



STRATHCONA
COMMUNITY CENTRE

We take care of each other

WINTER / SPRING 2026 RECREATION GUIDE



WINTER/SPRING REGISTRATION BEGINS: Dec 13, 2025 @ 9am
DAY CAMP REGISTRATION: Please see page 8 for dates

601 Keefer Street, 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





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.

- Childcare, food programs, workshops & private lessons are excluded from the LAP discount.

Message from the SCCA Board

We are very excited to kick off 2026, 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 a new Lunar New Year Event, 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?

JOIN OUR BOARD!

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

FIND OUT MORE
strathconacc@gmail.com

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
 Dec 22-24, 29-31.. 9:00AM - 5:00PM
 Jan 2 9:00AM - 5:00PM
 Apr 6, May 18 10:00AM - 2:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
 Sat 9:00AM - 4:30PM
 Sun 10:00AM - 1:30PM
 Dec 22-24, 29-31.. 9:00AM - 4:30PM
 Jan 2 9:00AM - 4:30PM
 Apr 6, May 18 10:00AM - 1:30PM

Holiday Closures

Dec 25-26, Jan 1 CLOSED
 Feb 16 & Apr 3 CLOSED

Table of Contents

■ Licensed Childcare & Licensed Preschool	4
■ Special Events	5
■ Preschool	6
■ Children	7-12
■ Youth	13-14
■ Adult	15-19
■ Older Adults	20-21
■ Fitness Centre	22
■ Rentals	23

Day Camp
Registration: Please
see page 8 for dates

How to Register:
Winter/Spring Registration Opens
Saturday December 13 @ 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](https://www.instagram.com/strathcc)

 @strathcentre

 Strathcona CC

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.



STRATHCONA
COMMUNITY CENTRE

We take care of each other

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				
<i>The following prices are for 2025-2026. Prices are subject to change</i>				
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.

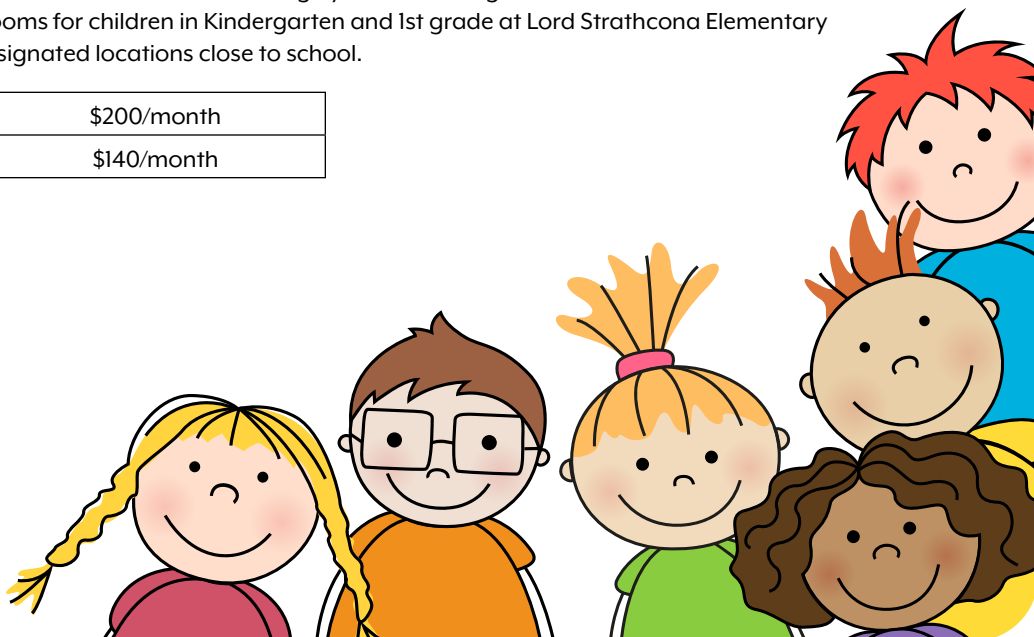
Strathcona Licensed Child Care

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 200 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



SUMMER KICK OFF

Save
the Date

SATURDAY JUNE 6, 2026

11:00AM - 1:00PM

**MORE INFORMATION TO COME IN
MARCH 2026!**

FREE ACTIVITIES FOR ALL AGES!

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



Lunar New Year Celebration!

All Ages

Come and join us in our first Lunar New Year Celebration here at Strathcona Community Centre! We will have special performances from our local lion dancers including our program participants to arts & crafts, calligraphy, face painting, photo booth and many more to celebrate the year of the Horse!

❄ Sa Feb 7
585871

10:30 AM-12:30 PM
Free/1 sess



Strathcona Easter Fair 2026

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 15 min 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. Registration not required.

☀ Sa Apr 4
586344

10:00 AM-1:00 PM
Free

Social

Playtime for Tots!

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! Drop-in program only; spaces are limited. Drop-in \$1.50. No class Feb 16, Apr 3, 6, & May 18 due to stat holidays. No class Jan 12, Feb 13, & Apr 20 due to Pro-D Days.

❄ M/W/F Jan 14-Mar 30	10:30 AM-12:00 PM
585959	\$1.50/drop-in sess
❄ M/W/F Apr 8-Jun 12	10:30 AM-12:00 PM
586307	\$1.50/drop-in sess

Mini 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. No class May 16.

❄ Sa Jan 10-Mar 14	11:00 AM-11:45 AM
585912	\$120/10 sess
❄ Sa Apr 18-Jun 20	11:00 AM-11:45 AM
586265	\$108/9 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. More info: www.kirbysnellldance.com.

No class May 16.

❄ Sa Jan 10-Mar 14	10:15 AM-11:00 AM
585907	\$120/10 sess
❄ Sa Apr 18-Jun 20	10:15 AM-11:00 AM
586260	\$108/9 sess



Sports

Axe Capoeira Mini-Kids

3-5 yrs | Sheila R.

Perfect class for your mini! 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. No class May 17.

❄ Su Apr 12-Jun 7	10:15 AM-11:00 AM
586216	\$80/8 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 15 & May 17.

❄ Su Jan 18-Mar 15	11:00 AM-12:00 PM
593952	\$136/8 sess
❄ Su Apr 12-May 10	11:00 AM-12:00 PM
586326	\$85/5 sess
❄ Su May 24-Jun 28	11:00 AM-12:00 PM
596920	\$102/6 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 to ensure that focus is kept on helping little ones practice and progress. No class Feb 15 & May 17.

❄ Su Jan 18-Mar 15	10:15 AM-11:00 AM
593953	\$136/8 sess
❄ Su Apr 12-May 10	10:15 AM-11:00 AM
586327	\$85/5 sess
❄ Su May 24-Jun 28	10:15 AM-11:00 AM
596922	\$102/6 sess



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. It will also give you a chance to be part of a supportive group of parents. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! For more info, please visit www.bearfeetgymnastics.com. Parent participation is required. No class May 17.

☀ Su Apr 12-Jun 7	10:30 AM-11:15 AM
586219	\$100/8 sess
☀ Su Apr 12-Jun 7	11:30 AM-12:15 PM
593951	\$100/8 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! This class provides a great mix of play and skill building all rolled into one. We focus on fundamentals of gymnastics in this high energy super engaging class! Parent participation mandatory. No class May 17.

☀ Su Apr 12-Jun 7	12:30 PM-1:15 PM
586311	\$100/8 sess

Arts

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 16 & May 18.

☀ M Jan 19-Mar 9	3:15 PM-4:15 PM
585891	\$91/7 sess
☀ M Apr 13-Jun 15	3:15 PM-4:15 PM
586246	\$117/9 sess

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. www.KirbySnellDance.com. No class Feb 16 & May 18.

☀ M Jan 19-Mar 9	4:15 PM-5:00 PM
593950	\$84/7 sess
☀ M Apr 13-Jun 15	4:15 PM-5:00 PM
586209	\$108/9 sess

Yoga Buggy! - Mindfulness & Movement for Kids

5-8 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!

☀ W Jan 21-Mar 11	3:30 PM-4:30 PM
586024	\$120/8 sess
☀ W Apr 15-Jun 3	3:30 PM-4:30 PM
598676	\$120/8 sess

Family Yoga **NEW!**

1-5 yrs | Yoga Buggy

Join us for a fun and playful 45-minute Family Yoga class, designed for caregivers and their little ones. This class is a great way to bond while exploring gentle movement, breathing exercises, songs, and mindful play. No prior yoga experience is needed! Bring your curiosity and a sense of adventure as we stretch, move, and relax together.

☀ W Jan 21-Mar 11	2:00 PM-2:45 PM
586023	\$105/8 sess
☀ W Apr 15-Jun 3	2:00 PM-2:45 PM
598675	\$105/8 sess

KPOP/Jazz Funk /Hip Hop Sampler **NEW!**

7-14 yrs | ILLUMA Studio

You can be part of the exciting world of dance by sampling Jazz Funk, Street and Korean Pop (KPOP) dance styles through cardio warm ups, strengthening, footwork, isolations, stretches, and learn the importance of breathing. Embrace teamwork while supporting classmates, have fun, and rise to a new challenge! No previous experience required. FB/IG @ [illumastudio](https://www.instagram.com/illumastudio). No class Feb 15 & May 17.

☀ Su Jan 11-Mar 8	12:40 PM-1:55 PM
598707	\$160/8 sess
☀ Su Apr 12-Jun 7	12:40 PM-1:55 PM
598708	\$160/8 sess

Specialty Camps

Basketball Camp

6-13 yrs | Strathcona Basketball Coaches

Enroll in basketball camp and have fun practicing the fundamentals and playing various games involving: passing, shooting, dribbling, rebounding.

6-9 yrs

☀ M-F Mar 16-20	10:15 AM-12:15 PM
596944	\$50/5 sess

10-13 yrs

☀ M-F Mar 16-20	12:30 PM-2:30 PM
596944	\$50/5 sess

Tennis Camp

7-12 yrs | Wilson Tan

Participate in this innovative program and develop tennis fundamentals with Wilson. 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.

7-9 yrs

☀ M-F Mar 23-27	10:15 AM-12:15 PM
598697	\$140/5 sess

10-12 yrs

☀ M-F Mar 23-27	12:30 PM-2:30 PM
598700	\$140/5 sess

Supershine Summer Day Camp

Supershine Summer Day Camp

5-13 yrs | Supershine Summer Day Camp Staff

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, 2026 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 3.

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 the V6A but your child attends Strathcona Elementary, please bring your child's most recent report card.

V6A/STRATH ELEM.- REQUIRED ITEMS TO BRING:

Residents living in V6A must provide both of the following items to register your child on Mar 28, 2026:

- 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:

In-person: Mar 28, 2026 @ 9am
Phone in: Mar 28, 2026 @ 1pm

NEW!

• City Wide Day Camp Registration Dates:

In-person: Apr 8, 2026 @ 7pm
Online: Apr 8, 2026 @ 7pm
Phone in: Apr 9, 2026 @ 10am

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 29-Jul 3	\$112	586163	586171	586155
WEEK 2	Jul 6-10	\$140	586164	586172	586156
WEEK 3	Jul 13-17	\$140	586165	586173	586157
WEEK 4	Jul 20-24	\$140	586166	586174	586451
WEEK 5	Jul 27-31	\$140	586167	586175	586453
WEEK 6*	Aug 4-7	\$112	586168	586176	586456
WEEK 7	Aug 10-14	\$140	586169	586177	586161
WEEK 8	Aug 17-21	\$140	586170	586178	586162

*4 day week

Day Camp

Pro-D Day Camp

5-12 yrs | Supershine Daycamp 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.

❄️ M Jan 19	9:00 AM-3:00 PM
585960	\$25/1 sess
❄️ F Feb 13	9:00 AM-3:00 PM
585961	\$25/1 sess
☀️ M Apr 20	9:00 AM-3:00 PM
586308	\$25/1 sess

Spring Break Day Camp

5-12 yrs | Supershine Daycamp 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, 2026 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 16-20	9:00 AM-4:00 PM
586020	\$140/5 sess

WEEK 2:

❄️ M-F Mar 23-27	9:00 AM-4:00 PM
586021	\$140/5 sess



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Education

Little Chefs

6-10 yrs | Jacob T. & Oasis O.

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!

❄️ Sa Jan 10-Feb 7	10:30 AM-12:00 PM
585909	\$60/5 sess
❄️ Sa Feb 21-Mar 21	10:30 AM-12:00 PM
591872	\$60/5 sess
☀️ Sa Apr 11-May 9	10:30 AM-12:00 PM
586262	\$60/5 sess
☀️ Sa May 23-Jun 20	10:30 AM-12:00 PM
593677	\$60/5 sess

Afterschool Cooking for Kids!

9-12 yrs | Shaista A.

Come cook with Shaista and explore the delicious world of food. Kids will get to build their kitchen confidence while learning to make tasty dishes like Kabuli Pulao, creamy chicken soup, kabobs, tacos, butter chicken & burgers. Try new recipes, gain new skills and enjoy the fun of cooking together.

❄️ Th Jan 22-Mar 12	3:15 PM-4:45 PM
585850	\$64/8 sess
☀️ Th Apr 9-May 28	3:15 PM-4:45 PM
586207	\$64/8 sess



Songcraft Academy - Creating Music

9-13 yrs | Powy

Songcraft Academy empowers children to express themselves through music in a safe, non-judgmental space. We foster emotional growth and confidence by guiding students of all skill levels to create and share original songs. No musical or technological knowledge is needed to participate.

Learning Objectives:

1. Beat Making with Bandlab
2. Lyric Writing
3. Artistic Collaboration

4. Relationship with Finished Projects

☀️ Tu Apr 7	3:30 PM-5:00 PM
598701	FREE TRIAL/1 sess
☀️ Tu Apr 21-Jun 9	3:30 PM-5:00 PM
586321	\$280/8 sess

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

❄ Sa Jan 31	9:00 AM-3:00 PM
585965	\$70/1 sess
❄ Sa May 2	9:00 AM-3:00 PM
586313	\$70/1 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 21	9:15 AM-4:15 PM
585966	\$70/1 sess
❄ Sa Jun 20	9:15 AM-4:15 PM
586314	\$70/1 sess

Martial Arts

Axe Capoeira for Children

6-13 yrs | Kaj R.

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

❄ W/F Jan 7-Mar 11	3:15 PM-4:00 PM
585857	\$190/19 sess
❄ W/F Apr 8-Jun 12	3:15 PM-4:00 PM
586212	\$200/20 sess

9-13 yrs

❄ W/F Jan 7-Mar 11	4:00 PM-5:00 PM
585860	\$247/19 sess
❄ W/F Apr 8-Jun 12	4:00 PM-5:00 PM
586213	\$260/20 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. No class Feb 16, Apr 16 & May 18.

❄ M/W Jan 5-Mar 30	6:30 PM-7:30 PM
585900	\$5/drop-in
❄ M/W Apr 1-Jun 29	6:30 PM-7:30 PM
586253	\$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.

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 10-Mar 14	3:00 PM-5:00 PM
586012	\$200/10 sess
❄ Sa Apr 11-Jun 20	3:00 PM-5:00 PM
586353	\$220/11 sess

We don't want to cancel good programs, but...

Programs will have to be cancelled if everyone waits until the last minute to register. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Sports

Tennis Lessons - Basic

7-9 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 Feb 7, 14, May 16 & Jun 6.

❄ Sa Jan 17-Mar 14	12:30 PM-1:45 PM
586007	\$105/7 sess
☀ Sa Apr 18-Jun 20	12:30 PM-1:45 PM
586351	\$120/8 sess

Tennis Lessons - Intermediate

10-12 yrs | Wilson Tan

Continue to develop in tennis as you will focus on more technical skills in the next stage of development. Suitable for children who have previously taken beginner lessons. No class on Feb 7, 14, May 16 & Jun 6.

❄ Sa Jan 17-Mar 14	1:45 PM-3:00 PM
586005	\$105/7 sess
☀ Sa Apr 18-Jun 20	1:45 PM-3:00 PM
586349	\$120/8 sess

Hosted & organized by the Rotary International



HOOP-A-THON
— STRATHCONA —

SATURDAY, APRIL 25TH
9:30AM-12:00PM
@STRATHCONA GYMNASIUM

HOOP-A-THON IS AN ANNUAL FUNDRAISER AT STRATHCONA CC. IT IS HOSTED BY THE ROTARY INTERNATIONAL. KIDS AND YOUTH IN THE STRATHCONA BASKETBALL PROGRAM HAVE 60 SECONDS TO MAKE AS MANY FREE THROWS AS POSSIBLE AND PLEDGES ARE MADE PER BASKET.

FUNDS RAISED WILL GO DIRECTLY BACK INTO OUR PROGRAM TO CONTINUE MAKING OUR PROGRAM AFFORDABLE. THESE FUNDS WILL ALSO GO TOWARDS SCHOLARSHIPS TO THOSE LIVING IN EAST VANCOUVER.



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Strathcona Basketball

5-14 yrs | Jadon, Rummii, James, Billy, Chen,
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.

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 6 in person/by phone. The rest of the general public can register on Dec 13 for the remaining spots. No class Feb 7 (Lunar New Year).

Grades K-2

❄ Sa Jan 10-Mar 21	9:05 AM-10:05 AM
585986	\$39/10 sess
❄ Sa Apr 11-Jun 20	9:05 AM-10:05 AM
586331	\$30/10 sess

Grades 3-5

❄ Sa Jan 10-Mar 21	10:10 AM-11:10 AM
585984	\$30/10 sess
❄ Sa Apr 11-Jun 20	10:10 AM-11:10 AM
586329	\$30/10 sess

Grades 6-8

❄ Sa Jan 10-Mar 21	11:15 AM-12:15 PM
585985	\$30/10 sess
❄ Sa Apr 11-Jun 20	11:15 AM-12:15 PM
586330	\$30/10 sess

We don't want to cancel good programs, but...

Programs will have to be cancelled if everyone waits until the last minute to register. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

CAP-C PROGRAMS

(Community Action Program for Children)



Government
of Canada

Gouvernement
du Canada

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>.

❄ CAP-C Program Spring Dates (April-Jun 2026) will be released in March 2026.

Please check in with the front desk or contact 604-713-1838 for more information.

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 27 & Feb 24.

❄ Tu Jan 27-Feb 24	10:30 AM-12:00 PM
585879	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 17-Mar 7	11:00 AM-12:00 PM
585880	Free/8 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 13-Feb 10	1:00 PM-2:00 PM
585876	Free/5 sess

Food & Culture

19+ yrs

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

❄ Tu Feb 17-Mar 10	12:45 PM-2:15 PM
585877	Free/4 sess

Education

Strathcona Preteen and Youth Chess Club

11-17 yrs | Youth Leader

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 volunteer, this opportunity is great for young people to connect and challenge their skills. Free to join.

❄️ W Jan 14-Mar 25	3:15 PM-4:30 PM
585996	Free
☀️ W Apr 15-Jun 24	3:15 PM-4:30 PM
586341	Free

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 Youth Judo Club strives to build confidence, skill and discipline in Judo. This program is designed for hands-on learning, participants must be able to take part in class activities. All 10-15 yrs youth welcome! No class Feb 13. For more information, contact Aneesh.Vashisht@vancouver.ca or call 604.713.1851.

❄️ W/F Jan 14-Mar 13	5:15 PM-6:45 PM
585995	Free
☀️ W/F Apr 15-Jun 24	5:15 PM-6:45 PM
586340	Free



Winter 2026 Program
January - March



Spring 2026 Program
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 program February 16, April 6, May 18, 2026.

❄️ M/W/Th/ Jan 5-Mar 27	3:15 PM-7:30 PM
❄️ F Jan 5-Mar 27	3:30 PM-8:30 PM
586026	Free
☀️ M/W/Th/ Apr 2-Jun 26	3:15 PM-7:30 PM
☀️ F Apr 2-Jun 26	3:30 PM-8:30 PM
586365	Free

Sports

Strathcona Night Hoops Basketball - Winter/Spring 2026

13-18 yrs | Night Hoops

Night Hoops is a free basketball program that uses sport to build community, confidence, and connection for youth across the city. Open to players of all skill levels, Night Hoops offers weekly practices led by caring mentors at local community centres. This Winter/Spring, teams will practice at their respective sites and compete in a league versus other community centres! A full schedule will be distributed to players. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger. Join us this season! Registration and a completed waiver are required for this program.

❄️ F Jan 16-Mar 27	7:45 PM-8:45 PM
585994	Free
☀️ F Apr 17-Jun 26	7:45 PM-8:45 PM
586339	Free

Youth Gym Drop-In

11-18 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, aged 11-13 years are welcome to join from 3:30pm - 5pm. Older youth, aged 13-18 years are welcome to join from 5:00pm - 7:45pm.

❄️ F Jan 2-Mar 27	3:30 PM-7:45 PM
586025	Free
☀️ F Apr 10-Jun 26	3:30 PM-7:45 PM
586364	Free

Youth Volleyball Drop-in

10-18 yrs | Youth Leader

Youth Volleyball Drop-in on Tuesdays, 5pm - 6pm at Strathcona Community Centre Gymnasium. Please wear appropriate clothing, bring a ball, and bring a water bottle. This is a time to play, practice, and socialize. Participants are expected to help take down equipment at the end of the program.

❄️ Tu Jan 13-Mar 31	5:00 PM-6:00 PM
586027	Free
☀️ Tu Apr 7-Jun 23	5:00 PM-6:00 PM
586366	Free

Youth Leadership

Friday Night Cooking Club

13-18 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 and the people around you? 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.

❄️ F Jan 16-Mar 27	5:30 PM-8:00 PM
585895	Free
☀️ F Apr 10-Jun 26	5:30 PM-8:00 PM
586248	Free

Strathcona Jr Youth Council (Gr. 6-7)

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 13-Mar 24 3:30 PM-5:00 PM
585993 Free
☀ Tu Apr 14-Jun 23 3:30 PM-5:00 PM
586338 Free

Youth Leadership

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 10-Mar 28 10:30 AM-12:00 PM
585999 Free
☀ Sa Apr 4-Jun 27 10:30 AM-12:00 PM
586343 Free



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, Wednesdays, and Thursdays.

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

Please note: Schedule subject to change. *Requires registration. Contact aneesh.vashisht@vancouver.ca

Education

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 Mar 29
585968

10:30 AM-1:30 PM
\$64.95/1 sess

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 Jun 14
586316

10:30 AM-1:30 PM
\$64.95/1 sess

Tatakizome on a Tote Bag

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 10
586348

11:00 AM-1:00 PM
\$55/1 sess

Stitched Shibori & Natural Dye

19+ yrs | Fernanda Mascarenhas

In this workshop, you will hand-dye a one-of-a-kind organic cotton bandana using a special technique to create patterns: the stitched shibori. Shibori is a group of manual resist dyeing techniques from Japan, and the stitched one allows us to create beautiful and delicate patterns. The stitched-shibori bandana will naturally dye with plants such as onion skin or madder. All materials provided.

🌸 Su Mar 1
598723

10:00 AM-1:00 PM
\$75/1 sess

Safety and De-Escalation Training

19+ yrs | Strathcona Community Policing Centre

In this workshop, we'll talk about how to recognize and respond to challenging situations in a calm, respectful, and safe way that protects everyone involved. We'll cover practical strategies to stay safe, reduce risk, and manage interactions before they escalate. Participants will build situational awareness, strengthen conflict resolution skills, and practice responding through real-life scenarios.

🌸 W Apr 15
586315

6:30 PM-8:00 PM
Free with Registration/1 sess

Emergency Preparedness Workshop

19+ yrs | Strathcona Community Policing Centre

Hope for the best but prepare for the worst! Join us for a free workshop hosted by the Strathcona Community Policing Centre at the Strathcona Community Centre. We will cover topics including:

- Different types of emergencies that can occur in British Columbia
- Emergency planning and home preparedness
- Tips for building your own emergency kit on a budget
- Neighbourhood emergency muster/gathering points
- Official information platforms during emergencies.

🌸 W May 6
594513

6:30 PM-8:00 PM
Free with Registration/1 sess



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Naloxone Training

19+ yrs | Strathcona Community Policing Centre

This course provides a supportive space to learn why overdoses happen. Participants will learn how to recognize and respond to an overdose and gain a better understanding of substances commonly found in the Downtown Eastside and their effects on the body. Through hands-on practice, you will learn how to use Naloxone or Narcan to reverse an overdose. Each person will receive a free Take Home Naloxone Kit upon completion.

☀ W Jun 17 6:30 PM-8:00 PM
594514 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 Drop-ins. If you are coming with another family member, please register in the time slot following yours. This program is registration only.

Drop-ins will not be allowed.

☀ F Mar 6, 13, 20, 27

☀ F Apr 10, 17, 24

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

Fitness & Health

Hatha Yoga

19+ yrs | Linh Jiang

This is an all levels vinyasa flow 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. This class can be as relaxing or challenging as you would like to make it. We will provide optional modifications and progressions to allow the class to meet you where you are at each week. Please bring your own yoga mat to class. Please bring any other equipment such as blocks or blankets to better support your body during our yoga practice. Drop-in \$11.43, space permitting.

☀ Th Jan 15-Mar 12 7:00 PM-8:15 PM
585897 \$85.50/9 sess

☀ Th Apr 9-May 14 7:00 PM-8:15 PM
586250 \$57/6 sess

☀ Th May 21-Jun 25 7:00 PM-8:15 PM
586251 \$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. Drop in \$18, if space permits. For more info, visit www.intoyoga.ca.

☀ W Jan 14-Feb 18 7:00 PM-8:00 PM
585957 \$92/6 sess

☀ W Feb 25-Mar 25 7:00 PM-8:00 PM
591856 \$77/5 sess

☀ W Apr 15-Jun 10 7:00 PM-8:00 PM
586305 \$123/9 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.

☀ M Jan 5-Feb 9 6:15 PM-7:15 PM
585987 \$63/6 sess

☀ M Feb 23-Mar 30 6:15 PM-7:15 PM
591977 \$63/6 sess

☀ M Apr 13-May 11 6:15 PM-7:15 PM
586332 \$52.50/5 sess

☀ M May 25-Jun 29 6:15 PM-7:15 PM
586333 \$63/6 sess

☀ Th Jan 8-Feb 12 5:15 PM-6:15 PM
585989 \$63/6 sess

☀ Th Feb 19-Mar 26 5:15 PM-6:15 PM
591978 \$63/6 sess

☀ Th Apr 9-May 14 5:15 PM-6:15 PM
586334 \$63/6 sess

☀ Th May 21-Jun 25 5:15 PM-6:15 PM
586335 \$63/6 sess



Winter 2026 Program
January - March



Spring 2026 Program
April - June

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 \$11.00, if space permits.

❄️ Tu Jan 6-Feb 10	7:00 PM-8:00 PM
586028	\$54/6 sess
❄️ Tu Feb 17-Mar 24	7:00 PM-8:00 PM
586030	\$54/6 sess
🌟 Tu Apr 7-May 12	7:00 PM-8:00 PM
586367	\$54/6 sess
🌟 Tu May 19-Jun 23	7:00 PM-8:00 PM
586369	\$54/6 sess
❄️ Sa Jan 10-Feb 7	10:00 AM-11:00 AM
586029	\$45/5 sess
❄️ Sa Feb 21-Mar 28	10:00 AM-11:00 AM
586031	\$63/6 sess
🌟 Sa Apr 11-May 9	10:00 AM-11:00 AM
586368	\$45/5 sess
🌟 Sa May 23-Jun 27	10:00 AM-11:00 AM
586370	\$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, space permitting. No class Feb 14 & May 16.

❄️ Sa Jan 10-Mar 28	11:30 AM-1:00 PM
585854	\$110/11 sess
🌟 Sa Apr 11-Jun 13	11:30 AM-1:00 PM
586211	\$90/9 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 16, Apr 6 & May 18.

❄️ M/W Jan 5-Jan 28	6:30 PM-8:30 PM
585904	\$56/8 sess
❄️ M/W Feb 2-Feb 25	6:30 PM-8:30 PM
585903	\$49/7 sess
❄️ M/W Mar 2-Mar 30	6:30 PM-8:30 PM
585902	\$63/9 sess
🌟 M/W Apr 1-Apr 29	6:30 PM-8:30 PM
586257	\$56/8 sess
🌟 M/W May 4-May 27	6:30 PM-8:30 PM
586256	\$49/7 sess
🌟 M/W Jun 1-Jun 29	6:30 PM-8:30 PM
586255	\$63/9 sess

SPORTS

Tennis Lessons

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 & May 17.

❄️ Su Jan 4-25	10:15 AM-11:45 AM
585848	\$150/4 sess
❄️ Su Feb 1-22	10:15 AM-11:45 AM
585847	\$112.5/3 sess
❄️ Su Mar 1-29	10:15 AM-11:45 AM
585846	\$187.5/5 sess
🌟 Su Apr 12-26	10:15 AM-11:45 AM
586205	\$112.5/3 sess
🌟 Su May 3-31	10:15 AM-11:45 AM
586204	\$150/4 sess
🌟 Su Jun 7-28	10:15 AM-11:45 AM
586203	\$150/4 sess

QUEER INCLUSION

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



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 Play

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. No experience necessary, players of various levels play each week. Participants try to match abilities when possible. Drop-in \$5.25, 4 available drop-in spots available weekly on first come-first served basis.

❄️ W Jan 7-Feb 11	5:15 PM-6:30 PM
585955	\$28.56/6 sess
❄️ W Feb 18-Mar 25	5:15 PM-6:30 PM
593957	\$28.56/6 sess
❄️ W Apr 1-May 13	5:15 PM-6:30 PM
586303	\$33.32/7 sess
❄️ W May 20-Jun 24	5:15 PM-6:30 PM
586304	\$28.56/6 sess

Table Tennis - 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 3-Mar 28	9:30 AM-11:30 AM
586001	\$1/drop-in
❄️ Sa Apr 4-Jun 27	9:30 AM-11:30 AM
586345	\$1/drop-in

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.

❄️ Sa Jan 3-Mar 28	3:15 PM-4:45 PM
585867	\$5/drop-in
❄️ Sa Apr 4-Jun 27	3:15 PM-4:45 PM
586222	\$5/drop-in

Badminton - Recreation Play

19+ yrs | Non-Instructional

Play badminton on one of our 4 courts. Registered participants must check in by 7:35pm to guarantee their spot. Please refer to Recreation Sports Participants Info. Drop-in available \$4.00, space permitting. No class Feb 16 & May 18.

❄️ M Jan 5-Mar 30	7:30 PM-8:50 PM
585866	\$39/12 sess
❄️ M Apr 13-Jun 29	7:30 PM-8:50 PM
586221	\$35.75/11 sess

Basketball - Recreation Play

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. Drop-in \$5.25, space permitting.

❄️ Tu Jan 6-Mar 31	7:15 PM-8:45 PM
585868	\$48.75/13 sess
❄️ Tu Apr 7-Jun 30	7:15 PM-8:45 PM
586223	\$48.75/13 sess
❄️ Su Jan 4-Mar 29	12:10 PM-2:00 PM
593956	\$5.25/drop-in
❄️ Su Apr 5-Jun 28	12:10 PM-2:00 PM
586224	\$5.25/drop-in

Volleyball - 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. Drop-in \$5.00, space permitting.

❄️ W Jan 7-Feb 11	7:00 PM-8:45 PM
586017	\$27/6 sess
❄️ W Feb 18-Mar 25	7:00 PM-8:45 PM
593958	\$27/6 sess
❄️ W Apr 1-May 13	7:00 PM-8:45 PM
586358	\$31.5/7 sess
❄️ W May 20-Jun 24	7:00 PM-8:45 PM
586359	\$27/6 sess

Food Programs

Fermenting Basics - Sauerkraut **NEW!**

19+ yrs | Strathcona Food Security Team

Learn the basics of fermenting in a mason jar. Participants will learn the basics of lacto-fermenting and various tips and tricks to make sure your ferment is a success! Each participant will make their own jar of sauerkraut to take home. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

🌟 Tu May 5 6:30 PM-8:30 PM
585905 \$12/1 sess

Community Canning Group

19+ yrs | Strathcona Food Security Team

This is a regular group that gets together to can and preserve food. These sessions are casual and a chance to practice, share ideas and connect with others who are interested in food preservation. Canning is our main focus, but other food preservation methods may be used. The group uses surplus or rescued food to reduce food waste and help stock pantries. Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

6:30 PM-8:30 PM Free with Registration/1 sess
 🌟 Th Jan 22 585888
 🌟 Th Feb 26 585889
 🌟 Th Apr 30 586243
 🌟 Th May 28 586244
 🌟 Th Jun 18 586245

Community Kitchen

19+ yrs | Shaista A.

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! Adults 19+ & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

5:30 PM-7:30 PM Free with Registration/1 sess
 🌟 Feb 3 594258
 🌟 Feb 10 596614
 🌟 Feb 17 596615
 🌟 Feb 24 596617
 🌟 Apr 7 586227
 🌟 Apr 14 596618
 🌟 Apr 21 596619
 🌟 Apr 28 596620

Mason Jar Kimchi

19+ yrs | Strathcona Food Security Team

Learn to make your own batch of kimchi in a mason jar. This hands-on workshop will guide you through a kimchi recipe starting from salting to seasoning as well as showing you the basics of fermenting. Your kimchi can be enjoyed fresh the next day or fermented on your counter for a tangier flavour. No special equipment necessary. Adults 19+ yrs & children 12+yrs accompanied by an adult are able to attend. Please ensure child is registered.

🌟 Tu Feb 10 6:30 PM-8:30 PM
585872 \$12/1 sess

Strathcona Breakfast Program

Strathcona Breakfast Program welcomes all Strathcona Elementary School students to enjoy a balanced breakfast of fresh and nutritious food each weekday morning before school starts. No registration necessary. 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 (Professional development 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 and dry goods as per donation. Please note: the program is closed between 12:00pm-1:00pm. The program is no longer accepting applications, and the waitlist is closed.

9:30 AM-12:00 PM/1:00 PM-3:00PM
 🌟 F Jan 9-Mar 13
 🌟 F Apr 10-Jun 26



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Arts

Chinese Calligraphy

19+ yrs | Mr. 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 9-Mar 27	9:30 AM-11:30 AM
585887	\$30/12 sess
 F Apr 10-Jun 26	9:30 AM-11:30 AM
586242	\$30/12 sess

Education

Mah Jong

50+ yrs | Johnny C.

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 16 & May 18.

 M Jan 12-Mar 30	1:30 PM-3:30 PM
585911	Free/11 sess
 M Apr 13-Jun 15	1:30 PM-3:30 PM
586264	Free/9 sess

New and exciting programs & workshops coming in 2026! Please check back in January 2026 for more information!

Fitness & Health

Chair Yoga

50+ yrs | Linh J.

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 a great way to start yoga when you are a beginner or have an injury. Poses are modified with the use of the chair to help with our balance throughout our practice. This class will help improve our flexibility, strength and increase range of motions for our joints. Other benefits is greater muscle tone, increased confidence, reduced levels of stress and less physical pain. 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. Come join me and be curious and stay active! Drop-in \$8.57, if space permits. No class Feb 16.

 M Jan 12-Mar 9	4:30 PM-5:30 PM
585885	\$64/8 sess
 M Apr 13-May 11	4:30 PM-5:30 PM
586240	\$40/5 sess
 M May 25-Jun 22	4:30 PM-5:30 PM
585886	\$40/5 sess

Seniors Tai Chi

50+ yrs | May F.

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 1, 7, Feb 11, 16, Mar 4, Apr 3, 6, 8, May 6, 18, & Jun 10.

 M-F Jan 2-Mar 31	9:00 AM-10:30 AM
585973	Free with Registration/59 sess
 M-F Apr 1-Jun 26	9:00 AM-10:30 AM
586320	Free with Registration/57 sess

Wellness Program

50+ yrs | Anne Y.

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 6-Mar 31	10:00 AM-12:00 PM
586019	Free with Registration/13 sess
 Tu Apr 7-Jun 23	10:00 AM-12:00 PM
586360	Free with Registration/12 sess

Wu's Tai Chi

50+ yrs | David H.

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 6-Mar 31	10:45 AM-11:45 AM
586022	Free with Registration/13 sess
 Tu Apr 7-Jun 30	10:45 AM-11:45 AM
586361	Free with Registration/13 sess

Strathcona Chinese Wellness Program for Stroke Survivors

50+ yrs | Program Volunteers

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 will be conducted in Cantonese.	
 Th Jan 8-Mar 26	10:00 AM-12:30 PM
585992	Free with Registration/12 sess
 Th Apr 2-Jun 25	10:00 AM-12:30 PM
586337	Free with Registration/13 sess



Winter 2026 Program
January - March



Spring 2026 Program
April - June

Social

Indoor Curling

50+ yrs | Strathcona Staff

Come and socialize with other seniors in the seniors room and learn how to play curling! Drop-in to hang out and play with others! No experience necessary. No class Feb 16.

❄️ M Jan 12-Mar 30 10:45 AM-12:45 PM
585899 Free/11 sess

🌟 Spring dates are TBD

- Please contact front desk in March.



We don't want to cancel good programs, but...

Programs will have to be cancelled if everyone waits until the last minute to register. Program decisions to run or cancel a program are generally made 3-5 days prior to the start date. Programs are cancelled or postponed if there are not enough registered participants.

Senior Social Luncheon

50+ yrs

Have a social lunch together where you can meet new people and chat over a delicious meal. Please purchase tickets in advance as space is limited. Tickets will be sold on the day of luncheon for the following month. For example: Jan 7 lunch tickets will be sold on Dec 3.

❄️ W Jan 7	11:30 AM-1:00 PM
585970	\$9.52/1 sess
❄️ W Feb 11 (Lunar New Year)	11:30 AM-1:00 PM
585971	\$11.43/1 sess
❄️ W Mar 4	11:30 AM-1:00 PM
585972	\$9.52/1 sess
🌟 W Apr 8	11:30 AM-1:00 PM
586319	\$9.52/1 sess
🌟 W May 6	11:30 AM-1:00 PM
586318	\$9.52/1 sess
🌟 W Jun 10 (Solstice)	11:30 AM-1:00 PM
586317	\$11.43/1 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 with your friends to spend some quality time playing table tennis! Drop-in to play for \$1 each visit. No class Feb 11, 16, Mar 4, Apr 1, 8, May 6, 18 & Jun 10.

❄️ M Jan 5-Mar 30	10:30 AM-12:30 PM
586002	\$0.95/drop-in
❄️ W Jan 7-Mar 25	10:45 AM-12:45 PM
586003	\$0.95/drop-in
🌟 M Apr 13-Jun 15	10:30 AM-12:30 PM
586346	\$0.95/drop-in
🌟 W Apr 15-Jun 17	1:00 PM-3:00 PM
594689	\$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 2026 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 at the beginning of June.



Fitness Centre

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
Dec 22-24, 29-31, 9:00AM - 4:30PM
Jan 2 9:00AM - 4:30PM
Apr 6, May 18 10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, Jan 1 CLOSED
Feb 16 & Apr 3 CLOSED

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$7.93	\$5.55	\$5.55
1 Month	\$64.15	\$44.91	\$44.91
3 Month	\$173.21	\$121.25	\$121.25
12 Month	\$554.26	\$387.98	\$387.98
10 Visit Usage Pass	\$71.37	\$49.95	\$49.95
Prices do not include GST. Prices subject to change without notice.			

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

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.



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 YOUTH COUNCIL PRESENTS:

EASTER EVENT



Saturday
April 4, 2026
10:00am - 1:00pm
EASTER EGG HUNT
EVERY 15 MINUTES
BASKETS PROVIDED

COME JOIN US FOR AN
EGG HUNT, FACE
PAINTING, GAMES, &
CRAFTS

AGES 5-13
YEARS OLD

SUPERSHINE summer DAY CAMP

REGISTRATION DATES

V6A Residents/Strathcona Elem. Students:

MARCH 28, 2026 @ 9AM IN-PERSON

NEW!!!

CITY WIDE:

APR 8, 2026 @ 7PM IN-PERSON/ONLINE

APR 9, 2026 @ 10AM PHONE-IN

More Information on Page 8

恭喜发财

Lunar New Year Celebration!

SAT. FEB 7, 2026

10:30AM-12:30PM

More information to come in Jan 2026!

FREE ACTIVITIES FOR ALL AGES!

