



Hastings Community Centre



2021 Spring Programs

Preschool Programs

Dance

Mini Hip Hop (3-4 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. Due to room occupancy, parents will not be permitted to enter the room. No class May 22.

Instructor: Vancouver Performing Stars

Sa Apr 10-Jun 19 9:00 AM-9:45 AM
321262 \$120/10 sess

Mini Ballet (3-4 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. Child must be able to attend class alone. Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Vancouver Performing Stars

Tu Apr 13-Jun 15 3:15 PM-4:00 PM
321261 \$120/10 sess

Education

Growing Kids

1-5 yrs | Lisa Patterson

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 Community Hall or in the HCC Learning Garden.

M Apr 12-May 17 11:00 AM-11:30 AM
321221 Free/6 sess

M May 31-Jun 28 11:00 AM-11:30 AM
329193 Free/5 sess

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. Due to COVID-19 you are also taking this class at your own risk. Classes may be held outside whenever possible. As well, you may choose to bring your own instruments (instructor will send out an email before the start of the first class) or use the instructor's instruments, which have been sanitized before each class. This class is registration only. Drop-ins will not be allowed. Masks are mandatory. No class May 22.

Instructor: Jennifer Yamazaki

Sa Apr 10-Jun 19	11:15 AM-11:45 AM
321167	\$90/10 sess
F Apr 16-Jun 18	11:15 AM-11:45 AM
321165	\$90/10 sess
F Apr 16-Jun 18	12:00 PM-12:30 PM
321166	\$90/10 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. Due to COVID-19 you are taking this class at your own risk. Classes may be held outside whenever possible. As well, you may choose to bring your own instruments (instructor will send out an email before the start of the first class) or use the instructor's instruments, which have been sanitized before each class. This class is registration only. Drop-ins will not be allowed. Masks are mandatory. No class May 22.

Instructor: Jennifer Yamazaki

Sa Apr 10-Jun 19	9:15 AM-10:00 AM
321161	\$120/10 sess
Sa Apr 10-Jun 19	10:15 AM-11:00 AM
322750	\$120/10 sess
F Apr 16-Jun 18	9:15 AM-10:00 AM
321162	\$120/10 sess
F Apr 16-Jun 18	10:15 AM-11:00 AM
321160	\$120/10 sess

Jump into Music (0-4 yrs)

Come join us for a musical trip around the world! We offer a one of a kind music and movement program that engages, educates and entertains. Our classes inspire creativity and build confidence in little ones 6 months to 4 years old. Children under 6 months are free. Classes are designed for children 6 months to 4 yrs. 25% discount for siblings, please call 604-718-6222 to register for discount. Weather permitting we will be doing this class outside. Covid Safety Plan: Please bring a blanket or yoga mats for your family space, your own maracas (2 each - home made are fine), peek-a-boo scarf (anything will do really) and a few jam instruments! We can provide sanitized maracas and jam instruments if you don't have any. Larger class space

provided to ensure safe social distance between each family. Verbal Covid screening done before entering the community centre each class and hand sanitizer provided. Registered participants only - no drop-ins. Check out our website for detailed class guidelines, videos and more info on how we are staying connected online. www.jumpintomusic.ca No classes April 5 and May 22.

Instructor: Monica Lee

M Mar 29-Jun 14	9:30 AM-10:15 AM
321249	\$180/10 sess
M Mar 29-Jun 14	10:30 AM-11:15 AM
321250	\$180/10 sess
M Mar 29-Jun 14	11:30 AM-12:15 PM
321251	\$180/10 sess

Mother Goose - Baby

0-1 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). 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.

Th Apr 15-Jun 10	10:15 AM-11:00 AM
321263	Free/9 sess

Mother Goose - Toddler

1-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). 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. Please bring a mat to sit on. This class is registration only. Drop-ins will not be allowed.

Th Apr 15-Jun 10	9:15 AM-10:00 AM
321264	Free/9 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.

Instructor: Sportball Vancouver

Sa Apr 10-May 1	9:00 AM-9:45 AM
321323	\$84/4 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! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed.

Instructor: Sportball Vancouver

Sa Apr 10-May 1 **10:00 AM-11:00 AM**
321321 \$84/4 sess

Sportball Parent & Child Outdoor Soccer (2-3 yrs)

Get a kick out of Sportball Parent & Child Outdoor Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Instructor: Sportball Vancouver

W May 5-Jun 16 **5:15 PM-6:00 PM**
326888 \$132/7 sess

Sportball Outdoor Soccer (4-6 yrs)

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors, parents are required to remain on the field for children's safety.

Instructor: Sportball Vancouver

W May 5-Jun 16 **6:15 PM-7:15 PM**
326890 \$132/7 sess

Sportball Parent & Child T-Ball (2-3 yrs)

Hit a home run with Sportball Parent & Child T-Ball programs! Participants are introduced to fundamental concepts of gameplay and are provided the basic skills required to play ball with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on baseball skills including: throwing, catching, batting, running bases and fielding. Children are challenged according to their individual skill level and Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Classes will be held outside on the grassy field west of Hastings Community Centre. Bringing a glove is recommended but not required. No class May 22.

Instructor: Sportball Vancouver

Sa May 8-Jun 19 **9:30 AM-10:15 AM**
326689 \$132/7 sess

Sportball T-Ball (3-5 yrs)

Big League Fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-competitive environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Classes will be held outside on the grassy field west of Hastings Community Centre. Bringing a glove is recommended but not required. No class May 22.

Instructor: Sportball Vancouver

Sa May 8-Jun 19 **10:30 AM-11:30 AM**
326690 \$132/7 sess

Baby Bear Gymnastics (1-5 yrs)

Through the use of FUN creative circuits, the children will have opportunities to learn and practice new gymnastics skills with the support of their caregiver. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! This class provides a great mix of play and skill building all rolled into one. We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. The children will enjoy songs, games, circle

time and of course bonding time with you! Parent participation mandatory. Every family has their own mini individual circuit and stay within their own area. No shared equipment. We run through a series of activities on the mats which will be spread out at 3 feet apart. Everyone must sanitize upon entry and keep 3 feet apart. This class is registration only. Drop-ins will not be allowed.

Instructor: Bear Feet Gymnastics

1-2 yrs

F Apr 16-Jun 18 9:30 AM-10:15 AM
325591 \$110/10 sess

2-3 yrs

F Apr 16-Jun 18 10:30 AM-11:15 AM
325625 \$110/10 sess

Spirit Bear Gymnastics (4-5 yrs)

Through the use of FUN creative circuits, the children will have opportunities to learn and practice new gymnastics skills. This class will encourage the children to develop their attention span as well as spatial/body awareness and to get strong as a Bear! This class provides a great mix of play and skill building all rolled into one. We focus on the fundamental movement patterns needed to play any sport, using gymnastics as a tool to teach these skills. Must be potty trained. Every family has their own mini individual circuit and stay within their own area. No shared equipment. We run through a series of activities on the mats which will be spread out at 3 feet apart. Everyone must sanitize upon entry and keep 3 feet apart. This class is registration only. Drop-ins will not be allowed.

Instructor: Bear Feet Gymnastics

F Apr 16-Jun 18 11:30 AM-12:15 PM
325626 \$110/10 sess

Tennis - Parent and Tot (3-5 yrs)

Parents or guardians are encouraged to participate in the activities that effectively integrate athletic skills development and apply story telling to engage pre-schoolers into learning tennis skills, manners, and courtesies. The Le Petit program is ideally suited and integrated as a pre-cursor to our Kids Tennis Programs. Please bring your own racquet. This class is registration only. Drop-ins will not be allowed.

Instructor: Wilson Tan

Tu Apr 13-Jun 15 3:45 PM-4:15 PM
321336 \$110/10 sess

Children's Programs

Dance

Junior Ballet (5-7 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Vancouver Performing Stars

Tu Apr 13-Jun 15 4:15 PM-5:00 PM
321252 \$120/10 sess

Junior Hip Hop (5-7 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography.

Beginners welcome! Leave feeling energized, confident and excited about dance. By enrolling in this program, you acknowledge and accept that no credits or refunds will be issued in the event that programs have to be moved online. www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room. No class May 22.

Instructor: Vancouver Performing Stars

Sa Apr 10-Jun 19 **10:00 AM-10:45 AM**
321253 \$120/10 sess

Intermediate Ballet (8-12 yrs)

Introduce your child to the world of ballet. These classes develop coordination, musicality and fluidity of movement while having fun. Increased ballet technique is expected at each progressive level. Appropriate dance shoes and attire please. www.performingstars.ca Due to room occupancy, parents will not be permitted to enter the room.

Instructor: Vancouver Performing Stars

Tu Apr 13-Jun 15 **5:15 PM-6:00 PM**
321247 \$120/10 sess

Senior Hip Hop (8-12 yrs)

Want to learn how to move to and groove to your favourite tunes? Learn the basic style of hip hop dance in this high energy program. Discover new and exciting moves while learning fun and challenging choreography. Beginners welcome! Leave feeling energized, confident and excited about dance. This class is registration only. www.performingstars.ca No class May 22.

Instructor: Vancouver Performing Stars

Sa Apr 10-Jun 19 **11:00 AM-12:00 PM**
321318 \$130/10 sess

Camps

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriately including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited!

M Apr 26

CAMP **9:00 AM-3:00 PM**
320230 \$28/sess

AFTER CARE **3:00 PM-5:30 PM**
320231 \$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. This class is registration only. Drop-ins will not be allowed. This class is held in the Auditorium. Masks are mandatory.

Instructor: Kidproof Safety

Sa Apr 10 **12:30 PM-4:30 PM**
321171 \$40/1 sess

Sa May 29 **12:30 PM-4:30 PM**
321172 \$40/1 sess

Beginner Computer Programming (9-17 yrs)

Learn beginner programming with Tommy, a UBC undergrad in Cognitive Systems. Students will learn how to think like a programmer and create simple projects that they could be proud of. A laptop or keyboard with just access to the internet via WiFi will be required in class for learning and practicing. No experience is required. Please bring your own laptop. Due to room occupancy, parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: Tommy Nguyen

9-13 yrs

F Apr 23-Jun 11 **3:30 PM-4:30 PM**
321213 \$72/8 sess

14-17 yrs

F Apr 23-Jun 11 **5:15 PM-6:15 PM**
321214 \$72/8 sess

Red Cross Babysitting Course (10-16 yrs)

The Babysitting Course is a nationally recognized program designed to help youth develop self-assurance, knowledge, and skills required for babysitting duties and when caring for themselves alone. These are important tools for your daughter or son to have as they begin to build invaluable skills for a lifetime. This class is registration only. Drop-ins will not be allowed. This class is held in the Auditorium. Masks are mandatory.

Instructor: Community Care First Aid

Sa Apr 17 **9:15 AM-4:15 PM**
321315 \$75/1 sess

Sa May 22 **9:15 AM-4:15 PM**
321316 \$75/1 sess

Sa Jun 19 **9:15 AM-4:15 PM**
322993 \$75/1 sess

Young Filmmakers (8-14 yrs)

Young Filmmakers 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. This class is registration only. No class May 22.

Instructor: Young Filmmakers

Sa May 1-Jun 12 **12:30 PM-4:30 PM**
321343 \$450/6 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. This class is registration only. Drop-ins will not be allowed.

Instructor: Anna Kihara

Sa Apr 3-Jun 5 **10:00 AM-4:30 PM**
321300-321308 \$230/10 sess/30 minutes

Guitar - Private Lessons (7+ yrs)

These 30 minute lessons are for students of beginner and intermediate level. Students will learn the basics of guitar including scales, strumming, chords, and rhythm. For the more advanced players, they will learn simple riffs and licks, and different styles of guitar such as Blues, Rock, and Funk. Students will also play and learn some of their favourite songs throughout the weeks. Students provide their own guitar. Sorry, no refunds after the second class. Parents will not be permitted to enter the room. This class is registration only. Drop-ins will not be allowed.

Instructor: JJ Xu

Th Apr 15-Jun 10 **3:10 PM-3:40 PM**
321222 \$207/9 sess
Th Apr 15-Jun 10 **3:50 PM-4:20 PM**
321223 \$207/9 sess
Th Apr 15-Jun 10 **4:30 PM-5:00 PM**
321224 \$207/9 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 www.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. This class is registration only. Drop-ins will not be allowed.

Instructor: Jan Stefanovic

M Apr 12-Jun 28 **4:45 PM-5:45 PM**
321257 \$66/11 sess
W F Apr 14-Jun 25 **4:45 PM-5:45 PM**
321256 \$132/22 sess

Sports

Sportball Outdoor Soccer (4-6 yrs)

Kickstart your day! Sportball Outdoor Soccer programs introduce fundamental concepts of gameplay and teach the basic skills required to bend it like Beckham in a supportive, non-competitive environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused games. Classes take place outdoors. Parents are required to remain on the field for children's safety.

Instructor: Sportball Vancouver

W May 5-Jun 16 **6:15 PM-7:15 PM**
326890 \$132/7 sess

Sportball Multisport (5-7 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! Equipment Package Fee will include a soccer ball or multisport ball, a tennis ball, a hoop and an equipment bag. This class is registration only. Drop-ins will not be allowed. No class May 22.

Instructor: Sportball Vancouver

Sa Apr 10-May 1 **11:00 AM-12:00 PM**
321322 \$84/4 sess

Tennis Lessons (6-12 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. This class is registration only. Drop-ins will not be allowed.

Instructor: Wilson Tan

Sa Apr 10-Jun 26 **3:00 PM-4:30 PM**
321338 \$252/12 sess

Tu Apr 13-Jun 29 **4:30 PM-6:00 PM**
321337 \$252/12 sess

Family Yoga Online (4-12 yrs)

Yoga is a natural wellspring of health, helping with self awareness, as well as memory and concentration abilities. Yoga can nurture and inspire children about self-regulating and self-care. The class includes stories along with yoga sequences and relaxation. Yoga can aid in children's development and bring more harmony into one's life. This online class is intended as a parent and child class and is an opportunity for the family to practice yoga together.

For the online class, we will be using the platform Webex. You will have to download the application and create a username and password. We will give a meeting number to join the class. Step by step instructions will be emailed to you a week prior to your first class. No session May 24.

Instructor: Vivien Gomes

4-7 yrs

Sa Apr 17-Jun 12 **11:00 AM-11:30 AM**
321219 Free/8 sess

8-12 yrs

Sa Apr 17-Jun 12 **11:45 AM-12:30 PM**
321220 Free/8 sess

Youth Programs

Pro-D Day Camp

6-12 yrs | Youth Leader

A day off school?! Join our Youth Staff for a fun filled day! Pack a water bottle, snack and lunch; dress weather-appropriately including rubber boots. Pre-registration and consent forms are required. Register early, spaces are limited!

CAMP **9:00 AM-3:00 PM** **\$28/day**
AFTER CARE **3:00 PM-5:30 PM** **\$8/day**

M Apr 26

Camp - 320230 After Care - 320231

Preteen Social

TGIF

9-12 yrs | Youth Leader

This evening program provides a space for pre-teens to come and enjoy scheduled activities. Youth leaders make it exciting and fun every Friday, starting in the Auditorium & Games Room, with scheduled activities to begin at approximately 6:30 PM. **Registration required.**

Fri Apr 23-Jun 11
320229

6:15 PM-8:45 PM
Free/8 sess

Tuesday Troopers

9-12 yrs | Youth Leader

Tuesday Troopers is for any pre-teen who identifies as a boy and/or non-binary and wants to take part!

This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks!

The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

Tu Apr 20-Jun 8
320227

3:00 PM-6:00 PM
Free/8 sess

Wednesday Star Friends

9-12 yrs | Youth Leader

Wednesday Star Friends is for any pre-teen who identifies as a girl and/or non-binary and wants to take part!

This program is a great way to connect with other kids in the community. Chill in the Games Room by playing pool, table tennis or PS4/Wii. The program will also conduct some leadership activities and provide snacks!

The staff will pick participants up outside the main entrance at Hastings Elementary & AR Lord Elementary after school. Please be ready to walk to Hastings CC by 3:15 PM. Participants to be picked up at Hastings CC after the program.

W Apr 21-Jun 9
321254

3:00 PM-6:00 PM
Free/8 sess

Sports

Ball is Lyfe - Youth Basketball

12-18 yrs | Youth Leader

Looking to enhance your basketball skills and improve your game? Come by put in the work during these practice only sessions!

The Rundown:

- Masks required at all times
- Must be registered; No drop-ins
- One person per hoop maximum

- No sharing equipment
- No scrimmages (4v4, 3v3, 2v2, etc.) >> Practice session only

Subject to change based on latest safety guidelines

Registration for each session opens 3 days prior, 12:00 PM (every Tuesday)

Fri 3:00 PM-4:15 PM - Grade 5-7 only
 4:30 PM-5:30 PM
 6:00 PM-7:00 PM
 7:30 PM-8:30 PM

HVC: Teen Volleyball

12-18 yrs | Youth Leader

Looking to enhance your volleyball skills and improve your game? Come by to practice!

The Rundown:

- Mask required at all times
- Must be registered; No drop-ins
- Practice session

Subject to change based on latest safety guidelines

Registration for each session opens 3 days prior, 12:00 PM (every Monday)

Thu 6:30 PM-7:30 PM

Hastings Youth Council

12-17 yrs | TJ Shukla

The Hastings Youth Council strives for youth to be leaders in their community and for their voices to be heard. This is a great opportunity to organize activities, special community initiatives, implement projects, and volunteer in the community. Join us in meeting new people and gain volunteer hours for graduation.

Meetings are held on Saturdays. To register, contact TJ!

Sa Apr 17-Jun 12

2:15 PM-3:45 PM
 4:00 PM-5:30 PM

If you have any questions, please feel free to contact TJ, *Community Youth Worker*

tj.shukla@vancouver.ca

604.718.6231

For the latest youth updates, follow TJ on Insta! @YouthWorkerTJ

Adult Programs

Education

Community Garden Work Party (19+)

Come meet other people in your community by working on an outdoor project in our Community Garden. Come enjoy the sunshine and bring your enthusiasm to this small outdoor gardening gathering.

Instructor: Lisa Patterson

Sa Apr 17 12:00 PM-2:00 PM

329201 Free/1 sess

Sa May 29 12:00 PM-2:00 PM

329202 Free/1 sess

Gardening Corner for Older Adults (50+)

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. No session on May 24.

Instructor: Lisa Patterson

Tu Apr 13-May 18 11:00 AM-12:00 PM

321248 Free/6 sess

Tu Jun 1-Jun 29 11:00 AM-12:00 PM

329194 Free/5 sess

Infant/Child CPR, Choking and Injury Prevention

Learn what to do if an infant or child goes unconscious, stops breathing or begins to choke - followed by an in-depth discussion on injury prevention for infants and toddlers. You will gain confidence on managing emergencies and how to prevent them in the first place. There is no certification awarded, but this is a perfect class for parents or soon to be parents who would like to obtain life saving knowledge. You will be practicing on professional equipment. Masks must be worn during the entire workshop. Participants are expected to bring their own mats or cushion for kneeling as instruction will be conducted on the floor. The class is for adults only; no children in the class. For more information, please see:

<https://safebeginnings.thinkific.com/courses/infant-child-cpr-choking-and-injury-prevention>. This class is registration only. Drop-ins will not be allowed.

Instructor: Safe Beginnings

Sa May 22 2:30 PM-4:30 PM

328825 \$15/1 sess

Fitness

Osteofit (19+ yrs)

This is a low intensity exercise program designed specifically for people with osteoporosis who are at an increased risk for fracture. Beginners are welcome. This class is registration only. Drop-ins will not be allowed. Check-in will begin 10 minutes prior to start time. Please enter the building through the Hastings St entrance and check-in with the staff. Please be ready to begin as washroom capacity is limited.

Instructor: Berdjis Bahrami

Th Apr 8-May 13 1:00 PM-2:00 PM

321266 \$30/6 sess

Th May 20-Jun 24 1:00 PM-2:00 PM

Personal Training (19+ yrs)

Need motivation or fitness expertise to reach your health & fitness goals? Book your one hour session with one of our seasoned trainers now! Sessions take place Mon-Fri at 6:00am OR 7:00am. Please call 604-718-6222 to book an appointment. No refunds. This class is registration only. Drop-ins will not be allowed.

M - F Apr 1-Jun 30 **6:00 AM-7:00 AM**

\$35/1 sess

M - F Apr 1-Jun 30 **7:00 AM-8:00 AM**

\$35/1 sess

Fitness Centre

Come enjoy a workout session at our Fitness Centre. To visit for a one-hour session, 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. The capacity of our Fitness Centre 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 will be 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 monthly pass will have their expiry date adjusted less one day.
- 48 hours notice required to avoid penalty.
- To cancel your reservation, please call 604-718-6222.
- 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: <http://vancouver.ca/hastingsrec>

Enjoy your visit and welcome back!

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

Sports

Badminton (19+ yrs)

Get active on the court with badminton. Non instructional, 45 minute court booking. Limited to singles play. This class is registration only. Drop-ins not permitted. Register one person from the group. Please play with same person throughout the set. Participants are expected to bring their own birdies and equipment. Bring a full water bottle. Please be ready to begin as washroom capacity is limited. MASKS ARE MANDATORY unless you are on your court. Keep 2 metres apart at all times.

Instructor: Non Instructional

M Apr 12-Jun 28	10:30 AM-11:15 AM
321173	\$33/11 sess
M Apr 12-Jun 28	11:30 AM-12:15 PM
321174	\$33/11 sess
M Apr 12-Jun 28	12:30 PM-1:15 PM
321175	\$33/11 sess
M Apr 12-Jun 28	1:30 PM-2:15 PM
321176	\$33/11 sess
M Apr 12-Jun 28	2:30 PM-3:15 PM
321177	\$33/11 sess

Private Tennis Lessons (19+ yrs)

All private 1:1 tennis lessons. The classes are focused on the particular needs of the player, working towards improvement. Expected improvements are 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 improving your match play skills, we can help you. Please bring your own racquet. This session is registration only. Drop-ins will not be allowed. This session is held in the Gymnasium.

Instructor: Wilson Tan

Wednesdays

W Apr 7-28	3:45 PM-4:45 PM
321309	\$400/4 sess
W Apr 7-28	3:45 PM-4:45 PM
323623	\$400/4 sess
W Apr 7-28	5:00 PM-6:00 PM
323625	\$400/4 sess
W Apr 7-28	5:00 PM-6:00 PM

323627	\$400/4 sess
W May 5-26	3:45 PM-4:45 PM
323656	\$400/4 sess
W May 5-26	3:45 PM-4:45 PM
323658	\$400/4 sess
W May 5-26	5:00 PM-6:00 PM
323659	\$400/4 sess
W May 5-26	5:00 PM-6:00 PM
323660	\$400/4 sess
W Jun 2-23	3:45 PM-4:45 PM
323661	\$400/4 sess
W Jun 2-23	3:45 PM-4:45 PM
323662	\$400/4 sess
W Jun 2-23	5:00 PM-6:00 PM
323663	\$400/4 sess

Saturdays

Sa Apr 3-24	12:30 PM-1:30 PM
323671	\$400/4 sess
Sa Apr 3-24	12:30 PM-1:30 PM
323673	\$400/4 sess
Sa Apr 3-24	1:45 PM-2:45 PM
323674	\$400/4 sess
Sa Apr 3-24	1:45 PM-2:45 PM
323675	\$400/4 sess
Sa May 1-29	12:30 PM-1:30 PM
323676	\$500/5 sess
Sa May 1-29	12:30 PM-1:30 PM
323677	\$500/5 sess
Sa May 1-29	1:45 PM-2:45 PM
323678	\$500/5 sess
Sa May 1-29	1:45 PM-2:45 PM
323679	\$500/5 sess
Sa Jun 5-26	12:30 PM-1:30 PM
323680	\$400/4 sess
Sa Jun 5-26	12:30 PM-1:30 PM
323681	\$400/4 sess
Sa Jun 5-26	1:45 PM-2:45 PM
323684	\$400/4 sess
Sa Jun 5-26	1:45 PM-2:45 PM
323685	\$400/4 sess

Older Adult Programs

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.

Th Apr 8-Jun 17	11:15 AM-12:15 PM
321258	\$88/11 sess

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.

Tu Apr 6-Jun 15 **10:30 AM-11:30 AM**
321259 \$77/11 sess

Technology Hour for Older Adults

50+ yrs | Raymond Eng

Intimidated by the latest technology? Are you curious what your smart phone or tablet has to offer? Bring your questions and come sit with Raymond for Technology Hour and learn to become more comfortable navigating through your device. All levels of knowledge are welcome. Please do not sign up for more than 1 session a month.

W Apr 28 **1:30 PM-2:30 PM**
321331 Free/1 sess
W May 26 **1:30 PM-2:30 PM**
321333 Free/1 sess
W Jun 30 **1:30 PM-2:30 PM**
321334 Free/1 sess

Pickleball

55+ yrs | Non Instructional

Reserve your court for Pickleball for 2 people. This sport combines elements of badminton, tennis and table tennis. It is a fun and easy to learn sport which will have you coming back for more! Please note that this program is non-instructional. Bring yourself and a friend for Singles play only and you must play against your friend during the entire season. We will register your friend on the first day. No drop-ins. Participants are expected to bring their own balls and equipment. Please keep your mask on until you get onto your court and remember to put your mask on once you are off your court. Please note there can not be any congregating with other groups before, during and after game play. This class is registration only. Drop-ins will not be allowed.

W Apr 7-Jun 23 **10:15 AM-11:00 AM (Court 1)**
321272 \$36/12 sess
W Apr 7-Jun 23 **11:15 AM-12:00 PM (Court 1)**
321273 \$36/12 sess
W Apr 7-Jun 23 **12:15 PM-1:00 PM (Court 1)**
321274 \$36/12 sess
W Apr 7-Jun 23 **1:15 PM-2:00 PM (Court 1)**
321275 \$36/12 sess
W Apr 7-Jun 23 **2:15 PM-3:00 PM (Court 1)**
321276 \$36/12 sess
W Apr 7-Jun 23 **10:15 AM-11:00 AM (Court 2)**
321277 \$36/12 sess
W Apr 7-Jun 23 **11:15 AM-12:00 PM (Court 2)**
321278 \$36/12 sess
W Apr 7-Jun 23 **12:15 PM-1:00 PM (Court 2)**
321279 \$36/12 sess
W Apr 7-Jun 23 **1:15 PM-2:00 PM (Court 2)**
321280 \$27/12 sess
W Apr 7-Jun 23 **2:15 PM-3:00 PM (Court 2)**
321281 \$36/12 sess
W Apr 7-Jun 23 **10:15 AM-11:00 AM (Court 3)**

321282	\$36/12 sess
W Apr 7-Jun 23	11:15 AM-12:00 PM (Court 3)
321283	\$36/12 sess
W Apr 7-Jun 23	12:15 PM-1:00 PM (Court 3)
321284	\$36/12 sess
W Apr 7-Jun 23	10:15 AM-11:00 AM (Court 4)
321285	\$36/12 sess
W Apr 7-Jun 23	11:15 AM-12:00 PM (Court 4)
321286	\$36/12 sess
W Apr 7-Jun 23	12:15 PM-1:00 PM (Court 4)
321287	\$36/12 sess

Pickleball Private Lessons (w/ Charles)

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 registration only. Drop-ins will not be allowed.

W Apr 7-May 12	1:15 PM-2:00 PM
321288	\$300/6 sess
W Apr 7-May 12	2:15 PM-3:00 PM
321289	\$300/6 sess
W May 19-Jun 23	1:15 PM-2:00 PM
321296	\$300/6 sess
W May 19-Jun 23	2:15 PM-3:00 PM
321297	\$300/6 sess

Pickleball Private Lessons Set I (w/ Karina)

50+ yrs | Karina Michaud

Looking for a 1 on 1 lesson? Come learn from one of the best Canada has to offer. Karina Michaud is a head coach for Team Quebec and is a US Open Medalist. Whatever level you are at in pickleball, she can improve your game. For more information about here, click the link: <https://www.facebook.com/KMpickleball/> Participants are expected to bring their own equipment. Please remember to wear your mask until you get onto your court and to remember to put it on once your lesson is over. This class is registration only. Drop-ins will not be allowed.

W Apr 7-May 12	1:15 PM-2:00 PM
321290	\$300/6 sess
W Apr 7-May 12	2:15 PM-3:00 PM
321291	\$300/6 sess
W May 19-Jun 23	1:15 PM-2:00 PM
321298	\$300/6 sess
W May 19-Jun 23	2:15 PM-3:00 PM
321299	\$300/6 sess

Templeton Park Pool Programs

(700 Templeton Drive, Vancouver)

Preschool

Adventures in Music for Babies

0-1 yrs | Jennifer Yamazaki

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.

W Apr 14-Jun 16

11:15 AM-11:45 AM

325406

\$90/10 sess

Adventures in Music

1-5 yrs | Jennifer Yamazaki

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.

W Apr 14-Jun 16

10:15 AM-11:00 AM

325396

\$120/10 sess

Mother Goose - Mixed Ages

0-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). 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. This class is registration only. Drop-ins will not be allowed. No class May 24.

M Apr 12-Jun 21

9:15 AM-10:00 AM

325446

Free/10 sess

Mother Goose - Mixed Ages (Online)

0-3 yrs | Jennifer Yamazaki

"Zoom, Zoom, Zoom, We're Going to the Moon!" Learn songs, rhymes and stories to share with your little one in this interactive class. Have fun while developing their language, pre-literacy and social skills. This is an instrument/prop/book/toy free class, focusing on teaching songs and rhymes to parents and caregivers to use to engage, redirect, calm, distract, and bond with their child(ren). 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. This class is registration only. Drop-ins will not be allowed.

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

Th Apr 15-Jun 17 11:15 AM-12:00 PM
328922 Free/10 sess

Children

Little Ballerinas (3-5 years)

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. No class May 22.

Instructor: Endorphin Rush Dance and Fitness

Sa Apr 17-Jun 19 12:15 PM-1:00 PM
326600 \$90/9 sess

Little Ballerinas (4-6 years)

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. No class May 22.

Instructor: Endorphin Rush Dance and Fitness

Sa Apr 17-Jun 19 1:15 PM-2:00 PM
326601 \$90/9 sess

Hip Hop Breakers (4-7 yrs)

This non-stop action-packed class includes hip hop, basic breakdancing, and dance games that will have your dancer moving to the beats. More info: www.kirbySnelldance.com. No class May 22.

Instructor: Endorphin Rush Dance and Fitness

Sa Apr 17-Jun 19 2:15 PM-3:00 PM
328945 \$90/9 sess

Fitness & Health

Tai Chi (19+ yrs) (Returning Students Only)

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.

Instructor: Guy Tomash

Tu Apr 6-27 12:30 PM-2:30 PM
325447 \$40/4 sess

Th Apr 1-29 12:30 PM-2:30 PM
325448 \$50/5 sess

Tu May 4-25 12:30 PM-2:30 PM
325449 \$40/4 sess

Th May 6-27 12:30 PM-2:30 PM
325450 \$40/4 sess

Tu Jun 1-Jun 29 12:30 PM-2:30 PM
325451 \$50/5 sess

Th Jun 3-Jun 24 12:30 PM-2:30 PM
325452 \$40/4 sess

Hatha Yoga (19+ yrs)

The Hatha 26&2 sequence is designed for active moms and athletic yogi looking for a strong practice to help restore, rejuvenate, and revitalize. Properly done, the practice will strengthen the immune system, increase circulation, improve focus, help maintain optimum weight, develop core muscles, and much more. Breathing techniques will be introduced to improve the respiratory system, and each class will complete with final relaxation. Classes will build into the next with participants likely noticing personal changes around the 3rd to 4th sessions. Get ready for spring and summer, practice yoga!

Instructor: Vivien Gomes

Th Apr 15-May 13 9:00 AM-10:00 AM
329195 \$65/5 sess

Th May 20-Jun 17 9:00 AM-10:00 AM
329196 \$65/5 sess

Su Apr 18-May 16 9:30 AM-10:30 AM
329197 \$65/5 sess

Su May 30-Jun 27 9:30 AM-10:30 AM
329198 \$65/5 sess

Toddler & Me Yoga (19+ yrs)

Hatha Yoga for Mommy (or Daddy) and me! The practice will be about nature and the body. The nature yoga sequence will introduce stories, music and fun toys, making for an enjoyable class. Lessons are inspired by Montessori teachings; a creative and interactive approach will be offered. Breathing techniques will be introduced to learn how to be calm and relaxed. Every class will complete with final relaxation. The beauty of yoga is to practice together. Join and have fun! Due to the capacity of the room, only 1 parent can attend class.

Instructor: Vivien Gomes

Th Apr 15-May 13 10:15 AM-11:00 AM
330097 \$75/5 sess

Th May 20-Jun 17 10:15 AM-11:00 AM
330098 \$75/5 sess

Yoga for Older Adults (50+ yrs)

Designed specifically for older adults; all levels are welcome. The Hatha 26&2 sequence for older folks with a true and gentle approach will help release stress, build and maintain a strong immune system, increase circulation, and increase energy. All classes will include breathing and meditation techniques. Students will complete class with constructive relaxation. Classes will build into the next with participants likely noticing personal changes around the 3rd to 4th sessions. Get ready for spring and summer, practice yoga!

Instructor: Vivien Gomes

Th Apr 15-May 13 11:15 AM-12:15 PM
329199 \$60/5 sess

Th May 20-Jun 17 11:15 AM-12:15 PM
329200 \$60/5 sess