



STRATHCONA
COMMUNITY CENTRE

We take care of each other

WINTER/SPRING 2024 RECREATION GUIDE



Registration begins **December 9, 2023 @ 9:00AM** for both Winter & Spring programs
Day Camp Registration: Please see page 10 for dates

www.strathconacc.ca

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



Message from the SCCA Board

We love starting a new year and with it, a new programming season! We're kicking off 2024 with plenty of exciting programs and events. For younger kids, there is everything from art and dance to cooking and multisport classes. This season our youth program has added hip-hop, chess and volleyball, alongside access to our youth lounge and gym drop-ins, cooking club, and youth council.

For adults, pickleball and bootcamp continue to sell out every season. We've added a second bootcamp class, so you can now come sweat it out on Mondays and Thursdays. Seniors karaoke (Chinese) was a huge hit last season and so it will continue along with our popular Tai Chi classes and monthly luncheons. Fun new food programs will include canning and a community kitchen, as well as continuing our support of Strathcona families through our Backpack and Breakfast programs.

This season also has many events to look forward to, including Family Day PJ Party in February, Easter Fair in March, and the annual Summer Kick Off in early June. On April 24, we will once again host the Hoop-a-thon Fundraiser, with all funds raised going towards youth scholarships and Strathcona basketball.

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.

Finally, we want to thank everyone who makes this centre such a special place – from our staff team, to dedicated volunteers, to people who use the centre every day – thank you for everything you bring to our 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.

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

BOARD MEMBERS WANTED

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

Centre Hours

Mon-Fri	9:00AM - 9:00PM
Sat	9:00AM - 5:00PM
Sun	10:00AM - 2:00PM
Dec 27-29	9:00AM - 5:00PM
Dec 24/31	10:00AM - 2:00PM
Feb 19, Apr 1, May 20	10:00AM - 2:00PM

Fitness Centre

Mon-Fri	9:00AM - 8:30PM
Sat	9:00AM - 4:30PM
Sun	10:00AM - 1:30PM
Dec 27-29	9:00AM-4:30PM
Dec 24/31	10:00AM-1:30PM
Feb 19, Apr 1, May 20	10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, Jan 1	CLOSED
Mar 29	CLOSED

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 offered at its pools, rinks, participating fitness centres and community centres.

Program Information

Taxes not included in listed program fees. See program details for holiday weekend cancellations.

Our Mission Statement

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



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Day Camp
Registration: Please
see page 10 for dates

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

Online
vancouver.ca/
strathconarec

By Phone
604-713-1838

In Person
601 Keefer St.
Vancouver V6A 3V8

General Information

Payment

All programs, rentals and drop-in fees 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.

Refund Policy

Requests made more than 48 hours prior to the first class will receive a refund in full. Requests 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 a minimum 10 working days (Mon-Fri) before the first day of session 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.

Contact Us

601 Keefer St., Vancouver, BC V6A 3V8
Phone: 604-713-1838 | Fax: 604-713-1848

Strathcona Community Centre Association
 instagram.com/strathcc

www.strathconacc.ca
strathcc@vancouver.ca

@strathcentre
 Strathcona CC

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 40 children ages 3-5 years through to kindergarten entry.

Program Details				
<i>The following prices are for 2023-2024. 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.

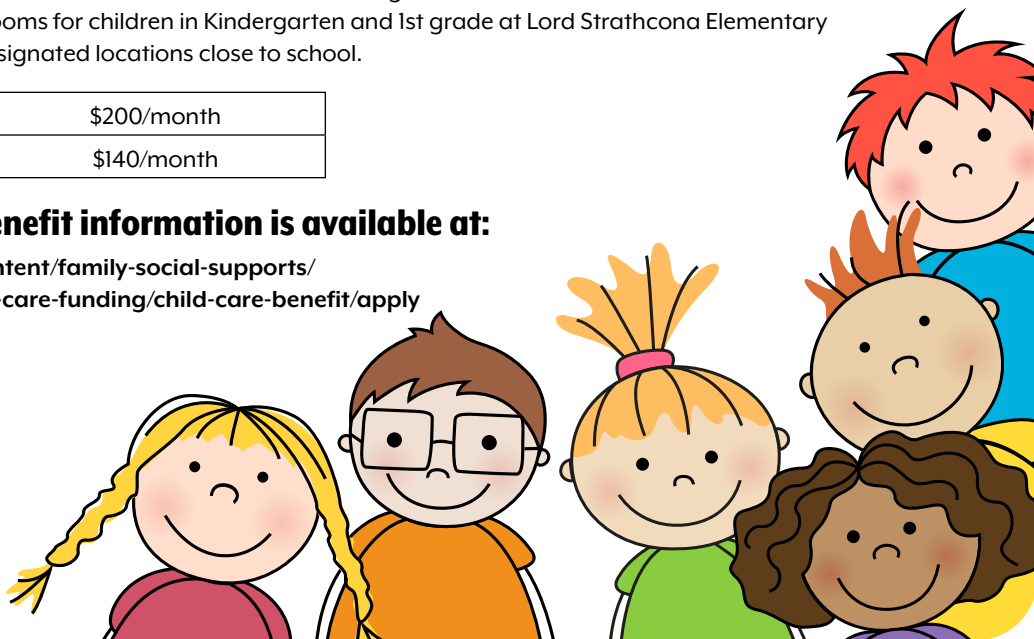
During the school year, SLC operates before school care for up to 60 school-aged children from 7:30 AM -9:00 AM. This includes access to the Breakfast Program in the Community Centre (see page 15), and an escort to the school at Lord Strathcona Elementary School.

During the school year, SLC operates after school care for 174 school-aged children from 3:00 PM-6:00 PM. This includes pick up from classrooms for children in Kindergarten and 1st grade at Lord Strathcona Elementary School. Older children meet in designated locations close to school.

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

Affordable Childcare Benefit information is available at:

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



Social



Caregiver and Tot Playtime

0-3 yrs | Strathcona Staff

Come and join our tot playtime with your family. We have lots of toys and books available for your young one to enjoy! This is a great way to meet your neighbors and make new friends! Drop-in program only; spaces are limited. Drop-in \$1.50. No class Jan 17, Feb 16, 19, Apr 1, 22, & May 20. This program will be closed during Spring Break from Mar 18-29, 2024.

10:30 AM-12:00 PM	\$1.50/drop-in
* M/W/F Jan 8-Mar 15	477569
* M/W/F Apr 3-Jun 21	478289

Arts

Little Ballerinas

3-5 yrs | Endorphin Rush Dance and Fitness

Young ballerinas explore the fun and beauty of ballet while learning the basic techniques. They will love playing with their creative expression in this fun class. Children must be able to participate without a parent in the room. More info: www.kirbysnelldance.com. No class Feb 17, May 18 & June 1.

* Sa Jan 13-Mar 9	10:15 AM-11:00 AM
477597	\$88/8 sess
* Sa Apr 6-Jun 15	10:15 AM-11:00 AM
478317	\$99/9 sess

Mini Hip Hop Breakers

3-5 yrs | Endorphin Rush Dance and Fitness

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 on Feb 17, May 18 & June 1.

* Sa Jan 13-Mar 9	11:00 AM-11:45 AM
477602	\$88/8 sess
* Sa Apr 6-Jun 15	11:00 AM-11:45 AM
478322	\$99/9 sess

* **Winter 2024 Programs**
January – March

* **Spring 2024 Programs**
April – June

DANCEPL3Y Preschool (Early Years Dance, Music & Movement)

3-5 yrs | DANCEPL3Y Vancouver

DANCEPL3Y Preschool is designed for children to discover dance in a playful and interACTIVE way through creative storylines and music that MOVES them. Building the foundations for dance through rhythms, fundamental movement skills and playful group formations, young movers discover a love of physical activity as they leap, hop, spin and jump into their “Bubble of Awesome”. DANCEPL3Y gives a space for children to develop musicality, social skills and confidence with movement all while practicing the 3 rules of PL3Y: Be Positive. Be Fun. Be Yourself. No class Feb 19 and May 20.

* M Jan 8	2:15 PM-3:00 PM
477576	FREE TRIAL/1 sess
* M Jan 15-Mar 11	2:15 PM-3:00 PM
477575	\$80/8 sess
* M Apr 8	2:15 PM-3:00 PM
478296	FREE TRIAL/1 sess
* M Apr 15-Jun 10	2:15 PM-3:00 PM
478295	\$80/8 sess

Education

Parent & Child Art Class

2-6 yrs | Annie Ting

Join us for a morning of fun and creativity in this interactive, supportive and inspiring environment. Build toddlers motor skills and develop their vocabulary while having a blast! Get messy with your toddler in these lovely bonding activities. No class Feb 10, 17, May 18 & June 1.

* Sa Jan 6	9:15 AM-10:30 AM
477609	FREE TRIAL/1 sess
* Sa Jan 13-Mar 9	9:15 AM-10:30 AM
477607	\$80/8 sess
* Sa Apr 6	9:15 AM-10:30 AM
478329	FREE TRIAL/1 sess
* Sa Apr 13-Jun 15	9:15 AM-10:30 AM
478327	\$80/8 sess

Sports

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide you and your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. In Baby Bears we like to have fun, so get ready to move around, do some dancing and some singing! The children will enjoy songs, games, circle time and of course bonding time with you! For more info, please visit www.bearfeetgymnastics.com. Parent Participation is required. No class Feb 18 & May 19.

* Su Jan 14-Mar 10	10:30 AM-11:15 AM
477547	\$88/8 sess
* Su Apr 7-Jun 16	10:30 AM-11:15 AM
478267	\$110/10 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 and will no doubt get strong as a bear! We focus on fundamentals of gymnastics in this high energy super engaging class! The children will enjoy warm up games, circuits and creative strength building exercises all disguised as play! Parent participation mandatory. For more info, please visit www.bearfeetgymnastics.com. No class Feb 18 & May 19.

* Su Jan 14-Mar 10	11:30 AM-12:15 PM
477667	\$88/8 sess
* Su Apr 7-Jun 16	11:30 AM-12:15 PM
478387	\$110/10 sess

Sportball - Indoor Multisport

3-5 yrs | Sportball Vancouver

Sportball lessons are packed with co-operative 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 18.

* Su Jan 21-Mar 17	11:00 AM-12:00 PM
477680	\$120/8 sess
* Su Apr 7-May 12	11:00 AM-12:00 PM
478400	\$90/6 sess
* Su May 26-Jun 23	11:00 AM-12:00 PM
478401	\$75/5 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 18.

* Su Jan 21-Mar 17	10:15 AM-11:00 AM
477682	\$120/8 sess
* Su Apr 7-May 12	10:15 AM-11:00 AM
478402	\$90/6 sess
* Su May 26-Jun 23	10:15 AM-11:00 AM
478403	\$75/5 sess



Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Family Day Pajama Party!

All Ages

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

* M Feb 19 10:30 AM-12:30 PM
481443 Free



Easter Fair and Egg Hunt

1-8 yrs

Enroll your child to participate in the Easter Egg Hunt! Arts & crafts, games and activities will be available in addition to the egg hunt. Find some eggs and return to the prize-table to claim your goodie-bag. Families are encouraged to participate in the egg-hunt. Please register each child separately for your preferred timeslot.

* Sa Mar 30 Free with Registration

11:00 AM-11:10 AM	477580
11:15 AM-11:25 AM	477581
11:30 AM-11:40 AM	477582
11:45 AM-11:55 AM	477583
12:00 PM-12:10 PM	480217
12:15 PM-12:25 PM	480228



Summer Kick Off Event!

All Ages

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

* Sa Jun 1 11:00 AM-1:30 PM
481446 Free



Arts

Cartooning & Creativity!

5-16 yrs | Devan Dirocco

This program is for anyone who loves drawing or wants to improve their skills! Do you love cartoons? Comics? Video games? Let's pull from our favourite stuff to make a new story! We'll learn how to make appealing cartoon characters, how to start comics, and learn how to make your art even better! With our pencil and paper, we'll follow instructions and make things up as we go. The Instructor is happy to transform the days based on the student's interests. Creating is all about expression, join if you'd like to learn and have fun! All skill levels are welcome. No class Feb 18 & May 19.

5-9 yrs

* Su Jan 14-Mar 10	10:30 AM-11:30 AM
477571	\$80/8 sess
* Su Apr 7-Jun 9	10:30 AM-11:30 AM
478291	\$90/9 sess

11-16 yrs

* Su Jan 14-Mar 10	11:45 AM-12:45 PM
477570	\$80/8 sess
* Su Apr 7-Jun 9	11:45 AM-12:45 PM
478290	\$90/9 sess



Hip Hop Dance

5-8 yrs | Endorphin Rush Dance and Fitness

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 on Feb 17, May 18 & Jun 1.

* Sa Jan 13-Mar 9	11:45 AM-12:45 PM
477584	\$88/8 sess
* Sa Apr 6-Jun 15	11:45 AM-12:45 PM
478304	\$99/9 sess

Introduction to Draw Realism

7-12 yrs | Annie Ting

Do you want to learn how to make your drawings look real? Explore how to use line, shape, shading and proportion to create a wonderful realistic masterpiece. Introduction to basic drawing techniques in an encouraging and supportive environment. No class on Feb 10, 17, May 18 & Jun 1.

* Sa Jan 6	10:30 AM-11:45 AM
477587	FREE TRIAL/1 sess
* Sa Jan 13-Mar 9	10:30 AM-11:45 AM
477585	\$80/8 sess
* Sa Apr 6	10:30 AM-11:45 AM
478307	FREE TRIAL/1 sess
* Sa Apr 13-Jun 15	10:30 AM-11:45 AM
478305	\$80/8 sess

DANCEPL3Y Kids 6-8 yrs (Early Years Dance, Music & Movement)

6-8 yrs | Dancepl3y Vancouver

DANCEPL3Y KIDS is a high-energy kids physical activity program that "plays" with dance while promoting positive mental health through the 3 Rules of PL3Y: Be Positive. Be Fun. Be Yourself. Kids love learning simple moves from a variety of styles – Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE with their peers. DANCEPL3Y KIDS develops fundamental movement skills, physical literacy, personal fitness, dance movement vocabulary and musicality. No class Feb 19 & May 20.

* M Jan 15-Mar 11	3:15 PM-4:10 PM
477574	\$80/8 sess
* M Apr 15-Jun 10	3:15 PM-4:10 PM
478294	\$80/8 sess



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

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Day Camp

Winter Break Day Camp

5-12 yrs | Day Camp Leaders

Come and join our day camp staff team for an exciting Winter Break program! Child must be currently in Kindergarten and turning 6 years old by December 31, 2023 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:

* W-F Dec 27-29, 2023 9:00 AM-3:00 PM
467091 \$75/3 sess

WEEK 2:

* Tu-F Jan 2-5, 2024 9:00 AM-3:00 PM
467092 \$100/4 sess

Pro-D Day Camp

5-12 yrs | Day Camp Leaders

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.

9:00 AM-3:00 PM

* W Jan 17

* F Feb 16

* M Apr 22

\$25/1 sess

477664

477665

478384

Spring Break Day Camp

5-12 yrs | Day Camp Leaders

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, 2024 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 18-22 9:00 AM-3:00 PM
477724 \$125/5 sess

WEEK 2:

* M-Th Mar 25-28 9:00 AM-3:00 PM
477725 \$100/4 sess





SUPERSHINE SUMMER DAY CAMP



Supershine Summer Day Camp

5-14 yrs | Supershine Summer Day Camp

Come and join our Summer Day Camp staff team for an exciting summer program that includes arts & crafts, neighbourhood adventures, out-trips, and more! Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2024 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.

NEW CHANGES TO SUMMER DAY CAMPS @ STRATHCONA

- 1) AGE GROUPS:** Due to the high demand and need for day camps in the summer, we have divided the camp into 3 age groups (5-7, 8-10, 11-14yrs) to provide more spots for children to attend.
- 2) V6A PRIORITY:** To ensure we provide equitable access to our Strathcona Community, we provide 1 week priority registration for those living in the V6A postal code to sign up beginning May 11, 2024 @ 9am in-person only. Registration opens up to the general public in-person only on May 18, 2024 @ 9am. (Each day camp activity will be viewable online only to check for spots remaining on **Wednesday, May 15 at 12pm.**)

Please note: Residents living in V6A must provide both of the following items to register your child on May 11, 2024.

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

OH NO! IS THE WEEK YOU WANT FULL?

We highly suggest putting the child on the waitlist(s) as many spots open up throughout the summer.

Time: 9:00 AM – 4:00 PM

Registration Dates

V6A Residents:
May 11, 2024 @ 9AM

General Public:
May 18, 2024 @ 9AM

Supershine Summer Day Camp Refund Policy

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

WEEKS	DATES	COST	ACTIVITY # (5-7 yrs)	ACTIVITY # (8-10 yrs)	ACTIVITY # (11-14 yrs)
WEEK 1*	Jul 2-5	\$105	479741	479756	479768
WEEK 2	Jul 8-12	\$130	479742	479757	479769
WEEK 3	Jul 15-19	\$130	479743	479758	479771
WEEK 4	Jul 22-26	\$130	479744	479759	479772
WEEK 5	Jul 29-Aug 2	\$130	479745	479761	479773
WEEK 6*	Aug 6-9	\$105	479746	479763	479774
WEEK 7	Aug 12-16	\$130	479747	479764	479775
WEEK 8	Aug 19-23	\$130	479748	479765	479776
*4 day week					

Day Camp

Basketball Camp

6-13 yrs | Strathcona Basketball

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

6-9 yrs

❄️ M-F Mar 18-22 10:15 AM-12:15 PM
487137 \$50/5 sess

10-13 yrs

❄️ M-F Mar 18-22 12:30 PM-2:30 PM
487139 \$50/5 sess

Tennis Camp

6-13 yrs | Wilson Tan

Participate in this innovative program and develop tennis fundamentals with Wilson and his team of trained coaches. 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. Classes will be in the gymnasium at Strathcona Community Centre.

6-9 yrs

❄️ M-F Mar 25-29 1:00 PM-3:00 PM
487161 \$140/5 sess

10-13 yrs

❄️ M-F Mar 25-29 1:00 PM-3:00 PM
487160 \$140/5 sess

Education

Little Chefs

6-10 yrs | Evelyn Pun

Come let your child in on some kitchen fun with Evelyn Pun. She 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! Due to the limited space, please only sign up for 1 season. No class on Feb 17, May 18 & Jun 1.

❄️ Sa Jan 20-Mar 9 10:30 AM-12:00 PM
477598 \$84/7 sess

☀️ Sa Apr 6-Jun 15 10:30 AM-12:00 PM
478318 \$108/9 sess

Afterschool Cooking for Kids!

9-12 yrs | Shaista Alami

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

❄️ Th Jan 18-Mar 14 3:15 PM-5:15 PM
477544 \$81/9 sess

☀️ Th Apr 11-Jun 6 3:15 PM-5:15 PM
478264 \$81/9 sess

Red Cross At Home Alone

9-13 yrs | First Aid Hero

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

Course Content:

- Canadian Red Cross Principals
- My Family and Me
- My Time: Scheduled and Leisure Activities
- Expecting The Unexpected
- Healthy Choices
- First Aid (Handwashing, Check, Call, Care, Complete Choking - Alone, Anaphylaxis and Use of Epipen Auto-Injector, Life-Threatening External Bleeding)

☀️ Sa Apr 27 9:00 AM-3:00 PM
478388 \$65/1 sess

Red Cross Babysitting Training

11-17 yrs | First Aid Hero

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 Feb 10 9:15 AM-4:15 PM
477669 \$65/1 sess

☀️ Sa Jun 8 9:15 AM-4:15 PM
478389 \$65/1 sess

❄️ **Winter 2024 Programs**
January – March

☀️ **Spring 2024 Programs**
April – June

Fitness & Health

Yoga Buggy!

5-9 yrs | The Yoga Buggy

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

5-6 yrs

* W Jan 17-Mar 13 3:30 PM-4:00 PM
477727 \$72/9 sess

* W Apr 10-Jun 12 3:30 PM-4:00 PM
478446 \$80/10 sess

7-9 yrs

* W Jan 17-Mar 13 4:05 PM-4:50 PM
477729 \$81/9 sess

* W Apr 10-Jun 12 4:05 PM-4:50 PM
478448 \$90/10 sess

NEW! Axe Capoeira for Children

6-12 yrs | Kaj Rosberg

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

* Tu Jan 16-Mar 12 3:15 PM-4:15 PM
477567 \$90/9 sess

* Tu Apr 16-Jun 11 3:15 PM-4:15 PM
488713 \$90/9 sess

Music

Piano Lessons

6+ yrs

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. Please contact the Community Centre 604-713-1838 or look online for available times.

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.

* Sa Jan 13-Mar 9 \$180/9 sess
3:00 PM-3:30 PM 477706

3:30 PM-4:00 PM 477707

4:00 PM-4:30 PM 477708

4:30 PM-5:00 PM 477709

* Sa Apr 13-Jun 15 \$200/10 sess
3:00 PM-3:30 PM 478425

3:30 PM-4:00 PM 478426

4:00 PM-4:30 PM 478427

4:30 PM-5:00 PM 478428

Violin Private Lessons

7-15 yrs | Shamel Zraik

Students will learn the basics of playing violin in a private one on one setting. Instruments will be available for lessons or bring your own instrument. Lesson material will be provided, or, participants may also be required to purchase violin books based on instructor recommendation.

* Tu Jan 16-Mar 12 \$171/9 sess
5:00 PM-5:30 PM 477715

5:30 PM-6:00 PM 477716

6:00 PM-6:30 PM 477717

6:30 PM-7:00 PM 477718

7:00 PM-7:30 PM 477719

7:30 PM-8:00 PM 477714

* Tu Apr 16-Jun 18 \$190/10 sess
5:00 PM-5:30 PM 478434

5:30 PM-6:00 PM 478435

6:00 PM-6:30 PM 478436

6:30 PM-7:00 PM 478437

7:00 PM-7:30 PM 478438

7:30 PM-8:00 PM 478433



Sports

Spirit Bears Gymnastics

6-9 yrs | Bear Feet Gymnastics

Get ready to roll, jump, cartwheel and Bear walk your way through this fun and engaging class! This class will focus on building a solid foundation on which the children can grow on and continue to build their gymnastic skills. We work on fundamental movement patterns activities, some stretching/conditioning then on to some gymnastics circuits and always ends with a fun game! They will come out feeling strong as a Bear! For more info, please visit www.bearfeetgymnastics.com. No class Feb 17 & May 18.

6-7 yrs

✱ Sa Jan 13-Mar 9	2:00 PM-3:00 PM
477678	\$112/8 sess
✱ Sa Apr 6-Jun 15	2:00 PM-3:00 PM
478398	\$140/10 sess

8-9 yrs

✱ Sa Jan 13-Mar 9	3:15 PM-4:15 PM
477679	\$112/8 sess
✱ Sa Apr 6-Jun 15	3:15 PM-4:15 PM
478399	\$140/10 sess

NEW! MoreSports Mini-Soccer

6-12 yrs | MoreSports

Class is located at Trillium Field at Trillium Park. A fun, low-pressure, skill-building experience for participants to play with friends and school mates in a supportive soccer environment. No experience necessary! Soccer shoes and shin guards are not provided but are recommended. Each session includes practice time and game play. *Participants will receive a T-shirt. No class on June 1.

✱ Sa Apr 20-Jun 15	\$40/8 sess
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Grades K-1

10:10 AM-10:55 AM	488664
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Grades 2-4

11:00 AM-11:55 AM	488665
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Grades 5-7

12:00 PM-12:55 PM	488666
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Strathcona Basketball

6-14 yrs | Jadon, Josh & Billy

An introductory, skills and fun-based approach to the game of basketball for grades 3-5. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. Strathcona Elementary children and children living in the V6A will have a 1 week priority to sign up beginning Dec 2 in person/by phone. The rest of the general public will register on Dec 9. No class on Apr 20 and June 1, but we would like kids to participate in Hoop-a-thon (Apr 20).

Grades K-2

✱ Sa Jan 13-Mar 23	9:05 AM-10:05 AM
477687	\$33/11 sess
✱ Sa Apr 6-Jun 22	9:05 AM-10:05 AM
478407	\$30/10 sess

Grades 3-5

✱ Sa Jan 13-Mar 23	10:10 AM-11:10 AM
477685	\$33/11 sess
✱ Sa Apr 6-Jun 22	10:10 AM-11:10 AM
478405	\$30/10 sess

Grades 6-8

✱ Sa Jan 13-Mar 23	11:15 AM-12:15 PM
477686	\$33/11 sess
✱ Sa Apr 6-Jun 22	11:15 AM-12:15 PM
478406	\$30/10 sess



Tennis Lessons

6-12 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 17, Apr 20, May 18 & Jun 1.

5-6 yrs

✱ Sa Jan 13-Mar 9	1:45 PM-3:00 PM
477704	\$120/8 sess
✱ Sa Apr 6-Jun 15	1:45 PM-3:00 PM
478423	\$120/8 sess

7-9 yrs

✱ Sa Jan 13-Mar 9	1:45 PM-3:00 PM
477705	\$120/8 sess
✱ Sa Apr 6-Jun 15	1:45 PM-3:00 PM
478424	\$120/8 sess

10-12 yrs

✱ Sa Jan 13-Mar 9	1:45 PM-3:00 PM
477703	\$120/8 sess
✱ Sa Apr 6-Jun 15	1:45 PM-3:00 PM
478422	\$120/8 sess

Kung Fu: Choy Lee Fut

8-18 yrs | Amy Pon and Matthew Wing

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

✱ M W Jan 3-Mar 27	6:30 PM-7:30 PM
477589	\$5/drop-in
✱ M W Apr 3-Jun 26	6:30 PM-7:30 PM
478309	\$5/drop-in

CAP-C (Community Action Program for Children)

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

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



Government
of Canada

Gouvernement
du Canada

🌟 CAP-C Program Spring Dates (Apr-Jun 2024) will be released in March.

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

Baby & Me Time

0-18 months

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

🌟 W Jan 17-Mar 13

1:15 PM-1:45 PM

477557

Free/9 sess

Parenting Workshop

19-50 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 30, Feb 27, Mar 26.

🌟 Tu Jan 30/Feb 27/Mar 26

10:30 AM-12:00 PM

477564

Free/3 sess

Physical Literacy & Play More

5-6 yrs/Gr K-1

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.

🌟 Dates TBD

3:15 PM-4:15 PM

477561

Free

Children Art

4-6 yrs

This class will help develop children's capacities for thinking and creative expression, as well as enhancing their motor coordination through participation. No class Feb 19.

🌟 M Jan 22-Mar 11

3:15 PM-4:15 PM

477558

Free/7 sess

Moving Stories for Moms

19-50 yrs

To provide parents a safe place where they can nourish themselves, build community and leave their daily worries, responsibilities and caring for others outside for our 1 hour session.

🌟 F Jan 19-Mar 15

12:30 PM-2:00 PM

477562

Free/9 sess

Food & Culture

19+yrs

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

🌟 Tu Jan 16-Mar 19

12:00 PM-2:00 PM

477560

Free/10 sess

Music Band Wagon

2-4 yrs

This program provides the experience of the joy & beauty of music through learning rhymes, stories & movements together via singing; and exploring rhythm & solfege name while playing percussion instruments.

🌟 W Jan 17-Mar 13

2:00 PM-2:30 PM

477563

Free/9 sess



STRATHCONA BASKETBALL

Strathcona Basketball is a year round program that is inclusive, accessible, and affordable. We sustain our program by the generosity of individual and corporate funders. Our Hoop-a-thon event is our biggest fundraising event. The Strathcona children and youth are so committed to this sport, basketball not only fills their weekend, but it keeps them in the gym and off the streets. Basketball teaches great life skills like team-work, sportsmanship, hard work, and commitment. These are skills that can be applied to all future endeavors.

Through basketball, we have formed great partnerships. Every year, a basketball association from Seattle will come up and we host exhibition games with them. This year, they will be coming on Feb 17-18, 2024 and this would be a great opportunity to watch your children and youth, who are enrolled in the Saturday program, play basketball. The atmosphere is fun and electric!

This Spring, we will be arranging a competitive team of Grade 6-7s that will competing in the RBL League. Last Spring, one of our teams won their division and it was great to see the parents from the community travel to their games and watch their children play, representing Strathcona, their home.

STRATHCONA BOYS COMPETITIVE TEAM

Grades 6-7 | Coach Jadon

Reigniting Strathcona's Competitive basketball team for Spring 2024! We aim to empower Grade 6 & 7 boys through the sport; teaching skills, good habits and life skills through basketball. Consisting of one weekend practice on Saturdays from 12:20pm-1:20pm and games on Saturdays after 3pm at Jericho Hill Centre Gym through the RBL League. Team bus will take the children to games. There may be times when the coaches will take public transit back to the community centre after the game.

Strathcona Elementary children and children living in the V6A will have a 2 week priority to sign up beginning Mar 2 in person. The rest of the general public can register on Mar 16, if spots are still available.

Sa Apr 13-Jun 8
488756

12:20PM - 1:20PM
\$120/9 sess

STRATHCONA BASKETBALL

6-14 yrs | Coach Jadon, Josh & Billy

An introductory, skills and fun-based approach to the game of basketball for grades 3-5. This immersive and progressive program will teach players a variety of skills and concepts necessary to become a better basketball player. Strathcona Elementary children and children living in the V6A will have a 1 week priority to sign up beginning Dec 2 in person/by phone. The rest of the general public will register on Dec 9. No class on Apr 20 & Jun 1, but we would like kids to participate in Hoop-a-thon (Apr 20).

DATES & TIMES:

Please refer to Page 13 for the dates & times you wish to register your child in.



HOOP-A-THON

— STRATHCONA —

SATURDAY, APRIL 20TH

9:30AM-12:00PM

@ STRATHCONA GYMNASIUM

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

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

Arts

Introduction to Hip Hop (Gr. 6-8)

12-14 yrs | Klaudija Muznikaite

If you like to groove, dance, or feel the music, this dance class is going to be a great experience for you! Learn the basics of hip-hop, build your skills and get in-tune with yourself through choreographed dance. Come and groove!

* Tu Jan 16-Mar 26 5:30 PM-6:30 PM
477732 Free/11 sess

Education

Strathcona Youth Chess Club

12-18 yrs | Youth Volunteer

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

* Sa Jan 20-Mar 23 1:15 PM-2:15 PM
480271 Free/11 sess
* Sa Apr 13-Jun 15 1:15 PM-2:15 PM
481151 Free/10 sess

Martial Arts

Strathcona Judo Jrs.

12-15 yrs

Strathcona Youth Judo Club is for young preteens and youth who want to learn judo techniques and movements from experienced blackbelt instructors. Strathcona Judo Youth Club strive to build confidence, skill and discipline in Judo. All 12-15yrs youth welcome! For more information contact aneesh.vashisht@vancouver.ca or call 604-713-1851.

* F Jan 12-Mar 22 5:00 PM-6:30 PM
477696 Free/12 sess
* F Apr 12-Jun 28 5:00 PM-6:30 PM
478416 Free/12 sess

Social

Youth Lounge

9-18 yrs | Youth Leader

Got some free time after school and looking for somewhere to hang out? Come by our youth lounge to relax, socialize, and play some games. We've got Ping-Pong, pool, foosball, and an assortment of games. No class on Feb 19, Apr 1 & May 20.

* Jan 4-Mar 22 477733
* Apr 4-Jun 28 478452
M/Th 3:30 PM-7:30 PM
F 3:30 PM-8:30 PM

Sports

Strathcona Night Hoops Basketball

12-16 yrs

Night Hoops is back! This program is to build a competitive basketball team in a setting outside of school. Practices, games, and coaching will be facilitated by Night Hoops, and taken place at Strathcona Community Centre. Referral only. Please contact aneesh.vashisht@vancouver.ca for information.

* Th Jan 11-Apr 25 7:30 PM-8:30 PM
* F Jan 12-Apr 26 7:30 PM-8:30 PM
480264 Free

Youth Gym Drop-In

9-18 yrs | Youth Leader

Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball. You can even talk to staff about getting an activity going depending on group interest. Younger youth, 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-7:30pm. On Jan 5, we will have a late start at 4pm. No class Mar 29.

* F Jan 5-Mar 22 3:30 PM-7:30 PM
477731
* F Apr 5-Jun 28 3:30 PM-8:30 PM
478450

Youth Volleyball

13-18 yrs | Youth Leader

Need a place to play volleyball? Come by to Strathcona for drop-in volleyball, free of cost! This time is meant for high-school aged youth who are looking to practice, play, or just hang out.

* Th Jan 11-Mar 28 6:15 PM-7:15 PM
486765 Free with Registration

Youth Leadership

Friday Night Cooking Club

11-18 yrs | Youth Leader

Fridays are for fun! What better way to enjoy the start of the weekend than to eat a good meal that you cooked yourself? The Friday Night Cooking Club is meant to teach you the basics of cooking recipes with minimal ingredients, while tasting great. The program is like a community kitchen, and the Cooking Club will make meals for the youth in the space. Cook, eat, and enjoy good company, what more do you need on a Friday night?

* F Jan 12-Mar 8 6:00 PM-8:00 PM
477579 Free/9 sess
* F Apr 12-Jun 7 6:00 PM-8:00 PM
478299 Free/9 sess

* Winter 2024 Programs
January – March

* Spring 2024 Programs
April – June

Strathcona Jr Youth Council (Gr. 5-7)

10-12 yrs | Youth Leader

Do you want to make a difference in your community? Strathcona Junior Youth Council is committed to provide youth a voice and want your help! Their goal is to build a group of young people who can work together toward improving youth opportunities and experiences. Members will earn volunteer hours, fundraise 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 or call 604-713-1851.

* Tu Jan 9-Mar 19 3:30 PM-4:45 PM
477694 Free/11 sess
* Tu Apr 9-Jun 18 3:30 PM-4:45 PM
478414 Free/11 sess

Strathcona Jr. Leadership (Gr. 8-9)

12-15 yrs | Youth Leader

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

* W Feb 7-Mar 13 3:30 PM-5:00 PM
477695 Free/6 sess
* W May 8-Jun 12 3:30 PM-5:00 PM
478415 Free/6 sess

Strathcona Youth Council

13-18 yrs | Youth Leader

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

* Sa Jan 13-Jun 29 10:30 AM-12:00 PM
477698 Free/25 sess

Follow us on Instagram
for updates about events,
workshops, and
volunteer opportunities!



Games Room Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Jr Youth Council Gr 5-7 3:00-4:30PM	Youth Leadership Program Gr 8-9 3:30-5:00PM	Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Pre-Teen Drop-in Gr. 5-7 3:00-4:30PM	Youth Council Gr 8-12 10:30AM-12:00PM
Youth Drop-In Gr. 8-12 4:30-7:30PM			Youth Drop-In Gr. 8-12 4:30-7:30PM	Youth Drop-In Gr. 8-12 4:30-8:30PM	Youth Chess Club Gr. 8-12 1:15pm - 2:15pm

Please note: Schedule subject to change.

Youth Programs and Open Gym Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
Volunteer Opportunity Gr 10-12 3:30-5:00PM	Volunteer Opportunity Gr 10-12 3:30-5:00PM	Volleyball Gr. 8-12 6:15PM-7:15PM	Pre-Teen Gym Drop-In Gr. 5-7 3:30-5:00PM	Youth Council Gr 8-12 10:30AM - 12:00PM
			Gym Drop-In Gr. 8-12 5:00pm-8:30PM	

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

Arts

Taiko Drumming Workshop

All Ages | Doug M.

Come try a Taiko Drumming Workshop with you and your family. Learn about the traditional Japanese drumming and history behind it. Free for all.

Please check back in the New Year 2024 for dates and times.

Education

Medici Leather Bookbinding

19+ yrs | Suzan Lee

Learn to make a leather bound book in the Medici Style. The Medici was a well known Florentine family of bankers at the dawn of the Period of Enlightenment. Their surviving ledgers revealed a bookbinding method that is straightforward yet aesthetically elegant. Today, the same elegance can be applied for artistic or personal purposes. No prior experience is necessary. All materials and tools will be provided.

* Su Feb 18
477600

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

Caterpillar Stitch Bookbinding

19+ yrs | Suzan Lee

Learn to make a contemporary hardcover book that cleverly uses stitches to bind pages to its covers. The stitching looks remarkably like a caterpillar/ centipede resulting in a very organic aesthetic. Your choice of colourful linen thread will make your hardcover book pop! No prior experience. All materials and tools are provided.

* Su Apr 7
477600

10:30 AM-1:30 PM
\$59.95/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery Stitching

19+ yrs | Suzan Lee

Japan has many long standing 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.

* Su May 26
478390

10:30 AM-1:30 PM
\$59.95/1 sess

Emergency Preparedness Workshop

19+ yrs | 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
- Neighborhood emergency muster/ gathering points
- Official information platforms during emergencies.

* Th May 9
478297

6:00 PM-7:30 PM
Free/1 sess

* Winter 2024 Programs
January – March

* Spring 2024 Programs
April – June

Women's Personal Safety Team Workshop

19+ yrs | VPD Female Officers

A group of dedicated VPD female officers have been increasing women's safety and giving back to the community, as part of the VPD Women's Personal Safety Team since 2013. Their goal is to educate, inspire, and empower women to take ownership of their personal safety. Their workshops teach tactics designed to be easily learned and remembered by women with no prior training in case they are ever faced with a situation of unavoidable violence. Please arrive by 5:40pm to fill out forms before the start of workshop.

* W Apr 3
483058

6:00 PM-8:00 PM
Free/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 timeslot following yours. This class is registration only. Drop-ins will not be allowed. No class on Mar 29.

* F Mar 1/8/15/22

* F Apr 5/12/19/26

9:30 AM-10:00 AM
10:00 AM-10:30 AM
10:30 AM-11:00 AM
11:00 AM-11:30 AM
11:30 AM-12:00 PM

Closed between 12:00-12:30 PM

12:30 PM-1:00 PM
1:00 PM-1:30 PM
1:30 PM-2:00 PM
2:00 PM-2:30 PM

Learning through Literacy

19+ yrs | Capilano University Staff

This program is a successful collaboration of the Lord Strathcona Elementary School, the Strathcona Community Centre, the Strathcona Public Library, and Capilano University! In addition to enhancing one's English skills participants will be introduced to many resources and services in their community! Online classes occur once a month on Jan 31, Feb 28, Apr 10, May 15 & Jun 12. No class May 1.

* W Jan 10-Mar 13	9:30 AM-12:30 PM
477596	\$20/8 sess
* W Apr 3-Jun 19	9:30 AM-12:30 PM
478316	\$20/8 sess

NEW! Strathcona Chess & Tabletop Games Club

All Ages | T. MacKinnon

Want to learn how to play chess or are you looking for a group to play some tabletop games? Bring your game and come join other enthusiasts for an all-ages family fun evening. Free for all! No class Feb 19 & May 20.

* M Jan 8-Mar 25	6:30 PM-8:00 PM
477692	Free/11 sess
* M Apr 8-Jun 17	6:30 PM-8:00 PM
478412	Free/10 sess

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Fitness & Health

Adult Ballet for Beginners

19+ yrs | Endorphin Rush Dance & Fitness

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

* F Jan 12	5:30 PM-6:30 PM
477535	FREE TRIAL/1 sess
* F Jan 19-Mar 8	5:30 PM-6:30 PM
477533	\$96/8 sess
* F Apr 12	5:30 PM-6:30 PM
478255	FREE TRIAL/1 sess
* F Apr 19-Jun 14	5:30 PM-6:30 PM
478253	\$108/9 sess

Adult Intermediate Ballet

19+ yrs | Endorphin Rush Dance & Fitness

This welcoming and inclusive class will further expand the students knowledge of ballet terminology and while improving musicality and coordination. Ideal for ballet enthusiasts, and returning dancers, with at least 3 years of ballet experience. More info: www.kirbysnellldance.com Drop in \$15.00, if space permits.

* F Jan 12	6:30 PM-7:30 PM
477539	FREE TRIAL/1 sess
* F Jan 19-Mar 8	6:30 PM-7:30 PM
477537	\$84/8 sess
* F Apr 12	6:30 PM-7:30 PM
478259	FREE TRIAL/1 sess
* F Apr 19-Jun 14	6:30 PM-7:30 PM
478257	\$108/9 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 \$16, if space permits. For more info, visit www.intoyoga.ca

* W Jan 17-Feb 21	7:00 PM-8:00 PM
477662	\$87/6 sess
* W Feb 28-Mar 27	7:00 PM-8:00 PM
479505	\$72/5 sess
* W Apr 17-May 15	7:00 PM-8:00 PM
478382	\$72.5/5 sess
* W May 22-Jun 26	7:00 PM-8:00 PM
478383	\$87/6 sess

Strathcona Bootcamp

19+ yrs | Scovia Maeko

This high intensity interval training class will challenge your mind and body. Be prepared to sweat, train hard and release the stresses of the day. This will be a progressive class. Work out with Scovia, who is also a personal trainer and understands how to motivate you to attain your workout goals. Drop-in \$10.50, if space permits.

* M Jan 8-Feb 12	6:30 PM-7:30 PM
477689	\$57/6 sess
* M Feb 26-Mar 25	6:30 PM-7:30 PM
477690	\$47.5/5 sess
* M Apr 8-May 13	6:30 PM-7:30 PM
478409	\$57/6 sess
* M May 27-Jun 24	6:30 PM-7:30 PM
478410	\$47.5/5 sess
* Th Jan 11-Feb 15	5:00 PM-6:00 PM
486669	\$57/6 sess
* Th Feb 22-Mar 28	5:00 PM-6:00 PM
486670	\$57/6 sess
* Th Apr 11-May 16	5:00 PM-6:00 PM
486671	\$57/6 sess
* Th May 23-Jun 27	5:00 PM-6:00 PM
486672	\$57/6 sess

ADDED SESSIONS!

Vinyasa Flow Yoga

19+ yrs | Lucia Woolgar

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. Never tried yoga before? No need to worry as we will guide you step by step with helpful cueing and encouragement. 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 and any other equipment such as blocks or blankets to better support your body during practice. Drop-in \$11.43, space permitting.

* Th Jan 18-Feb 15	7:00 PM-8:15 PM
477712	\$47.50/5 sess
* Th Feb 22-Mar 28	7:00 PM-8:15 PM
477713	\$57/6 sess
* Th Apr 11-May 16	7:00 PM-8:15 PM
478431	\$57/6 sess
* Th May 23-Jun 27	7:00 PM-8:15 PM
478432	\$57/6 sess

* **Winter 2024 Programs**
January – March

* **Spring 2024 Programs**
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 9-Feb 20	7:00 PM-8:00 PM
477734	\$63/7 sess
* Sa Jan 6-Feb 10	10:00 AM-11:00 AM
477735	\$54/6 sess
* Tu Feb 27-Apr 2	7:00 PM-8:00 PM
477736	\$54/6 sess
* Sa Feb 24-Mar 30	10:00 AM-11:00 AM
477737	\$54/6 sess
* Tu Apr 9-May 14	7:00 PM-8:00 PM
478453	\$54/6 sess
* Sa Apr 6-May 11	10:00 AM-11:00 AM
478454	\$54/6 sess
* Tu May 21-Jun 25	7:00 PM-8:00 PM
478455	\$54/6 sess
* Sa May 25-Jun 29	10:00 AM-11:00 AM
478456	\$54/6 sess

Martial Arts

Aikido for Men and Women

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. Space permitting, \$15 drop-in. No class on Feb 17 & May 18.

* Sa Jan 6-Mar 16	11:30 AM-1:00 PM
477546	\$100/10 sess
* Sa Apr 6-Jun 22	11:30 AM-1:00 PM
478266	\$110/11 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy Pon & Matthew Wing

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 19 & May 20.

* M W Jan 8-Jan 31	6:30 PM-8:30 PM
477590	\$56/8 sess
* M W Feb 5-Feb 28	6:30 PM-8:30 PM
477591	\$49/7 sess
* M W Mar 4-Mar 27	6:30 PM-8:30 PM
477592	\$56/8 sess
* M W Apr 3-Apr 29	6:30 PM-8:30 PM
478310	\$56/8 sess
* M W May 1-May 29	6:30 PM-8:30 PM
478311	\$56/8 sess
* M W Jun 3-Jun 26	6:30 PM-8:30 PM
478312	\$56/8 sess

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

Programs are cancelled if everyone waits until the last minute to register. The staff, where possible, makes a decision on activities four days prior to the start date. If not enough people sign up the program will either be cancelled or postponed.

Sports

Adult Tennis Lessons

19+ yrs | Wilson Tan

Suitable for beginners and novice seeking to learn basics of successful rallying - Expectations to consecutively rally 30-50 balls with a partner. Basic understanding of volleys and serving. Our programs take Progressive Tennis in an open skills environment, allowing developments important to improving your tennis. You will learn about basic skills and competencies to play tennis. No class Feb 18 & May 19.

* Su Jan 7-Jan 28 477541	10:00 AM-11:45 AM \$175/4 sess
* Su Feb 4-Feb 25 477542	10:00 AM-11:45 AM \$131.25/3 sess
* Su Mar 3-Mar 24 477543	10:00 AM-11:45 AM \$175/4 sess
* Su Apr 7-Apr 28 478261	10:00 AM-11:45 AM \$175/4 sess
* Su May 5-May 26 478262	10:00 AM-11:45 AM \$131.25/3 sess
* Su Jun 2-Jun 23 478263	10:00 AM-11:45 AM \$175/4 sess

Badminton: Drop-In

All Ages | 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 6-Mar 30 477548	3:15 PM-4:45 PM \$5/drop-in
* Sa Apr 6-Jun 29 478268	3:15 PM-4:45 PM \$5/drop-in

Basketball - Recreation

19+ yrs | Non Instructional

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

* Tu Jan 2-Mar 26 477549	7:15 PM-8:45 PM \$48.75/13 sess
* Su Jan 14-Mar 31 477550	12:10 PM-2:00 PM \$5.25/drop-in
* Tu Apr 2-Jun 25 478269	7:15 PM-8:45 PM \$48.75/13 sess
* Su Apr 7-Jun 23 478270	12:10 PM-2:00 PM \$5.25/drop-in

Pickleball - All Levels - Recreation

19+ yrs | Non Instructional

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

* W Jan 3-Mar 27 477660	5:15 PM-6:30 PM \$61.88/13 sess
* W Apr 3-May 15 478380	5:15 PM-6:30 PM \$33.32/7 sess
* W May 22-Jun 26 478381	5:15 PM-6:30 PM \$28.56/6 sess

Table Tennis - Saturday Drop-In

19+ yrs | Non Instructional

Everyone is welcome! This is a great way to socialize and keep active. Sign up and play some quality table tennis. Drop-In to play for \$1 each visit. No class Feb 10, Mar 30, Apr 27, Jun 1 & 8.

* Sa Jan 6-Mar 23 477700	9:30 AM-11:30 AM \$1/drop-in
* Sa Apr 6-Jun 29 478419	9:30 AM-11:30 AM \$1/drop-in

Volleyball - Adult Recreation Play

19+ yrs | Non Instructional

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

* W Jan 10-Mar 27 477720	7:00 PM-8:45 PM \$54/12 sess
* W Apr 10-May 15 478439	7:00 PM-8:45 PM \$27/6 sess
* W May 22-Jun 26 478440	7:00 PM-8:45 PM \$27/6 sess

Axe Capoeira - Beginner Adults

13+ yrs | Sheila Recuenco

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

Tu Jan 16-Mar 12 477565	5:00 PM-6:00 PM \$90/9 sess
Tu Apr 16-Jun 11 488734	5:00 PM-6:00 PM \$90/9 sess

Food Programs

Strathcona Backpack Program

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

❄️ F Jan 12-Mar 15 9:30 AM-12:00 PM
1:00 PM-3:00 PM
☀️ F Apr 5-Jun 28 9:30 AM-12:00 PM
1:00 PM-3:00 PM

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. The Breakfast Program is closed during school closures (professional development days, stat holidays, spring, summer and winter breaks).

Canning Beets

19+ yrs | Strathcona Food Security Team

Learn to make delicious pickled beets and how to preserve them using the hot water bath method. Everyone will take home 2 jars of pickled beets to enjoy. No canning experience necessary. Adults 19+ & Children 12+ accompanied by an adult.

❄️ W Feb 7 6:30 PM-8:30 PM
477556 \$10/1 sess



Canning Salsa

19+ yrs | Strathcona Food Security Team

Join us for a hands on workshop on making a salsa from scratch as well as how to preserve it using the hot water bath method. Everyone will take home 2 jars of salsa to enjoy. No canning experience necessary.

☀️ W Apr 10 6:30 PM-8:30 PM
481533 \$10/1 sess

Community Kitchen

19+ yrs | Strathcona Food Security Team

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

❄️ Tu Feb 6-Feb 27 3:00 PM-5:00 PM
477573 Free/4 sess
☀️ Tu Apr 2-Apr 23 3:00 PM-5:00 PM
481541 Free/4 sess

WE
NEED
YOU



Volunteer Callout!

We are always looking for volunteers from the community to support the Food Security Programs.

- Assisting the Breakfast team in preparing breakfasts
- Boxing food
- Packing Boxes
- Picking up Donations
- Preparing our volunteer lunch
- Workshops, Community Kitchens or special events

Contact Amy at amy.weeks@vancouver.ca/604-257-3077 if you're interested and available to help!

Arts

Chinese Calligraphy

19+ yrs | Wai Yin Lau

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

*F Jan 12-Mar 22	9:30 AM-11:30 AM
477572	\$30/11 sess
*F Apr 5-Jun 28	9:30 AM-11:30 AM
478292	\$30/13 sess

Education

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 timeslot following yours. This class is registration only. Drop-ins will not be allowed. No class on Mar 29.

*F Mar 1/8/15/22

*F Apr 5/12/19/26

9:30 AM-10:00 AM

10:00 AM-10:30 AM

10:30 AM-11:00 AM

11:00 AM-11:30 AM

11:30 AM-12:00 PM

Closed between 12:00-12:30 PM

12:30 PM-1:00 PM

1:00 PM-1:30 PM

1:30 PM-2:00 PM

2:00 PM-2:30 PM

Fitness & Health

Seniors Tai Chi

50+ yrs | Volunteer

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 to great mobility and balance. No experience necessary! No class Feb 19, Mar 29, Apr 1 & May 20.

*M-F Jan 8-Mar 28	9:00 AM-10:00 AM
477677	Free with Registration
*M-F Apr 2-Jun 28	9:00 AM-10:30 AM
478397	Free with Registration

Wellness Program

50+ yrs

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 9-Mar 26	10:00 AM-12:00 PM
477723	Free with Registration/12 sess
*Tu Apr 2-Jun 25	10:00 AM-12:00 PM
478442	Free with Registration/13 sess

Wu's Tai Chi

50+ yrs | David Ho

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

*Tu Jan 9-Mar 26	10:45 AM-11:45 AM
477726	Free with Registration/12 sess
*Tu Apr 2-Jun 25	10:45 AM-11:45 AM
478445	Free with Registration/13 sess

* Winter 2024 Programs
January – March

* Spring 2024 Programs
April – June



Social

Senior's Karaoke (Chinese)

50+ yrs | Non Instructional

Come and socialize with other seniors in the seniors room on Wednesdays at 1pm where we will sing fan favourites. Songs will be in Cantonese/Mandarin. Jan 31, Feb 28, Mar 20, Apr 17, May 15 & Jun 12 to start later at 2pm. Registration required and non instructional.

✳️ W Jan 10-Mar 27	1:00 PM-3:00 PM
477676	Free/12 sess
✳️ W Apr 10-Jun 19	1:00 PM-3:00 PM
478396	Free/11 sess

Senior Social Luncheon

50+ yrs

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

✳️ W Jan 31 (Lunar New Year)	11:30 AM-1:00 PM
477672	\$11.43/1 sess
✳️ W Feb 28	11:30 AM-1:00 PM
477673	\$9.52/1 sess
✳️ W Mar 20	11:30 AM-1:00 PM
477674	\$9.52/1 sess
✳️ W Apr 17	11:30 AM-1:00 PM
478392	\$9.52/1 sess
✳️ W May 15	11:30 AM-1:00 PM
478393	\$9.52/1 sess
✳️ W Jun 12 (Summer Solstice)	11:30 AM-1:00 PM
478394	\$9.52/1 sess

Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs | 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.

✳️ Th Jan 11-Mar 28	10:00 AM-12:30 PM
477693	Free/12 sess
✳️ Th Apr 11-Jun 27	10:00 AM-12:30 PM
478413	Free/12 sess



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 2024 for 7 weeks.

The leaders of the program will organize exciting trips in and around Greater Vancouver.

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

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 27-29 9:00AM-4:30PM
Dec 24/31 10:00AM-1:30PM
Feb 19, Apr 1, May 20. . . 10:00AM - 1:30PM

Holiday Closures

Dec 25, 26, Jan 1 CLOSED
Mar 29 CLOSED

Fitness Consultations

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

Information

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

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$6.99	\$4.89	\$4.89
1 Month	\$53.83	\$37.68	\$37.68
3 Month	\$145.34	\$101.74	\$101.74
12 Month	\$465.09	\$325.56	\$325.56
10 Visit Usage Pass	\$61.51	\$43.06	\$43.06
Prices do not include GST. Prices subject to change without notice.			

Personal Training/Semi Personal & Small Group Training

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

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

Sessions	Private (1 person)	Semi-private (2 people)	Small group (3-4 people)
1	\$58.17	\$87.23	\$122.36
3	\$161.20	\$241.84	\$327.72
5	\$259.27	\$399.26	\$480.67
10	\$465.43	\$741.49	\$873.93
Prices do not include GST. Prices subject to change without notice.			



Room Rentals

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

ROOM	ROOM CAPACITY		OPERATING HOURS \$ per hour	AFTER HOURS \$ per hour & staff
	MAX	COMFORT		
Gymnasium – 96'x60' (Sport rentals only) Please note: Mandatory insurance required. Visit eventpolicy.ca	N/A	N/A	\$65.00	\$85.00 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'	30	20	\$35.00	\$60.00
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 COMMUNITY CENTRE

Family Day Pajama Party!



JOIN US FOR OUR FAMILY DAY PAJAMA PARTY EVENT! THIS EVENT WILL FEATURE PARENT & TOT TOYS, ARTS & CRAFTS, FACE PAINTING, & OTHER ACTIVITIES FOR THE WHOLE FAMILY TO ENJOY! SNUGGLE UP WITH YOUR FAMILY TO WATCH A MOVIE WITH YOUR LOVED ONES IN YOUR COMFIEST PAJAMAS!

FEBRUARY, 19TH

ACTIVITY #: 481443

IN THE GYMNASIUM & MULTIPURPOSE ROOM

STRATHCONA COMMUNITY CENTRE

AGES 5-14
YRS OLD

SUPERSHINE SUMMER DAY CAMP



REGISTRATION DATES: **NEW AND IMPORTANT
CHANGES ARE COMING!**

- MAY 11, 2024 @ 9 AM :
 - V6A POSTAL CODE RESIDENTS ONLY
 - (PROOF OF ADDRESS REQUIRED)
- MAY 18, 2024 @ 9 AM:
 - REGISTRATION FOR GENERAL PUBLIC

**PLEASE REFER TO PAGE 10 FOR IMPORTANT
CHANGES AND DAY CAMP REGISTRATION
INFORMATION!**

STRATHCONA COMMUNITY CENTRE

SUMMER KICK OFF

SATURDAY JUNE 1, 2024

11 AM - 1:30PM FREE FOR ALL AGES

Save
the Date

**MORE INFORMATION TO
COME IN MARCH 2024!**

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

