

## LACE UP YOUR SKATES



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.

Our skating programs have been designed to meet the needs of skaters of all ages and abilities. Whether just starting out or looking to improve skills, we have a level for your child!

Complete **skate lesson** schedules are available online at **DIRECT2REC.COM**

### Public Skating Drop-in Programs

**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. 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.

**Stick & Puck:** An open session for all ages to practice hockey skills. No slap shots allowed. Max 35 players and 3 goalies per session, goalies play free.

**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.

**Adult Drop-in hockey:** (18yrs+) A recreational drop-in hockey program for adults seniors looking for a fun scrimmage game. Max 20 skaters and 2 goalies. Goalies play free.

**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. Goalies play free.

#### EQUIPMENT REQUIREMENTS

- (1) CSA approved hockey helmet is mandatory.
- (2) A full face mask is recommended.
- (3) Appropriate winter clothing and gloves are required.
- (4) For preschool lessons we recommend gloves and snow pants.

## BE WATER SMART AND HAVE FUN!

Swimming is not only fun, 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!

Complete **swim lesson** schedules are available online at **DIRECT2REC.COM**

### Public Swimming Drop-in Programs

**Aqua Fit/Deep Aqua Fit/ Shallow Aqua Fit:** We have three water aerobic classes available. These classes incorporate low impact aerobic activities that focus on strength training in shallow and deep water or a combination of both. Great for participants with joint related health concerns

**Aqua Zumba Fit:** A class that combines dance moves and Zumba music with water exercises. It offers a fun challenging class that is supportive of joints.

**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! All of the fun features of the pool will be available for everyone to enjoy. Slide, dive and splash!

**Toonie Family Swim/Toonie Swim:** \$2 per person. All admissions become regular price 15 min. before end of swim time.



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REGISTER ONLINE TODAY!

REGISTER ONLINE FOR FALL FUN TODAY!

Abbotsford Parks, Recreation & Culture has fall programming for the whole family.

DIRECT2REC.COM



## 2021 FALL PROGRAMS

### EARLY YEARS

#### Tot Art Exploration (3yrs - 5yrs)

Art with toddlers is all about exploring various materials and tools to see what they can do with them. Your child will have the opportunity to express their own creativity, problem solve and make choices while making friends and creating their own masterpieces!

#### Abbotsford Recreation Centre

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 3:45pm - 4:30pm | 7/\$55.65 | 51068 |
| Nov 2 - Dec 14   | Tu | 3:45pm - 4:30pm | 7/\$55.65 | 51069 |

#### Tiny Dancers (1.5yrs - 5yrs)

Is your little one longing to be a dancer? This is their chance! Learn the basics of dance in a playful environment with familiar songs and music to get moving.

#### Abbotsford Recreation Centre

##### 1.5yrs - 3yrs (Parent participation is required)

|                  |    |              |           |       |
|------------------|----|--------------|-----------|-------|
| Sept 16 - Oct 28 | Th | 4pm - 4:30pm | 7/\$43.05 | 51044 |
| Nov 4 - Dec 16   | Th | 4pm - 4:30pm | 7/\$43.05 | 51045 |

##### 3yrs - 5yrs

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 16 - Oct 28 | Th | 4:45pm - 5:30pm | 7/\$47.25 | 51050 |
| Nov 4 - Dec 16   | Th | 4:45pm - 5:30pm | 7/\$47.25 | 51053 |

#### Tot Floor Hockey (3yrs - 5yrs)

Learn the basics of floor hockey through fun drills and games. Your child will learn FUNdamental movement skills and proper skill based techniques with our enthusiastic and engaging staff.

#### Abbotsford Recreation Centre

|                  |    |              |           |       |
|------------------|----|--------------|-----------|-------|
| Sept 16 - Oct 28 | Th | 4pm - 4:45pm | 7/\$47.25 | 51042 |
| Nov 4 - Dec 16   | Th | 4pm - 4:45pm | 7/\$47.25 | 51043 |

### MAKE BIRTHDAYS A BREEZE - CELEBRATE WITH PRC!

We are excited to be bringing back a variety of Birthday Party options come fall 2021.

Please visit [direct2rec.com](http://direct2rec.com) for more information.

### BC BOUNCE

If you are looking to improve your skills in a fun yet competitive atmosphere, then this league is for you!

Please visit [direct2rec.com](http://direct2rec.com) for more information and schedule.

### KIDS NIGHT OUT! (7YRS - 12 YRS)

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

#### Abbotsford Recreation Centre

|         |           |                  |
|---------|-----------|------------------|
| Fridays | 6pm - 9pm | \$22 per session |
|---------|-----------|------------------|

## CHILDREN & YOUTH

### Abby Boxing Junior & Youth (7yrs - 17yrs)

This non-contact boxing class consists of cardio, circuit training, technical boxing and core exercises. Participants will learn proper stance, various punch combinations and defense moves. Each class is for all levels from beginners to advanced. Supplies not included. Extras: \$90 (gloves, wraps, mouthpiece & skipping rope)

#### Abbotsford Recreation Centre

##### 7yrs - 11yrs

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 3:45pm - 4:45pm | 7/\$80.50 | 51140 |
| Nov 2 - Dec 14   | Tu | 3:45pm - 4:45pm | 7/\$80.50 | 51143 |

##### 12yrs - 17yrs

|                  |    |           |           |       |
|------------------|----|-----------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 5pm - 6pm | 7/\$80.50 | 51145 |
| Nov 2 - Dec 14   | Tu | 5pm - 6pm | 7/\$80.50 | 51147 |

### Afterschool Art for Beginners (6yrs - 9yrs)

Kids will discover their unique artistic abilities as they explore a variety of art mediums, in this fun afterschool program. Experiment with drawing, painting, clay, and more! All supplies are included. No class Oct 11.

#### Abbotsford Recreation Centre

|                  |   |              |           |       |
|------------------|---|--------------|-----------|-------|
| Sept 13 - Oct 25 | M | 4pm - 4:45pm | 6/\$47.70 | 51071 |
| Nov 1 - Dec 13   | M | 4pm - 4:45pm | 7/\$55.65 | 51072 |

### Hip Hop (6yrs - 12yrs)

This introduction to Hip Hop will encourage creativity and self-exploration with various techniques. Engage in various warm-ups, body isolations, and development drills that will prepare you for a choreographed dance routine.

#### Matsqui Recreation Centre

|                  |   |           |           |       |
|------------------|---|-----------|-----------|-------|
| Sept 15 - Oct 27 | W | 4pm - 5pm | 7/\$52.15 | 51054 |
| Nov 3 - Dec 15   | W | 4pm - 5pm | 7/\$52.15 | 51055 |

### Learn To Play Racket Sports (8yrs - 12yrs)

Join this racket sport-based program and participate in badminton, pickleball, lacrosse, tennis and other sports! Community Recreation Leaders will teach age-appropriate techniques using FUNdamental movement skills.

#### Abbotsford Recreation Centre

|                  |    |           |           |       |
|------------------|----|-----------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 5pm - 6pm | 7/\$52.15 | 51138 |
| Nov 2 - Dec 14   | Tu | 5pm - 6pm | 7/\$52.15 | 51139 |

### 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

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 5:45pm - 6:45pm | 7/\$66.50 | 51061 |
| Nov 2 - Dec 14   | Tu | 5:45pm - 6:45pm | 7/\$66.50 | 51062 |

### Soccer for Kids 1 & 2 (6yrs - 12yrs)

If you are looking to level up your soccer skills, this program is for you! These soccer programs will focus on enhancing your child's skills through drills and games in a fun interactive environment.

#### Abbotsford Recreation Centre

##### 6yrs - 8yrs

|                  |    |           |           |       |
|------------------|----|-----------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 5pm - 6pm | 7/\$52.15 | 51133 |
| Nov 2 - Dec 14   | Tu | 5pm - 6pm | 7/\$52.15 | 51134 |

##### 9yrs - 12yrs

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 14 - Oct 26 | Tu | 6:15pm - 7:15pm | 7/\$52.15 | 51135 |
| Nov 2 - Dec 14   | Tu | 6:15pm - 7:15pm | 7/\$52.15 | 51136 |

## ADULT

### BUS TOURS COMING SOON!

We are excited to be bringing back bus tours come fall 2021.

Please visit [direct2rec.com](http://direct2rec.com) for more information.

### PICKLEBALL ROUND ROBIN

#### (18YRS+)

Join us for a 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

|         |           |                 |
|---------|-----------|-----------------|
| Mondays | 1pm - 3pm | \$7 per session |
|---------|-----------|-----------------|

### Abby Boxing Adult (18yrs+)

This non-contact boxing class consists of cardio, circuit training, technical boxing and core exercises. Participants will learn proper stance, various punch combinations and defense moves. Each class is for all levels from beginners to advance. Supplies not included. Extras: \$90 (gloves, mouthpiece, wraps & skipping rope)

#### Abbotsford Recreation Centre

|                  |    |                 |           |       |
|------------------|----|-----------------|-----------|-------|
| Sept 16 - Oct 28 | Th | 6:45pm - 7:45pm | 7/\$80.50 | 51189 |
| Nov 4 - Dec 16   | Th | 6:45pm - 7:45pm | 7/\$80.50 | 51190 |

