



STRATHCONA
COMMUNITY CENTRE

We take care of each other

SUMMER 2023 RECREATION GUIDE



Registration begins **June 3, 2023 @ 9:00AM** for Summer programs

www.strathconacc.ca

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



Message from the SCCA Board

Summer is here! Day camps and all day childcare make weekdays extra busy here during the summer season. This year will see the return of our youth leadership summer camp offering daytime activities for 13-18 year olds. Other new programming includes tennis camps for kids, try your hand at pickleball by reserving a court on Saturday afternoons or enroll in our new art class for adults. Most other programming continues throughout the summer, but some programs, like Seniors Tai Chi and Zumba, move outside to take advantage of the warm weather.



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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.

We are excited for our Summer Kick-off event on June 24, which will be a big party in the back parking lot again. Think bouncy castle, face-painting, and carnival games to celebrate the start of summer. Our 50th Anniversary was so fun, we wanted to throw another big party for our community.

Our programming team is doing an excellent job trying out new programs – capoeira, kid's art classes and cooking workshops all happened last season. We are always looking for new program ideas, and want to hear from our community.

Let us know what programs you would like to see at Strathcona Community Centre. Send your ideas to 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

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

Terms and conditions are subject to change.

**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
Aug 28 - Sep 1 9:00AM - 4:45PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
Sat 9:00AM - 4:30PM
Sun 10:00AM - 1:30PM
Aug 28 - Sep 1 9:00AM - 4:15PM

Holiday Closures

July 1, 3 CLOSED
Aug 7 CLOSED
Sept 4 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 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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How to Register:

Summer Registration Opens

Saturday June 3 @ 9:00AM

Online

[vancouver.ca/
strathconarec](http://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](https://www.instagram.com/strathcc)

www.strathconacc.ca
strathcc@vancouver.ca

 @strathcentre
 Strathcona CC

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

The following prices are for 2023-2024. Prices are subject to change

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

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

Affordable Childcare Benefit information is available at:

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



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

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

Affordable Childcare Benefit information is available at:

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



Social

Caregiver and Tot Playtime

Our tot playtime will take a break this summer and will return on Monday September 11th. Please look out for our Fall 2023 brochure in mid August for more information. Have a great summer!

Arts

NEW! 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 Aug 5.

Sa Jul 8-Aug 19 9:15 AM-10:30 AM
460735 \$60/6 sess

Little Ballerinas

3-5 yrs | Endorphin Rush Dance & 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.

Sa Jul 8-Aug 19 10:15 AM-11:00 AM
460747 \$77/7 sess

Mini Hip Hop Breakers

3-5 yrs | Endorphin Rush Dance & 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.

Sa Jul 8-Aug 19 11:00 AM-11:45 AM
460748 \$77/7 sess

Frozen Ballet Camp

3-6 yrs | Endorphin Rush Dance & Fitness

A full week of morning movement for young dancers! 100% Frozen Soundtrack music is played in this creative ballet class designed to ignite young dancers imaginations. No experience required as dancers learn the basics of ballet and creative expression through movement. Children must be able to participate without guardian present. Costumes are welcome, but not required in this class.

M-F Jul 17-21 1:00 PM-2:15 PM
460765 \$90/5 sess

Sports

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 Aug 6.

Su Jul 9-Aug 20 10:15 AM-11:00 AM
458107 \$90/6 sess

Sportball - Multisport

3.5-5 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 Aug 6.

Su Jul 9-Aug 20 11:00 AM-12:00 PM
458106 \$90/6 sess

Baby Bears Gymnastics

1-2 yrs | Bear Feet Gymnastics

Watch your little one gain confidence in their movement skills! This class will provide your child the opportunity to explore a wide variety of activities that focus on fostering appropriate physical development. The children will enjoy songs, games, circle time and bonding time with you! Parent participation is required. No class Aug 6.

Su Jul 9-Aug 27 10:30 AM-11:15 AM
462049 \$77/7 sess

Rainbow Bears 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. The children will enjoy warm up games, circuits and creative strength building exercises. Parent participation required. No class Aug 6.

Su Jul 9-Aug 27 11:30 AM-12:15 PM
462051 \$77/7 sess
Su Jul 9-Aug 27 12:30 PM-1:15 PM
462053 \$77/7 sess

NEW! Soccer Power for Little Ones

2-5 yrs | Marvin Garcia

It's important to always have fun! Using child-friendly soccer equipment and basic soccer drills your child will indulge in the sport of soccer, learning the basics of dribbling, passing, kicking & shooting. Our qualified staff will create a safe and fun environment for all learning abilities. Runs rain or shine. Location: Strathcona School field behind the swings.

2-3 yrs (Parent/Caregiver participation required)

Tu Jul 11-Aug 22 10:15 AM-11:00 AM
462046 \$84/7 sess

4-5 yrs (Parent/Caregiver attendance required)

Tu Jul 11-Aug 22 11:10 AM-11:55 AM
462047 \$84/7 sess

Arts

NEW! Dance Extreme Dance Sampler

5-12 yrs | Endorphin Rush Dance & Fitness

Come and explore a number of different styles of dance in this upbeat dance camp. Enjoy an energetic exploration of movement in a warm, safe and inspiring environment. Styles may include Latin Dance, Contemporary, Waacking, Popping, Hip Hop, Acrobatic Dance, Creative Movement and Bollywood! For more information, go to www.kirbysnellldance.com.

M-F Jul 17-21
460766

2:20 PM-3:35 PM
\$90/5 sess

NEW! 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 Aug 5.

Sa Jul 8-Aug 19
460745

10:30 AM-11:45 AM
\$60/6 sess

Cartooning & Creativity!

5-10 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 Aug 6.

Su Jul 9-Aug 20
460730

10:30 AM-11:30 AM
\$54/6 sess

Hip Hop Dance

5-8 yrs | Endorphin Rush Dance & 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.

Sa Jul 8-Aug 19
460750

11:45 AM-12:45 PM
\$77/7 sess

Capoeira

8-15 yrs | Cam Melvin

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. Besides **all** the fun, students will learn basic capoeira movements and how to coordinate movements with a partner, plus basic Brazilian Portuguese vocabulary, the history of slavery in Brazil, and the philosophical basis for capoeira through song and discussion. Not only will students develop their strength, balance, hand-eye coordination, rhythm, language skills, and a stronger appreciation for other cultures, they will also grow in empathy and self-confidence. Drop-in if space available at \$9.50. No Class Aug 7.

M Jul 10-Aug 21
460763

5:00 PM-6:00 PM
\$48/6 sess

Basketball Camp

5-12 yrs | TBA

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.

5-9 yrs

M-F Jul 10-14
458050

10:15 AM-12:15 PM
\$50/5 sess

M-F Aug 21- 25
458052

10:15 AM-12:15 PM
\$50/5 sess

9-12 yrs

M-F Jul 10-14
458051
M-F Aug 21-25
458053

12:30 PM-2:30 PM
\$50/5 sess
12:30 PM-2:30 PM
\$50/5 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.

CAP-C Programs

The Community Action Program for Children (CAP-C) will take a break this summer and will return in mid-September. Please look out for our Fall 2023 brochure in mid-August for more information. Have a great summer!

NEW! Improv Drama Camp

7-14 yrs | Christache Ross

A fun and foundational acting summer camp focusing on learning improv theatre games and acting fundamentals. We will focus on fostering a love of acting and build confidence in performing in front of others by creating a fun and safe environment that allows students to flourish. A typical class will include warm up games, theatre exercises and performance improv games. At the end of the camp there will be a short performance for student's families and friends. Please bring a water bottle and small snack (no nuts).

M-F Aug 21-25 1:00 PM-4:00 PM
458054 \$190/5 sess

Tennis Camp

5-12yrs | 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. Location: Classes will be at Strathcona Park. If the weather is not cooperating, classes will be in the gymnasium at Strathcona Community Centre.

5-7 yrs
Tu-F Aug 8-II 10:30 AM-12:30 PM
459190 \$112/4 sess
Tu-F Aug 8-II 1:00 PM-3:00 PM
459192 \$112/4 sess
8-12 yrs
Tu-F Aug 8-II 10:30 AM-12:30 PM
459191 \$112/4 sess
Tu-F Aug 8-II 1:00 PM-3:00 PM
459193 \$112/4 sess

Volleyball Camp

8-13 yrs | Chloe Huang

Introduce your child to the sport of Volleyball! They will learn how to play the sport and taught the fundamentals such as bumping and setting. They will play mini games and have lots of fun. Elements such as sportsmanship and team play will be greatly emphasized.
M-F Jul 24-28 10:15 AM-12:15 PM
459164 \$50/5 sess

Education

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?
Sa Jul 29 9:00 AM-3:00 PM
458103 \$65/1 sess

Sports

Strathcona Basketball

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 postal code will have a 1 week priority to sign up beginning May 27 in person. The rest of the general public will register on June 3.

Grades K-2 Coed
Sa Jul 8-Aug 19 9:05 AM-10:05 AM
458112 \$21/7 sess
Grades 3-5 Coed
Sa Jul 8-Aug 19 10:10 AM-11:10 AM
458109 \$21/7 sess
Grades 6-8 Coed
Sa Jul 8-Aug 19 11:15 AM-12:15 PM
458110 \$21/7 sess

NEW! 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 Aug 5.

6-7 yrs
Sa Jul 8-Aug 26 2:00 PM-3:00 PM
462059 \$98/7 sess
8-9 yrs
Sa Jul 8-Aug 26 3:15 PM-4:15 PM
462060 \$98/7 sess

Music

Private Piano Lessons

5+ yrs | Christina & Alicia

Students who were registered in Spring 2023 will have priority over Summer 2023 registration. On June 3, 2023 at 9am, if spots have not been filled, they will be available and open to the public for registration.

Please note: If the spot you want is full, please register to put yourself on the waitlist for that season. Waitlist will not be carried over to the following season.

Alicia 30 minute sessions:

Sat Jul 8-Aug 12 TBA 2:00PM-4:50PM

Christina 30 minute sessions:

No class Aug 4, 5, 7
Sa Jul 8-Aug 12 \$77.50/5 sess 9:05AM-4:30PM
Mon Jul 10-Aug 14 \$77.50/5 sess 2:40PM-8:25PM
Wed Jul 5-Aug 16 \$108.50/7 sess 2:40PM-8:25PM
Fri Jul 7-Aug 18 \$93/6 sess 2:40PM-8:25PM



Come and join our Park Board playground leaders this year again at MacLean Park!

They will have arts & crafts, toys and games for everyone to enjoy!

Playground programs will open at 11:30am.

**July 4th – August 25th
(Monday to Friday)
11:30am – 5:30pm**

MacLean Park will not be staffed on Saturdays and Sundays

Supershine Summer Day Camp

5-12 yrs | Supershine Summer Day Camp Staff Team

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

Time: 9:00 AM – 4:00 PM

Week	Activity #	Dates	Cost
1	432237	Jul 4-7*	\$100
2	432238	Jul 10-14	\$125
3	432239	Jul 17-Jul 21	\$125
4	432240	Jul 24-Jul 28	\$125
5	432241	Jul 31-Aug 4	\$125
6	432242	Aug 8-11*	\$100
7	432243	Aug 14-18	\$125
8	432244	Aug 21-25	\$125
*4 day week			

Registration Process

May 13, 2023 @ 9:00AM

- Registration will only be available in-person starting at 9am. Phone-in registration will start at 1pm.
- Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2023 to attend Summer Day Camp.

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.

NEW! The Park Club

12-18 yrs | Youth Leader

Vancouver has 250 parks to choose from and our goal is to visit every single one of them. This program is an avenue for folks to meet with other youth in different neighbourhoods around Vancouver and partner up with other Community Centres to explore different parks in the city. Please contact the Community Youth Worker at 604.713.1851 for more information.

Th Jul 13-Aug 17

11:30 AM-2:00 PM

459031

Free with Registration



NEW! Night of Champions

10-18 yrs | Youth Leader

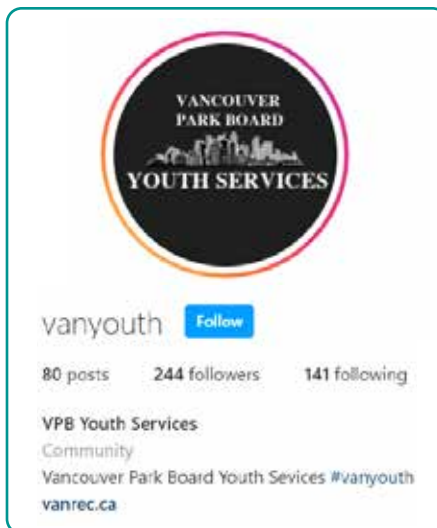
A series of competitions for those who want to test their skills. Come participate in NBA 2K, Super Smash Bros, table tennis, foosball and billiards tournaments. Prizes are granted to the winners! Occurs on the 2nd Friday of each month.

F Jul 14, Aug 11

4:30 PM-7:30 PM

459032

Free with Registration



Strathcona Youth Council

12-18 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 the front desk at 604.713.1838.

For this summer, we will meet biweekly.

Th Jul 13, 27, Aug 10, 24

11:00 AM-12:00 PM

458946

Free with Registration

Youth Open Gym

9-18 yrs | Youth Leader

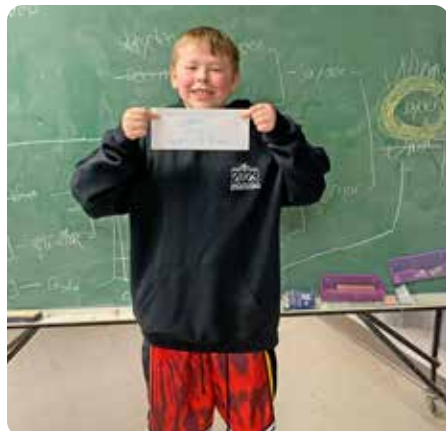
Looking for something to do on Friday nights? We've got a fun assortment of activities such as badminton, volleyball, and basketball this summer!

F Jul 7-Aug 25

4:30 PM-8:30 PM

459027

Free



@STRATHYOUTH

STRATHCONA COMMUNITY CENTRE

SUMMER HEAT YOUTH LEADERSHIP CAMP

AGES 13-18 YRS OLD
MON-FRI, 10:00AM-4:00PM

WEEK	DATES	COST
1	JULY 4-7*	\$80
2	JULY 10-14	\$100
3	JULY 17-21	\$100
4	JULY 24-28	\$100
5	JULY 31-AUG 4	\$100
6	AUG 8-11*	\$80
7	AUG 14-18	\$100
8	AUG 21-25	\$100

This camp is for those who want to do something during the summer and want to do it with a fun group of people! Summer Heat Youth Leadership Camp emphasizes building connections with peers, community, and great resources around the city!

This camp includes out-trips, local neighbourhood adventures, snacks, and a fun time. Out-trip schedule to be determined.

Education

NEW! Adult Painting Workshop

19+ yrs | Annie Ting

Zen out in this guided beginner friendly adult painting class using acrylics on canvas! Various techniques can be explored and practiced. Guaranteed you would be proud to take your masterpiece home!

Tu Jul 25	6:15 PM-8:45 PM
460762	\$40/1 sess
Th Aug 17	6:15 PM-8:45 PM
461895	\$40/1 sess

Embroidery: Hand Sewing Stitches

19+ yrs | Suzan Lee

Learn embroidery fundamentals including traditional and popular stitches to personalize or mend items mindfully and beautifully. If you like, bring with you any hand sewing supplies you already have to assess and explore creatively. No prior experience necessary. All tools and materials provided.

Su Jul 16	10:30 AM-1:30 PM
458060	\$59.95/1 sess

Sashiko Wagara: Hand Sewing Japanese Embroidery

19+ yrs | Suzan Lee

Japan has many long standing traditions. Embroidery is no exception. Sashiko is a 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 garments, bags or blankets.

Su Aug 13	10:30 AM-1:30 PM
459167	\$59.95/1 sess

Mexican Chilaquiles with Chef Antonio!

12+ yrs with Adult | Chef Antonio

Learn to make the traditional Mexican brunch dish, Chilaquiles, Guadalajara style. Make a rich sauce from scratch and create all the delicious sides and trimmings that complete this authentic Mexican dish! Children 12+ yrs must be accompanied by an adult. One child per adult. Please ensure both child and adult are registered.

Tu Jul 11	6:30 PM-8:30 PM
458127	\$12/workshop

Fitness & Health

NEW! 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 Jul 10-31	6:30 PM-7:30 PM
461889	\$38/4 sess

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 \$14.00, if space permits.

F Jul 7-Aug 25	5:30 PM-6:30 PM
460746	\$88/8 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 Jul 5-Aug 23	7:00 PM-8:00 PM
460758	\$116/8 sess

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. Let's have some fun! 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 Jul 6-Aug 24	7:00 PM-8:15 PM
458132	\$76/8 sess

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. No Class Aug 5.

Location: McLean Park

Tu Jul 4-Aug 22	7:00 PM-8:00 PM
458137	\$72/8 sess
Sa Jul 8-Aug 26	10:00 AM-11:00 AM
458138	\$63/7 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 Aug 5.

Sa Jul 8-Aug 26	11:30 AM-1:00 PM
458046	\$70/7 sess

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Kung Fu: Choy Lee Fut

19+ yrs | Matthew & Amy

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.

M/W Jul 5-31	6:30 PM-8:30 PM
458067	\$56/8 sess
M/W Aug 2-23	6:30 PM-8:30 PM
458065	\$42/6 sess

Sports

Adult Tennis Lessons at Strathcona Park

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.

Location: Strathcona Park (857 Malkin Ave)

Su Jul 9-30	10:00 AM-11:45 AM
458044	\$175/4 sess
M Jul 10-31	7:00 PM-8:30 PM
459194	\$150/4 sess
Su Aug 13-27	10:00 AM-11:45 AM
459162	\$131.25/3 sess
M Aug 14-28	7:00 PM-8:30 PM
459195	\$112.5/3 sess

Volleyball - Adult Learn to Play

16+ yrs | TBA

Adults Learn to Play Volleyball is back for this Summer. No experience necessary - come and learn the basics. Learn the proper technique on how to bump, set and spike! After the instruction, participants can continue to play for an additional 30 min. The cost includes 60 minutes of instruction and an additional 30 minutes of game play if you would like to continue to play.

Th Jul 6-Aug 17	7:00 PM-8:30 PM
458133	\$63/7 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.

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.

W/Sa Jul 5-Aug 23 9:30 AM-11:30 AM
458128 \$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 Jul 5-Aug 23 7:00 PM-8:45 PM
458134 \$36/8 sess

Badminton: Drop-In

5+ yrs | Non-Instructional

Drop-in badminton play at Strathcona for all ages. Come as a family, or make new friends. Play is self-monitored, so please be ready to rotate, share, and have fun. Limited number of rackets and birdies available to borrow - if you have your own, please bring.

Sa Jul 8-Aug 26 3:15 PM-4:45 PM
458047 \$5/drop-in

Pickleball - All Levels

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, space permitting.

W Jul 5-Aug 23 5:15 PM-6:30 PM
458102 \$38.08/8 sess

NEW! Pickleball Court Reservation

19+ yrs | Non-Instructional

Come join us in our gymnasium with our first ever court reservation for pickleball! Book your Pickleball Court for 75 minutes for \$12.50 + tax. We have 4 courts available. During game play, you can have up to 4 players playing on the court. \$12.50/1 sess

Sa Jul 8	459174	12:25 PM-1:40 PM
	459175	1:45 PM-3:00 PM
Sa Jul 15	459176	12:25 PM-1:40 PM
	459177	1:45 PM-3:00 PM
Sa Jul 22	459178	12:25 PM-1:40 PM
	459179	1:45 PM-3:00 PM
Sa Jul 29	459180	12:25 PM-1:40 PM
	459181	1:45 PM-3:00 PM
Sa Aug 5	459182	12:25 PM-1:40 PM
	459183	1:45 PM-3:00 PM
Sa Aug 12	459184	12:25 PM-1:40 PM
	459185	1:45 PM-3:00 PM
Sa Aug 19	459186	12:25 PM-1:40 PM
	459187	1:45 PM-3:00 PM
Sa Aug 26	459188	12:25 PM-1:40 PM
	459189	1:45 PM-3:00 PM

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.

Tu Jul 4-Aug 22	7:15 PM-8:45 PM
458048	\$30/8 sess
Su Jul 9-Aug 27	12:10 PM-2:00 PM
458049	\$34/8 sess

Indoor Soccer - Recreation

19+ yrs | Non-Instructional

Recreational co-ed soccer with limited spaces. Maximum combined drop-in and registration is 15. 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. In the event that you are unable to attend any particular session, your registered spot is non-transferable.

Th Jul 6-Aug 24	5:00 PM-6:45 PM
458063	\$34/8 sess

Special Events

Summer Kick Off Event!

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

Sa Jun 24	11:00 AM-2:00 PM
458980	Free

Strathcona Community Food Security Programs

Follow us on Instagram/Facebook or check out our website and the community bulletin board inside the community centre for upcoming food skills/workshops and volunteer opportunities!

Strathcona Backpack Program

The Backpack Program is a service for households with dependents under the age of 18 who are living in the V6A postal code area and experiencing food insecurity. We provide a variety of produce, meat and meat alternatives and dry goods as per donation. Forms to apply are at the front desk of the Strathcona Community Centre or on Friday's at the Strathcona Backpack Program. Closed in August. Backpack Program to resume on September 8th, 2023.



Canning Jar Drive

All Ages | Strathcona Food Security Team

Did you know Strathcona Community Centre runs canning and food preservation workshops year round? If you have any spare or unused canning jars we will reuse them for our food preservation workshops and projects. These jars will store tasty jams, pickles and meat from our local food suppliers. By donating your jars you're supporting sustainable food practices and knowledge sharing among Strathcona neighbours. Bring your donations to the front of the building.

For more information contact Amy at 604-257-3077 or email amy.weeks@vancouver.ca.

Items Accepting:

- All clean standard Mason jar sizes (1L, 500ml, 250ml, 125ml)
- All standard clean jar rings

Items not Accepting:

- No used or rusty lids
- No GEM jars
- No spaghetti jars

Th Aug 17
458852

10:00 AM-3:00 PM
Free

Mexican Chilaquiles with Chef Antonio!

12+ yrs with Adult | Chef Antonio

Learn to make the traditional Mexican brunch dish, Chilaquiles, Guadalajara style. Make a rich sauce from scratch and create all the delicious sides and trimmings that complete this authentic Mexican dish! Children 12+yrs must be accompanied by an adult. One child per adult. Please ensure both child and adult are registered.

Tu Jul 11
458127

6:30 PM-8:30 PM
\$12/workshop

Dinner Time Community Kitchen

19+ yrs | Strathcona Food Security Team

Looking for a culinary adventure this summer? Or perhaps looking for a place to meet neighbours and share cooking? Then join our Summer Dinnertime Community Kitchen. Our Summer 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; and with everyone pitching in on food preparation and cleaning this makes dinnertime easier. Seasoned and beginner cooks are welcome. Share your favourite recipes, cultural dishes and learn new techniques and flavour combinations from your neighbours. Adults 19+ & children 12+yrs accompanied by an adult. 1 child per adult. Please ensure both child and adult names are registered.

W Jul 5-Aug 23
458126

4:00 PM-7:00 PM
Free with Registration



Older Adults

Chinese Calligraphy (Friday)

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 Jul 7-Sep 29

9:30 AM-11:30 AM

458056

\$30/13 sess

Wellness Program

50+ yrs | Anne Yue

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

Tu Jul 18-Aug 29

10:00 AM-12:00 PM

458135

Free with Registration

Fitness & Health

Seniors Tai Chi

50+ yrs | Volunteer Instructor

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 Aug 7.

M-F Jul 4-Sep 1

9:00 AM-10:30 AM

458105

Free with Registration

Wu's Tai Chi

50+ yrs | David Ho

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

Tu Jul 4-Aug 29

10:45 AM-11:45 AM

458136

Free with Registration

Strathcona Chinese Wellness Program for Stroke Survivors

19+ yrs

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

Th Jul 6-Aug 24

10:00 AM-12:30 PM

458115

Free/8 sess

Summer Cruisers Opening Ceremony

50+ yrs | Summer Cruisers Leaders

Have a social lunch together where you can meet new people and chat over a nutritious meal. Please purchase tickets in advance as space is limited. First day of ticket sales for Summer Cruisers. Tickets are sold at 1:15pm on a first-come, first-served basis.

W Jun 28

11:00 AM-1:00 PM

458117

\$9.52/ticket

Summer Cruisers Closing Ceremony

50+ yrs | Summer Cruisers Leaders

Have a social lunch together where you can meet new people and chat over a nutritious meal. Please purchase tickets in advance as space is limited. This last luncheon for the summer will close out the Summer Cruisers program!

W Aug 9

11:00 AM-1:00 PM

459060

\$9.52/ticket

COSCO programs

The Seniors' Health & Wellness Institute (Cosco) provides workshops about good health and better living for seniors. In this series of workshops we'll focus on steps to take to ensure we stay healthy.

Hypertension

50+ yrs | COSCO Seniors Health And Wellness Institute Society

We review the effects of high blood pressure. This workshop discusses the need to monitor blood pressure, treatment options, and the importance of a prompt diagnosis.

M Aug 14

10:45 AM-11:45 AM

459166

Free with Registration/1 sess

STRATHCONA
SUMMER CRUISERS
2023

The summer out-trip program for older adults will be offered starting at the end of June 2023 for 7 weeks. The Cruisers will help organize exciting trips in Greater Vancouver.

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



601 Keefer Street, Vancouver
(604)-713-1838
@www.strathconacc.ca

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
 Aug 28-Sept 1 9:00AM - 4:15PM

Holiday Closures

July 1, 3 CLOSED
 Aug 7 CLOSED
 Sept 4 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

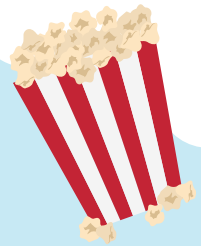
STRATHCONA COMMUNITY CENTRE

SUMMER KICK OFF

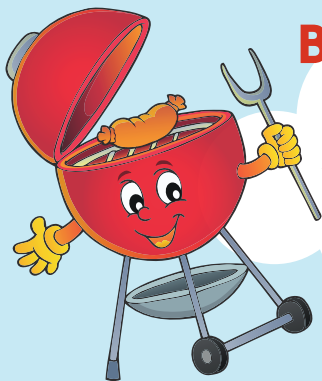
SATURDAY JUNE 24, 2023

11 AM - 2PM

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



FREE FOR ALL AGES



**BOUNCY CASTLE - CARNIVAL GAMES
ARTS & CRAFTS - POPCORN
YOUTH BBQ FUNDRAISER - & MORE!**

SUMMER HEAT YOUTH LEADERSHIP CAMP

AGES 13-18 YRS OLD
MON-FRI, 10:00AM-4:00PM

WEEK	DATES	COST
1	JULY 4-7*	\$80
2	JULY 10-14	\$100
3	JULY 17-21	\$100
4	JULY 24-28	\$100
5	JULY 31-AUG 4	\$100
6	AUG 8-11*	\$80
7	AUG 14-18	\$100
8	AUG 21-25	\$100

This camp is for those who want to do something during the summer and want to do it with a fun group of people! Summer Heat Youth Leadership Camp emphasizes building connections with peers, community, and great resources around the city! This camp includes out-trips, local neighbourhood adventures, snacks, and a fun time. Out-trip schedule to be determined.

SPECIALTY CAMPS

- Frozen Ballet Camp (Page 6)
- Dance Extreme Dance Sampler (Page 7)
- Basketball Camp (Page 7)
- Tennis Camp (Page 8)
- Volleyball Camp (Page 8)
- Improv Drama Camp (Page 8)

STRATHCONA SUMMER CRUISERS 2023

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The Cruisers will help organize exciting trips in Greater Vancouver.

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



601 Keefer Street, Vancouver
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AGES 5-12 YRS

SUPERSHINE SUMMER DAY CAMP

WEEK	DATES	COST
1	JULY 4-7*	\$100
2	JULY 10-14	\$125
3	JULY 17-21	\$125
4	JULY 24-28	\$125
5	JULY 31-AUG 4	\$125
6	AUG 8-11*	\$100
7	AUG 14-18	\$125
8	AUG 21-25	\$125

9:00AM-4:00PM

COME AND JOIN OUR SUMMER DAY CAMP TEAM FOR AN EXCITING SUMMER PROGRAM THAT INCLUDES ARTS & CRAFTS, NEIGHBOURHOOD ADVENTURES, OUT-TRIPS, AND MORE!

*4 day week