Centre Hours of Operations		
Monday-Friday	Thursday & Friday	Saturday
8:15am-9:15am		9:15am-10:15am
9:30-10:30am		10:30am-11:30am
10:45-11:45am		11:45am-12:45pm
		1:00pm-2:00pm
	3:00pm-4:00pm	
	4:15pm-5:15pm	
	5:30pm-6:30pm	

Programs at Templeton Park Pool

(700 Templeton Drive, Vancouver)

Day Camps

* NEW- Art and You Camp

6-10 yrs | Kelly Jimenez

It will be a fun and liberating week! Children will participate in individual and group art activities for free flow of imagination, originality and unique expression through drawing, painting, movement and drama. Activities are designed to foster confidence and self-esteem. All supplies included. Dress for a mess! You can learn more about Kelly and her work at www.kellyjimenez.art. This class is registration only. Drop-ins will not be allowed.

M Tu W Th F Aug 09-Aug 13

10:00 AM-12:00 PM

340726

\$100 for the week

* NEW- Art Camp: Race to the Bottom of the Ocean

6-10 yrs | Alex Lam

Let's go diving and find many wonderful creatures in the ocean. Fish are not the only things found there. A crab may nip your toes. You may swim along with the seahorses or ride on the back of a dolphin. Kids will create paintings with watery scenes of the ocean. Learn to paint, draw, colour and create 3D art. This art camp provides children with fun ways to engage their creative minds through visual art activities. Art supplies are included. This class is registration only. Drop-ins will not be allowed.

M Tu W Th F Jul 12-Jul 16

10:00 AM-12:00 PM

340618

\$95 for the week

*NEW- Art Camp: Race to the Mystery of the Jungle

6-10 yrs | Alex Lam

Let's run to the Jungle! This art camp is perfect for those who dream of adventure. Kids will explore different animals, for example: the biggest land animal, the longest-necked animal, the heavy giant that can run really fast, the most powerful cat, and many more. Children will not only create their own art work, but also explore new techniques, learn about colours and shapes, and experiment with a variety of art media. Art supplies are included. This class is registration only. Drop-ins will not be allowed.

M Tu W Th F Jul 19-Jul 23

10:00 AM-12:00 PM

340627

\$95 for the week

*NEW - VEG Yoga Camp

6-10 yrs | Vivien Gomes

This camp will be exploratory and fun whilst learning about yoga and publishing. Topics will include astronomy and ancient civilizations. The children will receive a small book when they complete the camp. The five day camp will offer a wonderful opportunity for the children to experience their potential. This class is registration only. Drop-ins will not be allowed.

M Tu W Th F Jul 05-Jul 09

9:15 AM-12:15 PM

340638

\$180 for the week

Children's Dance

Little Ballerinas

3-5 yrs | Endorphin Rush Dance And Fitness

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. Due to room occupancy, parents will not be permitted to enter the room. More info:

www.kirbySnelldance.com

Sa Jul 10 - Aug 14

12:15 PM-1:00 PM

342799

\$60/6 sess

Little Ballerinas

4-6 yrs | Endorphin Rush Dance And Fitness

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. Due to room occupancy, parents will not be permitted to enter the room. More info:

www.kirbySnelldance.com

Sa Jul 10 - Aug 14

1:15 PM-2:00 PM

342807

\$60/6 sess

Hip Hop Breakers

4-7 yrs | Endorphin Rush Dance And Fitness

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.kirbySnelldance.com

Sa Jul 10 - Aug 14

2:15 PM-3:00 PM

3242826

\$60/6 sess

Seniors' Fitness & Health

Tai Chi (Returning Students Only)

19+ yrs | Guy Tomash

Yang style Tai Chi is known for its benefits of health, meditation and self-defense. This is an ongoing class which teaches the traditional 108 movement long form, stresses correct body posturing and whole body movement. This class is for returning students only. Masks are mandatory for this class. This class is registration only. Drop-ins will not be allowed.

Tu Jul 06-Jul 27

12:30 PM-2:30 PM

339407

\$40/4 sess

Th Jul 08-Jul 29

12:30 PM-2:30 PM

339408

\$40/4 sess

Tu Aug 03-Aug 31

12:30 PM-2:30 PM

339478

\$50/5 sess

Th Aug 05-Aug 26

12:30 PM-2:30 PM

339479

\$40/4 sess