WINTER 2026 / 2027

recreation connect

ABBOTSFORD



ONLINE REGISTRATION OPENS DEC 2 - 9AM

IN PERSON REGISTRATION DEC 3 - 9AM

PROGRAMS START JAN 4, 2027

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

ABBOTSFORD

connect

CONNECT TO FITNESS



TRANSLATION

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

WINTER 2026 / 2027

recreation connect

ABBOTSFORD

04

EARLY YEARS

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

12

CHILDREN

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

22

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.

26

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!

40

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.

46

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.

EARLY YEARS

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm



ARTS & CULTURE

ARTS & CRAFTS

ART EXPLORATION: GROWNUP AND ME (1.5yrs - 5yrs)

NEW

Join your little artist for a creative adventure full of color, texture, and imagination! This parent-and-child class encourages children to explore a variety of age-appropriate art materials through hands-on sensory and process-based activities.

Matsqui Recreation Centre

1.5yrs - 3yrs

Jan 4 - Feb 1	M	9am - 9:30am	5/$38.50	146947
Feb 22 - Mar 8	M	9am - 9:30am	3/$23.10	146948

3yrs - 5yrs

Jan 4 - Feb 1	M	11:30am - 12:15pm	5/$46.25	146950
Feb 22 - Mar 8	M	11:30am - 12:15pm	3/$27.75	146952

CRAFTING CORNER (3yrs - 5yrs)

Let your little one's creativity shine in Crafting Corner! Children will explore a variety of fun, hands-on art and craft projects using paints, paper, glue, natural materials, and more. Through cutting, sticking, building, and creating, participants will develop fine motor skills, imagination, and self-expression while making unique masterpieces to take home.

Abbotsford Recreation Centre

Jan 5 - Feb 2	Tu	9am - 9:45am	5/$46.25	147300
Feb 16 - Mar 9	Tu	9am - 9:45am	4/$37	147301

SENSORY ART (3yrs - 5yrs)

Discover, create, and explore through the senses! Sensory Art provides hands-on sensory experiences designed for curious young minds. This playful program encourages exploration, discovery, and artistic expression in a fun and supportive environment.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Th	9am - 9:45am	5/$46.25	147303
Feb 18 - Mar 11	Th	9am - 9:45am	4/$37	147304

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



PARENT PARTICIPATION GUIDELINES

INFANT & TODDLER PROGRAMS (NB - 3yrs)

Parent Participation Required:
One parent or caregiver (16+) must attend and participate with each registered child throughout the program. All children in the program space must be registered participants.

Please Note: Limited to one parent/caregiver per child.

PRESCHOOL & SCHOOL-AGE PROGRAMS (3yrs+)

Independent Participation:
Children participate on their own to build confidence and independence. Parents/caregivers are asked to remain outside the program area and return for pick-up at the end of class.

Support Needs:
If your child requires accommodations or additional support, please contact **communityrecreation@abbotsford.ca** before the program starts.

STORYBOOK ADVENTURE (1.5yrs - 5yrs)

NEW

Join us as beloved stories come to life through movement, music, crafts, sensory play, and imaginative adventures. Each week features a new book-inspired experience designed to encourage early literacy, creativity, and joyful learning. Parent participation required for 1.5yrs - 3yrs classes.

Matsqui Recreation Centre

1.5yrs - 3yrs

Jan 4 - Feb 1	M	9:45am - 10:15am	5/$38.50	148231
Feb 22 - Mar 8	M	9:45am - 10:15am	3/$23.10	148235

3yrs - 5yrs

Jan 4 - Feb 1	M	10:30am - 11:15am	5/$46.25	148234
Feb 22 - Mar 8	M	10:30am - 11:15am	3/$26.85	148236

Abbotsford Recreation Centre

1.5yrs - 3yrs

Jan 8 - Mar 5	F	10:15am - 10:45am	5/$38.50	148237
Feb 19 - Mar 12	F	10:15am - 10:45am	4/$30.80	148235

3yrs - 5yrs

Jan 8 - Mar 5	F	11am - 11:45am	5/$46.50	148239
Feb 19 - Mar 12	F	11am - 11:45am	4/$37	148240

FUN FOR KIDS, TIME FOR YOU

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

recreation connect

CONNECT TO EARLY YEARS PROGRAMS

ARTS & CULTURE

DANCE

TINY DANCERS (1.5 yrs - 3yrs)

Jump, twirl, and dance the day away! Tiny Dancer encourages children to explore movement through music, imagination, and play. Little ones will build coordination, confidence, and creativity in a fun and supportive environment. Parent participation is required.

Abbotsford Recreation Centre

Jan 4 - Feb 2	Tu	3:30pm - 4pm	5/$38.50	147698
Feb 16 - Mar 9	Tu	3:30pm - 4pm	4/$30.80	148045

LITTLE DANCERS (3yrs - 5yrs)

Ready to dance, move, and play? Participants will explore music, movement, and creative expression through engaging games, activities, and dance-inspired adventures. Children will build confidence, coordination, and social skills while having fun and making new friends.

Abbotsford Recreation Centre

Jan 4 - Feb 2	Tu	4:15pm - 5pm	5/$46.25	147699
Feb 16 - Mar 9	Tu	4:15pm - 5pm	4/$37	148046

Matsqui Recreation Centre

Jan 9 - Feb 6	Sa	9am - 9:45am	5/$46.25	147708

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.

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HOBBIES & INTERESTS

SCIENCE EXPLORATION

MAD SCIENCE (3yrs - 5yrs)

Get ready to mix, test, and discover! Young scientists will explore the world of science through hands-on experiments, exciting reactions, and sometimes a little mess along the way. From fizzing concoctions to surprising transformations, each class encourages curiosity, creativity, and a love of learning in a fun and supportive environment.

Abbotsford Recreation Centre

Jan 6 - Feb 10	W	4pm - 4:45pm	5/$46.25	147720





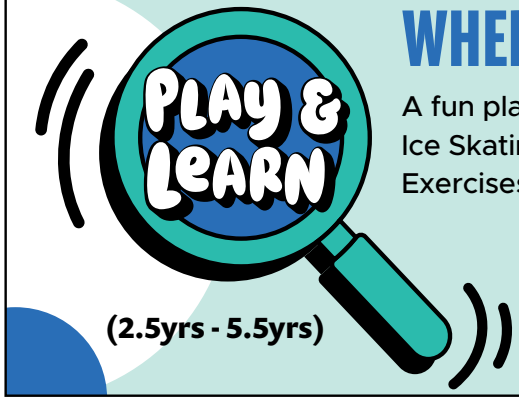
COOKING

L'IL CHEFS (3yrs - 5yrs)

Does your child love helping in the kitchen? L'il Chefs introduces young cooks to basic kitchen skills through simple, hands-on recipes and activities. Participants will practice kitchen hygiene, learn how to safely use age-appropriate kitchen tools, and create tasty treats to take home and enjoy.

Abbotsford Recreation Centre

Feb 18 - Mar 11	Th	10:15am - 11am	4/$44.60	148050



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

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

INTERACTIVE WORKSHOPS

FROSTY FRIENDS (3yrs - 5yrs)

Join us for a chilly celebration of all things winter! Participants will create, play, and explore through themed crafts, games, stories, and sensory activities inspired by snowy days, winter animals, and frosty fun.

Abbotsford Recreation Centre

Jan 22	F	12:15pm - 1:15pm	1/$15.45	148058

Matsqui Recreation Centre

Jan 27	W	11:30am - 12:30pm	1/$15.45	148059

VALENTINE VENTURES (3yrs - 5yrs)

Celebrate Valentine's Day through friendship, creativity, and play! Children will enjoy heartwarming stories, festive crafts, games, and hands-on activities while exploring kindness, sharing, and making special Valentine's creations to take home.

Abbotsford Recreation Centre

Feb 12	F	12:15pm - 1:15pm	1/$15.45	148060

Matsqui Recreation Centre

Feb 10	W	11:30am - 12:30pm	1/$15.45	148061

FOSSIL HUNTERS (3yrs - 5yrs)

Join us for a prehistoric adventure! Young explorers will dig for fossils, discover dinosaurs, and uncover clues from the past through hands-on activities, games, and imaginative play. This interactive workshop encourages curiosity, exploration, and a love of science in a fun and engaging environment.

Abbotsford Recreation Centre

Mar 12	F	12:15pm - 1:15pm	1/$15.45	148253

Matsqui Recreation Centre

Mar 10	W	11:30am - 12:30pm	1/$15.45	148252

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MUSIC & MAGIC

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 mandatory Music Together Course Materials and Semester Fees $60 - 1 required per family.

Abbotsford Recreation Centre

Jan 13 - Mar 10	W	9am - 9:45am	9/$108	148177
Jan 13 - Mar 10	W	10am - 10:45am	9/$108	148178
Jan 14 - Mar 11	Th	11:45am - 12:30pm	9/$108	148179

SPORTS

SPORTS & ACTIVE PLAY

RUMBLE TUMBLE 1 & 2 (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

Jan 4 - Feb 1	M	9am - 9:30am	5/$34.50	148127
Feb 22 - Mar 8	M	9am - 9:30am	3/$20.70	148129

3yrs - 5yrs

Jan 4 - Feb 1	M	9:45am - 10:30am	5/$39.25	148130
Feb 22 - Mar 8	M	9:45am - 10:30am	3/$23.55	148132

TOT FLOOR HOCKEY (3yrs - 5yrs)

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

Abbotsford Recreation Centre

Jan 4 - Feb 1	M	11am - 11:45am	5/$39.25	148133
Feb 22 - Mar 8	M	11am - 11:45am	3/$23.55	148135

TOT MULTISPORT (3yrs - 5yrs)

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

Abbotsford Recreation Centre

Jan 6 - Feb 3	W	3:45pm - 4:30pm	5/$39.25	148453
Feb 17 - Mar 10	W	3:45pm - 4:30pm	4/$31.40	148454

TOT SOCCER (3yrs - 5yrs)

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

Abbotsford Recreation Centre

Jan 4 - Feb 1	M	12pm - 12:45pm	5/$39.25	148137
Feb 22 - Mar 8	M	12pm - 12:45pm	3/$23.55	148138

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

Jan 9 - Feb 6	Sa	1pm - 2pm	5/$45	148424
Feb 20 - Mar 13	Sa	1pm - 2pm	4/$36	148425



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CONNECT TO SPRING BREAK PROGRAMS



SPRING BREAK CAMPS

ABBOTSFORD RECREATION CENTRE
MATSQUI RECREATION CENTRE

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm



PRESCHOOL CAMPS

ARC SPRING BREAK CAMP (3yrs - 5yrs)

Lil' Adventurers Camp is a short and sweet introduction to camp life, perfect for preschoolers. Each day includes simple games, music, crafts, stories, and plenty of playtime in a safe and nurturing environment. Campers will explore new themes, practice sharing and teamwork, and build confidence while having fun with new friends.

Abbotsford Recreation Centre

Mar 15 - 19	F	11:30am - 1:30pm	5/$112.50	148163
Mar 22 - 25	F	11:30am - 1:30pm	4/$90	148164

BEFORE & AFTER CARE



Available for all full day (9am - 4pm) camps located at Abbotsford Recreation Centre.

ARC FULL DAY CAMPS BEFORE & AFTER CARE

Before Care	M - F	8am - 9am
After Care	M - F	4pm - 5pm

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

MARCH 15 - 25

SPRING DAZE 2027



SCHOOL-AGED CAMPS

MRC NEIGHBOURHOOD SPRING BREAK CAMP (7yrs - 12yrs)

Campers will spend part of the day on the turf field playing group games and trying out a variety of sports, then head to the pool for swim time from 1:00–3:00 PM. This high-energy camp is all about teamwork, staying active, and having fun with friends.

Matsqui Recreation Centre

Mar 15 - 19	M - F	9am - 4pm	5/$172.50	148165
Mar 22 - 25	M - Th	9am - 4pm	4/$138	148166

ARC NEIGHBOURHOOD SPRING BREAK CAMP (5yrs - 12yrs)

Join us for all day camp and enjoy activities such as active outdoor games, arts & crafts, science experiments, nature walks & much, much more! This is the camp designed with your child in mind! Before and after care available.

Abbotsford Recreation Centre

CAMP A | 5yrs - 8yrs

Mar 15 -19	M - F	9am - 4pm	5/$172.50	148167
Mar 22 - 25	M - Th	9am - 4pm	4/$138	148168

CAMP B | 5yrs - 8yrs

Mar 15 -19	M - F	9am - 4pm	5/$172.50	148175
Mar 22 - 25	M - Th	9am - 4pm	4/$138	148176

9yrs - 12yrs

Mar 15 - 19	M - F	9am - 4pm	5/$172.50	148169
Mar 22 - 25	M - Th	9am - 4pm	4/$138	148170

ULTIMATE SPORTS CAMP (7yrs - 12yrs)

Is your camper looking for the ultimate week of fun? This week will be full of non-stop action with new games, classic games and sports. There will be plenty of running, tagging, and laughing. We'll take breaks with other recreational activities and swimming! Before and aftercare available.

Abbotsford Recreation Centre

Mar 15 - 19	M - F	9am - 4pm	5/$172.50	148171
Mar 22 - 25	M - Th	9am - 4pm	4/$138	148172

SPLASH OF CREATIVITY (7yrs - 12yrs)

Join us for specialty arts & craft projects, swimming, and active outdoor games. This camp is designed for swimming and craft lovers in mind! Before and after care available.

Abbotsford Recreation Centre

Mar 15 - 19	M - F	9am - 4pm	5/$205	148173
Mar 22 - 25	M - Th	9am - 4pm	4/$164	148174

YOUNG MOVIE MAKERS (8yrs - 14yrs)

Young Moviemakers is an award-winning acting and video production program for children and youth ages 8-14. Participants learn the importance of visual storytelling, script writing, acting, editing and more, through the creation and production of a short film. While no experience is required, returning students are welcomed! www.youngmoviemakers.ca

Abbotsford Exhibition Park - Gallery

Mar 15 - 19	M - F	9am - 3pm	5/$400	148192

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 (6yrs - 12yrs)

Do you love art and are looking for fun ways to be creative? Join our Adapted Art Zone program where we engage in a variety of arts, crafts and more! This is an art-based recreation program open for participants with disabilities. Staff ratios are kept at 1:3.

Abbotsford Recreation Centre

Jan 9 - Feb 6	Sa	10:45am - 11:45am	5/$65.25	147297
Feb 20 - Mar 13	Sa	10:45am - 11:45am	4/$52.20	147299

CRAFTING CORNER (6yrs - 12yrs)

Get creative at Crafting Corner! Kids will explore a variety of fun, hands-on crafts while using their imagination, learning new skills, and creating unique projects to take home. Participants will have the opportunity to experiment with different materials and create something new each week.

Abbotsford Recreation Centre

Jan 5 - Feb 2	Tu	5:15pm - 6:15pm	5/$55.75	147768
Feb 16 - Mar 9	Tu	5:15pm - 6:15pm	4/$44.60	147771

DIY PROJECTS FOR BEGINNERS (8yrs - 12yrs)

Get creative and build something unique in our DIY Projects Program! Participants will explore fun, hands-on crafts and maker activities while learning new skills, expressing their creativity, and taking home their own completed projects. Perfect for all skill levels, this program encourages imagination, problem-solving, and fun.

Abbotsford Recreation Centre

Jan 6 - Feb 3	W	5:15pm - 6:15pm	5/$55.75	147764
Feb 17 - Mar 10	W	5:15pm - 6:15pm	4/$44.60	147765

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

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

Abbotsford Recreation Centre

Jan 10 - Feb 7	Su	1pm - 2pm	5/$55.75	146965
Feb 21 - Mar 14	Su	1pm - 2pm	4/$44.60	146966

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

HOMESCHOOL ART (5yrs - 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

5yrs - 8yrs

Jan 6 - Feb 3	W	11:30am - 12:30pm	5/$55.75	147288
Feb 17 - Mar 10	W	11:30am - 12:30pm	4/$44.60	147289

9yrs - 12yrs

Jan 6 - Feb 3	W	12:45pm - 1:45pm	5/$55.75	147291
Feb 17 - Mar 10	W	12:45pm - 1:45pm	4/$44.60	147290

KIDS ART CLUB (5yrs - 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

5yrs - 8yrs

Jan 9 - Feb 6	Sa	12:15pm - 1:15pm	5/$55.75	147293
Feb 20 - Mar 13	Sa	12:15pm - 1:15pm	4/$44.60	147294

9yrs - 12yrs

Jan 9 - Feb 6	Sa	1:30pm - 2:30pm	5/$55.75	147295
Feb 20 - Mar 13	Sa	1:30pm - 2:30pm	4/$44.60	147296

PAINTING FOR BEGINNERS (6yrs - 12yrs)

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

Abbotsford Recreation Centre

Jan 10 - Feb 7	Su	2:15pm - 3:15pm	5/$55.75	146967
Feb 21 - Mar 14	Su	2:15pm - 3:15pm	4/$44.60	146968

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

Jan 10 - Feb 7	Su	4pm - 5pm	5/$55.75	146978
Feb 21 - Mar 14	Su	4pm - 5pm	4/$44.60	146971





ART WORKSHOPS

K-POP ZINE WORKSHOP (5yrs - 8yrs)

Create your own K-pop-inspired mini magazine! Kids will design colorful pages featuring favorite music, fashion, drawings, stickers, and creative collages. This fun art workshop encourages self-expression, imagination, and creativity while exploring the exciting world of K-pop. No experience needed!

Abbotsford Recreation Centre

Jan 8	F	5:15pm - 7:15pm	1/$22.30	147838

SEWING - CREATE YOUR OWN STUFFY! (9yrs - 12yrs)

Learn basic hand-sewing skills while creating their own stuffed bunny. Participants will stitch, decorate, and personalize their creations for a special keepsake.

Abbotsford Recreation Centre

Jan 29	F	5:15pm - 8:15pm	1/$33.45	147837

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

Feb 5	F	5:15pm - 7:15pm	1/$22.30	146953

POLYMER CLAY KEYCHAIN AND TOTE BAG DESIGN STUDIO (9yrs - 12yrs)

Get creative in this fun mixed-media workshop! Kids will design and decorate their own tote bag and create a unique polymer clay keychain to match. Using colorful art materials and plenty of imagination, participants will make personalized accessories while exploring creativity, self-expression, and hands-on crafting.

Abbotsford Recreation Centre

Feb 26	F	5:15pm - 8:15pm	1/$33.45	147839

recreation connect

CONNECT TO CHILDREN'S PROGRAMS

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

CAMPS

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

Join us for Pro-D Day camp and enjoy activities such as active outdoor/indoor games, arts & crafts, science experiments and much more! Please bring a nut-free lunch, healthy snacks, water bottle, change of clothing, weather appropriate outdoor clothing as camps will play outside.

Abbotsford Recreation Centre

5yrs - 8yrs

Feb 12	F	9am - 4pm	1/$46.50	146871

9yrs - 12yrs

Feb 12	F	9am - 4pm	1/$46.50	146872

Matsqui Recreation Centre

7yrs - 12yrs

Feb 12	F	9am - 4pm	1/$46.50	146874

PRO-D DAY CAMPS!



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

WINTER FEST

DEC 21 - JAN 1

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



Be part of the holiday magic at

Abbotsford Recreation Centre & Matsqui Recreation Centre

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

YOUNG MOVIE MAKERS (8yrs - 14yrs)

Participants develop storytelling, scriptwriting, acting, filming, and editing skills while creating a short film. No experience is required, and returning students are welcome. Learn more at www.youngmoviemakers.ca.

Abbotsford Exhibition Park - Ag Rec Gallery

Dec 21 - 24	M-Th	9am - 3pm	4/$320	148224
Dec 28 - 31	M-Th	9am - 3pm	4/$320	148225

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

recreation connect

CONNECT TO CHILDREN'S PROGRAMS

ARTS & CULTURE

DANCE

DANCE FUSION (6yrs - 10yrs)

Explore a variety of dance styles through upbeat music, fun activities, and beginner choreography. Participants will build confidence, coordination, rhythm, and creativity while expressing themselves through movement in a supportive recreational environment.

Abbotsford Recreation Centre

Jan 5 - Feb 2	Tu	5:15pm - 6:15pm	5/$55.75	147703
Feb 16 - Mar 9	Tu	5:15pm - 6:15pm	4/$46.60	148047

Matsqui Recreation Centre

Jan 9 - Feb 6	Sa	10am - 11am	5/$55.75	147719
Feb 20 - Mar 13	Sa	10am - 11am	4/$44.60	148049

L'IL CHEER & SPIRIT (5yrs - 8yrs)

NEW

L'il Cheer & Spirit is a fun and welcoming introduction to cheer and movement. Children will explore basic cheer-inspired activities, simple routines, active games, and team-building exercises while building confidence and social skills. This recreational program focuses on participation, creativity, and fun in a supportive environment where everyone can shine. No experience necessary!

Abbotsford Recreation Centre

Jan 8 - Feb 5	F	4pm - 5pm	5/$55.75	147730
Feb 19 - Mar 12	F	4pm - 5pm	4/$46.50	148051

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.

HOBBIES & INTERESTS



COOKING

BAKING BASICS (5yrs - 12yrs)

Whisk, mix, and bake your way through Baking Basics! Designed for beginners, this hands-on program introduces young bakers to essential kitchen skills through easy-to-follow recipes and fun baking activities. Participants will gain confidence in the kitchen while enjoying their homemade creations.

Abbotsford Recreation Centre

5yrs - 8yrs

Feb 18 - Mar 11	Th	4pm - 5:30pm	4/$67	148052

9yrs - 12yrs

Feb 18 - Mar 11	Th	6pm - 7:30pm	4/$67	148053

KIDS NIGHT OUT!

Need a night off? We've got you covered!

Kids Night Out is the perfect evening for children to enjoy games, swimming, pizza, and themed activities while parents take a well-deserved break. Each event features a different theme and plenty of opportunities to make new friends while having fun.

WINTER GAMES NIGHT!

Join us for a winter-themed Kids Night Out packed with team challenges, snowy games, swimming, pizza, and fun. Earn points, cheer on your teammates, and compete for the chance to become the ultimate Winter Games Champion!

Abbotsford Recreation Centre

Jan 15	F	6pm - 9pm	1/$26.10	147726



GLOW PARTY!

Join us for a neon-filled night of fun featuring a glow-themed craft, exciting games, swimming, pizza, music, and plenty of opportunities to shine. Wear your brightest colours as you make new friends, stay active, and enjoy a glowing celebration packed with fun and laughter in a safe and supervised environment.

Abbotsford Recreation Centre

Feb 19	F	6pm - 9pm	1/$26.10	147728

MINUTE TO WIN IT CHALLENGE!

Think you've got what it takes? Join us for an action-packed Minute to Win It Challenge Night featuring fast-paced games, one-minute challenges, swimming, pizza, and plenty of laughs. Race against the clock, earn points, and cheer on your friends in a fun-filled evening of friendly competition and excitement!

Matsqui Recreation Centre

Jan 29	F	6pm - 9pm	1/$26.10	147727

SPRING SPLASH BASH!

Grab your friends and join us for a party-filled evening featuring swimming, pizza, games, and spring-inspired activities. With tons of fun, plenty of laughs, and exciting challenges led by our recreation staff, this is one spring celebration you won't want to miss

Matsqui Recreation Centre

Mar 12	F	6pm - 9pm	1/$26.10	147729

recreation connect

CONNECT TO CHILDREN'S PROGRAMS

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



HOBBIES & INTERESTS

INTERACTIVE WORKSHOPS

Join us for fun-filled themed workshops that encourage creativity, problem-solving, and self-expression. Each one-hour session features hands-on activities and exciting challenges centered around a unique theme.

FASHION STUDIO (6yrs - 10yrs)

Design your own wearable creations! Participants will create personalized accessories and charms using a variety of fun materials and designs. A perfect workshop for kids who love crafting, creativity, and making something uniquely their own.

Abbotsford Recreation Centre

Jan 24	Su	11:30am - 12:30pm	1/$15.45	148056

Matsqui Recreation Centre

Jan 31	Su	10:30am - 11:30am	1/$15.45	148057

ESCAPE ROOM CHALLENGE (6yrs - 10yrs)

Can your team beat the clock? Put your problem-solving skills to the test as you work together to uncover clues, solve puzzles, crack codes, and complete challenges before time runs out. This fast-paced workshop encourages teamwork, critical thinking, and creativity as participants race against the clock to escape!

Abbotsford Recreation Centre

Feb 17	W	4:30pm - 5:30pm	1/$15.45	148054

Matsqui Recreation Centre

Feb 18	Th	1pm - 2pm	1/$15.45	148055

MUSIC & MAGIC

MAKING MAGIC TRICKS (8yrs - 12yrs)

Discover the magic with Paul Albertson in this exciting 5-week hands-on program! Participants will create and learn to perform amazing magic tricks, enjoy magic games and optical illusion puzzles, and build a new trick each week to take home. The program wraps up with a special magic show and party. Space is limited to 12 children, so register early before the spots disappear! (No Class on Feb 15).

Abbotsford Recreation Centre

Feb 1 - Mar 8	M	3:30pm - 5pm	5/$175	148255

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

SCIENCE EXPLORATION

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

Over five hands-on sessions, kids will create five exciting games using Scratch, including arcade, physics, and adventure challenges. In the final class, they'll design and code their own original game. Perfect for beginners, with no homework required. Participants must bring their own laptop.

Abbotsford Recreation Centre

Jan 5 - Feb 2	T	5pm - 6:30pm	5/$189	148062
Feb 9 - Mar 9	T	5pm - 6:30pm	5/$189	148063

SCIENCE LAB JR.

Calling all curious minds! Step into the Science Lab and explore the wonders of science through hands-on experiments, exciting challenges, and interactive activities. Participants will investigate how things work, test new ideas, and make discoveries while building curiosity, creativity, and problem-solving skills in a fun and supportive environment.

Abbotsford Recreation Centre

Jan 6 - Feb 3	W	5:15pm - 6:15pm	5/$54	147721

SCIENCE LAB (9yrs - 12yrs)

Ready to think, test, and discover? Science Lab invites participants to explore scientific concepts through engaging experiments, investigations, and hands-on challenges. From testing hypotheses to exploring real-world science, participants will develop critical thinking skills, creativity, and confidence while having fun and making exciting discoveries.

Abbotsford Recreation Centre

Jan 6 - Feb 3	W	6:45pm - 7:45pm	5/$54	147722

YOUNG INNOVATORS ROBOTICS LAB: BUILD A MOTORIZED DISK LAUNCHER (6yrs - 9yrs)

Ever wondered how a machine can load, aim, and launch on its own? In this hands-on STEM course, participants build a motorized disk launcher while exploring gears, motors, energy, and gravity. Includes a take-home kit with launcher, motor, gears, battery, and discs to keep the learning going.

Abbotsford Recreation Centre

Jan 30 - Mar 6	Sa	4:30pm - 6pm	5/$265	148065



YOUNG INNOVATORS ROBOTICS LAB: DESIGN & 3D PRINT YOUR OWN CUSTOM RACE CAR (7yrs - 14yrs)

What if your child could design and build their own car? In this hands-on course, participants use 3D design software to create custom car bodies, spoilers, and parts from scratch. Make real design decisions, bring ideas to life, and take home a unique, one-of-a-kind car they built themselves.

Abbotsford Recreation Centre

Jan 30 - Mar 6	Sa	2:45pm - 4:15pm	5/$235	148064

TRANSLATION

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

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



SPORTS

SPORTS & ACTIVE PLAY

ABBY JUNIOR BOXING (6yrs - 11yrs)

This non-contact boxing class consists of cardio, circuit training, technical boxing and core exercises. Participants will learn proper stance, various punch combinations and defense moves. Each class is for all levels from beginners to advanced. Equipment not included.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Th	3:15pm - 4:15pm	5/$75	148156
Feb 18 - Mar 11	Th	3:15pm - 4:15pm	4/$60	148157

FIRST TEE GOLF (6yrs - 10yrs)

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

Abbotsford Exhibition Park - Ag Rec Building

Jan 5 - Feb 2	Tu	5:30pm - 6:30pm	5/$43.50	148144
Feb 16 - Mar 9	Tu	5:30pm - 6:30pm	4/$34.80	148145

FLOOR HOCKEY (5yrs - 12yrs)

Join us for some fun floor hockey! Learn and develop the ABCs of movement: agility, balance, coordination and speed, as well as running, passing, twisting and shooting through fun games and activities.

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 5 - Feb 2	Tu	4:45pm - 5:45pm	5/$43.50	148139
Feb 16 - Mar 9	Tu	4:45pm - 5:45pm	4/$34.80	148140

9yrs - 12yrs

Jan 5 - Feb 2	Tu	6pm - 7pm	5/$43.50	148142
Feb 16 - Mar 9	Tu	6pm - 7pm	4/$34.80	148143

INTRO TO SKIPPING (5yrs - 12yrs)

This program is designed to teach children the FUNdamental movement skills, coordination, and rhythm required for skipping in a fun, supportive and active environment.

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 8 - Feb 5	F	4:45pm - 5:45pm	5/$43.50	149235
Feb 19 - Mar 12	F	4:45pm - 5:45pm	4/$34.80	149236

9yrs - 12yrs

Jan 8 - Feb 5	F	6pm - 7pm	5/$43.50	149237
Feb 19 - Mar 12	F	6pm - 7pm	4/$34.80	149238

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

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

Jan 7 - Mar 4	Th	4:45pm - 5:45pm	9/$144	148160

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

Jan 6 - Feb 3	W	4:45pm - 5:45pm	5/$43.50	148455
Feb 17 - Mar 10	W	4:45pm - 5:45pm	4/$34.80	148456

9yrs - 12yrs

Jan 6 - Feb 3	W	6pm - 7pm	5/$43.50	148457
Feb 17 - Mar 10	W	6pm - 7pm	4/$34.80	148458

NINJA TRAINING FOR BEGINNERS (5yrs - 8yrs)

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

Abbotsford Recreation Centre

Jan 9 - Feb 6	Sa	2:30pm - 3:15pm	5/$39.25	148154
Feb 20 - Mar 13	Sa	2:30pm - 3:15pm	4/$31.40	148155

PE FOR HOMESCHOOL (5yrs - 12yrs)

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

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 6 - Feb 3	W	10:15am - 11:15am	5/$43.50	148146
Feb 17 - Mar 10	W	10:15am - 11:15am	4/$34.80	148147

9yrs - 12yrs

Jan 6 - Feb 3	W	11:30am - 12:30pm	5/$43.50	148148
Feb 17 - Mar 10	W	11:30am - 12:30pm	4/$34.80	148149

SOCCER (5yrs - 12yrs)

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

Abbotsford Recreation Centre

5yrs - 8yrs

Jan 7 - Feb 4	Th	4:45pm - 5:45pm	5/$43.50	148150
Feb 18 - Mar 11	Th	4:45pm - 5:45pm	4/$34.80	148151

9yrs - 12yrs

Jan 7 - Feb 4	Th	6pm - 7pm	5/$43.50	148152
Feb 18 - Mar 11	Th	6pm - 7pm	4/$34.80	148153

BIRTHDAY PARTIES

BOOK YOUR EPIC REC PARTY TODAY!



FUN ZONE

Abbotsford Recreation Centre OR Abbotsford Exhibition Park

Celebrate big and play even bigger! Make your child's special day one to remember with a Fun Zone Birthday Party. Enjoy exclusive access to a party room, a selection of exciting toys and games, and an inflatable bouncy castle for lots of active fun. We provide the space for unforgettable memories while you focus on celebrating!

MRC SUPER SPLASH

Matsqui Recreation Centre

Make waves on your special day! Dive into a birthday celebration packed with fun at Matsqui Recreation Centre. Start the party with one hour in a private party room for games, cake, and celebrations, then head to the pool for a splashing good time with family and friends. It's the perfect recipe for a birthday filled with laughter, excitement, and unforgettable memories.

ARC SUPER SKATE

Abbotsford Recreation Centre

Glide into the ultimate birthday celebration! Treat your child and their friends to a fun-filled skating adventure at Abbotsford Recreation Centre. Party guests will enjoy one hour on the Ice Experience followed by one hour in a private party room to celebrate, enjoy treats, and make lasting memories. It's the perfect combination of excitement on the ice and birthday fun with friends!

PACKAGE 1
1-12 CHILDREN
$143

PACKAGE 2
13-16 CHILDREN
$165

PACKAGE 3
17-20 CHILDREN
$187

PACKAGE 4
21-24 CHILDREN
$209

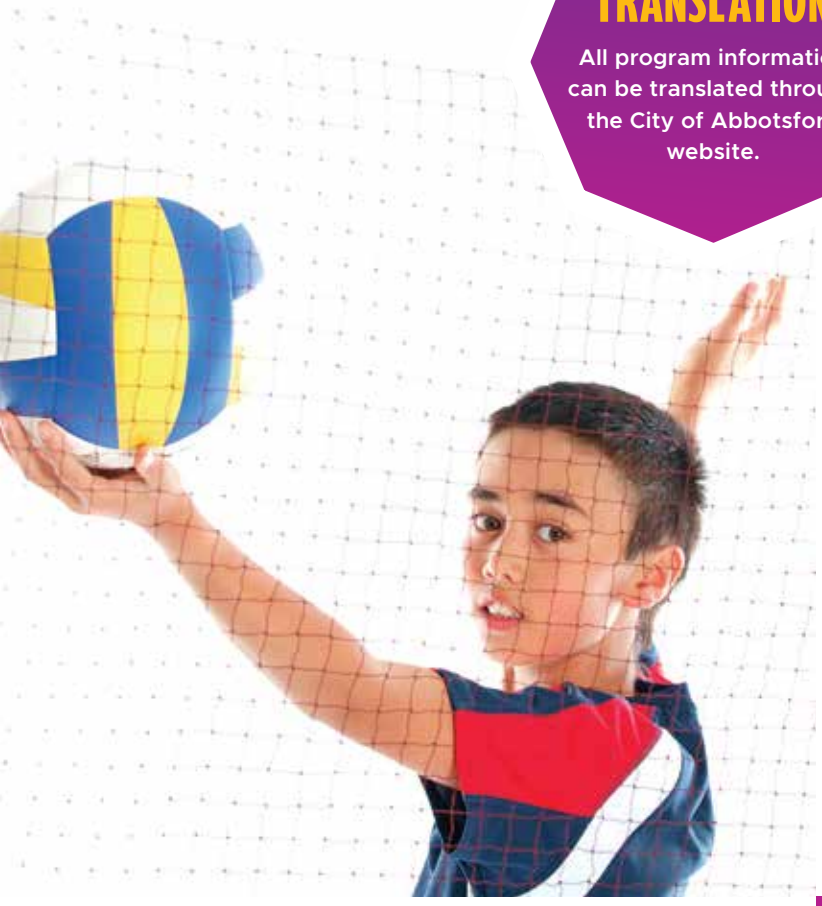
* EXTRA CHILD FEE $ 8.10

DIRECT2REC.COM

Email party@abbotsford.ca

TRANSLATION

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



FITNESS

MATSQUI RECREATION CENTRE
ABBOTSFORD 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 13yrs - 15yrs.

Matsqui Recreation Centre

Jan 4 - Mar 22	M	4pm - 5pm	1/$15.65

Abbotsford Recreation Centre

Jan 5 - Mar 23	T	5:15pm - 6:15pm	1/$15.65
Jan 6 - Mar 24	W	3:15pm - 4:15pm	1/$15.65
Jan 2 - Mar 27	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

Jan 7 - Mar 4	Th	6pm - 7pm	9/$144	148161

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

Abbotsford Recreation Centre

Jan 11 - Mar 8	M	3:15pm - 4:15pm	8/$67.20	147529
Jan 14 - Mar 11	Th	3:30pm - 4:30pm	9/$75.60	147531
Jan 15 - Mar 12	F	3:15pm - 4:15 pm	9/$75.60	147530

FITNESS
ABBOTSFORD RECREATION CENTRE

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.
Fitness Intensity: 2-3

Abbotsford Recreation Centre

Jan 9 - Mar 13	Sa	12:30pm - 1:30pm	9/$75.60	147309
Jan 12 - Mar 11	Tu	3pm - 4pm	9/$75.60	147394
Jan 14 - Mar 11	Th	4pm - 5pm	9/$75.60	147404



SPORTS
ABBOTSFORD RECREATION CENTRE

BC BOUNCE (Grades K - 8)
Mondays will be SKILL building sessions where participants will be learning the skills related to basketball - layups, shooting, ball handling, dribbling and passing. Saturdays will be GAME days using short-sided games to teach the skills necessary to play 5 on 5 basketball. Short-sided games include 2 on 1, 2 on 2, 3 on 2, 4 on 4 and 5 on 5.

Abbotsford Recreation Centre

M/Sa	4pm - 7pm



SPORTS
ABBOTSFORD RECREATION CENTRE

ABBY YOUTH BOXING (12yrs - 17yrs)
This non-contact boxing class consists of cardio, circuit training, technical boxing and core exercises. Participants will learn proper stance, various punch combinations and defense moves. Each class is for all levels from beginners to advanced. Equipment not included.

Abbotsford Recreation Centre

Jan 7 - Feb 4	Th	4:30pm - 5:30pm	5/$75	148158
Feb 18 - Mar 11	Th	4:30pm - 5:30pm	4/$60	148159





recreation connect

CONNECT TO YOUTH PROGRAMS

ABBOTSFORD YOUTH COMMISSION

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

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

YOUTH DROP-IN

FREE AYC PROGRAMS

Open to youth at both recreation centres.

MON – THURS 2:30 - 4:30 PM

FRIDAY 2:30 - 6:00 PM

Abbotsford Recreation Centre
2499 McMillan Road

Matsqui Recreation Centre
3106 Clearbrook Road

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. We have video games, pool tables, 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

YCLT - YOUTH CENTRE LEADERSHIP TEAM (12yrs - 18yrs)

This group meets once a week at each youth centre to learn new leadership skills, meet new friends and have a say about what activities happen in our youth centres. Wednesdays 4:30-5:30pm at both youth centres! Contact us for information on dates and times.

FREE DINNER NIGHTS (12yrs - 18yrs)

Once a month at our AYC youth centres we host a 'family style' sit down dinner. Youth help prepare and serve the dinners. Check out our website for dates and times.



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

INVOLVED

Looking for Volunteer Hours? Get Involved.

Volunteer opportunities for youth 12yrs - 18yrs, sent right to your inbox. Involved is a program that exists to connect, provide, and support the youth of Abbotsford with community organizations with volunteer opportunities.

Sign up today at **www.abbyyouth.com/involved** and we'll email you volunteer opportunities as they become available.

VOLUNTEERING EVENTS

YOUTH IN COMMUNITY: FOOD BANK VOLUNTEERING (12yrs - 18yrs)

Join AYC for a meaningful afternoon of giving back by volunteering at the Archway Food Bank Warehouse. Youth will help support local families through tasks such as sorting, packing, and organizing food donations. This is a great opportunity to make a direct impact in our community while earning volunteer hours.

Archway Food Bank Warehouse
Unit 4 - 2650 Progressive Way

Jan 21	Th	4pm - 6pm	1/$10

Complete the whole event and receive a $10 gift card

INTERGENERATIONAL CONNECTION: VALENTINES EVENT (12yrs - 18yrs)

Come volunteer with the AYC at our Valentines Event. The AYC is hosting a meal with the 55+ group at the MRC Seniors Centre. Volunteers will get the wonderful opportunity to help prepare a meal, serve and connect with the 55+ group throughout this intergenerational event. Come gain volunteer hours in a supportive, inclusive environment and help make a positive difference in your community!

MRC Seniors Centre @ 3106 Clearbrook Road

Feb 2	Tu	3:30pm - 6:30pm	1/$10

Complete the whole event and receive a $10 gift card

YOUTH IN COMMUNITY: URBAN FARM VOLUNTEERING (12yrs - 18yrs)

Join AYC for a hands-on afternoon of giving back at Archway Urban Farm! Youth will help with seasonal farm tasks while learning about growing food and supporting local food security. Get outdoors, make a difference, and earn volunteer hours.

Archway Urban Farm, 1356 Sumas Way

Mar 13	Sa	10am - 12pm	1/$10

Complete the whole event and receive a $10 gift card

REGISTERED PROGRAMS

YOUTH NIGHT (12yrs - 16yrs)

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

Various Locations

Jan 19 - Mar 11	Tu/Th	7pm - 8:30pm	8/$50

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

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

ARC Youth Centre

Jan 20 - Mar 3	W	5:45pm - 7pm	7/$40

LEAD - LEAD, EXPLORE AND DEVELOP (14yrs - 18yrs)

Youth will learn leadership skills through helping to plan and deliver an event during BC Youth Week May 1 - 7. Each participant will receive a certificate and t-shirt.

ARC Youth Centre

Apr 8 - 29	Th	4:30pm - 5:30pm	5/$50

Plus one event day during B.C. Youth Week May 1 - 7

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

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

ARC Youth Centre

Jan 23	Sa	9am - 4pm	1/$65
Feb 12	F	9am - 4pm	1/$65
Mar 22	M	9am - 4pm	1/$65
Apr 23	F	9am - 4pm	1/$65
May 21	F	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.

MRC Youth Centre

Jan 23	Sa	9am - 5pm	1/$80
Feb 12	F	9am - 5pm	1/$80
Mar 22	M	9am - 5pm	1/$80
Apr 23	F	9am - 5pm	1/$80
May 21	F	9am - 5pm	1/$80

FOR MORE INFO

778.880.8559
208 - 33355 Bevan Ave
info@abbyyouth.com

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

Abbotsford YOUTH COMMISSION
abbyyouth.com

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

ART WORKSHOP: PRINT MAKING WITH LINOLEUM (18yrs+)

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

Mar 5	F	5:15pm - 7:15pm	1/$27.10	147840

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

Jan 22	F	5:15pm - 7:15pm	1/$27.10	146868
Feb 19	F	5:15pm - 7:15pm	1/$27.10	146869
Mar 19	F	5:15pm - 7:15pm	1/$27.10	146870



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



FITNESS & WELLNESS

AQUATICS

MASTERS SWIM

Calling all triathletes, past competitive swimmers and recreational swimmers who want a great workout; our Master Swim program is a swim practice that is designed to develop general strength, cardiovascular fitness and endurance. Each practice is led by an experienced coach and designed for those with past experience with swimming as well as those who love to swim for fitness. Program does not run on STAT holidays. No Session February 15. Drop in Fee = $13.15/session | Season Registration = $10.15/session.

Abbotsford Recreation Centre

Jan 4 - Mar 8	M	7:15pm - 8:15pm	9/$94.95	148320
Jany 6 - Mar 10	W	7:15pm - 8:15pm	10/$105.50	148321

ADULT FITNESS (16yrs+)

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 completed standing, sitting, or on the floor. The class adapts to the participant rather than limiting the practice to one format. Fitness Intensity: 3

Matsqui Recreation Centre

Jan 11 - Mar 8	M	2:30pm - 3:30pm	8/ $52.40	147312
Jan 13 - Mar 10	W	2:30pm - 3:30pm	9/$58.95	147400

Abbotsford Recreation Centre

Jan 12 - Mar 9	Tu	1:30pm - 2:30pm	9/$58.95	147393
Jan 14 - Mar 11	Th	1:30pm - 2:30pm	9/$58.95	147402

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

Jan 9 - Mar 13	Sa	12:30pm - 1:30pm	9/$122.85	147179

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

Jan 13 - Mar 10	W	7pm - 8pm	9/$122.85	147401

FOUNDATIONS OF MOVEMENT

NEW

Stay strong, mobile, and energized at every age. This small-group class blends resistance training with targeted mobility drills to help improve bone health, posture, and overall movement. Created for adults 55+, Foundations of Movement promotes healthy aging so you can continue doing the activities you love, feeling capable and confident. Intensity Level 3

Matsqui Recreation Centre

Jan 15 - Mar 12	F	2:30pm - 3:30pm	9/$58.95	147410

HER STRONG BOOTCAMP

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

Jan 11 - Mar 8	M	7pm - 8pm	8/$109.20	147311
Jan 15 - Mar 12	F	7pm - 8pm	9/$122.85	147411

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

Jan 12 - Mar 9	Tu	1pm - 2pm	9/$58.95	147415
Jan 14 - Mar 11	Th	1pm - 2pm	9/$58.95	147420

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

ADULT FITNESS (16yrs+)

INTRODUCTION TO WEIGHT ROOM (18yrs+)

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

Jan 6 - Mar 24	W	5:30pm - 6:30pm		1/$13.65

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: 4

Abbotsford Recreation Centre

Jan 9 - Mar 13	Sa	9:30am - 10:30am	9/$140.85	147522
Jan 12 - Mar 9	Tu	3:30pm - 4:30pm	9/$140.85	147524
Jan 14 - Mar 11	Th	5:15pm - 6:15pm	9/$140.85	147527

Matsqui Recreation Centre

Jan 12 - Mar 9	Tu	12:30pm - 1:30pm	9/$140.85	147523
Jan 13 - Mar 11	W	4pm - 5pm	9/$140.85	147525
Jan 14 - Mar 11	Th	12:30pm - 1:30pm	9/$140.85	147526

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. Fitness Intensity: 1

Requirements: Medical clearance and referral required.

Abbotsford Recreation Centre

Jan 4 - Feb 8	M	12pm - 1pm	6/$85.80	147310
Jan 6 - Feb 10	W	12pm - 1pm	6/$85.80	147398
Jan 8 - Feb 12	F	12pm - 1pm	6/$85.80	147405
Feb 17 - Mar 24	W	12pm - 1pm	6/$85.80	147407
Feb 19 - Mar 19	F	12pm - 1pm	5/$71.50	147408
Feb 22 - Mar 22	M	12pm - 1pm	5/$71.50	147406

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



CARDIAC HEALTH FITNESS PROGRAMS (16yrs+)

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

CARDIAC REHABILITATION

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

Jan 4 - Mar 22	M	2:15pm - 4pm
Jan 5 - Mar 23	Tu	7:30am - 9:15am
Jan 5 - Mar 23	Tu	9:30am - 11:15am
Jan 7 - Mar 25	Th	7:30am - 9:15am
Jan 7 - Mar 25	Th	9:30pm - 11:15am

CARDIAC AFTERCARE

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 2

Abbotsford Recreation Centre

Jan 4 - Feb 8	M	7:30am - 9am	6/$70.20	147423
Jan 4 - Feb 8	M	1:15pm - 2:45pm	6/$70.20	147428
Jan 6 - Feb 10	W	7:30am - 9am	6/$70.20	147462
Jan 6 - Feb 10	W	1:15pm - 2:45pm	6/$70.20	147464
Jan 8 - Feb 12	F	7:30am - 9am	6/$70.20	147482
Jan 8 - Feb 12	F	1:15pm - 2:45pm	6/$70.20	147497
Feb 17 - Mar 24	W	7:30am - 9am	6/$70.20	147463
Feb 17 - Mar 24	W	1:15pm - 2:45pm	6/$70.20	147465
Feb 19 - Mar 19	F	7:30am - 9am	5/$58.40	147484
Feb 19 - Mar 19	F	1:15pm - 2:45pm	5/$58.40	147499
Feb 22 - Mar 22	M	7:30am - 9am	5/$58.50	147424
Feb 22 - Mar 22	M	1:15pm - 2:45pm	5/$58.50	147432

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 3

Abbotsford Recreation Centre

Jan 4 - Feb 8	M	7:30am - 9am	6/$70.20	147426
Jan 4 - Feb 8	M	1:15pm - 2:45pm	6/$70.20	147435
Jan 6 - Feb 10	W	7:30am - 9am	6/$70.20	147450
Jan 6 - Feb 10	W	1:15pm - 2:45pm	6/$70.20	147466
Jan 8 - Feb 12	F	7:30am - 9am	6/$70.20	147495
Jan 8 - Feb 12	F	1:15pm - 2:45pm	6/$70.20	147500
Feb 17 - Mar 24	W	7:30am - 9am	6/$70.20	147457
Feb 17 - Mar 24	W	1:15pm - 2:45pm	6/$70.20	147467
Feb 19 - Mar 19	F	7:30am - 9am	5/$58.40	147496
Feb 19 - Mar 19	F	1:15pm - 2:45pm	5/$58.40	147501
Feb 22 - Mar 22	M	7:30am - 9am	5/$58.50	147431
Feb 22 - Mar 22	M	1:15pm - 2:45pm	5/$58.50	147440

PARENTING AND FITNESS PROGRAMS (16yrs+)

BABY & ME AQUAFIT

Boost your fitness while spending quality time with your baby. This AquaFit class combines cardiovascular exercise, muscle conditioning, and core strengthening in the water, with babies safely included alongside their caregiver. Intensity Level 2

Matsqui Recreation Centre

Jan 11 - Mar 8	M	11am - 12pm	8/$109.20	147412
Jan 13 - Mar 10	W	11am - 12pm	9/$122.85	147414

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

Jan 9 - Mar 13	Sa	8am - 9am	9/$122.85	147183
Jan 12 - Mar 9	Tu	12pm - 1pm	9/$122.85	147392



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



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.

Abbotsford Recreation Centre

Jan 6 - 27	W	8am - 8:45am	4/$28	146635
Feb 3 - 24	W	8am - 8:45am	4/$28	146636

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.

Abbotsford Recreation Centre

Jan 6 - 27	W	9am - 9:45am	4/$28	146637
Feb 3 - 24	W	9am - 9:45am	4/$28	146638

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.

Abbotsford Recreation Centre

Jan 6 - 27	W	10am - 10:45am	4/$28	146639
Feb 3 - 24	W	10am - 10:45am	4/$28	146640

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



AI KI JUSTU BEGINNER/ INTERMEDIATE COMBINED

Build on your foundation and continue your Ai Ki Jutsu journey in this four-week progressive series. Through mindful and intentional practice, participants will explore breathing, movement, balance, and focus while developing a stronger mind-body connection. The class emphasizes core strength, stability, mobility, technical precision, and artistic expression, creating a supportive environment for participants to refine their practice and continue their growth. No class Feb 15.

Matsqui Recreation Centre

Jan 11 - 25	M	8am - 8:45am	3/$21	146647
Feb 1 - 22	M	8am - 8:45am	3/$21	146648
Mar 8 - 29	M	8am - 8:45am	4/$28	146649

MILL LAKE WALKING CLUB

Our 55+ Mill Lake Walking Club brings adults together to enjoy scenic walks around the lake while supporting social connection and physical well-being. This low to moderate intensity program requires participants to complete the full Mill Lake loop independently, encouraging consistency, confidence, and an active lifestyle in a friendly, outdoor community setting. Fitness Intensity 2

Mill Lake

Feb 8	M	10:45am - 11:30am	1/$2	146098
Feb 22	M	10:45am - 11:30am	1/$2	146099
Mar 1	M	10:45am - 11:30am	1/$2	146100
Mar 15	M	10:45am - 11:30am	1/$2	146101

STROKE RECOVERY BC

Connect with your local community with other survivors and caregivers for emotional support, firsthand advice, and friendship. Our weekly community meetings provide an opportunity to connect with fellow stroke survivors locally to find support, companionship, share stories and learn from one another in a supportive environment.

Matsqui Recreation Centre

Jan 8 - Mar 26	F	9am - 11am	YR/$50	146547

STROKE RECOVERY BC

TRANSLATION

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

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



ARTS & CULTURE

ARTS & CRAFTS

SILK PAINTING (The Reach)

Discover the vibrant and fluid art of silk painting in this beginner-friendly class. Using techniques similar to watercolour, you will learn how to apply colour, create patterns, and explore resist techniques to create unique silk scarves. Materials fee of $10.

Abbotsford Recreation Centre

Jan 4 - 25	M	1pm - 3pm	4/$120	147185

WINTER LANDSCAPES IN ACRYLIC (The Reach)

Explore the beauty of a winter landscape in this beginner-friendly acrylic painting class. Learn simple techniques for creating snowy forests, atmospheric skies, and depth while creating your own peaceful winter scene. No class Feb 15. Materials fee of $7.

Abbotsford Recreation Centre

Feb 1 - 22	M	1pm - 3pm	3/$90	147186

FRASER RIVER AT SUNSET IN ACRYLIC (The Reach)

Capture the beauty of the Fraser River at Sunset while learning the basics of acrylic painting. Experiment with colour, light, reflections and simple landscape techniques to create your own vibrant river scene. Materials fee of $7.

Abbotsford Recreation Centre

Mar 1 - 8	M	1pm - 3pm	2/$60	147187

DIY PROJECTS: CANDLE MAKING

NEW

Get creative and brighten your day with DIY candle making! In this welcoming class, you will craft a personalized candle to take home, connect with others, and enjoy a fun afternoon of creativity and conversation.

Abbotsford Recreation Centre

Jan 12	Tu	10am - 11:30am	1/$10	146052

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



DIY PROJECTS: BOUQUET MAKING

NEW

Celebrate the season of love by creating a beautiful hand-tied bouquet perfect for Valentine's Day. In this hands-on workshop, you'll be provided with all the supplies to arrange a selection of fresh blooms into a stunning bouquet to take home. Whether you're making it for a loved one or treating yourself, this class is a fun and creative way to enjoy the spirit of Valentine's Day.

Abbotsford Recreation Centre

Feb 9	Tu	10am - 11:30am	1/$12	146071

DIY PROJECTS: WELCOME MAT

NEW

Create a one-of-a-kind welcome mat that reflects your personal style! In this fun and creative workshop, you'll design and paint a custom doormat using stencils, patterns, and your own unique ideas. All supplies are provided, and you'll leave with a finished doormat ready to brighten your entryway.

Abbotsford Recreation Centre

Mar 9	Tu	10am - 11:30am	1/$15	146069

WINTER WATERCOLOUR (Beginner)

Capture the beauty of the winter season in watercolour as you create a landscape painting and explore winter plants and foliage. Learn foundational watercolour techniques in a relaxed, supportive environment. No previous experience is required. Materials fee of $5.

Abbotsford Recreation Centre

Jan 7 - 28	Th	1pm - 3pm	4/$54.60	146759

A BUILDING IN THE LANDSCAPE

Develop your watercolour skills by exploring water control, value, and composition. Learn how to simplify a landscape and create depth using three-value studies in both monochrome and colour as you paint scenes featuring barns, houses, and other rustic buildings. Some previous watercolour experience is recommended. Materials fee of $5.

Abbotsford Recreation Centre

Feb 4 - 25	Th	1pm - 3pm	4/$54.60	146760

SKIES IN WATERCOLOUR

Explore a variety of sky effects in watercolour, including stormy, misty, cloudy, sunset, and nighttime skies. Learn simple techniques to create atmosphere and mood while painting beginner-friendly landscape scenes. Materials fee of $5.

Abbotsford Recreation Centre

Mar 4 - 11	Th	1pm - 3pm	2/$27.30	147224

CROCHETING FOR BEGINNERS

Learn the basics of crocheting in this beginner class and take home your own handmade project by the end of 4 weeks.

Abbotsford Recreation Centre

Jan 8 - 29	F	1:30pm - 3:30pm	4/$42.60	146426

Matsqui Recreation Centre

Feb 5 - 26	F	1:30pm - 3:30pm	4/$42.60	146432

VOLUNTEER SERVICES

Volunteer Services is partnering with our older adult programming team to add some GREAT volunteer opportunities this winter. We are seeking volunteers who may be interested in facilitating classes for older adults in areas such as:

- Knitting & crocheting
- Cooking
- Language classes
- Arts and crafts
- And more!

If you have a specialty skill or interest, this might be perfect for you!
Please contact volunteer services at:

volunteer@abbotsford.ca

OLDER ADULT (55+)

recreation connect

CONNECT TO 55+ PROGRAMS

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm

DANCE

LINE DANCING FOUNDATIONS

This beginner-friendly class is designed for participants with little to no previous line dancing experience. Learn basic steps, rhythms, and popular beginner dances in a welcoming and supportive environment. Build confidence, improve coordination, and have fun moving to music at a comfortable pace.

Abbotsford Recreation Centre

Jan 8 - 29	F	3pm - 4pm	4/$33.40	146945
Feb 26 - Mar 19	F	3pm - 4pm	4/$33.40	146946

LINE DANCING BASICS

Ready for the next step? This class is ideal for dancers who have completed an introductory course or have some previous line dancing experience. Expand your skills with new step patterns, combinations, and dances while continuing to build confidence and technique in a fun and social setting.

Abbotsford Recreation Centre

Jan 8 - 29	F	4:15pm - 5:15pm	4/$33.40	146949
Feb 26 - Mar 19	F	4:15pm - 5:15pm	4/$33.40	146951



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



SPECIAL EVENTS

NEW YEARS LUNCHEON - $10 W/ MEMBERSHIP OR $12.50

Celebrate the start of a new year with good food, great company, and community connection at our New Year's Luncheon. Enjoy a delicious meal, activities, and the opportunity to gather with friends, old and new, as we welcome the year ahead together.

Matsqui Recreation Centre

Jan 4	M	10am - 12pm	146143

VALENTINES DAY LUNCHEON - $10 W/ MEMBERSHIP OR $12.50

Celebrate friendship, community, and connection at our Valentine's Luncheon. Enjoy a delicious meal, warm conversation, and a welcoming atmosphere as we come together to share laughter and celebrate the season of love and appreciation.

Abbotsford Recreation Centre

Feb 25	Th	10am - 12pm	146150

SPRING LUNCHEON - $10 W/ MEMBERSHIP OR $12.50

Celebrate the season with friends, food, and community at our Spring Luncheon. Enjoy a delicious meal, great conversation, and a welcoming afternoon of connection.

Matsqui Recreation Centre

Mar 1	M	10am - 12pm	146148

Abbotsford Recreation Centre

April 1	Th	10am - 12pm	146151

INTERGENERATIONAL CONNECTIONS: VALENTINES DAY EVENT

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

Matsqui Recreation Centre

Feb 2	Tu	4pm - 6pm	FREE	146424

Abbotsford YOUTH COMMISSION



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

ADAPTIVE YOGA

Experience the calming benefits of gentle yoga in a supportive and accessible format. This class is guided by an experienced instructor and uses a chair for seated poses or as a support while standing-eliminating the need to get up from or down to the floor. You'll explore yoga postures, breathing techniques, and mindfulness practices designed to leave you feeling relaxed and refreshed. Intensity Level: 2 - Ideal for those seeking a gentle, low-impact practice. No class Feb 15.

Matsqui Recreation Centre

Jan 11 - Mar 8	M	2:30pm - 3:30pm	8/$52.40	147312
Jan 13 - Mar 10	W	2:30pm - 3:30pm	9/$58.95	147400

Abbotsford Recreation Centre

Jan 12 - Mar 9	Tu	1:30pm - 2:30pm	9/$58.95	147393
Jan 14 - Mar 11	Tu	1:30pm - 2:30pm	9/$58.95	147402

BONE WISE

A specialized low-impact fitness class designed for individuals with osteoporosis or low bone density. Led by an experienced instructor with expertise in bone-safe exercise, this class focuses on improving strength, posture, balance, and flexibility—key components in reducing the risk of falls and fractures. Movements are safe, purposeful, and easily modified to meet individual needs, making it ideal for all fitness levels in a supportive environment. Intensity Level: 2

Matsqui Recreation Centre

Jan 13 - Mar 10	Tu	2:45 - 3:45pm	9/$58.95	147396
Jan 14 - Mar 11	Th	2:45 - 3:45pm	9/$58.95	147403

Abbotsford Recreation Centre

Jan 11 - Mar 8	M	12pm - 1pm	6/$52.40	147391
Jan 13 - Mar 10	W	12pm - 1pm	9/$58.95	147399
Jan 15 - Mar 12	F	12pm - 1pm	9/$58.95	147409

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



FOUNDATIONS OF MOVEMENT

NEW

Stay strong, mobile, and energized at every age. This small-group class blends resistance training with targeted mobility drills to help improve bone health, posture, and overall movement. Created for adults 55+, Foundations of Movemnet promotes healthy aging so you can continue doing the activities you love—feeling capable and confident. Intensity Level 3

Matsqui Recreation Centre

Jan 15 - Mar 12	F	2:30pm - 3:30pm	9/$58.95	147410

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

Jan 12 - Mar 9	Tu	1pm - 1:30pm	9/$58.95	147415
Jan 14 - Mar 11	Th	1pm - 1:30pm	9/$58.95	147420

T.I.M.E

T.I.M.E. is an exercise program tailored to benefit persons with neurological conditions after discharge from rehabilitation. It is a nationwide circuit-based program and partnered with Fraser Health. Our certified instructors provide a fun, safe environment for the participants. This class does require medical clearance and referral.
Intensity Level: 1

Abbotsford Recreation Centre

Jan 4 - Feb 8	M	12pm - 1pm	6/$85.80	147310
Jan 6 - Feb 10	W	12pm - 1pm	6/$85.80	147398
Jan 8 - Feb 12	F	12pm - 1pm	6/$85.80	147405
Feb 17 - Mar 24	W	12pm - 1pm	6/$85.80	147407
Feb 19 - Mar 26	F	12pm - 1pm	5/$71.50	147408
Feb 22 - Mar 22	M	12pm - 1pm	5/$71.50	147406

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

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

Jan 4 - Feb 8	M	6pm - 7pm	6/$32.10	146105



OLDER ADULT (55+)

recreation connect

CONNECT TO 55+ PROGRAMS

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm



FREE PROGRAMS

ARTS & CRAFTS

ARTFUL ENRICHMENT

Join Artful Enrichment hosted by Chartwell Retirement Residence. Free class, all materials are provided.

Abbotsford Recreation Centre

Northern Lights Painting
Turning a blank canvas into a dazzling sky.

Jan 13	W	11am - 12pm	147221

Heart Garland Craft
Stringing together a little love, one heart at a time.

Feb 17	W	11am - 12pm	147222

Cherry Blossom Painting
A little piece of springtime magic.

Mar 10	W	11am - 12pm	147223

CAFÉ

COMMUNITY CONNECTIONS CAFÉ

NEW

Are you age 55+ and caring for a family member or loved one? You're invited to join us once a month for Community Connections Café - a welcoming space to learn about local resources, connect with peers, and enjoy a light meal together. Each gathering offers helpful information, meaningful conversation, and a chance to build supportive relationships in a relaxed, social setting.

Abbotsford Recreation Centre

Jan 25	M	10am - 12pm	145765
Feb 22	M	10am - 12pm	145767
Mar 8	M	10am - 12pm	145950

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

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

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

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

Jan 25 - Mar 29	M	1pm - 2:30pm	3/sessions	145948

Matsqui Recreation Centre

Jan 29 - Mar 26	F	10am - 11:30am	3/sessions	145947

COFFEE WITH A POLICE OFFICER

Join us for a coffee with a police officer from the Abbotsford Police Department! Learn more about community policing initiatives, programs that support safety and connection, and how AbbyPD works with residents to make a positive difference in our community.

Abbotsford Recreation Centre

Jan 19	Tu	10am - 11:30am	144946

COFFEE WITH UNIVERSITY OF THE FRASER VALLEY

Join us for a coffee with the University of the Fraser Valley, Abbotsford's local university dedicated to supporting learning in our community. Learn from the Future Students Office about community initiatives at UFV, how to take classes, and the resources available to support lifelong learning.

Abbotsford Recreation Centre

Feb 23	Tu	10am - 11:30am	144948

COFFEE WITH A BENEFIT OUTREACH OFFICER

Learn about benefits, credits, government services, and scam prevention in this informal discussion with Arsi Ahmed from the Canada Revenue Agency. Gain practical information, ask questions, and discover resources that can help you make informed financial decisions.

Abbotsford Recreation Centre

Mar 2	Tu	10am - 11:30am	148227

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. Registration is available for single days.

Matsqui Recreation Centre

Jan 9 - Mar 13	Sa	9:30am - 11am	146548



ABBOTSFORD PEER SUPPORT

Abbotsford Peer Support is looking for 50+ Volunteers to support their 'Good Morning Program'.

FOR DETAILS CONTACT

Phone 604-850-0011
Email apss.seniors@telus.net

CULTURE CITY

WORKSHOPS

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

Feb 4 - Mar 11	Th	10am - 12:30pm	6/sessions	146563

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

Feb 7 - Mar 14	Su	2pm - 4:30pm	6/sessions	146564

recreation connect

CONNECT TO SWIM & FIRST AID

LEARN TO SWIM!

SWIMMING LESSONS

Make a splash this winter 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!

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm



SPRING BREAK

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M - F (WK 1) M - TH (WK 2)	March 15 - 25	**9**	Morning Lessons

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M - F (WK 1) M - TH (WK 2)	March 15 - 25	**9**	Morning Lessons
M - TH	March 15 - 25	**8**	Evening Lessons

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



WINTER SWIM LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M/W	Jan 4 - Feb 3	10	Morning and Afternoon Lessons
M/W	Feb 8 - Mar 10 (No class Feb 15)	9	Morning and Afternoon Lessons
M	Jan 4 - Mar 8 (No Class Feb 15)	9	Afternoon Lessons Only
W	Jan 5 - Mar 10	10	Afternoon Lessons Only
TU/TH	Jan 5 - Feb 4	10	Morning and Afternoon Lessons
TU/TH	Feb 9 - Mar 11	10	Morning and Afternoon Lessons
F	Jan 8 - Mar 12	10	Morning and Afternoon Lessons
SA	Jan 9 - Mar 6 (No class Feb 13)	8	Morning Lessons Only

ABBOTSFORD RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
M/W	Jan 4 - Feb 3	10	Morning and Afternoon Lessons
M/W	Feb 8 - Mar 10 (No class Feb 15)	9	Morning and Afternoon Lessons
TU	Jan 5 - Mar 9	10	Morning and Afternoon Lessons
TH	Jan 7 - Mar 11	8	Morning and Afternoon Lessons
TU/TH	Jan 5 - Feb 4	10	Morning and Afternoon Lessons
TU/TH	Feb 9 - Mar 11	10	Morning and Afternoon Lessons
F	Jan 8 - Mar 12	10	Morning and Afternoon Lessons
SA	Jan 9 - Mar 6 (No Lessons on Sat Feb 13)	8	Morning Lessons Only
SU	Jan 10 - Mar 7 (No Lessons on Sat Feb 14)	8	Morning Lessons Only

VISIT US ONLINE FOR COMPLETE LESSON INFORMATION

recreation connect

CONNECT TO SWIM & FIRST AID

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm

REGISTRATION

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.

SWIMMING

ADVANCED AQUATICS

BRONZE MEDALLION / BRONZE CROSS COMBO (13yrs+)

Combined Bronze Medallion and Bronze Cross course.

Abbotsford Recreation Centre

Jan 15 - 24	F	4pm - 9pm	$570
	Sa, Su	8:30am - 5pm	
Feb 11 - 16	Th/Tu	4:30pm - 9pm	$570
	F - Su	10am - 7pm	
	M	10am - 6pm	
Mar 15 - 19	M - F	8am - 5pm	$570
Mar 22 - 26	M - F	8am - 5pm	$570

BRONZE COMBO CHALLENGE (13yrs+)

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

Abbotsford Recreation Centre

Jan 31	Su	8am - 5pm	$200



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



BRONZE CROSS (13yrs+)

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

Abbotsford Recreation Centre

Jan 22 - 24	F	4pm - 9pm	$275
	Sa/Su	8:30am - 5pm	
Mar 17 - 19	W	12:30pm - 5pm	$275
	Th/Fr	8am - 5pm	
Mar 24 - 26	W	12:30pm - 5pm	$275
	Th/Fr	8am - 5pm	

BRONZE CROSS CHALLENGE (13yrs+)

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

Abbotsford Recreation Centre

Jan 31	Su	1:30pm - 5pm	$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

Jan 15 - 17	F	4pm - 9pm	$295
	Sa/Su	8:30am - 5pm	
Mar 15 - 17	M/Tu	8am - 5pm	$295
	W	8am - 12pm	
Mar 22 - 24	M/Tu	8am - 5pm	$295
	W	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

Jan 31	Su	8am - 12pm	$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

Jan 9 - 10	Sa - Su	10:30am - 4pm	$150
Mar 13 - 14	Sa - Su	10:30am - 4pm	$150

recreation connect

CONNECT TO SWIM & FIRST AID

FACILITY HOURS

ARC Main Facility:
Mon - Sun | 5:30am - 10pm

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

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

Holiday Hours:
10am - 6pm



FIRST AID

FIRST AID PROGRAMS

CPR LEVEL C W/ AED

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

Matsqui Recreation Centre

Jan 9	Sa	9am - 2:30pm	1/$90
Mar 6	Sa	9am - 2:30pm	1/$90
Mar 27	Sa	9am - 2:30pm	1/$90
Feb 8	M	9am - 2:30pm	1/$90

CPR LEVEL C W/ AED RECERTIFICATION

This course is for recertification of CPR C & AED.

Matsqui Recreation Centre

Feb 12	F	9am - 12:30pm	1/$65
Mar 13	Sa	9am - 12:30pm	1/$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

Jan 9	Sa	9am - 5pm	1/$115
Feb 8	M	9am - 5pm	1/$115
Mar 6	Sa	9am - 5pm	1/$115
Mar 27	Sa	9am - 5pm	1/$115

EMERGENCY FIRST AID W/ AED RECERTIFICATION

Emergency First Aid is a practical course that will give you the basic skills and knowledge needed to prevent and effectively treat life-threatening emergencies. This course re-certifies emergency first aid and CPR with AED.

Matsqui Recreation Centre

Feb 12	F	9am - 2:30pm	1/$80.00
Mar 13	Sa	9am - 2:30pm	1/$80.00

*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

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

Matsqui Recreation Centre

Jan 9 - 10	Sa, Su	9am - 5pm	2/$185
Feb 8 - 9	M, Tu	9am - 5pm	2/$185
Mar 6 - 7	Sa, Su	9am - 5pm	2/$185
Mar 27 - 28	Sa, Su	9am - 5pm	2/$185

STANDARD FIRST AID & CPR C W/ AED RECERTIFICATION

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

Matsqui Recreation Centre

Feb 12	F	9am - 5pm	1/$100
Mar 13	Sa	9am - 5pm	1/$100

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

Jan 28 - Feb 7	Th, F	4pm - 9pm	4/$595
	Sa, Su	8:30am - 4:30pm	
Mar 14 - 19	Su	10:30am - 7pm	6/$595
	M - F	9:30am - 6pm	

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

Feb 13 - 15	Sa, Su	10am - 7pm	3/$350
	M	10am - 6pm	

NATIONAL LIFEGUARD POOL RECERTIFICATION

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

Abbotsford Recreation Centre

Feb 7	Su	10am - 6pm	1/$150

Matsqui Recreation Centre

Mar 21	Su	10am - 6pm	1/$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

Jan 15 - 24	F	4pm - 9pm	6/$650
	Sa, Su	8am - 5pm	
Feb 19 - 28	F	4pm - 9pm	6/$650
	Sa, Su	8am - 5pm	
Mar 22 - 26	M - Th	8am - 5pm	5/$650
	F	10am - 6pm	

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.

Matsqui Recreation Centre

Jan 11	M	4pm - 9pm	1/$165
Feb 22	M	4pm - 9pm	1/$165
Mar 29	M	4pm - 9pm	1/$165

TRANSLATION

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

recreation connect

CONNECT TO SKATING

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

SKATE LESSONS

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



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

MARCH 15 - 25
SPRING DAZE 2027



WINTER LEARN TO SKATE LESSONS

MATSQUI RECREATION CENTRE

DAYS	DATES	# OF LESSONS	SESSIONS
MONDAY	Jan 15 - Mar 8 (No lessons Jan 23, Feb 15 Starts Jan 9 - Mar 8)	8	5:45pm - 8pm (1/2hr lesson time)
MON - FRI	Mar 15 - 19 Spring Break	5	4pm - 6:15pm (1/2hr lesson time)

ABBOTSFORD RECREATION CENTRE (ICE COMES OUT ON MARCH 16)

DAYS	DATES	# OF LESSONS	SESSIONS
SATURDAY	Jan 15 - Mar 13 (No lessons Feb13)	8	9:45am - 12pm (1/2hr lesson time)
WEDNESDAY	Jan 13 - Mar 10	9	4pm - 6pm (1/2hr lesson time)
THURSDAY	Jan 14 - Mar 11	9	4pm - 6:15pm (1/2hr lesson time)

recreation connect
ABBOTSFORD

ABBOTSFORD RECREATION CENTRE
604.853.4221

MATSQUI RECREATION CENTRE
604.855.0500

DIRECT2REC.COM

ABBOTSFORD