

WINTER 2025 / 2026

recreation connect

ABBOTSFORD



**ONLINE
REGISTRATION
OPENS DEC 3 - 9AM**

**IN PERSON
REGISTRATION
DEC 4 - 9AM**

**PROGRAMS
START
JAN 5, 2026**

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

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



connect

CONNECT TO SPORTS



TRANSLATION

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

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.

12

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.

18

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.

22

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!

32

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.

38

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.

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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

ART START (3yrs - 5yrs)

NEW

Little Artists will explore a variety of different art mediums and playful activities. From painting and drawing, to sculpting and crafting, children will experiment with colours and textures in a fun hands-on environment.

Abbotsford Recreation Centre

Jan 13 - Feb 10 Tu 11:30am - 12:15pm 5/\$44.75 127722

Feb 17 - Mar 10 Tu 11:30am - 12:15pm 4/\$35.80 127723

Matsqui Recreation Centre

Jan 12 - Feb 9 M 10:45am - 11:30am 5/\$44.75 127731

Feb 23 - Mar 9 M 10:45am - 11:30am 3/\$26.85 127737

BUSY HANDS (1.5yrs - 3yrs)

Introduce your little one to the many benefits of art from squishing and squidding 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 required.

Abbotsford Recreation Centre

Jan 15 - Feb 12 Th 9am - 9:45am 5/\$44.75 127716

Feb 19 - Mar 12 Th 9am - 9:45am 4/\$35.80 127717

Matsqui Recreation Centre

Jan 13 - Feb 10 Tu 9am - 9:45am 5/\$44.75 127719

Feb 17 - Mar 10 Tu 9am - 9:45am 4/\$35.80 127721

COOKING

LIL CHEFS (3yrs - 5yrs)

Do you have a toddler who loves to help in the kitchen? Put on your apron and come join us for Lil Chefs. We will learn simple recipes for you to take home and enjoy, while also gaining new skills to use in the kitchen. Parent/guardian participation is required.

Abbotsford Recreation Centre

Jan 13 - Feb 10 Tu 10am - 11am 5/\$54 127848



DANCE & MUSIC

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, tip toe and move in imaginative ways.

Matsqui Recreation Centre

Jan 14 - Feb 11	W	4pm - 5pm	5/\$54	127850
Feb 18 - Mar 11	W	4pm - 5pm	4/\$43.20	127851



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 a mandatory Music Together Course Materials and Semester Fees of \$60 (1 required per family).

Abbotsford Recreation Centre

Jan 7 - Mar 11	W	9am - 9:45am	10/\$120	128239
Jan 7 - Mar 11	W	10am - 10:45am	10/\$120	128241
Jan 8 - Mar 12	Th	11:45am - 12:30pm	9/\$108	128244

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. Parent participation is required.

1.5yrs - 3yrs

Abbotsford Recreation Centre

Jan 13 - Feb 10	Tu	3:30pm - 4pm	5/\$37.25	128825
Feb 17 - Mar 10	Tu	3:30pm - 4pm	4/\$29.80	128826

Matsqui Recreation Centre

Jan 12 - Feb 9	M	9am - 9:30am	5/\$37.25	128827
Feb 23 - Mar 9	M	9am - 9:30am	3/\$22.35	128828

3yrs - 5yrs

Abbotsford Recreation Centre

Jan 13 - Feb 10	Tu	4:15pm - 5pm	5/\$44.75	128829
Feb 17 - Mar 10	Tu	4:15pm - 5pm	4/\$35.80	128830
Jan 15 - Feb 12	Th	4pm - 4:45pm	5/\$44.75	128837
Feb 19 - Mar 12	Th	4pm - 4:45pm	4/\$35.80	128838

Matsqui Recreation Centre

Jan 10 - Feb 7	Sa	9:30am - 10:15am	5/\$44.75	128839
Feb 21 - Mar 14	Sa	9:30am - 10:15am	4/\$35.80	128840
Jan 12 - Feb 9	M	9:45am - 10:30am	5/\$44.75	128844
Feb 23 - Mar 9	M	9:45am - 10:30am	3/\$26.85	128846

WINTER FEST
DEC 22 - JAN 3

Join us for
daily swims, skates,
gym drop-ins & day camps!

**Be part of the
holiday magic at**
Abbotsford Recreation Centre &
Matsqui Recreation Centre

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

EARLY YEARS

SCIENCE

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

Feb 19 - Mar 12 Th 10:15am - 11am 4/\$35.80 127489

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

SPORTS & ACTIVE PLAY

TOT FLOOR HOCKEY (3yrs - 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

Jan 14 - Feb 11 W 11:45am - 12:30pm 5/\$38 128726

Feb 18 - Mar 11 W 11:45am - 12:30pm 4/\$30.40 128727

CHILDMINDING (6mos - 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 6mos - 12yrs for up to 1.5 hours during select times, subject to availability. Please note, parents must remain in the building at all times.



WHERE LEARNING & PLAYING MEET!

A fun play-based program with a variety of activities, including Ice Skating, Outdoor Play, Story Time, Literacy & Numeracy Exercises, Arts & Crafts, and Active Gym Time.

Register today at **DIRECT2REC.COM**



(2.5yrs - 5.5yrs)

TRY LACROSSE (3yrs - 6yrs)**NEW**

"Try Lacrosse" is a beginner-level youth sports program designed to introduce children ages 3-6 years old to the exciting sport of lacrosse in a safe, welcoming, and playful environment. The focus is on learning basic skills through interactive games, skill-building challenges, and teamwork-focused activities - all while having a ton of fun.

Abbotsford Recreation Centre

Jan 10 - Feb 7	Sa	1pm - 2pm	5/\$45	129762
Feb 21 - Mar 14	Sa	1pm - 2pm	4/\$36	129763

RUMBLE TUMBLE 1 (1.5yrs - 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!

Abbotsford Recreation Centre**1.5yrs - 3yrs: Rumble Tumble 1**

Jan 12 - Feb 9	M	9am - 9:30am	5/\$33.25	128718
Feb 23 - Mar 9	M	9am - 9:30am	3/\$19.95	128719

3yrs - 5yrs: Rumble Tumble 2

Jan 12 - Feb 9	M	9:45am - 10:30am	5/\$38	128720
Feb 23 - Mar 9	M	9:45am - 10:30am	3/\$22.80	128721

TOT MULTISPORT (3yrs - 5yrs)

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

Jan 14 - Feb 11	W	9:45am - 10:30am	5/\$38	128722
Feb 18 - Mar 11	W	9:45am - 10:30am	4/\$30.40	128723

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

Jan 14 - Feb 11	W	10:45am - 11:30am	5/\$38	128724
Feb 18 - Mar 11	W	10:45am - 11:30am	4/\$30.40	128725



GIVE THE GIFT OF REC

recreation connect ABBOTSFORD

GIFT OF REC

DIRECT2REC.COM

ABBOTSFORD

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CONNECT TO SPRING BREAK PROGRAMS



SPRING BREAK CAMPS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

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

MARCH 16 - 29

**Spring
DAZE** 2026

ARC SPRING BREAK CAMPS

Join us for Spring Break Camp at ARC. Your child(ren) will participate in fun Spring themed activities, games and crafts!

Abbotsford Recreation Centre

3yrs - 5yrs

Mar 16 - 20	M - F	9am - 11am	5/\$72	128142
Mar 23 - 27	M - F	9am - 11am	5/\$72	128143

5yrs - 8yrs

Mar 16 - 20	M - F	9am - 4pm	5/\$167.50	128137
Mar 23 - 27	M - F	9am - 4pm	5/\$167.50	128138

9yrs - 12yrs

Mar 16 - 20	M - F	9am - 4pm	5/\$167.50	128140
Mar 23 - 27	M - F	9am - 4pm	5/\$167.50	128141



ARC FULL DAY CAMPS OFFER BEFORE AND AFTER CARE

Before Care	8am - 9am	\$6.60/day
After Care	4pm - 5pm	\$6.60/day

MRC SPRING BREAK CAMP (7yrs - 12yrs)

Swim, create, explore, and play! Join us at MRC Spring Break Camps for a fun filled week of water adventures, crafts, science, and outdoor play.

Matsqui Recreation Centre

Mar 16 - 20	M - F	9am - 4pm	5/\$167.50	128144
Mar 23 - 27	M - F	9am - 4pm	5/\$167.50	128145

YOUNG MOVIE MAKERS (8yrs - 14yrs)

Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed! www.youngmoviemakers.ca

Abbotsford Recreation Centre

Mar 16 - 20	M - F	9am - 3pm	5/\$390	128159
Mar 23 - 27	M - F	9am - 3pm	5/\$390	128160

MINECRAFT MAKERS: CODING, ROBOTICS, 3D PRINTING CAMP (7yrs - 14yrs)

Level up from player to creator! In this camp, kids will use coding, 3D printing, and robotics to bring the world of Minecraft into the real world. They'll design, build, and automate their own inventions, transforming game ideas into tangible tech projects.

Abbotsford Exhibition Park

Mar 17 - 20 Tu - F 12:30pm - 3:30pm 4/\$220 129238

SPY TECH: CODING, ROBOTICS, 3D PRINTING CAMP (7yrs - 14yrs)

Your mission, should you choose to accept it: become a tech-operative for the week! In this hands-on camp, kids will use coding, robotics, and 3D printing to design gadgets, crack codes, and complete their own spy missions.

Abbotsford Exhibition Park

Mar 17 - 20 Tu - F 9am - 12pm 4/\$220 129237

ECOTECH SURVIVAL ENGINEERING: CODING, ROBOTICS, 3D PRINTING CAMP (7yrs - 14yrs)

Step into the future of green innovation! In this camp, kids will use coding, robotics, and 3D printing to design survival tech powered by renewable energy. They'll invent gadgets, engineer off-grid systems, and explore how technology can sustain life and protect our planet.

Abbotsford Exhibition Park

Mar 23 - 27 M - F 1pm - 4pm 5/\$275 129239

SPRING BREAK AT THE REACH GALLERY**THE REACH GALLERY MUSEUM**register at thereach.ca/programs-events**SPRING BREAK ART CAMP (Gr K - 5)**

This week-long full-day camp will get kids thinking creatively through hands-on art activities, STEAM challenges and art games. Using paint, collage, clay and more, their creativity will come alive in this fun camp for Elementary aged students!

The Reach Gallery Museum

Mar 16 - 20 M - F 9am - 4pm \$270

WEEKEND FAMILY ARTS (All Ages)

Get creative and enjoy a facilitator-led art activity. Bring your imagination and a parent or guardian and join in on the fun.

The Reach Gallery Museum

Jan 10, 24; Feb 14, 28; Mar 14, 28;

Apr 11, 25; May 9, 23 Sa 2pm - 4pm 1/\$5



MARCH 16 - 29
SPRING DAZE 2026

the reach
GALLERY MUSEUM



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

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

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.

SPACE EXPLORERS

Blast off into an exciting journey through the cosmos. Discover fascinating facts about planets, stars, and galaxies, and engage in hands on crafting activities. Perfect for young astronauts and curious minds alike, this program is a stellar experience as you explore the wonders of space.

Abbotsford Recreation Centre

Jan 14 W 11:30am - 12:30pm 1/\$14.95 128847

LOVE AND FRIENDSHIP

Celebrate love and friendship, join us for heartwarming activities like crafting handmade cards, decorating love-themed treats, and playing fun games. Whether you're with friends, family, or your favorite teddy, this festive gathering is about spreading joy! Come share the love and make sweet memories.

Matsqui Recreation Centre

Feb 10 Tu 11:30am - 12:30pm 1/\$14.95 128849

AROUND THE WORLD

It's time for a whirlwind adventure around the world! In this playful, one-hour class, little explorers will visit different "countries" through music, simple words, and fun cultural dances. At each station, they'll decorate their very own passport with stamps or stickers and take part in hands-on activities. We'll wrap up the journey with a colourful craft inspired by one of the countries we visit.

Abbotsford Rec Centre

Mar 11 W 11:30am - 12:30pm 1/\$14.95 128848



connect

CONNECT TO AROUND THE WORLD





PRO-D DAY CAMPS

**Looking for something
fun and engaging for
your child to do on their
day off from school?**

Our Pro-D Day Camps offer a full day of exciting activities designed to keep kids active, creative, and social while schools are closed!

Abbotsford Recreation Centre

Feb 13 F 9am - 4pm 1/\$45 127409

Matsqui Recreation Centre

Feb 13 F 9am - 4pm 1/\$45 127410



ARC/MRC CAMPS OFFER BEFORE AND AFTER CARE

Before Care 8am - 9am \$6.60/day
After Care 4pm - 5pm \$6.60/day

BIRTHDAY PARTIES

**BOOK YOUR EPIC
REC PARTY TODAY!**



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 bouncy castle, 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.

SUPER SKATE PARTIES

Abbotsford Recreation Centre

Make this birthday the best and let us bring the fun to your child's party this year! Your party will include 1 hour on the Ice Experience, followed by 1 hour in a party room. Adult supervision is required.

FEES AS OF
SEPT 1/2025

PACKAGE 1

1-12 CHILDREN

\$138

PACKAGE 2

13-16 CHILDREN

\$160

PACKAGE 3

17-20 CHILDREN

\$182

PACKAGE 4

21-24 CHILDREN

\$204

* EXTRA CHILD
FEE \$ 7.85

DIRECT2REC.COM

Email party@abbotsford.ca



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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.

Abbotsford Recreation Centre

Jan 15 - Feb 12	Th	5pm - 6pm	5/\$63	127754
Feb 19 - Mar 12	Th	5pm - 6pm	4/\$50.40	127755

DIY PROJECTS FOR BEGINNERS (6yrs - 12yrs)

NEW

Get hands-on with fun and simple do-it-yourself projects! Each session introduces easy step by step activities using everyday materials. From crafting decoration to making small take-home treasures, kids will enjoy exploring new skills in a safe and supportive environment.

Abbotsford Recreation Centre

Jan 14 - Feb 11	W	4:30pm - 5:30pm	5/\$54	127756
Feb 18 - Mar 11	W	4:30pm - 5:30pm	4/\$43.20	127757

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

Jan 11 - Feb 8	Su	2:15pm - 3:15pm	5/\$54	128127
Feb 15 - Mar 8	Su	2:15pm - 3:15pm	4/\$43.20	128128

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

Jan 13 - Feb 10	Tu	12:30pm - 1:30pm	5/\$54	127880
Feb 17 - Mar 10	Tu	12:30pm - 1:30pm	4/\$43.20	127881

KIDS ART CLUB (6yrs - 12yrs)

NEW

Join us for Kids Art Club! This program focuses on introducing children to different art forms in a fun, supportive environment. Children will explore drawing, watercolours, collaging, cartooning and more! This program puts emphasis on creativity and experimenting with materials rather than technique.

Matsqui Recreation Centre

Jan 15 - Feb 12	Th	5pm - 6pm	5/\$54	127884
Feb 19 - Mar 12	Th	5pm - 6pm	4/\$43.20	127886



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 painting techniques and mediums. All supplies are included.

Abbotsford Recreation Centre

Jan 11 - Feb 8	Su	1pm - 2pm	5/\$54.00	127917
Feb 15 - Mar 8	Su	1pm - 2pm	4/\$43.20	127919

SO YOU WANT TO BE A WRITER? (9yrs - 12yrs)

Young writers will explore the art of storytelling. Participants will unleash their imagination, discovering their unique voice and style while exploring various literary genres. They'll refine their narratives and gain confidence in expressing their ideas. Join us on this exciting journey where creativity thrives!

Abbotsford Recreation Centre

Jan 12 - Feb 9	M	5pm - 6pm	5/\$54	127750
Feb 23 - Mar 9	M	5pm - 6pm	3/\$32.40	127752

COOKING

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 delicious recipes each week, while also learning new skills in the kitchen!

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 12 - Feb 9	M	3:30pm - 5pm	5/\$81	127823
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9yrs - 12yrs

Jan 12 - Feb 9	M	5:15pm - 6:45pm	5/\$81	127824
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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

Jan 13 - Feb 10	Tu	5:15pm - 6:15pm	5/\$54	127831
Feb 17 - Mar 10	Tu	5:15pm - 6:15pm	4/\$43.20	127832

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

Jan 10 - Feb 7	Sa	10:30am - 11:30am	5/\$54	127829
Feb 21 - Mar 14	Sa	10:30am - 11:30am	4/\$43.20	127830

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

Jan 15 - Feb 12	Th	5pm - 6pm	5/\$54	127825
Feb 19 - Mar 12	Th	5pm - 6pm	4/\$43.20	127826

Matsqui Recreation Centre

Jan 14 - Feb 11	W	5:15pm - 6:15pm	5/\$54	127827
Feb 18 - Mar 11	W	5:15pm - 6:15pm	4/\$43.20	127828

SAFETY

KIDPROOF - 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

Jan 10	Sa	5pm - 7pm	1/\$30	127817
Feb 7	Sa	5pm - 7pm	1/\$30	127818
Mar 7	Sa	5pm - 7pm	1/\$30	127819

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 basic First Aid emergency.

Abbotsford Recreation Centre

Jan 17	Sa	5pm - 7pm	1/\$30	127820
Feb 14	Sa	5pm - 7pm	1/\$30	127821
Mar 14	Sa	5pm - 7pm	1/\$30	127822

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

SCIENCE

3D PRINT YOUR MINECRAFT & ROBLOX CREATIONS! (7yrs - 14yrs)

Is your child a fan of Minecraft or Roblox? In this hands-on course, your kid will dive into the exciting world of 3D printing and bring their favorite Minecraft or Roblox creations to life. No class on Feb 14.

Abbotsford Recreation

Jan 17 - Feb 28 Sa 2:45pm - 4:15pm 6/\$257 129223

BESTWAY TECHNOLOGY: CREATIVE CODING WITH SCRATCH (7yrs - 14yrs)

Embark on a tailored Scratch programming adventure. This course enables children to create engaging games like Bouncing Ball, Apple Catcher, and Fish Eater. This new program will foster creativity, logic, and problem-solving. It's more than fun – it's a steppingstone to prepare young minds for a digital future. Participants are required to bring their own laptop.

Abbotsford Recreation Centre

Feb 3 - March 3 Tu 6:30pm - 8pm 5/\$179 129272

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

Feb 11 - Mar 12 W 4pm - 5pm 5/\$54 129273

9yrs - 12yrs

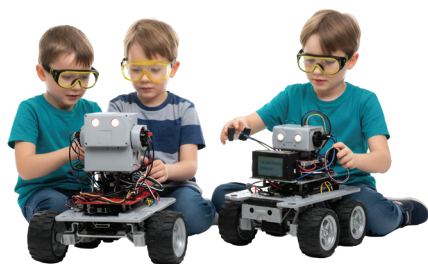
Feb 11 - Mar 12 W 5:15pm - 6:15pm 5/\$54 129274

ROBO JUNIORS: MAKE MACHINES THAT MOVE! (6yrs - 9yrs)

A hands-on course designed to introduce young innovators to the FUNDamentals of robotic movement and control. In this course, students will: learn about motorized gears, linkages, and machine optimization, interact with motors to create movement, design and build their first moving machines, and solve real-world challenges using movement mechanics. No previous experience is needed! No class on Feb 14.

Abbotsford Recreation Centre

Jan 17 - Feb 28 Sa 4:30pm - 6pm 6/\$197 129224



VALENTINE'S WORKSHOP: CREATE YOUR OWN LIGHT-UP CIRCUIT CARD (6yrs - 14yrs)

In this hands-on STEM workshop, kids will design and build their very own light-up Valentine card using simple circuits and craft supplies. By the end of the session, each participant will take home a glowing Valentine creation. Join us for the ultimate kid-friendly Valentine's Day activity!

Abbotsford Recreation Centre

Feb 14	Sa	4:30pm - 6pm	1/\$42	129225
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SPECIALIZED FITNESS

FITNESS FOUNDATIONS (9yrs - 12yrs)

Help your child build a healthy, active lifestyle from the start! This fun, movement-based program uses games and age-appropriate exercises to develop balance, strength, endurance, and coordination. Kids gain body awareness and foundational fitness skills that support injury prevention and confidence while having fun! Fitness Intensity: 3 - Moderate.

Abbotsford Recreation Centre

Jan 10 - Feb 7	Sa	12:30pm - 1:30pm	5/ \$40.50	128904
Feb 21 - Mar 14	Sa	12:30pm - 1:30pm	4/ \$32.40	128905

FLOOR HOCKEY (5yrs - 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

5yrs - 8yrs

Jan 15 - Feb 12	Th	4:45pm - 5:45pm	5/\$42	128784
Feb 19 - Mar 12	Th	4:45pm - 5:45pm	4/\$33.60	128785

9yrs - 12 yrs

Jan 15 - Feb 12	Th	6pm - 7pm	5/\$42	128786
Feb 19 - Mar 12	Th	6pm - 7pm	4/\$33.60	128787

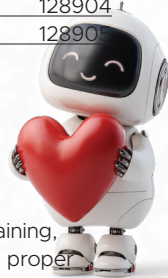
SPORTS & ACTIVE PLAY

ABBY JUNIOR BOXING (6yrs - 11yrs)

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. Equipment not included.

Abbotsford Recreation Centre

Jan 15 - Feb 12	Th	3:15pm - 4:15pm	5/\$80.85	128831
Feb 19 - Mar 12	Th	3:15pm - 4:15pm	4/\$64.68	128832



CHILDREN

SPORTS & ACTIVE PLAY

LEARN TO PLAY VOLLEYBALL (8yrs - 10yrs)

Volleyball BC offers a fun, fast-paced program that develops core skills through small-sided games and decision-based training. Players build technique, movement, and game awareness in an engaging environment that encourages teamwork and smart play.

Abbotsford Recreation Centre

Jan 15 - Feb 12	Th	4:45pm - 5:45pm	5/\$65	129249
Feb 19 - Mar 12	Th	4:45pm - 5:45pm	4/\$52	129250

FIRST TEE GOLF (6yrs - 10yrs)

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

Abbotsford Exhibition Park

Jan 13 - Feb 10	Tu	5:30pm - 6:30pm	5/\$42	128736
Feb 17 - Mar 3	Tu	5:30pm - 6:30pm	3/\$25.20	128737

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



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

Jan 10 - Feb 7	Sa	2:30pm - 3:15pm	5/\$38	128835
Feb 21 - Mar 14	Sa	2:30pm - 3:15pm	4/\$30.40	128836

PE FOR HOMESCHOOL (5yrs - 12yrs)

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

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 12 - Feb 9	M	11am - 11:45am	5/\$38	128728
Feb 23 - Mar 9	M	11am - 11:45am	3/\$22.80	128729

9yrs - 12yrs

Jan 12 - Feb 9	M	12pm - 12:45pm	5/\$38	128730
Feb 23 - Mar 9	M	12pm - 12:45pm	3/\$22.80	128731

SOCCER (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.

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 13 - Feb 10	Tu	4:45pm - 5:45pm	5/\$42	128732
Feb 17 - Mar 10	Tu	4:45pm - 5:45pm	4/\$33.60	128733

9yrs - 12yrs

Jan 13 - Feb 10	Tu	6pm - 7pm	5/\$42	128734
Feb 17 - Mar 10	Tu	6pm - 7pm	4/\$33.60	128735





SPRING AT THE THE REACH GALLERY

THE REACH GALLERY MUSEUM

register at thereach.ca/programs-events

REACH GALLERY - PRO-D CAMP

PRO-D DAY ART CAMP (Gr K - 5)

This full-day camp will be jam-packed with arts exploration! Play art games, experiment with fun processes and watch our current exhibitions come to life through fun and engaging activities!

The Reach Gallery Museum

May 15 F 9am - 4pm \$55



REACH GALLERY - PROGRAMS

TINY TOTS (2yrs - 4yrs)

Once a month, parents and children come together for a free, facilitator-led art activity to create, connect, and socialize with other parents with young children.

The Reach Gallery Museum

Jan 8, Feb 12, Mar 12, Apr 9, May 14 Th 11am - 12pm FREE

OPEN STUDIO (18yrs+)

Bring your art supplies and current small projects to make art and socialize at The Reach! Join us in the Community Arts Space on the third Saturday of each month for coffee, conversation, and creative time in any non-toxic medium you enjoy.

The Reach Gallery Museum

Jan 17, Feb 21, Mar 21, Apr 18, May 16 Sa 1pm - 4pm FREE

the reach
GALLERY MUSEUM



ABBOTSFORD YOUTH COMMISSION

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

recreation
connect

CONNECT TO YOUTH PROGRAMS

ABBOTSFORD YOUTH COMMISSION (12yrs - 18yrs)

Check out www.abbyyouth.com for a full list of AYC programs for youth 12yrs - 18yrs.

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

The Youth Centres at ARC and MRC are fully staffed and supervised and are a safe place for youth to hang out. We have video games, pool tables, snacks, and daily activities.

ARC & MRC Youth Centres

Mon - Thurs	2:30pm - 4:30pm
Fri	2:30pm - 6pm



FREE PROGRAMS

ABBOTSFORD YOUTH COMMISSION

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.

INVOLVED (12yrs - 18yrs)

Looking for Volunteer Hours? Get Involved. Volunteer opportunities for youth, sent right to your inbox. Involved is a program that exists to connect, provide, and support the youth of Abbotsford with community organizations with volunteer opportunities. Sign up today at www.abbyyouth.com/involved and we'll email you volunteer opportunities as they become available.

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
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YOUTH CENTRE LEADERSHIP TEAM (YCLT) (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. Wednesdays 4:30-5:30pm at both Youth Centres! Contact us for information on dates and times.



VOLUNTEER PROGRAMS

AYC SOUP WITH SENIORS

Come VOLUNTEER with the AYC at our Soup with Seniors Event. The AYC is hosting a meal with the 55+ group at the MRC Seniors Centre. Volunteers will get the wonderful opportunity to help prepare a meal, serve soup, and connect with the 55+ group throughout this intergenerational event. Come gain volunteer hours in a supportive, inclusive environment and help make a positive difference in your community! There will be a short volunteer training before the event, followed by event set up, dinner and clean-up.

Matsqui Recreation Centre (Seniors Centre)

Feb 6 2:30pm - 6pm 1/\$10

Complete the whole event and receive a \$10 gift card

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

Jan 24	Sa	9am - 4pm	1/\$65
Feb 13	F	9am - 4pm	1/\$65
Mar 23	M	9am - 4pm	1/\$65
Apr 24	F	9am - 4pm	1/\$65
May 15	F	9am - 4pm	1/\$65

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

FOCUS is a mental health group where youth have an opportunity to engage in a set of 7 workshops which explore a variety of different topics including resilience, emotions and feelings, coping strategies, stress, and self-care.

ARC Youth Centre

Jan 21 - Mar 4	W	5:45pm - 7pm	7/\$40
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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

Jan 24	Sa	9am - 5pm	1/\$80
Feb 13	F	9am - 5pm	1/\$80
Mar 23	M	9am - 5pm	1/\$80
Apr 24	F	9am - 5pm	1/\$80
May 15	F	9am - 5pm	1/\$80

LEAD: 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.

ARC Youth Centre

Apr 9 - 30	Th	4:30pm - 5:30pm	5/\$50
+ one event day during BC Youth Week			

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!

Various Locations

Jan 20 - Mar 10	Tu	7pm - 8:30pm	8/\$50
Jan 22 - Mar 12	Th	7pm - 8:30pm	8/\$50

FOR MORE INFO



778.880.8559

info@abbyyouth.com

Instagram: @abbyyouth



abbyyouth.com

SPORTS

ABBOTSFORD RECREATION CENTRE

ABBY YOUTH BOXING (12yrs - 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. Equipment not included.

Abbotsford Recreation Centre

Jan 15 - Feb 12	Th	4:30pm - 5:30pm	5/\$80.85	128833
Feb 19 - Mar 12	Th	4:30pm - 5:30pm	4/\$64.68	128834



TRANSLATION

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

SPORTS

ABBOTSFORD RECREATION CENTRE

TRAIN AND PLAY VOLLEYBALL (13yrs - 16yrs)

Expand on your Volleyball skills with Volleyball BC. This is a developmental volleyball program focused on building core skills, enhancing movement and decision-making, and introducing team concepts. Athletes improve technique, agility, and on-court awareness while learning to communicate and think strategically as part of a team.

Abbotsford Recreation Centre

Jan 15 - Feb 12	Th	6pm - 7pm	5/\$65	129251
Feb 19 - Mar 12	Th	6pm - 7pm	4/\$52	129252



FITNESS

ABBOTSFORD RECREATION CENTRE MATSQUI RECREATION CENTRE

TEEN WEIGHT ROOM ORIENTATION (Required 13yrs - 15yrs)

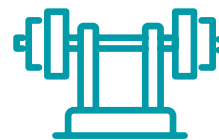
This program teaches teens how to use the weight room safely and confidently. Led by a certified fitness leader, participants tour the facility, learn technique, and practice equipment use under supervision. Intensity Level 2 - Light to moderate effort. Bring comfortable workout attire.

Abbotsford Recreation Centre (Weekly)

Jan 7 - 25	W	3:30pm - 4:30pm	1/ \$15.65
Jan 15 - 26	Th	5pm - 6pm	1/ \$15.65

Matsqui Recreation Centre (Monthly)

Jan 12 - 9	M	3pm - 4pm	1/ \$15.65
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FITNESS

ABBOTSFORD RECREATION CENTRE

NEXTGEN STRENGTH (13yrs - 17yrs)

A dynamic strength training program for teens ready to get strong, move better, and gain gym confidence. Guided by a certified instructor, participants follow personalized programs, learn proper lifting techniques, and track progress safely. Build strength, discipline, and confidence-both in and beyond the gym. Intensity Level 4 - Challenging and empowering.

Abbotsford Recreation Centre

Jan 16 - Feb 13	F	3:30pm - 4:30pm	5/ \$40.50	128890
Feb 20 - Mar 13	F	3:30pm - 4:30pm	4/ \$32.40	128891



FITNESS

ABBOTSFORD RECREATION CENTRE

BUILDSTRONG YOUTH BOOT CAMP (10yrs - 15yrs)

This program helps youth build a lifelong, positive relationship with fitness by integrating movement into everyday life. Through fun, interactive games and exercises, participants develop balance, strength, endurance, and functional movement skills-supporting confidence, coordination, and injury prevention. Intensity Level 3 - Moderate and engaging.

Abbotsford Recreation Centre

Jan 12 - Feb 9	M	3pm - 4pm	5/ \$40.50	128892
Jan 13 - Feb 10	Tu	2:30pm - 3:30pm	5/ \$40.50	128894
Jan 13 - Feb 10	Tu	4pm - 5pm	5/ \$40.50	128896
Jan 14 - Feb 11	W	3pm - 4pm	5/ \$40.50	128898
Jan 15 - Feb 12	Th	2:30pm - 3:30pm	5/ \$40.50	128900
Jan 16 - Feb 13	F	3pm - 4pm	5/ \$40.50	128902
Feb 17 - Mar 10	Tu	2:30pm - 3:30pm	4/ \$32.40	128895
Feb 17 - Mar 10	Tu	4pm - 5pm	4/ \$32.40	128897
Feb 18 - Mar 11	W	3pm - 4pm	4/ \$32.40	128899
Feb 19 - Mar 12	Th	2:30pm - 3:30pm	4/ \$32.40	128901
Feb 20 - Mar 13	F	3pm - 4pm	4/ \$32.40	128903
Feb 23 - Mar 9	M	3pm - 4pm	4/ \$32.40	128893



KIDS

ABBOTSFORD RECREATION CENTRE MATSQUI RECREATION CENTRE

KIDS NIGHT OUT!

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

Abbotsford Recreation Centre

Jan 9	F	6pm - 9pm	1/ \$25.20	127709
Mar 6	F	6pm - 9pm	1/ \$25.20	127711

Matsqui Recreation Centre

Feb 6	F	6pm - 9pm	1/ \$25.20	127710
Mar 27	F	6pm - 9pm	1/ \$25.20	127712



SPORTS

ABBOTSFORD RECREATION CENTRE

BC BOUNCE: WINTER 5 ON 5 SESSION (Grades K-9)

The sessions are an hour and a half long with a skill session each day for 30 to 45 minutes, then 5 on 5 full court games for the remaining 30 to 45 minutes. The skill sessions will cover basketball FUNdamentals and have qualified coaches working with the players and teaching them the skill of the game. No session Feb 16.

Abbotsford Recreation Centre

Jan 5 - Mar 14	M/ Sa	4pm - 7pm
Jan 5 - Mar 14	W/ F	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

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 is available during this time at an additional cost.

Abbotsford Recreation Centre

Jan 23	F	5:15pm - 6:45pm	1/\$19.65	127702
Feb 20	F	5:15pm - 6:45pm	1/\$19.65	127704
Mar 13	F	5:15pm - 6:45pm	1/\$19.65	127705

SPECIALIZED FITNESS

ADULT WEIGHT ROOM ORIENTATION

New to the Abbotsford Recreation Centre? Not sure how to use the equipment or where to start? Join our knowledgeable fitness staff for a guided tour of the facility, where you'll explore all areas of the weight room and have a chance to try out equipment with expert support. The focus is on helping you feel safe, confident, and ready to begin your fitness journey - no pressure, no workout required.

Abbotsford Recreation Centre

Jan 6 - Mar 12	Tu/Th	1:30pm - 2:15pm	1/\$13.20	Drop-in
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BARRE FLOW

Barre Flow blends the precision of ballet-inspired barre movements with the mindfulness and mobility of yoga. This full-body workout sculpts lean muscles, enhances flexibility, and improves posture through low-impact, high-repetition exercises and deep, intentional stretches. Expect a graceful burn, a strong core, and a calm mind-all in one session. Intensity Level: 4

Abbotsford Recreation Centre

Jan 10 - Mar 7	Sa	12pm - 1pm	8/\$105.60	128738
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CARDIAC REHABILITATION ACCESS

This access is reserved for individuals approved by Fraser Health to participate in the Cardiac Rehabilitation Program. Designed to support cardiac recovery, the program offers supervised exercise and education to help participants strengthen their bodies, improve heart health, and build confidence in physical activity. Tickets must be purchased in advance to attend each session. Proof of approval may be required at the time of registration. Please contact Fraser Health directly for program eligibility, referrals, and initial registration.

TRANSLATION

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





CARDIAC AFTER CARE

The Cardiac Aftercare Program supports individuals with heart disease who've completed rehabilitation or have medical clearance. This moderate-intensity class combines cardiovascular and strength training to improve heart health, strength, and confidence. Guided by certified instructors, it offers adaptable exercises and a supportive environment for continued recovery and long-term wellness.

Abbotsford Recreation Centre

Jan 5 - Feb 9	M	7:30am - 9am	6/\$70.20	128749
Jan 5 - Feb 9	M	1:15pm - 2:45pm	6/\$70.20	128752
Jan 7 - Feb 11	W	1:15pm - 2:45pm	6/\$70.20	128754
Jan 9 - Feb 13	F	7:30am - 9am	6/\$70.20	128756
Feb 18 - Mar 25	W	1:15pm - 2:45pm	6/\$70.20	128755
Feb 20 - Mar 27	F	7:30am - 9am	6/\$70.20	128757
Feb 23 - Mar 23	M	7:30am - 9am	5/\$58.50	128750
Feb 23 - Mar 23	M	1:15pm - 2:45pm	5/\$58.50	128753

CARDIAC MAINTENANCE

The Cardiac Maintenance Program is the final stage of the Cardiac Series, supporting long-term heart health and independence. Focused on functional strength, endurance, and self-management, participants train in the weight room under instructor guidance. Expect a full-body workout that builds confidence, stamina, and autonomy. Intensity Level 3 - For those ready to progress.

Abbotsford Recreation Centre

Jan 5 - Feb 9	M	1:15pm - 2:45pm	6/\$70.20	128759
Jan 7 - Feb 11	W	7:30am - 9am	6/\$70.20	128763
Jan 7 - Feb 11	W	1:15pm - 2:45pm	6/\$70.20	128761
Feb 18 - Mar 25	W	7:30am - 9am	6/\$70.20	128765
Feb 18 - Mar 25	W	1:15pm - 2:45pm	6/\$70.20	128762
Feb 23 - Mar 23	M	1:15pm - 2:45pm	5/\$58.50	128760

EVERSTRONG

This isn't a weight loss class—it's about strength for your body, your future, and your everyday life. Designed for women in perimenopause, menopause, and beyond, EverStrong builds bone density, muscle, mobility, and balance through safe, functional movement. Train smart with simple equipment for real-life strength and independence. Intensity Level 3/5 - Moderately challenging, scalable for all levels.

Abbotsford Recreation Centre

Jan 14 - Mar 11	W	7pm - 8pm	9/\$118.80	128772
Jan 15 - Mar 12	Th	4pm - 5pm	9/\$118.80	128906



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



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



ADULT

SPECIALIZED FITNESS

FAMILY FLOW

A supportive yoga class for parents, caregivers, and expecting mothers. Move, breathe, and connect in a welcoming space where children are free to join or simply be present. Gentle movement and mindful breath help reduce stress, build strength, and nurture calm for both you and your child. Intensity Level 4 - Moderate, mindful movement.

Abbotsford Recreation Centre

Jan 10 - Feb 7	Sa	1:30pm - 2:30pm	5/\$66	128773
Feb 21 - Mar 14	Sa	1:30pm - 2:30pm	4/\$52.80	128774

HER STRONG BOOT CAMP

Step into a fun, empowering, and supportive women's-only fitness class where safety meets challenge! Led by a qualified instructor, each session offers a fresh and engaging workout designed to help you build strength, boost confidence, and break a sweat-all in a welcoming environment. Intensity Level 4 - Be prepared to push yourself!

Abbotsford Recreation Centre

Jan 10 - Mar 7	Sa	3pm - 4pm	8/\$105.60	128741
Jan 10 - Mar 7	Sa	7pm - 8pm	8/\$105.60	128742
Jan 11 - Mar 8	Su	7pm - 8pm	8/\$105.60	128743
Jan 12 - Mar 9	M	7pm - 8pm	8/\$105.60	128739
Jan 16 - Mar 13	F	7pm - 8pm	9/\$118.80	128740

HYDROMOTION

This class combines evidence-based exercise programming with the unique supportive and resistive qualities of water to create a safe, effective workout tailored to individual needs, abilities, and goals. Ideal for a wide range of participants, hydrotherapy is particularly beneficial for those managing Arthritis, Fibromyalgia, or complex injuries affecting multiple areas of the body. Intensity Level 2

Abbotsford Recreation Centre

Jan 13 - Mar 10	Tu	1pm - 2pm	9/\$118.80	128747
Jan 15 - Mar 12	Th	1pm - 2pm	9/\$118.80	128748



REST AND RESTORE YOGA

Using traditional yoga poses held for longer durations, you'll experience deeper stretching paired with focused breathing, guided meditation, and relaxation techniques. As the class progresses through thoughtfully sequenced movements, you'll cultivate mindfulness and leave feeling centered and renewed. Intensity Level: 3 - A steady, calming challenge for body and mind.

Abbotsford Recreation Centre

Jan 10 - Mar 7	Sa	7:30pm - 8:30pm	8/\$105.60	128744
Jan 11 - Mar 8	Su	7:30pm - 8:30pm	8/\$105.60	128745

Matsqui Recreation Centre

Jan 14 - Mar 11	W	3pm - 4pm	9/\$118.80	128746
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STRONG STARTS

Stay active and strong through every stage of parenthood with this stroller-friendly small-group class. Combining strength, core, and mobility training, it helps improve posture, build functional strength, and boost energy - all in a fun, social setting for parents and little ones. Intensity Level 3 - Moderate and adaptable.

Abbotsford Recreation Centre

Jan 10 - Feb 7	Sa	8am - 9am	5/\$66	128886
Jan 11 - Feb 8	Su	12:30pm - 1:30pm	5/\$66	128888
Jan 14 - Feb 11	W	8am - 9am	5/\$66	128775
Feb 18 - Mar 11	W	8am - 9am	4/\$52.80	128885
Feb 21 - Mar 14	Sa	8am - 9am	4/\$52.80	128887
Feb 22 - Mar 15	Su	12:30pm - 1:30pm	4/\$52.80	128889



TOGETHER IN MOVEMENT AND EXERCISE (T.I.M.E.)

A nationwide, circuit-based exercise program for individuals with neurological conditions following rehabilitation. In partnership with Fraser Health, certified instructors provide a fun, safe, and supportive environment to promote movement and confidence. Medical clearance and referral required. Intensity Level 1 - Gentle and supportive.

LOCATION

Jan 5 - Feb 9	M	12:30pm - 1:30pm	6/\$83.10	128878
Jan 7 - Feb 11	W	12:30pm - 1:30pm	6/\$83.10	128881
Jan 9 - Feb 13	F	12:30pm - 1:30pm	6/\$83.10	128883
Feb 18 - Mar 25	W	12:30pm - 1:30pm	6/\$83.10	128882
Feb 20 - Mar 27	F	12:30pm - 1:30pm	6/\$83.10	128884
Feb 23 - Mar 23	M	12:30pm - 1:30pm	5/\$69.25	128880



SWIMMING

MASTERS SWIM

Calling all triathletes, past competitive swimmers and recreational swimmers who want a great workout; our Masters 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. No class Oct 13.

Drop-in Fee: \$13.15/session, Season Registration = \$10.15/session

Abbotsford Recreation Centre

Sep 8 - Dec 15	M	7pm - 8pm	14/\$142.10	121259
Sep 3 - Dec 17	W	7pm - 8pm	16/\$162.40	121260



recreation connect

CONNECT TO 55+ 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



OLDER ADULTS (55+)

ARTS & CRAFTS

THE BEAUTY OF COLOUR WITH ADELE

The beauty of colour, composition and subject to create a masterpiece of Mountains, waterfalls, trees and flowers in oils on a large canvas. You can bring your own reference photo or use the one provided by the instructor. Material fee of \$8.

Abbotsford Recreation Centre

Jan 5 - 26 M 12:30pm - 3pm 4/\$63.40 128225

PAINTING A WINTER LANDSCAPE WITH SUE

Capture the quiet beauty of snow within a winter landscape in this four-session watercolour course. Through demonstrations and guided practice, participants will gain experience in planning out a scene while considering the colours of winter, light/shadow and composition. All are welcome from beginner to more experienced. Material fee of \$5.

Abbotsford Recreation Centre

Jan 8 - 29 Th 1pm - 3pm 4/\$53.20 127214

INTRO TO PRINT MAKING

Learn about different types of printmaking including mono, relief, and collagraph printing techniques. Gain knowledge and skills in a variety of printmaking methods and develop your curiosity and confidence to continue your printmaking journey at home. During this class you will create an edition of prints and hand-printed cards. Supplies are included but you may bring your own plain white, cotton T-shirt or tea towel to print on too! No Class Feb 16. Material fee of \$5.

Abbotsford Recreation Centre

Feb 2 - 23 M 1pm - 3pm 3/\$39.90 127610

INSIDE-OUT PAINTING WITH ADELE

This fun filled painting session is a two-part series, the first is an inside-out painting and the second part is an extension of the inside-out to an outside-in painting. You will be given a 5" X 7" photo attached to a large canvas and you must paint an extension to the painting of the photo; the second part you will remove the photo from the canvas and paint the inside of the canvas to compliment your outside painting. Material fee of \$8.

Abbotsford Recreation Centre

Mar 2 - 9 M 12:30pm - 3pm 2/\$31.70 128226

STILL LIFE WITH SUE

In this two-session course, we will use form, value and colour to create a fruit-inspired watercolour scene. Explore how to draw out a scene using simple shapes. Consider how to use colour to create light and dark areas. Apply washes and glazes to create believable three-dimensional forms. All levels of experience are welcome! Material fee of \$50.

Abbotsford Recreation Centre

Mar 5 - 12 Th 1pm - 3pm 2/\$26.60 127215



DANCE & MUSIC

LINE DANCING FOR BEGINNERS

Are you interested in learning the art of line dancing? Join us in this beginner's class where you will learn all the basics of line dancing.

Abbotsford Recreation Centre

Jan 9 - 30 F 4:15pm - 5:15pm 4/\$32.60 127083

LINE DANCING - NEXT STEP

Ready to take your line dancing to the next level?

This class is designed for dancers who already know the basics and are eager to build on their skills. You'll learn new techniques, explore more complex choreography, and refine your footwork—all while enjoying the fun and energy of line dancing. Perfect for those who've completed our beginner class or have a solid foundation and want to keep progressing.

Abbotsford Recreation Centre

Feb 6 - 27 F 4:15pm - 5:15pm 4/\$32.60 127246

55+ UKE N PLAY UKULELE

Join this fun and friendly introduction to the ukulele. Learn to strum and play enough chords to play a song or two. All equipment provided.

Abbotsford Recreation Centre

Jan 5 - Feb 9 M 6pm - 7pm 6/\$30.90 126345



LEARNING PLUS (55+)

Join our Learning Plus program for 55+. Each week a new presenter will discuss a new and exciting topic.

Abbotsford Recreation Centre

Jan 8 - Mar 12 Th 10am - 12pm 1/\$4.50

LEARNING PLUS WEEKLY TOPICS

Jan 8	Curling (Julia Rohan)
Jan 15	Taxes (CRA) - FREE
Jan 22	Senior Confidential Poetry (Gordon Sutherland)
Jan 29	Sociology (Michael Corman, UFV)
Feb 5	Emergency Preparedness and Planning (Kelly Pater, Abbotsford Fire Rescue) - Free
Feb 12	BC Hydro
Feb 19	Whistle Posts West (Brian Antonson)
Feb 26	The Wizard of Oz (Fraser Valley Stage)
Mar 5	City of Abbotsford Horticulture Department - Free
Mar 12	Environment, Beaches, Rivers & Sand dunes (Olav Lian)

recreation connect

CONNECT TO 55+ 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

OLDER ADULTS (55+)

SPECIALIZED FITNESS

ADAPTIVE YOGA

Experience the calming benefits of gentle yoga in a supportive, accessible format. Using a chair for seated or supported standing poses, you'll explore mindful movement, breathing, and relaxation without needing to get down to the floor. Leave feeling relaxed, refreshed, and balanced. Intensity Level 2 - gentle, low-impact practice.

Matsqui Recreation Centre

Jan 13 - Mar 10	Tu	3pm - 4pm	9/\$57.15	128770
Jan 15 - Mar 12	Th	3pm - 4pm	9/\$57.15	128771

BONEWISE

A specialized low-impact fitness class for individuals with osteoporosis or low bone density. Led by an experienced instructor, BoneWise focuses on building strength, posture, balance, and flexibility to help reduce the risk of falls and fractures. Safe, adaptable, and supportive of all fitness levels. Intensity Level 2

Abbotsford Recreation Centre

Jan 12 - Mar 9	M	12pm - 1pm	8/\$50.80	128766
Jan 13 - Mar 10	Tu	1:30pm - 2:30pm	9/\$57.15	128767
Jan 14 - Mar 11	W	12pm - 1pm	9/\$57.150	128768
Jan 15 - Mar 12	Th	1:30pm - 2:30pm	9/\$57.15	128769





SPORTS & ACTIVE PLAY

AI KI JUTSU FOR BEGINNERS SERIES

Join this four-week progressive series in Ai Ki Jutsu. Participants engage in mindful and intentional exercises in breathing, movement, balance and focus. Each week participants will progress through more advanced techniques and movements building the Mind - Body connection.

Abbotsford Recreation Centre

Jan 14 - Feb 4	W	9am - 10am	4/\$32.60	126290
Feb 18 - Mar 11	W	9am - 10am	4/\$32.60	126344

AI KI JUTSU INTERMEDIATE

Designed for those who have completed the beginner series. The focus remains on building core strength, enhancing stability, and increasing mobility—all through mindful, intentional practice. This class also emphasizes the development of technical precision and artistic expression, helping students refine their skills and grow with confidence.

Abbotsford Recreation Centre

Feb 2 - 23	M	3:30pm - 4:30pm	4/\$32.60	129004
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WORKSHOPS

UNIVERSITY OF VICTORIA CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP

The Chronic Conditions Self-Management Program is a FREE six-session/2.5 hours a week workshop. The workshop helps adults 19+ with chronic health conditions and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Conditions" companion book.

Matsqui Recreation Centre

Feb 8 - Mar 15	Su	2pm - 4:30pm	6/FREE	127127
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UNIVERSITY OF VICTORIA CHRONIC PAIN SELF-MANAGEMENT WORKSHOP

Helps adults 19+ who are living with chronic pain and their caregivers to better manage symptoms and activities of daily life. Participants receive the "Living a Healthy Life with Chronic Pain" companion book and the "Moving Easy" program download. Participants should attend all six sessions to maximize their self-management knowledge, skills and confidence. Spouses, partners, caregivers are also welcome to attend.

Matsqui Recreation Centre

Feb 3 - Mar 10	Tu	1pm - 3:30pm	6/FREE	127724
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PRESERVING YOUR WEALTH AND ESTATE

Join World Financial Group to learn essential steps to protect the legacy you've worked hard to build. This informative session will guide you through effective strategies for preserving your estate, transferring wealth to future generations, and ensuring your final wishes are clearly documented and honored.

Abbotsford Recreation Centre

Feb 5	Th	1pm - 2:30pm	1/FREE	128029
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recreation connect

CONNECT TO 55+ 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

FREE
ACTIVITIES
FOR 55+

OLDER ADULTS (55+)

FREE PROGRAMS

ARTFUL ENRICHMENT

Join these free classes hosted by Chartwell. All skills levels are welcome, and supplies included.

Abbotsford Recreation Centre

Northern Lights

Follow a step-by-step tutorial using acrylic paint to create a Northern Lights Polaroid-inspired painting.

Jan 27	Tu	11am - 12pm	1/FREE	128246
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Valentines Cards

Using watercolour paints, create a cute candy heart Valentine's card.

Feb 10	Tu	11am - 12pm	1/FREE	128247
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BOOK CLUB

Join us for our book club and meet with others to socialize and share your thoughts and interpretations through discussion over a new book every month! Participants are responsible for obtaining books themselves. Coffee and tea are provided.

Abbotsford Recreation Centre

Jan 26 - Mar 30	M	1pm - 3pm	3/FREE	125807
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COMMUNITY CONNECTIONS CAFÉ

NEW

If you're a 55+ caregiver in the community, you're invited to join us once a month for Community Connections Café - a welcoming space to learn about local resources, connect with peers, and enjoy a light meal together. Each gathering offers helpful information, meaningful conversation, and a chance to build supportive relationships in a relaxed, social setting.

Abbotsford Recreation Centre

Jan 26	M	10am - 12pm	1/FREE	129862
Feb 23	M	10am - 12pm	1/FREE	129863
Mar 30	M	10am - 12pm	1/FREE	129864

Funded in part by the
Government of Canada's
New Horizons for Seniors Program

Canada

Supported and coordinated by
Maplewood Care Society, in collaboration
with community partners

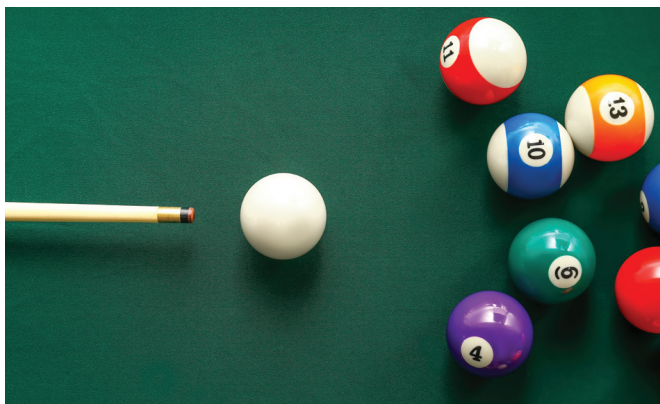


INTRODUCTION TO AI KI JUTSU

Ai Ki Jutsu is the Japanese equivalent to Tai Chi, where participants engage in mindful and intentional exercises in breathing, movement, balance and focus. Learn a series of carefully orchestrated and delicately executed movements to help build the Mind - Body connection.

Abbotsford Recreation Centre

Jan 7	W	9am - 10:30am	1/FREE	126291
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INTRODUCTION TO KI KIOU

In this introductory class, learn a series of poses for releasing negative energy and harnessing positive energy. This practice utilizes mindful and intentional breathing, movement, and balance exercises for strength, health, happiness and resilience.

Abbotsford Recreation Centre

Feb 11 W 9am - 10:30am 1/FREE 126292

LEARN TO PLAY 8-BALL

This beginner-friendly program introduces players to the rules, techniques, and etiquette of 8-ball pool. Whether your brand new to the game or looking to sharpen your skills, this hands-on class will build your confidence and get you ready to enjoy casual or competitive play. No experience necessary – all equipment provided.

Abbotsford Recreation Centre

Jan 8 - Feb 5 Th 1pm - 2:30pm 5/FREE 128228

LINE DANCING - JAM SESSION

NEW

Join us for a line dancing jam session designed for dancers with a foundational understanding of the steps. Practice your choreography routines in a fun, interactive environment that keeps you moving and smiling. It's the perfect way to sharpen your skills while enjoying great music and great company!

Abbotsford Recreation Centre

Mar 13 F 4:15pm - 5:15pm 1/FREE 127247


**FREE
ACTIVITIES
FOR 55+**

EVENTS

HEARTS ACROSS GENERATIONS

Celebrate love, friendship, and community at Hearts Across Generations, a special Valentine's Day event bringing seniors and youth together for an afternoon of connection and joy. Enjoy a light meal, share stories, play games, and make memories in a welcoming space filled with heartwarming conversation and laughter.



Matsqui Recreation Centre

Feb 6 F 4pm - 6pm Free with Pass or \$4.50 125948

BLOOM AND BOND: BOUQUET-MAKING WORKSHOP

Join us for a delightful afternoon of creativity and connection as we craft beautiful floral bouquets to take home and enjoy. Whether you're a seasoned flower arranger or trying it for the first time, this hands-on workshop offers a relaxing and joyful experience. All materials provided - just bring your smile!

Abbotsford Recreation Centre

Mar 30 M 1pm - 3pm Free with Pass or \$4.50 126216

recreation connect

CONNECT TO SWIM & FIRST AID

ONLINE
REGISTRATION
DEC 2
9AM

SWIM

AQUATIC PROGRAMS

Stay active and have fun with a splash!
Register for our Aquatics Programs
Tuesday, December 2 at 9am.

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

MARCH 16 - 29

**SPRING
DAZE** 2026

SPRING BREAK SWIM LESSONS

Keep your Spring Break active and exciting. Be sure to register for Swim Lessons! Our certified instructors make learning to swim safe, fun, and rewarding.

Abbotsford Recreation Centre

Mar 17 - 28	M - F	10 Morning Lessons
Mar 17 - 27	M - Th	8 Evening Lessons

Matsqui Recreation Centre

Mar 17 - 28	M - F	10 Morning Lessons
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WINTER SWIM LESSONS

ABBOTSFORD RECREATION CENTRE

Starting this winter, registering for Swim Lessons will require proof of meeting the pre-requisites.

DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Jan 5 - Feb 4	10	Morning & Afternoon Lessons
MON/WED	Feb 9 - Mar 11 (no class on Feb 16)	9	Morning & Afternoon Lessons
TUESDAY	Jan 6 - Mar 10	10	Afternoon Lessons Only
THURSDAY	Jan 8 - Mar 12	10	Afternoon Lessons Only
TUES/THUR	Jan 6 - Feb 5	10	Morning & Afternoon Lessons
TUES/THUR	Feb 10 - Mar 12	10	Morning & Afternoon Lessons
FRIDAY	Jan 9 - Mar 13	10	Morning & Afternoon Lessons
SATURDAY	Jan 10 - Mar 7 (no class on Feb 14)	10	Morning Lessons Only
SUNDAY	Jan 11 - Mar 8 (no class on Feb 15)	10	Morning Lessons Only

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Jan 5 - Feb 5	10	Morning & Afternoon Lessons
MON/WED	Feb 10 - Mar 12 (no class on Feb 16)	9	Morning & Afternoon Lessons
MONDAY	Jan 5 - Mar 9 (no class on Feb 16)	9	Afternoon Lessons Only
WEDNESDAY	Jan 7 - Mar 11	10	Afternoon Lessons Only
TUES/THUR	Jan 6 - Feb 5	10	Morning & Afternoon Lessons
TUES/THUR	Feb 10 - Mar 12	10	Morning & Afternoon Lessons
FRIDAY	Jan 9 - Mar 13	10	Morning & Afternoon Lessons
SATURDAY	Jan 10 - March 7 (no class on Feb 14)	10	Morning Lessons Only

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

recreation connect

CONNECT TO SWIM & FIRST AID

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



ADVANCED AQUATICS

BRONZE STAR (8yrs+)

Bronze Star is an entry-level lifesaving program designed to prepare candidates for future lifeguard training while building strong swimming skills, personal fitness, and safety awareness. Ideal for youth aged 8 to 12, Bronze Star develops essential water rescue skills, stroke efficiency, and the ability to make safe decisions in aquatic emergencies.

Abbotsford Recreation Centre

Jan 9 - 10	Sa, Su	10am - 3:30pm	\$275
Mar 14 - 15	Sa, Su	10am - 3:30pm	\$275

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

Jan 16 - 18	F	4pm - 9pm	\$295
	Sa, Su	8:30am - 5pm	
Mar 16 - 18	M, Tu	8am - 5pm	\$295
	W	8am - 12pm	
Mar 23 - 25	M, Tu	8am - 5pm	\$295
	W	8am - 12pm	

NEW

PROGRAM REGISTRATION

Registration for Advanced Aquatics & First Aid courses are processed through LIT First Aid and Instructor Training. Visit the website or call today to register for any of these courses.

604.755.4672 www.firstaidtrainingcourses.ca



BRONZE MEDALLION CHALLENGE (13yrs+)

For those with previous swimming and/or Lifesaving skills that do not want to take the entire course but feel comfortable enough that they can complete and pass all the criteria.

Abbotsford Recreation Centre

Jan 25	Su	8am - 12pm	\$100
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BRONZE CROSS (13yrs+)

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

Abbotsford Recreation Centre

Jan 23 - 25	F	4pm - 9pm	\$275
	Sa, Su	8:30am - 5pm	
Mar 18 - 20	W	12:30pm - 5pm	\$275
	Th, F	8am - 5pm	
Mar 25 - 27	W	12:30pm - 5pm	\$275
	Th, F	8am - 5pm	

BRONZE CROSS CHALLENGE (13yrs+)

For those with previous swimming and/or Lifesaving skills that do not want to take the entire course but feel comfortable enough that they can complete and pass all the criteria.

Abbotsford Recreation Centre

Jan 25	Su	12:30pm - 5pm	\$100
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**BRONZE MEDALLION /
BRONZE CROSS COMBO (13yrs+)**

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Jan 16 - 25	F	4pm - 9pm	\$570
	Sa, Su	8:30pm - 5pm	
Feb 12 - 17	Th, Tu	4:30pm - 9:30pm	\$570
	F - M	8am - 5pm	
Mar 16 - 20	M - F	8am - 5pm	\$570
Mar 23 - 27	M - F	8am - 5pm	\$570

BRONZE COMBO CHALLENGE (13yrs+)

For those with previous swimming and/or Lifesaving skills that do not want to take the entire course but feel comfortable enough that they can complete and pass all the criteria.

Abbotsford Recreation Centre

Jan 25	Su	8am - 5pm	\$200
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NATIONAL LIFEGUARD POOL (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

Jan 29 - Feb 8	Th, F	4pm - 9pm	\$595
	Sa, Su	8:30am - 4:30pm	
Mar 15 - 20	Su - F	9:30am - 6pm	\$595

**NATIONAL LIFEGUARD POOL
RECERTIFICATION (15yrs+)**

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

Abbotsford Recreation Centre

Feb 1	Su	10am - 6pm	\$150
Mar 22	Su	10am - 6pm	\$150

NATIONAL LIFEGUARD WATERPARK (15yrs+)

The National Lifeguard Waterpark certification is designed to take candidates with an NL Pool certification and prepare them for effective supervision in a Waterpark environment. The course will build on the knowledge that candidates have already obtained, and introduce them to waves, slide rescues, water currents, special water features and larger lifeguard teams. This course will also introduce the "pivot" guard system used at many larger facilities.

Matsqui Recreation Centre

Feb 14 - 16	Sa, Su	9am - 6pm	\$350
	M	10am - 6pm	\$350

SWIM FOR LIFE INSTRUCTOR (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.

Abbotsford Recreation Centre**Matsqui Recreation Centre**

Jan 16 - 25	F	4pm - 9pm	\$650
	Sa, Su	8am - 5pm	
Feb 20 - Mar 1	F	4pm - 9pm	\$650
	Sa, Su	8am - 5pm	
Mar 23 - 27	M - F	8am - 5pm	\$650

**SWIM FOR LIFE INSTRUCTOR
RECERTIFICATION (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.

Matsqui Recreation Centre

Jan 12	M	4pm - 9pm	\$165
Feb 23	M	4pm - 9pm	\$165
Mar 30	M	4pm - 9pm	\$165



recreation connect

CONNECT TO SWIM & FIRST AID

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

NEW

PROGRAM REGISTRATION

Registration for Advanced Aquatics & First Aid courses are processed through LIT First Aid and Instructor Training. Visit the website or call today to register for any of these courses.

604.755.4672

www.firstaidtrainingcourses.ca



FIRST AID TRAINING

STANDARD FIRST AID & CPR C W/ 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

Jan 10	Sa, Su	9am - 5pm	\$185
Feb 9	M, Tu	9am - 5pm	\$185
Mar 7	Sa, Su	9am - 5pm	\$185
Mar 28	Sa, Su	9am - 5pm	\$185

STANDARD FIRST AID & CPR C W/ AED RECERTIFICATION

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

Matsqui Recreation Centre

Feb 13	F	9am - 5pm	\$100
Mar 14	Sa	9am - 5pm	\$100

EMERGENCY FIRST AID & CPR C W/ 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

Jan 10	Sa	9am - 5pm	\$115
Feb 9	M	9am - 5pm	\$115
Mar 7	Sa	9am - 5pm	\$115
Mar 28	Sa	9am - 5pm	\$115

EMERGENCY FIRST AID W/ AED 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 re-certifies emergency first aid and CPR with AED.

Matsqui Recreation Centre

Feb 13	F	9am - 2:30pm	\$80
Mar 14	Sa	9am - 2:30pm	\$80

CPR LEVEL C W/ 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

Jan 10	Sa	9am - 2:30pm	\$90
Feb 9	M	9am - 2:30pm	\$90
Mar 7	Sa	9am - 2:30pm	\$90
Mar 28	Sa	9am - 2:30pm	\$90

CPR LEVEL C W/ AED RECERTIFICATION

This course is for recertification of CPR C & AED.

Matsqui Recreation Centre

Feb 13	F	9am - 12:30pm	\$65
Mar 14	Sa	9am - 12:30pm	\$65

**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.ca/volunteerapplication

SKATE LESSONS

Glide into fun this Winter and Spring Break! Learn new skills and build confidence on the ice with skating lessons. Whether you're a beginner or brushing up your moves, our instructors make learning safe, active, and exciting. Register early before spots fill up!

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





WINTER LEARN TO SKATE LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MONDAY	Jan 12 - Mar 9 (no lessons Feb 16)	8	5:45pm - 8pm (1/2hr lesson time)
MON - FRI	Mar 16 - 20 Spring Break	5	4pm - 6:15pm (1/2hr lesson time)

ABBOTSFORD RECREATION CENTRE (ICE COMES OUT ON MARCH 16)

DAYS	DATES	# OF LESSONS	SESSIONS
SATURDAY	Jan 10 - Mar 14 (no lessons Jan 24 & Feb 14)	8	9:30am - 11:45am (1/2hr lesson time)
WEDNESDAY	Jan 14 - Mar 11	9	4pm - 6pm (1/2hr lesson time)
THURSDAY	Jan 15 - Mar 12	9	4pm - 6:15pm (1/2hr lesson time)



ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

