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

SUMMER PROGRAM GUIDE
JULY TO AUGUST 2019

Online Registration is OPEN
Regular Registration Begins April 1
Programs Begin July 2
abbotsford.ca/prc

SUMMER MEMBERSHIP!
JOIN TODAY!
Includes 80+ drop-in classes  Pg 9

Abbotsford Recreation Centre 604.853.4221
Matsqui Recreation Centre 604.855.0500
Parks, Recreation & Culture Office 604.859.3134
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.

abbotsford.ca/prc
In this Issue

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
We have paired our programs across the facility. Bring a friend or the whole family, and see what they can do at the same time as you. Take a quick look at our programmed to pair ideas.

33 REC FOR LESS
Recreation activities for just $2! A variety of fun for everyone. Check out what we have to delight with just a $2 in sight!

34 CAREER & VOLUNTEER
We are hiring! Parks, Recreation and Culture have careers, work and volunteer opportunities in a variety of avenues. Check out our opportunities and ask us how you can join our team.

FEATURED PROGRAMS

9 RISE AND PLAY HIIT
Parents enjoy a High Intensity Interval Training (HIIT) class in the gymnasium while your little ones enjoy Rise and Play. A fun family activity for everyone, strollers welcome.

18 MAGIC CAMP
Through the process of learning and performing magic tricks, children will learn creativity and communication skills in this fun Magic camp.

20 KIDS BALLET
A creative exploration of the classical art of ballet. Learn basic ballet techniques and self-expression.

39 STRONG BY ZUMBA
Strong by Zumba combines body weight, muscle conditioning and cardio moves synced to specific music to create a high intensity workout.

24 NATIONAL LIFEGUARD SERVICE
NLS training develops basic lifeguarding skills, principles and decision making to assist the lifeguard in evaluating and adapting to different aquatic emergencies.
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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.
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A family membership means Friday Family night for Caitlyn, Frank, Jordy, Leanne and Toni. “This place is amazing,” says Caitlyn of the Abbotsford Recreation Centre. “It’s our go-to family favourite and there is just so much to do.”

Caitlyn is an elite runner and uses the Functional Training (Fitness) classes to cross-train for her optimum performance. Husband Frank uses the classes to rehab from recent knee surgery. He likes the functional workouts that are based on balance, stability and mobility.

As for the kids, older sister Leanne is introducing 6-year-old Toni to her passion, ballet dancing. Basic techniques are combined with a focus on body awareness and self-expression. 4-year-old Jordy joins his friends for the Kids in Space program, an interactive, hands-on exploration of all things space aimed at 3-to-5 year-olds.

“We just love this place,” notes Frank. “We get to move together, play together and have a great time with our kids.”
Membership Benefits

swimming
seniors
children
skating
fitness
youth
adult
active
families

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>
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<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>
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<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>
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<tr>
<td>Super Senior (80yrs+)</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
<td>FREE</td>
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<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>
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</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 while staff on shift
- 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
Pairing Packages

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.
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.

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.
JULY
Superhero Inflatable Playtime (NB - 12yrs)
Show off your superhero skills at our inflatable playtime. We will have super crafts, games and our inflatable bouncer. Come dressed up for extra fun. Regular Admission rates apply.
Abbotsford Recreation Centre Gym
Friday, July 19
10am - 12:30pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim! The lifeguards will in the water with the kids and the giant inflatable all afternoon! Regular Admission rates apply.
Matsqui Recreation Centre Gym
Saturday, July 20
1pm - 4pm

AUGUST
Pirates and Princesses Inflatable Playtime (NB - 12yrs)
Grab your tiaras and eye patches for a pirates and princesses inflatable playtime! Come have a bounce in our inflatable or get crafty with our Community Recreation Leaders. Regular Admission rates apply.
Abbotsford Recreation Centre Gym
Friday, August 16
10am - 12:30pm

Giant Inflatable Swim
Join us at the pool for an extra Special Giant Inflatable Swim! The lifeguards will in the water with the kids and the giant inflatable all afternoon! Regular Admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, August 24
1pm - 4pm
They say the family that plays together - or swims together - stays together and that’s certainly the case for Doug and his family of five. The former lifeguard has been sharing his love of the water with partner Caren and their three kids every Saturday morning at the Abbotsford Recreation Centre, since oldest son, Matty, was a baby.

Matty is learning breast stroke in his level 8 Red Cross swimming lessons. After that it’s off to the pool where the younger kids, Josh and Katy, splash in the sprays at the tot’s pool, Matty enjoys the giant inflatable swim in the big pool and Doug and Caren recharge in the sauna.

Doug and Caren love their special family time and even invite Doug’s brother and his daughter to join them.

FITNESS

**Family Yoga (5yrs+)**
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).

<table>
<thead>
<tr>
<th>Abbotsford Recreation Centre</th>
<th>Jul 7-28 Su</th>
<th>10:00am-11:00am</th>
<th>4/$60</th>
<th>11107</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Aug 11-25 Su</td>
<td>10:00am-11:00am</td>
<td>3/$45</td>
<td>11109</td>
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</table>

**Rise and Play HIIT**
Get an Active start to your day with this combination class! Adults take a Cardio HIIT class (High Intensity Interval Training) while toddlers participate in our popular Rise & Play class, which teaches age appropriate physical literacy and fundamental movement skills through games, songs and obstacle courses. Children additional $4 per course in July and $3 in August. Stroller friendly.

<table>
<thead>
<tr>
<th>Abbotsford Recreation Centre</th>
<th>Jul 8-29 M</th>
<th>9:00am - 10:00am</th>
<th>4/$45</th>
<th>7676</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Aug 12-26 M</td>
<td>9:00am - 10:00am</td>
<td>3/$34</td>
<td>7679</td>
</tr>
</tbody>
</table>
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. *Helmet Rentals and 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. *Helmet Rentals and 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: 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 or change 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.
ARTS, CRAFTS & HOBBIES

Mini Chefs - Cool Creations (3yrs - 5yrs)
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!
Abbotsford Recreation Centre
Jul 3 - 31
W 11:45am - 12:30pm
5/$46 11217

Mini Chefs - Snack Attack (3yrs - 5yrs)
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!
Aug 7 - 28
W 11:45am - 12:30pm
4/$36.50 11218

Look for this symbol for programs that incorporate the development of Physical Literacy
Physical Literacy = Movement and Confidence

DIRECT2REC
Register TODAY!
direct2rec.com
**DANCE**

**Creative Movement (18mo - 5yrs)**
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**
18mo - 2yrs
Jul 6 - 27  Sa  9:00am - 9:30am  3/$19.50  11201
Aug 6 - 27  Tu  10:15am - 10:45am  5/$23.50  11200

3yrs - 5yrs
Jul 6 - 27  Sa  9:00am - 9:30am  3/$17.50  11197
Aug 6 - 27  Tu  9:15am - 10:00am  4/$26  11190

**Tiny Tutus (18mo - 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**
18mo - 2yrs
Jul 6 - 27  Sa  9:00am - 9:30am  4/$25  11193
Aug 6 - 27  Tu  10:15am - 10:45am  5/$29.50  11180

3yrs - 5yrs
Jul 6 - 27  Sa  9:00am - 9:30am  4/$26  11189
Aug 6 - 27  Tu  9:15am - 10:00am  5/$32.50  11181

**GENERAL INTEREST**

**Dynamic Dinosaurs (3yrs - 5yrs)**
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**
18mo - 2yrs
Jul 6 - 27  Sa  4:30pm - 5:15pm  4/$26  10609
Aug 6 - 27  Sa  4:30pm - 5:15pm  4/$26  10611

3yrs - 5yrs
Jul 6 - 27  Sa  4:30pm - 5:15pm  5/$32.50  10608
Aug 6 - 27  Sa  4:30pm - 5:15pm  5/$32.50  10609

**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**
Jul 5 - Aug 2  F  5:00pm - 5:45pm  5/$32.50  10953
Aug 9 - 06  F  5:00pm - 5:45pm  5/$32.50  10955

**Matsqui Recreation Centre**
Jul 8 - 29  M  5:45pm - 6:30pm  4/$26  10956
Aug 12 - 26  M  5:45pm - 6:30pm  3/$19.50  10957

**Little Builders (3yrs - 5yrs)**
Let’s build! We will construct towers, bridges, buildings, tunnels and more! Your child will have fun building with all different mediums from bricks to play dough and much more!

**Abbotsford Recreation Centre**
Jul 2 - 30  Tu  11:45am - 12:30pm  5/$32.50  11149
Aug 6 - 27  Tu  11:45am - 12:30pm  4/$26  11150

**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**
Jul 8 - 29  M  11:45am - 12:30pm  4/$26  11138
Aug 12 - 26  M  11:45am - 12:30pm  3/$19.50  11141

**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.

**Mill Lake Park**
Jul 4 - Aug 1  Th  4:00pm - 4:45pm  5/$32.50  11158
Aug 8 - 29  Th  4:00pm - 4:45pm  4/$26  11161

**Sensory Play (18mo - 3yrs)**
Bring your little ones to squish, splash, smell, and explore with us! We will have a variety of inviting new sensory stations set up each week for you to investigate along with your child. Parent participation is required.

**Abbotsford Recreation Centre**
Jul 5 - Aug 2  F  11:45am - 12:30pm  5/$32.50  11145
Aug 9 - 30  F  11:45am - 12:30pm  4/$26  11146

**SOCCER**

**Indoor Soccer for 2YO's (18mo - 2yrs)**
A high-energy program to introduce your toddler to the fun sport of soccer! Help your child learn the FUNdamental movement skills for soccer. Parent participation is required.

**Abbotsford Recreation Centre**
Jul 5 - Aug 2  F  8:45am - 9:15am  5/$32.50  11129
Aug 9 - 30  F  8:45am - 9:15am  4/$23.50  11220

**Outdoor Soccer for 2YO's (18mo - 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. Program will run rain or shine. Parent participation is required. No class Aug 3, 5.

**MRC Sports Complex**
Jul 6 - Aug 24  Sa  9:00am - 9:30am  7/$41  11225
Crosley Park
Jul 8 - Aug 26  M  4:00pm - 4:30pm  7/$41  11144

**Outdoor Soccer for Toddlers (3yrs - 5yrs)**
Play soccer 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. No class Aug 3, 5.

**MRC Sports Complex**
Jul 6 - Aug 24  Sa  9:40am - 10:25am  7/$45.50  11226
Crosley Park
Jul 8 - Aug 26  M  4:40pm - 5:25pm  7/$45.50  11473

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

Physical Literacy = Movement and Confidence
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 Bulldogs and more. Remember to wear sunscreen and dress for the weather - this program will run rain or shine.

**MRC Sports Complex**

Jul 3 - 31 | W  | 4:00pm - 4:45pm | 5/$32.50 | 11173
Aug 7 - 28 | W  | 4:00pm - 4:45pm | 4/$26   | 11175

**Basketball (3yrs - 5yrs)**

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**

Jul 3 - 31 | W  | 4:00pm - 4:45pm | 5/$32.50 | 11128
Aug 7 - 28 | W  | 4:00pm - 4:45pm | 4/$26   | 11129

**Floor Hockey for Toddlers (3yrs - 5yrs)**

Children will learn skills like passing and shooting, with a focus on building a sense of team work and playing cooperatively. No class Aug 4.

**Abbotsford Recreation Centre**

Jul 2 - 30 | Tu | 6:00pm - 6:45pm | 5/$32.50 | 11139
Jul 7 - Aug 25 | Su | 5:15pm - 6:00pm | 7/$45.50 | 11254
Aug 6 - 27 | Tu | 6:00pm - 6:45pm | 4/$26   | 11140

**Mini Movers (1yr - 5yrs)**

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 is required.

**Abbotsford Recreation Centre**

Jul 2 - 30 | Tu | 3:30pm - 4:00pm | 5/$29.50 | 11120
Aug 6 - 27 | Tu | 3:30pm - 4:00pm | 4/$23.50 | 11121

**Rise and Play (1yrs - 5yrs)**

Get an active start to you day! Hop, skip, run, jump, and even crawl! You and your child(ren) will enjoy building their physical literacy while developing age appropriate fundamental movement skills. Parent participation required.

**Abbotsford Recreation Centre**

Jul 3 - 31 | W  | 8:45am - 9:30am | 5/$29.50 | 11153
Aug 7 - 28 | W  | 8:45am - 9:30am | 4/$23.50 | 11156

**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 is required.

**Abbotsford Recreation Centre**

Jul 3 - 31 | W  | 4:00pm - 4:30pm | 5/$29.50 | 11163
Jul 6 - Aug 24 | Sa | 9:00am - 9:30am | 7/$41   | 11233
Aug 7 - 28 | W  | 4:00pm - 4:30pm | 4/$23.50 | 11165

**Tumbling Level 1 (3yrs - 5yrs)**

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. No class Aug 3.

**Abbotsford Recreation Centre**

Jul 3 - 31 | W  | 4:45pm - 5:30pm | 5/$32.50 | 11167
Jul 6 - Aug 24 | Sa | 9:45am - 10:30am | 7/$45.50 | 11239
Aug 7 - 28 | W  | 4:45pm - 5:30pm | 4/$26   | 11169

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**Superhero Training (3yrs - 5yrs)**

Help your child discover their super powers! This program focuses on creating confident kids who can be Superheroes every day! There is a physical focus on balance, flexibility, coordination and strength, while also promoting the development of social skills.

**Abbotsford Recreation Centre**

Jul 3 - 31 | W  | 5:45pm - 6:30pm | 5/$32.50 | 11171
Aug 7 - 28 | W  | 5:45pm - 6:30pm | 4/$26   | 11172

**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**

Jul 2 - 30 | Tu | 4:15pm - 5:00pm | 5/$32.50 | 11122
Aug 6 - 27 | Tu | 4:15pm - 5:00pm | 4/$26   | 11123

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Register TODAY!

direct2rec.com
**Summer Camps**

**Kids Explorer Camps**

- 6 yrs - 8 yrs

**Youth Adventure Camps**

- 9 yrs - 12 yrs

**MONDAY - FRIDAY**

- 9AM - 4PM
- 5 DAY / $173
- 4 DAY / $139

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**NORTH AMERICA**

Our worldly adventure begins as we celebrate our homeland and our neighbours to the south. From the great white north all the way down to the beaches of Mexico we will cover a lot of ground and territory. We’ll celebrate our roots with an out trip to Fort Langley.

- JUL 2 - 5
- Kids Explorer 11227
- Youth Adventure 11240

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**SOUTH AMERICA**

Next we spice things up with a stop in South America, a colorful continent of Carnival and rain forests. Campers will go bananas for themed games and the chance to learn about the creatures of the rain forest. We will visit the Otter Co-op Outdoor Experience for our out trip.

- JUL 8 - 12
- Kids Explorer 11230
- Youth Adventure 11242

---

**EUROPE**

Let’s hop across the pond to say “bonjour” to the sights, sounds and tastes of Europe. From windmills and castles, to Irish jigs and Italian cuisine, we’re bringing the best of Europe to ARC. We’ll jet off to Bridal Falls Water Park for our out trip.

- AUG 6 - 9
- Kids Explorer 11235
- Youth Adventure 11248

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**PACIFIC OCEAN**

Come and experience the expanse of the largest ocean in the world! From albatross to orcas we’ll explore the creatures and reefs of the Pacific. We’ll get up close and personal with this body of water when we visit Crescent Beach for our out trip.

- AUG 12 - 16
- Kids Explorer 11236
- Youth Adventure 11249

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**KIDS EXPLORER/YOUTH ADVENTURE DAILY CAMPS (6yrs - 12yrs)**

- Jul 3 - Aug 31
- M,Tu,W,F
- 9am - 4pm
- 1/$39

*See below for Thursday Out Trip Pricing

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**Kids Explorer/Youth Adventure THURSDAY OUT TRIPS**

Join us for a day of adventure! Every Thursday we take a bus to a new location for some exploration and FUN!

- Thursdays, 9am - 4pm, $50

Before and After Care available.
### 2019

**Stamp your PASSPORT to FUN this summer!**
Explore games, crafts and activities inspired by a new continent each week. Camps include swimming and weekly out-trips.

<table>
<thead>
<tr>
<th><strong>ANTARCTICA</strong></th>
<th><strong>ATLANTIC OCEAN</strong></th>
<th><strong>AFRICA</strong></th>
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<tbody>
<tr>
<td>JUL 15 - 19</td>
<td>JUL 22 - 26</td>
<td>JUL 29 - AUG 2</td>
</tr>
<tr>
<td>Our next stop is the frozen land of glaciers, whales, seals and everyone’s favourite tuxedoed bird, the penguin! Beat summer’s heat with cold crafts and icy games. We’ll take a break from the cold to travel to Bridal Falls Waterpark for our out trip.</td>
<td>We’re diving into the depths of the Atlantic Ocean for a week of wet and wild fun! From Iceland to Antarctica we’ll be splashing and soaring our way North to South. We’ll get our slide on at the Rolley Lake for our out trip.</td>
<td>Our final journey takes us to the endless wonders of Africa. Campers will get crafty making souvenirs like tribal masks and Maasai necklaces. Out trip will be to the Chilliwack Corn Maze.</td>
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<td>Kids Explorer</td>
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<tr>
<th><strong>OCEANIA</strong></th>
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<tr>
<td>AUG 19 - 23</td>
<td>JUL 26 - 30</td>
</tr>
<tr>
<td>G’day, mate! Travel “down under” to Australia and its surrounding countries! From the Outback to Bora Bora, from Ninety Mile Beach to the Great Barrier Reef, campers will have a ball. We’ll head to the Cultus Lake Waterslides for our out trip.</td>
<td>Our final journey takes us to the endless wonders of Africa. Campers will get crafty making souvenirs like tribal masks and Maasai necklaces. Out trip will be to the Chilliwack Corn Maze.</td>
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<td>Kids Explorer</td>
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<td>Youth Adventure</td>
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### BEFORE AND AFTER CAMP CARE (6yrs - 12yrs)

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<tr>
<th>Jul 2 - Aug 30</th>
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<tr>
<td>Before Care</td>
<td>8am - 9am</td>
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<tr>
<td>After Care</td>
<td>4pm - 5pm</td>
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</tbody>
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### CAMP OUT TRIPS

| Jul 4  | Fort Langley          | 12480 / 12489 |
| Jul 11 | Otter Co-op Outdoor Exp | 12481 / 12490 |
| Jul 18 | Bridal Falls Waterpark | 12482 / 12491 |
| Jul 25 | Rolley Lake           | 12483 / 12492 |
| Aug 1  | Burnaby Village Museum | 12484 / 12493 |
| Aug 8  | Bridal Falls Waterpark | 12485 / 12494 |
| Aug 15 | Crescent Beach        | 12486 / 12495 |
| Aug 22 | Cultus Lake Waterslides | 12487 / 12496 |
| Aug 29 | Chilliwack Corn Maze  | 12488 / 124974 |
Specialty Camps

ART & DANCE - FULL DAY

Creative Kids (7yrs - 12yrs)
Let your imagination run wild and your creativity flow! This camp is a great opportunity for kids to explore and discover their creative side and enjoy a variety of art and craft mediums including: painting, drawing, sketching, and sculpting. This camp includes a variety of recreational activities, swimming, and an out trip. Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 8 - 12 M - F 9:00am - 4:00pm 5/$173 11469
- Aug 6 - 9 M - F 9:00am - 4:00pm 5/$173 11470

Create and Perform (7yrs - 12yrs)
We’ll be singing, dancing and acting all week. You’ll get a chance to create your own performance and showcase! Camp includes different recreational activities, swimming and an out trip. Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 22 - 26 M - F 9:00am - 4:00pm 5/$173 11467
- Aug 19 - 23 M - F 9:00am - 4:00pm 5/$173 11468

Just Dance (7yrs - 12yrs)
Show us your moves! Taught in an upbeat and supportive environment, campers learn introductory techniques of hip-hop, Jazz and many more. Camp includes different activities, swimming, and an out trip. Before and aftercare available.

**Abbotsford Recreation Centre**
- Jul 15 - 19 M - F 9:00am - 4:00pm 5/$173 11266
- Aug 12 - 16 M - F 9:00am - 4:00pm 5/$173 11267

GENERAL - FULL DAY

ARC Neighbourhood (6yrs - 12yrs)
Join us for a fun filled week of playground adventures, water battles and creative projects. We will also be swimming weekly! Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 2 - 5 Tu - F 9:00am - 4:00pm 4/$124 11253
- Jul 8 - 12 M - F 9:00am - 4:00pm 5/$139 11255
- Jul 15 - 19 M - F 9:00am - 4:00pm 5/$139 11257
- Jul 22 - 26 M - F 9:00am - 4:00pm 5/$139 11258
- Jul 29 - Aug 2 M - F 9:00am - 4:00pm 5/$139 11259
- Aug 6 - 9 Tu - F 9:00am - 4:00pm 4/$124 11260
- Aug 16 - 12 M - F 9:00am - 4:00pm 5/$139 11261
- Aug 19 - 23 M - F 9:00am - 4:00pm 5/$139 11262
- Aug 26 - 30 M - F 9:00am - 4:00pm 5/$139 11263

Eco Warriors (7yrs - 12yrs)
Unplug for a week of exploring nature, making discoveries and learning how to become an Eco Warrior. We will practice the 3 Rs and discover the conservation efforts going on in our city. This camp includes a variety of recreational activities, swimming, and an out trip. Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 2 - 5 Tu - F 9:00am - 4:00pm 4/$139 11471

Jedi Training (7yrs - 12yrs)
Your young Jedi will have a chance to train in the ways of the Force and put their skills to the test against the Dark Side. This camp will also take part in different recreational activities, swimming, and an out trip. Before and after care available.

**Abbotsford Recreation Centre**
- Jul 2 - 5 Tu - F 9:00am - 4:00pm 4/$139 11264
- Aug 6 - 9 Tu - F 9:00am - 4:00pm 4/$139 11265

Love Your Selfie (7yrs - 12yrs)
Homemade spas, jewelry making and creative art & craft projects are just some of the activities that we have planned to love ourselves! This camp includes a variety of recreational activities, swimming, and an out trip. Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 29 - Aug 2 M - F 9:00am - 4:00pm 5/$173 11533
- Aug 26 - 30 M - F 9:00am - 4:00pm 5/$173 11537

SPORTS - FULL DAY

Action Zone (7yrs - 12yrs)
This is a high energy camp designed especially for the active kid in mind. Using experiential adventure-based activities we will have a week full of building, exploring, and sports. This camp includes a variety of recreational activities, swimming, and an out trip. Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 22 - 26 M - F 9:00am - 4:00pm 5/$173 11465
- Aug 26 - 30 M - F 9:00am - 4:00pm 5/$173 11466

Outdoor Pursuits (7yrs - 12yrs)
Outdoors and discovering is what this camp is all about. We’ll practice orienteering, learning survival skills and challenging ourselves to face the unknown. This camp will also take part in different recreational activities, swimming, and an out trip.

**Abbotsford Recreation Centre**
- Jul 8 - 12 M - F 9:00am - 4:00pm 5/$173 11538
- Aug 12 - 16 M - F 9:00am - 4:00pm 5/$173 11539

Super Splash (7yrs - 12yrs)
A wet and wild camp that will keep you moving! We’ll start the day with swim lessons, playing games, crafts, and activities. After lunch we’ll head to the pool for free time to splash and play! NEW Before and after care are available.

**Matsqui Recreation Centre**
- Jul 29 - Aug 2 M - F 9:00am - 4:00pm 5/$173 11537

Turf & Surf (7yrs - 12yrs)
Half Sports, Half Swimming-It’s the best of both worlds! Join us at MRC to play sports on the turf field outside, and swim at MRC every day! NEW Before and after care are available.

**Matsqui Recreation Centre**
- Aug 6 - 9 Tu - F 9:00am - 4:00pm 4/$124 10888
- Aug 19 - 23 M - F 9:00am - 4:00pm 5/$139 10890

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, and laughing. We’ll be sure to take breaks with other recreation activities, swimming, and an out trip as well! Before and after care are available.

**Abbotsford Recreation Centre**
- Jul 15 - 19 M - F 9:00am - 4:00pm 5/$173 11540
- Aug 19 - 23 M - F 9:00am - 4:00pm 5/$173 11541
ART, DANCE & COOKING - HALF DAY

**Art Sampler** (7yrs - 12yrs)
Let your imagination run wild and your creativity flow! 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, beading, and sculpting.

**Abbotsford Recreation Centre**
Jul 15 - 19 M - F 1:30pm - 3:30pm 5/$107 11547
Aug 12 - 16 M - F 1:30pm - 3:30pm 5/$107 11556

**Dance Allsorts** (7yrs - 12yrs)
Show us your moves! Taught in an upbeat and supportive environment, this camp will teach campers introductory techniques of Hip-hop, Jazz, Zumba and many more dance steps. It will be a week full of creative movement!

**Abbotsford Recreation Centre**
Jul 2 - 5 Tu - F 1:30pm - 3:30pm 4/$56 11572
Jul 29 - Aug 2 M - F 1:30pm - 3:30pm 5/$87 11582
Aug 26 - 30 M - F 1:30pm - 3:30pm 5/$87 11629

**Kids Chefs** (7yrs - 12yrs)
We will be cooking up a week full of delicious and healthy summer snacks and meals. Learn the basics of cooking prep, safety, and fun to help out in your family kitchen. Each child will build their own Summer Creations Cookbook to bring home. Please alert staff to any food allergies when registering.

**Abbotsford Recreation Centre**
Jul 8 - 12 M - F 1:30pm - 3:30pm 5/$107 11651
Jul 22 - 26 M - F 1:30pm - 3:30pm 5/$107 11652
Aug 6 - 9 Tu - F 1:30pm - 3:30pm 4/$86 11653
Aug 19 - 23 M - F 1:30pm - 3:30pm 5/$107 11655

SPORTS - HALF DAY

**Court Sports** (7yrs - 12yrs)
Ever wonder how to play volleyball, badminton or the ever popular pickleball? Come try out all of the different sports played on courts during this week's camp.

**Abbotsford Recreation Centre**
Jul 22 - 26 M - F 10:00am - 12:30pm 5/$87 11570
Aug 26 - 30 M - F 10:00am - 12:30pm 5/$87 11571

**Floor Hockey** (7yrs - 12yrs)
We shoot, we score! Plastic sticks, plastic balls, fast and furious action! While learning the ABC's of movement, fun drills, hockey games, and shoot outs will improve your hockey skills and increase your love of the game. All equipment provided.

**Abbotsford Recreation Centre**
Jul 15 - 19 M - F 10:00am - 12:30pm 5/$87 11630
Aug 6 - 9 Tu - F 10:00am - 12:30pm 4/$70 11650

**Outdoor Field Sports** (7yrs - 12yrs)
Get active and have fun! With a strong focus on physical literacy your camper will experience a variety of outdoor team sports, games, and movements. Remember to wear sunscreen and dress for the weather - this program will run rain or shine.

**Abbotsford Recreation Centre**
Jul 8 - 12 M - F 10:00am - 12:30pm 5/$87 11662
Aug 12 - 16 M - F 10:00am - 12:30pm 5/$87 11668

**Skateboarding** (7yrs - 12yrs)
Learn new tricks and skateboard maintenance with the Abbotsford Replay Board shop Team. We'll focus on pushing, turning, stopping, ollies, skate park etiquette and safety. All participants must supply their own skateboard and helmet.

**Abbotsford Recreation Centre - McMillan Youth Park**
Jul 29 - Aug 2 M - F 10:00am - 12:30pm 5/$125 12499
Aug 12 - 16 M - F 10:00am - 12:30pm 5/$125 12500

**Soccer** (7yrs - 12yrs)
Come out and sharpen your skills! This camp focuses on the basics of soccer with an emphasis on teamwork and fun!

**Abbotsford Recreation Centre**
Jul 2 - 5 Tu - F 10:00am - 12:30pm 4/$70 11669
Jul 29 - Aug 2 M - F 10:00am - 12:30pm 5/$87 11670
Aug 19 - 23 M - F 10:00am - 12:30pm 5/$87 11672

**Wakeboarding** (7yrs - 12yrs)
Get wet this summer and learn the fundamentals of the wake boarding, dry land training, water safety, and introduction to basic tricks. Basic swimming skills required, all equipment and safety gear provided.

**Albert Dyck Memorial Park**
Jul 8 - 12 M - F 9:30am - 12:30pm 5/$195 12501
Jul 8 - 12 M - F 1:30pm - 4:30pm 5/$195 12502
Jul 15 - 19 M - F 9:30am - 12:30pm 5/$195 12503
Jul 15 - 19 M - F 1:30pm - 4:30pm 5/$195 12504
Jul 29 - Aug 2 M - F 9:30am - 12:30pm 5/$195 12505
Aug 12 - 16 M - F 9:30am - 12:30pm 5/$195 12506
Aug 12 - 16 M - F 1:30pm - 4:30pm 5/$195 12507
Aug 26 - 30 M - F 9:30am - 12:30pm 5/$195 12508

**Specialty Camps**

This program promotes and incorporates the development of Physical Literacy.

Did you know…
We welcome registered volunteers 14 years and up to assist with our summer camp programs! See page 35 for information.
SCIENCE & HOBBIES - HALF DAY

CSI (9yrs - 12yrs)
Learn about finger and dental prints and try a chemical analysis. After solving a mock-crime with forensics take home an edible SL, magnifying glass, fingerprint chart, a DNA strand and more.

Abbotsford Recreation Centre
Aug 12 - 16  M - F  1:00pm - 4:00pm  5/$179  10903

E=MC² (9yrs - 12yrs)
Uncover the secrets behind light, sound and electricity. Build a circuit system that lights up, and then sets off an alarm. Investigate chemical reactions that cause things to glow, turn to slime, and even change temperature.

Abbotsford Recreation Centre
Aug 19 - 23  M - F  1:00pm - 4:00pm  4/$144  10902

Engineering & Technology (9yrs - 12yrs)
Learn the basics of computer coding and experiment with robots of different shapes, sizes and complexity. Experiment with changing your robot to alter how it performs during a race. Scientists will get to take home a simple robot that they build.

Abbotsford Recreation Centre
Aug 19 - 23  M - F  1:00pm - 4:00pm  5/$210  10904

How to be an Astronaut (6yrs - 9yrs)
Hop on board as we travel through our solar system and beyond. We will look at the Big Bang, constellations, planets, eclipses, and much more! Uncover some mysteries of the universe!

Abbotsford Recreation Park
Jul 8 - 11  M - Th  9:00am - 12:00pm  4/$144  10900

Icky Sticky Science (6yrs - 9yrs)
Put on your goggles and prepare to get messy! We will explore the ooziest, gooiest experiments around. Become a scatologist, make some fake vomit to prank your friends, and have fun learning about the yuckier side of science!

Abbotsford Exhibition Park
Aug 12 - 16  M - F  9:00am - 12:00pm  5/$179  10901

Marine Mania (6yrs - 9yrs)
Put on your scientist safety goggles and dive into some marine mania! We'll be exploring everything from creatures of the deep to bizarre beach bandits. This week of wacky water experiments may leave you shipwrecked. Do you have what it takes to conquer our tidal pools or gooey ooze?

Abbotsford Recreation Centre
Aug 19 - 23  M - F  9:00am - 12:00pm  5/$179  10899

The Secrets of Magic (8yrs - 12yrs)
Join professional magician Paul Albertson for five days of fun & hands on magic classes! Through the process of learning and performing beginner magic tricks, boys and girls will develop their confidence, creativity, and co-ordination. Cost includes custom-made magic tricks, access to on-line magic video vaults and more!

Abbotsford Recreation Centre
Aug 19 - 23  M - F  9:00am - 12:00pm  5/$179  10899

Play and Learn (3yrs - 5yrs)
Little ones will love our preschool camps! It is a great opportunity for them to have fun while learning valuable classroom skills. We’ll keep them busy with gym sports, arts & crafts, and games all morning.

Abbotsford Recreation Centre
Rumble Tumble
Jul 2 - 5  T - F  9:00am - 11:00am  4/$16.00  11746
Jul 29 - Aug 2  M - F  9:00am - 11:00am  5/$64.50  11750
FUNdamental Games
Jul 8 - 12  M - F  9:00am - 11:00am  5/$64.50  11747
Aug 12 - 16  M - F  9:00am - 11:00am  5/$64.50  11752
Soccer
Jul 15 - 19  M - F  9:00am - 11:00am  5/$64.50  11748
Aug 6 - 9  T - F  9:00am - 11:00am  4/$16.00  11751
Aug 19 - 23  M - F  9:00am - 11:00am  5/$64.50  11753
Mix It Up Sports
Jul 22 - 26  M - F  9:00am - 11:00am  5/$64.50  11748
Aug 26 - 30  M - F  9:00am - 11:00am  5/$64.50  11754

EARLY YEARS camps
3yrs - 5yrs

PRC CAMP INFORMATION

The following applies to all Abbotsford Park, Recreation & Culture camps.

- Bring completed Day Camp Participant Information form and Photo Release form on your first day of camp. Parent or guardian signature to be witnessed on site.
- Day Camps forms can be found online at abbotsford.ca/prc.
- Please send your child with a snack, lunch, hat, sunscreen, plenty of water for all day camp, and active footwear.
- Swim suits and towels are needed for camps that involve swimming and water activities.
- To help us provide the best quality day camps and to meet the complex schedules of families and staff, please drop-off and pick-up children at posted times.
- If your child requires special care, please contact the Summer Camp Coordinator to discuss possibilities for specialized care.
- Leave valuables at home. The City of Abbotsford is not responsible for lost or stolen items.
- We ensure our staff are well trained, fun, caring individuals committed to giving your child a quality, safe experience at camp. These role models have thorough training in child guidance, customer service safety, first aid & CPR. All staff are fully screened and undergo criminal record checks.
- Full day camps will be taking part in swimming twice per week.
- All summer camps are Nut Free Zones.
Jevan, 9 and Lizzie, 10 go to different schools, but became great friends at ARC’s Jedi Training Camp last summer. Since that time, they’ve discovered a mutual love for cartoons, comics and graphic novels and are developing their skills as artists in the Centre’s Illustration and Comic Book Art program.

They also join other Jedi friends at the community recreation-led ‘Kids Night Out’ Friday night for games, swimming and pizza.

When they are not together, Lizzie is learning to play Canada’s national summer sport - lacrosse. She is working on honing her stick handling, throwing and catching skills in the non-contact program. Jevan is working on becoming a floor hockey star in classes that focus on team work, cooperative play and fundamental skills.

And both kids’ parents have them enrolled in the Junior Lifeguard Club to learn water safety, teamwork and lifesaving skills.

This summer? The two friends can’t wait for the Summer in the Park Camp to begin.

**ARTS, CRAFTS & HOBBIES**

**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. All materials included.

**Abbotsford Recreation Centre**
6yrs - 8yrs
- Aug 7 - 28
- W 5:30pm - 6:30pm
- 4/$43
- 11208

9yrs - 12yrs
- Aug 7 - 28
- W 6:45pm - 7:45pm
- 4/$43
- 11211

**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 included.

**Abbotsford Recreation Centre**
6yrs - 8yrs
- Jul 3 - 31
- W 5:30pm - 6:30pm
- 5/$53.50
- 11213

9yrs - 12yrs
- Jul 3 - 31
- W 6:45pm - 7:45pm
- 5/$53.50
- 11214

**KIDS NIGHT OUT**
(and parents night off!)
Your kids will have a blast with PRC! Friday nights at Abbotsford Recreation Centre join us for games, swimming and pizza!

Check online or call for dates.
COOKING

Lil’ Chefs (6yrs - 8yrs)
Abbotsford Recreation Centre
Picnic Favourites: Summer is perfect for Picnics! We will be making the classic favorites great for any picnic basket.
Jul 2 - 30  Tu 4:00pm - 5:00pm 5/$35.50 11221
Campfire Food: 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.
Aug 6 - 27  Tu 4:00pm - 5:00pm 4/$43 11222

Kid Chefs (9yrs - 12yrs)
Abbotsford Recreation Centre
Picnic Favourites: Summer is perfect for Picnics! We will be making the classic favorites great for any picnic basket.
Jul 2 - 30  Tu 5:15pm - 6:15pm 5/$35.50 11223
Campfire Food: 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.
Aug 6 - 27  Tu 5:15pm - 6:15pm 4/$43 11224

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
Aug 2 - 23  F 5:30pm - 6:30pm 4/$28.50 11205

Hip Hop (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
Jul 5 - 26  F 5:30pm - 6:30pm 4/$28.50 11203

GENERAL INTEREST

Academic Prep for English Language Learners (8yrs - 12yrs)
Has your child enjoyed all that summer has to offer; running, playing, building, climbing, and needs to remember what it’s like to be in class? This course will help your child refocus on academics for English Language Learners by practicing reading, writing, and speaking. Set your child up for success!
Matsqui Recreation Centre
Aug 8 - 29  Th 6:00pm - 7:00pm 4/$28.50 11152

Great Nature Escapes (6yrs - 12yrs)
Love the outdoors? Come explore with us! 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 is outside, please dress for the weather.
Abbotsford Recreation Centre
6yrs - 8yrs
Jul 4 - Aug 1  Th 5:00pm - 6:00pm 5/$35.50 11164
Aug 8 - 29  Th 5:00pm - 6:00pm 4/$28.50 11166
9yrs - 12yrs
Jul 4 - Aug 1  Th 6:15pm - 7:15pm 5/$35.50 11168
Aug 8 - 29  Th 6:15pm - 7:15pm 4/$28.50 11170

Kids in Space (6yrs - 8yrs)
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
Jul 8 - 29  M 6:45pm - 7:45pm 3/$21.50 11137

Kids Night Out (7yrs - 12yrs)
Parents need a break? Send your kids out for a fun night at the rec center while you enjoy some well-deserved time off. Your kids will have a blast with our changing themes and fun activities. Did we mention we also have pizza? Book early as space is limited!
Abbotsford Recreation Centre
Jul 5  F 6:00pm - 9:00pm 1/$22 10604
Jul 19  F 6:00pm - 9:00pm 1/$22 10605
Aug 16  F 6:00pm - 9:00pm 1/$22 10606
Aug 30  F 6:00pm - 9:00pm 1/$22 10607

Mad Scientists (6yrs - 12yrs)
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
Jul 2 - 30  Tu 6:30pm - 7:30pm 5/$35.50 11142
Aug 6 - 27  Tu 6:30pm - 7:30pm 4/$28.50 11143

Yoga for children has been shown to increase focus, self-esteem and to decrease anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility.
Abbotsford Recreation Centre
Thursdays, 6pm - 7pm
July 4 - August 1
August 8 - 29
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
Jul 27 Sa 5:30pm - 7:30pm 1/$29 10602
Aug 24 Sa 5:30pm - 7:30pm 1/$29 10603

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
Jul 13 Sa 3:30pm - 5:30pm 1/$29 10924
Aug 10 Sa 3:30pm - 5:30pm 1/$29 10925

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
Jul 13 Sa 3:30pm - 5:30pm 1/$29 10926
Aug 10 Sa 3:30pm - 5:30pm 1/$29 10927

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
Jul 27 Sa 3:30pm - 5:30pm 1/$29 10928
Aug 24 Sa 3:30pm - 5:30pm 1/$29 10951

SPORTS

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 Bulldogs and more. Remember to wear sunscreen and dress for the weather - this program will run rain or shine.

MRC Sports Complex
Jul 3 - 31 W 5:00pm - 6:00pm 5/$35.50 11177
Aug 7 - 28 W 5:00pm - 6:00pm 4/$28.50 11178

Badminton for Kids (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. No class Aug 4.

Abbotsford Recreation Centre
Jul 7 - Aug 25 Su 11:45am - 12:45pm 7/$50 11243

Basketball (6yrs - 8yrs)
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
Jul 3 - 31 W 5:00pm - 6:00pm 5/$36 11130
Aug 7 - 28 W 5:00pm - 6:00pm 4/$29 11131

BC Bounce - 3 on 3 Boys Summer League (8yrs - 12yrs)
This league exists for the youth of our community, providing them with the opportunity to experience and develop basketball skills. Coaches are dedicated to developing youth and will emphasize the values of caring, honesty, respect and responsibility.

Abbotsford Recreation Centre
Grade 4 - 6
Jul 15 - Aug 24 M/SA 4:00pm - 5:00pm 12/$175 12048

BC Bounce - 3 on 3 Girls Summer League (9yrs - 13yrs)
This league exists for the youth of our community, providing them with the opportunity to experience and develop basketball skills. Coaches are dedicated to developing youth and will emphasize the values of caring, honesty, respect and responsibility.

Abbotsford Recreation Centre
Grade 5 - 8
Jul 15 - Aug 24 M/SA 5:00pm - 6:00pm 12/$175 12049

Beginner Gymnastics (5yrs - 6yrs)
This intro to gymnastics class will develop of your child's Physical Literacy through fundamental movement skills; Balance, agility, strength, and self-confidence. Circuits and games based on basic gymnastic skills will be taught with a positive, fun and energetic environment. No class Aug 3.

Abbotsford Recreation Centre
Jul 6 - Aug 24 Sa 10:45am - 11:30am 7/$45.50 11241

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. No class Aug 4.

Abbotsford Recreation Centre
6yrs - 8yrs
Jul 2 - 30 Tu 3:30pm - 4:30pm 5/$43 11126
Aug 6 - 27 Tu 3:30pm - 4:30pm 4/$35 11127

9yrs - 12yrs
Jul 7 - Aug 25 Su 4:00pm - 5:00pm 7/$50 11252

Kids Yoga (6yrs - 12yrs)
Yoga for children has been shown to increase focus, self-esteem and to decrease anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility. 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 the 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
Jul 4 - Aug 1 Th 6:00pm - 7:00pm 5/$46 11103
Aug 8 - 29 Th 6:00pm - 7:00pm 4/$37 11104
Learn to Play Badminton (6yrs - 12yrs)
Learn to basics of badminton techniques and footwork. The program introduces the basic racquet skills and develops movement: agility, balance and coordination required for badminton.

**Abbotsford Recreation Centre**

**6yrs - 8yrs**
- Jul 5 - Aug 2
  - F 4:30pm - 5:30pm 5/$35.50 11210
- Aug 9 - 30
  - F 4:30pm - 5:30pm 4/$28.50 11212

**9yrs - 12yrs**
- Jul 5 - Aug 2
  - F 5:45pm - 6:45pm 5/$35.50 11215
- Aug 9 - 30
  - F 5:45pm - 6:45pm 4/$28.50 11216

Learn to Play Pickleball (6yrs - 12yrs)
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**

- Jul 5 - Aug 2
  - F 3:15pm - 4:15pm 5/$35.50 11207
- Aug 9 - 30
  - F 3:15pm - 4:15pm 4/$28.50 11209

Learn to Play Volleyball (9yrs - 12yrs)
Our Community Recreation Instructors will teach you the skills of passing, setting, serving, hitting, and blocking in this fun and supportive class!

**Abbotsford Recreation Centre**

- Jul 4 - Aug 1
  - Th 4:45pm - 5:45pm 5/$43 11198
- Aug 8 - 29
  - Th 4:45pm - 5:45pm 4/$28.50 11199

Outdoor Soccer for Kids (6yrs - 12yrs)
Play soccer 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. No class Aug 3, 5.

**MRC Sports Complex**

**6yrs - 8yrs**
- Jul 6 - Aug 24
  - Sa 10:30am - 11:30am 7/$50 11228

**9yrs - 12yrs**
- Jul 6 - Aug 24
  - Sa 11:40am - 12:40pm 7/$50 11229

**Crossley Park**

**6yrs - 8yrs**
- Jul 8 - Aug 26
  - M 5:30pm - 6:30pm 7/$50 11148

**9yrs - 12yrs**
- Jul 8 - Aug 26
  - M 6:35pm - 7:35pm 7/$50 11151

SWIMMING

**Stroke Corrections Clinics**
Is your son or daughter or are you stuck in a level because of one stroke type or kick? Summertime is the perfect time to push through this wall by signing up for a stroke correction clinic. With a fully certified Red Cross instructor you will concentrate on only the items that need to be completed in order to move forward.

**Abbotsford Recreation Centre**

- Jul 6 - 27
  - Sa 9:00am - 11:00am 4/$92 12691
- Aug 10 - 31
  - Sa 9:00am - 11:00am 4/$92 12692

**Junior Lifeguard Club** (8yrs - 12yrs)
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. The Lifesaving Society's Junior Lifeguard Club is a perfect match for the aspiring swimmer or even beginners! Swimmers need to have completed Level 5 or able to swim 2 lengths of the pool comfortably.

**Matsqui Recreation Centre**

- Jul 5 - 26
  - F 4:00pm - 6:00pm 4/$92 12697
- Aug 9 - 30
  - F 4:00pm - 6:00pm 4/$92 12698
Not only are Mark, 13, and his sister Jenny, 14, learning new skills in their classes at the Abbotsford Recreation Centre, they are developing their independence and making a whole bunch of new friends. Both kids have Teen Passes that allow them to participate in a wide range of activities.

Jenny has developed a passion for fitness and is training for a 10K run at school. To get started, she completed the Teen Weight Room Orientation program which allows her to use the public facilities without a designated adult. The one-time class offers a certificate and a weight room pass upon completion.

Mark wants to become a lifeguard and is well on his way. He is working on his Bronze Cross, where he is learning advanced training, including an introduction to safety supervision in aquatic facilities.

Both kids love the flexibility and freedom the Teen Pass gives them to come and go, learn, and meet up with friends on their schedule.

FITNESS
Youth Dance Fit (13yrs - 17yrs)
This high-energy class geared towards teens will incorporate Hip Hop dance, Bolly-X and Zumba. Dance yourself fit and have a blast doing it!

Abbotsford Recreation Centre
Jul 8 - 29 M 7:15pm - 8:15pm 4/$37 10996
Aug 12 - 26 M 7:15pm - 8:15pm 4/$28 10997

SPORTS
BC Bounce - 3 on 3 Boys Summer League (12yrs - 15yrs)
This league exists for the youth of our community, providing them with the opportunity to experience and develop basketball skills. Coaches are dedicated to developing youth and will emphasize the values of caring, honesty, respect and responsibility.

Abbotsford Recreation Centre
Grade 7- 10
Jul 15 - Aug 24 M/Sa 6:00pm - 7:00pm 12/$175 12050

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
Jul 4 - Aug 1 Th 6:00pm - 7:00pm $5/$25.50 11204
Aug 8 - 29 Th 6:00pm - 7:00pm 4/$28.50 11206
ADVANCED AQUATIC TRAINING

Bronze Cross (13yrs+)
Bronze Cross is designed for lifesavers who want the challenge of more advanced training and 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.

Abbotsford Recreation Centre
Jul 3 - 5 \ W - F 9:00am - 5:00pm 3/$160 12447
Jul 10 - 12 \ W - F 9:00am - 5:00pm 3/$160 12448
Aug 7 - 9 \ W - F 9:00am - 5:00pm 3/$160 12449
Aug 28 - 30 \ W - F 9:00am - 5:00pm 3/$160 12450

Bronze Medallion (13yrs+)
Students learn self-rescue techniques, defense and release methods and towing 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 500m swim.

Abbotsford Recreation Centre
Jul 1 - 3 \ M - W 10:00am - 6:00pm 3/$175 12451
Jul 8 - 10 \ M - W 9:00am - 5:00pm 3/$175 12452
Aug 5 - 7 \ M - W 10:00am - 6:00pm 3/$175 12453
Aug 26 - 28 \ M - W 9:00am - 5:00pm 3/$175 12454

Bronze Medallion/Cross/CPR-C & AED (13yrs+)
This is a combination course for the bronze medallion, bronze cross and CPR-C courses.

Abbotsford Recreation Centre
July 1 - 5 \ M - F 10:00am - 6:00pm 5/$335 12443
July 8 - 10 \ M - F 9:00am - 5:00pm 5/$335 12444
Aug 5 - 7 \ M - F 10:00am - 6:00pm 5/$335 12445
Aug 26 - 28 \ M - F 9:00am - 5:00pm 5/$335 12446

Bronze Star (12yrs+)
Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches & first-aid skills. Must be able to swim 400m.

Matsqui Recreation Centre
Jul 1 - 3 \ M - W 10:00am - 1:30pm 3/$74 12455
Jul 8 - 10 \ M - W 9:00am - 12:30am 3/$74 12456
Aug 5 - 7 \ M - W 10:00am - 1:30pm 3/$74 12596
Aug 26 - 28 \ M - W 9:00am - 12:30pm 3/$74 12597

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
Aug 3 - 5 \ Sa - M 10:00am - 6:30pm 3/$250 12727
Aug 31 - Sep 2 \ Sa - M 10:00am - 6:30pm 3/$250 12728

Lifesaving Instructor Recert
Recertification of the Lifesaving instructor award.

Matsqui Recreation Centre
Aug 25 \ Su 5:00pm - 9:00pm 1/$115 12731

Water Safety Instructor Recertification (16yrs+)
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
Jul 25 \ Th 4:30pm - 9:30pm 1/$120 12605
Aug 22 \ Th 4:30pm - 9:30pm 1/$120 12606

WSI Prep and WSI Combo (15yrs+)
This course covers the requirements of completing the WSI Certification. Candidates are evaluated during eight hours of assistant teaching and through individual study assignments. Recommended; bring a tablet or laptop to all classes. WSI is worth two grade 11 high school credits.

Matsqui Recreation Centre
Jul 21 - 26 \ Su - F 9:00am - 6:00pm 6/$540 12603
Aug 18 - 23 \ Su - F 9:00am - 6:00pm 6/$540 12604

National Lifeguard - Waterpark (16yrs+)
The National Lifeguard Waterpark certification is designed to develop the lifesaving skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. Prerequisites: National Lifeguard Pool & CPR C issued within 2 years.

Matsqui Recreation Centre
Jul 20 - 22 \ Sa - M 9:00am - 6:30pm 3/$250 12642
Aug 31 - Sep 2 \ Sa - M 9:00am - 6:30pm 3/$250 12709

National Lifeguard Service (16yrs+)
NLS Training develops basic lifesaving 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 lifesaving performance across Canada.

Matsqui Recreation Centre
Jul 15 - 19 \ M - F 9:00am - 6:30pm 5/$375 12598
Aug 12 - 16 \ M - F 9:00am - 6:30pm 5/$375 12599
Aug 26 - 30 \ M - F 9:00am - 6:30pm 5/$375 12600

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

Abbotsford Recreation Centre
Jul 28 \ Su 10:00am - 6:00pm 1/$115 12601
Aug 17 \ Sa 10:00am - 6:00pm 1/$115 12602
**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.

**FREE DROP-IN PROGRAMS**
**AYC @Abbotsford Recreation Centre** - 2499 McMillan Road

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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**AYC @Matsqui Recreation Centre** - 3106 Clearbrook Road re-open for youth in September

**REGISTER ONLINE**
abbyyouth.com

**SUMMER SPORTS ZONE (12yrs - 18yrs)**

**GAMES ROOM** (12yrs - 18yrs)
Playing video games at home all summer? Venture out and play with like-minded youth, meet new friends, enjoy video games, strategy card games, board games and more. You decide!
Jul 15 - 18 M - Th 10am - 12pm 4/$45

**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.
Jul 8 M 9am - 5pm 1/$78
Aug 19 M 9am - 5pm 1/$78

**COOKING** (12yrs - 18yrs)
Make quick, easy and tasty appetizers, salads and main courses.
Jul 22 - 25 M - Th 10am - 12pm 4/$60

Keep active and healthy this summer! All Summer Sports Zone activities will run rain or shine. Financial assistance may be available.

**THE GREAT OUTDOORS**
Learn to take public transit with us to a local destination for a hike, try out some great campfire foil recipes, hiking, geocaching and more. Rock climbing is the best way to finish off this week!
Jul 2 - 5 Tu - F 10am - 12pm 4/$50

**WATER WORLD**
Cool down this summer with water relays, Slip n’ Slide, water fights and more. End the week with a public transit trip to play some laser tag.
Jul 29 - Aug 1 M - Th 10am - 12pm 4/$50

**NEW AGE GAMES**
Try out some new games such as tchaukbak, frisbee golf and more. Finish off this week with Blast Archery - a cross between paintball, dodgeball and archery, played with safety foam tipped arrows.
Aug 12 - 15 M - Th 10am - 12pm 4/$50

**BAKING** (12yrs - 18yrs)
Make and bake tasty treats from scratch each day.
Aug 6 - 9 Tu - F 10am - 12pm 4/$60

**LEADERSHIP TRAINING** (12yrs - 18yrs)
This course is full of fun team building activities to help enhance your communication skills, build relationships and handle conflict. Leadership certificate provided upon completion.
Aug 19 - 22 M - Th 10am - 12pm 4/$50

**SUMMER YOUTH ZONE** (12yrs - 14yrs)
Looking for full day of activities for your youth? Youth will enjoy activities such as swimming, gaming, DIY projects, sports, fun challenges and a public transit trip to Get Air Trampoline Park. Healthy snacks each day included.
Jul 8 - 12 M - F 8:30am - 4pm 5/$100

**BALL GAMES**
A little bit of everything… Baseball, flag football, soccer and more. End this fun filled week with a trip on public transit to Get Air Trampoline Park.
Aug 26 - 29 M - Th 10am - 12pm 4/$50

Bundle and save when you register for 2 or more Summer Sports Zone activities.
1/$50, 2/$90, 3/$120, 4/$140

Stay at our youth centre till 5pm with no extra cost.

**REGISTER ONLINE**
abbyyouth.com

**Abbotsford Youth Commission - Everyone belongs**
208 -33355 Bevan Ave l 778.880.8559 l info@abbyyouth.com l abbyyouth.com
Inclusion and Accessible Programs

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.

**DROPP-IN PROGRAMS**

**Bones and Balance & Better Bones and Balance**
Increase bone density, range of motion, strength, balance and flexibility in a social environment. This class is for persons with osteoporosis, arthritis or other health restricting issues. It uses a combination of equipment and is ever changing. Wednesday/Friday, 10:30am - 11:30am

**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 that incorporates basic weight training, and cardio to music. All abilities welcome. Tuesday, 10:30am - 11:30am

Look for Adapted Sport Zone and Wheelchair Basketball returning in Fall 2019.

**REGISTERED PROGRAMS**

**Abbotsford Recreation Centre**
**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. 30

**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. 31

**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. 30

**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. 30
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 a 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.

**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

**Recreation 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**

abbotsford.ca/prc
ADULT SUMMER BUS TOURS

JULY - AUGUST 2019

Registration Opens
June 7 8:00am

Enjoy the journey and the destination with exciting tours focused on bucket-list adventures and unique experiences.

Watch for the Summer Bus Tours brochure this May!

direct2rec.com
Harry and Elaine love to walk. “I don’t remember a day when we haven’t gone for a stroll,” he says. “We’ve been walking together for almost 45 years.”

Lately, though, Harry has developed some mobility issues and uses a walker, making it a challenge to navigate a lot of their outdoor walking routes. “Thank goodness for the Recreation Centre,” Harry comments.

Harry and Elaine now take advantage of Senior Track Time, walking every day on the level track protected from the weather outside. They walk for an hour every day except Monday - that’s the day they join other artists at Art in the ARC.

After a half-hour walk, they break out their paints and brushes and join the group classes to share ideas and tips, local gossip, painting techniques and philosophies with other seniors who also enjoy artistic endeavours. Every season is different in the classes and Harry and Elaine wouldn’t miss it.

**ADULT PROGRAMS**

**WOMEN on Weights**

Benefits of weight lifting include:
- increase in energy
- injury prevention
- confidence

check out page 30 for details direct2rec.com
FITNESS CROSS TRAINING

**Women on Weights**

Join other women in this beginner class to learn that strength training not only enhances muscle tone but also boosts metabolism, increases energy and reduces the risk of injury. The fitness leader will take you through the weight room and teach you exercises varying from machines, bands, balls and free weights.

**Abbotsford Recreation Centre**

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<th>Week</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
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**PRE/POST NATAL**

**Pre and Postnatal Circuit**

Pregnant women and new moms come together for this fun, safe workout led by a certified pre and postnatal exercise specialist. The circuit format which includes cardio, strength and core work allows you to take each exercise at the level that is right for you. Pre-mobile babies welcome (stroller friendly).

**Abbotsford Recreation Centre**

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**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**

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<td>Aug 8 - 29</td>
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<td>4/$45</td>
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**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- please provide at registration.

**Abbotsford Recreation Centre**

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<td>8/$54</td>
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**Cardiac Maintenance**

Maintain a healthy lifestyle with a community based exercise program. 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.

**Abbotsford Recreation Centre**

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<th>Week</th>
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<td>7/$45</td>
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**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**

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<tr>
<td>Jul 4 - Aug 1</td>
<td>M/Th 1:15pm - 2:00pm</td>
<td>9/$50</td>
<td></td>
<td>10983</td>
</tr>
<tr>
<td>Aug 8 - 29</td>
<td>M/Th 1:15pm - 2:00pm</td>
<td>7/$39</td>
<td></td>
<td>10984</td>
</tr>
</tbody>
</table>

**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-based exercise program is in partnership with Fraser Health and is overseen by BCRPA registered instructors.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 3 - 31</td>
<td>W 1:00pm - 2:00pm</td>
<td>5/$60</td>
<td></td>
<td>11000</td>
</tr>
<tr>
<td>Jul 5 - Aug 2</td>
<td>F 1:00pm - 2:00pm</td>
<td>5/$60</td>
<td></td>
<td>11001</td>
</tr>
<tr>
<td>Aug 7 - 28</td>
<td>W 1:00pm - 2:00pm</td>
<td>4/$48</td>
<td></td>
<td>11003</td>
</tr>
<tr>
<td>Aug 9 - 30</td>
<td>F 1:00pm - 2:00pm</td>
<td>4/$48</td>
<td></td>
<td>11004</td>
</tr>
</tbody>
</table>

**WOMEN ONLY SECTION**

at Matsqui Recreation Centre

Come try the Women Only section at the MRC weight room.

Matsqui Recreation Centre | 3106 Clearbrook Road | 604.855.0500
YOGA

Chair Yoga
Our instructor will take you through this gentle form of yoga with movements 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
Jul 8 - 29 M 5:45pm - 6:45pm 4/$45 10989
Aug 12 - 26 M 5:45pm - 6:45pm 3/$34 10990

SPORTS

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
Jul 2 - 30 Tu 11:45am - 12:45pm 5/$43 11118
Aug 6 - 27 Tu 11:45am - 12:45pm 4/$34.50 11119

Learn to Play Badminton
Learn to basics of badminton techniques and footwork. The program introduces the basic racquet skills and develops movement: agility, balance and coordination required for badminton.

Abbotsford Recreation Centre
Jul 4 - Aug 1 Th 11:45am - 12:45pm 5/$43 11174
Aug 8 - 29 Th 11:45am - 12:45pm 4/$34.50 11176

Learn to Play Volleyball
Our Community Recreation Instructors will teach you the skills of passing, setting, serving, hitting, and blocking in this fun and supportive class!

Abbotsford Recreation Centre
Jul 4 - Aug 1 Th 3:30pm - 4:30pm 5/$43 11195
Aug 8 - 29 Th 3:30pm - 4:30pm 4/$34.50 11196

Pickleball Round Robin (16yrs+)
Pre-register or drop in to 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
Jul 9 M 1:00pm - 2:30pm 1/$11 7687
Jul 15 M 1:00pm - 2:30pm 1/$11 7688
Jul 22 M 1:00pm - 2:30pm 1/$11 7689
Jul 29 M 1:00pm - 2:30pm 1/$11 7690
Aug 12 M 1:00pm - 2:30pm 1/$11 11102
Aug 26 M 1:00pm - 2:30pm 1/$11 11115

TRAINING

ADVANCED AQUATICS
Please see ‘Aquatics’ section on page 58 for all course listings that will kick start a career in Lifeguarding or Swim Instruction.

FIRST AID

CPR & AED
CPR C Basic Rescuer is 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
Jul 1 M 10:00am - 3:30pm 1/$85 12748
Jul 13 Sa 9:00am - 2:30pm 1/$85 12744
Jul 27 M 9:00am - 2:30pm 1/$85 12745
Aug 10 Sa 9:00am - 2:30pm 1/$85 12746
Aug 19 M 9:00am - 2:30pm 1/$85 12749
Aug 24 Sa 9:00am - 2:30pm 1/$85 12747

CPR & AED Recertification
This course is for recertification of CPR C & AED.

Abbotsford Recreation Centre
Jul 6 Sa 9:00am - 12:30pm 1/$55 12750
Jul 21 Su 9:00am - 12:30pm 1/$55 12751
Jul 29 M 9:00am - 12:30pm 1/$55 12752
Aug 3 Sa 9:00am - 12:30pm 1/$55 12753
Aug 18 Su 9:00am - 12:30pm 1/$55 12754

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. 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
Jul 1 M 10:00am - 6:00pm 1/$105 12742
Jul 13 Sa 9:00am - 5:00pm 1/$105 12738
Jul 27 Sa 9:00am - 5:00pm 1/$105 12739
Aug 10 Sa 9:00am - 5:00pm 1/$105 12740
Aug 19 Sa 9:00am - 5:00pm 1/$105 12743
Aug 24 Sa 9:00am - 5:00pm 1/$105 12741

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 with AED.

Abbotsford Recreation Centre
Jul 6 Sa 9:00am - 2:30pm 1/$70 12755
Jul 21 Su 9:00am - 2:30pm 1/$70 12756
Jul 29 M 9:00am - 2:30pm 1/$70 12757
Aug 3 Sa 9:00am - 2:30pm 1/$70 12758
Aug 18 Su 9:00am - 2:30pm 1/$70 12759

Register TODAY!
direct2rec.com
**Adult Programs**

**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**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>ID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard First Aid</strong></td>
<td>Jul 1 - 2</td>
<td>M/Tu</td>
<td>10:00am - 6:00pm</td>
<td>2/$160</td>
<td>12615</td>
</tr>
<tr>
<td><strong>Standard First Aid</strong></td>
<td>Jul 13 - 14</td>
<td>Sa/Su</td>
<td>9:00am - 5:00pm</td>
<td>2/$160</td>
<td>12607</td>
</tr>
<tr>
<td><strong>Standard First Aid</strong></td>
<td>Jul 27 - 28</td>
<td>Sa/Su</td>
<td>9:00am - 5:00pm</td>
<td>2/$160</td>
<td>12608</td>
</tr>
<tr>
<td><strong>Standard First Aid</strong></td>
<td>Aug 10 - 11</td>
<td>Sa/Su</td>
<td>9:00am - 5:00pm</td>
<td>2/$160</td>
<td>12609</td>
</tr>
<tr>
<td><strong>Standard First Aid</strong></td>
<td>Aug 19 - 20</td>
<td>M/Tu</td>
<td>9:00am - 5:00pm</td>
<td>2/$160</td>
<td>12684</td>
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<tr>
<td><strong>Standard First Aid</strong></td>
<td>Aug 24 - 25</td>
<td>Sa/Su</td>
<td>9:00am - 5:00pm</td>
<td>2/$160</td>
<td>12610</td>
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</table>

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

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Cost</th>
<th>ID</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standard First Aid Recertification</strong></td>
<td>Jul 6</td>
<td>Sa</td>
<td>9:00am - 5:00pm</td>
<td>1/$80</td>
<td>12760</td>
</tr>
<tr>
<td><strong>Standard First Aid Recertification</strong></td>
<td>Jul 21</td>
<td>Su</td>
<td>9:00am - 5:00pm</td>
<td>1/$80</td>
<td>12761</td>
</tr>
<tr>
<td><strong>Standard First Aid Recertification</strong></td>
<td>Jul 29</td>
<td>M</td>
<td>9:00am - 5:00pm</td>
<td>1/$80</td>
<td>12762</td>
</tr>
<tr>
<td><strong>Standard First Aid Recertification</strong></td>
<td>Aug 3</td>
<td>Sa</td>
<td>9:00am - 5:00pm</td>
<td>1/$80</td>
<td>12763</td>
</tr>
<tr>
<td><strong>Standard First Aid Recertification</strong></td>
<td>Aug 18</td>
<td>Su</td>
<td>9:00am - 5:00pm</td>
<td>1/$80</td>
<td>12764</td>
</tr>
</tbody>
</table>

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**Family Yoga**
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.

**Abbotsford Recreation Centre**

- Sundays, 10am - 11am
- July 7 - 28
- Aug 11 - 25
**REC FOR LESS**
Low cost and **FREE** ways to play with Abbotsford Parks, Recreation & Culture

<table>
<thead>
<tr>
<th>Drop-in Sports</th>
<th>$2 Drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Riser Basketball</td>
<td>Mon - Sun</td>
</tr>
<tr>
<td></td>
<td>6am - 8am</td>
</tr>
<tr>
<td>Late Night Basketball</td>
<td>Mon/Wed- Sun</td>
</tr>
<tr>
<td></td>
<td>10pm - 12am</td>
</tr>
<tr>
<td>Late Night Soccer</td>
<td>Tues</td>
</tr>
<tr>
<td></td>
<td>10pm - 12am</td>
</tr>
<tr>
<td>Late Night Volleyball</td>
<td>Wed</td>
</tr>
<tr>
<td></td>
<td>10pm - 12am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Family Activities</th>
<th>Child Admission (Parent and Babies under 9 months FREE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Playtime</td>
<td>Mon/Wed</td>
</tr>
<tr>
<td></td>
<td>10am - 12:30pm</td>
</tr>
<tr>
<td>Inflatable Fun</td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>10am - 12:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swimming</th>
<th>$2 Drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toonie Swim</td>
<td>Mon - Sat</td>
</tr>
<tr>
<td></td>
<td>9pm - 10pm</td>
</tr>
<tr>
<td>Quiet Toonie Swim</td>
<td>Tues, Thurs - Sat</td>
</tr>
<tr>
<td></td>
<td>9pm - 10pm</td>
</tr>
<tr>
<td>Toonie Swim Waves &amp; Slide</td>
<td>Sun</td>
</tr>
<tr>
<td></td>
<td>9:30am - 11:45am</td>
</tr>
<tr>
<td>Toonie Family Swim</td>
<td>Sun</td>
</tr>
<tr>
<td></td>
<td>11am - 1pm</td>
</tr>
<tr>
<td>Toonie Swim</td>
<td>Sun</td>
</tr>
<tr>
<td></td>
<td>7:30pm - 8:30pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Seniors</th>
<th>Become a Senior Activity member for only $25/yr or $2 drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Euchre</td>
<td>Mon</td>
</tr>
<tr>
<td></td>
<td>7pm - 9:30pm</td>
</tr>
<tr>
<td>Knitwits</td>
<td>Thurs</td>
</tr>
<tr>
<td></td>
<td>10am - 11:30pm</td>
</tr>
<tr>
<td>Art in the ARC</td>
<td>Fri</td>
</tr>
<tr>
<td></td>
<td>10am - 12pm</td>
</tr>
<tr>
<td>Billiards</td>
<td>Mon - Sun</td>
</tr>
<tr>
<td></td>
<td>8am - 10pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Weight Room</th>
<th>$2 Drop-in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late Night Workout</td>
<td>Mon - Sun</td>
</tr>
<tr>
<td></td>
<td>10pm - 12am</td>
</tr>
</tbody>
</table>

* No Toonie Swim on School District Pro-D days and breaks. Please check for holiday exceptions.
WE’RE HIRING!

COMMUNITY RECREATION LEADERS

JOIN THE RECREATION TEAM OF PARKS, RECREATION & CULTURE!

Lead variety of programs from arts & crafts, sports, science, camps, adapted and more! Why this position? Its fun to work with community members of all ages, whether in small groups, in creative classes, or active environments. Learn how to and apply your leadership skills, while hosting fun and educational programs for our patrons.

WANT TO APPLY? HERE IS HOW:
Visit the Career page on our website, fill out the application, attach a resume to join our team! abbotsford.ca

LIFEGUARD SWIM INSTRUCTORS

JOIN OUR AQUATICS TEAM AND TEACH OUR COMMUNITY TO HAVE FUN WHILE BEING WATER SMART!

Why this position? Lifeguards and instructors learn to apply decision making and first aid skills in a customer service recreation environment.

CATS Program (Career Aquatic Training School) Become a Lifeguard/Instructor! We are offering an Aquatic Training School starting this September. Upon completion, you will be fully qualified as a Lifeguard/Instructor and can submit your application to work for the City of Abbotsford. We offer a variety of shift times throughout the day that offer flexibility to most schedules.
APPLY TO VOLUNTEER IN OUR RECREATION PROGRAMS

See below for step by step details!

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!

FACILITY MAINTENANCE TECHNICIAN II (FMT2)

JOIN OUR MAINTENANCE TEAM TO HELP PREVENT, REPAIR AND KEEP OUR FACILITIES IN TOP SHAPE.

Why this position? If you have a knack for repairing things, and always wanted to drive a zamboni, this is the career for you. The main role of the FMT2 is to maintain the ice in our City’s arenas, and keep our pool water chemistry balanced.

WANT TO APPLY? HERE IS HOW:
Visit the Career page on our website, fill out the application, attach a resume to join our team! abbotsford.ca
Come see ARC with all the ways you can play!

Over 100 Drop in Programs including gymnasium, arenas, fitness and swimming. Membership passes available and can be used at both ARC and MRC!

**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
- Indoor walking / running track
- AYC Youth Centre
- Senior Activity Centre
- Multipurpose rooms
- Gymnasium with 2 full courts
- Registered programs for all ages
- Inclusive and adaptive programs
- Drop in programs offered at a variety of times
- Expert sessions and Private lessons

**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

**Day Camps**

Explore games, crafts and activities inspired by a new continent each week. Camps include swimming and many have weekly out-trips. See pages 14 and 15.
PRC Facility Admission

<table>
<thead>
<tr>
<th>ADMISSION</th>
<th>Drop-in</th>
</tr>
</thead>
</table>
| Child (under 3)  
*except Inflatable and Open Playtime | Free |
| Child (3yrs - 12yrs) | $3.15 |
| Youth (13yrs - 17yrs) | $4.30 |
| Student (ID required) | $4.30 |
| Adult (18yrs +) | $6.00 |
| Senior (60yrs+) | $4.00 |
| Super Senior (80yrs+)  
*Abbotsford Residents only | Free |
| Family (Max 2 parents & children 3yrs-17yrs) | $12.40 |
| Toonie Programs | $2.00 |
| Skate Rentals | $3.25 |
| Skate Sharpening | $6.10 |
| Helmet Rentals | $2.15 |

Rates include taxes. Fees have been rounded.

Swipe Cards: 10 visits for 10% discount off the cost of 10 regular priced 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 Add’tl 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.

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

Talk with Customer Service for more information and specific details.

direct2rec.com
### Abbotsford Recreation Centre Fitness Schedule 604.853.4221

**July 2 - August 31**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle Express</td>
<td><strong>Morning HIIT</strong></td>
<td>Cycle Express</td>
<td><strong>Morning HIIT</strong></td>
<td>Power Cycle</td>
<td><strong>HIIT</strong></td>
<td>7am - 8am (stroller friendly)</td>
</tr>
<tr>
<td>5:45am - 6:30am</td>
<td>5:45am - 6:45am</td>
<td>5:45am - 6:30am</td>
<td>5:45am - 6:45am</td>
<td>5:45am - 6:30am</td>
<td><strong>Aqua Fit</strong></td>
<td>8:05am - 8:50am</td>
</tr>
<tr>
<td><strong>No Sweat</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Cycle Express</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Aqua Fit</strong></td>
</tr>
<tr>
<td>8am - 9am</td>
<td>8:05am - 8:50am</td>
<td>5:45am - 6:30am</td>
<td>8:05am - 8:50am</td>
<td>8:05am - 8:50am</td>
<td>8:05am - 8:50am</td>
<td>8:05am - 8:50am</td>
</tr>
<tr>
<td><strong>No Sweat</strong></td>
<td><strong>Cycle Express</strong></td>
<td><strong>Cardio &amp; Strength</strong></td>
<td><strong>Power Cycle</strong></td>
<td><strong>Cycle Express</strong></td>
<td><strong>Zumba Gold</strong></td>
<td><strong>Step &amp; Strength</strong></td>
</tr>
<tr>
<td>9:15am - 10:15am</td>
<td>9:15am - 10:15am</td>
<td>9:15am - 10:15am</td>
<td>9:15am - 10:15am</td>
<td>9:15am - 10:15am</td>
<td>9am - 9:45am</td>
<td>9:30am - 10:30am</td>
</tr>
<tr>
<td><strong>Functional Training</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Strong by Zumba</strong></td>
<td><strong>Hatha Yoga</strong></td>
<td><strong>Zumba</strong></td>
<td><strong>Total Body Fitness</strong></td>
<td><strong>Strong by Zumba</strong></td>
</tr>
<tr>
<td>10:30am - 11:30am</td>
<td>10:30am - 11:30am</td>
<td>10:30am - 11:30am</td>
<td>10:30am - 11:30am</td>
<td>10:30am - 11:30am</td>
<td>9:15am - 10:15am (stroller friendly)</td>
<td>10:45am - 11:45am</td>
</tr>
<tr>
<td><strong>Aqua Fit</strong></td>
<td><strong>Cycle Core</strong></td>
<td><strong>HIIT Circuit</strong></td>
<td><strong>Band &amp; Abs</strong></td>
<td><strong>HIIT</strong></td>
<td><strong>Tabata Bootcamp</strong></td>
<td><strong>Functional Training</strong></td>
</tr>
<tr>
<td>1:05pm - 1:50pm</td>
<td>10:30am - 11:30am</td>
<td>5:30pm - 6:30pm</td>
<td>5pm - 5:45pm</td>
<td>5:05pm - 5:50pm</td>
<td>6pm - 7pm</td>
<td>5:30pm - 6:30pm</td>
</tr>
<tr>
<td><strong>Cycle Express</strong></td>
<td><strong>No Sweat</strong></td>
<td><strong>HIIT Circuit</strong></td>
<td><strong>Band &amp; Abs</strong></td>
<td><strong>HIIT Circuit</strong></td>
<td><strong>Tabata Bootcamp</strong></td>
<td><strong>Functional Training</strong></td>
</tr>
<tr>
<td>5:05pm - 5:50pm</td>
<td>4:45pm - 5:45pm</td>
<td>5:30pm - 6:30pm</td>
<td>5pm - 5:45pm</td>
<td>5:05pm - 5:50pm</td>
<td>6pm - 7pm</td>
<td>5:30pm - 6:30pm</td>
</tr>
<tr>
<td><strong>HIIT Circuit</strong></td>
<td><strong>Total Body Fitness</strong></td>
<td><strong>Pilates/Yoga Fusion</strong></td>
<td><strong>Tabata Bootcamp</strong></td>
<td><strong>Strength, Abs, Stretch &amp; Cardio</strong></td>
<td><strong>Restorative Yoga</strong></td>
<td></td>
</tr>
<tr>
<td>5:30pm - 6:30pm</td>
<td>6pm - 7pm</td>
<td>6pm - 7pm</td>
<td>6pm - 7pm</td>
<td>7:15pm - 8:15pm</td>
<td>7:15pm - 8:15pm</td>
<td></td>
</tr>
<tr>
<td><strong>Restorative Yoga</strong></td>
<td><strong>Strength, Abs, Stretch &amp; Cardio</strong></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.

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No classes on long weekends and statutory holidays.

Schedule Subject to change without notice, please call ahead.
Aqua Classes (16yrs+)
Aquatic classes are designed to provide a strength and cardiovascular workout without the impact of being on land. Great for persons of all abilities and fitness levels. **Fitness Level - Beginning to Expert**

**Aqua Fit**
A form of aerobic exercise that is performed in deep and shallow water to music in mostly a vertical body position. The class incorporates aerobic activities and focuses on aerobic endurance, and resistance training. **Level 2 intensity**

**Deep Aqua Fit**
A form of aerobic exercise that is performed in deep water to music in mostly a vertical body position. The class incorporates aerobic activities with strength training. A great no impact workout for participants with joint related health concerns. **Level 2 intensity**

**Shallow Aqua Fit**
A form of aerobic exercise that is performed in shallow water to music in mostly a vertical body position. The class ranges in activities and focuses on aerobic endurance and resistance training. A low impact class that is great for participants with joint related health concerns. **Level 2 intensity**

Yoga Classes (16yrs+)
Yoga overall is an ascetic discipline that uses breath control, meditation and sequences of movements and poses to provide an overall workout and relaxation. Yoga is for those looking to get a body weight workout and is for all fitness levels as pose variations can be done in each class. **Fitness Level - Beginning to Expert**

**Hatha Yoga**
Hatha classes are great for working on your alignment, learing relaxation techniques, and becoming comfortable doing yoga while building strength and flexibility. Suitable for those new to yoga. **Level 2 intensity**

**Restorative Yoga**
A very gentle approach to yoga. All levels are welcome to join as you are guided through supported poses brining 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. **Level 2 intensity**

Zumba Classes
Classic Latin rhythms fused with an easy-to-follow program creates a fun atmosphere that incorporates interval training and dance together. **Fitness Level - Beginning to Expert**

**Zumba Gold**
The design of the class introduces, easy to follow Zumba choreography that focus on balance, range of motion and coordination. This is exercise in disguise. Come ready to sweat, and prepare to leave empowered and feeling strong. Designated for the elderly population, but open to have anyone participate. **Level 2 intensity**

**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. **Level 5 intensity**

Active Aging Classes (16yrs+)
Classes focusing on the elderly population or those who are recovering from injuries. These classes provide several adaptations for any physical limitations one may have. Excellent for both social atmosphere as well as for a good work out. **Fitness Level - Beginning to Expert**

**Bones & Balance**
Increase bone density, range of motion, strength, balance & flexibility. This class is for those with osteoporosis, arthritis, or other health restricting issues. The class combines machines as well as free weights and is also good for the elderly population. **Level 3 intensity**

**Strength & Stretch**
Resistance training to assist in overall fitness improvements. A timed circuit class that keeps you moving and motivated! the outcome of this class will increase your strength, flexibility & cardiovascular health. **Level 2 intensity**

Circuit Classes (16yrs+)
Circuit classes are designed to increase your heart rate by using a variety of cardiovascular exercises, intervals and strength training. these classes are perfect for those looking for a cross training to sport, as well as a full body workout for day to day. **Fitness Level - Moderate to Expert**

**Cardio and Strength**
A variety of strength exercises ombined with cardio intervals will keep your heart pumping while gaining overall strength. This class uses a combination of equipment as well as your body weight. **Level 4 intensity**

**Functional Training**
This class focuses on correct form and everyday movements. A full body workout that bases its exercises on balance, stability and mobility. This is an ever changing class that is perfect for those with injuries or those looking to improve their technique. **Level 3 intensity**

**HIIT Circuit - High Intensity Interval Training**
These classes are high intensity curcuit training classes that focus on the combination of strength and cardio. the class utilizes all gym equipment. Strollers welcome when indicated. **Level 4 intensity**

**No Sweat**
No Sweat is a pre-choreographed weight resistance workout using body bars and dumbbells. This class helps tone the whole body and is great for all participants. **Level 3 intensity**

**Stretch & Cardio (SASC)**
This class is a full body workout that incorporates high intensity intervals of stretching, cardio and core. This class provides you with a great workout in a limited time and also incorporates a focus on stretching and recovery. **Level 4 intensity**

**Tabata Bootcamp**
This class is a high interval curcuit class that provides participants with an excellent cardiovascular workout. It uses a lost of fast movements that use body weight as resistance. Participants should be prepared to go outside weather permitting. **Level 5 intensity**

**Total Body Fitness**
This group strengthening class will incorporate supersets, upper and lower body workouts, core stability, as well as balance activities. Designed to increase your strength and cardiovascular fitness. **Level 5 intensity**
Fitness Class Descriptions

Cycle Classes (16yrs+)
Cycle classes are high energy classes performed on spin bikes. These classes are an excellent form of cardiovascular activity that will also provide some resistance training. Fitness Level - Moderate to Expert

Cycle Core
Indoor cycle class designed for the ultimate cardiovascular workout. These classes provide you with interval drills to increase your heart rate and strength. Great for all participants. Level 4 intensity

Cycle Express
Same great class as our Cycle Core just a shorter duration of time! This provides a quick workout for those always on the go or a great introduction for those trying cycle for the first time! Level 4 intensity

Power Cycle
Power Cycle is a combination of spin and weight resistance designed to provide a strength and cardiovascular workout in one! Level 5 intensity

We have a class for every fitness level! Each of our fitness classes has a number beside the description indicating the class intensity.

FITNESS CLASS INTENSITY

LEVEL 1
Suitable for those who may have joint or mobility issues. These classes provide the body with almost no impact and are performed in a safe and controlled environment.

Classes can be modified; however, for safety reasons and your own enjoyment, if you are a beginner please stay with intensity of 3 or below.

direct2rec.com
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**
Is for families who would like to be active together while staying inside out of the elements. At these times, children between 7-13yrs are able to walk the track with an adult. The use of any other gym equipment is not permitted. Children under 13yrs must be supervised in the gym at all times. The track is open to all gym participants at this time.

**Senior Centre Track Time**
Included with the Senior Activity Centre Membership. This time is designated for seniors who would like to walk with the convience of an indoor track. The track is open to all gym participants at this time.

**Strollers Welcome**
Strollers are always welcome on the track as long as the child is in the stroller while the parent is using the track. Children who are mobile are able to use the track with an adult during designated track times.
# ARC Weight Room Schedule

## Abbotsford Recreation Centre Weight Room

**July 2 - August 31**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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5:30am - 12am

The following are programmed classes that run on the North side of the track. They are instructed by fitness experts and are designed to incorporate the equipment we have in the gym. During the times below, equipment on the North side of the track is reserved for class participants.

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## Weight Room Etiquette

The following is provided to maximize your enjoyment and the use of the facility.

- **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. Please refrain from any use of cameras in weight room.**
- 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.

## 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.
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 hoops 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)

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 8ys. and younger.

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.

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.

Register TODAY!
direct2rec.com
## ARC Gym Schedule

### Abbotsford Recreation Centre Gymnasium Schedule (M - W)

July 2 - August 31

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<th>MONDAY</th>
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<td><strong>Open Gym</strong></td>
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<td>Rise &amp; Play</td>
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<td><strong>Open Playtime (NB - 5yrs)</strong></td>
<td><strong>Open Playtime (NB - 5yrs)</strong></td>
<td>BC Bounce Rise and Shine</td>
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<td><strong>RCR-Rise and Play HIIT (Strollers Welcome)</strong></td>
<td><strong>Daycamps</strong></td>
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<td><strong>Adult Badminton (18yrs+)</strong></td>
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<td><strong>AYC Gym Time</strong></td>
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<td>4pm - 6pm</td>
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<td><strong>BC Bounce</strong></td>
<td><strong>Youth Basketball (13yrs - 17yrs)</strong></td>
<td><strong>BC Bounce and Shine</strong></td>
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Schedule subject to change without notice.

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

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<td><strong>Adult Badminton (18yrs+)</strong></td>
<td><strong>Daycamps</strong></td>
<td><strong>Registered Programs</strong></td>
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<tr>
<td><strong>RP - Learn to Play Badminton</strong></td>
<td><strong>Inflatable Play Time (NB - 12yrs)</strong></td>
<td><strong>Registered Programs Birthday Parties</strong></td>
<td><strong>Registered Programs Birthday Parties</strong></td>
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<td>11:45am - 12:45pm</td>
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<tr>
<td><strong>Adult Pickleball (18yrs+)</strong></td>
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<td><strong>AYC Open Gym</strong></td>
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<tr>
<td><strong>Registered Programs</strong></td>
<td><strong>Family Basketball</strong></td>
<td><strong>Open Basketball</strong></td>
<td><strong>BC Bounce</strong></td>
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<td>3:30pm - 7pm</td>
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<td>5:15pm - 6:45pm</td>
<td>4pm - 7pm</td>
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<tr>
<td><strong>Open Indoor Soccer (13yrs+)</strong></td>
<td><strong>Competitive Indoor Soccer (16yrs+)</strong></td>
<td><strong>Open Indoor Soccer (13yrs+)</strong></td>
<td><strong>Open Gym</strong></td>
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<td>7:15pm - 8pm</td>
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<td><strong>Open Pickleball (16yrs+)</strong></td>
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Please call 604.853.4221 or check abbotsford.ca/prc for the most current drop-in schedule.

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**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 threaten or disturb 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 6yrs and younger.**
Abbotsford Recreation Centre Public Swim Schedule 604.853.4221
July 2 - September 1

## ARC Public Swim Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>Length Swim 5:30am - 7:55am</td>
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<td>Aqua Fit 8:05am - 8:50am</td>
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<tr>
<td>Swim Lessons 9am - 12pm</td>
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<td>Toonie Family Swim 11am - 1pm</td>
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<td>4 Lane Length Swim 12pm - 1pm</td>
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<tr>
<td>Aqua Fit 1:05pm - 2pm</td>
<td>Public Swim 1pm - 4pm</td>
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<td>Aqua Fit 1:05pm - 2pm</td>
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<tr>
<td>Swim Lessons 4pm - 6pm</td>
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<td>Public Swim 1pm - 4pm</td>
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**Please help us avoid disruptions to the pool schedule by adhering to the following guidelines:**

- 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.
Public Swimming Drop-in Programs

Aqua Fit
A form of aerobic exercise that is performed in deep and shallow water to music in mostly a vertical body position. The class incorporates aerobic activities and focuses on aerobic endurance, and resistance training.

Deep Aqua Fit
A form of aerobic exercise that is performed in deep water to music in mostly a vertical body position. The class incorporates aerobic activities with strength training. A great no impact workout for participants with joint related health concerns.

Shallow Aqua Fit
A form of aerobic exercise that is performed in shallow water to music in mostly a vertical body position. The class ranges in activities and focuses on aerobic endurance and resistance training. A low impact class that is great for participants with joint related health concerns.

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.

Quiet Swim
This time is set aside for adults 18yrs+.

CATS Program (Career Aquatic Training School)
Become a Lifeguard/Instructor! We are offering an Aquatic Training School starting this September. Upon completion, you will be fully qualified as a Lifeguard/Instructor and can submit your application to work for the City of Abbotsford. We offer a variety of shift times throughout the day that that offer flexibility to most schedules.

Call 604.855.0500 for more information

Did you KNOW that volunteering...

- Contributes to improved mental health through an increase in one’s self-confidence, self-esteem, and even allows one to develop a more positive outlook on life.
- Keeps you physically healthy as research has shown that volunteers have a lower mortality rate compared to those who choose not to.
- Is a tremendous way to make a difference, give back to your community and it can be a lot of FUN!

For more info contact 604.557.7050
abbotsford.ca/volunteerapplication
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 please 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 - June.
strokerecoverybc.ca
T: 604.746.9264
E: abbstrokerecovery@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 $0.50/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.

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 enviroment.
Please call 604.853.4221 for further details.
### Abbotsford Recreation Senior Activity Centre Schedule
#### July - August

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
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<tr>
<td><strong>Knitwits</strong></td>
<td><strong>Art in the ARC</strong></td>
<td><strong>Table Tennis</strong></td>
<td><strong>Social Bridge</strong></td>
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<td>Senior Centre</td>
<td>MP 2/3</td>
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**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.
Catch a wave to your recreation hot spot!

Leisure and registered programs including arenas, fitness and swimming. Membership passes available and can be used at both ARC and MRC!

**MATSQUI RECREATION CENTRE**
- Wave Pool
- 25-metre lanes
- Zero depth beach entry pool
- Indoor water slide
- Hot tub, steam room, and sauna
- NHL sized Ice Rink
- Aerobics room
- AYC Youth Centre, OAP hall and multipurpose rooms
- 5,300 sq.ft. weight room with ladies only section
- Multipurpose/Aerobics room
- Inclusive and adaptive programs
- Registered programs for all ages
- Drop in programs offered in a variety of times
- Expert sessions and Private Lessons

**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

## July 2 - August 31

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td><strong>Zumba Gold</strong> 8:45am - 9:30am</td>
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<td><strong>Aqua Fit</strong> 8am - 8:45am</td>
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<td><strong>No Sweat</strong> 9:15am - 10:15am</td>
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<tr>
<td><strong>Gentle Yoga</strong> 10:45am - 11:45am</td>
<td><strong>Adapted Fit Zone</strong> 10:30am - 11:30am</td>
<td><strong>Gentle Yoga</strong> 10:45am - 11:45am</td>
<td><strong>Pilates Express</strong> 12:10pm - 12:50pm</td>
<td><strong>Bones &amp; Balance</strong> 10:30am - 11:15am</td>
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<tr>
<td><strong>HIIT Circuit</strong> 12:10pm - 12:50pm</td>
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<td><strong>Hatha Yoga</strong> 1pm - 2pm</td>
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<td><strong>No Sweat</strong> 5:30pm - 6:30pm</td>
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<td></td>
<td><strong>Zumba</strong> 7:30pm - 8:30pm</td>
<td><strong>No Sweat</strong> 7:15pm - 8:15pm</td>
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- 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)

### Class Intensity Levels
See page 40 for the complete description of the Fitness class intensity levels and find the class that is right for you!

### Register TODAY!
[direct2rec.com](http://direct2rec.com)
Aqua Classes (16yrs+)
Aquatic classes are designed to provide a strength and cardiovascular workout without the impact of being on land. Great for persons of all abilities and fitness levels. **Fitness Level - Beginning to Expert**

Deep Aqua Fit
A form of aerobic exercise that is performed in deep water to music in mostly a vertical body position. The class incorporates aerobic activities with strength training. A great no impact workout for participants with joint related health concerns. **Level 2 intensity**

Yoga Classes (16yrs+)
Yoga overall is an ascetic discipline that uses breath control, meditation and sequences of movements and poses to provide an overall workout and relaxation. Yoga is for those looking to get a body weight workout and is for all fitness levels as pose variations can be done in each class. **Fitness Level - Beginning to Expert**

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. **Level 2 intensity**

Gentle Yoga
A diverse form of yoga that incorporates moves that are suitable for all mobility levels. Gentle yoga uses breathing techniques to ease participants into a light workout. This class will leave you feeling more relaxed and aid in increasing your strength and mobility. **Level 2 intensity**

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 passivly soften the tissues and joints of your body. **Level 2 intensity**

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

Zumba Classes
Classic Latin rhythms fused with an easy-to-follow program creates a fun atmosphere that incorporates interval training and dance together. **Fitness Level - Beginning to Expert**

Zumba
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. **Level 5 intensity**

Active Aging Classes (16yrs+)
Classes focusing on the elderly population or those who are recovering from injuries. These classes provide several adaptations for any physical limitations one may have. Excellent for both social atmosphere as well as for a good work out. **Fitness Level - Beginning to Expert**

Bones & Balance
Increase bone density, range of motion, strength, balance & flexibility. This class is for those with osteoporosis, arthritis, or other health restricting issues. The class combines machines as well as free weights and is also good for the elderly population. **Level 3 intensity**

Circuit Classes (16yrs+)
Circuit classes are designed to increase your heart rate by using a variety of cardiovascular exercises, intervals and strength training, these classes are perfect for those looking for a cross training to sport, as well as a full body workout for day to day. **Fitness Level - Moderate to Expert**

HIIT Circuit - High Intensity Interval Training
These classes are high intensity circuit training classes that focus on the combination of strength and cardio. the class utilizes all gym equipment. Strollers welcome when indicated. **Level 4 intensity**

No Sweat
No Sweat is a pre-choreographed weight resistance workout using body bars and dumbbells. This class helps tone the whole body and is great for all participants. **Level 3 intensity**

Adapted Fitness Classes (16yrs+)
Adapted Fit Zone
A class designed for persons with a physical or mental disability. It incorporates exercise for every fitness level. Participants with walking aids are more than welcome! Be prepared to have fun, socialize and become stronger with this class! **Level 2 intensity**

Public Swimming Drop-in Programs
See page 47 for public swim descriptions.
# Matsqui Recreation Centre Public Swim Schedule 604.855.0500

July 2 - September 1

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<tbody>
<tr>
<td><strong>Length Swim &amp; Public Swim</strong> 6am - 8am</td>
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<td><strong>Pool Rental available before 9:30am</strong></td>
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<tr>
<td><strong>Aqua Fitness</strong> 8:05am - 8:50am</td>
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<td><strong>Swim Lessons 8am - 12pm</strong> <strong>Toonie Swim 9:30am - 11:45am</strong></td>
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<tr>
<td><strong>Swim Lessons</strong> 9am - 1pm</td>
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<td><strong>Length Swim 12pm - 1pm</strong></td>
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<td><strong>Public Swim Waves and Slide</strong> 1pm - 4pm</td>
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<td><strong>Public Swim Waves &amp; Slide 12pm - 9pm</strong></td>
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<td><strong>Swim Lessons &amp; Public Swim</strong> 4pm - 7pm</td>
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<td><strong>Public Swim Waves &amp; Slide 1pm - 8:30pm</strong></td>
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<td><strong>Public Swim Waves &amp; Slide</strong> 7pm - 9pm</td>
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<td><strong>Pool Rental available after 8:30pm</strong></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.

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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.

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**MRC pool safety and maintenance upgrades coming in Fall of 2019, exact dates to be announced. Please stay tuned for additional information posted on our website and in our facilities.**
# Centennial Outdoor Pool Public Swim Schedule

**recreationexcellence.com**  
**May 18 - June 30**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td></td>
<td>Public Swim</td>
<td>12:30pm - 4:30pm</td>
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<td>Toonie Swim</td>
<td>5pm - 6:30pm</td>
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**July 1 - September 1**

<table>
<thead>
<tr>
<th>Swimming Lessons</th>
<th>9am - 12pm</th>
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<tbody>
<tr>
<td>Adult Lane and Family Swim</td>
<td>11am - 12pm</td>
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<table>
<thead>
<tr>
<th>Public Swim</th>
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<td>12pm - 4:30pm</td>
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<tr>
<td>Public Swim</td>
<td>6pm - 8pm</td>
<td>Public Swim</td>
<td>5pm - 7:30pm</td>
<td>Public Swim</td>
<td>5pm - 7:30pm</td>
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**Pool closed to the public July 16 - 21 and August 2 - 4**

**Summer Lessons**
- Set 1 - Jul 1 - 13 (10 lessons)
- Set 2 - Jul 22 - Aug 1 (9 lessons)
- Set 3 - Aug 6 - 16 (9 lessons)

**Private Lessons**
- Saturdays - 12:30pm - 1:30pm

**REGISTRATION**
Online registration available. Check out our Centennial Facebook page

**2310 Emerson Street**
Contact: jfreer@recreationexcellence.com or cpimm@recreationexcellence.com
ARCNAS

Lace Up Your Skates!

ARC’s summer skating programs offer just about everything for anyone who loves to skate - from school groups to adult groups, kids in lessons, and seniors on a skating date.

Drop-in public skates and all other on-ice activities are available at ARC this summer, as MRC Arena is closed for bi-annual maintenance.
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, must 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.

### Abbotsford Recreation Centre Arena Schedule 604.853.4221
July 2 - September 3

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>FRIDAY</th>
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<tr>
<td>Stick &amp; Puck 10:30am - 12pm</td>
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<td>Stick &amp; Puck 1pm - 2:30pm</td>
<td>Stick &amp; Puck 1pm - 2:30pm</td>
<td>Stick &amp; Puck 10:30am - 12pm</td>
<td>Stick &amp; Puck 10:30am - 12pm</td>
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**Public Skating Drop-in Programs**

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

**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.

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### Matsqui Recreation Centre Arena Schedule 604.855.0500
August 23 - 30 (Closed for regular maintenance June 17 - August 22)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<th>SATURDAY</th>
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<tbody>
<tr>
<td>Stick &amp; Puck 3:30pm - 5pm</td>
<td>Stick &amp; Puck 3:30pm - 5pm</td>
<td>Stick &amp; Puck 3:30pm - 5pm</td>
<td>Stick &amp; Puck 3:30pm - 5pm</td>
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</table>

**Public Skate**
6:30pm - 8pm
2:45pm - 4:15pm

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**STICK & PUCK**
Please call the facility after 8am the same day to reserve your spot at:
ARC  604.853.4221
MRC  604.855.0500
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.

### 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.

### 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.

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**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.

Look for this seal on CSA approved hockey helmets. Bike helmets are not CSA approved and therefore not allowed for use at lessons.
Be Water Smart and have fun!

From cannonballs to blowing bubbles there is something for everyone at Abbotsford swimming pools.

Swimming is not only fun, it is also a life skill that has many benefits. Aside from learning how to stay afloat, tread water and blow bubbles, lessons teach us to respect the water and play safely. Want to try lessons? Abbotsford pools offer a free assessment!

MRC pool safety and maintenance upgrades coming in Fall of 2019, exact dates to be announced. Please stay tuned for additional information posted on our website and in our facilities.
Parent & Tot Swim Lessons (4mo - 36mo)

**Starfish (4mo - 12mo)**
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 - 24mo)**
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 (24mo - 36mo)**
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.
Swim Lessons

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.

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**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

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For more information contact:
commdev@abbotsford.ca OR
DiversityEducation@AbbotsfordCommunityServices.com

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Citizenship and Immigration Canada
Citoyenneté et Immigration Canada

For more information contact:
commdev@abbotsford.ca OR
DiversityEducation@AbbotsfordCommunityServices.com

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60
ADVANCED AQUATIC TRAINING

Bronze Cross (13yrs+)
Bronze Cross is designed for lifesavers who want the challenge of more advanced training and 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.

**Abbotsford Recreation Centre**
- Jul 3 - 5 M - F 9:00am - 5:00pm 3/$160 12447
- Jul 10 - 12 W - F 9:00am - 5:00pm 3/$160 12448
- Aug 7 - 9 W - F 9:00am - 5:00pm 3/$160 12449
- Aug 28 - 30 W - F 9:00am - 5:00pm 3/$160 12450

Bronze Star (12yrs+)
Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo and partner rescues, searches & first-aid skills. Must be able to swim 400m.

**Matsqui Recreation Centre**
- Jul 1 - 3 M - W 10:00am - 1:30pm 3/$74 12455
- Jul 8 - 10 M - W 10:00am - 12:30pm 3/$74 12456
- Aug 5 - 7 M - W 10:00am - 1:30pm 3/$74 12596
- Aug 26 - 28 M - W 9:00am - 12:30pm 3/$74 12597

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 500m swim.

**Abbotsford Recreation Centre**
Jul 1 - 3 M - F 10:00am - 6:00pm 5/$325 12443
Jul 8 - 10 M - F 10:00am - 5:00pm 5/$325 12444
Aug 5 - 7 M - F 10:00am - 6:00pm 5/$335 12445
Aug 26 - 28 M - F 9:00am - 5:00pm 5/$335 12446

Bronze Medallion/Cross/CPR-C & AED (13yrs+)
This is a combination course for the bronze medallion, bronze cross and CPR-C courses.

**Abbotsford Recreation Centre**
Jul 1 - 3 M - W 10:00am - 6:00pm 5/$325 12443
Jul 8 - 10 M - W 9:00am - 5:00pm 5/$325 12452
Aug 5 - 7 M - W 10:00am - 6:00pm 5/$325 12453
Aug 26 - 28 M - W 9:00am - 5:00pm 5/$325 12454

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**
Aug 3 - 5 Sa - M 10:00am - 6:30pm 3/$250 12727
Aug 31 - Sep 2 Sa - M 10:00am - 6:30pm 3/$250 12728

Lifesaving Instructor Recert
Recertification of the Lifesaving instructor award.

**Matsqui Recreation Centre**
Aug 25 Su 5:00pm - 9:00pm 1/$115 12731

Water Safety Instructor Recertification (16yrs+)
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**
Jul 25 Th 4:30pm - 9:30pm 1/$120 12605
Aug 22 Th 4:30pm - 9:30pm 1/$120 12606

WSI Prep and WSI Combo (15yrs+)
This course covers the requirements of completing the WSI Certification. Candidates are evaluated during eight hours of assistant teaching and through individual study assignments. Recommended; bring a tablet or laptop to all classes. WSI is worth two grade 11 high school credits.

**Matsqui Recreation Centre**
Jul 21 - 26 Su - F 9:00am - 6:00pm 6/$540 12603
Aug 18 - 23 Su - F 9:00am - 6:00pm 6/$540 12604

National Lifeguard - Waterpark (16yrs+)
The National Lifeguard Waterpark certification is designed to develop the lifeguarding skills, principles and practices, and the decision-making processes which will assist the lifeguard to provide effective safety supervision in waterpark environments. Prerequisites: National Lifeguard Pool & CPR issued within 2 years

**Matsqui Recreation Centre**
Jul 20 - 22 M - W 9:00am - 6:30pm 3/$250 12642
Aug 31 - Sep 2 M - W 9:00am - 6:30pm 3/$250 12709

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**
Jul 15 - 19 M - F 9:00am - 6:30pm 5/$375 12598
Aug 12 - 16 M - F 9:00am - 6:30pm 5/$375 12599
Aug 26 - 30 M - F 9:00am - 6:30pm 5/$375 12600

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

**Abbotsford Recreation Centre**
Jul 28 Su 10:00am - 6:00pm 1/$115 12601
Aug 17 Sa 10:00am - 6:00pm 1/$115 12602

A detailed swim lesson schedule with specific dates and times is available at Abbotsford Recreation or Matsqui Recreation Centres or online at direct2rec.com.
# Matsqui Recreation Centre Swim Lessons
## July 2 - August 30

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th># of Lessons</th>
<th>Parent &amp; Tot Lesson</th>
<th>Length of Lesson</th>
<th>Preschool 1 - 5 Length of Lesson</th>
<th>Swim Kids 6 - 10 Length of Lesson</th>
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<td>Tu - F</td>
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<td>M - F</td>
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<td>M/W</td>
<td>Jul 29 - Aug 28 (no class Aug 5)</td>
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<td>30min</td>
<td>$52</td>
<td>30min</td>
<td>$78.50</td>
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<td>Tu/Th</td>
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<td>Tu/Th</td>
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<td>10</td>
<td>$58</td>
<td>30min</td>
<td>$58</td>
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<tr>
<td>F</td>
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<tr>
<td>F</td>
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<td>$23</td>
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<td>$23</td>
<td>45min</td>
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<td>Sa</td>
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<td>$23</td>
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<td>Sa</td>
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<td>$23</td>
<td>30min</td>
<td>$23</td>
<td>45min</td>
<td>$35</td>
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</tbody>
</table>

**Lesson Assessment:** We recommend a free skill assessment before registering for swim lessons. Come to any leisure swim and we will evaluate your child in the water and recommend the appropriate level.
# ARC Swim Lessons

## Abbotsford Recreation Centre Swim Lessons

### July 2 - August 31

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<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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<td>M- Th</td>
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<td>60min</td>
</tr>
</tbody>
</table>

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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.
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 Exhibition Park

The Ag Rec Gallery, staff have renovated the kitchen, washrooms and the main area and added a media center, new sound system and screen. The new additions have created a modern feel to the space and allow users more variety when looking to book a room for events, meeting or training venues.

Rotary Stadium is available for rent and the track is open daily for public fitness. Sports fields host soccer, rugby, cricket and flag football and the ball fields are in use through to the end of October.

The main floor of the Agrifair Arena and Ag Rec building are busy all year hosting indoor activities such as dog shows, tennis, roller hockey, and archery, along with concerts, martial arts and wrestling events. The local BMX club converts part of the Agrifair Arena to an indoor track so they can continue to practice their sport through the wet months.

Abbotsford Exhibition Park has multiple facilities available for rent.

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 ammenities 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
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](http://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](http://abbotsford.ca/collection)

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

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Horticulture

Did you know that every spring sees in excess of 30,000 tulips, daffodils, hyacinths and other bulbs blooming in more than 30 floral display garden beds and more than 60 planters, shifting into annuals for the summer in excess of 15,000 plants. The Horticulture crew enjoy helping to keep beautiful and changing colour in our urban core for the enjoyment of the citizens of this community, while always looking for new opportunities to add more beds for beautification.

To keep many of the beds and planters looking vibrant and healthy throughout our summer heat, the Horticulture watering crew are able to utilize the 14,000 gallon rainwater collection systems set up by the Water Conservation group at the Public Works Yard.

The Horticulture team also renovates shrub beds that have reached the end of their life span, using their professional skills to incorporate best planting techniques, soil amendment, mulching and additions of organic material and water polymer. Horticultural garden bed renovations allow us a perfect opportunity to be of aid in helping to restore our pollinator populations by utilizing as many pollinator friendly plants as we can and recognizing the need for water conservation with drought tolerant plant material.

The Horticulture team also partners with other City departments such as Engineering, to add plant materials to traffic bubbles, islands and medians throughout the City.

The crew welcomes the opportunity to work with volunteers and neighbourhood groups to continue to beautify our park spaces. For more information, contact 604.864.5291.

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Communities in Bloom

Learn how you can become involved in this year’s Communities in Bloom at [abbotsford.ca/cib](http://abbotsford.ca/cib)

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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

[abbotsford.ca/prc](http://abbotsford.ca/prc)

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**General Park Information**

[Add image and text as needed]
**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](http://www.abbotsford.ca/treebylaw).

Note that there is a fee for the tree-cutting permit. The current fee is approximately $50 for a residential property and $100 for a commercial property. 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.

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 15 cm below the soil surface. Water when dry.
- For the first three years after planting, provide about 10 litres of water per 3 cm 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.

**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](mailto:trees@abbotsford.ca).

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**Did you know?**

There are over 9,000 street trees in the City of Abbotsford!

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
procoffice@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 to submit an online request.

Picnic Shelter Reservations Required April 1 - October 31

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<th>Running Water</th>
<th>Power</th>
<th>Washrooms</th>
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</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>
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<tr>
<td>Gardner Park</td>
<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Playground, Trails, Pond</td>
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<td>Grant Park</td>
<td>Yes sink at washroom</td>
<td>No</td>
<td>Yes</td>
<td>Playground, Ball Field, Soccer Field</td>
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<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>
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<td>Matsqui Village Park</td>
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<td>Ball Field, Tennis Court, BBQ Stands, Playground</td>
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<td>McDonald Park</td>
<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Playground, BBQ Stand, River</td>
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<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>
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<td>Mill Lake Park #2 Water Park</td>
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<td>Yes at shelter</td>
<td>No</td>
<td>Yes</td>
<td>Trails, Playground, BBQ Stand</td>
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Other Parks With Amenities - First Come, First Served (Year Round)

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<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>
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<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>
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<tr>
<td>Ellwood/Fish Trap Creek Park</td>
<td>Yes sink at washrooms</td>
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<td>Gobind Park</td>
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<td>Homestead Park</td>
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<td>Jubilee Park</td>
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<td>Yes key required</td>
<td>Playground, Sports Court, Tennis Court</td>
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<td>Kalgidhar Park</td>
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<td>Ridgeview Park</td>
<td>Yes sink at washrooms</td>
<td>No</td>
<td>Yes</td>
<td>Soccer Field/ Ball Diamonds (combined), Playground</td>
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</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>Ball Diamonds</th>
<th>Soccer Fields</th>
<th>Basketball Courts</th>
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<th>Tennis Courts</th>
<th>Skate Boarding</th>
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<th>Changerooms</th>
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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.

### Cemetery Marker Maintenance Volunteers

The City of Abbotsford Parks team diligently works to maintain these areas but would also welcome volunteer support to assist in the maintenance of these sacred spaces. Volunteers may assist with cleaning headstones, debris removal, edging as well as minor horticultural maintenance. If you would like to honor these spaces and residents of our past, please register as a volunteer at abbotsford.ca/volunteerapplication or call Volunteer Coordinator 604.557.7050 to sign up.

### 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 to create more opportunity for expansion. abbotsford.ca/cemeteries

T: 604.851.4198 | E: proffice@abbotsford.ca

For more information or to make arrangements: abbotsford.ca/cemeteries: 604.851.4198 | proffice@abbotsford.ca
### Abbotsford Parks, Recreation & Culture Rental Facilities

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<th>Facility</th>
<th>Seating</th>
<th>P/A</th>
<th>Size &amp; Floor Type</th>
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<td>Ag.Rec Gallery</td>
<td>160</td>
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<td>Air conditioned, tile floor 80’ x 44’</td>
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<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>Community Mobile Stage</td>
<td>N/A</td>
<td>No</td>
<td>Main Stage floor 28’ x 14’</td>
<td>N/A</td>
</tr>
<tr>
<td>Abbotsford Recreation Centre</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>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>Matsqui Recreation Centre</td>
<td>350</td>
<td>Yes</td>
<td>200’ x 85’</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.

Rentals

**Arena Rentals:**
Abbotsford Recreation Centre ......................... 604.557.4406

**Pool Rentals:**
Abbotsford Recreation Centre ......................... 604.853.4221
Matsqui Recreation Centre ......................... 604.855.0500

**Abbotsford School Dist. No. 34 Gymnasiums:**
Please contact ........................................ 604.852.9494 ext. 2300
Gymnasium bookings are available Oct 1 - May 31
Requests should be made Jul 1 - 5 for the following year. Community Sport usage only, no birthday parties.

**Multiuse Rentals:**
Abbotsford Exhibition Park ......................... 604.859.3134

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**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>604.853.0966</td>
</tr>
<tr>
<td>Abbotsford Curling Rink</td>
<td>2555 McMillan Rd</td>
<td>150 - 200</td>
<td>604.859.9244</td>
</tr>
<tr>
<td>Abbotsford Senior Assn. Hall</td>
<td>33889 Essendene Ave</td>
<td>120 - 200</td>
<td>604.825.0195</td>
</tr>
<tr>
<td>Garden Park Tower</td>
<td>2825 Clearbrook Rd</td>
<td>20 - 480</td>
<td>604.853.5532</td>
</tr>
<tr>
<td>Trinity Memorial Church</td>
<td>33737 George Ferguson Way</td>
<td>25 - 100</td>
<td>604.853.2591</td>
</tr>
<tr>
<td>Tradex</td>
<td>1190 Cornell Street</td>
<td>12 - 150</td>
<td>604.850.1533</td>
</tr>
<tr>
<td>The Reach Gallery Museum Abbotsford</td>
<td>32388 Veterans Way</td>
<td>40 - 200</td>
<td>604.864.8087</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>Bradner Community Club</td>
<td>5305 Bradner Rd</td>
<td>300</td>
<td>604.856.8441</td>
</tr>
<tr>
<td>Clayburn Village Community Hall</td>
<td>4315 Wright St</td>
<td>124</td>
<td>604.850.4362</td>
</tr>
<tr>
<td>Clayburn Village Community Church</td>
<td>4304 Wright St</td>
<td>80</td>
<td>604.850.4362</td>
</tr>
<tr>
<td>Fraternal Order of Eagles</td>
<td>33868 Essendene Ave</td>
<td>130</td>
<td>604.859.5405</td>
</tr>
<tr>
<td>Highstreet Community Room</td>
<td>3122 Mt Lehman Road</td>
<td>40</td>
<td>604.381.3934</td>
</tr>
<tr>
<td>Jubilee Community Hall</td>
<td>7720 Bradner Rd</td>
<td>175</td>
<td>604.856.8690</td>
</tr>
<tr>
<td>Matsqui Prairie Community Assn.</td>
<td>33676 St. Olaf Ave</td>
<td>240</td>
<td>604.826.7613</td>
</tr>
<tr>
<td>Mt. Lehman Army &amp; Navy Club</td>
<td>30346 McNeil Ave</td>
<td>75</td>
<td>604.856.3113</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>604.859.3134</td>
</tr>
<tr>
<td></td>
<td></td>
<td>40 - Foyer</td>
<td>604.853.0966</td>
</tr>
<tr>
<td>The Abbotsford Arts Centre</td>
<td>2329 Crescent Way</td>
<td>30’ x 36’ stage, lighting, sound, grand piano</td>
<td>604.853.0966</td>
</tr>
<tr>
<td></td>
<td></td>
<td>739 - Fully equipped theatre</td>
<td>604.853.0966</td>
</tr>
</tbody>
</table>
Calling all Artists, arts organizations, cultural, and heritage organizations, and businesses – plan to share your love of arts and culture September 27-29! There are all kinds of ways to get involved - give the public a peek behind the curtains to discover your creative process, have them learn something new or engage with other members of the community, host a performance or event. Registration will be opening soon - list your upcoming event by going to culturedays.ca.

CULTURE DAYS ARE COMING!
SEPTEMBER 27 - 29

Calling all Artists, arts organizations, cultural, and heritage organizations, and businesses – plan to share your love of arts and culture September 27-29! There are all kinds of ways to get involved - give the public a peek behind the curtains to discover your creative process, have them learn something new or engage with other members of the community, host a performance or event. Registration will be opening soon - list your upcoming event by going to culturedays.ca.

Trethewey House Heritage Site
2019 marks Trethewey House’s centennial year, and you’re invited to join us for a big birthday celebration to commemorate the day. Please join us for our Centennial Celebration on July 20th, and don’t forget that Heritage Abbotsford Society celebrates its 50th year, too! You can keep abreast of all of our special “double anniversary” events by following us on Twitter, Facebook and Instagram, or visit tretheweyhouse.ca.

June 8 and 9: Heritage Abbotsford Society and Abbotsford Arts Council invite you to the Aboriginal Arts and Culture events at Mill Lake Park.
June 8 (time tba): Abbotsford Arts Council launches Aboriginal Arts and Culture Day with an indigenous rap performance and an art exhibit featuring art by local Métis artist.
June 9, 11am - 4pm: Aboriginal Arts and Culture Day programming continues at the Heritage Site for a full day of workshops and entertainment. At this skills transmission event, the visitor can participate by learning from the artist, choose to be a spectator, or purchase products directly from the artist. Join the artists for workshops, experience the food, or simply come enjoy the dancers, drummers, and story tellers.
**The Reach**

Opening Reception: May 23, 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:**

**Carlos Colin: Little México:** May 23 - September 15

Little México presents a new body of work by the Mexican-born, Vancouver-based, multi-disciplinary artist Carlos Colin. For his newest body of work, Colin has been conducting research both in Mexico and in the Fraser Valley focused on the Seasonal Agricultural Worker Program (SAWP), which brings thousands of workers from Mexico every year to work on Canadian farms. Through a series of sculptural installations, screen-prints, sound and video installations, and photographs that examine the significance of the merging of symbols between Latin American art and history and its diaspora in Canada, Colin’s project for The Reach will look closely at the lives and experiences of SAWP participants, and their connections to both Mexico and BC.

**Karin Jones: Precious:** May 23 - September 15

Karin Jones is a Vancouver-based, multi-disciplinary artist with a background in jewellery and metalwork, whose work examines the ways historical narratives shape our present-day identities. Her series Precious consists of a group of repurposed farm implements that Jones has embellished with damascene inlay, an age-old technique originally developed for inlaying silver and gold on arms and armour. The work addresses pastoral notions of agricultural labour and the romanticization of rural life.

**Something More than Nothing:** May 23 - September 15

This group exhibition brings together work by a range of artists who all deal in some way with notions of invisible or invisible labour: work that is not seen, valued, or adequately paid. From domestic or care work, to digital and tech labour that is increasingly performed in the home as piece work, to the hidden labour that is inherent in the art world itself, all the works in this exhibition draw attention to labour that, although often overlooked or ignored, is in fact fundamental to the workings of the world. The contemporary artwork in this exhibition will be complemented by displays of historical objects from The Reach’s collections, helping to contextualize how our ideas about work and labour have changed dramatically over the years.

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**Sunday Family Art Class:** Free, pre-registration required.

July 14, August 11
1pm - 2:30pm or 3pm - 4:30pm

**Summer Arts Camps:** 6yrs - 12yrs pre-registration required

July and August, 10:30am - 2:30pm
$30 a day

**Community Engagement:** Throughout the summer The Reach participates in various community events and celebrations. Come visit our booths at Jam in Jubilee, Berry Fest, the Library Summer Bash and Canada Day at Exhibition Park! We love to make crafts with the whole family and will have staff on site to tell you about all the exciting exhibitions, programs and events to engage with at The Reach. Visit thereach.ca for more information.

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**Kariton Art Gallery and Boutique**

**Abbotsford Anonymous Art Show Fundraiser:** June 29 - July 30

The Abbotsford Arts Council is pleased to present its annual Abbotsford Anonymous Art Show Fundraiser at the Kariton Art Gallery at Mill Lake 2387 Ware Street. The show features artwork of many diverse styles, subject matters and mediums of Lower Mainland artists of all ages and skill levels. Each piece is priced at $100, with fifty percent of the proceeds going to the artist, and the other fifty percent going to support the initiatives of the AAC. The show is free to the public, everyone is welcome.

**Mill Lake Music:** July - September

Every Saturday evening from July to September come by the Kariton Art Gallery for Mill Lake Music concert series. Local bands will be performing from 7 to 9 pm on the front lawn. Bring a chair and a friend and enjoy the music and beautiful lake setting! Always an enjoyable activity on a lovely summer evening!

**Say It With Flowers:** August 3 - September 3

Opening reception Saturday August 3, 6pm - 8pm, free to the public. Join us at the Kariton Art Gallery at Mill Lake (2387 Ware Street, Abbotsford, B.C.) for our 2nd annual Say It With Flowers art show. Featuring local artists of all ages and skill levels creating floral-themed art in a range of different mediums. Prices range from $25 - $100. See you there!
Kids! Teens! Adults!
Join Us at Your Abbotsford Libraries for Summer Reading Club 2019.
Read in July and August and join us for great entertainment, activities and prizes all summer long.

Enjoy the Summer by Bringing the Library Home or Out and About
We’re open 24/7 at www.fvrl.ca

Borrow a telescope and tour the summer 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, CDMusic, 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 this summer.

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

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 with your library card.
1. Mt. Lehman Library
   5875 Mt. Lehman Road
   fvrl.bc.ca

2. Clayburn Village Historic Conservation Area
   Clayburn & Wright Roads
   clayburnvillage.com

3. Clearbrook Library
   32320 George Ferguson Way
   fvrl.bc.ca

4. Matsqui Centennial Auditorium
   32315 South Fraser Way
   MCAbookingclerk@abbotsford.ca
   for rental/events information see abbotsford.ca

5. The Reach Gallery Museum
   32388 Veterans Way
   thereach.ca

6. Gur Sikh Temple National Historic Site
   33094 South Fraser Way
   canadiansikhheritage.ca

7. Kariton Art Gallery & Boutique
   2387 Ware Street
   abbotsfordarts council.com

8. Trethewey House Heritage Site
   2313 Ware Street
   msamuseum.ca

9. Abbotsford Community Library
   33355 Bevan Avenue
   fvrl.bc.ca

10. Abbotsford Arts Centre
    2329 Crescent Way
    abbotsfordartscentre.ca

11. Abbotsford Centre
    33800 King Road
    abbotsfordcentre.ca
Community Directory

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 Quilters Guild ............................................. abbotsfordquilterguild.org
Fraser Valley Machine Embroider Club ....................... Gina 604.852.2388
Fraser Valley Poets Society ........................................ Terry 604.852.2740
The Glass Hive Studio .............................................. Ellen 604.615.6502
The Reach, Gallery Museum, Abbotsford ..................... Office 604.864.8987

Dance
Abbotsford Ballet Studio .......................................... Gem 604.854.2007
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 604.852.2170
Ebenzer 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 ............................................. Anne 604.779.8696

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 ............................................... Lisa 604.856.8218
MSA Society for Community Living .......................... Richard 604.852.6890 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 Metis Association ............................... Dawn 604.996.7686
Salvation Army ..................................................... 604.852.9305
Welcome Wagon .................................................. Noel 604.556.0134

Car Clubs
Vintage Car Club of Canada (CFYC) ......................... Rick 604.854.3584

Community Clubs
Abbotsford Comm. Garden Society ....................... abbotsfordcommunitygarden.com
Abbotsford Euchre Club ....................................... Don 604.746.6930
Abbotsford Genealogical Society .............................. abbysg.ca
Abbotsford Grand Squares ...................................... David 604.864.7435
Abbotsford/Mission Alpen Club ................................ Anneliese 604.859.0822
Abbotsford /Mission Newcomers Club ................. Corry 604.859.4859
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 fanciers ..................................... 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 ..................... Carol 604.866.4530
Next Step Toastmasters Club ................................ Ray 604.853.6725
Scandinavian Club of the Fraser Valley .................... Eigil 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
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 604.756.0348
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 ..................................................abbotsfordlions@shaw.ca
Abbotsford Peer Support for Seniors ..............................Pat 604.850.0011
Electa 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 604.826.5390
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 Assoc .................................Matt 778.242.7333
Abbotsford Rugby Football Club ....................................Tyler 604.309.8407

Golf
Fraser Glen Golf Course ................................................Corrine 604.852.3477
Ledgeview Golf & Country Club .................................Gerry 604.859.8993

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 ..................................................Sara 778.823.6852
Matsqui Blades Speed Skating Club ......... ..........................Sara 778.823.6852

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
Community Programs

Abbotsford has many opportunities for recreation and culture. The community programs offered in the following advertisements cover a variety of interests and activities ranging from music and sports programs, to dance and academic achievement. Our community is fortunate to have a diverse range of programming for children and adults that encourages personal growth, development and a healthy, active lifestyle.

Abbotsford Parks, Recreation & Culture

To reserve your space in the Advertising Directory, please contact Sarah at 604.851.4517 or sarah.stpierre@abbynews.com

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Math & Reading Programs

FREE PLACEMENT TEST!
604-855-7896
shirleytam@ikumon.com
www.kumon.ca/abbotsford-clearbrook

Kumon Math & Reading Centre of Abbotsford - Clearbrook
2760 Tretheway St, Unit 201

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Valley Royals Track & Field Club

Try a Valley Royals Training group
Register online for a $20 One-Week Trial

GET FIT & HAVE FUN!

Junior Development (JD’s) Age 8 - 13
• Running
• Jumps & Throws

Endurance Running Teen / Young Adult
• 800m - 3,000m
• Steeplechase

Power & Speed Teen / Young Adult
• Sprints
• Long Jump
• High Jump
• Heptathlon

Throws Teen / Young Adult
• Hammer
• Javelin
• Discus
• Shot Put

Accepting Athletes of All Abilities
YEeR ROUND TRAINING
ValleyRoyals.ca

NEW THIS SPRING!
TRACK RASCALS PROGRAM
(AGES 6 TO YOUNG ADULT)
FIND YOUR MUSIC!

• Early Childhood Music
• Piano
• Violin, Fiddle, Cello
• Cello Ensemble, Abbotsford Youth Orchestra, Fiddle Groups, Suzuki
• Voice
• Guitar, Mandolin, Ukulele
• Saxophone, Clarinet, Oboe, Flute, Trumpet
• Music Theory

For more info visit abbotsfordmusic.com
or email info@abbotsfordmusic.com

3471 Clearbrook Rd.
604 852-3242
ACMS is sponsored in part by the Province of British Columbia

Looking for an Innovative Program to Inspire Your Child?

GearBots Makerspace offers a multi week after-school program in STEAM: Science, Technology, Engineering, Arts and Math. Courses run throughout the school year and summer, offered in Abbotsford and Chilliwack.

Your child will receive hands-on experience within a fun and safe environment.

robotics | coding | electronics | digital design for 3dprinter/laser cutter

To reserve your child's place contact:
info@gearbots.org
604.308.2241
gearbots.org
ADOPT-A-PARK
Every month, volunteers participate in a monthly clean up to keep GC’s adopted park, Clearbrook Park, clean.

TURBAN, EH?
Gurmat Center celebrates Canada Day by tying turbans on hundreds of community members.

LANGAR 4 HUNGER
Every 2nd and 4th Saturday of the month, volunteers come together to prepare Langer (free food) to serve at the Salvation Army.

VOLUNTEER APPRECIATION NIGHT
Gurmat Center Youth admin team takes a picture with Mayor Henry Braun during City of Abbotsford Volunteer Appreciation Night.

SUPPORTING THE LESS FORTUNATE
Every year during the winter season, Gurmat Center families donate care packages to local shelters.

PROGRAMS
Punjabi classes • Scripture Reading classes • Sikh Studies • Martial Arts • Music Classes
Youth & Family Program • Seasonal camps • Seve Club • Mediation club
Scripture Reading Event • Youth program • Outreach • Langer 4 Hunger • Little Gursikhs Sangat
• Cross Legged Competition • Awards Ceremony • Shaheedi Smagam • Field trips

30640 Blueridge Drive, Abbotsford, BC  ■  604.855.0020
info@gurmatcenter.com ■ www.gurmatcenter.com

Taking care of our children’s future... today!
Helping you stay active so you can do more of the things you love!

Custom Orthotics
Performance Footwear
Bracing & Rehab Products

Learn more at www.kintec.net | 604-859-2660

Valhalla Pure
Travel • Race • Climb • Backpack • Ski

Rentals Available
604-850-5523
www.vpo.ca

ABBOTSFORD’S ADVENTURE ALLEY • Located at: 1707 & 1717 Salton Rd.
It's Time For A Vacation!

We specialize in:
- Group Travel
- Sports Teams
- Graduation Travel
- Family Getaways
- Wedding Celebrations

WHEREVER YOUR DREAMS TAKE YOU!
WE CAN EVEN CUSTOM FIT A VACATION JUST FOR YOU!

Leave it up to one of our experienced Travel Specialists to make your next adventure AMAZING!

We are a full-service Travel Agency that has been in business for over 80 years!

$25 OFF PER PERSON ON YOUR NEXT 7+ NIGHT VACATION PACKAGE!

Hagen's Travel & Cruises

#102 - 1520 McCallum Road, Abbotsford, BC V2S 8A3
(604) 859-7111

#102 - 1520 McCallum Road, Abbotsford, BC V2S 8A3
(604) 859-7111

The Affordable Alternative in Dance Education
Registration is always open!

Dance class for ages 18 Months to Adult
ballet, jazz, tap, musical theatre, song and dance, hiphop, acrobatics, irish, contortion, modern, contemporary and lyrical.
Twinkle Stars Combo Classes & Littlesteps Primary Programs

Classes start at $25/month

call 604.855.7861 OR register online at abbotsforddancecenter.com
Registration for September 2019 has begun.
Spaces are limited so call today 604-820-4987

33676 St. Olaf Avenue, Abbotsford
604-820-4987
www.msamontessoripreschool.com

"In Pursuit of Personal Excellence and Olympian Fitness"

2018-2019 REGISTRATION
2 WEEKS FREE
For New Members Only (Limitations apply)
Matsqui Recreation Centre

- Fun, fitness & make new friends
- NCCP certified coaches
- After school programs
- Once a week or more
- Children age 6-18 years
- Ongoing registration available

Abbotsford Olympians Swim Club
604-825-1856
@AbbyOlympian
www.abbotsfordolympians.com
861 Silverfox Air Cadets

Celebrating 40 Years of Helping Youth Soar 1978-2018

Check us out. There is something for everyone...

- Flying in a Glider or Cessna
- Earning your Pilot’s License
- Fitness & Sports
- Biathlon & Marksmanship
- First Aid & Survival Training
- Weekend Camping Exercises
- Summer Camps
- Music and Drill Teams
- Effective Speaking Program
- Community Service
- Earn High School Credits

For more info visit www.861silverfox.ca or email parents@861silverfox.ca

FOR YOUTH AGES 12-18 | MEETINGS: Wednesday Nights 6:30pm - 9:30pm

LOCATION: Air Cadet Building #14-32470 Haida Drive, Abbotsford

$160 Annual Registration Fee to cover costs, not covered by DND. Registration is ongoing.

Spring into Gymnastics at Splitz!

Splitz Gymnastics Offers:

- Gymnastics, Trampoline and Parkour Instruction
- Pro-D Day Camps
- Spring Break Camps
- Field Trips
- Practice & Play

Abbotsford

103A - 34150 S. Fraser Way, Abbotsford
P: (604)-864-0396
abby_info@splitzgymnastics.com

Expose your child to the benefits of gymnastics today!
Classes starting as low as $25

- Acro • Hip Hop • Ballet • Modern
- Tap • Jazz • Contemporary
- Musical Theatre • and More!

FreeStyle Dance Centre
604.855.7433
2525 McCallum Rd., Abbotsford
freestyledance@telus.net
freestyledancecentre.ca

OFFICE HOURS:
TUES, WED & THURS
3:30 PM – 7:30 PM

Recreational & Competitive Programs available
ALL AGES AND ANY SKILL LEVEL
NEW COMPETITIVE TEAMS
ADULT CLASSES

OFFICE HOURS:
TUES, WED & THURS
3:30 PM – 7:30 PM

ALL AGES AND ANY SKILL LEVEL
NEW COMPETITIVE TEAMS
ADULT CLASSES

Ready... Set... Golf!

BIRDIE BUGS
3 SESSIONS*
- 4 - 7 year olds
- 45 min/day of instruction

$45.00 +GST

LEVEL 1 NOVICES & BEGINNERS
4 SESSIONS*
- 8 - 15 year olds
- 60 min/day of instruction

$85.00 +GST

*Available in July & August

JUNIOR 10 GAME Punch Card
Valid Monday thru Friday anytime,
Weekends and Holidays after 12:00 pm

$180.00 +GST

5 DAY ANNUAL PASSES
for Adults available from
$1050.00 +GST

See our website for details!
fraserglen.com
604-852-3477

See www.fraserglen.com/memberships
for more info.

Fraserglen Golf Course and Training Centre
36036 South Parallel Road, Abbotsford (Opposite Castle Fun Park, Whatcom exit)
Support health care for a healthy Abbotsford

FIND OUT HOW YOU CAN SUPPORT ABBOTSFORD REGIONAL HOSPITAL BY VISITING WWW.FVHCF.CA OR CALLING 604 851 4890

Your Community. Your Hospital. Your Foundation
21st YEAR OF Summer Sundays!

July 7 – August 25th, 2019
$7.00 pp • 1:30 – 4:00 pm • Doors open @ 1:00 pm

Mainstream Square Dancing to a variety of Callers!
Spectators Welcome

Lessons start September 16th, 2019
To learn MODERN Square Dancing
7:00 – 9:30 pm - Singles & Couples

First 3 classes Free

ABBOTSFORD GRAND SQUARES
Contact Carol: 604-807-2281
abbotsfordgrandsquares@gmail.com
www.ags.squaredance.bc.ca

Send your kids to university this summer!

Mix fun and learning. Choose from a variety of day camps for kids and teens:
- Science Rocks
- Thinking Playground camps
- Active FUNdamentals

NEW at the Trades and Technology Centre in Chilliwack:
- Real Cooking for Kids
- Real Baking for Kids
- Jewelry Making and Entrepreneurship
- Basic Woodworking

Get the details at ufv.ca/day-camps
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 six-digit 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 including great discounts and coupons!

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.

Register TODAY!
direct2rec.com
Customer Care

Cancellations/Refunds
Program cancellations are permitted until one working day 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.

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

등록방법

본 프로그램에 등록하는 방법에는 세가지가 있습니다.
등록비는 비자, 아멕스, 마스터카드, 데빗카드, 현금 또는
수표로 내실 수 있습니다.
온라인등록은 www.direct2rec.com에서 일주일 내내
24시간 가능한 등록시스템을 이용하여 하실 수 있습니다.
전화등록 - 애보츠포드 레크리에이션 센터나 맷스키
레크리에이션 센터에 시설운영 시간에 전화하시서
등록할 수 있습니다.
방문 등록 - 애보츠포드 레크리에이션 센터나 맷스키
레크리에이션 센터에 시설운영 시간에 직접 오셔서
등록할 수 있습니다.
온라인등록은 www.direct2rec.com에서
온라인등록 포탈사이트로써
등록할 수 있습니다.

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취소등록을 하시려면 애보츠포드 공원, 레크리에이션 및
문화부(Abbotsford Parks, Recreation & Culture)에 개인
계좌가 있어야 합니다. 이 계좌는 본인의 지역
레크리에이션 센터에 가시거나 www.direct2rec.com에서
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경우에 필요한 바코드와 비밀번호를 받게 됩니다.
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홈페이지에서 다운로드할 수 있습니다. 본 정보는 여리분이
등록할 때 좋은 가이드 역할을 해드릴 것입니다.

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연계든지 보실 수 있는 저희 온라인 등록 포탈사이트로써
ARC나 MRC에서 받는 가족 단위의 바코드 및 비밀번호를
사용해서 접속하실 수 있습니다.
지금 www.direct2rec.com로 들어가서 시작하세요.

대기자 명단
인기있는 프로그램은 자리가 빨리 찬다. 좋은
프로그램을 놓치지 않으려면 대기자명단에 이름을 올리
놓으십시오. 자리가 나면 대기 순서대로 해당
프로그램에 나이드십시오. 대기자 수가 충분한 경우 새
클래스가 만들어질 수 있습니다.

공원, 레크리에이션 및 문화 프로그램에 관한 질문
저희 고객서비스팀은 공원, 레크리에이션 및 문화에 관한
일주일 내내 여러분을 천천히 도와드릴 수 있습니다.
 испол키 레크리에이션 센터 (604.855.0500), 애보츠포드
레크리에이션 센터 (604.853.4221) 혹은 Parks,
Recreation & Culture 사무실로 (604.859.3134) 시설
운영시간 중에 연락하세요.

프로그램 취소/환불
프로그램 등록은 프로그램이 시작하기 이전까지는 취소가 가능합니다. 그 날짜가 지난 후에는
환불申请이 되지 않습니다. 간행상의 이유가 있을 때만 환불이 가능합니다. 서면
요청이거나 전단서가 필요할 수 있습니다.
프로그램 취소는 캠프 시작 3일전(72시간)까지 가능합니다.

노인 버스 투어는 당일 전 30일 이후에는 환불되지
않습니다. 생일파티 취소는 당일 전 일주일(7일)이전에
가능합니다.

PRC 보조 프로그램이나 PRC 특수교육용프로그램
프로그램에 대한 정보를 더 알고 싶으시면 시청 3층에
있는 Parks, Recreation & Culture 사무실에 오시거나
604.859.3134에 전화하시십시오.
Customer Care / How to Register

www.direct2rec.com
MESSAGE FROM THE MAYOR
Abbotsford Parks, Recreation Culture has something for everyone! From magic camps to Zumba classes, this Summer Guide is filled with activities and programs for you and your family to participate in for a summer of action and hands-on learning.

At the City of Abbotsford, we are committed to making our programs and facilities accessible to all of our residents. We understand that families and individuals may face challenges to living active and healthy lifestyles. We are working to break down barriers to participation whether it be challenging mobility or diverse abilities, finances, or schedules. Here are some of the ways we are making it easier for you and your family to be active:

- Participation subsidies are available for residents with demonstrated financial need;
- Discounts are available for drop-in admissions and memberships for residents who have permanent disabilities;
- 1 to 1 support is available for individuals with diverse abilities through our Volunteer Buddy Program;
- Bi-annual Accessibility, Safety and Maintenance facility shutdowns allow us to maximize the life of the facilities, keep them in good repair, and implement the accessibility improvements included in the facility review conducted by the Rick Hansen Foundation;
- Paired Programs and Maximize Time Programs offer greater opportunities for families to be active at the same time and shorter drop-in fitness classes pack a great workout into a tighter timeframe to help you fit everything in. Look for the paired and time saver symbols in the guide to make it easier to get your whole family active.

Our goal is to provide excellent programs and facilities that are inclusive to all members of our community. It’s important that everyone feels welcome and has the opportunity to play, learn and interact.

If you have questions about any of these initiatives or suggestions about how we can be more welcoming and inclusive, we want to hear from you. Please share your comments and ideas at prcoffice@abbotsford.ca or come into any of our facilities to talk to the team.

City of Abbotsford Mission
We strive to continually improve the quality of life within our community by delivering key services for current and future generations.

City of Abbotsford Vision
Abbotsford as a preferred destination for businesses and residents alike: The Hub of the Fraser Valley.

Council
Mayor Henry Braun
Councillor Les Barkman
Councillor Sandy Blue
Councillor Kelly Chahal
Councillor Brenda Falk
Councillor Bruce Banman
Councillor Dave F. Loewen
Councillor Patricia Ross
Councillor Ross Siemens

Recreation Facilities
Be WATER SMART with PRC

Play Safe in the Water. Register for Swim Lessons TODAY!

SWIM TO SURVIVE

Exciting swim events at ARC & MRC all summer long!

#DROWNINGPREVENTION
#DROWNINGSEASON #LIFESAVINGSOCIETY

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