

# Spring Recreation **GUIDE**

APR - JUN 2017 REGISTRATION STARTS FEB 20



**RECREATION SURREY**  
Healthy Communities. Active Together.





# SURREY CELEBRATES CANADA 150 IN 2017

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

**CANADA 150 ZONE** AT CANADA DAY AND  
FUSION FESTIVAL 🍁 **DOMINION DAY FESTIVAL**  
🍁 **OH CANADA** STUDENT ART EXHIBITION  
🍁 **BALL HOCKEY** IN PLAZA 🍁 CANADA 150  
**NEIGHBOURHOOD BLOCK PARTIES**  
🍁 **CONTESTS, PRIZES** AND MORE 🍁

**#SURREYCANADA150**

SURREY CELEBRATES  
**CANADA 150** 🍁



CANADA 150



VISIT [WWW.SURREY.CA/CANADA150](http://WWW.SURREY.CA/CANADA150) TO FIND OUT HOW YOU CAN GET INVOLVED.





[www.surrey.ca/register](http://www.surrey.ca/register)

## Where & How

- 4 REGISTRATION & ADMISSIONS**
- 5 COME EXPLORE RECREATION SURREY**
  - North **6, 7**
  - Guildford **8, 9**
  - Fleetwood **10, 11**
  - Newton **12, 13**
  - Cloverdale **14, 15**
  - South **16, 17**

## What to Do

- 18 SPECIAL EVENTS**
  - Birthday Parties **22, 23**
- 24 AQUATICS**
  - Pool Schedules **25-28**
- 46 ARENAS**
  - Arena Schedules **47**
- 51 SPORTS**
  - Gym Schedules **56, 57**
  - Tennis **54**
- 59 FITNESS & WELLNESS**
- 65 ARTS & GENERAL INTEREST**
- 88 ADAPTED PROGRAMS**
- 90 VOLUNTEER RESOURCES**
- 92 SURREY ARTS CENTRE**
- 94 HERITAGE**
- 96 PARKS**
- 105 YMCA**
- 98 COMMUNITY OFFERINGS**

### ARTS & GENERAL INTEREST

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li><b>65 EARLY YEARS</b></li> <li><b>65 Parent Participation</b> <ul style="list-style-type: none"> <li>Dance <b>66</b></li> <li>Drop-in <b>67</b></li> <li>Music <b>66</b></li> <li>One Day Wonders <b>65</b></li> <li>Social Recreation <b>67</b></li> <li>Visual Arts <b>66</b></li> </ul> </li> <li><b>68 Preschool</b> <ul style="list-style-type: none"> <li>Crafts <b>69</b></li> <li>Dance <b>70</b></li> <li>General Interest <b>70</b></li> <li>Music <b>70</b></li> <li>One Day Wonders <b>68</b></li> <li>Parenting Classes <b>67</b></li> <li>Preschool Programs <b>69</b></li> <li>Theatre <b>69</b></li> <li>Visual Arts <b>69</b></li> </ul> </li> <li><b>71 CHILDREN</b> <ul style="list-style-type: none"> <li>Crafts <b>72</b></li> <li>Dance <b>73</b></li> <li>General Interest <b>74</b></li> <li>Home School <b>73</b></li> <li>Music <b>74</b></li> <li>MYzone <b>73</b></li> <li>One Day Wonders <b>71</b></li> <li>Personal Development <b>74</b></li> <li>Pre-Teen Dances <b>75</b></li> <li>School's Out Camps <b>75</b></li> <li>Social Recreation <b>74</b></li> <li>Theatre <b>73</b></li> <li>Visual Arts <b>72</b></li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li><b>76 YOUTH</b> <ul style="list-style-type: none"> <li>Crafts <b>78</b></li> <li>Dance <b>78</b></li> <li>General Interest <b>76</b></li> <li>Leadership <b>77</b></li> <li>Music <b>78</b></li> <li>Personal Development <b>76</b></li> <li>Social Recreation <b>76</b></li> <li>Theatre <b>78</b></li> <li>Visual Arts <b>78</b></li> <li>Youth Opportunities <b>77</b></li> </ul> </li> <li><b>79 ADULTS &amp; 55+</b> <ul style="list-style-type: none"> <li>Age Friendly City <b>87</b></li> <li>Bus Trips 55+ <b>87</b></li> <li>Crafts <b>79</b></li> <li>Dance <b>81</b></li> <li>Drop-in Activities 55+ <b>86</b></li> <li>First Aid <b>85</b></li> <li>General Interest <b>83</b></li> <li>Membership 55+ <b>79</b></li> <li>Music <b>82</b></li> <li>Personal Development <b>82</b></li> <li>Seniors Services Connector <b>82</b></li> <li>Social Recreation <b>82</b></li> <li>Theatre <b>80</b></li> <li>Visual Arts <b>80</b></li> </ul> </li> </ul> |
|--|---|

## Healthy Communities. Active Together.

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



### Mayors MESSAGE

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

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

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

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

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

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



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

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

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

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

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

Options Immigrant Settlement Program • 604-572-4060 • [www.options.bc.ca](http://www.options.bc.ca)



# Registration

[www.surrey.ca/register](http://www.surrey.ca/register)

## 3 WAYS TO Register

Go Online  [www.surrey.ca/register](http://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](http://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 Passes Valid at all facilities.

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

Pass	Type	Child/Youth (2-18yrs)	Student**	Adult	Senior^ (60yrs+)	Family†
Recreation Pass	1 year	\$243.25	\$372.25	\$485.25	\$372.25	\$967.25
	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	Type	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 Cards	10 visit	29.50	45.00	58.50	45.00	N/A
	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	Type	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 Cards	10 visits	31.50	47.50	63.00	47.50	N/A
	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 Full Facility 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.







# Come Explore

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## Surrey's Town Centres

City of Surrey is divided into six town centres.

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

### CLOVERDALE

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

### FLEETWOOD

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

### GUILDFORD

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

### NEWTON

Newton Recreation Centre/Pool	13730 72 Avenue	604-501-5540
Newton Arena	7120 136B Street	604-501-5044
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*	5891 144 Street	778-598-7960
Tong Louie Family YMCA*	14988 57 Avenue	604-575-9622

### NORTH SURREY

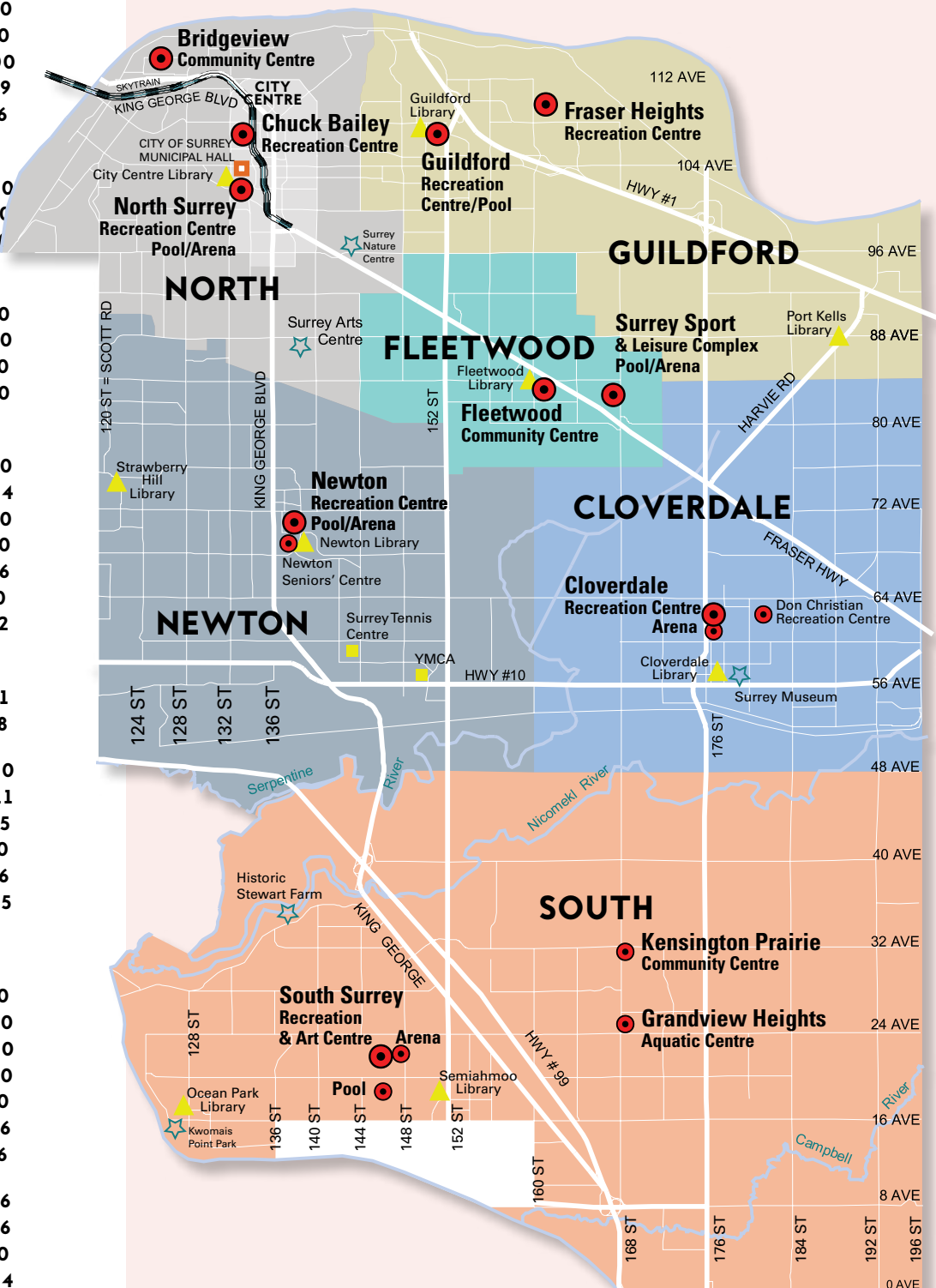
Bridgeview Community Centre	11475 126A Street	604-592-7081
Chuck Bailey Recreation Centre	13458 107A Ave	604-598-5898
North Surrey Recreation Centre/Arena/Pool	10275 City Parkway	604-502-6300
City of Surrey Municipal Hall	13450 104 Avenue	604-591-4011
Bear Creek Pavilion	13750 88 Avenue	604-502-6385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

### SOUTH SURREY

South Surrey Recreation & Arts Centre	14601 20 Avenue	604-592-6970
Grandview Heights Aquatic Centre	16855 24 Avenue	604-590-7800
South Surrey Arena	2199 148 Street	604-502-6200
South Surrey Indoor Pool	14655 17 Avenue	604-502-6220
Elgin Centre	3530 144 Street	604-592-6970
Elgin Hall	14250 Crescent Road	604-592-2606
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	604-592-2606
Meridian Centre	2040 150 Street	604-592-6970
Ocean Park Library	12854 17 Avenue	604-502-6304
Semiahmoo Library	1815 152 Street	604-592-6900
Sunnyside Hall	1845 154 Street	604-592-2606

\*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.





# North Surrey

www.surrey.ca/recreation



## Welcome

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

## Our FACILITIES

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

## Recreational Opportunities

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

### G GARDENS

#### Horticultural Gardens

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

#### Community Gardens

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

### NT NATURE TRAILS

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

### MB MOUNTAIN BIKING

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

### Y YOUTH PARKS

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

### DO DOG OFF-LEASH PARKS

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

### W WATER PARKS

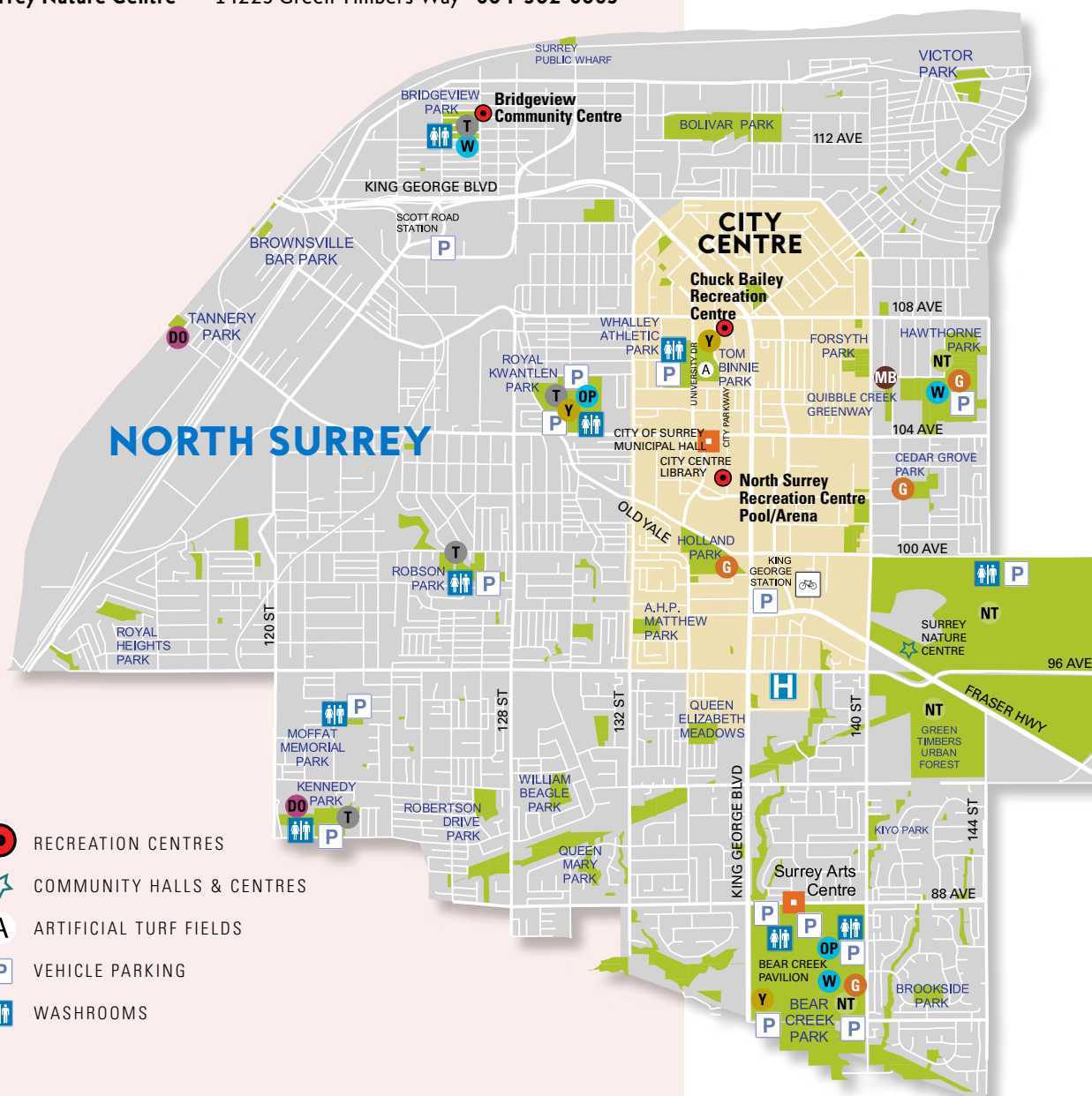
Bridgeview Park, Bear Creek Park and Hawthorne Park spray parks are activated by push buttons when it is warmer than 20 degrees Celsius. Both areas offer many additional amenities, such as walking paths, sports fields and picnic areas. In the summer, don't miss Bear Creek Park's train and mini golf facility.

### OP OUTDOOR POOLS

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

### T TENNIS COURTS

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



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

## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://www.surrey.ca/econnect)

## FACILITY Amenities

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

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

<b>Hours of Operation:</b> Monday to Thursday 6:00am-9:00pm Tuesday/Thursday 9:00pm-10:00pm Women's Only Swim & Gym Friday 6:00am-10:00pm Saturday 7:00am-9:00pm Sunday 8:00am-9:00pm <b>Childminding Hours:</b> Monday 4:30pm-7:30pm Tuesday 5:00pm-8:00pm Wednesday 5:00pm-7:00pm Thursday 4:00pm-8:00pm Friday 5:30pm-7:30pm	<b>Pool:</b> 37 m, 6 lane pool with dive tank 3m diving boards Slide & water toys Hot tub 2 dry saunas Family change rooms	<b>Arena:</b> 2 full size rinks Bench seating for spectators Score board with flexible scoring and timing capabilities Multi-use dressing rooms One meeting room Four multipurpose rooms Wheelchair accessible on both levels Skate/helmet rental/ Skate Shop Food services	<b>Gymnasium:</b> None <b>Weight Room:</b> 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	<b>Fitness Studio:</b> 735 square feet of fitness studio space Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	<b>Preschool:</b> 1 dedicated preschool classroom <b>MYzone:</b> October - June There is no MYzone at this facility. The two closest facilities are: <b>Chuck Bailey Recreation Centre</b> 13458 107 A Ave Tu, W, Th 3pm-6pm <b>Bridgeview Community Centre</b> 11475 126A Street Tu, W, Th 3pm-6pm	<b>Youth Services:</b> There are no youth services at this facility. The two closest facilities are: <b>Chuck Bailey Recreation Centre</b> 13458 107 A Ave <b>Guildford Recreation Centre</b> 15105 105 Avenue	<b>Seniors Services:</b> Drop-in Seniors Swim Monday-Friday 12:30pm to 1:30pm
---	--	---	---	---	---	---	--

### 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.

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

## FACILITY Rentals [www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

### Bear Creek Pavilion 604-598-5898

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

### Chuck Bailey Recreation Centre 604-598-5898

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

### North Surrey Recreation Centre 604-502-6300

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

### Surrey Arts Centre 604-501-5566

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

### Surrey City Hall 604-598-5769

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







# Guildford

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## Welcome

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

## Our FACILITIES

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

## Recreational Opportunities

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

### G GARDENS

#### Community Gardens

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

#### Horticultural Gardens

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

### NT NATURE TRAILS

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

### MB MOUNTAIN BIKING

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

### Y YOUTH PARKS

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

### DO DOG OFF-LEASH PARKS

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

### W WATER PARKS

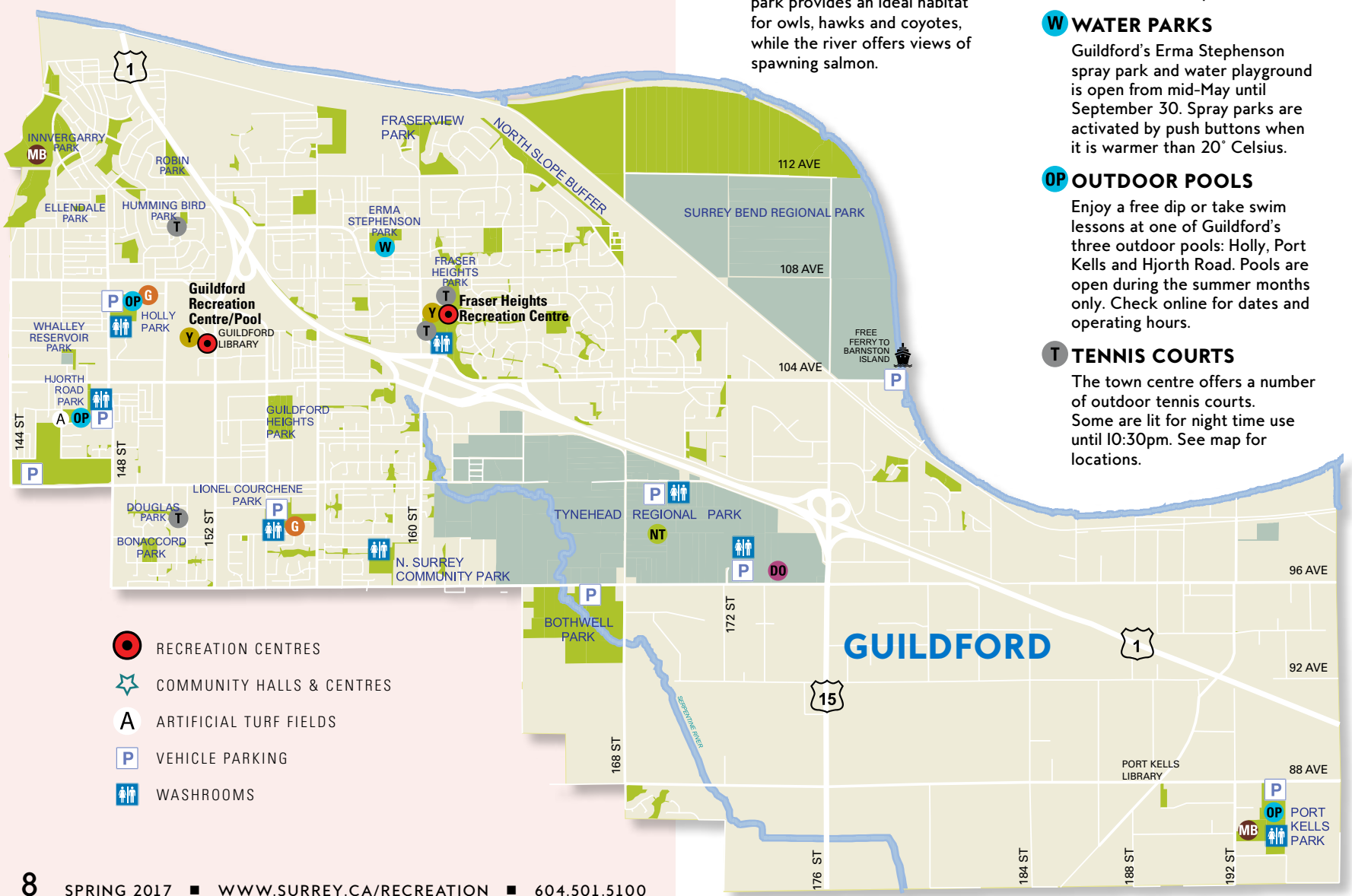
Guildford's Erma Stephenson spray park and water playground is open from mid-May until September 30. Spray parks are activated by push buttons when it is warmer than 20° Celsius.

### OP OUTDOOR POOLS

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

### T TENNIS COURTS

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





## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://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.

<b>Hours of Operation:</b> Monday to Friday 6:00am-10:00pm Saturday and Sunday 6:00am-8:00pm Statutory Holidays 8:00am-8:00pm  <b>Childminding Hours:</b> M 7:00am-11:00am 5:00pm-8:30pm Tu 8:00am-11:00am 5:00pm-8:00pm W 8:00am-11:00am Th 8:00am-11:00am 5:00pm-8:00pm F 8:00am-11:00am Sa 8:30am-1:00pm	<b>Pool:</b> 50 m Olympic size pool with 2 diving boards Moveable floor in the shallow end of the main pool Accessible leisure pool with slide for toddlers, water toys, spray features, lazy river Water slide Family friendly hot tub with wheelchair access Steam room Dry sauna Family change rooms Available for birthday parties and private bookings	<b>Arena:</b> There is no arena at this facility. The two closest arenas are: <b>North Surrey Recreation Centre</b> 10275 City Parkway <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway	<b>Gymnasium:</b> Three  <b>Weight Room:</b> 8,900 square feet equipped with radio, TV and free Wi-Fi Over 50 pieces of cardio equipment including treadmills, ellipticals, bikes and rowing machines. Over 20 pieces of strength training equipment including a functional training unit, TRX suspension trainers, kettlebells & weight machines Dumbbells up to 45 lbs Barbells up to 110 lbs Personal training available Wheelchair accessible	<b>Fitness Studio:</b> 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	<b>Preschool:</b> 2 preschool classrooms for licensed year-long preschool  <b>MYzone:</b> October - June M to F 3pm-6pm	<b>Youth Services:</b> Youth Lounge Drop-in Friday 6pm-9pm Saturday 4pm-9pm Outdoor youth skate park Pool table, ping pong tables in youth lounge	<b>Seniors Services:</b> Seniors Lounge Drop-in Monday to Friday 9am-3pm Senior's cafe
--	--	--	---	--	--	--	---

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

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

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

## FACILITY Rentals [www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

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

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



# Fleetwood

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## Welcome

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

## Our FACILITIES

<b>Fleetwood Community Centre</b>	15996 84 Avenue	<b>604-501-5030</b>
<b>Surrey Sport &amp; Leisure Complex</b>	16555 Fraser Hwy	<b>604-501-5950</b>
<b>Fleetwood Library</b>	15996 84 Avenue	<b>604-598-7340</b>

## Recreational Opportunities

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

### G GARDENS

#### Horticultural Gardens

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

### Y YOUTH PARKS

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

### DO DOG OFF-LEASH PARKS

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

### NT NATURE TRAILS

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

### W WATER PARKS

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

### T TENNIS COURTS

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



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



## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://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.

<b>Hours of Operation:</b> Monday to Friday 7:00am-10:00pm Saturday & Sunday 8:00am-5:00pm Closed on Statutory Holidays  <b>Weight Room Hours:</b> Monday to Friday 7:00am-10:00pm Saturday & Sunday 8:00am-5:00pm  <b>Childminding Hours:</b> Monday 6:00pm-8:45pm Thursday 5:30pm-9:00pm	<b>Pool:</b> There is no pool at this facility. The two closest pools are:  <b>Surrey Sport &amp; Leisure Complex</b> <b>Newton Recreation Centre</b> 13730 72 Avenue	<b>Arena:</b> There is no arena at this facility. The two closest arenas are:  <b>Surrey Sport &amp; Leisure Complex</b> <b>Newton Arena</b> 7120 136B Street	<b>Gymnasium:</b> None  <b>Weight Room:</b> 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	<b>Fitness Studio:</b> Two fitness rooms for group fitness classes.	<b>Preschool:</b> Two licensed preschool rooms  <b>MYzone:</b> October - June M to Th 3pm-6pm	<b>Youth Services:</b> Youth Drop-in Tuesday 6pm-9:30pm Thursday 6pm-10pm Fridays 6pm-10pm  Pre-teen Drop-in Tu, Th 4pm-6pm Fridays 3pm-10pm	<b>Seniors Services:</b> Senior's programs are held in multi-purpose rooms. There is no dedicated Senior's Lounge at this facility. The two closest are:  <b>Guildford Recreation Centre</b> 15105 105 Avenue  <b>Newton Seniors' Centre</b> 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.

<b>Hours of Operation:</b>  <b>Pool:</b> Monday to Friday 5:30am-10:00pm Saturday & Sunday 6:00am-10:00pm  <b>Weight Room:</b> Monday to Friday 5:30am-10:00pm Saturday & Sunday 7:00am-8:00pm  <b>Childminding:</b> Babies welcome. Parents must stay on-site while child in care. M 8:45am-12pm 5:45pm-8:45pm Tu 8:45am-12pm 5:45pm-8:45pm W 8:45am-1pm 5:45pm-8:45pm Th 8:45am-12pm 5:45pm-8:45pm F 8:45am-1pm Sa Closed Su 8:45am-12pm Holidays 8:00am to 8:00pm	<b>Pool:</b> 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	<b>Arena:</b> 3 full size rinks 3 multi-purpose rooms Wheelchair accessible on ground level Skate & helmet rental/skate sharpening	<b>Gymnasium:</b> None  <b>Weight Room:</b> 10,000 sq.ft. equipped with TV and free Wi-Fi Synrgy XM 360 Landmine, battle ropes, kettlebells, four TRX Treadmills, elliptical trainers, bikes, stair climbers, rowing machines, arc trainer, lateral-x, seated recumbent Atlantis Selectorized and Hammer Plate loaded weight training equipment Bosu balls, balance boards, stability balls, foam rollers, fit bands & medicine balls Stretching platform Precor stretch apparatus Dumbbells up to 100 lbs Barbells up to 85 lbs Personal training Wheelchair accessible	<b>Fitness Studio:</b> 2,000 square feet of fitness studio space  Yoga mats, yoga blocks, stability balls, resistance bands, bosu balls, step blocks	<b>Preschool:</b> Dedicated childminding classroom  <b>MYzone:</b> October - June There is no MYzone at this facility. The closest facility is:  <b>Fleetwood Community Centre</b> M to Th 3pm-6pm	<b>Youth Services:</b> Skate park	<b>Seniors Services:</b> There is no dedicated Senior's Lounge at this facility. The two closest are:  <b>Fleetwood Community Centre</b> <b>Guildford Recreation Centre</b> 15105 105 Avenue
---	---	--	--	---	--	--------------------------------------	---

## FACILITY Rentals [www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

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

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





# Newton

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

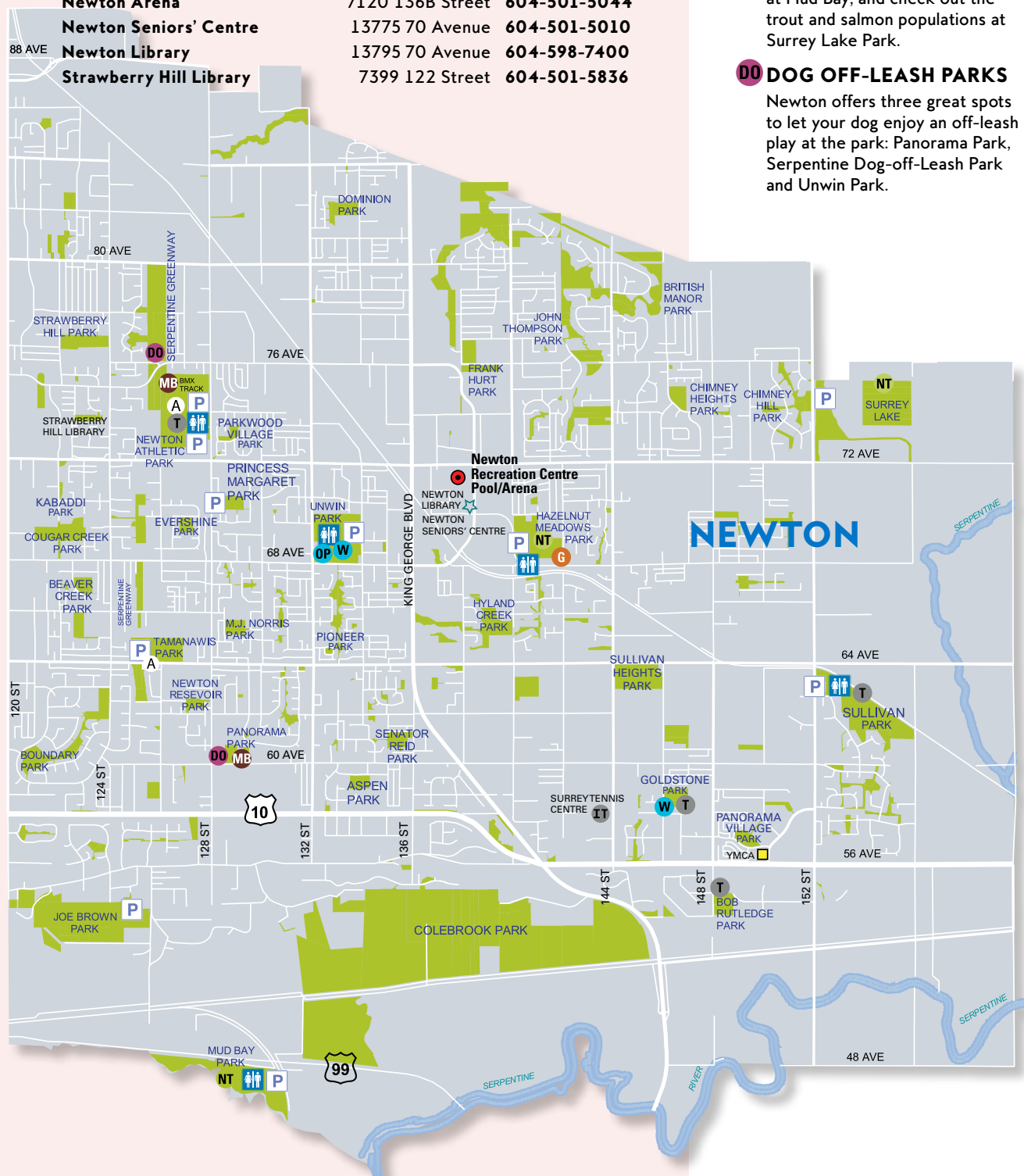


## Welcome

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

## Our FACILITIES

<b>Newton Recreation Centre/Pool</b>	13730 72 Avenue	<b>604-501-5540</b>
<b>Newton Arena</b>	7120 136B Street	<b>604-501-5044</b>
<b>Newton Seniors' Centre</b>	13775 70 Avenue	<b>604-501-5010</b>
<b>Newton Library</b>	13795 70 Avenue	<b>604-598-7400</b>
<b>Strawberry Hill Library</b>	7399 122 Street	<b>604-501-5836</b>



## Recreational Opportunities

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

### NT NATURE TRAILS

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

### DO DOG OFF-LEASH PARKS

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

### G GARDENS

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

### MB MOUNTAIN BIKING

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

### 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.

### IT INDOOR COURTS

Newton is home to the new Surrey Tennis Centre featuring six-year round indoor courts and six outdoor clay courts. For information and to register for tennis programs, call 778-591-2880 or visit [www.surreytenniscentre.com](http://www.surreytenniscentre.com)

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

## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://www.surrey.ca/econnect)

## FACILITY Amenities

### NEWTON RECREATION CENTRE 13730 72 Avenue 604-501-5540

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

#### EXPANSION PROJECT

Newton Recreation Centre will undergo an exciting state-of-the-art facility expansion to meet the growing needs of our community and provide an enhanced variety of programs and services.

**Fitness Centre Weight Room will remain open during construction. See drop-in fitness schedule for details. Pool/Gymnasium will be closed until Spring 2017.**

#### Hours of Operation

Monday-Saturday	6:00am-9:00pm
Sunday/Holidays	8:00am-8:00pm
M/W Women only	9:00pm-10:00pm

#### Pool:

Wave pool  
 Water slides (both enclosed & open)  
 Water fortress with cannons, jets and sprays  
 Sea Squirts Tot Pool (1-2ft depth)  
 Hot tub  
 Steam room

#### Arena:

**Newton Arena**  
 7120 136B Street across the parking lot  
 1 sheet of ice  
 17,000 square feet of exhibit space  
 Bench seating for 150  
 Score board with flexible scoring and timing capabilities  
 1 Meeting room  
 2 Multipurpose rooms  
 4 Multi-use dressing rooms  
 Wheel chair accessible on ground level  
 Skate & Helmet rental/  
 Skate Shop

#### Gymnasium:

One  
**Weight Room:**  
 5,000 square feet equipped with TV and free Wi-Fi  
 Over 40 pieces of cardio equipment  
 Hoist full-body circuit  
 Selectorized strength machines  
 Free weights, ranging from 5-100 lbs  
 Dedicated stretching area  
 Personal training available

#### Fitness Studio:

19 bikes, exercise balls, bender balls, steps, resistance bands, free weights  
 17 TRX training stations

#### Preschool:

1 preschool classroom for licensed year-long preschool

#### MYzone:

October - June  
 M to F 3pm-6pm

#### Youth Services:

Youth Lounge Drop-in  
 Closed during construction

#### Seniors Services:

*There is no seniors space at this facility. The two closest seniors' spaces are:*  
**Newton Seniors' Centre**  
**Fleetwood Community Centre**  
 15996 84 Avenue

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

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

**CLOSED FOR RENOVATION**  
 RE-OPENING SPRING 2017

#### Pool:

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

**Newton Recreation Centre**  
**Surrey Sport & Leisure Complex**  
 16555 Fraser Highway

#### Arena:

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

**Newton Arena**  
 7120 136B Street  
**Surrey Sport & Leisure Complex**  
 16555 Fraser Highway

#### Gymnasium:

None

#### Weight Room:

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

**Newton Recreation Centre**  
**Surrey Sport & Leisure Complex**  
 16555 Fraser Highway

#### Fitness Studio:

Fitness activities take place in the multi-purpose rooms.

#### Preschool:

*The closest preschool locations are:*

**Newton Recreation Centre**  
**Cloverdale Recreation Centre**  
 6188 176 Street

#### MYzone:

October - June  
*The closest facility is:*

**Newton Recreation Centre**

#### Youth Services:

*There is no youth centre at this facility. The two closest youth centres are:*

**Newton Recreation Centre**  
**Cloverdale Recreation Centre**  
 6188 176 Street

#### Seniors Services:

Seniors Drop-in:  
 Monday to Friday 9am-4pm  
 Saturday 12noon-4pm.

Cafeteria  
 Lounge  
 Auditorium with stage  
 Activity room  
 Computer lab  
 Billiards  
 Multi-purpose room  
 Meeting Room

## FACILITY Rentals

[www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

#### Newton Seniors' Centre 604-501-5010

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





# Cloverdale

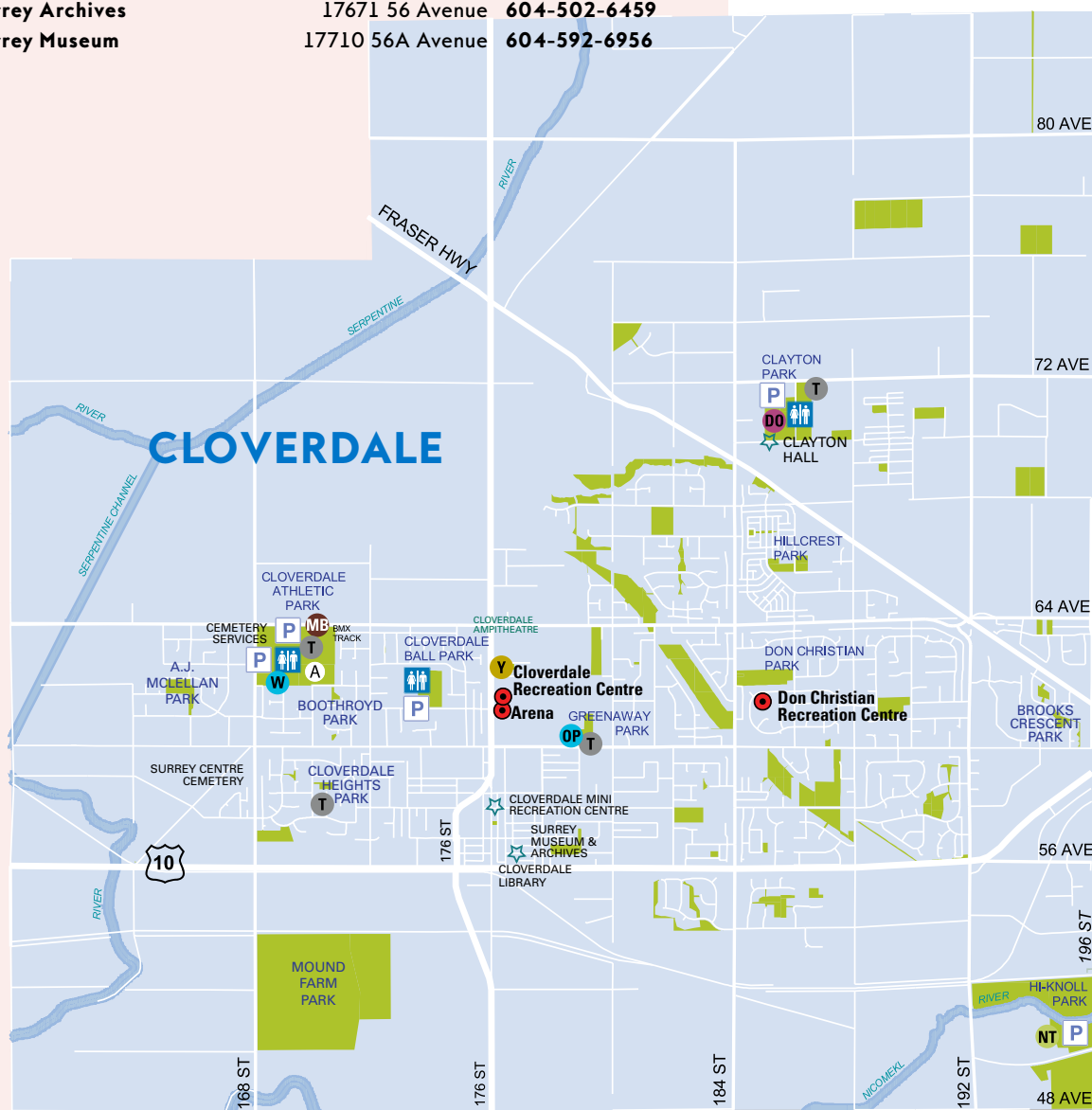
[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## 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	6188 176 Street	604-598-7960
Don Christian Rec Centre	6220 184 Street	604-502-6400
Cemetery Services	6348 168 Street	604-598-5770
Clayton Community Hall	18513 70 Avenue	604-502-6400
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



## Recreational Opportunities

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

### NT NATURE TRAILS

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

### MB MOUNTAIN BIKING

Located at the northwest corner of 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

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

### DO DOG OFF-LEASH PARKS

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

### W WATER PARKS

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

### OP OUTDOOR POOLS

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

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



## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://www.surrey.ca/econnect)

## FACILITY Amenities

### CLOVERDALE RECREATION CENTRE 6188 176 Street 604-598-7960

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

<b>Hours of Operation:</b> Monday to Friday 5:30am - 10:00pm Saturday 7:00am - 8:00pm Sunday 7:00am - 7:00pm Statutory Holidays 7:00am - 7:00pm	<b>Pool:</b> There is no pool at this facility. The two closest pools are: <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway <b>Grandview Heights</b> 16855 24 Avenue	<b>Arena:</b> <b>Clverdale Arena</b> 6090 176 Street one block away  1 sheet of ice Score board with flexible scoring & timing capabilities Bench seating for 250 4 multi-use dressing rooms 1 meeting room Concession stand with food & beverages Skate/Helmet rental/Skate sharpening Wheelchair accessible on ground floor	<b>Gymnasium: 3</b> <b>Weight Room:</b> 8,000 square feet equipped with TV and Wi-Fi  72 pieces of cardio equipment including spin bikes, ellipticals, treadmills, upright and recumbent bikes  20 pieces of strength training equipment including a Synrgy 360, weight machines and 2 squat racks  Dumbbells up to 75 lbs Wellness room with 24 spin bikes, TRX and functional training equipment including a power mill Personal training available Wheelchair accessible	<b>Fitness Studio:</b> 2,000 square feet of fitness studio space  Yoga mats, yoga blocks, stability balls, resistance bands, Bosu balls, step blocks	<b>Preschool:</b> 2 dedicated preschool classrooms  <b>MYzone:</b> October - June Tu, W, Th 3pm-6pm  Alternate location: <b>Clayton Elementary School</b> 7541 184 Street M, W, F 3pm-6pm	<b>Youth Services:</b> Outdoor covered skate park Outdoor sports courts Lounge Drop-in Monday 3pm-5pm Friday 3pm-10pm Saturday 4pm-8pm	<b>Seniors Services:</b> Seniors Drop-in: Monday to Friday 9am-4pm
---	---	---	--	---	---	--	--

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

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

<b>Hours of Operation:</b> Monday to Friday 8:30am - 4:30pm	<b>Pool:</b> There is no pool at this facility. The two closest pools are: <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway <b>Grandview Heights</b> 16855 24 Avenue	<b>Arena:</b> There is no arena at this facility. The two closest arenas are: <b>Clverdale Arena</b> 6090 176 Street <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway, #100	<b>Gymnasium:</b> None <b>Weight Room:</b> There is no weight room at this facility. The two closest are: <b>Clverdale Recreation Centre</b> <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway	<b>Fitness Studio:</b> There is no fitness studio at this facility. The two closest are: <b>Clverdale Recreation Centre</b> <b>Surrey Sport &amp; Leisure Complex</b> 16555 Fraser Highway	<b>Preschool:</b> 2 dedicated preschool classrooms  <b>MYzone:</b> October - June There is no MYzone at this facility. The closest facilities are: <b>Clverdale Recreation Centre</b> <b>Clayton Elementary School</b> 7541 184 Street	<b>Youth Services:</b> Drop-in hours for preteens and pre-teen dances.	<b>Seniors Services:</b> There is no seniors space at this facility. The two closest seniors' spaces are: <b>Clverdale Recreation Centre</b> <b>Fleetwood Community Centre</b> 15996 84 Avenue
--	---	--	---	--	--	---	--

## FACILITY Rentals [www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

**Clverdale Recreation Centre 604-598-7960**  
 Commercial and private groups, meetings, seminars, workshops or exhibits. The facility can accommodate large or small groups. 3 gymnasiums, multipurpose rooms, and meeting rooms. Rates vary.

**Clayton Hall 604-502-6400**  
 The community hall seats 130, kitchen facilities, stage and is in a park setting.

**Surrey Museum 604-592-6956**  
 Stunning, modern facility, with open, naturally lit rooms and 42-seat theatre for meetings, conferences, receptions, weddings, and parties.



## South Surrey

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

### 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.

### Our FACILITIES

<b>South Surrey Recreation &amp; Arts Centre</b>	14601 20 Avenue	<b>604-592-6970</b>
<b>Grandview Heights Aquatic Centre</b>	16855 24 Avenue	<b>604-590-7800</b>
<b>South Surrey Arena</b>	2199 148 Street	<b>604-502-6200</b>
<b>South Surrey Indoor Pool</b>	14655 17 Avenue	<b>604-502-6220</b>
<b>Elgin Centre</b>	3530 144 Street	<b>604-592-6970</b>
<b>Elgin Hall</b>	14250 Crescent Road	<b>604-592-2606</b>
<b>Historic Stewart Farm</b>	13723 Crescent Road	<b>604-592-6956</b>
<b>Kensington Prairie Community Centre</b>	16824 32 Avenue	<b>604-592-2606</b>
<b>Kwomais Point Park</b>	1367 128 Street	<b>604-592-2606</b>
<b>Meridian Centre</b>	2040 150 Street	<b>604-592-6970</b>
<b>Ocean Park Library</b>	12854 17 Avenue	<b>604-502-6304</b>
<b>Semiahmoo Library</b>	1815 152 Street	<b>604-592-6900</b>
<b>Sunnyside Hall</b>	1845 154 Street	<b>604-592-2606</b>

### Recreational Opportunities

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

#### G GARDENS

##### Horticultural Gardens

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

##### Community Gardens:

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

#### NT NATURE TRAILS

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

#### Y YOUTH PARKS

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

#### DO DOG OFF-LEASH PARKS

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

#### W WATER PARKS

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

#### OP OUTDOOR POOLS

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

#### MB MOUNTAIN & BMX BIKING

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

#### T TENNIS COURTS

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





## There's More!

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

## LOOK HERE FOR LISTINGS OF OUR REGISTERED PROGRAMS:

Aquatics.....	24 - 45
Arenas .....	46 - 50
Sports.....	51 - 57
Fitness & Wellness .....	59 - 64
Arts & General Interest.....	65 - 87

## 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](http://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.

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



<b>Hours of Operation:</b> Monday - Friday 6:00am - 10:00pm Saturday and Sunday 6:00am - 9:00pm	<b>Pool:</b> 10 lane 50 metre FINA Olympic size pool Leisure pool with spray & lazy river, waterslide, digital water screen Steam room, Sauna Family hot tubs, Adult hot tubs Moveable floor Diving platforms up to 10 metres in height Viewing deck for 900 people Universal change rooms	<b>Arena:</b> <i>There is no arena at this facility. The two closest arenas are:</i> <b>South Surrey Arena</b> 2199 148 Street <b>Cloverdale Arena</b> 6090 176 Street	<b>Gymnasium:</b> None <b>Weight Room:</b> 7,000 square feet Treadmills, elliptical, stair climbers, bikes, rowers, weight machines Free weights (5-75 lbs) Stretching area TRX, cables & pulleys for functional fitness training	<b>Fitness Studio:</b> <i>There is no fitness studio at this facility. The two closest fitness studios are:</i> <b>South Surrey Recreation Centre</b> <b>Cloverdale Recreation Centre</b> 6188 176 Street	<b>Preschool:</b> <i>There is no preschool. The two closest preschool spaces are:</i> <b>Kensington Prairie Community Centre</b> 16824 32 Avenue <b>South Surrey Recreation Centre</b> <b>MYzone:</b> Jan - June <b>Kensington Prairie</b> W 3pm-6pm <b>Grandview Heights</b> M, F 3pm-6pm	<b>Youth Services:</b> <i>There is no youth space at this facility. The closest youth space is:</i> <b>South Surrey Recreation Centre</b>	<b>Seniors Services:</b> <i>There is no seniors space at this facility. The two closest seniors' spaces are:</i> <b>South Surrey Recreation Centre</b> <b>Newton Seniors' Centre</b> 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.

<b>Hours of Operation:</b> Monday - Friday 6:00am - 10:00pm Saturday and Sunday 7:00am - 9:00pm	<b>Pool:</b> 37 meters 6 lanes Dive tank & diving boards Children's pool Tarzan rope Whirlpool 2 dry saunas	<b>Arena:</b> <i>There is no arena at this facility. The two closest arenas are:</i> <b>South Surrey Arena</b> 2199 148 Street <b>Newton Arena</b> 7120 136B Street	<b>Gymnasium:</b> None <b>Weight Room:</b> 4,100 square feet Cardio machines, upright bikes, recumbent bikes, Concept rowers, step machines, treadmills, ellipticals Weight machines, free weights, power rack, Smith machine Personal training	<b>Fitness Studio:</b> <i>There is no fitness studio at this facility. The two closest fitness studios are:</i> <b>South Surrey Recreation Centre</b> <b>Cloverdale Recreation Centre</b> 6188 176 Street	<b>Preschool:</b> <i>There is no preschool. The two closest preschool spaces are:</i> <b>South Surrey Recreation Centre</b> <b>Kensington Prairie Community Centre</b> 16824 32 Avenue <b>MYzone:</b> October - June <i>There is no MYzone. The closest facility is:</i> <b>South Surrey Recreation Centre</b>	<b>Youth Services:</b> <i>There is no youth space at this facility. The closest youth space is:</i> <b>South Surrey Recreation Centre</b>	<b>Seniors Services:</b> <i>There is no seniors space at this facility. The two closest seniors' spaces are:</i> <b>South Surrey Recreation Centre</b> <b>Newton Seniors' Centre</b> 13775 70 Avenue
---	--	--	--	---	--	---	--

**CLOSED FOR MAINTENANCE**  
**APRIL 24 - JUNE 19**

## FACILITY Rentals [www.surrey.ca/rentalspace](http://www.surrey.ca/rentalspace)

### Community Halls and Centres 604-592-2606

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

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

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

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

### Historic Stewart Farm 604-592-6956

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

### South Surrey Recreation & Arts Centre 604-592-6970

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

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

# Special Events

[www.surrey.ca/events](http://www.surrey.ca/events)

## Mark the Date!


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

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

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

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

## 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/city-government](http://www.surrey.ca/city-government). Public Hearing meetings are also televised on the Shaw Cable network (Channel 4).

FOR MORE WAYS TO CONNECT SEE PAGE 106

## WITH YOUR CITY!



### March 12 Sunday

12 noon-4pm

#### Family Sunday

**FREE**

Surrey Art Gallery  
[surrey.ca/familysunday](http://surrey.ca/familysunday)

All ages

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.

### March 18 Saturday

1pm-4pm

#### Celtic Fest

**FREE**

Surrey Museum

All ages

Get your Celtic on and celebrate the wearin' o' the green! You don't need to be a Finnegan or a MacDonald to take part in this lively event. Be entertained by captivating Celtic music and dancing and get creative with Celtic crafts.

### March 25 Saturday

9am-3pm

#### Active Aging Resource Fair

**55+**

Guildford Recreation Centre

The 55+ Active Aging Resource Fair is a collaborative and inclusive event that supports healthy, active aging across generations by encouraging lifelong community engagement and connecting participants with resources.

### Spring Open Houses

#### The Glades Garden

561 172 Street

Drop In, By donation

All ages

[www.surrey.ca/parks](http://www.surrey.ca/parks) | 604-501-5050  
[partnersinparks@surrey.ca](mailto:partnersinparks@surrey.ca)

Roam the gardens while looking up in awe at the 20-foot high rhododendrons ablaze in vivid spring colours. Learn about future plans for this park. Visit [www.surrey.ca/events](http://www.surrey.ca/events) for spring garden openings. No pets. Limited wheelchair access with bark mulch paths and moderate inclines.

### April-June Fridays

#### Family Nights In Cloverdale

**FREE**

Cloverdale Recreation Centre

#### FAMILY DATE NIGHT

Friday, April 21 5:00pm-7:00pm

Spring is in the air!! Join us for Spring themed crafts and activities.

#### FAMILY BBQ AT THE YOUTH PARK

Friday, June 16 4:30pm-7:30pm

Bring your blankets and chairs for a fun evening at the park! We will have music, hot dogs and activities. Bring your bikes, scooters and skateboards to try out the youth park at Cloverdale Recreation Centre.

Don Christian Recreation Centre

#### COUNTRY NIGHT

Friday, May 12 5:30pm-7:30pm

Join us for country music, crafts, activities and snacks!

#### FAMILY GAME NIGHT

Friday, June 9 5:30pm-7:30pm

Drop in for a fun night of games and activities for the whole family!

### April-June Wed

10:30am-12:30pm

#### Hot Lunch

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

**NORTH 1 Session Member \$0**

**Non-member \$7.50 All Ages**

W 10:30am-12:30pm Apr 26 4521089

W 10:30am-12:30pm May 24 4521090

W 10:30am-12:30pm Jun 28 4521091

Chuck Bailey Recreation Centre

### April 1 Saturday

11am-3pm

#### Seedy Saturday

**FREE**

Historic Stewart Farm

All ages

Calling all gardeners! Stop by the Farm's annual sale and seed exchange to purchase heritage vegetable, flower and herb seeds, fruit trees and nursery plants. Master Gardeners and other experts will be on hand to answer your gardening questions.



April 1 - June 24

11am-3pm Saturday

**Darts Hill Garden Saturday Strolls**

1633 170 Street  
Drop In, By donation **All ages**  
www.dartshill.ca | 604-501-5050  
partnersinparks@surrey.ca

Stroll through this "plantsman's" garden every Saturday this spring. Admire the blooming rhododendrons, azaleas and unique trees growing here. Purchase plants on the third Saturday of each month. No pets. Limited wheelchair access with gravel paths and moderate inclines.

April 8 Saturday

10am-12noon

**Family Easter Egg Hunt**



**Bridgeview Community Centre**  
Easter themed games and crafts followed by an Easter egg hunt for children 10 and under. There will be photo opportunities with a special guest!

April 8 Saturday

10am-3pm

**Early Years Festival**



**Chuck Bailey Recreation Centre**  
Join us for an interactive, healthy and fun-filled day designed for those who are expecting their first baby and children up to the age of 6. Activities include play areas, demonstrations, children's performers, creative areas, community partners and more!

April 15 Saturday

1pm-4pm

**Easter Fair**

**Surrey Museum All ages, by donation**  
Meet Easter cats, dogs, birds, reptiles, and of course, bunnies, as you visit with local animal rescue organizations. Hop around the galleries on an Easter egg scavenger hunt, spring into crafts and games, and get hands-on in the Kids Gallery.

April 15 Saturday

11am-3pm

**Old-Fashioned Easter**



**Historic Stewart Farm All ages**  
Practice your bunny hop at our annual Easter extravaganza. Little ones will have their face painted, make rabbit ears and compete in Bunny Olympics. Then hunt for brightly coloured eggs hidden throughout the farm.

April 22 Saturday

**Annual Vaisakhi Parade**



Marking the New Year, every April, millions of Sikhs world-wide celebrate Vaisakhi Day. Considered one of the most important festivals in the Sikh calendar, parades celebrating the event are held in Sikh communities around the world.

April 22-29

**Surrey Clean Sweep Week**



**Various locations & times**  
partnersinparks@surrey.ca | 604-501-5050  
Celebrate Earth Day and help beautify our community! Participate in Clean Sweep Week by organizing your own clean-up or drop-in to a Partners in Parks event. Visit www.surrey.ca/events for information, dates and locations.

April 26 Wednesday

6-8:30pm

**Adult Open House**

Join us for this fun and social event for adults 19 and up! Mingle over snacks and refreshments as you learn about our programs and services, play games and listen to music. End the night with an aquatic or land fitness session of your choice.

**GUILDFORD 1 Session \$7 19yrs+**  
W 6:00pm-8:30pm Apr 26 4528798  
Guildford Recreation Centre

April 29 & May 27

10am-4pm Saturday

**Darts Hill Garden Open House & Plant Sale**

1633 170 Street  
Drop In, By donation **All ages**  
www.dartshill.ca | 604-501-5050  
partnersinparks@surrey.ca

Wander the meandering paths and admire the dazzling spring colours. Ask gardening experts your questions, inquire about the garden, or purchase a plant at the plant sale. No pets. Limited wheelchair access with gravel paths and moderate inclines.

May 1 - 7

**Surrey Youth Week**

www.surrey.ca/youthweek

May 6 Saturday

**Surrey Youth Showcase**



**Guildford Recreation Centre**  
www.surrey.ca/sys  
Activities include: basketball tournament, street dance battle, hip hop showcase, DJs, airbrush tattoos, food trucks and prizes. Check out all the other cool events throughout the week.

# environmental EXTRAVAGANZA

20th Annual | April 22 - June 11  
Earth Day to World Oceans Day

Celebrate with us this spring as the Surrey Environmental Extravaganza turns 20! This award-winning collection of environmental events and programs are all FREE and are held throughout the City. Look for the Event Guide in early April - with over 100 events and programs there is something for everyone. We look forward to celebrating with you!

April 22 Saturday



10am-7pm

**Earth Day - Celebrate at**



www.surrey.ca/partyfortheplanet

City Hall Plaza | 13450 104 Avenue

The City of Surrey is a leader in Sustainability and will host a Party for the Planet, the biggest Earth Day celebration in BC. Party for the Planet is a day intended to inspire awareness for the Earth's natural environment and Surrey has a lot to be inspired by. This event will bring over 20,000 people to Surrey to celebrate and be educated on all things green.



April 29 Saturday

10am-1pm

**Arbor Day**



Hazeltown Park | 7080 190 Street

Celebrate Arbor Day by planting trees to help grow Surrey's urban forest! Join us for family fun including kids' activities, live music, educational displays, and tree planting of course! Rain or shine.



For info visit  
www.surrey.ca/extravaganza  
or call the Surrey Nature Centre  
604-502-6065

May 5 & May 29

10am-2pm



## Discovery Day

Drop-in

**Surrey Nature Centre** All ages  
14225 Green Timbers Way 604-502-6065  
[www.surrey.ca/naturecentre](http://www.surrey.ca/naturecentre)

Kick start your nature adventure with a Nature Guide in our Sky Room stocked with books, puppets, natural materials and opportunities for hands-on exploration. Stay, play and learn, then head outside to extend your adventure with discoveries in the forest.

May 6 Saturday

10:30am-4pm

## Sheep to Shawl Competition

All ages, by donation

Cheer on local teams as flying fingers spin and ply sheep's wool into yarn, then weave a beautiful shawl, all in four hours. Watch real sheep being sheared, try weaving and spinning yourself, and make woolly crafts with your kids.

May 8-13

## Emergency Preparedness Week



Knowing what to do when a disaster strikes will help you better control the situation and be in a position to recover more quickly.

Learn 4 steps:

- how to minimize hazards in the home
- what supplies are needed
- what to do during and after an emergency
- how to evacuate or shelter-in-place

Go to [www.surrey.ca/sep](http://www.surrey.ca/sep) for information about preparing your family for a disaster. All attendees will be entered into a draw for one family emergency preparedness kit (supplies a family of 4). The courses are free, a light refreshment will be provided, and registration is required.

**SOUTH** 1 Session All ages  
M 6:30pm-8:00pm May 8 4520089  
South Surrey Recreation & Arts Centre

**CLOVERDALE** 1 Session All ages  
Tu 7:00pm-8:30pm May 9 4525604  
Cloverdale Recreation Centre

**NORTH** 1 Session All ages  
W 7:00pm-8:30pm May 10 4525515  
Chuck Bailey Rec Centre

**FLEETWOOD** 1 Session All ages  
Th 7:00pm-8:30pm May 11 4517987  
Fleetwood Community Centre

**GUILDFORD** 1 Session All ages  
Sa 1:00pm-2:30pm May 13 4517978  
Guildford Recreation Centre

**NEWTON** 1 Session All ages  
Sa 10:00am-11:30am May 13 4525571  
Newton Seniors Centre

May 14 Sunday

10am-4pm

## Mother's Day at the Glades

Celebrate Mother's Day in a blooming woodland garden. Wander through the paths, pause by the ponds, and enjoy live music throughout this enchanting garden. Gourmet coffees, teas and hot chocolate will be available for purchase. This event also features a spring plant sale. No pets. Limited wheelchair access with bark mulch paths and moderate inclines. Parking is limited.

**SOUTH** 1 Session All ages  
Su 10:00am-4:00pm May 14 4518731  
The Glades Garden 561 172 Street

May 19 - 22

## Cloverdale Rodeo and Country Fair

**Cloverdale Fairgrounds** 6050A 176 Street  
[www.Cloverdalerodeo.com](http://www.Cloverdalerodeo.com)

Known for its top notch rodeo action, family friendly events and entertainment.

May 20 & June 17

1pm-4pm

## Discovery Saturdays

All ages, by donation

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

## READY TO RODEO Saturday, May 20

Get ready for the Cloverdale Rodeo! Learn to lasso and discover cow-folk crafts. Listen to western music and enjoy a country square dance performance.

## UKRAINIAN CULTURE Saturday, June 17

Join the local Ukrainian community as they share their music, dance and food. Design your own colourful Ukrainian egg, try your hand at traditional Ukrainian embroidery and make playdough pierogis.

May 21 Sunday

11am-3pm

## Royal Victorian Party



**Historic Stewart Farm** All ages

All hail her Majesty, the Queen! Enjoy this royal celebration with dancing, birthday cake and a chance to meet Queen Victoria herself. Future kings and queens are encouraged to dress the part.

May 25, 26 & 27

## Surrey International Children's Festival

**Surrey Arts Centre & Bear Creek Park**  
[www.surrey.ca/childrensfestival](http://www.surrey.ca/childrensfestival)

See international and national performers in Surrey! Get your tickets for one of these fantastic shows! Plus hands-on arts activities: circus skills, clay arts, animation arts, face painting and more!

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

## Aging In Place - Conference



**South Surrey Recreation & Arts Centre**  
[www.surrey.ca/seniors](http://www.surrey.ca/seniors)

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

The Aging in Place 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](http://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](http://www.surrey.ca/doorsopen)  
#surreydoorsopen

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

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 hot chocolate!

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

**CITYWIDE** 1 Session All ages  
Sa 2:00pm-3:30pm Jun 17 4518708  
Bakerview Park - 1845 154 Street

June 18 Sunday

11am-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.

June 21 Wednesday

3pm-8pm

## National Aboriginal Day Celebration



**Bridgeview Community Centre**

Come and join us in celebration of National Aboriginal Day 2017! Enjoy storytelling, crafts, dancing, singing, entertainment and a Family picnic-style BBQ.

June 24 Saturday

11am-2pm

## Park Play Palooza



**Holly Park 10706 148 Street** All ages  
[partnersinparks@surrey.ca](mailto: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](http://www.surrey.ca/events) for Park Play program details and summer schedule.





**RECREATION SURREY**  
Healthy Communities. Active Together.

*Active*  
**TOGETHER**

**EXPLORE  
HUNDREDS OF  
PROGRAMS  
ONLINE  
TODAY**

We believe in the power of recreation and play, and the positive impact it has on building strong, active, healthy communities.

A place where residents of all ages, backgrounds and abilities are inspired, connected and engaged for life.





# Birthday Parties

[www.surrey.ca/register](http://www.surrey.ca/register)

## Book a Party with us!

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

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

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

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

#### What is included in the party package?

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

#### What's NOT included?

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

#### How far in advance do I need to book?

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

#### When is payment due?

Full payment is due at the time of booking.

#### What is your cancellation policy?

If you wish to withdraw/cancel the birthday party within 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 12 children. Please let us know 2 weeks in advance of your party date if your expected attendance changes.

#### Does my infant count towards the number of children attending?

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

#### How many adults can I invite to the birthday party?

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

#### When can party organizer access the party space?

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

#### Can party organizer bring in outside entertainment?

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

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

#### Can a party organizer bring their own bouncy castle?

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

#### Can party organizer use the fridge/oven/stove?

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

#### Can party organizer bring alcohol?

No. Alcohol is not permitted under any circumstances.

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

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

## Birthday Party Packages

### Theme Parties

- A theme birthday party package of your choosing
- 2 or 4 hours of fun led by an activity leader *(Prices are listed for 2 hour party option)*
- 15 minutes of room set-up and clean-up before and after party
- Kitchen access and activity appropriate party room

#### SPORTS

3-12 years

\$121 up to 12 children  
\$187 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

\$121 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.

#### Nature

4-12 years

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

Location: SNC

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

#### All parties include

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

#### MINI-GYM

2-5 years

\$152 up to 12 children  
\$218 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

3-9 years

Prices Vary

Locations: KP

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

#### TEAM WRAP-UP

6-12 years

\$175.50 up to 24 children

Team affiliation proof required.

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

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

\*This party does not come with a leader.

#### Pre-Teen Dance

Gr 5-7

\$150 up to 10 children  
\$15/child 11-24 children

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

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

#### Package includes:

- 2 hour party
- Pizza and drinks
- Dance tickets



## Heritage-Style

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

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

**Location: HSF**

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

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

**Location: SM**

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

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

## Skating Parties 6-12 years

**\$193.25** Up to 12 Children  
**\$338.50** 13-24 Children [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 clean-up 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 deck for 2 hours
- Tables and chairs set up
- 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 12 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)

## Parties AT A GLANCE

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

Birthday parties are booked on a first come, first served basis. Please allow 3-5 business days for a response to your request. If your desired party date is within two weeks of today, please note that requests are not guaranteed, but we will do our best to accommodate you.



# Aquatics

[www.surrey.ca/pools](http://www.surrey.ca/pools)

## Indoor Pools

There's always lots happening at Surrey's indoor pools. From leisure swims to special events, lessons, aquatic fitness and more, your entire family will get fit and have fun.

Find the latest schedules online at [www.surrey.ca/recreation](http://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

RE-OPENING SPRING 2017

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

CLOSED FOR MAINTENANCE  
APRIL 24 - JUNE 19

### SURREY SPORT & LEISURE COMPLEX

604-501-5950 16555 Fraser Highway

#### Family Change Rooms

Specifically for parents/guardians with young children.

#### Aquatic Fitness Programs

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

#### State-of-the-Art Fitness Centres

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

#### Personal Training

Private sessions and orientations for our fitness centres.

#### Birthday Parties

Thinking of what to do for your child's next birthday party? Cool off with a fun swimming party. See pages 22 - 23.

## Swim Lessons FOR ALL

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

### Red Cross Swim Preschool 4months - 5years

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

### Red Cross Swim Kids 5-12 years

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

### Adapted Programs

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

### Lifesavers Levels 1 - 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.

Recreation  
PASSCARD

The Recreation Passcard is mandatory and free of charge.



## Aquatic Fitness

### CLASS DESCRIPTIONS

FITNESS INTENSITY LEVEL: 1 - LOW 2 - LOW-MODERATE 3 - MODERATE 4 - MODERATE HIGH 5 - HIGH

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

### GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 Avenue

#### AQUATIC SWIM SCHEDULE

Effective: March 27 - June 30, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Hot Tub, Sauna and Steam Room	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-8:00pm	6:00am-8:00pm
Length Swim (25m)	6:00am-10:00pm	8:30am-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-9:00am 12noon-3:30pm	6:00am-9:00am 12noon-3:30pm	6:00am-9:00am 12noon-3:30pm	6:00am-9:00am 12noon-3:30pm	6:00am-9:00am 12noon-3:30pm	6:00am-9:00am 1:00pm-4:00pm	6:00am-9:00am 1:00pm-6:00pm
Public Swim (Limited pool space)	9:00am-12noon 3:30pm-10:00pm	9:00am-12noon 3:30pm-10:00pm	9:00am-12noon 3:30pm-10:00pm	9:00am-12noon 3:30pm-10:00pm	9:00am-12noon 3:30pm-8:00pm	9:00am-1:00pm 4:00pm-8:00pm	9:00am-1:00pm 6:00pm-8:00pm <i>No lanes from 6-8pm</i>
Youth Oriented Swim					8:00pm-10:00pm		
Diving Boards (Open intermittently)		7:00pm-9:00pm		7:00pm-9:00pm	8:00pm-10:00pm	1:00pm-4:00pm 7:00pm-8:00pm	1:00pm-6:00pm
Waterslide (Open intermittently)	7:00pm-10:00pm	7:00pm-10:00pm	7:00pm-10:00pm	7:00pm-10:00pm	5:00pm-10:00pm	1:00pm-8:00pm	1:00pm-8:00pm
Free Swim Lessons	Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admission still applies. Children under the age of 7 must be accompanied by an adult. Beginner levels only: Preschool 4-6; Swim Kids 1-4; Adult 1						1:00pm-1:30pm 1:30pm-2:00pm

#### AQUATIC FITNESS SCHEDULE

Aquacise Bootcamp	9:00am-10:00am	10:00am-10:45am	9:00am-10:00am	10:00am-10:45am		
Deep Water Aqua	8:00am-9:00am		8:00am-9:00am		8:00am-9:00am	
Water Walking	10:45am-11:30am		10:45am-11:30am		10:45am-11:30am	
Gentle Joints		11:00am-11:45am		11:00am-11:45am		
Shallow Water Aqua	7:00am-7:45am 7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	7:00am-7:45am 7:30pm-8:30pm	8:45am-9:45am 7:30pm-8:30pm	9:00am-10:00am	
*Registered & Drop-in			Mom & Baby Aqua 10:00am-10:45am	Prenatal Aqua 8:30pm-9:30pm		

#### FITNESS CENTRE SCHEDULE

Fitness Facility & Gymnasium	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	6:00am-10:00pm	8:00am-8:00pm	8:00am-8:00pm
------------------------------	----------------	----------------	----------------	----------------	----------------	---------------	---------------

Schedules Subject to Change.

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

### AQUATIC SWIM SCHEDULE

Effective March 27 - June 30, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Hours of Operation	6:00am-9:00pm	6:00am-10:00pm*	6:00am-9:00pm	6:00am-10:00pm*	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	6:00am-9:00am 12:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 1:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 12:30pm-4:00pm 6:00pm-7:30pm	6:00am-9:00am 1:30pm-4:00pm 6:00pm-9:00pm	7:00am-9:00am 1:00pm-9:00pm 5-7pm Limited pool space	8:00am-9:00am 1:00pm-5:00pm 5-6pm Pool Closed 6:00pm-9:00pm	
Length Swim (One lane in Pool, Hot Tub & Sauna)	6:00am-4:00pm 6:00pm-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	6:00am-9:00pm	7:00am-5:00pm 7:00pm-9:00pm	8:00am-5:00pm 6:00pm-9:00pm	
Adult Swim	7:30pm-9:00pm Deep End Closed	7:30pm-9:00pm	7:30pm-9:00pm Deep End Closed	7:30pm-9:00pm				
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 4:00pm-6:00pm	9:00am-1:30pm 4:00pm-6:00pm	9:00am-1:00pm	9:00am-1:00pm	
Senior's Swim	12:30pm-1:30pm		12:30pm-1:30pm		12:30pm-1:30pm			
Women & Girls only* Swim & Gym		9:00pm-10:00pm*		9:00pm-10:00pm*				
Value Swim Times	8:30am-3:00pm	6:00am-9:00am 8:30pm-10:00pm (9:00pm-10:00pm women's only)	8:30am-3:00pm 6:00pm-7:30pm	6:00am-9:00am 8:30pm-10:00pm (9:00pm-10:00pm women's only)	11:30pm-1:30pm 6:00pm-9:00pm	7:00am-9:00am (8:00pm-9:00pm teens only)	8:00am-9:00am	
Free Swim Lessons	6:30pm-7:00pm	Free swim lessons run on a first come first serve basis. Registration starts 30min prior to lesson. Public swim admission still applies. Children under the age of 7 must be accompanied by an adult. Beginner levels only: Preschool 4-6; Swim Kids 1-4; Adult 1					1:00pm-1:30pm	

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	9:30am-10:30am	8:15am-9:00am	9:30am-10:30am	8:15am-9:00am	9:30am-10:30am	8:15am-9:00am	
Deep Water Aqua		8:15am-9:00am		8:15am-9:00am			
Shallow Water Power 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		
Performance Swim Training (Adult Masters)			6:30am-7:30am		6:30am-7:30am		

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

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

### AQUATIC SWIM SCHEDULE

Schedule Effective January 3 - March 26, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Facility	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	7:00am-8:00pm	7:00am-8:00pm
Public Swim (all pools)	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	5:30am-9:00am 1:00pm-3:00pm	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	5:30am-9:00am 1:00pm-3:00pm	5:30am-9:00am 12noon-3:00pm 8:00pm-10:00pm	1:00pm-10:00pm	6:00am-9:00am 1:00pm-10:00pm
Leisure Pool Only Public Swim	9:00am-12noon 3:00pm-8:00pm	9:00am-1:00pm 3:00pm-8:00pm	9:00am-12noon 3:00pm-8:00pm	9:00am-1:00pm 3:00pm-8:00pm	9:00am-12noon 3:00pm-8:00pm	5:30am-1:00pm	6:00am-1:00pm
Hot Tub, Sauna and Steam Room	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	5:30am-10:00pm	6:00am-10:00pm
Length Swim (25m)	8:00am-10:00pm	5:30am-10:00pm	8:00am-10:00pm	5:30am-10:00pm	8:00am-10:00pm	8:00am-10:00pm	6:00am-10:00pm
Length Swim (50m)	5:30am-7:45am		5:30am-7:45am		5:30am-7:45am		
Youth Oriented Swim					8:00pm-10:00pm	8:00pm-10:00pm	
Adult Swim		8:30pm-10:00pm		8:30pm-10:00pm			
Diving Boards - Open intermittently between	8:00pm-10:00pm	8:00pm-10:00pm	8:00pm-10:00pm	8:00pm-10:00pm	8:30pm-10:00pm	1:00pm-10:00pm	1:00pm-6:00pm
Waterslide - Open intermittently between	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	7:30pm-10:00pm	1:00pm-10:00pm	1:00pm-10:00pm
Value Swim **	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm	11:00am-3:00pm		
Free Swim Lessons	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.					1:00pm-2:00pm	

Diving boards and Water slide are open intermittently between times listed. Birthday Parties available Saturdays and Sundays, call for more information. 160ft slide will not be open during lesson times. Height and age to use our slide, person must be 48" tall/taller and must be at least 7 years old. Single riders only on slide.

### AQUACISE SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquacise Shallow Water	10:00am-11:00am 8:15pm-9:00pm	6:00am-7:00am 8:00am-9:00am 12noon-1:00pm 7:30pm-8:30pm	10:00am-11:00am 8:15pm-9:00pm	6:00am-7:00am 8:00am-9:00am 7:30pm-8:30pm	10:00am-11:00am		8:00am-9:00am
Bollywood Shallow Aquacise				12noon-1:00pm			
Deep Water Aqua	9:00am-9:45am 7:15pm-8:15pm		9:00am-9:45am 7:15pm-8:15pm		9:00am-9:45am 7:15pm-8:15pm		
Aquacise Bootcamp		9:15am-10:15am		9:15am-10:15am		8:00am-9:00am	
Mom & Baby Aquacise**	1:00pm-1:45pm						
Water Walking		10:30am-11:15am		10:30am-11:15am			
Gentle Joints	11:15am-12noon		11:15am-12noon		11:15am-12noon		

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



## Newton Recreation Centre - Wave Pool 604-501-5540 13730 72 Avenue

AQUATIC SWIM SCHEDULE		RE-OPENING SPRING 2017					
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Value Rates Apply	11:00am - 3:00pm	11:00am - 3:00pm	11:00am - 3:00pm	6:00am - 8:30am	6:00am - 8:30am		8:00am - 8:30am 7:00pm - 8:00pm
Public Swim	1:30pm - 3:30pm** 6:00pm - 8:00pm	12:15pm - 3:30pm** 7:00pm - 8:30pm	1:30pm - 3:30pm** 6:00pm - 8:00pm	12:15pm - 3:30pm** 7:00pm - 8:30pm	12:30pm - 9:00pm	12:30pm - 9:00pm	12:30pm - 8:00pm
Circuit Swim 14yrs + 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
Parent & Tot Swim*	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am	9:00am - 11:30am		
Women's Only Swim*	8:00pm - 9:30pm <i>Lessons</i>		8:00pm - 9:30pm <i>Waves</i>			6:00am - 8:00am <i>Lessons &amp; Aquacise 7am</i>	

AQUATIC FITNESS SCHEDULE							
Seniors' Social - Swim & Aquacise	11:30am - 1:30pm		11:30am - 1:30pm		11:30am - 12:30pm		
Aquacise*	7:15am - 8:00am 9:15am - 10:00am <i>No evening class</i>	7:15am - 8:00am 9:15am - 10:00am 8:30pm - 9:15pm	7:15am - 8:00am 9:15am - 10:00am <i>No evening class</i>	7:15am - 8:00am 9:15am - 10:00am 8:30pm - 9:15pm	7:15am - 8:00am 9:15am - 10:00am		
Seniors Aquacise	11:30am - 12:30pm		11:30am - 12:30pm		11:30am - 12:30pm		

FITNESS CENTRE SCHEDULE							
Co-ed Weight Room	6:00am - 9:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 9:30pm	6:00am - 9:00pm	6:00am - 9:00pm	8:00am - 8:00pm
Women's Only Weight Room	9:00pm - 10:00pm		9:00pm - 10:00pm				
Drop-In Fitness Classes	Go online or see the Drop-In Schedule for a full listing of drop-in group fitness classes available at the Newton Recreation Centre						

\*No waves or slides are available during these swim times (Adult Swim, Aquacise, Parent & Tot, Seniors Social, Saturday Women's Only/lessons) \*During circuit swim: one lane is available during lessons schedule. Intermittent lane closures may happen. \*\*Intermittent waterslides during these swim times (Mon - Thurs afternoon Public 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. The schedule will change on long weekends and holidays. Schedule subject to change, please call ahead to confirm hours of operation 604-501-5540. 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. Please call ahead when bringing a group. 604-501-5540

Value Rate Times: Include Weight room, gymnasium, wave pool, drop-in fitness: when available in the schedule. Subject to change.

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

**CLOSED FOR MAINTENANCE  
APRIL 24 - JUNE 19**

AQUATIC SWIM SCHEDULE							
PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Length Swim 13+ yrs*	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
Public Swim	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 6:30pm - 8:00pm	6:00am - 8:30am 1:30pm - 3:00pm 7:00pm - 10:00pm	8:00am - 9:30am 1:00pm - 4:00pm 6:00pm - 9:00pm	7:00am - 10:00am <i>Limited Main Pool Space</i> 1:00pm - 3:45pm 8:00pm - 9:00pm
Adult 19yrs+/Senior	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm 8:00pm - 10:00pm	12noon - 1:30pm	4:00pm - 5:00pm	10:00am - 12noon 4:00pm - 5:00pm
Parent & Tots ** 6 & under (+ public times)	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 5:00pm - 6:30pm	8:30am - 12noon 3:00pm - 7:00pm	5:00pm - 6:00pm	12noon - 1:00pm 5:00pm - 6:00pm
Adult Value Swims	9:00pm - 10:00pm	9:00pm - 10:00pm	9:00pm - 10:00pm	9:00pm - 10:00pm			

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 and Tot Pool space during Parent & Tot, swim lessons, and swim club practice times - space will be made available at the discretion of the lifeguard supervisor.

AQUATIC FITNESS SCHEDULE							
Aquacise	8:00am - 8:45am 9:15am - 10:00am	7:00am - 7:45am 8:15am - 9:00am 9:15am - 10:00am	8:00am - 8:45am 9:15am - 10:00am	7:00am - 7:45am 8:15am - 9:00am 9:15am - 10:00am	8:00am - 8:45am 9:15am - 10:00am	8:45am - 9:30am	9:00am - 9:45am
Aqua-bata <i>Shallow</i>	10:15am - 11:15am	7:00pm - 8:00pm	10:15am - 11:15am	7:00pm - 8:00pm	10:15am - 11:15am		
Water Running	8:00pm - 8:45pm	11:30am - 12:15pm	8:00pm - 8:45pm	11:30am - 12:15pm			
Deep Water Aqua	7:00am - 7:45am 9:15am - 10:00am	8:15am - 9:00am	7:00am - 7:45am 9:15am - 10:00am	8:15am - 9:00am	7:00am - 7:45am 9:15am - 10:00am	8:00am - 8:45am	8:00am - 8:45am
Water Walking	11:30am - 12:15pm	11:30am - 12:15pm	11:30am - 12:15pm	11:30am - 12:15pm	11:30am - 12:15pm		
Performance Training 13yrs+*		1:00pm - 2:00pm 8:00pm - 9:00pm		1:00pm - 2:00pm 8:00pm - 9:00pm			
MommyMoves Mom & Baby Aqua <i>Drop-In \$10.50</i>		1:30pm - 2:15pm					

Deep and Shallow Water Exercises may sometimes be combined dependent on attendance.

FITNESS CENTRE SCHEDULE							
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

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

### AQUATIC SWIM SCHEDULE

Schedule Effective March 27 - June 30, 2017

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 (25 m)	8:00am-10:00pm	6:00am-10:00pm	8:00am-10:00pm	6:00am-10:00pm	8:00am-10:00pm	6:00am-9:00pm	6:00am-6:00pm
Length Swim (50 m)	6:00am-7:30am		6:00am-7:30am		6:00am-7:30am		6:30pm-9:00pm
Diving Boards & Platforms*	7:30pm-9:00pm	8:15pm-9:00pm	7:30pm-9:00pm	8:15pm-9:00pm	7:30pm-9:00pm	1:00pm-8:00pm	1:00pm-5:30pm
Water Slides*	4:00pm-9:00pm	4:00pm-9:00pm	4:00pm-9:00pm	4:00pm-9:00pm	4:00pm-9:00pm	10:00am-8:00pm	10:00am-8:00pm
Inflatables					Last Saturday of each month	2:00pm-8:00pm	

### AQUATIC FITNESS SCHEDULE

Shallow Water Aqua	9:30am-10:30am <input checked="" type="checkbox"/> 8:00pm-9:00pm	8:00am-9:00am	9:30am-10:30am <input checked="" type="checkbox"/> 8:00pm-8:45pm	8:00am-9:00am	9:30am-10:30am <input checked="" type="checkbox"/>	8:00am-9:00am	
Deep Water Aqua	10:45am-11:30am	7:00am-7:45am 7:15pm-8:15pm	10:45am-11:30am	7:00am-7:45am 7:15pm-8:15pm	10:45am-11:30am		
Water Walking	8:30am-9:15am		8:30am-9:15am		8:30am-9:15am		

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



## SPECIAL THEMED Swims

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

### Easter Bash!

The Easter Bunny made a stop at our pool! Join us in the pool for an Easter egg hunt, crafts and games this Easter weekend.

<b>Regular Admission</b>	<b>All Ages</b>
<b>G</b>	Friday April 14 1:30pm-4:00pm
<b>NSIP</b>	Saturday April 15 1:30pm-4:00pm
<b>SSLC</b>	Sunday, April 16 1:30pm-4:00pm

### Lifejacket Day

Water Safety and Fun – In, on and around the water! Learn how & when to wear a lifejacket this summer!

<b>Regular Admission</b>	<b>All Ages</b>
<b>NSIP</b>	Thursday, May 18 6:00pm-7:30pm
<b>N</b>	Thursday, May 18 7:00pm-8:30pm

### Water Safety Week

Stay safe this summer! Come play some fun Water Safety games and enjoy being safe in, on and around the water this summer! Activities all week.

<b>Regular Admission</b>	<b>All Ages</b>
<b>G, N, NSIP, SSLC</b>	June 3-11 1:30pm-4:00pm

### School's Day Out Swim

Drop your books and grab your swim suit - head down to the pool to Splash into Summer.

<b>Regular Admission</b>	<b>All Ages</b>
<b>N</b>	Friday, June 30 1:30pm-4:00pm
<b>NSIP</b>	Saturday June 24 1:30pm-4:00pm
<b>SSIP</b>	Saturday June 24 1:30pm-4:00pm





SURREY PRESCHOOL SWIM LESSONS HAVE SWITCHED OVER TO RED CROSS SWIM PRESCHOOL

## REMINDER...

SOUTH SURREY HAS TWO POOLS IN OPERATION FOR SWIM LESSONS

PLEASE CHECK YOUR LOCATION BEFORE REGISTERING FOR LESSONS

## Parent Participation

### Family Lessons

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

<b>GUILDFORD</b>	<b>8 Sessions \$33</b>	<b>3yrs+</b>
F 5:30pm-6:00pm	May 5	4524265
Sa 10:45am-11:15am	May 6	4524277
<b>Guildford Recreation Centre</b>		
<b>NORTH</b>	<b>10 Sessions \$41</b>	<b>3yrs+</b>
Tu, Th 4:00pm-4:30pm	Mar 28	4517585
<b>NORTH</b>	<b>9 Sessions \$37</b>	<b>3yrs+</b>
M, W 4:30pm-5:00pm	Mar 27	4516270
<b>NORTH</b>	<b>8 Sessions \$33</b>	<b>3yrs+</b>
Sa-Su 10:30am-11:00am	Apr 1	4517586
Tu, Th 4:00pm-4:30pm	May 2	4517588
M, W 4:30pm-5:00pm	May 29	4517590
Tu, Th 4:00pm-4:30pm	May 30	4517591
Sa-Su 10:30am-11:00am	Jun 3	4517592
<b>NORTH</b>	<b>7 Sessions \$28.75</b>	<b>3yrs+</b>
M, W 4:30pm-5:00pm	May 1	4517587
<b>NORTH</b>	<b>6 Sessions \$24.75</b>	<b>3yrs+</b>
Sa-Su 10:30am-11:00am	May 6	4517589
<b>North Surrey Recreation Centre</b>		

### 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*

### 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.

<b>FLEETWOOD</b>	<b>10 Sessions \$41</b>	<b>4-36mos</b>
Tu, Th 8:30am-9:00am	Mar 28	4518475
Tu, Th 9:30am-10:00am	Mar 28	4521139
Tu, Th 6:00pm-6:30pm	Mar 28	4521142
Tu, Th 6:30pm-7:00pm	Mar 28	4521143
Tu, Th 8:30am-9:00am	May 2	4522742
Tu, Th 9:30am-10:00am	May 2	4522744
Tu, Th 6:00pm-6:30pm	May 2	4522746
Tu, Th 6:30pm-7:00pm	May 2	4522749
<b>FLEETWOOD</b>	<b>9 Sessions \$37</b>	<b>4-36mos</b>
M, W 8:30am-9:00am	Mar 27	4519719
M, W 9:30am-10:00am	Mar 27	4519720
M, W 5:30pm-6:00pm	Mar 27	4519721
M, W 6:00pm-6:30pm	Mar 27	4519722
F 8:30am-9:00am	Mar 31	4520594
F 9:30am-10:00am	Mar 31	4520595
F 5:30pm-6:00pm	Mar 31	4520596
F 6:00pm-6:30pm	Mar 31	4520599
M, W 8:30am-9:00am	May 1	4519835
M, W 9:30am-10:00am	May 1	4519836
M, W 5:30pm-6:00pm	May 1	4519837
M, W 6:00pm-6:30pm	May 1	4519839
<b>FLEETWOOD</b>	<b>8 Sessions \$33</b>	<b>4-36mos</b>
Sa-Su 10:00am-10:30am	Apr 1	4520058
Sa 11:15am-11:45am	Apr 1	4518773
Su 11:15am-11:45am	Apr 2	4521063
Sa-Su 10:00am-10:30am	May 6	4520259
<b>Sport &amp; Leisure Aquatics</b>		
<b>GUILDFORD</b>	<b>10 Sessions \$41</b>	<b>4-36mos</b>
Tu, Th 10:00am-10:30am	Mar 28	4522485
Tu, Th 6:00pm-6:30pm	Mar 28	4522486
<b>GUILDFORD</b>	<b>9 Sessions \$37</b>	<b>4-36mos</b>
M, W 6:30pm-7:00pm	Mar 27	4523131
<b>GUILDFORD</b>	<b>8 Sessions \$33</b>	<b>4-36mos</b>
M, W 6:30pm-7:00pm	May 1	4523288
Tu, Th 10:00am-10:30am	May 2	4523133
Tu, Th 6:00pm-6:30pm	May 2	4523134
F 10:30am-11:00am	May 5	4523140
F 6:00pm-6:30pm	May 5	4523145
M, W 6:30pm-7:00pm	May 29	4523136
Tu, Th 10:00am-10:30am	May 30	4523137
Tu, Th 6:00pm-6:30pm	May 30	4523138
Sa-Su 10:00am-10:30am	Jun 3	4523139
<b>GUILDFORD</b>	<b>7 Sessions \$28.75</b>	<b>4-36mos</b>
Sa-Su 10:00am-10:30am	Apr 1	4523148
Sa 10:45am-11:15am	May 6	4523291
<b>GUILDFORD</b>	<b>6 Sessions \$24.75</b>	<b>4-36mos</b>
Sa-Su 10:00am-10:30am	May 6	4523294
<b>Guildford Recreation Centre</b>		
<b>NEWTON</b>	<b>10 Sessions \$41</b>	<b>4-36mos</b>
Tu, Th 10:00am-10:30am	Mar 28	4524023
Tu, Th 6:00pm-6:30pm	Mar 28	4524032
Sa 10:00am-10:30am	Apr 1	4524253
Su 9:30am-10:00am	Apr 2	4524256
Sa-Su 9:45am-10:15am	May 13	4524249
Sa-Su 11:00am-11:30am	May 13	4524241
<b>NEWTON</b>	<b>9 Sessions \$37</b>	<b>4-36mos</b>
M, W 10:00am-10:30am	Mar 27	4523991



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

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

## 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 age-appropriate water safety skills. This class is un-parented.

NEWTON		8 Sessions \$33	4-36mos
Sa-Su	9:45am-10:15am	Apr 1	4524232
Sa-Su	11:00am-11:30am	Apr 1	4524235
Tu, Th	10:00am-10:30am	May 2	4524028
Tu, Th	6:00pm-6:30pm	May 2	4524030
M, W	10:00am-10:30am	May 29	4524019
Tu, Th	10:00am-10:30am	May 30	4524033
Tu, Th	6:00pm-6:30pm	May 30	4524035

**NEWTON 7 Sessions \$28.75 4-36mos**  
M, W 10:00am-10:30am May 1 4524012  
**Newton Recreation Centre**

NORTH		10 Sessions \$41	4-36mos
Tu, Th	3:00pm-3:30pm	Mar 28	4516372
Tu, Th	4:30pm-5:00pm	Mar 28	4516373

NORTH		9 Sessions \$37	4-36mos
M, W	11:30am-12noon	Mar 27	4516254
M, W	4:00pm-4:30pm	Mar 27	4516371

NORTH		8 Sessions \$33	4-36mos
Sa-Su	9:30am-10:00am	Apr 1	4516374
Sa-Su	10:30am-11:00am	Apr 1	4516375
Tu, Th	3:00pm-3:30pm	May 2	4516378
Tu, Th	4:30pm-5:00pm	May 2	4516379
M, W	11:30am-12noon	May 29	4516382
M, W	4:00pm-4:30pm	May 29	4516383
Tu, Th	3:00pm-3:30pm	May 30	4516384
Tu, Th	4:30pm-5:00pm	May 30	4516385
Sa-Su	9:30am-10:00am	Jun 3	4516386
Sa-Su	10:30am-11:00am	Jun 3	4516387

NORTH		7 Sessions \$28.75	4-36mos
M, W	11:30am-12noon	May 1	4516376
M, W	4:00pm-4:30pm	May 1	4516377

NORTH		6 Sessions \$24.75	4-36mos
Sa-Su	9:30am-10:00am	May 6	4516380
Sa-Su	10:30am-11:00am	May 6	4516381

**North Surrey Recreation Centre**

SOUTH		10 Sessions \$41	4-36mos
Tu, Th	9:30am-10:00am	Mar 28	4520260
Tu, Th	10:30am-11:00am	Mar 28	4521124
Tu, Th	4:30pm-5:00pm	Mar 28	4521125
Tu, Th	5:30pm-6:00pm	Mar 28	4521126

SOUTH		9 Sessions \$37	4-36mos
M, W	9:30am-10:00am	Mar 27	4521127
M, W	11:00am-11:30am	Mar 27	4521129
M, W	4:00pm-4:30pm	Mar 27	4521131
M, W	5:30pm-6:00pm	Mar 27	4521132
Sa	9:45am-10:15am	Apr 1	4521137
Sa	11:00am-11:30am	Apr 1	4521463
Su	9:45am-10:15am	Apr 2	4521138
Su	12:30pm-1:00pm	Apr 2	4521140

SOUTH		8 Sessions \$33	4-36mos
Tu, Th	9:30am-10:00am	May 2	4521149
Tu, Th	10:30am-11:00am	May 2	4521151
Tu, Th	4:30pm-5:00pm	May 2	4521153
Tu, Th	5:30pm-6:00pm	May 2	4521154
M, W	9:30am-10:00am	May 29	4521162
M, W	11:00am-11:30am	May 29	4521163
M, W	4:00pm-4:30pm	May 29	4521164
M, W	5:30pm-6:00pm	May 29	4521165
Tu, Th	9:30am-10:00am	May 30	4521166
Tu, Th	10:30am-11:00am	May 30	4521167
Tu, Th	4:30pm-5:00pm	May 30	4521168
Tu, Th	5:30pm-6:00pm	May 30	4521169

SOUTH		7 Sessions \$28.75	4-36mos
M, W	9:30am-10:00am	May 1	4521144
M, W	11:00am-11:30am	May 1	4521145
M, W	4:00pm-4:30pm	May 1	4521146
M, W	5:30pm-6:00pm	May 1	4521147

SOUTH		6 Sessions \$24.75	4-36mos
F	9:00am-9:30am	Mar 31	4521133
F	12:30pm-1:00pm	Mar 31	4521134
F	4:00pm-4:30pm	Mar 31	4521135
F	5:00pm-5:30pm	Mar 31	4521136
F	9:00am-9:30am	May 19	4521156
F	12:30pm-1:00pm	May 19	4521157
F	4:00pm-4:30pm	May 19	4521159
F	5:00pm-5:30pm	May 19	4521160

**Grandview Heights Aquatic Centre**

SOUTH		7 Sessions \$28.75	4-36mos
M, W	11:00am-11:30am	Mar 27	4524782

**South Surrey Indoor Pool**

FLEETWOOD		8 Sessions \$67	3-5yrs
M	3:15pm-3:45pm	Mar 27	4520811
Sa-Su	9:00am-9:30am	Apr 1	4518612
Sa-Su	9:30am-10:00am	Apr 1	4518613
Sa-Su	10:00am-10:30am	Apr 1	4518614
Sa-Su	10:30am-11:00am	Apr 1	4520061
Sa-Su	11:00am-11:30am	Apr 1	4520062
Sa-Su	11:30am-12noon	Apr 1	4520063
Sa-Su	12noon-12:30pm	Apr 1	4520064
Sa-Su	12:30pm-1:00pm	Apr 1	4520065
Sa	9:15am-9:45am	Apr 1	4518669
Sa	9:45am-10:15am	Apr 1	4518670
Sa	10:15am-10:45am	Apr 1	4518671
Sa	10:45am-11:15am	Apr 1	4518672
Sa	11:15am-11:45am	Apr 1	4518673
Sa	11:45am-12:15pm	Apr 1	4518674
Sa	12:15pm-12:45pm	Apr 1	4518675
Sa	12:45pm-1:15pm	Apr 1	4518676
Su	9:15am-9:45am	Apr 2	4520945
Su	9:45am-10:15am	Apr 2	4520946
Su	10:15am-10:45am	Apr 2	4520948
Su	10:45am-11:15am	Apr 2	4520949
Su	11:15am-11:45am	Apr 2	4520952
Su	11:45am-12:15pm	Apr 2	4520953
Su	12:15pm-12:45pm	Apr 2	4520956
Su	12:45pm-1:15pm	Apr 2	4520960
Sa-Su	9:00am-9:30am	May 6	4520251
Sa-Su	9:30am-10:00am	May 6	4520252
Sa-Su	10:00am-10:30am	May 6	4520253
Sa-Su	10:30am-11:00am	May 6	4520254
Sa-Su	11:00am-11:30am	May 6	4520255
Sa-Su	11:30am-12noon	May 6	4520256
Sa-Su	12noon-12:30pm	May 6	4520257
Sa-Su	12:30pm-1:00pm	May 6	4520258

### Sport & Leisure Aquatics

GUILDFORD		10 Sessions \$83.75	3-5yrs
Tu, Th	12noon-12:30pm	Mar 28	4521656
Tu, Th	3:30pm-4:00pm	Mar 28	4521666
Tu, Th	4:00pm-4:30pm	Mar 28	4521738
Tu, Th	5:00pm-5:30pm	Mar 28	4521740
Tu, Th	5:30pm-6:00pm	Mar 28	4521743
Tu, Th	6:00pm-6:30pm	Mar 28	4521746
Tu, Th	6:30pm-7:00pm	Mar 28	4521749

GUILDFORD		9 Sessions \$75.25	3-5yrs
M, W	3:30pm-4:00pm	Mar 27	4521768
M, W	4:00pm-4:30pm	Mar 27	4521770
M, W	4:30pm-5:00pm	Mar 27	4521772
M, W	5:30pm-6:00pm	Mar 27	4521773
M, W	6:00pm-6:30pm	Mar 27	4521779
M, W	6:30pm-7:00pm	Mar 27	4521786

GUILDFORD		8 Sessions \$67	3-5yrs
Tu, Th	12noon-12:30pm	May 2	4521797
Tu, Th	3:30pm-4:00pm	May 2	4521799
Tu, Th	4:00pm-4:30pm	May 2	4521800
Tu, Th	5:00pm-5:30pm	May 2	4521801
Tu, Th	5:30pm-6:00pm	May 2	4521803
Tu, Th	6:00pm-6:30pm	May 2	4521806
Tu, Th	6:30pm-7:00pm	May 2	4521809
F	10:00am-10:30am	May 5	4521881
F	3:30pm-4:00pm	May 5	4521882
F	4:30pm-5:00pm	May 5	4521896
M, W	3:30pm-4:00pm	May 29	4521816
M, W	4:00pm-4:30pm	May 29	4521820
M, W	4:30pm-5:00pm	May 29	4521824
M, W	5:30pm-6:00pm	May 29	4521833
M, W	6:00pm-6:30pm	May 29	4521837
M, W	6:30pm-7:00pm	May 29	4521845
Tu, Th	12noon-12:30pm	May 30	4521854
Tu, Th	3:30pm-4:00pm	May 30	4521856
Tu, Th	4:00pm-4:30pm	May 30	4521858
Tu, Th	5:00pm-5:30pm	May 30	4521860
Tu, Th	5:30pm-6:00pm	May 30	4521864
Tu, Th	6:00pm-6:30pm	May 30	4521867
Tu, Th	6:30pm-7:00pm	May 30	4521869
Sa-Su	9:00am-9:30am	Jun 3	4521872
Sa-Su	9:30am-10:00am	Jun 3	4521873
Sa-Su	10:30am-11:00am	Jun 3	4521875
Sa-Su	11:30am-12noon	Jun 3	4521876
Sa-Su	12noon-12:30pm	Jun 3	4521877
Sa-Su	12:30pm-1:00pm	Jun 3	4521879

GUILDFORD		7 Sessions \$58.75	3-5yrs
Sa-Su	9:00am-9:30am	Apr 1	4521905
Sa-Su	9:30am-10:00am	Apr 1	4521910
Sa-Su	10:30am-11:00am	Apr 1	4521912
Sa-Su	11:30am-12noon	Apr 1	4521914
Sa-Su	12noon-12:30pm	Apr 1	4521915
Sa-Su	12:30pm-1:00pm	Apr 1	4521916
M, W	3:30pm-4:00pm	May 1	4522253
M, W	4:00pm-4:30pm	May 1	4522264
M, W	4:30pm-5:00pm	May 1	4522265
M, W	5:30pm-6:00pm	May 1	4522311
M, W	6:00pm-6:30pm	May 1	4522312
M, W	6:30pm-7:00pm	May 1	4522314
Sa	9:45am-10:15am	May 6	4522315
Sa	11:45am-12:15pm	May 6	4522316
Su	10:15am-10:45am	May 7	4522317
Su	11:45am-12:15pm	May 7	4522319

GUILDFORD		6 Sessions \$50.50	3-5yrs
Sa-Su	9:00am-9:30am	May 6	4522322
Sa-Su	9:30am-10:00am	May 6	4522323
Sa-Su	10:30am-11:00am	May 6	4522324
Sa-Su	11:30am-12noon	May 6	4522325
Sa-Su	12noon-12:30pm	May 6	4522332
Sa-Su	12:30pm-1:00pm	May 6	4522334

**Guildford Recreation Centre**

NEWTON		10 Sessions \$83.75	3-5yrs
Tu, Th	9:30am-10:00am	Mar 28	4524077
Tu, Th	4:00pm-4:30pm	Mar 28	4524094
Tu, Th	4:30pm-5:00pm	Mar 28	4524096
Tu, Th	5:00pm-5:30pm	Mar 28	4524097
Tu, Th	6:00pm-6:30pm	Mar 28	4524099
Tu, Th	6:30pm-7:00pm	Mar 28	4524102
Sa	8:30am-9:00am	Apr 1	4524371
Sa	9:00am-9:30am	Apr 1	4524373
Sa	10:00am-10:30am	Apr 1	4524375
Sa	10:30am-11:00am	Apr 1	4524376
Sa	11:30am-12noon	Apr 1	4524379
Su	9:00am-9:30am	Apr 2	4524381
Su	10:00am-10:30am	Apr 2	4524382
Su	10:30am-11:00am	Apr 2	4524383
Su	11:00am-11:30am	Apr 2	4524384
Sa-Su	9:00am-9:30am	May 13	4524298
Sa-Su	9:30am-10:00am	May 13	4524339
Sa-Su	10:00am-10:30am	May 13	4524341
Sa-Su	11:00am-11:30am	May 13	4524350
Sa-Su	11:30am-12noon	May 13	4524357
Sa-Su	12noon-12:30pm	May 13	4524362

NEWTON		9 Sessions \$75.25	3-5yrs
M, W	9:30am-10:00am	Mar 27	4523956
M, W	3:30pm-4:00pm	Mar 27	4523992
M, W	4:30pm-5:00pm	Mar 27	4523993



<b>NORTH</b>		<b>10 Sessions \$83.75</b>	<b>3-5yrs</b>
Tu, Th	9:30am-10:00am	Mar 28	4516766
Tu, Th	3:00pm-3:30pm	Mar 28	4516767
Tu, Th	3:30pm-4:00pm	Mar 28	4516768
Tu, Th	4:00pm-4:30pm	Mar 28	4516769
Tu, Th	5:00pm-5:30pm	Mar 28	4516770
Tu, Th	5:30pm-6:00pm	Mar 28	4516771

<b>NORTH</b>		<b>9 Sessions \$75.25</b>	<b>3-5yrs</b>
M, W	9:00am-9:30am	Mar 27	4516256
M, W	3:00pm-3:30pm	Mar 27	4516761
M, W	3:30pm-4:00pm	Mar 27	4516763
M, W	4:00pm-4:30pm	Mar 27	4516764
M, W	5:00pm-5:30pm	Mar 27	4516765

<b>NORTH</b>		<b>8 Sessions \$67</b>	<b>3-5yrs</b>
Sa-Su	9:00am-9:30am	Apr 1	4516772
Sa-Su	10:00am-10:30am	Apr 1	4516773
Sa-Su	10:30am-11:00am	Apr 1	4516774
Sa-Su	11:30am-12noon	Apr 1	4516775
Sa-Su	12noon-12:30pm	Apr 1	4516776
Sa-Su	12:30pm-1:00pm	Apr 1	4516777
Tu, Th	9:30am-10:00am	May 2	4516783
Tu, Th	3:00pm-3:30pm	May 2	4516784
Tu, Th	3:30pm-4:00pm	May 2	4516785
Tu, Th	4:00pm-4:30pm	May 2	4516786
Tu, Th	5:00pm-5:30pm	May 2	4516787
Tu, Th	5:30pm-6:00pm	May 2	4516788
F	10:00am-10:30am	May 5	4516789
F	3:00pm-3:30pm	May 5	4516790
F	4:00pm-4:30pm	May 5	4516791
F	5:00pm-5:30pm	May 5	4516792
M, W	9:00am-9:30am	May 29	4516806
M, W	3:00pm-3:30pm	May 29	4516807
M, W	3:30pm-4:00pm	May 29	4516808
M, W	4:00pm-4:30pm	May 29	4516809
M, W	5:00pm-5:30pm	May 29	4516810
Tu, Th	9:30am-10:00am	May 30	4516811
Tu, Th	3:00pm-3:30pm	May 30	4516812
Tu, Th	3:30pm-4:00pm	May 30	4516813
Tu, Th	4:00pm-4:30pm	May 30	4516814
Tu, Th	5:00pm-5:30pm	May 30	4516815
Tu, Th	5:30pm-6:00pm	May 30	4516816
Sa-Su	9:00am-9:30am	Jun 3	4516817
Sa-Su	10:00am-10:30am	Jun 3	4516818
Sa-Su	10:30am-11:00am	Jun 3	4516819
Sa-Su	11:30am-12noon	Jun 3	4516820
Sa-Su	12noon-12:30pm	Jun 3	4516821
Sa-Su	12:30pm-1:00pm	Jun 3	4516822

<b>NORTH</b>		<b>7 Sessions \$58.75</b>	<b>3-5yrs</b>
M, W	9:00am-9:30am	May 1	4516778
M, W	3:00pm-3:30pm	May 1	4516779
M, W	3:30pm-4:00pm	May 1	4516780
M, W	4:00pm-4:30pm	May 1	4516781
M, W	5:00pm-5:30pm	May 1	4516782
Sa	9:00am-9:30am	May 6	4516800
Sa	10:00am-10:30am	May 6	4516801
Sa	10:30am-11:00am	May 6	4516802
Sa	11:30am-12noon	May 6	4516803
Sa	12noon-12:30pm	May 6	4516804
Sa	12:30pm-1:00pm	May 6	4516805

<b>NORTH</b>		<b>6 Sessions \$50.50</b>	<b>3-5yrs</b>
Sa-Su	9:00am-9:30am	May 6	4516793
Sa-Su	10:00am-10:30am	May 6	4516794
Sa-Su	10:30am-11:00am	May 6	4516795
Sa-Su	11:30am-12noon	May 6	4516797
Sa-Su	12noon-12:30pm	May 6	4516798
Sa-Su	12:30pm-1:00pm	May 6	4516799

**North Surrey Recreation Centre**

<b>SOUTH</b>		<b>10 Sessions \$83.75</b>	<b>3-5yrs</b>
Tu, Th	10:00am-10:30am	Mar 28	4520261
Tu, Th	11:00am-11:30am	Mar 28	4521170
Tu, Th	3:30pm-4:00pm	Mar 28	4521171
Tu, Th	4:00pm-4:30pm	Mar 28	4521172
Tu, Th	4:30pm-5:00pm	Mar 28	4521173
Tu, Th	5:00pm-5:30pm	Mar 28	4521174
Tu, Th	6:00pm-6:30pm	Mar 28	4521175
Tu, Th	6:30pm-7:00pm	Mar 28	4521176

<b>SOUTH</b>		<b>9 Sessions \$75.25</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Mar 27	4521210
M, W	10:30am-11:00am	Mar 27	4521211
M, W	3:30pm-4:00pm	Mar 27	4521212
M, W	4:00pm-4:30pm	Mar 27	4521213
M, W	4:30pm-5:00pm	Mar 27	4521214
M, W	5:00pm-5:30pm	Mar 27	4521215
M, W	6:00pm-6:30pm	Mar 27	4521216
M, W	6:30pm-7:00pm	Mar 27	4521217
Sa	9:00am-9:30am	Apr 1	4521465
Sa	9:30am-10:00am	Apr 1	4521466
Sa	10:00am-10:30am	Apr 1	4521467
Sa	10:30am-11:00am	Apr 1	4521474
Sa	11:00am-11:30am	Apr 1	4521475
Sa	11:30am-12noon	Apr 1	4521476
Sa	12noon-12:30pm	Apr 1	4521480
Sa	12:30pm-1:00pm	Apr 1	4521481
Su	9:00am-9:30am	Apr 2	4521269
Su	9:30am-10:00am	Apr 2	4521270
Su	10:00am-10:30am	Apr 2	4521271
Su	10:30am-11:00am	Apr 2	4521272
Su	11:00am-11:30am	Apr 2	4521273
Su	11:30am-12noon	Apr 2	4521274
Su	12noon-12:30pm	Apr 2	4521326
Su	12:30pm-1:00pm	Apr 2	4521329

<b>SOUTH</b>		<b>8 Sessions \$67</b>	<b>3-5yrs</b>
Tu, Th	10:00am-10:30am	May 2	4521177
Tu, Th	11:00am-11:30am	May 2	4521178
Tu, Th	3:30pm-4:00pm	May 2	4521179
Tu, Th	4:00pm-4:30pm	May 2	4521180
Tu, Th	4:30pm-5:00pm	May 2	4521181
Tu, Th	5:00pm-5:30pm	May 2	4521182
Tu, Th	6:00pm-6:30pm	May 2	4521183
Tu, Th	6:30pm-7:00pm	May 2	4521184
M, W	10:00am-10:30am	May 29	4521226
M, W	10:30am-11:00am	May 29	4521227
M, W	3:30pm-4:00pm	May 29	4521228
M, W	4:00pm-4:30pm	May 29	4521229
M, W	4:30pm-5:00pm	May 29	4521230
M, W	5:00pm-5:30pm	May 29	4521231
M, W	6:00pm-6:30pm	May 29	4521232
M, W	6:30pm-7:00pm	May 29	4521233
Tu, Th	10:00am-10:30am	May 30	4521185
Tu, Th	11:00am-11:30am	May 30	4521186
Tu, Th	3:30pm-4:00pm	May 30	4521187
Tu, Th	4:00pm-4:30pm	May 30	4521188
Tu, Th	4:30pm-5:00pm	May 30	4521189
Tu, Th	5:00pm-5:30pm	May 30	4521190
Tu, Th	6:00pm-6:30pm	May 30	4521191
Tu, Th	6:30pm-7:00pm	May 30	4521192

<b>SOUTH</b>		<b>7 Sessions \$58.75</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	May 1	4521218
M, W	10:30am-11:00am	May 1	4521219
M, W	3:30pm-4:00pm	May 1	4521220
M, W	4:00pm-4:30pm	May 1	4521221
M, W	4:30pm-5:00pm	May 1	4521222
M, W	5:00pm-5:30pm	May 1	4521223
M, W	6:00pm-6:30pm	May 1	4521224
M, W	6:30pm-7:00pm	May 1	4521225

<b>SOUTH</b>		<b>6 Sessions \$50.50</b>	<b>3-5yrs</b>
F	10:30am-11:00am	Mar 31	4521234
F	11:30am-12noon	Mar 31	4521235
F	3:30pm-4:00pm	Mar 31	4521236
F	4:30pm-5:00pm	Mar 31	4521237
F	5:30pm-6:00pm	Mar 31	4521238
F	6:30pm-7:00pm	Mar 31	4521239
F	10:30am-11:00am	May 19	4521245
F	11:30am-12noon	May 19	4521246
F	3:30pm-4:00pm	May 19	4521247
F	4:30pm-5:00pm	May 19	4521248
F	5:30pm-6:00pm	May 19	4521267
F	6:30pm-7:00pm	May 19	4521268

**Grandview Heights Aquatic Centre**

<b>SOUTH</b>		<b>8 Sessions \$67</b>	<b>3-5yrs</b>
Tu, Th	10:30am-11:00am	Mar 28	4523300
Tu, Th	3:00pm-3:30pm	Mar 28	4523301
Tu, Th	3:30pm-4:00pm	Mar 28	4523302
Tu, Th	4:00pm-4:30pm	Mar 28	4523304
Tu, Th	9:30pm-10:00pm	Mar 28	4523299

<b>SOUTH</b>		<b>7 Sessions \$58.75</b>	<b>3-5yrs</b>
M, W	9:30am-10:00am	Mar 27	4517307
M, W	10:30am-11:00am	Mar 27	4519770
M, W	3:00pm-3:30pm	Mar 27	4519771
M, W	3:30pm-4:00pm	Mar 27	4519772
M, W	4:00pm-4:30pm	Mar 27	4519773

**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.

<b>FLEETWOOD</b>		<b>10 Sessions \$75.25</b>	<b>3-5yrs</b>
Tu, Th	9:00am-9:30am	Mar 28	4519756
Tu, Th	10:00am-10:30am	Mar 28	4521148
Tu, Th	10:30am-11:00am	Mar 28	4521150
Tu, Th	11:00am-11:30am	Mar 28	4521152
Tu, Th	11:30am-12noon	Mar 28	4521288
Tu, Th	12:30pm-1:00pm	Mar 28	4521155
Tu, Th	3:00pm-3:30pm	Mar 28	4521158
Tu, Th	3:30pm-4:00pm	Mar 28	4521161
Tu, Th	4:00pm-4:30pm	Mar 28	4521275
Tu, Th	4:30pm-5:00pm	Mar 28	4521276
Tu, Th	5:00pm-5:30pm	Mar 28	4521277
Tu, Th	5:30pm-6:00pm	Mar 28	4521284
Tu, Th	6:00pm-6:30pm	Mar 28	4521285
Tu, Th	6:30pm-7:00pm	Mar 28	4521286
Tu, Th	7:00pm-7:30pm	Mar 28	4521287
Tu	4:45pm-5:15pm	Mar 28	4523293
Tu	5:15pm-5:45pm	Mar 28	4523295
Tu	6:30pm-7:00pm	Mar 28	4523296
Tu, Th	9:00am-9:30am	May 2	4522765
Tu, Th	10:00am-10:30am	May 2	4522766
Tu, Th	10:30am-11:00am	May 2	4522768
Tu, Th	11:00am-11:30am	May 2	4522769
Tu, Th	11:30am-12noon	May 2	4522770
Tu, Th	12:30pm-1:00pm	May 2	4522771
Tu, Th	3:00pm-3:30pm	May 2	4522773
Tu, Th	3:30pm-4:00pm	May 2	4522774
Tu, Th	4:00pm-4:30pm	May 2	4522775
Tu, Th	4:30pm-5:00pm	May 2	4522776
Tu, Th	5:00pm-5:30pm	May 2	4522778
Tu, Th	5:30pm-6:00pm	May 2	4522780
Tu, Th	6:00pm-6:30pm	May 2	4522781
Tu, Th	6:30pm-7:00pm	May 2	4522782
Tu, Th	7:00pm-7:30pm	May 2	4522783

<b>FLEETWOOD</b>		<b>9 Sessions \$75.25</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Mar 27	4519757
M, W	10:30am-11:00am	Mar 27	4519758
M, W	11:00am-11:30am	Mar 27	4519759
M, W	11:30am-12noon	Mar 27	4519760
M, W	12:30pm-1:00pm	Mar 27	4519761
M, W	3:00pm-3:30pm	Mar 27	4519762
M, W	3:30pm-4:00pm	Mar 27	4519763
M, W	4:00pm-4:30pm	Mar 27	4519764
M, W	4:30pm-5:00pm	Mar 27	4519765
M, W	5:00pm-5:30pm	Mar 27	4519766
M, W	5:30pm-6:00pm	Mar 27	4519767
M, W	6:00pm-6:30pm	Mar 27	4519768
M, W	6:30pm-7:00pm	Mar 27	4519769
M, W	7:00pm-7:30pm	Mar 27	4519787
F	9:00am-9:30am	Mar 31	4520614
F	10:00am-10:30am	Mar 31	4520616
F	10:30am-11:00am	Mar 31	4520619
F	11:00am-11:30am	Mar 31	4520620
F	11:30am-12noon	Mar 31	4520622
F	12:30pm-1:00pm	Mar 31	4520623
F	3:00pm-3:30pm	Mar 31	4520624
F	3:30pm-4:00pm	Mar 31	4520626
F	4:00pm-4:30pm	Mar 31	4520627
F	4:30pm-5:00pm	Mar 31	4520628
F	5:00pm-5:30pm	Mar 31	4520629
F	5:30pm-6:00pm	Mar 31	4520630
F	6:00pm-6:30pm	Mar 31	4520632
F	6:30pm-7:00pm	Mar 31	4520633
F	7:00pm-7:30pm	Mar 31	4520634
M, W	9:00am-9:30am	May 1	4519873
M, W	10:00am-10:30am	May 1	4519874
M, W	10:30am-11:00am	May 1	4519875
M, W	11:00am-11:30am	May 1	4519876
M, W	11:30am-12noon	May 1	4519879
M, W	12:30pm-1:00pm	May 1	4519880
M, W			



<b>GUILDFORD 7 Sessions \$58.75 3-5yrs</b>				
Sa-Su	9:00am-9:30am	Apr 1	4522454	
Sa-Su	9:30am-10:00am	Apr 1	4522456	
Sa-Su	10:30am-11:00am	Apr 1	4522458	
Sa-Su	11:30am-12noon	Apr 1	4522459	
Sa-Su	12noon-12:30pm	Apr 1	4522461	
Sa-Su	12:30pm-1:00pm	Apr 1	4522462	
M, W	3:30pm-4:00pm	May 1	4522463	
M, W	4:00pm-4:30pm	May 1	4522464	
M, W	4:30pm-5:00pm	May 1	4522465	
M, W	5:30pm-6:00pm	May 1	4522466	
M, W	6:00pm-6:30pm	May 1	4522467	
M, W	6:30pm-7:00pm	May 1	4522468	
Sa	9:15am-9:45am	May 6	4522469	
Sa	10:15am-10:45am	May 6	4522471	
Sa	11:15am-11:45am	May 6	4522470	
Su	9:15am-9:45am	May 7	4522472	
<b>GUILDFORD 6 Sessions \$50.50 3-5yrs</b>				
Sa-Su	9:00am-9:30am	May 6	4522474	
Sa-Su	9:30am-10:00am	May 6	4522476	
Sa-Su	10:30am-11:00am	May 6	4522477	
Sa-Su	11:30am-12noon	May 6	4522478	
Sa-Su	12noon-12:30pm	May 6	4522479	
Sa-Su	12:30pm-1:00pm	May 6	4522480	

**Guildford Recreation Centre**

<b>NEWTON 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	10:30am-11:00am	Mar 28	4524659	
Tu, Th	3:30pm-4:00pm	Mar 28	4524660	
Tu, Th	4:30pm-5:00pm	Mar 28	4524662	
Tu, Th	5:00pm-5:30pm	Mar 28	4524668	
Tu, Th	5:30pm-6:00pm	Mar 28	4524669	
Sa	9:30am-10:00am	Apr 1	4524758	
Sa	10:00am-10:30am	Apr 1	4524767	
Sa	11:30am-12noon	Apr 1	4524771	
Su	8:30am-9:00am	Apr 2	4524775	
Su	9:30am-10:00am	Apr 2	4524776	
Su	10:30am-11:00am	Apr 2	4524778	
Su	11:00am-11:30am	Apr 2	4524779	
Sa-Su	9:30am-10:00am	May 13	4524710	
Sa-Su	10:00am-10:30am	May 13	4524712	
Sa-Su	10:30am-11:00am	May 13	4524714	
Sa-Su	11:00am-11:30am	May 13	4524715	
Sa-Su	11:30am-12noon	May 13	4524717	
<b>NEWTON 9 Sessions \$75.25 3-5yrs</b>				
M, W	10:30am-11:00am	Mar 27	4524386	
M, W	3:30pm-4:00pm	Mar 27	4524388	
M, W	4:00pm-4:30pm	Mar 27	4524389	
M, W	4:30pm-5:00pm	Mar 27	4524391	
M, W	5:00pm-5:30pm	Mar 27	4524392	

<b>NEWTON 8 Sessions \$67 3-5yrs</b>				
Sa-Su	9:30am-10:00am	Apr 1	4524697	
Sa-Su	10:00am-10:30am	Apr 1	4524698	
Sa-Su	10:30am-11:00am	Apr 1	4524693	
Sa-Su	11:00am-11:30am	Apr 1	4524700	
Sa-Su	11:30am-12noon	Apr 1	4524701	
Tu, Th	10:30am-11:00am	May 2	4524670	
Tu, Th	3:30pm-4:00pm	May 2	4524672	
Tu, Th	4:30pm-5:00pm	May 2	4524676	
Tu, Th	5:00pm-5:30pm	May 2	4524680	
Tu, Th	5:30pm-6:00pm	May 2	4524682	
M, W	10:30am-11:00am	May 29	4524567	
M, W	3:30pm-4:00pm	May 29	4524651	
M, W	4:00pm-4:30pm	May 29	4524653	
M, W	4:30pm-5:00pm	May 29	4524656	
M, W	5:00pm-5:30pm	May 29	4524658	
Tu, Th	10:30am-11:00am	May 30	4524685	
Tu, Th	3:30pm-4:00pm	May 30	4524686	
Tu, Th	4:30pm-5:00pm	May 30	4524687	
Tu, Th	5:00pm-5:30pm	May 30	4524688	
Tu, Th	5:30pm-6:00pm	May 30	4524690	
<b>NEWTON 7 Sessions \$58.75 3-5yrs</b>				
M, W	10:30am-11:00am	May 1	4524402	
M, W	3:30pm-4:00pm	May 1	4524403	
M, W	4:00pm-4:30pm	May 1	4524407	
M, W	4:30pm-5:00pm	May 1	4524477	
M, W	5:00pm-5:30pm	May 1	4524565	

**Newton Recreation Centre**

<b>NORTH 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	10:00am-10:30am	Mar 28	4516828	
Tu, Th	3:00pm-3:30pm	Mar 28	4516829	
Tu, Th	3:30pm-4:00pm	Mar 28	4516830	
Tu, Th	4:30pm-5:00pm	Mar 28	4516831	
Tu, Th	5:00pm-5:30pm	Mar 28	4516832	
Tu, Th	5:30pm-6:00pm	Mar 28	4516833	

<b>NORTH 9 Sessions \$75.25 3-5yrs</b>				
M, W	11:00am-11:30am	Mar 27	4516260	
M, W	3:00pm-3:30pm	Mar 27	4516823	
M, W	3:30pm-4:00pm	Mar 27	4516824	
M, W	4:30pm-5:00pm	Mar 27	4516825	
M, W	5:00pm-5:30pm	Mar 27	4516826	
M, W	5:30pm-6:00pm	Mar 27	4516827	

<b>NORTH 8 Sessions \$67 3-5yrs</b>				
Sa-Su	9:00am-9:30am	Apr 1	4516834	
Sa-Su	9:30am-10:00am	Apr 1	4516835	
Sa-Su	10:00am-10:30am	Apr 1	4516836	
Sa-Su	10:30am-11:00am	Apr 1	4516837	
Sa-Su	11:00am-11:30am	Apr 1	4516838	
Sa-Su	12noon-12:30pm	Apr 1	4516839	
Sa-Su	12:30pm-1:00pm	Apr 1	4516840	
Tu, Th	10:00am-10:30am	May 2	4516847	
Tu, Th	3:00pm-3:30pm	May 2	4516848	
Tu, Th	3:30pm-4:00pm	May 2	4516849	
Tu, Th	4:30pm-5:00pm	May 2	4516850	
Tu, Th	5:00pm-5:30pm	May 2	4516851	
Tu, Th	5:30pm-6:00pm	May 2	4516852	
F	10:30am-11:00am	May 5	4516853	
F	3:00pm-3:30pm	May 5	4516854	
F	3:30pm-4:00pm	May 5	4516855	
F	4:30pm-5:00pm	May 5	4516856	
F	5:30pm-6:00pm	May 5	4516857	
M, W	11:00am-11:30am	May 29	4516871	
M, W	3:00pm-3:30pm	May 29	4516872	
M, W	3:30pm-4:00pm	May 29	4516873	
M, W	4:30pm-5:00pm	May 29	4516874	
M, W	5:00pm-5:30pm	May 29	4516875	
M, W	5:30pm-6:00pm	May 29	4516876	
Tu, Th	10:00am-10:30am	May 30	4516877	
Tu, Th	3:00pm-3:30pm	May 30	4516878	
Tu, Th	3:30pm-4:00pm	May 30	4516879	
Tu, Th	4:30pm-5:00pm	May 30	4516880	
Tu, Th	5:00pm-5:30pm	May 30	4516881	
Tu, Th	5:30pm-6:00pm	May 30	4516882	
Sa-Su	9:00am-9:30am	Jun 3	4516883	
Sa-Su	9:30am-10:00am	Jun 3	4516884	
Sa-Su	10:00am-10:30am	Jun 3	4516885	
Sa-Su	10:30am-11:00am	Jun 3	4516886	
Sa-Su	11:00am-11:30am	Jun 3	4516887	
Sa-Su	12noon-12:30pm	Jun 3	4516888	
Sa-Su	12:30pm-1:00pm	Jun 3	4516889	
<b>NORTH 7 Sessions \$58.75 3-5yrs</b>				
M, W	11:00am-11:30am	May 1	4516841	
M, W	3:00pm-3:30pm	May 1	4516842	
M, W	3:30pm-4:00pm	May 1	4516843	
M, W	4:30pm-5:00pm	May 1	4516844	
M, W	5:00pm-5:30pm	May 1	4516845	
M, W	5:30pm-6:00pm	May 1	4516846	
Sa	9:00am-9:30am	May 6	4516865	
Sa	10:00am-10:30am	May 6	4516866	
Sa	10:30am-11:00am	May 6	4516867	
Sa	11:30am-12noon	May 6	4516868	
Sa	12noon-12:30pm	May 6	4516869	
Sa	12:30pm-1:00pm	May 6	4516870	
<b>NORTH 6 Sessions \$50.50 3-5yrs</b>				
Sa-Su	9:00am-9:30am	May 6	4516858	
Sa-Su	9:30am-10:00am	May 6	4516859	
Sa-Su	10:00am-10:30am	May 6	4516860	
Sa-Su	10:30am-11:00am	May 6	4516861	
Sa-Su	11:00am-11:30am	May 6	4516862	
Sa-Su	12noon-12:30pm	May 6	4516863	
Sa-Su	12:30pm-1:00pm	May 6	4516864	

<b>North Surrey Recreation Centre</b>				
<b>SOUTH 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	9:30am-10:00am	Mar 28	4520262	
Tu, Th	10:30am-11:00am	Mar 28	4521082	
Tu, Th	3:30pm-4:00pm	Mar 28	4521331	
Tu, Th	4:30pm-5:00pm	Mar 28	4521332	
Tu, Th	5:00pm-5:30pm	Mar 28	4521333	
Tu, Th	6:00pm-6:30pm	Mar 28	4521334	
Tu, Th	7:00pm-7:30pm	Mar 28	4521335	
<b>SOUTH 9 Sessions \$75.25 3-5yrs</b>				
M, W	10:00am-10:30am	Mar 27	4521356	
M, W	10:30am-11:00am	Mar 27	4521359	
M, W	3:30pm-4:00pm	Mar 27	4521360	
M, W	4:00pm-4:30pm	Mar 27	4521361	
M, W	4:30pm-5:00pm	Mar 27	4521362	
M, W	5:00pm-5:30pm	Mar 27	4521363	
M, W	6:00pm-6:30pm	Mar 27	4521364	
M, W	7:00pm-7:30pm	Mar 27	4521370	

Sa	9:30am-10:00am	Apr 1	4521413	
Sa	10:00am-10:30am	Apr 1	4521429	
Sa	10:30am-11:00am	Apr 1	4521437	
Sa	11:00am-11:30am	Apr 1	4521438	
Sa	11:30am-12noon	Apr 1	4521440	
Sa	12:30pm-1:00pm	Apr 1	4521445	
Su	9:30am-10:00am	Apr 2	4521446	
Su	10:00am-10:30am	Apr 2	4521448	
Su	10:30am-11:00am	Apr 2	4521449	
Su	11:00am-11:30am	Apr 2	4521450	
Su	11:30am-12noon	Apr 2	4521451	
Su	12:30pm-1:00pm	Apr 2	4521453	

<b>SOUTH 8 Sessions \$67 3-5yrs</b>				
Tu, Th	9:30am-10:00am	May 2	4521336	
Tu, Th	10:30am-11:00am	May 2	4521337	
Tu, Th	3:30pm-4:00pm	May 2	4521338	
Tu, Th	4:30pm-5:00pm	May 2	4521339	
Tu, Th	5:00pm-5:30pm	May 2	4521340	
Tu, Th	6:00pm-6:30pm	May 2	4521341	
Tu, Th	7:00pm-7:30pm	May 2	4521342	
M, W	10:00am-10:30am	May 29	4521381	
M, W	10:30am-11:00am	May 29	4521382	
M, W	3:30pm-4:00pm	May 29	4521383	
M, W	4:00pm-4:30pm	May 29	4521385	
M, W	4:30pm-5:00pm	May 29	4521386	
M, W	5:00pm-5:30pm	May 29	4521387	
M, W	6:00pm-6:30pm	May 29	4521389	
M, W	7:00pm-7:30pm	May 29	4521390	
Tu, Th	9:30am-10:00am	May 30	4521344	
Tu, Th	10:30am-11:00am	May 30	4521345	
Tu, Th	3:30pm-4:00pm	May 30	4521346	
Tu, Th	4:30pm-5:00pm	May 30	4521347	
Tu, Th	5:00pm-5:30pm	May 30	4521348	
Tu, Th	6:00pm-6:30pm	May 30	4521350	
Tu, Th	7:00pm-7:30pm	May 30	4521351	

<b>SOUTH 7 Sessions \$58.75 3-5yrs</b>				
M, W	10:00am-10:30am	May 1	4521371	
M, W	10:30am-11:00am	May 1	4521372	
M, W	3:30pm-4:00pm	May 1	4521373	
M, W	4:00pm-4:30pm	May 1	4521374	
M, W	4:30pm-5:00pm	May 1	4521375	
M, W	5:00pm-5:30pm	May 1	4521376	
M, W	6:00pm-6:30pm	May 1	4521377	
M, W	7:00pm-7:30pm	May 1	4521378	
<b>SOUTH 6 Sessions \$50.50 3-5yrs</b>				
F	10:00am-10:30am	Mar 31	4521391	
F	12noon-12:30pm	Mar 31	4521392	
F	3:30pm-4:00pm	Mar 31	4521394	
F	4:00pm-4:30pm	Mar 31	4521399	
F	4:30pm-5:00pm	Mar 31	4521400	
F	5:00pm-5:30pm	Mar 31	4521401	
F	6:00pm-6:30pm	Mar 31	4521402	
F	7:00pm-7:30pm	Mar 31	4521403	
F	10:00am-10:30am	May 19	4521405	
F	12noon-12:30pm	May 19	4521406	
F	3:30pm-4:00pm	May 19	4521407	
F	4:00pm-4:30pm	May 19	4521408	
F	4:30pm-5:00pm	May 19	4521409	
F	5:00pm-5:30pm	May 19	4521410	
F	6:00pm-6:30pm	May 19	4521411	
F	7:00pm-7			



<b>FLEETWOOD 8 Sessions \$67 3-5yrs</b>				
M	4:45pm-5:15pm	Mar 27	4520815	
Sa-Su	9:00am-9:30am	Apr 1	4518477	
Sa-Su	9:30am-10:00am	Apr 1	4520090	
Sa-Su	10:30am-11:00am	Apr 1	4520091	
Sa-Su	11:00am-11:30am	Apr 1	4520105	
Sa-Su	11:30am-12:00pm	Apr 1	4520108	
Sa-Su	12:00pm-12:30pm	Apr 1	4520110	
Sa-Su	12:30pm-1:00pm	Apr 1	4520113	
Sa	9:15am-9:45am	Apr 1	4517572	
Sa	9:45am-10:15am	Apr 1	4518685	
Sa	10:45am-11:15am	Apr 1	4518686	
Sa	11:15am-11:45am	Apr 1	4518687	
Sa	12:15pm-12:45pm	Apr 1	4518689	
Su	9:15am-9:45am	Apr 2	4520979	
Su	9:45am-10:15am	Apr 2	4520980	
Su	10:45am-11:15am	Apr 2	4520982	
Su	11:15am-11:45am	Apr 2	4520983	
Su	11:45am-12:15pm	Apr 2	4520984	
Su	12:15pm-12:45pm	Apr 2	4520990	
Su	12:45pm-1:15pm	Apr 2	4520991	
Sa-Su	9:00am-9:30am	May 6	4520236	
Sa-Su	9:30am-10:00am	May 6	4520237	
Sa-Su	10:30am-11:00am	May 6	4520238	
Sa-Su	11:00am-11:30am	May 6	4520239	
Sa-Su	11:30am-12:00pm	May 6	4520240	
Sa-Su	12:00pm-12:30pm	May 6	4520241	
Sa-Su	12:30pm-1:00pm	May 6	4520242	

**Sport & Leisure Aquatics**

<b>GUILDFORD 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	12:30pm-1:00pm	Mar 28	4523303	
Tu, Th	3:30pm-4:00pm	Mar 28	4523305	
Tu, Th	4:30pm-5:00pm	Mar 28	4523306	
Tu, Th	5:30pm-6:00pm	Mar 28	4523307	
Tu, Th	6:30pm-7:00pm	Mar 28	4523308	
<b>GUILDFORD 9 Sessions \$75.25 3-5yrs</b>				
M, W	3:30pm-4:00pm	Mar 27	4523311	
M, W	4:30pm-5:00pm	Mar 27	4523317	
M, W	5:30pm-6:00pm	Mar 27	4523318	
<b>GUILDFORD 8 Sessions \$67 3-5yrs</b>				
Tu, Th	12:30pm-1:00pm	May 2	4523321	
Tu, Th	3:30pm-4:00pm	May 2	4523323	
Tu, Th	4:30pm-5:00pm	May 2	4523324	
Tu, Th	5:30pm-6:00pm	May 2	4523326	
Tu, Th	6:30pm-7:00pm	May 2	4523327	
F	12:00pm-12:30pm	May 5	4523348	
F	5:30pm-6:00pm	May 5	4523349	
M, W	3:30pm-4:00pm	May 29	4523329	
M, W	4:30pm-5:00pm	May 29	4523330	
M, W	5:30pm-6:00pm	May 29	4523331	
Tu, Th	12:30pm-1:00pm	May 30	4523332	
Tu, Th	3:30pm-4:00pm	May 30	4523333	
Tu, Th	4:30pm-5:00pm	May 30	4523334	
Tu, Th	5:30pm-6:00pm	May 30	4523335	
Tu, Th	6:30pm-7:00pm	May 30	4523336	
Sa-Su	9:30am-10:00am	Jun 3	4523337	
Sa-Su	10:30am-11:00am	Jun 3	4523340	
Sa-Su	11:30am-12:00pm	Jun 3	4523341	
Sa-Su	12:30pm-1:00pm	Jun 3	4523342	

<b>GUILDFORD 7 Sessions \$58.75 3-5yrs</b>				
Sa-Su	9:30am-10:00am	Apr 1	4523350	
Sa-Su	10:30am-11:00am	Apr 1	4523352	
Sa-Su	11:30am-12:00pm	Apr 1	4523354	
Sa-Su	12:30pm-1:00pm	Apr 1	4523356	
M, W	3:30pm-4:00pm	May 1	4523358	
M, W	4:30pm-5:00pm	May 1	4523359	
M, W	5:30pm-6:00pm	May 1	4523360	
Sa	10:15am-10:45am	May 6	4523362	
Sa	11:15am-11:45am	May 6	4523364	
Su	9:45am-10:15am	May 7	4523365	
<b>GUILDFORD 6 Sessions \$50.50 3-5yrs</b>				
Sa-Su	9:30am-10:00am	May 6	4523368	
Sa-Su	10:30am-11:00am	May 6	4523370	
Sa-Su	11:30am-12:00pm	May 6	4523371	
Sa-Su	12:30pm-1:00pm	May 6	4523373	

**Guildford Recreation Centre**

<b>NEWTON 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	11:00am-11:30am	Mar 28	4525177	
Tu, Th	4:00pm-4:30pm	Mar 28	4525178	
Tu, Th	5:00pm-5:30pm	Mar 28	4525179	
Sa	9:30am-10:00am	Apr 1	4525186	
Sa	11:00am-11:30am	Apr 1	4525187	
Su	9:00am-9:30am	Apr 2	4525188	
Su	10:00am-10:30am	Apr 2	4525189	
Su	11:30am-12:00pm	Apr 2	4525190	
Sa-Su	9:00am-9:30am	May 13	4525183	
Sa-Su	10:30am-11:00am	May 13	4525184	
Sa-Su	12:00pm-12:30pm	May 13	4525185	
<b>NEWTON 9 Sessions \$75.25 3-5yrs</b>				
M, W	11:00am-11:30am	Mar 27	4525174	
M, W	4:00pm-4:30pm	Mar 27	4525175	
M, W	5:30pm-6:00pm	Mar 27	4525176	
<b>NEWTON 8 Sessions \$67 3-5yrs</b>				
Sa-Su	9:00am-9:30am	Apr 1	4525180	
Sa-Su	10:30am-11:00am	Apr 1	4525181	
Sa-Su	12:00pm-12:30pm	Apr 1	4525182	
Tu, Th	11:00am-11:30am	May 2	4525194	
Tu, Th	4:00pm-4:30pm	May 2	4525195	
Tu, Th	5:00pm-5:30pm	May 2	4525196	
M, W	11:00am-11:30am	May 29	4525197	
M, W	4:00pm-4:30pm	May 29	4525198	
M, W	5:30pm-6:00pm	May 29	4525199	
Tu, Th	11:00am-11:30am	May 30	4525200	
Tu, Th	4:00pm-4:30pm	May 30	4525201	
Tu, Th	5:00pm-5:30pm	May 30	4525202	

<b>NEWTON 7 Sessions \$58.75 3-5yrs</b>				
M, W	11:00am-11:30am	May 1	4525191	
M, W	4:00pm-4:30pm	May 1	4525192	
M, W	5:30pm-6:00pm	May 1	4525193	

**Newton Recreation Centre**

<b>NORTH 10 Sessions \$83.75 3-5yrs</b>				
Tu, Th	10:30am-11:00am	Mar 28	4517012	
Tu, Th	3:00pm-3:30pm	Mar 28	4517013	
Tu, Th	4:00pm-4:30pm	Mar 28	4517020	
Tu, Th	4:30pm-5:00pm	Mar 28	4517021	
Tu, Th	5:00pm-5:30pm	Mar 28	4517022	
<b>NORTH 9 Sessions \$75.25 3-5yrs</b>				
M, W	10:30am-11:00am	Mar 27	4516262	
M, W	3:30pm-4:00pm	Mar 27	4517001	
M, W	4:30pm-5:00pm	Mar 27	4517002	
M, W	5:30pm-6:00pm	Mar 27	4517007	
<b>NORTH 8 Sessions \$67 3-5yrs</b>				
Sa-Su	9:00am-9:30am	Apr 1	4517023	
Sa-Su	9:30am-10:00am	Apr 1	4517025	
Sa-Su	10:30am-11:00am	Apr 1	4517026	
Sa-Su	11:00am-11:30am	Apr 1	4517027	
Sa-Su	12:00pm-12:30pm	Apr 1	4517030	
Tu, Th	10:30am-11:00am	May 2	4517037	
Tu, Th	3:00pm-3:30pm	May 2	4517038	
Tu, Th	4:00pm-4:30pm	May 2	4517039	
Tu, Th	4:30pm-5:00pm	May 2	4517040	
Tu, Th	5:00pm-5:30pm	May 2	4517041	
F	11:00am-11:30am	May 5	4517042	
F	3:00pm-3:30pm	May 5	4517043	
F	4:00pm-4:30pm	May 5	4517044	
F	5:00pm-5:30pm	May 5	4517045	
M, W	10:30am-11:00am	May 29	4517122	
M, W	3:30pm-4:00pm	May 29	4517123	
M, W	4:00pm-4:30pm	May 29	4517124	
M, W	4:30pm-5:00pm	May 29	4517125	
M, W	5:30pm-6:00pm	May 29	4517126	
Tu, Th	10:30am-11:00am	May 30	4517127	
Tu, Th	3:00pm-3:30pm	May 30	4517128	
Tu, Th	4:00pm-4:30pm	May 30	4517129	
Tu, Th	4:30pm-5:00pm	May 30	4517130	
Tu, Th	5:00pm-5:30pm	May 30	4517131	
Sa-Su	9:00am-9:30am	Jun 3	4517132	
Sa-Su	9:30am-10:00am	Jun 3	4517133	
Sa-Su	10:30am-11:00am	Jun 3	4517134	
Sa-Su	11:00am-11:30am	Jun 3	4517135	
Sa-Su	12:00pm-12:30pm	Jun 3	4517136	



## 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 decision-making 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.



NORTH		7 Sessions \$58.75	3-5yrs
M, W	10:30am-11:00am	May 1	4517031
M, W	3:30pm-4:00pm	May 1	4517033
M, W	4:00pm-4:30pm	May 1	4517034
M, W	4:30pm-5:00pm	May 1	4517035
M, W	5:30pm-6:00pm	May 1	4517036
Sa	9:30am-10:00am	May 6	4517055
Sa	10:30am-11:00am	May 6	4517057
Sa	11:30am-12:00am	May 6	4517058

NORTH		6 Sessions \$50.50	3-5yrs
Sa-Su	9:00am-9:30am	May 6	4517047
Sa-Su	9:30am-10:00am	May 6	4517049
Sa-Su	10:30am-11:00am	May 6	4517050
Sa-Su	11:00am-11:30am	May 6	4517052
Sa-Su	12noon-12:30pm	May 6	4517053

**North Surrey Recreation Centre**

SOUTH		10 Sessions \$83.75	3-5yrs
Tu, Th	10:00am-10:30am	Mar 28	4520263
Tu, Th	11:00am-11:30am	Mar 28	4521556
Tu, Th	4:00pm-4:30pm	Mar 28	4521559
Tu, Th	5:30pm-6:00pm	Mar 28	4521560
Tu, Th	6:30pm-7:00pm	Mar 28	4521561

SOUTH		9 Sessions \$75.25	3-5yrs
M, W	9:30am-10:00am	Mar 27	4521605
M, W	11:00am-11:30am	Mar 27	4521607
M, W	4:30pm-5:00pm	Mar 27	4521610
M, W	5:30pm-6:00pm	Mar 27	4521611
M, W	6:30pm-7:00pm	Mar 27	4521612
Sa	9:00am-9:30am	Apr 1	4521553
Sa	12noon-12:30pm	Apr 1	4521554
Su	9:00am-9:30am	Apr 2	4521550
Su	12noon-12:30pm	Apr 2	4521551

SOUTH		8 Sessions \$67	3-5yrs
Tu, Th	10:00am-10:30am	May 2	4521562
Tu, Th	11:00am-11:30am	May 2	4521563
Tu, Th	4:00pm-4:30pm	May 2	4521566
Tu, Th	5:30pm-6:00pm	May 2	4521567
Tu, Th	6:30pm-7:00pm	May 2	4521578
M, W	9:30am-10:00am	May 29	4521761
M, W	11:00am-11:30am	May 29	4521762
M, W	4:30pm-5:00pm	May 29	4521763
M, W	5:30pm-6:00pm	May 29	4521764
M, W	6:30pm-7:00pm	May 29	4521765
Tu, Th	10:00am-10:30am	May 30	4521579
Tu, Th	11:00am-11:30am	May 30	4521589
Tu, Th	4:00pm-4:30pm	May 30	4521591
Tu, Th	5:30pm-6:00pm	May 30	4521592
Tu, Th	6:30pm-7:00pm	May 30	4521593

SOUTH		7 Sessions \$58.75	3-5yrs
M, W	9:30am-10:00am	May 1	4521635
M, W	11:00am-11:30am	May 1	4521641
M, W	4:30pm-5:00pm	May 1	4521643
M, W	5:30pm-6:00pm	May 1	4521644
M, W	6:30pm-7:00pm	May 1	4521648

SOUTH		6 Sessions \$50.50	3-5yrs
F	9:30am-10:00am	Mar 31	4521766
F	11:00am-11:30am	Mar 31	4521767
F	5:30pm-6:00pm	Mar 31	4521769
F	6:30pm-7:00pm	Mar 31	4521771
F	9:30am-10:00am	May 19	4521781
F	11:00am-11:30am	May 19	4521784
F	5:30pm-6:00pm	May 19	4521788
F	6:30pm-7:00pm	May 19	4521793

**Grandview Heights Aquatic Centre**

SOUTH		8 Sessions \$67	3-5yrs
Tu, Th	9:30am-10:00am	Mar 28	4523404
Tu, Th	10:30am-11:00am	Mar 28	4523407
Tu, Th	3:00pm-3:30pm	Mar 28	4523372
Tu, Th	4:00pm-4:30pm	Mar 28	4523374

SOUTH		7 Sessions \$58.75	3-5yrs
M, W	9:30am-10:00am	Mar 27	4523347
M, W	10:30am-11:00am	Mar 27	4523351
M, W	3:00pm-3:30pm	Mar 27	4523353
M, W	3:30pm-4:00pm	Mar 27	4523355
M, W	4:00pm-4:30pm	Mar 27	4523357

**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*

## Children

### Red Cross Swim Kids I-2

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

FLEETWOOD		10 Sessions \$63.50	5-12yrs
Tu, Th	3:00pm-3:30pm	Mar 28	4516796
Tu, Th	3:30pm-4:00pm	Mar 28	4521289
Tu, Th	4:00pm-4:30pm	Mar 28	4521290
Tu, Th	4:30pm-5:00pm	Mar 28	4521292
Tu, Th	5:00pm-5:30pm	Mar 28	4521296
Tu, Th	5:30pm-6:00pm	Mar 28	4521297
Tu, Th	6:00pm-6:30pm	Mar 28	4521298
Tu, Th	6:30pm-7:00pm	Mar 28	4521299
Tu, Th	7:00pm-7:30pm	Mar 28	4521304
Tu	4:15pm-4:45pm	Mar 28	4523289
Tu	6:15pm-6:45pm	Mar 28	4523290

Tu, Th	3:00pm-3:30pm	May 2	4523103
Tu, Th	3:30pm-4:00pm	May 2	4522862
Tu, Th	4:00pm-4:30pm	May 2	4522865
Tu, Th	4:30pm-5:00pm	May 2	4522866
Tu, Th	5:00pm-5:30pm	May 2	4522867
Tu, Th	5:30pm-6:00pm	May 2	4522868
Tu, Th	6:00pm-6:30pm	May 2	4522907
Tu, Th	6:30pm-7:00pm	May 2	4523090
Tu, Th	7:00pm-7:30pm	May 2	4523102

FLEETWOOD		9 Sessions \$57.25	5-12yrs
M, W	3:00pm-3:30pm	Mar 27	4519801
M, W	3:30pm-4:00pm	Mar 27	4519802
M, W	4:00pm-4:30pm	Mar 27	4519804
M, W	4:30pm-5:00pm	Mar 27	4519805
M, W	5:00pm-5:30pm	Mar 27	4519806
M, W	5:30pm-6:00pm	Mar 27	4519807
M, W	6:00pm-6:30pm	Mar 27	4519808
M, W	6:30pm-7:00pm	Mar 27	4519809
M, W	7:00pm-7:30pm	Mar 27	4519810

F	3:00pm-3:30pm	Mar 31	4520651
F	3:30pm-4:00pm	Mar 31	4520652
F	4:00pm-4:30pm	Mar 31	4520653
F	4:30pm-5:00pm	Mar 31	4520654
F	5:00pm-5:30pm	Mar 31	4520657
F	5:30pm-6:00pm	Mar 31	4520658
F	6:00pm-6:30pm	Mar 31	4520659
F	6:30pm-7:00pm	Mar 31	4520660
F	7:00pm-7:30pm	Mar 31	4520661

M, W	3:00pm-3:30pm	May 1	4519915
M, W	3:30pm-4:00pm	May 1	4519916
M, W	4:00pm-4:30pm	May 1	4519917
M, W	4:30pm-5:00pm	May 1	4519918
M, W	5:00pm-5:30pm	May 1	4519919
M, W	5:30pm-6:00pm	May 1	4519920
M, W	6:00pm-6:30pm	May 1	4519921
M, W	6:30pm-7:00pm	May 1	4519922
M, W	7:00pm-7:30pm	May 1	4519923

FLEETWOOD		8 Sessions \$51	5-12yrs
M	4:15pm-4:45pm	Mar 27	4520816
M	6:15pm-6:45pm	Mar 27	4520817
Sa-Su	9:00am-9:30am	Apr 1	4520115
Sa-Su	9:30am-10:00am	Apr 1	4520117
Sa-Su	10:00am-10:30am	Apr 1	4520121
Sa-Su	10:30am-11:00am	Apr 1	4520124
Sa-Su	11:00am-11:30am	Apr 1	4520125
Sa-Su	11:30am-12noon	Apr 1	4520127
Sa-Su	12noon-12:30pm	Apr 1	4520130
Sa-Su	12:30pm-1:00pm	Apr 1	4520132

Sa	9:15am-9:45am	Apr 1	4518693
Sa	9:45am-10:15am	Apr 1	4518694
Sa	10:15am-10:45am	Apr 1	4518696
Sa	10:45am-11:15am	Apr 1	4518698
Sa	11:15am-11:45am	Apr 1	4518701
Sa	11:45am-12:15pm	Apr 1	4518702
Sa	12:15pm-12:45pm	Apr 1	4518704
Sa	12:45pm-1:15pm	Apr 1	4518706
Su	9:15am-9:45am	Apr 2	4520996
Su	9:45am-10:15am	Apr 2	4520997
Su	10:15am-10:45am	Apr 2	4521008
Su	10:45am-11:15am	Apr 2	4521009
Su	11:15am-11:45am	Apr 2	4521012
Su	11:45am-12:15pm	Apr 2	4521015
Su	12:15pm-12:45pm	Apr 2	4521017
Su	12:45pm-1:15pm	Apr 2	4521018

Sa-Su	9:00am-9:30am	May 6	4520228
Sa-Su	9:30am-10:00am	May 6	4520229
Sa-Su	10:00am-10:30am	May 6	4520230
Sa-Su	10:30am-11:00am	May 6	4520231
Sa-Su	11:00am-11:30am	May 6	4520232
Sa-Su	11:30am-12noon	May 6	4520233
Sa-Su	12noon-12:30pm	May 6	4520234
Sa-Su	12:30pm-1:00pm	May 6	4520235

**Sport & Leisure Aquatics**

GUILDFORD		10 Sessions \$63.50	5-12yrs
Tu, Th	3:30pm-4:00pm	Mar 28	4523382
Tu, Th	4:00pm-4:30pm	Mar 28	4523386
Tu, Th	4:30pm-5:00pm	Mar 28	4523387
Tu, Th	5:00pm-5:30pm	Mar 28	4523389
Tu, Th	5:30pm-6:00pm	Mar 28	4523391
Tu, Th	6:00pm-6:30pm	Mar 28	4523394
Tu, Th	6:30pm-7:00pm	Mar 28	4523395

GUILDFORD		9 Sessions \$57.25	5-12yrs
M, W	3:30pm-4:00pm	Mar 27	4523397
M, W	4:00pm-4:30pm	Mar 27	4523399
M, W	4:30pm-5:00pm	Mar 27	4523401
M, W	5:00pm-5:30pm	Mar 27	4523403
M, W	5:30pm-6:00pm	Mar 27	4523405
M, W	6:00pm-6:30pm	Mar 27	4523406
M, W	6:30pm-7:00pm	Mar 27	4523408

GUILDFORD		8 Sessions \$51	5-12yrs
Tu, Th	3:30pm-4:00pm	May 2	4523409
Tu, Th	4:00pm-4:30pm	May 2	4523410
Tu, Th	4:30pm-5:00pm	May 2	4523411
Tu, Th	5:00pm-5:30pm	May 2	4523412
Tu, Th	5:30pm-6:00pm	May 2	4523414
Tu, Th	6:00pm-6:30pm	May 2	4523415
Tu, Th	6:30pm-7:00pm	May 2	4523417

F	3:30pm-4:00pm	May 5	4523452
F	5:30pm-6:00pm	May 5	4523453
F	6:30pm-7:00pm	May 5	4523454
M, W	3:30pm-4:00pm	May 29	4523421
M, W	4:00pm-4:30pm	May 29	4523422
M, W	4:30pm-5:00pm	May 29	4523423
M, W	5:00pm-5:30pm	May 29	4523424
M, W	5:30pm-6:00pm	May 29	4523425
M, W	6:00pm-6:30pm	May 29	4523426
M, W	6:30pm-7:00pm	May 29	4523427

Tu, Th	3:30pm-4:00pm	May 30	4523435
Tu, Th	4:00pm-4:30pm	May 30	4523436
Tu, Th	4:30pm-5:00pm	May 30	4523437
Tu, Th	5:00pm-5:30pm	May 30	4523438
Tu, Th	5:30pm-6:00pm	May 30	4523439
Tu, Th	6:00pm-6:30pm	May 30	4523440
Tu, Th	6:30pm-7:00pm	May 30	4523444

Sa-Su	9:00am-9:30am	Jun 3	4523445
Sa-Su	9:30am-10:00am	Jun 3	4523446
Sa-Su	10:00am-10:30am	Jun 3	4523447
Sa-Su	11:00am-11:30am	Jun 3	4523448
Sa-Su	11:30am-12noon	Jun 3	4523449
Sa-Su	12noon-12:30pm	Jun 3	4523450
Sa-Su	12:30pm-1:00pm	Jun 3	4523451

GUILDFORD		7 Sessions \$44.50	5-12yrs
Sa-Su	9:00am-9:30am	Apr 1	4523455
Sa-Su	9:30am-10:00am	Apr 1	4523456
Sa-Su	10:00am-10:30am	Apr 1	4523457
Sa-Su	11:00am-11:30am	Apr 1	4523458
Sa-Su	11:30am-12noon	Apr 1	4523459
Sa-Su	12noon-12:30pm	Apr 1	4523460
Sa-Su	12:30pm-1:00pm	Apr 1	4523461

M, W	3:30pm-4:00pm	May 1	4523463
M, W	4:00pm-4:30pm	May 1	4523464
M, W	4:30pm-5:00pm	May 1	4523465
M, W	5:00pm-5:30pm	May 1	4523467
M, W	5:30pm-6		



<b>NORTH</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	Mar 27	4516265
M, W	3:30pm-4:00pm	Mar 27	4518727
M, W	4:30pm-5:00pm	Mar 27	4518730
M, W	5:00pm-5:30pm	Mar 27	4518734
M, W	5:30pm-6:00pm	Mar 27	4518735
M, W	6:00pm-6:30pm	Mar 27	4518745

<b>NORTH</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	Apr 1	4518798
Sa-Su	9:30am-10:00am	Apr 1	4518799
Sa-Su	10:00am-10:30am	Apr 1	4518800
Sa-Su	10:30am-11:00am	Apr 1	4518801
Sa-Su	11:00am-11:30am	Apr 1	4518802
Sa-Su	11:30am-12noon	Apr 1	4518864
Sa-Su	12noon-12:30pm	Apr 1	4518901
Sa-Su	12:30pm-1:00pm	Apr 1	4518904
Tu, Th	3:00pm-3:30pm	May 2	4519092
Tu, Th	3:30pm-4:00pm	May 2	4519095
Tu, Th	4:30pm-5:00pm	May 2	4519096
Tu, Th	5:00pm-5:30pm	May 2	4519097
Tu, Th	5:30pm-6:00pm	May 2	4519098
Tu, Th	6:00pm-6:30pm	May 2	4519099
F	3:00pm-3:30pm	May 5	4519100
F	3:30pm-4:00pm	May 5	4519101
F	4:00pm-4:30pm	May 5	4519102
F	4:30pm-5:00pm	May 5	4519103
F	5:30pm-6:00pm	May 5	4519104
F	6:00pm-6:30pm	May 5	4519105

M, W	3:00pm-3:30pm	May 29	4519124
M, W	3:30pm-4:00pm	May 29	4519125
M, W	4:30pm-5:00pm	May 29	4519126
M, W	5:00pm-5:30pm	May 29	4519127
M, W	5:30pm-6:00pm	May 29	4519128
M, W	6:00pm-6:30pm	May 29	4519129
Tu, Th	3:00pm-3:30pm	May 30	4519130
Tu, Th	3:30pm-4:00pm	May 30	4519131
Tu, Th	4:30pm-5:00pm	May 30	4519132
Tu, Th	5:00pm-5:30pm	May 30	4519137
Tu, Th	5:30pm-6:00pm	May 30	4519138
Tu, Th	6:00pm-6:30pm	May 30	4519227
Sa-Su	9:00am-9:30am	Jun 3	4519228
Sa-Su	9:30am-10:00am	Jun 3	4519231
Sa-Su	10:00am-10:30am	Jun 3	4519232
Sa-Su	10:30am-11:00am	Jun 3	4519233
Sa-Su	11:00am-11:30am	Jun 3	4519234
Sa-Su	11:30am-12noon	Jun 3	4519237
Sa-Su	12noon-12:30pm	Jun 3	4519244
Sa-Su	12:30pm-1:00pm	Jun 3	4519245

<b>NORTH</b>		<b>7 Sessions \$44.50</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	May 1	4519059
M, W	3:30pm-4:00pm	May 1	4519087
M, W	4:30pm-5:00pm	May 1	4519088
M, W	5:00pm-5:30pm	May 1	4519089
M, W	5:30pm-6:00pm	May 1	4519090
M, W	6:00pm-6:30pm	May 1	4519091
Sa	9:30am-10:00am	May 6	4519115
Sa	10:00am-10:30am	May 6	4519116
Sa	10:30am-11:00am	May 6	4519118
Sa	11:00am-11:30am	May 6	4519119
Sa	11:30am-12noon	May 6	4519122
Sa	12noon-12:30pm	May 6	4519123

<b>NORTH</b>		<b>6 Sessions \$38.25</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	May 6	4519107
Sa-Su	9:30am-10:00am	May 6	4519108
Sa-Su	10:00am-10:30am	May 6	4519109
Sa-Su	10:30am-11:00am	May 6	4519110
Sa-Su	11:00am-11:30am	May 6	4519111
Sa-Su	11:30am-12noon	May 6	4519112
Sa-Su	12noon-12:30pm	May 6	4519113
Sa-Su	12:30pm-1:00pm	May 6	4519114

<b>SOUTH</b>		<b>10 Sessions \$63.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:00pm	Mar 28	4520264
Tu, Th	4:00pm-4:30pm	Mar 28	4521804
Tu, Th	4:30pm-5:00pm	Mar 28	4521808
Tu, Th	5:00pm-5:30pm	Mar 28	4521812
Tu, Th	5:30pm-6:00pm	Mar 28	4521815
Tu, Th	6:00pm-6:30pm	Mar 28	4521819
Tu, Th	6:30pm-7:00pm	Mar 28	4521822

<b>SOUTH</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	Mar 27	4521874
M, W	4:00pm-4:30pm	Mar 27	4521878
M, W	4:30pm-5:00pm	Mar 27	4521880
M, W	5:00pm-5:30pm	Mar 27	4521883
M, W	5:30pm-6:00pm	Mar 27	4521884
M, W	6:00pm-6:30pm	Mar 27	4521885
M, W	6:30pm-7:00pm	Mar 27	4521887

Sa	9:00am-9:30am	Apr 1	4521941
Sa	9:30am-10:00am	Apr 1	4521952
Sa	10:00am-10:30am	Apr 1	4522050
Sa	10:30am-11:00am	Apr 1	4522054
Sa	11:00am-11:30am	Apr 1	4522059
Sa	11:30am-12noon	Apr 1	4522060
Sa	12noon-12:30pm	Apr 1	4522062
Sa	12:30pm-1:00pm	Apr 1	4522063
Su	9:00am-9:30am	Apr 2	4522069
Su	9:30am-10:00am	Apr 2	4522072
Su	10:00am-10:30am	Apr 2	4522073
Su	10:30am-11:00am	Apr 2	4522074
Su	11:00am-11:30am	Apr 2	4522075
Su	11:30am-12noon	Apr 2	4522077
Su	12noon-12:30pm	Apr 2	4522079
Su	12:30pm-1:00pm	Apr 2	4522081

<b>SOUTH</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:00pm	May 2	4521835
Tu, Th	4:00pm-4:30pm	May 2	4521844
Tu, Th	4:30pm-5:00pm	May 2	4521846
Tu, Th	4:30pm-5:00pm	May 30	4521865
Tu, Th	5:00pm-5:30pm	May 2	4521847
Tu, Th	5:30pm-6:00pm	May 2	4521855
Tu, Th	6:00pm-6:30pm	May 2	4521857
Tu, Th	6:30pm-7:00pm	May 2	4521859
M, W	3:30pm-4:00pm	May 29	4521917
M, W	4:00pm-4:30pm	May 29	4521918
M, W	4:30pm-5:00pm	May 29	4521919
M, W	5:00pm-5:30pm	May 29	4521920
M, W	5:30pm-6:00pm	May 29	4521921
M, W	6:00pm-6:30pm	May 29	4521922
M, W	6:30pm-7:00pm	May 29	4521923
Tu, Th	3:30pm-4:00pm	May 30	4521861
Tu, Th	4:00pm-4:30pm	May 30	4521862
Tu, Th	5:00pm-5:30pm	May 30	4521866
Tu, Th	5:30pm-6:00pm	May 30	4521868
Tu, Th	6:00pm-6:30pm	May 30	4521870
Tu, Th	6:30pm-7:00pm	May 30	4521871

<b>SOUTH</b>		<b>7 Sessions \$44.50</b>	<b>5-12yrs</b>
M, W	4:30am-5:00pm	May 1	4521901
M, W	3:30pm-4:00pm	May 1	4521894
M, W	4:00pm-4:30pm	May 1	4521898
M, W	5:00pm-5:30pm	May 1	4521903
M, W	5:30pm-6:00pm	May 1	4521909
M, W	6:00pm-6:30pm	May 1	4521911
M, W	6:30pm-7:00pm	May 1	4521913

<b>SOUTH</b>		<b>6 Sessions \$38.25</b>	<b>5-12yrs</b>
F	3:30pm-4:00pm	Mar 31	4521924
F	4:00pm-4:30pm	Mar 31	4521925
F	5:00pm-5:30pm	Mar 31	4521928
F	5:30pm-6:00pm	Mar 31	4521929
F	6:30pm-7:00pm	Mar 31	4521926
F	7:00pm-7:30pm	Mar 31	4521930
F	3:30pm-4:00pm	May 19	4521932
F	4:00pm-4:30pm	May 19	4521933
F	5:00pm-5:30pm	May 19	4521935
F	5:30pm-6:00pm	May 19	4521936
F	6:30pm-7:00pm	May 19	4521937
F	7:00pm-7:30pm	May 19	4521939

<b>Grandview Heights Aquatic Centre</b>		<b>8 Sessions \$58.75</b>	<b>5-12yrs</b>
M, W	4:30pm-5:00pm	Mar 27	4524735
Tu, Th	3:00pm-3:30pm	Mar 28	4524755
Tu, Th	3:30pm-4:00pm	Mar 28	4524760
Tu, Th	4:00pm-4:30pm	Mar 28	4524764
Tu, Th	4:30pm-5:00pm	Mar 28	4524765
M, W	3:00pm-3:30pm	Mar 27	4524724
M, W	3:30pm-4:00pm	Mar 27	4524729
M, W	4:00pm-4:30pm	Mar 27	4524733

<b>South Surrey Indoor Pool</b>		<b>7 Sessions \$58.75</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	Mar 27	4524724
M, W	3:30pm-4:00pm	Mar 27	4524729
M, W	4:00pm-4:30pm	Mar 27	4524733

## 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.

<b>FLEETWOOD</b>		<b>10 Sessions \$63.50</b>	<b>5-12yrs</b>
Tu, Th	3:00pm-3:30pm	Mar 28	4521305
Tu, Th	3:30pm-4:00pm	Mar 28	4521306
Tu, Th	4:00pm-4:30pm	Mar 28	4521307
Tu, Th	4:30pm-5:00pm	Mar 28	4521308
Tu, Th	5:00am-5:30pm	Mar 28	4521310
Tu, Th	5:30pm-6:00pm	Mar 28	4521311
Tu, Th	6:00pm-6:30pm	Mar 28	4521312
Tu, Th	6:30pm-7:00pm	Mar 28	4521316
Tu, Th	7:00pm-7:30pm	Mar 28	4521317
Tu	3:45pm-4:15pm	Mar 28	4523150
Tu	6:45pm-7:15pm	Mar 28	4523151
Tu, Th	3:00pm-3:30pm	May 2	4523104
Tu, Th	3:30pm-4:00pm	May 2	4523105
Tu, Th	4:00pm-4:30pm	May 2	4523106
Tu, Th	4:30pm-5:00pm	May 2	4523107
Tu, Th	5:00pm-5:30pm	May 2	4523108
Tu, Th	5:30pm-6:00pm	May 2	4523109
Tu, Th	6:00pm-6:30pm	May 2	4523110
Tu, Th	6:30pm-7:00pm	May 2	4523111
Tu, Th	7:00pm-7:30pm	May 2	4523112

<b>FLEETWOOD</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	Mar 27	4517843

<b>FLEETWOOD</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	Mar 27	4517824
M, W	4:00pm-4:30pm	Mar 27	4517846
M, W	4:30pm-5:00pm	Mar 27	4517849
M, W	5:00pm-5:30pm	Mar 27	4517851
M, W	5:30pm-6:00pm	Mar 27	4517853
M, W	6:00pm-6:30pm	Mar 27	4517856
M, W	6:30pm-7:00pm	Mar 27	4517858
M, W	7:00pm-7:30pm	Mar 27	4517860
F	3:00pm-3:30pm	Mar 31	4520671
F	3:30pm-4:00pm	Mar 31	4520672
F	4:00pm-4:30pm	Mar 31	4520673
F	4:30pm-5:00pm	Mar 31	4520674
F	5:00pm-5:30pm	Mar 31	4520675
F	5:30pm-6:00pm	Mar 31	4520676
F	6:00pm-6:30pm	Mar 31	4520678
F	6:30pm-7:00pm	Mar 31	4520679
F	7:00pm-7:30pm	Mar 31	4520680
M, W	3:00pm-3:30pm	May 1	4519925
M, W	3:30pm-4:00pm	May 1	4519926
M, W	4:00pm-4:30pm	May 1	4519927
M, W	4:30pm-5:00pm	May 1	4519928
M, W	5:00pm-5:30pm	May 1	4519930
M, W	5:30pm-6:00pm	May 1	4519931
M, W	6:00pm-6:30pm	May 1	4519932
M, W	6:30pm-7:00pm	May 1	4519933
M, W	7:00pm-7:30pm	May 1	4519934

<b>FLEETWOOD</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
M	3:45pm-4:15pm	Mar 27	4520818
M	6:45pm-7:15pm	Mar 27	4520819
Sa-Su	9:00am-9:30am	Apr 1	4518712
Sa-Su	9:30am-10:00am	Apr 1	4520138
Sa-Su	10:00am-10:30am	Apr 1	4520144
Sa-Su	10:30am-11:00am	Apr 1	4520149
Sa-Su	11:00am-11:30am	Apr 1	4520151
Sa-Su	11:30am-12noon	Apr 1	4520152
Sa-Su	12noon-12:30pm	Apr 1	4520153
Sa-Su	12:30pm-1:00pm	Apr 1	4520154
Sa	9:15am-9:45am	Apr 1	4521029
Sa	9:45am-10:15am	Apr 1	4518713
Sa	10:15am-10:45am	Apr 1	4518715
Sa	10:45am-11:15am	Apr 1	4518716
Sa	11:15am-11:45am	Apr 1	4518717
Sa	11:45am-12:15pm	Apr 1	4518718
Sa	12:15pm-12:45pm	Apr 1	4518719
Sa	12:45pm-1:15pm	Apr 1	4518720
Su	9:15am-9:45am	Apr 2	4521031
Su	9:45am-10:15am	Apr 2	4521032
Su	10:15am-10:45am	Apr 2	4521033
Su			

<b>GUILDFORD</b>		<b>6 Sessions \$38.25</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	May 6	4523798
Sa-Su	9:30am-10:00am	May 6	4523800
Sa-Su	10:00am-10:30am	May 6	4523803
Sa-Su	11:30am-12noon	May 6	4523807
Sa-Su	12noon-12:30pm	May 6	4523819
Sa-Su	12:30pm-1:00pm	May 6	4523821
Sa-Su	11:00pm-11:30pm	May 6	4523804

**Guildford Recreation Centre**

<b>NEWTON</b>		<b>10 Sessions \$63.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:00pm	Mar 28	4525057
Tu, Th	4:00pm-4:30pm	Mar 28	4525059
Tu, Th	4:30pm-5:00pm	Mar 28	4525060
Tu, Th	5:00pm-5:30pm	Mar 28	4525062
Tu, Th	5:30pm-6:00pm	Mar 28	4525063
Tu, Th	6:00pm-6:30pm	Mar 28	4525065
Tu, Th	6:30pm-7:00pm	Mar 28	4525066
Sa	8:30am-9:00am	Apr 1	4525099
Sa	9:00am-9:30am	Apr 1	4525100
Sa	10:00am-10:30am	Apr 1	4525101
Sa	10:30am-11:00am	Apr 1	4525103
Sa	11:00am-11:30am	Apr 1	4525105
Sa	11:30am-12noon	Apr 1	4525106
Su	9:00am-9:30am	Apr 2	4525107
Su	10:00am-10:30am	Apr 2	4525108
Su	11:00am-11:30am	Apr 2	4525110
Sa-Su	9:00am-9:30am	May 13	4525087
Sa-Su	9:30am-10:00am	May 13	4525089
Sa-Su	10:00am-10:30am	May 13	4525090
Sa-Su	10:30am-11:00am	May 13	4525091
Sa-Su	11:00am-11:30am	May 13	4525093
Sa-Su	11:30am-12noon	May 13	4525095
Sa-Su	12noon-12:30pm	May 13	4525096

<b>NEWTON</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	Mar 27	4525047
M, W	4:00pm-4:30pm	Mar 27	4525048
M, W	4:30pm-5:00pm	Mar 27	4525049
M, W	5:00pm-5:30pm	Mar 27	4525050
M, W	5:30pm-6:00pm	Mar 27	4525056

<b>NEWTON</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	Apr 1	4525068
Sa-Su	9:30am-10:00am	Apr 1	4525071
Sa-Su	10:00am-10:30am	Apr 1	4525073
Sa-Su	10:30am-11:00am	Apr 1	4525074
Sa-Su	11:00am-11:30am	Apr 1	4525076
Sa-Su	11:30am-12noon	Apr 1	4525078
Sa-Su	12noon-12:30pm	Apr 1	4525081
Tu, Th	3:30pm-4:00pm	May 2	4525119
Tu, Th	4:00pm-4:30pm	May 2	4525121
Tu, Th	4:30pm-5:00pm	May 2	4525122
Tu, Th	5:00pm-5:30pm	May 2	4525124
Tu, Th	5:30pm-6:00pm	May 2	4525125
Tu, Th	6:00pm-6:30pm	May 2	4525126
Tu, Th	6:30pm-7:00pm	May 2	4525128
M, W	3:30pm-4:00pm	May 29	4525129
M, W	4:00pm-4:30pm	May 29	4525131
M, W	4:30pm-5:00pm	May 29	4525133
M, W	5:30pm-6:00pm	May 29	4525134
Tu, Th	3:30pm-4:00pm	May 30	4525135
Tu, Th	4:00pm-4:30pm	May 30	4525137
Tu, Th	4:30pm-5:00pm	May 30	4525140
Tu, Th	5:00pm-5:30pm	May 30	4525141
Tu, Th	5:30pm-6:00pm	May 30	4525142
Tu, Th	6:00pm-6:30pm	May 30	4525143
Tu, Th	6:30pm-7:00pm	May 30	4525144

<b>NEWTON</b>		<b>7 Sessions \$44.50</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	May 1	4525112
M, W	4:00pm-4:30pm	May 1	4525113
M, W	4:30pm-5:00pm	May 1	4525116
M, W	5:00pm-5:30pm	May 1	4525117
M, W	5:30pm-6:00pm	May 1	4525118

**Newton Recreation Centre**

<b>NORTH</b>		<b>10 Sessions \$63.50</b>	<b>5-12yrs</b>
Tu, Th	3:00pm-3:30pm	Mar 28	4518053
Tu, Th	3:30pm-4:00pm	Mar 28	4518514
Tu, Th	4:00pm-4:30pm	Mar 28	4518515
Tu, Th	4:30pm-5:00pm	Mar 28	4518516
Tu, Th	5:00pm-5:30pm	Mar 28	4518517
Tu, Th	5:30pm-6:00pm	Mar 28	4518518
Tu, Th	6:00pm-6:30pm	Mar 28	4518519

<b>NORTH</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	Mar 27	4516266
M, W	3:30pm-4:00pm	Mar 27	4517996
M, W	4:00pm-4:30pm	Mar 27	4518048
M, W	4:30pm-5:00pm	Mar 27	4518049
M, W	5:00pm-5:30pm	Mar 27	4518050
M, W	5:30pm-6:00pm	Mar 27	4518051
M, W	6:00pm-6:30pm	Mar 27	4518052

<b>NORTH</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	Apr 1	4518520
Sa-Su	9:30am-10:00am	Apr 1	4518521
Sa-Su	10:00am-10:30am	Apr 1	4518522
Sa-Su	10:30am-11:00am	Apr 1	4518523
Sa-Su	11:00am-11:30am	Apr 1	4518524
Sa-Su	11:30am-12noon	Apr 1	4518526
Sa-Su	12noon-12:30pm	Apr 1	4518527
Sa-Su	12:30pm-1:00pm	Apr 1	4518528
Tu, Th	3:00pm-3:30pm	May 2	4518539
Tu, Th	3:30pm-4:00pm	May 2	4518540
Tu, Th	4:00pm-4:30pm	May 2	4518543
Tu, Th	4:30pm-5:00pm	May 2	4518544
Tu, Th	5:00pm-5:30pm	May 2	4518545
Tu, Th	5:30pm-6:00pm	May 2	4518547
Tu, Th	6:00pm-6:30pm	May 2	4518549
F	3:00pm-3:30pm	May 5	4518550
F	4:00pm-4:30pm	May 5	4518552
F	4:30pm-5:00pm	May 5	4518553
F	5:00pm-5:30pm	May 5	4518554
F	5:30pm-6:00pm	May 5	4518555
F	6:00pm-6:30pm	May 5	4518556
M, W	3:00pm-3:30pm	May 29	4518582
M, W	3:30pm-4:00pm	May 29	4518584
M, W	4:00pm-4:30pm	May 29	4518585
M, W	4:30pm-5:00pm	May 29	4518586
M, W	5:00pm-5:30pm	May 29	4518587
M, W	5:30pm-6:00pm	May 29	4518588
M, W	6:00pm-6:30pm	May 29	4518589
Tu, Th	3:00pm-3:30pm	May 30	4518591
Tu, Th	3:30pm-4:00pm	May 30	4518592
Tu, Th	4:00pm-4:30pm	May 30	4518593
Tu, Th	4:30pm-5:00pm	May 30	4518594
Tu, Th	5:00pm-5:30pm	May 30	4518595
Tu, Th	5:30pm-6:00pm	May 30	4518596
Tu, Th	6:00pm-6:30pm	May 30	4518597
Sa-Su	9:00am-9:30am	Jun 3	4518598
Sa-Su	9:30am-10:00am	Jun 3	4518599
Sa-Su	10:00am-10:30am	Jun 3	4518600
Sa-Su	10:30am-11:00am	Jun 3	4518601
Sa-Su	11:00am-11:30am	Jun 3	4518602
Sa-Su	11:30am-12noon	Jun 3	4518603
Sa-Su	12noon-12:30pm	Jun 3	4518604
Sa-Su	12:30pm-1:00pm	Jun 3	4518606

<b>NORTH</b>		<b>7 Sessions \$44.50</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	May 1	4518529
M, W	3:30pm-4:00pm	May 1	4518531
M, W	4:00pm-4:30pm	May 1	4518532
M, W	4:30pm-5:00pm	May 1	4518533
M, W	5:00pm-5:30pm	May 1	4518534
M, W	5:30pm-6:00pm	May 1	4518536
M, W	6:00pm-6:30pm	May 1	4518537
Sa	9:00am-9:30am	May 6	4518569
Sa	10:30am-11:00am	May 6	4518570
Sa	11:00am-11:30am	May 6	4518571
Sa	11:30am-12noon	May 6	4518572
Sa	12noon-12:30pm	May 6	4518573
Sa	12:30pm-1:00pm	May 6	4518580

<b>NORTH</b>		<b>6 Sessions \$38.25</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:30am	May 6	4518557
Sa-Su	9:30am-10:00am	May 6	4518558
Sa-Su	10:00am-10:30am	May 6	4518559
Sa-Su	10:30am-11:00am	May 6	4518560
Sa-Su	11:00am-11:30am	May 6	4518563
Sa-Su	11:30am-12noon	May 6	4518564
Sa-Su	12noon-12:30pm	May 6	4518565
Sa-Su	12:30pm-1:00pm	May 6	4518568

**North Surrey Recreation Centre**

<b>SOUTH</b>		<b>10 Sessions \$63.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:00pm	Mar 28	4520265
Tu, Th	4:00pm-4:30pm	Mar 28	4522164
Tu, Th	4:30pm-5:00pm	Mar 28	4522165
Tu, Th	5:00pm-5:30pm	Mar 28	4522167
Tu, Th	5:30pm-6:00pm	Mar 28	4522168
Tu, Th	6:00pm-6:30pm	Mar 28	4522169
Tu, Th	6:30pm-7:00pm	Mar 28	4522170
Tu, Th	7:00pm-7:30pm	Mar 28	4522171

<b>SOUTH</b>		<b>9 Sessions \$57.25</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	Mar 27	4522199
M, W	4:00pm-4:30pm	Mar 27	4522210
M, W	4:30pm-5:00pm	Mar 27	4522211
M, W	5:00pm-5:30pm	Mar 27	4522212
M, W	5:30pm-6:00pm	Mar 27	4522213
M, W	6:00pm-6:30pm	Mar 27	4522214
M, W	6:30pm-7:00pm	Mar 27	4522215
M, W	7:00pm-7:30pm	Mar 27	4522217
Sa	9:00am-9:30am	Apr 1	4522274
Sa	9:30am-10:00am	Apr 1	4522275
Sa	10:00am-10:30am	Apr 1	4522276
Sa	10:30am-11:00am	Apr 1	4522277
Sa	11:00am-11:30am	Apr 1	4522278
Sa	11:30am-12noon	Apr 1	4522279
Sa	12noon-12:30pm	Apr 1	4522280
Sa	12:30pm-1:00pm	Apr 1	4528828
Su	9:00am-9:30am	Apr 2	4522284
Su	9:30am-10:00am	Apr 2	4522285
Su	10:00am-10:30am	Apr 2	4522286
Su	10:30am-11:00am	Apr 2	4522288
Su	11:00am-11:30am	Apr 2	4522289
Su	11:30am-12noon	Apr 2	4522293
Su	12noon-12:30pm	Apr 2	4522295
Su	12:30pm-1:00pm	Apr 2	4522296

<b>SOUTH</b>		<b>8 Sessions \$51</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:00pm	May 2	4522172
Tu, Th	4:00pm-4:30pm	May 2	4522173
Tu, Th	4:30pm-5:00pm	May 2	4522174
Tu, Th	5:00pm-5:30pm	May 2	4522175
Tu, Th	5:30pm-6:00pm	May 2	4522176
Tu, Th	6:00pm-6:30pm	May 2	4522177
Tu, Th	6:30pm-7:00pm	May 2	4522178
Tu, Th	7:00pm-7:30pm	May 2	4522179
M, W	3:30pm-4:00pm	May 29	4522243
M, W	4:00pm-4:30pm	May 29	4522244
M, W	4:30pm-5:00pm	May 29	4522245
M, W	5:00pm-5:30pm	May 29	4522246
M, W	5:30pm-6:00pm	May 29	4522247
M, W	6:00pm-6:30pm	May 29	4522248
M, W	6:30pm-7:00pm	May 29	4522250
M, W	7:00pm-7:30pm	May 29	4522251
Tu, Th	3:30pm-4:00pm	May 30	4522181
Tu, Th	4:00pm-4:30pm	May 30	4522182
Tu, Th	4:30pm-5:00pm	May 30	4522184
Tu, Th	5:00pm-5:30pm	May 30	4522187
Tu, Th	5:30pm-6:00pm	May 30	4522189
Tu, Th	6:00pm-6:30pm	May 30	4522191
Tu, Th	6:30pm-7:00pm	May 30	4522193
Tu, Th	7:00pm-7:30pm	May 30	4522195

<b>SOUTH</b>		<b>7 Sessions \$38.25</b>	<b>5-12yrs</b>
M, W	3:30pm-4:00pm	May 1	4522223
M, W	4:00pm-4:30pm	May 1	4522230
M, W	4:30pm-5:00pm	May 1	4522233
M, W	5:00pm-5:30pm	May 1	4522234
M, W	5:30pm-6:00pm	May 1	4522236
M, W	6:00pm-6:30pm	May 1	4522237
M, W	6:30pm-7:00pm	May 1	4522238
M, W	7:00pm-7:30pm	May 1	4522240

<b>SOUTH</b>		<b>6 Sessions \$38.25</b>	<b>5-12yrs</b>
F	3:30pm-4:00pm	Mar 31	4522254
F	4:30pm-5:00pm	Mar 31	4522262
F	5:00pm-5:30pm	Mar 31	4522263
F	6:00pm-6:30pm	Mar 31	4522261
F	6:30pm-7:00pm	Mar 31	4522266
F	7:00pm-7:30pm	Mar 31	4522267
F	3:30pm-4:00pm	May 19	4522268
F	4:30pm-5:00pm	May 19	4522269
F	5:00pm-5:30pm	May 19	4522270



<b>SOUTH</b>	<b>8 Sessions \$67</b>	<b>5-12yrs</b>
Tu, Th	3:00pm-3:30pm	Mar 28 4524692
Tu, Th	3:30pm-4:00pm	Mar 28 4524695
Tu, Th	4:00pm-4:30pm	Mar 28 4524696
Tu, Th	4:30pm-5:00pm	Mar 28 4524699
<b>SOUTH</b>	<b>7 Sessions \$58.75</b>	<b>5-12yrs</b>
M, W	3:00pm-3:30pm	Mar 27 4524661
M, W	3:30pm-4:00pm	Mar 27 4524664
M, W	4:00pm-4:30pm	Mar 27 4524665
M, W	4:30pm-5:00pm	Mar 27 4524667

**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.

<b>FLEETWOOD</b>	<b>10 Sessions \$66.75</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:15pm	Mar 28 4521318
Tu, Th	4:15pm-5:00pm	Mar 28 4521319
Tu, Th	5:00pm-5:45pm	Mar 28 4521320
Tu, Th	5:45pm-6:30pm	Mar 28 4521321
Tu, Th	6:30pm-7:15pm	Mar 28 4521322
Tu, Th	7:15pm-8:00pm	Mar 28 4521323
Tu	3:15pm-4:00pm	Mar 28 4523146
Tu	5:45pm-6:30pm	Mar 28 4523147
Tu, Th	3:30pm-4:15pm	May 2 4523113
Tu, Th	4:15pm-5:00pm	May 2 4523114
Tu, Th	5:00pm-5:45pm	May 2 4523115
Tu, Th	5:45pm-6:30pm	May 2 4523116
Tu, Th	6:30pm-7:15pm	May 2 4523117
Tu, Th	7:15pm-8:00pm	May 2 4523118
<b>FLEETWOOD</b>	<b>9 Sessions \$75</b>	<b>5-12yrs</b>
M, W	4:15pm-5:00pm	Mar 27 4517900
M, W	5:00pm-5:45pm	Mar 27 4517904
M, W	5:45pm-6:30pm	Mar 27 4517907
M, W	6:30pm-7:15pm	Mar 27 4517943
M, W	7:15pm-8:00pm	Mar 27 4517944
F	3:30pm-4:15pm	Mar 31 4520684
F	4:15pm-5:00pm	Mar 31 4520685
F	5:00pm-5:45pm	Mar 31 4520686
F	5:45pm-6:30pm	Mar 31 4520689
F	6:30pm-7:15pm	Mar 31 4520690
F	7:15pm-8:00pm	Mar 31 4520691
M, W	3:30pm-4:15pm	May 1 4519935
M, W	4:15pm-5:00pm	May 1 4519937
M, W	5:45pm-6:30pm	May 1 4519938
M, W	6:30pm-7:15pm	May 1 4519943
M, W	7:15pm-8:00pm	May 1 4519944
<b>FLEETWOOD</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
M	3:15pm-4:00pm	Mar 27 4520820
M	5:45pm-6:30pm	Mar 27 4520821
Sa-Su	9:00am-9:45am	Apr 1 4517834
Sa-Su	10:30am-11:15am	Apr 1 4520169
Sa-Su	11:15am-12noon	Apr 1 4520170
Sa-Su	12noon-12:45pm	Apr 1 4520171
Sa	9:15am-10:00am	Apr 1 4518721
Sa	10:00am-10:45am	Apr 1 4518722
Sa	10:45am-11:30am	Apr 1 4518724
Sa	11:30am-12:15pm	Apr 1 4518725
Sa	12:15pm-1:00pm	Apr 1 4518726
Su	9:15am-10:00am	Apr 2 4521040
Su	10:00am-10:45am	Apr 2 4521041
Su	10:45am-11:30am	Apr 2 4521042
Su	11:30am-12:15pm	Apr 2 4521043
Su	12:15pm-1:00pm	Apr 2 4521045
Sa-Su	9:00am-9:45am	May 6 4520216
Sa-Su	9:45am-10:30am	May 6 4520161
Sa-Su	10:30am-11:15am	May 6 4520217
Sa-Su	11:15am-12noon	May 6 4520218
Sa-Su	12noon-12:45pm	May 6 4520219

**Sport & Leisure Aquatics**

## 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.



<b>GUILDFORD</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:15pm	Mar 28 4523856
Tu, Th	4:15pm-5:00pm	Mar 28 4523857
Tu, Th	5:30pm-6:15pm	Mar 28 4523858
Tu, Th	6:15pm-7:00pm	Mar 28 4523859
<b>GUILDFORD</b>	<b>9 Sessions \$75</b>	<b>5-12yrs</b>
M, W	3:15pm-4:00pm	Mar 27 4523862
M, W	4:00pm-4:45pm	Mar 27 4523863
M, W	5:30pm-6:15pm	Mar 27 4523864
M, W	6:15pm-7:00pm	Mar 27 4523865
<b>GUILDFORD</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
M, W	3:15pm-4:00pm	May 1 4523940
Tu, Th	3:30pm-4:15pm	May 2 4523867
Tu, Th	4:15pm-5:00pm	May 2 4523868
Tu, Th	5:30pm-6:15pm	May 2 4523870
Tu, Th	6:15pm-7:00pm	May 2 4523871
F	3:30pm-4:15pm	May 5 4523913
F	4:15pm-5:00pm	May 5 4523914
M, W	3:15pm-4:00pm	May 29 4523872
M, W	4:00pm-4:45pm	May 29 4523873
M, W	5:30pm-6:15pm	May 29 4523874
M, W	6:15pm-7:00pm	May 29 4523875
Tu, Th	3:30pm-4:15pm	May 30 4523876
Tu, Th	4:15pm-5:00pm	May 30 4523877
Tu, Th	5:30pm-6:15pm	May 30 4523878
Tu, Th	6:15pm-7:00pm	May 30 4523879
Sa-Su	9:00am-9:45am	Jun 3 4523882
Sa-Su	9:45am-10:30am	Jun 3 4523883
Sa-Su	10:30am-11:15am	Jun 3 4523884
Sa-Su	11:45am-12:30pm	Jun 3 4523885
Sa-Su	12:30pm-1:15pm	Jun 3 4523886
<b>GUILDFORD</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:45am	Apr 1 4523915
Sa-Su	9:45am-10:30am	Apr 1 4523918
Sa-Su	10:30am-11:15am	Apr 1 4523920
Sa-Su	11:45am-12:30pm	Apr 1 4523921
Sa-Su	12:30pm-1:15pm	Apr 1 4523922
M, W	4:00pm-4:45pm	May 1 4523942
M, W	5:30pm-6:15pm	May 1 4523943
M, W	6:15pm-7:00pm	May 1 4523944
Sa	10:00am-10:45am	May 6 4523945
Sa	12:15pm-1:00pm	May 6 4523946
Su	10:15am-11:00am	May 7 4523949
<b>GUILDFORD</b>	<b>6 Sessions \$50.25</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:45am	May 6 4523975
Sa-Su	9:45am-10:30am	May 6 4523976
Sa-Su	10:30am-11:15am	May 6 4523979
Sa-Su	11:45am-12:30pm	May 6 4523980
Sa-Su	12:30pm-1:15pm	May 6 4523981

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:15pm	Mar 28 4525148
Tu, Th	4:15pm-5:00pm	Mar 28 4525149
Tu, Th	5:45pm-6:30pm	Mar 28 4525150
Sa-Su	9:00am-9:45am	Apr 1 4525151
Sa-Su	9:45am-10:30am	Apr 1 4525152
Sa-Su	10:30am-11:15am	Apr 1 4525153
Sa-Su	11:15am-12noon	Apr 1 4525154
Sa	10:30am-11:15am	Apr 1 4525160
Su	10:30am-11:15am	Apr 2 4525161
Sa-Su	9:00am-9:45am	May 13 4525156
Sa-Su	9:45am-10:30am	May 13 4525157
Sa-Su	10:30am-11:15am	May 13 4525158
Sa-Su	11:15am-12noon	May 13 4525159
<b>NEWTON</b>	<b>9 Sessions \$75</b>	<b>5-12yrs</b>
M, W	3:30pm-4:15pm	Mar 27 4525145
M, W	4:15pm-5:00pm	Mar 27 4525146
M, W	5:00pm-5:45pm	Mar 27 4525147

<b>NEWTON</b>	<b>8 Sessions \$58.50</b>	<b>5-12yrs</b>
Tu, Th	3:30pm-4:15pm	May 2 4525165
Tu, Th	4:15pm-5:00pm	May 2 4525166
Tu, Th	5:45pm-6:30pm	May 2 4525167
M, W	3:30pm-4:15pm	May 29 4525168
M, W	4:15pm-5:00pm	May 29 4525169
M, W	5:00pm-5:45pm	May 29 4525170
Tu, Th	3:30pm-4:15pm	May 30 4525171
Tu, Th	4:15pm-5:00pm	May 30 4525172
Tu, Th	5:45pm-6:30pm	May 30 4525173
<b>NEWTON</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
M, W	3:30pm-4:15pm	May 1 4525162
M, W	4:15pm-5:00pm	May 1 4525163
M, W	5:00pm-5:45pm	May 1 4525164

**Newton Recreation Centre**

<b>NORTH</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	3:15pm-4:00pm	Mar 28 4517863
Tu, Th	4:15pm-5:00pm	Mar 28 4517864
Tu, Th	5:30pm-6:15pm	Mar 28 4517865
Tu, Th	6:15pm-7:00pm	Mar 28 4517866
<b>NORTH</b>	<b>9 Sessions \$75</b>	<b>5-12yrs</b>
M, W	3:15pm-4:00pm	Mar 27 4516267
M, W	4:15pm-5:00pm	Mar 27 4517859
M, W	5:15pm-6:00pm	Mar 27 4517861
M, W	6:00pm-6:45pm	Mar 27 4517862
<b>NORTH</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:45am	Apr 1 4517867
Sa-Su	9:45am-10:30am	Apr 1 4517869
Sa-Su	10:30am-11:15am	Apr 1 4517870
Sa-Su	11:15am-12noon	Apr 1 4517871
Sa-Su	12noon-12:45pm	Apr 1 4517873
Tu, Th	3:15pm-4:00pm	May 2 4517935
Tu, Th	4:15pm-5:00pm	May 2 4517936
Tu, Th	5:30pm-6:15pm	May 2 4517937
Tu, Th	6:15pm-7:00pm	May 2 4517938
F	3:15pm-4:00pm	May 5 4517939
F	5:00pm-5:45pm	May 5 4517940
F	5:45pm-6:30pm	May 5 4517941
M, W	3:15pm-4:00pm	May 29 4517956
M, W	4:15pm-5:00pm	May 29 4517957
M, W	5:15pm-6:00pm	May 29 4517962
M, W	6:00pm-6:45pm	May 29 4517963
Tu, Th	3:15pm-4:00pm	May 30 4517964
Tu, Th	4:15pm-5:00pm	May 30 4517965
Tu, Th	5:30pm-6:15pm	May 30 4517967
Tu, Th	6:15pm-7:00pm	May 30 4517968
Sa-Su	9:00am-9:45am	Jun 3 4517969
Sa-Su	9:45am-10:30am	Jun 3 4517970
Sa-Su	10:30am-11:15am	Jun 3 4517971
Sa-Su	11:15am-12noon	Jun 3 4517972
Sa-Su	12noon-12:45pm	Jun 3 4517973
<b>NORTH</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
M, W	3:15pm-4:00pm	May 1 4517887
M, W	4:15pm-5:00pm	May 1 4517888
M, W	5:15pm-6:00pm	May 1 4517922
M, W	6:00pm-6:45pm	May 1 4517931
Sa	9:15am-10:00am	May 6 4517951
Sa	10:30am-11:15am	May 6 4517952
Sa	11:15am-12noon	May 6 4517953
Sa	12noon-12:45pm	May 6 4517954
<b>NORTH</b>	<b>6 Sessions \$50.25</b>	<b>5-12yrs</b>
Sa-Su	9:00am-9:45am	May 6 4517942
Sa-Su	9:45am-10:30am	May 6 4517946
Sa-Su	10:30am-11:15am	May 6 4517947
Sa-Su	11:15am-12noon	May 6 4517949
Sa-Su	12noon-12:45pm	May 6 4517950

**North Surrey Recreation Centre**

<b>SOUTH</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	3:45pm-4:30pm	Mar 28 4520266
Tu, Th	4:30pm-5:15pm	Mar 28 4522371
Tu, Th	6:00pm-6:45pm	Mar 28 4522372
<b>SOUTH</b>	<b>9 Sessions \$75</b>	<b>5-12yrs</b>
M, W	3:45pm-4:30pm	Mar 27 4522384
M, W	4:30pm-5:15pm	Mar 27 4522383
M, W	6:00pm-6:45pm	Mar 27 4522382
Sa	9:00am-9:45am	Apr 1 4522396
Sa	9:45am-10:30am	Apr 1 4522397
Sa	10:30am-11:15am	Apr 1 4522398
Sa	11:15am-12noon	Apr 1 4522399
Sa	12noon-12:45pm	Apr 1 4522400
Su	9:00am-9:45am	Apr 2 4522391
Su	9:45am-10:30am	Apr 2 4522392
Su	10:30am-11:15am	Apr 2 4522393
Su	11:15am-12noon	Apr 2 4522394
Su	12noon-12:45pm	Apr 2 4522395
<b>SOUTH</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
Tu, Th	3:45pm-4:30pm	May 2 4522377
Tu, Th	4:30pm-5:15pm	May 2 4522375
Tu, Th	6:00pm-6:45pm	May 2 4522373
M, W	3:45pm-4:30pm	May 29 4522379
M, W	4:30pm-5:15pm	May 29 4522380
M, W	6:00pm-6:45pm	May 29 4522381
Tu, Th	3:45pm-4:30pm	May 30 4522378
Tu, Th	4:30pm-5:15pm	May 30 4522376
Tu, Th	6:00pm-6:45pm	May 30 4522374
<b>SOUTH</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
M, W	3:45pm-4:30pm	May 1 4522385
M, W	4:30pm-5:15pm	May 1 4522386
M, W	6:00pm-6:45pm	May 1 4522387
<b>SOUTH</b>	<b>6 Sessions \$50.25</b>	<b>5-12yrs</b>
F	3:45pm-4:30pm	Mar 31 4522401
F	4:30pm-5:15pm	Mar 31 4522402
F	6:00pm-6:45pm	Mar 31 4522403
F	3:45pm-4:30pm	May 19 4522390
F	4:30pm-5:15pm	May 19 4522389
F		



## 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*

## 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 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Mar 28	4522711
Tu	4:00pm-4:45pm	Mar 28	4523297
Tu, Th	4:15pm-5:00pm	Mar 28	4522712
Tu, Th	5:00pm-5:45pm	Mar 28	4522713
Tu, Th	5:45pm-6:30pm	Mar 28	4522716
Tu, Th	6:30pm-7:15pm	Mar 28	4522717
Tu, Th	7:15pm-8:00pm	Mar 28	4522718
Tu, Th	3:30pm-4:15pm	May 2	4523119
Tu, Th	4:15pm-5:00pm	May 2	4523120
Tu, Th	5:00pm-5:45pm	May 2	4523121
Tu, Th	5:45pm-6:30pm	May 2	4523122
Tu, Th	6:30pm-7:15pm	May 2	4523123
Tu, Th	7:15pm-8:00pm	May 2	4523124
FLEETWOOD 9 Sessions \$75 5-12yrs			
M, W	3:30pm-4:15pm	Mar 27	4519813
M, W	4:15pm-5:00pm	Mar 27	4519815
M, W	5:00pm-5:45pm	Mar 27	4519816
M, W	5:45pm-6:30pm	Mar 27	4519817
M, W	6:30pm-7:15pm	Mar 27	4519821
M, W	7:15pm-8:00pm	Mar 27	4519822
F	3:30pm-4:15pm	Mar 31	4520692
F	4:15pm-5:00pm	Mar 31	4520695
F	5:00pm-5:45pm	Mar 31	4520696
F	5:45pm-6:30pm	Mar 31	4520697
F	6:30pm-7:15pm	Mar 31	4520698
F	7:15pm-8:00pm	Mar 31	4520700
M, W	3:30pm-4:15pm	May 1	4519945
M, W	4:15pm-5:00pm	May 1	4519946
M, W	5:00pm-5:45pm	May 1	4519947
M, W	5:45pm-6:30pm	May 1	4519948
M, W	6:30pm-7:15pm	May 1	4519949
M, W	7:15pm-8:00pm	May 1	4519950
FLEETWOOD 8 Sessions \$66.75 5-12yrs			
M	4:00pm-4:45pm	Mar 27	4520822
Sa-Su	9:00am-9:45am	Apr 1	4518605
Sa-Su	9:45am-10:30am	Apr 1	4520172
Sa-Su	10:30am-11:15am	Apr 1	4520173
Sa-Su	12noon-12:45pm	Apr 1	4520174
Sa	9:15am-10:00am	Apr 1	4518732
Sa	10:00am-10:45am	Apr 1	4518747
Sa	10:45am-11:30am	Apr 1	4518748
Sa	11:30am-12:15pm	Apr 1	4518750
Sa	12:15pm-1:00pm	Apr 1	4518751
Su	9:15am-10:00am	Apr 2	4521047
Su	10:00am-10:45am	Apr 2	4521049
Su	10:45am-11:30am	Apr 2	4521052
Su	11:30am-12:15pm	Apr 2	4521057
Su	12:15pm-1:00pm	Apr 2	4521062
Sa-Su	9:00am-9:45am	May 6	4520212
Sa-Su	9:45am-10:30am	May 6	4520213
Sa-Su	10:30am-11:15am	May 6	4520214
Sa-Su	12noon-12:45pm	May 6	4520215

Sport & Leisure Aquatics



GUILDFORD 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Mar 28	4523983
Tu, Th	4:15pm-5:00pm	Mar 28	4523985
Tu, Th	5:30pm-6:15pm	Mar 28	4523986
Tu, Th	6:15pm-7:00pm	Mar 28	4523988
GUILDFORD 9 Sessions \$75 5-12yrs			
M, W	3:15pm-4:00pm	Mar 27	4524000
M, W	4:00pm-4:45pm	Mar 27	4524001
M, W	5:30pm-6:15pm	Mar 27	4524003
M, W	6:15pm-7:00pm	Mar 27	4524005
GUILDFORD 8 Sessions \$66.75 5-12yrs			
Tu, Th	3:30pm-4:15pm	May 2	4524011
Tu, Th	4:15pm-5:00pm	May 2	4524013
Tu, Th	5:30pm-6:15pm	May 2	4524014
Tu, Th	6:15pm-7:00pm	May 2	4524015
F	3:30pm-4:15pm	May 5	4524042
F	4:15pm-5:00pm	May 5	4524044
M, W	3:15pm-4:00pm	May 29	4524016
M, W	4:00pm-4:45pm	May 29	4524017
M, W	5:30pm-6:15pm	May 29	4524018
M, W	6:15pm-7:00pm	May 29	4524020
Tu, Th	3:30pm-4:15pm	May 30	4524021
Tu, Th	4:15pm-5:00pm	May 30	4524022
Tu, Th	5:30pm-6:15pm	May 30	4524024
Tu, Th	6:15pm-7:00pm	May 30	4524026
Sa-Su	9:45am-10:30am	Jun 3	4524036
Sa-Su	10:30am-11:15am	Jun 3	4524038
Sa-Su	11:45am-12:30pm	Jun 3	4524039
GUILDFORD 7 Sessions \$58.50 5-12yrs			
Sa-Su	9:45am-10:30am	Apr 1	4524045
Sa-Su	10:30am-11:15am	Apr 1	4524047
Sa-Su	11:45am-12:30pm	Apr 1	4524048
M, W	3:15pm-4:00pm	May 1	4524049
M, W	4:00pm-4:45pm	May 1	4524050
M, W	5:30pm-6:15pm	May 1	4524052
M, W	6:15pm-7:00pm	May 1	4524053
Sa	10:00am-10:45am	May 6	4524054
Sa	11:30am-12:15pm	May 6	4524055
Su	10:00am-10:45am	May 7	4524057
GUILDFORD 6 Sessions \$50.25 5-12yrs			
Sa-Su	9:45am-10:30am	May 6	4524058
Sa-Su	10:30am-11:15am	May 6	4524059
Sa-Su	11:45am-12:30pm	May 6	4524063

Guildford Recreation Centre

NEWTON 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Mar 28	4525041
Tu, Th	4:15pm-5:00pm	Mar 28	4525042
Tu, Th	6:15pm-7:00pm	Mar 28	4525043
Sa-Su	9:00am-9:45am	Apr 1	4525044
Sa-Su	9:45am-10:30am	Apr 1	4525045
Sa-Su	10:30am-11:15am	Apr 1	4525051
Sa-Su	11:15am-12noon	Apr 1	4525046
Sa	9:45am-10:30am	Apr 1	4525055
Su	9:30am-10:15am	Apr 2	4525058
Sa-Su	9:00am-9:45am	May 13	4525054
Sa-Su	10:30am-11:15am	May 13	4525052
Sa-Su	11:15am-12noon	May 13	4525053

NEWTON 9 Sessions \$75 5-12yrs			
M, W	4:15pm-5:00pm	Mar 27	4525039
M, W	5:00pm-5:45pm	Mar 27	4525040
NEWTON 8 Sessions \$58.50 5-12yrs			
M, W	5:00pm-5:45pm	May 1	4525064
Tu, Th	3:30pm-4:15pm	May 2	4525067
Tu, Th	4:15pm-5:00pm	May 2	4525069
Tu, Th	6:15pm-7:00pm	May 2	4525070
M, W	4:15pm-5:00pm	May 29	4525072
M, W	5:00pm-5:45pm	May 29	4525075
Tu, Th	3:30pm-4:15pm	May 30	4525077
Tu, Th	4:15pm-5:00pm	May 30	4525079
Tu, Th	6:15pm-7:00pm	May 30	4525080
NEWTON 7 Sessions \$58.50 5-12yrs			
M, W	4:15pm-5:00pm	May 1	4525061

Newton Recreation Centre

NORTH 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:30pm-4:15pm	Mar 28	4517595
Tu, Th	4:15pm-5:00pm	Mar 28	4517596
Tu, Th	5:00pm-5:45pm	Mar 28	4517597
Tu, Th	6:15pm-7:00pm	Mar 28	4517598
NORTH 9 Sessions \$75 5-12yrs			
M, W	3:15pm-4:00pm	Mar 27	4516268
M, W	5:15pm-6:00pm	Mar 27	4517593
M, W	6:00pm-6:45pm	Mar 27	4517594
NORTH 8 Sessions \$66.75 5-12yrs			
Sa-Su	9:00am-9:45am	Apr 1	4517599
Sa-Su	9:45am-10:30am	Apr 1	4517600
Sa-Su	11:15am-12noon	Apr 1	4517819
Sa-Su	12:15pm-1:00pm	Apr 1	4517820
Tu, Th	3:30pm-4:15pm	May 2	4517825
Tu, Th	4:15pm-5:00pm	May 2	4517826
Tu, Th	5:00pm-5:45pm	May 2	4517827
Tu, Th	6:15pm-7:00pm	May 2	4517828
F	3:15pm-4:00pm	May 5	4517830
F	5:45pm-6:30pm	May 5	4517831
M, W	3:15pm-4:00pm	May 29	4517840
M, W	5:15pm-6:00pm	May 29	4517841
M, W	6:00pm-6:45pm	May 29	4517842
Tu, Th	3:30pm-4:15pm	May 30	4517844
Tu, Th	4:15pm-5:00pm	May 30	4517845
Tu, Th	5:00pm-5:45pm	May 30	4517847
Tu, Th	6:15pm-7:00pm	May 30	4517850
Sa-Su	9:00am-9:45am	Jun 3	4517852
Sa-Su	9:45am-10:30am	Jun 3	4517854
Sa-Su	11:15am-12noon	Jun 3	4517855
Sa-Su	12:15pm-1:00pm	Jun 3	4517857
NORTH 7 Sessions \$58.50 5-12yrs			
M, W	3:15pm-4:00pm	May 1	4517821
M, W	5:15pm-6:00pm	May 1	4517822
M, W	6:00pm-6:45pm	May 1	4517823
Sa	9:30am-10:15am	May 6	4517837
Sa	11:00am-11:45am	May 6	4517839

NORTH 6 Sessions \$50.25 5-12yrs			
Sa-Su	9:00am-9:45am	May 6	4517832
Sa-Su	9:45am-10:30am	May 6	4517833
Sa-Su	11:15am-12noon	May 6	4517835
Sa-Su	12:15pm-1:00pm	May 6	4517836

North Surrey Recreation Centre

SOUTH 10 Sessions \$83.50 5-12yrs			
Tu, Th	3:45pm-4:30pm	Mar 28	4520267
Tu, Th	5:15pm-6:00pm	Mar 28	4522287
Tu, Th	6:45pm-7:30pm	Mar 28	4522290
SOUTH 9 Sessions \$75 5-12yrs			
M, W	3:45pm-4:30pm	Mar 27	4522318
M, W	5:15pm-6:00pm	Mar 27	4522320
M, W	6:45pm-7:30pm	Mar 27	4522321
Sa	9:00am-9:45am	Apr 1	4522346
Sa	9:45am-10:30am	Apr 1	4522347
Sa	10:30am-11:15am	Apr 1	4522348
Sa	11:15am-12noon	Apr 1	4522349
Sa	12noon-12:45pm	Apr 1	4522350
Su	9:00am-9:45am	Apr 2	4522370
Su	9:45am-10:30am	Apr 2	4522369
Su	10:30am-11:15am	Apr 2	4522353
Su	11:15am-12noon	Apr 2	4522352
Su	12noon-12:45pm	Apr 2	4522351
SOUTH 8 Sessions \$66.75 5-12yrs			
Tu, Th	3:45pm-4:30pm	May 2	4522305
Tu, Th	5:15pm-6:00pm	May 2	4522303
Tu, Th	6:45pm-7:30pm	May 2	4522302
M, W	3:45pm-4:30pm	May 29	4522313
M, W	5:15pm-6:00pm	May 29	4522310
M, W	6:45pm-7:30pm	May 29	4522309
Tu, Th	3:45pm-4:30pm	May 30	4522306
Tu, Th	5:15pm-6:00pm	May 30	4522307
Tu, Th	6:45pm-7:30pm	May 30	4522308
SOUTH 7 Sessions \$58.50 5-12yrs			
M, W	3:45pm-4:30pm	May 1	4522335
M, W	5:15pm-6:00pm	May 1	4522333
M, W	6:45pm-7:30pm	May 1	4522326
SOUTH 6 Sessions \$50.25 5-12yrs			
F	3:45pm-4:30pm	Mar 31	4522343
F	5:15pm-6:00pm	Mar 31	4522342
F	6:45pm-7:30pm	Mar 31	4522341
F	3:45pm-4:30pm	May 19	4522336
F	5:15pm-6:00pm	May 19	4522337
F	6:45pm-7:30pm	May 19	4522338

Grandview Heights Aquatic Centre

SOUTH 8 Sessions \$66.50 5-12yrs			
M, W	3:30pm-4:15pm	Mar 27	4523965
M, W	4:15pm-5:00pm	Mar 27	4523966
Tu, Th	3:30pm-4:15pm	Mar 28	4523982
Tu, Th	4:15pm-5:00pm	Mar 28	4523997
Tu, Th	6:30pm-7:15pm	Mar 28	4523998

South Surrey Indoor Pool



## 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.

<b>FLEETWOOD</b>	<b>10 Sessions \$79.25</b>	<b>13-18yrs</b>
Tu, Th	5:45pm-6:30pm	Mar 28 4522736
Tu, Th	5:45pm-6:30pm	May 2 4523130
<b>FLEETWOOD</b>	<b>9 Sessions \$75</b>	<b>13-18yrs</b>
M, W	5:45pm-6:30pm	Mar 27 4517838
F	5:45pm-6:30pm	Mar 31 4520702
M, W	5:45pm-6:30pm	May 1 4519834
<b>FLEETWOOD</b>	<b>8 Sessions \$66.75</b>	<b>13-18yrs</b>
Sa	10:45am-11:30am	Apr 1 4518757
Sa-Su	12noon-12:45pm	Apr 1 4520207
Su	10:45am-11:30am	Apr 2 4521068
Sa-Su	12noon-12:45pm	May 6 4520208

**Sport & Leisure Aquatics**

<b>GUILDFORD</b>	<b>8 Sessions \$66.75</b>	<b>13-18yrs</b>
F	6:15pm-7:00pm	May 5 4524068
Sa-Su	12:30pm-1:15pm	Jun 3 4524067

<b>GUILDFORD</b>	<b>7 Sessions \$58.50</b>	<b>13-18yrs</b>
Sa-Su	12:30pm-1:15pm	Apr 1 4524070

<b>GUILDFORD</b>	<b>6 Sessions \$50.25</b>	<b>13-18yrs</b>
Sa-Su	12:30pm-1:15pm	May 6 4524072

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>10 Sessions \$83.50</b>	<b>13-18yrs</b>
Tu, Th	5:30pm-6:15pm	Mar 28 4525085
Sa	9:00am-9:45am	Apr 1 4525092

Su	11:15am-12noon	Apr 2 4525094
Sa-Su	10:15am-11:30am	May 13 4525088

<b>NEWTON</b>	<b>9 Sessions \$75</b>	<b>13-18yrs</b>
M, W	5:30pm-6:15pm	Mar 27 4525082

<b>NEWTON</b>	<b>8 Sessions \$66.75</b>	<b>13-18yrs</b>
Sa-Su	10:15am-11:30am	Apr 1 4525086
Tu, Th	5:30pm-6:15pm	May 2 4525098

M, W	5:30pm-6:15pm	May 29 4525102
Tu, Th	5:30pm-6:15pm	May 30 4525104

<b>NEWTON</b>	<b>7 Sessions \$58.50</b>	<b>13-18yrs</b>
M, W	5:30pm-6:15pm	May 1 4525097

**Newton Recreation Centre**

<b>SOUTH</b>	<b>10 Sessions \$83.50</b>	<b>13-18yrs</b>
Tu, Th	6:45pm-7:30pm	Mar 28 4520270

<b>SOUTH</b>	<b>9 Sessions \$75</b>	<b>13-18yrs</b>
M, W	6:45pm-7:30pm	Mar 27 4522406

Sa	11:30am-12:15pm	Apr 1 4522410
Su	11:15am-12noon	Apr 2 4522409

<b>SOUTH</b>	<b>8 Sessions \$66.75</b>	<b>13-18yrs</b>
Tu, Th	6:45pm-7:30pm	May 2 4522404

M, W	6:45pm-7:30pm	May 29 4522407
Tu, Th	6:45pm-7:30pm	May 30 4522405

<b>SOUTH</b>	<b>7 Sessions \$58.50</b>	<b>13-18yrs</b>
M, W	6:45pm-7:30pm	May 1 4522408

**Grandview Heights Aquatic Centre**

### Swim Clinic

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

<b>GUILDFORD</b>	<b>1 Session \$6.50</b>	<b>3-5yrs</b>
F	3:30pm-4:00pm	Mar 31 4524335
F	5:00pm-5:30pm	Mar 31 4524342
F	3:30pm-4:00pm	Apr 7 4524336
F	5:00pm-5:30pm	Apr 7 4524343
F	3:30pm-4:00pm	Apr 21 4524338
F	5:00pm-5:30pm	Apr 21 4524344
F	3:30pm-4:00pm	Apr 28 4524340
F	5:00pm-5:30pm	Apr 28 4524345

<b>GUILDFORD</b>	<b>1 Session \$6.50</b>	<b>5-12yrs</b>
F	4:00pm-4:30pm	Mar 31 4524346
F	5:30pm-6:00pm	Mar 31 4524352
F	4:00pm-4:30pm	Apr 7 4524347
F	5:30pm-6:00pm	Apr 7 4524353
F	4:00pm-4:30pm	Apr 21 4524348
F	5:30pm-6:00pm	Apr 21 4524355
F	4:00pm-4:30pm	Apr 28 4524351
F	5:30pm-6:00pm	Apr 28 4524356

<b>GUILDFORD</b>	<b>1 Session \$6.50</b>	<b>7-12yrs</b>
Tu	6:30pm-7:00pm	Mar 28 4524290
Th	6:30pm-7:00pm	Mar 30 4524309
F	4:30pm-5:00pm	Mar 31 4524358
F	6:00pm-6:30pm	Mar 31 4524363
F	6:30pm-7:00pm	Mar 31 4524367

Sa	1:15pm-1:45pm	Apr 1 4524323
Tu	6:30pm-7:00pm	Apr 4 4524291
Th	6:30pm-7:00pm	Apr 6 4524311
F	4:30pm-5:00pm	Apr 7 4524359
F	6:00pm-6:30pm	Apr 7 4524364
F	6:30pm-7:00pm	Apr 7 4524368

Tu	6:30pm-7:00pm	Apr 11 4524293
Th	6:30pm-7:00pm	Apr 13 4524312
Tu	6:30pm-7:00pm	Apr 18 4524294
Th	6:30pm-7:00pm	Apr 20 4524313
F	4:30pm-5:00pm	Apr 21 4524360
F	6:00pm-6:30pm	Apr 21 4524365

F	6:30pm-7:00pm	Apr 21 4524369
Sa	1:15pm-1:45pm	Apr 22 4524324
Tu	6:30pm-7:00pm	Apr 25 4524296
Th	6:30pm-7:00pm	Apr 27 4524314
F	4:30pm-5:00pm	Apr 28 4524361
F	6:00pm-6:30pm	Apr 28 4524366
F	6:30pm-7:00pm	Apr 28 4524370

Sa	1:15pm-1:45pm	May 27 4524329
Tu	6:30pm-7:00pm	May 30 4524304
Th	6:30pm-7:00pm	Jun 1 4524319
Sa	1:15pm-1:45pm	Jun 3 4524330
Tu	6:30pm-7:00pm	Jun 6 4524305
Th	6:30pm-7:00pm	Jun 8 4524320
Sa	1:15pm-1:45pm	Jun 10 4524331
Tu	6:30pm-7:00pm	Jun 13 4524306
Th	6:30pm-7:00pm	Jun 15 4524321
Sa	1:15pm-1:45pm	Jun 17 4524332
Tu	6:30pm-7:00pm	Jun 20 4524308
Th	6:30pm-7:00pm	Jun 22 4524322
Sa	1:15pm-1:45pm	Jun 24 4524333

**Guildford Recreation Centre**

<b>NORTH</b>	<b>1 Session \$6.50</b>	<b>7-12yrs</b>
Tu	6:30pm-7:00pm	Mar 28 4516280
Th	6:30pm-7:00pm	Mar 30 4517523
Su	1:00pm-1:30pm	Apr 2 4517536
Tu	6:30pm-7:00pm	Apr 4 4517511
Th	6:30pm-7:00pm	Apr 6 4517524
Su	1:00pm-1:30pm	Apr 9 4517537
Tu	6:30pm-7:00pm	Apr 11 4517512
Th	6:30pm-7:00pm	Apr 13 4517525
Tu	6:30pm-7:00pm	Apr 18 4517513
Th	6:30pm-7:00pm	Apr 20 4517526

Su	1:00pm-1:30pm	Apr 23 4517538
Tu	6:30pm-7:00pm	Apr 25 4517514
Th	6:30pm-7:00pm	Apr 27 4517527
Su	1:00pm-1:30pm	Apr 30 4517539
Tu	6:30pm-7:00pm	May 2 4517515
Th	6:30pm-7:00pm	May 4 4517528
Su	1:00pm-1:30pm	May 7 4517540
Tu	6:30pm-7:00pm	May 9 4517516
Th	6:30pm-7:00pm	May 11 4517529

Su	1:00pm-1:30pm	May 14 4517541
Tu	6:30pm-7:00pm	May 16 4517517
Th	6:30pm-7:00pm	May 18 4517530
Tu	6:30pm-7:00pm	May 23 4517518
Th	6:30pm-7:00pm	May 25 4517531
Su	1:00pm-1:30pm	May 28 4517542
Tu	6:30pm-7:00pm	May 30 4517519
Th	6:30pm-7:00pm	Jun 1 4517532

Su	1:00pm-1:30pm	Jun 4 4517543
Tu	6:30pm-7:00pm	Jun 6 4517520
Th	6:30pm-7:00pm	Jun 8 4517533
Su	1:00pm-1:30pm	Jun 11 4517544
Th	6:30pm-7:00pm	Jun 15 4517534
Su	1:00pm-1:30pm	Jun 18 4517545
Tu	6:30pm-7:00pm	Jun 20 4517521
Tu	6:30pm-7:00pm	Jun 20 4517522
Th	6:30pm-7:00pm	Jun 22 4517535

Su	1:00pm-1:30pm	Jun 25 4517546
----	---------------	----------------

**North Surrey Recreation Centre**

### Private Lessons

Individualized instruction. Excellent for swimmers who are experiencing difficulties with a specific stroke.

<b>SOUTH</b>	<b>1 Session \$29.75</b>	<b>3yrs+</b>
M	3:00pm-3:30pm	Mar 27 4526374
M	3:30pm-4:00pm	Mar 27 4526375
M	3:30pm-4:00pm	Mar 27 4526376
M	3:30pm-4:00pm	Mar 27 4526377
M	4:00pm-4:30pm	Mar 27 4526378

**South Surrey Indoor Pool**

### Lifesaver Level 1

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

<b>NORTH</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	5:45pm-6:30pm	Mar 28 4516285

<b>NORTH</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
Sa-Su	11:45am-12:30pm	Apr 1 4517388
Tu, Th	5:45pm-6:30pm	May 30 4517390
Sa-Su	11:45am-12:30pm	Jun 3 4517391

<b>NORTH</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
M, W	5:00pm-5:45pm	May 1 4517389

**North Surrey Recreation Centre**

### Lifesaver Level 2

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

<b>NORTH</b>	<b>10 Sessions \$83.50</b>	<b>5-12yrs</b>
Tu, Th	5:45pm-6:30pm	Mar 28 4516286

<b>NORTH</b>	<b>8 Sessions \$66.75</b>	<b>5-12yrs</b>
Sa-Su	11:45am-12:30pm	Apr 1 4517392
Tu, Th	5:45pm-6:30pm	May 30 4517394
Sa-Su	11:45am-12:30pm	Jun 3 4517395

<b>NORTH</b>	<b>7 Sessions \$58.50</b>	<b>5-12yrs</b>
M, W	5:00pm-5:45pm	May 1 4517393

**North Surrey Recreation Centre**



## Adults

### 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.

<b>NEWTON</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
M	8:15pm-9:00pm	Mar 27 4525139
Sa	6:15am-7:00am	Apr 1 4525136
Sa	7:00am-7:45am	Apr 1 4525138
<b>Newton Recreation Centre</b>		

<b>NORTH</b>	<b>1 Session \$6.50</b>	<b>13yrs+</b>
Tu	9:15pm-9:45pm	Mar 28 4516278
Th	9:15pm-9:45pm	Mar 30 4517559
Tu	9:15pm-9:45pm	Apr 4 4517547
Th	9:15pm-9:45pm	Apr 6 4517560
Tu	9:15pm-9:45pm	Apr 11 4517548
Th	9:15pm-9:45pm	Apr 13 4517561
Tu	9:15pm-9:45pm	Apr 18 4517549
Th	9:15pm-9:45pm	Apr 20 4517562
Tu	9:15pm-9:45pm	Apr 25 4517550
Th	9:15pm-9:45pm	Apr 27 4517563
Tu	9:15pm-9:45pm	May 2 4517551
Th	9:15pm-9:45pm	May 4 4517564
Tu	9:15pm-9:45pm	May 9 4517552
Th	9:15pm-9:45pm	May 11 4517565
Tu	9:15pm-9:45pm	May 16 4517553
Th	9:15pm-9:45pm	May 18 4517566
Tu	9:15pm-9:45pm	May 23 4517554
Th	9:15pm-9:45pm	May 25 4517567
Tu	9:15pm-9:45pm	May 30 4517555
Th	9:15pm-9:45pm	Jun 1 4517568
Tu	9:15pm-9:45pm	Jun 6 4517556
Th	9:15pm-9:45pm	Jun 8 4517569
Tu	9:15pm-9:45pm	Jun 13 4517557
Th	9:15pm-9:45pm	Jun 15 4517570
Tu	9:15pm-9:45pm	Jun 20 4517558
Th	9:15pm-9:45pm	Jun 22 4517571
<b>North Surrey Recreation Centre</b>		

### Aqua-Fit For Life

This adult swimming program incorporates low impact exercises to increase physical fitness, while progressing your swimming skills and fitness level at an individual rate.

<b>GUILDFORD</b>	<b>8 Sessions \$42.50</b>	<b>13yrs+</b>
M, W	11:00am-11:30am	May 22 4524247
M, W	10:30am-11:00am	May 29 4524246
<b>GUILDFORD</b>	<b>7 Sessions \$37.25</b>	<b>13yrs+</b>
M, W	10:30am-11:00am	May 1 4524244
M, W	11:00am-11:30am	May 1 4524245
<b>Guildford Recreation Centre</b>		

### Aqua Zumba

Perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.

<b>SOUTH</b>	<b>5 Sessions \$32.75</b>	<b>All Ages</b>
M	7:00pm-7:45pm	Mar 27 4525764
<b>SOUTH</b>	<b>6 Sessions \$39.50</b>	<b>All Ages</b>
M	7:00pm-7:45pm	May 15 4525768
<b>Grandview Heights Aquatic Centre</b>		

### Gentle Joints

A basic aquatic exercise program working on maintaining and improving range of motion for those suffering from short and/or long term physical conditions.

<b>SOUTH</b>	<b>10 Sessions Member \$37.50</b>	<b>Non-member \$50</b>	<b>55yrs+</b>
Tu, Th	12:30pm-1:15pm	Mar 28 4525769	
Tu, Th	12:30pm-1:15pm	May 2 4525770	
<b>SOUTH</b>	<b>8 Sessions Member \$29.75</b>	<b>Non-member \$39.50</b>	<b>55yrs+</b>
Tu, Th	12:30pm-1:15pm	Jun 6 4525771	
<b>Grandview Heights Aquatic Centre</b>			
<b>SOUTH</b>	<b>7 Sessions Member \$26.25</b>	<b>Non-member \$35</b>	<b>All Ages</b>
M, W	12:30pm-1:15pm	Mar 27 4524840	
<b>South Surrey Indoor Pool</b>			

### Mommy Moves Prenatal Aquafit

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.

<b>GUILDFORD</b>	<b>5 Sessions \$55</b>	<b>13yrs+</b>
Th	8:30pm-9:30pm	Apr 6 4524372
<b>GUILDFORD</b>	<b>6 Sessions \$66</b>	<b>13yrs+</b>
Th	8:30pm-9:30pm	May 11 4524374
<b>Guildford Recreation Centre</b>		
<b>SOUTH</b>	<b>6 Sessions \$66</b>	<b>13yrs+</b>
W	6:30pm-7:30pm	May 10 4519606
<b>SOUTH</b>	<b>5 Sessions \$55</b>	<b>13yrs+</b>
W	6:30pm-7:30pm	Apr 5 4519605
<b>Grandview Heights Aquatic Centre</b>		

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

<b>NORTH</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W	6:00pm-6:45pm	Mar 27 4516287
<b>NORTH</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa-Su	11:00am-11:45am	Apr 1 4517162
Tu, Th	6:00pm-6:45pm	May 2 4517163
M, W	6:00pm-6:45pm	May 29 4517165
<b>NORTH</b>	<b>6 Sessions \$47.50</b>	<b>13yrs+</b>
Sa-Su	11:00am-11:45am	May 6 4517164
<b>North Surrey Recreation Centre</b>		

## ADULT NATIONAL LIFEGUARD (NL) - POOL

Are you looking for a new career that offers flexible hours, competitive compensation and an environment that promotes an active and healthy lifestyle?

Have you considered becoming an Aquatic Professional?

The Adult National Lifeguard program will certify you as a lifeguard, a certification that is recognized across the country.

Prerequisites: Bronze Cross and Standard First Aid with CPR C.

9 Sessions \$436.50 19yrs+  
Tu 5:00pm-10:00pm April 4 4525356  
**Sport & Leisure Aquatics**



### 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.

<b>FLEETWOOD</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th	6:30pm-7:15pm	Mar 28 4518476
Tu, Th	7:15pm-8:00pm	Mar 28 4522739
Tu, Th	6:30pm-7:15pm	May 2 4523132
Tu, Th	7:15pm-8:00pm	May 2 4523135
<b>FLEETWOOD</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W	6:30pm-7:15pm	Mar 27 4519694
M, W	7:15pm-8:00pm	Mar 27 4519718
F	6:30pm-7:15pm	Mar 31 4520704
F	7:15pm-8:00pm	Mar 31 4520705
M, W	6:30pm-7:15pm	May 1 4519830
M, W	7:15pm-8:00pm	May 1 4519833
<b>FLEETWOOD</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Su	12:15am-1:00pm	Apr 2 4521067
<b>FLEETWOOD</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa	9:00am-9:45am	Apr 1 4518756
Sa-Su	9:45am-10:30am	Apr 1 4520180
Sa-Su	11:15am-12noon	Apr 1 4520181
Sa	12:15pm-1:00pm	Apr 1 4518761
Su	9:00am-9:45am	Apr 2 4521065
Sa-Su	9:45am-10:30am	May 6 4520209
Sa-Su	11:15am-12noon	May 6 4520210
<b>Sport &amp; Leisure Aquatics</b>		

<b>GUILDFORD</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th	7:00pm-7:45pm	Mar 28 4524229
<b>GUILDFORD</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W	7:00pm-7:45pm	Mar 27 4524230
<b>GUILDFORD</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Tu, Th	7:00pm-7:45pm	May 2 4524233
F	6:15pm-7:00pm	May 5 4524240
M, W	7:00pm-7:45pm	May 29 4524236
Tu, Th	7:00pm-7:45pm	May 30 4524237
Sa-Su	9:00am-9:45am	Jun 3 4524238
<b>GUILDFORD</b>	<b>7 Sessions \$55.50</b>	<b>13yrs+</b>
Sa-Su	9:00am-9:45am	Apr 1 4524243
M, W	7:00pm-7:45pm	May 1 4524250
Sa	12:15pm-1:00pm	May 6 4524251
Su	12:15pm-1:00pm	May 7 4524254
<b>GUILDFORD</b>	<b>6 Sessions \$47.50</b>	<b>13yrs+</b>
Sa-Su	9:00am-9:45am	May 6 4524257
<b>Guildford Recreation Centre</b>		

<b>NEWTON</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th	6:30pm-7:15pm	Mar 28 4525084
<b>NEWTON</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa-Su	11:30am-12:15pm	Apr 1 4525109
Tu, Th	6:15pm-7:00pm	May 2 4525114
Sa-Su	11:30am-12:15pm	May 13 4525111
Tu, Th	6:15pm-7:00pm	May 30 4525115
<b>Newton Recreation Centre</b>		

<b>NORTH</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th	3:45pm-4:30pm	Mar 28 4517457
Tu, Th	5:00pm-5:45pm	Mar 28 4517458
Tu, Th	7:30pm-8:15pm	Mar 28 4517459
<b>NORTH</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W	4:30pm-5:15pm	Mar 27 4516275
M, W	7:30pm-8:15pm	Mar 27 4517456
<b>NORTH</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa-Su	8:15am-9:00am	Apr 1 4517460
Sa-Su	11:00am-11:45am	Apr 1 4517461
Tu, Th	3:45pm-4:30pm	May 2 4517464
Tu, Th	5:00pm-5:45pm	May 2 4517465
Tu, Th	7:30pm-8:15pm	May 2 4517466
F	4:00pm-4:45pm	May 5 4517467
M, W	4:30pm-5:15pm	May 29 4517470
M, W	7:30pm-8:15pm	May 29 4517471
Tu, Th	3:45pm-4:30pm	May 30 4517472
Tu, Th	5:00pm-5:45pm	May 30 4517473
Tu, Th	7:30pm-8:15pm	May 30 4517474
Sa-Su	8:15am-9:00am	Jun 3 4517475
Sa-Su	11:00am-11:45am	Jun 3 4517476
<b>NORTH</b>	<b>7 Sessions \$55.50</b>	<b>13yrs+</b>
M, W	4:30pm-5:15pm	May 1 4517462
M, W	7:30pm-8:15pm	May 1 4517463
<b>NORTH</b>	<b>6 Sessions \$55.50</b>	<b>13yrs+</b>
Sa-Su	8:15am-9:00am	May 6 4517468
Sa-Su	11:00am-11:45am	May 6 4517469
<b>North Surrey Recreation Centre</b>		

<b>SOUTH</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th	7:30pm-8:15pm	Mar 28 4520269
<b>SOUTH</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W	7:30pm-8:15pm	Mar 27 4522484
<b>SOUTH</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Tu, Th	7:30pm-8:15pm	May 2 4522481
M, W	7:30pm-8:15pm	May 29 4522483
Tu, Th	7:30pm-8:15pm	May 30 4522482
<b>SOUTH</b>	<b>7 Sessions \$55.50</b>	<b>13yrs+</b>
M, W	7:30pm-8:15pm	May 1 4522487
<b>Grandview Heights Aquatic Centre</b>		
<b>SOUTH</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Tu, Th	7:15pm-8:00pm	Mar 28 4523941
<b>South Surrey Indoor Pool</b>		



## 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.

<b>FLEETWOOD</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th 11:15am-12noon	Mar 28	4522729
Tu, Th 6:30pm-7:15pm	Mar 28	4522732
Tu, Th 7:15pm-8:00pm	Mar 28	4522733
Tu, Th 11:15am-12noon	May 2	4523126
Tu, Th 6:30pm-7:15pm	May 2	4523128
Tu, Th 7:15pm-8:00pm	May 2	4523129
<b>FLEETWOOD</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W 8:45am-9:30am	Mar 27	4519691
M, W 6:30pm-7:15pm	Mar 27	4519692
M, W 7:15pm-8:00pm	Mar 27	4519693
F 8:45am-9:30am	Mar 31	4520590
F 6:30pm-7:15pm	Mar 31	4520591
F 7:15pm-8:00pm	Mar 31	4520592
M, W 8:45am-9:30am	May 1	4519823
M, W 6:30pm-7:15pm	May 1	4519828
M, W 7:15pm-8:00pm	May 1	4519829
<b>FLEETWOOD</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa 9:00am-9:45am	Apr 1	4517580
Sa-Su 9:45am-10:30am	Apr 1	4520206
Su 9:00am-9:45am	Apr 2	4521064
Sa-Su 9:45am-10:30am	May 6	4520211

**Sport & Leisure Aquatics**

<b>GUILDFORD</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th 11:00am-11:45am	Mar 28	4524081
Tu, Th 7:00pm-7:45pm	Mar 28	4524095
<b>GUILDFORD</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W 7:00pm-7:45pm	Mar 27	4524098
<b>GUILDFORD</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Tu, Th 11:00am-11:45am	May 2	4524103
Tu, Th 7:00pm-7:45pm	May 2	4524107
F 12:30pm-1:15pm	May 5	4524152
M, W 7:00pm-7:45pm	May 29	4524113
Tu, Th 11:00am-11:45am	May 30	4524128
Tu, Th 7:00pm-7:45pm	May 30	4524135
Sa-Su 9:00am-9:45am	Jun 3	4524146
<b>GUILDFORD</b>	<b>7 Sessions \$55.50</b>	<b>13yrs+</b>
Sa-Su 9:00am-9:45am	Apr 1	4524159
M, W 7:00pm-7:45pm	May 1	4524183
Sa 12:15pm-1:00pm	May 6	4524184
Su 12:15pm-1:00pm	May 7	4524211
<b>GUILDFORD</b>	<b>6 Sessions \$47.50</b>	<b>13yrs+</b>
Sa-Su 9:00am-9:45am	May 6	4524212

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>12 Sessions \$79.25</b>	<b>13yrs+</b>
Su 8:00am-8:45am	Apr 2	4525127
<b>NEWTON</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th 6:30pm-7:15pm	Mar 28	4525083
Sa-Su 8:30am-9:15am	May 13	4525123
<b>NEWTON</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa-Su 8:30am-9:15am	Apr 1	4525120
Tu, Th 6:30pm-7:15pm	May 2	4525130
Tu, Th 6:30pm-7:15pm	May 30	4525132

**Newton Recreation Centre**

<b>NORTH</b>	<b>10 Sessions \$79.25</b>	<b>13yrs+</b>
Tu, Th 12:30pm-1:15pm	Mar 28	4517573
Tu, Th 7:30pm-8:15pm	Mar 28	4517574
<b>NORTH</b>	<b>9 Sessions \$71.50</b>	<b>13yrs+</b>
M, W 7:30pm-8:15pm	Mar 27	4516273
<b>NORTH</b>	<b>8 Sessions \$63.50</b>	<b>13yrs+</b>
Sa-Su 8:15am-9:00am	Apr 1	4517575
Tu, Th 12:30pm-1:15pm	May 2	4517577
Tu, Th 7:30pm-8:15pm	May 2	4517578
M, W 7:30pm-8:15pm	May 29	4517581
Tu, Th 12:30pm-1:15pm	May 30	4517582
Tu, Th 7:30pm-8:15pm	May 30	4517583
Sa-Su 8:15am-9:00am	Jun 3	4517584
<b>NORTH</b>	<b>7 Sessions \$55.50</b>	<b>13yrs+</b>
M, W 7:30pm-8:15pm	May 1	4517576
<b>NORTH</b>	<b>6 Sessions \$47.50</b>	<b>13yrs+</b>
Sa-Su 8:15am-9:00am	May 6	4517579

**North Surrey Recreation Centre**

<b>SOUTH</b>	<b>10 Sessions \$79.25</b>	<b>18yrs+</b>
Tu, Th 7:30pm-8:15pm	Mar 28	4520268
<b>SOUTH</b>	<b>9 Sessions \$71.50</b>	<b>18yrs+</b>
M, W 7:30pm-8:15pm	Mar 27	4522457
Sa 9:00am-9:45am	Apr 1	4522475
Su 9:00am-9:45am	Apr 2	4522473
<b>SOUTH</b>	<b>8 Sessions \$63.50</b>	<b>18yrs+</b>
Tu, Th 7:30pm-8:15pm	May 2	4522451
M, W 7:30pm-8:15pm	May 29	4522455
Tu, Th 7:30pm-8:15pm	May 30	4522453
<b>SOUTH</b>	<b>7 Sessions \$55.50</b>	<b>18yrs+</b>
M, W 7:30pm-8:15pm	May 1	4522460

**Grandview Heights Aquatic Centre**

<b>SOUTH</b>	<b>8 Sessions \$55.50</b>	<b>13yrs+</b>
M, W 9:15am-10:00am	Mar 27	4523728

**South Surrey Indoor Pool**



## DON'T STOP SWIMMING

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

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

- Swim clinics for 6-12 year olds
- Lifesaver Level 1 for 8-13 year olds
- Lifesaver Level 2 for 8-13 year olds
- Bronze Star for 10-13 year olds
- Red Cross Teen Swim Basics I-2 for 13-18 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



# Aquatic Leadership & FIRST AID

www.surrey.ca/pools



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

### LIFEGUARD + SWIMMING INSTRUCTOR

10-13 years

**Bronze Star**

**Bronze Medallion (BM)**

Prerequisite: 13yrs or Bronze Star

13 years & up

**Bronze Cross (BC)**

Prerequisite: BM

14 years & up

**Standard First Aid (SFA)**

**Water Safety Instructor (WSI)**

Module 1 & 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

16 years & up

**National Lifeguard (NL) Waterpark**

Prerequisite: Current NL  
Strongly recommended: CPR-C current

### LIFESAVING INSTRUCTOR

**Bronze Medallion (BM)**

Prerequisite: 13yrs or Bronze Star

**Bronze Cross (BC)**

Prerequisite: BM

**Lifesaving Instructor (LSI)**

Prerequisite: 16yrs, BC or NL  
Strongly recommended: WSI

### BCRPA AQUAFIT INSTRUCTOR

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

**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

FREE

### Lifeguard Info Sessions

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

**SOUTH** 1 Session 10yrs+  
W 6:00pm-7:00pm Apr 5 4525446  
Grandview Heights Aquatic Centre

**GUILDFORD** 1 Session 10yrs+  
Th 6:00pm-7:00pm May 4 4525447  
Guildford Recreation Centre

**NEWTON** 1 Session 10yrs+  
Tu 6:00pm-7:00pm Jun 6 4525448  
Newton Recreation Centre

**SOUTH** 1 Session 10yrs+  
Su 6:00pm-7:00pm Jun 25 4525449  
Grandview Heights Aquatic Centre

### BE PART OF OUR TEAM

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

### PARENTS WELCOME

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

### DISCOVER OUR AQUATIC VOLUNTEER OPPORTUNITIES

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

### Instructor Fitness Theory Module

Become a certified fitness leader! This course will prepare you to write the BCRPA basic fitness leader's exam. Course Manual included.

**FLEETWOOD** 6 Sessions \$376 16yrs+  
Tu,Th,Sa 5:30pm-10pm Apr 11 4523647  
Sport & Leisure Aquatics

### Instructor Aquafit Module

This is the fitness module required to complete registration as a BCRPA Aquacize Instructor. Theory course is a prerequisite.

**FLEETWOOD** 3 Sessions \$268.85 16yrs+  
F-Su 5:00pm-9:00pm Apr 28 4525512  
Sport & Leisure Aquatics



## JOIN THE Aquateers

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

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

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

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



## Bronze Star

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

**FLEETWOOD 4 Sessions \$79.50 10-13yrs**  
W 5:00pm-7:30pm Apr 5 4525393

**FLEETWOOD 3 Sessions \$79.50 10-13yrs**  
M,W,F 4:30pm-8:00pm May 15 4525395  
**Sport & Leisure Aquatics**

**GUILDFORD 4 Sessions \$79.50 10-13yrs**  
F 4:30pm-7:00pm Apr 21 4525396  
**Guildford Recreation Centre**

**NEWTON 4 Sessions \$79.50 10-13yrs**  
Tu 5:00pm-7:30pm May 2 4525398  
**Newton Recreation Centre**

**NORTH 4 Sessions \$79.50 10-13yrs**  
Tu, Th 5:00pm-7:30pm Apr 4 4525397  
**North Surrey Recreation Centre**

**SOUTH 4 Sessions \$79.50 10-13yrs**  
M, W 5:00pm-7:30pm May 8 4525394

**SOUTH 3 Sessions \$79.50 10-13yrs**  
Th 5:00pm-8:30pm Apr 6 4525510  
**Grandview Heights Aquatic Centre**

**SOUTH 3 Sessions \$79.50 10-13yrs**  
Sa 10:00am-1:30pm Mar 25 4529650  
**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 5 Sessions \$190.75 13yrs+**  
Tu, Th 4:30pm-8:30pm May 2 4525408

**FLEETWOOD 3 Sessions \$190.75 13yrs+**  
Sa-M 9:00am-4:30pm Apr 15 4525399  
Sa-M 9:00am-4:30pm May 20 4525402  
**Sport & Leisure Aquatics**

**GUILDFORD 5 Sessions \$190.75 13yrs+**  
F 4:30pm-8:30pm May 19 4525412

**GUILDFORD 3 Sessions \$190.75 13yrs+**  
Sa-M 9:00am-4:30pm May 27 4525407  
**Guildford Recreation Centre**

**NEWTON 3 Sessions \$190.75 13yrs+**  
Sa-M 9:00am-4:30pm May 20 4525400  
Su 9:00am-4:30pm May 28 4525401  
**Newton Recreation Centre**

**NORTH 5 Sessions \$190.75 13yrs+**  
Tu, Th 4:30pm-8:30pm Apr 18 4525406  
Tu, Th 4:30pm-8:30pm Jun 13 4525409

**NORTH 3 Sessions \$190.75 13yrs+**  
Su, Sa 9:00am-4:30pm Apr 23 4525405  
**North Surrey Recreation Centre**

**SOUTH 5 Sessions \$190.75 13yrs+**  
M, W 4:30pm-8:30pm May 29 4525410

**SOUTH 3 Sessions \$190.75 13yrs+**  
F-Su 9:00am-4:30pm May 5 4525403  
Sa-M 9:00am-4:30pm May 27 4525411

**SOUTH 3 Sessions \$190.75 13yrs+**  
F-Su 5:00pm-9:00pm Mar 31 4525404  
**Grandview Heights Aquatic Centre**

## Bronze Medallion and Cross with CPR C

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

**FLEETWOOD 10 Sessions \$362 13yrs+**  
Tu, Th 4:30pm-8:30pm May 2 4525424

**FLEETWOOD 6 Sessions \$362 13yrs+**  
Sa-M 9:00am-4:30pm May 20 4525422  
**Sport & Leisure Aquatics**

**NEWTON 6 Sessions \$362 13yrs+**  
Su 9:00am-4:30pm May 28 4525421  
**Newton Recreation Centre**

**NORTH 10 Sessions \$362 13yrs+**  
Tu, Th 4:30pm-8:30pm Apr 18 4525426  
**North Surrey Recreation Centre**

**SOUTH 10 Sessions \$362 13yrs+**  
M, W 4:30pm-8:30pm May 29 4525425

**SOUTH 6 Sessions \$362 13yrs+**  
F-Su 9:00am-4:30pm May 5 4525423  
**Grandview Heights Aquatic Centre**

## 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 5 Sessions \$176.25 13yrs+**  
Th, Tu 4:30pm-8:30pm May 18 4525414

**FLEETWOOD 3 Sessions \$176.25 13yrs+**  
Su, Sa 9:00am-4:30pm Apr 23 4525420  
Su-M, Sa 4:30pm-8:30pm May 28 4525418  
**Sport & Leisure Aquatics**

**GUILDFORD 3 Sessions \$176.25 13yrs+**  
Sa-M 9:00am-4:30pm May 20 4525415  
**Guildford Recreation Centre**

**NEWTON 3 Sessions \$176.25 13yrs+**  
Su 9:00am-4:30pm Jun 18 4525419  
**Newton Recreation Centre**

**NORTH 5 Sessions \$176.25 13yrs+**  
Th, Tu 4:30pm-8:30pm May 4 4525427

**NORTH 3 Sessions \$176.25 13yrs+**  
F-Su 9:00am-4:30pm May 5 4525416  
**North Surrey Recreation Centre**

**SOUTH 5 Sessions \$176.25 13yrs+**  
W, M 4:30pm-8:30pm Jun 14 4525413

**SOUTH 3 Sessions \$176.25 13yrs+**  
Sa-Su 9:00am-4:30pm May 13 4525417  
**Grandview Heights Aquatic Centre**

**SOUTH 3 Sessions \$176.25 13yrs+**  
F-Su 9:00am-4:30pm Apr 7 4529651  
**Grandview Heights Aquatic Centre**

## NEW Water Safety Instructor (WSI) Course

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

### Pre-WSI Stroke Assessment\* **FREE**

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

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

### Water Safety Instructor (WSI)

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

#### WSI - Module 1

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

#### SKILLS EVALUATION

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

#### ONLINE MODULES

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

#### WSI - Module 2

*Prerequisite WSI - Module 1*

#### TEACHING EXPERIENCE

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

#### CLASSROOM AND POOL MODULES

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

### Water Safety Instructor Certification

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

## Water Safety Instructor (WSI) - Module 1

**FLEETWOOD 2 Sessions \$303.75 15yrs+**  
M 5:00pm-9:00pm Apr 10 4523628  
**Sport & Leisure Aquatics**

**GUILDFORD 2 Sessions \$303.75 15yrs+**  
Sa 4:00pm-8:00pm Mar 25 4523638  
**Guildford Recreation Centre**

**NORTH 2 Sessions \$303.75 15yrs+**  
Sa 12:45pm-4:45pm Apr 29 4525360  
**North Surrey Recreation Centre**

**SOUTH 2 Sessions \$303.75 15yrs+**  
Su 4:00pm-8:00pm Apr 9 4523637  
**Grandview Heights Aquatic Centre**

## Water Safety Instructor (WSI) - Module 2

**FLEETWOOD 6 Sessions \$332.25 15yrs+**  
May 6 - 21 4525366  
**Sport & Leisure Aquatics**

**GUILDFORD 6 Sessions \$332.25 15yrs+**  
April 2 - 17 4525368  
**Guildford Recreation Centre**

**NORTH 6 Sessions \$332.25 15yrs+**  
May 27 - July 1 4525367  
**North Surrey Recreation Centre**

**SOUTH 6 Sessions \$332.25 15yrs+**  
May 7 - June 11 4525365  
**Grandview Heights Aquatic Centre**

## Water Safety Instructor (WSI) - Module 1 and 2 Combo

**FLEETWOOD 8 Sessions \$626.25 15yrs+**  
April 10 - May 21 4525362  
**Sport & Leisure Aquatics**

**GUILDFORD 8 Sessions \$626.25 15yrs+**  
March 25 - April 17 4525364  
**Guildford Recreation Centre**

**NORTH 8 Sessions \$626.25 15yrs+**  
April 29 - July 1 4525363  
**North Surrey Recreation Centre**

**SOUTH 8 Sessions \$626.25 15yrs+**  
April 9 - June 11 4525361  
**Grandview Heights Aquatic Centre**

**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.**

## 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 May 27 4525460  
Sa-Su 9:00am-5:00pm Jun 24 4525464  
**Cloverdale Recreation Centre**

**FLEETWOOD 4 Sessions \$182.25 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525473

**FLEETWOOD 2 Sessions \$182.25 14yrs+**  
Th-F 9:00am-5:00pm Jun 1 4525477  
**Sport & Leisure Aquatics**

**GUILDFORD 4 Sessions \$182.25 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525469

**GUILDFORD 2 Sessions \$182.25 14yrs+**  
M-Tu 9:00am-5:00pm Jun 12 4525478  
**Guildford Recreation Centre**

**NEWTON 2 Sessions \$182.25 14yrs+**  
Sa-Su 9:00am-5:00pm Jun 17 4525488  
**Newton Recreation Centre**

**NORTH 2 Sessions \$182.25 14yrs+**  
Su, Sa 9:00am-5:00pm Apr 2 4525383

**NORTH 2 Sessions \$182.25 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525382  
**North Surrey Recreation Centre**

**SOUTH 2 Sessions \$182.25 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525378  
**Grandview Heights Aquatic Centre**

## 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.

**CLOVERDALE 1 Session \$178.75 14yrs+**  
Su 9:00am-5:00pm May 28 4525508  
**Cloverdale Recreation Centre**

**GUILDFORD 1 Session \$178.75 14yrs+**  
Tu 9:00am-5:00pm Jun 13 4525507  
**Guildford Recreation Centre**

**SOUTH 1 Session \$178.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525377  
**Grandview Heights Aquatic Centre**

## 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 Sessions \$285.50 16yrs+**  
F-M 5:00pm-9:00pm May 19 4523644  
**Sport & Leisure Aquatics**

**GUILDFORD 4 Sessions \$285.50 16yrs+**  
Sa-Su 9:30am-4:30pm Jun 17 4523645  
**Guildford Recreation Centre**

**SOUTH 4 Sessions \$285.50 16yrs+**  
F-M 9:00am-4:00pm Apr 14 4523646  
**Grandview Heights Aquatic Centre**

## National Lifeguard Aquatic Emergency Care NEW

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.

**FLEETWOOD 3 Sessions \$212.25 13yrs+**  
Sa-Su 10:00am-5:30pm Apr 1 4525373  
F-Su 10:00am-5:30pm May 5 4525376  
**Sport & Leisure Aquatics**

**NORTH 6 Sessions \$212.25 13yrs+**  
Tu, Th 5:00pm-9:15pm May 23 4525374  
**North Surrey Recreation Centre**

## (NL) - Pool

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

**FLEETWOOD 9 Sessions \$436.50 19yrs+**  
Tu 5:00pm-10:00pm Apr 4 4525356  
**FLEETWOOD 7 Sessions \$436.50 16yrs+**  
Sa-Su 10:00am-5:00pm Apr 22 4523642  
**Sport & Leisure Aquatics**

**GUILDFORD 7 Sessions \$436.50 16yrs+**  
Su, F-Su 9:00am-5:00pm May 28 4523643  
**Guildford Recreation Centre**

**NORTH 7 Sessions \$436.50 16yrs+**  
Su 10:00am-5:00pm May 7 4523639

**NORTH 6 Sessions \$436.50 16yrs+**  
Su-M, F-Su 9:00am-5:00pm Apr 9 4523640  
**North Surrey Recreation 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.

**FLEETWOOD 3 Sessions \$294.25 16yrs+**  
Su, Sa 9:30am-6:00pm May 28 4525390  
**Sport & Leisure Aquatics**

**GUILDFORD 4 Sessions \$294.25 16yrs+**  
Sa-Su 10:00am-5:00pm May 6 4525388  
**Guildford Recreation Centre**

**NEWTON 3 Sessions \$294.25 16yrs+**  
Sa-M 9:00am-5:30pm May 20 4525392  
**Newton Recreation Centre**

**SOUTH 4 Sessions \$294.25 16yrs+**  
F-M 9:00am-3:30pm Apr 14 4525391  
**South Surrey Indoor Pool**

## 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 \$120.25 14yrs+**  
Sa 9:00am-5:00pm May 27 4525462  
Sa 9:00am-5:00pm Jun 24 4525466  
**Cloverdale Recreation Centre**

**FLEETWOOD 2 Sessions \$120.25 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525475

**FLEETWOOD 1 Session \$120.15 14yrs+**  
Th 9:00am-5:00pm Jun 1 4525484  
**Sport & Leisure Aquatics**

**GUILDFORD 2 Sessions \$120.25 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525471

**GUILDFORD 1 Session \$120.25 14yrs+**  
M 9:00am-5:00pm Jun 12 4525483  
**Guildford Recreation Centre**

**NEWTON 1 Session \$120.25 14yrs+**  
Sa 9:00am-5:00pm Jun 17 4525485  
**Newton Recreation Centre**

**NORTH 1 Session \$120.25 14yrs+**  
Su 9:00am-5:00pm Apr 2 4525385  
Su 9:00am-5:00pm Apr 23 4525384  
**North Surrey Recreation Centre**

**SOUTH 1 Session \$120.25 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525381  
M 9:00am-5:00pm May 22 4525491  
**Grandview Heights Aquatic Centre**

## 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 \$114.75 14yrs+**  
Sa 9:00am-5:00pm Apr 8 4525369  
**Cloverdale Recreation Centre**

**FLEETWOOD 1 Session \$114.75 14yrs+**  
Su 9:00am-5:00pm Jun 11 4525372  
**Fleetwood Community Centre**

**FLEETWOOD 1 Session \$114.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525476  
**Sport & Leisure Aquatics**

**GUILDFORD 1 Session \$114.75 14yrs+**  
W 9:00am-5:00pm May 10 4525370  
**Guildford Recreation Centre**

**SOUTH 1 Session \$114.75 14yrs+**  
W 9:00am-5:00pm May 24 4525371  
**Grandview Heights Aquatic Centre**

## Aquatic Leadership INSTRUCTOR TRAINING

### National Lifeguard Instructor NEW

The NL Instructor (NLI) certifies candidates to teach and evaluate the NL Program. NL Instructors can also act as mentors to new lifeguard staff and provide a leadership role in staff inservice training. There is a pre-course assignment that must be completed in advance. Prerequisite: NL-Pool (current within 2 years and have recertified at least once), LSI (current within 2 years and have taught at least 2 Bronze Medallion/Cross courses), First Aid Instructor (strongly recommended), and 18 years old by last day of course.

**SOUTH 4 Sessions \$462.50 18yrs+**  
Sa-Su 9:00am-6:00pm Jun 17 4525359  
**Grandview Heights Aquatic Centre**

### Lifesaving Instructor Trainer (LSIT) NEW

Lifesaving Society Instructor Trainers (LSITs) teach, evaluate and certify Lifesaving Instructor (LSI) candidates - they teach the teachers. These are experienced and knowledgeable Instructors who participate in this clinic in preparation for their apprenticeship before being appointed as a Lifesaving Instructor Trainer. Prerequisite: 18 years of age, recertified LSI at least once, and has taught a minimum of 4 Bronze Level courses.

**GUILDFORD 4 Sessions \$284 18yrs+**  
Sa-Su 10:00am-5:00pm May 6 4525358  
**Guildford Recreation Centre**

### Head Lifeguard Course NEW

Are you looking to advance in Aquatics? Realize your role and responsibilities as a Head Lifeguard with staff supervision techniques, deck management and effective communication. Learn about staff training and development, managing risk, and implementing safety systems. 100% attendance and participation is required. Prerequisites: 16 years old and have at least 2 years of lifeguarding experience, NL Pool (current). Recommended: LSI.

**FLEETWOOD 3 sessions \$233.25**  
Sa 9:30am-4:30pm Apr 29 4529281  
**Sport & Leisure Aquatics**

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



## 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.

**FLEETWOOD 1 Session \$119.50 16yrs+**  
Su 2:00pm-7:00pm Apr 30 4525509  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$119.50 16yrs+**  
W 4:30pm-9:30pm Apr 26 4525453  
Guildford Recreation Centre

**NORTH 1 Session \$119.50 16yrs+**  
Su 4:00pm-9:00pm May 21 4525454  
Th 4:00pm-9:00pm Jun 29 4525455  
North Surrey Recreation Centre

**SOUTH 1 Session \$119.50 16yrs+**  
Tu 4:30pm-9:30pm May 30 4525450  
Su 4:30pm-9:30pm Jun 11 4525451  
Grandview Heights Aquatic Centre

### Standard First Aid (SFA) Recertification

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

**CLOVERDALE 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm May 28 4525461  
Su 9:00am-5:00pm Jun 25 4525465  
Cloverdale Recreation Centre

**FLEETWOOD 2 Sessions \$90.75 14yrs+**  
M, W 5:30pm-9:30pm May 15 4525472

**FLEETWOOD 1 Session \$90.75 14yrs+**  
F 9:00am-5:00pm Jun 2 4525479  
Sport & Leisure Aquatics

**GUILDFORD 2 Sessions \$90.75 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 18 4525468

**GUILDFORD 1 Session \$90.75 14yrs+**  
Tu 9:00am-5:00pm Jun 13 4525480  
Guildford Recreation Centre

**NEWTON 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm Jun 18 4525487  
Newton Recreation Centre

**SOUTH 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525379  
Grandview Heights Aquatic Centre

### National Lifeguard (NL) Recertification and Precertification

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.

**FLEETWOOD 1 Session \$126 16yrs+**  
M 9:00am-5:30pm Apr 17 4525441  
Su 9:00am-5:30pm May 7 4525440  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$126 16yrs+**  
Su 8:30am-5:00pm Apr 30 4525444  
Sa 8:30am-5:00pm Jun 10 4525445  
Guildford Recreation Centre

**NORTH 1 Session \$126 16yrs+**  
M 8:30am-5:00pm May 22 4525443  
North Surrey Recreation Centre

**SOUTH 1 Session \$126 16yrs+**  
Su 9:00am-5:30pm Jun 25 4525442  
South Surrey Indoor Pool

### National Lifeguard (NL) - Recertification

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

**FLEETWOOD 1 Session \$77 16yrs+**  
M 1:30pm-5:30pm Apr 17 4525435  
Su 1:30pm-5:30pm May 7 4525434  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$77 16yrs+**  
Su 1:00pm-5:00pm Apr 30 4525436  
Sa 1:00pm-5:00pm Jun 10 4525438  
Guildford Recreation Centre

**NORTH 1 Session \$77 16yrs+**  
M 1:00pm-5:00pm May 22 4525437  
North Surrey Recreation Centre

**SOUTH 1 Session \$77 16yrs+**  
Su 1:30pm-5:30pm Jun 25 4525439  
South Surrey Indoor Pool

### National Lifeguard (NL) - Waterpark - Recertification

NL Waterpark is valid for 2 years, stay current by re-certifying your award. Prerequisite: NL Waterpark. Recommended: CPR C (within 1 year). Certification must be presented to instructor at the beginning of class.

**FLEETWOOD 1 Session \$95 16yrs+**  
M 9:00am-5:00pm May 22 4525431  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$95 16yrs+**  
Su 9:00am-5:00pm Jun 25 4525432  
Guildford Recreation Centre

**SOUTH 1 Session \$95 16yrs+**  
M 9:00am-5:00pm Apr 17 4525433  
Grandview Heights Aquatic Centre

### National Lifeguard Instructor (NLI) - Recertification

This 4 hour clinic will recertify National Lifeguard Instructors (NLI). Candidates are required to bring their Award Guide, pocket mask, swim suit, and NLI card (within 5 years from the date of issue) to the clinic. Prerequisite: National Lifeguard Instructor (NLI) or National Lifeguard Instructor Trainer (NLIT) certification card within 5 years of certification date.

**FLEETWOOD 1 Session \$115.50 16yrs+**  
Tu 4:00pm-9:00pm May 30 4524401  
Sport & Leisure Aquatics

### 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.

**FLEETWOOD 1 Session \$124 16yrs+**  
Th 5:00pm-9:00pm May 4 4525429  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$124 16yrs+**  
Sa 1:30pm-5:30pm Jun 3 4525430  
Guildford Recreation Centre

**SOUTH 1 Session \$124 16yrs+**  
Tu 5:00pm-9:00pm Apr 4 4525428  
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 \$63.25 14yrs+**  
F 2:30pm-5:30pm May 5 4525459  
Cloverdale Recreation Centre

**FLEETWOOD 1 Session \$63.25 14yrs+**  
Su 2:30pm-5:30pm Apr 9 4525501  
Th 2:30pm-5:30pm Apr 27 4525500  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$63.25 14yrs+**  
W 6:00pm-9:00pm Jun 28 4525503  
Guildford Recreation Centre

**NORTH 1 Session \$63.25 14yrs+**  
W 5:30pm-8:30pm May 17 4525505  
Sa 2:30pm-5:30pm May 27 4525502  
North Surrey Recreation Centre

**SOUTH 1 Session \$63.25 14yrs+**  
Tu 6:00pm-9:00pm Apr 18 4525504  
Tu 5:30pm-8:30pm May 23 4525498  
Sa 2:30pm-5:30pm Jun 10 4525457  
Grandview Heights Aquatic Centre

**SOUTH 1 Session \$63.25 14yrs+**  
Sa 2:30pm-5:30pm Jun 24 4525499  
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 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm May 27 4525463  
Sa 9:00am-5:00pm Jun 24 4525467  
Cloverdale Recreation Centre

**FLEETWOOD 2 Sessions \$80 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525474

**FLEETWOOD 1 Session \$80 14yrs+**  
Th 9:00am-5:00pm Jun 1 4525482  
Sport & Leisure Aquatics

**GUILDFORD 2 Sessions \$80 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525470

**GUILDFORD 1 Session \$80 14yrs+**  
M 9:00am-5:00pm Jun 12 4525481  
Guildford Recreation Centre

**NEWTON 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm Jun 17 4525486  
Newton Recreation Centre

**NORTH 1 Session \$80 14yrs+**  
Su 9:00am-5:00pm Apr 2 4525387  
Su 9:00am-5:00pm Apr 23 4525386  
North Surrey Recreation Centre

**SOUTH 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525380  
M 9:00am-5:00pm May 22 4525492  
Grandview Heights Aquatic Centre

## Lifeguard DEVELOPMENT SCHOOL



Career training for prospective lifeguards and for current aquatic professionals wanting to further develop their skillset. Each module has a theme but the topics and activities change each time.

### Training and Fitness

Further develop your skills and get challenged with complex rescue scenarios. Prerequisite: NL Pool.

**SOUTH 1 Session \$8.50 16yrs+**  
Tu 7:00pm-9:00pm Apr 11 4529101  
Grandview Heights Aquatic Centre

**FLEETWOOD 1 Session \$8.50 16yrs+**  
M 7:00pm-9:00pm May 15 4529102  
Tu 7:00pm-9:00pm Jun 13 4529107  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$8.50 16yrs+**  
W 7:00pm-9:00pm Jun 14 4529103  
Guildford Recreation Centre

### Swim Instruction

Learn strategies for instructing swim lessons. Ongoing skill development is needed to be successful in today's aquatic work environment. Prerequisite: WSI

**FLEETWOOD 1 Session \$8.50 16yrs+**  
Tu 7:00pm-9:00pm Apr 18 4529109  
W 7:00pm-9:00pm May 17 4529108  
Sport & Leisure Aquatics

### First Aid Module

Review your scene assessment, primary survey and secondary survey and get challenged with complex rescue scenarios. Prerequisite: Standard First Aid

**SOUTH 1 Session \$8.50 16yrs+**  
F 5:30pm-7:30pm Jun 9 4529106  
Grandview Heights Aquatic Centre

**GUILDFORD 1 Session \$8.50 16yrs+**  
Th 5:30pm-7:30pm May 11 4529104  
W 5:30pm-7:30pm Apr 19 4529105  
Guildford Recreation Centre

# Arenas

[www.surrey.ca/register](http://www.surrey.ca/register)

## 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 10275 City Parkway

### NEWTON ARENA

604-501-5044 7120 I36B Street

### SURREY SPORT AND LEISURE COMPLEX

604-501-5881 16555 Fraser Hwy

### SOUTH SURREY ARENA

604-502-6200 2199 I48 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	Type	Drop-in	10 Swipe
Public Skate - Daytime	Monday-Friday	\$3.25	
Adult Figure Skating Recreational Hockey Seniors Rec Hockey	Monday-Friday	8.25	\$74.25
	Saturday - Sunday	11.50	103.50
Parent & Child Hockey Stick & Puck Youth Hockey	Adult	8.25	74.25
	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.



### CSA CERTIFIED HELMETS ARE MANDATORY FOR ICE SKATING LESSONS

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



## Skate Descriptions

Check the schedules to see what is offered this season.

### Public Skate

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

### Family Skate

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

### Parent & Tot

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

Effective March 27 - June 30

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate				5:45pm - 7:30pm	1:30pm - 3:00pm	2:00pm - 3:30pm	
Parent & Tot	9:00am - 11:00am 1:00pm - 2:00pm		9:00am - 11:00am 1:00pm - 2:00pm				
Adult Skate		11:45am - 1:00pm					
Adult Figure Skate		9:30am - 11:00am					
Stick and Puck <input checked="" type="checkbox"/>						3:45pm - 5:00pm	
All programs cancelled on:	Cancelled Apr 17, May 22				Cancelled Mar 31	Cancelled May 20	

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

Effective March 27 - June 30

SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public Skate		11:15am - 12:45pm 6:15pm - 7:45pm		11:15am - 12:45pm	11:15am - 12:45pm		12:30pm - 2:00pm
Parent & Tot	9:30am - 11:30am 12:30pm - 2:00pm Cancelled Apr 17, May 22	9:30am - 11:00am 1:00pm - 2:00pm	9:30am - 11:30am 12:30pm - 2:00pm	9:30am - 11:00am 1:00pm - 2:00pm			
Adult Skate					1:00pm - 2:30pm		
Adult Figure Skate	10:00am - 11:30am		10:00am - 11:30am		11:00am - 12:30pm		
Parent & Child Hockey <input checked="" type="checkbox"/>					3:30pm - 4:45pm Cancelled Apr 28		9:30am - 10:45am
Stick and Puck <input checked="" type="checkbox"/>		10:00am - 11:30am		10:00am - 11:30am 3:45pm - 5:15pm			
Youth Hockey					7:45pm - 9:00pm Cancelled Mar 31		
Recreational Hockey <input checked="" type="checkbox"/>	11:30am - 1:00pm		11:30am - 1:00pm		11:30am - 1:00pm		2:15pm - 3:30pm
Seniors Rec Hockey <input checked="" type="checkbox"/>		8:15am - 9:45am		8:15am - 9:45am			
All programs cancelled on:					Cancelled May 19		Cancelled May 21

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. **CSA certified Helmet\* required for parent and child.**

<b>FLEETWOOD 9 Sessions \$74.75 2-3yrs</b>
M, W 9:30am-10:00am Mar 27 4523056
M, W 9:30am-10:00am May 1 4518823
<b>FLEETWOOD 8 Sessions \$66.50 2-3yrs</b>
M, W 9:30am-10:00am Jun 5 4518827
<b>FLEETWOOD 6 Sessions \$49.75 2-3yrs</b>
Sa 9:30am-10:00am Apr 1 4518839
Sa 10:00am-10:30am Apr 1 4518842
Sa 10:30am-11:00am Apr 1 4518843
Sa 11:00am-11:30am Apr 1 4518844
Sa 11:30am-12:00pm Apr 1 4518841
Su 9:15am-9:45am Apr 2 4518846
Su 10:15am-10:45am Apr 2 4518849
Su 11:15am-11:45am Apr 2 4518850
<b>FLEETWOOD 5 Sessions \$41.50 2-3yrs</b>
Sa 9:30am-10:00am May 27 4518835
Sa 10:00am-10:30am May 27 4518836
Sa 10:30am-11:00am May 27 4518837
Sa 11:00am-11:30am May 27 4518838
Sa 11:30am-12:00pm May 27 4518840
Su 9:15am-9:45am May 28 4518845
Su 10:15am-10:45am May 28 4518848
Su 11:15am-11:45am May 28 4518847

Sport & Leisure Arenas

<b>SOUTH 9 Sessions \$74.75 2-3yrs</b>
M, W 9:00am-9:30am Mar 27 4523023
M, W 9:00am-9:30am May 1 4518851
<b>SOUTH 8 Sessions \$66.50 2-3yrs</b>
M, W 9:00am-9:30am Jun 5 4523025
<b>SOUTH 6 Sessions \$49.75 2-3yrs</b>
Sa 10:45am-11:15am Apr 1 4518859
Sa 11:15am-11:45am Apr 1 4518860
Sa 11:45am-12:15pm Apr 1 4518861
Sa 12:15pm-12:45pm Apr 1 4518862
Sa 12:45pm-1:15pm Apr 1 4518863
<b>SOUTH 5 Sessions \$41.50 2-3yrs</b>
Sa 10:45am-11:15am May 27 4518854
Sa 11:15am-11:45am May 27 4518855
Sa 11:45am-12:15pm May 27 4518856
Sa 12:15pm-12:45pm May 27 4518857
Sa 12:45pm-1:15pm May 27 4518858

South Surrey Arena



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

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. **CSA certified Helmet\* required.**

<b>FLEETWOOD 9 Sessions \$74.75 3-5yrs</b>
M, W 4:00pm-4:30pm Mar 27 4518964
M, W 4:30pm-5:00pm Mar 27 4518958
M, W 5:30pm-6:00pm Mar 27 4518961
M, W 4:00pm-4:30pm May 1 4518963
M, W 4:30pm-5:00pm May 1 4518957
M, W 5:30pm-6:00pm May 1 4518960
<b>FLEETWOOD 8 Sessions \$66.50 3-5yrs</b>
M, W 4:00pm-4:30pm Jun 5 4518965
M, W 4:30pm-5:00pm Jun 5 4518959
M, W 5:30pm-6:00pm Jun 5 4518962
<b>FLEETWOOD 6 Sessions \$49.75 3-5yrs</b>
F 5:00pm-5:30pm Mar 31 4518914
F 6:00pm-6:30pm Mar 31 4518916
Sa 10:00am-10:30am Apr 1 4518949
Sa 11:00am-11:30am Apr 1 4518950
Su 9:15am-9:45am Apr 2 4518954
Su 10:15am-10:45am Apr 2 4518955
Su 11:15am-11:45am Apr 2 4518956
<b>FLEETWOOD 5 Sessions \$41.50 3-5yrs</b>
Sa 10:00am-10:30am May 27 4518946
Sa 11:00am-11:30am May 27 4518947
Su 9:15am-9:45am May 28 4518951
Su 10:15am-10:45am May 28 4518952
Su 11:15am-11:45am May 28 4518953
F 5:00pm-5:30pm Jun 2 4518917
F 6:00pm-6:30pm Jun 2 4518918

Sport & Leisure Arenas

<b>SOUTH 9 Sessions \$74.75 3-5yrs</b>
M, W 5:15pm-5:45pm Mar 27 4518985
M, W 6:15pm-6:45pm Mar 27 4518988
M, W 5:15pm-5:45pm May 1 4518984
M, W 6:15pm-6:45pm May 1 4518987

<b>SOUTH 8 Sessions \$66.50 3-5yrs</b>
M, W 5:15pm-5:45pm Jun 5 4518986
M, W 6:15pm-6:45pm Jun 5 4518989
<b>SOUTH 6 Sessions \$49.75 3-5yrs</b>
Sa 10:45am-11:15am Apr 1 4518993
Sa 11:45am-12:15pm Apr 1 4518994
Sa 12:45pm-1:15pm Apr 1 4518995
<b>SOUTH 5 Sessions \$41.50 3-5yrs</b>
Sa 10:45am-11:15am May 27 4518990
Sa 11:45am-12:15pm May 27 4518991
Sa 12:45pm-1:15pm May 27 4518992

South Surrey Arena

### Skate Preschool - Lev. I

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: Participate in activities, Stand and fall unassisted, Walk unassisted. **CSA certified Helmet\* required.**

<b>FLEETWOOD 9 Sessions \$74.75 3-5yrs</b>
M, W 9:30am-10:00am Mar 27 4519006
M, W 10:30am-11:00am Mar 27 4519007
M, W 12:30pm-1:00pm Mar 27 4519010
M, W 9:30am-10:00am May 1 4519002
M, W 10:30am-11:00am May 1 4519003
M, W 12:30pm-1:00pm May 1 4519008
<b>FLEETWOOD 8 Sessions \$66.50 3-5yrs</b>
M, W 9:30am-10:00am Jun 5 4519004
M, W 10:30am-11:00am Jun 5 4519005
M, W 12:30pm-1:00pm Jun 5 4519009

Sport & Leisure Arenas

<b>SOUTH 9 Sessions \$74.75 3-5yrs</b>
M, W 9:00am-9:30am Mar 27 4521503
M, W 10:00am-10:30am Mar 27 4518997
M, W 1:00pm-1:30pm Mar 27 4518996
M, W 9:00am-9:30am May 1 4523489
M, W 10:00am-10:30am May 1 4519001
M, W 1:00pm-1:30pm May 1 4519000
<b>SOUTH 8 Sessions \$66.50 3-5yrs</b>
M, W 9:00am-9:30am Jun 5 4518998
M, W 10:00am-10:30am Jun 5 4523490
M, W 1:00pm-1:30pm Jun 5 4518999

South Surrey Arena

# ARENAS



## PRESCHOOL Skate Lessons CHANGES

### 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.



## FRIDAY NIGHT Skate Lessons ALL AGES

### SPORT & LEISURE ARENAS

Come by the Surrey Sport and Leisure Complex for our new Friday night lessons. We will be offering 30 minute long classes for Preschool, Children, Youth and Adults.

## School's-Out Day

### Swim and Skate

Activities include Swimming, Skating, Games and Crafts as well as video lunch on an 8 ft TV screen. Skate and helmet rentals are included in fee. Parents/guardians MUST accompany children on the first day to fill out medical forms.

FLEETWOOD 1 Session \$30.75		7-12yrs	
F	9:00am-3:00pm	May 5	4525333
M	9:00am-3:00pm	May 29	4525343

Sport & Leisure Arenas



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

See page 46 for more information.

### Skate Preschool - Lev. 2

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: Walk the width of the ice, jump on 2 feet, introduction to gliding **CSA certified Helmet\*** required.

FLEETWOOD 9 Sessions \$74.75		3-5yrs	
M, W	10:00am-10:30am	Mar 27	4519017
M, W	11:00am-11:30am	Mar 27	4519020
M, W	12:30pm-1:00pm	Mar 27	4519023
M, W	10:00am-10:30am	May 1	4519019
M, W	11:00am-11:30am	May 1	4519022
M, W	12:30pm-1:00pm	May 1	4519025

FLEETWOOD 8 Sessions \$66.50		3-5yrs	
M, W	10:00am-10:30am	Jun 5	4519018
M, W	11:00am-11:30am	Jun 5	4519021
M, W	12:30pm-1:00pm	Jun 5	4519024

Sport & Leisure Arenas

SOUTH 9 Sessions \$74.75		3-5yrs	
M, W	9:30am-10:00am	Mar 27	4519011
M, W	10:30am-11:00am	Mar 27	4519012
M, W	1:00pm-1:30pm	Mar 27	4521548
M, W	9:30am-10:00am	May 1	4519013
M, W	10:30am-11:00am	May 1	4519014
M, W	1:00pm-1:30pm	May 1	4521552

SOUTH 8 Sessions \$66.50		3-5yrs	
M, W	9:30am-10:00am	Jun 5	4519015
M, W	10:30am-11:00am	Jun 5	4519016
M, W	1:00pm-1:30pm	Jun 5	4521555

South Surrey Arena

### Skate Preschool - Lev. 3

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: Stand on 1 foot, 2 foot glide, make snow with skates, backwards walking. **CSA certified Helmet\*** required.

FLEETWOOD 9 Sessions \$74.75		3-5yrs	
M, W	10:00am-10:30am	Mar 27	4519036
M, W	11:00am-11:30am	Mar 27	4519037
M, W	12:30pm-1:00pm	Mar 27	4519040
M, W	10:00am-10:30am	May 1	4519032
M, W	11:00am-11:30am	May 1	4519033
M, W	12:30pm-1:00pm	May 1	4519038

FLEETWOOD 8 Sessions \$66.50		3-5yrs	
M, W	10:00am-10:30am	Jun 5	4519034
M, W	11:00am-11:30am	Jun 5	4519035
M, W	12:30pm-1:00pm	Jun 5	4519039

Sport & Leisure Arenas

SOUTH 9 Sessions \$74.75		3-5yrs	
M, W	9:30am-10:00am	Mar 27	4519026
M, W	10:30am-11:00am	Mar 27	4519027
M, W	1:00pm-1:30pm	Mar 27	4521580
M, W	9:30am-10:00am	May 1	4519030
M, W	10:30am-11:00am	May 1	4519031
M, W	1:00pm-1:30pm	May 1	4521617

SOUTH 8 Sessions \$66.50		3-5yrs	
M, W	9:30am-10:00am	Jun 5	4519028
M, W	10:30am-11:00am	Jun 5	4519029
M, W	1:00pm-1:30pm	Jun 5	4521595

South Surrey Arena

### Skate Preschool - Lev. 4

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: Glide and touch toes and knees, 1/2 snowplow stop, backwards walking. **CSA certified Helmet\*** required.

FLEETWOOD 9 Sessions \$74.75		3-5yrs	
M, W	10:30am-11:00am	Mar 27	4519044
M, W	1:00pm-1:30pm	Mar 27	4519047
M, W	10:30am-11:00am	May 1	4519046
M, W	1:00pm-1:30pm	May 1	4519049

FLEETWOOD 8 Sessions \$66.50		3-5yrs	
M, W	10:30am-11:00am	Jun 5	4519045
M, W	1:00pm-1:30pm	Jun 5	4519048

Sport & Leisure Arenas

SOUTH 9 Sessions \$74.75		3-5yrs	
M, W	10:00am-10:30am	Mar 27	4519043
M, W	1:30pm-2:00pm	Mar 27	4521642
M, W	10:00am-10:30am	May 1	4519041
M, W	1:30pm-2:00pm	May 1	4521619

SOUTH 8 Sessions \$66.50		3-5yrs	
M, W	10:00am-10:30am	Jun 5	4519042
M, W	1:30pm-2:00pm	Jun 5	4521625

South Surrey Arena

### Skate Preschool - Lev. 5

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: backwards skating, 2 foot glide on a curve, Forward glide on 1 foot, sculling. **CSA certified Helmet\*** required.

FLEETWOOD 9 Sessions \$74.75		3-5yrs	
M, W	10:30am-11:00am	Mar 27	4519055
M, W	1:00pm-1:30pm	Mar 27	4519058
M, W	10:30am-11:00am	May 1	4519053
M, W	1:00pm-1:30pm	May 1	4519056

FLEETWOOD 8 Sessions \$66.50		3-5yrs	
M, W	10:30am-11:00am	Jun 5	4519054
M, W	1:00pm-1:30pm	Jun 5	4519057

Sport & Leisure Arenas

SOUTH 9 Sessions \$74.75		3-5yrs	
M, W	10:00am-10:30am	Mar 27	4519050
M, W	1:30pm-2:00pm	Mar 27	4521649
M, W	10:00am-10:30am	May 1	4523488
M, W	1:30pm-2:00pm	May 1	4519052

SOUTH 8 Sessions \$66.50		3-5yrs	
M, W	10:00am-10:30am	Jun 5	4521658
M, W	1:30pm-2:00pm	Jun 5	4519051

South Surrey Arena

### Skate Preschool - Lev. 6

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: one foot glide on a curve, t - push, backwards skating. **CSA certified Helmet\*** required.

FLEETWOOD 9 Sessions \$74.75		3-5yrs	
M, W	10:00am-10:30am	Mar 27	4519063
M, W	1:00pm-1:30pm	Mar 27	4519066
M, W	10:00am-10:30am	May 1	4519065
M, W	1:00pm-1:30pm	May 1	4519068

FLEETWOOD 8 Sessions \$66.50		3-5yrs	
M, W	10:00am-10:30am	Jun 5	4519064
M, W	1:00pm-1:30pm	Jun 5	4519067

Sport & Leisure Arenas

SOUTH 9 Sessions \$74.75		3-5yrs	
M, W	9:30am-10:00am	Mar 27	4519062
M, W	1:30pm-2:00pm	Mar 27	4521739
M, W	9:30am-10:00am	May 1	4519060
M, W	1:30pm-2:00pm	May 1	4521684

SOUTH 8 Sessions \$66.50		3-5yrs	
M, W	9:30am-10:00am	Jun 5	4519061
M, W	1:30pm-2:00pm	Jun 5	4521734

South Surrey Arena

## NO SKATES? NO PROBLEM!

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

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



Youth



Skate Preschool - Lev. 7

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills taught include: forward pumping, Backwards stopping, intro to crossovers, backward sculling. **CSA certified Helmet\* required.**

<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Mar 27 4521676
M, W	1:00pm-1:30pm	Mar 27 4521679
M, W	10:00am-10:30am	May 1 4521674
M, W	1:00pm-1:30pm	May 1 4521677
<b>FLEETWOOD</b>	<b>8 Sessions \$66.50</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Jun 5 4521675
M, W	1:00pm-1:30pm	Jun 5 4521678

Sport & Leisure Arenas

<b>SOUTH</b>	<b>9 Sessions \$74.75</b>	<b>3-5yrs</b>
M, W	9:30am-10:00am	Mar 27 4521671
M, W	1:30pm-2:00pm	Mar 27 4521680
M, W	9:30am-10:00am	May 1 4521672
M, W	1:30pm-2:00pm	May 1 4522943
<b>SOUTH</b>	<b>8 Sessions \$66.50</b>	<b>3-5yrs</b>
M, W	9:30am-10:00am	Jun 5 4522993
M, W	1:30pm-2:00pm	Jun 5 4521673

South Surrey Arena

Skate Preschool - Lev. 8

This 8 level learn to skate program is designed to introduce your preschooler to the wonderful sport of ice skating. Skills for Level 1 include: Forward crossovers, backward crossovers, backward glide on one foot. **CSA certified Helmet\* required.**

<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Mar 27 4519078
M, W	1:00pm-1:30pm	Mar 27 4519084
M, W	10:00am-10:30am	May 1 4519080
M, W	1:00pm-1:30pm	May 1 4519086
<b>FLEETWOOD</b>	<b>8 Sessions \$66.50</b>	<b>3-5yrs</b>
M, W	10:00am-10:30am	Jun 5 4519079
M, W	1:00pm-1:30pm	Jun 5 4519085

Sport & Leisure Arenas

<b>SOUTH</b>	<b>9 Sessions \$74.75</b>	<b>3-5yrs</b>
M, W	9:30am-10:00am	Mar 27 4523013
M, W	1:30pm-2:00pm	Mar 27 4523014
M, W	9:30am-10:00am	May 1 4523017
M, W	1:30pm-2:00pm	May 1 4523020
<b>SOUTH</b>	<b>8 Sessions \$66.50</b>	<b>3-5yrs</b>
M, W	9:30am-10:00am	Jun 5 4519082
M, W	1:30pm-2:00pm	Jun 5 4523012

South Surrey Arena

Children

Adapted Skating - One To One

Supported skating lessons for children and youth with disabilities in a welcoming, inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living. **CSA certified Helmet\* required.**

<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>Mar 27</b>
M, W	4:00pm-4:30pm	4521261 6-9yrs
M, W	4:30pm-5:00pm	4521262 10-13yrs
M, W	5:00pm-5:30pm	4521250 7-9yrs
M, W	5:30pm-6:00pm	4521249 4-6yrs
M, W	6:00pm-6:30pm	4521251 10-12yrs
M, W	6:30pm-7:00pm	4521252 13-18yrs
<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>May 1</b>
M, W	4:00pm-4:30pm	4521263 6-9yrs
M, W	4:30pm-5:00pm	4521327 10-13yrs
M, W	5:00pm-5:30pm	4521254 7-9yrs
M, W	5:30pm-6:00pm	4521253 4-6yrs
M, W	6:00pm-6:30pm	4521255 10-12yrs
M, W	6:30pm-7:00pm	4521256 13-18yrs
<b>FLEETWOOD</b>	<b>8 Sessions \$66.50</b>	<b>Jun 5</b>
M, W	4:00pm-4:30pm	4521264 6-9yrs
M, W	4:30pm-5:00pm	4521265 10-13yrs
M, W	5:00pm-5:30pm	4521258 7-9yrs
M, W	5:30pm-6:00pm	4521257 4-6yrs
M, W	6:00pm-6:30pm	4521259 10-12yrs
M, W	6:30pm-7:00pm	4521260 13-18yrs


Surrey Sport and Leisure Complex

Homeschool

This program is for homeschool children aged 4 years and up. It is a 30 minute class with extra time to practice. Skate rentals are available at an additional cost. **CSA certified Helmet\* required.**

<b>FLEETWOOD</b>	<b>7 Sessions \$58.25</b>	<b>4-18yrs</b>
Th	1:00pm-2:30pm	Mar 30 4518902
<b>FLEETWOOD</b>	<b>6 Sessions \$49.75</b>	<b>4-18yrs</b>
Th	1:00pm-2:30pm	May 25 4518903

Sport & Leisure Arenas



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

See page 46 for more information.

Skate

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

<b>FLEETWOOD</b>	<b>9 Sessions \$68.50</b>	<b>6-12yrs</b>
M, W	5:00pm-5:30pm	Mar 27 4518868
M, W	6:00pm-6:30pm	Mar 27 4518867
M, W	6:30pm-7:00pm	Mar 27 4518870
M, W	7:00pm-7:30pm	Mar 27 4518871
M, W	5:00pm-5:30pm	May 1 4518865
M, W	6:00pm-6:30pm	May 1 4518866
M, W	6:30pm-7:00pm	May 1 4518873
M, W	7:00pm-7:30pm	May 1 4518875
<b>FLEETWOOD</b>	<b>8 Sessions \$61</b>	<b>6-12yrs</b>
M, W	5:00pm-5:30pm	Jun 5 4518869
M, W	6:00pm-6:30pm	Jun 5 4518872
M, W	6:30pm-7:00pm	Jun 5 4518874
M, W	7:00pm-7:30pm	Jun 5 4518876
<b>FLEETWOOD</b>	<b>6 Sessions \$45.75</b>	<b>6-12yrs</b>
F	5:30pm-6:00pm	Mar 31 4528462
F	6:30pm-7:00pm	Mar 31 4528463
F	7:00pm-7:30pm	Mar 31 4528461
Sa	9:30am-10:00am	Apr 1 4518884
Sa	10:30am-11:00am	Apr 1 4518880
Sa	11:30am-12noon	Apr 1 4523473
Sa	12noon-12:30pm	Apr 1 4518881
Su	9:45am-10:15am	Apr 2 4518883
Su	10:45am-11:15am	Apr 2 4518888
Su	11:45am-12:15pm	Apr 2 4518886
<b>FLEETWOOD</b>	<b>5 Sessions \$38.25</b>	<b>6-12yrs</b>
Sa	9:30am-10:00am	May 27 4518885
Sa	10:30am-11:00am	May 27 4518879
Sa	11:30am-12noon	May 27 4518882
Sa	12noon-12:30pm	May 27 4518877
Su	9:45am-10:15am	May 28 4520778
Su	10:45am-11:15am	May 28 4518887
Su	11:45am-12:15pm	May 28 4518878
F	5:00pm-5:30pm	Jun 2 4528458
F	6:30pm-7:00pm	Jun 2 4528459
F	7:00pm-7:30pm	Jun 2 4528460

Sport & Leisure Arenas

<b>SOUTH</b>	<b>9 Sessions \$68.50</b>	<b>6-12yrs</b>
M, W	5:45pm-6:15pm	Mar 27 4518889
M, W	6:45pm-7:15pm	Mar 27 4518892
M, W	5:45pm-6:15pm	May 1 4518890
M, W	6:45pm-7:15pm	May 1 4518893
<b>SOUTH</b>	<b>8 Sessions \$61</b>	<b>6-12yrs</b>
M, W	5:45pm-6:15pm	Jun 5 4518891
M, W	6:45pm-7:15pm	Jun 5 4518894
<b>SOUTH</b>	<b>6 Sessions \$45.75</b>	<b>6-12yrs</b>
Sa	11:15am-11:45am	Apr 1 4518898
Sa	12:15pm-12:45pm	Apr 1 4518899
Sa	1:15pm-1:45pm	Apr 1 4518900
<b>SOUTH</b>	<b>5 Sessions \$38.25</b>	<b>6-12yrs</b>
Sa	11:15am-11:45am	May 27 4518895
Sa	12:15pm-12:45pm	May 27 4518896
Sa	1:15pm-1:45pm	May 27 4518897

South Surrey Arena

Skate

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

<b>FLEETWOOD</b>	<b>6 sessions \$45.75</b>	<b>12-16yrs</b>
F	6:30pm-7:00pm	Mar 31 4518906
<b>FLEETWOOD</b>	<b>5 sessions \$38.25</b>	<b>12-16yrs</b>
F	6:30pm-7:00pm	Jun 2 4518905

Sport & Leisure Arenas

Adults

Skate

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

<b>FLEETWOOD</b>	<b>9 Sessions \$81</b>	<b>13yrs+</b>
M, W	11:00am-11:30am	Mar 27 4518803
M, W	7:00pm-7:30pm	Mar 27 4518804
M, W	11:00am-11:30am	May 1 4523076
M, W	7:00pm-7:30pm	May 1 4518806
<b>FLEETWOOD</b>	<b>8 Sessions \$72</b>	<b>13yrs+</b>
M, W	11:00am-11:30am	Jun 5 4523078
M, W	7:00pm-7:30pm	Jun 5 4518808
<b>FLEETWOOD</b>	<b>6 Sessions \$54</b>	<b>13yrs+</b>
F	7:00pm-7:30pm	Mar 31 4518807
Sa	12noon-12:30pm	Apr 1 4518815
Su	11:45am-12:15pm	Apr 2 4518814
<b>FLEETWOOD</b>	<b>5 Sessions \$45.25</b>	<b>13yrs+</b>
Sa	12noon-12:30pm	May 27 4518813
Su	11:45am-12:15pm	May 28 4518812
F	7:00pm-7:30pm	Jun 2 4518809

Sport & Leisure Arenas

<b>SOUTH</b>	<b>9 Sessions \$81</b>	<b>13yrs+</b>
M, W	10:30am-11:00am	Mar 27 4518819
M, W	6:45pm-7:15pm	Mar 27 4518817
M, W	10:30am-11:00am	May 1 4518822
M, W	6:45pm-7:15pm	May 1 4518818
<b>SOUTH</b>	<b>8 Sessions \$72</b>	<b>13yrs+</b>
M, W	10:30am-11:00am	Jun 5 4520749
M, W	6:45pm-7:15pm	Jun 5 4520748
<b>SOUTH</b>	<b>6 Sessions \$54</b>	<b>13yrs+</b>
Sa	1:15pm-1:45pm	Apr 1 4518820
<b>SOUTH</b>	<b>5 Sessions \$45.25</b>	<b>13yrs+</b>
Sa	1:15pm-1:45pm	May 27 4518821

South Surrey Arena

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

## Hockey Gear

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



## 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.**

<b>FLEETWOOD</b>	<b>5 Sessions \$37</b>	<b>3-5yrs</b>
Sa	8:00am-9:00am	Apr 14 4520551
Sa	8:00am-9:00am	May 27 4520554
Su	3:45pm-4:45pm	May 28 4520593

<b>FLEETWOOD</b>	<b>6 Sessions \$44.25</b>	<b>3-5yrs</b>
Su	3:45pm-4:45pm	Apr 24 4520552

**Sport & Leisure Arenas**

<b>SOUTH</b>	<b>6 Sessions \$55.25</b>	<b>3-5yrs</b>
Su	1:30pm-2:30pm	Apr 24 4520597

<b>SOUTH</b>	<b>5 Sessions \$37</b>	<b>3-5yrs</b>
Su	1:30pm-2:30pm	May 28 4520598

**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.**

<b>FLEETWOOD</b>	<b>6 Sessions \$55.25</b>	<b>6-12yrs</b>
Sa	7:00pm-8:15pm	Apr 1 4520534

<b>FLEETWOOD</b>	<b>5 Sessions \$46</b>	<b>6-12yrs</b>
Sa	7:00pm-8:15pm	May 27 4520535
Su	6:15pm-7:30pm	May 28 4520536

**Sport & Leisure Arenas**

<b>SOUTH</b>	<b>6 Sessions \$55.25</b>	<b>6-12yrs</b>
Su	2:45pm-4:00pm	Apr 2 4520538

<b>SOUTH</b>	<b>5 Sessions \$46</b>	<b>6-12yrs</b>
Su	2:45pm-4:00pm	May 28 4520539

**South Surrey Arena**

### Power Skating Level 2

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

<b>FLEETWOOD</b>	<b>7 Sessions \$83.50</b>	<b>6yrs+</b>
------------------	---------------------------	--------------

Tu	3:30pm-4:15pm	Mar 28 4520581
Tu	4:15pm-5:00pm	Mar 28 4520580
Tu	5:15pm-6:00pm	Mar 28 4520582
Th	5:30pm-6:15pm	Mar 30 4520586
Tu	3:30pm-4:15pm	May 16 4520584
Tu	4:15pm-5:00pm	May 16 4520583
Tu	5:15pm-6:00pm	May 16 4520585
Th	5:30pm-6:15pm	May 18 4520587

**Sport & Leisure Arenas**

### Scrimmage - Youth

Bring your friends and spend your evening participating in a fun pick up game of ice hockey. Please come prepared with your student ID and full hockey gear. No admittance once the program has commenced. Be sure to arrive 15 minutes prior to game time.

<b>FLEETWOOD</b>	<b>6 Sessions \$55.25</b>	<b>13-18yrs</b>
------------------	---------------------------	-----------------

F	7:45pm-9:00pm	Apr 7 4528623
---	---------------	---------------

**Sport & Leisure Arenas**

### Co-ed Learn to Play - Level I

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.**

<b>FLEETWOOD</b>	<b>6 Sessions \$60</b>	<b>19yrs+</b>
------------------	------------------------	---------------

Su	4:45pm-6:00pm	Apr 2 4520544
----	---------------	---------------

**FLEETWOOD 5 Sessions \$60 19yrs+**

Su	4:45pm-6:00pm	May 28 4520545
----	---------------	----------------

**Sport & Leisure Arenas**

### Learn to Play - Women

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

<b>FLEETWOOD</b>	<b>7 Sessions \$70.25</b>	<b>13yrs+</b>
------------------	---------------------------	---------------

Th	6:30pm-7:45pm	May 11 4520560
----	---------------	----------------

**FLEETWOOD 6 Sessions \$60 13yrs+**

Th	6:30pm-7:45pm	Mar 30 4520559
----	---------------	----------------

**Sport & Leisure Arenas**

### 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.

<b>FLEETWOOD</b>	<b>10 Sessions \$215</b>	<b>19yrs+</b>
------------------	--------------------------	---------------

Sa	1:00pm-2:15pm	Apr 1 4520555
----	---------------	---------------

**Sport & Leisure Arenas**

### Coed Hockey League Goalies



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

<b>FLEETWOOD</b>	<b>10 Sessions Free</b>	<b>19yrs+</b>
------------------	-------------------------	---------------

Sa	1:00pm-2:15pm	Apr 1 4520557
----	---------------	---------------

**Sport & Leisure Arenas**

### Sledge Hockey

Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Great program for children, youth, and adults wanting to learn Canada's national pastime! All abilities welcome.

<b>FLEETWOOD</b>	<b>6 Sessions \$55.25</b>	<b>6yrs+</b>
------------------	---------------------------	--------------

Su	6:15pm-7:30pm	Apr 24 4520569
----	---------------	----------------

**Sport & Leisure Arenas**



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

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

### Powerplay - Children

<b>FLEETWOOD</b>	<b>10 Sessions \$199</b>	<b>6-9yrs</b>
------------------	--------------------------	---------------

Sa	9:15am-10:30am	Apr 14 4520561
----	----------------	----------------

<b>10 Sessions \$199</b>	<b>10-13yrs</b>
--------------------------	-----------------

Sa	12:15pm-1:30pm	Apr 14 4520562
----	----------------	----------------

**Sport & Leisure Arenas**

### Goalies - Children

For Children's Powerplay Hockey League Goalies.

<b>FLEETWOOD</b>	<b>10 Sessions \$100</b>	<b>6-9yrs</b>
------------------	--------------------------	---------------

Sa	9:15am-10:30am	Apr 14 4520567
----	----------------	----------------

<b>10 Sessions \$199</b>	<b>10-12yrs</b>
--------------------------	-----------------

Sa	12:15pm-1:30pm	Apr 14 4520568
----	----------------	----------------

**Sport & Leisure Arenas**

### Powerplay - Youth

<b>FLEETWOOD</b>	<b>10 Sessions \$199</b>	<b>13-16yrs</b>
------------------	--------------------------	-----------------

Sa	3:15pm-4:30pm	Apr 14 4520565
----	---------------	----------------

**Sport & Leisure Arenas**

### Goalies - Youth

For Youth wanting to play goal for Powerplay Hockey League.

<b>FLEETWOOD</b>	<b>10 Sessions \$100</b>	<b>13-16yrs</b>
------------------	--------------------------	-----------------

Sa	3:15pm-4:30pm	Apr 14 4520566
----	---------------	----------------

**Sport & Leisure Arenas**

**INFORMATION**  
**604-501-5875**

**REGISTER**  
**604-501-5100**



### South Surrey

## Spring Hockey League

Coed recreational league play for adults 19years+. Team registration only. For more information contact the league coordinator 604-501-5875.

<b>SOUTH</b>	<b>11 Sessions \$2640</b>	<b>19yrs+</b>
--------------	---------------------------	---------------

Su	4:15pm-5:30pm	Apr 2 4520548
----	---------------	---------------

**South Surrey Arena**



# Sports

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## STAGE ONE

### Active START

#### I AM Game Introduction to Sport

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

**CLOVERDALE 7 Sessions \$38.75 3-5yrs**  
Sa 11:15am-12noon Apr 22 4523420  
Cloverdale Recreation Centre

**CLOVERDALE 10 Sessions \$55.25 3-5yrs**  
W 10:15am-11:00am Apr 12 4523419  
Don Christian Recreation Centre

**GUILDFORD 6 Sessions \$41.50 6-8yrs**  
Tu 3:15pm-4:15pm Apr 4 4525302  
Tu 3:15pm-4:15pm May 16 4525304

**GUILDFORD 6 Sessions \$41.50 9-12yrs**  
Tu 5:30pm-6:30pm Apr 4 4525303  
Tu 5:30pm-6:30pm May 16 4525305

**GUILDFORD 5 Sessions \$27.75 3-5yrs**  
Su 9:45am-10:30am Apr 2 4525307  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
Su 11:15am-12noon Apr 2 4519259

**GUILDFORD 8 Sessions \$55.25 6-9yrs**  
Sa 2:00pm-3:00pm Apr 1 4518786  
Guildford Recreation Centre

**NEWTON 8 Sessions \$55.25 6-12yrs**  
Sa 2:30pm-3:30pm Apr 8 4520876  
Newton Recreation Centre

**SOUTH 9 Sessions \$49.75 3-4yrs**  
W 9:45am-10:30am Apr 12 4516398

**SOUTH 9 Sessions \$49.75 4-5yrs**  
Tu 11:00am-11:45am Apr 11 4516396

**SOUTH 8 Sessions \$44.25 3-5yrs**  
F 10:00am-10:45am Apr 21 4516395

**F 3:15pm-4:00pm Apr 21 4516397**

**SOUTH 7 Sessions \$38.75 3-4yrs**  
Sa 10:00am-10:45am Apr 22 4516399  
South Surrey Recreation & Arts Centre

#### I AM Game Introduction to Sport

PARENT PARTICIPATION REQUIRED

**CLOVERDALE 7 Sessions \$29 2-3yrs**  
Sa 10:15am-11:00am Apr 22 4523434  
Cloverdale Recreation Centre

**CLOVERDALE 7 Sessions \$29 2-3yrs**  
Sa 9:00am-9:45am Apr 22 4523433  
Hazelgrove Elementary

**GUILDFORD 8 Sessions \$33.25 2-3yrs**  
W 6:15pm-7:00pm Apr 5 4519271  
Guildford Recreation Centre

**NEWTON 4 Sessions \$16.75 1.5-3yrs**  
Tu 10:15am-11:00am May 22 4522928  
Newton Recreation Centre

**SOUTH 9 Sessions \$37.25 2-3yrs**  
Tu 10:00am-10:45am Apr 11 4516417  
W 10:45am-11:30am Apr 12 4516416  
W 5:15pm-6:00pm Apr 12 4516412

**SOUTH 8 Sessions \$33.25 1.5-2yrs**  
F 9:00am-9:45am Apr 21 4516413

**SOUTH 7 Sessions \$29 1.5-2yrs**  
Sa 9:00am-9:45am Apr 22 4516414  
South Surrey Recreation & Arts Centre

## STAGE TWO

### FUNDAMENTAL

#### I AM Game Adapted Sports

Prepare children to enjoy a wide variety of Paralympic sports. Play fun activities that focus on basic movement and wheelchair skills. Ideal for children who use manual wheelchairs. In partnership with BC Wheelchair Basketball Society and the Let's Play program.

**CLOVERDALE 8 Sessions \$55.25 4-13yrs**  
Tu 5:00pm-6:00pm Apr 11 4522664  
Cloverdale Recreation Centre

#### I AM Game Sport Skills

Prepare to enjoy a wide variety of sports. Begin practicing fundamental sport skills in a fun and inclusive environment. Play active games introducing a variety of sport equipment and strategies.

**CLOVERDALE 7 Sessions \$48.25 5-7yrs**  
Sa 11:00am-12noon Apr 22 4520884  
Cloverdale Recreation Centre

## GET THE Best Start IN Sport

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

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

### STAGE ONE

#### Active START

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

### STAGE TWO

#### FUNDAMENTAL

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

### STAGE THREE

#### LEARN TO Play

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

### STAGE FOUR

#### Sports FOR LIFE

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

### Ku Yu Kai - Level 1

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

<b>NORTH</b>	<b>7 Sessions \$49</b>	<b>6-12yrs</b>
M, W	6:00pm-7:00pm	Apr 3 4519632
<b>NORTH</b>	<b>15 Sessions \$105</b>	<b>6-12yrs</b>
M, W	6:00pm-7:00pm	May 1 4519640

**Chuck Bailey Recreation Centre**

### Ku Yu Kai - Level 2

Have fun learning traditional Go-Ju-Ryu karate. Chief instructor brings over 35 years experience. Students learn at their own pace with a focus on self discipline.

<b>NORTH</b>	<b>7 Sessions \$56</b>	<b>6-12yrs</b>
M, W	7:00pm-8:30pm	Apr 3 4519633
<b>NORTH</b>	<b>15 Sessions \$120</b>	<b>6-12yrs</b>
M, W	7:00pm-8:30pm	May 1 4519641

**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, practice and the art of kata.

<b>NORTH</b>	<b>7 Sessions \$56</b>	<b>19yrs+</b>
M, W	7:00pm-8:30pm	Apr 3 4519634
<b>NORTH</b>	<b>3 Sessions \$30</b>	<b>19yrs+</b>
M	7:00pm-8:30pm	Apr 3 4519635
<b>NORTH</b>	<b>4 Sessions \$40</b>	<b>19yrs+</b>
W	7:00pm-8:30pm	Apr 5 4519636
<b>NORTH</b>	<b>15 Sessions \$120</b>	<b>19yrs+</b>
M, W	7:00pm-8:30pm	May 1 4519643
<b>NORTH</b>	<b>7 Sessions \$56</b>	<b>19yrs+</b>
M	7:00pm-8:30pm	May 1 4519644
<b>NORTH</b>	<b>8 Sessions \$80</b>	<b>19yrs+</b>
W	7:00pm-8:30pm	May 3 4519645

**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.

<b>NORTH</b>	<b>7 Sessions \$56</b>	<b>13-18yrs</b>
M, W	7:00pm-8:30pm	Apr 3 4519637
<b>NORTH</b>	<b>3 Sessions \$30</b>	<b>13-18yrs</b>
M	7:00pm-8:30pm	Apr 3 4519638
<b>NORTH</b>	<b>4 Sessions \$40</b>	<b>13-18yrs</b>
W	7:00pm-8:30pm	Apr 5 4519639
<b>NORTH</b>	<b>15 Sessions \$120</b>	<b>13-18yrs</b>
M, W	7:00pm-8:30pm	May 1 4519646
<b>NORTH</b>	<b>7 Sessions \$56</b>	<b>13-18yrs</b>
M	7:00pm-8:30pm	May 1 4519647
<b>NORTH</b>	<b>8 Sessions \$80</b>	<b>13-18yrs</b>
W	7:00pm-8:30pm	May 3 4519648

**Chuck Bailey Recreation Centre**

### Kyokushin Karate

Self-defence, conditioning and stretching will be emphasized in this program.

<b>NEWTON</b>	<b>7 Sessions \$80</b>	<b>6-12yrs</b>
M, W	6:00pm-7:00pm	Apr 3 4520878
<b>NEWTON</b>	<b>7 Sessions \$80</b>	<b>8yrs+</b>
M, W	7:00pm-9:00pm	Apr 3 4523092
<b>NEWTON</b>	<b>9 Sessions \$80</b>	<b>6-12yrs</b>
M, W	6:00pm-7:00pm	May 1 4520879
<b>NEWTON</b>	<b>9 Sessions \$80</b>	<b>8yrs+</b>
M, W	7:00pm-9:00pm	May 1 4523093
<b>NEWTON</b>	<b>8 Sessions \$80</b>	<b>6-12yrs</b>
M, W	6:00pm-7:00pm	Jun 5 4520880
<b>NEWTON</b>	<b>8 Sessions \$80</b>	<b>8yrs+</b>
M, W	7:00pm-9:00pm	Jun 5 4523094

**Newton Seniors Centre**

### Yoshinkan Karate-Do

This powerful, dynamic martial art emphasizes natural body movements and the total development of the individual. Challenging workouts are complemented with relaxation techniques and stress management.

<b>FLEETWOOD</b>	<b>10 Sessions \$65.50</b>	<b>19yrs+</b>
W	7:00pm-8:00pm	Apr 5 4520928
Sa	11:15am-12:15pm	

**Fleetwood Community 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.

<b>GUILDFORD</b>	<b>21 Sessions \$115.75</b>	<b>14-18yrs</b>
Tu	8:15pm-9:15pm	Apr 4 4519338
F	7:00pm-8:00pm	
<b>GUILDFORD</b>	<b>21 Sessions \$144.50</b>	<b>19yrs+</b>
Tu	8:15pm-9:15pm	Apr 4 4519340
F	7:00pm-8:00pm	

**Guildford Recreation Centre**

### Tae Kwon Do Level 1

This is an introductory program that will provide participants the opportunity to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

<b>GUILDFORD</b>	<b>21 Sessions \$144.75</b>	<b>8-13yrs</b>
Sa	11:15am-12:15pm	Apr 1 4517923
Th	5:45pm-6:45pm	

**Guildford Recreation Centre**

### Tae Kwon Do Level 2

This is an intermediate program in which participants will continue to learn basic self-defense techniques, develop physical conditioning, and build individual self-esteem.

<b>GUILDFORD</b>	<b>21 Sessions \$144.75</b>	<b>7-13yrs</b>
Sa	12:30pm-1:30pm	Apr 1 4517924
Tu	5:45pm-6:45pm	
Sa	1:45pm-2:45pm	Apr 1 4517925
Th	7:00pm-8:00pm	
<b>GUILDFORD</b>	<b>21 Sessions \$115.75</b>	<b>14-18yrs</b>
Sa	4:15pm-5:15pm	Apr 1 4519339
Th	8:15pm-9:15pm	
<b>GUILDFORD</b>	<b>21 Sessions \$144.50</b>	<b>19yrs+</b>
Sa	4:15pm-5:15pm	Apr 1 4519341
Th	8:15pm-9:15pm	

**Guildford Recreation Centre**

### Tae Kwon Do Level 3

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

<b>GUILDFORD</b>	<b>21 Sessions \$144.75</b>	<b>7-13yrs</b>
Sa	3:00pm-4:00pm	Apr 1 4517926
Tu	7:00pm-8:00pm	
W	5:45pm-6:45pm	Apr 5 4517927
F	5:45pm-6:45pm	

**Guildford Recreation Centre**

### Boccia

Boccia is a Paralympic sport for persons with physical disabilities and is adapted to be played in a gym with custom balls and equipment. You will learn the basic skills and strategies of Boccia through games and activities. This program is delivered in partnership with SportAbility.

<b>CITYWIDE</b>	<b>7 Sessions \$48.25</b>	<b>6yrs+</b>
M	4:15pm-5:30pm	Apr 10 4521802

**To Be Announced**

### Fencing

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

<b>GUILDFORD</b>	<b>8 Sessions \$112.50</b>	<b>10-12yrs</b>
Sa	1:15pm-2:45pm	Apr 1 4522631
<b>GUILDFORD</b>	<b>8 Sessions \$112.50</b>	<b>13-18yrs</b>
Sa	11:45am-1:15pm	Apr 1 4522632
<b>GUILDFORD</b>	<b>8 Sessions \$112.50</b>	<b>19yrs+</b>
Sa	11:45am-1:15pm	Apr 1 4522630

**Guildford Recreation Centre**

### Golf

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

<b>CLOVERDALE</b>	<b>4 Sessions \$99</b>	<b>4-6yrs</b>
Sa	2:00pm-3:00pm	Apr 1 4523729
Sa	3:00pm-4:00pm	Apr 1 4523751
W	3:40pm-4:40pm	Apr 5 4523788
Th	3:40pm-4:40pm	Apr 6 4523820
Th	4:00pm-5:00pm	Apr 6 4523824
W	3:40pm-4:40pm	May 3 4523790
Th	3:40pm-4:40pm	May 4 4523822
Th	4:00pm-5:00pm	May 4 4523825
Sa	2:00pm-3:00pm	May 6 4523744
Sa	3:00pm-4:00pm	May 6 4523765
Th	3:40pm-4:40pm	Jun 1 4523823
Th	4:00pm-5:00pm	Jun 1 4523827
Sa	2:00pm-3:00pm	Jun 3 4523745
Sa	3:00pm-4:00pm	Jun 3 4523766
W	3:40pm-4:40pm	Jun 7 4523791
<b>CLOVERDALE</b>	<b>4 Sessions \$99</b>	<b>7-12yrs</b>
Sa	2:20pm-3:20pm	Apr 1 4523730
Sa	2:40pm-3:40pm	Apr 1 4523731
W	4:00pm-5:00pm	Apr 5 4523794
W	4:20pm-5:20pm	Apr 5 4523805
W	4:40pm-5:40pm	Apr 5 4523799
Th	4:20pm-5:20pm	Apr 6 4523837
Th	4:40pm-5:40pm	Apr 6 4523840
Th	5:00pm-6:00pm	Apr 6 4523834
W	4:00pm-5:00pm	May 3 4523796
W	4:20pm-5:20pm	May 3 4523806
W	4:40pm-5:40pm	May 3 4523801
Th	4:20pm-5:20pm	May 4 4523838
Th	4:40pm-5:40pm	May 4 4523841
Th	5:00pm-6:00pm	May 4 4523835
Sa	2:20pm-3:20pm	May 6 4523770
Sa	2:40pm-3:40pm	May 6 4523780
Th	4:20pm-5:20pm	Jun 1 4523839
Th	4:40pm-5:40pm	Jun 1 4523844
Th	5:00pm-6:00pm	Jun 1 4523836
Sa	2:20pm-3:20pm	Jun 3 4523773
Sa	2:40pm-3:40pm	Jun 3 4523781
W	4:00pm-5:00pm	Jun 7 4523797
W	4:20pm-5:20pm	Jun 7 4523808
W	4:40pm-5:40pm	Jun 7 4523802

**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!

<b>CLOVERDALE</b>	<b>4 Sessions \$115</b>	<b>19yrs+</b>
Sa	9:30am-10:30am	Apr 1 4523655
Tu	6:15pm-7:15pm	Apr 4 4523653
Th	6:15pm-7:15pm	Apr 6 4523654
Th	6:15pm-7:15pm	May 4 4523657
Sa	9:30am-10:30am	May 6 4523658
Tu	6:15pm-7:15pm	May 9 4523656
Th	6:15pm-7:15pm	Jun 1 4523660
Sa	9:30am-10:30am	Jun 3 4523661
Tu	6:15pm-7:15pm	Jun 6 4523659

**Northview Golf & Country Club**

### Gymnastics

Explore a variety of movements that build coordination, balance, and flexibility. Learn basic gymnastic skills and terminology.

<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>5-7yrs</b>
Th	3:15pm-4:15pm	Apr 13 4519144
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>8-10yrs</b>
Th	4:15pm-5:15pm	Apr 13 4519145
<b>SOUTH</b>	<b>7 Sessions \$48.25</b>	<b>5-7yrs</b>
Sa	1:30pm-2:30pm	Apr 22 4519142
<b>SOUTH</b>	<b>7 Sessions \$48.25</b>	<b>8-12yrs</b>
Sa	2:30pm-3:30pm	Apr 22 4519143

**South Surrey Recreation & Arts Centre**

### Horseback Riding

#### PARENT PARTICIPATION REQUIRED

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

<b>SOUTH</b>	<b>7 Sessions \$299</b>	<b>4-7yrs</b>
Sa	1:00pm-2:00pm	Apr 29 4516407
Su	1:00pm-2:00pm	Apr 30 4516406

**Semiahmoo Stables**

### Horseback Riding

Introduction to English horseback riding and horsemanship in an indoor arena.

<b>SOUTH</b>	<b>7 Sessions \$350</b>	<b>8-18yrs</b>
Tu	6:15pm-7:15pm	Apr 25 4516404

**Semiahmoo Stables**

### Horseback Riding

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

<b>SOUTH</b>	<b>7 Sessions \$350</b>	<b>18yrs+</b>
Tu	7:30pm-8:30pm	Apr 25 4516402

**Semiahmoo Stables**

### Pickle Ball

Learn basic Pickle Ball skills and rules. Improve fitness, balance, and agility.

<b>CLOVERDALE</b>	<b>7 Sessions \$46.50</b>	<b>18yrs+</b>
Tu	9:00am-10:30am	Apr 11 4525205

**Cloverdale Recreation Centre**

<b>SOUTH</b>	<b>10 Sessions \$66.50</b>	<b>19yrs+</b>
F	10:00am-11:30am	Apr 21 4516466
<b>SOUTH</b>	<b>9 Sessions \$59.75</b>	<b>19yrs+</b>
Sa	1:15pm-2:45pm	Apr 15 4516467
<b>SOUTH</b>	<b>8 Sessions \$37.25</b>	<b>19yrs+</b>
M	9:45am-10:45am	Apr 24 4516469
M	6:45pm-7:45pm	Apr 24 4516468

**South Surrey Recreation & Arts Centre**

### Table Tennis

Learn basic table tennis skills. Improve fitness and coordination. Footwork, backhand and forehand strokes will be introduced.

<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>8-10yrs</b>
Tu	3:15pm-4:15pm	Apr 11 4518566
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>11-14yrs</b>
Tu	4:15pm-5:15pm	Apr 11 4518567

**South Surrey Recreation & Arts Centre**



## Badminton

Learn basic defensive and offensive shots. Learn about scoring, rules, and strategy through introductory level game play.

**FLEETWOOD 9 Sessions \$62 6-9yrs**  
F 3:30pm-4:30pm Apr 21 4520617

**FLEETWOOD 9 Sessions \$62 10-13yrs**  
F 4:30pm-5:30pm Apr 21 4520618

**FLEETWOOD 9 Sessions \$51.25 13-18yrs**  
F 5:30pm-6:30pm Apr 21 4520943

Fleetwood Community Centre

**GUILDFORD 6 Sessions \$41.50 6-8yrs**  
Tu 4:30pm-5:30pm Apr 4 4524092

**GUILDFORD 6 Sessions \$41.50 9-12yrs**  
Tu 4:30pm-5:30pm May 16 4524093

**GUILDFORD 6 Sessions \$34.25 13-18yrs**  
Tu 3:15pm-4:15pm Apr 4 4517216

Tu 3:15pm-4:15pm May 16 4517295

Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$55.25 6-12yrs**  
Sa 10:30am-11:30am Apr 1 4517872

Guildford Recreation Centre

**NEWTON 5 Sessions \$34.50 6-9yrs**  
W 4:00pm-5:00pm Apr 5 4518639

W 4:00pm-5:00pm May 10 4520894

**NEWTON 5 Sessions \$34.50 10-12yrs**  
W 5:00pm-6:00pm Apr 5 4518640

W 5:00pm-6:00pm May 10 4520895

**NEWTON 4 Sessions \$23 13-18yrs**  
W 6:00pm-7:00pm Apr 5 4522491

W 6:00pm-7:00pm May 10 4525012

Newton Recreation Centre

**NORTH 6 Sessions \$41.50 6-12yrs**  
Tu 4:15pm-5:15pm Apr 4 4525227

Tu 4:15pm-5:15pm May 23 4525228

**NORTH 6 Sessions \$34.25 13-18yrs**  
Tu 5:30pm-6:30pm Apr 4 4519586

Tu 5:30pm-6:30pm May 23 4519587

Chuck Bailey Recreation Centre

**SOUTH 10 Sessions \$69 6-9yrs**  
Tu 3:15pm-4:15pm Apr 11 4518056

**SOUTH 10 Sessions \$69 9-12yrs**  
Tu 4:15pm-5:15pm Apr 11 4518057

**SOUTH 10 Sessions \$56.75 13-16yrs**  
Tu 5:15pm-6:15pm Apr 11 4523082

**SOUTH 7 Sessions \$39.75 13-16yrs**  
Sa 12noon-1:00pm Apr 22 4524009

**SOUTH 8 Sessions \$37.25 18yrs+**  
M 8:30am-9:30am Apr 24 4516486

**SOUTH 6 Sessions \$28 18yrs+**  
Tu 12noon-1:00pm Apr 11 4516487

**SOUTH 5 Sessions \$23.25 18yrs+**  
Tu 12noon-1:00pm May 23 4516488

South Surrey Recreation & Arts Centre

## Skateboarding

Work on your ollie, learn to slide, shove-it, flip and more! Learn safety, park etiquette and have fun participating in one of the coolest sports around.

**CLOVERDALE 7 Sessions \$67.50 5-7yrs**  
Sa 9:00am-10:30am Apr 22 4520039

**CLOVERDALE 7 Sessions \$67.50 8-12yrs**  
Sa 10:45am-12:15pm Apr 22 4520040

Cloverdale Youth Park

**NORTH 6 Sessions \$41.50 6-9yrs**  
M 3:30pm-4:30pm Apr 3 4516752

**NORTH 6 Sessions \$58 10-12yrs**  
M 4:45pm-6:15pm Apr 3 4516753

Chuck Bailey Recreation Centre



## Basketball

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

**CLOVERDALE 9 Sessions \$62 6-7yrs**  
W 3:30pm-4:30pm Apr 12 4519939

**CLOVERDALE 9 Sessions \$62 8-10yrs**  
W 4:45pm-5:45pm Apr 12 4519940

**CLOVERDALE 9 Sessions \$62 10-12yrs**  
W 6:00pm-7:00pm Apr 12 4519941

**CLOVERDALE 8 Sessions \$44.25 4-6yrs**  
F 4:15pm-5:00pm Apr 21 4521461

**CLOVERDALE 7 Sessions \$48.25 5-7yrs**  
Sa 12:15pm-1:15pm Apr 22 4519942

Cloverdale Recreation Centre

**CLOVERDALE 7 Sessions \$38.75 3-5yrs**  
Sa 10:00am-10:45am Apr 22 4521462

**CLOVERDALE 6 Sessions \$41.50 5-7yrs**  
Sa 11:00am-12noon Apr 22 4520006

Hazelgrove Elementary

**FLEETWOOD 4 Sessions \$22.25 4-6yrs**  
Sa 11:30am-12:15pm Apr 22 4521066

Sa 11:30am-12:15pm May 27 4521069

Fleetwood Community Centre

**FLEETWOOD 8 Sessions \$55.25 8-12yrs**  
M 5:00pm-6:00pm Apr 24 4520635

Walnut Road Elementary School

**GUILDFORD 6 Sessions \$33.25 3-5yrs**  
Tu 4:30pm-5:15pm Apr 4 4525300

Tu 4:30pm-5:15pm May 16 4525301

**GUILDFORD 6 Sessions \$41.50 6-8yrs**  
W 4:45pm-5:45pm Apr 5 4524654

W 4:45pm-5:45pm May 17 4524663

**GUILDFORD 6 Sessions \$41.50 9-12yrs**  
W 6:00pm-7:00pm Apr 5 4524655

W 6:00pm-7:00pm May 17 4524666

Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$55.25 6-8yrs**  
Su 2:15pm-3:15pm Apr 2 4517883

Tu 3:15pm-4:15pm Apr 4 4517884

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
Su 3:30pm-4:30pm Apr 2 4517882

Tu 4:30pm-5:30pm Apr 4 4517885

**GUILDFORD 8 Sessions \$44.25 13-18yrs**  
Tu 5:45pm-6:45pm Apr 4 4521128

**GUILDFORD 5 Sessions \$34.50 9-12yrs**  
W 6:15pm-7:15pm Apr 5 4517945

Guildford Recreation Centre

**NEWTON 8 Sessions \$44.25 4-6yrs**  
Sa 9:00am-9:45am Apr 8 4520963

**NEWTON 8 Sessions \$55.25 6-9yrs**  
Sa 10:00am-11:00am Apr 8 4518642

Sa 11:00am-12noon Apr 8 4518643

**NEWTON 8 Sessions \$55.25 10-12yrs**  
Sa 12noon-1:00pm Apr 8 4518644

**NEWTON 8 Sessions \$44.25 13-18yrs**  
Sa 1:00pm-2:00pm Apr 8 4522789

Newton Recreation Centre

**NORTH 5 Sessions \$34.50 6-9yrs**  
Sa 10:15am-11:15am May 27 4524836

**NORTH 5 Sessions \$34.50 10-12yrs**  
Sa 10:00am-11:00am Apr 1 4524835

Bridgeview Community Centre

**NORTH 6 Sessions \$41.50 6-12yrs**  
W 3:30pm-4:30pm Apr 5 4525229

W 3:30pm-4:30pm May 24 4525230

Chuck Bailey Recreation Centre

**SOUTH 9 Sessions \$49.75 3-5yrs**  
Su 2:45pm-3:30pm Apr 9 4516954

**SOUTH 9 Sessions \$49.75 4-6yrs**  
Su 3:45pm-4:30pm Apr 9 4516953

**SOUTH 9 Sessions \$62 6-9yrs**  
Su 4:30pm-5:30pm Apr 9 4516955

**SOUTH 9 Sessions \$62 9-12yrs**  
Su 5:30pm-6:30pm Apr 9 4516956

Kensington Prairie Community Centre

**SOUTH 10 Sessions \$69 6-9yrs**  
Tu 3:15pm-4:15pm Apr 11 4518070

Tu 4:15pm-5:15pm Apr 11 4518071

**SOUTH 8 Sessions \$55.25 9-12yrs**  
F 3:30pm-4:30pm Apr 21 4518073

**SOUTH 8 Sessions \$44.25 13-18yrs**  
F 4:30pm-5:30pm Apr 21 4523880

**SOUTH 7 Sessions \$48.25 6-9yrs**  
Sa 9:00am-10:00am Apr 22 4518275

Sa 10:00am-11:00am Apr 22 4518072

**SOUTH 7 Sessions \$48.25 9-13yrs**  
Sa 11:00am-12noon Apr 22 4518074

South Surrey Recreation & Arts Centre

## Basketball for Girls

**CLOVERDALE 9 Sessions \$62 8-11yrs**  
W 3:30pm-4:30pm Apr 12 4519951

Cloverdale Recreation Centre

**SOUTH 10 Sessions \$69 8-12yrs**  
Tu 5:30pm-6:30pm Apr 11 4524378

South Surrey Recreation & Arts Centre

## Wheelchair Basketball

Wheelchair basketball is a fast paced Paralympic sport for people of all abilities. You will learn the skills and fundamental movements of wheelchair basketball through fun games and drills. In partnership with BC Wheelchair Basketball Society.

**CLOVERDALE 8 Sessions \$55.25 8yrs+**  
Tu 6:15pm-7:30pm Apr 11 4522673

Cloverdale Recreation Centre

## Floor Hockey

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

**FLEETWOOD 8 Sessions \$55.25 6-9yrs**  
Su 3:00pm-4:00pm Apr 23 4520682

**FLEETWOOD 8 Sessions \$55.25 10-13yrs**  
Su 4:00pm-5:00pm Apr 23 4520683

Fleetwood Community Centre

**GUILDFORD 8 Sessions \$55.25 6-8yrs**  
Th 3:15pm-4:15pm Apr 6 4517898

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
Th 4:30pm-5:30pm Apr 6 4517899

Guildford Recreation Centre

**NEWTON 8 Sessions \$55.25 6-9yrs**  
M 4:00pm-5:00pm Apr 3 4520866

**NEWTON 8 Sessions \$55.25 10-12yrs**  
M 5:15pm-6:15pm Apr 3 4520867

Newton Recreation Centre

**SOUTH 10 Sessions \$69 5-7yrs**  
W 4:15pm-5:15pm Apr 12 4518031

**SOUTH 10 Sessions \$69 8-10yrs**  
W 5:15pm-6:15pm Apr 12 4518032

**SOUTH 9 Sessions \$49.75 4-6yrs**  
W 3:15pm-4:00pm Apr 12 4516432

South Surrey Recreation & Arts Centre

## Floor Hockey

PARENT PARTICIPATION REQUIRED

**GUILDFORD 5 Sessions \$20.75 2-3yrs**  
Su 10:45am-11:30am Apr 2 4525320

Fraser Heights Recreation Centre

## Floorball

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

**CLOVERDALE 8 Sessions \$44.25 3-5yrs**  
F 3:15pm-4:00pm Apr 21 4521452

**CLOVERDALE 8 Sessions \$55.25 6-9yrs**  
F 5:00pm-6:00pm Apr 21 4519975

Cloverdale Recreation Centre

**CLOVERDALE 9 Sessions \$62 8-12yrs**  
Th 4:30pm-5:30pm Apr 13 4519967

Don Christian Recreation Centre

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
Sa 10:45am-11:30am Apr 1 4519258

Guildford Recreation Centre

## Floorball

PARENT PARTICIPATION REQUIRED

**GUILDFORD 8 Sessions \$33.25 2-3yrs**  
Sa 9:45am-10:30am Apr 1 4519267

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.



## Indoor Tennis Courts NEW

**Surrey Tennis Centre** 5891 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](http://www.surreytenniscentre.com).

## Outdoor Tennis Courts

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

PARK NAME	PARK ADDRESS	TENNIS COURTS	LIT COURTS	PRACTICE WALLS
<b>CLOVERDALE</b>				
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		
<b>FLEETWOOD</b>				
Fleetwood Park	15802 80 Avenue	2	2	1
Maple Green Park	8959 150 Street	2		2
<b>GUILDFORD</b>				
Douglas Park	15044 99A Avenue	1		
Fraser Heights Park	10588 160 Street	6	4	1
Hummingbird Park	11083 Swan Crescent	2		
<b>NEWTON</b>				
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		
<b>SOUTH SURREY</b>				
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		
<b>NORTH SURREY</b>				
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		

## Soccer Indoor

Learn basic soccer skills in a fun and co-operative way.

<b>CLOVERDALE</b>	<b>8 Sessions \$44.25</b>	<b>3-5yrs</b>
F	4:00pm-4:45pm	Apr 21 4523442
F	6:00pm-6:45pm	Apr 21 4523443
<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>5-6yrs</b>
M	4:15pm-5:15pm	Apr 10 4519818
<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>7-9yrs</b>
M	5:30pm-6:30pm	Apr 10 4519819
<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>9-12yrs</b>
M	6:45pm-7:45pm	Apr 10 4519820
<b>CLOVERDALE</b>	<b>7 Sessions \$38.75</b>	<b>3-5yrs</b>
Sa	12:15pm-1:00pm	Apr 22 4523441
<b>Cloverdale Recreation Centre</b>		
<b>CLOVERDALE</b>	<b>6 Sessions \$41.50</b>	<b>5-7yrs</b>
Sa	12noon-1:00pm	Apr 22 4520007
<b>Hazelgrove Elementary</b>		
<b>FLEETWOOD</b>	<b>9 Sessions \$62</b>	<b>6-9yrs</b>
W	4:15pm-5:15pm	Apr 12 4520722
<b>FLEETWOOD</b>	<b>9 Sessions \$62</b>	<b>10-13yrs</b>
W	5:15pm-6:15pm	Apr 12 4520723
<b>FLEETWOOD</b>	<b>4 Sessions \$22.25</b>	<b>3-5yrs</b>
Sa	10:30am-11:15am	Apr 22 4521073
Sa	10:30am-11:15am	May 27 4521074
<b>Fleetwood Community Centre</b>		
<b>GUILDFORD</b>	<b>8 Sessions \$44.25</b>	<b>3-5yrs</b>
M	4:30pm-5:15pm	Apr 3 4525324
<b>GUILDFORD</b>	<b>8 Sessions \$55.25</b>	<b>6-8yrs</b>
M	6:45pm-7:45pm	Apr 3 4525257
<b>GUILDFORD</b>	<b>8 Sessions \$55.25</b>	<b>9-12yrs</b>
M	5:30pm-6:30pm	Apr 3 4525258
<b>Fraser Heights Recreation Centre</b>		
<b>GUILDFORD</b>	<b>8 Sessions \$44.25</b>	<b>3-5yrs</b>
Su	12:15pm-1:00pm	Apr 2 4519262
Su	1:15pm-2:00pm	Apr 2 4519263
<b>GUILDFORD</b>	<b>8 Sessions \$55.25</b>	<b>6-8yrs</b>
F	3:15pm-4:15pm	Apr 7 4517920
<b>GUILDFORD</b>	<b>8 Sessions \$55.25</b>	<b>9-12yrs</b>
F	4:30pm-5:30pm	Apr 7 4517921
<b>Guildford Recreation Centre</b>		
<b>NEWTON</b>	<b>8 Sessions \$44.25</b>	<b>3-5yrs</b>
Su	12:15pm-1:00pm	Apr 9 4520993
<b>NEWTON</b>	<b>8 Sessions \$55.25</b>	<b>6-9yrs</b>
Su	1:15pm-2:15pm	Apr 9 4520881
<b>NEWTON</b>	<b>8 Sessions \$55.25</b>	<b>10-12yrs</b>
Su	2:30pm-3:30pm	Apr 9 4520882
<b>Newton Recreation Centre</b>		
<b>NORTH</b>	<b>4 Sessions \$22.25</b>	<b>3-5yrs</b>
Sa	11:15am-12noon	Apr 22 4521505
Sa	11:15am-12noon	May 27 4521506
<b>Bridgeview Community Centre</b>		
<b>NORTH</b>	<b>6 Sessions \$41.50</b>	<b>6-12yrs</b>
M	3:30pm-4:30pm	Apr 3 4525248
<b>NORTH</b>	<b>4 Sessions \$27.75</b>	<b>6-12yrs</b>
M	3:30pm-4:30pm	Jun 5 4525249
<b>Chuck Bailey Recreation Centre</b>		
<b>SOUTH</b>	<b>8 Sessions \$44.25</b>	<b>4-6yrs</b>
Sa	10:00am-10:45am	Apr 22 4516430
<b>Jessie Lee Elementary School</b>		
<b>SOUTH</b>	<b>11 Sessions \$60.75</b>	<b>3-5yrs</b>
Tu	5:30pm-6:15pm	Apr 11 4516990
<b>SOUTH</b>	<b>9 Sessions \$49.75</b>	<b>3-5yrs</b>
M	4:45pm-5:30pm	Apr 10 4516988
<b>SOUTH</b>	<b>9 Sessions \$49.75</b>	<b>4-6yrs</b>
M	5:30pm-6:15pm	Apr 10 4516989
<b>Kensington Prairie Community Centre</b>		
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>5-7yrs</b>
Th	4:15pm-5:15pm	Apr 13 4519133
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>6-8yrs</b>
W	3:00pm-4:00pm	Apr 12 4519134
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>8-12yrs</b>
Th	5:15pm-6:15pm	Apr 13 4519135
<b>SOUTH</b>	<b>10 Sessions \$69</b>	<b>9-12yrs</b>
W	4:00pm-5:00pm	Apr 12 4519136
<b>SOUTH</b>	<b>9 Sessions \$49.75</b>	<b>4-5yrs</b>
Tu	9:00am-9:45am	Apr 11 4516428
W	11:45am-12:30pm	Apr 12 4516429

<b>SOUTH</b>	<b>9 Sessions \$49.75</b>	<b>4-6yrs</b>
Th	3:15pm-4:00pm	Apr 13 4516426
<b>SOUTH</b>	<b>8 Sessions \$44.25</b>	<b>4-5yrs</b>
F	4:15pm-5:00pm	Apr 21 4516424
<b>SOUTH</b>	<b>8 Sessions \$44.25</b>	<b>4-6yrs</b>
F	11:00am-11:45am	Apr 21 4516431
<b>SOUTH</b>	<b>8 Sessions \$44.25</b>	<b>5-6yrs</b>
F	5:00pm-5:45pm	Apr 21 4516427
<b>SOUTH</b>	<b>7 Sessions \$38.75</b>	<b>4-6yrs</b>
Sa	11:00am-11:45am	Apr 22 4516425
<b>South Surrey Recreation &amp; Arts Centre</b>		

## Soccer Indoor

**PARENT PARTICIPATION REQUIRED**

<b>CLOVERDALE</b>	<b>8 Sessions \$33.25</b>	<b>2-3yrs</b>
F	5:00pm-5:45pm	Apr 21 4521368
<b>Cloverdale Recreation Centre</b>		
<b>CLOVERDALE</b>	<b>10 Sessions \$41.50</b>	<b>2-4yrs</b>
W	9:15am-10:00am	Apr 12 4521369
<b>Don Christian Recreation Centre</b>		
<b>FLEETWOOD</b>	<b>4 Sessions \$16.75</b>	<b>2-3yrs</b>
Sa	9:30am-10:15am	Apr 22 4521048
Sa	9:30am-10:15am	May 27 4521050
<b>Fleetwood Community Centre</b>		
<b>GUILDFORD</b>	<b>5 Sessions \$20.75</b>	<b>2-3yrs</b>
Su	9:45am-10:30am	May 14 4525323
<b>Fraser Heights Recreation Centre</b>		
<b>NEWTON</b>	<b>8 Sessions \$33.25</b>	<b>2-3yrs</b>
Su	11:15am-12noon	Apr 9 4520981
<b>Newton Recreation Centre</b>		
<b>SOUTH</b>	<b>8 Sessions \$33.25</b>	<b>2-3yrs</b>
Sa	9:00am-9:45am	Apr 22 4516422
<b>Jessie Lee Elementary School</b>		
<b>SOUTH</b>	<b>11 Sessions \$45.50</b>	<b>2-3yrs</b>
Tu	4:45pm-5:30pm	Apr 11 4516992
<b>SOUTH</b>	<b>9 Sessions \$37.25</b>	<b>2-3yrs</b>
M	6:15pm-7:00pm	Apr 10 4516991
<b>Kensington Prairie Community Centre</b>		
<b>SOUTH</b>	<b>7 Sessions \$29</b>	<b>2-3yrs</b>
Sa	11:45am-12:30pm	Apr 22 4516423
<b>South Surrey Recreation &amp; Arts Centre</b>		
<b>Soccer Indoor for Girls</b>		
<b>CLOVERDALE</b>	<b>7 Sessions \$48.25</b>	<b>7-11yrs</b>
Sa	1:15pm-2:15pm	Apr 22 4520015
<b>Cloverdale Recreation Centre</b>		
<b>FLEETWOOD</b>	<b>9 Sessions \$62</b>	<b>6-9yrs</b>
W	3:15pm-4:15pm	Apr 12 4520726
<b>Fleetwood Community Centre</b>		
<b>Power Soccer</b>		
Learn the skills and fundamental movements of power soccer through fun games and drills using your power wheelchair. This program is delivered in partnership with SportAbility.		
<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>6yrs+</b>
Su	1:00pm-2:15pm	Apr 9 4521811
<b>Cloverdale Recreation Centre</b>		
<b>T-Ball</b>		
Basic baseball and softball skills such as throwing, catching and hitting are introduced. Practice new skills playing mini games.		
<b>GUILDFORD</b>	<b>5 Sessions \$27.75</b>	<b>3-5yrs</b>
Su	10:45am-11:30am	May 14 4525322
<b>Fraser Heights Recreation Centre</b>		



## Volleyball

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

**CLOVERDALE 8 Sessions \$55.25 8-12yrs**  
Tu 7:00pm-8:00pm Apr 11 4519924  
**A.J. McLellan Elementary School**

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
W 3:30pm-4:30pm Apr 5 4517929

**GUILDFORD 8 Sessions \$45.50 13-18yrs**  
W 5:00pm-6:00pm Apr 5 4521130  
**Guildford Recreation Centre**

**NORTH 6 Sessions \$41.50 10-12yrs**  
Th 4:15pm-5:15pm Apr 6 4525244  
Th 4:15pm-5:15pm May 25 4525245  
**Chuck Bailey Recreation Centre**

**SOUTH 10 Sessions \$69 6-8yrs**  
F 3:30pm-4:30pm Apr 21 4517028

**SOUTH 10 Sessions \$69 9-12yrs**  
F 4:30pm-5:30pm Apr 21 4517029  
**Kensington Prairie Community Centre**

**SOUTH 8 Sessions \$55.25 8-10yrs**  
M 4:30pm-5:30pm Apr 10 4518033

**SOUTH 8 Sessions \$55.25 10-12yrs**  
M 5:30pm-6:30pm Apr 10 4518034

**SOUTH 8 Sessions \$45.50 13-18yrs**  
M 6:30pm-7:30pm Apr 10 4523298  
**South Surrey Recreation & Arts Centre**

## Volleyball for Girls

**CLOVERDALE 9 Sessions \$62 9-12yrs**  
W 5:00pm-6:00pm Apr 12 4519952  
**Cloverdale Recreation Centre**

**GUILDFORD 6 Sessions \$34.25 13-18yrs**  
Th 6:00pm-7:00pm Apr 6 4517239  
Th 6:00pm-7:00pm May 18 4517351  
**Fraser Heights Recreation Centre**

**SOUTH 10 Sessions \$69 9-12yrs**  
F 5:30pm-6:30pm Apr 21 4517032  
**Kensington Prairie Community Centre**

**SOUTH 8 Sessions \$55.25 9-12yrs**  
M 3:15pm-4:15pm Apr 10 4518035  
**South Surrey Recreation & Arts Centre**

## STAGE THREE

### LEARN TO Play

## 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.

**GUILDFORD 8 Sessions \$55.25 6-9yrs**  
W 3:15pm-4:15pm Apr 5 4518789  
**Guildford Recreation Centre**

**NEWTON 8 Sessions \$55.25 6-12yrs**  
Sa 2:30pm-3:30pm Apr 8 4520876  
**Newton Recreation Centre**

## Pickle Ball Intermediate

Learn intermediate Pickle Ball skills. Improving fitness through structured game play.

**CLOVERDALE 7 Sessions \$65.25 18yrs+**  
Tu 10:45am-12:15pm Apr 11 4525208  
**Cloverdale Recreation Centre**

**SOUTH 5 Sessions \$46.75 19yrs+**  
F 12noon-1:30pm Apr 21 4516462  
F 12noon-1:30pm May 26 4516463  
**South Surrey Recreation & Arts Centre**

## Badminton Intermediate

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

**GUILDFORD 10 Sessions \$97.75 6-8yrs**  
M 5:15pm-6:15pm Apr 3 4524259

**GUILDFORD 10 Sessions \$115 13-18yrs**  
F 3:15pm-4:45pm Apr 7 4517185  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$78.25 6-12yrs**  
Sa 9:15am-10:15am Apr 1 4517874  
Th 3:15pm-4:15pm Apr 6 4517875  
**GUILDFORD 8 Sessions \$92 13-18yrs**  
W 4:30pm-6:00pm Apr 5 4521080  
**Guildford Recreation Centre**

**SOUTH 6 Sessions \$39.25 19yrs+**  
Tu 1:15pm-2:15pm Apr 11 4516460

**SOUTH 5 Sessions \$32.75 19yrs+**  
Tu 1:15pm-2:15pm May 23 4516461  
**South Surrey Recreation & Arts Centre**

## Badminton Performance

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

**GUILDFORD 14 Sessions \$305.50 13-18yrs**  
Su 12:15pm-3:15pm Mar 26 4517190

**GUILDFORD 10 Sessions \$132.25 9-12yrs**  
F 5:00pm-6:30pm Apr 7 4524397

**GUILDFORD 10 Sessions \$115 13-18yrs**  
M 3:30pm-5:00pm Apr 3 4517189  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$78.25 6-12yrs**  
Sa 9:15am-10:15am Apr 1 4517876  
Th 4:30pm-5:30pm Apr 6 4517877

**GUILDFORD 8 Sessions \$64.50 13-18yrs**  
Th 5:45pm-6:45pm Apr 6 4522497  
**Guildford Recreation Centre**

## AthElite Basketball League

All levels welcome to play in this 3 tiered fun, yet competitive basketball league. All coaches are NCCP certified.

**CLOVERDALE 19 Sessions \$169 6-8yrs**  
Sa 4:00pm-5:00pm Apr 8 4525209  
Th 4:45pm-5:45pm

**CLOVERDALE 19 Sessions \$169 9-10yrs**  
Sa 5:00pm-6:00pm Apr 8 4525210  
Th 5:45pm-6:45pm

**CLOVERDALE 19 Sessions \$169 11-12yrs**  
Su 4:00pm-5:00pm Apr 9 4525213  
Th 5:00pm-6:00pm

**CLOVERDALE 19 Sessions \$169 11-12yrs**  
Sa 6:00pm-7:00pm Apr 8 4525211  
Th 6:45pm-7:45pm  
Su 5:00pm-6:00pm Apr 9 4525214  
Th 6:00pm-7:00pm  
**Cloverdale Recreation Centre**

**GUILDFORD 16 Sessions \$179 6-8yrs**  
Sa 12noon-1:00pm Apr 1 4524977  
M 3:30pm-4:30pm

**GUILDFORD 16 Sessions \$179 9-10yrs**  
Sa 1:00pm-2:00pm Apr 1 4524978  
M 4:30pm-5:30pm

**GUILDFORD 16 Sessions \$179 11-12yrs**  
Sa 2:00pm-3:00pm Apr 1 4524979  
M 5:30pm-6:30pm  
**Guildford Recreation Centre**

**SOUTH 20 Sessions \$169 6-8yrs**  
Su 11:15am-12:15pm Apr 9 4524404  
M 3:15pm-4:05pm

**SOUTH 20 Sessions \$169 9-10yrs**  
Su 11:15am-12:15pm Apr 9 4524405  
M 4:05pm-5:00pm

**SOUTH 20 Sessions \$169 11-12yrs**  
Su 12:15pm-1:15pm Apr 9 4524406  
M 5:00pm-6:00pm  
**South Surrey Recreation & Arts Centre**

## STAGE FOUR

### Sports FOR LIFE

## Badminton Recreational Play

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

**FLEETWOOD 20 Sessions \$169 18yrs+**  
Tu, Th 8:10pm-9:55pm Apr 4 4520842  
**Coyote Creek Elementary School**

**GUILDFORD 10 Sessions \$66.50 19yrs+**  
W 6:00pm-7:30pm Apr 5 4524981  
**Guildford Recreation Centre**

## Soccer Indoor Recreational Play for Women

Build your soccer skills and enjoy indoor game play for women only.

**CLOVERDALE 8 Sessions \$53 18yrs+**  
M 8:00pm-9:30pm Apr 10 4525204  
**Martha Currie Elementary School**

## Volleyball Tournament

Competitive and recreational tournament.

**CLOVERDALE 1 Session \$18 13yrs+**  
Sa 9:00am-5:00pm Apr 1 4525215  
**Cloverdale Recreation Centre**

## Volleyball Co-ed League

Consists of multiple levels of competition, playoffs and league awards.

**GUILDFORD 8 Sessions \$375 19yrs+**  
M 7:00pm-9:45pm Apr 3 4524976  
**Guildford Recreation Centre**

## Volleyball Recreational Play

Co-ed, fun, recreational level volleyball game play for all levels. Drop ins welcome if space is available.

**CLOVERDALE 8 Sessions \$53.25 18yrs+**  
Tu 8:15pm-9:45pm Apr 11 4525203  
**A.J. McLellan Elementary School**





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.

## CLOVERDALE RECREATION CENTRE 604-598-7960 6188 176 STREET Effective April - June, 2017

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	<input checked="" type="checkbox"/> 8:00pm - 9:45pm	12:30pm - 2:30pm	8:15pm - 9:45pm	11:45am - 1:15pm	<input checked="" type="checkbox"/> 7:15pm - 9:45pm		
Badminton – Family		6:00pm - 7:30pm					8:00am - 11:00am
Badminton – Youth		3:00pm - 4:45pm					
Basketball – Adult	<input checked="" type="checkbox"/> 7:15pm - 9:45pm		<input checked="" type="checkbox"/> 7:45pm - 9:45pm		12:15pm - 2:45pm 5:30pm - 7:00pm		<input checked="" type="checkbox"/> 1:15pm - 2:45pm
Basketball – Family							11:15am - 12:45pm
Basketball – Adult 30+			<input checked="" type="checkbox"/> 7:45pm - 9:45pm				
Basketball – Youth					2:00pm - 3:30pm		11:15am - 1:00pm
Family Gym	3:45pm - 5:45pm	3:15pm - 5:15pm		3:00pm - 4:30pm	3:45pm - 5:15pm		2:30pm - 3:45pm
Open Gym – Adult	10:45am - 12:45pm		10:30am - 12:30pm		10:30am - 12:30pm		
Sports – Member Preteen/Youth	5:15pm - 7:45pm				6:00pm - 10:00pm 6:00pm - 10:00pm‡	4:00pm - 8:00pm 4:00pm - 8:00pm‡	
I AM GAME – Preteen/Youth		5:30pm - 7:30pm					
Pickle Ball – Open		7:45pm - 9:45pm			11:15am - 1:45pm	<input checked="" type="checkbox"/> 8:00am - 10:45am	
Pickle Ball – Family	3:30pm - 5:00pm					8:00am - 10:00am	
Pickle Ball – 55+ <sup>§</sup>	1:00pm - 3:00pm		1:00pm - 3:00pm	12:30pm - 2:30pm	9:00am - 11:00am		
Soccer – Adult		<input checked="" type="checkbox"/> 8:00pm - 9:45pm		<input checked="" type="checkbox"/> 7:30pm - 9:30pm			
Stay & Play – Parent & Tot	9:30am - 11:30am	12:15pm - 2:15pm	4:00pm - 6:00pm	9:15am - 11:15am			9:30am - 11:30am
Table Tennis – Adult				7:30pm - 9:30pm			
Table Tennis – 55+ <sup>§</sup>		1:00pm - 3:00pm		1:30pm - 3:30pm	1:00pm - 3:00pm		
Volleyball – Adult				<input checked="" type="checkbox"/> 8:00pm - 9:45pm			
<b>VALUE TIMES</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
Badminton	6:00am - 8:45am	6:00am - 8:45am		6:00am - 8:45am	6:00am - 8:45am		
Basketball	6:00am - 8:45am	6:00am - 8:45am	6:00am - 8:45am	6:00am - 8:45am	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.  
<sup>§</sup>City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply. ‡Clayton Heights Secondary School, 7003 188 Street

## NEWTON RECREATION CENTRE 604-501-5540 13730 72 AVENUE RE-OPENING SPRING 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult			7:00pm - 9:00pm** <input checked="" type="checkbox"/> 8:35pm - 10:00pm				<input checked="" type="checkbox"/> 8:00am - 9:30am <input checked="" type="checkbox"/> 9:35am - 11:00am
Badminton – Family		7:00pm - 9:00pm*				9:00am - 11:30am	
Badminton – 55+ <sup>§</sup>				12:30pm - 3:00pm			
Badminton – Youth		7:00pm - 9:30pm					
Table Tennis – Open	1:00pm - 3:00pm		9:00am - 11:00am				9:30am - 12noon***
Table Tennis – 55+		9:30am - 12noon					
Gym – Family					4:00pm - 6:00pm		3:00pm - 5:00pm*
Ball Hockey – Adult				7:00pm - 9:30pm			6:00pm - 8:00pm
Basketball – Adult							4:00pm - 6:00pm*
Sports – Preteen member		4:00pm - 5:30pm		4:00pm - 5:30pm			
Sports – Youth member		5:30pm - 7:00pm		5:30pm - 7:00pm	6:00pm - 9:00pm		
Stay & Play – Parent & Tot	9:30am - 11:00am			9:30am - 11:00am			
Basketball – Youth member						6:00pm - 9:00pm	4:00pm - 6:00pm*
Pickle Ball – Open	8:00pm - 10:00pm						
Pickle Ball – 55+		12:30pm - 3:00pm			9:00am - 11:30am		
Volleyball – Adult	<input checked="" type="checkbox"/> 7:30pm - 9:30pm**			<input checked="" type="checkbox"/> 7:30pm - 9:30pm			
<b>VALUE TIMES</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
Basketball	6:00am - 8:30am		6:00am - 8:30am		6:00am - 8:30am	6:00am - 9:00am*	
Badminton		6:00am - 8:30am		6:00am - 8:30am		6:00am - 9:00am*	

Schedule may subject to change. Please call 604-501-5540 to confirm and reserve. Recommended to confirm 24 hours prior for successful registration.  
 \* 1/2 gymnasium \*\*Princess Margaret Secondary 12870 72 Avenue \*\*\*Room 1 <sup>§</sup> City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.

## SOUTH SURREY RECREATION & ARTS CENTRE 604-592-6970 14601 20 AVE Effective March 27- June 25, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – 55+ <sup>§</sup>	7:00am - 10:30am	7:00am - 10:30am	12:45pm - 2:45pm*	7:00am - 10:30am*			
Badminton – Adult		<input checked="" type="checkbox"/> 7:30pm - 9:45pm*			6:00pm - 7:45pm*		
Badminton – Open			<input checked="" type="checkbox"/> 8:15pm - 9:45pm				<input checked="" type="checkbox"/> 8:30am - 11:00am* <input checked="" type="checkbox"/> 4:15pm - 6:00pm*
Badminton – Family						5:45pm - 7:45pm*	
Badminton Value – Open					6:15am - 8:30am		
Badminton – Youth					<input checked="" type="checkbox"/> 8:00pm - 9:45pm*		
Basketball – Youth							6:15pm - 7:45pm
Basketball – Adult			6:15pm - 8:00pm*	7:45pm - 9:45pm*			
Basketball – Open							6:15pm - 7:45pm
Youth Adapted Basketball				6:00pm - 7:45pm			
Sports – Youth Member		3:00pm - 9:00pm	3:00pm - 6:00pm	6:00pm - 9:00pm	7:00pm - 11:00pm	8:00pm - 11:00pm*	
Sports – Family					5:00pm - 7:00pm	4:00pm - 5:30pm	1:30pm - 4:00pm
Pickle Ball – 55+ <sup>§</sup>	12:30pm - 2:30pm*	10:45am - 12:45pm	6:30am - 9:30am	10:45am - 1:45pm	12:30pm - 2:30pm*		
Pickle Ball – Open			8:15pm - 9:45pm				1:30pm - 4:00pm
Pickle Ball Value – Open					6:15am - 8:30am		
Table Tennis – 55+ <sup>§</sup>		1:00pm - 3:00pm		12:45pm - 3:00pm			
Table Tennis – Open					7:15pm - 9:30pm		1:00pm - 4:00pm
Volleyball – Youth	6:15pm - 7:30pm						
Volleyball – Adult	7:30pm - 9:45pm*						
Stay & Play – Parent & Tot	9:00am - 12noon	9:00am - 11:30am	9:00am - 12noon	11:30am - 2:00pm	9:00am - 12noon	3:30pm - 5:00pm	9:30am - 11:00am

Schedule subject to change. Please call ahead to confirm 604-592-6970. \*Two gymnasiums are available. All other times are one gymnasium only.  
<sup>§</sup>City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.



## GUILDFORD RECREATION CENTRE 604-502-6360 15105 105 AVENUE Effective March 27 - July 3, 2017

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult				<input checked="" type="checkbox"/> 6:45pm-8:15pm <input checked="" type="checkbox"/> 8:15pm-9:45pm		<input checked="" type="checkbox"/> 5:45pm-7:45pm	<input checked="" type="checkbox"/> 4:45pm-6:15pm <input checked="" type="checkbox"/> 6:15pm-7:45pm 9:00am-12noon
Badminton – Family							
Badminton – 55+ <sup>9</sup>	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 12noon-1:00pm	6:15am-8:30am 12noon-1:00pm	6:15am-8:30am		
Badminton – Youth					5:45pm-7:45pm		12noon-2:00pm
Basketball – Adult		6:00pm - 8:00pm	<input checked="" type="checkbox"/> 7:45pm-9:45pm		<input checked="" type="checkbox"/> 5:45pm-7:45pm 7:45am - 9:45 pm	<input checked="" type="checkbox"/> 3:30pm-5:30pm	8:15am-11:00am
Basketball – Open		8:00pm - 9:45pm					
Basketball Value – Adult						8:15am-9:30am	
Basketball Value – Open	6:15am-8:30am 12noon-2:00pm	6:15am-8:30am	6:15am-8:30am 12noon-2:00pm	6:15am-8:30am	6:15am-8:30am 12noon-2:00pm		
Basketball – Youth		4:00pm-5:45pm					
Sports – Family		6:15pm-7:30pm					
Pickle Ball – 55+ <sup>9</sup>	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			<input checked="" type="checkbox"/> 8:00pm-9:45pm		
Soccer – Youth							5:00pm-7:00pm
Table Tennis – Family							1:30pm-3:00pm
Table Tennis – Open							3:00pm-7:00pm
Volleyball – Adult			<input checked="" type="checkbox"/> 7:45pm-9:30pm				2:30pm-4:15pm
Volleyball Value – Open			12:15pm-2:15pm				

Schedule subject to change. Participants can sign up and play for one of two 1.5 hour time slots. <sup>9</sup> City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.

## BRIDGEVIEW COMMUNITY CENTRE 604-592-7081 11475 126A STREET Effective April - June, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym – Adult		6:00pm - 8:00pm					
Stay & Play – Parent & Tot						9:00am-10:00am	
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 - 9:00pm		
Break Dance			6:00pm - 8:00pm				

Schedule subject to change. Please call ahead to confirm and reserve spots.

## FRASER HEIGHTS RECREATION CENTRE 604-592-6920 10588 160 STREET Effective April - June, 2017

PROGRAM	MON	TUE	WED	THU	FRI	SAT	SUN
Badminton – Adult	<input checked="" type="checkbox"/> 7:15pm-9:45pm		<input checked="" type="checkbox"/> 7:15pm-9:45pm			<input checked="" type="checkbox"/> 2:30pm-4:45pm	
Badminton – Value			7:15am-9:00am				
Badminton – Open*						12:15pm-2:15pm	10:30am-12noon
Badminton – Youth			3:15pm-5:15pm				
Badminton – Family							8:30am-10:30am
Basketball – Adult		7:15pm-9:45pm					3:30pm-5:30pm
Basketball – Open*							5:45pm-7:45pm
Soccer – Family				5:00pm-7:00pm			
Volleyball – Adult				7:15pm - 9:45pm			
Sports – Family			6:00pm - 8:00pm				
Sports – Youth Member	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon	11:00am - 12noon 7:00pm-10:30pm	6:00pm-10:30pm	
Sports – Value Open Gym*	12noon - 3:00pm	12noon - 3:00pm	12noon - 3:00pm	12noon - 3:00pm	12noon - 3:00pm		
Stay & Play – Parent & Tot		9:30am-11:00am		9:30am-11:00am			

Schedule subject to change. \*Activities are open to all ages – children 12 yrs and under MUST attend with a parent or guardian. Family gym participants must have 1 (or more) adults plus 1 (or more) children.

## CHUCK BAILEY RECREATION CENTRE 604-598-5898 13458 107A AVENUE Effective April - June, 2017

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Badminton – Adult	9:00am - 11:00am	<input checked="" type="checkbox"/> 7:00pm-9:00pm			1:00pm-3:00pm		
Badminton – Open							<input checked="" type="checkbox"/> 9:00am-11:00am
Basketball – Adult	<input checked="" type="checkbox"/> 7:15pm-9:00pm			<input checked="" type="checkbox"/> 7:00pm-9:00pm		<input checked="" type="checkbox"/> 9:15am-11:15am	
Basketball – Open	12noon - 2:00pm		1:00pm - 2:00pm				
Soccer – Adult			12noon-1:00pm <input checked="" type="checkbox"/> 7:00pm-9:00pm				
Pickleball – 55+ <sup>9</sup>		9:00am-10:30am	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+ <sup>9</sup>		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 <sup>9</sup> City-Wide/Town-Centre Seniors Membership required to participate and additional fees may apply.



**RECREATION SURREY**  
Healthy Communities. Active Together.

# *Flexible* **FITNESS**

Get active and stay healthy with Recreation Surrey's choice of affordable passes. Join for a year, buy a monthly pass or try out our facilities with our convenient 10 or 20 swipe cards. Enjoy the latest fitness opportunities and state-of-the-art facilities including:

- DROP-IN** Weight Rooms
- DROP-IN** Gym Activities
- DROP-IN** Fitness Classes
- DROP-IN** Swimming
- DROP-IN** Skating

**no** **CONTRACTS**  
**SIGN-UP FEES**  
**COMMITMENTS**

Monthly payment option.  
Cancel your pass anytime.  
\$5 cancellation fee.

**604-501-5100**





# Fitness & Wellness

[www.surrey.ca/register](http://www.surrey.ca/register)

## 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 introductions. 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
<b>Initial Consultation</b> (90 minutes)	\$81	\$81 (per person)
<b>Ongoing Sessions</b> (1 hour)	\$54	\$81/group
<b>5 Swipe Pass</b> (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)
- 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  
*Online*



You can now sign up early for select drop-ins using our registration website. Just look for this symbol beside the drop-in activity you want to attend.

Look online for the most up-to-date schedule information.  
[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

### Instructor Fitness Theory Module

Become a certified fitness leader! This course will prepare you to write the BCRPA basic fitness leader's exam. Course Manual included.

**FLEETWOOD** 6 Sessions \$376 16yrs+  
Tu,Th,Sa 5:30pm-10pm Apr 11 4523647  
Sport & Leisure Aquatics

### Instructor Aquafit Module

This is the fitness module required to complete registration as a BCRPA Aquacize Instructor. Theory course is a prerequisite.

**FLEETWOOD** 3 Sessions \$268.85 16yrs+  
F-Su 5:00pm-9:00pm Apr 28 4525512  
Sport & Leisure Aquatics

## QUICK FIND

**DROP-IN**

### LOOKING FOR FITNESS SCHEDULES?

In an effort to supply the most accurate information, please refer to our online schedules or pick up the latest drop-in schedule at your local recreation centre.

## Group Fitness **DROP-IN**

We offer a variety of group fitness and wellness classes for every ability. Whether you're new to fitness classes or are looking for a challenge, we have a class to fit your needs. Classes vary by facility. Check the facility daily drop-in schedules online for the latest information.

### CLASS DESCRIPTION

#### CARDIO

<b>BOLLYWOOD AEROBICS</b>	Cardio workout combining Indian dance moves to Bollywood music. Family Bollywood - age 6yrs+ welcome.
<b>BOOTCAMP</b>	Increase your strength, stamina, and flexibility with a variety of fitness and athletic conditioning drills.
<b>CARDIO COMBO</b>	Combines a variety of formats such as step, hi/lo, cardio drills or cardio kickbox, including muscle conditioning.
<b>CARDIO KICKBOX</b>	Punch, kick, and sweat your way to improved fitness.
<b>DANCE FIT</b>	Cardio workout featuring dance steps from a variety of dance styles.
<b>HIGH/LOW AEROBICS</b>	Cardio workout combining high and low intensity.
<b>STEP INTERVAL</b>	A high energy workout combining step intervals and muscle conditioning exercises.
<b>SYNRGY CIRCUIT</b>	A full body workout using the multi-station Synrgy functional training unit featuring a variety of equipment including TRX.
<b>ZUMBA</b>	A combination of fast and slow aerobic dance rhythms to tone and sculpt the body.

#### CARDIO: INDOOR CYCLING

<b>SPIN AND STRENGTH</b>	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.
<b>SPIN</b>	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

<b>BARRE</b>	Using classical Ballet and Pilates movements, this class will help you strengthen, tone, and stabilize those hard to target areas including the core.
<b>BODY SCULPT</b>	Emphasis is placed on proper technique while working on muscle strength, endurance and flexibility training.
<b>CORE CONDITIONING</b>	Emphasis is placed on your core muscles. Work on proper balance, posture, and stability.
<b>FUNCTIONAL TRAINING</b>	Enhance day-to-day functionality through high intensity interval training, balance training and core strength using a variety of equipment.
<b>TRX</b>	A body weight strength based workout featuring TRX suspension trainer to build muscle, increase flexibility and strengthen core muscles.

#### ADULT 55+

<b>BALL, BALANCE AND STRENGTH 55+</b>	This class will introduce you to balance & strength training through the use of stability balls, hand weights and other equipment.
<b>FIT 55+</b>	A moderate intensity class consisting of low impact cardio followed by muscle conditioning and relaxing stretch techniques. Improve circulation and respiration as well as balance, strength and flexibility.
<b>FIT 55+ LITE (CHAIR EXERCISES)</b>	A low intensity class designed for adults with physical limitations. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work. Improve circulation and respiration as well as balance, strength and flexibility.
<b>GENTLE FIT 55+</b>	A low intensity class designed to introduce the less active or less mobile older adult to physical activity. Class uses both upper and lower body movements and the exercises are done in and out of chairs- with no floor work.
<b>SENIOR CIRCUIT 55+</b>	In this weight room based group exercise program you will use cardio and strength training machines. A great way to familiarize yourself with the weight room equipment.
<b>YOGA 55+</b>	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.

#### MIND BODY

<b>YOGA</b>	An introduction to yoga. Focuses on stretching and relaxing exercises using a variety of techniques. May include a meditation component.
<b>GENTLE YOGA</b>	A slower paced class using supported postures and modifications to improve balance, strength and flexibility.
<b>YOGA AND MEDITATION</b>	A traditional Hatha Yoga followed by a structured meditation component to help achieve a clear mind, improve concentration.
<b>FITNESS YOGA</b>	A blend of yoga postures, pilates exercises and fitness moves bringing the mind body element to fitness conditioning.
<b>FITNESS PILATES</b>	Stretching and strengthening movements combined with specific techniques to produce natural, balanced muscle conditioning.
<b>FLOW YOGA</b>	A dynamic series of flowing postures connected by rhythmic breathing almost dance-like, for an invigorating body-mind workout.



## Parent Participation

### Yoga - Parent and Tot

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

<b>SOUTH</b>	<b>5 Sessions \$30</b>	<b>2-5yrs</b>
Su	10:00am-10:45am	Apr 23 4522122
Su	10:00am-10:45am	May 28 4522123
<b>South Surrey Recreation &amp; Arts Centre</b>		

### 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.

<b>CLOVERDALE</b>	<b>6 Sessions \$14</b>	<b>6yrs+</b>
F	6:30pm-7:30pm	Apr 7 4521775
F	6:30pm-7:30pm	May 26 4521776
<b>Cloverdale Recreation Centre</b>		

<b>GUILDFORD</b>	<b>4 Sessions \$14</b>	<b>6yrs+</b>
Su	11:00am-12noon	Apr 2 4525028
Su	11:00am-12noon	May 7 4525029
<b>Guildford Recreation Centre</b>		

<b>SOUTH</b>	<b>11 Sessions \$38.50</b>	<b>6yrs+</b>
Th	7:00pm-8:00pm	Apr 13 4517019
<b>Kensington Prairie Community Centre</b>		

<b>SOUTH</b>	<b>5 Sessions \$17.50</b>	<b>6yrs+</b>
M	6:30pm-7:30pm	Apr 10 4522086
M	6:30pm-7:30pm	May 29 4522116

<b>SOUTH</b>	<b>5 Sessions \$13.25</b>	<b>6yrs+</b>
Su	11:15am-12noon	Apr 23 4522087
Su	11:15am-12noon	May 28 4522096
<b>South Surrey Recreation &amp; Arts Centre</b>		

## Children

### Dance Fit

Combine the inspiring music of Latin, Hip Hop and other International music with Dance Fitness.

<b>GUILDFORD</b>	<b>8 Sessions \$80</b>	<b>6-12yrs</b>
F	3:30pm-4:30pm	Apr 7 4517894
<b>Guildford Recreation Centre</b>		

### Fitness Bootcamp for Kids

This exciting course will get your kids moving with a variety of drills and skills while giving them a workout they will never forget! Bring your water bottle!

<b>GUILDFORD</b>	<b>8 Sessions \$80</b>	<b>7-12yrs</b>
F	4:45pm-5:45pm	Apr 7 4517897
<b>Guildford Recreation Centre</b>		

### Yoga

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

<b>GUILDFORD</b>	<b>8 Sessions \$80</b>	<b>6-12yrs</b>
Su	12:15pm-1:15pm	Apr 2 4517932
<b>Guildford Recreation Centre</b>		

<b>SOUTH</b>	<b>6 Sessions \$60</b>	<b>6-12yrs</b>
F	3:30pm-4:30pm	Apr 21 4522070

<b>SOUTH</b>	<b>5 Sessions \$50</b>	<b>6-12yrs</b>
F	3:30pm-4:30pm	Jun 2 4522071
<b>South Surrey Recreation &amp; Arts Centre</b>		

## Youth

### Athletic Conditioning

Enhance your sport performance, improve your core strength, balance, speed, and agility. Athletic conditioning drills for all levels. Great for golf, tennis, water sports, hockey, baseball, etc.

<b>SOUTH</b>	<b>7 Sessions \$56</b>	<b>13-18yrs</b>
Th	4:00pm-5:00pm	Mar 30 4525701
Th	4:00pm-5:00pm	May 18 4525702
<b>Grandview Heights Aquatic Centre</b>		

### Weight Training

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

<b>NEWTON</b>	<b>6 Sessions \$34.50</b>	<b>13-18yrs</b>
F	5:00pm-6:00pm	May 26 4522502

<b>NEWTON</b>	<b>5 Sessions \$34.50</b>	<b>13-18yrs</b>
F	5:00pm-6:00pm	Apr 7 4522501
<b>Newton Recreation Centre</b>		

<b>SOUTH</b>	<b>7 Sessions \$56</b>	<b>13-18yrs</b>
Tu	4:00pm-5:00pm	Mar 28 4525710
Tu	4:00pm-5:00pm	May 16 4525711
<b>Grandview Heights Aquatic Centre</b>		

<b>SOUTH</b>	<b>6 Sessions \$48</b>	<b>13-18yrs</b>
Th	4:00pm-5:00pm	Apr 6 4516208
Th	4:00pm-5:00pm	May 17 4516209
<b>South Surrey Recreation &amp; Arts Centre</b>		

### Yoga

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

<b>SOUTH</b>	<b>6 Sessions \$48</b>	<b>13-18yrs</b>
F	4:00pm-5:00pm	May 26 4522127

<b>SOUTH</b>	<b>5 Sessions \$40</b>	<b>13-18yrs</b>
F	4:00pm-5:00pm	Apr 21 4522126
<b>South Surrey Recreation &amp; Arts Centre</b>		

## Adults

### Bootcamp

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

<b>GUILDFORD</b>	<b>8 sessions \$39.50</b>	
Tu, Th	6:15am-7:00am	Apr 4 4528793
Tu, Th	6:15am-7:00am	May 2 4528794
Tu, Th	6:15am-7:00am	May 30 4528795
<b>Guildford Recreation Centre</b>		

<b>SOUTH</b>	<b>9 Sessions \$59</b>	<b>19yrs+</b>
M, W	5:30pm-6:30pm	Mar 27 4525690
M, W	5:30pm-6:30pm	May 1 4525694

<b>SOUTH</b>	<b>8 sessions \$52.50</b>	<b>19yrs+</b>
M, W	5:30pm-6:30pm	Jun 5 4528816
<b>Grandview Heights Aquatic Center</b>		

### Bootcamp Level 2

An advanced level workout that increases strength, stamina and flexibility with a variety of fitness and athletic conditioning drills.

<b>SOUTH</b>	<b>9 Sessions \$59</b>	<b>19yrs+</b>
M, W	6:45pm-7:45pm	Mar 27 4525691
M, W	6:45pm-7:45pm	May 1 4525692

<b>SOUTH</b>	<b>8 Sessions \$52.50</b>	<b>19yrs+</b>
M, W	6:45pm-7:45pm	Jun 5 4525693
<b>Grandview Heights Aquatic Centre</b>		

### Outdoor Running Sampler

Improve your running skills while enjoying the great outdoors. Work on hills, stairs, sprints, tempo runs and more. All running levels welcome! This program runs rain or shine.

<b>SOUTH</b>	<b>7 Sessions \$46</b>	<b>19yrs+</b>
Th	8:00am-9:00am	Mar 30 4525689
Th	8:00am-9:00am	May 18 4525695
<b>Grandview Heights Aquatic Centre</b>		

### Zumba

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

<b>GUILDFORD</b>	<b>8 Sessions \$52.50</b>	<b>19yrs+</b>
Sa	8:30am-9:30am	Apr 1 4524998
M	7:00pm-8:00pm	Apr 3 4524999
<b>Guildford Recreation Centre</b>		

<b>NEWTON</b>	<b>10 Sessions \$69</b>	<b>19yrs+</b>
Th	6:00pm-7:00pm	Apr 6 4520746
<b>Newton Recreation Centre</b>		

<b>NORTH</b>	<b>6 Sessions \$39.50</b>	<b>19yrs+</b>
Su	10:15am-11:15am	Apr 2 4521471
Th	6:15pm-7:15pm	Apr 6 4521468
Th	6:15pm-7:15pm	May 18 4521469

<b>NORTH</b>	<b>4 Sessions \$26.25</b>	<b>19yrs+</b>
Su	10:15am-11:15am	May 28 4521473
<b>Bridgeview Community Centre</b>		

<b>SOUTH</b>	<b>12 Sessions \$78.75</b>	<b>19yrs+</b>
W	6:00pm-7:00pm	Apr 12 4517003
<b>Kensington Prairie Community Centre</b>		

### 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.

<b>CLOVERDALE</b>	<b>4 Sessions \$34.25</b>	<b>19yrs+</b>
M	6:00pm-7:00pm	Apr 3 4522695
W	7:00pm-8:00pm	Apr 5 4522696

<b>M</b>	<b>6:00pm-7:00pm</b>	<b>May 1 4522697</b>
<b>W</b>	<b>7:00pm-8:00pm</b>	<b>May 3 4522698</b>
<b>M</b>	<b>6:00pm-7:00pm</b>	<b>Jun 5 4522699</b>
<b>W</b>	<b>7:00pm-8:00pm</b>	<b>Jun 7 4522700</b>
<b>Cloverdale Recreation Centre</b>		

### 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.

<b>NEWTON</b>	<b>5 Sessions Member \$24.75</b>	<b>Non-member \$32.75</b>	<b>55yrs+</b>
Th	9:30am-10:30am	Jun 1 4522301	

<b>NEWTON</b>	<b>4 Sessions Member \$19.75</b>	<b>Non-member \$26.25</b>	<b>55yrs+</b>
Th	9:30am-10:30am	Apr 6 4522299	

<b>M</b>	<b>1:15pm-2:15pm</b>	<b>May 1 4522292</b>
<b>Th</b>	<b>9:30am-10:30am</b>	<b>May 4 4522300</b>
<b>M</b>	<b>1:15pm-2:15pm</b>	<b>Jun 5 4522294</b>

<b>NEWTON</b>	<b>3 Sessions Member \$14.75</b>	<b>Non-member \$19.75</b>	<b>55yrs+</b>
M	1:15pm-2:15pm	Apr 3 4522291	
<b>Newton Recreation Centre</b>			

### Spin for Beginners

Learn the basics of this non-impact cycling workout that features a variety of drills including hills, sprints and intervals.

<b>GUILDFORD</b>	<b>4 Sessions \$19.75</b>	<b>19yrs+</b>
Sa	9:00am-9:45am	Apr 1 4524995
Sa	9:00am-9:45am	May 13 4524996
<b>Guildford Recreation Centre</b>		

<b>SOUTH</b>	<b>13 Sessions \$64</b>	<b>19yrs+</b>
W	7:30pm-8:15pm	Apr 5 4520995

<b>SOUTH</b>	<b>11 Sessions \$54.25</b>	<b>19yrs+</b>
M	7:30pm-8:15pm	Apr 3 4520994
<b>South Surrey Recreation &amp; Arts Centre</b>		

### Spin

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

<b>GUILDFORD</b>	<b>5 Sessions \$24.75</b>	<b>19yrs+</b>
W	6:30pm-7:15pm	Apr 5 4524989
W	6:30pm-7:15pm	May 10 4524992

<b>GUILDFORD</b>	<b>4 Sessions \$19.75</b>	<b>19yrs+</b>
Sa	10:00am-10:45am	Apr 1 4524990
M	6:30pm-7:15pm	Apr 3 4524988

<b>M</b>	<b>6:30pm-7:15pm</b>	<b>May 8 4524991</b>
<b>Sa</b>	<b>10:00am-10:45am</b>	<b>May 13 4524997</b>
<b>Guildford Recreation Centre</b>		

### Functional Training Synergy Circuit

A full body circuit workout using the multi-station Synergy functional training unit featuring a variety of cable, band, medicine ball and TRX exercises.

<b>GUILDFORD</b>	<b>8 Sessions \$52.50</b>	<b>19yrs+</b>
M	5:30pm-6:30pm	Apr 3 4524984
<b>Guildford Recreation Centre</b>		

<b>NEWTON</b>	<b>5 Sessions \$32.75</b>	<b>19yrs+</b>
Th	11:45am-12:45pm	Jun 1 4520826

<b>NEWTON</b>	<b>4 Sessions \$26.25</b>	<b>19yrs+</b>
Tu	11:45am-12:45pm	Apr 4 4520827
Th	11:45am-12:45pm	Apr 6 4520824

<b>Tu</b>	<b>11:45am-12:45pm</b>	<b>May 2 4520828</b>
<b>Th</b>	<b>11:45am-12:45pm</b>	<b>May 4 4520825</b>
<b>Tu</b>	<b>11:45am-12:45pm</b>	<b>Jun 6 4520829</b>
<b>Newton Recreation Centre</b>		

<b>SOUTH</b>	<b>9 Sessions \$59</b>	<b>19yrs+</b>
M, W	10:00am-11:00am	Mar 27 4525748
M, W	10:00am-11:00am	May 1 4525750

<b>SOUTH</b>	<b>8 Sessions \$52.50</b>	<b>19yrs+</b>
M, W	10:00am-11:00am	Jun 5 4525751

<b>SOUTH</b>	<b>6 Sessions \$39.50</b>	<b>19yrs+</b>
Sa	8:45am-9:45am	Apr 1 4525749

<b>SOUTH</b>	<b>5 Sessions \$32.75</b>	<b>19yrs+</b>
Sa	8:45am-9:45am	May 27 4525752
<b>Grandview Heights Aquatic Centre</b>		

### Fitness Circuit Training

Individuals move from station to station combining cardio and strength training using steps, freeweights, bands and/or floor exercises.

<b>SOUTH</b>	<b>7 Sessions \$46</b>	<b>19yrs+</b>
Tu	5:30pm-6:30pm	Mar 28 4525745
Tu	5:30pm-6:30pm	May 16 4525746

<b>Th</b>	<b>5:30pm-6:30pm</b>	<b>May 18 4528691</b>
<b>Th</b>	<b>5:30pm-6:30pm</b>	<b>Jun 6 4525747</b>
<b>Grandview Heights Aquatic Centre</b>		

## 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 9 Sessions Member \$44.25**  
**Non-member \$59 55yrs+**  
 Tu, Th 8:00am-9:00am May 2 4528759  
 Tu, Th 9:15am-10:15am May 2 4521948  
 Tu, Th 10:30am-11:30am May 2 4521949

**CLOVERDALE 8 Sessions Member \$39.50**  
**Non-member \$52.50 55yrs+**  
 Tu, Th 8:00am-9:00am Apr 4 4528758  
 Tu, Th 9:15am-10:15am Apr 4 4521946  
 Tu, Th 10:30am-11:30am Apr 4 4521947  
 Tu, Th 9:15am-10:15am Jun 6 4521950  
 Tu, Th 10:30am-11:30am Jun 6 4521951  
**Cloverdale Recreation Centre**

**GUILDFORD 6 Sessions \$39.50 19yrs+**  
 Sa 9:30am-10:30am Apr 8 4523428  
 Sa 9:30am-10:30am May 20 4523432  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions Member \$39.50**  
**Non-member \$52.50 55yrs+**  
 M, W 10:30am-11:30am Apr 3 4523141  
 M, W 10:30am-11:30am May 1 4523142  
 M, W 10:30am-11:30am Jun 5 4523143  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$52.50 19yrs+**  
 M, W 9:15am-10:15am Apr 3 4523429  
 M, W 9:15am-10:15am May 1 4523430  
 W, M 9:15am-10:15am May 31 4523431  
**Guildford Recreation Centre**

**SOUTH 9 Sessions \$59 55yrs+**  
 M, W 8:00am-9:00am Mar 27 4525696  
 M, W 8:00am-9:00am May 1 4525699  
**SOUTH 8 Sessions Member \$39.50**  
**Non-member \$52.50 55yrs+**  
 M, W 8:00am-9:00am Jun 5 4525700  
**Grandview Heights Aquatic Centre**

**SOUTH 8 Sessions \$52.50 19yrs+**  
 M, W 6:30pm-7:30pm May 29 4516201

**SOUTH 7 Sessions \$46 15yrs+**  
 M, W 6:30pm-7:30pm May 1 4516200

**SOUTH 7 Sessions \$46 19yrs+**  
 M, W 6:30pm-7:30pm Apr 3 4516199

**SOUTH 6 Sessions \$39.50 18yrs+**  
 Tu 1:00pm-2:00pm Apr 4 4516202

Tu 1:00pm-2:00pm May 16 4516203

F 11:45am-12:45pm May 19 4516205

**SOUTH 5 Sessions \$32.75 19yrs+**  
 F 11:45am-12:45pm Apr 7 4516204

Sa 10:00am-11:00am Apr 8 4528799

Sa 10:00am-11:00am May 27 4528800  
**South Surrey Recreation & Arts Centre**

**SOUTH 8 Sessions Member \$39.50**  
**Non-member \$52.50 55yrs+**

Tu, Th 9:15am-10:15am Apr 4 4516175

Tu, Th 10:30am-11:30am Apr 4 4516178

Tu, Th 9:15am-10:15am May 2 4516176

Tu, Th 10:30am-11:30am May 2 4516179

M, W 9:15am-10:15am May 29 4516191

M, W 10:30am-11:30am May 29 4516193

Tu, Th 9:15am-10:15am May 30 4516177

Tu, Th 10:30am-11:30am May 30 4516189

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

M, W 9:15am-10:15am Apr 3 4516181

M, W 10:30am-11:30am Apr 3 4516184

M, W 9:15am-10:15am May 1 4516190

M, W 10:30am-11:30am May 1 4516192

**SOUTH 6 Sessions Member \$29.50**  
**Non-member \$39.50 55yrs+**

W 11:30am-12:30pm Apr 5 4516194

F 9:15am-10:15am Apr 7 4525580

W 11:30am-12:30pm May 17 4516195

F 9:15am-10:15am May 26 4525581  
**South Surrey Recreation & Arts Centre**

## Weight Training

Discover the best ways to keep in shape! These training sessions will teach you everything you need to know to design your own weight training program. Dress for a work out!

**NEWTON 6 Sessions \$39.50 19yrs+**  
 M 5:00pm-6:00pm Apr 3 4522490  
 W 5:00pm-6:00pm Apr 5 4522492  
 M 5:00pm-6:00pm May 22 4522495  
 W 5:00pm-6:00pm May 24 4522496  
**Newton Recreation Centre**

**NEWTON 4 Sessions Member \$19.75**  
**Non-member \$26.25 55yrs+**  
 M 9:05am-10:05am May 1 4521366  
 M 11:25am-12:25pm May 1 4523088  
 M 9:05am-10:05am Jun 5 4521367  
 M 11:25am-12:25pm Jun 5 4523089

**NEWTON 3 Sessions Member \$14.75**  
**Non-member \$19.75 55yrs+**  
 M 9:05am-10:05am Apr 3 4521365  
 M 11:25am-12:25pm Apr 3 4523087  
**Newton Seniors Centre**

## Weight Training for Women

Learn use of weight training machines, free weights and cardio equipment as well as theory in a program for women.

**GUILDFORD 10 Sessions \$65.50 19yrs+**  
 Tu 10:15am-11:15am Apr 11 4525004  
**Guildford Recreation Centre**

**SOUTH 7 Sessions \$46 19yrs+**  
 Tu 7:00pm-8:00pm Mar 28 4525715  
 Th 7:00pm-8:00pm Mar 30 4525719  
 Tu 7:00pm-8:00pm May 16 4525718  
 Th 7:00pm-8:00pm May 18 4528690  
**Grandview Heights Aquatic Centre**

**SOUTH 8 Sessions \$52.50 19yrs+**  
 M, W 5:15pm-6:15pm May 29 4516198

**SOUTH 7 Sessions \$46 19yrs+**  
 M, W 5:15pm-6:15pm Apr 3 4516196

M, W 5:15pm-6:15pm May 1 4516197  
**South Surrey Recreation & Arts Centre**

## TRX Suspension Training

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

**CLOVERDALE 5 Sessions \$39.75 19yrs+**  
 W 7:45pm-9:00pm May 3 4522681

**CLOVERDALE 5 Sessions \$33 19yrs+**  
 F 6:30pm-7:30pm Jun 2 4522685

**CLOVERDALE 4 Sessions \$31.75 19yrs+**  
 W 7:45pm-9:00pm Apr 5 4522680

W 7:45pm-9:00pm Jun 8 4522682

**CLOVERDALE 4 Sessions \$26.50 19yrs+**  
 F 6:30pm-7:30pm Apr 7 4522683

**CLOVERDALE 3 Sessions \$20 19yrs+**  
 F 6:30pm-7:30pm May 5 4522684  
**Cloverdale Recreation Centre**

**FLEETWOOD 6 Sessions \$31.75 19yrs+**  
 Sa 8:00am-8:45am Apr 1 4520903

Sa 8:00am-8:45am May 20 4520904

**Fleetwood 6 sessions \$39.75 19yrs+**  
 F 8:00pm-9:00pm Apr 7 4520901

F 8:00pm-9:00pm May 26 4520902  
**Fleetwood Community Centre**

**GUILDFORD 6 Sessions \$39.75 19yrs+**  
 F 5:00pm-6:00pm Apr 7 4523338

F 5:00pm-6:00pm May 19 4523339  
**Fraser Heights Recreation Centre**

**SOUTH 11 Sessions \$72.50 19yrs+**  
 M 5:15pm-6:15pm Apr 3 4521007

**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

**CLOVERDALE 7 Sessions \$67.25 19yrs+**  
 Sa 9:30am-10:30am Apr 1 4521790

**CLOVERDALE 5 Sessions \$48 19yrs+**  
 Sa 9:30am-10:30am May 27 4521791  
**Cloverdale Recreation Centre**

**FLEETWOOD 6 Sessions \$57.50 19yrs+**  
 M 7:30pm-8:30pm Apr 10 4524725  
 W 6:15pm-7:15pm Apr 12 4524727

**FLEETWOOD 4 Sessions \$38.50 19yrs+**  
 M 7:30pm-8:30pm Jun 5 4524726  
 W 6:15pm-7:15pm Jun 7 4524728  
**Sport & Leisure Aquatics**

**SOUTH 13 Sessions \$124.75 19yrs+**  
 W 7:00am-8:00am Apr 5 4520035  
**South Surrey Recreation & Arts Centre**

## Strength and Swim

Enjoy all aspects of the facility, from a full body weight training program to a non-weight bearing aquatic class to optimize your body's full potential

**SOUTH 10 Sessions \$82 19yrs+**  
 Tu, Th 11:15am-12:30pm Mar 28 4525703  
 Tu, Th 11:15am-12:30pm May 2 4525704

**SOUTH 8 Sessions \$65.50 19yrs+**  
 Tu, Th 11:15am-12:30pm Jun 6 4525705  
**Grandview Heights Aquatic 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 May 3 4522227  
 W 11:25am-12:25pm May 3 4522702

**NEWTON 4 Sessions Member \$19.75**  
**Non-member \$26.25 55yrs+**

W 9:05am-10:05am Apr 5 4522226

W 11:25am-12:25pm Apr 5 4522701

W 9:05am-10:05am Jun 7 4522228

W 11:25am-12:25pm Jun 7 4522703  
**Newton Seniors 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 13 Sessions \$373 19yrs+**  
 Tu 8:00am-9:00am Apr 4 4520853  
 Tu 9:00am-10:00am Apr 4 4520851

W 7:00am-8:00am Apr 5 4520856

W 8:00am-9:00am Apr 5 4520852

W 5:15pm-6:15pm Apr 5 4520857

Th 5:10pm-6:10pm Apr 6 4520859

Th 6:15pm-7:15pm Apr 6 4520860

**SOUTH 12 Sessions \$344.25 19yrs+**  
 F 7:00am-8:00am Apr 7 4520855  
 F 8:00am-9:00am Apr 7 4520854

**SOUTH 11 Sessions \$315.50 19yrs+**  
 M 4:00pm-5:00pm Apr 3 4520861  
**South Surrey Recreation & Arts Centre**

## Pilates

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

**CLOVERDALE 7 Sessions \$81.50 19yrs+**  
 Tu 6:15pm-7:15pm Apr 4 4521651  
 Tu 7:15pm-8:15pm Apr 4 4521650

**CLOVERDALE 6 Sessions \$70 19yrs+**  
 Tu 6:15pm-7:15pm May 23 4521653  
 Tu 7:15pm-8:15pm May 23 4521652  
**Cloverdale Recreation Centre**

**CLOVERDALE 7 Sessions \$81.50 19yrs+**  
 F 12noon-1:00pm Apr 7 4521654

**CLOVERDALE 6 Sessions \$70 19yrs+**  
 F 12noon-1:00pm May 26 4521655  
**Don Christian Recreation Centre**

**GUILDFORD 10 Sessions \$65.50 19yrs+**  
 Tu 5:00pm-6:00pm Apr 4 4525007  
**Guildford Recreation Centre**

**NEWTON 10 Sessions \$116.50 19yrs+**  
 M 6:35pm-7:35pm Apr 3 4520737  
**Newton Seniors Centre**

**SOUTH 13 Sessions \$85.25 19yrs+**  
 Th 7:30pm-8:30pm Apr 6 4520044  
**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 10 Sessions \$65.50 19yrs+**  
 Tu 6:15pm-7:15pm Apr 4 4525009  
**Guildford Recreation Centre**

**NEWTON 10 Sessions \$116.50 19yrs+**  
 M 5:30pm-6:30pm Apr 3 4520738  
**Newton Seniors Centre**

**SOUTH 13 Sessions \$85.25 19yrs+**  
 W 6:30pm-7:30pm Apr 5 4520045  
**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 5 Sessions \$32.75 19yrs+**  
 Th 5:30pm-6:30pm Apr 6 4525020  
 Th 5:30pm-6:30pm May 11 4525021  
**Guildford Recreation Centre**

**SOUTH 11 Sessions \$72.25 19yrs+**  
 Th 4:30pm-5:30pm Apr 13 4517018  
**Kensington Prairie Community Centre**

**SOUTH 13 Sessions \$85.25 19yrs+**  
 Tu 6:00pm-7:00pm Apr 4 4521477  
 Th 6:15pm-7:15pm Apr 6 4521479

**SOUTH 11 Sessions \$72.25 19yrs+**  
 M 12:15pm-1:15pm Apr 3 4521478  
**Kwomais Point Park**



**Yoga**

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

**CLOVERDALE 4 Sessions \$26.25 19yrs+**  
 Tu 5:15pm-6:15pm Apr 4 4522145  
 Tu 5:15pm-6:15pm May 2 4522146  
 Tu 5:15pm-6:15pm Jun 6 4522149  
**Clayton Hall**

**CLOVERDALE 5 Sessions \$49.25 19yrs+**  
 Tu 9:15am-10:45am May 2 4522148

**CLOVERDALE 4 Sessions \$39.50 19yrs+**  
 Tu 9:15am-10:45am Apr 4 4522142  
 Tu 9:15am-10:45am Jun 6 4522151

**CLOVERDALE 4 Sessions \$32.75 19yrs+**  
 Th 9:15am-10:30am Apr 6 4522143  
 Th 9:15am-10:30am May 4 4522144  
 Th 9:15am-10:30am Jun 8 4522152  
**Cloverdale Recreation Centre**

**CLOVERDALE 4 Sessions Member \$19.75 Non-member \$26.25 19yrs+**  
 Th 11:45am-12:45pm Apr 6 4522719  
 Th 11:45am-12:45pm May 4 4522720  
 Th 11:45am-12:45pm Jun 8 4522721  
**Cloverdale Recreation Centre**

**CLOVERDALE 7 Sessions \$57.50 19yrs+**  
 Th 6:00pm-7:15pm Apr 6 4522147

**CLOVERDALE 6 Sessions \$49.25 19yrs+**  
 Th 6:00pm-7:15pm May 25 4522150  
**Don Christian Recreation Centre**

**FLEETWOOD 6 Sessions \$39.50 19yrs+**  
 M 4:30pm-5:30pm Apr 3 4520914  
 M 5:40pm-6:40pm Apr 3 4520913  
 Th 6:30pm-7:30pm Apr 6 4520917  
 Th 7:40pm-8:40pm Apr 6 4520911  
 Th 6:30pm-7:30pm May 25 4520918  
 Th 7:40pm-8:40pm May 25 4520912  
**FLEETWOOD 5 Sessions \$32.75 19yrs+**  
 M 4:30pm-5:30pm May 29 4520915  
 M 5:40pm-6:40pm May 29 4520916  
**Fleetwood Community Centre**

**GUILDFORD 9 Sessions \$73.75 19yrs+**  
 W 8:15pm-9:30pm Apr 5 4525014

**GUILDFORD 4 Sessions \$32.75 19yrs+**  
 Su 9:30am-10:45am Apr 2 4525015  
 Su 9:30am-10:45am May 7 4525019  
**Guildford Recreation Centre**

**NEWTON 10 Sessions \$65.50 19yrs+**  
 Th 6:00pm-7:00pm Apr 6 4520744  
**Newton Recreation Centre**

**NEWTON 10 Sessions \$65.50 19yrs+**  
 Tu 5:00pm-6:00pm Apr 4 4520743  
 Tu 6:05pm-7:05pm Apr 4 4520742  
**Newton Seniors Centre**

**NORTH 6 Sessions \$49.25 19yrs+**  
 Tu 6:30pm-7:45pm Apr 4 4521645  
 Tu 6:30pm-7:45pm May 16 4521646  
**Bridgeview Community Centre**

**SOUTH 13 Sessions \$106.50 19yrs+**  
 W 11:00am-12:15pm Apr 5 4521021

**SOUTH 13 Sessions \$85.25 19yrs+**  
 Th 7:30pm-8:30pm Apr 6 4521022

**SOUTH 12 Sessions \$78.75 19yrs+**  
 F 10:30am-11:30am Apr 7 4521023

**SOUTH 11 Sessions \$72.25 19yrs+**  
 M 11:00am-12noon Apr 3 4521027  
 M 6:00pm-7:00pm Apr 3 4521025  
 Su 10:30am-11:30am Apr 9 4521024  
**Kwomais Point Park**

**SOUTH 11 Sessions Member \$54.25 Non-member \$72.25 55yrs+**  
 M 9:45am-10:45am Apr 3 4521663  
**Kwomais Point Park**

**SOUTH 13 Sessions Member \$64 Non-member \$85.25 55yrs+**  
 Th 8:00am-9:00am Apr 6 4521664  
**South Surrey Recreation & Arts Centre**

**Yoga Level 2**

An advanced programs that develops strength, flexibility and good body alignment while completing a combination of postures through breathing.

**NEWTON 10 Sessions \$98.25 19yrs+**  
 Th 7:15pm-8:45pm Apr 6 4520745  
**Newton Recreation Centre**

**SOUTH 13 Sessions \$106.50 19yrs+**  
 Th 6:00pm-7:15pm Apr 6 4521495

**SOUTH 13 Sessions \$85.25 19yrs+**  
 W 7:30pm-8:30pm Apr 5 4521496  
**Kwomais Point Park**

**Yoga Stretch**

Improve your health with gentle stretching using yoga postures, yoga breathing and relaxation techniques.

**NEWTON 5 Sessions Member \$30.75 Non-member \$41 55yrs+**  
 Tu 1:00pm-2:15pm May 2 4520920  
 F 10:30am-11:45am Jun 2 4520927

**NEWTON 4 Sessions Member \$24.75 Non-member \$32.75 55yrs+**  
 Tu 1:00pm-2:15pm Apr 4 4520919  
 F 10:30am-11:45am May 5 4520926  
 Tu 1:00pm-2:15pm Jun 6 4520921

**NEWTON 3 Sessions Member \$18.50 Non-member \$24.75 55yrs+**  
 F 10:30am-11:45am Apr 7 4520925  
**Newton Recreation Centre**

**NEWTON 5 Sessions Member \$30.75 Non-member \$41 55yrs+**  
 W 9:30am-10:45am May 3 4520923

**NEWTON 4 Sessions Member \$24.75 Non-member \$32.75 55yrs+**  
 W 9:30am-10:45am Apr 5 4520922  
 W 9:30am-10:45am Jun 7 4520924  
**Newton Seniors 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 4 Sessions \$32.75 19yrs+**  
 Tu 6:30pm-7:45pm Apr 4 4522105  
 F 12noon-1:15pm Apr 7 4522104  
 Tu 6:30pm-7:45pm May 2 4522106  
 Tu 6:30pm-7:45pm Jun 6 4522109  
 F 12noon-1:15pm Jun 9 4522108

**CLOVERDALE 3 Sessions \$24.75 19yrs+**  
 F 12noon-1:15pm May 12 4522107  
**Clayton Hall**

**CLOVERDALE 5 Sessions \$41 19yrs+**  
 Tu 4:45pm-6:00pm May 2 4522102

**CLOVERDALE 4 Sessions \$32.75 19yrs+**  
 Tu 4:45pm-6:00pm Apr 4 4522101  
 Tu 4:45pm-6:00pm Jun 6 4522103  
**Cloverdale Recreation Centre**

**SOUTH 13 Sessions \$106.50 19yrs+**  
 W 9:30am-10:45am Apr 5 4520850  
**Kwomais Point Park**

**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 19yrs+**  
 Th 6:00pm-7:15pm Apr 6 4521754  
 Th 6:00pm-7:15pm May 25 4521755

**CLOVERDALE 6 Sessions \$39.50 19yrs+**  
 Th 4:45pm-5:45pm Apr 6 4521756  
 Th 4:45pm-5:45pm May 25 4521757  
**Cloverdale Recreation Centre**

**GUILDFORD 7 Sessions \$46 19yrs+**  
 Sa 10:00am-11:00am Apr 1 4525032  
**Guildford Recreation Centre**

**SOUTH 13 Sessions \$85.25 19yrs+**  
 W 6:15pm-7:15pm Apr 5 4520047

**SOUTH 11 Sessions \$72.25 19yrs+**  
 M 7:10pm-8:10pm Apr 3 4520048  
**Kwomais Point Park**

**SOUTH 12 Sessions \$78.75 19yrs+**  
 F 6:00pm-7:00pm Apr 7 4520046  
**South Surrey Recreation & Arts Centre**

**Fit4Two Prenatal Fitness**

This program is a well rounded workout designed specifically for prenatal women taught by a certified pre and postal natal fitness specialist. Parmed X form required.

**SOUTH 13 Sessions \$175.50 19yrs+**  
 M 7:45pm-8:45pm Mar 27 4522609  
**South Surrey Recreation & Arts Centre**

**Fit4Two Mom and Baby Fitness**

Each class will provide a full body cardio and strength workout. Special attention given to core strength (abdominal, back and pelvic floor) as well as to postpartum posture. This program is suitable for all fitness levels.

**SOUTH 13 Sessions \$175.50 19yrs+**  
 F 2:00pm-3:00pm Mar 31 4522523  
**South Surrey Recreation & Arts Centre**

**Fit4Two Mom and Baby Indoor Bootcamp**

High energy mom and baby workout. Cardio drills, strength-training, core work and more. Pre-mobile babies only please. Must be 8+ weeks postpartum. Led by postpartum fitness specialist. This program is suitable for those with an advanced fitness level.

**SOUTH 14 Sessions \$189 19yrs+**  
 M, W 12noon-1:00pm Mar 27 4522607  
**SOUTH 13 Sessions \$175.50 19yrs+**  
 M, W 12noon-1:00pm May 15 4522608  
**South Surrey Recreation & Arts Centre**

**Fitness Yoga**

A blend of yoga postures bringing the mind-body element to fitness conditioning.

**NEWTON 10 Sessions \$35.50 19yrs+**  
 Sa 9:00am-10:00am Apr 8 4520732  
**Newton Seniors Centre**

**Yin Yoga**

Targets the connective tissues of the hips, pelvis, and lower spine through emphasis on internal heat and the lengthening and contracting of our muscles.

**SOUTH 11 Sessions \$72.25 19yrs+**  
 Th 5:45pm-6:45pm Apr 13 4517016  
**Kensington Prairie Community Centre**

**SOUTH 13 Sessions \$85.25 19yrs+**  
 Tu 10:30am-11:30am Apr 4 4525573  
 Tu 6:00pm-7:00pm Apr 4 4521014  
**Kwomais Point Park**

**Tai Chi**

Gain flexibility, balance and strength using non stressful movements to restore the internal energy of 'Chi'.

**GUILDFORD 10 Sessions \$65.50 19yrs+**  
 Th 7:00pm-8:00pm Apr 6 4525001  
**Guildford Recreation Centre**

**GUILDFORD 5 Sessions Member \$24.75 Non-member \$32.75 55yrs+**  
 Tu 9:30am-10:30am Apr 4 4525002  
 Tu 9:30am-10:30am May 9 4525003  
**Guildford Recreation Centre**

**NORTH 7 Sessions Member \$34.50 Non-member \$46 55yrs+**  
 F 10:30am-11:30am Apr 7 4520195  
 F 11:45am-12:45pm Apr 7 4520196  
**Chuck Bailey Recreation Centre**

**SOUTH 11 Sessions Member \$54.25 Non-member \$72.25 55yrs+**  
 Tu 11:45am-12:45pm Apr 11 4516457  
**South Surrey Recreation & Arts 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.

<b>NEWTON</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$32.75</b>	<b>55yrs+</b>	
F	9:30am-10:30am	Jun 2	4521355
<b>NEWTON</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.25</b>	<b>55yrs+</b>	
F	9:30am-10:30am	May 5	4521354
<b>NEWTON</b>	<b>3 Sessions Member \$14.75</b>		
	<b>Non-member \$19.75</b>	<b>55yrs+</b>	
F	9:30am-10:30am	Apr 7	4521353

**Newton Seniors Centre**

## Chair Exercises

Work those muscles without the ups and downs of a regular fitness class. Enjoy the benefits of a cardio warm up, effective muscle strengthening exercises, flexibility stretches and soothing relaxation, all without leaving your chair. Proper technique and use of resistance equipment will be taught by a certified instructor.

<b>NORTH</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$32.75</b>	<b>55yrs+</b>	
Tu	10:45am-11:45am	May 2	4521582
Th	10:45am-11:45am	Jun 1	4521587
<b>NORTH</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.25</b>	<b>55yrs+</b>	
Tu	10:45am-11:45am	Apr 4	4521583
Th	10:45am-11:45am	Apr 6	4521585
Th	10:45am-11:45am	May 4	4521586
Tu	10:45am-11:45am	Jun 6	4521584

**Chuck Bailey Recreation Centre**

<b>SOUTH</b>	<b>7 Sessions Member \$34.50</b>		
	<b>Non-member \$46</b>	<b>55yrs+</b>	
W	10:30am-11:30am	May 17	4521558
<b>SOUTH</b>	<b>6 Sessions Member \$29.75</b>		
	<b>Non-member \$39.50</b>	<b>55yrs+</b>	
W	10:30am-11:30am	Apr 5	4521557

**South Surrey Recreation & Arts Centre**

## Chair Yoga Level 1

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures.

<b>SOUTH</b>	<b>6 Sessions Member \$29.75</b>		
	<b>Non-member \$39.50</b>	<b>55yrs+</b>	
F	10:30am-11:30am	Apr 7	4521613
F	10:30am-11:30am	May 26	4521614

**South Surrey Recreation & Arts Centre**

## Chair Yoga Level 2

Gain confidence with your balance and mobility through the use of a chair for support during yoga postures. Participants must complete Chair Yoga Level 1 or have been screened by the instructor prior to registration.

<b>NORTH</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$32.75</b>	<b>55yrs+</b>	
W	10:20am-11:20am	May 3	4521603
<b>NORTH</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.25</b>	<b>55yrs+</b>	
W	10:20am-11:20am	Apr 5	4521600
M	10:20am-11:20am	May 1	4521598
M	10:20am-11:20am	Jun 5	4521602
W	10:20am-11:20am	Jun 7	4521601
<b>NORTH</b>	<b>3 Sessions Member \$14.75</b>		
	<b>Non-member \$19.75</b>	<b>55yrs+</b>	
M	10:20am-11:20am	Apr 3	4521599

**Chuck Bailey Recreation 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.

<b>NEWTON</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$33</b>	<b>55yrs+</b>	
Th	10:45am-11:45am	Jun 1	4522513
<b>NEWTON</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.50</b>	<b>55yrs+</b>	
Th	10:45am-11:45am	Apr 6	4522511
Th	10:45am-11:45am	May 4	4522512

**Newton Recreation Centre**

<b>NEWTON</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.50</b>	<b>55yrs+</b>	
M	2:45pm-3:45pm	May 1	4522509
M	2:45pm-3:45pm	Jun 5	4522510
<b>NEWTON</b>	<b>3 Sessions Member \$15</b>		
	<b>Non-member \$19.75</b>	<b>55yrs+</b>	
M	2:45pm-3:45pm	Apr 3	4522508

**Newton Seniors Centre**

## Arthritis Joint Works

Joint Works is a recreational exercise program designed specifically for people with arthritis. The instructor is a fitness professional specifically trained in arthritis exercise technique.

<b>NEWTON</b>	<b>9 Sessions Member \$44.50</b>		
	<b>Non-member \$59.25</b>	<b>19yrs+</b>	
Tu, Th	10:15am-11:15am	May 2	4520906
Th, Tu	10:15am-11:15am	Jun 1	4520907
<b>NEWTON</b>	<b>8 Sessions Member \$39.50</b>		
	<b>Non-member \$52.75</b>	<b>19yrs+</b>	
Tu, Th	10:15am-11:15am	Apr 4	4520905

**Newton Seniors Centre**

## Arthritis Joint Works Level 2

Fitness class specifically designed for those with arthritis. The program and instructor are approved by the Arthritis Society.

<b>NEWTON</b>	<b>9 Sessions Member \$44.50</b>		
	<b>Non-member \$59.25</b>	<b>19yrs+</b>	
Tu, Th	11:30am-12:30pm	May 2	4520909
Th, Tu	11:30am-12:30pm	Jun 1	4520910
<b>NEWTON</b>	<b>8 Sessions Member \$39.50</b>		
	<b>Non-member \$52.75</b>	<b>19yrs+</b>	
Tu, Th	11:30am-12:30pm	Apr 4	4520908

**Newton Seniors Centre**

## Osteoarthritis Fitness

Focus is on joint stability, posture, light resistance training and safe stretching.

<b>CLOVERDALE</b>	<b>7 Sessions Member \$34.50</b>		
	<b>Non-member \$46</b>	<b>19yrs+</b>	
Tu	11:00am-12noon	Apr 4	4521838
<b>CLOVERDALE</b>	<b>6 Sessions Member \$29.75</b>		
	<b>Non-member \$39.50</b>	<b>19yrs+</b>	
F	11:00am-12noon	Apr 7	4521839
F	11:00am-12noon	May 26	4521842
<b>CLOVERDALE</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$33</b>	<b>19yrs+</b>	
Tu	11:00am-12noon	May 30	4521840

**Cloverdale Recreation Centre**

<b>SOUTH</b>	<b>13 Sessions Member \$64</b>		
	<b>Non-member \$85.50</b>	<b>19yrs+</b>	
Tu	10:30am-11:30am	Apr 4	4521633
Th	10:30am-11:30am	Apr 6	4521634

**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.

<b>NEWTON</b>	<b>5 Sessions Member \$24.75</b>		
	<b>Non-member \$33</b>	<b>19yrs+</b>	
W	10:15am-11:15am	May 3	4521852
<b>NEWTON</b>	<b>4 Sessions Member \$19.75</b>		
	<b>Non-member \$26.25</b>	<b>19yrs+</b>	
W	10:15am-11:15am	Apr 5	4521851
M	10:15am-11:15am	May 1	4521849
M	10:15am-11:15am	Jun 5	4521850
W	10:15am-11:15am	Jun 7	4521853
<b>NEWTON</b>	<b>3 Sessions Member \$14.75</b>		
	<b>Non-member \$19.75</b>	<b>19yrs+</b>	
M	10:15am-11:15am	Apr 3	4521848

**Newton Seniors Centre**

## Osteofit Level 1

A gentle exercise program designed by the BC Women's Hospital & Health Centre, which is safe for people with osteoporosis and low bone mass. Focus is to improve strength, quality of life and reduce the risk of falls and fractures for those new to exercise.

<b>GUILDFORD</b>	<b>9 Sessions Member \$44.50</b>		
	<b>Non-member \$59.25</b>	<b>19yrs+</b>	
Tu, Th	1:15pm-2:15pm	May 2	4522643
Th, Tu	1:15pm-2:15pm	Jun 1	4522645
<b>GUILDFORD</b>	<b>8 Sessions Member \$39.50</b>		
	<b>Non-member \$52.75</b>	<b>19yrs+</b>	
Tu, Th	1:15pm-2:15pm	Apr 4	4522644

**Guildford Recreation Centre**

## Osteofit Level 2

An ongoing exercise program designed by the BC Women's Hospital & Health Centre, which is safe for those with osteoporosis and low bone mass. Focus is to improve balance, muscle strength and functional abilities. Participants must complete Osteofit Level 1 or have been screened by the instructor prior to registration.

<b>GUILDFORD</b>	<b>9 Sessions Member \$44.50</b>		
	<b>Non-member \$59.25</b>	<b>19yrs+</b>	
M, W	10:30am-11:30am	May 1	4522648
<b>GUILDFORD</b>	<b>8 Sessions Member \$39.50</b>		
	<b>Non-member \$52.75</b>	<b>19yrs+</b>	
M, W	10:30am-11:30am	Jun 5	4522646
<b>GUILDFORD</b>	<b>7 Sessions Member \$34.50</b>		
	<b>Non-member \$46</b>	<b>19yrs+</b>	
M, W	10:30am-11:30am	Apr 3	4522647

**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.

<b>GUILDFORD</b>	<b>9 Sessions \$85</b>		
	<b>19yrs+</b>		
Tu, Th	1:00pm-2:30pm	May 2	4522615
Th, Tu	1:00pm-2:30pm	Jun 1	4522613
<b>GUILDFORD</b>	<b>8 Sessions \$85</b>		
	<b>19yrs+</b>		
Tu, Th	1:00pm-2:30pm	Apr 4	4522614

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>9 Sessions \$85</b>		
	<b>19yrs+</b>		
W, F	11:00am-12:30pm	May 3	4518022
F, W	11:00am-12:30pm	Jun 2	4518023
<b>NEWTON</b>	<b>7 Sessions \$85</b>		
	<b>19yrs+</b>		
W, F	11:00am-12:30pm	Apr 5	4518021

**Newton Recreation Centre**

## Cardiac Rehabilitation Program: Maintenance

This course is designed for those individuals that have progressed from the Cardiac Rehab Level 2 programs.

<b>GUILDFORD</b>	<b>9 Sessions \$60</b>		
	<b>19yrs+</b>		
Tu, Th	11:30am-1:00pm	May 2	4522634
Tu, Th	2:30pm-4:00pm	May 2	4522637
Th, Tu	11:30am-1:00pm	Jun 1	4522633
Th, Tu	2:30pm-4:00pm	Jun 1	4522638
<b>GUILDFORD</b>	<b>8 Sessions \$60</b>		
	<b>19yrs+</b>		
Tu, Th	11:30am-1:00pm	Apr 4	4522636
Tu, Th	2:30pm-4:00pm	Apr 4	4522635

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>9 Sessions \$60</b>		
	<b>19yrs+</b>		
W, F	9:00am-10:30am	May 3	4518028
F, W	9:00am-10:30am	Jun 2	4518029
<b>NEWTON</b>	<b>7 Sessions \$60</b>		
	<b>19yrs+</b>		
W, F	9:00am-10:30am	Apr 5	4518027

**Newton Recreation Centre**

## Healthy Lifestyles Exercise Therapy Program - Adult

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.

<b>GUILDFORD</b>	<b>7 sessions \$15</b>		
	<b>19yrs+</b>		
M, W	1:30pm-3:00pm	Apr 3	4522639
<b>GUILDFORD</b>	<b>8 sessions \$15</b>		
	<b>19yrs+</b>		
M, W	1:30pm-3:00pm	Jun 5	4522640
<b>GUILDFORD</b>	<b>9 sessions \$15</b>		
	<b>19yrs+</b>		
M, W	1:30pm-3:00pm	May 1	4522641

**Guildford Recreation Centre**

## Meditation

Improve your overall wellbeing with Meditation and Relaxation Techniques such as mindfulness and deep breathing.

<b>GUILDFORD</b>	<b>10 Sessions \$65.50</b>		
	<b>19yrs+</b>		
W	5:45pm-6:45pm	Apr 5	4525013

**Guildford Recreation Centre**

<b>SOUTH</b>	<b>11 Sessions \$72.25</b>		
	<b>19yrs+</b>		
M	8:15pm-9:15pm	Apr 3	4520037
Su	11:45am-12:45pm	Apr 9	4520038

**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.

<b>GUILDFORD</b>	<b>5 Sessions Member \$18.50</b>		
	<b>Non-member \$24.75</b>	<b>19yrs+</b>	
Tu	1:15pm-3:00pm	Apr 18	4522642
Tu	1:15pm-3:00pm	May 30	4527147

**Guildford Recreation Centre**





## One Day Wonders

### Farm Tots: Potter's Bunnies

Little bunnies hop, hop, hop as they explore Beatrix Potter's classic tales through rhymes and a craft, then take part in the 'Great Bunny Hop-Off'.

<b>CITYWIDE</b>	<b>1 Session \$5</b>	<b>1-3yrs</b>
Th	10:30am-11:30am Apr 6	4519799
F	10:30am-11:30am Apr 7	4519800

Historic Stewart Farm

### Easter Eggcellent Fun

Crafty creations, games, and general fun for all. Enjoy time with your children. Children must be accompanied by an adult.

<b>NEWTON</b>	<b>1 Session \$5.75</b>	<b>1.5-3yrs</b>
Su	9:45am-10:45am Apr 9	4523081

Newton Recreation Centre

### Easter Bunnies and Chicks

Create some Easter fun with crafts, cookie decorating and games.

<b>NORTH</b>	<b>1 Session \$10.50</b>	<b>1-3yrs</b>
Su	9:30am-11:30am Apr 9	4522304

Chuck Bailey Recreation Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>1.5-3yrs</b>
Sa	9:30am-11:00am Apr 8	4517046

Kensington Prairie Community Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>1-3yrs</b>
F	9:30am-11:00am Apr 7	4519534

Meridian Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>1-3yrs</b>
Su	9:30am-11:00am Apr 9	4519533

South Surrey Recreation & Arts Centre

### Earth Day

Celebrate our amazing planet and the plants and animals that live here with us! Make recycled crafts and play games. Parent Participation is required.

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
F	9:30am-11:00am Apr 21	4519538

Meridian Centre

### Animal Safari

Explore the wild kingdom through games, songs, and crafts as we will learn more about our animal friends.

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
F	9:30am-11:00am Apr 28	4519543

Meridian Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Su	9:30am-11:00am Apr 23	4519542

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'.

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
F	9:30am-11:00am May 5	4519547

Meridian Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Su	9:30am-11:00am Apr 30	4519546

South Surrey Recreation & Arts Centre

### Mother's Day Craft

Make Mom a special gift, for all the hard work she does during the year. Create colourful wrapping paper, a fun gift, and a caring card to tell her how much she means.

<b>GUILDFORD</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Sa	11:15am-12:45pm May 6	4519273

Guildford Recreation Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Sa	9:30am-11:00am May 6	4517054

Kensington Prairie Community Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
F	9:30am-11:00am May 12	4519551

Meridian Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Su	9:30am-11:00am May 7	4519550

South Surrey Recreation & Arts Centre

### Farm Tots: Flowers & Bees

Little ones explore heirloom flowers outside, go on a nature hunt and sneak a peek into the Honeybee Centre's bee garden to watch our striped friends at work.

<b>CITYWIDE</b>	<b>1 Session \$5</b>	<b>1-3yrs</b>
Th	10:30am-11:30am May 11	4525964
F	10:30am-11:30am May 12	4525965

Historic Stewart Farm

### Gardening - Watch it Grow

Get ready to get your hands dirty - learn how to take care of plants and plant something special of your very own to grow! Parent participation is required.

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
F	9:30am-11:00am May 26	4519555

Meridian Centre

<b>SOUTH</b>	<b>1 Session \$8.25</b>	<b>2-3yrs</b>
Su	9:30am-11:00am May 28	4519554

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.

## GET CONNECTED

### FEEDBACK

Visit [www.surrey.ca/contacts](http://www.surrey.ca/contacts) for city and department contact information.

### CitySpeaks

Visit [www.cityspeaks.ca](http://www.cityspeaks.ca) for an easy way to have a say about decisions important to you. It's your Surrey, have your say!

### E-Comments

Quickly and easily submit your comments to us online! For more details visit [www.surrey.ca/comments](http://www.surrey.ca/comments).

FOR MORE WAYS TO CONNECT SEE PAGE 106

WITH YOUR CITY!

## QUICK FIND

CHECK OUT OUR  SECTIONS

**SPORTS** Pages 51 - 57

**FITNESS & WELLNESS** Page 59 - 64

# ARTS & GENERAL INTEREST *Parent Participation*

## Farm Tots: Pond Pals

Explore the Stewart Farm's pond while we learn about croaking frogs, busy beavers and waddling ducks through games, songs and a craft.

**CITYWIDE 1 Session \$5 1-3yrs**  
 Th 10:30am-11:30am Jun 1 4519964  
 F 10:30am-11:30am Jun 2 4519963  
**Historic Stewart Farm**

## Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

**SOUTH 1 Session \$8.25 2-3yrs**  
 F 9:30am-11:00am Jun 2 4519561  
**Meridian Centre**

**SOUTH 1 Session \$8.25 2-3yrs**  
 Su 9:30am-11:00am Jun 4 4519560  
**South Surrey Recreation & Arts Centre**

## Father's Day Craft

Make something special to give your Dad on his special day!

**GUILDFORD 1 Session \$8.25 2-3yrs**  
 Sa 9:30am-11:00am Jun 10 4519272  
**Guildford Recreation Centre**

**SOUTH 1 Session \$8.25 2-3yrs**  
 Sa 9:30am-11:00am Jun 10 4517060  
**Kensington Prairie Community Centre**

**SOUTH 1 Session \$8.25 2-3yrs**  
 F 9:30am-11:00am Jun 16 4519568  
**Meridian Centre**

**SOUTH 1 Session \$8.25 2-3yrs**  
 Su 9:30am-11:00am Jun 17 4519567  
**South Surrey Recreation & Arts Centre**

## Visual Arts

### Art Explosion

Experience the world of art with your child. In this small class, try hands-on art projects that you and your preschooler will enjoy. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 6 Sessions \$69.75 2-4yrs**  
 Su 12:30pm-1:30pm Apr 2 4520041  
**Surrey Arts Centre**

### Sensory Art Exploration

Paint with a truck, a feather or your fingers! In this parent-participation class, your child will be encouraged to engage, explore and experiment with a wide variety of art and craft mediums. Each week you and your child will play with a different selection of sensory-rich art-themed projects and activities. Be prepared to get messy!

**SOUTH 6 Sessions \$120 1.5-3yrs**  
 W 10:00am-10:45am Apr 19 4517121  
**South Surrey Recreation & Arts Centre**

## 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**  
 Su 11:30am-12:15pm Apr 9 4523015  
 Su 11:30am-12:15pm May 14 4523022  
**Newton Recreation Centre**

**NORTH 1 Session \$10.50 1-3yrs**  
 Su 9:30am-11:30am May 14 4522340  
**North Surrey Recreation Centre**

**SOUTH 4 Sessions \$22.75 1.5-5yrs**  
 M 9:00am-10:00am Apr 24 4518741  
 M 9:00am-10:00am May 29 4518743

**SOUTH 4 Sessions \$22.75 1.5-3yrs**  
 M 10:30am-11:30am Apr 24 4518742  
 M 10:30am-11:30am May 29 4518744  
**Meridian Centre**

**SOUTH 4 Sessions \$17.75 2-3yrs**  
 Sa 10:15am-11:00am Apr 22 4518738  
 M 5:00pm-5:45pm Apr 24 4518737  
 Sa 10:15am-11:00am May 27 4518740  
 M 5:00pm-5:45pm May 29 4518739  
**South Surrey Recreation & Arts Centre**

## Clayworks

A great chance for Mom or Dad to play with their child and work with clay at the same time! Learn to make animals, lanterns, bowls and a variety of fun shapes.

**FLEETWOOD 6 Sessions \$38 2-5yrs**  
 F 3:30pm-4:15pm Apr 21 4520998  
**Fleetwood Community Centre**

## Dance

### Creative Dance Moves

Children will explore the basic fundamentals of dance through rhythm and music. Emphasis will be on fun and using your imagination.

**CLOVERDALE 8 Sessions \$33.25 2-3yrs**  
 M 9:00am-9:45am Apr 10 4519253  
**Don Christian Recreation Centre**

**GUILDFORD 8 Sessions \$33.25 1.5-3yrs**  
 W 10:15am-11:00am Apr 12 4525289  
**Fraser Heights Recreation Centre**

**SOUTH 8 Sessions \$33.25 2-3yrs**  
 F 10:30am-11:15am Apr 21 4519256  
 F 5:00pm-5:45pm Apr 21 4519255

**SOUTH 7 Sessions \$29 2-3yrs**  
 Sa 9:00am-9:45am Apr 22 4519257  
**South Surrey Recreation & Arts Centre**

### Suzuki Violin Preparatory Class

Every child can learn to play the violin and this Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children, as parental participation is a core concept of the Suzuki method. No instruments are needed for the class.

**SOUTH 10 Sessions \$105 3-5yrs**  
 Tu 10:00am-10:45am Apr 4 4517097  
**South Surrey Recreation & Arts Centre**

## 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.

**CLOVERDALE 8 Sessions \$33.25 2-3yrs**  
 Sa 9:45am-10:30am Apr 8 4521302  
 Sa 10:45am-11:30am Apr 8 4521301  
 Tu 9:30am-10:15am Apr 11 4521303  
**Cloverdale Recreation Centre**

**FLEETWOOD 6 Sessions \$25 2-3yrs**  
 Th 5:45pm-6:30pm Apr 6 4520988

**FLEETWOOD 5 Sessions \$20.75 2-3yrs**  
 Th 6:45pm-7:30pm May 18 4520989  
**Fleetwood Community Centre**

**GUILDFORD 8 Sessions \$33.25 2-3yrs**  
 F 10:30am-11:15am Apr 21 4525259  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$33.25 2-3yrs**  
 Sa 9:30am-10:15am Apr 1 4519266  
**Guildford Recreation Centre**

**NEWTON 8 Sessions \$33.25 1.5-3yrs**  
 Sa 11:00am-11:45am Apr 8 4520944  
**Newton Recreation Centre**

**SOUTH 9 Sessions \$37.25 2-3yrs**  
 W 9:15am-10:00am Apr 12 4518777  
 Th 10:30am-11:15am Apr 13 4518778  
 Th 4:00pm-4:45pm Apr 13 4518779  
**South Surrey Recreation & Arts Centre**

## Songs and Dance

Learn the moves to all your favourite songs and take home some new ones too! Sing and dance your way to your own musical.

**NEWTON 4 Sessions \$16.75 1.5-3yrs**  
 Tu 9:15am-10:00am Apr 18 4522845  
**Newton Recreation Centre**

## Music

### Exploring Music

This is an opportunity for parents and children to enjoy music through musical stories, rhythm, rhymes and instruments.

**CLOVERDALE 9 Sessions \$37.25 1-3yrs**  
 Th 9:00am-9:45am Apr 13 4521384  
**Don Christian Recreation Centre**

**FLEETWOOD 5 Sessions \$20.75 1-17mos**  
 Th 9:15am-10:00am Apr 6 4521010  
 Th 9:15am-10:00am May 18 4521019

**FLEETWOOD 5 Sessions \$20.75 1.5-3yrs**  
 Th 10:15am-11:00am Apr 6 4521011  
 Th 10:15am-11:00am May 18 4521020  
**Fleetwood Community Centre**

**GUILDFORD 8 Sessions \$33.25 1-3yrs**  
 W 9:15am-10:00am Apr 12 4525292  
**Fraser Heights Recreation Centre**

## Music and Movement

Music, song, and dance! Explore balance and rhythm using a variety of instruments and other materials. Parent participation is required.

**NEWTON 4 Sessions \$16.75 1.5-3yrs**  
 Tu 9:15am-10:00am May 23 4518758  
**Newton Recreation Centre**

**NORTH 6 Sessions \$25 2-3yrs**  
 Su 10:15am-11:00am Apr 2 4521863

**NORTH 5 Sessions \$20.75 2-3yrs**  
 Su 10:15am-11:00am May 28 4521889  
**Bridgeview Community Centre**

**SOUTH 8 Sessions \$33.25 2-3yrs**  
 M 10:15am-11:00am Apr 24 4518760

**SOUTH 8 Sessions \$33.25 1.5-2yrs**  
 M 9:15am-10:00am Apr 24 4518759  
**Kwomais Point Park**

## Music Together®

Early childhood music program includes singing, movement, chanting, and instrument play in a mixed aged environment. Includes CD and songbook. Program providers are licensed by Music Together LLC - www.musictogether.com

**CLOVERDALE 10 Sessions \$160 Sibling Rate \$100 1-5yrs**  
 W 10:00am-11:00am Apr 5 4521357  
 W 11:00am-12noon Apr 5 4521358  
**Cloverdale Recreation Centre**

**SOUTH 10 Sessions \$160 Sibling Rate \$100 1-5yrs**  
 W 9:30am-10:15am Apr 12 4518763  
 W 10:30am-11:15am Apr 12 4518764  
 F 9:30am-10:15am Apr 21 4518767  
 F 10:30am-11:15am Apr 21 4518768  
**SOUTH 1 Session Free 1-5yrs**  
 W 9:30am-10:15am Apr 5 4518772  
**Elgin Hall**

**SOUTH 10 Sessions \$160 Sibling Rate \$100 1-5yrs**  
 Tu 9:30am-10:15am Apr 11 4518765  
 Tu 10:30am-11:15am Apr 11 4518766  
 Tu 11:30am-12:15pm Apr 11 4518769  
**SOUTH 1 Session Free 1-5yrs**  
 Tu 9:30am-10:15am Apr 4 4518771  
**Kwomais Point Park**

**SOUTH 10 Sessions \$160 Sibling Rate \$100 1-5yrs**  
 Th 5:30pm-6:15pm Apr 13 4518770  
**South Surrey Recreation & Arts Centre**

## Rhythm and Rhyme

An opportunity for you and your child to experience movement to music, songs, rhythmic instruments and musical games.

**CLOVERDALE 9 Sessions \$37.25 1.5-3yrs**  
 Th 10:00am-10:45am Apr 13 4521388  
**Don Christian Recreation Centre**



## Social Recreation

### Gym Time Before Bedtime

Have you got a busy toddler at home that needs to burn off some energy before bedtime? Parents & toddlers will enjoy songs, and active play in the gym.

**GUILDFORD 8 Sessions \$39 1.5-4yrs**  
Th 5:45pm-6:30pm Apr 6 4519270  
Guildford Recreation Centre

### 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 6 Sessions \$29.25 1.5-3yrs**  
W 11:30am-12:15pm Apr 5 4525329  
Fraser Heights Recreation Centre

**NEWTON 4 Sessions \$19.50 1.5-3yrs**  
Tu 10:15am-11:00am Apr 18 4522912  
Newton Recreation Centre

### Parent and Preschool Place

This program offers your child an opportunity to meet new friends and participate in a variety of activities in a non-structured setting that promote individual creativity and imagination.

**FLEETWOOD 6 Sessions \$65 1-5yrs**  
F 9:30am-11:00am Apr 21 4521046  
Fleetwood Community 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 9 Sessions \$97.25 2-3yrs**  
Th 9:30am-11:00am Apr 13 4518011  
Cloverdale Recreation Centre

**CLOVERDALE 10 Sessions \$108.25 2-3yrs**  
F 9:15am-10:45am Apr 7 4518010  
Don Christian Recreation Centre

**SOUTH 9 Sessions \$87.50 2-4yrs**  
Tu 11:00am-12:30pm Apr 11 4519297  
Don Christian Recreation Centre

**SOUTH 9 Sessions \$87.50 1-3yrs**  
Tu 9:15am-10:45am Apr 11 4519296  
Meridian Centre

**SOUTH 10 Sessions \$108.25 2-4yrs**  
W 9:15am-10:45am Apr 5 4519291  
W 11:00am-12:30pm Apr 5 4519293

**SOUTH 9 Sessions \$87.50 2-4yrs**  
F 9:15am-10:45am Apr 7 4519292  
F 11:00am-12:30pm Apr 7 4519295

**SOUTH 8 Sessions \$77.75 2-4yrs**  
M 9:15am-10:45am Apr 3 4519290

**SOUTH 8 Sessions \$77.75 1.5-2yrs**  
M 11:00am-12:30pm Apr 3 4519294  
South Surrey Recreation & Arts 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 6 Sessions \$45.50 1.5-4yrs**  
Sa 9:30am-10:30am Apr 22 4521430  
Cloverdale Recreation Centre

**GUILDFORD 6 Sessions \$35.75 1.5-3yrs**  
W 11:30am-12:15pm May 17 4525330  
Fraser Heights Recreation Centre

**SOUTH 10 Sessions \$140 2-4yrs**  
W 9:30am-11:30am Apr 12 4519320

**SOUTH 10 Sessions \$108.25 1.5-3yrs**  
Th 9:30am-11:00am Apr 13 4519315

**SOUTH 8 Sessions \$86.50 2-3yrs**  
F 9:30am-11:00am Apr 21 4519314  
Kwomais Point Park

**SOUTH 4 Sessions \$24 1.5-3yrs**  
M 6:00pm-6:45pm Apr 24 4519316

**M 6:00pm-6:45pm May 29 4519317**  
South Surrey Recreation & Arts Centre

## Parent & Preschooler

**DROP-IN**

### Stay and Play

Provides parents and children opportunities for free play and interaction with others in a safe, nurturing, and engaging environment where all can participate. Guided activities may include, parachute games, ride on toys, music and movement and active games.

*An adult must participate in this program and are responsible for the supervision of their child(ren).*

**\$3.25 per child**  
**\$1.75 per 2nd child 1-5yrs**

**Cloverdale Recreation Centre**  
M/Su 9:30am-11:30am  
Tuesday 12:15pm-2:15pm  
Wednesday 4:00pm-6:00pm  
Thursday 9:15am-11:15am

**Don Christian Recreation Centre**  
Tuesday 9:15am-10:45am  
Friday 10:00am-11:30am  
Saturday 9:30am-11:00am

**Fleetwood Community Centre**  
M/W 9:30am-11:30am  
Tuesday 6:00pm-7:30pm  
Friday 12noon-1:30pm

**Fraser Heights Recreation Centre**  
Tu/Th 9:30am-11:00am

**Guildford Recreation Centre**  
W/Sa 9:30am-11:00am

**Katzie Elementary School**  
Saturday 9:30am-11:30am

**Newton Recreation Centre**  
M/Th 9:30am-11:00am

**South Surrey Recreation and Arts Centre**  
M/W/F 9:00am-12noon  
Tuesday 9:00am-11:30am  
Thursday 11:30am-2:00pm  
Saturday 3:30pm-5:00pm  
Sunday 9:30am-11:00am

**Surrey Sport and Leisure Centre**  
Tu/Th 9:30am-11:30am

### Preschool Play Day

An opportunity to meet new friends and participate in a variety of activities. Experience a preschool setting with the flexibility of a drop-in program.

Program may consist of routine activities such as circle time, storytelling, arts and exploration, free play, that promote individual creativity and imagination.

*An engaging time for you and your child to learn and explore together.*

**\$4.50 per child**  
**\$2.25 per 2nd child 1.5-5yrs**

**Don Christian Recreation Centre**  
Monday 9:15am-10:45am

**Chuck Bailey Recreation Centre**  
M/W 5:30pm-7:30pm  
Th 4:00pm-6:00pm

### Nature Play

**FREE**

Join us for some forest fun! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and best of all, child-led free play.

*Parent participation required.*

**Surrey Nature Centre 3-5yrs**  
Saturdays 9:30am-11:00am

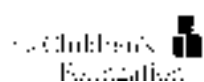
## Parenting Classes

**FREE**

## COMMUNITIES CARING FOR CHILDREN

To register call 604-586-3351 or at [www.surreyearlychildhood.ca](http://www.surreyearlychildhood.ca)

Childminding & bus tickets provided if needed



### Right from the Start

For parents of children 0-12 months

- Reduce parenting stress
- Improve parent-child relationships
- Get support & share ideas
- 8 week course (one 2 hour class per week)

### COPEing with Toddler Behaviour

For parents of children 12-36 months

- Learn parenting skills
- Teach "good" behaviour
- Enjoy time with your toddler
- Talk to other parents
- 8 week course (one 2 hour class per week)

### Triple P - Positive Parenting Program

For parents of children 3-6 years

- Learn how to talk to your child
- Understand your child
- Manage behaviour
- 7 week course (one 2 hour class per week)



## Preschool AGE 3 - 6 YEARS

A variety of programs are offered for this age group to encourage and support the children's learning and independence. These programs include, dance, sport, art, crafts, mini gym, school readiness, special themed events and more.

### DISCOVER THE *Difference*

**Quality:** As a recipient of the Province of BC's Child Care Award of Excellence, we are committed to providing the highest quality programs, facilities and experiences.

**Value:** Our program fees are amongst the lowest in the city with options for discounted and free programs.

**Choice:** We offer a wide variety of programs in 52 convenient locations across the city.

**Staff:** Our certified Early Child Educators and instructors specialize in leading quality programs to help children reach their full potential in a positive, welcoming and safe environment.

## QUICK FIND

CHECK OUT OUR  SECTIONS

**SPORTS** Pages 51 - 57

**FITNESS & WELLNESS** Page 59 - 64

## One Day Wonders

### Easter Bunnies and Chicks

Create some Easter fun with crafts, cookie decorating and games.

**SOUTH** 1 Session \$9.25 3-5yrs  
Sa 11:30am-1:00pm Apr 8 4517048  
Kensington Prairie Community Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
F 11:30am-1:00pm Apr 7 4519536  
Meridian Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
Su 11:30am-1:00pm Apr 9 4519537  
South Surrey Recreation & Arts Centre

### Easter Egg Hunt

Enjoy a fun filled time with games, a craft and an Easter egg hunt.

**FLEETWOOD** 1 Session \$9.25 3-5yrs  
Sa 11:00am-12:30pm Apr 8 4521079  
Fleetwood Community Centre

### Earth Day

Celebrate our amazing planet and the plants and animals that live here with us! Make recycled crafts and play games

**SOUTH** 1 Session \$9.25 3-5yrs  
F 12:30pm-2:00pm Apr 21 4519540  
Meridian Centre

### Discovery Science

Young scientists join us for a day of exciting activities and experiments that you can try at home!

**CLOVERDALE** 6 Sessions \$70 3-5yrs  
M 11:30am-1:30pm Apr 24 4521325  
Cloverdale Recreation Centre

### 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  
F 11:30am-1:00pm Apr 28 4519545  
Meridian Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
Su 11:30am-1:00pm Apr 23 4519544  
South Surrey Recreation & Arts Centre

### Farm Tykes: Earth Day

Preschoolers get creative with recycled materials as they craft hats and bird feeders and play games, all while learning how to work together to take care of the Earth.

**CITYWIDE** 1 Session \$5 3-5yrs  
Sa 11:00am-12noon Apr 29 4519812  
Historic Stewart Farm

### Bug Detectives

Follow the bug trail, discover their stages and learn about their habitat.

**NORTH** 1 Session \$11.75 3-5yrs  
Sa 9:30am-11:30am Apr 29 4522345  
Chuck Bailey Recreation 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 3-5yrs  
F 12:30pm-2:00pm May 5 4519549  
Meridian Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
Su 11:30am-1:00pm Apr 30 4519548  
South Surrey Recreation & Arts Centre

### Mother's Day Craft

Make Mom a special gift, for all the hard work she does during the year. Create colourful wrapping paper, a fun gift, and a caring card to tell her much she means.

**GUILDFORD** 1 Session \$9.25 3-5yrs  
Sa 1:00pm-2:30pm May 6 4519264  
Guildford Recreation Centre

**NEWTON** 1 Session \$9.25 3-5yrs  
Su 9:30am-11:00am May 7 4523085  
Newton Recreation Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
Sa 11:30am-1:00pm May 6 4517056  
Kensington Prairie Community Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
F 11:30am-1:00pm May 12 4519553  
Meridian Centre

**SOUTH** 1 Session \$9.25 3-5yrs  
Su 11:30am-1:00pm May 7 4519552  
South Surrey Recreation & Arts Centre

### Gardening - Watch it Grow

Get ready to get your hands dirty - learn how to take care of plants and plant something special of your very own to grow!

**CLOVERDALE** 1 Session \$7 3-5yrs  
Sa 10:00am-11:00am May 6 4521447  
Cloverdale Recreation Centre

**SOUTH** 1 Session \$9.25 4-5yrs  
F 11:30am-1:00pm May 26 4519558  
Meridian Centre

**SOUTH** 1 Session \$9.25 4-5yrs  
Su 11:30am-1:00pm May 28 4519557  
South Surrey Recreation & Arts Centre

### Tots Celebrate: Flutter and Fly

Dress up as a beekeeper, drink like an insect, make a beautiful butterfly to take home, sing, dance, and sample a sweet treat.

**CITYWIDE** 1 Session \$11.75 3-5yrs  
Sa 10:00am-11:30am May 13 4525618  
Surrey Museum

### Farm Tykes: Victorian Tea Party

Young ladies and gentlemen lift their pinkies at a fancy tea party in the farmhouse. Tykes dress to the nines and make a tea pot craft to take home.

**CITYWIDE** 1 Session \$5 3-5yrs  
Sa 11:00am-12noon May 20 4519878  
Sa 2:00pm-3:00pm May 20 4519877  
Historic Stewart Farm



## Construction Production

Use all sorts of different materials and innovative designs to build houses, bridges, castles, and more.

**SOUTH 1 Session \$9.25 3-5yrs**  
 Sa 9:30am-11:00am May 27 4517063  
**Kensington Prairie Community Centre**

## Pirate Play Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

**SOUTH 1 Session \$9.25 3-5yrs**  
 F 12:30pm-2:00pm Jun 2 4519564  
**Meridian Centre**

**SOUTH 1 Session \$9.25 3-5yrs**  
 Su 11:30am-1:00pm Jun 4 4519563  
**South Surrey Recreation & Arts Centre**

## Farm Tykes: Fairy Lanterns

Preschoolers enter the magic of the Secret Garden as they fashion fairy lanterns from glass jars, nibble pixie treats and play mushroom cap games.

**CITYWIDE 1 Session \$5 3-5yrs**  
 Sa 11:00am-12noon Jun 10 4519968  
 Sa 2:00pm-3:00pm Jun 10 4519969  
**Historic Stewart Farm**

## Father's Day Craft

Make something special to give your Dad on his special day!

**GUILDFORD 1 Session \$9.25 3-5yrs**  
 Sa 11:15am-12:45pm Jun 10 4519265  
**Guildford Recreation Centre**

**NEWTON 1 Session \$9.25 3-5yrs**  
 Su 9:30am-11:00am Jun 11 4523086  
**Newton Recreation Centre**

**SOUTH 1 Session \$9.25 3-5yrs**  
 Sa 11:30am-1:00pm Jun 10 4517061  
**Kensington Prairie Community Centre**

**SOUTH 1 Session \$9.25 3-5yrs**  
 F 12:30pm-2:00pm Jun 16 4519571  
**Meridian Centre**

**SOUTH 1 Session \$9.25 3-5yrs**  
 Su 11:30am-1:00pm Jun 11 4519570  
**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!

**CLOVERDALE 5 Sessions \$28.25 3-5yrs**  
 Th 3:15pm-4:00pm Apr 27 4521404  
**Cloverdale Recreation Centre**

**GUILDFORD 8 Sessions \$45.25 3-5yrs**  
 Th 3:00pm-3:45pm Apr 20 4525299  
**Fraser Heights Recreation Centre**

**NEWTON 8 Sessions \$45.25 3-5yrs**  
 Su 12:30pm-1:15pm Apr 9 4523024  
**Newton Recreation Centre**

**SOUTH 4 Sessions \$27.50 3-5yrs**  
 M 3:45pm-4:45pm Apr 24 4518752  
 M 3:45pm-4:45pm May 29 4518755

**SOUTH 4 Sessions \$22.75 4-6yrs**  
 Sa 11:15am-12noon Apr 22 4518753  
 Sa 11:15am-12noon May 27 4518754  
**South Surrey Recreation & Arts 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 8 Sessions \$66 3-5yrs**  
 Th 3:30pm-4:30pm Apr 20 4520043

**CITYWIDE 6 Sessions \$49.50 3-5yrs**  
 Su 3:30pm-4:30pm Apr 2 4520042  
**Surrey Arts Centre**

## Mud Buddies

Making things with clay is super fun. Get together with other kids and make animals, simple bowls, coil snakes, pots, and other great stuff. Projects will be fired and glazed or painted. Surrey Arts Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$66 4-5yrs**  
 Tu 3:30pm-4:30pm Apr 18 4520107

**CITYWIDE 6 Sessions \$49.50 4-5yrs**  
 Sa 11:00am-12noon Apr 1 4520106  
**Surrey Arts Centre**

## Paint/Draw & Pottery

It's never too early to explore different styles of art while learning about painting, drawing, and pottery through exciting and unique art projects. The cornerstones of art-making will be taught using both traditional methods and making experimental works using all kinds of different materials. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 6 Sessions \$49.50 4-6yrs**  
 Su 2:00pm-3:00pm Apr 2 4525226  
**Surrey Arts Centre**

## Crafts

### Craft It With Wool

Small hands master new skills as kids try weaving and felting, find out where cloth comes from, and make a woolly sheep to take home.

**CITYWIDE 1 Session \$11.75 3-5yrs**  
 W 10:00am-11:30am May 10 4520537  
**Surrey Museum**

## Theatre

### Drama

Develop listening skills, build self-confidence and work with one another using theatre games. Stories are made up and then acted out using simple props and costumes.

**SOUTH 4 Sessions \$19.50 3-5yrs**  
 F 3:15pm-4:00pm Apr 21 4519514  
 F 3:15pm-4:00pm May 26 4519515

**SOUTH 4 Sessions \$19.50 4-6yrs**  
 F 4:15pm-5:00pm Apr 21 4519516  
 F 4:15pm-5:00pm May 26 4519517  
**South Surrey Recreation & Arts Centre**

# Early Years FESTIVAL

15th Annual

FREE

Saturday, April 8  
 10am-3pm

Chuck Bailey Recreation Centre  
 13458 107A Avenue  
 604-598-5898

For parents, caregivers, educators & children 0-6 years of age.

INTERACTIVE PLAY  
 & CREATIVE AREAS  
 DEMONSTRATIONS

COMMUNITY PARTNERS  
 CHILDREN'S  
 PERFORMERS & MORE!



## Preschool

### Nature Preschool

This unique program will allow your child to explore the outdoors, enhancing their learning and connecting them to their environment. Your child will engage in active play, nature arts and exploration, and a wide variety of child-led learning opportunities, situated in one of our City parks.

**CLOVERDALE 17 Sessions \$288.75 3-5yrs**  
 W, F 9:00am-11:00am Apr 12 4518005  
**Clayton Park**

**NORTH 18 Sessions \$299.75 3-5yrs**  
 Tu, Th 9:00am-11:00am Apr 11 4518621  
**Surrey Nature Centre**

### Social Rec Seasonal

Programs are based on responsive curriculum, where the educators offer a reflective program based on children's interests. Our approach focuses on the five areas of healthy child development: social, emotional, physical, creative and cognitive. Our programs include a wide variety of learning opportunities, open ended activities, free play and exploration. All children must be at least 3years of age by December 31st of the current school year to enroll.

**CLOVERDALE 9 Sessions \$140.25 3-5yrs**  
 Tu 9:30am-11:30am Apr 11 4518012  
**Cloverdale Recreation Centre**

**CLOVERDALE 10 Sessions \$155.75 3-5yrs**  
 F 11:45am-1:45pm Apr 7 4518013  
**Don Christian 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.



## Dance

### Bhangra

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance. Instructor speaks English and Punjabi.

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
Su 10:45am-11:30am Apr 2 4519252  
Guildford Recreation Centre

**NEWTON 5 Sessions \$27.75 3-5yrs**  
W 4:45pm-5:30pm Apr 5 4520937  
W 4:45pm-5:30pm May 10 4520942  
Newton Seniors Centre

### Dance Sampler

This lively sampler of dance moves introduces students to the basics of Hip Hop, Jazz, Line dance and more.

**CLOVERDALE 7 Sessions \$38.75 3-5yrs**  
M 10:15am-11:00am Apr 24 4521352  
Cloverdale Recreation Centre

**SOUTH 10 Sessions \$55.25 4-6yrs**  
Th 3:00pm-3:45pm Apr 13 4519528  
South Surrey Recreation & Arts Centre

### Hip Hop

Cool dancing for little ones! Emphasis is on fun. Boys and girls welcome.

**CLOVERDALE 10 Sessions \$55.25 3-5yrs**  
W 3:15pm-4:00pm Apr 12 4521379  
Don Christian Recreation Centre

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
M 3:30pm-4:15pm Apr 3 4525293  
Fraser Heights Recreation Centre

**NEWTON 8 Sessions \$44.25 3-5yrs**  
M 3:15pm-4:00pm Apr 3 4520935  
Newton Recreation Centre

**NORTH 6 Sessions \$33.25 3-5yrs**  
Su 11:15am-12noon Apr 2 4521758

**NORTH 5 Sessions \$27.75 3-5yrs**  
Su 11:15am-12noon May 28 4521759  
Bridgeview Community Centre

**NORTH 5 Sessions \$27.75 3-5yrs**  
Sa 10:30am-11:15am May 6 4522256

**NORTH 4 Sessions \$22.25 3-5yrs**  
Sa 10:30am-11:15am Apr 1 4522255  
Chuck Bailey Recreation Centre

**SOUTH 4 Sessions \$22.25 3-4yrs**  
M 3:00pm-3:45pm Apr 24 4519529  
M 3:00pm-3:45pm May 29 4519531

**SOUTH 4 Sessions \$22.25 4-6yrs**  
M 4:00pm-4:45pm Apr 24 4519530  
M 4:00pm-4:45pm May 29 4519532  
South Surrey Recreation & Arts Centre

### Jazz and Hip Hop Dance

Jazz up your life with the latest dance moves from music videos! You will cover basic dance steps, create exciting routines, and meet new friends.

**CLOVERDALE 7 Sessions \$38.75 3-5yrs**  
M 9:15am-10:00am Apr 24 4521343  
Cloverdale Recreation Centre

**GUILDFORD 8 Sessions \$44.25 3-6yrs**  
Sa 1:30pm-2:15pm Apr 1 4519260  
Sa 2:30pm-3:15pm Apr 1 4519261  
Guildford Recreation Centre

### Ballet Level 1

This class will introduce your child to basic ballet movements. Children will be encouraged to be creative in this fun and friendly atmosphere.

**CLOVERDALE 8 Sessions \$44.25 3-5yrs**  
Sa 11:45am-12:30pm Apr 8 4521279  
Sa 1:45pm-2:30pm Apr 8 4521280  
Tu 10:30am-11:15am Apr 11 4521283  
Tu 12:30pm-1:15pm Apr 11 4521278  
Cloverdale Recreation Centre

**CLOVERDALE 8 Sessions \$44.25 3-5yrs**  
M 10:00am-10:45am Apr 10 4521281  
M 11:00am-11:45am Apr 10 4521282  
Don Christian Recreation Centre

**FLEETWOOD 4 Sessions \$22.25 3-4yrs**  
Sa 9:30am-10:15am Apr 22 4521058

**FLEETWOOD 4 Sessions \$22.25 4-5yrs**  
Sa 10:30am-11:15am Apr 22 4521059  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
F 11:30am-12:15pm Apr 28 4525272  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$44.25 3-5yrs**  
Sa 10:30am-11:15am Apr 1 4519225  
M 4:15pm-5:00pm Apr 10 4525875  
W 3:15pm-4:00pm Apr 12 4519226  
Guildford Recreation Centre

**NEWTON 8 Sessions \$44.25 3-5yrs**  
Sa 12noon-12:45pm Apr 8 4520947  
Newton Recreation Centre

**NORTH 5 Sessions \$27.75 3-5yrs**  
Sa 9:30am-10:15am May 6 4521943

**NORTH 4 Sessions \$22.25 3-5yrs**  
Sa 9:30am-10:15am Apr 1 4521942  
Chuck Bailey Recreation Centre

**SOUTH 9 Sessions \$49.75 3-4yrs**  
W 11:15am-12noon Apr 12 4519175

**SOUTH 9 Sessions \$49.75 3-5yrs**  
W 10:15am-11:00am Apr 12 4519182  
Th 9:30am-10:15am Apr 13 4519176  
Th 12:30pm-1:15pm Apr 13 4519177  
Th 3:00pm-3:45pm Apr 13 4519180  
F 12:30pm-1:15pm Apr 21 4519178

**SOUTH 8 Sessions \$44.25 3-4yrs**  
F 11:30am-12:15pm Apr 21 4519179

**SOUTH 8 Sessions \$44.25 4-6yrs**  
F 3:00pm-3:45pm Apr 21 4519183

**SOUTH 7 Sessions \$38.75 3-5yrs**  
Sa 10:00am-10:45am Apr 22 4519181  
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.

**CLOVERDALE 8 Sessions \$44.25 4-5yrs**  
Tu 11:30am-12:15pm Apr 11 4521293  
Tu 1:30pm-2:15pm Apr 11 4521294

**CLOVERDALE 8 Sessions \$44.25 4-6yrs**  
Sa 12:45pm-1:30pm Apr 8 4521295  
Cloverdale Recreation Centre

**CLOVERDALE 8 Sessions \$44.25 4-6yrs**  
M 12noon-12:45pm Apr 10 4525575  
Don Christian Recreation Centre

**GUILDFORD 8 Sessions \$44.25 4-5yrs**  
F 12:30pm-1:15pm Apr 28 4525273  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$44.25 4-5yrs**  
Sa 11:30am-12:15pm Apr 1 4519249  
M 3:15pm-4:00pm Apr 10 4519250  
Guildford Recreation Centre

**NEWTON 8 Sessions \$44.25 3-5yrs**  
Sa 1:00pm-1:45pm Apr 8 4520955  
Newton Recreation Centre

**NORTH 5 Sessions \$27.75 3-5yrs**  
Sa 9:30am-10:15am May 6 4522056

**NORTH 4 Sessions \$22.25 3-5yrs**  
Sa 9:30am-10:15am Apr 1 4522055  
Chuck Bailey Recreation Centre

**SOUTH 9 Sessions \$49.75 4-5yrs**  
W 12:15pm-1:00pm Apr 12 4519238  
Th 11:30am-12:15pm Apr 13 4519239  
Th 1:30pm-2:15pm Apr 13 4519243

**SOUTH 8 Sessions \$44.25 4-5yrs**  
F 1:30pm-2:15pm Apr 21 4519240

**SOUTH 8 Sessions \$44.25 4-6yrs**  
F 4:00pm-4:45pm Apr 21 4519242

**SOUTH 7 Sessions \$38.75 4-5yrs**  
Sa 11:00am-11:45am Apr 22 4519241  
South Surrey Recreation & Arts Centre

### Ballet Level 3

This is the next step in our Ballet program. Instruction is based on skill level. Ballet Level 2 is required.

**GUILDFORD 8 Sessions \$44.25 4-6yrs**  
Sa 12:30pm-1:15pm Apr 1 4519251  
Guildford Recreation Centre

## Wee-Dance: Twinkle Toes Musical Dance

Come and join certified Royal Academy of Dance instructor Shelby Kargl for a fun and formative introduction to ballet. Your little one will experience the joy of movement by exploring the basics of ballet in a uniquely creative and inspirational class.

**SOUTH 8 Sessions \$104 3-4yrs**  
Th 9:30am-10:15am Apr 20 4517093  
South Surrey Recreation & Arts Centre

## Music

### Exploring Music

This is an opportunity for your baby to enjoy music through musical stories, rhythm, rhymes and instruments.

**SOUTH 4 Sessions \$22.25 3-5yrs**  
Th 11:15am-12noon Apr 13 4519495  
Th 11:15am-12noon May 11 4519496  
Kwomais Point Park

**SOUTH 4 Sessions \$22.25 3-5yrs**  
Sa 9:15am-10:00am Apr 22 4519497  
South Surrey Recreation & Arts Centre

### Music and Movement

Music, song and dance! This program is designed for boys and girls. Explore balance and rhythm using a variety of instruments and other materials. Creativity encouraged.

**SOUTH 8 Sessions \$44.25 3-5yrs**  
M 11:15am-12noon Apr 24 4518762  
Kwomais Point Park

## General Interest

### Math Fun with Numbers

Fun introduction to numbers through songs, stories, worksheets, games and play. Appropriate for children who are willing to learn in an educational environment.

**GUILDFORD 6 Sessions \$38.50 3-5yrs**  
Tu 3:00pm-3:45pm Apr 4 4525297  
Tu 3:00pm-3:45pm May 16 4525298  
Fraser Heights Recreation 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.

**GUILDFORD 6 Sessions \$48 4-6yrs**  
M 3:30pm-4:30pm Apr 24 4525527  
Fraser Heights Recreation Centre

### Science and Nature

Every day is a journey into the world of science! Your 'young Einstein' will spend the day exploring fascinating subjects in science and nature.

**NEWTON 4 Sessions \$45 3-5yrs**  
Su 9:30am-11:00am Apr 23 4523026  
Newton Recreation Centre

### 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 6 Sessions \$60.50 3-5yrs**  
Sa 11:00am-12noon Apr 22 4521414  
Cloverdale Recreation Centre

**FLEETWOOD 6 Sessions \$69.25 3-5yrs**  
Th 4:30pm-5:45pm Apr 6 4521070  
Fleetwood Community Centre

**GUILDFORD 6 Sessions \$69.25 4-6yrs**  
Sa 9:45am-11:00am Apr 29 4525306  
Fraser Heights Recreation Centre

**NORTH 4 Sessions \$40.50 4-6yrs**  
Sa 9:30am-10:30am Apr 22 4521620  
Sa 9:30am-10:30am May 27 4521621  
Bridgeview Community Centre

**SOUTH 4 Sessions \$52 3-5yrs**  
M 1:30pm-3:00pm Apr 10 4516958  
M 1:30pm-3:00pm May 29 4516959  
Kensington Prairie Community Centre

**SOUTH 5 Sessions \$50.50 3-5yrs**  
Sa 9:00am-10:00am May 27 4516393

**SOUTH 4 Sessions \$40.50 3-5yrs**  
Sa 9:00am-10:00am Apr 22 4516394  
South Surrey Recreation & Arts Centre



## One Day Wonders

### Easter Workshop

Join the fun and create Easter crafts to give as gifts or decorate your home.

**NEWTON** 1 Session \$9.25 6-12yrs  
Su 11:30am-1:00pm Apr 9 4523077  
Newton Recreation Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Sa 1:30pm-3:00pm Apr 8 4517051  
Kensington Prairie Community Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Su 1:30pm-3:00pm Apr 9 4521016

**SOUTH** 1 Session \$9.25 7-9yrs  
Su 3:30pm-5:00pm Apr 9 4521030  
South Surrey Recreation & Arts Centre

### Science Club: Surrey CSI

Collect your Science Club pin as you follow Professor Whiz-Bang through a morning of forensic fun. Amateur sleuths learn the tools of investigation, from collecting evidence to fingerprinting.

**CITYWIDE** 1 Session \$15.60 8-10yrs  
Sa 1:00pm-3:00pm Apr 22 4525221  
Surrey Museum

### 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 5-8yrs  
Su 1:30pm-3:00pm Apr 30 4521039  
South Surrey Recreation & Arts Centre

### Gardening - Watch it Grow - Family

Get ready to get your hands dirty - learn how to take care of plants and plant something special of your very own to grow!

**CLOVERDALE** 1 Session \$7 6-8yrs  
Sa 11:15am-12:15pm May 6 4520036  
Cloverdale Recreation Centre

### Mother's Day Craft

Make mother's day extra special for mom by making a unique gift for her.

**GUILDFORD** 1 Session \$9.25 6-12yrs  
Sa 2:45pm-4:15pm May 6 4517976  
Guildford Recreation Centre

**NEWTON** 1 Session \$9.25 6-12yrs  
Su 11:30am-1:00pm May 7 4523080  
Newton Recreation Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Sa 1:30pm-3:00pm May 6 4517059  
Kensington Prairie Community Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Su 1:30pm-3:00pm May 7 4521051

**SOUTH** 1 Session \$9.25 7-9yrs  
Su 3:30pm-5:00pm May 7 4521053  
South Surrey Recreation & Arts Centre

### Science Club: Star Gazers

Professor Whiz-Bang knows a thing or two about starry skies. She'll help young scientists collect their badge as they explore constellations and planets like the Ancient Greeks did.

**CITYWIDE** 1 Session \$11.75 8-10yrs  
Sa 10:30am-12noon May 13 4525224  
Surrey Museum

### Mother's Day Silk Scarf

Give something special this Mother's Day - a silk scarf you dyed yourself using creative techniques and special markers.

**CITYWIDE** 1 Session \$20 7-12yrs  
Sa 1:00pm-3:00pm May 13 4520540  
Surrey Museum

### Construction Production

Use all sorts of different materials and innovative designs to build houses, bridges, castles, and more.

**SOUTH** 1 Session \$9.25 5-7yrs  
Sa 11:30am-1:00pm May 27 4517064  
Kensington Prairie Community Centre

### Buggy Friends

Kids get up close with the tiny critters that help our garden grow. We'll take a nature walk, explore the garden with magnifying glasses and win prizes at Bug Bingo.

**CITYWIDE** 1 Session Free 5-8yrs  
Su 11:00am-12noon May 28 4519978  
Historic Stewart Farm

### Canadian Animals

Kids celebrate Canada's 150 as they learn all about the animals that call Canada home. Touch a real beaver pelt, call like a moose and play grey wolf games.

**CITYWIDE** 1 Session \$7.50 6-10yrs  
Su 1:00pm-2:30pm Jun 4 4519907  
Historic Stewart Farm

### Pirate Day

Ahoy matey! Be a pirate for the day. This program is filled with a variety of pirate crafts, games, stories, music and general pirate fun!

**SOUTH** 1 Session \$9.25 5-8yrs  
Su 1:30pm-3:00pm Jun 4 4521075  
South Surrey Recreation & Arts Centre

### Father's Day Gift

Make something with your own two hands to give to Dad on his special day!

**GUILDFORD** 1 Session \$9.25 6-12yrs  
Sa 1:00pm-2:30pm Jun 10 4517977  
Guildford Recreation Centre

**NEWTON** 1 Session \$9.25 6-12yrs  
Su 11:30am-1:00pm Jun 11 4523079  
Newton Recreation Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Sa 1:30pm-3:00pm Jun 10 4517062  
Kensington Prairie Community Centre

**SOUTH** 1 Session \$9.25 5-7yrs  
Su 1:30pm-3:00pm Jun 11 4521081

**SOUTH** 1 Session \$9.25 7-9yrs  
Su 3:30pm-5:00pm Jun 11 4521078  
South Surrey Recreation & Arts Centre

### Junior Scientists: Unearthed

Kids capture the secrets of life, long extinct, as they go on a dino dig and analyze fossilized dino poop, then create their own plaster fossil to take home.

**CITYWIDE** 1 Session \$11.75 6-8yrs  
Sa 10:30am-12noon Jun 10 4525225  
Surrey Museum



## Children

We've got a wide variety of activities that will keep your children active and engaged, learning new skills and having fun.

SCHOOLS' OUT CHILD & YOUTH

# FUNPASS

DROP-IN FOR FUN ALL SPRING BREAK

ON SALE  
**FEB 13**  
 \$10/PERSON

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## QUICK FIND

CHECK OUT OUR SECTIONS

**SPORTS** Pages 51 - 57

**FITNESS & WELLNESS** Page 59 - 64

## Crafts

### Fun With Fibre

Kids become junior fibre artists as they dye yarn neon colours, weave on a real loom and make their own felt.

**CITYWIDE 3 Sessions \$35 6-8yrs**  
 Tu 4:00pm-5:30pm Apr 11 4520532  
 Surrey Museum

### Kids Can Knit: Intermediate

Kids take knits and purls to the next level as they stitch cool wristbands, funky bags, headbands or other fun projects.

**CITYWIDE 5 Sessions \$58 8-12yrs**  
 W 4:00pm-5:30pm Apr 5 4520528  
 Surrey Museum

### Kids Can Sew: Machine Techniques

Let our sewing whiz teach your child how to sew safely and creatively. Kids will become masters of the machine as they stitch a carry bag, purse, or doll. Supply fee \$10.

**CITYWIDE 6 Sessions \$69 8-14yrs**  
 Th 4:00pm-6:00pm Apr 6 4520529

**CITYWIDE 5 Sessions \$57.60 8-14yrs**  
 Th 4:00pm-6:00pm May 18 4520530  
 Surrey Museum

## Visual Arts

### Art Explorer

Children will learn to express themselves with creativity and imagination through basic drawing and painting techniques in various media, including tempera, oil pastels and charcoal. Learn a different project every week. Supplies included.

**NEWTON 8 Sessions \$54.75 6-12yrs**  
 Su 1:30pm-2:30pm Apr 9 4518637  
 Newton Recreation Centre

### Art Express

Explore art and express yourself by experimenting with different techniques, ideas, and materials. You'll learn to combine the elements of colour, line, texture, and shape through a variety of weekly projects that include drawing, painting, mixed media, and sculpture. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 8 Sessions \$96.50 5-8yrs**  
 W 4:30pm-6:00pm Apr 19 4520051

**CITYWIDE 6 Sessions \$72.50 5-8yrs**  
 Sa 10:30am-12noon Apr 1 4520049  
 Sa 1:00pm-2:30pm Apr 1 4520050  
 Surrey Arts Centre

### Preteen Art Extreme

Experiment with extremely different kinds of art: ceramics, watercolours, acrylics, drawing with all kinds of mediums, printmaking, and more! Try something new every week. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 6 Sessions \$84 10-13yrs**  
 Su 2:30pm-4:30pm Apr 2 4523697  
 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.

**CITYWIDE 8 Sessions \$99.75 9-13yrs**  
 W 5:00pm-6:30pm Apr 19 4520112

**CITYWIDE 6 Sessions \$74.75 9-13yrs**  
 Sa 3:00pm-4:30pm Apr 1 4520111  
 Surrey Arts Centre

### Coloured Pencil Pro

Learn colour mixing, and how to create texture, light and shadow with coloured pencil. Explore the foundations of drawing and colour to begin developing the observational skills necessary for great results. Experiment with new techniques while creating portraits, landscapes, and more. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 6 Sessions \$74.75 9-13yrs**  
 Su 12:30pm-2:00pm Apr 2 4523690  
 Surrey Arts Centre

### Portraits & People

Traditional, comical, or abstract -- there are as many ways to depict people as there are materials with which to do it. This course will explore depicting faces and figures with a mix of media - including watercolour, collage, and printmaking. Surrey Arts Centre instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$99.75 11-14yrs**  
 W 6:30pm-8:00pm Apr 19 4525247  
 Surrey Arts Centre

### Cartooning Level I

Learn the basics of drawing cartoons. The instructor will cover the basic techniques and steps to designing animation.

**SOUTH 10 Sessions \$85.50 6-9yrs**  
 Tu 3:30pm-4:30pm Apr 11 4519706

**SOUTH 10 Sessions \$85.50 9-12yrs**  
 Tu 4:30pm-5:30pm Apr 11 4519707  
 South Surrey Recreation & Arts Centre

### Cartooning and Comics

Bring characters to life! You'll learn the basics of creating appealing cartoon characters for animation using skills such as expressions, posing, and panel composition. You'll create full Character Pose Sheets for a character that is ready to be animated! This course is recommended as a Prerequisite for Cartoons & Animation. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$74.50 7-10yrs**  
 Th 5:45pm-7:15pm Apr 20 4520059  
 Surrey Arts Centre

### Kid Architects

If you like building imaginary worlds in games, come and be inspired by architecture around the world to make your own models. Use drawing and painting techniques to experiment and plan, then build and decorate miniature buildings and cities in clay and mixed-media. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 8 Sessions \$96.50 6-9yrs**  
 Tu 5:00pm-6:30pm Apr 18 4523783  
 Surrey Arts Centre

### Paint/Draw & Sculpt

Students will explore different styles of art while learning the fundamentals of painting, drawing, and sculpture through exciting and unique art projects. The cornerstones of art-making will be taught using traditional methods and through making 2D and 3D creations using pastel, charcoal, paint, wood, and so much more. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 8 Sessions \$96.50 6-9yrs**  
 Th 5:00pm-6:30pm Apr 20 4523786  
 Surrey Arts Centre

### Clay Sculpture

Learn the art of ceramics through handbuilding, sculpting, and painting. Use your limitless imagination to create hand built sculptures that are fired, then painted or glazed. Creativity and self-expression are encouraged. Surrey Arts Centre instructors are experienced art educators and practicing artists.

**CITYWIDE 6 Sessions \$74.75 9-13yrs**  
 Sa 12:30pm-2:00pm Apr 1 4523669  
 Surrey Arts Centre

### Creative Clay

Learn the ancient art of hand building with clay! You'll create functional, decorative, and sculptural projects while learning centuries-old techniques. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 6 Sessions \$72.50 6-8yrs**  
 Sa 2:30pm-4:00pm Apr 1 4520060  
 Surrey Arts Centre

### Homeschool - Hands-On Puppet Theatre

Discover the magic of making puppets, bringing them to life and telling their stories. From simple finger puppets to fanciful shadow play we will explore the world of puppet theatre working both individually and together. On the last day of the class we will present our own puppet show. One parent/guardian per family is encouraged to participate. Surrey Art gallery instructors are practising artists and experienced art educators.

**CITYWIDE 5 Sessions \$81.25 6-17yrs**  
 F 1:15pm-3:15pm Apr 21 4524734  
 Surrey Arts Centre

### Claymation Puppet Making

Children will learn how to make various puppets out of claymation. In the end they will design and make their very own claymation puppet out of armature that they can keep and use in their many future stop-motion animation adventures. Armature included in course fee. Surrey Art Gallery instructors are practicing artists and experienced art educators.

**CITYWIDE 8 Sessions \$86.50 8-12yrs**  
 Th 4:00pm-5:30pm Apr 20 4524713  
 Surrey Arts Centre

### Clayworks

Enjoy being creative with your hands and imagination as you make unique creatures and things with clay manipulation.

**CLOVERDALE 5 Sessions \$48.75 6-8yrs**  
 Th 4:15pm-5:15pm Apr 27 4519960  
 Cloverdale Recreation Centre

**FLEETWOOD 9 Sessions \$87.50 6-9yrs**  
 F 4:30pm-5:30pm Apr 21 4522914

**FLEETWOOD 9 Sessions \$87.50 9-12yrs**  
 F 5:45pm-6:45pm Apr 21 4522915  
 Fleetwood Community Centre

**SOUTH 8 Sessions \$77.75 5-7yrs**  
 M 4:15pm-5:15pm Apr 10 4518014

**SOUTH 8 Sessions \$77.75 8-12yrs**  
 M 5:15pm-6:15pm Apr 10 4518015  
 South Surrey Recreation & Arts Centre

### Drawing and Painting

Using pencils and paints, participants will be encouraged to express creativity and imagination. The instructor will demonstrate a variety of techniques using different mediums.

**FLEETWOOD 9 Sessions \$87.50 6-9yrs**  
 Th 4:30pm-5:30pm Apr 20 4522941

**FLEETWOOD 9 Sessions \$87.50 10-12yrs**  
 Th 5:45pm-6:45pm Apr 20 4522942  
 Fleetwood Community Centre

**GUILDFORD 8 Sessions \$77.75 6-8yrs**  
 Th 4:00pm-5:00pm Apr 20 4524707

**GUILDFORD 8 Sessions \$77.75 9-12yrs**  
 Th 5:15pm-6:15pm Apr 20 4524736  
 Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$77.75 6-9yrs**  
 M 3:15pm-4:15pm Apr 3 4517895

**GUILDFORD 8 Sessions \$77.75 10-12yrs**  
 M 4:30pm-5:30pm Apr 3 4517896  
 Guildford Recreation Centre

**SOUTH 8 Sessions \$77.75 6-9yrs**  
 M 3:30pm-4:30pm Apr 10 4518025

**SOUTH 8 Sessions \$77.75 9-12yrs**  
 M 4:30pm-5:30pm Apr 10 4518026  
 South Surrey Recreation & Arts Centre

### Discovery Nature Art

Create Art using nature and learn about the environment and all of the living things that live in the park. Express your creativity through painting and drawing projects.

**SOUTH 5 Sessions \$29.75 7-12yrs**  
 W 4:45pm-5:45pm Apr 12 4519120

**W 4:45pm-5:45pm May 17 4519121**  
 South Surrey Recreation & Arts Centre



## Theatre

### Acting for the Camera

Young actors will have a blast as they experience the excitement of acting on camera. Professional actor and filmmaker Orsy Szabo will lead this fast-paced, fun and informative class for students interested in film work. Bonus: students will have the opportunity to take home a sample of their best work!

**CITYWIDE 7 Sessions \$139 9-15yrs**  
 Tu 3:30pm-5:30pm Apr 18 4521300  
**Surrey Arts Centre**

### Auditioning for Film, TV, and Stage

Work with sides, scenes, and soliloquies, as you learn the various ways of getting in the door whether you want to get on stage or in front of a camera.

**CITYWIDE 7 Sessions \$139 9-15yrs**  
 Tu 6:00pm-8:00pm Apr 18 4521291  
**Surrey Arts Centre**

## Drama

Enter stage right! This program will introduce you to drama exercises, games, theatre sports, play building and improvisations. No experience required.

**FLEETWOOD 8 Sessions \$48.50 8-12yrs**  
 Sa 11:30am-12:30pm Apr 22 4520665  
**Fleetwood Community Centre**

**GUILDFORD 8 Sessions \$48.50 9-12yrs**  
 Tu 5:45pm-6:45pm Apr 4 4517975  
**Guildford Recreation Centre**

**NEWTON 8 Sessions \$48.50 6-12yrs**  
 Sa 2:15pm-3:15pm Apr 8 4520864  
**Newton Recreation Centre**

**SOUTH 10 Sessions \$60.75 8-12yrs**  
 Th 3:30pm-4:30pm Apr 13 4519235

**SOUTH 4 Sessions \$24.25 6-9yrs**  
 F 5:00pm-6:00pm Apr 21 4519229

**F 5:00pm-6:00pm May 26 4519230**  
**South Surrey Recreation & Arts Centre**

## Musical Theatre

Sing and dance like a Broadway star with this fun and entertaining combination of acting, singing and dancing.

**CLOVERDALE 8 Sessions \$55.25 6-8yrs**  
 M 5:30pm-6:30pm Apr 10 4519831

**CLOVERDALE 8 Sessions \$55.25 9-12yrs**  
 M 6:30pm-7:30pm Apr 10 4519832  
**Cloverdale Recreation Centre**

**CLOVERDALE 8 Sessions \$55.25 8-12yrs**  
 M 2:45pm-3:45pm Apr 10 4519838  
**Martha Currie Elementary School**

**SOUTH 10 Sessions \$69 6-9yrs**  
 Th 4:30pm-5:30pm Apr 13 4519212  
**South Surrey Recreation & Arts Centre**

## Dance

### Dance Sampler

This lively sampler introduces students to the basics of a variety of dance moves and much more.

**FLEETWOOD 8 Sessions \$55.25 6-9yrs**  
 Sa 1:00pm-2:00pm Apr 22 4520655

**FLEETWOOD 8 Sessions \$55.25 10-13yrs**  
 Sa 2:00pm-3:00pm Apr 22 4520656  
**Fleetwood Community Centre**

**SOUTH 10 Sessions \$69 6-8yrs**  
 Th 3:45pm-4:45pm Apr 13 4519139

**SOUTH 10 Sessions \$69 9-12yrs**  
 Th 4:45pm-5:45pm Apr 13 4519140  
**South Surrey Recreation & Arts Centre**

### Bhangra Dance

This introductory dance class will teach you the basic Bhangra steps, a popular, traditional Punjabi dance.

**GUILDFORD 8 Sessions \$55.25 6-12yrs**  
 Su 11:45am-12:45pm Apr 2 4517886  
**Guildford Recreation Centre**

**NEWTON 5 Sessions \$34.50 6-9yrs**  
 W 5:30pm-6:30pm Apr 5 4518656  
 W 5:30pm-6:30pm May 17 4522748

**NEWTON 5 Sessions \$34.50 10-12yrs**  
 W 6:30pm-7:30pm Apr 5 4518646  
 W 6:30pm-7:30pm May 17 4522750  
**Newton Recreation Centre**

### Bhangra Dance - Family

Learn basic Indian dance moves to Bhangra music.

**GUILDFORD 7 Sessions \$48.25 All Ages**  
 Su 2:30pm-3:30pm Apr 9 4523343

**GUILDFORD 5 Sessions \$27.75 All Ages**  
 Su 2:30pm-3:30pm May 28 4523346  
**Fraser Heights Recreation Centre**

**NEWTON 10 Sessions \$55.25 All Ages**  
 Th 5:30pm-6:15pm Apr 6 4518019  
**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.

**CLOVERDALE 10 Sessions \$69 6-8yrs**  
 W 4:15pm-5:15pm Apr 12 4519958

**CLOVERDALE 10 Sessions \$69 8-10yrs**  
 W 5:30pm-6:30pm Apr 12 4519959  
**Don Christian Recreation Centre**

**GUILDFORD 8 Sessions \$55.25 6-9yrs**  
 M 4:30pm-5:30pm Apr 3 4525246  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$55.25 6-8yrs**  
 Su 1:00pm-2:00pm Apr 2 4517911

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
 Su 2:15pm-3:15pm Apr 2 4517912  
**Guildford Recreation Centre**

**NEWTON 8 Sessions \$55.25 6-9yrs**  
 M 4:15pm-5:15pm Apr 3 4520871

**NEWTON 8 Sessions \$55.25 10-12yrs**  
 M 5:15pm-6:15pm Apr 3 4523016  
**Newton Recreation Centre**

**SOUTH 10 Sessions \$69 5-7yrs**  
 Tu 3:15pm-4:15pm Apr 11 4518561

**SOUTH 10 Sessions \$69 8-10yrs**  
 Tu 4:15pm-5:15pm Apr 11 4518562  
**South Surrey Recreation & Arts Centre**

## After School

**DROP-IN**

**8-12YRS**

**MYzone**

**\$20** PER SCHOOL  
MAR-JUN

CONTACT YOUR LOCAL  
MYZONE SITE FOR MORE  
PRICING INFORMATION

A drop-in program designed to provide high quality programming during the critical after school hours 3:00-6:00PM. It provides a safe and nurturing environment and supports the principles of healthy child development.

Children have the opportunity to:

- Participate in active play & recreation
- Receive assistance with homework
- Build positive relationships
- Develop social-emotional skills, and
- Develop leadership skills and feel a sense of belonging to their community

All sites will open October 11

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

- Tu - Th Bridgeview Community Centre
- Tu - Th Chuck Bailey Recreation Centre
- M, W, F Clayton Elementary School
- Tu - Th Cloverdale Recreation Centre
- M-Th Fleetwood Community Centre
- M, W, F Fraser Heights Recreation Centre
- M - F Guildford Recreation Centre
- M, F Grandview Heights Aquatic Centre
- W Kensington Prairie Community Centre
- M - F Newton Recreation Centre
- Tu - F South Surrey Recreation & Arts Centre

### Imagine Art!

Develop your child's creative spirit in this unique class where imagination and creativity is encouraged! Each week young artists will explore new media and techniques like drawing, painting, papier mâché and much more!

**SOUTH 8 Sessions \$105 4-7yrs**  
 W 3:30pm-5:00pm Apr 19 4517077

**SOUTH 8 Sessions \$105 7-11yrs**  
 W 5:00pm-6:30pm Apr 19 4517078  
**South Surrey Recreation & Arts Centre**

### Kids Clay Creations

Discover the magic of creating with clay in this introduction to pottery. Kids will learn different ceramic techniques in the Semiahmoo Arts Pottery Studio while making a variety of fun and functional hand sculpted objects. Different projects every session! Semiahmoo Arts instructors are practicing artists and experienced art educators.

**SOUTH 8 Sessions \$120 5-7yrs**  
 Th 3:30pm-5:00pm Apr 20 4517075

**SOUTH 8 Sessions \$120 7-11yrs**  
 Th 5:00pm-6:30pm Apr 20 4517076  
**South Surrey Recreation & Arts Centre**

### Creative Cartooning

Learn creative art skills and develop your own cartooning style with artist Nicci Battilana. This course focuses on the concepts of cartoon image creations from sketching through to inking & painting techniques. Bring your imagination to life!

**SOUTH 8 Sessions \$120 7-11yrs**  
 Sa 10:00am-11:30am Apr 22 4517087  
**South Surrey Recreation & Arts Centre**

### Art for Homeschool Learners

Designed for home learners, this daytime art class provides your child the opportunity to explore a variety of art techniques such as drawing and painting, print-making, sculpture and pottery. Young artists will learn new techniques and build on existing skills with the guidance of practicing artist and educator, Bev Ellis. All supplies included.

**SOUTH 8 Sessions \$150 5-9yrs**  
 Tu 10:00am-11:30am Apr 25 4517079  
**South Surrey Recreation & Arts Centre**

### Drawing and Painting Fundamentals

Young artists will be introduced to basic techniques and fundamental concepts. Students will learn techniques such as graphing, shading, perspective, colour mixing and different painting methods. Learn drawing and painting skills you can build on. Bring your imagination to life!

**SOUTH 8 Sessions \$130 8-12yrs**  
 Tu 4:30pm-6:00pm Apr 25 4517088  
**South Surrey Recreation & Arts Centre**

### Suzuki Violin Preparatory Class

Every child can learn to play the violin and this Suzuki prep class prepares children for success through developing rhythm, singing, and learning to hold their instruments. Parents attend the classes along with their children, as parental participation is a core concept of the Suzuki method. No instruments are needed for the class.

**SOUTH 10 Sessions \$115 6-8yrs**  
 F 3:30pm-4:30pm Apr 7 4517074  
**South Surrey Recreation & Arts Centre**

### Break Dance

It's back in style! Want to learn new moves? Sign up now and be the coolest dancer in your school.

**FLEETWOOD 9 Sessions \$62 8-12yrs**  
 F 6:00pm-7:00pm Apr 21 4520650

**F 7:00pm-8:00pm Apr 21 4520643**  
**Fleetwood Community Centre**

**NORTH 6 Sessions \$41.50 6-9yrs**  
 W 3:30pm-4:30pm Apr 12 4524787

**NORTH 6 Sessions \$41.50 10-12yrs**  
 W 4:30pm-5:30pm Apr 12 4524788  
**Bridgeview Community Centre**

### Ballet Level I

For children with very little or no ballet training. You will learn about rhythm, poise, classical ballet steps and positions.

**CLOVERDALE 8 Sessions \$55.25 5-7yrs**  
 Tu 3:00pm-4:00pm Apr 11 4519840

**Cloverdale Recreation Centre**

**GUILDFORD 8 Sessions \$55.25 5-7yrs**  
 W 4:15pm-5:15pm Apr 12 4517878

**Guildford Recreation Centre**

**NEWTON 8 Sessions \$55.25 6-12yrs**  
 Sa 2:00pm-3:00pm Apr 8 4518641

**Newton Recreation 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. Parents are invited to attend the first, and last class.

**CLOVERDALE 8 Sessions \$44.25 4-5yrs**  
M 12noon-12:45pm Apr 10 4525575  
Don Christian Recreation Centre

**CLOVERDALE 8 Sessions \$55.25 6-9yrs**  
Tu 4:00pm-5:00pm Apr 11 4519861  
Cloverdale Recreation Centre

## Ballet and Jazz

A little bit poised, a little bit rock and roll. Try out this fun dance class combining ballet, and jazz.

**GUILDFORD 8 Sessions \$55.25 6-8yrs**  
M 3:15pm-4:15pm Apr 3 4517880

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
M 4:30pm-5:30pm Apr 3 4517881  
Guildford Recreation Centre

## Music

### Piano

This course will familiarize you with the piano keyboard, its notes, and to learn to play familiar songs and sing-a-long tunes.

**FLEETWOOD 9 Sessions \$62 6-9yrs**  
Tu 3:45pm-4:45pm Apr 11 4520711

**FLEETWOOD 9 Sessions \$62 10-13yrs**  
Tu 4:45pm-5:45pm Apr 11 4520712  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$55.25 6-8yrs**  
W 4:00pm-5:00pm Apr 5 4517914

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
W 5:15pm-6:15pm Apr 5 4517915  
Guildford Recreation Centre

### Piano - Family

This course will familiarize you & your family with the piano keyboard, its notes, and to learn to play familiar songs and sing-a-long tunes. A great way for families to be participate together!

**GUILDFORD 8 Sessions \$35 6yrs+**  
Su 12:30pm-1:30pm Apr 2 4517916

Su 1:45pm-2:45pm Apr 2 4517917  
Guildford Recreation Centre

### Piano Level 2

Learn and practice new material to expand basic piano skill and knowledge. Must have taken piano or played in the past.

**FLEETWOOD 9 Sessions \$62 6-9yrs**  
Tu 5:45pm-6:45pm Apr 11 4520715

**FLEETWOOD 9 Sessions \$62 10-13yrs**  
Tu 6:45pm-7:45pm Apr 11 4520716  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$55.25 9-12yrs**  
W 6:30pm-7:30pm Apr 5 4517918  
Guildford Recreation Centre

### Guitar Level I - Family

This program is designed to offer an opportunity to learn basic notes and how to read music sheets. Each participant is required to bring their own guitar in good playing condition. A great way for families to be participate together!

**GUILDFORD 8 Sessions \$35 6yrs+**  
Sa 11:30am-12:30pm Apr 1 4517909  
Guildford Recreation Centre

## 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.

**CLOVERDALE 9 Sessions \$62 8-12yrs**  
Th 3:30pm-4:30pm Apr 13 4519929  
Cloverdale Recreation Centre

**FLEETWOOD 8 Sessions \$55.25 6-9yrs**  
M 4:30pm-5:30pm Apr 10 4520693

**FLEETWOOD 8 Sessions \$55.25 9-12yrs**  
M 5:30pm-6:30pm Apr 10 4520701  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$55.25 8-12yrs**  
Su 9:45am-10:45am Apr 9 4525294  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$55.25 8-12yrs**  
Sa 9:00am-10:00am Apr 1 4517908  
Guildford Recreation Centre

**NEWTON 8 Sessions \$55.25 8-12yrs**  
Sa 9:30am-10:30am Apr 8 4520869  
Newton Seniors Centre

**SOUTH 8 Sessions \$55.25 8-12yrs**  
F 3:30pm-4:30pm Apr 21 4519148

**SOUTH 7 Sessions \$48.25 8-12yrs**  
Sa 2:30pm-3:30pm Apr 22 4519170  
South Surrey Recreation & Arts Centre

## Guitar Level 2

For those who would like to continue to learn how to play more advanced chords. Participants are required to bring their own guitar in good playing order.

**CLOVERDALE 9 Sessions \$62 8-12yrs**  
Th 4:45pm-5:45pm Apr 13 4519936  
Cloverdale Recreation Centre

**FLEETWOOD 8 Sessions \$55.25 6-12yrs**  
M 6:30pm-7:30pm Apr 10 4520706  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$55.25 8-12yrs**  
Sa 10:15am-11:15am Apr 1 4517910  
Guildford Recreation Centre

**NEWTON 8 Sessions \$55.25 8-12yrs**  
Sa 10:45am-11:45am Apr 8 4520870  
Newton Seniors Centre

**SOUTH 8 Sessions \$55.25 8-12yrs**  
F 4:30pm-5:30pm Apr 21 4519156

**SOUTH 7 Sessions \$48.25 8-12yrs**  
Sa 3:30pm-4:30pm Apr 22 4519157  
South Surrey Recreation & Arts Centre

## Guitar Level 3

Children will learn more advanced guitar skills, learn how to keep time with the music and be able to tune their guitar properly. Children must bring their own guitar.

**SOUTH 7 Sessions \$48.25 8-12yrs**  
Sa 4:30pm-5:30pm Apr 22 4519186  
South Surrey Recreation & Arts Centre

## Personal Development

### Short Stories

Ever wanted to write your own book? Here's your chance to get creative! Learn how to write a short story and have your very own by the end of the session!

**GUILDFORD 8 Sessions \$64 6-9yrs**  
Th 3:15pm-4:15pm Apr 6 4517919  
Guildford Recreation Centre

## 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**  
Tu 4:00pm-5:00pm Apr 4 4525295  
Tu 4:00pm-5:00pm May 16 4525296  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$64 9-12yrs**  
M 5:45pm-6:45pm Apr 3 4517890  
Th 4:30pm-5:30pm Apr 6 4517891  
Guildford Recreation Centre

**NEWTON 8 Sessions \$64 8-12yrs**  
Sa 1:00pm-2:00pm Apr 8 4518655  
Newton Recreation Centre

**SOUTH 8 Sessions \$64 9-12yrs**  
M 3:15pm-4:15pm Apr 10 4518008  
South Surrey Recreation & Arts Centre

## French

Children will be taught how to read, write and speak basic French words and phrases in a relaxed and fun atmosphere. Emphasis will be placed on conversational French.

**CLOVERDALE 8 Sessions \$63 7-11yrs**  
W 5:45pm-6:45pm Apr 12 4519953  
Cloverdale Recreation Centre

**GUILDFORD 8 Sessions \$63 6-8yrs**  
F 3:30pm-4:30pm Apr 7 4517902

**GUILDFORD 8 Sessions \$63 9-12yrs**  
F 4:45pm-5:45pm Apr 7 4517903  
Guildford 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**  
Sa 9:00am-12noon May 27 4520985  
Cloverdale Recreation Centre

**CLOVERDALE 1 Session \$27.50 10-13yrs**  
F 4:00pm-7:00pm Apr 28 4520987  
Don Christian Recreation Centre

**FLEETWOOD 1 Session \$27.50 10-13yrs**  
Sa 10:00am-1:00pm Apr 29 4520709

Sa 10:00am-1:00pm Jun 17 4520710  
Fleetwood Community Centre

**GUILDFORD 1 Session \$27.50 10-13yrs**  
Sa 10:00am-1:00pm May 6 4522514

Sa 10:00am-1:00pm Jun 10 4522519  
Guildford Recreation Centre

**SOUTH 1 Session \$27.50 10-13yrs**  
Su 1:00pm-4:00pm May 28 4517066  
Kensington Prairie Community Centre

**SOUTH 1 Session \$27.50 10-13yrs**  
Sa 11:00am-2:00pm Apr 29 4519268

Sa 11:00am-2:00pm Jun 17 4519269  
South Surrey Recreation & Arts Centre

## Young Scientists

Have you ever wondered what makes popcorn pop or why an onion makes you cry? These and many other questions can be discovered through a variety of experiments. Emphasis on fun through the use of materials found in the home.

**GUILDFORD 6 Sessions \$57.75 7-10yrs**  
M 4:45pm-6:00pm Apr 24 4525539  
Fraser Heights Recreation Centre

**GUILDFORD 7 Sessions \$56 6-8yrs**  
Tu 3:15pm-4:15pm Apr 4 4517933

**GUILDFORD 7 Sessions \$56 9-12yrs**  
Tu 4:30pm-5:30pm Apr 4 4517934  
Guildford Recreation Centre

## Chess

Build your creativity, concentration and critical thinking while learning the game of chess.

**GUILDFORD 8 Sessions \$64.75 6-8yrs**  
Su 9:30am-10:30am Apr 9 4524678

**GUILDFORD 8 Sessions \$64.75 9-12yrs**  
Su 10:45am-11:45am Apr 9 4524679  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$64.75 6-8yrs**  
Su 3:30pm-4:30pm Apr 2 4517889  
Guildford Recreation Centre

**SOUTH 10 Sessions \$81 6-9yrs**  
Tu 3:15pm-4:15pm Apr 11 4516998

**SOUTH 10 Sessions \$81 9-12yrs**  
Tu 4:15pm-5:15pm Apr 11 4516999  
Kensington Prairie Community Centre

## Social Recreation

### Fun For Kids

A supported social recreation program for children with disabilities. Activities include crafts, painting, games in the gymnasium and much more. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living.

**Register for 7 sessions or pick your days!**  
**CLOVERDALE 7 Sessions \$122.50 6-12yrs**  
Sa 1:30pm-4:30pm Apr 8 4521568

**CLOVERDALE 1 Session \$17.50 6-12yrs**  
Creation Station  
Sa 1:30pm-4:30pm Apr 8 4521569

**Raining Cats and Dogs**  
Sa 1:30pm-4:30pm Apr 22 4521570

**Jungle Safari**  
Sa 1:30pm-4:30pm Apr 29 4521571

**Flower Frenzy**  
Sa 1:30pm-4:30pm May 6 4521572

**Squishables**  
Sa 1:30pm-4:30pm May 13 4521573

**Little Chefs**  
Sa 1:30pm-4:30pm May 27 4521574

**Nature Discovery**  
Sa 1:30pm-4:30pm June 3 4521575  
Cloverdale Recreation Centre

## General Interest

### Learn to Fish at Green Timbers

Join the Freshwater Fisheries Society of BC for a hands-on, educational program about fish habitat and conservation, and learn where, when and how to catch fish! Equipment is provided and includes time to fish on the lake. Call the Surrey Nature Centre to register 604-502-6065. Rain or shine. Parent participation required.

**NORTH 1 Session 5-15yrs**  
W 6:00pm-8:00pm May 10 4518630

W 6:00pm-8:00pm May 24 4518631

W 6:00pm-8:00pm Jun 7 4518632

W 6:00pm-8:00pm Jun 21 4518633  
Green Timbers Urban Forest Lake  
14600 Block of 100 Avenue



## Cook and Play

Keep your kids MOVIN' all season long! Your children will enjoy new and exciting crafts, sports, games and learn how to cook cool spring treats.

<b>CLOVERDALE</b>	<b>8 Sessions \$126.75</b>	<b>6-9yrs</b>
Tu	2:45pm-4:45pm	Apr 25 4520887
<b>CLOVERDALE</b>	<b>8 Sessions \$126.75</b>	<b>10-12yrs</b>
Tu	2:45pm-4:45pm	Apr 25 4520888
<b>CLOVERDALE</b>	<b>6 Sessions \$95.25</b>	<b>6-9yrs</b>
M	2:45pm-4:45pm	Apr 24 4520885
<b>CLOVERDALE</b>	<b>6 Sessions \$95.25</b>	<b>10-12yrs</b>
M	2:45pm-4:45pm	Apr 24 4520886

**Adams Road Elementary School**

## 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.

<b>CLOVERDALE</b>	<b>8 Sessions \$103.75</b>	<b>6-8yrs</b>
F	4:30pm-6:00pm	Apr 21 4519976

**Don Christian Recreation Centre**

<b>CLOVERDALE</b>	<b>7 Sessions \$80.75</b>	<b>5-8yrs</b>
F	2:45pm-4:00pm	Apr 21 4520004
<b>CLOVERDALE</b>	<b>7 Sessions \$80.75</b>	<b>9-12yrs</b>
F	4:15pm-5:30pm	Apr 21 4520005

**Katie Elementary School**

<b>GUILDFORD</b>	<b>6 Sessions \$78</b>	<b>7-12yrs</b>
Sa	11:30am-1:00pm	Apr 29 4524694

**Fraser Heights Recreation Centre**

<b>NEWTON</b>	<b>4 Sessions \$52</b>	<b>8-12yrs</b>
Su	3:00pm-4:30pm	Apr 9 4518651
Su	3:00pm-4:30pm	May 14 4522847

**Newton Recreation Centre**

<b>NORTH</b>	<b>6 Sessions \$78</b>	<b>6-9yrs</b>
Su	10:00am-11:30am	Apr 2 4523831

<b>NORTH</b>	<b>6 Sessions \$78</b>	<b>10-12yrs</b>
Tu	4:30pm-6:00pm	Apr 4 4523829

<b>NORTH</b>	<b>5 Sessions \$65</b>	<b>10-12yrs</b>
Tu	4:30pm-6:00pm	May 16 4523830

<b>NORTH</b>	<b>4 Sessions \$52</b>	<b>6-9yrs</b>
Su	10:00am-11:30am	May 28 4523832

**Bridgeview Community Centre**

<b>SOUTH</b>	<b>4 Sessions \$52</b>	<b>6-9yrs</b>
M	3:15pm-4:45pm	Apr 10 4516962
M	3:15pm-4:45pm	May 29 4516963

<b>SOUTH</b>	<b>4 Sessions \$52</b>	<b>9-12yrs</b>
M	4:45pm-6:15pm	Apr 10 4516965
M	4:45pm-6:15pm	May 29 4516966

**Kensington Prairie Community Centre**

<b>SOUTH</b>	<b>7 Sessions \$90.75</b>	<b>6-9yrs</b>
Sa	10:30am-12noon	Apr 22 4519158

<b>SOUTH</b>	<b>7 Sessions \$90.75</b>	<b>9-12yrs</b>
Sa	12:30pm-2:00pm	Apr 22 4519159

<b>SOUTH</b>	<b>5 Sessions \$65</b>	<b>6-9yrs</b>
W	3:00pm-4:30pm	Apr 12 4519905
W	3:00pm-4:30pm	May 17 4519902

<b>SOUTH</b>	<b>5 Sessions \$65</b>	<b>9-12yrs</b>
W	5:00pm-6:30pm	Apr 12 4519904
W	5:00pm-6:30pm	May 17 4519744

**South Surrey Recreation & Arts Centre**

## Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

<b>GUILDFORD</b>	<b>1 Session \$13</b>	<b>6-12yrs</b>
Sa	10:00am-11:30am	Apr 8 4525327
Sa	10:00am-11:30am	Jun 17 4525328

**Fraser Heights Recreation Centre**

<b>GUILDFORD</b>	<b>1 Session \$13</b>	<b>8-12yrs</b>
Sa	12:30pm-2:00pm	May 27 4517893

**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.

<b>CLOVERDALE</b>	<b>1 Session \$13</b>	<b>8-12yrs</b>
W	3:30pm-5:00pm	Apr 19 4519955

**Cloverdale Recreation Centre**

## Flavours of the World

Travel the world in our kitchen. Learn about different cultures and the foods they enjoy by cooking and tasting them.

<b>FLEETWOOD</b>	<b>4 Sessions \$46.25</b>	<b>6-9yrs</b>
W	4:30pm-5:45pm	Apr 19 4523125

<b>FLEETWOOD</b>	<b>4 Sessions \$46.25</b>	<b>10-13yrs</b>
W	5:45pm-7:00pm	Apr 19 4523127

**Fleetwood Community Centre**

## Snack Attack

Create your cookbook and make your own simple, nutritious and tasty snacks.

<b>CLOVERDALE</b>	<b>1 Session \$13</b>	<b>8-12yrs</b>
W	3:30pm-5:00pm	May 31 4519956

**Cloverdale Recreation Centre**

## Sushi Level 1

Learn the basics of making your own Sushi, including California Rolls and Kappa Maki!

<b>GUILDFORD</b>	<b>1 Session \$13</b>	<b>8-12yrs</b>
Sa	12:30pm-2:00pm	May 20 4522507

**Guildford Recreation Centre**

## Italian

Enjoy the hands on experience of preparing, cooking and sampling a selection of pasta dishes from Italy.

<b>CLOVERDALE</b>	<b>1 Session \$13</b>	<b>8-12yrs</b>
W	3:30pm-5:00pm	May 3 4519957

**Cloverdale Recreation Centre**

## School's-Out Day

### Fun Zone

Camps include age appropriate programming for children 6 to 9 and 10 to 12 years. Activities include sports, arts, crafts, music, dance and games. Camp Connections are available for extended camp hours.

<b>CLOVERDALE</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
F	9:00am-3:00pm	May 5 4520053

<b>CLOVERDALE</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
M	9:00am-3:00pm	May 29 4520054

**Don Christian Recreation Centre**

<b>GUILDFORD</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
F	9:00am-11:00am	May 5 4517906

<b>GUILDFORD</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
M	9:00am-11:00am	May 29 4517905

**Guildford Recreation Centre**

<b>NEWTON</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
F	9:00am-3:00pm	May 5 4520868

<b>NEWTON</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
M	9:00am-3:00pm	May 29 4523068

**Newton Recreation Centre**

<b>NORTH</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
F	9:00am-3:00pm	May 5 4525260

<b>NORTH</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
M	9:00am-3:00pm	May 29 4525261

**Chuck Bailey Recreation Centre**

<b>SOUTH</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
F	9:00am-3:00pm	May 5 4516951

<b>SOUTH</b>	<b>1 Session \$29.25</b>	<b>6-12yrs</b>
M	9:00am-3:00pm	May 29 4516952

**Kensington Prairie Community Centre**

<b>SOUTH</b>	<b>1 Session \$29.25</b>	<b>6-9yrs</b>
F	9:00am-3:00pm	May 5 4519246

<b>SOUTH</b>	<b>1 Session \$29.25</b>	<b>6-9yrs</b>
M	9:00am-3:00pm	May 29 4519247

**South Surrey Recreation & Arts Centre**

### Garden Games

Kids take a walk on the wild side as they spend the day exploring the Farm grounds. They will go on a scavenger hunt, play in nature and make a garden craft.

<b>CITYWIDE</b>	<b>1 Session \$30.50</b>	<b>6-12yrs</b>
F	9:00am-3:00pm	May 5 4519814

**Historic Stewart Farm**

### Art Adventure

Have an art-filled day off school! Create amazing artworks and artifacts with instructors who are experienced art educators and practicing artists.

<b>CITYWIDE</b>	<b>1 Session \$42.50</b>	<b>6-11yrs</b>
F	9:00am-3:00pm	May 5 4520116

**Surrey Arts Centre**

### Dinosaur Day

From stompers and chompers to those that soar or roar, kids explore the world of dinosaurs through crafts, games and activities.

<b>CITYWIDE</b>	<b>1 Session \$30.50</b>	<b>5-7yrs</b>
F	9:30am-3:30pm	May 5 4525222

**Surrey Museum**

### Nature Discovery

Join us for a day of fun and discovery in nature! Get outside, play games, make eco-art, and explore the natural setting in Green Timbers park.

<b>NORTH</b>	<b>1 Session \$48.25</b>	<b>6-9yrs</b>
F	9:00am-4:00pm	May 5 4516443
M	9:00am-4:00pm	May 29 4516444

**Surrey Nature Centre**

**LOOK IN THE ARENAS & POOLS SECTIONS FOR MORE SCHOOL'S-OUT CAMPS**

## PRE-TEEN Dances

10-12YRS

**\$5.25**  
IN ADVANCE

**\$7.50**  
DAY OF DANCE

We offer great concessions, awesome light shows, and music you will love to dance to. All of our Pre-Teen Dances have Parks, Recreation and Culture staff on site to ensure a safe, supervised and fun time for all kids. We also have excellent prizes and seasonal themes!

<b>DON CHRISTIAN RECREATION CENTRE</b>
F 7:00pm-9:30pm Apr 7 4520957
F 7:00pm-9:30pm May 5 4520958
F 7:00pm-9:30pm Jun 2 4520959
<b>Save by purchasing 3 sessions \$14.25</b>
F 7:00pm-9:30pm Apr 7 4520965

<b>FLEETWOOD COMMUNITY CENTRE</b>
F 7:00pm-9:30pm Apr 21 4520719
F 7:00pm-9:30pm May 19 4520720
F 7:00pm-9:30pm Jun 16 4520721

<b>GUILDFORD RECREATION CENTRE</b>
F 7:00pm-9:30pm Mar 31 4522520
F 7:00pm-9:30pm Apr 28 4522521
F 7:00pm-9:30pm May 26 4522522

<b>NEWTON SENIORS' CENTRE</b>
F 7:00pm-9:30pm Apr 21 4525025
F 7:00pm-9:30pm May 19 4525026
F 7:00pm-9:30pm Jun 16 4525027
<b>Save by purchasing 3 sessions \$14.25</b>
F 7:00pm-9:30pm Apr 21 4525033

<b>CHUCK BAILEY RECREATION CENTRE</b>
F 7:00pm-9:30pm Apr 14 4519581
F 7:00pm-9:30pm May 12 4519582
F 7:00pm-9:30pm Jun 16 4519583
<b>Save by purchasing 3 sessions \$14.25</b>
F 7:00pm-9:30pm Apr 14 4519585

<b>SOUTH SURREY RECREATION &amp; ARTS CENTRE</b>
F 7:00pm-9:30pm Apr 7 4521906
F 7:00pm-9:30pm May 12 4521907
F 7:00pm-9:30pm Jun 16 4521908

**Celebrating A BIRTHDAY?**  
Party before the preteen dance to celebrate your special day, then dance the night away after!  
See page 22 & 23 for party details.



## 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!

**SCHOOLS OUT CHILD & YOUTH  
FUNPASS**  
DROP-IN FOR FUN ALL SPRING BREAK

ON SALE  
**FEB 13**  
\$10/PERSON

[www.surrey.ca/recreation](http://www.surrey.ca/recreation)

## QUICK FIND

CHECK OUT OUR **NEW** SECTIONS

**SPORTS** Pages 51 - 57

**FITNESS & WELLNESS** Page 59 - 64

## Personal Development

### 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 Apr 22 4520970  
Sa-Su 9:00am-2:00pm Jun 10 4520971  
**Cloverdale Recreation Centre**

**FLEETWOOD 2 Sessions \$73.25 12-15yrs**  
Sa-Su 9:00am-2:00pm May 13 4520613  
**Fleetwood Community Centre**

**GUILDFORD 2 Sessions \$73.25 12-18yrs**  
Sa-Su 9:00am-2:00pm Jun 17 4517266  
**Fraser Heights Recreation Centre**

**GUILDFORD 2 Sessions \$73.25 12-15yrs**  
Sa-Su 9:00am-2:00pm Apr 29 4522503  
Sa-Su 9:00am-2:00pm Jun 3 4522504  
**Guildford Recreation Centre**

**NEWTON 2 Sessions \$73.25 12-15yrs**  
Sa-Su 12noon-5:00pm Apr 29 4524993  
Sa-Su 12noon-5:00pm Jun 3 4524994  
**Newton Recreation Centre**

**NORTH 2 Sessions \$73.25 12-15yrs**  
Sa-Su 9:00am-2:00pm Apr 22 4519573  
Sa-Su 9:00am-2:00pm Jun 10 4519574  
**Chuck Bailey Recreation Centre**

**SOUTH 2 Sessions \$73.25 12-16yrs**  
Sa-Su 10:00am-3:00pm Apr 22 4524060  
Sa-Su 10:00am-3:00pm May 13 4524115  
**South Surrey Recreation & Arts 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**  
Tu 5:15pm-6:15pm Apr 4 4517210  
Tu 5:15pm-6:15pm May 16 4517348  
**Fraser Heights Recreation Centre**

**GUILDFORD 8 Sessions \$51.25 13-18yrs**  
Th 5:45pm-6:45pm Apr 6 4522498  
**Guildford Recreation Centre**

## Social Recreation

### Youth On The Move

A supported social recreation program for youth with disabilities. A great way to explore indoor, and outdoor attractions around the Lower Mainland. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living.

Register for 7 sessions or pick your days!

**NEWTON 1 Session \$30 12-18 yrs**  
Sa 1:00pm-5:00pm Apr 8 4521202  
Sa 1:00pm-5:00pm Apr 22 4521203  
Sa 1:00pm-5:00pm Apr 29 4521204  
Sa 1:00pm-5:00pm May 6 4521205  
Sa 1:00pm-5:00pm May 13 4521206  
Sa 1:00pm-5:00pm May 27 4521207  
Sa 1:00pm-5:00pm Jun 3 4521208  
**Newton Arena - lobby/parking lot**

## 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 13-16yrs**  
W 5:30pm-7:00pm Apr 19 4520999  
W 5:30pm-7:00pm May 3 4521000  
W 5:30pm-7:00pm May 31 4521001  
**Cloverdale Recreation Centre**

**CLOVERDALE 1 Session \$10.25 9-12yrs**  
F 6:15pm-7:30pm Apr 21 4521002  
F 6:15pm-7:30pm May 12 4521003  
F 6:15pm-7:30pm May 26 4521004  
F 6:15pm-7:30pm Jun 9 4521005  
**Don Christian Recreation Centre**

**NEWTON 4 Sessions \$46.25 13-18yrs**  
Su 1:00pm-2:30pm Apr 9 4525005  
Su 1:00pm-2:30pm May 14 4525008  
**Newton Recreation Centre**

**NORTH 6 Sessions \$78 13-18yrs**  
Tu 6:15pm-8:00pm Apr 4 4524075

**NORTH 5 Sessions \$65 13-18yrs**  
Tu 6:15pm-8:00pm May 16 4524076  
**Bridgeview Community Centre**

**SOUTH 4 Sessions \$46.25 13-18yrs**  
F 7:15pm-8:45pm May 19 4523723  
**South Surrey Recreation & Arts Centre**

### Cupcake Decorating

Learn techniques that will help you create special treats for family and friends for all occasions.

**GUILDFORD 1 Session \$11.75 12-16yrs**  
Sa 2:15pm-3:45pm May 27 4522499  
**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.

**SOUTH 4 Sessions \$46.25 13-18yrs**  
F 7:15pm-8:45pm Apr 21 4523699  
**South Surrey Recreation & Arts 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**  
F 5:15pm-6:45pm Jun 9 4517241  
**Fraser Heights Recreation Centre**

### Indian

Enjoy the fun-filled, hands-on experience of preparing, cooking and sampling a diverse selection of cooking styles and dishes from different states of India.

**GUILDFORD 1 Session \$11.75 13-18yrs**  
F 5:15pm-6:45pm Apr 21 4517241  
**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 13-18yrs**  
F 5:15pm-6:45pm May 19 4517242  
**Fraser Heights Recreation Centre**

**GUILDFORD 1 Session \$11.75 12-15yrs**  
Sa 2:15pm-3:45pm May 20 4522500  
**Guildford Recreation Centre**





# Youth OPPORTUNITIES

**RECREATION SURREY**  
Healthy Communities. Active Together.

## Make Your Ideas Happen!

Connect with the new Youth Engagement Program Teams in your community to get support in planning new programs and events for other Surrey youth. Have ideas? We can help! It's a great way to learn, develop skills and get involved in your city! Contact your local recreation centre or go online [www.surrey.ca/youth](http://www.surrey.ca/youth).

## Get Active!

### FITNESS CENTRES

Classes and Drop-ins are available for anyone 13 years or older.

Refer to our online schedules or pick-up the latest drop-in schedule at your local recreation centre.

### SPORTS SPECIFIC DROP-IN

Play your sport of choice. Specific sports times for soccer, basketball, badminton, and more. Drop-in fee required.

Drop-in Gym pages 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.

<b>BRIDGEVIEW COM. CENTRE</b> 604-592-7081 11475 126A St	<b>CHUCK BAILEY REC. CENTRE</b> 604-598-5898 13458 107A Ave	<b>CLAYTON HEIGHTS SECONDARY</b> 604-598-7960 7003 188 St	<b>CLOVERDALE REC. CENTRE</b> 604-598-7960 6188 176 St	<b>DON CHRISTIAN REC. CENTRE</b> 604-502-6400 6220 184 St	<b>FLEETWOOD COM. CENTRE</b> 604-501-5030 15996 84 Ave	<b>FRASER HEIGHTS REC. CENTRE</b> 604-592-6920 10588 160 St	<b>GUILDFORD REC. CENTRE</b> 604-502-6360 15105 105 Ave	<b>NEWTON REC. CENTRE</b> 604-501-5533 13730 72 Ave	<b>SOUTH REC. &amp; ART CENTRE</b> 604-592-6970 14601 20 Ave
--	---	---	--	---	--	---	---	---	--

[WWW.SURREY.CA/YOUTH](http://WWW.SURREY.CA/YOUTH)

[FACEBOOK.COM/SURREYYOUTH](https://FACEBOOK.COM/SURREYYOUTH)

@SURREYYOUTH



## Visual Arts

### Art of the Graphic Novel and Manga

Discover this growing media with a professional graphic artist. Whether your interest is superheroes, Japanese manga, or humour comics, you'll learn to design your own cast of stylised characters, plot and lay out your scenes across eye-catching pages, and share your story in an inventive and engaging way. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$74.50 12-15yrs**  
Th 7:30pm-9:00pm Apr 20 4520057  
Surrey Arts Centre

### Portraits & People

Traditional, comical, or abstract -- there are as many ways to depict people as there are materials with which to do it. This course will explore depicting faces and figures with a mix of media - including watercolour, collage, and printmaking. Surrey Arts Centre instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$99.75 11-14yrs**  
W 6:30pm-8:00pm Apr 19 4525247  
Surrey Arts Centre

### Art for Homeschool Learners

Designed for home learners, this daytime art class provides your child the opportunity to explore a variety of art techniques such as drawing and painting, print-making, sculpture and pottery. Young artists will learn new techniques and build on existing skills with the guidance of practicing artist and educator, Bev Ellis. All supplies included.

**SOUTH 8 Sessions \$160 10-17yrs**  
Tu 12noon-2:00pm Apr 25 4517092  
South Surrey Recreation & Arts Centre

### Creative Cartooning

Learn creative art skills and develop your own cartooning style with artist Nicci Battilana. This course focuses on the concepts of cartoon image creations from sketching through to inking & painting techniques. Bring your imagination to life!

**SOUTH 8 Sessions \$120 10-17yrs**  
Sa 12noon-1:30pm Apr 22 4517089  
South Surrey Recreation & Arts Centre

## 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 Apr 1 4520114  
Surrey Arts Centre

## Crafts

### Make-It Series: Sew Retro

Beginner stitchers are guided by our experienced sewing instructor as they make a 60's style A-line skirt and wraparound shirt. Learn how to pick your fabrics, and the ins and out of a sewing machine.

**CITYWIDE 6 Sessions \$80.75 12yrs+**  
Th 6:30pm-8:30pm Apr 6 4520563  
Surrey Museum

### Teen Drawing and Painting

This class will focus on strengthening drawing and painting skills. Young artists will learn a variety of advanced techniques with tools and materials to make their pictures pop!

**SOUTH 8 Sessions \$130 12-17yrs**  
Tu 6:30pm-8:00pm Apr 25 4517090  
South Surrey Recreation & Arts Centre

### Teen Pottery

Welcome to the world of pottery! Students will be led through techniques in both handbuilding and wheelthrowing. A great class for both beginners and returning students wishing to develop already existing pottery skills. Demonstrations and instruction will be given in glazing as well as painting your finished pottery pieces.

**SOUTH 8 Sessions \$120 11-17yrs**  
W 4:00pm-5:30pm Apr 19 4517091  
South Surrey Recreation & Arts Centre

## Theatre

### Auditioning for Film, TV, and Stage

Work with sides, scenes, and soliloquies, as you learn the various ways of getting in the door whether you want to get on stage or in front of a camera.

**CITYWIDE 7 Sessions \$139 9-15yrs**  
Tu 6:00pm-8:00pm Apr 18 4521291  
Surrey Arts Centre

### Acting for the Camera

Young actors will have a blast as they experience the excitement of acting on camera. Professional actor and filmmaker Orsy Szabo will lead this fast-paced, fun and informative class for students interested in film work. Bonus: students will have the opportunity to take home a sample of their best work!

**CITYWIDE 7 Sessions \$139 9-15yrs**  
Tu 3:30pm-5:30pm Apr 18 4521300  
Surrey Arts Centre

### Social Skills Through Drama

Do you want to learn about acting? The study of drama has many crossover benefits in developing social skills. Taught by theatre professionals, this inclusive class will be both fun and challenging as students develop self-expression through voice, movement, improvisation, acting games, and script work. All abilities welcome.

**CITYWIDE 7 Sessions \$105 13-18yrs**  
W 6:30pm-8:00pm Apr 19 4521328  
Surrey Arts Centre

### Theatre Makers Creation Workshop

This workshop leads you through a process of original theatrical creation using 'adaptation' as the theme. Working with a group of industry professionals in a variety of practices, a professional theatre artist will assist you to distill and craft this inspiration into an original piece which will be performed at the final showcase. You may work as a solo artist or as part of a group within the class. All levels of experience welcome.

**CITYWIDE 9 Sessions \$20 15-19yrs**  
Su 10:00am-4:00pm Apr 9 4523648  
Surrey Arts Centre

## Dance

### Break Dance Level I

Learn some new moves! Be the center of attention at the next dance. Sign up now for this break dancing class.

**FLEETWOOD 6 Sessions \$33.25 13-18yrs**  
F 5:00pm-6:00pm Apr 21 4520940  
Fleetwood Community Centre

### 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 13-18yrs**  
M 6:30pm-7:30pm Apr 3 4525017  
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.

**FLEETWOOD 8 Sessions \$44.25 13-18yrs**  
M 7:30pm-8:30pm Apr 10 4520703  
Fleetwood Community Centre

**GUILDFORD 8 Sessions \$44.25 13-18yrs**  
Su 12:15pm-1:15pm Apr 2 4517195  
Fraser Heights Recreation Centre

**GUILDFORD 8 Sessions \$44.25 13-18yrs**  
Sa 12:45pm-1:45pm Apr 1 4522505  
Guildford Recreation Centre

**SOUTH 8 Sessions \$44.25 13-18yrs**  
F 5:45pm-6:45pm Apr 21 4523652  
South Surrey Recreation & Arts Centre

### Guitar Level 2

This course is for those who have taken the Guitar Level 1 course or have some guitar playing experience.

**GUILDFORD 8 Sessions \$44.25 13-18yrs**  
Sa 2:00pm-3:00pm Apr 1 4522506  
Guildford Recreation Centre



SURREY  
**Youth: WEEK**  
MAY 1-7 2017

Surrey Youth Showcase MAY 6  
Guildford Recreation Centre  
**FREE • FUN • WIN PRIZES**

Check out all the other cool events throughout the week at  
[www.surrey.ca/youthweek](http://www.surrey.ca/youthweek)





## Crafts

### Greeting Cards

Create your own unique and artistic greeting cards. Learn the techniques and tips for professional looking personalized cards.

**CLOVERDALE 1 Session \$13 19yrs+**  
 Sa 9:30am-12noon May 6 4516221  
 Cloverdale Recreation Centre

### Scrapbook Social

Share ideas, get inspired and socialize! Bring your unfinished projects and enjoy a stress-free day of scrapping to your hearts content!

**CLOVERDALE 1 Session \$6.50 19yrs+**  
 Sa 9:00am-4:00pm Apr 1 4516233  
 Sa 9:00am-4:00pm May 6 4516234  
 Sa 9:00am-4:00pm Jun 3 4516235  
 Cloverdale Recreation Centre

### Knitting

Complete a project which allows you to learn how to cast on, knit, purl, increase, decrease and cast off. Students are welcome to bring their own projects for completion as well.

**FLEETWOOD 6 Sessions \$48.75 16yrs+**  
 Tu 6:00pm-7:30pm Apr 25 4520931  
**FLEETWOOD 2 Sessions \$21.25 16yrs+**  
 Tu 6:00pm-8:00pm Apr 4 4520930  
 Fleetwood Community Centre

**GUILDFORD 6 Sessions \$48.75 16yrs+**  
 Th 7:00pm-8:30pm Apr 13 4523416  
 Th 7:00pm-8:30pm May 25 4523418  
 Fraser Heights Recreation Centre

### Crocheted Baby Beanie

Got a new baby in your life? Learn to crochet as you make a beanie to give at the next baby shower, or a granny square to start an afghan or baby blanket.

**CITYWIDE 4 Sessions \$65.25 16yrs+**  
 Sa 1:00pm-3:00pm May 27 4520579  
 Surrey Museum

### Metal Lace: Past, Present and Future

Join well-known lace maker, Lenka Suchanek, for a talk and slide show highlighting lacemaking with gold and silver and its potential for contemporary art and design.

**CITYWIDE 1 Session \$10 16yrs+**  
 Sa 10:00am-12noon Apr 22 4520588  
 Surrey Museum

### Needle Lace Pendant

Open the door to the world of lace in a fun and engaging way as you learn to make delicate, contemporary needle lace using wire and beads. Supply fee \$5.

**CITYWIDE 1 Session \$31.50 16yrs+**  
 Sa 1:00pm-4:00pm Apr 22 4520589  
 Surrey Museum

### Quilting - Star Table Runner

Create a beautiful table runner in the Spinning Star design. Choose holiday fabrics or any colour scheme for this appealing project.

**CLOVERDALE 3 Sessions \$29.25 19yrs+**  
 M 6:30pm-8:30pm May 1 4525688  
 Cloverdale Recreation Centre

### 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 May 14 4516231  
**CLOVERDALE 1 Session \$6.50 19yrs+**  
 Su 9:00am-4:00pm Apr 9 4516230  
 Cloverdale Recreation Centre

### Batik Cloth - Level I

Instructor Liza Wajong shares the secrets of traditional Indonesian batik as you make a colourful wall hanging using wax resist and dyes. Supply fee \$10.

**CITYWIDE 2 Sessions \$47.25 16yrs+**  
 Sa 1:00pm-4:00pm Jun 10 4520550  
 Surrey Museum

## Adult & 55+ Programs

Whether you want to try something new, stay active or meet new people, we've got a program for you! Perfect a dance move, try your hand at arts & crafts or learn a new language with our wide ranging general interest programs.

## 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  SECTIONS

**SPORTS** Pages 51 - 57

**FITNESS & WELLNESS** Page 59 - 64

## Visual Arts

### Afterwork Express: Perspective Drawing

Don't have time for a full art class? Make some time for you between work and dinner. All materials supplied, and all levels welcome! All supplies included. Surrey Arts Centre instructors are experienced art educators and practicing artists.

**CITYWIDE 4 Sessions \$34.50 16yrs+**  
 F 5:45pm-6:45pm Apr 21 4524741  
 Surrey Arts Centre

### Professional Development for Artists: Sales Skills

Many artists would rather paint than sell. Selling art is a whole other skill set than the creation of art. We live in a society where people appreciate our art and are willing to buy, but only if they see value and feel a connection to the artist and/or their work. This workshop is about learning to develop the fundamental sales skills required to be a seller of art. The SAGA Artist's Business Development Series consists of four workshops, where artists are coached and empowered in the practice of running an art business.

**CITYWIDE 1 Session \$25 16yrs+**  
 Sa 1:00pm-4:00pm May 6 4525256  
 Surrey Arts Centre

### Contemporary Art Bus Tour

See why Vancouver has been identified as one of the most dynamic cities for contemporary art! Led by the Surrey Art Gallery's curator, participants will experience art in a range of media, see what artists are making today, and learn about new gallery trends - all in a friendly, accessible, and conversational environment.

**CITYWIDE 1 Session \$39 16yrs+**  
 Th 9:00am-3:00pm May 4 4520109  
 Surrey Arts Centre

### Drawing

Expand your drawing techniques and sharpen your essential observation skills. Using basic mediums, learn the fundamentals including sketching, proportions, shading, and composition.

**GUILDFORD 8 Sessions \$68 19yrs+**  
 W 6:30pm-8:00pm Apr 12 4525518  
 Guildford Recreation Centre

### The Art of Drawing

Develop your drawing skills as you progress through studies of observation, visualization, and perspective. One-to-one guidance will be given. All levels of ability are welcome to attend. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$99.75 16yrs+**  
 W 7:00pm-9:30pm Apr 19 4523708  
 Surrey Arts Centre

### Painting with Acrylics

Explore the properties, techniques and applications of acrylic paint in a variety of genres, from landscapes to portraits.

**NORTH 5 Sessions \$54.75 19yrs+**  
 M 6:00pm-8:00pm Apr 3 4519344  
 M 6:00pm-8:00pm May 15 4523019  
 Chuck Bailey Recreation Centre

### 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.

**GUILDFORD 6 Sessions Member \$28.75 Non-member \$38.25 55yrs+**  
 Th 1:00pm-2:00pm Apr 6 4517818  
 Guildford Recreation Centre

**NORTH 4 Sessions Member \$34.50 Non-member \$46 55yrs+**  
 W 11:45am-1:45pm Apr 5 4521085  
 W 11:45am-1:45pm May 3 4521086  
 W 11:45am-1:45pm Jun 7 4521087  
 Chuck Bailey Recreation Centre

### Acrylic Painting for Absolute Beginners

Have you always wanted to paint but didn't know how to begin? This pressure-free course is intended for you. Explore the medium of acrylic paint as you learn the basics of mixing paint, brush selection, and brush strokes through simple projects. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 4 Sessions \$57.75 16yrs+**  
 F 7:00pm-9:00pm Apr 21 4523938  
 Surrey Arts Centre

### Oil Painting with Luc Charchuk

Explore this exciting and engaging painting medium. Working with a variety of still life subjects, participants will create paintings using alla prima, impasto, drybrush, and knife painting techniques. For a variety of skill levels; students with previous experience will be challenged with more complex projects. Surrey Art Gallery instructors are experienced art educators and practicing artists. Contact the Surrey Art Gallery for a supply list.

**CITYWIDE 4 Sessions \$57.75 16yrs+**  
 F 7:00pm-9:00pm Apr 21 4523923  
 Surrey Arts Centre

### Watercolour: Expressions in Transparency - Intermediate

Explore the spontaneous medium of watercolour with its properties of transparency and luminosity. The course will cover various subject matter such as landscape, still life, and figurative work. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 8 Sessions \$79.75 16yrs+**  
 Tu 7:00pm-9:00pm Apr 18 4523947  
 Surrey Arts Centre

### Painting with Watercolours

Explore the properties, techniques and applications of water-based paint and learn about dimension, pigments, glazing, soft edges and wet on wet.

**CLOVERDALE 8 Sessions \$87.50 19yrs+**  
 Th 9:30am-11:30am Apr 13 4516228  
 Cloverdale Recreation Centre

**FLEETWOOD 8 sessions \$91.75 19yrs+**  
 Th 12:30pm-2:30pm Apr 13 4528819  
 Fleetwood Community Centre

### Digital Photography - Beginner's Digital Camera

Do you like taking photos with your Smartphone or Digital Camera? Would you like to produce incredible Selfies, Friend/Family photos, vacation, event, memories and more to share for a lifetime? We have created a fun, friendly and interactive learning environment to teach traditional photography geared for the new digital age.

**CLOVERDALE 5 Sessions \$24.50 19yrs+**  
 W 8:30pm-9:30pm Apr 5 4516219  
 W 8:30pm-9:30pm May 24 4528815  
 Cloverdale Recreation Centre

### Photography

Discover your camera's technology and improve your photo-taking skills with an emphasis on composition.

**CLOVERDALE 5 Sessions \$54.75 19yrs+**  
 W 6:30pm-8:30pm Apr 5 4516229  
 W 6:30pm-8:30pm May 24 4528803  
 Cloverdale Recreation Centre

### Photography Level 2

Continue to improve your photo-taking ability, with an emphasis on composition, in this intermediate level course.

**SOUTH 9 Sessions \$98.25 19yrs+**  
 Th 6:45pm-8:45pm Apr 6 4521549  
 South Surrey Recreation & Arts Centre

### Pottery for Absolute Beginners

Clay can be used in different ways to create intriguing objects. Try the basic techniques of handbuilding and wheelthrowing. During this course learn how to use clay in a relaxed and friendly environment. Course fee includes use of tools, one bag of clay, glazes, and firing. Surrey Art Gallery instructors are experienced art educators and practicing artists.

**CITYWIDE 6 Sessions \$130.50 16yrs+**  
 Th 7:00pm-9:30pm Apr 20 4520150  
 Surrey Arts Centre

### Built By Hand: Coils & Pinching

Use the oldest pottery techniques to make sophisticated, modern handbuilt sculptures and vessels. Learn the meditative process of coil-building and next-level pinch pots, plus tips and tricks for embellishing and making your own tools.

**CITYWIDE 8 Sessions \$176.75 16yrs+**  
 Tu 7:00pm-9:30pm Apr 18 4523828  
 Surrey Arts Centre

### Pottery Play Night

Come in and play with clay! Bring your husband, girlfriend, or tween and unwind with mud after a long week. All levels welcome, as well as younger registrants -- a more flexible pottery option. Surrey Art Gallery instructors are practicing artists and experienced at educators.

**CITYWIDE 4 Sessions \$57.75 10yrs+**  
 F 7:00pm-9:00pm Apr 21 4525243  
 Surrey Arts Centre

### Registered Open Pottery Studio

In this non-instructional studio time, you must have taken at least one ceramic studio class at the Surrey Art Gallery, and feel comfortable working on your own. Our studio technician will be on-hand to answer questions. Clay is available for purchase during Open Studio hours.

**CITYWIDE 6 Sessions \$103.75 16yrs+**  
 Sa 10:00am-2:00pm Apr 1 4520126  
 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 8 Sessions \$176.75 16yrs+**  
 W 7:00pm-9:30pm Apr 19 4520122  
 Th 9:30am-12noon Apr 20 4520123  
 Surrey Arts Centre

## Theatre

### Adults Acting Out

Are you a secret thespian? Step into the limelight with other Adults Acting Out. This fun and engaging class, led by theatre professionals, explores fundamental skills for the stage through games, exercises, monologues, and scene work. No experience necessary (but imagination a must)!

**CITYWIDE 6 Sessions \$120 19yrs+**  
 Th 6:30pm-8:30pm Apr 20 4521393  
 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 12 Sessions Member \$57.50 Non-member \$76.75 55yrs+**  
 F 12:30pm-1:30pm Apr 7 4520950  
 Chuck Bailey Recreation Centre

### Stand-Up Comedy

Getting a laugh can be one of the most exhilarating of feelings. In this workshop, stand-up comedy will bring together your life stories with a punchline. You'll learn to be your authentic self while getting smiles and downright belly laughs. We will work collaboratively to generate the jokes and personal performing style of each class member using some tried and true formulas. And of course you'll get to show off your material with a showcase at the last class 5:30pm-9:00pm. All experience levels welcome.

**CITYWIDE 6 Sessions \$180 19yrs+**  
 Tu 12:30pm-2:30pm Apr 11 4522141  
 Surrey Arts Centre



## Acrylic Painting

Experienced artists Bette Hurd and Valerie Grimmell will lead you through basic techniques in drawing and acrylic painting. Students will work towards completing a painting on canvas through individualized instruction and skill development. Explore colour mixing, brush technique, perspective, and composition in this creative class for students of all levels.

**SOUTH 6 Sessions \$152 18yrs+**  
M 11:30am-2:30pm Apr 3 4517004

**SOUTH 5 Sessions \$127 18yrs+**  
M 11:30am-2:30pm May 29 4517005  
**South Surrey Recreation & Arts Centre**

## Painting in Acrylics

Painting in acrylics is easy to learn and versatile! Accredited artist/instructor Tony O'Regan will demonstrate a variety of acrylic painting approaches while you work through several inspiring projects. This course also includes access to Tony's online video tutorials. All supplies included.

**SOUTH 5 Sessions \$185 16yrs+**  
M 6:30pm-9:00pm May 29 4517065  
**South Surrey Recreation & Arts Centre**

## Paint with Acrylics or Oils

Experienced artists Bette Hurd and Valerie Grimmell will lead you through basic techniques in drawing and acrylic or oil painting. Students will work towards completing a painting on canvas through individualized instruction and skill development. Explore colour mixing, brush technique, perspective, and composition in this creative class for students of all levels.

**SOUTH 6 Sessions \$152 18yrs+**  
W 11:30am-2:30pm Apr 5 4517014

**SOUTH 5 Sessions \$127 18yrs+**  
W 11:30am-2:30pm May 31 4517015  
**South Surrey Recreation & Arts Centre**

## Painting in Watercolour

Explore the exciting, fluid medium of watercolor with accredited artist/instructor Tony O'Regan. Learn to use positive and negative space and tonal design, skills that are useful in drawing and painting in all mediums. This course also includes access to Tony's online video tutorials.

**SOUTH 5 Sessions \$185 16yrs+**  
M 6:30pm-9:00pm Apr 10 4517017  
**South Surrey Recreation & Arts Centre**

## Intro to Pottery

New to pottery? Professional potter, Arlene McGowan, will teach you the basics behind some pottery buzzwords: pinch, coil, sculpt, throw, fire, and glaze. Create ceramic pieces that reflect your individuality in this dynamic introductory class. Course fee includes first bag of clay.

**SOUTH 8 Sessions \$198 18yrs+**  
Sa 10:00am-12:30pm Apr 22 4516996  
**South Surrey Recreation & Arts Centre**

## Pottery Basics

Welcome to the exciting world of clay! Whether you have experience or not, this is the pottery class for you. Join professional ceramic artist Tony Wilson in combining clay forms made by a number of different techniques (i.e. wheelthrowing, handbuilding, and sculptural modeling). Imagination and muddy fun combined in this inspiring and uniquely creative class. Course fee includes first bag of clay.

**SOUTH 8 Sessions \$198 18yrs+**  
W 6:30pm-9:00pm Apr 19 4516994  
**South Surrey Recreation & Arts Centre**

## Pottery for All Levels

Join professional potter and instructor John Wright in this exciting pottery class. Students of all levels will be led through a variety of techniques in both wheel throwing and handbuilding. Develop new skills, expand on already existing ones and have a great time making cups, bowls, and so much more. Course fee includes first bag of clay.

**SOUTH 8 Sessions \$214 18yrs+**  
M 10:00am-1:00pm Apr 24 4516995  
**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 16yrs+**  
Tu 6:00pm-8:00pm Apr 25 4519728  
**South Surrey Recreation & Arts Centre**

## Photoshop Essentials for Artists

Photoshop is a powerful photo-editing program. We will explore the potential for using Photoshop Essentials (a relatively inexpensive consumer version) to compose paintings and drawings and to experiment with colour and various filters to explore a variety of creative effects. Little or no computer experience is required. Computers provided.

**SOUTH 2 Sessions \$75 16yrs+**  
M 6:30pm-9:00pm Mar 27 4517068  
**South Surrey Recreation & Arts Centre**

## Textile Printing by Hand

Learn how to transfer design ideas onto fabric. Textile designer Hilary Young will teach you how to create your own handmade stamps, stencils and silkscreens, and show you how to transfer your very own designs onto a variety of surfaces. All supplies included.

**SOUTH 6 Sessions \$198 16yrs+**  
W 7:00pm-9:00pm Apr 26 4517000  
**South Surrey Recreation & Arts Centre**

## Art Journaling Techniques

Delve into your creative soul! Put thoughts to paper in this fun mixed media art journaling class with artist Nicci Batillana. Students create a new page each class, as well as learn art techniques such as collage, stenciling, watercolour, inks, word art and more! Includes an 8 page handmade mixed media journal.

**SOUTH 8 Sessions \$175 17yrs+**  
Th 10:00am-12:30pm Apr 20 4517069  
**South Surrey Recreation & Arts Centre**

## Writing for Self-Discovery

Join award-winning writer, Taslim Jaffer in this empowering workshop where you will take guided steps on a journey of self-discovery through writing exercises and discussion. Unearth lessons learned throughout your lifetime. This course is perfect for writers of all levels, focusing on how to use writing as a tool for your own benefit.

**SOUTH 4 Sessions \$75 18yrs+**  
M 6:30pm-8:30pm Apr 24 4517070  
**South Surrey Recreation & Arts Centre**

## Writing: Moms for Social Change!

Motherhood can sometimes bring out the social change visionary in us. Have you felt an urge to do your part in shaping the world for your children? Not sure how you can or what impact YOU could have? Join local writer and social change ambassador, Taslim Jaffer, for an in-depth look at your role in social change through writing exercises, discussion and community.

**SOUTH 4 Sessions \$75 18yrs+**  
M 6:30pm-8:30pm May 29 4517073  
**South Surrey Recreation & Arts Centre**

## Dance

### Ballroom Dance

Learn ballroom dances including the waltz, fox trot and tango. Singles and couples welcome.

**CLOVERDALE 9 Sessions \$61.50 18yrs+**  
Tu 7:00pm-8:15pm Apr 4 4516214  
**Don Christian Recreation Centre**

### Belly Dance

Learn basic belly dance movements including hip drops, shimmies, and undulations while applying Middle Eastern dance techniques to exotic music and rhythms.

**CLOVERDALE 9 Sessions \$73.75 18yrs+**  
M 7:45pm-9:15pm Apr 3 4519093  
**Don Christian Recreation Centre**

**GUILDFORD 6 Sessions \$32.75 16yrs+**  
M 6:15pm-7:15pm Apr 3 4523312  
M 6:15pm-7:15pm May 15 4523313

**GUILDFORD 5 Sessions \$27.25 16yrs+**  
Tu 12noon-1:00pm Apr 4 4523314  
Tu 12noon-1:00pm May 16 4523315  
**Fraser Heights Recreation Centre**

**NEWTON 3 Sessions Member \$12.50 Non-member \$16.50 55yrs+**  
F 12:45pm-1:45pm Apr 7 4520839

**NEWTON 4 Sessions Member \$16.50 Non-member \$22 55yrs+**  
F 12:45pm-1:45pm May 5 4520840

**NEWTON 5 Sessions Member \$20.50 Non-member \$27.25 55yrs+**  
F 12:45pm-1:45pm Jun 2 4520841  
**Newton Seniors Centre**

### Bhangra Dance

Learn basic Indian dance moves to Bhangra music.

**GUILDFORD 10 Sessions \$54.50 19yrs+**  
Tu 7:00pm-8:00pm Apr 4 4525011  
**Guildford Recreation Centre**

**NEWTON 9 Sessions \$49.25 19yrs+**  
W 7:15pm-8:15pm Apr 5 4518017  
**Newton Seniors Centre**

### Two Step Dance

Two-step is an easy to learn dance with progressive steps. No experience necessary and no partner required.

**NEWTON 3 Sessions Member \$12.50 Non-member \$16.50 55yrs+**  
F 2:00pm-3:00pm Apr 7 4520836

**NEWTON 4 Sessions Member \$16.50 Non-member \$22 55yrs+**  
F 2:00pm-3:00pm May 5 4520837

**NEWTON 5 Sessions Member \$20.50 Non-member \$27.25 55yrs+**  
F 2:00pm-3:00pm Jun 2 4520838  
**Newton Seniors Centre**

### Tap Dance Level 3

This program requires previous tap experience.

**NORTH 12 Sessions Member \$49.25 Non-member \$65.50 55yrs+**  
F 11:30am-12:30pm Apr 7 4520939  
**Chuck Bailey 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.



## Greek Dance

Learn a variety of Greek dances. Singles and couples welcome.

<b>NORTH</b>	<b>6 Sessions \$49.25</b>	<b>19yrs+</b>
W	7:00pm-8:30pm	Apr 5 4519342
Th	7:00pm-8:30pm	Apr 6 4519343
W	7:00pm-8:30pm	May 17 4522976
Th	7:00pm-8:30pm	May 18 4522977
<b>Chuck Bailey Recreation Centre</b>		

## Hawaiian Dance

Dance and exercise to the beautiful music of the South Sea Islands.

<b>FLEETWOOD</b>	<b>6 Sessions Member \$37</b>	<b>Non-member \$49.25</b>	<b>55yrs+</b>
M	10:15am-11:45am	Apr 3 4520961	
<b>FLEETWOOD</b>	<b>5 Sessions Member \$30.75</b>	<b>Non-member \$41</b>	<b>55yrs+</b>
M	10:15am-11:45am	May 29 4520976	
<b>Fleetwood Community Centre</b>			

## Hawaiian Dance - Level 2

Increase your dance skills and exercise to the beautiful music of the South Sea Islands.

<b>NEWTON</b>	<b>4 Sessions Member \$24.75</b>	<b>Non-member \$32.75</b>	<b>55yrs+</b>
Tu	10:30am-12noon	Apr 4 4520847	
Tu	10:30am-12noon	Jun 6 4520889	
<b>NEWTON</b>	<b>5 Sessions Member \$30.75</b>	<b>Non-member \$41</b>	<b>55yrs+</b>
Tu	10:30am-12noon	May 2 4520848	
<b>Newton Seniors Centre</b>			

## Line Dance

No partner required & no previous experience necessary. Enjoy the challenge of learning new dance combinations and routines.

<b>NEWTON</b>	<b>4 Sessions Member \$16.50</b>	<b>Non-member \$22</b>	<b>55yrs+</b>
W	1:30pm-2:30pm	Apr 5 4520830	
W	1:30pm-2:30pm	Jun 7 4520832	
<b>NEWTON</b>	<b>5 Sessions Member \$20.50</b>	<b>Non-member \$27.25</b>	<b>55yrs+</b>
W	1:30pm-2:30pm	May 3 4520831	
<b>Newton Recreation Centre</b>			
<b>SOUTH</b>	<b>11 Sessions Member \$45</b>	<b>Non-member \$60</b>	<b>55yrs+</b>
Th	10:30am-11:30am	Apr 13 4516458	
<b>South Surrey Recreation &amp; Arts Centre</b>			

## Line Dance Level 2

A fun, social style of dance that everyone can learn. This class is for people who have completed a Level 1 course.

<b>NEWTON</b>	<b>4 Sessions Member \$16.50</b>	<b>Non-member \$22</b>	<b>55yrs+</b>
W	2:45pm-3:45pm	Apr 5 4520833	
W	2:45pm-3:45pm	Jun 7 4520835	
<b>NEWTON</b>	<b>5 Sessions Member \$20.50</b>	<b>Non-member \$27.25</b>	<b>55yrs+</b>
W	2:45pm-3:45pm	May 3 4520834	
<b>Newton Recreation Centre</b>			
<b>SOUTH</b>	<b>11 Sessions Member \$45</b>	<b>Non-member \$60</b>	<b>55yrs+</b>
Th	11:30am-12:30pm	Apr 13 4516459	
<b>South Surrey Recreation &amp; Arts Centre</b>			

## Music

### Guitar

Learn the basics of guitar playing including chords and finger placement. Bring your guitar.

<b>CLOVERDALE</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
M	6:30pm-7:30pm	Apr 3 4516222
<b>Cloverdale Recreation Centre</b>		
<b>FLEETWOOD</b>	<b>6 Sessions \$32.75</b>	<b>19yrs+</b>
Tu	6:30pm-7:30pm	Apr 4 4520862
<b>FLEETWOOD</b>	<b>4 Sessions \$32.75</b>	<b>19yrs+</b>
Tu	6:30pm-8:00pm	May 23 4520863
<b>Fleetwood Community Centre</b>		
<b>NEWTON</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
Tu	6:30pm-7:30pm	Apr 4 4520733
<b>Newton Seniors Centre</b>		

### Guitar Level 2

Build on basic guitar skills with further chord development and tablature. Bring your guitar.

<b>CLOVERDALE</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
M	7:30pm-8:30pm	Apr 3 4516223
<b>Cloverdale Recreation Centre</b>		
<b>FLEETWOOD</b>	<b>6 Sessions \$32.75</b>	<b>19yrs+</b>
Tu	7:45pm-8:45pm	Apr 4 4520892
<b>Fleetwood Community Centre</b>		
<b>NEWTON</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
Tu	7:30pm-8:30pm	Apr 4 4520734
<b>Newton Seniors Centre</b>		

### Guitar Level 3

This course is for those that have taken Level 2 or have more advanced level guitar experience.

<b>CLOVERDALE</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
M	8:30pm-9:30pm	Apr 3 4516225
W	12noon-1:00pm	Apr 5 4516226
<b>Cloverdale Recreation Centre</b>		
<b>NEWTON</b>	<b>10 Sessions \$54.50</b>	<b>19yrs+</b>
Tu	8:30pm-9:30pm	Apr 4 4520735
<b>Newton Seniors Centre</b>		

### Love to Sing

Take your voice to new levels by learning the secrets of singing from professional recording artist, Rhayne. Learn amazing new vocal techniques in a relaxed inspiring class, singing songs from many genres, including pop, classics, R&B, jazz, and musical theatre.

### Love to Sing - Try It!

<b>CITYWIDE</b>	<b>1 Session Free</b>	<b>19yrs+</b>
W	2:00pm-4:00pm	Apr 12 4521313
<b>Surrey Arts Centre</b>		

### Love to Sing - Level 1

<b>CITYWIDE</b>	<b>7 Sessions \$69</b>	<b>19yrs+</b>
W	2:00pm-4:00pm	Apr 19 4521314
<b>Surrey Arts Centre</b>		

### Love to Sing - Level 2

<b>CITYWIDE</b>	<b>7 Sessions \$69</b>	<b>19yrs+</b>
Th	2:00pm-4:00pm	Apr 20 4521315
<b>Surrey Arts Centre</b>		

## The Joy Of Singing

Sing simple harmonies, blend your voice with others, find your own voice, and gain confidence in singing rock to Bach in a relaxed social environment.

<b>CLOVERDALE</b>	<b>7 Sessions \$38.50</b>	<b>19yrs+</b>
M	7:45pm-8:45pm	Apr 24 4516236
<b>Cloverdale Recreation Centre</b>		

## Singing For All

Learn about voice warm-ups, melody, harmony and rhythm while enjoying singing.

<b>FLEETWOOD</b>	<b>6 Sessions \$65.50</b>	<b>18yrs+</b>
Tu	7:00pm-9:00pm	Apr 4 4520896
Tu	7:00pm-9:00pm	May 23 4520897
<b>Fleetwood Community Centre</b>		

## 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.

<b>FLEETWOOD</b>	<b>6 Sessions \$65.50</b>	<b>18yrs+</b>
M	7:00pm-9:00pm	Apr 3 4520898
<b>FLEETWOOD</b>	<b>5 Sessions \$54.50</b>	<b>18yrs+</b>
M	7:00pm-9:00pm	May 29 4520899
<b>Fleetwood Community Centre</b>		

## Social Recreation

### Movie Afternoon

Come and join us for an afternoon watching great movies and classical films.

<b>CLOVERDALE</b>	<b>1 Session Free</b>	<b>19yrs+</b>
Tu	1:00pm-3:00pm	Apr 4 4516237
Tu	1:00pm-3:00pm	May 2 4516238
Tu	1:00pm-3:00pm	Jun 6 4516239
<b>Cloverdale Recreation Centre</b>		

## Personal Development

### Conversational Spanish

Participants continue working on your fluency in Spanish by exchanging dialogue. Level 3 Spanish required.

<b>CLOVERDALE</b>	<b>9 Sessions \$66.25</b>	<b>18yrs+</b>
Th	10:30am-12noon	Apr 6 4516217
<b>Cloverdale Recreation Centre</b>		

### French

Learn basic French words, sentences and phrases.

<b>CLOVERDALE</b>	<b>8 Sessions \$58.75</b>	<b>18yrs+</b>
W	7:00pm-8:30pm	Apr 12 4516220
<b>Cloverdale Recreation Centre</b>		

## 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](mailto:directorofcsp@comeshare.ca) or call our office 604-531-9400 ext. 204 and we can get a volunteer of staff member to assist you over the phone.

<b>Fleetwood Community Centre</b>	Thursday	9:30am-12noon
<b>Newton Seniors' Center</b>	1st & 3rd Wed	10:30am-1:00pm
<b>Cloverdale Recreation Center</b>	Spice of Life Lunch	4th Thursday 10:30am-12noon
<b>Guilford Recreation Center</b>	Monday	10:15am-12:15pm
<b>Bridgeview Community Center</b>	Share and Care Social	TBD

<b>Fraser Heights Community Centre</b>	Share and Care Social	Tuesdays 10:30am-12:30pm
<b>Chuck Bailey Recreation Centre</b>	Share and Care Social	2nd Wednesday 9:00am-1:00pm
	Forever Young Seniors Lunch	4th Wednesday 10:30am-12:30pm
<b>South Surrey Recreation Centre &amp; Arts Centre</b>	2nd & 4th Monday	9:30am-12:30pm

## City-wide Seniors Information

For more information about Seniors Services in Surrey check out our website [www.surrey.ca/seniors](http://www.surrey.ca/seniors).

Sign up for our e-newsletter at [www.surrey.ca/econnect](http://www.surrey.ca/econnect)



## Japanese

Learn basic Japanese words, sentences and phrases.

**GUILDFORD 6 Sessions \$44.25 19yrs+**  
 Tu 7:00pm-8:30pm May 16 4525010  
 Guildford Recreation Centre

## Mandarin

Learn basic Mandarin words, sentences and phrases.

**SOUTH 11 Sessions \$80.75 16yrs+**  
 W 6:15pm-7:45pm Apr 12 4516997  
 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 11 Sessions \$80.75 16yrs+**  
 Tu 6:00pm-7:30pm Apr 11 4516933  
 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 11 Sessions \$80.75 16yrs+**  
 Tu 7:30pm-9:00pm Apr 11 4525679  
 Kensington Prairie Community Centre

## Spanish

Learn basic Spanish vocabulary, pronunciation of sentences and phrases to help build conversational skills and comprehension.

**CLOVERDALE 10 Sessions \$73.50 19yrs+**  
 W 6:00pm-7:30pm Apr 5 4516240  
 Cloverdale Recreation Centre

**GUILDFORD 8 Sessions \$39.25 19yrs+**  
 M 6:15pm-7:15pm Apr 3 4524985  
 Guildford Recreation Centre

**NEWTON 10 Sessions \$49 19yrs+**  
 Tu 6:15pm-7:15pm Apr 4 4520739  
 Newton Seniors Centre

**NORTH 6 Sessions \$58.75 19yrs+**  
 Tu 6:30pm-8:30pm Apr 4 4519345  
 Tu 6:30pm-8:30pm May 16 4523021  
 Chuck Bailey Recreation Centre

**SOUTH 11 Sessions \$80.75 16yrs+**  
 Th 4:30pm-6:00pm Apr 13 4517008  
 Kensington Prairie Community Centre

**SOUTH 13 Sessions \$95.50 19yrs+**  
 Tu 6:00pm-7:30pm Apr 4 4521504  
 South Surrey Recreation & Arts Centre

## Spanish

Learn the basics of this useful language for travel or for conversation at home.

**SOUTH 11 Sessions Member \$60.75 Non-member \$80.75 55yrs+**  
 Th 1:30pm-3:00pm Apr 13 4517024  
 Kensington Prairie Community Centre

## Spanish Level 2

Increase Spanish vocabulary, continue practicing pronunciation and learn to build your own sentences and phrases to communicate.

**CLOVERDALE 10 Sessions \$73.50 19yrs+**  
 M 11:00am-12:30pm Apr 3 4516242  
 W 7:45pm-9:15pm Apr 5 4516241  
 Cloverdale Recreation Centre

**GUILDFORD 8 Sessions \$58.75 19yrs+**  
 M 7:30pm-9:00pm Apr 3 4524986  
 Guildford Recreation Centre

**NEWTON 10 Sessions \$49 19yrs+**  
 Tu 7:30pm-8:30pm Apr 4 4520740  
 Newton Seniors Centre

**SOUTH 11 Sessions \$80.75 16yrs+**  
 Th 6:30pm-8:00pm Apr 13 4517010  
 Kensington Prairie Community Centre

**SOUTH 13 Sessions \$95.50 19yrs+**  
 Tu 7:45pm-9:15pm Apr 4 4521547  
 South Surrey Recreation & Arts Centre

## Spanish Level 3

Increase Spanish vocabulary, work on pronunciation and build more complex sentences and phrases to improve conversational fluency.

**CLOVERDALE 10 Sessions \$73.50 19yrs+**  
 M 12:45pm-2:15pm Apr 3 4516244  
 M 7:00pm-8:30pm Apr 3 4516243  
 Cloverdale Recreation Centre

**GUILDFORD 10 Sessions \$73.50 19yrs+**  
 Th 7:00pm-8:30pm Apr 6 4524987  
 Guildford Recreation Centre

**NEWTON 10 Sessions \$49 19yrs+**  
 W 7:00pm-8:30pm Apr 5 4520741  
 Newton Seniors Centre

## General Interest

### 150 Years of Fashion

Celebrate 150 years of Canadian fashion with entertaining local fashion historian Ivan Sayers. This presentation and slide show gives you a chance to get up-close to original garments from Ivan's vast collection.

**CITYWIDE 1 Session \$10 16yrs+**  
 Th 7:00pm-8:30pm Apr 20 4520564  
 Surrey Museum

### A Visual History of Newton

Our compass points west toward Newton. Archival photographs, maps, papers and reminiscences dating from the late 1800s onwards capture the spirit of this prominent Surrey community.

**CITYWIDE 1 Session Free 16yrs+**  
 Sa 11:00am-12:30pm May 13 4522838  
 Surrey Archives

### Cooking

Develop cooking techniques through discussion, demonstration, hands-on work and sampling. April is German, May is Italian, and June is Mexican. A \$5 supply fee is included in the cost.

**CLOVERDALE 1 Session \$16.25 19yrs+**  
 Tu 6:00pm-8:00pm Apr 4 4518774  
 Tu 6:00pm-8:00pm May 2 4518775  
 Tu 6:00pm-8:00pm May 30 4518776  
 Cloverdale Recreation Centre

## Cooking - Gluten Free

Cook, prepare, and sample a selection of dishes prepared without gluten. \$5 supply fee included in the cost.

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm Apr 10 4516979  
 Kensington Prairie Community Centre

## Desserts

Bake desserts and pastries and explore different decorating techniques. \$5 supply fee included in the cost.

**GUILDFORD 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm May 22 4523388  
 M 6:30pm-8:30pm Jun 19 4523392  
 Fraser Heights Recreation Centre

## Flavours of the World

Learn about different cultures and the foods they enjoy by cooking and tasting them. \$5 supply fee included in the cost.

**NORTH 1 Session \$16.25 19yrs+**  
 M 5:45pm-7:45pm Apr 10 4521396  
 M 5:45pm-7:45pm May 15 4521397  
 M 5:45pm-7:45pm Jun 12 4521398  
 Bridgeview Community Centre

## Greek

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 6:30pm-8:30pm Apr 6 4519652  
 Th 6:30pm-8:30pm Apr 13 4522710  
 Th 6:30pm-8:30pm Jun 1 4522741  
 Th 6:30pm-8:30pm Jun 8 4522743  
 Chuck Bailey Recreation Centre

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm Apr 24 4516981  
 Kensington Prairie 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 \$16.25 19yrs+**  
 F 5:30pm-7:30pm Apr 28 4521441  
 F 5:30pm-7:30pm May 26 4521442  
 F 5:30pm-7:30pm Jun 23 4521443  
 Bridgeview Community Centre

**NORTH 1 Session \$16.25 19yrs+**  
 Th 6:30pm-8:30pm May 4 4522734  
 Th 6:30pm-8:30pm May 11 4522735  
 Su 11:00am-1:00pm May 28 4519667  
 Su 11:00am-1:00pm Jun 11 4522731  
 Th 6:30pm-8:30pm Jun 29 4522747  
 Chuck Bailey Recreation Centre

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm Jun 19 4516987  
 Kensington Prairie Community Centre

## Herbs Made Easy

Include parsley, sage, rosemary and thyme in your garden. Join That Bloomin' Garden blogger Kristin Crouch for this herbal how-to that includes a fragrant herb plant to take home.

**CITYWIDE 1 Session \$7.50 16yrs+**  
 Sa 10:00am-11:30am Apr 8 4519803  
 Historic Stewart Farm

## Spring Tea

Celebrate spring with Farm-baked sweets and savouries on the farmhouse verandah. Nibble on treats made with ingredients fresh from the garden, and sip our exclusive Murchies blend tea.

**CITYWIDE 1 Session \$15 16yrs+**  
 Su 1:00pm-2:30pm Apr 23 4519811  
 Historic Stewart Farm

## Indian

Prepare, cook and sample a selection of dishes from India. \$5 supply fee included in the cost.

**GUILDFORD 1 Session \$16.25**  
 M 6:30pm-8:30pm May 1 4523396  
 Fraser Heights Recreation Centre

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm May 1 4516982  
 Kensington Prairie Community Centre

## Italian

Prepare, cook and sample a selection of dishes from Italy. \$5 supply fee included in the cost.

**GUILDFORD 1 Session \$16.25 19yrs+**  
 M 6:30pm-8:30pm Jun 5 4523400  
 Fraser Heights Recreation Centre

**NORTH 1 Session \$16.25**  
 Th 6:30pm-8:30pm Apr 20 4519658  
 Th 6:30pm-8:30pm Apr 27 4522714  
 Th 6:30pm-8:30pm Jun 15 4522715  
 Chuck Bailey Recreation Centre

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm May 8 4516983  
 Kensington Prairie Community Centre

## Jane Austen Book Club: Pride and Prejudice

Spend an evening discussing Jane Austen's masterpiece 'Pride and Prejudice' while sampling woodstove-baked goodies and sipping tea in the cozy farmhouse. Book pick-up at Ocean Park Library.

**CITYWIDE 1 Session \$5 13yrs+**  
 Th 7:00pm-9:00pm May 25 4522677  
 Historic Stewart Farm

## Mexican

Prepare and sample a complete Mexican meal from appetizers to dessert.

**GUILDFORD 1 Session \$16.25 18yrs+**  
 M 6:30pm-8:30pm Apr 10 4523375  
 M 6:30pm-8:30pm May 1 4523376  
 Fraser Heights Recreation Centre

**SOUTH 1 Session \$16.25 16yrs+**  
 M 6:30pm-8:30pm May 15 4516984  
 Kensington Prairie Community Centre

## Mother's Day Tea

Treat mum like the queen she is with tea at the Farm. Nibble cucumber sandwiches, indulge in sweets and scones baked in our wood stove, and make a craft together.

**CITYWIDE 1 Session \$16 5yrs+**  
 Sa 12noon-1:00pm May 13 4519824  
 Sa 2:00pm-3:00pm May 13 4519825  
 Su 12noon-1:00pm May 14 4519826  
 Su 2:00pm-3:00pm May 14 4519827  
 Historic Stewart Farm



SAVE THE DATES

# Seniors' WEEK

Celebrate a week's worth of free activities that support awareness and education of healthy, safe, and active aging in our community.

## JUNE 4-10, 2017

WORKSHOPS | SWIMMING, SPORTS & FITNESS | LUNCHEONS AND MORE!

### 6TH ANNUAL *Aging in Place Conference*

SUPPORTING HEALTHY, ACTIVE AGING

## SATURDAY, JUNE 3

South Surrey Recreation & Arts Centre

The Conference will focus on 4 key areas

- SAFETY, HEALTH & WELLNESS
- BUILDINGS & OUTDOOR SPACES
- TRANSPORTATION
- HOME

This event is brought to you through the support of: City of Surrey Seniors Advisory and Accessibility Committee

Workshop listing will be available spring 2017. All workshops are free and require preregistration. To register call 604-501-5100.

### Museum After Dark: Speakeasy

Whether bootlegger, flapper or shady character, you'll need a password to enter this speakeasy. Whiskey tasting, 1920s artifacts and smoky live blues await behind the museum's closed doors.

**CITYWIDE 1 Session \$18 19yrs+**  
Th 6:30pm-9:00pm Jun 22 4525619  
**Surrey Museum**

### Pioneer Kitchen: Rhubarb

Embrace spring flavours by learning to cook with sweet-tart, easy to grow rhubarb. We'll share the secrets of baking fresh bread to sample with rhubarb compote and rhubarb sour cream cookies.

**CITYWIDE 1 Session \$25 16yrs+**  
Sa 10:00am-1:00pm Jun 3 4519965  
**Historic Stewart Farm**

### Scottish Afternoon Tea

Relax in the farmhouse's cozy 1890s kitchen with a pot of our exclusive Murchie's tea blend, delectable farm-baked scones and Scottish shortbread, all served by a costumed guide.

**CITYWIDE 1 Session \$12 16yrs+**  
F 1:00pm-2:30pm Apr 14 4519979  
F 1:00pm-2:30pm Apr 28 4519980  
F 1:00pm-2:30pm May 19 4519981  
F 1:00pm-2:30pm May 26 4519982  
**Historic Stewart Farm**

### Strawberry Tea

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

**CITYWIDE 1 Session \$16 5yrs+**  
W 1:00pm-2:00pm Jun 21 4519970  
Th 1:00pm-2:00pm Jun 22 4519971  
F 1:00pm-2:00pm Jun 23 4519972  
Sa 1:00pm-2:00pm Jun 24 4519973  
Su 1:00pm-2:00pm Jun 25 4519974  
**Historic Stewart Farm**

### Surrey 1967

Canada's 100th birthday was celebrated from coast to coast in 1967. Join us as we reverse fifty years to discover Surrey's local Canadian centennial connections through newspaper articles, photos and more.

**CITYWIDE 1 Session Free 16yrs+**  
Sa 11:00am-12:30pm Jun 10 4522852  
**Surrey Archives**

### 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 Apr 9 4522723  
Su 11:00am-1:00pm Apr 23 4522724  
Su 11:00am-1:00pm May 7 4522730  
**Chuck Bailey Recreation Centre**

**SOUTH 1 Session \$17.25 16yrs+**  
M 6:30pm-8:30pm Jun 5 4516985  
**Kensington Prairie Community Centre**

### Thai

Learn techniques, tastes and traditions of Thailand. \$5 supply fee included in cost.

**GUILDFORD 1 Session \$16.25 18yrs+**  
M 6:30pm-8:30pm Apr 24 4523380  
M 6:30pm-8:30pm May 8 4523381  
**Fraser Heights Recreation Centre**

**NORTH 1 Session \$16.25 19yrs+**  
Th 6:30pm-8:30pm May 18 4522737  
Th 6:30pm-8:30pm May 25 4522738  
Su 11:00am-1:00pm Jun 4 4519663  
Su 11:00am-1:00pm Jun 11 4522740  
Th 6:30pm-8:30pm Jun 22 4522745  
**Chuck Bailey Recreation Centre**

**SOUTH 1 Session \$16.25 16yrs+**  
M 6:30pm-8:30pm Jun 12 4516986  
**Kensington Prairie Community Centre**

### The Surrey Leader Collection

FREE

Surrey residents have been getting their local news from the Surrey Leader since 1929. Join us for a selection of groovy 1960s views and news straight from the press.

**CITYWIDE 1 Session Free 16yrs+**  
Sa 11:00am-12:30pm Apr 8 4522786  
**Surrey Archives**

### Volunteer Information Session

FREE

Interested in Volunteering? Come to our Volunteer Information Session and you will learn: how to apply, where you can volunteer, what opportunities are available, and the benefits of volunteering.

**FLEETWOOD 1 Session Free 13yrs+**  
Th 6:00pm-7:30pm Jun 15 4520010  
**Fleetwood Community Centre**

**NEWTON 1 Session Free 13yrs+**  
Th 6:00pm-7:30pm Apr 13 4520012  
**Newton Library**

**NORTH 1 Session Free 13yrs+**  
Tu 6:00pm-7:30pm May 9 4520009  
**City Centre Library**

### Charlie Chaplin Night

FREE

Spend the evening sharing popcorn and laughs at the antics of Charlie Chaplin as we screen his 1925 silent film hit 'The Gold Rush.' Please preregister.

**CITYWIDE 1 Session Free 13yrs+**  
Th 6:30pm-8:30pm Jun 29 4519977  
**Historic Stewart Farm**

### 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 14yrs+**  
Su 9:00am-5:00pm Jun 11 4523469  
**Cloverdale Recreation Centre**

**FLEETWOOD 1 Session \$84 14yrs+**  
Su 9:00am-5:00pm May 14 4523466  
**Sport & Leisure Aquatics**

**GUILDFORD 1 Session \$84 14yrs+**  
Su 9:00am-5:00pm Apr 9 4523462  
**Guildford Recreation Centre**



## Looking for Instructor Training & Lifeguard Courses?

For a complete listing of programs offered this season, please look in the Aquatics Section on pages 42-45.

## First Aid

### 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+**  
F 9:00am-2:00pm May 5 4525458  
Cloverdale Recreation Centre

**FLEETWOOD 1 Session \$96.75 14yrs+**  
Su 9:00am-2:00pm Apr 9 4525496  
Th 9:00am-2:00pm Apr 27 4525497  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$96.75 14yrs+**  
Su 9:00am-2:00pm Jun 18 4525494  
Guildford Recreation Centre

**NORTH 1 Session \$96.75 14yrs+**  
Sa 9:00am-2:00pm May 27 4525493  
North Surrey Recreation Centre

**SOUTH 1 Session \$96.75 14yrs+**  
Sa 9:00am-2:00pm Jun 10 4525456  
Grandview Heights Aquatic Centre

**SOUTH 1 Session \$96.75 14yrs+**  
Sa 9:00am-2:00pm Jun 24 4525495  
South Surrey Indoor Pool

### 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 \$63.25 14yrs+**  
F 2:30pm-5:30pm May 5 4525459  
Cloverdale Recreation Centre

**FLEETWOOD 1 Session \$63.25 14yrs+**  
Su 2:30pm-5:30pm Apr 9 4525501  
Th 2:30pm-5:30pm Apr 27 4525500  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$63.25 14yrs+**  
W 6:00pm-9:00pm Jun 28 4525503  
Guildford Recreation Centre

**NORTH 1 Session \$63.25 14yrs+**  
W 5:30pm-8:30pm May 17 4525505  
Sa 2:30pm-5:30pm May 27 4525502  
North Surrey Recreation Centre

**SOUTH 1 Session \$63.25 14yrs+**  
Tu 6:00pm-9:00pm Apr 18 4525504  
Tu 5:30pm-8:30pm May 23 4525498  
Sa 2:30pm-5:30pm Jun 10 4525457  
Grandview Heights Aquatic Centre

**SOUTH 1 Session \$63.25 14yrs+**  
Sa 2:30pm-5:30pm Jun 24 4525499  
South Surrey Indoor Pool

### 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 \$120.25 14yrs+**  
Sa 9:00am-5:00pm May 27 4525462  
Sa 9:00am-5:00pm Jun 24 4525466  
Cloverdale Recreation Centre

**FLEETWOOD 2 Sessions \$120.25 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525475

**FLEETWOOD 1 Session \$120.15 14yrs+**  
Th 9:00am-5:00pm Jun 1 4525484  
Sport & Leisure Aquatics

**GUILDFORD 2 Sessions \$120.25 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525471

**GUILDFORD 1 Session \$120.25 14yrs+**  
M 9:00am-5:00pm Jun 12 4525483  
Guildford Recreation Centre

**NEWTON 1 Session \$120.25 14yrs+**  
Sa 9:00am-5:00pm Jun 17 4525485  
Newton Recreation Centre

**NORTH 1 Session \$120.25 14yrs+**  
Su 9:00am-5:00pm Apr 2 4525385  
Su 9:00am-5:00pm Apr 23 4525384  
North Surrey Recreation Centre

**SOUTH 1 Session \$120.25 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525381  
M 9:00am-5:00pm May 22 4525491  
Grandview Heights Aquatic Centre

### 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 \$114.75 14yrs+**  
Sa 9:00am-5:00pm Apr 8 4525369  
Cloverdale Recreation Centre

**FLEETWOOD 1 Session \$114.75 14yrs+**  
Su 9:00am-5:00pm Jun 11 4525372  
Fleetwood Community Centre

**FLEETWOOD 1 Session \$114.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525476  
Sport & Leisure Aquatics

**GUILDFORD 1 Session \$114.75 14yrs+**  
W 9:00am-5:00pm May 10 4525370  
Guildford Recreation Centre

**SOUTH 1 Session \$114.75 14yrs+**  
W 9:00am-5:00pm May 24 4525371  
Grandview Heights Aquatic Centre

### 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 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm May 27 4525463  
Sa 9:00am-5:00pm Jun 24 4525467  
Cloverdale Recreation Centre

**FLEETWOOD 2 Sessions \$80 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525474

**FLEETWOOD 1 Session \$80 14yrs+**  
Th 9:00am-5:00pm Jun 1 4525482  
Sport & Leisure Aquatics

**GUILDFORD 2 Sessions \$80 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525470

**GUILDFORD 1 Session \$80 14yrs+**  
M 9:00am-5:00pm Jun 12 4525481  
Guildford Recreation Centre

**NEWTON 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm Jun 17 4525486  
Newton Recreation Centre

**NORTH 1 Session \$80 14yrs+**  
Su 9:00am-5:00pm Apr 2 4525387  
Su 9:00am-5:00pm Apr 23 4525386  
North Surrey Recreation Centre

**SOUTH 1 Session \$80 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525380  
M 9:00am-5:00pm May 22 4525492  
Grandview Heights Aquatic Centre

### Standard First Aid (SFA)

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

**CLOVERDALE 2 Sessions \$182.25 14yrs+**  
Sa-Su 9:00am-5:00pm May 27 4525460  
Sa-Su 9:00am-5:00pm Jun 24 4525464  
Cloverdale Recreation Centre

**FLEETWOOD 4 Sessions \$182.25 14yrs+**  
M, W 5:30pm-9:30pm May 8 4525473

**FLEETWOOD 2 Sessions \$182.25 14yrs+**  
Th-F 9:00am-5:00pm Jun 1 4525477  
Sport & Leisure Aquatics

**GUILDFORD 4 Sessions \$182.25 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 11 4525469

**GUILDFORD 2 Sessions \$182.25 14yrs+**  
M-Tu 9:00am-5:00pm Jun 12 4525478  
Guildford Recreation Centre

**NEWTON 2 Sessions \$182.25 14yrs+**  
Sa-Su 9:00am-5:00pm Jun 17 4525488  
Newton Recreation Centre

**NORTH 2 Sessions \$182.25 14yrs+**  
Su, Sa 9:00am-5:00pm Apr 2 4525383

**NORTH 2 Session \$182.25 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525382  
North Surrey Recreation Centre

**SOUTH 2 Session \$182.25 14yrs+**  
Sa 9:00am-5:00pm Apr 22 4525378  
Grandview Heights Aquatic Centre

### 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.

**CLOVERDALE 1 Session \$178.75 14yrs+**  
Su 9:00am-5:00pm May 28 4525508  
Cloverdale Recreation Centre

**GUILDFORD 1 Session \$178.75 14yrs+**  
Tu 9:00am-5:00pm Jun 13 4525507  
Guildford Recreation Centre

**SOUTH 1 Session \$178.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525377  
Grandview Heights Aquatic Centre

### Standard First Aid (SFA) Recertification

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

**CLOVERDALE 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm May 28 4525461  
Su 9:00am-5:00pm Jun 25 4525465  
Cloverdale Recreation Centre

**FLEETWOOD 2 Sessions \$90.75 14yrs+**  
M, W 5:30pm-9:30pm May 15 4525472

**FLEETWOOD 1 Session \$90.75 14yrs+**  
F 9:00am-5:00pm Jun 2 4525479  
Sport & Leisure Aquatics

**GUILDFORD 2 Sessions \$90.75 14yrs+**  
Tu, Th 5:30pm-9:30pm Apr 18 4525468

**GUILDFORD 1 Session \$90.75 14yrs+**  
Tu 9:00am-5:00pm Jun 13 4525480  
Guildford Recreation Centre

**NEWTON 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm Jun 18 4525487  
Newton Recreation Centre

**SOUTH 1 Session \$90.75 14yrs+**  
Su 9:00am-5:00pm Apr 23 4525379  
Grandview Heights Aquatic Centre

# ARTS & GENERAL INTEREST *Adults & 55+*

## Drop - In Membership Activities

Membership activities are listed by facility and require a town centre-specific or city-wide senior's membership for participation. Nominal admission or membership fees may be charged for these activities.

FACILITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>CLOVERDALE RECREATION CENTRE</b> 604-598-7960	<b>Seniors' Lounge</b> 9am-4pm <b>Reflexology Service</b> 9am-4pm (by appt only) <b>Quilters</b> 9:30am-12noon <b>Food Service</b> 10:30am-12:45pm <b>Cribbage* (5-card)</b> 1pm-3pm <b>Guitar Club</b> 1pm-3pm <b>Pickle Ball</b> 1pm-3pm <b>Stamp Club</b> 1pm-3pm (2nd & 4th Monday)	<b>Seniors' Lounge</b> 9am-4pm <b>Bridge Tournament*</b> 11am-3pm (Last Tuesday) <b>Food Service</b> 10:30am-12:45pm <b>Table Tennis</b> 1pm-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Knit &amp; Chat</b> 9:30am-11:30am <b>Food Service</b> 10:30am-12:45pm (Hot Meal 11:15am) <b>Poker*</b> 12:30pm-4pm <b>Bingo*</b> 1pm-3pm <b>Pickle Ball</b> 1pm-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Computer Club</b> 9am-12:15pm <b>Food Service</b> 10:30am-12:45pm <b>Spice of Life Meal Program</b> 11:30am-2pm (2nd & 4th Thursday) <b>Pickle Ball</b> 12:30pm-2:30pm <b>Bluegrass/Folk Jam</b> 1pm-3pm <b>Cribbage* (5-card)</b> 1pm-3pm <b>Silvertones Choir</b> 1pm-3pm <b>Table Tennis</b> 1:30pm-3:30pm	<b>Seniors' Lounge</b> 9am-4pm <b>Woodcarvers</b> 9am-12noon <b>Pickle Ball</b> 9am-11am <b>Creative Writing</b> 10:30am-12:30pm <b>Food Service</b> 10:30am-12:45pm (2nd Friday) <b>Crib Tournament*</b> 12noon-3pm (2nd Friday) <b>Table Tennis</b> 1pm-3pm	
<b>CHUCK BAILEY RECREATION CENTRE</b> 604-598-5898	<b>Billiards</b> 9am-9pm <b>Pottery</b> 10:15am-2:15pm <b>Computer Club</b> 1pm-3pm <b>Book Club</b> 1:30pm-3pm (3rd Monday)	<b>Billiards</b> 9am-9pm <b>Pickle Ball</b> 9-10:30am <b>Carpet Bowling</b> 9am-12noon <b>Painting for Pleasure</b> 9am-12noon <b>Choir</b> 12:15pm-2:15pm <b>Ballroom Dance</b> 1-3pm <b>Table Tennis</b> 1pm-4pm	<b>Billiards</b> 9am-9pm <b>Pickle Ball</b> 9am-11:30am <b>Hot Lunch Program</b> 10:30am-12:30pm (4th Wednesday) <b>Bridge*</b> 12:45pm-3pm	<b>Billiards</b> 9am-9pm <b>Carpet Bowling</b> 9am-12noon <b>Crafters</b> 1pm-3pm <b>Table Tennis</b> 1pm-4pm <b>Wheeling 8s</b> 7pm-9pm	<b>Billiards</b> 9am-5pm <b>Bridge*</b> 12:30pm-3pm	<b>Billiards</b> 9am-5pm <b>Bingo*</b> 12noon-2pm
<b>FLEETWOOD COMMUNITY CENTRE</b> 604-501-5030	<b>Ballroom Dance</b> 1pm-4pm <b>Bingo*</b> 12:45pm-3:30pm <b>Bridge</b> 6:45pm-9:45pm <b>Seep (in Punjabi)</b> 12noon-4:30pm	<b>Ballroom Dance</b> 1pm-4pm <b>Seep (in Punjabi)</b> 12noon-4:30pm <b>Partners Bridge</b> 12:30pm-3:30pm (1st, 2nd & 3rd Tuesday of month)	<b>Canasta</b> 12:30pm-3:30pm <b>Cribbage*</b> 6:30pm-9pm <b>Happy Hookers</b> 9:30am-12noon <b>Table Tennis</b> 12noon-4pm <b>Seep (in Punjabi)</b> 12noon-4:30pm <b>Floor Curling</b> 1pm-3pm	<b>Gold's Sing-Along Group</b> 10am-11am <b>Carpet Bowling</b> 1:30pm-3:30pm <b>Jammers*</b> 11:30am-1:30pm <b>Lunch Program Birthday Celebration</b> 11:30am-1:30pm (3rd Thursday) <b>Seep (in Punjabi)</b> 12noon-4:30pm <b>Blood Pressure Clinic</b> (1st Thursday of month) <b>Social (in Mandarin)</b> 1pm-3pm	<b>Social (in Punjabi)</b> 10:30am-12:30pm <b>Rummoli</b> 1pm-3pm <b>Seep (in Punjabi)</b> 12noon-4:30pm <b>Cribbage Tournament*</b> 12noon-4pm (4th Friday of the month) <b>Coffee Social</b> 10am-12noon <b>Table Tennis</b> 1pm-4pm	<b>Seep</b> 12:15pm-4:30pm
<b>GUILDFORD RECREATION CENTRE</b> 604-502-6360	<b>Seniors' Lounge</b> 9am-4pm <b>Badminton</b> 8:45am-11:45am <b>Carpet Bowling</b> 12noon-3pm <b>Cards Club/Canasta*</b> 1pm-4pm <b>Pickle Ball</b> 12noon-3pm <b>Scrabble</b> 12noon-3pm <b>Sky Walkers</b> 9am-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Badminton</b> 8:45am-11:45am <b>Bridge*</b> 12noon-4pm <b>Cards Club*</b> 1pm-4pm <b>Pickle Ball</b> 12noon-3pm <b>Sky Walkers</b> 9am-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Badminton</b> 8:45am-11:45am <b>Carpet Bowling</b> 12noon-3pm <b>P.U.R.L.S (Knitting)</b> 1pm-3pm <b>Sky Walkers</b> 9am-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Badminton</b> 8:45am-11:45am <b>Bridge*</b> 12noon-4pm <b>Pickle Ball</b> 12noon-3pm <b>Sky Walkers</b> 9am-3pm	<b>Seniors' Lounge</b> 9am-4pm <b>Badminton</b> 8:45am-11:45am <b>Jammers</b> 10:30am-12:30pm <b>Pickle Ball</b> 12noon-3pm <b>Cribbage Tournament*</b> 12noon-4pm (1st Friday) <b>Ballroom Dancing</b> 1pm-3pm <b>Sky Walkers</b> 9am-3pm	
<b>NEWTON SENIORS' CENTRE</b> 604-501-5010	<b>Billiards</b> 9:15am-3:45pm <b>Wood Carving</b> 9:15am-12noon <b>Carpet Bowling</b> 10am-12am <b>Walking Club</b> 9:30am-11:30am <b>Women's' Social+</b> 11am-1pm <b>Computer Group</b> 1pm-3pm <b>Social Bridge*</b> 1pm-3:30pm <b>Whist*</b> 1pm-3:30pm	<b>Billiards</b> 9:15am-3:45pm <b>Writing Group</b> 10am-12noon (4th Tuesday) <b>Krazy Krafters</b> 10am-12noon <b>Tennis</b> 10am-12noon (in season) <b>Bingo*</b> 12:30pm-3:45pm <b>Guitar Club</b> 1pm-2:30pm	<b>Billiards</b> 9:15am-3:45pm <b>Carpet Bowling</b> 1pm-3pm <b>10 Card Cribbage*</b> 1pm-3:30pm	<b>Golf</b> 6am-10am (in season) <b>Billiards</b> 9:15am-3:45pm <b>Card Making</b> 9:15am-12noon (1st Thursday) <b>Pizazz Performers!</b> 9:15am-12noon <b>Stamp Collecting</b> 10am-12noon (2nd Thursday) <b>Craft Group</b> 1pm-3pm <b>Cribbage*</b> 1pm-3pm <b>Canasta*</b> 1-3:30pm	<b>Billiards</b> 9:15am-3:45pm <b>Painting Group</b> 9:15am-12:15pm <b>Tennis</b> 10am-12noon (in season) <b>Cribbage Tournament*</b> 12noon-3:30pm (3rd Friday of month) <b>Rummoli*</b> 1pm-3:30pm <b>Music Makers</b> 1pm-3:30pm <b>Dinner/Dance</b> 5:30-9pm (2nd Friday)	<b>Billiards</b> 12:15pm-3:45pm <b>Table Tennis</b> 12:15pm-3:45pm
<b>SOUTH SURREY RECREATION &amp; ARTS CENTRE</b> 604-592-6970	<b>Badminton</b> 4 courts 7am-10:30am <b>Pickle Ball</b> 8 courts 12:30pm-2:30pm <b>Duplicate Bridge*</b> 9am-1pm	<b>Badminton</b> 6 courts 7:00am-10:30am <b>Pickle Ball</b> 4 courts 10:45am-12:45pm <b>Table Tennis</b> 1pm-3pm	<b>Badminton</b> 8 courts 12:45pm-2:45pm <b>Pickle Ball</b> 4 courts 6:30am-9:30am	<b>Badminton</b> 8 courts 7:00am-10:30am <b>Pickle Ball</b> 4 courts 10:45am-1:45pm <b>Table Tennis</b> 12:45pm-3pm <b>Social Group</b> Offered in Punjabi (1st Thursday) 12noon-2pm	<b>Pickle Ball</b> 8 courts 12:30pm-2:30pm	

**CLOSED FOR RENOVATION**  
RE-OPENING SPRING 2017

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 59-64 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.



## 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 we were 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)

### Seminars

Based on the feedback we have been receiving from participants they have expressed that the full day forums were too long for them. In response to this, 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.

### Age-Friendly 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 1

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](http://www.surrey.ca/seniors) and are advertised in local newspapers and at City recreation facilities.

## Bus Trips 55+

Brought to you by Enjoy Tour & Travel

Day long bus trips that offer a variety of locations and experiences. Site-specific or City-Wide Seniors Services Membership required to receive the member price.

### TRIPS TO USA: Skagit Valley Tulip Festival, Woodland Park Zoo

A valid Canadian passport, Nexus-pass, chip-enhanced driver's license or chip-enhanced BCID is required to cross US border. Participant is responsible for own medical insurance and to ensure they have proper documentation for crossing both the US and Canadian borders. Anyone with a non-Canadian passport may have to purchase a Visa to enter the USA for the day or to re-enter Canada.

### Skagit Valley Tulip Festival (USA)

La Conner and Mount Vernon come alive with brilliant colour each spring with acres of daffodils, tulips, irises, and lilies for the annual Skagit Valley Tulip Festival. Stroll through RoozenGaarde a 3-acre display garden of formal plantings, enjoy lunch at Hillcrest Park Lodge featuring wild salmon cooked over an alderwood fire with all the fixings. Visit the distinctly different Tulip Town boasting an indoor flower and garden show and great vendors and artists who have something for everyone! Afternoon free time in La Conner before returning home.

Activity Level: Easy

1 session Non Member \$114/Member \$109

4525869	Tuesday April 4		
GUILDFORD	Depart 8:00am	Return 6:45pm	
CHUCK	Depart 8:15am	Return 6:30pm	
NEWTON	Depart 8:45am	Return 6:00pm	

### Tourist In Your Own Town - Vancouver

See why Vancouver is frequently ranked as one of the 'best cities to live in'. Tour package includes: hot beverage at Caffe Calabria on Commercial Drive, admission to the Bloedel Conservatory in Queen Elizabeth Park, lunch at Joe Fortes on Robson street, narrated Aqua Bus tour on False Creek, afternoon gelato in Yaletown; free time to explore Robson street's vibrant shops and boutiques.

Activity Level: Easy

1 session Non Member \$114/Member \$109

4525712	Wednesday, April 19		
CLOVERDALE	Depart 8:15am	Return 5:15pm	
FLEETWOOD	Depart 8:30am	Return 5:30pm	
SOUTH SURREY	Depart 7:45am	Return 4:45pm	

### Woodland Park Zoo (USA)

Woodland Park Zoo encompasses 92 acres and features the largest live animal collection in Washington State. It has been recognized as #2 Zoo in America for naturalistic exhibits. This tour includes lunch at Red Lobster, zoo admission and 3 hours free time to explore this amazing zoological garden.

Activity Level: Easy-Moderate

1 session Non Member \$134/Member \$129

4525713	Thursday, May 11		
CLOVERDALE	Depart 8:00am	Return 9:00pm	
FLEETWOOD	Depart 7:45am	Return 9:15pm	
SOUTH SURREY	Depart 8:30am	Return 8:30pm	

## 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

### Audain Art Museum + Fairmont Chateau Whistler

The Audain Art Museum is Canada's newest Art Museum, opened in March 2016. The permanent collection is a visual journey through the history of art from coastal British Columbia including collections of Northwest Coast First Nations masks; a large collection of works by Emily Carr, as well as art by important post-war modernists such as E.J. Hughes, Gordon Smith and Jack Shadbolt. This tour includes a one hour docent led tour, a self guided tour of the Museum's vast permanent collection, lunch at the Fairmont Chateau Whistler and afternoon free time in Whistler Village.

Activity Level: Easy

1 session Non Member \$144/Member \$139

4525870	Tuesday May 16		
NEWTON	Depart 7:15am	Return 7:00pm	
CHUCK	Depart 7:45am	Return 6:30pm	
GUILDFORD	Depart 8:00am	Return 6:15pm	

### Strawberry Tour

It's that special time of the year again...strawberry picking time! The Pemberton Valley is home to the best Strawberry fields in BC. Visit Camel's Back Harvest for their lush u-pick strawberry fields (coolers on the bus). Take a guided tour at North Arm Farms, a 60 acre organic family owned farm with u-pick strawberry fields and a Bakery featuring fresh pies, artisan breads and handcrafted sweets. This tour includes a take home bag of fresh strawberries, a special strawberry field picnic lunch at North Arm Farms and sightseeing throughout the scenic Pemberton Valley.

Activity Level: Easy

1 session Non Member \$114/Member \$109

4525871	Friday June 2		
NEWTON	Depart 7:15am	Return 7:00pm	
CHUCK	Depart 7:45am	Return 6:30pm	
GUILDFORD	Depart 8:00am	Return 6:15pm	

### Hell's Gate, Bridal Falls & Othello Tunnels

The Fraser Canyon is filled with natural scenic beauty highlighted by Hell's Gate, Bridal Falls and Othello Tunnels. Begin at Bridal Veil Falls Provincial Park with a 25 minute walk to the waterfall that cascades down the rocks from 60 meters above. Next visit Hells Gate, an abrupt narrowing of British Columbia's Fraser River, and cross the mighty river on the Hell's Gate Tram, walk the short suspension bridge and visit the village to enjoy the natural environment and history. Finish at Coquihalla Canyon Provincial Park for a leisurely scenic walk through the historic Othello Tunnels. Tour includes admission, tram ride, and lunch.

Activity Level: Easy-Moderate

1 session Non Member \$114/Member \$109

4525714	Monday, June 12		
FLEETWOOD	Depart 8:00am	Return 6:45pm	
CLOVERDALE	Depart 7:45am	Return 7:00pm	
SOUTH	Depart 7:15am	Return 7:30pm	

# Adapted Programs

[www.surrey.ca/adaptedprograms](http://www.surrey.ca/adaptedprograms)

**Welcome!**



RECREATION FOR ALL!

Accessibility and Inclusion offers a variety of programs and support for individuals with disabilities to get involved and take part in an active and healthy lifestyle.

## HEALTHY COMMUNITIES ACCESSIBILITY AND INCLUSION

604-598-5867 or 604-501-7572 13450 104 Avenue  
Fax: 604-502-6315 | [inclusion@surrey.ca](mailto:inclusion@surrey.ca)

### Check out some of our services!

- Supported and integrated programs for children, youth and adults with disabilities;
- Volunteer opportunities with the SPIRIT Volunteer Program;
- Volunteer support for recreation programs;
- Resources and referral services.

## Programs **DROP-IN**

### Floor Hockey

Drop in floor hockey is offered in partnership with Community Living British Columbia. Participants must use the sticks that are provided. All abilities welcome.

Drop in for \$2.50

**GUILDFORD** Tuesdays, Ongoing 19yrs+  
Tuesday, Ongoing 12:30pm-3:00pm  
Guildford Recreation Centre

### Your Place

Social recreation program for adults with disabilities. Support staff are asked to attend, if one to one support is required.

**FLEETWOOD** Drop in for \$2.50 19yrs+  
Wednesdays, Ongoing 6:30pm-8:30pm  
Fleetwood Community Centre

## Registered

### Aqua-Fit For Life

This adult swimming program incorporates low impact exercises that are designed to increase your physical fitness and progress swimming skills at an individual rate. Personal support staff are asked to attend if one to one support is required.

**Individuals with developmental disabilities:**

**GUILDFORD** 8 Sessions \$37.25 19yrs+  
W,M 10:30am-11:00am May 1 4524244  
M,W 10:30am-11:00am May 1 4524245

**Individuals with physical disabilities:**

**GUILDFORD** 9 Sessions \$42.50 19yrs+  
W,M 11:00am-11:30am May 21 4524246  
M,W 11:00am-11:30am May 21 4524247  
Guildford Recreation Centre

### Aqua-Launchers - One To One

Supported swimming lessons for youth with disabilities, in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living.

**GUILDFORD** 7 Sessions \$58.75 13-18yrs  
Sa 11:15am-11:45am Apr 1 4522624  
Sa 11:45am-12:15pm Apr 1 4522625  
Guildford Recreation Centre

**FLEETWOOD** 8 Sessions \$67 13-18yrs  
Sa 11:15am-11:45am Apr 1 4522622  
Sa 11:45am-12:15pm Apr 1 4522623  
Surrey Sport and Leisure Complex

**SOUTH** 8 Sessions \$67 13-18yrs  
Sa 11:30am-12noon Apr 1 4522626  
Sa 12noon-12:30pm Apr 1 4522627  
Grandview Heights Aquatic Centre



## Community Partners



Offers support in recreation programs for children and youth with disabilities who typically meet one or more of the following criteria:

- Additional support or assistance is required at home and/or school for basic care.
- A physical, developmental and/or learning disability exists that effects the safety of the participant in a program.
- The participant is currently associated with a support agency.



**I CAN SKATE LESSONS  
I CAN HOCKEY  
I CAN SWIM LESSONS  
I CAN BE ACTIVE**

[www.canucksautism.ca](http://www.canucksautism.ca) | 604 685-4049 ext 212



BC WHEELCHAIR SPORTS

Looking for the next step and more opportunities to get active in wheelchair tennis, wheelchair rugby and athletics?

Contact BC Wheelchair Sports Association at [info@bcwheelchairsports.com](mailto:info@bcwheelchairsports.com)



COMMUNITY LIVING BRITISH COLUMBIA

A provincial crown agency that delivers supports and services to adults with developmental disabilities and their families in BC. CLBC works to create communities where people with developmental disabilities have more choices about how they live, work and contribute.



Looking for the next step and more opportunities to play sledge hockey, power soccer and boccia?

Visit the Sportability website [www.sportabilitybc.ca](http://www.sportabilitybc.ca)



Looking for the next step and more opportunities to play wheelchair basketball?

Contact BC Wheelchair Basketball Society at [info@bcwbs.ca](mailto:info@bcwbs.ca)



## SPiRiT Volunteer Program

Need volunteer support?  
Want to become a Volunteer?  
Catch the SPiRiT

Support Participation and 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 inclusion@surrey.ca

### Get Started & Get Connected

To begin the process of becoming a SPiRiT Volunteer, visit Volunteer Opportunities at [www.surrey.ca/volunteer](http://www.surrey.ca/volunteer)

### Red Cross Swim Kids - One To One

Supported swimming lessons for those with disabilities, in a welcoming and inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living.

<b>GUILDFORD</b>	<b>7 Sessions \$58.75</b>	<b>Apr 1</b>
Sa 9:00am-9:30am	4522654	4-7yrs
Sa 9:30am-10:00am	4522655	7-9yrs
Sa 10:00am-10:30am	4522656	8-10yrs
Sa 10:45am-11:15am	4522657	9-12yrs
<b>Guildford Recreation Centre</b>		

<b>FLEETWOOD</b>	<b>8 Sessions \$67</b>	<b>Apr 1</b>
Sa 9:00am-9:30am	4522650	4-7yrs
Sa 9:30am-10:00am	4522651	7-9yrs
Sa 10:00am-10:30am	4522652	8-10yrs
Sa 10:45am-11:15am	4522653	9-12yrs
<b>Surrey Sport and Leisure Complex</b>		

<b>SOUTH</b>	<b>8 Sessions \$67</b>	<b>Apr 1</b>
Sa 9:30am-10:00am	4522658	4-7yrs
Sa 10:00am-10:30am	4522659	7-9yrs
Sa 10:30am-11:00am	4522660	8-10yrs
Sa 11:00am-11:30am	4522661	9-12yrs
<b>Grandview Heights Aquatic Centre</b>		

### Adapted Skating - One To One

Supported skating lessons for children and youth with disabilities in a welcoming, inclusive environment. Staff support provided (1 staff: 1 participant), in partnership with Surrey Association for Community Living.

<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>Mar 27</b>
M, W 4:00pm-4:30pm	4521261	6-9yrs
M, W 4:30pm-5:00pm	4521262	10-13yrs
M, W 5:00pm-5:30pm	4521250	7-9yrs
M, W 5:30pm-6:00pm	4521249	4-6yrs
M, W 6:00pm-6:30pm	4521251	10-12yrs
M, W 6:30pm-7:00pm	4521252	13-18yrs

<b>FLEETWOOD</b>	<b>9 Sessions \$74.75</b>	<b>May 1</b>
M, W 4:00pm-4:30pm	4521263	6-9yrs
M, W 4:30pm-5:00pm	4521327	10-13yrs
M, W 5:00pm-5:30pm	4521254	7-9yrs
M, W 5:30pm-6:00pm	4521253	4-6yrs
M, W 6:00pm-6:30pm	4521255	10-12yrs
M, W 6:30pm-7:00pm	4521256	13-18yrs

<b>FLEETWOOD</b>	<b>8 Sessions \$66.50</b>	<b>Jun 5</b>
M, W 4:00pm-4:30pm	4521264	6-9yrs
M, W 4:30pm-5:00pm	4521265	10-13yrs
M, W 5:00pm-5:30pm	4521258	7-9yrs
M, W 5:30pm-6:00pm	4521257	4-6yrs
M, W 6:00pm-6:30pm	4521259	10-12yrs
M, W 6:30pm-7:00pm	4521260	13-18yrs
<b>Surrey Sport and Leisure Complex</b>		

### Fun For Kids

A supported social recreation program for children with disabilities. Activities include crafts, painting, games in the gymnasium and much more. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living.

Register for 7 sessions or pick your days!

<b>CLOVERDALE</b>	<b>7 Sessions \$122.50</b>	<b>6-12yrs</b>
Sa 1:30pm-4:30pm	Apr 8	4521568

<b>CLOVERDALE</b>	<b>1 Session \$17.50</b>	<b>6-12yrs</b>
<b>Creation Station</b>		
Sa 1:30pm-4:30pm	Apr 8	4521569

**Raining Cats and Dogs**

Sa 1:30pm-4:30pm	Apr 22	4521570
------------------	--------	---------

**Jungle Safari**

Sa 1:30pm-4:30pm	Apr 29	4521571
------------------	--------	---------

**Flower Frenzy**

Sa 1:30pm-4:30pm	May 6	4521572
------------------	-------	---------

**Squishables**

Sa 1:30pm-4:30pm	May 13	4521573
------------------	--------	---------

**Little Chefs**

Sa 1:30pm-4:30pm	May 27	4521574
------------------	--------	---------

**Nature Discovery**

Sa 1:30pm-4:30pm	June 3	4521575
------------------	--------	---------

**Cloverdale Recreation Centre**

### Youth On The Move

A supported social recreation program for youth with disabilities. A great way to explore indoor, and outdoor attractions around the Lower Mainland. Staff support provided (1 staff: 2/3 participants), in partnership with Surrey Association for Community Living.

Register for 7 sessions or pick your days!

<b>NEWTON</b>	<b>1 Session \$30</b>	<b>12-18 yrs</b>
---------------	-----------------------	------------------

Sa 1:00pm-5:00pm	Apr 8	4521202
------------------	-------	---------

Sa 1:00pm-5:00pm	Apr 22	4521203
------------------	--------	---------

Sa 1:00pm-5:00pm	Apr 29	4521204
------------------	--------	---------

Sa 1:00pm-5:00pm	May 6	4521205
------------------	-------	---------

Sa 1:00pm-5:00pm	May 13	4521206
------------------	--------	---------

Sa 1:00pm-5:00pm	May 27	4521207
------------------	--------	---------

Sa 1:00pm-5:00pm	Jun 3	4521208
------------------	-------	---------

**Newton Arena - lobby/parking lot**

### Social Skills Through Drama

Taught by theatre professionals, this inclusive class will be both fun and challenging as students develop self-expression through voice, movement, improvisation, acting games, and script work.

<b>NEWTON</b>	<b>7 Sessions \$105</b>	<b>13-18yrs</b>
---------------	-------------------------	-----------------

W 6:30pm-8:30pm	Apr 19	4521328
-----------------	--------	---------

**Surrey Arts Centre**

### Drama

Improve your confidence and communication skills through drama exercises, games, theatre sports, play building and improvisations.

<b>NEWTON</b>	<b>8 Sessions \$48.50</b>	<b>6-12yrs</b>
---------------	---------------------------	----------------

Sa 2:15pm-3:15pm	Apr 8	4520865
------------------	-------	---------

**Newton Recreation Centre**

### Kids Who Cook

Learn how to prepare healthy meals for breakfast, lunch and dinner in this welcoming and inclusive program.

<b>NEWTON</b>	<b>4 Sessions \$40.50</b>	<b>6-12yrs</b>
---------------	---------------------------	----------------

Su 3:00pm-4:30pm	Apr 9	4518652
------------------	-------	---------

Su 3:00pm-4:30pm	May 14	4522850
------------------	--------	---------

**Newton Recreation Centre**

### Art Explorer

Express your creativity and improve fine motor skills through basic drawing and painting techniques.

<b>NEWTON</b>	<b>8 Sessions \$48.25</b>	<b>6-12yrs</b>
---------------	---------------------------	----------------

Su 1:30pm-2:30pm	Apr 9	4518638
------------------	-------	---------

**Newton Recreation Centre**

### Hip Hop

Improve overall balance, posture, strength and coordination in this inclusive, energetic class.

<b>NEWTON</b>	<b>8 Sessions \$44.50</b>	<b>Apr 3</b>
---------------	---------------------------	--------------

M 3:15pm-4:00pm	4520936	3-5yrs
-----------------	---------	--------

M 6:30pm-7:30pm	4525018	13-18yrs
-----------------	---------	----------

<b>NEWTON</b>	<b>8 Sessions \$55.25</b>	<b>Apr 3</b>
---------------	---------------------------	--------------

M 4:15pm-5:15pm	4520873	6-9yrs
-----------------	---------	--------

M 5:15pm-6:15pm	4523018	10-12yrs
-----------------	---------	----------

**Newton Seniors' Centre**

## Adapted Sports

### Sledge Hockey

Learn how to move your sled, shoot the puck, and play fun games with an enthusiastic instructor. Great program for children, youth, and adults wanting to learn Canada's national pastime! All abilities welcome.

<b>FLEETWOOD</b>	<b>6 Sessions \$55.25</b>	<b>6yrs+</b>
------------------	---------------------------	--------------

Su 6:15pm-7:30pm	Apr 2	4520569
------------------	-------	---------

**Sport & Leisure Arenas**

### Boccia

Participants will learn the skills and fundamental movements of Boccia through fun games and drills. Boccia has been adapted to be played in a gym with custom balls and equipment. In partnership with SportAbility.

<b>GUILDFORD</b>	<b>7 sessions \$48.25</b>	<b>6yrs+</b>
------------------	---------------------------	--------------

M 4:15pm-5:30pm	Apr 10	4521802
-----------------	--------	---------

**Guildford Recreation Centre**

### Power Soccer

Participants will learn the skills and fundamental movements of power soccer through fun games and drills using their power wheelchairs. In partnership with SportAbility.

<b>CLOVERDALE</b>	<b>8 sessions \$55.25</b>	<b>6yrs+</b>
-------------------	---------------------------	--------------

Su 1:00pm-2:15pm	Apr 9	4521811
------------------	-------	---------

**Cloverdale Recreation Centre**

### Wheelchair Basketball

Wheelchair basketball is a fast paced Paralympic sport for people of all abilities. You will learn the skills and fundamental movements of wheelchair basketball through fun games and drills. In partnership with BC Wheelchair Basketball Society.

<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>6yrs+</b>
-------------------	---------------------------	--------------

Tu 6:15pm-7:30pm	Apr 11	4522673
------------------	--------	---------

**Cloverdale Recreation Centre**

### I AM Game - Adapted Sports

Prepare children to enjoy a wide variety of Paralympic sports. Play fun activities that focus on basic movement and wheelchair skills. Ideal for children who use manual wheelchairs. In partnership with BC Wheelchair Basketball Society and the Let's Play program.

<b>CLOVERDALE</b>	<b>8 Sessions \$55.25</b>	<b>4-13yrs</b>
-------------------	---------------------------	----------------

Tu 5:00pm-6:00pm	Apr 11	4522664
------------------	--------	---------

**Cloverdale Recreation Centre**



# Volunteer

[www.surrey.ca/volunteer](http://www.surrey.ca/volunteer)

## Make a Difference!

Get involved in your community by volunteering. We've got a wide variety of volunteer opportunities for every age group. Meet new people, learn new skills and help make Surrey a great place to live.

### VOLUNTEER RESOURCES

604-598-5863 | 13450 104 Avenue  
Fax: 604-502-6315 | [volunteer@surrey.ca](mailto:volunteer@surrey.ca)

### SPRING INTO VOLUNTEERISM

## 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.

#### 1 SEARCH

Find an opportunity you're interested in by going to our website. Click the "apply now" link. Create a profile on [myvolunteerpage.com](http://myvolunteerpage.com)

#### 2 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.

#### 3 ATTEND

A one-on-one interview. Monthly interview times are posted on your profile.

#### 4 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

#### 5 VOLUNTEER

Once all of the steps have been successfully completed you will receive a welcome email. You can use your [myvolunteerpage.com](http://myvolunteerpage.com) profile to sign-up for shifts and record your hours.

## LEARN ABOUT OUR Volunteer Opportunities

Attend one of our FREE Volunteer Information Sessions and learn about the diverse opportunities the City offers along with how to apply and the benefits of volunteering.



<b>NEWTON</b>	<b>1 Session</b>					<b>FLEETWOOD</b>	<b>1 Session</b>				
Th	6:00pm-7:30pm	Apr 13	4520012			Th	6:00pm-7:30pm	Jun 15	4520010		
			<b>Newton Library</b>						<b>Fleetwood Library</b>		
<b>NORTH</b>	<b>1 Session</b>										
Tu	6:00pm-7:30pm	May 9	4520009								
			<b>City Centre Library</b>								

## LOOKING FOR AN IMMEDIATE Drop-in Volunteer Opportunity?

Check out these quick start programs! Just create an online profile, submit two references and get started.

### Spring Releaf

Throughout the month of April, the Releaf program provides a chance for individuals, schools, and community groups to get outside, enhance Surrey's urban forest, and improve their neighbourhoods by planting trees in parks and along streets.

### Park Care

Enjoy the outdoors while improving your local park or green space. Remove litter, weed garden beds, remove invasive plants and more. You will be provided with the necessary tools, knowledge, and support. Various opportunities available for an individual or group and flexible to your schedule.

### Clean Sweep

Clean Sweep week is an annual Earth Day tradition! Join other residents of all ages to help beautify Surrey by organizing your own clean-up or drop-in to a clean-up event. Visit [www.surrey.ca/events](http://www.surrey.ca/events) for information, dates and locations.

### Drop-in Volunteering

Drop-in for the day and work with other volunteers to beautify and improve our parks. Drop-in opportunities are open to volunteers of all ages; all tools and instruction are provided.

Activities include removing invasive plants; planting trees, shrubs, and bulbs; cleaning up litter; and weeding garden beds. Sign-up on the mailing list to receive emails about drop-in events.

### Bin Keeper

Become a Bin keeper and care for a park bin in your neighbourhood park! The Bin keeper program began in 1991 to address littering in our parks. Since then, many volunteers help year-round to keep our parks litter-less by rolling bins out to the curb for collection.

**Learn more about volunteer opportunities in parks by calling 604.501.5050**





## THE TOP REASONS

# City of Surrey Volunteers

## DO WHAT THEY DO?

- ✓ Give Back To Their Community
- ✓ Make Friends
- ✓ Gain New Experiences

These are just some of the benefits of volunteering with us, see below for more!



## Develop with us!

Volunteer Resources offers a wide range of professional 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...

<b>Communicating Through Conflict</b>	<b>14 years+</b>
<b>Emergency First Aid &amp; CPR C</b>	<b>14 years+</b>
<b>Emergency Preparedness</b>	<b>14 years+</b>
<b>FoodSafe Level I</b>	<b>14 years+</b>
<b>High Five - Principles of Healthy Child Development</b>	<b>16 years+</b>
<b>I Am Game</b>	<b>16 years+</b>
<b>Introduction to Public Speaking</b>	<b>14 years+</b>
<b>Leadership Fundamentals</b>	<b>14-18 years+</b>

For more information on workshops offered and to register, please visit [www.surrey.ca/register](http://www.surrey.ca/register) and click on the Volunteer Resources section.

## TRAIN IN THE SPRING, Volunteer in the Summer

Summertime is fast approaching and trainings are happening now. To get involved check out these great volunteer roles.

### Play Squad

Gain experience working with children! Play Squad volunteers support Park Play Staff to facilitate fun and inclusive activities. Park Play is a mobile drop-in program that makes recreational opportunities accessible to everyone by bringing free fun to various Surrey parks in July and August. Play Squad recruitment begins in early spring.

### Canada Day and Fusion Festival

July will be here before you know it and that means great summer events. Whether you're tasting great cultural foods at Fusion Festival or singing our national anthem loud and proud; these events have something for everyone. Recruitment closes end of April so sign-up today and don't miss out.

## Check these out!

Spring programs are up and running. Sign-up today and join in on one of these awesome roles.

### Education Programs

Are you available weekday mornings or early afternoons? Do you enjoy teaching and interacting with children? The Surrey Museum and Historic Stewart Farm are always in need of passionate people to assist their education programs. Email [heritagevolunteers@surrey.ca](mailto:heritagevolunteers@surrey.ca) to learn more.

### Park Events Assistant

Engage with the public at outdoor events such as Arbor Day, Community Picnics, National Tree Day, Park Play Palooza, and more. Volunteers assist staff with event setup, tear-down, and facilitating activities.

### Children's Festival

This three day event takes place May 25 - 27. Apply to be a volunteer for the City-wide Events account before April 30 for your chance to get involved. Help face paint, lead circus games and interact with the public.

### Aquateers

Do you dream of becoming a lifeguard or simply love to swim? Join our Aquateers program and assist in Learn to Swim classes, leading games and meet aquatics staff.

### Doors Open

This one day event gives community members the chance to be a tourist in their own city. With several venues opening their doors, anyone can come in and learn about the great things Surrey has to offer. Sign-up to volunteer at one of our great venues.

### Emergency Social Services (ESS)

Join our dedicated, rapid response team and support your neighbours after a fire, flood, or other major emergencies. The ESS team provides for the various short term needs of evacuees and response workers for 72 hours. This is an on call position that provides volunteers with specialized training and requires an on-going commitment.



### Summer Day Camp Opportunities:

#### SPIRIT- ONE-TO-ONE SUPPORT

Provide one to one support for children with disabilities. After a mandatory training session, volunteers can support children who may require assistance with clarifying instructions, focusing, completing activities, or social interaction. If you are interested in this great opportunity, please contact 604-598-5867 or [inclusion@surrey.ca](mailto:inclusion@surrey.ca).

#### HERITAGE DAY CAMPS

Interact with kids at the Historic Stewart Farm or the Surrey Museum. Learn Surrey's rich history while also exploring world celebrations and technology. If Interested, contact [heritagevolunteers@surrey.ca](mailto:heritagevolunteers@surrey.ca).

#### COMMUNITY & RECREATION CAMPS

Take part in your choice of sport, swimming, art, dance, drama, science and themed camps. Dates, times and locations are flexible, and will give you something exciting to do over your summer break! If interested, contact [volunteer@surrey.ca](mailto:volunteer@surrey.ca).





# Surrey Arts Centre

www.surrey.ca/arts


604-501-5566 Box Office · General Info

604-501-5187 Gift Shop · Art Rental


13750 - 88 Avenue (1 block east of King George Blvd in Bear Creek Park)

Events are subject to change.

Follow us through social media:

 Surrey Civic Theatres | Surrey Art Gallery

 @SurreyArtsCtr | @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](mailto: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.

## Spring 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.

### Jim Adams: A Retrospective High Muck A Muck: Playing Chinese

Apr 8–June 11

Opening Party: Saturday, April 8 | 7:30–9:30pm

Surrey-based artist Jim Adams paints landscapes and portraits inspired by local peoples and geographies and those of ancient civilizations including Africa.

In the TechLab, interact with *High Muck A Muck*, an installation that explores Chinese immigration to the west coast of Canada—both historical and contemporary.

**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](http://surrey.ca/artgallery).**



▲ Opening receptions are a fun way to see new art and connect with people.



▲ We love seeing families create art together at our Family Sundays.

## THERE'S MORE

Look in these sections for performing arts classes!

Children | Youth | Adults

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 spring instructors.



### Sarah Leigh

Sarah Leigh has a diploma in Classical Animation from the Vancouver Institute of Media Arts. She has worked as a character animator for television; the shows include *Being Ian*, *Chaotic*, and *Delilah and Julius*. Sarah enjoys teaching and helping students

create and strengthen their ideas through the art of drawing and animation, and creating different characters and bringing their personalities to life. This quarter, Sarah will be teaching Cartooning & Comics, Claymation Puppet Making, and The Art of the Graphic Novel and Manga. See pages 72 and 78.

### Noelle Horrocks

Noelle Horrocks has a Bachelor in Fine Arts from Emily Carr University of Art + Design, and training in early childhood education. She has been teaching art for nearly 20 years at organizations including Arts Umbrella, City of Vancouver, and Shadbolt Centre for the



Arts. She is passionate about sharing opportunities to learn and grow through art. Noelle's personal art practice focusses on ceramics and 3D installation. In the spring, some of the classes Noelle will be teaching are Art Explosion for preschool aged children, and a number of clay classes for several age groups. See pages 66, 69 and 72.



### Claire Cilliers

Claire Cilliers is a professional artist whose work spans broad cross-cultural connections. She is an innovative children's art educator and has a special interest in projects that fuse community and classroom. She has been inspiring children in Surrey for a number of years—

first through the Surrey International Children's Festival, and then by instructing day camps and courses at the Arts Centre. Claire has a great enthusiasm for a wide range of artistic media and is able to share this with all of her students in imaginative and creative ways. This spring, Claire will be teaching, among other things, Art Express. See page 72.

Want to stay in the know?

SIGN UP FOR E-NEWSLETTERS!

[www.surrey.ca/arts-signup](http://www.surrey.ca/arts-signup)





Public Art  
IN SURREY



**WATER GUARDIANS**  
by Susan Point

In Surrey's new Hazelgrove Park in East Clayton, a giant red umbrella stands as a focal point. This aluminium sculpture made by Susan Point is inspired by water and frogs, one of the artist's favourite creatures. Songs sung by frogs have always been the indicators of the changing seasons to First Nations people of the Pacific Northwest. In *Water Guardians*, the frogs are welcoming the rain that falls through the holes of the umbrella as rain ensures their survival.

THEATRE MAKERS  
CREATION WORKSHOP

*For Youth*

Are you hungry to develop your own performance through hands-on experience?

This one-of-a-kind workshop for ages 15 to 19 –with weekend sessions in Surrey, Burnaby, and Vancouver–will guide you through a process of original theatrical creation using 'adaptation' as the theme. Be inspired as you work with professional performance creators and craftspeople across a variety of practices.

Professional theatre artist, Susan Bertoia, will assist you to distill and craft this inspiration into an original piece that will be performed at the final showcase in September.

Experience welcome, but NOT required.  
What matters is that you want to be there!  
For workshop dates, times, and cost see page 78

Presented by



Supported by



shadbolt centre

SURREY ARTS CENTRE & BEAR CREEK PARK

May 25, 26 & 27, 2017



SURREY INTERNATIONAL  
**Children's Festival**

PRESENTED BY prospera CREDIT UNION

INSPIRING YOUNG HEARTS AND MINDS

SET OFF SPARKS OF CREATIVITY AND CURIOSITY AT SURREY'S OWN FINE & PERFORMING ARTS FESTIVAL FOR KIDS!

- **Snow White**  
Ontario, Theatre, Ages 0-11
- **Grug and the Rainbow**  
Australia, Puppetry/Theatre; Ages 0-5
- **Le Groupe Swing**  
Québec; Music; All Ages
- **Les Parfaits Inconnus**  
Québec; Theatre/Circus; All Ages
- **Mistatim**  
Ontario; Theatre/Puppetry; Ages 8-12
- **Paper Playground**  
BC; Interactive Dance; Ages 18mo-3 & 3-5
- **Sangja**  
South Korea; Theatre/Puppetry; Ages 8-12

SEE AND DO IT ALL WITH THE \$12 SATURDAY ALL ACCESS PASS  
OR COME AND HAVE AN EXTRA FUN DAY AT THE PARK, SITE ENTRANCE IS ALWAYS FREE!

Tickets on Sale  
April 11

FOR TICKETS 604-501-5566  
VOLUNTEER 604-598-5863

✉ SURREYCHILDRENSFESTIVAL@SURREY.CA

@SurreyChildFest

www.surrey.ca/childrensfestival



# Heritage

www.surrey.ca/heritage

## Historic Stewart Farm



RURAL LIFE RETOLD

604-592-6956 13723 Crescent Road  
Located in Elgin Heritage Park

**Hours:** Tuesday-Friday, 10am-4pm  
Saturday, Sunday, 12noon-4pm  
Closed Mondays and Statutory Holidays  
Open Monday, February 13 for Family Day

**Entrance by donation**  
Groups of 10 or more people must book in advance

Need a little spring in your step? Drop by the Stewart Farm, where bulbs are popping, buds are bursting, and we're full of plans for teas, garden programs, and spring baking.

## Surrey Museum



ALWAYS SOMETHING HAPPENING

604-592-6956 17710 56A Avenue

**Hours:** Tuesday-Friday: 9:30am-5:30pm  
Saturday: 10am-5pm Sunday: 12noon-5pm  
Closed Mondays and most Statutory Holidays

**Admission sponsored by**  
**Friends of the Surrey Museum & Archives Society**  
Groups of 10 or more people must book in advance

Drop by for a visit and watch us expand! We're under construction, but we're still open for a visit to the Kids Gallery, crafty textile arts programs for all ages, and vibrant special events and family drop-ins.

## Registered

## Programs DROP-IN

### 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 16yrs+  
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 farm-baked scones and Scottish shortbread, all served by a costumed guide.

\$12/person 16yrs+  
Fridays, April & May 1:00pm-2:30pm

#### Guide & Scout Badge Programs

Historic Stewart Farm

Scout and Guide groups tour the farm to get a taste of pioneer life. These programs cover many requirements for the Heritage Home Skills, Black Star, or Handicraft badges.

\$10 per participant  
Must pre-book by appointment.  
More info at 604-592-6956  
Weekdays 4:00pm-6:00pm

### Seedy Saturday

Historic Stewart Farm

Calling all gardeners! Stop by the Farm's annual sale and seed exchange to purchase heritage vegetable, flower and herb seeds, fruit trees and nursery plants. Master Gardeners and other experts will be on hand to answer your gardening questions.

Saturday, April 1 11:00am-3:00pm  
All ages, Free

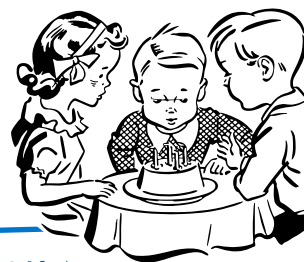


### Old-Fashioned Easter

Historic Stewart Farm

Practice your bunny hop at our annual Easter extravaganza. Little ones will have their face painted, make rabbit ears and compete in Bunny Olympics. Then hunt for brightly coloured eggs hidden throughout the farm.

Saturday, April 15 11:00am-3:00pm  
All ages, Free



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



## 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](http://www.surrey.ca/heritage)  
 Click on Heritage Newsletter and enter your name and e-mail address.

## We're Sharing Surrey's Heritage!

Facebook	Heritage	Heritage SurreyBC
	Historic Stewart Farm	@StewartFarm1
Twitter	Surrey Museum	@ASurreyMuseum
	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](mailto:heritagevolunteer@surrey.ca)

## Search Our Database 24/7!

Vintage fashions? We've got it. Early maps of Surrey? Check that!

Find these and more on the Surrey Archives & Museums Online Access (SAMOA) search engine. You'll find non-stop access to over 20,000 historic images, plus hundreds of artifacts from the City's collections. SAMOA's search bookmarks, filters, featured items, and clear design make searching Surrey's history a breeze.

Visit [www.surrey.ca/heritage](http://www.surrey.ca/heritage) and click on SAMOA Online Access to start your search!

## Discovery Saturdays

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

Third Saturday of each month, 1:00pm-4:00pm. All ages, by donation

### Ready to Rodeo

Get ready for the Cloverdale Rodeo! Learn to lasso and discover cow-folk crafts. Listen to western music and enjoy a country square dance performance.

Saturday, May 20

### Ukrainian Culture

Join the local Ukrainian community as they share their music, dance and food. Design your own colourful Ukrainian egg, try your hand at traditional Ukrainian embroidery and make playdough pierogis.

Saturday, June 17

### Easter Fair

#### Surrey Museum

Meet Easter cats, dogs, birds, reptiles, and of course, bunnies, as you visit with local animal rescue organizations. Hop around the galleries on an Easter egg scavenger hunt, spring into crafts and games, and get hands-on in the Kids Gallery.

Saturday, April 15 1:00pm-4:00pm  
 All ages, by donation

### Lotus Lantern Festival

#### Surrey Museum

Make a lantern, a Tae Guk fan, and play Korean children's games as you join the Korean community in celebrating this bright and colourful holiday.

Saturday, April 29 1:00pm-4:00pm  
 All ages, by donation

### Sheep to Shawl Competition

Cheer on local teams as flying fingers spin and ply sheep's wool into yarn, then weave a beautiful shawl, all in four hours. Watch real sheep being sheared, try weaving and spinning yourself, and make woolly crafts with your kids.

Saturday, May 6 10:30am-4:00pm  
 All ages, by donation

### Royal Victorian Party

#### Historic Stewart Farm

All hail her Majesty, the Queen! Enjoy this royal celebration with dancing, birthday cake and a chance to meet Queen Victoria herself. Future kings and queens are encouraged to dress the part.

Sunday, May 21 11:00am-3:00pm  
 All ages, Free

### Environmental Extravaganza: Ocean Commotion

#### Surrey Museum

Get up close and personal with BC's marine creatures as the Vancouver Aquarium brings their touch tubs to the Museum. Make some waves as you create crafty ocean creatures and snack on seaweed.

Saturday, June 3 1:00pm-4:00pm  
 All ages, by donation

### Father's Day Open House

#### Historic Stewart Farm

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.

Sunday, June 18 11:00am-3:00pm  
 All ages, Free

## Exhibitions

### Kids Gallery

#### Surrey Museum

This 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

### My Disney World

#### Surrey Museum

On display February 7 - May 14

M-I-C-K-E-Y... hum along with us! We've invited the local Disney fan club to share the Disney-branded items in their collections. From toys and games to movies and clothing, this small exhibit explores the wonderful world of Mickey and friends.

### Canada Is...

#### Historic Stewart Farm

On display April 22 - 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.

## 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**



## ROLL BACK THE YEARS AT SURREY ARCHIVES

FREE

Join in lively conversations about Surrey's past. Images, maps and documents are accompanied by stories told by presenter and audience. Details and pre-register at **604-502-6459**. Programs sponsored by Friends of the Museum & Archives.

THE SURREY LEADER COLLECTION  
 Saturday, April 8

A VISUAL HISTORY OF NEWTON  
 Saturday, May 13

SURREY 1967  
 Saturday, June 10

Photo: Surrey Leader Printing Shop, 1929. #60.20

## SIGN THE KIDS UP FOR

## Heritage Day Camps!

Check the Summer Day Camp brochure available at all Surrey recreation facilities, or call 604-592-6956 for info. See you this summer! Registration starts April 24.



# Parks

[www.surrey.ca/parks](http://www.surrey.ca/parks)

## Parks in Surrey

From the giant second growth forest at Green Timbers Urban Forest, to the shoreline views at Blackie Spit Park, and the soccer fields, running track, nature trails and gardens at Bear Creek Park, you'll discover something different to do and see at each of Surrey's 200 parks every season.

## Volunteer!

Celebrate spring by getting connected to your local park spaces as a volunteer. Visit [www.surrey.ca/volunteer](http://www.surrey.ca/volunteer) to learn more about volunteering with the City.

### Volunteer To Activate Your Park!

Surrey has hundreds of community parks, playgrounds, and gardens. Volunteer to keep them healthy, active spaces for all to enjoy! Make positive changes in your community and motivate others to keep our parks clean and beautiful. Join others in making a positive difference in our community by picking up litter, caring for a park bin, helping with a park beautification project, assisting at community events, and more. To find out which opportunity is right for you, and how to get started, email [partnersinparks@surrey.ca](mailto:partnersinparks@surrey.ca), call 604-501-5050, or visit [www.surrey.ca/volunteer](http://www.surrey.ca/volunteer) to find out more!

### Volunteer To Care For Our Urban Forest!

Surrey has over 75,000 street trees and over 3800 acres of natural areas. Volunteer to restore, enhance, and grow our urban forest! Eco educate and promote nature appreciation in our community. Opportunities include removing invasive plants, creating homes for wildlife, educating the public at environmental events, leading nature activities, and more. To find out which opportunity is right for you, and how to get started, email [environment@surrey.ca](mailto:environment@surrey.ca), call 604.501.5132, or visit [www.surrey.ca/volunteer](http://www.surrey.ca/volunteer) to find out more!



## Get Involved!

### Neighbourhood Toolkit

Check out the City of Surrey's new Neighbourhood Toolkit at [www.surrey.ca/engagement](http://www.surrey.ca/engagement) for community building ideas! Here are some of the ways in which the City of Surrey empowers Surrey residents to build community:

#### NEIGHBOURHOOD ENHANCEMENT GRANT

Interested in improving your neighbourhood? Apply for the City's Neighbourhood Enhancement Grant for financial support for your project! All Surrey residents, community groups, businesses and associations can apply.

#### NEIGHBOURHOOD EVENT EQUIPMENT

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.

**The Neighbourhood Toolkit is a project of the City of Surrey's Neighbourhood Team. Any questions, contact the Neighbourhood Team at [neighbourhoodteam@surrey.ca](mailto:neighbourhoodteam@surrey.ca) or learn more at [www.surrey.ca/engagement](http://www.surrey.ca/engagement).**

### Drop in to a Nature Work Party

Drop in on Saturday afternoons and work alongside other nature lovers to help enhance habitat for wildlife and care for our urban forest. Get outside to remove invasive plants, plant trees and shrubs and more. Meet new people, earn volunteer hours, and give back to your community. Nature Work Parties are open to volunteers of all ages (parental supervision required for volunteers under 13 years of age). All tools, instructions, and refreshments provided.

**No application required, get started right away by contacting [environment@surrey.ca](mailto:environment@surrey.ca) or call 604-501-5158 for dates and locations.**



### Tree Planting Program

Help grow the urban forest this April by planting a shade tree. Gather your neighbours, your class or community group and give us a call to make a request to plant trees in a park or on a boulevard near you! Releaf is free, and all equipment and instruction is provided. Due to the large size of the trees, children 10 and up are welcome. Or, drop in and join us at an all ages Neighborhood Tree Party on Wednesday evenings!

**To learn how to get involved, call us at 604-501-5158 or email us at [environment@surrey.ca](mailto:environment@surrey.ca). Space is limited, so call early to reserve your spot!**

### Join the Surrey Youth Stewardship Squad

SYSS is a volunteer group for high school youth ages 13 - 17 who love nature and want to do their part to protect it. Our projects include removing invasive plants, planting native trees and shrubs, and raising environmental awareness in Surrey. Have ideas for environmental projects? Get involved with SYSS and make them happen.

**No application required, get started right away by contacting [environment@surrey.ca](mailto:environment@surrey.ca) or call 604-591-4076.**

### Lend-a-Hand

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 30-minute orientation and all litter pick-up supplies.

**To register your class, please call 604-501-5050, or email [partnersinparks@surrey.ca](mailto:partnersinparks@surrey.ca).**



**Surrey Nature Centre**  
AT GREEN TIMBERS

14225 Green Timbers Way

Come explore and learn about nature in the city! We offer preschool and elementary school field trip programs, teachers Pro-D workshops, birthday parties, programs for Guides and Scouts, free fishing rod loans, children's day camps, and more.

Visit the Sky Room where you can stay, play and learn at your own pace! You'll find a variety of books and field guides, puppets, natural materials and opportunities for hands-on exploration. Great for all ages.

**Hours of Operation**

Tuesday-Friday 8:30am-4:30pm  
Saturday 9:00am-4:30pm

For more information: 604-502-6065  
www.surrey.ca/naturecentre

**Nature Play**

**FREE**

Drop-in for some forest fun! Our leader will engage children in outdoor play with nature arts and exploration, storytelling, games, and best of all, child-led free play. Parent participation required.

Surrey Nature Centre 3-5yrs  
Saturdays 9:30am-11:00am

**Nature Walks**

**FREE**

Drop-in on Saturday afternoons for weekly drop-in nature walks. Visit often to experience the seasonal changes along the trails and get to know the wildlife that call this place home.

Surrey Nature Centre All Ages  
Saturdays 2:00pm-3:00pm

**Exploring SURREY'S PARKS!**

**FREE**

**Nature Walks** Drop-in and join us for nature walks throughout Surrey this spring. Search for signs of wildlife, discover art in nature, meet two of Surrey's newest parks, and more! Dress for the weather; walks will go rain or shine. Call 604-502-6065 for more information.

**MEET THE TREES OF REDWOOD PARK** 10yrs+  
Wednesday, April 26 10-11:30am  
Redwood Park 17900 20 Ave

Immerse yourself in the sights, smells, and sounds of spring on a guided tour of this forested park. Meet some of Surrey's most exotic trees in the arboretum and learn about the legacy left by a family of early pioneers. Meet in the parking lot, under the large tree.

**BOSE PARK DISCOVERY - FOR KIDS!** 5yrs+  
Saturday, May 13 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! Meet in the parking lot.

**BOSE PARK DISCOVERY** 10yrs+  
Saturday, May 13 2pm-3:30pm  
Bose Forest Park 62 Ave & 164 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. Meet in the parking lot.

**PLANTS OF HAWTHORNE PARK** 10yrs+  
Wednesday, May 24 10-11:30am  
Hawthorne Park 10513 144 St

Discover some of the fascinating ways that plants have been used by people in this hands-on park tour! Meet in the parking lot, next to the salamander statue.

**BEAR CREEK WILDLIFE WALK** 10yrs+  
Wednesday, June 7 10am-11:30am  
Bear Creek Park 13750 88 Ave

Search for signs of wildlife in this park's diverse meadow, forest, and creek habitats. Look for the eagle nest, learn about wildlife trees, and take a peek in the creek - who will you see? Meet at the south edge of the parking lot, in front of the water park.

**GODWIN FARM DISCOVERY - FOR KIDS!**  
Saturday, June 10 10am-11am  
Godwin Farm Biodiversity Preserve 9016 164 St 5yrs+

Get to know one of Surrey's newest parks with lots of hands-on activities. Meet at the park entrance at the corner of 90 Ave and 164 St.

**GODWIN FARM DISCOVERY** 10yrs+  
Saturday, June 10 2pm-3:30pm  
Godwin Farm Biodiversity Preserve 9016 164 St

Get to know one of Surrey's newest parks! Check out the tasting orchard and explore the park's meadow, pond, and forest habitats. Meet at the park entrance at the corner of 90 Ave and 164 St.

**Birding Walks**

Drop-in and join a local naturalist on a series of free monthly walks to discover Surrey's birds. Become familiar with many bird species and their habitats, improve your identification skills, and get to know your local park. Dress for the weather and bring a pair of binoculars and a field guide if you have them (we will also have some extras to borrow).

Call 604-502-6065 for information.

**REDWOOD PARK**  
Saturday, April 22 9am-11am  
17900 20 Avenue

**SURREY LAKE PARK**  
Saturday, May 20 9am-11am  
7500 152 Street



**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 December 15

Sports fields (soccer, field hockey, football) January 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, email to [bookafield@surrey.ca](mailto:bookafield@surrey.ca) or call 604-501-5174.

**Surrey Schools Gym & Field Bookings**

Surrey school gyms and outdoor sports fields are allocated through the school district office. Call 604-595-6084 for booking information.

**Sportsfield Closures**

Most fall/winter natural grass sports fields are closed upon completion of the fall/winter sports season in April. These fields then begin their renovation period until the late summer. Any team playing on a closed field risks a fine and suspension. There are designated spring/summer grass fields and 14 artificial turf fields that are able to accommodate spring/summer play. Please email [bookafield@surrey.ca](mailto:bookafield@surrey.ca) or call 604-501-5174 to book these fields.

**Artificial Turf Fields**

There are 14 artificial turf fields in the City of Surrey located at:

PARK	FIELD	ADDRESS	SPORT PLAYED
Clowderdale Athletic Park	Field 1	16900 64 Avenue	football, soccer, field hockey
Clowderdale Athletic Park	Field 3	16900 64 Avenue	soccer, field hockey
Hjorth Road Park	Field 1	10200 block 146 Street	soccer, field lacrosse
Hjorth Road Park	Field 2	10200 block 146 Street	soccer, field hockey
Newton Athletic Park	Field 1	7400 128 Street	soccer
Newton Athletic Park	Field 2	7400 128 Street	soccer
Newton Athletic Park	Field 3	7400 128 Street	soccer
Newton Athletic Park	Field 4	7400 128 Street	soccer, field hockey, field lacrosse
South Surrey Athletic Park	Field 3	1925 148 Street	soccer, football, baseball
South Surrey Athletic Park	Field 9	2300 148 Street	soccer
South Surrey Athletic Park	Field 10	2300 148 Street	soccer, field hockey
Tamanawis Park	Field 1	12500 64 Avenue	field hockey, soccer practice
Tamanawis Park	Field 2	12500 64 Avenue	field hockey, soccer practice
Tom Binnie Park	Field 1	10600 City Parkway	soccer, field lacrosse

Once all league and club bookings on artificial turf fields have been allocated, all other requests are considered on a first-come, first-served basis. Please email [bookafield@surrey.ca](mailto:bookafield@surrey.ca) or call 604-501-5174 to book these fields.

- For information on artificial turf fields, field closures and all other matters concerning outdoor sports facilities.

Visit us at [www.surrey.ca/culture-recreation/Outdoor.aspx](http://www.surrey.ca/culture-recreation/Outdoor.aspx)



# Community Offerings

## 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](http://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](http://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](mailto:leisureguideads@surrey.ca)

### LIST OF Advertisers Page

Alexandra House . . . . .	103
Bridgeview Preschool . . . . .	102
Chang's TaeKwonDo . . . . .	107
City Wide Catering . . . . .	104
Cloverdale Skate Club . . . . .	103
Coastal Football Club . . . . .	102
CUPE . . . . .	104
Holiday Inn . . . . .	104
PNE . . . . .	103
Royal Soccer Club . . . . .	101
Scouts Canada . . . . .	102
Surey Sailing Club . . . . .	102
Surrey Gymnastics . . . . .	100
YMCA . . . . .	105

## GET CONNECTED

### E-NEWS

Sign up at [www.surrey.ca/enews](http://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.

- |  |  |
|--|--|
|  <b>Facebook</b><br>TheCityofSurrey<br>SurreyLibraries<br>SurreyYouth |  <b>Twitter</b><br>@CityofSurrey<br>@SurreyMayor<br>@SurreyLibrary<br>@SurreyYouth<br>@SurreyRCMP |
|  <b>Instagram</b><br>@thecityofsurrey<br>@surreymayor                 |  <b>YouTube</b><br>TheCityofSurrey  |

For more ways to connect see page 106

[www.surrey.ca/econnect](http://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)**    **Fax: 604-575-3132**  
[surrey@vanymca.org](mailto:surrey@vanymca.org)    [www.surreyyymca.org](http://www.surreyyymca.org)

Monday to Friday: 5:00am-11:00pm  
 Saturday, Sunday and Holidays: 7:00am-9:00pm

### YMCA REGISTRATION

**Register in person or by calling 604-575-9622**  
 You may pay by cash, cheque, VISA or Mastercard.



# Are You New to Canada?



FREE

## 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](http://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 604-501-5100 and press “0” for assistance. The City of Surrey provides this space as a community service. To update your listing, please email your information to [leisureguideads@surrey.ca](mailto:leisureguideads@surrey.ca).

### General

- Cloverdale Garden Club** 604-882-1217
- Darts Hill Garden Society** [www.dartshill.ca](http://www.dartshill.ca)
- Play Bridge and/or Learn Bridge**  
[www.duplicatelite.ca](http://www.duplicatelite.ca)
- Girl Guides** Linda: 1-800-565-8111
- Peace Arch Stamp Club** 604-531-6041  
[www.stampclub.ca/peacearch](http://www.stampclub.ca/peacearch)
- Surrey Ladies Newcomers & Friends Club**  
604-951-4948  
[surreynewcomers@hotmail.com](mailto:surreynewcomers@hotmail.com)
- Surrey Photography Club**  
[www.surreyphotographyclub.com](http://www.surreyphotographyclub.com)
- Surrey Search & Rescue** 604-572-6016
- The Canadian Federation of University Women's Club – North Delta/Surrey**  
[Lindac2@telus.net](mailto:Lindac2@telus.net)  
Eleanor at 604-589-3631
- Valley Women's Network**  
Surrey and White Rock Chapters  
604-530-7304  
[www.valleywomensnetwork.com](http://www.valleywomensnetwork.com)
- Welcome Wagon Ltd.**  
604-317-3246 [info@welcomewagon.ca](mailto:info@welcomewagon.ca)  
[www.welcomewagon.ca](http://www.welcomewagon.ca)
- Women's Probus Club of White Rock & South Surrey**  
604-535-6214 [LCE@shaw.ca](mailto:LCE@shaw.ca)  
[www.Probus.org](http://www.Probus.org)

### Arts & Crafts

- Arts Council of Surrey**  
604-594-2700 [www.artscouncilofsurrey.ca](http://www.artscouncilofsurrey.ca)
- Arts Umbrella**  
604-535-1127 [www.artsumbrella.com](http://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](http://www.semiahmooarts.com)
- Semiahmoo Potters Society**  
[www.semiahmoopotters.com](http://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](http://www.surreyrockhound.com)
- White Rock and South Surrey Art Society**  
604-538-8893
- White Rock and Surrey Writers' Club**  
Email: [wrandswc@gmail.com](mailto:wrandswc@gmail.com);  
[www.whiterockandsouthsurreywriters.weebly.com](http://www.whiterockandsouthsurreywriters.weebly.com)

### Dance & Fine Arts Groups

- Aspire Fine Arts School**  
778-808-3691 [www.aspirefinearts.com](http://www.aspirefinearts.com)
- Dance West Parents' Auxiliary**  
Judy: 604-596-5069
- Surrey Festival Of Dance**  
604-585-3320
- Surrey International Folk Dancing Society**  
[www.surreyfolkdance.org](http://www.surreyfolkdance.org)  
[surreyfolkdance@gmail.com](mailto:surreyfolkdance@gmail.com)
- Surrey Square Wheelers Square Dance**  
[www.surrey.squaredance.bc.ca](http://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  
[bcbc@telus.net](mailto:bcbc@telus.net)
- Lyric Singers**  
604-340-4353 [www.lyricsingers.ca](http://www.lyricsingers.ca)
- Northwood Jazz series**  
Audrey & Gerry Hall: 604 599 5990  
[www.northwood-united.org](http://www.northwood-united.org)
- Peace Arch Chorus (Sweet Adelines)**  
[www.peacearchsings.com](http://www.peacearchsings.com)
- Soundscape**  
A mixed, auditioned, a cappella chorus  
Trudi: 604-535-1762
- Surrey Children's Choir** 604-541-2519  
[www.surreychildrenschoir.blogspot.ca](http://www.surreychildrenschoir.blogspot.ca)
- Surrey Youth Orchestras**  
[www.surreysymphony.com](http://www.surreysymphony.com)  
Email: [gm.surreysymphony@gmail.com](mailto: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](http://www.greentimbers.ca)
- Peace Arch Weavers And Spinners**  
Ann: 604-541-8634
- Sunnyside Acres Heritage Society**  
[www.sunnysideacres.org](http://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](http://www.fvgss.org)

### Outdoor/Environmental

- Surrey Trekkers Volkssport Club**  
Sandi: 604-584-2980  
[www.surreytrekkers.com](http://www.surreytrekkers.com)
- White Rock/Surrey Naturalists**  
Margorie: 604-531-7147

### Swimming

- BC Aquasonics Synchronized Swim**  
[www.bcaquasonics.com](http://www.bcaquasonics.com)
- Cloverdale Tritons**  
[www.cloverdaletritons.ca](http://www.cloverdaletritons.ca)
- Crescent Beach Swim Club**  
[www.cbsswimclub.ca](http://www.cbsswimclub.ca) | 604-583-2180
- Ocean Pro Divers**  
Scuba 604-538-5608
- Pacific Sea Wolves**  
[www.pacificseawolves.com](http://www.pacificseawolves.com)
- Peninsula Multi-Sport**  
[www.peninsulamultisports.com](http://www.peninsulamultisports.com)
- Semiahmoo Masters** 778-829-7609
- South Surrey/White Rock Divers**  
[www.southsurreywhiterockdivers.com](http://www.southsurreywhiterockdivers.com)  
604-319-4770
- Special Olympics** 604-737-3078  
[www.specialolympics.bc.ca](http://www.specialolympics.bc.ca)
- Surrey Knights**  
[www.surreyknights.com](http://www.surreyknights.com) 604-377-7807
- Surrey Orcas Water Polo**  
[registrar@surreyorcas.com](mailto:registrar@surreyorcas.com)  
[www.surreyorcas.com](http://www.surreyorcas.com)
- Surrey Sea Lions**  
[www.surreysealions.com](http://www.surreysealions.com)
- White Rock Amateur Swim Association**  
[www.wrasa.ca](http://www.wrasa.ca)
- White Rock Wave Masters**  
[www.whiterockwave.com](http://www.whiterockwave.com) | 604-594-9703

### Hockey/Ringette

- Cloverdale Minor Hockey**  
778-565-1039 [cmhaadmin@gmail.com](mailto:cmhaadmin@gmail.com)  
[www.cloverdaleminorhockey.com](http://www.cloverdaleminorhockey.com)
- Semiahmoo Minor Hockey Association:**  
[admin@semihockey.ca](mailto:admin@semihockey.ca)  
[www.semihockey.ca](http://www.semihockey.ca)
- Sportability Sledge Hockey**  
Ross: 604-599-5240
- Surrey Eagles Hockey Club** 604-531-4625  
[www.surreyeagles.ca](http://www.surreyeagles.ca)
- Surrey Female Hockey Association**  
[info@surreyfalcons.ca](mailto:info@surreyfalcons.ca) [www.surreyfalcons.ca](http://www.surreyfalcons.ca)
- Surrey Minor Hockey**  
[www.surreyminorhockey.com](http://www.surreyminorhockey.com)
- Surrey/White Rock Ringette**  
[www.surreywhiterockringette.com](http://www.surreywhiterockringette.com)

### Skating

- Cloverdale Figure Skating Club**  
778-952-6352 [cloverdalesc@gmail.com](mailto:cloverdalesc@gmail.com)  
[www.cloverdaleskatingclub.com](http://www.cloverdaleskatingclub.com)
- Newton Figure Skating Club**  
[info@newtonfsc.com](mailto:info@newtonfsc.com)  
[www.newtonfsc.com](http://www.newtonfsc.com)
- North Surrey Skating Club**  
[www.northsurreyskatingclub.ca](http://www.northsurreyskatingclub.ca)  
[registerwithnssc@gmail.com](mailto:registerwithnssc@gmail.com)
- White Rock South Surrey Skating Club**  
604-538-0109 [www.wrssc.com](http://www.wrssc.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](http://www.alexhouse.net)
- Guildford Athletic Association/ Softball & Soccer**  
[www.guilfordac.com](http://www.guilfordac.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](mailto:info@peninsulamultisports.com)  
[www.peninsulamultisports.com](http://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](http://www.surreysharks.ca)
- Softball BC** 604-531-0044
- Southside Badminton Association**  
Barb: 604-594-6145
- Surrey Beavers Rugby Surrey Mini Rugby**  
[www.beaversrugby.com](http://www.beaversrugby.com)
- Surrey Football Club** 604-356-2414
- Surrey Lacrosse Association**  
[www.surreylacrosse.com](http://www.surreylacrosse.com)
- Surrey Lawn Bowling Club**  
[www.surreylawnbowlingclub.ca](http://www.surreylawnbowlingclub.ca)  
[surreylawnbowling@hotmail.com](mailto:surreylawnbowling@hotmail.com)  
604-584-5777 & 604-585-9787
- Surrey Minor Ball Hockey Association**  
[www.smbha.org](http://www.smbha.org)
- Surrey Sailing Club** 604-535-9463
- Surrey Special Olympics**  
[www.sobcsurrey.org](http://www.sobcsurrey.org)
- Surrey Ultimate League**  
[www.surreyultimate.ca](http://www.surreyultimate.ca)

# Gymnastics programs for children of all ages.



Surrey Gymnastic Society, the longest-running 100% non-profit gymnastic programming centre, offers competitive and recreational gymnastic programs for children of all ages.

Now in its 36th year, SGS has consistently produced top-ranking athletes who have represented Surrey and Canada at national and international competitions. Athletes in our programs learn the working structure for planning, goal setting, time management, discipline, and many other life skills important for future development in sport and as individuals. Through personalized attention, they'll learn the basics of rolling, springing, swinging, rotation, locomotion, and landing safely in a healthy gymnastics environment.

**Programs we offer:**

- Recreational gymnastics from 18 months to adult
- Women's & Men's competitive programs
- Parent & Tot Drop-in, Teen/Adult Drop-in, Birthday Parties, and Pro-D Day Camps

Visit us at [surreygyim.com](http://surreygyim.com) and register today!



Sport Canada has identified gymnastics as one of its top three foundation sports for all other sports and physical activity in their documented *Long Term Athlete Development Model*. Don't let sport take a back seat in your child's education any longer—we can teach them physical literacy through gymnastics while having fun at the same time!



[surreygyim.com](http://surreygyim.com)  
604.594.2442

13940 77th Ave., Surrey, BC V3W SZ4  
(behind Frank Hurt Secondary)





CELEBRATING 25 YEARS OF CANADA'S #1 GRASSROOTS SOCCER CAMP!








PRESENTS

# Soccer Camps 2017

Register by  
**June 1**  
for earlybird  
discounts.



-  **July and August weeks**
-  **Boys & girls aged 5 to 13**
-  **Camp soccer ball, tshirt, medal**
-  **Full days, mornings or afternoons**
-  **Early drop off/late pickup...free**

**2 locations  
in Surrey**  
Also in Burnaby,  
Langley and others.  
(see website for details)



For more info, call:  
**1-800-427-0536**  
or register at:  
**royalsoccer.com**



## VOLUNTEER FOR THE ADVENTURE



Fun isn't just for the youth! Volunteering with Scouts Canada is fun and rewarding because volunteers go on the adventures too.

If you would like to be a youth mentor, facilitate programs and adventures, plan events, or be part of the administrative team, contact Viki Fanous at [vfanous@scouts.ca](mailto:vfanous@scouts.ca) or 604-220-8381



## SOCCER CAMPS



### SPRING BREAK & SUMMER



#### South Surrey Athletic Park

Beginner to Intermediate and Advanced level  
For all players ages U2 to U12  
Registration Opens **January 15, 2017**

For more information and to register visit [coastalfc.ca](http://coastalfc.ca)

## Bridgeview Child Care Centre

11475 - 126A Street, Surrey

Hours: 7:30am - 6:00pm

Full & Part-time spaces available

Licensed program for children  
2-1/2 to 5 years

**604-592-7086**

[bridgeview@options.bc.ca](mailto:bridgeview@options.bc.ca)



Operated by Options Community Services in partnership with



# Learn to Sail

The Surrey Sailing Club at Crescent Beach offers a wide variety of evening and weekend courses for teens & adults and summer day camps for kids.

For course dates & registration, go to:  
[www.surreysailingclub.bc.ca](http://www.surreysailingclub.bc.ca)



**CanSail Level 1** (Prerequisite: None)  
Beginners are introduced to and taught the basic skills of sailing in our club fleet of Pirates.  
**8 Sessions \$325 14 yrs to adult Max. 10**

**CanSail Level 2** (Prerequisite: CanSail 1)  
Basic sailing skills are refined and built upon while sailing in our club fleet of Pirates.  
**8 Sessions \$325 14 yrs to adult Max. 10**

**CanSail Level 3** (Prerequisite: CanSail 1 & 2)  
More advanced sailing skills are introduced, sailing in our club fleet of 420s.  
**8 Sessions \$325 14 yrs to adult Max. 4**

**CanSail Level 1 Parent/Child**  
Parent and child are introduced to and taught the basic skills of sailing together in our club fleet of Pirates.  
**8 Sessions \$500/pr 9 yrs+ w/ adult Max. 10**



**Learn to Race** (Prerequisite: CanSail 2)  
Introduction to racing rules & tactics, includes on-the-water coaching in a club race situation, sailing 420s.  
**4 Sessions \$200 14 yrs to adult Max. 4**



**MOSS Summer Daycamp for Kids**  
BC Sailing brings their fleet of Optimist sailboats for a fun daycamp. For this program only, registration is through BC Sailing at: [www.bcsailing.bc.ca](http://www.bcsailing.bc.ca)  
**5 Sessions \$250 5 to 14 yrs Max. 22**



**Introduction to Sailing - Daycamps for Kids**  
Daycamps to introduce kids to the fun of sailing in our club fleet of Pirates and RS Teras.  
**5 Sessions \$275 9 to 15 yrs Max. 12**

**CanSail Level 1 - Kids** (Prerequisite: Introduction)  
Daycamps for young sailors to learn basic skills towards CanSail 1 certification sailing Pirates and RS Teras.  
**5 Sessions \$275 9 to 15 yrs Max. 12**

**CanSail Level 2 - Kids** (Prerequisite: CanSail 1)  
Daycamps for young sailors to build on the skills learned towards CanSail 2 certification.  
**5 Sessions \$275 9 to 15 yrs Max. 12**

[www.surreysailingclub.bc.ca](http://www.surreysailingclub.bc.ca)

for more information and registration.







May 6  
'til Sep 17

## The Birthday Party Destination

At Playland, a thrilling party is a guarantee and is the easiest celebration you'll host! Packages for up to 10 guests include invitations, lunch and access to over 35 rides and attractions, including three new family rides.

Starting at just \$270

BOOK YOUR BIRTHDAY PARTY TODAY!  
604.252.3663 • pne.ca

Package includes up to 10 guests.



### Alexandra Children's Centre

at the Beach House  
604-560-5520

at Kensington Prairie  
604-541-3270

[www.alexhouse.net](http://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.

providing opportunities for people to gather, grow and build a spirit of community

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](http://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!*

- 1 Go to [www.surrey.ca/advertising](http://www.surrey.ca/advertising) and click on the Ad Request Form.
- 2 Complete and submit your Ad Request Form.
- 3 E-mail your ad to [leisureguideads@surrey.ca](mailto:leisureguideads@surrey.ca)



SKATECANADA  
CLOVERDALE SKATING CLUB

Learn to Skate in Cloverdale  
for Beginners, Hockey Players,  
or Figure Skaters

All coaches certified by Skate Canada



Registration information  
[www.cloverdaleskatingclub.com](http://www.cloverdaleskatingclub.com)  
[csclubdirector@gmail.com](mailto:csclubdirector@gmail.com)  
778- 952-6352



[www.surrey.ca/advertising](http://www.surrey.ca/advertising)







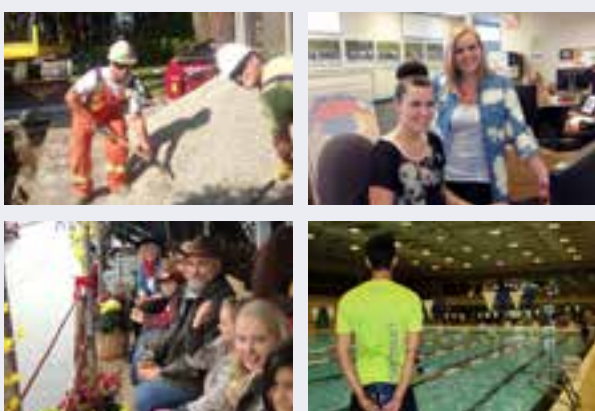
BANQUETS • EVENTS • DINING



17530 64TH AVE, SURREY



CUPE402  
SURREY CITY WORKERS



**Representing over 2,500 workers**

City of Surrey, City of White Rock, Cloverdale Fairgrounds and Libraries.

Our members provide vital public services to the residents of Surrey and White Rock. Proud to be involved in many charities and organizations within our city.

[www.cupe402.com](http://www.cupe402.com)

TAKING CARE OF YOUR COMMUNITY



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

**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.

For event booking or information:  
[catering@surrey.ca](mailto:catering@surrey.ca)  
604-502-6318

[www.surrey.ca/rentals](http://www.surrey.ca/rentals)







## YMCA Membership

Finding time to be active as a busy family can be challenging. At the Tong Louie Family YMCA, we not only provide a supportive and caring place for you and your kids, we also offer convenient programs that make it a little easier to live a healthy lifestyle. Our memberships are all-inclusive and include non-registered programs and activities for both kids and adults at convenient times.

### Every membership at the Y includes:

- Swim lessons for kids
- Programs for children, teens and adults at convenient times
- 10,000 square feet of strength and conditioning equipment
- More than 120 drop-in group fitness classes including Aquafit, Synrgy, Yoga, Cyclefit and Zumba®
- A free fitness consultation which provides one-on-one goal setting
- Access to other YMCA membership centres in Canada

### Because we are so much more than a gym

You have a lot to offer the YMCA: your time, energy and ideas. As a YMCA volunteer, you might lead an exercise class, mentor young people, fundraise, produce a special event or advise on local issues.

### Every kid deserves a chance

What do you think about a child's need to get a good start in life? The YMCA Strong Kids campaign is our way of raising the funds needed to ensure children and families can live healthier lives, right from the start.

### Everyone can belong

Let's face it, sometimes life makes it hard to pursue a healthy lifestyle. That's why the YMCA Access Program offers financial assistance for individuals and families who face barriers to joining our programs. After all, nothing should stand in the way of pursuing a healthy life.

### Y programs include:

- 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](http://tonglouieymca.ca) or pop by to pick up your on-site activity guides. We have just the program for you.

We'd love to see you! Come visit us at:

Tong Louie Family YMCA 14988 57 Avenue, Surrey, BC V3S 7S6 T: 604-575-9622

[tonglouieymca.ca](http://tonglouieymca.ca)



# GET CONNECTED WITH YOUR CITY!

## E-NEWS

Sign up at [www.surrey.ca/enews](http://www.surrey.ca/enews) and get all the latest City news, updates and event info direct to your inbox!

## 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/city-government](http://www.surrey.ca/city-government). Public Hearing meetings are also televised on the Shaw Cable network (Channel 4).

## SOCIAL MEDIA

Connect and share on social media.

### Facebook

TheCityofSurrey  
SurreyLibraries  
SurreyYouth

### Instagram

@thecityofsurrey  
@surreymayor

### Twitter

@CityofSurrey  
@SurreyMayor  
@SurreyLibrary  
@SurreyYouth  
@SurreyRCMP

### YouTube

TheCityofSurrey

## FEEDBACK

Visit [www.surrey.ca/contacts](http://www.surrey.ca/contacts) for city and department contact information.

### CitySpeaks

Visit [www.cityspeaks.ca](http://www.cityspeaks.ca) for an easy way to have a say about decisions important to you. It's your Surrey, have your say!

### E-Comments

Quickly and easily submit your comments to us online! Visit [www.surrey.ca/comments](http://www.surrey.ca/comments) for more details.

[www.surrey.ca/econnect](http://www.surrey.ca/econnect)





# House of Discipline

## Chang's Tae Kwon Do

**Classes available  
for all ages, kids  
and adults!**

**Special!**  
**2 Week tryout**  
**\$30**  
**+**  
**Free Uniform**  
**(new students only)**



- ☆ Olympic Martial art
- ☆ Approved by the Ministry of education  
(External sports credit)
- ☆ Linked to more than 180 countries!
- ☆ Highly qualified Instructors



**Respect ☆ Discipline ☆ Confidence ☆ Honour**



[www.Changstaekwondo.ca](http://www.Changstaekwondo.ca)

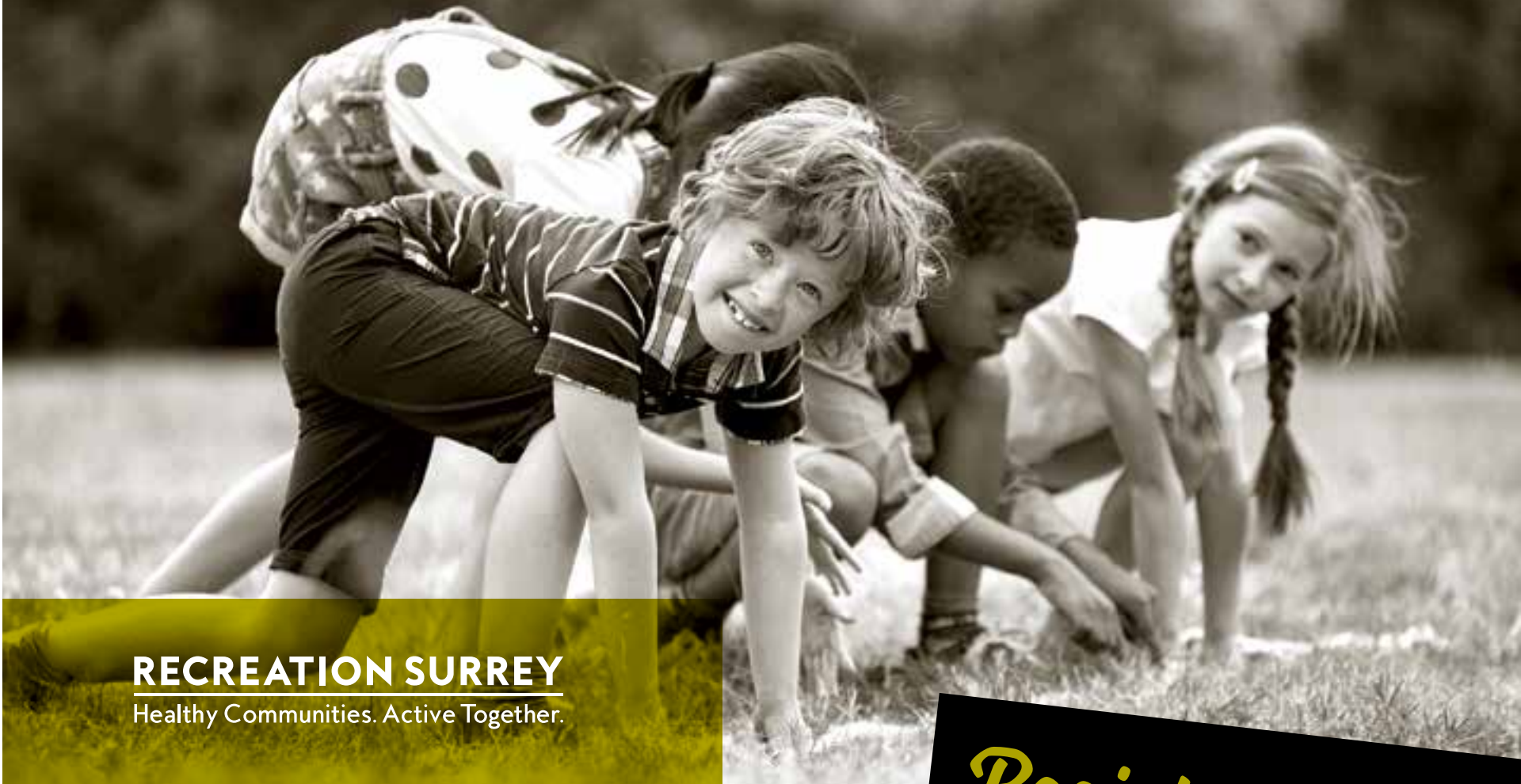
**604-541-9457**



White Rock/Surrey: #5-15531 24 ave  
Cloverdale/Langley: #107-19232 Enterprise Way  
Tsawwassen/Ladner: 1285E 56th St  
Aldergrove/Langley: #1-3227 264th St







**RECREATION SURREY**  
Healthy Communities. Active Together.

*Registration*  
Starts April 18  
AND CONTINUES UNTIL CAMPS FILL UP

YOUR SUMMER

# Day Camp

HEADQUARTERS!

**JOIN THE Fun**  
Art Ventures  
Sports  
Camp Swim & Skate  
Thrilling Theatre  
Science & Nature  
Pre-teen Fun Zone  
Kids who Cook  
Video Game Design  
Teen Road Trips  
**AND MORE!**

Recreation Surrey is your headquarters for summer fun and adventure. Choose from over 50 conveniently located day camps for children and youth ages 3-18 years. Spaces fill quickly. Be first to secure your spot!

ASK ABOUT OUR EXTENDED CAMP HOURS  
AND NEW STAGGERED PAYMENT OPTIONS!

Weekly/daily rates available [604-501-5100](tel:604-501-5100)