



RECREATION RESOURCE GUIDE

VANCOUVER CAMPUS

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This resource guide is a sample of locations and services that you can use to stay active and engaged in and around Vancouver!

This guide is meant to be an ever evolving document - if you have any recommendations for this guide, please let us know at nuglobalrec.vancouver@northeastern.edu. Please check local resources for additional facilities.

This guide is not an endorsement of any venue, location, or business listed in the guide. It is provided for informational purposes only to inform the Northeastern community about recreational options available to them. Please use caution when participating in any activity and traveling to any venue.

Participants assume all risks of participation.

The information in this guide was last updated in August, 2024. Please check with the venues for the most up to date hours, locations, and pricing.

Be safe and have fun!

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FITNESS ON DEMAND APP



Northeastern students at global campus locations
now have access to a free fitness app!

1. Scan the QR code to complete the quick registration form using your Northeastern email address.
2. Within 1-2 business days of completing the registration form, look for an email with the invitation link from Fitness On Demand to create your account.
3. Access the workouts by going to the website below or download the free Fitness on Demand app from the Apple Store or Google Play Store. Sign in with your full Northeastern email address.
4. Choose the right workout for you! Pick from hundreds of workouts designed for all abilities!

ACCESS YOUR WORKOUTS

Download the Fitness on Demand Mobile App



flex.fod247.fitness

SCAN ME



OPEN COURTS AND FIELDS

Baseball

Courts that offer baseball: Oak park, Beaconsfield park, John Hendry (trout lake) park, Carnarvon Park, Memorial West park, Strathcona park

Softball

Courts that offer softball: Andy Livingstone park, Rupert park, John Hendry (trout lake) , Oak park, Beaconsfield park, Strathcona park

Basketball

Courts that offer basketball: Carnarvon park, Memorial West park, Andy Livingstone park, David Lam park, Pandora park, John Hendry (trout lake), Oak park

Tennis

Courts that offer tennis: Carnarvon park, Memorial West park, Andy Livingstone park, David Lam park, Pandora park, John Hendry (trout lake), Oak park, Rupert park

Soccer

Courts that offer soccer: Carnarvon park, Memorial West park, Andy Livingstone park, David Lam park, John Hendry (trout lake), Oak park, Rupert park, Beaconsfield park, Strathcona park

OPEN COURTS AND FIELDS

Carnarvon Park

Offers the following: Tennis, Pickleball, Baseball, Basketball, Lacrosse Box, Lawn Bowling, Rugby, Soccer

Location: 2995 W 19th Avenue (@ Mackenzie Street), Vancouver, BC

Hours: 11:00am-4:00pm: May 13 - June 30, Weekends only; 10:00am-6:00pm: July - August; 11:00am-4:00pm: September

Transit options: Bus, car, bikes

Parking: Street parking, paid parking lots nearby

Website: Carnarvon Park

Description: A developed sports park (3.97 hectares), surrounded by residential housing, with playing fields for rugby, soccer, ball diamonds with score-keeping concession building, tennis courts, tennis backboard and lacrosse box, with washrooms and change rooms.

Amenities: Washrooms, Water Fountain, Water Playground, Benches, Change Rooms, Concession, Picnic Tables

Cost: \$10/hr for prior booking, free to use if courts are not otherwise booked.

Hastings Community Park

Offers the following: Baseball, Basketball, Tennis

Location: 3000 E Pender Street (@ E Hastings Street), Vancouver, BC

Hours: Monday to Friday 9am to 9:45pm; Saturday 9am to 4:45pm; Sunday 10am to 2pm

Transit options: Bus, car, bikes

Parking: Available

Website: Hastings Park

Description: One of Vancouver's oldest parks, Hastings Community Park boasts a wealth of activities for children and adults alike. Grand old trees create restful sitting spaces throughout. A highlight is the new children's spray park.

Amenities: Washrooms, Water/Spray parks, Community centers, Playgrounds

Cost: \$ 13/hr for prime time, \$ 9 for non-prime time for the courts

OPEN COURTS AND FIELDS

Memorial West Park

Offers the following: Baseball, Basketball, Soccer, Tennis

Location: 4701 Dunbar Street, Vancouver, BC

Hours: Monday to Sunday, open 24 hours

Transit options: Bus, car

Parking: Free street parking nearby

Website: Memorial West Park

Description: Memorial West Park's lively playing fields and courts attract many people from the surrounding neighborhood. A charming interplay of restrained, forested areas and manicured, active spaces, most people will find something wonderful waiting at this park. It is easy to get lost in thought wandering the trails that link the active sports areas with the peaceful woodland.

Amenities: Washrooms, Community Centers, Playgrounds, Bowling greens.

Cost: Free

Andy Livingstone Park

Offers the following: Basketball, Hockey, Football, Soccer, Softball, Tennis

Location: 89 Expo Boulevard, Vancouver, BC

Hours: Monday to Sunday, open 24 hours

Transit options: Bus, Walk

Parking: Street parking, paid parking lots nearby

Website: Andy Livingstone Park

Description: Andy Livingstone Park offers refuge from the busy city with a wide range of facilities, including many opportunities for active recreation, as well as more scenic and serene areas. Explore one of the curving trails that meanders up to the high point of the park, follow the stream down to the pleasant formal seating area and pond, play a game of soccer, or enjoy the lush ferns, salal, and dogwood that spill over the beds and slopes throughout the park.

Amenities: Washrooms, Playgrounds, lighted fields

Cost: Free

OPEN COURTS AND FIELDS

David Lam Park

Offers the following: Basketball, Soccer, Tennis

Location: [1300 Pacific Boulevard](#), Vancouver, BC

Hours: Monday to Sunday, open 24 hours

Transit options: 12 min Bus, or 17 min walk

Parking: Paid parking lots nearby

Website: [David Lam Park](#)

Description: This stunning downtown park is an intricate mix of active and passive recreation opportunities, all with views of False Creek and Yaletown. Sports courts and playgrounds are sheltered by lush plantings, and a large open lawn is perfect for kite flying, resting in the sunshine, or hosting an outdoor festival. David Lam Park is also home to several intriguing sculptures nestled along the waterfront.

Amenities: Washrooms, Playgrounds, Seawall

Cost: Free

Pandora Park

Offers the following: Tennis, Basketball, Pickleballs

Location: [2325 Franklin Street](#), Vancouver, BC

Hours: Monday to Sunday, 9 am to 10 pm

Transit options: 24 min by bus or 9 min drive

Parking: Street parking, paid parking lots nearby

Website: [Pandora Park](#)

Description: Pandora Park offers a variety of features for both passive and active recreational use and enjoyment, including a dog off-leash area, accessible walking paths, seating and picnic areas, large shade trees, a children's playground and water spray park, community garden, open lawn areas, and courts for tennis, basketball, and pickleball.

Amenities: Washrooms, softball, playground, golf course.

Cost: Free

OPEN COURTS AND FIELDS

Rupert Park

Offers the following: Football, Golf Courses, Rugby, Soccer, Softball, Tennis

Location: 1600 Rupert Street, Vancouver, BC

Hours: Monday to Sunday, 9 am to 10 pm

Transit options: Bus, car, bikes

Parking: Street parking, paid parking lots nearby

Website: Rupert Park

Description: Rupert's attractive, open views create a wonderful setting for walking or playing in one of the sport fields. There is plenty of space for children's play and picnics in the upper half of the park; or, slip through the trees on paths that open up to the ponds and rolling greens of the pitch 'n' putt.

Amenities: Washrooms, Playgrounds

Cost: \$16.54/golf game, fields are free

John Hendry (Trout Lake) Park

Offers the following: Baseball, Basketball, Tennis, Pickleball, Rugby, Soccer, Softball.

Location: 3300 Victoria Drive, Vancouver, BC

Hours: Monday to Sunday, 9 am to 10 pm

Transit options: 27 min by transit or 13 min drive

Parking: Street parking, paid parking lots nearby

Website: John Hendry (Trout Lake) Park

Description: John Hendry Park is such a popular destination, tranquil Trout Lake and a wide range of active and passive recreation opportunities create an exceptional setting. The beach area and wildlife habitat around the lake can almost make one forget that the park is in the city.

Amenities: Washrooms, Community centers, Playgrounds, jogging trails, ice rink, lighted fields, picnic sites

Cost: Free

OPEN COURTS AND FIELDS

Oak Park

Offers the following: Baseball, Basketball, Tennis, Soccer, Softball, Ice Hockey

Location: 900 W 59th Avenue, Vancouver, BC

Hours: Monday to Sunday, 10 am to 8 pm

Transit options: 30 min by transit or 13 min drive

Parking: Street parking, paid parking lots nearby

Website: Oak Park

Description: With an outstanding number of recreation opportunities, Oak Park is a lively and welcoming place. It also offers many winding paths throughout the park, picnic areas, and some wonderful trees. The spray park is a big attraction for children in hot weather. The park's two tennis courts were named after acclaimed Vancouver tennis player Lorne Main, in recognition of his many athletic successes.

Amenities: Washrooms, Water/Spray parks, Community centers, Playgrounds

Cost: Varies with courts (See here)

Beaconsfield Park

Offers the following: Baseball, Softball, Soccer

Location: 3215 Slocan Street, Vancouver, BC

Hours: Monday to Sunday, 6 am to 10 pm

Transit options: 3 min by transit or 11 min drive

Parking: Street parking, paid parking lots nearby

Website: Beaconsfield Park

Description: Beaconsfield's large old trees march down the center of the park, making this a pleasant place for a stroll or a moment of contemplation. With grass fields, rolling hills, and a playground, this quiet park is a wonderful destination for a family picnic.

Amenities: Washrooms, Playgrounds, lighted field

Cost: Varies with courts (See here)

OPEN COURTS AND FIELDS

Strathcona Park

Offers the following: Baseball, Basketball, Soccer, Tennis, Softball

Location: 857 Malkin Avenue, Vancouver, BC

Hours: Monday to Sunday, 9 am to 10 pm

Transit options: 27 min by transit or 13 min drive

Parking: Street parking, paid parking lots nearby

Website: Strathcona Park

Description: This unique park offers much to its visitors, from skatepark and climbing wall (both added during park restorations in 2004), to community gardens and sports fields. The heart of the park is a charming place to rest or play, while the community gardens and pathways that line the perimeter make for a pleasant stroll.

Amenities: Washrooms, Playgrounds, running tracks

Cost: Varies with courts (See here)

BEACH VOLLEYBALL COURTS

English Bay

Location: English Bay Beach, Beach Ave, Vancouver, BC

Hours: Monday to Sunday: 6 am to 10 pm

Transit options: 26 minute bus ride or 10 minutes car ride from the university

Parking: Paid Parking available

Website: English Bay

Description: English Bay Beach, also called First Beach, located along Beach Ave between Gilford St and Bidwell St, is the most populated beach area in Vancouver's downtown area. The Stanley Park Seawall, a popular running and biking route, runs along the east side of the beach.

Cost: Free

BEACH VOLLEYBALL COURTS

Kitsilano Beach

Location: [Kitsilano Beach](#), Vancouver, BC

Hours: Dawn to Dusk

Transit options: 30 minutes bus ride or 10 minutes car ride from the university

Parking: Street parking available (except rush hours) and Parking lot available

Website: [Kitsilano](#)

Description: Kitsilano Beach, known as "Kits" Beach, is located on Cornwall Ave at the north end of Yew St. The Seawall runs alongside the beach and Kitsilano Pool is at the west side.

Cost: Free

Sunset Beach

Location: [Sunset Beach](#), Vancouver, BC

Hours: Monday to Sunday: 7 am to 11 pm

Transit options: 24 minutes bus ride or 10 minutes car ride from the university

Parking: General parking is available at the parking lot at Jervis St and Beach Ave.

Website: [Sunset](#)

Description: Located at the mouth of False Creek, on Beach Ave between Bute St and Thurlow St, Sunset Beach is a less populated beach close to the West End and downtown Vancouver. It is close to the Vancouver Aquatic Centre and has access to the False Creek Ferry pier.

Cost: Free

GOLF & DRIVING RANGES

Stanley Park Pitch & Putt

Location: Stanley Park (near Beach Avenue Entrance), Vancouver, BC

Hours: Monday to Sunday: 7am to 9pm

Transit options: 20 minutes bus ride or 10 minutes car ride from the university

Parking: Available for a fee

Website: Stanley Park Pitch & Putt

Description: 18 holes of golf with holes ranging from 40 yards to 100 yards in length. Great for beginners.

Cost: \$16.54/round, \$2.58 for club rental and ball purchase.

Rupert Park Pitch & Putt

Location: 3402 Charles St., Vancouver, BC

Hours: Monday to Sunday: 7am to 9pm

Transit options: 45 minutes bus ride or 15 minutes car ride from the university

Parking: Available

Website: Rupert Park Pitch & Putt

Description: 18 holes of golf with holes ranging from 50 yards to 120 yards in length. Great for beginners.

Cost: \$16.54/round, \$2.58 for club rental and ball purchase.

Queen Elizabeth Park Pitch & Putt

Location: 4600 Cambie St., Vancouver, BC

Hours: Monday to Sunday: 8am to 9pm

Transit options: 35 minutes bus ride or 15 minutes car ride from the university

Parking: Available

Website: Queen Elizabeth Park Pitch & Putt

Description: 18 holes of golf with holes ranging from 40 yards to 110 yards in length. Great for beginners.

Cost: \$16.54/round, \$2.58 for club rental and ball purchase.

GOLF & DRIVING RANGES

Fraserview Golf Course & Driving Range

Location: [7800 Vivian Dr.](#), Vancouver, BC

Hours: Monday to Sunday: dawn to dusk. Driving range hours vary, check website.

Transit options: 50 minutes bus ride or 20 minutes car ride from the university

Parking: Available

Website: [Fraserview](#)

Description: A full length course with driving range.

Cost: \$72-80/round. \$50 for club rental. Driving range - \$8/basket.

Langara Golf Course

Location: [6706 Alberta St.](#), Vancouver, BC

Hours: Monday to Sunday: dawn to dusk.

Transit options: 25 minutes bus ride or 15 minutes car ride from the university

Parking: Available

Website: [Langara](#)

Description: A full length course.

Cost: \$66-75/round. \$50 for club rental.

McCleery Golf Course

Location: [7188 Macdonald St.](#), Vancouver, BC

Hours: Monday to Sunday: dawn to dusk.

Transit options: 60 minutes bus ride or 25 minutes car ride from the university

Parking: Available

Website: [McCleery](#)

Description: A full length course.

Cost: \$68-76/round. \$40 for club rental.

INDOOR COURTS

BASKETBALL & VOLLEYBALL

Robert Lee YMCA

Location: 955 Burrard St, Vancouver, BC

Hours: Monday to Friday: 5:30am to 10pm;

Saturday, Sunday and Holidays: 7am to 7pm

Transit options: 9 minutes bus ride from the university

Parking: Free street parking available till 9 am, garage parking and bike parking available

Website: Robert Lee YMCA

Description: The Robert Lee location is a short walk from campus at 955 Burrard St. Simply bring in your Husky Card and a Government issued ID to any of the 5 YMCA locations and purchase your membership in full (not available for online purchases).

Cost: \$131.99 special membership for all Northeastern students.

INDOOR COURTS

BADMINTON

Badminton Vancouver

Location: 13100 Mitchell Rd SUITE 110, Richmond, BC V6V 1M8

Hours: Monday to Sunday: 12pm to 10pm

Transit options: 49 minutes bus ride or 20 minutes car ride from the university

Parking: Parking lot available

Website: Badminton Vancouver

Description: World-Class Badminton Facility in Vancouver, BC. 6-person limit per court. 36 hour cancellation policy. Busy times may be restricted to 2 hours.

Cost: Peak hours: \$30/Non-peak hours: \$25

Stage 18 Badminton

Location: 2351 No 6 Rd #170, Richmond, BC V6V 1P3

Hours: Monday & Wednesday: 9am to 11pm; Tuesday & Thursday: 2pm to 11pm; Friday & Saturday: 9am to 1am; Sunday: 9am to 10pm

Transit options: 1 hour train or bus ride or 22 minutes car ride from the university

Parking: Parking lot available

Website: Stage 18

Description: Stage18 Badminton Centre offers a variety of classes for different athletic levels and sports needs.

Cost: \$13-15/hr

INDOOR COURTS

SQUASH

Dunbar Community Center

Location: 4747 Dunbar St, Vancouver, BC V6S 2H2

Hours: Monday to Friday: 8:30am to 8:30pm; Saturday: 8:45am to 4pm;

Sunday: Closed

Transit options: 45 minutes bus ride or 17 minutes car ride from the university

Parking: Parking lot available

Website: Dunbar

Description: Dunbar Community Centre – located near the University of British Columbia on Vancouver's west side – has programs for all ages.

Cost: \$11-15

Champlain Heights

Location: 3350 Maquinna Dr, Vancouver, BC V5S 4C6

Hours: Monday to Thursday 7am to 10pm; Friday 7am to 9pm;

Saturday and Sunday 9am to 4pm

Transit options: 39 minutes bus ride or 21 minutes car ride from the university

Parking: Parking lot available

Website: Champlain

Description: Courts can be booked for 45 minute time slots up to 2 weeks in advance.

Cost: \$12-17

GYM & FITNESS STUDIOS

On-campus Gym

Location: Located in level P1, 410 W Georgia St #1400, Vancouver, BC V6B 1Z3

Hours: Monday through Friday: 9am - 11am; 2pm - 4pm; 7pm - 9pm; Saturday and Sunday: 9am - 9pm

Description: All students have limited access to the gym at 410 W. Georgia, located in level P1. Please complete the [Student Access Gym Form](#) and our Operations team will have your security card updated. The gym capacity is limited to a maximum of 20 people at any time. This cannot be exceeded as it is the space capacity for occupancy per the City of Vancouver, based on the size of the space. Separate Men's and Women's change room facilities are available. Please allow 48 hours after submission for your building security card to be updated to provide access.

Robert Lee YMCA

Location: [955 Burrard St](#), Vancouver, BC

Hours: Monday to Friday: 5:30am to 10pm;
Saturday, Sunday and Holidays: 7am to 7pm

Transit options: 9 minutes bus ride from the university

Parking: Free street parking available till 9am, garage parking and bike parking available

Website: [Robert Lee YMCA](#)

Description: The Robert Lee location is a short walk from campus at 955 Burrard St. Simply bring in your Husky Card and a Government issued ID to any of the [5 YMCA](#) locations and purchase your membership in full (not available for online purchases).

Cost: \$131.99 special membership for all Northeastern students.

GYM & FITNESS STUDIOS

Fitness World

Location: 1185 W Georgia St #200, Vancouver, BC V6E 4E6

Hours: Monday to Thursday: 5am to 10pm; Friday: 5am to 9pm;
Saturday and Sunday: 7am to 9pm

Transit options: 6 minutes bus ride from the university or 15 mins walk

Parking: Metered street parking available and bike parking available outside the building

Website: FitnessWorld

Description: Located at the corner of West Georgia and Bute Street in downtown Vancouver, our Fitness World gym offers equipment for every kind of fitness goal and workout! With new equipment, this gym has 5 Olympic lifting platforms and squat racks, a dedicated group exercise studio, and unlimited access to the best-of-the-best recovery tools, massage chairs, and more.

Cost: Starting \$9.99 Biweekly for students, check website for more offers

Club16

Location: 1055 Canada Pl #50, Vancouver, V6C 0C3

Hours: Monday – Thursday: 5am to 10pm; Friday: 5am to 9pm;
Saturday, Sunday, & Holidays: 7am to 7pm

Transit options: 12 minutes bus ride from the university or 17 mins walk

Parking: Parking available at discounted rates

Website: Club16

Description: Experience a non-intimidating atmosphere where everyone can feel comfortable to make their desired lifestyle changes. They offer a variety of amenities to every member including superior locker rooms, personal trainers, group fitness classes and more! Create YOUR Best Life Today!

Cost: Starting \$11.98 Biweekly, visit website for more offers

GYM & FITNESS STUDIOS

Planet Fitness

Location: 1025 Marine Dr, North Vancouver, BC V7P 1S6

Hours: Monday, Tuesday and Wednesday: 24 hrs; Thursday: 12am to 10pm; Friday and Saturday: 6am to 10pm; Sunday: 6am to midnight

Transit options: 30 minutes bus ride from the university

Parking: Street parking available

Website: Planet Fitness

Description: We strive to create a workout environment where everyone feels accepted and respected. That's why at Planet Fitness North Vancouver, BC we take care to make sure our club is clean and welcoming, our staff is friendly, and our certified trainers are ready to help. Whether you're a first-time gym user or a fitness veteran, you'll always have a home in our Judgement Free Zone®.

Cost: \$15/ month

INDOOR SWIMMING POOLS

Robert Lee YMCA

Location: 955 Burrard St, Vancouver, BC

Hours: Monday to Friday: 5:30am to 10pm;
Saturday, Sunday and Holidays: 7am to 7pm

Transit options: 9 minutes bus ride from the university

Parking: Free street parking available till 9am, garage parking and bike parking available

Website: Robert Lee YMCA

Description: The Robert Lee location is a short walk from campus at 955 Burrard St. Simply bring in your Husky Card and a Government issued ID to any of the 5 YMCA locations and purchase your membership in full (not available for online purchases).

Cost: \$131.99 special membership for all Northeastern students.

INDOOR SWIMMING POOLS

Vancouver Aquatic Center

Location: 1050 Beach Ave, Vancouver, BC V6E 1T7

Hours: Monday to Friday: 6:30am to 9pm; Saturday: 8am to 7:25pm;

Sunday: 10 am to 8:55pm

Transit options: 24 minutes bus ride from the university or 22 minutes train ride

Parking: Parking available at starting at \$3.50

Website: Vancouver Aquatic Center

Description: The Vancouver Aquatic Centre (VAC) is a naturally-lit, indoor pool located in downtown Vancouver, near Sunset Beach.

Cost: Starting \$7.45 per visit or ask for a leisure access pass (discount pass) at the reception

Hillcrest Aquatic Center

Location: 4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4

Hours: Monday to Friday: 9am to 9pm; Saturday and Sunday: 9am to 5pm

Transit options: 29 minutes train or bus ride from the university

Parking: Free Parking

Website: HillCrest

Description: It is our largest aquatic facility and is part of Hillcrest Centre, a legacy of the 2010 Olympic and Paralympic Winter Games.

Cost: Starting \$7.45 per visit or ask for a leisure access pass (discount pass) at the reception

OUTDOOR SWIMMING POOLS

(OPEN MID-MAY TO EARLY SEPTEMBER)

Kitsilano Pool

Location: [2305 Cornwall Ave](https://www.vancouver.ca/2305-cornwall-ave), Vancouver, BC V6K 1B6

Hours: Monday to Sunday: 9am to 11:30am; Noon to 2:30pm; 3pm to 5:30pm; 6pm to 8:30pm

Transit options: 31 minutes bus ride from the university

Parking: Street Parking

Website: [Kitsilano](https://www.vancouver.ca/kitsilano)

Description: Kitsilano Pool is Vancouver's only saltwater swimming pool. The outdoor summer pool is located near the beach, cafés, and neighborhood of Kitsilano.

Cost: Starting \$7.45 per visit or ask for a leisure access pass (discount pass) at the reception

Second Beach Pool

Location: [Second Beach Pool](https://www.vancouver.ca/second-beach-pool), Stanley Park Dr, Vancouver, BC V6C 2T1

Hours: Monday to Sunday: Noon to 2:30pm; 3pm to 5:30pm; 6pm to 8:30pm

Transit options: 27 minutes train or bus ride from the university

Parking: Parking lots and street parking available

Website: [Second pool](https://www.vancouver.ca/second-pool)

Description: Second Beach Pool is a heated, outdoor pool located near the beach, trails, and forest of Stanley Park. The pool has a sloped entry, gradual depths for families, and separated lanes for lap swimmers.

Cost: Starting \$7.45 per visit or ask for a leisure access pass (discount pass) at the reception

OUTDOOR SWIMMING POOLS

(OPEN MID-MAY TO EARLY SEPTEMBER)

New Brighton Pool

Location: North Windermere St (Near New Brighton Park), Vancouver, BC V5K 5J7

Hours: Monday to Sunday: 9am to 11:30am; Noon to 2:30pm; 3pm to 5:30pm; 6pm to 8:30pm

Transit options: 37 minutes train or bus ride from the university

Parking: Parking lots and street parking available

Website: Brighton pool

Description: New Brighton Pool is a heated, outdoor pool in Vancouver's Sunrise neighborhood. We have regular length swimming and a sloped, beach-style entry for young children.

Cost: Starting \$7.45 per visit or ask for a leisure access pass (discount pass) at the reception

OUTDOOR WADING POOLS

(OPEN FOR CHILDREN JULY AND AUGUST)

Find more information on wading pools throughout the city [here](#).

Burrard View Park

Location: 650 N Penticton St, Vancouver, BC V5K 3L8

Hours: Monday to Sunday, 11:30 am to 5:30 pm

Transit options: 32 minutes bus ride from the university

Parking: Free parking available

Website: Burrard

Description: You can enjoy a stunning mountain view while you cool off in the wading pool at Burrard View Park – plus, there's a playground and tennis courts.

Cost: Free

OUTDOOR WADING POOLS

(OPEN FOR CHILDREN JULY AND AUGUST)

Douglas Park

Location: Douglas Park Community Centre, 801 W 22nd Ave, Vancouver, BC V5Z 1Z8

Hours: Monday to Wednesday: 11:30am to 5:30pm; Thursday to Friday: 11:30am to 7:30pm; Saturday: 11:30am to 3:30pm

Transit options: 23 minutes train or bus ride from the university

Parking: Street Parking

Website: Douglas park

Description: In the South Cambie neighborhood, you'll find the wading pool at Douglas Park surrounded by greenery and something for the whole family, including plenty of field space, a playground and a community center.

Cost: Free

Grays Park

Location: 4850 St Catherine's St, Vancouver, BC V5V 4M7

Hours: Monday to Sunday, 11:30am to 5:30pm

Transit options: 30 minutes train or bus ride from the university

Parking: Parking lots and street parking available

Website: Grays pool

Description: Located in the Kensington-Cedar Cottage neighborhood, Grays Park also has plenty of options for sports enthusiasts, including ball hockey, a basketball court, a tennis court, a playground, or if you'd like some greenery, there's a bowling green too!

Cost: Free

OUTDOOR WADING POOLS

(OPEN FOR CHILDREN JULY AND AUGUST)

Slocan Park

Location: 2750 E 29th Ave, Vancouver, BC V5R 1V5

Hours: Monday, Wednesday, and Friday: 11:30am to 6:30pm;
Saturday and Sunday, 11:30am to 5:30pm

Transit options: 18 minutes train ride from the university

Parking: Street parking available

Website: Slocan

Description: Slocan Park, in the Renfrew-Collingwood neighbourhood, has several summer day amenities for you to choose from, including a wading pool, tennis courts, soccer fields, ultimate fields, and a playground.

Cost: Free

INDOOR ROCK CLIMBING

The Hive Bouldering Gym

Location: 520 Industrial Ave, Vancouver, BC V6A 2P3

Hours: Monday & Tuesday 12pm to 11 pm;
Wednesday, Thursday & Fri 7am to 11pm; Saturday 9:30am to 11pm; Sunday 9:30am to 5:30pm

Transit options: 22 minutes train or bus ride from the university

Parking: Parking lots and street parking available

Website: The Hive

Description: The Hive is a place to hang out, meet new friends, push your limits and climb 'til your heart's content. We are passionate about climbing, fitness, community and education, and we want to share our passion with you.

Cost: Day pass \$29, One week WOW pass \$55, check website for more information about student membership.

INDOOR ROCK CLIMBING

The Hive Heights

Location: 670 Industrial Ave, Vancouver, BC, Canada V6A 2P3

Hours: Monday & Tuesday 9am to 11pm; Wednesday, Thursday 2pm to 11pm; Saturday & Sunday 10am to 10pm

Transit options: 25 minutes train or bus ride from the university

Parking: Parking lots and street parking available

Website: Hive Heights

Description: The Hive is a place to hang out, meet new friends, push your limits and climb 'til your heart's content. We are passionate about climbing, fitness, community and education, and we want to share our passion with you.

Cost: Day pass \$29, One week WOW pass \$55, check website for more information about student membership.

Climb Base5

Location: #2-1485 Welch St., North Vancouver, BC, V7P 1B5

Hours: Sunday 10am to 8pm; Monday, Tuesday 2pm to 10pm; Wednesday, Thursday, Friday, Saturday 10am to 10pm

Transit options: 32 minutes bus ride from the university

Parking: Parking lots and street parking available

Website: Climb base

Description: Climb Base5 has been a long time fixture, and promoter of the Metro Vancouver Climbing community, with two gyms located in Coquitlam and North Vancouver. Since 2002 we have been the indoor climber's premiere choice for long steep lead routes and amazing bouldering.

Cost: Day pass \$29.50 visit pass \$135, check website for more information about monthly and annual plans

INDOOR ICE SKATING RINKS

The city of Vancouver maintains several indoor ice rinks in Vancouver.

Some of these include:

Hillcrest Rink

Location: 4575 Clancy Loranger Way, Vancouver, BC V5Y 2M4

Hours: Check website for public skating times

Transit options: 25 minutes train or bus ride from the university

Parking: Free parking

Website: Hillcrest

Description: Ice available all year, Skate rentals available.

Cost: \$7.41 for single admission

Britannia Rink

Location: 1661 Napier St., Vancouver, BC

Hours: Check website for public skating times

Transit options: 35 minutes train or bus ride from the university

Parking: Free parking

Website: Britannia

Description: Ice available all year, Skate rentals available.

Cost: \$7.41 for single admission

Kitsilano Rink

Location: 2690 Larch St, Vancouver, BC V6K 4K9

Hours: Check website for public skating times

Transit options: 35 minute bus ride from the university

Parking: Street parking available

Website: Kitsilano

Description: Ice available September to March. Skate rentals available.

Cost: \$7.41 for single admission

INDOOR ICE SKATING RINKS

West End Rink

Location: 870 Denman St, Vancouver, BC V6G 2L8

Hours: Check website for public skating times

Transit options: 13 minutes train or bus ride from the university

Parking: Parking zones around the Community Centre are Permit Parking only. Meter parking is available on Haro and Barclay Streets, and free off-peak parking on Denman Street.

Website: West end

Description: Ice available October to March. Skate rentals available.

Cost: \$7.41 for single admission

Kerrisdale Cyclone Taylor Arena

Location: 5851 West Blvd, Vancouver, BC V6M 3W9

Hours: Check website for public skating times

Transit options: 35 minutes train or bus ride from the university

Parking: Free parking

Website: Kerrisdale

Description: Ice available September to March, Skate rentals available.

Cost: \$7.41 for single admission

TRAILS FOR HIKING

Rice Lake and Lynn Loop

Location: North Vancouver, British Columbia V7J 2H9

Hours: Year round, Dawn to Dusk

Transit options: 75 minute bus ride from the university

Parking: Parking Lot

Website: Rice lake

Description: Difficulty: Easy, Length:6.1 km, Elevation gain: 151 m, Route Type: Loop

Cost: Free

Grouse Grind

Location: Grouse Grind, North Vancouver, BC V7R 4K9

Hours: Monday to Sunday: 7am- 7pm

Transit options: 75 minute bus ride from the university

Parking: All lots at the base of Grouse Mountain are paid parking.

Website: Grouse

Description: Difficulty: Hard, Length:1.9 km, Elevation gain: 780 m, Route Type: Point to point

Cost: The hike up the trail is free, but you are not allowed to hike down. A fee applies for the gondola down the mountain.

Quarry Rock from Deep Cove

Location: North Vancouver, British Columbia V7G 1L2

Hours: Year round, Dawn to Dusk

Transit options: 60 minute bus ride from the university

Parking: Free Parking

Website: Quarry

Description: Difficulty: Moderate, Length:3.9 km, Elevation gain: 206 m, Route Type: Out and Back

Cost: Recreational activities fee applies once you reach the top of the mountain.

TRAILS FOR HIKING

Mount Seymour

Location: Mt Seymour Rd, North Vancouver, BC

Hours: Open year round, check website for operational hours during harsh weather conditions

Transit options: None

Parking: Free Parking

Website: Seymour

Description: Difficulty: Hard; Length: 8.2 km; Elevation gain: 564 m; Route Type: Out and Back

Cost: Free

Kennedy Falls

Location: 4753-4757 Mountain Hwy, North Vancouver, BC V7K 1X8

Hours: Dawn to Dusk

Transit options: 60 minute bus ride from the university

Parking: Parking Lot

Website: Kennedy

Description: Difficulty: Moderate, Length: 12.5 km, Elevation gain: 445 m, Route Type: Out and Back

Cost: Free

WALKING/RUNNING ROUTES

There are a bunch of trails throughout Vancouver. Some of them include:

Stanley Park Seawall

Location: Central Vancouver, Vancouver, BC

Hours: Open year round

Transit options: 18 minutes ride from the university

Parking: Available with prices varying depending on the season

Website: Stanley

Route: Borders downtown Vancouver and has lovely waterfront views of Coal Harbour, Burrard Inlet, and English Bay.

Description: Length: 9.7 km, Terrain: Moderately steep

Cost: Free

False Creek Loop

Location: Athletes Way, Vancouver, BC V5Y 0E5

Hours: Dawn to Dusk, Open year round

Transit options: 19 minutes bus ride or 9 minutes car ride from the university

Parking: Find Parking near Science World

Website: False Creek

Description: This loop circles next to Granville Island, Creekside park, David Lam Park and George Wainborn Park, Length: 10.3 km, Terrain: Mostly flat

Cost: Free

WALKING/RUNNING ROUTES

Sunset Beach to Second Beach

Location: Central Vancouver, Vancouver, BC V6E 1V3

Hours: Open year round

Transit options: 26 minutes of bus ride or train from the university or 11 minutes of car ride

Parking: General Parking Lot at Jervis Parking Lot

Website: Sunset beach

Description: This route follows the well-maintained Seawall, Length: 4.2 km,

Terrain: mostly flat

Cost: Free

Queen Elizabeth Park

Location: East Vancouver, Vancouver, BC

Hours: Dawn to Dusk, Open year round

Transit options: 27 minutes of bus or train ride from the university or 16 minutes of car ride

Parking: Free parking

Website: Queen Elizabeth

Description: Length: 2.3 km, Terrain: Moderately steep

Cost: Free

BIKING ROUTES

Pacific Spirit Park

Location: UBC, Vancouver, BC V6N 4A6

Hours: Dawn to Dusk, Open year round

Transit options: 1 hour of bus or train ride from the university or 30 minute car ride

Parking: There is ample parking along 16th Ave., 29th and Imperial, Southwest Marine Drive, and the beaches at Spanish Banks

Website: Pacific Spirit

Description: Area: Spread of 763 hectares, one can explore bunch of trails. Terrain: easy to ride except for some rocky spots and one steep gravelly stretch up Clinton Trail. Start point: 16th Avenue next to Camosun Park

Cost: Free

Seaside Greenway

Location: Vancouver Convention Centre, 1055 Canada Pl, Vancouver, BC V6C 0C3

Hours: Dawn to Dusk, Open year round

Transit options: 15 minutes of bus or train ride from the university

Parking: Paid parking

Website: Seaside

Description: Distance: 18 km, Terrain: Flat, dedicated bike path

Cost: Free

Arbutus Greenway

Location: Arbutus Greenway, Vancouver, BC V6J 5B1

Hours: Dawn to Dusk, Open year round

Transit options: 20 minutes of bus or train ride from the university

Parking: Paid parking

Website: Arbutus

Description: Distance: 9 km, Terrain: Mostly flat, gentle incline at some parts, Starting point: 6th and Fir Park (near Granville Island)

Cost: Free

BIKING ROUTES

Fraser Foreshore Park

Location: 8595 River District Crossing, Vancouver, BC

Hours: Dawn to Dusk, Open year round

Transit options: 45 minutes of bus or train ride from the university

Parking: The parking lot is at the foot of Byrne Rd—enter from Fraser Park Dr, with additional parking available on the street.

Website: Fraser

Description: Distance: 15 km, Terrain: Mostly flat as it is paved, Starting point: Hermitage Park

Cost: Free

Find more biking routes [here](#).

BIKESHARE SYSTEMS

Evo Bikes

How to use: Download the Evo app and register using your NEU mail ID

Stations: Located in the basement parking of the university building

Price: Free for NEU students

Mobi Bikes

How to use: Use the Mobi By Rogers App or search online

Stations: Number of Stations located around downtown Vancouver

Price: Classic bikes start with a rate as low as 29 cents/min and Ebikes start with a rate of 39 cents/min

RUNNING CLUBS

SocialRunClub

Location: Under the Cambie St Bridge (North Side), Vancouver, BC, Canada

Group runs: Social runs are arranged on every Tuesday, Thursday and Saturday. Length of runs are around 25-30 mins and for 4-5k.

Website: [SocialRunClub](#)

Cost: Free

FlightCrew Run Club

Location: 2033 W4th Ave, Vancouver, BC

Group runs: Runs are arranged for every Thursday offering 3k, 5k and 10k route options

Website: [FlightCrew Run club](#)

Cost: Free

VanRun Meetup Group

Location: Varies each week

Group runs: Organizes 2-3 weekly runs

Website: [VanRun Meetup Group](#)

Cost: Free

CYCLING CLUBS

Find cycling clubs throughout the Greater Vancouver Area, some of them are listed here:

Gastown Cycling

Location: Wednesdays (Stanley Park, Vancouver, BC V6G 1Z4, Canada); Sundays (Milano Coffee Roasters, 156 W 8th Ave, Vancouver, BC, V5Y 1N2 Canada)

Group rides: Arranged on every Wednesday evening and Sunday morning. Bike rides on Wednesday are easy while on Sundays are intense.

Website: [Gastown Cycling](#)

Cost: Free

Vancouver Bicycle Club

Location: Varies for each ride

Group rides: Arranged throughout the year

Website: [Vancouver Bicycle club](#)

Cost: \$30 for one year

Let's Go Biking

Location: Varies each ride

Group runs: Arranged throughout the year

Website: [Let's go biking](#)

Cost: Free

MORE PLACES TO VISIT

- [Vancouver Art Gallery](#)
- [Chinese Canadian Museum](#)
- [Dr. Sun Yat-Sen Classical Chinese Garden](#)
- [Vancouver Police Museum and Archives](#)
- [Vancouver Lookout](#)
- [Forbidden Vancouver Walking Tours](#)
- [BC Hydro- Powerhouse at Stave Falls](#)
- [Canadian Museum of Flight](#)
- [Hell's Gate Airtram](#)
- [Railway Museum of BC](#)
- [Capilano Suspension Bridge Park](#)
- [Skyride Grouse mountain](#)
- [Sea to Sky Gondola](#)
- [Lulu Island Winery](#)
- [Gulf of Georgia Cannery National Historic Site](#)

ADDITIONAL PASSES

- [Classpass](#): ClassPass is a monthly fitness and wellness membership that provides users with access to thousands of fitness studios, gyms, salons and spas around the globe. With 66,000+ businesses across 29 countries, ClassPass is home to the world's largest collection of classes and appointments.
- [Canoo](#): Canoo is your VIP Access Pass. With free entry to over 2000 partner experiences, exclusive deals and access to some of the hottest events, Canoo is your companion as you make Canada your new home.