

SPRING 2024

recreation connect

ABBOTSFORD



**ONLINE
REGISTRATION
OPENS FEB 23**

**IN PERSON
REGISTRATION
MAR 1**

**PROGRAMS
START
APR 1**

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

[DIRECT2REC.COM](https://direct2rec.com)





connect

CONNECT TO FIRST TEE GOLF

recreation connect

ABBOTSFORD

04

EARLY YEARS

Looking for things to keep your 3 to 5 year olds busy? We have a variety of fun, interactive preschool-age programs that will have them learning new skills and making new friends.

10

CHILDREN

We have fun and fitness in the bag for school-aged kids! From soccer to science, we have something to entertain and enlighten the kids no matter what their "jam" is.

16

YOUTH

Are you seeking ways to make the most of your leisure time? Explore these exciting Youth options! These initiatives offer a secure and encouraging setting for young individuals to meet new friends, participate in sports, fitness, and beyond.

20

ADULT

Life moves fast and we know you're trying to get it all done! We are a one-stop shop for staying healthy and fit. Check out some of our great activities that get you out and feeling great!

24

SWIM & FIRST AID

Swimming is an important life skill everyone needs to have! We offer a variety of swim lessons for all skill levels and first aid and lifeguard training to take your aquatic career to the next level.

31

SKATING

Skating is a great sport to learn whatever your age! Our skating lessons are for all ages and presented in a safe, supportive environment that will make mastering a new skill easy and fun.

TRANSLATION

All program information can be translated through the City of Abbotsford website.

recreation
connect

CONNECT TO EARLY YEARS PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

ONE-DAY WONDERS

Join us for these fun themed workshops! Children will be encouraged to use their imagination while we play, create, learn and pretend with each theme.

(3yrs - 5yrs)
EARLY YEARS

(3yrs - 5yrs)
EARLY YEARS
**ONE
DAY
WONDERS**
ABBOTSFORD RECREATION CENTRE

UNDER THE SEA

Do you love all things under the sea? Dive into our one-day workshop where we will play, create, and pretend all things Under the Sea.

Abbotsford Recreation Centre

Apr 10 W 11:30am - 12:30pm 1/\$14 92190

INSECTS AND BUGS

Do you love creepy crawlies? Join us for this one-day workshop where we will play, create, and pretend all things Insects and Bugs!

Abbotsford Recreation Centre

Apr 24 W 11:30am - 12:30pm 1/\$14 92191

MOTHER'S DAY WORKSHOP

This creative session aims to celebrate the love between mothers and their little ones by providing a fun-filled environment where children can express their love and create a gift through arts and crafts.

Abbotsford Recreation Centre

May 8 W 11:30am - 12:30pm 1/\$14 92192

RAINBOWS AND UNICORNS

Do you love the magic of rainbows and unicorns? Join us for this one-day workshop where we will play, create, and pretend all things Rainbows and Unicorns.

Abbotsford Recreation Centre

Jun 5 W 11:30am - 12:30pm 1/\$14 92193



ZOO KEEPER

Do you want to be a zoo keeper? Join us for this fun one-day workshop where we will play, create, and pretend all the things you will find in the zoo!

Matsqui Recreation Centre

Apr 9 Tu 10:15am - 11:15am 1/\$14 92194

EARTH DAY WORKSHOP

Do you love all things earth and nature? Join us for this fun one-day workshop where we will play, create, and learn all things Earth Day!

Matsqui Recreation Centre

Apr 23 Tu 10:15am - 11:15am 1/\$14 92195

MOTHER'S DAY WORKSHOP

This creative session aims to celebrate the love between mothers and their little ones by providing a fun-filled environment where children can express their love and create a gift through arts and crafts.

Matsqui Recreation Centre

May 7 Tu 10:15am - 11:15am 1/\$14 92196

DINOSAUR DAY

Do you love all things dinosaurs? Jump back in time and join us for this one-day workshop where we will play, create, and pretend all things Dinosaurs.

Matsqui Recreation Centre

Jun 4 Tu 10:15am - 11:15am 1/\$14 92197

BIRTHDAY PARTIES AT

ABBOTSFORD RECREATION CENTRE
ABBOTSFORD EXHIBITION PARK
MATSQUI RECREATION CENTRE



PACKAGE 1

1-12 CHILDREN

\$129

PACKAGE 2

13-16 CHILDREN

\$151

PACKAGE 3

17-20 CHILDREN

\$172

PACKAGE 4

21-24 CHILDREN

\$194

* \$7.35 extra child

FUN ZONE

Abbotsford Recreation Centre OR
Abbotsford Exhibition Park

Make this birthday the best and let us bring the fun to your child's party this year! Our parties include a selection of toys, inflatable bouncer, and a party room.

MRC SUPER SPLASH

Matsqui Recreation Centre

Make your birthday party a SPLASH! Our parties at MRC include 1 hour in a party room where you and your guests can have a blast playing games while celebrating YOU! Finish your party with a splashing good time in the pool area.

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



EARLY YEARS

ARTS & CRAFTS

BUSY HANDS (1.5yrs - 3yrs)

Introduce your little one to the many benefits of art from squishing and squidging paint to exploring colours, textures, and other sensory experiences. Your child will develop fine and gross motor skills, make friends, and build confidence. Parent participation is required.

Abbotsford Recreation Centre

Apr 11 - May 9	Th	9am - 9:45am	5/\$42	92276
May 23 - Jun 20	Th	9am - 9:45am	5/\$42	92369

Matsqui Recreation Centre

Apr 9 - May 7	Tu	9am - 9:45am	5/\$42	92277
May 21 - Jun 18	Tu	9am - 9:45am	5/\$42	92363

PRESCHOOL ART EXPLORATION (3yrs - 5yrs)

Art with preschoolers 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 creativity, problem solve, and make choices while making friends and creating their masterpieces! No Class May 20.

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	11:30am - 12:15pm	5/\$42	92252
May 21 - Jun 18	Tu	11:30am - 12:15pm	5/\$42	92364

Matsqui Recreation Centre

Apr 8 - May 6	M	10:45am - 11:30am	5/\$42	93738
May 27 - Jun 17	M	10:45am - 11:30am	4/\$33.60	93740

DANCE & MUSIC

BALLET (3yrs - 5yrs)

Join us for Ballet with Sandra! Ballet is a great introduction to the foundation of dance. Your tiny dancer will learn the basic positions of the feet and arms while working on posture and poise. Free movement and fun all included!

Abbotsford Recreation Centre

Apr 9 - May 28	Tu	10:05am - 10:50am	8/\$92	92228
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CREATIVE MOVEMENT (3yrs - 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, tiptoe, and move in imaginative ways.

Matsqui Recreation Centre

Apr 10 - May 8	W	5pm - 6pm	5/\$50.50	92237
May 22 - Jun 19	W	5pm - 6pm	5/\$50.50	92357



JAZZ (3yrs - 5yrs)

Join us for Jazz with Sandra! Jazz class is a place to kick, chassé, and strut your stuff. Jazz technique will be practiced across the floor while listening to fun and upbeat music. If your child is looking for a class that keeps them moving and grooving this is it!

Abbotsford Recreation Centre

Apr 9 - May 28	Tu	10:55am - 11:40am	8/\$92	92229
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MUSIC TOGETHER (NB - 5yrs)

A fun and enjoyable bonding experience for babies, toddlers, preschoolers, and parents. Enjoy singing songs and their rich variety of styles that will have you tapping along in no time! Parent participation is required. Participation in program requires purchase of Music Together Course Materials (\$60.00). No Class Apr 24.

Abbotsford Recreation Centre

Apr 10 - Jun 19	W	9am - 9:45am	10/\$115	92755
Apr 10 - Jun 19	W	10am - 10:45am	10/\$115	92756

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. No class May 20.

1.5yrs - 3yrs

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	4pm - 4:30pm	5/\$35	92230
May 21 - Jun 18	Tu	4pm - 4:30pm	5/\$35	92354

Matsqui Recreation Centre

Apr 8 - May 6	M	9am - 9:30am	5/\$35	92220
May 27 - Jun 17	M	9am - 9:30am	4/\$28	92349

3yrs - 5yrs

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	4:45pm - 5:30pm	5/\$42	92231
May 21 - Jun 18	Tu	4:45pm - 5:30pm	5/\$42	92355
Apr 11 - May 9	Th	6pm - 6:45pm	5/\$42	92233
May 23 - Jun 20	Th	6pm - 6:45pm	5/\$42	92359

Matsqui Recreation Centre

Apr 8 - May 6	M	9:45am - 10:30am	5/\$42	92222
May 27 - Jun 17	M	9:45am - 10:30am	4/\$33.60	92350
Apr 13 - May 11	Sa	9:30am - 10:15am	5/\$42	92234
May 25 - Jun 22	Sa	9:30am - 10:15am	5/\$42	92361

TINY TUTUS (1.5yrs - 3yrs)

Does your little one love to twirl and move to music? If so, this is the class for them! Tiny Tutus with Ms. Sandra is a fun introductory class to ballet basics and free movement. Leap over puddles and fly like a butterfly in a class where your little one gets to connect with other tiny dancers.

Abbotsford Recreation Centre

Apr 9 - May 28	Tu	9:30am - 10am	8/\$68	92225
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CHILDMINDING

(6 MOS - 12YRS)

Childminding is a safe and fun space for your child to be while you participate in an activity at Abbotsford Recreation Centre and Matsqui Recreation Centre.

Childminding is available for children ages 6 mos - 12 years for up to 1.5 hours during select times, subject to availability. Please note, parents must remain in the building at all times.

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



EARLY YEARS

HOBBIES & INTERESTS

FOREST EXPLORERS (3yrs - 5yrs)

Is your child a little explorer who is looking to spend more time outside? Join us for our Forest Explorers Rec School program. Children will spend time playing and connecting to nature through a variety of different activities. Activities will focus on art, physical literacy and exploration while connecting with nature.

Ellwood Park

Apr 5 - Jun 21	F	9:30am - 11:30am	12/\$242.40	85979
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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 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

Apr 11 - May 9	Th	10:15am - 11am	5/\$42	92108
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May 23 - Jun 20	Th	10:15am - 11am	5/\$42	92109
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SPORTS & ACTIVE PLAY

RUMBLE TUMBLE (1yrs - 5yrs)

Kids will rumble, tumble, roll, and turn! We'll keep kids moving with an active introduction to FUNdamental movement skills using obstacle courses, mats, somersaults, and more! No class May 20.

Abbotsford Recreation Centre

1yrs - 3yrs

Apr 8 - May 6	M	9am - 9:30am	5/\$31	92150
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May 27 - Jun 17	M	9am - 9:30am	4/\$24.80	92151
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3yrs - 5yrs

Apr 8 - May 6	M	9:45am - 10:30am	5/\$35.75	92152
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May 27 - Jun 17	M	9:45am - 10:30am	4/\$28.60	92153
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TOT FLOOR HOCKEY (2yrs - 5yrs)

In this introduction to floor hockey, your child will learn FUNDamental movement skills and proper hockey techniques. Children will learn skills like passing and shooting, with a focus on building a sense of teamwork and playing cooperatively.

Abbotsford Recreation Centre**2yrs - 3.5yrs**

Apr 10 - May 8	W	10am - 10:30am	5/\$31	92154
May 22 - Jun 19	W	10am - 10:30am	5/\$31	92155

3.5yrs - 5yrs

Apr 10 - May 8	W	10:45am - 11:30am	5/\$35.75	92156
May 22 - Jun 19	W	10:45am - 11:30am	5/\$35.75	92157

TOT SOCCER (3yrs - 5yrs)

Join us for Soccer! Your child will learn fundamental movement skills and proper soccer techniques with our enthusiastic and engaging staff. Learn the basic skills to dribble, pass, and shoot through fun drills and games.

Abbotsford Recreation Centre

Apr 10 - May 8	W	12pm - 12:45pm	5/\$35.75	92158
May 22 - Jun 19	W	12pm - 12:45pm	5/\$35.75	92159



APRIL - NOV

FREE arts, culture & recreation activities

GO PLAY OUTSIDE

Come join the Go Play Outside team for free activities!

These no cost sessions are open to all ages and abilities and no registration is required. We will have an exciting mixture of culture and recreation games and activities for all to enjoy. Go Play Outside meets at a variety of park locations in Abbotsford.

Apr 20	Sa	Mill Lake - Ware St	12pm - 4pm
Apr 27	Sa	Mill Lake - Ware St	12pm - 4pm
May 4	Sa	ARC Skate Park	1pm - 4pm
May 11	Sa	Mill Lake - Bevan	12pm - 4pm
May 18	Sa	Mill Lake - Bevan	12pm - 4pm
May 25	Sa	Mill Lake - Ware St	12pm - 4pm
Jun 1	Sa	Dave Kandal Park	12pm - 4pm
Jun 6	Th	Mill Lake - Ware St	3:30pm - 7:30pm
Jun 13	Th	Mill Lake - Ware St	3:30pm - 7:30pm
Jun 20	Th	Mill Lake - Ware St	3:30pm - 7:30pm
Jun 22	Sa	Grant Park	12pm - 4pm

abbotsford.ca/goplayoutside



recreation connect

CONNECT TO CHILDREN'S PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

CHILDREN

ARTS & CRAFTS

ADAPTED ART ZONE (6yrs - 12yrs)

Do you love art and are looking for fun ways to be creative? Join our Adapted Art Zone program where we engage in a variety of arts, crafts, and more! This is an art-based recreation program open for participants with disabilities. Staff ratios are kept at 1:3. No class May 20.

Abbotsford Recreation Centre

Apr 8 - May 6	M	5pm - 6pm	5/\$59	92099
May 27 - Jun 17	M	5pm - 6pm	4/\$47.20	92100

DRAWING & SKETCHING FOR BEGINNERS (6yrs - 12yrs)

This class is an introduction to the fine art of drawing and sketching. In this beginner class, you will learn new skills and techniques to improve your drawing and sketching skills. All supplies are included.

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	6:30pm - 7:30pm	5/\$50.50	92250
May 21 - Jun 18	Tu	6:30pm - 7:30pm	5/\$50.50	92367

Matsqui Recreation Centre

Apr 11 - May 9	Th	6:30pm - 7:30pm	5/\$50.50	92274
May 23 - Jun 20	Th	6:30pm - 7:30pm	5/\$50.50	92371

HOMESCHOOL ART FOR BEGINNERS (6yrs - 12yrs)

Kids will discover their unique artistic abilities as they explore a variety of art mediums, in this homeschool art program. Experiment with drawing, painting, clay, and more! Fundamentals will be taught with the opportunity for individual self-expression and imagination. All supplies are included.

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	12:45pm - 1:45pm	5/\$50.50	92251
May 21 - Jun 18	Tu	12:45pm - 1:45pm	5/\$50.50	92365

PAINTING FOR BEGINNERS (6yrs - 12yrs)

This class is designed as an introduction to the fine art of painting. In this beginner class, you will learn the basics of colour theory, colour mixing and explore a variety of paint techniques and mediums. All supplies are included.

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	5pm - 6pm	5/\$50.50	92249
May 21 - Jun 18	Tu	5pm - 6pm	5/\$50.50	92366

Matsqui Recreation Centre

Apr 11 - May 9	Th	5pm - 6pm	5/\$50.50	92273
May 23 - Jun 20	Th	5pm - 6pm	5/\$50.50	92370





YOUNG REMBRANDTS - ANIME AND CARTOON FOR BEGINNERS (6yrs - 12yrs)

Join Young Rembrandts as we learn about wonderful Anime and Manga Drawing. Our students will create dazzling illustrations that are influenced by popular Japanese anime and manga themes. Colorful characters with expressive personalities jump off of the page. Our students will be delighted as we create drawings that emulate the popular anime and manga art styles. In each class we will draw new fun characters, for our final drawing we will bring all our characters together in one dynamic piece of Artwork your child will be proud to display.

Abbotsford Recreation Centre

Apr 14 - May 12	Su	9am - 10:30am	5/\$100	92757
May 26 - Jun 23	Su	9am - 10:30am	5/\$100	92758

YOUNG REMBRANDTS - PASTEL DRAWING (7yrs - 13yrs)

Young Rembrandts brings you Pastel Drawing. Welcome to the beautiful world of chalk pastels! We will cover a variety of topics including Animals, Fun Food Art, Famous Artists, and Ocean Wonders. We will learn first how to draw large-scale pieces of art using our hands-on step by step program, then we will move on to proper colouring techniques. This is a beautiful form of art and your child will enjoy entering their creativity as they learn many new techniques.

Abbotsford Recreation Centre

Apr 14 - May 12	Su	11am - 12:30pm	5/\$125	92759
May 26 - Jun 23	Su	11am - 12:30pm	5/\$125	92760

DANCE & MUSIC

DANCE COMBO (6yrs - 10yrs)

An introduction to the basics of ballet, modern, and jazz all in one course. This lively sampler includes technique fundamentals and short dance combinations, all in a creative and recreational environment.

Abbotsford Recreation Centre

Apr 9 - May 7	Tu	5:45pm - 6:45pm	5/\$50.50	92235
May 21 - Jun 18	Tu	5:45pm - 6:45pm	5/\$50.50	92356

INTRO TO HIP HOP (5yrs - 8yrs)

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

Apr 13 - May 11	Sa	10:30am - 11:30am	5/\$50.50	92236
May 25 - Jun 22	Sa	10:30am - 11:30am	5/\$50.50	92362

HIP HOP FOR BEGINNERS (6yrs - 10yrs)

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

Abbotsford Recreation Centre

Apr 11 - May 9	Th	7pm - 8pm	5/\$50.50	92242
May 23 - Jun 20	Th	7pm - 8pm	5/\$50.50	92360

Matsqui Recreation Centre

Apr 10 - May 8	W	6:15pm - 7:15pm	5/\$50.50	92241
May 22 - Jun 19	W	6:15pm - 7:15pm	5/\$50.50	92358



recreation connect

CONNECT TO CHILDREN'S PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



CHILDREN

HOBBIES & INTERESTS

AT HOME ALONE (10yrs - 13yrs)

The KidProof At Home Alone program is an interactive, participatory program that is designed to teach children to make safe choices when they are at home alone.

Abbotsford Recreation Centre

Mar 9	Sa	5pm - 7pm	1/\$30	88377
Apr 27	Sa	5pm - 7pm	1/\$30	92186
Jun 1	Sa	5pm - 7pm	1/\$30	92187

BAKING BASICS (5yrs - 12yrs)

Are you interested in learning the basics of baking? Join us for this introduction to baking where we will make new and delicious recipes each week, while also learning new skills in the kitchen! Each class we will make a new recipe that you will get to take home and enjoy.

Abbotsford Recreation Centre

5yrs - 8yrs

Apr 11 - May 9	Th	4pm - 5:30pm	5/\$75.75	92115
May 23 - June 20	Th	4pm - 5:30pm	5/\$75.75	92116

9yrs - 12yrs

Apr 11 - May 9	Th	6pm - 7:30pm	5/\$75.75	92117
May 23 - Jun 20	Th	6pm - 7:30pm	5/\$75.75	92118

FIRST-AID FOR KIDS (10yrs - 13yrs)

The KidProof First Aid for Kids program is an interactive, participatory program that is designed to teach children to make safe choices and to respond to a basic First Aid emergency.

Abbotsford Recreation Centre

Mar 16	Sa	5pm - 7pm	1/\$30	88379
May 11	Sa	5pm - 7pm	1/\$30	92188
Jun 15	Sa	5pm - 7pm	1/\$30	92189

KIDS NIGHT OUT!

**BOOK
EARLY**

KIDS NIGHT OUT!

Parents, do you need a break? Send your kids out for a fun night at the rec center while you enjoy some well-deserved time off. Your kids will have a blast with our changing themes and fun activities. We will go swimming, eat pizza, and play games each session! Book early as space is limited!



Abbotsford Recreation Centre

Apr 12	F	6pm - 9pm	1/\$23.55	92181
May 3	F	6pm - 9pm	1/\$23.55	92375
May 24	F	6pm - 9pm	1/\$23.55	92376
Jun 7	F	6pm - 9pm	1/\$23.55	92377
Jun 21	F	6pm - 9pm	1/\$23.55	92378

I WANNA WALK (8yrs - 12yrs)

Walking is a healthy and environmentally friendly way for your children to get to school, and with proper preparation, it can be safe. The KidProof I Wanna Walk program is a two (2) hour child safety education class that prepares kids ages eight and up to walk to and from school safely.

Abbotsford Recreation Centre

Apr 13	Sa	6:30pm - 8:30pm	1/\$30	92184
May 25	Sa	6:30pm - 8:30pm	1/\$30	92185

MAD SCIENTISTS (5yrs - 12yrs)

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

5yrs- 8yrs

Apr 10 - May 8	W	5pm - 6pm	5/\$50.50	92111
May 22 - Jun 19	W	5pm - 6pm	5/\$50.50	92112

9yrs - 12 yrs

Apr 10 - May 8	W	6:30-7:30pm	5/\$50.50	92113
May 22 - Jun 19	W	6:30-7:30pm	5/\$50.50	92114

SAFE KIDS (5yrs - 7yrs)

This one-hour KidProof Safe Kids program is a fun child safety class designed to help kids learn about injury prevention and how to safely respond to an emergency.

Abbotsford Recreation Centre

Apr 13	Sa	5pm - 6pm	1/\$19.40	92182
May 25	Sa	5pm - 6pm	1/\$19.40	92183



recreation connect

CONNECT TO CHILDREN'S PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

CHILDREN

SPORTS & ACTIVE PLAY

FIRST TEE GOLF (5yrs - 10yrs)

Join our First Tee introduction to golf. You will learn the basics of golf in this fun and interactive program. Participants will also engage with the 5 Key Commitments: pursuing goals, growing through challenges, collaborating with others, building positive self-identity, and using good judgment while focusing on mastering golf fundamentals and building upon a golf skill foundation as they advance within the program.

AG Rec - Abbotsford Exhibition Park

5yrs - 7yrs

Apr 9 - May 7	Tu	4:15pm - 5pm	5/Free	94159
May 21 - Jun 18	Tu	4:15pm - 5pm	5/Free	94161

8yrs - 10yrs

Apr 9 - May 7	Tu	5:30pm - 6:30pm	5/Free	94160
May 21 - Jun 18	Tu	5:30pm - 6:30pm	5/Free	94162

INTRO TO KARATE (5yrs - 12yrs)

Join "Yogi's Karate Dojo" for Intro to Karate. A fun and engaging space where kids learn karate, grow in confidence and develop discipline. Experienced instructors create a welcoming environment that inspires and supports every child on their unique path to success.

Abbotsford Recreation Centre

5yrs - 8yrs

May 23 - Jun 20	Th	3:30pm - 4:15pm	5/\$75	92168
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9yrs - 12yrs

May 23 - Jun 20	Th	4:30pm - 5:15pm	5/\$75	92169
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INTRO TO PICKLEBALL AND BADMINTON (9yrs - 12yrs)

This program is an introduction to both Pickleball and Badminton. Participants will learn the basic rules and skills around these two popular sports!

NEW

Abbotsford Recreation Centre

Apr 13 - May 11	Sa	1pm - 2pm	5/\$39.25	92174
May 25 - Jun 22	Sa	1pm - 2pm	5/\$39.25	92175

MULTISPORT (5yrs - 12yrs)

This program is an introduction to a variety of sports where children will learn FUNdamental movement skills and physical literacy. We will focus on a variety of games/sports in a fun and interactive environment.

Abbotsford Recreation Centre

5yrs - 8yrs

Apr 9 - May 7	Tu	5pm - 6pm	5/\$39.25	92164
May 21 - Jun 18	Tu	5pm - 6pm	5/\$39.25	92165

9yrs - 12yrs

Apr 9 - May 7	Tu	6:15pm - 7:15pm	5/\$39.25	92166
May 21 - Jun 18	Tu	6:15pm - 7:15pm	5/\$39.25	92167

Matsqui Recreation Centre – Mini Field South

Apr 11 - May 9	Th	6pm - 7pm	5/\$39.25	92291
May 23 - Jun 20	Th	6pm - 7pm	5/\$39.25	92292

NINJA TRAINING FOR BEGINNERS (5yrs - 8yrs)

Unleash your inner ninja! Your child will learn FUNdamental movement skills and Parkour techniques through fun drills and games with our enthusiastic and engaging staff.

Abbotsford Recreation Centre

Apr 13 - May 11	Sa	2:30pm - 3:15pm	5/\$35.75	92176
May 25 - Jun 22	Sa	2:30pm - 3:15pm	5/\$35.75	92177

PE FOR HOMESCHOOL (5yrs - 12yrs)

Physical education is an integral part of every child's development. This course will provide your child the opportunity to build physical literacy and gain confidence in new games and sports in a supportive and engaging environment. No class May 20.

Abbotsford Recreation Centre

5yrs - 8yrs

Apr 8 - May 6	M	11am - 11:45am	5/\$35.75	92160
May 27 - Jun 17	M	11am - 11:45am	4/\$28.60	92161

9yrs - 12yrs

Apr 8 - May 6	M	12pm - 12:45pm	5/\$35.75	92162
May 27 - Jun 17	M	12pm - 12:45pm	4/\$28.60	92163

April 2024 is Community Clean-Up Month

ABBOTSFORD
f @ abbotsford.ca/volunteerapplication

SMASHBALL (9yrs - 12yrs)

Volleyball BC brings you Smashball which is a new, fun way for youth to learn how to play volleyball. Smashball lets kids compete and play while focusing on the most fun part of the game - smashing the ball! By teaching through gameplay, Smashball develops both physical and games-literacy. As athletes advance, Smashball becomes faster and more competitive to match their new skills. Smashball is fast-paced, engaging, and a lot of fun!

Abbotsford Recreation Centre

Apr 11 - May 9	Th	5pm - 5:45pm	5/\$75	92170
May 23 - Jun 20	Th	5pm - 5:45pm	5/\$75	92171

SOCCER 1 (5yrs - 12yrs)

Join us for Soccer! Your child will learn FUNdamental movement skills and proper soccer techniques with our enthusiastic and engaging staff. Learn the basic skills to dribble, pass, and shoot through fun drills and games.

5yrs - 8yrs

Crossley Park

Apr 9 - May 7	Tu	3:30pm - 4:30pm	5/\$39.25	92283
May 21 - Jun 18	Tu	3:30pm - 4:30pm	5/\$39.25	92284

Matsqui Recreation Centre – Mini Field South

Apr 11 - May 9	Th	3:30pm - 4:30pm	5/\$39.25	92285
May 23 - Jun 20	Th	3:30pm - 4:30pm	5/\$39.25	92286

9yrs - 12yrs

Crossley Park

Apr 9 - May 7	Tu	4:45pm - 5:45pm	5/\$39.25	92287
May 21 - Jun 18	Tu	4:45pm - 5:45pm	5/\$39.25	92288

Matsqui Recreation Centre – Mini Field South

Apr 11 - May 9	Th	4:45pm - 5:45pm	5/\$39.25	92289
May 23 - Jun 20	Th	4:45pm - 5:45pm	5/\$39.25	92290

recreation connect

CONNECT TO YOUTH PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



ABBOTSFORD YOUTH COMMISSION

ABBOTSFORD RECREATION CENTRE (ARC)
MATSQUI RECREATION CENTRE (MRC)

BABYSITTERS TRAINING COURSE - RED CROSS (11yrs - 15yrs)

This Red Cross program will teach youth the skills to care for infants to school aged children and help youth become responsible babysitters. Certificate provided upon completion.

ARC Youth Centre

Mar 18 - 21	M - Th	10am - 12pm	1/\$65
Apr 26	F	9am - 4:30pm	1/\$65
May 17	F	9am - 4:30pm	1/\$65

FOODSAFE (14yrs - 18yrs)

This level one course is for service front line workers such as bus persons, servers, dishwashers and cooks. Foodsafe Certificate with successful completion.

MRC Youth Centre

Mar 23	Sa	9am - 5pm	1/\$80
Apr 26	F	9am - 5pm	1/\$80
May 17	F	9am - 5pm	1/\$80

L.E.A.D. - LEAD, EXPLORE AND DEVELOP (14yrs - 18yrs)

Youth will learn leadership skills through helping to plan and deliver an event during BC Youth Week May 1 - 7. Each participant will receive a certificate and t-shirt. Don't miss our event in May!

ARC Youth Centre

Apr 4 - 25	Th	4:30pm - 5:30pm	5/\$50
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YOUTH NIGHT (12yrs - 16yrs)

Youth Night is 8 weeks of fun activities, that encourage youth to be active, such as bowling, laser tag, martial arts and more!

Held in Various Locations

Apr 9 - May 28	Tu	7pm - 8:30pm	8/\$50
Apr 11 - May 30	Th	7pm - 8:30pm	8/\$50

FOCUS - A MENTAL HEALTH AND RESILIENCE GROUP (13yrs - 16yrs)

FOCUS is a mental health and resilience group where youth have an opportunity to engage in a set of 7 workshops which explore a variety of different topics including self-awareness, thinking traps, boundary setting, anxiety, and stress.

MRC Youth Centre

May 9 - Jun 20	Th	5pm - 6:30pm	7/\$35
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For more info contact AYC directly at
info@abbyyouth.com



ABBOTSFORD YOUTH COMMISSION

ABBOTSFORD RECREATION CENTRE (ARC)
MATSQUI RECREATION CENTRE (MRC)

FREE PROGRAMS

SPRING BREAK DROP-IN (12yrs - 18yrs)

Free planned activities each day to keep youth happy and busy over the first week of Spring. Games, tournaments, sports, crafts and more.

ARC & MRC Youth Centres

Mar 18 - 22 M - F 12:30pm - 4:30pm



DROP-IN YOUTH CENTRES (12yrs - 18yrs)

Our Youth Centres are fully staffed and supervised and are a safe place for youth to hang out. We have video games, pool tables, and different activities every day.

ARC & MRC Youth Centres

M - Th	2:30pm - 4:30pm
F	2:30pm - 8pm

OPEN GYM DROP-IN (12yrs - 18yrs)

Join us for free access to the gymnasium to play basketball, badminton, nine square, soccer and more! Enter through the Youth Centre.

Abbotsford Recreation Centre

Tu /Th

3:15pm - 4:30pm

YOUTH CENTRE LEADERSHIP TEAM (12yrs - 18yrs)

This group meets once a week at each youth centre to learn new leadership skills, meet new friends and have a say about what activities happen in our Youth Centres. Contact us for information on dates and times. FREE.

ARC & MRC Youth Centres

Wednesdays 4:30pm - 5:30pm At both Youth Centres!

FREE DINNER NIGHTS (12yrs - 18yrs)

Once a month 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.

(IN)VOLVED (12yrs - 18yrs)

(IN)volved is a program that connects youth in Abbotsford with volunteer opportunities. Complete the application form on our website and we'll email you with volunteer opportunities as they become available.

FOR MORE INFO



778.880.8559

info@abbyyouth.com

Instagram: @abbyyouth



abbyyouth.com

TRANSLATION

All program information can be translated through the City of Abbotsford website.

BOXING CLASS

ABBOTSFORD RECREATION CENTRE

ABBY JUNIOR/YOUTH BOXING (7yrs - 12yrs)

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. Equipment not included.

Abbotsford Recreation Centre

Apr 11 - May 9	Th	4:30pm - 5:30pm	5/\$75	92178
May 23 - Jun 20	Th	4:30pm - 5:30pm	5/\$75	92179



VOLLEYBALL PROGRAM

ABBOTSFORD RECREATION CENTRE

TRAIN & PLAY VOLLEYBALL (13yrs - 16yrs)

Join Volleyball BC for Train & Play - sessions are designed for participants of all levels to learn volleyball in a low-pressure, developmentally appropriate environment. Coaches will instruct the participants on the different technical and tactical skills of volleyball using both the traditional and conceptual approach.

Abbotsford Recreation Centre

Apr 11 - May 9	Th	6pm - 7pm	5/\$75	92172
May 23 - Jun 20	Th	6pm - 7pm	5/\$75	92173

TEEN WEIGHT ROOM PROGRAM

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

TEEN WEIGHT ROOM ORIENTATION (13yrs - 15yrs)

This program provides teens with the knowledge needed to use the weight room safely and independently and is required for anyone 13yrs - 15yrs who wishes to use the weight room. It includes a guided tour through the weight room with a certified fitness leader to help introduce you to the facility and the equipment. Please come prepared to try the equipment. Closed toe shoes are required to participate.

Abbotsford Recreation Centre

Apr 2 - Jun 25 Tu 4:45pm - 5:45pm \$15.65

Matsqui Recreation Centre

Apr 21 - Jun 9 Su 1:30pm - 2:30pm \$15.65



BASKETBALL PROGRAM

ABBOTSFORD RECREATION CENTRE

BC BOUNCE - THE LEAGUE - 5 ON 5 (Kindergarten - Gr 9)

This is not for players just beginning their first attempt at basketball. This session has the players being selected to a team they will be on for the 10-week league. The teams and divisions will be made as competitive and fair as possible. The games are scheduled and will be available on the web site at the end of the first week. We ask that all the players attend the first day, if possible, so we can select teams. Any girls wishing to compete in any session with the boys programs can sign up for that particular session. No session May 20.

Abbotsford Recreation Centre

M/W/F/Sa

4pm - 7pm

recreation connect

CONNECT TO ADULT PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm



ARC POOL CLOSED
JUNE 3 - 24



ADULT

ARTS & CRAFTS

SNACK N' PAINT (18yrs+)

Join us for a relaxing night of painting and goodies. Bring some friends and follow an instructor to create your very own guided painting while socializing and munching on some delicious snacks. Childminding available during this time.

Abbotsford Recreation Centre

Apr 19	F	5:15pm - 6:45pm	1/\$18.45	92180
May 10	F	5:15pm - 6:45pm	1/\$18.45	92372
May 31	F	5:15pm - 6:45pm	1/\$18.45	92373
Jun 14	F	5:15pm - 6:45pm	1/\$18.45	92374

SPORTS

LEARN TO PLAY PICKLEBALL (18yrs+)

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

Apr 14 - May 12	Su	2pm - 3pm	5/\$46.75	92763
May 26 - Jun 23	Su	2pm - 3pm	5/\$46.75	92764

MASTERS SWIM

Calling all triathletes, past competitive swimmers, and recreational swimmers who want a great workout; our Master Swim program is a swim practice that is designed to develop general strength, cardiovascular fitness, and endurance. Each practice is led by an experienced coach and designed for those with experience with swimming as well as those who love to swim for fitness. The program does not run on STAT holidays. No class May 20.

Abbotsford Recreation Centre

Apr 8 - May 27	M	7pm - 8pm	1/\$11.50	7/\$66.50	93839
Apr 10 - May 29	W	7pm - 8pm	1/\$11.50	8/\$76	93840

PREVENTATIVE HEALTH

CARDIAC REHAB AT ARC

This program is designed to support people who are at risk for a cardiovascular event or have suffered from one. A certified professional from the cardiac center works alongside a certified fitness professional to provide a safe and welcoming environment. This class does require medical clearance and a referral. For Fraser Health personnel inquiries, please contact People Information & Benefits at 604.520.4420 or 1.877.795.4119 (toll-free); or by email at PIB@fraserhealth.ca

Intensity Level: 1

Apr 2 - Jun 25	Tu	7:30am - 9:15am	1/\$10.30	93595
Apr 2 - Jun 25	Tu	9:30am - 11:30am	1/\$10.30	93596
Apr 4 - Jun 27	Th	7:30am - 9:15am	1/\$10.30	93597
Apr 4 - Jun 27	Th	9:30am - 11:30am	1/\$10.30	93598

CARDIAC AFTERCARE AT ARC

This program is for anyone who has a history of heart disease and has been cleared by a physician to participate in physical activity. It combines cardiovascular exercise with strength exercises that not only will be good for your heart, but also your overall wellness. If you have graduated from the Cardiac Rehab program you are also eligible for this program. Please note there is a minimal physical requirement for this program. You need to be able to walk upstairs independently.

Intensity Level: 2

Apr 8 - Jun 24	M	3pm - 4:30pm	11/\$120.45	93585
Apr 3 - Jun 26	W	3pm - 4:30pm	13/\$142.32	93586

CARDIAC MAINTENANCE AT ARC

This program is for anyone who has a history of heart disease and has been cleared by a physician to participate in physical activity. It combines cardiovascular exercise with strength exercises that not only will be good for your heart, but also your overall wellness. If you have graduated from the Cardiac AfterCare program you are also eligible for this program. Please note there is a minimal physical requirement for this program. You need to be able to walk upstairs independently.

Intensity Level: 2

Apr 8 - Jun 24	M	1:30pm - 3pm	11/\$120.45	93588
Apr 3 - Jun 26	W	1:30pm - 3pm	13/\$142.35	93589

MINDS IN MOTION

Minds in Motion is a fitness and social program for people living with any form of early-stage dementia. Gentle exercises are followed by social activities designed to be enjoyed in pairs. A family member, friend or other care partner must attend. Registration fees (in-person sessions only) include participant and one care partner. Start at any time and pay a pro-rated registration fee.

Abbotsford Recreation Centre

English

Apr 5 - May 10	F	1:30pm - 3pm	6/\$53.10	93601
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Matsqui Recreation Centre

Punjabi ਪੰਜਾਬੀ ਵਿਚ ਖੇਡ ਕੀਤੀ ਜਾਂਦੀ ਹੈ

Apr 3 - May 8	W	1:30pm - 3pm	6/\$53.10	93600
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TRANSLATION

All program information can be translated through the City of Abbotsford website.

FREE
ACTIVITIES
FOR 55+

CHOOSE TO MOVE

MATSQUI RECREATION CENTRE

CHOOSE TO MOVE (55yrs+)

Develop a personal action plan to help you meet your goals. Receive 1-on-1 coaching and group support. Choose activities you like and learn new ways to live a healthier, more active life. You must attend the Choose to Move Information Session to be eligible for the program. For exceptions, please call 604.557.4417 and visit choosetomove.info.

Matsqui Recreation Centre

Apr 5 - Jun 28 F 10:30am - 11:30am 93606



ADULT BUS TOURS (18yrs+)

Enjoy the journey and the destination with exciting tours focusing on fun adventures and unique experiences all year long.

Register Online Today!

DIRECT2REC.COM



SENIORS COFFEE SOCIAL (55yrs+)

Social and Savvy! Our weekly social will feature a guest speaker. Current events, local history and inspiring stories will spark some dynamic discussions. It's a great way to meet others and learn something new!

Abbotsford Recreation Centre

Apr 10 - Jun 12 W 10:15am - 12pm 1/\$4.50

FREE
ACTIVITIES
FOR 55+

ActivAge™

MATSQUI RECREATION CENTRE

ActivAge™ (55yrs+)

ActivAge™ is a 3-month group-led physical activity program for inactive older adults. It introduces participants to physical activity and reinforces their commitment to incorporate it into their daily lives. The program is progressive with planned physical activities (stretching, activity, and cool-down) and will help get participants moving in a relaxed environment with like-minded people. Registrants from Choose to Move have first priority to register.

Matsqui Recreation Centre

Apr 5 - Jun 28 F 11:45am - 12:45pm 93607

TRANSLATION

All program information
can be translated through
the City of Abbotsford
website.

connect

CONNECT TO COMMUNITY

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

ARC POOL CLOSED
JUNE 3 - 24



SWIM, FIRST AID & SKATE

SWIM

SPRING SWIM LESSONS

Spring swim lessons are important for individuals of all ages. As the weather warms up get ready for spring and summer by learning and improving your swimming skills. Get confident in the water so you can make it a fun and safe season. Your Community Rec Centre is ready to help you make this happen.

See page 25 for more details.

ADVANCED AQUATICS

Our Advanced Aquatics courses provide skills to develop lifesaving techniques and to improve your overall fitness and strength. You will gain a sense of camaraderie and teamwork with other participants. Whether aspiring to become a Lifeguard, Swim Instructor or simply seeking personal growth, these classes offer a unique opportunity to push boundaries and excel in the water.

See page 26 for courses offered.

FIRST AID

FIRST AID TRAINING

Be prepared and ready to respond effectively in emergency situations with the knowledge and skills offered in these First Aid courses at your local Community Rec Centre. Accidents can happen at any time and you can make a difference by saving lives and helping those in need with serious injuries.

See page 28 for the courses offered.

SKATE

SKATE LESSONS

This spring we are offering Skating Lessons where you can practice improving balance, coordination, and overall fitness. It's a great way to have fun and stay active!

See page 31 for details.



FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

SPRING SWIM LESSONS

ABBOTSFORD RECREATION CENTRE



DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Apr 8 - May 1	8	Morning & Afternoon Lessons
MON/WED	May 6 - 29 (no class May 20)	7	Morning & Afternoon Lessons
TUESDAY	Apr 9 - May 28	8	Afternoon Lessons Only
THURSDAY	Apr 11 - May 30	8	Afternoon Lessons Only
TUES/THUR	Apr 9 - May 2	8	Morning & Afternoon Lessons
TUES/THUR	May 7 - 30	8	Morning & Afternoon Lessons
FRIDAY	Apr 12 - May 31	8	Morning & Afternoon Lessons
SUNDAY	Apr 14 - Jun 2 (no class May 19)	7	Morning Lessons Only

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MON - FRI	Spring Break Mar 18 - 29	10	Morning Lessons Only
MON/WED	Apr 8 - May 1	8	Morning & Afternoon Lessons
MON/WED	May 6 - 29 (no class May 20)	7	Morning & Afternoon Lessons
MON/WED	Jun 3 - 26	8	Morning & Afternoon Lessons
MONDAY	Apr 8 - Jun 24 (no class May 20)	11	Afternoon Lessons Only
WEDNESDAY	Apr 10 - Jun 26	12	Afternoon Lessons Only
TUES/THUR	Apr 9 - May 2	8	Morning & Afternoon Lessons
TUES/THUR	May 7 - 30	8	Morning & Afternoon Lessons
TUES/THUR	Jun 4 - 27	8	Morning & Afternoon Lessons
FRIDAY	Apr 12 - Jun 28	12	Morning & Afternoon Lessons
SATURDAY	Apr 13 - Jun 29	12	Morning Lessons Only

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm
Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm
Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

SWIM

ADVANCED AQUATICS

BRONZE STAR (13yrs+)

Bronze Star is a pre-Bronze Medallion training program that focuses on developing swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles.

Abbotsford Recreation Centre

May 25 - 26	Sa - Su	9am - 2pm	2/\$120	95057
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BRONZE CROSS (13yrs+)

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatics facilities. Candidates develop proficiency at performing patient assessments and managing aquatic emergencies while developing stroke endurance and fitness training skills.

Abbotsford Recreation Centre

Apr 12 - 14	F	5pm - 9pm		
	Sa - Su	9am - 5:30pm	3/\$245	95087
May 31 - Jun 2	F	2:30pm - 6:30pm		
	Sa - Su	9am - 5:30pm	3/\$245	95093
Jun 28 - 30	F	1:30pm - 5:30pm		
	Sa - Su	9am - 5:30pm	3/\$245	95095

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 time swim (500m in 15 minutes).

Abbotsford Recreation Centre

Apr 5 - 7	F	5pm - 9pm		
	Sa - Su	9am - 5:30pm	3/\$250	95070
May 24 - 26	F	5pm - 9pm		
	Sa - Su	9am - 5:30pm	3/\$250	95074
Jun 21 - 23	M - Tu	9am - 5:30pm		
	W	9am - 1pm	3/\$250	95080





BRONZE MEDALLION/BRONZE CROSS (13yrs+)

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Apr 5 - 14	F	5pm - 9pm		
	Sa - Su	9am - 5:30pm	6/\$495	95096
May 24 - Jun 2	F	5pm - 9pm		
	Sa - Su	9am - 5:30pm	6/\$495	95097
Jun 21 - 30	M - F	9am - 5:30pm	5/\$495	95098

SWIM FOR LIFE - SWIM INSTRUCTOR COURSE (15yrs+)

The Lifesaving Society Swim Instructor course trains candidates on the Competency Level 1 knowledge, skills, and attitudes needed to teach the Society's Swim for Life® and Canadian Swim Patrol programs. This is a new course starting January 2023 that replaces the Canadian Red Cross Water Safety Instructor program.

Matsqui Recreation Centre

May 2 - 12	Th - F	4:30pm - 8:30pm		
	Sa - Su	9am - 5:30pm	8/\$620	95105
Jun 6 - 16	Th - F	4:30pm - 8:30pm		
	Sa - Su	9am - 5:30pm	8/\$620	95121

NATIONAL LIFEGUARD - POOL OPTION (15yrs+)

NL Training develops basic lifeguarding skills, principles and decision-making to assist the lifeguard in evaluating and adapting to different aquatic emergencies and facilities. NL is the standard measurement of lifeguarding performance across Canada.

Matsqui Recreation Centre

Apr 5 - 14	F	4:30pm - 9:30pm		
	Sa	9am - 6:30pm		
	Su	10am - 6:30pm	6/\$555	95099
May 16 - 21	Th - F	4:30pm - 8:30pm		
	Sa - Su	8am - 6:30pm		
	M	10am - 6pm		
	Tu	4:30pm - 9pm	6/\$555	95100

NATIONAL LIFEGUARD RECERTIFICATION (15yrs+)

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

Matsqui Recreation Centre

Apr 26	F	8am - 4pm	1/\$138	95101
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recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

Mon - Sat | 5:30am - 10pm

Sun | 10am - 10pm

MRC:

Mon - Sat | 6am - 10pm

Sun | 10am - 8pm

Holiday Hours:

10am - 6pm

FIRST AID

FIRST AID TRAINING

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

CPR C Basic Rescuer is an important course for everyone in the family, teaching vital lifesaving actions for victims of all ages. This course allows you to properly recognize and respond to choking, cardiovascular, and breathing emergencies that occur with infants, children, and adults. Participants of all first aid experiences and backgrounds are welcome.

Matsqui Recreation Centre

Apr 27	Sa	9am - 2:30pm	1/\$90	95148
May 18	Sa	9am - 2:30pm	1/\$90	95149
Jun 22	Sa	9am - 2:30pm	1/\$90	95150

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

This course is for recertification of CPR C & AED.

Abbotsford Recreation Centre

May 4	Sa	9am - 12:30pm	1/\$65	95125
Jun 1	Sa	9am - 12:30pm	1/\$65	95126

EMERGENCY FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Emergency First Aid, CPR C & AED is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life-threatening emergencies. This introductory course covers breathing, cardiovascular problems as well as basic wound care. Participants will also be able to comfortably manage common injuries and accidents that occur in the household.

Matsqui Recreation Centre

Apr 27	Sa	9am - 5pm	1/\$115	95151
May 18	Sa	9am - 5pm	1/\$115	95189
Jun 22	Sa	9am - 5pm	1/\$115	95191

EMERGENCY FIRST AID RECERTIFICATION, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

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 re-certifies emergency first aid and CPR with AED.

Abbotsford Recreation Centre

May 4	Sa	9am - 2:30pm	1/\$80	95128
Jun 1	Su	9am - 2:30pm	1/\$80	95139



STANDARD FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Standard First Aid, CPR C & AED is a comprehensive course that gives participants the ability to deliver first aid treatment in different environments. Upon successful completion, you will be prepared for a variety of first-aid situations. Standard First Aid, CPR C & AED 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.

Matsqui Recreation Centre

Apr 27 - 28	Sa	9am - 5pm		
	Su	9am - 4pm	2/\$185	95194
May 18 - 19	Sa	9am - 5pm		
	Su	9am - 4pm	2/\$185	95195
Jun 22 - 23	Sa	9am - 5pm		
	Su	9am - 4pm	2/\$185	95196

STANDARD FIRST AID, CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

This course is a recertification for Standard First Aid, CPR C & AED.

Abbotsford Recreation Centre

May 4	Sa	9am - 5pm	1/\$95	95141
Jun 1	Sa	9am - 5pm	1/\$95	95142



Did You Know That Volunteering...

Contributes to improved mental health through an increase in one's self-confidence, self-esteem, and even allows one to develop a more positive outlook on life.



Contact us about our Volunteer Opportunities

PARKS

Adopt a Park / Trail / Street
Community Clean Up Month
One Time Beautification
Marker Maintenance
5-2-1-0 Playboxes

CULTURE

Special Events

RECREATION

Arenas
Aquatics
Fitness
Day Camps
Art, Recreation & Sports Programs

CITY WIDE

Storm Drain Troopers
Extended Emergency Support Services

Contact our Volunteer Coordinator
604.557.7050
volunteer@abbotsford.ca

Abbotsford Recreation Centre | 2499 McMillan Rd
abbotsford.ca/volunteerapplication



SKATE LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
TUESDAY	Apr 2 - May 28	9	5pm - 7:15pm (1/2hr lesson time slots)
SATURDAY	April 6 - May 25 (no lessons May 17)	7	12pm - 2:15pm (1/2hr lesson time slots)



THIS SPRING TAKE SKATING LESSONS.
PRACTICE IMPROVING BALANCE,
COORDINATION, AND OVERALL FITNESS.



ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

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