

SURREY CANADA CELEBRATES 75

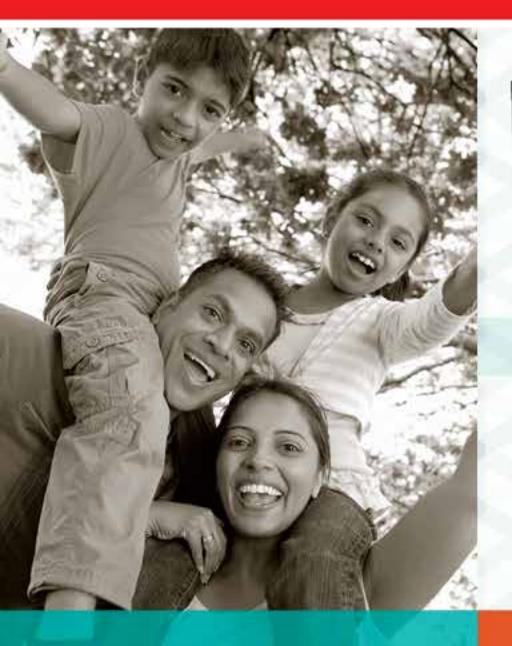


Help Canada celebrate its 150th birthday this year with activities, events and opportunities to show your civic and national pride!

#SURREYCANADA150

WWW.SURREY.CA/CANADA150





GET YOUR SUMMER FUNDASS

ON SALE JUNE 1, 2017 DROP-IN ALL SUMMER

\$45 CHILD/YOUTH \$89.25 ADULT

For one flat fee, enjoy unlimited, city-wide access to all drop-in programs including:

- Swimming
- Skating
- Gym activities
- Fitness classes
- Weight room 13yrs+

Pass valid June 30 to September 4. Purchase your Fun Pass at any Surrey Parks, Recreation & Culture facility, online, or call 604-501-5100.

WWW.SURREY.CA/REGISTER

RECREATION SURREY
Healthy Communities. Active Together.





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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.



Mayor's 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 numeros de telefono:

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,請撥打電話聯係 "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 استقرارالمهاجرين في OPTIONSعلى الارقام 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 tilfoonka 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 b<u>ook a tour!</u>

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



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 FEES: If you withdraw from a registered program within 7 days of the program starting you will now be charged withdrawal fees based on the value of the program. Go to www.surrey.ca/recreation, then select Admissions & Passes for more details.

PRIVACY POLICY: 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 104 Avenue, 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 Recreation Passes Valid at all facilities.

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

Pass	Туре	Child/Youth (2-18yrs)	Student**	Adult	Senior^ (60yrs+)	Family†
Recreation	1 year	\$243.25	\$372.25	\$485.25	\$372.25	\$967.25
Pass	1 mos	34.00	50.00	66.25	50.00	132.50

Monthly Payment Options Surrey offers monthly payment options on 1-year Recreation 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	Туре	Child/Youth (2-18yrs)	Student**	Adult	Senior (60yrs+)	Family
Drop-in	1 visit	\$3.25	\$5.00	\$6.50	\$5.00	\$3.25*
Value Time «	1 visit	1.75	2.50	2.50	2.50	1.75*
Swipe	10 visit	29.50	45.00	58.50	45.00	N/A
Cards	20 visit	52.00	80.00	104.00	80.00	N/A

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

Pass	Туре	Child/Youth (2-18yrs)	Student**	Adult	Senior (60yrs+)	Family
Drop-in	1 visit	\$3.50	\$5.25	\$7.00	\$5.25	\$3.50*
Value Time «	1 visit	N/A	4.00	4.00	4.00	N/A
Swipe	10 visits	31.50	47.50	63.00	47.50	N/A
Cards	20 visits	56.00	84.00	112.00	84.00	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 Recreation Pass will be offered a complimentary City-Wide Senior Services Membership.

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.





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/rentals

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	e 10588 160 Street	604-592-6920
Guildford Recreation Centre/Poo	115105 105 Avenue	604-502-6360
Guildford Library	15105 105 Avenue	604-598-7360
Port Kelle Library	18885 88 Avenue	604-598-7440

NEWTON

Newton Recreation Centre/Pool	13/30 /2 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5044
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
Surrey Tennis Centre*	589I 144 Street	778-598-7960
Tong Louie Family YMCA*	14988 57 Avenue	604-575-9622

NORTH SURREY

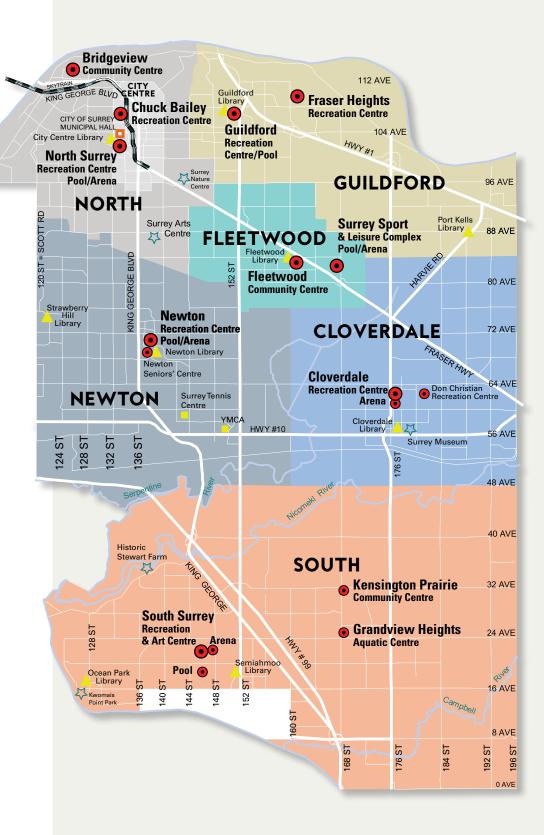
Bridgeview Community Ce	ntre 11475 126A Street	604-592-7081
Chuck Bailey Recreation C	Centre 13458 107A Ave	604-598-5898
North Surrey Recreation		
Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal H	all 13450 104 Avenue	604-591 -4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385
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

300 III 30KKE I		
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	604-591-4819
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie		
Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1367 128 Street	604-591-4819
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	604-591-4819

^{*}Operated through a Community Partnership

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.





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

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

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

MOUNTAIN BIKING

Quibble Creek Greenway features a small pump trail, which is great for honing skills like cornering and jumping.

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.

100 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.

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.



Morth Surrey COME EXPLORE

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	24 - 45
Arenas	46 - 49
Sports	50 - 54
Fitness & Wellness	55 - 60
Arts & General Interest	61 - 75

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. Three hour free parking for recreation centre patrons 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 o	f Opera	tion:
---------	---------	-------

Monday to Thursday 6:00am-9:00pm Tuesday/Thursday 9:00pm Women's Only Swim & Gym 9:00pm-10:00pm 6:00am-10:00pm Friday 7:00am-9:00pm 8:00am-9:00pm Saturday Sunday

Childminding Hours:

Monday 4:30pm-7:30pm 5:00pm-8:00pm Tuesday 5:00pm-7:00pm Wednesday 4:00pm-8:00pm Thursday Friday 5:30pm-7:30pm

Pool:

37 m, 6 lane pool with 3m diving boards Slide & water toys Hot tub

2 dry saunas Family change rooms

> One meeting room Four multipurpose

> > on both levels Skate/helmet rental/ Skate Shon

2 full size rinks Bench seating for spectators Score board with

Arena:

flexible scoring and timing capabilities Multi-use dressing

Wheelchair accessible

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

Youth Services: Preschool: There are no youth

services at this facility.

The two closest

facilities are:

Guildford

Chuck Bailey

Recreation Centre

Recreation Centre

15105 105 Avenue

13458 107 A Ave

1 dedicated preschool classroom

MYzone: October - 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

Seniors Services:

There are no seniors services at this facility. The two closest facilities are:

Chuck Bailey Recreation Centre 13458 107 A Ave

Guildford Recreation Centre 15105 105 Avenue

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:

9:00am-9:00pm Monday to Friday 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 Centre Guildford Aquatic Centre

15105 105 Avenue

Arena:

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

North Surrey Recreation Centre

Newton Arena 7120 136B Street

Gymnasium:

Weight Room:

There is no weight room at this facility. The two closest weight rooms are:

North Surrey Recreation Centre 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: October - June

Tu, W, Th 3pm-6pm

Youth Services:

Drop-in Pre-teen - Grade 5-7 Fri & Sat 4pm - 5:30pm Youth – Grade 8-12

Friday 5:45pm - 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

Outdoor patio areas with BBQ Garden area Sunrise Café Computer lab Billiards room Arts & Crafts area

with kiln

FACILITY Rentals www.surrey.ca/rentals

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 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 sixstory high event/reception area, and meeting rooms for 12-70people are available for public bookings at the new City Hall.





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

 $\{1\}$

 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

Fraser Heights

N. SURREY COMMUNITY PARK

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.

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

112 AVE

SURREY BEND REGIONAL PARK

P

REGIONAL PARK

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TYNEHEAD

P

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.

WMOUNTAIN 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. 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

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.

100 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

188 ST

The town centre offers a number of outdoor tennis courts.

Some are lit for night time use until 10:30pm. See map for locations



RECREATION CENTRES

Guildford



COMMUNITY HALLS & CENTRES

P



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.

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Arenas	. 46 -	49
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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

Monday to Friday Saturday and Sunday Aquatics

6:00am-8:00pm Recreation 8:00am-8:00pm Statutory Holidays 8:00am-8:00pm

Childminding Hours:

9:00am -11:00am Monday-Friday 5:30pm-8:15pm Monday Saturdáy

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

Drv sauna Family change rooms Available for birthday parties and private bookings

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 Cardio equipment

including treadmills, ellipticals, rowers, stair climbers, lateral-x, recumbent, upright and stationery bikes.

Strength training equipment including a functional training unit. TRX trainers, landmine and battle ropes, bosu balls, foam rollers, bands, medicine balls & variety of weight machines

Dumbbells up to 90 lbs Barbells up to 110 lbs Personal training

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 Raised stretching platform and indoor track

Spin Studio: Drop-in and registered

classes

 $M \ to \ F$ 3pm-6pm

Preschool:

preschool

MYzone:

October - June

2 preschool classrooms

for licensed year-long

Youth Services: Seniors Services:

Friday

park

Saturday

Seniors Lounge Drop-in Youth Lounge Drop-in Monday to Friday 6pm-9pm 9am-4pm 4pm-9pm Senior's cafe Outdoor youth skate Monday to Friday

9am-4pm Pool table, ping pong tables in youth lounge

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, 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:

7:00am-10:00pm Monday to Friday Saturday & Sunday 8:00am-8:00pm Statutory Holidays 8:00am-4:00pm

Childminding Hours:

8:00am -11:00am Monday Tuesday 9:00am -11:45am Wednesday 8:00am -11:00am 9:00am -11:00am Thursday 9:00am -11:00am

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:

Weight Room: 5,000 sq. ft.

33 pieces of cardio equipment 20 pieces of strength equipment

Dumbells 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:

October - June M, W, F 3pm-6pm

Youth Services:

Drop-in for preteens: 7:00pm-10:30pm 6:00pm-10:30pm

Drop-in for youth:

7:00pm-10:30pm 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

FACILITY Rentals www.surrey.ca/rentals

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.





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 Fleetwood Library

15996 84 Avenue 604-501-5030 Surrey Sport & Leisure Complex 16555 Fraser Hwy 604-501-5950 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.

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.

NT NATURE TRAILS

Take a 30-minute stroll along the I.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.

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.

DOG OFF-LEASH PARKS

Freedom Dog Park lives up to its name, providing over I.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.

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

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 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:**

Aquatics	. 24 - 45
Arenas	. 46 - 49
Sports	50 - 54
Fitness & Wellness	. 55 - 60
Arts & Conoral Interest	61 75

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-5:00nm Closed on Statutory Holidays

Weight Room Hours:

Monday to Friday Saturday & Sunday 7:00am-10:00pm 8:00am-5:00pm

Childminding Hours:

Monday Thursday 6:00pm-8:45pm 5:30pm-9:00pm

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

Surrey Sport & Leisure Complex

Newton Recreation Centre 13730 72 Avenue

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

Surrey Sport & Leisure Complex

Newton Arena

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: Preschool:

Two fitness rooms for

group fitness classes.

Two licensed preschool rooms

MYzone:

October - June M to Th 3pm-6pm

Youth Services:

Youth Drop-in 6pm-10pm Thursday Fridays 6pm-10pm

Pre-teen Drop-in There is no dedicated 3pm-4:30pm M-Th Senior's Lounge at this facility. The two Fridays 3pm-10pm closest are

> Guildford **Recreation Centre** 15105 105 Avenue

Seniors Services:

Senior's programs are

held in multi-purpose

rooms.

Newton Seniors' Centre 13775 70 Avenue

SURREY SPORT & LEISURE COMPLEX 16555 Fraser Highway 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 Saturday 5:30am -9:30pm Sunday 6:00am -9:30pm

Weight Room:

Monday to Friday 5:30am-9:30pm Saturday & Sunday 7:00am-8:00pm

Childminding:

Babies welcome. Parents must stay on-site while child in care.

8:45am-12pm 5:45pm-8:45pm Μ 8:45am-12pm 5:45pm-8:45pm 8:45am-1pm W Th 5:45pm-8:45pm 8:45am-12pm 5:45pm-8:45pm 8:45am-1pm Sa Closed 8:45am-12pm 8:00am to 8:00pm Holidavs

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 Dumbells 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: October - June There is no MYzone at this facility. The

closest facility is:

Fleetwood **Community Centre** M to Th 3pm-6pm

Youth Services: Seniors Services: Skate park

There is no dedicated Senior's Lounge at this facility. The two closest are.

Fleetwood **Community Centre** Guildford **Recreation Centre**

15105 105 Avenue

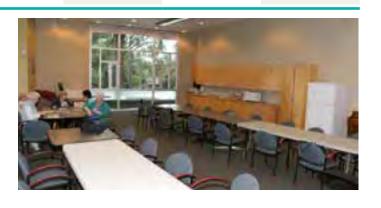
FACILITY Rentals www.surrey.ca/rentals

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.

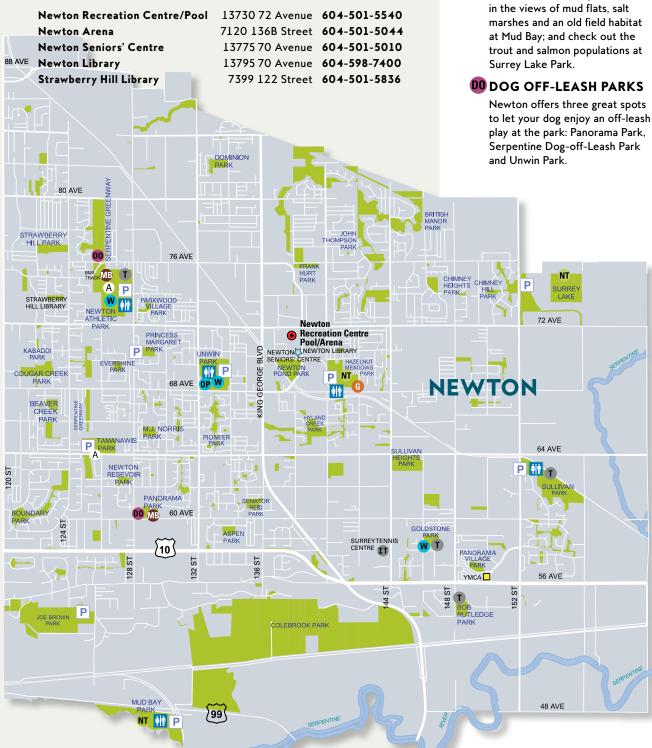




Welcome

Explore more than 60 parks and the many outdoor recreation opportunities in Newtonfrom 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



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 I.6 kilometre nature trail at Hazelnut Meadows Community Park; take

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.

MBMOUNTAIN 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.

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

OUTDOOR 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.

II INDOOR COURTS

Newton is home to the new Surrey Tennis Centre featuring six-year round in courts and six outdoor clay courts. For information and to register for tennis programs, call 778-59I-2880 or visit www.surreytenniscentre.com



RECREATION CENTRES



COMMUNITY HALLS & CENTRES



ARTIFICIAL TURF FIELDS



VEHICLE PARKING

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	24 - 45
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Fitness & Wellness	55 - 60
Arts & Congral Interest	61 75

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

Community Centre

15996 84 Avenue

FACILITY Amenities

6:00am-9:00pm

8:00am-9:00pm

8:00am-8:00pm

6:00am-9:00pm

6:00am-9:30pm

8:00am-8:00pm

9:00pm-10:00pm

9:00am-11:30am

Friday

Saturday Sunday/Holidays

Mon, Wed, Fri, Sat

Tuesday/Thursday

Monday-Friday

Sunday M & W Women's Only

Childminding Hours

Arena Hours of Operation:

NEWTON RECREATION CENTRE 13730 72 Avenue 604-501-5540

Score hoard with

flexible scoring and

2 Multipurpose rooms

Wheel chair accessible

Skate & Helmet rental/

4 Multi-use dressing

timing capabilities

1 Meeting room

on ground level

rooms

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

gyiiiiastics and kai	baddi. Tilis idily i	accessible facility of	crs registered and d	TOP-III programs for V	everyone in the conin	idility from presente	or to semors.	
Hours of Operation	1	Pool:	Arena:	Gymnasium:	Fitness Studio:	Preschool:	Youth Services:	Seniors Services:
Monday/Wednesday Tuesday/Thursday	6:00am-10:00pm 6:00am-9:30pm	Wave pool	Newton Arena 7120 136B Street	One	19 bikes, exercise balls, bender balls, steps,	1 preschool classroom for licensed year-long	Youth Drop-in Thursday 5pm-8	There is no seniors pm space at this facility.
Friday/Saturday	6:00am-9:00pm	Water slides (both enclosed & open)	across the parking lot	Weight Room:	resistance bands, free	preschool	Saturday 5pm-7	pm The two closest
Sunday/Holidays	8:00am-8:00pm	Interactive Water	1 sheet of ice	8,000 square foot	weights	Outdoor play ground	Pre-teen Drop-in	seniors' spaces are:
Pool Hours of Oper		Feature with Spray Cannons	17,000 square feet of exhibit space	fitness areas with the latest in cardio	17 TRX training stations		Thursday 5pm-8 Saturday 5pm-7	pm Newton pm Seniors' Centre
Monday/Wednesday Tuesday/Thursday Friday	6:00am-8:00pm 6:00am-9:30pm 6:00am-9:00pm	Tot Pool (1-2ft depth)	Bench seating for 150	& strength training equipment		MYzone: October - June		Fleetwood Community Centre

Personal training

available

5:30pm-8:30pm Monday-Thursday Skate Shop

NEWTON SENIORS' CENTRE 13775 70 Avenue 604-501-5010

Hot tub

Steam room

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

Hours of Operation:		Pool:	Arena:	Gymnasium:	Fitness Studio:	Preschool:	Youth Services:	Seniors Services:
Adults 55+ only hours	0.00 4.00	There is no pool at	There is no arena at	None	Fitness activities take	The closest preschool locations are:	There is no youth	Seniors Drop-in:
Monday to Friday Saturday	9:00am-4:00pm 12noon-4:00pm	this facility. The two closest pools are:	this facility. The two closest arenas are:	Weight Room:	place in the multi- purpose rooms.	Newton	centre at this facility. The two closest youth	Monday to Friday 9am-4pm
		Newton	Newton Arena	There is no weight		Recreation Centre	centres are:	Saturday 12noon-4pm
		Recreation Centre	7120 136B Street	room at this facility. The two closest are:		Cloverdale	Newton	
		Surrey Sport &	Surrey Sport &	Newton		Recreation Centre 6188 176 Street	Recreation Centre	Cafeteria
		Leisure Complex	Leisure Complex	Recreation Centre			Cloverdale	Lounge
		16555 Fraser Highway	16555 Fraser Highway	Surrey Sport &		MYzone: October - June	Recreation Centre 6188 176 Street	Auditorium with stage
				Leisure Complex		The closest facility is:	0100 110 011001	Activity room
				16555 Fraser Highway		,		Computer lab
						Newton Recreation Centre		Billiards
						necreation ocnice		Multi-purpose rooms
								Meeting Rooms

FACILITY Rentals www.surrey.ca/rentals

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.



3pm-6pm

M to F



Welcome

Cloverdale 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

Cloverdale Recreation Centre
Don Christian Rec Centre
Cemetery Services
Clayton Community Hall
Cloverdale Arena
Cloverdale Library
Cloverdale Mini Rec Centre
Surrey Archives
Surrey Museum

6188 176 Street 604-598-7960 6220 184 Street 604-592-6400 6348 168 Street 604-598-5770 18513 70 Avenue 604-502-6400 6090 176 Street 604-502-6410 17635 58 Avenue 604-502-6400 17671 56 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.

OP OUTDOOR POOLS

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

MOUNTAIN BIKING

Located at the northwest corner of Cloverdale Athletic Park, the Cloverdale 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

Cloverdale offers two actionpacked youth parks: The new Hazelgrove Park is home to a basketball court and Surrey's first purpose-built parkour course, while Cloverdale Youth Park features a sports plaza and bowl, a basketball/ball hockey court and outdoor social space.

00 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 I.25 hectares.

W WATER PARKS

Splash, play and picnic at one of two water parks featuring a variety of spray features, nearby tables and shelters. Located at Cloverdale Athletic Park and the new Hazelgrove Park, sprayers are activated by push buttons when it is warmer than 20 degrees Celsius.

T TENNIS COURTS

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





RECREATION CENTRES

₩ co

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.

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FACILITY Amenities

CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

Arena:

Cloverdale Arena

6090 176 Street

one block away

1 sheet of ice

Score board with

flexible scoring &

Cloverdale 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:

5:30am - 10:00pm Monday to Friday 7:00am - 8:00pm Saturday 7:00am - 8:00pm Sunday Statutory Holidays 7:00am - 8:00pm

Childminding Hours:

5:00pm - 8:00pm 5:00pm - 8:00pm 9:00am -11:00am 9:00am -11:00am 5:00pm - 8:00pm Th 5:00pm - 8:00pm

9:00am -11:00am 9:00am -11:00am Sa

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

Surrey Sport & Leisure Complex 16555 Fraser Highway

Grandview Heights

16855 24 Avenue

timing capabilities Bench seating for 250 4 multi-use dressing

> 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 nower mill Personal training available

Wheelchair accessible

Preschool:

2,000 square feet of 2 dedicated preschool fitness studio space classrooms Yoga mats, yoga blocks, stability balls

Fitness Studio:

resistance bands. Bosu

balls, step blocks

MYzone: October - June Tu, W, Th 3pm-6pm Alternate location: Clayton Elementary School 7541 184 Street

M, W, F

2:45pm-5:45pm

Youth Services:

Outdoor covered skate park Outdoor sports courts Lounge Drop-in 3nm-5nm

Monday Friday 3pm-10pm Saturday 4pm-8pm Sunday 4pm-8pm

Seniors Services: Seniors Drop-in:

9am-4pm

Monday to Friday

IDON CHRISTIAN RECREATION CENTRE

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

Grandview Heights 16855 24 Avenue

Arena:

There is no arena at this facility. The two

Cloverdale Arena 6090 176 Street

Surrey Sport & Leisure Complex 16555 Fraser Highway,

Gymnasium:

None

Surrey Sport &

16555 Fraser Highway

Weight Room:

There is no weight room at this facility. The two closest are:

Cloverdale **Recreation Centre**

Leisure Complex

Fitness Studio:

6220 184 Street 604-502-6400

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

Cloverdale Recreation Centre Surrey Sport & Leisure Complex

16555 Fraser Highway

Preschool:

2 dedicated preschool classrooms

MYzone:

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

Cloverdale Recreation Centre Clayton **Elementary School**

7541 184 Street

Youth Services:

Dron-in hours for preteens and pre-teen dances

Seniors Services:

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

Cloverdale Recreation Centre Fleetwood **Community Centre** 15996 84 Avenue

FACILITY Rentals www.surrey.ca/rentals

Cloverdale 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.

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

Surrey Museum 604-592-6956

Clayton Hall 604-502-6400

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





Welcome

Offering nearly 60 parks, playgrounds and oceanfront outdoor recreation areas, South Surrey offers 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.

Owr FACILITIES

South Surray		
South Surrey Recreation & Arts Centre	14601 20 Avenue	604-592-6970
Grandview Heights Aquatic Co	entre 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	604-591-4819
Historic Stewart Farm	13723 Crescent Road	604-592-6956
Kensington Prairie		
Community Centre	16824 32 Avenue	604-592-2606
Kwomais Point Park	1367 128 Street	604-591-4819
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	604-591-4819
SERP	ENTIME	

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,

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 Park Pump Track.

100 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.

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.

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:**

Aquatics24 - 45
Arenas 46 - 49
Sports 50 - 54
Fitness & Wellness 55 - 60
Arts & General Interest 61 - 75w

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 & ARTS CENTRE 14601 20 Avenue 604-592-6970

South Surrey Recreation & Arts Centre is open seven days a week and offers free parking, a café, childminding 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	οf	Operation:	
iivuis	UI	operation.	

6:00am - 10:00pm Monday to Friday Saturday and Sunday 8:00am - 8:00pm

Childminding Hours:

8:00am - 1:00pm 5:00pm - 8:00pm 5:00pm - 8:00pm 8:00am - 12noon W Th 8:00am - 12noon 5:00pm - 8:00pm 8:00am - 1:00pm 5:00pm - 8:00pm 8:00am - 11:45am

8:00am - 11:30am 8:00am - 11:30am

Pool:

There is no pool at this facility. The two

Grandview Heights Aquatic Centre

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

40+ pieces of cardio equipment Functional fitness weight training equipment Wide selection of

Personal training

Wheelchair accessible

8,000 sq. ft.

Gymnasium: 3

Weight Room:

weight machines and free weights (5-75 lbs) Stretching area

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: October - June Tu to F

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

Intergenerational garden

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.



Monday - Friday Saturday and Sunday 6:00am -10:00pm 6:00am - 9:00pm

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

Universal change

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 (3-75 lbs) Stretching area TRX, cables & pulleys for functional fitness

training

Fitness Studio:

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

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: Jan - June

Kensington Prairie 3pm-6pm **Grandview Heights** 3pm-6pm

Youth Services:

There is no youth space at thís facility. The closest youth

South Surrey Recreation Centre

Seniors Services:

There is no seniors space at this facility. The two closest

South Surrey Recreation Centre

Newton Seniors' Centre 13775 70 Avenue

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 and fitness programs for everyone in the community from preschool to seniors.

Hours of Operation:

Monday - Friday Saturday and Sunday 6:00am - 10:00pm 7:00am - 9:00pm

Pool:

people

rooms

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

4,100 square feet Cardio machines, upright bikes, recumbent bikes. Concept rowers, step machines, treadmills,

Weight Room:

ellipticals Weight machines, free weights (up to

90 lbs), 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 Cloverdale Recreation Centre

6188 176 Street

Preschool:

There is no preschool. The two closest preschool spaces are:

South Surrey Recreation Centre Kensington Prairie Community Centre 16824 32 Avenue

MYzone:

October - 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

FACILITY Rentals www.surrey.ca/rentals

Community Halls and Centres 604-591-4819

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

Beecher Place Elgin Hall

Beach front, kitchen facilities 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 604-536-8333

Multi-purpose rooms, a visual arts studio, gallery wall and pottery studio



HELP SHAPE SURREY.

Share your ideas to form the future of **parks**, **recreation** and **culture**.

www.surrey.ca/prcplan





June 3 Saturday

9am-1pm

Car Trunk Sale

It's a giant garage sale! Load up your cars, trucks and minivans with items you no longer need. Rent out your parking stall today! Don't miss out spaces fill up fast.

CLOVERDALE 1 Session Stall Only \$16 Stall and Table \$20 19yrs+

Sa 9:00am-1:00pm Jun 3 4518780 Cloverdale Recreation Centre

June 3 Saturday

Healthy Active Aging Conference

South Surrey Recreation & Arts Centre www.surrey.ca/seniors

Register early as all workshops are FREE and space is limited. A full listing of workshops available soon.

The Healthy Active Aging Conference is a collaborative, respectful, integrated and inclusive event that supports healthy, active aging and is a medium for continuing awareness and education of seniors' safety and the importance of healthy, active communities.

June 3 Saturday

10am-2pm

Discover Owls



Surrey Nature Centre

All ages

Drop-in to learn all about owls! Meet some live birds from the OWL Rehabilitation Society. Dissect an owl pellet and enjoy other fun activities all about these amazing animals.

June 4-10

BC Seniors' Week



www.surrey.ca/seniors

The Province has proclaimed BC Senior's Week an opportunity for communities to acknowledge and celebrate the diversity of our older population and to increase public awareness of their vital role in British Columbia. Check with your Town Centre to see events scheduled during this week.

June 17 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-thescenes 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.

June 17 Saturday

Father's Day Geocaching



Celebrate dad on a treasure hunt like no other! Navigate to specific Global Positioning System [GPS] coordinates and then attempt to find the hidden cache [container]. Afterwards join us for prizes and refreshments!

1 Session All ages
Sa 10:00am-11:30am Jun 17 4518703
Hawthorne Park - 10513 144 Street

Sa 2:00pm-3:30pm Jun 17 4518708 Bakerview Park - 1845 154 Street

June 18 Sunday

llam-3pm

Father's Day Open House



Historic Stewart Farm

All ages

Show Dad some fun this Father's Day as you hop aboard Pacific Trackless Trains and take a tour of the scenic grounds. Take in the Greater Vancouver Garden Railway Club's large scale train display, make a craft, grab coffee on the verandah and settle in for a family picnic.

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

Connect and share using your favourite social media tool. Get the latest alerts, and the information and help you need quickly and easily.



Facebook TheCityofSurrey



Twitter cityofsurrey



YouTube TheCityofSurrey

June 21 Wednesday

3pm-8pm

National Aboriginal Day Celebration



Bridgeview Community Centre

Come and share in drumming, dancing story-telling, face painting, children's games and activities as well as an opportunity to connect with and learn more about our local First Nations and Metis! This event also includes a FREE Community BBQ.

June 24 Saturday

llam-2pm

Park Play **Palooza**



Holly Park 10706 148 Street All ages partnersinparks@surrey.ca | 604-501-5050

Kick-off the start of Surrey's Park Play program with Palooza! Park Play is a free summer drop-in program for kids in parks across Surrey during July and August. Visit www.surrey.ca/events for Park Play program details and summer schedule.

June 28 - August 30

Sounds of Summer



Various times & locations All ages 604-501-5050 www.surrey.ca/events partnersinparks@surrey.ca

From Canadiana to Sitar and Tabla, join us Wednesdays for our FREE summer concert series in various parks across the City of Surrey. Please bring your own blankets or folding chairs to enjoy the performances. The schedule is listed on page 83.

June - September

Surrey Rides Event Series



Surrey Youth Parks

Skateboard, BMX and Scooter events that feature jams, demos and contests, and provide a safe competitive environment for local youth. Details at www.surrey.ca/surreyrides

July - August

Live 5-2-I-O Playboxes

BE ACTIVE and access sports equipment and games with Live 5-2-1-0 Playboxes located throughout Surrey. Simply unlock the box, enjoy the gear, return it when finished and have fun! Call 604-501-5100 or email beactive@surrev.ca to request an access code to unlock the box. The locations are listed in the Summer Day Camp insert on page 13.

July - August Saturday 2pm-3pm

Guided Nature Walks

Drop in

Surrey Nature Centre All ages 14225 Green Timbers Way 604-502-6065 www.surrey.ca/naturecentre

Join us for a family-friendly nature walk. Visit often to experience the seasonal changes along the trails of the Surrey Nature Centre and get to know the plants and wildlife who call this place home. Parent participation required for children age 13 years and under.

July - August Wed

6pm-8pm

Learn To Fish At Green Timbers

Learn where, when and how to catch fish! Join the Freshwater Fisheries Society of BC for a hands-on program about fish habitat and conservation. Participants are given time to fish in the lake and equipment is provided. Parent participation required. Call the Surrey Nature Centre to register 604-502-6065.

1 Session \$5/participant **Suggested donation**

Sugge	sted donation		5-15yrs
W	6pm-8pm	Jul 5	4541463
W	6pm-8pm	Jul 19	4541464
W	6pm-8pm	Aug 2	4541465
W	6pm-8pm	Aug 16	4541466

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

July - August Wed 5:30pm-7:30pm

Wild Wednesdays

Surrey Nature Centre

All ages 14225 Green Timbers Way 604-502-6065 www.surrey.ca/naturecentre

Visit us mid-week for a family nature break. Discover our natural surroundings and go at your own pace as you pick and choose from our themed activities. Bring a picnic to make an evening of your visit. Parent participation required for children age 13 years and under.

July - August Fridays

Friday Movie Nights In Cloverdale

Don Christian Recreation Centre July 7 & 21. August 4 & 18

Katzie Elementary School 6887 194A St. July 14 & 28, August 11 & 25

Bring your blankets, chairs and snacks for outdoor movie night! Activities start at 8pm, show starts at dusk. If it looks like rain, call Cloverdale Recreation Centre for event status 604-598-7960.

July 1 Saturday

10am-11pm

Surrey's Canada Day



www.surrey.ca/canadaday **Bill Reid Millennium Amphitheatre** 176 Street & 64th Avenue

Fun for the whole family!

July 1 Saturday llam-3pm

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 1&2 Sat & Sun

llam-7pm

Dominion Days Festival



Historic Stewart Farm

All ages

A pioneer spin on Canada 150! Bring your noisemakers for a callithumpian parade celebrating Canadian pride. Take in live music and entertainment as you sample the food trucks and watch the kids get their faces painted. Kick it old school with Surrey's own Re-enactors, win prizes in classic lawn competitions, and enjoy a fun day at the park.

July 4 & August 8

9:30am-11:30am

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.

NORT	H 1 Session F	ree	All Ages
Tu	9:30am-11:30am	Jul 4	452884
Tu	9:30am-11:30am	Aug 8	452884
Cit	y Hall		

July 4 - August 30

8am-4pm

Park Connect At Bear Creek Park

13750 - 88 Avenue **Monday to Friday**

All ages **Drop In**

www.surrey.ca/parkconnect 604-501-5050

Get connected to Bear Creek Park this summer. Care for, play in and discover your park through a variety of programs for all ages. Schedule online. Rain or shine. No programs on statutory holidays. Parent participation is required.

July 4 - August 30

Park Play **Drop In**



Various times & locations www.surrey.ca/parkplay

All ages 604-501-5050

Join Park Play staff this summer in your neighbourhood! Summer staff will be at 45 parks each week with free sports, games, and other inclusive activities for your community. *Schedule runs weekly. No programs on statutory holidays. The schedule is listed in the Summer Day Camps insert on page 8. Parent participation is required.

July - August

lpm-3pm

Seniors In The Park



55yrs+

Drop-in partnersinparks@surrey.ca

Meet new friends and enjoy weekly outdoor fun, such as guided nature walks, live music, active games, and more. Sessions run rain or shine. Themes vary weekly and by location.

BEAR CREEK PARK

13750 88 Avenue 604-501-5050 Wednesdays July 5-Aug 23

FRANCIS PARK

15951 83 Avenue 604-501-5050 Wednesdays July 5-Aug 23 HISTORIC STEWART FARM 13723 Crescent Road 604-592-6956 July 7-Aug 25

July Weekends

llam-3pm

Darts Hill Garden Strolls

July 8, 9, 16, 22, 23, 29, 30

Darts Hill Garden Park 1633 170 Street **Entrance by Donation** All Ages www.dartshill.ca 604-501-5050

partnersinparks@surrey.ca

Take a summer stroll through this plantsman's garden and discover rare and unusual trees and shrubs. Pathways are gravel with slight to steeper inclines.

SPECIAL EVENTS

July 8 Saturday

llam-3pm

Bridgeview Community Festival

Bridgeview Community Centre & Park

Join us in celebrating this unique community in North Surrey! There will be games, activities, community resource information as well as live music, face painting and a trackless train!

Jul 13, Aug 10

10am-2pm Thursday

Discovery Day

All ages **Surrey Nature Centre** 14225 Green Timbers Way 604-502-6065 www.surrev.ca/naturecentre

Kick start your nature adventure with a Nature Guide in our Sky Room stocked with books, puppets and natural materials for hands-on exploration. Play and learn, then head outside to extend your adventure with discoveries in the forest Parent participation required for children age 13 years and under.

July 13 & August 10

4:30pm-7pm

Summer Night BBQ

Enjoy a delicious BBQ with entertainment and raffle prizes!

NORTH 1 Session Member \$15.50 Non-member \$17.50 55yrs+ 4:30pm-7:00pm Jul 13 4541028 Th 4:30pm-7:00pm Aug 10 4541029

Chuck Bailey Recreation Centre

July 15 Saturday 12noon-4pm

Family Summer **Art Party**



All ages

Surrey Art Gallery surrey.ca/artgallery

Drop in to create, explore, and enjoy art with friends and family! Engage in activities that respond to the exhibitions, including hands-on artmaking workshops in a range of mediums, an art explorer game in the Gallery, and an interactive performance in the Studio Theatre. Everyone welcome. Children must be with an adult.

July 15 Saturday

llam-2pm

Car Trunk Sale

Load up your cars, trucks and minivans with items you want to sell. Join us for lemonade and road hockey. Rent out a parking spot today. Spaces fill up fast.

GUILDFORD \$5 for a parking spot 19yrs+ 11:00am-2:00pm Jul 15 4547284 **Guildford Recreation Centre parking lot**

July 15 Saturday

lpm-4pm

Discovery Saturdays

Surrey Museum All ages, by donation

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

FIBRE ARTS & CRAFTS

Get your hands on all things fibre as you try real looms and spinning wheels, take in demonstrations, and make take-home textile crafts.

July 7-17

2017 Canada Cup International Softball Championship

www.canadacup.com

July 22, 23

11am-10pm



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!

July 26 & August 23

10:30am-12:30pm

Hot Lunch

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

NORTH 55yrs+ 1 Session \$7.50 10:30am-12:30pm Jul 26 4540974 10:30am-12:30pm Aug 23 4540975 **Chuck Bailey Recreation Centre**

July 27 Thursday

10am-12pm

Fun In The Sun Picnic



All ages

Drop-in

604-501-5050

Sunnyside Park 15455-26 Avenue www.surrey.ca/parkplay

Drop-in and race through an obstacle course, play mini-golf, and enjoy other family friendly fun with Park Play! Pack a picnic and make it a day at the park. Rain

July 29 Saturday

lpm-4pm

Métis Celebration

Surrey Museum All ages, by donation

Fly the oldest flag in Canada, try some bannock, watch a traditional finger weaver and enjoy fiddle music as we celebrate Canadian Métis heritage.

July 29 Saturday

Movie Night In Fleetwood

Fleetwood Recreation Centre

Bring your blankets, chairs and snacks for outdoor movie night! Activities start at 8pm, show starts at dusk. If it looks like rain, call Fleetwood Community Centre for event status 604 501 5032.

July 29 Saturday

11am-3pm

South Surrey **Community Festival**

South Surrey

Recreation & Arts Centre All ages

Come and enjoy our festival, celebrating what South Surrey has to offer. Live entertainment, preschool play & craft zone, skateboard jam, local vendors, face painting, artisans, food fair, prize giveaways, and more!

August 12 Saturday

llam-3pm

Amazing Farm Scavenger Hunt



Historic Stewart Farm All ages

Bring a team of friends or family and join in this race around the Farm. From skilltesting questions to pioneer chores, see if you can beat last year's record holders. There's prizes and bragging rights to be won! Be sure to check-in at the welcome table by 2pm to ensure your spot.

August 14 Monday

6:45pm-8:15pm

Great Gatsby Coffee & Dessert Night

Join us for a night in the 1920's and relive the Jazz Age with a live performance by the Beauty Shop Dolls. Put on your dancing shoes and enjoy music from the 20's to 40's. Sit back and listen to the tunes while sipping on cup of coffee and indulging in sweet treats. Don't forget to wear your Gatsby themed costume for a chance to win a prize!

GUILDFORD 1 Session Member \$22 Non-member \$17 55vrs+

6:45pm-8:15pm Aug 14 4530299 **Guildford Recreation Centre**

August 18 Friday

Surrey Youth Fest: Seeking Youth **Performers**

Deadline: Friday, August 18, 2017 **Guildford Recreation Centre**

Perform at the City's largest youth event of the year. Opportunities for Surrey youth musicians, singers, dancers, spoken word artists and other live performers. Details at www.surrey.ca/youthfest

August 31 Thursday

llam-2pm



Splash Bash Wrap-Up Picnic **Unwin Park**

13313-68 Avenue www.surrey.ca/parkplay

Drop-in 604-501-5050

All ages

Celebrate the end of Park Play with outdoor sports, games, and music! Don't forget your bathing suit to cool off in the spray park after! Rain or shine.





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

- 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 7 days 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 15 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 s 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 (Prices are listed for 2 hour party option)
- · 15 minutes of room set-up and clean-up before and after party

3-12 years

Kitchen access and activity appropriate party room

SPORTS

\$121 up to 12 children 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

up to 12 children \$187 13-24 children

Locations: F, SS, CH

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

\$218 up to 24 children

Locations: B, CB, DC

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

MINI-GYM

2-5 years

3-9 years

\$152 up to 12 children 13-24 children

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

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

MUSIC

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

\$175.50 up to 24 children Team affiliation proof required.

Locations: 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.

Nature

4-12 years

\$121 up to 12 children up to 24 children \$187

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 activities

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

\$15/child birthday child is free Must pre-book at 604-592-6956.

We offer birthday parties in one-of-akind 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 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

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 I2 Children \$338.50 I3-24 Children [SSA only]

Locations: 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 cleanup before and after party
- Activities led by an activity leader on the ice
- Fridge access

• Skate/helmet rentals for children only.

Pool Parties

What's Included?

- Unlimited swimming during leisure swim
- Reserved birthday area on
- · Tables and chairs set up

deck for 2 hours

- A birthday sign
- Standard pool amenities
- Access to party area 15 minutes before and after party for setup and clean-up
- Client to provide: food, utensils, decorations
- · Party leader available for extra cost

Children under 7 must be within arm's reach of an adult in the water. There must be at least 1 adult for every 3 children in the pool.

 There may be age and height restrictions for the use of the waterslides, and diving boards. Please discuss with the individual pools before booking your party.

STANDARD AMENITIES:

\$94.50 up to 12 children

Extra fees: \$3.25 per extra child (up to 24 children total) \$63.50 for 2 hour leader

Locations: SSIP, NSIP

- Hot tubs
- Diving board(s)
- · Rope swing

ENHANCED AMENITIES*

\$152 up to I2 children

Extra fees: \$3.50 per extra child

(up to 24 children total) \$63.50 for 2 hour leader

Locations: SSLC, G, GH, N

- Waterslide(s) (available intermittently)
- Water play features
- · Lazy River or waves
- Inflatable toys (available intermittently)
- Hot tubs
- . Diving boards (not at Newton)

Pa	ties at a glance	SPORTS	DANCE	BOUNCY CASTLE	MINI-GYM	NATURE	HERITAGE	MUSIC Party	TEAM WRAP-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
В	BRIDGEVIEW COMMUNITY CENTRE 604-598-7929 11475 126A Street	>		✓								
С	CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street	<			\				✓			
СВ	CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A Avenue	>		✓	✓				✓			✓
СН	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.



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 I6555 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 22 - 23.

Swim Lessons FOR ALL

From tots to adults, we have lessons for all ages and abilities. Lessons are scheduled every $\frac{1}{2}$ 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 - 2

Is your 8 to 13 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.

Aquatic Leadership

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

*Adapted programs are not offered during the summer July/August.



The Recreation Passcard is mandatory and free of charge.

Aquatic Iitness

CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE 3 - MODERATE 4 - MODERATE HIGH 5 - HIGH						
CLASS	LEVEL	POOL	DESCRIPTION			
Water Walking	1/2	GH, G, SSLC, SSIP	A low impact class using walking movements to improve your balance, posture and strength.			
Gentle Joints	1/2	GH, G, SSLC, NSIP, SSIP	A no impact class using gentle movements and light cardio to help improve your balance and range of motion.			
Deep Water Aqua	3/4	GH, G, SSLC, NSIP, SSIP	A no impact workout developing cardio, strength and endurance. Float belts provided.			
Shallow Water Aqua	3/4	GH, G, NSIP, N, SSLC, SSIP	A higher impact workout developing cardio, strength and endurance.			
Deep Water Running	4	SSIP	A no impact workout focusing on running drills to enhance endurance through interval training. Great cross training for runners. Floats belts provided.			
Performance Swim Training	4/5	SSIP, NSIP, SSLC	Improve your swim strokes and endurance through interval training and stroke drills. Great for all levels of swimmers. Must be able to swim 25m.			
Aqua Bootcamp	4/5	GH, G, SSLC	A higher impact workout focusing on intense interval training developing cardio, power and speed.			
Mom and Baby Aqua	2/3	GH	A low impact exercise class performed in warm water. A great way to interact with baby.			
GH Grandview Heights N Newton Wave Pool G Guildford SSLC Sport & Leisure NSIP North Surrey Pool SSIP South Surrey Pool		SSLC Sport & Leisure	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 4 - September 4				
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
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 - 9:00pm	6:00am -10:00pm	8:30am - 9:00pm	8:00am -7:30pm	9:00am - 8:00pm	6:00am - 6:00pm
Length Swim (50m)		6:00am -7:30am		6:00am - 7:30am	8:30pm -10:00pm	6:00am - 8:00am	
Public Swim	6:00am - 8:30am 1:00pm - 3:00pm 7:30pm - 10:00pm	6:00am - 8:00pm	6:00am - 9:00am 1:00pm - 4:00pm	6:00am - 9:00am 1:00pm - 6:00pm			
Public Swim Limited pool space	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		9:00am -1:00pm 4:00pm - 8:00pm	9:00am -1:00pm 6:00pm - 8:00pm <i>No lanes from 6-8pn</i>
Youth Oriented Swim					8:00pm -10:00pm		
Diving Boards (Open intermittently)	1:00pm - 4:00pm 7:30pm - 9:00pm	1:00pm - 4:00pm 7:00pm - 9:00pm	1:00pm - 4:00pm 7:30pm - 9:00pm	1:00pm - 4:00pm 7:00pm - 9:00pm	1:00pm -10:00pm	1:00pm - 8:00pm	1:00pm - 6:00pm
Waterslide (Open intermittently)	1:00pm -10:00pm	1:00pm-10:00pm	1:00pm -10:00pm	1:00pm -10:00pm	1:00pm -10:00pm	1:00pm - 8:00pm	1:00pm - 8:00pm
Free Swim Lessons							1:00pm -1:30pm 1:30pm - 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								
8:00am - 9:00am		8:00am - 9:00am						
7:00am -8:00am		7:00am - 8:00am		8:00am - 9:00am				
11:00am -11:45am		11:00am -11:45am		10:45am -11:30am				
	11:00am-11:45am		11:00am -11:45am					
7:30pm - 8:30pm	8:30am - 9:30am 7:30pm - 8:30pm	7:30pm - 8:30pm	8:30am - 9:30am 7:30pm - 8:30pm	9:00am - 10:00am				
	8:00am - 9:00am 7:00am -8:00am 11:00am -11:45am	8:00am - 9:00am 7:00am -8:00am 11:00am -11:45am 11:00am -11:45am 8:30am - 9:30am	8:00am-9:00am 7:00am-8:00am 7:00am-8:00am 11:00am-11:45am 11:00am-11:45am 8:30am-9:30am 7:30am-8:30am	8:00am - 9:00am 8:00am - 9:00am 7:00am - 8:00am 7:00am - 8:00am 11:00am - 11:45am 11:00am - 11:45am 11:00am - 11:45am 11:00am - 11:45am 8:30am - 9:30am 7:30am - 8:30am 8:30am - 9:30am 8:30am - 9:30am	8:00am-9:00am 8:00am-9:00am 7:00am-8:00am 7:00am-8:00am 11:00am-11:45am 11:00am-11:45am 11:00am-11:45am 11:00am-11:45am 7:30pm-8:20pm 8:30am-9:30am 7:30pm-9:30am 7:30pm-8:30am 8:30am-9:30am 0:00am-10:00am	8:00am-9:00am 8:00am-9:00am 7:00am-8:00am 7:00am-8:00am 11:00am-11:45am 10:45am-11:30am 11:00am-11:45am 11:00am-11:45am 8:30am-9:30am 7:30am-8:30am 8:30am-9:30am 8:30am-9:30am		

Schedules Subject to Change.

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

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 <i>Aug 1:30pm-7:30pm</i>	6:00am - 9:00am 12:30pm - 4:00pm <i>Limited pool space</i> <i>6:00pm - 7:30pm</i>	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 7:30pm <i>Aug 1:30pm - 7:30pm</i>	6:00am - 9:00am 12:30pm - 4:00pm <i>Limited pool space</i> <i>6:00pm - 7:30pm</i>	6:00am - 9:00am 1:30pm - 4:00pm 6:00pm - 9:00pm <i>Aug 1:30pm-9:00pm</i>	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 - 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			
/alue Swim Times	8:00am - 3:00pm	6:00am - 9:00am 8:30pm - 10:00pm <i>9:00pm - 10:00pm</i> <i>women's only</i>	8:00am - 3:00pm 6:00pm - 7:30pm	6:00am - 9:00am 8:30pm - 10:00pm <i>9:00pm - 10:00pm</i> <i>women's only</i>	11:30pm-1:30pm 6:00pm-9:00pm	7:00am - 9:00am 8:00pm - 9:00pm teens only	8:00am - 9:00am
	6:30pm -7:00pm		6:30pm -7:00pm			1:00pm -1:30pm	
ree Swim Lessons	Regist		ore the scheduled start time nder the age of 7 must be a		come first serve basis. Pub essons do not run on long v		apply.

AQUATIC FITNESS SCHEDULE							
Shallow Water Aqua	8:00am -9:00am	8:15am -9:00am	8:00am -9:00am	8:15am -9:00am	8:00am -9:00am	8:15am - 9:00am	
Deep Water Aqua		8:15am - 9:00am		8:15am - 9:00am			
Shallow Water Aqua	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm			
Gentle Joints	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 SCH	DULE						
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	5:30am - 9:30pm	7:00am - 8:00pm	7:00am - 8:00pm				
Public Swim (all pools)	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 -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	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				
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						
Diving Boards - Open intermittently between	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 - 9:30pm	1:00pm - 9:30pm				
Value Swim	11:00am - 3:00pm	_					
Free Swim Lessons		1:00pm -2:00pm			<u> </u>		<u> </u>

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.

AQUATIC FITNESS SCHEDULE							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shallow Water Aqua	8:00am - 9:00am 7:30pm - 8:30pm	6:00am - 7:00am 7:30pm - 8:30pm	8:00am-9:00am 7:30pm-8:30pm	6:00am - 7:00am 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		
Aqua Bootcamp		8:00am - 9:00am		8:00am - 9:00am		8:00am - 9:00am	
Water Walking		10:30am - 11:15am		10:30am - 11:15am			
Gentle Joints	10:30am - 11:15am		10:30am - 11:15am		10:30am - 11:15am		

NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue

AQUATIC SWIM S	CHEDULE				S	chedule Effective Jul	y 3 - September 2
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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
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	1:00pm - 4:30pm 7:00pm - 8:30pm	1:30pm - 8:00pm	1:00pm - 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 Limited Pool Access (1 lane) Lesson Break Time	*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* Limited pool space		
Women's Only Swim & Lessons	8:00pm - 9:30pm Plus Weight Room		8:00pm - 9:30pm Plus Weight Room			6:00am - 7:45am Plus Aquacise	
AQUATIC FITNES	S 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		

^{*}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

AQUATIO	AQUATIC SWIM SCHEDULE Schedule Effective July 4 - September 2								
PROGRAI	М	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Weight Room	& Cardio	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	6:00am - 10:00pm	7:00am -9:00pm	7:00am-9:00pm	
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	
	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	
Public Swim	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 (+ p		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						
Shallow Water Aqua	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 Bootcamp		8:00pm - 8:45pm		8:00pm - 8:45pm	10:15am -11:15am		
Deep 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 Swim Training 13yrs+*		8:00pm - 9:00pm		8:00pm - 9:00pm			

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.

Deep Water Aqua

Water Walking

GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue

AQUATIC SWIM SCI	AQUATIC SWIM SCHEDULE								
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 - 8:00pm		
Length Swim (50m)	6:00am - 7:30am		6:00am - 7:30am		6:00am - 7:30am				
Diving Boards & Platforms*	1:30pm - 3:30pm 7:15pm - 9:30pm	1:30pm - 3:30pm	1:30pm - 3:30pm 7:15pm - 9:30pm	1:30pm - 3:30pm	11:00am - 4:30pm 7:15pm - 9:00pm	1:30pm - 8:00pm	1:30pm - 8:00pm		
Water Slides*	11:00am - 9:00pm	11:00am - 9:00pm	11:00am - 9:00pm	11:00am - 9:00pm	11:00am - 9:00pm	11:00am - 8:00pm	11:00am - 8:00pm		
Inflatable AquaTrack+						2:00pm-8:00pm ⁺			
AQUATIC FITNESS	CHEDULE								
Shallow Water Aqua	8:10am - 8:55am		8:10am - 8:55am		8:10am - 8:55am	7:45am - 8:45am	8:00am - 8:45am		

^{*}Diving boards and water slide are open intermittently between listed times. +Only on the last Saturday of every month.

7:00am - 7:45am

7:55am - 8:55am

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.

7:00am - 7:45am

7:55am - 8:55am

8:00pm - 8:45pm

9:00am - 10:00am

SPECIAL Swims

8:00pm - 8:45pm

9:00am - 10:00am

GH	GRANDVIEW HEIGHTS AQUATIC CENTRE 604-590-7800 16855 24 Avenue
G	GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue
N	NEWTON RECREATION CENTRE 604-501-5540 13730 72 Avenue
NSIP	NORTH SURREY RECREATION CENTRE 604-502-6302 10275 City Parkway
SSIP	SOUTH SURREY POOL 604-502-6220 14655 17 Avenue
SSLC	SURREY SPORT & LEISURE 604-501-5950 16555 Fraser Highway

Canada Day Fun Swim

Come enjoy a public swim with all things Canadian, Eh!

Regular Admission Applies	All Ages		
G, N, NSIP, SSIP			
Saturday, Jul 1	1:30pm-4:00pm		
SSLC			
Sunday, Jul 2	3:00pm-6:00pm		

National Drowning Prevention Week!

All week during our afternoon Public Swims! Have fun while learning how to stay safe in, on and around the water this summer! Learn swim and rescue skills through our FUN activities!

Regular Admission Applies	All Ages
ALL POOLS	
July 15-22	1:30pm-4:00pm

Mid-Summer Splashdown! BC Day Weekend

What better way to spend a midsummer day than having FUN at the pool? Bring your friends and family for games, fun, and more!

Regular Admission Applies	All Ages
SSLC	
Sunday, August 6	3:00pm-6:00pm
G, N, NSIP, SSIP	
Monday August 7	1:30nm-4:00nm

Last Summer Splash

Come to the pools with your friends and make one more splash before summer ends.

Regular Admission Applies	All Ages
NSIP, N	
Wednesday, August 30	1:30pm-4:00pm
G	
Saturday, September 2	1:30pm-4:00pm
SSLC	
Sunday, September 3	3:00pm-6:00pm
SSIP	
Monday, September 4	1:30pm-4:00pm

Summer FUN Swims!

Come make a splash during public swim! Enjoy our pool features and toys. Games and activities daily!

Regular Admission Applies	All Ages
G, N, NSIP, SSIP	
M-F, July 4 - September 1	1:30pm-4:00pm
SSLC	
M-F July 4 - Sent 1	1:00nm-3:00nm



Parent Participation

Family Lessons

8:55am - 9:55am

10:15am -11:15am

9:00am - 10:00am

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 \$	333	3yrs+
Sa-Su	10:30am-11:00am	Jul 8	4535638
M-Th	10:00am-10:30am	Jul 17	4535639
M-Th	5:30pm-6:00pm	Jul 17	4535640
M-Th	10:00am-10:30am	Aug 14	4535643
M-Th	5:30pm-6:00pm	Aug 14	4535645
NORTH	7 Sessions S	28.75	3yrs+
Tu-Th, I	VI 10:00am-10:30aı	m Jul 4	4531373
Tu-Th, I	VI 5:30pm-6:00pm	Jul 4	4535637
M-Th	10:00am-10:30am	Jul 31	4535642
M-Th	5:30pm-6:00pm	Jul 31	4535644
NORTH	6 Sessions S	24.75	3yrs+
Sa-Su	10:30am-11:00am	Aug 12	4535641
Norti	h Surrey Recreation	Centre	

Red Cross 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.

FLEETV	VOOD	8 Sessions S	33	4-36mos
F	8:30a	m-9:00am	Jul 7	4537340
F	11:00	am-11:30am	Jul 7	4537341
Sa-Su	11:30	am-12noon	Jul 8	4537358
M-Th	8:30a	m-9:00am	Jul 17	4536809
M-Th	11:00	am-11:30am	Jul 17	4536810
M-Th	6:30p	m-7:00pm	Jul 17	4536811
M-Th	8:30a	m-9:00am	Aug 14	4538408
M-Th	11:00	am-11:30am	Aug 14	4538409
M-Th	6:30p	m-7:00pm	Aug 14	4538410
FLEETV	VOOD	7 Sessions S	28.75	4-36mos
Tu-Th,	M 8:30)am-9:00am	Jul 4	4536589
Tu-Th,	M 11:0	00am-11:30a	m Jul 4	4536590
Tu-Th,	M 6:30)pm-7:00pm	Jul 4	4536591
Sa	10:45	am-11:15am	Jul 8	4537525
Su	10:45	am-11:15am	Jul 9	4537610
M-Th	8:30a	m-9:00am	Jul 31	4537914
M-Th	11:00	am-11:30am	Jul 31	4537915
M-Th	6:30p	m-7:00pm	Jul 31	4537916
FLEETV	VOOD	6 Sessions S	24.75	4-36mos
Sa-Su	11:30	am-12noon	Aug 12	4537506
FLEETV	VOOD	5 Sessions S	20.50	4-36mos
M-F	8:30a	m-9:00am	Aug 28	4539464
M-F	11:00	am-11:30am	Aug 28	4539465
M-F	6:30p	m-7:00pm	Aug 28	4539466
Spor	t & Lei	sure Aquatic	s	

GUILDF	ORD	8 Sessions	\$33	4-36mos
Sa-Su	9:00aı	m-9:30am	Jul 8	4532034
Sa-Su	11:00a	am-11:30am	Jul 8	4532035
M-Th	10:00a	am-10:30am	Jul 17	4532028
M-Th	12noc	n-12:30pm	Jul 17	4532029
M-Th	6:30pi	m-7:00pm	Jul 17	4532030
M-Th	10:00a	am-10:30am	Aug 14	4532031
M-Th	12noc	n-12:30pm	Aug 14	4532032
M-Th	6:30pi	m-7:00pm	Aug 14	4532033
GUILDF	ORD	7 Sessions	\$28.75	4-36mos
Tu-Th,	M 10:0	0am-10:30a	m Jul 4	4532036
Tu-Th,	M 12n	oon-12:30pr	n Jul4	4532037
Tu-Th,	M 6:30	pm-7:00pm	Jul 4	4532038
M-Th	10:00	am-10:30am	Jul 31	4532039
M-Th	12noc	n-12:30pm	Jul 31	4532040
M-Th	6:30pi	m-7:00pm	Jul 31	4532041
GUILDF	ORD	6 Sessions	\$24.75	4-36mos
Sa-Su	9:00aı	m-9:30am	Aug 12	4532042
Sa-Su	11:00a	am-11:30am	Aug 12	4532043
Guile	dford R	ecreation Co	entre	

NEWT0	N 8 Sessions \$	33	4-36mos
M-Th	9:30am-10:00am	Jul 3	4539191
M-Th	10:30am-11:00am	Jul 3	4539192
Tu, Th	6:30pm-7:00pm	Jul 4	4543602
Sa-Su	9:30am-10:00am	Jul 8	4539939
M-Th	9:30am-10:00am	Jul 17	4539930
M-Th	10:30am-11:00am	Jul 17	4539931
Tu, Th	6:30pm-7:00pm	Aug 1	4543603
M-Th	9:30am-10:00am	Aug 14	4539934
M-Th	10:30am-11:00am	Aug 14	4539935
NEWT0	N 7 Sessions \$	28.75	4-36mos
M-Th	9:30am-10:00am	Jul 31	4539932
M-Th	10:30am-11:00am	Jul 31	4539933
NEWT0	N 6 Sessions \$	24.75	4-36mos
Sa-Su	9:30am-10:00am	Aug 12	4539940
NEWT0	N 4 Sessions \$	16.50	4-36mos
M-Th	9:30am-10:00am	Aug 28	4539937
M-Th	10:30am-11:00am	Aug 28	4539938
New	ton Recreation Cen	tre - Wa	ve Pool

NORTH	8 Sessions S	33	4-36mos
Tu, Th	6:00pm-6:30pm	Jul 4	4533845
F	10:00am-10:30am	Jul 7	4533849
Sa-Su	11:00am-11:30am	Jul 8	4533851
M-Th	11:00am-11:30am	Jul 17	4533852
M-Th	12noon-12:30pm	Jul 17	4533853
M-Th	5:30pm-6:00pm	Jul 17	4533855
Tu, Th	6:00pm-6:30pm	Aug 1	4533856
M-Th	11:00am-11:30am	Aug 14	4533862
M-Th	12noon-12:30pm	Aug 14	4533863
M-Th	5:30pm-6:00pm	Aug 14	4533864
NORTH	7 Sessions S	28.75	4-36mos
	7 Sessions 5 M 10:30am-11:00ai		4-36mos 4531307
Tu-Th,		m Jul 4	
Tu-Th, Tu-Th,	M 10:30am-11:00ai	m Jul 4	4531307
Tu-Th, Tu-Th,	M 10:30am-11:00ai M 11:30am-12noor	m Jul 4 n Jul 4 Jul 4	4531307 4533843
Tu-Th, Tu-Th, Tu-Th,	M 10:30am-11:00ai M 11:30am-12noor M 5:30pm-6:00pm 10:30am-11:00am	m Jul 4 1 Jul 4 Jul 4 Jul 31	4531307 4533843 4533844
Tu-Th, Tu-Th, Tu-Th, M-Th	M 10:30am-11:00ai M 11:30am-12noor M 5:30pm-6:00pm 10:30am-11:00am	m Jul 4 1 Jul 4 Jul 4 Jul 31	4531307 4533843 4533844 4533859
Tu-Th, Tu-Th, Tu-Th, M-Th M-Th	M 10:30am-11:00ai M 11:30am-12noor M 5:30pm-6:00pm 10:30am-11:00am 11:30am-12noon	m Jul 4 1 Jul 4 Jul 31 Jul 31 Jul 31 Jul 31	4531307 4533843 4533844 4533859 4533860
Tu-Th, Tu-Th, Tu-Th, M-Th M-Th M-Th	M 10:30am-11:00ai M 11:30am-12noor M 5:30pm-6:00pm 10:30am-11:00am 11:30am-12noon 5:30pm-6:00pm	m Jul 4 1 Jul 4 2 Jul 4 3 Jul 31 3 Jul 31 3 Jul 31 3 Jul 31	4531307 4533843 4533844 4533859 4533860 4533861 4-36mos
Tu-Th, Tu-Th, Tu-Th, M-Th M-Th M-Th M-Th	M 10:30am-11:00ai M 11:30am-12noor M 5:30pm-6:00pm 10:30am-11:00am 11:30am-12noon 5:30pm-6:00pm 6 Sessions S	m Jul 4 1 Jul 4 2 Jul 4 3 Jul 31 3 Jul 31 3 Jul 31 3 Jul 31	4531307 4533843 4533844 4533859 4533860 4533861 4-36mos

8 Sessions \$33

4-36mos

SOUTH

M-Th	10:00am-10:30am	Jul 17	4539765
M-Th	10:30am-11:00am	Jul 17	4539766
M-Th	11:00am-11:30am	Jul 17	4539767
M-Th	12noon-12:30pm	Jul 17	4539769
M-Th	4:00pm-4:30pm	Jul 17	4539770
M-Th	4:30pm-5:00pm	Jul 17	4539772
M-Th	5:00pm-5:30pm	Jul 17	4539773
M-Th	6:00pm-6:30pm	Jul 17	4539774
M-Th	10:00am-10:30am	Aug 14	4539870
M-Th	10:30am-11:00am	Aug 14	4539871
M-Th	11:00am-11:30am	Aug 14	4539872
M-Th	12noon-12:30pm	Aug 14	4539873
M-Th	4:00pm-4:30pm	Aug 14	4539874
M-Th	4:30pm-5:00pm	Aug 14	4539875
M-Th	5:00pm-5:30pm	Aug 14	4539876
M-Th	6:00pm-6:30pm	Aug 14	4539877
SOUTH			4-36mos
	M 10:00am-10:30ai		4539680
	M 10:30am-11:00ai		4539681
	M 11:00am-11:30ai		4539682
	M 12noon-12:30pm		4539683
	M 4:00pm-4:30pm	Jul 4	4539684
	M 4:30pm-5:00pm	Jul 4	4539685
	M 5:00pm-5:30pm	Jul 4	4539686
	M 6:00pm-6:30pm	Jul 4	4539687
Sa	9:30am-10:00am	Jul 8	4539689
Sa	10:00am-10:30am	Jul 8	4539688
Sa		Jul 8	4539690
Sa	12noon-12:30pm	Jul 8	4539691
Sa	12:30pm-1:00pm	Jul 8	4539696
Su	9:30am-10:00am	Jul 9	4539758
Su	10:00am-10:30am	Jul 9	4539759
Su	11:00am-11:30am	Jul 9	4539760
Su	12noon-12:30pm	Jul 9	4539761
Su	12:30pm-1:00pm	Jul 9	4539762
M-Th	10:00am-10:30am	Jul 31	4539799
M-Th		Jul 31	4539800
M-Th		Jul 31	4539801
M-Th	12noon-12:30pm	Jul 31	4539852
M-Th	4:00pm-4:30pm	Jul 31	4539862
M-Th	4:30pm-5:00pm	Jul 31	4539863
M-Th	5:00pm-5:30pm	Jul 31	4539864
M-Th	6:00pm-6:30pm	Jul 31	4539869
SOUTH			4-36mos
M-F	9:30am-10:00am	Aug 28	4539878
M-F	10:30am-11:00am	Aug 28	4539880
M-F	11:30am-12noon	Aug 28	4539901
M-F	4:00pm-4:30pm	Aug 28	4539901
M-F	5:00pm-5:30pm	Aug 28	4539903
M-F	6:00pm-6:30pm	Aug 28	4539904
	o.oopiii-o.sopiii ndview Heights Aqu		
Giai		and Othi	

SOUTH	8 Sessions S	33	4-36mos
M-Th	11:30am-12noon	Jul 17	4540768
M-Th	11:30am-12noon	Jul 31	4540769
M-Th	11:30am-12noon	Aug 14	4540770
SOUTH	7 Sessions S	28.75	4-36mos
Tu-Th,	M 11:30am-12noor	ı Jul 4	4540767
Sa	10:00am-10:30am	Jul 8	4540772
Sa	10:30am-11:00am	Jul 8	4540773
Su	5:30pm-6:00pm	Jul 9	4540774
Su	6:00pm-6:30pm	Jul 9	4540775
SOUTH	5 Sessions S	20.50	4-36mos
M-F	11:30am-12noon	Aug 28	4540771
Sout	h Surrey Indoor Poo	ol	

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 chose from.

BEAR CREEK POOL 604-501-5154 13820-88 Avenue	MAY 15 - SEP 4
SUNNYSIDE POOL 604-502-6255 15455-26 Avenue	MAY 15 - SEP 4
GREENAWAY POOL 604-502-6257 1790 -60 Avenue	MAY 15 - SEP 4
HJORTH ROAD POOL 604-502-6256 10277-148 Street	JUL 1 - SEP 4
HOLLY POOL 604-502-6251 10662-148 Street	JUL 1 - SEP 4
KWANTLEN POOL 604-502-6252 13035-104 Avenue	JUL 1 - SEP 4
PORT KELLS POOL 604-888-8650 19340-88 Avenue	JUL 1 - SEP 4
UNWIN POOL 604-501-5156 133 3 - 68 Avenue	JUL 1 - SEP 4

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

All pools will take registration at their facility after July 1

LESSON SET DATES:

Summer Set I	10 sessions	JUL 3 - JUL 14
Summer Set 2	10 sessions	JUL 17 - JUL 28
Summer Set 3	10 sessions	JUL 31 - AUG 11
Summer Set 4	10 sessions	AUG 14 - AUG 25
Summer Set 5	10 sessions	AUG 28 - SEP 1



SURREY PRESCHOOL SWIM LESSONS HAVE SWITCHED 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 r		Register now into:	If your child ha		Register now into:
,	-	Preschool	4 -	Incomplete	
	Incomplete	1 Starfish 4-12 months Parented	A.	Complete	
Parent & Tot		2 Duck	9	Incomplete	
All ages 4-36 months		months Parented	E.	Complete	
	Complete	3 Sea Turtle 24-36	15	Incomplete	
		<mark>months</mark> Parented	W.	Complete	Swim Kids
Preschool 1	Incomplete	Preschool 4		Incomplete	Level 1
Barnacle Jarnacle	Complete	Sea Otter		Complete	
Preschool 2	Incomplete			Incomplete	
Hermit Crab	Complete	Preschool 5	(3)	moompiece	
Preschool 3	Incomplete	Salamander		Complete	
Flounder	Complete			Complete	
Preschool 4	Incomplete	Preschool 6	2004	Incomplete	
Sea Otter	Complete	Sunfish	-	Complete	
Preschool 5	Incomplete		- 40		Swim Kids Level 2
Rock Cod	Complete	Preschool 7	(0)	Incomplete	
Preschool 6	Incomplete	Crocodile		Complete	
Sea Lion	Complete	Comp		Complete	Swim Kids Level 3
Preschool 7	Incomplete	Preschool 8	(5)	Incomplete	
Orca Ores	Complete	Whale	28	Complete	Swim Kids Level 4

PARENTS & 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

Preschool

Red Cross 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 ageappropriate water safety skills. This class is un-parented.

is un-parented.			
FLEETW	/OOD 8 Sessions \$		3-5yrs
F	9:00am-9:30am	Jul 7	4537332
F	9:30am-10:00am	Jul 7	4537333
F	10:00am-10:30am	Jul 7	4537334
F	10:30am-11:00am	Jul 7	4537335
F	11:00am-11:30am	Jul 7	4537336
F F	11:30am-12noon	Jul 7	4537337
F	12noon-12:30pm 12:30pm-1:00pm	Jul 7	4537338
r Sa-Su	9:00am-9:30am	Jul 7 Jul 8	4537339 4537360
Sa-Su	9:30am-10:00am	Jul 8	4537361
Sa-Su	10:00am-10:30am	Jul 8	4537362
Sa-Su	10:30am-11:00am	Jul 8	4537363
Sa-Su	11:00am-11:30am	Jul 8	4537364
Sa-Su	11:30am-12noon	Jul 8	4537366
Sa-Su	12noon-12:30pm	Jul 8	4537367
Sa-Su	12:30pm-1:00pm	Jul 8	4537368
M-Th	9:00am-9:30am	Jul 17	4536822
M-Th	9:30am-10:00am	Jul 17	4536823
M-Th	10:00am-10:30am	Jul 17	4536824
M-Th	10:30am-11:00am	Jul 17	4536825
M-Th	11:00am-11:30am	Jul 17	4536828
M-Th	11:30am-12noon	Jul 17	4536831
M-Th	12noon-12:30pm	Jul 17	4536834
M-Th	12:30pm-1:00pm	Jul 17	4536837
M-Th	3:00pm-3:30pm	Jul 17	4536841
M-Th	3:30pm-4:00pm	Jul 17	4536848
M-Th	4:00pm-4:30pm	Jul 17	4536861
M-Th	4:30pm-5:00pm	Jul 17	4536862
M-Th	5:00pm-5:30pm	Jul 17	4536874
M-Th	5:30pm-6:00pm	Jul 17	4536875
M-Th	6:00pm-6:30pm	Jul 17	4536876
M-Th	6:30pm-7:00pm	Jul 17	4536877
M-Th M-Th	7:00pm-7:30pm	Jul 17	4536879
	9:00am-9:30am 9:30am-10:00am	Aug 14 Aug 14	4538411 4538412
M-Th M-Th	10:00am-10:30am	Aug 14 Aug 14	4538412
M-Th	10:30am-11:00am	Aug 14	4538415
M-Th	11:00am-11:30am	Aug 14	4538416
M-Th	11:30am-12noon	•	4538417
M-Th	12noon-12:30pm	Aug 14	4538418
M-Th	12:30pm-1:00pm	Aug 14	4538426
M-Th	3:00pm-3:30pm	Aug 14	4538427
M-Th	3:30pm-4:00pm	Aug 14	4538428
M-Th	4:00pm-4:30pm	Aug 14	4538429
M-Th	4:30pm-5:00pm	Aug 14	4538430
M-Th	5:00pm-5:30pm	Aug 14	4538431
M-Th	5:30pm-6:00pm	Aug 14	4538432
M-Th	6:00pm-6:30pm	Aug 14	4538436
M-Th	6:30pm-7:00pm	Aug 14	4538437
M-Th	7:00pm-7:30pm	Aug 14	4538439
FLEETW	/OOD 7 Sessions \$	58.75	3-5yrs
Tu-Th, I	M 9:00am-9:30am	Jul 4	4536609
Tu-Th, I		Jul 4	4536593
Tu-Th, I			4536594
Tu-Th, I			4536595
Tu-Th, I			4536596
Tu-Th, I			4536597
Tu-Th, I	•		4536598
Tu-Th, I			4536599
Tu-Th, I		Jul 4	4536600
Tu-Th, I		Jul 4	4536601
Tu-Th, I		Jul 4	4536602
Tu-Th, I	M 4:30pm-5:00pm	Jul 4	4536603

lu-Ih,		Jul 4	4536604
Tu-Th, I	M 5:30pm-6:00pm	Jul 4	4536605
Tu-Th, I	M 6:00pm-6:30pm	Jul 4	4536606
Tu-Th, I	M 6:30pm-7:00pm	Jul 4	4536607
Tu-Th, I	M 7:00pm-7:30pm	Jul 4	4536608
Sa	9:15am-9:45am	Jul 8	4537527
Sa	9:45am-10:15am	Jul 8	4537530
Sa	10:15am-10:45am	Jul 8	4537531
Sa	10:45am-11:15am	Jul 8	4537532
Sa	11:15am-11:45am		4537534
Sa	11:45am-12:15pm		4537542
Sa	12:15pm-12:45pm	Jul 8	4537543
Sa	12:45pm-1:15pm	Jul 8	4537544
Su	9:15am-9:45am	Jul 9	4537613
Su	9:45am-10:15am	Jul 9	4537614
Su	10:15am-10:45am	Jul 9	4537615
Su	10:45am-11:15am	Jul 9	4537616
Su	11:15am-11:45am	Jul 9	4537619
Su	11:45am-12:15pm		4537621
Su	12:15pm-12:45pm		4537623
Su	12:45pm-1:15pm	Jul 9	4537627
M-Th	9:00am-9:30am	Jul 31	4537917
M-Th	9:30am-10:00am	Jul 31	4537918
M-Th	10:00am-10:30am	Jul 31	4537921
M-Th	10:30am-11:00am	Jul 31	4537922
M-Th	11:00am-11:30am	Jul 31	4537923
M-Th	11:30am-12noon	Jul 31	4537924
M-Th	12noon-12:30pm	Jul 31	4537925
M-Th	12:30pm-1:00pm	Jul 31	4537926
M-Th	3:00pm-3:30pm	Jul 31	4537927
M-Th	3:30pm-4:00pm	Jul 31	4537928
M-Th	4:00pm-4:30pm	Jul 31	4537929
M-Th	4:30pm-5:00pm	Jul 31	4537930
M-Th	5:00pm-5:30pm	Jul 31	4537931
M-Th	5:30pm-6:00pm	Jul 31	4537932
M-Th	6:00pm-6:30pm	Jul 31	4537933
M-Th	6:30pm-7:00pm	Jul 31	4537934
M-Th	7:00pm-7:30pm	Jul 31	4537935
FLEETV	/OOD 6 Sessions \$	50.50	3-5yrs
Sa-Su	9:00am-9:30am	Aug 12	4537498
Sa-Su	9:30am-10:00am	Aug 12	4537499
Sa-Su	10:00am-10:30am	Aug 12	4537500
Sa-Su	10:30am-11:00am	Aug 12	4537501
Sa-Su	11:00am-11:30am	- 0	4537502
Sa-Su	11:30am-12noon	Aug 12	4537503
Sa-Su	12noon-12:30pm	Aug 12	4537504
Sa-Su	12:30pm-1:00pm	Aug 12	4537505
FLEETV		41.75	3-5yrs
M-F	9:00am-9:30am	Aug 28	4539467
141 1	3.00aiii-3.30aiii	9	
M-F	9:30am-10:00am		4539468
		Aug 28	4539468 4539469
M-F M-F	9:30am-10:00am 10:00am-10:30am	Aug 28 Aug 28	4539469
M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am	Aug 28 Aug 28 Aug 28	4539469 4539470
M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am	Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471
M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472
M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473
M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474
M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12:00on 12:30pm-1:00pm 3:00pm-3:30pm	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475
M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476
M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm	Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476 4539477
M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm	Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476 4539477 4539510
M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm	Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476 4539477
M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm	Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476 4539477 4539510
M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm	Aug 28 Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539476 4539477 4539510 4539511
M-F M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm 6:00pm-6:30pm	Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539475 4539476 4539477 4539510 4539511
M-F M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm 5:30pm-6:00pm 6:00pm-6:30pm	Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539476 4539477 4539510 4539511 4539512 4539513 4539514
M-F M-F M-F M-F M-F M-F M-F M-F M-F M-F	9:30am-10:00am 10:00am-10:30am 10:30am-11:00am 11:00am-11:30am 11:30am-12noon 12noon-12:30pm 12:30pm-1:00pm 3:00pm-3:30pm 3:30pm-4:00pm 4:00pm-4:30pm 4:30pm-5:00pm 5:00pm-5:30pm 6:00pm-6:30pm	Aug 28	4539469 4539470 4539471 4539472 4539473 4539474 4539476 4539476 4539510 4539511 4539512 4539513

Tu-Th, M 5:00pm-5:30pm Jul 4 4536604

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GUILDF	ORD 8 Sessions \$	67	3-5yrs
Sa-Su	9:00am-9:30am	Jul 8	4532076
Sa-Su	9:30am-10:00am	Jul 8	4532077
Sa-Su	10:00am-10:30am	Jul 8	4532078
Sa-Su	10:30am-11:00am	Jul 8	4532079
Sa-Su	11:00am-11:30am	Jul 8	4532080
Sa-Su	11:30am-12noon	Jul 8	4532081
Sa-Su	12noon-12:30pm	Jul 8	4532082
Sa-Su	12:30pm-1:00pm	Jul 8	4532083
M-Th	9:00am-9:30am	Jul 17	4532044
M-Th	9:30am-10:00am	Jul 17	4532045
M-Th	10:00am-10:30am	Jul 17	4532046
M-Th	10:30am-11:00am	Jul 17	4532047
M-Th	11:00am-11:30am	Jul 17	4532048
M-Th	11:30am-12noon	Jul 17	4532141
M-Th	12noon-12:30pm	Jul 17	4532049
M-Th	12:30pm-1:00pm	Jul 17	4532050
M-Th	3:00pm-3:30pm	Jul 17	4532051
M-Th	3:30pm-4:00pm	Jul 17	4532052

AQUATICS

M-Th	4:00pm-4:30pm	Jul 17	4532053
M-Th	4:30pm-5:00pm	Jul 17	4532054
M-Th	5:00pm-5:30pm	Jul 17	4532055
M-Th	5:30pm-6:00pm	Jul 17	4532142
M-Th	6:00pm-6:30pm	Jul 17	4532056
M-Th	6:30pm-7:00pm	Jul 17	4532057
M-Th M-Th	7:00pm-7:30pm 9:00am-9:30am	Jul 17 Aug 14	4532058 4532059
M-Th	9:30am-10:00am	Aug 14	4532059
M-Th	10:00am-10:30am	Aug 14	4532061
M-Th	10:30am-11:00am	Aug 14	4532062
M-Th	11:00am-11:30am	Aug 14	4532063
M-Th	11:30am-12noon	Aug 14	4532064
M-Th	12noon-12:30pm	Aug 14	4532065
M-Th	12:30pm-1:00pm	Aug 14	4532066
M-Th	3:00pm-3:30pm	Aug 14	4532067
M-Th	3:30pm-4:00pm	Aug 14	4532068
M-Th	4:00pm-4:30pm	Aug 14	4532069
M-Th	4:30pm-5:00pm	Aug 14	4532070
M-Th	5:00pm-5:30pm	Aug 14	4532071
M-Th	5:30pm-6:00pm	Aug 14	4532072
M-Th	6:00pm-6:30pm	Aug 14	4532073
M-Th M-Th	6:30pm-7:00pm	Aug 14 Aug 14	4532074 4532075
	7:00pm-7:30pm	•	
GUILDF	ORD 7 Sessions 5 VI 9:00am-9:30am	Jul 4	3-5yrs 4532084
-	VI 9:30am-10:00am		4532085
Tu-Th,			4532086
Tu-Th,			4532087
Tu-Th, I			4532089
Tu-Th, I			4532090
Tu-Th, I			4532091
Tu-Th, I		Jul 4	4532092
Tu-Th, I		Jul 4	4532093
Tu-Th, I		Jul 4	4532094
Tu-Th, I		Jul 4	4532095
Tu-Th, I		Jul 4	4532096
Tu-Th, I		Jul 4	4532097
Tu-Th, I		Jul 4	4532098
Tu-Th, I		Jul 4	4532099
	M 6:30pm-7:00pm M 7:00pm-7:30pm	Jul 4 Jul 4	4532100 4532101
M-Th	9:00am-9:30am	Jul 31	4532101
M-Th	9:30am-10:00am	Jul 31	4532102
M-Th	10:00am-10:30am	Jul 31	4532104
M-Th	10:30am-11:00am	Jul 31	4532105
M-Th	11:00am-11:30am	Jul 31	4532106
M-Th	11:30am-12noon	Jul 31	4532107
M-Th	12noon-12:30pm	Jul 31	4532108
M-Th	12:30pm-1:00pm	Jul 31	4532109
M-Th	3:00pm-3:30pm	Jul 31	4532110
M-Th	3:30pm-4:00pm	Jul 31	4532111
M-Th	4:00pm-4:30pm	Jul 31	4532112
M-Th	4:30pm-5:00pm	Jul 31	4532113
M-Th	5:00pm-5:30pm	Jul 31	4532114
M-Th M-Th	5:30pm-6:00pm	Jul 31 Jul 31	4532115 4532116
	6:00pm-6:30pm	Jul 31	4532110
M-Th M-Th	6:30pm-7:00pm 7:00pm-7:30pm	Jul 31	4532117
GUILDF			3-5yrs
Sa-Su	9:00am-9:30am	Aug 12	4532133
Sa-Su	9:30am-10:00am	Aug 12	4532134
Sa-Su	10:00am-10:30am	Aug 12	4532135
Sa-Su	10:30am-11:00am	Aug 12	4532136
Sa-Su	11:00am-11:30am	Aug 12	4532137
Sa-Su	11:30am-12noon	Aug 12	4532138
Sa-Su	12noon-12:30pm	Aug 12	4532139
Sa-Su	12:30pm-1:00pm	Aug 12	4532140
Guilo	lford Recreation Ce	ntre	
NEWTO	M O Consiene (

Guildford Recreation Centre			
NEWTO	ON 8 Sessions S	67	3-5yrs
M-Th	8:00am-8:30am	Jul 3	4539964
M-Th	8:30am-9:00am	Jul 3	4539965
M-Th	9:00am-9:30am	Jul 3	4539966
M-Th	9:30am-10:00am	Jul 3	4539967
M-Th	10:30am-11:00am	Jul 3	4539968
M-Th	11:00am-11:30am	Jul 3	4539969
M-Th	11:30am-12noon	Jul 3	4539970
M-Th	12noon-12:30pm	Jul 3	4539971
M-Th	12:30pm-1:00pm	Jul 3	4539972
Tu, Th	4:30pm-5:00pm	Jul 4	4543587
Tu, Th	5:00pm-5:30pm	Jul 4	4543588
Tu, Th	5:30pm-6:00pm	Jul 4	4543589
Tu, Th	6:00pm-6:30pm	Jul 4	4543590
Tu, Th	6:30pm-7:00pm	Jul 4	4543591
Sa-Su	8:30am-9:00am	Jul 8	4540112
Sa-Su	9:30am-10:00am	Jul 8	4540115

Sa-Su 10:30am-11:00am Jul 8 4540117 Sa-Su 11:30am-12noon Jul 8 4540120 Sa-Su 12noon-12:30pm Jul 8 4540122 M-Th 8:00am-8:30am Jul 17 4539973 M-Th 8:30am-9:00am Jul 17 4539974 M-Th 9:00am-9:30am Jul 17 4539975 M-Th 9:30am-10:00am Jul 17 4539976 M-Th 10:30am-11:00am Jul 17 4539977 M-Th 11:00am-11:30am Jul 17 4539978 M-Th 11:30am-12noon Jul 17 4539979 M-Th 12noon-12:30pm Jul 17 4539980 M-Th 12:30pm-1:00pm Jul 17 4539981 M-Th 8:00am-8:30am Aug 14 4539997 M-Th 8:30am-9:00am Aug 14 4540011 M-Th 9:00am-9:30am Aug 14 4540045 M-Th 9:30am-10:00am Aug 14 4540046 M-Th 10:30am-11:00am Aug 14 4540047 M-Th 11:00am-11:30am Aug 14 4540052 M-Th 11:30am-12noon Aug 14 4540053 M-Th 12noon-12:30pm Aug 14 4540058 M-Th 12:30pm-1:00pm Aug 14 4540059 7 Sessions \$58.75 NEWTON 3-5vrs 9:00am-9:30am Jul 8 4540081 11:00am-11:30am Jul 8 4540084 Sa Su 9:00am-9:30am Jul 9 4540088 Su 10:00am-10:30am Jul 9 4540091 Su 11:00am-11:30am Jul 9 4540092 8:00am-8:30am Jul 31 4539982 M-Th 8:30am-9:00am Jul 31 4539983 M-Th 9:00am-9:30am Jul 31 4539984 M-Th 9:30am-10:00am Jul 31 4539985 M-Th 10:30am-11:00am Jul 31 4539988 M-Th 11:00am-11:30am Jul 31 4539989 M-Th 11:30am-12noon Jul 31 4539990 M-Th 12noon-12:30pm Jul 31 4539991 M-Th 12:30pm-1:00pm Jul 31 4539995 NEWTON 6 Sessions \$50.50 3-5yrs Sa-Su 8:30am-9:00am Aug 12 4540126 Sa-Su 9:30am-10:00am Aug 12 4540129 Sa-Su 10:30am-11:00am Aug 12 4540130 Sa-Su 11:30am-12noon Aug 12 4540132 Sa-Su 12noon-12:30pm Aug 12 4540133 NEWTON 4 Sessions \$33.50 3-5vrs M-Th 8:00am-8:30am Aug 28 4540060 M-Th 8:30am-9:00am Aug 28 4540065 M-Th 9:00am-9:30am Aug 28 4540067 M-Th 9:30am-10:00am Aug 28 4540070 M-Th 10:30am-11:00am Aug 28 4540072 M-Th 11:00am-11:30am Aug 28 4540073 M-Th 11:30am-12noon Aug 28 4540074 M-Th 12noon-12:30pm Aug 28 4540075 M-Th 12:30pm-1:00pm Aug 28 4540077 **Newton Recreation Centre**

NORTH 8 Sessions \$67 3-5yrs Tu, Th 6:30pm-7:00pm Jul 4 4534050 Tu, Th 7:00pm-7:30pm Jul 4 4534051 9:00am-9:30am Jul 7 4534052 9:30am-10:00am Jul 7 4534053 10:30am-11:00am Jul 7 4534056 11:30am-12noon Jul 7 4534057 Sa-Su 9:30am-10:00am Jul 8 4534058 Sa-Su 10:00am-10:30am Jul 8 4534059 Sa-Su 10:30am-11:00am Jul 8 4534060 Sa-Su 11:30am-12noon Jul 8 4534061 Sa-Su 12noon-12:30pm Jul 8 4534062 M-Th 9:00am-9:30am Jul 17 4534063 M-Th 10:00am-10:30am Jul 17 4534064 M-Th 10:30am-11:00am Jul 17 4534065 M-Th 11:00am-11:30am Jul 17 4534066 M-Th 11:30am-12noon Jul 17 4534067 M-Th 4:00pm-4:30pm Jul 17 4534068 M-Th 4:30pm-5:00pm Jul 17 4534069 M-Th 5:30pm-6:00pm Jul 17 4534070 Tu, Th 6:00pm-6:30pm Aug 1 4534071 Tu, Th 7:00pm-7:30pm Aug 1 4534072 M-Th 9:00am-9:30am Aug 14 4534091 M-Th 10:00am-10:30am Aug 14 4534092 M-Th 10:30am-11:00am Aug 14 4534093 M-Th 11:00am-11:30am Aug 14 4534094 M-Th 11:30am-12noon Aug 14 4534095 M-Th 4:00pm-4:30pm Aug 14 4534096 M-Th 4:30pm-5:00pm Aug 14 4534097 M-Th 5:30pm-6:00pm Aug 14 4534098 NORTH 7 Sessions \$58.75 3-5yrs Tu-Th, M 9:30am-10:00am Jul 4 4531312 Tu-Th, M 10:00am-10:30am Jul 4 4534039 Tu-Th, M 11:00am-11:30am Jul 4 4534040 Tu-Th, M 11:30am-12noon Jul 4 4534041 Tu-Th, M 12noon-12:30pm Jul 4 4534042 Tu-Th, M 4:00pm-4:30pm Jul 4 4534043 Tu-Th, M 4:30pm-5:00pm Jul 4 4534044 Tu-Th, M 5:30pm-6:00pm Jul 4 4534047 M-Th 9:30am-10:00am Jul 31 4534079 M-Th 10:30am-11:00am Jul 31 4534080 M-Th 11:00am-11:30am Jul 31 4534081 M-Th 11:30am-12noon Jul 31 4534082 M-Th 12noon-12:30pm Jul 31 4534085 M-Th 4:00pm-4:30pm Jul 31 4534086 M-Th 4:30pm-5:00pm Jul 31 4534087 M-Th 5:30pm-6:00pm Jul 31 4534088 6 Sessions \$50.50 NORTH 3-5yrs Sa-Su 9:00am-9:30am Aug 12 4534073 Sa-Su 9:30am-10:00am Aug 12 4534074 Sa-Su 10:00am-10:30am Aug 12 4534076 Sa-Su 11:00am-11:30am Aug 12 4534077 Sa-Su 11:30am-12noon Aug 12 4534078 **North Surrey Recreation Centre**

SOUTH 8 Sessions \$67 3-5vrs M-Th 9:00am-9:30am Jul 17 4535094 M-Th 9:30am-10:00am Jul 17 4535097 M-Th 10:00am-10:30am Jul 17 4535099 M-Th 10:30am-11:00am Jul 17 4535100 M-Th 11:00am-11:30am Jul 17 4535106 M-Th 11:30am-12noon Jul 17 4535108 M-Th 12noon-12:30pm Jul 17 4535111 M-Th 3:00pm-3:30pm Jul 17 4535117 M-Th 3:30pm-4:00pm Jul 17 4535126 M-Th 4:00pm-4:30pm Jul 17 4535120 M-Th 4:30pm-5:00pm Jul 17 4535128 M-Th 5:00pm-5:30pm Jul 17 4535121 M-Th 5:30pm-6:00pm Jul 17 4535130 M-Th 6:00pm-6:30pm Jul 17 4535123 M-Th 6:30pm-7:00pm Jul 17 4535132 M-Th 9:00am-9:30am Aug 14 4535174 M-Th 9:30am-10:00am Aug 14 4535175 M-Th 10:00am-10:30am Aug 14 4535176 M-Th 10:30am-11:00am Aug 14 4535177 M-Th 11:00am-11:30am Aug 14 4535178 M-Th 11:30am-12noon Aug 14 4535179 M-Th 12noon-12:30pm Aug 14 4535180 M-Th 3:00pm-3:30pm Aug 14 4535224 M-Th 3:30pm-4:00pm Aug 14 4535229 M-Th 4:00pm-4:30pm Aug 14 4535225 M-Th 6:30pm-7:00pm Aug 14 4535232 SOUTH 7 Sessions \$58.75

M-Th 4:30pm-5:00pm Aug 14 4535230 M-Th 5:00pm-5:30pm Aug 14 4535226 M-Th 5:30pm-6:00pm Aug 14 4535231 M-Th 6:00pm-6:30pm Aug 14 4535228 3-5vrs Tu-Th, M 9:00am-9:30am Jul 4 4534246 Tu-Th, M 9:30am-10:00am Jul 4 4534247 Tu-Th, M 10:00am-10:30am Jul 4 4534248 Tu-Th, M 10:30am-11:00am Jul 4 4534249 Tu-Th, M 11:00am-11:30am Jul 4 4534250 Tu-Th, M 11:30am-12noon Jul 4 4534251 Tu-Th, M 12noon-12:30pm Jul 4 4534252 Tu-Th, M 3:00pm-3:30pm Jul 4 4534256 Tu-Th, M 3:30pm-4:00pm Jul 4 4534260 Tu-Th, M 4:00pm-4:30pm Jul 4 4534257 Tu-Th, M 4:30pm-5:00pm Jul 4 4534261 Tu-Th, M 5:00pm-5:30pm Jul 4 4534258 Tu-Th, M 5:30pm-6:00pm Jul 4 4534262 Tu-Th, M 6:00pm-6:30pm Jul 4 4534259 Tu-Th, M 6:30pm-7:00pm Jul 4 4534263 9:00am-9:30am Jul 8 4534264 9:30am-10:00am Jul 8 4534286 10:00am-10:30am Jul 8 4534265 Sa

10:30am-11:00am Jul 8 4534287

11:00am-11:30am Jul 8 4534283

11:30am-12noon Jul 8 4534293

12noon-12:30pm Jul 8 4534285

12:30pm-1:00pm Jul 8 4534294

Sa

Sa

Sa

Sa

Sa

9:00am-9:30am Jul 9 4534295 4534323 9:30am-10:00am Jul 9 Su 10:00am-10:30am Jul 9 Su 4534296 10:30am-11:00am Jul 9 4534328 Su 11:00am-11:30am Jul 9 4534297 Su Su 11:30am-12noon Jul 9 4534329 12noon-12:30pm Jul 9 4534298 Su Su 12:30pm-1:00pm Jul 9 4534330 M-Th 9:00am-9:30am Jul 31 4535136 9:30am-10:00am Jul 31 4535137 M-Th 10:00am-10:30am Jul 31 4535138 M-Th 10:30am-11:00am Jul 31 4535139 M-Th 11:00am-11:30am Jul 31 4535152 M-Th 11:30am-12noon Jul 31 4535153 M-Th 12noon-12:30pm Jul 31 4535154 M-Th 3:00pm-3:30pm Jul 31 4535155 M-Th 3:30pm-4:00pm Jul 31 4535170 M-Th 4:00pm-4:30pm Jul 31 4535159 M-Th 4:30pm-5:00pm Jul 31 4535171 M-Th 5:00pm-5:30pm Jul 31 4535161 M-Th 5:30pm-6:00pm Jul 31 4535172 M-Th 6:00pm-6:30pm Jul 31 4535169 M-Th 6:30pm-7:00pm Jul 31 4535173 SOUTH 5 Sessions \$41.75 3-5vrs 9:00am-9:30am Aug 28 4535233 M-F 9:30am-10:00am Aug 28 4535234 M-F 10:00am-10:30am Aug 28 4535235 M-F 10:30am-11:00am Aug 28 4535236 M-F 11:00am-11:30am Aug 28 4535237 M-F 11:30am-12noon Aug 28 4535238 12noon-12:30pm Aug 28 4535239 M-F 3:00pm-3:30pm Aug 28 4535240 3:30pm-4:00pm Aug 28 4535245 M-F M-F 4:00pm-4:30pm Aug 28 4535241 M-F 4:30pm-5:00pm Aug 28 4535246 M-F 5:00pm-5:30pm Aug 28 4535242 5:30pm-6:00pm Aug 28 4535247 M-F 6:00pm-6:30pm Aug 28 4535243 M-F 6:30pm-7:00pm Aug 28 4535248 7:00pm-7:30pm Aug 28 4535244 **Grandview Heights Aquatic Centre**

SOUTH 8 Sessions \$58.75 3-5vrs M-Th 9:30am-10:00am Jul 17 4535491 M-Th 10:00am-10:30am Jul 17 4535492 M-Th 10:30am-11:00am Jul 17 4535493 M-Th 11:00am-11:30am Jul 17 4535494 M-Th 3:00pm-3:30pm Jul 17 4535495 M-Th 4:00pm-4:30pm Jul 17 4535496 M-Th 9:30am-10:00am Aug 14 4535912 M-Th 10:00am-10:30am Aug 14 4535913 M-Th 10:30am-11:00am Aug 14 4535914 M-Th 11:00am-11:30am Aug 14 4535915 M-Th 3:00pm-3:30pm Aug 14 4535916 M-Th 4:00pm-4:30pm Aug 14 4535917 7 Sessions \$58.75 SOUTH Tu-Th, M 9:30am-10:00am Jul 4 4535484 Tu-Th, M 10:00am-10:30am Jul 4 4535486 Tu-Th, M 10:30am-11:00am Jul 4 4535487 Tu-Th, M 11:00am-11:30am Jul 4 4535488 Tu-Th, M 3:00pm-3:30pm Jul 4 4535489 Tu-Th, M 4:00pm-4:30pm Jul 4 4535490 9:30am-10:00am Jul 8 4536049 Sa 10:00am-10:30am Jul 8 4536050 10:30am-11:00am Jul 8 4538291 Sa 11:00am-11:30am Jul 8 4538292 Sa Su 5:30pm-6:00pm Jul 9 4538293 6:30pm-7:00pm Jul 9 4538294 M-Th 9:30am-10:00am Jul 31 4535906 M-Th 10:00am-10:30am Jul 31 4535907 M-Th 10:30am-11:00am Jul 31 4535908 M-Th 11:00am-11:30am Jul 31 4535909 M-Th 3:00pm-3:30pm Jul 31 4535910 M-Th 4:00pm-4:30pm Jul 31 4535911 SOUTH 5 Sessions \$41.75 3-5yrs M-F 9:30am-10:00am Aug 28 4535919 M-F 10:00am-10:30am Aug 28 4535920 M-F 10:30am-11:00am Aug 28 4535921 M-F 11:00am-11:30am Aug 28 4535922 3:00pm-3:30pm Aug 28 4535923 4:00pm-4:30pm Aug 28 4535924 M-F **South Surrey Indoor Pool**

Red Cross Preschool 5-6: Salamander/Sunfish

Using games and activities, swimmers learn to swim 2 - 5 meters, further develop basic floats and increase their distance on front and back glide, and develop their roll-over glide, side glide and front swim. This class is un-parented.

	iit svviiii. Tilis Ciass is uii-p	
FLEETV		3-5yrs
F	9:00am-9:30am Jul 7	4537324
F	9:30am-10:00am Jul 7	4537325
F -	10:00am-10:30am Jul 7	4537326
F	10:30am-11:00am Jul 7	4537327
F	11:00am-11:30am Jul 7	4537328
F F	11:30am-12noon Jul 7	4537329
F	12noon-12:30pm Jul 7	4537330
-	12:30pm-1:00pm Jul 7 9:00am-9:30am Jul 8	4537331
Sa-Su Sa-Su	9:00am-9:30am Jul 8 9:30am-10:00am Jul 8	4537369
Sa-Su	10:00am-10:30am Jul 8	4537370 4537371
Sa-Su	10:30am-11:00am Jul 8	4537371
Sa-Su	11:00am-11:30am Jul 8	4537375
Sa-Su	11:30am-12noon Jul 8	4537378
Sa-Su	12noon-12:30pm Jul 8	4537380
Sa-Su	12:30pm-1:00pm Jul 8	4537383
M-Th	9:00am-9:30am Jul 17	4536881
M-Th	9:30am-10:00am Jul 17	4536898
M-Th	10:00am-10:30am Jul 17	4536900
M-Th	10:30am-11:00am Jul 17	4536902
M-Th	11:00am-11:30am Jul 17	4536903
M-Th	11:30am-12noon Jul 17	4536906
M-Th	12noon-12:30pm Jul 17	4536907
M-Th	12:30pm-1:00pm Jul 17	4536922
M-Th	3:00pm-3:30pm Jul 17	4536923
M-Th	3:30pm-4:00pm Jul 17	4536924
M-Th	4:00pm-4:30pm Jul 17	4536925
M-Th	4:30pm-5:00pm Jul 17	4536926
M-Th	5:00pm-5:30pm Jul 17	4536927
M-Th	5:30pm-6:00pm Jul 17	4536928
M-Th	6:00pm-6:30pm Jul 17	4536929
M-Th	6:30pm-7:00pm Jul 17	4536930
M-Th	7:00pm-7:30pm Jul 17	4536931
M-Th	9:00am-9:30am Aug 14	4538440
M-Th	9:30am-10:00am Aug 14	4538441
M-Th	10:00am-10:30am Aug 14	4538443
M-Th	10:30am-11:00am Aug 14	4538444
M-Th	11:00am-11:30am Aug 14	4538445
M-Th	11:30am-12noon Aug 14	4538449
M-Th	12noon-12:30pm Aug 14	4538451
M-Th	12:30pm-1:00pm Aug 14	4538452
M-Th	3:00pm-3:30pm Aug 14	4538454
M-Th	3:30pm-4:00pm Aug 14	4538455
M-Th	4:00pm-4:30pm Aug 14	4538456
M-Th	4:30pm-5:00pm Aug 14	4538457
M-Th	5:00pm-5:30pm Aug 14	4538458
M-Th	5:30pm-6:00pm Aug 14	4538459
M-Th	6:00pm-6:30pm Aug 14	4538460
M-Th	6:30pm-7:00pm Aug 14	4538461
M-Th	7:00pm-7:30pm Aug 14	4538462
FLEETV		3-5yrs
Tu-Th, I		4536610
Tu-Th, I		4536611
Tu-Th, I		4536612
Tu-Th, I		4536613
Tu-Th, I		4536614
Tu-Th, I Tu-Th, I		4536615 4536616
Tu-Th, I		4536617
Tu-Th, I		4536618
Tu-Th, I		4536619
Tu-Th,		4536620
Tu-Th, I		4536621
Tu-Th, I		4536622
Tu-Th, I		4536623
Tu-Th, I		4536624
Tu-Th, I	•	4536625
Tu-Th, I		4536626
Sa	9:15am-9:45am Jul 8	4537549
Sa	9:45am-10:15am Jul 8	4537550
Sa	10:15am-10:45am Jul 8	4537551
Sa	10:45am-11:15am Jul 8	4537552
Sa	11:15am-11:45am Jul 8	4537553
Sa	11:45am-12:15pm Jul 8	4537554
Sa	12:15pm-12:45pm Jul 8	4537555
Sa	12:45pm-1:15pm Jul 8	4537556
Su	9·15am-9·45am .lul 9	4537635

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Su
      9:45am-10:15am Jul 9
                            4537638
Su
      10:15am-10:45am Jul 9
                            4537640
      10:45am-11:15am Jul 9
                            4537643
Su
      11:15am-11:45am Jul 9 4537644
Su
      11:45am-12:15pm Jul 9
Su
                            4537647
      12:15pm-12:45pm Jul 9
                            4537652
Su
      12:45pm-1:15pm Jul 9
Su
                            4537654
      9:00am-9:30am Jul 31
M-Th
                            4537936
M-Th 9:30am-10:00am Jul 31 4537937
M-Th 10:00am-10:30am Jul 31 4537938
M-Th 10:30am-11:00am Jul 31 4537939
M-Th 11:00am-11:30am Jul 31 4537940
M-Th 11:30am-12noon Jul 31 4537941
M-Th 12noon-12:30pm Jul 31 4537942
M-Th 12:30pm-1:00pm Jul 31 4537943
M-Th 3:00pm-3:30pm Jul 31 4537944
M-Th 3:30pm-4:00pm Jul 31 4537945
M-Th 4:00pm-4:30pm Jul 31 4537946
M-Th 4:30pm-5:00pm Jul 31 4537947
M-Th 5:00pm-5:30pm
                     Jul 31 4537948
M-Th 5:30pm-6:00pm
                     Jul 31 4537949
M-Th 6:00pm-6:30pm Jul 31 4537950
M-Th 6:30pm-7:00pm Jul 31 4537951
M-Th 7:00pm-7:30pm Jul 31 4537952
FLEETWOOD 6 Sessions $50.50
                              3-5yrs
Sa-Su 9:00am-9:30am Aug 12 4537476
Sa-Su 9:30am-10:00am Aug 12 4537479
Sa-Su 10:00am-10:30am Aug 12 4537481
Sa-Su 10:30am-11:00am Aug 12 4537482
Sa-Su 11:00am-11:30am Aug 12 4537485
Sa-Su 11:30am-12noon Aug 12 4537495
Sa-Su 12noon-12:30pm Aug 12 4537496
Sa-Su 12:30pm-1:00pm Aug 12 4537497
FLEETWOOD 5 Sessions $41.75
      9:00am-9:30am Aug 28 4539516
M-F
      9:30am-10:00am Aug 28 4539517
      10:00am-10:30am Aug 28 4539518
M-F
      10:30am-11:00am Aug 28 4539519
M-F
M-F
      11:00am-11:30am Aug 28 4539520
      11:30am-12noon Aug 28 4539521
M-F
      12noon-12:30pm Aug 28 4539522
      12:30pm-1:00pm Aug 28 4539523
M-F
      3:00pm-3:30pm Aug 28 4539524
M-F
      3:30pm-4:00pm
                     Aug 28 4539550
M-F
      4:00pm-4:30pm
                     Aug 28 4539551
M-F
      4:30pm-5:00pm
                     Aug 28 4539552
M-F
      5:00pm-5:30pm
                     Aug 28 4539553
M-F
      5:30pm-6:00pm
                     Aug 28 4539562
      6:00pm-6:30pm
M-F
                     Aug 28 4539563
M-F
      6:30pm-7:00pm
                     Aug 28 4539564
M-F
      7:00pm-7:30pm Aug 28 4539565
  Snort & Laisura Anustics
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Sport & Leisure Aquatics				
GUILDFORD 8 Sessions \$67 3-5yrs				
Sa-Su	9:00am-9:30am	Jul 8	4532246	
Sa-Su	9:30am-10:00am	Jul 8	4532247	
Sa-Su	10:00am-10:30am	Jul 8	4532248	
Sa-Su	10:30am-11:00am	Jul 8	4532249	
Sa-Su	11:00am-11:30am	Jul 8	4532250	
Sa-Su	11:30am-12noon	Jul 8	4532251	
Sa-Su	12noon-12:30pm	Jul 8	4532252	
Sa-Su	12:30pm-1:00pm	Jul 8	4532253	
M-Th	9:00am-9:30am	Jul 17	4532212	
M-Th	9:30am-10:00am	Jul 17	4532213	
M-Th	10:00am-10:30am	Jul 17	4532214	
M-Th	10:30am-11:00am	Jul 17	4532215	
M-Th	11:00am-11:30am	Jul 17	4532216	
M-Th	11:30am-12noon	Jul 17	4532217	
M-Th	12noon-12:30pm	Jul 17	4532218	
M-Th	12:30pm-1:00pm	Jul 17	4532219	
M-Th	3:00pm-3:30pm	Jul 17	4532220	
M-Th	3:30pm-4:00pm	Jul 17	4532221	
M-Th	4:00pm-4:30pm	Jul 17	4532222	
M-Th	4:30pm-5:00pm	Jul 17	4532223	
M-Th	5:00pm-5:30pm	Jul 17	4532224	
M-Th	5:30pm-6:00pm	Jul 17	4532225	
M-Th	6:00pm-6:30pm	Jul 17	4532226	
M-Th	6:30pm-7:00pm	Jul 17	4532227	
M-Th	7:00pm-7:30pm	Jul 17	4532228	
M-Th	9:00am-9:30am	Aug 14	4532229	
M-Th	9:30am-10:00am	Aug 14	4532230	
M-Th	10:00am-10:30am	Aug 14	4532231	
M-Th	10:30am-11:00am	Aug 14	4532232	
M-Th	11:00am-11:30am	Aug 14	4532233	
M-Th	11:30am-12noon	Aug 14	4532234	
M-Th	12noon-12:30pm	Aug 14	4532235	
M-Th	12:30pm-1:00pm	Aug 14	4532236	

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M-Th 3:00pm-3:30pm Aug 14 4532237
M-Th 3:30pm-4:00pm Aug 14 4532238
M-Th 4:00pm-4:30pm Aug 14 4532239
M-Th 4:30pm-5:00pm Aug 14 4532240
M-Th 5:00pm-5:30pm Aug 14 4532241
M-Th 5:30pm-6:00pm Aug 14 4532242
M-Th 6:00pm-6:30pm Aug 14 4532243
M-Th 6:30pm-7:00pm
                     Aug 14 4532244
M-Th 7:00pm-7:30pm Aug 14 4532245
GUILDFORD 7 Sessions $58.75
                              3-5yrs
Tu-Th, M 9:00am-9:30am Jul 4 4532254
Tu-Th, M 9:30am-10:00am Jul 4 4532257
Tu-Th, M 10:00am-10:30am Jul 4 4532258
Tu-Th, M 10:30am-11:00am Jul 4 4532259
Tu-Th, M 11:00am-11:30am Jul 4 4532260
Tu-Th, M 11:30am-12noon Jul 4 4532261
Tu-Th, M 12noon-12:30pm Jul 4 4532262
Tu-Th, M 12:30pm-1:00pm Jul 4 4532263
Tu-Th, M 3:00pm-3:30pm Jul 4 4532264
Tu-Th, M 3:30pm-4:00pm
                       Jul 4 4532265
Tu-Th, M 4:00pm-4:30pm
                       Jul 4 4532266
Tu-Th, M 4:30pm-5:00pm
                       Jul 4 4532267
Tu-Th, M 5:00pm-5:30pm
                       Jul 4 4532268
                       Jul 4 4532269
Tu-Th, M 5:30pm-6:00pm
Tu-Th, M 6:00pm-6:30pm
                       Jul 4 4532270
Tu-Th, M 6:30pm-7:00pm
                       Jul 4 4532271
Tu-Th, M 7:00pm-7:30pm
                       Jul 4 4532272
M-Th 9:00am-9:30am Jul 31 4532273
M-Th 9:30am-10:00am Jul 31 4532274
M-Th 10:00am-10:30am Jul 31 4532275
M-Th 10:30am-11:00am Jul 31 4532276
M-Th 11:00am-11:30am Jul 31 4532277
M-Th 11:30am-12noon Jul 31 4532278
M-Th 12noon-12:30pm Jul 31 4532279
M-Th 12:30pm-1:00pm Jul 31 4532280
M-Th 3:00pm-3:30pm Jul 31 4532281
M-Th 3:30pm-4:00pm
                     Jul 31 4532282
M-Th 4:00pm-4:30pm
                     Jul 31 4532283
M-Th 4:30pm-5:00pm Jul 31 4532284
M-Th 5:00pm-5:30pm Jul 31 4532285
M-Th 5:30pm-6:00pm Jul 31 4532286
M-Th 6:00pm-6:30pm Jul 31 4532287
M-Th 6:30pm-7:00pm Jul 31 4532288
M-Th 7:00pm-7:30pm
                     Jul 31
                            4532289
GUILDFORD 6 Sessions $50.50
Sa-Su 9:00am-9:30am Aug 12 4532290
Sa-Su 9:30am-10:00am Aug 12 4532291
Sa-Su 10:00am-10:30am Aug 12 4532292
Sa-Su 10:30am-11:00am Aug 12 4532293
Sa-Su 11:00am-11:30am Aug 12 4532294
Sa-Su 11:30am-12noon Aug 12 4532295
Sa-Su 12noon-12:30pm Aug 12 4532296
Sa-Su 12:30pm-1:00pm Aug 12 4532297
  Guildford Recreation Centre
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M-Th 8:30am-9:00am Jul 3 454	40152 40157
	40157
M-Th 9:00am-9:30am Jul 3 454	40450
M-Th 9:30am-10:00am Jul 3 454	40158
M-Th 10:30am-11:00am Jul 3 454	40159
M-Th 11:00am-11:30am Jul 3 454	40160
M-Th 11:30am-12noon Jul 3 454	40161
M-Th 12noon-12:30pm Jul 3 454	40166
Tu, Th 5:30pm-6:00pm Jul 4 454	43598
Sa-Su 8:30am-9:00am Jul 8 454	41013
Sa-Su 9:00am-9:30am Jul 8 454	41014
Sa-Su 9:30am-10:00am Jul 8 454	41015
Sa-Su 11:00am-11:30am Jul 8 454	41018
Sa-Su 11:30am-12noon Jul 8 454	41019
Sa-Su 12noon-12:30pm Jul 8 454	41020
M-Th 8:30am-9:00am Jul 17 454	40167
M-Th 9:00am-9:30am Jul 17 454	40168
M-Th 9:30am-10:00am Jul 17 454	40169
M-Th 10:30am-11:00am Jul 17 454	40175
M-Th 11:00am-11:30am Jul 17 454	40176
M-Th 11:30am-12noon Jul 17 454	40177
M-Th 12noon-12:30pm Jul 17 454	40178
M-Th 8:30am-9:00am Aug 14 454	40190
M-Th 9:00am-9:30am Aug 14 454	40356
M-Th 9:30am-10:00am Aug 14 454	40996
M-Th 10:30am-11:00am Aug 14 454	40997
M-Th 11:00am-11:30am Aug 14 454	40998
M-Th 11:30am-12noon Aug 14 454	40999
M-Th 12noon-12:30pm Aug 14 454	41000

NEWT0	N 7 Sessions \$	58.75	3-5yrs
Sa	8:30am-9:00am	Jul 8	4541008
Sa	12noon-12:30pm	Jul 8	4541009
Su	9:30am-10:00am	Jul 9	4541010
Su	10:30am-11:00am	Jul 9	4541011
Su	12noon-12:30pm	Jul 9	4541012
M-Th	8:30am-9:00am	Jul 31	4540179
M-Th	9:00am-9:30am	Jul 31	4540180
M-Th	9:30am-10:00am	Jul 31	4540181
M-Th	10:30am-11:00am	Jul 31	4540183
M-Th	11:00am-11:30am	Jul 31	4540184
M-Th	11:30am-12noon	Jul 31	4540188
M-Th	12noon-12:30pm	Jul 31	4540189
NEWT0	N 6 Sessions \$	50.50	3-5yrs
Sa-Su	8:30am-9:00am	Aug 12	4541021
Sa-Su	9:00am-9:30am	Aug 12	4541022
Sa-Su	9:30am-10:00am	Aug 12	4541023
Sa-Su	10:30am-11:00am	Aug 12	4541024
Sa-Su	11:00am-11:30am	Aug 12	4541027
Sa-Su	11:30am-12noon	Aug 12	4541034
Sa-Su	12noon-12:30pm	Aug 12	4541035
NEWT0	N 4 Sessions \$	33.50	3-5yrs
M-Th	8:30am-9:00am	Aug 28	4541001
M-Th	9:00am-9:30am	Aug 28	4541002
M-Th	9:30am-10:00am	Aug 28	4541003
M-Th	10:30am-11:00am	Aug 28	4541004
M-Th	11:00am-11:30am	Aug 28	4541005
M-Th	11:30am-12noon	Aug 28	4541006
M-Th	12noon-12:30pm	Aug 28	4541007
New	ton Recreation Cen	tre	

NORTH	8 Sessions S		3-5yrs
Tu, Th	6:00pm-6:30pm	Jul 4	4534128
Tu, Th	6:30pm-7:00pm	Jul 4	4534129
Tu, Th	7:00pm-7:30pm	Jul 4	4534131
F	9:30am-10:00am	Jul 7	4534133
F	10:00am-10:30am	Jul 7	4534134
F	10:30am-11:00am	Jul 7	4534136
F	12noon-12:30pm	Jul 7	4534137
Sa-Su	9:00am-9:30am	Jul 8	4534139
Sa-Su	10:30am-11:00am	Jul 8	4534141
Sa-Su	11:00am-11:30am	Jul 8	4534143
Sa-Su	12noon-12:30pm	Jul 8	4534144
M-Th	9:00am-9:30am	Jul 17	4534146
M-Th	9:30am-10:00am	Jul 17	4534148
M-Th	10:00am-10:30am	Jul 17	4534150
M-Th	10:30am-11:00am	Jul 17	4534152
M-Th	11:30am-12noon	Jul 17	4534159
M-Th	12noon-12:30pm	Jul 17	4534161
M-Th	4:00pm-4:30pm	Jul 17	4534177
M-Th	4:30pm-5:00pm	Jul 17	4534179
M-Th	5:30pm-6:00pm	Jul 17	4534182
Tu, Th	6:00pm-6:30pm	Aug 1	4534184
Tu, Th	6:30pm-7:00pm	Aug 1	4534188
Tu, Th	7:00pm-7:30pm	Aug 1	4534189
M-Th	9:00am-9:30am	Aug 14	4534222
M-Th	9:30am-10:00am	Aug 14	4534284
M-Th	10:30am-11:00am	Aug 14	4534288
M-Th	11:30am-12noon	Aug 14	4534289
M-Th	4:00pm-4:30pm	Aug 14	4534290
M-Th	4:30pm-5:00pm	Aug 14	4534291
M-Th	5:00pm-5:30pm	Aug 14	4534292
NORTH	7 Sessions S	558.75	3-5yrs
Tu-Th, I	M 9:00am-9:30am	Jul 4	4531313
Tu-Th, I			4534100
Tu-Th, I		m Jul 4	4534101
Tu-Th, I	M 11:00am-11:30ai		4534102
Tu-Th, I	M 12noon-12:30pm	n Jul 4	4534104
Tu-Th, I		Jul 4	4534124
Tu-Th, I	M 4:30pm-5:00pm	Jul 4	4534125
Tu-Th, I	M 5:00pm-5:30pm	Jul 4	4534127
M-Th	9:30am-10:00am	Jul 31	4534200
M-Th	10:00am-10:30am	Jul 31	4534209
M-Th	11:00am-11:30am	Jul 31	4534216
M-Th	12noon-12:30pm	Jul 31	4534217
M-Th	4:00pm-4:30pm	Jul 31	4534218
M-Th	4:30pm-5:00pm	Jul 31	4534219
M-Th	5:00pm-5:30pm	Jul 31	4534220
NORTH	6 Sessions S		3-5yrs
Sa-Su	9:00am-9:30am	Aug 12	4534193
Sa-Su	9:30am-10:00am	Aug 12	4534195
Sa-Su	10:30am-11:00am	Aug 12	4534196
Sa-Su	11:00am-11:30am	Aug 12	4534197

Sa-Su 12:30pm-1:00pm Aug 12 4534198 North Surrey Recreation Centre

Su 9:15am-9:45am Jul 9 4537635

PARENTS & 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

SOUTH 8 Sessions \$67 M-Th 9:00am-9:30am Jul 17	3-5yrs 4534999
M-Th 9:30am-10:00am Jul 17	4535000
M-Th 10:00am-10:30am Jul 17	4535001
M-Th 10:30am-11:00am Jul 17	4535002
M-Th 11:00am-11:30am Jul 17 M-Th 11:30am-12noon Jul 17	4535003 4535004
M-Th 12noon-12:30pm Jul 17	4535004
M-Th 3:00pm-3:30pm Jul 17	4535006
M-Th 3:30pm-4:00pm Jul 17	4535007
M-Th 4:00pm-4:30pm Jul 17	4535008
M-Th 4:30pm-5:00pm Jul 17 M-Th 5:00pm-5:30pm Jul 17	4535009 4535010
M-Th 5:30pm-6:00pm Jul 17	4535010
M-Th 6:00pm-6:30pm Jul 17	4535013
M-Th 6:30pm-7:00pm Jul 17	4535014
M-Th 7:00pm-7:30pm Jul 17 M-Th 9:00am-9:30am Aug 14	4535015 4535032
M-Th 9:30am-10:00am Aug 14	4535032
M-Th 10:00am-10:30am Aug 14	4535034
M-Th 10:30am-11:00am Aug 14	4535035
M-Th 11:00am-11:30am Aug 14	4535036
M-Th 11:30am-12noon Aug 14 M-Th 12noon-12:30pm Aug 14	4535037 4535038
M-Th 3:00pm-3:30pm Aug 14	4535039
M-Th 3:30pm-4:00pm Aug 14	4535040
M-Th 4:00pm-4:30pm Aug 14	4535041
M-Th 4:30pm-5:00pm Aug 14 M-Th 5:00pm-5:30pm Aug 14	4535042 4535043
M-Th 5:00pm-5:30pm Aug 14 M-Th 5:30pm-6:00pm Aug 14	4535043
M-Th 6:00pm-6:30pm Aug 14	4535045
M-Th 6:30pm-7:00pm Aug 14	4535046
M-Th 7:00pm-7:30pm Aug 14	4535047
SOUTH 7 Sessions \$58.75 Tu-Th, M 9:00am-9:30am Jul 4	3-5yrs 4534221
Tu-Th, M 9:30am-10:00am Jul 4	4534223
Tu-Th, M 10:00am-10:30am Jul 4	4534224
Tu-Th, M 10:30am-11:00am Jul 4	4534228
Tu-Th, M 11:00am-11:30am Jul 4	4534229
Tu-Th, M 11:30am-12noon Jul 4 Tu-Th, M 12noon-12:30pm Jul 4	4534233 4534234
	4334234
Tu-Th, M 3:00pm-3:30pm Jul 4	4534237
Tu-Th, M 3:30pm-4:00pm Jul 4	4534237 4534238
Tu-Th, M 3:30pm-4:00pm Jul 4 Tu-Th, M 4:00pm-4:30pm Jul 4	4534238 4534239
Tu-Th, M 3:30pm-4:00pm Jul 4 Tu-Th, M 4:00pm-4:30pm Jul 4 Tu-Th, M 4:30pm-5:00pm Jul 4	4534238 4534239 4534240
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M-Th	5:30pm-6:00pm	Jul 31	4535028
M-Th	6:00pm-6:30pm	Jul 31	4535029
M-Th	6:30pm-7:00pm	Jul 31	4535030
M-Th	7:00pm-7:30pm	Jul 31	4535031
SOUTH	5 Sessions S	41.75	3-5yrs
M-F	9:00am-9:30am	Aug 28	4535048
M-F	9:30am-10:00am	Aug 28	4535049
M-F	10:00am-10:30am	Aug 28	4535050
M-F	10:30am-11:00am	Aug 28	4535051
M-F	11:00am-11:30am	Aug 28	4535052
M-F	11:30am-12noon	Aug 28	4535053
M-F	12noon-12:30pm	Aug 28	4535054
M-F	3:00pm-3:30pm	Aug 28	4535055
M-F	3:30pm-4:00pm	Aug 28	4535056
M-F	4:00pm-4:30pm	Aug 28	4535057
M-F	4:30pm-5:00pm	Aug 28	4535058
M-F	5:00pm-5:30pm	Aug 28	4535059
M-F	5:30pm-6:00pm	Aug 28	4535060
M-F	6:00pm-6:30pm	Aug 28	4535061
M-F	6:30pm-7:00pm	Aug 28	4535062
M-F	7:00pm-7:30pm	Aug 28	4535063
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M-F	6:30pm-7:00pm	Aug 28	4535062
M-F	7:00pm-7:30pm		4535063
Gran	dview Heights Aqu	atic Cent	tre
SOUTH	8 Sessions S	267	3-5yrs
M-Th	9:00am-9:30am	Jul 17	4538242
M-Th	9:30am-10:00am	Jul 17	4538243
M-Th	10:00am-10:30am	Jul 17	4538244
M-Th	10:30am-11:00am	Jul 17	4538245
		Jul 17 Jul 17	
M-Th	11:00am-11:30am		4538246
M-Th	11:30am-12noon	Jul 17	4538247
M-Th	3:00pm-3:30pm	Jul 17	4538248
M-Th	3:30pm-4:00pm	Jul 17	4538249
M-Th	4:00pm-4:30pm	Jul 17	4538250
M-Th	4:30pm-5:00pm	Jul 17	4538251
M-Th	9:00am-9:30am	Aug 14	4538262
M-Th	9:30am-10:00am	Aug 14	4538263
M-Th	10:00am-10:30am	Aug 14	4538264
M-Th	10:30am-11:00am	Aug 14	4538265
M-Th	11:00am-11:30am	Aug 14	4538266
M-Th	11:30am-12noon	Aug 14	4538267
M-Th	3:00pm-3:30pm	Aug 14	4538268
M-Th	3:30pm-4:00pm	Aug 14	4538269
M-Th	4:00pm-4:30pm	Aug 14	4538270
M-Th	4:30pm-5:00pm	Aug 14	4538271
SOUTH	7 Sessions S	558.75	3-5yrs
Tu-Th, I	M 9:00am-9:30am	Jul 4	4538232
Tu-Th, I		Jul 4	4538233
Tu-Th, I			4538234
Tu-Th, I			4538235
Tu-Th, I			4538236
Tu-Th,			4538237
Tu-Th,		Jul 4	4538238
Tu-Th,		Jul 4	4538239
Tu-Th,		Jul 4	4538240
Tu-Th,		Jul 4	4538241
Sa	M 4:30pm-5:00pm 9:30am-10:00am	Jul 8	4538282
		Jul 8	
Sa Sa	10:00am-10:30am	Jul 8	4538283
Sa Sa	10:30am-11:00am	Jul 8	4538284
	11:00am-11:30am	Jul 8	4538285 4538286
Sa	11:30am-12noon		
Su	5:00pm-5:30pm	Jul 9	4538287
Su	6:00pm-6:30pm	Jul 9	4538288
Su	6:30pm-7:00pm	Jul 9	4538289
Su	7:00pm-7:30pm	Jul 9	4538290
M-Th	9:00am-9:30am	Jul 31	4538252
M-Th	9:30am-10:00am	Jul 31	4538253
M-Th	10:00am-10:30am	Jul 31	4538254
M-Th	10:30am-11:00am	Jul 31	4538255
M-Th	11:00am-11:30am	Jul 31	4538256
M-Th	11:30am-12noon	Jul 31	4538257
M-Th	3:00pm-3:30pm	Jul 31	4538258
M-Th	3:30pm-4:00pm	Jul 31	4538259
M-Th	4:00pm-4:30pm	Jul 31	4538260
M-Th	4:30pm-5:00pm	Jul 31	4538261
SOUTH	5 Sessions S		3-5yrs
M-F	9:00am-9:30am	Aug 28	4538272
M-F	9:30am-10:00am	Aug 28	4538273
M-F	10:00am-10:30am	Aug 28	4538274
M-F	10:30am-11:00am	Aug 28	4538275
M-F	11:00am-11:30am	Aug 28	4538276
M-F	11:30am-12noon	Aug 28	4538277
M-E	3.00nm=3.30nm	אלי טווע	4538778
M-F	3:00pm-3:30pm	Aug 28	4538278
M-F	3:30pm-4:00pm	Aug 28	4538279
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South Surrey Indoor Pool



Learn it FOR LIFE

Take it to the next level: Aquatic Leadership & First Aid Training

Teach your kids to be safe in and around the water.
Enroll them in Bronze Star, Bronze Medallion* or
Bronze Cross** programs to develop the lifesaving
skills they need to be their very own lifeguard!
Participants learn CPR and advanced rescue techniques
to keep themselves, their friends, and family safe.

- Learn about drowning prevention and how to be WaterSmart ®
- Develop problem-solving and decisionmaking skills
- Challenge yourself with advanced lifesaving techniques
- Gain confidence and develop leadership skills
- Improve strength and physical fitness
- Lifetime certification

See page 42-45 for programs offered this season.

*Step 1 in becoming a certified lifeguard **Counts for two Grade 11 credits

Practice SWIMMING LESSONS

LESSON SET FOR \$5

Get helpful feedback on technique and extra practice time in the pool

Taught by instructors in training as part of the Red Cross Water Safety Instructor program.

No formal evaluation

Visit our website for course times and dates.

Red Cross Preschool 7-8: Crocodile/Whale

Through games and other fun activities, swimmers learn to swim 5-10 meters on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10-15 metres. This class is un-parented.

10-15 m	netres. This class is u	ın-par	ented.
FLEETW			3-5yrs
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F		ui 7 ul 7	4537319
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F		ul 7	4537321
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F Sa-Su		ul 7 ul 8	4537323 4537386
Sa-Su		ui o ul 8	4537387
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Sa-Su		ul 8	4537389
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M-Th		ul 17	4536932
M-Th		ul 17	4536933
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M-Th		ul 17	4536940
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M-Th		ui 17 ul 17	4536943
M-Th		ul 17	4536944
M-Th	6:00pm-6:30pm Ju	ul 17	4536945
M-Th		ul 17	4536946
M-Th		ug 14	4538463 4538464
M-Th M-Th		ug 14 ug 14	4538468
M-Th		ug 14	4538469
M-Th	11:30am-12noon A	ug 14	4538470
M-Th		ug 14	4538471
M-Th		ug 14	4538472
M-Th M-Th		ug 14 ug 14	4538499 4538500
M-Th		ug 14	4538501
M-Th	4:30pm-5:00pm A		4538502
M-Th		ug 14	4538503
M-Th		ug 14	4538504
M-Th M-Th		ug 14 ug 14	4538505 4538506
FLEETW		•	3-5yrs
Tu-Th, I		Jul 4	4536631
Tu-Th, I		Jul 4	4536632
Tu-Th, I		Jul 4	4536633
Tu-Th, N Tu-Th, N		Jul 4 Jul 4	4536634 4536635
Tu-Th, I		Jul 4	4536636
Tu-Th, I		Jul 4	4536637
Tu-Th, I	VI 3:00pm-3:30pm	Jul 4	4536638
Tu-Th, I		Jul 4	4536639
Tu-Th, I Tu-Th, I		Jul 4 Jul 4	4536640 4536641
Tu-Th, I		Jul 4	4536642
Tu-Th, I		Jul 4	4536643
Tu-Th, I		Jul 4	4536644
Tu-Th, I		Jul 4	4536645
Sa Sa		ul 8 ul 8	4537564 4537565
Sa		ul 8	4537566
Sa		ul 8	4537568
Sa	11:15am-11:45am Ju	ul 8	4537569
Sa		ul 8	4537570
Sa Sa		ul 8 ul 8	4537577 4537578
Sa Su		ui 8 ul 9	4537578 4537883
Su		ul 9	4537884
Su		ul 9	4537885
Su		ul 9	4537886
Su Su		ul 9 ul 9	4537887 4537889
Su		ui 9 ul 9	4537890
Su	12:45pm-1:15pm Ju	ul 9	4537891
M-Th		ul 31	4538309 4538310
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M-Th 10:00am-10:30am Jul 31 4538311
M-Th 10:30am-11:00am Jul 31 4538312
M-Th 11:30am-12noon Jul 31 4538313
M-Th 12noon-12:30pm Jul 31 4538314
M-Th 12:30pm-1:00pm Jul 31 4538315
M-Th 3:00pm-3:30pm Jul 31
                            4538316
M-Th 3:30pm-4:00pm
                     Jul 31
                            4538317
M-Th 4:00pm-4:30pm
                     Jul 31
                            4538318
M-Th 4:30pm-5:00pm
                     Jul 31 4538319
M-Th 5:00pm-5:30pm
                            4538320
                     Jul 31
M-Th
      5:30pm-6:00pm
                     Jul 31
                            4538321
M-Th 6:00pm-6:30pm
                     Jul 31 4538322
M-Th 7:00pm-7:30pm Jul 31 4538323
FLEETWOOD 6 Sessions $38.25
                             3-5yrs
Sa-Su 9:00am-9:30am Aug 12 4537468
Sa-Su 9:30am-10:00am Aug 12 4537469
Sa-Su 10:00am-10:30am Aug 12 4537470
Sa-Su 10:30am-11:00am Aug 12 4537471
Sa-Su 11:00am-11:30am Aug 12 4537472
Sa-Su 11:30am-12noon Aug 12 4537473
Sa-Su 12noon-12:30pm Aug 12 4537474
Sa-Su 12:30pm-1:00pm Aug 12 4537475
FLEETWOOD 5 Sessions $41.75
      9:00am-9:30am Aug 28 4539566
M-F
M-F
      9:30am-10:00am Aug 28 4539567
      10:00am-10:30am Aug 28 4539568
M-F
M-F
      10:30am-11:00am Aug 28 4539569
M-F
      11:30am-12noon Aug 28 4539638
M-F
      12noon-12:30pm Aug 28 4539639
      12:30pm-1:00pm Aug 28 4539640
M-F
M-F
      3:00pm-3:30pm
                     Aug 28 4539641
M-F
      3:30pm-4:00pm
                     Aug 28 4539642
M-F
      4:00pm-4:30pm
                     Aug 28 4539643
      4:30pm-5:00pm
                     Aug 28 4539644
M-F
M-F
      5:00pm-5:30pm
                     Aug 28 4539645
M-F
      5:30pm-6:00pm
                     Aug 28 4539646
M-F
      6:00pm-6:30pm
                     Aug 28 4539647
```

	o.oopiii o.oopiii	, tag 20	10000 17
M-F	7:00pm-7:30pm	Aug 28	4539648
Sport & Leisure Aquatics			
GUILDF	ORD 8 Sessions \$	67	3-5yrs
Sa-Su	9:30am-10:00am	Jul 8	4532316
Sa-Su	10:30am-11:00am	Jul 8	4532317
Sa-Su	11:30am-12noon	Jul 8	4532318
Sa-Su	12:30pm-1:00pm	Jul 8	4532322
M-Th	9:30am-10:00am	Jul 17	4532298
M-Th	10:30am-11:00am	Jul 17	4532299
M-Th	11:30am-12noon	Jul 17	4532300
M-Th	12:30pm-1:00pm	Jul 17	4532301
M-Th	3:00pm-3:30pm	Jul 17	4532302
M-Th	4:00pm-4:30pm	Jul 17	4532303
M-Th	5:00pm-5:30pm	Jul 17	4532304
M-Th	6:00pm-6:30pm	Jul 17	4532305
M-Th	7:00pm-7:30pm	Jul 17	4532306
M-Th	9:30am-10:00am	Aug 14	4532307
M-Th	10:30am-11:00am	Aug 14	4532308
M-Th	11:30am-12noon	Aug 14	4532309
M-Th	12:30pm-1:00pm	Aug 14	4532310
M-Th	3:00pm-3:30pm	Aug 14	4532311
M-Th	4:00pm-4:30pm	Aug 14	4532312
M-Th	5:00pm-5:30pm	Aug 14	4532313
M-Th	6:00pm-6:30pm	Aug 14	4532314
M-Th	7:00pm-7:30pm	Aug 14	4532315
GUILDF		558.75	3-5yrs
Tu-Th, N		Jul 4	4532323
Tu-Th, N			4532324
Tu-Th, N		n Jul 4	4532325
Tu-Th, N		Jul 4	4532326
Tu-Th, N	VI 3:00pm-3:30pm	Jul 4	4532327
Tu-Th, N		Jul 4	4532328
Tu-Th, N	VI 5:00pm-5:30pm	Jul 4	4532329
Tu-Th, N		Jul 4	4532330
Tu-Th, N		Jul 4	4532331
M-Th	9:30am-10:00am	Jul 31	4532332
M-Th	10:30am-11:00am	Jul 31	4532333
M-Th	11:30am-12noon	Jul 31	4532334
M-Th	12:30pm-1:00pm	Jul 31	4532335
M-Th	3:00pm-3:30pm	Jul 31	4532336
M-Th	4:00pm-4:30pm	Jul 31	4532337
M-Th	5:00pm-5:30pm	Jul 31	4532338
M-Th	6:00pm-6:30pm	Jul 31	4532340
M-Th	7:00pm-7:30pm	Jul 31	4532341
GUILDF			3-5yrs
Sa-Su	9:30am-10:00am	Aug 12	4532342
Sa-Su	10:30am-11:00am	Aug 12	4532343
Sa-Su	11:30am-12noon	Aug 12	4532344

Sa-Su 12:30pm-1:00pm Aug 12 4532345

Guildford Recreation Centre

NEWT0	N 8 Sessions 9	67	3-5yrs
M-Th	8:00am-8:30am	Jul 3	4541036
M-Th	9:00am-9:30am	Jul 3	4541069
M-Th	10:30am-11:00am	Jul 3	4541070
M-Th	11:30am-12noon	Jul 3	4541071
Tu, Th	6:00pm-6:30pm	Jul 4	4543600
Sa-Su	8:30am-9:00am	Jul 8	4541100
Sa-Su	10:30am-11:00am	Jul 8	4541105
Sa-Su	11:30am-12noon	Jul 8	4541106
M-Th	8:00am-8:30am	Jul 17	4541072
M-Th	9:00am-9:30am	Jul 17	4541073
M-Th	10:30am-11:00am	Jul 17	4541074
M-Th	11:30am-12noon	Jul 17	4541075
M-Th	8:00am-8:30am	Aug 14	4541080
M-Th	9:00am-9:30am	Aug 14	4541081
M-Th	10:30am-11:00am	Aug 14	4541082
M-Th	11:30am-12noon	Aug 14	4541083
NEWTO	N 7 Sessions S	558.75	3-5yrs
Sa	10:00am-10:30am	Jul 8	4541093
Su	11:30am-12noon	Jul 9	4541098
M-Th	8:00am-8:30am	Jul 31	4541076
M-Th	9:00am-9:30am	Jul 31	4541077
M-Th	10:30am-11:00am	Jul 31	4541078
M-Th	11:30am-12noon	Jul 31	4541079
NEWT0	N 6 Sessions S		3-5yrs
Sa-Su	8:30am-9:00am	Aug 12	4541108
Sa-Su	10:30am-11:00am	Aug 12	4541109
Sa-Su	11:30am-12noon	Aug 12	4541110
NEWTO	N 4 Sessions S	33.50	3-5yrs
M-Th	8:00am-8:30am	Aug 28	4541084
M-Th	9:00am-9:30am	Aug 28	4541086
M-Th	10:30am-11:00am	Aug 28	4541088
M-Th	11:30am-12noon	Aug 28	4541089
New	ton Recreation Cen	tre	
MODTU	O Casaiana é	.67	2 5

NORTH 8 Sessions \$67 3-5vrs Tu, Th 6:30pm-7:00pm Jul 4 4534315 Tu, Th 7:00pm-7:30pm Jul 4 4534316 9:30am-10:00am Jul 7 4534317 10:30am-11:00am Jul 7 4534318 4534319 11:30am-12noon Jul 7 Sa-Su 9:30am-10:00am Jul 8 4534320 Sa-Su 11:00am-11:30am Jul 8 4534321 Sa-Su 12:30pm-1:00pm Jul 8 4534322 M-Th 9:00am-9:30am Jul 17 4534369 M-Th 10:30am-11:00am Jul 17 4534370 M-Th 11:30am-12noon Jul 17 4534372 M-Th 4:30pm-5:00pm Jul 17 4534374 M-Th 5:30pm-6:00pm Jul 17 4534376 Tu, Th 6:00pm-6:30pm Aug 1 4534380 Tu, Th 7:00pm-7:30pm Aug 1 4534382 M-Th 9:30am-10:00am Aug 14 4534405 M-Th 10:30am-11:00am Aug 14 4534408 M-Th 12noon-12:30pm Aug 14 4534410 M-Th 4:30pm-5:00pm Aug 14 4534411 M-Th 5:30pm-6:00pm Aug 14 4534412 NORTH 7 Sessions \$58.75 Tu-Th, M 9:30am-10:00am Jul 4 4531314 Tu-Th, M 10:30am-11:00am Jul 4 4534311 Tu-Th, M 12noon-12:30pm Jul 4 4534312 Tu-Th, M 4:30pm-5:00pm Jul 4 4534313 Tu-Th, M 5:30pm-6:00pm Jul 4 4534314 M-Th 10:00am-10:30am Jul 31 4534389 M-Th 11:00am-11:30am Jul 31 4534392 M-Th 12noon-12:30pm Jul 31 4534395 M-Th 4:30pm-5:00pm Jul 31 4534398 M-Th 5:30pm-6:00pm Jul 31 4534401 NORTH 6 Sessions \$50.50 3-5vrs

Sa-Su 9:00am-9:30am Aug 12 4534383 Sa-Su 10:30am-11:00am Aug 12 4534384 Sa-Su 12noon-12:30pm Aug 12 4534385 **North Surrey Recreation Centre**

SOUTH 8 Sessions \$67 3-5yrs M-Th 9:00am-9:30am Jul 17 4534970 M-Th 10:00am-10:30am Jul 17 4534971 M-Th 11:00am-11:30am Jul 17 4534972 M-Th 12noon-12:30pm Jul 17 4534973 M-Th 4:00pm-4:30pm Jul 17 4534974 5:00pm-5:30pm Jul 17 M-Th M-Th 6:00pm-6:30pm Jul 17 4534976 M-Th 9:00am-9:30am Aug 14 4534984 M-Th 10:00am-10:30am Aug 14 4534985 M-Th 11:00am-11:30am Aug 14 4534986 M-Th 12noon-12:30pm Aug 14 4534987 M-Th 4:00pm-4:30pm Aug 14 4534988 M-Th 5:00pm-5:30pm Aug 14 4534989 M-Th 6:00pm-6:30pm Aug 14 4534990

SOUTH 7 Sessions \$58.75 3-5yrs Tu-Th, M 9:00am-9:30am Jul 4 4534207 Tu-Th, M 10:00am-10:30am Jul 4 4534208 Tu-Th, M 11:00am-11:30am Jul 4 4534210 Tu-Th, M 12noon-12:30pm Jul 4 4534212 Tu-Th, M 4:00pm-4:30pm Jul 4 4534213 Tu-Th, M 5:00pm-5:30pm Jul 4 4534214 Tu-Th, M 6:00pm-6:30pm Jul 4 4534215 9:00am-9:30am Jul 8 4534371 Sa 10:00am-10:30am Jul 8 4534360 Sa 11:00am-11:30am Jul 8 4534373 Sa 12noon-12:30pm Jul 8 4534381 Su 9:00am-9:30am Jul 9 4534377 Su 10:00am-10:30am Jul 9 4534378 Su 11:00am-11:30am Jul 9 4534368 12noon-12:30pm Jul 9 Su 4534375 M-Th 9:00am-9:30am Jul 31 4534977 10:00am-10:30am Jul 31 4534978 M-Th 11:00am-11:30am Jul 31 4534979 M-Th 12noon-12:30pm Jul 31 4534980 M-Th 4:00pm-4:30pm Jul 31 4534981 M-Th 5:00pm-5:30pm Jul 31 4534982 M-Th 6:00pm-6:30pm Jul 31 4534983 SOUTH 5 Sessions \$41.75 M-F 9:00am-9:30am Aug 28 4534991 M-F 10:00am-10:30am Aug 28 4534992 M-F 11:00am-11:30am Aug 28 4534993 M-F 12noon-12:30pm Aug 28 4534994 M-F 3:30pm-4:00pm Aug 28 4534995 M-F 4:30pm-5:00pm Aug 28 4534996 M-F 5:30pm-6:00pm Aug 28 4534997 M-F 6:30pm-7:00pm Aug 28 4534998

Grandview Heights Aquatic Centre

8 Sessions \$67 3-5yrs M-Th 9:30am-10:00am Jul 17 4538302 M-Th 10:00am-10:30am Jul 17 4538303 M-Th 10:30am-11:00am Jul 17 4538304 M-Th 11:00am-11:30am Jul 17 4538305 M-Th 3:00pm-3:30pm Jul 17 4538306 M-Th 3:30pm-4:00pm Jul 17 4538307 M-Th 4:00pm-4:30pm Jul 17 4538308 M-Th 9:30am-10:00am Aug 14 4539344 M-Th 10:00am-10:30am Aug 14 4539345 M-Th 10:30am-11:00am Aug 14 4539346 M-Th 11:00am-11:30am Aug 14 4539347 M-Th 3:00pm-3:30pm Aug 14 4539348 M-Th 3:30pm-4:00pm Aug 14 4539349 M-Th 4:00pm-4:30pm Aug 14 4539350 7 Sessions \$58.75 SOUTH 3-5vrs Tu-Th, M 9:30am-10:00am Jul 4 4538295 Tu-Th, M 10:00am-10:30am Jul 4 4538296 Tu-Th, M 10:30am-11:00am Jul 4 4538297 Tu-Th, M 11:00am-11:30am Jul 4 4538298 Tu-Th, M 3:00pm-3:30pm Jul 4 4538299 Tu-Th, M 3:30pm-4:00pm Jul 4 4538300 Tu-Th, M 4:00pm-4:30pm Jul 4 4538301 9:30am-10:00am Jul 8 4539358 Sa 10:00am-10:30am Jul 8 Sa 4539359 10:30am-11:00am Jul 8 Sa 4539360 11:00am-11:30am Jul 8 4539361 Sa Sa 11:30am-12noon Jul 8 4539362 5:00pm-5:30pm Jul 9 Su 4539363 Su 6:00pm-6:30pm Jul 9 4539364 7:00pm-7:30pm Jul 9 4539365 Su 9:30am-10:00am Jul 31 4539337 10:00am-10:30am Jul 31 4539338 M-Th M-Th 10:30am-11:00am Jul 31 4539339 M-Th 11:00am-11:30am Jul 31 4539340 M-Th 3:00pm-3:30pm Jul 31 4539341 M-Th 3:30pm-4:00pm Jul 31 4539342 M-Th 4:00pm-4:30pm Jul 31 4539343 5 Sessions \$41.75 SOUTH 3-5vrs 9:30am-10:00am Aug 28 4539351 M-F 10:00am-10:30am Aug 28 4539352 M-F 10:30am-11:00am Aug 28 4539353 M-F 11:00am-11:30am Aug 28 4539354 M-F 3:00pm-3:30pm Aug 28 4539355 M-F 3:30pm-4:00pm Aug 28 4539356 4:00pm-4:30pm Aug 28 4539357 **South Surrey Indoor Pool**

PARENTS & 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

M-Th 9:30am-10:00am Jul 31 4538310

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.

9:30am-10:00am Jul 7

10:00am-10:30am Jul 7

10:30am-11:00am Jul 7

5-12yrs

4537310

4537311

4537312

FLEETWOOD 8 Sessions \$51

F		Jul 7	4537313
F		Jul 7	4537314
F		Jul 7	4537315
F		Jul 7	4537316
Sa-Su		Jul 8	4537396
Sa-Su		Jul 8	4537397
Sa-Su		Jul 8	4537398
Sa-Su		Jul 8	4537399
Sa-Su		Jul 8	4537400
Sa-Su		Jul 8	4537401
Sa-Su		Jul 8 Jul 8	4537402
Sa-Su M-Th		Jul 8 Jul 17	4537403 4536947
M-Th		Jul 17 Jul 17	4536953
M-Th		Jul 17	4536954
M-Th		Jul 17	4536955
M-Th		Jul 17	4536956
M-Th		Jul 17	4536957
M-Th		Jul 17	4536958
M-Th		Jul 17	4536959
M-Th		Jul 17	4536960
M-Th		Jul 17	4536961
M-Th		Jul 17	4536962
M-Th	5:00pm-5:30pm	Jul 17	4536963
M-Th	5:30pm-6:00pm	Jul 17	4536964
M-Th	6:00pm-6:30pm	Jul 17	4536965
M-Th		Jul 17	4536966
M-Th	7:00pm-7:30pm	Jul 17	4536967
M-Th	9:30am-10:00am	Aug 14	4538507
M-Th		Aug 14	4538508
M-Th		Aug 14	4538509
M-Th		Aug 14	4538510
M-Th		Aug 14	4538511
M-Th		Aug 14	4538694
M-Th		Aug 14	4538695
M-Th		Aug 14	4538696
M-Th		Aug 14	4538697
M-Th		Aug 14	4538699
M-Th M-Th		Aug 14	4538700
M-Th		Aug 14 Aug 14	4538701 4538702
M-Th		Aug 14 Aug 14	
M-Th		Aug 14	
M-Th		Aug 14	4538742
		44.50	5-12yrs
Tu-Th,		Jul 4	4536646
Tu-Th,			4536647
Tu-Th,			4536648
Tu-Th,			4536651
Tu-Th,	VI 11:30am-12noon	Jul 4	4536653
Tu-Th, I			4536654
Tu-Th, I	•	Jul 4	4536655
Tu-Th, I		Jul 4	4536665
Tu-Th, I		Jul 4	4536666
Tu-Th, f		Jul 4	4536667
Tu-Th, I		Jul 4	4536668
Tu-Th, I		Jul 4	4536669
Tu-Th, I		Jul 4	4536670
Tu-Th, I		Jul 4	4536671
Tu-Th, I		Jul 4	4536672
Tu-Th,		Jul 4	4536673
Sa		Jul 8	4537579
Sa		Jul 8	4537580
Sa		Jul 8	4537581
Sa		Jul 8	4537582
Sa Sa		Jul 8 Jul 8	4537583 4537584
Sa Sa		Jul 8	4537586
Sa		Jul 8	4537587
Su		Jul 9	4537892
Su		Jul 9	4537893
Su		Jul 9	4537894
Su		Jul 9	4537895
Su		Jul 9	4537896
Su		Jul 9	4537897
Su	•	Jul 9	4537898
Su		Jul 9	4537899
M-Th		Jul 31	4538324
M-Th		Jul 31	4538325
N/I Th	10,20am 11,00am	1 01	4E2022C

M-Th 10:30am-11:00am Jul 31 4538326

M-Th 11:00am-11:30am Jul 31 4538327

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M-Th 11:30am-12noon Jul 31 4538328
M-Th 12noon-12:30pm Jul 31
                             4538329
M-Th 12:30pm-1:00pm Jul 31 4538330
M-Th
      3:00pm-3:30pm
                      Jul 31
                             4538331
                             4538332
M-Th
      3:30pm-4:00pm
                      Jul 31
M-Th 4:00pm-4:30pm
                      Jul 31 4538333
M-Th
      4:30pm-5:00pm
                      Jul 31
                             4538334
M-Th
      5:00pm-5:30pm
                      Jul 31
                             4538335
      5:30pm-6:00pm
                      Jul 31
M-Th
                             4538336
M-Th
      6:00pm-6:30pm
                      Jul 31
                             4538337
      6:30pm-7:00pm
                      Jul 31
                             4538338
                      Jul 31 4538339
M-Th 7:00pm-7:30pm
FLEETWOOD 6 Sessions $38.25
                              5-12yrs
Sa-Su 9:00am-9:30am Aug 12 4537456
Sa-Su 9:30am-10:00am Aug 12 4537458
Sa-Su 10:00am-10:30am Aug 12 4537460
Sa-Su 10:30am-11:00am Aug 12 4537462
Sa-Su 11:00am-11:30am Aug 12 4537464
Sa-Su 11:30am-12noon Aug 12 4537465
Sa-Su 12noon-12:30pm Aug 12 4537466
Sa-Su 12:30pm-1:00pm Aug 12 4537467
FLEETWOOD 5 Sessions $51
      9:30am-10:00am Aug 28 4539667
       10:00am-10:30am Aug 28 4539668
M-F
M-F
       10:30am-11:00am Aug 28 4539669
       11:00am-11:30am Aug 28 4539670
       11:30am-12noon Aug 28 4539671
M-F
M-F
       12noon-12:30pm Aug 28 4539672
       12:30pm-1:00pm Aug 28 4539673
      3:00pm-3:30pm
M-F
                      Aug 28 4539674
M-F
      3:30pm-4:00pm
                      Aug 28 4539675
       4:00pm-4:30pm
                      Aug 28 4539676
       4:30pm-5:00pm
M-F
                      Aug 28 4539677
      5:00pm-5:30pm
                      Aug 28 4539678
M-F
       5:30pm-6:00pm
                      Aug 28 4539692
      6:00pm-6:30pm
                      Aug 28 4539693
M-F
      6:30pm-7:00pm
M-F
                      Aug 28 4539694
  Sport & Leisure Aquatics
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7:00pm-7:30pm Aug 28 4539695
GUILDFORD 8 Sessions $51
                              5-12yrs
Sa-Su 9:00am-9:30am Jul 8
                             4532380
Sa-Su 9:30am-10:00am Jul 8
                             4532381
Sa-Su 10:00am-10:30am Jul 8
                             4532382
Sa-Su 10:30am-11:00am Jul 8
                             4532383
Sa-Su 11:00am-11:30am Jul 8
                             4532384
Sa-Su 11:30am-12noon Jul 8
                             4532385
Sa-Su 12noon-12:30pm Jul 8
                             4532386
Sa-Su 12:30pm-1:00pm Jul 8
                             4543218
      9:00am-9:30am Jul 17
                             4532346
M-Th 9:30am-10:00am Jul 17
                             4532347
M-Th 10:00am-10:30am Jul 17
                             4532348
      10:30am-11:00am Jul 17
                             4532349
M-Th 11:00am-11:30am Jul 17 4532350
M-Th 11:30am-12noon Jul 17 4532351
      12noon-12:30pm Jul 17
                             4532352
      12:30pm-1:00pm Jul 17 4532353
M-Th
M-Th
      3:00pm-3:30pm Jul 17 4532354
      3:30pm-4:00pm
                      Jul 17
                             4532355
M-Th 4:00pm-4:30pm
                      Jul 17 4532356
M-Th
      4:30pm-5:00pm
                      Jul 17 4532357
      5:00pm-5:30pm
                      Jul 17
                             4532358
      5:30pm-6:00pm
M-Th
                      Jul 17 4532359
M-Th
      6:00pm-6:30pm
                      Jul 17 4532360
      6:30pm-7:00pm
                      Jul 17
                             4532361
M-Th 7:00pm-7:30pm
                      Jul 17 4532362
M-Th
      9:00am-9:30am
                      Aug 14 4532363
      9:30am-10:00am Aug 14 4532364
      10:00am-10:30am Aug 14 4532365
M-Th
M-Th 10:30am-11:00am Aug 14 4532366
      11:00am-11:30am Aug 14 4532367
M-Th 11:30am-12noon Aug 14 4532368
M-Th 12noon-12:30pm Aug 14 4532369
      12:30pm-1:00pm Aug 14 4532370
                      Aug 14 4532371
      3:00pm-3:30pm
M-Th
      3:30pm-4:00pm
M-Th
                      Aug 14 4532372
      4:00pm-4:30pm
                      Aug 14 4532373
                      Aug 14 4532374
M-Th 4:30pm-5:00pm
      5:00pm-5:30pm
                      Aug 14 4532375
M-Th
      5:30pm-6:00pm
                      Aug 14 4532376
                      Aug 14 4532377
M-Th 6:00pm-6:30pm
M-Th 6:30pm-7:00pm Aug 14 4532378
M-Th 7:00pm-7:30pm Aug 14 4532379
            7 Sessions $44.50
Tu-Th, M 9:00am-9:30am Jul 4 4532387
Tu-Th, M 9:30am-10:00am Jul 4 4532388
Tu-Th, M 10:00am-10:30am Jul 4 4532389
Tu-Th, M 10:30am-11:00am Jul 4 4532390
Tu-Th, M 11:00am-11:30am Jul 4 4532391
Tu-Th, M 11:30am-12noon Jul 4 4532392
Tu-Th, M 12noon-12:30pm Jul 4 4532393
Tu-Th, M 12:30pm-1:00pm Jul 4 4532394
Tu-Th, M 3:00pm-3:30pm Jul 4 4532395
Tu-Th, M 3:30pm-4:00pm Jul 4 4532396
Tu-Th, M 4:00pm-4:30pm Jul 4 4532397
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Tu-Th, M 4:30pm-5:00pm

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Jul 4 4532399
Tu-Th, M 5:00pm-5:30pm
Tu-Th, M 5:30pm-6:00pm
                       Jul 4 4532400
                       Jul 4 4532401
Tu-Th, M 6:00pm-6:30pm
Tu-Th, M 6:30pm-7:00pm
                       Jul 4 4532402
Tu-Th, M 7:00pm-7:30pm
                       Jul 4 4532403
M-Th 9:00am-9:30am Jul 31 4532404
M-Th 9:30am-10:00am Jul 31 4532405
M-Th 10:00am-10:30am Jul 31
                             4532406
M-Th 10:30am-11:00am Jul 31
                             4532407
M-Th 11:00am-11:30am Jul 31
                            4532408
M-Th 11:30am-12noon Jul 31
                             4532409
M-Th 12noon-12:30pm Jul 31 4532410
M-Th 12:30pm-1:00pm Jul 31
                            4532411
M-Th 3:00pm-3:30pm
                      Jul 31
                             4532412
M-Th 3:30pm-4:00pm
                      Jul 31 4532413
M-Th 4:00pm-4:30pm
                      Jul 31
                            4532414
M-Th 4:30pm-5:00pm
                      Jul 31
                             4532415
M-Th 5:00pm-5:30pm
                      Jul 31 4532416
M-Th 5:30pm-6:00pm
                      Jul 31
                            4532417
M-Th 6:00pm-6:30pm
                      Jul 31
                             4532418
M-Th 6:30pm-7:00pm
                      Jul 31 4532419
M-Th 7:00pm-7:30pm
                      Jul 31 4532421
GUILDFORD 6 Sessions $38.25
                             5-12yrs
Sa-Su 9:00am-9:30am Aug 12 4532486
Sa-Su 9:30am-10:00am Aug 12 4532487
Sa-Su 10:00am-10:30am Aug 12 4532488
Sa-Su 10:30am-11:00am Aug 12 4532490
Sa-Su 11:00am-11:30am Aug 12 4532492
Sa-Su 11:30am-12noon Aug 12 4532494
Sa-Su 12noon-12:30pm Aug 12 4532498
Sa-Su 12:30pm-1:00pm Aug 12 4532499
  Guildford Recreation Centre
```

NEWTON 8 Sessions \$51 5-12yrs M-Th 8:00am-8:30am Jul 3 4541053 M-Th 8:30am-9:00am Jul 3 4541112 M-Th 9:00am-9:30am Jul 3 4541115 M-Th 9:30am-10:00am Jul 3 4541118 M-Th 10:30am-11:00am Jul 3 4541121 M-Th 11:00am-11:30am Jul 3 4541123 4541124 M-Th 11:30am-12noon Jul 3 M-Th 12noon-12:30pm Jul 3 4541125 M-Th 12:30pm-1:00pm Jul 3 4541126 Tu, Th 4:30pm-5:00pm 4543606 Jul 4 Tu, Th 5:00pm-5:30pm 4543607 Jul 4 Tu, Th 5:30pm-6:00pm Jul 4 4543608 Tu. Th 6:00pm-6:30pm 4543609 Jul 4 Tu, Th 6:30pm-7:00pm 4543610 Jul 4 Sa-Su 8:30am-9:00am Jul 8 4541233 Sa-Su 9:00am-9:30am 4541234 Jul 8 Sa-Su 9:30am-10:00am Jul 8 4541235 Sa-Su 10:30am-11:00am Jul 8 4541237 Sa-Su 11:00am-11:30am Jul 8 4541238 Sa-Su 11:30am-12noon Jul 8 4541240 Sa-Su 12noon-12:30pm Jul 8 4541242 M-Th 8:00am-8:30am 4541128 Jul 17 M-Th 8:30am-9:00am Jul 17 4541129 M-Th 9:00am-9:30am Jul 17 4541130 4541131 M-Th 9:30am-10:00am Jul 17 M-Th 10:30am-11:00am Jul 17 4541132 M-Th 11:00am-11:30am Jul 17 4541133 4541134 M-Th 11:30am-12noon Jul 17 M-Th 12noon-12:30pm Jul 17 4541135 M-Th 12:30pm-1:00pm Jul 17 4541137 Tu. Th 4:30pm-5:00pm 4543592 Aug 1 Tu, Th 5:00pm-5:30pm Aug 1 4543593 Tu, Th 5:30pm-6:00pm Aug 1 4543594 4543595 Tu. Th 6:00pm-6:30pm Aug 1 Tu, Th 6:30pm-7:00pm 4543596 Aug 1 Tu, Th 5:30pm-6:00pm Aug 1 4543599 4543601 Tu. Th 6:00pm-6:30pm Aug 1 Tu, Th 4:30pm-5:00pm Aug 1 4543611 Tu, Th 5:00pm-5:30pm Aug 1 4543612 4543613 Tu. Th 5:30nm-6:00nm Aug 1 Tu, Th 6:00pm-6:30pm 4543614 Aug 1 Tu, Th 6:30pm-7:00pm Aug 1 4543615 Aug 1 4543603 Tu. Th 6:30pm-7:00pm M-Th 8:00am-8:30am Aug 14 4541171 Aug 14 4541173 M-Th 8:30am-9:00am M-Th 9:00am-9:30am Aug 14 4541175 M-Th 9:30am-10:00am Aug 14 4541178 M-Th 10:30am-11:00am Aug 14 4541182 M-Th 11:00am-11:30am Aug 14 4541185 M-Th 11:30am-12noon Aug 14 4541187 M-Th 12noon-12:30pm Aug 14 4541189 M-Th 12:30pm-1:00pm Aug 14 4541190 NEWTON 7 Sessions \$44.50 5-12vrs 8:30am-9:00am Jul 8 4541212 Sa 9:00am-9:30am Jul 8 Sa 4541213 9:30am-10:00am Jul 8 4541215 Sa 10:30am-11:00am Jul 8 4541216 Sa Sa 11:00am-11:30am Jul 8 4541218

11:30am-12noon Jul 8

12noon-12:30pm Jul 8

8:30am-9:00am Jul 9

9:00am-9:30am Jul 9

9:30am-10:00am Jul 9

Sa

Sa

Su

Su

Su

Jul 4 4532398

```
10:30am-11:00am Jul 9
                            4541227
Su
      11:00am-11:30am Jul 9
                             4541228
      11:30am-12noon Jul 9
                             4541229
Su
Su
      12noon-12:30pm Jul 9
                             4541230
      8:00am-8:30am Jul 31
M-Th
                            4541138
M-Th
      8:30am-9:00am Jul 31
                            4541139
M-Th
      9:00am-9:30am Jul 31
                            4541148
M-Th
      9:30am-10:00am Jul 31
                             4541157
      10:30am-11:00am Jul 31
M-Th
                            4541159
M-Th
     11:00am-11:30am Jul 31
                            4541161
      11:30am-12noon Jul 31
                            4541164
M-Th 12noon-12:30pm Jul 31 4541166
M-Th 12:30pm-1:00pm Jul 31 4541168
NEWTON
           6 Sessions $38.25
                             5-12vrs
Sa-Su 8:30am-9:00am Aug 12 4541243
Sa-Su 9:00am-9:30am Aug 12 4541244
Sa-Su 9:30am-10:00am Aug 12 4541246
Sa-Su 10:30am-11:00am Aug 12 4541248
Sa-Su 11:00am-11:30am Aug 12 4541251
Sa-Su 11:30am-12noon Aug 12 4541255
Sa-Su 12noon-12:30pm Aug 12 4541256
NEWTON
           4 Sessions $25.50
                             5-12vrs
M-Th 8:00am-8:30am Aug 28 4541194
M-Th 8:30am-9:00am Aug 28 4541195
M-Th 9:00am-9:30am Aug 28 4541198
M-Th 9:30am-10:00am Aug 28 4541200
      10:30am-11:00am Aug 28 4541203
M-Th
M-Th
     11:00am-11:30am Aug 28 4541204
M-Th 11:30am-12noon Aug 28 4541206
M-Th 12noon-12:30pm Aug 28 4541207
M-Th 12:30pm-1:00pm Aug 28 4541208
  Newton Recreation Centre
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NORTH 8 Sessions \$51 5-12yrs Tu, Th 6:00pm-6:30pm Jul 4 4535305 Tu. Th 6:30pm-7:00pm Jul 4 4535306 Tu, Th 7:00pm-7:30pm Jul 4 4535307 9:00am-9:30am Jul 7 4535308 10:00am-10:30am Jul 7 4535309 11:00am-11:30am Jul 7 4535310 11:30am-12noon Jul 7 4535311 Sa-Su 9:00am-9:30am Jul 8 4535312 Sa-Su 9:30am-10:00am Jul 8 4535313 Sa-Su 10:00am-10:30am Jul 8 4535314 Sa-Su 10:30am-11:00am Jul 8 4535315 Sa-Su 11:00am-11:30am Jul 8 4535316 Sa-Su 11:30am-12noon Jul 8 4535317 Sa-Su 12noon-12:30nm Jul 8 4535318 Sa-Su 12:30pm-1:00pm Jul 8 4535319 9:00am-9:30am Jul 17 M-Th 4535320 9:30am-10:00am Jul 17 M-Th 4535321 M-Th 10:00am-10:30am Jul 17 4535322 10:30am-11:00am Jul 17 4535323 M-Th 11:00am-11:30am Jul 17 4535324 M-Th 11:30am-12noon Jul 17 4535325 12noon-12:30pm Jul 17 4535326 M-Th 4:00pm-4:30pm Jul 17 4535327 M-Th 4:30pm-5:00pm Jul 17 4535328 M-Th 5:00pm-5:30pm Jul 17 4535329 M-Th 5:30pm-6:00pm Jul 17 4535330 Tu, Th 6:00pm-6:30pm Aug 1 4535331 Tu, Th 6:30pm-7:00pm Aug 1 4535332 Tu, Th 7:00pm-7:30pm Aug 1 4535333 M-Th 9:00am-9:30am Aug 14 4535353 9:30am-10:00am Aug 14 4535354 M-Th 10:00am-10:30am Aug 14 4535355 M-Th 10:30am-11:00am Aug 14 4535356 11:00am-11:30am Aug 14 4535357 M-Th 11:30am-12noon Aug 14 4535358 M-Th 12noon-12:30pm Aug 14 4535359 M-Th 4:00pm-4:30pm Aug 14 4535360 M-Th 4:30pm-5:00pm Aug 14 4535361 M-Th 5:00pm-5:30pm Aug 14 4535362 M-Th 5:30pm-6:00pm Aug 14 4535363 NORTH 7 Sessions \$44.50 5-12yrs Tu-Th, M 9:00am-9:30am Jul 4 4531342 Tu-Th, M 9:30am-10:00am Jul 4 4534413 Tu-Th, M 10:30am-11:00am Jul 4 4534414 Tu-Th, M 11:00am-11:30am Jul 4 4534415 Tu-Th, M 11:30am-12noon Jul 4 4534416 Tu-Th, M 12noon-12:30pm Jul 4 4534417 Tu-Th, M 4:00pm-4:30pm Jul 4 4534418 Tu-Th, M 4:30pm-5:00pm Jul 4 4534419 Tu-Th, M 5:00pm-5:30pm Jul 4 Tu-Th, M 5:30pm-6:00pm Jul 4 4534421 M-Th 5:00pm-5:30pm Jul 31 4535351 M-Th 9:00am-9:30am Jul 31 4535342 M-Th 9:30am-10:00am Jul 31 4535343 M-Th 10:00am-10:30am Jul 31 4535344 M-Th 10:30am-11:00am Jul 31 4535345 M-Th 11:00am-11:30am Jul 31 4535346 M-Th 11:30am-12noon Jul 31 4535347 M-Th 12noon-12:30pm Jul 31 4535348 M-Th 4:00pm-4:30pm Jul 31 4535349 M-Th 4:30pm-5:00pm Jul 31 4535350

Jul 31 4535352

M-Th 5:30pm-6:00pm

4541220

4541221

4541223

4541224

4541226

AQUATICS

NORTH	6 Sessions S			
Sa-Su	9:00am-9:30am	Aug	12	4535334
Sa-Su	9:30am-10:00am	Aug	12	4535335
Sa-Su	10:00am-10:30am	Aug	12	4535336
Sa-Su	10:30am-11:00am	Aug	12	4535337
Sa-Su	11:00am-11:30am	Aug	12	4535338
Sa-Su	11:30am-12noon	Aug	12	4535339
Sa-Su	12noon-12:30pm	Aug	12	4535340
Sa-Su	12:30pm-1:00pm	Aug	12	4535341
Norti	h Surrey Recreation	Cent	re	

Sa-Su 12:30pm-1:00pm		4535341
North Surrey Recreation	Centre	
SOUTH 8 Sessions \$		5-12yrs
M-Th 9:00am-9:30am	Jul 17	4534501
M-Th 9:30am-10:00am M-Th 10:00am-10:30am	Jul 17 Jul 17	4534502 4534503
M-Th 10:30am-11:00am	Jul 17 Jul 17	4534504
M-Th 11:00am-11:30am	Jul 17	4534505
M-Th 11:30am-12noon	Jul 17	4534506
M-Th 12noon-12:30pm	Jul 17	4534507
M-Th 12:30pm-1:00pm	Jul 17	4534508
M-Th 3:00pm-3:30pm M-Th 3:30pm-4:00pm	Jul 17 Jul 17	4534509 4534510
M-Th 4:00pm-4:30pm	Jul 17	4534511
M-Th 4:30pm-5:00pm	Jul 17	4534512
M-Th 5:00pm-5:30pm	Jul 17	4534513
M-Th 5:30pm-6:00pm	Jul 17	4534514
M-Th 6:00pm-6:30pm	Jul 17	4534515
M-Th 6:30pm-7:00pm M-Th 7:00pm-7:30pm	Jul 17 Jul 17	4534516 4534517
M-Th 9:00am-9:30am	Aug 14	4534536
M-Th 9:30am-10:00am	Aug 14	4534537
M-Th 10:00am-10:30am	Aug 14	4534538
M-Th 10:30am-11:00am	Aug 14	4534539
M-Th 11:00am-11:30am	Aug 14	4534540
M-Th 11:30am-12noon M-Th 12noon-12:30pm	Aug 14 Aug 14	4534541 4534542
M-Th 12:30pm-1:00pm	Aug 14	4534543
M-Th 3:00pm-3:30pm	Aug 14	4534544
M-Th 3:30pm-4:00pm	Aug 14	4534545
M-Th 4:00pm-4:30pm	Aug 14	4534546
M-Th 4:30pm-5:00pm	Aug 14	4534547
M-Th 5:00pm-5:30pm	Aug 14	4534548
M-Th 5:30pm-6:00pm M-Th 6:00pm-6:30pm	Aug 14 Aug 14	4534549 4534550
M-Th 6:30pm-7:00pm	Aug 14	4534551
M-Th 7:00pm-7:30pm	Aug 14	4534552
SOUTH 7 Sessions \$	44.50	5-12yrs
Tu-Th, M 9:00am-9:30am	Jul 4	4533534
Tu-Th, M 9:30am-10:00am		4534121
Tu-Th, M 10:00am-10:30ar Tu-Th, M 10:30am-11:00ar		4534122 4534123
Tu-Th, M 11:00am-11:30ar		4534126
Tu-Th, M 11:30am-12noor		4534130
Tu-Th, M 12noon-12:30pm		4534132
Tu-Th, M 12:30pm-1:00pm		4534135
Tu-Th, M 3:00pm-3:30pm Tu-Th, M 3:30pm-4:00pm	Jul 4 Jul 4	4534138 4534140
Tu-Th, M 4:00pm-4:30pm	Jul 4	4534142
Tu-Th, M 4:30pm-5:00pm	Jul 4	4534145
Tu-Th, M 5:00pm-5:30pm	Jul 4	4534147
Tu-Th, M 5:30pm-6:00pm	Jul 4	4534149
Tu-Th, M 6:00pm-6:30pm	Jul 4	4534151
Tu-Th, M 6:30pm-7:00pm Tu-Th, M 7:00pm-7:30pm	Jul 4 Jul 4	4534153 4534154
Sa 9:00am-9:30am	Jul 8	4534386
Sa 9:30am-10:00am	Jul 8	4534387
Sa 10:00am-10:30am	Jul 8	4534394
Sa 10:30am-11:00am	Jul 8	4534388
Sa 11:00am-11:30am Sa 11:30am-12noon	Jul 8 Jul 8	4534396 4534391
Sa 12noon-12:30pm	Jul 8	4534397
Sa 12:30pm-1:00pm	Jul 8	4534393
Su 9:00am-9:30am	Jul 9	4534399
Su 9:30am-10:00am	Jul 9	4534400
Su 10:00am-10:30am	Jul 9	4534406
Su 10:30am-11:00am Su 11:00am-11:30am	Jul 9 Jul 9	4534402 4534407
Su 11:30am-12noon	Jul 9	4534403
Su 12noon-12:30pm	Jul 9	4534409
Su 12:30pm-1:00pm	Jul 9	4534404
M-Th 9:00am-9:30am	Jul 31	4534518
M-Th 9:30am-10:00am M-Th 10:00am-10:30am	Jul 31 Jul 31	4534519 4534520
M-Th 10:30am-11:00am	Jul 31	4534521
M-Th 11:00am-11:30am	Jul 31	4534522
M-Th 11:30am-12noon	Jul 31	4534523
M-Th 12noon-12:30pm	Jul 31	4534524
M-Th 12:30pm-1:00pm	Jul 31	4534525
M-Th 3:00pm-3:30pm M-Th 3:30pm-4:00pm	Jul 31 Jul 31	4534526 4534527
M-Th 4:00pm-4:30pm	Jul 31	4534528
M-Th 4:30pm-5:00pm	Jul 31	4534529
M-Th 5:00pm-5:30pm	Jul 31	4534530
M-Th 5:30pm-6:00pm M-Th 6:00pm-6:30pm	Jul 31 Jul 31	4534531 4534533
ivi- i ii n uuuliii-n:3Unm	JUL 51	4004033

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M-Th 6:30pm-7:00pm Jul 31 4534534
M-Th 7:00pm-7:30pm Jul 31 4534535
SOUTH
           5 Sessions $31.75
                            5-12yrs
M-F 9:00am-9:30am Aug 28 4534554
      9:30am-10:00am Aug 28 4534555
M-F
      10:00am-10:30am Aug 28 4534556
      10:30am-11:00am Aug 28 4534558
      11:00am-11:30am Aug 28 4534559
M-F
M-F
      11:30am-12noon Aug 28 4534562
      12noon-12:30pm Aug 28 4534567
M-F
      12:30pm-1:00pm Aug 28 4534565
M-F
      3:00pm-3:30pm Aug 28 4534568
      3:30pm-4:00pm Aug 28 4534569
      4:00pm-4:30pm Aug 28 4534570
M-F
      4:30pm-5:00pm
M-F
                     Aug 28 4534571
      5:00pm-5:30pm
                     Aug 28 4534572
      5:30pm-6:00pm Aug 28 4534573
M-F
      6:00pm-6:30pm
M-F
                     Aug 28 4534782
      6:30pm-7:00pm Aug 28 4534783
M-F
      7:00pm-7:30pm Aug 28 4534784
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Grandview Heights Aquatic Centre			
SOUTH	8 Sessions \$	67	5-12yrs
M-Th	8:30am-9:00am	Jul 17	4539377
M-Th	9:00am-9:30am	Jul 17	4539378
M-Th	9:30am-10:00am	Jul 17	4539379
M-Th	10:00am-10:30am	Jul 17	4539380
M-Th	10:30am-11:00am	Jul 17	4539381
M-Th	11:00am-11:30am	Jul 17	4539382
M-Th	11:30am-12noon	Jul 17	4539383
M-Th M-Th	3:00pm-3:30pm	Jul 17 Jul 17	4539384 4539385
M-Th	3:30pm-4:00pm 4:00pm-4:30pm	Jul 17	4539386
M-Th	4:30pm-5:00pm	Jul 17	4539387
M-Th	8:30am-9:00am	Aug 14	4539399
M-Th	9:00am-9:30am	Aug 14	4539400
M-Th	9:30am-10:00am	Aug 14	4539401
M-Th	10:00am-10:30am	Aug 14	4539402
M-Th	10:30am-11:00am	Aug 14	4539403
M-Th	11:00am-11:30am 11:30am-12noon	Aug 14	4539404 4539405
M-Th M-Th	3:00pm-3:30pm	Aug 14 Aug 14	4539405
M-Th	3:30pm-4:00pm	Aug 14	4539407
M-Th	4:00pm-4:30pm	Aug 14	4539408
M-Th	4:30pm-5:00pm	Aug 14	4539409
SOUTH			5-12yrs
Tu-Th,		Jul 4	4539366
Tu-Th,		Jul 4	4539367
Tu-Th,			4539368
Tu-Th,			4539369
Tu-Th,			4539370
Tu-Th, Tu-Th,			4539371 4539372
Tu-Th,		Jul 4	4539372
Tu-Th,		Jul 4	4539374
Tu-Th,		Jul 4	4539375
Tu-Th,		Jul 4	4539376
Sa	9:30am-10:00am	Jul 8	4539421
Sa	10:00am-10:30am	Jul 8	4539422
Sa Sa	10:30am-11:00am 11:00am-11:30am	Jul 8 Jul 8	4539423 4539424
Sa Sa	11:30am-12noon	Jul 8	4539424
Su	5:00pm-5:30pm	Jul 9	4539426
Su	5:30pm-6:00pm	Jul 9	4539431
Su	6:00pm-6:30pm	Jul 9	4539427
Su	6:30pm-7:00pm	Jul 9	4539428
Su	7:00pm-7:30pm	Jul 9	4539429
Su	7:30pm-8:00pm	Jul 9	4539430
M-Th M-Th	8:30am-9:00am 9:00am-9:30am	Jul 31 Jul 31	4539388
M-Th	9:30am-10:00am	Jul 31	4539389 4539390
M-Th	10:00am-10:30am	Jul 31	4539391
M-Th	10:30am-11:00am	Jul 31	4539392
M-Th	11:00am-11:30am	Jul 31	4539393
M-Th	11:30am-12noon	Jul 31	4539394
M-Th	3:00pm-3:30pm	Jul 31	4539395
M-Th	3:30pm-4:00pm	Jul 31	4539396
M-Th M-Th	4:00pm-4:30pm 4:30pm-5:00pm	Jul 31 Jul 31	4539397 4539398
SOUTH			5-12yrs
M-F	8:30am-9:00am	Aug 28	4539410
M-F	9:00am-9:30am	Aug 28	4539411
M-F	9:30am-10:00am	Aug 28	4539412
M-F	10:00am-10:30am	Aug 28	4539413
M-F	10:30am-11:00am	Aug 28	4539414
M-F	11:00am-11:30am	Aug 28	4539415
M-F	11:30am-12noon 3:00nm-3:30nm	Aug 28	4539416 4539417

 M-F
 3:00pm-3:30pm
 Aug 28 4539417

 M-F
 3:30pm-4:00pm
 Aug 28 4539418

 M-F
 4:00pm-4:30pm
 Aug 28 4539419

 M-F
 4:30pm-5:00pm
 Aug 28 4539420

South Surrey Indoor Pool

Red Cross Swim Kids 3-4

Learn to swim with Red Cross Swim Kids!
These levels work on developing stroke
technique in front crawl, introduction
to diving and endurance swims. Each
swimmer is taught to their individual
learner needs and at their own pace.

5-12yrs

FLEETWOOD 8 Sessions \$51

F 9:30am-10:00am Ju	17	4537303
F 10:00am-10:30am Ju		4537304
F 10:30am-11:00am Ju	17	4537305
F 11:00am-11:30am Ju		4537306
F 11:30am-12noon Ju		4537307
F 12noon-12:30pm Ju F 12:30pm-1:00pm Ju		4537308
F 12:30pm-1:00pm Ju Sa-Su 9:00am-9:30am Ju		4537309 4537404
Sa-Su 9:30am-10:00am Ju		4537404
Sa-Su 10:00am-10:30am Ju		4537406
Sa-Su 10:30am-11:00am Ju		4537407
Sa-Su 11:30am-12noon Ju	8 8	4537408
Sa-Su 12noon-12:30pm Ju	l 8	4537409
Sa-Su 12:30pm-1:00pm Ju		4537410
	17	4537254
	17	4537255
	l 17 l 17	4537256 4537257
	l 17 l 17	4537258
	l 17	4537259
	17	4537260
	l 17	4537261
	l 17	4537262
M-Th 4:00pm-4:30pm Ju	l 17	4537263
	l 17	4537264
	17	4537265
	17	4537266
	17	4537267
	l 17 l 17	4537268 4537270
M-Th 7:00pm-7:30pm Ju M-Th 9:30am-10:00am Au		4538743
M-Th 10:00am-10:30am Au	-	4538744
M-Th 10:30am-11:00am Au	•	4538745
M-Th 11:00am-11:30am Au	•	4538746
M-Th 11:30am-12noon Au		4538749
M-Th 12noon-12:30pm Au	-	4538751
M-Th 12:30pm-1:00pm Au		4538752
M-Th 3:00pm-3:30pm Au		4538761
M-Th 3:30pm-4:00pm Au		4538765
M-Th 4:00pm-4:30pm Au M-Th 4:30pm-5:00pm Au		4538769 4538781
M-Th 4:30pm-5:00pm Au M-Th 5:00pm-5:30pm Au		4538782
M-Th 5:30pm-6:00pm Au	-	4538783
	g 14	4538784
	g 14	4538785
M-Th 7:00pm-7:30pm Au	g 14	4538786
FLEETWOOD 7 Sessions \$44.	50	5-12yrs
	lul 4	4536674
	lul 4	4536675
	lul 4	4536676
•	lul 4	4E00070
ru-iii, ivi ii. Suaiii-iziiuuii S		4536678
Tu-Th M 12noon-12:30nm .	lul 4 Iul 4	4536679
	lul 4	4536679 4536680
Tu-Th, M 12:30pm-1:00pm J		4536679
Tu-Th, M 12:30pm-1:00pm Tu-Th, M 3:00pm-3:30pm Tu-Th, M 3:30pm-4:00pm	lul 4 lul 4	4536679 4536680 4536681
Tu-Th, M 12:30pm-1:00pm Uu-Th, M 3:00pm-3:30pm Uu-Th, M 3:30pm-4:00pm Uu-Th, M 4:00pm-4:30pm Uu-Th, M 4:00pm-4:30p	lul 4 lul 4 lul 4 lul 4 lul 4	4536679 4536680 4536681 4536682 4536683 4536684
Tu-Th, M 12:30pm-1:00pm UTu-Th, M 3:00pm-3:30pm UTu-Th, M 3:30pm-4:00pm UTu-Th, M 4:00pm-4:30pm UTu-Th, M 4:30pm-5:00pm UTu-Th, M 4:30pm-5:00pm	lul 4 lul 4 lul 4 lul 4 lul 4	4536679 4536680 4536681 4536682 4536683 4536684 4536685
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M-Th 10:30am-11:00am Jul 31 4538342

M-Th 11:00am-11:30am Jul 31 4538343

M-Th 11:30am-12noon Jul 31 4538344 M-Th 12noon-12:30pm Jul 31 4538345 M-Th 12:30pm-1:00pm Jul 31 4538346 M-Th 3:00pm-3:30pm Jul 31 4538347 M-Th 3:30pm-4:00pm Jul 31 4538348 M-Th 4:00pm-4:30pm Jul 31 4538349 M-Th 4:30pm-5:00pm Jul 31 4538350 M-Th 5:00pm-5:30pm Jul 31 4538351 M-Th 5:30pm-6:00pm Jul 31 4538352 M-Th 6:00pm-6:30pm Jul 31 4538353 M-Th 6:30pm-7:00pm Jul 31 4538354 M-Th 7:00pm-7:30pm Jul 31 4538355 FLEETWOOD 6 Sessions \$38,25 5-12yrs Sa-Su 9:00am-9:30am Aug 12 4537440 Sa-Su 9:30am-10:00am Aug 12 4537441 Sa-Su 10:00am-10:30am Aug 12 4537443 Sa-Su 10:30am-11:00am Aug 12 4537444 Sa-Su 11:00am-11:30am Aug 12 4537445 Sa-Su 11:30am-12noon Aug 12 4537447 Sa-Su 12noon-12:30pm Aug 12 4537448 Sa-Su 12:30pm-1:00pm Aug 12 4537449 FLEETWOOD 5 Sessions \$31.75 5-12yrs 9:30am-10:00am Aug 28 4541515 10:00am-10:30am Aug 28 4541516 M-F M-F 10:30am-11:00am Aug 28 4541517 11:00am-11:30am Aug 28 4541518 M-F M-F 11:30am-12noon Aug 28 4541519 M-F 12noon-12:30pm Aug 28 4541520 M-F 12:30pm-1:00pm Aug 28 4541521 3:00pm-3:30pm Aug 28 4541522 M-F 3:30pm-4:00pm Aug 28 4541523 M-F 4:00pm-4:30pm Aug 28 4541524 M-F 4:30pm-5:00pm Aug 28 4541525 M-F M-F 5:00pm-5:30pm Aug 28 4541526 5:30pm-6:00pm Aug 28 4541527 M-F M-F 6:00pm-6:30pm Aug 28 4541528

IVI-F	6:00pm-6:30pm	Aug 28	4541528
M-F	6:30pm-7:00pm	Aug 28	4541529
M-F	7:00pm-7:30pm	Aug 28	4541530
Spor	t & Leisure Aquatic	s	
GUILDF	ORD 8 Sessions \$	51	5-12yrs
Sa-Su	9:00am-9:30am	Jul 8	4532667
Sa-Su	9:30am-10:00am	Jul 8	4532668
Sa-Su	10:00am-10:30am	Jul 8	4532670
Sa-Su	10:30am-11:00am	Jul 8	4532671
Sa-Su	11:00am-11:30am	Jul 8	4532672
Sa-Su	11:30am-12noon	Jul 8	4532673
Sa-Su	12noon-12:30pm	Jul 8	4532675
Sa-Su	12:30pm-1:00pm	Jul 8	4532676
M-Th	9:00am-9:30am	Jul 17	4532628
M-Th	9:30am-10:00am	Jul 17	4532630
M-Th	10:00am-10:30am	Jul 17	4532632
M-Th	10:30am-11:00am	Jul 17	4532633
M-Th	11:00am-11:30am	Jul 17	4532634
M-Th	11:30am-12noon	Jul 17	4532635
M-Th	12noon-12:30pm	Jul 17	4532636
M-Th	12:30pm-1:00pm	Jul 17	4532638
M-Th	3:00pm-3:30pm	Jul 17	4532639
M-Th	3:30pm-4:00pm		4532640
M-Th	4:00pm-4:30pm		4532641
M-Th	4:30pm-5:00pm	Jul 17	4532642
M-Th	5:00pm-5:30pm	Jul 17	4532643
M-Th	5:30pm-6:00pm	Jul 17	4532644
M-Th	6:00pm-6:30pm	Jul 17	4532645
M-Th	6:30pm-7:00pm	Jul 17	4532646
M-Th	7:00pm-7:30pm	Jul 17	4532647
M-Th	9:00am-9:30am	Aug 14	4532648
M-Th	9:30am-10:00am	Aug 14	4532649
M-Th	10:00am-10:30am	Aug 14	4532650
M-Th	10:30am-11:00am	Aug 14	4532651
M-Th	11:00am-11:30am	Aug 14	4532652
M-Th	11:30am-12noon	Aug 14	4532653
M-Th	12noon-12:30pm	Aug 14	4532654
M-Th	12:30pm-1:00pm	Aug 14	4532655
M-Th	3:00pm-3:30pm	Aug 14	4532656
M-Th	3:30pm-4:00pm	Aug 14	4532657
M-Th	4:00pm-4:30pm	Aug 14	4532658
M-Th	4:30pm-5:00pm	Aug 14	4532659
M-Th	5:00pm-5:30pm	Aug 14	4532660
M-Th	5:30pm-6:00pm	Aug 14	4532661
M-Th	6:00pm-6:30pm	Aug 14	4532663
M-Th	6:30pm-7:00pm	Aug 14	4532664
M-Th	7:00pm-7:30pm	Aug 14	4532665
GUILDF	ORD 7 Sessions \$	44.50	5-12yrs
Tu-Th, I	M 9:00am-9:30am	Jul 4	4532683
Tu-Th, I			4532684
Tu-Th, I			4532685
Tu-Th, I			4532686
Tu-Th, I			4532687
Tu-Th,			4532688
Tu-Th,			4532689
Tu-Th,			4532690
14 111,1	12.00piii 1.00piii	- Jui +	.002000

M-Th 6:00pm-6:30pm Jul 31 4534533

AQUATICS

Tu-Th, l		Jul 4	4532691
Tu-Th, I		Jul 4	4532692
Tu-Th, I		Jul 4	4532693
Tu-Th, I	M 4:30pm-5:00pm	Jul 4	4532694
Tu-Th, l	M 5:00pm-5:30pm	Jul 4	4532696
Tu-Th, l	M 5:30pm-6:00pm	Jul 4	4532697
Tu-Th, l	M 6:00pm-6:30pm	Jul 4	4532698
Tu-Th, l	M 6:30pm-7:00pm	Jul 4	4532699
Tu-Th, I	M 7:00pm-7:30pm	Jul 4	4532700
M-Th	9:00am-9:30am	Jul 31	4532702
M-Th	9:30am-10:00am	Jul 31	4532705
M-Th	10:00am-10:30am	Jul 31	4532706
M-Th	10:30am-11:00am	Jul 31	4532713
M-Th	11:00am-11:30am	Jul 31	4532715
M-Th	11:30am-12noon	Jul 31	4532716
M-Th	12noon-12:30pm	Jul 31	4532717
M-Th	12:30pm-1:00pm	Jul 31	4532718
M-Th	3:00pm-3:30pm	Jul 31	4532719
M-Th	3:30pm-4:00pm	Jul 31	4532721
M-Th	4:00pm-4:30pm	Jul 31	4532722
M-Th	4:30pm-5:00pm	Jul 31	4532723
M-Th	5:00pm-5:30pm	Jul 31	4532724
M-Th	5:30pm-6:00pm	Jul 31	4532726
M-Th	6:00pm-6:30pm	Jul 31	4532727
M-Th	6:30pm-7:00pm	Jul 31	4532730
M-Th	7:00pm-7:30pm	Jul 31	4532731
GUILDF	ORD 6 Sessions S	38.25	5-12yrs
Sa-Su	9:00am-9:30am	Aug 12	4532732
Sa-Su	9:30am-10:00am	Aug 12	4532733
Sa-Su	10:00am-10:30am	Aug 12	4532735
Sa-Su	10:30am-11:00am	Aug 12	4532736
Sa-Su	11:00am-11:30am	Aug 12	4532737
Sa-Su	11:30am-12noon	Aug 12	4532738
Sa-Su	12noon-12:30pm	Aug 12	4532740
Sa-Su	12:30pm-1:00pm	Aug 12	4532741
Guile	dford Recreation Ce	ntre	

Sa-Su	12:30pm-1:00pm	Aug 12	4532741
Guild	lford Recreation Ce	ntre	
NEME		NF4	F 40
NEWT0			5-12yrs
M-Th	8:00am-8:30am	Jul 3	4541057
M-Th M-Th	8:30am-9:00am 9:00am-9:30am	Jul 3 Jul 3	4541136 4541140
			4541141
M-Th	9:30am-10:00am	Jul 3	
M-Th	10:30am-11:00am	Jul 3 Jul 3	4541142
M-Th M-Th	11:00am-11:30am 11:30am-12noon	Jul 3	4541143 4541144
M-Th	12noon-12:30pm	Jul 3 Jul 3	4541147
M-Th	12:30pm-1:00pm	Jul 4	4541145 4543616
Tu, Th Tu, Th	4:30pm-5:00pm 5:00pm-5:30pm	Jul 4	4543617
Tu, Th	6:00pm-6:30pm	Jul 4	4543618
Tu, Th		Jul 4 Jul 4	4543619
Sa-Su	6:30pm-7:00pm 8:30am-9:00am	Jul 8	4541225
Sa-Su	9:00am-9:30am	Jul 8	4541231
Sa-Su	9:30am-10:00am	Jul 8	4541231
Sa-Su	10:30am-11:00am	Jul 8	4541236
Sa-Su Sa-Su	11:00am-11:30am	Jul 8	4541239
Sa-Su	11:30am-12noon	Jul 8	4541241
Sa-Su	12noon-12:30pm	Jul 8	4541245
M-Th	8:00am-8:30am	Jul 17	4541149
M-Th	8:30am-9:00am	Jul 17	4541150
M-Th	9:00am-9:30am	Jul 17	4541151
M-Th	9:30am-10:00am	Jul 17	4541151
M-Th	10:30am-11:00am	Jul 17	4541153
M-Th	11:00am-11:30am	Jul 17	4541154
M-Th	11:30am-12noon	Jul 17	4541155
M-Th	12noon-12:30pm	Jul 17	4541156
M-Th	12:30pm-1:00pm	Jul 17	4541158
Tu, Th	4:30pm-5:00pm	Aug 1	4543620
Tu, Th	5:00pm-5:30pm	Aug 1	4543621
Tu, Th	6:00pm-6:30pm	Aug 1	4543622
Tu, Th	6:30pm-7:00pm	Aug 1	4543623
M-Th	8:00am-8:30am	Aug 14	4541176
M-Th	8:30am-9:00am	Aug 14	4541177
M-Th	9:00am-9:30am	Aug 14	4541179
M-Th	9:30am-10:00am	Aug 14	4541180
M-Th	10:30am-11:00am	Aug 14	4541181
M-Th	11:00am-11:30am	Aug 14	4541183
M-Th	12noon-12:30pm	Aug 14	4541186
M-Th	12:30pm-1:00pm	Aug 14	4541184
NEWTO			5-12yrs
Sa	8:30am-9:00am	Jul 8	4541205
Sa	10:00am-10:30am		4541209
Sa	10:30am-11:00am	Jul 8	4541210
Sa	12noon-12:30pm	Jul 8	4541211
Su	9:00am-9:30am	Jul 9	4541211
Su	9:30am-10:00am	Jul 9	4541217
Su	10:30am-11:00am	Jul 9	4541217
Su	11:00am-11:30am	Jul 9	
			4541222
M-Th M-Th	8:00am-8:30am 8:30am-9:00am	Jul 31 Jul 31	4541160 4541162
M-Th	9:00am-9:30am	Jul 31	4541163
M-Th	9:30am-10:00am	Jul 31	4541165
(VI-111	J.30diii-10.00diii	Jui 31	4041100

M-Th 10:30am-11:00am Jul 31 4541167 M-Th 11:00am-11:30am Jul 31 4541169 M-Th 11:30am-12noon Jul 31 4541170 M-Th 12noon-12:30pm Jul 31 4541172 M-Th 12:30pm-1:00pm Jul 31 4541174 6 Sessions \$38 25 NEWTON 5-12yrs Sa-Su 8:30am-9:00am Aug 12 4541247 Sa-Su 9:00am-9:30am Aug 12 4541249 Sa-Su 9:30am-10:00am Aug 12 4541250 Sa-Su 10:30am-11:00am Aug 12 4541252 Sa-Su 11:00am-11:30am Aug 12 4541253 Sa-Su 11:30am-12noon Aug 12 4541254 Sa-Su 12noon-12:30pm Aug 12 4541257 NEWTON 4 Sessions \$25.50 5-12yrs M-Th 8:00am-8:30am Aug 28 4541188 M-Th 8:30am-9:00am Aug 28 4541191 M-Th 9:00am-9:30am Aug 28 4541192 M-Th 9:30am-10:00am Aug 28 4541193 M-Th 10:30am-11:00am Aug 28 4541196 M-Th 11:00am-11:30am Aug 28 4541197 M-Th 11:30am-12noon Aug 28 4541199 M-Th 12noon-12:30pm Aug 28 4541201 M-Th 12:30pm-1:00pm Aug 28 4541202

Newton Recreation Centre NORTH 8 Sessions \$51 5-12yrs Tu, Th 6:00pm-6:30pm Jul 4 4535373 Tu, Th 6:30pm-7:00pm Jul 4 4535374 Tu, Th 7:00pm-7:30pm Jul 4 4535375 9:30am-10:00am Jul 7 4535376 10:00am-10:30am Jul 7 4535377 11:00am-11:30am Jul 7 4535378 12noon-12:30pm Jul 7 4535379 Sa-Su 9:00am-9:30am Jul 8 4535380 Sa-Su 9:30am-10:00am Jul 8 4535381 Sa-Su 10:00am-10:30am Jul 8 4535382 Sa-Su 10:30am-11:00am Jul 8 4535383 Sa-Su 11:00am-11:30am Jul 8 4535384 Sa-Su 11:30am-12noon Jul 8 4535385 Sa-Su 12noon-12:30pm Jul 8 4535386 Sa-Su 12:30pm-1:00pm Jul 8 4535387 M-Th 9:00am-9:30am Jul 17 4535388 M-Th 9:30am-10:00am Jul 17 4535389 M-Th 10:00am-10:30am Jul 17 4535390 M-Th 10:30am-11:00am Jul 17 4535391 M-Th 11:00am-11:30am Jul 17 4535392 M-Th 11:30am-12noon Jul 17 4535393 M-Th 12noon-12:30pm Jul 17 4535394

 M-Th
 4:00pm-4:30pm
 Jul 17
 4535395

 M-Th
 4:30pm-5:00pm
 Jul 17
 4535396

 M-Th
 5:00pm-5:30pm
 Jul 17
 4535397

 M-Th
 5:30pm-6:00pm
 Jul 17
 4535398

 Tu, Th
 6:00pm-6:30pm
 Aug 1
 4535399

Tu, Th 7:00pm-7:30pm Aug 1 4535401 M-Th 9:00am-9:30am Aug 14 4535420

Aug 1 4535400

Tu, Th 6:30pm-7:00pm

M-Th 9:30am-10:00am Aug 14 4535421 M-Th 10:00am-10:30am Aug 14 4535422 M-Th 10:30am-11:00am Aug 14 4535423 M-Th 11:00am-11:30am Aug 14 4535424 M-Th 12noon-12:30pm Aug 14 4535425 M-Th 4:00pm-4:30pm Aug 14 4535426 M-Th 4:30pm-5:00pm Aug 14 4535427 M-Th 5:00pm-5:30pm Aug 14 4535428 M-Th 5:30pm-6:00pm Aug 14 4535429 7 Sessions \$44.50 5-12yrs NORTH Tu-Th, M 9:00am-9:30am Jul 4 4531348 Tu-Th, M 9:30am-10:00am Jul 4 4535364 Tu-Th, M 10:00am-10:30am Jul 4 4535365 Tu-Th, M 10:30am-11:00am Jul 4 4535366 Tu-Th, M 11:00am-11:30am Jul 4 4535367

Tu-Th, M 12noon-12:30pm Jul 4 4535368
Tu-Th, M 4:00pm-4:30pm Jul 4 4535369
Tu-Th, M 4:30pm-5:00pm Jul 4 4535370
Tu-Th, M 5:00pm-5:30pm Jul 4 4535371
Tu-Th, M 5:30pm-6:00pm Jul 4 4535371
Tu-Th, M 5:30pm-6:00pm Jul 4 4535372
M-Th 9:00am-9:30am Jul 31 4535410
M-Th 9:30am-10:00am Jul 31 4535411
M-Th 10:00am-10:30am Jul 31 4535412
M-Th 10:30am-11:00am Jul 31 4535413
M-Th 11:00am-11:30am Jul 31 4535413
M-Th 12noon-12:30pm Jul 31 4535414
M-Th 4:00pm-4:30pm Jul 31 4535416
M-Th 4:30pm-5:00pm Jul 31 4535417
M-Th 5:00pm-5:30pm Jul 31 4535418

 M-Th
 5:30pm-6:00pm
 Jul 31
 4535419

 NORTH
 6 Sessions
 \$38.25
 5-12yrs

 Sa-Su
 9:00am-9:30am
 Aug 12
 4535402

 Sa-Su
 9:30am-10:00am
 Aug 12
 4535403

 Sa-Su
 10:00am-10:30am
 Aug 12
 4535404

 Sa-Su
 10:30am-11:00am
 Aug 12
 4535405

 Sa-Su
 11:00am-11:30am
 Aug 12
 4535406

Sa-Su 11:30am-12noon Aug 12 4535407 Sa-Su 12noon-12:30pm Aug 12 4535408 Sa-Su 12:30pm-1:00pm Aug 12 4535409

North Surrey Recreation Centre

SOUTH			
	8 Sessions \$		5-12yrs
M-Th	9:00am-9:30am	Jul 17	4534785
M-Th M-Th	9:30am-10:00am 10:00am-10:30am	Jul 17 Jul 17	4534786 4534787
M-Th	10:30am-11:00am	Jul 17	4534788
M-Th	11:00am-11:30am	Jul 17	4534790
M-Th	11:30am-12noon	Jul 17	4534791
M-Th	12noon-12:30pm	Jul 17	4534792
M-Th	12:30pm-1:00pm	Jul 17	4534794
M-Th	3:00pm-3:30pm	Jul 17	4534795
M-Th	3:30pm-4:00pm	Jul 17	4534796
M-Th	4:00pm-4:30pm	Jul 17	4534797
M-Th M-Th	4:30pm-5:00pm	Jul 17 Jul 17	4534798 4534799
M-Th	5:00pm-5:30pm 5:30pm-6:00pm	Jul 17	4534800
M-Th	6:00pm-6:30pm	Jul 17	4534801
M-Th	6:30pm-7:00pm	Jul 17	4534802
M-Th	7:00pm-7:30pm	Jul 17	4534803
M-Th	9:00am-9:30am	Aug 14	4534821
M-Th	9:30am-10:00am	Aug 14	4534822
M-Th	10:00am-10:30am	Aug 14	4534823
M-Th	10:30am-11:00am	Aug 14	4534824
M-Th	11:00am-11:30am	Aug 14	4534825
M-Th M-Th	11:30am-12noon	Aug 14 Aug 14	4534826 4534827
M-Th	12noon-12:30pm 12:30pm-1:00pm	Aug 14	4534828
M-Th	3:00pm-3:30pm	Aug 14	4534829
M-Th	3:30pm-4:00pm	Aug 14	4534830
M-Th	4:00pm-4:30pm	Aug 14	4534831
M-Th	4:30pm-5:00pm	Aug 14	4534832
M-Th	5:00pm-5:30pm	Aug 14	4534833
M-Th	5:30pm-6:00pm	Aug 14	4534834
M-Th	6:00pm-6:30pm	Aug 14	4534835
M-Th	6:30pm-7:00pm	Aug 14	4534836
M-Th	7:00pm-7:30pm	Aug 14	4534837
SOUTH	7 Sessions \$ M 9:00am-9:30am		5-12yrs 4534155
Tu-Th, Tu-Th,		Jul 4 1 Jul 4	4534155
Tu-Th,			4534157
Tu-Th,			4534158
Tu-Th,			4534160
Tu-Th,			4534163
Tu-Th,	M 12noon-12:30pm	n Jul 4	4534164
T. TI.	M 10.00 1.00		
Tu-Th,			4534165
Tu-Th,	M 3:00pm-3:30pm	Jul 4	4534166
Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm	Jul 4 Jul 4	4534166 4534167
Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm	Jul 4 Jul 4 Jul 4	4534166 4534167 4534168
Tu-Th, Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm	Jul 4 Jul 4 Jul 4 Jul 4	4534166 4534167 4534168 4534169
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4	4534166 4534167 4534168 4534169 4534170
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4	4534166 4534167 4534168 4534169
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4	4534166 4534167 4534168 4534169 4534170 4534172
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th,	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm	Jul 4	4534166 4534167 4534168 4534169 4534170 4534172 4534173
Tu-Th, Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm	Jul 4 Jul 8	4534166 4534167 4534168 4534169 4534170 4534173 4534173 4534174 4534175 4534425
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 9:30am-10:00am	Jul 4 Jul 8 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:30am	Jul 4 Jul 8 Jul 8 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 9:30am-10:00am 10:00am-10:30am	Jul 4 Jul 8 Jul 8 Jul 8 Jul 8	4534166 4534167 4534168 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 9:30am-10:00am 10:00am-11:30am	Jul 4 Jul 8 Jul 8 Jul 8 Jul 8 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 10:30am-11:00am 11:00am-11:30am	Jul 4 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428 4534430
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 10:30am-11:00am 11:30am-12:00am	Jul 4 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 10:30am-11:00am 11:00am-11:30am	Jul 4 Jul 8	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534424 4534424 4534426 4534427 4534428 4534429
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:30am 10:30am-11:00am 11:30am-12:30pm 12:30pm-1:00pm	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9 Jul 9	4534166 4534167 4534168 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428 4534429 4534431 4534432 4534432 4534436
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa Sa Sa Sa Sa Su Su Su	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 11:30am-11:00am 11:30am-12:30pm 12:30pm-1:00pm 9:00am-9:30am 10:00am-10:30am 10:00am-10:30am	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9 Jul 9 Jul 9	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534424 4534424 4534426 4534427 4534428 4534429 4534431 4534432 4534433 4534433
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 11:30am-11:00am 11:30am-12:30pm 12:30pm-1:00pm 9:00am-9:30am 10:00am-10:30am 10:00am-10:30am 10:00am-10:30am	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9 Jul 9 Jul 9 Jul 9	4534166 4534167 4534168 4534169 4534170 4534172 4534173 4534174 4534175 4534424 4534424 4534424 4534428 4534429 4534429 4534431 4534432 4534433 4534433
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa Sa Sa Sa Su Su Su Su Su Su	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 11:00am-11:30am 11:30am-12:30pm 12:30pm-1:00pm 9:00am-9:30am 10:00am-10:30am 10:00am-11:30am 11:00am-11:30am 11:00am-11:30am	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9 Jul 9 Jul 9 Jul 9 Jul 9 Jul 9	4534166 4534167 4534168 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428 4534429 4534431 4534432 4534433 4534433 4534434 4534434
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa Sa Sa Sa Sa Su Su Su Su Su Su Su Su Su	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 11:00am-11:30am 11:30am-12:00pm 9:00am-9:30am 10:00am-10:00am 11:30am-11:00am 11:30am-11:00am 11:30am-11:00am 11:30am-11:00am 11:30am-11:00am	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9	4534166 4534167 4534168 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428 4534429 4534431 4534432 4534433 4534434 4534434 4534434 4534434
Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Tu-Th, Sa Sa Sa Sa Sa Sa Sa Su	M 3:00pm-3:30pm M 3:30pm-4:00pm M 4:00pm-4:30pm M 4:30pm-5:00pm M 5:00pm-5:30pm M 5:30pm-6:00pm M 6:00pm-6:30pm M 6:30pm-7:00pm M 7:00pm-7:30pm 9:00am-9:30am 10:00am-10:00am 11:00am-11:30am 11:30am-12:30pm 9:30am-10:00am 11:30am-12:30pm 11:30am-11:00am 11:30am-11:00am 11:30am-11:30am 11:30am-11:00am 11:00am-11:30am	Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 4 Jul 8 Jul 9	4534166 4534167 4534169 4534170 4534172 4534173 4534174 4534175 4534425 4534424 4534426 4534427 4534428 4534429 4534431 4534432 4534433 4534434 4534434 4534434 4534434 4534434 4534434
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M-Th 6:30pm-7:00pm Jul 31 4534819

M-Th 7:00pm-7:30pm Jul 31 4534820

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SOUTH
           5 Sessions $31.75 5-12yrs
      9:00am-9:30am Aug 28 4534838
M-F
      9:30am-10:00am Aug 28 4534839
M-F
      10:00am-10:30am Aug 28 4534840
      10:30am-11:00am Aug 28 4534841
M-F
      11:00am-11:30am Aug 28 4534842
M-F
      11:30am-12noon Aug 28 4534843
M-F
      12noon-12:30pm Aug 28 4534844
M-F
      12:30pm-1:00pm Aug 28 4534846
      3:00pm-3:30pm Aug 28 4534847
M-F
      3:30pm-4:00pm Aug 28 4534848
M-F
M-F
      4:00pm-4:30pm Aug 28 4534849
      4:30pm-5:00pm Aug 28 4534850
      5:00pm-5:30pm Aug 28 4534851
M-F
                     Aug 28 4534852
M-F
      5:30pm-6:00pm
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M-F	6:00pm-6:30pm	Aug 28	4534853
M-F	6:30pm-7:00pm	- 0	4534854
M-F	7:00pm-7:30pm	Aug 28	4534855
Gran	dview Heights Aqu	atic Cent	tre
SOUTH	8 Sessions S	267	5-12yrs
M-Th	8:30am-9:00am	Jul 17	4539443
M-Th	9:00am-9:30am	Jul 17	4539444
M-Th	9:30am-10:00am	Jul 17	4539445
M-Th	10:00am-10:30am	Jul 17	4539446
M-Th	10:30am-11:00am	Jul 17	4539447
M-Th	11:00am-11:30am	Jul 17	4539448
M-Th	11:30am-12noon	Jul 17	4539449
M-Th	3:00pm-3:30pm	Jul 17	4539450
M-Th M-Th	3:30pm-4:00pm 4:00pm-4:30pm	Jul 17 Jul 17	4539451 4539452
M-Th	4:30pm-5:00pm	Jul 17	4539453
M-Th	8:30am-9:00am	Aug 14	4540665
M-Th	9:00am-9:30am	Aug 14	4540666
M-Th	9:30am-10:00am	Aug 14	4540667
M-Th	10:00am-10:30am	Aug 14	4540668
M-Th	10:30am-11:00am	Aug 14	4540669
M-Th	11:00am-11:30am	Aug 14	4540670
M-Th	11:30am-12noon	Aug 14	4540671
M-Th	3:00pm-3:30pm	Aug 14	4540672
M-Th	3:30pm-4:00pm	Aug 14	4540673
M-Th	4:00pm-4:30pm	Aug 14	4540674
M-Th	4:30pm-5:00pm	Aug 14	4540675
SOUTH	7 Sessions \$		5-12yrs
Tu-Th,		Jul 4	4539432
Tu-Th,		Jul 4	4539433
Tu-Th,			4539434
Tu-Th, I Tu-Th, I			4539435 4539436
Tu-Th,			4539437
Tu-Th,			4539438
Tu-Th,		Jul 4	4539439
Tu-Th,		Jul 4	4539440
Tu-Th,		Jul 4	4539441
Tu-Th, l		Jul 4	4539442
Sa	9:30am-10:00am	Jul 8	4540687
Sa	10:00am-10:30am	Jul 8	4540688
Sa	10:30am-11:00am	Jul 8	4540689
Sa	11:00am-11:30am	Jul 8	4540690
Sa	11:30am-12noon	Jul 8	4540691
Su	5:00pm-5:30pm	Jul 9 Jul 9	4540692
Su Su	5:30pm-6:00pm 6:00pm-6:30pm	Jul 9	4540693 4540694
Su	6:30pm-7:00pm	Jul 9	4540695
Su	7:00pm-7:30pm	Jul 9	4540696
Su	7:30pm-8:00pm	Jul 9	4540697
M-Th	8:30am-9:00am	Jul 31	4539454
M-Th	9:00am-9:30am	Jul 31	4540655
M-Th	9:30am-10:00am	Jul 31	4540656
M-Th	10:00am-10:30am	Jul 31	4540657
M-Th	10:30am-11:00am	Jul 31	4540658
M-Th	11:00am-11:30am	Jul 31	4540659
M-Th	11:30am-12noon	Jul 31	4540660
M-Th M-Th	3:00pm-3:30pm	Jul 31 Jul 31	4540661
M-Th	3:30pm-4:00pm 4:00pm-4:30pm	Jul 31	4540662 4540663
M-Th	4:30pm-5:00pm	Jul 31	4540664
SOUTH	5 Sessions \$		
M-F	8:30am-9:00am	Aug 28	5-12yrs 4540676
M-F	9:00am-9:30am	Aug 28	4540677
M-F	9:30am-10:00am	Aug 28	4540678
M-F	10:00am-10:30am	Aug 28	4540679
M-F	10:30am-11:00am	Aug 28	4540680
M-F	11:00am-11:30am	Aug 28	4540681
M-F	11:30am-12noon	Aug 28	4540682
M-F	3:00pm-3:30pm	Aug 28	4540683
M-F	3:30pm-4:00pm	Aug 28	4540684
M-F	4:00pm-4:30pm	Aug 28	4540685
M-F	4:30pm-5:00pm	Aug 28	4540686
C4	h Surroy Indoor Poo		

South Surrey Indoor Pool

Red Cross Swim Kids 5-7

Learn to swim with Red Cross Swim Kids! These levels work on continuing to develop stroke technique in front crawl, introduction to back crawl, whip kick and elementary backstroke. Each swimmer is taught to their individual learner needs and at their own pace.

FLEETWOOD 8 Sessions \$66.75 5-12yrs 4537298 9:00am-9:45am Jul 7 9:45am-10:30am Jul 7 4537299 10:30am-11:15am Jul 7 4537300 11:15am-12noon Jul 7 4537301 12noon-12:45pm Jul 7 4537302 Sa-Su 9:00am-9:45am Jul 8 4537411 Sa-Su 9:45am-10:30am Jul 8 4537412 Sa-Su 10:30am-11:15am Jul 8 4537413 Sa-Su 11:15am-12noon Jul 8 4537414 Sa-Su 12noon-12:45pm Jul 8 4537415 M-Th 9:00am-9:45am Jul 17 4537271 M-Th 9:45am-10:30am Jul 17 4537272 M-Th 10:30am-11:15am Jul 17 4537273 M-Th 11:15am-12noon Jul 17 4537274 M-Th 12noon-12:45pm Jul 17 4537275 M-Th 3:00pm-3:45pm Jul 17 4537276 M-Th 3:45pm-4:30pm Jul 17 4537277 M-Th 4:30pm-5:15pm Jul 17 4537278 M-Th 5:15pm-6:00pm Jul 17 4537279 M-Th 6:00pm-6:45pm Jul 17 4537280 M-Th 6:45pm-7:30pm Jul 17 4537281 M-Th 9:00am-9:45am Aug 14 4538787 M-Th 9:45am-10:30am Aug 14 4538788 M-Th 10:30am-11:15am Aug 14 4538789 M-Th 11:15am-12noon Aug 14 4538790 M-Th 12noon-12:45pm Aug 14 4538791 M-Th 3:00pm-3:45pm Aug 14 4538792 M-Th 3:45pm-4:30pm Aug 14 4538793 M-Th 4:30pm-5:15pm Aug 14 4538794 M-Th 5:15pm-6:00pm Aug 14 4538795 Aug 14 4538796 M-Th 6:00pm-6:45pm M-Th 6:45pm-7:30pm Aug 14 4538797 FLEETWOOD 7 Sessions \$58.50 5-12yrs Tu-Th, M 9:00am-9:45am Jul 4 4536713 Tu-Th, M 9:45am-10:30am Jul 4 4536714 Tu-Th, M 10:30am-11:15am Jul 4 4536715 Tu-Th, M 11:15am-12noon Jul 4 4536716 Tu-Th, M 12noon-12:45pm Jul 4 4536717 Tu-Th, M 3:00pm-3:45pm Jul 4 4536718 Tu-Th, M 3:45pm-4:30pm Jul 4 4536719 Tu-Th, M 4:30pm-5:15pm Jul 4 4536720 Tu-Th, M 5:15pm-6:00pm Jul 4 4536721 Tu-Th, M 6:00pm-6:45pm Jul 4 4536722 Tu-Th, M 6:45pm-7:30pm Jul 4 4536723 9:15am-10:00am Jul 8 4537596 Sa 10:00am-10:45am Jul 8 4537597 Sa 10:45am-11:30am Jul 8 4537598 11:30am-12:15pm Jul 8 Sa 4537599 Sa 12:15pm-1:00pm Jul 8 4537600 9:15am-10:00am Jul 9 Su 4537909 Su 10:00am-10:45am Jul 9 4537910 10:45am-11:30am Jul 9 Su 4537911 Su 11:30am-12:15pm Jul 9 4537912 Su 12:15pm-1:00pm Jul 9 4537913 M-Th 9:00am-9:45am Jul 31 4538368 M-Th 9:45am-10:30am Jul 31 4538369 M-Th 10:30am-11:15am Jul 31 4538370 M-Th 11:15am-12noon Jul 31 4538371 M-Th 12noon-12:45pm Jul 31 4538372 M-Th 3:00pm-3:45pm Jul 31 4538373 M-Th 3:45pm-4:30pm Jul 31 4538374 M-Th 4:30pm-5:15pm Jul 31 4538375 4538376 M-Th 5:15pm-6:00pm Jul 31 M-Th 6:00pm-6:45pm Jul 31 4538377 M-Th 6:45pm-7:30pm Jul 31 4538378 FLEETWOOD 6 Sessions \$50.25 Sa-Su 9:00am-9:45am Aug 12 4537435 Sa-Su 9:45am-10:30am Aug 12 4537436 Sa-Su 10:30am-11:15am Aug 12 4537437 Sa-Su 11:15am-12noon Aug 12 4537438 Sa-Su 12noon-12:45pm Aug 12 453/439 FLEETWOOD 5 Sessions \$41.75 5-12yrs M-F 9:00am-9:45am Aug 28 4538820 9:45am-10:30am Aug 28 4538821 M-F M-F 10:30am-11:15am Aug 28 4538826 M-F 11:15am-12noon Aug 28 4538827 M-F 12noon-12:45pm Aug 28 4538828 M-F 3:00pm-3:45pm Aug 28 4538829 M-F 3:45pm-4:30pm Aug 28 4538830

M-F 4:30pm-5:15pm Aug 28 4538831

M-F 5:15pm-6:00pm Aug 28 4538832 M-F 6:00pm-6:45pm Aug 28 4538833 M-F 6:45pm-7:30pm Aug 28 4538834

Sport & Leisure Aquatics GUILDFORD 8 Sessions \$66.75 5-12yrs Sa-Su 9:00am-9:45am Jul 8 4532899 Sa-Su 9:45am-10:30am Jul 8 4532900 Sa-Su 10:30am-11:15am Jul 8 4532901 Sa-Su 11:15am-12noon Jul 8 4532902 Sa-Su 12noon-12:45pm Jul 8 4532903 M-Th 9:00am-9:45am Jul 17 4532872 M-Th 9:45am-10:30am Jul 17 4532874 M-Th 10:30am-11:15am Jul 17 4532875 M-Th 11:15am-12noon Jul 17 4532877 M-Th 12noon-12:45pm Jul 17 4532878 M-Th 3:00pm-3:45pm Jul 17 4532880 Jul 17 4532882 Jul 17 4532883 M-Th 5:15pm-6:00pm Jul 17 4532884

M-Th 3:00pm-3:45pm Jul 17 4532880
M-Th 3:45pm-4:30pm Jul 17 4532882
M-Th 4:30pm-5:15pm Jul 17 4532883
M-Th 5:15pm-6:00pm Jul 17 4532884
M-Th 6:00pm-6:45pm Jul 17 4532885
M-Th 6:45pm-7:30pm Jul 17 4532886
M-Th 9:00am-9:45am Aug 14 4532887
M-Th 9:45am-10:30am Aug 14 4532889
M-Th 10:30am-11:15am Aug 14 4532890
M-Th 11:15am-12noon Aug 14 4532891
M-Th 12noon 12:45pm Aug 14 4532891

 M-Th
 12noon-12:45pm
 Aug 14
 4532892

 M-Th
 3:00pm-3:45pm
 Aug 14
 4532893

 M-Th
 3:45pm-4:30pm
 Aug 14
 4532894

 M-Th
 4:30pm-5:15pm
 Aug 14
 4532895

 M-Th
 5:15pm-6:00pm
 Aug 14
 4532896

 M-Th
 6:00pm-6:45pm
 Aug 14
 4532897

 M-Th
 6:45pm-7:30pm
 Aug 14
 4532898

 GUILDFORD
 7 Sessions \$58.50
 5-12yrs

 Tu-Th, M
 9:00am-9:45am
 Jul 4
 4532904

 Tu-Th, M
 9:45am-10:30am
 Jul 4
 4532905

 Tu-Th, M
 10:30am-11:15am
 Jul 4
 4532906

 Tu-Th, M
 11:15am-12noon
 Jul 4
 4532907

 Tu-Th, M
 12noon-12:45pm
 Jul 4
 4532908

 Tu-Th, M
 3:00pm-3:45pm
 Jul 4
 4532909

 Tu-Th, M
 3:45pm-4:30pm
 Jul 4
 4532910

 Tu-Th, M
 4:30pm-5:15pm
 Jul 4
 4532911

 Tu-Th, M
 5:15pm-6:00pm
 Jul 4
 4532912

 Tu-Th, M
 6:00pm-6:45pm
 Jul 4
 4532913

 Tu-Th, M
 6:45pm-7:30pm
 Jul 4
 4532914

 M-Th
 9:00am-9:45am
 Jul 31
 4532915

 M-Th
 9:45am-10:30am
 Jul 31
 4532917

 M-Th
 10:30am-11:15am
 Jul 31
 4532918

 M-Th
 11:15am-12noon
 Jul 31
 4532919

 M-Th
 12noon-12:45pm
 Jul 31
 4532920

 M-Th
 3:00pm-3:45pm
 Jul 31
 4532921

 M-Th
 3:45pm-4:30pm
 Jul 31
 4532923

 M-Th
 4:30pm-5:15pm
 Jul 31
 4532925

M-Th 6:45pm-7:30pm Jul 31 4532929

GUILDFORD 6 Sessions \$50.25 5-12yrs

Sa-Su 9:45am-9:45am Aug 12 4532933

Sa-Su 9:45am-10:30am Aug 12 4532935

Sa-Su 10:30am-11:15am Aug 12 4532936

M-Th 5:15pm-6:00pm Jul 31 4532927

M-Th 6:00pm-6:45pm Jul 31 4532928

Sa-Su 11:15am-12noon Aug 12 4532937 Sa-Su 12noon-12:45pm Aug 12 4532938 Guildford Recreation Centre

NEWTON 8 Sessions \$66.75 5-12yrs M-Th 8:00am-8:45am Jul 3 4541063 M-Th 8:45am-9:30am Jul 3 4541085 M-Th 10:30am-11:15am Jul 3 4541087 M-Th 11:15am-12noon Jul 3 4541090 M-Th 12noon-12:45pm Jul 3 4541091 Tu, Th 4:30pm-5:15pm Jul 4 4543663 Tu, Th 5:15pm-6:00pm Jul 4 4543664 Sa-Su 8:30am-9:00am Jul 8 4541261 Sa-Su 10:30am-11:15am Jul 8 4541262 Sa-Su 11:15am-12noon Jul 8 4541263 11:00am-11:45am Jul 8 4541259 11:30am-12:15pm Jul 9 4541260 M-Th 8:00am-8:45am Jul 17 4541092 M-Th 8:45am-9:30am Jul 17 4541094 M-Th 10:30am-11:15am Jul 17 4541095 M-Th 11:15am-12noon Jul 17 4541096 M-Th 12noon-12:45pm Jul 17 4541097 Tu, Th 4:30pm-5:15pm Aug 1 4543665 Tu, Th 5:15pm-6:00pm Aug 1 4543666 M-Th 8:00am-8:45am Aug 14 4541107 M-Th 8:45am-9:30am Aug 14 4541111 M-Th 10:30am-11:15am Aug 14 4541113 M-Th 11:15am-12noon Aug 14 4541114 M-Th 12noon-12:45pm Aug 14 4541116 NEWTON 7 Sessions \$58.50 5-12yrs 9:00am-9:45am Jul 8 4541258 M-Th 8:00am-8:45am Jul 31 4541099 M-Th 8:45am-9:30am Jul 31 4541101 M-Th 10:30am-11:15am Jul 31 4541102 M-Th 11:15am-12noon Jul 31 4541103 M-Th 12noon-12:45pm Jul 31 4541104 NEWTON 6 Sessions \$50.25 5-12yrs Sa-Su 11:15am-12noon Aug 12 4541266 NEWTON 6 Sessions \$50.25 5-12yrs Sa-Su 8:30am-9:00am Aug 12 4541264 Sa-Su 10:30am-11:00am Aug 12 4541265 NEWTON 4 Sessions \$33.50 M-Th 8:00am-8:45am Aug 28 4541117 M-Th 8:45am-9:30am Aug 28 4541119 M-Th 10:30am-11:15am Aug 28 4541120 M-Th 11:15am-12noon Aug 28 4541122 M-Th 12noon-12:45pm Aug 28 4541127

Newton Recreation Centre NORTH 8 Sessions \$66.75 5-12yrs Tu, Th 6:00pm-6:45pm Jul 4 4535435 Tu, Th 6:45pm-7:30pm Jul 4 4535436 4535437 10:00am-10:45am Jul 7 11:30am-12:15pm Jul 7 4535438 Sa-Su 9:00am-9:45am Jul 8 4535439 Sa-Su 9:45am-10:30am Jul 8 4535440 4535441 Sa-Su 10:30am-11:15am Jul 8 Sa-Su 11:15am-12noon Jul 8 4535442 4535443 Sa-Su 12noon-12:45pm Jul 8 M-Th 9:00am-9:45am Jul 17 4535444 4535445 M-Th 9:45am-10:30am Jul 17 M-Th 10:30am-11:15am Jul 17 4535446 M-Th 11:15am-12noon Jul 17 4535447 M-Th 4:00pm-4:45pm Jul 17 4535448 M-Th 5:15pm-6:00pm Jul 17 4535449 Tu, Th 6:00pm-6:45pm Aug 1 4535450 Tu, Th 6:45pm-7:30pm Aug 1 4535451 M-Th 9:00am-9:45am Aug 14 4535464 M-Th 9:45am-10:30am Aug 14 4535465 M-Th 10:30am-11:15am Aug 14 4535466 M-Th 11:15am-12noon Aug 14 4535467 M-Th 4:00pm-4:45pm Aug 14 4535468 M-Th 5:15pm-6:00pm Aug 14 4535469 7 Sessions \$58.50 NORTH 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4531352 Tu-Th, M 9:45am-10:30am Jul 4 4535430

Tu-Th, M 9:45am-10:30am Jul 4 4535430
Tu-Th, M 10:30am-11:15am Jul 4 4535431
Tu-Th, M 11:15am-12noon Jul 4 4535432
Tu-Th, M 4:00pm-4:45pm Jul 4 4535433
Tu-Th, M 5:15pm-6:00pm Jul 4 4535434
M-Th 9:00am-9:45am Jul 31 4535454
M-Th 10:30am-11:15am Jul 31 4535458
M-Th 10:30am-11:15am Jul 31 4535460
M-Th 11:15am-12noon Jul 31 4535461
M-Th 4:00pm-4:45pm Jul 31 4535461
M-Th 5:15pm-6:00pm Jul 31 4535463
NORTH 6 Sessions \$50.25 5-12yrs
Sa-Su 9:00am-9:45am Aug 12 4535452

 Sa-Su
 9:00am-9:45am
 Aug 12
 4535452

 Sa-Su
 9:45am-10:30am
 Aug 12
 4535453

 Sa-Su
 10:30am-11:15am
 Aug 12
 4535454

 Sa-Su
 11:15am-12noon
 Aug 12
 4535455

 Sa-Su
 12noon-12:45pm
 Aug 12
 4535456

North Surrey Recreation Centre

8 Sessions \$66.75 5-12yrs M-Th 9:00am-9:45am Jul 17 4534856 M-Th 9:45am-10:30am Jul 17 4534857 M-Th 10:30am-11:15am Jul 17 4534858 M-Th 11:15am-12noon Jul 17 4534859 M-Th 12noon-12:45pm Jul 17 4534860 M-Th 3:45pm-4:30pm Jul 17 4534861 4534862 M-Th 4:30pm-5:15pm Jul 17 M-Th 5:15pm-6:00pm Jul 17 4534863 M-Th 6:00pm-6:45pm Jul 17 4534864 M-Th 6:45pm-7:30pm Jul 17 4534865 M-Th 9:00am-9:45am Aug 14 4534880 M-Th 9:45am-10:30am Aug 14 4534881 M-Th 10:30am-11:15am Aug 14 4534883 M-Th 11:15am-12noon Aug 14 4534884 12noon-12:45pm Aug 14 4534885 M-Th 3:45pm-4:30pm Aug 14 4534886 M-Th 4:30pm-5:15pm Aug 14 4534887 M-Th 5:15pm-6:00pm Aug 14 4534888 M-Th 6:00pm-6:45pm Aug 14 4534889 M-Th 6:45pm-7:30pm Aug 14 4534890

SOUTH 7 Sessions \$58.50 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4534176 Tu-Th, M 9:45am-10:30am Jul 4 4534178 Tu-Th, M 10:30am-11:15am Jul 4 4534180 Tu-Th, M 11:15am-12noon Jul 4 4534181 Tu-Th, M 12noon-12:45pm Jul 4 4534183 Tu-Th, M 3:45pm-4:30pm Jul 4 4534185 Tu-Th, M 4:30pm-5:15pm Jul 4 4534186 Tu-Th, M 5:15pm-6:00pm Jul 4 4534187 Tu-Th, M 6:00pm-6:45pm Jul 4 4534190 Tu-Th, M 6:45pm-7:30pm Jul 4 4534191 Sa 9:00am-9:45am Jul 8 4534440 9:45am-10:30am Jul 8 4534441 Sa Sa 10:30am-11:15am Jul 8 4534442 11:15am-12noon Jul 8 4534443 Sa 4534444 Sa 12noon-12:45pm Jul 8 9:00am-9:45am Jul 9 4534445 Su 9:45am-10:30am Jul 9 Su 4534446 10:30am-11:15am Jul 9 4534447 Su Su 11:15am-12noon Jul 9 4534448 Su 12noon-12:45pm Jul 9 4534449 9:00am-9:45am Jul 31 4534870 M-Th 9:45am-10:30am Jul 31 4534871 M-Th M-Th 10:30am-11:15am Jul 31 4534872 M-Th 11:15am-12noon Jul 31 4534873 12noon-12:45pm Jul 31 4534874 4534875 3:45pm-4:30pm M-Th Jul 31 M-Th 4:30pm-5:15pm Jul 31 4534876 5:15pm-6:00pm M-Th Jul 31 4534877 M-Th 6:00pm-6:45pm Jul 31 4534878 M-Th 6:45pm-7:30pm Jul 31 4534879 SOUTH 5 Sessions \$41.75 5-12yrs 9:00am-9:45am Aug 28 4534891 M-F 9:45am-10:30am Aug 28 4534892 M-F 10:30am-11:15am Aug 28 4534893 11:15am-12noon Aug 28 4534894 M-F M-F 12noon-12:45pm Aug 28 4534895 3:00pm-3:45pm Aug 28 4534901 M-F 3:45pm-4:30pm Aug 28 4534896 M-F M-F 4:30pm-5:15pm Aug 28 4534897 5:15pm-6:00pm Aug 28 4534898 M-F 6:00pm-6:45pm Aug 28 4534899 M-F 6:45pm-7:30pm Aug 28 4534900 **Grandview Heights Aquatic Centre**

8 Sessions \$76 SOUTH 5-12yrs M-Th 9:00am-9:45am Jul 17 4540704 M-Th 9:45am-10:30am Jul 17 4540705 M-Th 10:30am-11:15am Jul 17 4540706 11:15am-12noon Jul 17 4540707 M-Th 3:30pm-4:15pm Jul 17 4540708 M-Th 4:15pm-5:00pm Jul 17 4540709 M-Th 9:00am-9:45am Aug 14 4540716 9:45am-10:30am Aug 14 4540717 M-Th 10:30am-11:15am Aug 14 4540718 M-Th 11:15am-12noon Aug 14 4540719 M-Th 3:30pm-4:15pm Aug 14 4540720 M-Th 4:15pm-5:00pm Aug 14 4540721 SOUTH 7 Sessions \$66.50 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4540698 Tu-Th, M 9:45am-10:30am Jul 4 4540699 Tu-Th, M 10:30am-11:15am Jul 4 4540700 Tu-Th, M 11:15am-12noon Jul 4 4540701 Tu-Th, M 3:30pm-4:15pm Jul 4 4540702 Tu-Th, M 4:15pm-5:00pm Jul 4 4540703 10:00am-10:45am Jul 8 4540728 10:45am-11:30am Jul 8 4540729 Sa 5:00pm-5:45pm Jul 9 4540730 Su 5:45pm-6:30pm Jul 9 4540731 Su 6:30pm-7:15pm Su Jul 9 4540732 M-Th 9:00am-9:45am Jul 31 4540710 M-Th 9:45am-10:30am Jul 31 4540711 M-Th 10:30am-11:15am Jul 31 4540712 M-Th 11:15am-12noon Jul 31 4540713 M-Th 3:30pm-4:15pm Jul 31 4540714 4:15pm-5:00pm M-Th Jul 31 4540715 SOUTH 5 Sessions \$47.50 5-12yrs 9:00am-9:45am Aug 28 4540722 M-F 9:45am-10:30am Aug 28 4540723 M-F M-F 10:30am-11:15am Aug 28 4540724 11:15am-12noon Aug 28 4540725 M-F 3:30pm-4:15pm Aug 28 4540726

South Surrey Indoor Pool

M-F 4:15pm-5:00pm Aug 28 4540727

AQUATICS

Red Cross Swim Kids 8-10

Learn to swim with Red Cross Swim Kids! These levels continue to develop stroke technique front crawl, back crawl and elementary backstroke. Participants are introduced to breaststroke and rescues. Each swimmer is taught to their individual learner needs and at their own pace.

FLEETWOOD 8 Sessions \$66.75 5-12vrs 9:00am-9:45am Jul 7 4537293 9:45am-10:30am Jul 7 4537294 10:30am-11:15am Jul 7 F 4537295 11:15am-12noon Jul 7 4537296 12noon-12:45pm Jul 7 4537297 Sa-Su 9:00am-9:45am Jul 8 4537416 Sa-Su 9:45am-10:30am Jul 8 4537417 Sa-Su 10:30am-11:15am Jul 8 4537418 Sa-Su 11:15am-12noon Jul 8 4537419 Sa-Su 12noon-12:45pm Jul 8 4537420 M-Th 9:00am-9:45am Jul 17 4537282 M-Th 9:45am-10:30am Jul 17 4537283 M-Th 10:30am-11:15am Jul 17 4537284 M-Th 11:15am-12noon Jul 17 4537285 M-Th 12noon-12:45pm Jul 17 4537286 M-Th 3:00pm-3:45pm Jul 17 4537287 M-Th 3:45pm-4:30pm Jul 17 4537288 M-Th 4:30pm-5:15pm Jul 17 4537289 M-Th 5:15pm-6:00pm Jul 17 4537290 M-Th 6:00pm-6:45pm Jul 17 4537291 M-Th 6:45pm-7:30pm Jul 17 4537292 M-Th 9:00am-9:45am Aug 14 4538798 M-Th 9:45am-10:30am Aug 14 4538799 M-Th 10:30am-11:15am Aug 14 4538800 M-Th 11:15am-12noon Aug 14 4538801 M-Th 12noon-12:45pm Aug 14 4538802 M-Th 3:00pm-3:45pm Aug 14 4538803 M-Th 3:45pm-4:30pm Aug 14 4538804 M-Th 4:30pm-5:15pm Aug 14 4538805 M-Th 5:15pm-6:00pm Aug 14 4538806 Aug 14 4538807 M-Th 6:00pm-6:45pm M-Th 6:45pm-7:30pm Aug 14 4538808 FLEETWOOD 7 Sessions \$58.50 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4536725 Tu-Th, M 9:45am-10:30am Jul 4 4536726 Tu-Th, M 10:30am-11:15am Jul 4 4536743 Tu-Th, M 11:15am-12noon Jul 4 4536744 Tu-Th, M 12noon-12:45pm Jul 4 4536745 Tu-Th, M 3:00pm-3:45pm Jul 4 4536750 Tu-Th, M 3:45pm-4:30pm Jul 4 4536755 Tu-Th, M 4:30pm-5:15pm Jul 4 4536757 Tu-Th, M 5:15pm-6:00pm Jul 4 4536765 Tu-Th, M 6:00pm-6:45pm Jul 4 4536768 Tu-Th, M 6:45pm-7:30pm Jul 4 4536769 9:15am-10:00am Jul 8 4546198 Sa Sa 10:00am-10:45am Jul 8 4537601 Sa 11:30am-12:15pm Jul 8 4537602 12:15pm-1:00pm Jul 8 4537603 Sa Su 9:15am-10:00am Jul 9 4546200 Su 10:00am-10:45am Jul 9 4537604 11:30am-12:15pm Jul 9 4537605 Su Su 12:15pm-1:00pm Jul 9 4537606 9:00am-9:45am Jul 31 4538379 M-Th M-Th 9:45am-10:30am Jul 31 4538380 M-Th 10:30am-11:15am Jul 31 4538381 M-Th 11:15am-12noon Jul 31 4538382 M-Th 12noon-12:45pm Jul 31 4538383 M-Th 3:00pm-3:45pm Jul 31 4538384 M-Th 3:45pm-4:30pm Jul 31 4538385 Jul 31 4538386 M-Th 4:30pm-5:15pm M-Th 5:15pm-6:00pm Jul 31 4538387 Jul 31 4538388 M-Th 6:00pm-6:45pm M-Th 6:45pm-7:30pm Jul 31 4538389 FLEETWOOD 6 Sessions \$50.25 5-12vrs Sa-Su 9:00am-9:45am Aug 12 4537430 Sa-Su 9:45am-10:30am Aug 12 4537431 Sa-Su 10:30am-11:15am Aug 12 4537432 Sa-Su 11:15am-12noon Aug 12 4537433 Sa-Su 12noon-12:45pm Aug 12 4537434

PARENTS & 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

FLEETWOOD 5 Sessions \$41.75 5-12yrs 9:00am-9:45am Aug 28 4538809 M-F 9:45am-10:30am Aug 28 4538810 M-F M-F 10:30am-11:15am Aug 28 4538811 11:15am-12noon Aug 28 4538812 M-F M-F 12noon-12:45pm Aug 28 4538813 M-F 3:00pm-3:45pm Aug 28 4538814 3:45pm-4:30pm Aug 28 4538815 M-F M-F 4:30pm-5:15pm Aug 28 4538816 5:15pm-6:00pm Aug 28 4538817 M-F 6:00pm-6:45pm Aug 28 4538818 M-F 6:45pm-7:30pm Aug 28 4538819 M-F **Sport & Leisure Aquatics**

GUILDFORD 8 Sessions \$66.75 5-12yrs Sa-Su 10:30am-11:15am Jul 8 4532970 Sa-Su 11:15am-12noon Jul 8 4532971 Sa-Su 12noon-12:45pm Jul 8 4532972 M-Th 9:00am-9:45am Jul 17 4532939 M-Th 10:30am-11:15am Jul 17 4532940 M-Th 11:15am-12noon Jul 17 4532941 M-Th 12noon-12:45pm Jul 17 4532942 M-Th 3:00pm-3:45pm Jul 17 4532944 M-Th 3:45pm-4:30pm Jul 17 4532946 M-Th 4:30pm-5:15pm Jul 17 4532948 M-Th 5:15pm-6:00pm Jul 17 4532950 M-Th 6:45pm-7:30pm Jul 17 4532952 M-Th 9:00am-9:45am Aug 14 4532955 M-Th 10:30am-11:15am Aug 14 4532958 M-Th 11:15am-12noon Aug 14 4532959 M-Th 12noon-12:45pm Aug 14 4532960 M-Th 3:00pm-3:45pm Aug 14 4532961 M-Th 3:45pm-4:30pm Aug 14 4532962 M-Th 4:30pm-5:15pm Aug 14 4532963 M-Th 5:15pm-6:00pm Aug 14 4532964 M-Th 6:45pm-7:30pm Aug 14 4532965 GUILDFORD 7 Sessions \$58.50 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4532973 Tu-Th, M 10:30am-11:15am Jul 4 4532975 Tu-Th, M 11:15am-12noon Jul 4 4532977 Tu-Th, M 12noon-12:45pm Jul 4 4532978 Tu-Th, M 3:00pm-3:45pm Jul 4 4532979 Tu-Th, M 3:45pm-4:30pm Jul 4 4532980 Tu-Th, M 4:30pm-5:15pm Jul 4 4532982 Tu-Th, M 5:15pm-6:00pm Jul 4 4532984 Tu-Th, M 6:45pm-7:30pm Jul 4 4532985 M-Th 9:00am-9:45am Jul 31 4532986 M-Th 10:30am-11:15am Jul 31 4532987 M-Th 11:15am-12noon Jul 31 4532988 M-Th 12noon-12:45pm Jul 31 4532989 M-Th 3:00pm-3:45pm Jul 31 4532990 M-Th 3:45pm-4:30pm Jul 31 4532991 M-Th 4:30pm-5:15pm Jul 31 4532993 M-Th 5:15pm-6:00pm Jul 31 4532994 M-Th 6:45pm-7:30pm Jul 31 4532996 GUILDFORD 6 Sessions \$50.25 5-12yrs Sa-Su 10:30am-11:15am Aug 12 4532999 Sa-Su 11:15am-12noon Aug 12 4533002 Sa-Su 12noon-12:45pm Aug 12 4533003 **Guildford Recreation Centre**

NEWTON 8 Sessions \$66.75 5-12vrs M-Th 8:45am-9:30am Jul 3 4541068 M-Th 10:30am-11:15am Jul 3 4541267 M-Th 11:15am-12noon Jul 3 4541278 M-Th 12noon-12:45pm Jul 3 4541283 Tu, Th 5:15pm-6:00pm Jul 4 4543667 Sa-Su 9:15am-10:00am Jul 8 4541288 Sa-Su 10:30am-11:15am Jul 8 4541289 M-Th 8:45am-9:30am Jul 17 4541272 M-Th 10:30am-11:15am Jul 17 4541268 M-Th 11:15am-12noon Jul 17 4541279 M-Th 12noon-12:45pm Jul 17 4541284 Tu, Th 5:15pm-6:00pm Aug 1 4543668 M-Th 8:45am-9:30am Aug 14 4541274 M-Th 10:30am-11:15am Aug 14 4541270 M-Th 11:15am-12noon Aug 14 4541281 M-Th 12noon-12:45pm Aug 14 4541286

NEWTON 7 Sessions \$58.50 5-12yrs M-Th 8:45am-9:30am Jul 31 4541273 M-Th 10:30am-11:15am Jul 31 4541269 M-Th 11:15am-12noon Jul 31 4541280 M-Th 12noon-12:45pm Jul 31 4541285 NEWTON 6 Sessions \$50.25 5-12vrs Sa-Su 9:15am-10:00am Aug 12 4541291 Sa-Su 10:30am-11:15am Aug 12 4541290 NEWTON 4 Sessions \$66.75 5-12vrs M-Th 8:45am-9:30am Aug 28 4541276 M-Th 10:30am-11:15am Aug 28 4541271 M-Th 11:15am-12noon Aug 28 4541282 M-Th 12noon-12:45pm Aug 28 4541287 **Newton Recreation Centre**

NORTH 8 Sessions \$66.75 5-12vrs Tu, Th 6:00pm-6:45pm Jul 4 4535563 Tu, Th 6:45pm-7:30pm Jul 4 4535564 10:45am-11:30am Jul 7 4535565 11:30am-12:15pm Jul 7 4535566 Sa-Su 9:00am-9:45am Jul 8 4535567 Sa-Su 9:45am-10:30am Jul 8 4535568 Sa-Su 10:30am-11:15am Jul 8 4535569 Sa-Su 11:15am-12noon Jul 8 4535570 Sa-Su 12noon-12:45pm Jul 8 4535571 M-Th 9:00am-9:45am Jul 17 4535572 M-Th 9:45am-10:30am Jul 17 4535573 M-Th 10:30am-11:15am Jul 17 4535574 M-Th 11:15am-12noon Jul 17 4535575 M-Th 4:00pm-4:45pm Jul 17 4535576 M-Th 5:15pm-6:00pm Jul 17 4535577 Tu, Th 6:00pm-6:45pm Aug 1 4535578 Tu, Th 6:45pm-7:30pm Aug 1 4535579 M-Th 9:00am-9:45am Aug 14 4535591 M-Th 9:45am-10:30am Aug 14 4535592 M-Th 10:30am-11:15am Aug 14 4535593 M-Th 11:15am-12noon Aug 14 4535594 M-Th 4:00pm-4:45pm Aug 14 4535595 M-Th 5:15pm-6:00pm Aug 14 4535596 NORTH 7 Sessions \$58.50 5-12yrs Tu-Th, M 9:00am-9:45am Jul 4 4531353 Tu-Th, M 9:45am-10:30am Jul 4 4535558 Tu-Th, M 10:30am-11:15am Jul 4 4535560 Tu-Th, M 11:15am-12noon Jul 4 4535559 Tu-Th, M 4:00pm-4:45pm Jul 4 4535561 Tu-Th, M 5:15pm-6:00pm Jul 4 4535562 M-Th 9:00am-9:45am Jul 31 4535585 M-Th 9:45am-10:30am Jul 31 4535586 M-Th 10:30am-11:15am Jul 31 4535587 M-Th 11:15am-12noon Jul 31 4535588 M-Th 4:00pm-4:45pm Jul 31 4535589 M-Th 5:15pm-6:00pm Jul 31 4535590 NORTH 6 Sessions \$50.25 5-12yrs Sa-Su 9:00am-9:45am Aug 12 4535580 Sa-Su 9:45am-10:30am Aug 12 4535581 Sa-Su 10:30am-11:15am Aug 12 4535582 Sa-Su 11:15am-12noon Aug 12 4535583 Sa-Su 12noon-12:45pm Aug 12 4535584

SOUTH 8 Sessions \$66.75 5-12vrs M-Th 9:00am-9:45am Jul 17 4534903 M-Th 9:45am-10:30am Jul 17 4534904 M-Th 10:30am-11:15am Jul 17 4534905 M-Th 12noon-12:45pm Jul 17 4534908 M-Th 3:45pm-4:30pm Jul 17 4534909 M-Th 4:30pm-5:15pm Jul 17 4534910 M-Th 6:00pm-6:45pm Jul 17 4534911 M-Th 6:45pm-7:30pm Jul 17 4534912 M-Th 9:00am-9:45am Aug 14 4534921 M-Th 9:45am-10:30am Aug 14 4534922 M-Th 10:30am-11:15am Aug 14 4534923 M-Th 12noon-12:45pm Aug 14 4534925 M-Th 3:45pm-4:30pm Aug 14 4534926 M-Th 4:30pm-5:15pm Aug 14 4534927 M-Th 6:00pm-6:45pm Aug 14 4534928 M-Th 6:45pm-7:30pm Aug 14 4534929

North Surrey Recreation Centre

SOUTH 7 Sessions \$58.50 Tu-Th, M 9:00am-9:45am Jul 4 4534194 Tu-Th, M 9:45am-10:30am Jul 4 4534192 Tu-Th, M 10:30am-11:15am Jul 4 4534199 Tu-Th, M 12noon-12:45pm Jul 4 4534201 Tu-Th, M 3:45pm-4:30pm Jul 4 4534202 Tu-Th, M 4:30pm-5:15pm Jul 4 4534203 Tu-Th, M 6:00pm-6:45pm Jul 4 4534204 Tu-Th, M 6:45pm-7:30pm Jul 4 4534205 9:00am-9:45am Jul 8 4534450 9:45am-10:30am Jul 8 Sa 4534451 Sa 11:15am-12noon Jul 8 4534452 12noon-12:45pm Jul 8 4534453 Sa 9:00am-9:45am Jul 9 4534454 Su Su 9:45am-10:30am Jul 9 4534455 11:15am-12noon Jul 9 4534456 Su 12noon-12:45pm Jul 9 Su 4534457 9:00am-9:45am Jul 31 M-Th 4534914 M-Th 9:45am-10:30am Jul 31 4534913 M-Th 10:30am-11:15am Jul 31 4534915 M-Th 12noon-12:45pm Jul 31 4534916 M-Th 3:45pm-4:30pm Jul 31 4534917 M-Th 4:30pm-5:15pm Jul 31 4534918 M-Th 6:00pm-6:45pm Jul 31 4534919 M-Th 6:45pm-7:30pm Jul 31 4534920 SOUTH 5 Sessions \$41.75 5-12yrs 9:00am-9:45am Aug 28 4534930 M-F 9:45am-10:30am Aug 28 4534931 10:30am-11:15am Aug 28 4534932 M-F M-F 11:15am-12noon Aug 28 4534933 3:45pm-4:30pm Aug 28 4534934 M-F M-F 4:30pm-5:15pm Aug 28 4534935 M-F 5:15pm-6:00pm Aug 28 4534936 6:00pm-6:45pm Aug 28 4534937 M-F 6:45pm-7:30pm Aug 28 4534938 **Grandview Heights Aquatic Centre**

SOUTH 8 Sessions \$76 5-12yrs M-Th 9:00am-9:45am Jul 17 4540739 M-Th 9:45am-10:30am Jul 17 4540740 M-Th 10:30am-11:15am Jul 17 4540741 M-Th 11:15am-12noon Jul 17 4540742 M-Th 3:30pm-4:15pm Jul 17 4540743 M-Th 4:15pm-5:00pm Jul 17 4540744 M-Th 9:00am-9:45am Aug 14 4540751 M-Th 9:45am-10:30am Aug 14 4540752 M-Th 10:30am-11:15am Aug 14 4540753 M-Th 11:15am-12noon Aug 14 4540754 M-Th 3:30pm-4:15pm Aug 14 4540755 M-Th 4:15pm-5:00pm Aug 14 4540756 SOUTH 7 Sessions \$66.50 5-12vrs Tu-Th, M 9:00am-9:45am Jul 4 4540733 Tu-Th, M 9:45am-10:30am Jul 4 4540734 Tu-Th, M 10:30am-11:15am Jul 4 4540735 Tu-Th, M 11:15am-12noon Jul 4 4540736 Tu-Th, M 3:30pm-4:15pm Jul 4 4540737 Tu-Th, M 4:15pm-5:00pm Jul 4 4540738 Sa 10:00am-10:45am Jul 8 4540763 6:30pm-7:15pm Jul 9 4540765 Su 7:15pm-8:00pm Jul 9 4540766 M-Th 9:00am-9:45am Jul 31 4540745 9:45am-10:30am Jul 31 M-Th 4540746 M-Th 10:30am-11:15am Jul 31 4540747 M-Th 11:15am-12noon Jul 31 4540748 M-Th 3:30pm-4:15pm Jul 31 4540749 M-Th 4:15pm-5:00pm Jul 31 4540750 5 Sessions \$41.75 SOUTH 5-12vrs 9:00am-9:45am Aug 28 4540757 M-F M-F 9:45am-10:30am Aug 28 4540758 M-F 10:30am-11:15am Aug 28 4540759 11:15am-12noon Aug 28 4540760 M-F 3:30pm-4:15pm Aug 28 4540761 M-F 4:15pm-5:00pm Aug 28 4540762

South Surrey Indoor Pool

Swim Clinic

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

GUILD	FORD 1 Session \$	6.50	7-12yrs
Sa	1:00pm-1:30pm	Jul 8	4533055
Sa	1:00pm-1:30pm	Jul 15	4533056
Sa	1:00pm-1:30pm	Jul 22	4533057
Sa	1:00pm-1:30pm	Jul 29	4533058
Sa	1:00pm-1:30pm	Aug 12	4533059
Sa	1:00pm-1:30pm	Aug 19	4533060
Sa	1:00pm-1:30pm	Aug 26	4533061
Gui	Idford Recreation C	entre	

NORTH	1 Session	\$6.50	7-12yrs
Tu	6:30pm-7:00pm	Jul 4	4531374
Th	6:30pm-7:00pm	Jul 6	4535603
Su	1:00pm-1:30pm	Jul 9	4535611
Tu	6:30pm-7:00pm	Jul 11	4533846
Th	6:30pm-7:00pm	Jul 13	4535604
Su	1:00pm-1:30pm	Jul 16	4535612
Tu	6:30pm-7:00pm	Jul 18	4535597
Th	6:30pm-7:00pm	Jul 20	4535605
Su	1:00pm-1:30pm	Jul 23	4535613
Tu	6:30pm-7:00pm	Jul 25	4535598
Th	6:30pm-7:00pm	Jul 27	4535606
Su	1:00pm-1:30pm	Jul 30	4535614
Tu	6:30pm-7:00pm	Aug 1	4535599
Th	6:30pm-7:00pm	Aug 3	4535607
Tu	6:30pm-7:00pm	Aug 8	4535600
Th	6:30pm-7:00pm	Aug 10	4535608
Su	1:00pm-1:30pm	Aug 13	4535615
Tu	6:30pm-7:00pm	Aug 15	4535601
Th	6:30pm-7:00pm	Aug 17	4535609
Su	1:00pm-1:30pm	Aug 20	4535616
Tu	6:30pm-7:00pm	Aug 22	4535602
Th	6:30pm-7:00pm	Aug 24	4535610
Su	1:00pm-1:30pm	Aug 27	4535617

Lifesaver Level I

North Surrey Recreation Centre

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

NORTH	8 Sessions S	66.75	6-12yrs
Sa-Su	11:30am-12:15pm	Jul 8	4535680
M-Th	11:15am-12noon	Jul 17	4535681
M-Th	4:00pm-4:45pm	Jul 17	4535682
M-Th	11:00am-11:45am	Aug 14	4535688
M-Th	4:00pm-4:45pm	Aug 14	4535689
NORTH	7 Sessions S	58.50	6-12yrs
Tu-Th, I	VI 11:15am-12noor	n Jul 4	4531358
Tu-Th, I	VI 4:00pm-4:45pm	Jul 4	4535679
M-Th	11:00am-11:45am	Jul 31	4535684
M-Th	4:00pm-4:45pm	Jul 31	4535687
NORTH	6 Sessions S	550.25	6-12yrs
Sa-Su	11:30am-12:15pm	Aug 12	4535683
Nortl	n 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

NORTH	8 Sessions S	66.75	6-12yrs
Sa-Su	11:30am-12:15pm	Jul 8	4535691
M-Th	11:15am-12noon	Jul 17	4535692
M-Th	4:00pm-4:45pm	Jul 17	4535693
M-Th	11:00am-11:45am	Aug 14	4535697
M-Th	4:00pm-4:45pm	Aug 14	4535698
NORTH	7 Sessions S	58.50	6-12yrs
Tu-Th, I	VI 11:15am-12noor	n Jul 4	4531359
Tu-Th, I	VI 4:00pm-4:45pm	Jul 4	4535690
M-Th	11:00am-11:45am	Jul 31	4535695
M-Th	4:00pm-4:45pm	Jul 31	4535696
NORTH	6 Sessions S	50.25	6-12yrs
	11:30am-12:15pm		4535694
Norti	n Surrey Recreation	Centre	

Youth

Red Cross Teen 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 \$63.50 13-18vrs 9:15am-10:00am Jul 7 4537347 Sa-Su 9:00am-9:45am Jul 8 4537349 M-Th 9:15am-10:00am Jul 17 4536803 M-Th 7:15pm-8:00pm Jul 17 4536805 M-Th 9:15am-10:00am Aug 14 4538406 M-Th 7:15pm-8:00pm Aug 14 4538407 FLEETWOOD 7 Sessions \$55.50 13-18yrs Tu-Th, M 9:15am-10:00am Jul 4 4536781 Tu-Th, M 7:15pm-8:00pm Jul 4 4536782 11:00am-11:45am Jul 8 4537510 11:00am-11:45am Jul 9 4537607 M-Th 9:15am-10:00am Jul 31 4538390 M-Th 7:15pm-8:00pm Jul 31 4538391 FLEETWOOD 6 Sessions \$47.50 13-18yrs Sa-Su 9:00am-9:45am Aug 12 4537509 FLEETWOOD 5 Sessions \$39.75 13-18yrs M-F 9:15am-10:00am Aug 28 4539455 7:15pm-8:00pm Aug 28 4539456 **Sport & Leisure Aquatics**

 GUILDFORD
 8 Sessions
 \$66.75
 13-18yrs

 Sa-Su
 12noon-12:45pm
 Jul 8
 4533044

 M-Th
 12:15pm-1:00pm
 Jul 17
 4533038

 M-Th
 6:00pm-6:45pm
 Jul 17
 4533038

 M-Th
 12:15pm-1:00pm
 Aug 14
 4533040

 M-Th
 6:00pm-6:45pm
 Aug 14
 4533041

 GUILDFORD
 7 Sessions
 \$58.50
 13-18yrs

 Tu-Th, M
 12:15pm-1:00pm
 Jul 4
 4533047

 Tu-Th, M
 6:00pm-6:45pm
 Jul 31
 4533049

 M-Th
 12:15pm-1:00pm
 Jul 31
 4533050

 GUILDFORD
 6 Sessions
 \$50.25
 13-18yrs

 Sa-Su
 12non-12:45pm
 Aug 12
 4533052

 Guildford Recreation Centre
 Centre
 Centre
 Centre

NEWTON 8 Sessions \$63.50 13-18yrs M-Th 8:00am-8:45am Jul 3 M-Th 10:30am-11:15am Jul 3 4539912 M-Th 11:15am-12noon Jul 3 4539914 Tu, Th 8:30pm-9:15pm Jul 4 4543659 Sa-Su 11:15am-12noon Jul 8 4539928 M-Th 8:00am-8:45am Jul 17 4539915 M-Th 10:30am-11:15am Jul 17 4539916 M-Th 11:15am-12noon Jul 17 4539917 Tu, Th 8:30pm-9:15pm Aug 1 4543660 M-Th 8:00am-8:45am Aug 14 4539922 M-Th 10:30am-11:15am Aug 14 4539923 M-Th 11:15am-12noon Aug 14 4539924 NEWTON 7 Sessions \$55.50 13-18yrs M-Th 8:00am-8:45am Jul 31 4539919 M-Th 10:30am-11:15am Jul 31 4539920 M-Th 11:15am-12noon Jul 31 4539921 6 Sessions \$47.50 13-18vrs NEWTON Sa-Su 11:15am-12noon Aug 12 4539929 4 Sessions \$31.75 13-18yrs NEWTON M-Th 8:00am-8:45am Aug 28 4539925 M-Th 10:30am-11:15am Aug 28 4539926 M-Th 11:15am-12noon Aug 28 4539927

Newton Recreation Centre 8 Sessions \$63.50 13-18vrs M-Th 9:45am-10:30am Jul 17 4536107 M-Th 6:00pm-6:45pm Jul 17 4536108 M-Th 9:45am-10:30am Aug 14 4536111 M-Th 6:00pm-6:45pm Aug 14 4536112 SOUTH 7 Sessions \$55.50 13-18yrs Tu-Th, M 9:45am-10:30am Jul 4 4536103 Tu-Th. M 6:00pm-6:45pm Jul 4 4536104 Sa 9:45am-10:30am Jul 8 4536105 9:45am-10:30am Jul 9 4536106 M-Th 9:45am-10:30am Jul 31 4536109 M-Th 6:00pm-6:45pm Jul 31 4536110 5 Sessions \$39.75 13-18yrs SOUTH M-F 9:45am-10:30am Aug 28 4536113 M-F 6:30pm-7:15pm Aug 28 4536114 **Grandview Heights Aquatic Centre**

Adults

Red Cross Adult and Teen Strokes

Swimmers choose the stroke(s) they wish to focus on. Participation-based program with individual goals. Prerequisite: able to swim front crawl at least 15 metres continuously, back crawl 15 metres and is comfortable swimming in deep water.

FLEETWOOD 8 Sessions \$63.50 M-Th 10:30am-11:15am Jul 17 4536789 M-Th 12noon-12:45pm Jul 17 4536791 M-Th 3:00pm-3:45pm Jul 17 4536792 M-Th 4:30pm-5:15pm Jul 17 4536794 M-Th 6:00pm-6:45pm Jul 17 4536795 M-Th 10:30am-11:15am Aug 14 4538399 M-Th 12noon-12:45pm Aug 14 4538400 M-Th 3:00pm-3:45pm Aug 14 4538401 M-Th 4:30pm-5:15pm Aug 14 4538402 M-Th 6:00pm-6:45pm Aug 14 4538403 FLEETWOOD 8 Sessions \$63.50 13vrs+ 10:30am-11:00am Jul 7 4537342 12noon-12:30pm Jul 7 4537343 Sa-Su 10:30am-11:00am Jul 8 4537352 FLEETWOOD 7 Sessions \$55.50 13yrs+ Tu-Th, M 10:30am-11:15am Jul 4 4536784 Tu-Th, M 12noon-12:45pm Jul 4 4536785 Tu-Th, M 3:00pm-3:45pm Jul 4 4536786 Tu-Th, M 4:30pm-5:15pm Jul 4 4536787 Tu-Th, M 6:00pm-6:45pm Jul 4 4536788 12:30pm-1:15pm Jul 8 4537516 12:30pm-1:15pm Jul 9 4537609 M-Th 10:30am-11:15am Jul 31 4538394 M-Th 12noon-12:45pm Jul 31 M-Th 3:00pm-3:45pm Jul 31 4538396 M-Th 4:30pm-5:15pm Jul 31 4538397 M-Th 6:00pm-6:45pm Jul 31 4538398 FLEETWOOD 6 Sessions \$47.50 13yrs+ Sa-Su 10:30am-11:00am Aug 12 4537507 FLEETWOOD 5 Sessions \$39.75 13yrs+ 10:30am-11:15am Aug 28 4539459 12noon-12:45pm Aug 28 4539460 M-F 3:00pm-3:45pm Aug 28 4539461 4:30pm-5:15pm Aug 28 4539462 M-F 6:00pm-6:45pm Aug 28 4539463 **Sport & Leisure Aquatics**

GUILDFORD 8 Sessions \$63.50 13yrs+ 4533030 Sa-Su 9:45am-10:30am Jul 8 M-Th 9:45am-10:30am Jul 17 4533026 M-Th 7:30pm-8:15pm Jul 17 4533027 M-Th 9:45am-10:30am Aug 14 4533028 M-Th 7:30pm-8:15pm Aug 14 4533029 GUILDFORD 7 Sessions \$55.50 Tu-Th, M 9:45am-10:30am Jul 4 4533031 Tu-Th, M 7:30pm-8:15pm Jul 4 4533032 M-Th 9:45am-10:30am Jul 31 4533033 M-Th 7:30pm-8:15pm Jul 31 4533034 GUILDFORD 6 Sessions \$47.50 13yrs+ Sa-Su 9:45am-10:30am Aug 12 4533035 **Guildford Recreation Centre**

South	7 sessions	\$55.50	13yrs+
T-Th	11:30-12:15pm	Jul 4	4540776
South	8 sessions	\$63.50	13yrs+
M-Th	11:30-12:15pm	Jul 17	4540777
M-Th	11:30-12:15pm	Jul 31	4540778
M-Th	11:30-12:15pm	Aug 14	4540779
South	5 sessions	\$31.75	13yrs+
M-Th	11:30-12:15pm	Aug 28	4540780
Sout	h Surrey Indoor Po	nol	

NEWTON 8 Sessions \$63.50 13yrs+ M-Th 9:30am-10:15am Jul 3 4539166 M-Th 12noon-12:45pm Jul 3 4539168 Tu, Th 6:15pm-7:00pm Jul 4 4543669 M-Th 9:30am-10:15am Jul 17 4539169 M-Th 12noon-12:45pm Jul 17 4539172 Tu, Th 6:15pm-7:00pm Aug 1 4543670 M-Th 9:30am-10:15am Aug 14 4539185 M-Th 12noon-12:45pm Aug 14 4539186 NEWTON 7 Sessions \$55.50 13yrs+ 8:00am-8:45am Jul 9 4539190 Su M-Th 9:30am-10:15am Jul 31 4539176 M-Th 12noon-12:45pm Jul 31 4539184 4 Sessions \$31 75 NEWTON 13vrs+ M-Th 9:30am-10:15am Aug 28 4539187 M-Th 12noon-12:45pm Aug 28 4539188 **Newton Recreation Centre**

NORTH 8 Sessions \$63.50 13yrs+ 4535653 Tu, Th 7:15pm-8:00pm Jul 4 9:30am-10:15am Jul 7 4535655 Sa-Su 10:00am-10:45am Jul 8 4535654 M-Th 11:45am-12:30pm Jul 17 4535656 M-Th 4:30pm-5:15pm Jul 17 4535657 Tu, Th 7:15pm-8:00pm Aug 1 4535658 M-Th 11:45am-12:30pm Aug 14 4535662 M-Th 4:30pm-5:15pm Aug 14 4535663 7 Sessions \$55.50 NORTH 13yrs+ Tu-Th, M 11:45am-12:30pm Jul 4 4531355 Tu-Th, M 4:30pm-5:15pm Jul 4 4535652 M-Th 11:45am-12:30pm Jul 31 4535660 M-Th 4:30pm-5:15pm Jul 31 4535661 NORTH 13yrs+ 6 Sessions \$47.50 Sa-Su 10:00am-10:45am Aug 12 4535659 **North Surrey Recreation Centre**

SOUTH 8 Sessions \$63.50 13yrs+ M-Th 11:30am-12:15pm Jul 17 4540777 M-Th 11:30am-12:15pm Jul 31 4540778 M-Th 11:30am-12:15pm Aug 14 4540779 **SOUTH** 7 Sessions \$55.50 13yrs+ Tu-Th, M 11:30am-12:15pm Jul 4 4540776 SOUTH 5 Sessions \$31.75 13vrs+ M-F 11:30am-12:15pm Aug 28 4540780 **South Surrey Indoor Pool**

Red Cross Adult and Teen Sports

Swimmers participate in two lessons per sport activity and learn the fundamental skills and techniques of each.

Prerequisite: is interested in participating in sports modules and is comfortable

in sports modules and is comfortable moving/swimming in shallow water. If the participant cannot swim, is comfortable using floatation support such as a PFD.

NORTH 8 Sessions \$63.50 Sa-Su 10:45am-11:30am Jul 8 4534033 M-Th 10:15am-11:00am Jul 17 4534034 M-Th 10:15am-11:00am Aug 14 4534038 NORTH 7 Sessions \$55.50 13yrs+ Tu-Th, M 11:00am-11:45am Jul 4 4531356 Tu-Th, M 4:45pm-5:30pm Jul 4 4534032 M-Th 10:15am-11:00am Jul 31 4534036 M-Th 4:45pm-5:30pm Jul 31 4534037 NORTH 6 Sessions \$47.50 13yrs+ Sa-Su 10:45am-11:30am Aug 12 4534035 **North Surrey Recreation Centre**

Red Cross Adult 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.

FLEETW	/00D	8 Ses	sions	\$63.50	13yrs+
F	9:15a	m-10:	00am	Jul 7	4537344
Sa-Su	9:45a	m-10:	30am	Jul 8	4537350
M-Th	9:15a	m-10:	00am	Jul 17	4536797
M-Th	7:15p	m-8:0	0pm	Jul 17	4536799
M-Th	9:15a	m-10:	00am	Aug 14	4538404
M-Th	7:15p	m-8:0	0pm	Aug 14	4538405
FLEETW	/00D	7 Ses	sions	\$55.50	13yrs+
Tu-Th, f	VI 9:15	iam-1	0:00an	n Jul 4	4536775
Tu-Th, f	VI 7:15	ipm-8	:00pm	Jul 4	4536776
Sa	11:45	am-12	2:30pm	ı Jul 8	4537512
Su	11:45	am-12	2:30pm	ı Jul 9	4537608
M-Th	9:15a	m-10:	00am	Jul 31	4538392
M-Th	7:15p	m-8:0	0pm	Jul 31	4538393
FLEETW	/00D	6 Ses	sions	\$47.50	13yrs+
Sa-Su	9:45a	m-10:	30am	Aug 12	4537508
FLEETW	/00D	5 Ses	sions	\$39.75	13yrs+
M-F	9:15a	m-10:	00am	Aug 28	4539457
M-F	7:15p	m-8:0	0pm	Aug 28	4539458
Spor	t & Lei	sure <i>F</i>	Aquatio	CS	

GUILDF	ORD	8 Session	ıs \$ 63.50	13yrs+
Sa-Su	9:45aı	m-10:30ar	n Jul 8	4533013
M-Th	9:45aı	m-10:30ar	n Jul 17	4533009
M-Th	7:30pi	m-8:15pm	Jul 17	4533010
M-Th	9:45aı	m-10:30ar	n Aug 14	4533011
M-Th	7:30pi	m-8:15pm	Aug 14	4533012
GUILDF	ORD	7 Session	ıs \$5 5.50	13yrs+
Tu-Th, I	VI 9:45	am-10:30	am Jul 4	4533015
Tu-Th, I	VI 7:30	pm-8:15p	m Jul 4	4533017
M-Th	9:45aı	m-10:30ar	n Jul 31	4533021
M-Th	7:30pi	m-8:15pm	Jul 31	4533022
GUILDF	ORD	6 Session	ıs \$ 47.50	13yrs+
Sa-Su	9:45aı	m-10:30ar	n Aug 12	4533024
Guild	lford R	ecreation	Centre	

NEWTO	N 85	Sessions	\$63.50	13yrs+
M-Th	8:00am-	8:45am	Jul 3	4539129
Tu, Th	8:30pm-	9:15pm	Jul 4	4543661
Sa-Su	8:00am-	8:45am	Jul 8	4539144
M-Th	8:00am-	8:45am	Jul 17	4539130
Tu, Th	8:30pm-	9:15pm	Aug 1	4543662
M-Th	8:00am-	8:45am	Aug 14	4539137
NEWTO	N 75	Sessions	\$47.50	13yrs+
NEWTO Su	N 7 9 8:00am-		\$47.50 Jul 9	13yrs+ 4539152
		8:45am	T	•
Su	8:00am-8	8:45am	Jul 9 Jul 31	4539152
Su M-Th	8:00am-8	8:45am 8:45am Sessions	Jul 9 Jul 31	4539152 4539131
Su M-Th NEWT 0	8:00am-6 8:00am-6 N 6 9 8:00am-6	8:45am 8:45am Sessions	Jul 9 Jul 31 \$47.50 Aug 12	4539152 4539131 13yrs +
Su M-Th NEWTO Sa-Su	8:00am- 8:00am- N 6: 8:00am- 8:00am-	8:45am 8:45am Sessions 8:45am	Jul 9 Jul 31 \$47.50 Aug 12 \$31.75	4539152 4539131 13yrs+ 4539149

NORTH	8 Sessions \$	63.50	13yrs+	
Tu, Th	7:30pm-8:15pm	Jul 4	4533848	
Sa-Su	8:30am-9:15am	Jul 8	4535646	
M-Th	12noon-12:45pm	Jul 17	4535647	
Tu, Th	7:30pm-8:15pm	Aug 1	4535648	
M-Th	12noon-12:45pm	Aug 14	4535651	
NORTH	7 Sessions \$	55.50	13yrs+	
Tu-Th, l	VI 12noon-12:45pm	Jul 4	4531354	
M-Th	12noon-12:45pm	Jul 31	4535650	
NORTH	6 Sessions \$	47.50	13yrs+	
Sa-Su	8:30am-9:15am	Aug 12	4535649	
North Surrey Recreation Centre				

SOUTH	8 Sessions	\$63.50	18yrs+	
M-Th	9:00am-9:45am	Jul 17	4536091	
M-Th	6:45pm-7:30pm	Jul 17	4536092	
M-Th	9:00am-9:45am	Aug 14	4536097	
M-Th	6:45pm-7:30pm	Aug 14	4536098	
SOUTH	7 Sessions	\$55.50	18yrs+	
Tu-Th, f	M 9:00am-9:45am	Jul 4	4534460	
Tu-Th, I	M 6:45pm-7:30pm	Jul 4	4534461	
Sa	9:00am-9:45am	Jul 8	4534458	
Su	9:00am-9:45am	Jul 9	4534459	
M-Th	9:00am-9:45am	Jul 31	4536095	
M-Th	6:45pm-7:30pm	Jul 31	4536096	
SOUTH	5 Sessions	\$39.75	18yrs+	
M-F	9:00am-9:45am	Aug 28	4536101	
M-F	7:15pm-8:00pm	Aug 28	4536102	
Grandview Heights Aquatic Centre				

Aqua Adults -**Women Only**

Classes for women only, taught by a female instructor. 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.

NEW	TON 7 Sessions	s \$31.75	13yrs+
Sa	6:15am-7:00am	Jul 8	4541275
Sa	7:00am-7:45am	Jul 8	4541277
No	uutan Baaraatian C	netro	

NORTH	1 Session \$	6 60	13yrs+
Tu	9:15pm-9:45pm	Jul 4	4531375
Th	9:15pm-9:45pm	Jul 6	4535671
Tu	9:15pm-9:45pm	Jul 11	4535664
Th	9:15pm-9:45pm	Jul 13	4535672
Tu	9:15pm-9:45pm	Jul 18	4535665
Th	9:15pm-9:45pm	Jul 20	4535673
Tu	9:15pm-9:45pm	Jul 25	4535666
Th	9:15pm-9:45pm	Jul 27	4535674
Tu	9:15pm-9:45pm	Aug 1	4535667
Th	9:15pm-9:45pm	Aug 3	4535675
Tu	9:15pm-9:45pm	Aug 8	4535668
Th	9:15pm-9:45pm	Aug 10	4535676
Tu	9:15pm-9:45pm	Aug 15	4535669
Th	9:15pm-9:45pm	Aug 17	4535677
Tu	9:15pm-9:45pm	Aug 22	4535670
Th	9:15pm-9:45pm	Aug 24	4535678

Mom and Baby Aqua

North Surrey Recreation Centre

A low impact exercise class performed in warm water. A great way to interact with baby.

SOUTH	4 Sessions	19yrs+	
Th	2:00pm-2:45pm	Jul 6	4540981
Th	2:00pm-2:45pm	Aug 3	4540982
Gran			

Prenatal Aqua

An energizing low-impact aquatic fitness class designed to work the core muscles while providing a challenging cardio workout. At the end we do a 'Dangle Time' and a stretch to relieve you of those nagging aches and pains. This class is suitable for all stages of an uncomplicated pregnancy. Medical clearance (PAR MED-X) required prior to attending class.

SOUTH	4 Sessions	19yrs+	
Th	6:00pm-7:00pm	Jul 6	4541872
Th	6:00pm-7:00pm	Aug 3	4541873
Gran	dview Heights		

Gentle Joints

A no impact class using gentle movements and light cardio to help improve your balance and range of motion.

South	8 Member \$29.50					
	Non membe	Non member \$39.50				
Tu, Th	12:30pm-1:15pm	Jul 4	4539961			
South	10 Member	\$49				
	Non Membe	er \$36.75				
Tu, Th	12:30pm-1:15pm	Aug 1	4539962			
•						

SOUTH		7 Sessions Member \$26.25 Non-member \$35 All Ages					
W, M	12:30pm-1:15pm	Jul 5	4542630				
SOUTH	9 Sessions	Membei	\$33.75				
	Non-membe	er \$45	All Ages				
M, W	12:30pm-1:15pm	Jul 31	4542631				
South Surrey Indoor Pool							



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
- Lifesaver Level I for 8-I3 year olds
- Lifesaver Level 2 for 8-I3 year olds
- Bronze Star for IO-I3 year olds
- Red Cross Teen Swim Basics I-2 for I3-I8 year olds
- Red Cross Adult & Teen Swim Strokes
- Red Cross Adult & Teen Sports
- Private Lessons
- Join a Club Swim Club, Water Polo, Synchronized Swimming, Diving

Make an Investment IN YOURSELF & YOUR FUTURE

Become a City of Surrey Lifeguard with **Recreation Surrey Aquatic Leadership Training**

The City has given me opportunities to develop leadership skills. I love my job - especially mentoring new staff.

Stephanie, Working Parent



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

LIFEGUARD + **SWIMMING INSTRUCTOR**

LIFESAVING INSTRUCTOR

BCRPA AQUAFIT INSTRUCTOR

Bronze Star 10 -13 years

> Bronze Medallion (BM) Prerequisite: 13yrs or Bronze Star

Bronze Medallion (BM) Prerequisite: 13yrs or Bronze Star

13 years & up Bronze Cross (BC)

Bronze Cross (BC)

Prerequisite: BM

Prerequisite: BM

Standard First Aid (SFA) 14 years & up

Emergency First Aid (EFA) OR Standard First Aid (SFA)

Water Safety Instructor (WSI)

Module I & Module 2

15 years & up Prerequisite:15yrs, either Emergency First Aid

or Bronze Cross, and Stroke Assessment Certificate prior to taking module 1.

National Lifeguard Pool (NL)

Prerequisite: BM, BC & SFA

National Lifeguard (NL) Waterpark Prerequisite: Current NL Strongly recommended: CPR-C current

Lifesaving Instructor (LSI) Prerequisite: 16yrs, BC or NL Strongly recommended: WSI Fitness Theory Module Prerequisite: 16yrs

Instructor Aquafit Module Prerequisite: Fitness Theory, Fitness Theory Exam completed, Registered with BCRPA, First Aid must be current

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

Information Session FR



Lifeguard Info Sessions

16 years & up

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

FLEETWOOD 1 Session 10vrs+ Th 6:00pm-7:00pm Jul 20 4529981 **Sport & Leisure Aquatics**

1 Session 10yrs+ M 6:00pm-7:00pm Aug 7 4529982 **North Surrey Recreation Centre**

SOUTH 1 Session 10yrs+ M 6:00pm-7:00pm Sep 4 4529983 **Grandview Heights Aquatic Centre**

1 Session 10yrs+ Su 6:00pm-7:00pm Jul 9 4529972 **South Surrey Indoor Pool**

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, Water Safety Instructor and National Lifeguard certifications for credit toward high school graduation?



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

AQUATIC LEADERSHIP

Bronze Star

Basic lifesaving program for pre-teens (10 years and older). Learn problemsolving 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 7 Sessions \$79.50 9-12vrs Tu-Th,M 10:00am-11:30am Jul 4 4542711 M-Th 11:00am-12:30pm Jul 31 4542712 FLEETWOOD 6 Sessions \$79.50 9-12vrs Sa-Su 10:15am-12noon Aug 12 4542713 **Sport & Leisure Aquatics**

NEWTON 6 Sessions \$79.50 9-12vrs Sa-Su 10:15am-12noon Aug 12 4542714 **Newton Recreation Centre - Wave Pool**

6 Sessions \$79.50 9-12vrs Sa-Su 10:15am-12noon Aug 12 4542718 4 Sessions \$79 50 SOUTH 9-12vrs M-Th 10:00am-12:30pm Jul 10 4542715 M-Th 10:00am-12:30pm Jul 31 4542716 **South Surrey Indoor Pool**

Bronze Medallion

Lifesavers learn how to respond in complex water rescue situations. Practice lifesaving techniques and develop stroke efficiency and endurance (500m timed swim). Prerequisite: Bronze Star or 13 years old by last day of course. Recommended: Swim Kids 8 swimming ability.

FLEETWOOD 3 Sessions \$190.70 13yrs+ M-W 9:00am-4:30pm Jul 24 4542890 M-W 9:00am-4:30pm Aug 14 4542891 M-W 9:00am-4:30pm Aug 28 4542892 **Sport & Leisure Aquatics**

GUILDFORD 3 Sessions \$190.70 13yrs+ M-W 9:00am-4:30pm Jul 24 4542894 M-W 9:00am-4:30pm Jul 31 4542895 M-W 9:00am-4:30pm Aug 14 4542896 **Guildford Recreation Centre**

NEWTON 3 Sessions \$190.70 13vrs+ Tu-Th 9:00am-4:30pm Jul 4 4542897 M-W 9:00am-4:30pm Jul 17 4542898 M-W 9:00am-4:30pm Aug 21 4542899 **Newton Recreation Centre - Wave Pool**

NORTH 3 Sessions \$190.70 13vrs+ M-W 9:00am-4:30pm Jul 10 4542900 Tu-Th 9:00am-4:30pm Aug 8 4542901 M-W 9:00am-4:30pm Aug 28 4542902 **North Surrey Recreation Centre**

SOUTH 3 Sessions \$190.70 13yrs+ M-W 9:00am-4:30pm Jul 10 4542903 Tu-Th 9:00am-4:30pm Aug 8 4542905 M-W 9:00am-4:30pm Aug 21 4542904 **Grandview Heights Aquatic Centre**

3 Sessions \$190.70 13yrs+ SOUTH Tu-Th 9:00am-4:30pm Jul 4 4542887 M-W 9:00am-4:30pm Jul 17 4542888 M-W 9:00am-4:30pm Jul 31 4542889 **South Surrey Indoor Pool**

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

FLEETWOOD 5 Sessions \$361.95 13yrs+ M-F 9:00am-4:30pm Jul 24 4542800 9:00am-4:30pm Aug 14 4542806 M-F 9:00am-4:30pm Aug 28 4542811 **Sport & Leisure Aquatics**

GUILDFORD 5 Sessions \$361.95 M-F 9:00am-4:30pm Jul 17 4542798 9:00am-4:30pm Jul 31 4542803 M-F 9:00am-4:30pm Aug 14 4542807 **Guildford Recreation Centre**

NEWTON 5 Sessions \$361.95 13yrs+ Tu-Sa 9:00am-4:30pm Jul 4 4542791 9:00am-4:30pm Jul 17 4542801 9:00am-4:30pm Aug 21 4542809 **Newton Recreation Centre - Wave Pool**

5 Sessions \$361.95 M-F 9:00am-4:30pm Jul 10 4542794 Tu-Sa 9:00am-4:30pm Aug 8 4542805 M-F 9:00am-4:30pm Aug 28 4542810 **North Surrey Recreation Centre**

SOUTH 5 Sessions \$361.95 13vrs+ M-F 9:00am-4:30pm Jul 10 4542797 Tu-Sa 9:00am-4:30pm Aug 8 4542804 9:00am-4:30pm Aug 21 4542809 **Grandview Heights Aquatic Centre**

5 Sessions \$361.95 13yrs+ Tu-Sa 9:00am-4:30pm Jul 4 4542788 M-F 9:00am-4:30pm Jul 17 4542799 9:00am-4:30pm Jul 31 4542802 **South Surrey Indoor Pool**

Bronze Cross with CPR C

Challenge yourself with advanced lifesaving techniques and skills. This course is worth two Grade 11 High School credits and is the prerequisite for the National Lifeguard (NL) award. Prerequisite: Bronze Medallion and 13 years old by last day of course.

FLEETWOOD 3 Sessions \$176.25 13yrs+ 9:00am-4:30pm Jul 26 4542921 9:00am-4:30pm Aug 16 4542922 9:00am-4:30pm Aug 30 4542923 **Sport & Leisure Aquatics**

GUILDFORD 3 Sessions \$176.25 13yrs+ 9:00am-4:30pm Jul 26 4542918 9:00am-4:30pm Aug 2 4542919 W-F 9:00am-4:30pm Aug 16 4542920 **Guildford Recreation Centre**

NEWTON 3 Sessions \$176.25 13vrs+ Th-Sa 9:00am-4:30pm Jul 6 4542912 9:00am-4:30pm Jul 19 4542913 9:00am-4:30pm Aug 23 4542914 **Newton Recreation Centre - Wave Pool**

NORTH 3 Sessions \$176.25 13yrs+ W-F 9:00am-4:30pm Jul 12 4542915 Th-Sa 9:00am-4:30pm Aug 10 4542916 W-F 9:00am-4:30pm Aug 30 4542917 **North Surrey Recreation Centre**

SOUTH 3 Sessions \$176.25 13yrs+ W-F 9:00am-4:30pm Jul 12 4542906 Th-Sa 9:00am-4:30pm Aug 10 4542908 9:00am-4:30pm Aug 23 4542907 Grandview Heights Aquatic Centre

SOUTH 3 Sessions \$176.25 13vrs+ Th-Sa 9:00am-4:30pm Jul 6 9:00am-4:30pm Jul 19 4542910 W-F W-F 9:00am-4:30pm Aug 2 4542911 **South Surrey Indoor Pool**

Bronze Medallion and Cross with CPR C

Complete all your lifesaving courses

Pre-WSI Stroke Assessment*

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. July to Aug schedule:

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

MEW Water Safety Instructor (WSI) Course

NORTH	SOUTH	SSLC	NEWTON	GUILDFORD	GRANDVIEW
Tuesday/ Thursday	Saturday	Saturday	Saturday	Friday	Monday/ Wednesday
3:30pm-4pm	1pm-1:30pm	1pm-2pm	10:30am-11:30am	4pm-5:00pm	5:30pm-6:30pm

Pre-WSI Stroke Assessments are not available on long weekends

Water Safety Instructor (WSI)

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

WSI - Module I

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 I

FLEETWOOD 4 Sessions \$303.75 15yrs+ M-W 12noon-4:00pm Jul 24 4543572 **Sport & Leisure Aquatics**

GUILDFORD 4 Sessions \$303.75 15yrs+ W-Th, Tu 12noon-4:00pm Jul 5 4543576 **Guildford Recreation Centre**

2 Sessions \$303.75 15yrs+ 12noon-4:00pm Jul 22 4543580 **North Surrey Recreation Centre**

4 Sessions \$303.75 15yrs+ M-W 12noon-4:00pm Jul 24 4543574 South Surrey Indoor Pool

Water Safety Instructor (WSI) - Module I and 2 Combo

FLEETWOOD 8 Sessions \$626.25 15yrs+ M-Th 12noon-4:00pm Jul 31 4542746 Sport & Leisure Aquatics

GUILDFORD 8 Sessions \$626.25 15yrs+ W-Th, M-W 12noon-4:00pm Jul 5 4542745 **Guildford Recreation Centre**

NORTH 7 Sessions \$626.25 15yrs+ Sa-Su, Tu-Th 12noon-4:00pm Jul 22 4542765 **North Surrey Recreation Centre**

8 Sessions \$626.25 15yrs+ M-Th 12noon-4:00pm Jul 24 4542748 **South Surrey Indoor Pool**

Water Safety Instructor (WSI) - Module 2

FLEETWOOD 4 Sessions \$332.25 15yrs+ M-Th 10:00am-4:00pm Aug 21 4543573 **Sport & Leisure Aquatics**

GUILDFORD 4 Sessions \$332.25 15yrs+ M-Th 10:00am-4:00pm Jul 24 4543577 **Guildford Recreation Centre**

NORTH 5 Sessions \$332.25 15yrs+ Sa-Su, Tu-Th 9:00am-1:00pm Aug 19 4543597

North Surrey Recreation Centre

4 Sessions \$332.25 15yrs+ M-Th 10:00am-4:00pm Aug 21 4543575 **South Surrey Indoor Pool**

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

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

Aquatic Emergency Care

Take your lifesaving training to the next level! If you are planning to be a professional lifeguard this course will give you the edge. Learn hands-on training in the care of injuries and illness common in both aquatic and non-aquatic settings. Includes Standard First Aid, CPR C and AED training. Prerequisite: Bronze Medallion.

 SOUTH
 3 Sessions \$212.25
 13yrs+

 Tu-Th
 9:00am-4:30pm
 Jul 4
 4542719

 M-W
 9:00am-4:30pm
 Jul 31
 4542720

 South Surrey Indoor Pool

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 \$182.25
 14yrs+

 Sa-Su
 9:00am-5:00pm
 Jul 15
 4542767

 Sa-Su
 9:00am-5:00pm
 Jul 29
 4542769

 Sa-Su
 9:00am-5:00pm
 Aug 19
 4542772

 Cloverdale Recreation Centre

 FLEETW00D 2 Sessions \$182.25
 14yrs+

 Sa-Su
 9:00am-5:00pm
 Aug 26
 4542774

 Sa-Su
 9:00am-5:00pm
 Sep 2
 4542775

 Sport & Leisure Arenas

GUILDFORD 2 Sessions \$182.25 14yrs+ Sa-Su 9:00am-5:00pm Aug 12 4542770 Fraser Heights Recreation Centre

NORTH 2 Sessions \$182.25 14yrs+
F-Sa 9:00am-5:00pm Jul 21 4542768
North Surrey Arena

Standard First Aid (SFA) - Online

Learn how to save a life! Learn online at your own pace from the convenience of your home, then come in for a skills evaluation session (bring your Online Certificate of Completion). 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 C and AED training.

CLOVE	RDALE 1 Session \$	178.65	14yrs+	
Su	9:00am-5:00pm	Jul 16	4542866	
Su	9:00am-5:00pm	Jul 30	4542868	
Su	9:00am-5:00pm	Aug 20	4542870	
Cloverdale Recreation Centre				

 FLEETW00D 1 Session \$178.65
 14yrs+

 Su
 9:00am-5:00pm
 Aug 27
 4542871

 Su
 9:00am-5:00pm
 Sep 3
 4542872

 Sport & Leisure Arenas

GUILDFORD 1 Session \$178.65 14yrs+ Su 9:00am-5:00pm Aug 13 4542869 Fraser Heights Recreation Centre

 NORTH
 1 Session \$178.65
 14yrs+

 Sa
 9:00am-5:00pm
 Jul 22
 4542867

 North Surrey Arena

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.

FLEETW00D 6 Sessions \$436.30 16yrs+
Su-F 9:30am-5:30pm Jul 9 4542728
Su-F 9:30am-5:30pm Jul 30 4542730
Sport & Leisure Aquatics

 NEWTON
 6 Sessions \$436.30
 16yrs+

 Su-F
 9:30am-5:30pm
 Jul 16
 4542731

 Su-F
 9:30am-5:30pm
 Aug 13
 4542733

 Bear Creek Outdoor Pool

 NORTH
 6 Sessions \$436.30
 16yrs+

 F-W
 9:30am-5:30pm
 Jun 30
 4542724

 Su-F
 9:30am-5:30pm
 Jul 23
 4542725

 M-Sa
 9:30am-5:30pm
 Aug 14
 4542726

 North Surrey Recreation Centre

 SOUTH
 6 Sessions \$436.30
 169rs+

 Tu, Th
 9:30am-5:30pm
 Jul 11
 4542732

 Su-F
 9:30am-5:30pm
 Jul 30
 4542727

 South Surrey Indoor Pool

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.

FLEETWOOD 4 Session \$285.50 16yrs+
F 10:00am-4:00pm Sep 1 4542744
Sport & Leisure Aquatics

 GUILDFORD
 4 Sessions
 \$285.50
 16yrs+

 M-Th
 10:00am-4:00pm
 Jul 10
 4542737

 F-M
 10:00am-4:00pm
 Aug 25
 4542738

 Guildford Recreation Centre

 SOUTH
 3 Sessions \$285.50
 16yrs+

 Sa-M
 9:00am-6:00pm
 Aug 5
 4542740

 Grandview Heights Aquatic Centre

Lifesaving Instructor (LSI)

Successful completion of this course certifies candidates to teach and evaluate the Bronze Star, Bronze Medallion and Bronze Cross programs and is worth one Grade 11 High School credit. Prerequisite: Bronze Cross and 16 years old by last day of course. Proof must be shown at course. Recommended: WSI.

GUILDFORD 3 Sessions \$294.20 16yrs+ Sa-M 9:00am-5:30pm Aug 5 4542722 Guildford Recreation Centre

 SOUTH
 3 Sessions \$294.20
 16yrs+

 Sa-M
 9:00am-5:30pm
 Jul 1
 4542721

 South Surrey Indoor Pool

CPR C and 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.

CLOVERDALE 1 Session \$96.75 14yrs+
Su 9:00am-2:00pm Aug 27 4542878
Cloverdale Recreation Centre

 FLEETW00D 1 Session \$96.75
 14yrs+

 Su
 9:00am-2:00pm
 Aug 13 4542876

 Su
 9:00am-2:00pm
 Aug 20 4542877

 Sa
 9:00am-2:00pm
 Sep 2 4542879

 Snort & Leisure Arenas

GUILDFORD 1 Session \$96.75 14yrs+
Su 9:00am-2:00pm Jul 16 4542874
Fraser Heights Recreation Centre

 NORTH
 1 Session \$96.75
 14yrs+

 Sa
 9:00am-2:00pm
 Jul 8
 4542873

 Sa
 9:00am-2:00pm
 Jul 29
 4542875

 North Surrey Arena

Emergency Child Care First Aid and CPR/AED

This basic one-day course is designed for daycare professionals, teachers, parents and babysitters. It includes the latest in first aid and CPR guidelines. Participants will learn about airway emergencies, respiratory emergencies, head and spine injuries, severe allergic reactions, wound care, seizures, diabetic emergencies, environmental emergencies, poisons and how to keep children safe. Includes CPR level B and AED training.

 CLOVERDALE 1 Session \$114.55
 14yrs+

 Sa
 9:00am-5:00pm
 Jul 8
 4542842

 Sa
 9:00am-5:00pm
 Sep 2
 4542845

 Cloverdale Recreation Centre

GUILDFORD 1 Session \$114.55 14yrs+
F 9:00am-5:00pm Aug 11 4542844
Fraser Heights Recreation Centre

NORTH 1 Session \$114.55 14yrs+
F 9:00am-5:00pm Jul 28 4542843
North Surrey Arena

Emergency First Aid and 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 \$120.15
 14yrs+

 Sa
 9:00am-5:00pm
 Jul 15
 4542926

 Sa
 9:00am-5:00pm
 Jul 29
 4542927

 Sa
 9:00am-5:00pm
 Aug 19
 4542928

 Cloverdale Recreation Centre

 FLEETW00D 1 Session \$120.15
 14yrs+

 Sa
 9:00am-5:00pm
 Aug 26
 4542924

 Sa
 9:00am-5:00pm
 Sep 2
 4542925

 Sport & Leisure Arenas

GUILDFORD 1 Session \$120.15 14yrs+ Sa 9:00am-5:00pm Aug 12 4542930 Fraser Heights Recreation Centre

NORTH 1 Session \$120.15 14yrs+
F 9:00am-5:00pm Jul 21 4542929
North Surrey Arena



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

AQUATIC LEADERSHIP



Time to RE-CERTIFY? Check your certificate today and take your recertification course before it expires!

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.

FLEETW00D 1 Session \$119.50 16yrs+
W 2:00pm-7:00pm Aug 30 4542815
Sport & Leisure Aquatics

GUILDFORD 1 Session \$119.50 16yrs+
F 10:00am-3:00pm Jul 28 4542813
Guildford Recreation Centre

NEWTON 1 Session \$119.50 16yrs+ F 10:00am-3:00pm Sep 1 4542816 Newton Recreation Centre - Wave Pool

 NORTH
 1 Session \$119.50
 16yrs+

 Sa
 10:00am-3:00pm
 Sep 2
 4542817

 North Surrey Recreation Centre

 SOUTH
 1 Session \$119.50
 16yrs+

 Sa
 10:00am-3:00pm
 Jul 29
 4542814

 South Surrey Indoor Pool

Lifesaving Instructor (LSI) Recertification

This four hour clinic is for individuals needing to re-certify or update their existing Lifesaving Instructor Award as LSI is valid for 2 years. Proof of certification must be shown at course.

FLEETW00D 1 Session \$124 16yrs+
Sa 10:00am-2:00pm Jul 1 4542819
Sport & Leisure Aquatics

GUILDFORD 1 Session \$124 16yrs+ Th 10:00am-2:00pm Aug 3 4542818 Guildford Recreation Centre

 SOUTH
 1 Session \$124
 16yrs+

 F
 9:00am-1:00pm
 Sep 1
 4542820

 South Surrey Indoor Pool

National Lifeguard(NL) Recertification & Pre-certification

This course starts with a 4-hour clinic that gives participants the opportunity to practice their knowledge, skills, and procedures as well as review new information in preparation for recertifying their NL Pool award. The course ends with the 4-hour testing session to recertify your NL Pool award. Original awards must be shown to instructor. Prerequisite: previous NL-Pool award.

 FLEETW00D 1 Session \$125.90
 16yrs+

 M
 9:00am-5:30pm
 Jul 3
 4542821

 Sa
 9:00am-5:30pm
 Jul 29
 4542823

 Su
 9:00am-5:30pm
 Aug 27
 4542826

 Sport & Leisure Aquatics

 NORTH
 1 Session \$125.90
 16yrs+

 Su
 9:00am-5:30pm
 Jul 16
 4542822

 Su
 9:00am-5:30pm
 Aug 13
 4542825

 North Surrey Recreation Centre

 SOUTH
 1 Session \$125.90
 16yrs+

 M
 9:00am-5:30pm
 Aug 7
 4542824

 M
 9:00am-5:30pm
 Sep 4
 4542827

 South Surrey Indoor Pool

Emergency First Aid and 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 2 Sessions \$80
 14yrs+

 M, W
 5:00pm-9:00pm
 Jul 24
 4542851

 CLOVERDALE 1 Session \$80
 14yrs+

 M
 9:00am-5:00pm
 Sep 4
 4542856

 Cloverdale Recreation Centre

FLEETWOOD 1 Session \$80 14yrs+
M 9:00am-5:00pm Jul 3 4542848
Sa 9:00am-5:00pm Aug 12 4542852
Sport & Leisure Arenas

 NORTH
 1 Session \$80
 14yrs+

 F
 9:00am-5:00pm
 Jul 14
 4542846

 Sa
 9:00am-5:00pm
 Aug 19
 4542854

 North Surrey Arena

 SOUTH
 1 Session \$80
 14yrs+

 Th
 9:00am-5:00pm
 Jul 20
 4542850

 Tu
 9:00am-5:00pm
 Aug 29
 4542855

 Grandview Heights Aquatic Centre

CPR C and AED Recertification

Review skills and get updated on new standards. To be eligible for this clinic, participants 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 \$63.20 14yrs+
Su 2:30pm-5:30pm Aug 27 4542885
Cloverdale Recreation Centre

 FLEETW00D 1 Session \$63.20
 14yrs+

 Su
 2:30pm-5:30pm
 Aug 13
 4542883

 Su
 2:30pm-5:30pm
 Aug 20
 4542884

 Sa
 2:30pm-5:30pm
 Sep 2
 4542886

 Sport & Leisure Arenas

 GUILDFORD
 1 Session \$63.20
 14yrs+

 Su
 2:30pm-5:30pm
 Jul 16
 4542881

 Fraser Heights Recreation Centre

 NORTH
 1 Session \$63.20
 14yrs+

 Sa
 2:30pm-5:30pm
 Jul 8
 4542880

 Sa
 2:30pm-5:30pm
 Jul 29
 4542882

 North Surrey Arena

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 \$90.75
 14yrs+

 Su
 9:00am-5:00pm
 Jul 16
 4542863

 Su
 9:00am-5:00pm
 Jul 30
 4542864

 Su
 9:00am-5:00pm
 Aug 20
 4543441

 Cloverdale Recreation Centre

 FLEETWOOD 1 Session \$90.75
 14yrs+

 Su
 9:00am-5:00pm
 Aug 27
 4542865

 Su
 9:00am-5:00pm
 Sep 3
 4543442

 Snort & Leisure Arenas

GUILDFORD 1 Session \$90.75 14yrs+ Su 9:00am-5:00pm Aug 13 4543439 Fraser Heights Recreation Centre



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 I76 Street

NORTH SURREY RECREATION CENTRE

604-502-6300 I0275 City Parkway

NEWTON ARENA

604-501-5044 7I20 I36B Street

SURREY SPORT AND LEISURE COMPLEX

604-501-5881 I6555 Fraser Hwy

SOUTH SURREY ARENA

604-502-6200 2199 148 Street

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

SPECIALTY ADMISSIONS & RENTAL 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	Туре	Drop-in	10 Swipe
Public Skate - Daytime	Monday-Friday	\$3.25	
Adult Figure Skating	Monday-Friday	8.25	\$74.25
Recreational Hockey Seniors Rec Hockey	Saturday - Sunday	11.50	103.50
Parent & Child Hockey	Adult	8.25	74.25
Stick & Puck Youth Hockey	Child/Youth	7.00	63.00
Skate Rental		3.25	29.50
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 22 & 23.



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 I2 and under during public sessions. All participants I3 years and older are strongly recommended to wear a CSA helmet while on the ice during public sessions.



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 O-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. Parent must accompany child on the ice.

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.

Power Skating Level 2

Are you looking for ideas and methods to improve your balance, technique, and strength? Coaches will help 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.

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 July 4 - August 6							
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 🗹							11:30am - 12:45pm
Stick and Puck 🗹		4:30pm - 5:45pm		3:45pm - 5:00pm			
All programs cancelled on:							Cancelled Aug 6

SURREY SPORT & LEISURE 16555 Fraser Hwy 604-501-5881 Schedule Effective July 4 - September 3							
SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate	6:00pm - 7:30pm Cancelled Aug 21, 28	12:15pm - 2:15pm	12:15pm - 2:15pm	12:15pm - 2:15pm	12:15pm - 2:15pm	12:15pm - 2:15pm	
Adult Skate					1:30pm - 3:00pm		
Adult Figure Skate					10:00am - 11:30am		
Parent & Child Hockey 🗹				2:30pm-3:45pm		10:15am - 11:45am	
Stick and Puck 🗹	12:15pm-1:30pm	2:30pm - 3:45pm	2:30pm - 3:45pm	12:30pm-1:45pm Cancelled Aug 17	2:30pm - 3:45pm	2:00pm - 3:15pm Cancelled Aug 26	
Recreational Hockey 🗹	11:45am - 1:15pm		11:45am - 1:15pm		11:45am - 1:15pm	12noon - 1:45pm Cancelled Aug 26	
Seniors Rec Hockey					8:15am - 9:45am		
All programs cancelled on:	Cancelled Aug 7					Cancelled Aug 5, Sep 2	

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.

Parent **Participation**

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.

FLEETWOOD 8 Sessions \$66.50 2-3yrs M-Th 11:00am-11:30am Jul 17 4531429 M-Th 11:00am-11:30am Aug 14 4531426 FLEETWOOD 7 Sessions \$58.25 2-3yrs Tu-Th, M 11:00am-11:30am Jul 4 4531428 Sa 9:00am-9:30am Jul 8 4531423 10:00am-10:30am Jul 8 4531424 Sa 11:00am-11:30am Jul 8 Sa 4531425 M-Th 11:00am-11:30am Jul 31 FLEETWOOD 5 Sessions \$41.50 2-3yrs M-F 11:00am-11:30am Aug 28 4531430 **Sport & Leisure Arenas**

SOUTH 8 Sessions \$66.50 2-3yrs M-Th 5:15pm-5:45pm Aug 21 4536056 SOUTH 6 Sessions \$49.75 2-3yrs W 5:15pm-5:45pm Jul 5 4536066 **South Surrey Arena**



See page 46 for more information.

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.

FLEETW	/OOD 8 Sessions \$	66.50	3-5yrs
Tu, Th	4:00pm-4:30pm	Jul 4	4531485
Tu, Th	4:30pm-5:00pm	Jul 4	4531486
Tu, Th	5:30pm-6:00pm	Jul 4	4531487
M-Th	9:00am-9:30am	Jul 17	4531476
M-Th	10:00am-10:30am	Jul 17	4531477
M-Th	11:00am-11:30am	Jul 17	4531478
M-Th	9:00am-9:30am	Aug 14	4531482
M-Th	10:00am-10:30am	Aug 14	4531483
M-Th	11:00am-11:30am	Aug 14	4531484

FLEETW	/00D	7 Sessions S	\$58.25	3-5yrs
Tu-Th, N	VI 9:00)am-9:30am	Jul 4	4531473
Tu-Th, N	VI 10:0	00am-10:30a	m Jul 4	4531474
Tu-Th, N	VI 11:0	00am-11:30a	m Jul 4	4531475
Sa	9:00a	m-9:30am	Jul 8	4531470
Sa	10:00	am-10:30am	Jul 8	4531471
Sa	11:00	am-11:30am	Jul 8	4531472
M-Th	9:00a	m-9:30am	Jul 31	4531479
M-Th	10:00	am-10:30am	Jul 31	4531480
M-Th	11:00	am-11:30am	Jul 31	4531481
FLEETW	/00D	6 Sessions S	49.75	3-5yrs
Tu, Th	4:00p	m-4:30pm	Aug 1	4531488
Tu, Th	4:30p	m-5:00pm	Aug 1	4531489
Tu, Th	5:30p	m-6:00pm	Aug 1	4531490
FLEETW	/00D	5 Sessions S	41.50	3-5yrs
M-F	9:00a	m-9:30am	Aug 28	4531491
M-F	10:00	am-10:30am	Aug 28	4531492
M-F	11:00	am-11:30am	Aug 28	4531493
Spor	t & Lei	sure Arenas		

•			
SOUTH	8 Sessions	\$66.50	3-5yrs
M-Th	5:15pm-5:45pm	Aug 21	4531494
M-Th	5:45pm-6:15pm	Aug 21	4531495
M-Th	6:15pm-6:45pm	Aug 21	4531496
SOUTH	6 Sessions	\$49.75	3-5yrs
SOUTH W	6 Sessions 5:15pm-5:45pm	\$49.75 Jul 5	3-5yrs 4536058
			•
W W W	5:15pm-5:45pm	Jul 5	4536058

Skate rentals are available at an additional cost for skate lessons and drop-in skate sessions.



ARENAS





SPORT & LEISURE ARENA + SOUTH SURREY ARENA

All weekday morning and early afternoon lessons will now be registered by the specific level you child is skating in, resulting in more focused classes and less chance of cancellations.

Late afternoon, evening and weekend preschool lessons will continue to register by time only.

Skate

This is a 7 level learn to skate program designed to introduce your child to the wonderful world of skating.

			J	
FLEETV	V00D	8 Sessions \$		6-18yrs
Tu, Th	4:00p	m-4:30pm	Jul 4	4531456
Tu, Th		m-5:00pm	Jul 4	4531457
Tu, Th		m-5:30pm	Jul 4	4531440
Tu, Th		m-6:30pm	Jul 4	4531441
Tu, Th		m-7:00pm	Jul 4	4531442
Tu, Th	7:00p	m-7:30pm	Jul 4	4531452
M-Th	9:00a	m-9:30am	Jul 17	4531459
M-Th	9:30a	m-10:00am	Jul 17	4531437
M-Th	10:30	am-11:00am	Jul 17	4531438
M-Th	11:30	am-12noon	Jul 17	4531439
M-Th	9:00a	m-9:30am	Aug 14	4531461
M-Th	9:30a	m-10:00am	Aug 14	4531453
M-Th	10:30	am-11:00am	Aug 14	4531454
M-Th	11:30	am-12noon	Aug 14	4531455
FLEETV	VOOD	7 Sessions S	53.50	6-18yrs
Tu-Th, I	M 9:00	0am-9:30am	Jul 4	4531458
Tu-Th, I	M 9:30	0am-10:00am	Jul 4	4531434
Tu-Th, I	M 10:3	30am-11:00ai	m Jul 4	4531435
Tu-Th, I	M 11:3	30am-12noor	n Jul 4	4531436
Sa	9:30a	m-10:00am	Jul 8	4531449
Sa	10:30	am-11:00am	Jul 8	4531450
Sa	11:30	am-12noon	Jul 8	4531451
M-Th	9:00a	m-9:30am	Jul 31	4531460
M-Th	9:30a	m-10:00am	Jul 31	4531446
M-Th	10:30	am-11:00am	Jul 31	4531447
M-Th	11:30	am-12noon	Jul 31	4531448
FLEETV	VOOD	6 Sessions S	45.75	6-18yrs
Tu, Th	4:00p	m-4:30pm	Aug 1	4531462
Tu, Th	4:30p	m-5:00pm	Aug 1	4531463
Tu, Th	5:00p	m-5:30pm	Aug 1	4531443
Tu, Th	6:00p	m-6:30pm	Aug 1	4531444
Tu, Th	6:30p	m-7:00pm	Aug 1	4531445
Tu, Th	7:00p	m-7:30pm	Aug 1	4531464
FLEETW		5 Sessions S	38.25	6-18yrs
M-F	9:30a	m-10:00am	Aug 28	4531431
M-F	10:00	am-10:30am	Aug 28	4531465
M-F	10:30	am-11:00am	Aug 28	4531432
M-F	11:30	am-12noon	Aug 28	4531433
Spor	t & Lei	sure Arenas		
-				

SOUTH	8 Sessions	\$61	6-12yrs
M-Th	5:45pm-6:15pm	Aug 21	4531466
M-Th	6:15pm-6:45pm	Aug 21	4531467
M-Th	6:45pm-7:15pm	Aug 21	4531468
SOUTH	6 Sessions	\$45.75	6-12yrs
W	5:45pm-6:15pm	Jul 5	4536057
W	6:15pm-6:45pm	Jul 5	4536061
W	6:45pm-7:15pm	Jul 5	4536064
Sout	h Surrey Arena		



 $\textbf{CSA Certified Helmet}^{\color{red} \textbf{*}}$ [Hockey, Snowboard, or Ski] is required for all skate lessons. Bike helmets NOT permitted.

See page 46 for more information.

Youth

Skate

This class is for Skaters of all abilities. The program is divided into beginner, intermediate and advanced levels.

FLEETV	VOOD	8 Sessions	\$61	12-16yrs
Tu, Th	6:00p	m-6:30pm	Jul 4	4531501
Tu, Th	7:00p	m-7:30pm	Jul 4	4531498
FLEETV	VOOD	6 Sessions	\$45.75	12-16yrs
Tu, Th	6:00p	m-6:30pm	Aug 1	4531500
Tu, Th	7:00p	m-7:30pm	Aug 1	4531499
Spor	t & Le	isure Arena:	s	

Adult

Skate

This class is for Skaters of all abilities. The program is divided into beginner, intermediate and advanced levels.

FLEETV	VOOD 8 Sessi	ions \$72	16yrs+
Tu, Th	6:30pm-7:00p	m Jul 4	4531421
FLEETV	VOOD 6 Sessi	ions \$54	16yrs+
Tu, Th	6:30pm-7:00p	m Aug 1	4531422
Spor	rt & Leisure Ar	enas	

3	OUTH	8 Sessions	\$12	ibyrs+
N	∕I-Th	6:45pm-7:15pm	Aug 21	4536211
S	HTUO	6 Sessions	\$54	16yrs+
٧	٧	6:45pm-7:15pm	Jul 5	4536021
	Sout	h Surrey Arena		

Skate rentals are available at an additional cost for skate lessons and drop-in skate sessions.

NO SKATES? NO PROBLEM!

Skate rentals are available at an additional cost for skate lessons and drop-in skate sessions.



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.

 SOUTH
 4 Sessions \$29.50
 3-5yrs

 M
 12noon-1:00pm
 Jul 10
 4535064

 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.

FLEET	WOOD 5 Sessions	\$46	6-12yrs	
Sa	4:00pm-5:15pm	Jul 8	4535195	
Sa	5:30pm-6:45pm	Jul 8	4535206	
Sport & Leisure Arenas				

 SOUTH
 4 Sessions \$37
 6-12yrs

 M
 1:15pm-2:30pm
 Jul 10
 4535067

 South Surrey Arena

Girls Hockey

A fun and safe introduction for girls to Canada's National Winter Sport. Learn or improve 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 4 Sessions \$37 5-16yrs
Su 1:00pm-2:15pm Jul 9 4535253
Sport & Leisure Arenas

Power Skating - Level I

Have you completed your Learn to Skate program and want to try something new? Sharpen up your skills for hockey or ringette with this introductory program. Balance, stride, speed and stamina will be taught in a fun and safe environment. Helmet with Full Cage, Hockey Gloves and Hockey / Ringette stick required. Level 2 Children's Learn to Skate is a prerequisite.

FLEETWOOD 5 Sessions \$59.75 6yrs+
M-F 8:45am-9:30am Aug 21 4535263
Sport & Leisure Arenas

Hockey Gear

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



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.

 FLEETW00D
 5 Sessions
 \$59.75
 6yrs+

 M-F
 9:30am-10:15am
 Aug 21
 4535262

 M-F
 10:30am-11:15am
 Aug 21
 4535261

 FLEETW00D
 4 Sessions
 \$47.75
 6yrs+

 M
 4:00pm-4:45pm
 Jul 10
 4535168

 Sport & Leisure Arenas

 SOUTH
 5 Sessions \$59.75
 6yrs+

 Th
 5:15pm-6:00pm
 Jul 6
 4535134

 South Surrey Arena

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.

 SOUTH
 7 Sessions \$70.25
 19yrs+

 Th
 6:15pm-7:30pm
 Jul 6
 4535104

 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.

FLEETW00D 5 Sessions \$50.25 19yrs+
Sa 7:00pm-8:15pm Jul 8 4535211
Sport & Leisure Arenas

 SOUTH
 4 Sessions \$40
 19yrs+

 M
 5:45pm-7:00pm
 Jul 10
 4535069

 South Surrey Arena

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.

 SOUTH
 4 Sessions \$40
 13yrs+

 M
 4:15pm-5:30pm
 Jul 10
 4535068

 South Surrey Arena



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
6 Sessions \$119.50 6-9yrs
W 5:30pm-6:45pm Jul 5 4535217
Sport & Leisure Arenas

Goalies - Children

For Children's Powerplay Hockey League Goalies.

FLEETWOOD
6 Sessions \$60 6-9yrs
W 5:30pm-6:45pm Jul 5 4535223
Sport & Leisure Arenas

Powerplay - Youth

Goalies - Youth

For Youth wanting to play goal for Powerplay Hockey League.

FLEETWOOD
7 Sessions \$60 10-14yrs
Tu 6:00pm-7:00pm Jul 4 4535227
Sport & Leisure Arenas

INFORMATION 604-50I-5875 REGISTER 604-50I-5100

Coed Hockey League

This is a fun, non-contact hockey league for Men and Women ages 19+. This league consists of; an on ice evaluation, multiple league games and one playoff game. All games are played at the Surrey Sport and Leisure Arena. Referees, scorekeepers and jerseys are provided.

FLEETWOOD 6 Sessions \$120 19yrs+
Th 6:45pm-8:00pm Jul 6 4535181
Sport & Leisure Arenas

Coed Hockey League Goalies

This where goalies who wish to play in the coed hockey league will register

| FLEETWOOD | 6 Sessions Free | 19yrs+ | Th | 6:45pm-8:00pm | Jul 6 | 4535182 | Sport & Leisure Arenas | |



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

*Fun*damental

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.

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.

 NEWTON
 7 Sessions \$48.25
 6-12yrs

 Sa
 2:30pm-3:30pm
 Jul 8
 4538077

 Newton Recreation Centre

 SOUTH
 4 Sessions \$22.25
 3-5yrs

 Tu
 4:45pm-5:30pm
 Jul 11
 4527033

 Tu
 4:45pm-5:30pm
 Aug 8
 4527034

 Kensington Prairie Community Centre

 SOUTH
 4 Sessions \$22.25
 3-5yrs

 Sa
 10:00am-10:45am Jul 8
 4535204

 SOUTH
 3 Sessions \$16.75
 3-5yrs

 Sa
 10:00am-10:45am Aug 12
 4535205

 South Surrey Recreation & Arts Centre

I AM Game

Introduction to Sport

Cloverdale Recreation Centre

PARENT PARTICIPATION REQUIRED

CLOVERDALE 3 Sessions \$12.50 2-3yrs

Sa 11:30am-12:15pm Jul 8 4536298

 GUILDFORD
 6 Sessions \$25
 2-3yrs

 Sa
 10:45am-11:30am Jul 8
 4539794

 Guildford Recreation Centre
 4539794

 SOUTH
 4 Sessions \$16.75
 2-3yrs

 Tu
 5:45pm-6:30pm
 Jul 11
 4527035

 Tu
 5:45pm-6:30pm
 Aug 8
 4527036

 Kensington Prairie Community Centre

 SOUTH
 4 Sessions \$16.75
 2-3yrs

 Sa
 9:00am-9:45am
 Jul 8
 4535202

 SOUTH
 3 Sessions \$12.50
 2-3yrs

 Sa
 9:00am-9:45am
 Aug 12
 4535203

 South Surrey Recreation & Arts Centre





STAGE TWO

*Fun*damental

Badminton

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

NORTH	4 Sessions	\$27.75	6-12yrs	
Tu	4:15pm-5:15pm	Jul 4	4533943	
Tu	4:15pm-5:15pm	Aug 8	453394	
Chuck Bailey Recreation Centre				

NORT	H 4 Sessions	\$22.75	13-18yrs	
Tu	5:30pm-6:30pm	Jul 4	4541065	
Tu	5:15pm-6:15pm	Aug 8	4541066	
Chuck Bailey Recreation Centre				

Fencing

Learn the latest techniques in basic footwork, parry maneuvers and rules. Build strength, speed and balance playing this graceful, dueling sport.

GUILD	FORD	6 Sessions	\$84.50	10-12yrs
Sa	1:15p	m-2:45pm	Jul 8	4541418
GUILD	FORD	6 Sessions	\$84.50	13-18yrs
Sa	11:45	iam-1:15pm	Jul 8	4541419
Cui	Idford I	Pagrantian C	ontro	

GUIL	DFORD	6 Sessions	\$84.50	19yrs+
Sa	11:45	iam-1:15pm	Jul 8	4541420
Guildford Recreation Centre				

Golf

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

CLOVER	RDALE 5 Sessions	\$99	4-6yrs	
M-F	1:00pm-2:00pm	Jul 3	4538021	
M-F	1:00pm-2:00pm	Jul 10	4538753	
M-F	1:00pm-2:00pm	Jul 17	4538754	
M-F	1:00pm-2:00pm	Jul 24	4538755	
M-F	1:00pm-2:00pm	Jul 31	4538756	
M-F	1:00pm-2:00pm	Aug 7	4538757	
M-F	1:00pm-2:00pm	Aug 14	4538758	
M-F	1:00pm-2:00pm	Aug 21	4538759	
M-F	1:00pm-2:00pm	Aug 28	4538760	
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 progressional instruction and having fun!

CLOVI	ERDALE 4 Sessions	\$115	19yrs+		
Tu	6:15pm-7:15pm	Jul 4	4541534		
Th	6:15pm-7:15pm	Jul 6	4541535		
Sa	9:30am-10:30am	Jul 8	4541536		
Sa	9:30am-10:30am	Aug 5	4541546		
Tu	6:15pm-7:15pm	Aug 8	4541544		
Th	6:15pm-7:15pm	Aug 10	4541545		
No	Northview Golf & Country Club				

Horseback Riding

PARENT PARTICIPATION REQUIRED

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

SOUTH	4 Sessions	4-7yrs		
Tu	6:30pm-7:30pm	Jul 4	4540890	
Th	6:30pm-7:30pm	Jul 6	4540891	
Tu	6:30pm-7:30pm	Aug 1	4540892	
Th	6:30pm-7:30pm	Aug 3	4540893	
Semiahmoo Stables				

Horseback Riding

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

SOUTH	4 Sessions	4 Sessions \$220		
W	6:30pm-7:30pm	Jul 5	4540886	
M	6:30pm-7:30pm	Jul 10	4540885	
W	6:30pm-7:30pm	Aug 2	4540888	
M	6:30pm-7:30pm	Aug 7	4540887	
Semi	iahmoo Stahles			

Ku Yu Kai - Level I

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	13 Session	s \$ 91	6-12yrs	
M, W	6:00pm-7:00pm	Jul 10	4536812	
Chuck Pailou Poorcation Contro				

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 13 Sessions \$104 6-12yrs M, W 7:00pm-8:30pm Jul 10 4536815 **Chuck Bailey Recreation Centre**

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	13 Session	s \$104	13-18yrs	
M, W	7:00pm-8:30pm	Jul 10	4536819	
NORTH	7 Sessions	\$70	13-18yrs	
W	7:00pm-8:30pm	Jul 12	4536821	
NORTH	6 Sessions	\$60	13-18yrs	
M	7:00pm-8:30pm	Jul 10	4536820	
Chuck Bailey Recreation Centre				

Ku Yu Kai Go Ju Ryu

Introduces you to many aspects of the traditional karate styles; self defence, fitness training, sparring, practive and the art of kata.

NORTH	13 Session	ıs \$ 104	19yrs+	
M, W	7:00pm-8:30pm	Jul 10	4536816	
NORTH	7 Sessions	\$70	19yrs+	
W	7:00pm-8:30pm	Jul 12	4536818	
NORTH	6 Sessions	\$60	19yrs+	
M	7:00pm-8:30pm	Jul 10	4536817	
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.

GUILDI	ORD	18 Sessions	s \$99.25	14-18yrs
Tu F	8:15p 7:00p	m-9:15pm m-8:00pm	Jul 4	4539866
GUILDI	ORD	18 Sessions	s \$124	19yrs+
Tu F		m-9:15pm m-8:00pm	Jul 4	4539804
Guil		Recreation C	ontro	

Tae Kwon Do Level I

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.

GUILI	DFORD	17 Sessions	\$117.25	8-13yrs
Sa		am-12:15pm	Jul 6	4539879
Th		m-6:45pm Recreation Ce	ntvo	
uu	illululu r	recreation ce	iiue	

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.

GUILDE	ORD	17 Session	s \$117.25	7-13yrs
Tu Sa		m-6:45pm pm-1:30pm	Jul 4	4539882
Th Sa		m-8:00pm m-2:45pm	Jul 6	4539883
GUILDE	ORD	17 Session	s \$93.75	14-18yrs
Th Sa		m-9:15pm m-5:15pm	Jul 6	4539898
GUILDE	ORD	17 Session	s \$117	19yrs+
Th Sa		m-9:15pm m-5:15pm	Jul 6	4539881
Guil	dford F	Recreation C	entre	

Tae Kwon Do Level 3

Level 3 will teach advanced techniques in self-defense, develop physical conditioning and build individual selfesteem.

GUILD	FORD	17 Session	s \$117.25	7-13yrs
Tu	7:00p	m-8:00pm	Jul 4	4539899
Sa	3:00p	m-4:00 [;] pm		
W, F	5:45p	m-6:45pm	Jul 5	4539900
Guil	ldford I	Recreation C	entre	

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.

FLEET	「WOOD 17 Session	s \$111.50	17yrs+
W	7:00pm-8:00pm	Jul 5	4536575
Sa	11:15am-12:15pn	n	
Fle	etwood Community	Centre	

Soccer Indoor

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

GUILE	FORD	4 Sessions S	22.25	3-5yrs
Sa	10:30	am-11:15am	Aug 5	4539941
Fraser Heights Recreation Centre				

GUILD	FORD	6 Sessions	\$33.25	3-5yrs
Su	9:30a	ım-10:15am	Jul 9	4539775
Su	10:30	am-11:15am	Jul 9	4539791
Guildford Recreation Centre				

NEWTO	ON 7 Sessions	\$38.75	3-5yrs
Su	12:15pm-1:00pm	Jul 9	4537973
NEWTO	ON 7 Sessions	\$48.25	6-9yrs
Su	1:15pm-2:15pm	Jul 9	4538079
NEWTO	ON 7 Sessions	\$48.25	10-12yrs
Su	2:30pm-3:30pm	Jul 9	4538080
Nova	ton Recreation Co	ntro	

NOR	TH 6 Sessions	6 Sessions \$41.50		
M	3:30pm-4:30pm	Jul 10	453393	
CF	uck Railey Recreati	on Centre		

SOUTH	6 Sessions	\$33.25	3-5yrs
M	4:30pm-5:15pm	Jul 10	4526635
SOUTH	6 Sessions	\$33.25	4-6yrs
M	5:15pm-6:00pm	Jul 10	4526636
Kens	ington Prairie Con	nmunity C	entre

SOUTH	4 Sessions \$22.25	4-6yrs
Sa	10:45am-11:30am Jul 8	4535207
SOUTH	3 Sessions \$16.75	4-6yrs
Sa	10:45am-11:30am Aug 12	4535208
South	Surrey Recreation & Arts (Centre

Soccer Indoor

PARENT PARTICIPATION REQUIRED GUILDFORD 4 Sessions \$16.75 2-3yrs 9:30am-10:15am Aug 5 4540327 **Fraser Heights Recreation Centre**

GUILDFORD 6 Sessions \$25 2-3yrs 9:45am-10:30am Jul 8 4539793 **Guildford Recreation Centre**

NEWTON 7 Sessions \$29 2-3yrs Su 11:15am-12noon Jul 9 4537972 **Newton Recreation Centre**

SOUTH 6 Sessions \$25 6:15pm-7:00pm Jul 10 4526638 **Kensington Prairie Community Centre**

SOUTH 4 Sessions \$16.75 2-3yrs Sa 11:45am-12:30pm Jul 8 4535210 3 Sessions \$12.50 2-3yrs 11:45am-12:30pm Aug 12 4535212 **South Surrey Recreation & Arts Centre**

Floor Hockey

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

NEWTO	ON 7 Sessions	\$48.25	6-9yrs
M	4:00pm-5:00pm	Jul 10	4538019
NEWTO	N 7 Sessions	\$48.25	10-12yrs
M	5:15pm-6:15pm	Jul 10	4538020
New	ton Recreation Ce	entre	

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.



Indoor Tennis Courts



Surrey Tennis Centre

589I 144 Street 778-590-2880

Recreation Surrey is proud of the new Surrey Tennis Centre, which features six year-round indoor courts and six outdoor clay courts. Coordination and registration for all Recreation Surrey tennis lessons and programs across the City will now be handled by the new facility. For more information or to register for any Recreation Surrey tennis program (regardless of location), please call or visit www.surreytenniscentre.com.

Outdoor Tennis Courts

The Parks, Recreation and Culture Department has 67 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		
Hazelgrove Park	7080 190 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 SURRE	Y			
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 SURRE	Υ			
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 basic basketball skills including dribbling, passing, and shooting.

CLOV	3-5yrs		
Sa	9:30am-10:15am	Jul 8	4536290
Clayerdale Recreation Centre			

GUILDFORD 6 Sessions \$41.50 5:45pm-6:45pm Jul 10 4541461 **GUILDFORD 4 Sessions \$22.25** 3-5vrs 10:30am-11:15am Jul 9 4539942 **Fraser Heights Recreation Centre**

GUILD	FORD	6 Sessions	\$41.50	6-8yrs
Sa	11:45	iam-12:45pn	n Jul 8	4539795
GUILD	FORD	6 Sessions	\$41.50	9-12yrs
Sa	1:00p	m-2:00pm	Jul 8	4539796
Gui	ldford l	Recreation C	ontro	

NEWTO	N 7 Sessions S	48.25	6-9yrs
Sa	10:00am-11:00am	Jul 8	4538010
Sa	11:00am-12noon	Jul 8	4538011
NEWTO	N 7 Sessions S	48.25	10-12yrs
Sa	12noon-1:00pm	Jul 8	4538012
NEWTO	N 7 Sessions S	48.25	13-18yrs
Sa	1:00pm-2:00pm	Jul 8	4543485
New	ton Recreation Cen	tre	

NORTH	4 Sessions	\$27.75	6-12yrs
W	3:30pm-4:30pm	Jul 5	4541039
W	3:30pm-4:30pm	Aug 9	4541040
Chuc	k Railey Recreati	on Centre	

T-Ball

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

CLOV	ERDALE 3 Sessions \$16.75	4-6yrs			
Sa	10:30am-11:15am Jul 8	4536296			
Cloverdale Recreation Centre					

GUILDFORD 6 Sessions \$33.25 3-5yrs 11:30am-12:15pm Jul 9 4539792 **Guildford Recreation Centre**

Volleyball

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

NORTI	H 4 Sessions	\$27.75	10-12yrs
Th	4:15pm-5:15pm	Jul 6	4541037
Th	4:15pm-5:15pm	Aug 10	4541038
Chu	ck Bailey Recreation	on Centre	

STAGE THREE



I AM Game Multi-Sport

Become 'Sport Ready'. Learn to the basic rules and tactics for a variety of sports and enjoy introductory levels of gameplay. 'I AM Game - Sport Skills' highly recommended as a prerequisite.

NEWTON 7 Sessions \$48.25 3:30pm-4:30pm Jul 8 4538078 **Newton Recreation Centre**

Badminton Performance

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

GUILDFORD 7 Sessions \$152.75 13-18yrs 12:15pm-3:15pm Jul 9 4540017 **Fraser Heights Recreation Centre**

GET CONNECTED

SURREY APP

Access all Surrey apps, including the recently launched RCMP mobile app, in one convenient place. Download the MySurrey app, now available for iPhone, Android and Blackberry devices.

COUNCIL MEETINGS

Council meetings are held regularly on every second Monday evening at Surrey City Hall and are live-streamed on our website at www.surrey.ca/citygovernment. Public Hearing meetings are also televised on the Shaw Cable network (Channel 4)

WITH YOUR CITY!

Drop-in Gym Schedules SPORTS

CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 Street

Effective July - August

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	☑ 8:00pm - 9:45pm	11:30am - 2:30pm	8:15pm - 9:45pm		☑ 7:15pm - 9:45pm		3:45pm-5:45pm
Badminton – Family	6:15pm - 7:45pm	6:00pm -7:30pm	3:15pm-5:15pm			11:30am-2:00pm	8:00am -11:00am
Basketball – Adult	7:15pm - 9:45pm		✓ 7:45pm - 9:45pm		2:00pm-3:30pm 5:30pm-7:00pm	5:45pm-7:45pm	☑ 1:15pm-3:15pm
Basketball — Family							11:15am -12:45pm
Basketball – Adult 30+			☑ 7:45pm - 9:45pm				
Basketball – Youth			3:45pm-5:45pm	4:00pm-6:30pm	3:30pm - 5:30pm	1:00pm - 2:30pm	11:15pm -1:00pm
Family Gym	3:45pm - 5:45pm	3:30pm - 5:15pm		3:00pm - 4:30pm	3:45pm - 5:15pm	3:00pm-5:30pm	2:15pm - 4:15pm
Sports – Preteen Member		5:30pm -7:30pm				4:00pm - 8:00pm	
Sports – Youth Member	5:15pm -7:45pm				6:00pm -10:00pm	4:00pm - 8:00pm	
Pickle Ball – Open		7:45pm - 9:45pm			11:15am -1:45pm	☑ 8:00am -10:45am	
Pickle Ball — Family	3:30pm - 5:00pm		5:30pm-7:30pm			2:15pm-4:45pm	12noon-2:00pm
Soccer – Adult		☑ 8:00pm - 9:45pm		☑ 7:30pm -9:30pm			6:15pm - 7:45pm
Stay & Play – Parent & Tot			4:00pm - 6:00pm				9:30am -11:30am
Table Tennis – Adult				7:30pm - 9:30pm			
Volleyball – Adult				☑ 8:00pm - 9:45pm			6:15pm -7:45pm
VALUE TIMES	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton	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 3- September 3

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			✓ 7:00pm -8:30pm ✓ 8:35pm - 10:00pm				 ✓ 8:00am -9:30am ✓ 9:35am - 11:00am
Badminton – Family		7:15pm - 9:30pm*				9:00am -11:30am*	
Badminton — Preteen/Youth Member		7:15pm - 9:30pm*					
Table Tennis – Open	1:00pm -3:00pm*	9:30am -12noon	9:00am -11:00am*				9:30am -12noon**
Gym – Family			1:00pm-5:00pm*		1:00pm-5:00pm*	3:00pm - 5:00pm*	
Stay & Play – Parent & Tot	9:30am -11:00am ⁺						
Basketball – Adult							4:00pm - 6:00pm*
Basketball – Youth							4:00pm - 6:00pm*
Basketball – Youth Member						6:00pm - 9:00pm	
Volleyball – Adult	☑7:00pm - 10:00pm						
Hockey – Adult				☑ 7:00pm - 9:30pm			☑ 6:00pm - 8:00pm
Sports – Youth Member		5:30pm -7:00pm		5:30pm -7:00pm	6:00pm - 9:00pm		
Sports – Preteen Member		4:00pm -5:30pm		4:00pm -5:30pm	5:00pm -6:00pm	5:00pm-6:00pm	
VALUE TIMES Basketball	MONDAY 6:00am-8:30am	TUESDAY	WEDNESDAY 6:00am - 8:30am	THURSDAY	FRIDAY 6:00am-8:30am	SATURDAY 6:00am-8:30am*	SUNDAY
Badminton		6:00am - 8:30am		6:00am - 8:30am		6:00am - 9:00am*	

SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 Avenue June 26 - September 3

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		✓ 7:30pm-9:45pm*			6:00pm-7:45pm*		
Badminton – Open			☑ 8:15pm-9:45pm			⊠ 8:30am -12noon	✓ 8:30am-12noon*✓ 4:15pm-6:00pm*
Badminton – Family						5:45pm-7:45pm*	
Badminton – Youth					☑ 8:00pm-9:45pm*		
Basketball – Family				6:00pm -7:45pm			
Basketball – Youth							6:15pm-7:45pm
Basketball – Adult			6:15pm-8:00pm*	7:45pm-9:45pm*			
Basketball – Open							6:15pm-7:45pm
Sports – Youth Member (10-18yrs)		5:00pm -7:00pm*	4:30pm-6:00pm	6:00pm-9:00pm	7:00pm-11:00pm	7:00pm-11:00pm	
Sports – Family			4:30pm-6:00pm		5:00pm-7:00pm	3:00pm-5:30pm	12:30pm-4:00pm
Pickle Ball – 55+	9:45am -12:45pm	10:45am-12:45pm	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+		2:30pm-4:30pm**		1:15pm - 3:15pm**			
Table Tennis – Open					7:15pm-9:45pm		1:00pm-4:00pm
Volleyball – Youth	6:15pm -7:45pm*						
Volleyball – Adult	7:45pm-9:45pm*						
Stay & Play – Parent & Tot			8:45am -10:15am		8:45am -10:15am	3:30pm-5:00pm	9:30am-11:00am

SPORTS Drop-in Gym Schedules

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult				 ✓ 6:45pm-8:15pm* ✓ 8:15pm-9:45pm*		✓ 5:45pm-7:45pm	✓ 4:45pm-6:15pm* ✓ 6:15pm-7:45pm*
Badminton — Family	4:00pm - 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 – Open	4:15pm -7:15pm						
Badminton – Youth					5:45pm-7:45pm		12noon-2:00pm
Basketball – Adult	7:45pm - 9:45pm	6:00pm-8:00pm 7:45pm-9:45pm	☑ 7:45pm-9:45pm			☑ 3:30pm-5:30pm	8:15am-11:00am
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 – Open	7:45pm-9:45pm	8:00pm-9:45pm					
Basketball – Youth		4:00pm-5:45pm					5:00pm - 7:00pm
Sports – Family	3:30pm - 6:30pm	4:00pm -7:30pm					
Sports – Girls Gym Preteen/Youth Member**			6:00pm-7:30pm				
Sports – Youth Member**				6:00pm-9:00pm	6:00pm-9:30 pm	4:00pm -7:45pm	4:00pm -8:00pm
Sports – Preteen Member**					4:30pm - 6:00pm		
Pickle Ball – 55+	12noon - 3:00pm	12noon-3:00pm		12noon-3:00pm	12noon-3:00pm		
Stay & Play – Parent & Tot			9:30am-11:00am			9:30am-11:00am	
Soccer – Adult		7:45pm-9:45pm			☑ 8:00pm-9:45pm		
Soccer – Youth							5:00pm - 7:00pm
Table Tennis – Open							3:00pm-7:00pm
Table Tennis — Family							1:30pm - 3:00pm
Volleyball – Adult	7:00pm - 9:45pm		✓ 7:45pm-9:30pm				2:30pm - 4:15pm
Volleyball Value – Open			12:15pm - 2:15pm				

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. **Must have free Guildford Youth Services Membership to participate

BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A Street

Effective July - August

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym		6:00pm - 8:00pm				9:00am -11:00am	
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 - 8:00pm				6:00pm - 9:00pm		
Schedule subject to change, Ple	ase call ahead to confirm	and reserve spots.					

FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 Street

Effective July - August

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	✓ 7:15pm-9:45pm		✓ 7:15pm-9:45pm			☑ 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
Pickle Ball – Adult	12noon - 3:00pm						
Soccer - Family				5:00pm-7:00pm			
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

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult	9:00am - 11:00am***	☑ 7:00pm-9:00pm					
Badminton – Open							9:00am-11:00am
Basketball – Adult	☑ 7:15pm-9:00pm			☑ 7:00pm-9:00pm		☑ 9:15am-11:15am	
Basketball – Open	12noon - 2:00pm		12noon - 1:00pm				
Soccer – Adult			12noon-1:00pm ⁺ ✓ 7:00pm-9:00pm				
Pickle Ball – 55+		9:00am-10:15am	9:00am-11:30am				
Gym — Family				5:15pm-7:00pm		11:15am-1:00pm***	
Stay 'n' Play* – Parent & Tot	5:30pm-7:30pm*		5:30pm-7:30pm*	4:00pm-6:00pm*			
Table Tennis** - Open		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-9:00pm	6:00pm-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 +Held outdoors



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 Guildford Recreation Centre
Yoga for Beginners	Guildford Recreation Centre Kensington Prairie Community Centre
	Kwomais Point Park

Fitness Centre Orientations

If you are looking to get started with weight and cardio equipment, ask about our fitness centre orientation. Certified staff will give you the tips to get started on a safe, balanced and effective workout.

Personal Training

All our instructors are BCRPA certified and can guide you into a new workout routine or fine-tune your existing workout.

	Single	Semi-Private
Initial Consultation (90 minutes)	\$81	\$81 (per person)
Ongoing Sessions (I hour)	\$54	\$81/group
5 Swipe Pass (for the price of 4)	\$216	\$324/group

Completion of the ParQ+ medical screening form is required before personal training sessions begin. 24 hours advance 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.

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 during peak hours)
- 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.

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





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

QUICK FIND



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.

FITNESS & WELLNESS



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 facility daily drop-in schedules online for the latest information.

CLASS DESCRIPTION

CLASS DESCRIPTION	
CARDIO	
BOLLYWOOD AEROBICS	Cardio workout combining Indian dance moves to Bollywood music. Family Bollywood - age 6yrs+ welcome.
BOOTCAMP	Increase your strength, stamina, and flexibility with a variety of fitness and athletic conditioning drills.
CARDIO COMBO	Combines a variety of formats such as step, hi/lo, cardio drills or cardio kickbox, including muscle conditioning.
CARDIO KICKBOX	Punch, kick, and sweat your way to improved fitness.
DANCE FIT	Cardio workout featuring dance steps from a variety of dance styles.
HIGH/LOW AEROBICS	Cardio workout combining high and low intensity.
STEP	A high energy choreography based class utilizing a step to improve cardio and strength.
STEP INTERVAL	A high energy workout combining step intervals and muscle conditioning exercises.
SYNRGY CIRCUIT	A full body workout using the multi-station Synrgy functional training unit featuring a variety of equipment including TRX.
ZUMBA	A combination of fast and slow aerobic dance rhythms to tone and sculpt the body.
CARDIO: INDOOR CYCLING	
SPIN AND STRENGTH	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. Includes muscle conditioning.
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	
BARRE	Using classical Ballet and Pilates movements, this class will help you strengthen, tone, and stabilize those hard to target areas including the core.
BODY SCULPT	Emphasis is placed on proper technique while working on muscle strength, endurance and flexibility training.
CORE CONDITIONING	Emphasis is placed on your core muscles. Work on proper balance, posture, and stability.
FUNCTIONAL TRAINING	Enhance day-to-day functionality through high intensity interval training, balance training and core strength using a variety of equipment.
TRX	A body weight strength based workout featuring TRX suspension trainer to build muscle, increase flexibility and strengthe core muscles.
COMBO CLASS	Two or more classes paired together within the same time frame.
ADULT 55+	
BALL, BALANCE AND STRENGTH 55+	This class will introduce participants to balance & strength training through the use of variety pieces of equipment.
DANCE FIT 55+	Cardio workout featuring dance steps from a variety of dance styles.
FIT 55+	A moderate intensity class consisting of low impact cardio followed by muscle conditioning and relaxing stretch techniques
FIT 55+ LITE	A low to moderate intensity class designed to introduce upper and lower body exercise techniques. Chairs are used during some classes but are always optional.
GENTLE FIT (CHAIR EXERCISES)	A low intensity class designed to include upper and lower body movements done in and out of a chair.
SENIOR CIRCUIT 55+	A weight room based group exercise program utilizing cardio and strength training exercises. A great way to familiarize yourself with the weight room equipment.
YOGA 55+	Focuses on strengthening, stretching and relaxing exercises. A variety of techniques and postures are used to improve balance, strength and flexibility. May include a meditation component.
MIND BODY	
YOGA	Focuses on strengthening, stretching and relaxing exercises. A variety of techniques and postures are used to improve balance, strength and flexibility. 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.
FITNESS YOGA	A combination of yoga postures and fitness exercises.
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.

Parent **Participation**

Yoga - Parent and Tot

An introduction to yoga for parent and child to learn some basic techniques for relaxation, breathing and posture.

SOUTH 7 Sessions \$42 2-5vrs 10:00am-10:45am Jul 9 4536093 **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 4 Sessions \$14 6yrs+ 11:00am-12noon Jul 9 4537234 GUILDFORD 3 Sessions \$10.50 6yrs+ 11:00am-12noon Aug 13 4537235 **Guildford Recreation Centre**

SOUTH 7 Sessions \$24.50 6yrs+ 6:30pm-7:30pm Jul 10 4536087 SOUTH 7 Sessions \$18.50 6vrs+ 11:15am-12noon Jul 9 4536088 **South Surrey Recreation & Arts Centre**

Children

Yoga

An introduction to yoga for your child to learn the basic techniques for relaxation, breathing, and posture.

SOUTH	5 Sessions	6-12yrs	
F	3:30pm-4:30pm	Aug 4	4536086
SOUTH	4 Sessions	\$40	6-12yrs
F	3:30pm-4:30pm	Jul 7	4536085
South Surrey Recreation & Arts Centre			

Youth

Weight Training

Join an experienced instructor and become familiar with the weight room. Focus on safe and effective training techniques.

NEWTON 4 Sessions \$32 13-18vrs 5:00pm-6:00pm Jul 7 4531200 5:00pm-6:00pm Aug 4 4531201 **Newton Recreation Centre**

4 Sessions \$32 13-18yrs 4:00pm-5:00pm Jul 4 4543652 4:00pm-5:00pm Aug 1 4543653 Tu **Grandview Heights Aquatic Centre**

SOUTH 4 Sessions \$32 13-18vrs 4:00pm-5:00pm Jul 6 4536208 4:00pm-5:00pm Aug 3 4536209 **South Surrey Recreation & Arts Centre**

This gentle activity focuses on stretching and relaxing exercises. Learn to focus and control your energy flow through basic yoga positions.

CLOVERDALE 6 Sessions \$48 10-12yrs 4:00pm-5:00pm Jul 6 4539943 **CLOVERDALE 6 Sessions \$48** 13-18vrs 5:00pm-6:00pm Jul 6 4539959 **Cloverdale Recreation Centre**

SOUTH 5 Sessions \$40 13-18vrs 4:45pm-5:45pm Aug 4 4536100 SOUTH 4 Sessions \$32 13-18yrs 4:45pm-5:45pm Jul 7 4536099 **South Surrey Recreation & Arts Centre**

Adults

Bootcamp

Increase strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.

GUILDFORD 7 Sessions \$46 18vrs+ 7:30pm-8:30pm Jul 7 4540446 9:30am-10:30am Jul 9 4540448 **Fraser Heights Recreation Centre**

GUILDFORD 8 Sessions \$39.50 19yrs+ Tu, Th 6:15am-7:00am Jul 4 4537202 Tu, Th 6:15am-7:00am Aug 1 4537203 **Guildford Recreation Centre**

SOUTH 4 Sessions \$26.25 19yrs+ 6:30am-7:30am Jul 4 4542300 Tu Th 6:30am-7:30am Jul 6 4542303 7 Sessions \$46 SOUTH 19yrs+ W, M 5:30pm-6:30pm Jul 5 4534952 SOUTH 9 Sessions \$59 19yrs+ M, W 5:30pm-6:30pm Jul 31 4534953 **SOUTH** 5 Sessions \$32.75 6:30am-7:30am Aug 1 4542302 6:30am-7:30am Aug 3 4542304 **Grandview Heights Aquatic Centre**

Zumba

Dance themes, using a fusion of Latin and international music, create a dynamic, exciting and effective fitness workout.

GUILDFORD 4 Sessions \$26.25 19yrs+ 8:30am-9:30am Jul 8 4537198 M 7:00pm-8:00pm Jul 10 4537199 GUILDFORD 3 Sessions \$19.75 19vrs+ 8:30am-9:30am Aug 12 4537200 7:00pm-8:00pm Aug 14 4537201 **Guildford Recreation Centre**

NEWTON 8 Sessions \$52.50 13yrs+ 6:00pm-7:00pm Jul 14 4531202 NEWTON 6 Sessions \$60.50 13yrs+ 6:00pm-7:00pm Jul 13 4531198 **Newton Recreation Centre**

NORTH 6 Sessions \$39.50 19yrs+ 10:15am-11:15am Jul 16 Su 4529151 NORTH 5 Sessions \$32.75 19yrs+ Th 6:15pm-7:15pm Aug 3 4529150 NORTH 4 Sessions \$26.25 19yrs+ 6:15pm-7:15pm Jul 6 4529149 **Bridgeview Community Centre**

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 4 Sessions \$34 19vrs+ 6:00pm-7:00pm Jul 10 4530666 6:00pm-7:00pm Aug 7 4530668 **Cloverdale Recreation Centre**

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 5 Sessions Member \$24.75 Non-member \$32.75 55yrs+ 12:45pm-1:45pm Aug 3 4540784 NEWTON 4 Sessions Member \$19.75 Non-member \$26.25 55yrs+ 12:45pm-1:45pm Jul 6 4540783 1:30pm-2:30pm Jul 10 4532195 3 Sessions Member \$14.75 NEWTON Non-member \$19.75 55yrs+ 1:30pm-2:30pm Aug 14 4532196 **Newton Seniors Centre**

Non-impact cycling workout that features a variety of drills including hills, sprints and intervals.

GUILDFORD 4 Sessions \$19.75 19vrs+ 8:30am-9:15am Jul 8 4537196 6:30pm-7:15pm Jul 10 4537191 GUILDFORD 3 Sessions \$14.75 19yrs+ 8:30am-9:15am Aug 12 4537197 6:30pm-7:15pm Aug 14 4537194 **Guildford 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 4 Sessions \$19.75 19yrs+ 9:30am-10:15am Jul 8 4537229 GUILDFORD 3 Sessions \$14.75 19yrs+ 9:30am-10:15am Aug 12 4537230 **Guildford Recreation Centre**

SOUTH 9 Sessions \$44.25 19yrs+ W 7:30pm-8:15pm Jul 5 4536007 SOUTH 7 Sessions \$34.50 19vrs+ 7:30pm-8:15pm Jul 10 4536006 South Surrey Recreation & Arts Centre

Urban Pole Walking

Bring bigger results to your time out walking. Increase your aerobic fitness and muscle strength while taking stress off the knee joints utilizing urban poles.

4 Sessions Member \$19.75 NORTH Non-member \$26.25 19yrs+ 6:00pm-7:00pm Jul 4 4540968 6:00pm-7:00pm Jul 6 4540971 6:00pm-7:00pm Aug 8 4540973 6:00pm-7:00pm Aug 10 4540972 **Chuck Bailey Recreation Centre**

GUILDFORD 4 sessions Member \$19.75 Non-member \$26.25

Tu	6:00pm-7:00pm	Jul 4	4540968
Th	6:00pm-7:00pm	Jul 6	454097
Tu	6:00pm-7:00pm	Aug 8	4540973
Th	6:00pm-7:00pm	Aug 10	4540972





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.



Circuit Weight Training

Individuals move from station to station in the weight room and learn use of strength machines, free weights and cardio equipment.

CLOVERDALE 10 Sessions Member \$49.25 Non-member \$65.50 55yrs+

Tu, Th 9:15am-10:15am Aug 1 4530605
Tu, Th 10:30am-11:30am Aug 1 4530606
CLOVERDALE 8 Sessions Member \$39.50
Non-member \$52.50 55yrs+
Tu, Th 9:15am-10:15am Jul 4 4530603
Tu, Th 10:30am-11:30am Jul 4 4530604
Cloverdale Recreation Centre

GUILDFORD 8 Sessions \$52.50 18yrs+ Tu. Th 9:15am-10:15am Jul 4 4540173 W, M 9:15am-10:15am Aug 2 4540172 GUILDFORD 6 Sessions \$39.50 18yrs+ Sa 9:15am-10:15am Jul 8 4540174 Sa 6:30pm-7:30pm Jul 8 4540170 6:30pm-7:30pm Jul 9 4540182 Fraser Heights Recreation Centre

GUILDFORD 8 Sessions Member \$39.50 Non-member \$52.50 55yrs+ M, W 10:30 am-11:30 am Jul 3 4540162 W, M 10:30 am-11:30 am Aug 2 4540163

Fraser Heights Recreation Centre

 SOUTH
 5 Sessions \$32.75
 19yrs+

 Tu
 5:30pm-6:30pm
 Aug 1
 4534961

 Th
 5:30pm-6:30pm
 Aug 3
 4534962

 SOUTH
 4 Sessions \$26.25
 19yrs+

 Tu
 5:30pm-6:30pm
 Jul 4
 4534959

 Th
 5:30pm-6:30pm
 Jul 6
 4534960

 Grandview Heights Aquatic Centre

SOUTH	9 Sessions \$	19yrs+	
Tu	1:00pm-2:00pm	Jul 4	4536179
F	11:45am-12:45pm	Jul 7	4536181
M, W	6:30pm-7:30pm	Jul 31	4536177
SOUTH	7 Sessions \$	\$46	19yrs+
SOUTH W, M	7 Sessions \$ 6:30pm-7:30pm		19yrs+ 4536176
		Jul 5	•

 SOUTH
 9 Sessions Member \$44.25

 Non-member \$59
 55yrs+

 M, W
 8:00am-9:00am
 Jul 31
 4534956

 SOUTH
 7 Sessions Member \$34.50
 Non-member \$46
 55yrs+

 W, M
 8:00am-9:00am
 Jul 5
 4534955

 Grandview Heights Aguatic Centre

SOUTH 10 Sessions Member \$49.25 Non-member \$65.50 55yrs+ Tu, Th 9:15am-10:15am Aug 1 4536191 Tu, Th 10:30am-11:30am Aug 1 4536193 **SOUTH** 9 Sessions Member \$44.25 Non-member \$59 55yrs+ 4536201 11:30am-12:30pm Jul 5 9:15am-10:15am Jul 7 4536203 M, W 9:15am-10:15am Jul 31 4536196 M, W 10:30am-11:30am Jul 31 4536199 SOUTH 8 Sessions Member \$39.50 Non-member \$52.50 55yrs+ Tu, Th 9:15am-10:15am Jul 4 4536189 Tu, Th 10:30am-11:30am Jul 4 4536192 7 Sessions Member \$34.50 SOUTH Non-member \$46 55vrs+ W, M 9:15am-10:15am Jul 5 4536195 W, M 10:30am-11:30am Jul 5 4536198

South Surrey Recreation & Arts Centre

Fitness Circuit Training

Individuals move from station to station combining cardio and strength training using a variety of equipment.

 SOUTH
 7 Sessions \$23
 19yrs+

 W, M
 6:45pm-7:15pm
 Jul 5
 4534950

 SOUTH
 9 Sessions \$29.50
 19yrs+

 M, W
 6:45pm-7:15pm
 Jul 31
 4534951

 Grandview Heights Aquatic 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
 4 Sessions
 \$26.25
 19yrs+

 M
 5:30 pm -6:30 pm
 Jul 10
 4537187

 GUILDFORD
 3 Sessions
 \$19.75
 19yrs+

 M
 5:30 pm -6:30 pm
 Aug 14
 4537188

 Guildford Recreation Centre

NEWI	ON 7 Sessions	\$46	16yrs+
M	12noon-1:00pm	Jul 10	4529278
NEWT	ON 4 Sessions	\$26.25	16yrs+
Tu	12noon-1:00pm	Jul 4	4529275
Th	12noon-1:00pm	Jul 6	4529272
Th	12noon-1:00pm	Aug 3	4529273
Tu	12noon-1:00pm	Aug 8	4529276
No	wton Recreation Co	ntro	

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!

NEWT	ON 4 Ses	sions \$2 6. 2 5	16yrs+
W	5:00pm-6:00)pm Jul 5	4529269
NEWT	ON 7 Ses	sions \$46	16yrs+
M	5:00pm-6:00)pm Jul 10	0 4529268
NEWT	ON 5 Ses	sions \$32 .75	16yrs+
W	5:00pm-6:00	pm Aug 2	2 4529271
Nov	uton Recreatio	on Contro	

 NEWTON
 3 Sessions Member \$14.75

 Non-member \$19.75
 55yrs+

 M
 9:05am-10:05am
 Jul 10
 4532193

 M
 9:05am-10:05am
 Aug 14
 4532194

 Newton Seniors Centre

 SOUTH
 7 Sessions \$46
 13yrs+

 W, M
 10:00am-11:00am Jul 5
 4534948

 SOUTH
 9 Sessions \$59
 19yrs+

 M, W
 10:00am-11:00am Jul 31
 4534949

 Grandview Heights Aquatic Centre

 SOUTH
 9 Sessions Member \$44.25

 Non-member \$59
 55yrs+

 F
 1:00pm-2:00pm
 Jul 7
 4536205

 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.

GUILD	FORD	4 Sessions S	26.25	19yrs+
Tu	10:15	5am-11:15am	Jul 4	4537206
Tu	10:15	5am-11:15am	Aug 1	4537207
Gui	ldford I	Recreation Ce	ntre	

SOUTH	5 Sessions	13yrs+	
Tu	7:00pm-8:00pm	Aug 1	4534967
Th	7:00pm-8:00pm	Aug 3	4534968
SOUTH	4 Sessions	\$26.25	13yrs+
Tu	7:00pm-8:00pm	Jul 4	4534965
Th	7:00pm-8:00pm	Jul 6	4534966
Grandview Heights Aquatic Centre			

SOUTH	9 Sessions	19yrs+	
M, W	5:15pm-6:15pm Jul 31		4536187
SOUTH	7 Sessions	\$46	19yrs+
W, M	5:15pm-6:15pm	Jul 5	4536186
Court	h Currey Recreatio	n & Arte	Contro

Core Conditioning

Group workout focused on endurance, agility, balance and core strength.

SOUTH	7 Sessions \$23		19yrs+
W, M	7:30pm-8:00pm	Jul 5	4534963
SOUTH	9 Sessions	\$29.50	19yrs+
M, W	7:30pm-8:00pm	Jul 31	4534964
Gran	dview Heinhts An	uatic Cen	tre

TRX Suspension Training

A strength based workout using the TRX to build muscle, increase flexibility and strengthen core muscles.

GUILI	DFORD	7 Sessions	\$46.25	18yrs+
Sa	10:30	am-11:30am	ı Jul 8	4540134
Tu	5:45p	m-6:45pm	Jul 11	4540135
Fraser Heights Recreation Centre				

 SOUTH
 7 Sessions \$46.25
 19yrs+

 M
 5:15pm-6:15pm
 Jul 10
 4536008

 South Surrey Recreation & Arts 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

CLOV	ERDALE 8 Sessions	\$76.75	19yrs+
Sa	9:30am-10:30am	Jul 8	4530650
Cloverdale Recreation Centre			

FLEE1	WOOD 4 Sessions	\$38.50	19yrs+	
W	6:15pm-7:15pm	Jul 5	4540987	
W	6:15pm-7:15pm	Aug 2	4540988	
Sport & Leisure Aquatics				

GUILI	DFORD	4 Sessions	\$38.50	19yrs+
Th	7:00p	m-8:00pm	Jul 6	4537227
Th	7:00p	m-8:00pm	Aug 3	4537228
Guildford Recreation Centre				

SOUTH	7 Sessions	\$56	19yrs
W	7:00am-7:50am	Jul 5	453621
Sout	th Surrey Recreation	on & Arts	Centre

Pilates

A body conditioning routine emphasizing spinal and pelvic alignment, breathing, developing a strong core and improving coordination and balance.

CLOVERDALE 5 Sessions \$58.25			16yrs+
Tu	6:15pm-7:15pm	Jul 4	4530657
Tu	7:15pm-8:15pm	Jul 4	4530656
Cloverdale Recreation Centre			

GUILE	FORD	5 Sessions	\$32.75	19yrs+
Tu	5:00p	m-6:00pm	Jul 4	4537211
GUILE	FORD	4 Sessions	\$26.25	19yrs+
Tu	5:00p	m-6:00pm	Aug 8	4537212
Gu	ildford l	Recreation C	entre	

 NEWTON
 4 Sessions \$46.75
 19yrs+

 M
 6:35pm-7:35pm
 Jul 10
 4529257

 Newton Seniors Centre

SOUTH	9 Sessions	\$59	19yrs+	
Th	7:30pm-8:30pm	Jul 6	4535874	
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.

 GUILDFORD
 5 Sessions
 \$32.75
 19yrs+

 Tu
 6:15pm-7:15pm
 Jul 4
 4537213

 GUILDFORD
 4 Sessions
 \$26.25
 19yrs+

 Tu
 6:15pm-7:15pm
 Aug 8
 4537214

 Guildford Recreation Centre

 NEWTON
 4 Sessions \$46.75
 19yrs+

 M
 5:30pm-6:30pm
 Jul 10
 4529258

 Newton Seniors Centre

 SOUTH
 9 Sessions \$59
 19yrs+

 W
 6:30pm-7:30pm
 Jul 5
 4535875

 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	9 Sessions	\$258.25	19yrs+
Tu	8:00am-9:00am	Jul 4	4535882
Tu	9:00am-10:00am	Jul 4	4535880
W	7:00am-8:00am	Jul 5	4535885
W	8:00am-9:00am	Jul 5	4535881
W	5:15pm-6:15pm	Jul 5	4535886
Th	5:10pm-6:10pm	Jul 6	4535887
Th	6:15pm-7:15pm	Jul 6	4535888
F	7:00am-8:00am	Jul 7	4535884
F	8:00am-9:00am	Jul 7	4535883
SOUTH	7 Sessions	\$201	19yrs+
M	4:00pm-5:00pm	Jul 10	4535889
Sout	h Surrey Recreation	n & Arts	Centre

Stretch and 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 \$24.75

 Non-member \$32.75
 55yrs+

 W
 9:05am-10:05am
 Aug 2
 4532192

 NEWTON
 4 Sessions Member \$19.75
 19.75

 Non-member \$26.25
 55yrs+

 W
 9:05am-10:05am
 Jul 5
 4532191

 Newton Seniors Centre

Yoga

Develop strength, flexibility and good body alignment while completing a combination of postures through breathing.

CLOVERDALE 9 Sessions \$73.75 19yrs+ 9:15am-10:30am Jul 6 4530613 **CLOVERDALE 5 Sessions \$49.25** 19yrs+ 9:15am-10:45am Aug 1 4530618 **CLOVERDALE 4 Sessions \$39.50** 19yrs+ 9:15am-10:45am Jul 4 4530612 **Cloverdale Recreation Centre**

CLOVERDALE 5 Sessions Member \$24.75 Non-member \$32.75 19yrs+ 12:15pm-1:15pm Aug 1 4530649 Tu 11:45am-12:45pm Aug 3 4530646 Th **CLOVERDALE 4 Sessions Member \$19.75** Non-member \$26.25 19yrs+

12:15pm-1:15pm Jul 4 4530648 11:45am-12:45pm Jul 6 Th 4530645 **Cloverdale Recreation Centre**

FLEETWOOD 8 Sessions \$52.50 19yrs+ 6:30pm-7:30pm Jul 6 4536573 7:40pm-8:40pm Jul 6 4536567 FLEETWOOD 7 Sessions \$46 19yrs+ 4:30pm-5:30pm Jul 10 4536570 5:40pm-6:40pm Jul 10 4536569 **Fleetwood Community Centre**

GUILDFORD 5 Sessions \$41 19yrs+ 8:15pm-9:30pm Jul 5 4537217 GUILDFORD 4 Sessions \$32.75 19yrs+ 9:30am-10:45am Jul 9 4537218 Su 8:15pm-9:30pm Aug 9 4537220 GUILDFORD 3 Sessions \$24.75 19vrs+ 9:30am-10:45am Aug 13 4537219 **Guildford Recreation Centre**

NEWTON 8 Sessions \$52.50 19yrs+ 6:00pm-7:00pm Jul 13 4529261 **Newton Recreation Centre**

NEWTON 8 Sessions \$52 50 19yrs+ 5:00pm-6:00pm Jul 11 Tu 4529260 6:05pm-7:05pm Jul 11 4529259 **Newton Seniors Centre**

SOUTH 9 Sessions \$73.75 19yrs+ 11:00am-12:15pm Jul 5 W 4536011 SOUTH 9 Sessions \$59 19vrs+ 10:30am-11:30am Jul 7 4536013 SOUTH 7 Sessions \$46 19yrs+ 10:30am-11:30am Jul 9 Su 4536014 11:00am-12noon Jul 10 4536016 6:00pm-7:00pm Jul 10 4536015 **Kwomais Point Park**

SOUTH 7 Sessions Member \$34.50 Non-member \$46 55yrs+ 9:45am-10:45am Jul 10 4536083 **Kwomais Point Park**

SOUTH 9 Sessions Member \$44.25 Non-member \$59 55vrs+ 8:00am-9:00am Jul 6 4536084 **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 4 Sessions \$26.25 19yrs+ 5:30pm-6:30pm Jul 6 4537222 5:30pm-6:30pm Aug 3 4537223 **Guildford Recreation Centre**

SOUTH 8 Sessions \$52.50 16vrs+ 4:45pm-5:45pm Jul 6 4529979 **Kensington Prairie Community Centre**

SOUTH 9 Sessions \$59 19vrs+ 4536051 Tu 7:15pm-8:15pm Jul 4 SOUTH 7 Sessions \$46 19vrs+ 12:15pm-1:15pm Jul 10 4536052 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 8 Sessions \$78.75 19vrs+ 7:15pm-8:45pm Jul 13 4531199 **Newton Recreation Centre**

SOUTH 9 Sessions \$73.75 19yrs+ 6:00nm-7:15nm .lul 6 4536054 Th **SOUTH** 9 Sessions \$59 19vrs+ 7:30pm-8:30pm Jul 5 4536055 **Kwomais Point Park**

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 \$52.50 16yrs+ 5:45pm-6:45pm Jul 6 4529980 **Kensington Prairie Community Centre**

SOUTH 9 Sessions \$59 19vrs+ 6:00pm-7:00pm Jul 4 4536009 **Kwomais Point Park**

Fitness Yoga

A blend of yoga postures bringing the mind-body element to fitness conditioning.

NEWTON 7 Sessions \$46 19yrs+ 9:00am-10:00am Jul 8 4531203 **Newton Seniors 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 6 Sessions \$49.25 All Ages 6:00pm-7:15pm Jul 6 4530662 **Cloverdale Recreation Centre**

GUILDFORD 4 Sessions \$26.25 19vrs+ 10:00am-11:00am Jul 8 4537232 GUILDFORD 3 Sessions \$19.75 19yrs+ 10:00am-11:00am Aug 12 4537233 **Guildford Recreation Centre**

SOUTH 9 Sessions \$59 19vrs+ 6:15pm-7:15pm Jul 5 W 4535877 SOUTH 7 Sessions \$46 19yrs+ M 7:10pm-8:10pm Jul 10 4535878 **Kwomais Point Park**

SOUTH 9 Sessions \$59 19yrs+ 6:00pm-7:00pm Jul 7 4535876 **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 8 Sessions \$130 18vrs+ W, M 10:00am-11:00am Jul 5 4540024 W, M 10:00am-11:00am Aug 2 4540025 South Surrey Recreation & Arts Centre

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 \$41			19yrs+
Tu	4:45pm-6:00pm	Aug 1	4530624
CLOV	ERDALE 4 Sessions	\$32.75	19yrs+
Tu	4:45pm-6:00pm	Jul 4	4530623
Cloverdale Recreation Centre			

SOUTH 9 Sessions \$73.75 19yrs+ 9:30am-10:45am Jul 5 4535879 **Kwomais Point Park**

Yoga Stretch

NEWTON

Improve your health with gentle stretching using yoga postures, yoga breathing and relaxation techniques.

	Non-membe	er \$41	55yrs+
Tu	1:00pm-2:15pm	Aug 1	4532207
W	9:30am-10:45am	Aug 2	4532211
NEWTO	N 4 Sessions	Member	\$24.75
	Non-membe	er \$32.75	55yrs+
Tu	1:00pm-2:15pm	Jul 4	4532206
W	9:30am-10:45am	Jul 5	4532210
F	10:45am-12noon	Jul 7	4532208
F	10:45am-12noon	Aug 4	4532209
New	ton Seniors Centre		

5 Sessions Member \$30.75

Chair Yoga Level I

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.

SOUTH 5 Sessions Member \$24.75 Non-member \$33 55vrs+ 10:30am-11:30am Aug 4 4536069 4 Sessions Member \$19.75 **SOUTH** Non-member \$26.50 55yrs+ 10:30am-11:30am Jul 7 4536068 **South Surrey Recreation & Arts Centre**

Chair Yoga Level 2

NORTH

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.

Non-member \$33 55vrs+ 10:20am-11:20am Aug 2 4537560 10:20am-11:20am Aug 7 4537558 M 4 Sessions Member \$19.75 NORTH Non-member \$26.50 55yrs+ 10:20am-11:20am Jul 3 4537557 10:20am-11:20am Jul 5 4537559 **Chuck Bailey Recreation Centre**

5 Sessions Member \$24.25



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.

NORTH	5 Sessions Member \$24.25			
	Non-membe	r \$33	55yrs+	
Tu	10:45am-11:45am	Aug 1	4537572	
Th	1:00pm-2:00pm	Aug 3	4537575	
NORTH	4 Sessions I	Member	\$19.75	
	Non-membe	r \$26.50	55yrs+	
Tu	10:45am-11:45am	Jul 4	4537571	
Th	1:00pm-2:00pm	Jul 6	4537574	
Chuck Bailey Recreation Centre				

SOUTH 5 Sessions Member \$24.75 Non-member \$33 55vrs+ 10:30am-11:30am Aug 2 4536060 SOUTH 4 Sessions Member \$19.75 Non-member \$26.50 55yrs+ 10:30am-11:30am Jul 5 4536059 **South Surrey Recreation & Arts Centre**

Tai Chi

Gain flexibility, balance and strength using non stressful movements to restore the internal energy of 'Chi'.

NORTH 4 Sessions Member \$19.75 Non-member \$26.25 55yrs+ 10:30am-11:30am Jul 7 4540966 **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 \$19.75 Non-member \$26.25 55yrs+ 9:30am-10:30am Jul 7 4540785 9:30am-10:30am Aug 4 4540786 **Newton Seniors Centre**

Gentle Fitness

A gentle introduction to physical activity just for seniors! Join this fun class and let your body ease back into fitness. Reduce your risk of falls by improving your balance and coordination.

5 Sessions Member \$24.75 NEWTON Non-member \$33 55vrs+ 10:45am-11:45am Aug 3 4540782 NEWTON 4 Sessions Member \$19.75 Non-member \$26.50 55yrs+ 10:45am-11:45am Jul 6 4540781 Th M 2:45pm-3:45pm Jul 10 4532197 NEWTON 3 Sessions Member \$14.75 Non-member \$19.75 55yrs+ 2:45pm-3:45pm Aug 14 4532198 Newton Seniors Centre

Joints in Motion

This is a recreation exercise program for people with arthritis.

MEAAIC	DIN 5 Sessions Member	\$24.7 3
	Non-member \$32.75	19yrs+
Tu	10:15am-11:15am Aug 1	4532184
Th	10:15am-11:15am Aug 3	4532186
NEWTO	N 4 Sessions Member	\$19.75
	Non-member \$26.25	19yrs+
Tu	10:15am-11:15am Jul 4	4532183
Th	10:15am-11:15am Jul 6	4532185
New	ton Seniors 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.

1 Session Free 19vrs+ 6:30pm-8:30pm Jul 6 4540801 **South Surrey Recreation & Arts Centre**

Osteoarthritis Fitness

Focus is on joint stability, posture, light resistance training and safe stretching.

CLOVERDALE 5 Sessions Member \$24.75 Non-member \$33 19yrs+ 11:00am-12noon Aug 1 4530641 **CLOVERDALE 4 Sessions Member \$19.75** Non-member \$26.25 19vrs+ 11:00am-12noon Jul 4 4530639 **Cloverdale Recreation Centre**

SOUTH 9 Sessions Member \$44.50 Non-member \$59.25 19yrs+ 10:30am-11:30am Jul 4 4536081 10:30am-11:30am Jul 6 4536082 **South Surrey Recreation & Arts 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 \$24.75 Non-member \$33 55vrs+ 10:15am-11:15am Aug 2 4532190 NEWTON 4 Sessions Member \$19.75 Non-member \$26.50 55yrs+ 10:15am-11:15am Jul 5 4532189 W **NEWTON** 3 Sessions Member \$14.75 Non-member \$19.75 55yrs+ 10:15am-11:15am Jul 10 4532187 10:15am-11:15am Aug 14 4532188 **Newton Seniors Centre**

Osteofit Level I

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 \$52.75 Non-member \$39.50 19yrs+ Tu, Th 1:00pm-2:00pm Jul 4 4534225 **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 hone 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 9 Sessions Member \$59.25 Non-member \$44.50 19yrs+ M, W 10:30am-11:30am Jul 3 4534230 **Guildford Recreation Centre**

Healthy Lifestyles Exercise Therapy Program

This class will, in a supportive environment, assist you in developing a safe exercise program geared to your current level of fitness. Our goal is to assist you to maintain your physical activity, increase your own awareness of healthy living and support you to exercise independently.

GUILDFORD 8 sessions \$15 19yrs+ W, M 1:30pm-3:00pm Jul 5 4534118 W, M 1:30pm-3:00pm Aug 2 4534119 **Guildford Recreation Centre**

Cardiac Rehabilitation Program: Low-Moderate Risk

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 10 Sessions \$85 19yrs+ Tu, Th 1:00pm-2:30pm Aug 1 4534107 **GUILDFORD 8 Sessions \$85** 19yrs+ Tu, Th 1:00pm-2:30pm Jul 4 4534106 **Guildford Recreation Centre**

NEWTON 9 Sessions \$85 19yrs+ W. F 11:00am-12:30pm Aug 2 4529369 NEWTON 8 Sessions \$85 19yrs+ 4529368 W, F 11:00am-12:30pm Jul 5 **Newton Recreation Centre**

Cardiac Rehabilitation **Program: Maintenance**

This course is designed for those individuals that have progressed from the Cardiac Rehab Level 2 programs.

GUILDFORD 10 Sessions \$60 19yrs+ Tu, Th 11:30am-1:00pm Aug 1 4534113 Tu. Th 2:30pm-4:00pm Aug 1 4534116 GUILDFORD 8 Sessions \$60 19yrs+ Tu, Th 11:30am-1:00pm Jul 4 4534112 Tu, Th 2:30pm-4:00pm Jul 4 4534114 **Guildford Recreation Centre**

NEWTON 9 Sessions \$60 19yrs+ W, F 9:00am-10:30am Aug 2 4529366 NEWTON 8 Sessions \$60 19vrs+ W, F 9:00am-10:30am Jul 5 4529365 **Newton Recreation Centre**

Meditation

Improve your overall wellbeing with Meditation and Relaxation Techniques such as mindfulness and deep breathing.

GUILDFORD 7 Sessions \$46 19vrs+ 5:45pm-6:45pm Jul 12 4537216 **Guildford Recreation Centre**

SOUTH 7 Sessions \$46 19vrs+ 11:45am-12:45pm Jul 9 4535716 Su 8:15pm-9:15pm Jul 10 4535715 M Kwomais Point Park

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 \$26 Non-member \$34.50 19yrs+ 1:15pm-3:00pm Jul 11 4534235 **Guildford Recreation Centre**



One Day Wonders

Animal Safari

Explore the wild kingdom through games, songs, and crafts as we will learn more about our animal friends.

SOUTH 1 Session \$8.25 2-3vrs 9:30am-11:00am Aug 20 4540961 **South Surrey Recreation & Arts Centre**

Bug Detectives

Follow the bug trail, discover their stages and learn about their habitat.

1 Session \$8.25 1.5-2vrs 9:30am-11:00am Jul 9 4540901 **South Surrey Recreation & Arts Centre**

Camping Adventure

We'll bring the outdoors in, with campfire stories, crafts and camping treats!

SOUTH 1 Session \$8.25 1.5-3yrs 9:30am-11:00am Jul 16 4540919 **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 \$8.25 2-3yrs 9:30am-11:00am Jul 23 4540944 **South Surrey Recreation & Arts Centre**

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

1 Session \$8.25 9:30am-11:00am Jul 30 4540953 **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 \$8.25 1.5-2.5yrs Su 9:30am-11:00am Aug 13 4540957 **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.

NEWTON 4 Sessions \$17.75 1.5-3yrs 11:30am-12:15pm Jul 9 4537974 NEWTON 3 Sessions \$13.50 1.5-3yrs Su 11:30am-12:15pm Aug 13 4537975 **Newton Recreation Centre**

Parent and Preschooler Fibre Arts

Small hands master new skills as you and your young fibre artist make felt, weave on a real loom, and create a woolly sheep to take home.

CITYWIDE 1 Session \$11.75 3-5yrs 10:00am-11:30am Jul 22 4536233 **Surrey Museum**

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.

1.5-3yrs NEWTON 7 Sessions \$29 Sa 11:00am-11:45am Jul 8 4537900 **Newton Recreation 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 \$16.75 2-3yrs Sa 9:30am-10:15am Jul 8 4535188 SOUTH 3 Sessions \$12.50 2-3vrs Sa 9:30am-10:15am Aug 12 4535189 **South Surrey Recreation & Arts Centre**

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.

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CHECK OUT OUR NEW SECTIONS

SPORTS Pages 50 - 54 FITNESS & WELLNESS Page 55 - 60

ARTS & GENERAL INTEREST Parent Participation

Parent & Preschooler DROPIN



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

Cloverdale Recreation Centre

Wednesday 4:00pm-6:00pm Sunday 9:30am-11:30am

Guildford Recreation Centre

9:30am-11:00am W/Sa

Newton Recreation Centre

9:30am-11:00am

South Surrey

Recreation and Arts Centre

8:45am -10:15am M/F 3:30pm-5:00pm Saturday Sunday 9:30am-11:00am

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 9:30am-11:00am Saturdays

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.musictogther.com

SOUTH	6 Sessions \$125		
	Sibling Rate	\$60	1-5yrs
W	9:30am-10:15am	Jul 5	4535218
W	10:30am-11:15am	Jul 5	4535219
Flair	Hall		

SOUTH	6 Sessions S Sibling Rate		1-5yrs
Tu	9:30am-10:15am	Jul 4	4535220
Tu	10:30am-11:15am	Jul 4	4535221
Kwomais Point Park			

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 9:30am-10:15am Jul 9 4540308 **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.

CLOVERDALE 4 Sessions \$32.25 9:30am-11:00am Jul 11 4536312 **Cloverdale Recreation Centre**

Story, Art and Play

Introduction to preschool through songs, crafts and exploration. Different themes include dinosaurs, insects, farms, gardening, jungle animals, ocean life and more!

CLOVERDALE 4 Sessions \$32.25 10:00am-11:30am Jul 13 4536333 **Cloverdale Recreation Centre**

3 Sessions \$24.25 1.5-4yrs 9:30am-11:00am Aug 13 4538698 **Newton Recreation Centre**

SOUTH	2 Sessions	\$16.25	2-3yrs
Tu	9:30am-11:00am	Jul 11	4536284
Tu	9:30am-11:00am	Aug 15	4536305
Th	9:30am-11:00am	Aug 17	4536306
SOUTH	2 Sessions	\$16.25	1.5-3yrs
Th	9:30am-11:00am	Jul 13	4536285
Meri	dian Centre		

Story Time at Redwood Park

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	3 Sessions F	ree	2-6yrs
F	10:00am-10:45am	Jul 7	4537954
F	11:00am-11:45am	Jul 7	4537955
F	12noon-12:45pm	Jul 7	4537956
F	10:00am-10:45am	Aug 11	4537957
F	11:00am-11:45am	Aug 11	4537958
F	12noon-12:45pm	Aug 11	4537959

Redwood Park

Parenting Classes FREE

COMMUNITIES CARING FOR CHILDREN

To register call 604-434-9101 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 ARTS & GENERAL INTEREST

One Day Wonders

Animal Safari

Explore the wild kingdom through games, songs, and crafts as we will learn more about our animal friends.

SOUTH 1 Session \$9.25 3-5yrs 11:30am-1:00pm Aug 20 4540963 **South Surrey Recreation & Arts Centre**

Bug Detectives

Follow the bug trail, discover their stages and learn about their habitat.

SOUTH 1 Session \$9.25 3-5yrs 11:30am-1:00pm Jul 9 4540914 South Surrey Recreation & Arts Centre

Camping Adventure

We'll bring the outdoors in, with campfire stories, crafts and camping treats!

SOUTH 1 Session \$9.25 3-5yrs 11:30am-1:00pm Jul 16 4540942 **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 \$9.25 11:30am-1:00pm Jul 23 4540946 **South Surrey Recreation & Arts Centre**

Discovery Science

Young scientists join us for a day of exciting activities and experiments that you can try at home!

CLOVERDALE 2 Sessions \$23.50 3-5yrs 12noon-2:00pm Jul 11 **Cloverdale Recreation Centre**

Kids in Space

Blast off to find out about the moon, planets and what astronauts eat in space.

SOUTH 1 Session \$9.25 3-5yrs 11:30am-1:00pm Jul 30 4540955 **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 \$9.25 11:30am-1:00pm Aug 13 4540959 **South Surrey Recreation & Arts Centre**

Visual Arts

Art Explorers

Children will be encouraged to explore many different art mediums using paint, paper, glitter, glue and much more!

7 Sessions \$39.50 3-5yrs 12:30pm-1:15pm Jul 9 4537976 **Newton Recreation Centre**

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 \$34.50 3-5yrs 3:00pm-4:00pm Jul 22 4529975 **Surrey Arts Centre**

Music

Exploring Music

This is an opportunity to enjoy music through musical stories, rhythm, rhymes and instruments.

CLOVERDALE 2 Sessions \$25 3-5vrs 12noon-2:00pm Jul 25 4536323 **Cloverdale Recreation Centre**

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.





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

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.

QUICK FIND

CHECK OUT OUR NEW SECTIONS

SPORTS Pages 50 - 54 FITNESS & WELLNESS Page 55 - 60

ARTS & GENERAL INTEREST Preschool

Dance

Ballet Level I

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

GUILD	FORD	6 Sessions	\$33.25	3-5yrs
Su	10:45	iam-11:30am	Jul 9	4539757
Su	12:45	ipm-1:30pm	Jul 9	4539764
Guildford Recreation Centre				

NEWTON 7 Sessions \$38.75 3-5yrs Sa 12noon-12:45pm Jul 8 4537960 Newton Recreation Centre

SOUTH 4 Sessions \$22.25 3-5yrs W 3:00pm-3:45pm Jul 5 4535114 Sa 10:30am-11:15am Jul 8 4535112 W 3:00pm-3:45pm Aug 9 SOUTH 3 Sessions \$16.75 3-5vrs 10:30am-11:15am Aug 12 4535113 **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.

GUIL	DFORD	6 Sessions \$33.25	3-5yrs	
Su	11:45	iam-12:30pm Jul 9	4539763	
Guildford Recreation Centre				

 NEWTON
 7 Sessions \$38.75
 3-5yrs

 Sa
 1:00pm-1:45pm
 Jul 8
 4537961

 Newton Recreation Centre

SOUTH	4 Sessions \$	322.25	4-5yrs
W	4:00pm-4:45pm	Jul 5	4535184
Sa	11:30am-12:15pm	Jul 8	4535186
W	4:00pm-4:45pm	Aug 9	4535185
SOUTH	3 Sessions \$	16.75	4-5yrs
Sa	11:30am-12:15pm	Aug 12	4535187
South Surrey Recreation & Arts Centre			

Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

 NEWTON
 7 Sessions \$38.75
 3-5yrs

 M
 4:15pm-5:00pm
 Jul 10
 4537881

 M
 4:15pm-5:00pm
 Jul 10
 4537882

 Newton Seniors Centre

 NORTH
 6 Sessions \$33.25
 3-5yrs

 Su
 11:15am-12noon
 Jul 16
 4529135

 Bridgeview Community Centre

SOUTH 4 Sessions \$22.25 3-4yrs 3:00pm-3:45pm Jul 10 4535197 SOUTH 4 Sessions \$22.25 4-6yrs 4:00pm-4:45pm Jul 10 4535198 M 4:00pm-4:45pm Aug 14 4535200 SOUTH 3 Sessions \$16.75 3-4yrs 3:00pm-3:45pm Aug 14 4535199 **South Surrey Recreation & Arts 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 5
 4537888

 Newton Seniors 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.

 CLOVERDALE 2 Sessions \$26
 3-5yrs

 Tu
 12:30pm-2:00pm
 Aug 15
 4536310

 Cloverdale Recreation Centre

 GUILDFORD
 6 Sessions \$69.25
 4-6yrs

 Sa
 9:45am-11:00am
 Jul 15
 4539986

 GUILDFORD
 4 Sessions \$46.25
 4-6yrs

 Su
 11:45am-1:00pm
 Aug 13
 4539996

 Fraser Heights Recreation Centre

4 Sessions \$40.50 3-5yrs 9:00am-10:00am Jul 8 4535213 SOUTH 4 Sessions \$40.50 4-6yrs Sa 10:30am-11:30am Jul 8 4535215 SOUTH 3 Sessions \$30.25 3-5yrs Sa 9:00am-10:00am Aug 12 4535214 SOUTH 3 Sessions \$30.25 4-6vrs 10:30am-11:30am Aug 12 4535216 **South Surrey Recreation & Arts Centre**

Science

Have you ever wondered how popcorn pops? How chocolate is made? How a ship floats? These and many other questions will be answered in this mini science program.

 NEWTON
 4 Sessions \$45
 4-6yrs

 Su
 9:30am-11:00am
 Jul 9
 4538693

 Newton Recreation Centre

Preschool Programs

Our preschool 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.

Seasonal Preschool

CLOVERDALE 6 Sessions \$91.75 3-5yrs
Tu, Th 9:30am-11:30am Aug 8 4536334
Cloverdale Recreation Centre

 NEWTON
 10 Sessions \$208.25
 3-5yrs

 Tu, Th
 8:30am-11:30am
 Jun 27
 4538108

 Tu, Th
 12noon-3:00pm
 Jun 27
 4538109

 NEWTON
 8 Sessions \$144.50
 3-5yrs

 Tu, Th
 9:00am-11:30am
 Aug 1
 4538110

 Tu, Th
 12noon-2:30pm
 Aug 1
 4538111

 Newton Recreation Centre

 NEWTON
 14 Sessions
 \$291.50
 4-5yrs

 M,W,F
 8:30am-11:30am
 Jun 26
 4538822

 M,W,F
 12noon-3:00pm
 Jun 26
 4538823

 NEWTON
 11 Sessions
 \$229
 4-5yrs

 M,W,F
 8:30am-11:30am
 Jul 31
 4538824

 M,W,F
 12noon-3:00pm
 Jul 31
 4538825

 Newton Recreation Centre

 FLEETWOOD 12 Sessions \$249.75
 4yrs

 W, F, M 9:00am-12noon
 Jul 5
 4536578

 FLEETWOOD 11 Sessions \$229
 4yrs

 W, F, M 9:00am-12noon
 Aug 2
 4536588

 FLEETWOOD 8 Sessions \$166.50
 3yrs

 Tu, Th 9:00am-12noon
 Jul 4
 4536584

 Tu, Th 9:00am-12noon
 Aug 1
 4536585

 Fleetwood Community Centre

Preschool Spaces

BOOK NOW FOR THE 2017/2018 SCHOOL YEAR

Year long Preschool for 3 year olds and Preschool for 4 year olds.

Registration is ongoing, see what is available in your community

www.surrey.ca/preschool

Children ARTS & GENERAL INTEREST

Crafts

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 \$48 6-12yrs 1:30pm-2:30pm Jul 9 4538006 **Newton Recreation Centre**

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 4 Sessions \$62 8-12yrs Tu-F 10:00am-12noon Jul 11 4536215 **Surrey Museum**

Kids Can Sew: **Stuffed Animals**

Use your imagination and new sewing skills to create your own plush stuffy. Learn to sew by hand and machine while making soft, huggable friends. Supply fee \$10.

CITYWIDE 4 Sessions \$54 8-12yrs Tu-F 10:30am-12:30pm Jul 18 4536220 Tu-F 1:30pm-3:30pm Jul 18 4536219

Surrey Museum

Visual Arts

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 \$48.25 5-8yrs 10:30am-12noon Jul 22 4529974 **Surrey Arts Centre**

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.

4 Sessions \$50.25 CITYWIDE 9-13vrs Sa 1:00pm-2:30pm Jul 22 4529973 **Surrey Arts Centre**



Children

We've got a wide variety of activities that will keep your children active and engaged, learning new skills and having fun.



LIVE 5-2-1-0 PLAYBOXES NOW IN SURREY Live 5210 Playbox

BE ACTIVE and access sports equipment and games with Live 5-2-1-0 Playboxes located throughout Surrey. Simply unlock the box, enjoy the gear, return it when finished and have fun!

Look on page 13 of the Summer Day Camp centre pull-out for PLAYBOX locations.

Call 604-501-5100 or email beactive@surrey.ca to request an access code to unlock the box.



CHECK OUT OUR NEW SECTIONS

SPORTS Pages 50 - 54 FITNESS & WELLNESS Page 55 - 60

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 \$42.50
 6-12yrs

 Sa
 2:30pm-3:30pm
 Jul 8
 4538069

 Newton Recreation Centre

Dance

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.

 GUILDFORD
 6 Sessions \$41.50
 6-8yrs

 Su
 4:00pm-5:00pm
 Jul 9
 4541499

 GUILDFORD
 6 Sessions \$41.50
 9-12yrs

 Su
 5:15pm-6:15pm
 Jul 9
 4541500

 Fraser Heights Recreation Centre

 NEWTON
 7 Sessions \$48.25
 6-12yrs

 Sa
 2:00pm-3:00pm
 Jul 8
 4538009

 Newton Recreation Centre

Bhangra

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance.

 NEWTON
 8 Sessions \$55.25
 6-9yrs

 W
 5:30pm-6:30pm
 Jul 5
 4538015

 NEWTON
 8 Sessions \$55.25
 10-12yrs

 W
 6:30pm-7:30pm
 Jul 5
 4538016

 Newton Seniors Centre

Bhangra Dance - Family

Learn basic Indian dance moves to Bhangra music.

GUILDFORD 7 Sessions \$48.25 All Ages
Su 2:30pm-3:30pm Jul 9 4540541
Fraser Heights Recreation Centre

 NEWTON
 8 Sessions \$66.25
 5yrs+

 Tu
 5:00pm-6:15pm
 Jul 18
 4531196

 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.

 GUILDFORD
 6 Sessions \$41.50
 6-8yrs

 Su
 1:45pm-2:45pm
 Jul 9
 4539802

 GUILDFORD
 6 Sessions \$41.50
 9-12yrs

 Su
 3:00pm-4:00pm
 Jul 9
 4539803

 Guildford Recreation Centre

 NEWTON
 7 Sessions \$48.25
 6-9yrs

 M
 5:15pm-6:15pm
 Jul 10
 4538073

 NEWTON
 7 Sessions \$48.25
 10-12yrs

 M
 6:15pm-7:15pm
 Jul 10
 4538074

 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 \$41.50 8-12yrs
Sa 10:15am-11:15am Jul 8 4539949
Guildford Recreation Centre

 NEWTON
 7 Sessions \$48.25
 8-12yrs

 Sa
 10:30am-11:30am Jul 8
 4538071

 Newton Seniors Centre
 4538071

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 \$41.50 8-12yrs
Sa 11:30am-12:30pm Jul 8 4539960
Guildford Recreation Centre

 NEWTON
 7 Sessions \$48.25
 8-12yrs

 Sa
 11:45am-12:45pm Jul 8
 4538072

 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.

 GUILDFORD
 6 Sessions \$48
 8-12yrs

 W
 3:45pm-4:45pm
 Jul 5
 4541474

 Fraser Heights Recreation Centre

 NEWTON
 7 Sessions \$56
 8-12yrs

 Sa
 1:00pm-2:00pm
 Jul 8
 4538068

 Newton Recreation 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 \$27.50
 10-13yrs

 Th
 10:00am-1:00pm
 Jul 13
 4536753

 Sa
 9:00am-12noon
 Aug 12
 4536754

 Cloverdale Recreation Centre

GUILDFORD 1 Session \$27.50 10-13yrs
Sa 10:00am-1:00pm Jul 8 4541472
Fraser Heights Recreation Centre

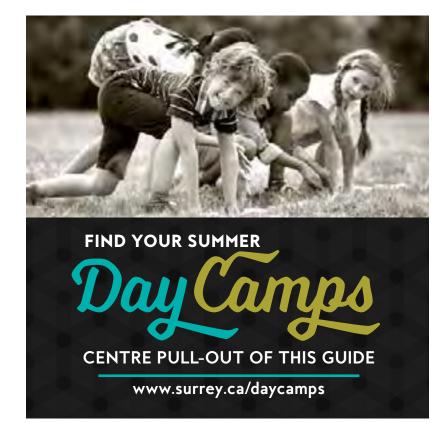
GUILDFORD 1 Session \$27.50 10-13yrs
Sa 10:00am-1:00pm Aug 12 4541442
Guildford Recreation Centre

 SOUTH
 1 Session \$27.50
 10-13yrs

 W
 11:00am-2:00pm
 Jul 5
 4527037

 Th
 11:00am-2:00pm
 Aug 17
 4527038

 Kensington Prairie Community Centre



General Interest

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.

GUILDFORD 6 Sessions \$78 7-12yrs
Sa 11:30am-1:00pm Jul 15 4541449
Fraser Heights Recreation Centre

 NEWTON
 4 Sessions \$52
 8-12yrs

 Su
 3:00pm-4:30pm
 Jul 9
 4538064

 NEWTON
 3 Sessions \$39
 8-12yrs

 Su
 3:00pm-4:30pm
 Aug 13
 4538066

 Newton Recreation Centre

Italian

Enjoy the hands on experience of preparing, cooking and sampling a selection of pasta dishes from Italy.

 CLOVERDALE 1 Session \$13
 8-12yrs

 W 4:00pm-5:30pm Aug 9 Aug 9 Cloverdale Recreation Centre
 4530654

Sushi Level I

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

 CLOVERDALE 1 Session \$13
 8-12yrs

 W
 3:30pm-5:00pm
 Jul 26
 4530655

 Cloverdale Recreation Centre

GUILDFORD 1 Session \$13 8-12yrs
Sa 12:30pm-2:00pm Aug 19 4541447
Guildford Recreation Centre

Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

 GUILDFORD
 1 Session \$13
 6-12yrs

 Sa
 10:00am-11:30am Jul 8
 4541456

 Fraser Heights Recreation Centre

 GUILDFORD
 1 Session \$13
 8-12yrs

 Sa
 12:30pm-2:00pm
 Jul 15
 4541445

 Guildford Recreation Centre

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 \$13
 8-12yrs

 W
 3:30pm-5:00pm
 Jul 12
 4530652

 Cloverdale Recreation Centre

LEGO on the Go

Put the pedal to the plastic as you use LEGO® Technic bricks to make motorized models that explore transportation, from buggies to flight to far out future vehicles.

CITYWIDE 3 Sessions \$75 5-7yrs
Tu-Th 10:30am-12:30pm Aug 22 4539911
Surrey Museum

Chess

Build your creativity, concentration and critical thinking while learning the game of chess.

 GUILDFORD
 6 Sessions \$48.75
 6-8yrs

 Su
 9:30am-10:30am
 Jul 9
 4541458

 GUILDFORD
 6 Sessions \$48.75
 9-12yrs

 Su
 10:45am-11:45am
 Jul 9
 4541459

 Fraser Heights Recreation Centre

Learn to Fish



Learn where, when and how to catch fish! Join the Freshwater Fisheries Society of BC for a hands-on program about fish habitat and conservation. Participants are given time to fish in the lake and equipment is provided. Parent participation required. Call the Surrey Nature Centre to register 604-502-6065. Rain or shine.

 NORTH
 1 Session Free
 5-15yrs

 W
 6:00pm-8:00pm
 Jul 5
 4541463

 W
 6:00pm-8:00pm
 Jul 19
 4541464

 W
 6:00pm-8:00pm
 Aug 2
 4541465

 W
 6:00pm-8:00pm
 Aug 16
 4541466

 Green Timbers Park

Youth ARTS & GENERAL INTEREST

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 \$99.75 10-17yrs Sa 2:30pm-4:30pm Jul 8 4529978 **Surrey Arts 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 \$44.50 13-18vrs M 7:15pm-8:15pm Jul 10 4541942 **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 12:45pm-1:45pm Jul 8 4541422 **Guildford Recreation 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 2:00pm-3:00pm Jul 8 4541423 **Guildford Recreation Centre**

General Interest

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 \$11.75 5:30pm-7:00pm Jul 26 4539913 6:00pm-7:30pm Aug 9 4539918 **Cloverdale Recreation Centre**

Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

GUILDFORD 1 Session \$11.75 2:15pm-3:45pm Jul 15 4541444 **Guildford Recreation Centre**

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 \$11.75 5:30pm-7:00pm Jul 12 4539936 **Cloverdale Recreation Centre**

Greek

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece.

GUILDFORD 1 Session \$11.75 13-18yrs 5:15pm-6:45pm Aug 18 4541469 **Fraser Heights Recreation Centre**

Sushi - Level I

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

GUILDFORD 1 Session \$11.75 5:15pm-6:45pm Jul 21 4541468 **Fraser Heights Recreation Centre**

GUILDFORD 1 Session \$11.75 2:15pm-3:45pm Aug 19 4541446 **Guildford Recreation Centre**



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.





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!

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.

QUICK FIND

CHECK OUT OUR NEW SECTIONS

SPORTS Pages 50 - 54 FITNESS & WELLNESS Page 55 - 60

ARTS & GENERAL INTEREST Youth



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 dropin 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 56-57

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 47 Pools pages 25-28

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.

COM. CENTRE 604 - 592 - 7081

REC. CENTRE 604 - 598 - 5898

BRIDGEVIEW CHUCK BAILEY CLAYTON HEIGHTS CLOVERDALE DON CHRISTIAN FLEETWOOD FRASER HEIGHTS GUILDFORD NEWTON **SECONDARY** 604 - 598 - 7960

REC. CENTRE

REC. CENTRE 604 - 598 - 7960 604 - 502 - 6400

COM. CENTRE REC. CENTRE 604-501-5030 604-592-6<u>920</u>

604 - 502 - 6360

COLITH DEC & REC. CENTRE REC. CENTRE ART CENTRE 604-501-5533 604-592-6970

WWW.SURREY.CA/YOUTH



FACEBOOK.COM/SURREYYOUTH



@SURREYYOUTH



Youth ARTS & GENERAL INTEREST

Babysitter Training

Learn the essentials of babysitting through our Canada Safety Council endorsed program. Certification upon completion.

CLOVERDALE 2 Sessions \$73.25 12-16yrs Sa-Su 9:00am-2:00pm Jul 22 4536738 Sa-Su 9:00am-2:00pm Aug 12 4536748 **Cloverdale Recreation Centre**

GUILDFORD 2 Sessions \$73.25 12-15yrs Sa-Su 9:00am-2:00pm Jul 29 4541440 **Guildford Recreation Centre**

NORTH 2 Sessions \$73.25 12-15yrs Sa-Su 9:00am-2:00pm Jul 15 4541054 Sa-Su 9:00am-2:00pm Aug 12 4541055 **Chuck Bailey Recreation Centre**

2 Sessions \$73.25 12-16yrs Tu-W 9:30am-2:30pm Aug 15 4527039 **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 6 Sessions \$38.50 13-18yrs 5:00pm-6:00pm Jul 5 4541473 **Fraser Heights Recreation Centre**

GUILDFORD 8 Sessions \$51.25 13-18yrs 5:45pm-6:45pm Jul 6 4541421 **Guildford Recreation 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 604-598-5867 or

Get Started & Get Connected

To begin the process of becoming a SPIRIT Volunteer, visit Volunteer Opportunities at www.surrey.ca/volunteer





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.

Become a Member

Look what Your Get From a 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.

Yearly Individual Centre Seniors' Membership \$23.75
Yearly City-wide Seniors' Membership \$66.25 valid at all seniors' lounges and centres

Purchase a Yearly Recreation Pass

A one-year Recreation 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 Recreation Pass, you will automatically receive a City-wide Seniors Services Membership, valid for all 55+ membership activities.

QUICK FIND

CHECK OUT OUR NEW SECTIONS

SPORTS Pages 50 - 54 **FITNESS & WELLNESS** Page 55 - 60

Crafts

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 \$6.50
 19yrs+

 Su
 9:00am-4:00pm
 Aug 13
 4530401

 Cloverdale Recreation Centre

Pine Needle Basket Workshop

If you can wield a sewing needle, you can weave these delightful baskets, using raffia and BC pine needles. Create a lovely addition to your home decor. Supply fee \$15.

CITYWIDE 1 Session \$45.25 16yrs+
Sa 10:00am-4:00pm Jul 8 4536214
Surrey Museum

Quilting - Canada Day Placemat

Learn quilting techniques and make a festive placemat with a pieced red maple leaf centered in white backdrop. No quilting experience required, but rotary cutting equipment is needed.

 CLOVERDALE 1 Session \$20.25
 19yrs+

 Su
 12:30pm-4:30pm
 Jul 9
 4531406

 Cloverdale Recreation Centre

Scrapbook Social

Share ideas, get inspired and socialize! Bring your unfinished scrapbooks and enjoy a stress-free day of scrapping to your hearts content!

 CLOVERDALE 1 Session \$6.50
 19yrs+

 Sa
 9:00am-4:00pm
 Jul 22
 4530411

 Sa
 9:00am-4:00pm
 Aug 26
 4530412

 Cloverdale Recreation Centre

Visual Arts

Painting with Acrylics

This course is your opportunity to begin or to supplement your experience with acrylic painting. Plan to discover or rediscover the endless joy of creativity.

 NORTH
 7 sessions \$80.25
 19yrs+

 M
 6:00pm-8:00pm
 Jul 10
 4543290

 Chuck Bailey Recreation Centre

Drawing

Learn basics including the value scale, texture and perspectives.

GUILDFORD 6 Sessions \$43.75 19yrs+
Tu 6:30pm-8:00pm Jul 18 4537215
Guildford Recreation 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 31 4530415
Surrey Arts Centre

Photography - Workshop

See things differently and improve your art of composition and develop observation and creativity.

CLOVERDALE 3 Sessions \$32.75 19yrs+
M 6:30pm-8:30pm Jul 10 4539754
Cloverdale Recreation Centre

Outdoor Photography

Update your skills for outdoor photos. You will have the opportunity to learn about nature, floral, architectural photography and more. Perfect time to be improve those outdoor skills.

 CLOVERDALE 1 Sessions \$13.50
 19yrs+

 Su 2:00pm-5:00pm Jul 9
 4530402

 Cloverdale 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 4 Sessions \$93.75 16yrs+
M 7:00pm-9:30pm Jul 10 4530417
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 \$130.50 16yrs+
M-F 6:30pm-9:30pm Aug 14 4530416
Surrey Arts Centre

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 \$130.50
 16yrs+

 W
 9:30am-12noon
 Jul 5
 4530418

 Th
 7:00pm-9:30pm
 Jul 6
 4530419

 Surrey Arts Centre

Theatre

Move It! Community Dance Project

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!

 CITYWIDE
 9 Sessions Free
 3-12yrs

 Tu-F, M 10:00am-12noon
 Aug 8
 4530016

 CITYWIDE
 9 Sessions Free
 13yrs+

 Tu-F, M 10:00am-12noon
 Aug 8
 4530017

 Surrey Arts Centre

Musical Theatre Level 2

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
 8 Sessions Member \$32.75

 Non-member \$43.75
 55yrs+

 W
 1:30pm-2:30pm Jul 5
 4541026

 Chuck Bailey Recreation Centre

Creative Mixed Media Painting

Experiment and increase your painting skills in this exciting class that explores the dynamic world of mixed media painting. Unleash your creativity while combining a variety of materials including acrylic paints, inks, collage, and textured mediums. Learn about and explore shading, form, texture, contrast, and composition while also capturing your own unique vision with guidance from practicing artist Cara Guri. Basic supplies included.

 SOUTH
 5 Sessions \$175
 16yrs+

 W
 6:30pm-9:00pm
 Jul 12
 4531828

 South Surrey Recreation & Arts Centre

Photography Fundamentals

Join photographer Craig Wardle in this dynamic photography class that is tailored to suit your individual needs. Learn photography fundamentals of lighting and composition while gaining knowledge in the technical aspects of your camera and photography tools. Whether your interest lies in landscapes, sports or portraits this is the photography class for you!

 SOUTH
 7 Sessions \$120
 18yrs+

 Tu
 6:30pm-8:30pm
 Jun 6
 4531827

 South Surrey Recreation & Arts
 Centre

Pottery Handbuilding

Learn handbuilding fundamentals or expand your handbuilding skills to create unique functional and sculptural pieces. Different construction methods will be explored. This class is open to all levels of experience including complete beginners. Course fee includes first bag of clay.

 SOUTH
 6 Sessions \$150
 18yrs+

 Tu, Th
 6:30pm-9:00pm
 Aug 8
 4531826

 South Surrey Recreation & Arts Centre

Music

Guitar

Learn the basics of guitar playing including chords and finger placement. Bring your guitar.

 CLOVERDALE 9 Sessions \$49.25
 19yrs+

 W
 10:00am-11:00am Jul 5
 4530387

 CLOVERDALE 8 Sessions \$43.75
 19yrs+

 M
 6:30pm-7:30pm Jul 3
 4530386

 Cloverdale Recreation Centre

 NEWTON
 8 Sessions \$43.75
 19yrs+

 Tu
 6:30pm-7:30pm
 Jul 11
 4529265

 Newton Seniors Centre

Guitar Level 2

Build on basic guitar skills with further chord development and tablature. Bring your guitar.

 CLOVERDALE 9 Sessions \$49.25
 19yrs+

 W
 11:00am-12noon
 Jul 5
 4530389

 CLOVERDALE 8 Sessions \$43.75
 19yrs+

 M
 7:30pm-8:30pm
 Jul 3
 4530388

 Cloverdale Recreation Centre

 NEWTON
 8 Sessions \$43.75
 19yrs+

 Tu
 7:30pm-8:30pm
 Jul 11
 4529266

 Newton Seniors Centre

Guitar Level 3

This course if for those that have taken Level 2 or have more advanced level guitar experience.

 CLOVERDALE 9 Sessions \$49.25
 19yrs+

 W
 12noon-1:00pm
 Jul 5
 4530391

 CLOVERDALE 8 Sessions \$43.75
 19yrs+

 M
 8:30pm-9:30pm
 Jul 3
 4530390

 Cloverdale Recreation Centre

 NEWTON
 8 Sessions \$43.75
 19yrs+

 Tu
 8:30pm-9:30pm
 Jul 11
 4529267

 Newton Seniors Centre

Singing For All

Learn about voice warm-ups, melody, harmony and rhythm while enjoying singing.

FLEETWOOD 4 Sessions \$43.75 18yrs+ W 7:00pm-9:00pm Jul 5 4536576 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.

FLEETW00D 4 Sessions \$43.75 16yrs+
M 7:00pm-9:00pm Jul 10 4536577
Fleetwood Community Centre

Dance

Belly Dance

An introduction to basic Middle Eastern belly dance moves. This dance form is excellent exercise for all shapes and sizes.

Greek Dance

Learn a variety of Greek dances. Singles and couples welcome.

 NORTH
 9 sessions \$73.75
 19yrs+

 W
 7:00pm-8:30pm
 Jul 5
 4543304

 Chuck Bailey Recreation Centre

Bhangra Dance

Learn basic Indian dance moves to Bhangra music.

 NEWTON
 8 Sessions \$43.75
 19yrs+

 W
 7:30pm-8:30pm
 Jul 12
 4529256

 Newton Seniors Centre

Two Step Dance

Two-step is an easy to learn dance with progressive steps. No experience necessary and no partner required.

Hawaiian Dance

Dance and exercise to the beautiful music of the South Sea Islands.

FLEETWOOD 7 Sessions Member \$43 Non-member \$57.25 55yrs+ M 10:15am-11:45am Jul 10 4536355 Fleetwood Community Centre

Hawaiian Dance -Level 2

Increase your dance skills and exercise to the beautiful music of the South Sea Islands.

Line Dance

No partner required & no previous experience necessary. Enjoy the challenge of learning new dance combinations and routines.

 GUILDFORD
 4 Sessions Member \$16.50

 Non-member \$22
 55yrs+

 Sa
 11:30am-12:30pm Jul 8
 4540055

 Sa
 11:30am-12:30pm Aug 12
 4540076

 Fraser Heights Recreation Centre

Tap Dance Level 3

This program requires previous tap experience.

 NORTH
 8 Sessions Member \$32.75

 Non-member \$43.75
 55yrs+

 W
 12:30pm-1:30pm
 Jul 5
 4541017

 Chuck Bailey Recreation Centre

Social Recreation

Movie Afternoon

Join us for an afternoon watching great movies and classical films.

 CLOVERDALE 1 Session Free
 19yrs+

 Tu
 1:00pm-3:00pm
 Jul 18
 4530408

 Tu
 1:00pm-3:00pm
 Aug 22
 4530409

 Cloverdale Recreation Centre

ARTS & GENERAL INTEREST Adults & 55+

Personal Development

Japanese

Learn basic Japanese words, sentences and phrases.

 GUILDFORD
 6 Sessions \$44.25
 19yrs+

 Tu
 7:00pm-8:30pm
 Jul 18
 4543289

 Guildford Recreation Centre

Mandarin

Learn basic Mandarin words, sentences and phrases.

 SOUTH
 8 Sessions \$58.75
 19yrs+

 W
 6:15pm-7:45pm
 Jul 5
 4530590

 Kensington Prairie Community Centre

Mandarin Level 2

Increase Mandarin vocabulary and learn new sentences and phrases to further develop comprehension and communication skills in this intermediate level course.

SOUTH 8 Sessions \$58.75 19yrs+ Tu 6:00pm-7:30pm Jul 4 4530592 Kensington Prairie Community Centre

Mandarin Level 3

This class builds upon level 2. Continue on learning new words and phrases in a fun atmosphere.

 SOUTH
 8 Sessions \$58.75
 19yrs+

 Tu
 7:30pm-9:00pm
 Jul 4
 4530593

 Kensington Prairie Community Centre

Spanish

Learn basic Spanish vocabulary, pronunciation of sentences and phrases to help build conversational skills and comprehension.

 GUILDFORD
 8 Sessions \$39.25
 19yrs+

 W
 6:15pm-7:15pm
 Jul 12
 4540131

 Fraser Heights Recreation Centre

GUILDFORD 6 Sessions \$29.50 19yrs+
M 6:15pm-7:15pm Jul 10 4537189
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 \$44.25
 19yrs+

 M
 7:30pm-9:00pm
 Jul 10
 4537190

 Guildford 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 Free
 All Ages

 Tu
 9:30am-11:30am
 Jul 4
 4528848

 Tu
 9:30am-11:30am
 Aug 8
 4528849

 City Hall

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 \$16.25
 19yrs+

 M
 5:45pm-7:45pm
 Jul 24
 4529141

 M
 5:45pm-7:45pm
 Aug 21
 4529142

 Bridgeview Community 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 \$	1 Session \$16.25		
F	5:30pm-7:30pm	Jul 14	4529138	
F	5:30pm-7:30pm	Aug 11	4529139	
Bridgeview Community Centre				

Greek Cooking

Enjoy the hands on experience of preparing, cooking and sampling a selection of dishes from Greece. \$5 supply fee included in the cost.

 NORTH 1 session \$16.25 19yrs+

 Th
 6:00pm-8:00pm
 Jul 6
 4543292

 Th
 6:00pm-8:00pm
 Aug 17
 4543293

Chuck Bailey Recreation Centre

Italian Cooking

Prepare, cook and sample a selection of dishes from Italy. \$5 supply fee included in the cost

NORTH 1 session \$16.25 19yrs+

Th 6:00pm-8:00pm Jul 20 4543296 Th 6:00pm-8:00pm Aug 31 4543297 Chuck Bailey Recreation Centre

Thai Cooking

Learn techniques, tastes and traditions of Thailand. \$5 supply fee included in the cost.

NORTH 1 session \$16.25 19yrs+

Th 6:00pm-8:00pm Aug 3 4543299 Chuck Bailey Recreation Centre

Sushi

Learn the basics of making Sushi including California Rolls and Kappa Maki. \$6 supply fee included in the cost.

NORTH	1 Session \$	17.25	19yrs+	
Su	11:00am-1:00pm	Jul 9	4531811	
Su	11:00am-1:00pm	Jul 23	4531812	
Su	11:00am-1:00pm	Aug 13	4531813	
Su	11:00am-1:00pm	Aug 27	4531814	
Chuck Railey Recreation Centre				

Heritage Sites Bus Tour

Celebrate Canada's 150th birthday with a guided bus tour revealing places and people who helped shape Surrey. Stops include the Peace Arch and Surrey's 1912 Municipal Hall.

 CITYWIDE
 1 Session \$25
 16yrs+

 Sa
 10:00am-2:00pm
 Jul 29
 4534611

 Historic Stewart Farm

Jewelry Maker

Learn the basics of working with jewelry findings like clasps, spacers, headpins and crimps. Use your new skills to design your own necklace, earrings and bracelet. Supply fee \$20.

 CITYWIDE
 2 Sessions \$32.50
 12yrs+

 Tu-W
 1:00pm-3:00pm
 Jul 25
 4539910

 Surrey Museum

Scottish Afternoon Tea

Relax on the verandah and take in the view while enjoying a pot of our exclusive Murchie's tea blend, delectable farmbaked scones and Scottish shortbread, all served by a costumed guide.

CITYW	IDE	1 Session \$	312	5yrs+
Sa	1:00p	m-2:30pm	Jul 8	4534585
Sa	1:00p	m-2:30pm	Jul 29	4534586
Sa	1:00p	m-2:30pm	Aug 5	4534587
Sa	1:00p	m-2:30pm	Aug 19	4534588
Sa	1:00p	m-2:30pm	Aug 26	4534589
Hist	oric St	ewart Farm		

Surrey in 1967

What happened in Surrey during the centennial year? Leaf through newspaper articles and photos with Surrey Archives staff to discover Surrey's Canadian celebration connections. Enjoy tea and a tour of the farmhouse afterwards.

CITYWIDE 1 Session \$7.50 16yrs+
Sa 1:00pm-2:30pm Jul 22 4534610
Historic Stewart Farm

Volunteer Information Session

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.

 NEWTON
 1 Session Free
 13yrs+

 Tu
 6:00pm-7:30pm
 Jul 18
 4533389

 Newton Library

Women in Fire Fighting Workshop



This one day workshop will provide participants with an overview of the opportunities and culture of a fire service career. A review of the various steps of the recruitment process will be discussed and participants will be given an opportunity to receive tips from fire service fitness instructors. The physical skills of firefighters will be discussed and participants can experience these skills themselves. Participants will have the opportunity to meet with experienced female firefighters from the Surrey Fire Service. Lunch will be provided.

CHIYV	NIDE 1 26221	on \$30	19yrs+	
Sa	8:30am-4:30p	m May 27	4542435	
Sa	8:30am-4:30p	m Jun17	4542442	
Sa	8:30am-4:30p	m Jul 15	4542443	
Central Training Facility				

Surrey Fire - Central Training Centre

Senior Services Connector

Resources and Referral for Seniors and Families

The Senior Service Connector Program provides trained volunteers at locations throughout Surrey and White Rock where they connect seniors and their friends and families to information about programs and services available to them in our community. If you need help filling out forms you must book an appointment.

If no one is available at the site email directorofcsp@comeshare.ca or call our office 604-53I-9400 ext. 204 and we can get a volunteer of staff member to assist you over the phone.

Fleetwood Community Centre
Thursday 9:30am-12noon

Newton Seniors' Center
1st & 3rd Wed 10:30am-1:00pm

Guildford Recreation Center
Call for details 604-591-4274

Call for details 604-591-4274

Bridgeview Community Center

Share and Care Social TBD

Fraser Heights Community Centre
Share and Care Social
Tuesdays 10:30am-12:30pm

Chuck Bailey Recreation Centre

Share and Care Social 2nd Wednesday 9:00am-1:00pm Forever Young Seniors Lunch 4th Wednesday 10:30am-12:30pm

South Surrey
Recreation Centre & Arts Centre
2nd Monday 9:30am-11:30am

City-wide Seniors Information

For more information about Seniors Services in Surrey check out our website www.surrey.ca/seniors.

Sign up for our e-newsletter at www.surrey.ca/econnect

Adults & 55+ ARTS & GENERAL INTEREST

FoodSafe - Level I

Learn the basics of food safety including how to prevent foodborne 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.

CLOVERDALE 1 Session \$84 9:00am-5:00pm Jul 15 4542709 **Cloverdale Recreation Centre**

GUILDFORD 1 Session \$84 14yrs+ 9:00am-5:00pm Aug 12 4542710 **Fraser Heights Recreation 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 \$182.25 Sa-Su 9:00am-5:00pm Jul 15 4542767 Sa-Su 9:00am-5:00pm Jul 29 4542769 Sa-Su 9:00am-5:00pm Aug 19 4542772 **Cloverdale Recreation Centre**

FLEETWOOD 2 Sessions \$182.25 14yrs+ Sa-Su 9:00am-5:00pm Aug 26 4542774 Sa-Su 9:00am-5:00pm Sep 2 4542775 **Sport & Leisure Arenas**

GUILDFORD 2 Sessions \$182.25 14yrs+ Sa-Su 9:00am-5:00pm Aug 12 4542770 **Fraser Heights Recreation Centre**

NORTH 2 Sessions \$182.25 14yrs+ F-Sa 9:00am-5:00pm Jul 21 4542768 North Surrey Arena

Standard First Aid (SFA) - Online

Learn how to save a life! Learn online at your own pace from the convenience of your home, then come in for a skills evaluation session (bring your Online Certificate of Completion). 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 C and AED training.

CLOVE	RDALE 1 Session \$	178.65	14yrs+				
Su	9:00am-5:00pm	Jul 16	4542866				
Su	9:00am-5:00pm	Jul 30	4542868				
Su	9:00am-5:00pm	Aug 20	4542870				
Clo	Cloverdale Recreation Centre						

FLEETWOOD 1 Session \$178.65 14yrs+ 9:00am-5:00pm Aug 27 4542871 9:00am-5:00pm Sep 3 4542872 **Sport & Leisure Arenas**

GUILDFORD 1 Session \$178.65 14vrs+ 9:00am-5:00pm Aug 13 4542869 **Fraser Heights Recreation Centre**

1 Session \$178.65 NORTH Sa 9:00am-5:00pm Jul 22 4542867 **North Surrey Arena**

Looking for Instructor Training & Lifeguard Courses?

For a complete listing of programs offered this season, please look in the Aquatics Section on pages 42-45.

CPR C and 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.

CLOVERDALE 1 Session \$96.75 14vrs+ 9:00am-2:00pm Aug 27 4542878 **Cloverdale Recreation Centre**

FLEETWOOD 1 Session \$96.75 14yrs+ 9:00am-2:00pm Aug 13 4542876 9:00am-2:00pm Aug 20 4542877 9:00am-2:00pm Sep 2 4542879 **Sport & Leisure Arenas**

GUILDFORD 1 Session \$96.75 9:00am-2:00pm Jul 16 4542874 **Fraser Heights Recreation Centre**

NORTH 1 Session \$96.75 14yrs+ 4542873 9:00am-2:00pm Jul 8 Sa 9:00am-2:00pm Jul 29 4542875 **North Surrey Arena**

Emergency Child Care First Aid and CPR/AED

This basic one-day course is designed for daycare professionals, teachers, parents and babysitters. It includes the latest in first aid and CPR guidelines. Participants will learn about airway emergencies, respiratory emergencies, head and spine injuries, severe allergic reactions, wound care, seizures, diabetic emergencies, environmental emergencies, poisons and how to keep children safe. Includes CPR level B and AED training.

CLOVERDALE 1 Session \$114.55 14yrs+ 9:00am-5:00pm Jul 8 4542842 9:00am-5:00pm Sep 2 4542845 **Cloverdale Recreation Centre**

GUILDFORD 1 Session \$114.55 14yrs+ 9:00am-5:00pm Aug 11 4542844 **Fraser Heights Recreation Centre**

NORTH 1 Session \$114.55 14yrs+ 9:00am-5:00pm Jul 28 4542843 **North Surrey Arena**

CPR C and AED Recertification

Review skills and get updated on new standards. To be eligible for this clinic, participants 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 \$63.20 14yrs+ 2:30pm-5:30pm Aug 27 4542885 **Cloverdale Recreation Centre**

FLEETWOOD 1 Session \$63.20 14yrs+ 2:30pm-5:30pm Aug 13 4542883 2:30pm-5:30pm Aug 20 4542884 2:30pm-5:30pm Sep 2 4542886 **Sport & Leisure Arenas**

GUILDFORD 1 Session \$63.20 14yrs+ 2:30pm-5:30pm Jul 16 4542881 **Fraser Heights Recreation Centre**

NORTH 1 Session \$63.20 14yrs+ 2:30pm-5:30pm Jul 8 Sa 4542880 Jul 29 4542882 2:30pm-5:30pm Sa **North Surrey Arena**

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 \$90.75 14yrs+ 9:00am-5:00pm Jul 16 4542863 9:00am-5:00pm Jul 30 4542864 **Cloverdale Recreation Centre**

FLEETWOOD 1 Session \$90.75 14vrs+ 9:00am-5:00pm Aug 27 4542865 **Sport & Leisure Arenas**

Emergency First Aid and 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 \$120.15 Sa 9:00am-5:00pm Jul 15 4542926 9:00am-5:00pm Jul 29 4542927 9:00am-5:00pm Aug 19 4542928 **Cloverdale Recreation Centre**

FLEETWOOD 1 Session \$120.15 9:00am-5:00pm Aug 26 4542924 9:00am-5:00pm Sep 2 4542925 **Sport & Leisure Arenas**

GUILDFORD 1 Session \$120.15 14vrs+ 9:00am-5:00pm Aug 12 4542930 **Fraser Heights Recreation Centre**

1 Session \$120.15 14yrs+ 9:00am-5:00pm Jul 21 4542929 **North Surrey Arena**

Emergency First Aid and 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 2 Sessions \$80 14yrs+ M, W 5:00pm-9:00pm Jul 24 4542851 **CLOVERDALE 1 Session \$80** 14yrs+ 9:00am-5:00pm Sep 4 4542856 **Cloverdale Recreation Centre**

FLEETWOOD 1 Session \$80 14vrs+ 9:00am-5:00pm Jul 3 4542848 9:00am-5:00pm Aug 12 4542852 **Sport & Leisure Arenas**

NORTH 1 Session \$80 14yrs+ 9:00am-5:00pm Jul 14 4542846 9:00am-5:00pm Aug 19 4542854 **North Surrey Arena**

1 Session \$80 9:00am-5:00pm Jul 20 4542850 9:00am-5:00pm Aug 29 4542855 **Grandview Heights Aquatic Centre**



ARTS & GENERAL INTEREST Adults & 55+

Drop - In 55+ Membership Activities

Membership activities are listed by facility and require a town centrespecific or city-wide senior's membership for participation. Nominal admission or membership fees may be charged for these activities.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Seniors' Lounge 9am-4pm Bridge Tournament* 11am-3pm (Last Tuesday) Food Service 10:30am-12:45pm (Last Tuesday) Table Tennis 1pm-3pm	Seniors' Lounge 9am-4pm Knit & Chat 9:30am-11:30am Food Service 10:30am-12:45pm Poker* 12:30pm-4pm Bingo* 1pm-3pm Pickle Ball 1pm-3pm	Seniors' Lounge 9am-4pm Computer Club 9am-12:15pm Pickle Ball 12:30pm-2:30pm Bluegrass/Folk Jam 1pm-3pm Cribbage* (5-card) 1pm-3pm Table Tennis 1:30pm-3:30pm	Seniors' Lounge 9am-4pm Woodcarvers 9am-12noon Pickle Ball 9am-11am Creative Writing 10:30am-12:30pm Food Service 10:30am-12:45pm (2nd Friday) 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 Pickle Ball 9-10:30am half gym Carpet Bowling 9am-12noon Painting for Pleasure 9am-12noon Ballroom Dance 1-3pm Table Tennis 1pm-4pm	Billiards 9am-9pm Pickle Ball 9am-11:30am half gym Hot Lunch Program 10:30am-12:30pm (4th Wednesday)	Billiards 9am-9pm Carpet Bowling 9am-12noon Crafters 1pm-3pm Table Tennis 1pm-4pm Wheeling 8s 7pm-9pm	Billiards 9am-5pm Bridge* 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) 2pm-6pm Partners Bridge 12:30pm-2:30pm (does not run the last Tuesday of month) Canasta 12:30pm-3pm	Cribbage* 6:30pm-8:30pm Happy Hookers 9:30am-12noon Table Tennis 12noon-4pm (outside weather permitting) Jammers in the Park 1pm-3pm Seep (in Punjabi) 2pm-6pm	Carpet Bowling 1:30pm-3:30pm Seep (in Punjabi) 2pm-6pm Blood Pressure Clinic 9:30am-12noon (1st Thursday of month) Social (in Mandarin) 1pm-3pm	Social (in Punjabi) 10:30am-12:30pm Rummoli 1pm-3pm Seep (in Punjabi) 2pm-6pm Cribbage Tournament* 12noon-4pm (4th Friday of the month) Table Tennis 1pm-4pm	Seep 12:30pm-4:30pm
GUILDFORD RECREATION CENTRE 604-502-6360	Seniors' Lounge 9am-4pm Badminton 8:45am-11:45am Carpet Bowling 12noon-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 Dining Out Club 12noon (1st Tuesday) Bridge* 12noon-4pm Cards Club* 1pm-4pm Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am -11:45am Carpet Bowling 12noon-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 Pickle Ball 12noon-3pm Sky Walkers 9am-3pm	Seniors' Lounge 9am-4pm Badminton 8:45am -11:45am Jammers 10:30am-12:30pm Pickle Ball 12noon-3pm Cribbage Tournament* 12noon-4pm (1st Friday) Ballroom Dancing 1pm-3pm Sky Walkers 9am-3pm	
NEWTON SENIORS' CENTRE 604-501-5010	Billiards 9:15am-3:45pm Wood Carving 9:15am-12noon Carpet Bowling 10am-12am 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 Club 1pm-2:30pm	Billiards 9:15am-3:45pm 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 Stamp Collecting 10am-12noon (2nd Thursday) 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 5:30-9pm (2nd Friday)	Billiards 12:15pm-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 Duplicate Bridge* 9am-1pm	Badminton 7am-10:30am Pickle Ball 10:45am-12:45pm Table Tennis 2:30pm-4:30pm	Badminton 10:45am-12:45pm Pickle Ball 6:15am-8:15am	Badminton 7am-10:30am Pickle Ball 10:45am-12:45pm Table Tennis 1:15pm-3:15pm Social Group Offered in Punjabi (1st Thursday) 12noon-3pm	Pickle Ball 6:15am-8:15am 10:45am-12:45pm	

Schedules subject to change. Please call ahead to confirm. * 'Know your limit, play with in it' +Takes place at the Newton Recreation Centre
Fitness classes geared towards the 55+ age group are also available at most facilities, go to page 55-60 for registered fitness programs.

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.

Adults & 55+ ARTS & GENERAL INTEREST

Surrey is an Age Friendly City

The City of Surrey values the diverse contributions of our aging population. Through respectful community engagement we collaborate with local organizations, levels of government, business, and most of all with seniors groups and individuals to ensure seniors, caregivers and their families have access to the resources and programs.

The Seniors Advisory and Accessibility Committee, Chaired by Councillor Barbara Steele is a successful example of how a collective group of representatives of government, public safety, RCMP, Fire Services, non-profit organizations and seniors in the community can positively impact the lives of our aging population.

In 2016 Surrey was officially recognized by the World Health Organization as an Age Friendly City. This recognition is a result of our commitment to the features of an Age Friendly Community and demonstrates our strong value and appreciation to our aging population.

The City of Surrey offers a continuum of programs, services and events from prevention to intervention, available for all seniors, caregivers and their families. Seniors can enjoy a wide range of activities based on their interests and abilities.

Focus on Seniors Forums

With a focus on prevention and awareness of elder abuse the City of Surrey Seniors Advisory and Accessibility Committee, staff and community partners host forums that raise awareness of issues as well as provide information and resources on subjects that include, Housing options and information, Transportation, Safety (includes, personal, home, transit and fire safety)

Focus on Seniors Seminars

In response to feedback about long days, we have developed seminars that are a maximum of three hours. These seminars provide information on all the topics such as Elder Abuse Awareness and Prevention, Housing, Transportation and Mobility, Safety, Health and Wellness. In partnership with community agencies, we are able to host these seminars in a variety of languages.

Healthy Active Aging Conference - Seniors Week

To celebrate Seniors' Week in June, we host an annual conference. This event provides a medium for continuing awareness and education for seniors, caregivers and their families. Various workshops are offered to support an Age Friendly City where people enjoy lifelong activity and engagement.

International Day of Older Persons -October I

In Canada we recognize October 1 through celebrations that acknowledge the contributions of the aging population to society. The City of Surrey hosts a concert at City Hall Theatre followed by light refreshments and throughout community recreation facilities workshops of various topics are offered.

Mobile Outreach

In an effort to bring resources directly to the community, these Mobile Outreach sessions are offered by request within various neighbourhoods in Surrey. The program is designed to increase awareness of services and resources and prevent isolation and abuse.

For more details on the dates and locations of these events and activities please visit the website at www. surrey.ca/seniors and are advertised in local newspapers and at City recreation facilities.



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 Services Membership required to receive the member price.

TRIPS TO USA: **Charming Waterfront Towns, Mount Baker**

A valid Canadian passport, Nexus-pass, chipenhanced 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.

Galiano Island

Experience the magic of BC's Wild West Coast on the Gulf Island closest to Vancouver. Beautiful white shelled beaches, stunning views, marine park trails and local artisans await you on Galiano Island. Montague Harbour Provincial Marine Park, with its sheltered waters, towering forests and craggy headlands is rich in natural and cultural history. Take an escorted ocean side walk on Gray Peninsula featuring tidal lagoons and a spectacular rock ledge that was carved into rippling patterns by the movement of glaciers thousands of years ago. Enjoy a two course lunch at the Hummingbird Inn, meet local artisans Marcia Devicque at her Glassworks Studio, Sandra Dolph at Cedar Grove Pottery and finish the day at the well-appointed Galiano Oceanfront Inn and Spa for afternoon dessert.

Activity Level: Moderate

		• .,		
4541576	Monday, July 1	0		
GUILDFORD) Depart	7:45	am Return	7:00pm
CHUCK	Depart	8:00	am Return	6:45pm
NEWTON	Depart	8:30	am Return	6:15pm

Charming Waterfront Towns (USA)

1 session Non Member \$154/Member \$149

Discover and explore charming waterfront towns in Washington State's Skagit County and Whidbey Island. Sightsee the tiny town of Bayview, the picturesque town of Coupeville and the celebrated town of La Conner located on the Salish Sea. Enjoy lunch at La Conner's Waterfront Cafe, travel on the Whidbey Scenic Isle Way for awe inspiring views from the Deception Pass and afternoon ice cream at the popular Kapaw's Iskreme in Coupeville! Enjoy free time to see the towns waterfront views and browse the many antique, knickknack, galleries and specialty stores. Valid passport or Nexus pass or enhanced drivers license or enhanced BCID required.

Activity Level: Easy 1 session Non Member \$114/Member \$109

	1 30331011	14011 1410111	DC: 4::	7/11/10/11/00/1	,,,,,	
4541577 Tuesday			Augus	t 15		
	GUILDFORD)	Depart	7:30am	Return	7:30pm
	CHUCK		Depart	7:45am	Return	7:15pm
	NEWTON		Denart	8:15am	Return	6:30nm

DEPARTURE & RETURNS

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

BC FERRY TRIPS: Galiano 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.

Symphony in the Park

The Vancouver Symphony Orchestra performs its annual outdoor concert showcasing the beauty of Burnaby's Deer Lake Park. The crowd-pleasing program of light classics and popular favourites is always a coveted and not to be missed highlight of the summer! Bring a folding chair, a blanket if you wish and settle in for a wonderful evening with the Vancouver Symphony Orchestra. This tour includes dinner at Stanley Park Grill's breathtaking indoor/ outdoor patio overlooking the Lions Gate Bridge, Burrard Inlet and North Shore mountains. Please note: requests for folding chairs may be accommodated based on availability.

Activity Level: Easy

1 session	Non Mer	nber \$10	J4/Membei	\$99	
4541579	Sunday,	July 9			
SOUTH		Depart	2:00pm	Return	10:15pm
CLOVERDA	LE	Depart	2:30pm	Return	9:45pm
FLEETW00	D	Depart	2:45pm	Return	9:30pm

Mount Baker (USA)

Mount Baker has amazing views in summer, especially from Artist's Point. At more than 5,000 feet above sea level, this area is typically buried under snow and closed October through June (WSDOT). On clear days, visitors are treated to 360-degree views of Mount Shuksan and Mount Baker and stunning views of mountain lakes and glaciers. Take an escorted 1/2 mile walk at Picture Lake displaying Mount Shuksan's spectacular reflection and an escorted 2-mile loop walk around the Bagley Lakes. This gorgeous loop walk has it all: big views of Mount Baker, alpine lakes and well-maintained trail winding through meadows and heather with blueberry bushes for trail-side snacking in late summer. This tour includes lunch at Milano's Restaurant on the scenic Mount Baker Highway, bottled water and trail snack bar.

Activity Level: Easy

1 session	Non Mer	nber \$12	24/Member	\$119	
4541580	Tuesday	, Augus	t 29		
FLEETW00	D	Depart	7:45am	Return	7:30pm
CLOVERDA	LE	Depart	8:00am	Return	7:15pm
SOUTH		Depart	8:30am	Return	6:45pm



Help Transform our Community

Volunteering at the City of Surrey is an enriching, fulfilling experience. By becoming a City of Surrey Volunteer, you can help support the community we're all a part of.

VOLUNTEER RESOURCES

604-598-5863 13450 104 Avenue

Fax: 604-502-6315 | volunteer@surrey.ca

Join our Team!

Application Steps

To become a volunteer in the City of Surrey, you must be 14 years or older, a Canadian citizen, landed immigrant or permanent resident. Applicants must be able to communicate in English (additional languages preferred for some opportunities) and be available for 6 months of volunteer service within a calendar year.

SEARCH

For an opportunity by going to our website. Search based on interest, availability or location. Create a profile through myvolunteerpage.com.

SUBMIT

Two references that are not from a friend or family member. You can print these forms off online and upload them directly onto your profile.

ATTEND

A one-on-one interview. Most interview times are posted on your profile and happen monthly. Some positions do not require this step. Please read the position description carefully.

COMPLETE

A Police Information Check will be emailed to you. This needs to be taken to the RCMP, completed and returned to Human Resources at City Hall for processing.

VOLUNTEER

Once all of the steps have been successfully completed you will receive a welcome email. You can use your myvolunteerpage.com profile to sign-up for shifts and record

Develop with us!

Volunteer Resources offers a wide range of development opportunities for City of Surrey volunteers. Through tailored workshops, this program cultivates the City's vision to build capacity in the community by offering opportunities for volunteers to learn, grow and lead.

2017 WORKSHOPS INCLUDE...

Communicating Through Conflict 14 years+ Emergency First Aid & CPR C 14 years+ FoodSafe Level I 14 years+ High Five - Principles of Healthy Child Development 16 years+ I Am Game 16 years+ Introduction to Public Speaking 14 years+ Leadership Fundamentals 14-18 years+

Learn More!

Come to a volunteer information session to have your questions answered in person and find out:

- How to apply to be a volunteer
- Where you can volunteer
- Which volunteer opportunities are
- What benefits you'll get as a volunteer with the City of Surrey

Sign-up by phone at 604-501-5100 or register online.

FLEETWOOD 1 Session

Th 6:00pm-7:30pm Jun 15 4520010 Fleetwood Library



LAST YEAR

City of Surrey Volunteers

CONTRIBUTED 75,587 HOURS

That's equivalent to over 3000 days of volunteerism. Let's make 2017 even better. Wow!



TAKE PART IN CANADA'S 150 for 150 VOLUNTEER CHALLENGE!

SURREY CELEBRATES CANADA 150

ACQUIRE VOLUNTEER HOURS, MAKE **NEW FRIENDS** AND DEVELOP YOUR SKILLS WITH THESE **OPPORTUNITIES:**



Nature Work Parties

Drop-in and join volunteers caring for our urban forest. Remove invasive plants to prepare parks for tree planting in the fall. All ages; tools and training provided. Email environment@surrey.ca for more information.





ESS On-Call Reception Centre Responder

Join our dedicated rapid response team to provide support to your neighbours immediately following a disaster or emergency. This is an on call position that provides volunteers with specialized training and requires ongoing commitment. This is a City-Wide volunteer role with opportunities available in several Town Centres. Email volunteer@surrey.ca for more details.



Surrey Youth Stewardship Squad

Do you have an idea for an environmental project? Join our youth-led volunteer group and we'll help make it happen. Plant trees, help wildlife, and more! You can drop-in and get started right away. Email environment@surrey.ca for more information.

Education Docent

Join our team at the Historic Stewart Farm or the Surrey Museum. You will help teach groups of schoolaged children about history through interactive learning. Classes run in the morning and early afternoon Tuesday-Thursday. For more information email heritagevolunteers@surrey.ca.

Parks Programs

Get outside and connect with the community in a variety of parks opportunities. From beautification to play, parks have something for everyone. For more information email partnersinparks@surrey.ca.

Bin Keeper

Help bring park garbage bins to the curb and support the collection trucks. This helps reduce litter in local parks and keeps Surrey green. Email partnersinparks@surrey.ca for more information.



604-501-5566 Box Office · General Info 604-501-5187 Gift Shop · Art Rental 13750 - 88 Avenue (I block east of King George Blvd in Bear Creek Park) Events are subject to change.

Follow us through social media:

G

Surrey Civic Theatres | Surrey Art Gallery



@SurreyArtsCtre | @SurreyArtGal



surreyartgal

Volunteering

Are you a people person who's passionate about art? Do you enjoy learning new things? Join our dynamic team of volunteers to enrich visitors' experiences of contemporary art and your own as well!

Contact Chris Dawson-Murphy, Volunteer Program Coordinator: artsvolunteer@surrey.ca | 604-501-5198

Children's Art Program Assistants

Inspire young artists to express their creativity! Volunteer at art classes or day-camps where you'll learn to organize art materials, supervise students, and assist the artist educators.



Gallery Event Volunteers

Do you thrive in dynamic settings engaging with people? Gallery Event volunteers provide support at artist talks, exhibit openings, Family Sundays, and more.



Gallery Youth Docent Program

Explore contemporary art, hone your presentation skills, develop education programs, and learn to lead. As a Youth Docent, you'll enhance exhibitions through activities that are both fun and educational.

Summer Exhibitions 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.

Arts 2017: Reflections on Canada

June 23-August 26

Opening Party: Friday, June 23 | 7-9pm

A highlight during summer is the Arts Council of Surrey's juried exhibition. This summer looks a little different. We invited artists to submit work that reflects on Canada—now and in the future—in conjunction with Canada's 150th anniversary. You'll see a range of topics addressed in all sorts of mediums.

We've got other exhibits on view too! Over the course of the exhibits, events like talks, tours, and Family Sunday—where families explore, enjoy, and create art together—are fun and engaging opportunities to connect with the artworks and the ideas behind them. Find out more at surrey.ca/artgallery.



▲ Opening parties are a fun way to see new art and connect with people.



▲ We're launching our first family summer art party! Join us Saturday, July 15 for free hands-on artmaking activities and an interactive performance. See more on page 21.

THERE'S MORE

Look in these sections for performing arts classes!

Children | Youth | Adults

Look in these sections for viewal art classes!

Look in these sections for visual art classes! 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.



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. Since then, she has 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 and tweens this summer. See the Day Camp insert pages 12, 16 and 17.

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 Clay Days camp for kids this summer. See the Day Camp insert page 12.



Byte Camp

Byte Camp is a charity organization dedicated to teaching creative technology skills to kids. Since 2003, they have provided over 20,000 kids with quality, affordable, and fun programming in hundreds of locations in BC and Alberta. They offer challenging opportunities for kids to explore coding, animation, 3D modeling, video game design, video editing, music production, and much more! They are Western Canada's busiest technology camp provider! For information on Byte Camp, visit bytecamp.ca. Byte Camp will be offering camps at the Gallery this summer. See the Day Camp insert page 11.

Want to stay in the know?

SIGN UP FOR E-NEWSLETTERS!

www.surrey.ca/arts-signup



MAY 24-26, 2018

SURREY ARTS CENTRE & BEAR CREEK PARK

Public Art IN SURREY



ONWARD AND UPWARD

by Sandeep Johal

BC's Steller's Jay and drawings of all provincial and territory flowers animate Surrey's 2017 public art street banners. Johal's artwork expresses joy and optimism for Canada's future. She intends the birds to represent the journey that brought thousands of people to Canada and the flowers to represent the heartiness of Canada's people who have laid down roots and worked hard to build better lives for themselves and their families, her parents included.



•Leader

www.surrey.ca/childrensfestival



Historic Stewart Farm



604-592-6956 13723 Crescent Road Located in Elgin Heritage Park

Hours: Tuesday-Friday, IOam-4pm Saturday, Sunday, I2noon-4pm

Open BC Day, Monday, August 7, I2noon-4pm

Admission sponsored by

Friends of the Surrey Museum & Archives Society

Groups of IO or more people must book in advance

Put us on your summer activity list - you'll want to come back again and again! Pack a picnic, visit a historic site, take in a local event, go for a nature walk, unplug the kids to run on the scenic grounds, and just breathe.

Surrey Museum



604-592-6956 17710 56A Avenue

Hours: Tuesday-Friday: 9:30am-5:30pm

Saturday: IOam-5pm Sunday: I2noon-5pm

Closed Mondays and most Statutory Holidays

Construction Closure:

Monday, July 31, 2017 to Summer 2018

Admission sponsored by

Friends of the Surrey Museum & Archives Society

Groups of 10 or more people must book in advance

Drop by for a visit and watch us expand! We're under construction, but we're open until July 30 for exploration of the Kids Gallery, crafty textile arts programs for all ages, and vibrant special events and family drop-ins.

Registered

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 cookies.

\$8/person, attendants are free 16vrs+ Tuesday, Wednesday, Thursday afternoons

SCOTTISH AFTERNOON TEA

Historic Stewart Farm

Relax in the farmhouse's cozy 1890s kitchen with a pot of our exclusive Murchie's tea blend, delectable farmbaked scones and Scottish shortbread, all served by a costumed guide.

\$12/person Saturdays, July & August 1:00pm-2:30pm

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

Programs Programs



Sunday Social



BYOP (bring your own project, craft or book) and a friend, and we'll supply the scenery, tea, lemonade, and treats. Enjoy summer on our verandah as you sip a cuppa overlooking the gardens.

Sundays, July & August Drop in, Free

12noon-3:00pm

Dominion Days Festival



Historic Stewart Farm

A pioneer spin on Canada 150! Bring your noisemakers for a callithumpian parade celebrating Canadian pride. Take in live music and entertainment as you sample the food trucks and watch the kids get their faces painted. Kick it old school with Surrey's own Re-enactors, win prizes in classic lawn competitions, and enjoy a fun day at the park.

Saturday, July 1 Sunday, July 2

All ages 11:00am-7:00pm

Seniors in the Park



Historic Stewart Farm

Meet new friends and enjoy free outdoor activities like guided nature walks, gardening workshops, tea on the veranda, garden games, and more! Program runs rain or shine.

Fridays, July 7-August 25 1:00pm-3:00pm

SIGN THE KIDS UP FOR Heritage Day Camps!

From building and farming to animation and astronauts, the Surrey Museum and Historic Stewart Farm have day camps that will suit your youngster perfectly. Check the Summer Day Camp listings in the Children's section of this guide, or call 604-592-6956 for info. See you this summer!



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!

Facebook	Heritage	HeritageSurreyBC
Turkkan	Historic Stewart Farm	@StewartFarmBC
Twitter	Surrey Archives	@SurreyArchives
YouTube	Surrey Archives	surreyarchives

Become a Heritage Volunteer!

Learn about Surrey's rich history while facilitating fun games and activities at Surrey Museum and Historic Stewart Farm.

For more information email heritagevolunteer@surrey.ca

Search Our Database 24/7!

Photos from the 1960s? We've got them. Vintage cameras? 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!

Stewart Birthday Party



Historic Stewart Farm

Join us in a birthday celebration for the Stewart's youngest son, John Massey. Compete in Victorian lawn games, handchurn ice cream and share a slice of cake with your family.

Saturday, July 15 All ages

12noon-3:00pm

Métis Celebration

Surrey Museum

Fly the oldest flag in Canada, try some bannock, watch a traditional finger weaver and enjoy fiddle music as we celebrate Canadian Métis heritage.

Saturday, July 29 All ages, by donation 1:00pm-4:00pm

Amazing Farm Scavenger Hunt



Historic Stewart Farm

Bring a team of friends or family and join in this race around the Farm. From skill-testing questions to pioneer chores, see if you can beat last year's record holders. There's prizes and bragging rights to be won! Be sure to check-in at the welcome table by 2pm to ensure your spot.

Saturday, August 12 All ages

11:00am-3:00pm

Exhibitions

Kids Gallery

Surrey Museum

This fun space is a Please Touch Zone! Kids get their hands on big ideas and green activities in this fully interactive gallery. Ride the energy bike, play with the pipe wall, climb through the tree fort and explore the world of sustainable energy.

COMMUNITY TREASURES



What We Bring

Surrey Museum

On display May 23 to July 30

Just like today, many new immigrants settled in Surrey 150 years ago. Find out what life was like for them through artifacts and images highlighting over a century of Surrey's immigration history.

Canada Is...

Historic Stewart Farm

On display April 22 to September 4

We're more than maple syrup and moose. We go beyond beavers and hockey sticks. Share what it means to be Canadian at this celebration of 150 years of Canuck culture. Photos and objects from the community and the Surrey Museum and Archives will explore what it means to be a Canadian today and tomorrow.

Discovery Saturdays

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

Third Saturday of most months, 1:00pm-4:00pm. All ages, by donation

Fibre Arts & Crafts

Get your hands on all things fibre as you try real looms and spinning wheels, take in demonstrations, and make take-home textile crafts.

Saturday, July 15

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.

\$15/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 time.

Saturdays & Sundays

Afternoons

Historic Stewart Farm

Party like its 1899! Play old-time games and make a pioneer craft to take home. You supply the cake, and let the kids churn the ice-cream.

Saturdays & Sundays

1:00pm-3:00pm

Surrey Museum Expansion

We're closing for construction on July 31, 2017.

The Surrey Museum is embarking on an exciting journey of expansion and growth. Construction on our addition is scheduled to begin this summer.

New and expanded galleries wil enable us to contribute to community life by celebrating Surrey's past, present and future. We'll continue to foster and welcome Surrey's diverse communities by connecting its people to each other and to their stories.

STAY TUNED FOR REGULAR **UPDATES, AND WATCH US GROW!**



Parks in Surrey

Surrey has over 200 parks for you to enjoy this summer. Go swimming at Crescent Beach, play in Fleetwood Park's spray park, check out scenic shoreline trails at Mud Bay Park, fish for rainbow trout in the lake at Green Timbers Urban Forest and so much more!

NEIGHBOURHOOD TEAM

Do you have big dreams for your neighbourhood? Help make them come true by connecting with the Neighbourhood Team; e-mail neighbourhoodteam@ surrey.ca or visit www.surrey.ca/engagement.

Neighbourhood Toolkit

Check out our online toolkit for helpful community-building resources and ideas:

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

We can help make your next local community event a success! If you're planning something like a block party, festival, outdoor music performance, neighbourhood clean-up or art jam, you can borrow a tent, tables, chairs, Block Party traffic barriers and even a portable sound system.

NEIGHBOUR DAY 2017

Help build a happy, connected community by hosting your own Neighbour Day event in August or September! Options include backyard BBQs, park picnics, games nights and more - it's up to you. Learn how you can sign out event equipment, apply for a Celebration and Activity Grant or enter the #SurreyNeighbourDay contest.



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.

Activate Your Park!

Surrey has hundreds of community parks, playgrounds, and gardens. Volunteer $\,$ to keep them healthy, active spaces for all to enjoy by picking up litter, caring for a park bin, helping with a park beautification project, assisting at community events and more. Opportunities available for individuals and groups - to find the right fit and get started, e-mail partnersinparks@surrey.ca or call 604-50I-5050.

Lend-a-Hand School Program

Calling all elementary and secondary teachers! Teach your students about social responsibility and the value of volunteering by adopting a local park during the school year. This free parks program includes an interactive in-class orientation and all litter pick-up supplies. To register your class, call 604-501-5050, or email partnersinparks@surrey.ca.

Join SYSS [Surrey Youth Stewardship Squad]

Are you a high school-aged youth looking for volunteer experience in nature? Care for the environment with our youth volunteer group! Plant trees and shrubs, help wildlife, plan environmental projects and more! For all opportunities, training and tools will be provided. Contact environment@surrey.ca or 604-59I-4076 for more information, or drop in to a SYSS event and get started right away:

HazeInut Meadows Community Park 14069 68 Avenue

Friday, July 14 Friday, August 18 5pm - 7pm



Care for Our Urban Forest!

Surrey's urban forest has over 75,000 street trees and over 3800 acres of natural areas. Volunteer to care for them by removing invasive plants, taking care of wildlife, planting trees, improving tree wells and more. Opportunities available for individuals and groups - to find the right fit and get started, e-mail environment@surrey.ca or call 604-50I-5I32.

SUMMER NATURE WORK PARTIES Drop-in for the day to remove invasive plants and prepare parks for planting in the fall! Meet new people, earn volunteer hours, and give back to your community.

Saturdays 11am-1:30pm

All ages, tools and training provided.

Saturday, July 8 Saturday, August 12 **Bose Forest Park** 62 Ave & 164 St

Saturday, July 22 Saturday, August 26 Surrey Nature Centre 14225 Green Timbers Way Saturday, August 19 Clayton Park 18513 70 Avenue



14225 Green Timbers Way

Enjoy the best summer has to offer as you explore and learn about nature in the city! We have outdoor-focussed children's day camps, birthday parties, programs for day cares and Guides and Scouts, and much more. Drop in to borrow a fishing rod or Discovery Backpack and find out what's new any time we're open.

Play and learn at your own pace in our Sky Room! You'll find a variety of books and field guides, puppets, natural materials and opportunities for hands-on exploration. Great for families with children.

Visit Us Year Round

Tuesday-Friday Saturday 8:30am-4:30pm 9:00am-4:30pm

For more information: 604-502-6065 www.surrey.ca/naturecentre

Programs DROP-IN

Nature Play

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 Centre3-5yrsSaturdays9:30am-11:00am

Nature Walks



Join us on our weekly guided nature walk. Visit often to experience the seasonal changes along the trails and get to know the plants and wildlife that call this place home. Parent participation required for children ages 13 and under.

Surrey Nature Centre All Ages
Saturdays 2:00pm-3:00pm

Exploring SURREY'S PARKS



Guided Nature Walks



Join us for nature walks throughout Surrey this summer. Dress for the weather; walks will go rain or shine. Please call 604-502-6065 for more information.

CRESCENT PARK NATURE DISCOVERY 5yrs+

Saturday, July 8 10am - 11am Crescent Park

I32 St between 28 Ave and 26 Ave Discover art in nature! Look up close at nature's patterns and colours, watch a tree dance, paint with grass stains and create your own masterpiece in the forest. Parent participation required. Meet in the east parking lot, next to the playground.

HABITATS OF ELGIN HERITAGE PARK

HERITAGE PARK 10yrs+
Saturday, July 8 2pm - 3:30pm
Elgin Heritage Park Crescent Rd
between 136 St and 32 Ave

Come out for a guided tour where land meets water. Look for eagles, ducks, muskrats and songbirds as you explore the natural and manmade habitats they call home. Parent participation required for children ages 13 and under. Meet in the west parking lot, next to the map kiosk.

BOSE PARK DISCOVERY - FOR KIDS! 5y

Saturday, August 12 10am - 11am Bose Forest Park 62 Ave & 164 St

Get to know one of Surrey's newest parks with lots of hands-on activities. Along the way, search for hidden habitats and cross boardwalks over a cool swamp! Parent participation required. Meet at the park entrance at 62 Ave and 164 St.

BOSE PARK DISCOVERY

DISCOVERY IOyrs+
Saturday, August I2 2 - 3:30pm
Bose Forest Park 62 Ave & I64 St

Get to know one of Surrey's newest parks! Explore boardwalks and forest paths while learning about some of the park's most magnificent habitats and trees. Parent participation required for children ages 13 and under. Meet at the park entrance at 62 Ave and 164 St.

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!

	Jun 28	6:30pm-8pm	Holland Park 9987 King George Blvd	Gypsy Swing with Deanna Knight & the Hot Club of Mars
	Jul 05	6:30pm-8pm (open 5pm)	The Glades Garden Park 561 172 Street	Classical Strings with the Armadillo String Quartet
	Jul 12	1pm-2:30pm (open 12noon)	Darts Hill Garden Park 1633 170 Street	Vaudeville with Douglas Fraser
	Jul 12	6:30pm-8pm	Bear Creek Park Gardens 13820 88 Avenue	Canadian Folk with Willy Blizzard
	Jul 19	1pm-2:30pm	Bear Creek Park Gardens 13820 88 Avenue	Indian & Pakistani Sitar & Tabla with Mohammed Assani
	Jul 19	6:30pm-8pm Sullivan Park 6272 152 Street		Caribbean Fusion with Rossi
	Jul 26	6:30pm-8pm	Surrey City Hall Plaza 13450 104 Avenue	Irish Celtic with the Pat Chessell Band
	Aug 02	6:30pm-8pm (open 5pm)	Darts Hill Garden Park 1633 170 Street	Chinese Fusion with Silk Road Music
	Aug 09	6:30pm-8pm	Hawthorne Park Gardens 14232 106 Avenue	East-Coast Canadian & Classic Rock with the Halifax Wharf Rats
	Aug 16	6:30pm-8pm	Surrey Nature Centre 14225 Green Timbers Way	Big Band Jazz with the Golden Ears Jazz Band
	Aug 23	Aug 23 1pm-2:30pm 15951 83 Avenue		Easy Listening String Bass & Guitar with Gail Sattler & Al Cout
	Aug 23			Bluegrass with 5 on a String
Aug 30 6:30pm-8pm at Crescent Beach 1		at Crescent Beach	Folk Rock Canada 150 Celebration with Live Rust Neil Young Tribute Band	

Please bring blankets or folding chairs.

 $\label{thm:continuous} \mbox{Visit www.surrey.ca/events for} \\ \mbox{early garden entrance, pets, parking and shuttle information.} \\$

Sports Field & Ball Diamond BOOKINGS & INFORMATION

Field/Ball Diamonds

Deadline for booking requests is:

Fall/Winter Sports fields

June 1

Spring/Summer Track facilities

November 1

Ball diamonds, lacrosse boxes, cricket pitches, spring break sports camps **December 15**

Sports fields January 15

Summer sports camps

April 15

Requests submitted after these dates are treated on a first-come, first-served basis. Any teams belonging to a club or league in Surrey must apply through their club or league. For additional information call 604-501-5174, or e-mail bookafield@surrey.ca.

Surrey Schools Gym & Field Bookings

Surrey school gyms and outdoor sports fields are allocated through the school board 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. Please e-mail bookafield@surrey.ca or call 604-501-5174 to book these fields.

Artificial Turf Fields

There are I4 artificial turf fields in the City of Surrey located at:

There are in a si			
PARK Cloverdale Athletic Park	FIELD Field 1	ADDRESS 16900 64 Avenue	SPORT PLAYED football, soccer, field hockey
Cloverdale Athletic Park	Field 3	16900 64 Avenue.	soccer, field hockey
	Field 1	10200 block 146 Street	soccer, field lacrosse
Hjorth Road Park 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 Field 3	7400 128 Street 7400 128 Street	soccer
Newton Athletic Park Newton Athletic Park	Field 4	7400 128 Street	soccer, field hockey, field lacrosse
South Surrey Athletic Park	Field 3	1925 148 Street	soccer, football, baseball
South Surrey Athletic Park South Surrey Athletic Park	Field 9	2300 148 Street 2300 148 Street	soccer, field hockey
Tamanawis Park	Field 1	12500 64 Avenue 12500 64 Avenue	field hockey, soccer practice field hockey, soccer practice
Tamanawis Park Tom Binnie Park	Field 2 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 on a first-come, first-served basis. Please e-mail bookafield@surrey.ca or call 604-501-5174 to book these fields.

■ For information on artificial turf fields and all other matters concerning outdoor sports facilities:

www.surrey.ca/culture-recreation/Outdoor.aspx



Advertise in the Guide!

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.

BOOK YOUR AD It's Easy!

www.surrey.ca/advertising

- Go online and click on the Ad Request Form.
- Complete and submit your Ad Request Form.
- E-mail your ad to leisureguideads@surrey.ca

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GET CONNECTED

E-NEWS

Sign up at www.surrey.ca/enews and get all the latest City news, updates and event info direct to your inbox!

SOCIAL MEDIA

Connect and share on social media.

Facebook

SurreyLibraries SurreyYouth

Twitter

TheCityofSurrey

- @ CityofSurrey @SurreyMayor
- @SurreyLibrary @SurreyYouth

@SurreyRCMP

Instagram

@thecityofsurrey

@surreymayor

YouTube TheCityofSurrey

For more ways to connect with your city see pages 2, 68, 78, 81

www.surrey.ca/econnect

WITH YOUR CITY!



Tong Louie Family YMCA

14988-57 Avenue, Surrey, BC V3S 7S6 (Hwy. 10 - one block west of 152nd Street)

604-575-YMCA (9622) surrey@vanymca.org

Monday to Friday: Saturday, Sunday and Holidays: Fax: 604-575-3132 www.surreyymca.org

5:00am-11:00pm 7:00am-9:00pm

YMCA REGISTRATION

Register in person or by calling 604-575-9622 You may pay by cash, cheque, VISA or Mastercard.

Are You New to Canada?





SETTLEMENT SERVICES IN RECREATION CENTRES

We can help answer questions about: Finding a job, school child care, housing, citizenship, health, transportation, Canadian culture and much more.

Settlement services are delivered by S.U.C.C.E.S.S., Options Community Services, DIVERSEcity and PICS in partnership with the City of Surrey.

For more information please contact 604-591-4176 or look for Services for Newcomers at: www.surrey.ca/diversity

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 604-50I-5I00 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

Play Bridge and/or Learn Bridge 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

Welcome Wagon Ltd.

604-317-3246 info@welcomewagon.ca www.welcomewagon.ca

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

White Rock and Surrey Writers' Club Email: wrandswc@gmail.com:

www.whiterockandsouthsurreywriters. weebly.com

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.surrevfolkdance.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 bcgc@telus.net

Lyric Singers

604 - 340 - 4353 www.lyricsingers.ca

Northwood Jazz series

Audrey & Gerry Hall: 604 599 5990

www.northwood-united.org

Peace Arch Chorus (Sweet Adelines)

www.peacearchsings.com

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

Theatre

Fraser Valley Gilbert and Sullivan Society www.fvgss.org

Outdoor/Environmental

Surrey Trekkers Volkssport Club Sandi: 604-584-2980

www.surreytrekkers.com

White Rock/Surrey Naturalists

Margorie: 604-531-7147

Swimming

BC Aquasonics Synchronized Swim www.bcaquasonics.com

Cloverdale Tritons

www.cloverdaletritons.ca

Crescent Beach Swim Club

www.cbswimclub.ca | 604-583-2180 **Ocean Pro Divers**

Scuba 604-538-5608

Pacific Sea Wolves

www.pacificseawolves.com

Peninsula Multi-Sport www.peninsulamultisports.com

Semiahmoo Masters 778-829-7609

South Surrey/White Rock Divers

www.southsurreywhiterockdivers.com 604-319-4770

Special Olympics 604-737-3078 www.specialolympics.bc.ca

Surrey Knights

www.surreyknights.com 604-377-7807

Surrey Orcas Water Polo

registrar@surreyorcas.com www.surreyorcas.com

Surrey Sea Lions

www.surreysealions.com

White Rock Amateur Swim Association

www.wrasa.ca

White Rock Wave Masters www.whiterockwave.com | 604-594-9703

Hockey/Ringette

Cloverdale Minor Hockey

778-565-1039 cmhaadmin@gmail.com www.cloverdaleminorhockey.com

Semiahmoo Minor Hockey Association: admin@semihockey.ca

Sportability Sledge Hockey Ross: 604-599-5240

www.semihockey.ca

Surrey Eagles Hockey Club 604-531-4625 www.surreyeagles.ca

Surrey Female Hockey Association info@surrevfalcons.ca_www.surrevfalcons.

Surrey Minor Hockey www.surreyminorhockey.com

Surrey/White Rock Ringette

www.surreywhiterockringette.com

Skating

Cloverdale Figure Skating Club

778-952-6352 cloverdalesc@gmail.com www.cloverdaleskatingclub.com

Newton Figure Skating Club

info@newtonfsc.com www.newtonfsc.com

North Surrey Skating Club www.northsurreyskatingclub.ca registerwithnssc@gmail.com

White Rock South Surrey Skating Club 604-538-0109 www.wrsssc.com

Gymnastics

Surrey Gymnastics Society 604-594-2371

White Rock Gymnastics 604-542-0386

Running

Semiahmoo Sun Runners Tom: 604-536-1394

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





We specialize in corporate and community catering – throughout the city.

Planning an event or party – we can help!

Breakfast meetings
Training sessions
Staff appreciations
Retirements
Private group events

Birthday parties
Anniversaries
Weddings
Tournaments
Camp lunches
Box lunches

Barbeques

For event booking or information: catering@surrey.ca 604-502-6318 Choose from our varied menus or create your own

BREAKFAST

full breakfasts or morning arrivals

LUNCH

menus ranging from boxed lunches to hearty chili and beef dips

DINNER

dinner packages come complete with entrees, salad, breads and dessert

PARTY TRAYS

hot and cold plates, meat and cheese, fruit and veggie, sandwiches and wraps

We also offer choices in tablecloths, floral centre pieces, and dinnerware. For a full listing of our menus and options – visit us online.

www.surrey.ca/rentals





Alexandra Children's Centre

at the Beach House 604-560-5520 at Kensington Prairie 604-541-3270

www.alexhouse.net

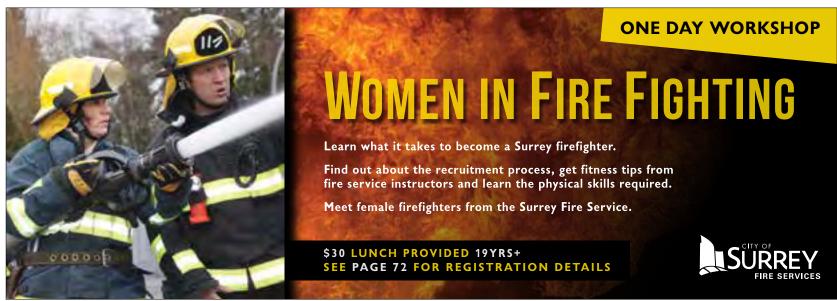


- Infant/toddler
- ages 3-5 group daycare
- school-age care

Community-based licensed childcare inspired by the Reggio Emilia approach to learning.

alexandra NEIGHBOURHOOD HOUSE

providing opportunities for people to gather, grow and build a spirit of community





Ever wondered where your water comes from?

Every summer, we open our protected watersheds to let you discover these pristine valleys first hand. Join us for an engaging and scenic guided tour.

COQUITLAM WATERSHED

3 hour adult tours, Thursday & Saturday

CAPILANO WATERSHED

4 hour adult tours, Friday & Sunday

LOWER SEYMOUR CONSERVATION RESERVE (LSCR)

3 hour family tours, select weekends

Visit www.metrovancouver.org and search "Watershed Tours" for a complete schedule and to book online.



Home Quest



A Home + School **Cooperative Approach to Education**

The ultimate in diversified learning.

The **Home Quest** program offers the opportunity to work with your child at home, while also having access to group outings, a resource library, the support of certified teachers, Delta School District report cards and other benefits.

- ✓ Certified B.C. teachers offer families guidance and support on navigating the BC Curriculum and developing individualized student learning plans.
- Students may opt to come to our classes once or twice a week and/or make use of memberships to online educational programs like A-Z Learning, All the Right Type and Mathletics.
- ✓ Families may choose to go on frequent field trips and workshops that connect them to the curriculum, community and one another.
- As a public education program, Home Quest is free to join and offers funding to families throughout the year for educational supplies and activities.





Considering alternative options for your child's education?

Contact Home Quest: Jenny Slinn, Coordinator 604.597.8353 homequest@deltasd.bc.ca http://homequest.deltasd.bc.ca

www.burnsbog.org



Week long and single day camps available from July 4 - August 25th, ages 6-8 & 9-12 See our website for themes and dates!

When?

Monday through Friday 9:00am to 3:30pm

Where?

Delta Nature Reserve (Burns Bog) Pick up and drop off at 10388 Nordel Court. Delta, BC

(Planet Ice)

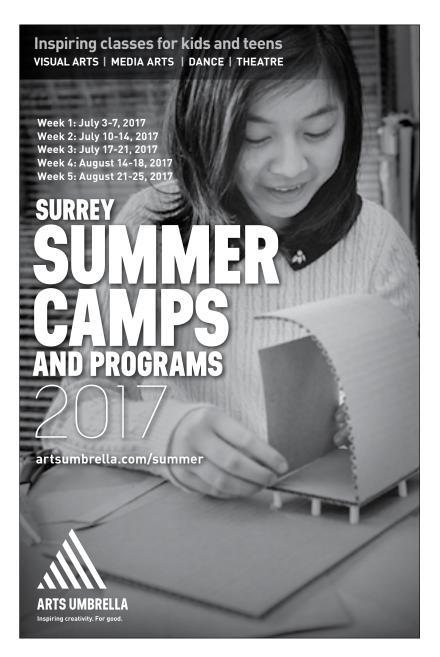
How to Register?

All Summer Day Camp bookings can be made ONLINE! Visit our website at www.burnsbog.org and click on Education.

\$159 per child per week \$40 per child per day **Burns Bog Conservation Society** 4-7953 120th Street Delta, BC V4C 6P6 Phone: 604-572-0373

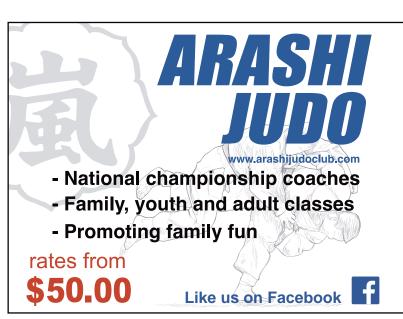














Learn to Skate



Skate Canada Competitive Training Program









- CanSkate (Learn to Skate) program Summer Session Starts July 3rd Mondays & Wednesdays 5:15 pm - 6:00 pm or 6:00 pm - 6:45 pm
 - Ages 3 to Adult
 - Figure Skating Group & Private Test & Competitive







North Surrey Skating Club

For more information northsurreyskatingclub.ca or registerwithnssc@gmail.com







Summer Tennis Camps 2017

Full Day Camps (Ages 8-16) 9am to 4pm \$330/wk 1/2 Day Camps (Ages 8-16) 9am to 12:30pm \$210/wk Mini Camps (Ages 4-7) 9:30am to 11am \$90/wk

Camp Weeks:

July 4-7

July 10-14

July 17-21

July 24-28

July 31- Aug 4

August 8-11

August 14-18

August 21-25

Daily Camp Schedule

9-11 Tennis

11-11:15 Break

11:15-12:30 Tennis

12:30-1:15 Lunch

1:15-2:45 Multisport

2:45-3:00 Break

3:00-4:00 Tennis

1/2 Day above schedule to 12:30pm

Camps are indoors so no rain outs or sunscreen required!

Stat holiday will be prorated to account for shorter camp week.







YMCA Sports Leagues For Children & Youth

From tee-off to the final whistle, YMCA Sports Leagues is the place to get kids active, create new friendships and learn fundamental movement skills while developing a love for sports. From basketball, golf, tennis or volleyball, we have something for everyone to build self-esteem, practice sportsmanship and most importantly have fun!

Atomic Volleyball

(Ages 9 to 12)

Participants develop and enhance foundational volleyball skills in a fun, inclusive, learning-based environment, through skill instruction and refinement.

Play & Train Volleyball

(Girls ages 13 to 15)
This program focuses on the development of core skills and use in a competitive setting—ideal for those who aren't part of a club volleyball team but want to keep improving.

Delivered in partnership with Volleyball BC

The First Tee

(Ages 6 to 17)

Forrre! In this unique program, kids learn how to set goals and build character while learning fundamental golf skills. Through the game of golf, kids also learn essential life skills, positive values and have a whole lot of fun!

YMCA/Steve Nash Youth Basketball League

(Grades 2 to 9)

In partnership with Basketball BC, this non-scoring, recreational league includes one practice and one game per week. Teams are co-ed or girls only teams are available for grades 6 to 9.

Jr NBA Rookie Division

(Kindergarten to Grade 1)

This entry-level basketball program features curriculum developed by NBA Basketball Operations and a team of experts in child development, physical literacy and basketball fundamentals.

To learn more or register, please visit our website or contact us.

T: 604.631.5525

E. sportsleagues@gv.ymca.ca

gv.ymca.ca



Volunteer opportunities

feeling good or earning valuable volunteer hours and experience, come volunteer with us and make a difference in the life of a child. These programs are coached by much needed volunteers, and free referee and coach training is provided.





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.

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

Y programs include:

- Drop-in 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.

tonglouieymca.ca



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.

- We help kids jump in, have fun, learn to swim and grow their confidence.
- 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.

Everyone can belong

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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: Parent & Tot, Lil' Dippers, YMCA Swim Club, Private Swim and Master Swim
- Aquafit, Prenatal Aquafit, Gentle Joints and much more

Find out more

Looking for our aquatics program listings?

tonglouieymca.ca



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, literacy programming, hands-on science workshops, sports and *Play it Fair* games that promote respect and cooperation.

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, canoeing, stand up paddle boarding, sports, forest games and arts & crafts. Campers also have the option to stay overnight at camp one day of the week! *please note, activities vary depending on location

Change Your World Project (ages 12 - 15)

Calling all change-makers! This project is for youth who are passionate about making a difference in their community. Participants will have the opportunity to meet leaders who are making a positive impact on their community, and execute their own service project where they will gain skills in event planning and peer leadership.



Register now!

T: 604.939.9622 **E:** camps@gv.ymca.ca

Register with a Friend and save 10%!

gv.ymca.ca/camps



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Aldergrove/Langley: #1-3227 264th St





















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