

FALL 2026

recreation connect

ABBOTSFORD



**ONLINE
REGISTRATION
OPENS AUGUST 4**

**IN PERSON
REGISTRATION
AUGUST 5**

**PROGRAMS
START
SEPTEMBER 1**

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

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





TRANSLATION

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



connect

CONNECT TO FITNESS

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 programs that will have them learning new skills and making new friends.

10

CHILDREN

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

20

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.

24

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

OLDER ADULT (55+)

Are you 55+ and looking for new and fun ways to engage in recreation? We offer a variety of social and active based leisure activities in a supportive environment.

36

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.

38

SWIM & FIRST AID

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

MRC POOL CLOSED
SEPT 8 - 29



TRANSLATION

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

EARLY YEARS

ARTS & CULTURE

ARTS & CRAFTS

ART START (3yrs - 5yrs)

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, textures and techniques in a fun hands-on environment. Parent participation is required. *No session Oct 12.

Matsqui Recreation Centre

Sept 21 - Oct 26	M	11am - 11:45am	5/\$46.25	140656
Nov 9 - Dec 14	M	11am - 11:45am	6/\$55.50	140657

Abbotsford Recreation Centre

Sept 22 - Oct 27	Tu	11:30am - 12:15pm	6/\$55.50	140678
Nov 10 - Dec 15	Tu	11:30am - 12:15pm	6/\$55.50	140679

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.

Matsqui Recreation Centre

Nov 10 - Dec 15	Tu	9am - 9:45am	6/\$55.50	140695
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Abbotsford Recreation Centre

Sept 24 - Oct 29	Th	9am - 9:45am	6/\$55.50	140694
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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

TRANSLATION

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



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.

Space Explorers

Blast off as we spend the morning learning about all things space! Your little astronaut will learn about stars, planets, and the night sky through hands-on activities and imagination. This class is designed for children to participate independently with the support of our trained staff. Parent Participation is not required.

Matsqui Recreation Centre

Sept 22	Tu	10:15am - 11:15am	1/\$15.45	140895
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Abbotsford Recreation Centre

Sept 23	W	11:30am - 12:30pm	1/\$15.45	140896
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Crafty Little Monsters

Little monsters get crafty with Halloween-themed art, spooky stories, and hands-on creations. Kids will cut, glue, paint, and imagine their way through fun, Halloween activities in a playful environment. This class is designed for children to participate independently with the support of our trained staff. Parent Participation is not required.

Matsqui Recreation Centre

Oct 27	Tu	10:15am - 11:15am	1/\$15.45	140897
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Abbotsford Recreation Centre

Oct 28	W	11:30am - 12:30pm	1/\$15.45	140898
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Construction Challenge

Little builders who love to create can come explore the world of construction through hands-on play and creative activities. This class is designed for children to participate independently with the support of our trained staff. Parent Participation is not required.

Matsqui Recreation Centre

Nov 17	Tu	10:15am - 11:15am	1/\$15.45	140900
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Abbotsford Recreation Centre

Nov 18	W	11:30am - 12:30pm	1/\$15.45	140901
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Mini Merry Makers

Little elves get busy in this cheerful holiday workshop filled with crafts, stories, and hands on creating. Children cut, glue, paint, and decorate as they make festive treasures to celebrate the season. This class is designed for children to participate independently with the support of our trained staff. Parent Participation is not required.

Matsqui Recreation Centre

Dec 15	Tu	10:15am - 11:15am	1/\$15.45	140902
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Abbotsford Recreation Centre

Dec 16	W	11:30am - 12:30pm	1/\$15.45	140903
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DANCE

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. 1.5yrs - 3yrs parent participation is required.

1.5yrs - 3yrs

Matsqui Recreation Centre

Sept 21 - Oct 26	M	9am - 9:30am	5/\$34.50	140836
Nov 9 - Dec 14	M	9am - 9:30am	6/\$41.40	140837

Abbotsford Recreation Centre

Sept 22 - Oct 27	Tu	3:30pm - 4pm	6/\$41.40	140838
Nov 10 - Dec 15	Tu	3:30pm - 4pm	6/\$41.40	140839

3yrs - 5yrs

Matsqui Recreation Centre

Sept 19 - Oct 24	Sa	9:30am - 10:15am	6/\$47.10	140844
Nov 7 - Dec 12	Sa	9:30am - 10:15am	6/\$47.10	140845
Sept 21 - Oct 26	M	9:45am - 10:30am	5/\$39.25	140842
Nov 9 - Dec 14	M	9:45am - 10:30am	6/\$47.10	140843

Abbotsford Recreation Centre

Sept 22 - Oct 27	Tu	4:15pm - 5pm	6/\$47.10	140840
Nov 10 - Dec 15	Tu	4:15pm - 5pm	6/\$47.10	140841

CREATIVE MOVEMENT (3yrs - 5yrs)

Life is all about being creative! This playful program helps children build FUNdamental movement skills as they leap, frolic, tiptoe, and explore imaginative ways to move. Kids develop coordination, confidence, and creativity through joyful, active play. Class is designed for children to participate independently; parent participation is not required.

Matsqui Recreation Centre

Sept 23 - Oct 28	W	3pm - 3:45pm	5/\$39.25	140846
Nov 18 - Dec 16	W	3pm - 3:45pm	5/\$39.25	140847

EARLY YEARS

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. Kids 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

Sept 22 - Oct 27	Tu	10am - 11am	6/\$66.90	140856
Nov 10 - Dec 15	Tu	10am - 11am	6/\$66.90	140867

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

MUSIC

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 (\$60) - 1 required per family. Sessions exclude September 30.

Abbotsford Recreation Centre

Sept 23 - Dec 2	W	9am - 9:45am	10/\$120	140798
Sept 23 - Dec 2	W	10am - 10:45am	10/\$120	140794
Oct 1 - Dec 3	Th	11:45am - 12:30pm	10/\$120	140795





SCIENCE EXPLORATION

MAD SCIENTISTS (3yrs - 5yrs)

Love things that pop, fizz, erupt, glow, and transform? Suit up and jump into wild experiments, surprising reactions, and messy, hands on fun—all in a safe, structured class where curiosity powers every discovery. Class is designed for children to participate independently; parent participation is not required.

Abbotsford Recreation Centre

Sept 23 - Oct 28 W 3:30pm - 4:15pm 5/\$46.25 140876

MINI ASTRONOMERS (3yrs - 5yrs)

Young explorers blast off into a playful introduction to space as they learn about stars, planets, and the night sky. Through hands on activities, stories, and imagination powered adventures, children discover the wonders of the universe in a fun, age friendly way. Class is designed for children to participate independently; parent participation is not required.

Abbotsford Recreation Centre

Nov 18 - Dec 16 W 3:30pm - 4:15pm 5/\$46.25 140883

OOEY GOOEY SCIENCE (3yrs - 5yrs)

Ooeey Gooey Science lets curious 3-5 year olds explore squishy, bubbly, hands on experiments. Kids will mix, pour, and play with safe materials while discovering textures, colours, and simple reactions. It's messy, sensory fun that builds early STEM skills, creativity, and confidence. Class is designed for children to participate independently; parent participation is not required.

Abbotsford Recreation Centre

Sept 24 - Oct 29 Th 10:15am - 11am 6/\$55.50 140881

Nov 12 - Dec 17 Th 10:15am - 11am 6/\$55.50 140882

HALLOWEEN SPOOK TACULAR

HALLOWEEN HOWL (1yr - 12yrs)

**OCT
30**
10am - 12pm

Abbotsford Recreation Centre

Enjoy some Halloween-themed activities from family gym, arts & crafts, games, trick-or-treating and a very scary story time!

We encourage everyone to come dressed up in your costume.

Pre-registration required!



EARLY YEARS

SPORTS

SPORTS & ACTIVE PLAY

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! No session Oct 12.

Abbotsford Recreation Centre

1.5yrs - 3yrs

Sept 21 - Oct 26	M	9am - 9:30am	5/\$34.50	140778
Nov 9 - Dec 14	M	9am - 9:30am	6/\$41.40	140779

3yrs - 5yrs

Sept 21 - Oct 26	M	9:45am - 10:30am	5/\$39.25	140780
Nov 9 - Dec 14	M	9:45am - 10:30am	6/\$47.10	140781

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. No session on Sept 30.

Crossley Park Diamond

Sept 23 - Oct 28	W	3:30pm - 4:15pm	5/\$39.25	140799
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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. No session on Sept 30.

Abbotsford Recreation Centre

Sept 23 - Oct 28	W	11:45am - 12:30pm	5/\$39.25	140796
Nov 18 - Dec 16	W	11:45am - 12:30pm	5/\$39.25	140797

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





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. Childminding is available for children ages 6mos - 12yrs for up to 1.5 hours during select times, subject to availability.

Please note, parents must always remain in the building.

Morning Sessions

Monday - Friday 8:45am - 10:45am
Saturday - Sunday 10:15am - 12:15pm

Evening Sessions

Monday - Friday 5pm - 7pm



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. No session on Sept 30.

Matsqui Recreation Centre - Centre Mini Field

Sept 22 - Oct 27 Tu 3:30pm - 4:15pm 6/\$47.10 141059

Abbotsford Recreation Centre

Sept 23 - Oct 28 W 10:45am - 11:30am 5/\$39.25 140790

Nov 18 - Dec 16 W 10:45am - 11:30am 5/\$39.25 140791

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. No session on Sept 30.

Abbotsford Recreation Centre

Sept 23 - Oct 28 W 9:45am - 10:30am 5/\$39.25 140785

Nov 18 - Dec 16 W 9:45am - 10:30am 5/\$39.25 140786

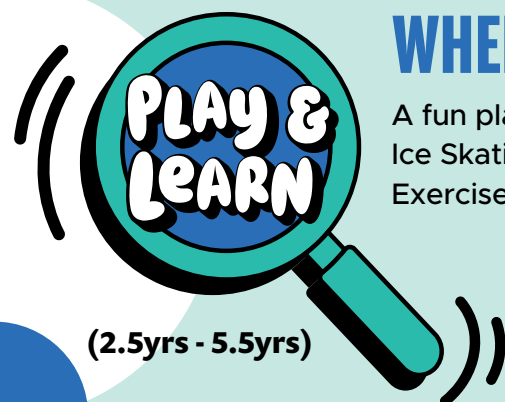
TRY LACROSSE (3yrs - 6yrs)

"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

Sept 19 - Oct 24 Sa 1pm - 2pm 6/\$54 141066

Nov 7 - Dec 12 Sa 1pm - 2pm 6/\$54 141067



(2.5yrs - 5.5yrs)

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



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 is an art-based recreation program open for participants with disabilities. Staff ratios are kept at 1:3.

Matsqui Recreation Centre

Sept 24 - Oct 29	Th	5:15pm - 6:15pm	6/\$78.12	140623
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Nov 12 - Dec 17	Th	5:15pm - 6:15pm	6/\$78.12	140624
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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

Sept 20 - Oct 25	Su	2:15pm - 3:15pm	6/\$66.90	140479
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Nov 8 - Dec 13	Su	2:15pm - 3:15pm	6/\$66.90	140480
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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! Basic FUNdamentals will be taught with the opportunity for individual self-expression and imagination. All supplies are included.

Abbotsford Recreation Centre

Sept 22 - Oct 27 Tu 12:45pm - 1:45pm 6/\$66.90 140691
Nov 10 - Dec 15 Tu 12:45pm - 1:45pm 6/\$66.90 140692

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

Sept 20 - Oct 25 Su 1pm - 2pm 6/\$66.90 140477
Nov 8 - Dec 13 Su 1pm - 2pm 6/\$66.90 140478

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 they explore 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

Sept 20 - Oct 25 Su 4pm - 5pm 6/\$66.90 140481
Nov 8 - Dec 13 Su 4pm - 5pm 6/\$66.90 140482

ART WORKSHOPS

GUIDED ACRYLIC PAINTING (9yrs - 12yrs)

Young artists will learn acrylic painting techniques while creating their own colourful masterpieces. Step-by-step guidance encourages creativity, confidence, and artistic expression.

Abbotsford Recreation Centre

Sept 18 F 5:15pm - 7:15pm 1/\$22.30 140460

BRACELETS AND PINCH POTS (5yrs - 8yrs)

Create beautiful, beaded bracelets and sculpt a unique clay pinch pot to take home. A fun hands-on workshop that combines crafting and pottery for young makers.

Abbotsford Recreation Centre

Oct 9 F 5:15pm - 7:15pm 1/\$22.30 140461

PRINT MAKING WITH LINOLEUM (9yrs - 12yrs)

Discover the art of printmaking by designing, carving, and printing your own linoleum block. Participants will explore patterns, textures, and creative stamp-making techniques.

Abbotsford Recreation Centre

Oct 23 F 5:15pm - 8:15pm 1/\$33.45 140462

TRANSFORM INTO A FAIRY PRINCESS (5yrs - 8yrs)

Dress up as a fairy princess and create a magical wand to take home. This imaginative workshop combines creative crafting with dress-up fun and fairy-tale adventures.

Abbotsford Recreation Centre

Nov 27 F 5:15pm - 7:15pm 1/\$22.30 140463

ORNAMENT SEWING (9yrs - 12yrs)

Learn basic hand-sewing skills while creating charming handmade ornaments. Participants will stitch, decorate, and personalize their creations for a special keepsake.

Abbotsford Recreation Centre

Dec 4 F 5:15pm - 8:15pm 1/\$33.45 140464

DIY SNOW GLOBES (5yrs - 8yrs)

Design and build your own sparkling snow globe filled with winter magic. Young creators will enjoy decorating their scenes and watching the glitter swirl.

Abbotsford Recreation Centre

Dec 18 F 5:15pm - 7:15pm 1/\$22.30 140465



CHILDREN

CAMPS

PRO-D DAY CAMP (5yrs - 12yrs)

Join us for Pro-D Day Camps and enjoy active outdoor/ indoor games, arts & crafts, science experiments and much more!

Abbotsford Recreation Centre

5yrs - 8yrs

Sept 25	F	9am - 4pm	1/\$46.50	140483
Oct 23	F	9am - 4pm	1/\$46.50	140470
Nov 20	F	9am - 4pm	1/\$46.50	140473

9yrs - 12yrs

Sept 25	F	9am - 4pm	1/\$46.50	140484
Oct 23	F	9am - 4pm	1/\$46.50	140471
Nov 20	F	9am - 4pm	1/\$46.50	140474

Matsqui Recreation Centre

7yrs - 12yrs

Sept 25	F	9am - 4pm	1/\$46.50	140485
Oct 23	F	9am - 4pm	1/\$46.50	140472
Nov 20	F	9am - 4pm	1/\$46.50	140475

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 FEST

DEC 21 - JAN 1

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



WINTER FEST CAMPS 2026

Join us for half day or full day Winterfest Camps at ARC and MRC! Campers will enjoy a variety of fun winter themed activities, games and crafts! Early pick up at 3pm on Dec 31 due to facility closure at 4pm. No camp on Jan 1.

HALF DAY CAMPS (5yrs - 12yrs)

Abbotsford Recreation Centre

Dec 24	Th	9am - 1pm	1/\$20	140817
Dec 31	Th	9am - 1pm	1/\$20	140818

FULL DAY CAMPS (5yrs - 12yrs)

Abbotsford Recreation Centre

5yrs - 8yrs

Dec 21 - 23	M-W	9am - 4pm	3/\$103.50	140737
Dec 28 - 30	M-W	9am - 4pm	3/\$103.50	140732

9yrs - 12yrs

Dec 21 - 23	M-W	9am - 4pm	3/\$103.50	140738
Dec 28 - 30	M-W	9am - 4pm	3/\$103.50	140733

Matsqui Recreation Centre

7yrs - 12yrs

Dec 21 - 23	M-W	9am - 4pm	3/\$103.50	140725
Dec 28 - 30	M-W	9am - 4pm	3/\$103.50	140731

ULTIMATE SPORTS CAMP (7yr - 12yrs)

Ultimate Sports Camp is for kids who love to move, compete, and have fun. Campers will try a variety of sports, build teamwork skills, and enjoy high-energy games all week long. This week will be full of non-stop action with new games, classic games and sports.

Abbotsford Recreation Centre

Dec 21 - 23	M-W	9am - 4pm	3/\$103.50	140734
Dec 28 - 30	M-W	9am - 4pm	3/\$103.50	140736

BEFORE & AFTER CAMP CARE

Abbotsford Recreation Centre
\$6.85/day

Before Camp Care

Dec 21 - 24	M-Th	8am - 9am
Dec 28 - 31	M-Th	8am - 9am

After Camp Care

Dec 21 - 23	M-W	4pm - 5pm
Dec 28 - 30	M-W	4pm - 5pm



CHILDREN

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

TRANSLATION

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

ARTS & CULTURE

DANCE

DANCE COMBO (6yrs - 10yrs)

A fun introduction to ballet, modern, and jazz all in one program. This lively sampler teaches basic technique and simple dance combinations in a creative, recreational setting, giving young dancers a joyful space to explore movement and build confidence.

Abbotsford Recreation Centre

Sept 22 - Oct 27	Tu	5:15pm - 6:15pm	6/\$52.20	140850
Nov 10 - Dec 15	Tu	5:15pm - 6:15pm	6/\$52.20	140851

Matsqui Recreation Centre

Sept 23 - Oct 28	W	4pm - 5pm	5/\$39.25	140848
Nov 18 - Dec 16	W	4pm - 5pm	5/\$39.25	140849

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.

Matsqui Recreation Centre

Sept 19 - Oct 24	Sa	10:30am - 11:30am	6/\$52.20	140852
Nov 7 - Dec 12	Sa	10:30am - 11:30am	6/\$52.20	140853
Sept 23 - Oct 28	W	5:15pm - 6:15pm	5/\$43.50	140854
Nov 18 - Dec 16	W	5:15pm - 6:15pm	5/\$43.50	140855





INTERACTIVE WORKSHOPS (6yrs - 10yrs)

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

Construction Challenge

Young builders take on exciting construction challenges using real world problem solving, creativity, and teamwork. Kids design, test, and improve their structures with a variety of building materials as they explore engineering concepts in a fun, hands on environment that encourages innovation and confidence.

Sept 26 Sa 10am - 11am 1/\$15.45 140919

Halloween Spook Fest

Young creators dive into the magic of Halloween through hands on experiments, themed crafts, and playful challenges. Kids will explore science, art, and imagination in a lively class that celebrates all things spooky, creative, and fun.

Oct 31 Sa 10am - 11am 1/\$15.45 140921

Messy Experiments

Young scientists dive into the messiest experiments around as they mix, pour, and create wild reactions. From foamy elephant toothpaste to stretchy slime and squishy oobleck, kids explore chemistry through hands on fun in a safe, energetic class where getting messy is part of the adventure.

Nov 21 Sa 10am - 11am 1/\$15.45 140923

Holiday Baking Creations

Mix, roll, and decorate your way through delicious holiday treats. From cookies to creative seasonal goodies, kids learn basic baking skills, kitchen safety, and festive decorating techniques in a warm, hands on class that blends creativity, confidence, and tasty holiday fun.

Dec 12 Sa 10am - 11am 1/\$15.45 140924

HOBBIES & INTERESTS

COOKING

BAKING BASICS (5yrs - 12yrs)

Join us this fall for Baking Basics! This fun, hands on class teaches young bakers how to measure, mix, and bake delicious treats. Kids build confidence in the kitchen while learning essential baking skills through simple, tasty recipes.

Abbotsford Recreation Centre

5yrs - 8yrs

Sept 21 - Oct 26 M 3:30pm - 5pm 5/\$83.75 140868

9yrs - 12yrs

Sept 21 - Oct 26 M 5:15pm - 6:45pm 5/\$83.75 140869

YOUNG CHEFS (5yrs - 12yrs)

Young chefs will chop, mix, and create tasty recipes while learning kitchen basics in a fun, hands on environment. This class builds confidence, creativity, and essential cooking skills as kids explore new ingredients and make delicious dishes together.

Abbotsford Recreation Centre

5yrs - 8yrs

Nov 9 - Dec 14 M 3:30pm - 5pm 6/\$100.50 140874

9yrs - 12yrs

Nov 9 - Dec 14 M 5:15pm - 6:45pm 6/\$100.50 140875

MAGIC

THE BLUE WAND: UNLOCKING MAGIC CURIOSITY (9yrs - 12yrs)

Join magician Paul Albertson for 5 weekly fun and hands-on magic classes! Through the process of learning and performing amazing magic tricks children will develop their co-ordination, creativity, and social skills. *No class Oct 12th.

Abbotsford Recreation Centre

Sept 28 - Nov 2 M 3:30pm - 5pm 5/\$175 140792

Nov 16 - Dec 14 M 3:30pm - 5pm 5/\$175 140793



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

SCIENCE EXPLORATION

BESTWAY TECHNOLOGY: SCRATCH GAME STUDIO (7yrs - 14yrs)

One class, one game. Over 5 hands-on sessions, your child will build 5 different games using Scratch — including a bouncing ball physics challenge, an apple-catcher arcade game, and a fish-eat-fish underwater adventure. The final session? Your child designs and codes their own original game. Beginners welcome. No homework — just creativity and fun. Participants are required to bring their own laptop.

Abbotsford Recreation Centre

Sept 22 - Oct 20	Tu	5pm - 6:30pm	5/\$189	140887
Nov 10 - Dec 8	Tu	5pm - 6:30pm	5/\$189	140888

KIDS IN SPACE (5yrs - 12yrs)

Young explorers blast off on an exciting journey through space as they learn about stars, planets, and the night sky. With hands on activities, creative challenges, and imagination powered adventures, kids discover the wonders of the universe in a fun, engaging way designed just for growing astronomers.

Abbotsford Recreation Centre

5yrs - 8yrs

Sept 23 - Oct 28	W	4:30pm - 5:30pm	5/\$55.75	140884
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9yrs - 12yrs

Sept 23 - Oct 28	W	5:45pm - 6:45pm	5/\$55.75	140885
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YOUNG INNOVATORS: 3D PRINT YOUR FAVOURITE POKÉMON OR CHARACTER

Does your child have a favourite Pokémon, K Pop Demon Hunters, or video game character they wish they could hold in their hands? Now they can. In this hands-on program, kids design their dream character from scratch using real 3D design software.

Abbotsford Recreation Centre

Nov 7 - Dec 12	Sa	5:45pm - 7:15pm	6/\$273	142367
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MAD SCIENCE (5yrs - 12yrs)

Love things that pop, fizz, erupt, glow, and transform? Suit up and dive into bold experiments, surprising reactions, and messy, hands on fun. Learn the Scientific Method, test your hypothesis, and explore real world science in a safe, structured class

Abbotsford Recreation Centre

5yrs - 8yrs

Nov 18 - Dec 16 W 4:30pm - 5:30pm 5/\$55.75 140877

9yrs - 12yrs

Nov 18 - Dec 16 W 5:45pm - 6:45pm 5/\$55.75 140878

YOUNG INNOVATORS: HALLOWEEN STEM WORKSHOP (6yrs - 14yrs)

This Halloween, let your child's creativity shine — literally! In this hands-on workshop, kids will assemble their very own light-up jack-o'-lantern using blocks and simple electronics. Kids will also get the chance to drive robots from our Battle Bots Courses! By the end of the session, every participant walks away with their own one-of-a-kind glowing jack-o'-lantern.

Abbotsford Recreation Centre

Oct 31 Sa 3pm - 4:30pm 1/\$55 140891

YOUNG INNOVATORS: BUILD A WALKING ROBOT AND OTHER MACHINES (6yrs - 9yrs)

Have you ever watched a robot walk and wondered — how does that actually work? Week by week, your young innovator will explore a brand-new machine, uncovering the science behind how things move — gears, motors, pulleys, stored energy — the same ideas that inspire builders and inventors like Mark Rober. By the end of the course, they won't just know how machines work. They'll have built them.

Abbotsford Recreation Centre

Nov 7 - Dec 5 Sa 4pm - 5:30pm 5/\$245 140893

AFTER-SCHOOL PROGRAM

Beyond The O-BELL



KIDS GRADES K-5 IT'S COOL TO STAY AFTER SCHOOL!

This fun, engaging afterschool program is open for Kindergarten to Grade 5 students who attend McMillan Elementary School. Our leaders will meet participants at the school and walk them over to ARC where they can enjoy activities in the gym, create some fun experiments, projects and crafts in our multipurpose room.

MON - FRI | 2:30PM - 4:30PM | \$16.30 / SESSION

For more info call ARC or email
recschool@abbotsford.ca



DIRECT2REC.COM f i

Abbotsford Recreation Centre
2499 McMillan Road | 604.853.4221



CHILDREN

SPORTS

SPORTS & ACTIVE PLAY

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 Recreation Centre

Sept 24 - Oct 29	Th	4:45pm - 5:45pm	6/\$52.20	140809
Nov 12 - Dec 17	Th	4:45pm - 5:45pm	6/\$52.20	140810

FLOOR HOCKEY (5yrs - 12yrs)

Grab a 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

Sept 22 - Oct 27	Tu	4:45pm - 5:45pm	6/\$52.20	140805
Nov 10 - Dec 15	Tu	4:45pm - 5:45pm	6/\$52.20	140806

9yrs - 12yrs

Sept 22 - Oct 27	Tu	6pm - 7pm	6/\$52.20	140807
Nov 10 - Dec 15	Tu	6pm - 7pm	6/\$52.20	140808

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





LEARN TO PLAY VOLLEYBALL (8yrs - 12yrs)

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

Sept 24 - Oct 29	Th	4:45pm - 5:45pm	6/\$90	142408
Nov 5 - Dec 17	Th	4:45pm - 5:45pm	7/\$105	142409

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

Sept 19 - Oct 24	Sa	2:30pm - 3:15pm	6/\$52.20	140811
Nov 7 - Dec 12	Sa	2:30pm - 3:15pm	6/\$52.20	140812

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. No session on Oct 12.

Abbotsford Recreation Centre

5yrs - 8yrs

Sept 21 - Oct 26	M	11am - 11:45am	5/\$39.25	140801
Nov 9 - Dec 14	M	11am - 11:45am	6/\$47.10	140802

9yrs - 12yrs

Sept 21 - Oct 26	M	12pm - 12:45pm	5/\$39.25	140803
Nov 9 - Dec 14	M	12pm - 12:45pm	6/\$47.10	140804

SOCCER (5yr - 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.

Matsqui Recreation Centre- Centre Mini Field

5yrs - 8yrs

Sept 22 - Oct 27	Tu	4:30pm - 5:30pm	6/\$52.20	141064
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9yrs - 12yrs

Sept 22 - Oct 27	Tu	5:45pm - 6:45pm	6/\$52.20	141065
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T-BALL (5yrs - 7yrs)

Join us for T-Ball!! Your child will learn FUNdamental movement skills and proper skill techniques with our enthusiastic and engaging staff. Learn the basic skills through fun drills and games. No session on Sept 30.

Crossley Park - Ball Diamond

Sept 23 - Oct 28	W	4:30pm - 5:30pm	5/\$43.50	140800
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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.

FEES AS OF
SEPT 1/2026

PACKAGE 1

1-12 CHILDREN

\$143

PACKAGE 2

13-16 CHILDREN

\$165

PACKAGE 3

17-20 CHILDREN

\$187

PACKAGE 4

21-24 CHILDREN

\$209

* EXTRA CHILD
FEE \$ 8.10

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 your birthday party a SUPER SKATE experience! Our parties at ARC include 1 hour on the Ice Experience followed by 1 hour in a party room. Let us bring the fun to your child's party this year!

DIRECT2REC.COM

Email party@abbotsford.ca



recreation connect

CONNECT TO YOUTH PROGRAMS

FACILITY HOURS

ARC Main Facility:

Mon - Sun | 5:30am - 10pm

Pool:

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

MRC:

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

Holiday Hours:

10am - 6pm



ABBOTSFORD YOUTH COMMISSION

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

ABBOTSFORD YOUTH COMMISSION (12yrs - 18yrs)

Check out 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

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 DINNER NIGHTS (12yrs - 18yrs)

Every month at our AYC Youth Centre we host a 'family style' sit down dinner. Youth help prepare and serve the dinners.

ARC and MRC Youth Centres

Check out our website for dates & times

VOLUNTEER EVENTS

7TH ANNUAL BACK TO SCHOOL EVENT (12yrs - 18yrs)

Volunteer with AYC as we support the Abbotsford School District's signature back-to-school event! Our team will be helping families carry food hampers to their vehicles using wagons or by hand. Complete the whole event and receive a \$10 gift card.

Abbotsford Senior Secondary School

Sept 2	Wed	3:30pm - 7pm	1/\$10
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INTERGENERATIONAL BAKING EXCHANGE (12yrs - 18yrs)

Come out for this a Baking Exchange bringing together youth and 55+ adults through recipe sharing, cultural storytelling, and family traditions. Five 55+adults will lead interactive baking sessions with 15 youth, creating meaningful intergenerational connections through food and conversation. Complete the whole event and receive a \$10 gift card.

Matsqui Recreation Centre

Oct 8	Thurs	3pm - 5pm	1/\$10
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INTERGENERATIONAL WINTER WORKSHOP (12yrs - 18yrs)

Sign up for this cozy Winter Workshop bringing together 55+ adults and youth for an afternoon of seasonal crafts, warm conversation, and festive fun. Participants will connect through creative activities while building meaningful intergenerational relationships in a welcoming winter atmosphere. Complete the whole event and receive a \$10 gift card.

Abbotsford Recreation Centre

Nov 2	Mon	3pm - 5pm	1/\$10
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FV GLEANERS VOLUNTEER OPPORTUNITY (16yrs - 18yrs)

Help prepare food sent around the world for humanitarian aid. Volunteers will help with tasks such as cutting and sorting vegetables, packaging soup mix, and cleaning equipment. No prior experience needed, all equipment and training will be provided. This is a great opportunity to gain volunteer hours. Complete the whole event and receive a \$10 gift card.

Fraser Valley Gleaners Society (85 Winson Road, Abbotsford)

Nov 21	Sa	8:30am - 12pm	1/\$10
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(IN)VOLVED (12yrs - 18yrs)

Looking for Volunteer Hours? Get Involved.

Volunteer opportunities for youth 12-18 yrs, 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 abbyyouth.com/involved and we'll email you volunteer opportunities as they become available.

BABYSITTERS - 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

Sept 25	Fri	9am - 4pm	1/\$65
Oct 23	Fri	9am - 4pm	1/\$65
Nov 20	Fri	9am - 4pm	1/\$65

FOCUS (12yrs - 15yrs)

FOCUS is a group where youth have an opportunity to engage in a set of 7 workshops which explore a variety of different topics including mental health, resilience, emotions and feelings, coping strategies, stress, and self care. No session Nov 11.

Matsqui Recreation Centre

Oct 7 - Nov 25	Wed	5:45pm - 7pm	7/\$35
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FOODSAFE TRAINING (14yrs - 18yrs)

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

MRC Youth Centre

Sept 25	Fri	9am - 5pm	1/\$80
Oct 23	Fri	9am - 5pm	1/\$80
Nov 20	Fri	9am - 5pm	1/\$80

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! No session Nov 11.

Various Locations

Oct 8 - Nov 26	Tu/Th	7pm - 8:30pm	8/\$50
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FOR MORE INFO

778.880.8559
208 - 33355 Bevan Ave
info@abbyyouth.com



abbyyouth.com

Instagram: @abbyyouth

Twitter: @abbyyouth

Facebook: Abbotsford Youth Commission



FITNESS

ABBOTSFORD RECREATION CENTRE

YOUTH 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 Level: 2

Abbotsford Recreation Center

Sept 12 - Oct 31	Sa	12:30pm - 1:30pm	8/\$64.80	140975
Nov 7 - Dec 19	Sa	12:30pm - 1:30pm	7/\$56.70	140976



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. Intensity Level: 4

Abbotsford Recreation Center

Sept 8 - Oct 28	Tu	2:30pm - 3:30pm	8/\$64.80	140971
Sept 11 - Oct 30	F	3:15pm - 4:15pm	8/\$64.80	140973
Nov 3 - Dec 22	Tu	2:30pm - 3:30pm	8/\$64.80	140972
Nov 6 - Dec 18	F	3:15pm - 4:15pm	7/\$56.70	140974



FITNESS

ABBOTSFORD RECREATION CENTRE MATSQUI RECREATION CENTRE

TEEN WEIGHT ROOM ORIENTATION (13yrs - 15yrs)

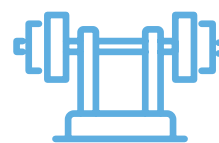
This program teaches teens how to use the weight room safely and confidently. Led by a certified fitness leader, participants tour the facility, learn technique, and practice equipment use under supervision. Intensity Level: 2 - Light to moderate effort. Required for all youth 13-15.

Matsqui Recreation Center

Sept 14 - Dec 21	Every M	4pm - 5pm	1/\$15.65
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Abbotsford Recreation Center

Sept 10 - Dec 17	Every Th	4pm - 5pm	1/\$15.65
Sept 8 - Dec 22	Every Tu	5:15pm - 6:15pm	1/\$15.65
Sept 9 - Dec 23	Every W	4:15pm - 5:15pm	1/\$15.65
Sept 12 - Dec 19	Every Sa	2pm - 3pm	1/\$15.65



SPORTS

ABBOTSFORD RECREATION CENTRE

TRAIN AND PLAY VOLLEYBALL (12yrs - 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

Sept 24 - Oct 29	Th	6pm - 7pm	6/\$90	142410
Nov 5 - Dec 17	Th	6pm - 7pm	7/\$105	142411



KIDS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

KIDS NIGHT OUT! (7yrs - 12yrs)

Send the kids out for a fun night at the rec centre 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

Sept 4	F	6pm - 9pm	1/\$25.20	140813
Sept 25	F	6pm - 9pm	1/\$25.20	140832
Oct 16	F	6pm - 9pm	1/\$25.20	140815
Nov 6	F	6pm - 9pm	1/\$25.20	140814
Dec 4	F	6pm - 9pm	1/\$25.20	140816

Matsqui Recreation Centre

Oct 30	F	6pm - 9pm	1/\$25.20	140833
Nov 20	F	6pm - 9pm	1/\$25.20	140834
Dec 18	F	6pm - 9pm	1/\$25.20	140835



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: 2-3

Abbotsford Recreation Center

Sept 8 - Oct 27	Tu	4pm - 5pm	8/\$64.80	140977
Sept 9 - Oct 28	W	3pm - 4pm	8/\$64.80	140979
Sept 10 - Oct 29	Th	3pm - 4pm	8/\$64.80	140981
Sept 11 - Oct 30	F	3pm - 4pm	8/\$64.80	140983
Nov 3 - Dec 22	Tu	4pm - 5pm	8/\$64.80	140978
Nov 4 - Dec 23	W	3pm - 4pm	7/ \$56.70	140980
Nov 5 - Dec 17	Th	3pm - 4pm	7/ \$56.70	140982
Nov 6 - Dec 18	F	3pm - 4pm	7/ \$56.70	140984



SPORTS

ABBOTSFORD RECREATION CENTRE

ABBY JUNIOR BOXING (6yrs - 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.

6yrs - 11yrs

Sept 24 - Oct 29	Th	3:15pm - 4:15pm	6/\$90	140905
Nov 12 - Dec 17	Th	3:15pm - 4:15pm	6/\$90	140906

12yrs - 17yrs

Sept 24 - Oct 29	Th	4:30pm - 5:30pm	6/\$90	140907
Nov 12 - Dec 17	Th	4:30pm - 5:30pm	6/\$90	140908



SPORTS

ABBOTSFORD RECREATION CENTRE

BC BOUNCE (Grades K - 10)

Fall Set 1

This session will start the year off with lots of play and skill development. Small sided games are a combination of drills like 3 on 3, full court transition, 2 on 2 drills, shooting games and more! Each day will have a skill session for 30-40 minutes to work on specific basketball skills. The remaining time will be set for games! No session on Sept 30 & Oct 12.

Fall Set 2 - 5 on 5

This session is back to 5 on 5 full court sessions. Each day will have a skill session for half an hour to work on specific basketball skills. The last hour of the session will be for games! No session on Nov 11.

Abbotsford Recreation Centre

M/Sa	4pm - 7pm
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 & 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.

Abbotsford Recreation Centre

Sept 11	F	5:15pm - 7:15pm	1/\$19.65	140466
Oct 16	F	5:15pm - 7:15pm	1/\$19.65	140467
Nov 13	F	5:15pm - 7:15pm	1/\$19.65	140468
Dec 11	F	5:15pm - 7:15pm	1/\$19.65	140469

FITNESS & WELLNESS

ADULT FITNESS

ADAPTIVE YOGA

Adaptive Yoga 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. Movements may be made by standing, sitting, or on the floor. The class adapts to the participant rather than limiting the practice to one format. Intensity Level: 3

Matsqui Recreation Centre

Sept 15 - Oct 27	T	2:45 - 3:45pm	7/\$45.85	140296
Nov 3 - Dec 22	T	2:45 - 3:45pm	8/\$52.40	140298
Sept 16 - Oct 28	W	12:30 - 1:30pm	6/\$39.30	140329
Nov 4 - Dec 23	W	12:30 - 1:30pm	7/\$45.85	140330
Sept 17 - Oct 29	Th	2:45 - 3:45pm	7/\$45.85	140360
Nov 5 - Dec 17	Th	2:45 - 3:45pm	7/\$45.85	140361

BARRE FLOW

Blend ballet-inspired barre work 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

Sept 12 - Oct 31	Sa	12:30 - 1:30PM	8/\$109.20	140179
Nov 7 - Dec 19	Sa	12:30 - 1:30PM	7/\$95.55	140185
Sept 12 - Oct 31	Sa	2pm - 3pm	8/\$109.20	140180
Nov 7 - Dec 19	Sa	12:30 - 1:30PM	7/\$95.55	140186



BONE WISE

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 - Senior friendly

Abbotsford Recreation Centre

Sept 14 - Oct 26	M	12pm - 1pm	6/\$39.30	140257
Sept 15 - Oct 27	Tu	1:30 - 2:30pm	7/\$45.85	140294
Sept 16 - Oct 28	W	12pm - 1pm	6/\$39.30	140325
Sept 17 - Oct 29	Th	1:30 - 2:30pm	7/\$45.85	140343
Nov 2 - Dec 21	M	12pm - 1pm	8/\$52.40	140259
Nov 3 - Dec 22	Tu	1:30pm - 2:30pm	8/\$52.40	140295
Nov 4 - Dec 23	W	12pm - 1pm	7/\$45.85	140326
Nov 5 - Dec 17	Th	1:30 - 2:30pm	7/\$45.85	140344

Matsqui Recreation Centre

Sept 14 - Oct 26	M	12:30pm - 1:30pm	6/\$39.30	140270
Nov 2 - Dec 21	M	12:30pm - 1:30pm	7/\$45.85	140275

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

Matsqui Recreation Centre

Sept 16 - Oct 28	W	2pm - 3pm	6/\$81.90	140336
Nov 4 - Dec 23	W	2pm - 3pm	7/\$95.55	140337
Sept 11 - Oct 30	F	7pm - 8pm	8/\$109.20	140376
Nov 6 - Dec 18	F	7pm - 8pm	7/\$85.55	140377
Sept 12 - Oct 31	Sa	7:30 - 8:30pm	8/\$109.20	140184
Nov 7 - Dec 19	Sa	7:30 - 8:30pm	7/\$95.55	140189
Sept 13 - Nov 1	Su	7:30 - 8:30pm	8/\$109.20	140184
Nov 8 - Dec 20	Su	7:30 - 8:30pm	7/\$95.55	140200

EVERSTRONG WOMEN (40yrs+)

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. Intensity Level: 3

Abbotsford Recreation Centre

Sept 16 - Oct 28	W	7pm - 8pm	6/\$81.90	140338
Nov 4 - Dec 23	W	7pm - 8pm	7/\$95.55	140339
Sept 17 - Oct 29	Th	4:30pm - 5:30pm	7/\$95.55	140362
Nov 5 - Dec 17	Th	4:30pm - 5:30pm	7/\$95.55	140375
Sept 11 - Oct 30	F	7pm - 8pm	8/\$109.20	140374
Nov 6 - Dec 18	F	7pm - 8pm	7/\$95.55	140375

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

Sept 12 - Oct 31	Sa	7pm - 8pm	8/\$109.20	140183
Nov 7 - Dec 19	Sa	7pm - 8pm	7/\$95.55	140188
Sept 13 - Nov 1	Su	7pm - 8pm	8/\$109.20	140194
Nov 8 - Dec 20	Su	7pm - 8pm	7/\$95.55	140196
Sept 14 - Oct 26	M	7pm - 8pm	6/\$81.90	140286
Nov 2 - Dec 21	M	7pm - 8pm	8/\$109.20	140287

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

Sept 15 - Oct 27	Tu	1pm - 2pm	7/\$45.85	140292
Nov 3 - Dec 22	Tu	1pm - 2pm	8/\$52.40	140293
Sept 17 - Oct 29	Th	1pm - 2pm	7/\$45.85	140340
Nov 5 - Dec 17	Th	1pm - 2pm	7/\$45.85	140342

STRENGTHGEN - SMALL GROUP TRAINING

This small-group personal training session offers individualized support in a cost-effective setting. With up to four participants, each class follows a structured program led by a certified trainer. Exercises are tailored through personalized weights, repetitions, and technique cues, helping participants build strength, confidence, and consistency in a supportive environment. Intensity Level: 4

Abbotsford Recreation Centre

Sept 12 - Oct 31	Sa	4:30pm - 5:30pm	8/\$109.20	140181
Nov 7 - Dec 19	Sa	4:30pm - 5:30pm	7/\$95.55	140187

Matsqui Recreation Centre

Sept 15 - Oct 27	Tu	12:30pm - 1:30pm	7/\$95.55	140290
Nov 3 - Dec 22	Tu	12:30 - 1:30pm	8/\$109.20	140291
Sept 15 - Oct 27	Tu	4:30pm - 5:30pm	7/\$95.55	140299
Nov 3 - Dec 22	Tu	4:30pm - 5:30pm	8/\$109.20	140300

Abbotsford Recreation Centre

Sept 17 - Oct 29	Th	5:30pm - 6:30pm	7/\$95.55	140363
Nov 5 - Dec 17	Th	5:30pm - 6:30pm	7/\$95.55	140364



FITNESS & WELLNESS

CARDIAC HEALTH

Eligibility: Fraser Health approval or physician clearance required before registration.

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

Sept 14 - Oct 26	M	2pm - 3:45pm
Sept 8 - Oct 27	Tu	7:30am - 9:15am
Sept 8 - Oct 27	Tu	9:30am - 11:15am
Sept 10 - Oct 29	Th	7:30am - 9:15am
Sept 10 - Oct 29	Th	9:30am - 11:15am
Nov 2 - Dec 21	M	2pm - 3:45pm
Nov 3 - Dec 22	Tu	7:30am - 9:15am
Nov 3 - Dec 22	Tu	9:30am - 11:15am
Nov 5 - Dec 17	Th	7:30am - 9:15am
Nov 5 - Dec 17	Th	9:30am - 11:15am

CARDIAC AFTER CARE

A supportive, lower-stimulation program for individuals post-rehabilitation or with medical clearance. Delivered in a quieter downstairs setting, it combines cardiovascular, strength, and mobility training with added modifications for musculoskeletal needs. Emphasis is on guided instruction, building confidence, and developing self-awareness, safe exercise habits, and understanding of personal limits. Intensity Level: 2

Abbotsford Recreation Centre

Sept 14 - Oct 26	M	7:30pm - 9am	6/\$70.20	140304
Sept 14 - Oct 26	M	1:15pm - 2pm	6/\$70.20	140279
Sept 9 - Oct 28	W	7:30pm - 9am	7/\$81.90	140303
Sept 9 - Oct 28	W	1:15pm - 2pm	7/\$81.90	140332
Sept 11 - Oct 30	F	7:30pm - 9am	8/\$93.60	140365
Sept 11 - Oct 30	F	7:30pm - 9am	8/\$93.60	140371
Nov 2 - Dec 21	M	7:30pm - 9am	8/\$93.60	140212
Nov 2 - Dec 21	M	1:15pm - 2pm	8/\$93.60	140281
Nov 4 - Dec 23	W	7:30pm - 9am	7/\$81.90	140307
Nov 4 - Dec 23	W	1:15pm - 2pm	7/\$81.90	140333
Nov 6 - Dec 18	F	7:30pm - 9am	7/\$81.90	140366
Nov 6 - Dec 18	F	1:15pm - 2pm	7/\$81.90	140693

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





CARDIAC MAINTENANCE

A structured program for individuals ready for more independence following rehabilitation. Located in the upstairs fitness space, it integrates cardiovascular, strength, and mobility training with fewer modifications. Participants build confidence using equipment, improve self-monitoring skills, and continue developing awareness of their abilities while progressing toward long-term independent exercise participation. Intensity Level: 3

Abbotsford Recreation Centre

Sept 14 - Oct 26	M	7:30am - 9am	6/\$70.20	140326
Sept 14 - Oct 26	M	1:15pm - 2pm	6/\$70.20	140284
Sept 9 - Oct 28	W	7:30am - 9am	7/\$81.90	140301
Sept 9 - Oct 28	W	1:15pm - 2pm	7/\$81.90	140334
Sept 11 - Oct 30	F	7:30am - 9am	8/\$93.60	140367
Sept 11 - Oct 30	F	7:30am - 9am	8/\$93.60	140372
Nov 2 - Dec 21	M	7:30am - 9am	8/\$93.60	140253
Nov 2 - Dec 21	M	1:15pm - 2pm	8/\$93.60	140285
Nov 4 - Dec 23	W	7:30am - 9am	7/\$81.90	140302
Nov 4 - Dec 23	W	1:15pm - 2pm	7/\$81.90	140335
Nov 6 - Dec 18	F	7:30am - 9am	7/\$81.90	140368
Nov 6 - Dec 18	F	1:15pm - 2pm	7/\$81.90	140373



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



INVOLVE ABBOTSFORD 2026

Save the Date for Involve 2026!
Thursday, November 26

Check out the website
for more info coming soon!

abbotsford.ca/involve



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

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. Intensity Level: 3

Abbotsford Recreation Centre

Sept 13 - Nov 1	Su	12:45pm - 1:45pm	8/\$109.20	140190
Sept 16 - Oct 28	W	8am - 9am	6/\$81.90	140323
Nov 4 - Dec 23	W	8am - 9am	7/\$95.55	140324
Nov 8 - Dec 20	Su	12:45pm - 1:45pm	7/\$95.55	140192

TOGETHER & MOVEMENT

INTRODUCTION TO THE WEIGHT ROOM - ADULT

This introductory session provides a guided overview of the weight room, including safe use of cardio and strength equipment, basic gym etiquette, and facility layout. Ideal for beginners or anyone looking to build confidence and feel more comfortable navigating the weight room environment.

Abbotsford Recreation Centre

Sept 10 - Dec 17	Th	2:30pm - 3:15pm	1/\$13.20
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T.I.M.E.™ (TOGETHER IN MOVEMENT AND EXERCISE)

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. Intensity Level: 1

Abbotsford Recreation Centre

Sept 9 - Oct 28	W	12pm - 1pm	7/\$110	140327
Sept 11 - Oct 26	F	12pm - 1pm	8/\$114.40	140369
Sept 14 - Oct 26	M	12pm - 1pm	6/\$85.80	140262
Nov 2 - Dec 21	M	12pm - 1pm	8/\$114.40	140265
Nov 4 - Dec 23	W	12pm - 1pm	7/\$110	140328
Nov 6 - Dec 18	F	12pm - 1pm	7/\$110	140370



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 the
Volunteer Coordinator
at 604.557.7050 or email
volunteer@abbotsford.ca

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



OLDER ADULT (55+)

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

TRANSLATION

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

ACTIVE

AI KI JUTSU BEGINNER 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. No class Sept 30.

Abbotsford Recreation Centre

Sept 9 - Oct 7	W	8am - 8:45am	4/\$28	139690
Oct 14 - Nov 4	W	8am - 8:45am	4/\$28	139693
Nov 18 - Dec 9	W	8am - 8:45am	4/\$28	139694

AI KI JUTSU INTERMEDIATE SERIES

Designed for those who have completed the beginner series. Participants will explore new techniques while strengthening their understanding of foundational movements. This class focuses on building core strength, enhancing stability, and increasing mobility through mindful, intentional practice. It also emphasizes technical precision and artistic expression, helping students refine their skills and grow in confidence. No class Sept 30.

Abbotsford Recreation Centre

Sept 9 - Oct 7	W	9am - 9:45am	4/\$28	139695
Oct 14 - Nov 4	W	9am - 9:45am	4/\$28	139696
Nov 18 - Dec 9	W	9am - 9:45am	4/\$28	139697

AI KI JUTSU ADVANCED SERIES

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. No class Sept 30.

Abbotsford Recreation Centre

Sept 9 - Oct 7	W	10am - 10:45am	4/\$28	139705
Oct 14 - Nov 4	W	10am - 10:45am	4/\$28	139706
Nov 18 - Dec 9	W	10am - 10:45am	4/\$28	139707

ARTS & CULTURE

ARTS & CRAFTS

FABRIC PAINTING MANDALAS (THE REACH)

Explore the relaxing art of mandala painting on fabric in this beginner-friendly class. Participants will create two beautiful mandala designs on different-sized embroidery hoops, combining colour, pattern, and creativity to make unique decorative pieces. No experience is needed—just enjoy a calm and inspiring artistic experience. Materials fee of \$7.00.

Abbotsford Recreation Centre

Sept 14 - 28 M 1pm - 3pm 3/\$90 140858

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

Sept 8 - 29 Tu 10am - 11:30am 4/\$31.80 140824

Nov 3 - 24 Tu 10am - 11:30am 4/\$31.80 140825

OUT IN THE ORCHARD (WATERCOLOUR)

Step into the beauty of autumn in this watercolour class inspired by the simple charm of fruit ready for harvest. Practicing the techniques of washes and layering, we will create the areas of light and shadow bringing this scene to life. Materials fee of \$5.00.

Abbotsford Recreation Centre

Sept 10 - 24 Th 1pm - 3pm 3/\$40.95 139745

CYANOTYPE (THE REACH)

Step into the magic of cyanotype, an early photographic process that creates striking blue-and-white images. Using natural objects, stencils, and UV light, participants will create beautiful photographic prints while learning a fascinating and accessible art technique. Materials fee of \$7.00.

Abbotsford Recreation Centre

Oct 5 - 26 M 1pm - 3pm 3/\$90 140859



COLOURS OF FALL (WATERCOLOUR)

Explore the concept of a limited pallet using warm primary colours to create warmth in the autumn landscape. We will zoom in to take a close-up look at leaves and then zoom out to capture a scene from a distance. Materials fee of \$5.

Abbotsford Recreation Centre

Oct 8 - 29 Th 1pm - 3pm 4/\$54.60 139748

PAINTING PEACEFUL FORESTS IN ACRYLICS (THE REACH)

Unwind and connect with nature through painting serene forest landscapes in acrylics. This calming class guides beginners step-by-step in creating soft trees, gentle light, and peaceful woodland scenes while building confidence with colour and brush techniques. Materials fee of \$7.00.

Abbotsford Recreation Centre

Nov 9 - 23 M 1pm - 3pm 3/\$90 140861

WATERLILIES ON THE POND (WATERCOLOUR)

Explore the concept of a limited pallet using warm primary colours to create warmth in the autumn landscape. We will zoom in to take a close-up look at leaves and then zoom out to capture a scene from a distance. Materials fee of \$5.00.

Abbotsford Recreation Centre

Nov 12 - 19 Th 1pm - 3pm 2/\$27.30 139749

WINTER SUNSET (WATERCOLOUR)

Capturing the warm glow of the evening sunlight in a snowy scene. Working on clear washes for the sky, snow, and shadows to create a calm winter night. Materials fee of \$5.00.

Abbotsford Recreation Centre

Dec 10 - 17 Th 1pm - 3pm 2/\$27.30 139750

OLDER ADULT (55+)

ARTS & CULTURE

DANCE

INTRO TO LINE DANCING

Are you interested in learning the art of line dancing? Join us in this introductory class where you will start to learn the basics of line dancing. No class Sept 11.

Abbotsford Recreation Centre

Sept 18 - Oct 2	F	3pm - 4pm	3/\$25.05	139725
Oct 9 - 30	F	3pm - 4pm	4/\$33.40	139727
Nov 13 - Dec 4	F	3pm - 4pm	4/\$33.40	139728

LINE DANCING: BEGINNERS

This class is perfect for dancers who have learned the basic steps and are ready to progress. You'll build confidence as you learn new dances, practice smooth transitions, and improve your timing and coordination—all while enjoying the upbeat, social atmosphere of line dancing. No class Sept 11.

Abbotsford Recreation Centre

Beginner 1

Sept 18 - Oct 2	F	4:15pm - 5:15pm	3/\$25.05	139730
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Beginner 2

Oct 9 - 30	F	4:15pm - 5:15pm	4/\$33.40	139731
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Beginner 3

Nov 13 - Dec 4	F	4:15pm - 5:15pm	4/\$33.40	139732
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MUSIC

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 is provided.

Matsqui Recreation Centre

Oct 19 - Nov 23	M	6pm - 7pm	6/\$32.10	140015
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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**COMMUNITY CONNECTIONS CAFÉ**

Are you age 55+ and caring for a family member or loved one? 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

Sept 28	M	10am - 12pm	1/FREE	140019
Oct 26	M	10am - 12pm	1/FREE	140021
Nov 30	M	10am - 12pm	1/FREE	140022
Dec 14	M	10am - 12pm	1/FREE	140024

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



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

**SOCIAL (FREE)****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

Sept 28 - Dec 28	M	1pm - 3pm	4/FREE	140111
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Matsqui Recreation Centre

Sept 25 - Dec 18	F	10am - 12pm	4/FREE	140112
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ENGLISH COMMUNITY CONVERSATION

This program is designed for participants with beginner to intermediate English skills who want to build confidence and fluency through engaging, conversation-focused activities. Each session offers interactive discussions and practical vocabulary practice to help you communicate with ease. Connect with others, practice your English, and enjoy learning in a welcoming space where everyone is encouraged to participate. Single day registration available.

Matsqui Recreation Centre

Sept 12 - Dec 12			14 sessions	
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ARTS & CULTURE

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

INTERGENERATIONAL CONNECTION SERIES (PARTNERSHIP WITH AYC)

INTERGENERATIONAL BAKING EXCHANGE

We're looking for five individuals to participate in an intergenerational baking exchange. Bring a family recipe, and we'll provide all the ingredients and supplies. Spend an afternoon guiding youth step-by-step through your recipe while sharing stories, building connections, and creating something delicious together.

Matsqui Recreation Centre

Oct 8 Th 3pm - 5pm 1/FREE 140176

INTERGENERATIONAL WINTER WORKSHOP

Enjoy a cozy intergenerational winter workshop filled with sweet treats, creativity, and connection. Participants will gather to enjoy light refreshments while working together on a fun, hands-on winter craft—perfect for sharing stories and celebrating the season across generations.

Abbotsford Recreation Centre

Nov 2 M 3pm - 4:30pm 1/FREE 140178

TRANSLATION

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





WORKSHOPS

UVIC CHRONIC CONDITIONS SELF-MANAGEMENT

The Chronic Conditions Self-Management Program is a free six-session workshop. The workshop helps people living with chronic conditions to better manage symptoms and activities of daily life. The workshop is open to caregivers and family members.

Matsqui Recreation Centre

Oct 22 - Nov 26 Th 12pm - 2:30pm 6/FREE 140775

UVIC CHRONIC PAIN SELF-MANAGEMENT

The Chronic Pain Self-Management Program is a free six-session workshop. The workshop helps people 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" CD. Participants should attend all six sessions to get the maximum benefit.

Matsqui Recreation Centre

Oct 25 - Nov 29 Su 2pm - 4:30pm 6/FREE 140777

SPECIAL EVENTS (\$4.50 OR FREE W/ PASS)

PUMPKIN DECORATING

Join us for the spooktacular event! Each participant will get their own pumpkin to decorate and put on their porch for Halloween Night.

Abbotsford Recreation Centre

Oct 29 Th 1pm - 3pm 140075

Matsqui Recreation Centre

Oct 30 F 10am - 12pm 140078

CAROLING AND COCOA - \$4.50

Come listen and sing along to cheerful Christmas Carols while sipping on hot cocoa at this fun holiday event.

Abbotsford Recreation Centre

Dec 3 Th 1pm - 3pm 140079

55+ GINGERBREAD HOUSE MAKING

Join us in this holiday event! Each participant will decorate a gingerbread house to take home and enjoy for the holiday season.

Abbotsford Recreation Centre

Dec 7 Th 2pm - 3pm 140829

55+ HOLIDAY GIFT WRAPPING

Bring your holiday gifts and enjoy an afternoon of gift wrapping and seasonal cheer. All gift-wrapping supplies will be provided.

Abbotsford Recreation Centre

Dec 14 M 1pm - 3pm 140828

55+ HOLIDAY MOVIE (HOME ALONE)

Enjoy a festive afternoon screening of Home Alone! Laugh along with this holiday classic as young Kevin McCallister outsmarts a pair of bumbling burglars in a heartwarming adventure full of humor, holiday spirit, and clever surprises.

Abbotsford Recreation Centre

Dec 15 Tu 1pm - 3pm 140080



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

LEARN TO SKATE!

SKATING LESSONS

This fall, learn to skate at your recreation centre! Our welcoming skating lessons help children, youth, and adults build confidence, develop new skills, and enjoy the fun of being on the ice. Register today and make this your season to skate!





FALL SKATING LESSONS

ABBOTSFORD RECREATION CENTRE

ARENA	DAYS	DATES	# OF LESSONS	SESSION LENGTH
ICE EXPERIENCE	WEDNESDAY	Sept 16 - Nov 4 (SET 1) Nov 18 - Dec 16 (SET 2) No session Sept 30	7 (SET 1) 5 (SET 2)	4pm - 4:30pm 4:30pm - 5pm 5pm - 5:30pm 5:30pm - 6pm
ICE EXPERIENCE	SATURDAY	Sept 12 - Oct 31 (SET 1) Nov 7 - Dec 19 (SET 2) No sessions Oct 10	7 (SET 1) 7 (SET 2)	8:30am - 9am 9am - 9:30am
MAIN ICE	THURSDAY	Sept 17 - Oct 29 (SET 1) Nov 5 - Dec 17 (SET 2)	7 (SET 1) 7 (SET 2)	2:45pm - 3:15pm 3:20pm - 3:50pm 4pm - 4:30pm 4:35pm - 5:05pm 5:10pm - 5:40pm 5:45pm - 6:15pm
MAIN ICE	SATURDAY	Sept 12 - Oct 31 (SET 1) Nov 7 - Dec 19 (SET 2) No sessions Oct 10	7 (SET 1) 7 (SET 2)	9:45am - 10:15am 10:20am - 10:50am 10:55am - 11:20am 11:25am - 12pm

MATSQUI RECREATION CENTRE

ARENA	DAYS	DATES	# OF LESSONS	SESSION LENGTH
MAIN ICE	MONDAY	Sept 14 - Oct 26 (SET 1) Nov 2 - Dec 14 (SET 2) No Session Oct 12	6 (SET 1) 7 (SET 2)	5:45pm - 8pm

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

LEARN TO SWIM!

SWIMMING LESSONS

Make a splash this fall with swimming lessons at your recreation centre! Our fun and supportive lessons help children, youth, and adults build confidence in the water, develop essential swimming skills, and stay safe while having fun. Register today and dive into a season of learning!



MRC POOL CLOSED
SEPT 8 - 29



FALL SWIM LESSONS

ABBOTSFORD RECREATION CENTRE



DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Sept 9 - 28	6	Morning and Afternoon Lessons
MON/WED	Oct 5 - 27 (no class Oct 12)	7	Morning and Afternoon Lessons
MON/WED	Nov 2 - 25 (no class Nov 11)	7	Morning and Afternoon Lessons
MON/WED	Nov 30 - Dec 16	6	Morning and Afternoon Lessons
TUES ONLY	Sept 8 - Oct 27	8	Afternoon Lessons Only
TUES ONLY	Nov 3 - Dec 15	7	Afternoon Lessons Only
THUR ONLY	Sept 10 - Oct 29	8	Morning and Afternoon Lessons
THUR ONLY	Nov 5 - Dec 17	7	Morning and Afternoon Lessons
TUES/THUR	Sept 8 - Oct 1	8	Morning and Afternoon Lessons
TUES/THUR	Oct 6 - 29	8	Morning and Afternoon Lessons
TUES/THUR	Nov 3 - 26	8	Morning and Afternoon Lessons
TUES/THUR	Dec 1 - 17	6	Morning and Afternoon Lessons
FRI ONLY	Oct 2 - Dec 11	11	Morning and Afternoon Lessons
SAT ONLY	Oct 3 - Dec 12 (no class Oct 10)	10	Morning Lessons Only
SUN ONLY	Oct 4 - Dec 13 (no class Oct 11)	10	Morning Lessons Only

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MON/WED	Oct 5 - 27 (no class Oct 12)	7	Morning and Afternoon Lessons
MON/WED	Nov 2 - 25 (no class Nov 11)	7	Morning and Afternoon Lessons
MON/WED	Nov 30 - Dec 16	6	Morning and Afternoon Lessons
MON ONLY	Oct 5 - Dec 14 (no Class Oct 12)	10	Afternoon Lessons Only
WED ONLY	Oct 7 - Dec 16 (no class Nov 11)	10	Afternoon Lessons Only
TUES/THUR	Oct 6 - 29	8	Morning and Afternoon Lessons
TUES/THUR	Nov 3 - 26	8	Morning and Afternoon Lessons
TUES/THUR	Dec 1 - 17	6	Morning and Afternoon Lessons
FRI ONLY	Oct 2 - Dec 11	11	Morning and Afternoon Lessons
SAT ONLY	Oct 3 - Dec 12 (no class Oct 10)	10	Morning Lessons Only

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

recreation connect

CONNECT TO SWIMMING

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

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



SWIMMING

ADVANCED AQUATICS

REGISTRATION for Advanced Aquatics & First Aid courses are processed through LIT First Aid and Instructor Training. If you wish to register for any of these courses, please go to www.firstaidtrainingcourses.ca or call 604.755.4672 directly.

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

Sept 26 - 27	Sa, Su	10am - 3:30pm	\$150
Nov 21 - 22	Sa, Su	10am - 3:30pm	\$150

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

Oct 9 - 11	F	4pm - 9pm	\$275
	Sa, Su	8:30am - 5pm	
Dec 4 - 6	F	4pm - 9pm	\$275
	Sa, Su	8:30am - 5pm	
Dec 21 - 23	M	12:30pm - 5pm	\$275
	Tu, W	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

Dec 12	Sa	1:30pm - 5:30pm	\$100
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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

Oct 2 - 4	F	4pm - 9pm	\$295
	Sa, Su	8:30am - 5pm	
Nov 27 - 29	F	4pm - 9pm	\$295
	Sa, Su	8:30am - 5pm	
Dec 19 - 21	Sa, Su	8am - 5pm	\$295
	M	8am - 12pm	

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

Dec 12	Sa	8am - 1pm	\$100
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**BRONZE MEDALLION /
BRONZE CROSS COMBO (13yrs+)**

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Oct 2 - 11	F	4pm - 9pm	\$570
	Sa, Su	8:30am - 5pm	
Nov 27 - Dec 6	F	4pm - 9pm	\$570
	Sa, Su	8:30am - 5pm	
Dec 19 - 23	Sa - W	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

Dec 12	Sa	9am - 5:30pm	\$200
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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.

Abbotsford Recreation Centre

Sept 11 - 20	F	4pm - 9pm	\$650
	Sa, Su	8am - 5pm	

Matsqui Recreation Centre

Dec 11 - 20	F	4pm - 9pm	\$650
	Sa, Su	8am - 5pm	
Nov 6 - 15	F	4pm - 9pm	\$650
	Sa, Su	8am - 5pm	

**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

Oct 5	M	4pm - 9pm	\$165
Nov 16	M	4pm - 9pm	\$165
Dec 14	M	4pm - 9pm	\$165

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

Oct 15 - 25	Th, F	4pm-9pm	\$595
	Sa, Su	8:30 - 4:30pm	
Dec 21 - 27	M, Tu, W	8am - 5pm	\$595
	Th	7am - 2pm	
	Sa	10am - 4pm	
	Su	8am - 5pm	

**NATIONAL LIFEGUARD POOL
RECERTIFICATION**

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

Abbotsford Recreation Centre

Sept 30	W	10am - 6:30pm	\$150
Dec 6	Su	9am - 6pm	\$150

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

Nov 20 - 22	F - Su	8am - 5pm	\$350
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recreation connect

CONNECT TO 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

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

FIRST AID PROGRAMS

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

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

Matsqui Recreation Centre

Sept 12	Sa	9am - 2:30pm	\$90
Oct 10	Sa	9am - 2:30pm	\$90
Nov 28	Sa	9am - 2:30pm	\$90
Dec 28	M	9am - 2:30pm	\$90

CPR C & AUTOMATED EXTERNAL DEFIBRILLATOR (AED) RECERTIFICATION

This course is for recertification of CPR C & AED.

Matsqui Recreation Centre

Oct 3	Sa	9am - 12:30pm	\$65
Oct 31	Sa	9am - 12:30pm	\$65
Dec 5	Sa	9am - 12:30pm	\$65





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

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

Matsqui Recreation Centre

Sept 12	Sa	9am - 5pm	\$115
Oct 10	Sa	9am - 5pm	\$115
Nov 28	Sa	9am - 5pm	\$115
Dec 28	M	9am - 5pm	\$115

EMERGENCY FIRST AID & AUTOMATED EXTERNAL DEFIBRILLATOR (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

Oct 3	Sa	9am - 2:30pm	\$80
Oct 31	Sa	9am - 2:30pm	\$80
Dec 5	Sa	9am - 2:30pm	\$80

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

Standard First Aid, CPR C & AED, is a comprehensive course that gives participants the ability to deliver first aid treatment in different environments. Upon successful completion, you will be prepared for a variety of first aid situations. Standard First Aid, CPR C & AED includes all emergency first aid course content plus victim management, hot and cold injuries, bone and joint injuries, sprains, wounds, head trauma, diabetes, burns and poisons.

Matsqui Recreation Centre

Sept 12 - 13	Sa, Su	9am - 5pm	\$185
Oct 10 - 11	Sa, Su	9am - 5pm	\$185
Nov 28 - 29	Sa, Su	9am - 5pm	\$185
Dec 28 - 29	M, Tu	9am - 5pm	\$185

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

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

Matsqui Recreation Centre

Oct 3	Sa	9am - 5pm	\$100
Oct 31	Sa	9am - 5pm	\$100
Dec 5	Sa	9am - 5pm	\$100

TRANSLATION

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



ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

