

Summer Recreation GUIDE

JUL - AUG 2016 REGISTRATION STARTS MAY 30



RECREATION SURREY
Healthy Communities. Active Together.



SURREY doors open

DISCOVER THE STORY BEHIND EVERY DOOR

BE A TOURIST IN OUR CITY

SATURDAY JUNE 18, 2016 10am-3pm



FREE EVENT

WIN great prizes by entering the Collect, Connect & Win prize draw and the Photo Contest!

ENJOY Community Hub events at:

- ★ Veteran's Square
- ★ Grandview Heights Aquatic Centre
- ★ Surrey Operations Centre
(Opening Ceremonies at 12:30pm)

Full details online.

Explore 20+ venues offering a behind-the-scenes look into Surrey's rich culture, history, art and architecture.

**GRANDVIEW HEIGHTS • NEWTON
CLOVERDALE • CITY CENTRE**

- Hands-on activities for everyone
- Free hop-on, hop-off trolley
- Guided tours, entertainment, food trucks and more!

Thank You To Our Sponsors



#surreydoorsopen

www.surrey.ca/doorsopen





www.surrey.ca/register

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RECREATION FOR ALL!

Healthy Communities. Active Together.

The City of Surrey offers many registered and drop-in recreation activities. From skating and swimming to fitness and weight training, we have a program to keep you healthy, active and engaged.



Mayors
MESSAGE

The City of Surrey is proud of the value we place on engaging programs and services that promote a healthy development for all of our residents regardless of income or background. We are committed to building a community where residents of all ages are given the opportunity for a healthy lifestyle that embraces physical activity and active living.

From forested nature trails to shoreline views, there are over 200 parks for everyone to enjoy the natural beauty Surrey has to offer. When it comes to recreation and sports facilities, Surrey's amenities are second to none. From our newest City pools in Guildford and South Surrey, to our state of the art fitness centres and network of sports fields, from youth activities and seniors programs, to arts and heritage offerings - there is something for you, your family and friends to enjoy.

Get started and find affordable, convenient recreation options and programs in the Guide. Leading a healthy and active lifestyle is only a step away.

본 레크리에이션 가이드 안내의 한국어 전화 통역을 원하시는 분은 아래 옵션스 이민 정착 서비스로 전화주세요.

Para interpretación via teléfono de la Guía de Recreación e información, por favor comunicarse con el Programa de Asentamientos para los Inmigrantes a los siguientes números de teléfono:

如果您需要對本“Recreation Guide”的進一步解釋和說明，並了解更多信息，請撥打電話聯繫“OPTIONS 移民安頓服務項目”：



For phone interpretation of the Recreation guide, and further information, please contact **Options Immigrant Settlement Program** at the numbers below

وفيما يتعلق بتفسير كتاب دليل الترفيه والرياضة، اومزيد من المعلومات، يرجى الاتصال ببرنامج استقرار المهاجرين في اptions على الأرقام التالية

Para sa pang-teleponong interpretasyon at karagdagang impormasyon ukol sa Recreation Guide, maari kayong makipag-ugnayan sa pang imigranteng programa ng Options sa mga numerong:

Haddii aad u baahantahay in til-foonka lagaaga tarjumo Recreation guide, fadlan la soo xiriir Options qaybta dajinta soo galeetiga ee namberkoodu yahay :

Learn more about your community, by participating in the Tours for Newcomers Program. A partnership program between Options and the City of Surrey. Call us today to book a tour!

Options Immigrant Settlement Program • 604-572-4060 • www.options.bc.ca

Registration

www.surrey.ca/register

3 WAYS TO Register

Go Online  www.surrey.ca/register

By Phone  604-501-5100

In Person  At any Surrey Parks, Recreation & Culture facility

BEFORE YOU REGISTER... Have The Following Ready:

Family PIN & Client Number

Create an account online or call 604-501-5100 and press 0, Monday to Friday, 8:30am-5:30pm and our customer service representatives will issue you a Client and PIN number.

Credit Card Information

We accept Visa, Mastercard or American Express. You may also pay by cash, cheque or Debit Card if you are planning to register in person at one of our facilities.

PROGRAM WITHDRAWAL FEE: If you withdraw from a registered program within 72 hours of the program starting you will now be charged a \$5 withdrawal fee.

Personal Information is collected for the purposes of administering recreation and culture programs. The City of Surrey is collecting this information under s.26 (c) of the Freedom of Information and Protection of Privacy Act. For questions regarding the collection of personal information, please contact Business Operations Manager, 13450-104th Ave, Surrey, BC, Canada V3T 1V8, 604-598-5775.

Leisure Access Program

The City of Surrey encourages all City residents to participate fully in leisure services and activities. The Leisure Access Program provides an opportunity for City residents in financial need to participate in Parks, Recreation and Culture activities at a very low cost. To qualify for the program applicants must be City of Surrey residents and must meet income limits.

For more information or to receive a Leisure Access Application Form, please contact any Surrey Parks, Recreation and Culture facility or call 604-501-5100.

DROP-IN ADMISSIONS & PASSES

Our fee structure is designed to fit the needs of all active people, complete with pass options and great values.

Annual & Monthly Passes Valid at all facilities.

Passes allow you to visit any of our facilities and includes access to all drop-in fitness, gyms, pools, and arenas.

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior [^]		Family†
					(60yrs+)	(90yrs+)	
Full Facility Pass	1 year	\$234.25	\$358.25	\$467.00	\$358.25	\$116.75	\$931.00
	1 mos	32.75	48.25	63.75	48.25	16.00	127.50

Monthly Payment Options

Surrey offers monthly payment options on 1-year full facility passes. Make payments using automatic debit, credit card or cheques. Skip the line-up and buy your yearly or monthly passes online.

Drop-in Fees for Surrey Recreation facilities except:

Grandview Heights Aquatic Centre; Guildford Recreation Centre Aquatics & Fitness; Surrey Sport & Leisure Aquatics & Fitness

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior		Family
					(60yrs+)	(90yrs+)	
Drop-in	1 visit	\$3.25	\$4.75	\$6.25	\$4.75	\$1.75	\$3.25*
Value Time «	1 visit	1.75	2.50	2.50	2.50	NA	1.75*
Swipe Cards	10 visit	29.50	43.00	56.50	43.00	16.00	N/A
	20 visit	52.00	76.00	100.00	76.00	28.00	N/A

Drop-in Fees for Grandview Heights Aquatic Centre; Guildford Recreation Centre Aquatics & Fitness; Surrey Sport & Leisure Aquatics & Fitness

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior		Family
					(60yrs+)	(90yrs+)	
Drop-in	1 visit	\$3.50	\$5.25	\$7.00	\$5.25	\$1.75	\$3.50*
Value Time «	1 visit	NA	4.00	4.00	4.00	NA	NA
Swipe Cards	10 visits	31.50	47.00	62.00	47.00	16.00	N/A
	20 visits	56.00	83.00	109.00	83.00	28.00	N/A

† Family Pass is valid for a maximum of 2 adults and unlimited dependent children 18 years or younger.

* Per family member (minimum 1 parent/guardian and 1 dependent child 18 years or younger).

** Student rates only apply for accredited post-secondary institutions and require proof of student ID.

« Value time drop-in pricing is offered at some facilities during non-prime times. If a facility offers value time it will be indicated on the drop-in schedule for that facility.

^ 60yrs+ who purchase a 1-year Full Facility pass will be offered a complementary City-Wide Senior Services pass.

PARKS, RECREATION & SPORT TOURISM COMMITTEE

Councillor Bruce Hayne, *Chair*

The goal of the Committee is to enhance Parks, Recreation and Sport Tourism opportunities in the City of Surrey for the enjoyment and well-being of current and future residents. The Committee provides advice to Council on new policies, critical priorities and future directions related to the Parks, Recreation and Culture Department.

The Committee is comprised of six members of the community, (who are appointed by Council), one School Board Trustee, two Councillors and two youth representatives.

Left to right, Back: Councillor Tom Gill, Trustee Terry Allen, Rick Benson, Bonnie Burnside, Youth Rep Karan Grover; Front: Gurpreet Rai, Chris Murphy, Councillor Bruce Hayne, Cliff Annable, Melanie Booth; Absent: Youth Rep Sandip Gill.





Come Explore

www.surrey.ca/recreation

Surrey's Town Centres

City of Surrey is divided into six town centres.

Each of these Town Centres has a variety of recreational facilities. Throughout the seasons we also run a number of our programs at satellite locations. Please confirm program location at the time of registration. For a complete listing of our facilities, parks, amenities and programs visit our website. For facility rental spaces go to www.surrey.ca/rentalspace

CLOVERDALE

Cloverdale Recreation Centre	6188 176 Street	604-598-7960
Don Christian Rec Centre	6220 184 Street	604-502-6400
Clayton Community Hall	18513 70 Avenue	604-502-6400
Cloverdale Arena	6090 176 Street	604-502-6410
Cloverdale Library	5642 176A Street	604-598-7320
Cloverdale Mini Rec Centre	17635 58 Avenue	604-502-6400
Surrey Archives	17671 56 Avenue	604-502-6459
Surrey Museum	17710 56A Avenue	604-592-6956

FLEETWOOD

Fleetwood Community Centre	15996 84 Avenue	604-501-5030
Surrey Sport & Leisure Complex	16555 Fraser Hwy	604-501-5950
Fleetwood Library	15996 84 Avenue	604-598-7340

GUILDFORD

Fraser Heights Recreation Centre	10588 160 Street	604-592-6920
Guildford Recreation Centre/Pool	15105 105 Avenue	604-502-6360
Guildford Library	15105 105 Avenue	604-598-7360
Port Kells Library	18885 88 Avenue	604-598-7440

NEWTON

Newton Recreation Centre/Pool	13730 72 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5040
Newton Seniors' Centre	13775 70 Avenue	604-501-5010
Newton Library	13795 70 Avenue	604-598-7400
Strawberry Hill Library	7399 122 Street	604-501-5836

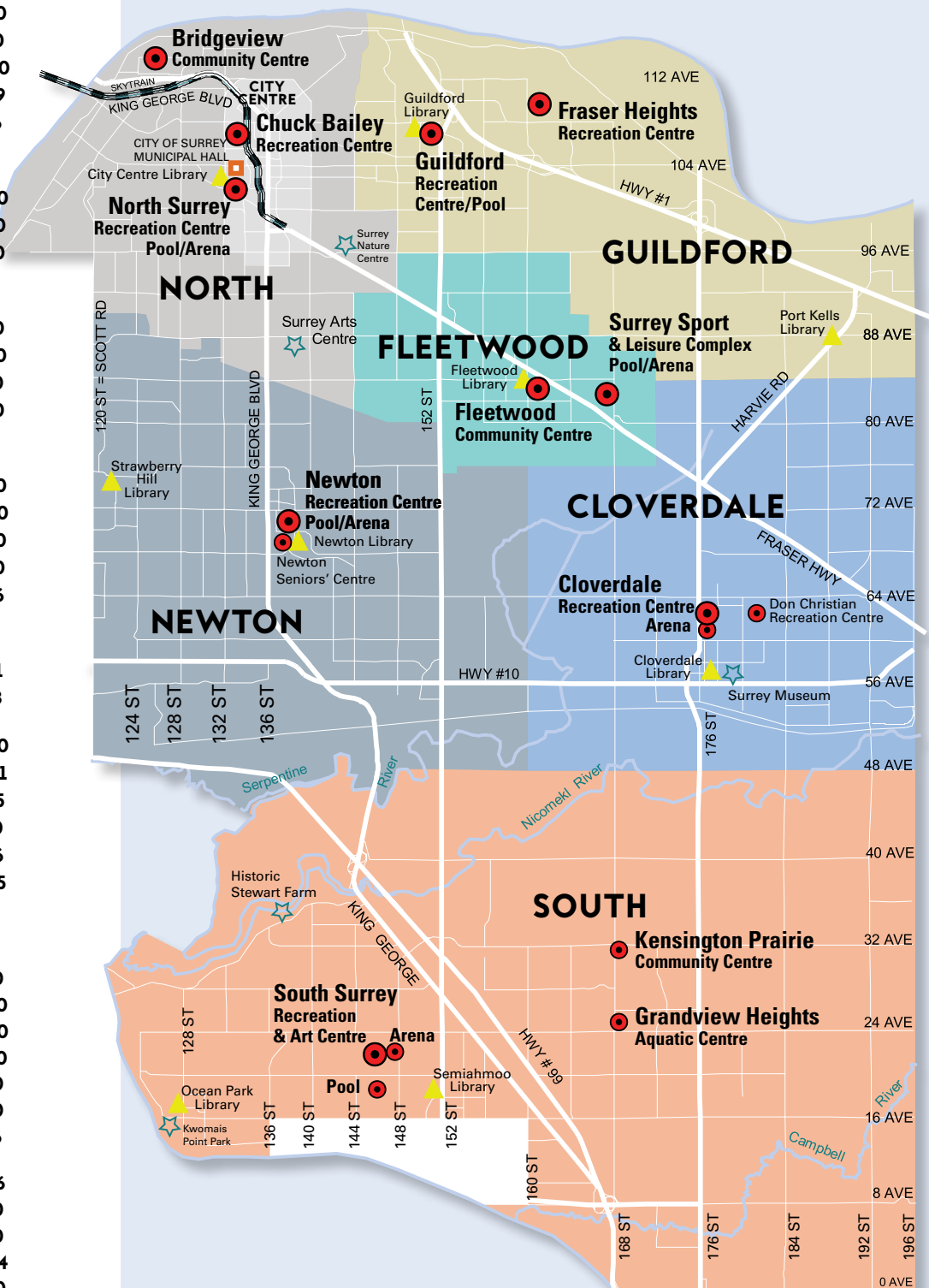
NORTH SURREY

Bridgeview Community Centre	11475 126A Street	604-592-7081
Chuck Bailey Recreation Centre	13458 107A Ave	604-598-5898
North Surrey Recreation Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal Hall	13450 104 Avenue	604-591-4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385
City Centre Library	10350 University Drive	604-598-7420
Surrey Arts Centre	13750 88 Avenue	604-501-5566
Surrey Nature Centre	14225 Green Timbers Way	604-502-6065

SOUTH SURREY

South Surrey Recreation & Arts Centre	14601 20 Avenue	604-592-6970
Grandview Heights Aquatic Centre	16855 24 Avenue	604-590-7800
South Surrey Arena	2199 148 Street	604-502-6200
South Surrey Indoor Pool	14655 17 Avenue	604-502-6220
Elgin Centre	3530 144 Street	604-592-6970
Elgin Hall	14250 Crescent Road	604-592-6970
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1379 128 Street	604-592-6970
Meridian Centre	2040 150 Street	604-592-6970
Ocean Park Library	12854 17 Avenue	604-502-6304
Semiahmoo Library	1815 152 Street	604-592-6900
Sunnyside Hall	1845 154 Street	604-592-6970

Surrey is rich with recreational opportunities for young and old alike. Discover our nature reserves, forests, beaches, and parks. Get active at our youth parks, hockey and soccer fields, tennis courts and at our recreation centres. Explore the arts through live theatre, galleries and museums. There's always more to discover.



North Surrey

www.surrey.ca/recreation

Welcome

You may be surprised to learn that North Surrey, including City Centre, has 39 different parks and outdoor facilities! From the forest trails and fishing lake in Green Timbers Urban Forest, to the river views and sandy beach at Brownsville Bar, there is no shortage of outdoor fun to be had in Surrey's hub!

Our FACILITIES

Bridgeview Community Centre	11475 126A Street	604-592-7081
Chuck Bailey Recreation Centre	13458 107A Ave	604-598-5898
North Surrey Recreation Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal Hall	13450 104 Avenue	604-591-4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385
City Centre Library	10350 University Drive	604-598-7420
Surrey Arts Centre	13750 88 Avenue	604-501-5566
Surrey Nature Centre	14225 Green Timbers Way	604-502-6065

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

G GARDENS

Horticultural Gardens

Explore the gardens in Bear Creek Park, including specialty floral, ornamental grass and shade garden beds, or marvel at the various horticultural beds in Holland Park.

Community Gardens

The Cedar Grove Organic Community Garden is at the northwest corner of Cedar Grove Park in Whalley. Drop by to explore the seasonal plantings and to chat with the local gardeners.

NT NATURE TRAILS

Spot an owl or an eagle's nest and watch for returning salmon at Bear Creek Park; discover the wetlands, grassland meadows, marsh and lake at Green Timbers Urban Forest Park; or take in the diverse habitats at Hawthorne Park.

MB MOUNTAIN BIKING

Quibble Creek Greenway features a small pump trail, which is great for honing skills like cornering and jumping. Invergarry Park is home to a vast forest and nature area, as well as one of the region's largest and most popular downhill mountain bike parks.

Y YOUTH PARKS

North Surrey is home to three youth parks—Kwantlen Youth Park, Chuck Bailey Youth Park and Bear Creek Youth Park—offering a variety of skateboard and BMX features for all skill levels.

DO DOG OFF-LEASH PARKS

Both Kennedy Park and Tannery Road Park in North Surrey offer dog off-leash areas with plenty of space to roam and play. Before you unleash your dog in the designated park space, please remember the off-leash etiquette.

W WATER PARKS

Bridgeview Park, Bear Creek Park and Hawthorne Park spray parks are activated by push buttons when it is warmer than 20 degrees Celsius. Both areas offer many additional amenities, such as walking paths, sports fields and picnic areas. In the summer, don't miss Bear Creek Park's train and mini golf facility.

OP OUTDOOR POOLS

Enjoy a free public swim or book your summer swimming lessons at Kwantlen Outdoor Pool. Check online for dates and operating hours.

T TENNIS COURTS

Check out the public outdoor tennis courts located throughout North Surrey and City Centre. Some are lit for night time use until 10:30 pm. See map for locations.



-  RECREATION CENTRES
-  COMMUNITY HALLS & CENTRES
-  ARTIFICIAL TURF FIELDS
-  VEHICLE PARKING
-  WASHROOMS

There's More!

We offer hundreds of registered programs for every age group, skill level and interest. From group fitness classes and weight training to swimming, skating, arts and beyond, we have a program to keep your entire family healthy, active and engaged.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

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Arenas	44 - 46
Sports.....	47 - 51
Fitness & Wellness	52 - 57
Arts & General Interest.....	58 - 72

E-Connect WITH YOUR CITY

Here are a few quick and easy ways you can keep current, share and interact with us on matters that are important to you.

E-NEWS **E-COMMENTS**
SOCIAL MEDIA **CITYSPEAKS**
www.surrey.ca/econnect

FACILITY Amenities

NORTH SURREY RECREATION CENTRE 10275 City Parkway 604-502-6300

The North Surrey Recreation Centre is a multi-purpose facility conveniently located next to Surrey Central Skytrain, Central City Mall and the Surrey Central Library. Paid parking is available nearby. Open seven days a week, the recreation centre provides patrons with multi-purpose rooms, on-site physiotherapy, and free Wi-Fi. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 6:00am-9:00pm Tuesday/Thursday 9:00pm-10:00pm Women's Only Swim & Gym Saturday 7:00am-9:00pm Sunday 8:00am-9:00pm Childminding Hours: Monday to Friday 4:30pm-8:30pm	Pool: 37 m, 6 lane pool with dive tank 3m diving boards Slide & water toys Hot tub 2 dry saunas Family change rooms	Arena: 2 full size rinks Bench seating for spectators Score board with flexible scoring and timing capabilities Multi-use dressing rooms One meeting room Four multipurpose rooms Wheelchair accessible on both levels Skate/helmet rental/ Skate Shop Food services	Gymnasium: None Weight Room: 4,800 sq. ft. equipped with TV and free Wi-Fi 33 pieces of cardio equipment including spin bikes, ellipticals and treadmills 24 pieces of strength training equipment including a TRX suspension trainer & weight machines Dumbbells up to 75 lbs Barbells up to 110 lbs Personal training Wheelchair accessible	Fitness Studio: 735 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	Preschool: 1 dedicated preschool classroom MYzone: September - June There is no MYzone at this facility. The two closest facilities are: Chuck Bailey Recreation Centre 13458 107 A Ave Tu, W, Th 3pm-6pm Bridgeview Community Centre 11475 126A Street Tu, W, Th 3pm-6pm	Youth Services: There are no youth services at this facility. The two closest facilities are: Chuck Bailey Recreation Centre 13458 107 A Ave Guildford Recreation Centre 15105 105 Avenue	Seniors Services: Drop-in Seniors Swim Monday-Friday 12:30pm to 1:30pm
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CHUCK BAILEY RECREATION CENTRE 13458 107 A Avenue 604-598-5898

Open seven days a week, the Chuck Bailey Recreation Centre is a multi-purpose facility conveniently located near the Gateway Skytrain station. Free parking, free Wi-Fi, outdoor basketball, outdoor lacrosse & hockey box, plus Surrey's only Urban Screen. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 9:00am-9:00pm Saturday & Sunday 9:00am-5:00pm Closed all holidays except Family Day	Pool: There is no pool at this facility. The two closest pools are: North Surrey Recreation Guildford Aquatic Centre 15105 105 Avenue	Arena: There is no arena at this facility. The two closest arenas are: North Surrey Recreation Newton Arena 7120 136B Street	Gymnasium: One Weight Room: There is no weight room at this facility. The two closest weight rooms are: North Surrey Recreation Guildford Recreation Centre 15105 105 Avenue	Fitness Studio: Fitness classes take place either in the gymnasium or in the multi-purpose room.	Preschool: Dedicated preschool room MYzone: September - June Tu, W, Th 3pm-6pm	Youth Services: Youth Drop-in Pre-teen – Grade 5-7 Fri & Sat 4pm -6pm Youth – Grade 8-12 Friday 6pm -9pm Saturday 6pm -10pm Youth Lounge with ping pong, X-box, flat screen TV, pool table, foosball table Outdoor covered skate park Outdoor basketball, lacrosse/hockey box	Seniors Services: Seniors Lounge: Monday-Friday 9am-9pm Saturday & Sunday 9am-5pm Outdoor patio areas with BBQ Garden area Sunrise Café Computer lab Billiards room Arts & Crafts area with kiln
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FACILITY Rentals www.surrey.ca/rentalspace

Bear Creek Pavilion 604-598-5898

Weddings, banquets, workshops, meetings, seminars and family picnics.

Chuck Bailey Recreation Centre 604-598-5898

Commercial and private, meetings, seminars, workshops, exhibits, large party rentals. 1 gymnasium, 1 large and 4 small multipurpose spaces, youth lounge, kitchen facilities.

North Surrey Recreation Centre 604-502-6300

This redeveloped multi-purpose recreation centre located in the heart of City Centre offers 3 multi-purpose rooms and 2 meeting rooms for community groups to rent.

Surrey Arts Centre 604-501-5566

State-of-the-art facility offers a variety of spaces and services. Main Stage seats 402 plus 3 wheelchairs. Studio Theatre has theatre seating for 129 or banquet seating. Program Room seats 75. Event planning specialists on staff, a Box Office, and fully licensed with bar and concession.

Surrey City Hall 604-598-5769

Centre Stage - a 200 seat fully equipped performance venue in the Council Chambers, the City Room - a 3600 square foot six-story high event/reception area, and meeting rooms for 12 – 70 people are available for public bookings at the new City Hall.

Surrey Nature Centre at Green Timbers 604-502-6065

Have your next meeting or gathering surrounded by nature with forested trails and our historic arboretum. Two meeting rooms available; kitchen facilities. Rates vary.



Guildford

www.surrey.ca/recreation

Welcome

Boasting 37 distinct parks, Guildford & Fraser Heights offer a wide variety of outdoor recreational opportunities. From the forest trails and salmon spawning creeks in Tynehead Regional Park, to the tennis courts at Douglas Park and the picnic areas in the wide open meadows of Fraser View Park, there's something different to see and do at each of the area's open air destinations.

Our FACILITIES

Fraser Heights Recreation Centre	10588 160 Street	604-592-6920
Guildford Recreation Centre/Pool	15105 105 Avenue	604-502-6360
Guildford Library	15105 105 Avenue	604-598-7360
Port Kells Library	18885 88 Avenue	604-598-7440

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

G GARDENS

Community Gardens

Guildford & Fraser Heights offer two popular community gardens: Holly Park and Lionel Courchene Park. Providing an opportunity to grow healthy vegetables for you and your family, they're also a great place to get involved with your community, meet new friends and enjoy the outdoors.

Horticultural Gardens

Providing a unique link between Surrey's urban and natural landscapes, Hawthorne Gardens offers a varied and colourful collection of flowering trees and shrubs.

NT NATURE TRAILS

Tynehead Regional Park consists of 200 hectares of rolling meadow and forest on the banks of the Serpentine River. This park provides an ideal habitat for owls, hawks and coyotes, while the river offers views of spawning salmon.

MB MOUNTAIN BIKING

Suitable for intermediate to advanced riders, the forested area in Port Kells Park features a dirt jump track with seven jumps in total and two berm turns at both ends of the jumps.

Y YOUTH PARKS

Are you a skateboarder, BMX bike rider, in-line skater, or scooter-rider? Guildford has two skate parks where you can develop your skills and learn new tricks: Guildford Youth Park and Fraser Heights Youth Park.

DO DOG OFF-LEASH PARKS

Tynehead Regional Park offers a great place to let your pooch loose to run, play and enjoy a social environment. Before you unleash your dog in the designated park space, please remember to familiarize yourself with off-leash etiquette!

W WATER PARKS

Guildford's Erma Stephenson spray park and water playground is open from mid-May until September 30. Spray parks are activated by push buttons when it is warmer than 20° Celsius.

OP OUTDOOR POOLS

Enjoy a free dip or take swim lessons at one of Guildford's three outdoor pools: Holly, Port Kells and Hjorth Road. Pools are open during the summer months only. Check online for dates and operating hours.

T TENNIS COURTS

The town centre offers a number of outdoor tennis courts. Some are lit for night time use until 10:30pm. See map for locations.



There's More!

We offer hundreds of registered programs for every age group, skill level and interest. From group fitness classes and weight training to swimming, skating, arts and beyond, we have a program to keep your entire family healthy, active and engaged.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

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Arenas	44 - 46
Sports.....	47 - 51
Fitness & Wellness	52 - 57
Arts & General Interest.....	58 - 72

E-Connect WITH YOUR CITY

Here are a few quick and easy ways you can keep current, share and interact with us on matters that are important to you.

E-NEWS **E-COMMENTS**
SOCIAL MEDIA **CITYSPEAKS**

www.surrey.ca/econnect

FACILITY Amenities

GUILDFORD RECREATION CENTRE 15105 105 Avenue 604-502-6360

Guildford Recreation Centre is a multi-purpose facility, open seven days a week and offers free parking, child minding services, toddler play area in the lobby, and free Wi-Fi. It is conveniently attached to the Guildford library and is next to the Guildford Town Centre mall. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 6:00am-10:00pm Saturday and Sunday 6:00am-8:00pm Statutory Holidays 8:00am-8:00pm Childminding Hours: M 8:00am-11:00am 5:15pm-8:30pm Tu 8:00am-11:00am 5:30pm-7:30pm W 8:00am-11:00am Th 8:30am-11:00am 5:30pm-7:30pm F 8:00am-11:00am Sa 9:00am-12noon	Pool: 50 m Olympic size pool with 2 diving boards Moveable floor in the shallow end of the main pool Accessible leisure pool with slide for toddlers, water toys, spray features, lazy river Water slide Family friendly hot tub with wheelchair access Steam room Dry sauna Family change rooms Available for birthday parties and private bookings	Arena: There is no arena at this facility. The two closest arenas are: North Surrey Recreation Centre 10275 City Parkway Surrey Sport & Leisure Complex 16555 Fraser Highway	Gymnasium: Three Weight Room: 8,900 square feet equipped with radio, TV and free Wi-Fi Over 50 pieces of cardio equipment including treadmills, ellipticals, bikes and rowing machines. Over 20 pieces of strength training equipment including a functional training unit, TRX suspension trainers, kettlebells & weight machines Dumbbells up to 45 lbs Barbells up to 110 lbs Personal training available Wheelchair accessible	Fitness Studio: 2,000 square feet of floor space on a wood sprung floor Yoga mats, yoga blocks, stability balls, Bosu balls, step blocks, resistance bands and hand weights	Preschool: 2 preschool classrooms for licensed year-long preschool MYzone: September - June M to F 3pm-6pm	Youth Services: Youth Lounge Drop-in Friday 6pm-9pm Saturday 4pm-9pm Outdoor youth skate park Pool table, ping pong tables in youth lounge	Seniors Services: Seniors Lounge Drop-in Monday to Friday 9am-3pm Senior's cafe
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FRASER HEIGHTS RECREATION CENTRE 10588 160 Street 604-592-6920

Fraser Heights Recreation Centre is a multi-purpose facility open seven days a week and offers free parking, child minding services, free Wi-Fi, lit tennis courts with practice wall and sports fields. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 7:00am-10:00pm Saturday & Sunday 8:00am-8:00pm Statutory Holidays 8:00am-4:00pm Childminding Hours: Monday 8:00am-11:00am Tuesday 9:00am-11:45am Wednesday 8:00am-11:00am Thursday 9:00am-11:00am Friday 9:00am-11:00am	Pool: There is no pool at this facility. The two closest pools are: Guildford Recreation Centre North Surrey Recreation 10275 City Parkway	Arena: There is no arena at this facility. The two closest arenas are: North Surrey Recreation 10275 City Parkway Surrey Sport & Leisure Complex 16555 Fraser Highway, #100	Gymnasium: Two Weight Room: 5,000 sq. ft. 33 pieces of cardio equipment 20 pieces of strength equipment Dumbbells up to 60 lbs Personal training available Wheelchair accessible including raised fitness mats	Fitness Studio: Dedicated fitness studio with wood sprung floor, yoga mats, yoga blocks, stability balls.	Preschool: Two dedicated preschool classrooms MYzone: September - June There is no MYzone at this facility. The closest facility is: Guildford Recreation Centre M to F 3pm-6pm	Youth Services: Drop in for preteens: F 7:00pm-10:30pm Sa 6:00pm-10:30pm Drop in the youth: M-Th 11:00am-12noon F 7:00pm-10:30pm Sa 6:00pm-10:30pm Outdoor skate park Basketball court Tennis courts	Seniors Services: There are no dedicated senior's facilities at this location. The two closest are: Guildford Recreation Centre Chuck Bailey Recreation Centre 13458 107A Avenue
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FACILITY Rentals www.surrey.ca/rentalspace

Fraser Heights Recreation Centre 604-592-6920
 2 multi-purpose rooms which can accommodate 25-45 people and includes kitchen facilities.

Guildford Recreation Centre 604-502-6060
 The facility can accommodate large or small groups. The boardroom seats 12. There are also two multipurpose rooms, seating 35 and 150 people. The larger multipurpose room has a kitchen available.



Fleetwood

www.surrey.ca/recreation

Welcome

In addition to indoor recreational facilities, Fleetwood offers a wide variety of outdoor recreational opportunities throughout its 30 parks. Get out and explore the nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more – including the exercise circuit at Francis Park!

Our FACILITIES

Fleetwood Community Centre	15996 84 Avenue	604-501-5030
Surrey Sport & Leisure Complex	16555 Fraser Hwy	604-501-5950
Fleetwood Library	15996 84 Avenue	604-598-7340

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

G GARDENS

Horticultural Gardens

A perfect place for family outings, special occasions or some relaxing down time, Fleetwood Gardens offers a kaleidoscope of colourful plants and floral displays. Explore the cherry walk, labyrinth and sculptural art, while enjoying the wildlife in and around Fleetwood Creek.

Y YOUTH PARKS

The Fleetwood Youth Park is located at the Surrey Sports & Leisure Complex. It is plaza style, featuring a drop in, mini quarter pipe; slappy wall with rails; as well as boxes, free standing rails and a small amphitheatre with edges. The park also has a basketball half-court with lots of seating.

DO DOG OFF-LEASH PARKS

Freedom Dog Park lives up to its name, providing over 1.25 hectares (3 acres) of open space for free running your dog. The park provides a balanced terrain with lots of grass and open gravel areas as well as a looping trail through the forest.

NT NATURE TRAILS

Take a 30-minute stroll along the 1.8 kilometre nature trail around Fleetwood Park, offering visitors peaceful reflection within its urban forest. More beauty can be found in the tranquil setting of the Charles Richardson Nature Reserve—one of the best places in the City to see water fowl.

W WATER PARKS

Cool off at the popular Fleetwood water playground and spray park, and then enjoy a picnic and wildlife spotting around Fleetwood Creek. City of Surrey spray parks are activated by push buttons when it is warmer than 20 degrees Celsius.

T TENNIS COURTS

Grab your racquet and get in a good workout at one of Fleetwood's outdoor tennis courts. See map for locations.



-  RECREATION CENTRES
-  COMMUNITY HALLS & CENTRES
-  ARTIFICIAL TURF FIELDS
-  VEHICLE PARKING
-  WASHROOMS

There's More!

We offer hundreds of registered programs for every age group, skill level and interest. From group fitness classes and weight training to swimming, skating, arts and beyond, we have a program to keep your entire family healthy, active and engaged.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 43
Arenas	44 - 46
Sports.....	47 - 51
Fitness & Wellness	52 - 57
Arts & General Interest.....	58 - 72

E-Connect WITH YOUR CITY

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E-NEWS **E-COMMENTS**
SOCIAL MEDIA **CITYSPEAKS**
www.surrey.ca/econnect

FACILITY Amenities

FLEETWOOD COMMUNITY CENTRE 15996 84 Avenue 604-501-5030

Fleetwood Community Centre is a multi-purpose facility open seven days a week and offers free parking, free Wi-Fi and two community halls. The Fleetwood Community Centre is directly adjacent to Francis Park and the Fleetwood Library, making it an ideal destination for recreation. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 7:00am-10:00pm Saturday & Sunday 8:00am-5:00pm Closed on Statutory Holidays Weight Room Hours: Monday to Friday 7:00am-10:00pm Saturday & Sunday 8:00am-5:00pm Childminding Hours: Monday 6:00pm-8:45pm Thursday 9:00am-11:30am Thursday 5:30pm-9:00pm	Pool: There is no pool at this facility. The two closest pools are: Surrey Sport & Leisure Complex Newton Recreation Centre 13730 72 Avenue	Arena: There is no arena at this facility. The two closest arenas are: Surrey Sport & Leisure Complex Newton Arena 7120 136B Street	Gymnasium: None Weight Room: 1,600 sq.ft. equipped with free Wi-Fi 15 pieces of cardio equipment including treadmills, elliptical trainers, bikes, stair climbers, rowing machine 11 pieces of strength training equipment including cable machines, BOSU balls, balance boards, stability balls & medicine balls. Dumbbells up to 70 lbs Barbells up to 110 lbs Personal training Seniors circuit training	Fitness Studio: Two fitness rooms for group fitness classes.	Preschool: Two licensed preschool rooms MYzone: September - June M to Th 3pm-6pm	Youth Services: Youth Drop-in Thursday 6pm-10pm Fridays 6pm-10pm Pre-teen Drop-in M to F 3pm-5pm	Seniors Services: Senior's programs are held in multi-purpose rooms. There is no dedicated Senior's Lounge at this facility. The two closest are: Guildford Recreation Centre 15105 105 Avenue Newton Seniors' Centre 13775 70 Avenue
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SURREY SPORT & LEISURE COMPLEX 16555 Fraser Highway #100 604-501-5950

Surrey Sport & Leisure Complex is a multi-purpose facility open seven days a week and offers free parking, a café, child minding services, and free Wi-Fi. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Pool: Monday to Friday 5:30am-10:00pm Saturday & Sunday 6:00am-10:00pm Weight Room: Monday to Friday 5:30am-10:00pm Saturday & Sunday 7:00am-8:00pm Childminding: Babies welcome. Parents must stay on-site while child in care. M 8:45am-12pm 5:45pm-8:45pm Tu 8:45am-12pm 5:45pm-8:45pm W 8:45am-1pm 5:45pm-8:45pm Th 8:45am-12pm 5:45pm-8:45pm F 8:45am-1pm Sa Closed Su 8:45am-12pm Holidays 8:00am to 8:00pm	Pool: 50 m Olympic size pool with 2 diving boards Leisure pool with 160 foot water slide, tumble buckets and water toys Tots pools for babies & toddlers, small slide Moveable floor in the shallow end of the main pool Hot tub Steam room Dry sauna Family change rooms Available for birthday parties and private bookings	Arena: 3 full size rinks 3 multi-purpose rooms Wheelchair accessible on ground level Skate & helmet rental/skate sharpening	Gymnasium: None Weight Room: 10,000 sq.ft. equipped with TV and free Wi-Fi Synrgy XM 360 Landmine, battle ropes, kettlebells, four TRX Treadmills, elliptical trainers, bikes, stair climbers, rowing machines, arc trainer, lateral-x, seated recumbent Atlantis Selectorized and Hammer Plate loaded weight training equipment Bosu balls, balance boards, stability balls, foam rollers, fit bands & medicine balls Stretching platform Precor stretch apparatus Dumbbells up to 100 lbs Barbells up to 85 lbs Personal training Wheelchair accessible	Fitness Studio: 2,000 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, bosu balls, step blocks	Preschool: Dedicated childminding classroom MYzone: September - June There is no MYzone at this facility. The closest facility is: Fleetwood Community Centre M to Th 3pm-6pm	Youth Services: Skate park	Seniors Services: There is no dedicated Senior's Lounge at this facility. The two closest are: Fleetwood Community Centre Guildford Recreation Centre 15105 105 Avenue
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FACILITY Rentals www.surrey.ca/rentalspace

Fleetwood Community Centre 604-501-5030
 Large Hall (capacity 220) and Studio (125), both with kitchens are available for socials, events, weddings and meetings. 3 smaller rooms available for 10 - 40 people. Rates vary.

Surrey Sport & Leisure Complex - Arena 604-501-5881
 It has 3 multipurpose rooms, which holds 100 each in a classroom setting or 60 in a banquet style social event. Each room has a large screen (6ft x 8ft) for projection of videos, DVD, computer & sound system capabilities.





Newton

www.surrey.ca/recreation

Welcome

Explore more than 60 parks and the many outdoor recreation opportunities in Newton—from the trails around Surrey Lake and shoreline views at Mud Bay to the athletic facilities at Newton Athletic Park, you'll discover something fun and active for the whole family.

Our FACILITIES

Newton Recreation Centre/Pool	13730 72 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5040
Newton Seniors' Centre	13775 70 Avenue	604-501-5010
Newton Library	13795 70 Avenue	604-598-7400
Strawberry Hill Library	7399 122 Street	604-501-5836

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

NT NATURE TRAILS

Bring your binoculars and a sense of adventure as you discover the many inspiring nature trails and wildlife throughout Newton. Watch for Steller's Jays and Brown Creepers along the 1.6 kilometre nature trail at Hazelnut Meadows Community Park; take in the views of mud flats, salt marshes and an old field habitat at Mud Bay; and check out the trout and salmon populations at Surrey Lake Park.

G GARDENS

Community Gardens
Hazelnut Meadows Community Garden measures around 2,000 square metres, or about a half acre in size. At the centre of the gardens, you'll find a starter greenhouse used to sprout seedlings and grow delicate vegetables.

MB MOUNTAIN BIKING

Be sure to check out the kid-friendly pump track at Panorama Park, as well Action BMX. Built to international racing standards, Action BMX is co-managed City of Surrey and BC Hydro lands. Users, including Olympic athletes, come from throughout the Lower Mainland and Fraser Valley.

DO DOG OFF-LEASH PARKS

Newton offers three great spots to let your dog enjoy an off-leash play at the park: Panorama Park, Serpentine Dog-off-Leash Park and Unwin Park.

W WATER PARKS

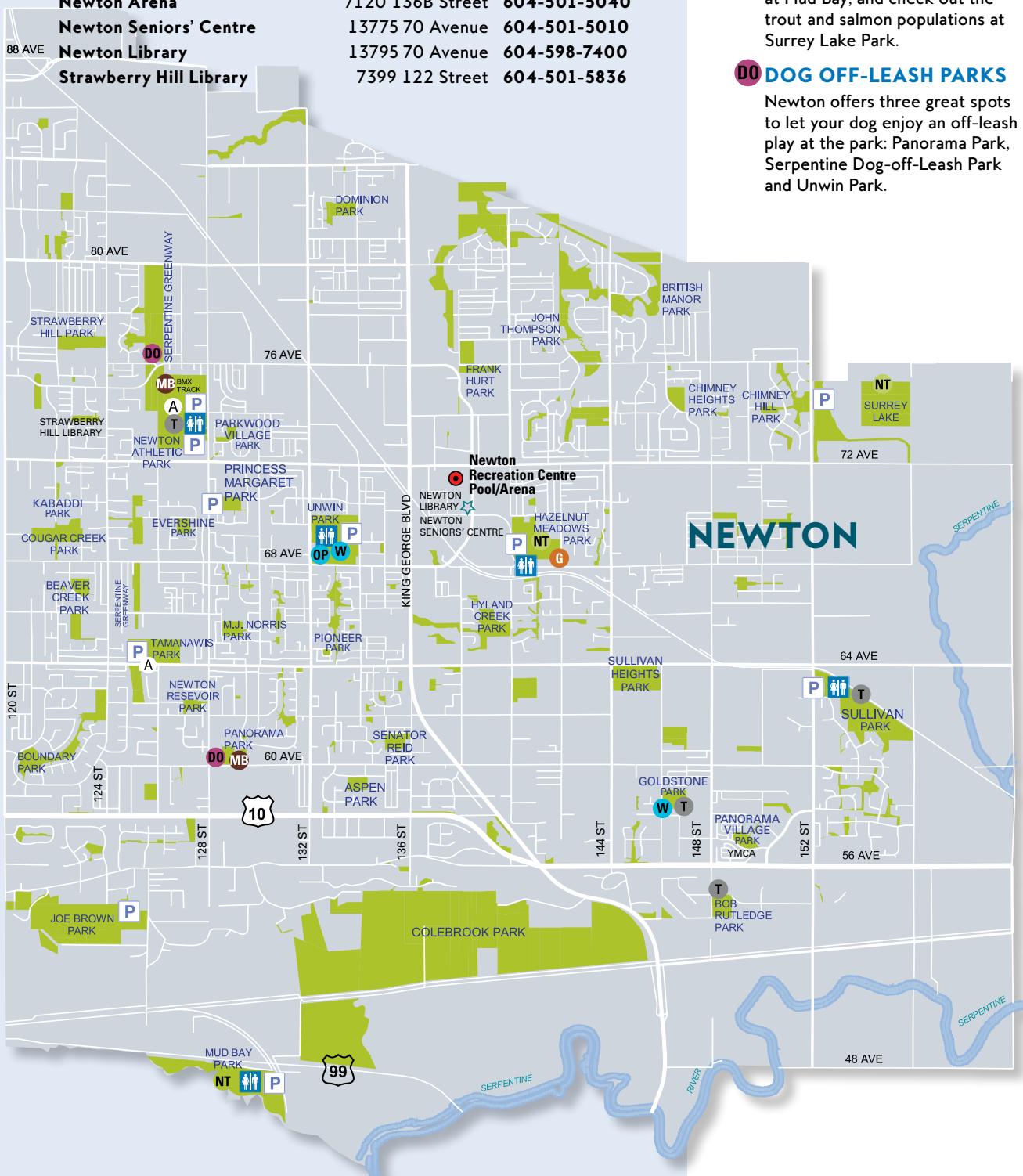
In addition to the new spray features at the south end of Unwin Park, you'll also find an outdoor pool and playground. Goldstone Park offers a large water park and playground, plus two soccer fields, tennis courts, a walking path and a basketball court.

OP OUTDOOR POOLS

Enjoy a free dip at Newton's Unwin Pool. Check online for dates and operating hours. Open during the summer months only.

T TENNIS COURTS

For a great workout, visit any one of the public outdoor tennis courts located throughout Newton. Some are lit for night time use until 10:30 pm. See map for locations.



- RECREATION CENTRES
- ★ COMMUNITY HALLS & CENTRES
- A ARTIFICIAL TURF FIELDS
- P VEHICLE PARKING
- ♿ WASHROOMS

There's More!

We offer hundreds of registered programs for every age group, skill level and interest. From group fitness classes and weight training to swimming, skating, arts and beyond, we have a program to keep your entire family healthy, active and engaged.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

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E-Connect WITH YOUR CITY

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FACILITY Amenities

NEWTON RECREATION CENTRE 13730 72 Avenue 604-501-5540

Newton Recreation Centre, formerly known as the Newton Wave Pool is open seven days a week and offers free parking, child minding services, free Wi-Fi and is conveniently located next to the Newton bus loop. This facility contains the only Olympic sized mat room in all of Surrey's recreation centres for sport specific training in wrestling, karate, gymnastics and kabaddi. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation Monday/Wednesday 6:00am-10:00pm Tuesday/Thursday 6:00am-9:30pm Friday/Saturday 6:00am-9:00pm Sunday/Holidays 8:00am-8:00pm Pool Hours of Operation: Monday/Wednesday 6:00am-8:00pm Tuesday/Thursday 6:00am-9:30pm Friday/Saturday 6:00am-9:00pm Sunday/Holidays 8:00am-8:00pm Arena Hours of Operation: Mon, Wed, Fri, Sat 6:00am-9:00pm Tuesday/Thursday 6:00am-9:30pm Sunday 8:00am-8:00pm M & W Women's Only 9:00pm-10:00pm Childminding Hours Monday 9:00am-11:00am Tuesday 6:00pm-8:30pm Wednesday 9:00am-11:00am	Pool: Wave pool Water slides (both enclosed & open) Water fortress with cannons, jets and sprays Sea Squirts Tot Pool (1-2ft depth) Hot tub Steam room	Arena: Newton Arena 7120 136B Street across the parking lot 1 sheet of ice 17,000 square feet of exhibit space Bench seating for 150 Score board with flexible scoring and timing capabilities 1 Meeting room 2 Multipurpose rooms 4 Multi-use dressing rooms Wheel chair accessible on ground level Skate & Helmet rental/Skate Shop	Gymnasium: One Weight Room: 5,000 square feet equipped with TV and free Wi-Fi Over 40 pieces of cardio equipment Hoist full-body circuit Selectorized strength machines Free weights, ranging from 5-100 lbs Dedicated stretching area Personal training available	Fitness Studio: 19 bikes, exercise balls, bender balls, steps, resistance bands, free weights 17 TRX training stations	Preschool: 1 preschool classroom for licensed year-long preschool MYzone: September - June M to F 3pm-6pm	Youth Services: Youth Lounge Drop-in Tuesday 7pm-9pm Foosball Video games Ping pong	Seniors Services: There is no seniors space at this facility. The two closest seniors' spaces are: Newton Seniors' Centre Fleetwood Community Centre 15996 84 Avenue
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NEWTON SENIORS' CENTRE 13775 70 Avenue 604-501-5010

The Newton Seniors' Centre is a multi-purpose facility with a dedicated Senior's lounge, cafeteria, auditorium with stage, fitness & wellness areas, multi-purpose & activity rooms, a computer lab and billiards room. Open six days a week, this fully accessible facility has free parking, free Wi-Fi and offers a variety of registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Adults 55+ only hours Monday to Friday 9:00am-4:00pm Saturday 12noon-4:00pm	Pool: There is no pool at this facility. The two closest pools are: Newton Recreation Centre Surrey Sport & Leisure Complex 16555 Fraser Highway, #100	Arena: There is no arena at this facility. The two closest arenas are: Newton Arena 7120 136B Street Surrey Sport & Leisure Complex 16555 Fraser Highway, #100	Gymnasium: None Weight Room: There is no weight room at this facility. The two closest are: Newton Recreation Centre Surrey Sport & Leisure Complex 16555 Fraser Highway, #100	Fitness Studio: Fitness activities take place in the multi-purpose rooms.	Preschool: The closest preschool locations are: Newton Recreation Centre Cloverdale Recreation Centre 6188 176 Street MYzone: September - June The closest facility is: Newton Recreation Centre	Youth Services: There is no youth centre at this facility. The two closest youth centres are: Newton Recreation Centre Cloverdale Recreation Centre 6188 176 Street	Seniors Services: Seniors Drop-in: Monday to Friday 9am-4pm Saturday 12noon-4pm. Cafeteria Lounge Auditorium with stage Activity room Computer lab Billiards Multi-purpose room Meeting Room
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FACILITY Rentals www.surrey.ca/rentalspace

Newton Seniors' Centre 604-501-5010

Auditorium including stage (capacity 120), a kitchen, activity room and multipurpose room (seats 70) meeting room (seats 25), and boardroom (seats 10). Wheel chair accessible and large parking lot.





Clowerdale

www.surrey.ca/recreation

Welcome

Clowerdale is home to 35 parks, which include everything from the popular Bill Reid Millennium Amphitheatre to lawn bowling courts, an all wheels welcome youth park, BMX park, plus numerous walking trails and athletic destinations to keep you—and even your four-legged friends—active, healthy and happy.

Our FACILITIES

Clowerdale Recreation Centre	6188 176 Street	604-598-7960
Don Christian Rec Centre	6220 184 Street	604-502-6400
Cemetery Services	6348 168 Street	604-598-5770
Clayton Community Hall	18513 70 Avenue	604-502-6400
Clowerdale Arena	6090 176 Street	604-502-6410
Clowerdale Library	5642 176A Street	604-598-7320
Clowerdale Mini Rec Centre	17635 58 Avenue	604-502-6400
Surrey Archives	17671 56 Avenue	604-502-6459
Surrey Museum	17710 56A Avenue	604-592-6956

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

NT NATURE TRAILS

Explore the wetland trails and many rare plants, birds and trees of Hi-Knoll Park—one of the few areas in the Lower Mainland where the beautiful pink fawn lily grows. In the spring, the forest floor is carpeted with wildflowers and the trees are bursting with new green. Follow the trails and they will lead you to a bridge over Anderson Creek, a salmon-bearing stream.

MB MOUNTAIN BIKING

Located at the northwest corner of Clowerdale Athletic Park, the Clowerdale Athletic BMX Park is a great destination for novice to intermediate riders. The facility includes a pump track, BMX half-track, snake run, jumps and freestyle area.

Y YOUTH PARKS

The Clowerdale Youth Park features an action sports plaza and bowl, a basketball/ball hockey court and an outdoor social space. Adjacent to the Clowerdale Recreation Centre and Clowerdale Millennium Amphitheatre, the park is centrally located and near transit on 176 Street.

DO DOG OFF-LEASH PARKS

Clayton Dog Off-Leash Park is the first dog park in Surrey to be fully fenced with separate large and small dog areas providing a total enclosed area of 1.25 hectares.

W WATER PARKS

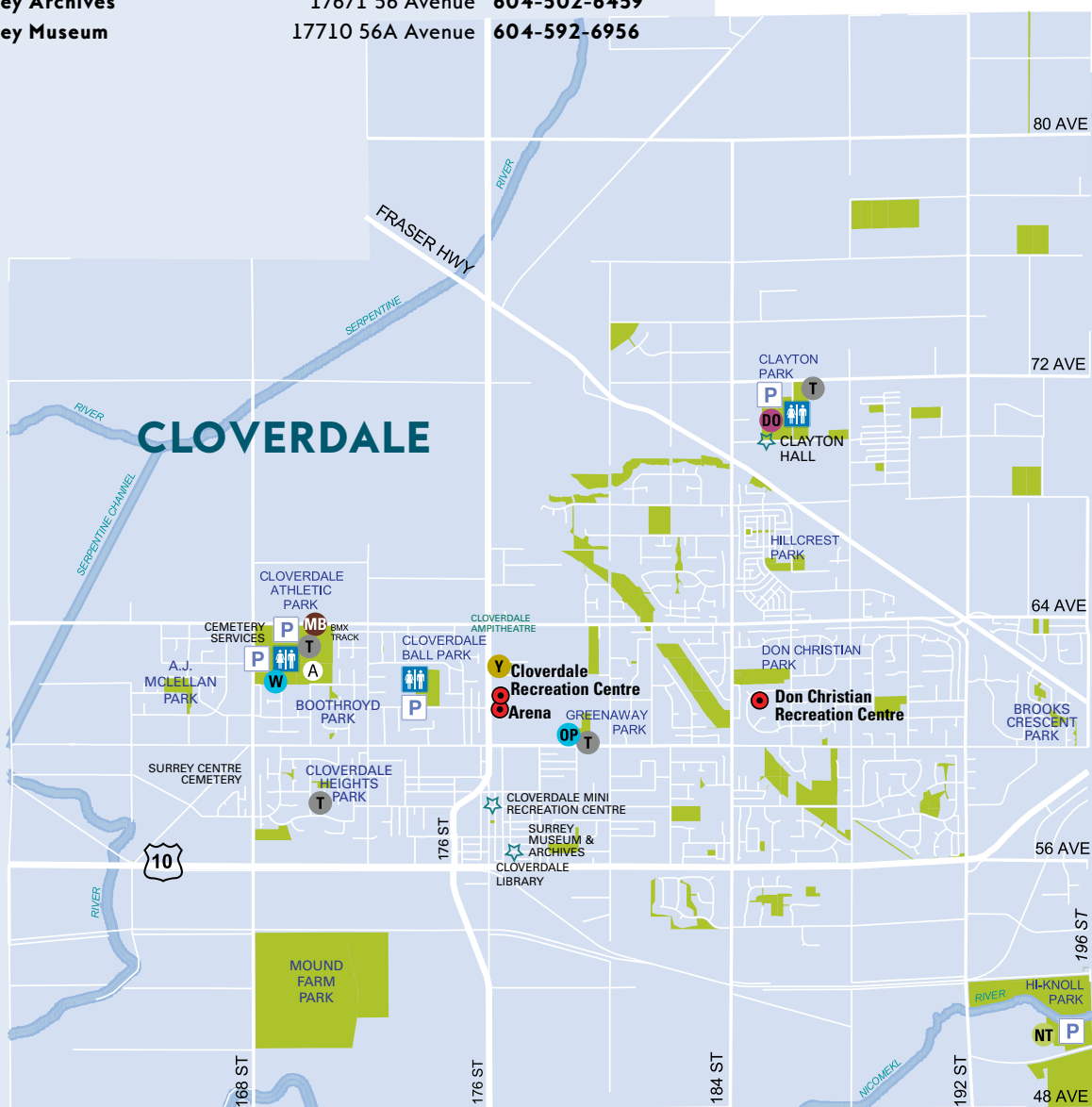
The water park located at south end of Clowerdale Athletic Park offers plenty of space to splash and play. Make a day of it with a picnic, which you can set up at the many nearby tables and shelters. Spray parks are activated by push buttons when it is warmer than 20 degrees Celsius.

OP OUTDOOR POOLS

Make a splash at Greenway Outdoor Pool in Clowerdale. Open during the summer months only. Check online for dates and operating hours.

T TENNIS COURTS

Plan a match at any one of Clowerdale's outdoor tennis courts, some of which are lit for use until 10:30pm. See map for locations.



- RECREATION CENTRES
- COMMUNITY HALLS & CENTRES
- ARTIFICIAL TURF FIELDS
- VEHICLE PARKING
- WASHROOMS

There's More!

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LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 43
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FACILITY Amenities

CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

Clverdale Recreation Centre is open seven days a week and offers free parking, child minding services and free Wi-Fi. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation:

Monday to Friday 5:30am - 10:00pm
 Saturday and Sunday 8:00am - 8:00pm
 Statutory Holidays 8:00am - 8:00pm

Childminding Hours:

M	9:00am - 11:00am	5:00pm - 8:00pm
Tu		5:00pm - 8:00pm
W	9:00am - 11:00am	5:00pm - 8:00pm
Th		5:00pm - 8:00pm
F	9:00am - 11:00am	
Sa	9:00am - 11:00am	

Pool:

There is no pool at this facility. The two closest pools are:

Surrey Sport & Leisure Complex
 16555 Fraser Highway, #100

Grandview Heights
 16855 24 Avenue
 Opening in 2016

Arena:

Clverdale Arena
 6090 176 Street
 one block away

1 sheet of ice
 Score board with flexible scoring & timing capabilities
 Bench seating for 250
 4 multi-use dressing rooms
 1 meeting room
 Concession stand with food & beverages
 Skate/Helmet rental/
 Skate sharpening
 Wheelchair accessible on ground floor

Gymnasium: 3

Weight Room:

8,000 square feet equipped with TV and Wi-Fi
 72 pieces of cardio equipment including spin bikes, ellipticals, treadmills, upright and recumbent bikes
 20 pieces of strength training equipment including a Synrgy 360, weight machines and 2 squat racks
 Dumbbells up to 75 lbs
 Wellness room with 24 spin bikes, TRX and functional training equipment including a power mill
 Personal training available
 Wheelchair accessible

Fitness Studio:

2,000 square feet of fitness studio space
 Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks

Preschool:

2 dedicated preschool classrooms

MYzone:

September - June
 Tu, W, Th 3pm-6pm

Alternate location:
Clayton Elementary School
 7541 184 Street
 M, W, F 3pm-6pm

Youth Services:

Outdoor covered skate park
 Outdoor sports courts
 Drop in hours for preteens and youth every Friday and Saturday.

Seniors Services:

Seniors Drop-in:
 Monday to Friday 9am-4pm

DON CHRISTIAN RECREATION CENTRE 6220 184 Street 604-502-6400

Don Christian Recreation Centre is open five days a week and offers free parking, and free Wi-Fi with a large community hall. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation:

Monday to Friday 8:30am - 4:30pm

Pool:

There is no pool at this facility. The two closest pools are:

Surrey Sport & Leisure Complex
 16555 Fraser Highway, #100

Grandview Heights
 16855 24 Avenue

Arena:

There is no arena at this facility. The two closest arenas are:

Clverdale Arena
 6090 176 Street

Surrey Sport & Leisure Complex
 16555 Fraser Highway, #100

Gymnasium:

None

Weight Room:

There is no weight room at this facility. The two closest are:
Clverdale Recreation Centre
Surrey Sport & Leisure Complex
 16555 Fraser Highway, #100

Fitness Studio:

There is no fitness studio at this facility. The two closest are:

Clverdale Recreation Centre

Surrey Sport & Leisure Complex
 16555 Fraser Highway, #100

Preschool:

2 dedicated preschool classrooms

MYzone:

September - June
There is no MYzone at this facility. The closest facilities are:

Clverdale Recreation Centre
Clayton Elementary School
 7541 184 Street

Youth Services:

Drop-in hours for preteens and pre-teen dances.

Seniors Services:

There is no seniors space at this facility. The two closest seniors' spaces are:

Clverdale Recreation Centre
Fleetwood Community Centre
 15996 84 Avenue

FACILITY Rentals www.surrey.ca/rentalspace

Clverdale Recreation Centre 604-598-7960

Commercial and private groups, meetings, seminars, workshops or exhibits. The facility can accommodate large or small groups. 3 gymnasiums, multipurpose rooms, and meeting rooms. Rates vary.

Clayton Hall 604-502-6402

The community hall seats 130, kitchen facilities, stage and is in a park setting.

Surrey Museum 604-592-6956

Stunning, modern facility, with open, naturally lit rooms and 42-seat theatre for meetings, conferences, receptions, weddings, and parties.



South Surrey

www.surrey.ca/recreation

Welcome

Offering nearly 60 parks, playgrounds and oceanfront outdoor recreation areas, South Surrey is chock full of fresh-air activities for the whole family. From the exotic tree groves at Redwood Park to the sandy beaches at Crescent Beach, 1001 Steps and the outdoor pool at Sunnyside Park, there is never a shortage of opportunities to stay active.

Our FACILITIES

South Surrey Recreation & Arts Centre	14601 20 Avenue	604-592-6970
Grandview Heights Aquatic Centre	16855 24 Avenue	604-590-7800
South Surrey Arena	2199 148 Street	604-502-6200
South Surrey Indoor Pool	14655 17 Avenue	604-502-6220
Elgin Centre	3530 144 Street	604-592-6970
Elgin Hall	14250 Crescent Road	604-592-6970
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1379 128 Street	604-592-6970
Meridian Centre	2040 150 Street	604-592-6970
Ocean Park Library	12854 17 Avenue	604-502-6304
Semiahmoo Library	1815 152 Street	604-592-6900
Sunnyside Hall	1845 154 Street	604-592-6970

Recreational Opportunities

In addition to our indoor recreational facilities, the City of Surrey offers a wide variety of outdoor recreational opportunities. Get out and explore our nature trails and gardens, public tennis courts, youth parks, water parks, bike trails and more and stay active for life.

G GARDENS

Horticultural Gardens

Explore the precious plants, shrubs and trees, developed over the past 55 years at Darts Hill Garden Park, as well as and the five acres of beautiful woodland gardens at The Glades in South Surrey.

Community Gardens:

Dunsmuir Community Gardens are located on a portion of Blackie Spit that was acquired by the City in 1974. The area is home to an abundance of natural and cultural heritage—a perfect place to walk and explore.

NT NATURE TRAILS

South Surrey is home to a wide variety of nature trails winding through old-growth forests, meadows, and the bay shores. You're guaranteed to spot many types of interesting wildlife—maybe even a black-tailed deer—as you meander through the scenic paths through Elgin Heritage Park, Redwood Park, Semiahmoo Trail, Serpentine Wildlife Management Area and Sunnyside Acres Urban Forest Park.

Y YOUTH PARKS

South Surrey Athletic Parks offers a skate park, bike park, as well as soccer, football, rugby, baseball, tennis and volleyball facilities.

DO DOG OFF-LEASH PARKS

Blackie Spit Park and Dogwood Park both offer unique off-leash areas. Black Spit Park is located in the Crescent Beach neighbourhood and Dogwood Park offers a small dog area and forested off-leash walking trails.

W WATER PARKS

The water park at South Surrey Athletic Park is fully fenced and offers covered picnic areas perfect for family gathering. Open mid-May until September 30, spray parks are activated by push buttons when it is warmer than 20° Celsius.

OP OUTDOOR POOLS

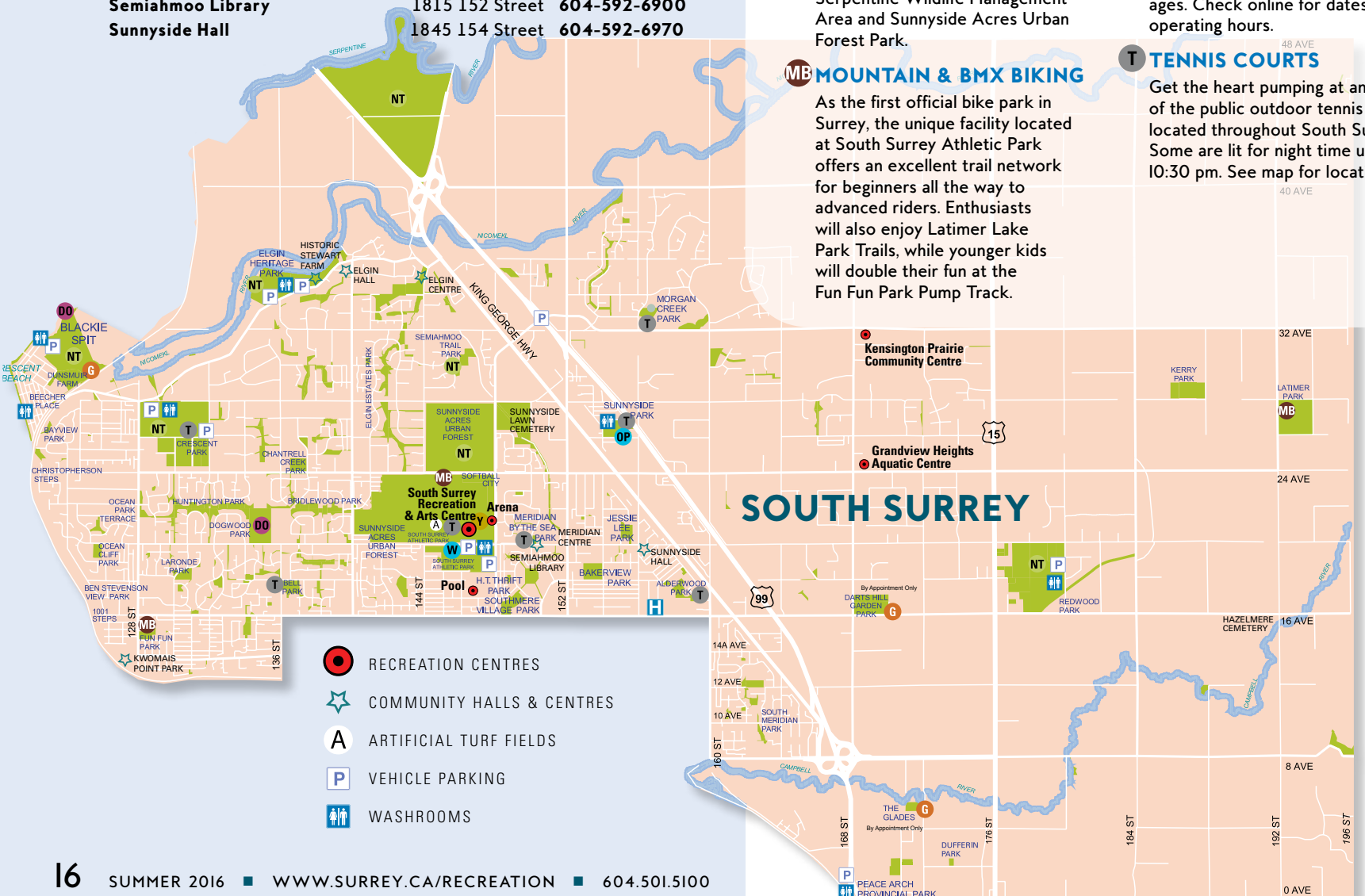
Sunnyside Pool, offering free public swims and registered swim classes, is a popular summertime destination for people of all ages. Check online for dates and operating hours.

MB MOUNTAIN & BMX BIKING

As the first official bike park in Surrey, the unique facility located at South Surrey Athletic Park offers an excellent trail network for beginners all the way to advanced riders. Enthusiasts will also enjoy Latimer Lake Park Trails, while younger kids will double their fun at the Fun Fun Park Pump Track.

T TENNIS COURTS

Get the heart pumping at any one of the public outdoor tennis courts located throughout South Surrey. Some are lit for night time use until 10:30 pm. See map for locations.



There's More!

We offer hundreds of registered programs for every age group, skill level and interest. From group fitness classes and weight training to swimming, skating, arts and beyond, we have a program to keep your entire family healthy, active and engaged.

LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	22 - 43
Arenas	44 - 46
Sports.....	47 - 51
Fitness & Wellness	52 - 57
Arts & General Interest.....	58 - 72

E-Connect WITH YOUR CITY

Here are a few quick and easy ways you can keep current, share and interact with us on matters that are important to you.

E-NEWS **E-COMMENTS**
SOCIAL MEDIA **CITYSPEAKS**

www.surrey.ca/econnect

FACILITY Amenities

SOUTH SURREY RECREATION CENTRE 14601 20 Avenue 604-592-6970

South Surrey Recreation Centre is open seven days a week and offers free parking, a café, child minding services, free Wi-Fi, multi-purpose rooms, dedicated arts space, community & youth lounges and tennis courts. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday to Friday 6:00am - 10:00pm Saturday and Sunday 8:00am - 8:00pm Childminding Hours: M 8:00am - 11:45am 5:00pm - 8:00pm Tu 8:00am - 11:45am 5:00pm - 8:00pm W 8:00am - 11:45am 5:00pm - 8:00pm Th 8:00am - 11:45am 5:00pm - 8:00pm F 8:00am - 11:45am Sa 8:00am - 11:30am Su 8:00am - 11:30am	Pool: There is no pool at this facility. The two closest pools are: Grandview Heights Aquatic Centre Opening in 2016 South Surrey Indoor Pool	Arena: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Cloverdale Arena 6090 176 Street	Gymnasium: 3 Weight Room: 8,000 sq. ft. 40+ pieces of cardio equipment Functional fitness weight training equipment Wide selection of weight machines and free weights (5-75 lbs) Stretching area Personal training Wheelchair accessible	Fitness Studio: 4,000 sq. ft. of fitness space Hardwood sprung floor 2 walls of mirrors TRX suspension training classes Spin Studio	Preschool: 2 dedicated preschool classrooms Childminding area Alternate location: Kensington Prairie Community Centre 16824 32 Avenue MYzone: September - June Tu to F 3pm-6pm	Youth Services: Lounge Drop-in Friday 6pm-10pm Saturday 7pm-11pm Skate park Bike park Pool table Foosball table	Seniors Services: Seniors Drop-in Sources Connections Café Intergenerational garden
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GRANDVIEW HEIGHTS AQUATICS CENTRE 16855 24th Avenue 604-590-7800

The Grandview Heights Aquatic Centre is open seven days a week and offers free parking, a café, outdoor deck and picnic area. This fully accessible facility offers registered and drop-in programs for everyone in the community from preschool to seniors.



Hours of Operation: Monday - Friday 6:00am - 10:00pm Saturday and Sunday 6:00am - 9:00pm	Pool: 10 lane 50 metre FINA Olympic size pool Leisure pool with spray & lazy river, waterslide, digital water screen Steam room, Sauna Family hot tubs, Adult hot tubs Moveable floor Diving platforms up to 10 metres in height Viewing deck for 900 people Universal change rooms	Arena: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Cloverdale Arena 6090 176 Street	Gymnasium: None Weight Room: 7,000 square feet Treadmills, elliptical, stair climbers, bikes, rowers, weight machines Free weights (5-75 lbs) Stretching area TRX, cables & pulleys for functional fitness training	Fitness Studio: There is no fitness studio at this facility. The two closest fitness studios are: South Surrey Recreation Centre Cloverdale Recreation Centre 6188 176 Street	Preschool: There is no preschool. The two closest preschool spaces are: Kensington Prairie Community Centre 16824 32 Avenue South Surrey Recreation Centre MYzone: September - June There is no MYzone. The closest facility is: South Surrey Recreation Centre	Youth Services: There is no youth space at this facility. The closest youth space is: South Surrey Recreation Centre	Seniors Services: There is no seniors space at this facility. The two closest seniors' spaces are: South Surrey Recreation Centre Newton Seniors' Centre 13775 70 Avenue
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SOUTH SURREY INDOOR POOL 14655 17 Avenue 604-502-6220

The South Surrey Indoor Pool is open seven days a week and offers free parking and free Wi-Fi. The fully accessible facility offers registered and drop in swim programs for everyone in the community from preschool to seniors.

Hours of Operation: Monday, Wednesday 6:00am - 10:30pm Tuesday, Thursday 6:00am - 11:00pm Friday 6:00am - 10:00pm Saturday 7:00am - 10:00pm Sunday 7:00am - 9:00pm	Pool: 37 meters 6 lanes Dive tank & diving boards Children's pool Tarzan rope Whirlpool 2 dry saunas	Arena: There is no arena at this facility. The two closest arenas are: South Surrey Arena 2199 148 Street Newton Arena 7120 136B Street	Gymnasium: None Weight Room: 4,100 square feet Cardio machines, upright bikes, recumbent bikes, Concept rowers, step machines, treadmills, ellipticals Weight machines, free weights, power rack, Smith machine Personal training	Fitness Studio: There is no fitness studio at this facility. The two closest fitness studios are: South Surrey Recreation Centre Grandview Heights Aquatic Centre	Preschool: There is no preschool. The two closest preschool spaces are: South Surrey Recreation Centre Kensington Prairie Community Centre 16824 32 Avenue MYzone: September - June There is no MYzone. The closest facility is: South Surrey Recreation Centre	Youth Services: There is no youth space at this facility. The closest youth space is: South Surrey Recreation Centre	Seniors Services: There is no seniors space at this facility. The two closest seniors' spaces are: South Surrey Recreation Centre Newton Seniors' Centre 13775 70 Avenue
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FACILITY Rentals www.surrey.ca/rentalspace

Community Halls and Centres 604-592-6970

Banquets, wedding receptions, weddings, birthdays, anniversaries, meetings, and reunions.

Beecher Place Beach front, kitchen facilities
Elgin Hall Heritage building, seats 140, kitchen facilities and bar.

Kwomais Point Park Park setting, kitchen facilities, Lodge seats 50, Sanford Hall 150.

Sunnyside Hall In a park setting, kitchen facilities, seats 140.

Historic Stewart Farm 604-592-6956

Riverfront historic site in picturesque park setting. Stewart Hall and pole barn, suitable for small meetings, reunions, picnics and family gatherings. Suggested donation fee for photos taken on-site.

South Surrey Recreation & Arts Centre 604-592-6970

Commercial and private, large or small groups, meetings, seminars, workshops, or exhibits. Multipurpose rooms, 3 gymnasiums, kitchen facilities and a meeting room.

• **Semiahmoo Arts** Multi-purpose rooms, a visual arts studio, gallery wall and pottery studio
604-536-8333



Special Events

www.surrey.ca/events

Mark the Date!

Come join the fun at one of our five major festivals throughout the year. The city also hosts numerous local community events in each town centre. All of our events are family friendly, accessible and very often, free!

For a complete listing go online, sign-up for E-news or follow us through Social Media.

Social Media KEEP UP-TO-DATE ON THE LATEST HAPPENINGS

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June 11 Saturday

11am - 2pm

Grandview Heights Aquatic Centre Grand Opening

Grandview Heights Aquatic Centre
604-590-7800 16855 24 Avenue

Join us for our Grand Opening Celebration. Enjoy a family friendly event with entertainment and activities for all.

June 22 - 26

1pm - 2pm

Strawberry Tea

Nothing says summer's coming like fresh local strawberries. Enjoy tea, sweets, juicy berries and hand-churned ice cream served on the verandah of the heritage farmhouse. Great for groups, too!

CITYWIDE	1 Session \$15	6yrs+
W	1:00pm-2:00pm	Jun 22 4465565
Th	1:00pm-2:00pm	Jun 23 4465566
F	1:00pm-2:00pm	Jun 24 4465567
Sa	1:00pm-2:00pm	Jun 25 4465568
Su	1:00pm-2:00pm	Jun 26 4465569

Historic Stewart Farm

June 17 Friday

4pm - 7pm

Family BBQ at the Youth Park

Cloverdale Recreation Centre All Ages

Bring a blanket or lawn chair along with the family for an evening outdoors! The evening will include hot dogs, craft tables, skate, bike and scooter demonstrations and DJ! All wheels are welcome to try out the youth park.

June 25 Saturday

10am - 2pm

Park Play Palooza

NEW Hazelgrove Park 7080 190 Street
Meet our mascot Pip and the Park Play team and celebrate the Park's Grand Opening with a bouncy castle, face painting, games, live entertainment, and more! Visit www.surrey.ca/parks, email partnersinparks@surrey.ca or call 604-501-5050 for more info.

June 17 Friday

11:30am - 2:30pm

Strawberry Tea

Come and enjoy a delicious light lunch, strawberry dessert and tea... and of course some wonderful entertainment.

GUILDFORD 1 Session Members \$8.25
Non Members \$11.25

F	11:30am-2:30pm	Jun 17 4466096
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Guildford Recreation Centre

July & August Friday

Family Nights

Don Christian Park
July 8, 22, August 5, 19

Katzie Elementary School
July 15, 29, August 12, 26

This summer, 8 movies will be shown on Fridays in Cloverdale. Movies begin at dusk. Bring your own lawn chairs, blankets and snacks! We have invited local youth to come and entertain the crowd before the movie, so come early to enjoy the pre-movie entertainment!

June 18 Saturday

10am - 3pm

Surrey Doors Open

Discover the story behind every door!

www.surrey.ca/doorsopen
#surreydoorsopen

Explore venues in Newton, Cloverdale and South Surrey offering a behind-the-scenes look of Surrey's rich culture, history, art and architecture. Enjoy activities for all ages including festivals, entertainment, children's activities, guided tours, food trucks and more! Free hop-on, hop-off transportation makes exploring a variety of locations easy and fun.

July 1 Friday

10am - 10:30pm

Surrey's Canada Day

www.surrey.ca/canadaday

Bill Reid Millennium Amphitheatre
176 Street & 64th Avenue

Fun for the whole family!

July 1 Friday

11am-3pm **FREE**

Seniors' Strawberry Tea

Cloverdale Recreation Centre

A Canada Day tradition! On Canada Day each year, Mayor and Council host this community event and serve tea and strawberry cake to the seniors of Surrey. This hugely popular event draws 500 seniors from throughout the community. While supplies last.

11:00am Doors open to Strawberry Tea
12noon Strawberry Tea begins

July 2 Saturday

11am-3pm **FREE**

Pioneer Fair

Historic Stewart Farm

All ages

Experience an old-time country fair as you kick up your heels to live music and test your skills at Victorian carnival games. See 'The Re-enactors' recreate Surrey's true stories, and sample lemonade, popcorn and hand-churned ice cream. Cap off your day with a tour of the 1894 farmhouse led by a costumed guide.

July 6 - August 31

6:30pm-8pm

Sounds of Summer **FREE**

Wednesday's at Various locations
Full schedule is available online

Join us for our FREE summer concert series in various garden parks across the City of Surrey. Summer sunsets, live music and stunning garden settings! Please bring your own blankets or folding chairs to enjoy the performances.

Jul 6	The Glades	561 172 Street
Jul 13	The Plaza	13450 104 Avenue
Jul 20	Surrey Museum	17710 56A Ave
Jul 27	Darts Hill	1633 170 Street
Aug 3	Hawthorne Park	10513 144 Street
Aug 10	Bear Creek Park	13750 88 Ave.
Aug 17	Fleetwood Park	15802 80 Ave.
Aug 24	Surrey Nature Centre	14225 Green Timbers Way
Aug 31	Holland Park	13428 Old Yale Rd

July 6 - August 31

1pm-3pm

Seniors in the Park **FREE**

Get active outdoors and drop-in for FREE games of bocce, cards, horseshoes, lawn darts, and more! Sessions run rain or shine; extreme weather exception.

SOUTH SURREY

Every Friday

July 8-August 19 1-3pm

Historic Stewart Farm 13723 Crescent Rd

FLEETWOOD

Every Wednesdays

July 6-August 31 1-3pm

Francis Park 15951 83 Avenue
beside Fleetwood Recreation Centre

July 6, August 3

6-8pm Wednesday

Learn To Fish At Green Timbers

Suggested donation \$5/participant
Registration required 604-502-6065

Parent participation required. 5-15yrs

Join the Freshwater Fisheries Society of BC for a hands-on, educational program about fish habitat and conservation, and learn where, when and how to catch fish! Equipment is provided and includes time to fish on the lake. Rain or shine.

W 6pm-8pm Jul 6 4479880
W 6pm-8pm Aug 3 4479881

Meet at Green Timbers Urban Forest Lake. Parking lot is located in the 14600 block of 100 Avenue.

July 9 Saturday

11am-3pm **FREE**

Bridgeview Community Festival

Bridgeview Community Centre

Please join us for the 3rd annual Bridgeview Community Festival! Help us celebrate this unique community while learning about community resources and having some family fun. There will be games, face-painting, bouncy castles and more!

Jul 13, 27, Aug 17, 31

6-8pm Wednesday

Wild Wednesdays **FREE**

Drop-in All ages
Surrey Nature Centre 604-502-6065
www.surrey.ca/naturecentre

Join us mid-week for a nature break. Bring the whole family to discover your wild neighbours and explore Green Timbers Park. Outdoor activities vary each session. Rain or shine. You can bring a picnic dinner to enjoy in the park.

July 15, Aug 19 Friday

5pm-7pm

Family BBQ

Francis Park 15951 83 Avenue

Bring out your family for some fun at the Fleetwood Community Centre. We will be having a hot dog BBQ, sports and games set up such as volleyball, badminton, soccer, frisbee, and bocce. Hot dogs will be \$2 and will include a drink. Contact: Katrina Divincenzo 604-501-5036 kdivincenzo@surrey.ca

July 15-24

WBSC XV Women's World Softball Championships

www.surrey2016.com

The SURREY 2016 Organizing Committee is proud to welcome the world's best fastpitch athletes, representing upwards of 30 nations, to Surrey, BC. Get your tickets now.

July 16 Saturday

3pm-5pm

Family Matinee

FREE

Matinee and snacks; families to come and enjoy an afternoon with their loved ones and community.

Sa 3:00pm-5:00pm Jul 16 4483201
Chuck Bailey Recreation Centre

July 16 & August 20

1pm-4pm Saturdays

Discovery Saturdays

Surrey Museum

All ages, by donation

Discover the Surrey Museum in fun new ways with family friendly celebrations of culture and history.

MAKE A SPLASH

Saturday, July 16

Race a sailboat, make a water cycle, explore ocean sustainability and then get hands-on with the water interactives in the Kids Gallery.

TALES FROM THE HONEYCOMB

Saturday, August 20

Enjoy honey-tasting, try on beekeeper suits and get buzzy with bee-utiful crafts as you hear tales from the honeycomb.

July 23, 24

11am-10pm **FREE**

Surrey Fusion Festival

The Ultimate Celebration of Music, Food, and Culture

www.surrey.ca/fusionfestival

Holland Park - SW Corner of King George Boulevard & Old Yale Road

Fun for the whole family! Go online for more details.

July 27, August 24

10:30am-12:30pm

Hot Lunch

Chuck Bailey Recreation Centre

Delicious hot lunch each month. Meal includes lunch, dessert and coffee or tea.

NORTH 1 Session \$7 All Ages
W 10:30am-12:30pm Jul 27 4480932
W 10:30am-12:30pm Aug 24 4480933

July 20 Wednesday

6:30pm-8:30pm

Music at the Museum Jug Band Jamboree

Surrey Museum

All ages, by donation

What do you get when you blend jazz, ragtime and Delta blues with washboards, jugs and other vintage and homemade instruments? Why, the unique and unforgettable sounds of The Genuine Jug Band, of course! Wear your overalls and join us on the Museum's lawn for an evening of crazy fun and historic music.

August 12 Friday

6pm

Movie Under the Stars

FREE

Fraser Heights Recreation Centre
10588-160 Street (back field)

Bring your friends and family and enjoy an outdoor movie on our giant screen! Family activities begin at 6pm and the movie starts at dusk.

August 13 Saturday

12noon-3pm

Amazing Farm Scavenger Hunt

FREE

Historic Stewart Farm

All ages

Show off your settler savvy and problem-solving skills as you challenge friends and neighbours in this race around the Farm. Work through the activity stations using your phone or tablet, then race back for prizes and bragging rights. Must check-in at the welcome table by 2pm to ensure your spot. Tweet @StewartFarm1 with the hashtag #HSFRace2016 for a RT!

August 13 Saturday

1pm-4pm

Fibre Arts & Crafts Festival

FREE

Surrey Museum

All ages

We'll spin the story of the cloth you wear with this family-friendly, fun and interactive celebration of all things fibre. Get hands-on with real looms and spinning wheels, watch spinning, knitting and weaving demonstrations, make take-home textile crafts, and meet some furry friends who give us the shirts off their backs.

August 19 Friday

6pm-8pm **FREE**

Family Dance

Enjoy a Free evening of dance, music and snacks. Meet you neighbours and learn some new dance moves.

F 6:00pm-8:00pm Aug 19 4483200
Chuck Bailey Recreation Centre

August 31 Friday

11am-2pm

Park Play Wrap-up Picnic

FREE

Holly Park 10706 148 Street

Celebrate the end of the Park Play season with free snacks (while supplies last), bouncy castles, face painters and much more! Visit www.surrey.ca/parks, email partnersinparks@surrey.ca or call 604-501-5050 for more info.



Birthday Parties

www.surrey.ca/register

Book a Party with us!

Have an active birthday party with us. The City of Surrey offers unique and fun birthday party ideas for kids 2-12 years old. From sports and dance to pool parties and skating opportunities, your kids will have a great time in a supervised and safe environment.

Questions? For info or to book a party call 604-501-5100

Birthday parties are booked on a first come, first served basis. Please allow 3-5 business days for a response to your request.

If your desired party date is within two weeks of today, please note that requests are not guaranteed, but we will do our best to accommodate you.

What is included in the party package?

- 2 hours of fun led by a party leader (unless otherwise noted)
- Room set-up and clean-up
- Kitchen access and activity appropriate party room

What's NOT included?

Party organizers are responsible for the decorations, food, birthday cake, dishes and utensils.

How far in advance do I need to book?

We generally recommend that you book your party 2 weeks in advance.

When is payment due?

Full payment is due at the time of booking.

What is your cancellation policy?

If you wish to withdraw/cancel the birthday party within 72 hours you will be charged a \$5 withdrawal fee.

Can party organizer pay for extra children when they arrive?

No, our staff ratio is 1 staff to 12 children. If the party organizers arrive with more children they will be unable to participate.

How much for additional children?

If you have booked a party for up to 12 children, and the number of kids attending the party increases, you will be charged for an additional staff person, as we have a safety ratio of 1 staff to 12 children. Please let us know 2 weeks in advance of your party date if your expected attendance changes.

Does my infant count towards the number of children attending?

If the child is actively participating in the activities they are included in the ratio.

How many adults can I invite to the birthday party?

We suggest 1-2 adults per child up to a maximum of 24 adults per party.

When can party organizer access the party space?

Party organizers are allowed access 15 minutes prior to the party time and 15 minutes after the party time.

Can party organizer bring in outside entertainment?

Yes, but it has to be pre-arranged with the Facility Programmer or Coordinator and adhere to the following rules:

- Paid contracted entertainers must have insurance with a minimum of \$2 million in liability and name the City of Surrey as an additional insured. They must also provide the City with a copy.
- We do not allow parties to bring in animal acts/entertainment, personal/rented bouncy castles, or piñatas.

Can a party organizer bring their own bouncy castle?

No, the party organizer is unable to bring in personal and rented bouncy castles. We have bouncy castle parties available at Clayton Hall, Chuck Bailey, Bridgeview and Newton.

Can party organizer use the fridge/oven/stove?

Yes, if available you are able to use the fridge, sink and counter space. Use of stove, oven, or microwave is restricted to warming pre-cooked food – as per Fraser Health regulations. Party Organizer will need to check with the facility to see what's available.

Can party organizer bring alcohol?

No. Alcohol is not permitted under any circumstances.

Are we able to store ice cream or ice cream cake in the freezer?

Yes, this is an option. Please note: fridges at all locations are a standard size and are only suitable for a regular sized cake.

Birthday Party Packages

Theme Parties

- A theme birthday party package of your choosing
- 2 or 4 hours of fun led by an activity leader
- 15 minutes of room set-up and clean-up before and after party
- Kitchen access and activity appropriate party room

SPORTS

3-12 years

\$116.50 up to 12 children

\$180 13-24 children

Locations: **B, C, CB, F, FH, G, KP, N, SS**

Kids will love this active party planned by our qualified sports instructor. Choose from a variety of sports themes. Appropriate footwear is advised.

DANCE

3-12 years

\$116.50 up to 12 children

\$180 13-24 children

Locations: **F, SS**

A good choice for kids who like to get their groove on! The birthday child can choose from a variety of styles, dance games, or perform a routine at the end of the party, all planned by our dance instructor.

BOUNCY CASTLE 2-10 years

\$210 up to 24 children

Locations: **B, CB, CH**

*Safety first! This party requires 2 instructors. Have fun in our Bouncy Castle and play mini sport games.

Nature

4-12 years

\$135.50 up to 12 children

\$199 up to 24 children

Location: **SNC**

Enjoy a nature-themed birthday party and have fun in the forest! Book your party a minimum of 2 weeks in advance to ensure availability.

All parties include

- A party leader
- A party room for 2 hours
- Outdoor games

MINI-GYM

2-5 years

\$146.25 up to 12 children

\$210 13-24 children

Locations: **C, DC, F, FH, G, KP, N, SS**

Age appropriate toys and equipment for little ones who love to be active.

MUSIC

3-9 years

Prices Vary

Locations: **KP**

An action-packed musical adventure with stories, games, crafts and more. Presented in partnership with Fun with Composers. Call Liz at 604-538-1036 for information and pricing.

TEAM WRAP-UP 6-12 years

\$154.25 up to 20 Children

\$5.25/child from 21 -25 children

Team affiliation proof required.

Locations: **C, CB, F, FH, KP, SS**

Sports equipment will be provided and set up for your team for 3 hours of fun. You are required to have a minimum of 2 adults present at all times.

*This party does not come with a leader.

Pre-Teen Dance Gr 5-7

\$150 up to 10 children

\$15/child 11-24 children

Locations: **CB, DC, F Seasonal - Fall to Spring.**

Bring your party to us before scheduled pre-teen dances to celebrate the special day and dance the night away. These parties are held on the evening of Pre-Teen Dances only.

Package includes:

- 2 hour party
- Pizza and drinks
- Dance tickets

Heritage-Style

\$14.50/child birthday child is free
Must pre-book at 604-592-6956.

We offer birthday parties in one-of-a-kind locations led by instructors who know how to party and know a thing or two about history. You bring the guests, presents and food, and we'll provide the rest.

Location: HSF

Party like it's 1899! We'll lead parties in old-time games and a vintage craft to take home. You supply the cake, and let the kids churn the ice-cream.

Saturdays & Sundays 1:00pm-3:00pm

Location: SM

Walk like an Egyptian, shiver your timbers like a Pirate, or be Queen for a day! Choose a theme, invite friends, and have a memorable day.

Saturdays & Sundays 2:00pm-4:00pm

Skating Parties 6-12 years

\$193.25 Up to 12 Children
\$338.50 13-24 Children

Locations: CA, SSA, SSLC
Seasonal - Fall to Spring.

- 2 hours of party space, including 1.5 hours of ice time during public skates
- 15 minutes of room set-up and clean-up before and after party
- Activities led by an activity leader on the ice
- Fridge access and activity appropriate party room
- Skate/helmet rentals for children only.

Pool Parties

Package:

- Unlimited swimming during leisure swim
 - Birthday area on deck for 2 hours
 - Tables and chairs set-up
 - Balloons and a birthday sign
 - Standard pool amenities
 - 15 min before and 15 min after for set-up and clean up
 - Client provides: Food, utensils, decorations
- Children under 7 must be within arm's reach of an adult in the water. (3-1 ratio)

Pool Amenities:
(Varies between pools)

- Waterslide(s) (available intermittently)
- Water features (IE/ water sprays, house, tumble buckets, kids slides)
- Lazy river or waves
- Inflatable toys (available intermittently)
- Hot tub

FEE PACKAGE # 1 :

\$91 up to 12 children

Extra fees:

Drop-in/child up to 24 children total
\$63.50 for 2 hour birthday leader

Locations: NSIP, SSIP

FEE PACKAGE # 2
WITH SLIDE:

\$146.25 up to 12 children

Extra Fees:

Drop-in/child up to 24 children total
\$63.50 for 2 hour birthday leader

Locations: GH, G, N, SSLC

Parties AT A GLANCE

		SPORTS	DANCE	BOUNCY CASTLE	MINI-GYM	NATURE THEMED	HERITAGE	MUSIC PARTY*	TEAM WIND-UP	POOL PARTIES	ARENA PARTIES	PRE-TEEN DANCE PARTY
		3-12yrs	3-12yrs	3-9yrs	2-5yrs	4-12yrs		3-9yrs	All Ages	All Ages	6-12yrs	Gr 5-7
B	BRIDGEVIEW COMMUNITY CENTRE 604-598-7929 11475 126A Street	✓		✓								
CA	CLOVERDALE ARENA 604-502-6410 6090 176 Street										✓	
C	CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street	✓			✓				✓			
CB	CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue	✓		✓					✓			✓
CH	CLAYTON HALL 604-502-6400 18513 70 Avenue			✓								
DC	DON CHRISTIAN RECREATION CENTRE 604-502-6400 6220 184 Street				✓							✓
F	FLEETWOOD COMMUNITY CENTRE 604-501-5030 15996 84 Avenue	✓	✓		✓				✓			✓
FH	FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street	✓			✓				✓			
GH	GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue	✓			✓							
G	GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue	✓			✓					✓		
KP	KENSINGTON PRAIRIE COMMUNITY CENTRE 604-592-2605 16824 32 Avenue	✓			✓			✓	✓			
N	NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue	✓			✓					✓		
NSIP	NORTH SURREY RECREATION CENTRE 10275 City Parkway 604-502-6302 Aquatics									✓		
SSA	SOUTH SURREY ARENA 604-502-6200 2199 148 Street										✓	
SSIP	SOUTH SURREY POOL 604-502-6220 14655 17 Avenue									✓		
SS	SOUTH SURREY RECREATION & ART CENTRE 604-592-6970 14601 20 Avenue	✓	✓		✓				✓			
SNC	SURREY NATURE CENTRE 604-502-6065 14225 Green Timbers Way					✓						
SM	SURREY MUSEUM 604-592-6956 17710 56A Avenue						✓					
HS	HISTORIC STEWART FARM 604-592-6956 13723 Crescent Road						✓					
SSLC	SURREY SPORT & LEISURE 16555 Fraser Highway 604-501-5100 Arena 604-501-5950 Aquatics									✓	✓	

Birthday parties are booked on a first come, first served basis. Please allow 3-5 business days for a response to your request.

If your desired party date is within two weeks of today, please note that requests are not guaranteed, but we will do our best to accommodate you.



Aquatics

www.surrey.ca/pools

Indoor Pools

There's always lots happening at Surrey's indoor pools. From leisure swims to special events, lessons, aquatic fitness and more, your entire family will get fit and have fun. Find the latest schedules online at www.surrey.ca/recreation.

GRANDVIEW HEIGHTS AQUATIC CENTRE



604-590-7800 16855 24 Avenue

GUILDFORD RECREATION CENTRE



604-502-6360 15105 105 Avenue

NEWTON RECREATION CENTRE - WAVE POOL

604-501-5540 13730 72 Avenue

NORTH SURREY INDOOR POOL

604-502-6300 10275 City Parkway

SOUTH SURREY INDOOR POOL

604-502-6220 14655 17 Avenue

SURREY SPORT & LEISURE COMPLEX

604-501-5950 16555 Fraser Highway

Family Change Rooms

Specifically for parents/guardians with young children.

Aquatic Fitness Programs

The pools are a great way to exercise! Choose from shallow water and deep water programs.

State-of-the-Art Fitness Centres

Equipped with an assortment of the latest cardio and weight equipment.

Personal Training

Private sessions and orientations for our fitness centres.

Birthday Parties

Thinking of what to do for your child's next birthday party? Cool off with a fun swimming party. See pages 20 - 21.

REMINDER...

SOUTH SURREY WILL HAVE TWO POOLS IN OPERATION FOR SWIM LESSONS

PLEASE CHECK YOUR LOCATION BEFORE REGISTERING FOR LESSONS

Swim Lessons FOR ALL

From tots to adults, we have lessons for all ages and abilities. Lessons are scheduled every ½ hour for your convenience and registration is ongoing.

Red Cross Swim Preschool 4months - 5years



This 8 level program is designed to promote success, working with your child's motor skills. An exciting format with fun characters, activities and water safety geared towards 3-5 year olds.

Red Cross Swim Kids 5-12 years

Our program challenges your child to their individual level and learning style. Fitness is introduced through all the levels encouraging personal bests. Stroke development and water safety remain a strong point of the program.

Adapted Programs

Supported swim lessons for children and youth with disabilities, in partnership with Surrey Association for Community Living. Red Cross Swim Kids - One to One and Aqua Launchers - One to One.

Lifesavers Levels 1 - 4

Is your 8 to 12 year old interested in what lifeguards do? Sign them up to learn basic lifeguarding, swim instruction, first aid, leadership and water safety skills!

Red Cross Adult & Teen Swim Basics 1-2

This class is great for teens and adults to learn the basics of swimming.

Red Cross Adult & Teen Swim Strokes

We work on a plan to challenge each individual's swim development in the class setting. Swimming is an enjoyable safety and fitness skill to develop! Try a swim lesson for yourself!

Private Lessons

Finish items in a level or focus on a specific skill. Half hour lesson with a skilled instructor.

Need some Stroke Enhancement?

Try a clinic to polish your technique. Limit of 6 kids per class, focusing on their strokes each 30 minute session.

Advanced Aquatics

We have a full range of lifesaving, lifeguarding, instructional, and first aid courses.

Aquatic Fitness

CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE 3 - MODERATE 4 - MODERATE HIGH 5 - HIGH			
CLASS	LEVEL	POOL	DESCRIPTION
Gentle Joints	1	GH, G, SL, NS, SS	Improve your balance and range of motion through gentle movements to help you with your daily activities.
Water Walking	2	GH, G, SL, SS	A Low impact, low intensity class. Walk through the water to improve your flexibility, posture and range of motion.
Seniors Aqua	2/3	NW	A low impact, low intensity shallow water workout.
Mommy Moves Mom & Baby Aquafit	2/3	GH, NS, SL, SS	A low impact exercise class performed in warm water. A great way to interact with baby. Offered by Mommy Moves Fitness
Mommy Moves Prenatal Deep Aquafit	2/3	SL	Energizing no-impact designed to work the core muscles. A challenging cardio work out in the deep water.
Aqua-bata	3	NS, SS	Join our in water version of Tabata interval training – great for both fat loss and improving conditioning.
Multi Level Aquacise	2/3	NW	A low impact, low intensity shallow water workout for all adult ages.
Deep Water Aqua	3	GH, G, SL, NS, SS	A great no impact workout. Focus on using the waters resistance for core, cardio and strength. Float belts provided.
Shallow Water Aqua	3	GH, G, NS, NW, SL, SS	Cardio workout that enhances strength, endurance, power and speed.
Deep Water Running	4	SS	A great no impact workout. Focus on building cardio, strength and endurance through interval training. Great cross training for runners. Floats belts provided.
Shallow Water Power Aqua	4	GH, NS	A cardio workout to strengthen the whole body. Use water's resistance to increase your power, speed and endurance.
Performance Swim Training	4	SS, NS	Improve your swim strokes and endurance through interval training and stroke drills. Great for triathletes, masters and recreational swimmers. Must be able to swim 25m.
Shallow Water Aqua Bootcamp	5	GH, G, SL	Challenge your fitness level and build your strength and cardio.
GH: Grandview Heights G: Guildford NS: North Surrey Pool NW: Newton Wave Pool SL: Sport & Leisure SS: South Surrey Pool			Please refer to the Par Q on the pool deck and consult with your doctor as needed. The above descriptions may vary with different instructor style and class durations. The intensity levels are used as a guideline. Each individual may choose to work at their own pace.

GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

AQUATIC SWIM SCHEDULE

Schedule Effective: July - August, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hot Tub, Sauna and Steam Room	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-8:00pm	6:00am-8:00pm
Length Swim (25m)	6:00am-10:00pm	8:30am-10:00pm	6:00am-10:00pm	8:30am-10:00pm	8:00am-7:30pm	8:30am-8:00pm	6:00am-8:00pm
Length Swim (50m)		6:00am-7:30am		6:00am-7:30am	8:30pm-10:00pm	6:00am-8:00am	
Public Swim (all pools)	6:00am-8:30am 1:00pm-3:00pm 7:30pm-10:00pm	6:00am-8:30am 1:00pm-3:00pm 7:30pm-10:00pm	6:00am-8:30am 1:00pm-3:00pm 7:30pm-10:00pm	6:00am-8:30am 1:00pm-3:00pm 7:30pm-10:00pm	6:00am-8:00am	6:00am-8:00am 1:00pm-8:00pm	6:00am-9:00am 1:00pm-8:00pm
Public Swim (Leisure Pool Only swim)	8:30am-1:00pm 3:00pm-7:30pm	8:30am-1:00pm 3:00pm-7:30pm	8:30am-1:00pm 3:00pm-7:30pm	8:30am-1:00pm 3:00pm-7:30pm		8:00am-1:00pm	9:00am-1:00pm
Deep End	6:00am-5:30pm 6:30pm-10:00pm	8:30am-5:30pm 6:30pm-10:00pm	6:00am-5:30pm 6:30pm-10:00pm	8:30am-5:30pm 6:30pm-10:00pm	6:00am-10:00pm	9:00am-8:00pm	6:00am-8:00pm
Youth Oriented Swim					8:00pm-10:00pm		
Diving Boards (Open intermittently)	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	1:00pm-10:00pm	1:00pm-8:00pm	1:00pm-8:00pm
Waterslide (Open intermittently)	1:00pm-3:00pm 7:00pm-10:00pm	1:00pm-3:00pm 7:00pm-10:00pm	1:00pm-3:00pm 7:00pm-10:00pm	1:00pm-3:00pm 7:00pm-10:00pm	1:00pm-10:00pm	1:00pm-8:00pm	1:00pm-8:00pm
Free Swim Lessons							1:00pm-2:00pm

Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admissions still apply. Children under the age of 7 must be accompanied by an adult.

AQUATIC FITNESS SCHEDULE

Aquacise Bootcamp	8:00am-9:00am		8:00am-9:00am			
Deep Water Aqua	7:00am-8:00am		7:00am-8:00am		8:00am-9:00am	
Water Walking	12noon-12:45pm		12noon-12:45pm		10:45am-11:30am	
Gentle Joints		12noon-12:45pm		12noon-12:45pm		
Shallow Water Aqua	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	7:30pm-8:30pm	9:00am-10:00am	

FITNESS CENTRE SCHEDULE

Fitness Facility & Gymnasium	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	8:00am-8:00pm	8:00am-8:00pm
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Schedules Subject to Change.

NORTH SURREY RECREATION CENTRE 604-502-6300 10275 City Parkway

AQUATIC SWIM SCHEDULE

Schedule Effective June 27 -September 5, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hours of Operation	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 10:00pm	7:00am - 9:00pm	8:00am - 9:00pm
Public Swim	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 7:30pm [Aug 1:30pm-7:30pm]	6:00am - 9:00am 12:30pm - 4:00pm [Limited pool space 6:00pm - 7:30pm]	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 7:30pm [Aug 1:30pm-7:30pm]	6:00am - 9:00am 12:30pm - 7:30pm [Limited pool space 4:00pm - 7:30pm]	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 9:00pm [Aug 1:30pm-9:00pm]	7:00am - 9:00am 1:00pm - 9:00pm	8:00am - 9:00am 1:00pm - 9:00pm
Circuit (One lane in Pool, Hot Tub & Sauna)	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 9:00pm	6:00am - 4:00pm 6:00pm - 9:00pm	7:00am - 9:00pm	8:00am - 9:00pm
Adult Swim	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm			
Senior's Swim	12:30pm - 1:30pm		12:30pm - 1:30pm		12:30pm - 1:30pm		
Youth Swim					9:00pm - 10:00pm		
Parent & Tot (under 7yrs)	9:00am - 1:30pm 4:00pm - 6:00pm	9:00am - 12:30pm 4:00pm - 6:00pm	9:00am - 1:30pm 4:00pm - 6:00pm	9:00am - 12:30pm	9:00am - 1:30pm	9:00am - 1:00pm	9:00am - 1:00pm
Women & Girls only Swim & Gym		9:00pm - 10:00pm		9:00pm - 10:00pm			
Value Swim Times	8:30am - 3:00pm	6:00am - 9:00am 8:30pm - 10:00pm (9:00pm - 10:00pm women's only)	8:30am - 3:00pm 6:00pm - 7:30pm	6:00am - 9:00am 8:30pm - 10:00pm (9:00pm - 10:00pm women's only)	11:30pm - 1:30pm 6:00pm - 9:00pm	7:00am - 9:00am (8:00pm - 9:00pm teens only)	8:00am - 9:00am
Free Swim Lessons	6:30pm - 7:00pm		6:30pm - 7:00pm			1:00pm - 1:30pm	

Registration begins 30mins before the scheduled start time and lessons run on a first come first serve basis. Public swim admissions still apply. Children under the age of 7 must be accompanied by an adult. Lessons do not run on long weekends.

AQUATIC FITNESS SCHEDULE Fitness Intensity Levels [1] - Low [2] - Low-Moderate [3] - Moderate [4] - Moderate-High [5] - High

Shallow Water Aqua [3]	8:00am - 9:00am		8:00am - 9:00am		8:00am - 9:00am	8:15am - 9:00am	
Deep Water Aqua [3]		8:15am - 9:00am		8:15am - 9:00am			
Shallow Water Power Aqua [4]	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm			
Gentle Joints [1]	12:30pm - 1:15pm		12:30pm - 1:15pm		12:30pm - 1:15pm		

**Schedule subject to change without notice. Please inquire at the front desk for more info.

SURREY SPORT & LEISURE COMPLEX 604-501-5950 16555 Fraser Highway

AQUATIC SWIM SCHEDULE

Schedule Effective July - August, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	7:00am - 8:00pm	7:00am - 8:00pm
Public Swim (all pools)	5:30am - 8:00am 2:00pm - 3:00pm 7:30pm - 9:30pm	5:30am - 8:00am 1:00pm - 3:00pm 7:30pm - 9:30pm	5:30am - 8:00am 1:00pm - 3:00pm 7:30pm - 9:30pm	5:30am - 8:00am 1:00pm - 3:00pm 7:30pm - 9:30pm	5:30am - 8:00am 1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 9:30pm	6:00am - 9:00am 1:00pm - 9:30pm
Leisure Pool Only Public Swim	8:00am - 2:00pm 3:00pm - 7:30pm	8:00am - 1:00pm 3:00pm - 7:30pm	8:00am - 1:00pm 3:00pm - 7:30pm	8:00am - 1:00pm 3:00pm - 7:30pm	8:00am - 1:00pm 3:00pm - 7:30pm	6:00am - 1:00pm	9:00am - 1:00pm
Hot Tub, Sauna and Steam Room	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm	5:30am - 9:30pm
Length Swim (25m)	8:00am - 9:30pm	5:30am - 9:30pm	8:00am - 9:30pm	5:30am - 9:30pm	8:00am - 9:30pm	8:00am - 9:30pm	6:00am - 9:30pm
Length Swim (50m)	5:30am - 7:15am		5:30am - 7:15am		5:30am - 7:15am	5:30am - 7:15am	
Youth Oriented Swim					8:00pm - 9:30pm	8:00pm - 9:30pm	
Adult Length Swim	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm	8:30pm - 9:30pm		
Diving Boards - Open intermittently between	1:00pm - 3:00pm 8:00pm - 9:30pm	1:00pm - 3:00pm 8:00pm - 9:30pm	1:00pm - 3:00pm 8:00pm - 9:30pm	1:00pm - 3:00pm 8:00pm - 9:30pm	1:00pm - 3:00pm 8:00pm - 9:30pm	1:00pm - 9:30pm	1:00pm - 9:30pm
Waterslide - Open intermittently between	1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 3:00pm 7:30pm - 9:30pm	1:00pm - 9:30pm	1:00pm - 9:30pm
Value Swim	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm		
Free Swim Lessons		1:00pm - 2:00pm					

Registration starts 30min prior to lesson and run on a first come first serve basis. Public swim admissions still apply. Children under the age of 7 must be accompanied by an adult.

Schedules Subject to Change. Diving boards and Water slide are open intermittently between times listed. Birthday Parties available Saturdays and Sundays, call for more information. Height and age to use our slide, person must be 48" tall/taller and must be at least 7 years old. Single riders only on slide.

AQUACISE SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Water Aqua	8:00am - 9:00am 7:30pm - 8:30pm	7:30pm - 8:30pm	8:00am - 9:00am 7:30pm - 8:30pm	7:30pm - 8:30pm	8:00am - 9:00am		8:00am - 9:00am
Deep Water Aqua	9:15am - 10:15am 8:45pm - 9:30pm	9:15am - 10:15am	9:15am - 10:15am 8:45pm - 9:30pm	9:15am - 10:15am	9:15am - 10:15am		
Shallow Water Aqua Boot Camp		8:00am - 9:00am		8:00am - 9:00am		8:00am - 9:00am	
Mom & Baby Aquacise**	1:00pm - 1:45pm						
Deepwater Pre-Natal Aquacise**					7:30pm - 8:30pm		
Water Walking		10:30am - 11:15am		10:30am - 11:15am			
Gentle Joints	10:30am - 11:15am		10:30am - 11:15am		10:30am - 11:15am		

**Mom and Baby Aquacise & Prenatal Aquacise Single day registration is available Cost 1/\$10.50 this is not included in regular admission.

NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue

AQUATIC SWIM SCHEDULE

July 4 - September 2, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Value Time	6:00am - 8:30am	11:15am - 1:00pm	11:15am - 1:00pm	11:15am - 1:00pm	11:15am - 1:00pm		8:00am - 8:30am 7:00pm - 8:00pm
Public Swim	1:30pm - 8:00pm	12:30pm - 4:30pm 7:00pm - 8:30pm	1:30pm - 8:00pm	12:30pm - 4:30pm 7:00pm - 8:30pm	12:30pm - 9:00pm	12:30pm - 9:00pm	12:30pm - 8:00pm
Steam Room & Hot Tub	6:00am - 8:00pm	6:00am - 9:30pm	6:00am - 8:00pm	6:00am - 9:30pm	6:00am - 9:00pm	8:00am - 9:00pm	8:00am - 8:00pm
Adult <small>Limited Pool Access (1 lane) Lesson Break Time</small>	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am	*8:00am - 12:30pm 10:30am - 10:45am
Adult Swim*	6:00am - 8:00am	6:00am - 8:00am 8:30pm - 9:30pm	6:00am - 8:00am	6:00am - 8:00am 8:30pm - 9:30pm	6:00am - 8:30am		
Parent & Tot Swim*					9:00am - 12:30pm* <small>Limited pool space</small>		
Women's Only Swim & Lessons	9:00pm - 10:30pm <small>Plus Weight Room</small>		9:00pm - 10:30pm <small>Plus Weight Room</small>			6:00am - 8:00am <small>Plus Aquacise</small>	

AQUATIC FITNESS SCHEDULE

Seniors' Social – Swim & Aquacise*	12:15pm - 1:30pm		12:15pm - 1:30pm		11:30am - 12:30pm		
Aquacise*	7:00am - 7:45am 8:15am - 9:00am	7:00am - 7:45am 8:15am - 9:00am 8:30pm - 9:15pm	7:00am - 7:45am 8:15am - 9:00am	7:00am - 7:45am 8:15am - 9:00am 8:30pm - 9:15pm	7:00am - 7:45am 8:15am - 9:00am	Women's Only 7:00am - 7:45am	
Seniors Aquacise	12:30pm - 1:15pm		12:30pm - 1:15pm		11:30am - 12:15pm		

FITNESS CENTRE SCHEDULE

Co-ed Weight Room	6:00am - 9:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 9:00pm	8:00am - 8:00pm
Drop-In Fitness Classes	Go online or pick up a facility Drop-In Schedule for a full listing of drop-in group fitness classes during the Newton Recreation Centre expansion.						

*No waves or slides are available during these swim times (Adult Swim, Aquacise, Parent & Tot, Seniors Social Swim) Height & Age to use our slides, person must be 48" tall/taller and be at least 7 years old. Single riders ONLY on the slide. All children under 7 years of age must be within arms reach of a responsible person 14+ years at all times. There is a limit of 3 under 7's to each caregiver. The schedule will change on long weekends and holidays. Schedule subject to change, please call ahead to confirm hours of operation 604-501-5540. Please call ahead when bringing a group. 604-501-5540.

SOUTH SURREY INDOOR POOL 604-502-6220 14655 17 Avenue

AQUATIC SWIM SCHEDULE

Schedule Effective July 4 - September 2, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim 13+ yrs*	6:00am - 10:30pm	6:00am - 11:00pm	6:00am - 10:30pm	6:00am - 11:00pm	6:00am - 10:00pm	7:00am - 9:00pm	7:00am - 9:00pm
Public Swim	July & August 6:00am - 8:30am 1:30pm - 3:00pm	6:00am - 8:30am 1:30pm - 3:00pm	6:00am - 8:30am 1:30pm - 3:00pm	6:00am - 8:30am 1:30pm - 3:00pm	6:00am - 8:30am 1:30pm - 4:00pm	8:00am - 9:30am 1:00pm - 4:00pm	7:00am - 9:30am 1:00pm - 3:45pm
	July 6:30pm - 8:00pm	6:30pm - 8:00pm	6:30pm - 8:00pm	6:30pm - 8:00pm	7:00pm - 10:00pm	6:00pm - 9:00pm	8:00pm - 9:00pm
	August 5:00pm - 8:00pm	5:00pm - 8:00pm	5:00pm - 8:00pm	5:00pm - 8:00pm	4:00pm - 10:00pm	6:00pm - 9:00pm	8:00pm - 9:00pm
Adult 19yrs+/Senior	12noon - 1:30pm 8:00pm - 9:45pm	12noon - 1:30pm	12noon - 1:30pm 8:00pm - 9:45pm	12noon - 1:30pm	12noon - 1:30pm	4:00pm - 5:00pm	10:00am - 12noon 4:00pm - 5:00pm
Parent & Tots ** 5 & under (+ public times)	July 5:00pm - 6:30pm Aug 5:00pm - 8:00pm	July 5:00pm - 6:30pm Aug 5:00pm - 8:00pm	July 5:00pm - 6:30pm Aug 5:00pm - 8:00pm	July 5:00pm - 6:30pm Aug 5:00pm - 8:00pm	July 5:00pm - 6:30pm Aug 5:00pm - 8:00pm	5:00pm - 6:00pm	12noon - 1:00pm 5:00pm - 8:00pm
Value Swims	9:45pm - 10:30pm	10:00pm - 11:00pm	9:45pm - 10:30pm	10:00pm - 11:00pm			

All children under 7 yrs must be within arms reach of a responsible person 14 years or older at all times. There is a limit of 3 under 7's to each caregiver. We guarantee one lane available for length swimming. We strive to provide more than one during non prime time. Participants 13yrs+* are welcome during Adult yrs+/Senior swim in the circuit lane swimming laps, to the fitness centre, circuit swim, performance train, and fitness classes. **Limited Main Pool Space during Parent & Tot times - space will be made available at the discretion of the lifeguard supervisor.

AQUATIC FITNESS SCHEDULE

Aquacise	8:00am - 8:45am 9:00am - 9:45am 8:00pm - 8:45pm	7:00am - 7:45am 8:00am - 8:45am 9:00am - 9:45am	8:00am - 8:45am 9:00am - 9:45am 8:00pm - 8:45pm	7:00am - 7:45am 8:00am - 8:45am 9:00am - 9:45am	8:00am - 8:45am 9:00am - 9:45am	8:45am - 9:30am	9:00am - 9:45am
Aqua-bata		8:00pm - 8:45pm		8:00pm - 8:45pm	10:15am - 11:15am		
Water Running	8:00pm - 8:45pm	12noon - 12:45pm	8:00pm - 8:45pm	12noon - 12:45pm			
Deep Water Aqua	7:00am - 7:45am 12noon - 12:45pm	8:00am - 8:45am	7:00am - 7:45am 12noon - 12:45pm	8:00am - 8:45am 8:00pm - 8:45pm	7:00am - 7:45am 12noon - 12:45pm	8:00am - 8:45am	8:00am - 8:45am
Water Walking	12noon - 12:45pm	12noon - 12:45pm	12noon - 12:45pm	12noon - 12:45pm	12noon - 12:45pm		
Performance Training 13yrs+*		8:00pm - 9:00pm		8:00pm - 9:00pm			
MommyMoves Mom & Baby Aqua Drop-In \$10.50		1:30pm - 2:15pm	(class takes place during public swim)				
MommyMoves Pre-Natal Aqua Drop-In \$12.50	7:45pm - 8:45pm						

Deep and Shallow Water Exercises may sometimes be combined dependent on attendance. We guarantee one lane available for length swimming. We strive to provide more than one during non prime time.

FITNESS CENTRE SCHEDULE

Weight Room & Cardio	6:00am - 10:30pm	6:00am - 11:00pm	6:00am - 10:30pm	6:00am - 11:00pm	6:00am - 10:00pm	7:00am - 9:00pm	7:00am - 9:00pm
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GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue

AQUATIC SWIM SCHEDULE

Schedule Effective July - August, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Swim (all pools)	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 9:00pm	6:00am - 9:00pm
Hot tub, Sauna and Steam Room	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 9:00pm	6:00am - 9:00pm
Length Swim (25m)	8:00am - 10:00pm	6:00am - 10:00pm	8:00am - 10:00pm	6:00am - 10:00pm	8:00am - 10:00pm	6:00am - 9:00pm	6:00am - 6:00pm
Length Swim (50m)	6:00am - 7:30am		6:00am - 7:30am		6:00am - 7:30am		
Diving Boards & Water Slides	10:00am-9:00pm	10:00am-9:00pm	10:00am-9:00pm	10:00am-9:00pm	10:00am-9:00pm	10:00am-8:00pm	10:00am-8:00pm
Inflatable AquaTrack						2:00pm-8:00pm	

AQUATIC FITNESS SCHEDULE

Shallow Water Aqua		8:00am - 9:00am	8:00pm - 8:45pm	8:00am - 9:00am		9:00am - 10:00am	
Deep Water Aqua		7:00am - 7:45am 6:00pm - 7:00pm		7:00am - 7:45am 6:00pm - 7:00pm			9:15am - 10:15am
Shallow Water Aqua Bootcamp	8:00pm - 8:45pm						
Water Walking	8:15am - 9:00am		8:15am - 9:00am		8:15am - 9:00am		
Shallow Water Power Aqua	9:15am - 10:15am		9:15am - 10:15am		9:15am - 10:15am		

*Diving boards and water slide are open intermittently between listed times. Diving boards may close during deep water aqua times. Height and age to use our slide: person must be 48" tall/taller and must be 7 years old. Single riders only on slide. Must be at least 7 years old to use our 3m & 5m boards/platforms and AquaTrack. Must be at least 12 years old to use 7m platform and at least 16 years old to use the 10m platform.

PUBLIC

Free Swims

Sponsored by Westminster Savings.

SOUTH

1st Saturday of month 1:00pm-4:00pm

SPORT & LEISURE

3rd Sunday of month 3:00pm-5:00pm

NORTH

Last Saturday of month 2:00pm-5:00pm

Beat the Heat Public Value Swims!

A quick dip for value price gives you a chance to splash before bed and be refreshed after a long Summer day! Please check the schedule for times.

SOUTH

Value Price All Ages
Sunday - Thursdays Evenings

Swim & Play

Swim 1 hour with our leader and then enjoy a movie and popcorn. Register with your friends or come to meet new ones!

SOUTH

\$14.50 per child 7-9yrs

2nd Saturday 6:30pm-9:30pm

\$14.50 per child 10-12yrs

4th Saturday 6:30pm-9:30pm

Schools Out For Summer

Come out and rock on deck while listening to a DJ, win prizes, compete in the air mattress relay, be on the winning side of tug o' war, join in the frozen clothing contest!

SPORT & LEISURE

Regular Admission 10-18yrs
June 24 8:00pm-10:30pm

GRANDVIEW HEIGHTS

Kick off summer with an action packed week with games and activities.

Regular Admission All Ages
June 27 - June 30 2:00pm-6:00pm

Happy Canada Day!

Come enjoy public swims with all things Canadian, eh! Beaver Lodge Races, Maple Leaf Activities and Basketball fun. Come have tons of fun with the Lifeguards! No swimming lessons.

Regular Admission All Ages

GRANDVIEW HEIGHTS

Friday, July 1 10:00am-6:00pm

GUILDFORD

Friday, July 1 1:00pm-4:00pm

NEWTON

Friday, July 1 1:30pm-4:00pm

NORTH

Friday, July 1 1:30pm-4:00pm

SOUTH

Friday, July 1 1:00pm-4:00pm

Summer FUN Swims!

Come make a splash during our Afternoon Public Swim! Enjoy our pool toys and games lead by the Lifeguards.

Regular Admission All Ages

NORTH

Every Afternoon 1:30pm-4:00pm

SOUTH

Every Afternoon 1:30pm-3:00pm

Family Fun Day

A fun day of water games, Coloring sheets and ride the slide or slip and slide! Don't forget about our lifeguard vs. swimmers race!

Regular Admission All Ages

GUILDFORD

Sunday July 17 2:00pm-5:00pm

SPORT & LEISURE

Sunday July 17 2:00pm-5:00pm

National Drowning Prevention Week!

Have fun while learning how to stay safe in, on and around the water this summer! Challenge your friends and family to come learn swim and rescue skills through our FUN activities! Buddy games, scavenger hunts, the "Rescue Ladder" and MORE! All week during our afternoon Public Swims!

Regular Admission All Ages

GRANDVIEW HEIGHTS

July 17 - 23 1:30pm-3:30pm

GUILDFORD

July 16-24 1:30pm-3:30pm

NEWTON

July 16-23 1:30pm-4:00pm

Free Swim Lessons! Friday July 22

NORTH

July 18-22 1:30pm-4:00pm

SPORT & LEISURE

July 16-23 1:30pm-4:00pm

SOUTH

Free swimming lessons, free seniors swim & Zumba Aquafit, seniors pool volleyball

July 17-23 1:30pm-3:00pm

BC Day Midsummer Splashdown

What better way to spend a midsummer day than having FUN at the pool? Bring your friends and family for games, fun, and more! No Swimming Lessons

Regular Admission All Ages

GRANDVIEW HEIGHTS

July 30-Aug 1 2:00pm-6:00pm

GUILDFORD

Monday, August 1 1:00pm-4:00pm

NEWTON

BC LONG Weekend! July 30, 31, Aug 1

Extended Public Swims 10:30am-9:00pm

Fun Activities 1:30pm-4:00pm

NORTH

Monday, August 1 1:30pm-4:00pm

SOUTH

Monday, August 1 1:00pm-4:00pm



Mini-Olympics

Catch the excitement of the Olympic Games! Enjoy the fun of many modified versions of the summer and winter sports during our mini Olympics weekend.

Regular Admission All Ages

GRANDVIEW HEIGHTS

August 13 & 14 2:00pm-6:00pm

Olympic Water Sports Try It Day

Come try your skills at various water sports, more details to come.

August 20 2:00pm-6:00pm

Olympic Closing Ceremonies

Help us say goodbye to the Olympics.

August 21 2:00pm-6:00pm

Last Summer Splash

Grab your bathing suit and towel for this pool party event! Loads of FUN and excitement - can you make the biggest splash? Bring your friends for one last summer splash before the start of school!

Regular Admission All Ages

GUILDFORD

Saturday, September 3 1:00pm-4:00pm

NEWTON

Labour Day Weekend! Sep 3, 4, 5

Fun Activities 1:30pm-4:00pm

NORTH

Saturday, September 3 1:30pm-4:00pm

SPORT & LEISURE

Start with a yummy pancake breakfast.

Sunday, September 4 10:00am-1:00pm

REMINDER...

SOUTH SURREY HAS TWO POOLS IN OPERATION FOR SWIM LESSONS

PLEASE CHECK YOUR LOCATION BEFORE REGISTERING FOR LESSONS

Swim Lessons

Family Lessons

Do you and your children want to learn to swim together? These lessons will accommodate up to 10 people. The instructor will work with each participant on an individual basis.

NORTH	8 Sessions \$31.75	3yrs+
M-Th 10:00am-10:30am Jul 4	4476839	
M-Th 5:30pm-6:00pm Jul 4	4477532	
M-Th 10:00am-10:30am Jul 18	4477534	
M-Th 5:30pm-6:00pm Jul 18	4477535	
Sa-Su 10:30am-11:00am Aug 6	4477536	
M-Th 10:00am-10:30am Aug 15	4477539	
M-Th 5:30pm-6:00pm Aug 15	4477541	
NORTH	7 Sessions \$27.75	3yrs+
Tu-Th,M 10:00am-11:00am Aug 2	4477537	
NORTH	7 Sessions \$27.75	3yrs+
Tu-Th,M 5:30pm-6:00pm Aug 2	4477538	
NORTH	6 Sessions \$23.75	3yrs+
Sa-Su 10:30am-11:00am Jul 9	4477533	

North Surrey Recreation Centre

Red Cross Swim
Preschool I-3: Starfish/
Duck/Sea Turtle

Parents/caregivers are introduced to swimming and water safety in a program developed just for preschoolers and their parents. In these levels, the tots will experience buoyancy and movement through songs and play in the water and the parent/caregivers will be taught age-specific water safety. This class is parented.

FLEETWOOD	8 Sessions \$31.75	4-36mos
M-Th 8:30am-9:00am Jul 4	4476823	
M-Th 11:00am-11:30am Jul 4	4476893	
M-Th 6:30pm-7:00pm Jul 4	4476894	
F 8:30am-9:00am Jul 8	4478861	
F 11:00am-11:30am Jul 8	4478863	
M-Th 8:30am-9:00am Jul 18	4477933	
M-Th 11:00am-11:30am Jul 18	4477934	
M-Th 6:30pm-7:00pm Jul 18	4477935	
Sa-Su 11:30am-12noon Aug 6	4480788	
M-Th 8:30am-9:00am Aug 15	4478175	
M-Th 11:00am-11:30am Aug 15	4478177	
M-Th 6:30pm-7:00pm Aug 15	4478178	
FLEETWOOD	7 Sessions \$27.75	4-36mos
Sa 10:45am-11:15am Jul 9	4479532	
Su 10:45am-11:15am Jul 10	4479534	
Tu-Th,M 8:30am-9:00am Aug 2	4477936	
Tu-Th,M 11:00am-11:30am Aug 2	4477937	
Tu-Th,M 6:30pm-7:00pm Aug 2	4477938	
FLEETWOOD	6 Sessions \$23.75	4-36mos
Sa-Su 11:30am-12noon Jul 9	4480721	
FLEETWOOD	5 Sessions \$19.75	4-36mos
M-F 8:30am-9:00am Aug 29	4478646	
M-F 11:00am-11:30am Aug 29	4478647	
M-F 6:30pm-7:00pm Aug 29	4478648	

Sport & Leisure Aquatics

GUILDFORD	8 Sessions \$31.75	4-36mos
M-Th 10:00am-10:30am Jul 4	4475918	
M-Th 12noon-12:30pm Jul 4	4476075	
M-Th 6:30pm-7:00pm Jul 4	4476076	
M-Th 10:00am-10:30am Jul 18	4476077	
M-Th 12noon-12:30pm Jul 18	4476078	
M-Th 6:30pm-7:00pm Jul 18	4476079	
Sa-Su 9:00am-9:30am Aug 6	4476083	
Sa-Su 11:00am-11:30am Aug 6	4476084	
M-Th 10:00am-10:30am Aug 15	4476080	
M-Th 12noon-12:30pm Aug 15	4476081	
M-Th 6:30pm-7:00pm Aug 15	4476082	
GUILDFORD	7 Sessions \$27.75	4-36mos
Tu-Th,M 10:00am-10:30am Aug 2	4476085	
Tu-Th,M 12noon-12:30pm Aug 2	4476086	
Tu-Th,M 6:30pm-7:00pm Aug 2	4476087	
GUILDFORD	6 Sessions \$23.75	4-36mos
Sa-Su 9:00am-9:30am Jul 9	4476088	
Sa-Su 11:00am-11:30am Jul 9	4476089	

Guildford Recreation Centre

Parent Participation

Mommy Moves Mom & Baby Aquafit

Mommy moves Aquafit is a low impact exercise class performed in warm water. It is a great way to interact with baby. Course offered by Mommy Moves Fitness.

FLEETWOOD	8 Sessions \$63	5-24mos
M 1:00pm-1:45pm Jul 4	4481479	

Sport & Leisure Aquatics

GUILDFORD	4 Sessions \$36	5-24mos
W 10:00am-10:45am Jul 6	4481072	
W 10:00am-10:45am Aug 3	4481106	

Guildford Recreation Centre

SOUTH	4 Sessions \$36	5-24mos
Th 2:00pm-2:45pm Jul 7	4479049	
Th 2:00pm-2:45pm Aug 4	4479050	

Grandview Heights Aquatic Centre

SOUTH	4 Sessions \$36	5-24mos
Tu 1:30pm-2:15pm Jul 5	4481826	
Tu 1:30pm-2:15pm Aug 2	4481827	

South Surrey Indoor Pool

Outdoor Pools



Operated by Tide's Out Services

Program Office | tidesout@telus.net
www.tidesout.com | www.surrey.ca/pools

Outdoor Pool **FREE** Public Swim!

When the sun comes out and the temperature starts to climb, the best thing to do is submerge yourself in the closest body of water. In this case, there are a number of outdoor pools to choose from.

BEAR CREEK POOL	604-501-5154 13820-88 Avenue	MAY 16 - SEP 5
SUNNYSIDE POOL	604-502-6255 15455-26 Avenue	MAY 16 - SEP 5
GREENAWAY POOL	604-502-6257 17901-60 Avenue	MAY 16 - SEP 5
HJORTH ROAD POOL	604-502-6256 10277-148 Street	JUN 29 - SEP 5
HOLLY POOL	604-502-6251 10662-148 Street	JUN 29 - SEP 5
KWANTLEN POOL	604-502-6252 13035-104 Avenue	JUN 29 - SEP 5
PORT KELLS POOL	604-888-8650 19340-88 Avenue	JUN 29 - SEP 5
UNWIN POOL	604-501-5156 13313 - 68 Avenue	JUN 29 - SEP 5

Outdoor Pool Swim Lessons!

The City of Surrey Outdoor Pools offer a full range of preschool and Red Cross swim lessons.

Registration for Swim Lessons Starts May 10 at these pools only:

- Sunnyside
- Bear Creek will also register for Hjorth, Holly & Unwin
- Greenaway will also register for Port Kells

LESSON SET DATES:

Summer Set 1	10 sessions	JUN 27 - JUL 8
Summer Set 2	10 sessions	JUL 11 - JUL 22
Summer Set 3	10 sessions	JUL 25 - AUG 5
Summer Set 4	10 sessions	AUG 8 - AUG 19
Summer Set 5	10 sessions	AUG 22 - SEP 2

Give us your best smile!

Special events and activities are often photographed by City of Surrey staff photographers. Images may be used in our Recreation Guide, brochures or other promotional materials. If you object to having your child's picture taken, please advise a staff member.



AQUATICS

NEW

STARTING SPRING 2016, SURREY PRESCHOOL SWIM LESSONS ARE SWITCHING OVER TO RED CROSS SWIM PRESCHOOL



- Swimming for four-month to five-year-old children
- An eight-level program that allows swimmers to enter various levels based on age and ability
- Start your child off safely in the water with Red Cross Swim Preschool
- Songs, fun activities, and introductory swimming skills will make your child comfortable and happy in the water.
- Research based, proven learn to swim progressions
- Small class sizes

SURREY PRESCHOOL		RED CROSS PRESCHOOL		RED CROSS SWIM KIDS	
AGES 4 MONTHS - 5 YEARS				AGES 5-12 YEARS	
If your child was last registered in Surrey Preschool Lesson : →		Register now into: ↓	If your child has turned 6 years old: →	Register now into: ↓	
Parent & Tot All ages 4-36 months	Incomplete	Preschool		Swim Kids Level 1	
		1 Starfish 4-12 months Parented			Incomplete
		Complete			Complete
	Complete	2 Duck 12-24 months Parented			Incomplete
		Complete			Complete
		3 Sea Turtle 24-36 months Parented			
Complete	Complete				
Complete	Complete				
Preschool 1 Barnacle	Incomplete	Preschool 4 Sea Otter	Incomplete	Swim Kids Level 1	
Complete	Complete				
Preschool 2 Hermit Crab	Incomplete	Preschool 5 Salamander	Incomplete	Swim Kids Level 1	
Complete	Complete				
Preschool 3 Flounder	Incomplete	Preschool 6 Sunfish	Incomplete	Swim Kids Level 1	
Complete	Complete				
Preschool 4 Sea Otter	Incomplete	Preschool 7 Crocodile	Incomplete	Swim Kids Level 2	
Complete	Complete				
Preschool 5 Rock Cod	Incomplete	Preschool 8 Whale	Incomplete	Swim Kids Level 2	
Complete	Complete				
Preschool 6 Sea Lion	Incomplete	Swim Kids Level 3	Complete	Swim Kids Level 3	
Complete	Complete				
Preschool 7 Orca	Incomplete	Swim Kids Level 4	Incomplete	Swim Kids Level 4	
Complete	Complete				

NEWTON	8 Sessions \$31.75	4-36mos
M-Th	9:30am-10:00am	Jul 4 4467125
M-Th	9:30am-10:00am	Jul 18 4467207
Sa-Su	9:30am-10:00am	Aug 6 4467210
M-Th	9:30am-10:00am	Aug 15 4467211
NEWTON	7 Sessions \$23.75	4-36mos
Tu-Th,M	9:30am-10:00am	Aug 2 4467208
NEWTON	6 Sessions \$23.75	4-36mos
Sa-Su	9:30am-10:00am	Jul 9 4467204
NEWTON	4 Sessions \$16	4-36mos
M-Th	9:30am-10:00am	Aug 29 4467212
Newton Recreation Centre		

NORTH	8 Sessions \$31.75	4-36mos
M-Th	10:30am-11:00am	Jul 4 4476339
M-Th	11:30am-12noon	Jul 4 4476604
M-Th	5:30pm-6:00pm	Jul 4 4476605
Tu, Th	6:00pm-6:30pm	Jul 5 4476606
F	10:00am-10:30am	Jul 8 4476607
M-Th	11:00am-11:30am	Jul 18 4476610
M-Th	12noon-12:30pm	Jul 18 4476611
M-Th	5:30pm-6:00pm	Jul 18 4476612
Tu, Th	6:00pm-6:30pm	Aug 2 4476613
Sa-Su	10:30am-11:00am	Aug 6 4476614
Sa-Su	12noon-12:30pm	Aug 6 4476615
M-Th	11:00am-11:30am	Aug 15 4476619
M-Th	12noon-12:30pm	Aug 15 4476620
M-Th	5:30pm-6:00pm	Aug 15 4476621
NORTH	7 Sessions \$27.75	4-36mos
Tu-Th,M	10:30am-11:00am	Aug 2 4476616
Tu-Th,M	11:30am-12noon	Aug 2 4476617
Tu-Th,M	5:30pm-6:00pm	Aug 2 4476618
NORTH	6 Sessions \$23.75	4-36mos
Sa-Su	11:00am-11:30am	Jul 9 4476609
North Surrey Recreation Centre		

SOUTH	8 Sessions \$31.75	4-36mos
M-Th	11:00am-11:30am	Jul 4 4478975
M-Th	12:30pm-1:00pm	Jul 4 4478976
M-Th	3:00pm-3:30pm	Jul 4 4478977
M-Th	6:30pm-7:00pm	Jul 4 4478978
F	11:00am-11:30am	Jul 8 4480870
F	12:30pm-1:00pm	Jul 8 4480875
F	3:00pm-3:30pm	Jul 8 4480878
F	6:30pm-7:00pm	Jul 8 4480883
M-Th	11:00am-11:30am	Jul 18 4479581
M-Th	12:30pm-1:00pm	Jul 18 4479582
M-Th	3:00pm-3:30pm	Jul 18 4479583
M-Th	6:30pm-7:00pm	Jul 18 4479584
Sa-Su	11:30am-12noon	Aug 6 4480852
Sa-Su	12:30pm-1:00pm	Aug 6 4480857
M-Th	11:00am-11:30am	Aug 15 4480843
M-Th	12:30pm-1:00pm	Aug 15 4480845
M-Th	3:00pm-3:30pm	Aug 15 4480846
M-Th	6:30pm-7:00pm	Aug 15 4480847
SOUTH	7 Sessions \$27.75	4-36mos
Tu-Th,M	11:00am-11:30am	Aug 2 4479620
Tu-Th,M	12:30pm-1:00pm	Aug 2 4479625
Tu-Th,M	3:00pm-3:30pm	Aug 2 4479629
Tu-Th,M	6:30pm-7:00pm	Aug 2 4479632
SOUTH	4 Sessions \$16	4-36mos
Sa-Su	11:30am-12noon	Jul 9 4480848
Sa-Su	12:30pm-1:00pm	Jul 9 4480850
Grandview Heights Aquatic Centre		

SOUTH	8 Sessions \$31.75	4-36mos
M-Th	11:30am-12noon	Jul 4 4476674
Su	6:00pm-6:30pm	Jul 10 4476945
SOUTH	7 Sessions \$27.75	4-36mos
Sa	10:00am-10:30am	Jul 9 4476675
Sa	10:30am-11:00am	Jul 9 4476676
Su	5:30pm-6:00pm	Jul 10 4476944
South Surrey Indoor Pool		

Preschool

PARENTS AND GUARDIANS:

If your child is under 7 years of age, please take them to the pool deck and pick them up after lessons.

Thank you

Red Cross Swim Preschool 4: Sea Otter

Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 meter. They also learn age-appropriate water safety skills. This class is un-parented.

FLEETWOOD	8 Sessions \$64.50	3-5yrs
M-Th	9:00am-9:30am	Jul 4 4476824
M-Th	9:30am-10:00am	Jul 4 4476870
M-Th	10:00am-10:30am	Jul 4 4476873
M-Th	10:30am-11:00am	Jul 4 4476874
M-Th	11:00am-11:30am	Jul 4 4476875
M-Th	11:30am-12noon	Jul 4 4476876
M-Th	12noon-12:30pm	Jul 4 4476877
M-Th	12:30pm-1:00pm	Jul 4 4476878
M-Th	3:00pm-3:30pm	Jul 4 4477164
M-Th	3:30pm-4:00pm	Jul 4 4477165
M-Th	4:00pm-4:30pm	Jul 4 4477166
M-Th	4:30pm-5:00pm	Jul 4 4477167
M-Th	5:00pm-5:30pm	Jul 4 4477168
M-Th	5:30pm-6:00pm	Jul 4 4477169
M-Th	6:00pm-6:30pm	Jul 4 4477170
M-Th	6:30pm-7:00pm	Jul 4 4477171
M-Th	7:00pm-7:30pm	Jul 4 4477172
F	9:00am-9:30am	Jul 8 4478866
F	9:30am-10:00am	Jul 8 4478868
F	10:00am-10:30am	Jul 8 4478871
F	10:30am-11:00am	Jul 8 4478873
F	11:00am-11:30am	Jul 8 4478874
F	11:30am-12noon	Jul 8 4478875
F	12noon-12:30pm	Jul 8 4478877
F	12:30pm-1:00pm	Jul 8 4478879
M-Th	9:00am-9:30am	Jul 18 4477235
M-Th	9:30am-10:00am	Jul 18 4477236
M-Th	10:00am-10:30am	Jul 18 4477237
M-Th	10:30am-11:00am	Jul 18 4477238
M-Th	11:00am-11:30am	Jul 18 4477239
M-Th	11:30am-12noon	Jul 18 4477240
M-Th	12noon-12:30pm	Jul 18 4477241
M-Th	12:30pm-1:00pm	Jul 18 4477242
M-Th	3:00pm-3:30pm	Jul 18 4477243
M-Th	3:30pm-4:00pm	Jul 18 4477244
M-Th	4:00pm-4:30pm	Jul 18 4477245
M-Th	4:30pm-5:00pm	Jul 18 4477246
M-Th	5:00pm-5:30pm	Jul 18 4477248
M-Th	5:30pm-6:00pm	Jul 18 4477249
M-Th	6:00pm-6:30pm	Jul 18 4477250
M-Th	6:30pm-7:00pm	Jul 18 4477251
M-Th	7:00pm-7:30pm	Jul 18 4477252
Sa-Su	9:00am-9:30am	Aug 6 4480790
Sa-Su	9:30am-10:00am	Aug 6 4480792
Sa-Su	10:00am-10:30am	Aug 6 4480797
Sa-Su	10:30am-11:00am	Aug 6 4480798
Sa-Su	11:00am-11:30am	Aug 6 4480799
Sa-Su	11:30am-12noon	Aug 6 4480800
Sa-Su	12noon-12:30pm	Aug 6 4480801
Sa-Su	12:30pm-1:00pm	Aug 6 4480802
M-Th	9:00am-9:30am	Aug 15 4478180
M-Th	9:30am-10:00am	Aug 15 4478181
M-Th	10:00am-10:30am	Aug 15 4478182
M-Th	10:30am-11:00am	Aug 15 4478183
M-Th	11:00am-11:30am	Aug 15 4478184
M-Th	11:30am-12noon	Aug 15 4478185
M-Th	12noon-12:30pm	Aug 15 4478186
M-Th	12:30pm-1:00pm	Aug 15 4478187
M-Th	3:00pm-3:30pm	Aug 15 4478189
M-Th	3:30pm-4:00pm	Aug 15 4478192
M-Th	4:00pm-4:30pm	Aug 15 4478193
M-Th	4:30pm-5:00pm	Aug 15 4478194
M-Th	5:00pm-5:30pm	Aug 15 4478195
M-Th	5:30pm-6:00pm	Aug 15 4478196

PARENTS AND GUARDIANS:

If your child is under 7 years of age, please take them to the pool deck and pick them up after lessons.

Thank you

Children

Red Cross Swim Kids I-2

Learn to swim with Red Cross Swim Kids! These levels work on developing swimmer skills such as front and back floats, glides and swims. Each swimmer is taught to their individual learner needs and at their own pace.

FLEETWOOD	8 Sessions \$49	5-12yrs
M-Th	9:30am-10:00am	Jul 4 4476827
M-Th	10:00am-10:30am	Jul 4 4476895
M-Th	10:30am-11:00am	Jul 4 4476896
M-Th	11:00am-11:30am	Jul 4 4476897
M-Th	11:30am-12noon	Jul 4 4476898
M-Th	12noon-12:30pm	Jul 4 4476899
M-Th	12:30pm-1:00pm	Jul 4 4476900
M-Th	3:00pm-3:30pm	Jul 4 4477193
M-Th	3:30pm-4:00pm	Jul 4 4477194
M-Th	4:00pm-4:30pm	Jul 4 4477195
M-Th	4:30pm-5:00pm	Jul 4 4477196
M-Th	5:00pm-5:30pm	Jul 4 4477197
M-Th	5:30pm-6:00pm	Jul 4 4477198
M-Th	6:00pm-6:30pm	Jul 4 4477199
M-Th	6:30pm-7:00pm	Jul 4 4477200
M-Th	7:00pm-7:30pm	Jul 4 4477201
F	9:30am-10:00am	Jul 8 4478902
F	10:00am-10:30am	Jul 8 4478903
F	10:30am-11:00am	Jul 8 4478905
F	11:00am-11:30am	Jul 8 4478907
F	11:30am-12noon	Jul 8 4478909
F	12noon-12:30pm	Jul 8 4478911
F	12:30pm-1:00pm	Jul 8 4478913
M-Th	9:30am-10:00am	Jul 18 4477285
M-Th	10:00am-10:30am	Jul 18 4477286
M-Th	10:30am-11:00am	Jul 18 4477287
M-Th	11:00am-11:30am	Jul 18 4477289
M-Th	11:30am-12noon	Jul 18 4477290
M-Th	12noon-12:30pm	Jul 18 4477291
M-Th	12:30pm-1:00pm	Jul 18 4477292
M-Th	3:00pm-3:30pm	Jul 18 4477294
M-Th	3:30pm-4:00pm	Jul 18 4477295
M-Th	4:00pm-4:30pm	Jul 18 4477296
M-Th	4:30pm-5:00pm	Jul 18 4477889
M-Th	5:00pm-5:30pm	Jul 18 4477890
M-Th	5:30pm-6:00pm	Jul 18 4477891
M-Th	6:00pm-6:30pm	Jul 18 4477892
M-Th	6:30pm-7:00pm	Jul 18 4477893
M-Th	7:00pm-7:30pm	Jul 18 4477894
Sa-Su	9:00am-9:30am	Aug 6 4480830
Sa-Su	9:30am-10:00am	Aug 6 4480831
Sa-Su	10:00am-10:30am	Aug 6 4480838
Sa-Su	10:30am-11:00am	Aug 6 4480839
Sa-Su	11:00am-11:30am	Aug 6 4480840
Sa-Su	11:30am-12noon	Aug 6 4480841
Sa-Su	12noon-12:30pm	Aug 6 4480842
Sa-Su	12:30pm-1:00pm	Aug 6 4480844
M-Th	9:30am-10:00am	Aug 15 4478257
M-Th	10:00am-10:30am	Aug 15 4478258
M-Th	10:30am-11:00am	Aug 15 4478259
M-Th	11:00am-11:30am	Aug 15 4478261
M-Th	11:30am-12noon	Aug 15 4478262
M-Th	12noon-12:30pm	Aug 15 4478264
M-Th	12:30pm-1:00pm	Aug 15 4478266
M-Th	3:00pm-3:30pm	Aug 15 4478268
M-Th	3:30pm-4:00pm	Aug 15 4478271
M-Th	4:00pm-4:30pm	Aug 15 4478272
M-Th	4:30pm-5:00pm	Aug 15 4478273
M-Th	5:00pm-5:30pm	Aug 15 4478274
M-Th	5:30pm-6:00pm	Aug 15 4478275
M-Th	6:00pm-6:30pm	Aug 15 4478276
M-Th	6:30pm-7:00pm	Aug 15 4478277
M-Th	7:00pm-7:30pm	Aug 15 4478278

FLEETWOOD	7 Sessions \$42.75	5-12yrs
Sa	9:15am-9:45am	Jul 9 4479459
Sa	9:45am-10:15am	Jul 9 4479460
Sa	10:15am-10:45am	Jul 9 4479467
Sa	10:45am-11:15am	Jul 9 4479473
Sa	11:15am-11:45am	Jul 9 4479475
Sa	11:45am-12:15pm	Jul 9 4479476
Sa	12:15pm-12:45pm	Jul 9 4479479
Sa	12:45pm-1:15pm	Jul 9 4479481
Su	9:15am-9:45am	Jul 10 4479574
Su	9:45am-10:15am	Jul 10 4479588
Su	10:15am-10:45am	Jul 10 4479590
Su	10:45am-11:15am	Jul 10 4479593
Su	11:15am-11:45am	Jul 10 4479594
Su	11:45am-12:15pm	Jul 10 4479595
Su	12:15pm-12:45pm	Jul 10 4479596
Su	12:45pm-1:15pm	Jul 10 4479597
Tu-Th,M	9:30am-10:00am	Aug 2 4478023
Tu-Th,M	10:00am-10:30am	Aug 2 4478025
Tu-Th,M	10:30am-11:00am	Aug 2 4478027
Tu-Th,M	11:00am-11:30am	Aug 2 4478029
Tu-Th,M	11:30am-12noon	Aug 2 4478037
Tu-Th,M	12noon-12:30pm	Aug 2 4478039
Tu-Th,M	12:30pm-1:00pm	Aug 2 4478040
Tu-Th,M	3:00pm-3:30pm	Aug 2 4478041
Tu-Th,M	3:30pm-4:00pm	Aug 2 4478042
Tu-Th,M	4:00pm-4:30pm	Aug 2 4478044
Tu-Th,M	4:30pm-5:00pm	Aug 2 4478046
Tu-Th,M	5:00pm-5:30pm	Aug 2 4478047
Tu-Th,M	5:30pm-6:00pm	Aug 2 4478048
Tu-Th,M	6:00pm-6:30pm	Aug 2 4478051
Tu-Th,M	6:30pm-7:00pm	Aug 2 4478053
Tu-Th,M	7:00pm-7:30pm	Aug 2 4478055
FLEETWOOD	6 Sessions \$36.75	5-12yrs
Sa-Su	9:00am-9:30am	Jul 9 4480746
Sa-Su	9:30am-10:00am	Jul 9 4480747
Sa-Su	10:00am-10:30am	Jul 9 4480748
Sa-Su	10:30am-11:00am	Jul 9 4480749
Sa-Su	11:00am-11:30am	Jul 9 4480750
Sa-Su	11:30am-12noon	Jul 9 4480751
Sa-Su	12noon-12:30pm	Jul 9 4480753
Sa-Su	12:30pm-1:00pm	Jul 9 4480754
FLEETWOOD	5 Sessions \$30.50	5-12yrs
M-F	9:30am-10:00am	Aug 29 4478721
M-F	10:00am-10:30am	Aug 29 4478737
M-F	10:30am-11:00am	Aug 29 4478739
M-F	11:00am-11:30am	Aug 29 4478742
M-F	11:30am-12noon	Aug 29 4478749
M-F	12noon-12:30pm	Aug 29 4478752
M-F	12:30pm-1:00pm	Aug 29 4478753

M-F	3:00pm-3:30pm	Aug 29 4478756
M-F	3:30pm-4:00pm	Aug 29 4478758
M-F	4:00pm-4:30pm	Aug 29 4478759
M-F	4:30pm-5:00pm	Aug 29 4478760
M-F	5:00pm-5:30pm	Aug 29 4478766
M-F	5:30pm-6:00pm	Aug 29 4478767
M-F	6:00pm-6:30pm	Aug 29 4478769
M-F	6:30pm-7:00pm	Aug 29 4478770
M-F	7:00pm-7:30pm	Aug 29 4478771

Sport & Leisure Aquatics

GUILDFORD	8 Sessions \$49	5-12yrs
M-Th	9:00am-9:30am	Jul 4 4478420
M-Th	9:30am-10:00am	Jul 4 4478431
M-Th	10:00am-10:30am	Jul 4 4478433
M-Th	10:30am-11:00am	Jul 4 4478437
M-Th	11:00am-11:30am	Jul 4 4478445
M-Th	11:30am-12noon	Jul 4 4478446
M-Th	12noon-12:30pm	Jul 4 4478448
M-Th	12:30pm-1:00pm	Jul 4 4478451
M-Th	3:00pm-3:30pm	Jul 4 4478513
M-Th	3:30pm-4:00pm	Jul 4 4478514
M-Th	4:00pm-4:30pm	Jul 4 4478515
M-Th	4:30pm-5:00pm	Jul 4 4478516
M-Th	5:00pm-5:30pm	Jul 4 4478517
M-Th	5:30pm-6:00pm	Jul 4 4478518
M-Th	6:00pm-6:30pm	Jul 4 4478519
M-Th	6:30pm-7:00pm	Jul 4 4478522
M-Th	7:00pm-7:30pm	Jul 4 4478523
M-Th	9:00am-9:30am	Jul 18 4478524
M-Th	9:30am-10:00am	Jul 18 4478525
M-Th	10:00am-10:30am	Jul 18 4478526
M-Th	10:30am-11:00am	Jul 18 4478527
M-Th	11:00am-11:30am	Jul 18 4478528
M-Th	11:30am-12noon	Jul 18 4478529
M-Th	12noon-12:30pm	Jul 18 4478530
M-Th	12:30pm-1:00pm	Jul 18 4478531
M-Th	3:00pm-3:30pm	Jul 18 4478532
M-Th	3:30pm-4:00pm	Jul 18 4478533
M-Th	4:00pm-4:30pm	Jul 18 4478534
M-Th	4:30pm-5:00pm	Jul 18 4478535
M-Th	5:00pm-5:30pm	Jul 18 4478536
M-Th	5:30pm-6:00pm	Jul 18 4478537
M-Th	6:00pm-6:30pm	Jul 18 4478538
M-Th	6:30pm-7:00pm	Jul 18 4478539
M-Th	7:00pm-7:30pm	Jul 18 4478540
Sa-Su	9:00am-9:30am	Aug 6 4478558
Sa-Su	9:30am-10:00am	Aug 6 4478559
Sa-Su	10:00am-10:30am	Aug 6 4478560
Sa-Su	10:30am-11:00am	Aug 6 4478561
Sa-Su	11:00am-11:30am	Aug 6 4478562

Sa-Su	11:30am-12noon	Aug 6 4478563
Sa-Su	12noon-12:30pm	Aug 6 4478564
Sa-Su	12:30pm-1:00pm	Aug 6 4478565
M-Th	9:00am-9:30am	Aug 15 4478541
M-Th	9:30am-10:00am	Aug 15 4478542
M-Th	10:00am-10:30am	Aug 15 4478543
M-Th	10:30am-11:00am	Aug 15 4478544
M-Th	11:00am-11:30am	Aug 15 4478545
M-Th	11:30am-12noon	Aug 15 4478546
M-Th	12noon-12:30pm	Aug 15 4478547
M-Th	12:30pm-1:00pm	Aug 15 4478548
M-Th	3:00pm-3:30pm	Aug 15 4478549
M-Th	3:30pm-4:00pm	Aug 15 4478550
M-Th	4:00pm-4:30pm	Aug 15 4478551
M-Th	4:30pm-5:00pm	Aug 15 4478552
M-Th	5:00pm-5:30pm	Aug 15 4478553
M-Th	5:30pm-6:00pm	Aug 15 4478554
M-Th	6:00pm-6:30pm	Aug 15 4478555
M-Th	6:30pm-7:00pm	Aug 15 4478556
M-Th	7:00pm-7:30pm	Aug 15 4478557

GUILDFORD	7 Sessions \$42.75	5-12yrs
Tu-Th,M	9:00am-9:30am	Aug 2 4478566
Tu-Th,M	9:30am-10:00am	Aug 2 4478567
Tu-Th,M	10:00am-10:30am	Aug 2 4478568
Tu-Th,M	10:30am-11:00am	Aug 2 4478569
Tu-Th,M	11:00am-11:30am	Aug 2 4478570
Tu-Th,M	11:30am-12noon	Aug 2 4478571
Tu-Th,M	12noon-12:30pm	Aug 2 4478572
Tu-Th,M	12:30pm-1:00pm	Aug 2 4478573
Tu-Th,M	3:00pm-3:30pm	Aug 2 4478574
Tu-Th,M	3:30pm-4:00pm	Aug 2 4478575
Tu-Th,M	4:00pm-4:30pm	Aug 2 4478576
Tu-Th,M	4:30pm-5:00pm	Aug 2 4478577
Tu-Th,M	5:00pm-5:30pm	Aug 2 4478578
Tu-Th,M	5:30pm-6:00pm	Aug 2 4478579
Tu-Th,M	6:00pm-6:30pm	Aug 2 4478580
Tu-Th,M	6:30pm-7:00pm	Aug 2 4478581
Tu-Th,M	7:00pm-7:30pm	Aug 2 4478582
GUILDFORD	6 Sessions \$36.75	5-12yrs
Sa-Su	9:00am-9:30am	Jul 9 4478583
Sa-Su	9:30am-10:00am	Jul 9 4478584
Sa-Su	10:00am-10:30am	Jul 9 4478585
Sa-Su	10:30am-11:00am	Jul 9 4478586
Sa-Su	11:00am-11:30am	Jul 9 4478587
Sa-Su	11:30am-12noon	Jul 9 4478588
Sa-Su	12noon-12:30pm	Jul 9 4478589
Sa-Su	12:30pm-1:00pm	Jul 9 4478590

Guildford Recreation Centre



NEWTON 6 Sessions \$48.25 5-12yrs
 Sa-Su 8:00am-8:45am Jul 9 4467450
 Sa-Su 8:45am-9:30am Jul 9 4467451
 Sa-Su 10:45am-11:30am Jul 9 4467452
 Sa-Su 11:30am-12:15pm Jul 9 4467453

NEWTON 4 Sessions \$32.25 5-12yrs
 M-Th 8:00am-8:45am Aug 29 4467472
 M-Th 8:45am-9:30am Aug 29 4467473
 M-Th 10:45am-11:30am Aug 29 4467474
 M-Th 11:30am-12:15pm Aug 29 4467475
Newton Recreation Centre

NORTH 8 Sessions \$64.25 5-12yrs
 M-Th 9:00am-9:45am Jul 4 4476398
 M-Th 9:45am-10:30am Jul 4 4476637
 M-Th 10:30am-11:15am Jul 4 4478336
 M-Th 11:15am-12:30pm Jul 4 4478338
 M-Th 4:00pm-4:45pm Jul 4 4478340
 M-Th 5:15pm-6:00pm Jul 4 4478342
 Tu, Th 6:00pm-6:45pm Jul 5 4478344
 Tu, Th 6:45pm-7:30pm Jul 5 4478347
 F 10:45am-11:30am Jul 8 4478356
 F 11:30am-12:15pm Jul 8 4478358
 M-Th 9:00am-9:45am Jul 18 4478368
 M-Th 9:45am-10:30am Jul 18 4478370
 M-Th 10:30am-11:15am Jul 18 4478371
 M-Th 11:15am-12:30pm Jul 18 4478373
 M-Th 4:00pm-4:45pm Jul 18 4478377
 M-Th 5:15pm-6:00pm Jul 18 4478380
 Tu, Th 6:00pm-6:45pm Aug 2 4478387
 Tu, Th 6:45pm-7:30pm Aug 2 4478390
 Sa-Su 9:00am-9:45am Aug 6 4478400
 Sa-Su 9:45am-10:30am Aug 6 4478401
 Sa-Su 10:30am-11:15am Aug 6 4478402
 Sa-Su 11:15am-12noon Aug 6 4478403
 Sa-Su 12noon-12:45pm Aug 6 4478406
 M-Th 9:00am-9:45am Aug 15 4478428
 M-Th 9:45am-10:30am Aug 15 4478432
 M-Th 10:30am-11:15am Aug 15 4478436
 M-Th 11:15am-12noon Aug 15 4478438
 M-Th 4:00pm-4:45pm Aug 15 4478447
 M-Th 5:15pm-6:00pm Aug 15 4478449

NORTH 7 Sessions \$56.25 5-12yrs
 Tu-Th,M 9:00am-9:45am Aug 2 4478409
 Tu-Th,M 9:45am-10:30am Aug 2 4478410
 Tu-Th,M 10:30am-11:15am Aug 2 4478411
 Tu-Th,M 11:15am-12noon Aug 2 4478412
 Tu-Th,M 4:00pm-4:45pm Aug 2 4478419
 Tu-Th,M 5:15pm-6:00pm Aug 2 4478421

NORTH 6 Sessions \$48.25 5-12yrs
 Sa-Su 9:00am-9:45am Jul 9 4478360
 Sa-Su 9:45am-10:30am Jul 9 4478362
 Sa-Su 10:30am-11:15am Jul 9 4478363
 Sa-Su 11:15am-12noon Jul 9 4478365
 Sa-Su 12noon-12:45pm Jul 9 4478366
North Surrey Recreation Centre

SOUTH 8 Sessions \$64.25 5-12yrs
 M-Th 9:00am-9:45am Jul 4 4479098
 M-Th 9:45am-10:30am Jul 4 4479099
 M-Th 10:30am-11:15am Jul 4 4479100
 M-Th 11:15am-12noon Jul 4 4479101
 M-Th 12noon-12:45pm Jul 4 4479102
 M-Th 3:00pm-3:45pm Jul 4 4479322
 M-Th 3:45pm-4:30pm Jul 4 4479323
 M-Th 4:30pm-5:15pm Jul 4 4479324
 M-Th 5:15pm-6:00pm Jul 4 4479325
 M-Th 6:00pm-6:45pm Jul 4 4479326
 M-Th 6:45pm-7:30pm Jul 4 4479327
 F 9:00am-9:45am Jul 8 4481653
 F 9:45am-10:30am Jul 8 4481654
 F 10:30am-11:15am Jul 8 4481655
 F 11:15am-12noon Jul 8 4481656
 F 12noon-12:45pm Jul 8 4481657
 F 3:00pm-3:45pm Jul 8 4481658
 F 3:45pm-4:30pm Jul 8 4481659
 F 4:30pm-5:15pm Jul 8 4481660
 F 5:15pm-6:00pm Jul 8 4481661
 F 6:00pm-6:45pm Jul 8 4481662
 F 6:45pm-7:30pm Jul 8 4481663
 M-Th 9:00am-9:45am Jul 18 4479666
 M-Th 9:45am-10:30am Jul 18 4479668
 M-Th 10:30am-11:15am Jul 18 4479671
 M-Th 11:15am-12noon Jul 18 4479673
 M-Th 12noon-12:45pm Jul 18 4479674
 M-Th 3:00pm-3:45pm Jul 18 4479678
 M-Th 3:45pm-4:30pm Jul 18 4479684

M-Th 4:30pm-5:15pm Jul 18 4479686
 M-Th 5:15pm-6:00pm Jul 18 4479688
 M-Th 6:00pm-6:45pm Jul 18 4479689
 M-Th 6:45pm-7:30pm Jul 18 4479690
 Sa-Su 9:00am-9:45am Aug 6 4481648
 Sa-Su 9:45am-10:30am Aug 6 4481649
 Sa-Su 10:30am-11:15am Aug 6 4481650
 Sa-Su 11:15am-12noon Aug 6 4481651
 Sa-Su 12noon-12:45pm Aug 6 4481652
 M-Th 9:00am-9:45am Aug 15 4481637
 M-Th 9:45am-10:30am Aug 15 4481638
 M-Th 10:30am-11:15am Aug 15 4481639
 M-Th 11:15am-12noon Aug 15 4481640
 M-Th 12noon-12:45pm Aug 15 4481641
 M-Th 3:00pm-3:45pm Aug 15 4481642
 M-Th 3:45pm-4:30pm Aug 15 4481643
 M-Th 4:30pm-5:15pm Aug 15 4481644
 M-Th 5:15pm-6:00pm Aug 15 4481645
 M-Th 6:00pm-6:45pm Aug 15 4481646
 M-Th 6:45pm-7:30pm Aug 15 4481647

SOUTH 7 Sessions \$56.25 5-12yrs
 Tu-Th,M 9:00am-9:45am Aug 2 4479859
 Tu-Th,M 9:45am-10:30am Aug 2 4479861
 Tu-Th,M 10:30am-11:15am Aug 2 4479864
 Tu-Th,M 11:15am-12noon Aug 2 4479866
 Tu-Th,M 12noon-12:45pm Aug 2 4479869
 Tu-Th,M 3:00pm-3:45pm Aug 2 4479870
 Tu-Th,M 3:45pm-4:30pm Aug 2 4479871
 Tu-Th,M 4:30pm-5:15pm Aug 2 4479872
 Tu-Th,M 5:15pm-6:00pm Aug 2 4479873
 Tu-Th,M 6:00pm-6:45pm Aug 2 4479874
 Tu-Th,M 6:45pm-7:30pm Aug 2 4479875
Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$73.25 5-12yrs
 M-Th 9:00am-9:30am Jul 4 4476624
 M-Th 9:45am-10:15am Jul 4 4476625
 M-Th 10:30am-11:15am Jul 4 4476626
 M-Th 11:15am-12noon Jul 4 4476627
 M-Th 3:30pm-4:15pm Jul 4 4476628
 M-Th 4:15pm-5:00pm Jul 4 4476643
 M-Th 9:00am-9:30am Jul 18 4476638
 M-Th 9:45am-10:15am Jul 18 4476639
 M-Th 10:30am-11:15am Jul 18 4476640
 M-Th 11:15am-12noon Jul 18 4476641
 M-Th 3:30pm-4:15pm Jul 18 4476642
 M-Th 4:15pm-5:00pm Jul 18 4476644
 M-Th 9:00am-9:30am Aug 15 4476653
 M-Th 9:45am-10:15am Aug 15 4476654
 M-Th 10:30am-11:15am Aug 15 4476655
 M-Th 11:15am-12noon Aug 15 4476656
 M-Th 3:30pm-4:15pm Aug 15 4476657
 M-Th 4:15pm-5:00pm Aug 15 4476658

SOUTH 7 Sessions \$64 5-12yrs
 Sa 10:00am-10:45am Jul 9 4476629
 Su 6:30pm-6:45pm Jul 10 4476630
 Su 7:15pm-8:00pm Jul 10 4476632
 Tu-Th,M 9:00am-9:45am Aug 2 4476645
 Tu-Th,M 9:45am-10:30am Aug 2 4476648
 Tu-Th,M 10:30am-11:15am Aug 2 4476649
 Tu-Th,M 11:15am-12noon Aug 2 4476650
 Tu-Th,M 3:30pm-4:15pm Aug 2 4476651
 Tu-Th,M 4:15pm-5:00pm Aug 2 4476652
SOUTH 5 Sessions \$45.75 5-12yrs
 M-F 9:00am-9:45am Aug 29 4476659
 M-F 9:45am-10:30am Aug 29 4476660
 M-F 10:30am-11:15am Aug 29 4476661
 M-F 11:15am-12noon Aug 29 4476662
 M-F 3:30pm-4:15pm Aug 29 4476663
 M-F 4:15pm-5:00pm Aug 29 4476666
South Surrey Indoor Pool

PARENTS AND GUARDIANS:
 If your child is under 7 years of age,
 please take them to the pool deck
 and pick them up after lessons.

Thank you

Swim Clinic

Work with an instructor in this one day lesson to give you extra practice in any stroke.

GUILDFORD 1 Session \$6.25 6-12yrs
 Sa 1:00pm-1:30pm Jul 9 4481012
 Sa 1:00pm-1:30pm Jul 16 4481013
 Sa 1:00pm-1:30pm Jul 23 4481014
 Sa 1:00pm-1:30pm Aug 6 4481015
 Sa 1:00pm-1:30pm Aug 13 4481019
 Sa 1:00pm-1:30pm Aug 20 4481020
 Sa 1:00pm-1:30pm Aug 27 4481021
Guildford Recreation Centre

NORTH 1 Session \$6.25 6-12yrs
 Tu 6:30pm-7:00pm Jul 5 4476841
 Th 6:30pm-7:00pm Jul 7 4477517
 Su 1:00pm-1:30pm Jul 10 4477525
 Tu 6:30pm-7:00pm Jul 12 4477506
 Th 6:30pm-7:00pm Jul 14 4477519
 Su 1:00pm-1:30pm Jul 17 4477526
 Tu 6:30pm-7:00pm Jul 19 4477507
 Th 6:30pm-7:00pm Jul 21 4477520
 Su 1:00pm-1:30pm Jul 24 4477527
 Tu 6:30pm-7:00pm Jul 26 4477508
 Tu 6:30pm-7:00pm Aug 2 4477511
 Th 6:30pm-7:00pm Aug 4 4477521
 Su 1:00pm-1:30pm Aug 7 4477528
 Tu 6:30pm-7:00pm Aug 9 4477513
 Th 6:30pm-7:00pm Aug 11 4477522
 Su 1:00pm-1:30pm Aug 14 4477529
 Tu 6:30pm-7:00pm Aug 16 4477514
 Th 6:30pm-7:00pm Aug 18 4477523
 Su 1:00pm-1:30pm Aug 21 4477530
 Tu 6:30pm-7:00pm Aug 23 4477516
 Th 6:30pm-7:00pm Aug 25 4477524
 Su 1:00pm-1:30pm Aug 28 4477531
North Surrey Recreation Centre

Stroke Enhancement RCSK 3-4

Developed for extra practice to complete swim strokes in a level you've already taken.

NEWTON 8 Sessions \$64.50 6-12yrs
 M-Th 10:00am-10:30am Jul 4 4469152
 M-Th 10:00am-10:30am Jul 18 4469153
 Sa-Su 10:00am-10:30am Aug 6 4469158
 M-Th 10:00am-10:30am Aug 15 4469155
NEWTON 7 Sessions \$56.50 6-12yrs
 Tu-Th,M 10:00am-10:30am Aug 2 4469156
NEWTON 6 Sessions \$48.50 6-12yrs
 Sa-Su 10:00am-10:30am Jul 9 4469157
NEWTON 4 Sessions \$32.25 6-12yrs
 M-Th 9:45am-10:15am Aug 29 4469159
Newton Recreation Centre

SOUTH 4 Sessions \$24.50 6-12yrs
 Sa-Su 9:00am-9:30am Jul 9 4481672
 Sa-Su 9:30am-10:00am Jul 9 4481673
 Sa-Su 10:00am-10:30am Jul 9 4481674
 Sa-Su 10:30am-11:00am Jul 9 4481675
 Sa-Su 11:00am-11:30am Jul 9 4481676
 Sa-Su 11:30am-12noon Jul 9 4481677
 Sa-Su 12noon-12:30pm Jul 9 4481678
 Sa-Su 12:30pm-1:00pm Jul 9 4481679
Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$64.50 6-12yrs
 M-Th 11:30am-12noon Jul 4 4478862
 M-Th 3:00pm-3:30pm Jul 4 4478864
 M-Th 11:30am-12noon Jul 18 4478870
 M-Th 3:00pm-3:30pm Jul 18 4478872
 M-Th 11:30am-12noon Aug 15 4478882
 M-Th 3:00pm-3:30pm Aug 15 4478884
SOUTH 7 Sessions \$56.50 6-12yrs
 Sa 11:30am-12noon Jul 9 4478865
 Su 5:00pm-5:30pm Jul 10 4478867
 Tu-Th,M 11:30am-12noon Aug 2 4478876
 Tu-Th,M 3:00pm-3:30pm Aug 2 4478878

SOUTH 4 Sessions \$40.25 6-12yrs
 M-F 11:30am-12noon Aug 29 4478888
 M-F 3:00pm-3:30pm Aug 29 4478890
South Surrey Indoor Pool

Stroke Enhancement RCSK 5-7

Developed for extra practice to complete swim strokes in a level you've already taken.

NEWTON 8 Sessions \$48.50 6-12yrs
 Sa-Su 9:30am-10:00am Aug 6 4469166
NEWTON 8 Sessions \$64.50 6-12yrs
 M-Th 9:00am-9:30am Jul 4 4469160
 M-Th 9:30am-10:00am Jul 18 4469161
 M-Th 9:30am-10:00am Aug 15 4469162
NEWTON 7 Sessions \$56.50 6-12yrs
 Tu-Th,M 9:30am-10:00am Aug 2 4469163
NEWTON 6 Sessions \$48.50 6-12yrs
 Sa-Su 9:30am-10:00am Jul 9 4469165
NEWTON 4 Sessions \$32.25 6-12yrs
 M-Th 9:15am-9:45am Aug 29 4469164
Newton Recreation Centre

SOUTH 4 Sessions \$36.75 5-12yrs
 Sa-Su 9:00am-9:45am Jul 9 4481680
 Sa-Su 9:45am-10:30am Jul 9 4481681
 Sa-Su 10:30am-11:15am Jul 9 4481682
 Sa-Su 11:15am-12noon Jul 9 4481683
 Sa-Su 12noon-12:45pm Jul 9 4481684
Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$64.50 6-12yrs
 M-Th 8:30am-9:00am Jul 4 4478895
 M-Th 3:00pm-3:30pm Jul 4 4478898
 M-Th 8:30am-9:00am Jul 18 4478910
 M-Th 3:00pm-3:30pm Jul 18 4478912
 M-Th 8:30am-9:00am Aug 15 4478919
 M-Th 3:00pm-3:30pm Aug 15 4478920
SOUTH 7 Sessions \$56.50 6-12yrs
 Sa 9:30am-10:00am Jul 9 4478901
 Sa 11:30am-12noon Jul 9 4478904
 Su 5:30pm-6:00pm Jul 10 4478906
 Su 7:00pm-7:30pm Jul 10 4478908
 Tu-Th,M 8:30am-9:00am Aug 2 4478915
 Tu-Th,M 3:00pm-3:30pm Aug 2 4478917

SOUTH 5 Sessions \$40.25 6-12yrs
 M-F 8:30am-9:00am Aug 29 4478923
 M-F 3:00pm-3:30pm Aug 29 4478924
South Surrey Indoor Pool

Stroke Enhancement RCSK 8-10

Developed for extra practice to complete swim strokes in a level you've already taken.

NEWTON 8 Sessions \$64.50 6-12yrs
 M-Th 10:45am-11:15am Jul 4 4469168
 M-Th 10:45am-11:15am Jul 18 4469169
 Sa-Su 10:45am-11:15am Aug 6 4469174
 M-Th 10:45am-11:15am Aug 15 4469170
NEWTON 7 Sessions \$56.50 6-12yrs
 Tu-Th,M 10:45am-11:15am Aug 2 4469171
NEWTON 6 Sessions \$48.50 6-12yrs
 Sa-Su 10:45am-11:15am Jul 9 4469173
NEWTON 4 Sessions \$32.25 6-12yrs
 M-Th 10:45am-11:15am Aug 29 4469172
Newton Recreation Centre

SOUTH 4 Sessions \$36.75 5-12yrs
 Sa-Su 9:00am-9:45am Jul 9 4481685
 Sa-Su 9:45am-10:30am Jul 9 4481686
 Sa-Su 10:30am-11:15am Jul 9 4481687
 Sa-Su 11:15am-12noon Jul 9 4481688
 Sa-Su 12noon-12:45pm Jul 9 4481689
Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$64.50 6-12yrs
 M-Th 11:30am-12noon Jul 4 4478926
 M-Th 11:30am-12noon Jul 18 4478936
 M-Th 11:30am-12noon Aug 15 4478943
SOUTH 7 Sessions \$56.50 6-12yrs
 Sa 11:00am-11:30am Jul 9 4478931
 Su 6:30pm-7:00pm Jul 10 4478933
 Su 7:30pm-8:00pm Jul 10 4478935
 Tu-Th,M 11:30am-12noon Aug 2 4478940
SOUTH 5 Sessions \$40.25 6-12yrs
 M-F 11:30am-12noon Aug 29 4478946
South Surrey Indoor Pool

Lifesaver Level 1

Learn basic lifeguarding, swim instruction, first aid, leadership and water safety. Develop strength and swimming endurance through a series of fitness challenges. Prerequisite: Swim Kids 7

NEWTON 8 Sessions \$64.25 8-13yrs
 Tu, Th 6:30pm-7:15pm Jul 5 4481869
 Tu, Th 6:30pm-7:15pm Aug 2 4481870
Newton Recreation Centre

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 11:15am-12noon Jul 4 4476835

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 4:00pm-4:45pm Jul 4 4477593

NORTH 7 Sessions \$56.25 8-13yrs
 Tu-Th,M 11:00am-11:45am Aug 2 4477595
 Tu-Th,M 4:00pm-4:45pm Aug 2 4477596

NORTH 6 Sessions \$48.25 8-13yrs
 Sa-Su 11:30am-12:15pm Jul 9 4477594
North Surrey Recreation Centre

Lifesaver Level 2

Continue developing lifeguarding, swim instruction, first aid, leadership, water safety, strength and endurance. Introduction to more challenging techniques. Prerequisite: Swim Kids 8 and Junior Lifesaver 1

NEWTON 8 Sessions \$64.25 8-13yrs
 Tu, Th 6:30pm-7:15pm Jul 5 4481871
 Tu, Th 6:30pm-7:15pm Aug 2 4481872
Newton Recreation Centre

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 11:15am-12noon Jul 4 4476836

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 4:00pm-4:45pm Jul 4 4477597

NORTH 7 Sessions \$56.25 8-13yrs
 Tu-Th,M 11:00am-11:45am Aug 2 4477599

NORTH 6 Sessions \$48.25 8-13yrs
 Sa-Su 11:30am-12:15pm Jul 9 4477598
North Surrey Recreation Centre

Lifesaver Level 3

Learn challenging lifeguarding, swim instruction, first aid, leadership, water safety, strength and endurance. Introduction to specialized techniques. Prerequisite: Swim Kids 9 and Junior Lifesaver 2.

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 11:00am-11:45am Jul 18 4476837
 M-Th 4:00pm-4:45pm Jul 18 4477600
 Sa-Su 11:15am-12noon Aug 6 4477601
 M-Th 11:00am-11:45am Aug 15 4477602
 M-Th 4:00pm-4:45pm Aug 15 4477603
North Surrey Recreation Centre

Lifesaver Level 4

Learn advanced lifeguarding, swim instruction, first aid, leadership, water safety, strength and endurance to prepare for Bronze level courses. Prerequisite: Swim Kids 10 and Junior Lifesaver 3.

NORTH 8 Sessions \$64.25 8-13yrs
 M-Th 11:00am-11:45am Jul 18 4476838
 M-Th 4:00pm-4:45pm Jul 18 4477604
 Sa-Su 11:15am-12noon Aug 6 4477605
 M-Th 11:00am-11:45am Aug 15 4477606
 M-Th 4:00pm-4:45pm Aug 15 4477607
North Surrey Recreation Centre

Youth

Red Cross Teen Swim Basics I-2

Beginner and intermediate swimmers are welcome to join. We adapt the program to suit the participants. Skills taught range from floats, glides, front and back crawl, to dives, treading water and distance swims.

FLEETWOOD 8 Sessions \$64.25 13-18yrs
 M-Th 9:15am-10:00am Jul 4 4476833
 M-Th 7:30pm-8:15pm Jul 4 4477224
 F 9:15am-10:00am Jul 8 4479352
 M-Th 9:15am-10:00am Jul 18 4477228
 M-Th 7:30pm-8:15pm Jul 18 4477229
 Sa-Su 9:00am-9:45am Aug 6 4480786
 M-Th 9:15am-10:00am Aug 15 4478161
 M-Th 7:30pm-8:15pm Aug 15 4478164

FLEETWOOD 7 Sessions \$56.25 13-18yrs
 Sa 11:00am-11:45am Jul 9 4479512
 Su 11:00am-11:45am Jul 10 4479525
 Tu-Th,M 9:15am-10:00am Aug 2 4478157
 Tu-Th,M 7:30pm-8:15pm Aug 2 4478159

FLEETWOOD 6 Sessions \$45.75 13-18yrs
 Sa-Su 9:00am-9:45am Jul 9 4480779

FLEETWOOD 5 Sessions \$40.25 13-18yrs
 M-F 9:15am-10:00am Aug 29 4478834
 M-F 7:30pm-8:15pm Aug 29 4478837
Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$64.25 13-18yrs
 M-Th 12:15pm-1:00pm Jul 4 4479494
 M-Th 6:00pm-6:45pm Jul 4 4479496
 M-Th 12:15pm-1:00pm Jul 18 4479498
 M-Th 6:00pm-6:45pm Jul 18 4479499
 Sa-Su 12noon-12:45pm Aug 6 4479503
 M-Th 12:15pm-1:00pm Aug 15 4479500
 M-Th 6:00pm-6:45pm Aug 15 4479501

GUILDFORD 7 Sessions \$56.25 13-18yrs
 Tu-Th,M 12:15pm-1:00pm Aug 2 4479505
 Tu-Th,M 6:00pm-6:45pm Aug 2 4479507

GUILDFORD 6 Sessions \$48.25 13-18yrs
 Sa-Su 12noon-12:45pm Jul 9 4479510
Guildford Recreation Centre

NEWTON 8 Sessions \$64.25 13-18yrs
 Tu, Th 6:15pm-7:00pm Jul 5 4479121
 M-Th 9:45am-10:30am Jul 18 4477349
 Tu-Th,M 11:30am-12:15pm Aug 2 4479035
 Tu, Th 6:00pm-6:45pm Aug 2 4477350
 Sa-Su 11:30am-12:15pm Aug 6 4479012
 M-Th 11:15am-12noon Aug 15 4478993

NEWTON 7 Sessions \$56.25 13-18yrs
 Sa 11:15am-12noon Jul 9 4477348

NEWTON 6 Sessions \$48.25 13-18yrs
 Sa-Su 9:45am-10:30am Jul 9 4479104
Newton Recreation Centre

SOUTH 8 Sessions \$64.25 13-18yrs
 M-Th 11:30am-12:15pm Jul 4 4478963
 M-Th 5:00pm-5:45pm Jul 4 4478966
 F 11:30am-12:15pm Jul 8 4480907
 F 5:00pm-5:45pm Jul 8 4480914
 M-Th 11:30am-12:15pm Jul 18 4479577
 M-Th 5:00pm-5:45pm Jul 18 4479579
 M-Th 11:30am-12:15pm Aug 15 4480905
 M-Th 5:00pm-5:45pm Aug 15 4480906

SOUTH 7 Sessions \$56.25 13-18yrs
 Tu-Th,M 11:30am-12:15pm Aug 2 4479601

SOUTH 7 Sessions \$56.25 13-18yrs
 Tu-Th,M 5:00pm-5:15pm Aug 2 4479608
Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$64.25 13-18yrs
 Tu, Th 7:15pm-8:00pm Jul 5 4479058
 M-Th 11:30am-12:15pm Jul 18 4479063
 Tu, Th 7:15pm-8:00pm Aug 2 4479059
South Surrey Indoor Pool



DON'T STOP SWIMMING

CALLING ALL FUTURE LIFEGUARDS AND SWIM ENTHUSIASTS KEEP IMPROVING YOUR TECHNIQUE AND BUILD YOUR ENDURANCE

Ensure you're ready for the lifeguarding program skills evaluation, continue building your swim skills, or simply stay active and healthy with Recreation Surrey's children's and youth aquatics clinics:

- Swim clinics for 6-12 year olds
- Stroke enhancement RCSK 3-4 for 6-12 year olds
- Stroke enhancement RCSK 5-7 for 6-12 year olds
- Stroke enhancement RCSK 8-10 for 6-12 year olds
- Diving 1-3 for 8-14 year olds
- Lifesaver Level 1 for 8-13 year olds
- Lifesaver Level 2 for 8-13 year olds
- Lifesaver Level 3 for 8-13 year olds
- Lifesaver Level 4 for 8-13 year olds
- Bronze Star for 10-12 year olds
- Red Cross Teen Basics I-2
- Red Cross Adult & Teen Strokes





Aquatic Leadership & FIRST AID

www.surrey.ca/pools

WE OFFER ALL THE COURSES YOU NEED TO BECOME AN AQUATIC PROFESSIONAL

	LIFEGUARD + SWIMMING INSTRUCTOR	LIFESAVING INSTRUCTOR	BCRPA AQUAFIT INSTRUCTOR
10 -13 years	Bronze Star		
13 years & up	Bronze Medallion (BM) <i>Prerequisite: 13yrs or Bronze Star</i> Bronze Cross (BC) <i>Prerequisite: BM</i>	Bronze Medallion (BM) <i>Prerequisite: 13yrs or Bronze Star</i> Bronze Cross (BC) <i>Prerequisite: BM</i>	
14 years & up	Standard First Aid (SFA)		Emergency First Aid (EFA) OR Standard First Aid (SFA)
15 years & up	Water Safety Instructor (WSI) Module I & Module 2 <i>Prerequisite: 15yrs, either Emergency First Aid or Bronze Cross, and Stroke Assessment Certificate prior to taking module 1.</i>		
16 years & up	National Lifeguard Pool (NL) <i>Prerequisite: BM, BC & SFA</i> National Lifeguard (NL) Waterpark <i>Prerequisite: Current NL</i> <i>Strongly recommended: CPR-C current</i>	Lifesaving Instructor (LSI) <i>Prerequisite: 16yrs, BC or NL</i> <i>Strongly recommended: WSI</i>	Fitness Theory Module <i>Prerequisite: 16yrs</i> Instructor Aquafit Module <i>Prerequisite: Fitness Theory, Fitness Theory Exam completed, Registered with BCRPA, First Aid must be current</i>

Bolded courses are required to be a lifeguard and swim instructor for the City of Surrey.



JOIN THE Aquateers

Aquateers are volunteers who assist with swimming lessons, special events, and aquatic fitness classes.

Whether it's leading the public in water games, providing support with stroke correction and water safety or gaining valuable instructor experience, Aquateers learn new skills while having fun. Volunteer where you want to work and be part of the team, whether you're working towards becoming a lifeguard or simply love being at the pool.

- Earn school credits for volunteer experience
- Create relationships with a potential employer
- Wide variety of shifts and flexible hours
- Learn from our highly trained staff
- Gain confidence interacting with children and parents
- Develop valuable lifelong leadership and communication skills
- Positive team environment
- Be healthy, active and engaged
- Have fun!

volunteer@surrey.ca | 604-598-5863 | www.surrey.ca/volunteer

Information Session **FREE**

Lifeguard Info Sessions

Learn about opportunities for aspiring Lifeguards and Instructors in this information session. Find out about the training process and volunteer opportunities.

NEWTON 1 Session All Ages
W 6:00pm-7:00pm Jul 6 4481468
Newton Recreation Centre

SOUTH 1 Session All Ages
Su 6:00pm-7:00pm Aug 14 4481469
South Surrey Indoor Pool

GUILDFORD 1 Session All Ages
M 6:00pm-7:00pm Sep 5 4483339
Guildford Recreation Centre

BE PART OF OUR TEAM

Contact a Surrey Indoor Pool in your area to register for a 1 hour information session.

PARENTS WELCOME

Learn about career opportunities for aspiring Lifeguards and Instructors at Surrey's six indoor pools! Find out about the courses you need to be a lifeguard & swim instructor.

DISCOVER OUR AQUATIC VOLUNTEER OPPORTUNITIES

Did you know that British Columbia high school students can use Bronze Cross, Lifesaving Instructor and National Lifeguard certifications for credit toward high school graduation?

National Lifeguard (NL) Training & Fitness **NEW**

Do You Want To Be A Lifeguard?

Can you swim to the bottom of the pool and bring a 20 lb brick to the surface? Can you swim 400m in 10 minutes? Can you tow a person 25m? This 2-hour program was developed for people wanting to pursue lifeguarding as a career and prepare for the National Lifeguard (NL) Pool course.

FLEETWOOD 1 Session \$15.75
Tu 12:30pm-2:30pm Jul 5 4481471
Tu 7:00pm-9:00pm Aug 23 4481473
Sport & Leisure Aquatics

GUILDFORD 1 Session \$15.75
Th 7:00pm-9:00pm Aug 4 4481472
Guildford Recreation Centre

NORTH 1 Session \$15.75
W 6:00pm-8:00pm Jul 13 4481470
North Surrey Recreation Centre

SOUTH 1 Session \$15.75
F 1:00pm-3:00pm Jul 15 4481475
M 7:00pm-9:00pm Aug 15 4481474
Grandview Heights Aquatic Centre

AQUATIC LEADERSHIP & FIRST AID

Bronze Star

Basic lifesaving program for pre-teens (10 years and older). Learn problem-solving and decision-making skills, get CPR training, develop Water Smart confidence, and lifesaving skills needed to become your own personal lifeguard. Includes a 400m timed swim.

FLEETWOOD 4 Sessions \$77 10-12yrs
M-Th 5:30pm-8:00pm Jul 18 4480372
M-Th 12:30pm-3:00pm Aug 15 4480386

Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$77 10-12yrs
F 10:00am-12:30pm Jul 8 4480522
F 9:00am-11:30am Aug 5 4480534

Guildford Recreation Centre

NEWTON 4 Sessions \$77 10-12yrs
M-Th 10:30am-1:00pm Jul 11 4480451

Newton Recreation Centre

NORTH 4 Sessions \$77 10-12yrs
M-Th 12noon-2:30pm Jul 4 4480550

North Surrey Recreation Centre

SOUTH 4 Sessions \$77 10-12yrs
M-Th 12noon-2:30pm Jul 25 4480437
M-Th 6:00pm-8:30pm Aug 8 4480424

Grandview Heights Aquatic Centre

Bronze Medallion

Lifesavers learn how to respond in complex water rescue situations. They develop fitness, quick decision making and judgement skills. Prerequisite: There is no age Prerequisite if the candidate has Bronze Star. If not, all candidates must be 13 years old by last day of the course. Recommended Swim Kids Level 7 swimming ability.

FLEETWOOD 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Jul 4 4480586
Sa 10:00am-5:30pm Jul 30 4480568
M-W 10:00am-5:30pm Aug 1 4480578

Sport & Leisure Aquatics

GUILDFORD 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Jul 25 4480621

Guildford Recreation Centre

NEWTON 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Jul 25 4481459
M-W 9:00am-4:30pm Aug 8 4481461
M-W 9:00am-4:30pm Aug 22 4481460

Bear Creek Outdoor Pool

NEWTON 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Jul 18 4480627
M-W 9:00am-4:30pm Aug 29 4480629

Newton Recreation Centre

NORTH 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Jul 11 4480614
M-W 9:30am-5:00pm Aug 22 4480617

North Surrey Recreation Centre

SOUTH 3 Sessions \$185.75 13yrs+
M-W 10:00am-5:30pm Jul 4 4480607
M-W 9:00am-4:30pm Aug 1 4480597

Grandview Heights Aquatic Centre

SOUTH 3 Sessions \$185.75 13yrs+
M-W 9:00am-4:30pm Aug 15 4480633

South Surrey Indoor Pool

Bronze Cross with CPR C

Challenge yourself with advanced lifesaving techniques and skills. This course is the prerequisite for the National Lifeguard Award. Prerequisite: Bronze Medallion and 13 yrs of age or older.

FLEETWOOD 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Jul 6 4480665
W-F 10:00am-5:30pm Aug 3 4480668
Sa 10:00am-5:30pm Aug 13 4480670

Sport & Leisure Aquatics

GUILDFORD 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Jul 27 4480655

Guildford Recreation Centre

NEWTON 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Jul 27 4481467
W-F 9:00am-4:30pm Aug 10 4481466

W-F 9:00am-4:30pm Aug 24 4481465

Bear Creek Outdoor Pool

NEWTON 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Jul 20 4480642
W-F 9:00am-4:30pm Aug 31 4480640

Newton Recreation Centre

NORTH 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Jul 13 4480650
W-F 9:30am-5:00pm Aug 24 4480645

North Surrey Recreation Centre

SOUTH 3 Sessions \$170.50 13yrs+
W-F 10:00am-5:30pm Jul 6 4480679
W-F 9:00am-4:30pm Aug 3 4480675

Grandview Heights Aquatic Centre

SOUTH 3 Sessions \$170.50 13yrs+
W-F 9:00am-4:30pm Aug 17 4480636

South Surrey Indoor Pool

Bronze Medallion & Cross with CPR C

Complete all your lifesaving courses in this one tri-cert. Learn advanced lifesaving techniques. Prerequisite: 13 years of age or older. Recommended Swim Kids Level 7 swimming ability.

FLEETWOOD 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Jul 4 4481096
Sa 10:00am-5:30pm Jul 30 4481098
M-F 10:00am-5:30pm Aug 1 4481097

Sport & Leisure Aquatics

GUILDFORD 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Jul 25 4481087

Guildford Recreation Centre

NEWTON 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Jul 25 4481462
M-F 9:00am-4:30pm Aug 8 4481463

M-F 9:00am-4:30pm Aug 22 4481464

Bear Creek Outdoor Pool

NEWTON 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Jul 18 4481088
M-F 9:00am-4:30pm Aug 29 4481092

Newton Recreation Centre

NORTH 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Jul 11 4481093
M-F 9:30am-5:00pm Aug 22 4481094

North Surrey Recreation Centre

SOUTH 5 Sessions \$351.75 13yrs+
M-F 10:00am-5:30pm Jul 4 4481083
M-F 9:00am-4:30pm Aug 1 4481086

Grandview Heights Aquatic Centre

SOUTH 5 Sessions \$351.75 13yrs+
M-F 9:00am-4:30pm Aug 15 4481095

South Surrey Indoor Pool

NEW Water Safety Instructor (WSI) Course

Certifies candidates to teach the Canadian Red Cross Swim and Water Safety Programs.

Pre-WSI Stroke Assessment* **FREE**

It is required that swimmers enrolling in the WSI Module 1 program have excellent strokes and skills (Swim Kids 10 equivalent) prior to the start of the course. We offer assessments! Swimmers will receive the Stroke Assessment Certificate required for registration. Contact a Surrey Pool to register.

NORTH	SOUTH	SPORT & LEISURE	NEWTON	GUILDFORD	GRANDVIEW HEIGHTS
Tuesday / Thursday	Saturdays	Friday	Saturday	Saturday / Sunday	Monday / Wednesday
3:30pm-4pm	1pm	5pm-6pm	10am-10:30am	12:30pm-1pm	5:30pm-6:30pm

Water Safety Instructor (WSI)

The City of Surrey has broken down this program into two modules.

WSI - Module 1

Prerequisite: 15 years+ and Emergency First Aid OR Bronze Cross, and Stroke Assessment Certificate required*

SKILLS EVALUATION

Includes a 6 hour stroke evaluation which ensures that candidates possess the necessary water safety skills, Swim Kids Level 10 stroke proficiency, and Instructor Emergency Responses.

ONLINE MODULES

20 hours of online modules that is completed on the candidate's own time.

WSI - Module 2

Prerequisite WSI - Module 1

TEACHING EXPERIENCE

This module includes 8-12 hours of practice teaching. Candidates have first-hand experience observing real progressions and swimmer skills with a mix of personalities and abilities in swim classes. Candidates take what they've learned online, and put it into practice teaching alongside an experienced Swim Instructor.

CLASSROOM AND POOL MODULES

Candidates are assessed on their ability to effectively plan, teach, and evaluate the Red Cross Swim programs.

Water Safety Instructor Certification

Valid for 1 year. In order to be certified for 2 years, you will need to complete an additional 3 online modules

Water Safety Instructor (WSI) - Module 1

FLEETWOOD 2 Sessions \$298.25 15yrs+
Su Jul 17 - Jul 31 4478633
Tu, F Aug 2 - Aug 12 4479511

Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$298.25 15yrs+
Sa Aug 6 - Aug 20 4478636

Guildford Recreation Centre

NORTH 2 Sessions \$298.25 15yrs+
Su Jul 17 - Jul 31 4478641

North Surrey Recreation Centre

SOUTH 2 Sessions \$298.25 15yrs+
Su Jun 26 - Jul 3 4478628

Grandview Heights Aquatic Centre

Water Safety Instructor (WSI) - Module 2

FLEETWOOD 8 Sessions \$320.25 15yrs+
M-Th Aug 15 - Aug 25 4479524

FLEETWOOD 7 Sessions \$320.25 15yrs+
Tu-F Aug 2 - Aug 12 4478630

FLEETWOOD 6 Sessions \$320.25 15yrs+
Sa-Su Aug 6 - Aug 21 4478631

Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$320.25 15yrs+
M-Th Aug 22 - Sept 1 4478632

Guildford Recreation Centre

NORTH 5 Sessions \$320.25 15yrs+
Su Aug 7 - Sept 4 4478642

North Surrey Recreation Centre

SOUTH 8 Sessions \$320.25 15yrs+
M-Th Jul 4 - Jul 14 4478629

Grandview Heights Aquatic Centre

Water Safety Instructor (WSI) Module 1 & 2 Combo

FLEETWOOD 10 Sessions \$609 15yrs+
Aug 2 - Aug 25 4479533

FLEETWOOD 9 Sessions \$609 15yrs+
Jul 17 - Aug 12 4478639

FLEETWOOD 8 Sessions \$609 15yrs+
Jul 17 - Aug 21 4478640

Sport & Leisure Aquatics

GUILDFORD 10 Sessions \$609 15yrs+
Aug 6 - Sep 1 4478638

Guildford Recreation Centre

NORTH 7 Sessions \$609 15yrs+
Jul 17 - Sep 4 4479520

North Surrey Recreation Centre

SOUTH 10 Sessions \$609 15yrs+
Jun 26 - Jul 14 4478637

Grandview Heights Aquatic Centre

Water Safety Instructor (WSI) Recertification

This five hour clinic re-certifies your Water Safety Instructor certification. Prerequisites: WSI card (within 5 years). Proof must be shown at course.

FLEETWOOD 1 Session \$116.75 16yrs+
Tu 4:00pm-9:00pm Aug 30 4479949

Sport & Leisure Aquatics

NORTH 1 Session \$116.75 16yrs+
Sa 1:30pm-6:30pm Aug 27 4479942

North Surrey Recreation Centre

SOUTH 1 Session \$116.75 16yrs+
Su 1:00pm-6:00pm Jul 31 4479925

South Surrey Indoor Pool

PLEASE NOTE: Course times vary with the multiple dates. Check your receipt for complete date and time listing.

Standard First Aid (SFA)

Learn how to save a life! This comprehensive course covers: choking, wound care, strains, sprains and dislocations, breathing emergencies, sudden medical conditions, head and spine injuries, poisons, as well as treatment for chest pain, stroke, and shock. Includes CPR C and AED training for adults, children and infants.

CLOVERDALE 2 Sessions \$176.60 14yrs+
Sa-Su 9:00am-5:00pm Aug 6 4481413
Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$176.60 14yrs+
Sa-Su 8:30am-4:30pm Jul 16 4481410
Sa-Su 8:30am-4:30pm Sep 3 4481415
Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$176.60 14yrs+
Sa-Su 9:00am-5:00pm Jul 2 4481409
Guildford Recreation Centre

NEWTON 4 Sessions \$176.60 14yrs+
Tu, Th 5:00pm-9:00pm Jul 19 4481411

NEWTON 2 Sessions \$176.60 14yrs+
Sa-Su 9:00am-5:00pm Aug 20 4481414
Newton Recreation Centre

Standard First Aid (SFA) - Online



Learn how to save a life! This new way to take your Standard First Aid is created to fit your busy schedule. Learn online at your own pace from the convenience of your home. Topics include: choking, wound care, strains, sprains and dislocations, breathing emergencies, sudden medical conditions, head and spine injuries, poisons, as well as treatment for chest pain, stroke, and shock. Includes CPR level C and AED training.

CLOVERDALE 1 Session \$173.45 14yrs+
Su 9:00am-5:00pm Aug 7 4481416
Cloverdale Recreation Centre

NEWTON 2 Sessions \$173.45 14yrs+
Tu, Th 5:00pm-9:00pm Jul 26 4481417
Newton Recreation Centre

Standard First Aid (SFA) Recertification

Review skills and get updated on the new standards. Includes CPR level C and AED training. To be eligible for this course, candidates must have completed a re-cert or the full course within the past 3 years. Certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$88.25 14yrs+
Su 9:00am-5:00pm Aug 7 4481424
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$88.25 14yrs+
Su 8:30am-4:30pm Jul 17 4481419
Su 8:30am-4:30pm Sep 4 4481420
Sport & Leisure Aquatics

GUILDFORD 1 Session \$88.25 14yrs+
Su 9:00am-5:00pm Jul 3 4481418
Guildford Recreation Centre

NEWTON 2 Sessions \$88.25 14yrs+
Tu, Th 5:00pm-9:00pm Jul 26 4481422

NEWTON 1 Session \$88.25 14yrs+
Su 9:00am-5:00pm Aug 21 4481421
Newton Recreation Centre

National Lifeguard (NL) - Pool

Intended for those seeking employment as a lifeguard. The NL program develops communication skills, a sound understanding of lifeguarding principles, good judgement, a responsible attitude and the skills and fitness required by lifeguards. Prerequisites: Bronze Cross, Standard First Aid with CPR-C, must be 16 years old by the last day of the course. Proof must be shown at course.

FLEETWOOD 6 Sessions \$423.25 16yrs+
Su-F 10:00am-6:00pm Jul 10 4479555
Sa-Th 9:30am-5:30pm Aug 27 4479557
Sport & Leisure Aquatics

GUILDFORD 6 Sessions \$423.25 16yrs+
Su-F 9:00am-5:00pm Aug 7 4479585
Sa-Su 9:30am-5:30pm Aug 13 4479589
M-Sa 9:30am-5:30pm Aug 22 4479564
Guildford Recreation Centre

NORTH 6 Sessions \$423.25 16yrs+
Sa-Su 10:00am-6:00pm Jul 2 4479551
M-W 9:00am-5:00pm Jul 18 4478643
North Surrey Recreation Centre

SOUTH 6 Sessions \$423.25 16yrs+
Su-F 9:00am-5:00pm Jul 17 4479560
Grandview Heights Aquatic Centre

National Lifeguard (NL) - Pool & Waterpark

This course includes both the National Lifeguard - Pool and National Lifeguard - Waterpark options of this National Award.

FLEETWOOD 10 Sessions \$691.35 All Ages
Daily 9:30am-5:30pm Aug 27 4479789
Sport & Leisure Aquatics

National Lifeguard (NL) - Precertification

This four hour clinic provides the opportunity for participants to practice and review their knowledge and skills as well as review new information in preparation for recertifying their NL-Pool Award.

FLEETWOOD 1 Session \$52.50 16yrs+
Sa 9:00am-1:00pm Jul 9 4479885
Sport & Leisure Aquatics

NORTH 1 Session \$52.50 16yrs+
Su 9:00am-1:00pm Jul 24 4479882
M 9:30am-1:30pm Aug 1 4479989
Sa 9:30am-1:30pm Aug 6 4479887
Sa 9:30am-1:30pm Aug 20 4479888
North Surrey Recreation Centre

SOUTH 1 Session \$52.50 16yrs+
Su 10:00am-2:00pm Aug 28 4479909
South Surrey Indoor Pool

National Lifeguard (NL) - Recertification

A four hour clinic to recertify your NL-Pool award. Prerequisites: previous NL-Pool award, current CPR-C is recommended. Original awards must be shown to instructor.

FLEETWOOD 1 Session \$75.50 16yrs+
Sa 1:30pm-5:30pm Jul 9 4479884
Sport & Leisure Aquatics

NORTH 1 Session \$75.50 16yrs+
Su 1:30pm-5:30pm Jul 24 4479883
M 2:00pm-6:00pm Aug 1 4479986
Sa 2:00pm-6:00pm Aug 6 4479886
Sa 2:00pm-6:00pm Aug 20 4479889
North Surrey Recreation Centre

SOUTH 1 Session \$75.50 16yrs+
Su 2:30pm-6:30pm Aug 28 4479908
South Surrey Indoor Pool

Time to RE-CERTIFY?

Check your certificate today and take your recertification course **before** it expires!

National Lifeguard (NL) - Waterpark

Learn to manage the challenges of a waterpark environment including: waves, waterslides, and multiple pools. Prerequisites: NL-Pool (within 2 years), 16 years old, CPR-C (recommended within 1 year). Proof must be shown at course.

GUILDFORD 4 Sessions \$276.25 16yrs+
F-M 10:00am-5:00pm Sep 2 4479766
Guildford Recreation Centre

SOUTH 4 Sessions \$276.25 16yrs+
F-M 10:00am-5:00pm Jul 29 4479649
Su 10:00am-5:00pm Aug 7 4479647
M-Th 10:00am-5:00pm Aug 15 4479839
Grandview Heights Aquatic Centre

National Lifeguard (NL) - Waterpark - Recertification

Re-certification for NL waterpark award. Original award must be shown to instructor.

FLEETWOOD 1 Session \$93 16yrs+
Sa 9:00am-5:30pm Jul 30 4479984
Su 9:00am-5:30pm Aug 21 4479982
Sport & Leisure Aquatics

GUILDFORD 1 Session \$93 16yrs+
M 9:00am-5:30pm Sep 5 4479978
Guildford Recreation Centre

Lifesaving Instructor (LSI)

Successful completion of this course certifies candidates to teach and evaluate Bronze Star, Bronze Medallion, and Bronze Cross programs. Prerequisites: Bronze Cross (does not need to be current) and 16 years old. Proof must be shown at course.

PLEASE NOTE: Course times vary with the multiple dates. Check your receipt for complete date and time listing.

FLEETWOOD 4 Sessions \$287.25 16yrs+
M-Th 9:00am-3:30pm Aug 29 4479877
Sport & Leisure Aquatics

GUILDFORD 4 Sessions \$287.25 16yrs+
Su, Sa 10:30am-5:00pm Jul 10 4479876
Guildford Recreation Centre

NEWTON 4 Sessions \$287.25 16yrs+
Sa-Su 9:30am-4:00pm Aug 6 4479878
Newton Recreation Centre

SOUTH 4 Sessions \$287.25 16yrs+
F-Sa 4:00pm-9:00pm Aug 19 4479879
South Surrey Indoor Pool

Lifesaving Instructor (LSI) Recertification

This four hour clinic re-certifies your Lifesaving Instructor Award. Original award must be shown to instructor.

FLEETWOOD 1 Session \$122 16yrs+
Tu 5:00pm-9:00pm Jul 26 4480005
Sport & Leisure Aquatics

GUILDFORD 1 Session \$122 16yrs+
W 5:00pm-9:00pm Aug 17 4480019
Sa 5:00pm-9:00pm Sep 3 4480033
Guildford Recreation Centre

Emergency First Aid & CPR C

Learn basic first aid skills to recognize and respond to people who are choking, have difficulty breathing and other topics such as the prevention of disease transmission, bleeding, chest pain, stroke, and shock treatment. Includes CPR level C and AED training.

CLOVERDALE 1 Session \$116.75 14yrs+
Sa 9:00am-5:00pm Aug 6 4481432
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$116.75 14yrs+
Sa 8:30am-4:30pm Jul 16 4481430
Sa 8:30am-4:30pm Sep 3 4481431
Sport & Leisure Aquatics

GUILDFORD 1 Session \$116.75 14yrs+
Sa 9:00am-5:00pm Jul 2 4481429
Guildford Recreation Centre

NEWTON 2 Sessions \$116.75 14yrs+
Tu, Th 5:00pm-9:00pm Jul 19 4481434

NEWTON 1 Session \$116.75 14yrs+
Sa 9:00am-5:00pm Aug 20 4481433
Newton Recreation Centre

Emergency First Aid & CPR C Recertification

Review skills and get updated on the new standards. Includes CPR level C and AED training. To be eligible for this course, candidates must have completed a recertification or the full course within the past 3 years. Certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$77.75 All Ages
Sa 9:00am-5:00pm Aug 6 4481437
Cloverdale Recreation Centre

FLEETWOOD 1 Session \$77.75 All Ages
Sa 8:30am-4:30pm Jul 16 4481435
Sa 8:30am-4:30pm Sep 3 4481436
Sport & Leisure Aquatics

GUILDFORD 1 Session \$77.75 All Ages
Sa 9:00am-5:00pm Jul 2 4481438
Guildford Recreation Centre

NEWTON 2 Sessions \$77.75 All Ages
Tu, Th 5:00pm-9:00pm Jul 19 4481440

NEWTON 1 Session \$77.75 All Ages
Sa 9:00am-5:00pm Aug 20 4481439
Newton Recreation Centre

Arenas

www.surrey.ca/arenas

Lace-up Those Skates

Surrey's arenas are the place to learn to skate, play hockey, figure skate or just have fun at one of our family skating events.

We host recreational hockey leagues for ages 6 years right up to adult.

CLOVERDALE ARENA

604-502-6410 6090 176 Street

NORTH SURREY RECREATION CENTRE

604-502-6300 10275 City Parkway

NEWTON ARENA

604-501-5044 7120 136B Street

SURREY SPORT AND LEISURE COMPLEX

604-501-5881 16555 Fraser Hwy

SOUTH SURREY ARENA

604-502-6200 2199 148 Street

Not all arenas have ice year round.
Check the schedules for seasonal closures.

ARENA FEES

In addition to the General Admissions and Passes fees (see page 4), the following fees are in effect at all Surrey Operated Arenas.

PASS	TYPE	DROP-IN	10 SWIPE
Daytime Skate	2-18yrs/P&T/FS	\$3.25 per person	\$29.50
	Adult	6.25	56.50
	Senior 60yrs+ Student 19yrs+	4.75	43.00
Drop-in Rec Hockey	Monday-Friday	8.00	\$72.50
	Saturday - Sunday	11.00	101.00
Parent & Child Hockey Stick & Puck	Adult	8.00	72.50
	Child	6.75	60.00
Skate Rental		3.25	29.25
Helmet Rental		1.75	15.75
Skate Sharpening		7.50	67.50

*FAMILY: Consists of 1-2 parents, grandparents or legal guardians with at least 1 dependant aged 0-18 years. HELMETS are mandatory for children 0-12yrs.

Arena Rentals

Need some extra practice ice or dry floor? To book today Call 604-501-5881.

Birthday Parties Seasonal - Fall to Spring.

Host your child's birthday party during a public skate at one of our Surrey arenas. See pages 20 & 21.



CSA CERTIFIED HELMETS ARE MANDATORY FOR ICE SKATING LESSONS

All city of Surrey Learn to Skate and Hockey program participants are required to wear a CSA approved hockey helmet or snowboard helmet. This includes Boots to Blades participants and parents. Helmets are mandatory for all children 12 and under during public sessions. All participants 13 years and older are strongly recommended to wear a CSA helmet while on the ice during public sessions.



Skate Descriptions

Check the schedules to see what is offered this season.

Public Skate

All Ages Great Music and fun on ice activities. Come as a family and get the Family rate (per person)

Family Skate

All Ages Time for fun with the whole family along with other families in a positive surrounding. Family is defined by a supervising family member such as a parent, grandparent or guardian accompanied by children. This is a great opportunity to spend some quality time with your family and get some exercise while having fun.

Parent & Tot

Children 0-5yrs
Enjoy this time for you and your tot to skate. Only 1/3 of the arena is open to skate in as lessons are being offered at the same time.

Adult Skate

19yrs+
Treat yourself to a mid-day break! Perfect for shift workers or those with a flexible schedule.

Adult Figure Skate

19yrs+
Looking for some open ice to practice figure skating? Practice your moves and jumps. Bring your own music.

Parent & Child Hockey

13yrs and under Come out and play a scrimmage game of hockey with your parents. The parent must have at least helmet and gloves and be on the ice. Children must be in full gear. Space is limited to 20 players and 2 goalies.

Stick & Puck

All Ages
Come on out to practice your hockey skills – bring your own puck. Players 19yrs+ need only to wear a helmet, gloves and skates – players 18yrs and under must wear full gear. This is non instructional and intended to be open ice for players to practice how they like. Not for scrimmaging. Players 13yrs and under must be accompanied on the ice by an adult. Goalies must be minimum 18yrs. Space is limited to 20 players including goalies.

Recreational Hockey

19yrs+
A great way to fit in a recreational game of hockey! Full hockey gear required. NON-CONTACT. Space is limited to 20 Players and 2 Goalies.

Senior Recreational Hockey

55yrs+
No slapshots. Full hockey gear required. NON-CONTACT. Space is limited to 30 Players and 2 Goalies.

Youth Hockey

13-18yrs
Full Hockey gear (including neck guard and face mask) is required. Student ID must be presented upon arrival. Space is available for 10 drop-in participants and guaranteed spaces for 10 registered participants. To register for this program, please call 604-501-5100. Drop-ins are available on a first come, first serve basis. Teams will be divided and supervised by an on-ice staff.

SOUTH SURREY ARENA 2199 - 148 Street 604-502-6200

Schedule Effective June 27 - August 7, 2016

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate		2:15pm-4:15pm		2:00pm-3:30pm			1:00pm-3:00pm
Adult Figure Skate	10:00am-11:45am						
Parent & Child Hockey <input checked="" type="checkbox"/>							11:30am-12:45pm
Stick and Puck <input checked="" type="checkbox"/>		4:30pm-5:45pm		3:45pm-5:00pm			
Seniors Rec Hockey <input checked="" type="checkbox"/>	8:15am-9:45am						
All programs cancelled on:	Cancelled August 1		Cancelled August 23		Cancelled July 3 & 31		

SURREY SPORT & LEISURE #110 - 16555 Fraser Hwy 604-501-5881

Schedule Effective June 27 - September 2, 2016

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	6:00pm-7:30pm	12:15pm-2:15pm	12:15pm-2:15pm	12:15pm-2:15pm	12:15pm-2:15pm	12:15pm-2:15pm Cancelled July 2, 30	
Adult Skate					1:30pm-3:00pm		
Adult Figure Skate					10:00am-11:30am		
Parent & Child Hockey <input checked="" type="checkbox"/>						10:15am-11:45am Cancelled July 2, 30	
Stick and Puck <input checked="" type="checkbox"/>	2:30pm-3:45pm	2:30pm-3:45pm	2:30pm-3:45pm	2:30pm-3:45pm	2:30pm-3:45pm	2:00pm-3:15pm Cancelled July 30, Aug 27	
Recreational Hockey <input checked="" type="checkbox"/>	11:45am-1:15pm		11:45am-1:15pm		11:45am-1:15pm	12noon-1:45pm Cancelled July 2, 30 & Aug 27	
Seniors Rec Hockey <input checked="" type="checkbox"/>					8:15am-9:45am		
All programs cancelled on:	Cancelled August 1		Cancelled July 1				

Schedule subject to change without notice. Helmets must be worn by children 12 years and under on all skating sessions. Figure skating or hockey play is not permitted on public sessions.

Early sign-up available – sign up online, starting at 9:00PM the day before to reserve your spot for Stick & Puck, Parent & Child Hockey, Recreational Hockey and Seniors Rec Hockey. You may also sign up online, by phone or in person on the same day you wish to play. Players must arrive 10 minutes before the start of the program to hold their spot.

Skate Lessons



CSA Certified Helmet* [Hockey, Snowboard, or Ski] is required for all skate lessons. Bike helmets NOT permitted.

See page 44 for more information.

Boots to Blades

This program is designed to introduce your preschooler to the ice arena and skating in a fun atmosphere. They will start off with their boots and progress to skates when they are ready. Lots of fun and games. Parents are required to be on the ice and skate or ice shoes will be provided. **CSA certified Helmet* required for parent and child.** Skate rentals are available at an additional cost.

FLEETWOOD 8 Sessions \$64	2-3yrs
M-Th 11:00am-11:30am Jul 4	4470420
M-Th 11:00am-11:30am Jul 18	4470422
M-Th 11:00am-11:30am Aug 15	4470425
FLEETWOOD 7 Sessions \$56	2-3yrs
Sa 9:00am-9:30am Jul 9	4470416
Sa 10:00am-10:30am Jul 9	4470417
Sa 11:00am-11:30am Jul 9	4470418
Tu-Th,M 11:00am-11:30am Aug 2	4470424
FLEETWOOD 5 Sessions \$40	2-3yrs
M-F 11:00am-11:30am Aug 29	4470426

Sport & Leisure Arenas

Preschool Skate

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. The first 3 levels are full of gentle progressions that will get them off to a good start through fun and games. **CSA certified Helmet* required.** Skate rentals are available at an additional cost.

FLEETWOOD 8 Sessions \$64	3-5yrs
M-Th 9:00am-9:30am Jul 4	4470463
M-Th 10:00am-10:30am Jul 4	4470464
M-Th 11:00am-11:30am Jul 4	4470465
Tu, Th 4:00pm-4:30pm Jul 5	4470475
Tu, Th 4:30pm-5:00pm Jul 5	4470476
Tu, Th 5:30pm-6:00pm Jul 5	4470477
M-Th 9:00am-9:30am Jul 18	4470466
M-Th 10:00am-10:30am Jul 18	4470467
M-Th 11:00am-11:30am Jul 18	4470468
M-Th 9:00am-9:30am Aug 15	4470472
M-Th 10:00am-10:30am Aug 15	4470473
M-Th 11:00am-11:30am Aug 15	4470474
FLEETWOOD 7 Sessions \$56	3-5yrs
Sa 9:00am-9:30am Jul 9	4470460
Sa 10:00am-10:30am Jul 9	4470461
Sa 11:00am-11:30am Jul 9	4470462
Tu-Th,M 9:00am-9:30am Aug 2	4470469
Tu-Th,M 10:00am-10:30am Aug 2	4470470
Tu-Th,M 11:00am-11:30am Aug 2	4470471
FLEETWOOD 6 Sessions \$48	3-5yrs
Tu, Th 4:00pm-4:30pm Aug 2	4470478
Tu, Th 4:30pm-5:00pm Aug 2	4470479
Tu, Th 5:30pm-6:00pm Aug 2	4470480
FLEETWOOD 5 Sessions \$40	3-5yrs
M-F 9:00am-9:30am Aug 29	4470481
M-F 10:00am-10:30am Aug 29	4470482
M-F 11:00am-11:30am Aug 29	4470483

Sport & Leisure Arenas

SOUTH 5 Sessions \$40	3-5yrs
M-F 5:15pm-5:45pm Aug 22	4470484
M-F 5:45pm-6:15pm Aug 22	4470485
M-F 6:15pm-6:45pm Aug 22	4470486
M-F 6:45pm-7:15pm Aug 22	4470487

South Surrey Arena

Child Skate

This is a 7 level learn to skate program designed to introduce your child to the wonderful world of skating. Skate and helmet rentals are available at an additional cost. **CSA certified Helmet* required.**

FLEETWOOD 8 Sessions \$58.75	6-18yrs
M-Th 9:00am-9:30am Jul 4	4470503
M-Th 9:30am-10:00am Jul 4	4470432
M-Th 10:30am-11:00am Jul 4	4470433
M-Th 11:30am-12noon Jul 4	4470434
Tu, Th 4:00pm-4:30pm Jul 5	4470454
Tu, Th 4:30pm-5:00pm Jul 5	4470455
Tu, Th 5:00pm-5:30pm Jul 5	4470438
Tu, Th 6:00pm-6:30pm Jul 5	4470439
Tu, Th 6:30pm-7:00pm Jul 5	4470440
Tu, Th 7:00pm-7:30pm Jul 5	4472342
M-Th 9:00am-9:30am Jul 18	4470504
M-Th 9:30am-10:00am Jul 18	4470435
M-Th 10:30am-11:00am Jul 18	4470436
M-Th 11:30am-12noon Jul 18	4470437
M-Th 9:00am-9:30am Aug 15	4470506
M-Th 9:30am-10:00am Aug 15	4470451
M-Th 10:30am-11:00am Aug 15	4470452
M-Th 11:30am-12noon Aug 15	4470453
FLEETWOOD 7 Sessions \$51.50	6-18yrs
Sa 9:30am-10:00am Jul 9	4470447
Sa 10:30am-11:00am Jul 9	4470448
Sa 11:30am-12noon Jul 9	4470449
Tu-Th,M 9:00am-9:30am Aug 2	4470505
Tu-Th,M 9:30am-10:00am Aug 2	4470444
Tu-Th,M 10:30am-11:00am Aug 2	4470445
Tu-Th,M 11:30am-12noon Aug 2	4470446
FLEETWOOD 6 Sessions \$44	6-18yrs
Tu, Th 4:00pm-4:30pm Aug 2	4470507
Tu, Th 4:30pm-5:00pm Aug 2	4470508
Tu, Th 5:00pm-5:30pm Aug 2	4470441
Tu, Th 6:00pm-6:30pm Aug 2	4470442
Tu, Th 6:30pm-7:00pm Aug 2	4470443
Tu, Th 7:00pm-7:30pm Aug 2	4472347

FLEETWOOD 5 Sessions \$36.75	6-18yrs
M-F 9:30am-10:00am Aug 29	4470429
M-F 10:30am-11:00am Aug 29	4470430
M-F 11:30am-12noon Aug 29	4470431

Sport & Leisure Arenas

SOUTH 5 Sessions \$36.75	6-12yrs
M-F 5:15pm-5:45pm Aug 22	4470456
M-F 5:45pm-6:15pm Aug 22	4470457
M-F 6:15pm-6:45pm Aug 22	4470458
M-F 6:45pm-7:15pm Aug 22	4470459

South Surrey Arena

Youth Skate

This class is for Skaters of all abilities. The program is divided into beginner, intermediate and advanced levels. **CSA certified Helmet* required.** Helmet and skate rentals for an additional cost.

FLEETWOOD 8 Sessions \$58.75	12-16yrs
Tu, Th 7:00pm-7:30pm Jul 5	4472348
FLEETWOOD 6 Sessions \$44	12-16yrs
Tu, Th 7:00pm-7:30pm Aug 2	4472349

Sport & Leisure Arenas

Adult Skate

This class is for Skaters of all abilities. The program is divided into beginner, intermediate and advanced levels. **CSA certified Helmet* required.** Skate rentals are available at an additional cost.

FLEETWOOD 8 Sessions \$69.25	16yrs+
Tu, Th 6:30pm-7:00pm Jul 5	4470414
FLEETWOOD 6 Sessions \$52	16yrs+
Tu, Th 6:30pm-7:00pm Aug 2	4470415

Sport & Leisure Arenas

Recreational Ice Skating Instructor Course

This exciting program is designed for the individual that has a keen interest in skating, a love for children and the desire to learn the basics on how to teach skating. Using unique methods of teaching through games, toys, imagery and most of all FUN, this course will cover such topics as teaching methods, class management and communications. Sessions will take place both on and off the ice.

FLEETWOOD 6 Sessions \$250 16yrs+
Th-F, M-Th
9:00am-4:00pm Aug 4 4470413
Sport & Leisure Arenas

Hockey

Tots Fun Hockey

A fun and safe introduction to Canada's National Winter Sport. Your little superstar will develop skills in Power skating, passing and Puck Control with the emphasis on fun. Participants must have completed Level 4 Preschool Learn to Skate before entering this program. Full hockey gear is required.

FLEETWOOD 4 Sessions \$28.50 3-5yrs
Tu 12:30pm-1:30pm Jul 5 4472539
Tu 12:30pm-1:30pm Aug 2 4472541
Sport & Leisure Arenas

SOUTH 4 Sessions \$28.50 3-5yrs
M 4:45pm-5:45pm Jul 4 4472554
South Surrey Arena

Children's Fun Hockey

A fun and safe introduction to Canada's National Winter Sport. Learn basic ice hockey skills including Power Skating, puck control, and shooting techniques. Participants must have completed Level 2 of Children's Learn to Skate program. Full hockey gear is required.

FLEETWOOD 7 Sessions \$62 6-12yrs
Sa 2:30pm-3:45pm Jul 9 4472522
Sa 4:00pm-5:15pm Jul 9 4472523
Sport & Leisure Arenas

SOUTH 4 Sessions \$28.50 6-12yrs
M 5:45pm-7:00pm Jul 4 4472558
South Surrey Arena

Power Skating Level 2

Are you looking for ideas and methods to improve your balance, technique and strength? Let our coaches teach you to gain confidence using your edges to increase speed, quickness and acceleration. Come to class prepared with full hockey / ringette gear. Level 2 Children's Learn to Skate is a prerequisite.

FLEETWOOD 7 Sessions \$80.25 6yrs+
M 4:00pm-4:45pm Jul 11 4472532
M 5:00pm-5:45pm Jul 11 4472533
Sport & Leisure Arenas

SOUTH 5 Sessions \$57.50 6yrs+
Th 5:15pm-6:00pm Jul 7 4478229
South Surrey Arena

Hockey Gear

This is a list of full hockey equipment **REQUIRED** for all of our Children's Hockey Programs



Powerskating Technique and Conditioning Session

Do you need some extra ice to prepare for your Ringette / Hockey Tryouts? Let us help get your edge back before you head into pre-season. Intermediate skating skill and full ringette/ hockey gear required.

SOUTH 2 Sessions \$30.70 10yrs+
M 12noon-1:00pm Jul 4 4481120
M 1:15pm-2:15pm Jul 4 4478191
M 12noon-1:00pm Jul 18 4481121
M 1:15pm-2:15pm Jul 18 4478188
South Surrey Arena

Skate n' Score!

This program teaches on ice fundamentals of power skating and puck control. Increase your level of speed, quickness and acceleration while scoring more goals by using our shooting tips and tricks. This program has an emphasis on instruction and skill development. Full hockey gear and level 2 Children's Learn to Skate required.

FLEETWOOD 7 Sessions \$62 13-18yrs
Sa 5:30pm-6:45pm Jul 9 4481111
Sport & Leisure Arenas

Co-ed Learn to Play - Level I

This program is designed for beginner to intermediate adult ice hockey participants. Our coaches will help you to develop skills to maximize your potential. Learn techniques for power skating, stick handling and puck control. Full hockey gear and basic skating skills are required.

FLEETWOOD 7 Sessions \$67.50 19yrs+
Su 1:00pm-2:15pm Jul 10 4472530
Sport & Leisure Arenas

SOUTH 7 Sessions \$67.50 19yrs+
Th 6:15pm-7:30pm Jul 7 4478211
South Surrey Arena

Co-ed Learn to Play - Level 2

This program has been designed and developed for the more advanced adult ice hockey participant. This level will teach advanced power skating techniques, the basics of offensive and defensive strategy and continue to strengthen puck control. Full hockey gear and intermediate level of skating skill is required.

FLEETWOOD 7 Sessions \$67.50 19yrs+
Th 6:15pm-7:30pm Jul 7 4472543
Sport & Leisure Arenas

Learn to Play - Women

This program is designed for women only and focuses on basic Power Skating, stick handling and puck control skills. Whether you are looking to add skills to your existing game or are learning the sport, our coaches will offer ideas and methods to improve your balance, technique, strength and knowledge of the game. Full hockey gear and basic skating skills are required.

FLEETWOOD 7 Sessions \$67.50 13yrs+
W 8:15pm-9:30pm Jul 6 4472553
Sport & Leisure Arenas



This is a non-contact COED hockey league with the emphasis on fun and sportsmanship. This league consists of, an on ice evaluation, multiple league games and one playoff game. Jerseys, Coaches and Referees are provided.

FULL HOCKEY GEAR AND COMPLETION OF LEVEL 2 CHILDREN'S LEARN TO SKATE REQUIRED.

Powerplay - Children

FLEETWOOD 7 Sessions \$134.75 6-9yrs
Tu 6:00pm-7:15pm Jul 5 4472535
Sport & Leisure Arenas

Goalies - Children

For Children's Powerplay Hockey League Goalies.

FLEETWOOD 7 Sessions \$65.50 6-9yrs
Tu 6:00pm-7:15pm Jul 5 4472536
Sport & Leisure Arenas

Powerplay - Youth

FLEETWOOD 7 Sessions \$134.75 10-14yrs
W 5:30pm-6:45pm Jul 6 4472537
Sport & Leisure Arenas

Goalies - Youth

For Youth wanting to play goal for Powerplay Hockey League.

FLEETWOOD 7 Sessions \$65.50 10-14yrs
W 5:30pm-6:45pm Jul 6 4472538
Sport & Leisure Arenas

**INFORMATION
604-501-5875**

**REGISTER
604-501-5100**

Scrimmage

This is a registered program for scrimmage games. No instruction is provided and full hockey gear is required. Goalies Register under COED Scrimmage Goalie.

FLEETWOOD 7 Sessions \$67.50 19yrs+
Sa 7:00pm-8:15pm Jul 9 4481107
Sport & Leisure Arenas

Scrimmage - Goalies

This is a program is for goalies to sign up to play in the Coed Scrimmage. Goalies are free.

FLEETWOOD 7 Sessions 19yrs+
Sa 7:00pm-8:15pm Jul 9 4481108
Sport & Leisure Arenas



Sports

www.surrey.ca/recreation

STAGE ONE

Active START

I AM Game Introduction to Sport

Get excited about physical activity and sport. Play fun activities that build basic movement skills and confidence while learning the value of teamwork, leadership and fair play.

CLOVERDALE 5 Sessions \$27.75 3-5yrs
 Sa 11:15am-12noon Jul 9 4478118
 Cloverdale Recreation Centre

SOUTH 4 Sessions \$22.25 3-5yrs
 Sa 10:00am-10:45am Jul 9 4476058
 Sa 10:00am-10:45am Aug 6 4476059
 South Surrey Recreation & Arts Centre

I AM Game Introduction to Sport

PARENT PARTICIPATION IS REQUIRED.

CLOVERDALE 5 Sessions \$27.75 2-3yrs
 Sa 9:15am-10:00am Jul 9 4478101
 Sa 10:15am-11:00am Jul 9 4478102
 Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$33.25 2-3yrs
 Sa 9:30am-10:15am Jul 9 4475940
 Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$33.25 2-3yrs
 Sa 10:45am-11:30am Jul 9 4479720
 Guildford Recreation Centre

SOUTH 4 Sessions \$22.25 2-3yrs
 Sa 9:00am-9:45am Jul 9 4476054
 Sa 9:00am-9:45am Aug 6 4476055
 South Surrey Recreation & Arts Centre

STAGE TWO

FUNDAMENTAL

Badminton

Learn basic defensive and offensive shots. Modified games played at the end of each class.

GUILDFORD 6 Sessions \$40 9-12yrs
 Th 4:00pm-5:00pm Jul 21 4480911
 Fraser Heights Recreation Centre

NORTH 4 Sessions \$26.75 6-12yrs
 Tu 4:15pm-5:15pm Jul 5 4473091
 Tu 4:15pm-5:15pm Aug 9 4473092
 Chuck Bailey Recreation Centre

NEWTON 8 Sessions \$44.25 13-18yrs
 W 5:00pm-6:00pm Jul 6 4475997
 Newton Recreation Centre

Le Petit Tennis

A progressive approach using story-telling to provide a fun and engaging introduction to the sport of tennis.

SOUTH 5 Sessions \$30 3-5yrs
 M-F 11:15am-12noon Jul 4 4474720
 Crescent Park

Tennis - Red Level I

Learn basic tennis skills on a half-sized court and enjoy simplified game play. Improve fitness and agility.

CLOVERDALE 4 Sessions \$32 6-8yrs
 Tu-F 12noon-1:00pm Aug 2 4474726
 Cloverdale Athletic Park

FLEETWOOD 5 Sessions \$40 6-8yrs
 M-F 12noon-1:00pm Jul 11 4474727
 M-F 12noon-1:00pm Aug 22 4474728
 Fleetwood Park

GUILDFORD 5 Sessions \$40 6-8yrs
 M-F 12noon-1:00pm Jul 18 4474729
 M-F 12noon-1:00pm Aug 29 4474730
 Fraser Heights Park

SOUTH 5 Sessions \$40 6-8yrs
 M-F 12noon-1:00pm Jul 25 4474732
 M-F 12noon-1:00pm Aug 15 4474733
 Crescent Park

GET THE Best Start IN Sport

Start with movement and sport skills to build confidence and have fun! Progress through the stages, trying new sports and physical activities to stay healthy and enjoy being active for life!

THE PATH TO SPORT READINESS STARTS WITH I AM Game PROGRAMS.

STAGE ONE

Active START

Explore basic movements that develop agility, balance and coordination. Play active games and build the foundation needed to enjoy a wide variety of sports.

STAGE TWO

FUNDAMENTAL

Further develop fundamental movement skills and begin practicing sport-specific skills. Play a variety of modified games introducing simple rules and strategy.

STAGE THREE

LEARN TO Play

Master fundamental movement and sport skills. Enjoy introductory levels of game play and learn sport-specific rules, strategies and tactics.

STAGE FOUR

Sports FOR LIFE

Enjoy a variety of sports to further develop your skills. Participate in drop-in sports, leagues and tournaments. The focus is on fun, fitness, and social game play.

GET YOUR SUMMER FUN PASS
 DETAILS PAGE 98

Tennis - Orange Level I

On a 3/4 court new strokes and serving technique will be introduced. Learn rules and strategies of tennis. Develop agility and power.

CLOVERDALE 4 Sessions \$32 9-12yrs
 Tu-F 1:00pm-2:00pm Aug 2 4474735
Cloverdale Athletic Park

FLEETWOOD 5 Sessions \$40 9-12yrs
 M-F 1:00pm-2:00pm Jul 11 4474736
 M-F 1:00pm-2:00pm Aug 22 4474737
Fleetwood Park

GUILDFORD 5 Sessions \$40 9-12yrs
 M-F 1:00pm-2:00pm Jul 18 4474738
 M-F 1:00pm-2:00pm Aug 29 4474739
Fraser Heights Park

SOUTH 5 Sessions \$40 9-12yrs
 M-F 1:00pm-2:00pm Jul 4 4474741
 M-F 1:00pm-2:00pm Aug 15 4474742
Crescent Park

Tennis - Green Level I

This is an introductory program for those who are new to the game of tennis. The course will focus on the forehand, back hand, serve and volley.

CLOVERDALE 4 Sessions \$32 13-18yrs
 Tu-F 2:30pm-3:30pm Aug 2 4474753
Cloverdale Athletic Park

FLEETWOOD 5 Sessions \$40 13-18yrs
 M-F 2:30pm-3:30pm Jul 11 4474744
 M-F 2:30pm-3:30pm Aug 22 4474745
Fleetwood Park

GUILDFORD 5 Sessions \$40 13-18yrs
 M-F 2:30pm-3:30pm Jul 18 4474747
 M-F 2:30pm-3:30pm Aug 29 4474746
Fraser Heights Park

SOUTH 5 Sessions \$40 13-18yrs
 M-F 2:30pm-3:30pm Jul 25 4474752
 M-F 2:30pm-3:30pm Aug 15 4474751
Crescent Park

Tennis

Learn basic stroke techniques. For adults new to tennis.

FLEETWOOD 4 Sessions \$32 18yrs+
 M-Th 6:00pm-7:00pm Jul 11 4474755
 M-Th 6:00pm-7:00pm Aug 22 4474765
Fleetwood Park

GUILDFORD 4 Sessions \$32 18yrs+
 M-Th 6:00pm-7:00pm Jul 18 4474766
 M-Th 6:00pm-7:00pm Aug 29 4474777
Fraser Heights Park

SOUTH 4 Sessions \$32 18yrs+
 M-Th 6:00pm-7:00pm Jul 25 4474757
 M-Th 6:00pm-7:00pm Aug 15 4474768
Crescent Park

Fencing

Learn the basic fencing skills, footwork and rules. Build strength, speed and balance playing this graceful, dueling sport.

GUILDFORD 3 Sessions \$42.25 10-12yrs
 Sa 1:15pm-2:45pm Jul 9 4471527
 Sa 1:15pm-2:45pm Aug 13 4479618

GUILDFORD 3 Sessions \$42.25 13-18yrs
 Sa 11:45am-1:15pm Jul 9 4476588
 Sa 11:45am-1:15pm Aug 13 4479612
Guildford Recreation Centre

GUILDFORD 3 Sessions \$42.25 19yrs+
 Sa 11:45am-1:15pm Jul 9 4476587
 Sa 11:45am-1:15pm Aug 13 4479606
Guildford Recreation Centre

Horseback Riding

Introduce your child to horses in a safe, supportive environment. Our mild-mannered horses are ideal for preschool age children.

PARENT PARTICIPATION IS REQUIRED.

SOUTH 4 Sessions \$220 4-7yrs
 Tu 6:30pm-7:30pm Jul 5 4478855
 Th 6:30pm-7:30pm Jul 7 4478856
 Tu 6:30pm-7:30pm Aug 9 4478857
 Th 6:30pm-7:30pm Aug 11 4478858
Semiahmoo Stables

Horseback Riding

Adults will develop basic horse riding skills from walking to cantering. All experience levels welcome.

SOUTH 4 Sessions \$220 18yrs+
 M 6:30pm-7:30pm Jul 4 4478850
 W 6:30pm-7:30pm Jul 6 4478851
 M 6:30pm-7:30pm Aug 8 4478852
 W 6:30pm-7:30pm Aug 10 4478853
Semiahmoo Stables

Golf Preschool

For the young golfer who is ready to learn a few basic skills and find out how much fun golf can be. The focus is on where to start and where to finish. This level will work on a simple repetitive motion to build and be able to repeat the swinging motion.

CLOVERDALE 5 Sessions \$99 4-6yrs
 M-F 1:00pm-2:00pm Jul 4 4470820
 M-F 1:00pm-2:00pm Jul 11 4472039
 M-F 1:00pm-2:00pm Jul 18 4472040
 M-F 1:00pm-2:00pm Jul 25 4472041
 M-F 1:00pm-2:00pm Aug 1 4472042
 M-F 1:00pm-2:00pm Aug 8 4472043
 M-F 1:00pm-2:00pm Aug 15 4472044

CLOVERDALE 4 Sessions \$99 4-6yrs
 W 3:40pm-4:40pm Jul 6 4472177
 Sa 2:00pm-3:00pm Jul 9 4472192
 Sa 3:00pm-4:00pm Jul 9 4472194
 W 3:40pm-4:40pm Aug 3 4472191
 Sa 2:00pm-3:00pm Aug 6 4472193
 Sa 3:00pm-4:00pm Aug 6 4472195
Northview Golf & Country Club

Golf

A fun environment introducing children to the basics of the sport.

CLOVERDALE 5 Sessions \$199 7-12yrs
 M-F 9:00am-12noon Jul 4 4470808
 M-F 1:00pm-4:00pm Jul 4 4472032
 M-F 9:00am-12noon Jul 11 4472024
 M-F 1:00pm-4:00pm Jul 11 4472033
 M-F 9:00am-12noon Jul 18 4472026
 M-F 1:00pm-4:00pm Jul 18 4472034
 M-F 9:00am-12noon Jul 25 4472028
 M-F 1:00pm-4:00pm Jul 25 4472035
 M-F 9:00am-12noon Aug 1 4472029
 M-F 1:00pm-4:00pm Aug 1 4472036
 M-F 9:00am-12noon Aug 8 4472030
 M-F 1:00pm-4:00pm Aug 8 4472037
 M-F 9:00am-12noon Aug 15 4472031
 M-F 1:00pm-4:00pm Aug 15 4472038

CLOVERDALE 4 Sessions \$99 7-12yrs
 W 4:00pm-5:00pm Jul 6 4472053
 W 4:20pm-5:20pm Jul 6 4472055
 Sa 2:20pm-3:20pm Jul 9 4472057
 Sa 3:20pm-4:20pm Jul 9 4472059
 W 4:00pm-5:00pm Aug 3 4472054
 W 4:20pm-5:20pm Aug 3 4472056
 Sa 2:20pm-3:20pm Aug 6 4472058
 Sa 3:20pm-4:20pm Aug 6 4472060
Northview Golf & Country Club

Golf Lessons

Designed for the beginner to intermediate golfer. Covers the basic swing, chipping, pitching, and putting. This course provides an excellent opportunity to begin while enjoying progression instruction and having fun!

CLOVERDALE 4 Sessions \$115 19yrs+
 M 1:00pm-2:00pm Jul 4 4470859
 Tu 10:00am-11:00am Jul 5 4470860
 Tu 1:00pm-2:00pm Jul 5 4470861
 Sa 10:15am-11:15am Jul 9 4470862
 Sa 9:00am-10:00am Aug 6 4470863
 Sa 12:30pm-1:30pm Aug 6 4470864
 M 1:00pm-2:00pm Aug 8 4470865
 Tu 10:00am-11:00am Aug 9 4470866
 Tu 1:00pm-2:00pm Aug 9 4470867
 Tu 7:15pm-8:15pm Aug 9 4470868
Northview Golf & Country Club

Tennis Courts

The Parks, Recreation and Culture Department has 65 public tennis courts throughout the City. Twenty-eight courts are equipped with push-button operated lights to allow night time use until 10:30pm.

PARK NAME	PARK ADDRESS	TENNIS COURTS	LIT COURTS	PRACTICE WALLS
CLOVERDALE				
Clayton Park	18513 70 Avenue	2		1
Cloverdale Athletic Park	6330 168 Street	4	4	
Cloverdale Heights Park	5880 Aberdeen Street	1		
Greenaway Park	60 Ave & 180 Street	2		
FLEETWOOD				
Fleetwood Park	15802 80 Avenue	2	2	1
Maple Green Park	8959 150 Street	2		2
GUILDFORD				
Douglas Park	15044 99A Avenue	1		
Fraser Heights Park	10588 160 Street	6	4	1
Hummingbird Park	11083 Swan Crescent	2		
NEWTON				
Bob Rutledge Park	5424 148 Street	2		
Goldstone Park	5850 146 Street	2		
Newton Athletic Park	7395 128 Street	8	8	
Sullivan Park	6272 152 Street	2		
SOUTH SURREY				
Alderwood Park	1761 Lilac Drive	2		
Bell Park	1782 136 Street	2		
Crescent Park	2440 128 Street	4	4	2
Meridian By The Sea	2040 150 Street	2		
Morgan Creek Park	3302 156A Street	2		
SS Athletic Park	1925 148 Street	4		
Sunnyside Park	26 Ave & 154 Street	2		
NORTH SURREY				
Bridgeview Park	11475 126A Street	1		
Kennedy Park	9058 Holt Road	6	6	1
Robson Park	12576 100 Avenue	2		
Royal Kwantlen Park	13035 104 Avenue	2		



Basketball

Learn fundamental basketball skills including dribbling, shooting, passing and lay ups.

GUILDFORD 4 Sessions \$22.25 3-5yrs
M 3:30pm-4:15pm Aug 8 4476750

GUILDFORD 6 Sessions \$40 8-12yrs
M 5:45pm-6:45pm Jul 11 4476752
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$40 6-8yrs
Sa 11:45am-12:45pm Jul 9 4479676

GUILDFORD 6 Sessions \$40 9-12yrs
Sa 1:00pm-2:00pm Jul 9 4479677
Guildford Recreation Centre

NEWTON 7 Sessions \$46.50 6-9yrs
Sa 10:00am-11:00am Jul 9 4470833
Sa 11:15am-12:15pm Jul 9 4470834

NEWTON 7 Sessions \$46.50 10-12yrs
Sa 12:30pm-1:30pm Jul 9 4470835
NEWTON 8 Sessions \$44.25 13-18yrs
Sa 1:45pm-2:45pm Jul 9 4474487
Newton Recreation Centre

NORTH 4 Sessions \$26.75 6-12yrs
M 3:30pm-4:30pm Jul 4 4473093
M 3:30pm-4:30pm Aug 8 4473094
Chuck Bailey Recreation Centre

SOUTH 8 Sessions \$44.25 4-6yrs
W 5:00pm-5:45pm Jul 6 4479073
Kensington Prairie Community Centre

T-Ball

Basic baseball and softball skills such as throwing, catching and hitting are introduced. Practice new skills playing mini games.

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 11:00am-11:45am Jul 10 4471563
Guildford Recreation Centre

Floor Hockey

Learn the fundamental floor hockey skills, including stick-handling, passing, shooting and team play.

NEWTON 7 Sessions \$46.50 6-9yrs
M 4:00pm-5:00pm Jul 11 4470844

NEWTON 7 Sessions \$46.50 10-12yrs
M 5:00pm-6:00pm Jul 11 4470845
Newton Recreation Centre

Floor Hockey

PARENT PARTICIPATION IS REQUIRED.

SOUTH 8 Sessions \$44.25 3-5yrs
F 5:00pm-5:45pm Jul 8 4479080
Kensington Prairie Community Centre

Floorball

Floorball is a fun, safe and inclusive sport that is a cross between floor and ball hockey. Players will be introduced to basic ball and stick handling skills.

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 9:00am-9:45am Jul 10 4471559
Guildford Recreation Centre

Volleyball

Learn and practice volleyball skills including bumping and volleying. Volleyball will be introduced in a fun, team environment.

NORTH 4 Sessions \$26.75 10-12yrs
Th 4:00pm-5:00pm Jul 7 4473109
Th 4:00pm-5:00pm Aug 4 4473110
Chuck Bailey Recreation Centre

Soccer Indoor

Learn basic soccer skills in a fun and co-operative way. Parents are encouraged to join in.

CLOVERDALE 5 Sessions \$27.75 3-5yrs
Sa 12:15pm-1:00pm Jul 9 4478125
Cloverdale Recreation Centre

NORTH 6 Sessions \$33.50 3-5yrs
Sa 11:15am-12noon Jul 16 4480813
Bridgeview Community Centre

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 10:00am-10:45am Jul 10 4471562
Guildford Recreation Centre

GUILDFORD 4 Sessions \$22.25 3-5yrs
Tu 4:15pm-5:00pm Jul 12 4480943

GUILDFORD 6 Sessions \$40 6-9yrs
M 4:30pm-5:30pm Jul 11 4480926
Fraser Heights Recreation Centre

NEWTON 7 Sessions \$38.75 3-5yrs
Su 1:00pm-1:45pm Jul 10 4475830

NEWTON 7 Sessions \$46.50 6-9yrs
Su 2:00pm-3:00pm Jul 10 4470853

NEWTON 7 Sessions \$46.50 10-12yrs
Su 3:00pm-4:00pm Jul 10 4470854
Newton Recreation Centre

SOUTH 8 Sessions \$44.25 4-6yrs
Tu 6:15pm-7:00pm Jul 5 4479078
Kensington Prairie Community Centre

SOUTH 4 Sessions \$22.25 4-6yrs
Sa 10:45am-11:30am Jul 9 4476056

Sa 10:45am-11:30am Aug 6 4476057
South Surrey Recreation & Arts Centre

NORTH 4 Sessions \$26.75 6-12yrs
W 3:30pm-4:30pm Jul 6 4473101

W 3:30pm-4:30pm Aug 10 4473102
Chuck Bailey Recreation Centre

Soccer Indoor

PARENT PARTICIPATION IS REQUIRED.

Learn basic soccer skills. A fun and social way to enjoy movement and improve coordination.

GUILDFORD 6 Sessions \$33.25 2-3yrs
Sa 10:30am-11:15am Jul 9 4475943
Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$33.25 2-3yrs
Sa 9:45am-10:30am Jul 9 4471535
Guildford Recreation Centre

NEWTON 7 Sessions \$38.75 2-3yrs
Su 12noon-12:45pm Jul 10 4475828
Newton Recreation Centre

SOUTH 8 Sessions \$44.25 2-3yrs
Tu 5:00pm-5:45pm Jul 5 4479095
Kensington Prairie Community Centre

STAGE THREE

LEARN TO Play

Badminton Intermediate

Learn scoring, rules, new shots and movements. Previous badminton experience recommended.

GUILDFORD 6 Sessions \$56 9-12yrs
Th 5:30pm-6:30pm Jul 21 4480913
Fraser Heights Recreation Centre

NEWTON 8 Sessions \$62.25 13-18yrs
W 6:00pm-7:00pm Jul 6 4475998
Newton Recreation Centre

Badminton Performance

Learn new shots and skills while gaining consistency. Participants should have completed the Intermediate badminton program.

GUILDFORD 8 Sessions \$161.50 13-18yrs
Su 12:15pm-3:15pm Jul 10 4476742
Fraser Heights Recreation Centre

Tennis Intermediate

Build on basic tennis stroke techniques. Learn about shot selection and strategy. Improve agility, speed, power and overall fitness.

FLEETWOOD 4 Sessions \$32 18yrs+
M-Th 7:00pm-8:00pm Jul 11 4474770
M-Th 7:00pm-8:00pm Aug 22 4474775
Fleetwood Park

GUILDFORD 4 Sessions \$32 18yrs+
M-Th 7:00pm-8:00pm Jul 18 4474771
M-Th 7:00pm-8:00pm Aug 29 4474776
Fraser Heights Park

SOUTH 4 Sessions \$32 18yrs+
M-Th 7:00pm-8:00pm Jul 25 4474772
M-Th 7:00pm-8:00pm Aug 15 4474773
Crescent Park

STAGE FOUR

Sports FOR LIFE

Badminton Recreational Play

Badminton game play for all levels. An instructor will setup and facilitate fun, recreational level games. Drop ins welcome if space is available.

GUILDFORD 8 Sessions \$51 18yrs+
W 6:00pm-7:30pm Jul 6 4480918
Guildford Recreation Centre



GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue Schedule Effective June 27 - September 5, 2016

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult				<input checked="" type="checkbox"/> 6:45pm-8:15pm* <input checked="" type="checkbox"/> 8:15pm-9:45pm*		<input checked="" type="checkbox"/> 5:45pm-7:45pm	<input checked="" type="checkbox"/> 4:45pm-6:15pm* <input checked="" type="checkbox"/> 6:15pm-7:45pm*
Badminton – Family	5:30pm - 7:00pm						9:00am-12noon
Badminton – 55+	8:45am-11:45am	8:45am-11:45am	8:45am-11:45am	8:45am-11:45am	8:45am-11:45am		
Badminton Value – Open	6:15am-8:30am	6:15am-8:30am	6:15am-8:30am	6:15am-8:30am	6:15am-8:30am		
Badminton – Youth	3:30pm - 5:15pm				5:45pm-7:45pm		12noon-2:00pm
Basketball – Adult	5:45pm - 7:45pm	5:45pm-7:45pm 7:45pm-9:45pm	<input checked="" type="checkbox"/> 7:45pm-9:45pm		<input checked="" type="checkbox"/> 5:45pm-7:45pm 7:45pm-9:45pm	<input checked="" type="checkbox"/> 3:30pm-5:30pm	8:15am-11:00am 2:15pm - 4:30pm
Basketball Value – Adult						8:15am-9:30am	
Basketball Value – Open	6:15am-8:30am	6:15am-8:30am	6:15am-8:30am 12noon-2:00pm	6:15am-8:30am	6:15am-8:30am		
Basketball – Youth		4:00pm-5:45pm					
Family Gym		6:15pm-7:30pm					
Pickle Ball – 55+	12noon-3:00pm	12noon-3:00pm		12noon-3:00pm	12noon-3:00pm		
Pickle Ball - Adult	12noon-3:00pm				12noon-3:00pm		
Stay & Play – Parent & Tot			9:30am-11:00am			9:30am-11:00am	
Soccer – Adult		7:45pm-9:45pm			<input checked="" type="checkbox"/> 8:00pm-9:45pm		
Soccer – Youth							5:00pm - 7:00pm
Soccer – Family			6:15pm-7:30pm				12noon-2:00pm
Table Tennis – Open	6:00pm - 9:00pm						3:00pm-7:00pm
Table Tennis – Family					4:00pm - 6:00pm		
Volleyball – Adult	8:00pm - 9:30pm		<input checked="" type="checkbox"/> 7:45pm-9:30pm				2:45pm-4:30pm

Subject to change without notice, please call ahead to confirm. *Participants can sign up and play for one of two 1.5 hour time slots.

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A Street Effective July - August, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym – Adult		6:00pm - 8:00pm					
I am Game – Pre-teen	3:00pm - 4:00pm				3:00pm - 4:00pm		
Pre-teen Membership Sport	4:00pm - 6:00pm				4:00pm - 6:00pm		
Youth Membership Sport					6:00pm - 9:00pm		

Schedule subject to change. Please call ahead to confirm and reserve spots.

FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street Effective July - August, 2016

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	<input checked="" type="checkbox"/> 7:15pm-9:45pm		<input checked="" type="checkbox"/> 7:15pm-9:45pm			<input checked="" type="checkbox"/> 2:30pm-4:45pm	
Badminton – Open						12:15pm-2:15pm	10:30am-12noon
Badminton – Youth			4:15pm-5:45pm				
Badminton – Family							8:30am-10:30am
Basketball – Adult		7:15pm-9:45pm					3:30pm-5:30pm
Basketball – Open*							5:45pm-7:45pm
Soccer – Family				5:00pm-7:00pm			
Soccer – Youth Member							4:00pm-6:00pm
Sports – Family			6:00pm-8:00pm				9:00am-12noon
Sports – Youth Member					7:00pm-10:30pm	6:00pm-10:30pm	
Volleyball – Adult				7:15pm-9:45pm			
Stay & Play – Parent & Tot		9:30am-11:00am		9:30am-11:00am			

*Activities are open to all ages – children 12 yrs and under MUST attend with a parent or guardian.

CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue Effective July - August, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult		<input checked="" type="checkbox"/> 7:00pm-9:00pm			1:00pm-2:00pm		
Badminton – Open	9:00am - 11:00am						<input checked="" type="checkbox"/> 9:00am-11:00am
Basketball – Adult	<input checked="" type="checkbox"/> 7:15pm-9:00pm			<input checked="" type="checkbox"/> 7:00pm-9:00pm		9:15am-11:15am	
Basketball – Open	12noon - 1:00pm		1:00pm - 2:00pm***				
Soccer – Adult			12noon-1:00pm <input checked="" type="checkbox"/> 7:00pm-9:00pm				
Pickleball – 55+			9:00am-11:30am				
Gym – Family				5:15pm-7:00pm			
Stay 'n' Play* – Parent & Tot	5:30pm-7:30pm*		5:30pm-7:30pm*	4:00pm-6:00pm*			
Table Tennis** – Adult		7:00pm-9:00pm**					
Table Tennis – 55+		1:00pm-4:00pm		1:00pm-4:00pm			
Sport Pre-teen Membership					4:00pm-5:30pm	4:00pm-5:30pm	
Sport Youth Membership					5:45pm-7:15pm 7:30pm-9:00pm	5:45pm-7:45pm 8:00pm-10:00pm	

Schedule subject to change. Please call ahead to confirm and reserve spots. Family gym participants must have 1 (or more) adult plus 1 (or more) child(ren).

* Held in preschool room **Held in the Multi-purpose Room ***Held in 1/2 Gym

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street

Effective June 30 - September 4, 2016

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	<input checked="" type="checkbox"/> 8:00pm - 9:45pm	11:30am - 2:30pm			<input checked="" type="checkbox"/> 7:15pm - 9:45pm		3:45pm - 5:45pm
Badminton – Family	6:15pm - 7:45pm	6:00pm - 7:30pm	3:15pm - 5:15pm	3:00pm - 5:30pm		11:30am - 2:00pm	8:30am - 11:00am
Basketball – Adult	7:15pm - 9:45pm		7:45pm - 9:45pm		5:30pm - 7:00pm	5:45pm - 7:45pm	1:15pm - 3:15pm
Basketball – Family							11:15am - 12:45pm
Basketball – Adult 30+			<input checked="" type="checkbox"/> 7:45pm - 9:45pm				
Basketball – Youth			3:45pm - 5:45pm	4:00pm - 6:30pm		3:00pm - 5:30pm	11:15pm - 1:00pm
Family Gym	4:00pm - 6:00pm	3:30pm - 5:15pm		3:00pm - 4:30pm	3:30pm - 5:30pm		2:15pm - 4:15pm
Open Gym – Adult	11:15am - 12:45pm 3:15pm - 5:45pm	9:15am - 11:15am 5:30pm - 7:30pm	10:30am - 12:30pm 6:00pm - 7:30pm	5:45pm - 7:45pm	3:30pm - 5:00pm		4:30pm - 6:00pm
Sports – Preteen Member						4:00pm - 6:00pm	
Sports – Youth Member	6:15pm - 7:45pm					6:00pm - 10:00pm	
I AM GAME – Children					6:00pm - 10:00pm		
I AM GAME – Youth		5:30pm - 7:30pm					
Pickle Ball – Open		7:45pm - 9:45pm			11:15pm - 1:00pm	<input checked="" type="checkbox"/> 8:15am - 11:15am	
Pickle Ball – Family			5:30pm - 7:30pm			2:15pm - 4:45pm	12noon - 2:00pm
Soccer – Adult		<input checked="" type="checkbox"/> 8:00pm - 9:45pm		7:30pm - 9:30pm			6:15pm - 7:45pm
Soccer – Women			8:00pm - 9:45pm				
Stay & Play – Parent & Tot			4:00pm - 6:00pm				9:30am - 11:30am
Table Tennis – Adult				7:30pm - 9:30pm			
Volleyball – Adult				<input checked="" type="checkbox"/> 8:00pm - 9:45pm			6:15pm - 7:45pm
VALUE TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton	6:00am - 8:45am	6:00am - 8:45am	6:00am - 8:45am	6:00am - 8:45am	6:00am - 8:45am		
Basketball	6:00am - 8:45am	6:00am - 8:45am		6:00am - 8:45am	6:00am - 8:30am		
Pickle ball			6:00am - 8:45am				

Schedule is subject to change. Please call 604-598-7960 to confirm schedules. *Value Priced Gymnasium Program times are from 6:00am-8:45am*. Family Gym: A family consisting of 1 or 2 parents, grandparents, or legal guardians with at least 1 dependant aged 18 years or younger. Valid memberships or full drop-in payment is required to reserve spaces over the phone.

NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue

Effective July 2, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickle Ball – 55+		12:30pm - 3:00pm			9:00am - 11:30am*		
Badminton – 55+				12noon - 3:00pm			
Badminton – Adult	6:00am - 8:30am	<input checked="" type="checkbox"/> 8:15pm - 9:30pm	<input checked="" type="checkbox"/> 7:00pm - 8:30pm <input checked="" type="checkbox"/> 8:35pm - 10:00pm		6:00am - 8:30am	6:00am - 8:30am	<input checked="" type="checkbox"/> 8:00am - 11:00am
Badminton – Family						2:00pm - 3:30PM*	11:15am - 12:15pm*
Badminton – 10-18yrs		7:15pm - 8:15pm					
Gym – Family						3:30pm - 5:45pm	11:15am - 12:15pm*
Stay & Play – Parent & Tot	9:30am - 11:00am*		9:30am - 11:00am*			9:00am - 10:30am	
Basketball – Adult							4:15pm - 5:45pm*
Basketball – Youth							4:15pm - 5:45pm*
Volleyball – Adult	<input checked="" type="checkbox"/> 7:30pm - 10:00pm						
Hockey – Adult			6:00am - 8:30am	<input checked="" type="checkbox"/> 7:00pm - 9:30pm			<input checked="" type="checkbox"/> 6:00pm - 8:00pm
Open Gym – Adult	6:00am - 8:30am		6:00am - 8:30am				
Sports – Youth Member		4:00pm - 7:00pm		4:00pm - 7:00pm	5:00pm - 9:00pm	6:00pm - 9:00pm	
Sports – Preteen Member		4:00pm - 7:00pm		4:00pm - 7:00pm	5:00pm - 7:00pm		

Schedule may subject to change. Please call 604-501-5540 to confirm and reserve. Recommended to confirm 24 hours prior for successful registration. *In half-gym

SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 Avenue

June 27 - September 4

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – 55+	6:15am - 9:30am	7:00am - 10:30am	10:45am - 12:45pm	7:00am - 10:30am			
Badminton – Adult		<input checked="" type="checkbox"/> 7:30pm - 9:45pm*			6:00pm - 7:45pm*		
Badminton – Open			<input checked="" type="checkbox"/> 8:15pm - 9:45pm			<input checked="" type="checkbox"/> 8:30am - 12noon	<input checked="" type="checkbox"/> 8:30am - 12noon* <input checked="" type="checkbox"/> 4:15pm - 6:00pm*
Badminton – Family						5:45pm - 7:45pm*	
Badminton – Youth					<input checked="" type="checkbox"/> 8:00pm - 9:45pm*		
Basketball – Youth							6:15pm - 7:45pm
Basketball – Adult			6:15pm - 8:00pm*	7:45pm - 9:45pm*			
Basketball – Open							6:15pm - 7:45pm
Youth Adapted Basketball				6:00pm - 7:45pm			
Sports – Youth Member (10-18yrs)		5:00pm - 7:00pm*	4:30pm - 6:00pm	6:00pm - 9:00pm	7:00pm - 11:00pm	8:00pm - 11:00pm	
Sports – Family					5:00pm - 7:00pm	3:00pm - 5:30pm	12:30pm - 4:00pm
Pickle Ball – 55+	9:45am - 12:45pm	10:45am - 12:45am	6:15am - 8:15am*	10:45am - 12:45pm	6:15am - 8:15am* 10:45am - 12:45pm		
Pickle Ball – Open			8:15pm - 9:45pm				12:30pm - 4:00pm
Pickle Ball – Family						12:15pm - 3:00pm*	
Table Tennis – 55+				12:45pm - 3:00pm**			
Table Tennis – Open					7:15pm - 9:45pm		1:00pm - 4:00pm
Volleyball – Youth	5:45pm - 7:00pm*						
Volleyball – Adult	7:00pm - 9:45pm*						
Stay & Play – Parent & Tot			8:45am - 10:15am		8:45am - 10:15am	3:30pm - 5:00pm	9:30am - 11:00am

Schedule subject to change. Please call ahead to confirm. Two gymnasiums are available for drop-in sports with an * next to the time. All other times are one gymnasium only.



Fitness & Wellness

www.surrey.ca/register

Get fit with us!

Whether you want to work out in a fully equipped weight room or take a group fitness class, we're ready to help you meet your goals, seven days a week. Our certified instructors can provide personal training sessions or simply help you learn the equipment.

Book your Drop-in spot
Online



You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

Look online for the most up-to-date schedule information.
www.surrey.ca/recreation

Don't Know Where To Start?

Getting Started

Have you ever wondered what a yoga class would be like, are you new to group fitness, or are coming back after a hiatus or injury? These classes are for those people wanting to try a new class or to gradually get back into fitness.

Spin for Beginners	South Surrey Recreation & Arts Centre Surrey Sport & Leisure Complex
Yoga for Beginners	Guildford Recreation Centre Kensington Prairie Community Centre Kwomais Point Park

If you are looking to get started with weight and cardio equipment, ask about our weight room introductions. Registered instructors will give you the tips to get started on a safe, balanced and effective workout.

Personal Training

All our instructors are BCRPA registered and can guide you into a new workout routine or fine-tune your existing workout.

	Single	Semi-Private
Initial Consultation (90 minutes)	\$77.75	\$77.75 (per person)
Ongoing Sessions (1 hour)	\$51.75	\$77.75/group
5 Swipe Pass (for the price of 4)	\$207	\$311/group

Completion of the ParQ+ medical screening form is required before personal training sessions begins. 24 hours advanced notification is required to cancel or re-schedule training sessions.

Weight Rooms

Our state-of-the-art fitness centres are equipped with an assortment of the latest cardio and weight equipment. Look online for a detailed list at your local facility.

Orientations

If you are looking to get started with weight and cardio equipment, ask about our weight room introductions. Registered instructors will lead you through an orientation on how to properly use the weight and cardio machines.

Weight Room Etiquette

- Be courteous and respectful
- Place belongings in lockers
- Turn cellular phones to silent mode
- Wear appropriate workout attire: clean T-shirts, shorts/sweat pants, clean athletic shoes
- No open toe shoes or sandals
- Replace weights in rack after use - no dropping
- Share equipment and clean after use
- Sign up while using cardio equipment (30 min max)
- Use a clean towel during your workout

Minimum age 13 yrs (ID required) Consult your doctor prior to beginning a fitness program. The City of Surrey is not responsible for lost, stolen or damaged items. A fee will be charged for lost locker keys.

QUICK FIND

DROP-IN

LOOKING FOR FITNESS SCHEDULES?

In an effort to supply the most accurate information, please refer to our online schedules or pick up the latest drop-in schedule at your local recreation centre.

Group Fitness **DROP-IN**

We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or are looking for a challenge, we have a class to fit your needs. Classes vary by facility. Check the drop-in schedule online for the latest information.

CLASS DESCRIPTION

CARDIO: STEP CLASSES

Step and Kickbox/ Step and Sculpt	Challenge yourself to focus on proper technique to get the most out of a workout starting with step cardio and finishing off with punches and kicks or with body sculpt using balls, bands and weights.
Step Interval	A high energy workout combining step intervals and muscle conditioning exercises.

CARDIO: NON-STEP OPTION

Cardio Kickbox	A fun filled hour of punching, kicking, and sweating your way to improved fitness.
Cardio Combo	A fun filled cardio class combining a variety of formats such as step, hi/lo, cardio drills or cardio kickbox, followed by muscle conditioning and/ or relaxing exercises. May include a pilates or yoga component. Express fit is a condensed version of this format.
Cardio Dance	Get fit while you groove to your favorite dance moves.
Dance Fit	Cardio workout featuring dance steps from a variety of dance styles.
High/Low Aerobics	An extended cardio component at a slightly lower intensity. High impact options demonstrated for those who like to jump. This class is followed by muscular conditioning and relaxing stretch exercises.
Zumba Basics	Fun and easy to follow Zumba routines modified for all shapes and sizes. Suitable for overweight and inactive individuals.
Bollywood Aerobics	Cardio workout combining Indian dance moves to Bollywood music.
Bootcamp	Increase your strength, stamina, and flexibility with a variety of fitness and athletic conditioning drills.

CARDIO: INDOOR CYCLING

Spin and Strength	This spin class will focus on hill training and be completed with upper body strength training and stretch.
Spin	A non-impact cardio workout! The instructor will guide your ride through a terrain of hills and drills. Adjust the intensity to suit your comfort level throughout the ride.

NON CARDIO

Body Sculpt	Emphasis is placed on proper technique during this one hour of muscle strength, muscle endurance and flexibility training. This class maybe formatted into a circuit workout where individuals move from station to station.
Core Conditioning	Emphasis is placed on your core muscles. Work on proper balance, posture, and stability.

ADULT 55+

Ball, Balance and Strength 55+	This class will introduce you to balance & strength training through the use of stability balls, hand weights and other useful equipment.
Fit 55+	A moderate intensity class consisting of low impact cardio followed by muscle conditioning and relaxing stretch techniques. Improve heart and lung fitness, as well as balance, strength and flexibility.
Fit 55+ Lite (Chair Exercises)	A low intensity class designed for adults with physical limitations. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work. Improve circulation and respiration as well as balance, strength and flexibility.
Gentle Fit	A low intensity class designed to introduce the less active or less mobile older adult to physical activity. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work.
Low Impact 55+	A challenging, yet gentle workout. Classes include warm-up, cardio, strength, and stretch. Ideal for all levels of fitness.
Senior Circuit 55+	In this weight room based group exercise program you will use cardio and strength training machines. A great way to familiarize yourself with the weight room equipment.
Yoga 55+	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.

MIND BODY

Yoga	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.
Gentle Yoga	A slower paced class using supported postures and modifications to improve balance, strength and flexibility
Yoga and Meditation	A traditional Hatha Yoga followed by a structured meditation component to help achieve a clear mind, improve concentration and discover the wisdom and peace with you.
Fitness Yoga	A blend of yoga postures, pilates exercises and fitness moves bringing the mind body element to fitness conditioning.
Fitness Pilates	Stretching and strengthening movements combined with specific techniques to produce natural, balanced muscle conditioning.
Flow Yoga	A dynamic series of flowing postures connected by rhythmic breathing almost dance-like, for an invigorating body-mind workout.

Format and intensity may differ between instructors. Low impact options are provided

Family

Bootcamp - Family

This course will get the entire family moving using a variety of fitness drills, focussing on fun.

NORTH	7 Sessions \$3.25	6yrs+
Su	10:45am-11:45am Jul 10	4482334
Chuck Bailey Recreation Centre		

Yoga - Parent & Tot

An introduction to yoga for parent and child to learn some basic techniques for relaxation, breathing and posture.

SOUTH	6 Sessions \$48	2-5yrs
Su	10:00am-10:45am Jul 17	4479354
South Surrey Recreation & Arts Centre		

Yoga - Family

Children and parents (or aunts, uncles, grandparents...) do Yoga together. Yoga poses, breathing exercises, relaxation and games. A great way for families to be active together.

GUILDFORD	6 Sessions \$18	6yrs+
Su	11:00am-12noon Jul 10	4480781
Guildford Recreation Centre		

SOUTH	7 Sessions \$24.50	6yrs+
M	6:30pm-7:30pm Jul 11	4476927

SOUTH	6 Sessions \$21	6yrs+
Su	11:15am-12noon Jul 17	4476928
South Surrey Recreation & Arts Centre		

Children

Ku Yu Kai - Level 1

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

NORTH	15 Sessions \$105	6-12yrs
M, W	6:00pm-7:00pm Jul 4	4476579
Chuck Bailey Recreation Centre		

Ku Yu Kai - Level 2

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

NORTH	15 Sessions \$120	6-12yrs
M, W	7:00pm-8:30pm Jul 4	4476580
Chuck Bailey Recreation Centre		

Tae Kwon Do Level 1

This is an introductory program that will provide participants the opportunity to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

GUILDFORD	18 Sessions \$119.50	9-12yrs
Sa	11:15am-12:15pm Jul 2	4471528
Th	5:45pm-6:45pm	
Guildford Recreation Centre		

Tae Kwon Do Level 2

This is an intermediate program in which participants will continue to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

GUILDFORD	18 Sessions \$119.50	9-12yrs
Sa	12:30pm-1:30pm Jul 2	4471529
Tu	5:45pm-6:45pm	
Sa	1:45pm-2:45pm Jul 2	4471530
Th	7:00pm-8:00pm	
Guildford Recreation Centre		

Tae Kwon Do Level 3

Level 3 will teach advanced techniques in self-defense, develop physical conditioning and build individual self-esteem.

GUILDFORD	18 Sessions \$119.50	9-12yrs
Sa	3:00pm-4:00pm Jul 2	4471531
Tu	7:00pm-8:00pm	
W	5:45pm-6:45pm Jul 6	4471532
F	6:45pm-7:45pm	
Guildford Recreation Centre		

Yoga

An introduction to yoga for your child to learn the basic techniques for relaxation, breathing, and posture.

SOUTH	8 Sessions \$76.75	6-12yrs
F	3:30pm-4:30pm Jul 15	4476822
South Surrey Recreation & Arts Centre		

Youth

Ku Yu Kai Go-Ju

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years' experience. Students learn at their own pace with a focus on self-discipline.

NORTH	15 Sessions \$120	13-18yrs
M, W	7:00pm-8:30pm Jul 4	4476581
NORTH	8 Sessions \$72	13-18yrs
W	7:00pm-8:30pm Jul 6	4476583
NORTH	7 Sessions \$63	13-18yrs
M	7:00pm-8:30pm Jul 4	4476582
Chuck Bailey Recreation Centre		

Tae Kwon Do

Workout at your own pace. This diverse martial art can suit anyone. For fitness/ cardio, self defense, sport, in a safe, friendly and fun environment.

GUILDFORD	18 Sessions \$99.50	13-18yrs
Sa	4:15pm-5:15pm Jul 2	4478644
Tu	8:15pm-9:15pm	
Guildford Recreation Centre		

Yoga

This gentle activity focuses on stretching and relaxing exercises. Learn to focus and control your energy flow through basic yoga positions.

SOUTH	8 Sessions \$64	13-18yrs
F	4:45pm-5:45pm Jul 15	4476932
South Surrey Recreation & Arts Centre		

Athletic Conditioning

Enhance your sport performance, improve your core strength, balance, speed, and agility. Athletic conditioning drills for all levels. Great for golf, tennis, water sports, hockey, baseball, etc.

SOUTH	4 Sessions \$32	13-18yrs
Th	10:00am-11:00am Jul 7	4478964
Th	10:00am-11:00am Aug 4	4478965
Grandview Heights Aquatic Centre		

Weight Training

Join an experienced instructor and become familiar with the weight room. Focus on safe and effective training techniques.

SOUTH	4 Sessions \$32	13-18yrs
Tu	4:00pm-5:00pm Jul 5	4478950
Tu	4:00pm-5:00pm Aug 2	4478951
Grandview Heights Aquatic Centre		

SOUTH	4 Sessions \$32	13-18yrs
Th	4:00pm-5:00pm Jul 7	4475832
Th	4:00pm-5:00pm Aug 4	4475833
South Surrey Recreation & Arts Centre		

Adults

Bootcamp

Increase strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.

SOUTH	7 Sessions \$44.25	
M	6:15pm-7:15pm Jul 4	4478967
Grandview Heights Aquatic Centre		

SOUTH	8 Sessions \$50.50	16yrs+
M, W	7:30pm-8:30pm Jul 4	4477056

SOUTH	9 Sessions \$56.75	16yrs+
W, M	7:30pm-8:30pm Aug 3	4477057
South Surrey Indoor Pool		

Bootcamp Level 2

An advanced level workout that increases strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.

SOUTH	8 Sessions \$50.50	
W	6:15pm-7:15pm Jul 6	4478974
Grandview Heights Aquatic Centre		

Cardio Combo

A combination of hi/low and muscle conditioning. Perfect for those looking for a new challenge. Moderate to high intensity.

SOUTH	8 Sessions \$50.50	16yrs+
Tu, Th	5:30pm-6:30pm Jul 5	4477052
SOUTH	9 Sessions \$56.75	16yrs+
Tu, Th	5:30pm-6:30pm Aug 2	4477053
South Surrey Indoor Pool		

Zumba Gold

Zumba is a fusion of Latin and International music, creating a dynamic, exciting and effective fitness systems. Aerobic and interval training movements promote toning and flexibility. Class is taught by a certified Zumba instructor.

NEWTON	4 Sessions Member \$19	Non-member \$25.25
Th	12:45pm-1:45pm Jul 7	4477983
Th	12:45pm-1:45pm Aug 4	4477984
Newton Seniors' Centre		

Zumba

Dance themes, using a fusion of Latin and international music, create a dynamic, exciting and effective fitness workout.

GUILDFORD	6 Sessions \$70	19yrs+
Sa	8:15am-9:15am Jul 9	4481073
Guildford Recreation Centre		

NEWTON	8 Sessions \$93.25	19yrs+
Th	6:00pm-7:00pm Jul 7	4471976
Newton Seniors' Centre		

NORTH	6 Sessions \$38	13yrs+
Th	6:15pm-7:15pm Jul 14	4476009
Su	10:15am-11:15am Jul 17	4476014
Bridgeview Community Centre		

SOUTH	8 Sessions \$50.50	15yrs+
W	7:30pm-8:30pm Jul 13	4476818
Kwomais Point Park		

SOUTH	7 Sessions \$44.25	15yrs+
M	7:30pm-8:30pm Jul 11	4476819
Sunnyside Hall		

Zumba - D.A.E Enterprises

Zumba routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Classes are taught by Daniela Endersby and her associate instructors.

CLOVERDALE	5 Sessions \$42.50	All Ages
W	7:00pm-8:00pm Aug 3	4476690

CLOVERDALE	4 Sessions \$34	All Ages
M	6:00pm-7:00pm Jul 4	4476686

W	7:00pm-8:00pm Jul 6	4476687
M	6:00pm-7:00pm Aug 8	4476688
Cloverdale Recreation Centre		

Spin for Beginners

Learn the basics of this non-impact cycling workout that features a variety of drills including hills, sprints and intervals.

GUILDFORD	6 Sessions \$28.50	19yrs+
Sa	10:30am-11:15am Jul 9	4480991
Guildford Recreation Centre		

SOUTH	8 Sessions \$38	15yrs+
W	7:30pm-8:15pm Jul 13	4476811

SOUTH	7 Sessions \$33.25	15yrs+
M	7:30pm-8:15pm Jul 11	4476810
South Surrey Recreation & Arts Centre		

Spin

Non-impact cycling workout that features a variety of drills including hills, sprints and intervals.

GUILDFORD	6 Sessions \$28.50	19yrs+
M	6:30pm-7:15pm Jul 4	4480994
W	6:30pm-7:15pm Jul 6	4480995
Sa	11:15am-12noon Jul 9	4481531
Guildford Recreation Centre		

Spin and Yoga

Enjoy a cardio workout involving hills and drills, followed by a series of yoga poses to balance out your workout

GUILDFORD	6 Sessions \$47.25	19yrs+
M	9:30am-10:45am Jul 4	4481003
Guildford Recreation Centre		



Circuit Weight Training

Individuals move from station to station in the weight room and learn use of strength machines, free weights and cardio equipment.

SOUTH 8 Sessions \$50.50 16yrs+
M, W 10:30am-11:30am Jul 4 4477047
SOUTH 9 Sessions \$56.75 16yrs+
W, M 10:30am-11:30am Aug 3 4477048
South Surrey Indoor Pool

SOUTH 9 Sessions \$56.75 16yrs+
W, M 6:45pm-7:45pm Aug 3 4475800
SOUTH 8 Sessions \$50.50 16yrs+
M, W 6:45pm-7:45pm Jul 4 4475799
South Surrey Recreation & Arts Centre

Circuit Weight Training 

Circuit Training is a time-efficient method of training both your cardio and muscles. This group exercise format will help you become acquainted with weight room exercises.

CLOVERDALE 10 Sessions Member \$47.25 Non-member \$63
Tu, Th 9:15am-10:15am Aug 2 4476695
Tu, Th 10:30am-11:30am Aug 2 4476696

CLOVERDALE 8 Sessions Member \$38 Non-member \$50.50
Tu, Th 9:15am-10:15am Jul 5 4476693
Tu, Th 10:30am-11:30am Jul 5 4476694
Cloverdale Recreation Centre

GUILDFORD 8 Sessions Member \$38 Non-member \$50.50
M, W 10:30am-11:30am Jul 4 4479538
M, W 10:30am-11:30am Aug 8 4479539
Fraser Heights Recreation Centre

SOUTH 10 Sessions Member \$47.50 Non-member \$63
M, W 10:30am-11:30am Jun 27 4476858

SOUTH 9 Sessions Member \$42.75 Non-member \$56.75
W, M 10:30am-11:30am Aug 3 4476859
Grandview Heights Aquatic Centre

SOUTH 10 Sessions Member \$47.50 Non-member \$63
Tu, Th 9:15am-10:15am Aug 2 4475810
Tu, Th 10:30am-11:30am Aug 2 4475813

SOUTH 9 Sessions Member \$42.75 Non-member \$56.75
W, M 9:15am-10:15am Aug 3 4475819
W, M 10:30am-11:30am Aug 3 4475816

SOUTH 8 Sessions Member \$38 Non-member \$50.50
M, W 9:15am-10:15am Jul 4 4475820
M, W 10:30am-11:30am Jul 4 4475815
Tu, Th 9:15am-10:15am Jul 5 4475809
Tu, Th 10:30am-11:30am Jul 5 4475812
South Surrey Recreation & Arts Centre

Weight Training for Women

Learn use of weight training machines, free weights and cardio equipment as well as theory in a program for women.

GUILDFORD 6 Sessions \$47.25 19yrs+
Tu 9:15am-10:30am Jul 5 4481052
Guildford Recreation Centre

SOUTH 10 Sessions \$63
Tu, Th 5:30pm-6:30pm Jun 28 4476855
Tu, Th 5:30pm-6:30pm Aug 2 4476856
Grandview Heights Aquatic Centre

SOUTH 9 Sessions \$56.75 15yrs+
W, M 5:30pm-6:30pm Aug 3 4475803
SOUTH 8 Sessions \$50.50 15yrs+
M, W 5:30pm-6:30pm Jul 4 4475802
South Surrey Recreation & Arts Centre

Weight Training

Discover the best ways to keep in shape! These training sessions will teach you everything you need to know to design your own weight training program. Dress for a work out!

SOUTH 9 Sessions \$56.75 16yrs+
F 1:00pm-2:00pm Jul 8 4483880
Grandview Heights Aquatic Centre

Weight Training 

Develop muscular strength and endurance through effective strength-training exercises using hand weights and elastic resistance with a certified instructor.

NEWTON 4 Sessions Member \$19 Non-member \$25.25
M 11:00am-12noon Jul 4 4478232
M 11:00am-12noon Aug 8 4478233
Newton Seniors' Centre

SOUTH 9 Sessions Member \$42.75 Non-member \$56.75
W 11:30am-12:30pm Jul 6 4475829
F 1:00pm-2:00pm Jul 8 4475821
South Surrey Recreation & Arts Centre

TRX Suspension Training

A strength based workout using the TRX to build muscle, increase flexibility and strengthen core muscles.

CLOVERDALE 5 Sessions \$39.50 19yrs+
W 7:45pm-9:00pm Jul 6 4476743

CLOVERDALE 5 Sessions \$31.50 19yrs+
F 6:30pm-7:30pm Aug 5 4476746

CLOVERDALE 4 Sessions \$31.50 19yrs+
W 7:45pm-9:00pm Aug 10 4476744

CLOVERDALE 4 Sessions \$25.25 19yrs+
F 6:30pm-7:30pm Jul 8 4476745
Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$50.50 18yrs+
F 5:00pm-6:00pm Jul 8 4479463
Tu 4:30pm-5:30pm Jul 12 4479461
Fraser Heights Recreation Centre

SOUTH 7 Sessions \$44.25 19yrs+
M 5:15pm-6:15pm Jul 11 4476921
South Surrey Recreation & Arts Centre

Functional Training Synrgy Circuit

A full body circuit workout using the multi-station Synrgy functional training unit featuring a variety of cable, band, medicine ball and TRX exercises.

GUILDFORD 6 Sessions \$38 19yrs+
M 5:30pm-6:30pm Jul 4 4480793
Guildford Recreation Centre

SOUTH 10 Sessions \$63
M, W 9:15am-10:15am Jun 27 4476847
Tu, Th 7:15pm-8:15pm Jun 28 4476845
Tu, Th 7:15pm-8:15pm Aug 2 4476848

SOUTH 9 Sessions \$56.75
W, M 9:15am-10:15am Aug 3 4476850

SOUTH 8 Sessions \$50.50
Sa 8:45am-9:45am Jul 9 4476846
Grandview Heights Aquatic Centre

SOUTH 9 Sessions \$56.75 16yrs+
Tu 1:00pm-2:00pm Jul 5 4475805
F 11:45am-12:45pm Jul 8 4475807
South Surrey Recreation & Arts Centre

Functional Training

Enhance day-to-day functionality through balance training and core strength using a variety of equipment.

GUILDFORD 6 Sessions \$28.50 19yrs+
Th 7:15pm-8:00pm Jul 7 4480880
Guildford Recreation Centre

Prenatal & Postnatal PROGRAMS

Prenatal Yoga

Emphasis on pelvic openers, breathing exercises and postures to reduce low back discomfort and help prepare for the birth of your baby.

CLOVERDALE 5 Sessions \$39.50 All Ages
Th 6:00pm-7:15pm Aug 4 4476768

CLOVERDALE 4 Sessions \$31.50 All Ages
Th 6:00pm-7:15pm Jul 7 4476766
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$38 19yrs+
Sa 10:00am-11:00am Jul 9 4480908
Guildford Recreation Centre

SOUTH 8 Sessions \$50.50
W 6:15pm-7:15pm Jul 13 4476772

SOUTH 7 Sessions \$44.25
M 7:10pm-8:10pm Jul 11 4476773
Kwomais Point Park

SOUTH 8 Sessions \$50.50
F 6:00pm-7:00pm Jul 15 4476771
South Surrey Recreation & Arts Centre

Fit4Two Mom & Baby Yoga

Enjoy Asanas (postures) specifically tailored to your needs as a new mother. Special attention will be given to strengthening your core and releasing tension in your neck, shoulders, hips and back.

SOUTH 9 Sessions \$118
F 11:45am-12:45pm Jul 8 4478960
Kwomais Point Park

Fit4Two Prenatal Fitness

This program is a well rounded workout designed specifically for prenatal women taught by a certified pre and postnatal fitness specialist. Parmed X form required.

SOUTH 8 Sessions \$106
M 7:30pm-8:30pm Jul 4 4478962
South Surrey Recreation & Arts Centre

Fit4Two Stroller Bootcamp

Get fit with our full body cardio and strength workout for mom OUTDOORS! Extra focus on postpartum posture and core. Must be 8 weeks postpartum. For safety, babies/tots must remain in stroller or mom's arms until core work at end of class.

SOUTH 9 Sessions \$130
W, M 9:00am-10:00am Aug 3 4479403
SOUTH 8 Sessions \$115
M, W 9:00am-10:00am Jul 4 4479402
South Surrey Recreation & Arts Centre

Fit4Two Mom & Baby Fitness

Each class will provide a full body cardio and strength workout. Special attention given to core strength (abdominal, back and pelvic floor) as well as to postpartum posture. This program is suitable for all fitness levels.

SOUTH 9 Sessions \$118
F 2:00pm-3:00pm Jul 8 4478955
South Surrey Recreation & Arts Centre

Check out the Aquatics Section for Aquafit Classes
Mommy Moves
Prenatal Aquafit page 40
Mommy Moves
Mom & Baby Aquafit page 27

Fitness Circuit Training

Individuals move from station to station combining cardio and strength training using steps, freeweights, bands and/or floor exercises.

GUILDFORD 8 Sessions \$50.50 18yrs+
Tu 7:15am-8:15am Jul 5 4479515
Fraser Heights Recreation Centre

Stretch & Strength 

Learn how to improve your flexibility and work on overall muscular toning and strengthening exercises. Use of handheld resistant equipment will be introduced.

NEWTON 5 Sessions Member \$23.75 Non-member \$31.50
W 11:00am-12noon Aug 3 4478217

NEWTON 4 Sessions Member \$19 Non-member \$25.25
W 11:00am-12noon Jul 6 4478216

Newton Seniors' Centre

Core Conditioning

Group workout focused on endurance, agility, balance and core strength.

SOUTH 8 Sessions \$50.50 16yrs+
Tu, Th 6:45pm-7:45pm Jul 5 4477049

SOUTH 9 Sessions \$56.75 16yrs+
Tu, Th 6:45pm-7:45pm Aug 2 4477050
South Surrey Indoor Pool

BOSU Ball Fitness 

This total body workout is designed to build muscular endurance and core stability through functional balance training utilizing a BOSU ball.

GUILDFORD 1 Session \$6.50 19yrs+
W 8:00pm-9:00pm Jul 13 4481102

Sa 9:00am-10:00am Aug 13 4481104
Guildford Recreation Centre

Barre Strength and Stretch

An interval training program using classical Ballet and Pilates movements. These small isometric movements will help you strengthen, tone, and stabilize those hard to target areas including the core.

FLEETWOOD 4 Sessions \$25.25 16yrs+
 W 6:15pm-7:15pm Jul 6 4479457
 W 6:15pm-7:15pm Aug 10 4479470
Sport & Leisure Aquatics

SOUTH 8 Sessions \$50.50 16yrs+
 W 7:00am-8:00am Jul 13 4476861
South Surrey Recreation & Arts Centre

GUILDFORD 1 Session \$6.50 19yrs+ 
 Tu 7:30pm-8:30pm Jul 12 4481099
 Th 8:00pm-9:00pm Jul 21 4481100
 Su 7:30am-8:30am Aug 14 4481101
Guildford Recreation Centre

Ku Yu Kai Go Ju Ryu

Introduces you to many aspects of the traditional karate styles; self defence, fitness training, sparring, practice and the art of kata.

NORTH 15 Sessions \$120 19yrs+
 M, W 7:00pm-8:30pm Jul 4 4476584

NORTH 8 Sessions \$72 19yrs+
 W 7:00pm-8:30pm Jul 6 4476586

NORTH 7 Sessions \$63 19yrs+
 M 7:00pm-8:30pm Jul 4 4476585
Chuck Bailey Recreation Centre

Tae Kwon Do

Gradually increase muscle conditioning, flexibility, and coordination while progressing at your own pace in this low impact class that focuses on traditional Tae kwon Do and street self defense.

GUILDFORD 9 Sessions \$56.75 18yrs+
 Th 8:15pm-9:15pm Jul 7 4478645
Guildford Recreation Centre

Yoshinkan Karate-Do

This powerful, dynamic martial art emphasizes natural body movements and the total development of the individual. Challenging workouts are complemented with relaxation techniques and stress management.

FLEETWOOD 16 Sessions \$101 17yrs+
 W 7:00pm-8:00pm Jul 6 4473048
 Sa 11:15am-12:15pm
Fleetwood Community Centre

Pilates

A body conditioning routine emphasizing spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.

CLOVERDALE 7 Sessions \$81.50 16yrs+
 Tu 7:15pm-8:15pm Jul 5 4476706
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$70 19yrs+
 Tu 5:00pm-6:00pm Jul 5 4481151
Guildford Recreation Centre

NEWTON 5 Sessions \$58.25 19yrs+
 M 6:35pm-7:35pm Jul 11 4471980
Newton Seniors' Centre

SOUTH 8 Sessions \$93.25 15yrs+
 Th 7:30pm-8:30pm Jul 14 4476765
South Surrey Recreation & Arts Centre

Pilates Level 2

An advanced workout using a body conditioning routine emphasizing spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.

CLOVERDALE 7 Sessions \$81.50 18yrs+
 Tu 6:15pm-7:15pm Jul 5 4476708
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$70 19yrs+
 Tu 6:15pm-7:15pm Jul 5 4480903
Guildford Recreation Centre

NEWTON 5 Sessions \$58.25 19yrs+
 M 5:30pm-6:30pm Jul 11 4471979
Newton Seniors' Centre

SOUTH 8 Sessions \$93.25 15yrs+
 W 6:30pm-7:30pm Jul 13 4476770
South Surrey Recreation & Arts Centre

Semi-Private Pilates Training

Strengthen core muscles and improve coordination and balance by working with a trainer who will guide you to improve technique using a Reformer (Pilates machine where pulleys and springs create resistance).

SOUTH 8 Sessions \$229.50 16yrs+
 Tu 8:00am-9:00am Jul 12 4476800
 Tu 9:00am-10:00am Jul 12 4476798
 W 8:00am-9:00am Jul 13 4476799
 W 5:15pm-6:15pm Jul 13 4476803
 Th 5:10pm-6:10pm Jul 14 4476804
 Th 6:15pm-7:15pm Jul 14 4476806
 F 8:00am-9:00am Jul 15 4476801

SOUTH 7 Sessions \$201 16yrs+
 M 4:00pm-5:00pm Jul 11 4476807
South Surrey Recreation & Arts Centre

Yoga for Beginners

Learn the basic yoga poses and experience different styles of yoga to develop strength, flexibility and good body alignment.

GUILDFORD 6 Sessions \$38 19yrs+
 W 10:30am-11:30am Jul 6 4481070
Guildford Recreation Centre

SOUTH 8 Sessions \$50.50 15yrs+
 Tu 7:15pm-8:15pm Jul 12 4476813
 Th 7:30pm-8:30pm Jul 14 4476815

SOUTH 7 Sessions \$44.25 15yrs+
 M 12:15pm-1:15pm Jul 11 4476814
Kwomais Point Park

Yoga

Just for seniors! A gentler paced class using supported yoga postures and breathing to improve strength and flexibility.

CLOVERDALE 5 Sessions Member \$23.75 Non-member \$31.50
 Th 11:45am-12:45pm Aug 4 4476775

CLOVERDALE 4 Sessions Member \$19 Non-member \$25.25
 Th 11:45am-12:45pm Jul 7 4476774
Cloverdale Recreation Centre

SOUTH 7 Sessions Member \$33.25 Non-member \$44.25
 M 9:45am-10:45am Jul 11 4476820
Kwomais Point Park

SOUTH 8 Sessions Member \$39 Non-member \$50.50
 Th 8:00am-9:00am Jul 14 4476821
South Surrey Recreation & Arts Centre

Yoga

Develop strength, flexibility and good body alignment while completing a combination of postures through breathing.

CLOVERDALE 5 Sessions \$31.50 18yrs+
 Tu 5:15pm-6:15pm Aug 2 4478369

CLOVERDALE 4 Sessions \$25.25 18yrs+
 Tu 5:15pm-6:15pm Jul 5 4478351
Clayton Hall

CLOVERDALE 5 Sessions \$47.25 18yrs+
 Tu 9:15am-10:45am Aug 2 4478364

CLOVERDALE 5 Sessions \$39.50 18yrs+
 Th 9:15am-10:30am Aug 4 4478367

CLOVERDALE 4 Sessions \$38 18yrs+
 Tu 9:15am-10:45am Jul 5 4478349

CLOVERDALE 4 Sessions \$31.50 18yrs+
 Th 9:15am-10:30am Jul 7 4478350
Cloverdale Recreation Centre

CLOVERDALE 9 Sessions \$71 18yrs+
 Th 6:00pm-7:15pm Jul 7 4478352
Don Christian Recreation Centre

FLEETWOOD 8 Sessions \$50.50 19yrs+
 M 4:30pm-5:30pm Jul 4 4473046

M 5:40pm-6:40pm Jul 4 4473045

Th 6:30pm-7:30pm Jul 7 4473047

Th 7:40pm-8:40pm Jul 7 4473044
Fleetwood Community Centre

GUILDFORD 6 Sessions \$47.25 19yrs+
 W 8:15pm-9:30pm Jul 6 4481054
Guildford Recreation Centre

NEWTON 9 Sessions \$56.75 19yrs+
 Tu 5:00pm-6:00pm Jul 5 4472631

Tu 6:05pm-7:05pm Jul 5 4472630

Tu 7:10pm-8:10pm Jul 5 4472632

Th 6:00pm-7:00pm Jul 7 4472633
Newton Seniors' Centre

NORTH 6 Sessions \$47.25 13yrs+
 Tu 6:30pm-7:45pm Jul 12 4476006
Bridgeview Community Centre

SOUTH 8 Sessions \$63 15yrs+
 W 11:00am-12:15pm Jul 13 4476428

SOUTH 8 Sessions \$50.50 15yrs+
 Th 7:30pm-8:30pm Jul 14 4476429

F 10:30am-11:30am Jul 15 4476430

SOUTH 7 Sessions \$44.25 15yrs+
 M 11:00am-12noon Jul 11 4476433

M 6:00pm-7:00pm Jul 11 4476432

SOUTH 6 Sessions \$38 15yrs+
 Su 10:30am-11:30am Jul 17 4476431
Kwomais Point Park

Yoga Level 2

An advanced programs that develops strength, flexibility and good body alignment while completing a combination of postures through breathing.

NEWTON 9 Sessions \$85.25 19yrs+
 Th 7:15pm-8:45pm Jul 7 4472636
Newton Seniors' Centre

SOUTH 8 Sessions \$63 15yrs+
 Th 6:00pm-7:15pm Jul 14 4476816

SOUTH 8 Sessions \$50.50 15yrs+
 W 7:30pm-8:30pm Jul 13 4476817
Kwomais Point Park

Yoga Dance

Express yourself! Have fun exploring your creativity in a spontaneous blend of yoga and dance to contemporary and world rhythms.

SOUTH 8 Sessions \$50.50 13yrs+
 F 6:00pm-7:00pm Jul 15 4476925
South Surrey Recreation & Arts Centre

Fitness Yoga

A blend of yoga postures bringing the mind-body element to fitness conditioning.

NEWTON 7 Sessions \$44.25 19yrs+
 Sa 9:00am-10:00am Jul 9 4471977
Newton Seniors' Centre

Yin Yoga

Targets the connective tissues of the hips, pelvis, and lower spine through emphasis on internal heat and the lengthening and contracting of our muscles.

SOUTH 8 Sessions \$50.50 15yrs+
 Tu 6:00pm-7:00pm Jul 12 4476924
Kwomais Point Park

Restorative Yoga

Adapts classical yoga postures with an emphasis on healing through gentle, supported postures to improve well-being through the release of tension and gentle re-alignment.

CLOVERDALE 5 Sessions \$39.50 19yrs+
 Tu 6:30pm-7:45pm Aug 2 4476764
 F 12noon-1:15pm Aug 5 4476762

CLOVERDALE 4 Sessions \$31.50 19yrs+
 Tu 6:30pm-7:45pm Jul 5 4476763
Clayton Hall

CLOVERDALE 5 Sessions \$39.50 19yrs+
 Tu 4:45pm-6:00pm Aug 2 4476760

CLOVERDALE 4 Sessions \$31.50 19yrs+
 Tu 4:45pm-6:00pm Jul 5 4476757

F 12noon-1:15pm Jul 8 4476761
Cloverdale Recreation Centre

GUILDFORD 6 Sessions \$47.25 19yrs+
 M 6:30pm-7:45pm Jul 4 4480915
Guildford Recreation Centre

SOUTH 8 Sessions \$63 16yrs+
 W 9:30am-10:45am Jul 13 4476797
Kwomais Point Park

Yoga Stretch

Improve your health with gentle stretching using yoga postures, yoga breathing and relaxation techniques.

NEWTON 5 Sessions Member \$29.75 Non-member \$39.50
 Tu 1:00pm-2:15pm Aug 2 4477963

W 9:30am-10:45am Aug 3 4477967

NEWTON 4 Sessions Member \$23.75 Non-member \$31.50
 Tu 1:00pm-2:15pm Jul 5 4477962

W 9:30am-10:45am Jul 6 4477966

F 10:45am-12noon Jul 8 4477964

F 10:45am-12noon Aug 5 4477965
Newton Seniors' Centre

Kundalini Yoga

Combines actions, breathing and meditations to build strength and open energy at the base of the spine.

GUILDFORD 6 Sessions \$56.75 19yrs+
 W 6:30pm-8:00pm Jul 6 4480854
Guildford Recreation Centre

Meditation

Develop consciousness and awareness using meditation techniques.

GUILDFORD 6 Sessions \$38 19yrs+
 W 5:15pm-6:15pm Jul 6 4480888
Guildford Recreation Centre

SOUTH 6 Sessions \$38
 Su 9:15am-10:15am Jul 17 4476728
Kwomais Point Park

Tai Chi

Gain flexibility, balance and strength using non stressful movements to restore the internal energy of 'Chi'.

GUILDFORD 6 Sessions \$38 19yrs+
Th 7:00pm-8:00pm Jul 7 4481042
Guildford Recreation Centre

Tai Chi

Introduction to this Chinese system of gentle exercise that promotes better health through slow, rhythmic, non-stressful movement.

NORTH 4 Sessions Member \$19
Non-member \$25.25
F 10:30am-11:30am Jul 8 4480954
Chuck Bailey Recreation Centre

Tai Chi - Level 3

Participants will continue to develop the Tai Chi 24 form as well as completing the Yang style classical long form.

NEWTON 4 Sessions Member \$19
Non-member \$25.25
F 9:30am-10:30am Jul 8 4483563
F 9:30am-10:30am Aug 5 4483564
Newton Seniors' Centre

Osteoarthritis Fitness

Focus is on joint stability, posture, light resistance training and safe stretching.

CLOVERDALE 5 Sessions \$31.50 19yrs+
Tu 11:00am-12noon Aug 2 4476700
CLOVERDALE 4 Sessions \$25.25 19yrs+
Tu 11:00am-12noon Jul 5 4476699
Cloverdale Recreation Centre

SOUTH 8 Sessions Member \$39
Non-member \$50.50
Tu 10:30am-11:30am Jul 12 4483612
Th 10:30am-11:30am Jul 14 4476864
South Surrey Recreation & Arts Centre

Chair Exercises

Work those muscles without the ups and downs of a regular fitness class. Enjoy the benefits of a cardio warm up, effective muscle strengthening exercises, flexibility stretches and soothing relaxation, all without leaving your chair. Proper technique and use of resistance equipment will be taught by a certified instructor.

NEWTON 5 Sessions Member \$23.75
Non-member \$31.50
Tu 10:00am-11:00am Aug 9 4477948
NEWTON 4 Sessions Member \$19
Non-member \$25.25
Tu 10:00am-11:00am Jul 5 4477947
Newton Seniors' Centre

NORTH 5 Sessions Member \$23.75
Non-member \$31.50
Tu 10:45am-11:45am Aug 2 4471635

NORTH 4 Sessions Member \$19
Non-member \$25.25
Tu 10:45am-11:45am Jul 5 4471633
Th 10:45am-11:45am Jul 7 4471711
Th 10:45am-11:45am Aug 4 4471715
Chuck Bailey Recreation Centre

SOUTH 7 Sessions Member \$34.25
Non-member \$44.25
W 10:30am-11:30am Jul 13 4482856
South Surrey Recreation & Arts Centre

Chair Yoga Level 1

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.

CLOVERDALE 4 Sessions Member \$14.25
Non-member \$19
Tu 12:15pm-1:00pm Jul 5 4476777
Tu 12:15pm-1:00pm Aug 2 4476778
Cloverdale Recreation Centre

SOUTH 5 Sessions Member \$26.50
Non-member \$31.50
F 10:30am-11:30am Jul 29 4482874
South Surrey Recreation & Arts Centre

Chair Yoga Level 2

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures. Participants must complete Chair Yoga Level 1 or have been screened by the instructor prior to registration.

NORTH 5 Sessions Member \$23.75
Non-member \$31.50
W 10:20am-11:20am Aug 3 4471707
NORTH 4 Sessions Member \$19
Non-member \$25.25
M 10:20am-11:20am Jul 4 4471704
W 10:20am-11:20am Jul 6 4471706
M 10:20am-11:20am Aug 8 4471705
Chuck Bailey Recreation Centre

Gentle Fitness

A gentle introduction to physical activity just for seniors! Joint this fun class and let your body ease back into fitness. Reduce your risk of falls by improving your balance and coordination.

NEWTON 4 Sessions Member \$19
Non-member \$25.25
Th 2:00pm-3:00pm Jul 7 4477952
Th 2:00pm-3:00pm Aug 4 4477953
Newton Seniors' Centre

Joints in Motion

This is a recreation exercise program for people with arthritis.

NEWTON 5 Sessions Member \$23.75
Non-member \$31.50
Tu 10:15am-11:15am Aug 2 4476922
NEWTON 4 Sessions Member \$19
Non-member \$25.25
Tu 10:15am-11:15am Jul 5 4476922
Th 10:15am-11:15am Jul 7 4477943
Th 10:15am-11:15am Aug 4 4477944
Newton Seniors' Centre

Minds in Motion

'Minds in Motion' is a partnership program between the BC Alzheimer's Society and the City of Surrey. This program offers 45 minutes of fitness followed by an hour of social interaction. Participants register with a care partner.

GUILDFORD 7 Sessions Member \$58
Non-member \$77.25
Tu 1:15pm-2:00pm Jul 5 4479044
Guildford Recreation Centre



Osteofit for Life

An ongoing exercise maintenance program designed by the BC Women's Hospital & Health Centre. Safe for people with osteoporosis and low bone mass of all ability levels and incorporates progression designed to improve bone health, muscle strength and balance.

NEWTON 5 Sessions Member \$23.75
Non-member \$31.50
W 9:45am-10:45am Aug 3 4478466
NEWTON 4 Sessions Member \$19
Non-member \$25.25
M 9:45am-10:45am Jul 4 4478463
W 9:45am-10:45am Jul 6 4478465
M 9:45am-10:45am Aug 8 4478464
Newton Seniors' Centre

Osteofit Level 1

A gentle exercise program designed by the BC Women's Hospital & Health Centre, which is safe for people with osteoporosis and low bone mass. Focus is to improve strength, quality of life and reduce the risk of falls and fractures for those new to exercise.

GUILDFORD 8 Sessions Member \$38
Non-member \$50.50
Tu, Th 1:00pm-2:00pm Jul 5 4471591
Guildford Recreation Centre

Osteofit Level 2

An ongoing exercise program designed by the BC Women's Hospital & Health Centre, which is safe for those with osteoporosis and low bone mass. Focus is to improve balance, muscle strength and functional abilities. Participants must complete Osteofit Level 1 or have been screened by the instructor prior to registration.

GUILDFORD 8 Sessions Member \$38
Non-member \$50.50
M, W 10:30am-11:30am Jul 4 4471593
Guildford Recreation Centre

Workshop - Arthritis IOI

Tips, Tricks and Tools to Manage Your Joints You may have arthritis, but it doesn't have YOU! While arthritis can make daily activities challenging and painful, this interactive workshop will provide information about the many tools, gadgets and techniques to help make daily tasks easier. Join us for information and tips to help you take control of your arthritis.

SOUTH 1 Session
M 6:30pm-8:30pm Jul 25 4482496
South Surrey Recreation & Arts Centre

Healthy Heart: Low-Mod Medically Managed Cardiac Rehab - Ad

This program is for individuals living with or at high risk of heart disease. Supervised by a cardiac exercise specialist and a cardiac nurse. Doctor's referral required.

GUILDFORD 9 Sessions \$85 19yrs+
Tu, Th 1:00pm-2:30pm Aug 2 4471793
GUILDFORD 8 Sessions \$85 19yrs+
Tu, Th 1:00pm-2:30pm Jul 5 4471792
Guildford Recreation Centre

NEWTON 8 Sessions \$85 19yrs+
W, F 11:00am-12:30pm Jul 6 4476570
W, F 11:00am-12:30pm Aug 3 4476571
Newton Recreation Centre

Healthy Heart: Non-Medically Managed Cardiac Rehab Maint-Ad

This course is designed for those individuals that have progressed from the Cardiac Rehab Level 2 programs.

GUILDFORD 9 Sessions \$60 19yrs+
Tu, Th 11:30am-1:00pm Aug 2 4471796
Tu, Th 2:30pm-4:00pm Aug 2 4471799
GUILDFORD 8 Sessions \$60 19yrs+
Tu, Th 11:30am-1:00pm Jul 5 4471795
Tu, Th 2:30pm-4:00pm Jul 5 4471798
Guildford Recreation Centre

NEWTON 8 Sessions \$60 19yrs+
W, F 9:00am-10:30am Jul 6 4483606
W, F 9:00am-10:30am Aug 3 4483619
Newton Recreation Centre

Arts & General Interest

www.surrey.ca/register

Parent Participation

AGE NEWBORN - 6 YEARS

These programs are designed for parent and child to participate together in a safe, fun and supportive environment. Activities include music and movement, singing and story time.

Story Time at Redwood Park

FREE

Join us with your little one for a story. Make a craft and enjoy a walk through the park before you go! Parent/Guardian Attendance Required.

SOUTH	4 Sessions	1-6yrs
F	10:00am-10:45am Jul 8	4466464
F	11:00am-11:45am Jul 8	4466465
F	12noon-12:45pm Jul 8	4466466
F	10:00am-10:45am Aug 5	4466467
F	11:00am-11:45am Aug 5	4466468
F	12noon-12:45pm Aug 5	4466469

Redwood Park

One Day Wonders

Bug Detectives

Follow the bug trail, discover their stages and learn about their habitat.

SOUTH	1 Session \$9	1.5-2yrs
F	9:30am-11:00am Jul 15	4476395

Meridian Centre

SOUTH	1 Session \$9	1.5-2yrs
Su	9:30am-11:00am Jul 10	4476392

South Surrey Recreation & Arts Centre

Camping Adventure

We'll bring the outdoors in, with campfire stories, crafts and camping treats!

SOUTH	1 Session \$9	1.5-3yrs
F	9:30am-11:00am Jul 22	4476468

Meridian Centre

SOUTH	1 Session \$9	1.5-3yrs
Su	9:30am-11:00am Jul 17	4476467

South Surrey Recreation & Arts Centre

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

SOUTH	1 Session \$9	2-3yrs
F	9:30am-11:00am Jul 29	4476472

Meridian Centre

SOUTH	1 Session \$9	2-3yrs
Su	9:30am-11:00am Jul 24	4476471

South Surrey Recreation & Arts Centre

Farm Tots: Buggy Friends

Little explorers investigate buggy friends in our heritage garden. Do a craft, sing songs and go on a nature walk with magnifying glasses to spy tiny crawlers.

CITYWIDE	1 Session \$5	1-3yrs
F	10:30am-11:30am Aug 19	4476735

Historic Stewart Farm

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH	1 Session \$9	1-2yrs
F	9:30am-11:00am Aug 26	4476487

Meridian Centre

SOUTH	1 Session \$9	1-2yrs
Su	9:30am-11:00am Aug 21	4476486

South Surrey Recreation & Arts Centre

Teddy Bear Picnic

Bring your favourite Teddy Bear and join in the fun. Enjoy arts, crafts and songs celebrating bears!

GUILDFORD	1 Session \$6.75	1.5-3yrs
Th	9:30am-10:30am Aug 18	4475938

Fraser Heights Recreation Centre

SOUTH	1 Session \$9	1.5-2.5yrs
F	9:30am-11:00am Aug 12	4476478

Meridian Centre

SOUTH	1 Session \$9	1.5-2.5yrs
Su	9:30am-11:00am Aug 7	4476477

South Surrey Recreation & Arts Centre

Under The Sea

All the little mermaids and king triton are having a party! Join us as we discover hidden treasure, undersea crafts and creatures.

GUILDFORD	1 Session \$6.75	1.5-3yrs
Th	9:30am-10:30am Jul 28	4475939

Fraser Heights Recreation Centre

SOUTH	1 Session \$9	2-4yrs
F	9:30am-11:00am Aug 19	4476483

Meridian Centre

SOUTH	1 Session \$9	2-4yrs
Su	9:30am-11:00am Aug 14	4476481

South Surrey Recreation & Arts Centre

Visual Arts

Art Explorers

Experience the world of art with your child. Enjoy hands-on art projects that you and your preschooler will delight in.

SOUTH	4 Sessions \$22.25	2-3yrs
Sa	9:30am-10:15am Jul 9	4476316
Sa	9:30am-10:15am Aug 6	4476317

South Surrey Recreation & Arts Centre

Parent and Preschool Fibre Arts

Small hands master new skills as young fibre artists make felt, weave on a real loom, and create a woolly sheep to take home.

CITYWIDE	1 Session \$11.25	3-5yrs
Sa	10:30am-12noon Jul 23	4477046

Surrey Museum

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FITNESS & WELLNESS Page 54

Dance

Ballet

Share some time with your 'little one' learning the basics of ballet! This program is designed especially for both of you. No special equipment is required.

GUILDFORD 4 Sessions \$17.75 2-3yrs
W 9:15am-9:45am Aug 3 4475931
Fraser Heights Recreation Centre

NEWTON 7 Sessions \$38.75 1.5-3yrs
Sa 9:00am-9:45am Jul 9 4475777
Newton Seniors' Centre

Creative Dance Moves

Children will explore the basic fundamentals of dance through rhythm and music. Emphasis will be on fun and using your imagination.

SOUTH 4 Sessions \$22.25 2-3yrs
Sa 9:30am-10:15am Jul 9 4476047
Sa 9:30am-10:15am Aug 6 4476048
South Surrey Recreation & Arts Centre

Songs & Dance

Learn the moves to all your favourite songs and take home some new ones too! Sing and dance your way to your own musical.

GUILDFORD 4 Sessions \$17.75 1.5-3yrs
W 9:15am-9:45am Jul 6 4475929
Fraser Heights Recreation Centre

Music

Music Together®

Early childhood music program includes singing, movement, chanting, and instrument play in a mixed aged environment. Includes CD and songbook. Program providers are licensed by Music Together LLC - www.musictogether.com

SOUTH 6 Sessions \$120 1-5yrs
Sibling rate \$60
W 9:30am-10:15am Jul 6 4476308
W 10:30am-11:15am Jul 6 4476309
Elgin Hall

SOUTH 6 Sessions \$120 1-5yrs
Sibling rate \$60
Tu 9:30am-10:15am Jul 5 4476310
Tu 10:30am-11:15am Jul 5 4476311
Kwomais Point Park

Music & Movement

Music, song, and dance! Explore balance and rhythm using a variety of instruments and other materials. Parent participation is required.

GUILDFORD 4 Sessions \$17.75 1.5-3yrs
W 10:00am-10:30am Aug 3 4475932
Fraser Heights Recreation Centre

Social Recreation

Parachute Fun

This program introduces games and fun activities with the parachute to encourage the development of learning, physical movement, coordination, and social interaction.

GUILDFORD 4 Sessions \$17.75 1.5-3yrs
W 10:00am-10:30am Jul 6 4475930
Fraser Heights Recreation Centre

Social Recreation

What a great way to introduce your child to Preschool! This structured program consists of play activities, circle time, story telling, arts and exploration.

SOUTH 4 Sessions \$44.25 2-4yrs
Tu 9:30am-11:30am Jul 5 4476325
Th 9:30am-11:30am Jul 7 4476326
Tu 9:30am-11:30am Aug 9 4476327
SOUTH 4 Sessions \$44.25 2-4yrs
Th 9:30am-11:30am Aug 4 4476328
Meridian Centre

Story, Art & Play

Introduction to preschool through songs, crafts and exploration. Different themes include dinosaurs, insects, farms, gardening, jungle animals, ocean life and more!

SOUTH 4 Sessions \$44.25 2-3yrs
M 9:30am-11:30am Jul 4 4476347
SOUTH 4 Sessions \$44.25 1.5-3yrs
M 9:30am-11:30am Aug 8 4476348
Meridian Centre

Parent & Preschooler

DROP-IN

Stay and Play

Provides parents and children opportunities for free play and interaction with others in a safe, nurturing, and engaging environment where all can participate. Guided activities may include, parachute games, ride on toys, music and movement and active games.

An adult must participate in this program and are responsible for the supervision of their child(ren).

\$3.25 per child
\$1.75 per 2nd child 1-5yrs

Bridgeview Community Centre
Saturday 9:00am-10:00am

Chuck Bailey Recreation Centre
M/W 5:30pm-7:30pm
Th 4:00pm-6:00pm

Cloverdale Recreation Centre
Sunday 9:30am-11:30am
Wednesday 4:00pm-6:00pm

Fraser Heights Recreation Centre
Tu/Th 9:30am-11:00am

Guildford Recreation Centre
W/Sa 9:30am-11:00am

Newton Recreation Centre
M/W 9:30am-11:00am
Saturday 9:00am-10:30am

South Surrey Recreation and Arts Centre
W/F 8:45am-10:15am
Saturday 3:30pm-5:00pm
Sunday 9:30am-11:00am

Preschool Play Day

An opportunity to meet new friends and participate in a variety of activities. Experience a preschool setting with the flexibility of a drop-in program.

Program may consist of routine activities such as circle time, storytelling, arts and exploration, free play, that promote individual creativity and imagination.

An engaging time for you and your child to learn and explore together.

\$4.50 per child
\$2.25 per 2nd child 1.5-5yrs

Fleetwood Community Centre
Tu/Th 5:00pm-6:30pm

Newton Recreation Centre
Sunday 9:30am-11:00am

Nature Play

FREE

Join us for some forest fun! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and best of all, child-led free play. *Parent participation required.*

Surrey Nature Centre 3-5yrs
Saturdays 9:30am-11:00am

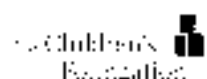
Parenting Classes

FREE

COMMUNITIES CARING FOR CHILDREN

To register call 604-586-3351 or at www.surreyearlychildhood.ca

Childminding & bus tickets provided if needed



Right from the Start

For parents of children 0-12 months

- Reduce parenting stress
- Improve parent-child relationships
- Get support & share ideas
- 8 week course (one 2 hour class per week)

COPEing with Toddler Behaviour

For parents of children 12-36 months

- Learn parenting skills
- Teach "good" behaviour
- Enjoy time with your toddler
- Talk to other parents
- 8 week course (one 2 hour class per week)

Triple P - Positive Parenting Program

For parents of children 3-6 years

- Learn how to talk to your child
- Understand your child
- Manage behaviour
- 7 week course (one 2 hour class per week)



Preschool AGE 3 - 6 YEARS

A variety of programs are offered for this age group to encourage and support the children's learning and independence. These programs include, dance, sport, art, crafts, mini gym, school readiness, special themed events and more.

DISCOVER THE *Difference*

Quality: As a recipient of the Province of BC's Child Care Award of Excellence, we are committed to providing the highest quality programs, facilities and experiences.

Value: Our program fees are amongst the lowest in the city with options for discounted and free programs.

Choice: We offer a wide variety of programs in 52 convenient locations across the city.

Staff: Our certified Early Child Educators and instructors specialize in leading quality programs to help children reach their full potential in a positive, welcoming and safe environment.

Preschool Spaces

BOOK NOW FOR THE 2016/2017 SCHOOL YEAR
Year long 3 year old Social Recreation and
4 year old Pre-Kindergarten licensed programs.

Registration is ongoing, see what is
available in your community

www.surrey.ca/preschool

One Day Wonders

Bug Detectives

Follow the bug trail, discover their stages and learn about their habitat.

SOUTH 1 Session \$9 3-5yrs
F 12:30pm-2:00pm Jul 15 4476400
Meridian Centre

SOUTH 1 Session \$9 3-5yrs
Su 10:30am-12noon Jul 10 4476397
South Surrey Recreation & Arts Centre

Camping Adventure

We'll bring the outdoors in, with campfire stories, crafts and camping treats!

SOUTH 1 Session \$9 3-5yrs
F 12:30pm-2:00pm Jul 22 4476470
Meridian Centre

SOUTH 1 Session \$9 3-5yrs
Su 11:30am-1:00pm Jul 17 4476469
South Surrey Recreation & Arts Centre

Dinosaur Days

Roar! T-Rex, Brontosaurus, Stegosaurus! Calling all budding Paleontologists. Explore the fascinating world of dinosaurs through fun indoor and outdoor activities including a 'dinosaur dig'.

SOUTH 1 Session \$9 3-5yrs
F 12:30pm-2:00pm Jul 29 4476475
Meridian Centre

SOUTH 1 Session \$9 3-5yrs
Su 11:30am-1:00pm Jul 24 4476474
South Surrey Recreation & Arts Centre

Farm Tykes: Pioneer Party

Celebrate summer the old-timey way! Do old-fashioned farm chores, learn a barn dance and play Victorian games on the lawn, then cool down with sweet hand-churned ice cream.

CITYWIDE 1 Session \$5 3-5yrs
Sa 11:00am-12noon Jul 23 4472564
Historic Stewart Farm

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH 1 Session \$9 3-5yrs
F 12:30pm-2:00pm Aug 26 4476489
Meridian Centre

SOUTH 1 Session \$9 3-5yrs
Su 11:30am-1:00pm Aug 21 4476488
South Surrey Recreation & Arts Centre

Teddy Bear Picnic

Bring your favourite Teddy Bear and join in the fun. Enjoy arts, crafts and songs celebrating bears!

SOUTH 1 Session \$9 4-5yrs
F 12:30pm-2:00pm Aug 12 4476480
Meridian Centre

SOUTH 1 Session \$9 4-5yrs
Su 11:30am-1:00pm Aug 7 4476479
South Surrey Recreation & Arts Centre

Under the Sea

All the little mermaids and king triton are having a party! Join us as we discover hidden treasure, undersea crafts and creatures.

SOUTH 1 Session \$9 3-4yrs
F 12:30pm-2:00pm Aug 19 4476485
Meridian Centre

SOUTH 1 Session \$9 3-4yrs
Su 11:30am-1:00pm Aug 14 4476484
South Surrey Recreation & Arts Centre

Curious Tykes: Things That Go Bzzzzz

Let's get 'buzzing and hunnying' as we find out how to make our gardens bee-friendly. Learn about our buzzy buddies and taste the sweet treats they make for us

CITYWIDE 1 Session \$11 3-5yrs
Sa 10:30am-12noon Aug 20 4479434
Surrey Museum

Explore Like Dora: Splish Splash!

There'll be splishin' and a-splashin' as we explore the magic of water. Make a rainbow and put a lab coat on for experiments to find out what sinks and what floats.

CITYWIDE 1 Session \$11 3-5yrs
Sa 10:30am-12noon Jul 16 4479440
Surrey Museum

Visual Arts

Art Explosion

Budding artists will boost their creativity and build self-confidence as they explore art using a wide array of materials in new and unusual ways. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 4 Sessions \$31.50 3-5yrs
Sa 1:00pm-2:00pm Jul 9 4471880
Surrey Arts Centre

Art Explorers

Children will be encouraged to explore many different art mediums using paint, paper, glitter, glue and much more!

SOUTH 4 Sessions \$22.25 3-5yrs
Sa 10:30am-11:15am Jul 9 4476320

SOUTH 4 Sessions \$22.25 4-6yrs
Sa 10:30am-11:15am Aug 6 4476321
South Surrey Recreation & Arts Centre

Dance

Ballet Level 1

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 9:00am-9:45am Jul 10 4471536
Guildford Recreation Centre

NEWTON 7 Sessions \$38.75 3-5yrs
Sa 10:00am-10:45am Jul 9 4475781
Sa 11:00am-11:45am Jul 9 4475780
Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Su 10:15am-11:00am Jul 17 4476299
Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Tu 4:00pm-4:45pm Jul 12 4472982
Sa 10:15am-11:00am Jul 16 4475826
Chuck Bailey Recreation Centre

SOUTH 4 Sessions \$22.25 3-5yrs
W 3:00pm-3:45pm Jul 6 4476037
Sa 10:30am-11:15am Jul 9 4476035
W 3:00pm-3:45pm Aug 3 4476038
Sa 10:30am-11:15am Aug 6 4476036
South Surrey Recreation & Arts Centre

Ballet Level 2

Continue with our Ballet program. The instructor will base the level of instruction with the skill level of the children. Dance experience is required.

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 10:00am-10:45am Jul 10 4471537
Guildford Recreation Centre

NEWTON 7 Sessions \$38.75 3-5yrs
Sa 12noon-12:45pm Jul 9 4475782
Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Tu 4:00pm-4:45pm Jul 12 4472984
Sa 10:15am-11:00am Jul 16 4475827
Chuck Bailey Recreation Centre

SOUTH 4 Sessions \$22.25 4-5yrs
W 4:00pm-4:45pm Jul 6 4476039
Sa 11:30am-12:15pm Jul 9 4476041
W 4:00pm-4:45pm Aug 3 4476040
Sa 11:30am-12:15pm Aug 6 4476042
South Surrey Recreation & Arts Centre

Ballet Level 3

This is the next step in our Ballet program. Instruction is based on skill level. Ballet Level 2 is required.

GUILDFORD 6 Sessions \$33.25 3-5yrs
Su 11:00am-11:45am Jul 10 4471538
Guildford Recreation Centre

Bhangra

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance. Instructor speaks English and Punjabi.

NEWTON 8 Sessions \$44.25 3-5yrs
W 4:45pm-5:30pm Jul 6 4475753
Newton Seniors' Centre

Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

NEWTON 8 Sessions \$44.25 3-5yrs
M 4:15pm-5:00pm Jul 4 4475761
Newton Seniors' Centre

NORTH 5 Sessions \$27.75 3-5yrs
Su 11:15am-12noon Jul 17 4476300
Bridgeview Community Centre

NORTH 5 Sessions \$27.75 3-5yrs
Sa 9:15am-10:00am Jul 16 4475825
Chuck Bailey Recreation Centre

SOUTH 4 Sessions \$22.25 3-4yrs
M 3:00pm-3:45pm Jul 4 4476043
M 3:00pm-3:45pm Aug 8 4476045

SOUTH 4 Sessions \$22.25 4-6yrs
M 4:00pm-4:45pm Jul 4 4476044
M 4:00pm-4:45pm Aug 8 4476046
South Surrey Recreation & Arts Centre

General Interest

Cooking

Mix, measure and create your own fun in the kitchen. Learn about kitchen etiquette, healthy food and nutrition. Each week includes hands-on experience preparing kid-friendly snacks.

FLEETWOOD 4 Sessions \$43.50 3-5yrs
W 3:30pm-4:45pm Jul 6 4479117
W 3:30pm-4:45pm Aug 10 4479146
Fleetwood Community Centre

GUILDFORD 4 Sessions \$43.50 4-6yrs
Th 3:00pm-4:15pm Jul 7 4476747
Th 3:00pm-4:15pm Aug 4 4476748
Fraser Heights Recreation Centre

NORTH 6 Sessions \$56.25 4-6yrs
Sa 10:00am-11:00am Jul 16 4480774
Bridgeview Community Centre

SOUTH 4 Sessions \$37.50 3-5yrs
Sa 9:00am-10:00am Jul 9 4476323
Sa 9:00am-10:00am Aug 6 4476324

SOUTH 4 Sessions \$37.50 4-6yrs
Sa 10:30am-11:30am Jul 9 4479142
Sa 10:30am-11:30am Aug 6 4479143
South Surrey Recreation & Arts Centre

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FITNESS & WELLNESS Page 54

Preschool Programs

Preschool Social Recreation and Pre-Kindergarten programs are based on responsive curriculum where the educators offer an exciting, reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Based on our responsive approach, programs include a wide variety of learning opportunities open ended activities, free play and exploration. Parent participation field trip opportunities may be a part of the program.

Social Recreation

All children must be 3 years old by December 31 of the current school year to enroll.

Social Rec Seasonal

FLEETWOOD 10 Sessions \$204 3-5yrs
Tu, Th 9:00am-12noon Jun 28 4472353
Tu, Th 9:00am-12noon Aug 2 4472354
Fleetwood Community Centre

NEWTON 10 Sessions \$177 3-5yrs
Tu, Th 9:00am-11:30am Jun 28 4476784
Tu, Th 12noon-2:30pm Jun 28 4476785
Tu, Th 9:00am-11:30am Aug 2 4476790
Tu, Th 12noon-2:30pm Aug 2 4476791
Newton Recreation Centre

Pre-Kindergarten

All children must be 4 years old by December 31 of the current school year and entering Kindergarten the following September to enroll.

Pre-Kindergarten

FLEETWOOD 14 Sessions \$285.75 4-5yrs
M, W, F 9:00am-12noon Jun 27 4472326
W, F, M 9:00am-12noon Aug 3 4472327
Fleetwood Community Centre

NEWTON 14 Sessions \$247.75 4-5yrs
M, W, F 9:00am-11:30am Jun 27 4476782
M, W, F 12noon-2:30pm Jun 27 4476783
W, F, M 9:00am-11:30am Aug 3 4476786
W, F, M 12noon-2:30pm Aug 3 4476787
Newton Recreation Centre





Children

We've got a wide variety of activities that will keep your children active and engaged, learning new skills and having fun.



Visual Arts

Art Explorer

Children will learn to express themselves with creativity and imagination through basic drawing and painting techniques in various media, including tempera, oil pastels and charcoal. Learn a different project every week. Supplies included.

NEWTON 7 Sessions \$46.50 6-12yrs
 Su 1:30pm-2:30pm Jul 10 4470829
 Newton Recreation Centre

Art Express

Explore art and express yourself by experimenting with different techniques, ideas, and materials. You'll learn to combine the elements of colour, line, texture, and shape through a variety of weekly projects that include drawing, painting, mixed media, and sculpture. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 4 Sessions \$44.25 5-8yrs
 Sa 10:30am-12noon Jul 9 4471881
 Surrey Arts Centre

Crafts

Crocheted Headbands

A crochet hook, a ball of yarn, and our clever instructor is all you need to have fun making crocheted headbands. #SuperCute!

CITYWIDE 3 Sessions \$45 8-12yrs
 Tu-Th 10:30am-12:30pm Aug 9 4479152
 Surrey Museum

Kids Can Knit: Beginners

Our patient instructor has a way with kids and yarn. Master the basics to knit a small piece, then sew it into a stuffy to take home.

CITYWIDE 3 Sessions \$45 8-12yrs
 Tu-Th 10:00am-12noon Jul 12 4476070
 Surrey Museum

Kids Can Sew: Stuffed Animals

Use your imagination and your new sewing skills to create your own plush stuffy. Learn to sew by hand and machine while making soft, huggable friends. Supply fee \$12.

CITYWIDE 4 Sessions \$48 8-12yrs
 Tu-F 10:30am-12:30pm Jul 19 4477033
 Tu-F 1:30pm-3:30pm Jul 19 4477032
 Surrey Museum

Kids Fibre Arts Workshop

Old-time techniques become new and cool as kids dye fleece bright colours, card and spin wool, and weave on a real loom.

CITYWIDE 1 Session \$30 8-12yrs
 Sa 11:00am-3:00pm Jul 16 4476072
 Surrey Museum

Drawing Techniques

Explore the foundations of drawing and begin developing the observational skills necessary for great results. Experiment with pastels, charcoal, pencil, and crayons while creating portraits, landscapes, and more. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 4 Sessions \$49.75 9-13yrs
 Sa 2:30pm-4:00pm Jul 9 4471882
 Surrey Arts Centre

Shaking Hands with Clay

Get to know the wonderful world of clay with hands-on projects that invite, ignite, and excite your imaginations! Students will enjoy learning how to sculpt with clay through creating a variety of fun projects under the guidance of artist Bev Ellis.

SOUTH 5 Sessions \$115 5-9yrs
 M-F 10:00am-12noon Aug 8 4472622
SOUTH 5 Sessions \$129 9-12yrs
 M-F 12:30pm-3:00pm Aug 8 4472623
 South Surrey Recreation & Arts Centre

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FITNESS & WELLNESS Page 54

Give us your best smile!

Special events and activities are often photographed by City of Surrey staff photographers. Images may be used in our Recreation Guide, brochures or other promotional materials. If you object to having your child's picture taken, please advise a staff member.



General Interest

Berry Barista

Surrey's local berry farmers supply delicious and healthy fruit for this fun workshop as young baristas learn the art of smoothie-making and create their own recipe.

CITYWIDE 1 Session \$11 8-10yrs
Sa 10:30am-12noon Jul 9 4479433
Surrey Museum

Cooking - Desserts

Get in touch with your inner baker! This class will focus on baking different desserts and pastries, while also trying out different decorating techniques.

CLOVERDALE 1 Session \$12.50 8-12yrs
W 3:30pm-5:00pm Jul 13 4480986
Cloverdale Recreation Centre

Cooking - Flavours of the World - Hawaiian

Travel the world in our kitchen. Learn about different cultures and the foods they enjoy by cooking and tasting them.

CLOVERDALE 1 Session \$12.50 8-12yrs
W 3:30pm-5:00pm Jul 27 4480987
Cloverdale Recreation Centre

Cooking - Greek

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece.

GUILDFORD 1 Session \$12.50 6-12yrs
Tu 3:30pm-5:00pm Jul 12 4476753
Fraser Heights Recreation Centre

Cooking - Italian

Enjoy the hands on experience of preparing, cooking and sampling a selection of pasta dishes from Italy.

CLOVERDALE 1 Session \$12.50 8-12yrs
W 3:30pm-5:00pm Aug 10 4480989
Cloverdale Recreation Centre

GUILDFORD 1 Session \$12.50 6-12yrs
Tu 3:30pm-5:00pm Aug 23 4476755
Fraser Heights Recreation Centre

Kids Who Cook

Come out and enjoy cooking with us! Learn to make fun and easy recipes that you can add to your very own cookbook.

FLEETWOOD 4 Sessions \$50 6-9yrs
W 5:00pm-6:30pm Jul 6 4479147
W 5:00pm-6:30pm Aug 10 4479148
Fleetwood Community Centre

NEWTON 4 Sessions \$49.75 6-12yrs
Su 3:00pm-4:30pm Aug 7 4470841

NEWTON 3 Sessions \$37.50 6-12yrs
Su 3:00pm-4:30pm Jul 10 4470840
Newton Recreation Centre

Sushi Level I

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

CLOVERDALE 1 Session \$12.50 8-12yrs
W 3:30pm-5:00pm Aug 24 4480990
Cloverdale Recreation Centre

GUILDFORD 1 Session \$12.50 6-12yrs
Tu 3:30pm-5:00pm Aug 9 4476754
Fraser Heights Recreation Centre

THRIFTY FOODS Young Chef

Sponsored by Thrifty Foods, this engaging camps allows children to learn the basics of food preparation, kitchen skills and healthy eating. Young Chefs enjoy hands on nutritional snack preparations, as well as customizing their own recipe book.

SOUTH 8 Sessions \$25 9-12yrs
Sa 12noon-1:30pm Jul 9 4481031
South Surrey Recreation & Arts Centre

Learn to Fish

Join the Freshwater Fisheries Society of BC for a hands-on, educational program about fish habitat and conservation, and learn where, when and how to catch fish! Equipment is provided and includes time to fish on the lake. Rain or shine.

Suggested donation \$5/participant
Parent participation required.

NORTH 1 Session 5-15yrs
W 6:00pm-8:00pm Jul 6 4479880
W 6:00pm-8:00pm Aug 3 4479881

Meet at Green Timbers Urban Forest Lake. Parking lot is located in the 14600 block of 100 Avenue

Dance

Ballet & Jazz

A little bit poised, a little bit rock and roll. Try out this fun dance class combining ballet, and jazz.

GUILDFORD 6 Sessions \$40 6-8yrs
Su 12noon-1:00pm Jul 10 4479680

GUILDFORD 6 Sessions \$40 9-12yrs
Su 1:15pm-2:15pm Jul 10 4479681
Guildford Recreation Centre

Ballet Level I

This program is for children with very little or no ballet training. You will learn about rhythm, poise, classical ballet steps and positions.

NEWTON 7 Sessions \$46.50 6-12yrs
Sa 1:00pm-2:00pm Jul 9 4470832
Newton Seniors' Centre

Hip Hop

Learn the latest in hip hop and dance coordination in this funky energetic class. Ideal for those with little to no dance experience.

NEWTON 8 Sessions \$53.25 6-9yrs
M 5:15pm-6:15pm Jul 4 4470848

NEWTON 8 Sessions \$53.25 10-12yrs
M 6:15pm-7:15pm Jul 4 4470849
Newton Seniors' Centre



Theatre

Drama

Enter stage right! This program will introduce you to drama exercises, games, theatre sports, play building and improvisations. No experience required.

NEWTON 7 Sessions \$46.50 6-12yrs
Sa 10:45am-11:45am Jul 9 4470843
Newton Seniors' Centre

Music

Guitar Level I

This program is designed to offer an opportunity to learn basic notes and how to read music sheets. Participants are required to bring their own guitar in good playing condition.

GUILDFORD 6 Sessions \$40 8-12yrs
Sa 10:15am-11:15am Jul 9 4479685
Guildford Recreation Centre

NEWTON 7 Sessions \$46.50 8-12yrs
Sa 11:15am-12:15pm Jul 9 4470846
Newton Seniors' Centre

Guitar Level 2

For those who would like to continue to learn how to play more advanced chords. Participants are required to bring their own guitar in good playing order.

GUILDFORD 6 Sessions \$40 8-12yrs
Sa 11:30am-12:30pm Jul 9 4479578
Guildford Recreation Centre

NEWTON 7 Sessions \$46.50 8-12yrs
Sa 10:15am-11:15am Jul 9 4470847
Newton Seniors' Centre

Personal Development

Creative Writing

Use story prompts and fun writing exercises/games to create stories that will keep your readers hooked until the very last word.

NEWTON 7 Sessions \$54 8-12yrs
Sa 9:30am-10:30am Jul 9 4470842
Newton Seniors' Centre

Home Sense

Create a safe environment while home alone. Important topics such as message taking, food preparation, playing safe and stranger danger are all taught through fun and educational activities.

CLOVERDALE 1 Session \$25 10-13yrs
Sa 9:00am-12noon Jul 9 4471841
Th 5:00pm-8:00pm Aug 25 4478306
Cloverdale Recreation Centre

GUILDFORD 1 Session \$25 10-13yrs
Sa 10:00am-1:00pm Aug 6 4474924
Guildford Recreation Centre

SOUTH 1 Session \$30.25 10-13yrs
Tu 12:30pm-4:30pm Jul 12 4479091
Th 1:00pm-5:00pm Aug 18 4479092
Kensington Prairie Community Centre



Youth

Looking for something new and exciting – a fun program to try, a place to hang out or a chance to develop valuable skills and meet new friends? If you are a youth aged 12-18 years, the City of Surrey has endless activities and events created just for you!

QUICK FIND

CHECK OUT OUR  SECTIONS

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FITNESS & WELLNESS Pages 54

General Interest

Pumped up Kicks

Put some urban graphics on your Chucks or Keds. Learn about the history of graffiti, practice lettering and design, then transfer these new techniques to your own street shoes.

CITYWIDE 1 Session \$19 12-15yrs
 Sa 1:00pm-3:30pm Aug 6 4479435
 Surrey Museum

Very Vintage Makeup

Gather the girls for a glamorous vintage make-up tutorial. Discover how women from ancient Egypt to Hollywood enhanced their beauty, then capture your new look in our photo booth. Supply fee \$10.

CITYWIDE 1 Session \$15 12-16yrs
 Sa 2:00pm-4:00pm Jul 9 4479400
 Surrey Museum

Cooking

Surprise yourself and others. Learn to cook food for the various meals of the day... breakfast, lunch, dinner, snacks and desserts!

CLOVERDALE 1 Session \$14 13-16yrs
 Sa 10:00am-12noon Jul 16 4471843
 Sa 10:00am-12noon Aug 13 4471844
 Cloverdale Recreation Centre

NORTH 1 Session \$11 13-18yrs
 Su 2:30pm-4:00pm Jul 31 4480930
 Chuck Bailey Recreation Centre

Cooking - Greek

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece.

GUILDFORD 1 Session \$11 13-18yrs
 F 5:15pm-6:45pm Jul 15 4471733
 Fraser Heights Recreation Centre

Sushi - Level I

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

GUILDFORD 1 Session \$11 13-18yrs
 F 5:15pm-6:45pm Aug 12 4471737
 Fraser Heights Recreation Centre

GUILDFORD 1 Session \$14 12-15yrs
 Sa 2:00pm-4:00pm Jul 16 4476933
 Guildford Recreation Centre

Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

GUILDFORD 1 Session \$14 12-15yrs
 Sa 2:00pm-4:00pm Aug 13 4476934
 Guildford Recreation Centre

Dance

Hip Hop Level I

Learn fun and high energy dance moves. Great exercise too! Bring along a friend for a great class.

NEWTON 8 Sessions \$44.25 13-18yrs
 M 7:15pm-8:15pm Jul 4 4475999
 Newton Recreation Centre

Music

Guitar Level I

Grab your guitar from the closet and come learn basic notes, strum patterns and how to read chord charts.

GUILDFORD 6 Sessions \$33.25 13-18yrs
 Sa 12:45pm-1:45pm Jul 9 4479543
 Guildford Recreation Centre

NEWTON 7 Sessions \$38.75 13-18yrs
 Sa 12:30pm-1:30pm Jul 9 4476001
 Newton Seniors' Centre

Guitar Level 2

This course is for those who have taken the Guitar Level 1 course or have some guitar playing experience.

GUILDFORD 6 Sessions \$33.25 13-18yrs
 Sa 2:00pm-3:00pm Jul 9 4479580
 Guildford Recreation Centre

NEWTON 7 Sessions \$38.75 13-18yrs
 Sa 1:30pm-2:30pm Jul 9 4476002
 Newton Seniors' Centre

Visual Arts

Pottery

Use the potter's wheel and handbuilding techniques to create bowls, mugs, and vases. Also learn to do basic decorating and glazing. Returning students welcome. Course fee includes clay, glazes, and firing. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 6 Sessions \$92.75 10-17yrs
 Sa 10:30am-12:30pm Jul 9 4471883
 Surrey Arts Centre



Youth OPPORTUNITIES

RECREATION SURREY
Healthy Communities. Active Together.

Make Your Ideas Happen!

Connect with the new Youth Engagement Program Teams in your community to get support in planning new programs and events for other Surrey youth. Have ideas? We can help! It's a great way to learn, develop skills and get involved in your city! Contact your local recreation centre or go online www.surrey.ca/youth.

Get Active!

FITNESS CENTRES

Classes and Drop-ins are available for anyone 13 years or older.

Refer to our online schedules or pick-up the latest drop-in schedule at your local recreation centre.

SPORTS SPECIFIC DROP-IN

Play your sport of choice. Specific sports times for soccer, basketball, badminton, and more. Drop-in fee required.

Drop-in Gym pages 50-51

SKATING & SWIMMING

In addition to times that are open to the public at large, many recreation centres have time set aside for youth as well.

Arenas page 45
Pools pages 23-26

Free Drop-In

WITH A FREE YOUTH MEMBERSHIP!

I AM GAME DROP-IN

Gym time focused on building fitness, sport skills, and confidence to help you feel ready to play a variety of sports. Facilitated by a certified I AM GAME coach.

SPORT DROP-IN

Join in and play gym sports. A certified I AM Game Coach will encourage inclusive play and skill development. All skill levels welcome.

YOUTH ENGAGEMENT PROGRAMS [Y.E.P.] DROP-IN

A time full of games, activities and more. Come meet with the Youth Engagement Programs teams and talk about your project ideas.

BRIDGEVIEW COM. CENTRE 604-592-7081 11475 126A St	CHUCK BAILEY REC. CENTRE 604-598-5898 13458 107A Ave	CLAYTON HEIGHTS SECONDARY 604-598-7960 7003 188 St	CLOVERDALE REC. CENTRE 604-598-7960 6188 176 St	DON CHRISTIAN REC. CENTRE 604-502-6400 6220 184 St	FLEETWOOD COM. CENTRE 604-501-5030 15996 84 Ave	FRASER HEIGHTS REC. CENTRE 604-592-6920 10588 160 St	GUILDFORD REC. CENTRE 604-502-6360 15105 105 Ave	NEWTON REC. CENTRE 604-501-5533 13730 72 Ave	SOUTH REC. & ART CENTRE 604-592-6970 14601 20 Ave
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WWW.SURREY.CA/YOUTH

FACEBOOK.COM/SURREYYOUTH

@SURREYYOUTH



Get involved!

DISCOVER THE LEADER IN YOU

The Surrey Leadership Youth Council

SLYC is an initiative of the City of Surrey to meaningfully engage youth in Social and Community Planning. SLYC helps youth speak up about important issues and help to organize events for youth to express their ideas.

Leadership Fundamentals

14 - 21yrs only \$16.75

This interactive workshop focuses on understanding leadership as an attitude and a process. It covers the characteristics of effective leaders, team interaction and achieving goals. Volunteers will leave with an insight to inspiring others to achieve a shared vision.

CHECK US OUT ON

Facebook & Twitter!



facebook.com/surreyyouth

twitter.com/surreyyouth

Keep up-to-date with our events.

Be social. Connect with us.

Personal Development

Babysitter Training

Learn the essentials of babysitting through our Canada Safety Council endorsed program. Certification upon completion.

CLOVERDALE 2 Sessions \$61 12-16yrs
Sa-Su 9:00am-2:00pm Aug 27 4471839
Cloverdale Recreation Centre

GUILDFORD 2 Sessions \$61 12-15yrs
Sa-Su 9:00am-2:00pm Jul 23 4474920
Sa-Su 9:00am-2:00pm Aug 20 4474921
Guildford Recreation Centre

NEWTON 2 Sessions \$61 12-15yrs
Sa-Su 11:00am-4:00pm Jul 9 4474482
Sa-Su 11:00am-4:00pm Aug 6 4474486
Newton Recreation Centre

NORTH 2 Sessions \$61 12-15yrs
Sa-Su 9:00am-2:00pm Jul 16 4480928
Sa-Su 9:00am-2:00pm Aug 13 4480929
Chuck Bailey Recreation Centre

SOUTH 2 Sessions \$61 12-15yrs
Th-F 9:00am-2:00pm Jul 21 4479071
Th-F 9:00am-2:00pm Aug 18 4479072
Kensington Prairie Community Centre



Creative Writing

Explore all forms of writing: life story, short story, fiction, non-fiction, poetry, novels, screenplays, etc. Learning, writing, editing and critiquing skills keep us challenged and interested.

GUILDFORD 8 Sessions \$51.25 13-18yrs
W 4:00pm-5:00pm Jul 13 4472495
Fraser Heights Recreation Centre

GUILDFORD 8 Sessions \$51.25 13-18yrs
Th 6:30pm-7:30pm Jul 7 4474930
Guildford Recreation Centre

SAVE THE DATE

SURREY RIDES

Canada Day Tournament & Jam

FRIDAY
July 1 | Cloverdale Skatepark

Dario Jam

SATURDAY
Sept 10 | South Surrey Skatepark

BAND-AID: Youth Musician Development

SATURDAY
Sept 10 | Surrey City Hall

YOUTH FEST

SATURDAY
Sept 17 | Guildford Rec Centre





Crafts

Soap Making Workshops

Learn basic melt and pour soap making techniques. Create personalized soaps using different shapes, scents and colours.

NORTH 1 Session \$8 18yrs+
 F 5:45pm-7:15pm Jul 22 4480760
 Bridgeview Community Centre

Fashion Headbands

Headbands are making a comeback! Vogue Magazine named it the chic French fashion accessory of 2016. Explore the techniques of fabric, knitted or glamour decorated headbands. Supply fee \$4.

CITYWIDE 1 Session \$15 16yrs+
 Sa 10:00am-12noon Aug 13 4479158
 Surrey Museum

Finishing Day

A once-a-month drop-in workshop for those who would like to work on or finish any quilting pieces. Cindy Newton will be on site during each workshop.

CLOVERDALE 1 Session \$5 18yrs+
 Su 9:00am-4:00pm Jul 10 4482684
 Su 9:00am-4:00pm Aug 14 4482685
 Cloverdale Recreation Centre

Introduction to Nature Dyeing

Use natural plant materials to infuse yarn with rich colours. Learn how to extract dyes from plants, mordant yarn and make a dye bath, to create unique yarn skeins. Supply fee \$15.

CITYWIDE 1 Session \$45.25 16yrs+
 Sa 10:00am-4:00pm Aug 20 4479145
 Surrey Museum

Rattle and Hum

Make beautiful music! Weave a rattle with natural and dyed reed and a driftwood or hazel handle; fill it with limpet shells and shake, rattle and roll. Supply fee \$18.

CITYWIDE 1 Session \$45.25 16yrs+
 Sa 10:00am-4:00pm Jul 9 4479155
 Surrey Museum

Summer Spinning Workshop

Our spinning wizard shares age-old techniques for spinning on a traditional wheel. Spin fluffy wool fibre into unique yarn for your knitting or weaving projects.

CITYWIDE 3 Sessions \$60 16yrs+
 Tu-Th 2:00pm-4:00pm Aug 16 4479141
 Surrey Museum


Adult & 55+ Programs

Whether you want to try something new, stay active or meet new people, we've got a program for you! Perfect a dance move, try your hand at arts & crafts or learn a new language with our wide ranging general interest programs.

ARE YOU OVER THE AGE OF 55?

Become a Member

Look What You Get With Membership

Membership with Surrey's Seniors Services offers great benefits, including discounted pricing on registered programs, specific volunteer led drop-in programs, bus trips, special events and services. Look for the  symbol.

Yearly Individual Centre Seniors Membership: \$22.75

Yearly City-wide Seniors Membership: \$63.75
 (valid at all seniors lounges and centres)

Purchase a Yearly Fitness Pass

A one-year full facility fitness pass gets you drop-in admission to our fitness centres, fitness classes, drop-in sports at our gymnasiums, swimming and skating at any Recreation Centre throughout Surrey. See page 4 for pricing details.

When you purchase a one-year full facility pass, you will automatically receive a City-wide Seniors membership, valid at all seniors lounges.

Senior Services Connector

Resources and Referral for Seniors and Families

This program helps to preserve independence for seniors by providing information, support and connections to services available in our community. We will help connect seniors and/or their caregivers with available information and services in the community including,

- Information and support resources for seniors and their families
- Assistance in connecting seniors and/or caregivers with programs and other resources in the community.
- This program is offered in partnership through the City of Surrey, recreation facilities and Seniors Come Share Society.

For info or to book an appointment call **604-531-9400, Ext 204**

Bridgeview Community Centre
 2nd & 4th Tuesday By appointment

Chuck Bailey Recreation Centre
 M - Th 9:30am-12:30pm
 Friday 1:00pm-3:00pm

Cloverdale Recreation Centre
 By Appointment only 604-531-9400

Fleetwood Community Centre
 Thursday 9:30am-12noon

Guildford Recreation Centre
 Monday 10:15am-12:15pm

Newton Seniors' Centre
 2nd & 4th Monday 10:00am-12noon

South Surrey Recreation Centre & Arts Centre
 2nd & 4th Monday 10:30am-1:00pm

QUICK FIND

CHECK OUT OUR  SECTIONS

SPORTS Pages 47 - 51

FITNESS & WELLNESS Pages 52 - 57

Visual Arts

Art in Plein Air Intensive

Why should kids have all the fun this summer? Creating art in plein air allows you to immediately capture the world around you. This beginner friendly course will emphasize creating a composition in plein-air, while developing the basic principles of perspective and capturing the effects of light. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$79.75 16yrs+
M-F 6:30pm-9:00pm Jul 18 4473003
Surrey Arts Centre

Bringing Characters to Life

Whether you have a story in mind, or just want to let your 'inner child' play, this introduction to drawing characters teaches you how to use different techniques to explore a range of characters, styles, and poses to help bring your characters to life!

CITYWIDE 4 Sessions \$68 16yrs+
M,Tu,Th,F 6:30pm-9:00pm Jul 11 4472232
Surrey Arts Centre

Clay Sculpture Intensive: Architectural Forms

Why should kids have all the fun this summer? Learn how to hand-build architectural shapes with clay slabs and coils, then experiment with a variety of tools and techniques for embellishing your sculpture. We'll extrude, carve, and texture our way to imaginative and detailed models. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$79.75 16yrs+
M-F 6:30pm-9:00pm Aug 8 4473001
Surrey Arts Centre

Drawing

Learn basics including the value scale, texture and perspective.

GUILDFORD 8 Sessions \$63 19yrs+
W 6:30pm-8:00pm Jul 6 4483486
Guildford Recreation Centre

Drawing the Face & Figure

A great opportunity to learn how to draw the male and female face and figure using charcoal and graphite. Accredited artist instructor Tony O'Regan will demonstrate and lead you through all concepts and methods. Instruction is supported by Tony's video website (toregan.com). Suitable for beginners to intermediates. Supplies included.

SOUTH 5 Sessions \$130 18yrs+
M-F 6:30pm-9:00pm Aug 8 4473114
South Surrey Recreation & Arts Centre

Drawing Intensive

Why should kids have all the fun this summer? Indulge in a camp for adults to develop your drawing skills. Study observation, visualization, perspective, and more in a series of drawing exercises. Individualized instruction makes this course suitable for all levels. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$79.75 16yrs+
M-F 6:30pm-9:00pm Jul 25 4472995
Surrey Arts Centre

Painting with Acrylics

Explore the properties, techniques and applications of acrylic paint in a variety of genres, from landscapes to portraits.

NORTH 4 Sessions \$42 19yrs+
Tu 6:00pm-8:00pm Jul 5 4480764
Bridgeview Community Centre

NORTH 4 Sessions \$42 19yrs+
M 6:00pm-8:00pm Jul 4 4475926
Chuck Bailey Recreation Centre

Pottery for Absolute Beginners

Clay can be used in different ways to create intriguing objects. Try the basic techniques of handbuilding and wheelthrowing. During this course learn how to use clay in a relaxed and friendly environment. Course fee includes use of tools, one bag of clay, glazes, and firing. Surrey Art Gallery instructors are experienced art educators and practicing artists.

CITYWIDE 6 Sessions \$115.50 18yrs+
Tu 7:00pm-9:30pm Jul 5 4479432
Surrey Arts Centre

Pottery Intensive

Why should kids have all the fun this summer? Indulge in a camp for adults to develop your pottery skills. Explore various aspects of working with clay -- from handbuilding skills and extruder projects to honing your throwing and surface decoration techniques. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 5 Sessions \$125.25 16yrs+
M-F 6:30pm-9:30pm Aug 15 4471895
Surrey Arts Centre

The Wow of Watercolour!

Instructor Kathryn Ragan will show you how to create radiant and vibrant watercolour paintings. Using photos, drawings, and your imagination we will create dazzling artwork. Develop a variety of watercolour techniques through experimentation, exploration and demonstrations.

SOUTH 5 Sessions \$89 18yrs+
Sa 10:00am-12noon Jul 9 4476808
South Surrey Recreation & Arts Centre

City-wide Seniors Information

For more information about Seniors Services in Surrey check out our new annual City-Wide Seniors Guide, available at your local Recreation Centre, and each Centres individual monthly newsletter. Information can also be found online at www.surrey.ca/seniors.

Sign up for our e-newsletter at www.surrey.ca/econnect

Continuing Pottery

Use the potter's wheel and handbuilding techniques to create bowls, mugs, and vases. Also learn to do basic decorating and glazing. Course fee includes one bag of clay, glazes, and firing. Surrey Art Gallery instructors are practicing artists and experienced art educators.

CITYWIDE 6 Sessions \$125.25 16yrs+
W 7:00pm-9:30pm Jul 6 4471891
Th 9:30am-12noon Jul 7 4471892
Surrey Arts Centre

Music

Singing For All

Learn about voice warm-ups, melody, harmony and rhythm while enjoying singing.

FLEETWOOD 4 Sessions \$42 18yrs+
W 7:00pm-9:00pm Jul 6 4473049
Fleetwood Community Centre

Singing For All - Level 2

Continue learning in a relaxed environment, more advanced vocal techniques, harmonies, rhythms, and performance skills, while learning songs from a range of genres.

FLEETWOOD 4 Sessions \$42 16yrs+
M 7:00pm-9:00pm Jul 4 4473050
Fleetwood Community Centre

Guitar

Learn the basics of guitar playing including chords and finger placement. Bring your guitar.

CLOVERDALE 9 Sessions \$47.25 19yrs+
W 10:00am-11:00am Jul 6 4478376

CLOVERDALE 8 Sessions \$42 19yrs+
M 6:30pm-7:30pm Jul 4 4478375
Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$42 19yrs+
W 7:00pm-8:00pm Jul 6 4481076
Guildford Recreation Centre

NEWTON 9 Sessions \$47.25 19yrs+
Tu 6:30pm-7:30pm Jul 5 4471973
Newton Seniors' Centre

Guitar Level 2

Build on basic guitar skills with further chord development and tablature. Bring your guitar.

CLOVERDALE 9 Sessions \$47.25 19yrs+
W 11:00am-12noon Jul 6 4478430

CLOVERDALE 8 Sessions \$42 19yrs+
M 7:30pm-8:30pm Jul 4 4478429
Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$42 19yrs+
W 8:15pm-9:15pm Jul 6 4481077
Guildford Recreation Centre

NEWTON 9 Sessions \$47.25 19yrs+
Tu 7:30pm-8:30pm Jul 5 4471974
Newton Seniors' Centre

Guitar Level 3

This course is for those that have taken Level 2 or have more advanced level guitar experience.

CLOVERDALE 9 Sessions \$47.25 16yrs+
W 12noon-1:00pm Jul 6 4478435

CLOVERDALE 8 Sessions \$42 16yrs+
M 8:30pm-9:30pm Jul 4 4478434
Cloverdale Recreation Centre

NEWTON 9 Sessions \$47.25 19yrs+
Tu 8:30pm-9:30pm Jul 5 4471975
Newton Seniors' Centre

Dance

Belly Dance

Learn basic belly dance movements including hip drops, shimmies, and undulations while applying Middle Eastern dance techniques to exotic music and rhythms.

GUILDFORD 6 Sessions \$31.50 16yrs+
 Tu 7:00pm-8:00pm Jul 12 4480810
Fraser Heights Recreation Centre

Belly Dance

55+

An introduction to basic Middle Eastern bellydance moves. This dance form is excellent exercise for all shapes and sizes.

NEWTON 4 Sessions Member \$15.75
 Non-member \$21
 F 12:45pm-1:45pm Aug 5 4476866

NEWTON 4 Sessions Member \$15.75
 Non-member \$21
 F 12:45pm-1:45pm Jul 8 4476865
Newton Seniors' Centre

Two Step Dance

55+

Two-step is an easy to learn dance with progressive steps. No experience necessary and no partner required.

NEWTON 4 Sessions Member \$15.75
 Non-member \$21
 F 2:00pm-3:00pm Jul 8 4476868

F 2:00pm-3:00pm Aug 5 4476869
Newton Seniors' Centre

Greek Dance

Learn a variety of Greek dances. Singles and couples welcome.

NORTH 4 Sessions \$31.50 19yrs+
 W 7:00pm-8:30pm Jul 6 4472684
Chuck Bailey Recreation Centre

Hawaiian Dance

55+

Dance and exercise to the beautiful music of the South Sea Islands.

FLEETWOOD 8 Sessions Member \$47.25
 Non-member \$63
 M 10:30am-12noon Jul 4 4478496
Fleetwood Community Centre

NEWTON 5 Sessions Member \$29.50
 Non-member \$39.50
 Tu 10:30am-12noon Aug 2 4476872

NEWTON 4 Sessions Member \$23.75
 Non-member \$31.50
 Tu 10:30am-12noon Jul 5 4476871
Newton Seniors' Centre

Tap Dance Level 3

55+

This program requires previous tap experience.

NORTH 4 Sessions \$21 55yrs+
 W 11:30am-12:30pm Aug 3 4481520

NORTH 3 Sessions \$15.75 55yrs+
 W 11:30am-12:30pm Jul 6 4481084
Chuck Bailey Recreation Centre

Move It! Community Dance Project

FREE

An infectious approach to dance! Experience the joy of moving in this fun, funky, and free dance-making community workshop. No experience necessary - all ages, cultures, shapes, and sizes welcome! Children 12 and under must be accompanied by a participating adult.

CITYWIDE 9 Sessions 3-12yrs
 Tu-F, M 10:00am-12noon Aug 2 4466045

CITYWIDE 9 Sessions 13yrs+
 Tu-F, M 10:00am-12noon Aug 2 4466046
Surrey Arts Centre

Theatre

Musical Theatre Level 2

55+

Put a song and dance together and enjoy the musical theatre experience. You will do a production number from one of the big musicals. Prior dance experience is required

NORTH 4 Sessions \$21 55yrs+
 W 12:30pm-1:30pm Aug 3 4481521

NORTH 3 Sessions \$15.75 55yrs+
 W 12:30pm-1:30pm Jul 6 4481068
Chuck Bailey Recreation Centre

General Interest

City Hall Tour

Take a tour of your City Hall! Learn about the City of Surrey and explore features of the building such as council chambers, the performing arts stage, and the Traffic Management Centre. This guided tour is led by staff and volunteers.

NORTH 1 Session \$ All Ages
 Tu 5:30pm-7:00pm Jul 5 4466945
City Hall

Movie Afternoon

55+

Come and join us for an afternoon watching great movies and classical films.

CLOVERDALE 1 Session \$2 55yrs+
 Tu 1:00pm-3:00pm Jul 12 4482228

Tu 1:00pm-3:00pm Aug 23 4482229
Cloverdale Recreation Centre

Burnaby Village Museum

55+

Join us on an exciting and informative Bus trip to the Burnaby Village Museum. Includes: A carousel ride, lunch and a guided Discovery tour. This tour provides a general overview of the Museum, highlighting important historical moments in Burnaby's past. The group will visit several historical homes and businesses in the Village with a special focus on buildings not normally staffed by interpreters

GUILDFORD 1 Sessions Member \$54
 Non-member \$60
 Tu 10:45am-4:15pm Jun 21 4476926
Guildford Recreation Centre

Canning and Preserving Workshop

The basics of canning and preserving of fruit and vegetables will be covered. Pickles, Relishes, Chutneys, Jams and Jellies recipes. Supplies included in fee.

NORTH 1 Session \$14.25 18yrs+
 Su 10:30am-1:30pm Aug 7 4476023
Bridgeview Community Centre

Flavours of the World

Learn about different cultures and the foods they enjoy by cooking and tasting them. \$5 supply fee included in the cost.

NORTH 1 Session \$14.50 19yrs+
 M 5:45pm-7:45pm Jul 4 4476031

M 5:45pm-7:45pm Jul 18 4476032
 M 5:45pm-7:45pm Aug 8 4476033

M 5:45pm-7:45pm Aug 22 4476034
Bridgeview Community Centre

NORTH 1 Session \$14.50 19yrs+
 W 6:00pm-8:00pm Jul 13 4476473

W 6:00pm-8:00pm Aug 17 4476476
Chuck Bailey Recreation Centre

Cooking - Indian

Prepare, cook and sample a selection of dishes from India. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$14.50 18yrs+
 M 6:30pm-8:30pm Aug 8 4480988

Fraser Heights Recreation Centre

Cooking - Sushi

Learn the basics of making Sushi including California Rolls and Kappa Maki. \$6 supply fee included in the cost.

NORTH 1 Session \$15.50 19yrs+
 Su 12noon-2:00pm Jul 17 4476449

Su 12noon-2:00pm Aug 7 4476450
Chuck Bailey Recreation Centre

Cooking - Thai

Learn techniques, tastes and traditions of Thailand. \$5 supply fee included in the cost.

GUILDFORD 1 Session \$14.50 18yrs+
 M 6:30pm-8:30pm Aug 22 4480993

Fraser Heights Recreation Centre

Healthy Cooking for One or Two

Learn to plan and cook quick, delicious healthy meals that are economical and easy to prepare. \$5 supply fee included in the cost.

NORTH 1 Session \$14.50 19yrs+
 F 5:30pm-7:30pm Jul 15 4476027

F 5:30pm-7:30pm Jul 29 4476028
 F 5:30pm-7:30pm Aug 12 4476029

F 5:30pm-7:30pm Aug 26 4476030
Bridgeview Community Centre

FoodSafe - Level I

Learn the basics of food safety including how to prevent food borne illnesses, safe food storage, how to properly receive, prepare, store and serve food, as well as proper cleaning and sanitation. The concepts learned in this course will teach participants how to keep their families, clients and customers safe and healthy. This course meets the BC Health Act requirements for food safety certification

SOUTH 1 Session \$81.75 14yrs+
 Su 9:00am-5:00pm Jul 10 4483288

Grandview Heights Aquatic Centre

FLEETWOOD 1 Session \$81.75 14yrs+
 Su 9:00am-5:00pm Aug 14 4483289

Sport & Leisure Aquatics

Pioneer Kitchen: Ice Cream

Hand-churn ice cream the pioneer way with simple honest-to-goodness ingredients. Add your own flavours from our garden (peppermint, anyone?) and enjoy your sweet treat on the farmhouse verandah.

CITYWIDE 1 Session \$21 16yrs+
 Sa 10:00am-1:00pm Jul 9 4474833

Historic Stewart Farm

Pioneer Kitchen: Plum Jam

Get a head start on preserves for the winter as you make jam on our wood stove with plums fresh from the heritage orchard. Take a jar home to enjoy on your toast!

CITYWIDE 1 Session \$21 16yrs+
 Sa 10:00am-1:00pm Aug 6 4479401

Historic Stewart Farm

Scottish Afternoon Tea

Enjoy delectable farm-baked scones and Scottish shortbread served with a pot of your favourite tea and a little Stewart family history. Then explore the charming 1890s farmhouse and grounds with a costumed guide.

CITYWIDE 1 Session \$11.25 16yrs+
 Sa 1:00pm-2:30pm Jul 16 4479407

Sa 1:00pm-2:30pm Jul 23 4479408
 Sa 1:00pm-2:30pm Jul 30 4479409

Sa 1:00pm-2:30pm Aug 20 4479410
 Sa 1:00pm-2:30pm Aug 27 4479411
Historic Stewart Farm

Volunteer Information Session

FREE

Interested in Volunteering? Come to our Volunteer Information Session and you will learn: how to apply, where you can volunteer, what opportunities are available, and the benefits of volunteering.

FLEETWOOD 1 Session 13yrs+
 Th 6:00pm-7:30pm Jul 28 4474563

Fleetwood Community Centre

NORTH 1 Session 13yrs+
 Tu 6:00pm-7:30pm Aug 16 4474564

City Centre Library



Personal Development

Punjabi Conversation

Learn basic Punjabi words, sentences and phrases to create conversational skills and comprehension.

NEWTON 9 Sessions \$42.50 19yrs+
 Tu 7:30pm-8:30pm Jul 5 4481982
 Newton Seniors' Centre

Spanish

Learn basic Spanish vocabulary, pronunciation of sentences and phrases to help build conversational skills and comprehension.

GUILDFORD 6 Sessions \$28.25 19yrs+
 M 6:15pm-7:15pm Jul 4 4481078
 Guildford Recreation Centre

Spanish Level 2

Increase Spanish vocabulary, continue practicing pronunciation and learn to build your own sentences and phrases to communicate.

GUILDFORD 6 Sessions \$42.50 19yrs+
 M 7:30pm-9:00pm Jul 4 4481081
 Guildford Recreation Centre

Spanish Level 3

Increase Spanish vocabulary, work on pronunciation and build more complex sentences and phrases to improve conversational fluency.

CLOVERDALE 6 Sessions \$63.75 18yrs+
 M 11:00am-12:30pm Jul 11 4479509
 Cloverdale Recreation Centre

Conversational Spanish

Participants continue working on your fluency in Spanish by exchanging dialogue. Level 3 Spanish required.

CLOVERDALE 6 Sessions \$42.50 18yrs+
 Th 10:30am-12noon Jul 21 4479514
 Cloverdale Recreation Centre

Emergency Child Care First Aid & CPR/AED

This basic one-day course is designed for day care professionals, teachers, and babysitters. It includes the latest in first aid and CPR guidelines. Participants will learn about respiratory emergencies, choking procedures, seizures, diabetic emergencies, head & spine injuries, severe allergic reactions, poisons, wound care, and circulation emergencies. Includes CPR level B and AED training.

CLOVERDALE 1 Session \$94.20 14yrs+
 Su 9:30am-5:30pm Jul 24 4481426
 M 9:30am-5:30pm Sep 5 4481427
 Cloverdale Recreation Centre

FLEETWOOD 1 Session \$94.20 14yrs+
 F 9:00am-5:00pm Aug 19 4481428
 Sport & Leisure Aquatics

SOUTH 1 Session \$94.20 14yrs+
 F 9:30am-5:30pm Jul 15 4481425
 Grandview Heights Aquatic Centre

Emergency First Aid & CPR C

Learn basic first aid skills to recognize and respond to people who are choking, have difficulty breathing and other topics such as the prevention of disease transmission, bleeding, chest pain, stroke, and shock treatment. Includes CPR level C and AED training.

CLOVERDALE 1 Session \$116.75 14yrs+
 Sa 9:00am-5:00pm Aug 6 4481432
 Cloverdale Recreation Centre

FLEETWOOD 1 Session \$116.75 14yrs+
 Sa 8:30am-4:30pm Jul 16 4481430
 Sa 8:30am-4:30pm Sep 3 4481431
 Sport & Leisure Aquatics

GUILDFORD 1 Session \$116.75 14yrs+
 Sa 9:00am-5:00pm Jul 2 4481429
 Guildford Recreation Centre

NEWTON 2 Sessions \$116.75 14yrs+
 Tu, Th 5:00pm-9:00pm Jul 19 4481434

NEWTON 1 Session \$116.75 14yrs+
 Sa 9:00am-5:00pm Aug 20 4481433
 Newton Recreation Centre

Emergency First Aid & CPR C Recertification

Review skills and get updated on the new standards. Includes CPR level C and AED training. To be eligible for this course, candidates must have completed a recertification or the full course within the past 3 years. Certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$77.75 All Ages
 Sa 9:00am-5:00pm Aug 6 4481437
 Cloverdale Recreation Centre

FLEETWOOD 1 Session \$77.75 All Ages
 Sa 8:30am-4:30pm Jul 16 4481435
 Sa 8:30am-4:30pm Sep 3 4481436
 Sport & Leisure Aquatics

GUILDFORD 1 Session \$77.75 All Ages
 Sa 9:00am-5:00pm Jul 2 4481438
 Guildford Recreation Centre

NEWTON 2 Sessions \$77.75 All Ages
 Tu, Th 5:00pm-9:00pm Jul 19 4481440

NEWTON 1 Session \$77.75 All Ages
 Sa 9:00am-5:00pm Aug 20 4481439
 Newton Recreation Centre

CPR C & AED

Training includes care of infants, children, and adults. Skills include: CPR, AED (automated external defibrillator) use, emergency scene management, assisting with medication, choking procedures, treatment for: shock, chest pain and stroke.

FLEETWOOD 1 Session \$93.50 14yrs+
 M 9:00am-2:00pm Jul 25 4481442
 F 8:30am-1:30pm Aug 26 4481443
 Sport & Leisure Aquatics

GUILDFORD 1 Session \$93.50 14yrs+
 Th 9:00am-2:00pm Jul 7 4481444
 Guildford Recreation Centre

NEWTON 1 Session \$93.50 14yrs+
 W 10:00am-3:00pm Jun 29 4481441
 M 9:00am-2:00pm Aug 1 4481445
 Newton Recreation Centre

NORTH 1 Session \$93.50 14yrs+
 Tu 12noon-5:00pm Aug 30 4481446
 North Surrey Recreation Centre

CPR C & AED Recertification

Recertify your CPR 'C' certificate. Review skills and get updated in new standards.

FLEETWOOD 1 Session \$61 14yrs+
 M 6:00pm-9:00pm Jun 27 4481447
 M 2:00pm-5:00pm Jul 25 4481448
 F 1:30pm-4:30pm Aug 26 4481449
 Sport & Leisure Aquatics

GUILDFORD 1 Session \$61 14yrs+
 Th 2:00pm-5:00pm Jul 7 4481457
 F 2:00pm-5:00pm Jul 22 4481458
 Guildford Recreation Centre

NEWTON 1 Session \$61 14yrs+
 W 3:00pm-6:00pm Jun 29 4481450
 M 2:00pm-5:00pm Aug 1 4481451
 W 12:30pm-3:30pm Aug 31 4481452
 Newton Recreation Centre

NORTH 1 Session \$61 14yrs+
 M 5:30pm-8:30pm Jul 11 4481455
 Th 1:00pm-4:00pm Aug 11 4481454
 Tu 5:00pm-8:00pm Aug 30 4481453
 North Surrey Recreation Centre

SOUTH 1 Session \$61 14yrs+
 F 12noon-3:00pm Aug 19 4481456
 Grandview Heights Aquatic Centre

Standard First Aid (SFA)

Learn how to save a life! This comprehensive course covers: choking, wound care, strains, sprains and dislocations, breathing emergencies, sudden medical conditions, head and spine injuries, poisons, as well as treatment for chest pain, stroke, and shock. Includes CPR C and AED training for adults, children and infants.

CLOVERDALE 2 Sessions \$176.60 14yrs+
 Sa-Su 9:00am-5:00pm Aug 6 4481413
 Cloverdale Recreation Centre

FLEETWOOD 2 Sessions \$176.60 14yrs+
 Sa-Su 8:30am-4:30pm Jul 16 4481410
 Sa-Su 8:30am-4:30pm Sep 3 4481415
 Sport & Leisure Aquatics

GUILDFORD 2 Sessions \$176.60 14yrs+
 Sa-Su 9:00am-5:00pm Jul 2 4481409
 Guildford Recreation Centre

NEWTON 4 Sessions \$176.60 14yrs+
 Tu, Th 5:00pm-9:00pm Jul 19 4481411

NEWTON 2 Sessions \$176.60 14yrs+
 Sa-Su 9:00am-5:00pm Aug 20 4481414
 Newton Recreation Centre

Standard First Aid (SFA) - Online

Learn how to save a life! This new way to take your Standard First Aid is created to fit your busy schedule. Learn online at your own pace from the convenience of your home. Topics include: choking, wound care, strains, sprains and dislocations, breathing emergencies, sudden medical conditions, head and spine injuries, poisons, as well as treatment for chest pain, stroke, and shock. Includes CPR level C and AED training.

CLOVERDALE 1 Session \$173.45 14yrs+
 Su 9:00am-5:00pm Aug 7 4481416
 Cloverdale Recreation Centre

NEWTON 2 Sessions \$173.45 14yrs+
 Tu, Th 5:00pm-9:00pm Jul 26 4481417
 Newton Recreation Centre

Standard First Aid (SFA) Recertification

Review skills and get updated on the new standards. Includes CPR level C and AED training. To be eligible for this course, candidates must have completed a re-cert or the full course within the past 3 years. Certification must be presented to instructor at the beginning of class from a credible provider.

CLOVERDALE 1 Session \$88.25 14yrs+
 Su 9:00am-5:00pm Aug 7 4481424
 Cloverdale Recreation Centre

FLEETWOOD 1 Session \$88.25 14yrs+
 Su 8:30am-4:30pm Jul 17 4481419
 Su 8:30am-4:30pm Sep 4 4481420
 Sport & Leisure Aquatics

GUILDFORD 1 Session \$88.25 14yrs+
 Su 9:00am-5:00pm Jul 3 4481418
 Guildford Recreation Centre

NEWTON 2 Sessions \$88.25 14yrs+
 Tu, Th 5:00pm-9:00pm Jul 26 4481422

NEWTON 1 Session \$88.25 14yrs+
 Su 9:00am-5:00pm Aug 21 4481421
 Newton Recreation Centre

Looking for Instructor Training & Lifeguard Courses?

For a complete listing of programs offered this season, please look in the Aquatics Section on pages 41-43.

Seniors Advisory and Accessibility Committee

This City of Surrey committee, chaired by Councillor Barbara Steele, includes 30 members representing City departments, community resource agencies, Provincial government agencies, safety services (police and fire), and related community groups. The purpose of the committee is to provide networking opportunities for individuals, service agencies, and organizations working with our seniors, and further to undertake initiatives to provide information with regard to the many programs and services available to seniors through the City of Surrey and other various service agencies and organizations. The committee works collaboratively with passion and resources to facilitate a wide range of community forums, workshops, events, and programs that will help support our aging population and their families/caregivers in Surrey.

Focus on Seniors Forums

The Forums were initiated in 2008 with the focus of preventing and responding to elder abuse. As part of a series for seniors and their caregivers, the forums raise awareness of issues impacting seniors, as well as provide valuable information about legal, safety, and support resources available to seniors and their caregivers in Surrey. Adult family members are welcome to attend. The Forums are offered in various languages throughout Surrey.

Caregiver Workshops

These workshops, presented by Seniors Come Share Society, focus on refreshing your spirit, validating your efforts, and assisting you in your journey as a caregiver. Specific topics vary by workshop, but may include: "The Do's and Don'ts of Dementia", "Educate Yourself: It May Not Be Dementia", and "Remaining Healthy and Successful While Caring for Another", among others. Come share your wisdom and make connections with others in a similar role. Seniors, caregivers, and families are all welcome to attend these sessions, as valuable information will be provided.

A Roof Over My Head Sessions

These sessions are offered in collaboration with agencies and organizations that provide seniors with information that includes, but is not limited to: safety in your home, fire prevention, home care, assisted living and facility care, Home is Best Program, and Home Service Line. Housing information for seniors and caregivers is provided.

Mobile Outreach

These 'mini mobile information sessions' provide an integrated approach to the delivery of resources and services to seniors within various neighbourhoods in Surrey. The mobile outreach program increases awareness of services and resources available to prevent isolation and abuse. Each session consists of one or more Seniors Advisory and Accessibility Committee members' presentations, totalling 45 minutes to 2 hours in length. Subjects may include, but are not limited to, elder abuse, personal safety, and housing/transportation issues.

Transportation and Mobility Symposium(s)

These symposiums provide information, resources and workshops focusing on four key areas,

- Supporting older drivers
- Providing education on how to use transit, including regional HandyDART door-to-door service
- Encouraging and supporting cycling, walking, and wheeling to neighbourhood destinations
- Raising awareness of scooter safety

***The dates and locations of these forums, programs and workshops are posted at www.surrey.ca/seniors and are advertised in local newspapers and at City recreation facilities.**

**** All sessions require pre-registration**

Bus Trips 55+

Brought to you by Enjoy Tour & Travel

Day long bus trips that offer a variety of locations and experiences.

Site-specific or City-Wide Seniors Membership required to receive the member price.

BC FERRY TRIPS: Salt Spring, Mayne Island

BC ferry passenger fees are included in trip price only for seniors with proof of BC residency and 65+ years of age. An additional BC ferry fee (approx. \$16 return) applies to those under the age of 65 and to anyone who is not a BC resident and is to be paid in cash to the bus driver. Ferry rates are subject to change.

TRIPS TO USA: Best of Whidbey Island, Port Townsend

A valid Canadian passport, Nexus-pass, chip-enhanced driver's license or chip-enhanced BCID is required to cross US border. Participant is responsible for own medical insurance and to ensure they have proper documentation for crossing both the US and Canadian borders. Anyone with a non-Canadian passport may have to purchase a Visa to enter the USA for the day or to re-enter Canada.

PICK-UP & RETURN DROP-OFF POINTS

CLOVERDALE RECREATION CENTRE
604-598-7960 6188 176 Street

FLEETWOOD COMMUNITY CENTRE
604-501-5030 15996 84 Avenue

SOUTH SURREY RECREATION & ARTS CENTRE
604-592-6970 14601 20 Avenue

CHUCK BAILEY RECREATION CENTRE
604-598-5898 13458 107A Avenue

GUILDFORD RECREATION CENTRE
604-502-6360 15105 105 Avenue

NEWTON SENIORS' CENTRE
604-501-5010 13775 70 Avenue

Best of Whidbey Island Tour (USA)

Whidbey Island is the largest of nine islands located in Island County Washington State offering scenic byways, landmark attractions and quaint charming towns. Tour package includes: scenic drive, Lavender Wind Farm, Greenbank Farms, lunch, free time in Langley, Mukilteo-Clinton ferry, relief driver, all fees & taxes. See Trips to USA info above. Activity Level: Easy

1 session Non Member \$104 / Member \$99

4481522 Wednesday, July 13

CLOVERDALE	Depart 8:00am	Return 8:00pm
FLEETWOOD	Depart 7:45am	Return 8:15pm
SOUTH	Depart 8:30am	Return 7:30pm

Peak-2-Peak (Whistler) + Lil'wat Cultural Centre

Travel the new Sea to Sky Highway to the base of Blackcomb Mountain and sightsee with Peak-2-Peak Gondola's 360 degree views. Experience the world's longest unsupported lift span linking together Blackcomb and Whistler Mountains for the first time. Tour package includes: Peak-2-Peak Gondola ticket, Lil'wat Cultural Centre guided tour, Squamish Adventure Centre, Free time in Whistler Village, all fees and taxes. Note: no meal included in this tour. Activity Level: Easy

1 session Non Member \$134 / Member \$129

4481174 Friday, August 12

NEWTON	Depart 7:30am	Return 6:45pm
CHUCK	Depart 8:00am	Return 6:15pm
GUILDFORD	Depart 8:15am	Return 6:00pm

Salt Spring Island Tuesday Market

Spend a day on the most populous of the Southern Gulf Islands to shop, taste and sightsee. Tour package includes: Salt Spring Island Tuesday Market, Lunch at Rock Salt in Fulford Village, guided tour of Salt Spring Island Cheese Company, Cheese and olive tasting, refreshments at Ruckle Park, free time in Fulford Village, all fees and taxes. See BC Ferry trip info above. Activity Level: Easy

1 session Non Member \$124 / Member \$119

4481173 Tuesday, July 26

GUILDFORD	Depart 6:45am	Return 9:30pm
CHUCK	Depart 7:00am	Return 9:15pm
NEWTON	Depart 7:30am	Return 9:00pm

Mayne Island

Experience one of the beautiful Southern Gulf Islands on a narrated tour of this historic Island! Tour package includes: 5 hour island tour visiting all Mayne Island's highlights including Georgina Point lighthouse, Japanese gardens, Arbutus tree forest walk, school house, jail house, town hall, St Mary Magdalene Church, local galleries and island doctor; West Coast lunch and afternoon refreshments; all fees and taxes. See BC Ferry Trip info above. Activity Level: Easy

1 session Non Member \$134 / Member \$129

4481175 Thursday, August 25

GUILDFORD	Depart 7:45am	Return 7:45pm
CHUCK	Depart 8:00am	Return 7:30pm
NEWTON	Depart 8:30am	Return 7:15pm

Port Townsend (USA)

Visit charming Port Townsend known for its Victorian buildings remaining from its late 19th-century heyday. Tour package includes: guided tour of The Rothschild House; guided coach tour of the Victorian homes with a period costume historian; lunch at the Silverwater Cafe; free time to explore the working waterfront and browse the galleries and specialty shops; all ferry tolls, fees and taxes. See Trips to USA info above. Activity Level: Easy

1 session Non Member \$124 / Member \$119

4481523 Monday, August 8

CLOVERDALE	Depart 7:00am	Return 9:00pm
FLEETWOOD	Depart 6:45am	Return 9:15pm
SOUTH SURREY	Depart 7:30am	Return 8:45pm

Tourist In Your Own Town - Vancouver

See why Vancouver is frequently ranked as one of the 'best cities to live in'. Tour package includes: hot beverage at Caffe Calabria on Commercial Drive, admission to the Bloedel Conservatory in Queen Elizabeth Park, lunch at the Dockside restaurant in the Granville Island Hotel, narrated Aqua Bus tour on False Creek, afternoon gelato in Yaletown; free time to explore the historic cobblestone sidewalks and vibrant shops and boutiques; and all fees and taxes. Activity Level: Easy

1 session Non Member \$104 / Member \$99

4481524 Friday, August 26

CLOVERDALE	Depart 8:15am	Return 5:00pm
FLEETWOOD	Depart 8:30am	Return 5:15pm
SOUTH SURREY	Depart 7:30am	Return 4:30pm

Drop - In Membership Activities

Membership activities are listed by facility and require a town centre-specific or city-wide senior's membership for participation. Nominal admission or membership fees may also be charged for these activities.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BRIDGEVIEW COM. CENTRE 604-591-4080				Bridge 12:30pm-2:30pm	Seniors' Social 10am-12noon	
CLOVERDALE RECREATION CENTRE 604-598-7960	Seniors' Lounge 9am-4pm Reflexology Service 9am-4pm (by appt only) Quilters 9:30am-12noon *Cribbage (5-card) 1pm-3pm Pickle Ball 1pm-3pm (1 Gym Only) Stamp Club 1pm-3pm (2nd & 4th Monday)	Seniors' Lounge 9am-4pm *Bridge Tournament 11am-3pm (Last Tuesday) Food Service 11:30am-12:45pm (Jul 26, Aug 30) Table Tennis 1pm-3pm	Seniors' Lounge 9am-4pm Knit & Chat 9:30am-11:30am Food Service 11:30am-12:45pm (Jul 13-Sep 7) *Poker 12:30pm-4pm Scrabble 12:30pm-3:30pm *Bingo 1pm-3pm Pickle Ball 1pm-3pm (1 Gym Only)	Seniors' Lounge 9am-4pm Pickle Ball (1 gym) 12:30pm-2:30pm Bluegrass Jammers 1pm-3pm *Cribbage (5-card) 1pm-3pm Walking Club 1pm-2pm Table Tennis 1:30pm-3:30pm	Seniors' Lounge 9am-4pm Woodcarvers 9am-12noon Pickle Ball 9am-11am (1 Gym only) Food Service 11:30am-12:45pm (Aug 12, Sep 9) *Crib Tournament 12noon-3pm (2nd Friday) Table Tennis 1pm-3pm	
CHUCK BAILEY RECREATION CENTRE 604-598-5898	Billiards 9am - 9pm Pottery 10:15am - 2:15pm Computer Club 1pm - 3pm Book Club 1:30pm - 3pm (3rd Monday)	Billiards 9am - 9pm Carpet Bowling 9am - 12noon Painting for Pleasure 9am - 12noon Poker 12:30pm - 4pm Ballroom Dance 1pm - 3pm Table Tennis 1pm - 4pm	Billiards 9am - 9pm Pickle Ball 9am-11:30am Hot Lunch Program 10:30am - 12:30pm (4th Wednesday of month) Tosh 12noon - 3pm Bridge 12:45pm - 3pm Whist 12:45pm - 3pm	Billiards 9am - 9pm Carpet Bowling 9am - 12noon Crafters 1pm - 3pm Table Tennis 1pm - 4pm Wheeling 8s 7pm - 9pm	Billiards 9am - 5pm Tosh 12noon - 3pm Bridge 12:30pm - 3pm Whist 12:30pm - 3pm	Billiards 9am - 5pm Bingo 12noon - 2pm
FLEETWOOD COMMUNITY CENTRE 604-501-5030	Ballroom Dance 1pm-4pm Bingo 12:45pm-3:30pm Bridge 6:45pm-9:45pm Seep (in Punjabi) 12noon-4:30pm	Ballroom Dance 1pm-4pm Seep (in Punjabi) 12noon-4:30pm Partners Bridge 12:30pm-3:30pm (1st, 2nd & 3rd Tuesday)	Canasta 12:30pm-3:30pm Cribbage 6:30pm-9pm Happy Hookers 9:30am-12noon Seep (in Punjabi) 12noon-4:30pm	Gold's Sing-Along 10am-11am Carpet Bowling 1:30pm-3:30pm Seep (in Punjabi) 12noon-4:30pm Blood Pressure Clinic (1st Thursday) Social in Mandarin or Cantonese 12noon - 2pm	Social Group offered in South Asian 10:30am-12:30pm Rummoli 1pm-3pm Seep (in Punjabi) 12noon-4:30pm Cribbage Tournament 12noon-4pm (4th Friday) Floor Curl 1pm - 3pm	Seep 12:15pm-4:30pm
GUILDFORD RECREATION CENTRE 604-502-6360	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Carpet Bowling 12:30pm-2:30pm Cards Club/Canasta 1pm-4pm Pickle Ball 12noon-3pm Scrabble 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am - 11:45am Bridge 12noon-4pm Cards Club 1pm-4pm Dining Out Club 12:30pm (1st Tuesday) Pickle Ball 12noon-3pm Sky Walkers 9am-3pm Arts Club 11am-1pm	Seniors' Lounge 9am-4pm Badminton 8:45am - 11:45am Carpet Bowling 12:30pm-2:30pm P.U.R.L.S (Knitting) 1pm-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am - 11:45am Bridge 12noon-4pm Karaoke 10am-12noon Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am - 11:45am Jammers 10:30am-1pm Pickle Ball 12noon-3pm Sky Walkers 9am-3pm Cribbage 12noon-4pm	
NEWTON SENIORS' CENTRE 604-501-5010	Billiards 9:15am-3:45pm Wood Carving 9:15am-12noon Carpet Bowling 10am-12noon Walking Club 9:30am-11:30am Women's' Social+ 11am-1pm Computer Group 1pm-3pm Social Bridge* 1pm-3:30pm Whist* 1pm-3:30pm	Billiards 9:15am-3:45pm Writing Group 10am-12noon (4th Tuesday) Krazy Krafters 10am-12noon Tennis 10am-12noon (in season) Bingo* 12:30pm-3:45pm Guitar Group 1pm-2:30pm	Billiards 9:15am-3:45pm Stamp Group 10am-12noon (3rd Wednesday) Carpet Bowling 1pm-3pm 10 Card Cribbage* 1pm-3:30pm	Golf 6am-10am (in season) Billiards 9:15am-3:45pm Card Making 9:15am-12noon (1st Thursday) Pizazz Performers! 9:15am - 12noon Craft Group 1pm-3pm Cribbage* 1pm-3pm Canasta* 1-3:30pm	Billiards 9:15am-3:45pm Painting Group 9:15am-12:15pm Tennis 10am-12noon (in season) Cribbage Tournament* 12noon-3:30pm (3rd Friday of month) Rummoli* 1pm-3:30pm Music Makers 1pm-3:30pm Dinner/Dance 5:30pm-9pm (2nd Friday)	Billiards 12noon-3:45pm Table Tennis 12:15pm-3:45pm
SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970	Badminton 6:15am-9:30am Pickle Ball 9:45am-12:45pm 4 courts Duplicate Bridge 9am-1pm	Badminton 7:30am-10:30am Pickle Ball 10:45am-12:45pm 4 courts	Badminton 10:45am-12:45pm Pickle Ball 6:15am-8:15am 8 courts	Badminton 7:30am-10:30am Pickle Ball 10:45am-12:45pm 4 courts Table Tennis 12:45pm-3pm	Pickle Ball 6:15am-8:15am 8 courts 10:45am-12:45pm 4 courts	

Schedules subject to change. Please call ahead to confirm. + Held at the Newton Recreation Centre Wave Pool * 'Know your limit, play with in it'. Fitness classes geared towards the 55+ age group are also available at most facilities, see pages 52-57. For drop-in fitness, please refer to our online schedules or pick-up the latest drop-in schedule at your local recreation centre. Note: 55+ membership is not required for drop-in fitness programs. Regular City of Surrey drop-in fees apply with Adult rate for 19-59 years and Senior rate for those 60+ years.



Adapted Programs

www.surrey.ca/adaptedprograms

2016 SPIRIT Leadership Program

As a SPIRIT Volunteer - spend 5 days in Whistler this summer and earn 75 hours of volunteer experience. Qualified staff, from the Surrey Association for Community Living, will coach you in gaining valuable leadership skills so you have a great experience assisting youth with disabilities throughout their vacation.

New participants are required to complete the City of Surrey, SPIRIT Volunteer application process. Once confirmed for the program, you will be contacted and required to attend an orientation for the program on July 7, 2016.

REGISTER TODAY! PLACEMENTS FILL QUICKLY!

The total cost for the 5 days is \$188.75 and includes transportation, food and lodging.

M-F	Jul 18-22	4474120
M-F	Aug 8-12	4474121
M-F	Aug 22-26	4474122

Whistler

Welcome!



RECREATION FOR ALL!

Accessibility and Inclusion offers a variety of programs and support for individuals with disabilities to get involved and take part in an active and healthy lifestyle.

HEALTHY COMMUNITIES ACCESSIBILITY AND INCLUSION

604-501-7572 or 604-591-4428 13450 104 Avenue
Fax: 604-502-6315 | inclusion@surrey.ca

Check out some of our services!

- Supported and integrated programs for children, youth and adults with disabilities;
- Volunteer opportunities with the SPIRIT Volunteer Program;
- Volunteer support for recreation and leisure programs;
- Resources and referral services.

Programs **DROP-IN**

Your Place

Social recreation program for adults with disabilities. Support staff are asked to attend, if one to one support is required.

FLEETWOOD Drop in for \$2.50 19yrs+
Wednesdays, Ongoing 6:30pm-8:30pm
Fleetwood Community Centre

SPIRIT Volunteer Program

Need volunteer support?
Want to become a Volunteer?

Catch the SPIRIT

Support Participation & Inclusion ~ Reach out, Involve and Transform!

SPIRIT embodies the desire to strengthen community by increasing involvement and participation. With the support of SPIRIT volunteers, members of our community with disabilities are able to participate in Surrey Parks, Recreation & Culture programs and activities to improve their overall health and wellness.



Requesting the support of a SPIRIT Volunteer

To obtain a Request for Volunteer Support form, or for more information regarding the SPIRIT Volunteer Program, please contact Accessibility and Inclusion at 604-501-7572 or inclusion@surrey.ca

Get Started & Get Connected

To begin the process of becoming a SPIRIT Volunteer, visit Volunteer Opportunities at www.surrey.ca/volunteer



Volunteer

www.surrey.ca/volunteer

Make a Difference!

Get involved in your community by volunteering. We've got a wide variety of volunteer opportunities for every age group. Meet new people, learn new skills and help make Surrey a great place to live.

VOLUNTEER RESOURCES

604-598-5863 | 13450 104 Avenue
 Fax: 604-502-6315 | volunteer@surrey.ca

Become a Member OF OUR DYNAMIC TEAM!

Application Process

To become a volunteer with the City of Surrey, you must successfully complete all of the application steps. Some areas have age requirements, please check those before applying.

- 1 Go to surrey.ca/volunteer and look through our Volunteer Opportunities. Find an area of interest and click, "apply now".
- 2 Create your online profile through this area. If you already have an account, simply click, "log on". With your username and password you will be able to join additional areas that are actively recruiting.
- 3 Once your online profile is saved, you will receive a welcome email with the next steps! These may include:
 - a) Attending an interview. You will use your online account to sign-up for an interview time. Interviews are conducted monthly.
 - b) Provide two references. Use the forms found under the "Files" section of your online account. These need to be filled out by persons other than family or friends. Simply upload them to your profile once complete!
 - c) Police Information Check (PIC). After a) & b) are complete, you may be asked to provide a PIC. You will need to go to your local RCMP detachment with the forms we provide. Once completed, these forms will need to go to City Hall's Human Resources department for processing.
- 4 Once you are approved you can volunteer! Sign-up for shifts online and track your hours!
- 5 Check for updates and stay in the know with upcoming Surrey events, workshops, and opportunities.

With our online system you can create your profile and let us know the volunteer positions that interest you. Once approved, you can sign up for activities and print off a record of your volunteer hours. Check out our website to explore all the opportunities available.

"The valuable contributions volunteers have made are what define us as a city that is welcoming, lively and generous."
 MAYOR LINDA HEPNER

Favorite SUMMER MEMORY | Email us your favorite memory and help spread the joy of volunteerism in your community.



"During Canada Day I had the pleasure of volunteering as the Douglas Fir mascot. You're wondering who is crazy enough to get into a suit when temperatures are upwards of 20°. My answer is 'this guy'. Sure the first 15 minutes are like breathing through a sweaty gym sock, but when kids get excited to see you, it makes everything go away. You know you've made someone's day by how much they smile. The smile embroidered onto my suit isn't the only one; I'm smiling just like the kids. You have to make it fun for yourself when you do this. If you are in a funny suit break out and dance! Every time I do this I try my hardest to make sure I get out there and make people happy. These memories will stay with me forever. I loved every single moment of this role and would do it again in a heartbeat."
 JAGVIR SEKHON

DID YOU KNOW...
 Volunteers engaged 230 day campers in nature themed activities.

Volunteers MAKE A DIFFERENCE

Did you know 1/50 Surrey residents are volunteers? Together they help support a variety of programs. In 2015 alone volunteers planted over 15,000 trees and flowers. Way to make our City green and beautiful.

Thank you!



There's More!

Look in these sections for additional information on volunteer opportunities.

Parks, Aquatics, Surrey Arts Centre, Heritage & Adapted Programs

This Summer YOU CAN VOLUNTEER WITH:

Emergency Social Services



Join our dedicated, rapid response team and provide support to your neighbours after a disaster or emergency.

- Participate in training through the Justice Institute of BC
- Train with staff in our in-house ESS mock exercises
- Register evacuees and give vouchers for food, lodging and clothing
- Initiate relationships with local organizations to help support in a disaster or emergency
- Help direct evacuees to appropriate services

Aquateers



Become a member of the Aquateers family. Learn. Advance. Succeed.

- Aquateers are one step closer to employment with the City of Surrey
- Choose from a wide variety of shifts and flexible hours
- Learn from our high quality staff team
- Gain confidence interacting with children and parents
- Support with stroke correction and water safety
- Develop valuable lifelong leadership and communication skills

Staff Feature

Meet Rebecca Adams



Seeing volunteers active in the community, enjoying their volunteer experience, and sharing their skills with others is the best part of my job. I love getting to know volunteers, and helping them to find opportunities that will allow them to utilize their skills and expand their experiences. Ask me about the application process, and how to get involved in events and recreation programs. Email me at volunteer@surrey.ca

Heritage Services



- Join weekend special events hosted at the Historic Stewart Farm and Surrey Museum
- Enjoy a flexible schedule and the opportunity to meet new people
- Fulfill graduation requirements and have fun

SPIRIT Supported Volunteer Program



- Gain valuable leadership skills through assisting people with disabilities
- Help individuals successfully participate in recreation programs
- Support staff in the delivery of adapted programs and sports

Recreation



- Engage youth through a variety of sports and tournaments
- Participate in activities at your local recreation centre
- Serve delicious food and drinks at a seniors lounge or café service

Parks Partner



- Beautify your park through litter clean-up and bin care
- Enhance the quality of life in your community
- Facilitate kid's activities with Park Play or assist at community events

Volunteer Information Sessions

FREE

Find out how to apply, where you can volunteer, what opportunities are available and the benefits of volunteering in your community.

FLEETWOOD 1 Session 13yrs+
Th 6:00pm-7:30pm Jul 28 4474563
Fleetwood Library

NORTH 1 Session 13yrs+
Th 6:00pm-7:30pm Aug 16 4474564
City Centre Library 120

make your mark
Volunteer in Surrey



Surrey Arts Centre

www.surrey.ca/arts

604-501-5566 Box Office · General Info

604-501-5187 Gift Shop · Art Rental

13750 - 88 Avenue (1 block east of King George Blvd in Bear Creek Park)

Events are subject to change.

Follow us through social media:

Surrey Civic Theatres | Surrey Art Gallery

@SurreyArtsCtre | @SurreyArtGal

surreyartgal

Volunteering

Contact Chris Dawson-Murphy, Volunteer Coordinator:
604-501-5198 | artsvolunteer@surrey.ca

Children's Art Program Assistants (CAPA)

Share your passion for art with eager young minds! Volunteer at our art day camps or classes where you'll get to lead games, organize studios, and assist the artists.

Apply by Aug 15 for fall classes



▲ A CAPA shares in the joy of artmaking with young learners.

Gallery Event Volunteers

Are you a people person? Gallery Event Volunteers help at exhibition openings, artist talks, Family Sundays, and other events.

Apply anytime!

Youth Docents

Discover contemporary art and ideas, develop public speaking skills, and gain leadership experience. Join our Youth Docents—enhance exhibitions through activities that are equal parts fun and educational. Opportunities to inspire and be inspired abound!

Apply by Sept 15 for the fall program

On Exhibit AT THE SURREY ART GALLERY

Experience new art, new ideas, and new media at Surrey's contemporary art museum.

Admission is free. Everyone is welcome.



LOCAL ARTISTS OFFER UP INNOVATION AND VARIETY

ARTS 2016

June 25–August 27 | Opening Reception: June 24

A highlight during summers at the Surrey Art Gallery is the Arts Council of Surrey's juried exhibition. Visitors, who see artworks by established and emerging visual artists from Surrey and the surrounding region, enjoy the variety of images, styles, and media. There's painting, glasswork, sculpture, photography, and fibre arts—truly something for everyone! Visitors are even invited to vote for the People's Choice Award that will be announced at the opening reception.

Interested? Join us at the opening reception on June 24 from 7pm to 9pm. Come alone or with friends—either way it's a great opportunity to mix and mingle.



There's More

Look in the Arts & General Interest section.

For performing arts classes look in these sub-sections:
Children | Youth | Adults

For visual art classes look in these sub-sections:
Early Years | Children | Youth | Adults

Art Instructor PROFILES

Surrey Art Gallery invites you to learn with instructors who are experienced art educators and practicing artists. Here are three of our summer instructors.

Christina Farrant

Christina Farrant graduated from Simon Fraser University with a Bachelor of Fine Art and a Bachelor of Education, and teaches visual art in the Surrey School District. She believes that everyone is an artist, and encourages her students to pursue their individual creative expression by fostering an engaging and compelling learning environment. Christina constantly expands on her knowledge of teaching visual art—she loves to teach and hopes that her passion is contagious! Christina will be teaching a number of camps for children and tweens this summer. See the Day Camp insert pages 12, 16, 17.



Amelia Butcher

Amelia Butcher grew up in Peru and BC, and graduated with a Bachelor of Fine Arts (concentration in ceramics) from Emily Carr University in 2013. She has since taught and worked in studio spaces all over the Lower Mainland.

She produces sculptural and functional ceramic work with decorated surfaces, mixing porcelain with narrative cartoons and casual illustration. Amelia's artistic and teaching practice encompasses painting and drawing as well as clay slipcasting, wheelthrowing, and handbuilding. She is a founding member of the Dusty Babes Collective and currently works in their communal studio in Surrey. Amelia will be teaching a number of camps for children, tweens, and youth this summer. See the Day Camp insert pages 12, 16, 17.

Murray Sanders


Murray Sanders has been a full-time potter for over twenty years, and has taught children, youth, and adult pottery courses at the Surrey Art Gallery for the past eighteen years. He holds a Fine Arts diploma and a diploma in Adult Education. Murray creates mostly functional work—bowls, teapots, mugs—and enjoys exploring the relationship between form, design, and surface decoration. This summer he will be teaching a selection of adult and youth pottery courses and camps. See pages 64, 68 and the Day Camp insert pages 16, 17.



Want to stay in the know?

SIGN UP FOR E-NEWSLETTERS!

www.surrey.ca/arts-signup





ARTS CLUB
THEATRE
COMPANY

MTI

ARTS CLUB MUSICAL THEATRE INTENSIVE

Young artists with a passion for acting, singing, and dancing will be immersed in the kind of training typically found only at the post-secondary level. They'll begin their journey toward becoming a true 'triple threat' (actor/singer/dancer).

Surrey Arts Centre

Ages 12-16 | Monday-Friday July 4-15 | 10am - 4pm | \$495
Apply early and secure your spot!
www.surrey.ca/theatre



Public Art IN SURREY

Four Seasons by Brandon Gabriel

The City of Surrey is pleased to accept a public artwork commissioned by Lehigh Hanson Materials Limited in partnership with the Seyem' Qwantlen Business Group. The gift is four 30" buffalo hide drums painted by Kwantlen First Nation artist Brandon Gabriel. The four drums represent the four seasons. The four drums represent the four seasons and are installed inside the Chuck Bailey Recreation Centre's lobby.



PRESENTED BY prospera CREDIT UNION

Thank You!

A big thank you to our sponsors, staff and volunteers for inspiring young hearts and minds to greater possibilities!

This successful Festival would not be possible without your generous support. Thank you for being a part of the fun and helping us celebrate 12 years of arts creativity!

A MAJOR THANKS TO OUR MAJOR SPONSORS

			
			
			
Arts Umbrella Bing Thom Architects Surrey Board of Trade	Arts Council of Surrey Surrey Central Lions Club Miss 604 Home Depot	Tim Hortons Surrey Coffee News TJ's The Kiddies Store	

A SPECIAL THANK YOU TO OUR MAKE A MEMORY SPONSORS

				
Surrey Digital Excellent Ice Peterbilt Pacific Inc. Sabzi Mandi Supermarket Basalite Concrete Products	PW Trenchless Construction Inc. Central City Shopping Centre Bruce Ralston MLA Surrey-Whalley Kumon Math and Reading Centres T.K. Graphics	Swiss Singapore Canada CST Consulting Powertech Labs Westminster Savings Credit Union Harry Bains MLA Surrey-Newton		

See you next year!
MAY 25-27, 2017

Festival Info 604-501-5598
@SurreyChildFest surreychildrensfestival@surrey.ca
www.surrey.ca/childrensfestival

SURREY ARTS CENTRE & BEAR CREEK PARK



Heritage

www.surrey.ca/heritage

Historic Stewart Farm



RURAL LIFE RETOLD

604-592-6956 13723 Crescent Road
Located in Elgin Heritage Park

Hours: Tuesday-Friday, 10am-4pm Saturday, 12noon-4pm
Sunday, 12noon-4pm [May - December]
Closed Mondays and most Statutory Holidays

Entrance by donation

Groups of 10 or more people must book in advance

Spend a summer day at the Farm! We've got the best picnic spots and walking trails in the city. Rainy day? Fear not! Come in to the charming 1894 farmhouse to explore our pioneer past.

Surrey Museum



ALWAYS SOMETHING HAPPENING

604-592-6956 17710 56A Avenue

Hours: Tuesday-Friday: 9:30am-5:30pm
Saturday: 10am-5pm Sunday: 12noon-5pm
Closed Mondays and most Statutory Holidays

Admission sponsored by

Friends of the Surrey Museum & Archives Society

Groups of 10 or more people must book in advance

Think museums are only full of dusty old things? Think again! Families get hands-on in the Kids Gallery, take in kid-friendly events, and drop in for crafts and activities.

Registered

Reminisce Kits

Surrey Museum

Museum staff encourage lively discussions and trigger fond memories as we visit your seniors' facility or group with our Reminisce Kits. Artifacts, newspaper clippings, photographs and music from the early 20th century will bring back recollections of the good old days. For information about themes or to book a session, call 604-592-6956.

1 session \$68 **55yrs+**
Thursdays and Fridays

Programs



Friday Drop-ins: Kick'n It Old Skool

Surrey Museum

We'll turn the Museum into a time machine so families can travel back to the good ole days. Drop in to play games, create toys, and make food like kids did 100 years ago.

Fridays, July & August **10:30am-12:30pm**
All ages, by donation



Pioneer Fair

Historic Stewart Farm

Experience an old-time country fair as you kick up your heels to live music and test your skills at Victorian carnival games. See 'The Re-enactors' recreate Surrey's true stories, and sample lemonade, popcorn and hand-churned ice cream. Cap off your day with a tour of the 1894 farmhouse led by a costumed guide.

Saturday, July 2 **11:00am-3:00pm**
All ages, Free

Tea for You!

Must pre-book teas at 604-592-6956.

Tea and Tour

Surrey Museum

Museum guides share inside stories about Surrey's past with a tour through the galleries. The conversation continues afterwards with tea and treats.

\$7.50/person, attendants are free **16yrs+**
Tuesday, Wednesday, Thursday afternoons

Scottish Afternoon Tea

Historic Stewart Farm

Enjoy delectable farm-baked scones and Scottish shortbread served with a pot of your favourite tea and a little Stewart family history. Then explore the charming 1890s farmhouse and grounds with a costumed guide.

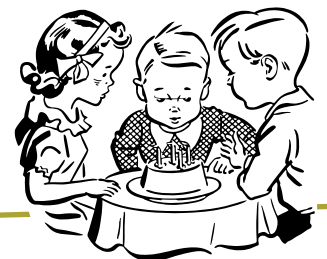
\$11.25/person **16yrs+**
Select Saturdays **1:00pm-2:30pm**
July & August

Sunday Social

Historic Stewart Farm

Drop by with a friend to knit, crochet, sketch or simply chat and relax on the verandah. You BYOP (bring your own project), and we'll supply the scenery, tea, lemonade, and board games.

Sundays, July & August **12noon-3:30pm**
Drop in, by donation



Book a

Heritage-Style Birthday Party!

We offer birthday parties in one-of-a-kind locations led by instructors who know how to party and know a thing or two about history. You bring the guests, presents and food, and we'll provide the rest. Must pre-book at 604-592-6956.

\$14.50/child (birthday child is free)

Surrey Museum

Walk like an Egyptian, shiver your timbers like a pirate, ride like a cowboy or be queen for a day! Choose a theme, invite friends, and have a memorable day.

Saturdays & Sundays **2:00pm-4:00pm**

Historic Stewart Farm

Party like its 1899! We'll lead partiers in old-time games and a vintage craft to take home. You supply the cake, and let the kids churn the ice-cream.

Saturdays & Sundays **1:00pm-3:00pm**

Subscribe to Heritage

Would you like to receive e-mail updates on programs, events and exhibits at Surrey's heritage facilities? Are you a teacher or homeschooler interested in heritage school programs?

Go to:
www.surrey.ca/heritage
 Click on Heritage Newsletter and enter your name and e-mail address.

We're Sharing Surrey's Heritage!

Want a day in the life of a historic farm? Unpack new collections with us? Explore a facet of Surrey's history via a digital exhibit? We'll connect the dots between the past and present, offer quizzes and trivia games, unveil digital exhibits, and more!

Facebook	Heritage	Heritage Surrey
	Historic Stewart Farm	@StewartFarm1
Twitter	Surrey Museum	@ASurreyMuseum
	Surrey Archives	@SurreyArchives
YouTube	Surrey Archives	surreyarchives

Search Our Database 24/7!

Vintage fashions? We've got it. Early maps of Surrey? Check that!

Find these and more on the Surrey Archives & Museums Online Access (SAMOA) search engine. You'll find non-stop access to over 20,000 historic images, plus hundreds of artifacts from the City's collections. SAMOA's search bookmarks, filters, featured items, and clear design make searching Surrey's history a breeze.

Visit www.surrey.ca/heritage and click on SAMOA Online Access to start your search!

Discovery Saturdays

Discover the **Surrey Museum** in fun new ways with family friendly celebrations of culture and history.

Third Saturday of each month, 1:00pm-4:00pm. All ages, by donation

Make a Splash

Race a sailboat, make a water cycle, explore ocean sustainability and then get hands-on with the water interactives in the Kids Gallery.

Saturday, July 16

Tales from the Honeycomb

Enjoy honey-tasting, try on beekeeper suits and get buzzy with bee-utiful crafts as you hear tales from the honeycomb.

Saturday, August 20



Seniors in the Park

Historic Stewart Farm

Invite a friend and spend a Friday afternoon at the Farm. Try outdoor activities like lawn games and art projects, then take tea on the verandah. Program runs rain or shine.

Fridays, July 8-August 19 1:00pm-3:00pm
 Drop in, Free

FREE

Music at the Museum Jug Band Jamboree

Surrey Museum

What do you get when you blend jazz, ragtime and Delta blues with washboards, jugs and other vintage and homemade instruments? Why, the unique and unforgettable sounds of The Genuine Jug Band, of course! Wear your overalls and join us on the Museum's lawn for an evening of crazy fun and historic music.

Wednesday, July 20 6:30pm-8:30pm
 All ages, by donation

Amazing Farm Scavenger Hunt

Historic Stewart Farm

Show off your settler savvy and problem-solving skills as you challenge friends and neighbours in this race around the Farm. Work through the activity stations using your phone or tablet, then race back for prizes and bragging rights. Must check-in at the welcome table by 2pm to ensure your spot.

Saturday, August 13 12noon-3:00pm
 All ages, Free

FREE

Fibre Arts & Crafts Festival

Surrey Museum

We'll spin the story of the cloth you wear with this family-friendly, fun and interactive celebration of all things fibre. Get hands-on with real looms and spinning wheels, watch spinning, knitting and weaving demonstrations, make take-home textile crafts, and meet some furry friends who give us the shirts off their backs.

Saturday, August 13 1:00pm-4:00pm
 All ages, Free

FREE

The Museum Comes to You!

Meet the Surrey Museum at the library! We've packed our suitcases with hands-on crafts, vintage photos, real artifacts to handle, and fun stories of Surrey's past. Touch, see and hear our history in the home of your favourite storybooks.

Semiahmoo Library
 Friday, July 8 2:00pm-3:30pm

City Centre Library
 Friday, July 22 2:00pm-3:30pm

Friday, August 19 2:00pm-3:30pm

All ages, by donation

Decorative Pompoms

Surrey Museum

Give us a "P" for Pompom! Explore four methods to create these fluffy decorations – great for trimming hats, slippers, mobiles and toys.

1 session Free All Ages
 Saturday, August 13 1:00pm-3:00pm

FREE

Exhibitions

Kids Gallery: Water

Surrey Museum

On display to September 18

Try water-cycle pinball, explore the wall of pipes and valves, and much more as families discover where Surrey's H2O comes from. Alisha, Blaze and Stella the Jay help kids explore Surrey's rivers and learn how water arrives at our homes every day.

COMMUNITY TREASURES

Eating in Elegance

Surrey Museum

On display July 12 - December 23

Early settlers brought very little from their homelands, but precious table settings were often carefully carried to the new country. This sparkling display of silver, china and crystal will take you back to a time of elegance, tradition and fine manners.

There's More!

Look for more ways to experience all that Surrey's heritage facilities have to offer!

Arts & General Interest Section under **Early Years | Children | Adults**

SIGN THE KIDS UP FOR HERITAGE SUMMER DAY CAMPS!

Check the Summer Day Camp brochure available at all Surrey recreation facilities, or call 604-592-6956 for information. See you this summer!

Historic Stewart Farm
 Tuesdays-Fridays July & August

Young pioneers show off their settler savvy as they explore the Farm, put hands to work building and doing chores, and play like kids did 100 years ago.

Surrey Museum
 Tuesdays-Thursdays July & August

Kids embrace their inner fire fighter, gross themselves out being snot scientists, explore a week in the life of a Surrey Secret Agent, and more at camps full of science, heritage and fun.



Parks

www.surrey.ca/parks



Parks in Surrey

From the giant second growth forest at Green Timbers Urban Forest, to the shoreline views at Blackie Spit Park, and the soccer fields, running track, nature trails and gardens at Bear Creek Park, you'll discover something different to do and see at each of Surrey's 200 parks every season.

Volunteer!

Celebrate summer by getting connected to your local park spaces as a volunteer. Visit www.surrey.ca/volunteer to learn more about volunteering with the City.

Partners in Parks

Volunteer with Partners in Parks to beautify local park spaces and improve your community! As a Park Partner, you can care for a park bin, clean up litter, do a park beautification project, facilitate kids' activities with Park Play or assist at community events. Visit www.surrey.ca/volunteer, email partnersinparks@surrey.ca or call 604-501-5050 for more info.

Surrey Youth Stewardship Squad

Are you a high school aged youth looking for volunteer experience in nature? Protect the environment with our youth-led volunteer group! Plant trees and shrubs, help wildlife, plan environmental projects, and more! For all opportunities, the training and tools will be provided. Email environment@surrey.ca to get started.

Nature Work Parties

Drop-in for the day and work with other volunteers to care for the urban forest! Get outside, meet new people, earn volunteer hours, and give back to your community. Remove invasive plants, plant trees and shrubs, and improve wildlife habitat. All ages, tools and training provided. Email environment@surrey.ca for a list of dates!



Get Involved!

NEIGHBOURHOOD TOOLKIT

Take a look at the City of Surrey's Neighbourhood Toolkit for community building ideas! Check it out at www.surrey.ca/neighbourhoodteam. Here are some of the ways in which the City of Surrey empowers Surrey residents to build community:

Neighbourhood Enhancement Grant

Interested in improving your neighbourhood? Apply for the City's Neighbourhood Enhancement Grant for financial support for your project! All Surrey residents, community groups, businesses and associations can apply.

Neighbourhood Event Equipment

Book the Neighbourhood Event Equipment for your next local community event. If it's something like a block party, festival, outdoor music performance, neighbourhood clean-up, or art jam, we can provide some equipment to help make it a success. You can borrow a tent, tables, chairs, portable sound system and block party traffic barriers.

The Neighbourhood Toolkit is a project of the City of Surrey's Neighbourhood Team. Any questions, contact the Neighbourhood Team at neighbourhoodteam@surrey.ca or learn more at www.surrey.ca/neighbourhoodteam. Ask as about the 2016 Citywide Block Party Day and how your community can get involved.



GROUP PROJECTS

Get your group involved and care for a park or greenbelt near you! Neighbourhood groups, school groups, environment clubs, Scout groups, businesses, and faith groups are all welcome. We will work with you to find a volunteer project that suits the needs of your group.

Is your group interested in helping the environment?

Activities may include invasive plant removal, wildlife stewardship, tree planting, trail improvements and more. Contact environment@surrey.ca to speak with staff and tailor a project for your group.

Is your group interested in beautifying a park?

Activities may include planting flowers, removing litter, cleaning graffiti, painting structures and more. Contact partnersinparks@surrey.ca to speak with staff and tailor a project for your group.

Surrey Nature Centre
AT GREEN TIMBERS
14225 Green Timbers Way

Come explore and learn about nature in the city! We offer children's summer day camps, free fishing rod loans, drop-in activities for all ages, birthday parties, and more. Come play and learn at your own pace! You'll find lots to do, both indoors and out. Ask about our free Saturday morning Nature Play program for 3-5 year-olds and Wild Wednesday drop-in programs for families!

Open Monday-Friday 8:30am-4:30pm
Saturday 9:00am-4:30pm

For more information: 604-502-6065
www.surrey.ca/naturecentre



Summer Time IN THE PARK!



Visit www.surrey.ca, call 604-501-5050 or email partnersinparks@surrey.ca for more info.

Sounds of Summer

Join us for our FREE summer concert series in various garden parks across the City of Surrey. Summer sunsets, live music and stunning garden settings! Please bring your own blankets or folding chairs to enjoy the performances.

WEDNESDAY EVENINGS 6:30pm-8:00pm			
DATE	LOCATION	GENRE	BAND
Jul 6	The Glades 561 172 Street	Classical Strings	West Coast Strings
Jul 13	The Plaza 13450 104 Avenue	Gypsy Swing	Deanna Knight and the Hot Club of Mars
Jul 20	Surrey Museum 17710 56A Ave	Vaudeville	Genuine Jug Band
Jul 27	Darts Hill 1633 170 Street	Instrumental Guitar	Don Alder
Aug 3	Hawthorne Park 10513 144 Street	Bluegrass	5 On a String
Aug 10	Bear Creek Park 13750 88 Avenue	Popular Strings	12 Strings Trio
Aug 17	Fleetwood Park 15802 80 Avenue	Spanish Guitar & Caribbean Steel Drum	Rossi
Aug 24	Surrey Nature Centre 14225 Green Timbers Way	Celtic & World with Step Dancing	Jocelyn Pettit Band
Aug 31	Holland Park 13428 Old Yale Rd	Jazz	Golden Ears Jazz Band

Park Play

Park Play Staff will be in your neighbourhood park bringing you FREE art, inclusive games, and activities! We are excited to be part of your summer fun! Drop-in* schedule runs from July 4 to August 31, 2016 (excluding stat holidays). *Parent/Caretaker supervision required.

www.surrey.ca/parkplay | 604-501-5050

PARK PLAY KICK-OFF

Saturday, June 25 10am-2pm
NEW Hazelgrove Park 7080 190 Street

Meet our mascot Pip and the Park Play team and celebrate the Park's Grand Opening with a bouncy castle, face painting, games, live entertainment, and more!

PARK PLAY WRAP-UP PICNIC

Friday, August 31 11am-2pm
Holly Park 10706 148 Street

Join us for a summer end bash with family-fun activities!

Seniors in the Park

Get active outdoors and drop-in for FREE games of bocce, cards, horseshoes, lawn darts, and more! Sessions run rain or shine; extreme weather exception.

SOUTH SURREY

Every Friday
July 8-August 19 1-3pm
Historic Stewart Farm 13723 Crescent Road

FLEETWOOD

Every Wednesday
July 6-August 31 1-3pm
Francis Park 15951 83 Avenue
beside Fleetwood Recreation Centre

Sports Field & Ball Diamond

BOOKINGS & INFORMATION

Field/Ball Diamonds

Deadline for booking requests is:

Spring/Summer
Sports fields (soccer, field hockey, football) **January 15**
Track facilities **November 1**
Ball diamonds, lacrosse boxes, cricket pitches **December 15**
Fall/Winter
Sports fields **June 1**

Requests submitted after these dates will be treated on a first-come, first-served basis.

Any teams or clubs belonging to a league in Surrey must apply through their club or league. For additional information, email to bookafield@surrey.ca or call 604-501-5174.

Surrey School District Gym & Field Bookings

Surrey school gyms and outdoor sports fields are allocated through the school district office. Call 604-595-6084 for booking information.

Sportsfield Closures

Most fall/winter natural grass sports fields are closed upon completion of the fall/winter sports season in April. These fields then begin their renovation period until the late summer. Any team playing on a closed field risks a fine and suspension. There are designated spring/summer grass fields and 14 artificial turf fields that are able to accommodate spring/summer play. Call 604-501-5174 to book these fields.

Artificial Turf Fields

There are 14 artificial turf fields in the City of Surrey located at:

PARK	FIELD	ADDRESS	SPORT PLAYED
Cloverdale Athletic Park	Field 1	16900 64 Avenue	football, soccer, field hockey
Cloverdale Athletic Park	Field 3	16900 64 Avenue	soccer, field hockey
Hjorth Road Park	Field 1	10200 block 146 Street	soccer, field lacrosse
Hjorth Road Park	Field 2	10200 block 146 Street	soccer, field hockey
Newton Athletic Park	Field 1	7400 128 Street	soccer
Newton Athletic Park	Field 2	7400 128 Street	soccer
Newton Athletic Park	Field 3	7400 128 Street	soccer
Newton Athletic Park	Field 4	7400 128 Street	soccer, field hockey, field lacrosse
South Surrey Athletic Park	Field 3	1925 148 Street	football, soccer, baseball
South Surrey Athletic Park	Field 9	1925 148 Street	soccer
South Surrey Athletic Park	Field 10	1925 148 Street	soccer, field hockey
Tamanawis Park	Field 1	12500 64 Avenue	field hockey, soccer practice
Tamanawis Park	Field 2	12500 64 Avenue	field hockey, soccer practice
Tom Binnie Park	Field 1	10600 City Parkway	soccer, field lacrosse

Once all league and club bookings on artificial turf fields have been allocated, all other requests are considered on a first-come, first-served basis. Please call 604-501-5174 to book these fields.

For information about artificial turf fields, field closures and outdoor sports facilities, please visit us at www.surrey.ca/culture-recreation/Outdoor.aspx

To find out how to register yourself and/or your child in one of the many community sports associations in the City, visit www.surrey.ca/kids/ or www.surrey.ca/5873.aspx



Check out our
all-inclusive
memberships!

YMCA Membership

Finding time to be active as a busy family can be challenging. At the Tong Louie Family YMCA, we not only provide a supportive and caring place for you and your kids, we also offer convenient programs that make it a little easier to live a healthy lifestyle. Our memberships are all-inclusive and include non-registered programs and activities for both kids and adults at convenient times.

Every membership at the Y includes:

- Swim lessons for kids
- Programs for children, teens and adults at convenient times
- 10,000 square feet of strength and conditioning equipment
- More than 120 drop-in group fitness classes including AquaFit, Synrgy, Yoga, Cyclefit and Zumba®
- A free fitness consultation which provides one-on-one goal setting
- Access to other YMCA membership centres in Canada

Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer, you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

Every kid deserves a chance

What do you think about a child's need to get a good start in life? The YMCA Strong Kids campaign is our way of raising the funds needed to ensure children and families can live healthier lives, right from the start.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Y programs include:

- Fitness programs
- Memberships include programming for families, children and youth
- Swim lessons, recreational swimming, lane swimming & AquaFit
- Games, crafts and sports

Find out more

Looking for our program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for you.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

tonglouieymca.ca



Swim lessons included
in all memberships



YMCA Aquatic Programs

At the Tong Louie Family YMCA, we believe every child should learn to swim and be safe in and around the water. That's why memberships include continuous swim lessons. Sign up for continuous swim lessons at the Y and guarantee your child progresses at their own pace. Never register again because once you have a space that works, it is yours to keep.

- Please note the Tong Louie pool will be closed for upgrades from July 2 to August 15
- Our programs—from bobbers to stars—give kids the skills needed for a lifetime of safe fun in the water.
- Membership makes it easy for families to be active together with recreational and family swimming at convenient times.
- Memberships include all day access to lane swimming and Aquafit at convenient times.

Join programs like:

- YMCA swim lessons: Parent & Tot, Lil' Dippers, Learn to Swim, Star Swim, YMCA Swim Club, Private Swim and Master Swim
- Aquafit, Prenatal Aquafit, Gentle Joints and much more



Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Find out more

Looking for our aquatics program listings?

Go to tonglouieymca.ca/family or pop by to pick up your on-site activity guides. We have just the program for you.

tonglouieymca.ca



Excellent pre-school and physical literacy programs for health

YMCA Programs for Children (0-5 years)

Parents with young kids are tight on time and energy. That's why we focus on making our programs easy to fit into your schedule, while giving you the chance to exercise and recharge. Whether you're playing games together on Family Night, dropping in for a swim, introducing your child to new activities or each finding your own way to be active at the Y, you can be confident you are growing as a family.

YMCA memberships include programs for kids and adults at the best times of day.



Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

Join programs like:

- YMCA Swim Lessons
- Toddler Time
- Gym & Swim
- Physical literacy programs
- Active Play
- Creative Play
- Gym activities for kids

Find out more

Looking for our pre-school program listings?

Go to tonglouieymca.ca or pop by to pick up your on-site activity guides. We have just the program for your little one.

tonglouieymca.ca



Book your child's next birthday party at the Y. Lots of fun themes.

YMCA Programs for Children (6-12 years)

Did you know that 93% of kids are not getting the daily recommended amount of physical activity? The Y is there to help you give your kids a chance to be active and learn healthy habits—and have a ton of fun at the same time. Every YMCA activity program is child-centered, developing your child's skills, imagination and relationships while promoting positive values. YMCA memberships include programs for kids and adults at the best times of day



Join programs like:

- Pro-D day camps
- Swim lessons
- MultiSports
- Active Brains
- Creative Play
- YMCA/Steve Nash Basketball League
- Martial arts—Karate, Aikido and Tae Kwon Do

Find out more

Looking for our child program listings?

Go to tonglouieymca.ca/child or pop by to pick up your on-site activity guides. We have just the program for your child.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

tonglouieymca.ca



YMCA Programs For Youth

Studies show that today's youth feel alone. The Y believes it doesn't have to be this way. That's why we are committed to keeping youth engaged and active with opportunities to participate, learn, grow and lead. YMCA youth programs encourage young people to build a network of friends, develop leadership skills, be inclusive and develop a sense of responsibility to their community and to one another.

From volunteer opportunities to a variety of leadership programs, we have something for everyone.



Join programs like:

- YMCA Youth Leadership Development
- YMCA/Steve Nash Basketball League
- Aquatic leadership—lifeguard and swim instructor training
- Fitness programs
- Leadership Day Camp
- Youth nights

YMCA Youth Leadership Development

YLD is a safe, fun, comfortable environment where you can build self-esteem, lifelong friendships and develop strong leadership skills. Plus, you'll meet new people and have fun.

Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Find out more

Looking for our youth program listings?

Go to tonglouieymca.ca/youth or pop by to pick up your on-site activity guides. We have just the program for you.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

tonglouieymca.ca



YMCA Health and Fitness

Are you looking for new ways to be active—either on your own or as a family?

All-inclusive YMCA Memberships include:

- 10,000 square feet of strength and conditioning equipment
- A fitness consultation which provides one-on-one support
- A variety of drop-in pool activities such as Aquafit, recreational swimming and lane swimming
- Access to other YMCA membership centres in Canada
- Access to facilities and programs from 5:00 a.m. to 11:00 p.m. on weekdays and 7:00 a.m. to 9:00 p.m. on weekends/holidays
- Childminding and active children's programming at convenient times of day

Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

The YMCA has personal trainers ready for you!

Working with a personal trainer will help you reach your fitness goals.

Membership Plus

Our Plus Membership offers extra amenities like towel service, toiletries, private steam room & whirlpool and lounge with big screen TV and computer. Adult only changeroom.

Life should be a bit easier

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

Join programs like:

- Group fitness classes such as Yoga, Cyclefit and Zumba®
- Power Cycle
- Personal Training
- Pre & post natal fitness and educational workshops
- Martial arts—Aikido, Karate and Tae Kwon Do
- Outdoor running clinics

Find out more

Looking for our adult program listings?

Go to tonglouieymca.ca/adult or pop by to pick up your on-site activity guides. We have just the program to help you reach your goals.

tonglouieymca.ca

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622



YMCA Camps

Summer is a time for kids to have fun! It's also a chance to learn and grow. Our camp programs offer an opportunity for kids ages 5 to 17 to learn about themselves, grow in self-confidence and make new friends in a safe and caring environment. From day camps that get kids outside and having fun to overnight camps that help foster independence and teamwork, the YMCA has something for everyone. Each camp is designed to help kids reach their potential!

YMCA Camp Elphinstone (ages 5 - 17)

Located on BC's Sunshine Coast near Gibsons, YMCA Camp Elphinstone is just a 40-minute ferry ride from Vancouver. Overnight camps are offered in one-, two- and four-week options. Specialized sailing, biking and hiking camps are also available. Whether it's exploring the outdoors by canoe or mastering the art of archery, YMCA Camp Elphinstone offers 144 acres of natural beauty for your child to engage in physically active and exciting camp programs.

Day Camps (ages 5 - 12)

These camps feature exciting activities to keep your kids having fun all week (or summer!) long. Each day, campers learn new skills and develop new friendships in a welcoming environment. Camps feature out trips, outdoor activities, sports, games and the recommended 90 minutes of physical activity per day.

Outdoor Adventure Day Camp (ages 5 - 12)

These camps provide a ton of fun for action-focused kids who love the outdoors. Campers participate in a variety of land and water-based activities such as geocaching, fishing, sports, forest games and arts & crafts. Campers also have the option to stay overnight at camp one day of the week!

Youth Leadership Day Camp (ages 12 - 15)

Gain experience working together with peers and mentors to develop leadership and team building skills. Youth are provided with a unique opportunity to take the lead in planning their own camp experience, including a team building field trip and a local community service project.



Register now!

T: 604.939.9622

E: camps@gvymca.ca

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The City of Surrey's Recreation Guide reaches well over 400,000 people with information on local recreation and leisure activities. The guide will be available online at www.surrey.ca/register or you can pick-up a printed copy at any City of Surrey facility, library and City Hall.

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Tong Louie Family YMCA

14988-57 Avenue, Surrey, BC V3S 7S6
(Hwy. 10 - one block west of 152nd Street)

604-575-YMCA (9622) Fax: **604-575-3132**
surrey@vanymca.org www.surreyyymca.org

Monday to Friday: 5:00am-11:00pm
Saturday, Sunday and Holidays: 7:00am-9:00pm

YMCA REGISTRATION

Register in person or by calling 604-575-9622
You may pay by cash, cheque, VISA or Mastercard.

Community Group Listing

Surrey has many community groups you can join. Take a look at the list below – there may be a group that’s just right for you! To find a group not listed here, call the Call Centre at 604-501-5100 and press “0” for assistance. The City of Surrey provides this space as a community service. To update your listing, please email your information to leisureguideads@surrey.ca.

General

- Cloverdale Garden Club** 604-882-1217
- Darts Hill Garden Society** www.dartshill.ca
- Duplicate Lite Bridge Club in Surrey**
www.duplicatelite.ca
- Girl Guides** Linda: 1-800-565-8111
- Peace Arch Stamp Club** 604-531-6041
www.stampclub.ca/peacearch
- Surrey Ladies Newcomers & Friends Club**
604-951-4948
surreynewcomers@hotmail.com
- Surrey Photography Club**
www.surreyphotographyclub.com
- Surrey Search & Rescue** 604-572-6016
- The Canadian Federation of University Women’s Club – North Delta/Surrey**
Lindac2@telus.net
Eleanor at 604-589-3631
- Valley Women’s Network**
Surrey and White Rock Chapters
604-530-7304
www.valleywomensnetwork.com
- Women’s Probus Club of White Rock & South Surrey**
604-535-6214 LCE@shaw.ca
www.Probus.org

Arts & Crafts

- Arts Council of Surrey**
604-594-2700 www.artscouncilofsurrey.ca
- Arts Umbrella**
604-535-1127 www.artsumbrella.com
- Fraser Valley Potters Guild**
Diane: 604-530-1303
- Fraser Valley Quilters’ Guild**
Carol: 604-274-2206
- Jolly Yarners Knitting Club**
Janet Croker: 604-535-5186
- Semiahmoo Arts Community Arts Council of White Rock & District**
604-536-8333 www.semiahmooarts.com
- Semiahmoo Potters Society**
www.semiahmoopotters.com
- Surrey Art Gallery Association**
Joan Owen: 604-531-8118
- Surrey Arts West Society** 604-543-7049
- Surrey Rockhound Gem & Mineral Club**
604-536-6342 www.surreyrockhound.com
- White Rock and South Surrey Art Society**
604-538-8893

Theatre

- Fraser Valley Gilbert and Sullivan Society**
www.fvgss.org

Dance & Fine Arts Groups

- Aspire Fine Arts School**
778-808-3691 www.aspirefinearts.com
- Dance West Parents’ Auxiliary**
Judy: 604-596-5069
- Surrey Festival Of Dance**
604-585-3320
- Surrey International Folk Dancing Society**
www.surreyfolkdance.org
surreyfolkdance@gmail.com
- Surrey Square Wheelers Square Dance**
www.surrey.squaredance.bc.ca
- Viking Family Folk Dancers**
Reidun Semi: 604-298-4367
- White Rock Scottish Country Dance Club**
604-888-7805

Music

- British Columbia Girls Choir**
Lynn van Zanten: 604-542-1698
bccg@telus.net
- Lyric Singers**
604-340-4353 www.lyricsingers.ca
- Peace Arch Chorus (Sweet Adelines)**
www.peacearchsings.com
- Soundscape**
A mixed, auditioned, a cappella chorus
Trudi: 604-535-1762
- Surrey Children’s Choir** 604-541-2519
www.surreychildrenschoir.blogspot.ca
- Surrey Youth Orchestras**
www.surreysymphony.com
Email: gm.surreysymphony@gmail.com
- West Panorama Ridge Classical Music Society**
Ann Ligertwood: 604-591-2103

Historical

- Green Timbers Heritage Society**
604-502-6065 www.greentimbers.ca
- Peace Arch Weavers And Spinners**
Ann: 604-541-8634
- Sunnyside Acres Heritage Society**
www.sunnysideacres.org
- Surrey Heritage Advisory Commission**
Marjorie Hamod: 604-591-4303
- Surrey Historical Society**
Kathleen Moore: 604-538-6731
- Surrey Professional Fire Fighters Pioneer Association**
Alf Shepherd: 604-535-3082
- Tynehead Pioneers’ Association**
Kim Sharpre: 604-582-3309
- White Rock and Surrey Naturalists’**
Frances: 604-535-2642

Outdoor/Environmental

- Surrey Trekkers Volkssport Club**
Sandi: 604-584-2980
www.surreytrekkers.com
- White Rock/Surrey Naturalists**
Margorie: 604-531-7147
- Swimming**
- BC Aquasonics** bcaquasonics@gmail.com
www.bcaquasonics.com
- Cloverdale Tritons**
Email: info@cloverdaletritons.ca
www.cloverdaletritons.ca
- Fraser Valley Diving**
604-231-8545
- Ocean Pro Divers**
Scuba 604-538-5608
- Pacific Sea Wolves**
Gillian Caldwell: 604-541-4067
- Surrey Knights Swim Club** 778-786-2250
- Surrey Sea Lions Debbie:** 604-599-3929
www.surreysealions.com
- White Rock Amateur Swim Club**
Gordean Bjornson: 604-531-8830
- White Rock Divers**
Springboard Diving Bev: 604-542-0386

Running

- Semiahmoo Sun Runners**
Tom: 604-536-1394

Gymnastics

- Surrey Gymnastics Society** 604-594-2371
- White Rock Gymnastics** 604-542-0386

Hockey/Ringette

- Cloverdale Minor Hockey** 604-575-2301
- Sportability Sledge Hockey**
Ross: 604-599-5240
- Surrey Eagles Hockey Club** 604-531-4625
- Surrey Female Hockey Association**
Kathy: 604-878-RINK
- Surrey Minor Hockey**
www.surreyminorhockey.com
- Surrey/White Rock Ringette**
www.surreywhiterockringette.com

Skating

- Cloverdale Skating Club** 604-838-6352
- Newton Figure Skating Club**
Club Info Line: 604-590-7009
- North Surrey Skating Club**
www.northsurreyskatingclub.ca
- White Rock South Surrey Skating Club**
Club Info Line: 604-538-0109

Recreation

- Alexandra Neighbourhood House at Camp Alexandra**
www.alexhouse.net
- Guildford Athletic Association/ Softball & Soccer**
www.guildfordac.com
- Nordic Wrecks Cross Country Ski Club**
Jill Richardson: 604-461-4873
Peter Charles: 604-444-3120
- Peninsula Multisport Club**
Tammy Huguet
info@peninsulamultisports.com
www.peninsulamultisports.com
- Recreation For People With Special Needs**
SPRC: 604-502-6321
- Sahaja Yoga Surrey**
Inge or Allan Morrissey: 604-597-8311
- Sharks Field Hockey Club**
www.surreysharks.ca
- Softball BC** 604-531-0044
- Southside Badminton Association**
Barb: 604-594-6145
- Surrey Beavers Rugby Surrey Mini Rugby**
www.beaversrugby.com
- Surrey Football Club** 604-356-2414
- Surrey Lacrosse Association**
www.surreylacrosse.com
- Surrey Lawn Bowling Club**
www.surreylawnbowlingclub.ca
surreylawnbowling@hotmail.com
604-584-5777 & 604-585-9787
- Surrey Minor Ball Hockey Association**
www.smbha.org
- Surrey Sailing Club** 604-535-9463
- Surrey Special Olympics**
www.sobcsurrey.org
- Surrey Ultimate League**
www.surreyultimate.ca

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For more information: northsurreyskatingclub.ca

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604-541-3270

www.alexhouse.net



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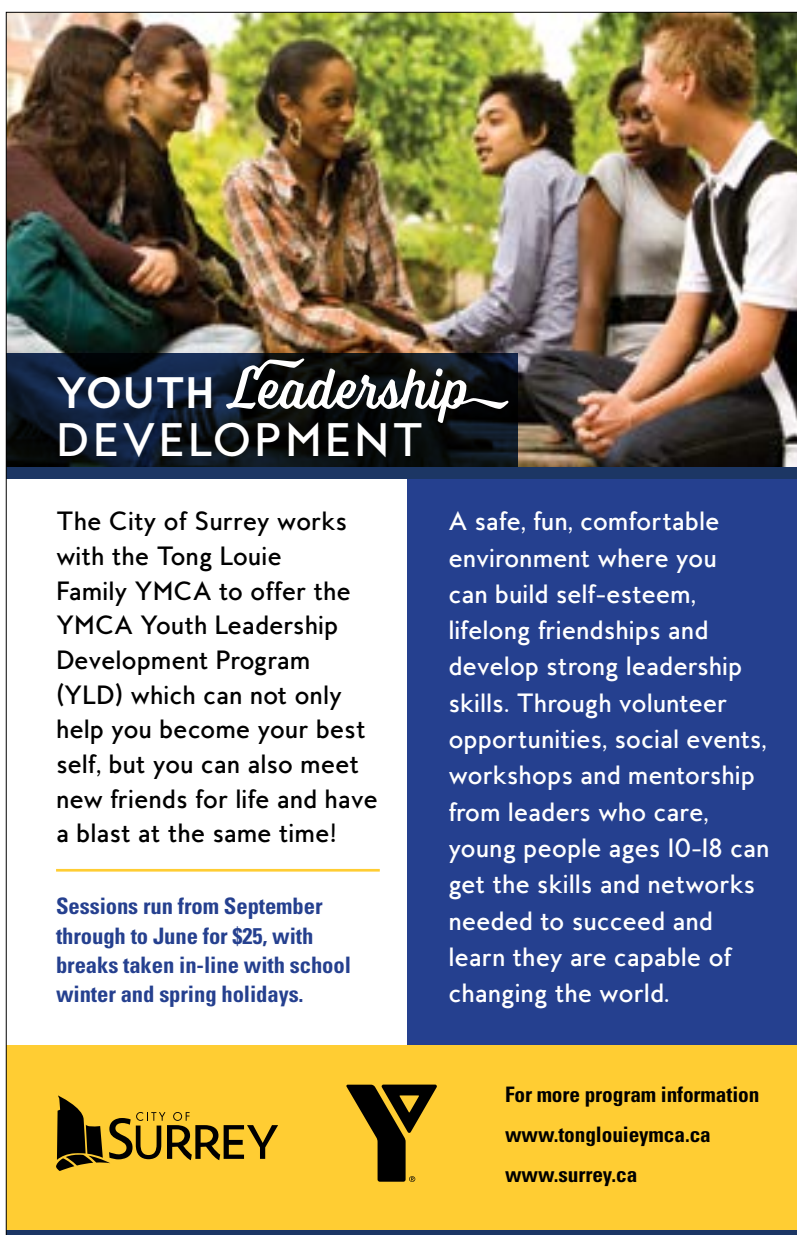
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YOUTH Leadership DEVELOPMENT

The City of Surrey works with the Tong Louie Family YMCA to offer the YMCA Youth Leadership Development Program (YLD) which can not only help you become your best self, but you can also meet new friends for life and have a blast at the same time!

Sessions run from September through to June for \$25, with breaks taken in-line with school winter and spring holidays.

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CITY OF SURREY 

For more program information
www.tonglouieymca.ca
www.surrey.ca



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Juniorprogram@shtc.club, or email: SHTCRegistrar@gmail.com or contact: 604-319-2690

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SURREY Youth OPPORTUNITIES

www.surrey.ca/youth



**ON SALE
JUNE 1**

GET YOUR SUMMER

FUNPASS

DROP-IN FOR FUN ALL SUMMER LONG

Bust boredom this summer with Recreation Surrey's affordable Summer Fun Pass for children and youth. For one flat fee, enjoy unlimited, city-wide access to all drop-in programs including:

- Swimming
- Skating
- Gym activities
- Fitness classes
- Weight room (13 yrs+)

\$47.50 PER PERSON!

Valid June 24 to September 5 at all City of Surrey Recreation facilities. Expires automatically. Does not include registered programs. Purchase your Fun Pass at any Surrey Parks, Recreation & Culture facility, online at www.surrey.ca/register, or call 604-501-5100.

www.surrey.ca/recreation



House of Discipline

Chang's Tae Kwon Do

**Classes available
for all ages, kids
and adults!**

Special!
2 Week tryout
\$30
+
Free Uniform
(new students only)



- ☆ **Olympic Martial art**
- ☆ **Approved by the Ministry of education**
(External sports credit)
- ☆ **Linked to more than 180 countries!**
- ☆ **Highly qualified Instructors**



Respect ☆ Discipline ☆ Confidence ☆ Honour

www.Changstaekwondo.ca

604-541-9457



White Rock/Surrey: #5-15531 24 ave

Cloverdale/Langley: #107-19232 Enterprise Way

Tsawwassen/Ladner: 1285E 56th St

Aldergrove/Langley: #1-3227 264th St



Historic Stewart Farm



PHOTO: CHERISE STAUNTING



Your Summer Activity List Complete!

- ✓ Visit a historic site
- ✓ Pack a picnic
- ✓ Take in a local event
- ✓ Go for a nature walk
- ✓ Unplug the kids
- ✓ Just BREATHE

JUNE 19 Father's Day Open House
JULY 2 Pioneer Fair
AUGUST 13 Amazing Farm Scavenger Hunt
SEPTEMBER 24 Olde Harvest Fair

HOURS
TUE-FRI 10am-4pm
SAT-SUN 12noon-4pm
CLOSED Statutory Holidays

HISTORIC STEWART FARM | 13723 Crescent Road | Surrey, BC | Information 604-592-6956
www.surrey.ca/heritage | @StewartFarm1 | HeritageSurrey

