



DTEs



PHYSICAL ACTIVITY GUIDE

**FREE OR LOW-COST
FITNESS RESOURCES
FOR WOMEN
IN THE
DOWNTOWN EASTSIDE**

**THIS BOOKLET WAS MADE
POSSIBLE WITH THE
SUPPORT OF:**

CRiHHI

**Critical Research in Health
and Healthcare Inequities**

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**WOMEN'S HEALTH
RESEARCH INSTITUTE
AT BC WOMEN'S**

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ABOUT THIS BOOKLET

WHAT?

This booklet is designed to provide straightforward information on the physical activity resources available for individuals with low income living in the Downtown Eastside area. With a focus on female-friendly spaces, it is intended to highlight places that offer supportive and safe environments.

WHY?

Many women living in the Downtown Eastside have expressed the desire to explore physical activity programs in the neighborhood. However, fitness resources can be too expensive, or environments can be unwelcoming for women. Women with low income deserve the opportunity to participate in fitness activities, and this booklet highlights several organizations and programs that offer inexpensive and supportive environments for women.

WHO?

- If you identify as a woman (trans*, cis, or gender diverse), most of the activities in this booklet are considered to offer female-friendly environments and/or programming. Some are designed to be family-accessible, allowing parenting women to bring their children along.
- If you have low income, or you find that the cost of activities makes it challenging for you to participate, this booklet provides information on free or low-cost physical activities in the Downtown Eastside.

PROGRAMS AND ACTIVITIES

LEGEND

| ACTIVITY | |
|---|------------------------------|
|  | Biking / Bike Repair |
|  | Boxing |
|  | Fitness Centre / Weight Room |
|  | Pilates |
|  | Soccer |
|  | Swimming |
|  | Walking |
|  | Yoga |
| OTHER SYMBOLS | |
|  | Self-Identified Women Only |
|  | Family-Friendly |
|  | Free |

WHERE, WHAT, HOW MUCH?

WE RECOMMEND CONTACTING ORGANIZATIONS FIRST FOR UP-TO-DATE INFO

① Britannia Community Centre (Pg.11)

1661 Napier St. • 604-718-5800
britanniacentre.org



\$6.30 adult; \$3.14 child
50% off with L.A.P.

➤ **PARENT & TOT SWIM**

Sun, 10a – 11a

➤ **WOMEN'S ONLY FITNESS CENTRE**

Sat, 9am – 12pm

② Carnegie Community Centre (Pg.8)

401 Main St. • 604-665-2220
vancouver.ca/parks-recreation-
culture/carnegie-community-centre



Membership
required (\$1)

* UNDER RENOVATIONS. CHECK WEBSITE FOR UPDATES *

③ Crabtree Corner (Pg.9)

533 E. Hastings St. • 604-216-1650
ywcavan.org/programs/crabtree-corner



➤ **WARRIOR WOMEN'S WALKING GROUP**

Every Friday, 10am (weather permitting)

④ Eastside Boxing Club (ESB) (Pg.9)

238 Keefer St. • 604-620-0480
eastsideboxingclub.com



Sliding scale available

➤ **FREE SELF-DEFENSE CLASS**

* PHONE FOR CURRENT SCHEDULE *

⑤ Forest and the Femme (FatF)

2055 Commercial Drive • 778-316-4464
forestandthefemme.org



➤ **OUTDOOR ADVENTURES**

* CONTACT FOR MORE INFO *

⑥ **Karma Yoga Teachers** (Pg.8)

45 W. Hastings St. • 604-428-9642
karmateachers.org



By donation

➤ **ALL CLASSES**

* CHECK WEBSITE FOR SCHEDULE *

⑦ **Kickstand Bikes** (Pg.10)

1739 Venables St.
eastvankickstand.org



➤ **BIKE REPAIR**

2nd and 4th Tuesdays every month,
6:30pm – 8:30pm

Mobi Bike Share

mobibikes.ca/communitypass • 778-655-1800



\$20

➤ **BIKE SHARE / RENTAL: DISCOUNTED 365-DAY PASS**
(with L.A.P., red Compass Card, or referral)

* APPLY ONLINE OR CHECK WEBSITE FOR REGISTRATION DAYS/LOCATIONS *

⑧ **One Yoga for the People (OYFP)** (Pg.8)

150 West Hastings St. • 604-710-7267
oneyogaforthepeople.ca



By donation

➤ **YOGA**

Sundays, 7:15pm – 8:30pm

⑨ **Our Community Bikes (OCB)** (Pg.11)

2429 Main St. • 604-879-2453
pedalpower.org



Application
required

➤ **BIKE REPAIR**

1st and 3rd Weds every month,
6:30pm – 9:30pm

⑩ **Ray Cam Community Centre** (Pg.10)

920 East Hastings St. • 604-257-6949
raycam.com



Membership: Free
(Bring proof of
address & ID)
Non-members: \$2

- **WOMEN'S ONLY FITNESS CENTRE HOURS**
Mon – Fri, 1pm – 3pm

⑪ **Strathcona Community Centre** (Pg.9)

601 Keefer St. • 604-713-1838
vancouver.ca/parks-recreation-
culture/strathcona-community-centre



\$3.30 drop-in

- **FITNESS CENTRE**

Mon – Fri, 9am – 9:30pm
Sat & Sun, 9am – 4:30pm

⑫ **Vancouver Street Soccer League (VSSL)** (Pg.8)

Andy Livingstone Park, 89 Expo Blvd.
vancouverstreetsoccer.com



- **SOCCER**

Thurs & Sun, 10am – 12pm

- **WOMEN'S ONLY SOCCER (AT STRATHCONA COMMUNITY CENTRE)**
Weds, 7pm – 9pm

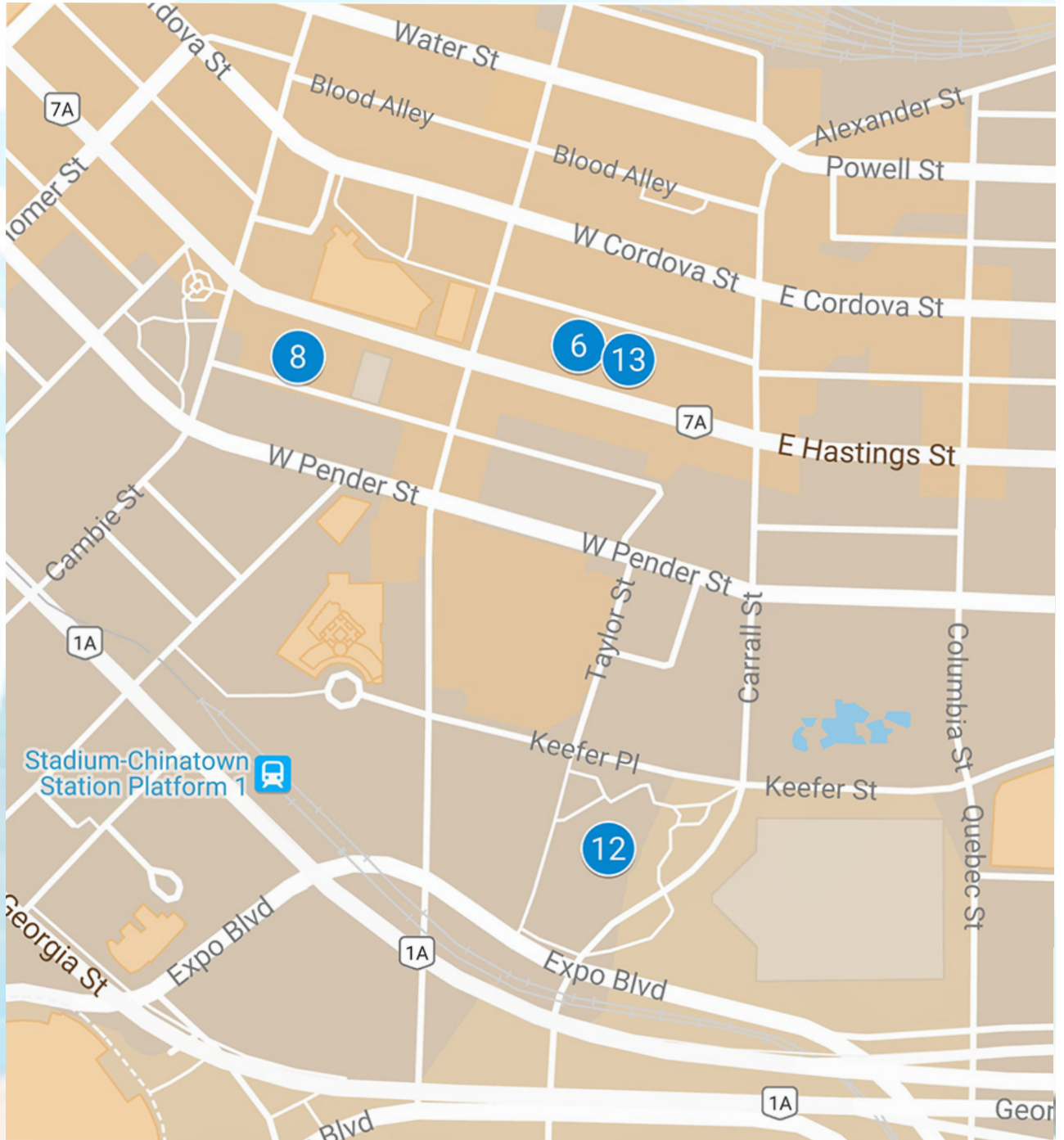
⑬ **Vancouver Women's Health**

Collective (VWHC) (Pg.8)
29 West Hastings St. • 604-736-5262
womenshealthcollective.ca

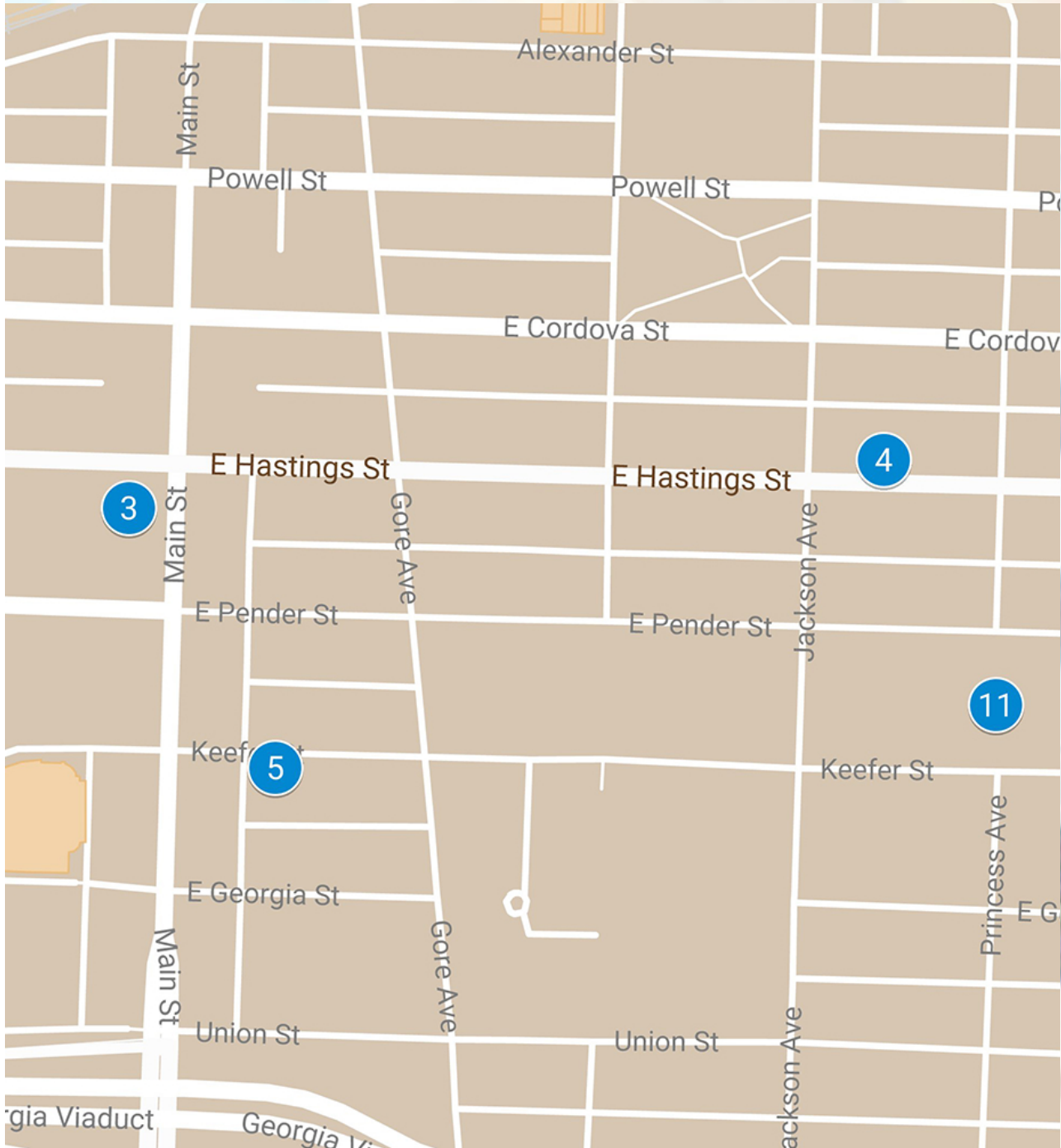


- **YOGA:** Mon, Weds, Fri, 12pm-1pm
- **PILATES:** Tues, 12pm-1pm

DOWNTOWN EASTSIDE

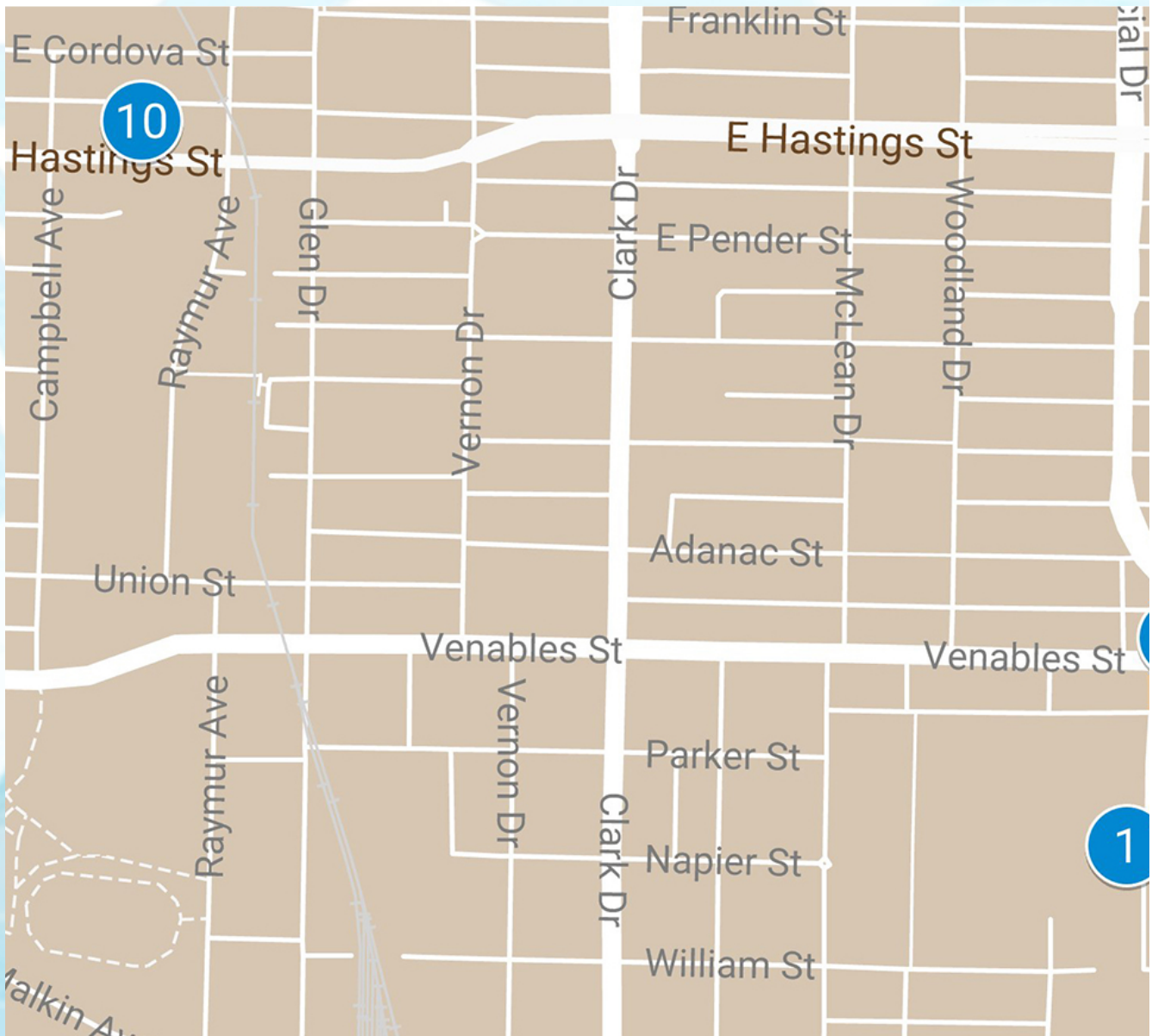


RESOURCE MAPS

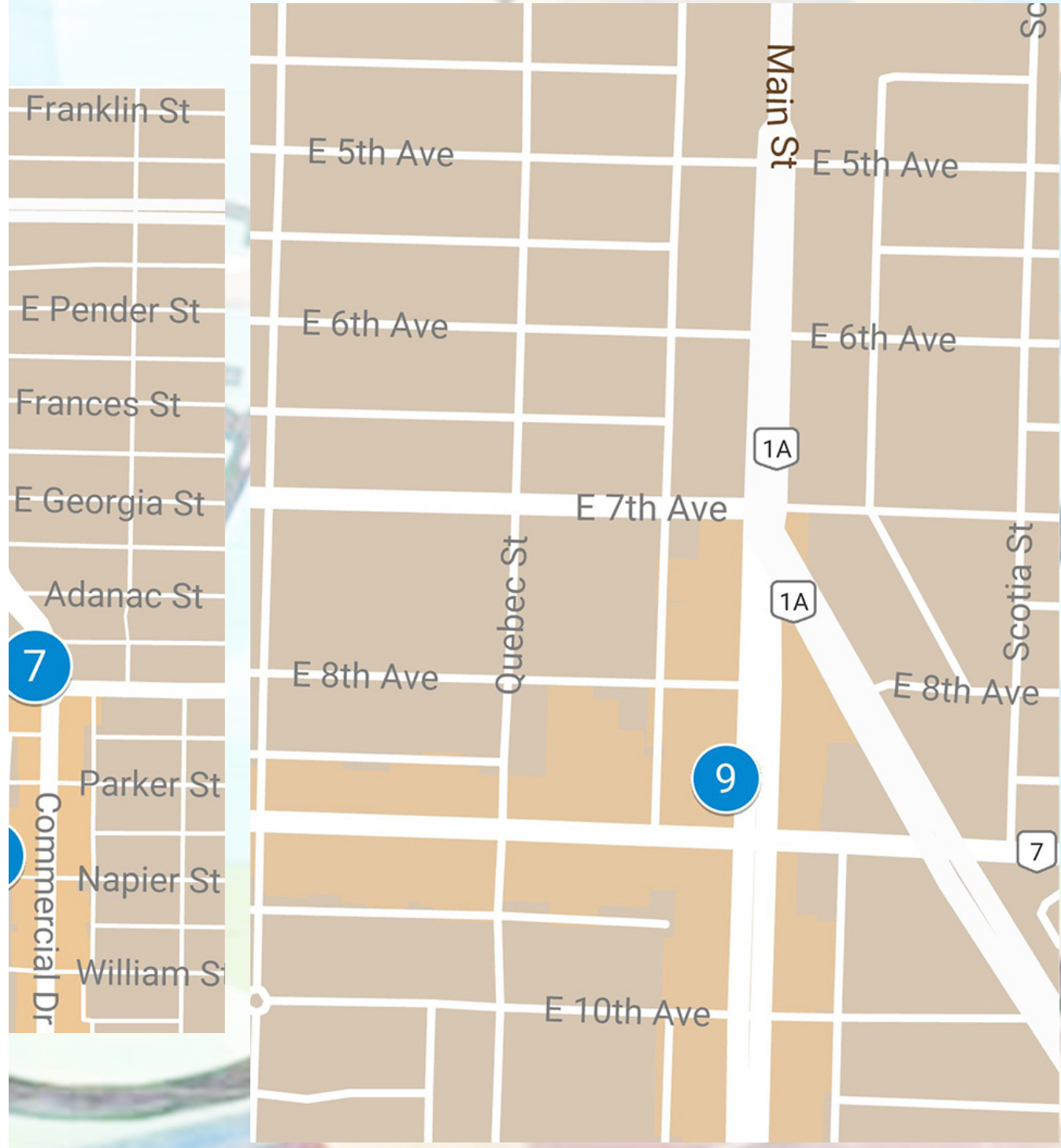


SEE PAGES 5-7 FOR DETAILS

DOWNTOWN EASTSIDE



RESOURCE MAPS



SEE PAGES **5-7** FOR DETAILS 11

WEEKLY

SEE PAGE 4

MONDAY

VWHC, 12pm-1pm



TUESDAY

VWHC, 12pm-1pm



WEDNESDAY

VWHC, 12pm-1pm



THURSDAY

VSSL, 10am-12pm



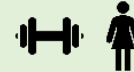
FRIDAY

CRABTREE, 10am



SATURDAY

BRITANNIA, 9am-12pm



SUNDAY

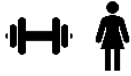
BRITANNIA, 10am-11am



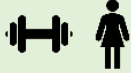
CALENDAR

FOR LEGEND

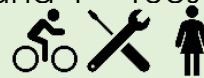
RAY CAM, 1pm-3pm



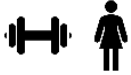
RAY CAM, 1pm-3pm



KICKSTAND, 6:30pm-8:30pm
(2nd and 4th Tues of month)



RAY CAM, 1pm-3pm



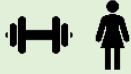
OCB, 6:30pm-9:30pm
(1st and 3rd Weds of month)



VSSL, 7pm-9pm



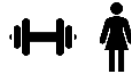
RAY CAM, 1pm-3pm



VWHC, 12pm-1pm



RAY CAM, 1pm-3pm



VSSL, 10am-12pm



OYFP,
7:15pm-8:30pm



MY WEEKLY

WRITE UP YOUR

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

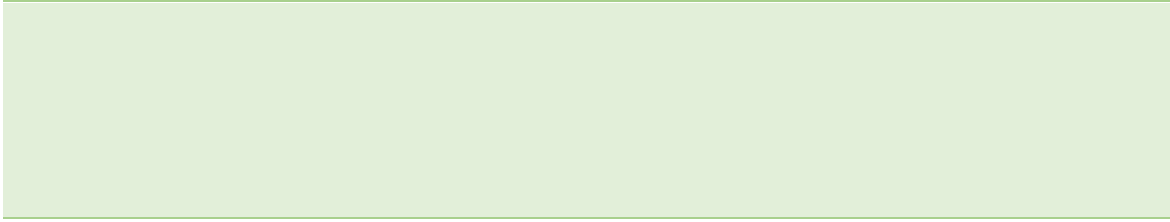
FRIDAY

SATURDAY

SUNDAY

CALENDAR

OWN SCHEDULE!



ABOUT THE ORGANIZATIONS

➤ **BRITANNIA COMMUNITY CENTRE**

Mission: To develop, coordinate and support a wide range of excellent programs and services by working with community members, partners and local agencies.

➤ **CARNEGIE COMMUNITY CENTRE**

The Carnegie provides social, educational, cultural and recreational activities on-site, at nearby Oppenheimer Park and through an outreach team.

➤ **CRABTREE CORNER**

Crabtree houses a range of programs and services to help marginalized women and families feel healthier, more connected and empowered to make positive choices.

➤ **EASTSIDE BOXING CLUB (ESB)**

ESB is a not-for-profit gym that trains pro, amateur and recreational boxers. ESB hosts free programs for at-risk youth and women that have been exposed to violence. The mission is to be an inclusive community-focused gym that delivers high quality boxing training.

➤ **FOREST AND THE FEMME (FATF)**

FATF is a non-profit outdoor recreation program for women (trans*, cis and gender-diverse) living in Vancouver's DTES community. We provide access to nature for vulnerable and isolated women. Our goal is to facilitate a sense of freedom, empowerment and self-worth through contact with nature, skill building and social engagement.

➤ **KARMA YOGA TEACHERS**

We are a group of yoga teachers committed to selfless action and giving back to our community. We offer free and by-donation classes, making yoga accessible to people who might not otherwise be able to practice.

➤ **KICKSTAND BIKES**

We invite people who identify as women (trans*, cis and gender-diverse) to our bike mechanic nights. The nights will be facilitated by mechanics and volunteers who are also female or gender variant.

- **ONE YOGA FOR THE PEOPLE (OYFTP)**
We are a vinyasa studio located on the unceded Coast Salish territory of Vancouver. We believe that anyone should have the option to practice yoga, regardless of age, ability, gender, race, religion, or financial standing.
- **OUR COMMUNITY BIKES (OCB)**
Twice a month we open to women, trans* and queer identifying people to use the shop. It's a welcoming space for people who may feel less comfortable in the male dominated realms of cycling and mechanics.
- **RAY CAM COMMUNITY CENTRE**
Mission: To encourage and support community members to utilize their strengths and gifts in the improvement of day to day life of the community. To provide access to recreational, educational, social, cultural and economic programs which advance opportunities and abilities for community members, especially children and youth, and enable them to make successful and fulfilling life choices. To provide a safe and accepting environment for members of the community. To facilitate partnerships and achieve community goals.
- **STRATHCONA COMMUNITY CENTRE**
Mission: To sustain, promote, and develop a resource that supports the changing social and recreational needs and aspirations of the community.
- **VANCOUVER STREET SOCCER LEAGUE (VSSL)**
We are a volunteer-run organization which reaches out to people who have been homeless, are currently homeless, or are at risk of homelessness, as well as people who feel marginalized within their communities, or are recovering from addictions. We believe we can enhance all of our lives through the principles of Fair Play, Community Building, Supportive Partnerships, and Health and Safety.
- **VANCOUVER WOMEN'S HEALTH COLLECTIVE (VWHC)**
We are a non-profit organization helping self-identified women foster health, wellness and equity through feminist approaches to advocacy, shared knowledge and low-barrier programs and services.

GETTING A LEISURE ACCESS PASS

The Leisure Access Pass (LAP) is a City of Vancouver program that provides low-income residents with reduced costs to accessing Vancouver community centres.

BENEFITS

Some (but not all) include:

FREE admission to:

- Public swimming pools
- Public skating rinks (and skate rental)

50% off admission to:

- Community fitness centres
- Swim and skate lessons
- Community centre programs

TO QUALIFY AND APPLY

You must meet ONE of these requirements:

1. You receive income assistance or social services from a Vancouver agency or organization

To Apply - Bring the following items to a community centre:

- *One of:*
 - Red Bus Pass (Compass Card)
 - Special Transportation Subsidy (STS)
 - Guaranteed Income Supplement (GIS)
 - Shelter Aid for Elderly Renters (SAFER)
 - Ministry of Social Development and Social Innovation (MSDI) income assistance cheque stub
 - MSDI confirmation of assistance letter
 - Third-party referral by MSDI or a recognized non-profit or agency
 - MSDI office-stamped application form
- *A copy of your proof of address, such as:*
 - Bank statement or home utility bill (such as hydro, gas, internet, phone, cell phone, or cable) dated within three months
 - Current lease agreement
- *Identification, such as:*
 - Government-issued ID
 - ID that matches your client ID on your third-party referral

2. You have low income, but don't receive income assistance

To Apply - Gather the following documents:

- *A copy of each tax form:*
 - Proof of income statement (To request this, phone Canada Revenue Agency at 1-800-267-6999 and press 1, then 1, then 2. Provide your Social Insurance

Number, date of birth, and your reported income on line 150 of your last tax return.)

- Canada Child Benefit (if applicable)
- *A copy of your proof of address, such as:*
 - Bank statement or home utility bill (such as hydro, gas, internet, phone, cell phone, or cable) dated within three months
 - Current lease agreement
 - If you're a permanent resident or immigrant, a copy of your confirmation of permanent residence
- *Complete the online application form*
 - Email the documents and application form to lap@vancouver.ca or bring them to a community centre to send to the Leisure Access Office.

3. You have a child with a disability up to 17 years old

To Apply - Gather the following documents:

- *A copy of your Canada Child Benefit*
- *A copy of your proof of address, such as:*
 - Bank statement or home utility bill (such as hydro, gas, internet, phone, cell phone, or cable) dated within three months
 - Current lease agreement
- *If you're a permanent resident or immigrant, a copy of your confirmation of permanent residence*
- *Complete the online application form.*
 - Email the documents and application form to lap@vancouver.ca or bring them to a community centre to send to the Leisure Access Office.

A stylized, light blue-toned illustration of two hands holding several books. The hands are rendered in a sketchy, painterly style with visible brushstrokes. The books are stacked and held together, symbolizing knowledge, research, or education. The overall background is a soft, light blue wash.

FOR MORE INFORMATION

PROJECT DIRECTOR

DR. FRANCINE DARROCH, UBC

FRANCINE.DARROCH@UBC.CA

PROJECT COORDINATOR

CLEO NEVILLE

CKNEV@UBC.CA



DTES