

2020  
FALL

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# PROGRAM GUIDE

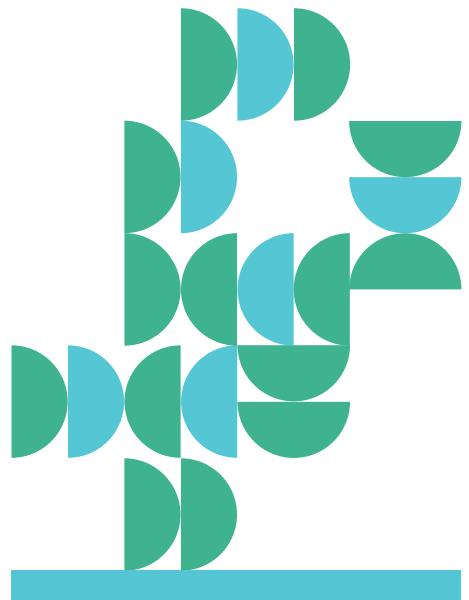
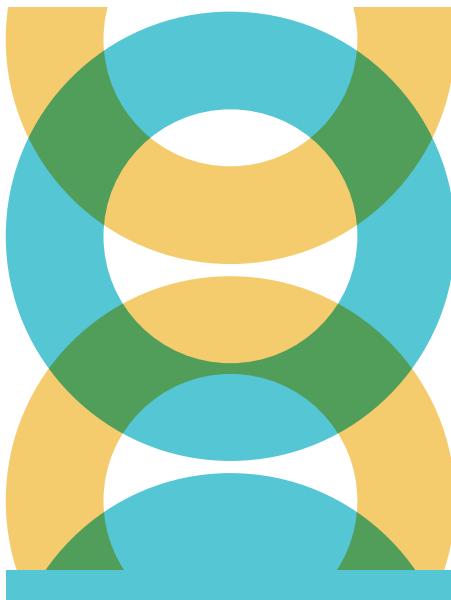
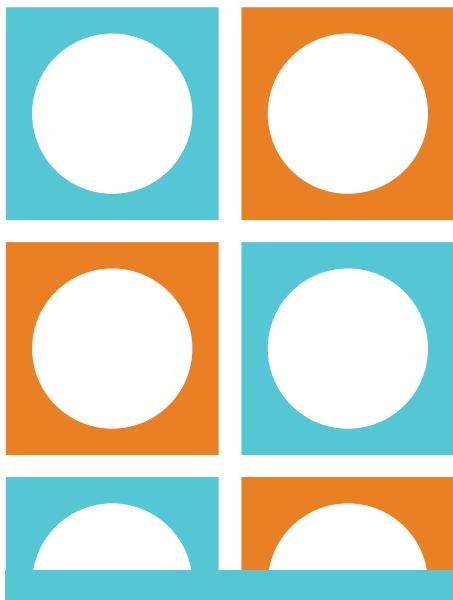
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The Old Barn & Wesbrook  
Community Centres



# OUR FOUNDATIONAL PRINCIPLES

At the University Neighbourhoods Association (UNA), we stand by three Foundational Principles that guide the work that we do in all of our community centres and recreation services.



## Foster Well-being

We believe in nurturing our community's motivation, confidence, knowledge and understanding of the value of engaging in physical and wellness activities by providing access to a wide range of programs and events.

## Enrich Experience

We aim to deliver a high-quality experience for our community members through instructors and program content that inspire happiness, passion and creativity.

## Build Belonging

We strive to create a safe and inclusive environment that is conducive to building community, strengthening connections and cultivating a sense of belonging.

# PROGRAM GUIDE

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## **REGISTER ONLINE**

**Monday, August 17, 2020 at 12:00 PM**

View our Program Guide to find the program you want! You can then use the course number to register online directly, at [www.myuna.ca](http://www.myuna.ca)



## **REGISTER BY PHONE**

**Monday, August 24, 2020 at 12:00 PM**

Call one of our community centres and let us assist you in registering for your programs.

**WESBROOK COMMUNITY CENTRE  
604.822.4227**

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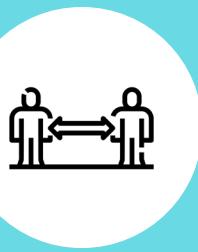
# WE ARE ALL IN THIS TOGETHER

Do your part to help keep our community centres safe.

Visit [myuna.ca](http://myuna.ca) for more information on our community centre safety measures.



Stay at home, if you're sick or have flu-like symptoms.



Keep a distance of 2 metres away from others.



Wash your hands frequently with soap and water.



Self-isolate, if you're a returning traveller.



Wear a face mask.  
(Encouraged, but optional.)



Cough or sneeze into your elbow.

# YOUR **HEALTH** IS IMPORTANT TO US

We've implemented safety measures  
to reduce the risk of transmission of COVID-19.

Visit [myuna.ca](http://myuna.ca)  
for more information  
on our community  
centre safety  
measures.

## MODIFIED PROGRAMS

- Smaller classes
- Virtual programs offered
- Limited equipment sharing
- Health screenings

## ENGINEERING CONTROLS

- Reduced room capacities
- Plexiglass barriers
- Additional signage
- Floor markers

## CLEANING AND DISINFECTING

- Enhanced cleaning
- Staff training
- Hand washing
- PPEs and masks

## FLEXIBLE REFUNDS

- Refunds due to illness
- Prorated fees

# RECREATION POLICIES

## **CODE OF CONDUCT**

Our goal is to provide a safe, welcoming and respectful environment for our community members, staff and volunteers. All members and participants are expected to:

- Treat each other with respect, courtesy, fairness and equality
- Respect everyone regardless of diversity or ability
- Use the facility and equipment in a safe and appropriate way

## **REGISTRATION, FEES AND DISCOUNTS**

- Registration is required for most classes.
- Registration is on a first come, first served basis.
- Individuals living in the UNA neighbourhoods are eligible to receive a resident discount on most programs.
- UBC staff/student/faculty (including their children) and UTown@UBC Community Service Card Holders are also eligible to receive a discount.
- We encourage everyone to register early to avoid programs being cancelled due to insufficient registration.
- A late pick-up fee of \$10 for every five minutes following the end of the camp or program time may be charged.

## **VIRTUAL CLASSES**

Same principles of an in-person class apply to a virtual class. The attendants must abide by the UNA code of conduct. It is everyone's responsibility to create a safe, friendly, and respectful environment.

## **CANCELLATIONS & REFUNDS**

- Full refunds will be issued for any programs cancelled by the UNA.
- Participant-requested refunds are prorated with an administration fee of \$10 per person.
- Refunds will be processed within 14 days.
- Refund requests must be made by emailing [programs@myuna.ca](mailto:programs@myuna.ca).

### **MULTI-CLASS PROGRAMS:**

- Refund requests must be submitted no later than one hour after the second class, after which, refunds may be considered on a case-by-case basis.

### **SINGLE-DAY PROGRAMS:**

- Pro-D Day Camps, events, workshops, lectures and other single-day programs are non-refundable within five days\* prior to the day of the program.

### **CAMPS:**

- Camps are non-refundable five days\* prior to the first day of camp.

\*Note: The last day to withdraw from a single-day program or camp starting on a Monday is the previous Tuesday.

## **PHOTOS**

Photos of program and event participants may be taken for marketing and promotions by the UNA and may appear on our website, social media accounts or print materials. Please inform a program coordinator if you have any concerns about having photos taken of you or your child. We will always inform participants of camera presence before taking close up photos. Group and large crowd photos may be taken without direct communication.

For users taking personal photos within the community centre, please be mindful of other users' privacy.

# FITNESS CENTRE POLICIES

## RULES AND ETIQUETTE

All fitness centre users must abide by the Rules & Etiquette. Community centre staff reserve the right to ask participants to leave if they do not abide by the Rules & Etiquette.

## RESPECT

- Bullying, harassment or any behaviour that demeans, ridicules or embarrasses a member, guest or employee will not be tolerated and could lead to expulsion from the UNA Fitness Centre or revocation of membership or pass.

## ATTIRE & PERSONAL BELONGINGS

- Proper athletic shoes and workout clothes must be worn when working out in the Fitness Centre.
- Bags, umbrellas, jackets, skateboards and other paraphernalia are not allowed past the Fitness Centre desk. Lockers are available for storing personal effects.

## FOOD & DRINK

- Drinks in resealable containers are allowed in the Fitness Centre, however, food, candy or gum are not.



## SAFETY

- Use equipment you have been given instruction on and ask staff for assistance on how to use unfamiliar equipment.
  - Use spotters and weight training belts when training with heavy weights. Use collars on all bars at all times.
  - Avoid dropping hand weights on the floor and dropping stacks of weights that are part of the weight machines.
  - Keep the workout area clear. Do not rest on machines or linger in between sets.
  - Be respectful of personal workout space.
  - Avoid walking with weights or exercising too close to others.
  - Report any equipment malfunction to staff immediately.
  - If you feel faint or dizzy: stop, sit down and ask for assistance.
- All fitness centre users must abide by the Rules & Etiquette. Community centre staff reserve the right to ask participants to leave if they do not abide by the Rules & Etiquette.

## FEES AND REFUNDS

- Fitness centre passes can be suspended once during the calendar year for medical reasons or an absence of five or more consecutive days.
- If cancelling a fitness centre pass, a partial refund with an administration fee of \$10 may be approved at the discretion of the facility coordinator or supervisor.
- Fitness centre drop-in fees must be paid prior to using the facilities and the receipt must be presented to the fitness centre attendant.

# LOCATIONS & HOURS



## Wesbrook Community Centre

3335 Webber Lane  
Vancouver, BC  
V6S 0H3  
604.822.4227

### HOURS OF OPERATION

Wesbrook Community Centre is open to registered program participants and to those who have pre-booked appointments for service during hours of operation. The centre remains closed to the general public at this time. Please check [myuna.ca](#) for updates.

8:30 a.m. to 8:30 p.m.  
Monday to Friday

### FITNESS CENTRE HOURS OF OPERATION

The Wesbrook Community Centre Fitness Centre is accessible by appointment only during hours of operation. Appointments can be booked online on our website. Please check [myuna.ca](#) to book an appointment.

8:30 a.m. to 8:30 p.m.  
Monday to Friday

## Old Barn Community Centre

6308 Thunderbird Blvd  
Vancouver, BC  
V6T 1Z4  
604.827.4469

### HOURS OF OPERATION

Old Barn Community Centre is open only for registered program participants with limited hours. The centre remains closed to the general public at this time, however, please check [myuna.ca](#) for updates.

### FITNESS CENTRE HOURS OF OPERATION

The Old Barn Community Centre Fitness Centre remains closed at this time. Please check [myuna.ca](#) for updates. You may book an appointment to work out at the Wesbrook Community Centre Fitness Centre at [myuna.ca](#).



UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

# THE NEW UNA SYSTEM

LAUNCHED JUNE 1

The UNA has recently migrated our services to a new system that will help you manage your services more efficiently through your personalized UNA Account.

Our long-term vision is to provide residents with a universal neighbourhood access point for managing their UNA services, profiles, family members, recreation programs, facility bookings, sustainability programs and parking services.

If you're an existing UNA Account holder, your new login information has been sent to you in an email from the address: **communications@perfectmind.com**. If you did not receive the email, please check your spam folder or email **support@myuna.ca**.

For new accounts, sign-up on our website at: **myuna.ca**.

# EARLY YEARS PROGRAMS

## ARTS

### Parents and Me Preschool Dance

NEW

AGES 2-3

A wonderful introductory dance class for 2 year olds and their mommies/daddies/caregivers. You will be guided to help them learn the joy of dancing and imagining, and it will also strengthen the special bond that you have with them. A favourite class for parents and children.

No class Oct 12

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 14 – NOV 30**  
\$198.00 / 11

**M, 2:00 PM – 2:45 PM**  
#621



### Preschool Ballet AGES 3-5

Crossmaneuver makes dance fun and magical. Your preschooler will learn the basic vocabulary of ballet while connecting dance to stories and songs. Dance is not just for girls so please feel free to bring boys to experience the magic of dance as well! Ballet attire, including tights and slippers, is recommended.

No class Oct 12

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 14 – NOV 30**  
\$198.00 / 11

**M, 3:15 PM – 4:00 PM**  
#622

REGISTER EARLY TO ENSURE  
YOUR PROGRAM MEETS THE  
MINIMUM REGISTRATION  
REQUIREMENTS!

### Preschool Dance AGES 3-5

This creative class is a playful introduction for your preschooler to discover the world of dance. Your child will have creative freedom to explore and express themselves through movement to a wide variety of music.

Instructor: Crossmaneuver Dance Theatre

**WCC | SEP 14 – NOV 30**  
No class Oct 12  
\$198.00 / 11

**M, 1:00 PM – 1:45 PM**  
#620

**WCC | SEP 16 – DEC 2**  
No classes Sep 30, Nov 11  
\$180.00 / 10

**W, 3:30 PM – 4:15 PM**  
#629

## EDUCATION

### Mad Science AGES 3-6

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Mad Science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.

Instructor: Mad Science Of Greater Vancouver

**WCC | SEP 17 – NOV 26**  
\$242.00 / 11

**TH, 4:00 PM – 5:00 PM**  
#596

**PHYSICAL ACTIVITY**

**Sportball: Floor Hockey AGES 4-6**

This program introduces kids ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

**No classes Sep 30, Nov 11**

**Instructor:** Sportball Vancouver

**WCC | SEP 16 – NOV 25**  
\$180.00 / 9

**W, 4:00 PM – 4:45 PM**  
#583



**SOCIAL**

**Circle Time with Ruta AGES 0-5**

**NEW**

Join Ruta in a Circle Time at WCC! Sing, dance and socialize with other families from a safe distance in these sessions. Please bring your own noise makers such as drums, egg shakers or even a pot and wooden spoon! Children must be accompanied by one adult only. Each child in a family must register for an individual spot as space is limited. Adults will be required to wear masks in this program.

**Instructor:** Ruta Zasaite

**WCC | SEP 15 – OCT 13** **TU, 9:30 AM – 10:00 AM**  
\$15.00 / 5 #598

**WCC | SEP 15 – OCT 13** **TU, 10:15 AM – 10:45 AM**  
\$15.00 / 5 #599

**WCC | SEP 17 – OCT 15** **TH, 9:30 AM – 10:00 AM**  
\$15.00 / 5 #600

**WCC | SEP 17 – OCT 15** **TH, 10:15 AM – 10:45 AM**  
\$15.00 / 5 #601

**WCC | OCT 20 – NOV 24** **TU, 9:30 AM – 10:00 AM**  
\$18.00 / 6 #602

**WCC | OCT 20 – NOV 24** **TU, 10:15 AM – 10:45 AM**  
\$18.00 / 6 #603

**WCC | OCT 22 – NOV 26** **TH, 9:30 AM – 10:00 AM**  
\$18.00 / 6 #604

**WCC | OCT 22 – NOV 26** **TH, 10:15 AM – 10:45 AM**  
\$18.00 / 6 #605

FOR THE MOST UP-TO-DATE PROGRAM  
INFORMATION, VISIT OUR ONLINE  
REGISTRATION PAGE AT  
**MYUNA.CA/RECREATION/PROGRAMS.**

# ACTIVE KIDS SCHOOL OF KINESIOLOGY

## ACTIVE KIDS

### Multi-Sport and Playtime AGES 1.5-3

This fun, interactive and high energy class will introduce your child to agility, balance, coordination and basic fundamental movement skills. Your child will learn to run, jump, kick, throw and catch through a variety of sports and games with an emphasis on developing physical literacy. Kinesiology student instructors will guide children in a fun warm up, organize sport games and skill builders, and end each class with free play. A parent or guardian is required to participate (only one parent/guardian can be accommodated).

No class Oct 12

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 23**

\$150.00 / 10

**M, 9:30 AM – 10:15 AM**

#587

### Multi-Sport and Physical Literacy AGES 3-5

This fun, interactive and high energy class will create a safe space for your child to independently practice fundamental movement skills (such as running, jumping, kicking, throwing) as well as practice sport-specific skills and games (such as basketball, soccer, hockey, tennis, volleyball). Kinesiology student instructors will guide children through all activities with a focus on physical literacy development including motivation and confidence building. This is a great class to progress to after Multi-Sport and Playtime, or for your child's first experience in sport and physical activity.

No class Oct 12

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 23**

\$150.00 / 10

**M, 10:30 AM – 11:15 AM**

#588

### Soccer AGES 3-5

This recreational indoor soccer program focuses on principles of the Active Start stage of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop agility, balance, and coordination as well as build fundamental movement skills and soccer specific skills through fun and developmentally appropriate soccer activities and games.

No class Oct 12

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 23**

\$150.00 / 10

**M, 4:00 PM – 4:45 PM**

#589

### Soccer AGES 6-9

This recreational indoor soccer program focuses on principles of the FUNDamentals and Learn to Train stages of the Long Term Athlete Development model. Instructors trained by Active Kids will help children to develop fundamental movement skills and soccer specific skills.

No class Oct 12

Instructor: Active Kids School of Kinesiology

**WCC | SEP 14 – NOV 23**

\$150.00 / 10

**M, 5:00 PM – 5:45 PM**

#590





### Basketball AGES 8-16

This recreational basketball program focuses on physical literacy through basketball skills development and game play. Through a variety of fun games and drills, Active Kids trained instructors will build fundamental movement skills in dribbling, passing, shooting and rebounding, as well as team play and strategy. All skill and experience levels are welcome.

Instructor: Active Kids School of Kinesiology

#### AGES 8-12

WCC   SEP 15 – NOV 17	TU, 4:00 PM – 5:30 PM
\$240.00 / 10	#591

WCC   SEP 17 – NOV 19	TH, 4:00 PM – 5:30 PM
\$240.00 / 10	#592

#### AGES 12-16

WCC   SEP 17 – NOV 19	TH, 4:00 PM – 5:30 PM
\$240.00 / 10	#593

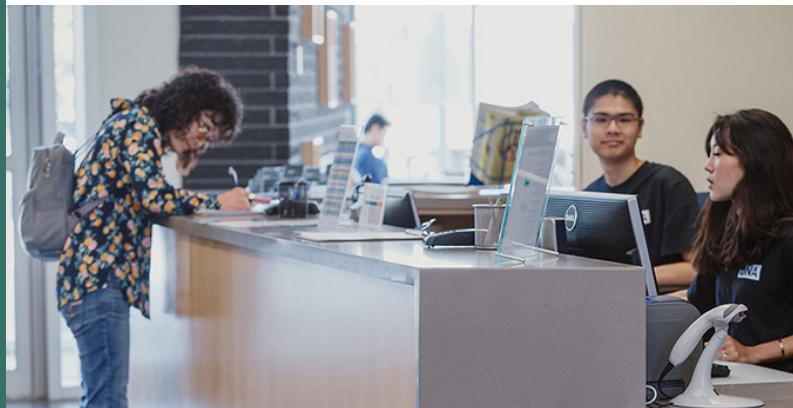
WE HAVE PARTNERED WITH UBC SCHOOL OF KINESIOLOGY TO CREATE UNIQUE SPORTS AND PHYSICAL LITERACY PROGRAMS FOR KIDS AND YOUTH. WITH CERTIFIED COACHES ACTIVE KIDS USES EVIDENCE BASED PRACTICES TO CREATE A FUN, SAFE, ACTIVE AND MOTIVATIONAL LEARNING ENVIRONMENT.

*Looking for more ways to connect to your community?*

## FIND US ON FACEBOOK & TWITTER

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

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



## SUBSCRIBE TO THE UNA COMMUNITY NEWSLETTER

Keep up-to-date with important announcements, events and community information.

[myuna.ca/subscribe](http://myuna.ca/subscribe)

# CHILDREN & YOUTH PROGRAMS

## ARTS

### Dance Foundations AGES 4-6

Dance Foundations introduces students to the basic training of ballet and contemporary dance. Students will develop their dance vocabulary through exploration and fun.

No class Oct 12

Crossmaneuver Dance Theatre

WCC | SEP 14 – NOV 30

\$242.00 / 11

M, 4:15 PM – 5:15 PM

#623



### Ballet | Level 1 AGES 6-8

For the young dancer who wants to learn the vocabulary and the syllabus of ballet in the most nurturing and wonderful environment. The class aims to develop technique, artistry and the love of dance in equal measures.

No classes Sep 30, Nov 11

Crossmaneuver Dance Theatre

WCC | SEP 16 – DEC 2

\$220.00 / 10

W, 4:30 PM – 5:30 PM

#626

### Ballet | Level 2 AGES 8-11

This is a continuation of Ballet 1, for dancers age 8-11. Crossmaneuver wants to create a nurturing environment for students to continue to grow in their technique, their artistry and their love of dance.

No classes Sep 30, Nov 11

Crossmaneuver Dance Theatre

WCC | SEP 16 – DEC 2

\$220.00 / 10

W, 7:00 PM – 8:00 PM

#628

### Ballet | Level 3 AGES 10-15

For the students who have some training already in dance and want to pursue ballet in a nurturing, non-competitive, recreational setting. What a wonderful way to learn new skills, develop friendships, and promote healthy body awareness with artistry.

Crossmaneuver Dance Theatre

WCC | SEP 15 – NOV 24

\$286.00 / 11

TU, 7:00 PM – 8:15 PM

#625

### Bollywood Dancing AGES 12-18

This dance class will give you a full body workout as you groove to the latest Bollywood music. You will learn some of the hottest dance moves that are taking Bollywood by storm. No dancing experience is required. Be prepared to smile and sizzle. This class welcomes youth (12 - 18) and adults.

Manali Yadav

WCC | SEP 18 – NOV 20

\$90.00 / 10

F, 7:00 PM – 8:00 PM

#635

REGISTER EARLY TO ENSURE  
YOUR PROGRAM MEETS THE  
MINIMUM REGISTRATION  
REQUIREMENTS!

**ARTS**

**Contemporary Jazz | Level 1 AGES 7-11**

Contemporary Jazz draws from many forms and is a fun and freer way to learn to dance. It is one of the dominating forms for dance companies across the world to use to explore, create and perform. This is an important class for the young dancer to develop new ways of moving.

No classes Sep 30, Nov 11  
Crossmaneuver Dance Theatre

<b>WCC   SEP 16 – DEC 2</b>	<b>W, 5:45 PM – 6:45 PM</b>
\$210.00 / 10	#627

**Contemporary Jazz | Level 2 AGES 10-15**

A continuation of Contemporary Jazz 1, for the dancer with dance experience, 10 years and up. This is a wonderful class that will focus on technique and choreography.

No class Oct 12  
Crossmaneuver Dance Theatre

<b>WCC   SEP 14 – NOV 30</b>	<b>M, 6:45 PM – 8:00 PM</b>
\$286.00 / 11	#624

**Musical Theatre AGES 7-11**

Let's sing, act and dance! An introduction to using music, theatre, and dance to tell a story while developing confidence and cooperation. The focus is on fun, games, and development of skills.

No class Oct 12  
Crossmaneuver Dance Theatre

<b>WCC   SEP 14 – NOV 30</b>	<b>M, 5:30 PM – 6:30 PM</b>
\$242.00 / 11	#630

**EDUCATION**

**English Reading and Writing AGES 5-12**

Share stories, expand your vocabulary, and learn in a group setting. This class will build your English skills through games, activities and independent studies. Basic written and spoken English level is required. Purchase of workbook is required.

**No class Oct 6**

Instructor: Fatima Sumar

**AGES 5-7**

<b>WCC   SEP 15 – NOV 10</b>	<b>TU, 3:30 PM – 4:30 PM</b>
\$104.00 / 8	#612

**AGES 8-10**

<b>WCC   SEP 15 – NOV 10</b>	<b>TU, 4:45 PM – 5:45 PM</b>
\$104.00 / 8	#617

**AGES 11-12**

<b>WCC   SEP 15 – NOV 10</b>	<b>TU, 6:00 PM – 7:00 PM</b>
\$104.00 / 8	#619

**Mad Science AGES 3-11**

Enjoy engaging demonstrations, perform simple experiments and discover how science can help you better understand the world around you! Mad Science preschool programs are engaging hands-on learning experiences for children. Each session provides an interactive, age-appropriate exploration of a specific science topic.



Instructor: Mad Science of Greater Vancouver

**AGES 3-6**

<b>WCC   SEP 17 – NOV 26</b>	<b>TH, 4:00 PM – 5:00 PM</b>
\$242.00 / 11	#596

**AGES 7-11**

<b>WCC   SEP 17 – NOV 26</b>	<b>TH, 5:15 PM – 6:15 PM</b>
\$242.00 / 11	#595

## CHILDREN & YOUTH PROGRAMS

### EDUCATION

#### Math-4-Kids AGES 7-9

Math-4-Kids is a program that makes math practical and fun! The program teaches the essence of math and improves logical thinking. Children learn to apply math to everyday life and to work cooperatively.

Students are encouraged to share their ideas and present their results to their classmates. By improving logical thinking and problem solving, kids gain confidence and learn skills in all aspects.

No class Oct 12

Instructor: Jane Wu

**WCC | SEP 14 – NOV 23**  
\$250.00 / 10

**M, 3:30 PM – 4:30 PM**  
#594



#### Cyber Security for Kids AGES 8-15

In this workshop, kids will learn about cyber security and how to protect themselves from cyber crime. Dr. Maryam R. Aliaabadi is a Cyber Security Specialist and Research Associate at the University of British Columbia. This workshop will be held on Zoom and a link will be sent to registered participants. Please note, this session will be geared toward children ages 8-15 years old. For a parent-oriented session, please see the Sept. 3rd Community Workshop.

Instructor: Maryam Aliabadi

**VIRTUAL | SEP 10**  
FREE / 1

**TH, 4:00 PM – 5:00 PM**  
#643

#### Young Moviemakers AGES 8-14

Young Moviemakers is an award-winning acting and video production program. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. Visit [www.youngmoviemakers.ca](http://www.youngmoviemakers.ca) for more information.

Instructor: Young Moviemakers

**WCC | SEP 18 – NOV 6**  
\$300.00 / 8

**F, 4:00 PM – 6:00 PM**  
#579

VISIT THE UNA EVENTS

CALENDAR TO STAY UP-TO-DATE

WITH OUR LATEST EVENTS!

[WWW.MYUNA.CA/EVENTS](http://WWW.MYUNA.CA/EVENTS)

# PUT WASTE IN ITS PLACE

The **Green Depot**, operated by the **UNA**, is currently closed. We are currently working on ways to safely re-open our facility to serve the community and help divert landfill waste. At this time, please take all electronics and other recyclables to the Vancouver Zero Waste Centre.

Please visit [myuna.ca/depot](http://myuna.ca/depot) for up to date information.

**UNA**  
UNIVERSITY  
NEIGHBOURHOODS  
ASSOCIATION

**GREEN  
DEPOT**



**MUSIC - PRIVATE LESSONS**

**Guitar Lessons AGES 5-18**

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

**No classes Sep 30, Nov 11**

**Instructor:** Tom Wherret

**WCC | SEP 16 – NOV 25**  
\$270.00 / 9

**W, 3:00 PM – 8:10 PM**  
#637



**Piano Lessons AGES 5-18**

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!

**Instructor:** Derek Pang

**WCC | SEP 14 – NOV 23**  
No class Oct 12  
\$300.00 / 10

**M, 3:00 PM – 8:10 PM**  
#632

**WCC | SEP 16 – NOV 25**  
No classes Sep 30, Nov 11  
\$270.00 / 9

**W, 3:00 PM – 8:10 PM**  
#633

**Instructor:** Bassem Ghabrous

**WCC | SEP 17 – NOV 20**  
\$300.00 / 10

**F, 3:00 PM – 8:10 PM**  
#613

**Violin Lessons AGES 5-18**

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

**Instructor:** Andrew Ty

**WCC | SEP 17 – NOV 19**  
\$345.00 / 10

**TH, 3:00 PM – 7:30 PM**  
#609

**WCC | SEP 18 – NOV 20**  
\$345.00 / 10

**F, 3:00 PM – 8:10 PM**  
#610

THE UNA HAS TAKEN CAREFUL CONSIDERATIONS FOLLOWING B.C. RECREATION AND PARKS ASSOCIATION (BCRPA), WORKSAFE BC (WCB) AND B.C. PROVINCIAL GOVERNMENT GUIDELINES IN CREATING PROTOCOLS TO BE ABLE TO APPROACH RE-OPENING SAFELY AND REDUCE THE RISK OF TRANSMISSION OF COVID-19.

PLEASE VISIT [MYUNA.CA/RECREATION-POLICIES](http://MYUNA.CA/RECREATION-POLICIES) FOR OUR COVID-19 SAFETY MEASURES AND PROGRAM-SPECIFIC SAFETY PROTOCOLS.

## CHILDREN & YOUTH PROGRAMS

### PHYSICAL ACTIVITY

#### **Badminton AGES 8-18**

Learn to improve your badminton skills step by step in a fun environment with our trained instructors. Students will develop motor skills in drills and game activities, learn basic offensive and defensive strategies and demonstrate etiquette, sportsmanship and fair play. Please bring your own badminton racket.



Instructor: Prosperous Badminton Education Foundation

##### **AGES 8-12**

<b>WCC   SEP 18 – NOV 27</b>	<b>F, 4:00 PM – 5:00 PM</b>	
\$165.00 / 11		#580

##### **AGES 13-18**

<b>WCC   SEP 18 – NOV 27</b>	<b>F, 5:15 PM – 6:45 PM</b>	
\$220.00 / 11		#581

#### **Kyokushin Karate I Beginner Kids AGES 4-9**

This class is for kids new to martial arts, and for continuing members who are at White or Orange Belt level. Classes involve team-oriented activities and games to teach basic karate techniques and help develop social skills. This is an active program that emphasizes the values of respect, self-discipline and teamwork. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 Membership Fee to the instructor. Class will be run on the UNA Community Field when the weather allows.

Instructor: Anthony Evangelista

<b>WCC   SEP 15 – DEC 1</b>	<b>TU, 6:00 PM – 6:50 PM</b>	
\$132.00 / 12		#675

<b>WCC   SEP 17 – DEC 3</b>	<b>TH, 6:00 PM – 6:50 PM</b>	
\$132.00 / 12		#662

#### **Kyokushin Karate AGES 6-18**

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. New students ages 10+ are welcome. Kids ages 6-9 years may participate in this class if they are current members with a Blue Belt or higher. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor.

Instructor: Anthony Evangelista

<b>WCC   SEP 15 – DEC 1</b>	<b>TU, 7:00 PM – 8:30 PM</b>	
\$156.00 / 12		#659

<b>WCC   SEP 17 – DEC 3</b>	<b>TH, 7:00 PM – 8:30 PM</b>	
\$156.00 / 12		#660

POPULAR PROGRAMS FILL UP  
QUICKLY! REGISTER TODAY TO  
GUARANTEE YOUR SPOT

## **PHYSICAL ACTIVITY**

### **Sportball: Floor Hockey AGES 4-6**

This program introduces kids ages 4-6 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Participants will refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing.

No classes Sep 30, Nov 11

Instructor: Sportball Vancouver

**WCC | SEP 16 – NOV 25**  
\$180.00 / 9

**W, 4:00 PM – 4:45 PM**  
#583

### **Sportball: Floor Hockey AGES 6-9**

This program introduces kids ages 6-9 to floor hockey. They will be taught the basics of the sport such as stick safety, ball handling, passing and shooting. Coaches will not only focus on basic skills but also on teamwork.

No classes Sep 30, Nov 11

Instructor: Sportball Vancouver

**WCC | SEP 16 – NOV 25**  
\$180.00 / 9

**W, 5:00 PM – 5:45 PM**  
#582



*Looking for an opportunity  
to participate and contribute  
to your community?*

## **VOLUNTEER WITH US!**

If you are at least 13 years of age and would like to volunteer in the UNA Community, please visit our website.



[myuna.ca/about/volunteer](http://myuna.ca/about/volunteer)

## CHILDREN & YOUTH PROGRAMS

### SOCIAL

#### Pre-Teen Youth Leadership **AGES 9-12**

The Pre-Teen Leadership Program seeks to foster a safe and positive environment for youth aged 9-13. Members will learn and engage as a group with their community as leaders and volunteers. During weekly meetings the group will explore a variety of activities, including educational workshops, games and action based projects.

Instructor: UNA Staff

**WCC | OCT 12 – DEC 14**                   **M, 4:30 PM – 5:45 PM**  
UNA FREE | PUBLIC \$50.00 / 10               **#661**

#### Youth Leadership **AGES 13-18**

Challenge yourself while contributing to your community. Join other UNA youth as you explore everything the UBC campus has to offer while building connections and leadership skills. Every term this group will combine fun social opportunities with personal growth, and volunteer-based action projects.

Instructor: UNA Staff

**WCC | OCT 16 – DEC 11**                   **TU, 4:00 PM – 7:30 PM**  
UNA FREE | PUBLIC \$75.00 / 9               **#658**

#### Youth Art Engagement Club **AGES 13-18**

Art is a wonderful tool to create expression, connection and understanding. We are looking for youth artists, art enthusiasts and volunteers to establish a volunteer working group with the purpose of creating a community art gallery! During weekly committee meetings, members will receive volunteers hours while gaining practical experience that comes with planning an art gallery. This committee is limited to 12 members maximum, and registration is required.

Instructor: UNA Staff

**VIRTUAL | SEP 23 – DEC 16**                   **W, 4:00 PM – 5:15 PM**  
\$5.00 / 13                                       **#673**

#### Youth Psychology Club **AGES 13-18**



Are you interested in psychology? Would you like to learn more about yourself? This youth run club will explore psychology theories, research and mental health. The group's progress will be overseen by registered Clinical Counsellor, Li Shao. At the end of the year, the group will take on a community-based action project for volunteer hours.

Instructor: UNA Staff

**VIRTUAL | SEP 22 – DEC 15**                   **TU, 4:00 PM – 5:15 PM**  
\$5.00 / 13                                       **#672**

#### Youth Volunteer Orientation **AGES 13-18**



The path to becoming a volunteer in the UNA community starts with this volunteer orientation. This session is filled with information, opportunities and connection. New and experienced volunteers are both welcome. Volunteers must attend this session before volunteering with the UNA. Topics covered will include: Goal Setting, Application Writing, Communication and Work Safety.

Instructor: UNA Staff

**VIRTUAL | SEP 17 – SEP 24**                   **TH, 3:30 PM – 4:15 PM**  
FREE / 2                                       **#674**

**VIRTUAL | OCT 15 – OCT 22**                   **TH, 3:30 PM – 4:15 PM**  
FREE / 2                                       **#677**

**VIRTUAL | NOV 20 – NOV 27**                   **TH, 3:30 PM – 4:15 PM**  
FREE / 2                                       **#678**

#### Youth Journalism Collective **AGES 13-18**



In this volunteer collective, members will meet on the first Thursday of the month to generate ideas for term long journalism projects. From newspaper articles, to short documentaries, youth are invited to volunteer and document stories happening in our community. This program is supported by the U-Hill Secondary Journalism Club.

Instructor: UNA Staff

**VIRTUAL | OCT 1, NOV 5, DEC 3**                   **TH, 4:00 PM – 5:00 PM**  
\$5.00 / 3                                       **#679**

# PARKING PERMIT RENEWAL

## Regular Parking Enforcement in UNA Neighbourhoods Resuming September 1

- Parking permits will be available for purchase starting **August 1, 2020**.
- Regular parking permit enforcement will resume on **September 1, 2020**.
- All previously purchased 2020-2021 permits will remain valid.

To help facilitate the renewal process safely during the COVID-19 pandemic, applications and payments for permits can now be done online and by phone.

For more information, visit [myuna.ca/parking](http://myuna.ca/parking).



# ADULTS & SENIORS PROGRAMS

## ARTS

### Bollywood Dancing AGES 19+

This dance class will give you a full body workout as you groove to the latest Bollywood music. You will learn some of the hottest dance moves that are taking Bollywood by storm. No dancing experience is required. Be prepared to smile and sizzle. This class welcomes youth (12-18) and adults.

Instructor: Manali Yadav

**WCC | SEP 18 – NOV 20**  
\$90.00 / 10

**F, 7:00 PM – 8:00 PM**  
#634

## EDUCATION

### Beginner English Conversation AGES 18+

Led by a UNA volunteer, this beginner level class provides you with an opportunity to practice conversational English in a friendly, supportive environment. Participants should have some basic vocabulary and be able to hold simple conversations. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

Instructor: Eileen LeGallais

**VIRTUAL | SEP 15 – NOV 24**  
\$22.00 / 11

**TU, 10:00 AM – 11:00 AM**  
#570

PROGRAMS MAY BE CANCELLED IF THERE ISN'T SUFFICIENT REGISTRATION A WEEK PRIOR TO THE START DATE. PLEASE REGISTER EARLY TO SECURE THE CLASSES. UNAVOIDABLE CLASS CANCELLATIONS WILL BE MADE UP AT THE END OF THE SESSION WHEN POSSIBLE.

### Intermediate English Conversation AGES 18+



Led by UNA volunteers, this Intermediate level class will give you the opportunity to practice more complex conversations and build vocabulary in a friendly, supportive environment. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.



No class Nov 11

Instructors: Alice Bradley and Victoria Harrison

**VIRTUAL | SEP 16 – NOV 25**

\$20.00 / 10

**W, 10:00 AM – 11:00 AM**

#573

### Advanced English Conversation AGES 18+



The Advanced English class will be whatever we make it. Peter, the co-ordinator, has travelled widely in Asia and Europe and enjoys all kinds of topics. Express your ideas, complain, probe, ramble - or just to listen if that is your cup of tea. Hopefully we can overcome the limitations of online meetings. The class will be held on Zoom and an invitation link will be sent to registered participants prior to the first session.

Instructor: Peter Brock

**VIRTUAL | SEP 18 – NOV 27**  
\$22.00 / 11

**F, 10:00 AM – 11:00 AM**  
#574

### English ABCs AGES 18+



Led by a UNA volunteer, this entry level class is for people with little or no English. Basic vocabulary and simple sentences will be taught. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

Instructor: Nancy Dagan

**VIRTUAL | SEP 17 – NOV 26**  
\$22.00 / 11

**TH, 10:00 AM – 11:00 AM**  
#572

**English ABCs for Mandarin Speakers**

AGES 18+



Led by a UNA volunteer, this class is for Mandarin speakers with little or no English. Basic vocabulary and simple sentences will be taught. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

No class Oct 12

Instructor: Amber Huang

VIRTUAL | SEP 14 – NOV 23  
\$20.00 / 10M, 10:00 AM – 11:30 AM  
#571**Mandarin Conversation AGES 18+**

This volunteer-led class is a beginner course. Basic vocabulary and sentences will be taught for conversational Mandarin. Knowledge of Pinyin prior to the class is highly recommended. The students will gain confidence when using greetings, shopping, asking for time or directions, answering the phone etc. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

No class Oct 12

Instructor: Pei Xu

VIRTUAL | SEP 14 – NOV 23  
\$20.00 / 10M, 7:30 PM – 8:30 PM  
#575**Intermediate French Conversation**

AGES 18+

Led by a UNA volunteer, this intermediate level conversation class will build on your existing French vocabulary and develop your ability to hold conversations. The class will be held on the Zoom virtual platform and participants will be expected to have their cameras turned on to facilitate class engagement and learning. An invitation link will be sent to registered participants prior to the first session.

No class Nov 11

Instructor: Dalia Shalabi

VIRTUAL | SEP 16 – NOV 25  
\$20.00 / 10W, 1:00 PM – 2:00 PM  
#576**ADULTS & SENIORS PROGRAMS****Community Workshop: Cyber Security and How to Protect Your Kids From Cyber Crime**

AGES 19+

Join Dr. Maryam R. Aliabadi to learn about cyber security and how to protect your child from cyber crime. Dr. Maryam is a Cyber Security Specialist and Research Associate at the University of British Columbia. This Community Workshop will be held on Zoom and a link will be sent to registered participants. Please note, this session will be geared toward an adult audience. For a child-oriented session, please see the Sept. 10th session.

Instructor: Maryam Aliabadi

VIRTUAL | SEP 3  
FREE / 1TH, 4:00 PM – 5:00 PM  
#584**Newcomers' Orientation | Get to know the UNA AGES 18+**

The University Neighbourhoods Association (UNA) is a nonprofit society created to provide municipal-like services to residents living on UBC Campus. In this information session you will learn about the UNA's history, governance, development, and services. The program staff will also introduce the programs and activities that are currently being offered.

Instructor: Linda Quamme

ENGLISH  
VIRTUAL | OCT 20  
FREE / 1TU, 1:00 PM – 2:00 PM  
#1093**新居民欢迎会 —了解UNA社区**

“大学邻里协会”（UNA）是一个非政府组织，为在UBC校区的居民提供类似市政服务。此次“新居民欢迎会”将介绍UNA历史、治理结构、社区发展和提供的服务。UNA员工将特别介绍社区中心开展的不同活动和课程。

Instructor: Qiuning Wang

MANDARIN  
VIRTUAL | OCT 27  
FREE / 1TU, 1:00 PM – 2:00 PM  
#1094

## ADULTS & SENIORS PROGRAMS

### PHYSICAL ACTIVITY

#### Cardio Core Bootcamp AGES 19+

Cardio Core is a dynamic full-body workout combining cardio conditioning with a focus on core training. This class is great for beginners and welcomes all fitness levels.

Instructor: Anthony Evangelista

WCC | SEP 15 – DEC 1                    TU, 12:00 PM – 12:45 PM  
\$156.00 / 12                                #665

#### Zumba AGES 19+

Zumba is a fun and high-energy workout inspired by Latin dance. Dance your way to fitness and join the Zumba movement!

No class Oct 12

Instructor: DanZa Productions

WCC | SEP 17 – NOV 29                    TH, 5:15 PM – 6:15 PM  
\$120.00 / 10                                #631

#### Kyokushin Karate AGES 19+

Kyokushin Karate as a discipline provides the ideal combination of strength, stamina and flexibility training to improve physical and mental health. This karate class is for adults, youth and kids. A white karate uniform is required and can be ordered through the instructor. New students are required to pay a \$40 membership fee to the instructor.

Instructor: Anthony Evangelista

WCC | SEP 15 – DEC 1                    TU, 7:00 PM – 8:30 PM  
\$180.00 / 12                                #676

WCC | SEP 17 – DEC 3                    TH, 7:00 PM – 8:30 PM  
\$180.00 / 12                                #664

#### Pickleball Lessons AGES 19+

Learn to play the popular sport of pickleball! Introductory lessons with a professional instructor are a great way to learn the basics of the game and gain confidence. Played pickleball before? Improve and master your skills with intermediate or advanced lessons.

**Beginner** - Improve fundamental technique through drills and game play. Key points include: dinking, volleys, serve and return, third shot, court positioning.



**Intermediate** - Improve skills through drills and game play. Key points include: learning to neutralize hard hitters/bangers, building consistency with third shots, developing a good understanding of ball placement, resetting the rally.

**Advanced** - Improve skills through advanced fast paced drills and game play with critical feedback. Key points include: lots of foot work, learning to create opportunities with the third shot, putting away all types of balls, around the post shots, setting up the rally for victory and resetting the rally.

Instructor: Canadian Pickleball Academy

**BEGINNER**  
WCC | SEP 18 – NOV 6                    F, 9:00 AM – 10:30 AM  
\$160.00 / 12                                #615

**INTERMEDIATE**  
WCC | SEP 18 – NOV 6                    F, 10:45 AM – 12:15 PM  
\$200.00 / 8                                #616

**ADVANCED**  
WCC | SEP 18 – NOV 6                    F, 12:30 PM – 2:00 PM  
\$200.00 / 8                                #618



**PHYSICAL ACTIVITY**

**Gentle Yoga AGES 19+**

Gentle as a whisper, this meditative class will ease your mind and body. You will be guided through carefully orchestrated postures and thoughtful stretching. Designed to be slow-paced, you will have ample time and support to focus on your breath and movements. If you want a peaceful, nurturing practice, this is the class for you.

Instructor: Angie Datt

WCC | SEP 18 – NOV 20  
\$130.00 / 10

F, 10:00 AM – 11:00 AM  
#611

**Power Yoga AGES 19+**

In this Power Yoga class, you will get a hybrid workout that incorporates yoga positions with calisthenics, rehabilitation techniques, dynamic resistance exercises and active breathing techniques for a more challenging and results-oriented workout with minimal impact. Developed from DDP Yoga, all levels and abilities are welcome.

No classes Sep 30, Nov 11

Instructor: Anthony Evangelista

WCC | SEP 16 – DEC 2  
\$130.00 / 10

W, 11:30 AM – 12:30 PM  
#657



**Vinyasa Yoga AGES 19+**

In Vinyasa Yoga we will learn and explore bodily awareness, and an ability to establish a calm and focused state of mind while being aware of the breath at all times. Expect to allow space for the heart to open, emotions to pass and the mind to become still. Negar's teachings are drawn from the Ashtanga Vinyasa system.

Instructor: Negar Amini

WCC | SEP 15 – NOV 17  
\$130.00 / 10

TU, 5:30 PM – 6:30 PM  
#636

**Yoga in Mandarin AGES 19+**

Group yoga in Mandarin. Start from basic practice, helping students avoid injuries, guiding students to do proper positions.

No class Oct 12

Instructor: Amy Qin

WCC | SEP 14 – NOV 23  
\$130.00 / 10

M, 9:30 AM – 10:30 AM  
#578

DUE TO COVID-19 THE UNA HAS SUSPENDED YOGA MAT RENTALS AND REMOVED ALL SHARED EQUIPMENT, INCLUDING YOGA PROPS. PLEASE BRING YOUR OWN ITEMS TO CLASS.

## ADULTS & SENIORS PROGRAMS

### MUSIC - PRIVATE LESSONS

#### Guitar Lessons AGES 19+

In these lessons you'll learn to play your favourite songs and develop confidence and skills on the guitar. These fun and exciting lessons are for players of all levels! Book a 30 minute time slot of your choice. Bring your own guitar.

No classes Sep 30, Nov 11

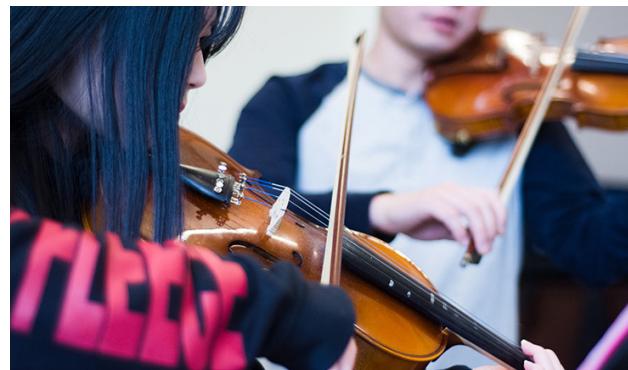
Instructor: Tom Wherret

**WCC | SEP 16 – NOV 25**

\$270.00 / 9

**W, 3:00 PM – 8:10 PM**

#637



#### Violin Lessons AGES 19+

This program offers exciting and affordable violin lessons for both kids and adults from a highly qualified violin teacher. We welcome students of all ages with a variety of abilities and goals. Royal Conservatory of Music examination preparation is also available. Participants must bring their own violin to class. Required books will be recommended for purchase during the first lesson. Book a 30 minute lesson during the time slot of your choice!

Instructor: Andrew Ty

**WCC | SEP 17 – NOV 19**

\$345.00 / 10

**TH, 3:00 PM – 7:30 PM**

#609

**WCC | SEP 18 – NOV 20**

\$345.00 / 10

**F, 3:00 PM – 8:10 PM**

#610

#### Piano Lessons AGES 19+

A fun and practical approach to learning piano. These 30-minute lessons are for students of all ages who seek to gain a well-rounded knowledge of piano that includes performance, technique, artistry and theoretical skills. Royal Conservatory Music students are welcome for examination preparation. Books will be recommended on the first day of class. Access to a piano for additional practice is required. Book a 30 minute lesson during the time slot of your choice!

Instructor: Derek Pang

**WCC | SEP 14 – NOV 23**

**No class Oct 12**

\$300.00 / 10

**M, 3:00 PM – 8:10 PM**

#632

**WCC | SEP 16 – NOV 25**

**No classes Sep 30, Nov 11**

\$270.00 / 9

**W, 3:00 PM – 8:10 PM**

#633

Instructor: Bassem Ghabrous

**WCC | SEP 17 – NOV 20**

\$300.00 / 10

**F, 3:00 PM – 8:10 PM**

#613

THE UNA HAS TAKEN CAREFUL  
CONSIDERATIONS FOLLOWING B.C.  
RECREATION AND PARKS ASSOCIATION  
(BCRPA), WORKSAFE BC (WCB) AND  
B.C. PROVINCIAL GOVERNMENT  
GUIDELINES IN CREATING PROTOCOLS  
TO BE ABLE TO APPROACH RE-  
OPENING SAFELY AND REDUCE THE  
RISK OF TRANSMISSION OF COVID-19.

PLEASE VISIT [MYUNA.CA/RECREATION-POLICIES](http://MYUNA.CA/RECREATION-POLICIES) FOR OUR COVID-19 SAFETY MEASURES AND PROGRAM-SPECIFIC SAFETY PROTOCOLS.

# HEALTHY SENIORS, RESILIENT COMMUNITY

The ***Healthy Seniors, Resilient Community*** project is tailored to support seniors in our community during COVID-19 through free virtual digital literacy programs, wellness and social programs. Programs in this project were created with the help of direct feedback from the UNA's senior community.

Please visit our website for programs at [myuna.ca/programs](http://myuna.ca/programs).



This initiative has been made possible by the University Neighbourhoods Association (UNA) and the New Horizons for Seniors Program from Employment and Social Development Canada (ESDC).

# HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE

## ARTS

### Rise Up and Sing! AGES 55+



Join Laurel Murphy to sing and explore your voice from the comfort of your home. This virtual session will start with a vocal warm-up and a chance to stretch out, then we will work on songs, with recorded tracks. Whether you are a beginner or experienced, there will also be opportunities to sing solo and share songs that you already know. Laurel is a jazz singer and improviser and has been leading groups in Vancouver for 30 years.

Instructor: Laurel Murphy

VIRTUAL | SEP 22 – NOV 24  
FREE / 10

TU, 4:00 PM – 5:00 PM  
#642



## EDUCATION

### One-on-One Computer Help AGES 55+



In this one-on-one session, the Computer Specialist will provide step-by-step coaching and help you find solutions to the problems or questions you have with your devices, software, and applications.

Four sessions are scheduled for Tuesday, one hour for each session. Please email your requests to [computerhelp@myuna.ca](mailto:computerhelp@myuna.ca) for additional support.

The ZOOM meeting link and ID will be emailed to you after registration.

Instructor: Hesam Shahin

VIRTUAL | SEP 15 – NOV 24  
FREE / 11

TU, 11:00 AM – 5:00 PM  
#646

### Seniors' Computer Cafe AGES 55+



Join this monthly virtual Seniors' Computer Cafe to share your digital learning experience and get new tips to gain confidence online. Each session will focus on a different topic ranging from virtual communication, online shopping, social media, to cyber security.

**Sep 24:** Computers 101

**Oct 22:** Digital Security

**Nov 26:** Shop Online and Security

Instructor: Hesam Shahin

VIRTUAL | SEP 24, OCT 22, NOV 26 TH, 1:00 PM – 2:00 PM  
FREE / 3

#607

THE HEALTHY SENIORS, RESILIENT COMMUNITY INITIAIVE SEEKS TO SUPPORT SENIORS IN OUR COMMUNITY DURING COVID-19 THOUGH FREE VIRTUAL DIGITAL LITERACY, WELLNESS AND SOCIAL PROGRAMS. THIS INITIAIVE HAS BEEN MADE POSSIBLE BY THE NEW HORIZONS FOR SENIORS PROGRAM FROM EMPLOYMENT & SOCIAL DEVELOPMENT CANADA (ESDC).

PLEASE VISIT OUR WEBSITE AT  
[WWW.MYUNA.CA/HEALTHY-SENIORS-RESILIENT-COMMUNITY/](http://WWW.MYUNA.CA/HEALTHY-SENIORS-RESILIENT-COMMUNITY/)

**PHYSICAL ACTIVITY**

**Virtual Chair Yoga AGES 55+**



Join Angie for a chair yoga practice from the comfort of your own home. In this gentle class exercises will be done while sitting or standing holding onto a chair. We will focus on improving mobility, strengthening muscles, and balancing the mind and body. This class is suitable for people of any physical ability, we welcome you at whatever level you are at.

No class Nov 11

Instructor: Angie Datt

VIRTUAL | SEP 23 – NOV 18

FREE / 8

W, 11:00 AM – 12:00 PM

#666

**Virtual Osteofit AGES 55+**



Participate in Osteofit from home! Osteofit is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Equipment will be provided, pickup date and time will be announced closer to the start date.

Instructor: Angie Datt

VIRTUAL | SEP 24 – NOV 12

FREE / 8

TH, 10:00 AM – 11:00 AM

#667

**Virtual Tai Chi AGES 55+**



This traditional Chinese martial art will improve your physical and mental well-being through graceful, slow movements that promote focus and deep breathing. It is no surprise that Tai Chi is also known as moving meditation. Find peace and tranquility and strengthen your body, mind, and spirit from home.

Instructor: Joyce Ma

VIRTUAL | SEP 21 – NOV 9

FREE / 8

M, 10:00 AM – 11:00 AM

#668

**SOCIAL**

**Chinese Seniors' Virtual Social Club**

AGES 55+



This Club creates a virtual space for the Chinese seniors in the UNA community to connect, socialize and do things together. The activities include singing, drawing, practising calligraphy, playing Tai Chi, sharing recipes and cooking, and more. Shize Li has extensive experience in leading Chinese seniors' art and wellness activities in the community.

**社区老人网上社交俱乐部（中文）**

欢迎参加中文老人网上社交俱乐部，在李世泽老师带领下，社交、健身、唱歌、学习书法和画画，以及分享美食。免费活动，报名后将收到ZOOM会议链接。

Instructor: Shize Li

VIRTUAL | SEP 16 – NOV 25

FREE / 12

W, 1:00 PM – 3:00 PM

#614

**Seniors and Friends Virtual Talk**

AGES 55+



This monthly Virtual Talk is to foster social connections among seniors in the community. Each session will be hosted by senior members in the UNA community to discuss topics that benefit the health and wellbeing of the seniors. If you have a topic to propose, please email programs@myuna.ca.

Facilitator: Alice Bradley

VIRTUAL | SEP 17, OCT 15, NOV 19 TH, 1:00 PM – 2:30 PM

FREE / 3

#640

**VIRTUAL PROGRAMS WILL TAKE PLACE  
ON ZOOM. PLEASE CREATE AN ACCOUNT  
AND DOWNLOAD THE ZOOM APPLICATION  
AHEAD OF THE FIRST CLASS.**

# INDEX & SCHEDULE

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622	Preschool Ballet	Ages 3 - 5	Mon Sep 14	3:15 PM	WCC	学前芭蕾
620	Preschool Dance	Ages 3 - 5	Mon Sep 14	1:00 PM	WCC	学前舞蹈
629	Preschool Dance	Ages 3 - 5	Wed Sep 16	3:30 PM	WCC	学前舞蹈

## EARLY YEARS - EDUCATION - PAGE 9

596	Mad Science	Ages 3 - 6	Thu Sep 17	4:00 PM	WCC	疯狂科学
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## EARLY YEARS - PHYSICAL ACTIVITY - PAGE 9

583	Sportball: Floor Hockey	Ages 4 - 6	Wed Sep 16	4:00 PM	WCC	少儿曲棍球
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598	Circle Time with Ruta	Ages 0-5	Tue Sep 15	9:30 AM	WCC	幼儿故事会
599	Circle Time with Ruta	Ages 0-5	Tue Sep 15	10:15 AM	WCC	幼儿故事会
600	Circle Time with Ruta	Ages 0-5	Thu Sep 17	9:30 AM	WCC	幼儿故事会
601	Circle Time with Ruta	Ages 0-5	Thu Sep 17	10:15 AM	WCC	幼儿故事会
602	Circle Time with Ruta	Ages 0-5	Tue Oct 20	9:30 AM	WCC	幼儿故事会
603	Circle Time with Ruta	Ages 0-5	Tue Oct 20	10:15 AM	WCC	幼儿故事会
604	Circle Time with Ruta	Ages 0-5	Thu Oct 22	9:30 AM	WCC	幼儿故事会
605	Circle Time with Ruta	Ages 0-5	Thu Oct 22	10:15 AM	WCC	幼儿故事会

## ACTIVE KIDS SCHOOL OF KINESIOLOGY - PAGES 10 -11

588	Multi-Sport and Physical Literacy	Ages 3 - 5	Mon, Sep 14	10:30 AM	WCC	多项球类健体
587	Multi-Sport and Playtime	Ages 1.5 - 3	Mon Sep 14	9:30 AM	WCC	多项球类和游戏
589	Soccer	Ages 3 - 5	Mon Sep 14	4:00 PM	WCC	足球
590	Soccer	Ages 6-9	Mon Sep 14	5:00 PM	WCC	足球
591	Basketball	Ages 8 - 12	Tue Sep 15	4:00 PM	WCC	篮球
592	Basketball	Ages 8 - 12	Thu Sep 17	4:00 PM	WCC	篮球
593	Basketball	Ages 12 - 16	Thu Sep 17	4:00 PM	WCC	篮球

## CHILDREN & YOUTH - ARTS - PAGES 12 - 13

623	Dance Foundations	Ages 4 - 6	Mon Sep 14	4:15 PM	WCC	舞蹈基础
626	Ballet   Level 1	Ages 6 - 8	Wed Sep 16	4:30 PM	WCC	芭蕾一级
628	Ballet   Level 2	Ages 8 - 11	Wed Sep 16	7:00 PM	WCC	芭蕾二级
625	Ballet   Level 3	Ages 10 - 15	Tue Sep 15	7:00 PM	WCC	芭蕾三级
635	Bollywood Dancing	Ages 12 - 18	Fri Sep 18	7:00 PM	WCC	宝莱坞舞蹈
627	Contemporary Jazz   Level 1	Ages 7 - 11	Wed Sep 16	5:45 PM	WCC	现代爵士舞一级
624	Contemporary Jazz   Level 2	Ages 10 - 15	Mon Sep 14	6:45 PM	WCC	现代爵士舞二级
630	Musical Theatre	Ages 7 - 11	Mon Sep 14	5:30 PM	WCC	音乐剧场

**CHILDREN & YOUTH - EDUCATION - PAGES 13 - 14**

612	English Reading and Writing	Ages 5 - 7	Tue	Sep 15	3:30 PM	WCC	英语阅读和写作
617	English Reading and Writing	Ages 5 - 7	Tue	Sep 15	4:45 PM	WCC	英语阅读和写作
619	English Reading and Writing	Ages 5 - 7	Tue	Sep 15	6:00 PM	WCC	英语阅读和写作
596	Mad Science	Ages 3 - 6	Thu	Sep 17	4:00 PM	WCC	疯狂科学
595	Mad Science	Ages 7 - 9	Thu	Sep 17	5:15 PM	WCC	疯狂科学
594	Math-4-Kids	Ages 7 - 9	Mon	Sep 14	3:30 PM	WCC	趣味数学
579	Young Moviemakers	Ages 8 - 14	Fri	Sep 18	4:00 PM	WCC	少年电影制作
643	Cyber Security for Kids	Ages 8-15	Thu	Sep 10	4:00 PM	Virtual	儿童网络安全讲座

**CHILDREN & YOUTH - PHYSICAL ACTIVITY - PAGES 16 - 17**

580	Badminton	Ages 8 - 12	Fri	Sep 18	4:00 PM	WCC	羽毛球
581	Badminton	Ages 13 - 18	Fri	Sep 18	5:15 PM	WCC	羽毛球
662	Kyokushin Karate I Beginner	Ages 4 - 9	Thu	Sep 17	6:00 PM	WCC	极真空手道-儿童初级
675	Kyokushin Karate I Beginner	Ages 4 - 9	Tue	Sep 15	6:00 PM	WCC	极真空手道-儿童初级
659	Kyokushin Karate	Ages 6 - 18	Tue	Sep 15	7:00 PM	WCC	极真空手道
660	Kyokushin Karate	Ages 6 - 18	Thu	Sep 17	7:00 PM	WCC	极真空手道
583	Sportball: Floor Hockey	Ages 4 - 6	Wed	Sep 16	4:00 PM	WCC	曲棍球
582	Sportball: Floor Hockey	Ages 6 - 9	Wed	Sep 16	5:00 PM	WCC	曲棍球

**CHILDREN & YOUTH - SOCIAL - PAGE 18**

661	Pre-Teen Youth Leadership	Ages 9 - 12	Mon	Sep 28	4:30 PM	WCC	少年领导力项目
658	Youth Leadership Program	Ages 13 - 18	Fri	Sep 25	4:00 PM	WCC	青年领导力
673	Youth Art Engagement Club	Ages 13 - 18	Wed	Sep 23	4:00 PM	Virtual	青年艺术设
672	Youth Psychology Club	Ages 13 - 18	Tue	Sep 22	4:00 PM	Virtual	青年心理俱乐部
674	Youth Volunteer Orientation	Ages 13 - 18	Thu	Sep 17	3:30 PM	Virtual	青年义工培训
677	Youth Volunteer Orientation	Ages 13 - 18	Thu	Oct 15	3:30 PM	Virtual	青年义工培训
678	Youth Volunteer Orientation	Ages 13 - 18	Thu	Nov 20	3:30 PM	Virtual	青年义工培训
679	Youth Journalism Collective	Ages 13 - 18	Thu	Oct 1	4:00 PM	Virtual	青年记者团

**ADULTS & SENIORS - ARTS & EDUCATION - PAGES 20 - 21**

634	Bollywood Dancing	Ages 18+	Fri	Sep 18	7:00 PM	WCC	宝莱坞舞蹈
574	Advanced English Conversation	Ages 18+	Fri	Sep 18	10:00 AM	Virtual	高级英语会话
570	Beginner English Conversation	Ages 18+	Tue	Sep 15	10:00 AM	Virtual	初级英语会话
584	Workshop: Cyber Security (Adults)	Ages 19+	Thu	Sep 3	4:00 PM	Virtual	如何保护孩子的网络安全
1093	Newcomers' Orientation (English)	Ages 18+	Tue	Oct 20	1:00 PM	Virtual	新居民欢迎会—了解UNA社区
1094	Newcomers' Orientation (Mandarin)	Ages 18+	Tue	Oct 27	1:00 PM	Virtual	新居民欢迎会—了解UNA社区(国语)
572	English ABCs	Ages 18+	Thu	Sep 17	10:00 AM	Virtual	英语入门
571	English ABCs for Mandarin	Ages 18+	Mon	Sep 14	10:00 AM	Virtual	英语入门(国语)
573	Intermediate English Conversation	Ages 18+	Wed	Sep 16	10:00 AM	Virtual	中级英语会话
576	Intermediate French Conversation	Ages 18+	Wed	Sep 16	1:00 PM	Virtual	中级法语会话
575	Mandarin Conversation	Ages 18+	Mon	Sep 14	7:30 PM	Virtual	汉语学习

## INDEX & SCHEDULE

### ADULTS & SENIORS - PHYSICAL ACTIVITY - PAGES 22 - 23

665	Cardio Core Bootcamp	Ages 19+	Tue Sep 15	12:00 PM	WCC	核心肌群训练营
631	Zumba	Ages 19+	Mon Sep 14	7:00 PM	WCC	ZUMBA舞
664	Kyokushin Karate	Ages 19+	Thu Sep 17	7:00 PM	WCC	极真空手道
676	Kyokushin Karate	Ages 19+	Tue Sep 15	7:00 PM	WCC	极真空手道
615	Pickleball Lessons   Beginner	Ages 19+	Fri Sep 18	9:00 AM	WCC	匹克球初级
616	Pickleball Lessons   Intermediate	Ages 19+	Fri Sep 18	10:45 AM	WCC	匹克球中级
618	Pickleball Lessons   Advanced	Ages 19+	Fri Sep 18	12:30 PM	WCC	匹克球高级
611	Gentle Yoga	Ages 19+	Fri Sep 18	10:00 AM	WCC	轻柔瑜伽
657	Power Yoga	Ages 19+	Wed Sep 16	11:30 AM	WCC	力量瑜伽
636	Vinyasa Yoga	Ages 19+	Tue Sep 15	5:30 PM	WCC	Vinyasa瑜伽
578	Yoga in Mandarin	Ages 19+	Mon Sep 14	9:30 AM	WCC	中文瑜伽

### HEALTHY SENIORS, RESILIENT COMMUNITY INITIATIVE - PAGES 26 - 26

642	Rise Up and Sing!	Ages 55+	Tue Sep 22	4:00 PM	Virtual	快乐歌唱
646	One-on-One Computer Help	Ages 55+	Tue Sep 15	11:00 AM	Virtual	一对一电脑辅导
607	Seniors' Computer Cafe	Ages 55+	Thu Sep 24	1:00 PM	Virtual	老年电脑俱乐部
666	Virtual Chair Yoga	Ages 55+	Wed Sep 23	11:00 AM	Virtual	网上椅子瑜伽
667	Virtual Osteofit	Ages 55+	Thu Sep 24	10:00 AM	Virtual	网上健骨课程
668	Virtual Tai Chi	Ages 55+	Mon Sep 21	10:00 AM	Virtual	网上太极
614	Chinese Seniors' Virtual Social Club	Ages 55+	Wed Sep 16	1:00 PM	Virtual	老人社交俱乐部(国语)
640	Seniors & Friends Virtual Talk	Ages 55+	Thu Sep 17	1:00 PM	Virtual	老年之友座谈会

### PRIVATE MUSIC LESSONS (ALL AGES) - PAGES 15 + 24

637	Guitar Lessons	Ages 5+	Wed Sep 16	3:00 PM	WCC	吉他
613	Piano	Ages 5+	Fri Sep 18	3:00 PM	WCC	钢琴
632	Piano	Ages 5+	Mon Sep 14	3:00 PM	WCC	钢琴
633	Piano	Ages 5+	Wed Sep 16	3:00 PM	WCC	钢琴
610	Violin	Ages 5+	Fri Sep 18	3:00 PM	WCC	小提琴
609	Violin	Ages 5+	Thu Sep 17	3:00 PM	WCC	小提琴

# UBC & UNA PROGRAM LOCATION MAP



A Chancellor Place

B East Campus

C Hawthorn Place

D Hampton Place

E Wesbrook Place

- 1 UNA Office
- 2 Wesbrook Community Centre
- 3 The Old Barn Community Centre
- 4 Osborne Centre
- 5 CiTR - The Nest
- 6 Student Recreation Centre

 Bus + Shuttle Loop



# FITNESS CENTRE RATES



We are excited to welcome you back to the Fitness Centre. We are committed to providing you with a safe environment that aligns with COVID-19 safety protocols from the B.C. Recreation and Parks Association (BCRPA), WorkSafeBC and the Provincial Health Office. We understand this situation is ever evolving and are actively monitoring and adapting our solutions to ensure a continued focus on the health and safety of patrons and staff.

## WESBROOK

	UNA/UBC	PUBLIC
<b>DROP IN</b>	\$7.00	\$10.00
<b>10 VISITS</b>	\$50.00	\$60.00
<b>1 MONTH</b>	\$50.00	\$60.00
<b>3 MONTHS</b>	\$120.00	\$150.00
<b>6 MONTHS</b>	\$220.00	\$250.00
<b>12 MONTHS</b>	\$400.00	\$450.00

Old Barn Community Centre Fitness Passes will be honoured at the Wesbrook Community Fitness Centre while the Old Barn Community Centre Fitness Centre remains closed. Thank you for your patience and for bearing with us during the pandemic – it is our priority to ensure that we are keeping everyone safe by minimizing touch points, optimizing staffing and enhancing cleaning in our re-opened facilities.

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# OUR FALL 2020 COVER

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**DESIGN BY:**  
Alicia Carvalho

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The Fall 2020 cover is a representation of one of the UNA's Foundational Principles for our recreation services – BUILD BELONGING. The artwork features a circle moving into a space that completes the picture.

At the UNA, we strive to create a safe and inclusive environment that is conducive to building community, strengthening connections and cultivating a sense of belonging.