SUMMER 2026

recreation connect

ABBOTSFORD

AQUATIC PROGRAMS JUNE 2

ONLINE REGISTRATION JUNE 3

IN PERSON REGISTRATION JUNE 4

PROGRAMS START JULY 1

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

ABBOTSFORD

connect

CONNECT TO ARTS & CRAFTS

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

SUMMER 2026

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.

08

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.

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!

30

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.

TRANSLATION

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

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

EARLY YEARS

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

ARTS & CULTURE

ARTS & CRAFTS

ART START (3yrs - 5yrs)

Help your child discover the joys of art through hands-on activities like squishing paint and exploring colors, textures, and sensory play. This program supports the development of fine and gross motor skills while encouraging social interaction, creativity, and confidence. Parent participation is required.

Abbotsford Recreation Centre

Jun 27 - Jul 25	Sa	10:45am - 11:30am	5/$44.75	137435
Aug 8 - Aug 29	Sa	10:45am - 11:30am	4/$35.80	137436

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 required.

Abbotsford Recreation Centre

Jun 27 - Jul 25	Sa	9:30am - 10:15am	5/$44.75	137433
Aug 8 - Aug 29	Sa	9:30am - 10:15am	4/$35.80	137434

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

KIDS INTERACTIVE WORKSHOPS (3yrs - 5yrs)

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.

Abbotsford Recreation Centre

Dinosaur Dig

Get ready to stomp, roar, and explore in our Dinosaur Dig adventure! Little paleontologists will move like dinosaurs, uncover "fossils" in a hands-on dig, and create their own dino-themed craft.

Jul 11	Sa	10:30am - 11:30am	1/$14.55	137468

Messy Art Day

Let creativity run wild in this hands-on, sensory art experience! Kids will explore colors, textures, and different ways to create. No rules, just messy fun and imagination.

Jul 25	Sa	10:30am - 11:30am	1/$14.55	137486

Bug Safari

Little explorers will crawl, hop, and search their way through a bug-filled adventure! From exciting bug hunts to creative crafts, this playful workshop sparks curiosity about the tiny creatures all around us.

Aug 8	Sa	10:30am - 11:30am	1/$14.55	137485

Superhero Training Camp

Suit up and get ready for action! Kids will train like superheroes through fun obstacle courses, create their own hero gear, and complete an exciting mission to save the day.

Aug 22	Sa	11:30am - 12:30pm	1/$14.55	137487

DANCE

TINY DANCERS (1.5yrs - 3yrs)

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.

1.5yrs - 3yrs

Abbotsford Recreation Centre

Jul 8 - 29	W	5pm - 5:30pm	4/$29.80	136852
Aug 5 - Sep 2	W	5pm - 5:30pm	5/$37.25	136853

3yrs - 5yrs

Abbotsford Recreation Centre

Jul 8 - 29	W	5:45pm - 6:30pm	4/$35.80	136854
Aug 5 - Sep 2	W	5:45pm - 6:30pm	5/$44.75	136855

Matsqui Recreation Centre

Jun 27 - Jul 25	Sa	9:30am - 10:15am	5/$44.75	136856
Aug 8 - 29	Sa	9:30am - 10:15am	4/$35.80	136857

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

EARLY YEARS

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

HOBBIES & INTERESTS

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 participation required.

Abbotsford Recreation Centre

Jul 2 - 30	Th	4:30pm - 5:30pm	5/$54	137169
Aug 6 - Sep 3	Th	4:30pm - 5:30pm	5/$54	137171

REC SCHOOL

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. This program is fully outdoors so children must come prepared with proper attire.

Mill Lake Park

Jul 10 - Aug 21	F	9:30am - 11:30am	7/151.20	136111

SCIENCE EXPLORATION

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

Jun 30 - Jul 28	Tu	4:30pm - 5:15pm	5/$44.75	137167
Aug 4 - Sep 1	Tu	4:30pm - 5:15pm	5/$44.75	137168

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

SPORTS

SPORTS & ACTIVE PLAY

RUMBLE TUMBLE (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

Jun 29 - Jul 27	M	9am - 9:30am	5/$33.25	137002
Aug 10 - Aug 31	M	9am - 9:30am	4/$26.60	137003

3yrs - 5yrs

Jun 29 - Jul 27	M	9:45am - 10:30am	5/$38	137004
Aug 10 - 31	M	9:45am - 10:30am	4/$30.40	137005

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

Jun 27 - Jul 25	Sa	3:15pm - 4pm	5/$38	136996
Aug 8 - 29	Sa	3:15pm - 4pm	4/$30.40	136997

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

Jun 27 - Jul 25	Sa	1:15pm - 2pm	5/$38	136985
Aug 8 - 29	Sa	1:15pm - 2pm	4/$30.40	136987

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

Jun 27 - Jul 25	Sa	2:15pm - 3pm	5/$38	136993
Aug 8 - 29	Sa	2:15pm - 3pm	4/$30.40	136995

Crossley Park

Jun 30 - Jul 28	Tu	3:45pm - 4:30pm	5/$38	137010
Aug 4 - Sep 1	Tu	3:45pm - 4:30pm	5/$38	137011

Matsqui Recreation Centre

Jul 2 - 30	Th	3:45pm - 4:30pm	5/$38	137012
Aug 6 - Sep 3	Th	3:45pm - 4:30pm	5/$38	137013

T-BALL FOR TOTS (3yrs - 5yrs)

Join us for T-Ball! Your child will learn FUNdamental movement skills and proper techniques with our enthusiastic and engaging staff. Learn the basic skills through fun drills and games.

Crossley Park

Jul 8 - 29	W	3:30pm - 4:15pm	4/$30.40	137006
Aug 5 - Sep 2	W	3:30pm - 4:15pm	5/$38	137007

CHILDREN

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

ARTS & CULTURE

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 art-based recreation program is intended for individuals with a diagnosis requiring additional support. A 1:3 staff ratio is maintained to provide personalized care.

Abbotsford Recreation Centre

Jun 29 - Jul 27	M	5pm - 6pm	5/$63	137400
Aug 10 - 31	M	5pm - 6pm	4/$50.40	137402

DIY PROJECTS FOR BEGINNERS (6yrs - 12yrs)

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

Jun 29 - Jul 27	M	6:30pm - 7:30pm	5/$54	137418
Aug 10 - 31	M	6:30pm - 7:30pm	4/$43.20	137419

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

Jun 28 - Jul 26	Su	2:15pm - 3:15pm	5/$54	137393
Aug 9 - 30	Su	2:15pm - 3:15pm	4/$43.20	137394

KIDS ART CLUB (6yrs - 12yrs)

A fun, social space where kids can get creative and make new friends! From painting and drawing to crafts and mixed media, we explore all kinds of art in a relaxed, encouraging environment. Perfect for kids who love to create, try new things, and have fun together!

Matsqui Recreation Centre

6yrs - 8yrs

Jul 2 - 30	Th	5pm - 6pm	5/$54	137429

9yrs - 12yrs

Aug 6 - Sep 3	Th	5pm - 6pm	5/$54	137430

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

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

Jun 28 - Jul 26	Su	1pm - 2pm	5/$54	137391
Aug 9 - 30	Su	1pm - 2pm	4/$43.20	137392

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

Young writers will explore the art of storytelling. Participants will unleash their imagination, discover 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

Jun 28 - Jul 26	Su	4pm - 5pm	5/$54	137395
Aug 9 - 30	Su	4pm - 5pm	4/$43.20	137396

ART WORKSHOPS

INTRO TO SCRAPBOOKING (7yrs - 12yrs)

A fun, social space where kids can be creative and make new friends! From painting and drawing to crafts and mixed media, we explore all kinds of art in a relaxed, encouraging environment. Perfect for kids who love to create, try new things, and have fun together!

Abbotsford Recreation Centre

Jul 15	W	5pm - 6:30pm	1/$16.20	137421

KIDS NIGHT OUT

(7yrs - 12yrs)

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

Abbotsford Recreation Centre

Jul 10	F	6pm - 9pm	1/$25.20	137544
Aug 7	F	6pm - 9pm	1/$25.20	137545

Matsqui Recreation Centre

Jul 24	F	6pm - 9pm	1/$25.20	137546
Aug 21	F	6pm - 9pm	1/$25.20	137547

INTRO TO CROCHETING (7yrs - 12yrs)

Learn the FUNdamentals of crocheting in this beginner-friendly course. You'll get comfortable with basic stitches, simple patterns, and the tools you need to get started. By the end, you'll be creating your own cozy, handmade pieces with confidence.

Abbotsford Recreation Centre

Jul 22	W	5pm - 7pm	1/$21.60	137422

TYE DYE N FABRIC PAINTING (5yrs - 8yrs)

Get creative with color in this fun, beginner-friendly class on tie-dye and fabric painting. You'll explore simple techniques for transforming plain fabrics into bold, one-of-a-kind designs. No experience needed, just come ready to experiment and make something uniquely yours.

Abbotsford Recreation Centre

Aug 12	W	5pm - 7pm	1/$21.60	137423

DANCE

HIP HOP (5yrs - 8yrs)

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.

Matsqui Recreation Centre

Jun 27 - Jul 25	Sa	10:30am - 11:30am	5/$54	136858
Aug 8 - 29	Sa	10:30am - 11:30am	4/$43.20	136859

HIP HOP FOR BEGINNERS (6yrs - 10yrs)

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

Abbotsford Recreation Centre

Jul 8 - Jul 29	W	6:45pm - 7:45pm	4/$43.20	137312
Aug 5 - Sep 2	W	6:45pm - 7:45pm	5/$54	137313

recreation connect

CONNECT TO CHILDREN'S PROGRAMS

CHILDREN

HOBBIES & INTERESTS

SCIENCE EXPLORATION

MAD SCIENTISTS (5yrs - 8yrs)

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

Abbotsford Recreation Centre

Jun 30 - Jul 28	Tu	5:30pm - 6:30pm	5/$54	137283
Aug 4 - Sep 1	Tu	5:30pm - 6:30pm	5/$54	137284

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

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CHILDMINDING

(6mos - 12yrs)

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

Childminding is available for children ages 6mos - 12yrs for up to 1.5 hours, while you access a recreation service in the Abbotsford Recreation Centre, such as a fitness class, workout, swim, or other recreation activity. Please note, parents/guardians must remain in the building at all times. Not available during statutory holidays, subject to availability.

Abbotsford Recreation Centre

M - F	8:45am - 10:45am & 5pm - 7pm
Sa - Su	10:15am - 12:15pm

BIRTHDAY PARTIES

BOOK YOUR EPIC REC PARTY TODAY!

FEES AS OF SEPT 1/2025

FUN ZONE

Abbotsford Recreation Centre OR Abbotsford Exhibition Park

Make your child's birthday unforgettable. Let us do the work while you enjoy the celebration! Our affordable birthday parties include fun toys, an inflatable bouncy obstacle course, and a dedicated party room for cake and presents. Book early as space is limited! Adult supervision is required.

MRC SUPER SPLASH

Matsqui Recreation Centre

Make your birthday party a SPLASH! Parties at MRC include one hour in the party room where you and your guests can celebrate with games and laughter—then wrap up the fun with a splashing good time in the pool! Book early as space is limited! Adult supervision is required.

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

recreation connect

CONNECT TO CHILDREN'S PROGRAMS

CHILDREN

SPORTS

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

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

Jun 30 - Jul 28	Tu	4:45pm - 5:45pm	5/$42	137025
Aug 4 - Sep 1	Tu	4:45pm - 5:45pm	5/$42	137026

9yrs - 12yrs

Jun 30 - Jul 28	Tu	6pm - 7pm	5/$42	137027
Aug 4 - Sep 1	Tu	6pm - 7pm	5/$42	137028

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

Jul 2 - 30	Th	4:45pm - 5:45pm	5/$42	136988
Aug 6 - Sep 3	Th	4:45pm - 5:45pm	5/$42	136989

9yrs - 12yrs

Jul 2 - 30	Th	6pm - 7pm	5/$42	136990
Aug 6 - Sep 3	Th	6pm - 7pm	5/$42	136991

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

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.

5yrs - 8yrs

Crossley Park

Jun 30 - Jul 28	Tu	4:45pm - 5:45pm	5/$42	137014
Aug 4 - Sep 1	Tu	4:45pm - 5:45pm	5/$42	137015

Matsqui Recreation Centre

Jul 2 - 30	Th	4:45pm - 5:45pm	5/$42	137018
Aug 6 - Sep 3	Th	4:45pm - 5:45pm	5/$42	137019

9yrs - 12yrs

Crossley Park

Jun 30 - Jul 28	Tu	6pm - 7pm	5/$42	137016
Aug 4 - Sep 1	Tu	6pm - 7pm	5/$42	137017

Matsqui Recreation Centre

Jul 2 - 30	Th	6pm - 7pm	5/$42	137020
Aug 6 - Sep 3	Th	6pm - 7pm	5/$42	137021

T-BALL (5yrs - 7yrs)

Join us for T-Ball! Your child will learn FUNdamental movement skills and proper techniques with our enthusiastic and engaging staff. Learn the basic skills through fun drills and games.

Crossley Park

Jul 8 - 29	W	4:30pm - 5:30pm	4/$33.60	137008
Aug 5 - Sep 2	W	4:30pm - 5:30pm	5/$42	137009

BC BOUNCE (Grades 1 - 10)

BC Bounce will run a 3-on-3 Summer League focused on games only. This program is not for first-time or beginner players. Coaches will form balanced teams by selecting players based on ability and skill level. Teams will have 4 to 6 players, depending on registration numbers, and will stay together for the full summer session. Grade 1 to 3 coed players must be able to shoot on a 10-foot hoop. No session Mon, Aug 3.

Abbotsford Recreation Centre

M/Sa	4:30pm - 7:30pm
W/ F	4:30pm - 7:30pm

TRY IT WATERSKIING

(8yrs - 15yrs)

Join us for an introduction to water skiing at Albert Dyck Memorial Park. Learn the FUNdamentals of the sport, dry land training and water safety. If you are an experienced rider or it's your first time, we'll cater our instruction to each individual's skill level. Basic swimming skills are required, all equipment and safety gear provided.

Albert Dyck Memorial Park

Jul 7	Tu	1:30pm - 3:30pm	1/$50	137029
Jul 14	Tu	1:30pm - 3:30pm	1/$50	137030
Jul 21	Tu	1:30pm - 3:30pm	1/$50	137031
Jul 28	Tu	1:30pm - 3:30pm	1/$50	137032
Aug 4	Tu	1:30pm - 3:30pm	1/$50	137033
Aug 11	Tu	1:30pm - 3:30pm	1/$50	137034
Aug 18	Tu	1:30pm - 3:30pm	1/$50	137035

CHILDREN

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

From printmaking and collage to painting or 3D sculpture, each week of our camps offer a different exciting activity focus! Our campers' creativity will come alive through interesting art projects, collaborative games, and free play in this fun camp taught by talented local artists!

the reach
GALLERY MUSEUM

ART CAMPS AT THE REACH

THE REACH GALLERY MUSEUM

register at thereach.ca/programs-events

PAINTING CAMP

The Reach Gallery Museum

5yrs - 8yrs

Jul 6 - 10	M - F	9am - 4pm	5/$270

9yrs - 12yrs

Jul 13 - 17	M - F	9am - 4pm	5/$270

PRINTMAKING & COLLAGE CAMP

The Reach Gallery Museum

5yrs - 8yrs

Jul 20 - 24	M - F	9am - 4pm	5/$270

9yrs - 12yrs

Aug 4 - 7	Tu - F	9am - 4pm	4/$216

3D SCULPTURE CAMP

The Reach Gallery Museum

5yrs - 8yrs

Aug 10 - 14	M - F	9am - 4pm	5/$270

9yrs - 12yrs

Aug 17 - 21	M - F	9am - 4pm	5/$270

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

JULY - AUG

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 locations in Abbotsford

Jul 4	Sa	Mill Lake - Bevan Ave	12pm - 4pm	FREE
Jul 9	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Jul 11	Sa	Mill Lake - Emerson Street	12pm - 4pm	FREE
Jul 16	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Jul 18	Sa	Dave Kandal Park	12pm - 4pm	FREE
Jul 23	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Jul 25	Sa	Mill Lake - Emerson Street	12pm - 4pm	FREE
Jul 30	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Aug 1	Sa	Mill Lake - Bevan Ave	12pm - 4pm	FREE
Aug 6	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Aug 8	Sa	Callaghan Park	12pm - 4pm	FREE
Aug 13	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Aug 15	Sa	Ridgeview Park	12pm - 4pm	FREE
Aug 20	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Aug 22	Sa	Mill Lake - Emerson Street	12pm - 4pm	FREE
Aug 27	Th	Mill Lake - Ware Street	3:30pm - 7:30pm	FREE
Aug 29	Sa	Mill Lake - Emerson Street	12pm - 4pm	FREE

abbotsford.ca/goplayoutside

ABBOTSFORD

ABBOTSFORD YOUTH COMMISSION

Abbotsford Recreation Centre (ARC)

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

REGISTERED PROGRAMS

CANADA DAY CREW (12yrs - 18yrs)

Volunteer with the AYC and support the Canada Day Community Celebrations! Be part of the action as AYC Volunteers support the inspiring Community Showcase! This is your chance to:

- Work with the Green Team and contribute to eco-friendly city initiatives.
- Engage in a variety of fun-filled activities with youth.
- Make meaningful connections and create lasting memories volunteering with AYC!

Don't miss this incredible opportunity to give back, have fun, gain volunteer hours and make a difference!

Abbotsford Exhibition Park

Jul 1	W	12:30pm - 5:30pm
Training & Setup		12:30pm - 1pm
Event Volunteering		1pm - 5:30pm

$10 (complete whole day and receive a $10 gift card and Volunteer Certificate)

YOUTH GIVE BACK (12yrs - 18yrs)

Spend the afternoon with the AYC and Go Play Outside spreading kindness at Mill Lake Park. Small acts of kindness go a long way and there's nothing quite like brightening someone's day with a cold freezie on a warm summer afternoon. Following a brief volunteer training and setup, participants will rotate through activities including running games such as giant Jenga, cornhole, and sidewalk chalk, assisting with park cleanup, and handing out mini freezies. Make an impact, enjoy the outdoors, and earn volunteer hours in a relaxed, supportive setting!

Mill Lake Park - Ware Entrance

Aug 6	Th	3pm - 5:30pm

$10 (complete whole day and receive a $10 gift card and Volunteer Certificate)

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

FREE AYC PROGRAMS

@ Abbotsford Recreation Centre
2499 McMillian Road

ARC DROP-IN YOUTH CENTER
OPEN JULY 6 - AUGUST 28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOUTH DROP-IN 12:00pm - 4:30pm	YOUTH DROP-IN 12:00pm - 4:30pm	YOUTH DROP-IN 12:00pm - 4:30pm	YOUTH DROP-IN 12:00pm - 4:30pm	YOUTH DROP-IN 12:00pm - 4:30pm

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.

TBD

Jul 15	W	9am - 4pm	1/$65
Jul 29	W	9am - 4pm	1/$65
Aug 12	W	9am - 4pm	1/$65
Aug 26	W	9am - 4pm	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.

ARC Youth Centre

Jul 11	Sa	9am - 5pm	1/$80
Aug 22	Sa	9am - 5pm	1/$80

FREE PROGRAMS

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

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

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	FREE

SUMMER QUEST (12yrs - 18yrs)

Set out on a journey of growth this summer with Summer Quest, a 7-week social-emotional learning program designed to help youth build confidence and strengthen important life skills. Participants will create their own quest avatar, take on weekly challenges, and move through milestone achievements as they develop skills in communication, emotional awareness, decision-making, resilience, and teamwork. Through interactive activities, group discussions, and friendly motivation, youth will build meaningful connections while gaining tools to navigate everyday challenges. Are you ready to begin your Summer Quest?

ARC Youth Centre

Jul 13 - Aug 26	FREE

FOR MORE INFO

778.880.8559
208 - 33355 Bevan Ave
info@abbyyouth.com

Abbotsford YOUTH COMMISSION
abbyyouth.com

Instagram: @abbyyouth
Twitter: @abbyyouth
Facebook: Abbotsford Youth Commission

YOUTH

ABBOTSFORD YOUTH COMMISSION

Abbotsford Recreation Centre (ARC)

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

Bring a lunch each camp week and stay to hang out in our FREE Drop-in Youth Center from 12pm until 4:30pm at no extra cost! Free healthy snacks will be served each day in the afternoons at the Drop-in Centres.

SUMMER CAMPS

INVOLVED LEADERSHIP CAMP (12yrs - 18yrs)

Join us for an unforgettable Full Day Youth Camp for ages 12-18! This development focused camp builds leadership skills through fun, engaging challenges and introduces youth to meaningful volunteer training and community initiatives. Work alongside peers, gain valuable experience, and make a real impact in your community!

TBD

Jul 6 - 9	M - Th	9am - 4pm	4/$100

H2-WHOA! (12yrs - 18yrs)

Dive into the ultimate summer splash experience with H2-Whoa! This high energy, water themed camp is all about getting active, cooling off and having a blast with friends. Packed with water games, relay races, splash challenges, and team competitions, H2-Whoa! Will keep youth moving, laughing, refreshed and fully immersed in summer fun.

ARC Youth Centre

Jul 13 - 16	M - Th	10am - 12pm	4/$50

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

CAMP CATCH EM' ALL! (12yrs - 18yrs)

Step into the world of adventure with Camp Catch 'Em All! This Pokémon inspired camp is packed with trainer challenges, team missions, scavenger hunts, and creative activities that bring the excitement of the Pokémon universe to life. Get active, explore outdoors, and feel like a real trainer on your own summer quest!

Mill Lake Park - shelter #4

Jul 20 - 23 | M - Th | 10am - 12pm | 4/$50

MAKER MAYHEM! (12yrs - 18yrs)

Unleash your creativity at Maker Mayhem! Spend the week designing, building, testing, and inventing through hands-on challenges, construction projects, and team based problem solving. Perfect for youth who love to create, experiment, and bring big ideas to life.

ARC Youth Centre

Jul 27 - 30 | M - Th | 10am - 12pm | 4/$50

DICE & DESTINY (12yrs - 18yrs)

Dice & Destiny Camp brings fantasy to life as youth create characters, form a party, and tackle a collaborative story-based adventure inspired by Dungeons and Dragons. A great fit for anyone who loves roleplay, creativity, strategy, and immersive teamwork.

ARC Youth Centre

Aug 4 - 6 | Tu - Th | 10am - 12pm | 3/$40

CAMP GAME MASTERS! (12yrs - 18yrs)

Level up your summer at Camp Game Masters! Enjoy a mix of strategy games, outdoor missions, creative challenges, and hands on game design. Perfect for youth who love to think, compete, and create in a fun, fast paced environment.

ARC Youth Centre

Aug 10 - 13 | M - Th | 10am - 12pm | 4/$50

CREATIVE FUSION CAMP (12yrs - 18yrs)

Are you a creative teen? Creative Fusion combines art and nature through drawing, character creation, rock painting, nature sketching, and more! For all budding artists, this camp features visual art, nature walks, and creative adventures for a week of fun!

ARC Youth Centre

Aug 17 - 20 | M - Th | 10am - 12pm | 4/$50

SPLASH LAB! (12yrs - 18yrs)

Wrap up your summer with a wave of excitement at Splash Lab Camp! Bring your swimsuit and towel for a week of water powered experiments, refreshing H_2O challenges, and hands-on science fun. Cool off, get curious, and make unforgettable memories before summer ends!

ARC Youth Centre

Aug 24 - 27 | M - Th | 10am - 12pm | 4/$50

FOR MORE INFO

778.880.8559
208 - 33355 Bevan Ave
info@abbyyouth.com

Abbotsford YOUTH COMMISSION
abbyyouth.com

Instagram: @abbyyouth
Twitter: @abbyyouth
Facebook: Abbotsford Youth Commission

TRANSLATION

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

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. Fitness Intensity 4 - Challenging and empowering.

Abbotsford Recreation Centre

Jun 30 - Jul 28	Tu	2:30pm - 3:30pm	5/$40.50	136644
Jul 3 - 31	F	3:15pm - 4:15pm	5/$40.50	136687
Aug 4 - Sep 1	Tu	2:30pm - 3:30pm	5/$40.50	136645
Aug 7 - Sep 4	F	3:15pm - 4:15pm	5/$40.50	136688

FITNESS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

TEEN WEIGHT ROOM ORIENTATION (13yrs+)

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. Fitness Intensity 2 - Light to moderate effort. Required for all youth 13-15. Bring: Comfortable workout attire.

Abbotsford Recreation Centre

Jun 27 - Aug 29	Sa	2pm - 3pm	1/$15.65
Jun 30 - Sep 1	Tu	5:15pm - 6:15pm	1/$15.65
Jul 2 - Sep 3	Th	4pm - 5pm	1/$15.65
Jul 8 - Aug 26	W	4:15pm - 5:15pm	1/$15.65

Matsqui Recreation Centre

Jul 6 - Aug 10	M	4pm - 5pm	1/$15.65

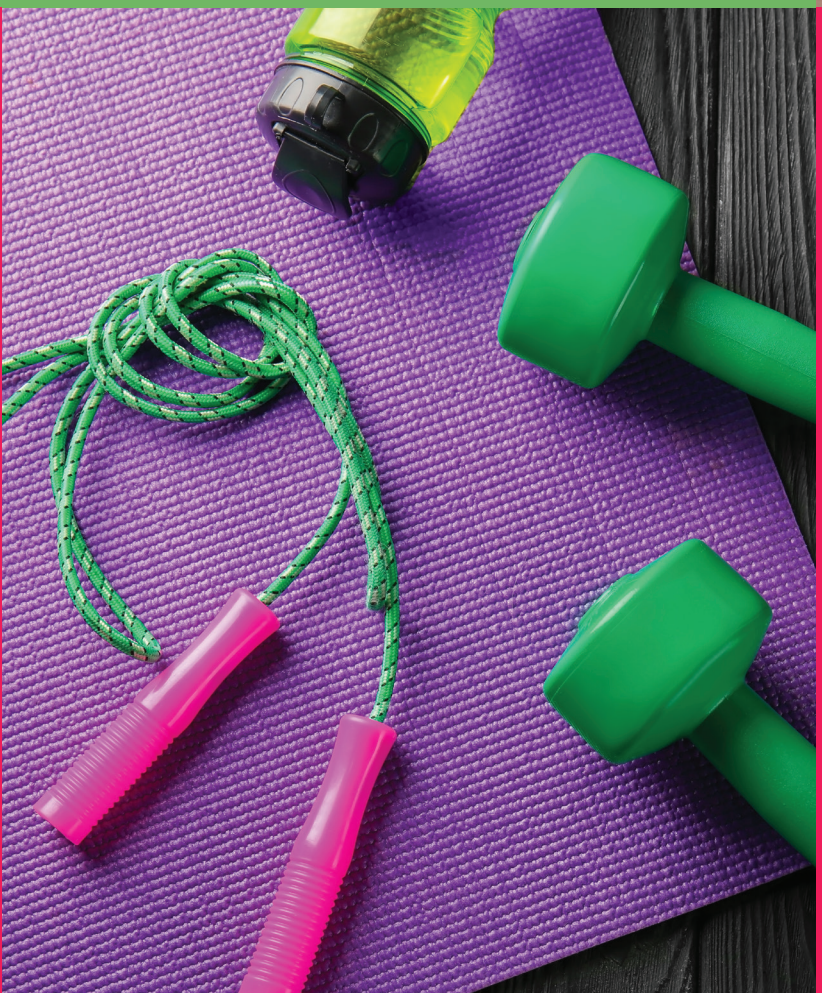
FITNESS
ABBOTSFORD RECREATION CENTRE

BUILDSTRONG YOUTH BOOT CAMP (13yrs - 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. Fitness Intensity 3.

Abbotsford Recreation Centre

Jun 29 - Jul 27	M	3pm - 4pm	5/$40.50	136638
Jun 30 - Jul 28	Tu	4pm - 5pm	5/$40.50	136647
Jul 8 - 29	W	3pm - 4pm	4/$32.40	136655
Jul 2 - 30	Th	2:30pm - 3:30pm	5/$40.50	136680
Jul 3 - 31	F	3pm - 4pm	5/$40.50	136685
Aug 10 - 31	M	3pm - 4pm	4/$32.40	136639
Aug 4 - Sep 1	Tu	4pm - 5pm	5/$40.50	136648
Aug 5 - Sep 2	W	3pm - 4pm	5/$40.50	136656
Aug 6 - Sep 3	Th	2:30pm - 3:30pm	5/$40.50	136681
Aug 7 - Sep 4	F	3pm - 4pm	5/$40.50	136686



FITNESS
ABBOTSFORD RECREATION CENTRE

FITNESS FOUNDATIONS (10yrs - 13yrs)

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! Intensity 3 - Moderate.

Abbotsford Recreation Centre

Jul 4 - 26	Sa	12:30pm - 1:30pm	4/$32.40	136627
Aug 8 - 29	Sa	12:30pm - 1:30pm	4/$32/40	136628

recreation connect

CONNECT TO ADULT PROGRAMS

ADULT

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

ARTS & CULTURE

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. Please note that this class is designed to be beginner friendly.

Abbotsford Recreation Centre

Jul 24	F	5:15pm - 6:45pm	1/$19.65	137431
Aug 21	F	5:15pm - 6:45pm	1/$19.65	137432

FITNESS & WELLNESS

ADULT FITNESS

ADAPTIVE YOGA

Program focuses on modifying poses so participants of varying abilities can safely participate. Instructors provide options and use supports such as chairs, walls, straps, or blocks when needed. The class adapts to the participant rather than limiting the practice to one format. Fitness Intensity: 3

Matsqui Recreation Centre

Jul 7 - Sep 1	Tu	2:45pm - 3:45pm	9/$57.15	136646
Jul 8 - Sep 2	W	4pm - 5pm	9/ $57.15	137532
Jul 9 - Sep 3	Th	2:45pm - 3:45pm	9/ $57.15	136682

BARRE FLOW

Blend ballet-inspired barre works with yoga's mindfulness and mobility for a full-body, low-impact workout. Sculpt lean muscles, improve posture, and enhance flexibility through controlled, high-repetition movements and deep stretches. Intensity Level 4.

Abbotsford Recreation Centre

Jul 4 - Aug 29	Sa	12:30pm - 1:30pm	8/$105.60	136625
Jul 4 - Aug 29	Sa	2pm - 3pm	8/$105.60	136626

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

EVERSTRONG WOMEN (35yrs+)

Not a weight loss class - this is strength for life. Designed for women in perimenopause, menopause, and beyond, EverStrong builds bone density, muscle, and balance through safe, functional movement using simple equipment. Fitness Intensity 3.

Abbotsford Recreation Centre

Jul 9 - Sep 3	Th	4pm - 5pm	9/$118.80	136683
Jul 8 - Sep 2	W	7pm - 8pm	9/$118.80	136657
Jul 10 - Sep 4	F	7pm - 8pm	9/$118.80	136690

HERSTRONG BOOT CAMP

Join a fun, empowering women's-only fitness class where safety meets challenge. Led by certified instructors, each session builds strength, confidence, and motivation through dynamic, ever-changing workouts in a supportive setting. Intensity Level 4.

Abbotsford Recreation Centre

Jul 4 - Aug 29	Sa	7pm - 8pm	8/$105.60	136630
Jul 5 - Aug 30	Su	7pm - 8pm	8/$105.60	136633
Jul 6 - Aug 31	M	7pm - 8pm	8/$105.60	136640

HYDROMOTION (HYDROTHERAPY)

Experience therapeutic exercise in water, guided by a certified kinesiologist. Using the water's natural support and resistance, each session is tailored to individual needs and goals - ideal for those managing arthritis, fibromyalgia, or complex injuries. Intensity Level 2.

Abbotsford Recreation Centre

Jul 7 - Sep 1	Tu	1pm - 2pm	9/$57.50	136642
Jul 9 - Sep 3	Th	1pm - 2pm	9/$57.50	136677

REST AND RESTORE YOGA

Unwind and recharge with yoga focused on deep stretching, breathwork, and relaxation. Through longer-held poses and guided mindfulness, you'll release tension, improve flexibility, and restore balance in body and mind. Intensity Level 3.

Abbotsford Recreation Centre

Jul 4 - Aug 29	Sa	7:30pm - 8:30pm	8/$105.60	136631
Jul 5 - Aug 30	Su	7:30pm - 8:30pm	9/$118.80	137464

Matsqui Recreation Centre

Jul 8 - Sep 2	W	4pm - 5pm	9/$118.80	136654
Jul 10 - Sep 4	F	7pm - 8pm	9/$118.80	136691

STRENGTHGEN - SMALL GROUP TRAINING

This small group personal training program up to four participants, follows a structured program designed by a certified trainer, while weights, reps, and technique cues are personalized to each participant. Perfect for those looking to build strength, confidence, and consistency in the weight room with focused guidance and a supportive group environment. Intensity 4.

Abbotsford Recreation Centre

Jul 4 - Aug 29	Sa	5:30pm - 6:30pm	8/$105.60	136629
Jul 9 - Sep 3	Th	4:30pm - 5:30pm	9/$118.80	136684

Matsqui Recreation Centre

Jul 7 - Sep 1	Tu	12:30pm - 1:30pm	9/$118.80	136641
Jul 7 - Sep 1	Tu	4:30pm - 5:30pm	9/$118.80	136649

recreation connect

CONNECT TO ADULT PROGRAMS

ADULT

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

FITNESS & WELLNESS

CARDIAC HEALTH

CARDIAC REHABILITATION ACCESS

Exclusive to individuals approved by Fraser Health, this program offers supervised exercise and education to support safe cardiac recovery, improve heart health, and build confidence. Important: Advance tickets required; proof of approval may be requested. Contact Fraser Health for eligibility and registration.

Abbotsford Recreation Centre

Jul 6 - Aug 31	M	2pm - 3:45pm
Jul 7 - Sep1	Tu	7:45am - 9:30am
Jul 7 - Sep	Tu	9:45am - 11:30am
Jul 9 - Sep	Th	7:45am - 9:30am
Jul 9 - Sep	Th	9:45am - 11:30am

CARDIAC AFTER CARE

Designed for individuals with heart disease who have completed rehabilitation or received medical clearance. This program offers a quieter, supportive environment. Workouts focus on low-impact cardio, light weights, resistance bands, chair-based exercises, and stretching. Certified instructors provide guidance and modifications. Fitness Intensity: 2

Abbotsford Recreation Centre

Jun 29 - Jul 27	M	7:30am - 9am	5/$58.60	136756
Jun 29 - Jul 27	M	1:15pm - 2:45pm	5/$58.60	136758
Jul 8 - 29	W	1:15pm - 2:45pm	4/$46.80	136765
Jul 3 - 31	F	7:30am - 9am	5/$58.60	136768
Jul 3 - 31	F	1:15pm - 2:45pm	5/$58.60	136770
Aug 10 - 31	M	7:30am - 9am	4/$46.80	136757
Aug 10 - 31	M	1:15pm - 2:45pm	4/$46.80	136761
Aug 5 - Sep 2	W	1:15pm - 2:45pm	4/$46.80	136766
Aug 7 - Sep 4	F	7:30am - 9am	5/$58.60	136769
Aug 7 - Sep 4	F	1:15pm - 2:45pm	5/$58.60	136771

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

CARDIAC MAINTENANCE

Designed for individuals who have completed rehabilitation. Based in the weight room, the program focuses on building strength, endurance, and confidence through more self-directed workouts, while still offering guidance to support long-term heart health management. Fitness Intensity 3.

Abbotsford Recreation Centre

Jun 29 - Jul 27	M	1:15pm - 2:45pm	5/$58.60	136760
Jul 8 - 29	W	7:30am - 9am	4/$46.80	136763
Jul 8 - 29	W	1:15pm - 2:45pm	4/$46.80	136767
Aug 10 - 31	M	1:15pm - 2:45pm	4/$46.80	136762
Aug 5 - Sep 2	W	7:30am - 9am	5/$58.60	136764
Aug 5 - Sep 2	W	1:15pm - 2:45pm	5/$58.60	136767

PARENTING & FITNESS

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 in a fun, social setting for parents and little ones. Fitness Intensity 3.

Abbotsford Recreation Centre

Jun 28 - Jul 26	Su	12:45pm - 1:45pm	5/$66	136634
Jul 8 - 29	W	8am - 9am	4/$52.80	136650
Aug 5 - Sep 2	W	8am - 9am	5/$66	136651
Aug 9 - 30	Su	12:45pm - 1:45pm	4/$52.80	136635

recreation connect

CONNECT TO ADULT PROGRAMS

ADULT

FITNESS & WELLNESS

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

TOGETHER & MOVEMENT

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. Requirements: Medical clearance and referral required. Fitness Intensity 1.

Abbotsford Recreation Centre

Jun 29 - 27	M	12pm - 1pm	5/$69.25	136750
Jul 3 - 31	F	12pm - 1pm	5/$69.25	136754
Jul 8 - 29	W	12pm - 1pm	4/$55.40	136752
Aug 5 - Sep 2	W	12pm - 1pm	5/$69.25	136753
Aug 7 - Sep 4	F	12pm - 1pm	5/$69.25	136755
Aug 10 - 31	M	12pm - 1pm	4/$55.40	136751

ADULT WEIGHT ROOM ORIENTATION (18yrs+)

New to Abbotsford Recreation Centre? Join our Fitness Orientation for a guided tour of the weight room and equipment. Learn proper use, safety tips, and layout from knowledgeable staff in a relaxed, supportive setting. No workout required-just come ready to explore and feel confident starting your fitness journey.

Abbotsford Recreation Centre

Jul 7	Tu	1:30pm - 2:15pm	1/$13.20	136715
Jul 9	Th	2:30pm - 3:15pm	1/$13.20	136736
Aug 4	Tu	1:30pm - 2:15pm	1/$13.20	136706
Aug 6	Th	2:30pm - 3:15pm	1/$13.20	136737
Sep 1	Tu	1:30pm - 2:15pm	1/$13.20	136707
Sep 3	Th	2:30pm - 3:15pm	1/$13.20	136735

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

ADULT BUS TOURS

(18yrs+)

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

Jun 29	Grouse Mountain	137424
Jul 15	A Day in Spain with Ciro Vivancos	137427
Jul 25	Salt Spring Market	137453
Jul 29	Galiano Island	137454
Aug 4	Summer Sightseeing Cruise	137426
Aug 7	Alpine Meadows Wildflowers	137453
Aug 18	Richmond Sunflower Festival	137459
Aug 13	Bird's Eye Vancouver	137458
Aug 26	Seniors Dragon Boat Experience	137460

Register Online Today!

DIRECT2REC.COM

recreation connect

CONNECT TO 55+ PROGRAMS

OLDER ADULT (55+)

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

FITNESS & WELLNESS

ACTIVE

AI KI JUTSU FOR BEGINNER/ INTERMEDIATE 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 progresses through more advanced techniques and movements, building the mind - body connection. This is a beginner/intermediate combined class.

Mill Lake Park

Jul 8 - 29	W	9am - 10am	4/$32.60	136062

AI KI JUTSU ADVANCED

Designed for those who have completed the intermediate series, this advanced-level class offers a challenging next step in your martial arts journey. Participants will work with complex techniques, refined combinations, and advanced movement patterns that demand precision, control, and heightened body awareness.

Mill Lake Park

Jul 8 - 29	W	10:15am - 11:15am	4/$32.60	136063

ARTS & CRAFTS

CRAFTING CORNER

Are you a passionate crafter looking for your next creative outlet? Join our Crafting Corner program! Each week, we'll dive into a new project, with all supplies provided. Prefer to drop in? Single-day sessions are available.

Abbotsford Recreation Centre

Jul 8 - 29	W	10am - 11:30am	4/$30.80	136924
Aug 5 - 26	W	10am - 11:30am	4/$30.80	136925

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FIT FOR LIFE 55+ FITNESS

BONE WISE (55yrs+)

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 for all fitness levels. Fitness Intensity 2.

Abbotsford Recreation Centre

Jul 7 - Sep 1	Tu	1:30pm - 2:30pm	9/$57.15	136643
Jul 8 - Sep 2	W	12pm - 1pm	9/$57.15	136652
Jul 9 - Sep 3	Th	1:30pm - 2:30pm	9/$57.15	136678
Jul 6 - Aug 31	M	12pm - 1pm	6/$38.10	136636

SOCIAL

BOOK CLUB

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

Abbotsford Recreation Centre

Jul 27 & Aug 31	M	1pm - 3pm	2/FREE	135808

COFFEE WITH A LIBRARIAN

Join us for our Coffee with a Librarian session. Enjoy a relaxed visit with a Fraser Valley Regional Librarian! Sip on a coffee while you learn about upcoming library programs and events, discover helpful resources, ask questions, and connect with your community. It's a great chance to chat, explore what the library has to offer, and engage in meaningful conversation.

Abbotsford Recreation Centre

Jul 14	Tu	10am - 11:30am	138282

SPECIAL EVENTS

55+ MOVIE - THE GREATEST SHOWMAN

Experience cinematic magic with an uplifting afternoon showing of The Greatest Showman! Join us for a feel-good cinematic experience filled with music, dazzling performances, and an inspiring story celebrating imagination, courage, and belonging.

Abbotsford Recreation Centre

Aug 20	Th	1pm - 3pm	$4.50 or FREE W/Pass	137403

TRY IT!

Please note: Try it! Sessions will be led by instructors who are currently in training and gaining hands-on experience.

SCRAP BOOKING

Bring your own scrapbook and photos, and we'll supply all the materials you need. Discover creative tips and tricks to help your pages come to life in this fun, hands-on introductory session. Perfect for beginners or anyone looking for fresh inspiration!

Abbotsford Recreation Centre

Jul 7	Tu	10am - 11:30am	1/$2	137042

CROCHETING

Bring your own crochet hook and we will provide the rest. Learn the basics of crochet in this try-it introductory class.

Abbotsford Recreation Centre

Jul 21	Tu	10am - 11:30am	1/$2	137416

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

SWIM

SWIM LESSONS

Stay confident and get ready to swim in the sun this summer with instructor-led swim lessons focused on skill development and water safety. Participants build skills, confidence, and comfort in the water through guided instruction and active learning, all in a supportive environment.

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

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

SUMMER SWIM LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M - F	Jul 6 - 17	**10**	Morning Lessons
M - F	Jul 20 - 31	**10**	Morning Lessons
M - F	Aug 4 - 14	**9**	Morning Lessons (start on Tuesday)
M - F	Aug 17 - 28	**10**	Morning Lessons
M - F	Aug 31 - Sep 4	**5**	Morning Lessons - private lessons and limited levels available
M/W	Jul 6 - 29	**8**	Afternoon Lessons
M/W	Aug 5 - 26	**7**	Afternoon Lessons (start on Wednesday)
TU/TH	Jul 7 - 30	**8**	Afternoon Lessons
TU/TH	Aug 4 - 27	**8**	Afternoon Lessons

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M - F	Jul 6 - 17	**10**	Morning Lessons
M - F	Jul 20 - 31	**10**	Morning Lessons
M - F	Aug 4 - 14	**9**	Morning Lessons (start on Tuesday)
M - F	Aug 17 - 28	**10**	Morning Lessons
M - F	Aug 31 - Sep 4	**5**	Morning Lessons - private lessons and limited levels available
M - TH	Jul 6 - 16	**8**	Afternoon Lessons
M - TH	Jul 20 - 30	**8**	Afternoon Lessons
M - TH	Aug 4 - 13	**7**	Afternoon Lessons (start on Tuesday)
M - TH	Aug 17 - 27	**8**	Afternoon Lessons

ABBOTSFORD

VOLUNTEERS

CONNECTING COMMUNITY

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

RECREATION

Arenas
Aquatics
Fitness
Day Camps
Art, Recreation & Sports Programs

CULTURE

Special Events

CITY WIDE

Storm Drain Troopers
Extended Emergency Support Services

Contact Chrissy Borseth Volunteer Coordinator at 604.557.7050 or email volunteer@abbotsford.ca

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

ABBOTSFORD

ADVANCED AQUATICS

BRONZE MEDALLION / BRONZE CROSS COMBO (13yrs+)

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Jun 29 - Jul 3	M, Tu, Th, F	10am - 7pm	$570
	W	10am - 6pm	
July 13 - 17	M - F	9am - 6pm	$570
July 27 - 31	M - F	9am - 6pm	$570
Aug 10 - 14	M - F	9am - 6pm	$570
Aug 24 - 28	M - F	9am - 6pm	$570
Aug 31 - Sep 4	M - F	9am - 6pm	$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

Aug 1	Sa	9am - 5:30pm	$200

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

Jul 1 - 3	W	2pm - 6pm	$275
	Th/F	10am - 7pm	
Jul 15 - 17	W	2pm - 6pm	$275
	Th/F	9am - 6pm	
Jul 29 - 31	W	2pm - 6pm	$275
	Th/F	9am - 6pm	
Aug 12 - 14	W	2pm - 6pm	$275
	Th/F	9am - 6pm	
Aug 26 - 28	W	2pm - 6pm	$275
	Th/F	9am - 6pm	
Sep 2 - 4	W	2pm - 6pm	$275
	Th/F	9am - 6pm	

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

Aug 1	Sa	1:30pm - 5:30pm	$100

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

Jun 29 - Jul 1	M	10am - 7pm	$295
	Tu	10am - 6pm	
	W	10am - 2:30pm	
Jul 13 - 15	M/Tu	9am - 6pm	$295
	W	9am - 1:30pm	
Jul 27 - 29	M/Tu	9am - 6pm	$295
	W	9am - 1:30pm	
Aug 10 - 12	M/Tu	9am - 6pm	$295
	W	9am - 1:30pm	
Aug 24 - 26	M/Tu	9am - 6pm	$295
	W	9am - 1:30pm	
Aug 31 - Sep 2	M/Tu	9am - 6pm	$295
	W	9am - 1:30pm	

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

SWIM

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 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

Aug 1	Sa	8am - 1pm	$100

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

Jul 25 - 26	Sa/Su	8am - 1:30pm	$150
Aug 22 - 23	Sa/Su	8am - 1:30pm	$150

NATIONAL LIFEGUARD POOL

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

Jul 13 - 18	M - Sa	8:30am - 4:30pm	$595
Aug 9 - 14	Su - F	8:30am - 4:30pm	$595
Aug 30 - Sep 4	Su - F	8:30am - 4:30pm	$595

NATIONAL LIFEGUARD WATERPARK

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

Aug 15 - 17	Sa - M	8am - 5pm	$350

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

NATIONAL LIFEGUARD POOL RECERTIFICATION

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

Abbotsford Recreation Centre

Jul 12	Su	10am - 6:30pm	$150
Aug 9	Su	10am - 6:30pm	$150

SWIM FOR LIFE INSTRUCTOR

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

Jul 6 - 10	M - F	8am - 5pm	$650
Jul 20 - 24	M - F	8am - 5pm	$650
Aug 24 - 28	M - F	8am - 5pm	$650

SWIM FOR LIFE INSTRUCTOR RECERTIFICATION

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

Aug 16	Su	12pm - 5pm	$165
Aug 30	Su	12pm - 5pm	$165

LIFESAVING INSTRUCTOR – UPGRADE COURSE

Lifesaving Instructor Upgrade course is designed for experienced Swim Instructors who wish to expand their qualifications to include teaching and evaluating the Bronze Star, Bronze Medallion, and Bronze Cross awards. This course focuses on advanced teaching methods, lesson planning, and evaluating techniques specific to lifesaving programs. Prerequisites: Swim Instructor Certification (must have taken the full course not the transition) If you were a Red Cross Water safety instructor and did the 2021 transition course to become a Lifesaving Society Swim for life instructor, you cannot take this shortened LSI course.

Matsqui Recreation Centre

Aug 19 - 21	W	8am - 1pm	$395
	Th/F	8am - 5pm	

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**

LIT FIRST AID LIFEGUARD TRAINING

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

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

EMERGENCY RESPONSE TRAINING

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

Jul 25	Sa	9am - 2:30pm	$80
Aug 29	Sa	9am - 2:30pm	$80

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

Jul 4 - 5	Sa/Su	9am - 5pm	$185
Jul 18 - 19	Sa/Su	9am - 5pm	$185
Aug 1 -2	Sa, Su	9am – 5pm	$185
Aug 22 - 23	Sa, Su	9am – 5pm	$185

*All schedules are subject to change without notice. Please check DIRECT2REC.COM for the most up to date schedule.

STANDARD FIRST AID & CPR C W/ AED RECERTIFICATION

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

Matsqui Recreation Centre

Jul 25	Sa	9am - 5pm	$100
Aug 29	Sa	9am - 5pm	$100

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

Jul 4	Sa	9am - 2:30pm	$90
Jul 18	Sa	9am - 2:30pm	$90
Aug 1	Sa	9am - 2:30pm	$90
Aug 22	Sa	9am - 2:30pm	$90

CPR LEVEL C W/ AED RECERTIFICATION

This course is for recertification of CPR C & AED.

Matsqui Recreation Centre

Jul 25	Sa	9am - 12:30pm	$65
Aug 29	Sa	9am - 12:30pm	$65

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

Jul 4	Sa	9am - 5pm	$115
Jul 18	Sa	9am - 5pm	$115
Aug 1	Sa	9am - 5pm	$115
Aug 22	Sa	9am - 5pm	$115

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**

LIT FIRST AID LIFEGUARD TRAINING

SKATE

recreation connect

CONNECT TO SWIM, FIRST AID & SKATE

FACILITY HOURS

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Sun | 10am - 10pm

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

Holiday Hours:
10am - 6pm

ARENAS

LEARN TO PLAY BALL HOCKEY

Want to learn some hockey skills on Dry Floor? Join these introductory group lessons taught by experienced, patient instructors who will assist you in obtaining knowledge of the game, new skills and honing current skills all while having FUN in a positive and supportive environment!

Equipment Required: Runners (athletic shoes); Hockey Stick (spare sticks available).

Protective gear; hockey gloves (recommended); Full Face coverage CSA approved Hockey Helmet (mandatory). Limited Helmet Rentals are available; Protective pads recommended, such as, elbow pads, shin guards/pads, soft knee pads.

Abbotsford Recreation Centre

3yrs - 5yrs

Jul 2 - 30	Th	9am - 9:45am	5/$70.50	137585

6yrs - 8yrs

Jul 2 - 30	Th	10am - 10:45am	5/$70.50	137586

9yrs - 12yrs

Jul 2 - 30	Th	11am - 11:45am	5/$70.50	137587

13yrs - 15yrs

Jul 2 - 30	Th	12pm - 12:45pm	5/$70.50	137588

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SKATE LESSONS

MSA ARENA

DAYS	FACILITY	DATES	# OF LESSONS	SESSIONS
M - F	MSA	Jul 6 - 10	5	4pm - 6:15pm (1/2hr lesson time)
M - F	MSA	Jul 20 - 24	5	4pm - 6:15pm (1/2hr lesson time)
M - F	MSA	Aug 10 - 14	5	9:30am - 11:45am (1/2hr lesson time)
M - F	MSA	Aug 17 - 21	5	9:30am - 11:45am (1/2hr lesson time)

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ABBOTSFORD

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

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