

# KILLARNEY COMMUNITY CENTRE

# FALL 2025

## RECREATION GUIDE



**KILLARNEY**  
COMMUNITY CENTRE SOCIETY



	Community Centre Building	Community Centre Office	Fitness Centre	Pool
<b>MONDAY</b>	7:15am-9:30pm	9:00am-8:30pm	6:30am-9:00pm	6:15am-9:00pm
<b>TUESDAY</b>	8:45am-9:30pm	9:00am-8:30pm	6:30am-9:00pm	6:15am-9:00pm
<b>WEDNESDAY</b>	7:15am-9:30pm	9:00am-8:30pm	6:30am-9:00pm	6:15am-9:00pm
<b>THURSDAY</b>	8:45am-9:30pm	9:00am-8:30pm	6:30am-9:00pm	6:15am-9:00pm
<b>FRIDAY</b>	7:15am-9:30pm	9:00am-8:30pm	6:30am-9:00pm	6:15am-9:00pm
<b>SATURDAY</b>	8:45am-9:30pm	Sep: 9:00am-4:30pm Oct-Dec: 9:00am-8:30pm	8:00am-7:00pm	8:00am-9:00pm
<b>SUNDAY</b>	8:45am-7:00pm	9:00am-4:30pm	8:00am-7:00pm	8:00am-9:00pm
STATUTORY HOLIDAYS Sep 1, 30, Oct 13, Nov 11	9:30am-3:00pm	Closed	8:00am-3:00pm	8:00am-9:00pm

FACILITY HOURS ARE SUBJECT TO CHANGE

**CENTRE (EXCLUDING RINK/POOL) CLOSED SEPTEMBER 2-5, 2025  
FOR ANNUAL MAINTENANCE**

6260 Killarney Street, Vancouver, BC V5S 2X7 | Centre: 604-718-8200 | Pool: 604-718-8280

For program enquiries, please e-mail [Killarney.CommunityCentre@vancouver.ca](mailto:Killarney.CommunityCentre@vancouver.ca)

**[www.killarneycentre.ca](http://www.killarneycentre.ca) | [www.vancouver.ca](http://www.vancouver.ca)**

Jointly operated by the Vancouver Park Board and the Killarney Community Centre Society.



# Killarney Community Centre Society

## 3 Easy Ways to Register!

### In Person

#### Centre Registration Begins Sunday, Aug 17 at 9:00am

Community Centre program registration includes: Preschool, Children, Youth / Adult / Senior's Programs, Fitness, Children and Adult Special Events, Workshops, and Birthday Parties. *Please Note: Swim Lessons and Skate Lessons are not available to register on Centre Registration Day.*

### Online

#### Centre Registration Begins Sunday, Aug 17 at 9:00am

Our system provides you with improved online registration. You can visit [vanrec.ca](https://vanrec.ca) and update or create your profile before registering. It's called *My Account* and is where you will go for all future registrations and to manage or track your registration requests online.

#### Never registered online before?

Go to [vanrec.ca](https://vanrec.ca) to register. Support guides can be found on the following webpage: <https://vancouver.ca/parks-recreation-culture/facility-and-recreation-registration-tips.aspx>. *Please Note: Licensed Childcare and Drop-in Programs are not available to register online.*

### Phone-In

#### Centre Registration Begins Sunday, Aug 17 at 12:00pm

**Call 604-718-8211** Monday-Sunday during operating hours. Phone in registration not available on statutory holidays. Only Visa, Mastercard and Amex payments will be accepted. Please have registration information and credit card ready when you call. Your registration receipt can be picked up at our Centre Office during operating hours. *Please Note: Licensed Childcare and Drop-in Programs are not available for Phone-in registration.*



#### Killarney operates a wide variety of FREE Recreation programs, services and events.

The Killarney Community Centre Society is committed to ensuring that people living in the Killarney community have access to programs and that fees are not a barrier to participation. Search the brochure to find Barney and attend a FREE program or event. You may still need to register for some programs.

# Killarney Community Centre Society

## Community Centre & Pool Registration:

On the first day of registration **ONLY**, patrons may register their immediate family and one extra person. For example if a patron is registering their three children into dance, they can also register one other individual into any program.

After the first day of registration, multiple registration can be done for all programs, as long as the registering patron has the full contact information for all enrollees (name, address, email, phone number & birthdate).

## Program Changes and Cancellations

All programs are subject to change or cancellation at any time. Full refunds will be issued for all programs cancelled by the Community Centre.

Each Community Centre program refund request (excluding rink and pool activities), is subject to a \$5 administration fee per activity.

### Community Centre and Rink Refunds:

- If your refund request is received 48 or more hours prior to the start of the program, a full refund will be issued.
- If your refund request is received less than 48 hours prior to the start of the program, your refund will be equal to the program fee minus the price of one class.
- If your refund request is received less than 48 hours prior to the start of the second session of the program, no refund will be issued.
- Fees for one or two day programs will only be refunded if 2 weeks or more notice before the program start date is given (\$5 administrative fee will be waived if program fee is \$10 or less). No refunds if less than 2 weeks notice is given.

Please note: The above Refund Policy does not apply to Bus Trips, Licensed Childcare, Out of School Care, Day Camps, or Birthday Parties. Please check the Refund Policy on the individual activity pages.

## Waiting Lists

We have moved away from waiting lists. Keep an eye out on programs you are interested in in-case a spot opens up.



**Recreation Staff: 604-718-8201**  
**killarney.communitycentre@vancouver.ca**

Recreation Supervisor.....	Silvia Laforges
Childcare Coordinator.....	Carolyn Silva
Preschool & Children .....	Dilpreet Parmar
Fitness Centre .....	Austin Su
Community Youth Worker.....	Emily Hoang
Aquatics .....	Karen Hillmann
Seniors.....	Shannon Brown
Seniors PAIII .....	Casey Hudson & Jacky Ly
Adults .....	Austin Su
Rentals Coordinator.....	Vivian Qiu Liang
Birthday Parties .....	Vivian Qiu Liang
Killarney Rink.....	Maegan Montemayor
Offices Administrator .....	Melanie Ware

## Financial Assistance

Financial assistance is available to low-income residents. If you or a family member are in need of financial assistance for a community centre program, please contact:

### Preschool & Children

dilpreet.parmar@vancouver.ca

### Youth

emily.hoang@vancouver.ca

### Seniors

shannon.brown@vancouver.ca

### Adults

austin.su@vancouver.ca

### Licensed Childcare

kccschildcare@vancouver.ca

## Making All Recreation S.A.F.E.

The Vancouver Park Board's commitment is to create welcoming parks and recreation services for all. We ask that our patrons treat each other and staff with dignity and respect.

<https://vancouver.ca/parks-recreation-culture/safe-access-for-everyone-policy.aspx>

## Privacy Policy

In the course of providing programs and activities, the Killarney Community Centre Society collects personal information from our members and other individuals participating in classes, workshops, special events or facility use. This information may be used for the provision of services, communication, processing payments and/or statistical purposes. We respect the importance of protecting the personal information that we collect. For more of an understanding on this subject, please call (604) 718-8209 and your inquiry will be subsequently directed to our Society's Privacy Officer.

## Code of Conduct

- Treat patrons and staff/volunteers with respect and dignity.
- Do not tolerate abusive or disrespectful language.
- Appreciate that programs and facilities are provided for the enjoyment of everyone.
- Respect public property and the property of others. Enjoy recreation in your City!
- The Board of Parks and Recreation reserves the right to take appropriate steps to resolve issues or concerns.

# Killarney Community Centre Society

## Our recreation programs are available to all members of the community.

Support is defined as assistance of a physical, psychological, emotional, intellectual, or sensory nature, which is necessary to ensure that the person with a disability is able to fully participate in our programs and activities. To facilitate better service we encourage you to let us know what your support needs are in advance.

### Killarney Community Centre Society Board of Directors 2024-2025

KCC Society President ..... June Yee  
Past President. ....  
1st Vice President. .... Terry Kirstiuk  
2nd Vice President. .... Sukhwinder Pal Singh  
Treasurer ..... Arnie Chang  
Secretary ..... Lorraine Kirstiuk

#### Board Members:

Ravinder Bhatia, Pat Brand, Warren Creighton,  
Rocky Dinh, Maggie Foltz, Justin George, Michael Hagel,  
Martha Harrison, Levi Higgs, Ursula Hubel, Gurdial Kang,  
Allan Leung, Patrick Lim, Patti Palm, Melanie Parks,  
Jim Pope, Ken Ross, Nitish Thakur

#### KCCS Administration Office

Office: 604-718-8210  
Email: [killarneyccs@gmail.com](mailto:killarneyccs@gmail.com)



### Affiliated Community Groups & Clubs

*The clubs & groups listed below have formal affiliation with the Killarney Community Centre Society. Please get in contact with the appropriate person for further details.*

#### Killarney Seniors Council

Email: [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca)

#### Vancouver Minor Hockey

Email: [registrar@vmhd.com](mailto:registrar@vmhd.com)

#### Vancouver Minor Lacrosse

Email: [register@vancouverlacrosse.com](mailto:register@vancouverlacrosse.com) or [president@vancouverlacrosse.com](mailto:president@vancouverlacrosse.com)

#### Killarney Youth Soccer Association (KYSA)

Email: [info@kysa.ca](mailto:info@kysa.ca)  
[www.kysa.ca](http://www.kysa.ca)

#### Killarney Figure Skating Club (KCFSC)

Voicemail: 604-430-2330  
Email: [killarneyskatingclub@gmail.com](mailto:killarneyskatingclub@gmail.com)  
[www.killarneyskatingclub.com](http://www.killarneyskatingclub.com)

#### Gators Swim Club

Coach: 604-789-2819  
Email: [info@gatorswimclub.ca](mailto:info@gatorswimclub.ca)

#### Vancouver Female Ice Hockey Association (VFIHA)

Email: [info@vancouvergirlshockey.com](mailto:info@vancouvergirlshockey.com)  
[www.vancouvergirlshockey.com](http://www.vancouvergirlshockey.com)

*Here at Killarney Community Centre, respect and diversity are valued. All people are welcomed here regardless of age, culture, abilities, ethnicity, sex, gender identity, sexual orientation, nationality, race, religion, or socioeconomic status.*



**Follow  
Us!**



[killarneycentre.ca](http://killarneycentre.ca)



[facebook.com/KillarneyCC](https://facebook.com/KillarneyCC)



[@killarneyccs](https://www.instagram.com/killarneyccs)



[killarneyccs](https://twitter.com/killarneyccs)



[@KillarneyCC](https://twitter.com/KillarneyCC)



# Killarney Community Centre Society

## President's Message

Volunteering in the Killarney community is more than just giving time—it's about building something meaningful together. Through volunteering, we grow individually and as a community. At Killarney, we're proud to have exceptional volunteers across all generations.

Our youth show up with heart, energy, and dedication throughout the year. From festive favourites like Easter, Halloween, Breakfast with Santa, Pup Photos, and Holiday Tree Lighting, the cultural richness of the All Nations Gathering, and Summer Camps, our youth are there to help. This year, we introduced exciting new events like our Dinner & Dance, Family Bingo & Trivia Night, Shred-a-Thon fundraiser, and the return of our beloved Summer Sizzler. All the above were made possible thanks to the support of our 200 youth volunteers.

With over 75 senior volunteers, this group proves every day that age is just a number. Lively, engaged, and full of joy, our seniors not only give their time, they lead by example. Through their Senior Council, they help organize meaningful programs like Pole Walking, Tai Chi, Ballroom, Chinese Folk, LTK, and Yuan Ji Dancing. Their involvement supports social groups such as the Indo-Canadian and Cantonese-speaking circles and our Garden Committee with Seniors and Youth planting together. Thanks to our 30 devoted volunteers, our Seniors' Lunch Program runs smoothly.

A special mention to our House Band—the Rockiteers. With monthly appearances and special event showcases, they continue to uplift us with their talent and generous spirit.

At our Sixty2Sixty concession, we are fortunate to have two dedicated volunteers, Patricio and Allison. Their commitment and consistency are deeply appreciated by all of us at Killarney.

Finally, we salute our 23 Board Members of the Killarney Community Centre Society. They are volunteers too—dedicated individuals who serve with purpose and care. Beyond monthly meetings, they invest time on sub-committees focused on everything from Programming, Marketing, Special Events, Scholarships and Capital Projects, Sixty2Sixty Eats operations, the Fitness Centre, and Administration. They also attend events to stay connected with the community they serve—walking the talk and leading with heart.

Killarney's volunteers are like stars. Some shine brightly on their own, some shimmer in quiet moments, and some come together to form constellations. But together, they light up our sky—creating a beautiful, shared glow for all to enjoy.

To each and every volunteer: Our Heartfelt thanks!  
You are the soul of Killarney.

June Yee  
President  
Killarney Community Centre Society

This notice contains important information that may affect you. Please ask someone to translate it for you.

此通告刊載有可能影響閣下的重要資料。請找人為你翻譯。

ਇਸ ਨੋਟਿਸ ਵਿਚ ਮਹੱਤਵਪੂਰਨ ਜਾਣਕਾਰੀ ਹੈ ਜੋ ਕਿ ਤੁਹਾਡੇ ਲਈ ਜ਼ਰੂਰੀ ਹੋ ਸਕਦੀ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ ਕਿਸੇ ਨੂੰ ਇਸ ਦਾ ਉਲੱਥਾ ਕਰਨ ਲਈ ਆਖੋ।

Thông báo này có tin tức quan trọng có thể ảnh hưởng đến quý vị. Xin nhờ người phiên dịch hộ.

Este aviso contiene información importante que puede afectarle personalmente. Pídale a alguien que se lo traduzca.

Ce document contient des renseignements importants qui pourraient vous concerner. Veuillez demander à quelqu'un de vous le traduire.



**KILLARNEY**  
COMMUNITY CENTRE SOCIETY



*Killarney Community Centre  
is jointly operated by the  
Vancouver Park Board  
& Killarney Community  
Centre Society*

*The Killarney Community Centre  
Society acknowledges the financial  
assistance  
from the Province of  
British Columbia.*



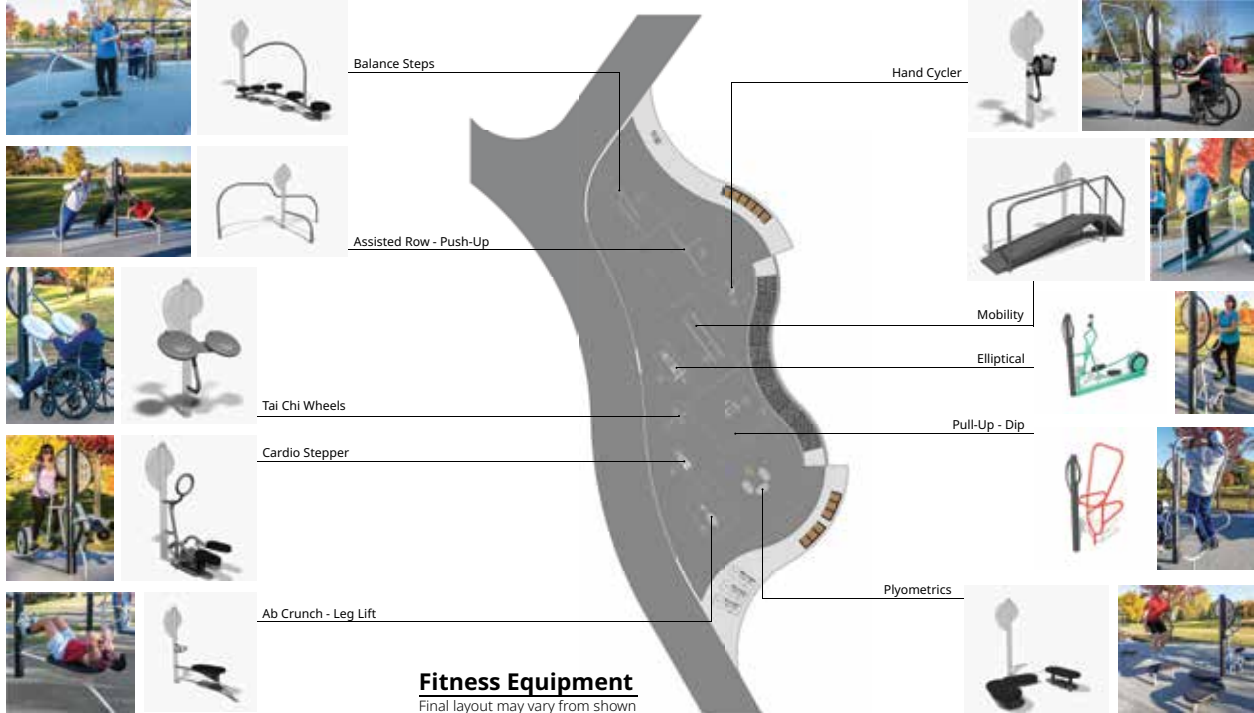
The Best Place on Earth

Killarney Community Centre is  
located at

6260 Killarney Street,  
in South East Vancouver.  
Centre: 604-718-8200  
Pool: 604-718-8280

# KILLARNEY OUTDOOR FITNESS CIRCUIT

(funded by the Killarney Community Centre Society)



# KILLARNEY CONSTRUCTION NOTICE



## What's Happening

The Vancouver Park Board, in partnership with the City of Vancouver has several projects upcoming and underway at Killarney Park. These include the following:

**FIFA Training Site:** Temporary training facilities are being built to support the FIFA World Cup 2026 at Killarney Park. The north sports fields will be closed from January 2025 to fall 2026 and will not be accessible to the public during this time.

**Track and Field Renewal:** The running track will be upgraded and expanded into a comprehensive track and field facility.

**Temporary Grass Field:** A temporary grass field will open in the spring of 2025, located in the southwest area of Killarney Park for school and casual community use.

**Dog Off-Leash Area:** The off-leash dog area will temporarily shift to the north section of west Killarney but will remain open throughout the projects.

After the conclusion of the FIFA World Cup 26 Killarney Park north permitted sports fields and the dog off-leash area are expected to return to regular use by fall 2026.

### Killarney Park Project Timelines

Construction timelines for Track & Field Renewal, FIFA Venue Specific Training Sites and Temporary Sports Field:

- Track Renewal: Early 2025 to Summer 2026 (Target)
- FIFA Venue Specific Training Site (VSTS): Jan 2025 - Fall 2026
- Temporary Sports Field: Jan 2025 - Spring 2025 (Available for Killarney Secondary School (KSS) use by Spring 2025\*)

\*Subject to favourable weather for construction



For more information:

Scan the QR code to visit the website: [www.vancouverfwc26.ca/training-sites](http://www.vancouverfwc26.ca/training-sites) or Contact 3-1-1 or use the 311 app

# 2SLGBTQIA+ people belong in our pools, fitness centres, and community programs.

## **Our activities include:**

Social, creative, and sport programs for 2STGD & 2SLGBTQIA+ adults and seniors. Arts & Crafts, Book Clubs, and special events for 2SLGBTQIA+ children and youth Exclusive Swims and Fitness Classes for Two Spirit, Trans, and Gender Diverse folks

Our Queer Inclusion staff are 2SLGBTQIA+ community members themselves, who focus on removing barriers to safe and enjoyable recreation.

**Email us for program details and to subscribe to our bi-weekly newsletters.**



[2STGD@vancouver.ca](mailto:2STGD@vancouver.ca)  
[queerinclusion@vancouver.ca](mailto:queerinclusion@vancouver.ca)  
[vancouver.ca/park-board-pride](http://vancouver.ca/park-board-pride)





# NEW ADDITION

*Get ready to satisfy your cravings  
with our latest cheesy delights!*

**Cheese  
Nachos**



**Cheese Fries**



**Chili Cheese  
Nachos**



Whether you're into  
classic cheesy goodness,  
something with a bit of a  
kick, or just want fries  
loaded with melty cheese,  
*we've got you covered!*





## Licensed Preschool

Licensed Preschool is run at Killarney Community Centre. We offer a play-based program that provides a variety of developmentally appropriate activities in a safe, positive and nurturing environment. Activities include free play, arts and crafts, music, story time, baking, science, math, snack time, gym, outdoor play, and field trips throughout the year. There are 20 children in each class and 2 licensed preschool teachers. An orientation for parents to meet the teachers and learn about the preschool is held at the beginning of each school year.

Age	Time	Room 1	Room 2	Fee
3yrs	9:00-11:00am	Tu/Th	Tu/Th	\$124.91/Month
3yrs	12:15-2:15pm	Tu/Th	Tu/Th	\$124.91/Month
4yrs	9:00-11:30am	M/W/F	M/W/F	\$176.43/Month
4yrs	12:15-2:45pm	M/W/F	M/W/F	\$176.43/Month

## Licensed Out of School Care, Kindergarten to Grade 7

Out of School Care is run at Killarney Community Centre. Supervision is provided to and from school. The program offers a variety of enjoyable activities including arts and crafts, board games, gym time and outdoor play in a safe, positive and nurturing environment. Children provide their own snack each day. Children registered in the current year will be given 1st priority to register for the subsequent year.

Please Note: To withdraw from the program you must give one month's written notice, or pay the next month's fee in lieu of notice. **The deposit for the June fee is non-refundable. No withdrawals will be given after Dec 1 of the school year.**

**Child Care Subsidy** is available through **Affordable Child Care Benefit** to those who qualify. To receive an application, please call 1-888-338-6622 or download from [www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit](http://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/childcarebc-programs/child-care-benefit). Child Care Arrangement forms will be given to families after you complete the registration. Families receiving a subsidy will be responsible for paying non-refundable deposit as well as the difference between the subsidy and the monthly fee.

### The Childcare Fee Reduction Initiative:

Effective September 2023, Killarney Preschool and Out of School care has been participating in the Childcare Fee Reduction Initiative.

Schools: Weir & Waverley Elementary Schools		
Program	Time	Fee
Before Care	7:30-9:00am	\$158.36/month
After Care	3:00-6:00pm	\$316.72/month
Before & After Care	7:30-9:00am & 3:00-6:00pm	\$475.08/month
<b>Spring &amp; Winter breaks are not included in the monthly fees.</b>		

## Registration Procedures for Killarney Preschool:

We welcome you to add your child to this call list for Killarney Preschool for the September 2026/2027 school year. The call list will be available January 1st online. Please note that joining the call list does not guarantee enrollment into the school year.

Children who have completed the 3 year old preschool program will be given priority for the 4 year old class of the subsequent year.

Staff will contact parents as classes are being formed, usually in April for the upcoming September session. When contacted the parents will receive their registration package to be completed on site and pay a non-refundable deposit for the first (September) and last (June) months of the program. At the same time, a completed credit card authorization form will be required for the balance of the year. Please Note: **NO WITHDRAWALS** will be given after December 1st of the school year.

November 1st is the deadline to withdraw your child from the 2025/2026 Preschool program. One months (30 days) notice of withdrawal is required.

# Parent & Tot Programs

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar, or simply open the camera app on your phone and scan the QR code below!

**Scan me**  
for program details!



In order to keep Killarney's pricing low we separate some of our seasonal programs into multiple sets. Leisure Access Discount patrons are eligible to receive the 50% discount on bothsets (excluding pool & rink programs).

## Sports & Movement

### Family Play Time (0-5yrs)



CC Room 203  
W Sep 10-Dec 10  
575787

SVNH  
1:00PM-2:30PM  
FREE

### Parent & Toddler Gym (0-6yrs)

No session Sep 30 & Nov 11.

CC 1/3 Gym  
Tu Sep 9-Dec 16  
575993

9:15AM-10:15AM  
Drop-in \$3/child, \$5/family  
10 visit card/\$25

### Soccer (1.5-3.5yrs)

No session Sep 20, Oct 5, 25,  
Nov 8, 15 & 29.

CC 2/3 Gym Soccer Stars Academy  
(1.5-2.5yrs)  
Sa Sep 6-Dec 6 9:00AM-9:45AM  
576493 \$108/9 classes  
(2.5-3.5yrs)  
Sa Sep 6-Dec 6 9:50AM-10:35AM  
576499 \$108/9 classes  
(1.5-3.5yrs)  
Su Sep 7-Dec 14 9:00AM-9:45AM  
576504 \$168/14 classes

### Sportball: Junior (1-2yrs)

CC 2/3 Gym Sportball Vancouver  
Set 1  
F Sep 19-Oct 24 9:15AM-10:00AM  
576624 \$108/6 classes  
Set 2  
F Oct 31-Dec 5 9:15AM-10:00AM  
576639 \$108/6 classes

### Sportball: Parent & Child Multisport (2-3yrs)

No session Sep 28, Oct 12 & Nov 9.

CC 1/3 Gym Sportball Vancouver  
Set 1  
Su Sep 7-Oct 26 11:15AM-12:00PM  
576626 \$108/6 classes  
Set 2  
Su Nov 2-Dec 14 11:15AM-12:00PM  
576636 \$108/6 classes

### Sportball: Parent & Tot Multisport (2-3yrs)

CC 2/3 Gym Sportball Vancouver  
Set 1  
F Sep 19-Oct 24 10:15AM-11:00AM  
576625 \$108/6 classes  
Set 2  
F Oct 31-Dec 5 10:15AM-11:00AM  
576641 \$108/6 classes

## Education

### Baby Sign Language (0-2yrs)

CC Room 211 Into Yoga  
W Sep 17-Oct 15 11:15AM-12:00PM  
575631 \$77/5 classes

### Dynamic Baby - Infant Development (3mo-1yrs)

CC Dojo Natasha Martina  
Set 1  
(3 months - 7 months)  
F Sep 12-Oct 10 11:00AM-11:45AM  
576216 \$85/5 classes  
(8 months - 1 year)  
F Sep 12-Oct 10 10:00AM-10:45AM  
576218 \$85/5 classes  
Set 2  
(3 months - 7 months)  
F Oct 31-Nov 28 11:00AM-11:45AM  
576220 \$85/5 classes  
(8 months - 1 year)  
F Oct 31-Nov 28 10:00AM-10:45AM  
576219 \$85/5 classes



### Birthday Party packages

➔ See pages 14-15

# Preschool Programs

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar, or simply open the camera app on your phone and scan the QR code below!

**Scan me**  
for program details!



## Art & Culture

### Art

#### Art Jam with a Disney Animator (4-5yrs)

CC Room 202	Happy Kids Studios
<b>Set 1</b>	
Su Sep 7-Oct 12	2:00PM-3:00PM
576244	\$120/6 classes
<b>Set 2</b>	
Su Oct 19-Nov 23	2:00PM-3:00PM
576257	\$120/6 classes



#### Preschool Drawing (3-5yrs)

No session Oct 12.

CC Room 202	Young Rembrandts
<b>Set 1</b>	
Su Sep 21-Nov 2	10:00AM-10:50AM
576156	\$132/6 classes
Su Sep 21-Nov 2	11:00AM-11:50AM
576160	\$132/6 classes
<b>Set 2</b>	
Su Nov 9-Dec 14	10:00AM-10:50AM
576163	\$132/6 classes
Su Nov 9-Dec 14	11:00AM-11:50AM
576165	\$132/6 classes

### Dance

#### Ballet (3-5yrs)

Space Permitting – Drop-in \$15

No session Oct 13.

CC Room 205	Espirito Mauricio
<b>Set 1</b>	
M Sep 8-Oct 27	1:45PM-2:30PM
576695	\$130/7 classes
<b>Set 2</b>	
M Nov 3-Dec 15	1:45PM-2:30PM
576713	\$130/7 classes

#### Rhythmic Gymnastics (3-5yrs)

Space Permitting – Drop-in \$15

No session Oct 13.

CC Room 205	Espirito Mauricio
<b>Set 1</b>	
M Sep 8-Oct 27	2:45PM-3:30PM
576699	\$130/7 classes
<b>Set 2</b>	
M Nov 3-Dec 15	2:45PM-3:30PM
576714	\$130/7 classes



#### Hip Hop (4-6yrs)

CC Room 205	Endorphin Rush
<b>Set 1</b>	
Sa Sep 6-Oct 25	11:20AM-12:05PM
575673	\$112/8 classes
<b>Set 2</b>	
Sa Nov 1-Dec 13	11:20AM-12:05PM
575710	\$112/7 classes

#### Jazz/Ballet (4-6yrs)

CC Room 205	Endorphin Rush
<b>Set 1</b>	
Su Sep 7-Oct 26	11:20AM-12:05PM
575683	\$112/8 classes
<b>Set 2</b>	
Su Nov 2-Dec 14	11:20AM-12:05PM
575717	\$112/7 classes

**CENTRE (EXCLUDING  
RINK/POOL) CLOSED  
SEPTEMBER 2-5,  
2025 FOR ANNUAL  
MAINTENANCE**

# Preschool Programs

## Little Ballerinas (3-6yrs)

### Set 1

Seniors MPR 151/152 Endorphin Rush  
(3-5yrs)

Sa Sep 6-Oct 25 9:30AM-10:15AM  
575664 \$112/8 classes  
Su Sep 7-Oct 26 9:30AM-10:15AM  
575678 \$112/8 classes

CC Room 205

Sa Sep 6-Oct 25 12:25PM-1:10PM  
575674 \$112/8 classes  
Su Sep 7-Oct 26 2:05PM-2:50PM  
575691 \$112/8 classes

### (4-6yrs)

Sa Sep 6-Oct 25 10:30AM-11:15AM  
575669 \$112/8 classes  
Su Sep 7-Oct 26 10:30AM-11:15AM  
575680 \$112/8 classes

### Set 2

Seniors MPR 151/152

Sa Nov 1-Dec 13 9:30AM-10:15AM  
575702 \$112/7 classes  
Su Nov 2-Dec 14 9:30AM-10:15AM  
575715 \$112/7 classes

CC Room 205

Sa Nov 1-Dec 13 12:25PM-1:10PM  
575711 \$112/7 classes  
Su Nov 2-Dec 14 2:05PM-2:50PM  
575721 \$112/7 classes

### (4-6yrs)

Sa Nov 1-Dec 13 10:30AM-11:15AM  
575706 \$112/7 classes  
Su Nov 2-Dec 14 10:30AM-11:15AM  
575716 \$112/7 classes

## Mini Hip Hop Breakers (3-5yrs)

CC Room 205 Endorphin Rush

### Set 1

Sa Sep 6-Oct 25 2:05PM-2:50PM  
575676 \$112/8 classes  
Su Sep 7-Oct 26 12:25PM-1:10PM  
575684 \$112/8 classes  
Su Sep 7-Oct 26 2:55PM-3:40PM  
575692 \$112/8 classes

### Set 2

Sa Nov 1-Dec 13 2:05PM-2:50PM  
575713 \$112/7 classes  
Su Nov 2-Dec 14 12:25PM-1:10PM  
575718 \$112/7 classes  
Su Nov 2-Dec 14 2:55PM-3:40PM  
575722 \$112/7 classes



## Music & Vocals

### Music Together with Karina (0-5yrs)

No session Oct 11 & 13.

CC Room 201	Music Together
M Sep 22-Dec 1	9:30AM-10:15AM
576036	\$235/10 classes
M Sep 22-Dec 1	10:30AM-11:15AM
576040	\$235/10 classes
Sa Sep 20-Nov 29	9:30AM-10:15AM
576042	\$235/10 classes
Sa Sep 20-Nov 29	10:30AM-11:15AM
576043	\$235/10 classes
Sa Sep 20-Nov 29	11:30AM-12:15PM
576047	\$235/10 classes

## Don't be disappointed

Great courses with excellent instructors sometimes get cancelled because people wait until the last minute to register.

Courses are based on a minimum number of registrants so the course can recover costs.

If you wait and we don't make the minimum you may never see that course again.

Please Register Early!! We give full refunds for all cancelled classes.

## My Sweet Yoga Spot (2-5yrs)

**NEW!**

Introducing yoga classes focused on self-regulation, mindfulness, and stress reduction for young children at Killarney Community Centre can offer significant benefits: Enhanced Self-Regulation - Yoga provides tools and techniques that help children identify and manage their emotions and impulses. Increased Mindfulness - Age-appropriate practices cultivate present moment awareness, improving focus and attention spans. Reduced Stress and Anxiety - Gentle movements and calming techniques can help alleviate stress and promote a sense of peace and well-being. Improved Physical Development - Enhances gross motor skills, coordination, balance, and flexibility. Social and Emotional Growth - Encourages interaction, empathy, and self-expression in a supportive environment. Positive Body Awareness - Helps children develop a healthy relationship with their bodies. Each class will typically include: Welcome and Gentle Warm-up - Engaging activities to transition into the yoga space. Story-Based Yoga Poses - Introducing simple yoga postures through imaginative narratives and songs (e.g., "Animals Yoga"). Movement Games - Incorporating playful activities that build coordination and body awareness. Mindful Moments - Introducing simple breathing exercises and sensory explorations to cultivate present moment awareness. Relaxation and Gentle Closing - Guiding children through calming techniques like gentle stretches and quiet rest with soft music or visualization.

CC Preschool 2 Eliana Romero  
(2-3yrs): Parent participation required

Sa Oct 4-Nov 22 9:30AM-10:15AM  
580763 \$120/8 classes

### (4-5yrs)

Sa Oct 4-Nov 22 10:30AM-11:15AM  
580764 \$120/8 classes



# Preschool Programs

## Martial Arts

### Axé Capoeira Super Mini Kids (2-4yrs)

Space Permitting – Drop-in \$20

No class Nov 11

Seniors MPR 251/252	Marcus Aurelio
Tu Th	5:00PM-5:30PM
Sa	12:00PM-12:30PM
Sep 6-Sep 27	
575385	\$100/Month
Oct 2-Oct 30	
575386	\$100/month
Nov 1-Nov 29	
575387	\$100/month
Dec 2-Dec 23	
575389	\$100/month



## Sports

### Gymnastics - Preparation Program (4-6yrs)

CC Room 205	Bing Zhao
Set 1	
W Sep 10-Oct 22	3:30PM-4:30PM
576061	\$189/7 classes
Set 2	
W Oct 29-Dec 17	3:30PM-4:30PM
576066	\$216/8 classes

In order to keep Killarney's pricing low we separate some of our seasonal programs into multiple sets. Leisure Access Discount patrons are eligible to receive the 50% discount on bothsets (excluding pool & rink programs).

### Kinetic Kids Fundamentals (2-5yrs)

**NEW!**

Kinetic Kids is a movement-based early childhood program tailored for children ages 2-5, grounded in the belief that the early years are the most formative for physical, cognitive, and social development. Our approach centers on developing foundational gross motor skills, including running, jumping, balancing, and climbing, through a combination of structured and unstructured play. Unlike traditional sports-focused programs, Kinetic Kids emphasizes movement for development, not competition. Our activities are intentionally designed around childhood growth milestones, ensuring each movement supports age-appropriate physical literacy. Sample activities include bear crawls, jumping jacks, cone and hurdle navigation, beanbag toss, balloon volleyball, and child-friendly yoga poses like cat/cow, all of which promote coordination, agility, strength, and flexibility in a fun, engaging way. What sets Kinetic Kids apart is our philosophy of exploration over performance. Our environments are carefully crafted to encourage children's natural curiosity and desire to move, play, and explore, fostering a safe, dynamic space where movement becomes the foundation for learning, socialization, and confidence-building, led by certified coaches who have the education and experience.

CC Room 203	Kinetic Kids
(2-3yrs)	
F Sep 26-Nov 14	11:15AM-12:00PM
580754	\$160/8 classes
(3-5yrs)	
F Sep 26-Nov 14	4:30PM-5:15PM
580755	\$160/8 classes

### Sportball: Floor Hockey (3-5yrs)

No session Sep 29, Oct 13 & Nov 10.

CC 2/3 Gym	Sportball Vancouver
M Sep 8-Oct 27	5:30PM-6:15PM
579103	\$108/6 classes
M Nov 3-Dec 15	5:30PM-6:15PM
579105	\$108/6 classes

### Soccer (3-5yrs)

No session Sep 20, Oct 5, 25, Nov 8, 15 & 29.

CC 2/3 Gym	Soccer Stars Academy
Sa Sep 6-Dec 6	10:40AM-11:25AM
576501	\$108/9 classes
Su Sep 7-Dec 14	9:50AM-10:35AM
576508	\$168/14 classes

### Sportball: Child Multisport (3-5yrs)

No session Sep 28, Oct 12 & Nov 9.

CC 1/3 Gym	Sportball Vancouver
Set 1	
Su Sep 7-Oct 26	12:00PM-1:00PM
576633	\$108/6 classes
Set 2	
Su Nov 2-Dec 14	12:00PM-1:00PM
576637	\$108/6 classes

### Tennis (4-6yrs)

CC 1/3 Gym	Break Point Sports
Su Sep 7-Dec 14	9:00AM-10:00AM
575816	\$225/15 classes



**Follow Us!**



killarneycentre.ca



facebook.com/KillarneyCC



@killarneyccs



killarneyccs



@KillarneyCC

# Birthday Parties



- For children 2-8 yrs
- Younger kids = play gym with toys + bouncy castle
- Includes access to a kitchen equipped with a stove, oven, microwave and refrigerator (no freezer)

## WHERE AND WHEN:

CC Room 203 & CC 2/3 Gym

### Saturdays

Party time:

1:15pm-3:15pm

Gym time:

1:15pm-2:15pm

### Sundays

Party time:

12:15pm-2:15pm

Gym time:

12:15pm-1:15pm

## FEES:

\$148.50/14 children (1 party attendant)

\$248.50/15-20 children (2 party attendants)

*\*Please have your final numbers of children attending the party confirmed one week prior to the party, and pay the \$100.00 upgrade for over 15 children to secure an additional leader.*

*\*For your safety, the maximum capacity for this birthday party package in our party room 203 will be no more than 40 attendees.*



- For children 0-5 yrs
- Mini parent and tot-style play gym that includes: toys, various climbing apparatus, plasma cars, and mats to keep your tots busy! Children must be supervised at all times
- Note that this basic package does not offer our medium sized bouncy castle
- Includes access to a kitchen equipped with a stove, oven, microwave and refrigerator (no freezer)

## WHERE AND WHEN:

CC Room 203 & CC 1/3 Gym

Sundays 3:45pm-5:45pm

Gym time 3:45pm-4:45pm

## FEES:

\$108.50/14 children (1 party attendant)

*Parent/Guardian participation is required for the duration of the party. For your safety, the maximum capacity for this birthday party package in our party room will be no more than 29 attendees.*

## Party Information

- The Birthday Party Coordinator will contact you no later than 1 week prior to your party to confirm details. Please make sure to update your information at registration to include an email address.
- Patrons are required to pay in full at the time of registration.
- **Parent/Guardian participation is required for the duration of the party.**
- **Inclusions:** party attendant, room, tables, chairs.
- **Exclusions:** decorations, table settings (plates, cutlery, cups, etc), snacks, food or beverages.
- **Refund Policy:** There will be an administrative charge of \$5 applied to all refund requests. The refund rates are as follows: full refund for cancellations with 30 or more days notice; 50% refund for cancellations with 8 – 29 days notice; no refund for cancellations with 7 or less days notice. Failure to notify within the specified time frame may result in the forfeiture of all or a portion of the payment.
- We do not accept LAP discounts for parties
- All birthday party packages and information are subject to change.

**Please call 604-718-8201 for more information.**

**Scan me**  
for program details!



## Updated Birthday Party Procedures:

### How to Register

1. **VISIT:** [www.vanrec.ca](http://www.vanrec.ca) and type in “Birthday” under the “Activities” search box – make sure you have a Vancouver Recreation account!
2. **Filter By:** “Location: Killarney Community Centre”
3. **SELECT** your desired Birthday Party booking date
4. **CLICK:** “Add to Cart”, then proceed to **make a payment**
5. The Birthday Party Coordinator will contact you no later than 1 week prior to your party to confirm details. Please make sure to update your information at registration to include an email address.

### Birthday Party Terms and Conditions

Please ensure to carefully review your registration receipt to familiarize yourself with details of your party and the terms and conditions.

If you have any questions, comments, or concerns, please email our Birthday Party Coordinator at [killarneyparties@vancouver.ca](mailto:killarneyparties@vancouver.ca).



# Children's Programs

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar, or simply open the camera app on your phone and scan the QR code below!

**Scan me**  
for program details!



## Adapted Access

### Taking Strides Adaptive Sport (5-12yrs)

No session Sep 30, Oct 25, Nov 8 & 15.

CC 1/3 Gym Taking Strides Vancouver  
Sa Sep 13-Nov 22 11:50AM-12:35PM  
576524 \$63/7 classes

In order to keep Killarney's pricing low we separate some of our seasonal programs into multiple sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets (excluding pool & rink programs).

**CENTRE (EXCLUDING RINK/POOL) CLOSED  
SEPTEMBER 2-5,  
2025 FOR ANNUAL  
MAINTENANCE**

## Art & Culture

### Art

#### Art and You (6-9yrs)

CC Room 211 Kelly Jimenez  
Su Oct 12-Dec 7 11:00AM-12:00PM  
575773 \$198/9 classes



#### Cartoon with a Disney Animator (6-8yrs)

CC Room 202 Happy Kids Studios  
Set 1  
Su Sep 7-Oct 12 3:10PM-4:10PM  
576249 \$120/6 classes  
Set 2  
Su Oct 19-Nov 23 3:10PM-4:10PM  
576259 \$120/6 classes

#### Character Design with a Disney Animator (9-12yrs)

CC Room 202 Happy Kids Studios  
Set 1  
Su Sep 7-Oct 12 4:20PM-5:20PM  
576253 \$120/6 classes  
Set 2  
Su Oct 19-Nov 23 4:20PM-5:20PM  
576261 \$120/6 classes

#### Creative Kids: **NEW!** Drawing, Design & Animation (6-12yrs)

Children will create characters using collage techniques and produce a stop-motion short film using their smartphones. Sessions cover storyboarding, frame-by-frame animation, and editing. A smartphone is required for this program.

CC Room 201 Tarcila Neves  
Set 1  
Sa Sep 20-Oct 18 1:30PM-2:30PM  
575831 \$150/5 classes  
Set 2  
Su Nov 2-Nov 30 1:00PM-2:00PM  
575832 \$150/5 classes

### Dance

#### Asian Pop / KPOP / Hip Hop - Family (4-18yrs)

CC Room 205 Praise TEAM  
F Sep 19-Nov 28 6:30PM-7:30PM  
576652 \$330/11 classes  
FREE TRIAL (Registration Required)  
F Sep 12 6:30PM-7:30PM  
576653 FREE

#### Asian Pop / KPOP / Hip Hop Open (6-18yrs)

CC Room 205 Praise TEAM  
(6-12yrs)  
F Sep 12-Nov 28 4:30PM-5:30PM  
576649 \$204/12 classes  
(10-18yrs)  
F Sep 12-Nov 28 5:30PM-6:30PM  
576651 \$204/12 classes



# Children's Programs

## Active Ballet Dance with Strength and Stretch (8-14yrs)

Seniors MPR 251/252 Praise TEAM  
F Sep 12-Nov 28 4:30PM-5:30PM  
576648 \$204/12 classes

## Active Dance Sing Musical Theatre (7-14yrs)

Seniors MPR 251/252 Praise TEAM  
F Sep 12-Nov 28 5:30PM-6:30PM  
576650 \$204/12 classes

## Ballet (6-12yrs)

Space Permitting – Drop-in \$15  
No session Oct 13.

CC Room 205 Espirito Mauricio  
**Set 1**  
M Sep 8-Oct 27 3:30PM-4:15PM  
576701 \$130/7 classes  
**Set 2**  
M Nov 3-Dec 15 3:30PM-4:15PM  
576715 \$130/7 classes



## Rhythmic Gymnastics (6-12yrs)

Space Permitting – Drop-in \$15  
No session Oct 13.

CC Room 205 Espirito Mauricio  
**Set 1**  
M Sep 8-Oct 27 4:15PM-5:00PM  
576705 \$130/7 classes  
**Set 2**  
M Nov 3-Dec 15 4:15PM-5:00PM  
576716 \$130/7 classes

## Hip Hop Moves and Grooves (6-9yrs)

CC Room 205 Endorphin Rush  
**Set 1**  
Sa Sep 6-Oct 25 1:15PM-2:00PM  
575675 \$112/8 classes  
**Set 2**  
Sa Nov 1-Dec 13 1:15PM-2:00PM  
575712 \$112/7 classes

## Pre-Teen Dance Extreme (8-12yrs)

CC Room 205 Endorphin Rush  
**Set 1**  
Su Sep 7-Oct 26 1:15PM-2:00PM  
575687 \$112/8 classes  
**Set 2**  
Su Nov 2-Dec 14 1:15PM-2:00PM  
575719 \$112/7 classes

## Kismat Dance Academy Bhangra (6-12yrs)

**NEW!**

Bhangra is an excellent way for kids and teens to learn movement, rhythm, dance, and culture. This class gives students an opportunity to participate in a fun and exciting learning environment that not only helps with their exercise and physical activity, but also contributes to an enriching cultural experience, regardless of their background. Children can embody the true art form of Bhangra through a fusion of music and self-expression that will lead to high spirits and continual involvement in a growing community. No experience necessary.  
CC Room 203 Raman Sandhu  
Su Sep 14-Dec 14 10:15AM-11:15AM  
576232 \$140/14 classes

## Music & Vocals

### Forte Piano (6-12yrs)

Seniors MR 260 Alexandra Cai  
Sa Sep 6-Dec 20 9:00AM-4:45PM  
579173-579189 \$512/16 classes  
Su Sep 7-Dec 21 9:00AM-2:05PM  
579190-579199 \$512/16 classes

## Guitar/Ukulele (5yrs+)

Seniors MR 260 Tom Cheng  
**Set 1**  
W Sep 10-Oct 22 3:30PM-7:00PM  
575736-575743 \$182/7 classes  
**Set 2**  
W Oct 29-Dec 10 3:30PM-7:00PM  
575745-575751 \$182/7 classes

## Piano/Singing with Charis (5-21yrs)

Seniors MR 260 Charis Chung  
F Sep 12-Dec 5 2:00PM-8:00PM  
575636-575650 \$429/13 classes

## Private Guitar/Ukulele (5yrs+)

No session Sep 30 & Nov 11.

Seniors MR 260 Musical Expressions  
Tu Sep 16-Dec 16 3:30PM-8:30PM  
576188-576197 \$390/12 classes

## Private Piano (5yrs+)

Seniors MR 260 Musical Expressions  
Th Sep 11-Dec 18 3:30PM-8:00PM  
576178-576187 \$487.50/15 classes

## Private Piano (6yrs+)/Clarinet (10yrs+)

No session Oct 13.

Seniors MR 260 Janine Oye  
M Sep 8-Dec 8 3:00PM-7:30PM  
576795-576804 \$448/13 classes

## Violin (5-75yrs)

CC Room 211 James Wong  
F Sep 12-Dec 19 5:30PM-7:00PM  
575623-575629 \$495/15 classes



# Children's Programs

## Education

### Bricks 4 Kidz - LEGO Out of this World (5-10yrs)

CC Room 211      Reach Education Inc.  
W Sep 24-Nov 12      4:00PM-5:00PM  
575824      \$160/8 classes

### Red Cross Babysitting Course (11-15yrs)

CC Preschool 1	First Aid Pro
Sa Sep 6	9:30AM-4:30PM
579108	\$75/person
Sa Sep 20	9:30AM-4:30PM
579109	\$75/person
Sa Oct 4	9:30AM-4:30PM
579110	\$75/person
Sa Oct 25	9:30AM-4:30PM
579111	\$75/person
Sa Nov 15	9:30AM-4:30PM
579112	\$75/person
Sa Nov 29	9:30AM-4:30PM
579113	\$75/person
Sa Dec 13	9:30AM-4:30PM
579114	\$75/person

### Red Cross Emergency First Aid/CPR-C/AED (13yrs+)

CC Preschool 1	First Aid Pro
Su Sep 14	9:30AM-4:30PM
579115	\$94.99/person
Su Sep 28	9:30AM-4:30PM
579116	\$94.99/person
Su Oct 5	9:30AM-4:30PM
579117	\$94.99/person
Su Oct 26	9:30AM-4:30PM
579118	\$94.99/person
Su Nov 9	9:30AM-4:30PM
579119	\$94.99/person
Su Nov 23	9:30AM-4:30PM
579120	\$94.99/person
Su Dec 7	9:30AM-4:30PM
579121	\$94.99/person

### Sewing Basics for Kids (8-12yrs) **NEW!**

Sewing fosters creativity, is a life skill and develops fine motor skills which are transferable to many careers and disciplines. This introductory course teaches kids how to sew by hand, starting with the basics. Students will be using their sewing skills to make amazing one-of-a-kind projects. This fun and interactive class will keep students engaged and using their imagination.

CC Room 211	Nashifa Rashid
<b>Set 1</b>	
Tu Oct 7-Nov 4	4:00PM-5:30PM
580760	\$75/5 classes
<b>Set 2</b>	
Tu Nov 18-Dec 16	4:00PM-5:30PM
580761	\$75/5 classes

### Young Commander Chess - Intermediate (6-13yrs)

CC Room 211	Joe Soliven
<b>Novice/Beginners (6-12yrs)</b>	
Th Sep 11-Dec 11	6:10PM-7:10PM
576225	\$182/14 classes
<b>Intermediate (8-13yrs)</b>	
Th Sep 11-Dec 11	7:20PM-8:30PM
576228	\$210/14 classes



## Martial Arts

### Axe Capoeira Mini Kids (5-7yrs)

Space Permitting - Drop-in \$20  
No class Nov 11

Seniors MPR 251/252	Marcus Aurelio
Tu Th	5:30PM-6:00PM
Sa	12:30PM-1:00PM
Sep 6-Sep 27	
575398	\$100/Month
Oct 2-Oct 30	
575406	\$100/month
Nov 1-Nov 29	
575408	\$100/month
Dec 2-Dec 23	
575411	\$100/month

### Seiyu Karate

No class Sep 21, Oct 5, 12 & Nov 30.

CC Room 205	Vancouver Seiyu Karate
<b>Beginner</b>	
Su Sep 07-Dec 07	4:50PM-5:50PM
575107	\$140/10 classes

### Orange to Blue Stripe (No Beginner)

No class Oct 5 & Nov 30.

CC Dojo	
Su Sep 07-Dec 07	12:10PM-1:10PM
575124	\$168/12 classes
Su Sep 07-Dec 07	1:20PM-2:20PM
575130	\$168/12 classes
Su Sep 07-Dec 07	2:30PM-3:30PM
575146	\$168/12 classes

### White Belt and White Stripe (No Beginner)

No class Sep 21, Oct 5 & Nov 30.

CC Dojo	
Su Sep 07-Dec 07	3:40PM-4:40PM
575152	\$154/11 classes

### Yellow to Green Belt (No Beginner)

No class Sep 30, Oct 14 & Nov 11.

CC Dojo	
Tu Sep 09-Dec 02	5:00PM-6:00PM
575167	\$140/10 classes



**Follow Us!**



killarneycentre.ca



facebook.com/KillarneyCC



@killarneyccs



killarneyccs



@KillarneyCC

# Children's Programs

## Taekwondo

CC Dojo	Wu's Taekwondo
<b>Beginner</b>	
W Sep 10-Dec 17	3:45PM-4:40PM
575576	\$180/15 classes
Th Sep 11-Dec 18	3:45PM-4:30PM
575609	\$180/15 classes
Sa Sep 06-Dec 20	1:00PM-2:00PM
576131	\$192/16 classes
<b>Beginner to Yellow Belt</b>	
Su Sep 07-Dec 21	11:00AM-11:50AM
576150	\$192/16 classes
<b>White Belt to Yellow Belt</b>	
Th Sep 11-Dec 18	4:30PM-5:30PM
576119	\$180/15 classes
<b>Yellow Belt to Green Belt</b>	
W Sep 10-Dec 17	4:40PM-5:40PM
575583	\$180/15 classes
Sa Sep 06-Dec 20	3:00PM-4:00PM
576141	\$192/16 classes
Su Sep 07-Dec 21	9:00AM-10:00AM
576148	\$192/16 classes

## Traditional Kung Fu

No class Sep 20, Oct 25, Nov 8, 15 & 29	
CC 1/3 Gym	Northern Shaolin Kung Fu
Sep 10-Dec 10	
<b>Beginner</b>	
W	4:30PM-5:45PM
Sa	12:45PM-2:00PM
573374	\$324/22 classes
<b>Intermediate</b>	
W	4:30PM-6:15PM
Sa	12:45PM-2:30PM
573375	\$346/22 classes
<b>Advanced</b>	
W	4:30PM-6:30PM
Sa	12:45PM-2:45PM
573385	\$368/22 classes

## More Martial Arts Programs

### Axe Capoeira Youth 8-17yrs

.....

➔ See page 30

## Sports

### Badminton - Beginner (6-8yrs)

CC 2/3 Gym	Howard Fok
W Sep 10-Dec 17	3:30PM-4:30PM
573627	\$150/15 classes

### Badminton - Beginner/Intermediate (6-12yrs)

CC 2/3 Gym	Howard Fok
W Sep 10-Dec 17	4:30PM-5:30PM
573630	\$150/15 classes

### Badminton - Intermediate/Advanced (9-12yrs)

CC 2/3 Gym	Howard Fok
W Sep 10-Dec 17	5:30PM-6:30PM
573631	\$150/15 classes

### Greenlight Basketball: Future Ballers (5-8yrs)

No class Oct 13	
CC 1/3 Gym	Greenlight Basketball
M Sep 8-Dec 15	5:30PM-6:30PM
573679	\$210/14 classes

### Future Bounce Basketball (Gr. 6-7)

CC 1/3 Gym	Future Bounce
W Sep 10-Dec 17	6:45PM-7:15PM
573647	\$225/15 classes

### Greenlight Basketball: Elementary Ballers (9-13yrs)

No class Oct 13	
CC 1/3 Gym	Greenlight Basketball
M Sep 8-Dec 15	6:30PM-7:30PM
573678	\$210/14 classes

### Journey Basketball: Junior Ballers (6-8yrs)

No class Oct 23, 30 and Nov 27	
CC Full Gym	Journey Basketball
Th Sep 11-Dec 4	4:00PM-5:00PM
574345	\$225/15 classes

### Journey Basketball - Beginners to Intermediate (9-12yrs)

No class Oct 23, 30 and Nov 27	
CC Full Gym	Journey Basketball
Th Sep 11-Dec 4	5:00PM-6:00PM
574351	\$150/10 classes

### Journey Basketball Grassroots (9-13yrs)

No class Sep 30 and Nov 11	
CC 1/3 Gym	Journey Basketball
Tu Sep 9-Dec 2	3:30PM-5:00PM
574356	\$240/12 classes

### Sportball: Floor Hockey (6-12yrs)

No session Sep 29, Oct 13 & Nov 10.	
CC 2/3 Gym	Sportball Vancouver
M Sep 8-Oct 27	6:20PM-7:20PM
579104	\$108/6 classes
M Nov 3-Dec 15	6:20PM-7:20PM
579106	\$108/6 classes





# Children's Programs

## Gymnastics - Preparation Program (6-12yrs)

CC Room 205 Bing Zhao

### Set 1

W Sep 10-Oct 22 4:30PM-5:30PM

576069 \$189/7 classes

### Set 2

W Oct 29-Dec 17 4:30PM-5:30PM

576072 \$216/8 classes

## Soccer (6-12yrs)

No session Sep 20, Oct 5, 25, Nov 8, 15 & 29.

CC 2/3 Gym Soccer Stars Academy

### Set 1

Sa Sep 6-Dec 6 11:30AM-12:30PM

576502 \$108/9 classes

### Set 2

Su Sep 7-Dec 14 10:40AM-11:40AM

576510 \$168/14 classes

## Sportball: Child Multisport (6-8yrs)

No session Sep 28, Oct 12 & Nov 9.

CC 1/3 Gym Sportball Vancouver

### Set 1

Su Sep 7-Oct 26 1:00PM-2:00PM

576635 \$108/6 classes

### Set 2

Su Nov 2-Dec 14 1:00PM-2:00PM

576638 \$108/6 classes

## Tennis (7-10yrs)

CC 1/3 Gym Break Point Sports

Su Sep 7-Dec 14 10:00AM-11:00AM

575819 \$225/15 classes



## Technology

### EFK - Junior Aerospace Engineering: Sky Riders (4-6yrs)

CC Room 211 Engineering For Kids

Sa Sep 13-Oct 18 9:45AM-10:45AM

579122 \$131/6 classes

### EFK - Engineering Kids Club: Make It Move! (5-7yrs)

CC Room 211 Engineering For Kids

Sa Sep 13-Oct 18 11:00AM-12:30PM

579123 \$216/6 classes

### EFK - Junior Acoustical Engineering: Harmonic Quest (6-9yrs)

CC Room 211 Engineering For Kids

Sa Sep 13-Oct 18 1:00PM-2:30PM

579124 \$216/6 classes

### EFK - Junior Civil Engineering: Fun Foundations (4-6yrs)

CC Room 211 Engineering For Kids

Sa Nov 15-Dec 20 9:15AM-10:15AM

579125 \$131/6 classes

### EFK - Engineering Kids Club: Future Techies (6-10yrs)

CC Room 211 Engineering For Kids

Sa Nov 15-Dec 20 10:30AM-12:30PM

579126 \$288/6 classes

### EFK - Hardware Engineering: Get Wired with Makey Makey (8-12yrs)

CC Room 211 Engineering For Kids

Sa Nov 15-Dec 20 1:00PM-2:30PM

579127 \$216/6 classes

### EFK - Pro-D Day with Engineering For Kids (6-12yrs)

CC Room 211 Engineering For Kids

F Sep 19 9:00AM-3:00PM

579128 \$95/person

F Oct 24 9:00AM-3:00PM

579129 \$95/person

F Nov 21 9:00AM-3:00PM

579130 \$95/person





# Winter Break Day Camps

## Frozen Ballet Extravaganza Dance (3-5yrs)

No session Jan 1.

Seniors MPR 151/152 Endorphin Rush  
M-W, F Dec 29-Jan 2  
9:15AM-10:30AM  
580784 \$88.20/4 classes

## Frozen Ballet Extravaganza Dance (4-6yrs)

No session Jan 1.

Seniors MPR 151/152 Endorphin Rush  
M-W, F Dec 29-Jan 2  
10:35AM-11:50AM  
580785 \$88.20/4 classes



## Jazz/Ballet Fusion (3-5yrs)

No session Jan 1.

Seniors MPR 151/152 Endorphin Rush  
M-W, F Dec 29-Jan 2 1:15PM-2:30PM  
580787 \$88.20/4 classes

## Mini Hip Hop Breakers (3-5yrs)

No session Jan 1.

Seniors MPR 151/152 Endorphin Rush  
M-W, F Dec 29-Jan 2 11:55AM-1:10PM  
580786 \$88.20/4 classes

## Swiftie Dance Party (4-7yrs)

No session Jan 1.

Seniors MPR 151/152 Endorphin Rush  
M-W, F Dec 29-Jan 2 2:35PM-3:50PM  
580788 \$88.20/4 classes

## Pre Ballet (3-5yrs)

CC Room 201 Espirito Mauricio  
M-W Dec 22-Dec 24 9:15AM-10:45AM  
580809 \$115/3 classes

## Rhythmic Gymnastics (6-12yrs)

CC Room 201 Espirito Mauricio  
M-W Dec 22-Dec 24 11:00AM-12:30PM  
580810 \$115/3 classes

## Rhythmic Gymnastics (3-5yrs)

No session Jan 1.

CC Room 205 Espirito Mauricio  
M-W, F Dec 29-Jan 2 9:15AM-10:45AM  
580811 \$115/4 classes

## Ballet (6-12yrs)

No session Jan 1.

CC Room 205 Espirito Mauricio  
M-W, F Dec 29-Jan 2 11:00AM-12:30PM  
580812 \$115/4 classes

## Act, Dance, Sing FUN! (5-14yrs)

(5-8yrs)

CC Room 211 Praise TEAM  
M-W Dec 22-Dec 24 12:30PM-3:30PM  
580792 \$166/3 classes

(8-14yrs)

Seniors MPR 251/252 Praise TEAM  
M-W Dec 22-Dec 24 12:30PM-3:30PM  
580793 \$166/3 classes

## Active Dance Sampler (5-14yrs)

(5-8yrs)

Seniors MPR 151/152 Praise TEAM  
M-W Dec 22-Dec 24 9:15AM-12:30PM  
580789 \$176/3 classes

(8-14yrs)

Seniors MPR 251/252 Praise TEAM  
M-W Dec 22-Dec 24 9:15AM-12:30PM  
580790 \$176/3 classes

## EFK - Robotics Engineering: Tech Heroes in Action (6-14yrs)

No session Jan 1.

CC Room 211 Engineering For Kids  
M-W, F Dec 29-Jan 2 9:00AM-3:00PM  
580752 \$336/4 classes

## Soccer (6-12yrs)

No session Jan 1.

CC 2/3 Gym Soccer Stars Academy  
M-W, F Dec 29-Jan 2 9:30AM-12:30PM  
580757 \$156/4 classes

## Sportball Multisport Winter Break (5-8yrs)

No session Jan 1.

CC 2/3 Gym Sportball Vancouver  
M-W, F Dec 29-Jan 2 1:00PM-4:00PM  
580769 \$172/4 classes

## Greenlight Basketball Winter Camps (6-8yrs)

No session Jan 1

CC 1/3 Gym Greenlight Basketball  
JR Holiday Hoops Camp  
M Tu F Dec 22-24 3:30PM-4:30PM  
581628 \$45/3 classes

Week 2

M Tu W F Dec 29-Jan 2 3:30PM-4:30PM  
581629 \$60/4 classes



# Winter Break Day Camp | Special Event

## KCCS Winter Break Day Camp (6-12yrs)

Join us this winter at Killarney for an action-packed week with activities like sports, cooperative games, arts & crafts, special guests, and many exciting out-trips. Please remember to pack nut-free snacks, lunch, and a water bottle and appropriate clothing like bathing suit and towels.

Registration for Winter Camp can be done online. The parent and waiver forms will be sent out 1 week prior to camp. Please ensure we have an up-to-date email address to receive these forms. Camps will run from 9:00am-3:00pm. Please email [Killarneydaycamps@vancouver.ca](mailto:Killarneydaycamps@vancouver.ca) if you have any questions

**CC 1/3 Gym and CC 2/3 Gym**

**M Tu W**

**Dec 22-24 9:00AM-3:00PM**

**580780**

**\$105/3 classes**

**M Tu W F**

**Dec 29-Jan 2 9:00AM-3:00PM**

**580781**

**\$140/4 classes**



A colorful poster for a family board games and trivia event. The background is a dark blue night sky with a large yellow moon and clouds. The title "Family BOARD GAMES &amp; TRIVIA" is written in large, stylized letters. Below the title, there is a paragraph of text: "Join us for an exciting afternoon filled with laughter, and friendly competition! Whether you are a Trivia master or a board game enthusiast, this event is the perfect way to bond with family and friends." The date and time are prominently displayed: "SUNDAY, OCTOBER 19" and "12:00PM - 3:00PM". Below this, it says "Price: Free, Registration required". The poster is decorated with various game-related icons: a lightbulb, a puzzle piece, a chess knight, a die, a spinner, and a question mark. The overall theme is fun and family-oriented.



KILLARNEY COMMUNITY CENTRE

# MOVIE NIGHT

Monthly Movie Night fun for all ages!



Donations of nonperishable food items to the food bank are greatly appreciated.

**SEP 13**  
Friday

**ELiO**



**OCT 17**  
Friday

**HOW TO TRAIN  
YOUR DRAGON**



**NOV 14**  
Friday

**LiLO & STiCH**

**Seniors Grand Hall**

**Doors Open at 5:00pm | Movie Starts at 6:00pm**

**Bring your friends and family for a cozy evening of fun, laughter, and film. Grab your snacks from Sixty2Sixty Eats before the show starts!**



You are invited to join us at our 4<sup>TH</sup> ANNUAL

# ALL NATIONS GATHERING

## *Healing Medicines*

This gathering is an opportunity to

- Participate in the Call to Shore and the Down Feather Ceremony
- Witness the drumming, singing, dancing, and healing ceremonies of the Nisga Nations
- Bring the drums to life and join in the drumming drill led by the Nisyok Boys
- Join the dance of the Four Directions
- Share lunch together



### KILLARNEY COMMUNITY CENTRE

(6260 KILLARNEY ST, VANCOUVER)

#574456  
SATURDAY  
SEPTEMBER 20

10AM  
TO  
1PM

*Everyone is welcome*  
**No registration required.**



**KILLARNEY COMMUNITY CENTRE**

**HARVEST**

# **Dinner & Dance NIGHT**

Join us for a night filled with good food, great company, and lively entertainment! After dinner, the dance floors open! A night perfect for socializing, making new friends, and bringing your best dance moves for an unforgettable experience!

**GRAND HALL | SUNDAY, OCTOBER 5 | 5:30PM-9:00PM**

**Doors Open at 5:30PM | Dinner Served at 6:00PM**

**Dance Floor / Entertainment: 7PM to 9PM**

**Price: \$35      574428**

**LIVE MUSIC | DELICIOUS FOOD | NON-STOP DANCING**





# HALLOWEEN CARNIVAL AND SPOOKY HOUSE

Come to Killarney's annual Halloween Carnival & Spooky House for some spook-tacular hair-raising fun! This event will feature activities suitable for children 3-10 years old. Halloween games & crafts, and tons of treats! Be prepared to be spooked by eerie bats and skeletons in the haunted house with a few creepy special guests. Get into the spooky spirit!

**SATURDAY, OCTOBER 25, 2025**

**\$6/child**

**#574430 Session 1: 10AM - 11AM**

**#574431 Session 2: 11:30AM - 12:30PM**

**#574433 Session 3: 1PM - 2PM**



## KILLARNEY *Indoor* FLEA Market!



**CC Full Gym**  
**Sa Nov 8 9:30 AM-1:30 PM**  
**574434 \$25/table**

**ADMISSION TO THE  
EVENT IS FREE!**

- Items on sale can be used, but must be in good condition.
- The sale of any food items or commercial goods is strictly prohibited.
- Registration: in-person only
- Please note that the table fee is non-refundable and non-exchangeable.
- Vendors must complete a Vendor Agreement form at the time of registration.





# HOLIDAY *Pup Photos* with **Santa Paws**

You and your furry companions are invited to our third  
Pet Photos with Santa Paws!

Note: All dogs must be leashed and owners are responsible for being in control of their pets at all times. DOGS ONLY. One photo per slot. You must pre-register to book your time slot.

Photos are taken by  
professional

**VANCOUVER**  
PET PHOTOGRAPHY

574435	Sa Nov 15	10:00AM-10:15AM
574436	Sa Nov 15	10:15AM-10:30AM
574437	Sa Nov 15	10:30AM-10:45AM
574438	Sa Nov 15	10:45AM-11:00AM
574439	Sa Nov 15	11:00AM-11:15AM
574440	Sa Nov 15	11:15AM-11:30AM
574441	Sa Nov 15	11:30AM-11:45AM
574442	Sa Nov 15	11:45AM-12:00PM
574445	Sa Nov 15	12:30PM-12:45PM
574446	Sa Nov 15	12:45PM-1:00PM
574447	Sa Nov 15	1:00PM-1:15PM
574448	Sa Nov 15	1:15PM-1:30PM
574449	Sa Nov 15	1:30PM-1:45PM
574450	Sa Nov 15	1:45PM-2:00PM
574451	Sa Nov 15	2:00PM-2:15PM
574452	Sa Nov 15	2:15PM-2:30PM

Price: \$20 per time slot



# KILLARNEY COMMUNITY CENTRE

## HOLIDAY CRAFT FAIR 2025

Looking for that perfect, thoughtful gift – for someone special or even for yourself? Find it at our Holiday Craft Fair – where every item is handmade with heart!

Unique gifts, festive vibes, and local artisans all in one place. Don't miss it!

**Lobby, Gymnasium & Seniors Grand Hall**  
**Sa Nov 29 10:00 AM-4:00 PM**  
**Price Free**



# Community Holiday Tree Lighting

As we get into the holiday spirit, we welcome the community to an evening of decorating our holiday tree, caroling, hot chocolate, treats, crafts and fun for all. Make an ornament to put on the tree and take one home with you. Join in as we gather outside of the main entrance for the countdown as we watch the holiday tree lights turn on. All ages welcome, but children must be accompanied by an adult. This is a FREE Open Event everyone is Welcomed -Registration is not mandatory.

**Saturday, November 29 | 5:30PM - 7:30PM**

**CC Community Centre Lobby**  
**Price: Free #574453**



# Breakfast

## *With Santa*

Celebrate the holiday season by having a delicious pancake breakfast with sides like sausages, yogurt and fruit! Each year, our gymnasium is transformed into a Santa's wonderland with beautiful decorations, a bouncy castle, holiday craft-making, and special entertainment. Don't forget your camera because Santa will be making a visit to see who has been naughty or nice! This annual event is not to be missed!

Saturday | December 13, 2025

**Children: \$6.50**

**Adults: \$8.00 + GST**

Children under 1 year are free.

Please note that EVERY person having breakfast must register.

#574454 Seating 1: 9:30AM-11:00AM

#574455 Seating 2: 11:30AM-1:00PM





# Youth Programs

## Youth Lounge and Office

The Youth Lounge is open during lunch time  
from 11:30am-12:30pm Monday-Friday.

It is closed after school on Monday, Tuesday, Thursday  
due to our Youth Tutoring Program.

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar,  
or simply open the camera app on your phone and scan the QR code below!

Scan me  
for program details!



## Adapted Access

### Taking Strides Teen Adaptive Sport (13-18yrs)

No session Nov 9.

CC 1/3 Gym Taking Strides Vancouver  
Set 1

Su Sep 14-Oct 12 2:25PM-3:10PM  
576525 \$45/5 classes

Set 2

Su Oct 19-Nov 23 2:25PM-3:10PM  
576527 \$45/5 classes

## Volunteer Opportunities

### Youth Volunteer Orientation (13-18yrs)

Seniors MPR 151/152 Youth Leader  
W Sep 17 4:00PM-5:15PM  
576732 FREE

## Social

### Youth Friday Night Fun (12-16yrs) **NEW!**

Come join us on Friday's from 3:30-  
5:00pm for activities and snacks.  
Activities will include cooking, baking,  
movies, games, and more! Each week  
will have a different theme. Register  
and meet some friends!

Youth Lounge 101 Kailey Luo  
F Sep 19-Dec 12 3:30PM-5:00PM  
581631 \$72/12 classes

In order to keep Killarney's pricing low  
we separate some of our seasonal  
programs into multiple sets. Leisure  
Access Discount patrons are eligible  
to receive the 50% discount on both  
sets (excluding pool & rink programs).

## Martial Arts

### Axe Capoeira Youth Kids (8-17yrs)

Space Permitting - Drop-in \$20

Seniors MPR 251/252 Marcus Aurelio

Beginner  
Tu Th 6:00PM-6:30PM  
Sa 1:00PM-1:30PM

Advanced  
Tu Th 6:30PM-7:00PM  
Sa 1:30PM-2:00PM

Sep 6-Sep 27 \$100/month  
Beginners 575413

Advanced 575430

Oct 2-Oct 30 \$100/month  
Beginners 575417

Advanced 575435

Nov 1-Nov 29 \$100/month  
Beginners 575419

Advanced 575465

Dec 2-Dec 23 \$100/month  
Beginners 575421

Advanced 575476

**CENTRE (EXCLUDING  
RINK/POOL) CLOSED  
SEPTEMBER 2-5,  
2025 FOR ANNUAL  
MAINTENANCE**

# Youth Programs



## Arnīs/Eskrima **NEW!** Filipino Martial Arts - Youth Class (14-18yrs)

No class Oct 13

Learn Eskrima, the national martial art of the Philippines! Also known as Arnīs or Kali, this centuries-old discipline blends indigenous warrior traditions with Spanish fencing. This Youth Class introduces new students to the basics of single stick (Olisi), double stick (Sinawali) and non-contact Filipino boxing (Pangamot). Students learn footwork, strikes, disarms and blocks through partner drills (Abecedario) and then refine their skills through shadow boxing (Karenza) and games using padded sticks or pool noodles. Learn more at: [www.magnustraining.ca](http://www.magnustraining.ca)

### Youth Trial Class

Seniors MPR	Michael Ekkers
M Sep 08	6:00PM-7:00PM
570308	\$5/1 class
M Sep 15-Dec 15	6:00PM-7:00PM
570305	\$208/13 classes

## Seiyu Karate for Teens (No Beginners)

No class Oct 9 & Nov 27

CC Dojo	Vancouver Seiyu Karate
Th Sep 11-Dec 04	5:40PM-6:40PM
575153	\$154/11 classes

## Strikewell Youth Boxing Exploration

Space Permitting - Drop-in \$21

No class Oct 13

CC Dojo	Strikewell Boxing
Free Demo Class	
M Sep 08	5:00PM-6:00PM
574224	Free/1 classes
M Sep 15-Nov 24	5:00PM-6:00PM
574227	\$200/10 classes

## Taekwondo All Levels - Young Adult

CC Dojo	Wu's Taekwondo
Sa Sep 06-Dec 20	2:00PM-3:00PM
576136	\$192/16 classes
Su Sep 07-Dec 21	10:00AM-11:00AM
576149	\$192/16 classes

## Self Defense for **NEW!** Women by Wenlido WEST

See page 37 for description

Seniors Grand Hall	Gaye Ferguson
Su Sep 14	11:00AM-3:00PM
576344	16-18yrs: \$40/1 class
	19+yrs: \$60/1 classes

## Sports

### Instructional Badminton (13-18yrs)

CC Full Gym	Howard Fok
Sa Sep 13-Dec 20	3:15PM-4:45PM
574340	\$100/10 classes

### Journey Basketball: Advanced (10-14yrs)

No class Oct 23, 30 and Nov 27

CC Full Gym	Journey Basketball
Th Sep 11-Dec 4	6:00PM-7:15PM
574366	\$187.50/10 classes

### Night Hoops (13-18yrs)

Night Hoops is a free basketball program that uses sport to build community, confidence, and connection for youth across the city. Open to players of all skill levels, Night Hoops offers weekly practices led by caring mentors at local community centres. Whether you're signing up solo or with a group of friends, Night Hoops is a place to play, grow, and be part of something bigger. Join us this season!

CC Full Gym	Night Hoops
F Sep 26-Dec 5	6:00PM-7:30PM
576729	FREE

### Greenlight Basketball Winter Camps

No session Jan 1.

CC 1/3 Gym	Greenlight Basketball
Holiday Hoops Camp (9-13yrs)	
M Tu W Dec 22-24	4:45PM-5:45PM
581626	\$45/3 classes
Week 2	
M Tu W F Dec 29-Jan 2	4:45PM-5:45PM
581627	\$60/4 classes
Winter Elite Camp (13-18yrs)	
M Tu Th F Dec 29-Jan 2	5:45PM-7:00PM
581630	\$72/4 classes



Follow  
Us!

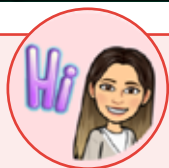
	<a href="http://killarneycentre.ca">killarneycentre.ca</a>		<a href="https://facebook.com/KillarneyCC">facebook.com/KillarneyCC</a>
	<a href="https://www.instagram.com/killarneyccs">@killarneyccs</a>		<a href="https://twitter.com/killarneyccs">killarneyccs</a>
			<a href="https://x.com/KillarneyCC">@KillarneyCC</a>

# Youth Programs

## Killarney Billiards/Pool Schedule

**Welcome to the Killarney Billiards Area!** Play pool and foosball with your friends after school! Here are some guidelines for when in the lounge area: Write your name down on the sign-up sheet to secure your turn to play on a rotation basis when others are waiting for a turn to play. Patrons can borrow pool cues and balls at the front desk. Please keep the space tidy and return the equipment to the front desk. Please use appropriate and respectful language, respect the equipment, respect direction from Killarney staff and be kind to other patrons. All players must be 12yrs or older. No adults are allowed in the billiard table section when it is youth time.

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
9:00AM-11:30AM	Senior's Pool	19yrs+	Senior's Pool	Senior's Pool	19yrs+	Open	Open
11:30AM-3:00PM	Open	Open	Open	Open	Open		
3:00PM-6:00PM	Youth Pool	Youth Pool	Youth Pool	Youth Pool	Youth Pool	Open	Open
6:00PM-close	Open	Open	Open	Open			



### Contact Emily, Community Youth Worker

**Emily.hoang@vancouver.ca**  
**604.718.8212**

Follow or DM @killarneyccyouth for information about youth programs, services, youth opportunities and more!





## Youth Gym Times

**September - December 2025**

No sessions Sep 30, Oct 13, Nov 11.

Pre-Teens 9-12yrs & Teens 13-18yrs. Schedule subject to change without notice.

**Please refer to our Youth Instagram for updates.** No gym programs on statutory holidays.

**Welcome back to youth open gym at Killarney Community Centre!** Looking to get back into the game and tune up your skills? Come through! You will need to check-in with a Youth Staff to attend the session. Please note the following rules to be followed in the gymnasium: Competition is permitted and masks are recommended. Wash your hands before and after play. No food or drink in the gymnasium. Use appropriate and respectful language. Respect the equipment (basketballs, volleyballs, nets, etc.). Respect direction from Killarney staff and be kind to other youth. Sessions are supervised by a Youth Program Assistant I/II or Community Youth Worker, but there is no instructor for this program. Please note each session will accommodate 40 youth participants maximum. First-come, first-served basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pre-Teen & Teen Open 2/3 Gym (10-18yrs) 3:15-5:00pm	Pre-teen & Teen Open Full Gym (10-18yrs) 3:15-5:30pm			Pre-Teen & Teen Open Full Gym (10-18yrs) 3:00-5:00pm	Youth Badminton Drop-In (13-18yrs) Full Gym 5:00-6:30pm
				Session 1: 6:15-7:45pm Session 2: 8:00-9:30pm	*Youth Volleyball Full Gym (13-18yrs) 7:30-9:30pm
*Youth Volleyball & Youth Badminton will require registration for each weekly session – open 1 day in advance at 12pm. Please do not register back-to-back sessions. Staff has the right to withdraw you from a session to create space for other youth.					



# Adult Programs

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar, or simply open the camera app on your phone and scan the QR code below!

**Scan me**  
for program details!



## Adapted Access

### Adapted Gym Time

Space Permitting - Drop-in \$3

CC 1/3 Gym No Instructor  
F Sep 12-Dec 19 11:30AM-1:00PM  
569971 \$30/15 classes

### Boccia

Space Permitting - Drop-in \$2

No class Sep 20, Nov 29 & Dec 13

Seniors Grand Hall Justine Maurer  
Sa Sep 13-Dec 20 1:30PM-3:30PM  
575336 \$22.85/12 classes



## Arts, Dance & Culture

### Aliza Dance Troupe

Lessons taught in English, Mandarin and Cantonese.

Space Permitting - Drop-in \$5

CC Room 205 Lisa (Baby) Blair  
Sa Sep 13-Dec 13 3:15PM-5:00PM  
572505 \$63/14 classes

### Aliza Instrument Cabaret Troupe

**NEW!**

Join the Jam! Bring your favorite instrument(s) and come play along with our friendly music group!

Lessons led in English, Mandarin and Cantonese.

Space Permitting - Drop-in \$5

Seniors MPR 251/252 Lisa (Baby) Blair  
Su Sep 14-Dec 14 4:00PM-5:30PM  
572512 \$63/14 classes

### Bellydance

Space Permitting - Drop-in \$11.50

CC Room 205 Kathleen Sharp  
**Set 1**  
W Sep 10-Oct 29 7:30PM-8:45PM  
570588 \$84/8 classes  
**Set 2**  
W Nov 05-Dec 17 7:30PM-8:45PM  
570590 \$73.50/7 classes

### International Line Dancing - Beginner to Improver

Space Permitting - Drop-in \$8

No class Sep 30 & Nov 11

CC Room 205 Ewena Chow  
Tu Sep 09-Dec 09 7:30PM-9:00PM  
574249 \$84/12 classes

### Line Dancing

Space Permitting - Drop-in \$5

No class Oct 17, 24, 31 & Nov 7

Seniors MPR Agnes Lo  
F Sep 12-Dec 19 12:30PM-1:30PM  
570585 \$49.50/11 classes

### The Joy of Acrylic Painting

No class Sep 30 & Nov 11

CC Room 203 Philip Tsang  
**Set 1**  
Tu Sep 09-Oct 21 4:30PM-6:00PM  
576393 \$135/6 classes  
**Set 2**  
Tu Oct 28-Dec 09 4:30PM-6:00PM  
576395 \$135/6 classes

### The Joy of Drawing and Sketching

CC Room 211 Philip Tsang  
**Set 1**  
W Sep 10-Oct 22 2:00PM-3:30PM  
576396 \$140/7 classes  
**Set 2**  
W Oct 29-Dec 10 2:00PM-3:30PM  
576399 \$140/7 classes

### The Joy of Watercolour Painting

No class Sep 30 & Nov 11.

CC Room 203 Philip Tsang  
**Set 1**  
Tu Sep 09-Oct 21 3:00PM-4:30PM  
576389 \$130/6 classes  
**Set 2**  
Tu Oct 28-Dec 09 3:00PM-4:30PM  
576391 \$130/6 classes

**CENTRE (EXCLUDING RINK/POOL) CLOSED SEPTEMBER 2-5, 2025 FOR ANNUAL MAINTENANCE**

## Education

### Eco-Voyage: Sustainable Journeys for All

Are you a newcomer learning to navigate Vancouver? Join an Eco-Voyage workshop by BEST to build your knowledge and confidence! Learn about Vancouver's public transit system, car- and bike- share opportunities, the benefits of multimodal commutes, and practical skills and resources to move around sustainability.

CC Room 203 BEST Transportation  
M Sep 15 6:00PM-8:00PM  
579877 Free/1 class

### English Corner

Seniors Grand Hall Volunteer  
Th Sep 11-Dec 18 6:30PM-8:00PM  
575316 Free/15 classes

### Japanese Beginner I

CC Room 202 Eri Ito  
Sa Oct 04-Nov 29 11:00AM-1:00PM  
574091 \$182/9 classes

### Red Cross Emergency First Aid/CPR-C/AED (13yrs+)

CC Preschool 1	First Aid Pro
Su Sep 14	9:30AM-4:30PM
579115	\$94.99/person
Su Sep 28	9:30AM-4:30PM
579116	\$94.99/person
Su Oct 5	9:30AM-4:30PM
579117	\$94.99/person
Su Oct 26	9:30AM-4:30PM
579118	\$94.99/person
Su Nov 9	9:30AM-4:30PM
579119	\$94.99/person
Su Nov 23	9:30AM-4:30PM
579120	\$94.99/person
Su Dec 7	9:30AM-4:30PM
579121	\$94.99/person

## Fitness & Health

### Body Strength & Core Workout

Space Permitting - Drop-in \$13  
No class Nov 26

This class incorporates cardio, light/medium/heavy free weights, bands and mat exercises. It helps to achieve body strength, core stability, balance and flexibility.

Seniors MPR Cecilia Barbero

**Set 1**  
W Sep 10-Oct 22 9:15AM-10:15AM  
579881 \$84/7 classes

**Set 2**  
W Oct 29-Dec 10 9:15AM-10:15AM  
579882 \$72/6 classes

### Pilates

Space Permitting - Drop-in \$11.50  
No class Oct 1 & 8

Seniors MPR Nahid Sarhaddi  
W Sep 10-Dec 10 6:15PM-7:15PM  
572704 \$126/12 classes

### Pilates and Strength Fusion

Space Permitting - Drop-in \$12  
No class Oct 11 & Nov 22

Seniors MPR Gail Dibernardo  
**Set 1**  
Sa Sep 06-Oct 25 9:15AM-10:30AM  
571228 \$77/7 classes

**Set 2**  
Sa Nov 01-Dec 13 9:15AM-10:30AM  
571229 \$66/6 classes

### Yoga/Pilates

No session Oct 13.

CC Room 205 Espirito Mauricio  
**Set 1**  
M Sep 8-Oct 27 5:00PM-6:00PM  
576709 \$105/7 classes

**Set 2**  
M Nov 3-Dec 15 5:00PM-6:00PM  
576717 \$105/7 classes

### Strong and Steady with Strikewell

Space Permitting - Drop-in \$25

A 12-week, beginner-friendly program focusing on building full-body strength, balance, and endurance to help you move better and to improve your overall fitness. Each week, you'll feel stronger, more capable, and more confident—inside and outside the gym. This is a great supplemental program for participants in our Monday boxing program.

Seniors MPR	Strikewell Boxing
F Sep 12-Nov 28	6:45PM-8:00PM
581662	\$240/12 classes

### Yogalates

Space Permitting - Drop-in \$11  
No class Oct 12

Seniors MPR	Galina Ershova
Su Sep 14-Dec 14	9:30AM-10:30AM
574090	\$130/13 classes

### Zen Meditation

No class Sep 23 & Nov 11

In this attitude we begin to cultivate a state of awareness where we are free from stress, worry, and anxiety. As our practice deepens, we arrive at a condition of self-knowledge and self acceptance from which we can deal effectively with the concerns of day-to-day life. We will learn breathing, sitting, and walking techniques. Bring a firm cushion and wear loose clothing.

#### Trial Class

*Trial class - 50% off the per session registration price.*

Seniors Grand Hall	James Giles
W Sep 10	6:30PM-7:30PM
572751	\$7.50/1 class
W Sep 17-Dec 03	6:30PM-7:30PM
572752	\$180/12 classes



# Adult Programs

## Intro to Weight Training

This program aims at simplifying exercise concepts to make the start of your fitness journey less daunting. We will break down most common exercises into 6 basic movements to optimize the time spent at the gym. In addition, we will discuss autoregulation and how to apply it to your routine.

Fitness Centre	Matsuo Higa
Su Sep 07-Sep 28 572807	2:15PM-3:15PM \$52/4 classes
Su Oct 05-Oct 26 572812	2:15PM-3:15PM \$52/4 classes
Su Nov 02-Nov 23 572814	2:15PM-3:15PM \$52/4 classes
Su Dec 07-Dec 28 572815	2:15PM-3:15PM \$52/4 classes

## Martial Arts

### Arnis/Eskrima - Filipino Martial Arts - Adult Trial Class

Learn Eskrima, the national martial art of the Philippines! Also known as Arnis or Kali, this centuries-old discipline blends indigenous warrior traditions with Spanish fencing. This Adult Trial Class gives prospective students a taste of our Eskrima class. The regular Adults Entry Class covers the basics of single stick (Olisi), double stick (Sinawali), knife defenses (Baraway) and Filipino boxing (Pangamot). Students learn footwork, strikes, disarms and blocks through partner drills (Abecedario) and then refine their skills through shadow boxing (Karenza) and controlled sparring games using padded sticks or pool noodles. Learn more at: [www.magnustraining.ca](http://www.magnustraining.ca)

Seniors MPR	Michael Ekkers
M Sep 08 570307	7:30PM-8:30PM \$5/1 class

### Arnis/Eskrima - Filipino Martial Arts - Adult Continuing

No class Oct 13

Learn Eskrima, the national martial art of the Philippines! Also called Arnis or Kali, this centuries-old discipline blends indigenous warrior traditions with Spanish fencing. Our Adult Continuing Class builds on the skills developed in the Entry Class and deepens the students' understanding of single stick (Olisi), double stick (Sinawali), knife defenses (Baraway) and Filipino boxing (Pangamot). Students continue to develop their footwork, strikes, disarms and blocks through partner drills (Abecedario), then refine their skills through shadow boxing (Karenza) and controlled sparring games using padded sticks. Learn more at: [www.magnustraining.ca](http://www.magnustraining.ca)

Seniors MPR	Michael Ekkers
M Sep 15-Dec 15 569734	8:30PM-9:30PM \$208/13 classes

### Arnis/Eskrima Filipino Martial Arts - Adult Entry Class

No class Oct 13

Learn Eskrima, the national martial art of the Philippines! Also known as Arnis or Kali, this centuries-old discipline blends indigenous warrior traditions with Spanish fencing. The Adult Entry Class introduces new students to the basics of single stick (Olisi), double stick (Sinawali), knife defenses (Baraway) and Filipino boxing (Pangamot). Students learn footwork, strikes, disarms and blocks through partner drills (Abecedario) and then refine their skills through shadow boxing (Karenza) and controlled sparring games using padded sticks or pool noodles. Learn more at: [www.magnustraining.ca](http://www.magnustraining.ca)

Seniors MPR	Michael Ekkers
M Sep 15-Dec 15 570303	7:15PM-8:15PM \$208/13 classes

## Axe Capoeira Adults

Space Permitting - Drop-in \$20

No class Nov 11

Seniors MPR	Marcus Aurelio
Tu Th Sa Sep 06-Sep 27 575380	7:00PM-9:00PM 2:15PM-4:00PM \$125/month
Oct 02-Oct 30 575382	\$125/month
Nov 04-Nov 29 575383	\$125/month
Dec 02-Dec 23 575384	\$125/month

## Cardio Kickboxing

Space Permitting - Drop-in \$16

CC Room 205	Ken Low
Trial Class Th Sep 11-Sep 11 575323	7:30PM-8:30PM Free/1 classes
Set 1 Th Sep 18-Oct 30 575327	7:30PM-8:30PM \$105/7 classes
Set 2 Th Nov 06-Dec 18 575331	7:30PM-8:30PM \$105/7 classes

## Ki Aikido

Space Permitting - Drop-in \$8

No class Oct 11 & Nov 8

CC Dojo	Emily Aspinwall
Sa Sep 06-Dec 20 570342	10:00AM-11:45AM \$98/14 classes

## Seiyu Karate (No Beginners)

No class Sep 30 & Nov 11

CC Dojo	Vancouver Seiyu Karate
Tu Sep 09-Dec 09 575099	7:00PM-8:00PM \$168/12 classes

## Seiyu Karate Light For Beginners

No class Nov 27

CC Dojo	Vancouver Seiyu Karate
Th Sep 11-Dec 11 575162	7:00PM-8:00PM \$182/13 classes

# Adult Programs

## Muay Thai Kickboxing

Space Permitting - Drop-in \$16

CC Dojo Edwin Dela Cruz

Free Demo Class

W Sep 10 6:30PM-7:30PM

575235 Free/1

class

Set 1

W Sep 17-Oct 29 6:30PM-7:30PM

575241 \$105/7 classes

F Sep 19-Oct 31 6:30PM-7:30PM

575248 \$105/7 classes

Set 2

W Nov 05-Dec 17 6:30PM-7:30PM

575244 \$105/7 classes

F Nov 07-Dec 19 6:30PM-7:30PM

575250 \$105/7 classes

## Self Defense for **NEW!** Women by Wenlido WEST

Wenlido is a practical personal safety program designed to help women and girls learn (and remember) basic self defense moves. The emphasis is on Awareness and Avoidance of potentially dangerous people and situations, Assertiveness and Action. We learn effective releases from different grabs and choking holds, how to target vulnerable areas of the attacker's body, and how to escape from being pinned on the ground. Wenlido WEST has been leading self defense for women classes in the Vancouver area for over 30 years, and the Instructors receive extensive training. Mother-daughter groups encouraged to attend together, (age 16+). No experience necessary.

Seniors Grand Hall Gaye Ferguson

Su Sep 14 11:00AM-3:00PM

576344 16-18yrs: \$40/1 class

19+yrs: \$60/1 class

## Strikewell Boxing & Performance

Space Permitting - Drop-in \$25

No class Oct 13

CC Dojo Strikewell Boxing

Free Demo Class

M Sep 08 6:30PM-7:45PM

574135 Free/1

class

Set 1

M Sep 15-Sep 29 6:30PM-7:45PM

574137 \$60/3 classes

Set 2

M Oct 06-Oct 27 6:30PM-7:45PM

574139 \$60/3 classes

Set 3

M Nov 03-Nov 24 6:30PM-7:45PM

574141 \$80/4 classes

## Tai Chi with Sifu Marquis Lung - Yang Form Ku Style

No class Sep 20, Oct 25, Nov 8, 15 & 29

CC 1/3 Gym Northern Shaolin Kung Fu

Sa Sep 06-Dec 06 10:00AM-11:45AM

573372 \$160/9 classes



## Social

### Community Board Games

Seniors Grand Hall Scott Glasgow

W Sep 03-Dec 17 6:30PM-9:30PM

574238 \$2.85/16 classes



## Italian Cooking Classes

[www.pastaboypeter.com](http://www.pastaboypeter.com)

Youth ages 12-18 MUST be accompanied by an adult. Registrations as gifts must be registered under the recipient's name.

### Hands on Rolled Roman Fettuccine

Learn how to make rolled egg fettuccine like an Italian Mamma! In this hands-on class, cook, artisan pasta maker, and actor Peter Ciuffa of Pasta Boy Peter will provide all the ingredients, equipment, and knowledge needed for you to learn his family's recipes. Peter will teach you a sauce, you'll sample his dish, and go home with the pasta you just made, perfect for a wonderful meal for two.

Seniors Grand Hall Pasta Boy Peter

Su Sep 21 10:30AM-1:00PM

580595 \$105/1 class

### Hands on Puglia Pasta - Short Shapes

Guests will learn to make the classic Southern Italian vegan pastas, Orechietti, Cavatelli, and Capunti without a rolling machine. Afterwards, Peter will teach a classic sauce from the region of Puglia, you'll get to eat his work and go home with the pasta for two you just made.

Seniors Grand Hall Pasta Boy Peter

Su Sep 21 2:45PM-5:15PM

580596 \$105/1 class



**Follow Us!**



[killarneycentre.ca](http://killarneycentre.ca)



[facebook.com/KillarneyCC](https://facebook.com/KillarneyCC)



[@killarneyccs](https://www.instagram.com/killarneyccs)



[killarneyccs](https://twitter.com/killarneyccs)



[@KillarneyCC](https://twitter.com/KillarneyCC)

# Adult Programs

## Sports

### Basketball - Adult Open Gym

Please bring your own basketball.

CC 2/3 Gym Non Instructional  
F Sep 12-Dec 19 12:00PM-3:00PM  
569980 \$4.50/Drop-in

### Basketball

Space Permitting - Drop-in \$5.75

No class Sep 30 & Nov 11

CC Full Gym Non Instructional  
Tu Sep 09-Dec 23 7:50PM-9:35PM  
569983 \$63/14 classes

### Basketball - Women's

Space Permitting - Drop-in \$5.75

No class Sep 30 & Nov 11

CC Full Gym Non Instructional  
Tu Sep 09-Dec 23 6:00PM-7:40PM  
569982 \$63/14 classes

### Badminton Lessons - All Levels Tu/Th

No class Sep 30 & Nov 11

CC 2/3 Gym Howard Fok  
Set 1  
Tu Sep 9-Oct 21 11:00AM-12:30PM  
573636 \$60/6 classes  
Th Sep 11-Oct 23 9:00AM-10:30AM  
573633 \$50/5 classes  
Set 2  
Tu Nov 4-Dec 16 11:00AM-12:30PM  
573638 \$60/6 classes  
Th Oct 30-Dec 18 9:00AM-10:30AM  
573635 \$80/8 classes

### Indoor Soccer

Space Permitting - Drop-in \$5.75

CC Full Gym Non Instructional  
Th Sep 11-Dec 18 7:45PM-9:30PM  
569991 \$67.50/15 classes

### Sports Drop-in Policy

Just a reminder that registered patrons MUST arrive no later than 15 minutes after the activity start time and sign-in at the front desk, or their spot will be forfeited to a drop-in player. Drop-in patrons can place their names on the waitlist up to 15 minutes prior to the activity start time, in person ONLY and MUST not play until they have paid.

**Photo ID may be requested to confirm registration at the time of sign-in.**

UPDATE

### Pickleball Recreational Play

Space Permitting - Drop-in \$5.75

No session Oct 13

Registration opens at 9:00am, 3 days prior to program date.

\*Note: New start time

CC 2/3 Gym Non Instructional  
\$4.50/1 classes  
M Sep 08-Dec 22 1:00PM-3:00PM  
CC 1/3 Gym  
F Sep 12-Dec 19 9:15AM-11:15AM

### Pickleball Lessons **NEW!**

#### Beginners

Learn the basics of pickleball in a fun and welcoming environment designed for brand new players! This beginner class is taught by a certified coach who will guide you through fundamental skills, rules, and gameplay. No experience is necessary, and all equipment is provided.

CC Full Gym BC Pickle School  
Th Sep 11-Oct 23 10:45AM-12:30PM  
576341 \$134.75/7 classes

#### Advanced Beginners

Take your pickleball skills to the next level in this engaging advancing beginner class, perfect for players with some experience who want to improve their game. Taught by a certified coach, you'll learn new shots, better court positioning, and effective strategies for moving up to the kitchen zone. All equipment is included. Build confidence and elevate your play in a supportive and fun environment!

Th Oct 30-Dec 11 10:45AM-12:30PM  
579891 \$134.75/7 classes



### Table Tennis

Space Permitting - Drop-in \$5

No class Oct 5

Private lessons available for \$7.14/15 minutes if space permits

\*Note: New start time

CC 2/3 Gym Danny Ho  
Su Sep 07-Dec 21 1:45PM-4:30PM  
W Sep 10-Dec 17 7:45PM-9:30PM  
\*Th Sep 11-Dec 18 12:45PM-3:30PM  
576340 \$45/10 Pass Card

### Volleyball

Space Permitting - Drop-in \$5.75

No session Oct 13

CC Full Gym Non Instructional  
M Sep 08-Dec 22 7:45PM-9:30PM  
569992 \$67.50/15 classes

### Adapted Sports

#### Boccia

→ See page 34



**Scan me**  
for program details!



## Canadian Banking for Newcomer

During this workshop, an RBC Representative will discuss and provide the detail information about entrepreneurs and small business owners to start business in Canada.

**CC Room 202 RBC**  
**Tu Sep 9 1:00PM-2:00PM**  
**579471 FREE**

## Eco-Voyage: **NEW!** Sustainable Journeys for All

Are you a newcomer learning to navigate Vancouver? Join an Eco-Voyage workshop by BEST to build your knowledge and confidence! Learn about Vancouver's public transit system, car- and bike- share opportunities, the benefits of multimodal commutes, and practical skills and resources to move around sustainability.

**CC Room 203 BEST Transportation**  
**M Sep 15 6:00PM-8:00PM**  
**579877 Free/1 class**

## Osteoarthritis **NEW!**

This debilitating disease is the most common form of arthritis. Its symptoms, selfmanagement strategies and various available therapies are presented.

**CC Room 202 COSCO Seniors Health**  
**And Wellness Institute Society**  
**Tu Sep 16 1:30PM-3:00PM**  
**571062 FREE**

## Optimize Your **NEW!** Shoulder Health

During this 1-hr. workshop, learn about:

1. Common causes of shoulder pain
2. Proper postures to help prevent shoulder pain
3. Key exercises for the shoulder muscles to 'bulletproof' it for all of life's activities.

This workshop is ideal for adults of all age groups. Please wear comfortable clothes to 'move' in as this workshop is part information and part exercise-based. Presented by Keane Leung (Physiotherapist and Co-owner of Collingwood Physiotherapy)

**CC Room 202 Keane Leung**  
**Tu Sep 23 12:00PM-1:00PM**  
**570639 FREE**

## Adult Vaccines: **NEW!** What you need to know

As we age, our immune systems naturally weaken, increasing the risk of serious illness. This presentation will cover key vaccines recommended for older adults, including those for pneumonia, shingles, RSV, and COVID-19. Learn how staying up to date with immunizations can help protect your health and support healthy aging!

Workshop coordinated through Save on Foods Pharmacy #2244 River District

**CC Room Save on Foods Pharmacy**  
**Th Sep 25 1:00PM-2:00PM**  
**580143 FREE**



## Advance Care Planning

**NEW!**

This is relevant to everyone since we don't know what the future holds. It is about helping people plan for serious injury, illness and end of life. It covers the What, Why, When and How of Advance Care Planning as well as how to select a Representative. It also includes access to relevant forms and resources.

CC Room 202

Dying with

Dignity Canada

Tu Oct 7

10:30AM-11:30AM

572499

FREE

## Medical Assistance in Dying (MAID)

**NEW!**

This session discusses end-of-life options, with a focus on Medical Assistance in Dying (MAID), which was legalized in Canada in June 2016. The fundamentals are addressed. How did MAID evolve in Canada? Who can apply? What are the criteria? How does the process work in BC? What future changes are expected in the legislation? This talk will provide clarification and allow attendees to get their questions answered.

CC Room 202

Dying With

Dignity Canada

Tu Oct 14

10:30AM-11:30AM

572500

FREE

## Elder Abuse? What is it?

**NEW!**

### How can we deal with it?

This presentation with Seniors First BC discusses the correlation between social isolation and abuse of older adults, types of abuse and indicators, risk factors, and strategies to deal with abuse. We also introduce several resources that can assist older adults and concerned third parties in situations of elder abuse.

CC Room 202

Seniors First BC

Th Oct 16

1:00PM-2:15PM

574128

FREE

## Understanding Reverse Mortgages

**NEW!**

Join us for an informative session designed for senior homeowners in our community. Learn what a reverse mortgage is, how it works, its benefits and potential drawbacks, and key considerations before deciding if it's right for you. Get the knowledge you need to make informed financial decisions in retirement. Light snacks and refreshments will be provided. Workshop hosted by a Licensed broker from Mortgage Architects.

English workshop

CC Room 202

Mortgage Architects

Sa Oct 18

10:00AM-11:15AM

570700

FREE

Cantonese workshop

CC Room 202

Mortgage Architects

Sa Oct 25

10:00AM-11:15AM

570871

FREE

## Healthy Feet Workshop

**NEW!**

During this 1-hour workshop, you will learn about:

1. Common causes of foot and ankle pain
2. The relationship between footwear and foot pain
3. Key exercises for healthy feet

This workshop is ideal for adults of all age groups. Please wear comfortable clothes to 'move' in as this workshop is part information and part exercise-based. Presented by Keane Leung (Physiotherapist and Co-owner of Collingwood Physiotherapy)

CC Room 202

Keane Leung

Tu Oct 21

12:00PM-1:00PM

570640

FREE

## Navigating the Health Care System

**NEW!**

Many of the available medical services and what you can expect from them are reviewed. Effective communication between the patient and their healthcare provider is emphasized.

CC Room 202 COSCO Seniors Health And Wellness Institute Society

Tu Oct 21

1:30PM-3:00PM

571065

FREE



**Follow Us!**



killarneycentre.ca



facebook.com/KillarneyCC



@killarneyccs



killarneyccs



@KillarneyCC



## Tax Planning for Assisted Living & Long-Term Care Options

Navigating the health care and senior benefits system can be challenging. Many seniors and their caregivers are not prepared when the situation arises, and they are suddenly faced with the research, requirements, paperwork, and often difficult decisions around choosing the best option for their changing needs. Awareness and proper planning can ease the transitions between the varying levels of care. From aging at home to long-term care, join us for an informative 1-hour workshop on the health care options available for you or your loved ones. Topics will include: levels of care in retirement, potential care costs, income planning to reduce taxes and care costs, working with Health Authorities. Hosted by David Perkins, CFP®, EPC, CEA

**Seniors MPR 151/152** David Perkins  
**M Oct 27** 9:30AM-11:00AM  
**569842** FREE

## Staying Connected (preventing social isolation)

This interactive presentation with Seniors First BC introduces the importance of staying connected. It discusses issues of social isolation and loneliness, the correlation between social isolation and decreased well-being, and how we can do our part to stay connected with loved ones in our lives.

**CC Room 202** Seniors First BC  
**Th Nov 6** 1:00PM-2:15PM  
**574133** FREE

## Technology and Aging

Learn how technology can help manage the demands of daily living, connect with family and friends and access assistance when needed.

**CC Room 202** COSCO Seniors Health  
 And Wellness Institute Society  
**Tu Nov 18** 1:30PM-3:00PM  
**571068** FREE

## Entrepreneurs & small business owners to start business

During this workshop, an RBC Representative will discuss and provide the detail information about entrepreneurs and small business owners to start business in Canada.

**CC Room 202** RBC  
**Tu Nov 25** 1:00PM-2:00PM  
**579455** FREE

## Enjoy Better Life

Unlock the secrets to a more fulfilling life with our transformative program designed for everyone who yearns to savor life's richness! Join us on a journey of self-discovery and empowerment, where we provide you with the tools to enhance every aspect of your life. From cultivating mindfulness to building meaningful connections, "Enjoy Better Life" is your passport to a brighter, more joyful existence. Chat and Connect. Snack provided.

**CC Room 202** Rebecca Lam  
**Tu Nov 25** 10:15AM-11:30AM  
**573113** FREE

## BC Seniors Advocate Ageism Presentation

The Killarney Seniors Council and the South Vancouver Seniors Hub Council invite you to attend a presentation delivered by Dan Levitt, the BC Seniors Advocate and focused on Ageism. The World Health Organization defines ageism as "...the stereotypes (how we think), prejudice (how we feel) and discrimination (how we act) towards others or ourselves based on age." Join us for a lively and interactive presentation as we learn more about the impact ageism can have on an older person's self-worth, independence, safety, mental and physical health, social life and even financial well-being. Preregister to ensure your spot. Light refreshments will be provided by SVNH.

**Seniors Grand Hall** Dan Levitt,  
 Seniors Advocate  
**W Dec 3** 1:00PM-3:00PM  
**574937** FREE

## Stay informed with Killarney Seniors Centre programs & activities by subscribing to the E-Newsletter

If you would like to receive the Killarney Seniors Centre E-Newsletter on a monthly basis, please subscribe by emailing us at [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca). We won't share your information with any other organizations and you can unsubscribe at any time. By signing up you consent to receiving electronic communications from the Killarney Seniors Centre.





# EAT, CHAT, THRIVE FOR 55YRS+ Lunch Program

Join us at Killarney Community Centre for a delicious lunch made with fresh ingredients, served in a warm and welcoming setting. It's a great way to connect, socialize, and enjoy time with friends—both old and new!

**Mondays, Tuesdays, Thursdays & Fridays**  
 Take out 10:45AM  
 Dine-In 11:30AM  
 Drop-In 11:45AM

Registration is required for the Lunch program. Maximum 20 drop-ins based on first come first served for dine-in. Drop-in tickets sold after 11:45AM.

**\$8.80 plus GST    10 visit lunch card \$88.00 plus GST**  
 Please visit [www.killarneycentre.ca](http://www.killarneycentre.ca) to view the monthly menu.



## Eat, Chat, Thrive LUNCH PROGRAM- FALL 2025 Registration & Menu Schedule



Month	Registration	Menu
September	August 26	August 22
October	September 23	September 19
November	October 28	October 24
December	November 25	November 21

REGISTRATION:  
 ONLINE & IN-PERSON: 9:00AM  
 TELEPHONE: 12:00PM

**NEW FEE**

### Program Details & Refund Policy

- 10 lunch pass visits = \$88.00 + GST | 1 lunch = \$8.80 + GST
- Use KEYWORD "Killarney Eats" when registering online
- Refunds for lunch reservations are available **until 5:00pm on the day before the scheduled lunch**. Requests made after this deadline will not be eligible for a refund.

### MONDAY - TUESDAY - THURSDAY - FRIDAY

#### Take Out

- Pick up at 10:45am
- Max: 40 lunches
- Max 2 orders per customer
- Includes entrée, dessert, & juice

#### Dine In

- Payment taken as early as 11:15am
- Serving lunch will begin at 11:30am
- Max 70 lunches
- Max 2 orders per receipt per lunch
- Includes entrée, dessert, & coffee, tea OR juice
- Patrons will be invited to line up for lunch in order of their assigned number, which is based on the check in time at the Seniors Reception Desk. Kindly wait until your number is called by Staff before lining up.

#### Drop In

- 20 guaranteed first come first serve drop-in spots available after 11:45am
- Payment will be taken after 11:45am
- 1 Drop In order per customer (In-person only)
- Should there be excess food, more drop-in meals may be made available for purchase

# Senior's Programs

For full details on programs, please visit [vanrec.ca](http://vanrec.ca) and type the activity name or number in the search bar, or simply open the camera app on your phone and scan the QR code below!

**Scan me  
for program details!**



## Join Our Community Volunteer Gardeners Team!

Passionate about gardening or just eager to lend a hand? We invite you to join us in nurturing our small community garden nestled in the Seniors Grand Hall patio. Help with planting, watering, and weeding on a rotating basis, ensuring the wellness of our vibrant vegetables. Your efforts directly support the Killarney Seniors Centre Lunch program as all produce from the garden is supplied there. No prior experience required—just bring your enthusiasm and a willingness to make a difference! Let's grow together.



**CENTRE CLOSED SEPTEMBER 2-5, 2025 FOR  
ANNUAL MAINTENANCE**

## Killarney Seniors Council

### Seniors Council Members May 2025 - April 2026

President: Ken Ross

Vice President: Linda Chow

Secretary: Carol Shemley

Treasurer: Mich Soga

Members at Large: Linda Kerr, Paul Beagan, Gurdial Kang, Penny Lim, Penny Tonge, Renate Dowell, Amanda Smith, Barbara Warner, Satwinder Kamoh, Dinesh Kumar Malhotra

Email [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca) to participate in our volunteer opportunities.



## Adapted Access

### Chair Yoga

Space Permitting - Drop-in \$12.50

Seniors MPR 251/252	Keiko Murakami
W Sep 24-Oct 22	3:45PM-4:45PM
569840	\$57.50/5 classes
W Oct 29-Nov 26	3:45PM-4:45PM
569841	\$57.50/5 classes

### FAME for Stroke

**NEW!**

Designed specifically and proven to improve fitness, mobility and strength for people after stroke living in the community. This small group class (1:4 instructor to student ratio) includes functional strengthening exercises, agility, fitness and balance exercises. Suitable for people at any time after stroke who can stand for 5 minutes, walk for 10 meters (even with a walking aid) and communicate with the instructor. [www.fameexercise.com](http://www.fameexercise.com)

No session Oct 13.

Seniors MPR 251/252	Andree Dansereau
M/W Sep 22-Nov 12	12:00PM-1:00PM
579494	\$240/15 classes

# Senior's Programs

## Minds in Motion Chinese

A fitness and social program for people living with any form of early-stage dementia along with a care partner or friend. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.

**Seniors MPR 151/152 Nahid Sarhaddi & BC Alzheimer's Society**  
**F Sep 12-Dec 12 1:30PM-3:30PM**  
**572405 \$91/14 classes**

## Walking Soccer

Stay active, have fun, and enjoy the beautiful game at your own pace! Walking Soccer is a low-impact, inclusive sports program designed specifically for older adults who want to stay healthy, social, and engaged through sport. This modified version of soccer eliminates running and physical strain, making it perfect for maintaining health, improving balance and coordination, and enhancing mental well-being in a safe and supportive environment. Whether you're a lifelong player or new to the game, all fitness and skill levels are welcome. Wear running shoes and all soccer equipment provided.

**Space Permitting - Drop-in \$3.25**  
**No session Sept 30 & Nov 11.**  
**CC 1/3 Gym Non-Instructional**  
**Tu Sep 9-Dec 16 9:00AM-10:30AM**  
**575999 \$29.25/13 classes**

*Adults 19yrs+ can register for senior's programs 1 week prior to program start date, if spaces available.*

## Art & Culture

### Aliza Dance Troupe

Lessons taught in English, Mandarin and Cantonese.

**Space Permitting - Drop-in \$5**  
**Seniors MPR 251/252 Lisa (Baby) Blair**  
**Su Sep 14-Dec 14 2:00PM-4:00PM**  
**572507 \$63/14 classes**

### Aliza Instrument Cabaret Troupe

Lessons led in English, Mandarin and Cantonese.

**Space Permitting - Drop-in \$5**  
**Seniors MPR 251/252 Lisa (Baby) Blair**  
**F Sep 12-Dec 19 2:00PM-4:00PM**  
**573193 \$67.50/15 classes**

### Ballroom Dance

**Space Permitting - Drop-in \$2.25 (Mon), \$1.50 (Wed)**  
**CC 1/3 Gym Self Led**  
**M Sep 8 9:00AM-10:30AM**  
**570626 \$1.25/1 class**  
**CC Room 205 Self Led**  
**W Sep 10-Dec 17 10:00AM-11:00AM**  
**570631 \$15/15 classes**

### Ballroom Dance Lessons

60 minute Ballroom Dance Lessons. Students will have 30 minutes from 10:00am-10:30am to practice the steps they have just learned.

**Space permitting - Drop in: \$10**  
**CC 1/3 Gym Kessa Wills**  
**Series # 1- Silver - Waltz**  
**M Sept 15-Oct 6 9:00AM-10:30AM**  
**580538 \$36/4 classes**  
**Series # 2- Silver - Tango**  
**M Oct 20-Nov 3 9:00AM-10:30AM**  
**580545 \$27/3 classes**  
**Series # 3- Silver - Quickstep**  
**M Nov 10-Nov 24 9:00AM-10:30AM**  
**580547 \$27/3 classes**  
**Series # 4- Silver - Slow Foxtrot**  
**M Dec 1-Dec 22 9:00AM-10:30AM**  
**580548 \$36/4 classes**

## Latin Ballroom Dance Lessons

60 minute Latin Ballroom Dance Lessons. Students will have 30 minutes from 10:00am-10:30am to practice the steps they have just learned.

**Space permitting - Drop in: \$10**  
**CC Room 205 Roland Michtchenko**  
**Series # 1- Bronze/Silver - Cha Cha**  
**W Sep 10-Sep 24 9:00AM-10:30AM**  
**580552 \$27/3 classes**  
**Series # 2- Bronze/Silver - Samba**  
**W Oct 1-Oct 15 9:00AM-10:30AM**  
**580554 \$27/3 classes**  
**Series # 3- Bronze/Silver - Jive**  
**W Oct 22-Nov 5 9:00AM-10:30AM**  
**580556 \$27/3 classes**  
**Series # 4- Bronze/Silver - Paso Doble**  
**W Nov 12-Nov 26 9:00AM-10:30AM**  
**580558 \$27/3 classes**  
**Series # 5- Bronze/Silver - Rumba**  
**W Dec 3-Dec 17 9:00AM-10:30AM**  
**580560 \$27/3 classes**

## Cantonese Opera Singing

**Space Permitting - Drop-in \$13**  
**Seniors MPR 151/152 Rosa Cheng**  
**M Sep 15-Oct 6 3:00PM-4:30PM**  
**573485 \$48/4 classes**  
**M Nov 24-Dec 22 3:00PM-4:30PM**  
**573487 \$60/5 classes**

## Chinese Choir

**No session Sept 30 & Nov 11.**  
**No Registration after the 2nd class.**  
**Seniors MPR 151/152 Sze Lok Wong**  
**Tu Sep 9-Dec 16 9:30AM-11:00AM**  
**572284 \$130/13 classes**

## Chinese Folk Dance

**No session Sept 30 & Nov 11.**  
**CC Room 205 Vue Joan Ng**  
**Tu Sep 9-Dec 23 11:00AM-1:00PM**  
**569733 \$31.50/14 classes**  
**CC Room 205 Vue Joan Ng**  
**Th Sep 11-Dec 18 11:00AM-1:00PM**  
**569737 \$33.75/15 classes**



# Senior's Programs

## Chinese Square Group Dance

Space Permitting - Drop-in \$3

No session Sept 20 & Nov 29.

Seniors Grand Hall Volunteer Led  
Sa Sep 13-Dec 13 3:45PM-5:45PM  
569829 \$24/12 classes

## Friday Art Group



Calling all art enthusiasts! Join our Art Group for a creative gathering. Bring your lunch, drawing or painting supplies. No oils, please. This self-led program is a perfect opportunity to unleash your artistic flair!

CC Room 202 Self Led  
F Sep 12-Dec 19 9:00AM-1:00PM  
569747 FREE

## Indo Canadian Senior Women's Gathering



This social group explores health and wellness activities while gaining new methods for Community Living. In addition to Wednesday's, program meets 3rd Sunday of the month in CC Room 211.

CC Room 202 Resham K Sandhu  
W Sep 10-Dec 21 12:30PM-3:00PM  
571179 FREE

## Karaoke

Experience the magic of Karaoke with our multilingual program. Sing your heart out in English, Cantonese, and Mandarin, creating joyful memories through laughter and music.

Drop-in \$3.10.

No session Oct 13.

CC Room 203 Volunteer Led  
M Sep 8-Dec 22 11:30AM-4:00PM  
569741 \$14.29/10 visit card

In order to keep Killarney's pricing low we separate some of our seasonal programs into multiple sets. Leisure Access Discount patrons are eligible to receive the 50% discount on both sets (excluding pool & rink programs).

## Learn to sing Chinese Golden Oldies (Cantonese/Mandarin)

Space Permitting - Drop-in \$7.80

No session Sept 30 & Nov 11.

Seniors MPR 151/152 Richard Tang  
Tu Sep 9-Dec 16 1:45PM-3:45PM  
570604 \$91/13 classes

## Line Dancing Beginners

Beginners (drop ins or registering): If joining the class after the 3rd week of lessons you must know some basic steps and terminology.

Space Permitting - Drop-in \$5.25

No session Oct 13.

Seniors MPR 251/252 Al Serfas  
M Sep 8-Nov 17 10:30AM-11:30AM  
569721 \$42.50/10 classes

## Line Dancing Beyond Beginners

Beginners (drop ins or registering): If joining the class after the 3rd week of lessons you must know some basic steps and terminology.

Space Permitting - Drop-in \$5.25

No session Oct 13.

Seniors MPR 251/252 Al Serfas  
M Sep 8-Nov 17 9:15AM-10:15AM  
569724 \$45/10 classes

## Senior and Adult Social Dance

Space Permitting - Drop-in \$4.25

No session Sept 30 & Nov 11.

CC Room 205 May Leung  
Tu Th F Sep 9-Dec 19 2:00PM-4:00PM  
570005 \$22.05/10 visit card

## Seniors Choir

No Registration after the 2nd class.

Seniors MPR 151/152 Sze Lok Wong  
F Sep 12-Dec 12 9:30AM-11:00AM  
572285 \$112/14 classes

## Seniors Mens Society



This Non-profitable Mens Society meets once a week to listen to worldwide news including news from India, poems, songs, jokes and stories. Refreshments are served in every meeting. More info Contact Gurdial 604.715.9228.

No session Oct 13.

CC Room 202 Gurdial Kang  
M Sep 8-Dec 22 12:00PM-1:30PM  
572410 FREE



## Follow Us!

killarneycentre.ca

facebook.com/KillarneyCC

@killarneyccs

killarneyccs

@KillarneyCC

## Stay informed with Killarney Seniors Centre programs & activities by subscribing to the E-Newsletter

If you would like to receive the Killarney Seniors Centre E-Newsletter on a monthly basis, please subscribe by emailing us at [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca). We won't share your information with any other organizations and you can unsubscribe at any time. By signing up you consent to receiving electronic communications from the Killarney Seniors Centre.

# Senior's Programs

## Seniors' Tech Help Desk - Navigating the Digital World

A hands-on support program designed for seniors who want to enhance their digital skills. Get personalized help with using smart phones, setting up emails, navigating social media, and managing apps. Materials: iPad or smart phones (students to bring their own).

**CC Room 202 Tarcila De Figueiredo Neves**  
Sa Oct 18-Nov 15 2:00PM-3:00PM  
570690 \$125/5 classes

## Sewing Seniors

Join us as experienced sewers share their knowledge and skills in a friendly and supportive environment. No formal instruction, just a love for sewing and fostering connections.

**CC Room 202 Self Led**  
Th Sep 11-Dec 18 9:30AM-12:00PM  
569742 \$7/season

## Sing Like A STAR!

Space Permitting - Drop-in fee: \$7.80

No session Sept 20 & Nov 29.

**Seniors MPR 151/152 Richard Tang**  
Sa Sep 13-Dec 20 10:30AM-12:30PM  
570599 \$91/13 classes

## Fitness & Health

### ActivAge

ActivAge is a 3-month group led physical activity program for older adults who are not regularly active, to introduce participants to the benefits of physical activity and reinforce their commitment to incorporate it into their daily lives.

**Seniors MPR 251/252 Keiko Murakami**  
W Sep 10-Nov 26 5:00PM-6:00PM  
570678 FREE/12 classes



### ActivAge (Choose to Move Combo)

**Seniors MPR 251/252 Keiko Murakami**  
W Sep 24-Nov 26 2:45PM-3:45PM  
570676 FREE/10 classes

### Choose to Move

Choose to Move is a FREE 3-month program for people 55+ who are inactive and wishing to become more active. Choose to Move is not a fitness class or movement class. It is a motivational coaching program where you will meet with an Activity Coach and other participants to discuss ways to incorporate more physical activity into your life.

**Seniors MPR 251/252 Keiko Murakami**  
Info Session

Participants MUST attend the Info Session to be eligible for the full program.

**Seniors MPR 251/252 Keiko Murakami**  
W Sep 17 1:45PM-2:45PM  
570674 FREE  
W Sep 24-Nov 26 1:45PM-2:45PM  
570676 FREE/8 classes

### Beginner Pilates for the Older Adult

Space Permitting - Drop-in \$9

No session Sept 30 & Nov 11.

**Seniors MPR 251/252 Andree Dansereau**  
Tu Sep 9-Oct 28 11:00AM-12:00PM  
572919 \$57.75/7 classes  
Tu Nov 4-Dec 16 11:00AM-12:00PM  
572932 \$49.50/6 classes

## Chair Pilates

Space Permitting - Drop-in \$10

**Seniors MPR 251/252 Andree Dansereau**  
Th Sep 11-Oct 30 11:30AM-12:30PM  
572936 \$64/8 classes  
Th Nov 6-Dec 18 11:30AM-12:30PM  
572938 \$56/7 classes

## Enjoy Better Life

Unlock the secrets to a more fulfilling life with our transformative program designed for everyone who yearns to save life's richness! Join us on a journey of self-discovery and empowerment, where we provide you with the tools to enhance every aspect of your life. From cultivating mindfulness to building meaningful connections, "Enjoy Better Life" is your passport to a brighter, more joyful existence. Chat and Connect. Snack provided.

**CC Room 202 Rebecca Lam**  
Tu Nov 25 10:15AM-11:30AM  
573113 FREE

## Footcare

Simple footcare. Make an appointment to see a registered foot care nurse who will spend time assessing your feet and dealing with common conditions like foot fungus, in-grown nails, calluses, corns etc. Each appointment will be 30 minutes in length. Please no open wounds. Call the centre at 604.718.8211 or view online at vanrec.ca for available 30-minute appointments.

**YVR Footcare**  
Th Sep 11 9:00AM-2:10PM  
Th Sep 18 9:00AM-2:10PM  
Th Oct 2 9:00AM-2:10PM  
Th Oct 16 9:00AM-2:10PM  
Th Oct 23 9:00AM-2:10PM  
Th Nov 6 9:00AM-2:10PM  
Th Nov 20 9:00AM-2:10PM  
Th Dec 11 9:00AM-2:10PM  
Th Dec 18 9:00AM-2:10PM  
\$55.71/per 30 min appointment

# Senior's Programs

## Improve Sleep Quality

Is it a must to have sleep issue when you age? do you have any trouble to get into sleep? Are you able to have sweet dreams at night? How can I improve the quality of sleep? If these are your questions, it's a great opportunity to join this workshop. Rebecca Lam will give you great tips and practice to improve sleep quality. This workshop is instructed in both English and Cantonese by Rebecca Lam. Have a sweet dream every night!

**Space Permitting - Drop-in \$12**

CC Room 202      Rebecca Lam  
Tu Sep 16-Sep 23      10:15AM-11:15AM  
573112      \$20/2 classes

## Luk Tung Kuen Association

Luk Tung Kuen is a set of health exercises which consist of 36 forms. Our group is dedicated to healthy lifestyles through physical fitness & social activities.

**Space Permitting - Drop-in \$2**

**No session Oct 13.**

CC Full Gym	Volunteer Led
M Sep 8-Dec 22	7:15AM-8:45AM
570007	\$15/15 classes
W Sep 10-Dec 17	7:15AM-8:45AM
570008	\$15/15 classes
F Sep 12-Dec 19	7:15AM-8:45AM
570009	\$15/15 classes

## Mind-Body Yoga

**Space Permitting - Drop-in \$10**

**No session Nov 28.**

Seniors MPR 251/252	Cecilia Barbero
F Sep 12-Oct 24	9:15AM-10:15AM
571432	\$63/7 classes
F Oct 31-Dec 12	9:15AM-10:15AM
571433	\$54/6 classes

## No more Seniors Falls

Do you want a better quality of life? Do you want NOT to suffer from injuries? Do you want to age in place instead of admitting to long-term care? According to the Government of Canada, falls among seniors are the leading cause of injury-related hospitalizations and injury deaths. This workshop will give you great tips on preventing falls and how to improve the quality of life. Practical measurements and exercise will be highlighted. All participants will have a new scope on Smart Aging. This workshop is instructed in both English and Cantonese by Rebecca Lam.

**Space Permitting - Drop-in \$12**

CC Room 202      Rebecca Lam  
Tu Oct 28-Nov 4      10:15AM-11:00AM  
573114      \$20/2 classes

## Pole Walking Advanced (No Beginners)



Join us for 1 1/2hr of a brisk, steady paced pole walking of 5-7kms, once a week around the neighbourhood. Please note: may involve trail walking. Pole walking is a total work-out to gradually build arms, legs and core muscles. Walk is followed by a 10min stretch. Walk for health, chat and have fun while walking. Note: a walk may be cancelled due to poor weather conditions. Bring your poles or borrow a set. ParQ+, waivers and emergency contact information is mandatory for all polers.

CC Lobby      Eileen Wong  
Tu Sep 9-Oct 28      9:30AM-11:15AM  
574123      FREE

## Seniors' Strength and Stability

**Space Permitting - Drop-in \$8.25**

**No session Sept 30 & Nov 11.**

Seniors MPR 251/252      Bonnie McCoy  
Tu Sep 9-Dec 16      9:30AM-10:30AM  
571407      \$94.25/13 classes

## Yuan Ji Dance

Chinese Yuan Ji dance is a mixture of martial arts, physical therapy, meditation, dance and Tai Chi exercise. This dance promotes health and wellness for all.

**Space Permitting - Drop-in \$2.**

**No session Sept 30 & Nov 11.**

CC 2/3 Gym      Volunteer Led  
Tu W Sep 9-Dec 17      1:00PM-3:00PM  
570013      \$44.25/28 classes

## Zumba Gold

**Space Permitting - Drop-in \$5**

**No session Oct 13.**

CC Room 205	Roslyn Bauyon
M Sep 8-Oct 27	10:45AM-11:45AM
571201	\$31.50/7 classes
M Nov 3-Dec 15	10:45AM-11:45AM
571202	\$31.50/7 classes
Seniors MPR 251/252	Roslyn Bauyon
F Sep 12-Oct 31	10:45AM-11:45AM
571196	\$36/8 classes
F Nov 7-Dec 19	10:45AM-11:45AM
571198	\$31.50/7 classes

## Martial Arts

### Evergreen Tai Chi

**No session Sept 30 & Nov 11.**

CC Room 203	Volunteer Led
Tu Sep 9-Dec 16	9:15AM-10:30AM
570061	\$26/13 classes
Seniors MPR 251/252	Volunteer Led
Th Sep 11-Dec 18	9:15AM-10:30AM
570056	\$30/15 classes

### Hunyuan Tai Chi Advance

CC Room 203      Margaret Miu Duen Lum  
Th Sep 11-Dec 18      9:00AM-11:00AM  
570047      \$45/15 classes



**Follow Us!**



killarneycentre.ca



facebook.com/KillarneyCC



@killarneyccs



killarneyccs



@KillarneyCC



# Senior's Programs

## Hunyuan Tai Chi Intermediate

CC Room 203 Margaret Miu Duen Lum  
F Sep 12-Dec 19 9:00AM-11:00AM  
570048 \$45/15 classes  
Sa Sep 13-Dec 20 9:00AM-10:15AM  
570049 \$45/15 classes

## Practice Tai Chi

Space Permitting - Drop-in \$3.33.

### Beginners

CC Room 205 Self Led  
F Sep 12-Dec 19 12:30PM-1:45PM  
570062 \$12.86/10 visit card

### Intermediate

CC Room 205 Self Led  
F Sep 12-Dec 19 11:00AM-12:15PM  
570065 \$12.86/10 visit card

## Tai Chi - Yang Style 24 Form Intermediate

CC Room 203 Margaret Miu Duen Lum  
Sa Sep 13-Dec 20 10:30AM-11:45AM  
570050 \$45/15 classes

## Tai Chi - Yang Style 24, 48, 88 Form Advance Wed

CC Room 203 Margaret Miu Duen Lum  
W Sep 10-Dec 17 9:00AM-11:00AM  
570051 \$45/15 classes

## Tai Chi - Yang Style 24, 88 Form Intermediate Mon

No session Oct 13.

CC Room 203 Art G Lum  
M Sep 8-Dec 22 9:00AM-11:00AM  
570052 \$45/15 classes

**Adults 19yrs+ can register for senior's programs 1 week prior to program start date, if spaces available.**

## Social

## Cantonese Speaking Seniors

This program enriches the lifestyles of Cantonese-speaking seniors through social activities, community integration, and understanding.

Space Permitting - Drop-in fees: \$0.48

No session Oct 29.

Seniors MPR 151/152 Volunteer Led  
W Sep 10-Dec 17 9:15AM-11:15AM  
571181 \$3.78/14 classes

## Cribbage



No session Oct 13.

Seniors Lounge Instruction provided by volunteers, if available  
M Sep 8-Dec 22 11:00AM-1:00PM  
569748 FREE

## Mahjong

Seniors Grand Hall Instruction provided by volunteers, if available  
Th Sep 11-Dec 18 1:30PM-4:30PM  
569755 \$1/Drop in

## Mahjong - Table Rental

Rent 1 of 3 of our Mahjong tables and play with your friends. Table provided, you bring the tiles.

Seniors Grand Hall Instruction provided by volunteers, if available  
Th Sep 11-Dec 18 1:30PM-4:30PM  
569756 \$3/table

## S.U.C.C.E.S.S. Mandarin Speaking Seniors

This class aims to increase seniors intercultural understanding, communication, and community participation through various group activities. We offer entry-level ESL classes and social activities.

CC Room 201 S.U.C.C.E.S.S.  
F Sep 12-Dec 19 9:30AM-11:00AM  
569839 FREE

## Seniors Getting Crafty



Join us every 2nd and 4th Wednesday of the month. Bring your crafty ideas to life, whether it's quilting, sewing, cross-stitch, knitting, jewelry making, or any other craft you enjoy.

Seniors Lounge  
W Sep 10-Dec 10

Self Led  
FREE

## Seniors Only Billiards



If you and a partner are interested in shooting some pool, come down and ask for the equipment at the Front Desk.

No session Oct 13.

CC Lounge

M W Th Sep 8-Dec 24 9:00AM-11:30AM  
FREE

## Seniors Social Bridge



Prior knowledge of Bridge is required.

Seniors Lounge Non-Instructional  
Th Sep 11-Dec 18 1:00PM-4:00PM  
569827 FREE

## Seniors Social Gathering

Join us for a fantastic time filled with line dancing, ballroom dancing, tai chi practice, and so much more.

Space Permitting - Drop-in \$2.86

CC Room 205 CCA Volunteer  
W Sep 10-Dec 17 12:30PM-2:30PM  
570039 \$11.43/10 visit card

## Seniors Social Program - Bingo

Come Join the Fun and Shout BINGO! Looking for a fun, relaxing way to spend the afternoon with friends? Join us for a classic favorite-BINGO! Whether you're a seasoned pro or brand new to the game, all are welcome to enjoy an afternoon of laughter, light snacks, tea and a bit of friendly competition.

Seniors Lounge Program Assistant III  
W Aug 27 2:00PM-3:00PM  
571152 FREE

## Sports

### Badminton Intermediate Play

Racquets and birdies are not provided. Drop-in patrons can place their names on the waitlist at 9:00am, in person only and must not play until they have paid.

**Space Permitting - Drop-in \$4.05**

<b>CC Full Gym</b>	<b>Non-Instructional</b>
W Sep 10-Dec 17	9:00AM-10:30AM
570040	\$41.25/15 classes
W Sep 10-Dec 17	10:45AM-12:15PM
570042	\$41.25/15 classes

### Floor Curling & Tea

**Space Permitting - Drop-in \$3.25**

**No session Oct 13.**

<b>CC 1/3 Gym</b>	<b>Self Led</b>
M Sep 8-Dec 22	10:45AM-12:15PM
569828	\$33.75/15 classes

### Walking Soccer **NEW!**

Stay active, have fun, and enjoy the beautiful game at your own pace! Walking Soccer is a low-impact, inclusive sports program designed specifically for older adults who want to stay healthy, social, and engaged through sport. This modified version of soccer eliminates running and physical strain, making it perfect for maintaining health, improving balance and coordination, and enhancing mental well-being in a safe and supportive environment. Whether you're a lifelong player or new to the game, all fitness and skill levels are welcome. Wear running shoes and all soccer equipment provided.

**Space Permitting - Drop-in \$3.25**

**No session Sept 30 & Nov 11.**

<b>CC 1/3 Gym</b>	<b>Non-Instructional</b>
Tu Sep 9-Dec 16	1:00PM-2:30PM
575999	\$29.25/13 classes



## STORIES OF A LIFETIME



Seniors are invited to join artist Lisa g to meet, share life experiences and develop stories to share.

### WE WANT TO GET TO KNOW YOU!

Seniors and Elders come to listen, share and learn about storytelling and digital storytelling as an art form.

### NO EXPERIENCE NECESSARY!

Seniors and Elders have a whole life of experiences, advice, memories and more to draw upon!

### YOU ARE AN EXPERT ON YOU!

Participation is open to all abilities and experience. Sessions are held in Cantonese and English. This is a brand new project, and we're excited to meet you—if you'd like to participate in a language other than English or Cantonese, please let us know, and we'll do our best to support.

### ALL SENIORS WELCOME!

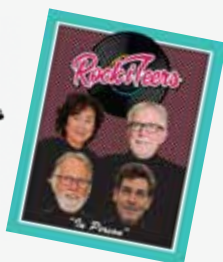
Lisa g is a multi-media artist who loves storytelling and story sharing in many mediums and is excited to collaborate with her own community! EVERYONE HAS A STORY! To find out more and meet Lisa g, come to an

### Info Session:

<b>CC Room 211</b>	<b>CC Room 211</b>	<b>Lisa g</b>
Th Sep 25	9:30AM-11:00AM	Th Oct 9-Dec 11
580813	FREE	579460
		FREE

**STORIES OF A LIFETIME** is part of Arts & Health: Healthy Aging Through the Arts, which brings artists together with seniors and Elders for collaborative art making. [www.artsandhealth.ca](http://www.artsandhealth.ca)

# Senior's Programs & Special Events



## Golden Beats

If you like live music, come check out the popular Golden Beats program led by the RockiTeers, a very professional band who volunteers their time and talent at Killarney. Over the years they have become part of the Killarney Community. They play rock 'n' roll and pop music, and have even added a few Chinese tunes, and classic dance numbers at the request of their dedicated Killarney fans.

**No session Oct 8.**

Seniors Grand Hall	RockiTeers
W Sep 10	1:30PM-3:30PM
W Sep 24	1:30PM-3:30PM
W Oct 22	1:30PM-3:30PM
W Nov 12	1:30PM-3:30PM
W Nov 26	1:30PM-3:30PM
W Dec 10	1:30PM-3:30PM
	FREE



## Movie Matinee!

Join us for our monthly Seniors Movie Matinee! Enjoy classic films in a relaxed atmosphere. Gather with friends and meet new ones as we celebrate the joy of cinema together. Don't miss this chance to unwind and enjoy a great movie! Check out the concession Sixty2Sixty Eats to purchase a variety of food and refreshments.

**Seniors Grand Hall**

**Book Club: The Next Chapter**

W Sep 17	11:45AM-1:45PM
572256	\$1
<b>Downton Abbey: A New Era</b>	
W Oct 15	11:45AM-1:45PM
572258	\$1
<b>The Fall Guy</b>	
W Nov 19	11:45AM-1:45PM
572259	\$1



## Senior's Centre Meet & Greet



Join us for a seasonal meet-and-greet with our wonderful staff, followed by a guided tour of our facilities. Indulge in a selection of teas and delicious treats as you learn more about our Seniors Centre and what programs, workshops & special events we offer. This is also a great chance to socialize and meet other seniors in our Killarney community.

Seniors Lounge	Program Assistant III
W Sep 17	12:00PM-1:00PM
572274	FREE



## Fall Seniors Social Program



Join us every 1st and 3rd Wednesday of the month. Enjoy social activities and an opportunity to connect with fellow seniors! Activities will include: tech help, Bingo, board games, brain games, trivia and more! Check out the Killarney Seniors Centre E-newsletter for a monthly calendar of activities. If you would like to receive the E-Newsletter on a monthly basis, please subscribe by emailing us at [killarneyseniorscentre@vancouver.ca](mailto:killarneyseniorscentre@vancouver.ca)

Seniors Lounge	Program Assistant III
W Sep 17-Dec 17	10:30AM-11:30AM
569752	FREE



# Senior's Special Events



## Seniors Haunted Halloween Luncheon

Halloween at the Haunted Grand Hall! Celebrate the magic of Halloween filled with ghoulishly good fun! Come dressed in your favorite costume or simply enjoy the festivities, featuring a costume contest, nostalgic music and a delicious lunch. This is a chance to relive the cherished memories of Halloweens past while enjoying easygoing activities that everyone can enjoy. Costumes are encouraged, but don't worry if you prefer something simple - just bring your best smile and enjoy the company.

**Seniors Grand Hall**

**W Oct 29**  
**571145**

**11:30AM-1:30PM**  
**\$20**



## Seniors Holiday Luncheon

Join us for a cherished holiday tradition filled with joy and delicious food. Indulge in a festive meal featuring turkey and all the trimmings, while enjoying delightful entertainment. Don't miss out on this wonderful celebration! Pre-Registration is required.

**Seniors Grand Hall**

**Th Dec 4**  
**570003**  
**F Dec 5**  
**570004**

**11:30AM-1:00PM**  
**\$20**  
**11:30AM-1:00PM**  
**\$20**



# Killarney Fitness Centre

## What we have to offer

1 Matrix Performance Plus Treadmill  
 2 TRUE Stryker Slat Treadmills  
 2 TRUE Apex Treadmills  
 1 Seated Octane Elliptical  
 1 Precor Elliptical Trainer  
 1 Matrix Elliptical Trainer  
 1 Matrix Ascent Trainer  
 1 Precor Adaptive Motion Trainer  
 2 Matrix Recumbent Bikes  
 2 Lifefitness Exercise Bikes  
 1 Keiser M3 Spin Bike  
 1 Matrix Rowing Machine  
 1 Matrix Dual Pulley System  
 1 Lifefitness Dual Pulley System  
 1 Matrix Power Rack  
 Matrix & Octane Strength Training Equipment  
 Dumbbells/Mats & Benches  
 Bosu & Body Balls  
 Helpful & Qualified Staff

## Assessments, Orientations & Personalized Fitness Programs

Your admission fee entitles you to a complimentary orientation to our Fitness Centre. Our certified staff will assist you with the following: proper etiquette, equipment operation and the importance of cardiovascular, strength and flexibility training. With any Drop-in, 10 visit pass or any Killarney fitness pass purchased we also offer in-depth personalized programs based on your current physical condition. To book appointments call the Fitness Centre at 604-718-8215.

## Fitness Centre Schedule

**Sep 6-Dec 31, 2025**

*For your safety max capacity within the Fitness Centre, at any one time, will be limited to 34 participants, based on a first come, first served basis.*

**Schedule is subject to change without notice.** Fitness Centre users before 9:00am Monday to Sunday can purchase drop-in admissions at the Leisure Pool Office. **Reminder: wristbands are to be worn on the wrist when in the Fitness Centre and attending Group Fitness Classes.**

MONDAY TO FRIDAY	SATURDAY & SUNDAY
6:30am-9:00pm	8:00am-7:00pm
<b>Early Bird Discount:</b> \$1.00 off drop-ins Monday to Friday 6:30 to 8:30am	

ADMISSIONS			
GST will be added to prices.			
	ADULT (19-64 yrs)	YOUTH* (13-18 yrs)	SENIOR (65 yrs+)
Drop-in	\$5.53	\$4.15	\$4.15
11 Visit Card	\$55.01	\$41.57	\$41.57
1 Month Pass	\$47.11	\$32.50	\$32.50
3 Month Pass	\$118.32	\$82.90	\$82.90
6 Month Pass	\$223.08	\$155.88	\$155.88
12 Month Pass	\$389.64	\$267.14	\$267.14
There will be a \$2.00 charge for the replacement of lost or stolen fitness passes!! Note: You must be 13yrs+ to use the Fitness Centre. <b>Fitness Centre Fees Include Group Fitness Class Participation</b>			

## Fitness Fees

- Rates are subject to change without notice.
- Drop-in fees include Group Fitness Class use
- Killarney Fitness Centre Passes and 11 visit cards include Group Fitness Classes use
- Pass Card Refunds are pro-rated from the time of request, based on 15 days from purchase
- 11 Visit Card Refunds are pro-rated based on the number of visits left less 1 visit
- Applicable administration fee will be applied to all refunds
- The drop-in fee covers a single visit. No re-entry.
- You may suspend your Fitness Pass for the following reasons: medical condition, leave (holidays, business trip, etc.), facility closure. The period of time for suspension is a minimum of two weeks to a maximum of 18 months from the start date of the pass. A suspension may be granted once per calendar year for a minimum of 2 weeks.

**CENTRE (EXCLUDING RINK/POOL) CLOSED SEPTEMBER 2-5, 2025 FOR ANNUAL MAINTENANCE**

# Killarney Fitness Centre

## Group Fitness Class Schedule

**Sep 6-Dec 23, 2025**

**CENTRE (EXCLUDING  
RINK/POOL) CLOSED  
SEPTEMBER 2-5,  
2025 FOR ANNUAL  
MAINTENANCE**

*No classes on Sep 30, Oct 13 & Nov 11. Schedule subject to change or cancellation without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fit & Fierce 9:15-10:15am <i>Roslyn</i>	Zumba & Core 9:15-10:15am <i>Roslyn</i>		Zumba Toning 9:15-10:15am <i>Roslyn</i>	Zumba+ 9:15-10:15am <i>Lesley</i>	Zumba 30/ Strength 30 9:15-10:15am <i>Nita</i>	Zumba/ Zumba Toning 9:15-10:15am <i>Shahla</i>
	Zumba 6:15-7:15pm <i>Roslyn</i>	FUNctional Fitness 6:15-7:15pm Sep 10-Nov 26 <i>Keiko</i>	Zumba 6:15-7:15pm <i>Roslyn</i>	<i>Class participation is limited to 40 drop-in participants, based on first come, first served. Drop-in wrist bands will be sold 15mins prior to class start time. Classes will show as "Activity is Full" on-line.</i>		

GROUP FITNESS FEES*						
	Drop-in	11 Visit Pass	1 Month Pass	3 Month Pass	6 Month Pass	12 Month Pass
Adult	\$5.53	\$55.01	\$47.11	\$118.32	\$223.08	\$389.64
Youth/Senior	\$4.15	\$41.57	\$32.50	\$82.90	\$155.88	\$267.14

*\*All fees include Fitness Centre use. GST will be added to prices.*

### Fit & Fierce

*Moderate to advance.*

Elevate your heart rate, relieve stress, and burn calories with our Fit & Fierce Dance Workout! Join us for a dynamic mix of music and dance styles, including Latin, jazz, hip hop, and more. Suitable for all levels.

### Zumba & Core

*Moderate to advanced class.*

Full-body workout: cardio, muscle conditioning, balance, flexibility. Dance fitness party mixes low/high-intensity moves, 15-min core strength with weights.

### Zumba

*All Levels Welcome.*

A dynamic fitness class with choreographed routines to salsa and global music. Calorie-burning, vibrant workout with low/high-intensity movements for a Latin/world dance celebration.

### FUNctional Fitness

*Sep 10-Nov 26 (12 sess)*

*All Levels Welcome.*

Low-impact class emphasizes strength, control, and joint health, enhancing mobility and flexibility—a game-changer for fitness routines.

### Zumba Toning

*Moderate to advance.*

Elevate your workout with Zumba Toning or free weights—a fusion of fitness and rhythm sculpting arms, defining abs, and thighs. Experience the joy of sculpting your body naturally.

### Zumba+

*All Levels Welcome.*

Burn calories with a mix of low and high-intensity moves in a Latin and world dance fitness party. Zumba+ adds 30 minutes of interval training for more intensity and strength, using only body weight.

### Zumba 30/Strength 30

*All Levels Welcome.*

Zumba 30/Strength 30: Dynamic class with 30mins of energetic, choreographed moves to lively music + 30 mins of targeted strength exercises. Thrilling, fun workout keeps you motivated. Ideal for party lovers focusing on muscle toning for a defined physique.

### Zumba/Zumba Toning

Elevate your heart rate, burn calories, get your steps in, tone your muscles, release stress & get groove on! Celebrate your awesome self with fun, easy to follow dance moves followed by a body sculpt session and relaxing stretch.



# Killarney Pool

## Pool Schedule

**September 8 – December 14, 2025**

*(interim schedule for September 1 – 7 and December 15 – 30, 2025 – see schedule at the pool)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main Pool &amp; Length Lanes</b> 6:15am-9:00pm <i>(limited space Monday-Friday 9:00am-1:00pm &amp; 5:00-7:00pm due to swimming lessons and Swim Club)</i> 8:15pm-9:00pm (3 lanes open for lengths)					<b>Public Swim &amp; 2 Lanes (main pool)</b> 8:00am-9:00pm (Limited pool space from 9:00 am – 12:00 pm due to swimming lessons)	
<b>Leisure Pool</b> 6:15am-9:00am and 1:00pm-9:00pm <i>(closed from 9:00am-1:00pm due to swimming lessons)</i>					<b>Public Swim (leisure pool)</b> 8:00 – 9:30 am & 1:30 – 9:00pm	
<b>Slide</b> Monday-Thursday 7:00-8:00 pm & Friday 6:30-8:00 pm 8 years old plus: Can use the slide unaccompanied Under 8 years old: Must be 42 inches in height; an adult must accompany the child by waiting at the bottom outside of the flume					<b>1 metre board</b> 2:00pm-8:15 pm	
<b>1 metre board</b> Monday-Friday 7:00pm-8:15pm <b>Platform</b> Monday-Friday 7:15-8:00pm					<b>Slide &amp; 3 m Platform (Saturday &amp; Sunday)</b> 2:30 – 4:30 pm & 6:30 – 8:00 pm (Saturday) 2:30 – 4:30 pm & 6:00 – 7:30 pm (Sunday)	

ADMISSIONS <small>(Fees subject to change. Tax included.)</small>			
	Adult 19-64 yrs	Youth 13-18 yrs Senior 65 yrs +	Child 5-12 yrs
Drop-in	\$7.93	\$5.55	\$3.97
10 visits	\$71.37	\$49.95	\$37.73
1 month	\$64.15	\$44.91	\$32.08
3 month	\$173.21	\$121.25	\$86.61
1 year	\$554.26	\$387.98	\$277.13
<b>Family:</b> 1-2 Adults of the same household and children under 19 yrs. Minimum charge \$7.93. Tot 4 & Under FREE. <b>Children Under 8</b> must be accompanied in the water by a guardian 16 years or over. 1 guardian for every 3 children. <b>Suspensions of Flexipasses:</b> You are able to suspend your FlexiPass once in a calendar year, for a minimum of two weeks.			

## Have a Birthday Party by the Pool!

- Rent the room adjoining the Pool for \$46.20/hour. Pay the admissions for the Pool.
- Times can be flexible depending upon the number of children and pool usage.
- For children of all ages.
- Food, drinks & cake at your discretion.

**604-718-8280**  
[killarney.pool.vancouver.ca](http://killarney.pool.vancouver.ca)

## Things to know before you swim

- A responsible guardian 16yrs+, in a bathing suit, must accompany children under 4 feet tall and/or under 8 years of age. The guardian must keep children within arms' reach at all times while in the facility. Groups of children under 8 years: 1 guardian required for every 3 children. Groups of children 8-12 years: 1 guardian recommended for every 10 children.
- Absolutely no cameras, cell phones or recording devices in the change rooms.
- Sections of the pool may be closed for aquafit, swimming lessons, school or rental groups.
- Diving Platform and Diving Board are only available when space permits.
- Streetwear and underwear are prohibited to be used as swimwear.
- Outdoor footwear is prohibited on the pool deck.
- Infants must wear snug fitting plastic pants or swim diapers.
- It is prohibited to enter the pool with an illness, including open sores, bandages, head colds, discharging ears or noses or infected eyes.
- Please first take a cleansing shower before entering the swimming pool.
- Please be considerate of others and limit your time in the shower and the changing stalls.
- Please bring your own quality padlock to secure your possession in a locker or purchase one at the front desk for \$13.

## Swimming Lesson Registration Dates



### Online, by-phone and in-person registration

**Fall 2025**  
**August 26, 2025 7:00 pm**

**Winter 2026**  
**December 16, 2025 7:00 pm**

## Prevent "Code Brown"!

Pool fouling is disruptive and may cut your swim short. Please help us avoid preventable closures by:

- ✓ Put your child in a fitted swim diaper until fully trained
- ✓ Take regular bathroom breaks and check diapers frequently
- ✓ Swim only when healthy; please stay home when sick or suffering from diarrhea

## We're all in it together!

Please shower before entering the pool.

- ✓ Showering removes lotions, make-up, deodorants, antiperspirants, sweat, dirt, hair products and more
- ✓ Clean water saves money: we use less replacement water, save energy and reduce chlorine needs.

## Our Amenities include:

- |                         |                            |
|-------------------------|----------------------------|
| ✓ UV Treated Water      | ✓ Accessible Changing Room |
| ✓ Accessible Ramp Entry | ✓ 3-metre Diving Platform* |
| ✓ 1-metre Diving Board  | ✓ Lazy River               |
| ✓ Giant Water Slide*    | ✓ Mountain View            |
| ✓ Spray Features*       | ✓ 25-metre lap pool        |
| ✓ Whirlpool             | ✓ Climbing Wall*           |

*\*Availability based on operation and staffing*

## Ice Skating Lesson Information

### Learn to Skate Program

The Learn to Skate program for children 3 to 18yrs is fun, safe, creative and progressive, and builds new skating skills while strengthening existing skating skills. All classes are taught by friendly, certified, knowledgeable staff in a supportive and age appropriate environment. Parents and guardians are not allowed on the ice during skating lessons.

**Please arrive AT LEAST 15 minutes before** your lesson time to allow time to put on skates and helmets. Ensure you or your child wear warm clothes, gloves and long socks for comfort and safety. Extra socks may be helpful (rental skates are in full sizes only). We strongly recommend that first time pre-school skaters wear waterproof pants. **Note: Skate rental fees are not included.**

**CSA approved hockey or snowboarding helmets are required.**

A limited number of helmets are available on site.

**Scan me**  
for program details!



## Registration Information

### Fall Set 1: Sept 18 @7:00pm

Sundays Sept 28-Nov 2

Thursdays Oct 2- Nov 6

### Fall Set 2: Nov 6 @7:00pm

Sundays Nov 9 - Dec 14

Thursdays Nov 12 - Dec 18

We strongly recommend your child attend a **free** skate evaluation during any public skate session prior to registration to determine the most appropriate level. You may register for only one lesson set at a time; there is no guarantee that your child can be transferred to another class should you register in the incorrect level. When registering in person or by phone, if the class you want is full, please ask to be placed on the waiting list. Spaces cannot be reserved without payment and are given out on a first come, first serve basis.

### Adult Ice Skating

Enjoy a night out with friends and participate in one of our adult skate lesson sessions. Register for Saturday lessons, and come early or stay after for the Adult Only Skate. Your admission is included with the Saturday lessons. CSA approved hockey or snowboarding helmets are mandatory for all lesson participants. Limited numbers of helmets are available on site.

### Park Board Refund Policy

- Full refund five days or more prior to program start date
- Partial refund within four days of program start or before second class; program fee minus the price of the number of lessons that have taken place
- No refunds or transfers after second class
- No refunds on single session or drop-in programs

### Skate Rental

Prices do not include tax

Single: \$4.00

10 Rentals: \$36.00

### Skate Sharpening

Prices do not include tax

\$7.71



## Killarney Rink Winter 2025 Public Skate Schedule

**Sept 27- Dec 19, 2025**

All sessions will be drop in's with the exception of Public Figure Skating, Public Adult Hockey and Adult Stick, Puck & Ring. These sessions will be open for registration 3 days prior. Schedule subject to change without notice.

**Please check online or call 311 for schedules between Dec 20 & Jan 2.**

Children 7 years and younger must be accompanied on the ice by a parent or guardian over the age of 16yrs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Stick, Puck & Ring 10:00-11:30am			Public Skate 9:45-11:00am
			Figure Skating 11:45-1:30pm			LESSONS 11:15-2:15pm
			Discount Skate 1:45-3:15pm	Discount Skate 3:15-4:45pm		Public Skate 2:30-4:00pm
			LESSONS 3:30-6:00pm	Family Fun Hockey 5:00-6:15pm	Public Skate 5:45-7:15pm	
			Public Skate 6:15-7:45pm	Public Skate 6:30-8:00pm	Adult Skate 7:30-9:00pm	

*\*Participants must pre-register. Not a drop-in program.*

## Ice Skating Rates & Fees

Prices subject to change. Prices do not include tax.

	SINGLE	10 USAGE	1 MONTH	3 MONTHS	12 MONTHS
Preschooler (4 and under)	Free				
Child (5-12yrs)	\$3.97	\$37.73	\$32.08	\$86.61	\$277.13
Youth (13-18yrs)	\$5.55	\$49.95	44.91	\$121.25	\$387.98
Adult (19-64yrs)	\$7.93	\$71.37	\$64.15	\$173.21	\$554.26
Senior (65+)	\$5.55	\$49.95	44.91	\$121.25	\$387.98
Family Rate	\$3.97, Minimum charge of \$7.93 1-2 adults of same household and their children under 19yrs				
Discount Skate	50% regular admission				

*All usage passes are valid at all Vancouver Park Board operated Fitness Centres, Pools & Ice Rinks.*

# Community Centre Room Rentals

## Host your private function here!

*Whether you are planning a birthday party, corporate function, meeting or private sports play, we have a variety of spaces to suit your needs.*

### 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.**

### Damage Deposit

All rentals require a damage deposit with the specific amount of the deposit dependent on the activities of the group. The refund of the damage deposit will be processed within 2-4 weeks following the completion of the rental period.

### Equipment

Tables and chairs are provided to the maximum capacity of the room. Any existing equipment and/or furniture in the rental rooms are to not be moved during your rental.

### Music Royalty Fees

All rentals that play pre-recorded music are subject to SOCAN and ReSOUND fees dependent on group size and activity.

### Smoke Free Area

The Vancouver Park Board's smoke-free bylaw prohibits smoking in all parks, sports fields, playgrounds, beaches pathways, trails, seawall and public golf courses. It also includes parking lots, green space, access streets and sidewalks that are contained within the boundaries of a park space.

### Zero Waste Facility

Killarney Community Centre aims to be a Zero Waste Facility. We encourage you to utilize reusable, recyclable or compostable items at your event. Any items that do not fit within our Zero Waste guidelines will need to be removed from the property by the renters.

### 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

***\*All refunds are subject to an administration charge of \$5.00.***

1. When cancellation of a rental booking is done 14 or more days in advance of the booking, the rental group will receive a full refund.
2. When cancellation of a rental booking is done between 8 and 13 days in advance of the booking, the rental group will receive a 50% refund excluding the damage deposit and staffing charges.
3. When 7 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.***

**Search and view online by visiting [vanrec.ca](https://vanrec.ca)**  
**Reserve by contacting our Rental Coordinator at**  
**[killarneyccrentals@vancouver.ca](mailto:killarneyccrentals@vancouver.ca)**

*Please note that due to the high volume of requests we receive, all rental inquiries will be responded to within 5-8 business days.*

*We require a minimum of 2 weeks' notice on all rental inquiries. As such, rental inquiries within this time period cannot be accommodated.*

***All rental prices and information are subject to change.***

# Community Centre Room Rentals

## Rental Information and Rates

### EQUIPMENT FEES AND USAGE

Equipment	Fee (flat rate)	Description
Sporting - Nets	\$5.25	Sporting poles and/or nets
AV Equipment	\$25.00	Portable projector & screen

### KILLARNEY COMMUNITY CENTRE

Room	Tables & Chairs Capacity	Approx. Size	Suitable Activities	General Rates (pre-tax)
Full Gymnasium	N/A	68' x 108' (7344 SqFt.)	Sports Only No Wooden Sticks	\$64.60/hr
2/3 Gymnasium	N/A	68' x 70' (4760 SqFt.)		\$46.20/hr
1/3 Gymnasium	N/A	68' x 38' (2584 SqFt.)		\$23.20/hr
KCC Room 201 (Music Room)	11	20' x 19' (380 SqFt.)	Meetings & Social	\$23.20/hr
KCC Room 202 (Board Room)	27	34' x 16' (544 SqFt.)	Meetings (Adults Only)	\$46.20/hr
KCC Room 203 (Multipurpose Room)	29	29' x 36' (1044 SqFt.)	Meetings & Social	\$46.20/hr
KCC Room 204 (Kitchen)	N/A	N/A	Food Storage & Heating Purpose Only	\$8.50/hr
KCC Room 205 (Dance Studio)	53	56' x 34' (1904 SqFt.)	Dance & Physical Activities Only	\$54.00/hr
KCC Room 211 (Art Studio)	15	25' x 21' (525 SqFt.)	Meetings & Social	\$46.20/hr
Pool (Multipurpose Room)	14	15' x 33' (495 SqFt.)	Meetings & Social	\$46.20/hr

### KILLARNEY SENIORS CENTRE RENTAL

KSC Grand Hall (Rooms 151,152,153)	61	23' x 93' (2184 SqFt.)	Meetings & Social	\$125.00/hr
KSC Room 151 (Multipurpose Room)	22	23' x 33' (792 SqFt.)	Meetings & Social	\$50.00/hr
KSC Room 152 (Multipurpose Room)	18	23' x 28' (664 SqFt.)	Meetings & Social	\$50.00/hr
KSC Room 153 (Multipurpose Room)	20	23' x 31' (728 SqFt.)	Meetings & Social	\$50.00/hr
KSC Room 251/252 (Multipurpose Room)	37	23' x 33' (792 SqFt.)	Dance & Physical Activities Only	\$90.00/hr
KSC Lounge & Roof Top Deck (Lounge Room)	47	27' x 33' (924 SqFt.)	Meetings & Social	\$90.00/hr



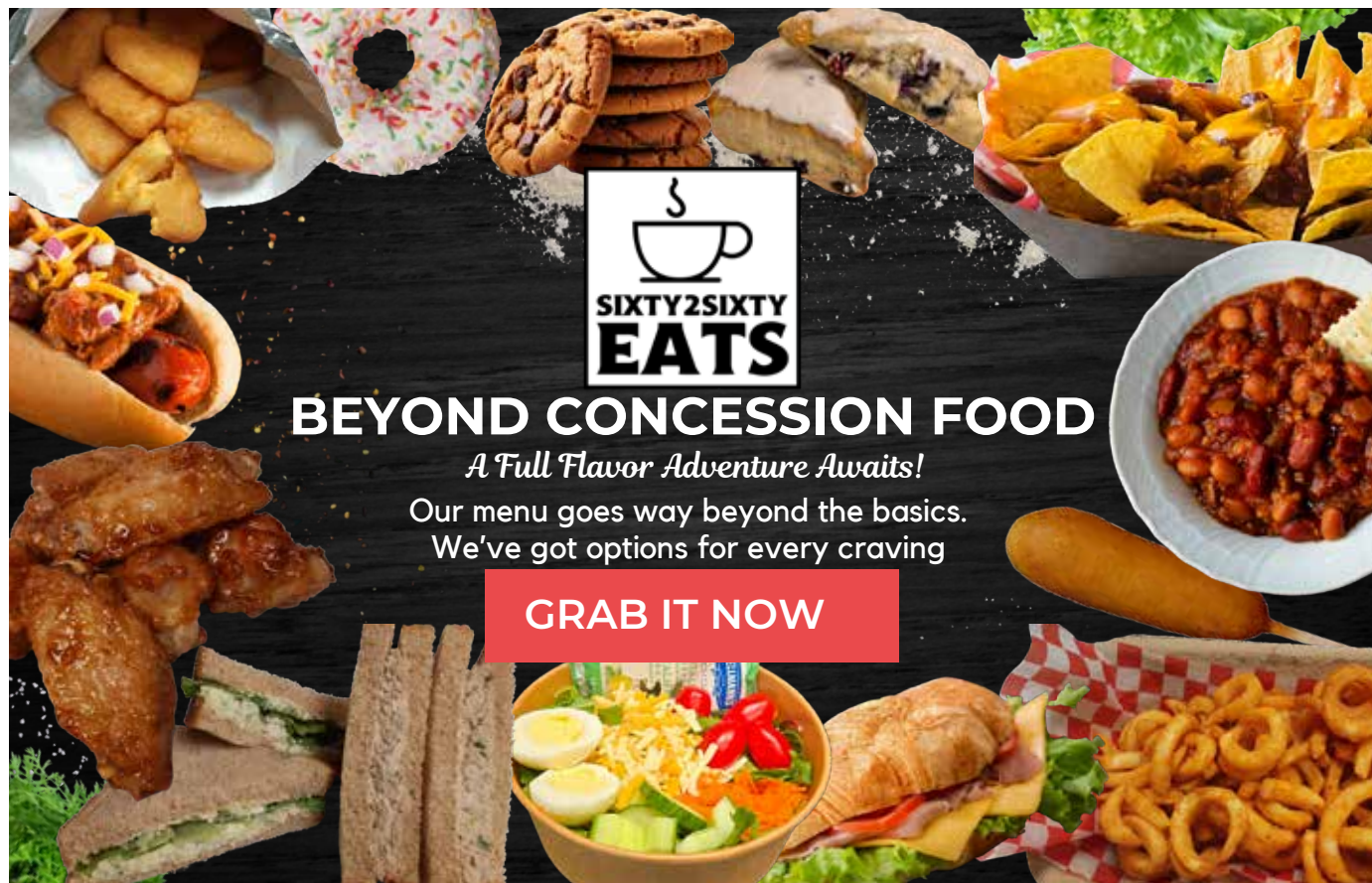


## BEYOND CONCESSION FOOD

*A Full Flavor Adventure Awaits!*

Our menu goes way beyond the basics.  
We've got options for every craving

**GRAB IT NOW**



Killarney  
Foundation

# AGM

**Tuesday**  
**September 23, 2025**  
**6:00PM**  
**Boardroom #202**

**Everyone is invited.**  
foundationkillarney@gmail.com

# AGM

**Killarney Community Centre Society  
Annual General Meeting**

In Killarney Senior Centre Grand Hall

**7:00PM**

**Tuesday**  
**September 23, 2025**

Everyone is welcome!  
Come, learn, and be informed  
about the Society.

Please contact  
Killarney Community  
Centre  
killarneyccs@gmail.com  
604-718-8201

