

DUNBAR COMMUNITY CENTRE

Activities
Overview
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FALL



604.222.6060 ext.1
www.dunbarcentre.org
www.vancouver.ca/dunbarrec
www.recreation.vancouver.ca



Dunbar Community Centre is jointly operated by Dunbar Community Centre Association and the Vancouver Board of Parks and Recreation



WELCOME BACK!

**HOURS
OF
OPERATION**

COMMUNITY CENTRE
MON - THU 8:30^{AM} - 6:00^{PM}
FRI 8:30^{AM} - 8:00^{PM}
SAT, SUN, HOLIDAYS CLOSED

FITNESS CENTRE
MON - FRI 7:30^{AM} - 5^{PM}
SAT, SUN, HOLIDAYS CLOSED
WHIRLPOOL/SAUNA CLOSED

**PROGRAM
REGISTRATION**



ON-LINE
THU SEP 10, 9^{AM}



BY PHONE
THU SEP 10, 12^{PM}



IN-PERSON
FRI SEP 11, 9^{AM}

YOUTH

Grade 7 Talking Circle

Let's talk! This talking circle is a safe, non-judgmental space where youth will have the chance to discuss relevant issues with their peers. This talking circle is designed to offer youth an outlet to communicate about the issues they face whilst navigating life during the pandemic. Topics will be determined by participants at the beginning of each session. Talk circles will be facilitated by the Community Youth Worker. Space is limited. Registration will close on Sept. 23 rd (282859), Nov 2nd (282944). No session on October 12th.

M Sep 28-Oct 26 3:45pm-4:30pm
282859 FREE

M Nov 9-Nov 30 3:45pm-4:30pm
282944 FREE

Instructor: Youth Leader

Youth Basketball - Grade 8/9

Register with your friends to shoot around and play some recreational ball. check in at the front desk when you arrive. Registration is required.

F Sep 25-Oct 30 4:00pm-5:30pm
282956 FREE

F Nov 6-Dec 11 4:00pm-5:30pm
282957 FREE

Instructor: Youth Leader

Grade 8 Talking Circle

Let's talk! This talking circle is a safe, non-judgmental space where youth will have the chance to discuss relevant issues with their peers. This talking circle is designed to offer youth an outlet to communicate about the issues they face whilst navigating life during the pandemic. Topics will be determined by participants at the beginning of each session. Talk circles will be facilitated by the Community Youth Worker. Space is limited. Registration will close on Sept. 23 rd (282888), Nov 2nd (282945). No session on October 12th.

M Sep 28-Oct 26 4:45pm-5:30pm
282888 FREE

Nov 9-Nov 30 4:45pm-5:30pm
282945 FREE

Instructor: Youth Leader

Youth Basketball - Grade 10-12

Register with your friends to shoot around and play some recreational ball. check in at the front desk when you arrive. Registration is required.

F Sep 25-Oct 30 6:00pm-7:30pm
282959 FREE

F Nov 6-Dec 11 6:00pm-7:30pm
282958 FREE

Instructor: Youth Leader

Grade 9 Leadership

Learn what it takes to become an excellent leader! In this leadership program we will cover volunteering, goal setting and team building. This program will be facilitated by the Community Youth Worker. Space is limited. Registration will close on Sept. 23rd (282948), Nov 12th (282949).

W Oct 7-Oct 28 4:30pm-5:30pm
282948 FREE

W Nov 18-Dec 9 4:30pm-5:30pm
282949 FREE

Instructor: Youth Leader

Youth Council - Grades 10-12

This program will be facilitated by the Community Youth Worker. Space is limited.

F Sep 25-Nov 27 4:30pm-5:30pm
282955 FREE

Instructor: Youth Leader

ADULT & SENIORS

Osteofit 1

This class is an opportunity for people who have had fractures or are at risk for fracture, to exercise in a safe and supportive way. A qualified osteofit instructor provides both appropriate exercises and education for people with osteoporosis. This program was developed by BC Women's Hospital and the Osteoporosis Society of BC.

Tu Th Sep 22-Oct 29 9:00am-10:00am
282832 \$80/12 sess

Tu Th Nov 3-Dec 10 9:00am-10:00am
282833 \$80/12 sess

Instructor: Keno Kinoshita

Joint Works - Arthritis

By taking this exercise class designed by the Arthritis Society, people with arthritis can experience such benefits as improved joint mobility and muscle endurance.

Tu Th Sep 22-Oct 29 10:30am-11:30am
282835 \$80/12 sess

Tu Th Nov 3-Dec 10 10:30am-11:30am
282837 \$80/12 sess

Instructor: Keno Kinoshita

Steady Feet

Are you nervous about falling? Recommended by Doctors and Physiotherapists, this balance and mobility program will help improve your functional mobility, increase lower body strength, improve balance and reduce fall risk.

Tu Th Sep 22-Oct 29 12:00pm-1:00pm
282838 \$80/12 sess

Tu Th Nov 3-Dec 10 12:00pm-1:00pm
282839 \$80/12 sess

Instructor: Keno Kinoshita



Please Note: Adult & Seniors
Program Fees are listed pre-tax.

Low Impact

A moderate level class, where low impact exercises will be used to challenge your cardiovascular system. Weights, dynabands and a stretch will finish off this energizing workout. No drop-in. No session Oct 12.

M Sep 21-Oct 26 9:00am-10:00am
282884 \$30.95/5 sess

M Nov 2-Dec 7 9:00am-10:00am
282886 \$37.14/6 sess

Instructor: Rocio Kriwoy

Strength Works

Train your body to perform everyday exercises with ease and confidence. Working with functional movements will lead to better joint mobility and stability as well as more efficient motor patterns. No drop-in. No session Nov 11.

W Sep 23-Oct 28 9:00am-10:00am
282890 \$37.14/6 sess

W Nov 4-Dec 9 9:00am-10:00am
282892 \$30.95/5 sess

Instructor: Rocio Kriwoy

Stretch and Stability

Gain flexibility, stability and joint mobility using a range of stretching techniques. See results in your daily activities as your movements becomes more fluid and free. Everyone is welcome. No drop-in. No session Oct 12.

M Sep 21-Oct 26 12:00pm-1:00pm
282874 \$30.95/5 sess

M Nov 2-Dec 7 12:00pm-1:00pm
282875 \$37.14/6 sess

Tu Sep 22-Oct 27 2:00pm-3:00pm
282876 \$37.14/6 sess

Tu Nov 3-Dec 8 2:00pm-3:00pm
282877 \$37.14/6 sess

Instructor: Sharon Friesen

Tone and Flex

Improve your strength, flexibility, balance, and muscle tone using hand weights, tubing, body weight and small balls. No cardio component in this class makes it a good compliment to your other aerobic activities. Tone and Flex Plus on Saturdays offers an extra 15 minutes allowing more time for conditioning and a longer, relaxing stretch at the end of the class.

No drop-in.

Tu Sep 22-Oct 27 4:30pm-5:30pm
282878 \$37.14/6 sess

Tu Nov 3-Dec 8 4:30pm-5:30pm
282879 \$37.14/6 sess

Th Sep 24-Oct 29 4:30pm-5:30pm
282880 \$37.14/6 sess

Th Nov 5-Dec 10 4:30pm-5:30pm
282881 \$37.14/6 sess

Instructor: Connie Ratzlaff

Hatha Yoga

Open to all levels. Strengthen, stretch, tone and relax. Whether you want to get in shape, improve range of motion, relieve muscle tightness, or reduce stress, Hatha yoga can benefit you. Hatha yoga is a multi-level class and teachers will offer variations and modifications to ensure that all students are working at their own fitness level. No Drop-ins. No session Nov 11.

W Sep 23-Oct 28 9:00am-10:00am
282866 \$71.43/6 sess

W Nov 4-Dec 9 9:00am-10:00am
282867 \$59.52/5 sess

Instructor: Tina Grant

Hatha Yoga Beginner

Join our volunteer instructor Susan to practice 30 minutes of Dantian exercise and simple poses of yoga. The theme is harmonizing our energy with nature: focusing on breathing, concentration, balancing, strength and flexibility. Everyone welcome. The class will be conducted in English and Cantonese. No drop-in. No session Oct 12.

M Sep 21-Oct 26 10:30am-11:30am
282869 \$7.14/5 sess

M Nov 2-Dec 7 10:30am-11:30am
282870 \$8.57/6 sess

Instructor: Dunbar Volunteer

Canadian Institute of Tai Chi with Chelsea

An ancient and unique system of health enhancement and self-defense, emphasizing relaxation, balance, coordination and mindfulness, Tai chi (Taijiquan) incorporates both mental and physical discipline. We will explore step-by-step each week the Yang style 37 form. Suitable for all ages and fitness levels, classes are conducted in a fun and focused manner. No session Oct 9.

F Sep 25-Oct 30 9:00am-10:00am
282842 \$45.24/5 sess

F Nov 6-Dec 11 9:00am-10:00am
282843 \$54.29/6 sess

Instructor: Chelsea Wood

Canadian Institute of Tai Chi with Chelsea - Int.

Ideal for students who have taken our beginner class and are familiar with the complete Yang style 37 form. No sessions Oct 9.

F Sep 25-Oct 30 10:30am-11:30am
282845 \$45.24/5 sess

F Nov 6-Dec 11 10:30am-11:30am
282846 \$54.29/6 sess

Instructor: Chelsea Wood

Spanish Lessons - Level 1

Hola Amigos! Learn the basics of speaking Spanish.

F Sep 25-Oct 30 10:30AM-11:30AM
282854 \$57.14/6 sess

Instructor: Carlos Rabago

Spanish Lessons - Level 2

Hola Amigos! Learn the basics of speaking Spanish. Now that you have learned the basics you are ready for level II

W Sep 23-Oct 28 10:30am-11:30am
282855 \$57.14/6 sess

Instructor: Carlos Rabago



Please Note: Adult & Seniors
Program Fees are listed pre-tax.

ADULT & SENIORS

Pickleball Court Rentals

One of the fastest growing sports Pickleball combines the elements of badminton, tennis, squash and ping-pong. Court rentals include nets. Players must provide their own balls and paddles. Maximum 2 people allowed per court, no mixed matches, no doubles, no drop-in. Must provide playing partner's name and contact number upon registration. **Registration opens 1 week before each court rental date.**

W Sep 23-Dec 9 10:30am-11:30am, 12:00pm-1:00pm

\$9.52/court (max 2 players)

IMPORTANT INFORMATION

GENERAL SAFE PRACTICES

- Check-in will begin 5 minutes prior to start time. Please check-in with the staff at the front entrance of the building.
- Please be ready to begin as washroom capacity is limited. Shared equipment will not be available but you are welcome to bring your own.
- Please follow physical distancing practice and maintain minimum 2 metres between yourself and others at all times.
- Please bring your own pre-filled water bottle and dress accordingly. Not all fountains and changing rooms will be available.
- The building will not be open for loitering. You will be asked to leave the building once your program has ended.
- Anyone not following safety guidelines or directions from staff will be asked to leave. Please respect and follow directions of staff at all times.

COVID-19 SAFETY POLICY

- All participants, instructors and staff who have symptoms of COVID-19 OR traveled outside Canada in the last 14 days OR were identified by Public Health as a close contact of a confirmed case must stay home and self-isolate.
- Participants must assess themselves daily for symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease.
- A participant may still receive care if another person in their home has symptoms of common cold, influenza, COVID-19, or other infectious respiratory disease, but they remain asymptomatic.
- Participants who are ill, including participants of essential service providers, will not be permitted to attend program.
- Daily checks for respiratory illness at sign-in by asking participants to confirm that they do not have symptoms of common cold, influenza, COVID-19, or other respiratory disease.
- If a participant, instructor or staff member is unsure if they should self-isolate, they should be directed to use the BC COVID-19 Self-Assessment Tool, contact 8-1-1 or the local public health unit. They can also be advised to contact a family physician or nurse practitioner to be assessed for COVID-19 and other respiratory diseases.

REFUND POLICY

- At Dunbar we aim to run all scheduled programs, but sometimes we need to change or cancel on short notice. If this happens, we do our best to notify all attendees, and we will provide refunds for the cancelled classes. When possible, we will also run make-up classes at the end of a session.
- We encourage everyone to register early to avoid cancellations or changes due to insufficient registration.
- All programs refunds are subjected to a \$10 administrative fee.
- Full refunds will be issued for all programs cancelled prior to the start date of the program (minus administrative fee).
- Multi Date Programs - Pro-rated refund will be issued 48 hours prior to the 2nd class (minus administrative fee).
- Court Rentals Program - Refund will be issued 48 hours prior to program date (minus administrative fee).
- Programs cancelled or changed by Dunbar CC - Full refund for applicable class(es) (no administrative fee).
- Some programs may have different cancellation policies. These will be noted in the course description.

FITNESS CENTRE

Fitness Centre Opens Mon Sep 14.

Monday – Friday | One hour sessions can be pre-booked between 7:30am-5:00pm.

For more info visit www.vancouver.ca/parkboardrestart



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