ABBOTSFORD

FALL & WINTER FUN
ALL IN 1 ISSUE

MEMBERSHIP
JOIN TODAY
Includes 80+ drop-in classes
Pg 4 & 5

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

BECOME A LIFEGUARD /
INSTRUCTOR
Career Aquatic Training School
(C.A.T.S.)
Pg 64

LET’S TALK
Abbotsford

Sign up and help create the city that you want to live in.
letstalkabbotsford.ca

FALL & WINTER PROGRAM GUIDE
2019/20

Online Registration Begins July 26
Regular Registration Begins August 1
Programs Begin September 1/19, January 1/20
abbotsford.ca/prc

Abbotsford Recreation Centre 604.853.4221
Matsqui Recreation Centre 604.855.0500
Parks, Recreation & Culture Office 604.859.3134
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 fall and winter long!

#DROWNINGPREVENTION #DROWNINGSEASON #LIFESAVINGSOCIETY

abbotsford.ca/prc

Abbotsford Recreation Centre 604.853.4221 | Matsqui Recreation Centre 604.855.0500

ABBOTSFORD
FEATURED PROGRAMS

10 RISE AND PLAY + HIIT
Get an active start to your day with this high intensity class while your toddler participates in our popular Rise and Play class.

16 PRO-D DAY CAMPS
No school? No problem! We’ve got your child care covered with a fun, full day camp full of games and swimming.

20 INTRO TO FRENCH
This course is designed for those that have had little to no introduction to French language skills.

34 CHAIR YOGA
A gentle form of yoga which incorporates chairs to maintain poses. Great for those looking for a beginner class, persons with mobility issues or seniors.
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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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YOUR MEMBERSHIP PROVIDES ACCESS AND USE AT MATSQUI RECREATION CENTRE (MRC) AND ABBOTSFORD RECREATION CENTRE (ARC).

THE PUNCH CARD IS ANOTHER WAY TO SAVE!
You receive a 10% savings when you purchase when you buy 10 and 20% when you buy 20! Ask a Customer Service Rep which membership is the best fit for you and your family.
MEMBERSHIP BENEFITS INCLUDE:

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

SIGN UP TODAY FOR AN ANNUAL PASS AND RECEIVE A FREE ½ HOUR EXPERT SESSION IN AREA OF YOUR CHOICE!

SUPER SENIORS AND CHILDREN UNDER 3 PLAY FOR FREE!
*EXCEPT OPEN & INFLATABLE PLAYTIME

FALL BACK INTO PLAY! BUY MORE SAVE MORE!
Now is the time to stock up on Expert training sessions!
Anyone can sign up - Family members to you!
Want to try a new move? Want to get back to the gym?
Looking for another way to play? We have an expert for that!

UP TO 25% DISCOUNTS ON PRODUCTS AND SERVICES!
AVAILABLE FOR PURCHASE FROM SEPT 15 - NOV 15, 2019

Purchase your sessions and be entered to win an Action Pack!
Pairs well with...
Get the most from your family’s experience at our recreation centres by getting everyone active at the same time. We have made it easier for you to find children’s programs that ‘pair well with’ other children’s programs and activities, your fitness class times, workout times, and other programs or activities already in the facility. Use our pear symbol to find programs scheduled with matching times.
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.
PRC Events

OCTOBER
Thanksgiving No Sweat (16yrs+)
Come celebrate Thanksgiving with Sue with a No Sweat class. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, October 12
8am - 9am

Halloween No Sweat (16yrs+)
Come dressed up and ready to sweat with Sue for Halloween’s No Sweat class. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, October 26
8am - 9am

Boo Bash (NB - 12yrs)
Spiders, bats, black cats and more! See what ARC has in store. Halloween tricks and treats await, so come in costume and help us celebrate!
Regular admission rates apply.
Abbotsford Recreation Centre Gym
Thursday, October 31
10am - 11:30am

NOVEMBER
Universal Children’s Day (NB - 12yrs)
We believe that children are our future, so this special holiday is dedicated just for them! Join us for a special Open Playtime to celebrate our little ones. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Wednesday, November 20
10am - 12:30pm

DECEMBER
Christmas No Sweat (16yrs+)
We kick off the season during Sue’s No Sweat Christmas party. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, December 14
8am - 9am

Snow Fun Playtime (NB - 12yrs)
The weather outside might be frightful, but our Inflatable Playtime will be delightful! Join us for snowtastic fun and games and welcome Winter with us. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Friday, December 20
10am - 12:30pm

Ugly Sweater No Sweat (16yrs+)
Who doesn’t love an ugly sweater party? Wear your ugliest sweater to No Sweat to get into the spirit. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, December 21
8am - 9am

Kick off to New Year No Sweat (16yrs+)
Kick off the New year right by getting your No Sweat on! Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, December 28
8am - 9am

JANUARY
New Year Inflatable Playtime (NB - 12yrs)
Celebrate the New Year and bounce off some of that holiday energy! Make your resolution to get out of the house for some family fun. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Wednesday, January 1
10am - 12:30pm

FEBRUARY
Heart-y Party (NB - 12yrs)
We have paper and glue, and we want to make Valentine’s Cards with you! All the fun of our Inflatable Playtime with crafts too! Regular admission rates apply.
Abbotsford Recreation Centre Gym
Friday, February 14
10am - 12:30pm

Family Day Fitness (16yrs+)
Celebrate Family day with your fitness family with Sue and the No Sweat crew. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Saturday, February 15
8am - 9am

MARCH
Spring into Spring Break (NB - 12yrs)
Spring is just around the corner, and it’s put a bounce in our step! Let’s celebrate with a fun spring-themed inflatable playtime. Regular admission rates apply.
Abbotsford Recreation Centre Gym
Friday, March 13
10am - 12:30pm
“It’s just about the only time we can all be together,” says Linda, with a sigh. “The time we spend at the family fitness classes really is our family time.”

Finding something to do that teens, little ones and parents can all get into is more than an ordinary challenge, but the programs at ARC are a perfect fit.

Fit Family Bootcamp challenges everyone’s fitness levels, from Calem, 15, and Dad, Dave, down to Trevor, 7, with stations that work on cardiovascular endurance, strength and core conditioning, as well as flexibility and balance.

And just to mix things up, they attend the family Yoga classes, where Linda, daughter Charley, and the boys explore standing poses, sun salutations, breathing and relaxation techniques through interactive yoga games.

To get the competitive juices going, they all head to the drop-in Family Basketball for a game of hoops that welcomes all ages.

FITNESS

Abbotsford Boxing - Family Class (7yrs+)
This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, different punch combinations and defence. Supplies not included.

Matsqui Recreation Centre
Sep 11 - Oct 23 W 5:15pm - 6:15pm 7/$77 17464
Oct 30 - Dec 18 W 5:15pm - 6:15pm 8/$88 17465
Jan 8 - Feb 5 W 5:15pm - 6:15pm 5/$55 17466
Feb 12 - Mar 11 W 5:15pm - 6:15pm 5/$55 17467

Family Yoga (6yrs+)
The class will explore standing poses, sun salutations, breathing and relaxation techniques with fun interactive yoga games. This class brings an opportunity for bonding with family while sharing the health and well-being that yoga brings. Price per family (max 2 adults 18+ per family).

Abbotsford Recreation Centre
Sep 20 - Oct 25 F 6:45pm - 7:45pm 6/$93 17473
Nov 8 - Dec 13 F 6:45pm - 7:45pm 6/$93 17474
Jan 17 - Feb 7 F 6:45pm - 7:45pm 4/$60 18204
Feb 21 - Mar 13 F 6:45pm - 7:45pm 4/$60 18206

Register TODAY!
direct2rec.com
FITNESS

**Fit Family Bootcamp (2yrs+)**
Bring your kids to this family station-style boot camp, where everyone gets fit. This class incorporates cardiovascular endurance, strength and core conditioning as well as balance and flexibility, creating healthy families through fitness and fun.

**Abbotsford Recreation Centre**

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**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. Each child is $1/class.

**Abbotsford Recreation Centre**

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

Physical Literacy = Movement and Confidence

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**Abbotsford Recreation Centre**

**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.

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direct2rec.com
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."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. "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

What is included in the party package?
• Room Set up and Clean up
• Tableware for specified number of children

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.

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

*Adult Supervision is required for all parties.
You would think that running after 3-year-old twin boys, mom Willow wouldn’t really be looking for a fitness routine for her family - she already had her aerobics challenges at home. “I really love this place,” she says about the Abbotsford Recreation centre. “It gets my kids out playing with others, and helps all of us socialize outside our neighbourhood.”

Joe and Jeremy can’t wait to get to their Superhero Training classes every week. The focus is on balance, flexibility coordination and strength - along with super powers like listening and team work.

The boys also love their swimming lessons, with certified Red Cross swimming Instructors. Games and songs make learning to float, swim and splash a whole lot of fun.

Willow joins the kids for Rise and Play, morning classes that get her into High Intensity Interval Training (HIIT) while the twins learn fundamental movement skills through games, songs and obstacle courses.

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**ARTS & CRAFTS**

**Craft Zone** *(2yrs - 5yrs)*
Spend some time creating seasonal arts and crafts with our Community Recreation Leaders. All materials are provided and you get to take home awesome creations to enjoy with your family. Parent participation required.

**Abbotsford Recreation Centre**

- **Thanksgiving**
  - Oct 10
  - Th 11:45am - 12:30pm
  - 1/$7.50
  - 17793

- **Spooky**
  - Oct 31
  - Th 11:45am - 12:30pm
  - 1/$7.50
  - 17791

- **Holiday**
  - Dec 19
  - Th 11:45am - 12:30pm
  - 1/$7.50
  - 17796

- **Valentine**
  - Feb 13
  - Th 11:45am - 12:30pm
  - 1/$7.50
  - 17799

**Toddler Art Exploration** *(3yrs - 5yrs)*
Art with toddlers is all about exploring materials and tools and what they can do with them! Your child will have the opportunity to express their own creativity, problem solve and make choices while making new friends and creating their own masterpieces!

**Abbotsford Recreation Centre**

- **Sep 12 - Oct 24**
  - Th 3:15pm - 4:00pm
  - 7/$53.50
  - 7879

- **Nov 7 - Dec 19**
  - Th 3:15pm - 4:00pm
  - 7/$53.50
  - 17880

- **Jan 9 - Feb 6**
  - Th 3:15pm - 4:00pm
  - 5/$39
  - 17881

- **Feb 13 - Mar 12**
  - Th 3:15pm - 4:00pm
  - 5/$39
  - 17883

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

Physical Literacy = Movement and Confidence
**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**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Hours</th>
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<td>4:30pm - 5:15pm</td>
<td>$3/$20</td>
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**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. Parent participation required for under 3yrs.

**Abbotsford Recreation Centre**

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**Matsqui Recreation Centre**

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<td>Feb 8</td>
<td>Sa</td>
<td>4:30pm - 5:15pm</td>
<td>$5/$33</td>
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**GENERAL INTEREST**

**Dynamic Dinosaurs (3yrs - 5yrs)**

This program gives your child an introduction to the prehistoric world of 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**

<table>
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<td>Feb 5</td>
<td>W</td>
<td>6:30pm - 7:15pm</td>
<td>$5/$33</td>
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**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**

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<td>5:30pm - 6:15pm</td>
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**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**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Hours</th>
<th>Price (3 days)</th>
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<tr>
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<td>Mar 10</td>
<td>Tu</td>
<td>3:30pm - 4:15pm</td>
<td>$5/$33</td>
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**Mini Chefs (3yrs - 5yrs)**

Does your child want to cook just like you? This kid friendly cooking class will give them a fun introduction to the kitchen! They will start to build their very own cookbook they can use to take home and share.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>End Date</th>
<th>Days</th>
<th>Hours</th>
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**Cooking with Colour**

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**Breakfast Club**

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**Fairy Tale Recipes**

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**Rec School (2.5yrs - 5yrs)**

Welcome to PRC’s Play based pre-K program REC School. Below you will find all of the information you need to sign up. Our Kindergarten prep focuses on age appropriate play, physical literacy and socialization. Every course has gym play and you choose between Skating and Swimming! Prices are based on cost per month for 1, 2 or 3 day options.

**Abbotsford Recreation Centre**

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<th>Start Date</th>
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<td>Th</td>
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**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**

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<th>Start Date</th>
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**Zooology (3yrs - 5yrs)**

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

**Abbotsford Recreation Centre**

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MUSIC

Early Childhood Music Classes (NB - 5yrs)
Each week we combine your child’s natural love of music and imaginative play with age-appropriate activities that introduce early music concepts and foster independence, social and emotional skills, language growth and self-control. This class provides a dynamic and integrated musical experience for everyone. Parent participation required.

Emmanuel Mennonite Church
Sep 3 - Sep 24  Tu  10:30am - 11:15am  4/$50  18735
Oct 1 - Oct 22  Tu  10:30am - 11:15am  4/$50  18736
Oct 29 - Nov 19  Tu  10:30am - 11:15am  4/$50  18737
Nov 26 - Dec 17  Tu  10:30am - 11:15am  4/$50  18738
Jan 7 - Jan 28  Tu  10:30am - 11:15am  4/$50  18876
Feb 4 - Feb 25  Tu  10:30am - 11:15am  4/$50  18877

Pre-Twinkle Suzuki Violin (4yrs - 5yrs)
This is a pre-violin starter course designed to introduce young children to the violin hold and bowing, basic musical concepts and the world of Suzuki. This class requires 100% parent/guardian participation and instrument not required.

Emmanuel Mennonite Church
Sep 9 - Sep 30  M  3:15pm - 4:00pm  4/$50  18739
Oct 7 - Oct 28  M  3:15pm - 4:00pm  4/$50  18740
Nov 4 - Nov 25  M  3:15pm - 4:00pm  4/$50  18741
Jan 6 - Jan 27  M  3:15pm - 4:00pm  4/$50  18884
Feb 3 - Mar 2  M  3:15pm - 4:00pm  4/$50  18998

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

Abbotsford Recreation Centre
Sep 25 - Nov 27  W  10:00am - 10:45am  10/$165  17444
Sep 25 - Nov 27  W  11:00am - 11:45am  10/$165  17446
Jan 15 - Mar 11  W  10:00am - 10:45am  9/$149  17447
Jan 15 - Mar 11  W  11:00am - 11:45am  9/$149  17449

SPORTS

Bedtime Playtime (18mo - 5yrs)
Come out and burn off your little one’s extra energy before bedtime! Parent and child will enjoy our interactive movement based circuits, games, songs, and stories. Last 15 mins are free play.

Abbotsford Recreation Centre
Sep 15 - Oct 27  Su  6:00pm - 6:45pm  6/$40  17728
Nov 3 - Dec 15  Su  6:00pm - 6:45pm  6/$40  17726
Jan 12 - Mar 2  Su  6:00pm - 6:45pm  8/$53  17727

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.

Abbotsford Recreation Centre
Sep 12 - Oct 24  Th  4:00pm - 4:45pm  6/$39.50  17747
Oct 31 - Dec 19  Th  4:00pm - 4:45pm  8/$53  17729
Jan 9 - Feb 6  Th  4:00pm - 4:45pm  5/$33  17730
Feb 13 - Mar 12  Th  4:00pm - 4:45pm  5/$33  17731

Mini Movers (18mo - 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
Sep 11 - Oct 23  W  11:00am - 11:30am  7/$42  17772
Sep 12 - Oct 24  Th  3:15pm - 3:45pm  6/$36  17771
Oct 30 - Dec 18  W  11:00am - 11:30am  8/$48  17765
Oct 31 - Dec 19  Th  3:15pm - 3:45pm  8/$48  17768
Jan 8 - Feb 5  W  11:00am - 11:30am  5/$30  17766
Jan 9 - Feb 6  Th  3:15pm - 3:45pm  5/$30  17769
Feb 12 - Mar 11  W  11:00am - 11:30am  5/$30  17767
Feb 13 - Mar 12  Th  3:15pm - 3:45pm  5/$30  17770

Rise and Play (NB - 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.

Abbotsford Recreation Centre
Sep 10 - Oct 22  Tu  9:00am - 9:30am  7/$42  17814
Oct 29 - Dec 17  Tu  9:00am - 9:30am  8/$48  17813
Jan 7 - Feb 4  Tu  9:00am - 9:30am  5/$30  17815
Feb 11 - Mar 10  Tu  9:00am - 9:30am  5/$30  17816

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
Sep 10 - Oct 22  Tu  4:30pm - 5:15pm  7/$42  17890
Sep 15 - Oct 27  Su  4:00pm - 4:30pm  6/$36  17888
Oct 29 - Dec 17  Su  3:15pm - 3:45pm  8/$48  17877
Nov 03 - Dec 15  Su  4:00pm - 4:30pm  6/$36  17884
Jan 07 - Feb 04  Su  3:15pm - 3:45pm  5/$30  17878
Jan 12 - Mar 8  Su  4:00pm - 4:30pm  8/$48  17886
Feb 11 - Mar 10  Su  3:15pm - 3:45pm  5/$30  17882

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

Abbotsford Recreation Centre
Sep 10 - Oct 22  Tu  4:00pm - 4:45pm  7/$46.50  17847
Sep 14 - Oct 26  Sa  10:45am - 11:30am  6/$40  17852
Oct 29 - Dec 19  Tu  4:00pm - 4:45pm  8/$53  17848
Nov 2 - Dec 14  Sa  10:45am - 11:30am  5/$33  17850
Jan 7 - Feb 4  Tu  4:00pm - 4:45pm  7/$33  17849
Jan 11 - Mar 7  Sa  10:45am - 11:30am  8/$53  17851
Feb 11 - Mar 10  Tu  4:00pm - 4:45pm  7/$33  17868

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

Abbotsford Recreation Centre
Sep 15 - Oct 27  Su  4:30pm - 5:15pm  6/$40  17899
Nov 3 - Dec 15  Su  4:40pm - 5:25pm  6/$40  17892
Jan 12 - Mar 8  Su  4:40pm - 5:25pm  8/$53  17893
Superhero Training (3yrs - 5yrs)
Help your child discover their super powers! This program focuses on creating confident kids who can be Super Heroes every day! There is a physical focus on balance, flexibility, coordination, and strength, while also promoting the development of social skills such as listening to instructions and working with others.

Abbotsford Recreation Centre
Sep 12 - Oct 24 Th 11:45am - 12:30pm 6/$39.50 17919
Sep 13 - Oct 25 F 9:00am - 9:45am 7/$46.50 17912
Oct 31 - Dec 19 Th 11:45am - 12:30pm 8/$53 17916
Nov 1 - Dec 20 F 9:00am - 9:45am 8/$53 17913
Jan 10 - Feb 7 F 9:00am - 9:45am 5/$33 17914
Jan 9 - Feb 6 Th 11:45am - 12:30pm 5/$33 17917
Feb 13 - Mar 12 Th 11:45am - 12:30pm 5/$33 17918
Feb 14 - Mar 13 F 9:00am - 9:45am 5/$33 17915

Rumble Tumble (18mo - 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
Sep 9 - Oct 21 M 9:00am - 9:30am 6/$36 17819
Sep 14 - Oct 26 Sa 9:00am - 9:30am 6/$36 17820
Oct 28 - Dec 16 M 9:00am - 9:30am 7/$42 17818
Nov 2 - Dec 14 Sa 9:00am - 9:30am 5/$30 17817
Jan 6 - Feb 3 M 9:00am - 9:30am 5/$30 17822
Jan 11 - Mar 7 Sa 9:00am - 9:30am 8/$48 17821
Feb 10 - Mar 9 M 9:00am - 9:30am 4/$24 17823

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

Abbotsford Recreation Centre
Sep 9 - Oct 21 M 9:45am - 10:30am 6/$39.50 18032
Sep 14 - Oct 26 Sa 9:45am - 10:30am 6/$39.50 18038
Oct 28 - Dec 16 M 9:45am - 10:30am 7/$46.50 18325
Jan 6 - Feb 3 M 9:45am - 10:30am 5/$33 18326
Jan 11 - Mar 7 Sa 9:45am - 10:30am 8/$53 18037
Feb 10 - Mar 9 M 9:45am - 10:30am 4/$26.50 18327

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
Sep 11 - Oct 23 W 11:45am - 12:30pm 7/$46.50 17931
Oct 30 - Dec 18 W 11:45am - 12:30pm 8/$53 17920
Jan 8 - Feb 5 W 11:45am - 12:30pm 5/$33 17921
Feb 12 - Mar 11 W 11:45am - 12:30pm 5/$33 17925
Pro-D Day Camp
(6yrs - 12yrs)
Looking for a fun and active way for your child to spend their Pro-D Day? Have them join us for a day full of fun with games, creativity, and swimming.

ABBOTSFORD RECREATION CENTRE
9AM - 4PM, $40
Sep 27 .................. F 16875
Oct 18 .................. F 16876
Nov 21 .................. Th 16877
Nov 22 .................. F 16878
Jan 31 .................. F 16880
Feb 14 .................. F 16881

WinterFEST
Camp (6yrs - 12yrs)
ARC will be in a flurry of winter fun! We’ll be filling our camp days with swimming, skating, gym games, crafts and endless fun. Before and after care are available.

ABBOTSFORD RECREATION CENTRE
9AM - 4PM, $40
Dec 23 ........... M 16921
Dec 27 ........... F 16923
Dec 30 ........... M 16924
Jan 2 ........... Th 16926
Jan 3 ........... F 16927
Jan 31 ........... F 16880
Feb 14 ........... F 16881

DAY CAMP BEFORE AND AFTER CARE
(6yrs - 12yrs)
Before and after care is available for our full day camps at Abbotsford Recreation Centre.
Before Care (8AM - 9AM): 1/$6.10
After Care (4PM - 5PM): 1/$6.10

direct2rec.com
**Super Splash (7yrs - 12yrs)**
A wet and wild camp that will keep you moving! Start the day with lessons in the pool and spend the rest of the morning playing games, crafts, and activities. Then head to the pool in the afternoon for free time to splash and play!

**MATSQUI RECREATION CENTRE**
Mar 23 - 27 M-F 9am - 4pm 5/$183 17013

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**Youth Adventures (8yrs - 12yrs)**
A camp experience your kids are sure to remember! We will be filling our days with swimming, skating, gym games, and craft exploration.

**ABBOTSFORD RECREATION CENTRE**
Mar 16 - 20 M-F 9am - 4pm 5/$158 17005
Mar 23 - 27 M-F 9am - 4pm 5/$158 17006

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**Creative Kids (7yrs - 12yrs)**
This is a great opportunity for your child to explore and discover their creative side and enjoy a variety of art and craft mediums. Camp takes part in different recreational activities.

**ABBOTSFORD RECREATION CENTRE**
Mar 16 - 20 M-F 9am - 4pm 5/$158 17003

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**Dance & Perform (7yrs - 12yrs)**
We’ll be singing, dancing and acting all week long. You’ll get a chance to create your own performance and showcase at the end of the week. Camp takes part in different recreational activities.

**ABBOTSFORD RECREATION CENTRE**
Mar 23 - 27 M-F 9am - 4pm 5/$183 17008

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**Super Skate Camp (6yrs - 8yrs)**
We’ll start each day with a skate lesson and then spend the rest of the day playing games and doing creative activities. There will be additional time on the ice and free time in the pool.

**ABBOTSFORD RECREATION CENTRE**
Mar 16 - 20 M-F 9am - 4pm 5/$183 17025
Mar 23 - 27 M-F 9am - 4pm 5/$183 17027

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**Ultimate Sports (7yrs - 12yrs)**
This week will be full of non-stop action with new and classic games and sports. We’ll take be sure to take breaks with other recreation activities.

**ABBOTSFORD RECREATION CENTRE**
Mar 16 - 20 M-F 9am - 4pm 5/$158 17017

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**Wizarding World (7yrs - 12yrs)**
ARC will be exploring the world of potions, Quidditch and mystical beasts this week with our budding wizards and witches. Camp takes part in different recreational activities.

**ABBOTSFORD RECREATION CENTRE**
Mar 23 - 27 M-F 9am - 4pm 5/$183 17028

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

**ABBOTSFORD RECREATION CENTRE**
Mix It Up Sports
Mar 16 - 20 M-F 9am - 11am 5/$66 17029

Rumble Tumble
Mar 23 - 27 M-F 9am - 11am 5/$66 17059
“It’s a scheduling challenge getting everyone together, between my daughter having time with her dad and Tom’s son with his mom,” says Mary, “but we find a way to make it work, and the programs at ARC sure make it easier.”

All the kids love the Mad Scientists classes, where they can learn, create and experiment with things that pop, fizz, glow, erupt and transform in a structured environment where messes are the norm.

“We’re thinking about putting our kids in the French immersion programs at school,” notes Mary, “so we’ve got them in ARC’s Intro to French. They love reading the story books, singing the songs and watching the videos.”

Mary and Tom also have managed to carve out a bit of date time, by enrolling the kids in the Youth Home Alone programs, where they learn home and personal safety tips like how to safely answer phone calls, the responsibilities of staying home alone and dealing with emergency situations.

“ARTS & CRAFTS

*ALL SUPPLIES ARE INCLUDED WITH ART PROGRAMS.

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

**Matsqui Recreation Centre**

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<th>Day</th>
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**Fundamentals of Painting for Kids (6yrs - 8yrs)**
This class is designed as an introduction to the fine art of painting. Students in this class will learn the basics of colour theory, colour mixing, and explore a variety of paint techniques and mediums.

**Abbotsford Recreation Centre**

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**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.
Childrens Programs

Homeschool Art Exploration (6yrs - 12yrs)
We offer homeschool families an exciting opportunity for art exploration through a variety of different mediums. Paint, draw, sculpt and flex your creative muscles!

Abbotsford Recreation Centre
Sep 9 - Oct 21 M 1:00pm - 2:00pm 6/$65.50 17860
Oct 28 - Dec 16 M 1:00pm - 2:00pm 7/$76.50 17861
Jan 6 - Feb 3 M 1:00pm - 2:00pm 5/$54.50 17866
Feb 10 - Mar 9 M 1:00pm - 2:00pm 4/$43.50 17867

Illustration & Comic Book Art (6yrs - 12yrs)
Are you interested in comics, cartoons, graphic novels, or do you just like to draw? Students will learn to draw a variety of characters and styles. All materials will be provided.

Abbotsford Recreation Centre
Sep 17 - Oct 29 M/W 4:30pm - 5:30pm 8/$58 17900
Oct 30 - Dec 18 M/W 4:30pm - 5:30pm 5/$36.50 17871
Nov 7 - Dec 19 M/W 4:30pm - 5:30pm 7/$76.50 17874

COOKING

Lil’ Chefs (6yrs - 8yrs)
Learn the kitchen basics you’ll need to help out with family meals. Each child will build their own cookbook to bring home.

Abbotsford Recreation Centre
International Eats
Sep 17 - Oct 29 Tu 4:30pm - 6:00pm 7/$113 17894

Holiday Treats
Nov 5 - Dec 24 Tu 4:30pm - 6:00pm 8/$129 17896

Breakfast Club
Jan 14 - Feb 11 Tu 4:30pm - 6:00pm 5/$81 17900

Between Bread
Feb 18 - Mar 17 Tu 4:30pm - 6:00pm 5/$81 17901

Kid Chefs (9yrs - 12yrs)
Learn the kitchen basics you’ll need to help out with family meals. Each child will build their own cookbook to bring home.

Abbotsford Recreation Centre
International Eats
Sep 11 - Oct 23 W 6:15pm - 7:45pm 7/$113 17885

Holiday Treats
Oct 30 - Dec 18 W 6:15pm - 7:45pm 8/$129 17887

Breakfast Club
Jan 8 - Feb 5 W 6:15pm - 7:45pm 5/$81 17889

Between Bread
Feb 12 - Mar 11 W 6:15pm - 7:45pm 5/$81 17891

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.

Matsqui Recreation Centre
Sep 11 - Oct 23 W 4:30pm - 5:30pm 7/$51 17694
Jan 8 - Feb 5 W 4:30pm - 5:30pm 5/$36.50 17695

Hip Hop (6yrs - 10yrs)
This one-hour class will introduce kids to the world of Hip Hop dance. Participants will learn new dance moves and build confidence as they create an original dance routine.

Matsqui Recreation Centre
Oct 30 - Dec 18 W 4:30pm - 5:30pm 8/$58 17892
Feb 12 - Mar 11 W 4:30pm - 5:30pm 5/$36.50 17894

FITNESS

Kids Yoga (6yrs - 12yrs)
Yoga for children has been shown to increase focus, self-esteem and a decrease in anxiety, in all aspects of their lives; as well as increase their physical strength and flexibility. This class incorporates a variety of breathing techniques and poses in a fun and relaxed environment.

Abbotsford Recreation Centre
Sep 16 - Oct 28 M 4:45pm - 5:30pm 6/$56 17586
Nov 4 - Dec 16 M 4:45pm - 5:30pm 6/$56 17598
Jan 13 - Feb 10 M 4:45pm - 5:30pm 5/$46 17601

Intermediate French (6yrs - 12yrs)
This course is designed for those that have had little to no introduction to French. We will introduce and reintroduce topics such as colors, numbers, greetings, and politeness in the French language. Tasks may include reading French story books, singing French songs, and speaking activities.

Abbotsford Recreation Centre
Sep 9 - Oct 23 M/W 4:00pm - 5:00pm 13/$121.50 17037
Oct 28 - Dec 18 M/W 4:00pm - 5:00pm 16/$140.50 17038
Jan 6 - Feb 5 M/W 4:00pm - 5:00pm 10/$93.50 17039
Feb 10 - Mar 11 M/W 4:00pm - 5:00pm 9/$84 17040

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

Abbotsford Recreation Centre
Sep 9 - Oct 23 M/W 4:00pm - 5:00pm 10/$93.50 17040
Oct 28 - Dec 18 M/W 4:00pm - 5:00pm 12/$110.50 17124
Jan 6 - Feb 5 M/W 4:00pm - 5:00pm 10/$93.50 17149
Feb 10 - Mar 11 M/W 4:00pm - 5:00pm 9/$84 17150

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

Abbotsford Recreation Centre
Sep 10 - Oct 25 Tu 4:30pm - 5:30pm 7/$51 17433
Oct 29 - Dec 17 Tu 4:30pm - 5:30pm 8/$58.50 17434
Jan 7 - Feb 4 Tu 4:30pm - 5:30pm 5/$36.50 17435
Feb 11 - Mar 10 Tu 4:30pm - 5:30pm 5/$36.50 17436
### MUSIC

**The Remarkable Ukulele (5yrs - 12yrs)**
Everybody's playing the ukulele! Join us for a fun and interactive class on this special little stringed instrument. No experience necessary. Ukuleles may not be available for students who do not have one. If you need one, please contact our music school at 604 852-3242.

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<th>Class</th>
<th>Abbotsford Recreation Centre</th>
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<td>8yrs - 12yrs</td>
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**Emmanuel Mennonite Church**

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<td>9yrs - 14yrs</td>
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**Fiddle Tunes (6yrs - 15yrs+)**
This fun group class introduces the student to violin (fiddle) basics as well as a wealth of some lively folk tunes. Students will need to have a violin to bring to class and to practice at home. Rentals may be available, please call the music school at 604.852.3242.

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**My First Piano Adventures (5yrs - 6yrs)**
A fun group piano course teaching the basics of beginning piano mixed with activities to learn rhythm, ear training and note reading. Having a piano or keyboard at home is required for practice time.

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### 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**

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**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.

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**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.

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**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, and dealing with emergency situations.

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**Kid's Night Out (7yrs - 12yrs)**
Parents need a break? Send your kids out for a fun night of games and swimming 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**

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<th>Class</th>
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**SPORTS**

**Abbotsford Boxing: Junior Class** *(7yrs - 11yrs)*

This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, different punch combinations and defense. Supplies not included.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Day</th>
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<tr>
<td><strong>Sep 10 - Oct 22</strong></td>
<td>Tu 3:45pm - 4:45pm</td>
<td>7/$27</td>
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<td>8/$88</td>
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<td>5/$55</td>
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<td>5/$55</td>
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**BC Bounce - Rise & Shine Basketball** *(8yrs - 12yrs)*

Individual coaching sessions in group shooting, dribbling, passing, post play, 1-on-1 play, and transition games. Coaches: Dominick Vann, Taylor Claggett, Brittany Wertman, and Special Guests.

**Abbotsford Recreation Centre**

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<td>48/$175</td>
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**Fencing: Classical French** *(8yrs - 17yrs)*

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

**Matsqui Recreation Centre**

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**Floor Hockey** *(6yrs - 12yrs)*

Grab your stick and join us for some fun floor hockey! Learn and develop the ABCs of movement: agility, balance, coordination and speed, as well as running, passing, twisting and shooting through fun games and activities.

**Abbotsford Recreation Centre**

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</tr>
</tbody>
</table>

**PE for Homeschool Children** *(6yrs - 12yrs)*

This course will provide your child the opportunity to build physical literacy and gain confidence in new games and sports in a supportive and engaging environment. This session will include outdoor games.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
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<td>M 10:45am - 11:45am</td>
<td>6/$43.50</td>
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<td>M 10:45am - 11:45am</td>
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<td>17774</td>
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<tr>
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<td>5/$36.50</td>
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<tr>
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<td>4/$29</td>
<td>17776</td>
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</tbody>
</table>

**Soccer Level 1** *(6yrs - 12yrs)*

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

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Session</th>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
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<td>5/$37</td>
<td>17855</td>
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</table>
SOCCER LEVEL 2 (6yrs - 12yrs)
Have you learned the basic skills of soccer? Come develop your agility, balance, coordination and speed, with running, jumping, twisting, throwing, and catching through fun games and activities.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Date</th>
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<th>Time</th>
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<td>9-12 yrs</td>
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<td>Oct 27</td>
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<td>Jan 12</td>
<td>Mar 8</td>
<td>6:45pm - 7:45pm</td>
<td>8/$59</td>
<td>17910</td>
</tr>
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</table>

**Wheelchair Basketball for Kids** (8yrs - 12yrs)
Wheelchair basketball is a fast paced, physical and dynamic game in the adapted sport community. Wheelchair basketball is inclusive; this means that able-bodied athletes participate, alongside athletes with a physical disability.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
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</thead>
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**SWIMMING**

**Bronze Star** (10yrs - 12yrs)
Bronze Star is designed to deliver high-performance training for pre-teens. Candidates learn CPR, land spinal recovery, solo & partner rescues, searches & first-aid skills. Must be able to swim 400m.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
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<td>Mar 16 - 18</td>
<td>M - W 9:00am - 12:30pm</td>
<td>3/$74</td>
<td>20050</td>
</tr>
<tr>
<td>Mar 23 - 25</td>
<td>M - W 9:00am - 12:30pm</td>
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</tbody>
</table>

**Homeschool Swim Lessons**
These Red Cross swim lessons are scheduled conveniently for home schooled students, your swim lesson time will be decided based on level and will be at either 1:00pm or 1:45pm. No class Oct 14.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
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<tbody>
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<td>1:45pm - 2:30pm</td>
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**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. No class Oct 6, Nov 10, Feb 15.

**Abbotsford Recreation Centre**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Fee</th>
<th>Code</th>
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<td>8/$164.50</td>
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</tr>
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</table>
“Sometimes I just need to get away from the screen,” says avid video gamer Josh. “I mean, I love being on-line and gaming with my friends, but after a while I need to move.”

To get his physical game on Josh turns up at ARC on Saturday nights for the Teen Soccer programs. He is working on getting his physical agility, coordination and speed to the same level as his gaming skills. “And I have a whole other set of friends,” he notes.

Hamish was looking for the same challenges, only with his 6-foot-2-inch frame; he found his niche in the Tuesday afternoon volleyball program. New to the game, he’s learning the rules and skills involved with volleyball and upping his fitness levels, too.

FITNESS

Teen Weight Room Orientation (13yrs - 15yrs)
Teens are able to work out in Abbotsford PRC facilities during designated times without adult supervision upon successful completion of the Teen Weight Room Orientation course. Join our Certified Fitness Instructor for a safe, supervised and educational review of our gym guidelines, some best practices and a full body exercise program.

Abbotsford Recreation Centre

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Course No</th>
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<td>W</td>
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<td>Sep 25</td>
<td>W</td>
<td>4:15pm - 5:45pm</td>
<td>$14.50</td>
<td>17552</td>
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<tr>
<td>Oct 9</td>
<td>W</td>
<td>4:15pm - 5:45pm</td>
<td>$14.50</td>
<td>17553</td>
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<tr>
<td>Oct 23</td>
<td>W</td>
<td>4:15pm - 5:45pm</td>
<td>$14.50</td>
<td>17554</td>
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<tr>
<td>Nov 6</td>
<td>W</td>
<td>4:15pm - 5:45pm</td>
<td>$14.50</td>
<td>17555</td>
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<tr>
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<td>W</td>
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<td>$14.50</td>
<td>17556</td>
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<tr>
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<td>4:15pm - 5:45pm</td>
<td>$14.50</td>
<td>17557</td>
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<td>Dec 18</td>
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<td>$14.50</td>
<td>17558</td>
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<td>Jan 15</td>
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<td>17576</td>
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<tr>
<td>Feb 12</td>
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<td>$14.50</td>
<td>17581</td>
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<td>W</td>
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<td>$14.50</td>
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Matsqui Recreation Centre

<table>
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<th>Day</th>
<th>Time</th>
<th>Fee</th>
<th>Course No</th>
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<tbody>
<tr>
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<td>16801</td>
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<td>$14.50</td>
<td>16802</td>
</tr>
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<td>Dec 12</td>
<td>Th</td>
<td>4:30pm - 6:00pm</td>
<td>$14.50</td>
<td>16803</td>
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<tr>
<td>Jan 16</td>
<td>Th</td>
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<td>$14.50</td>
<td>16804</td>
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<tr>
<td>Feb 13</td>
<td>Th</td>
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<td>$14.50</td>
<td>16805</td>
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<td>Th</td>
<td>4:30pm - 6:00pm</td>
<td>$14.50</td>
<td>16806</td>
</tr>
</tbody>
</table>
SPONSORS

Abbotsford Boxing: Youth Class (12yrs - 16yrs)
This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, different punch combinations and defense. Supplies not included.

Abbotsford Recreation Centre
Sep 10 - Oct 22 Tu 5:00pm - 6:00pm 7/$77 17456
Oct 29 - Dec 17 Tu 5:00pm - 6:00pm 8/$88 17457
Jan 7 - Feb 4 Tu 5:00pm - 6:00pm 5/$55 17460
Feb 11 - Mar 10 Tu 5:00pm - 6:00pm 5/$55 17461

BC Bounce (9yrs - 16yrs)
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
9yrs - 12yrs
Sep 16 - Nov 23 M/Sa 5:00pm - 6:00pm 18/$235 18704
9yrs - 11yrs
Sep 18 - Nov 22 W/F 5:00pm - 6:00pm 20/$235 18707
10yrs - 13yrs
Sep 18 - Nov 22 W/F 6:00pm - 7:00pm 20/$235 18710
12yrs - 16yrs
Sep 16 - Nov 23 M/Sa 6:00pm - 7:00pm 18/$235 18705

PE for Homeschool Youth (13yrs - 17yrs)
Physical education is an integral part of every child’s development. This course will provide your child the opportunity to build physical literacy and gain confidence in new games and sports in a supportive and engaging environment.

Abbotsford Recreation Centre
Sep 11 - Oct 23 W 9:30am - 10:30am 7/$51 17780
Oct 30 - Dec 18 W 9:30am - 10:30am 8/$58.50 17777
Jan 8 - Feb 5 W 9:30am - 10:30am 5/$36.50 17778
Feb 12 - Mar 11 W 9:30am - 10:30am 5/$36.50 17779

Teen Soccer (13yrs - 17yrs)
Come develop your agility, balance, coordination and speed, as well as running, jumping, twisting, throwing, and catching with our experienced instructors.

Abbotsford Recreation Centre
Sep 14 - Oct 26 Sa 7:15pm - 8:15pm 6/$42.50 17932
Nov 16 - Dec 14 Sa 8:15pm - 9:15pm 4/$29 17933
Jan 11 - Mar 7 Sa 7:15pm - 8:15pm 8/$58.50 17938

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
Sep 10 - Oct 22 Tu 3:30pm - 4:30pm 7/$51 18341
Oct 29 - Dec 17 Tu 3:30pm - 4:30pm 8/$58.50 18332
Feb 11 - Mar 10 Tu 3:30pm - 4:30pm 5/$36.50 18340
Jan 7 - Feb 4 Tu 3:30pm - 4:30pm 5/$36.50 18333

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 aquatic facilities. Candidates develop proficiency at performing patient assessments, managing aquatic emergencies, while developing stroke endurance (500m in 15 minutes) and fitness training skills.

Abbotsford Recreation Centre
Sep 20 - 22 F - Su 5pm - 9pm, 10am - 6pm 3/$160 19977
Oct 25 - 27 F - Su 5pm - 9pm, 10am - 6pm 3/$160 19978
Jan 24 - 26 F - Su 5pm - 9pm, 10am - 6pm 3/$160 20073
Mar 18 - 20 W - F 9:00am - 5:00pm 3/$160 20074
Mar 25 - 27 W - F 9:00am - 5:00pm 3/$160 20077

Bronze Medallion (13yrs+)
Students learn self-rescue techniques, defense and release methods and optics 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
Sep 13 - 15 F - Su 5pm - 9pm, 10am - 6pm 3/$175 19975
Oct 18 - 20 F - Su 5pm - 9pm, 10am - 6pm 3/$175 19976
Jan 17 - 19 F - Su 5pm - 9pm, 10am - 6pm 3/$175 20056
Mar 16 - 18 M - W 9:00am - 5:00pm 3/$175 20057
Mar 23 - 25 M - W 9:00am - 5:00pm 3/$175 20069

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
Sep 13 - 22 F - Su 5pm - 9pm, 10am - 6pm 6/$335 19970
Oct 18 - 27 F - Su 5pm - 9pm, 10am - 6pm 6/$335 19972
Dec 26 - 31 Th - Tu 12pm - 5pm, 10am - 6pm 6/$335 19974
Jan 17 - 26 F - Su 5pm - 9pm, 10am - 6pm 6/$335 20052
Mar 16 - 20 M - F 9:00am - 5:00pm 5/$335 20053
Mar 23 - 27 M - F 9:00am - 5:00pm 5/$335 20054

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.

Abbotsford Recreation Centre
Sep 14 - 22 Sa/Su 10:00am - 12:30pm 4/$74 19968
Oct 19 - 27 Sa/Su 10:00am - 12:30pm 4/$74 19969
Mar 16 - 18 M - W 9:00am - 12:30pm 3/$74 20050
Mar 23 - 25 M - W 9:00am - 12:30pm 3/$74 20051

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

Abbotsford Recreation Centre
Jan 2 - 4 Th - Sa 9:00am - 6:00pm 3/$260 19979
Mar 27 F - Su 9:00am - 6:00pm 3/$260 20080

Water Safety Instructor PREP (15yrs+)
The Water Safety Instructor PREP is the first course in the Swimming Instructing stream. This course will include all of the content being a swimming instructor and includes teaching methods, learning styles, physical principles, swimming progressions, communication, safety supervision and water safety.

Matsqui Recreation Centre
Jan 31 - Feb 8 F - Sa 5pm - 9pm, 9am - 6pm 6/$340 20088
Water Safety Instructor (15yrs+)
The Water Safety Instructor (WSI) is the final course in the Swimming Instructing stream. It is designed to build on the previous knowledge learned in the WSI PREP course and introduce candidates to the specific programs that they will be teaching. Course instruction will include lesson planning, effective evaluation. Other topics will include instructional emergency response skills and continued development of progressions, drills and teaching strategies.

Matsqui Recreation Centre
Oct 12 - 14  Sa - M  10:00am - 7:00pm  3/$200  19997
Feb 15 - 17  Sa - M  10:00am - 7:00pm  3/$200  20091

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
Oct 26  Sa  5:00pm - 9:00pm  1/$120  19998
Nov 30  Sa  5:00pm - 9:00pm  1/$120  19999
Dec 28  Sa  5:00pm - 9:00pm  1/$120  20000
Jan 25  Sa  5:00pm - 9:00pm  1/$120  20092
Feb 29  Sa  5:00pm - 9:00pm  1/$120  20093
Mar 28  Sa  5:00pm - 9:00pm  1/$120  20094

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
Dec 21 - 28  Sa - M  11am - 7pm, 8am - 2pm  9/$540  19996
Jan 31 - Feb 17  F - Su  5pm - 9pm, 10am - 7pm  9/$540  20089
Mar 15 - 20  Su - F  9:00am - 6:00pm  9/$540  20090

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. No class Dec 31, Jan 1.

Matsqui Recreation Centre
Nov 2 - 11  Sa - M  10:00am - 7:30 pm  5/$375  19980
Dec 29 - Jan 5  M - F  10am - 7pm, 9am - 6:30pm  5/$375  19982
Feb 21 - Mar 1  F - Su  5pm - 9pm, 9am - 6:30pm  5/$375  20084
Mar 23 - 27  M - F  9:00am - 6:00pm  5/$375  20085

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

Abbotsford Recreation Centre
Oct 14  M  10:00am - 6:00pm  1/$115  19983
Nov 11  M  10:00am - 6:00pm  1/$115  19984
Feb 17  M  10:00am - 6:00pm  1/$115  20086
Mar 22  Su  10:00am - 6:00pm  1/$115  20087

FITNESS TRAINING
Please see ‘Fitness Training’ section on page 32 for all course listings that will kick start a career in the Fitness Industry.

Youth Programs

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

REGISTERED PROGRAMS

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td>Youth Drop-in</td>
<td>Youth Drop-in</td>
<td>Youth Drop-in</td>
<td>Youth Drop-in</td>
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FREE DROP IN PROGRAMS AYC @Abbotsford Recreation Centre - 2499 McMillan Road

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AYC @Matsqui Recreation Centre - 3106 Clearbrook Road

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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.

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GUYS/GIRLS/YOUTH NIGHT (12yrs - 16yrs)
These recreational programs introduce youth to a variety of activities that encourage youth to live active, healthy lifestyles. Activities may include martial arts, rock climbing, bowling, corn maze, dance and more. Held at various community locations.

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FREE DINNER NIGHTS (12yrs - 18yrs)
At our AYC Youth Centres we host a ‘family style’ sit down dinner. Youth help prepare and serve the dinners. Check out our website for dates and times.

FREE DINNER NIGHTS
Abbotsford Middle School
Oct - Jun W 8pm - 10pm

EMPOWERED (12yrs - 15yrs)
This engaging, interactive course is designed to help youth build self confidence in a safe group setting.
Oct 26 Sa 9am - 4:30pm $150

LEVEL UP LEADERSHIP PROGRAM
Certificates provided after each completed course.

LEVEL 1 LEADERSHIP (12yrs - 15yrs)
Social engagement, trust, leadership and confidence building activities. Building positive identity, improving communication and interpersonal skills.

LEVEL 2 LEADERSHIP (12yrs - 16yrs)
Gain practical skills to become an effective and successful youth leader. Youth have the opportunity to deliver a game or activity in the community.

LEVEL 3 LEADERSHIP (15yrs - 18yrs)
Gain practical skills to become an effective and successful youth leader. Youth have the opportunity to deliver a game or activity in the community.

LEVEL 4 LEADERSHIP - LEAD (Grade 9 - 12)
A focus on community involvement and peer engagement. Youth will help plan and deliver a BC Youth Week event in May. T-shirt for each leader provided.
Feb - May 4pm - 5:30pm 5+ $60

FOODSAFE (14yrs - 18yrs)
This Level 1 course is for food service front line workers such as bus persons, servers, dishwashers and cooks. FOODSAFE certificate upon completion.

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GUYS/GIRLS/YOUTH NIGHT (12yrs - 16yrs)
These recreational programs introduce youth to a variety of activities that encourage youth to live active, healthy lifestyles. Activities may include martial arts, rock climbing, bowling, corn maze, dance and more. Held at various community locations.

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FREE DINNER NIGHTS (12yrs - 18yrs)
At our AYC Youth Centres we host a ‘family style’ sit down dinner. Youth help prepare and serve the dinners. Check out our website for dates and times.

FREE DINNER NIGHTS
Abbotsford Middle School
Oct - Jun W 8pm - 10pm

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

Register online abbyouth.com

Visit our website for information on Spring Break activities and special events such as Pink Shirt Day in February.

Abbotsford Youth Commission - because youth matter
208 -33355 Bevan Ave I 778.880.8559 I info@abbyouth.com I abbyouth.com
Celebrate Neighbours’ Day on September 14
...You’ll be glad you did.

Research shows that a simple friendly gesture, like saying hello to a stranger, greatly increases feelings of safety and enjoyment of a neighbourhood. This Abbotsford Neighbours’ Day we challenge all Abbotsford residents to say a simple “Hello, Neighbour” to someone you don’t know - it’s an easy no cost way to make Abbotsford a more friendlier place to live.

If you want to do something special for your neighbourhood, need more information or want to borrow our Neighbourhood Spirit Toolkit contact the Community Developer at 604.557.1464 or email commdevelopment@abbotsford.ca.

Making strangers into friends is an easy way to increase connectedness on your street! To check out how some Abbotsford neighbourhoods have brought the neighbours together, visit abbotsford.ca/neighbourhoods.
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.

**DROP-IN PROGRAMS**

**Abbotsford Recreation Centre**

**Adapted Sport Zone**

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

**Tu/Th 11:45am - 12:45pm**

**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.

**W/F 10:30am - 11:30am**

**ChoreoFit**

We slow it down, and turn it up in this choreo class. We go through all of the different choreographed classes PRC has to offer at a slower speed so everyone can keep up. From Step to Hip Hop and everything in between; come party with us!

**Su 11:30am - 12:30pm**

**Wheelchair Basketball**

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

**Tu 6:15pm - 7:15pm**

**Matsqui Recreation Centre**

**Adapted Fit Zone**

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

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

**REGISTERED PROGRAMS**

**Abbotsford Recreation Centre**

**Breathe Easy**

A low intensity, low impact class designed for individuals with lung health concerns (COPD, asthma, etc.). Classes include balance, strength and endurance exercises designed to allow participants to go at their own pace.

**Pg. 31**

**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. 31**

**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. 31**

**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. 31**

The City of Abbotsford is committed to making the Parks, Recreation & Culture facilities welcoming, inclusive and accessible to all Abbotsford residents.

If you are looking for additional assistance to participate, contact the ARC Recreation Coordinator at 604.853.4221 or the MRC Recreation Coordinator at 604.855.0500.
Every child should have an opportunity to learn to swim!
Red Cross has provided our certified Swimming and Water Safety Instructors and aquatic facilities with the tools they need to help ensure swimming lessons meet your swimmer’s needs. This is not a separate program but a modification of Red Cross Swim Programs. Instructors will include swimmers in Red Cross Swim Preschool or Red Cross Swim Kids group lessons or we offer one-on-one or small group classes.

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**

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
For years Frank and Helen, and Helen’s brother Charles and his wife Annette have done most things together - vacationed, volunteered, socialized - and, now that everyone has retired, found ways to stay fit and active.

A couple of times a week the foursome heads to the pool at ARC for an hour of laps swimming before heading off to lunch.

The ladies also spend a couple of hours a week in the gym working on their strength and flexibility at Strength and Stretch classes. The timed circuit format keeps them moving and motivated while challenging their strength, flexibility and cardiovascular health.

Frank and Charles register for the weekly, tournament-style pickleball round robin play, where they have been known to top the leader board. While the round robin takes place on most courts, one is always open for beginners to learn the game under the eye of a community recreation leader.

FITNESS

Ladies Only Fit Circuit
Join this fun and supportive group class where you will learn how to use the fitness equipment safely and effectively. This class will be taught out of the Ladies Only Fitness area at Matsqui Recreation Centre, in a safe and comfortable environment, where you can try new exercises, meet like-minded women and get sweaty!

Abbotsford Recreation Centre

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 at Abbotsford Recreation Centre and teach you exercises varying from machines, bands, balls and free weights. Come learn how to strength train with correct form and have fun doing it!

### Adult Programs

**PRE/POST NATAL**

**Mom & Baby Fitness**

This class allows mom to get a great workout while attending to baby’s needs. You will experience a full body workout, including strength and flexibility, in a supportive and fun environment while meeting other moms and babies.

**Abbotsford Recreation Centre**

| Sep 20 - Oct 25 | M/W | 11:15am - 12:15pm | 6/$67 | 17673 |
| Nov 1 - Dec 13 | M/W | 11:15am - 12:15pm | 7/$79 | 17674 |

**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. Connect with other moms-to-be in your community as you enjoy the benefits for both you and baby.

**Abbotsford Recreation Centre**

| Sep 16 - Oct 28 | M | 6:15pm - 7:15pm | 6/$68 | 17653 |
| Nov 4 - Dec 16 | M | 6:15pm - 7:15pm | 6/$68 | 17656 |
| Jan 13 - Feb 10 | M | 6:15pm - 7:15pm | 5/$56 | 18464 |

**PREVENTATIVE HEALTH**

**Breathe Easy**

A low intensity, low impact class designed for individuals with lung health concerns (COPD, asthma, etc.), and anyone looking for a slower-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.

**Abbotsford Recreation Centre**

| Sep 3 - 26 | Tu/Th | 11:45am - 12:30pm | 8/$54 | 17623 |
| Oct 1 - 31 | Tu/Th | 11:45am - 12:30pm | 10/$68 | 17624 |
| Nov 5 - 28 | Tu/Th | 11:45am - 12:30pm | 8/$54 | 17625 |
| Dec 3 - 19 | Tu/Th | 11:45am - 12:30pm | 6/$41 | 17626 |
| Jan 7 - 30 | Tu/Th | 11:45am - 12:30pm | 8/$54 | 18231 |
| Feb 4 - 27 | Tu/Th | 11:45am - 12:30pm | 8/$54 | 18232 |
| Mar 3 - 31 | Tu/Th | 11:45am - 12:30pm | 9/$61 | 18233 |

**Cardiac Rehab**

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. Program is provided by the Fraser Health Authority Cardiac Rehabilitation and Prevention and requires referral from Fraser Health. Please contact Abbotsford Recreation Centre 604.853.4221 for further details.

**Abbotsford Recreation Centre**

| Sep 3 - Dec 19 | Tu/Th | 7:30am - 9:15am | 10/$32 | 18475 |
| Sep 3 - Dec 19 | M/W | 9:30am - 11:15am | 10/$32 | 18476 |
| Sep 4 - Dec 18 | M/W | 1:45pm - 3:30pm | 10/$29 | 18474 |
| Jan 6 - Mar 30 | M/W | 1:45pm - 3:30pm | 8/$24 | 18477 |
| Jan 7 - Mar 31 | Tu/Th | 7:30am - 9:15am | 10/$25 | 18478 |
| Jan 7 - Mar 31 | Tu/Th | 9:30am - 11:15am | 10/$25 | 18479 |

**Cardiac Maintenance**

This program is for anyone who has a history of a heart attack, heart surgery or angioplasty and has been cleared by a physician to participate in physical activity. Participants first register to Cardiac Rehabilitation Program, then once graduated from the CRP they are eligible for the Cardiac Maintenance Program.

**Abbotsford Recreation Centre**

| Sep 3 - 26 | Tu/Th | 7:30am - 8:30am | 8/$54 | 16809 |
| Sep 5 - Oct 3 | M/Th | 3:00pm - 4:00pm | 9/$61 | 16813 |
| Sep 5 - Oct 3 | Tu/Th | 7:30am - 8:30am | 10/$68 | 16810 |
| Oct 7 - 31 | M/Th | 3:00pm - 4:00pm | 7/$47 | 16814 |
| Nov 4 - 28 | M/Th | 3:00pm - 4:00pm | 7/$47 | 16815 |
| Nov 5 - 28 | Tu/Th | 7:30am - 8:30am | 8/$54 | 16811 |
| Dec 2 - 19 | M/Th | 3:00pm - 4:00pm | 6/$41 | 16816 |
| Dec 3 - 19 | Tu/Th | 7:30am - 8:30am | 6/$41 | 16812 |
| Jan 6 - 30 | M/Th | 3:00pm - 4:00pm | 8/$54 | 16820 |
| Jan 7 - 30 | Tu/Th | 7:30am - 8:30am | 8/$54 | 16817 |
| Feb 3 - 27 | M/Th | 3:00pm - 4:00pm | 7/$47 | 16821 |
| Feb 4 - 27 | Tu/Th | 7:30am - 8:30am | 8/$54 | 16818 |
| Mar 2 - 30 | M/Th | 3:00pm - 4:00pm | 9/$61 | 16822 |
| Mar 3 - 31 | Tu/Th | 7:30am - 8:30am | 9/$61 | 16819 |

**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**

| Sep 5 - Oct 3 | M/Th | 1:15pm - 2:00pm | 9/$50 | 17602 |
| Oct 7 - 31 | M/Th | 1:15pm - 2:00pm | 7/$39 | 17603 |
| Nov 4 - 28 | M/Th | 1:15pm - 2:00pm | 7/$39 | 17604 |
| Dec 2 - 19 | M/Th | 1:15pm - 2:00pm | 6/$33 | 17605 |
| Jan 6 - 30 | M/Th | 1:15pm - 2:00pm | 8/$44 | 18217 |
| Feb 3 - 27 | M/Th | 1:15pm - 2:00pm | 7/$39 | 18221 |
| Mar 2 - 30 | M/Th | 1:15pm - 2:00pm | 9/$50 | 18224 |

**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**

| Sep 4 - 25 | W | 1:00pm - 2:00pm | 4/$48 | 16823 |
| Sep 5 - 27 | F | 1:00pm - 2:00pm | 4/$48 | 17633 |
| Oct 2 - 30 | W | 1:00pm - 2:00pm | 5/$60 | 16824 |
| Oct 4 - 25 | F | 1:00pm - 2:00pm | 4/$48 | 17634 |
| Nov 1 - 29 | F | 1:00pm - 2:00pm | 5/$60 | 17635 |
| Nov 6 - 27 | W | 1:00pm - 2:00pm | 4/$48 | 16825 |
| Dec 4 - 18 | W | 1:00pm - 2:00pm | 3/$36 | 16826 |
| Dec 6 - 20 | F | 1:00pm - 2:00pm | 3/$36 | 17636 |
| Jan 8 - 29 | W | 1:00pm - 2:00pm | 4/$48 | 16827 |
| Jan 10 - 31 | F | 1:00pm - 2:00pm | 4/$48 | 18227 |
| Feb 5 - 26 | W | 1:00pm - 2:00pm | 4/$48 | 16828 |
| Feb 7 - 28 | F | 1:00pm - 2:00pm | 4/$48 | 18229 |
| Mar 4 - 25 | W | 1:00pm - 2:00pm | 4/$48 | 16829 |
| Mar 6 - 27 | F | 1:00pm - 2:00pm | 4/$48 | 18230 |

**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**

| Sep 16 - Oct 28 | M | 5:45pm - 6:45pm | 6/$69 | 17471 |
SPORTS

Abbotsford Boxing: Adult Class (17yrs+)
This one hour session is comprised of cardio, circuit training, technical boxing and core exercises. This is a non-contact boxing class. The participants will learn proper stance, difference punch combinations and defence. Supplies not included.

Abbotsford Recreation Centre
Sep 12 - Oct 24  Th  6:45pm - 7:45pm  7/$77  17454
Oct 31 - Dec 19  Th  6:45pm - 7:45pm  8/$88  17455
Jan 9 - Feb 6  Th  6:45pm - 7:45pm  5/$55  17458
Feb 13 - Mar 12  Th  6:45pm - 7:45pm  5/$55  17459

Learn to 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
Sep 9 - Oct 21  M  12:00pm - 1:00pm  6/$52  17761
Oct 28 - Dec 16  M  12:00pm - 1:00pm  7/$61  17762
Jan 6 - Feb 3  M  12:00pm - 1:00pm  5/$43.50  17763
Feb 10 - Mar 9  M  12:00pm - 1:00pm  4/$34.50  17764

Master Swim (16yrs+)
Master swim program is a swim practice that is designed to develop general strength, cardiovascular fitness and endurance. Led by an experienced coach and designed for those with past experience with swimming as well as those who love to swim for fitness. Program does not run on STAT holidays, no class Feb 17.

Abbotsford Recreation Centre
Sep 4 - 25  W  7:30pm - 8:30pm  4/$27.60  20118
Sept 9 - 30  M  7:30pm - 8:30pm  4/$27.60  20120
Oct 1 - 27  W  7:30pm - 8:30pm  3/$20.70  20220
Oct 4 - Dec 9  M  7:30pm - 8:30pm  5/$34.50  20222
Nov 6 - Dec 11  W  7:30pm - 8:30pm  5/$34.50  20223
Jan 6 - 27  M  7:30pm - 8:30pm  4/$27.60  20233
Jan 8 - 29  W  7:30pm - 8:30pm  4/$27.60  20234
Feb 3 - Mar 9  M  7:30pm - 8:30pm  5/$34.50  20235
Feb 5 - Mar 11  W  7:30pm - 8:30pm  6/$41.40  20236

Pickleball Round Robin (16yrs+)
You asked, we answered. Pre-register for this weekly, tournament-style pickleball round robin. The schedule of play will be predetermined and one court will remain open for beginners to practice their skills with a Community Recreation Leader.

Abbotsford Recreation Centre
Sep 9  M  1:00pm - 3:00pm  1/$7  17781
Sep 16  M  1:00pm - 3:00pm  1/$7  17782
Sep 23  M  1:00pm - 3:00pm  1/$7  17783
Oct 7  M  1:00pm - 3:00pm  1/$7  17787
Oct 21  M  1:00pm - 3:00pm  1/$7  17790
Oct 28  M  1:00pm - 3:00pm  1/$7  17792
Nov 4  M  1:00pm - 3:00pm  1/$7  17794
Nov 18  M  1:00pm - 3:00pm  1/$7  17795
Nov 25  M  1:00pm - 3:00pm  1/$7  17797
Dec 2  M  1:00pm - 3:00pm  1/$7  17798
Dec 9  M  1:00pm - 3:00pm  1/$7  17800
Dec 16  M  1:00pm - 3:00pm  1/$7  17802
Jan 6  M  1:00pm - 3:00pm  1/$7  17803
Jan 13  M  1:00pm - 3:00pm  1/$7  17804
Jan 20  M  1:00pm - 3:00pm  1/$7  17805
Jan 27  M  1:00pm - 3:00pm  1/$7  17806
Feb 3  M  1:00pm - 3:00pm  1/$7  17808
Feb 10  M  1:00pm - 3:00pm  1/$7  17809
Feb 24  M  1:00pm - 3:00pm  1/$7  17810
Mar 2  M  1:00pm - 3:00pm  1/$7  17811
Mar 9  M  1:00pm - 3:00pm  1/$7  17812

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.

FITNESS TRAINING

Fitness Theory (16yrs+)
The CFES Fitness Theory course is a prerequisite to all CFES instructor courses and is the first step in becoming a nationally-recognized fitness instructor. Expect this course to provide comprehensive information on anatomy and physiology necessary for instructing fitness clients.

Abbotsford Recreation Centre
Sep 5 - 28  Tu/Th/Sa  7:30pm - 9:30pm  11/$295  16830
Jan 7 - Feb 11  Tu/Th/Sa  7:30pm - 9:30pm  11/$295  16834

Group Fitness (16yrs+)
Teaching skills include verbal cueing for direction, safety, motivation, setting a caring atmosphere, exercise flow, use of space & group formations, hi/lo impact, and use of equipment. Prerequisite: CFES Fitness Theory

Abbotsford Recreation Centre
Oct 2 - 27  W/Su  7:30pm - 9:30pm  7/$290  16831
Feb 23 - Mar 18  W/Su  7:30pm - 9:30pm  7/$290  17390

Weight Training - Level 1 (16yrs+)
The CFES Weight Training course includes information about weight training, equipment usage and teaching techniques necessary for program planning; and more. Prerequisite: CFES Fitness Theory

Abbotsford Recreation Centre
Oct 8 - 29  Tu/Th/Sa  7:30pm - 9:30pm  9/$270  16832
Feb 11 - 29  Tu/Th/Sa  7:30pm - 9:30pm  9/$270  17388
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
Sep 7 M 9:00am - 5:00pm 1/$105 20009
Sep 9 M 9:00am - 5:00pm 1/$105 20013
Oct 5 Sa 9:00am - 5:00pm 1/$105 20010
Oct 7 M 9:00am - 5:00pm 1/$105 20014
Nov 2 Sa 9:00am - 5:00pm 1/$105 20011
Nov 4 M 9:00am - 5:00pm 1/$105 20015
Dec 2 M 9:00am - 5:00pm 1/$105 20016
Dec 7 Sa 9:00am - 5:00pm 1/$105 20012
Dec 14 Sa 9:00am - 2:30pm 1/$70 20036
Jan 11 Sa 9:00am - 5:00pm 1/$105 20010
Jan 13 M 9:00am - 5:00pm 1/$105 20011
Feb 8 Sa 9:00am - 5:00pm 1/$105 20019
Feb 10 M 9:00am - 5:00pm 1/$105 20012
Mar 7 Sa 9:00am - 5:00pm 1/$105 20110
Mar 9 M 9:00am - 5:00pm 1/$105 20113

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
Sep 14 Sa 9:00am - 2:30pm 1/$70 20033
Sep 16 M 9:00am - 2:30pm 1/$70 20037
Oct 19 Sa 9:00am - 2:30pm 1/$70 20034
Oct 21 M 9:00am - 2:30pm 1/$70 20038
Nov 17 M 9:00am - 2:30pm 1/$70 20035
Nov 18 M 9:00am - 2:30pm 1/$70 20039
Dec 9 M 9:00am - 2:30pm 1/$70 20040
Jan 6 M 9:00am - 2:30pm 1/$70 20129
Jan 18 Sa 9:00am - 2:30pm 1/$70 20126
Feb 3 M 9:00am - 2:30pm 1/$70 20130
Feb 15 Sa 9:00am - 2:30pm 1/$70 20127
Mar 2 M 9:00am - 2:30pm 1/$70 20131
Mar 15 Su 9:00am - 2:30pm 1/$70 20128

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

Abbotsford Recreation Centre
Sep 14 Sa 9:00am - 12:30pm 1/$55 20041
Sep 16 M 9:00am - 12:30pm 1/$55 20045
Oct 19 Sa 9:00am - 12:30pm 1/$55 20042
Oct 21 M 9:00am - 12:30pm 1/$55 20046
Nov 17 M 9:00am - 12:30pm 1/$55 20043
Nov 18 M 9:00am - 12:30pm 1/$55 20047
Dec 9 M 9:00am - 12:30pm 1/$55 20048
Dec 14 Sa 9:00am - 12:30pm 1/$55 20044
Jan 6 M 9:00am - 12:30pm 1/$55 20135
Jan 18 Sa 9:00am - 12:30pm 1/$55 20132
Feb 3 M 9:00am - 12:30pm 1/$55 20136
Feb 15 Sa 9:00am - 12:30pm 1/$55 20133
Mar 2 M 9:00am - 12:30pm 1/$55 20137
Mar 15 Su 9:00am - 12:30pm 1/$55 20134

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 backgrounds are welcome.

Abbotsford Recreation Centre
Sep 7 Sa 10:00am - 3:30pm 1/$55 20017
Sep 9 M 9:00am - 2:30pm 1/$55 20021
Oct 5 Sa 9:00am - 2:30pm 1/$55 20018
Oct 7 M 9:00am - 2:30pm 1/$55 20022
Nov 2 Sa 9:00am - 2:30pm 1/$55 20019
Nov 4 M 9:00am - 2:30pm 1/$55 20023
Dec 2 M 9:00am - 2:30pm 1/$55 20024
Dec 7 Sa 9:00am - 2:30pm 1/$55 20020
Jan 11 Sa 9:00am - 2:30pm 1/$55 20114
Jan 13 M 9:00am - 2:30pm 1/$55 20117
Feb 8 Sa 9:00am - 2:30pm 1/$55 20115
Feb 10 M 9:00am - 2:30pm 1/$55 20118
Mar 7 Sa 9:00am - 2:30pm 1/$55 20116
Mar 9 M 9:00am - 2:30pm 1/$55 20119

FIRST AID
Abbotsford Recreation Centre
Mar 5 - 28 Tu-Tu 7:30pm - 9:30pm 11/$295 17389

PAINT NIGHTS at Abbotsford Recreation Centre
Looking for something fun and different to do? Always wanted to try painting? Come out and experience our Paint Nights in a comfortable family atmosphere. You don’t need to be an artist… You just need to show up ready to get creative!
Look online for our Paint Night schedule.

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

<table>
<thead>
<tr>
<th>Abbotsford Recreation Centre</th>
<th>Sep 7 - 8</th>
<th>Sa/Su</th>
<th>9:00am - 5:00pm</th>
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<tr>
<td></td>
<td>Sep 9 - 10</td>
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**Standard First Aid Recertification**
This course is a recertification for Standard First Aid.

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**OFF-SITE DROP-IN PROGRAMS**

**Drop-In Badminton**
Enjoy some exercise and friendly competition playing badminton with other in the community. Bring your own equipment and ensure that clean, non-marking footwear is worn. Punch card is required and may be purchased at ARC or MRC 5/$10 or 10/$20.

**Ten Broeck Elementary School**
Sep - Jan  M/W  7pm - 10pm

**Drop-In Men's Roller Hockey (16yrs+)**
Join us for some fun recreational roller hockey! First come, first served basis. rollerblades, gloves and CSA approved hockey helmet required. Punch card is required and may be purchased at ARC or MRC 5/$10 or 10/$20.

**Abbotsford Exhibition Park- Ag Rec**
Sep - Jan  Tu  9pm - 10:30pm

**WOMEN on WEIGHTS**
Learn the benefits of weight lifting and gain confidence in your new found abilities.

---

CHECK OUT PAGE 30 FOR DETAILS
ADULT WINTER BUS TOURS

JANUARY - MARCH 2020

Registration Opens November 29, 8:00am

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

Look for the Winter Bus Tours brochure this November!

direct2rec.com
WE’RE HIRING!

COMMUNITY RECREATION LEADERS

JOIN THE RECREATION TEAM AND LEAD A VARIETY OF PROGRAMS FROM ARTS & CRAFTS, SPORTS, SCIENCE, CAMPS, ADAPTED AND MORE!

Why this position? It’s fun to work with community members of all ages, whether in small groups, in creative classes, or active environments. Learn how to apply your leadership skills, while hosting fun and educational programs for our patrons.

PRC

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)
The City of Abbotsford is offering an Aquatic Training School starting September 11, 2019. Upon completion of the course, January 2020, you will be fully qualified as a Lifeguard/Instructor and will have the opportunity to submit your application to work for The City of Abbotsford. We offer a variety of shift times throughout the day.

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

FITNESS LEADERS

JOIN OUR FITNESS TEAM AND LEAD A VARIETY OF CLASSES AND HELP KEEP OUR COMMUNITY HAPPY AND HEALTHY.

Why this position? Fitness Leader learn to facilitate others to undertake activities intended to improve or maintain their level of physical (and sometimes mental) well-being. It can be a fun and rewarding experience, while inspiring others to live a healthier lifestyle.

Start with a Fitness Theory course and see whether group fitness, weight training, or personal training is the fit for you. There are many courses and workshops to peak your interest and excel your leadership. Once you have completed the basic course requirements your career in fitness can be specialized.
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

BE A VOLUNTEER...YOU’LL BE GLAD YOU DID!

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!
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
**PRC Facility Admission**

<table>
<thead>
<tr>
<th>ADMISSION</th>
<th>Drop-in</th>
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<tbody>
<tr>
<td>Child (under 3)</td>
<td>Free</td>
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<td>*except Inflatable and Open Playtime</td>
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<tr>
<td>Child (3yrs - 12yrs)</td>
<td>$3.20</td>
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<tr>
<td>Youth (13yrs - 17yrs)</td>
<td>$4.35</td>
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<tr>
<td>Student (ID required)</td>
<td>$4.35</td>
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<tr>
<td>Adult (18yrs +)</td>
<td>$6.15</td>
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<tr>
<td>Senior (60yrs+)</td>
<td>$4.10</td>
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<tr>
<td>Super Senior (80yrs+)</td>
<td>Free</td>
</tr>
<tr>
<td>*Abbotsford Residents only</td>
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<tr>
<td>Family (Max 2 parents &amp; children NB-17yrs)</td>
<td>$12.65</td>
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<tr>
<td>Toonie Programs</td>
<td>$2.00</td>
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<tr>
<td>Skate Rentals</td>
<td>$3.30</td>
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<tr>
<td>Skate Sharpening</td>
<td>$6.20</td>
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<tr>
<td>Helmet Rentals</td>
<td>$2.20</td>
</tr>
</tbody>
</table>

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 - 12yrs)
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 $4.60 Addtl children $1.75
10 visit swipe card $45
Child-minding limits are in effect.
Tickets are sold on a first come, first served basis. 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**

Talk with Customer Service for more information and specific details.
ABBOTSFORD RECREATION CENTRE PUBLIC SWIM SCHEDULE 604.853.4221  
SEPTEMBER 3 - DECEMBER 31 (SEE WINTERFEST SCHEDULE DEC 23 - JAN 5)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tr>
<td><strong>Swim Lessons</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Shallow &amp; Deep</strong></td>
<td><strong>Aqua Fit</strong></td>
<td><strong>Shallow Aqua</strong></td>
<td><strong>Toonie</strong></td>
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<td><strong>Family Swim</strong></td>
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<td><strong>Aqua Fit</strong></td>
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<td><strong>Toonie</strong></td>
<td><strong>Pool Party</strong></td>
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<td><strong>Swim Lessons</strong></td>
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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.

**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.

**All length swims are a minimum of 3 lanes. Main pool closed or limited access to public during scheduled swim lessons.**

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**ARC FALL SWIM DROP-IN PROGRAMS**

**Length Swim**
- 5:00am - 8:30am
- 12pm - 1pm
- 1pm - 2pm
- 5:00pm - 6:30pm
- 6:30pm - 9pm

**Swim Lessons**
- 8am - 9am
- 9:05am - 9:50am
- 10am - 12pm
- 11am - 1pm
- 4pm - 5:30pm
- 11am - 1pm

**Public Swim**
- 1pm - 3:30pm
- 2pm - 4pm
- 2pm - 3:30pm
- 2pm - 3:30pm
- 6:30pm - 9pm
- 7:30pm - 8:30pm
- 8:30pm - 10pm
- 9pm - 10pm
Abbotsford Recreation Centre Public Swim Schedule 604.853.4221
January 6 - March 15 (See SpringDaze schedule Mar 16 - 27)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td><strong>Aqua Fit</strong></td>
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<td><strong>Aqua Fit</strong></td>
<td><strong>Family Swim &amp; Swim Lessons</strong></td>
<td><strong>Toonie Family Swim &amp; Swim Lessons</strong></td>
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<tr>
<td><strong>Swim Lessons &amp; Public Swim</strong></td>
<td><strong>Pool Party Rental Time</strong></td>
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<td><strong>Pool Party Rental Time</strong></td>
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<td>10am - 12pm</td>
<td>4pm - 5:30pm</td>
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<td>*Main pool &amp; Tots pools closed to public</td>
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<td><strong>Swim Lessons</strong></td>
<td><strong>Swim Lessons</strong></td>
<td><strong>Swim Lessons &amp; Public Swim</strong></td>
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<td>6:35pm - 7:25am</td>
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<tr>
<td><strong>Master Swim</strong></td>
<td><strong>Public Swim</strong></td>
<td><strong>Master Swim</strong></td>
<td><strong>Public Swim</strong></td>
<td><strong>Toonie Swim</strong></td>
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<tr>
<td><strong>Public Swim</strong></td>
<td><strong>Toonie Swim</strong></td>
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All length swims are a minimum of 3 lanes. Main pool closed or limited access to public during scheduled swim lessons.

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.
# Abbotsford Recreation Centre Fitness Schedule

**Schedule:** September 3 - March 15

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>Cycle</td>
<td>SculptFit</td>
<td>Cycle</td>
<td>Synrgy 360</td>
<td>Power Cycle</td>
<td>Cardio SHOCK</td>
<td>7am - 8am</td>
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<td>5:45am - 6:30am</td>
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<tr>
<td>No Sweat</td>
<td>Aqua Fit</td>
<td>No Sweat</td>
<td>Total Body Fitness</td>
<td>No Sweat</td>
<td>Step &amp; Strength</td>
<td>On the Ball</td>
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<tr>
<td>8am - 9am</td>
<td>8:05am - 8:50am</td>
<td>9:15am - 10:15am</td>
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<td>Aqua Fit</td>
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<td>Cycle Express</td>
<td>Cycle Express</td>
<td>No Sweat</td>
<td>Power Cycle</td>
<td>Cycle</td>
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<td>9:15am - 10:15am</td>
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<tr>
<td>No Sweat Functional Training</td>
<td>Hatha Yoga Zumba</td>
<td>Hatha Yoga Zumba</td>
<td>SYNRGY 360 (stroller friendly)</td>
<td>Strength and Stretch</td>
<td>10:45am - 11:45am</td>
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<td>9:15am - 10:15am</td>
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<tr>
<td>Aqua Fit</td>
<td>Pilates/ Yoga Fusion</td>
<td>Bones &amp; Balance Zumba</td>
<td>Strong by Zumba</td>
<td>No Sweat</td>
<td>Strong by Zumba</td>
<td>Hatha Yoga</td>
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<tr>
<td>Total Body Fitness</td>
<td>Foam &amp; Flex</td>
<td>Functional Training</td>
<td>Relaxation Yoga</td>
<td>Stress</td>
<td>Adapted ChoreoFit</td>
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<td>11:30am - 12:30pm</td>
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<tr>
<td>Restorative Yoga</td>
<td>Strength, Abs, Stretch &amp; Cardio</td>
<td>Pilates/Yoga Fusion</td>
<td>No Sweat Zumba</td>
<td>Tabata Bootcamp</td>
<td>Relaxation Yoga</td>
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<td>7:15pm - 8:15pm</td>
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**Drop-in Fitness Etiquette**

- Please respect the class start time. Persons who are 10 min. or more after the start time will not be permitted to participate in the class.
- Drop-in classes are on a first come, first served basis. We are unable to reserve tickets.
- Wear proper footwear for each class.
- Make your workout your own.
- Listen to your body and modify as you see fit.
- Stay for the whole class. Cool down is an important part of your recovery.
- If you require further information, please call Abbotsford Recreation Centre at 604.853.4221 or Matsqui Recreation Centre 604.855.0500.

* Intensity level can be modified for any ability. Please arrive to the class early to discuss options with the instructor.

No classes on long weekends and statutory holidays.

Schedule Subject to change without notice, please call ahead.
Aqua Classes (16yrs+)

Aquatique 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 with strength training. A great no impact workout for participants with joint related health concerns. **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, learning relaxation techniques, and becoming comfortable doing yoga while building strength and flexibility. Suitable for those new to yoga. **Level 2 intensity**

**Foam & Flex**
We combine foam rolling with yoga-inspired stretches in this class to promote flexibility and recovery. You will leave feeling rejuvenated and ready to take on the week, or weekend! Designed especially for those who “don’t need to stretch”! **Level 3 intensity**

**Pilates/Yoga Fusion**
Pilates/Yoga Fusion combines both Pilates and Yoga to increase flexibility and strength without adding muscle mass through a series of controlled movements and breathing. **Level 3 intensity**

**Relaxation Yoga**
Allow yourself to be guided through long, slow poses to ensure a deeper sense of relaxation. Props may be used to stretch your deep tissue and muscles to align and lengthen your body. **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 passively soften the tissues and joints of your body. **Level 2 intensity**

Zumba Classes

Zumba was created in Columbia and involves dance and aerobic movements performed to energetic music. If you are looking for a fun, engaging atmosphere then try out a Zumba class. Great for those who have previous dance experience, as well as those who are just learning. **Fitness Level - Beginning to Expert**

**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**

**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. Designed for the elderly population, but open to have anyone participate. **Level 2 intensity**

**Zumba**
Classic Latin rhythms fused with choreographed program creates a fun atmosphere that incorporates interval training and dance together. **Level 3 intensity**

Lifestyle & Wellness 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**

**Adapted ChoreoFit**
We slow it down, and turn it up in this choreo class. We go through all of the different choreographed classes PRC has to offer at a slower speed so everyone can keep up. From Step to Hip Hop and everything in between; come party with us! **Level 3 intensity**

**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 and free weights and is also good for the elderly population. In Better Bones & Balance we add in a cardio component and meet upstairs on the North end of the track. **Level 3 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**

**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 3 intensity**
Strength & Conditioning Classes (16yrs+)
Strength & Conditioning 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

Better Bods Circuit
Using a variety of different training techniques and a combination of body weight, free weights, machines and more, you can come to expect the unexpected form this class. One thing that always remains constant; no matter your fitness level, your heart rate will be up, the sweat will be flowing and you will be on your way to a Better Bod. Level 3 intensity

Cardio & Strength
A variety of strength exercises combined with cardio intervals will keep your heart pumping while gaining overall strength. This class uses a combination of equipment as well as body weight activities. Level 3 intensity

Cardio SHOCK
Whoever said cardio had to be running? In this high repetition, low weight class, we SHOCK your cardiovascular system all while improving muscle tone and definition. Level 5 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

On the Ball
A full body workout that will get your core fired up. This class utilizes the stability ball as well as weights and other equipment to challenge your muscles, strengthen your core and improve your posture. Level 3 intensity

SculptFit
Using techniques rooted in CrossFit this class will have you setting new PRs (Personal Records) as you train every aspect of “fitness”; endurance, stamina, power, strength, speed, agility, balance, coordination, flexibility, and accuracy. Level 4 intensity

SMASH
This class pairs heavier weight with lower repetitions, all to build that lean muscle mass. If you are new to lifting or want a class to push your limits, come SMASH those goals with us. Level 4 intensity

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

Step Basics
Wanting to try Step? Come check out this basics class; same great energy, less time and we break down the moves to make it easy to follow along. Boost your confidence and cardio with this class, and soon you will be stepping like pros. Level 3 intensity

Strength, Abs & 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

SYNRGY360
This class is centred around our SYNRGY360. Using everything from TRX, battle ropes, cables and more. Level 4 intensity

Tabata Bootcamp
This class is a high interval circuit class that provides participants with an excellent cardiovascular workout. This class uses a lot of fast movements that use body weight as resistance. This class goes outside weather permitted otherwise we meet by the track. 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. This class is performed in a classroom which offers additional privacy. Level 4 intensity

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

Beginner Spinner
This class is designed to build your confidence on the bike. We start each class with proper form and fit on the bike, then get cycling through drills and intervals. Level 3 intensity

Cycle Core
Same great class as Cycle Xpress with an off the bike core workout incorporated. Build your endurance and core stability in the same class. Level 5 intensity

Cycle
Cycle classes are the ultimate indoor cycling experience for cardiovascular performance and cycling skills. Join our instructor for 45 minutes of intense drills to get you through your workout. 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

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.
## Abbotsford Recreation Centre Indoor Track Schedule

**604.853.4221**

**September 3 - March 15**

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<th>MONDAY</th>
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<td><strong>Track open daily</strong></td>
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- **Senior Centre Track Time**
  - 12:30pm - 3pm

- **Family Track Time (Strollers welcome or 7yrs+)**
  - 3pm - 9pm

- **Family Track Time Strollers welcome**
  - 10:30am - 9:30pm

**Track Information**
- Direction: counter clockwise
- Track Distance: 150M, 3 Lanes
  - 11 laps = 1 Mile / 6.5 laps = 1 km
- Inside Lane: Runners only / Middle Lane: Passing only
- Outside Lane: Walkers/Strollers/Wheelchairs

- Schedule subject to change without notice, please call ARC or visit our website at [abbotsford.ca/prc](http://www.abbotsford.ca/prc) for the most recent schedule.
- Pole walking permitted. Poles must have rubber tips.
- Use caution when entering and exiting the track.
- Clean shoes and stroller wheels required to access the track.
- Children under 7yrs must be in a stroller.

### 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.

**LEVEL 2**
- Suitable for those who participate in low impact classes and are a great addition to any workout. These classes provide the body with active recovery.

**LEVEL 3**
- Suitable for those who participate in activity 3 or more times per week and are healthy, with limited history of injury or illness. These classes are designed to get you moving.

**LEVEL 4**
- Suitable for those who are physically active more than 4 times per week and are of sound health. These classes will elevate your heart rate with dynamic movements.

**LEVEL 5**
- Suitable for those who are looking to feel your muscles burn. These classes have a large cardiovascular component and include pushing, pulling, kicking, jumping and much more.

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.
# Abbotsford Recreation Centre Weight Room

## September 3 - March 15

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<th>MONDAY</th>
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<tbody>
<tr>
<td><strong>Weight Room open daily</strong>&lt;br&gt;5:30am - 12am</td>
<td><strong>SculptFit</strong>&lt;br&gt;5:45am - 6:45am</td>
<td><strong>Synrgy 360</strong>&lt;br&gt;5:45am - 6:45am</td>
<td><strong>Cardio SHOCK</strong>&lt;br&gt;7am - 8am</td>
<td><strong>Cardiac Maintenance</strong>&lt;br&gt;7:30am - 8:30am</td>
<td><strong>Cardiac Maintenance</strong>&lt;br&gt;7:30am - 8:30am</td>
<td><strong>Cardiac Maintenance</strong>&lt;br&gt;7:30am - 8:30am</td>
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<tr>
<td><strong>Functional Training</strong>&lt;br&gt;9:15am - 10:15am</td>
<td><strong>SMASH</strong>&lt;br&gt;(strollers welcome)&lt;br&gt;9:30am - 10:30am</td>
<td><strong>SculptFit</strong>&lt;br&gt;(strollers welcome)&lt;br&gt;9:15am - 10:15am</td>
<td><strong>Cardio SHOCK</strong>&lt;br&gt;(strollers welcome)&lt;br&gt;9:30am - 10:30am</td>
<td><strong>SYNRGY360</strong>&lt;br&gt;(strollers welcome)&lt;br&gt;9:30am - 10:30am</td>
<td><strong>Cardiac Maintenance</strong>&lt;br&gt;3pm - 4pm</td>
<td><strong>Better Bones &amp; Balance</strong>&lt;br&gt;11:30am - 12:30pm</td>
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<tr>
<td><strong>Strength &amp; Stretch</strong>&lt;br&gt;11:30am - 12:30pm</td>
<td><strong>Strength &amp; Stretch</strong>&lt;br&gt;11:30am - 12:30pm</td>
<td><strong>Cardiac Rehab</strong>&lt;br&gt;1:30pm - 3:30pm</td>
<td><strong>Cardiac Rehab</strong>&lt;br&gt;1:30pm - 3:30pm</td>
<td><strong>Cardiac Rehab</strong>&lt;br&gt;9:30am - 11:30am</td>
<td><strong>Cardiac Maintenance</strong>&lt;br&gt;3pm - 4pm</td>
<td><strong>Better Bods Circuit</strong>&lt;br&gt;5:30pm - 6:30pm</td>
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<td><strong>Better Bods Circuit</strong>&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>Better Bods Circuit</strong>&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>Tabata Bootcamp</strong>&lt;br&gt;6pm - 7pm</td>
<td><strong>Functional Training</strong>&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>Functional Training</strong>&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>Functional Training</strong>&lt;br&gt;5:30pm - 6:30pm</td>
<td><strong>Foam &amp; Flex</strong>&lt;br&gt;8:30pm - 9:30pm</td>
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<td><strong>Foam &amp; Flex</strong>&lt;br&gt;8:30pm - 9:30pm</td>
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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.

## 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 convenience 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 Gym Drop-in Programs

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.

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

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

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

Kids Gym
Looking for something to do right after school? Come shoot hoops, score some goals and play in the gym with our Community Recreation Leaders.

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

Adapted Sport Zone (all ages)
Adapted Sports Zone offers the opportunity for children with physical and/or cognitive delays to participate in safe and inclusive sports adapted to your child's needs. All abilities welcome.

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 their pickleball skills in a fun and social environment.

Open Drop-in Programs
- Recreation attendant on duty for some programs.
- Inclusive etiquette & sportsman-like conduct will be monitored.
- Parent participation is required for 8yrs. and younger.

Competitive Indoor Soccer
A fast-paced competitive session of co-ed indoor soccer.

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

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

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

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

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

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

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

Wheelchair Basketball
We have partnered with BC Wheelchair Basketball Society to present this fun, fast paced sport that is sure to challenge and excite. Specifically trained coaches will teach fundamental movements through drills and games. Limited number of sports wheelchairs available for use.

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

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

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

Late Night Volleyball
Join us for a late night session of co-ed volleyball. A fun, fast paced way to keep fit. For all levels of experience.
## 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 promotional materials must be approved by Facility Manager

## ARC Gym Schedule

Abbotsford Recreation Centre Gymnasium Schedule (M - W)
September 3 - March 15

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tbody>
<tr>
<td>Gym 1</td>
<td>Gym 2</td>
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<tr>
<td>Gym 2</td>
<td>Gym 1</td>
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</tbody>
</table>

### $2 Early Riser Basketball
5:30am - 8:30am

### RP-Rise and Play HIIT (Strollers Welcome)
9am - 9:45am

### Open Playtime (NB - 5yrs)
10am - 12:30pm

### Registered Programs
9am - 9:30am

### Adult Badminton (18yrs+)
8:30am - 11:30am

### Open Playtime (NB - 5yrs)
10am - 12:30pm

### Registered Programs
11:45am - 12:45pm

### Adult Badminton (18yrs+)
1pm - 3pm

### RP-Pickleball Round Robin
1pm - 3pm

### Wheelchair Basketball
6:15pm - 7:15pm

### Open Gym
3:15pm - 3:45pm

### Registered Programs
3:30pm - 6pm

### Registered Programs
3:15pm - 7:15pm

### Open Gym
3:15pm - 3:45pm

### Registered Programs
3:30pm - 6pm

### Open Pickleball
7:30pm - 9:45pm

### Open Pickleball
7:30pm - 9:45pm

### Open Badminton
7:30pm - 9:45pm

### $2 Late Night Basketball (16yrs+)
10pm - 12am

### $2 Late Night Indoor Soccer (16yrs+)
10pm - 12am

### $2 Late Night Basketball (16yrs+)
10pm - 12am

### $2 Late Night Volleyball (16yrs+)
10pm - 12am

Schedule subject to change without notice.
<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Gym 1</td>
<td>Gym 2</td>
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<tr>
<td>$2 Early Riser Basketball 5:30am - 8am</td>
<td>$2 Early Riser Basketball 5:30am - 9am</td>
<td>$2 Early Riser Basketball 5:30am - 8:30am</td>
<td>$2 Early Riser Basketball 5:30am - 8:30am</td>
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<tr>
<td>Registered Programs 9am - 10am</td>
<td>Registered Programs 8:30am - 10am</td>
<td>Open Playtime (NB - 5yrs) 9am - 11am</td>
<td>Open Badminton 8:30am - 11:30am</td>
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<tr>
<td>Open Playtime (NB - 5yrs) 10am - 11:30am</td>
<td>Inflatable Play Time (NB - 12yrs) 10am - 12:30pm</td>
<td>Registered Programs 9am - 11:30am</td>
<td>Birthday Parties 9:15am - 4pm</td>
</tr>
<tr>
<td>Registered Programs 11:45am - 12:45pm</td>
<td>Adapted Sport Zone 11:45am - 12:45pm</td>
<td>Birthday Parties 11:30am - 3:30pm</td>
<td>Family Basketball 11:45am - 1:30pm</td>
</tr>
<tr>
<td>Adult Pickleball (18yrs+) 1pm - 3pm</td>
<td>Adult Pickleball (18yrs+) 1pm - 3pm</td>
<td>Open Gym 3:15pm - 3:45pm</td>
<td>Open Pickleball 1:45pm - 3:45pm</td>
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<tr>
<td>Kids Gym 3:15pm - 4:45pm</td>
<td>Registered Programs 3:15pm - 7:15pm</td>
<td>RP-BC Bounce 4pm - 7pm</td>
<td>Registered Programs 4pm - 7pm</td>
</tr>
<tr>
<td>Drop-In CAN Gym (Canuck Autism Network) 5pm - 7pm</td>
<td>Open Indoor Soccer (13yrs+) 7:15pm - 8pm</td>
<td>AYC Open Gym 7pm - 8pm</td>
<td>Open Indoor Soccer (13yrs+) 7:30pm - 9:45pm</td>
</tr>
<tr>
<td>Open Pickleball 7:30pm - 9:45pm</td>
<td>Competitive Indoor Soccer (16yrs+) 8:15pm - 9:45pm</td>
<td>Open Basketball 7:30pm - 10pm</td>
<td>AYC Open Gym 8pm - 10pm</td>
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<tr>
<td>$2 Late Night Basketball (16yrs+) 10pm - 12am</td>
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Please call 604.853.4221 or check abbotsford.ca/prc for the most current drop-in schedule.

**Etiquette (continued)**

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

**Abbotsford Peer Support for Seniors**
Programs include The Good Morning Program telephone check in and the Peer Support Program. This is a free one on one service for seniors 50+ living alone in Abbotsford.
[webpage](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.
[webpage](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.
[webpage](strokerecoverybc.ca)
T: 604.746.9264
E: abbystrokerecovery@gmail.com

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

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

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
September 3 - March 15

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>*Billiards</td>
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<tr>
<td><strong>Adult Badminton</strong></td>
<td><strong>Adult Badminton</strong></td>
<td><strong>Euchre</strong></td>
<td><strong>Billiards</strong></td>
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<tr>
<td>Gym</td>
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<tr>
<td><strong>Learning Plus Seminar</strong></td>
<td><strong>Learning Plus Seminar</strong></td>
<td><strong>Partnership Bridge</strong></td>
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<tr>
<td>*Euchre</td>
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<td>7pm - 9:30pm</td>
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**Senior Track Time**
12:30pm - 3pm

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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.

**Happy Gang**
Join in the Senior choral singers to practice as they prepare for various events.

### 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.
## DROP-IN SPORTS

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Riser Basketball</td>
<td>Mon - Sun</td>
<td>5:30am - 8:00am</td>
<td>ARC</td>
</tr>
<tr>
<td>Late Night Basketball</td>
<td>Mon/Wed-Sun</td>
<td>10pm - 12am</td>
<td>ARC</td>
</tr>
<tr>
<td>Late Night Soccer</td>
<td>Tues</td>
<td>10pm - 12am</td>
<td>ARC</td>
</tr>
<tr>
<td>Late Night Volleyball</td>
<td>Wed</td>
<td>10pm - 12am</td>
<td>ARC</td>
</tr>
</tbody>
</table>

## FAMILY ACTIVITIES

### CHILD ADMISSION
(PARENT AND BABIES UNDER 9 MONTHS FREE)

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Playtime</td>
<td>Mon/Wed/Tues/Thurs</td>
<td>10am - 12:30pm</td>
<td>ARC</td>
</tr>
<tr>
<td>Inflatable Fun</td>
<td>Fri</td>
<td>10am - 12:30pm</td>
<td>ARC</td>
</tr>
<tr>
<td>Open Playtime</td>
<td>Sat</td>
<td>9am - 11am</td>
<td>ARC</td>
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</table>

## SWIMMING

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toonie Swim</td>
<td>Mon - Sat</td>
<td>9pm - 10pm</td>
<td>MRC</td>
</tr>
<tr>
<td>Quiet Toonie Swim</td>
<td>Tues, Thurs - Sat</td>
<td>9pm - 10pm</td>
<td>ARC</td>
</tr>
<tr>
<td>Toonie Swim Waves &amp; Slide</td>
<td>Sun</td>
<td>9:30am - 11:45am</td>
<td>MRC</td>
</tr>
<tr>
<td>Toonie Family Swim</td>
<td>Sun</td>
<td>11am - 1pm</td>
<td>ARC</td>
</tr>
<tr>
<td>Toonie Swim</td>
<td>Sun</td>
<td>7:30pm - 8:30pm</td>
<td>ARC</td>
</tr>
</tbody>
</table>

## WEIGHT ROOM

<table>
<thead>
<tr>
<th>Activity</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late Night Workout</td>
<td>Mon - Sun</td>
<td>10pm - 12am</td>
<td>ARC</td>
</tr>
</tbody>
</table>
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 at 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.

Be Winter Water Smart!

Swimming is not only a fun and relaxing way to recreate, but it is also a life skill that has many benefits. Aside from learning how to stay afloat, tread water, blow bubbles, lessons teach us to respect the water and play safely. Want to try lessons? Come in for a free assessment today!

Drop into the pool with a cannonball, a float or a length swim! Water walking, bubble blowing and fitness classes all in one water spot!

Matsqui Recreation Centre Pool Biannual Safety Shutdown

The Matsqui Recreation Centre pool will be closed for maintenance from September 2 – 27 and re-open to the public on Saturday, September 28. The last day for using the waterslide is Monday, August 19. The Abbotsford Recreation Centre pool will be open during this time for your enjoyment.

Matsqui Recreation Centre 3106 Clearbrook Road, Abbotsford BC, V2T 4B9 | 604.855.0500
Matsqui Recreation Centre Public Swim Schedule 604.855.0500
September 28 - December 31 (See WinterFEST Schedule Dec 23 - Jan 5)

<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>Length Swim &amp; Public Swim 6am - 9am</td>
<td>Aqua Fitness 9am - 9:45am</td>
<td>Length Swim &amp; Swim Club 6am - 9am</td>
<td>Pool Rental available before 9:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aqua Fitness 9am - 9:45am</td>
<td>Length Swim and Public Swim 10am - 12pm * School Group programming may occur during these times</td>
<td>Parent &amp; Tot Toonie Swim 10am - 12pm</td>
<td>Toonie Swim 9:30am - 11:45am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Swim 12pm - 2pm * School Group programming may occur during these times</td>
<td>Toonie Swim 10am - 12pm</td>
<td>Length Swim 12pm - 1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toonie Swim Waves &amp; Slide 1pm - 4pm</td>
<td>Swim Lessons &amp; Length Swim 4pm - 7pm</td>
<td>Public Swim Waves &amp; Slide 1pm - 8:30pm</td>
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<tr>
<td>Public Swim Waves &amp; Slide 1pm - 8:30pm</td>
<td>Public Swim Waves &amp; Slide 1pm - 4pm</td>
<td>Public Swim Waves &amp; Slide 1pm - 8:30pm</td>
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<td>$2 Swim 9pm - 10pm</td>
<td>$2 Swim 9pm - 10pm</td>
<td>$2 Swim 9pm - 10pm</td>
<td>Pool Rental available after 8:30pm</td>
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</tr>
</tbody>
</table>

Water slide and waves will be operational during times that are indicated above and may be turned on at other times depending on pool activity levels.

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

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

Matsqui Recreation Centre Public Swim Schedule 604.855.0500
January 6 - March 15 (See SpringDaze Schedule Mar 16 - 27)

<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>Length Swim &amp; Public Swim</td>
<td>Aqua Fitness</td>
<td>Length Swim &amp; Swim Club</td>
<td>Public Swim</td>
<td>Swim Lessons &amp; Length Swim</td>
<td>Toonie Swim Waves &amp; Slide</td>
<td>Pool Rental available before 9:30am</td>
</tr>
<tr>
<td>6am - 9am</td>
<td>9am - 9:45am</td>
<td>6am - 9am</td>
<td>12pm - 2pm</td>
<td>9am - 1pm</td>
<td>9:30am - 11:45am</td>
<td>12pm - 1pm</td>
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<tr>
<td>Length Swim and Public Swim</td>
<td>Parent &amp; Tot Toonie Swim</td>
<td>Public Swim Waves &amp; Slide</td>
<td>Public Swim Waves &amp; Slide</td>
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<td>1pm - 8:30pm</td>
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<td>* School Group programming may occur during these times</td>
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<tr>
<td>Public Swim Waves &amp; Slide</td>
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<td>$2 Swim 9:30pm - 10pm</td>
<td>$2 Swim 9:30pm - 10pm</td>
<td>$2 Swim 9:30pm - 10pm</td>
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</tbody>
</table>

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.

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 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.
Fitness Class Descriptions

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 aquatic exercises 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 aquatic exercises with strength training. This is a great no impact workout for participants with joint 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. Shallow water Aqua Fit classes are low in impact and are 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**

**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**

**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**

**Pilates Express**
Pilates is great for strengthening and toning with a focus on your core. Positions and movements used to activate your core rely on extremities to control and/or apply loads, so expect to see gains in your arms and legs, too. **Level 3 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 passively soften the tissues and joints of your body. **Level 2 intensity**

Zumba Classes
Zumba was created in Columbia and involves dance and aerobic movements performed to energetic music. If you are looking for a fun, engaging atmosphere then try out a Zumba class. Great for those who have previous dance experience, as well as those who are just learning. **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**

**Zumba**
Classic Latin rhythms fused with choreographed program creates a fun atmosphere that incorporates interval training and dance together. **Level 3 intensity**

Lifestyle & Wellness 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 workout. **Fitness Level - Beginning to Expert**

**Adapted Fit Zone**
A fun, encouraging environment with a variety of exercises incorporating basic weight training and cardio, to music at an adapted pace. This class is geared for individuals with varying physical and/or cognitive abilities in a safe and inclusive space. **Level 3 intensity**

**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 3 intensity**

**Strength & Conditioning Classes (16yrs+)**
Strength & Conditioning 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 Express**
We take your lunch hour to the next level with this High Intensity Interval Training session. Get a full body workout with limited time and leave feeling stronger than you started. **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**

Register TODAY! direct2rec.com
## Matsqui Recreation Centre Fitness Schedule 604.855.0500
### September 3 - March 15

<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><strong>Zumba Gold ☺</strong> 8:45am - 9:30am</td>
<td><strong>Strength and Stretch</strong> 8am - 9am</td>
<td><strong>Shallow Aqua Fit ☺ 8am - 8:45am</strong></td>
<td><strong>Shallow Aqua Fit ☺ 8am - 8:45am</strong></td>
<td><strong>Deep Aqua Fit ☺ 9am - 9:45am</strong></td>
<td><strong>Shallow Aqua Fit 9am - 9:45am</strong></td>
<td><strong>Zumba 10am - 11am</strong></td>
</tr>
<tr>
<td><strong>Deep Aqua Fit ☻ ☺ 9am - 9:45am</strong></td>
<td><strong>Shallow Aqua Fit ☻ 8am - 8:45am</strong></td>
<td><strong>Deep Aqua Fit ☻ 9am - 9:45am</strong></td>
<td><strong>Shallow Aqua Fit ☻ 9am - 9:45am</strong></td>
<td><strong>Deep Aqua Fit ☻ 9am - 9:45am</strong></td>
<td><strong>No Sweat 9am - 10am</strong></td>
<td></td>
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<tr>
<td><strong>No Sweat 9:15am - 10:15am</strong></td>
<td><strong>No Sweat 9:15am - 10:15am</strong></td>
<td><strong>Restorative Yoga 9am - 10am</strong></td>
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<tr>
<td><strong>Gentle Yoga 10:45am - 11:45am</strong></td>
<td><strong>Adapted Fit Zone 10:30am - 11:30am</strong></td>
<td><strong>Gentle Yoga 10:45am - 11:45am</strong></td>
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<tr>
<td><strong>HIIT Circuit ☻ 12:10pm - 12:50pm</strong></td>
<td><strong>HIIT Express ☻ 12:10pm - 12:50pm</strong></td>
<td><strong>Pilates Express ☻ 12:10pm - 12:50pm</strong></td>
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<tr>
<td><strong>Hatha Yoga ☺ 1pm - 2pm</strong></td>
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<td><strong>Hatha Yoga ☻ 1pm - 2pm</strong></td>
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<tr>
<td></td>
<td><strong>Aqua Fit ☻ 2:15pm - 3pm</strong></td>
<td></td>
<td><strong>Aqua Fit ☻ 2:15pm - 3pm</strong></td>
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<tr>
<td><strong>No Sweat 5:30pm - 6:30pm</strong></td>
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<tr>
<td><strong>Zumba ☺ 6:45pm - 7:45pm</strong></td>
<td><strong>Zumba ☻ 6:30pm - 7:30pm</strong></td>
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<tr>
<td></td>
<td><strong>Zumba ☻ 7:30pm - 8:30pm</strong></td>
<td><strong>No Sweat 7:15pm - 8:15pm</strong></td>
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</tbody>
</table>

- 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)

### Maximize Your Time!
Use the Maximize Your Time symbol to find shorter classes to help make it easier for you to fit everything in and get to your favorite class.

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

### Class Intensity Levels
See page 45 for the complete description of the Fitness class Intensity levels and find the class that is right for you!
Skating for everyone! Figure Skating, hockey, speed skating, recreational skating and lessons - it’s all here at the City of Abbotsford arenas. We have school groups, skating tots, hockey future stars and seniors staying young all joining in on the fun.

Not sure of your schedule? Pick up an arena schedule to find a skate session that works for you or check out the special skating days throughout the year.

Hockey Drop-In sessions
Please call the facility starting 8am the same day to reserve your spot. Includes sticks and puck.
ARC 604.853.4221 or MRC 604.855.0500

Public Skating Drop-in Programs

**Adult & Senior Skate (18yrs+)**
Time just for adults 18yrs+ to public skate.

**Adult Figure Skate (18yrs+)**
Figure skating session for adults to jump, spin and dance.

**Ice Experience**
Try our leisure skating pond. Open every day for public skate.

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

**Parent & Child Hockey (3yrs - 12yrs)**
A session for adults and kids to get out and play a game of stick and puck together. CSA Hockey helmets with full face protection mandatory for children and CSA approved helmets required for adults. Adults are required to be on the ice with their children.

**Toonie Skate**
Enjoy a fun skate on the Main Ice and Ice Experience. Rentals and admission are $2 each per person.

**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.

Abbotsford Recreation Centre 2499 McMillan Road, Abbotsford BC, V2S 7S5 | 604.853.4221
Matsqui Recreation Centre 3106 Clearbrook Road, Abbotsford BC, V2T 4B9 | 604.855.0500
MSA Arena 2323 Emerson Drive, Abbotsford BC, V2T 1N3 | 604.557.4406
Helmets are mandatory for children under 8yrs during all public sessions though helmets are strongly recommended for all participants.

Please bring your own helmet. A limited number of helmets are available to rent for $2.20.

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 $6.20.

Dates and times are subject to change without notice. Please call ahead to confirm.

Public Skating Drop-in Programs cont.

**Stick & Puck**
An open session for all ages to practice hockey skills. No slapshots allowed. CSA helmets, hockey gloves, long sleeves and long pants are mandatory for all participants. Full face masks are mandatory for 17yrs and under. Max 35 players and 3 goalies per session, goalies play free.

**Adult Drop-in Hockey** (18yrs+)

**Senior Drop-in Hockey** (60yrs+)
A recreational drop in hockey program for seniors looking for a fun scrimmage game. Max 20 skaters and 2 goalies. Mandatory full hockey gear with CSA approved helmets. Goalies play free.
A detailed skate lesson schedule with class descriptions, dates and times is available at Abbotsford Recreation or Matsqui Recreation Centres or online at direct2rec.com.

<table>
<thead>
<tr>
<th>Arena</th>
<th>Dates</th>
<th># of Lessons</th>
<th>Lesson Length</th>
<th>Days</th>
<th>Child</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARC</td>
<td>Sep 7 - Oct 26</td>
<td>8</td>
<td>30 min</td>
<td>Sa</td>
<td>$65.20</td>
<td>$66.80</td>
</tr>
<tr>
<td>MRC</td>
<td>Sep 9 - Oct 21</td>
<td>6</td>
<td>30 min</td>
<td>M</td>
<td>$48.90</td>
<td>$50.10</td>
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<tr>
<td>ARC/MRC</td>
<td>Sep 10 - Oct 22</td>
<td>7</td>
<td>30 min</td>
<td>Tu</td>
<td>$57.05</td>
<td>$58.45</td>
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<tr>
<td>ARC</td>
<td>Sep 12 - Oct 24</td>
<td>7</td>
<td>30 min</td>
<td>Th</td>
<td>$57.05</td>
<td>$58.45</td>
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<tr>
<td>MRC</td>
<td>Oct 28 - Dec 16</td>
<td>7</td>
<td>30 min</td>
<td>M</td>
<td>$57.05</td>
<td>$58.45</td>
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<tr>
<td>ARC/MRC</td>
<td>Oct 29 - Dec 17</td>
<td>8</td>
<td>30 min</td>
<td>Tu</td>
<td>$65.20</td>
<td>$66.80</td>
</tr>
<tr>
<td>ARC</td>
<td>Nov 2 - Dec 21</td>
<td>7</td>
<td>30 min</td>
<td>Sa</td>
<td>$57.05</td>
<td>$58.45</td>
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<tr>
<td>ARC</td>
<td>Nov 7 - Dec 19</td>
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<td>30 min</td>
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<td>$57.05</td>
<td>$58.45</td>
</tr>
<tr>
<td>MRC</td>
<td>Jan 6 – Mar 9</td>
<td>9</td>
<td>30 min</td>
<td>M</td>
<td>$73.35</td>
<td>$75.15</td>
</tr>
<tr>
<td>ARC/MRC</td>
<td>Jan 7 – Mar 10</td>
<td>10</td>
<td>30 min</td>
<td>Tu</td>
<td>$81.50</td>
<td>$83.50</td>
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<tr>
<td>ARC</td>
<td>Jan 9 – Mar 13</td>
<td>10</td>
<td>30 min</td>
<td>Th</td>
<td>$81.50</td>
<td>$83.50</td>
</tr>
<tr>
<td>ARC</td>
<td>Jan 11 – Mar 14</td>
<td>9</td>
<td>30 min</td>
<td>Sa</td>
<td>$73.35</td>
<td>$75.15</td>
</tr>
<tr>
<td>ARC/MRC</td>
<td>Mar 16 – 20</td>
<td>5</td>
<td>30 min</td>
<td>M - F</td>
<td>$40.75</td>
<td>$41.75</td>
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<tr>
<td>ARC/MRC</td>
<td>Mar 23 – 27</td>
<td>5</td>
<td>30 min</td>
<td>M - F</td>
<td>$40.75</td>
<td>$41.75</td>
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</table>

**School Age Skate Lessons**

**6yrs - 13yrs**

1 **LEVEL**

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.

2 **LEVEL**

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.

3 **LEVEL**

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.

4 **LEVEL**

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

5 and 6 **LEVEL**

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

**Preschool Skate Lessons**

3yrs - 5yrs

1 **LEVEL**

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.

2 **LEVEL**

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.

3 **LEVEL**

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

4 **LEVEL**

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

5 **LEVEL**

This level continues the development of forward and backwards stride, forward crossovers in both directions, parallel stops and backward crossovers.
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’s 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!
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 underwater, 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 a 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 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 flutter kicks 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.

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

A detailed swim lesson schedule with specific dates and times is available at Abbotsford Recreation or Matsqui Recreation Centres or online at direct2rec.com.
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. Develop proficiency at performing patient assessments, managing aquatic emergencies, develop stroke endurance (500m in 15 minutes) and fitness training skills.

**Abbotsford Recreation Centre**

- **Sep 20 - 22** F - Su 5pm - 9pm, 10am - 6pm 3/$160 19977
- **Oct 25 - 27** F - Su 5pm - 9pm, 10am - 6pm 3/$160 19978
- **Jan 24 - 26** F - Su 5pm - 9pm, 10am - 6pm 3/$160 20073
- **Mar 18 - 20** W - F 9:00am - 5:00pm 3/$160 20074
- **Mar 25 - 27** W - F 9:00am - 5:00pm 3/$160 20077

**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**

- **Sep 13 - 15** F - Su 5pm - 9pm, 10am - 6pm 3/$175 19975
- **Oct 18 - 20** F - Su 5pm - 9pm, 10am - 6pm 3/$175 19976
- **Jan 17 - 19** F - Su 5pm - 9pm, 10am - 6pm 3/$175 20056
- **Mar 16 - 18** M - W 9:00am - 5:00pm 3/$175 20057
- **Mar 23 - 25** M - W 9:00am - 5:00pm 3/$175 20058

**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**

- **Sep 13 - 15** F - Su 5pm - 9pm, 10am - 6pm 6/$335 19970
- **Oct 18 - 20** F - Su 5pm - 9pm, 10am - 6pm 6/$335 19972
- **Dec 26 - 31** Th - Tu 12 - 5pm, 10am - 3:30pm 6/$335 19974
- **Jan 17 - 19** F - Su 5pm - 9pm, 10am - 6pm 6/$335 20052
- **Mar 16 - 20** M - F 9:00am - 5:00pm 5/$335 20053
- **Mar 23 - 27** M - F 9:00am - 5:00pm 5/$335 20054

**Bronze Star (12yrs+)**

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.

**Abbotsford Recreation Centre**

- **Sep 14 - 22** Sa/Su 10:00am - 12:30pm 4/$74 19968
- **Oct 19 - 27** Sa/Su 10:00am - 12:30pm 4/$74 19969
- **Mar 16 - 18** M - W 9:00am - 12:30pm 3/$74 20050
- **Mar 23 - 27** M - W 9:00am - 12:30pm 3/$74 20051

**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.

**Abbotsford Recreation Centre**

- **Jan 2 - 4** Th - Sa 9:00am - 6:00pm 3/$260 19979
- **Mar 27** F - Su 9:00am - 6:00pm 3/$260 20087

**Water Safety Instructor PREP (15yrs+)**

This is the first course in the Swimming Instructing stream. It will include the theory behind being a swimming instructor and includes teaching methods, learning styles, physical principles, swimming progressions, communication, safety supervision and water safety.

**Matsqui Recreation Centre**

- **Jan 31 - Feb 8** F - Sa 5pm - 9pm, 9am - 6pm 6/$340 20088

**Water Safety Instructor (15yrs+)**

This is the final course in the Swimming Instructing stream. It's designed to build on previous knowledge learned in the WSI PREP course and introduce candidates to the specific programs they will be teaching. Instruction will include lesson planning, effective evaluation and instructional emergency response skills and continued development of progressions, drills and teaching strategies.

**Matsqui Recreation Centre**

- **Oct 12 - 14** Sa - M 10:00am - 7:00pm 3/$200 19997
- **Feb 15 - 17** Sa - M 10:00am - 7:00pm 3/$200 20091

**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**

- **Oct 26** Sa 5:00pm - 9:00pm 1/$120 19998
- **Nov 30** Sa 5:00pm - 9:00pm 1/$120 19999
- **Dec 28** Sa 5:00pm - 9:00pm 1/$120 20000
- **Jan 25** Sa 5:00pm - 9:00pm 1/$120 20092
- **Feb 29** Sa 5:00pm - 9:00pm 1/$120 20093
- **Mar 28** Sa 5:00pm - 9:00pm 1/$120 20094

**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**

- **Dec 21 - 28** Sa - M 11am - 7pm, 8am - 2pm 9/$540 19996
- **Jan 31 - Feb 17** F - Su 5pm - 9pm, 10am - 7pm 9/$540 20089
- **Mar 15 - 20** Su - F 9:00am - 6:00pm 9/$540 20090

**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 lifeseguarding performance across Canada. No class Dec 31, Jan 1.

**Matsqui Recreation Centre**

- **Nov 2 - 11** M - T 10:00am - 7:30 pm 5/$375 19980
- **Dec 29 - Jan 5** M - F 10am - 7pm, 9am - 6:30pm 5/$375 19982
- **Feb 21 - Mar 1** F - Su 5pm - 9pm, 9am - 6:30pm 5/$375 20084
- **Mar 23 - 27** M - F 9:00am - 6:00pm 5/$375 20085

**National Lifeguard Service Recertification (16yrs+)**

This course includes both a pre-certification refresher and the recertification for certified lifeguards.

**Abbotsford Recreation Centre**

- **Oct 14** M 10:00am - 6:00pm 1/$115 19983
- **Nov 11** M 10:00am - 6:00pm 1/$115 19984
- **Feb 17** M 10:00am - 6:00pm 1/$115 20086
- **Mar 22** Su 10:00am - 6:00pm 1/$115 20087
Matsqui Recreation Centre Swim Lessons
September 3 - December 19

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

**Abbotsford Recreation Centre Swim Lessons**
September 3 - December 19

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### Matsqui Recreation Centre Swim Lessons

**January 6 - March 27**

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**Instructor Requests:** The City of Abbotsford will take instructor requests for any registered aquatics programming. We strive to fill as many of these requests as possible but they are not guaranteed. Please submit your request to the receptionist once registration is complete. For online registrations please call the centre to have a request recorded.
## Abbotsford Recreation Centre Swim Lessons
### January 6 - March 15

<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>
<th>Length of Lesson</th>
</tr>
</thead>
<tbody>
<tr>
<td>M/W</td>
<td>Jan 6 - Feb 5</td>
<td>10</td>
<td>$59</td>
<td>30min</td>
<td>$59</td>
<td>30min</td>
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<tr>
<td>M/W</td>
<td>Feb 10 - Mar 11 (no class Feb 17)</td>
<td>9</td>
<td>$53.10</td>
<td>30min</td>
<td>$53.10</td>
<td>30min</td>
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<tr>
<td>Tu/Th</td>
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<tr>
<td>Tu/Th</td>
<td>Feb 11 - Mar 12</td>
<td>10</td>
<td>$59</td>
<td>30min</td>
<td>$59</td>
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<td>$88.50</td>
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<tr>
<td>Tu</td>
<td>Jan 7 - Mar 10</td>
<td>10</td>
<td>$59</td>
<td>30min</td>
<td>$59</td>
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<td>$88.50</td>
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<tr>
<td>Th</td>
<td>Jan 8 - Mar 12</td>
<td>10</td>
<td>$59</td>
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<tr>
<td>F</td>
<td>Jan 10 - Mar 13</td>
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<td>30min</td>
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<td>30min</td>
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<tr>
<td>Sa</td>
<td>Jan 11 - Mar 14 (no class Feb 15)</td>
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<td>30min</td>
<td>$53.10</td>
<td>30min</td>
<td>$79.65</td>
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<tr>
<td>Su</td>
<td>Jan 12 - Mar 15 (no class Feb 16)</td>
<td>9</td>
<td>$53.10</td>
<td>30min</td>
<td>$53.10</td>
<td>30min</td>
<td>$79.65</td>
<td>45min</td>
</tr>
<tr>
<td>M - F</td>
<td>Mar 16 - 20</td>
<td>5</td>
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<tr>
<td>M - F</td>
<td>Mar 23 - 27</td>
<td>5</td>
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<td>$29.50</td>
<td>30min</td>
<td>$44.25</td>
<td>45min</td>
</tr>
</tbody>
</table>

**Instructor Requests:** The City of Abbotsford will take instructor requests for any registered aquatics programming. We strive to fill as many of these requests as possible but they are not guaranteed. Please submit your request to the receptionist once registration is complete. For online registrations please call the centre to have a request recorded.
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.ca/prc

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. Check it out! abbotsford.ca/exhibitionpark

Abbotsford City Services App

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

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

Visit the App Store or Google Apps and download the Abbotsford City Services App today and start exploring your City parks and trails.

DID YOU KNOW?

• The City of Abbotsford has 276 kms of trails and an additional 138km in Regional parks
• The City of Abbotsford has over 192 parks totaling over 840 ha, parks which include neighbourhood parks, green spaces and trails
• The parks team plants 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
Picnic Shelters

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

Sports Fields

The Abbotsford Parks, Recreation & Culture Department coordinates booking services for a variety outdoor sports groups. Check out our large selection of field venues! [link to website]

Field Inspection Procedure

During periods of inclement weather, generally November through March, when normal play may cause damage to the fields, or compromise the safety of users, fields are inspected and the current field condition is reported. Field inspections occur daily Monday through Friday, to assess field conditions. Field conditions are updated daily prior to 12pm Monday through Friday. The weekend field status is updated prior to 12pm every Friday. This status is for the entire weekend until further inspections take place. Updated reports are posted on the website and the phone hot-line on the first business day of the following week. Conditions that warrant field closures are:

- Standing water
- Frozen or snow covered field surface
- Excessive wear
- Excessive frost
- Weather forecasts stating inclement weather

To check the current status of playing fields visit us at [link to website]

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! [link to website]

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. [link to website]

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

Are you interested in sprucing up a local park space, picking up litter on your street or polishing up your favourite trail? Volunteers make a huge impact in our community. Parks opportunities are perfect for individuals, clubs, corporate groups and schools.

Volunteers can pitch in by:
• picking up litter
• reporting on vandalism or maintenance problems
• taking part in guided beautification efforts
• plantings
• invasive plant removals or various other tasks.

Time commitments are flexible, whether you are interested in an ongoing or one time commitment, we can find an opportunity to fit into your schedule. The City of Abbotsford Volunteer office provides basic equipment, safety training, site information, guidance and supplies for adopting a local park, trail or street.

Come join us, we are bound to have an opportunity that interests you! We encourage anyone interested to register as a volunteer at abbotsford.ca/volunteerapplication. If you do not have access to a computer, then please contact the Volunteer Coordinator 604.557.7050 to sign up.

Get involved with your community. You’ll be glad you did!
Trees

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

Note that there is a fee for the tree-cutting permit. The current fee is indicated on the tree cutting application form. Application forms are available online at abbotsford.ca/treepermits.

Permits are valid one year from the date of issue. For information on tree permits or if you have any comments or concerns regarding a tree on a City boulevard or park contact the Parks, Recreation & Culture office.

Tips for your Trees

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

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

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

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.

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.
Parks Gift Program

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

abbotsford.ca/parksprograms

Cost Sharing of Private Fencing

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

abbotsford.ca/parksprograms

Horticulture

Did you know that every spring sees in excess of 30,000 tulips, daffodils, hyacinths and other bulbs blossoming 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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abbotsford.ca/parksprograms

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abbotsford.ca/parksprograms

People, Plants & Pride...Growing Together

Communities in Bloom is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility and beautification through community involvement.

For More Information: Email commdevelopment@abbotsford.ca or call 604.557.1464.
Off-Leash Dog Areas

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

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

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

Dog Off-Leash Area Etiquette
Please obey all park rules and relevant parking requirements. Please park in the parking lot and avoid parking along residential roads.
Dogs must be licensed.
Properly clean-up and dispose of your dog’s feces.
Handlers must have a leash with them for each dog.
Dogs must be under the control of and within sight of their handlers at all times.
Owners are personally liable for any damage or injury inflicted by their dogs.
Ensure that dogs are leashed before leaving the off-leash area. Dogs must be leashed in all parks, except within designated off-leash areas.
Enjoy the dog off-leash areas and have fun with your dogs.
For more information:
abbotsford.ca/offleash
604.859.3134
prcoffice@abbotsford.ca

IF YOUR DOG POOPS... PLEASE SCOOP!
Picnic Shelters
Reserve your picnic shelter from April 1 - October 31. Picnic shelters are on a first-come, first served basis for the remainder of the year. To reserve a shelter visit [abbotsford.ca/prc](http://abbotsford.ca/prc) to submit an online request.

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

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

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

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

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<tbody>
<tr>
<td>Abbotsford Exhibition Park, 32470 Haida Drive</td>
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<td>Albert Dyck Memorial Park, 31515 Walmsley Avenue</td>
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<td>Babich Park, 33404 Wren Crescent</td>
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<tr>
<td>Bateman Park, 34638 Bateman Road</td>
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<td>Berry Park, 33928 Fern Street</td>
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<td>Bradner Park, 28555 Haverman Road</td>
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<td>Clearbrook Park, 3680 Clearbrook Road</td>
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<td>DeLair Park, 35570 Old Yale Road</td>
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<td>Jubilee Park, 2552 McCallum Road</td>
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<td>Upper Sumas Fields, 920 Whatcom Road</td>
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<td>Yale Courts, 2553 Yale Court</td>
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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: prcoffice@abbotsford.ca

For more information or to make arrangements: abbotsford.ca/cemeteries: 604.851.4198 | prcoffice@abbotsford.ca

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**The Cemeteries of Abbotsford**
The City of Abbotsford owns and operates four cemeteries: Aberdeen; Hazelwood; Mt. Lehman; and Musselwhite. Cemeteries are landscaped and maintained in park-like settings with views to the nearby mountains and the Fraser Valley.

For more information, visit our website at abbotsford.ca

**Aberdeen Cemetery**
28417 Fraser Highway

**Hazelwood Cemetery**
34070 Hazelwood Avenue

**Mt. Lehman Cemetery**
2900 Block, Taylor Road

**Musselwhite Cemetery**
35000 Block, Old Yale Road
# Abbotsford Parks, Recreation & Culture Rental Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Seating</th>
<th>P/A</th>
<th>Size &amp; Floor Type</th>
<th>Kitchen Facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ag.Rec Gallery</td>
<td>160</td>
<td>Yes</td>
<td>Air conditioned, tile floor 80’ x 44’</td>
<td>Stove, fridge, sink</td>
</tr>
<tr>
<td>Ag. Rec Main Floor</td>
<td>1900</td>
<td>Yes</td>
<td>Concrete floor, 192’ x 120’</td>
<td>N/A</td>
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<tr>
<td>Agrifair Arena</td>
<td>500</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>
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<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>
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<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>
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<tr>
<td>Rotary Stadium</td>
<td>4000</td>
<td>Yes</td>
<td>8 lane rubberized track, grass in-field</td>
<td>Concession operates</td>
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<tr>
<td>Show Barn</td>
<td>N/A</td>
<td>Yes</td>
<td>Asphalt floor, 210’ x 114’</td>
<td>N/A</td>
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<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>
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<tr>
<td>Abbotsford Recreation Centre</td>
<td>375</td>
<td>Yes</td>
<td>Concrete 200’ x 100’ dry floor rentals, 1,000 dry floor capacity</td>
<td>Concession operates</td>
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<tr>
<td>Matsqui Recreation Centre</td>
<td>350</td>
<td>Yes</td>
<td>200’ x 85’</td>
<td>Concession operates during special events only</td>
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<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>
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<tr>
<td>Matsqui Centennial Auditorium</td>
<td>368</td>
<td>Yes &amp; Multimedia</td>
<td>30’ x 36’ stage, sound &amp; light, piano</td>
<td>N/A</td>
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<tr>
<td>Foyer</td>
<td>80 standing 35 banquet</td>
<td>Multimedia</td>
<td>No</td>
<td>Carpeted</td>
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</table>
Matsqui Centennial Auditorium
This exquisite 368 seat, theatre-style venue’s outstanding design and superb technical abilities create the perfect intimate setting for any function or performance.
- 30’ x 36’ stage with large on-stage screen available
- Two large dressing rooms equipped with showers
- Impeccable washroom facilities
- Comfortably large green room
- State-of-the-art sound and lighting systems
- PA and multi-media services
- Beautiful grand piano available for performances

Foyer
Surrounded in floor-to-ceiling windows, this fully carpeted venue, which looks out onto a decadent garden and fountain display, lends itself well to receptions.

Capacity
80 standing; 35 banquet; 64 theatre style
Multi-media services available
Practical kitchenette/bar adjoins the foyer

Outdoor
A uniquely designed fountain area and courtyard transforms into a beautiful stage. An ideal venue for outdoor dance and theatre performances or weddings.

Technical
Our technical experts professionally handle all your lighting, sound and multi-media needs.

Community Halls

GROUPS WITH MULTIPLE ROOMS

Abbotsford Arts Centre ........................................ 2329 Crescent Way ................................................... 40 - 260 Office .................................................. 604.853.0966
Abbotsford Curling Rink ......................................... 2555 McMillan Rd. .................................................. 150 - 200 Bill .................................................. 604.859.9244
Abbotsford Social Activity Assn. (ASSA) .................. 33889 Essendene Ave. ........................................... 120 - 200 Lonnie ........................................ 604.309.9919
Garden Park Tower ............................................... 2825 Clearbrook Rd. .............................................. 20 - 480 Office ........................................ 604.853.5532
Trinity Memorial Church ........................................ 33737 George Ferguson Way .................................. 25 - 100 Office ........................................ 604.853.2591
Tradex ............................................................. 1190 Cornell Street ................................................ 12 - 150 Office ........................................ 604.850.1533
The Reach Gallery Museum Abbotsford ................. 32388 Veterans Way ........................................... 40 - 200 Office ........................................ 604.864.8087

GROUPS WITH SINGLE ROOM

Abbotsford Social Activity Assn. (ASSA) .................. 33889 Essendene Ave. ........................................... 60 Lonnie ........................................ 604.309.9919
Bradner Community Club ...................................... 5305 Bradner Rd. ................................................. 300 Office ........................................ 604.856.8441
Clayburn Village Community Hall ......................... 4315 Wright St. ................................................... 124 Office ........................................ 604.850.4362
Clayburn Village Community Church ..................... 4304 Wright St. ................................................... 80 Office ........................................ 604.850.4362
Fraternal Order of Eagles ....................................... 33868 Essendene Ave. ........................................... 130 Andy ........................................ 604.859.5405
Highstreet Community Room ................................. 3122 Mt Lehman Road ........................................... 40 Office ........................................ 604.381.3934
Jubilee Community Hall ........................................ 7720 Bradner Rd. ................................................. 175 Maureen ........................................ 604.856.8690
Matsqui Prairie Community Assn. ......................... 33676 St. Olaf Ave. ................................................. 240 Jan ........................................ 604.826.7613
Mt. Lehman Army & Navy Club ............................. 30346 McNeil Ave. ................................................ 75 Grant ........................................ 604.856.3113
Mt. Lehman Community Assn. ............................... 6418 Mt. Lehman Rd. .............................................. 100 mtlehmancommunityhall.ca
Straiton Community Hall ...................................... 4692 Upper Sumas Mountain Rd. ......................... 200 straitoncommunityhall@gmail.com

TRESTREY STYALE NTIAL FACILITIES

Matsqui Centennial Auditorium .............................. 32315 South Fraser Way ........................................ 368 - Auditorium Office ........................................ 604.859.3134
40 - Foyer .................................................. 30’ x 36’ stage, lighting, sound, grand piano
The Abbotsford Arts Centre .................................. 2329 Crescent Way ........................................... 739 - Fully equipped theatre ................................ 604.853.0966

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

For more information, please visit www.abbotsford.ca/prc.
Trethewey House Heritage Site

Did you know that Trethewey House is the city’s only heritage house museum? Trethewey House is a Craftsman style bungalow built for timber baron J.O. Trethewey and his family. “The House” has been restored to c.1925. 2019 marks The House’s centennial year, and Heritage Abbotsford Society, the registered BC charity which operates Trethewey House Heritage Site, celebrates its 50th year.

To view Trethewey House, you can pre-book a group tour with us, or you can join us for a drop in tour (groups of five persons or less) Mondays to Fridays from 1pm to 4pm, year-round. If you have questions, feel free to call us at 604.853.0313. Let yourself be transported back in time as you learn about local heritage, and what life was like in the Fraser Valley in the 1920s. While you are here, you can also view the Upper Sumas BC Electric Railway Station, an original 1910 station on the BC Electric Railway’s Chilliwack Line. Imagine what it was like to travel with the BCER back in the day! Our Heritage Gallery houses the Legacies on the Lake exhibit, which tells the story of the people who have left a legacy in the area immediately surrounding the heritage site, and how those legacies impact Abbotsford to this day. Additionally, many visitors stay and browse the Sylvia Pincott Heritage Habitat Garden, also located on the Heritage Site.

School classes can enjoy educational heritage programs in our one-room school house during one of our super fun immersive field trips, designed with local school students and the current BC Social Studies curriculum in mind.

If you prefer to explore Abbotsford’s history at your own leisure, you can access more historic interpretation on our Agents of Discovery app, which is free to install and play on your mobile device.

Did you know that you also have the option of having us come visit you? If your special interest group, school class, or senior’s home would like to have us come to your group facility, you can book a heritage program with us over the phone or via our website.

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Calling all Artists, arts organizations, cultural, and heritage organizations, and businesses - plan to share your love of arts and culture this fall!

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.

LIST YOUR UPCOMING EVENT BY GOING TO CULTUREDAYS.CA.
Abbotsford Arts Council

**September 7 - October 1**

**Kaleidoscopic**
A colourful collection of works by four Fraser Valley artists, Beth Stewart, Meghan Spence, Tara Faulks and Erin Caskey.

**Kariton Art Gallery**
Opening reception
Sep 7, Saturday 6pm - 8pm

**October 5 - 29**

**Fraser Valley Watermedia Society**
Offering a wide variety of styles and subject matter, many of the FVWS members’ paintings are inspired by local scenery, portraiture as well as travels to places near and far. The enthusiastic members of the FVWS continually work to enhance their skills through ongoing classes and workshops given by established artists.

**Kariton Art Gallery**
Opening reception
Oct 5, Saturday 6pm - 8pm

**November 2 - December 3**

**Gurmat Center - Sikh Youth Artists**
Gurmat Center Artworks presents a collection celebrating their student artists’ accomplishments. The students create paintings reflecting on their learning about themes exploring Sikh-Canadian heritage.

**Kariton Art Gallery**
Opening reception
Nov 2, Saturday 6pm - 8pm

**December 9 - 20**

**Christmas Market at the Kariton**
Join us from December 9-20 as the Kariton Art Gallery hosts an Artisan Christmas Market. The Kariton will transform into a festive destination for guests to find one-of-a-kind gifts and discover talented local artists!

**Kariton Art Gallery**
2387 Ware Street

**The Reach Gallery Museum**
There’s always something to do at The Reach. Visit our website thereach.ca for a full list of activities and events!

**EXHIBITIONS** - October 3 - January 5, 2020

**Opening Reception**
Celebrate the opening of our Fall/Winter Season of Exhibitions. Meet and mingle with the artists, enjoy light refreshments and a cash bar.

**October 3, 7pm** (Free admission)

**Li iyá:qtset - We Transform It**
Joanne Archibald, Nicola Campbell, Roxanne Charles, Brenda Crabtree, Wenona Hall, Ronnie Dean Harris, Jay Havens, Rocky LaRock, Jocelyne Robinson, Deb Silver, Raphael Silver, Carrielynn Victor, Theresa Warbus, Cease Wyss.
Catalyzed by the Indigenous film series Reel Change, which was presented at The Reach from October 2018-June 2019, this multidisciplinary exhibition brings together the artworks and voices of some of the most important Indigenous artists, thinkers, writers and scholars working in Coast Salish territory today.

**Susan Point: Spindle Whorl**
40 works of art showcase the persistence of the spindle whorl—a tool traditionally used by Coast Salish women to prepare wool—in the art practice of acclaimed Coast Salish artist Susan Point. This exhibition is organized and circulated by the Vancouver Art Gallery and curated by Grant Arnold, Audain Curator of British Columbia Art, and Ian M. Thom, former Senior Curator–Historical.

**2019 Fraser Valley Biennale**
A dynamic, collective representation of exceptional artwork produced by artists in the Fraser Valley region over the past two years. Featuring works of art by: Emily Arnett, Sidi Chen, David Evans, Christopher Friesen, Paula Funk, Erica Grimm, Joshua Hale, Fiona Howarth, Sharon Huget, Krista Kilvert, Linda Klippenstein, Dan Lefebvre, Karlie Norrish McCchesney, Sora Park, Barb Pearson, Patricia Peters, Veronica Plewman, Rosa Quintana Lillo, Sylvie Roussel-Janssens, Gloria Stanley, Bob St. Cyr, Zuzana Vasko, Mandeep Wirk, and Qahraman Yousif.

**Voices of the Valley**
Explore rich collections of historical objects, photographs, and archival materials that tell the story of the community through the eyes of individuals who have shaped it.

**EVENTS**

**Arty Awards**
Abbotsford Arts Council’s annual celebration of excellence in the local arts community, hosted at The Reach. The awards cover a wide variety of categories showcasing the breadth and depth of the Abbotsford arts scene. This memorable evening features performances by talented artists working across a number of genres. Purchase tickets at: abbotsfordarts council.com/arty-awards.

**September 28, 7pm**

**EMERGE: Annual Fundraiser**
Join us as we raise funds for our Emerge Program! Emerge supports the professional development of aspiring artists ages 18-35 in the Fraser Valley. The event will include the opening of Art on Demand 5.4, live music from Valley Music Co., flash tattoos by Tanya Loewen & Rhian Webber, drinks, appettes and more!

**November 21, 6:30pm - 10pm**
$20 Friend of the Reach, $25 Future Friend

**2019 Fraser Valley Biennale: Artist Meet & Greet**
Meet the talented artists selected to participate in the 2019 Fraser Valley Biennale. This casual event is your opportunity to learn more about the artists working in our region, directly from them. Refreshments & cash bar

**November 22, Free Admission**

**Ladies Soiree Under the Timbers**
This evening of seasonal cheer hosted by Tanglebank Gardens features refreshments, seasonal demonstrations, prizes and more. Proceeds from ticket sales go to support programs and events at The Reach.

**November 7**
Visit thereach.ca/events for time and details

**Community Art Space**

**November 7, Opening Reception**
This fall and winter, The Reach will partner with GirlKIND Foundation and the Fraser Valley Watermedia Society for two compelling exhibitions. Our Community Art Space is an application-based opportunity for all community groups to exhibit art projects at The Reach. Whether you are an art club or society, a school group, or a social services organization, or if you just have works of art you’d like to present, we’d like to hear from you!

**November 8, 29 Painting workshop**

**PROGRAMS**
Check out our programs for:

**C3-Culture, Coffee & Cookies** - Every Wed, Sep 4 - Dec 11

**Sunday Family Art Class** - Oct 6, 20, Nov 3, 17, Dec 1, 15

**Art History Course** - Oct 10 - Nov 21

**Pro-D Day Art Camps** - Oct 18, Nov 22

Contact the Reach for more details on times and prices.
Read. Learn. Play at your Abbotsford Libraries
Your Library Card is Free. Library membership is free for all residents of the community. To join, visit us. You can start borrowing on your very first visit.

TAG You’re It! - Teen Advisory Group
Teens - looking for a great opportunity to earn volunteer hours towards graduation and contribute to your community? Join us at Clearbrook Library for meetings on the first Wednesday of the month from 6pm - 7:30pm. Ask library staff for more information about volunteering and how to register.

Abbotsford Family Literacy Day 2020. Decode The World For Success
Up your family's literacy in math, reading, visual literacy, computer coding, music, science, history, and more. Join us for interactive experiences and community information to discover how your family can integrate activities into your daily routine to enhance decoding the complex world we live in! Clearbrook Library and The Reach, Saturday, Jan 25, 11am - 2pm Pancake Breakfast at Fire Hall 1, 10am - 11:30pm. Tuck into pancakes cooked by the fire fighters and pick up your Community Reading Challenge Reading log and you could win a prize! Hosted by Literacy Matters Abbotsford in partnership with Abbotsford Fire Rescue Services.

Friends of the Abbotsford Libraries - Become a Friend of the Library volunteer to support programs, services and collections at your Abbotsford Libraries. The Friends meet at Clearbrook Library on the first Tuesday of the month, 1pm - 2:30pm from September to June. Want to learn more about us? You are welcome to drop in to a meeting.

Clearbrook Library
32320 George Ferguson Way
Abbotsford, BC
604.859.7814

Mt Lehman Library
5875 Mt Lehman Rd
Abbotsford BC
604.856.4988

Abbotsford Community Library
33355 Bevan Ave
Abbotsford BC
604.853.1753

Check out program listings for all ages at fvrl.ca under Events
Join us at these fun storytimes and give your child the love of books, language and learning.

Storytime
Abbotsford Community Library - Wednesdays, 10:30am - 11am
Clearbrook Library - Thursdays, 10:30am - 11am
Clearbrook Library Pyjama Storytime - Thursdays, 7pm - 7:30pm

Toddler Time
Clearbrook Library - Mondays, 10:30am - 11am

Babytine
Abbotsford Community Library - Fridays, 11:30am - 12pm

Blast-off to Storytime for Families
Abbotsford Community Library - Saturdays, 10:30am - 11am

Discover the Playground
STEAM programs are fun ways to learn about Science, Technology, Engineering, Arts and Math. We offer LEGO events, Makerspaces, computer coding programs and more. Bricklayers Club - LEGO Fun for kids 5yrs+
Clearbrook Library - Wednesdays, 6:30pm - 7:30pm
Sep 18, Oct 16, Nov 20, Dec 18, Jan 15, Feb 19

The FVRL Playground offers telescopers, robotic balls and ukeleles for borrowing. Join us for library programs using green screens, coding technology, building tools, virtual reality and more.

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
    abbotsford arts centre.ca

11. Abbotsford Centre
    33800 King Road
    abbotsford centre.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 604.615.6902
The Reach, Gallery Museum, Abbotsford .................. Office 604.864.8087

Dance
Abbotsford Ballet Studio ....................................... Gem 604.854.2007
Abbotsford Grand Squares .................................... Carol 604.807.2281
A Time to Dance ................................................. Susi 604.855.3835
Creative Edge School of Arts ................................ Eileen 604.855.3343

Music
A & D Music & Productions ................................... Deb 778.880.0280
A-Tones Music Jam/Singalong ................................ Ed 604.853.8624
Central Fraser Valley Fiddlers ................................ centralfraservalleyfiddlers.com
Creative Edge School of Arts ................................ Eileen 604.855.3343
Darcy D Music Group .......................................... Darcy 604.832.2170
Ebenezer Fine Arts Music School ............................. Heymin 604.866.4969
Fraser Valley Symphony ....................................... Patricia 604.744.9110
Happy Gang Choir .............................................. Judy 604.854.6679
Joy Vox Community Choir ..................................... Lisa 604.556.4402
Long & McQuade Music Lessons .............................. 604.556.3838
Music for Young Children .................................... Tammy 604.302.5437
Stepping Stone Music Co ...................................... Lisa 604.556.4402
Sound of Music Sales Ltd ...................................... Dean 604.859.0400
Tammy's Music Class .......................................... Tammy 604.302.5437
Valley Echoes Chorus ........................................... 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 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
Communites Supportive Care Society ....................... Karyn 604.850.6608
Creative Centre Society ...................................... 604.853.0392
F.V. Child Development Center .............................. Nicole 604.852.2686
Fraser Valley Downs Syndrome Society ..................... Sylvie 604.853.5563
Fraser Valley Health Care Foundation ...................... Liz 604.851.4890
Healthy Abbotsford ........................................... Brenda 604.859.3134 Ext 5297
Kidney Foundation ............................................ Lois 604.856.8218
MSA Society for Community Living ......................... Richard 604.852.6800 Ext 102
Muscular Dystrophy .......................................... Fran 604.850.0661
Narcotics Anonymous ......................................... 604.873.1018

Social & Service

General
Abbotsford Child Care Resource & Referral ................. Maria 604.850.7934
Abbotsford Community Foundation ......................... Susan 604.850.3755
Abbotsford Restorative Justice .............................. Joanne 604.864.4844
Fraser Valley Metis Association ............................. Dawn 604.996.7686
Salvation Army ................................................... 604.852.9305
Welcome Wagon .................................................. Noel 604.556.0134

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

Community Clubs
Abbotsford Comm. Garden Society ........................ abbotsfordcommunitygarden.com
Abbotsford Euchre Club ....................................... Don 604.746.6930
Abbotsford Genealogical Society ............................ abbysg.ca
Abbotsford/Mission Alpen Club ............................... Anneliese 604.859.0822
Abbotsford Social Activity Association ..................... Lonnie 604.309.9919
Abbotsford Social Activity – Dance lessons ................. Rick 604.217.0322
Abbotsford Sundown Toastmasters ......................... Caroline 604.859.6555
Abbotsford Swingin 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 .................... Eglil 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..............dalletaylor2@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
Business & Professional Women of Abb.........................Arlene 604.859.4222
CFUW Abbotsford ..........................................................Margo 604.853.6575
Soroptimist International of Abbotsford/Mission...............Colleen 604.853.0214

Youth
Abbotsford Youth Commission......................................Christy 604.854.8785
Fraser Valley Youth Society........................................Samantha 604.200.3203
Impact Youth Substance Use Services ............................Brian 604.853.1766

Sports
General
Abbotsford BMX..............................................................Michelle 604.807.0204
Abbotsford Sports Hall of Fame Society.........................Kathy 604.859.3124
BC Powerlifting Association........................................Brian 604.855.2412
Deerfoot Athletic Club..................................................Dorothy 604.504.1616
Fraser Valley Pickleball ..............................................fraservalleypickleball.org
Phoenix Velo Training Group.........................................Geoff 604.826.5330
Special Olympics Abbotsford .................................localsobcabbotsford@gmail.com
Twisters Gymnastics.....................................................Sara 604.850.8500
Valley Stars Cheer Athletics........................................Judy 604.556.3374

Archery/Rod & Gun
Ridgedale Rod & Gun Club..........................................Henk 778.240.9505

Baseball
Abbotsford Minor Fastball Assn (AMFA)............................amfa.ca
Abbotsford Slo-Pitch ......................................................Bob 604.217.8957

Bowling
Jubilee Park Lawn Bowling Club.................................Terry 604.287.1219

Curling
Abbotsford Curling Club..............................................Kent 604.859.9244

Football/Rugby
Abbotsford Falcons FootballAssoc..............................Matt 778.242.7333
Abbotsford Rugby Football Club......................................Tyler 604.309.8407

Golf
Fraserleng 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 ..............................................604.850.1419
Matsqui Blades Speed Skating Club..............................Sara 778.823.6852

Soccer
Abbotsford Soccer Association .................................Dan 604.859.3033
Abbotsford United Soccer Club ......................................Makan 604.825.1780
Royal Soccer Club ..........................................................1.800.427.0536

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
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

REGISTRATION ONGOING

Learn to Swim the Olympian Way!

- FREE 2 week tryout [limitations apply]
- After school programs
- Programs once a week or more
- Meet new friends & have fun
- Learn in a positive progressive environment
- Children 6-18yrs
- Minimum ability to joining is to swim 25m (1 length) & be comfortable in deep water
- Competitions offered

Abbotsford Olympians
Swim Club
604-825-1856
www.abbotsfordolympians.com

FREE TWO WEEK TRIAL FOR NEW MEMBERS [LIMITATIONS APPLY.]
OPEN HOUSE TRY CURLING!
September 28-29
12:00 noon - 4:00 pm
FREE

5 WEEKS OF CURLING
Every Wednesday nights
from 6-7pm
Starting October 2-30
Cost is $100 and includes all
equipment and instruction.
Limited to 24 people per session.

Registration for all leagues
and sessions will be
available online starting
September 1, 2019.

ROCKS!
LEAGUES
• JUNIOR LEAGUE
[ beginners to competitive ]
Mon. 4:00 pm - 5:30 pm
Wed. 4:00 pm - 5:30 pm
• MEN’S LEAGUE
Tues. & Thurs. evenings
• LADIES LEAGUE
Mondays, Tuesdays and Thursdays
• MIXED LEAGUE
Doubles - Mondays 5:45 pm
Fri. evenings
• LEARN TO CURL
Wednesdays 6:00 pm - 7:00 pm
Novice League 7:15 pm
• MEN’S OVER 50 LEAGUE
Mon. and Wed. mornings
• MIXED OVER 50 LEAGUE
Thurs. mornings
• OPEN LEAGUES
Sunday Nights 6:30 pm
Monday Nights 7:30 pm

CURLING
ABBOTSFORD CURLING CLUB
Join a great group of people at the Fraser Valley's House of Hospitality
604.859.9244   abbotsfordcurling.com
2555 McMillan Road, Abbotsford   manager@abbotsfordcurling.com

Private rental of ice
and lounge welcome.
Contact Kent at:
manager@abbotsfordcurling.com

ABBOTSFORD CURLING CLUB

861 SILVERFOX AIR CADETS
CELEBRATING 41 YEARS OF HELPING YOUTH SOAR 1978-2019
CHECK US OUT there is something for everyone...

• Summer Camps
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• Effective Speaking Program
• Community Service
• Earn High School Credits

FOR YOUTH AGES 12–18 | MEETINGS: Wednesday Nights 6:30pm - 9:30pm
LOCATION: Air Cadet Building #14-32470 Haida Drive, Abbotsford

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

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CELEBRATING 41 YEARS OF HELPING YOUTH SOAR 1978-2019

CHECK US OUT there is something for everyone...

• Flying in a Glider or Cessna
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WE ARE ALL WORKING TOGETHER FOR THE FUTURE OF ABBOTSFORD
FRASER VALLEY HEALTH CARE FOUNDATION

FIND OUT HOW YOU CAN SUPPORT THE ABBOTSFORD REGIONAL HOSPITAL ER EXPANSION
BY VISITING WWW.FVHCF.CA OR CALLING 604 851 4890
Your Community. Your Hospital. Your Foundation
"You Are Invited" to an introduction to Modern Square Dancing
Singles & Couples • Teens to 90's
A.S.A.A. Hall
33889 Essendene Ave, Abbotsford, BC
Lessons start September 16, 2019, from 7:00 – 9:30 pm
First 3 Classes Free

www.ags.squaredance.bc.ca

12TH ANNUAL Total Makeover Challenge
REGISTRATION OPENS DECEMBER 1, 2019!
AND CLOSES JANUARY 10, 2020
TELL US WHY YOU NEED A TOTAL MAKEOVER IN 2020!

This 16 Week Challenge is designed to draw out the warrior and help you fill that burning need of becoming a better version of yourself.
Bring out the stronger, fitter, healthier you!
Break through obstacles that are holding you back!
Join a supportive tribe of women!
Take back your life and design your future!
Dare to get out of your comfort zone!
UNLEASH THE WARRIOR WOMAN IN YOU!!!

WILL YOU BE THE NEXT TOTAL MAKEOVER CHALLENGE WINNER IN YOUR CITY?

APPLY TODAY AT...
TotalMakeoverChallenge.com

www.burnabynews.com
Favourite Dance Studio

Favourite Dance Studio offers a variety of dance styles including Hip Hop, Jazz, Lyrical, Stage, Acro, Musical Theatre, Contemporary, Modern, Tap, Ballet, and Ballet Exams (RAD Certified). They are open to all ages and any skill level.

Office Hours:
Tues, Wed & Thurs
3:30 PM – 7:30 PM

www.freestyledancecentre.ca

The Grinch Project 3.0

Public Shows:
Friday, December 13
at 7:00 pm
Saturday, December 14
at 1:00 pm

Tickets $12.00 in advance
$14.00 at the door

Tickets on sale at The Reach Gallery Museum & Jazz-Ma-Tazz. Online at Eventbrite or through your favorite ACT actor.

www.abbotsfordchildrenstheatre.org

GearBots Makerspace

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.

To reserve your child’s place contact:
info@gearbots.org
604.308.2241
gearbots.org
Ordinary Heroes
2019/2020 THEATRE SEASON

Madeleine L’Engle's
A WRINKLE IN TIME
Adapted by John Glore

Francis Hodgson Burnett’s
THE SECRET GARDEN
Book and Lyrics by Marsha Norman, Music by Lucy Simon

Ken Ludwig’s
BASKERVILLE
A Sherlock Holmes Mystery

www.GALLERY7THEATRE.COM

The Affordable Alternative in Dance Education
Registration is always open!

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

Middle Distance Teen / Young Adult
• 800m - 3,000m  • Steeplechase

Power & Speed Teen / Young Adult
• Sprints  • Long Jump  • High Jump  • Hurdles
• Pole Vault  • Triple Jump  • Decathlon

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

Accepting Athletes of All Abilities
YEAR ROUND TRAINING
ValleyRoyals.ca

www.GALLERY7THEATRE.COM

www.ValleyRoyals.ca

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

Accepting Athletes of All Abilities
YEAR ROUND TRAINING
ValleyRoyals.ca
Twisters Gymnastics

Building strength, flexibility, discipline and achievement through fun!

FALL CLASSES STILL AVAILABLE!
Classes start September 9.

Recreational | Competitive | Drop-In | Camps
Walking Through Adult | Beginner to Advanced

32470 Haida Dr.
Gate #1 Building #10
Abbotsford, BC
604-850-8500
www.twistersgymbc.com

LEARN TO SKATE

REGISTRATION FOR ALL FALL PROGRAMS

August 12 & 14 from 4PM to 8PM
August 13 & 15 from 9AM to 12PM
Registration held at Abbotsford Rec Centre

ABBOTSFORDSKATINGCLUB.ORG

3 REASONS TO CHOOSE A CAREER IN HEALTH CARE

• UFV grads get hired
• Short-term training options
• Rewarding careers for people who love helping others

Learn more: ufv.ca/healthcare
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 any time. 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 Department 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. There will be a $25.00 administration fee charged on all returned payments.

PRC Subsidy Program

Full time Abbotsford Residents who experience financial barriers to participate in recreation opportunities may be eligible for the PRC Subsidy program which provides admission to any indoor facility and a discount for specific programs (as approved by City Council). Applicants must meet the low-income threshold, and must provide proof of net household/family income through Revenue Canada Notice of Assessments, along with their Goods and Services tax (GST) Credit and B.C. Low Income Climate Action Tax (B.C.LICAT) Credit Notice. For complete details, please contact the Parks, Recreation & Culture Office at 604.859.3134.

Special Needs Access Program

The Special Needs Access Program provides full-time Abbotsford residents, who have permanent disabilities as confirmed by a physician, with a 50% discount on City of Abbotsford recreation centre regular drop-in admissions and memberships. For complete details, please contact the Parks, Recreation & Culture office at 604.859.3134.

Inclusion

The City of Abbotsford is committed to making its Recreation Facilities welcoming and accessible to all Abbotsford residents - including those with health or physical limitations. Please contact the facility program coordinator if you or your loved one requires additional assistance to participate.

A number of community resources are available to individuals and families who require various levels of support. Please refer to the Community Directory for a list of some resources available to you.

Privacy Statement

Personal information is collected for the administration of Parks, Recreation & Culture programs only, as authorized under Section 26 of the Freedom of Information and Protection of Privacy Act. The City of Abbotsford does not use or disclose personal information for purposes other than those for which it was collected, except with the consent of the individual whom the information is about or otherwise in accordance with law. The City of Abbotsford retains personal information only as long as necessary for the purposes of this program and as required under the Act. If you have any questions about the collection and use of your personal information, contact the Information & Privacy Coordinator at 604.864.5575, City of Abbotsford, 32315 South Fraser Way, Abbotsford, B.C. V2T 1W7.
Customer Care / How to Register

등록방법
본 프로그램에 등록하는 방법에는 세가지가 있습니다.
등록비는 비자, 아멕스, 마스터카드, 데빗카드, 현금 또는 수수료 내실 수 있습니다.
온라인등록은 www.direct2rec.com에서 일주일 내내 24시간 가능한 등록시스템을 이용하여 하실 수 있습니다.
전화등록: 애보츠포드 레크리에이션 센터나 레크리에이션 센터에 시설운영 시간에 전화하셔서 등록할 수 있습니다.
방문등록: 애보츠포드 레크리에이션 센터나 레크리에이션 센터에 시설운영 시간에 직접 오시서 등록할 수 있습니다.
등록비는 이용한 바코드와 비밀번호를 받게 됩니다.
등록비는 본인 계좌를 하시면 누구나 귀하의 계좌에 언제든지 보실 수 있습니다.
본인 계좌 설정이 완료된 후 ARC 또는 MRC에 연락하시면 차후 온라인으로 등록하실 경우에 필요한 바코드와 비밀번호를 받게 됩니다.
등록비는 본인 계좌를 하시면 누구나 귀하의 계좌에 언제든지 보실 수 있습니다.

프로그램이나 멤버십 최초 등록
최초등록을 하시려면 애보츠포드 공원, 레크리에이션 및 문화부(ABBOTSFORD PARKS, RECREATION & CULTURE)에 개인 계좌를 하시아 합니다. 이 계좌는 본인이 지역 레크리에이션 센터에 가시거나 www.direct2rec.com에서 직접 설정하실 수 있습니다. 본인 계좌 설정이 완료된 후 ARC 또는 MRC에 연락하시면 차후 온라인으로 등록하실 경우에 필요한 바코드와 비밀번호를 받게 됩니다.
등록비는 본인 계좌를 하시면 누구나 귀하의 계좌에 언제든지 보실 수 있습니다.

온라인 등록
Direct2Rec는 프로그램 안내, 프로그램 참가, 프로그램 등록, 멤버십 개설 혹은 프로그램 수용인원 확인등을 언제든지 보실 수 있는 저희 온라인 등록 포탈사이트로써 애보츠포드 레크리에이션 센터나 MRC에서 받는 가족 단위의 바코드 및 비밀번호를 사용해서 접속하실 수 있습니다.

대기자 명단
언기있는 프로그램은 자가 빌리 됩니다. 좋은 프로그램을 능지치 않으려면 대기자 명단에 이름을 올려 놓으십시오. 자가가 번째 순서대로 해당 프로그램에 배치됩니다. 대기자 수가 충분한 경우 셀레스가 만들어지기도 합니다.

공원, 레크리에이션 및 문화 프로그램에 관한 질문
자녀 고객 서비스팀은 공원, 레크리에이션 및 문화에 관해 일주일 내내 여러분을 천천히 도와드리는 모습입니다. 애보츠포드 레크리에이션 센터(604.855.0500), 애보츠포드 레크리에이션 센터(604.853.4221) 혹은 Parks, Recreation & Culture 사무실로 (604.859.3134) 시설 운영시간 중에 연락해 주세요.

프로그램 취소/환불
프로그램 등록은 프로그램이 시작하기 평일로 하루 전까지는 취소가 가능합니다. 그 날짜가 지난 후에는 건강상의 이유가 있을 때만 환불이 가능합니다. 시험요청이나 출산시가 필요할 수 있습니다.
캠프 취소는 캠프 시작 3일전(72시간)까지 가능합니다.
노인 버스 투어는 당일 전 30일 이후에는 환불되지 않습니다. 시험과 취소는 당일 전 일주일(7일) 이전에 가능합니다.
멤버십 취소시 멤버십을 취소하시면 서면요청서 응지를 작성하시야 하며 처리하는 데에는 5일 정도 걸립니다. 본인 있남부를 하고 있는 멤버십에서는 그 다음 달의 납부금이 짜쩌지 않도록 그 달 말에서 30일 이전에는 취소하시야 합니다.
프로그램 취소나 변경에는 5분의 수수료가 부과됩니다.
환불 수수료 처리에는 2주 정도 걸립니다.
활동에 대한 환불수표 처리에는 2주 정도 걸립니다.
환불 수수료는 25 분의 수수료가 부과됩니다.

이메일은 환경 친화적인 방법입니다
본인의 이메일을 개인 계좌에 등록하시면 정기적인 프로그램 업데이트와 멤버십 프로모션을 받으실 수 있습니다.

PBC 보조 프로그램이나 PRC 특수교육이용프로그램
프로그램에 대한 정보를 더 알고 싶으시면 시청 3층에 있는 Parks, Recreation & Culture 사무실에 오시거나 604.859.3134에 전화하십시오.

For English translation, please refer to pages 100-101
Customer Care / How to Register

Please provide the address and/or account number of the bank where the

b

Payment was made.

How do I register for my direct2rec account?

Here are the steps:

2. Click on the "Sign Up" button.
3. Follow the instructions to create your account.

Once your account is created, you can log in and access your account information.

If you have any questions or need assistance, please contact our customer service team at

Phone: 1-800-555-1212
Email: support@direct2rec.com

Terms and Conditions:

By creating an account, you agree to our Terms of Service and Privacy Policy.

Secured and encrypted by SSL

Secure

For English translation, please refer to pages 100-101
MESSAGE FROM THE MAYOR

Welcome to the Parks, Recreation & Culture Program Guide - your community resource for planning fall and winter activities for you and your family. It’s full of tips and opportunities that will help you get the most from you or your family’s experiences at our recreation centres and parks and trails.

A key priority for Council is making sure that our residents have easy access to our services, are well informed about community initiatives, and are able to provide valuable feedback to the City. We believe we can build a stronger, resilient community when everyone is engaged.

That is why the City recently launched a new engagement platform called Let’s Talk Abbotsford. This online portal allows you to have your say and stay up to date on the projects the City is working on - from our transportation and park improvements, to our Urban Forestry Strategy and Cultural Plan, to affordable housing and multi-family composting requirements. As new initiatives are launched, they will be added to the platform.

I encourage all of you to sign up at www.letstalkabbotsford.ca and be a part of shaping your city. Together we can build a city that is connected, diverse, and vibrant.

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

AEP
Abbotsford Exhibition Park
32470 Haida Drive
604.859.3134

ARC
Abbotsford Recreation Centre
2499 McMillan Road
604.853.4221
Monday - Sunday
5:30am - 12am
Pool
Monday - Saturday
5:30am - 10pm
Sunday, 11am - 10pm
Closed for the season

MRC
Matsqui Recreation Centre
3106 Clearbrook Road
604.855.0500
Monday - Saturday
6am - 10pm
Sunday, 9:30am - 8:30pm

MCA
Matsqui Centennial Auditorium
32315 South Fraser Way
604.859.3134
Monday - Friday
8:30am - 4:30pm

MSA Arena
2323 Emerson Street
604.557.4406
Lace up your skates!

Abbotsford PRC has it all. Register Today!

FAMILY FUN SKATE & PLAY LEARN TO SKATE

SKATE: PROGRAMS, LESSONS, DROP-IN...

Abbotsford PRC has it all. Register Today!

abbotsford.ca/prc
ALL ACCESS MEMBERSHIPS

Get the most out of your recreation experience with PRC ALL ACCESS MEMBERSHIP!

Unlimited access to Abbotsford Recreation Centre and Matsqui Recreation Centre aquatic and arena facilities, weight rooms and indoor track, gymnasiums, preschool, youth and senior centres and much more!