ABBOTSFORD PRC

WINTER & SPRING FUN
ALL IN 1 ISSUE

MEMBERSHIP
JOIN TODAY!
Includes 80+ drop-in classes
Pg 5

8 NEW PROGRAM PAIRINGS PACKAGES!
Take the first step to getting your family active and healthy.
Pg 6

WINTER/SPRING PROGRAM GUIDE
JANUARY TO JUNE 2019

Online Registration Begins November 23
Regular Registration Begins December 1
Programs Begin January 2
abbotsford.ca/prc

Abbotsford Recreation Centre 604.853.4221
Matsqui Recreation Centre 604.855.0500
Parks, Recreation & Culture Office 604.859.3134
Children learn best when they are free to create, discover and play.

LEARNING WITH PRC IS FUN

EARLY RISER
Spend your morning shaking your sillies out in circle time, reading, writing and exploring exciting new themes with our amazing instructor. The morning is the best time for all things educational and FUN.

Mon/Wed/Fri, 9:00am - 11:00am

REC SCHOOL
Physical Literacy is an important part of your child’s development. Mondays are Red Cross swimming lessons, Wednesdays are structured gym programs and Fridays children enjoy free skate.

Mon/Wed/Fri, 11:00am - 1:00pm

GO GETTER
Let’s get CREATIVE with our time together. Create wonderful masterpieces, explore fun science experiments and make new friends. The afternoon is the time to foster your child’s creativity and imagination.

Mon/Wed/Fri, 1:00pm - 3:00pm

Sign up for 1, 2 or all 3! Our Kindergarten prep focuses on learning, getting active and being creative. Monthly registration available at Abbotsford Recreation Centre.

direct2rec.com
GREAT VALUE

5 BENEFITS TO MEMBERSHIP
Your membership gives you access to all the amenities at both Abbotsford Recreation Centre (ARC) and Matsqui Recreation Centre (MRC) for one low price.

6 PROGRAM PAIRINGS PACKAGES
You asked for it, you got it! We have new program pairings to help busy parents find different programs for all members of the family at the same time! Now everyone can be active together!

40 CAREER & VOLUNTEER
Have you thought about a career with Parks, Recreation and Culture? Looking for Fitness Continuing Education Courses? Curious about how to become a volunteer? We have your how-to guide.

57 REC FOR LESS
Check out our selection of $2 drop-in programs! There is sure to be something to delight everyone and with savings your wallet will love!

FEATURED PROGRAMS

10 FAMILY YOGA
An opportunity for bonding with the family while sharing the health benefits that yoga brings!

14/22 ACTIVE OUTDOOR GAMES
Get the kids active and away from the screen in this program that incorporates active play through classic games.

22 LEARN TO PLAY LACROSSE
Come learn the fundamentals of Canada’s national summer sport! Our Recreation leaders will teach you to throw, pass, stick handle and catch.

23/25 RECREATIONAL RUGBY
Come out and try something new this spring! Learn all the rules and drills of this fast paced and exciting sport.

34 MASTERS SWIMMING
Get some extra advice on some strokes or just swim leisurely in this program set aside for adults.
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We want everyone to feel welcome at our facilities. Please review our drop-in, weight room, and gym etiquette policies to maximize your enjoyment and safety while using our facilities.
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“A life-saver, that’s all I can say,” notes mother-of-three, Sandra talking about her Family Membership at the Abbotsford Recreation Centre. “We were struggling to manage schedules and find options to fit within our budget. That family pass gets the kids learning sports and playing with other kids - and us too!”

A family pass at the facility lets families of all sizes use the facilities on their time through drop-in programs. Dad Daniel and sons Kelly and Frederick head to Stick and Puck for some well needed boys-only time. On weekdays, Sandra heads to an early morning Aqua Fit class, and daughter Janet loves the new Play & Learn pre-k programs.

A family pass with PRC offers access to the entire facility including the arena, pool, weight room and gyms, plus flexible hours and a wide variety of programs.
Membership Benefits

ALL ACCESS MEMBERSHIP

<table>
<thead>
<tr>
<th>MEMBERSHIP</th>
<th>Drop-in</th>
<th>1 mo</th>
<th>3 mo</th>
<th>6 mo</th>
<th>1 yr</th>
<th>Best Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child under 3 *Except Open &amp; Inflatable Playtime</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
</tr>
<tr>
<td>Child (3yrs - 12yrs)</td>
<td>$3.15</td>
<td>$29.50</td>
<td>$79.50</td>
<td>$149</td>
<td>$257</td>
<td>Only $0.70 per day</td>
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<tr>
<td>Teen (13yrs - 17yrs)</td>
<td>$4.30</td>
<td>$40</td>
<td>$104</td>
<td>$198</td>
<td>$337</td>
<td>Only $0.92 per day</td>
</tr>
<tr>
<td>Student (Valid ID required)</td>
<td>$4.30</td>
<td>$40</td>
<td>$104</td>
<td>$198</td>
<td>$337</td>
<td>Only $0.92 per day</td>
</tr>
<tr>
<td>Adult (18yrs - 60yrs)</td>
<td>$6</td>
<td>$55.50</td>
<td>$150</td>
<td>$278</td>
<td>$461</td>
<td>Only $1.26 per day</td>
</tr>
<tr>
<td>Senior (60yrs+)</td>
<td>$4</td>
<td>$39</td>
<td>$98.50</td>
<td>$193</td>
<td>$323</td>
<td>Only $0.88 per day</td>
</tr>
<tr>
<td>Super Senior (80yrs+)</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
</tr>
<tr>
<td>Family</td>
<td>$12.40</td>
<td>$112</td>
<td>$309</td>
<td>$561</td>
<td>$948</td>
<td>Only $0.65 per day each, for a family of 4</td>
</tr>
</tbody>
</table>

Punch Cards 10 or 20 10% or 20% discount off of regular priced drop-in visits

Membership includes:
- Complimentary public skating and stick & puck at both facilities
- Complimentary public swim and drop-in aquatic fitness classes
- Access to over 200 drop-in programs led by expert instructors
- Over 15,000 square feet of weight room and cardio centre with modern equipment between ARC and MRC
- Access to our state of the art Synergy 360 fitness equipment and indoor walking/running track
- Free parking
- Complimentary orientation to fitness equipment
- Women’s only fitness area at MRC

Sign up TODAY for an annual pass and receive a FREE ½ HOUR EXPERT SESSION in an area of your choice!

abbotsford.ca/prc
Pairs well with...

Get the most from your family's experience at our recreation centres by getting everyone active at the same time. We have made it easier for you to find children’s programs that ‘pair well with’ other children’s programs and activities, your fitness class times, workout times, and other programs or activities already in the facility. Use our pear symbol to find programs scheduled with matching times.
Maximize Your Time!
Use the Maximize Your Time symbol to find shorter classes to help make it easier for you to fit everything in and get to your favorite class.

Youth Friendly
Fitness classes that allow youth 12yrs+ to attend with adult supervision.

Physical Literacy
Physical Literacy is the ability to strike, hop, catch, balance, run, kick, throw and jump on land, snow, ice and water. These are the main components of learning to move with confidence. When children learn these skills, they are more likely to grow their abilities and be active for life. Look for the Physical Literacy symbol for programs that support building these skills.
Regular admission rates apply to all events.

JANUARY
2019 Kick Off Inflatable Playtime (NB - 12yrs)
Get a fun start to 2019 with our first inflatable playtime of the year! Join us at ARC where you can burn some energy bouncing in our inflatable, build a creation with our blocks or play some gym games with friends!
Abbotsford Recreation Centre Gym
Friday, January 4
10am - 12:30pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim!
The lifeguards will be in the water with the kids and the giant inflatable all afternoon!
Matsqui Recreation Centre Pool
Saturday, January 19
1pm - 4pm

FEBRUARY
Family Day Inflatable Playtime (NB - 12yrs)
Celebrate Family with our Inflatable Playtime! Join our Community Recreation Leaders for fun, sports and games and of course our inflatable obstacle course!
Abbotsford Recreation Centre Gym
Friday, February 15
10am - 12:30pm

Family Day Swim
Join us for fun, games and prizes at the pool! There will be lots of activities and opportunities for adventure for the entire family.
Abbotsford Recreation Centre Pool
Matsqui Recreation Centre Pool
Monday, February 18
1pm – 3pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim!
The lifeguards will be in the water with the kids and the giant inflatable all afternoon!
Abbotsford Recreation Centre Pool
Saturday, February 23
1pm - 4pm

MARCH
Spring Break Inflatable Playtime (NB - 12yrs)
Come celebrate the start of Spring Break at our inflatable playtime! We will have crafts, colouring and games and the inflatable to get your spring break started!
Abbotsford Recreation Centre Gym
Friday, March 15
10am - 12:30pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim!
The lifeguards will be in the water with the kids and the giant inflatable all afternoon!
Matsqui Recreation Centre Pool
Saturday, March 16
1pm - 4pm

Spring Break Madness
Join the awesome Aquatics team for fun, active games throughout Spring Break. Don’t spend your time sitting around at home – come join in the action at the pool! Tons of games and activities for all ages!
Abbotsford Recreation Centre Pool
Matsqui Recreation Centre Pool
Monday, March 18 - Friday, March 29
2pm - 4pm

APRIL
Tropical Inflatable Playtime (NB - 12yrs)
Burn off some energy and shake off your sillies with our Community Recreation Leaders at ARC! We will have crafts, colouring and our inflatable obstacle course to brighten your morning.
Abbotsford Recreation Centre Gym
Friday, April 12
10am - 12:30pm

Easter Egg Hunt
Join us at the pool for a fun filled time searching for Easter Eggs and playing fun games! Take part in contests to win some prizes!
Abbotsford Recreation Centre Pool
Matsqui Recreation Centre Pool
Saturday, April 20
1pm - 3pm

MAY
Move for Health Day
Join us for sampler sessions of drop in and pre-registered fitness classes all day and GET MOVING! Classes are geared for all ages and levels.
Abbotsford Recreation Centre Gym
Friday, May 10

Pirates and Princesses Inflatable Playtime (NB - 12yrs)
Arr-me maties, grab your tiaras and eye patches and join us at ARC for a pirates and princesses inflatable playtime! Come have a bounce in our inflatable or get crafty with our Community Recreation Leaders.
Abbotsford Recreation Centre Gym
Friday, May 17
10am - 12:30pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim!
The lifeguards will be in the water with the kids and the giant inflatable all afternoon!
Matsqui Recreation Centre Pool
Saturday, May 25
1pm - 4pm

JUNE
Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim!
The lifeguards will be in the water with the kids and the giant inflatable all afternoon!
Matsqui Recreation Centre Pool
Saturday, June 22
1pm - 4pm

Schools Out Inflatable Playtime (NB - 12yrs)
Shake off the school year in our inflatable obstacle course and start your summer with fun games, crafts and sports at our Inflatable Playtime!
Abbotsford Recreation Centre Gym
Friday, June 28
10am - 12:30pm

INTRO TO CURLING
FREE Drop-in Dec 1 & 2
10am - 2pm
All equipment & instruction included!
Abbotsford Curling Club, 2555 McMillan Rd.
**FAMILY PROGRAMS**

**FITNESS**

**Family Yoga** (3yrs+)

The class will explore standing poses, sun salutations, breathing and relaxation techniques with fun interactive yoga games. This class brings an opportunity for bonding with family while sharing the health and well-being that yoga brings. Price per family (max 2 adults 18+ per family).

Abbotsford Recreation Centre
Jan 13 - Mar 10  Su 3:00pm - 4:00pm  8/$120  1106
Apr 7 - May 12  Su 3:00pm - 4:00pm  5/$75  1107
May 26 - Jun 23  Su 3:00pm - 4:00pm  5/$75  1108

**Fit Family Bootcamp** (2yrs+)

Bring your kids to this family station-style boot camp, where everyone gets fit. This class incorporates cardiovascular endurance, strength and core conditioning as well as balance and flexibility; creating healthy families through fitness and fun.

Abbotsford Recreation Centre
Jan 12 - Mar 2  Sa 10:30am - 11:30am  8/$120  1109
Apr 6 - May 11  Sa 10:30am - 11:30am  5/$75  1110
May 25 - Jun 22  Sa 10:30am - 11:30am  5/$75  1111

**Kids Night Out** (7yrs - 12yrs)

Parents, do you need a break? Send your kids out for a fun night at the Abbotsford Recreation Centre while you enjoy some well-deserved time off. Your kids will have a blast swimming, playing games, and enjoying fun activities. Did we mention we also have pizza? Book early as space is limited!

Abbotsford Recreation Centre
Jan 18  F  6:00pm - 9:00pm  1/$22  3125
Feb 8  F  6:00pm - 9:00pm  1/$22  3126
Mar 8  F  6:00pm - 9:00pm  1/$22  3127
Apr 26  F  6:00pm - 9:00pm  1/$22  3128
May 24  F  6:00pm - 9:00pm  1/$22  3129
Jun 21  F  6:00pm - 9:00pm  1/$22  3130

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**How do you carve out family time and fit in physical activity?** “We head to Matsqui Recreation Centre,” says Pamela, mom to Bethany, 9, Fred, 11, and Stephen, 14.

Stephen heads to the weight room where he works out under the eye of experienced instructors who make sure he is using proper techniques and not over working himself.

While he’s at it, the rest of the family head to the pool for a recreational swim.

One program everyone enjoys at Abbotsford Recreation Centre is the All Ages Boxing. The whole family gets a great work out while the instructor teaches age appropriate skills for everyone.

“We love how the Boxing instructors are able to make sure everyone in the class is challenged no matter how old they are,” Pamela notes.
Make birthdays a breeze – celebrate with PRC!
LET US HOST SO YOU CAN FOCUS ON THE FUN!
*Adult Supervision is required for all parties.

ARC Fun Zone (1yr - 12yrs)
Have your party in the Gymnasium at Abbotsford Recreation Centre. This party includes 1 hour in the gymnasium with a selection of toys, inflatable bouncy obstacle course and a party room with tableware.

AEP Fun Zone (1yr - 12yrs)
Celebrate your party at Abbotsford Exhibition Park in the Ag Rec gallery. Party includes a selection of toys, inflatable bouncy obstacle course and 2 hours in the gallery with tableware.

ARC or MRC Super Splash (1yr - 12yrs)
Your birthday will go swimmingly with our super splash party. Party includes 1 hour in the party room with tableware, followed by swimming during public swim. All children under 7yrs must be within arms-reach of a supervising adult (16yrs+). A maximum of 3 children under 7 per adult. 1 Adult receives free admissions for every 3 children.

MRC Super Skate (1yr - 12yrs)
Come skating for your birthday party! 1hr in the party room with tableware, followed by 1 hour of skating time during public skate. Child skate rentals are included and children 7 and under must wear a helmet. 1 Adult receives free admission for every 3 children. Adult rentals are not included.

ARC Super Skate (1yr - 12yrs)
Party includes 1 hour on the Ice Experience, followed by 1hr in a party room with tableware. Child skate rentals are included and children 7 and under must wear a helmet. 1 Adult receives free admission for every 3 kids. Adult rentals are not included.

4 Party Packages to match your needs:
1 - 12 Children $120  
13 - 16 Children $140  
17 - 20 Children $160  
20 - 24 Children $180
Please note: Additional children on the day of the party are $6.80 per child

For more information or to book a party please call Abbotsford Recreation Centre 604.853.4221 or Matsqui Recreation Centre 604.855.0500.

What is included in the party package?
- Room Set up and Clean up
- Tableware for specified number of children
- Kitchen and Fridge access

What is not included?
Parents are responsible for decorations, food, cake, tablecloths and any tableware for the adults. Please note: Helium balloons, confetti/glitter and silly string are not permitted in the building.

How far in advance should I book?
Many of our parties are very popular and book up quickly. It is recommended you book at least 1 month in advance to secure a space. Payment is due at the time of booking.

What is your cancellation policy?
Any cancellation must be at least one week prior to your birthday party. All cancellations are subject to a $5.00 cancellation fee.

When can I access the party space?
The party room will be available for setup 15 minutes prior to the party time.

Is there a kitchen available?
Each facility has access to a microwave, and fridge/freezer.
Oh my gosh, my kids just love this place,” says Marin talking about son Tyler, 3, and daughter Halley, 5. “They are always asking when they can come back.”

Halley is heading to kindergarten soon and is having a ball at the Early Riser program on Monday, Wednesday and Friday mornings where she shakes the sillies out in circle time and joins reading and writing activities with her new friends.

Tyler works off that “little boy” energy at the Rec School where he takes swimming lessons on Mondays, gym class on Wednesdays and ice skating on Fridays.

Both kids get creative and learn about science at the afternoon Go Getter classes.

And mom Marin knows the attention of little ones can sometimes wander. She likes the convenience of the one-day programs like Earth Day, Easter craft zones and the Play and Learn camps in case schedules - and interest change.
Early Years Programs

DANCE

Creative Movement (1.5yrs - 2yrs)
Life is all about being creative! This fun program provides the environment for learning the proper FUNdamental movement skills as you learn to leap, frolic, tip toe, and move in imaginative ways. Parent participation is required for under 3yrs.

Abbotsford Recreation Centre
1.5yrs - 2yrs
Jan 8 - Feb 5 Tu 3:15pm - 3:45pm 5/$29.50 3402
Feb 23 - Mar 16 Sa 9:00am - 9:30am 4/$23.50 3416
Apr 6 - May 11 Sa 9:00am - 9:30am 4/$23.50 3426

Tiny Tutus (1.5yrs - 2yrs)
Is your little one longing to be a ballerina? This is their chance! Learn the recreational basics of ballet in a playful environment with familiar songs and music to get moving. Parent participation required.

Abbotsford Recreation Centre
Jan 12 - Feb 9 Sa 9:00am - 9:30am 5/$29.50 3414
Feb 23 - Mar 16 Sa 9:00am - 9:30am 5/$29.50 3415
Apr 6 - May 11 Sa 9:00am - 9:30am 5/$29.50 3416
May 25 - Jun 22 Sa 9:00am - 9:30am 5/$29.50 3417

Matsqui Recreation Centre
Jan 12 - Feb 9 Sa 3:40pm - 4:10pm 5/$29.50 3418
Feb 23 - Mar 16 Sa 3:40pm - 4:10pm 5/$29.50 3419
Apr 6 - May 11 Sa 3:40pm - 4:10pm 5/$29.50 3420
May 25 - Jun 22 Sa 3:40pm - 4:10pm 5/$29.50 3421

Tiny Tutus Level 1 (3yrs - 5yrs)
Is your little one longing to be a ballerina? This is their chance! Learn the recreational basics of ballet in a playful environment with familiar songs and music to get moving.

Abbotsford Recreation Centre
Jan 12 - Feb 9 Sa 9:45am - 10:15am 5/$32.50 3426
Feb 23 - Mar 16 Sa 9:45am - 10:15am 5/$32.50 3427
Apr 6 - May 11 Sa 9:45am - 10:15am 5/$32.50 3428
May 25 - Jun 22 Sa 9:45am - 10:15am 5/$32.50 3429

Matsqui Recreation Centre
Jan 12 - Feb 9 Sa 4:15pm - 5:00pm 5/$32.50 3422
Feb 23 - Mar 16 Sa 4:15pm - 5:00pm 5/$32.50 3423
Apr 6 - May 11 Sa 4:15pm - 5:00pm 5/$32.50 3424
May 25 - Jun 22 Sa 4:15pm - 5:00pm 5/$32.50 3425

Tiny Tutus Level 2 (3yrs - 5yrs)
For those tiny dancers that have already completed Tiny Tutus - Level 1 and are looking for a little more. Tiny Tutus - Level 2 will go more in-depth into ballet positions and movement in a recreational and relaxed environment. Your child will work towards a classroom presentation at the end of the session.

Abbotsford Recreation Centre
Jan 12 - Feb 9 Sa 10:30am - 11:15am 5/$32.50 3588
Feb 23 - Mar 16 Sa 10:30am - 11:15am 5/$32.50 3590
Apr 6 - May 11 Sa 10:30am - 11:15am 5/$32.50 3592
May 25 - Jun 15 Sa 10:30am - 11:15am 5/$32.50 3593

GENERAL INTEREST

Kids in Space (3yrs - 5yrs)
Is your child fascinated by the night sky and all things space? Blast off with us as we explore our solar system and beyond in this interactive hands on class.

Abbotsford Recreation Centre
Jan 11 - Feb 8 F 6:00pm - 6:45pm 5/$32.50 3709
Feb 15 - Mar 15 F 6:00pm - 6:45pm 5/$32.50 3712
Apr 5 - May 17 F 6:00pm - 6:45pm 7/$45.50 3713
May 24 - Jun 21 F 6:00pm - 6:45pm 5/$32.50 3716

Mad Scientists (3yrs - 5yrs)
Do you like things that pop, fizz, erupt, glow and transform? You might just be the mad little scientist we are looking for! Grab your lab coat and join us for scientific discovery! Learn, create and experiment in a safe, structured environment where messes are part of the fun.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 3:30pm - 4:15pm 5/$32.50 3108
Feb 12 - Mar 12 Tu 3:30pm - 4:15pm 5/$32.50 3110
Apr 2 - May 14 Tu 3:30pm - 4:15pm 7/$45.50 3111
May 21 - Jun 25 Tu 3:30pm - 4:15pm 6/$39 3119

Mini Chefs (3yrs - 5yrs)
Abbotsford Recreation Centre
Sweet Treats: What's better than dessert? Roll up your sleeves and get cooking with recipes that are sure to satisfy your sweet tooth!
Jan 9 - Feb 6 W 3:45pm - 4:30pm 5/$46 3395

Family Favourites: There is nothing better than a home cooked meal shared with your family. We simplify things for little ones so they can start helping out in the kitchen. Learn to create recipes that are sure to become family favourites for years to come!
Feb 13 - Mar 13 W 3:45pm - 4:30pm 5/$46 3393

Snack Attack: What's a toddlers favourite thing to eat? Snacks of course! We will teach your little one sweet and savory snack recipes that are sure to curb their hunger!
Apr 3 - May 15 W 3:45pm - 4:30pm 7/$54.50 3394

Cool Eats: Things are heating up outside so now is the perfect time to cool off in the kitchen! Learn to prepare simple snacks and treats that will hit the spot when the weather is HOT!
May 22 - Jun 26 W 3:45pm - 4:30pm 6/$55 3392

Music Together (NB - 5yrs)
Make music an exciting part of your child’s life! You’ll have so much fun singing, dancing, playing and laughing that you may not realize how much learning is taking place.

Abbotsford Recreation Centre
Jan 16 - Mar 13 W 9:00am - 9:45am 9/$99 6773
Jan 16 - Mar 13 W 10:00am - 10:45am 9/$99 6774
Jan 16 - Mar 13 W 11:00am - 11:45am 9/$99 6775
Apr 10 - Jun 12 W 9:00am - 9:45am 10/$110 6776
Apr 10 - Jun 12 W 10:00am - 10:45am 10/$110 6777
Apr 10 - Jun 12 W 11:00am - 11:45am 10/$110 6778

Look for this symbol for programs that incorporate the development of Physical Literacy

Physical Literacy = Movement and Confidence
Early Years Programs

GENERAL INTEREST

Nature Warriors (3yrs - 5yrs)

Does your child have a love for everything outdoors? Explore the natural world through hands-on activities, nature games, storytelling, and songs as they set off to become Nature Warriors. Please Note: This program will spend time outside, please dress for the weather.

Abbotsford Recreation Centre
Apr 4 - May 16  Th  3:15pm - 4:00pm  7/$45.50  3721
May 23 - Jun 27  Th  3:15pm - 4:00pm  6/$39  3726

Play and Learn (3yrs - 5yrs)

A recreation-based program with an emphasis on imaginative play and child-led discovery. We offer a fun and safe environment for participants to learn, grow, and develop vital life skills. We follow a play-based curriculum that includes daily gymnasium or outside activities, creative exploration, crafts and circle time. Taught by experienced instructors. Sign up for 1, 2, or all 3!

Abbotsford Recreation Centre
Jan 7 - 30  M/W/F  11:00am - 1:00pm  11/$202  3476
Feb 1 - 27  M/W/F  11:00am - 1:00pm  11/$202  3487
Mar 1 - 15  M/W/F  11:00am - 1:00pm  7/$129  3488
Apr 1 - 29  M/W/F  11:00am - 1:00pm  11/$202  3489
May 1 - 31  M/W/F  11:00am - 1:00pm  13/$239  3490
Jun 3 - 26  M/W/F  11:00am - 1:00pm  11/$202  3491

Rec School

Physical literacy is an important part of your child's development! Mondays are Red Cross swim lessons, Wednesdays are structured gym programs and Fridays the children enjoy skating.

Jan 7 - 30  M/W/F  11:00am - 1:00pm  11/$202  3476
Feb 1 - 27  M/W/F  11:00am - 1:00pm  11/$202  3487
Mar 1 - 15  M/W/F  11:00am - 1:00pm  7/$129  3488
Apr 1 - 29  M/W/F  11:00am - 1:00pm  11/$202  3489
May 1 - 31  M/W/F  11:00am - 1:00pm  13/$239  3490
Jun 3 - 26  M/W/F  11:00am - 1:00pm  11/$202  3491

Go Getter

Let's get creative with our time together! Create wonderful masterpieces, explore fun science experiments and make new friends. The afternoon is the time to foster your child's creativity and imagination.

Jan 7 - 30  M/W/F  1:00pm - 3:00pm  11/$202  3478
Feb 1 - 27  M/W/F  1:00pm - 3:00pm  11/$202  3488
Mar 1 - 15  M/W/F  1:00pm - 3:00pm  7/$129  3488
Apr 1 - 29  M/W/F  1:00pm - 3:00pm  11/$202  3489
May 1 - 31  M/W/F  1:00pm - 3:00pm  13/$239  3495
Jun 3 - 26  M/W/F  1:00pm - 3:00pm  11/$202  3499

Ready Set Fun (2yrs - 3yrs)

Are you a big kid now? Our play-based program introduces and settles toddlers into the FUN routines of early childhood education. Join in the excitement of learning in a structured, safe and social environment. Parents please note that children need to be potty trained.

Abbotsford Recreation Centre
Jan 8 - 31  Tu/Th  9:00am - 11:00am  8/$147  3479
Feb 5 - 28  Tu/Th  9:00am - 11:00am  8/$147  3480
Mar 5 - 14  Tu/Th  9:00am - 11:00am  4/$73  3481
Apr 2 - 30  Tu/Th  9:00am - 11:00am  9/$165  3492
May 2 - 30  Tu/Th  9:00am - 11:00am  9/$165  3493
Jun 4 - 20  Tu/Th  9:00am - 11:00am  6/$110  3500

Sensory Play (1.5yrs - 3yrs)

Bring your little ones to squish, splash, smell, and explore with us! We will have a variety of invigorating new sensory stations set up each week for you to investigate along with your child. Parent participation required.

Abbotsford Recreation Centre
Jan 10 - Feb 7  Th  9:30am - 10:15am  5/$32.50  3121
Feb 14 - Mar 14  Th  9:30am - 10:15am  5/$32.50  3122
Apr 4 - May 16  Th  9:30am - 10:15am  7/$45.50  3123
May 23 - Jun 27  Th  9:30am - 10:15am  6/$39  3124

SPORTS

Active Outdoor Games (3yrs - 5yrs)

Does your child spend their day in front of a screen? Get them active and return to play with our trained staff. This program is designed to incorporate active play into your week through all those favourite outdoor games; Tag, Capture the Flag, British Bulldog and more. Remember to wear sunscreen and dress for the weather - this program will run rain or shine.

Abbotsford Exhibition Park
Apr 3 - May 15  W  3:00pm - 3:45pm  7/$45.50  5532
May 22 - Jun 26  W  3:00pm - 3:45pm  6/$39  5533

BMX Learn to Ride Clinic (2yrs - 5yrs)

Come and explore the world of BMX at our 1 day clinic. BMX is a sport for the entire family, so bring your bike and helmet and let's have some fun! Snack and drink included.

Abbotsford Recreation Centre
Feb 2  Sa  10:00am - 11:00am  1/$7  4975
May 25  Sa  10:00am - 11:00am  1/$7  4977

Basketball (3yrs - 4yrs)

Gain confidence and improve your basketball skills! Learn dribbling, passing and shooting techniques in a fun environment that focuses on skill development and team play.

Abbotsford Recreation Centre
Jan 9 - Feb 6  W  9:00am - 9:45am  5/$32.50  1996
Jan 11 - Feb 8  F  9:00am - 9:45am  5/$32.50  1989
Feb 13 - Mar 13  W  9:00am - 9:45am  5/$32.50  1998
Feb 15 - Mar 15  F  9:00am - 9:45am  5/$32.50  2001
Apr 3 - May 15  W  9:00am - 9:45am  7/$45.50  2005
Apr 5 - May 17  F  9:00am - 9:45am  7/$45.50  2008
May 22 - Jun 26  W  9:00am - 9:45am  6/$39  2007
May 24 - Jun 21  F  9:00am - 9:45am  5/$32.50  2012

Floor Hockey (3yrs - 5yrs)

Children will learn skills like passing and shooting, with a focus on building a sense of team work and playing cooperatively.

Abbotsford Recreation Centre
Jan 10 - Feb 7  Th  4:20pm - 5:05pm  5/$32.50  2016
Feb 14 - Mar 14  Th  4:20pm - 5:05pm  5/$32.50  2019
Apr 4 - May 16  Th  4:20pm - 5:05pm  7/$48  2020
May 23 - Jun 27  Th  4:20pm - 5:05pm  6/$39  2023

Ice Rascals (3yrs - 5yrs)

Get comfortable on ice! This program is for children who are newer to the rink. Children wear boots on ice and participate in games and activities. Equipment required: winter boots, CSA approved hockey helmet, appropriate winter clothing and gloves. Parent participation required. Skates/ice cleats required while on the ice.

Abbotsford Recreation Centre
Jan 8 - Feb 5  Tu  4:30pm - 5:00pm  5/$40  3747
Jan 12 - Feb 9  Sa  9:30am - 10:00am  5/$40  3753
Feb 12 - Mar 12  Tu  4:30pm - 5:00pm  5/$40  3752
Feb 16 - Mar 9  Sa  9:30am - 10:00am  4/$32  3754
Early Years Programs

Mini Movers (1.5yrs - 4yrs) 🍼
Does your child love to run, jump, throw and roll? Bring out your little one to start their physical literacy journey with these inter-ACTIVE classes. Obstacle courses, songs, and active games are incorporated to keep kids moving and grooving! Parent participation required.

Abbotsford Recreation Centre
Jan 9 - Feb 6 W 11:00am - 11:30am 5/$29.50 2684
Feb 13 - Mar 13 W 11:00am - 11:30am 5/$29.50 2685
Apr 3 - May 15 W 11:00am - 11:30am 7/$41 2688
May 22 - Jun 26 W 11:00am - 11:30am 6/$35 2690

Outdoor Soccer for 2YO’s (1.5yrs - 2yrs) ⚽️
A high-energy program to introduce your toddler to the fun sport of outdoor soccer! Help your child learn the FUNdamental movement skills for soccer. Parent participation required.

Crossley Park
Apr 1 - May 13 M 2:45pm - 3:15pm 6/$35 3561
May 27 - Jul 1 M 2:45pm - 3:15pm 6/$35 3562

Outdoor Soccer Level 1 (3yrs - 5yrs) ⚽️
Spend the spring outside with the community recreation team learning the ABC’s of physical literacy in this fun interactive soccer class. Remember to wear sunscreen and dress for the weather. This program will run rain or shine.

Crossley Park
Apr 1 - May 13 M 3:30pm - 4:15pm 6/$39 3579
Apr 6 - May 11 Sa 10:30am - 11:15am 5/$32.50 3587
May 25 - Jun 22 Sa 10:30am - 11:15am 5/$32.50 3589
May 27 - Jul 1 M 3:30pm - 4:15pm 6/$35 3581

Parachute Fun (1.5yrs - 4yrs)
Active play, songs, creative movement, and lots of parachute time! Get an active start and develop movement skills, coordination, and social interaction with others. Parent participation required.

Abbotsford Recreation Centre
Jan 9 - Feb 6 W 10:00am - 10:45am 5/$32.50 2480
Feb 13 - Mar 13 W 10:00am - 10:45am 5/$32.50 2481
Apr 3 - May 15 W 10:00am - 10:45am 7/$45.50 2482
May 22 - Jun 26 W 10:00am - 10:45am 6/$39 2483

Rumble Tumble (1.5yrs - 2yrs)
Kids will rumble, tumble, roll, and turn! We’ll keep kids moving with an active introduction to movement skills with obstacle courses, mats, somersaults, and more! Parent participation required.

Abbotsford Recreation Centre
Jan 7 - Feb 4 M 9:00am - 9:30am 5/$29.50 2696
Jan 12 - Feb 9 Sa 9:00am - 9:30am 5/$29.50 2709
Feb 11 - Mar 11 M 9:00am - 9:30am 4/$23.50 2697
Feb 23 - Mar 16 Sa 9:00am - 9:30am 4/$23.50 2710
Apr 1 - May 13 M 9:00am - 9:30am 6/$35 2698
Apr 6 - May 11 Sa 9:00am - 9:30am 5/$29.50 2711
Apr 2 - May 14 Tu 3:30pm - 4:00pm 7/$41 2707
May 25 - Jun 22 Sa 9:00am - 9:30am 5/$29.50 2712
May 27 - Jul 1 M 9:00am - 9:30am 6/$35 2700
May 21 - Jun 25 Tu 3:30pm - 4:00pm 6/$35 2708

Skate, Story & Snack (2yrs - 5yrs) 🎨
Join us for fun on the ice! This program introduces children to skating and the rink. Children experience a story on the ice followed by playtime and a cookie. Equipment required: skates, CSA approved helmet, appropriate winter clothing and gloves. Parent participation recommended. Skates/slice cleats required while on the ice.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 4:30pm - 5:00pm 5/$40 3749
Jan 12 - Feb 9 Sa 9:00am - 9:30am 5/$40 3755
Feb 12 - Mar 12 Tu 4:30pm - 5:00pm 5/$40 3751
Feb 16 - Mar 9 Sa 9:00am - 9:30am 4/$32 3756

Soccer Level 1 (3yrs - 5yrs) ⚽️
Come on out and practice the basic skills of soccer. Learn and develop the ABCs of movement: agility, balance, coordination and speed, as well as running, jumping, twisting, throwing and catching through fun games and activities.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 4:00pm - 4:45pm 5/$32.50 3140
Feb 12 - Mar 12 Tu 4:00pm - 4:45pm 5/$32.50 3141

Soccer Level 2 (3yrs - 5yrs) ⚽️
Have you learned the basic skills of soccer? Come spend the spring outside with the community recreation team to develop your agility, balance, coordination and speed, as well as running, jumping, twisting, throwing and catching with our experienced instructors through fun games and activities.

Abbotsford Recreation Centre
Jan 6 - Feb 3 Su 4:00pm - 4:30pm 5/$29.50 3135
Jan 8 - Feb 5 Tu 3:15pm - 3:45pm 5/$32.50 3133
Feb 10 - Mar 10 Su 4:00pm - 4:30pm 4/$23.50 3136
Feb 12 - Mar 12 Tu 3:15pm - 3:45pm 5/$29.50 3134
Apr 7 - May 12 Su 4:00pm - 4:30pm 5/$29.50 3137
May 26 - Jun 30 Su 4:00pm - 4:30pm 6/$35 3138

Sporting Edge (1.5yrs - 5yrs) 🎾
Looking to prepare your child for team sports? This program takes a playful approach to exploring FUNdamental movement skills and creating body awareness while exploring a variety of fun sports and games. Parent participation required.

Abbotsford Recreation Centre
1.5yrs - 2yrs
Jan 6 - Feb 3 Su 5:30pm - 6:00pm 5/$29.50 2484
Feb 10 - Mar 10 Su 5:30pm - 6:00pm 4/$28.50 2485
Apr 7 - May 12 Su 5:30pm - 6:00pm 5/$29.50 2486
May 26 - Jun 30 Su 5:30pm - 6:00pm 6/$35 2487

3yrs - 5yrs
Jan 8 - Feb 5 Tu 11:45am - 12:30pm 5/$32.50 2680
Feb 12 - Mar 12 Tu 11:45am - 12:30pm 5/$32.50 2681
Apr 2 - May 14 Tu 11:45am - 12:30pm 7/$45.50 2682
May 21 - Jun 25 Tu 11:45am - 12:30pm 6/$39 2683
Superhero Training (3yrs - 5yrs) 🦸‍♂️
Help your child discover their super powers! This program focuses on creating confident kids who can be Super Heroes every day! There is a physical focus on balance, flexibility, coordination and strength, while also promoting the development of social skills.

Abbotsford Recreation Centre
Jan 6 - Feb 3  Su 8:45am - 9:30am  5/$32.50 2191
Jan 10 - Feb 7  Th 11:45am - 12:30pm  5/$32.50 2198
Feb 10 - Mar 10 Su 8:45am - 9:30am  4/$26 2192
Feb 14 - Mar 14 Th 11:45am - 12:30pm  5/$32.50 2200
Apr 4 - May 16 Th 11:45am - 12:30pm  7/$45.50 2202
Apr 7 - May 12 Su 8:45am - 9:30am  5/$32.50 2193
May 23 - Jun 27 Th 11:45am - 12:30pm  6/$39 2204
May 26 - Jun 30 Su 8:45am - 9:30am  6/$39 2196

T-Ball (3yrs - 5yrs) 🎾
Get an Active Start and get your little one introduced to the FUNdamental movement and T-ball skills of throwing, catching, hitting and running through fun games and activities.

Abbotsford Recreation Centre
Jan 9 - Feb 6  W 11:45am - 12:30pm  5/$32.50 3104
Feb 13 - Mar 13 W 11:45am - 12:30pm  5/$32.50 3105
Apr 3 - May 15  W 11:45am - 12:30pm  7/$45.50 3106
May 22 - Jun 26  W 11:45am - 12:30pm  6/$39 3107

Tumbling Level 1 (3yrs - 5yrs) 🎇
Is your little monkey jumping on the bed? Rolling off the couch? This program will help develop your child’s balance, agility, strength, and self-confidence. Games, songs, and circuits based on basic gymnastic skills will be taught in a positive, fun, and energetic environment.

Abbotsford Recreation Centre
Jan 7 - Feb 4  M  9:45am - 10:30am  5/$32.50 2934
Feb 11 - Mar 11 M  9:45am - 10:30am  4/$26 2935
Apr 1 - May 13  M  9:45am - 10:30am  6/$39 2937
Apr 6 - May 11  Sa  9:45am - 10:30am  5/$32.50 2939
May 25 - Jun 22  Sa  9:45am - 10:30am  5/$32.50 2940
May 27 - Jul 1  M  9:45am - 10:30am  6/$39 2938
Apr 2 - May 14  Tu  4:15pm - 5:00pm  7/$45.50 2941
May 21 - Jun 25  Tu  4:15pm - 5:00pm  6/$39 2942

Tumbling Level 2 (3yrs - 5yrs) 🎇
Has your little one gotten good at basic tumbling? Come work more in-depth on your child’s balance, agility, strength, and self-confidence. Games, songs, and circuits based on rolling, tumbling and gymnastic skills will be taught in a positive, fun, and energetic environment.

Abbotsford Recreation Centre
Jan 12 - Feb 9  Sa  9:45am - 10:30am  5/$32.50 2943
Feb 23 - Mar 16  Sa  9:45am - 10:30am  4/$26 2944
Apr 6 - May 18  Sa  5:15pm - 6:00pm  7/$45.50 2945
May 25 - Jun 29  Sa  5:15pm - 6:00pm  6/$39 2946

Look for this symbol for programs that incorporate the development of Physical Literacy
Physical Literacy = Movement and Confidence
PLAY & LEARN CAMPS (3yrs - 5yrs)
Little ones will love our play and learn camps! It’s a great opportunity for them to have fun and meet new friends while learning valuable classroom skills. We will keep them busy with different gym sports, arts & crafts, and games all morning.

Mix It Up Sports
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$65 3310
FUNdamental Games
Mar 25 - 29 M-F 9:00am - 11:00am 5/$65 3311

FULL DAY SPECIALITY CAMPS

Creative Kids (7yrs - 12yrs)
This camp is a great opportunity for your child to explore and discover their creative side and enjoy a variety of art and craft mediums including: painting, drawing, sketching, and sculpting. This camp will also take part in different recreational activities, swimming, and skating.
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$155 1924

Dance & Perform (7yrs - 12yrs)
Are you the next star? We’ll be singing, dancing and acting all week long. You’ll get a chance to create your own performance and showcase at the end of the week! This camp will also take part in different recreational activities, swimming, and skating.
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$155 1938

Jedi Training (7yrs - 12yrs)
Your young Jedi will train in the ways of the Force and put their skills to the test against the Dark Side. Campers create their own Jedi character, develop their balance and coordination through fun Jedi training games. Camp includes swimming and skating.
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$155 1937

Kids Explorers (6yrs - 8yrs)
A camp experience your kids are sure to remember! We will be filling our days with swimming, skating, gym games, and craft exploration.
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$155 1907
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$155 1908

Super Skate Camp (6yrs - 8yrs)
We’ll start each day with a skate lesson and then spend the rest of the day playing games and participating in creative activities. They’ll have additional time on the ice and free time in the pool.
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$179 1929
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$179 1936

Super Splash Camp (7yrs - 12yrs)
A wet and wild camp that will keep you moving! We start the day with lessons in the pool and finish with games, crafts and activities. Then free time to splash and play!
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$155 1939
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$155 1940

Ultimate Sports (7yrs - 12yrs)
Is your camper looking for the ultimate week of fun? This week will be full of non-stop action with new and classic games and sports. There will be plenty of running, tagging, laughing with breaks for swimming and skating.
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$155 1921

Youth Adventures (9yrs - 12yrs)
A camp experience your kids are sure to remember! We will be filling our days with swimming, skating, gym games, and craft exploration. Before and after care are available.
Mar 18 - 22 M-F 9:00am - 4:00pm 5/$155 1911
Mar 25 - 29 M-F 9:00am - 4:00pm 5/$155 1914

Before & After Camp Care (6yrs - 12yrs)
Mar 18 - 25 M-F 8:00am - 9:00am 1/$6, 5/$27
Mar 18 - 25 M-F 4:00pm - 5:00pm 1/$6, 5/$27
We never knew Caitlyn was so into art,” says Steph, of her 11-year-old daughter. “She’s just blossomed since joining that art class. And Jack, well he’s a little boy, so heading outside is what he loves best.”

Steph is talking about the Fundamentals of Painting class where Caitlyn is learning about colour theory and colour mixing along with various painting techniques and media. She’s also referring to the Great Nature Escapes program at Mill Lake. “Jack can’t wait to get out and learn about the natural world through games, play and activities.”

Caitlyn is also learning to be a bit more independent at the Youth Home Alone and First Aid for Kids classes, where she’s prepping for her ‘career’ in baby-sitting. And Jack? Still on the go with pickleball classes.

Meanwhile, Steph is a fan of the Pro-D Camps where both kids have a full day of games, arts, crafts and swimming while she’s at work.

“ARTS, CRAFTS & HOBBIES

Art Sampler (6yrs - 12yrs)
Kids will discover their unique artistic abilities as they explore a variety of art mediums. Experiment with drawing, painting, clay, printmaking and more! Basic fundamentals of art will be taught with the opportunity for individual self-expression and imagination.

Matsqui Recreation Centre
Jan 10 - Feb 7  Th  4:30pm - 5:30pm  5/$53.50  3312
Apr 4 - May 16  Th  4:30pm - 5:30pm  7/$75  3313

Craft Zones (6yrs - 9yrs)
Spend time creating seasonal arts and crafts with our Community Recreation Leaders. All materials are provided and you get to take home awesome creations to enjoy with your family.

Abbotsford Recreation Centre
Valentine Craft Zone
Feb 7  Th  6:00pm - 7:00pm  1/$9  3381
Easter Craft Zone
Apr 18  Th  6:00pm - 7:00pm  1/$9  3321
Earth Day Craft Zone
Apr 25  Th  6:00pm - 7:00pm  1/$9  3319

Fundamentals of Painting for Kids (6yrs - 12yrs)
This class is designed as an introduction to the fine art of painting. Students in this class will learn the basics of colour theory, colour mixing, and explore a variety of paint techniques and mediums.

Abbotsford Recreation Centre
6yrs - 8yrs
Feb 11 - Mar 11  M  4:15pm - 5:15pm  4/$43  3323
May 27 - Jun 24  M  4:15pm - 5:15pm  5/$53.50  3327
9yrs - 12yrs
Feb 11 - Mar 11  M  5:30pm - 6:30pm  4/$43  3324
May 27 - Jun 24  M  5:30pm - 6:30pm  5/$53.50  3328
**Homeschool Art Exploration** (6yrs - 12yrs)

We offer homeschool families an exciting opportunity for art exploration through a variety of different mediums. Paint, draw, sculpt, and flex your creative muscles.

**Abbotsford Recreation Centre**

Jan 8 - Feb 5 Tu 1:00pm - 2:00pm 5/$53.50 3329
Feb 12 - Mar 12 Tu 1:00pm - 2:00pm 5/$53.50 3330
Apr 2 - May 14 Tu 1:00pm - 2:00pm 7/$75 3331
May 21 - Jun 25 Tu 1:00pm - 2:00pm 6/$65 3332

**Illustration & Comic Book Art** (6yrs - 12yrs)

Are you interested in comics, cartoons, graphic novels, or do you just like to draw? Students will learn to draw a variety of characters and styles. All materials will be provided.

**Abbotsford Recreation Centre**

Jan 7 - Feb 4 M 4:15pm - 5:15pm 5/$53.50 3333
Apr 1 - May 13 M 4:15pm - 5:15pm 6/$64.50 3334
9yrs - 12yrs
Jan 7 - Feb 4 M 5:30pm - 6:30pm 5/$53.50 3335
Apr 1 - May 13 M 5:30pm - 6:30pm 6/$64.50 3336

**AQUATICS**

**Bronze Star** *(10yrs+)*

Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo & partner rescues, searches and first-aid skills. Must be 10-12 years old and able to swim 400m. This is a preparation program for Bronze Medallion course.

**Abbotsford Recreation Centre**

Jan 2 - 4 W/F 9:00am - 12:30pm 4/$74 3697
Jan 12 - 20 Sa/Su 9:00am - 12:30pm 4/$74 3698
Mar 18 - 20 M/W 9:00am - 12:30pm 4/$74 3700
Mar 25 - 27 M/W 9:00am - 12:30pm 4/$74 3701

**Homeschool Swim Lessons**

These Red Cross swim lessons are scheduled specifically for homeschooled students. The swim lesson time will be decided based on level and will be at either 1pm or 1:45pm and each lesson is 45min.

**Abbotsford Recreation Centre**

Sea Otter/Salamander and SK 1-5
Jan 8 - Mar 12 Tu 1:00pm - 1:45pm 10/$87 5959
Apr 2 - May 16 Tu 1:00pm - 1:45pm 7/$61 5962

Sunfish, Crocodile, Whale, SK 2-10
Jan 8 - Mar 12 Tu 1:45pm - 2:30pm 10/$87 5961
Apr 2 - May 16 Tu 1:45pm - 2:30pm 7/$61 5963

**Junior Lifeguard Club**

Is your son or daughter interested in learning lifesaving skills? In the Junior Lifeguard Club they will work on how to perform a water rescue, learn CPR and a multitude of other skills in a fun, interactive environment with the Junior Lifeguard Club. Swimmers need to have completed Level 5 or able to swim 2 lengths of the pool comfortably. No class Apr 20, May 18.

**Abbotsford Recreation Centre**

Jan 12 - Mar 9 Sa 10:30am - 12:30pm 8/$168 5955
Apr 6 - Jun 22 Sa 10:30am - 12:30pm 10/$209 5957

**COOKING**

**Kid Chefs** *(9yrs - 12yrs)*

**Abbotsford Recreation Centre**

**Sweet Treats:** What’s better than dessert? Roll up your sleeves and get cooking with recipes that are sure to satisfy your sweet tooth! You'll learn everything you need to know to recreate these delicious recipes at home for your family.

Jan 9 - Feb 6 W 6:00pm - 7:00pm 5/$53.50 3387

**Family Favourites:** There is nothing better than a home cooked meal shared with your family. Learn to cook recipes that are sure to become family favourites for years to come.

Feb 13 - Mar 13 W 6:00pm - 7:00pm 5/$53.50 3384

**Snack Attack:** Got the munchies? We've got you covered! We will teach you sweet and savory snack recipes that are sure to curb your hunger!

Apr 3 - May 15 W 6:00pm - 7:00pm 7/$75 3385

**Cool Eats:** Things are heating up outside so now is the perfect time to cool off in the kitchen! Learn to prepare meals, snacks and treats that will hit the spot when the weather is HOT!

May 22 - Jun 26 W 6:00pm - 7:00pm 6/$64.50 3383

**Lil’ Chefs** *(6yrs - 8yrs)*

Abbotsford Recreation Centre

**Sweet Treats:** What’s better than dessert? Roll up your sleeves and get cooking with recipes that are sure to satisfy your sweet tooth! You'll learn everything you need to know to recreate these delicious recipes at home for your family.

Jan 9 - Feb 6 W 4:45pm - 5:45pm 5/$53.50 3391

**Family Favourites:** There is nothing better than a home cooked meal shared with your family. Learn to cook recipes that are sure to become family favourites for years to come.

Feb 13 - Mar 13 W 4:45pm - 5:45pm 5/$53.50 3389

**Snack Attack:** Got the munchies? We've got you covered! We will teach you sweet and savory snack recipes that are sure to curb your hunger!

Apr 3 - May 15 W 4:45pm - 5:45pm 7/$75 3390

**Cool Eats:** Things are heating up outside so now is the perfect time to cool off in the kitchen! Learn to prepare meals, snacks and treats that will hit the spot when the weather is HOT!

May 22 - Jun 26 W 4:45pm - 5:45pm 6/$64.50 3388
DANCE

Ballet for Kids (6yrs - 10yrs)
A creative exploration of the classical art of ballet. Learn basic ballet technique with a focus on body awareness and self-expression in a creative and supportive environment. A short demonstration may be presented in the final class.

Abbotsford Recreation Centre
Jan 9 - Feb 6 W 6:30pm - 7:30pm 5/$35.50 3398
Apr 3 - May 15 W 6:30pm - 7:30pm 7/$50 3399

Matsqui Recreation Centre
Jan 9 - Feb 6 W 4:30pm - 5:30pm 5/$35.50 3396
Apr 3 - May 15 W 4:30pm - 5:30pm 7/$50 3397

Boys Dance (6yrs - 10yrs)
Boys can discover dance and explore movement through this fun and energetic introductory class. Learn dance moves from hip hop to jazz and gain confidence learning to express yourself in rhythm with the music.

Abbotsford Recreation Centre
Feb 13 - Mar 13 W 6:30pm - 7:30pm 5/$35.50 3400
May 22 - Jun 26 W 6:30pm - 7:30pm 6/$43 3401

Matsqui Recreation Centre
Feb 13 - Mar 13 W 4:30pm - 5:30pm 5/$35.50 3411
May 22 - Jun 26 W 4:30pm - 5:30pm 6/$43 3412

Dance Allsorts (6yrs - 10yrs)
An introduction to the basics of ballet, modern, and jazz all in one course. This lively sampler includes technique fundamentals and short dance combinations, all in a creative and recreational environment.

Abbotsford Recreation Centre
Feb 22 - Mar 15 F 3:30pm - 4:30pm 4/$28.50 3407
May 24 - Jun 21 F 3:30pm - 4:30pm 5/$35.50 3408

Home (6yrs - 10yrs)
Introduce your kids to the world of Hip Hop dance. They will learn new dance moves and build confidence as they create an original dance routine.

Abbotsford Recreation Centre
Jan 11 - Feb 8 F 3:30pm - 4:30pm 5/$35.50 3409
Apr 5 - May 10 F 3:30pm - 4:30pm 5/$35.50 3410

Matsqui Recreation Centre
Feb 13 - Mar 13 W 4:30pm - 5:30pm 5/$35.50 3411
May 22 - Jun 26 W 4:30pm - 5:30pm 6/$43 3412

FITNESS

Kids Yoga (6yrs - 12yrs)
This class incorporates a variety of breathing techniques and poses in a fun and relaxed environment. Our goal is to introduce the joy of yoga to children at a young age in this fun and enjoyable class. Our belief is that it will impact their everyday lives in a positive way.

Abbotsford Recreation Centre
Jan 14 - Mar 11 M 4:45pm - 5:30pm 8/$72 814
Apr 1 - May 13 M 4:45pm - 5:30pm 6/$54 818
May 27 - Jun 24 M 4:45pm - 5:30pm 5/$45 819

KIDS NIGHT OUT
(and parents night off!)
Your kids will have a blast with PRC! Friday nights at Abbotsford Recreation Centre.

Check online or call for dates. See page 9 for details.
Children Programs

GENERAL INTERESTS

Dynamic Dinosaurs (5yrs - 7yrs)
This program gives your child an introduction to the prehistoric with dinosaurs! We will explore these ancient massive and majestic creatures through a variety of art and science activities such as digging for fossils, building dino skeletons, and dramatic play and song.

Abbotsford Recreation Centre
May 21 - Jun 25 Tu 4:30pm - 5:30pm 6/$43 3118

Great Nature Escapes (6yrs - 8yrs)
Through hands-on activities, nature themed games and creative play, we will learn all about the natural world. Discover mud, bugs and plants with new friends as your leader takes you on a nature adventure you won’t soon forget. Please Note: This program will spend time outside, please dress for the weather.

Abbotsford Recreation Centre
Apr 4 - May 16 Th 4:10pm - 5:10pm 7/$50 3731
Apr 4 - May 16 Th 5:20pm - 6:20pm 7/$50 3739
May 23 - Jun 27 Th 4:10pm - 5:10pm 6/$43 3734
May 23 - Jun 27 Th 5:20pm - 6:20pm 6/$43 3740

Intro to French (6yrs - 12yrs)
This course is designed for those that have had little to no introduction to French. We will introduce and reintroduce topics such as colours, numbers, greetings, and politeness in the French language. By the end of the class the students will have gained a fun and interactive introduction to the French language.

Abbotsford Recreation Centre
Jan 7 - Feb 6 M/W 4:00pm - 5:00pm 10/$92 3011
Feb 11 - Mar 13 M/W 4:00pm - 5:00pm 9/$83 3013
Apr 1 - May 15 M/W 4:00pm - 5:00pm 13/$119 3015
May 22 - Jun 26 M/W 4:00pm - 5:00pm 11/$101 3017

Intermediate French (6yrs - 12yrs)
This course is designed for those that have already been introduced to French. The classes will focus on common verbs in present and passé composé, vocabulary expansion, and conversational French. Tasks will include various listening, reading, and speaking activities.

Abbotsford Recreation Centre
Jan 7 - Feb 06 M/W 5:15pm - 6:15pm 10/$92 3010
Feb 11 - Mar 13 M/W 5:15pm - 6:15pm 9/$83 3012
Apr 1 - May 15 M/W 5:15pm - 6:15pm 13/$119 3014
May 22 - Jun 26 M/W 5:15pm - 6:15pm 11/$101 3016

Mad Scientists (6yrs - 8yrs)
Do you like things that pop, fizz, erupt, glow and transform? You might just be the mad scientist we are looking for! Grab your lab coat and join us for scientific discovery! Learn, create and experiment in a safe, structured environment where messes are part of the fun.

Abbotsford Recreation Centre
Feb 12 - Mar 12 Tu 4:30pm - 5:30pm 5/$33 3109
Apr 2 - May 14 Tu 4:30pm - 5:30pm 7/$50 3112

Zoology (6yrs - 8yrs)
This program is an extension of Mad Scientists for children who want to learn more about a particular topic. Zoology explores the world of animals through a variety of activities such as art, storytelling, crafts and science experiments.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 4:30pm - 5:30pm 5/$35.50 3018

Family Yoga

Abbotsford Recreation Centre
Sundays, 3pm - 4pm
Jan 13 - Mar 10
Apr 7 - May 12
May 26 - Jun 23

Bond with family while sharing the health and well-being that yoga brings. The class explores standing poses, sun salutations, breathing and relaxation techniques with fun interactive yoga games.

See page 9 for details.
SAFETY

KIDPROOF - Bully Proofing (6yrs - 10yrs)
This child safety program is designed to be preventative and proactive so that children can avoid being bullied, and if they are bullied, know how to stop it.

Abbotsford Recreation Centre
Jan 12  Sa  5:30pm - 7:30pm  1/$28.50  2981
Feb  2  Sa  5:30pm - 7:30pm  1/$28.50  2982
Feb 23  Sa  5:30pm - 7:30pm  1/$28.50  2983
Apr  6  Sa  5:30pm - 7:30pm  1/$28.50  2984
May  4  Sa  5:30pm - 7:30pm  1/$28.50  2989
May 25  Sa  5:30pm - 7:30pm  1/$28.50  2990
Jun  15  Sa  5:30pm - 7:30pm  1/$28.50  2991

KIDPROOF - Cybersafe (8yrs - 12yrs)
The fastest growing segment of Internet users are young children. It is impossible to ignore any longer, and vital to prepare kids at an early age to be cyber safe.

Abbotsford Recreation Centre
Jan 19  Sa  5:30pm - 7:30pm  1/$28.50  3004
Feb  9  Sa  5:30pm - 7:30pm  1/$28.50  3005
Mar  2  Sa  5:30pm - 7:30pm  1/$28.50  3006
Apr 13  Sa  5:30pm - 7:30pm  1/$28.50  3007
May 11  Sa  5:30pm - 7:30pm  1/$28.50  3008
Jun  1  Sa  5:30pm - 7:30pm  1/$28.50  3120
Jun 22  Sa  5:30pm - 7:30pm  1/$28.50  3009

KIDPROOF - First Aid for Kids (9yrs - 13yrs)
This class is an active and informative program that teaches children how to safely respond to medical emergencies such as cuts, burns, choking, broken bones, allergies, and accidents. Our focus is on prevention and awareness.

Abbotsford Recreation Centre
Jan 26  Sa  6:30pm - 8:30pm  1/$28.50  2993
Feb 16  Sa  6:30pm - 8:30pm  1/$28.50  2994
Mar  9  Sa  6:30pm - 8:30pm  1/$28.50  2995
Apr 27  Sa  6:30pm - 8:30pm  1/$28.50  2996
May 18  Sa  6:30pm - 8:30pm  1/$28.50  3429
Jun  8  Sa  6:30pm - 8:30pm  1/$28.50  2997
Jun 29  Sa  6:30pm - 8:30pm  1/$28.50  2992

KIDPROOF - Youth Home Alone (9yrs - 13yrs)
After school time and the occasional short outings for parents are easily dealt with when children are prepared. The main focus of the workshop is home and personal safety tips, including: how to respond safely to phone calls, responsibilities when at home alone, and dealing with emergency situations.

Abbotsford Recreation Centre
Jan 26  Sa  4:30pm - 6:30pm  1/$28.50  2999
Feb 16  Sa  4:30pm - 6:30pm  1/$28.50  3000
Mar  9  Sa  4:30pm - 6:30pm  1/$28.50  3001
Apr 27  Sa  4:30pm - 6:30pm  1/$28.50  3002
May 18  Sa  4:30pm - 6:30pm  1/$28.50  3430
Jun  8  Sa  4:30pm - 6:30pm  1/$28.50  3003
Jun 29  Sa  4:30pm - 6:30pm  1/$28.50  2998

Register TODAY!
direct2rec.com

Yoga for children has been shown to increase focus, self-esteem and a decrease in anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility.

Abbotsford Recreation Centre
Mondays, 4:45pm - 5:30pm
Jan 14 - Mar 11
Apr 1 - May 13
May 27 - Jun 24
direct2rec.com
Children Programs

SPORT

Abbotsford Boxing Junior Class (7yrs - 11yrs)
Each class is for all levels from beginners to advanced. This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, difference punch combinations and defense. Supplies not included. Please bring $75 to first class.

Abbotsford Recreation Centre
Jan 8 - Feb 5  Tu 3:45pm - 4:45pm  5/$55 3839
Feb 12 - Mar 12  Tu 3:45pm - 4:45pm  5/$55 3840
Apr 2 - May 14  Tu 3:45pm - 4:45pm  7/$77 3841
May 21 - Jun 25 Tu 3:45pm - 4:45pm 6/$66 3842

Active Outdoor Games (6yrs - 12yrs)
Does your child spend their day in front of a screen? Get them active and return to play with our trained staff. This program is designed to incorporate active play into your week through all those favourite outdoor games; Tag, Capture the Flag, British Bulldog and more.

Abbotsford Exhibition Park
6yrs - 8yrs
Apr 3 - May 15 W 4:00pm - 5:00pm 7/$50 5534
May 22 - Jun 26 W 4:00pm - 5:00pm 6/$43 5535

BC Bounce (5yrs - 16yrs)
This league exists for the children of our community, providing them with the opportunity to experience and develop basketball skills. The primary objective of BC Bounce is to build a minor basketball program.

Abbotsford Recreation Centre
5yrs - 8yrs
Feb 25 - May 4  M/Sa 4:00pm - 5:00pm 15/$225 6182
Feb 27 - May 3  W/F 4:00pm - 5:00pm 16/$225 6181
10yrs - 16yrs
Feb 25 - May 4  M/Sa 5:00pm - 6:00pm 15/$225 6184
Feb 27 - May 3  W/F 5:00pm - 6:00pm 16/$225 6184

BMX Learn to Ride Clinic (6yrs - 16yrs)
Come and explore the world of BMX at our 1 day clinic. BMX is a sport for the entire family, so bring your bike and helmet and let's have some fun! Snack and drink included.

Abbotsford Recreation Centre
Feb 2  Sa 11:00am - 12:30pm 1/$7 4999
May 25 Sa 11:00am - 12:30pm 1/$7 5001

Fencing - Classical French (8yrs - 12yrs)
Learn the basics of fencing, one of the world's most unique sports. The principals of foil, en-garde position, lunge and more are covered in this program. All major equipment is supplied including the mask, jacket, glove and foil. Please contact ARC/MRC if you have your own equipment.

 Matsqui Recreation Centre
Jan 7 - Mar 11 M 7:00pm - 8:00pm 9/$135 3847
Apr 1 - Jun 24 M 7:00pm - 8:00pm 11/$165 3848

Floor Hockey (6yrs - 12yrs)
Children will learn skills like passing and shooting, with a focus on building a sense of team work and playing cooperatively.

Abbotsford Recreation Centre
6yrs - 8yrs
Jan 10 - Feb 7 Th 5:10pm - 6:10pm 5/$35.50 2028
Feb 14 - Mar 14 Th 5:10pm - 6:10pm 5/$35.50 2030
Apr 2 - May 14 Tu 6:15pm - 7:15pm 7/$50 2177
Apr 4 - May 16 Th 5:10pm - 6:10pm 7/$50 2173
May 21 - Jun 25 Tu 6:15pm - 7:15pm 6/$43 2178
May 23 - Jun 27 Th 5:10pm - 6:10pm 6/$43 2175
9yrs - 12yrs
Jan 10 - Feb 7 Th 6:15pm - 7:15pm 5/$35.50 2179
Feb 14 - Mar 14 Th 6:15pm - 7:15pm 5/$35.50 2180
Apr 4 - May 16 Th 6:15pm - 7:15pm 7/$50 2181
May 23 - Jun 27 Th 6:15pm - 7:15pm 6/$43 2182

Goalball for Kids (6yrs - 12yrs)
This team sport relies on your sense of hearing to prevent the opposing team from rolling the ball into your goal. Bells inside the ball help orient the players by indicating the direction of the oncoming ball.

Abbotsford Recreation Centre
Jan 9 - Feb 6 W 5:00pm - 6:00pm 5/$35.50 3814
Feb 13 - Mar 13 W 5:00pm - 6:00pm 5/$35.50 3815
Apr 3 - May 8 W 5:00pm - 6:00pm 6/$43 3816
May 15 - Jun 26 W 5:00pm - 6:00pm 7/$50 3818

Learn to Play Badminton (6yrs - 12yrs)
Learn the foundation of badminton techniques and footwork. The program introduces the basic racquet skills and develops the ABCs of movement: agility, balance and coordination required for badminton.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 3:30pm - 4:30pm 5/$35.50 2955
Feb 12 - Mar 12 Tu 3:30pm - 4:30pm 5/$35.50 2956
Apr 2 - May 14 Tu 3:30pm - 4:30pm 7/$50 2957
May 21 - Jun 25 Tu 3:30pm - 4:30pm 6/$43 2958

Learn to Play Lacrosse (6yrs - 12yrs)
Come learn the basics of Canada's National Summer Sport in a non-contact program! We will teach you the fundamentals of stick handling, throwing, catching and how to play. All equipment supplied.

Crossley Park
6yrs - 8yrs
Apr 5 - May 17 F 4:00pm - 5:00pm 7/$50 3677
May 24 - Jun 21 F 4:00pm - 5:00pm 5/$35.50 3680
9yrs - 12yrs
Apr 5 - May 17 F 5:15pm - 6:15pm 7/$50 3683
May 24 - Jun 21 F 5:15pm - 6:15pm 5/$35.50 3696

Learn to Play Pickleball (6yrs - 12yrs)
It it tennis? Is it Badminton? No, it's Pickleball! Join us for this introductory course where we will explain the sport, rules, equipment, court lines, scoring, court etiquette and everything you need to start playing pickleball.

Abbotsford Recreation Centre
Jan 10 - Feb 7 Th 3:10pm - 4:10pm 5/$35.50 3080
Feb 14 - Mar 14 Th 3:10pm - 4:10pm 5/$35.50 3081
Apr 4 - May 16 Th 3:10pm - 4:10pm 5/$35.50 3082
May 23 - Jun 27 Th 3:10pm - 4:10pm 5/$35.50 3083
Learn to Play Volleyball (9yrs - 12yrs)

Our instructors will teach you the fundamentals of passing, setting, serving, hitting, and blocking in this fun and supportive class!

Abbotsford Recreation Centre

Jan 6 - Feb 3  Su  6:30pm - 7:30pm  5/$35.50 2951
Feb 10 - Mar 10 Su  6:30pm - 7:30pm  4/$28.50 2952
Apr 7 - May 12 Su  6:30pm - 7:30pm  5/$35.50 2953
May 26 - Jun 30 Su  6:30pm - 7:30pm  5/$35.50 2954

Outdoor Soccer Level 1 (6yrs - 12yrs)

Spend the spring outside with the community recreation team learning the ABC’S of physical literacy in this fun interactive soccer class. Remember to wear sunscreen and dress for the weather. This program will run rain or shine.

Crossley Park

6yrs - 8yrs
Apr 1 - May 13  M  4:25pm - 5:25pm  6/$43 3582
Apr 6 - May 11  Sa  11:30am - 12:30pm  5/$35.50 3591
May 25 - Jun 22  Sa  11:30am - 12:30pm  5/$35.50 3594
May 27 - Jul 1  M  4:25pm - 5:25pm  6/$43 3583

9yrs - 12yrs
Apr 1 - May 13  M  5:35pm - 6:35pm  6/$43 3584
Apr 6 - May 11  Sa  12:45pm - 1:45pm  5/$35.50 3595
May 25 - Jun 22  Sa  12:45pm - 1:45pm  5/$35.50 3596
May 27 - Jul 1  M  5:35pm - 6:35pm  6/$43 3585

Outdoor Soccer Level 2 (6yrs - 12yrs)

Have you learned the basic skills of soccer? Come spend the spring outside with the community recreation team to develop your agility, balance, coordination and speed, as well as running, jumping, twisting, throwing and catching with our experienced instructors through fun games and activities.

Crossley Park

6yrs - 8yrs
Apr 2 - May 14  Tu  4:25pm - 5:25pm  7/$50 3599
May 21 - Jun 25  Tu  4:25pm - 5:25pm  6/$43 3600

9yrs - 12yrs
Apr 2 - May 14  Tu  5:35pm - 6:35pm  7/$50 3604
May 21 - Jun 25  Tu  5:35pm - 6:35pm  6/$43 3606

P.E for Home School Children (6yrs - 12yrs)

Physical education is an integral part of every child’s development. This course will provide your child the opportunity to build physical literacy and gain confidence in new games and sports in a supportive and engaging environment.

Abbotsford Recreation Centre

Jan 7 - Feb 4  M  10:45am - 11:45am  5/$35.50 2215
Feb 11 - Mar 11  M  10:45am - 11:45am  4/$28.50 2477
Apr 1 - May 13  M  10:45am - 11:45am  6/$43 2478
May 27 - Jul 1  M  10:45am - 11:45am  6/$43 2479

Recreational Rugby (9yrs - 12yrs)

Looking to try something new? Rugby is an inclusive sport that has a place for all skill levels! Participants will be introduced to simple rugby games and drills including scrums, lineouts, kick-offs and basic skill development. Experience this great sport in non-contact, fun, and supportive environment.

Crossley Park

Apr 3 - May 15  W  4:00pm - 5:00pm  7/$50 3656
May 22 - Jun 26  W  4:00pm - 5:00pm  6/$43 3657

Soccer Level 1 (6yrs - 12yrs)

Come on out and practice the basic skills of soccer. Learn and develop the ABCs of movement: agility, balance, coordination and speed, as well as running, jumping, twisting, throwing and catching through fun games and activities.

Abbotsford Recreation Centre

6yrs - 8yrs
Jan 8 - Feb 5  Tu  5:00pm - 6:00pm  5/$35.50 3142
Feb 12 - Mar 12  Tu  5:00pm - 6:00pm  5/$35.50 3143

9yrs - 12yrs
Jan 8 - Feb 5  Tu  6:15pm - 7:15pm  5/$35.50 3144
Feb 12 - Mar 12  Tu  6:15pm - 7:15pm  5/$35.50 3145

Soccer Level 2 (3yrs - 5yrs)

Have you learned the basic skills of soccer? Come spend the spring outside with the community recreation team to develop your agility, balance, coordination and speed, as well as running, jumping, twisting, throwing and catching with our experienced instructors through fun games and activities.

Abbotsford Recreation Centre

6yrs - 8yrs
Jan 6 - Feb 3  Su  6:45pm - 7:45pm  5/$35.50 3639
Feb 10 - Mar 10  Su  5:35pm - 6:35pm  4/$28.50 3641
Apr 7 - May 12  Su  5:35pm - 6:35pm  5/$35.50 3644
May 26 - Jun 30  Su  5:35pm - 6:35pm  6/$43 3645

9yrs - 12yrs
Jan 6 - Feb 3  Su  6:45pm - 7:45pm  5/$35.50 3631
Feb 10 - Mar 10  Su  5:35pm - 6:35pm  4/$28.50 3634
Apr 7 - May 12  Su  5:35pm - 6:35pm  5/$35.50 3635
May 26 - Jun 30  Su  5:35pm - 6:35pm  6/$43 3637

Wheelchair Basketball for Kids (8yrs - 12yrs)

Wheelchair basketball is a fast paced, physical and dynamic game in the adapted sport community. Wheelchair basketball is inclusive; able-bodied athletes participate, alongside athletes with a physical disability.

Abbotsford Recreation Centre

Jan 6 - Feb 3  Su  4:30pm - 5:30pm  5/$35.50 3820
Feb 10 - Mar 10  Su  4:30pm - 5:30pm  4/$28.50 3824
Apr 7 - May 12  Su  4:30pm - 5:30pm  5/$35.50 3822
May 26 - Jun 23  Su  4:30pm - 5:30pm  5/$35.50 3823
My boxing class is really cool,” says Robyn, 16. “I’m learning how to defend myself and the workout is awesome.”

She’s talking about the Youth Boxing classes: one-hour sessions that are non-contact and include cardio, circuit training, technical boxing, core exercises and instruction on proper stance, punch combinations and defense.

Her brother, Jason, is 13 and has his sights firmly set on becoming a lifeguard. He is registered in the Bronze Medallion program where he’s learning self-rescue techniques, defense and release methods, and tows and carries to prepare him for rescues and unconscious victims.

Both kids like their sports, too. Robyn is keen to improve her volleyball game and hone her skills while keeping an eye on competitors from other schools. And Jason is checking out rugby in preparation for joining the school team next year. He’s learning all the game’s skills like scrums, lineouts and kick-offs in the non-contact classes.

Robyn and Jason have also taken the Teen Weight Room Orientation and are qualified to use the facilities during designated times.

AQUATICS

**Adult/Teen Basic**

Ideal for those who are new to the pool or for those who would like to improve their swimming skills. Participants choose what swimming skills they would like to develop.

**Abbotsford Recreation Centre**

| Jan 8 - Feb 7 | Tu/Th | 6:30pm - 7:15pm | 10/$89 | 4397 |
| Jan 12 - Mar 9 | Sa | 11:15am - 12:00pm | 9/$70 | 5160 |
| Feb 12 - Mar 14 | Tu/Th | 6:30pm - 7:15pm | 10/$89 | 4462 |
| Mar 18 - 22 | M/F | 11:30am - 12:15pm | 5/$44 | 4093 |
| Mar 25 - 29 | M/F | 11:30am - 12:15pm | 5/$44 | 4149 |

**Matsqui Recreation Centre**

| Jan 7 - Feb 6 | M/W | 6:15pm - 7:00pm | 10/$89 | 5336 |

**Adult/Teen Red Cross Swim Strokes**

Red Cross Swim strokes is a stroke improvement program for adults and teens. Individuals registering for this program should be able to swim a distance of 15m and be comfortable swimming on both their front and back. Swimmers set their own goals and work at their own pace.

**Abbotsford Recreation Centre**

| Jan 8 - Mar 12 | Tu/Th | 6:15pm - 7:00pm | 10/$89 | 4694 |
| Jan 12 - Mar 9 | Sa | 10:30am - 11:15pm | 9/$70 | 5159 |
| Mar 18 - 22 | M-F | 10:15am - 11:00am | 5/$44 | 4094 |
| Mar 25 - 29 | M-F | 10:15am - 11:00am | 5/$44 | 4150 |

**Matsqui Recreation Centre**

| Jan 7 - Feb 6 | M/W | 6:15pm - 7:00pm | 10/$89 | 5336 |
ADVANCED AQUATIC TRAINING

**Bronze Star (10yrs+)**
Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo & partner rescues, searches & first-aid skills. Must be able to swim 400m.

**Abbotsford Recreation Centre**
Jan 2 - 4  W/F  9:00am - 12:30pm  3/$74  3697
Jan 12 - 20  Sa/Su  9:00am - 11:30am  4/$74  3698
Mar 18 - 20  M/W  9:00am - 12:30pm  3/$74  3700
Mar 25 - 27  M/W  9:00am - 12:30pm  3/$74  3701

**Bronze Medallion (13yrs+)**
Students learn self-rescue techniques, defense and release methods and tows and carries in preparation for challenging rescues and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency in a timed swim (500m in 15 minutes).

**Abbotsford Recreation Centre**
Jan 2 - 4  W/F  9:00am - 5:00pm  3/$175  3732
Jan 11 - 13  F/Su  5:00pm - 9:00pm  3/$175  3733
Mar 18 - 20  M/W  9:00am - 5:00pm  3/$175  3737
Mar 25 - 27  M/W  9:00am - 5:00pm  3/$175  3738

**Bronze Cross (13yrs+)**
Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic emergencies, while developing stroke endurance (500m in 15 minutes) and fitness training skills.

**Abbotsford Recreation Centre**
Jan 4 - 6  F/Su  9:00am - 5:00pm  3/$160  3722
Jan 18 - 20  F/Su  5:00pm - 9:00pm  3/$160  3723
Mar 20 - 22  W/F  9:00am - 5:00pm  3/$160  3722
Mar 27 - 29  W/F  9:00am - 5:00pm  3/$160  3723

**Bronze Medallion/Bronze Cross & CPR C (13yrs+)**
A combined Bronze Medallion and Bronze Cross course.

**Abbotsford Recreation Centre**
Jan 2 - 6  W/Su  9:00am - 5:00pm  5/$335  3777
Jan 11 - 13  F/Su  5:00pm - 9:00pm  6/$335  3777
Mar 18 - 22  M/F  9:00am - 5:00pm  5/$335  3777
Mar 25 – 29  M/F  9:00am - 5:00pm  5/$335  3777

**Lifesaving Instructor (16yrs+)**
The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.

**Matsqui Recreation Centre**
Mar 30 - Apr 1  M/Sa  10:00am - 7:00pm  3/$260  3782

**National Lifeguard Service (16yrs+)**
NLS Training develops basic lifeguarding skills, principles and decision-making to assist the lifeguard in evaluating and adapting to different aquatic emergencies and facilities. NLS is the standard measurement of lifeguarding performance across Canada.

**Matsqui Recreation Centre**
Jan 2 - 6  W/Su  9:00am - 6:30pm  5/$375  3857
Jan 25 - Feb 3  F/Su  5:00pm - 9:00pm  6/$375  3856
Mar 25 - 29  M/F  9:00am - 6:30pm  5/$375  3786

**National Lifeguard Service Pre/Recertification (16yrs+)**
This course includes both a pre-certification refresher and the recertification for certified lifeguards.

**Abbotsford Recreation Centre**
Feb 18  M  10:00am - 6:00pm  1/$115  3790
Mar 24  Su  10:00am - 6:00pm  1/$115  3791

**Water Safety Instructor (15yrs+)**
Combination course for the WSI Prep and WSI course. This course includes all the WSI Prep and WSI requirements that are necessary for students to be qualified to teach the Red Cross swimming program. All of the materials are included in the class and 100% attendance is needed to complete the course.

**Matsqui Recreation Centre**
Feb 16 - 18  M/Sa  10:00am - 7:00pm  3/$200  3796

**Water Safety Instructor Recertification (15yrs+)**
This course prepares candidates to instruct the Red Cross Water Safety program. Instructors will experience, analyze and apply the Swim kids, Preschool Swim kids and Aqua Adult program curriculum. Principles of injury prevention, inclusion, progressive learning and Red Cross fundamental principles are reinforced.

**Matsqui Recreation Centre**
Jan 26  Sa  4:00pm - 9:00pm  1/$120  3804
Feb 23  Sa  4:00pm - 9:00pm  1/$120  3805
Mar 23  Sa  4:00pm - 9:00pm  1/$120  3806

**Water Safety Instructor Prep (15yrs+)**
Water Safety Instructor (Prep) covers the foundation of physical and instructional skills. AWSI includes physical principles, stroke progressions, communication methods and safety supervision skills with a heavy focus on teaching principles and learning styles. Once certified candidates have two years to become a Water Safety Instructor.

**Matsqui Recreation Centre**
Feb 1 - 9  F/Sa  9:00am - 5:00pm  4/$340  3800

**WSI Prep and WSI Combo (15yrs+)**
Combination course for the WSI Prep and WSI course. This includes CPR Level C and AED (Automated External Defibrillator).

**Matsqui Recreation Centre**
Feb 1 - 18  M/F  5:00pm - 9:00pm  7/$540  3828
Mar 17 - 22  F/Su  9:00am - 6:00pm  6/$540  3835
FITNESS

Teen Weight Room Orientation (13yrs+)

Teens are able to workout in Abbotsford PRC facilities during designated times without adult supervision with the successful completion of the Teen Weight Room Orientation. Join our Certified Fitness Instructor for a safe, supervised and educational review of our gym guidelines and equipment.

Abbotsford Recreation Centre
Jan 9  W  4:15pm - 5:45pm  1/$14  799
Feb 13  W  4:15pm - 5:45pm  1/$14  801
Mar 6  W  4:15pm - 5:45pm  1/$14  804
Apr 10 W  4:15pm - 5:45pm  1/$14  806
May 8  W  4:15pm - 5:45pm  1/$14  808
Jun 12 W  4:15pm - 5:45pm  1/$14  810

Matsqui Recreation Centre
Jan 25  F  4:30pm - 6:00pm  1/$14  802
Feb 22  F  4:30pm - 6:00pm  1/$14  803
Mar 15 F  4:30pm - 6:00pm  1/$14  805
Apr 26  F  4:30pm - 6:00pm  1/$14  807
May 31 F  4:30pm - 6:00pm  1/$14  809
Jun 21 F  4:30pm - 6:00pm  1/$14  811

SPORT

Abbotsford Boxing Junior Class (12yrs - 16yrs)

Each class is for all levels from beginners to advanced. This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. The participants will learn proper stance, different punch combinations and defense. Supplies not included. Please bring $75 to first class.

Abbotsford Recreation Centre
Jan 8 - Feb 5  Tu  5:00pm - 6:00pm  5/$55 3843
Feb 12 - Mar 12 Tu  5:00pm - 6:00pm  5/$55 3844
Apr 2 - May 14 Tu  5:00pm - 6:00pm  7/$77 3845
May 21 - Jun 15 Tu  5:00pm - 6:00pm  6/$66 3846

Matsqui Recreation Centre
Jan 9 - Feb 6  W  4:15pm - 5:15pm  5/$55 3834
Feb 13 - Mar 13 W  4:15pm - 5:15pm  5/$55 3836
Apr 3 - May 15 W  4:15pm - 5:15pm  7/$77 3837
May 22 - Jun 26 W  4:15pm - 5:15pm  6/$66 3838

BC Bounce (10yrs - 16yrs)

This league exists for the children of our community, providing them with the opportunity to experience and develop basketball skills. The primary objective of BC Bounce is to build a minor basketball program.

Abbotsford Recreation Centre
Feb 25 - May 4  M/Sa  5:00pm - 6:00pm  15/$225 6186
Feb 27 - May 3  WF  5:00pm - 6:00pm  16/$225 6187

BMX Learn to Ride Clinic (13yrs - 16yrs)

Come and explore the world of BMX at our 1 day clinic. BMX is a sport for the entire family, so bring your bike and helmet and let’s have some fun! Snack and drink included.

Abbotsford Recreation Centre
Feb 2  Sa  11:00am - 12:30pm  1/$7  4999
May 25  Sa  11:00am - 12:30pm  1/$7  5001

Fencing - Classical French (13yrs - 17yrs)

Learn the basics of fencing, one of the world’s most unique sports. The principals of foil, en-garde position, lunge and more are covered in this program. All major equipment is supplied including the mask, jacket, glove and foil. Please contact ARC/MRC if you have your own equipment.

Matsqui Recreation Centre
Jan 7 - Mar 11  M  7:00pm - 8:00pm  9/$135 3847
Apr 1 - Jun 24  M  7:00pm - 8:00pm  11/$165 3848

Recreational Rugby (13yrs - 17yrs)

Looking to try something new? Rugby is an inclusive sport that has a place for all skill levels! Participants will be introduced to simple rugby games and drills including scrums, lineouts, kick-offs and basic skill development. Come out and experience this great sport in non-contact, fun, and supportive environment.

Crossley Park
Apr 3 - May 15  W  5:15pm - 6:15pm  7/$50 3660
May 22 - Jun 26  W  5:15pm - 6:15pm  6/$43 3662

Teen Volleyball (13yrs - 17yrs)

Come learn to play Volleyball in a less competitive environment. Our Community Recreation instructors will teach you the basics and help you develop your skills.

Abbotsford Recreation Centre
Jan 12 - Feb 9  Sa  7:15pm - 8:15pm  5/$36 2947
Feb 23 - Mar 16 Sa  7:15pm - 8:15pm  4/$29 2948
Apr 6 - May 11 Sa  7:15pm - 8:15pm  5/$36 2949
May 25 - Jun 22 Sa  7:15pm - 8:15pm  5/$36 2950

Visit us on line at direct2rec.com to book your orientation TODAY!
WINTER/SPRING PROGRAMS
FOR YOUTH 12YRS - 18YRS

FREE DROP IN YOUTH CENTRES
Are welcoming, safe places for youth to hang out and are fully staffed. Drop in to connect with other youth and engage in a variety of fun recreational activities.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<tbody>
<tr>
<td>FREE DROP-IN PROGRAMS AYC @Abbotsford Recreation Centre - 2499 McMillan Road</td>
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<td>Youth Drop-in 2:30pm - 5pm</td>
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<td>Youth Drop-in 2:30pm - 5pm</td>
<td>Youth Drop-in 2:30pm - 5pm</td>
<td>Youth Drop-in 2:30pm - 10pm</td>
<td>Youth Drop-in 7pm - 10pm</td>
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<td>Open Gym 7pm - 8pm</td>
<td>Open Gym 8pm - 10pm</td>
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AYC @Matsqui Recreation Centre - 3106 Clearbrook Road
Youth Drop-in 2:30pm - 5pm
Youth Drop-in 2:30pm - 5pm
Youth Drop-in 2:30pm - 5pm
Youth Drop-in 2:30pm - 5pm
Youth Drop-in 2:30pm - 10pm
Youth Drop-in 2:30pm - 10pm

REGISTERED PROGRAMS

BABYSITTERS TRAINING COURSE (11yrs - 15yrs)
Learn the skills to care for infants to school age children and become a responsible babysitter. Certificate provided upon completion.
Jan 25 F 9am - 4:30pm 1/$60
Feb 15 F 9am - 4:30pm 1/$60
Mar 18 M 9am - 4:30pm 1/$60
Apr 27 S 9am - 4:30pm 1/$60
May 17 F 9am - 4:30pm 1/$60
Jun 28 F 9am - 4:30pm 1/$60

FOODSAFE (14yrs - 18yrs)
This Level 1 course is for food service front line workers such as bus persons, servers, dishwashers and cooks. FOODSAFE certificate upon completion.
Jan 19 Sa 9am - 5pm 1/$78
Feb 14 Th 9am - 5pm 1/$78
Mar 16 Sa 9am - 5pm 1/$78
May 17 F 9am - 5pm 1/$78
Jun 22 Sa 9am - 5pm 1/$78

GUYS/GIRLS/YOUTH NIGHT (12yrs - 16yrs)
These recreational programs introduce youth to a variety of activities that encourage youth to live active, healthy lifestyles. Activities may include martial arts, rock climbing, bowling, dance and more. Held at various community locations. * Financial assistance may be available.
Jan 22 - Mar 14 / Apr 16 - Jun 6
7pm - 8:30pm 6/$50
Girls Night Th
Guys Night W
Youth Night Th

LEAD - LEAD, EXPLORE AND DEVELOP (Grade 9-12)
LEAD is designed for youth who already display leadership qualities. Students will focus on community involvement and peer engagement. Youth will help plan and deliver a BC Youth Week event in May. Each participant will receive a t-shirt.
Feb 25, Mar 11, Apr 8, 29 + May events
3:30pm - 5:30pm 5/$80

NEW Empowered (12yrs - 16yrs)
Join us for some fun social engagement, trust, leadership, and confidence-building activities. Youth will work on building positive identity, improving communication and interpersonal skills.
Jan 21, 28, Feb 4, 11 M
6pm - 7:30pm 4/$80

FREE PROGRAMS

FREE DINNER NIGHTS
Twice a month at our AYC Youth Centres we host a ‘family style’ sit down dinner. Youth help prepare and serve the dinners. Check our website for dates and times.

ABBY NIGHT HOOPS DROP IN BASKETBALL (12yrs - 18yrs)
In partnership with Abbotsford Basketball Association
Check website for location
Oct - May W 8pm - 10pm

DROP IN SPORTS (12yrs - 18yrs)
We split the gym in half, you choose a side! All skill levels welcome, some equipment provided if needed.
Abbotsford Ex Park- Ag Rec Building
Oct - Jun Th 3:30pm - 5pm

YOUTH FOCUS (12yrs - 18yrs)
This group meets once a week to learn leadership skills, meet new friends and have a say about what activities happen in our youth centres. Contact us for dates and times.

SPRING BREAK DROP IN (12yrs - 18yrs)
Free planned activities each day to keep youth happy and busy over Spring Break. Game tournaments, sports, crafts and more. Visit our website for location and times.
The City of Abbotsford is committed to creating inclusive and accessible recreation programs. Our programs foster social connections, and promote a healthy and active lifestyle. Please contact the Facility Program Coordinator at Abbotsford Recreation Centre or Matsqui Recreation Centre if you or someone you know requires additional assistance to participate.

**DROP-IN PROGRAMS**

**Abbotsford Recreation Centre**

**Adapted Sport Zone**

Adapted Sport Zone offers the opportunity for children and youth who require additional support to participate in safe inclusive sports. Facilitated by our Community Recreation Leaders. All abilities welcome.

**Tuesday/Thursday**, 11:45am - 12:45pm

**Bones and Balance & Better Bones and Balance**

Increase bone density, range of motion, strength, balance and flexibility. This class is for those with osteoporosis, arthritis, or other health restricting issues, using a combination of equipment.

**Wednesday/Friday**, 10:30am - 11:30am

**Wheelchair Basketball**

We have partnered with the BC Wheelchair Basketball Society to present this fun, fast paced sport that is sure to challenge and excite. Community Recreation Leaders teach fundamental movements through drills and games. Sport Wheelchairs available for use.

**Tuesday**, 6:15pm - 7:15pm

**Matsqui Recreation Centre**

**Adapted Fit Zone**

This drop-in class offers the opportunity to those who require additional support to participate in a safe and inclusive fitness class which incorporates basic weight training, and cardio to music. All abilities welcome.

**Tuesday**, 10:30am - 11:30am

**REGISTERED PROGRAMS**

**Abbotsford Recreation Centre**

**Goalball for Kids** (6yrs - 12yrs)

This team sport relies on your sense of hearing to prevent the opposing team from rolling the ball in to your net. Bells inside the ball help orient the players by indicating the direction of the oncoming ball. Pg. 22

**Wheelchair Basketball for Kids** (8yrs - 12yrs)

Wheelchair basketball is a fast paced, physical and dynamic game. This program is inclusive; this means that able-bodied athletes participate, alongside athletes with a physical disability. Pg. 23

**Breathe Easy**

A low intensity, low impact class designed for individuals with COPD or anyone looking for a slow-paced and social workout. Classes include a combination of balance, strength and endurance with exercises designed to allow participants to go at their own pace. Pg. 35

**Cardiac Maintenance**

This program is for anyone who has a history of a heart attack, heart surgery or angioplasty and has been cleared by a physician to participate in physical activity. Prerequisite: Cardiac Rehabilitation Pg. 35

**Chair Yoga**

A gentle form of yoga. Our instructor will take you through movements sitting in a chair or standing using the chair for support. Pg. 36

**Get Up & Go**

This class is an entry level exercise program for seniors with balance and mobility impairments. It is designed to improve strength and balance and coordination. Pg. 35

**Together in Movement and Exercise (TIME)**

TIME is a circuit exercise program tailored to benefit persons with neurological conditions after discharge from formal rehabilitation. Pg. 35
Every child should have an opportunity to learn to swim!

Red Cross has provided our certified Swimming and Water Safety Instructors and aquatic facilities with the tools they need to help ensure swimming lessons meet your swimmer’s needs. This is not a separate program but a modification of Red Cross Swim Programs. Instructors will include swimmers in Red Cross Swim Preschool or Red Cross Swim Kids group lessons or we offer one-on-one or small group classes.

Recruitment Buddy Program
The City of Abbotsford has a 1-to-1 Volunteer support initiative, the Recreation Buddy program. This program matches volunteers with children 3yrs - 12yrs who may need assistance to participate* in PRC Recreation programs. Volunteers receive training on basic redirection, social support, intervention and problem solving skills.

If you or some one you know requires additional support to participate, please contact the Recreation Coordinator at ARC 604.853.4221 or at MRC 604.855.0500 to fill out a participant application.

*Please note, this does not include toileting, lifting or feeding. If you require this level of assistance please contact the Volunteer Coordinator at 604.557.7050.

**Diverse abilities include mental health, physical or intellectual challenges**

Special Needs Access Program
Full-time Abbotsford residents who have permanent disabilities receive a 50% discount on PRC facility regular drop-in admission and memberships.

PRC Subsidy Program
Full-time Abbotsford residents who experience financial barriers may be eligible for PRC Subsidy programs which provides facility admission to any indoor facility and a discount for specific programs.

*For complete details contact PRC at 604.859.3134

abbotsford.ca/prc
Join our city-wide walking program where volunteers lead walks in neighbourhoods throughout the city.

All ages and ability levels are welcome.

Meet your neighbours, explore your community and have quality time with your family.

Call the information line at:
604.851.9255 (WALK)

Visit walkabbotsford.ca for dates and locations
Meredith and Stacey are making fitness an intergenerational family affair at ARC. The mother and daughter have recently discovered the Ladies Only fitness classes and are supporting each other in their shared goals of getting active and having fun along the way. And they are taking the grandkids along for the ride.

Both women enjoy meeting and working with the other women, as well as the non-judgemental environment and the lessons from certified personal fitness trainers on equipment and technique.

Stacey has recently joined the mom and baby fitness program and just loves it. “I’m working out, my baby’s getting active and my older daughter gets time to make new friends in the child-minding program,” she says. “And I get to spend time with my mom.”

As for Grandma? She says “This way I get to see my daughter and my granddaughters more than I would normally. I’d say that is the best part of all!

“Ladies Only Fit Circuit

Join this fun and supportive group class where you will learn how to use the fitness equipment safely and effectively. Lead by a certified Personal Trainer who will help you work on your fitness goals. Check out page 34 for details.

Abbotsford Recreation Centre

<table>
<thead>
<tr>
<th>Date</th>
<th>Fee</th>
<th>Program Details</th>
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<tbody>
<tr>
<td>Jan 3 - 31</td>
<td>$56</td>
<td>Thursdays 9:15am - 10:15am</td>
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<td>Feb 7 - Mar 14</td>
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<td>Apr 4 - May 16</td>
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<td>May 23 - Jun 27</td>
<td>$67</td>
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direct2rec.com
**BUS TOURS 18YRS+**

**Titanic: The Artifact Exhibition**
The galleries in this fascinating exhibition put you inside the Titanic experience like never before. We feature real artifacts recovered from the ocean floor along with room recreations and personal histories in the compelling story of Titanic’s maiden voyage.

**Abbotsford Recreation Centre**
Jan 8  Tu  9:45am - 5:30pm  1/ $129  3626

**Behind the Scenes**
Take part in this unique opportunity to tour a working television and radio facility, CBC News Studios. Tour Rogers Arena, dine at the time-honored Sylvia Hotel and enjoy morning coffee on Commercial Drive.

**Abbotsford Recreation Centre**
Jan 25  F  8:00am - 5:00pm  1/$119  3630

**Fraser Downs Live Harness Racing**
The racetrack experience is very exciting! Travel to Fraser Downs Racetrack in Cloverdale for a thrilling afternoon of live harness racing and dining at the venue’s generous buffet.

**Abbotsford Recreation Centre**
Jan 27  Su  10:15am - 4:30pm  1/$99  3632

**Seniors Snowshoeing**
If you can walk, you can snowshoe. Beginners are welcome on this winter wonderland adventure at Cypress Mountain. The Hollyburn Meadows Tour is a 2 hour snowshoe walk led by an experienced Cypress Mountain trail guide.

**Abbotsford Recreation Centre**
Feb 5  Tu  8:15am - 5:00pm  1/$129  3663

**Chinese New Year Celebration**
This exciting, fun-filled event features lion dances, marching bands, parade floats, martial arts performances, cultural dance troupes, firecrackers, and more. The parade includes over 3,000 people from various cultural and community groups in Vancouver.

**Abbotsford Recreation Centre**
Feb 10  Su  8:45am - 5:15pm  1/$109  3636

**Northwest Flower & Garden Show (USA)**
The Washington State Convention Centre in Seattle hosts The 2018 Northwest Flower and Garden Show. Take 4 hours free time to explore six acres of flowers, plants, gardens, exhibits, seminars and many other features. USA travel documents required.

**Abbotsford Recreation Centre**
Feb 20  W  8:15am - 8:30pm  1/$139  3638

**Penn Cove Mussel Festival (USA)**
Whidbey Island celebrates the onset of spring with it’s 31st annual Penn Cove Mussel Festival. The Penn Cove MusselFest is Coupeville’s March tradition and is full of music, farm tours and fun activities including a Mussel Chowder Tasting Competition. USA travel documents required.

**Abbotsford Recreation Centre**
Mar 2  Sa  8:00am - 7:00pm  1/$109  3640

**Mystery Tour**
This fun and entertaining magical mystery tour takes you to unknown destinations filled with clues, prizes, and props! A must see attraction, a great lunch and afternoon mystery stops included. Use the clues correctly and win a variety of prizes including a $100 Day Trip Voucher!

**Abbotsford Recreation Centre**
Mar 11  M  8:00am - 5:00pm  1/$109  3642

**Fraser River Discovery Tour**
Discover the Mighty Fraser and see the working river at its finest! 2.5 hour voyage up to the Douglas Island Wildlife Preserve as well as to the mouth of the Pitt River. Get your cameras ready for this narrated educational tour!

**Abbotsford Recreation Centre**
Mar 20  W  8:45am - 4:30pm  1/$159  3643

Looking for something fun and different to do? Always wanted to try painting? Come out and experience our Paint Nights in a comfortable family atmosphere. You don’t need to be an artist, you just need to show up ready to be creative!

Visit us online for dates, times and themes.

direct2rec.com
Celebrate Abbotsford’s 
Seniors Week June 3 - 7

Save the Dates! The Abbotsford Age Friendly Working Group has collaborated to create a week of exciting events and workshops in the spirit of recognizing senior’s contributions to the community.

Look for these events advertised in May in the Abbotsford News, Punjabi Patrika, and on the City of Abbotsford website abbotsford.ca/seniors

The Abbotsford Age Friendly Work Group consists of interested Abbotsford residents as well as the representation of the following organizations:

- Abbotsford Peer Support for Seniors
- Clearbrook Golden Age Society
- Alzheimer Society of British Columbia
- Abbotsford Community Services
- Menno Place
- Fraser Health Community Health Specialists
- Literacy Matters Abbotsford
- MENNO PLACE
- Patient Voices Network
- Tabor Village

For more information about Age Friendly Abbotsford and the work of the Age Friendly Work Group, please contact commdevelopment@abbotsford.ca or visit abbotsford.ca/seniors
AQUATICS
Adult/Teen Basic
Ideal for those who are new to the pool or for those who would like to improve their swimming skills. Participants choose what swimming skills they would like to develop.

Abbotsford Recreation Centre
Jan 8 - Feb 7 Tu/Th 6:30pm - 7:15pm 10/$89 4397
Jan 12 - Mar 9 Sa 11:15am - 12:00pm 9/$80 5160
Feb 12 -Mar 14 Tu/Th 6:30pm - 7:15pm 10/$89 4462
Mar 18 - 22 M/F 11:30am - 12:15pm 5/$44 4093
Mar 25 -29 M/F 11:30am - 12:15pm 5/$44 4149

Matsqui Recreation Centre
Jan 7 - Feb 6 M/W 6:15pm - 7:00pm 10/$89 5335

Adult/Teen Red Cross Swim Strokes
Red Cross Swim strokes is a stroke improvement program for adults and teens. Individuals registering for this program should be able to swim a distance of 15m and be comfortable swimming on both their front and back. Swimmers set their own goals and work at their own pace.

Abbotsford Recreation Centre
Jan 8 - Mar 12 Tu/Th 6:15pm - 7:00pm 10/$89 4694
Jan 12 - Mar 9 Sa 10:30am - 11:15pm 9/$80 5159
Mar 18 - 22 M-F 10:15am - 11:00am 5/$44 4094
Mar 25 - 29 M-F 10:15am - 11:00am 5/$44 4150

Matsqui Recreation Centre
Jan 7 - Feb 6 M/W 6:15pm - 7:00pm 10/$89 5336

Masters Swim
Calling all triathletes, past competitive swimmers and recreational swimmers who want a great workout. Our Master swim program is a swim practice that is designed to develop general strength, cardiovascular fitness and endurance. Each practice is led by an experienced coach and designed for those with past experience with swimming as well as those who love to swim for fitness. Program does not run on STAT holidays.

Abbotsford Recreation Centre
Jan 7 - 28 M 7:30pm - 8:30pm 4/$27 5939
Jan 9 - 30 M 7:30pm - 8:30pm 4/$27 5940
Feb 4 - Mar 11 M 7:30pm - 8:30pm 5/$34 5941
Feb 6 - Mar 13 W 7:30pm - 8:30pm 6/$41 5942
Apr 1 - May 13 M 7:30pm - 8:30pm 6/$41 5943
Apr 3 - May 15 W 7:30pm - 8:30pm 7/$48 5944
May 27 - Jun 24 M 7:30pm - 8:30pm 5/$34 5948
May 22 - Jun 26 W 7:30pm - 8:30pm 6/$41 5950

FITNESS
CROSS TRAINING
Cycle Extreme
Are you looking to challenge your level of fitness? Cycle Extreme is an energizing class that incorporates functional fitness to increase mobility, strength and flexibility followed by intense and upbeat cycle drills. Recommended for those who have been regularly physically active for the past 6 months or more.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 6:00am - 7:00am 5/$56 1120
Feb 12 - Mar 12 Tu 6:00am - 7:00am 5/$56 1121
Apr 2 - May 14 Tu 6:00am - 7:00am 7/$79 1763
May 21 - Jun 25 Tu 6:00am - 7:00am 6/$67 1764

Ladies Only Fit Circuit
Join this fun and supportive group class where you will learn how to use the fitness equipment safely and effectively. Lead by a certified Personal Trainer who will help you work on your fitness goals.

Abbotsford Recreation Centre
Jan 3 - Feb 3 Su 10:00am - 11:00am 5/$56 1114
Feb 10 - Mar 17 Su 10:00am - 11:00am 5/$56 1115
Mar 31 - May 12 Su 10:00am - 11:00am 6/$67 1118
May 26 - Jun 13 Su 10:00am - 11:00am 5/$56 1119

Matsqui Recreation Centre
Jan 3 - 31 Th 9:15am - 10:15am 5/$56 1112
Feb 7 - Mar 14 Th 9:15am - 10:15am 6/$67 1113
Apr 4 - May 16 Th 9:15am - 10:15am 7/$79 1116
May 23 - Jun 27 Th 9:15am - 10:15am 6/$67 1117

Visit the Women Only section at Matsqui Recreation Centre
at the MRC weight room and work out in comfort.
Or if you need some assistance, register for the Ladies Only Fit Circuit
Thursday mornings
9:15am - 10:15am
PRE/POST NATAL

Mom & Baby Aqua Fit
Foster your baby's natural love of water while you enjoy a challenging aquatic workout. Swim diaper, bathing suit or onesie is recommended for baby. Baby should be able to hold head up steadily. For moms and babies 5 - 24 mo.

Matsqui Recreation Centre
Jan 4 - Feb 1 F 11:00am - 11:45am 5/$56 2067
Feb 8 - Mar 15 F 11:00am - 11:45am 6/$67 2068
Apr 5 - May 17 F 11:00am - 11:45am 6/$67 2069
May 24 - Jun 28 F 11:00am - 11:45am 6/$67 2070

Mom & Baby Fitness
This class allows mom to get a great workout while attending to baby's needs. You will experience a full body workout, including strength and flexibility, in a supportive and fun environment.

Abbotsford Recreation Centre
Jan 4 - Feb 1 F 11:15am - 12:15pm 5/$56 2059
Feb 8 - Mar 15 F 11:15am - 12:15pm 6/$67 2060
Apr 5 - May 17 F 11:15am - 12:15pm 6/$67 2061
May 24 - Jun 28 F 11:15am - 12:15pm 6/$67 2062

Prenatal Aqua Fit
This is a specially designed exercise class for Moms-To-Be. An energizing low-impact aquatic fitness class designed to work the core muscles while providing a challenging cardio workout. This class is suitable for all stages of an uncomplicated pregnancy. Medical clearance (PAR MED-X) required prior to attending class.

Abbotsford Recreation Centre
Jan 8 - Feb 5 Tu 7:45pm - 8:45pm 5/$56 2063
Feb 12 - Mar 12 Tu 7:45pm - 8:45pm 7/$78.50 2064
Apr 2 - May 14 Tu 7:45pm - 8:45pm 7/$78.50 2065
May 23 - Jun 25 Tu 7:45pm - 8:45pm 6/$67 2066

Prenatal Strength & Stretch
Strengthen, stretch and breathe your way to a more comfortable pregnancy. Improve posture, balance and flexibility, and prepare for the demands of labour as your instructor leads you through a series of pregnancy-safe exercises and stretches.

Abbotsford Recreation Centre
Jan 7 - Feb 11 M 6:00pm - 7:00pm 6/$67 2056
Apr 1 - May 13 M 6:00pm - 7:00pm 6/$67 2057
May 27 - Jun 24 M 6:00pm - 7:00pm 5/$56 2058

PREVENTATIVE HEALTH

Breathe Easy
A low intensity, low impact class designed for individuals with COPD or anyone looking for a slow-paced and social workout. Classes include a combination of balance, strength and endurance with exercises designed to allow participants to go at their own pace. Oxygen Concentrator units available for those with a doctor's prescription.

Abbotsford Recreation Centre
Jan 8 - 31 Tu/Th 11:30am - 12:15pm 8/$54 2089
Feb 5 - 28 Tu/Th 11:30am - 12:15pm 8/$54 2090
Mar 5 - 28 Tu/Th 11:30am - 12:15pm 8/$54 2091
Apr 2 - 30 Tu/Th 11:30am - 12:15pm 9/$61 2092
May 2 - 30 Tu/Th 11:30am - 12:15pm 8/$54 2094

Cardiac Maintenance
This program is for anyone who has a history of a heart attack, heart surgery or angioplasty and has been cleared by a physician to participate in physical activity. Participants must complete the Cardiac Rehabilitation Program, before they are eligible for the Cardiac Maintenance Program.

Abbotsford Recreation Centre
Jan 7 - 31 M/Th 3:00pm - 4:00pm 8/$54 2232
Jan 8 - 31 Tu/Th 7:30am - 8:30am 8/$54 2226
Feb 4 - 28 M/Th 3:00pm - 4:00pm 7/$48 2235
Feb 5 - 28 Tu/Th 7:30am - 8:30am 8/$54 2227
Mar 4 - 28 M/Th 3:00pm - 4:00pm 8/$54 2236
Mar 5 - 28 Tu/Th 7:30am - 8:30am 8/$54 2228
Apr 1 - 29 M/Th 3:00pm - 4:00pm 8/$54 2238
Apr 2 - 30 Tu/Th 7:30am - 8:30am 9/$61 2229
May 2 - 30 M/Th 3:00pm - 4:00pm 8/$54 2239
May 3 - 30 Tu/Th 7:30am - 8:30am 8/$54 2230
Jun 3 - 27 M/Th 3:00pm - 4:00pm 8/$54 2241
Jun 4 - 27 Tu/Th 7:30am - 8:30am 8/$54 2231

Get Up & Go
This class is an entry level exercise program for seniors with balance and mobility impairments. It is a safe class designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Please contact Fraser Health Fall and Injury Prevention at 604.587.7866 for referral information.

Abbotsford Recreation Centre
Jan 7 - 31 M/Th 1:15pm - 2:00pm 8/$44 2071
Jan 8 - 31 Tu/Th 1:15pm - 2:00pm 7/$38.50 2072
Feb 4 - 28 M/Th 1:15pm - 2:00pm 8/$44 2073
Feb 5 - 28 Tu/Th 1:15pm - 2:00pm 8/$44 2074
Mar 1 - 29 M/Th 1:15pm - 2:00pm 8/$44 2075
Mar 2 - 30 Tu/Th 1:15pm - 2:00pm 8/$44 2076
Jun 3 - 27 M/Th 1:15pm - 2:00pm 8/$44 2077
Jun 4 - 27 Tu/Th 1:15pm - 2:00pm 8/$44 2078

Together in Movement and Exercise (TIME)
TIME is an exercise program tailored to benefit persons with neurological conditions after discharge from formal rehabilitation. This circuit exercise program is in partnership with Fraser Health and is overseen by BCRPA registered instructors.

Abbotsford Recreation Centre
Jan 9 - 30 W 1:00pm - 2:00pm 4/$48 2079
Jan 11 - 25 F 1:00pm - 2:00pm 3/$36 2078
Feb 1 - 22 F 1:00pm - 2:00pm 4/$48 2080
Feb 6 - 27 W 1:00pm - 2:00pm 4/$48 2079
Mar 1 - 29 F 1:00pm - 2:00pm 5/$60 2082
Mar 6 - 27 W 1:00pm - 2:00pm 4/$48 2081
Apr 3 - 24 W 1:00pm - 2:00pm 4/$48 2083
Apr 5 - 26 F 1:00pm - 2:00pm 4/$48 2084
May 1 - 29 W 1:00pm - 2:00pm 5/$60 2085
May 3 - 31 W 1:00pm - 2:00pm 5/$60 2086
Jun 5 - 26 W 1:00pm - 2:00pm 4/$48 2087
Jun 7 - 28 F 1:00pm - 2:00pm 4/$48 2088
**YOGA**

**Chair Yoga**
This class is a gentle form of yoga. Our instructor will take you through movements while sitting in a chair or standing using the chair for support. The chair takes away the difficulty of having to get up and down off the floor. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation.

**Abbotsford Recreation Centre**
Jan 14 - Mar 11 M 5:45pm - 6:45pm 8/$90 1686
Apr 7 - May 13 M 5:45pm - 6:45pm 6/$67 1705
May 27 - Jun 24 M 5:45pm - 6:45pm 5/$56 1709

**SPORTS**

**Abbotsford Boxing Class**
Each class is for all levels from beginners to advanced. This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, different punch combinations and defense. Supplies not included.

**Abbotsford Recreation Centre**
Jan 10 - Feb 7 Th 6:45pm - 7:45pm 5/$55 3824
Feb 14 - Mar 14 Th 6:45pm - 7:45pm 6/$67 1705
Apr 4 - May 16 Th 6:45pm - 7:45pm 7/$77 3826
May 23 - Jun 27 Th 6:45pm - 7:45pm 6/$66 1727

**Learn to Play Pickleball**
Looking to try something new? Want to improve your skills? Come learn to play Pickleball with one of our skilled Community Recreation Leaders.

**Abbotsford Recreation Centre**
Jan 7 - Feb 4 M 12:00pm - 1:00pm 5/$42 2985
Feb 11 - Mar 11 M 12:00pm - 1:00pm 4/$33.50 2986
Apr 1 - May 13 M 12:00pm - 1:00pm 6/$50.50 2987
May 27 - Jul 1 M 12:00pm - 1:00pm 6/$50.50 2988

**Pickleball Round Robin**
You asked, we answered. Pre-register for this weekly, tournament-style pickleball round robin. The schedule of play will be predetermined and one court will remain open for beginners to practice their skills with a Community Recreation Leader.

**Abbotsford Recreation Centre**
Jan 7 M 1:00pm - 3:00pm 1/$7 3084
Jan 14 M 1:00pm - 3:00pm 1/$7 3085
Jan 21 M 1:00pm - 3:00pm 1/$7 3086
Jan 28 M 1:00pm - 3:00pm 1/$7 3087
Feb 4 M 1:00pm - 3:00pm 1/$7 3088
Feb 11 M 1:00pm - 3:00pm 1/$7 3089
Feb 18 M 1:00pm - 3:00pm 1/$7 3090
Mar 4 M 1:00pm - 3:00pm 1/$7 3091
Mar 11 M 1:00pm - 3:00pm 1/$7 3092
Apr 1 M 1:00pm - 3:00pm 1/$7 3093
Apr 8 M 1:00pm - 3:00pm 1/$7 3094
Apr 15 M 1:00pm - 3:00pm 1/$7 3095
Apr 29 M 1:00pm - 3:00pm 1/$7 3096
May 6 M 1:00pm - 3:00pm 1/$7 3097
May 13 M 1:00pm - 3:00pm 1/$7 3098
May 27 M 1:00pm - 3:00pm 1/$7 3099
Jun 3 M 1:00pm - 3:00pm 1/$7 3100
Jun 10 M 1:00pm - 3:00pm 1/$7 3101
Jun 17 M 1:00pm - 3:00pm 1/$7 3102
Jun 24 M 1:00pm - 3:00pm 1/$7 3103

Personal Training with Abbotsford PRC

Whether you’re a beginner or looking for a sport-specific workout our Certified Trainers will work with you to develop a customized fitness plan to meet your wellness goals.

$50 per personal session
$75 per Tandem session or
$100 per small group

Talk with Customer Service for more information and specific details.
TRAINING
ADVANCED AQUATICS
Please see ‘Aquatics’ section on page 70 for all course listings that will kick start a career in Lifeguarding or Swim Instruction.

FITNESS
CFES Fitness Theory
The CFES Fitness Theory course is a prerequisite to all CFES instructor courses and is the first step in becoming a nationally-recognized fitness instructor. Expect this course to provide comprehensive information on anatomy and physiology necessary for instructing fitness clients.
*Additional cost for manual $70.
Abbotsford Recreation Centre
Jan 8 - 31 Tu/Sa/Tu 7:30pm - 9:30pm 11/$295 1968
Apr 9 - May 4 Tu/Sa/Tu 7:30pm - 9:30pm 11/$295 2039

CFES Group Fitness to Music
This class prepares you to teach Fitness to Music classes. Teaching skills include verbal cueing for direction, safety, motivation, setting a caring atmosphere, exercise flow, use of space and group formations, hi/lo impact, and use of equipment. Prerequisite: CFES Fitness Theory.
*Additional cost for manual $65.
Abbotsford Recreation Centre
Mar 3 - 27 W-Su 7:30pm - 9:30pm 7/$270 2033

CFES Personal Training
This is the final step to becoming a Personal Fitness Trainer. You will learn: client assessment, goals and expectations, program design, sport specific training, nutrition management, business planning and legal expectations. Prerequisites: CFES Fitness Theory, Weight Training Level 1.
*Additional cost for manual $100.
Abbotsford Recreation Centre
Mar 7 - 30 Th/Sa 7:30pm - 9:30pm 10/$295 2036
Jun 6 - 29 Tu/Tu 7:30pm - 9:30pm 11/$295 2048

CFES Weight Training Level 1
The CFES Weight Training course includes information about weight training, equipment usage and teaching techniques necessary for program planning; a review of, anatomy, physiology, health screening and the application of scientific training principles. Prerequisite: CFES Fitness Theory.
*Additional cost for manual $70.
Abbotsford Recreation Centre
Feb 7 - 28 Tu/Th 7:30pm - 9:30pm 8/$270 2026
May 9 - 30 Tu/Th 7:30pm - 9:30pm 9/$270 2042

FIRST AID
CPR Level C & AED
An important course for everyone in the family, teaching vital lifesaving actions for victims of all ages. You will learn to properly recognize and respond to choking, cardiovascular, and breathing emergencies. Participants of all first aid experiences and back grounds are welcome.
Abbotsford Recreation Centre
Jan 7 M 9:00am - 2:30pm 1/$85 3508
Jan 19 Sa 9:00am - 2:30pm 1/$85 3509
Feb 4 M 9:00am - 2:30pm 1/$85 3510
Feb 16 Sa 9:00am - 2:30pm 1/$85 3511
Mar 4 M 9:00am - 2:30pm 1/$85 3512
Mar 16 Sa 9:00am - 2:30pm 1/$85 3513
Mar 18 M 9:00am - 2:30pm 1/$85 3514

CPR & AED Recertification
This course is for recertification of CPR Level C & AED (Automated External Defibrillator).
Abbotsford Recreation Centre
Jan 13 Su 9:00am - 12:30pm 1/$55 3521
Jan 21 M 9:00am - 12:30pm 1/$55 3522
Feb 9 Sa 9:00am - 12:30pm 1/$55 3523
Feb 25 M 9:00am - 12:30pm 1/$55 3524
Mar 2 Sa 9:00am - 12:30pm 1/$55 3525
Mar 24 Su 9:00am - 12:30pm 1/$55 3526
Mar 25 M 9:00am - 12:30pm 1/$55 3527

Emergency First Aid
This is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. This course covers breathing and cardiovascular problems as well as bleeding emergencies. Participants will be able to comfortably manage common injuries and accidents that occur in the household.
Abbotsford Recreation Centre
Jan 7 M 9:00am - 5:00pm 1/$105 3534
Jan 19 Sa 9:00am - 5:00pm 1/$105 3535
Feb 4 M 9:00am - 5:00pm 1/$105 3536
Feb 16 Sa 9:00am - 5:00pm 1/$105 3537
Mar 4 M 9:00am - 5:00pm 1/$105 3538
Mar 16 Sa 9:00am - 5:00pm 1/$105 3539
Mar 18 M 9:00am - 5:00pm 1/$105 3540

Emergency First Aid Recertification
Emergency First Aid is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life threatening emergencies. This course recertifies the Emergency First Aid and CPR.
Abbotsford Recreation Centre
Jan 7 M 9:00am - 2:30pm 1/$70 3547
Jan 19 Sa 9:00am - 2:30pm 1/$70 3548
Feb 9 Sa 9:00am - 2:30pm 1/$70 3549
Feb 25 M 9:00am - 2:30pm 1/$70 3550
Mar 2 Sa 9:00am - 2:30pm 1/$70 3551
Mar 24 Su 9:00am - 2:30pm 1/$70 3552
Mar 25 M 9:00am - 2:30pm 1/$70 3553

Register TODAY!
direct2rec.com
Standard First Aid
Standard First Aid is a comprehensive course that gives participants the ability to deliver first aid treatment in different environments. Standard First Aid includes all emergency first aid course content plus victim management, hot and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons. Includes CPR-C.

Abbotsford Recreation Centre
Jan 7 - 8 M/Tu 9:00am - 5:00pm 2/$ 160 3658
Jan 19 - 20 Sa/Su 9:00am - 5:00pm 2/$ 160 3661
Feb 4 - 5 M/Tu 9:00am - 5:00pm 2/$ 160 3665
Feb 16 - 17 Sa/Su 9:00am - 5:00pm 2/$ 160 3667
Mar 4 - 5 M/Tu 9:00am - 5:00pm 2/$ 160 3669
Mar 16 - 17 Sa/Su 9:00am - 5:00pm 2/$ 160 3671
Mar 18 - 19 M/Tu 9:00am - 5:00pm 2/$ 160 3673

Standard First Aid Recertification
This course is a recertification for Standard First Aid.

Abbotsford Recreation Centre
Jan 13 Su 9:00am - 5:00pm 1/$ 80 3684
Jan 21 M 9:00am - 5:00pm 1/$ 80 3685
Feb 9 Sa 9:00am - 5:00pm 1/$ 80 3687
Feb 25 M 9:00am - 5:00pm 1/$ 80 3688
Mar 2 Sa 9:00am - 5:00pm 1/$ 80 3689
Mar 24 Su 9:00am - 5:00pm 1/$ 80 3690
Mar 25 M 9:00am - 5:00pm 1/$ 80 3691

WANT TO KNOW MORE ABOUT ABBOTSFORD’S NEWCOMERS?

The City of Abbotsford is pleased to be a partner and member of the Fraser Valley Diversity and Immigration Partnership Council in recognizing the importance of newcomers and working toward making Abbotsford a more welcoming place for immigrants.

By helping newcomers succeed, we’re improving the economic, social and political participation outcomes for Abbotsford.

Learn more and get involved in building a welcoming community. Put your unique skills and experience to work. Find out how you can partner with us, sponsor an event, or become a member at:

abbotsfordlip.ca
abbotsford.ca/diversity
Make your neighbourhood even better - get together, have fun, and ignite your neighbourhood spirit.

**Need help?** The City of Abbotsford is pleased to partner with the Abbotsford Community Foundation and the Vancouver Foundation to offer Neighbourhood Spirit Small Grant funds up to $1000 for projects to help improve your neighbourhood. Applications open January 14, 2019. Deadline to apply is April 19, 2019.

For more information, visit abbotsford.ca/neighbourhoods.

Plan to do anything from a community clean-up, a chess club for kids, or even a neighbourhood street hockey tournament. The goal is to increase neighbourliness and vibrancy in our community! Get to know your neighbours!

**Need ideas?** Contact the Community Developer, at 604.557.1464 or email commdevelopment@abbotsford.ca

Plan something special for your neighbourhood and share your story! abbotsford.ca/neighbourhoods
RECREATION CAREER OPPORTUNITIES

Lifeguard and Swim Instructor Training ......................41
Fitness Trainer/Instructor ............................................42
Community Recreation Leader...................................42
Facility Maintenance Technician II ..............................43
Community Volunteer ...............................................43

NOW HIRING!
Visit us online for current employment opportunities. 
abbotsford.ca/careers
Become a Lifeguard and/or Swim Instructor

The City of Abbotsford offers training programs and courses you need to become an Aquatic Professional!

= Lifesaving Society
+ = Red Cross
Looking for a rewarding career as a Weight Trainer, Personal Trainer or a Group Fitness Instructor? Get started on your path to a career in fitness!

Boost your Fitness Knowledge
Once you have completed your basic course requirements, your career in fitness can be specialized. There are many courses and workshops to peak your interest and excel your leadership.

Once certified the City of Abbotsford offers ongoing continuing education courses.

Become a Community Recreation Leader
Get started on your path to a career in Community Recreation!

Volunteering
www.abbotsford.ca/volunteer

**Fitness Theory Course**
Prerequisite course for all other Fitness Instructor Courses
Length: 32 hours

**Group Fitness to Music Course**
Length: 30 hours
Prerequisite: Fitness Theory

**Aquatic Fitness to Music Course**
Length: 20 hours
Prerequisite: Fitness Theory

**Weight Training Course Level 1**
Prerequisite to Personal Training
Length: 20 hours
Prerequisite: Fitness Theory

**Weight Training Course Level 2**
Length: 20 hours
Prerequisite: Weight Training 1

**Personal Training Course**
Length: 30 hours
Prerequisite: Weight Training 1

**Program Leaders (16 yrs+)**
**Recreational Camp Leader**
**Early Years Assistant or Leader**
**Arts, Adapted, Science, Sports & More**

**Recruitment Leader**
Become a Facility Maintenance Technician II (FMT2)
Always wanted to drive the Zamboni? Have a knack for repairing things? Great at chemistry? The City of Abbotsford’s FMT2 position may be the role for you! The two main responsibilities of the FMT2 are maintaining the ice in our city’s arenas and keeping water chemistry balanced in our pools.

ARENAS
- Refrigeration Operator
- Certificate from Technical Safety BC
- Valid BC Class 5 Driver’s License

AQUATICS
- Pool Operator’s Certificate - Level 1
- Pool Operator’s Certificate - Level 2

For a list of current courses and training opportunities please visit rfabc.com or bcrpa.bc.ca. In you are interested in becoming a Facility Maintenance Technician II, please visit the City of Abbotsford’s Careers page online for all current job postings.

Gain experience working with children in a recreation environment!
We love to have volunteers assist with our programs at ARC and MRC. Volunteers provide our instructors with program assistance, set-up help as well as have a lot of fun! All recreation volunteers must meet the level 2 volunteer criteria.

Be a Volunteer...
You’ll be glad you did!

1. SIGN UP ONLINE
   www.abbotsford.ca/volunteerapplication

2. CHOOSE AREA OF INTEREST

   ARENAS
   - Minimum Age: 15
   - Additional Requirements; Two years of participation in an Organized Skating Sport

   AQUATICS
   - Minimum Age: 15
   - Additional Requirements; Bronze Medallion WSI prep

   COMMUNITY RECREATION
   - Minimum Age: 14
   - Day Camps, Art, Recreation & Sport Programs

3. PREPARE LEVEL 2 VOLUNTEER PKG.
   - CONSENT TO CRIMINAL RECORD CHECK
   - PROVIDE 2 REFERENCE LETTERS AND 2 PIECES OF IDENTIFICATION
   - PROGRAM SPECIFIC REQUIREMENT DOCUMENTS
     eg: Aquatics - Bronze medallion

4. ATTEND AN ORIENTATION MEETING/INTERVIEW

5. START VOLUNTEERING!
Explore all the ways you can play @ ARC!

• soak in the hot tub to ease out of your long work day
• groove to rhythms at Zumba
• explore your inner calm in yoga classes
• drop in for soccer, basketball, volleyball, badminton, pickleball
• head to the rink for Stick & Puck
• dive into Aqua Fit classes, swim some laps or join a class in the pool
• discover your inner artist in dance and visual art classes
• reconnect with your kids through family classes and fun nights

We’ve got 80+ drop-in programs - we are sure you will find something new to love!

Winter/Spring never looked as good as it does at ARC!

Hang with friends at AYC @ARC!
The Youth Centre is open for teens, aged 12-18, to meet some new friends and explore new interests through specially designed programs

EXTRAS
• Programs for the whole family
• Inflatable Fun every Friday morning
• More than 80 drop in fitness classes weekly

ABBOTSFORD RECREATION CENTRE
• Olympic size ice rink
• Leisure skating pond
• 25-metre swimming pool
• Hot tub, sauna, and tots pool
• 10,000 sq ft weight room
• Wood sprung aerobic studio
• Indoor walking / running track
• Early years, youth and, senior activity centres
• Multipurpose rooms
• Diverse assortment of drop-in recreation activities
• Registered programs for all ages available at additional cost

HOURS OF OPERATION
Gym/Weight Room/Track:
Monday - Sunday..............5:30am - 12am

Pool:
Monday - Saturday............5:30am - 10pm
Sunday.............................11am - 10pm

Holiday hours subject to change - call facility for details
PRC Facility Admission

<table>
<thead>
<tr>
<th>ADMISSION</th>
<th>Drop-in</th>
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<tbody>
<tr>
<td>Child (under 3) *except Inflatable and Open Playtime</td>
<td>Free</td>
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<tr>
<td>Child (3yrs - 12yrs)</td>
<td>$3.15</td>
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<tr>
<td>Youth (13yrs - 17yrs)</td>
<td>$4.30</td>
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<tr>
<td>Student (ID required)</td>
<td>$4.30</td>
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<tr>
<td>Adult (18yrs +)</td>
<td>$6.00</td>
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<tr>
<td>Senior (60yrs+)</td>
<td>$4.00</td>
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<tr>
<td>Super Senior (80yrs+) * Abbotsford Residents only</td>
<td>Free</td>
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<td>Family (Max 2 parents &amp; their children 3yrs-17yrs)</td>
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<td>Skate Rentals</td>
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<td>Skate Sharpening</td>
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<tr>
<td>Helmet Rentals</td>
<td>$2.15</td>
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Rates include taxes. Fees have been rounded for ease of administration and customer service.

Swipe Cards:
10 visits for 10% discount off the cost of 10 regular priced drop-in visits and 20 visits for 20% discount off the cost of 20 regular priced drop-in visits.

Child-minding Hours (NB - 10yrs)
Our childminding program allows your child to play and have fun while you work out! Our convenient hours allow you to drop your child off and head to one of our fitness classes.

Abbotsford Recreation Centre
Care is available for up to 1.5 hrs. per visit.
Mon - Fri 8:45am - 11:45am
Mon - Th 4:15pm - 7:15pm
Sat 8:15am - 11am

First child $4.50 Addt’l children $1.75
10 visit swipe card $45
Child-minding limits are in effect.
Tickets are sold on a first come, first served basis and will be available 15 minutes before the doors open.
Schedule is subject to change based on attendance levels.
Please note that child-minding is NOT available on Stat holidays.
## Abbotsford Recreation Centre Fitness Schedule 604.853.4221
January 7 - June 27 (See SpringDAZE schedule March 16 - 31)

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Cycle Express</td>
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<td>8am - 9am</td>
<td>Aqua Cardio</td>
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<td>Cardiac Rehab</td>
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**Drop-in Fitness Etiquette**

- No late arrivals beyond 10 min. are permitted to any fitness classes.
- Drop in classes are on a first come, first served basis. We are unable to reserve tickets.
- Wear proper footwear for each class.
- Make your workout your own.
- Listen to your body and modify as you see fit.
- Stay for the whole class. Cool down is an important part of your recovery.
- If you require further information, please call Abbotsford Recreation Centre at 604.853.4221 or Matsqui Recreation Centre 604.855.0500.
- Intensity level can be modified for any ability. Please arrive to the class early to discuss options with the instructor.

No classes on long weekends and statutory holidays, Feb 16 - 18
Schedule Subject to change without notice, please call ahead.
Fitness Class Descriptions

Aqua Classes (14yrs+)

**Aqua Cardio**
This class incorporates both deep and shallow water.
*Low-moderate intensity (1)*

**Aqua Fit - Shallow Water**
Incorporates a variety of cardio and strength exercises that are sure to get your heart pumping! Add 12 times the resistance of air and the result is a high-quality cardiovascular workout!
*Moderate-high intensity (2-3)*

**Aqua Spinning - Deep Water**
The perfect exercise for increasing cardiovascular fitness and core strength! Aqua Spinning is a challenging workout that uses the resistance of the water and a variety of equipment to make the workout more intense.
*Moderate-high intensity (2-3)*

Active Adult Classes (18yrs+)

**Bones & Balance/ Better Bones & Balance**
Increase bone density, range of motion, strength, balance & flexibility for those with osteoporosis, arthritis, or other health restricting issues, using a combination of equipment. Better Bones & Balance incorporates use of the track.
*Low intensity (1-2)*

**Oldies but Goodies**
Dance your heart away to the music you love. Our instructor will teach you easy and fun dance moves that will keep you young.
*Low-moderate intensity (2-3)*

**Strength & Stretch**
Resistance training to resist aging! A timed circuit class that keeps you moving and motivated! Increase your strength, flexibility & cardiovascular health all in one session.
*Low-moderate intensity (2)*

**Zumba Gold**
The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. This is exercise in disguise. Come ready to sweat, and prepare to leave empowered and feeling strong.
*Low-moderate intensity (2)*

Cardio & Strength Classes (16yrs+)

**Beginner Spinner**
Want to try a cycle class but feel they are too intense? This is a great introduction to our cycle classes with bike set-up, terminology and safety introduced.
*Low-moderate intensity (2-3)*

**Cycle Core**
Cycle Fit classes are the ultimate indoor cycling experience for cardiovascular performance and cycling skills. Join our team of instructors for an hour of intense drills to get you through your workout.
*Moderate-high intensity (4)*

**Cycle Express / Saturday Cycle**
Same great class as our Cycle Core, however, 45 minutes in duration. Great for someone trying cycle for the first time!
*Moderate intensity (3)*

**Power Cycle**
Power Cycle is a combination of spin and weight resistance type training. Inspired by sport specific strength and conditioning style workouts. This program is like no other and each class is always different.
*Moderate-high intensity (3-4)*

**Circuit Classes (16yrs+)**

**Cardio & Strength Circuit**
A variety of strength exercises combined with cardio intervals will keep your heart pumping while gaining overall strength. This class uses bosus, bars, balls and bands as well as your body weight. Modifications can be provided so you can work at the level that is right for you.
*Low-moderate-high intensity (2-4)*

**Friday Functional Training**
A class that is based on sport strength and conditioning training. This is not for the light hearted and is a great way to start the weekend or end a hectic work week. Be ready to be motivated and pushed to your limits.
*High intensity (4)*

**Functional Training**
High intensity interval training that focuses on correct form and every day movements and set to times intervals. A full body workout that is based on balance, stability and mobility. Class structure is constantly changing and not one class is ever the same.
*Moderate-high intensity (4)*

**HIIT Circuit (High Intensity Interval Training)**
High intensity intervals of strength and cardio in a variety of circuit formats which can be tailored to differing abilities. Workouts are designed to give an edge to your current fitness level in our HOIST, track and Synergy 360 workout zones.
*Moderate-high intensity (3-4)*

**HIIT (strollers welcome to some classes)**
High Intensity Interval Training is an interval/circuit full-body fitness class that allows you to work on stations at your own pace. Individual adaptations to push yourself or modify as needed.
*Low-moderate-intensity (2-4)*

**On the Ball**
A full body workout that will get your core fired up! this class utilizes the stability ball as well as weights and other equipment to challenge your muscles, strengthen your core and improve your posture.
*Low-Moderate intensity (1-3)*

**No Sweat**
No Sweat is a pre-choreographed weight resistance workout using the body bar and dumbbells. Helping to tone the body while promoting body fat loss, it is good for all ages, levels and for males and females.
*Moderate intensity (3)*

**Step Express**
Same great class as our Step Interval, however, 45 minutes in duration. Great for someone trying Step for the first time!
*Moderate intensity (3)*

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Class Intensity Levels
See page 59 for full description.
Fitness Class Descriptions

Step & Strength
Step your way to better health. A high-energy step aerobics class that combines strength training and cardio for maximum results.
Moderate-high intensity (4)

Strength, Abs, Stretch & Cardio (SAS)
SAS is a full body workout incorporating high intensity intervals of yoga inspired strength, cardio and core. Maximize calorie burn in less time allowing longer yoga-stretch, which is beneficial for muscle development and recovery.
Moderate-high intensity (3-4)

Tabata Bootcamp
This class involves circuits of 20 seconds of work followed by 10 seconds rest. Be prepared to go outside weather permitting.
Moderate-high intensity (3-4)

Total Body Fitness
This group strengthening class will incorporate supersets, upper and lower body strength, core stability, balance, pre-exhaustive training and more to increase your metabolism and burn fat.
Moderate-high intensity (4)

Yoga, Pilates and Zumba Classes (14yrs+)

Hatha Yoga
Hatha classes are great for working on your alignment, learning relaxation techniques, and becoming comfortable doing yoga, while building strength and flexibility. Suitable for those new to yoga.
Low-moderate intensity (2)

Pilates
Pilates increase flexibility and strength, without adding muscle mass through a series of controlled movements. Other equipment may be incorporated.
Moderate intensity (3)

Kundalini Yoga
Kundalini Yoga stimulates the nervous system and immune system as it centres the mind and opens the spirit. Each class includes centering oneself with a mantra, warm up, specific yoga postures, deep relaxation and meditation.
Moderate intensity (3)

Relaxation Yoga
Allow yourself to be guided through long, slow poses to ensure a deeper sense of relaxation. Props may be used to stretch your deep tissue and muscles to align and lengthen your body.
Low-moderate intensity (1-2)

Restorative Yoga
All levels are welcome to join as you are guided through supported poses bringing a deep sense of stillness; quieting the mind and body. Props are used to bring you into a deep sense of comfort and stillness to passively soften the tissues and joint of your body.
Low intensity (1)

Strong by Zumba
Strong by Zumba combines body weight, muscle conditioning, and cardio moves synced to specific music to create a high intensity workout. The one hour class offers a full body workout that will tone your arms, legs, abs, and glutes through jumping, kicking, and choreographed moves.

Zumba
Ditch the workout and join the party! Zumba is fusing hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness programs that will blow you away.
Moderate intensity (3)

Weight Room & Track Drop-in Programs
Please check the fitness class schedule for classes that utilize both the weight room, track and fitness studios.

Indoor Track Drop-in Programs

Family Track Time
This is for families with children 7yrs and older. Children must be accompanied by a parent or guardian at all times.

Senior Centre Track Time
Included with the Senior Activity Centre Membership. The track is still open for regular use, between 12:30pm - 3pm, M-F.

Cardiac Rehabilitation/ Maintenance Programs

Gain knowledge and confidence to improve your health. This program is designed to support people who are at risk for a cardiovascular event or have suffered from a heart attack, heart surgery or angioplasty. The program is provided by the Fraser Health Authority Cardiac Rehabilitation and Prevention Program in a supervised environment.
Please call 604.853.4221 for further details.
**Weight Room and Track open daily**
5:30am - 12am

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Morning HIIT 5:45am - 6:45am</td>
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<td>Morning HIIT 7am - 8am</td>
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<td>*Cardiac Rehab 7:30am - 8:30am</td>
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<td><strong>Functional Training</strong> 9:15am - 10:15am</td>
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<td>*HIIT 8:30am - 9:30am</td>
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<td>*HIIT 9:30am - 10:30am (Strollers welcome)</td>
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<td>*Cardiac Rehab 9:30am - 11:40am</td>
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<tr>
<td>Strength &amp; Stretch 11:30am - 12:30pm</td>
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<tr>
<td>Senior Track Time 12:30pm - 3pm</td>
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<tr>
<td>Family Track Time (7yrs+) 2:30pm - 9pm</td>
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<tr>
<td>*HIIT Circuit 5:30pm - 6:30pm</td>
<td>*HIIT Circuit 5:30pm - 6:30pm</td>
<td>Tabata Bootcamp 6pm - 7pm</td>
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<tr>
<td>Functional Training 5:30pm - 6:30pm</td>
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**Track Information**
- Direction: counter clockwise
- Track Distance: 150M, 3 Lanes
  - 11 laps = 1 Mile / 6.5 laps = 1 km
- Inside Lane: Runners only / Middle Lane: Passing only
- Outside Lane: Walkers/Strollers/Wheelchairs

**Weight Room Etiquette**
- Appropriate clothing that provides adequate coverage must be worn. No jeans or obvious street clothing permitted and closed toe running shoes only.
- Cell phone use is not permitted in the weight room or change rooms.
- Bring a towel during your workout and wipe down equipment after use.
- Handle equipment with care. Do not drop weights.
- Participants must be 16 years of age or older to use the weight room.
- Teenagers 13yrs - 15yrs must have successfully completed a Teen Weight Training Orientation to use the weight room.
- Food is not permitted in the weight room and all beverages must be in a closed plastic container.
- All personal belongings must be stored in a locker or cubby.
- Please rack your weights when finished.

**Teen Weight Room Orientation**
- Teens 13yrs - 15yrs are able to work out in Abbotsford PRC facilities upon successful completion of the Teen Weight Room Orientation.
- Inquire today
- 1/$14
- see page 26
# Abbotsford Recreation Centre Gymnasium Schedule (M - W)
## January 7 - June 27 (See SpringDaze schedule March 16 - 31)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>Gym 1</td>
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<td>Gym 2</td>
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<tr>
<td>*$2 Early Riser Basketball&lt;br&gt;5:30am - 6:45am</td>
<td>*$2 Early Riser Basketball&lt;br&gt;5:30am - 6:45am</td>
<td>*$2 Early Riser Basketball&lt;br&gt;5:30am - 6:45am</td>
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<tr>
<td>Open Gym&lt;br&gt;6:45am - 9:45am</td>
<td>BC Bounce Rise and Shine&lt;br&gt;6:45am - 7:45am</td>
<td>Early Years Program&lt;br&gt;6:45am - 9:45am</td>
</tr>
<tr>
<td>BC Bounce Rise and Shine&lt;br&gt;6:45am - 7:45am</td>
<td>Open Gym&lt;br&gt;6:45am - 8:45am</td>
<td>BC Bounce Rise and Shine&lt;br&gt;6:45am - 7:45am</td>
</tr>
<tr>
<td>Open Playtime (NB - 5yrs)&lt;br&gt;10am - 12:30pm</td>
<td>Registered Programs&lt;br&gt;9am - 1pm</td>
<td>Early Years Program&lt;br&gt;9am - 9:45am</td>
</tr>
<tr>
<td>Registered Programs&lt;br&gt;9am - 1pm</td>
<td>Early Years Program&lt;br&gt;9am - 9:45am</td>
<td>Registered Programs&lt;br&gt;9am - 12:45pm</td>
</tr>
</tbody>
</table>
| Early Years Program<br>9am - 9:45am | Adult Badminton (18yrs+)
8:30am - 11:30am | Open Playtime (NB - 5yrs)<br>10am - 12:30pm |
| Open Playtime (NB - 5yrs)<br>10am - 11:30am | Adapted Sport Zone<br>11:45am - 12:45pm | Registered Program<br>11:45am - 12:45pm |
| Registered Program<br>11:45am - 12:45pm | Adult Pickleball (18yrs+)
1pm - 3pm | Adult Pickleball (18yrs+)
1pm - 3pm |
| *Open Gym<br>3:15pm - 3:45pm | Registered Programs<br>3:15pm - 5pm | *Open Gym<br>3:15pm - 3:45pm |
| BC Bounce<br>4pm - 7pm | Registered Programs<br>3:15pm - 7:15pm | BC Bounce<br>4pm - 7pm |
| Youth Basketball (13yrs - 17yrs)<br>5pm - 6pm | Registered Programs<br>3:15pm - 7:15pm |  |
| Wheelchair Basketball<br>6:15pm - 7:15pm |  |  |
| *Open Badminton<br>7:30pm - 9:45pm | *Open Pickleball<br>7:30pm - 9:45pm | *Open Badminton<br>7:30pm - 9:45pm |
| **$2 Late Night Basketball (16yrs+)<br>10pm - 12am | **$2 Late Night Indoor Soccer (16yrs+)<br>10pm - 12am | **$2 Late Night Basketball (16yrs+)<br>10pm - 12am |
| **$2 Late Night Volleyball (16yrs+)<br>10pm - 12am | **$2 Late Night Basketball (16yrs+)<br>10pm - 12am | **$2 Late Night Volleyball (16yrs+)<br>10pm - 12am |

Schedule subject to change without notice.

### Gymnasium Code of Conduct

**Programs**
- Wait to enter gym until 5 min prior to program start
- Promptly finish game at time allotment
- Exit gymnasium at end of program

**Just ask us!**
- Staff will handle any large gym equipment such as nets and posts
- Do not enter the storage area
- Report all incidents and equipment concerns to the CR leader, Front desk or Shift Supervisor
- Report any accidents, injury, incidents or clean up needed to staff immediately

**Equipment**
- Abbotsford provides basic level equipment for all to share, you are welcome to bring your own equipment

**Etiquette**
- Please conduct yourself in a manner that fits our family friendly environment
- Refrain from hanging on equipment (nets, hoops, etc)
- This facility may be unsupervised at times, use at your own risk
- Proper attire including closed footwear and shirt is required
- Food is not permitted, water or sports drink must be in a plastic resealable container
- Brochures, flyers and other materials must be approved by Facility Manager

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### ARC Gym Schedule

**Abbotsford Recreation Centre Gymnasium Schedule (Th - Su) 604.853.4221**

<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>Gym 1</td>
<td>Gym 2</td>
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<tr>
<td><strong>$2 Early Riser Basketball</strong> 5:30am - 6:45am</td>
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<td><strong>$2 Early Riser Basketball</strong> 5:30am - 8:30am</td>
<td><strong>$2 Early Riser Basketball</strong> 5:30am - 8:15am</td>
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<tr>
<td>Open Gym 6:45am - 8:45am</td>
<td>BC Bounce Rise and Shine 6:45am - 7:45am</td>
<td>Open Gym 6:45am - 8:45am</td>
<td>BC Bounce Rise and Shine 6:45am - 7:45am</td>
</tr>
<tr>
<td>Early Years Program 9am - 9:45am</td>
<td>Adult Badminton (18yrs+) 8:30am - 11:30am</td>
<td>Early Years Program 9am - 9:45am</td>
<td>Registered Programs 8:30am - 9:45am</td>
</tr>
<tr>
<td>Open Playtime (NB - 5yrs) 9am - 11am</td>
<td>Registered Programs 8:30am - 9:45am</td>
<td>Open Playtime (NB - 12yrs) 10am - 12:30pm</td>
<td>Registered Program 8am - 9:30am</td>
</tr>
<tr>
<td>Adult Pickleball (18yrs+) 1pm - 3pm</td>
<td>Adult Pickleball (18yrs+) 1pm - 3pm</td>
<td>Registered Programs 9am - 11am</td>
<td>*Open Badminton 8:30am - 11:30am</td>
</tr>
<tr>
<td>Afterschool Madness 3:15pm - 4:15pm</td>
<td>*Open Gym 3:15pm - 3:45pm</td>
<td>BC Bounce 4pm - 7pm</td>
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<tr>
<td>*Open Gym 4:15pm - 4:45pm</td>
<td>Registered Programs 3:15pm - 7pm</td>
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</tr>
<tr>
<td>Registered Programs 4:45pm - 7:15pm</td>
<td>Open Indoor Soccer (13yrs+) 7:15pm - 8pm</td>
<td>AYC Open Gym 7pm - 8pm</td>
<td>*Registered Programs 3:45pm - 7:30pm</td>
</tr>
<tr>
<td>*Open Pickleball 7:30pm - 9:45pm</td>
<td>Competitive Indoor Soccer (16yrs+) 8:15pm - 9:45pm</td>
<td>*Open Basketball 8:30pm - 10pm</td>
<td>AYC Open Gym 8pm - 10pm</td>
</tr>
<tr>
<td>**$2 Late Night Basketball (16yrs+) 10pm - 12am</td>
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<td>**$2 Late Night Basketball (16yrs+) 10pm - 12am</td>
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Please call 604.853.4221 or check abbotsford.ca/prc for the most current drop-in schedule.

### Etiquette (continued)
- Anyone under the influence of alcohol or drugs is not permitted in the facility
- Excessively loud, offensive or abusive language or behaviour that threatens or disturbs others is not permitted
- Cameras- For safety and protection of all our patrons, personal camera use is permitted within the facility only with staff permission
- Cell Phones- Out of courtesy and safety of others, cell phone use may be limited to specific areas within the facility
- Minors - Under the age of seven years old must be closely attended by an adult
- Lockers are provided for your security and convenience
- The City of Abbotsford is not responsible for lost or stolen articles
- Open drop-in programs marked an * are available for all ages. Parent participation is required for 8yrs and younger.
Family Drop-in Programs (NB - 12yrs)
- Recreation attendant on duty for some programs.
- Parents are responsible for the supervision of their children.

Family Basketball
Come shoot some hopes and get in some quality family time together!

Inflatable Playtime
Your favourite playtime including all the regular toys. Bounce, climb and slide on our inflatable bouncer. (NB - 12yrs)

Open Playtime
This playtime includes plasma cars, ride-ons, tumbling mats, mini floor hockey and basketball equipment, hoppers, balls, giant blocks and much more. (NB - 5yrs)

Child Drop-in Programs (6yrs - 12yrs)
- Recreation attendant on duty for some programs.
- Inclusive etiquette and sportsman-like conduct will be monitored.

After School Madness
Looking for something to do right after school? Come burn off some energy and get active in the gym with our Community Recreation attendants.

Youth Drop-in Programs (13yrs - 17yrs)
- Recreation attendant on duty for some programs.
- Inclusive etiquette and sportsman-like conduct will be monitored.

AYC Youth Open Gym
Gym time just for youth! Join us for a game of pick-up soccer, basketball or floor hockey - you choose!

Youth Basketball
Shoot some hoops or play some 3 on 3 with friends at ARC.

Adult Drop-in Programs (18yrs+)
- Recreation attendant on duty for some programs.
- Inclusive etiquette and sportsman-like conduct will be monitored.

Adult Badminton
A great opportunity for adults to stay active and practice their badminton skills in a fun and social environment.

Adult Pickleball
A great opportunity for adults to stay active and practice your pickleball skills in a fun and social environment.

Open Drop-in Programs
- All ages and levels welcome.
- Inclusive etiquette & sportsman-like conduct will be monitored.
- Parent participation is required for 8yrs. and younger.

Adapted Sport Zone
Adapted Sport Zone offers the opportunity for children and youth who require additional support to participate in safe, inclusive sports. Facilitated by our Community Recreation Leaders. All abilities welcome.

Competitive Indoor Soccer (16yrs+)
A fast-paced competitive session of co-ed indoor soccer.

Early Riser Basketball
Get your morning workout in with basketball! There is no attendant on duty - equipment may be signed out from reception.

Open Gym
Just enough time to add sprints, skipping or basketball before or after your workout. Equipment may be signed out from reception.

Open Badminton
Bring your family and friends and join us for some drop-in badminton! Please note this drop-in is open to youth and adults.

Open Basketball
Join us for some recreational drop-in basketball. Equipment may be signed out from reception. Please note this drop-in program is open to youth and adults.

Open Indoor Soccer (13yrs+)
Join us for an evening session of co-ed indoor soccer. A fun, fast paced way to keep fit and meet new people!

Open Pickleball
This recreational drop-in time is perfect for beginners and intermediate players in a fun and social environment. Pickleball is an exciting twist on the game of tennis, using a light weight wooden paddle and a plastic perforated ball. Please note this drop-in is open to youth and adults.

Table Tennis / Ping Pong
Available daily. Three tables are located outside the gymnasiums and equipment can be signed out at the reception desk.

Wheelchair Basketball (8yrs+)
We have partnered with the BC Wheelchair Basketball Society to present this fun, fast paced sport that is sure to challenge and excite. Community Recreation Leaders teach fundamental movements through drills and games. Sport Wheelchairs available for use.

Late Night Programs (16yrs+)
- Recreation attendant on duty for some programs.
- Inclusive etiquette and sportsman-like conduct will be monitored.

Late Night Basketball
Get your late night workout in with basketball! Equipment may be signed out from reception. For all levels of experience.

Late Night Indoor Soccer
Join us for a late night session of co-ed indoor soccer. A fun, fast paced way to keep fit. For all levels of experience.

Late Night Volleyball
Join us for a late night session of co-ed volleyball. A fun, fast paced way to keep fit. For all levels of experience.
## Abbotsford Recreation Centre Public Swim Schedule 604.853.4221
January 5 - June 30 (See SpringDaze schedule March 16 - 31)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>Length Swim</td>
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<tr>
<td>Aqua Cardio</td>
<td>Aqua Fit &amp; Aqua Spinning</td>
<td>Aqua Cardio</td>
<td>Aqua Fit &amp; Aqua Spinning</td>
<td>Aqua Cardio</td>
<td>Family Swim &amp; Swim Lessons</td>
<td>Toonie Family Swim &amp; Swim Lessons</td>
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<td>8am - 9am</td>
<td>9:05am - 9:50am</td>
<td>8am - 9am</td>
<td>9:05am - 9:50am</td>
<td>8am - 9am</td>
<td>9am - 12pm</td>
<td>11am - 1pm</td>
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<tr>
<td>Aqua Fit &amp; Aqua Spinning</td>
<td>Aqua Cardio Blast</td>
<td>Aqua Fit &amp; Aqua Spinning</td>
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<td>*Main pool closed, Tots pool open</td>
<td>*Main pool limited space, Tots pool open</td>
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<td>9:05am - 9:50am</td>
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<td>Swim Lessons &amp; Public Swim</td>
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<td>*School Group Programming may occur during these times</td>
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All length swims are a minimum of 3 lanes. Main pool closed or limited access to public during scheduled swim lessons.

- Schedules are subject to change without notice. Please call ahead to confirm.
- 7 Year Rule: Children under the age of 7yrs. must be accompanied into the water and stay within arm’s reach of a responsible caregiver of at least 16yrs of age. The ratio of adults to children under 7 is 1:3. Children under 7yrs. must be closely supervised while in all areas of the facility.
- Change Room Guidelines: Please change your child in the appropriate change rooms; keeping in mind the Family change rooms are designed for those with diverse needs and parents with children of the opposite gender that are 5yrs of age and older.

*No Toonie Swim on School District Pro-D days and school breaks.*

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**Please help us avoid disruptions to the pool schedule by adhering to the following guidelines:**

- Please do not go swimming, or bring children to lessons if you are feeling unwell, especially if you have an upset stomach.
- Non-toilet trained infants/toddlers and participants who experience incontinence must wear leak-proof swim pants or garments of a similar nature. Regular diapers may not be worn in the pool as the absorbent material in them will clog the pool filters.
- Ensure your child uses the bathroom prior to entering the pool.
- Please do not eat immediately before entering the pool and avoid swimming for one hour after eating.
- Please do not enter Aqua Fit classes after they have started.
Public Swimming Drop-in Programs

**Quiet Swim**
This time is set aside for lowkey and quiet activities.

**Aqua Cardio/Aqua Cardio Blast**
This class incorporates both deep and shallow water.

**Aqua Fit**
This class incorporates a variety of cardio and strength exercises that get your heart pumping! Add 12 times the resistance of air equaling a high cardiovascular workout!

**Aqua Spinning**
The perfect exercise for increasing cardiovascular fitness and core strength! A challenging workout utilizing the resistance of the water and a variety of equipment to make the workout more intense.

**Aqua Zumba**
This class incorporates the energy and excitement of Zumba with the resistance of water. Twist and move and have fun in the water in cardio cranking class.

**Family Swim**
These times are set aside for families to enjoy the pool toys and equipment.

**Length Swim**
Enjoy these relaxing times to swim lengths, soak in the swirl pool or relax in the sauna.

**Parent & Tot Swim**
These times are during scheduled swim lessons and includes only the Tots pool for parents and children under the age of 7yrs. Parents must be in the water with their children.

**Public Swim**
Everyone welcome, during this time all of the fun features of the pool will be available for everyone to enjoy, come join in the fun! Slide, dive and splash!

**Toonie Family Swim/Toonie Swim**
$2 per person in your family. All admissions become regular price 15 min. before end of swim time.
Senior Resources

Abbotsford Peer Support for Seniors
Programs include The Good Morning Program telephone check in and the Peer Support Program, a free one on one service for seniors 50+ living alone in Abbotsford.
abbotsfordpeersupportforseniors.ca
T: 604.850.0011
E: apss.seniors@telus.net

Abbotsford Learning Plus Society
A volunteer organization offering daytime leisure and learning programs to seniors, retirees and inquiring minds of all ages. The brochure is available in the Seniors Centre or online.
Programs run Sept - Dec and Jan - Apr.
learningplus.ca
T: 778.808.7377

Friendship House
More than 125 senior members enjoy a variety of programs including Bridge 4 days a week and the Happy Gang Singers on Tuesdays. Programs run all year with occasional special events. For more information call 604.855.9741.

Stroke Recovery Association of BC
The Abbotsford Stroke Recovery Branch is part of the Stroke Recovery Association of BC (SRABC), a non-profit organization. The SRABC has been offering information and programs for stroke survivors after they leave the hospital since 1979.
Programs run Sept - Jun.
strokerecoverybc.ca
T: 604.746.9264
E: abbystrokerecovery@gmail.com

Open daily, 8am - 10pm
Our welcoming Senior Centre is a great place to join in on a variety of drop-in programs, have a coffee, visit with friends, shoot pool or work on a puzzle. The centre is equipped with a snooker table, pool table, book library, flat screen TV, computers, couches, tables and chairs, an assortment of puzzles and games and coffee is available for 50¢/cup. ARC Senior Centre Annual Membership is only $25 for Seniors 55yrs+.

The Seniors Activity Centre Memberships includes Adult Badminton, Adult Pickleball, Knitwits, Art in the ARC, Senior’s Track Time and much more! Please note that this membership does not include access to the pool, arena, weight room, fitness classes, registered programs, or any other drop-in programs that are not listed in the senior’s drop-in section.
For further inquiries please contact Abbotsford Recreation Centre at 604.853.4221.

ADULT BUS TOURS
Host Bus and Sights!

Abbotsford Recreation Centre
abbotsford.ca/prc | 604.853.4221
# Abbotsford Recreation Senior Activity Centre Schedule

January 7 - June 27

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>*Billiards&lt;br&gt;Senior Centre&lt;br&gt;8am - 12:30pm&lt;br&gt;4:30pm - 6:30pm</td>
<td>Adult Badminton&lt;br&gt;Senior Centre&lt;br&gt;8am - 10pm&lt;br&gt;8:30am - 11:30am</td>
<td>*Billiards&lt;br&gt;Senior Centre&lt;br&gt;8am - 10pm&lt;br&gt;8:30am - 11:30am</td>
<td>*Billiards&lt;br&gt;Senior Centre&lt;br&gt;8am - 10pm&lt;br&gt;8:30am - 11:30am</td>
<td>Art in the ARC&lt;br&gt;Senior Centre&lt;br&gt;8am - 10pm&lt;br&gt;10am - 12pm</td>
<td>*Billiards&lt;br&gt;Senior Centre&lt;br&gt;8am - 12pm&lt;br&gt;8am - 10pm</td>
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**Learning Plus<br>MP 2/3<br>10am - 12pm**

*Knitwits<br>Senior Centre<br>10am - 11:30am

Senior Track Time<br>12:30pm - 3pm

Stroke Recovery<br>MP 3<br>12:30pm - 3:30pm

Happy Gang Singers<br>Senior Centre<br>12:30pm - 3:30pm

**Learning Plus<br>MP 2/3<br>10am - 12pm**

**Learning Plus<br>MP 2/3<br>12:45pm - 4pm**

*Partnership Bridge<br>MP 2/3<br>12:45pm - 4pm

Social Bridge<br>Senior Centre<br>1pm - 4pm

Adult Pickleball<br>Gym 1 & 2<br>1pm - 3pm

Stroke Recovery<br>MP 2/3<br>12:30pm - 3:30pm

Social Bridge<br>Senior Centre<br>1pm - 4pm

*Partnership Bridge<br>MP 2/3<br>12:45pm - 4pm

*Partnership Bridge<br>MP 2/3<br>12:45pm - 4pm

*Partnership Bridge<br>MP 2/3<br>12:45pm - 4pm

*Partnership Bridge<br>MP 2/3<br>12:45pm - 4pm

Art in the ARC<br>MP 8<br>1pm - 3pm

Adult Pickleball<br>Gym 1 & 2<br>1pm - 3pm

Adult Pickleball<br>Gym 1 & 2<br>1pm - 3pm

*Billiards<br>Senior Centre<br>8am - 10pm

Art in the ARC<br>MP 3<br>1pm - 3pm

*Partnership Bridge<br>MP 2/3<br>6:45pm - 9:30pm

*Billiards<br>Senior Centre<br>8am - 9:30pm

Programs do not run on Stat holidays or long weekends. Schedule Subject to change, please call ahead to confirm.

## ARC Senior Centre Members’ Drop-in Programs (those indicated with an * are $2 drop-in)

### Art in the ARC

This group setting provides the opportunity to share ideas and tips while practicing art skills. Bring your art materials and enjoy the company of fellow artists of all levels. Additional drop-in fees may apply.

#### Billiards*

Come & play billiards at the Senior Activity Centre. Have a great time socializing with old acquaintances or make new ones.

#### Euchre*

Want to play a trick-playing card game? Try Euchre! Additional drop-in fees may apply.

#### Knitwits Knitting Group

Bring your knitting & join in on some great conversation. Beginners to experienced knitters welcome.

### Partnership Bridge*

Bring a partner for a fast-paced, fun game of bridge. Additional drop-in fees may apply.

### Social Bridge

Come & play a friendly game of bridge. No partner necessary. Additional drop-in fees may apply.

### Senior Track Time

Time to get moving! Even ground and shelter from wind, rain and hot sun make this the ideal place to get your gentle walking or running done. Pole walking permitted. Poles must have rubber tips.
Low cost and **FREE** ways to play with Abbotsford Parks, Recreation & Culture

<table>
<thead>
<tr>
<th><strong>Drop-in Sports</strong></th>
<th><strong>$2 Drop-in</strong></th>
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<tbody>
<tr>
<td>Early Riser Basketball</td>
<td>Mon - Sun 5:30am - 8:00am ARC</td>
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<tr>
<td>Late Night Basketball</td>
<td>Mon/Wed - Sun 10pm - 12am ARC</td>
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<tr>
<td>Late Night Soccer</td>
<td>Tues 10pm - 12am ARC</td>
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<tr>
<td>Late Night Volleyball</td>
<td>Wed 10pm - 12am ARC</td>
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<tr>
<th><strong>Family Activities</strong></th>
<th>Child Admission (Parent and Babies under 9 months FREE)</th>
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<tbody>
<tr>
<td>Open Playtime</td>
<td>Mon/Wed, Tues/Thurs 10am - 12:30pm ARC</td>
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<tr>
<td>Inflatable Fun</td>
<td>Fri 10am - 12:30pm ARC</td>
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<tr>
<td>Open Playtime</td>
<td>Sat 9am - 11am ARC</td>
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<tr>
<th><strong>Swimming</strong></th>
<th><strong>$2 Drop-in</strong></th>
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<tr>
<td>Toonie Swim</td>
<td>Mon - Sat 9pm - 10pm MRC</td>
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<tr>
<td>Quiet Toonie Swim</td>
<td>Tues, Thurs - Sat 9pm - 10pm ARC</td>
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<tr>
<td>Toonie Swim Waves &amp; Slide</td>
<td>Sun 9:30am - 11:45am MRC</td>
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<tr>
<td>Toonie Family Swim</td>
<td>Sun 11am - 1pm ARC</td>
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<tr>
<td>Toonie Swim</td>
<td>Sun 7:30pm - 8:30pm ARC</td>
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<th><strong>Weight Room</strong></th>
<th><strong>$2 Drop-in</strong></th>
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<tr>
<td>Late Night Workout</td>
<td>Mon - Sun 10pm - 12am ARC</td>
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* No Toonie Swim on School District Pro-D days and breaks. Please check for holiday exceptions.

Do you want to be in touch, informed and involved?  

**We’ve got an app for that!**

Download the @abbotsford City Services App today from the App Store and Google Play.
Fun and Fitness @ MRC!

- dive into swim classes, for all ages
- catch a wave in the 25-metre pool or hit the water slide
- paddle with little ones in the tots pool
- drop into the rink for Stick and Puck
- glide through public skating or group lessons
- hit the state-of-the-art gym, there’s a women only section
- book a private training session
- rejuvenate in the hot tub, steam room and sauna
MRC has something you’ll love to do. Come down and enjoy the fun!

Seniors Centre @MRC!
Dance, play, create - indulge in your favourite activities or discover some new ones! The onsite centre is the place for adults 55+ to meet new friends, learn new skills and hang out - just like the kids!

Hang with friends at AYC @MRC!
The Youth Centre is open for teens, aged 12-18, to meet some new friends and explore new interests through specially designed programs

EXTRAS
- Private pool rentals include the water slide, kids/tots area, hot tub, sauna and steam room
- MRC has a 5,300 sq. ft. weight room and a separate ladies only section

Matsqui Recreation Centre
- NHL size ice rink
- 25-metre swimming pool with wave machine
- Zero depth Beach entry pool
- Indoor water slide
- Tots pool with platform
- Hot tub, steam room, and sauna
- Aerobics room
- Teen activity centre and OAP hall
- 5,300 sq.ft. weight room and separate ladies only section

HOURS OF OPERATION
Monday - Sunday ......................... 6am - 10pm
Sunday ........................................ 9:30am - 8:30pm
Holiday hours subject to change - call facility for details
Matsqui Recreation Centre Fitness Schedule 604.855.0500
January 7 - June 27

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<th>MONDAY</th>
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<td>Zumba Gold</td>
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<td>Restorative Yoga</td>
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<td>Gentle Yoga</td>
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Class Intensity Levels

- **Low-moderate Intensity (1-2):** Great class for Low Impact while raising your heart rate for health benefits.

- **Moderate Intensity (3):** Increase your heart rate for improved performance & overall total body fitness. Low to moderate impact. Some fitness experience recommended.

- **Moderate-High Intensity (4):** A cross between moderate impact with opportunities for higher level of cardiovascular and muscular strength training. Fitness experience recommended.

- **No classes on long weekends and statutory holidays.**
- **Schedule Subject to change without notice, please call ahead.**
- **For the most up-to-date fitness schedule visit us online at:** [abbotsford.ca](http://abbotsford.ca)
Aqua Classes (14yrs+)

**Aqua Cardio**
This class incorporates both deep and shallow water.
**Low intensity (1)**

**Aqua Fit - Shallow Water**
Incorporates a variety of cardio and strength exercises that are sure to get your heart pumping! Add 12 times the resistance of air and the result is a high-quality cardiovascular workout!
**Moderate-high intensity (2-3)**

**Aqua Spinning - Deep Water**
The perfect exercise for increasing cardiovascular fitness and core strength! Aqua Spinning is a challenging workout that uses the resistance of the water and a variety of equipment to make the workout more intense.
**Low-moderate intensity (2-3)**

Active Older Adult Classes

**Bones & Balance**
Increase bone density, range of motion, strength, balance & flexibility for those with osteoporosis, arthritis, or other health restricting issues, using a combination of equipment. We also offer a cardio version of this class.
**Low intensity (1-2)**

**Zumba Gold**
The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. This is exercise in disguise. Come ready to sweat, and prepare to leave empowered and feeling strong.
**Low-moderate intensity (2)**

Adapted Classes

**Adapted Fit Zone**
This drop in class is geared for individuals with physical and/or cognitive disabilities to participate in a safe and inclusive fitness environment that is adapted to their needs. A fun, encouraging environment with a variety of exercises incorporating basic weight training and cardio, to music at an adapted pace.

Yoga, Pilates and Zumba Classes (14yrs+)

**Hatha Yoga**
Hatha classes are great for working on your alignment, learning relaxation techniques, and becoming comfortable with doing yoga, while building strength and flexibility. Suitable for those new to yoga.
**Low-moderate intensity (2)**

**Pilates Express**
Pilates increase flexibility and strength, without adding muscle mass through a series of controlled movements. Exercise mats, bands and other equipment may be incorporated.
**Moderate intensity (3)**

**Restorative Yoga**
A very gentle approach to yoga. All levels are welcome to join as you are guided through supported poses bringing a deep sense of stillness; quieting the mind and body. Props are used to bring you into a deep sense of comfort and stillness to passively soften the tissues and joints of your body.
**Low intensity (1)**

**Bolly-X**
A Bollywood style dance program that cycles between higher and lower intensity dance sequences.
**Moderate intensity (3)**

**Family Zumba**
Zumba Kids classes feature kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporates fitness as a natural part of children’s lives by making fitness fun!
**Moderate intensity (2-3)**

**Zumba**
Ditch the workout and join the party! Zumba is fusing hypnotic Latin rhythms & easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.

Circuit Classes (16yrs+)

**HIIT Circuit (High Intensity Interval Training)**
High intensity intervals of strength and cardio in a variety of circuit formats which can be tailored to differing abilities. Workouts are designed to give an edge to your current fitness level in our HOIST, track and Synergy 360 workout zones.
**Moderate-high intensity (3-4)**

**No Sweat**
No Sweat is a pre-choreographed weight resistance workout using the body bar and dumbbells. Helping to tone the body while promoting body fat loss, it is good for all ages, levels and for males and females.
**Moderate intensity (3)**
# Matsqui Recreation Centre Public Swim Schedule

604.855.0500
January 7 - June 30 (See SpringDaze schedule March 16 - 31)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td>Aqua Spinning</td>
<td>Aqua Spinning</td>
<td>Length Swim</td>
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<td>Pool Rental</td>
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<td><strong>Length Swim &amp; Public Swim</strong></td>
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<td>Swim Club</td>
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<td>Aqua Fitness</td>
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<td>Toonie Swim 9:30am - 11:45am</td>
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<td>Toonie Swim</td>
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<td>*School Group Programming may occur during these times</td>
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<td>Public Swim</td>
<td>Afternoon Aqua Fit</td>
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<td>Public Swim</td>
<td>Afternoon Aqua Fit</td>
<td>2:15pm - 3pm</td>
<td>Toonie Swim Waves &amp; Slide</td>
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<td>Public Swim</td>
<td>2pm - 3:30pm</td>
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<td>Public Swim Waves &amp; Slide</td>
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<td></td>
<td>Swim Lessons &amp; Swim Club</td>
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<td>Swim Lessons &amp; Swim Club</td>
<td>4pm - 7pm</td>
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<td>Public Swim Waves &amp; Slide</td>
<td>7pm - 9pm</td>
<td>Kids Fun Swim Waves &amp; Slide</td>
<td>7pm - 9pm</td>
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<td>Toonie Swim</td>
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Water slide and waves will be operational during times that are indicated above and may be turned on at other times depending on pool activity levels.

- Schedules are subject to change without notice. Please call ahead to confirm.
- **7 Year Rule:** Children under the age of 7yrs. must be accompanied into the water and stay within arm’s reach of a responsible caregiver of at least 16yrs of age. The ratio of adults to children under 7 is 1:3. Children under 7yrs. must be closely supervised while in all areas of the facility.
- Change Room Guidelines: Please change your child in the appropriate change rooms; keeping in mind the Family change rooms are designed for those with diverse needs and parents with children of the opposite gender that are 5yrs of age and older.

Please help us avoid disruptions to the pool schedule by adhering to the following guidelines:
- Please do not go swimming, or bring children to lessons if you are feeling unwell, especially if you have an upset stomach.
- Non-toilet trained infants/toddlers and participants who experience incontinence must wear leak-proof swim pants or garments of a similar nature. Regular diapers may not be worn in the pool as the absorbent material in them will clog the pool filters.
- Ensure your child uses the bathroom prior to entering the pool.
- Please do not eat immediately before entering the pool and avoid swimming for one hour after eating.
- Please do not enter Aqua Fit classes after they have started.
Public Swimming Drop-in Programs

Aqua Cardio/Aqua Cardio Blast
This class incorporates both deep and shallow water.

Aqua Spinning
The perfect exercise for increasing cardiovascular fitness and core strength!
A challenging workout utilizing the resistance of the water and a variety of equipment to make the workout more intense.

Aqua Zumba
This class incorporates the energy and excitement of Zumba with the resistance of water. Twist and move and have fun in the water in cardio cranking class.

Length Swim
Enjoy these relaxing times to swim lengths, soak in the swirl pool or relax in the sauna.

Public Swim
Our pool is open for length swimming, walking, and splashing; however space may be limited due to other programs and the water slide, waves and diving boards may not be available during this time.

Toonie Swim
$2 per person in your family. All admissions become regular price 15 min. before end of swim time. *No Toonie Swim on School District Pro-D days and school breaks.

Toonie Length Swim
The pool is set up for lengths and geared towards adults, but all are welcome.

Check out the exciting programs that are offered at MRC!

Art Sampler- page 17
Ballet for Kids - page 19
Hip Hop - page 19
Tiny Tutus 2Y0’s - page 13
Tiny Tutus Level 1 - page 13
Mom & Baby Aquafit - page 35
Abbotsford Boxing
Youth/Adult - page 24/36
Classical Fencing - page 25

Volunteer Opportunities

PARKS
Adopt a Park/Trail
Adopt a Street
One Time Beautification
Corporate Volunteering
Community Clean up Week

RECREATION
Arenas
Aquatics
Day Camps
Fitness
Art & Recreation Programs
Sport Programs
Recreation Buddy Program

CULTURE
Special Events
Traffic Control
Walk Abbotsford

Be a Volunteer
...You’ll be glad you did!

Contribute to your Community by volunteering with the City of Abbotsford.

For more info contact 604.557.7050
abbotsford.ca/volunteerapplication
Lace Up Your Skates!

Skating is so cool. Figure skating, hockey, recreational skates, lessons - it’s all here at the City of Abbotsford’s arenas. And anyone can join the fun, from school groups to adult groups, kids in lessons and seniors on a skating date.

Not sure of your schedule? Drop-in public skates and other activities have you covered. Only want to watch? Take in the action at Abbotsford Pilots’ hockey games and Valley Rebels lacrosse games at MSA Arena or the spectacle of the Abbotsford Skating Club’s annual ice show every April.

EXTRAS
- Ice time rentals for corporate holiday skating parties
- Late night or lunch hour hockey game ice rentals
- 3 arenas with ice time available
Call 604.557.4406 for availability and rates

DID YOU KNOW?
- We operate 3 arenas
- We have an NHL size arena.
- An average of 802 people per day use our arena facilities
- City arenas operate an average of 13,000 hours a year between ice and dry-floor users
Matsqui Recreation Centre Arena Schedule 604.855.0500
January 7 - March 17 (See SpringDaze schedule March 18 - 31)

<table>
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<tr>
<th>MONDAY</th>
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<td>Public Skate</td>
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• Helmets are mandatory for children under 8yrs during all public sessions. Helmets are strongly recommended for all participants.
• Please bring your own helmet. A limited number of helmets are available to rent for $2.15.
• 7 year rule: a guardian, aged 16yrs or older, shall closely supervise and be in visual contact at all times with children under 7yrs while in the building.
• For safety reasons, figure skating and hockey playing are not permitted during public skating sessions.
• Skate sharpening is available during public skate times for $6.10.
• Dates and times are subject to change without notice. Please call ahead to confirm.

Public Skating Drop-in Programs

**Adult & Senior Skate (18yrs+)**
Time set aside for adults 18yrs+ to enjoy a leisure skate.

**Adult Figure Skate (18yrs+)**
A figure skating session for adults to practice jumps, spins and footwork.

**Public Skate**
Open to everyone. Helmets are mandatory for 8yrs and under.

**Parent & Child Drop-in Hockey**
An opportunity for parents and children to get out and play a game of stick & puck together. Full-face protection with helmets are required. Hockey gloves and long sleeves and long pants are required. Adults are required on the ice with their children.

**Stick & Puck**
An open session for all ages to practice hockey skills. No slapshots allowed and helmets are mandatory. Hockey gloves and long sleeves and long pants are required. Full face masks are mandatory for 17yrs and under.

**Toonie Skate**
$2 per person for admission and rentals. *No Toonie Skate on School District Pro-D days and school breaks.*

Please call the facility after 8am that day to reserve your spot at:
ARC 604.853.4221
MRC 604.855.0500
### Abbotsford Recreation Centre Arena Schedule 604.853.4221
January 7 - March 17 (See SpringDaze schedule March 18 - 31)

<table>
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<th>MONDAY</th>
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<tr>
<td>Adult &amp; Senior Skate</td>
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<tr>
<td>Toonie Skate</td>
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<td>Stick &amp; Puck</td>
<td>3:30pm - 5pm</td>
<td>Toonie Skate</td>
<td>2:45pm - 3:45pm</td>
<td>Parent &amp; Child Hockey</td>
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<td>Public Skate</td>
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### April 1 - June 30

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<td>Adult &amp; Senior Skate</td>
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<td>Toonie Skate</td>
<td>3pm - 4:30pm</td>
<td>Stick &amp; Puck</td>
<td>3:30pm - 5pm</td>
<td>Parent &amp; Child Hockey</td>
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### ARC Public Skate Schedule

**Arc Ice Experience**
January 7 - April 1 (Ice Experience closes Apr 1 - Sep)

<table>
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<tr>
<th>MONDAY</th>
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<tbody>
<tr>
<td>Public Skate</td>
<td>9am - 8pm</td>
<td>Toonie Parent &amp; Tot</td>
<td>9am - 10:30am</td>
<td>Public Skate</td>
<td>9am - 8pm</td>
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<td>Public Skate</td>
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<td>8pm - 9pm</td>
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</table>
A detailed skate lesson schedule with class descriptions, dates and times is available at Abbotsford Recreation or Matsqui Recreation Centres or online at direct2rec.com.

<table>
<thead>
<tr>
<th>Arena</th>
<th>Dates</th>
<th># of Lessons</th>
<th>Lesson Length</th>
<th>Days</th>
<th>Child</th>
<th>Adult</th>
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<tr>
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<td>9</td>
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<td>$74</td>
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<td>ARC/MRC</td>
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<td>30min</td>
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<td>$80</td>
<td>$82</td>
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<td>ARC</td>
<td>Jan 10 - Mar 14</td>
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<td>30min</td>
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<td>$80</td>
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<td>ARC</td>
<td>Jan 12 - Mar 16</td>
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<td>30min</td>
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<td>$72</td>
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<td>ARC</td>
<td>Apr 1 - May 27</td>
<td>7</td>
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<td>MRC</td>
<td>Apr 2 - May 28</td>
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<td>30min</td>
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<td>ARC</td>
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<tr>
<td>ARC</td>
<td>Apr 6 - Jun 8</td>
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<td>30min</td>
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<td>ARC</td>
<td>Jun 4 - Jun 25</td>
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<td>ARC/MRC</td>
<td>Mar 18 - 22</td>
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<td>ARC/MRC</td>
<td>Mar 25 - 29</td>
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<td>30min</td>
<td>M-F</td>
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**School Age Skate Lessons**

6yrs - 13yrs

**SKATE Kids LEVEL 1**

This introductory level is for children who have never skated before. Skaters are taught balance and posture, how to fall safely and get up on their own, and are introduced to forward stride, glide and snow plow stop.

**SKATE Kids LEVEL 2**

In this beginner level, skaters learn two-foot gliding, forward and backwards skating, parallel stopping, and are introduced to one-foot gliding and V-pushes.

**SKATE Kids LEVEL 3**

The main focus of this level is stopping correctly and gaining strength in backwards skating. Skaters will also learn backward one foot gliding, pivots, forward crossovers and edges.

**SKATE Kids LEVEL 4**

This level will focus on developing power through backwards strokes and edges, crossovers, and Mohawk turns.

**SKATE Kids LEVEL 5 & 6**

Skaters will continue to develop power and speed in this level through edges, turning and body control.

**EQUIPMENT REQUIREMENTS:**

- CSA approved hockey helmet is mandatory.
- A full face mask is recommended.
- Appropriate winter clothing and gloves are required.
- For Preschool lessons we recommend gloves and snow pants.

---

**Preschool Skate Lessons**

3yrs - 5yrs

**ARCTIC SEAL 1**

This introductory level is for kids who have never skated before. Children learn safety, balance, how to take small steps, and gain independence as they learn how to fall and stand on their own.

**PENGUIN 2**

In this level, children continue to work on balance, skating the width of the rink, and are introduced to backwards skating and snow plow stops.

**WINTER BUNNY 3**

Children continue to work on gliding, stopping, skating safety, backwards skating and forward sculling.

**SNOW LEOPARD 4**

With this intermediate level, children become more proficient with forward and backwards sculling, backwards stopping, forward crossovers and pivots.

**POLAR BEAR 5**

This level continues the development of forward and backwards stride, forward crossovers in both directions, parallel stops and backward crossovers.

---

Look for this seal on CSA approved hockey helmets.

Bike helmets are not CSA approved and therefore not allowed for use at lessons.
Play in the WATER!

Learning to swim is a life skill, that has many benefits. Aside from learning how to stay afloat, lessons teach us to respect water safety and prevent tragedies.

Need more reasons? Learning to swim gives kids a sense of accomplishment and pride in their abilities, can help with chronic diseases and mental health, improve moods and decrease depression. Learning something new helps kids develop critical thinking skills!

Swimming’s not just for the young! Swimming can improve the use of arthritic joints and promote healthy brain function. It’s never too late to learn, dive in!

Abbotsford’s aquatic facilities offer a wide range of courses from Red Cross Water to Safety-trained instructors.

**EXTRAS**
- Free swim assessments so learners are put in the correct class
- Toonie swims
- Drop-in swims to accommodate every schedule
- Aqua fit classes for all skills

**DID YOU KNOW?**
- City of Abbotsford Aquatics team taught over 200 people in the free Swim to Survive program in the summer of 2018.
- The Matsqui Recreation Centre offers something for everyone in the family - waves, a beach entry area and warm tots pool.
- Each centre offers a hot tub, sauna and/or steamroom.
- The bi-annual shutdown at ARC identified and addressed items related to energy efficiency, accessibility and service, as well as patron and staff safety. In addition to tiling repairs, notable projects included a LED lighting retrofit, installation of automated doors, anti-slip deck treatment, improvements to accessible change rooms and the addition of portable lifts and aquatic wheelchairs.
Parent & Tot Swim Lessons (4mo - 36mo)

**Starfish** (4mo - 1yr)
The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. To enter this level, babies must be able to hold their head up.

**Duck** (12mo - 2yrs)
Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play.

**Sea Turtle** (2yrs - 3yrs)
Orientation to water for toddlers and their parent/caregiver. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks.

Preschool Swim Lessons (3yrs - 5yrs)

**Sea Otter** (Preschool 1)
Transitional level, all skills are assisted by the Instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre.

**Salamander** (Preschool 2)
Swimmers learn to swim 2 metres, further develop basic floats, increase their distance on front and back glide, front swim, roll-over glide, and learn how to use a Personal Flotation Device (PFD).

**Sunfish** (Preschool 3)
Swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, swimmers develop their roll-over glide, side glide and front swim, learn deep-water skills and use of a Personal Flotation Device (PFD).

**Crocodile** (Preschool 4)
Swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Skills include jumping into deep water, performing surface support for 10 seconds and using a Personal Flotation Device (PFD).

**Whale** (Preschool 5)
Swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Skills include identifying safe swimming areas, jumping into deep water, swimming 5 metres, surface support for 20 seconds and return to safety, throwing assists and sitting dives.

**Stingray** (Preschool 6)
For swimmers that have completed Whale but have not yet turned 6yrs. Continue to develop swimming skills in front crawl, back crawl, introduction to whip kick, diving, somersaults and water safety.

**Dolphin** (Preschool 7)
For swimmers that have completed Stingray but have not yet turned 6yrs. Continue to develop swimming skills in front crawl, back crawl and whip kick. Introduction to elementary back stroke, synchronized swimming skills and water safety.

A detailed swim lesson schedule with specific dates and times is available at any PRC recreation centre or online at direct2rec.com.
School Age Swim Lessons (6yrs - 12yrs)

Swim Kids Level 1 Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim.

Swim Kids Level 2 Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on front swim (5m) and learn about deep-water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim.

Swim Kids Level 3 This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim.

Swim Kids Level 4 Front crawl (10m) and back swim with shoulder roll (15m) are introduced. Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim.

Swim Kids Level 5 Back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water are introduced. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim.

Swim Kids Level 6 This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary backstroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim.

Swim Kids Level 7 This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim.

Swim Kids Level 8 Breast stroke (15m) and feet-first surface dives are introduced. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each.

Swim Kids Level 9 This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3mins). They also work on head-first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim.

Swim Kids Level 10 This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice, and head-first and feet-first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim.

A detailed swim lesson schedule with specific dates and times is available at any PRC recreation centre or online at direct2rec.com.
## Advanced Aquatic Training

### Bronze Star (10yrs+)
Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo & partner rescues, searches & first-aid skills. Must be able to swim 400m.

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<th>Time</th>
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### Bronze Medallion (13yrs+)
Students learn self-rescue techniques, defense and release methods and tows and carries in preparation for challenging rescues and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency in a timed swim (500m in 15 minutes).

<table>
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### Bronze Cross (13yrs+)
Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatics facilities. Candidates develop proficiency at performing patient assessments, managing aquatic emergencies, while developing stroke endurance (500m in 15 minutes) and fitness training skills.

<table>
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### Bronze Medallion/Bronze Cross & CPR C (13yrs+)
A combined Bronze Medallion and Bronze Cross course.

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### Lifesaving Instructor (16yrs+)
The Lifesaving Instructor course prepares individuals to organize, plan, teach and evaluate lifesaving and first aid skills and resuscitation techniques in the Society's lifesaving and first aid awards.

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### National Lifeguard (16yrs+)
NLS Training develops basic lifeguarding skills, principles and decision-making to assist the lifeguard in evaluating and adapting to different aquatic emergencies and facilities. NLS is the standard measurement of lifeguarding performance across Canada.

<table>
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<th>Days</th>
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<th>Cost</th>
<th>Code</th>
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### National Lifeguard Pre/Recertification (16yrs+)
This course includes both a pre-certification refresher and the recertification for certified lifeguards.

<table>
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<th>Days</th>
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### Water Safety Instructor (15yrs+)
Combination course for the WSI Prep and WSI course. This course includes all the WSI Prep and WSI requirements that are necessary for students to be qualified to teach the Red Cross swimming program. All of the materials are included in the class and 100% attendance is needed to complete the course.

<table>
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<th>Location</th>
<th>Start Date</th>
<th>Days</th>
<th>Time</th>
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### Water Safety Instructor Recertification (15yrs+)
This course prepares candidates to instruct the Red Cross Water Safety program. Instructors will experience, analyze and apply the Swim kids, Preschool Swim kids and Aqua Adult program curriculum. Principles of injury prevention, inclusion, progressive learning and Red Cross fundamental principles are reinforced.

<table>
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### Water Safety Instructor Prep (15yrs+)
Water Safety Instructor (Prep) covers the foundation of physical and instructional skills. AWSI includes physical principles, stroke progressions, communication methods and safety supervision skills with a heavy focus on teaching principles and learning styles. Once certified candidates have two years to become a Water Safety Instructor.

<table>
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### WSI Prep and WSI Combo (15yrs+)
Combination course for the WSI Prep and WSI courses – also includes CPR-C + AED.

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### Abbotsford Recreation Centre Swim Lessons

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<th># of Lessons</th>
<th>Parent &amp; Tot Lesson</th>
<th>Length of Lesson</th>
<th>Preschool 1 - 5</th>
<th>Length of Lesson</th>
<th>Swim Kids 6 - 10</th>
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### Matsqui Recreation Centre Swim Lessons

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### ARC & MRC Winter Swim Lessons

- Abbotsford Recreation Centre Swim Lessons
- Matsqui Recreation Centre Swim Lessons
**Abbotsford Recreation Centre Swim Lessons**

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<thead>
<tr>
<th>Session</th>
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Lesson Assessment: We recommend a free skill assessment before registering for swim lessons. Drop into any public swim and we will evaluate your child in the water and recommend the appropriate level.
# Matsqui Recreation Centre Swim Lessons

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Playgrounds

The City of Abbotsford operates and maintains 72 playgrounds in community parks. In 2003, a Playground Replacement Program was launched with ongoing support from the Rotary Club of Abbotsford, Sumas. Since then, the City has been able to replace 12 playgrounds. In 2013, the City was awarded a federal grant to replace 10 aging playgrounds. The older play equipment at Larch, Southern, Glenridge, Charlotte, Everett, Juniper, Renton, Fairfield, Uplands and Jubilee Park has been replaced and the surrounding park infrastructure has been upgraded.

The City’s new playground designs address inclusive play and serve children of all abilities by replacing the pea gravel surfacing with a “wood carpet”. This provides better protection for falls, and makes our playgrounds wheelchair accessible. The addition of protective fencing and asphalt pathways at several of the playgrounds also provide better accessibility. We continue to work with community groups and industry to better understand and design inclusive and accessible spaces for play.

Abbotsford City Services App

Have you used the Abbotsford City Services App? Did you know that it has many features right at your fingertips.

- Locate a park or trail and find out what amenities they offer
- Report an issue such as vandalism, garbage, or tree maintenance
- Find out what Park projects are going on
- Get the latest information on Field status
- View a calendar of monthly events happening in town

Visit the app store or Google apps and download the Abbotsford City Services App today and start exploring your City parks and trails.

DID YOU KNOW?

- The City of Abbotsford has 276 kms of trails and an additional 138km in Regional Parks
- The City of Abbotsford has over 192 parks totaling over 840 ha, parks which include neighbourhood parks, green spaces and trails
- The parks team plants over around 1500 trees and 55,000 bulbs annually
- The City has fishing at both Mill Lake Park and Albert Dyck Memorial park

For more information about the parks section, please contact our office at:
Ph: 604.859.3134  email: prcoffice@abbotsford.ca  website: abbotsford.ca
Sports Fields
The Abbotsford Parks, Recreation & Culture Department coordinates booking services for a variety of outdoor sports groups. Check out our large selection of field venues! abbotsford.ca/majorfields

Field Inspection Procedure
During periods of inclement weather, generally November through March, when normal play may cause damage to the fields, or compromise the safety of users, fields are inspected and the current field condition is reported. Field inspections occur daily Monday through Friday, to assess field conditions. Field conditions are updated daily prior to 12pm Monday through Friday.
The weekend field status is updated prior to 12pm every Friday. This status is for the entire weekend until further inspections take place. Updated reports are posted on the website and the phone hot-line on the first business day of the following week. Weekend field status cannot be changed, but fields are monitored by weekend staff, to ensure safety. Fields are closed to prevent situations that may lead to player injury and degradation of the field surfaces. Conditions that warrant field closures are:
• Standing water
• Frozen or snow covered field surface
• Excessive wear
• Excessive frost
• Weather forecasts stating inclement weather

To check the current status of playing fields visit us at abbotsford.ca/fieldstatus

Picnic Shelters
The City has numerous picnic shelters that are available for rent. In most parks, picnic shelters are centrally located next to playgrounds, washrooms, green spaces and are convenient for a variety of activities. Fire restrictions limit cooking to propane barbecues, supplied by the user group. Picnic shelters can be reserved from April 1 - October 31. During the remainder of the year, picnic shelters are available on a first-come, first-served basis.
abbitsford.ca/picnicshelters

Parks Gift Program
The Parks Gift and Donation program is currently on hold while the Master plan is under development.
The Parks Gift Program was developed to allow citizens, community groups and businesses to donate gifts to the City of Abbotsford for the enhancement of public parks and recreation facilities. Applications are accepted year round. To ensure survival, planting trees and shrubs may be delayed until an appropriate time of the year. We have over 20 different trees to choose from (10 deciduous and 10 evergreen) to plant as memorials. Benches, picnic tables and similar gifts are ordered immediately upon receipt of payment and are installed upon receipt from the manufacturer. Donors can work with our Parks staff to ensure that the gift is appropriate for the location requested. All donations in excess of $1,000 will receive a plaque inscribed with a message. Messages can be a maximum of 70 characters and plaques will be installed on, or next to your gift. Donations greater than $15,000 can be recognized with a plaque unveiling at a special event.
abbitsford.ca/parksprograms

Cost Sharing of Private Fencing
As a “good neighbour,” the City of Abbotsford will consider cost sharing the installation of fences constructed on residential properties shared with city parks and/or pedestrian walkways.
abbitsford.ca/parksprograms

Volunteering
Are you interested in sprucing up a local park space, picking up litter on your street or polishing up your favourite trail? Volunteers make a huge impact in our community. Parks opportunities are perfect for individuals, clubs, corporate groups and schools. Volunteers can pitch in by:
• picking up litter
• reporting on vandalism or maintenance problems
• taking part in guided beautification efforts
• plantings
• invasive plant removals or various other tasks.

Time commitments are flexible, whether you are interested in an ongoing or one time commitment, we can find an opportunity to fit into your schedule. The City of Abbotsford Volunteer Office provides basic equipment, safety training, site information, guidance and supplies for adopting a local park, trail or street. Come join us, we are bound to have an opportunity that interests you! We encourage anyone interested to register as a volunteer at abbitsford.ca/volunteerapplication. If you do not have access to a computer, then please contact the Volunteer Coordinator 604.557.7050 to sign up. Get involved with your community. You’ll be glad you did!

Thank you to all our volunteers who help make a difference in our parks and programs. Your dedication has made our parks enjoyable for everyone in our community.

Visit the App store to download the new Abbotsford City Services App to find parks, trails and dog off-leash areas.
Geese and Ducks

Please do not feed the geese and ducks.
While it is enjoyable to feed waterfowl, it is detrimental to them and to our environment. Feeding waterfowl creates numerous problems such as:
• Disturbs natural migration patterns, leading to extremely large concentrations of birds - overcrowding can lead to disease and fighting amongst the population.
• Destroys the birds ability to forage and find food for themselves.
• Deprives the birds of essential nutrients and can cause serious digestive problems.
• Attracts rats and other vermin due to the large amount of food scraps in the area.
• Reduces usable areas for people due to large amounts of feces and potentially aggressive geese.
• Causes costly efforts to keep our parkland’s usable and clean and to manage the ever-increasing numbers of waterfowl.

The presence of wildlife can greatly enhance your park experience but, when duck and geese populations become too high, it can diminish your experience, as well as cause significant increases in our park maintenance costs.

Please help us to manage large waterfowl populations by allowing the birds to feed themselves. Remember, real geese don’t eat bread!

abbotsford.ca/prc

Green Waste Dumping; Don’t Do it! Keep our Natural Areas Natural

Please remember to do your part to keep our City’s natural areas healthy and vibrant. Placing yard waste or compostable material in greenspaces or parks is not composting; it’s dumping. Dumping of green waste causes negative and potentially costly effects on our natural systems and landscapes including:
• Nurturing destructive and invasive plant species.
• Attracting vermin, which can carry parasites or disease.
• Killing large trees and plants by smothering their root systems and rotting their stems.
• Causing slope erosion.
• Creating unpleasant odours and leachates.

Please use acceptable methods of green waste management including:
• Composting on your property
• Using the City’s Curbside Compostable Waste Program
• Bringing your green waste to a local green waste processing or composting facility.

For more information about proper waste disposal, please call 604.853.5485 or visit the City webpage and search for “Garbage, Recycling and Composting” and use our Waste Wizard look up.

abbotsford.ca/collection

Thank you for doing your part to keep Abbotsford beautiful and healthy!

Horticulture

Did you know that every spring sees over 25,000 different varieties of bulbs blooming at the City Hall civic grounds?
As part of our Water Conservation program, the City has rainwater collection systems set up at the Public Works yard that have the capacity to store 14,000 gallons of water. This water is stored and used throughout the year watering the trees and flowerbeds in the City.

An important part of the Horticulture team is to source out drought tolerant plants and ones that provide food for the pollinators such as Lavender, Echinacea, daisies, sedum and yarrow. Every year, staff amends the soil in the City’s flower beds with organic matter or water retention polymers and then tops it off with mulch to help retain the moisture and keep down the weeds.

The Horticulture team also partners with other City departments such as Engineering in their installation of traffic bubbles by adding pockets of colour, and assists volunteers and neighbourhood groups who clean up and beautify parks.

If you have a community gardening project in mind or need information on how to get started, please contact our staff. They’ll be happy to help! For more information: 604.864.5291.

Recreation Volunteer Buddy Program

Do you love working with kids?
And have an interest in learning about supporting people with diverse abilities?

The Recreation Buddy Volunteer Program matches volunteers with children 3yrs - 12yrs who may need assistance to participate in PRC Recreation programs.

We offer FREE training to volunteers on basic redirection, social support, intervention and problem solving skills.

Contact our Volunteer Coordinator 604.557.7050 for more information

Communities in Bloom

Learn how you can become involved in this years Communities in Bloom at abbotsford.ca/cib

PRC

abbotsford.ca/prc
Trees
The City of Abbotsford has a bylaw in place to preserve the tree canopy in Abbotsford. The City also has measures in place to ensure that all trees are healthy, viable and contribute positively to the natural environment. Trees are important in our community to help us sustain a healthy, natural environment. Before cutting down any trees on your property, it is important to contact the Urban Forestry Section to ensure that you comply with the bylaw. The bylaw is available on our website at abbotsford.ca/treebylaw.

Note that there is a fee for the tree-cutting permit. The current fee is indicated on the tree cutting application form. Application forms are available online at abbotsford.ca/treepermits. Permits are valid one year from the date of issue. For information on tree permits or if you have any comments or concerns regarding a tree on a City boulevard or park contact the Parks, Recreation & Culture office.

Tips for your Trees
Fertilizing:
- Fertilize your tree ONLY if a soil test shows that nutrients are lacking. If so, an application of a balanced fertilizer may be applied before the tree begins to bud.
- Applying ‘weed and feed’ to your lawn may injure or kill your tree. Most combination weed killers and lawn fertilizers will injure trees. Do not use anything that states it will kill broad-leaved weeds within the drip line of a broad-leaved tree as it may harm the tree as well.

Mulching:
- Maintain a ring of mulch around the base of the tree (the wider the better). Organic materials like wood chips and leaves are best. Wood chips will take longer to break down and, therefore, will not require replacement as often.
- Mulch layer should not exceed more than 10 cm. deep over the roots as this may inhibit oxygen from reaching the roots.
- Mulch should not be placed against the bark of the tree or placed in a “mulch volcano”.

Watering:
- An important factor in tree survival is providing water at the correct frequency. The first three years are most critical, but pay attention to watering needs throughout the tree’s life.
- The best way to know how often to water is to check the soil moisture approximately 15cm below the soil surface. Water when dry.
- For the first three years after planting, provide about 10 litres of water per 3cm of trunk diameter. Water the root ball and just beyond radiating out from the trunk.
- As the trees age, supplemental watering is encouraged in times of low rainfall to assist in the development of healthy trees. Water larger trees within 2m of the trunk out to the drip line.

Did you know?
There are over 9,000 street trees in the City of Abbotsford!

Tree Topping
Tree Topping is a method often used by inexperienced gardeners to reduce the size of a tree. Topping typically involves removing whole tops of trees or large branches and/or trunks from the tops of trees, leaving stubs or small lateral branches exposed. The City of Abbotsford discourages the practice of tree topping for several reasons:

Topping Stresses Trees.
Topping can remove 50 - 100 percent of a tree’s leaf-bearing crown, enough that it upsets an older tree’s well-developed crown to root ratio and temporarily cutting off its food-making ability and seriously weakening the tree.

Topping Exposes Trees to Insect and Disease Infestations as Well as Decay.
Few trees can defend against multiple severe wounds caused by topping. It leaves the tree vulnerable to pests and diseases. Correct pruning cuts are made just beyond the branch collar at the point of attachment.

Topping Can Lead to Higher Risk of Breakage and Property Damage.
Topping often results in branches that grow rapidly. Because these branches are anchored only in the outermost layers of the parent branches, they are extremely prone to breaking, especially during windy or icy conditions.

Topping Can Permanently Deform a Tree.
Trees form a variety of shapes and growth habits; a tree that has been topped will never fully regain its natural form and will often grow in gangly or unappealing shapes.

Keeping our Street Trees Healthy and Vibrant
The City of Abbotsford embraces the benefits of trees and will steward the Urban Forest so as to ensure its vitality, sustainability and associated benefits to our future generations. To date, the City has planted more than 400 street trees. Many of these new trees were funded through the TD Green Streets Grant program.

We manage and maintain our tree population by professionally pruning our street trees. Please do not prune our trees! We do welcome assistance with watering these trees in the summer months. Please remember to water deeply, not frequently. A gentle flow from a hose for 10 minutes once or twice per week is enough to sustain them through dry weather.

If a tree is located within a few meters of what appears to be the front of your property, it may actually be located on City property and our responsibility. If you have questions or concerns about a street tree or other City managed trees, please contact the Abbotsford Parks, Recreation and Culture Department at 604.859.3134 or email us at trees@abbotsford.ca.

Visit the App store to download the new Abbotsford City Services App to find parks, trails and dog off-leash areas.
Off-Leash Dog Areas

Dog Off-Leash Areas
Abbotsford currently provides 4 dog off-leash areas within its municipal park system. These are located at:
- Gladwin Park
- Bateman Park / Stoney Creek
- McKay Creek Park / Sumas Dyke
- Clearbrook Park

What is a Dog Off-Leash Area?
A dog off-leash area is a place where pet owners can take their dogs to run free without a leash. Off leash does not mean “out of control” and only applies to the specific, designated area. Pet owners must ensure that their dogs are controlled and not violent or aggressive. Pet owners must also be on-site for the duration of the visit and abide by the off-leash area etiquette.

WHERE WOULD YOU LIKE TO SEE A DOG PARK?
CALL 604.859.3134 AND LET US KNOW.

Dog Off-Leash Area Etiquette
Please obey all park rules and relevant parking requirements. Please park in the parking lot and avoid parking along residential roads.
Dogs must be licensed.
Properly clean-up and dispose of your dog’s feces.
Handlers must have a leash with them for each dog.
Dogs must be under the control of and within sight of their handlers at all times.
Owners are personally liable for any damage or injury inflicted by their dogs.
Ensure that dogs are leashed before leaving the off-leash area. Dogs must be leashed in all parks, except within designated off-leash areas.

Enjoy the dog off-leash areas and have fun with your dogs.
For more information:
abbotsford.ca/offleash
604.859.3134
prcoffice@abbotsford.ca

IF YOUR DOG POOPS...
PLEASE SCOOP!
### Picnic Shelters

Reserve your picnic shelter from April 1 - October 31. Picnic shelters are on a first-come, first served basis for the remainder of the year.

To reserve a shelter visit [abbotsford.ca/prc](http://abbotsford.ca/prc) to submit an online request.

### Picnic Shelter Reservations Required April 1 - October 31

<table>
<thead>
<tr>
<th>Park</th>
<th>Running Water</th>
<th>Power</th>
<th>Washrooms</th>
<th>Park Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>DeLair Park</td>
<td>Yes</td>
<td>Yes key required</td>
<td>Yes</td>
<td>Ball Fields, Soccer Fields, BBQ Stand, Playground</td>
</tr>
<tr>
<td>Gardner Park</td>
<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Playground, Trails, Pond</td>
</tr>
<tr>
<td>Grant Park</td>
<td>Yes sink at washroom</td>
<td>No</td>
<td>Yes</td>
<td>Playground, Ball Field, Soccer Field</td>
</tr>
<tr>
<td>Hougan Park</td>
<td>Yes at standpipe</td>
<td>Yes key required</td>
<td>Yes</td>
<td>Horseshoe Pitches, Ball Field, BBQ Stands, Playground, River</td>
</tr>
<tr>
<td>Matsqui Village Park</td>
<td>Yes at shelter</td>
<td>2-15amp. No key required</td>
<td>Yes</td>
<td>Ball Field, Tennis Court, BBQ Stands, Playground</td>
</tr>
<tr>
<td>McDonald Park</td>
<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Playground, BBQ Stand, River</td>
</tr>
<tr>
<td>Mill Lake Park #1 North</td>
<td>Yes at shelter</td>
<td>Yes key required</td>
<td>Yes</td>
<td>Trails, Volleyball, BBQ Stands, Fishing Pier, Lake, Outdoor Pool, Water Park, Playgrounds</td>
</tr>
<tr>
<td>Mill Lake Park #2 Water Park</td>
<td>Yes</td>
<td>Yes key required</td>
<td>Yes</td>
<td>Trails, Volleyball, Playground, Outdoor Pool, Water Park, BBQ Stand</td>
</tr>
<tr>
<td>Mill Lake Park #3 South</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Trails, Volleyball, Playground, Outdoor Pool, Water Park, BBQ Stand</td>
</tr>
<tr>
<td>Mill Lake Park #4 Bevan Road</td>
<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Trails, Playground, BBQ Stand</td>
</tr>
</tbody>
</table>

### Other Parks With Amenities - First Come, First Served (Year Round)

<table>
<thead>
<tr>
<th>Park</th>
<th>Running Water</th>
<th>Power</th>
<th>Washrooms</th>
<th>Park Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford Exhibition Park</td>
<td>Yes at shelter</td>
<td>Yes key required</td>
<td>Yes</td>
<td>3 soccer Fields, 1 Rugby Field, 4 Ball Diamonds, Playground, Rotary Stadium</td>
</tr>
<tr>
<td>Clearbrook Park</td>
<td>No</td>
<td>No</td>
<td>Porta-potti</td>
<td>Soccer fields, Ball Diamonds, Trails, Dog off-leash section</td>
</tr>
<tr>
<td>Ellwood/Fish Trap Creek Park</td>
<td>Yes sink at washrooms</td>
<td>No</td>
<td>Yes</td>
<td>Trails, 2 Ball Diamonds, Playground,</td>
</tr>
<tr>
<td>Gobind Park</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>2 Picnic Shelters, Playground, Trail</td>
</tr>
<tr>
<td>Homestead Park</td>
<td>No</td>
<td>No</td>
<td>Porta-potti</td>
<td>Playground, Trail, Sport Fields</td>
</tr>
<tr>
<td>Jubilee Park</td>
<td>No</td>
<td>Yes key required</td>
<td>Yes key required</td>
<td>Playground, Sports Court, Tennis Court</td>
</tr>
<tr>
<td>Kalgidhar Park</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>Picnic Shelter, Playground, Sports Field</td>
</tr>
<tr>
<td>Ridgeview Park</td>
<td>Yes sink at washrooms</td>
<td>No</td>
<td>Yes</td>
<td>Soccer Field, Ball Diamonds (combined), Playground</td>
</tr>
</tbody>
</table>

Visit the App store to download the new Abbotsford City Services App to find parks, trails and dog off-leash areas.
<table>
<thead>
<tr>
<th>Park Name</th>
<th>Address</th>
<th>Amenities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford Exhibition Park</td>
<td>32470 Haida Drive</td>
<td>Ball Diamonds - Lighted, Soccer Fields - Lighted, Outdoor Pickleball Courts, Outdoor Swimming Pool, Washrooms</td>
</tr>
<tr>
<td>Albert Dyck Memorial Park</td>
<td>31515 Walmsley Avenue</td>
<td>Basketball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted</td>
</tr>
<tr>
<td>Babich Park</td>
<td>33404 Wren Crescent</td>
<td>Outdoor Pool, Washrooms, Changerooms</td>
</tr>
<tr>
<td>Bateman Park</td>
<td>34638 Bateman Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Berry Park</td>
<td>33928 Fern Street</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Bradner Park</td>
<td>28555 Haverman Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Clayburn Park</td>
<td>34845 Clayburn Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Clearbrook Park</td>
<td>3680 Clearbrook Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Crossley Park</td>
<td>2630 McAdam Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Dave Kandal Park</td>
<td>3575 Crestview Avenue</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>DeLair Park</td>
<td>35570 Old Yale Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Douglas Taylor Park</td>
<td>30801 Harris Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Ellwood/Fishtrap Creek Park</td>
<td>31580 MacLure Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Gardner Park</td>
<td>30981 Livingstone Avenue</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Grant Park</td>
<td>31850 Maderia Place</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Hougen Park</td>
<td>2675 Cole Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>J.A. Spud Murphy Park</td>
<td>32285 Hillcrest Drive</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Jubilee Park</td>
<td>2552 McCallum Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Kalidgar Park</td>
<td>3461 Nightingale Drive</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Lower Sumas Mountain Park</td>
<td>36151 Walter Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Matsqui Village Park</td>
<td>6074 Riverside Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>McDonald Park, No. 3 Road</td>
<td></td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Mill Lake Park</td>
<td>32960 Mill Lake Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>MRC Sports Complex</td>
<td>3106 Clearbrook Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Mt. Lehman Community Park</td>
<td>6418 Mt. Lehman Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>MSA Arena</td>
<td>2323 Emerson Street</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Pepin Brook Park</td>
<td>2244 Riesling Drive</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Ridgeview Park</td>
<td>31352 Wagner Drive</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Saddle Park</td>
<td>34630 Old Clayburn Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Shadbolt Park</td>
<td>36015 Shadbolt Avenue</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Swensson Park</td>
<td>27875 Swensson Avenue</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Townline Hill Park</td>
<td>30939 Bluergde Drive</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Upper Sumas Fields</td>
<td>920 Whatcom Road</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
<tr>
<td>Yale Courts</td>
<td>2553 Yale Court</td>
<td>Ball Diamonds, Soccer Fields - Lighted, Basketball Courts, Outdoor Pickleball Courts, Tennis Courts - Lighted, Water Spray Park, Jogging Tracks - Lighted, Trail/ Walking Paths</td>
</tr>
</tbody>
</table>
The City of Abbotsford owns and operates four cemeteries: Aberdeen; Hazelwood; Mt. Lehman; and Musselwhite. The four cemeteries are the final resting place for many of the Fraser Valley’s early settlers and continue to reflect the ongoing growth and diversity of the community. Abbotsford’s cemeteries are landscaped and maintained in park-like settings with views of the nearby mountains and the Fraser Valley. These historic places are cultural resources and community assets that provide an ongoing legacy for generations of Fraser Valley residents.

Aberdeen Cemetery is located on the Fraser Highway close to Aldergrove and currently has limited opportunities for cremation interment.

Hazelwood Cemetery is located along Hazelwood Avenue just east of the Abbotsford-Mission Highway and has a wide variety of interment services available. In addition to in-ground cremation and traditional casket burials, Hazelwood has a columbarium consisting of 1,056 wall niches. A columbarium is an above-ground, multilevel structure composed of a number of niches to house cremated remains. Hazelwood offers an ossuary and scatter gardens. An ossuary is an in-ground receptacle in which cremated remains are co-mingled, and a scatter garden is a specially landscaped area where cremated remains can be dispersed. A small plaque can be placed on granite memorial pillows located at the ossuary and scatter garden.

Mt. Lehman Cemetery is located on Taylor Road in the historic farming area of Mt. Lehman. Improvement and expansion has provided more interment options. There is now the option of in-ground cremation, traditional casket burials along with a columbarium and a scatter garden.

Musselwhite Cemetery is located at the intersection of Marshall Road and Old Yale Road and currently has in-ground cremation and casket burial interment options available.

For more information or to make arrangements:
abbotsford.ca/cemeteries
604.851.4198
prcoffice@abbotsford.ca

Cemetery Renewal
Hazelwood Cemetery has been revitalized with new curbing around the Scatter Garden and colourful all-weather flowering plants that are able to withstand the dry summers and wet winters and create a year-round special place for remembrance. In-fill of the property has been ongoing since 2016 and continues through 2018 to create more opportunity for expansion.
abbotsford.ca/cemeteries
T: 604.851.4198
E: prcoffice@abbotsford.ca

For more information, visit our website at abbotsford.ca
## Abbotsford Parks, Recreation & Culture Rental Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Seating</th>
<th>P/A</th>
<th>Size &amp; Floor Type</th>
<th>Kitchen Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ag. Rec Gallery</td>
<td>160</td>
<td>Yes</td>
<td>Air conditioned, tile floor 80’ x 44’</td>
<td>Stove, fridge, sink</td>
</tr>
<tr>
<td>Ag. Rec Main Floor</td>
<td>1900</td>
<td>Yes</td>
<td>Concrete floor, 192’ x 120’</td>
<td>N/A</td>
</tr>
<tr>
<td>Agrifair Arena</td>
<td>500 Bleachers</td>
<td>Yes</td>
<td>Dirt Floor, 200’ x 115’</td>
<td>Concession</td>
</tr>
<tr>
<td>Air Cadets Building</td>
<td>400</td>
<td>Yes</td>
<td>Concrete floor, 69’ x 83’</td>
<td>Stove, fridge, Sink</td>
</tr>
<tr>
<td>Legacy Banquet Hall</td>
<td>210</td>
<td>Yes</td>
<td>Resilient floor, air-conditioned, 3200 sq. ft.</td>
<td>Commercial kitchen</td>
</tr>
<tr>
<td>Legacy Conference Room</td>
<td>40</td>
<td>No</td>
<td>25’ x 30’ carpeted flooring, air conditioned</td>
<td>Sink, microwave, fridge</td>
</tr>
<tr>
<td>Legacy Martial Arts Room</td>
<td>50</td>
<td>No</td>
<td>30’ x 72’ resilient rubber floor, air conditioned</td>
<td>N/A</td>
</tr>
<tr>
<td>Legacy Boardroom</td>
<td>20</td>
<td>No</td>
<td>16’ x 25’ carpet floor, air conditioned</td>
<td>Sink, microwave, fridge</td>
</tr>
<tr>
<td>Rotary Stadium</td>
<td>4000 Bleachers</td>
<td>Yes</td>
<td>8 lane rubberized track, grass in-field</td>
<td>Concession operates</td>
</tr>
<tr>
<td>Show Barn</td>
<td>N/A</td>
<td>Yes</td>
<td>Asphalt floor, 210’ x 114’</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Community Mobile Stage</strong></td>
<td></td>
<td></td>
<td>Main Stage floor 28’ x 14’</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Abbotsford Recreation Centre</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meeting Room</td>
<td>8</td>
<td>No</td>
<td>Carpeted floor, 200 sq. ft.</td>
<td>N/A</td>
</tr>
<tr>
<td>Mezzanine</td>
<td>110</td>
<td>No</td>
<td>Tiled floor, air-conditioned, 2100 sq. ft.</td>
<td>Sink</td>
</tr>
<tr>
<td>Multipurpose Rooms</td>
<td>up to 75</td>
<td>No</td>
<td>Laminate floor, 893 sq. ft. - 2000 sq. ft.</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>Arenas</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Abbotsford Recreation Centre</td>
<td>375</td>
<td>Yes</td>
<td>Concrete 200’ x 100’ dry floor rentals, 1,000 dry floor capacity</td>
<td>Concession operates</td>
</tr>
<tr>
<td>Matsqui Recreation Centre</td>
<td>350</td>
<td>Yes</td>
<td>200’ x 85’</td>
<td>N/A</td>
</tr>
<tr>
<td>MSA Arena</td>
<td>1000</td>
<td>Yes</td>
<td>Concrete 200’ x 85’ dry floor rentals, 1,000 dry floor capacity</td>
<td>Concession operates during special events only</td>
</tr>
<tr>
<td><strong>Matsqui Recreation Centre</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aerobics Room</td>
<td>108</td>
<td>Yes</td>
<td>Rubberized floor, 1,000 sq. ft.</td>
<td>N/A</td>
</tr>
<tr>
<td>Meeting Room</td>
<td>60</td>
<td>No</td>
<td>Tile floor, 605 sq. ft.</td>
<td>N/A</td>
</tr>
<tr>
<td>Seniors Centre</td>
<td>120</td>
<td>Yes</td>
<td>Tile floor 62’ x 27’</td>
<td>Stove, fridge, sink</td>
</tr>
<tr>
<td><strong>Matsqui Centennial Auditorium</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Auditorium</td>
<td>368</td>
<td>Yes &amp; Multimedia</td>
<td>30’ x 36’ stage, sound &amp; light, piano</td>
<td>N/A</td>
</tr>
<tr>
<td>Foyer</td>
<td>80 standing 35 banquet</td>
<td>Multimedia No</td>
<td>Carpeted</td>
<td>Fridge, wet bar</td>
</tr>
</tbody>
</table>
Matsqui Centennial Auditorium
This exquisite 368 seat, theatre-style venue's outstanding design and superb technical abilities create the perfect intimate setting for any function or performance.
- 30' x 36' stage with large on-stage screen available
- Two large dressing rooms equipped with showers
- Impeccable washroom facilities
- Comfortably large green room
- State-of-the-art sound and lighting systems
- PA and multi-media services
- Beautiful grand piano available for performances

Foyer
Surrounded in floor-to-ceiling windows, this fully carpeted venue, which looks out onto a decadent garden and fountain display, lends itself well to receptions.

Capacity:
80 standing; 35 banquet; 64 theatre style
Multi-media services available
Practical kitchenette/bar adjoins the foyer

Outdoor
A uniquely designed fountain area and courtyard transforms into a beautiful stage. An ideal venue for outdoor dance and theatre performances or weddings.

Technical
Our technical experts professionally handle all your lighting, sound and multi-media needs.

Community Halls

GROUPS WITH MULTIPLE ROOMS

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Capacity</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford Arts Centre</td>
<td>2329 Crescent Way</td>
<td>40 - 260</td>
<td>Office</td>
</tr>
<tr>
<td>Abbotsford Curling Rink</td>
<td>2555 McMillan Rd</td>
<td>150 - 200</td>
<td>Bill</td>
</tr>
<tr>
<td>Abbotsford Social Activity Assn. (ASSA)</td>
<td>33889 Essendene Ave</td>
<td>120 - 200</td>
<td>Lonnie</td>
</tr>
<tr>
<td>Garden Park Tower</td>
<td>2825 Clearbrook Rd</td>
<td>20 - 480</td>
<td>Office</td>
</tr>
<tr>
<td>Trinity Memorial Church</td>
<td>33737 George Ferguson Way</td>
<td>25 - 100</td>
<td>Office</td>
</tr>
<tr>
<td>Tradex</td>
<td>1190 Cornell Street</td>
<td>12 - 150</td>
<td>Office</td>
</tr>
<tr>
<td>The Reach Gallery Museum Abbotsford</td>
<td>32388 Veterans Way</td>
<td>40 - 200</td>
<td>Office</td>
</tr>
</tbody>
</table>

GROUPS WITH SINGLE ROOM

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Capacity</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbotsford Social Activity Assn. (ASSA)</td>
<td>2631 Cyril St</td>
<td>60</td>
<td>Lonnie</td>
</tr>
<tr>
<td>Bradner Community Club</td>
<td>5305 Bradner Rd</td>
<td>300</td>
<td>Office</td>
</tr>
<tr>
<td>Clayburn Village Community Hall</td>
<td>4315 Wright St</td>
<td>124</td>
<td>Office</td>
</tr>
<tr>
<td>Clayburn Village Community Church</td>
<td>4304 Wright St</td>
<td>80</td>
<td>Office</td>
</tr>
<tr>
<td>Fraternal Order of Eagles</td>
<td>33868 Essendene Ave</td>
<td>130</td>
<td>Andy</td>
</tr>
<tr>
<td>Highstreet Community Room</td>
<td>3122 Mt Lehman Road</td>
<td>40</td>
<td>Office</td>
</tr>
<tr>
<td>Jubilee Community Hall</td>
<td>7720 Bradner Rd</td>
<td>175</td>
<td>Maureen</td>
</tr>
<tr>
<td>Matsqui Prairie Community Assn.</td>
<td>33676 St. Olaf Ave</td>
<td>240</td>
<td>Jan</td>
</tr>
<tr>
<td>Mt. Lehman Army &amp; Navy Club</td>
<td>30346 McNeil Ave</td>
<td>75</td>
<td>Grant</td>
</tr>
<tr>
<td>Mt. Lehman Community Assn</td>
<td>6418 Mt. Lehman Rd</td>
<td>100</td>
<td>mtlehmancommunityhall.ca</td>
</tr>
<tr>
<td>Straiton Community Hall</td>
<td>4692 Upper Sumas Mountain Rd</td>
<td>200</td>
<td><a href="mailto:straitoncommunityhall@gmail.com">straitoncommunityhall@gmail.com</a></td>
</tr>
</tbody>
</table>

THEATRE STYLE RENTAL FACILITIES

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Capacity</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matsqui Centennial Auditorium</td>
<td>32315 South Fraser Way</td>
<td>368 - Auditorium</td>
<td>Office</td>
</tr>
<tr>
<td>Abbotsford Arts Centre</td>
<td>2329 Crescent Way</td>
<td>739 - Fully equipped theatre</td>
<td>40 - Foyer</td>
</tr>
</tbody>
</table>
Celebrate Heritage Week February 18-24, 2019!

Since 1973 the third Monday of February has been celebrated as Heritage Day in Canada, to encourage the preservation and promotion of nationally significant historic, architectural, natural and scenic heritage. In British Columbia, the third week of February is Heritage Week, an opportunity for communities and organizations to share their local history and heritage through special events. Abbotsford has a rich and diverse culture and is host to several of Canada’s heritage sites. See page 85 for listings.

EVERYTHING CULTURE in Abbotsford!

Calling all artists, crafters, guilders, painters, performers, filmers, digital media gurus… We want to hear from you about what makes up Abbotsford’s Culture!

Early 2019, the City of Abbotsford will be reaching out to the community to help build an online database and map of Cultural locations and activities.

Watch our website in 2019 for more details!

abbotsford.ca/prc
Abbotsford Historic Sites
Plan a visit or take a stroll:

Trethewey House, 2313 Ware Street: 
This former home of local timber baron, Joseph Ogle Trethewey, was built between 1919-1920 showcases local products and an example of family life during Abbotsford’s economic boom time. Trethewey House is operated by the Heritage Abbotsford Society with funding from the City of Abbotsford.

Clayburn Village (Clayburn School, 4315 Wright Road and Clayburn Church, 4280 Wright Road): 
Clayburn Village is BC’s first company town established in 1905. The Village and brick plant were founded in 1905 by Charles Maclure. The Clayburn plant operated until the 1930’s. Most prestigious of the remaining buildings are the Clayburn Church built in 1912 and the Clayburn Schoolhouse built in 1907.

Abbotsford Sikh Temple and National Historic Site, 33089 South Fraser Way: 
Abbotsford is home to the oldest extant Sikh temple in the Western Hemisphere. The temple was built from 1910-1912 by the initial wave of immigration from India, before a restrictive immigration policy was implemented, making further immigration virtually impossible for the next fifty years.

Old South Poplar Schoolhouse, 32746 Huntingdon: 
This one room schoolhouse was built to accommodate the large number of Mennonite settlers arriving in the area.

Former Great Northern Railway Bridge and Embankment, 31580 Maclure Road (Ellwood/Fishtrap Creek Park): 
This last remnant of one of the community’s early transportation routes. The Great Northern Railway was built through this rugged area as the first east-west land route through the Fraser Valley, this road was important to the early settlement of the region.

Old Yale Road, also known as the New Westminster - Hope Wagon Road (located from approximately 39180 Old Yale Road to Vye Road, located approximately at 39623 Old Yale Road: 
As the first east-west land route through the Fraser Valley, this road was important to the early settlement of the region.

Also plan to visit Voices of the Valley at the Reach Gallery Museum

The Reach Gallery Museum Abbotsford
Opening Reception: January 24, 2019 | 7pm Free Admission

Everyone Welcome: Celebrate the opening of our Winter/Spring season at The Reach at our public opening reception. Meet and mingle with the artists, enjoy light refreshments and a cash bar. This event is free to the public and everyone is welcome.

Exhibitions:
Remote Gardening with DysfunctionED Tools: A Mohsen Khalili Retrospective: 
Originally from Tehran, Mohsen Khalili’s early artistic career was marked by a struggle against censorship and limits on freedom of expression in post-revolutionary Iran. Khalili’s career went in an unexpected direction when he was diagnosed with a debilitating condition that attacks organs as well as skin and bones. Yet as his illness forces him to retreat from easy participation in the world, Khalili remains prolific in his art practice. This exhibition is a comprehensive survey of Khalili’s abundant creative output including several major series of paintings, sculpture, and prints.

January 24 - May 5

Cindy Baker: Crash Pad and Trucker Bombs: 
Cindy Baker's work explores gender culture, queer theory, fat activism, and art theory, often focusing on the ways that socially taboo bodies fail to meet the demands of capitalist, consumer culture. Crash Pad is a combination of drawing, video projection, and patterned wallpaper that depicts scenes of loving, domestic intimacy between everyday women with disabilities and chronic health issues. This is accompanied by Trucker Bombs, a series of lightbox installations that speak to the pressures put on even able bodies to perform productivity under capitalism.

January 24 - May 5

Stephanie Patsula: 
Emerging artist Stephanie Patsula presents a number of large-scale photos, in which she manipulates her body using mirrors and multiple exposure techniques to create uncanny, manipulated forms that express a bodily unease and lost identity in relation to the natural environment.

January 24 - May 5

The Reach has plenty of programs for Adults, seniors and kids and families: Visit thereach.ca for more information.

C3-Culture, Coffee & Cookies: Wed, 10:30am-11:30am
Art History: The Human Form in Art: Jan 31-Mar 7, Thurs, 6:30pm-8:30pm
Broads Brunch&Brambles Bistro: June 8, Sat, 11am
Art and History Tours: Fri & Sun 12pm-5pm
Sunday Family Art Class: Check the website for details. 1pm-2:30pm or 3pm-4:30pm
The Reach Art Club: Jan 12-Mar 12, Fri & Sun 12pm-5pm
Pro-D Day Art Camp: Mar 18-22 or 25-29, 10:30am-2:30pm

Abbotsford Arts Council
Since 1971, over 70 local arts, heritage and culture organizations receive support under the umbrella of the Abbotsford Arts Council, and the talents of hundreds of local artists are showcased each year at the Kariton Art Gallery as well as programs and events that are family friendly and open to the entire community.

Kariton Art Gallery
Located in Mill Lake Park, and operated by the Abbotsford Arts Council, the Kariton Art Gallery showcases the works of over 100 local artists, ranging from emerging to professional. The gallery also has a boutique gift shop where the work of local artisans can be purchased year-round.

Look for these upcoming Special Events:
• Mill Lake Music Concert Series on the Gallery lawn at Mill Lake
• Anonymous Show in the Kariton Art Gallery
• Jam in Jubilee at Jubilee Park
For more information, visit www.abbotsfordarts council.com
Read. Learn. Play.

Your Abbotsford libraries are members of Fraser Valley Regional Library (FVRL) with a total of 25 libraries to serve you, giving you access nearly 1 million items – all for free.

**Your Library. Your Place.**

- Take a break and connect at knitting and stitching get-togethers, adult colouring events, and a wide variety of programs that inform, pique your curiosity, or simply entertain!
- Form or join a book club and chat about the latest read.
- Need help getting started with research, basic technology or reading suggestions? Book A Librarian appointments are available for one-on-one sessions.
- Use the library’s free Internet access and word processor computers. Affordable printing is available too.
- Book a room for group study or tutoring.
- Newspapers and magazines and an easy chair in our inviting reading lounges are all you need to keep up with local and world events or follow your latest interest.
- Enjoy a leisurely browse through our fiction and non-fiction books.
- Give your kids a love of reading and language. The Library offers Storytimes, PJ Storytimes, seasonal programs and more. Curl up in a cozy chair in the Children's Department and read a book together, and make the library your destination for school projects – we have lots of great fact books.
- Teens, join TAG (Teen Advisory Group) and earn volunteer hours. Help staff plan special programs, assist at events, and more.
- Become a Friend of the Library volunteer for enjoyable socializing with the added benefit of helping your library.

Bring the Library Home or Out and About. We're open 24/7 at www.fvrl.ca

Borrow a telescope and tour the skies from your balcony, discover coding by taking home a Sphero SPRK+ app enabled robotic ball, or check out a ukulele and have a sing along with family and friends.

Keep your reading materials well stocked at home - you can borrow up to 60 items at a time and place holds on up to 60 items at a time. This includes magazines, DVDs, CD Music, and all formats of audio books.

Visit us online at the Reading Room for ReadRadio podcasts to get exciting reviews and suggestions for the next thing to read and watch.

Enjoy the wealth of databases, free with your library card, from IndiFlix to Lynda.com and so much more.

Download ebooks and eaudio books for reading where ever you are.

Questions? Call your library for helpful information from our friendly staff.

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Clearbrook Library
32320 George Ferguson Way
Abbotsford, BC
604.859.7814

Abbotsford Community Library
33355 Bevan Ave
Abbotsford, BC
604.853.1753

Mt Lehman Library
5875 Mt Lehman Rd
Abbotsford, BC
604.856.4988
Arts & Performing Arts

General
Abbotsford Arts Council .................................................... Sophia 604.852.9358
Abbotsford Machine Knitters ..............................................Gina 604.852.2388
Abbotsford Photo Arts Club .........................................................apac.bc.ca
Abbotsford Quilter Guild ......................................................abscottfordquilterguild.org
Fraser Valley Machine Embroider Club ..................................Gina 604.852.2388
Fraser Valley Poets Society .......................................................Terry 604.852.2740
The Glass Hive Studio ..........................................................Ellen 604.615.6902
The Reach, Gallery Museum, Abbotsford ...................................................Office 604.864.8087

Dance
Abbotsford Ballet Studio ......................................................Gem 604.854.2007
Abbotsford Grand Squares .....................................................Carol 604.807.2281
A Time to Dance ...............................................................Susi 604.855.3835
Creative Edge School of Arts .................................................Eileen 604.855.3343

Music
A & D Music & Productions .....................................................Deb 778.880.0280
A-Tones Music Jam/Singalong ..............................................Ed 604.853.8624
Central Fraser Valley Fiddlers ..............................................centralfraservalleyfiddlers.com
Creative Edge School of Arts .................................................Eileen 604.855.3343
Darcy D Music Group ......................................................... Darcy 604.832.2170
Ebenezer Fine Arts Music School ............................................Heymin 604.866.4969
Fraser Valley Symphony ......................................................Patricia 604.744.9110
Happy Gang Choir ............................................................. Judy 604.854.6679
Joy Vox Community Choir ......................................................Lisa 604.556.4402
Long & McQuade Music Lessons ............................................604.556.3838
Music for Young Children .....................................................Tammy 604.302.5437
Stepping Stone Music Co .......................................................Lisa 604.556.4402
Sound of Music Sales Ltd .....................................................Dean 604.859.0400
Tammy’s Music Class .......................................................... Tammy 604.302.5437
Valley Echoes Chorus ..........................................................Ann 604.826.8060

Theater
Abbotsford Arts Centre .......................................................Laura Lee 604.853.0966
Abbotsford Children’s Theatre ..............................................Freddy 604.853.5065
Fraser Valley Stage Production Society .....................................Kathy 604.307.5841
Gallery 7 Theatre & Performing Arts Society..............................Ken 604.504.5940
Matsqui Centennial Auditorium .............................................Office 604.859.3134

Business
Abbotsford Downtown Bus. Association ..................................Jenn 604.850.6547
Community Futures /FV Self Employment ..................................Teresa 604.864.5770

Education
St. John Ambulance ..........................................................Office 604.853.8700
Valley Power & Sail Squadron .............................................Sandra 604.792.9373

Health & Support
Abb. Blind & Visually Impaired Society ..................................Mae 604.626.0643
Abbotsford Community Services .........................................604.859.7681
Abbotsford Parkinson’s Self Help .............................................Carolyn 604.853.3772
Alzheimer Society of B.C .......................................................604.859.3889
BC Cancer Foundation .........................................................Rachel 604.851.4736
Canadian Blood Services .................................................... Arleen 604.707.3429
Canadian Celiac Association ................................................Val 604.736.2229
Canadian Hard of Hearing Association ..................................Jerry 604.864.2916
Chronic Fatigue/M.E/Fibromyalgia .........................................Doug 604.855.9431
Communitas Supportive Care Society ....................................Karyn 604.850.6608
Creative Centre Society .......................................................604.853.0392
F.V. Child Development Center ..............................................Nicole 604.852.2686
Fraser Valley Downs Syndrome Society ................................Sylvie 604.853.5563
Fraser Valley Health Care Foundation ....................................Liz 604.851.4890
Healthy Abbotsford ..............................................................Brenda 604.859.3134 Ext 5297
Kidney Foundation ..............................................................Lois 604.856.8218
MSA Society for Community Living .....................................Richard 604.852.6800 Ext 102
MUSCULAR DYSTROPHY .....................................................Fran 604.850.0661
Narcotics Anonymous .......................................................... 604.873.1018

Social & Service
General
Abbotsford Child Care Resource & Referral ................................Maria 604.850.7934
Abbotsford Community Foundation ........................................Susan 604.850.3755
Abbotsford Restorative Justice ................................................Joanne 604.864.4844
Fraser Valley Mets Association ................................................Dawn 604.996.7686
Salvation Army ...........................................................................604.852.9305
Welcome Wagon .....................................................................Noel 604.556.0134

Car Clubs
Vintage Car Club of Canada (CFVC) ......................................Rick 604.854.3584

Community Clubs
Abbotsford Comm. Garden Society ....................................abscottfordcommunitygarden.com
Abbotsford Euchre Club .......................................................Don 604.746.6930
Abbotsford Genealogical Society .............................................abbygs.ca
Abbotsford Grand Squares .....................................................David 604.864.7435
Abbotsford/Mission Alpen Club ..........................................Anneliese 604.859.0822
Abbotsford Social Activity Association .....................................Lonnie 604.309.9919
Abbotsford Social Activity – Dance lessons ................................Rick 604.217.0322
Abbotsford Sundown Toastmasters ..........................................Caroline 604.859.6555
Abbotsford Swinging Hubs .......................................................Wilma 604.856.8774
BC Lapidary Society .............................................................Maureen 604.802.3296
Clayburn Village Community Society ....................................Allison 604.854.3588
Fraser Valley Antique Farm Machinery Assoc ..........................Jerry 604.864.2916
Fraser Valley Dog Fanatics .....................................................John 604.826.9046
Fraser Valley Philatelic (stamp) Club ......................................Randy 604.826.1325
Jubilee Community Hall ........................................................Lynda 604.856.8690
Matsqui Flyball & Agility Club ................................................Shannon 604.217.8021
Mt. Lehman Community Association .....................................Sara 778.281.8954
Next Step Toastmasters Club ................................................Ray 604.853.6725
Scandinavian Club of the Fraser Valley ....................................Egil 604.870.8601
Suburban Swing .................................................................Jason 604.308.3662
The BC Reptile Club .............................................................Melodie 604.467.0209
The Social Club of Abbotsford ...............................................Pat 604.851.9388

Community Events
Abbotsford Agrifair ..............................................................Melanie 604.852.6674
Abbotsford International Airshow Society ................................Kate 604.852.8511
AbbyFest Multicultural Society ...............................................Ken 604.859.3996

Cultural
The Reach Gallery Museum ..................................................Office 604.864.8087

Libraries
Abbotsford Community Library FVRL ..................................604.853.1753
Clearbrook Library, FVRL .....................................................604.859.7814
Mount Lehman Library, FVRL ...............................................604.856.4988
Friends of the Abbotsford Libraries .......................................Gwen 604.864.7414
Community Directory

Nature
Abbotsford Fish & Game Club ........................................... info@afgc.ca
Abbotsford Mission Nature Club .................................. Hank 604.853.4283
Abbotsford Ravine Park Salmon Enhancement .................. daletaylor2@shaw.ca
Elizabeth’s Wildlife Center Society .............................. Elizabeth 604.852.9173
Freshwater Fisheries Society of BC (FFSBC) .................... Tanya 604.504.4716
NatureKids BC ...................................................... Kristine 604.737.8041

Seniors
Abbotsford Community Services .................................. 604.870.3763
Abbotsford Learning Plus Society .................................. Wanda 778.808.7377
Abbotsford Social Activity Assoc ..................................... Lonnie 604.309.9919
Army, Navy & Airforce Vet Senior Club .......................... Grant 604.856.3113
B.C. Old Age Pensioners Or. Branch 69 ......................... Bev 705.765.0348
Clearbrook Golden Age Soc. (Garden Park Tower) .......... Michael 604.853.5532
Probus Club of Abbotsford ......................................... Robert 604.850.3925

Service Groups
Abbotsford Community Services .................................. Front Desk 604.859.7681
Abbotsford Lions Club .............................................. absfordslions@shaw.ca
Abbotsford Peer Support for Seniors ............................ Pat 604.850.0011
Elector Chapter #20, Order of the Eastern Star ............... Sonia 604.826.0007
Kiwanis Club of Abbotsford ......................................... Ann 604.302.1677
Kiwanis Club of Clearbrook ........................................ Manfred 604.309.2034

Women
Abby /Mission Newcomers Club .................................. Corry 604.859.4859
Business & Professional Women of Abb ....................... Arlene 604.859.4222
CFUW Abbotsford .................................................. Margo 604.853.6575
Soroptimist International of Abbotsford/Mission ............. Colleen 604.853.0214

Youth
Abbotsford Youth Commission ...................................... Christy 604.854.8785
Fraser Valley Youth Society ......................................... Samantha 604.200.3203
Impact Youth Substance Use Services ......................... Brian 604.853.1766

Sports
General
Abbotsford BMX ......................................................... Michelle 604.807.0204
Abbotsford Sports Hall of Fame Society ......................... Kathy 604.859.3124
BC Powerlifting Association ........................................ Brian 604.855.2412
Deerfoot Athletic Club ............................................. Dorothy 604.504.1616
Fraser Valley Pickleball ............................................. fraservalleypickleball.org
Phoenix Velo Training Group ..................................... Geoff 604.826.5330
Special Olympics Abbotsford ...................................... localsobcabbotsford@gmail.com
Twisters Gymnastics ................................................ Sara 604.850.8500
Valley Stars Cheer Athletics ....................................... Judy 604.556.3374

Archery/Rod & Gun
Ridgedale Rod & Gun Club .......................................... Henk 778.240.9505

Baseball
Abbotsford Minor Fastball Assn (AMFA) ......................... amfa.ca
Abbotsford Slo-Pitch .................................................. Bob 604.217.8957

Bowling
Jubilee Park Lawn Bowling Club .................................. Terry 604.287.1219

Curling
Abbotsford Curling Club ........................................... Kent 604.859.9244

Football/Rugby
Abbotsford Falcons Football Assc ............................... Matt 778.242.7333
Abbotsford Rugby Football Club .................................. Tyler 604.309.8407

Golf
Fraserglen Golf Course ............................................. Corrine 604.852.3477

Hockey: Ball, Roller & Ice
Abbotsford Ball Hockey League ................................. Terry 604.302.6796
Abbotsford Minor Hockey Association ........................... Rhonda 604.852.8295
Valley Ball Hockey Association .................................. Lisa 604.514.0009

Horseshoe
Abbotsford Horseshoe Club ......................................... Don 604.820.4991

Lacrosse
Abbotsford Lacrosse Association ................................ Leslie 604.897.6439

Martial Arts
Abbotsford Judo Club ................................................ Tokue 604.852.8014
Abbotsford Karate Club (GSK) ..................................... Paul 604.556.1444
Abbotsford Shotokan Karate Dojo ................................ Harry 604.825.5286
Fraser Valley Aikikai ................................................... Steve 604.820.4438
Master Lee’s Tae Kwon Do .......................................... Master Lee 778.779.3397

Skating
Abbotsford Skating Club .............................................. 604.850.1419
Matsqui Blades Speed Skating Club ............................. Sara 778.823.6852

Soccer
Abbotsford United Soccer Club .................................. Makan 604.825.1780
Abbotsford Whalers .................................................. 1.800.427.0536
Royal Soccer Club .................................................. 604.850.1419

Swimming
Abbotsford Olympians Swim Club ............................... Brian 604.825.1856
Abbotsford Whalers .................................................. Scott 604.217.6748

Tennis/Badminton
Abbotsford Badminton Club ....................................... Les 604.852.9218
Abbotsford Table Tennis Club ..................................... Andy 604.855.7233
Abbotsford Tennis Club ............................................. Jenny 604.855.4025

Water Sports
Cultus Lake Sailing Club ............................................. Mark 604.858.8678
Fraser Valley Water Ski Club ..................................... Corey 604.807.8423
First Time Registering for a Program or Membership
New registrations require a personal account with Abbotsford Parks, Recreation & Culture. Your account can be initialized in person at your local recreation centre or online at direct2rec.com. Once your account setup has been completed, contact ARC or MRC and you will receive a barcode and pin number that is required for future online registrations. All family members residing in the same residence may be added to your personal account at any time.

Program Listings
PRC registered programs have a barcode that you can use as reference when registering online or in a facility. Our registered programs list the facility location in bold. This information will help guide you when registering.

E-mail is the Eco-Friendly Way to Go!
Assist us in becoming more eco-friendly by adding your email to your personal account. Receive regular updates on program and membership promotions.

Online Registration
Direct2Rec is our online registration portal which provides you access to browse the program guide, search for program offerings, register for programs, renew memberships or view program capacity at anytime. You’ll need your family account barcode and pin number from ARC or MRC. Go to direct2rec.com to get started.

Waitlists
Often some of our popular programs will fill up fast. Avoid the frustration of missing out on a great program and add your name to the waitlist. If a spot becomes available, waitlisted participants will be added to the class in sequential order. When there are enough waitlisted participants, often a new class will be added.

Questions About Parks, Recreation & Culture Programs
Our customer service team is available 7 days a week to happily assist you with your Parks, Recreation & Culture inquiries. Please contact us during operational hours at the Matsqui Recreation Centre 604.855.0500, Abbotsford Recreation Centre 604.853.4221 or the Parks, Recreation & Culture office 604.859.3134.

How to Register
There are 3 ways to register for our programs:

Registration payment can be made by Visa, Amex, MasterCard, debit card, cash or cheque.

① Click Online
Register online anytime using our 24/7 registration system at direct2rec.com or register through your Abbotsford Civic App.

② Call
To register by phone during facility hours call 604.853.4221 Abbotsford Recreation Centre or Matsqui Recreation Centre 604.855.0500.

③ Drop into
Abbotsford Recreation Centre
2499 McMillan Road or
Matsqui Recreation Centre
3106 Clearbrook Road during facility hours to register in person.

Cross registration for other facility classes is available with the exception of room bookings.

Although every effort is made to ensure the contents are correct at the time of printing, periodically misprints do occur or circumstances change. All rates, dates and times are subject to change without notice.
Customer Care

Cancellations / Refunds

Program cancellations are permitted until 24 hours prior to the start of the program. After that date, refunds will only be provided for medical reasons. A written request or a medical certificate may be required.

Camp cancellations will be allowed up until 72 hours prior to camp start date.

Refunds for bus trips will only be given with more than 30 days notice.

Birthday party cancellations will be allowed until one week (7 days) prior to the party date.

Membership cancellations require the completion of a written request form. Please allow 5 days for processing. Memberships on payment plans must be requested 5 days prior to the end of the month to ensure no charges for the proceeding month.

Refunds will be pro-rated.
A $5.00 administration fee will be charged for all cancellations and transfers. For all refunds, please allow 2 weeks for a refund cheque. There will be a $25.00 administration fee charged on all returned payments.

PRC Subsidy Program

Full time Abbotsford Residents who experience financial barriers to participate in recreation opportunities may be eligible for the PRC Subsidy program which provides admission to any indoor facility and a discount for specific programs (as approved by City Council). Applicants must meet the low-income threshold, and must provide proof of net household/family income through Revenue Canada Notice of Assessments, along with their Goods and Services tax (GST) Credit and B.C. Low Income Climate Action Tax (B.C.LICAT) Credit Notice. For complete details, please contact the Parks, Recreation & Culture Office at 604.859.3134.

Special Needs Access Program

The Special Needs Access Program provides full-time Abbotsford residents, who have permanent disabilities as confirmed by a physician, with a 50% discount on City of Abbotsford recreation centre regular drop-in admissions and memberships. For complete details, please contact the Parks, Recreation & Culture office at 604.859.3134.

Inclusion

The City of Abbotsford is committed to making its Recreation Facilities welcoming and accessible to all Abbotsford residents - including those with health or physical limitations. Please contact the facility program coordinator if you or your loved one requires additional assistance to participate.

A number of community resources are available to individuals and families who require various levels of support. Please refer to the Community Directory for a list of some resources available to you.

Privacy Statement

Personal information is collected for the administration of Parks, Recreation & Culture programs only, as authorized under Section 26 of the Freedom of Information and Protection of Privacy Act. The City of Abbotsford does not use or disclose personal information for purposes other than those for which it was collected, except with the consent of the individual whom the information is about or otherwise in accordance with law. The City of Abbotsford retains personal information only as long as necessary for the purposes of this program and as required under the Act. If you have any questions about the collection and use of your personal information, contact the Information & Privacy Coordinator at 604.864.5575, City of Abbotsford, 32315 South Fraser Way, Abbotsford, B.C. V2T 1W7.

Great Tax Credit Resources

Prescription for Health

Through the B.C. Healthy Families Program you may be eligible to receive a $50 subsidy towards a physical activity program. This could include a gym membership or a physical based recreation program. For more info visit healthyfamiliesbc.ca
Customer Care / How to Register

www.direct2rec.com

For English translation, please refer to pages 100–101
등록방법
본 프로그램에 등록하는 방법에는 세가지가 있습니다.
등록방법 비자, 아멕스, 마스터카드, 대빗카드, 현금 또는
수표로 내실 수 있습니다.
온라인등록은 www.direct2rec.com 에서 일주일 내내
24시간 가능한 등록시스템을 이용하여 할수 있습니다.
전화등록 - 아보츠포드 레크리에이션 센터나 맷스키
래크리에이션 센터에 시설운영 시간에 전화하셔서
등록할 수 있습니다.
방문등록 - 아보츠포드 레크리에이션 센터나 맷스키
래크리에이션 센터에 시설운영 시간에 직접 오셔서
등록할 수 있습니다.
물 예약을 제외하고는 다른 시설의 클래스도 등록하실
수 있습니다.
대기자 명단
인기있는 프로그램은 자리가 빨리 창니다. 좋은
프로그램을 놓치지 않으려면 대기자명단에 이름을 올려
놓으십시오. 자리가 난 때 기준대로 해당
프로그램에 넣어드립니다. 대기자 수가 충분한 경우 세
클래스가 만들어지기도 합니다.
공원, 레크리에이션 및 문화 프로그램에 관한 질문
저희 고객서비스팀은 공원, 레크리에이션 및 문화에 대해
일주일 내내 여러분을 친절하게 도와드리고 있습니다.
플스트 레크리에이션 센터 (604.855.0500), 아보츠포드
래크리에이션 센터 (604.853.4221) 혹은 Parks,
Recreation & Culture 사무실로 (604.859.3134) 시설
운영시간 중에 연락하세요.

프로그램이나 멤버십 최초 등록
최초등록을 하시려면 아보츠포드 공원, 레크리에이션 및
문화부 (Abbotsford Parks, Recreation & Culture)에 개인
계좌가 있어야 합니다. 개인 계좌 설정이 완료된 후
프로그램 취소/환불
프로젝트 등록은 프로그램이 시작하기 평일로 하루
전까지는 취소가 가능합니다. 그 날짜가 지난 후에는
환불이 가능합니다. 매일 요청이나 전단서가 필요할 수 있습니다.
멤버십 취소는 멤버십 시작 3일전 (72시간)까지만 가능합니다.
국민 보험의 멤버십 취소는 당일 전 3일 전 (7일) 이전에
가능합니다. 멤버십 취소하시려면 시험요청서 용지를 작성하세요.
하여 처리하는 데에는 5일 정도 걸립니다. 분할 납부를
하고 있는 멤버십에 대해서는 그 다음 달의 납부금이
빠져나가지 않도록 그 달 말에서 5일 이전에는
취소해야 합니다.
프로그램 취소나 변경에는 5분의 수수료가 부과됩니다.
공원에 대한 환불수표 처리에는 2주 정도 걸립니다.
환불수표에는 25분의 수수료가 부과됩니다.

온라인 등록
Direct2Rec는 프로그램 안내, 프로그램 찾기, 프로그램
등록, 멤버십 계약 혹은 프로그램 수용권 확인등을
 언제든지 보실 수 있는 저희 온라인 등록 포털사이트로서
ARCMRC에서 받는 가족 단위 바코드 및 비밀번호를
사용해서 접속하실 수 있습니다. 지금 www.direct2rec.com 로 들어가서 시작하세요.

Customer Care / How to Register

For English translation, please refer to pages 100–101
MESSAGE FROM THE MAYOR

Did you know that Abbotsford has 192 parks, covering over 840 hectares, and 276 kilometres of trails? Or that during any given month, our recreation centres welcome over 57,000 participants and provide over 1,000 hours of public access to pools, community recreation, arenas and fitness. Those are some pretty big numbers - a lot of territory and programming to cover!

The ultimate goal of the City's Parks, Recreation & Culture department is to improve your quality of life by promoting healthy and active lifestyles; social connections; local arts, culture and heritage; and a thriving natural environment. That's a lofty goal. And, as you can imagine, there are many key ingredients to move us forward in accomplishing that goal. One key ingredient is our network of over 2000 volunteers. From keeping our parks, trails and streets clean, to planting trees and removing invasive species, to providing traffic control and running activities at community events, to working with children and youth who need assistance to participate in recreational programs, to helping out with day camps, our volunteers are essential.

It has been said that volunteers are the roots of a strong community. I couldn't agree more. Our volunteers help individuals to blossom and our environment to thrive. In short, they help to build a complete community.

Our volunteers range from youth to seniors, come from diverse backgrounds, and may be connected with schools, groups or businesses. They can volunteer on a regular basis - or they can volunteer for a one-time beautification project. With the City providing training and equipment - all the tools required - your willingness is all you need to participate.

If you are interested in becoming a volunteer, I would like to invite you to go to our website and fill out an online form found there, abbotsford.ca/volunteer or feel free to contact the City's volunteer coordinator at 604.859.3134.

In closing, I would like to highlight that although our PRC Master Plan has been adopted, it is now time for action. Please stay engaged and stay up-to-date with new projects or initiatives that are taking place at abbotsford.ca/plan200k.

Yours In Health,
Henry Braun, Mayor of Abbotsford
Get the most out of your recreation experience with PRC ALL ACCESS MEMBERSHIP!

The annual membership is our best value and includes access and use of our amazing recreation centres.

FREE ½ HOUR EXPERT SESSION with every Annual Membership purchased.

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The annual membership is our best value and includes access and use of our amazing recreation centres.

abbotsford.ca/prc
Join us for action packed day camps and daily drop-in activities all spring break long!

It’s Springdaze

MARCH 18 - 29

Look for your Springdaze flyer in February 2019