



STRATHCONA
COMMUNITY CENTRE

We take care of each other

SUMMER 2022 RECREATION GUIDE



Registration begins June 11, 2022 for Summer programs

www.strathconacc.ca

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





STRATHCONA COMMUNITY CENTRE

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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 Thursday of each month, and several times a year on active committees, including:

- Executive Committee
- Program Committee
- Food Security Committee
- Childcare Committee
- Facilities Committee
- Human Resources and Governance Committee
- Finance and Fundraising Committee
- Sustainable Funding Strategy Working Group

If you would like to contact the SCCA Board, please email strathconacc@gmail.com or visit www.strathconacc.ca

The Strathcona Community Centre is grateful to live, work and play on the unceded, ancestral territories of the Musqueam, Squamish and Tsleil Waututh Nations.

Message from the SCCA Board

Summer is upon us! As we tackle another year of a warming climate and unpredictable weather events, we would like to remind people of the cooling centres that the Park Board has to offer. The closest ones to Strathcona are RayCam Co-operative Centre and Britannia Community Centre.

This summer's line up of activities has a little something for everyone, ranging from our traditional programming to new activities, such as Encanto Dance Camp for preschoolers, Bricks 4 Kidz Camp, and Volleyball: Learn to Play for adults.

The upcoming Strathcona 50th Anniversary celebration is scheduled for September 10th. And we're looking forward to our annual memorial scholarship award ceremony for the Eric Ming scholarship recipients.

Eric Ming was a great contributor to the Strathcona Community and served as a well respected and hard working basketball coach.

Enjoy the summer and our Strathcona activities and stay cool!

Our Mission Statement

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

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
- Private lessons
- Workshops

Terms and conditions are subject to change.

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

Centre Hours

Mon-Fri 9:00AM - 9:00PM
Sat 9:00AM - 5:00PM
Sun 10:00AM - 2:00PM

Fitness Centre

Mon-Fri 9:00AM - 8:30PM
Sat 9:00AM - 4:30PM
Sun 10:00AM - 1:45PM

Holiday Closures

July 1 CLOSED
Aug 1 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.

Want to Volunteer?

Please contact strathcc@vancouver.ca to find out how you can get involved in programs, events, and activities at the Strathcona Community Centre.

Rent a Room

Strathcona Community Centre is proud to provide a welcoming space with competitive rental prices. Each room is unique and can be used for a variety of activities. Please contact the front desk for availability and rates.



STRATHCONA COMMUNITY CENTRE

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How to Register:

Summer Registration Opens

Saturday June 11 @ 9:00AM

Online

[vancouver.ca/
strathconacc](http://vancouver.ca/strathconacc)

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 – please see page 7.

Personal Information Protection

Any personal information the Strathcona Community Centre Association asks you to provide is collected under the authority of the Freedom of Information and Protection of Privacy Act. The information will only be used for the purposes of administering parks and recreation services, informing you of our services and benefits and for statistical purposes.

Strathcona Community 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 2021-2022. Prices are subject to change

Ages	# of days	Days of the week	Program Time	Monthly Fee
3-5 yrs	5 days	Mon-Fri	9:30 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 14), 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

Looking for Summer Day Camps for your child?

Please see page 7 for more information.

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 12th. Please look out for our Fall 2022 Brochure in late August for more information. Have a great summer!

Arts

DANCEPL3Y Preschool

3-5 yrs | DANCEPL3Y Vancouver

Introduce your child to dance in a fun and playful way! The DANCEPL3Y Preschool program focuses on the development of physical literacy and Fundamental Movement Skills, which are the ABCs of healthy growth and development. Your child will explore a variety of dance genres through imaginative and engaging story lines that take them around the world as they develop musicality, social skills and confidence with movement!

W Jul 13-Aug 24

3:25 PM-4:10 PM

413522

\$70/7 sess

Encanto Mini-Movers Dance Camp

3-5 yrs | Endorphin Rush Dance And Fitness

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. More info: www.kirbysnelldance.com

M - F Aug 8-12

9:15 AM-10:30 AM

413528

\$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 July 31.

Su Jul 10-Aug 21

10:15 AM-11:00 AM

413597

\$90/6 sess

Sportball - 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 July 31.

Su Jul 10-Aug 21

11:00 AM-12:00 PM

413596

\$90/6 sess

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Special Events



Sept 10, 2022
11am - 2pm
@ Strath Centre

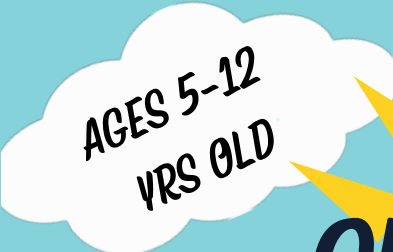
Strathcona's 50th Anniversary Event

All Ages

In 1972, Strathcona Community Centre was constructed through the collaborative effort of Vancouver Board of Parks and Recreation and local residents, making 2022 our 50th Anniversary!

We're planning a big community party on September 10, 2022 to celebrate 50 years of Strathcona Community Centre. Let us know what you would like to see at this event. Email strathconacc@gmail.com.

STRATHCONA COMMUNITY CENTRE


 AGES 5-12
YRS OLD

 SUPERSHINE
SUMMER
DAY CAMP
**5-12 yrs | Supershine 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! Child must have completed Kindergarten/going to Grade 1 and turning 6 years old by December 31, 2022 to attend Supershine Summer 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 camp. Refund requests must be received a minimum 10 working days (Mon-Fri) before the first day of session to receive a full refund.

Registration Date: May 14, 2022 @ 9am

Time: 9:00 AM – 4:00 PM (new end time)

Week	Activity #	Dates	Cost
1	413722	July 4-8	\$125
2	413723	July 11-15	\$125
3	413724	July 18-22	\$125
4	413725	July 25-29	\$125
5	413726	Aug 2-5 *	\$100
6	413727	Aug 8-12	\$125
7	413728	Aug 15-19	\$125
8	413729	Aug 22-26	\$125
*4 day week			

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.



***Come and join our Park Board playground leaders
this year 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 26th (Monday to Friday)

11:30am – 5:30pm

MacLean Park will not be staffed on Saturday and Sunday



Arts

Encanto Dance Camp

6-8 yrs | Endorphin Rush Dance & Fitness

Kids will salsa their way through this Encanto-themed camp: playing dance games, learning choreography, cultural references, and a few words in Spanish along the way! Kids will perform an upbeat dance for family and friends on the last day of camp! No experience required, all dancers welcome. More info: www.kirbysnelldance.com

M-F Aug 8-12 10:45 AM-12:00 PM
414314 \$90/5 sess

DANCEPL3Y Kids 6-8 yrs

6-8 yrs | DANCEPL3Y Vancouver

DANCEPL3Y (dance-play) is a new kids fitness where your kids will learn simple moves from a variety of styles - Hip Hop, Urban, Ballroom, Bollywood, Lyrical, Jazz/Funk as they get interACTIVE and play with dance. Watch self-confidence and positive attitudes grow each week thanks to our motivating coaching philosophy featuring the 3 Rules of PL3Y: Be positive. Be fun. Be yourself.

W Jul 13-Aug 24 4:15 PM-5:15 PM
413520 \$70/7 sess

Music

Private Piano Lessons

5+ yrs | Christina & Alicia

From the basic beginners to preparing Royal Conservatory Music exams, all students will be taught the fundamentals of music and are encouraged to build a strong foundation and develop good habits. While providing comprehensive music education, the 30 minute private lessons are tailored to each student's interests and goals. All music books and materials are purchased separately through the instructor. For more information about available space, please contact the Community Centre at 604-713-1838.

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? 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 Jul 16 9:00 AM-3:00 PM
414315 \$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 Aug 20 9:00 AM-4:00 PM
413593 \$65/1 sess

Bricks 4 Kidz –

Amazing LEGO Animals

6-10 yrs | Bricks 4 Kidz Vancouver

If you're fascinated by the wild and wacky, this is the camp for you! We'll explore fascinating facts about the animal kingdom and the zany biology of our animal friends. Using Bricks 4 Kidz® building instructions, campers use LEGO Technic and electric motors to construct 1 - 2 projects per session. Campers will be given a break for an optional snack from home.

M - F Aug 15-19 1:00 PM-2:00 PM
415763 \$190/5 sess

Bricks 4 Kidz –

LEGO Water World

6-10 yrs | Bricks 4 Kidz Vancouver

Anchor Aweigh and discover the aquatic world with LEGO Technic! Watch out for crocodiles as you build pirate ships, airboats, and more. Using Bricks 4 Kidz® building instructions, campers use LEGO Technic and electric motors to construct 1 - 2 projects per session. Campers will be given a break for an optional snack from home.

M - F Jul 25-29 1:00 PM-2:00 PM
415762 \$190/5 sess

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

Sports

Kung Fu: Choy Lee Fut (Children & Youth)

8-18 yrs | Amy & Matthew

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 or register for the full session. No class July 1.

MW Jul 4-Aug 17
413531

6:30 PM-8:30 PM
\$5/drop-in

Basketball Camp

6-12 yrs | Instructor TBD

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 Jul 25-29
416890

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

M-F Aug 22-26
416892

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

10-12 yrs

M-F Jul 25-29
416891

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

M-F Aug 22-26
416893

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

Strathcona Basketball Programs

Grades K-12 | William, Joshua, & Jadon

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 will have a 2 week priority to sign up beginning May 28 in person. Children living in V6A postal code will have 1 week priority and register on June 4 in person. The rest of the general public will register on June 11.

Grades K-2 Coed

Sa Jul 9-Aug 20
413602

9:05 AM-10:05 AM
\$21/7 sess

Grades 3-5 Coed

Sa Jul 9-Aug 20
413599

10:10 AM-11:10 AM
\$21/7 sess

Grades 6-8 Girls

Sa Jul 9-Aug 20
413601

11:15 AM-12:15 PM
\$21/7 sess

Grades 6-8 Boys

Sa Jul 9-Aug 20
413600

11:15 AM-12:15 PM
\$21/7 sess

Grades 9-12 Girls

Sa Jul 9-Aug 20
413604

12:20 PM-1:20 PM
\$21/7 sess

Grades 9-12 Boys

Sa Jul 9-Aug 20
413603

12:20 PM-1:20 PM
\$21/7 sess

Tennis Lessons: Basics

5-12 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 July 30.

5-6 yrs

Sa Jul 9-Aug 20
413611

1:30 PM-2:45 PM
\$90/6 sess

7-9 yrs

Sa Jul 9-Aug 20
413612

1:30 PM-2:45 PM
\$90/6 sess

10-12 yrs

Sa Jul 9-Aug 20
413610

1:30 PM-2:45 PM
\$90/6 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 (Community Action Program for Children)

The Community Action Program for Children (CAP-C) program provides funding to community groups that promote the healthy development of young children from birth to age 6. Financial contribution from the Public Health Agency of Canada in partnership with the Province of BC. 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>

Goals of this program includes improving healthy child development by:

- Improving parenting skills and parent-child relationships
- Decreasing social isolation
- Increasing child self-esteem
- Providing child-focused activities, such as preschool programs and play groups

Please contact the front desk for more information regarding programs dates & times.



Government
of Canada

Gouvernement
du Canada

Learn through Play – Online Workshops

Play is important for child development. Throughout 4 sessions, we will demonstrate how play can build language & literacy skills, how play can help reduce stress & irritability, how play fosters cognitive growth, and how play enhance parent-child relationship. This is an online program. Parents are welcome to join together with their young children.

Play Dough Activities for Families

Encourage parents to spend quality time together & sit down to play with their children since play dough has a wide array of developmental, learning and sensory benefits. Parents are required to participate together with their young children (aged 3 to 6 yrs) during 6 sessions.

Women's Support Group

A source of support for parents where it's safe to share parental & personal experience. This safe space provides them with resources to meet their needs.

DENTAL CLINIC

The Strathcona Community Dental Clinic is currently serving the dental needs of children, and their families. We accept all dental plans as well as the Healthy Kids Program.

The clinic offers a **20% discount** to those patients who do not have dental insurance.

Monday to Friday: 9:00 AM-5:00 PM

Located in the Strathcona Elementary School next to the Community Centre.
Entrance through the gate of the playground.

Please call the clinic at **604.713.4485**
to book an appointment.

We look forward to seeing you!!



Martial Arts

Strathcona Police 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! No class Aug 1. For more information contact the front desk at 604-713-1838.

M Jul 4-Aug 22
413608

5:00 PM-6:30 PM
Free/7 sess



vanyouth

Follow

80 posts

244 followers

141 following

VPB Youth Services

Community

Vancouver Park Board Youth Services #vanyouth

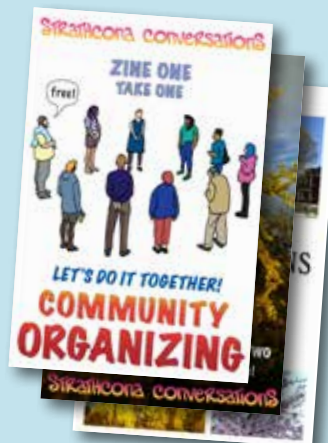
vanrec.ca

About Strathcona Conversations

Strathcona Conversations connects neighbours with dialogue, zine-making and art! Our latest issue is about Trees - in our "neighbourhood!"

Pick it up at the Strathcona Community Centre.

Join the conversation! Email strathconvo@gmail.com or join our Strathcona Conversations Facebook group.



Education

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 Aug 14 10:30 AM-1:30 PM
413535 \$53/1 sess

Japanese Bookbinding

19+ yrs | Suzan Lee

Make up to 3 books using a historical technique common in Asia. Japan preferred the four-hole stab binding. Over the centuries, four stitch patterns have surfaced as the most traditional. Whether these books hold poetry, pictures or personal thoughts; this historical bookbinding will showcase them beautifully. No prior experience necessary. All materials and tools provided.

Su Jul 17 10:30 AM-1:30 PM
413534 \$53/1 sess

Fitness & Health

Vinyasa Flow Yoga

19+ yrs | Estefani Osorio & 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 7-Jul 28 7:00 PM-8:15 PM
413613 \$38/4 sess

Zumba (Outdoor)

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. Location: McLean Park

Tu Jul 5-Aug 23 7:00 PM-8:00 PM
413622 \$72/8 sess
Sa Jul 9-Aug 27 10:00 AM-11:00 AM
413623 \$72/8 sess

Body Tuning: Fit to the Core

19+ yrs | Harry Wong

This class uses primarily body-weight and core-controlled exercises. A warm up of the major muscle groups will lead into a progressive sequence of movements developing strength, flexibility and balance. This strength-focused activates abdominals, hips & legs, and is an excellent companion to your regular cardio workouts! Accessible and challenging for all levels of participants. Please bring your own mat if you have one. Drop in \$7.00 if space permits.

Sa Jul 9-Aug 27 9:15 AM-10:15 AM
413506 \$50/8 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. No class July 30.

Sa Jul 9-Aug 27 11:30 AM-1:00 PM
413502 \$70/7 sess

Kung Fu: Choy Lee Fut

19+ yrs | Amy & Matthew

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 4-Jul 27 6:30 PM-8:30 PM
413530 \$56/8 sess
M/W Aug 3-Aug 17 6:30 PM-8:30 PM
413533 \$35/5 sess

Sports

Adult Tennis Lessons (Outdoor): Beyond the Basics

19+ yrs | Wilson Tan

Suitable for those looking for something beyond the basics of successful rallying and can consecutively rally 30-50 balls with a partner. A next step to our basics skills program. Our program continues your evolution in the open skills environment, allowing developments and understandings important to improving your tennis. We seek to develop your competencies towards competitive play.

No class Aug 1.

M Jul 11-Aug 15 6:30 PM-8:00 PM
413501 \$187.5/5 sess

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. Classes 1-3 Basics of Rallying - expectations consecutively rally 30-50 or more balls with a partner by class 4 (using a variety of low compression and regular balls) Classes 4-6 Basics of Net Play & Serving - expectations reliable overhead serve & volley consecutive rally 15-25 or more balls by class 8 (using a variety of low compression and regular balls) Classes 7-8 Basics of the Game and Play - expectations understand scoring doubles play and singles play (maybe basic strategies and options if time permits). No Session July 31
Su Jul 10-Aug 14 10:00 AM-12:00 PM
413500 \$250/5 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 2-Aug 27 3:15 PM-4:45 PM
413503 \$5/drop-in

Basketball - Recreational

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 5-Aug 23 7:15 PM-8:45 PM
413504 \$30/8 sess
Su Jul 3-Aug 28 12:10 PM-2:00 PM
413505 \$38.25/9 sess

Indoor Soccer - Recreational

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 7-Aug 25 5:00 PM-7:00 PM
413529 \$34/8 sess

NEW! Volleyball – Adult Learn to Play

19+ yrs | Chloe Huang

Adults Learn to Play Volleyball is back for this Summer. No experience necessary - come and learn the basics from Chloe Huang, who helped with the previous Summer program. Learn the proper technique on how to bump, set and spike! 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 7-Aug 25 7:00 PM-8:00 PM
415818 \$56/8 sess

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 6-Aug 24

5:15 PM-6:30 PM

413591

\$38.08/8 sess

Table Tennis - Wednesday 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 Jul 6-Aug 31

9:30 AM-11:30 AM

413609

\$0.95/drop-in

Everyone should have access to recreation

Subsidies are available for Strathcona residents facing financial barriers.

See page 2.

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 6-Aug 24

7:00 PM-8:45 PM

413615

\$36/8 sess

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 front desk of the Strathcona Community Centre or on Friday's at the Strathcona Backpack Program. There may be a waitlist for this program.



Blueberry/Blackberry U-Pick Trip

5+ yrs | Lorraine Holubowich

Join a family-friendly trip to pick fresh berries at Emma Lea Farm. List of things to bring: Personal picnic lunches, pails with lids, \$ funds for berries and Ice-cream shop (optional) and personal weather provisions. Please meet at the Community Centre at 9:00am sharp to fill out trip waiver forms. Boarding the bus will occur at 9:20am for a 9:30am departure. Booster seats are not provided. Parents must bring their own for their children.

Tu Jul 5

9:30 AM-4:00 PM

414236

Free/1 sess

Summertime Cooking Connection! (All Ages)

19+ yrs | Food Security Team

You're invited to connect with others who love to cook and socialize in a relaxed community setting. You will discover new cooking techniques and recipes, enjoy guest chefs and perhaps share some of your favorite menus with the group. Participant-led/staff supported sessions are encouraged but remain optional. We will end our summertime cooking with a finale potluck BBQ. Teens of participating adults are welcome to attend and register.

W Jul 6-Jul 27

11:00 AM-2:00 PM

414237

Free/4 sess

W Aug 3-Aug 24

11:00 AM-2:00 PM

414238

Free/4 sess

Visit the Strathcona Community Centre front desk for more information!

Older Adults

Education

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 Jul 8-Sep 23
413517

9:30 AM-11:30 AM
\$30/12 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 5-Aug 30
413616

10:00 AM-12:00 PM
Free/9 sess

Fitness & Health

Seniors Tai Chi

50+ yrs

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 1.

M - F Jul 4-Aug 31
413594

9:00 AM-10:30 AM
Free/47 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 Jul 5-Aug 30
413617

10:45 AM-11:45 AM
Free/9 sess

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 7-Aug 25
413606

10:00 AM-12:30 PM
Free/8 sess

Summer Cruisers 2022

The summer out-trip program for older adults will be offered starting at the end of June 2022 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 early June.

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-1:45PM

Holiday Closures

July 1CLOSED
 Aug 1.....CLOSED

Information

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

Fitness Consultations

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

Fitness Centre Fees

Flexipass (Monthly Passes)	Adults (19-64 years)	Seniors (65+ years)	Youth (13-18 years)
Single-visit admission	\$6.66	\$4.66	\$4.66
1 Month	\$51.28	\$35.90	\$35.90
3 Month	\$138.46	\$96.92	\$96.92
12 Month	\$443.06	\$310.14	\$310.14
10 Visit Usage Pass	\$57.28	\$40.10	\$40.10
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	\$55.40	\$83.08	\$116.53
3	\$153.52	\$230.32	\$312.11
5	\$246.92	\$380.25	\$457.78
10	\$443.27	\$706.18	\$832.31
Prices do not include GST. Prices subject to change without notice.			



General Information

NOTE: The nature of the activity is such that you may interact with other people who are considered to be in good health, continuous physical distance between other people cannot be guaranteed, and, by participating in the activity, you are at risk of being infected by a pathogen, including but not limited to SARS-COV-2. SARS-COV-2, which causes the disease COVID-19, may exacerbate other health issues and is the cause of an ongoing global pandemic. SARS-COV-2 is highly communicable and dangerous. If you become infected with SARS-COV2, you may transmit it to other people even if you are not exhibiting symptoms of illness.

Communicable Disease Health & Safety Practices:

- Participants should assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease before attending a program.
- Participants who are ill, including participants of essential service providers, should not attend a program or access the Community Centre. If you are unsure, you should self-isolate and contact 8-1-1 or the local public health unit.
- All participants are encouraged to practice proper hand hygiene and respiratory etiquette by covering coughs or sneezes.



Masks are welcome

Please respect other people's personal space



Strathcona Community Centre Association's Annual General Meeting

6:30 pm | June 8, 2022

**Attend
in Person**

**Attend
on Zoom**



Join us in person for food and meet your fellow members. All are welcome!
To attend online, email strathconacc@gmail.com by June 6th to receive Zoom login.

Strathcona North/East Wall Mural UPDATE



This mural project is Indigenous-led by artists Bracken Hanuse Corlett, Ocean Hyland, Atheana Picha and Kelsey Sparrow.

The Strathcona Community Centre Association, in partnership with the Vancouver School Board, (with support from the Park Board Youth Programs and Decolonization Arts and Culture Dept.) are the successful recipients of a Communities and Artists Shifting Culture Grant, (COV) to replace the weathered photographs on the North/East wall.

This unique partnership comes together in acknowledgement that local Indigenous peoples have thousands of years of living history at the Strathcona School site. Today children and youth attending school here are supported by a community safety net consisting of childcare, education and community programs that support health and well-being. All partners understand that authentic service to community means living in the truth of the colonial harm institutions have inflicted on Indigenous peoples and in the knowledge that these unceded territories of the Musqueam, Squamish, and Tsleil-Waututh peoples has never been reconciled.

Through this mural project respected artists and cultural vision holders will communicate a sense of historical place, respect for Indigenous symbolism and the opportunity to connect Strathcona history to present cultural identity for every child in our community. It is an opportunity to inspire inner-city youth and offer a visual symbol of hope challenge and change.

learning, student food programs, childcare, and teacher/community parking, with strong sight lines into the residential neighbourhood. A mural on this very public wall marks two significant neighbourhood community resources: school and community centre, and the entry point and backdrop for gathering places in our community.

The VSB will begin preparing the wall for painting in June 2022 and the painting work will begin July 2022.

The artists and teachers at Strathcona School are embarking on a plan to get the school children involved in the painting of the North/West side of the mural site.

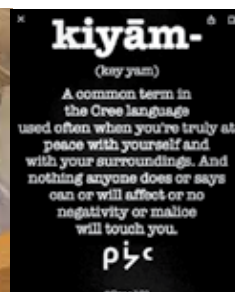


Why this location for a mural?

The proposed Strathcona Community North/East Wall is a significant connector between the school and the community centre, joining work and school play areas,

We need your help to fund-raise for the lower portion of the North/West side to develop a mural accessible for student work. Please forward ideas to:
strathconacc@gmail.com

The Strathcona North/East Mural project is a civic service "silo-busting" initiative where all parties have committed to the value of "community first" and this is how we begin community transformation at the Strathcona site.



Welcome: Our lead artist Bracken has wonderful news to share so please join us in welcoming new baby Kiyam into the Strathcona community!



STRATHCONA COMMUNITY CENTRE

AGES 5-12
YRS OLD

SUPERSHINE SUMMER DAY CAMP

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

MON-FRI 9:00AM-4:00PM

- BRING A PACKED LUNCH/WATER/SUNSCREEN
- DRESS APPROPRIATELY FOR THE WEATHER.
- WAIVERS BEFORE EACH WEEK

WEEK	DATES	COST
1	JULY 4-8	\$125
2	JULY 11-15	\$125
3	JULY 18-22	\$125
4	JULY 25-29	\$125
5	AUG 2-5	\$100
6	AUG 8-12	\$125
7	AUG 15-19	\$125
8	AUG 22-26	\$125

601 KEEFER STREET, VANCOUVER
(604)-713-1838
@WWW.STRATHCONACC.CA

**STRATHCONA
COMMUNITY CENTRE**

VANCOUVER
FRESH AIR & SUNSHINE

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**STRATHCONA
COMMUNITY CENTRE**

VANCOUVER
FRESH AIR & SUNSHINE



Give to Strathcona Community Centre Food Programs

Your gift will help us provide food security to Strathcona
families. Online donations go to funding our Breakfast
and Backpack programs that provide
direct access to fresh, nutritious foods for
Strathcona kids and their families. Scan
this QR code and donate online through
Canada Helps.



SAVE THE DATE

50

Sept 10, 2022
11am - 2pm
@ Strath Centre

Join us for a community party to celebrate
50 years of Strathcona Community Centre

* Entertainment * Carnival Games * Food & More! *